

ONE-TOUCH MEALS

12 Different Ways to Cook



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products that excel

GRILL AIR FRYER COMBO 12-IN-1

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IMPORTANT: Unpack all parts from the box and remove any clear or blue protective film on the components. Wash with warm, soapy water before first use (only select accessories are dishwasher safe).



STEP 1

Open the lid. Ensure that the Inner Pot is in place in the Base. If your recipe uses the Grill Plate, place the Grill Plate in the Inner Pot. Ensure that the Grill Plate sits evenly.



STEP 2

Close the lid, turn the Control Knob to select the Grill preset, and press the Start Button to preheat the appliance.



STEP 3

Once the appliance has preheated, "Add Food" will display on the Control Panel. Then, arrange your food on the Grill Plate in the Inner Pot. Close the lid and press the Start Button to continue the cooking process.



STEP 4

Once the cooking timer has run out, open the lid and carefully remove food with tongs or oven mitts.

Frittata

Serves 12

Ingredients	Directions
24 eggs, beaten	<ol style="list-style-type: none">1. In a bowl, whisk together the eggs and cream. Reserve the mixture.2. Place the Inner Pot in the appliance. Place 2 tbsp. olive oil in the Inner Pot.3. Select the Sauté setting. Set the cooking temperature to 350° F/177° C and the cooking time to 10 minutes. Let the oil heat up.4. When the oil is hot, add the onion, peppers, and ham. Sauté until golden.5. Add the potato tots, spinach, egg mixture, and cheese. Stir to combine and sauté for 5 minutes while stirring occasionally.6. Attach the Air Frying Lid to the appliance.7. Select the Air Fry setting. Set the cooking temperature to 315° F/157° C and the cooking time to 20 minutes. If the frittata is not done after 20 minutes, add more cooking time.
1 ¾ cups heavy cream	
2 tbsp. olive oil	
1 cup diced onion	
6 oz red bell pepper, sliced thinly (about 1 medium-size pepper)	
6 oz yellow bell pepper, sliced thinly (about 1 medium-size pepper)	
2 cups diced ham	
16 oz potato tots, fried according to the instructions on the packaging & cooled	
3 oz fresh spinach leaves	
2 cups shredded cheddar cheese	
1 tbsp. salt	
1 tsp. ground black pepper	



Eric's Egg Muffin

Serves 9

Ingredients

6 oz Canadian bacon,
cut into four quarters

12 eggs, beaten

1 ½ cups shredded
cheddar cheese

9 English muffins,
split & toasted

Directions

1. Place the Inner Pot in the appliance. Attach the Air Frying Lid to the appliance.
2. In a bowl, combine the Canadian bacon, eggs, and cheese. Pour the mixture evenly into the Inner Pot. Place the top of each English muffin over the mixture. Reserve the bottoms of each English muffin.
3. Select the Air Fry setting. Set the cooking temperature to 375° F/190° C and the cooking time to 15 minutes.
4. When the cooking time is complete, use a spatula to cut the bacon, egg, and cheese mixture into nine portions. Remove and complete the sandwiches with the reserved English muffin bottoms.



Cinnamon Bun French Toast

Serves 9

Ingredients

6 eggs
¾ cup half and half
1 tsp. vanilla extract
1 tsp. cinnamon
3 tbsp. maple syrup, plus more
for serving
2 12.4-oz cinnamon bun
containers
strawberries, for serving

Directions

1. In a bowl, mix together the eggs, half and half, vanilla extract, cinnamon, and 3 tbsp. maple syrup.
2. Cut each piece of cinnamon bun dough into four equal pieces. Coat the cinnamon bun dough in the batter.
3. Place the Inner Pot in the appliance. Place the coated dough in the Inner Pot. Place the Glass Lid on the appliance.
4. Select the Slow Cook setting. Set the cooking temperature to 195° F/90° C and the cooking time to 1 hour.



Mac & Cheese

Serves 10-12

Ingredients

2 lb elbow macaroni
1 quart heavy cream
4 cups chicken stock
4 cups shredded cheddar
cheese

Directions

1. Place the Inner Pot in the appliance. Add all the ingredients to the Inner Pot and stir.
2. Place the Glass Lid on the appliance. Select the Simmer setting. Set the cooking temperature to 205° F/96° C and the cooking time to 30 minutes.



