

Air Fryer Oven
Recipes
BY HYSA KITCHEN



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Toast

TOAST

The preset temperature and time for toast is 450°F and 5 minutes. You also can set the time and temperature freely.

This preset mode is for toasting bread.

This mode also can be the basic free setting mode to adjust the temperature and time.

Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.





Toast

Ingredients

- toast, bagel, baguette, etc
- butter, cheese, jam etc

Method

Time 5mins/Temperature 450°F

1. Turn on the oven and set it with toasting mode (toast pattern flashes).
2. Bake with preset time and temperature.
3. Spread butter, cheese, or other sauces as you like.



Posh Beans On Toast

Ingredients

- **3oz** sundried tomatoes
- **5oz** jarred roasted red peppers
- **11oz** passata
- **1** tsp smoked paprika
- **2-3** garlic cloves (minced)
- **½** teaspoon salt
- Pinch pepper
- **3** cans cannellini beans (drained and rinsed)
- Fresh basil to garnish (optional)
- Chilli flakes to garnish (optional)
- Serve on toasted sourdough with butter

Method

Time 5mins/Temperature 450°F

1. Combine roasted red peppers, dried tomatoes, passata, garlic, smoked paprika, salt and pepper. Blend until completely smooth.
2. Pour the sauce and cannellini beans into a large pot and cook over medium heat for 8-9 minutes. Stir every few minutes.
3. At the same time, use the toast mode of the HYSapientia air fryer oven, use the preset temperature and time to bake a few slices of toast
4. Fill toast with cooked beans and garnish with fresh basil and cold flakes if you like. enjoy.

Bake

BAKE

The preset temperature and time for bake is 300°F and 40 minutes, with low speed fan. You also can set the time, temperature and fan speed freely.

This preset mode is for baking the cake into shape.

Recipe Tips

The preset temperature, time and fan speed is for reference only, the temperature, time and fan speed can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.





Cupcake

Ingredients

- **2.7fl oz** olive oil (light and milk variety)
- **4.4fl oz** oat milk
- **1/2 tsp** cider vinegar
- **7oz** self raising flour cup
- **1 tsp** ground sweet cinnamon
- **1/2 tsp** baking powder
- A pinch salt
- **5oz** caster sugar
- For the frosting
- **9oz** vegan stick butter
- **9oz** icing sugar
- cinnamon sugar

Method

Time 40mins/Temperature 280°F

1. Combine milk and apple cider vinegar in a jar and let stand for 5 minutes to thicken.
2. Stir dry ingredients until smooth. Pour in the olive oil and milk mixture and mix again to make a smooth batter.
3. Divide your cake mix into 8 cupcake boxes and place in HYSapientia air fryer oven on bake mode preset to 280°F and bake for 40 minutes.
4. While your cake is cooling, beat the butter with an electric hand mixer until pale and fluffy. Gradually add the powdered sugar while continuing to beat, then break up the cookie jam.
5. Spread frosting over each cooled cake, sprinkle with cinnamon sugar.



Easy Chocolate Fudge Cake

Ingredients

- 5.1 fl oz sunflower oil, plus extra for the tin
- 6oz self-raising flour
- 2 tbsp cocoa powder
- 1 tsp bicarbonate of soda
- 5oz caster sugar
- 2 tbsp golden syrup
- 2 large eggs, lightly beaten
- 5.1 fl oz semi-skimmed milk

For the icing

- 4oz unsalted butter
- 8oz icing sugar
- 1oz cocoa powder
- 2½ tbsp milk (a little more if needed)

Method

Time 40-50mins/Temperature 280°F

1. Oil the bottoms of two 7inch sandwich tins and line them. Sift the flour, cocoa powder, and sodium bicarbonate into a bowl. Add caster sugar and mix well.
2. Make a well in the middle and add the golden syrup, eggs, sunflower oil and milk. Mix well with an electric whisk.
3. Pour the mixture into two tins and bake using the preset temperature for 40 minutes, until firm and firm to the touch. Remove from oven, let cool 10 minutes, then place on cooling rack.
4. Whisk the unsalted butter in a bowl until soft. Gradually sift and add the powdered sugar and cocoa, then add enough milk to make the frosting fluffy and spreadable.
5. Sandwich the two cakes together with the butter frosting, covering the sides and top of the cake with more frosting.

Fish

FISH

The preset temperature and time for grill is 450°F and 25 minutes. You also can set the time and temperature freely. In this preset mode, the fish can be grilled at a lower temperature or fried at a higher temperature

Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.





Grill Salmon

Ingredients

- 1 tsp salt
- 1 tsp pepper
- 1 tsp mixed herbs
- 1 tsp garlic granules (optional)
- 4 salmon fillets, skin on or removed
- ½ tbsp olive oil
- cooked seasonal greens and grains such as quinoa or brown rice, to serve (optional)

Method

Time 20-25mins/Temperature 390-450°F

1. Combine the salt, pepper, mixed herbs and garlic granules, if using, in a bowl, then scatter onto a plate. Rub each salmon fillet with a little olive oil and roll in the seasoning to coat.
2. Put one layer into the oven, set the fish mode (the fish pattern flashes), set the temperature of 390-450°F and cook for 20-25 minutes until cooked through. If you have larger salmon fillets, you will need to cook them longer - keep checking after 10 minutes. The ingredients need to be turned over halfway through. Serve with vegetables, quinoa or rice if you prefer.



Cod

Ingredients

- 3 tbsp plain flour
- 4 cod loin fillets
- 2 tbsp olive oil
- 1 lemon, sliced
- ½ small bunch of thyme

Method

Time 20-25mins/Temperature 390-450°F

1. Pour the flour into a bowl and add some seasoning. Toss each cod fillet into the flour until evenly coated.
2. Heat half of the oil in a nonstick skillet over medium-high heat. Add the cod and fry for 2 minutes per side or until golden brown.
3. Transfer the cod to a roasting pan. Place the lemon slices and thyme on and around the fish and drizzle with the remaining oil. Set the temperature to 390°F and bake for 10 minutes or until cooked through.

Dehydrate

DEHYDRATE

The preset temperature and time for dehydration is 160°F and 4 hours. You also can set the time and temperature freely, the longest dehydration time can be adjusted to 15 hours.

This preset mode can help you make some dried fruits and vegetables.

Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.



Dehydrated Fruit

Ingredients

- 2 mangoes, thinly sliced
- 1 kiwi, thinly sliced
- 2 bananas, thinly sliced
- 6 strawberries, thinly sliced
- 1 apple, cored and thinly sliced(optional)

Method

Time 4hours/Temperature 160°F

1. Peel (optional) and slice the fruit of your choice. Flakes can effectively dehydrate
2. Set the oven to dehydration mode (as shown). The temperature is set to 160°F and the time is 4 hours. (fruits with sufficient water can extend 30mins-1 hour).

Broil

BROIL

The preset temperature and time for broil is 450°F and 20 minutes. You also can set the time and temperature freely.

This preset mode can help you complete various chicken, sausage those meat recipes.

Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.





Sausages

Ingredients

- 6 sausages of your choice

Method

Time 15-20mins/Temperature 390-450°F

1. Prick the sausage a few times with a sharp knife (this is optional, but helps release more fat). Spray a little oil on a baking sheet and place sausages on top
2. Set the air fryer to 390-450°F and cook for 20-25 minutes, turning every 5 minutes, until the sausage is cooked through.



Bacon

Ingredients

- 6 rashers streaky bacon, or 3 rashers back bacon

Method

Time 10mins/Temperature 450°F

1. Place the bacon on the oven rack - make sure the layers don't overlap. The size of the grill will determine how much bacon you can cook at one time
2. Set the oven to roast mode (the pattern on the rotisserie flashes) set the temperature to 390°F and cook for 6-10 minutes - 6 minutes for freshly cooked bacon, but 9-10 minutes for crispier bacon.



Chicken Thighs

Ingredients

- 1 tsp paprika
- ½ tsp mixed herbs
- ½ tsp garlic granules (optional)
- 4 chicken thighs, bone in
- 1 tsp olive oil

Method

Time 20mins/Temperature 450°F

1. Combine the paprika in a bowl with the herbs and garlic granules, if using, together with ½ tsp salt and ½ tsp ground black pepper. Scatter onto a plate. Rub the chicken thighs with the oil, then coat in the spice mix.
2. Place in the air fryer basket and turn the oven to Chicken Mode (the drumstick icon flashes). Spray the frying basket with oil (to prevent the food from sticking to the frying basket during the roasting process), set the temperature to 450°F for 20 minutes, and turn the food over halfway through. To check if they are fried, pierce the thickest part of the thigh with a knife to see if the juices run clear. Remove from oven immediately to prevent skin from softening.



Chicken Breasts

Ingredients

- 4 chicken breasts
- ½ tbsp rapeseed oil
- 1 tsp salt
- 1 ½ tsp garlic granules
- 1 tsp smoked sweet paprika
- 2 tsp mixed herbs
- ½ tsp pepper

Method

Time 20mins/Temperature 450°F

1. Coat the chicken in the oil and set aside. In a bowl, combine the salt, garlic, paprika and mixed herbs with a good grinding of black pepper, then scatter onto a plate.
2. Roll each oiled chicken breast into the seasoning and place on the oven rack. Set the oven to broil chicken mode (the drumstick pattern flashes) and at 450°F for 20 minutes, flipping after 10 minutes. To check if it's cooked, run a knife through the thickest part of the chicken to see if the juices run clear. Serve with vegetables or salads.

Air Fryer

AIR FRYER

The preset temperature and time for air fryer is 400°F and 20 minutes. You also can set the time and temperature freely. This preset mode can also help you with other potato or fried recipes.

Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.





Fish&Chips

Ingredients

- 30oz Maris Piper or King Edward potatoes, peeled & cut into 0.4inch thick chips
- 4 haddock fillets (4oz each)
- 1 medium egg
- 1 tbsp milk
- 1oz plain flour
- 3oz dried breadcrumbs
- 2 tbsp oil
- Cooking oil spray
- Salt and pepper

Method

STEP1:Time 18mins/Temperature 360°F

STEP2:Time 20mins/Temperature 390°F

1. In a large bowl, soak the cut potato chips in cold water for 30 minutes.
2. Season the haddock fillets. Beat eggs with milk. Break up the haddock by first dipping each fillet in flour, then egg mixture, then breadcrumbs. Place on a tray and refrigerate.
3. After 30 minutes, drain, rinse, and dry the chips well, then mix with 2 tablespoons of oil. Do not add salt to taste at this time. Spray oil on a baking sheet. Spread the chips evenly on the baking sheet.
4. Set the oven to french fries mode. The set temperature and time were 360°F and 18 minutes. Start cooking.
5. After the fries are done. Spray the air fryer basket with oil. Spray both sides of the shredded fish with oil and place in the air fryer basket.
6. Set the oven temperature and time to 390°F and 20 minutes. Flip halfway through. You can adjust the time according to the state of the ingredients you want.
7. When the fish and chips are cooked, season the chips with salt and serve hot with the peas.



Air-Fried Chips

Ingredients

- 4-5 large potatoes, about 35oz
- 1 tbsp sunflower or olive oil

Method

Time 20mins Temperature 370°F

1. To make straight, neat potato chips, peel the potatoes and trim off any rounded edges so they become rectangular pieces. Cut the pieces into sticks - they should be between fries and thick fries, if too thin they may crack; too thick and they won't cook through (save the cuts if you like mashed potatoes or added to soups). Or, if you don't mind neatness, you can slice unpeeled potatoes without trimming. Rinse chips and pat dry with a clean tea towel.

2. Add the oil before pouring the chips into the air fryer basket, then pour the chips into the oil to coat evenly. Use the paddle to program the oven to fry mode with a temperature setting of 370°F and a set time of 20 minutes.

(You can set the time if you want to bake crispy or soft). The way to change the time is: after selecting the mode you need, press the time setting button of the oven, you can see the time is flashing, at this time you can use the pulp or your finger to mobilize the setting you need. Yes, and finally press the start button. You need to turn the chips halfway through baking, you can do this by pausing the oven.



Roast Potatoes

Ingredients

- 35oz Maris Piper potatoes
- 1 tbsp sunflower or olive oil

Method

Time 20-25mins/Temperature 370°F

1. Cut the potatoes into evenly sized pieces, making sure they are not too large. Place in a steamer with boiling water for 5 minutes, or simmer for 5 minutes. Drainage is good.
2. Pour the drained potatoes into the frying basket. Add the oil and toss everything together to make sure the potatoes are well coated. Select french fries mode (fries pattern flashes), use 370°F to fry for 20-25 minutes. Check the potatoes are cooked through, then cook for another 5-10 mins if they're not tender or brown enough.



Chicken Nuggets

Ingredients

- 14oz chicken breast fillets
- 4 tbsp plain flour
- 1 egg, lightly beaten
- 4oz panko breadcrumbs or other dried breadcrumbs
- 2 tbsp vegetable or sunflower oil

Method

Time 20mins Temperature 370°F

1. Cut the chicken into bite-sized pieces. Place the cut pieces on a layer of plastic wrap, cover with another layer of plastic wrap, and beat with a rolling pin until about 2-3mm thick and even.
2. Pour the flour over a plate, add a pinch of salt and mix. Put the beaten eggs in a bowl and the breadcrumbs into another bowl.
3. Dip each chicken piece in flour, then in egg (shaking off excess), and finally in breadcrumbs and transfer to a lightly greased baking dish. We found breadcrumb navigation to be less confusing with one hand.
4. Set the oven temperature to 370°F, pour the chicken pieces into the air fryer basket and fry for 20 minutes.



