

The book was found

The Skinny Hot Air Fryer Cookbook (Cooknation: Skinny)



Synopsis

No.1 Author CookNation brings you: The Skinny Hot Air Fryer Cookbook: A Delicious & Simple Meals For Your Hot Air Fryer: Discover the Healthier Way To Fry! Hot Air Frying is a revolutionary new way of cooking that once discovered you won't be able to live without! If you have a counter-top hot air fryer the all new 'Skinny Hot Air Fryer Cookbook' is what you have been waiting for. Offering you inspiration and exciting new lower calorie/lower fat recipe ideas 'The Skinny Hot Air Fryer Cookbook' makes the most of this innovative and versatile appliance, opening your eyes to a huge choice of nutritious & delicious recipes, which will change the way you cook forever! So what are you waiting for? Get more out of your hot air fryer now and discover the healthier way to fry! Recipes in this ALL NEW book include: Double Chilli Prawns & Green Beans, Spring Green Gnocchi, Five Spice Steak & Savoy Cabbage, Crispy Chicken Fried Rice, Pork Tenderloin & Spring Vegetables, Parmesan & Hazelnut Chicken Thighs, Tequila & Cayenne Chicken, Cajun & Coriander Drumsticks, Beef & Rosemary Meatballs, Chorizo & Scallop Watercress Wraps, Ginger Scallops & Zucchini, Salt & Pepper Chicken, Prawn, Lime & Peanut Stir Fry, Hong Kong Style Chicken & Rice, Chicken, Raisins & Rice, Chicken & Pineapple, Oyster Sauce Chicken & Noodles, Sweet Five Spice Chicken, Garlic & Ginger Beef, Spinach, Coconut Green Beans, Crispy 'Ladies Fingers', Crushed Mango Potatoes, Sweet Coriander Carrots, Asparagus & Sunblush Tomatoes, Zucchini Crisps, Sweet Potato Coconut Fries, Spicy Fried Lime Potatoes, Parmesan Roastini, Caribbean 'Crisps', Sesame & Chilli Potatoes, Balsamic Gnocchi, Plus MANY MORE! You may also enjoy The Skinny ActiFry Cookbook. Just search 'CookNation' on www.cooknationbooks.com or www.bellmackenzie.com

Book Information

Series: Cooknation: Skinny

Paperback: 92 pages

Publisher: Bell & Mackenzie Publishing Ltd (May 19, 2014)

Language: English

ISBN-10: 1909855472

ISBN-13: 978-1909855472

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 200 customer reviews

Best Sellers Rank: #265,841 in Books (See Top 100 in Books) #106 in Books > Cookbooks,

Food & Wine > Kitchen Appliances > Fryers #322 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

useless, no pictures, no temperature advice

We have a Phillips air fryer and the recipes are worthless as it uses a different system from a center pipe. By the way the Phillips Air Fryer is an expensive toy not really worth it for the few things that it can do. Allright for one person but does not do even for servings for 2 or more. The recipe book that comes through it is too elemental or the recipes so messy as to be worthless. I have written Phillips for more recipes but they will not even answer my inquiries. SAVE YOUR MONEY AND CONTINUE TO USE YOUR STOVE TOP AND OVEN. 4 MEMBER OF OUR FAMILY RECEIVED THESE FROM THE SAME PERSON AND ALL AGREE.

Not impressed with the menu. Would be better if it was simple every day meals

I ordered this with my first Air Fryer. The recipes are not basic foods and there is no temperature indicator on any of the recipes. You really have to know how your Air Fryer works to use any of these recipes.

More a list of ingredients than actual recipes with instructions. None of the "recipes" give a temperature setting. Most air fryers have several possible cooking inserts, a grill, a pan, or a rack. None of the "recipes" specify which insert to use, although some are obvious, i.e. you wouldn't use the grill to make a risotto style dish. A definite pass. You can get better instructions and a host of recipe ideas from YouTube.

I think the choice of recipes are really great for an Asian like me. However, I don't think I can follow the recipes with my Philips air fryer. The reason being, frequently the author asked to add puree, water, and other wet items to the food, that will go through the mesh of my air fryer. As a said, I like most of the styles and food items. What I would really like to learn is, how to do some of the Cantonese noodles that traditionally are deep fried like a pancake, also some of the Chinese dishes that call for dipping the sliced or diced meat in hot oil, etc.

Not being a gourmet cook, I find recipes requiring ingredients that I've never heard of and wouldn't know where to find of little use: e.g.squid, Napa cabbage, chorizo sausage, aubergine, wholegrain mustard, coconut cream, oyster sauce, and tenderstem broccolini to name a few taken from the pages of this book.To be fair, however, there are several recipes that - with the necessary effort - I could rustle up the ingredients if I tried.