Air-Fried Onion Blossom

Serves 1-2

Ingredients

1 large onion
2 cups flour
3 tbsp. Cajun seasoning
2 tbsp. paprika
1 tsp. salt
2 eggs
1 cup buttermilk

Directions

1. Cut a small flat spot on the non-root end of the onion. Peel the onion. Remove any dried or damaged peels. Place the onion, flat side down, on a cutting board (root side up). Starting about ½ inch from the root, use a sharp knife to make a clean slice downward. Next, turn the onion one quarter turn and make another clean slice downward. Follow that with two more quarter turns and two more clean slices downward.
2. Now, you should have four clean slices in the onion equally spaced apart. Cut three to four equally spaced cuts downward in each of those four sections. Then, turn the onion root side down and gently fan out those sections.
3. In a bowl, combine the flour, Cajun seasoning, paprika, and salt.
4. In a separate bowl, whisk together the eggs and buttermilk.
5. Dip the onion into the egg mixture and then the flour mixture.
6. Place the Inner Pot in the appliance. Attach the Air Frying Lid to the appliance.
7. Spray the onion with cooking spray and place the onion in the Inner Pot.
8. Select the Air Fry setting. Set the cooking temperature to 375° F/190° C and the cooking time to 15 minutes. Spray the onion with cooking spray occasionally while it cooks.



Totchos

Serves 4+

Ingredients

1 bag potato tots
1 ½ cups shredded cheddar
½ lb bacon, cooked & diced
1 cup pulled pork
3 scallions, chopped
2 plum tomatoes
¼ cup sour cream

Directions

1. Place the Inner Pot in the appliance. Attach the Air Frying Lid to the appliance.
2. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 18 minutes. Let the appliance preheat.
3. When the appliance has preheated, place the potato tots in the Inner Pot. Flip the potato tots halfway through the cooking time.
4. When the cooking time is complete, top the potato tots evenly with the rest of the ingredients except the sour cream.
5. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 8 minutes. Cook until the cheese is melted.
6. Serve with the sour cream drizzled over the totchos.



Rice Pilaf

Serves 6

Ingredients

2 cups long-grain rice
2 tbsp. butter
½ small onion, diced small
4 cups chicken broth
1 bay leaf
1 sprig thyme

Directions

1. Place the Inner Pot in the appliance.
2. Select the Rice setting.
3. Rinse the rice.
4. Add the butter and onion and sauté for 1 minute.
5. Add the rice and coat with the butter and onion.
6. Add the broth, thyme, and bay leaf.
7. Cover with the Glass Lid.
8. The rice can be served immediately when the cooking process is complete or the rice can be kept warm in the appliance. Remove the bay leaf and thyme before serving.

Brown Rice

Serves 6

Ingredients

2 cups brown rice
5 cups vegetable stock
1 bay leaf
1 sprig rosemary

Directions

1. Place the Inner Pot in the appliance.
2. Select the Rice setting.
3. Rinse the rice.
4. Add the rice, stock, bay leaf, and rosemary.
5. Cover with the Glass Lid.
6. The rice can be served immediately when the cooking process is complete or the rice can be kept warm in the appliance. Remove the bay leaf and rosemary sprig before serving.

Wild Rice

Serves 4-6

Ingredients	Directions
1 ½ cups wild rice	1. Place the Inner Pot in the appliance.
2 tbsp. butter	2. Select the Rice setting.
1 shallot, minced	3. Rinse the rice.
1 clove garlic, minced	4. Add the butter, shallot, garlic, and carrot and sauté for 3 minutes.
1 carrot, diced small	5. Add the rice and coat with the butter, shallot, garlic, and carrot.
4 cups vegetable or chicken stock	6. Add the stock, thyme, and bay leaf.
1 sprig thyme	7. Cover with the Glass Lid.
1 bay leaf	8. The rice can be served immediately when the cooking process is complete or the rice can be kept warm in the appliance. Remove the bay leaf and thyme before serving.

Quinoa Pilaf

Serves 6

Ingredients	Directions
2 cups quinoa	1. Place the Inner Pot in the appliance.
2 tbsp. olive oil	2. Select the Rice setting.
1 shallot, minced	3. Rinse the quinoa.
4 cups chicken or vegetable broth	4. Add the olive oil and shallot and sauté for 1 minute.
1 sprig thyme	5. Add the quinoa and coat with the butter and onion.
1 bay leaf	6. Add the broth, thyme, and bay leaf.
	7. Cover with the Glass Lid.
	8. The rice can be served immediately when the cooking process is complete or the rice can be kept warm in the appliance. Remove the bay leaf and thyme before serving.

