

RECIPE BOOK

The *Microwave* that *Air Fries*



PowerXL
products that excel
MICROWAVE AIR FRYER

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MICROWAVE AIR FRYER

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MICROWAVE

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 the Glass Tray is dishwasher safe**).



STEP 1

Open the door and place your microwave-safe food container or chosen cooking accessory on the Glass Tray.



STEP 2

Close the door and press the Micro Button. Turn the Control Knob to select one of the presets. You can adjust the cooking time by pressing the Time Button and turning the Control Knob or the microwave power level by pressing the Temp Button and turning the Control Knob. Press the Control Knob to confirm the settings, which begins the cooking process.



STEP 3

When the cooking cycle is complete, open the door and use oven mitts or potholders to remove your food from the appliance.

See owner's manual for complete instructions and important safety information before using this product.

Read all instructions before using this appliance. Only use provided accessories or accessories described in the instruction manual. **Do not use air fryer accessories while using the microwave function.** Inspect all accessories prior to use.

AIRFRY



STEP 1

Before cooking food for the first time, preheat the appliance by operating the "Air Fry" function for at least 3 minutes to allow the manufacturer's protective coating of oil to burn off (the smell produced by this step is normal).



STEP 2

Open the door and place the Baking Pan on the Glass Tray or on the Air Fry Rack. The Air Fry Rack can be flipped so that food can be placed closer to or farther from the top heating element.



STEP 3

Close the door and press the Air Fry Button. Turn the Control Knob to select one of the presets. You can adjust the cooking time by pressing the Time Button and turning the Control Knob or the cooking temperature by pressing the Temp Button and turning the Control Knob. Press the Control Knob to confirm the settings, which begins the cooking process.



STEP 4

When the cooking cycle is complete, open the door and use oven mitts or potholders to remove your food from the appliance.

EGG SANDWICH

Serves 4

INGREDIENTS

4 eggs
4 slices Canadian bacon
4 slices American cheese
4 English muffins,
cut in half lengthwise

DIRECTIONS

1. Crack the eggs into separate ramekins or small glass bowls. Place the eggs in the appliance. Press the Micro Button. Press the Control Knob to confirm. Turn the Control Knob to adjust the cooking time to 3 minutes. Press the Control Knob to start the cooking process. When the cooking time is complete, reserve the eggs.
2. Press the Bake Button. Turn the Control Knob to select the Broil preset. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat. Let the appliance preheat.
3. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the English muffin bottoms on the Air Fry Rack. Top the English muffins with the Canadian bacon and the English muffin tops. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to continue the cooking cycle. Toast until golden.
4. When the cooking time is complete, add an egg and a slice of cheese to each sandwich before serving.



POACHED EGGS ON AVOCADO TOAST

Serves 4

INGREDIENTS

4 slices bacon
4 eggs
4 slices crusty multigrain bread
2 avocados
salt, to taste
ground black pepper, to taste
juice of ½ lime
1 tbsp. diced red onion
½ plum tomato, diced
1 tbsp. extra virgin olive oil

DIRECTIONS

1. On a microwave-safe plate, place two layers of paper towels. Place the bacon slices on the paper towels. Place two more layers of paper towels over the bacon.
2. Place the plate on the Glass Tray in the appliance. Press the Micro Button. Press the Control Knob to confirm. Turn the Control Knob to set the cooking time to 4 minutes. Press the Control Knob to start the cooking process. If the bacon is not crispy enough after 4 minutes, add another minute to the cooking time. When the bacon is done cooking, remove and reserve the bacon.
3. Crack each egg into a separate glass dish with enough water to cover the eggs. Place the dishes on the Glass Tray in the appliance. Press the Micro Button. Press the Control Knob to confirm. Turn the Control Knob to set the cooking time to 4 minutes. Press the Control Knob to start the cooking process. When the cooking time is complete, remove and reserve the eggs in the water.
4. Press the Bake Button. Turn the Control Knob to select the Broil preset. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
5. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the bread slices on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to continue the cooking cycle. Cook until the bread is toasted.
6. In a bowl, mash together the avocados, salt, black pepper, and lime juice.
7. When the cooking time is complete, spread the avocado on the toast and top with the poached egg, red onion, and tomato. Drizzle with the olive oil and top with the bacon before serving.



