



美的免油健炸寶食譜

多謝選購美的免油健炸寶。在開始烹飪之前，請先仔細閱讀本食譜。

注意

由於不同的食材產地、大小、形狀以及品牌各異，我們無法保證為您提供最佳的烹飪方案。

小貼士

- 食材體積越大，烹飪時間亦會相應較長，反之亦然。
- 如需烹飪大量食材，只需相應延長烹飪時間即可。如需烹飪少量食材，只需相應縮短烹飪時間即可。在食物的烹飪過程中，建議將食材鋪在油炸籃的底部。如放入太多食材，請相應延長烹飪時間並在烹飪過程中多次攪拌。
- 在烹飪過程中攪拌體積較小的食材，最終的烹飪效果會更佳，而且有助均勻烘焙食材。
- 在烘培食物之前，請選擇相應的烹飪溫度並預熱5-8分鐘。
- 為新鮮薯仔加入一點油可以讓炸出來的薯仔更加香脆。加入油和食材之後，等待數分鐘，然後放入免油健炸寶中進行烘焙。
- 切勿在炸鍋中烹製密封的食材，或者在烹製之前將食材切開，例如香腸、果仁等。
- 如欲製作蛋糕或者煙肉蛋批，或烹飪易碎或者有餡的食材，請往免油健炸寶的油炸籃中放入烤盤。
- 如需使用免油健炸寶再次加熱食材，請將溫度調至150°C，加熱時間不要超過10分鐘。

烤多士



製作方法

- 1) 將炸鍋調至200°C。預熱5分鐘。
- 2) 麵包片厚度約為1cm。
- 3) 將麵包片放入油炸籃中，並在底部鋪上錫紙。
- 4) 溫度調至180°C。加熱6-8分鐘。
- 5) 加入喜愛的醬料或者夾上其他食材一同食用，味道更佳。

食材

麵包片

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薯條



製作方法

- 1) 取1/4匙冷凍薯條（半成品），建議將薯條鋪在油炸籃底部。
- 2) 將炸鍋調至200°C並預熱5分鐘。
- 3) 將溫度調至200°C。將冷凍薯條（或已解凍的薯條）直接放入到炸鍋中的油炸籃內。將油炸時間調至13-18分鐘。
- 4) 油炸10分鐘後，提起油炸籃並用筷子攪拌一下薯條。待油炸時間結束後，取出薯條食用。（保持焗爐開啟，取出油炸籃，並攪拌薯條）。

食材：

冷凍薯條（半成品）

蒜香焗雞腿



製作方法

- 1) 將雞腿醃製1小時。
- 2) 打開炸鍋，將溫度調至200°C。預熱5分鐘。
- 3) 在雞腿表面塗上少許食用油。將雞腿放入油炸籃中並將油炸籃放入炸鍋。油炸20-25分鐘左右。在油炸過程中打開炸鍋蓋，並翻轉雞腿2-3次。

食材

2瓣蒜（切碎）、香料粉1茶匙、生抽一湯匙、1/4匙食用油，雞腿6隻

脆炸煉奶香蕉



製作方法

- 1) 香蕉剝皮並切成數段。
- 2) 準備粟粉、蛋液以及麵包糠。
- 3) 在香蕉塊上依次加入麵糊、蛋漿和麵包糠。
- 4) 將炸鍋調至180°C並預熱5分鐘。
- 5) 將香蕉塊放入油炸籃中並在底部塗上一層食用油。建議將食材鋪在油炸籃底部。
- 6) 將時間調至5分鐘。
- 7) 油炸完成後，將香蕉取出並淋上煉奶。

