TOSHIBA

#Details**Matter**



MICROWAVE OVEN 1.5 CU.FT AIR FRY COOKBOOK



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COOKING INDICATION

Name	Servings	Function & Temperature	Time(min)	Container/ Accessory
Potato Chips	1	Conv. 425F°	20 minutes	Air Fry Pan + Top Rack
French Fries	2	Conv. 425F°	35 minutes	Air Fry Pan + Top Rack
Balsamic Bruschetta	2	Conv. 425F°	20 minutes	Air Fry Pan + Top Rack
Bacon	2	Conv. 425F°	15 minutes	Air Fry Pan + Top Rack
Grilled Cheese	1	Conv. 425F°	11 minutes	Air Fry Pan + Top Rack
Chicken Wings	3	Conv. 425F°	35 minutes	Air Fry Pan + Top Rack
Chicken Tenders	3	Conv. 425F°	30 minutes	Air Fry Pan + Top Rack
Cheeseburger	4	Conv. 425F°	20 minutes	Air Fry Pan + Top Rack
Homemade Italian Meatballs	4	Conv. 425F°	20 minutes	Air Fry Pan + Top Rack
Calzone	4	Conv. 425F°	20 minutes	Air Fry Pan + Top Rack
Chocolate Chip Cookies	4	Conv. 350F°	5 minutes (for preheat) +18 minutes	Air Fry Pan + Top Rack
Chocolate Cake	3	Conv. 325F°	5 minutes (for preheat) +18 minutes	Air Fry Pan + Low Rack



Potato Chips

SERVING: 1
COOKING TIME: 20 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

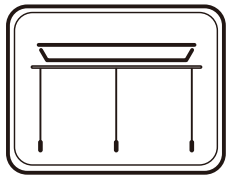
· 1 tablespoon vegetable oil
· 1 potato, paper-thin slices (peel optional)
· 1/2 teaspoon salt

INSTRUCTIONS

1. Pour the vegetable oil into a plastic bag. Add the potato slices and shake to coat.
2. Coat a large dinner plate lightly with oil or cooking spray. Arrange potato slices in a single layer on the dish.
3. Roast the potato slices by setting the microwave to the Convection (Conv.) function at 425°F and the timer for 20 minutes, or until lightly browned (if not browned, they will not becomecrispy).
4. Remove chips from plate and toss with salt (or other seasonings). Let cool. Repeat process with the remaining potato slices. You will not need to keep oiling the plate.

CONTAINER/ACCESSORY

· The air fry basket is placed on the top rack





French Fries

SERVINGS: 2
COOKING TIME: 35 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

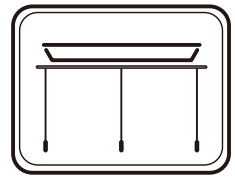
· Nonstick cooking spray, for the basket
· 1 teaspoon olive oil
· 1 medium russet potato (about 6 ounces), unpeeled
· Kosher salt and freshly ground black pepper

INSTRUCTIONS

1. Spray the basket with nonstick spray.
2. Cut the potato in half lengthwise, then into 1/4-inch slices. Cut the slices into 1/4-inch sticks. Put the fries in a medium bowl and rinse them well with cold water, then drain and pat dry with paper towels.
3. Toss the fries with the oil in a medium bowl, then sprinkle with 1/2 teaspoon salt and several grinds of pepper.
4. Set the microwave to the Convection (Conv.) function at 425°F, working in batches if necessary, put the fries in an even layer in the air fryer pan with no overlapping and cook, turning them halfway through, until golden brown and crisp. Season with salt.

