



SENCOR

AIR FRYER RECIPES






SENCOR
HOMEMADE FRIES
TOP 1
BY CATEGORY MANAGER

HOMEMADE FRIES

Time: 30–35 min **Temperature:** 200 °C **Servings:** 2

Ingredients:

- 500 g potatoes *(ideally medium-starchy, e.g., type B)*
- 1–2 tbsp oil
- salt, pepper
- *optional:* sweet paprika, herbs, or seasoning to taste

Method:

1. Peel the potatoes (or scrub them well with the skin on) and cut them into evenly sized fries.
2. Put the fries in a bowl of cold water and soak for at least 30 minutes (this removes starch and helps them turn crispy).
3. Drain and pat them dry. Toss with oil and seasoning.
4. Preheat the air fryer to 200 °C (about 1 minute) and place the fries in the basket in a single layer.
5. Air-fry for 15–20 minutes, shaking or tossing halfway through.
6. Serve immediately while they're nice and crispy.

Tips:

- If you're using frozen fries, extra oil is usually not needed (most frozen fries already contain oil). Just add them to the fryer and adjust the time according to the package instructions.

- If the fries are hard to salt, lightly mist them with spray oil right after cooking and salt again (the oil helps the salt stick).



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ROASTED POTATOES



ROASTED POTATOES

Time: 35–40 min **Temperature:** 175 °C **Servings:** 4

Ingredients::

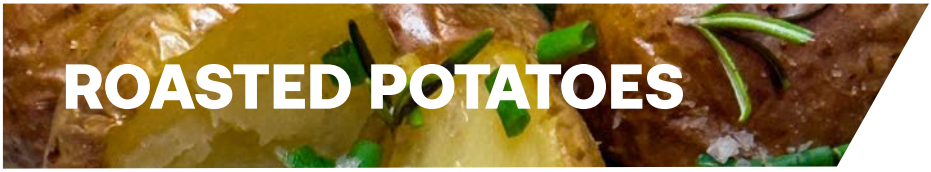
- 1 kg medium potatoes
- 1 tsp oil or butter *(for brushing)*
- salt, pepper
- *optional:* herbs or favorite spices (e.g., rosemary, paprika)

Method:

1. Peel the potatoes (or scrub them well with the skin on), dry them, and lightly brush them with oil or melted butter.
2. Season with salt (and pepper or herbs/spices, to taste).
3. Preheat the air fryer to 175 °C (about 1 minute).
4. Place the potatoes in the basket and cook for about 30 minutes. During cooking, shake the basket 2–3 times so they cook evenly.
5. They're ready when the skin is golden-brown and the inside is soft. Serve immediately.

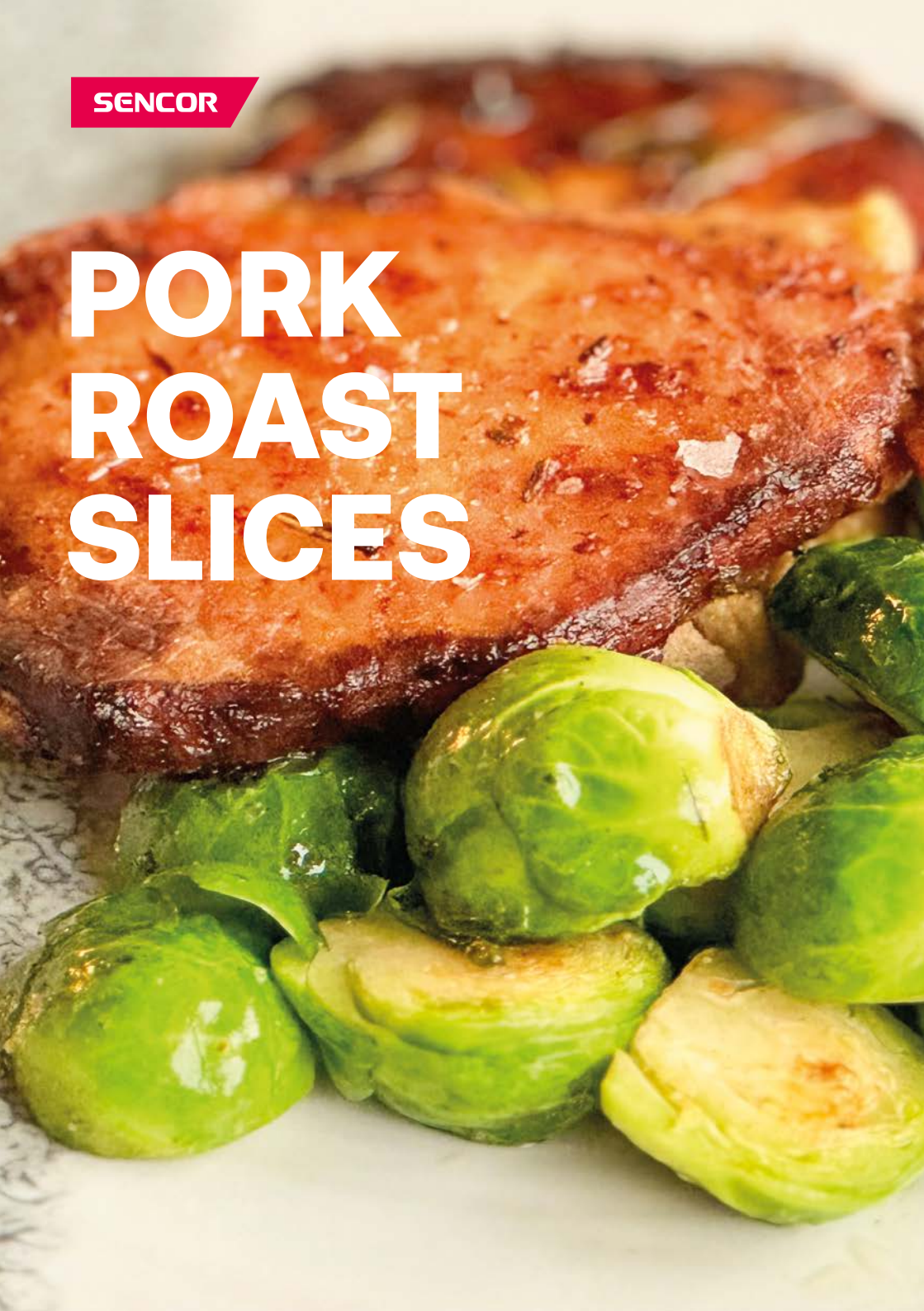
Tip:

