



GOTHAM™
STEEL

CRISPER TRAY RECIPES



GOTHAM™ STEEL Crisper Tray Recipe Book
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DELICIOUS APPETIZERS, MAIN AND SIDE DISHES,
SWEETS AND MORE.

QUICK & EASY RECIPES

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WHY IT IS BETTER TO AIR FRY YOUR FOOD?

Hot air frying is a new cooking technique that allows you to fry, grill and roast without the use of copious amounts of fat or oil. You can get that deep-fried taste and texture without the grease.

The Gotham Air Crisper Tray is designed to circulate extremely hot air in a fashion that mimics the movement and flow of heat currents in a pot of boiling oil, to crisp up the outsides of food while cooking it inside.

Food ends up crispy on the outside, and very moist on the inside.

How does air frying compare with deep-fat frying?

Air-fried food will taste a little different from deep-fried food, but most fans think air-fried actually tastes better. You don't have the taste of the sodden-grease that later sinks to the pit of your stomach. But still, the taste is acceptably close to deep-fried without the terrible cleanup and the heavy oil smell in the house. It is way less work, so you may end up eating fried food more than ever.

Hot air frying is healthier, easier and a better option for fried food lovers.

WHAT MAKES FRIES CRISPY?

Moisture Content

Water plays a big role in crispiness. It is hard for something to be crispy if it contains a lot of water. This is why many foods become crispier when dehydrated. Potatoes contain a lot of water, and generally, the more water evaporates during cooking, the crispier the fries get.

The Browning Reaction

Crispiness can also be produced by something that is called the "browning reaction". If you have ever burnt anything, you know what I mean. While a little bit of browning is inevitable, it should be avoided as much as possible in cooking, since this generally means a lot of carcinogens are also present in the food. In the case of potatoes and other starchy foods (breads, cereal etc.) acrylamide forms.

1. Cut them into thin sticks or thin rounds

The smaller the sticks the easier it is for them to get crispy. The thinner something is the larger the surface area/volume ratio. Water needs to reach the surface in order to evaporate, so this means there is less overall water (less volume) but more area for water to evaporate (more surface area).

2. Dehydrate fries before cooking

Dehydrating literally means taking the moisture out of something. This seems like an obvious solution if we want to get crispier fries! If you are lucky enough to have a dehydrator, you can put the fries in there for a couple of hours. Make sure they are not completely dry, since they will still lose water while in the oven. The oven can also function as a dehydrator if the temperature is kept low (120°-170°F).

3. Soak them in water beforehand

This is a technique that works surprisingly well. You simply soak the potato fries in some water for 1-2 hours before baking them. Feel free to change the water half-way through. By soaking them, some of the starches leech out into the water. The starch in potatoes hinders moisture from escaping, which leaves more water in the potato. Make sure to rinse the potatoes well after soaking (to remove the starch) and pat them completely dry before cooking. If you don't dry them well, you just add even more moisture.

4. Dip them in egg whites and flour

In order to create a crust, you can dip your fries in some egg whites and flour before baking. You will need about one egg white and one Tbsp of flour (wheat, brown rice, quinoa etc.) for two medium potatoes. Beat the egg whites until stiff peaks form. Coat the fries with the egg whites and slowly add the flour. Mix well, season and bake as usual. This really gives them a nice crust.

5. Place them on the bottom rack

When you place them on the bottom rack, the surface of the baking tray heats up more than if placed in the middle. This way the potatoes brown better on the bottom. Also, the water vapor rises and if the potatoes are on the bottom the water can therefore "escape" better. Also make sure there is nothing on any of the upper racks (or water vapor stays low).

6. Make sure they are not crowded

This is probably one of the most common mistakes. Only place as many fries on a rack as can fit without touching. If you crowd them, there will be too much water vapor surrounding them (from all those fries!) and you essentially steam your fries. Steaming definitely does not make things crispy.

