

More enjoyment with

HOT AIR FRYERS

by  MMELSBACHER

FRH1500 • FRH1700



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Low-fat frying and baking

Rediscover the variety of cooking with the hot air fryers by ROMMELSBACHER! They are the perfect choice for the low-fat, healthier preparation of snacks and quick meals. The innovative Hot Air Convection Technology ensures optimum heat distribution and pleasantly quiet operation.

XL



Hot air fryer FRH 1500



Hot air fryer FRH 1700

XXL



More info

MIXED OVEN VEGETABLES

INGREDIENTS

200 g firm-boiling potatoes
100 g Hokkaido pumpkin
1 - 2 red onions
2 cloves of garlic
1 sprig of fresh rosemary
salt and pepper
paprika powder
olive oil

ALSO

baking/casserole dish that fits
in the deep fryer
baking brush

PREPARATION

1. Remove the skin from the garlic, onions and potatoes.
2. Wash the pumpkin.
3. Cut the potatoes, pumpkin and onions into slices.
4. Cut a clove of garlic in half. Rub the ovenproof dish with the garlic clove and pour about 2 - 3 tablespoons of olive oil into the baking dish and spread with a pastry brush.
5. Place the vegetable slices upright next to each other in the tin.
6. Season the oven vegetables with salt, pepper, paprika powder and rosemary needles.
7. Crush the second clove of garlic and sprinkle over the vegetables.
8. Drizzle 3 tbsp olive oil over the vegetables.
9. Place the tin in the air fryer and close the appliance.
10. Activate the **Poultry programme** for 20 minutes (depending on the desired browning).

For 2
portions



NACHOS WITH DIP

INGREDIENTS

150 g tortilla chips
75 g grated cheese
e.g. cheddar
spring onions

ALSO

various dips
e.g. ketchup, BBQ sauce,
salsa sauce

PREPARATION

1. Spread the tortilla chips evenly on the deep-frying grid.
2. Sprinkle the grated cheese over the chips.
3. Close the appliance.
4. Activate the **Poultry programme** for 5 minutes (depending on the desired browning)
5. In the meantime, wash the spring onions and cut into fine rings.
6. At the end of the baking time, remove the nachos and serve with the dips and spring onions.

For 2
portions



MINI SPRING ROLLS

INGREDIENTS

20 mini spring rolls
(frozen product)

ALSO

sweet and sour sauce
soya sauce

PREPARATION

1. Place the spring rolls in the air fryer.
2. Close the appliance.
3. Activate the **fries programme** for approx. 7 - 8 minutes (depending on the desired browning).
4. Turn the spring rolls when the shaking reminder sounds.
5. Leave the spring rolls to rest for a few minutes after the end of the programme.
6. Enjoy the finished spring rolls with sweet and sour sauce and soya sauce.

For 2
portions



SAVOURY 9



CHICKEN WINGS

INGREDIENTS

750 g chicken wings
(frozen product)

ALSO

barbecue sauce

PREPARATION

1. Place the chicken wings in the air fryer and close the appliance.
2. Activate the **Poultry programme** for 15 minutes (depending on the desired browning).
3. When the shaking reminder sounds, turn the chicken wings over if necessary.
4. Enjoy the finished chicken wings with barbecue sauce.

For 3
portions



PRETZEL SAUSAGES

INGREDIENTS

8 poultry wieners
4 soft pretzels for baking
(frozen product)
50 ml ketchup
sesame seeds

ALSO

Baking paper

PREPARATION

1. Defrost the pretzels for about 60 minutes.
2. Wrap half of a pretzel around a sausage.
3. Brush the sausages with ketchup and sprinkle with sesame seeds.
4. Place the baking paper in the air fryer and place the sausages in the frying basket.
5. Close the appliance.
6. Activate the **Poultry programme** for approx. 10 minutes (depending on the desired browning).
7. When the signal tone sounds (shaking reminder), turn the sausages.
8. At the end of the programme time, the sausages can be coated again with ketchup.