- For a more pronounced flavor, use fresh herbs such as rosemary or thyme.



SENCOR

PORK ROAST SLICES



PORK ROAST SLICES

Time: 35–40 min **Temperature:** 175 °C **Servings:** 4

Ingredients::

- 4 slices of pork roast or pork loin *(about 2 cm thick)*
- 1 tsp oil *(for brushing)*
- salt, pepper
- *optional:* seasoning to taste – rosemary, garlic, smoked paprika

Method:

1. Rinse the meat and pat dry. Lightly brush with oil and season with salt, pepper, and any preferred seasoning.
2. Preheat the air fryer to 175 °C (about 1 minute).
3. Place the pork in the basket and cook for about 30 minutes. Turn halfway through to ensure even cooking.
4. After cooking, let the meat rest for a few minutes (about 5 minutes) to keep it juicy and flavorful.

Tips:

- For a crisp crust, brush the meat near the end with a little oil mixed with honey or mustard and finish briefly at a higher temperature (200 °C for 3–4 minutes).
- Use leftovers cold – they're great in sandwiches or salads.



SENCOR

CHICKEN STRIPS

TOP 1

BY CATEGORY MANAGER



CHICKEN STRIPS

Time: 30 min **Temperature:** 200 °C **Servings:** 4

Ingredients::

- 1 kg chicken breast fillets
- 200 g plain yogurt
- ½ tsp salt
- 1 tsp ground paprika
- 200 g crushed cornflakes

Method:

1. Cut the chicken into strips and add salt, ground paprika, and plain yogurt.
2. Mix thoroughly and let the meat marinate for at least 2 hours.
3. Coat each marinated piece in the crushed cornflakes.
4. Place the coated pieces in the air fryer and cook at 200 °C for about 12 minutes.
5. Halfway through, turn or shake the pieces for even cooking.

Tips:

- For easier basket cleanup, use baking paper.
- For a better golden color, mix a little ground paprika into the crushed cornflakes.



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SALMON



SALMON

Time: 20–25 min **Temperature:** 160 °C **Servings:** 3

Ingredients::

- 600 g salmon
- juice of ½ lemon
- salt, pepper
- ½ tbsp honey
- olive oil
- a small piece of butter for serving

Method:

1. Rinse the salmon and pat it dry with a paper towel.
2. In a bowl, mix olive oil, lemon juice, honey, salt, and pepper until combined.
3. Coat the salmon on all sides with the marinade and let it marinate for at least 10 minutes.
4. Preheat the air fryer to 160 °C (about 1 minute). Place the salmon skin-side down and cook for about 10–15 minutes, depending on fillet thickness.
5. After cooking, top each fillet with a small piece of butter, sprinkle with a pinch of salt, and let it rest briefly.

Tips:

- Cook thicker fillets closer to 15 minutes; thinner ones less, depending on thickness.
- Salmon is also great cold – use leftovers in a salad or on bread with a creamy spread.