食材：

香蕉、粟粉、蛋液、麵包糠、煉奶、粟米油。

椒鹽五香大蝦



製作方法

- 1) 向準備好的蝦中放入調料，攪拌均勻，並將蝦放入冰箱中醃製5分鐘。
- 2) 將炸鍋調至200°C並預熱5分鐘。
- 3) 將蝦分開鋪在油炸籃中。將時間調至5-7分鐘（在油炸過程中將蝦翻轉1-2次）。
- 4) 蝦剛好熟後，將蝦取出並根據個人口味撒上剩下的鹽和胡椒粉。趁熱食用味道最佳。

食材：

蝦150g, 1/4匙洋蔥油、椒鹽、香蒜粉（香蒜油）、香料粉、鹽、白胡椒粉、雞精、白糖等。

炸豆卜



製作方法

- 1) 將豆腐切塊。撒上空蒜汁和少許鹽。使用廚房紙吸收多餘水分。
- 2) 在炸鍋中以180°C油炸12-16分鐘。
- 3) 在其他鍋中放入蠔油、醬油、白糖、醋和水。水滾後加入麵粉，待麵粉變成糊狀後與豆卜炒勻及一起上碟。

食材:

豆腐一塊、香蒜汁一茶匙、鹽少許、糯米粉兩茶匙、蠔油一茶匙、醬油一湯匙、糖一湯匙、醋一湯匙、水100毫升、生粉水30毫升

炸花生



製作方法

- 1) 清洗花生數次，並等待乾透。乾透後加入半匙沙律油（或者食用油）並攪拌均勻。在花生上均勻塗上一層薄薄的油脂。
- 2) 將炸鍋調至180°C並預熱5分鐘。將花生放入油炸籃並鋪在油炸籃底部。將時間調至8-10分鐘並將油炸溫度調至180°C，直至顏色均勻一致。
- 3) 趁熱加入1/4匙鹽攪拌。冷卻後，花生會變得鬆脆可口。

食材:

花生200g，沙律油1/2匙，鹽少許

炸魚柳



製作方法

- 1) 魚片解凍並洗淨，將在碟上瀝水。
- 2) 在魚片上撒鹽和胡椒粉。
- 3) 依次加入麵糊、蛋漿和麵包糠。
- 4) 將藕片放入油炸籃並鋪在油炸籃的底部。將油炸時間調至15-17分鐘，溫度調至180°C。
- 5) 與醬油一起上碟。

食材：

魚片300g、麵粉少許、雞蛋、麵包糠少許、胡椒粉少許、醬油。

煎餃



製作方法

- 1) 將炸鍋溫度調至180°C並預熱5分鐘。
- 2) 在餃子上依次加入麵糊、蛋漿和麵包糠。
- 3) 建議每次油炸時將食材鋪在油炸籃底部。
- 4) 在炸鍋中以180°C油炸15-18分鐘。

食材：

包好的餃子、麵粉、雞蛋、麵包糠

五香雞翼



製作方法

- 1) 雞翼洗淨，用牙籤或刀尖在雞翼上刺一些小孔，以便入味。
- 2) 加入1/4匙配料並與雞翼攪拌均勻，放入冰箱中醃製1小時。
- 3) 將炸鍋溫度調至200°C並預熱5分鐘。
- 4) 將雞翼放入油炸籃並鋪在油炸籃底部。將時間調至15-17分鐘。在油炸過程中翻動幾次。

食材：

雞翼、蒜頭、香蔥、蝦醬、鮮辣椒、薑黃、薑、蔥油。

炸蓮藕



製作方法

- 1) 蓮藕去皮切片，撒上少許鹽。
- 2) 依次加入麵糊、蛋漿和麵包糠。
- 3) 將炸鍋溫度調至200°C並預熱5分鐘。
- 4) 將藕片放入油炸籃並鋪在油炸籃的底部。將油炸時間調至15-17分鐘，溫度調至180°C。
- 5) 取出炸蓮藕上碟。

食材：

蓮藕300g、鹽1/2茶匙、麵粉少許、雞蛋1隻、麵包糠少許



Recipe of Midea Air Fryer

Appreciate your buying Midea Air Fryer. Please read this recipe carefully before cooking.