For 4
portions



CRISPY OLIVE BREADSTICKS

INGREDIENTS

- 1 packet of pizza dough from the fridge shelf
- 50 g Parmesan cheese, grated
- 100 g soft butter
- zest of ½ lemon
- 1 jar of black, pitted olives
- 1 tsp rosemary, dried
- 1 tsp thyme, dried
- 2 cloves of garlic
- 1 egg
- salt and pepper

ALSO

- pizza cutter
- baking paper
- pastry brush

PREPARATION

1. Leave the yeast dough to rest at room temperature for a few minutes.
2. Chop about 10 olives. Press the garlic.
3. Mix the softened butter with the parmesan, herbs, crushed garlic and pepper. Fold in the lemon zest.
4. Roll out the yeast dough and spread with ¾ of the butter mixture.
5. Put the remaining butter to one side for later.
6. Cut the baking paper to the size of the frying basket.
7. Fold the dough over - from the long side - and use a pizza cutter to cut 1.5 cm wide strips.
8. Twist the dough strips, pull apart slightly and place on baking paper.
9. Brush with a beaten egg.
10. Place the breadsticks with the baking paper in the air fryer and close the appliance.
11. Bake for approx. 12 minutes (depending on the desired browning) in the **Poultry programme** in the deep fryer.
12. When the signal tone sounds (shaking reminder), turn the breadsticks
13. After the preparation time, remove the crispy breadsticks, butter them again, sprinkle with salt and leave to cool.

For 4
portions



GARLIC POTATO POPS

INGREDIENTS

300 g floury potatoes
1 tbsp potato starch
1 tsp paprika powder
salt
pepper
2 - 3 cloves of garlic
olive oil

PREPARATION

1. Peel and dice the potatoes.
2. Boil the potatoes in a pan of salted water until soft.
3. Once cooled, mash the potatoes with a fork.
4. Season the potato mixture and form balls of approx. 2 cm with moistened hands.
5. Press the garlic and mix with 5 tbsp olive oil.
6. Drizzle the balls with the oil mixture, leaving the rest of the marinade for later.
7. Place the balls in the frying basket and close the appliance.
8. Activate the **Fries programme** for approx. 15 minutes (depending on the desired browning).
9. Turn or shake the potato pops during the preparation time when the signal tone can be heard, so that an even result is achieved.
10. At the end of the programme, toss the potato pops again in the garlic and olive mixture.

For 2
portions



CHICKEN ALL IN ONE

INGREDIENTS

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

FOR THE MARINADE

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

ALSO

pastry brush

PREPARATION

1. Peel the potatoes and carrots. Cut the potatoes into cubes and the carrots into slices and place in the frying basket.
2. Remove the skins from the onions and garlic. Press the garlic. Cut the onions into wedges and place in the frying basket with the bacon and garlic. Place in the frying basket with the bacon and garlic.
3. Season the food generously with salt, pepper, paprika powder, rosemary and thyme.
4. Add 4 tbsp maple syrup and 4 tbsp olive oil to the food and mix everything together.
5. Activate the **Fries programme** for 10 minutes.
6. Mix the food when the shaking reminder sounds.
7. At the end of the programme, place the chicken cuts on the vegetables.
8. Make a marinade from the maple syrup, olive oil, salt, pepper and herbs and brush evenly over the meat.
9. Close the appliance.
10. Activate the **grill/meat programme** for 20 - 30 minutes (depending on the desired browning).
11. During the preparation time, the meat can be coated with leftover marinade.
12. At the end of the cooking time, leave the 'Chicken All In One' dish to rest for 10 minutes and then enjoy.

