

My Top Six Tips for Using an Air Fryer

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1. **Food that doesn't have a coating of batter should be patted dry with a towel or paper towels to remove any water.** This will help them to crisp and not steam. Examples: sweet potato fries, chicken drumsticks.
2. **Use a spray mister to lightly coat your food with an oil that has a high smoke point like avocado or olive oil.** You may need to mist your food a couple of times throughout the cooking process, especially areas that may look dry.
3. **Be sure to not overcrowd food in the air fryer basket.** The food will cook faster and more evenly when there's room for the heat to circulate.
4. **Don't cook foods that are extra fatty and may splatter grease up on the heating elements of your air fryer,** for example, bacon. This can cause smoking.
5. **Use your air fryer to reheat leftovers.** Instead of using a microwave or your oven put your leftovers in the air fryer to reheat. It usually takes just a couple of minutes. You can also use it to toast bread.
6. **Lightly pepper your food on top once you put it in the air fryer.** When it comes time to turn your food halfway through cooking you'll be able to easily tell which pieces have been turned.

Here are a few of my favorite recipes that I have on my blog using an air fryer:

Air Fried Asparagus: <https://mamashire.com/air-fried-asparagus/>

Air-Fried Onion Rings: <https://mamashire.com/air-fried-gluten-free-onion-rings/>

Air-Fried Kale Chips: <https://mamashire.com/air-fried-kale-chips/>

Air-Fried Sweet Potato Fries: <https://mamashire.com/air-fried-sweet-potato-fries/>

Air Fryer Gluten-Free Chocolate Lava Cake: <https://mamashire.com/air-fryer-gluten-free-chocolate-lava-cake/>

I hope these tips are helpful to you! Best wishes with your cooking endeavors!

Love,

Robin

Visit me at [MamaShire.com](https://mamashire.com) for more delicious gluten-free & dairy-free recipes!