



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



It's air fry day

GET READY FOR JUICY STEAK, CRISPY CHIPS AND STICKY WINGS!

BY FARZANA KUMANDAN

HELLO everyone!

Today I will feature one of my favourite appliances... The Air Fryer!

When the Air Fryer trend started, I was the biggest sceptic. I read up about it and chatted to everyone that owned one (and everyone one of them loved it) but I was still not convinced.

Gadgets

I am somewhat of an old school cook. I don't prefer shortcuts or new gadgets and *bestakels*.

A few months down the line, I was gifted with one and oh my goodness, I never looked back.

I love my Air Fryer!

It makes your food crispy on the outside and tender on the inside, without deep frying.

It grills, roasts, bakes, and

does everything an oven can, but in less the amount of time.

And it's amazing for reheating too; pies, pizza, burgers or even rolls come out super crisp, and not *taai* or soggy, when reheated.

This gadget is so versatile, it makes the juiciest of steaks, crispiest of chips, stickiest of chicken wings and can bake perfectly moist cupcakes.

It has lots of additions available such as racks, grill pans and muffin pans, enabling you to maximize usage.

This week I am sharing my favourite Air Fryer recipes for you to enjoy.

If you do not have an Air Fryer, you can still use your oven for all the recipes, just add an additional 15 minutes to your grill/baking time.

Happy Cooking, Love your Cooksister.



HMMM: Fritatas will taste even better than traditional cooking

AIR FRIED FRITTATAS

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 4 large eggs
- 2 tbsp milk or fresh cream
- Salt and pepper, to taste
- Danya chutney (if you like a bite)
- Fillings of your choice but I used:
 - 3 tbsp finely chopped spinach
 - 2 baby tomatoes diced
 - 2 mushrooms,
 - 1 spring onion,
 - 1 tbsp feta
 - 2 tbsp cheddar cheese
 - ½ slice pastrami/smoked chicken
- A dash of paprika or parsley for garnish

Method

- Double grease spray foil cups (without the holes).
- Add in the fillings of your choice.
- Whisk together the eggs, milk, salt, and pepper.
- Pour the eggs in ¾ way full.
- Garnish with parsley or paprika.
- Bake in the Air Fryer for 10-12 minutes on 200°C degrees.
- Serve hot or cold.

AIR FRYER TIPS

IF YOU are new to the Air Fryer, here are a few basic tips:

Layer the basket with foil, it makes the cleaning process afterwards effortless. Do not overcrowd the basket, leave enough space for the air to circulate to cook perfectly.

Do multiple smaller batches if you need to.

Give the food a dash of olive oil or gently spray it with cooking oil to ensure extra crispiness and to ensure it does not stick to the basket.

Turn the food or shake it halfway during the cooking process.

This helps with baking or grilling it perfectly all around, giving an even crisp golden brown colour.

Do not be afraid to experiment and try new things, you will be surprised and pleased with the results.

AIR FRIED CORN RIBLETS

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 4 corns on the cob (mielies), cut in half then quartered lengthwise
- 1 tbsp tandoori spice
- 1 tbsp garlic and herb spice
- ¼ cup Olive oil

Method

Cut and rinse the mielies. In a large bowl, add the corn, olive oil and spices.

Mix well to ensure all the corn is evenly coated with oil and spice.

Line your Air Fryer basket with foil and add your corn.

Air Fry for 10 minutes on 180°C degrees, open and toss the corn around and Air Fry for a further 7 minutes on 200°C.



AIR FRIED MINCE KEBABS

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 500g lean mince
- 1 heaped ginger and garlic
- 1 large, grated onion
- 1 tsp salt
- 1 heaped tsp coriander
- 1½ tsp cumin
- 1 heaped tsp sumac
- Bread 5 slices soaked in water
- 2 chopped green chillies
- ½ cup finely chopped fresh parsley
- ½ cup finely chopped fresh coriander

Method

Squeeze out all the excess water from the bread.

Mix all ingredients together by hand until well combined.

Make little kebab shapes and line the Air Fryer basket with foil before adding the kebabs.

Bake for 10-15 minutes on 180°C.

AIR FRIED MASALA SNOEK

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 1kg snoek pieces
- 1 heaped tbsp garlic
- 1 tsp turmeric
- 1 tsp chilli powder
- Salt to taste
- Dash of lemon
- 2-3 tbsp oil

Method

Mix all the ingredients together to make a thick paste.

Marinate the fish with the masala paste and line the Air Fryer basket with foil.

Grill for 15 minutes on 200°C.



STICKY CHILLI WINGS

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 16 chicken wings
- 1 cup apricot jam
- 3 tbsp brown sugar
- 3 tbsp soya sauce
- 2 tbsp orange juice
- 1 tsp orange zest
- 1 tbsp crushed chillies
- ¼ cup water

Method

*For the marinade On a stove top, add all the ingredients to a pot and bring to boil.

Simmer on a low heat, stirring continuously until sauce is thick and bubbly (3-5minutes).

Remove from heat and allow to cool completely.

In a deep bowl wash and trim the wings.

Pour over half the marinade, mix well and allow to rest for at least a half hour.

Line your Air Fryer basket with foil.

Transfer the wings to the Air fryer and Air Fry for 25 minutes on 200°C, ensuring you turn the wings after 15 minutes.

