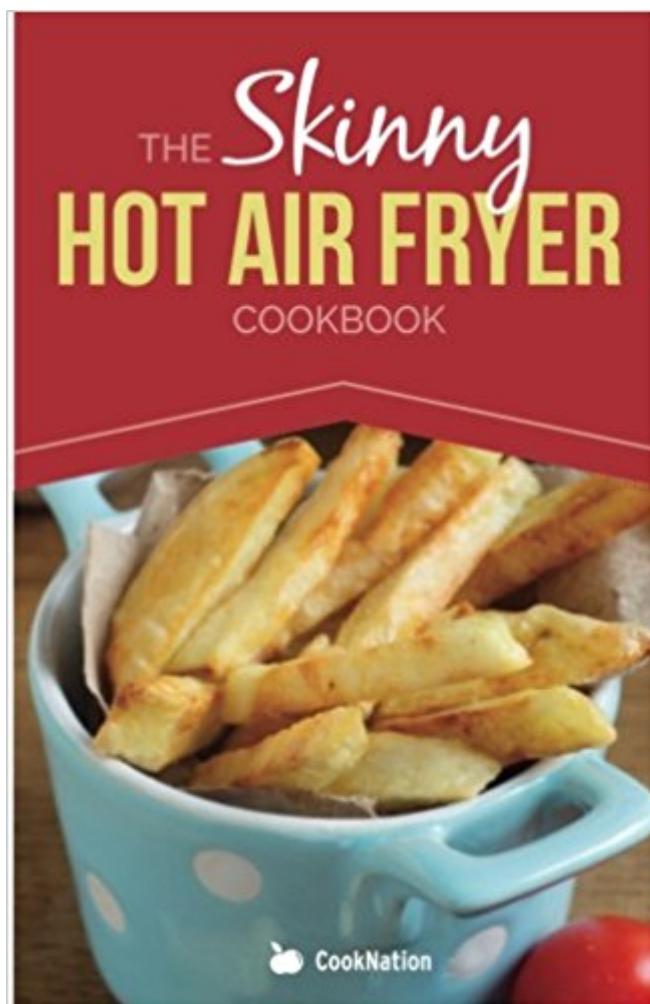


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# The Skinny Hot Air Fryer Cookbook (Cooknation: Skinny)



## 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](http://www.cooknationbooks.com) [www.bellmackenzie.com](http://www.bellmackenzie.com)

## Book Information

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## 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 purÃ©e, 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

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