Chicken Pot Pie

Serves 8

Ingredients

3 cups cooked chicken
2 22.6-oz cans cream of
chicken soup
10 oz frozen peas & carrots
2 cups diced potato

Pie Crust

1 16.3-oz package biscuits
3 tbsp. butter, melted

Directions

1. Place the Inner Pot in the appliance. Mix together all the ingredients except the biscuits and butter in the Inner Pot. Place the Glass Lid on the appliance.
2. Select the Simmer setting. Set the cooking temperature to 350° F/177° C and the cooking time to 30 minutes.
3. When the cooking time is complete, add the biscuits over the ingredients in the Inner Pot. Attach the Air Frying Lid to the appliance.
4. Select the Air Fry setting. Set the cooking temperature to 325° F/163° C and the cooking time to 10 minutes. Cook until the biscuits are golden brown.
5. Brush the biscuits with the melted butter before serving.



Roast Chicken

Serves 4

Ingredients	Directions
1 4-lb chicken	<ol style="list-style-type: none">1. In a bowl, combine the garlic, paprika, salt, and black pepper. Rub the seasoning mixture all over the chicken.
1 tsp. granulated garlic	
1 tsp. paprika	<ol style="list-style-type: none">2. Insert the onion, sage, and half of the thyme into the chicken's cavity.
1 tsp. salt	
1 tsp. ground black pepper	<ol style="list-style-type: none">3. Place the Inner Pot in the appliance. Attach the Air Frying Lid to the appliance.
1 onion, quartered	
6 sage leaves	<ol style="list-style-type: none">4. Select the Roast setting. Set the cooking temperature to 325° F/163° C and the cooking time to 40 minutes. Let the appliance preheat.
3 sprigs thyme, divided	
3 sprig rosemary	<ol style="list-style-type: none">5. When the appliance has preheated, place the chicken, breast side down, in the Inner Pot and surround the chicken with the rosemary, carrots, potatoes, and the rest of the thyme. Halfway through the cooking time, flip the chicken. Ensure that the internal temperature of the chicken reaches 165° F/74° C.
3 large carrots, sliced	
1 lb baby potatoes	<ol style="list-style-type: none">6. Let the chicken rest for 15 minutes before serving.



Air-Fried Chicken

Serves 4

Ingredients	Directions
2 eggs	1. In a bowl, mix the eggs and buttermilk.
2 cups buttermilk	2. In a separate bowl, mix the flour, salt, black pepper, mustard, celery salt, garlic powder, and paprika.
2 cups flour	3. Coat each chicken piece in the egg mixture and then the flour mixture.
1 tsp. salt	4. Place the Inner Pot in the appliance. Attach the Air Frying Lid to the appliance.
1 tsp. ground black pepper	5. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 30 minutes. Let the appliance preheat.
1 tsp. dry mustard	6. When the appliance has preheated, place the chicken in the Inner Pot. Halfway through the cooking time, flip the chicken. Ensure that the internal temperature of the chicken reaches 165° F/74° C.
1 tsp. celery salt	
1 tsp. garlic powder	
1 tbsp. paprika	
1 4-lb chicken, cut into 8 pieces*	
	ERIC'S TIP: For extra-crispy chicken, dip the chicken into the flour mixture twice.
	* Instead of cutting up a whole chicken, you can use:
	<ul style="list-style-type: none">• 2 chicken thighs• 2 chicken legs• 2 chicken breasts, bone cut in half• 2 chicken wings

Chili

Serves 6

Ingredients

2 lb ground beef
1 onion, diced small
3 tbsp. chili powder
1 tsp. ground cumin
1 tsp. ground coriander
1 tbsp. salt
1 tsp. ground black pepper
1 tbsp. paprika
2 tbsp. sugar
15 oz black beans, drained
15 oz kidney beans, drained
28 oz crushed tomatoes
½ cup water
1 cup corn kernels

Directions

1. Place the Inner Pot in the appliance.
2. Select the Sauté setting. Set the cooking temperature to 350° F/177° C and the cooking time to 15 minutes.
3. Add the ground beef and sauté for 6 minutes.
4. Add the onion and sauté for 3 minutes.
5. Add the chili powder, cumin, coriander, salt, black pepper, paprika, and sugar and sauté for 2 minutes.
6. Add the beans, tomatoes, water, and corn. Place the Glass Lid on the appliance.
7. Select the Simmer setting. Set the cooking temperature to 205° F/96° C and the cooking time to 1 hour.