ALMOND FRENCH TOAST

Serves 2

INGREDIENTS

4 eggs
½ tsp. cinnamon
1 tsp. almond extract
½ cup cream
2 cups sliced almonds
½ cup sugar
4 slices bread
berries, for serving
powdered sugar or maple syrup,
for serving

DIRECTIONS

1. Press the Air Fry Button. Press the Control Knob to confirm. Set the cooking temperature to 400° F/204° C and the cooking time to 15 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. In a bowl, beat together the eggs, cinnamon, almond extract, and cream.
3. In a shallow pan, mix together the sliced almond-sugar mixture.
4. Cut the bread in half into triangles.
5. Dip the bread into the egg mixture and then the sliced almonds.
6. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the bread on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to continue the cooking cycle. Flip the bread halfway through the cooking time.
7. Serve with berries and powdered sugar or maple syrup.



MAPLE SAUSAGE FRITATTA

Serves 6

INGREDIENTS

2 cups shredded hash browns,
browned & cooked

5 links pre-cooked maple chicken
breakfast sausage

2 cups broccoli florets

1 cup diced red pepper

6 oz Swiss cheese, diced

10 eggs

½ cup cream

2 tbsp. cilantro

½ tsp. salt

¼ tsp. ground black pepper

salad, for serving

DIRECTIONS

1. Press the Air Fry Button. Turn the Control Knob to select the Air Fry preset. Set the cooking temperature to 400° F/204° C and the cooking time to 15 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. Place the hash browns in the Baking Pan. Place the sausage in an oven-safe pan, such as a pie plate, that fits underneath the Air Fry Rack.
3. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the Baking Pan on the Air Fry Rack. Place the sausage underneath the Air Fry Rack. Close the door and press the Control Knob to continue the cooking process.
4. When the cooking time is complete, remove and reserve the hash browns and sausage.
5. Place the sausage, hash browns, broccoli, red pepper, and Swiss cheese in the Baking Pan.
6. In a bowl, beat the eggs. Mix the eggs, cream, cilantro, salt, and black pepper and pour them into the Baking Pan over the rest of the ingredients.
7. Place the Baking Pan on the Glass Tray in the appliance. Press the Air Fry Button. Turn the Control Knob to select the Air Fry preset. Set the cooking temperature to 400° F/204° C and the cooking time to 35 minutes. Press the Control Knob to start the cooking process.
8. When the cooking time is complete, remove and serve with a salad.



CHICKEN POT PIE

Serves 6

INGREDIENTS

1 22.6-oz can cream of chicken soup
2 red potatoes, diced
1 carrot, sliced
1 stalk celery
 $\frac{3}{4}$ cup frozen pearl onions, thawed
2 chicken breasts, cubed
2 tbsp. chopped parsley
1 can 16.3-oz pre-made refrigerated biscuits

DIRECTIONS

1. In a casserole dish, mix together the soup, potatoes, carrot, celery, onions, and chicken.
2. Place the dish on the Glass Tray in the appliance. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 20 minutes. Press the Control Knob to start the cooking process.
3. When the cooking time is complete, remove the dish. Press the Bake Button. Turn the Control Knob to select the Bake setting. Set the cooking temperature to 350° F/177° C and the cooking time to 15 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
4. Add the parsley to the dish, mix, and top with the biscuits.
5. When the appliance has preheated: Open the door. Return the dish to the appliance. Close the door and press the Control Knob to continue the cooking process. Cook until the biscuits are golden.



