

frieling
by **COSO**

AIR FRYER

5001



COOKBOOK



In this booklet you'll find inspiration and cooking suggestions to get you started.

TIP: Know that you don't have to follow a recipe in every detail in order to get the most out of your FRIELING by CASO Air Fryer! Feel free to experiment. You'll find the FRIELING by CASO Air Fryer most forgiving as you try many different foods.

TIP: Maybe you have a favorite recipe that you used to prepare in a traditional oven? No problem! Apply that recipe to your Air Fryer: Set it at the same temperature or a little less, and check for doneness a bit earlier as most foods bake/roast faster in the Air Fryer.

TIP: We like to preheat the Air Fryer for 3 minutes at the desired temperature. No need to heat up the big oven and wait forever for it to reach temperature!

TIP: For quick and easy prepared food items, take advantage of our PRESETS for great comfort food (see our Instruction Manual for details).

TIP: Check in with us often at www.frieling.com for more ideas, recipes and products that make your cooking healthier, easier, more fun.



STUFFED MUSHROOMS

ROASTED GOAT CHEESE MINI PEPPERS

INGREDIENTS

mini peppers // goat cheese // fresh thyme // olive oil (optional)

1. Cut mini sweet peppers in half, remove seeds.
2. Fill each half with a teaspoon of goat cheese. Top with a sprig of thyme and sprinkle with olive oil if desired.
3. Air fry for 6 min. at 400°F or until the cheese begins to melt.

STUFFED MUSHROOMS

INGREDIENTS

rotisserie chicken - shredded or cut into small cubes // pesto // shredded cheese // whole mushrooms (stems removed)

1. Blend chicken and pesto in a small bowl.
2. Fill mushrooms with chicken mixture and sprinkle with cheese.
3. Air fry for 8 min. at 400°F or until the cheese is melted.

TIP: This method can be used with any filling of your choice.

GARLIC ROASTED KALE

INGREDIENTS

10 oz. kale, stems removed, cut into 1 to 2 inch pieces // 1 Tbsp. olive oil // 1 clove garlic, minced

Optional:

1/4 tsp. kosher salt // 1 tsp. sherry vinegar // to taste black pepper

1. In a large bowl, blend the oil, garlic, and salt (if using).
2. Add the kale and toss to coat.
3. Air fry for 6-8 min. at 400°F.

Optional:

Sprinkle with sherry vinegar and/or black pepper just before serving.



GARLIC ROASTED KALE

CARMELIZED ONIONS AND CHEESE CROSTINI

INGREDIENTS

8 slices baguette, cut diagonally (3/8" thick) // 2 tbsp. olive oil // 1 sm onion, thinly sliced // 1/4 cup water // 1/4 tsp. salt // 2 oz. tangy cheese cut into 8 slices (we like taleggio, fontina, bel paese)

1. Caramelized onions: Heat the oil in a skillet. Add onion and salt. Cook over medium heat, stirring occasionally, until it begins to brown, about 8 minutes. Add the water, cook until evaporated and the onion caramelizes, about 10 minutes more. Let cool.
2. Top each baguette with 1 slice cheese. Place into the basket.
3. Air fry for 4 min. at 350°F or until the cheese begins to melt.
4. Remove from Air Fryer, top with the onion and serve.

MARINATED MEAT

INGREDIENTS

Any meat of your choice - cut into long strips // your favorite marinade - home-made or store-bought

1. Marinate meat in refrigerator overnight.
2. Air fry for 10 min. at 400°F.
3. Brush meat with the marinade and cook for 10 more minutes or until the meat is cooked through.



GARLIC PORK CHOPS

INGREDIENTS

pork chops (approx. 1.5" thick) // salt & pepper // garlic powder // melted butter

1. Tenderize the pork chops
2. Coat meat with melted butter, season with garlic powder and S&P.
3. Air fry for 20 min. at 400°F or until cooked through.

PARMESAN CRUSTED CHICKEN

INGREDIENTS

1 tbsp. mayonnaise // 1/4 cup parmesan, grated // 1/2 tsp. kosher salt // 1/4 tsp. black pepper // 12 oz. chicken breast (skinless, boneless)

1. Blend all ingredients (except chicken) in a small bowl. Spread on top of chicken breast.
2. Air fry for 16 min. at 400°F or until the chicken is cooked through.

MEAT RUB

INGREDIENTS

3 tbsp. kosher salt // 3 tbsp. smoked or hungarian paprika // 2 tbsp. onion powder // 2 tbsp. garlic powder // 1 1/2 tbsp. dried oregano or italian herb mixture // 1 1/2 tbsp. black pepper // 1 tbsp. brown sugar // 1 tbsp. ground cumin

1. Blend all ingredients in a small bowl.
2. Rub onto a meat of your choice.
3. Spray with cooking oil if desired for better browning.
4. Air fry at 400°F for 15-20 min. or until the meat is cooked through. If desired, flip half way through the cooking.

TIP: We like this on beef, pork, ribs, and chicken.