For 3
portions



BAKED EGG

INGREDIENTS

50 g soft butter

3 eggs size M

3 tbsp grated cheese,
e.g. Edam cheese

3 brown champignons

3 tbsp streaky bacon, diced

1 tbsp thyme

100 ml cream

salt and pepper

1 spring onion

ALSO

3 small baking/gratin moulds

PREPARATION

1. Grease 3 ramekins with melted butter.
2. Clean and slice the mushrooms.
3. Wash the spring onion and cut into fine rings.
4. Place a tablespoon of streaky bacon, thyme and mushroom slices in each mould and place in the air fryer.
5. Close the appliance.
6. Bake for 5 minutes in the **Grill/Meat programme**.
7. Open the appliance (note that the moulds are hot). Put approx. 3 tbsp cream, 1 tbsp spring onions, 1 tbsp cheese, spices and herbs into each mould and stir through.
8. Finally, break the eggs and divide between the moulds. Do not stir!
9. Activate the **Poultry programme** for 5 - 7 minutes (depending on the desired browning).
10. Leave the moulds to rest for about 5 minutes after the end of the baking time.

For 3
portions



MINCED MEAT PIZZA

INGREDIENTS

- 1 yeast dough from the cooling counter
- 150 g tomato sauce
- 200 g minced meat, mixed
- 1 tomato
- 1 Parmesan cheese in one piece
- 1 tsp rosemary, dried
- 1 tsp oregano, dried
- olive oil
- salt
- pepper

ALSO

Baking paper

PREPARATION

1. Take the yeast dough out of the fridge and leave to rest at room temperature for approx. 10 minutes. Roll out the yeast dough and shape it so that it fits into the hot air fryer.
2. Cut the baking paper to size.
3. Place the yeast dough on the baking paper.
4. Pour 1 tbsp olive oil into a pan and fry the mince until brown and season well.
5. Wash the tomato and cut into slices.
6. Spread the tomato sauce on the yeast dough, spread the minced meat mixture over the pizza and top with the tomato slices.
7. Place the pizza in the frying basket and close the appliance.
8. Bake the pizza in the **Poultry programme** for approx. 10 minutes (depending on the desired browning).
9. Brush the edges of the finished pizza with olive oil, grate the Parmesan cheese and sprinkle over the pizza.

For 2
portions



STUFFED COURGETTE BOATS

INGREDIENTS

150 g mixed minced meat
 3 small courgettes
 2 tomatoes
 100 g Gouda cheese, grated
 1 cup of crème fraîche
 3 tbsp sunflower oil
 1 tsp rosemary, dried
 1 tsp smoked paprika powder
 salt
 pepper

PREPARATION

1. Wash the courgettes, cut in half lengthways and remove the inside of the courgettes with a spoon. Salt the courgette halves.
2. Wash the tomatoes and cut into small cubes.
3. Place the minced meat in a bowl.
4. Add 2 tbsp of crème fraîche, the diced tomatoes, Gouda and spices to the mince meat and mix well.
5. Spread the mince mixture over the courgette halves and press on lightly.
6. Brush the courgette boats with sunflower oil and place in the air fryer (without baking paper).
7. Sprinkle the courgette halves with rosemary. Close the appliance.
8. Activate the **Meat programme** for 20 minutes (depending on the desired browning).

For 3
portions



25
SAVOURY



MACARONI - CASSEROLE

INGREDIENTS

200 g cooked macaroni
 200 ml cream
 100 ml milk
 150 g grated cheese, e.g. Emmental cheese
 1 egg
 1/2 stalk leek sliced
 1/2 tin of sweetcorn
 2 tbsp herb cream cheese
 salt and pepper
 paprika powder

ALSO

baking/casserole tin that fits well
 in the deep fryer
 butter to grease the tin

PREPARATION

1. Grease the ovenproof baking tin with butter.
2. Pour the cream, egg and milk into the baking tin and mix.
3. Season with salt, pepper and paprika powder.
4. Add the cooked pasta, sweetcorn and leek to the cream and egg mixture and fold in.
5. Stir half of the cheese and the cream cheese into the casserole mixture.
6. Top with the remaining cheese.
7. Place the oven dish in the deep air fryer and close the appliance.
8. Cook the casserole in the **Poultry programme** for 10 - 15 minutes (depending on the desired browning).
9. At the end of the programme, allow the casserole to cool slightly and remove the casserole dish from the deep fryer using a potholder.