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CRISPY TOFU



CRISPY TOFU

Time: 30–35 min **Temperature:** 190 °C **Servings:** 2

Ingredients::

- 400 g tofu
- 1–2 tbsp cornstarch or potato starch
- salt, pepper (to taste)
- *optional:* paprika, curry, garlic seasoning, or herbs to taste
- spray oil

Method:

1. Pat the tofu very dry.
2. Cut into cubes (about 2–3 cm) and dry again.
3. In a bowl, gently coat the tofu with starch mixed with salt, pepper, and optional seasoning.
4. Preheat the air fryer to 190 °C (about 1 minute). Arrange tofu in a single layer (pieces should not touch).
5. Cook for 10–15 minutes, tossing halfway through so it cooks evenly.
6. Remove and lightly mist with spray oil, if desired.

Tips:

- Dry the tofu really well – it's the key to a crisp surface.
- Crispy tofu is great on its own as a snack or as a protein boost for salads.



SENCOR

HAMBURGER



HAMBURGER

Time: 20–25 min **Temperature:** 190 °C **Servings:** 2

Ingredients::

- 300 g ground beef
- 2 slices cheddar cheese
- 1 tsp olive oil
- ¼ tsp dried garlic
- salt, pepper to taste
- 2 burger buns
- sauce of choice *(barbecue, guacamole, sweet chilli, mayo...)*
- toppings *(lettuce, tomato, onion, pickles)*

Method:

1. In a bowl, mix the ground beef with olive oil, dried garlic, salt, and pepper.
2. Form 2 evenly sized patties and press a small indentation in the center (prevents puffing up during cooking).
3. Preheat the air fryer to 190 °C (about 2–3 minutes).
4. Place patties in the basket and cook for 8 minutes, turning halfway through.
5. In the last minute, place a slice of cheese on each patty so it melts nicely.
6. Toast the buns briefly in the air fryer (1–2 minutes) if you like – they'll be lightly crisp and won't get soggy.
7. Assemble: bottom bun → sauce → patty with cheese → toppings → top bun.

Tips:

- If you're making more burgers, cook in smaller batches and don't overcrowd the basket.
- Feel free to experiment with sauces – besides classic BBQ, try guacamole or spicy sweet chilli.