Chicken Wings

Ingredients

- 35oz chicken wings
- 1 tbsp sunflower or olive oil
- seasoning of your choice (use salt and pepper, or ½-1 tsp of either smoky BBQ, ras-el-hanout, garlic granules, celery salt or garam masala)
- dipping sauce, to serve (optional)

Method

Time 20mins/Temperature 370°F

1. Split each chicken wing in half at the joint, removing the wing tips if you prefer to use sharp kitchen shears. Toss the chicken wings in the oil and seasoning, then into the oven.
2. Set the oven to fried chicken mode (the french fry pattern flashes) Set the temperature to 370°F and time for 20 minutes. The skin should have been bubbly and crispy, and the excess fat from the chicken will drip to the bottom of the fryer (discard this). Do not leave the chicken in the fryer or the steam will soften the skin again. Immediately pour into bowls and serve with dipping sauce.



Onion Rings

Ingredients

- For the onion rings
- 3 medium sweet yellow onions
- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 3 large eggs
- 3/4 cup milk
- 4 cups panko breadcrumbs
- Nonstick spray, for cooking
- Minced parsley, garnish, optional
- 3/4 cup milk
- 4 cups panko breadcrumbs
- Nonstick spray, for cooking
- Minced parsley, garnish, optional
- For the easy fry dip
- 1/3 cup mayonnaise
- 2 tablespoons ketchup

Method

Time 10mins/Temperature 350°F

1. Cut the non-root end of the onions off and peel onions. Slice onions into 1/4-inch thick slices and separate each slice to make rings. For thicker onion rings, you could cut them up to an 1/2-inch thick slices.
2. In a medium bowl, combine flour, cornstarch, salt, and pepper. In a separate medium bowl, whisk together eggs and milk until smooth and cohesive. Into a third medium-sized bowl add the panko.
3. Dip onion rings in the flour mixture to coat well, then into the egg mixture, making sure to shake off any excess, and finally into the panko bowl to fully coat with breadcrumbs. Use your dry hand to pack on the panko so it sticks well. Transfer breaded onion rings to a plate.
4. Spray basket and onion rings with nonstick cooking spray. Arrange onion rings in a single layer in a basket. Fry the onion rings at 350°F for 10 minutes, remove the onion rings and repeat until all rings are air fried.
5. In a small bowl combine the mayo and ketchup to make the fry sauce.

Unfreeze

UNFREEZE

The preset temperature and time for unfreeze is 125°F and 60 minutes. You also can set the time freely.
This preset mode can be used to defrost food in the refrigerator.

Recipe Tips

The preset time is for reference only, the time can be adjusted according to the specific ingredients before cooking.



Steak

STEAK

The preset temperature and time for steak is 450°F and 12 minutes. You also can set the time and temperature freely.



Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.



Air Fryer Oven Steak

Ingredients

- 4 tbsp. butter, softened
- 2 cloves garlic, minced
- 2 tsp. freshly chopped parsley
- 1 tsp. freshly chopped chives
- 1 tsp. freshly chopped thyme
- 1 tsp. freshly chopped rosemary
- 1 (2 lb.) bone-in ribeye
- Kosher salt
- Freshly ground black pepper

Method

Time 12mins/Temperature 450°F

1. In a small bowl, combine butter and herbs. Place in the center of a piece of plastic wrap and roll into a log. Twist ends together to hold tight and refrigerate 20 minutes until firm.
2. Season the steak on both sides with salt and pepper.
3. Place the steaks in the basket of the air fryer and cook at 450°F for 12 minutes over medium heat, depending on the thickness of the steak, turning halfway through.
4. Serve with a dollop of herb butter on top of the steak.

Pizza

PIZZA

The preset temperature and time for pizza is 450°F and 7 minutes. You also can set the time and temperature freely.



Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.



Pizza Margherita In 4 Easy Steps

Ingredients

For the base

- 11oz strong bread flour
- 1 tsp instant yeast (from a sachet or a tub)
- 1 tsp salt
- 1 tbsp olive oil, plus extra for drizzling

For the tomato sauce

- 3.4fl oz passata
- handful fresh basil or 1 tsp dried
- 1 garlic clove, crushed

For the topping

- 4oz ball mozzarella, sliced
- handful grated or shaved parmesan (or vegetarian alternative)
- handful of cherry tomatoes, halved

To finish

- handful of basil leaves (optional)

Method

Time 7mins/Temperature 450°F

1. Make the base: Put the flour in a large bowl, then whisk in the yeast and salt. Make a well, pour in 6.8fl oz warm water and olive oil, and stir with a wooden spoon until you have a soft, fairly moist dough. Turn to a lightly floured surface and knead for 5 minutes until smooth. Cover with a tea towel and set aside. You can let the dough rise if you want, but it's not necessary for a thin crust.

2. Make the sauce: Combine the passata, basil, and crushed garlic, then season to taste. As you begin to shape the base, let it sit at room temperature

3. Roll out the dough: If you let the dough rise, give it a quick knead, then divide into two balls. On a floured surface, use a rolling pin to roll out the dough into a large circle about 9.8inch wide. The dough needs to be thin as it will rise in the oven. Place the rounds on two floured baking sheets.

4. Top Bake: Heat the oven to 450°F and use the back of a spoon to spread the sauce over the base. Sprinkle with cheese and tomatoes, drizzle with olive oil and season. Bake for 7 minutes until crisp. Add a little more olive oil, if using basil leaves. Repeat steps for remaining pizza.

Rotisserie

ROTISSERIE

The preset temperature and time for rotisserie is 380°F and 45 minutes. You also can set the time and temperature freely.



Recipe Tips

The preset temperature and time is for reference only, the temperature and time can be adjusted according to the specific ingredients before cooking.

You can also adjust the temperature and time according to your own preferences to achieve the best taste you want.



Roast Jerk Chicken

Ingredients

- 56oz whole chicken
- 1 red onion, peeled, cut into wedges, leaving the root intact
- 1 red pepper, deseeded, chopped into chunks
- 18oz sweet potatoes, peeled, cut into chunks
- Salt and freshly ground pepper, as desired
- 2 tablespoons sunflower oil

For The Jerk Paste Marinade

- 5 spring onions, cut in thirds
- 3 large garlic cloves, peeled
- 1 scotch bonnet chilli, deseeded
- 1.6inch piece ginger, peeled
- 0.4oz coriander stalks and leaves reserved, to serve
- Zest and juice of 1 lime (save the juiced halves for stuffing in the chicken cavity)
- 1 tablespoon honey
- 1 tablespoon olive oil
- ½ teaspoon grated nutmeg
- 1 teaspoon ground allspice
- 1 tablespoon soy sauce

Method

Time 45mins/Temperature 360°F

1. For the jerk sauce marinade, pulse all ingredients in a food processor until a smooth paste forms.
2. Fill the chicken cavity with half the lime juice and skewer the chicken. Put in the pan.
3. Coat chicken evenly in prepared marinade. Cover chicken and baking sheet with foil and place in refrigerator for at least 6 hours and up to 1 day.
4. Set the HYSapientia air fryer oven to Rotisserie and the temperature to 360°F
5. Cook chicken breast side down for 45 minutes.
6. Remove the chicken from the oven, remove the foil, and carefully place the chicken in a shallow dish, pouring the juices from the cavity into the dish.
7. Season red onions, peppers and sweet potatoes well. Then toss in the tray to coat any remaining jerk paste. Place the chicken breast side up over the vegetables and drizzle with oil. Return the pan to the middle rack, uncovered, and cook for 45 minutes.
8. Cooking is complete when the vegetables are tender and the chicken reads 170°F on an instant read thermometer. Carefully remove chicken and wrap in foil, then let rest for 10 minutes.
9. If you prefer a vegetable crisper, return to the oven and cook for another 10 minutes. Serve hot with chicken and vegetables, sprinkled with coriander leaves.

