

## Recommended Settings



### French Fries

**Temperature:** 380°F / 195°C

**Time:** 18–25 minutes



### Chicken

**Temperature:** 360°–380°F / 180°–195°C

**Time:** 16–20 minutes



### Steak

**Temperature:** 400°F / 205°C

**Time:** 6–10 minutes



### Fish

**Temperature:** 350°F / 175°C

**Time:** 6–8 minutes



### Shrimp

**Temperature:** 370°F / 190°C

**Time:** 6 minutes



### Root Vegetables

**Temperature:** 400°F / 205°C

**Time:** 6–10 minutes



### Dessert

**Temperature:** 280°–300°F / 140°–150°C

**Time:** 30–36 minutes



### Frozen Foods

**Temperature:** 360°F / 180°C

**Time:** 8–12 minutes

**Note:** You may adjust the time and temperature anytime during cooking.

**Need a hand?**  
Reach out to us at  
[support@cosori.com](mailto:support@cosori.com)

**Contact our Chefs at**  
[recipes@cosori.com](mailto:recipes@cosori.com)  
(888) 402-1684

## Quick Reference Guide

## Thank you for your purchase

(We hope you love your new air fryer as much as we do.)



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weekly, featured recipes  
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On behalf of all of us at Cosori,

## Happy cooking!

# Tips from the Chef

COSORI



## Preheating

To produce crisp and evenly cooked food, always preheat your air fryer. Just choose the temperature you want, and let it heat up for 5 minutes. When the timer goes off, the air fryer is ready to start cooking.



## Breading Technique

Breading is a crucial step for many of your delicious cravings, and for many air fryer recipes. First coat food in flour, then egg, and then breadcrumbs. Be sure to press in the breadcrumbs firmly so your food stays coated during cooking for a crisp and crunchy texture.



## Overcrowding

It's tempting to try and stuff the baskets full of food to try to speed up cooking. However, if you overcrowd the baskets with too much food, it won't brown or cook evenly and may take even longer to cook.



## Air Frying Meats & Fish

Let thicker meats rest at room temperature for 15–20 minutes before cooking. If you cook food immediately after taking it out of the fridge, it may come out raw or undercooked. After air frying a steak or a fish fillet, let it rest for 5–10 minutes so the juices stay intact, resulting in a moist and delicate piece of meat.



## Essential Cooking Utensils

Invest in a kitchen spray bottle. It's much easier than hand-drizzling oil onto your food, and will use less oil overall. Baking tins are great for decadent desserts, and tongs will help you handle small foods.



## Adapting Oven Recipes

You can easily adapt your favorite oven recipes for your air fryer! Just lower the temperature by 40°F and cut the cooking time down by 30%. For example: if a recipe calls for 400°F and 20 minutes, then you can air fry at 360°F for only 14 minutes. Results may vary.

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