7. Open the door to the oven a couple of times

The reason why a dehydrator works is that there is a fan that constantly brings dry air in and removes the moist air. Depending on the oven, water vapor mostly stays inside the oven, again steaming the things you are baking. Opening the oven a couple of times (3-5) during baking lets the water escape.





Garlic Knots

1 pound frozen pizza dough, crust
½ cup olive oil
1 tablespoon garlic
1 teaspoon sea salt
1 tablespoon fresh parsley, chopped
1 tablespoon Parmesan cheese, grated
marinara sauce

Directions:

1. Roll the pizza dough out until $\frac{1}{2}$ inch thick.
2. Slice the dough lengthwise. About $\frac{3}{4}$ inch apart.
3. Roll the dough between your palm and countertop. Make a knot with the dough and repeat until all the dough is used.
4. Add the spices, cheese and olive oil into a bowl and mix well.
5. Roll the knots into the oil mixture and place into the Gotham Air Crisper Basket.
6. Place in preheated 375 degree oven, bake for 12 – 15 minutes.
7. Serve with marinara sauce.

Bacon Wrapped Tator Tots

1 large bag frozen tater tots, extra crispy
1 pound bacon, sliced medium
4 scallions
3 tablespoon sour cream
½ cup Cheddar cheese, shredded

Directions:

1. Wrap each tater tot with a piece of bacon and place into the Gotham Air Crisper Basket. Do not overcrowd.
2. Place the basket into a preheated 400 degree oven.
3. Bake 20 minutes or until bacon is crisp.
4. Spread cheese and scallions over the hot tater tots. Serve with sour cream.

Easy Peasy Air Fried Pickles

For the Dip:

¼ cup mayonnaise
1 Tbsp. horseradish
1 Tbsp. ketchup
¼ tsp Cajun seasoning

For the pickles:

Vegetable oil
¼ cup flour
1 tsp Cajun seasoning
¼ teaspoon oregano
¼ teaspoon basil
⅛ teaspoon cayenne pepper
Kosher salt
2 cups dill pickles, drained and sliced

Directions:

1. Preheat the oven to 375 degrees F.
2. In a small bowl, mix all the dip ingredients. Set aside.
3. In a medium bowl, mix flour, Cajun seasoning, oregano, basil, pepper and salt.
4. Coat the pickles with the flour mixture and shake off excess. Gently add the pickles to the Gotham Air Crisper Tray. Cook for about 12 - 15 minutes or until golden brown.
5. Remove pickles and drain on paper towel. Repeat with another batch, if necessary.



Cauliflower Buffalo Bites

1 large head cauliflower, cut into bite-size florets
Olive oil to drizzle
2 teaspoons garlic powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 tablespoon melted butter (use coconut oil for vegan option)
 $\frac{1}{2}$ to $\frac{3}{4}$ cup Frank's Buffalo Wing Style hot sauce or other hot wing sauce*
Other: 1 gallon or larger size plastic bag

*use about $\frac{2}{3}$ cup of hot sauce and they have just enough heat

Directions:

1. Preheat oven to 450 degrees.
2. Place cauliflower florets into plastic bag. Drizzle olive oil over florets to barely coat.
3. Add garlic powder, salt and pepper. Close bag and toss ingredients around so all florets are coated.
4. Place on Gotham Air Crisper Tray and bake on middle rack for 15 minutes, turning florets once during baking. Check them at the 10 minute mark for desired tenderness. You don't want them to be soggy!
5. Remove florets from oven. Melt butter in medium glass bowl. Add hot sauce to butter. Toss cauliflower and stir to cover all florets with hot sauce. Start with about half the sauce and add more to your taste.
6. Return to oven and cook for additional 5 minutes.
7. Serve with any dip you like, ranch dressing or Blue Cheese dip.