*Advanced
Recipe Content*

ADVANCED RECIPE CONTENT

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Tuna Salad Sandwich

Ingredients

- 1 (5- or 6-ounce) can tuna packed in olive oil, undrained
- 1/3 cup cottage cheese
- 2 tablespoons mayonnaise
- 1/4 cup finely chopped red onion
- 1 celery stalk, finely chopped
- 1 tablespoon capers
- 1 tablespoon lemon juice
- A pinch or two fresh dill, chopped
- 2 tablespoons fresh parsley, minced
- 1 teaspoon Dijon mustard
- 2 slices bread, lightly toasted
- Lettuce, optional
- Sliced tomatoes, optional

Method

Time 5-8mins/Temperature 450°F

1. In a medium bowl, toss together the canned tuna, cottage cheese, mayonnaise, red onion, celery, capers, lemon juice, dill, parsley and Dijon mustard until combined.
2. Serve tuna salad on toast, either open faced, or between two slices of bread with lettuce and tomatoes, if you wish. For a low-carb option, serve on sliced lettuce.
3. Set the oven to 450°F and bake for five minutes. If you want a more crispy crust, you can extend it by 5-8 minutes



Chicago Hot Dogs

Ingredients

- 8 all-beef natural casing hot dogs
- 8 poppy seed hot dog buns or potato buns
- Yellow mustard for topping
- Sweet pickle relish for topping
- 2 medium tomatoes, cut into 8 wedges each
- 1 small yellow onion, diced
- 8 dill pickle spears
- 16 sport peppers or pepperoncini, whole or diced
- Celery salt for topping

Method

Time 20mins/Temperature 450°F

1. Set oven to 450°F , place hot dogs on oven rack, 20 minutes
2. Place a grilled hot dog in a bun. Top with yellow mustard, sweet pickle relish, 2 tomato wedges, onions, 1 dill pickle spear, and 2 sport peppers.
The celery salt is strong, so you only need a light sprinkle over the dog to finish it up. Assemble the remaining hot dogs. Eat immediately!



Lasagna Bolognese

Ingredients

For lasagna

- 4oz Lasagne
- grated cheese

For the Bolognese sauce

- 3oz sweet bacon
- 0,5 Carrots
- 0,5 Onions
- 0,5 Celery sticks
- 9oz minced meat
- 3,4fl oz red wine
- 6,8fl oz tomato puree
- 3,4fl oz milk
- fine salt
- Extra virgin olive oil
- Pepper

Method

Time 30mins/Temperature 450°F

- 1.First you need to prepare the pâté and brown the bacon on your own. Put it on the fire over high heat until some fat melts.
- 2.Add the olive oil, celery, chopped carrots and onions and mix everything with a spoon. Let it fry for a few minutes.
- 3.When we pour the minced meat into the pot, we crush the minced meat a little and mix it well. After five minutes we remove the gloss with the wine and cook again for five minutes.
- 4.At this time, add the tomato puree, season with salt and pepper and stir.
- 5.Cover and cook over very low heat for at least one and a half hours to thicken our sauce.
- 6.Pour the milk into the pot and cook for another five minutes. The consistency must be uniform and above all creamy, if necessary boil it for ten minutes.
- 7.Once the pâté is ready, we can assemble the lasagna: put a few spoons of pâté on the bottom of the pot.
- 8.Cover with a lasagna leaf, then cover with more bolognese.
- 9.Add a few tablespoons of béchamel to the flours.
- 10.Sprinkle with a handful of grated cheese.
- 11.Cover with another sheet and repeat: pâté, béchamel, grated cheese. For the last layer we can add both the béchamel and the cheese for a super appetizing gratin!
- 12.Place it in the oven and bake it in a preheated oven at 450°F for 30 minutes.
- 13.We took it out of the oven, waited a few minutes for it to calm down, and then we were ready to serve our steaming spaghetti bolognese!



Gluten-Free Chocolate Cake Donuts

Ingredients

For the donuts

- 1 tablespoon flax meal
- 1 1/2 cup plus 1 tablespoon (8oz) gluten-free flour blend
- 1/2 cup (4oz) granulated sugar
- 1/3 cup plus 1 tablespoon (1oz) unsweetened dairy-free cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon cream of tartar
- 1/2 teaspoon kosher salt
- 1/4 cup coconut oil, melted and liquid, but slightly cooled
- 1 teaspoon vanilla extract
- 1 tablespoon apple cider vinegar
- 3/4 cup plus 2 tablespoons warm non-dairy milk, such as soy milk or oat milk

For the glaze

- 1 cup (4.1 oz) powdered sugar (make sure it's gluten-free)
- 3 tablespoons unsweetened dairy-free cocoa powder
- 2 to 4 tablespoons non-dairy milk, such as soy milk or oat milk
- Rainbow sprinkles, to top

Method

Time 9-10mins/Temperature 370°F

- 1.** Combine the flax meal with 2 1/2 tablespoons of water in a small bowl. Let stand for 7 to 10 minutes to thicken. (This will be used as an egg replacer in this recipe.)
- 2.** Preheat the oven to 370°F. Lightly spray two full-sized donut baking pans with nonstick cooking spray, and set them aside.
- 3.** In a medium bowl, whisk together the flour, sugar, cocoa powder, baking powder, baking soda, cream of tartar, and salt until smooth.
- 4.** In a separate medium bowl, whisk together the oil, flax egg, vanilla, vinegar, and non-dairy milk until smooth.
- 5.** Pour the dry ingredients into the wet ingredients and stir to combine, making sure all the dry bits are incorporated.
- 6.** Use a kitchen spoon to scoop the dough into the wells of the donut pan, stopping when each is almost full. The dough will be thick and sticky, so use your fingers or the back of a spoon to gently press it into the indentation.
- 7.** Bake donuts for 9 to 10 minutes, or until they spring back to the touch and a toothpick inserted into the center comes out clean.
- 8.** Allow donuts to cool in pan for 5 minutes, then remove from the pan and transfer to a wire rack to cool completely.
- 9.** In a small bowl, whisk together the powdered sugar and cocoa powder. Be sure there aren't any clumps, and if there are, sift the ingredients so your glaze will be smooth. Add 2 tablespoons of non-dairy milk and whisk well. You're looking for a smooth, pourable glaze. If your glaze is too thick, add additional non-dairy milk one tablespoon at a time until you reach the desired consistency.
- 10.** Cut a piece of parchment paper the same size (or slightly larger) as your wire cooling rack and place under your cooling rack to catch drips. Dip one side of each doughnut in the glaze and place glaze-side up on the cooling rack. Allow any excess to drip off.
- 11.** While the glaze is still wet, sprinkle the tops of each donut with colorful sprinkles. Let the donuts set at room temperature for at least 25 minutes to allow the glaze to firm up. Serve immediately, or cover leftovers and store at room temperature for up to 1 day.