Really uninspiring recipes and not at all Philips Airfryer specificFirst - every recipe in this very modest book contains phrases like "Add oil to the fryer" - which of course, would be impossible with Philips Airfryer as the Airfryer basket is porous (unless you had the expensive baking tray accessory)Next, the recipes themselves really seem to be aimed at a non-American audience - Chicken Pitas, Fried Squid Rings, Indian Wings, Thai Beef, Garam Onions - being examples -- whereas there are no Steak, Pork, Hamburger recipes nor such American favorites as American style Chicken Wings, Chicken Cutlets, Corn on the cob, Meatloaf, Baked Pasta dishes - all of which are delicious cooked in an AirfryerAnother shortcoming - in our opinion - is that there are no photos of the dishes themselves - and - recipes without photos as to how the dishes should look - are very uninspiringStay tuned - a color recipe book with photos aimed exclusively at the Philips Airfryer and showing how to use all of the accessories - is coming Q4 2014

[Download to continue reading...](#)

Air Fryer: Air Fryer Cookbook: Air Fryer Recipes: Healthy, Quick, & Easy Air Fryer Recipes for You & Your Family (Air Fryer, Air Fryer Cookbook, Air Fryer Recipes Book 1) AIR FRYER COOKBOOK: 135 AMAZINGLY DELICIOUS QUICK & EASY AIR FRYER RECIPES (air fryer healthy recipes, air fryer paleo, air fryer ultimate, air fryer gluten free, air fryer ketogenic) AIR FRYER: TOP 35 Easy And Delicious Recipes In One Cookbook For Everyday Life (Air Fryer Recipe Book, Air Fryer Cooking, Air Fryer Oven, Air Fryer Baking, Air Fryer Book, Air Frying Cookbook) Air Fryer Cookbook: 450 Amazingly Healthy & Delicious Air Fryer Recipes. (With Nutrition Facts of Each & Every Recipe) (Air fryer Cookbook, Air fryer Recipes, Air fryer Recipe Book) Air Fryer Cookbook: Healthy & Easy Air Fryer Recipes for Everyone (Air Fryer Recipe Book, Air Fryer Cooking, Best Air Fryer Recipes) The Skinny Hot Air Fryer Cookbook (Cooknation: Skinny) Air Fryer Recipes Cookbook: Delicious 123 Recipes to Fry, Bake, Grill, and Roast with Your Air Fryer(Air Fryer Cookbook, Oil Free Cookbook,Healthy Air Fryer Recipes) Air Fryer Cookbook: 365 Days of Air Fryer Cookbook - 365 Healthy, Quick and Easy Recipes to Fry, Bake, Grill, and Roast with Air Fryer (Everything Complete Air Fryer Book, Vegan, Paleo, Pot, Meals) Air Fryer Cookbook: The Quick & Easy Guide to Delicious Air Fryer Meals - Air Fryer Recipes - Complete Air Fryer Guide Air Fryer

Ultimate Cookbook - 2nd Edition: The Quick & Easy Guide to Delicious Air Fryer Meals - Air Fryer Recipes - Complete Air Fryer Guide Air Fryer Recipes: The Ultimate Air Fryer Recipes Book for Your WHOLE Family - Includes 101+ Delicious & Healthy Recipes That Are Quick & Easy to Make for Your Air Fryer (Air Fryer Series) BOOK BUNDLE: The complete set of 3 awesome Air Fryer cookbooks: Air Fryer Made Simple, Air Fryer Advanced, Air Fryer Ultimate. Make pro level dishes from the comfort and privacy of Your kitchen! Air Fryer Cookbook: The Worldâ€™s No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) AIR FRYER RECIPES: AIR FRYER COOKBOOK: 500 BEST RECIPES TO FRY, GRILL, ROAST AND BAKE (paleo, clean eating, keto, healthy meals, air fryer recipes cookbook, ... cooking for two, vegan, Instant meal, pot) Air Fryer Cookbook: The Comprehensive Air Fryer Cookbook for Busy People - Includes 40+ Healthy, Quick & Easy Recipes for Beginners (Air Fryer Series 2) Air Fryer Cookbook:: The Only Air Fryer Recipes Cookbook You Need To Master Air Fryer Cooking (Volume 1) Air Fryer Cookbook: The Only Air Fryer Recipes Cookbook You Need To Master Air Fryer Cooking Air Fryer Cookbook: Easy & Healthy Air Fryer Recipes For The Everyday Home â€” Delicious Triple-Tested, Family-Approved Air Fryer Recipes (Healthy Cookbook Book 1) Paleo Air Fryer: 365 Days of Perfect Paleo Air Fryer Recipes: Complete Air Fryer Cookbook, Quick and Easy Healthy Recipes, Roast, Grill, Fry and Bake, Paleo, Vegan Meals Air Fryer Cookbook: Quick and Easy Low Carb Air Fryer Vegetarian Recipes to Bake, Fry, Roast and Grill (Easy, Healthy and Delicious Low Carb Air Fryer Series) (Volume 4)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)