Coconut Shrimp

12 large shrimp, raw
1 cup egg white, raw
1 cup coconut, dried, unsweetened
1 tablespoon cornstarch
1 cup Panko bread crumbs
1 cup flour, white

Directions:

1. Place the shrimp on paper towels.
2. Mix the panko and coconut together in a pan and set aside. Mix the flour and cornstarch in a different at pan and set aside.
3. Place the egg whites in a bowl.
4. Dip one shrimp at a time into the flour mixture, then into the egg whites, and finally into the coconut mixture.
5. Place the coated shrimp into the Gotham Air Crisper Basket and repeat until all the shrimp is coated.
6. Place the Fry Basket into a preheated 350 degree oven.
7. Cook for 10 – 15 minutes until slightly brown.
8. Serve with ranch dressing or dip of choice.





Homemade Potato Chips

2 medium russet potatoes, scrubbed
½ Tbsp. olive oil
salt to taste
optional: garlic powder, black pepper, seasoning of choice

Directions:

1. After cleaning the potatoes (peeling is optional), slice the potatoes thinly. The easiest and most uniform way to do this is with a mandolin, but you can use a knife, also.
2. Soak slices in a bowl of cold water for 30 minutes; change the water halfway through and give the slices a good mix.
3. Spread potatoes out on paper towels and blot dry.
4. Return to dry bowl and toss with ½ tablespoon of extra virgin olive oil, plus a little salt.
5. Preheat oven to 400 degrees. Bake for 20 – 25 minutes to desired doneness.
6. Empty basket onto paper towels; add more salt or other seasonings to taste.

Buffalo Chicken Wings

Marinade:

2 pounds chicken wings
3 tablespoons butter, melted
¼ cup hot sauce (like Crystal or Frank's)
salt, to taste

Finishing Sauce:

3 tablespoons butter, melted
¼ cup hot sauce (like Crystal or Frank's)

Directions:

1. Prepare the chicken wings by cutting off the wing tips and discarding (or freezing for chicken stock). Then, divide the drumettes from the wingettes and place both in a bowl or zipper sealable bag.
2. Combine the melted butter and the hot sauce and stir to blend well.
3. Pour this over the chicken wings and let the wings marinate for 2 hours to overnight.
4. Pre-heat the oven to 400°F.
5. Place in Gotham Air Crisper pan and bake the wings for 12 minutes, shaking half way through cooking. When both batches are done, toss them all back into the basket for another 2 minutes to heat through and finish cooking.
6. While the wings are air-frying, combine the remaining 3 tablespoons of butter and ¼ cup of hot sauce.
7. Remove the wings from the air fryer and toss them again in this sauce and serve with some cooling blue cheese dip and celery sticks.