Mac and Cheese

Ingredients

- 4 tablespoons unsalted butter, divided
- ¾ cup panko (Japanese breadcrumbs)
- ¼ ounce Parmesan, finely grated (about ¼ cup)
- 2 teaspoons fresh thyme leaves
- 1 teaspoon kosher salt, divided, plus more
- 8 ounces cavatappi or other short curly pasta
- 2½ cups whole milk
- ½ small onion, grated
- 1 garlic clove, finely grated
- 2 tablespoons all-purpose flour
- 4 ounces Fontina cheese, grated (about 1 cup)
- 4 ounces Gruyère, grated (about 1 cup)
- 4 ounces sharp white cheddar, grated (about 1 cup)
- ½ teaspoon English mustard powder (such as Colman's)
- Pinch of cayenne pepper

Method

Time 8-10mins/Temperature 350°F

1. Preheat oven to 350F . Melt 2 Tbsp. butter in a medium skillet over medium heat. Add panko and cook, stirring, until crumbs are golden brown, 6–8 minutes (make sure to get them toasty brown; they won't darken much during baking). Transfer to a small bowl and toss with Parmesan, thyme leaves, and ¼ tsp. salt.
2. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente (the noodles will continue to cook in the cheese sauce, so take them out a minute or two before you think they're actually done). Drain pasta; let cool while you make the sauce.
3. Bring milk to a bare simmer in a small saucepan; keep warm. Melt remaining 2 Tbsp. butter in a medium saucepan over medium-high. Add onion and garlic and cook, stirring, until onions are fragrant and beginning to soften, about 2 minutes. Sprinkle flour over and cook, stirring constantly, until mixture starts to stick to bottom of saucepan, about 1 minute. Add warm milk in a few additions, whisking to combine after each addition.
4. Bring béchamel sauce to a boil, then reduce heat and simmer, stirring, until sauce is thickened and doesn't feel grainy when a little bit is rubbed between your fingers, 6–8 minutes (cooking the flour thoroughly at this stage ensures a creamy sauce). Add Fontina, Gruyère, cheddar, mustard powder, cayenne, and ¾ tsp. salt and stir until cheeses are melted and sauce is smooth. Remove from heat and mix in pasta; transfer to a 2-qt. baking dish.
5. Bake 10 minutes. Top with Parmesan breadcrumbs and bake until sauce is bubbling around the edges, 8–10 minutes longer. Let cool in pan 15 minutes before serving.



Roasted Asparagus&Mushrooms

Ingredients

- 1 pound asparagus, trimmed
- 1 tablespoon oil or cooking spray
- salt and freshly ground pepper lemon, to serve
- parmesan, if desired
- 0.3oz mushrooms cleaned, trimmed, and cut
- 2 tbsp olive oil
- 1 tsp soy sauce
- 1/2 tsp garlic powder

Method

Time 5mins/Temperature 390°F

1. Toss asparagus with oil and season with salt and pepper, toss the chopped mushrooms with oil, soy sauce and garlic powder.
2. Temperature:390°F , Time:5 mins



Fish Finger Sandwich

Ingredients

- 2 teaspoons Dijon mustard
- 2 egg, whisked
- Flaked sea salt
- pepper to taste
- 3oz golden crumbs
- 2oz (15) Ritz Crackers, crushed
- 2oz flour
- 19oz uncooked cod, cut into finger sizes (1 inch by 3.9inch)
- Cooking Spray
- 8 slices white bread
- Tartar sauce or ketchup
- Iceburg lettuce, shredded

Method

Time 8mins/Temperature 360°F

1. Place mustard, eggs, and salt in a shallow bowl and toss to combine. Place bread crumbs and cookie crumbs in another shallow dish. Dip each finger in the flour, dip each fish finger in the mustard-egg mixture, and sprinkle with breadcrumbs, continuing all this until coated.
2. After 4 minutes, flip the fish, spray the other side and continue cooking. Repeat until all fish fingers are cooked.
3. Spread tartar or ketchup on a slice of bread, add lettuce and 3 fish fingers to each sandwich.
4. Start setting up our oven: set the temperature to 360°F and the time to 8 minutes. Select Start/Stop to start.