MAC & CHEESE

Serves 6

INGREDIENTS

- 1 lb elbow macaroni
- 2 cups water
- ½ tsp. salt
- 2 tbsp. butter
- 1 ½ cup heavy cream
- 3 ½ cups shredded cheddar, divided (½ cup optional)
- ¼ cup breadcrumbs (optional)

DIRECTIONS

1. Place the macaroni, water, salt and butter in a casserole dish, cover with plastic wrap, and place the dish on the Glass Tray in the appliance. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 6 minutes. Press the Control Knob to start the cooking process.
2. When the cooking time is complete, remove the plastic wrap and stir in the cream and cheddar. Return the dish to the appliance. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 6 minutes. Press the Control Knob to start the cooking process.

To Brown the Mac & Cheese:

3. When the cooking time is complete, press the Bake Button. Turn the Control Knob to select the Broil preset. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
4. Top the macaroni and cheese with ½ cup cheddar and the breadcrumbs.
5. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the bottom of the appliance, place the dish on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to resume the cooking process. Cook until the top is browned.

CLASSIC BURGERS

Serves 4

INGREDIENTS

4 6-oz burgers
1 tbsp. salt
½ tbsp. ground black pepper
4 brioche rolls
¼ cup margarine
lettuce (optional)
tomato slices (optional)
onion slices (optional)

DIRECTIONS

1. Press the Air Fry Button. Turn the Control Knob to select the Air Fry setting. Set the cooking temperature to 425° F/218° C and the cooking time to 15 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. Season the burgers with the salt and black pepper.
3. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the burgers on the Air Fry Rack. Place the Air Fry Rack in the appliance. Place the Baking Pan under the Air Fry Rack to catch any drippings. Close the door and press the Control Knob to resume the cooking process. Cook until the desired doneness is reached.
4. When the burgers are done cooking, remove and reserve the burgers. Butter the brioche rolls with the margarine.
5. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the rolls on the Air Fry Rack. Place the Air Fry Rack in the appliance. Press the Bake Button. Turn the Control Knob to select the Bake setting. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Cook until the rolls are toasted.
6. When the rolls are toasted, assemble the burgers between the rolls and top with the lettuce, tomato, and onion if desired.

FRIED CHICKEN

Serves 4

INGREDIENTS

1 4-lb chicken, cut into 8 pieces
1 cup buttermilk
1 tbsp. salt
2 cups flour
½ cup cornstarch
1 tbsp. kosher salt
½ tbsp. ground black pepper
½ tbsp. garlic powder
½ tbsp. onion powder
½ tbsp. thyme
1 tsp. celery salt
1 tbsp. paprika
¼ tbsp. ground cayenne pepper
2 eggs
olive oil spray (optional)

DIRECTIONS

1. In a glass dish, add the chicken and coat with the buttermilk and salt. Cover and refrigerate for 3 hours.
2. In a shallow pan, mix together the flour, cornstarch, kosher salt, black pepper, garlic powder, onion powder, thyme, celery salt, paprika, and cayenne pepper.
3. In a separate shallow pan, beat the eggs.
4. Dredge the chicken in the flour, then the eggs, and finally the flour again.
5. Press the Air Fry Button. Turn the Control Knob to select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 1 hour. Press the Control Knob to start the cooking process. Let the appliance preheat.
6. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the bottom of the appliance, place the chicken on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to resume the cooking process. Halfway through the cooking process, flip the chicken and spray with olive oil spray for crispier chicken.
7. Start checking the chicken after 45 minutes and remove when crispy.



MEATBALL PARMESAN HERO

Serves 2

INGREDIENTS

6 meatballs, with sauce
2 hoagie rolls,
sliced open lengthwise
1 cup shredded mozzarella

DIRECTIONS

1. Cover the meatballs with plastic wrap and place them in the appliance. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 4 minutes. Press the Control Knob to start the cooking process.
2. When the cooking time is complete, place 3 meatballs and their sauce inside each hoagie roll. Top with the mozzarella.
3. Press the Bake Button. Turn the Control Knob to select the Broil preset. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Let the appliance preheat.
4. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the bottom of the appliance, place the sandwiches on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to resume the cooking process. Cook until the cheese is melted and slightly browned.