Eric's Grilled Burgers

Serves 4

Ingredients

4 8-oz hamburgers
¼ cup margarine
1 tsp. salt
1 tsp. ground black pepper
4 brioche rolls, cut in half
1 cup shredded iceberg lettuce
4 slices tomato
4 slices red onion
¼ cup mayonnaise
2 tbsp. relish
2 tbsp. ketchup
1 tsp. yellow mustard

Directions

1. Place the Inner Pot in the appliance. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance.
2. Select the Grill setting. Set the cooking temperature to 425° F/218° C and the cooking time to 8 minutes. Let the appliance preheat.
3. Season the hamburgers with the salt and black pepper. When the appliance has preheated, place the hamburgers on the Grill Plate. Close the lid and grill the burgers until the desired doneness is reached (about 4 minutes per side). Remove and reserve the burgers. Butter the inside of the rolls with the margarine and place them, buttered sides down, on the Grill Plate.
4. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 4 minutes.
5. Assemble the burgers: Place the lettuce, tomato, and onion on a bottom roll half and top with a burger, mayonnaise, relish, ketchup, mustard, and the top roll half.



New York Strip Steaks

Serves 4

Ingredients

8 cloves garlic
8 baby sweet peppers
2 tbsp. olive oil
4 12-oz New York strip steaks
1 tbsp. salt
1 tsp. coarse ground black pepper
2 sprigs rosemary

Directions

1. In a bowl, toss the garlic and peppers with the olive oil.
2. Season the steaks with the salt and black pepper.
3. Place the Inner Pot in the appliance. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance.
4. Select the Grill setting. Set the cooking temperature to 450° F/232° C and the cooking time to 10 minutes. Let the appliance preheat.
5. When the appliance has preheated, place the steaks on the Grill Plate and surround them with the peppers, garlic, and rosemary. Grill the steaks for 5 minutes, flip the steaks, and continue cooking until the desired doneness is reached.



Pork Chops

Serves 4

Ingredients

4 thick-cut pork chops
2 tbsp. olive oil
1 tbsp. salt
1 tsp. ground black pepper
2 sprigs rosemary, chopped
½ tsp. granulated garlic
½ tsp. granulation onion

Tomato Salad

1 pint tri-color cherry tomatoes
2 tbsp. extra virgin olive oil
1 tsp. red wine vinegar
1 small clove garlic, minced
¼ red onion, diced small
4 basil leaves, chopped
salt, to taste
ground black pepper, to taste

Directions

1. Rub the pork chops with the olive oil, salt, black pepper, rosemary, garlic, and onion.
2. Place the Inner Pot in the appliance. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance.
3. Select the Grill setting. Set the cooking temperature to 450° F/232° C and the cooking time to 10 minutes. Let the appliance preheat.
4. When the appliance has preheated, place the pork chops on the Grill Plate. Ensure the internal temperature of the pork chops reaches 150° F/61° C.
5. In a bowl, toss the Tomato Salad ingredients and season with salt and black pepper.
6. Serve the pork chops with the Tomato Salad.



Slow-Cooked Barbeque Ribs

Serves 4

Ingredients	Directions
2 racks baby back ribs, cut in half	<ol style="list-style-type: none">1. Rub the ribs with the coriander, paprika, garlic, onion, cumin, salt, and black pepper.2. Place the Inner Pot in the appliance. Add the ribs and water to the Inner Pot. Place the Glass Lid on the appliance.3. Select the Slow Cook setting. Set the cooking temperature to 195° F/90° C and the cooking time to 6 hours. Additional cooking time might be needed if the ribs are not falling apart.4. Remove the ribs and brush them with the barbeque sauce. Place the Grill Plate in the Inner Pot. Place the ribs on the Grill Plate.5. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 5 minutes.
1 tsp. ground coriander	
1 tbsp. paprika	
1 tsp. granulated garlic	
1 tsp. granulated onion	
1 tsp. ground cumin	
1 tsp. salt	
1 tsp. ground black pepper	
4 cups water	
1 cup barbeque sauce	



Pulled Pork

Serves 8-10

Ingredients

1 4-lb pork boneless pork shoulder
1 tbsp. salt
1 tsp. ground black pepper
1 tsp. granulated garlic
1 tsp. granulated onion
1 tsp. cumin
4 cups water
2 cup barbeque sauce

Directions

1. Rub the pork with the salt, black pepper, garlic, onion, and cumin.
2. Place the Inner Pot in the appliance. Add the pork and water to the Inner Pot. Place the Glass Lid on the appliance.
3. Select the Slow Cook setting. Set the cooking temperature to 195° F/90° C and the cooking time to 10 hours. Halfway through the cooking time, flip the pork.
4. When the cooking time is complete, remove most of the juice from the Inner Pot and pull the pork apart until it shreds. Add the barbeque sauce and serve.

ERIC'S TIP: Pulled pork is great to serve over totchos and in pulled pork sandwiches!