For 2
portions



BAKED APPLE WITH CRUMBLE FILLING

INGREDIENTS

4 medium-sized sour apples,
e.g. Elstar

100 g wheat flour type 405

70 g sugar

70 g butter

50 g chopped almonds

½ tsp cinnamon

ALSO

200 ml vanilla sauce

powdered sugar

baking/casserole tin that fits well
in the deep fryer

butter to grease the tin

PREPARATION

1. Wash the apples and cut off the top part as a lid. Hollow out the bottom part of the apple.
2. Mix the wheat flour, sugar, butter, chopped almonds and cinnamon into a crumbly crumble dough. Cover the dough and refrigerate for about 30 minutes in the fridge.
3. Then spread the dough over the apples, only loosely filling the apples. Place the apple lid on top.
4. Place the apples upright next to each other in a greased baking tin.
5. Place the dish in the air fryer and close the appliance.
6. Activate the **Poultry programme** for approx. 15 minutes (depending on the desired browning).
7. Dust the finished baked apples with powdered sugar and serve with vanilla sauce.

For 4
portions



29

SWEET



MARBLED MUFFINS

INGREDIENTS

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

ALSO

muffin cups
 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 batter between two bowls. Add the rum, cocoa and cinnamon to one bowl and mix into a homogeneous dough.
4. Divide the two batters alternately between the muffin cases.
5. Gently stir the batter in the moulds with a fork to create a marbled texture. Place the muffins in the air fryer.
6. Close the appliance.
7. Activate the **Bake programme** for approx. 13 - 15 minutes (depending on the desired browning).
8. After baking, dust the muffins with icing sugar.

For 12
muffins



PASTRY BUNS

WITH PLUM & POPPY SEED

INGREDIENTS

500 g wheat flour type 405
 50 g poppy seed mix
 100 g sugar
 100 g butter
 200 ml milk
 1 sachet of dry yeast
 2 sachets vanilla sugar
 ½ teaspoon lemon juice
 powdered sugar

FÜR DIE FÜLLUNG:

100 g plum jam
 200 g poppy seed mix

ALSO

baking dish/casserole dish that
 fits well in the deep fryer
 butter to grease the tin

PREPARATION

1. Make a yeast dough from wheat flour, 50 g poppy seed mix, sugar, butter, milk, dry yeast, vanilla sugar and lemon juice. Knead well and for a long time!
2. Cover and leave to rise in a warm place for approx. 45 minutes. The volume should increase significantly.
3. Then place the dough on a floured work surface and roll out into a rectangle.
4. Spread first with the poppy seed mix and then with the plum jam.
5. Cut the dough into strips approx. 5 cm wide and roll them up to form buns.
6. Place the buns upright next to each other in a greased baking dish and brush with melted butter.
7. Place the dish in the air fryer and close the appliance.
8. Activate the **Bake programme** for 15 - 20 minutes (depending on the desired browning).
9. Then remove the tin from the deep fryer and leave to cool.
10. Sprinkle the plum and poppy seed buns with powdered sugar before enjoying.

For 6
portions



CHOCOLATE PIZZA

INGREDIENTS

- 1 yeast dough from the cooling counter
- 50 g hazelnuts or almonds
- 50 g fresh raspberries
- 100 g milk chocolate
- 50 g white chocolate

ALSO

Baking paper

PREPARATION

1. Take the yeast dough out of the fridge and leave to rest at room temperature for approx. 10 minutes.
2. In the meantime, melt the milk chocolate and white chocolate separately in a bain-marie.
3. Roll out the yeast dough and, if necessary, shape it so that it fits into the air fryer.
4. Cut the baking paper to size.
5. Place the pizza dough on the baking paper.
6. Place the dough in the deep fryer and close the appliance.
7. Bake in the air fryer on the **Poultry programme** for approx. 10 minutes (depending on the desired browning).
8. Pour the milk chocolate over the yeast dough, add hazelnuts or almonds, raspberries and white chocolate as a topping.

For 2
portions





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