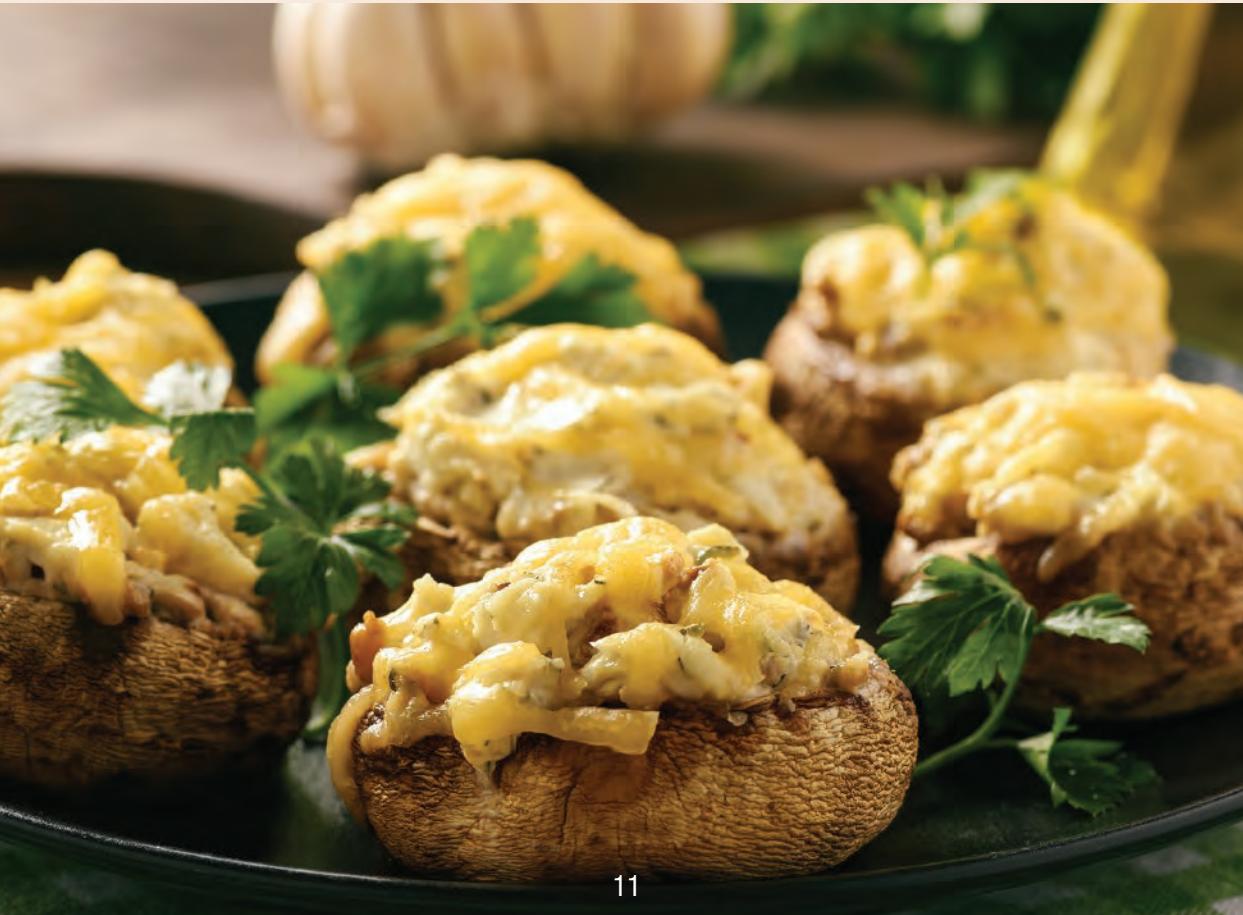


Spinach, Bacon & Cream Cheese Stuffed Mushrooms

24-28 medium white stuffer mushrooms
1 8 oz. cream cheese (softened at room temperature)
1 small bag frozen spinach, thawed and drained
6 bacon stripes, cooked and crumbled
1 cup grated cheddar cheese

Directions:

1. Preheat oven to 350 degrees.
2. Rinse mushrooms and pat dry with paper towels.
3. Remove stems and set aside. If mushrooms are too closed up you may wish to cut out some of the gills to make room for the stuffing. Finely chop the stems and gills, and set aside.
4. In a bowl, mix together cream cheese, thawed spinach, the chopped stems & gills, and bacon bits. I find freshly prepared bacon bits taste the best.
5. Spoon filling into mushroom caps and top evenly with grated cheddar cheese. Place on the Gotham Air Crisper Tray.
6. Bake until mushrooms are soft and cheese on top is melted, approximately 15-20 minutes. Serve immediately.



Feta Triangles

1 egg yolk
½ cup Feta cheese
2 tablespoons flat-leaved parsley, finely chopped
1 green onion, finely sliced into rings
freshly ground black pepper
5 sheets of frozen filo pastry, defrosted

Directions:

1. Beat the egg yolk in a bowl and mix the feta, parsley and green onion; season with pepper to taste.
2. Cut each sheet of filo pastry into three strips.
3. Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry. Fold the tip of the pastry over the filling to form a triangle, folding the strip zigzag until the filling is wrapped up in a triangle of pastry. Fill the other strips of pastry with feta in the same manner.
4. Preheat oven to 400 degrees.
5. Brush the triangles with a little oil and place five triangles in the Gotham Air Crisper basket. Bake for 3 minutes or until the feta triangles are golden brown. Bake the other feta triangles in the same manner.
6. Serve the triangles in a platter.

