

AIR FRYER

COOK TIMES

CELSIUS

MEAT AND SEAFOOD

<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>	<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>
CHICKEN BREAST	190	12	PORK LOIN	180	55
WHOLE CHICKEN	180	75	PORK CHOPS	200	12
DRUMSTICKS/THIGHS	190	20-22	TENDERLOIN	185	15
WINGS	200	12	BACON	200	5-10
CHICKEN TENDERS	180	8-10	SAUSAGES	190	15
BURGER	185	16-20	CALAMARI	190	4
FILET MIGNON	200	18	FISH FILLET	200	10
FLANK STEAK	200	12	SALMON FILLET	190	12
RIB EYE	200	10-15	TUNA STEAK	200	7-10
MEATBALLS	200	5	SCALLOPS	200	5-7
BEEF EYE ROUND ROAST	195	45-55	SHRIMP	200	5

VEGETABLES

<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>	<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>
ASPARAGUS	200	5	KALE LEAVES	120	12
BEETS	200	40	MUSHROOMS	200	5
BROCCOLI	200	6	ONIONS	200	10
BRUSSELS SPROUTS	190	15	PEPPERS	200	15
CARROTS	190	15	POTATOES	200	15
CAULIFLOWER	200	12	SQUASH	200	12
CORN ON THE COB	195	6	SWEET POTATO	190	30-35
EGGPLANT	200	15	TOMATOES	170	4-6
GREEN BEANS	200	5	ZUCCHINI	200	12

FROZEN FOOD

<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>	<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>
ONION RINGS	200	8	FISH STICKS	200	10
FRENCH FRIES	200	14-18	FISH FILLET	200	14
MOZARELLA STICKS	200	8	CHICKEN NUGGETS	200	10
POT STICKERS	200	8	BREADED SHRIMP	200	9