Smashed Avocado On Toast

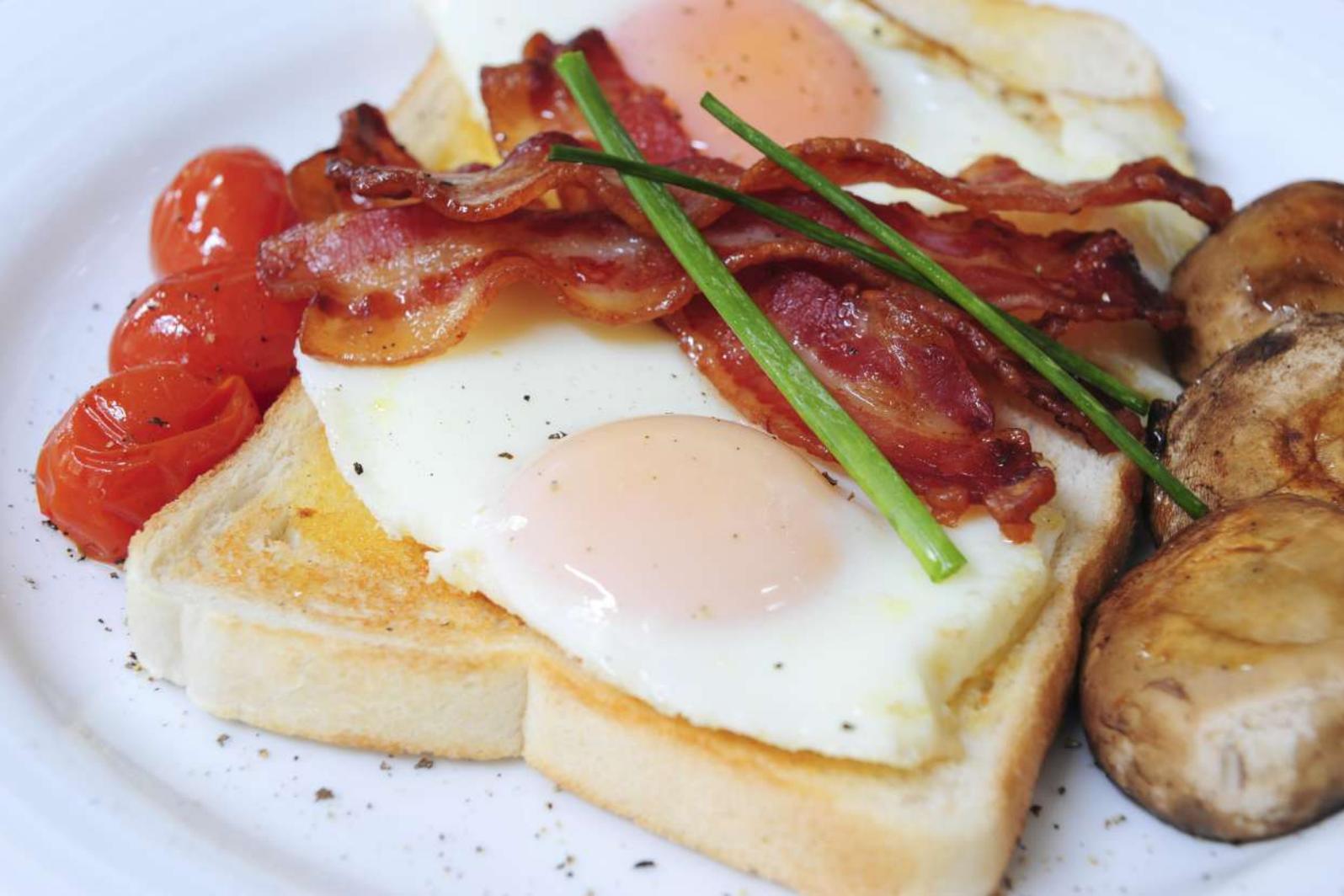
Ingredients

- 2 slices sourdough bread
- 1 large avocado, stone removed
- 2 tsp lime juice
- Sea salt and ground black pepper, as desired
- Pinch chilli flakes
- Mixed seeds, as desired

Method

Time 5mins/Temperature 450°F

1. Toast two slices of toast using the toast function of the HYSapientia air fryer oven
2. If desired, place avocado flesh in a small bowl along with lime juice, salt, pepper, and chili flakes. Mix until well mixed.
3. After cooking, remove the toast. Top both pieces with mashed avocado and top with mixed seeds as desired.



Bacon and Egg Baked Toast

Ingredients

- A piece of toast
- 2-4 slices bacon
- A piece of cheese
- An egg and ketchup

Method

Time 10mins/Temperature 360°F

1. Spread ketchup on toast
2. Spread cheese slices and bacon on toast
3. Make a hole in the middle of the toast with a spoon
4. Beat an egg in the pit
5. Sprinkle black pepper on toast
6. Set up the oven at temperature 360°F and time 10 mins



Pork Chops

Ingredients

- 35oz new potatoes, halved
- 4 tbsp olive oil
- 6 garlic cloves, bashed
- small handful of thyme
- 6 tbsp honey
- 6 tbsp wholegrain mustard
- 4 thick-cut bone-in pork chops (about 9oz each)

Method

STEP1:Time 25mins/Temperature 360°F

STEP2:Time 20mins/Temperature 360°F

1. Heat the oven to 360°F , pour the potatoes, oil, garlic and thyme into a shallow baking dish and toss with your hands to coat with the oil. Good season. Bake for 25 minutes, until the potatoes are just tender when pierced with a knife.

2. In a small bowl stir together honey and mustard. Season pork chops with salt and pepper, then brush with half of the marinade. Place the potatoes on a tray and bake for another 10 minutes, then turn the chops over and spoon over the remaining glaze. Continue to bake for 10 minutes, until cooked through.



Roast Rack Of Lamb With Rosemary

Ingredients

- 4 racks of lamb
- 4 garlic cloves,
- a big stalk of rosemary,
- 8 tbsp light olive oil

Method

Time 25mins/Temperature 390°F

1. Arrange lamb chops in a china or glass baking dish, sprinkle garlic and rosemary on top, and drizzle with olive oil. Marinate for at least 4 hours (overnight if you have time), turning occasionally.

2. Preheat the oven to 390°F. Season the lamb generously with salt and pepper. Heat a large heavy skillet over medium heat and brown the meat side on both racks for about 1-2 minutes, then turn and cook the other side for an additional 1 minute. Finally, brown the ends briefly so all exposed meat is seared. Remove and repeat for the remaining two racks.

3. Place the racks in a large baking tin and place them in pairs with the bones attached to each other. Roast about 8 minutes for very pink meat, 17-20 minutes for medium meat, and 25 minutes for well-done meat. To test the lamb, insert the tip of a skewer or knife into the center of the meat, let it sit for 30 seconds, then test by applying it to the inside of your wrist, it should feel hot. If it still feels cold, continue cooking the lamb as it will still be raw in the middle. Test again after 5 minutes.

4. Transfer the lamb to a warmed plate, cover loosely with foil, and let rest in a warm place for about 5 minutes before carving (if you have to wait longer than this, you may need to return the lamb to in the oven for a minute or so before serving, to restore temperature). Slice and serve on a warm plate with a spoonful of chickpea stew.



Roast Sea Bass

Ingredients

- 11oz red-skinned potatoes, sliced into rounds
- 1 red pepper, cut into strips
- 2 tbsp extra virgin olive oil
- 1 rosemary sprig, leaves removed and finely chopped
- 2 sea bass fillets
- 1oz pitted black olives, halved
- ½ lemon, thinly sliced
- handful of basil leaves

Method

STEP1:Time 25mins/Temperature 360°F
STEP2:Time 7-8mins/Temperature 360°F

1. Heat the oven to 360°F and place the potatoes and pepper flakes on a large non-stick baking dish. Drizzle with 1 tablespoon oil and sprinkle with rosemary, a pinch of salt and ground pepper. Stir everything well and bake for 25 minutes, turning halfway through, until the potatoes are golden and crisp around the edges.
2. Arrange the fillets on top and sprinkle over the olives. Place a few lemon slices over the fish and drizzle with the remaining oil. Bake for another 7-8 minutes, until the fish is cooked through. Sprinkle with basil leaves and serve.



Beef Wellington

Ingredients

- a good beef fillet (preferably Aberdeen Angus) of around 1kg/2lb 4oz
- 3 tbsp olive oil
- 250g/9oz chestnut mushroom, include some wild ones if you like
- 50g/2oz butter
- 1 large sprig fresh thyme
- 100ml/3.5 fl oz dry white wine
- 12 slices prosciutto
- 500g/1lb 2oz pack puff pastry, thawed if frozen
- a little flour, for dusting
- 2 egg yolks beaten with 1 tsp water

Method

STEP1:Time 15-20mins/Temperature 390°F
STEP2:Time 20-30mins/Temperature 360°F

1. Heat the oven to 390°F
2. Place 35oz beef tenderloin on a baking sheet, brush with 1 tbsp olive oil, season with pepper and roast for 15 minutes to medium-rare or 20 minutes to medium-rare. When the beef is cooked to your liking, remove from the oven to cool, then chill in the refrigerator for about 20 minutes.
3. While the beef is cooling, chop 9oz of chestnuts (and wild mushrooms if you prefer), as finely as possible so they have the texture of coarse breadcrumbs. You can do this with a food processor, but be sure to pulse to chop the mushrooms so they don't turn into a pulp.
4. Heat 2 tablespoons of olive oil and 2oz of butter in a large skillet, then sauté the mushrooms with 1 large sprig of fresh thyme over medium heat for about 10 minutes, stirring frequently, until the mixture is tender.
5. Season the mushroom mixture, pour in 3.5fl oz of dry white wine and cook for about 10 minutes, until all the wine has been absorbed. The mixture should hold its shape while stirring.
6. Remove mushroom duxelle from pan to cool and discard thyme.
7. Overlap two sheets of plastic wrap on a large cutting board. Arrange 12 slices of ham on plastic wrap, overlapping slightly, in double rows.