CHICKEN NACHOS

Serves 4

INGREDIENTS

6 cups tortilla chips
2 cups shredded cheddar
 $\frac{3}{4}$ cup black beans,
cooked & drained
1 cup cooked & shredded chicken
 $\frac{3}{4}$ cup diced tomatoes
 $\frac{1}{2}$ cup diced red onions
 $\frac{1}{4}$ cup pickled jalapeños
 $\frac{1}{2}$ cup sour cream
3 tbs. chopped cilantro

DIRECTIONS

1. Place 2 cups tortilla chips on a large plate. Sprinkle one third of the cheddar, beans, and chicken over the chips. Repeat the layering process until all the tortilla chips, beans, cheddar, and chicken are layered on the plate.
2. Place the plate on the Glass Tray in the appliance.
3. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 4 minutes. Press the Control Knob to start the cooking process.
4. When the cooking time is complete, remove the nachos and top with the tomatoes, onions, and jalapeños.
5. Top with the sour cream and cilantro before serving.



CHICKEN QUESADILLA

Serves 1

INGREDIENTS

2 8-inch flour tortillas
1/2 cup cooked & shredded chicken
3/4 cup shredded jack & cheddar cheese mix
1/4 cup red pepper
1/4 cup small-diced red onion
1 plum tomato, diced small
1 tbsp. chopped cilantro
1 tsp. olive oil
salsa, for serving
guacamole, for serving
sour cream, for serving

DIRECTIONS

1. Press the Air Fry Button. Turn the Control Knob to select the Air Fry preset. Set the cooking temperature to 400° F/204° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. Place 1 tortilla on a work surface. Layer the rest of the ingredients except the olive oil on the tortilla, topping with the second tortilla. Brush the quesadilla with the olive oil.
3. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the quesadilla on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to resume the cooking process. Cook until the quesadilla is golden.
4. When the cooking time is complete, remove, cut, and serve with the salsa, guacamole, and sour cream.



ROAST CHICKEN

Serves 4

INGREDIENTS

1 4-lb chicken
1 onion, diced
2 cloves garlic
2 sprigs thyme

Seasoning

1 tbsp. sea salt
1 tsp. ground black pepper
½ tsp. paprika
½ tsp. granulated onion
½ tsp. granulated garlic

DIRECTIONS

1. Press the Bake Button. Turn the Control Knob to select the Bake setting. Set the cooking temperature to 350° F/177° C and the cooking time to 1 hour. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. Place the onion, garlic, and thyme inside the cavity of the chicken and tie the chicken's legs together. Place the chicken in the Baking Pan.
3. In a small bowl, mix together the Seasoning ingredients and sprinkle them over the chicken.
4. When the appliance has preheated: Open the door. Place the Baking Pan on the Glass Tray in the appliance. Close the door and press the Control Knob to resume the cooking process. Cook until the chicken is cooked through and an instant-read thermometer inserted into the chicken registers 165° F/74° C.



AIR-FRIED STEAKS

Serves 2

INGREDIENTS

2 12-oz New York strip steaks
1 tsp. sea salt
½ tsp. ground black pepper
1 tbsp. olive oil
6 sweet baby peppers

DIRECTIONS

1. Press the Air Fry Button. Turn the Control Knob to select the Air Fry setting. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. Rub the steaks with the salt, black pepper, and olive oil.
3. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the steaks and baby peppers on the Air Fry Rack. Place the Air Fry Rack in the appliance. Place the Baking Pan under the Air Fry Rack to catch any drippings. Close the door and press the Control Knob to continue the cooking process. Halfway through the cooking time, flip the steaks and baby peppers. Cook until the desired doneness is reached. Cooking time might vary depending on the thickness of the steaks.

