

CRUNCHY & LIGHT

RECIPES FROM THE HOT AIR FRYER

FRH 1850



ROMMELSBACHER



HOT AIR FRYER

FRH 1850

From crispy to creative – an all-rounder for every day

MORE
INFO





PROGRAMME
FRIES



CHILI CHEESE FRIES

INGREDIENTS

750 g fries
200 g grated cheddar
150 g cream
½ tsp chilli flakes
1 spring onion
1 red chilli
1 jar jalapeños



ZUBEREITUNG

1. Place the frozen fries in the frying basket of the hot air fryer.
2. Select the **'Fries' programme** and activate it for approx. 20 minutes.
3. If you like them even crispier, use the **'Crispy' function** next.
4. Die Sahne im Topf langsam erhitzen, den Cheddar zugeben und bei niedriger Hitze schmelzen lassen. Gelegentlich rühren, bis eine homogene Käsesauce entstanden ist.
5. Die Chili und den Frühlingslauch in dünne Ringe schneiden.
6. Die fertigen Pommes auf einem großen Teller anrichten, die Käsesauce darüber verteilen.
7. Mit Jalapeños, Chiliflocken, Frühlingslauch und frischer Chili toppen und genießen.



DID YOU KNOW?

Hot air fryers circulate hot air around the fries at high speed, making them extra crispy and saving up to 80% oil.



PROGRAMME
FRIES XL



SWEET CHILI FRIES

INGREDIENTS

500 g sweet potato fries (frozen)
500 g potato wedges (frozen)
100 ml sweet chilli sauce

PREPARATION

1. Place the frozen wedges in the frying baskets of the hot air fryer.
2. Activate the **'Fries XL' programme** for 25 minutes.
3. After 5 minutes, add the sweet potato fries to the wedges.
4. If you like them even crispier, use the **'Crispy' function** next.
5. Mix the finished wedges and fries in a large bowl with approx. 100 ml sweet chilli sauce.
6. Enjoy with chilli flakes, spring onions or jalapeños as desired.



DIP IDEAS

The sweet chilli fries taste great with mayonnaise, cocktail sauce or ketchup.



PROGRAMME
GRILL

SPARE RIBS



INGREDIENTS

900 g spare ribs

100 ml honey

100 g butter

approx. 20 g spice mix (rub
for spare ribs)

IN ADDITION

baking paper

aluminium foil

PREPARATION

1. Remove the silver skin from the ribs and rub them evenly with butter, honey and the spice mixture. Depending on the size of the ribs, cut them so that they fit perfectly into the frying basket.
2. Cut a large piece of aluminium foil and place a smaller piece of baking paper on top.
3. Wrap the prepared ribs in the foil and place the package in the hot air fryer. Repeat with the remaining ribs.
4. Cook the meat in the hot air fryer at 160 °C for 45 – 60 minutes.
5. Then carefully open the foil and close the frying basket again. Activate the **'Grill' programme** for 10 minutes.
6. Serve with baguette and coleslaw.



OUR TIP

For extra flavour, vacuum seal the ribs together with all the ingredients overnight – this allows the aroma to soak in deeply and become particularly intense during cooking.



PROGRAMME
FRIES



PROGRAMME
POULTRY

POULTRY WITH GRILLED VEGGIES

INGREDIENTS

400 g potatoes
400 g carrots
100 g diced bacon
500 g chicken pieces with skin
4 tbsp maple syrup
4 tbsp olive oil
2 onions
2 garlic cloves
1 tsp dried rosemary
1 tsp dried thyme
sweet paprika powder
salt, pepper

MARINADE FOR MEAT

1 tsp sweet paprika powder
1 tsp dried rosemary
1 tsp dried thyme
4 tbsp maple syrup
4 tbsp olive oil
salt, pepper

PREPARATION

1. Peel the potatoes and carrots. Cut the potatoes into cubes and the carrots into slices, then place them in the frying basket.
2. Peel the onions and garlic. Press the garlic. Cut the onions into wedges and place them in the frying basket along with the bacon and garlic.
3. Season generously with salt, pepper, paprika powder, rosemary and thyme, add the maple syrup and olive oil and mix everything together.
4. Activate the **'Fries' programme** for 10 minutes, and when the shaking reminder sounds, toss the vegetables.
5. Once the programme has finished, place the chicken pieces on top of the vegetables.
6. For the meat marinade, mix together the maple syrup, olive oil, salt, pepper and herbs and brush evenly over the meat.
7. Activate the **'Poultry' programme** for 20 – 30 minutes (depending on the desired degree of browning).
8. During the preparation time, the meat can be coated with the remaining marinade.
9. Once cooked, leave the dish to rest for 10 minutes and then enjoy.



PROGRAMME

FISH



SALMON WITH POTATOES

INGREDIENTS

4 portions of salmon
500 g potatoes, boiled
1 lemon
1 tub sour cream
2 eggs, boiled, diced
1 spring onion, finely sliced
1 tbsp dill
salt, pepper

PREPARATION

1. Drizzle the salmon with lemon juice and season with salt. Place the fish in the frying basket of the hot air fryer.
2. Select the **'Fish'** programme and cook for 10 minutes.
3. Make a dip from sour cream, eggs, lemon juice, salt and pepper and season with dill.
4. Place the potatoes, salmon and dip on plates and garnish with spring onions and dill.



DID YOU KNOW?