Waterman's Feast

Serves 4-6

Ingredients

12 clams
1 ½ lb mussels
2 ear corn, cut into thirds
1 lb 16-20-size shrimp, peeled & deveined
½ lb Andouille sausage, sliced
1 stick butter, melted
3 tbsp. chopped parsley
1 lemon, sliced

Directions

1. Place the Inner Pot in the appliance. Place the clams, mussels, corn, shrimp, and sausage in the Inner Pot. Place the Glass Lid on the appliance.
2. Select the Steam setting. Set the cooking temperature to 212° F/100° C and the cooking time to 15 minutes. Stir occasionally while cooking. Discard any clams or mussels that do not open.
3. Drizzle the melted butter over the Waterman's Feast and sprinkle with the parsley before serving. Garnish with the lemon slices.



Shrimp Fried Rice

Serves 4

Ingredients

3 tbsp. grapeseed oil
1 small red bell pepper, cut into thin strips (about 5 oz)
1 lb raw medium-size shrimp, peeled & deveined
2 cups cooked rice
3 eggs, beaten
½ cup frozen peas, defrosted
½ cup chopped scallions
3 tbsp. soy sauce
1 tbsp. oyster sauce

Directions

1. Place the Inner Pot in the appliance. Place the grapeseed oil in the Inner Pot.
2. Select the Sauté setting. Set the cooking temperature to 375° F/190° C and the cooking time to 15 minutes. Let the oil heat up.
3. When the oil is hot, add the pepper and cook until just softened.
4. Add the shrimp and stir fry for 2 minutes.
5. Add the rice and stir until heated through.
6. Make a well in the center of the rice and place the eggs in the center of the well. Cook the eggs for 3-4 minutes and then stir them into rice.
7. Add the peas, scallions, soy sauce, and oyster sauce. Toss and serve.

Bananas Foster

Serves 8

Ingredients

1 stick butter
½ cup light brown sugar
4 bananas, sliced
½ tsp. cinnamon
¼ cup rum
4 large scoops vanilla ice cream
whipped cream, for serving
raspberries, for serving

Directions

1. Place the Inner Pot in the appliance. Place the butter and sugar in the Inner Pot.
2. Select the Sauté setting. Set the cooking temperature to 350° F/177° C and the cooking time to 10 minutes.
3. When the butter and sugar have melted, add the bananas, cinnamon, and rum. Cook for 4 minutes.
4. Carefully spoon the Bananas Foster over the ice cream, top with the whipped cream, and garnish with raspberries.

Glazed Doughnuts

Makes 8

Ingredients

8 flaky buttermilk biscuits
vegetable or canola oil
16 oz vanilla frosting
½ cup colorful sprinkles

Directions

1. Cut a small round hole in the center of each biscuit.
2. Place the Inner Pot in the appliance. Place 2-3 inches of oil in the Inner Pot.
3. Select the Fry setting. Set the cooking temperature to 375° F/190° C.
4. When the oil reaches 375° F/190° C, fry the biscuits in the oil. Then, use tongs to carefully remove the doughnuts and let cool.
5. Microwave the frosting until melted (15-20 seconds).
6. Dip the doughnuts in the frosting and decorate with the sprinkles. Let the glaze dry before serving.

NOTE: Do not use the Air Frying Lid with this recipe.



Blondie Ice Cream Sandwich

serves 8-10

Ingredients

½ gallon vanilla ice cream

16 ½ oz store-bought chocolate chip cookie dough, cut into 24 slices

¼ cup chocolate syrup

1 cup chocolate cookie crumbs

Directions

- 1. To make the ice cream disc:** Wrap a baking pan that fits in the Inner Pot with enough plastic wrap to cover the pan twice. Place the ice cream in the pan over the first layer of plastic wrap and spread until the ice cream forms into a disc. Cover the ice cream with the remaining plastic wrap and freeze for 1 hour.
- 2.** Spray two baking pans that fit in the Inner Pot with nonstick cooking spray and line the pans with parchment paper. Evenly divide the cookie dough between the two pans.
- 3.** Place the Inner Pot in the appliance. Place one batch of the cookie dough in the Inner Pot. Refrigerate the other batch of cookie dough while the first batch cooks. Attach the Air Frying Lid to the appliance.
- 4.** Select the Bake setting. Set the cooking temperature to 325° F/163° C and the cooking time to 15 minutes. Cook until done.
- 5.** When the first batch of cookie dough is cooked, repeat the cooking process with the second batch. Let both batches of cookies cool.
- 6.** Place one of the cookie discs on a board and top with the ice cream disc. Drizzle with the chocolate syrup. Top with the second cookie disc and then roll the sides of the ice cream sandwich in the chocolate cookie crumbs. Freeze for 1 hour before serving.



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