BBQ RIBS

Serves 2

INGREDIENTS

2 racks baby back pork ribs

Seasoning

½ tsp. granulated onion

½ tsp. granulated garlic

½ tsp. sea salt

½ tsp. ground black pepper

1 ½ cups barbeque sauce

DIRECTIONS

1. Bring the ribs to a simmer in a stock pot filled halfway with water on the stove top for 1 ½ hours.
2. In a bowl, combine the Seasoning ingredients.
3. When the ribs are done simmering, press the Air Fry Button. Turn the Control Knob to select the Air Fry preset. Set the cooking temperature to 400° F/204° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
4. Place the ribs in the Baking Pan and sprinkle the Seasoning mixture over the ribs.
5. When the appliance has preheated: Place the Baking Pan on the Glass Tray in the appliance. Close the door and press the Control Knob to continue the cooking process.
6. When the cooking time is complete, brush the ribs with the barbeque sauce and return the ribs to the appliance.
7. Press the Air Fry Button. Turn the Control Knob to select the Air Fry preset. Set the cooking temperature to 400° F/204° C. Set the cooking time to 10 minutes. Press the Control Knob to start the cooking process.

TIP: The Microwave function is great for reheating ribs. To reheat using the Microwave function: Place the ribs in a microwave-safe container, cover the ribs with plastic wrap, place them on the Glass Tray in the appliance, and press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 4 minutes.

SALMON WITH ASPARAGUS

Serves 2

INGREDIENTS

Seasoning

½ tsp. salt

¼ tsp. ground black pepper

½ tsp. paprika

½ tsp. onion powder

1 tbsp. olive oil

Salmon

2 6-oz salmon fillets, skin on

1 tbsp. chopped dill

4 lemon slices

Asparagus

½ bunch asparagus

1 tbsp. olive oil

¼ tsp. sea salt

¼ tsp. ground black pepper

DIRECTIONS

1. Press the Air Fry Button. Turn the Control Knob to select the Fish preset. Set the cooking temperature to 425° F/218° C and the cooking time to 20 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. In a bowl, mix together the salt, black pepper, paprika, and onion powder and sprinkle them on the salmon. Drizzle 1 tbsp. olive oil over the salmon.
3. Place the asparagus in the Baking Pan and season with the salt, black pepper, and 1 tbsp. olive oil.
4. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the top of the appliance, place the salmon on the Air Fry Rack and top with the dill and lemon slices. Place the Air Fry Rack in the appliance and place the Baking Pan underneath the Air Fry Rack. Close the door and press the Control Knob to continue the cooking process. Cook until done.



LASAGNA

Serves 6

INGREDIENTS

Meat Filling

- 3 lb ground beef
- 2 tbsp. olive oil
- 1 tsp. granulated garlic
- 1 tsp. granulated onion
- 1 cup tomato sauce
- ½ tsp. sea salt
- ¼ tsp. ground black pepper

Cheese Filling

- 3 cups ricotta
- 1 cup shredded mozzarella
- ¼ cup grated Parmigiano-Reggiano cheese
- 2 eggs
- ½ tsp. sea salt
- ¼ tsp. ground black pepper

Lasagna

- 6 6 x 8 ½-inch ready-to-bake lasagna sheets
- 2 cups tomato sauce
- ¾ cup shredded mozzarella
- 2 tbsp. grated Parmigiano-Reggiano cheese
- basil, for garnish

DIRECTIONS

1. In a sauté pan over medium heat on the stove top, add the olive oil and sauté the ground beef until browned.
2. Add the garlic, onion, tomato sauce, salt, and black pepper. Cook over low heat for 10 minutes.
3. In a bowl, mix together the Cheese Filling ingredients.
4. Layer the lasagna: Place ¼ cup tomato sauce in the bottom of a 8 ½ x 6 ½ x 2 ¼-inch pan and top with a lasagna sheet. Top with half of the ground beef and a lasagna sheet. Top with ¼ cup tomato sauce, half the Cheese Filling, and a lasagna sheet. Top with the rest of the ground beef and a lasagna sheet. Top with ¼ cup tomato sauce, the rest of the Cheese Filling, and the final lasagna sheet. Top with the rest of the tomato sauce.
5. Cover the pan with plastic wrap and place the pan on the Glass Tray in the appliance. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 10 minutes. Press the Control Knob to start the cooking process.
6. When the cooking time is complete, remove the lasagna from the appliance and remove the plastic wrap. Top the lasagna with the mozzarella and Parmigiano-Reggiano.
7. Press the Bake Button. Turn the Control Knob to select the Broil preset. Set the cooking temperature to 425° F/218° C and the cooking time to 10 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
8. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the bottom of the appliance, place the lasagna on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to continue the cooking process. Cook until the cheese is bubbly and lightly browned.
9. Let the lasagna rest for 15 minutes before serving.