RIBS WITH RUB

BREADED FISH FILLET



BREADED FISH FILLET

INGREDIENTS

Any fish fillet of your choice // all-purpose flour // 1 egg // bread or panko crumbs // salt & pepper // lemon

1. Pat the fish dry and season with salt and pepper.
2. Lightly whisk the egg in a shallow bowl. Place the flour and bread crumbs in two separate, shallow plates.
3. Dip the fish (both sides) first in the flour, then egg, then bread crumbs.
4. Air fry for up to 20 min. at 400°F. If desired, flip half way through the cooking. Serve with a wedge of lemon.

DINNER ROLLS

INGREDIENTS

Fully baked dinner rolls

1. Air fry for 4 min. at 400°F.

TIP: This is a great method to refresh bread that's a little stale.

ROASTED VEGETABLES

INGREDIENTS

broccoli // bell pepper // zucchini // squash // onion // garlic // sprig of fresh thyme or rosemary // grapeseed oil // salt and ground black pepper to taste

1. Cut vegetables into pieces no larger than 1" and coat lightly with cooking oil.
2. Air fry for 8 min. at 350°F, stir, and air fry for 8 min. longer or until cooked to your liking.

TIPS: More delicate vegetables such as broccoli florets will be done in 8 minutes total.
After roasting, sprinkle veggies with balsamic or sherry vinegar, chop, and add to a green salad.

ROASTED CABBAGE WEDGE

INGREDIENTS

1/2 head savoy cabbage with outer leaves removed // cut in half lengthwise (leave core in) // 1 tbsp. olive oil // 1 tbsp. pecorino romano or parmesan // kosher salt to taste

For vinaigrette: 5 tbsp. extra virgin olive oil // 3 tbsp. sherry vinegar // 1 tsp. dijon mustard // kosher salt // ground black pepper to taste

1. Place cabbage in Air Fryer basket, drizzle with oil, sprinkle with salt.
2. Air fry for 20 min. at 400°F or until the edges are browned and crispy.
3. While the cabbage is roasting, prepare the vinaigrette by whisking together the above ingredients in a small bowl.
4. Plate the cabbage, drizzle with vinaigrette, sprinkle with cheese. Serve hot.

PROSCIUTTO WRAPPED PLANTAINS

INGREDIENTS

plantains // prosciutto // honey or maple syrup (optional)

1. Peel the plantains, cut in half horizontally, drizzle with honey if desired, and wrap in prosciutto.
2. Air fry for 10 min. at 400°F.

POTATO WEDGES

INGREDIENTS

Russet or sweet potatoes - rinsed // cumin // paprika // curry powder // onion // garlic powder // olive oil // salt & pepper to taste // grated parmesan (optional)

1. Peel (optional) and cut potatoes into 1/2" wedges. If time permits, soak in lightly salted water for 10 minutes or blanch quickly.
2. After soaking/blanching, dab potatoes dry, coat lightly with oil and season as suggested above.
3. Air fry for 15 min. at 400°F until golden brown.

TIP: Towards the end of cooking, add grated parmesan.



BACON WRAPPED ASPARAGUS

INGREDIENTS

Green asparagus // bacon // balsamic glaze (optional)

1. Break off the ends of the asparagus. Wrap single stems in bacon, or make small bundles.
2. Air fry for 10 min. at 400°F (longer for bundles). Drizzle with glaze before serving, if desired.

BACON WRAPPED PEACHES

INGREDIENTS

1/4 cup basil, cut into small strips // 2 ea. peaches // 1 Tbsp. honey // 8 slices bacon (we like Smithfield Hometown Original) // 1 Tbsp. balsamic glaze

1. Cut peaches in half, discard pit. Cut each half into 4 wedges.
2. Cut bacon slices in half. Wrap one bacon slice around each peach wedge.
3. Air fry for 20 min. at 400°F or until the bacon is starting to crisp and brown.
4. Before serving, drizzle with the balsamic glaze and sprinkle with basil.



BACON WRAPPED ASPARAGUS



BANANA FRITTERS

BANANA FRITTERS

INGREDIENTS

2 ea. bananas, cut into bite size pieces // 1 ea. egg white // 1/3 cup bread crumbs // 2 Tbsp. dry shredded coconut // 1/4 tsp. ground cinnamon // to taste chocolate syrup (optional)

1. In a small bowl, beat egg white until foamy.
2. Combine all remaining ingredients (except bananas) in a shallow bowl.
3. Dip each banana piece in egg white, then into bread crumb mixture to coat all around.
4. Air fry for 9 min. at 360°F or until lightly browned.

GRILLED COCONUT PINEAPPLE

INGREDIENTS

1/2 ea. pineapple, skinned, cored and // cut lengthwise into 4 wedges // 1 tbsp. honey (or light brown sugar) // 2 tsp. lime juice // 2 tbsp. dried, shredded coconut // to taste vanilla ice cream (optional)

1. Line the basket of your Air Fryer with parchment paper.
2. Brush pineapple with honey and sprinkle with lime juice.
3. Air fry for 8 min. at 380°F. Sprinkle pineapple with coconut and air fry for an additional minutes or until the coconut begins to brown.
4. Serve with ice cream if desired.



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