CONTAINER/ACCESSORY

· The air fry basket is placed on the top rack





Balsamic Bruschetta

SERVINGS: 2
COOKING TIME: 20 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

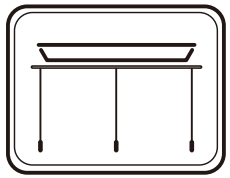
- 4 plum tomatoes, diced
- 2 teaspoons minced garlic
- 1 teaspoon salt (or to taste)
- 1/4 cup fresh basil, diced
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon black pepper (or to taste)
- 1/8 cup shredded Parmesan cheese
- 1 teaspoon olive oil
- 1 Loaf French bread

INSTRUCTIONS

1. Start by adding the diced tomatoes, diced basil, shredded Parmesan cheese, garlic, vinegar, olive oil, salt and pepper to a mixing bowl. Mix well. Place in the refrigerator for about an hour.
2. Cut French bread into slices, as you slice them, place them into the air fryer pan. When the pan is full, but not crowded, place the pan on the high rack and put them into the microwave.
3. Set the microwave to the Convection (Conv.) function at 425°F and the timer for 35 minutes and start cooking.
4. Remove the bread, which should be slightly toasted. If not, add another minute.
5. Then remove the bread, and place on a plate, top with the tomato mixture.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Bacon

SERVINGS: 2
COOKING TIME: 15 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

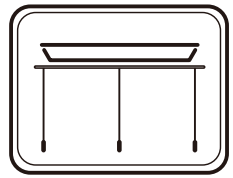
- 3-7 pieces of bacon strips

INSTRUCTIONS

1. Lay the bacon in the air fryer pan in a single layer.
2. Place the air fryer pan on the high rack and put them into the microwave. Roast the bacon by setting the microwave at 425°F and the timer for 15 minutes (thick cut bacon) or shorter for thinnner bacon. Check the bacon throughout the cooking time to make sure it isn't overcooking.
3. Note: After cooking and the microwave is cool, take a damp cloth and wipe any grease that has splattered onto the inside of the microwave. This will keep the bacon from smoking next time.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Grilled Cheese

SERVING: 1
COOKING TIME: 11 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

· Bread
· American Cheese
· Butter or Mayonnaise

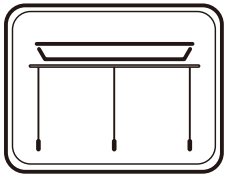
INSTRUCTIONS

1. Place cheese between bread slices and butter the outside of both slices of bread.

2. Place bread on the air fryer pan and place the pan on the hig rack, then put them into the microwave. Set the microwave to the Convection (Conv.) function at 425°F and the timerfor 11 minutes to roast until the bread is crisp and golden browned. Flip, halfway through.

CONTAINER/ACCESSORY

· The air fry basket is placed on the top rack





Chicken Wings

SERVINGS: 3
COOKING TIME: 35 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

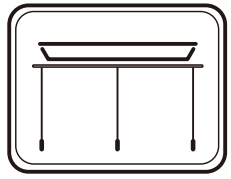
· 1 lb chicken wings split into flats and drumettes
· 2 tsp garlic salt
· 1 Tbsp olive oil
· 1 tsp lemon pepper

INSTRUCTIONS

1. Thoroughly pat dry chicken wings with paper towels and place in a mixing bowl.
2. Coat in 1 Tbsp oil then sprinkle on 2 tsp garlic salt and 1 tsp lemon pepper. Toss to evenly coat with seasoning.
3. Place on the air fryer pan, spacing evenly and place the pan on the hig rack and put them into the microwave. Set the microwave to the Convection (Conv.) function at 425°F and the timer for 35 minutes. Flip chicken wings when 11 minutes' left. Cook until chicken wings are golden browned on the outside.

CONTAINER/ACCESSORY

· The air fry basket is placed on the top rack





Chicken Tenders

SERVINGS: 3
COOKING TIME: 30 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

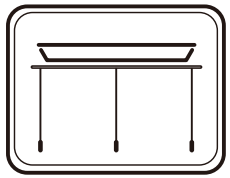
- 1 cup unbleached, all-purpose flour
- 1 to 1 1/2 pounds thinly sliced chicken breast
- 3/4 teaspoon freshly ground black pepper
- 2 large eggs, lightly beaten
- 3/4 teaspoon kosher salt
- 1 cup panko breadcrumbs
- Olive oil, for spraying