Pigs In A Blanket

8 hot dogs
pop open crescent rolls

Directions:

1. Preheat oven to 375 degrees
2. Separate crescent rolls into eight triangles.
3. Roll each hotdog into the roll.
4. Place in crisper tray leaving space between.
5. Bake for 8 – 12 minutes until golden brown.

Ricotta Balls With Basil

1 ½ cups ricotta
2 tablespoons flour
1 egg, separated
freshly ground pepper
½ cup fresh basil, finely chopped
1 tablespoon chives, finely chopped
3 slices of stale white bread

Directions:

1. Mix the ricotta in a bowl with the flour, egg yolk, 1 teaspoon salt and freshly ground pepper. Stir the basil and chives through the mixture.
2. Divide the mixture into 20 equal portions and shape them into balls with wet hands. Let the balls rest for a while.
3. Grind the bread slices into fine bread crumbs with the food processor and mix with the olive oil. Pour the mixture into a deep dish. Briefly beat the egg white in another deep dish.
4. Preheat the oven to 400 degrees.
5. Carefully coat the ricotta balls in the egg white and then in the bread crumbs.
6. Place balls in the Gotham Air Crisper Basket with space around each.
7. Set the timer to 10 – 12 minutes. Bake the balls until golden brown. Bake the rest of the balls in the same way if all balls did not fit.

Healthy Vegetable Spring Rolls

spring roll wrappers
½ cabbage – sliced in very thin strips – as for coleslaw
2 large carrots – grated on the coarse side
a dash of soy sauce
a few drops of sesame – optional
egg noodles – optional
toasted sesame seeds
about 100ml vegetable oil
1 egg white – beaten

Directions:

1. Preheat oven to 385 degrees.
2. Heat some of the oil in a Gotham Copper Fry Pan and sauté the vegetables on a very high heat.
3. Add the soy and sesame oil if you are using, otherwise just salt will do. The vegetables must still have a crunch so do not overcook. Remove from the heat and allow to cool down and then add the toasted sesame seeds.
4. Place the spring roll wrappers on a flat surface and brush the sides with the egg white.
5. Spoon some of the vegetable mix onto the wrapper and fold the sides in and then roll up.
6. Place in the Gotham Air Crisper Tray with fold side at the bottom. Repeat until you have used up all the vegetable mix. Brush the spring rolls with a little oil and bake for 10 minutes or until the pastry has a golden color.
7. Serve piping hot with this Sweet and Sour Dipping Sauce.



Fried Ravioli

1 jar Marinara sauce, store bought
1 box cheese ravioli, store-bought or meat ravioli
olive oil
2 cups Italian-style bread crumbs
1 cup buttermilk
 $\frac{1}{4}$ cup Parmesan cheese

Directions:

1. Dip ravioli in buttermilk. Add about a dessertspoon of oil to breadcrumbs, then press ravioli into it.
2. Put breaded ravioli into Gotham Air Crisper Tray and cook at 350 degrees for about 10 – 12 minutes or until golden brown.



Spiced Fried Chick Peas

1 can (15 oz.) chickpeas, drained and rinsed
1 Tbs. olive oil
1 tsp. smoked paprika
 $\frac{1}{2}$ tsp. ground cumin
1 tsp. kosher salt, plus more, to taste
pinch of cayenne pepper

Directions:

1. Preheat the oven to 400 degrees F.
2. In a bowl, stir together the chickpeas, olive oil, paprika, cumin, the 1 tsp. salt and the cayenne.
3. Working in batches, place the chickpeas in the Gotham Air Crisper Basket.
4. Cook until the chickpeas are crisp, 8 to 10 minutes, shaking the basket halfway through cooking.
5. Transfer the chickpeas to a bowl and adjust the seasoning with salt.
6. Serve warm or at room temperature. Serves 2 to 4.