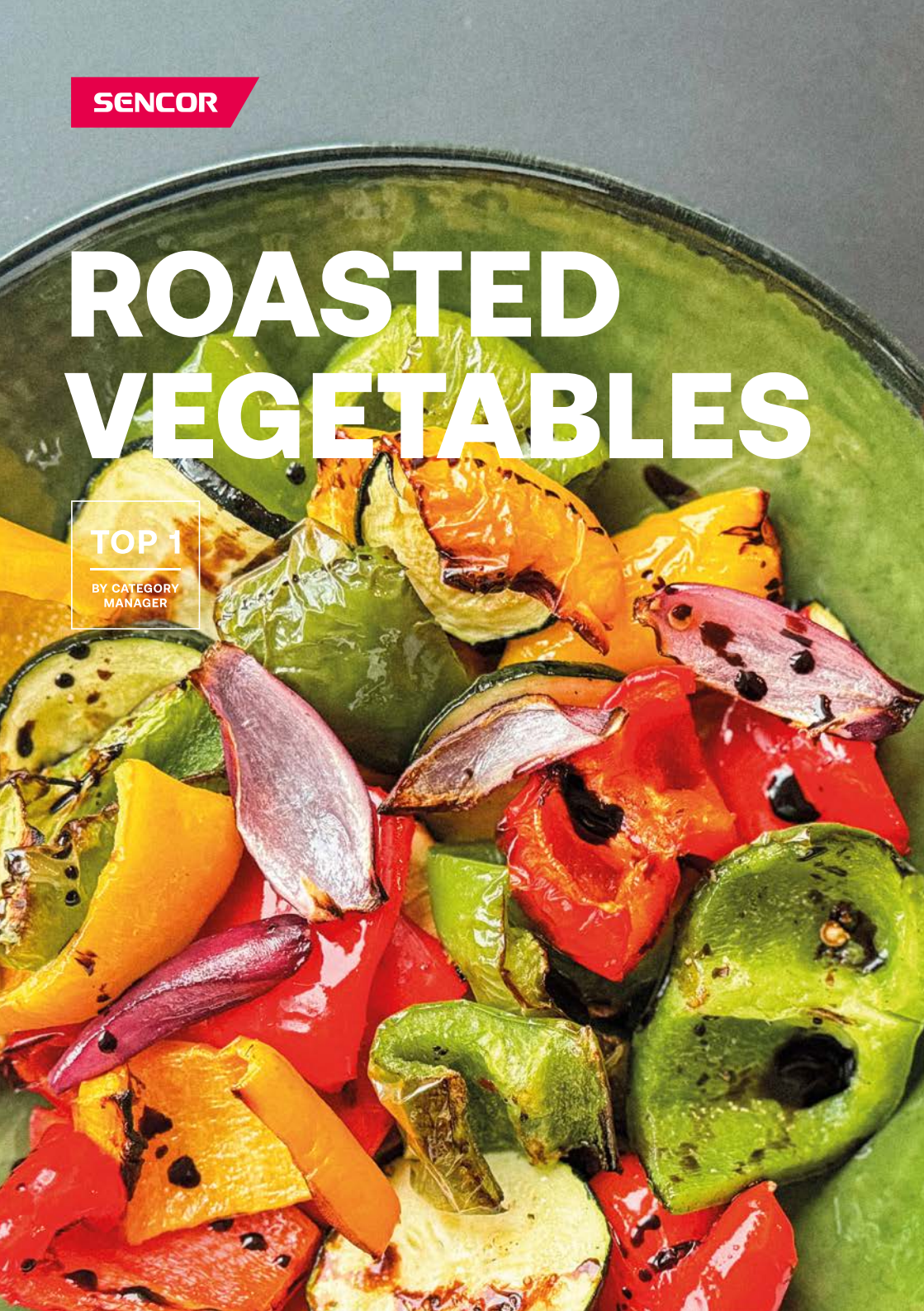


SENCOR

ROASTED VEGETABLES

TOP 1

BY CATEGORY MANAGER



ROASTED VEGETABLES

SENCOR

Time: 15–20 min **Temperature:** 180 °C **Servings:** 4

Ingredients::

- 1 zucchini
- 2 bell peppers (red, yellow, or green)
- 1–2 onions *(red or yellow)*
- a handful of cherry tomatoes
- 1–2 tbsp olive oil (best as spray)
- salt, pepper
- favorite seasoning (rosemary, thyme, garlic, Italian mix)

Method:

1. Wash and prep the vegetables and cut them into evenly sized pieces (about 2–3 cm).
2. Toss with salt, pepper, a little oil, and seasoning.
3. Transfer to the air-fryer basket and cook for 15–20 minutes.
4. Shake the basket halfway through so the vegetables cook evenly.
5. Serve as a side dish or as a light main.

Tips:

- Harder vegetables (carrots, potatoes, sweet potatoes, pumpkin) can go in about 5 minutes earlier.
- For a stronger flavor, add delicate herbs at the end so they don't turn bitter.
- A few drops of balsamic vinegar or lemon juice add a great finishing touch.
- If using frozen vegetables, extend the cooking time to 20–25 minutes.




SENCOR
APPLE
STRUDEL

APPLE STRUDEL

Time: 20 min **Temperature:** 170 °C **Servings:** 4

Ingredients::

- 1 pack puff pastry *(preferably all-butter)*
- 3 apples *(peeled and grated)*
- 2 tbsp cinnamon
- 2 tbsp honey
- 1 tbsp breadcrumbs or desiccated coconut
- 1 egg (for brushing)
- powdered sugar (for dusting)

Method:

1. Unroll the puff pastry and sprinkle with breadcrumbs or coconut so the filling doesn't soak the pastry.
2. Spread the grated apples down the center. Sprinkle with cinnamon and drizzle evenly with honey.
3. Roll into a strudel (don't forget to fold in the sides so the filling doesn't leak out).
4. Brush with beaten egg.
5. Transfer to the air fryer (ideally in a paper mold or tray so the juices don't drip) and bake for 15 minutes at 170 °C.
6. After baking, dust with powdered sugar and serve.

Tips:

- If you're worried about cracking, prick the pastry a few times with a skewer so steam can escape.
- You can keep the apples raw, or briefly sauté them in butter with cinnamon for a deeper flavor.
- Try adding a handful of raisins, walnuts, or a pinch of gingerbread spice for a variation.



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HOMEMADE BAKE ROLLS



HOMEMADE BAKE ROLLS

Time: 15 min **Temperature:** 160 °C **Servings:** 3

Ingredients::

- 2 bread rolls or a small baguette (ideally day-old)
- 1–2 tsp oil or spray oil
- salt
- seasoning to taste *(e.g., pizza seasoning, dried garlic, paprika, herbs...)*

Method:

1. Slice the bread into thin rounds (5–8 mm).
2. Lightly brush both sides with oil or use spray oil.
3. Salt and add seasoning. You can make multiple flavors (e.g., some just salted, some garlicky, etc.).
4. Preheat the air fryer to 160 °C (about 3 minutes).
5. Place the bread in the basket and bake for 10 minutes at 160 °C. Halfway through, flip the slices so they cook evenly.
6. Let cool briefly and serve – best with wine, beer, or as a quick evening snack.

Tips:

- For extra crispness, let the bread dry out a little in the air before baking.
- Store finished bake rolls for up to 2 days in an airtight container, but they're best fresh (they usually disappear fast).