PRIME RIB ROAST

Serves 6

INGREDIENTS

- 1 6-lb prime rib roast
- 1 tbsp. sea salt
- 1 tsp. coarse ground black pepper
- 4 sprigs fresh rosemary, chopped
- 4 cloves garlic, minced
- 3 tbsp. olive oil

DIRECTIONS

1. Press the Bake Button. Turn the Control Knob to select the Roast preset. Set the cooking temperature to 400° F/204° C and the cooking time to 20 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
2. Place the roast on the Baking Pan and season with the salt and black pepper.
3. When the appliance has preheated: Open the door. Place the Baking Pan on the Glass Tray in the appliance. Close the door and press the Control Knob to continue the cooking process.
4. In a small bowl, mix the rosemary, garlic, and olive oil together to make a paste.
5. When the cooking time is complete, remove and cover the roast with the rosemary paste.
6. Return the roast to the appliance. Press the Bake Button. Turn the Control Knob to select the Bake setting. Set the cooking temperature to 350° F/177° C and the cooking time to 1 hour. Press the Control Knob to start the cooking process.
7. After 40 minutes, start checking the internal temperature with an instant-read thermometer inserted into the thickest part of the roast. Cook until the desired doneness is reached.

Doneness Chart:

- Rare: 130° F/54° C
- Medium Rare: 135° F/57° C
- Medium: 140° F/60° C
- Medium Well: 145° F/63° C
- Well Done: 155° F/68° C

BLUEBERRY MUFFINS

Makes 12

INGREDIENTS

½ cup butter, softened
1 cup sugar
2 eggs
1 tsp. vanilla extract
2 cups flour
½ tsp. cinnamon
½ tsp. salt
2 tsp. baking powder
2 cups frozen blueberries
½ cup buttermilk

DIRECTIONS

1. In a stand mixer, cream together the butter and sugar.
2. Add one egg at a time and continue mixing until creamy. Add the vanilla extract and mix.
3. In a bowl, combine the dry ingredients and mix together. Add the dry ingredients to the wet ingredients, but do not mix yet. Add the buttermilk and blueberries. Fold the mixture until just incorporated, being careful not to overmix.
4. Press the Bake Button. Turn the Control Knob to select the Bake setting. Set the cooking temperature to 350° F/177° C and the cooking time to 45 minutes. Press the Control Knob to start the cooking process. Let the appliance preheat.
5. Spoon the blueberry muffin batter evenly into a 6-cup muffin pan until each cup is three quarters full. There will be enough batter left over for a second batch of muffins.
6. When the appliance has preheated: Open the door. With the Air Fry Rack flipped so that the food is placed closer to the bottom of the appliance, place the muffin pan on the Air Fry Rack. Place the Air Fry Rack in the appliance. Close the door and press the Control Knob to resume the cooking process.
7. When the first batch of muffins is done cooking, repeat the cooking process with the second batch.



LAVA CAKES

Makes 8-10

INGREDIENTS

1 box brownie mix,
prepared according to the
instructions on the packaging

8 5-oz ramekins

powdered sugar, for garnish

caramel, raspberry, or
chocolate sauce, for garnish

raspberries or strawberries,
for garnish

DIRECTIONS

1. Fill each ramekin two thirds full with brownie mix.
2. Place two ramekins on the Glass Tray in the appliance. Press the Micro Button. Turn the Control Knob to select the Microwave preset. Set the cooking time to 3 minutes. Press the Control Knob to start the cooking process.
3. Repeat the cooking process with the rest of the ramekins.
4. When all the lava cakes are done cooking, flip them onto a plate and serve with the powdered sugar, sauce, and berries.



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Life keeps you busy. We help you excel.™

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accessories, and
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