Attention

Due to differences in ingredient sources, size, shape and brands, we can't guarantee to provide you with optimal arrangement for your ingredients.

Tips

- Compared to large-volume ingredients, the smaller-volume ingredients need a little bit less time to cook.
- In case of large amount of ingredients, you only need to lengthen the cooking time a little bit. While in case of small amount, you only to shorten the cooking time a little bit. In the process of food cooking, it is suggested to cover the bottom of frying basket with food. If you put too much food in it, you need to lengthen the cooking time and stir for many times in the process of cooking.
- In the process of cooking, stirring the smaller-volume ingredient in the middle of the process can make the final cooking effect better and make for even baking of the ingredients.
- Before baking the food, you need to select the corresponding cooking temperature to pre-heat the product for 5-8 minutes.
- Adding a little oil in fresh potatoes can make ingredients more crispy. After adding oil, place the ingredients and wait for a few minutes, then bake them in the air fryer.
- Do not cook sealed ingredients directly in the air fryer, nor cut an opening in ingredients before cooking, such as sausages, nuts etc.
- If you'd like to cook cakes or quiche, or cook fragile ingredients or ingredients with filling, please put the baking dish in the frying basket of air fryer.
- You can re-heat ingredients with air fryer, in order to do this, set the temperature at 150 °C, and the maximum cooking time is 10 min.

Toasted break slices



Directions

- 1) Set the temperature of air fryer at 200°C. Pre-heat it for 5 min.
- 2) The bread slices are about 1cm thick.
- 3) Put the bread slices in the frying basket, stack up tinfoil at bottom.
- 4) Set 180°C. Heat for 6-8 min
- 5) Add your preferred sauce or eat the bread with other food in-between.
They will taste better.

Ingredients
Sliced bread

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Chips



Directions

- 1) Get q.s. Frozen chips (semi-finished products), and it is suggested to cover the bottom of frying basket with them.
- 2) Set the temperature of air fryer at 200 °C and pre-heat it for 5 min.
- 3) Select 200 °C temperature. Put the frozen chips (w/o un-freezing in advance) directly in the frying basket of air fryer. Set the frying time to be 13-18 min.
- 4) After frying for 10 min. Pull out the frying basket and stir the chips once with chopsticks. Wait till the frying time is over and the chips can be get out and eaten. (stir w/o turning off the oven, operate with frying basket pulled out).

Ingredients:

Frozen chips (semi-finished products)

Baked chicken legs with garlic



Directions

- 1) Pickle the chicken legs for 1 hour.
- 2) Turn the air fryer on, set its temperature at 200 °C. Pre-heat it for 5 min.
- 3) Brush a little edible oil on the surface of chicken legs. Put them in the frying basket and put the basket in the air fryer. Fry for about 20-25 min. Open the fryer and flip the chicken legs for 2-3 times in the middle of the process.

Ingredients

2 petals of garlic (chopped up), 1 tsp spiced powder, 1 soup spoon light soy sauce, q.s.edible oil, 6 chicken drumsticks

Fried crispy banana coated with condensed milk



Directions

- 1) Peel off bananas and cut them into several parts.
- 2) Prepare corn amylum, egg liquid and breadcrumbs.
- 3) Paste the bananas with flour-egg liquid-breadcrumbs in order.
- 4) Set the temperature of air fryer at 180 °C , pre-heat it for 5min.
- 5) Put the banana parts in the frying basket and brush a layer of edible oil. It is suggested to cover the bottom.
- 6) Set the time to be 5min.
- 7) After frying is finished, get bananas out and spray condensed milk.

Ingredients:

Bananas, corn amylum, egg liquid, breadcrumbs, condensed milk, corn oil.