INSTRUCTIONS

1. Put the flour, eggs and panko into individual containers large enough for dipping the chicken.
2. Sprinkle the chicken with the salt and pepper completely, on both sides. Dredge each cutlet in flour and shake off the excess before dipping into eggs, and then finally coating evenly with the panko breadcrumbs.
3. Place the air fryer pan onto the high rack. Put the prepared cutlets in the pan and spray both sides with olive oil. Set the microwave to the Convection (Conv.) functio at 425°F and the timer for 30 minutes and start cooking.
4. Flip the chicken when there are 10 minutes left and cook until the chicken is evenly browned on both sides.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Cheeseburger

SERVINGS: 4
COOKING TIME: 20 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

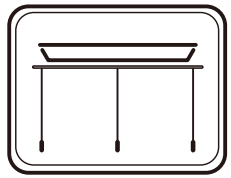
- 1 pound 80/20 ground chuck beef (or 4 pre-made patties)
- 1 1/2 tablespoons burger seasoning of preference
- 4 slices of cheese (any)
- 4 tablespoons of ketchup
- 1 teaspoon Worcestershire sauce
- salt and pepper to taste
- 4 buns
- 4 slices of tomato
- 4 lettuce leaves

INSTRUCTIONS

1. Season the ground beef with Worcestershire sauce, burger seasoning, salt, and pepper to taste. Form 4 burger patties.
2. Place the burgers on the air fry pan and put the pan on the high rack. Put them into the microwave.
3. Set the microwave to the Convection (Conv.) function at 425°F and the timer for 20 minutes and start cooking.
4. Open the microwave and flip the burgers. Cook for an additional 3-4 minutes if necessary.
5. Check the inside of the burgers to determine if they have finished cooking. You can stick a knife or fork in the center to examine the color.
6. Top each burger with a slice of cheese. Cook for an additional 3 minutes or until the cheese has melted.
7. Layer starting from the bottom half of the bun with lettuce, tomato, patty, cheese and ketchup.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Homemade Italian Meatballs

SERVINGS: 4
COOKING TIME: 20 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

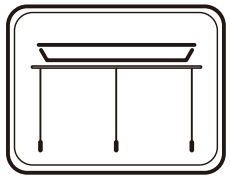
- 3/4 pound ground beef
- 3/4 teaspoon Italian seasoning
- 1-1/2 cloves garlic, minced
- 1/4 teaspoon salt
- 3 ounces ground pork
- Egg
- 1/4 cup and 2 teaspoons grated Parmesan cheese
- 1/4 cup Italian seasoned breadcrumbs

INSTRUCTIONS

1. Combine beef, pork, Italian seasoning, salt, garlic, egg, Parmesan cheese, and breadcrumbs in a large bowl. Mix well until evenly combined. Form into 12 equally-sized meatballs using an ice cream scoop and place on a baking sheet.
2. Place 1/2 of the meatballs in the air fryer pan and place the pan on the high rack and put them into the microwave.
3. Set the microwave to the Convection (Conv.) function at 425°F and the timer for 20 minutes. Flip meatballs when there are 6 minutes left.
4. Cook until meatballs are no longer pink in center and reach at least 160°F in the center. Transfer to a serving plate and let rest for 5 minutes. Repeat with remaining meatballs.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Calzone

SERVINGS: 4
COOKING TIME: 20 minutes

FUNCTION: Conv. 425F°

INGREDIENTS

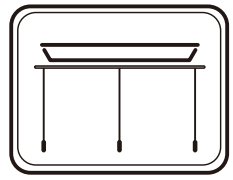
- All-purpose flour, for rolling out the dough -1 pound
- Pizza dough, at room temperature at least 1 hour - 1 cup
- Thinly sliced pepperoni or mini pepperoni, chopped
- Pizza sauce, plus more for dipping -8 ounces
- Shredded part-skim mozzarella cheese -6 ounces