Mozzerella Sticks

6 mozzarella cheese sticks
1 egg
1 tsp powder garlic
 $\frac{1}{2}$ tsp salt
1 cup of Panko bread crumbs
olive oil

Directions:

1. Beat egg with powder garlic and salt. Dip strips into egg then dredge them with the bread crumbs.
2. Place on Gotham Air Crisper Tray leaving space between them.
3. Freeze the strips for 20 – 30 mins to set the coating.
4. Preheat oven to 400 degrees.
5. Bake the cheese sticks for 5 mins, check and turn them every 90 secs. to ensure even browning.
6. Serve hot with your favorite dip.

Note: Make sure every exposed cheese area is well covered with bread crumbs or else cheese will ooze out during air frying time and the end product will be a hollow cheese stick.



Awesome Hamburgers

1 Tablespoon Worcestershire sauce	½ teaspoon salt substitute
1 teaspoon Maggi seasoning sauce	½ teaspoon ground black pepper
few drops liquid smoke	½ teaspoon dried oregano
½ teaspoon garlic powder	1 teaspoon dried parsley
½ teaspoon onion powder	1 pound uncooked 93% extra-lean ground beef

Directions:

1. Preheat the oven to 350 degrees.
2. In small bowl mix together the seasoning mix.
3. In medium bowl add the hamburger and spices.
4. Divide mixture into four parts and form into ball. Press thumb in the middle to create indent to assure even cooking.
5. Place burgers in Gotham Air Crisper Tray.
6. Bake for 10 minutes for medium or longer for desired doneness.



Best Chicken Tenders

3 lb. boneless, skinless chicken breasts cut into even slices - about 5 per breast
onion powder - for seasoning chicken
3 eggs
¼ c milk
1 Tbsp. vegetable oil
¼ c flour
2 c flour
1 Tbsp. creole seasoning or cajun seasoning - more for seasoning chicken
½ - 1 Tbsp. garlic powder - more for seasoning chicken
1 Tbsp. salt - or can use less if preferred
non-stick cooking spray, preferably olive oil.

Directions:

1. Preheat your oven to 385 degrees F.
2. Prepare chicken - slice into even pieces, as similar in size as you can get. Liberally season with garlic, onion and creole seasoning, just one side and toss together.
3. Get out two bowls - In one add 2 cups of flour, 1 tablespoon creole seasoning, salt, and garlic powder. Whisk together.
4. In the second bowl - add eggs, ¼ cup flour, ¼ cup milk and 1 tablespoon oil. Whisk until smooth.
5. Dredge chicken in the egg mixture, then coat with flour mixture. Place tenders into Gotham Air Crisper Tray.
6. Add only 8 – 10 pieces at a time. Spray lightly with non-stick spray.
7. Bake for 12 – 15 minutes until golden brown. Remove from heat.
8. While hot I sprinkle with salt or creole seasoning.
9. Serve with my delicious Honey Mustard and Peanut Butter dipping sauces.

Roast Beef

beef for roasting of choice
Kosher or sea salt
freshly ground pepper

Directions:

1. Preheat oven to 450 degrees.
2. While it is preheating, put your roast in a bowl with the oil and turn it, until it has the oil entirely over it and then rub your seasoning over it.
3. Place the seasoned roast into Gotham Air Crisper Tray fat side up.
4. Bake for 15 minutes, reduce temperature to 325 degrees.
5. Continue cooking until roast reaches desired temp. for doneness. Ex. 125 for rare, 145 degrees for medium, 160 for well.
6. Let rest 10 minutes before slicing.