Beef Wellington

Method

8. Spread half of the duxelles over the ham, then place the fillets on top, then the remaining duxelles on top.
9. Use the edge of the plastic wrap to wrap the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of the plastic wrap to tighten as you go.
10. Cool the fillets while rolling out the pastry.
11. Dust the work surface with a little flour. Roll out one-third of a 18oz packet of puff pastry into 7 x 12 inch strips and place on a non-stick baking tray.
12. Roll out the remainder of the 18oz packet of puff pastry to approximately 11 x 14 inch.
13. Peel fillet from plastic wrap and place in center of smaller pastry strip.
14. Whisk 2 egg yolks with 1 teaspoon water, then brush edges of pastry, and tops and sides of wrapped fillets.

STEP1:Time 15-20mins Temperature 390°F
STEP2:Time 20-30mins Temperature 360°F

15. Using a rolling pin, carefully lift and cover the larger piece of pastry over the fillet, pressing into the sides.
16. Trim the join to about a 1.6inch edge. Seal the edges with the rim of a fork or spoon handle.
17. Spread more egg yolk on top and use the back of a knife to draw long diagonal lines on the Beef Wellington, being careful not to cut into the pastry.
18. Chill for at least 30 minutes and up to 24 hours. Heat the oven to 360°F
19. Brush the steak wellington with a little more egg yolk and cook until golden and crispy - 20-25 minutes for medium rare beef, 30 minutes for medium rare beef. Let stand for 10 minutes before slicing into thick slices.



Easy Steak Pie

Ingredients

- 3 tbsp sunflower oil
- 35oz braising steak, diced
- 2 onions, roughly chopped
- 3 tbsp plain flour
- 1 tbsp tomato ketchup
- 2 beef stock cubes mixed with 20fl oz boiling water
- 13oz sheet of ready-rolled puff pastry
- 1 egg yolk, beaten

Method

STEP1:Time 1 hours/Temperature 360°F
STEP2:Time 30-40mins/Temperature 390°F

1. To make the filling: Heat half the oil in a large casserole pan, roast the meat in batches and set aside. Add the onions, add a little oil, and cook over low heat for 5 minutes, until browned.

2. Sprinkle over the flour and stir until the flour is browned. Return the meat and any juices to the pot along with the tomato paste and give it a good stir.

Pour in the stock, season and simmer, then cover and place in the HYSapientia air fryer oven set to 360°F and bake for about 1 hours until the meat is tender.

The filling can be made up to three days in advance and refrigerated or frozen for up to three months.

3. When making pies. Pour the filling into a 9-10 inch rimmed pie pan and brush the edges of the pan with some egg yolks. Unwrap the pastry, cover the plate, trim with a knife and press the edges against the sides of the plate. If you wish, you can re-roll your trim for decoration.

Brush the pie with a thick egg yolk. Make a few cuts in the center of the pie. Set the air fryer oven temperature to 390°F and bake for 30-40 minutes until golden brown. Let stand for a few minutes before serving.



Beef Stew

Ingredients

- 2 stalks of celery, thickly chopped
- 1 onion, chopped
- 2 really big carrots, cut in half lengthways then very roughly chopped
- 5 bay leaves
- 2 sprigs thyme, 1 whole and 1 leaf picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- Tomato puree
- 2 tbsp Worcestershire sauce
- 2 cubes beef stock, crumbled
- 30oz beef braised, cut into nice big chunks

Method

Time 60mins/Temperature 450°F

1. Put two thinly sliced celery stalks, one chopped onion, two large carrots, 5-leaves of bay leaf and a whole sprig of thyme in an ovenproof casserole with a tablespoon of vegetable oil and a tablespoon of butter in the middle.
2. Soften for 10 minutes, then add 2-tbsp all-purpose flour and stir until it does not look dusty, then add 2 tbsp tomato paste, 2 tbsp Worcestershire sauce and 2 tbsp beef broth cubes.
3. Gradually add 20fl oz hot water, then pour in 30oz beef stew and simmer for 3-5 minutes.
4. Cover and bake in the oven at 450°F for an hour until the meat is tender and the sauce has thickened.



Glazed Baked Ham

Ingredients

For the ham

- 1 (9 to 11-pound) fully cooked (ready-to-eat) bone-in ham

For the Sweet Hot Honey Mustard Glaze

- 3 tablespoons sweet hot honey mustard, or brown mustard with honey
- 2 tablespoons brown sugar
- About 50 cloves

For the Honey Thyme Glaze

- 3 tablespoons unsalted butter, melted
- 2 tablespoons fresh thyme, or 2 teaspoons dry
- 1/4 cup cider vinegar
- 1/4 cup honey
- 1 tablespoon brown sugar
- 1 teaspoon Worcestershire sauce

Method

Time 25-30mins/Temperature 330°F

1. Remove the ham from the refrigerator (still wrapped) a couple of hours before you intend to cook it so that it can get closer to room temperature. This will help it warm more evenly.

2. Preheat the oven to 330°F

3. Place the ham, fatter side up, in a foil-lined roasting pan. Score a diamond pattern in the fat with a sharp knife, about 1/4-inch to 1/2-inch deep, and the parallel lines about 1 1/2-inches apart. (You won't need to do this if you're using a spiral cut ham.) Do not score the meat itself, just the fat and any skin. You can score the fat as deeply as to where the fat meets the meat. If you want, you can first cut off any skin that might still be on the ham, but it isn't necessary.

4. If using cloves (with the Sweet Honey Mustard Glaze), you can either put them in before applying the glaze or after. They look better if applied after, but it is easier to see the lines in the ham as a guide for placement if you put them in first. Place the cloves in the center of the diamonds to form a nice pattern around the top and sides of the ham (or along the edges of some of the pre-cut slices if using spiral cut). Some people put the cloves in the intersection points of the scores. Do as you wish. You just want a nice pattern.

5. If using the sweet honey mustard glaze: Mix the mustard with the brown sugar in a small bowl.

If using the honey thyme glaze: Mix thyme in with the hot melted butter and let sit for a few minutes. In a small saucepan on high heat, let the cider vinegar reduce down from 1/4 cup to 1 tablespoon, and remove from heat. Whisk in the butter and thyme. Add the honey, brown sugar, and Worcestershire sauce.