Salmon is rich in omega-3 fatty acids, which are good for the heart and brain and have anti-inflammatory properties. It also provides high-quality protein and important vitamins D and B12, which support the immune system and energy metabolism.



PROGRAMME
BAKE



BAKE-OFF MOMENTS

INGREDIENTS

- 2 bake-off rolls
- 2 croissants
- 2 muffins

PREPARATION

1. Place the baked goods in the frying basket.
2. Activate the **'Bake' programme** at 170 °C for 5 – 6 minutes.
3. Once the programme has finished, leave the baked goods to cool for a short while.



OUR TIP

The result will be particularly good if you lightly moisten the crust of the rolls before baking them.



PROGRAMME

VEGETABLES



ROOT VEGETABLES

WITH CRUNCH

INGREDIENTS

150 g carrots
150 g parsley root
1 garlic bulb
150 g celery
150 g sweet potatoes
5 peanut bars
1 pot of yoghurt
3 sprigs of fresh rosemary
olive oil
dark vinegar
(e.g. balsamic vinegar cream)
salt, pepper



PREPARATION

1. Peel the carrots, parsley root, celery and sweet potato. Slice the celery and sweet potato, and quarter the carrots and parsley root lengthways.
2. Place the vegetables in the frying basket of the hot air fryer and season with salt and pepper.
3. Drizzle 2 – 3 tbsp olive oil over the vegetables and add the sliced garlic bulb and fresh rosemary.
4. Activate the **'Vegetables' programme** for 30 – 40 minutes.
5. Turn the vegetables when the shake reminder sounds.
6. For that special crunch, we crush the bars in our multi chopper. Not too finely, so that the crumbs still retain a crispy texture
7. Heat 3 – 4 tbsp olive oil in a pan.
8. Add the mixed peanut bars and stir-fry. (The aroma is delightful!)

9. Spread the yoghurt thickly on a serving plate. Sprinkle with salt and pepper and drizzle with a little olive oil and vinegar.
10. Now arrange the root vegetables on top of the yoghurt. Season again with salt and pepper. Drizzle with olive oil and vinegar.
11. Sprinkle the crunchy crumbs over the vegetables to finish. Distribute evenly and serve immediately. It tastes best when served hot!



PROGRAMME

BAKE

MARBLED MUFFINS

INGREDIENTS

300 g wheat flour (type 405)
130 g soft butter
120 g sugar
1 egg
1 packet vanilla sugar
100 g ground almonds
1 packet baking powder
250 ml milk
1 pinch salt
1 tbsp rum
3 tbsp cocoa powder
1 tbsp cinnamon



IN ADDITION

12 muffin cases
icing sugar

PREPARATION

1. Weigh the butter, sugar and vanilla sugar into a large mixing bowl and beat until creamy. Stir in the egg.
2. Gradually add the ground almonds, wheat flour, baking powder, salt and milk and stir in.
3. Divide the dough between two bowls. Add the rum, cocoa and cinnamon to one bowl and mix to form a smooth dough.
4. Divide the two types of dough alternately between the muffin cases.
5. Gently fork the batter in the muffin cases to create a marbled effect. Place the muffins in the frying basket of the hot air fryer.
6. Activate the **'Bake'** programme for approx. 16 – 18 minutes (check with a skewer).
7. After baking, dust the muffins with icing sugar.



PROGRAMME
SLOW COOK



STUFFED PEPPERS

INGREDIENTS

3–4 bell peppers
400 g minced beef
1 onion
1 egg
1 garlic cloves
1 tsp sweet paprika powder
100 g rice, cooked and cooled
1 tin chopped tomatoes (400 g)
1 tbsp chopped parsley
salt, pepper

IN ADDITION

baking dish
(e.g. silicone)

PREPARATION

1. Wash the peppers, cut off the tops and remove the white membranes.
2. Knead the minced meat together with the onion, garlic, egg, paprika, parsley and rice. Season with salt and pepper.
3. Fill the peppers with the mixture and replace the tops.
4. Place a suitable baking dish (e.g. silicone) in the hot air fryer, add the chopped tomatoes together with a little salt and pepper and stir.
5. Place the peppers in the dish, activate the **'Slow Cook' programme** and cook for 3 hours.
6. Season the sauce with salt and pepper and serve the stuffed peppers with rice or potatoes, for example.



SPECIAL FACT

Slow cooking in the 'Slow Cook' programme ensures that the peppers remain delightfully firm to the bite and the filling stays beautifully juicy. The flavours have plenty of time to develop fully.





PROGRAMME
DEHYDRATE

CEREAL BARS

INGREDIENTS

150 g muesli mix
100 g apricots (dried fruit)
50 g peanut butter
50 g honey
50 g sunflower oil
50 ml water

IN ADDITION

baking paper

PREPARATION

1. Finely chop the muesli mixture and apricots in batches. (We use our EGK 250 spice and coffee grinder for this.)
2. Place both in a large bowl and mix.
3. Gently heat the peanut butter, sunflower oil and honey in a saucepan.
4. Add the melted ingredients and water to the dry ingredients. Stir well.
5. Spread the mixture evenly on baking paper, pressing down as firmly as possible.
6. Dry the mixture in the **'Dehydrate' programme** for 6 – 8 hours.
7. Once the mixture has cooled completely and become firm, it can be cut into bars.



OUR TIP

The muesli bars will keep longest if stored in a cool, dry place.



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