Eggplant Parm Patties

2-3 medium eggplants, thinly sliced
salt, to taste
8-10 basil leaves, chopped
15 ounces ricotta cheese, drained of excess moisture
1 cup Mozzarella cheese
½ cup Parmesan cheese
4 eggs, beaten, divided
flour
Italian seasoned bread crumbs
Marinara sauce for dipping

Directions:

1. Slice the eggplant and lay out on a paper towel lined baking sheet.
2. Generously salt the eggplant on both sides and leave to sit for 30 minutes to soften and draw out excess moisture.
3. In a medium mixing bowl add the basil, ricotta, Mozzarella, Parmesan, and one egg (beaten). Mix together.
4. Blot off the water and excess salt from the eggplant with additional paper towels.
5. Picking two equal sized eggplant slices, sandwich about a tablespoon of the ricotta mixture between the slices and place on a wax paper lined baking tray.
6. Freeze for 30 minutes to one hour.
7. In three separate bowls, place the flour, bread crumbs, and the remaining three eggs, beaten.
8. Remove eggplant from the freezer and coat each first in flour, then egg, then bread crumbs. Coat once more in egg and a final time in the bread crumbs. Place back in the freezer while you prepare to cook.
9. Preheat oven to 350 degrees, place patties on Gotham Air Crisper Tray. Cook patties for 30 – 40 minutes or until golden brown.
10. Serve with marinara sauce.

King Prawns In Ham With Red Pepper Dip

1 large red bell pepper, halved
10 (frozen) king prawns, defrosted
5 slices of raw ham
1 tablespoon olive oil
1 large clove garlic, crushed
½ tablespoon paprika
freshly ground black pepper
tapas forks

Directions:

1. Preheat the oven to 425 degrees.
2. Put the red pepper in the Gotham Air Crisper Basket and bake for 10 minutes. Roast the bell pepper until the skin is slightly charred. Put the bell pepper in a bowl and cover it with a lid or cling film. Let the bell pepper rest for 15 minutes.
3. Peel the prawns, make an incision in the back and remove the black vein. Halve the slices of ham lengthwise and wrap each prawn in a slice of ham.
4. Coat the shrimp and ham with a thin film of olive oil and put them in the basket. Bake for 8-10 minutes. Air Fry the prawns until crispy and just right.
5. In the meantime, peel the skin off the bell pepper halves, remove the seeds and cut the pepper into pieces. Puree the bell pepper in the blender with the garlic, paprika and olive oil. Pour the sauce into a dish and season with salt and pepper to taste.
6. Serve the prawns in ham in a platter with tapas forks and add the small dish with red pepper dip.



Turkey Breast With Maple Mustard Glaze

2 teaspoons olive oil	1 teaspoon salt
5-pound whole turkey breast	½ teaspoon freshly ground black pepper
1 teaspoon dried thyme	¼ cup maple syrup
½ teaspoon dried sage	2 tablespoons Dijon mustard
½ teaspoon smoked paprika	1 tablespoon butter

Directions:

1. Preheat oven to 350°F.
2. Brush the olive oil all over the turkey breast.
3. Combine the thyme, sage, paprika, salt and pepper and rub the outside of the turkey breast with the spice mixture.
4. Transfer the seasoned turkey breast to the Gotham Air Crisper Tray and bake at 350°F for 25 minutes.
5. Turn the turkey breast on its side and cook for another 12 minutes. Turn the turkey breast on the opposite side and cook for another 12 minutes. The internal temperature of the turkey breast should reach 165°F when fully cooked.
6. While the turkey is cooking, combine the maple syrup, mustard and butter in a small saucepan. When the cooking time is up, return the turkey breast to an upright position and brush the glaze all over the turkey. Cook for a final 5 minutes, until the skin is nicely browned and crispy. Let the turkey rest, loosely tented with foil, for at least 5 minutes before slicing and serving.