Glazed Baked Ham

Method

6. Using a pastry brush, brush whichever glaze you are using over the ham. Only use about third of it (reserve the rest for later in cooking). Try to work the glaze into the scored lines.

7. Place ham in oven. (If using a spiral cut ham, first wrap tightly in aluminum foil so that the ham doesn't dry out while cooking.)

Cook for 1 to 1 1/2 hours (check after 1 hour, will take longer if the ham is not at room temp to begin with), or about 10 minutes per pound, until the internal temperature of the ham is 230°F to 250°F with a meat thermometer. (Note that the ham is already cooked when you buy it, all you are trying to do is heat it up for eating.)

If using a non-spiral cut ham, baste the ham with the glaze a couple of times during the cooking. If you check on the ham and think that the glaze is at risk of getting too browned (like on the way to burnt), you can cover with a piece of foil.

8. When the ham has reached the desired temperature, baste again. (If using a spiral cut ham, open up the foil to expose the ham before basting.)

Time 25-30mins/Temperature 330°F

Regardless of which ham you're using, place it under the broiler for few minutes to get some nice browning on the top. Take the pan out of the oven and brush the ham all over with pan juices. Cover with aluminum foil and let rest for 15 minutes before serving.

9.0 slice a bone-in ham, cut around the bone first. Then use a long, sharp knife to slice off pieces around the bone.

Another way to slice the ham is to make first a slice on wide end to get a flat lying surface. Then stand the ham upright on the wide end and make slices down the side, working around the bone.



Vegan Lemon Cake

Ingredients

- 3.5fl oz vegetable oil, plus extra for the tin
- 10oz self-raising flour
- 7oz golden caster sugar
- 1 tsp baking powder
- 1 lemon, zested, 1/2 juiced

For the icing

- 5oz icing sugar
- ½ lemon, juiced

Method

Time 30mins/Temperature 360°F

1. Heat the oven to 360°F , grease a 1 lb loaf tin and line it with baking parchment. In a bowl combine flour, sugar, baking powder and lemon zest. Add oil, lemon juice and 5.7fl oz cold water and blend until smooth.
2. Pour the mixture into jars. Bake for 30 minutes or until skewers come out clean. Cool in tins for 10 minutes, then remove cakes and transfer to wire racks to cool completely.
3. For the icing, sift powdered sugar into a bowl. Mix in enough lemon juice to make the frosting thick enough to pour over the bread (if the frosting is too thin, it will run off the cake).



Blueberry Baked Oats

Ingredients

- 17fl oz almond milk
- 7oz jumbo porridge oats
- 2 tbsp almond butter
- 1 tsp baking powder
- 1 egg , beaten
- 1 small ripe banana , mashed
- ½ tsp almond extract or 1 tsp vanilla extract (optional)
- 16oz blueberries , plus extra to serve
- 1oz whole, skin-on almonds , roughly chopped
- milk or fat-free yogurt and honey, to serve (optional)

Method

Time 15-20mins/Temperature 360°F

1. Mix all of the ingredients together in a large bowl.
2. Pour the mixture into a heatproof dish lined with foil. Set the oven to pizza mode and bake at 360°F for 15-20 minutes, until browned in the center. Add a little milk or yogurt, honey, and extra blueberries if you like and serve hot.



Christmas Cake

Ingredients

- 35oz mixed dried fruit (use a mix of raisins, sultanas, currants, cherries, cranberries, prunes or figs)
- zest and juice 1 orange
- zest and juice 1 lemon
- 5fl oz brandy, Sherry, whisky or rum, plus extra for feeding
- 9oz pack butter, softened
- 7oz light soft brown sugar
- 6oz plain flour
- 4oz ground almond
- ½ tsp baking powder
- 2 tsp mixed spice
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- 4oz flaked almonds
- large eggs
- 1 tsp vanilla extract

Method

Time 100-120mins/Temperature 280°F

1. Put 35oz of mixed dried fruit, the zest and juice of 1 orange and 1 lemon, 5fl oz of brandy or other alcohol, 9oz of softened butter and 7oz of light brown sugar in a large saucepan over medium heat.

2. Bring to a boil, then reduce heat and simmer for 5 minutes. Pour fruit mixture into a large bowl and chill for 30 minutes.

3. Line a 7.8inch deep cake tin with a double layer of baking parchment, then double the outer bun with newspaper - tie with string.

4. Add 6oz plain flour, 4oz almond flour, ½ tsp baking powder, 2 tsp spice mix, 1 tsp ground cinnamon, ¼ tsp ground cloves, 4oz sliced almonds, 4 large eggs and 1 tsp vanilla extract to fruit mixture. Stir well. Make sure there are no flour bags.

5. Pour into the prepared baking sheet and smooth the top with a spatula. Set oven temperature to 280°F and bake in center of oven for 100-120 minutes. The preset time can be set up to 60 minutes, and you need to turn it on again after the end.

Post-baking treatment

6. Take the cake out of the oven, poke a few holes in it with a fork, and spoon in 2 tablespoons of your alcohol of choice. Let the cake cool completely in the tin.

7. To store, peel off baking parchment and wrap in plastic wrap. Feed the cake with 1-2 tablespoons of alcohol every two weeks until you ice it.

8. Do not feed the cake for the last week to give the surface a chance to dry before icing.



Apple Crisp

Ingredients

For the topping

- 4oz plain flour
- 2oz rolled oats
- 2oz flaked almonds or chopped pecans
- 4oz butter, cut into cubes
- 2oz light muscovado sugar
- ½tsp ground cinnamon
- vanilla ice cream or custard, to serve

For the filling

- 8 Cox's or Russet apples, peeled, cored and sliced into 5mm-thick rounds
- 2oz golden caster sugar
- ½ lemon, zested and juiced

Method

Time 30-40mins/Temperature 340°F

1. Put all the ingredients and a pinch of sea salt in a bowl and knead with your fingers until combined to a crumb-like texture - this can also be done in a food processor. Cool until needed. Can be refrigerated for up to two days.
2. Toss apples with sugar, lemon zest and juice, then pour into a 9inch round or 7.9inch square pan at least 2inch deep. Flatten with your hands and sprinkle on top. Will keep covered and refrigerated for a day.
3. Set the HYSapientia Air fryer oven to 340F . Place the crisps on a baking sheet and bake for 30-40 minutes, until the top is a deep golden brown and the edges of the fruit are bubbly. Cool for 10 minutes and serve with ice cream or custard.

Tips

1.All recipes are not fixed patterns, you can change the cooking method or increase or decrease the amount of seasoning and cooking time according to your personal taste.

2.Air fryer ovens are designed to allow you to make healthier and more convenient meals and enjoy your meals. It can help you avoid the health hazards and capacity constraints that an air fryer can have. It's not a complete replacement for all your kitchenware, but it will stand out among them all.

3.All preset functions are not limited to one type of food. For example, in toast mode, you can also roast garlic and tomatoes. Use your imagination

4. If you need an electronic version of the recipe, please visit this page <https://www.hysapientia.com/download.html>

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