Spiced shrimp with salt and pepper



Directions

- 1) Mix the prepared shrimps with flavorings evenly, and put the shrimps in the fridge for pickling for 5 min.
- 2) Set the temperature of air fryer at 200 °C and pre-heat it for 5 min.
- 3) Try to spread the shrimps in the basket. Set the time to be 5-7 min (flip the shrimps for 1-2 time in the process).
- 4) Once the shrimps are just cooked, get the shrimps out and spray the rest salt and pepper for flavoring. It is delicious to eat them when they are still hot.

Ingredients:

Shrimp 150g, q.s. onion oil, salt and pepper, garlic powder (garlic oil), spiced powder, salt, white pepper powder, chicken powder, white sugar etc.

Fried tofu



Directions

- 1) Cut tofu into four cubes per proper size. Spray garlic juice and some salt. De-water with kitchen towel.
- 2) Fry them in the air fryer at 180 °C for 12-16 min.
- 3) Put oyster sauce, sauce, white sugar, vinegar and water in other cooker. When it boils, add flour and wait till the flour becomes paste, then place it with fried tofu in the dish.

Ingredients:

1 tofu, 1 tsp garlic juice, some salt, 2 tsp sweet rice flour, 1 tsp oyster sauce, 1 soup spoon sauce, 1 soup spoon sugar, 1 soup spoon vinegar, 100ml water, 30 ml flour water

Fried peanuts



Directions

- 1) Wash the peanuts for several times, dry them. Add half spoon salad oil (or edible oil) in the dried peanuts and stir evenly. Make the peanuts coated with a thin layer of grease evenly.
- 2) Set the temperature of air fryer at 180 °C, pre-heat it for 5min. Put the peanuts in the frying basket and cover the bottom with them. Set the time to be 8-10 min, and fry at 180 °C till they are colored evenly.
- 3) Stir them with q.s salt when they are hot. After cooling, the peanuts become crispy and edible.

Ingredients:

200g peanuts, 1/2 spoon salad oil, some salt

Fried fish filet



Directions

- 1) Clean the unfrozen fish slices and put them in the dish, de-water them.
- 2) Spray salt and pepper powder on the fish slices.
- 3) Paste them with flour-egg-breadcrumbs in order.
- 4) Put the lotus root in the frying basket and cover the bottom with them.
Set the time to be 15-17 min, and cook at 180 °C.
- 5) Put them in the dish with sauce.

Ingredients:

300g fish slices, some flour, eggs, some breadcrumbs, some pepper powder, sauce.

Fried dumplings



Directions

- 1) Set the air fryer at 180 °C and pre-heat it for 5 min.
- 2) Paste the coated dumplings with flour-eggs-breadcrumbs in order.
- 3) It is suggested to cover the bottom of fryer basket each time.
- 4) Fry them in the air fryer at 180 °C for 15-18 min.

Ingredients:

Coated dumpling, flour, eggs, breadcrumbs

Spiced chicken wings



Directions

- 1) Clean the chicken wings, stab them with toothpick or knife edge for better flavor.
- 2) Mix chicken wings with q.s. Ingredients, stir them evenly, and put them in the fridge for pickling for 1 hour.
- 3) Set the air fryer at 200 °C and pre-heat it for 5 min.
- 4) Spread the chicken wings in the frying basket and cover the bottom with them. Set the time to be 15-17 min. Flip them for several time during the period.

Ingredients:

Chicken wings, garlic head, gree Chinese onion, shrimp sauce, fresh red chili, tumeric, ginger and onion oil.

Fried lotus root



Directions

- 1) Peel off the lotus root, cut them into slices and spray some salt.
- 2) Paste them with flour-egg-breadcrumbs in order.
- 3) Set the air fryer at 200 °C and pre-heat it for 5 min.
- 4) Put the lotus root in the frying basket and cover the bottom with them. Set the time to be 15-17 min, and cook at 180 °C .
- 5) Get the fried lotus root out and dish up.

Ingredients:

300g lotus root, 1/2 tsp salt, some flour, 1 egg, some breadcrumbs