INSTRUCTIONS

1. On a lightly floured surface, roll out the pizza dough until 1/4-inch thick. Use a 3-inch round cutter or a large glass to cut out 8 to 10 rounds of dough. Transfer the rounds to a parchment paper-lined baking sheet. Gather up the dough scraps, then reroll and repeat cutting out rounds until you have 16.
2. Top each round with 2 teaspoons of sauce, 1 tablespoon of cheese, and 1 teaspoon of pepperoni. Working with one dough round at a time, fold in half, then pinch the edges together to seal. When each calzone is sealed, use a fork to crimp the edges closed to further seal.
3. Set the microwave to the Convection (Conv.) function at 425°F and the timer for 20 minutes and start cooking. Working in batches of 4, air fry the calzones until golden brown and crisp. Serve with additional pizza sauce for dipping, if desired.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Chocolate Chip Cookies

SERVINGS: 4 **FUNCTION:** Conv. 350F°
COOKING TIME: 5minutes (for preheat) + 18 minutes

INGREDIENTS

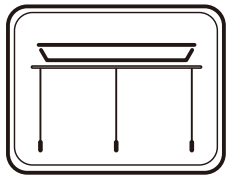
- 2 sticks (1 cup) unsalted butter
- 3/4 cup granulated sugar
- 3/4 cup packed dark brown sugar
- 1 tablespoon vanilla extract
- 2 large eggs
- 1 teaspoon kosher salt
- 1 teaspoon baking soda
- 2 1/3 cups all-purpose flour
- 2 cups chocolate chunks or chips
- 3/4 cup chopped walnuts
- Cooking spray
- Flaky sea salt, for garnish (optional)

INSTRUCTIONS

1. Place 2 sticks unsalted butter in the bowl and let sit until softened. Add 3/4 cup granulated sugar and 3/4 cup packed dark brown sugar, and beat on medium speed until combined and fluffy, 3 to 4 minutes.
2. Add 1 tablespoon vanilla extract, 2 large eggs, and 1 teaspoon kosher salt, and beat until just combined. Add 1 teaspoon baking soda and 2 1/3 cups all-purpose flour in increments, mixing until just combined.
3. Add 2 cups chocolate chunks and 3/4 cup chopped walnuts and stir with a rubber spatula until just combined. Preheat the microwave 350°F and for 5 minutes. Line the air fryer racks with parchment paper, being sure to leave room on all sides for air to flow.
4. Drop 2-tablespoon scoops of the dough onto the racks, spacing them 1-inch apart. Gently flatten each scoop slightly to make a cookie shape. Sprinkle with flaky sea salt, if using.
5. Set the microwave to the Convection (Conv.) function at 350°F and the timer for 18 minutes; bake for 18minutes or until light brown.
6. Let cool for 1 to 2 minutes then remove from the microwave. Transfer cookies to a plate and let cool completely for about 30 minutes. Repeat with the remaining dough.

CONTAINER/ACCESSORY

- The air fry basket is placed on the top rack





Chocolate Cake

SERVINGS: 3 **FUNCTION:** Conv. 325F°
COOKING TIME: 5minutes (for preheat) + 18 minutes

INGREDIENTS

- 1 serving cooking spray
- 1/4 cup white sugar
- 3 1/2 tablespoons butter, softened
- 1 egg
- 1 tablespoon apricot jam
- 6 tablespoons all-purpose flour
- 1 tablespoon unsweetened cocoa powder
- 1 pinch of salt to taste
- Confection sugar for top

INSTRUCTIONS

1. Preheat the microwave to 320°F Spray a small fluted tube pan with cooking spray.
2. Beat sugar and butter together in a bowl using an electric mixer until light and creamy. Add egg and jam; mix until combined. Sift in flour, cocoa powder, and salt; mix thoroughly. Pour batter into 3 seperate cake molds. Level the surface of the batter with the back of a spoon.
3. Place the molds in the air fryer pan. Place the pan on the low rack and put them into the microwave. Set the microwave to the Convection (Conv.) function at 325°F and the timer for 28 minutes and start cooking. Cook until a toothpick inserted into the center of the cake comes out cleanly.

CONTAINER/ACCESSORY

- The air fry basket is placed on the low rack