Thai Fish Cakes With Mango Salsa

1 ripe mango
1 ½ teaspoons red chili paste
3 tablespoons fresh coriander or flat leaf parsley
juice and zest of 1 lime
1 lb. white fish fillet (cod, tilapia, haddock, pollack)
1 egg
1 green onion, finely chopped
1 ¾ cup ground coconut

Directions:

1. Preheat oven to 375 degrees.
2. Peel the mango and cut it into small cubes. Mix the mango cubes in a bowl with ½ teaspoon red chili paste, 1 tablespoon coriander and the juice and zest of half a lime.
3. Purée the fish in the food processor and then mix with 1 egg and 1 teaspoon salt and the remainder of the lime zest, red chili paste and the lime juice.
4. Mix with the remainder of the coriander, the green onion and 2 tablespoons coconut.
5. Put the remainder of the coconut on a soup plate. Divide the fish mixture into 12 portions, shape them into round cakes and coat them with the coconut.
6. Place six fish cakes in the Gotham Air Crisper Basket. Bake for 7 minutes or until they are golden brown and done. Bake the remainder of the fish cakes in the same way.
7. Serve the fish cakes with the mango salsa.

Spicy Rolled Meat

1 lb. pork loin or turkey breast fillet
1 clove garlic, crushed
½ teaspoon chili powder
1 teaspoon cinnamon
1 ½ teaspoon ground cumin

2 tablespoons olive oil
1 small red onion, finely chopped
3 tablespoons flat-leaved parsley, finely chopped
string for rolled meat

Directions:

1. Place the meat on a cutting board with the short side towards you and slit it horizontally along the full length about a ¼ of the way from the top stopping 1 inch from the edge. Fold this part open and slit it again from this side and open it. You now have a long piece of meat.
2. Mix the garlic in a bowl with the chili powder, cinnamon, cumin, pepper and 1 teaspoon salt. Add the olive oil. Spoon 1 tablespoon of this mixture in another small bowl. Mix the onion and parsley in the mixture in the big bowl.
3. Preheat oven to 375 degrees.
4. Coat the meat with the onion mixture. Roll the meat firmly, start at the short side. Tie the string around the meat at 1 inch intervals. Rub the outside of the rolled meat with the herb mixture.
5. Place roll on Gotham Air Crisper Tray. Bake for 40 minutes until done.
6. Let rest for ten minutes before slicing.



Southern Fried Chicken Drumsticks

6 – 8 chicken drumsticks
2 Tbsp. olive oil
poultry seasoning or favorite spice blend
pink sea salt and freshly ground pepper

Directions:

1. Preheat oven to 400 degrees.
2. Mix spices with salt and pepper to make a rub. Place in zipped plastic bag.
3. Rinse and pat dry drumsticks.
4. Place drumsticks in bowl.
5. Drizzle with olive oil, approximately 2 – 3 tablespoons.
6. Place in zip bag and shake to coat.
7. Place in Gotham Air Crisper Basket.
8. Bake for 20 – 25 minutes or until done.

Roasted Pork Chops With Pineapple Salsa

3 pork chops (cut 1 inch thick, roughly 10oz each)

Marinade:

1/4 cup olive oil
1 Tbsp. cilantro (finely chopped)
1 Tbsp. parsley (finely chopped)
1 Tbsp. rosemary (finely chopped)
1 Tbsp. Dijon mustard
1 Tbsp. coriander ground
1 1/2 tsp salt
1 1/2 tsp sugar pineapple-Jalapeno

Salsa:

8 Jalapenos
1/2 cup lemon juice
2 Tbsp. cilantro
1 Tbsp. parsley
1/2 cup pineapple diced
1/2 cup tomato diced
2 garlic cloves
1/2 cup olive oil
1 tsp Salt

Directions:

1. In a re-sealable bag combine all ingredients for the marinade.
2. Place pork chops in marinade and refrigerate 2 – 3 hours.
3. Preheat the oven to 375 degrees.
4. Add jalapenos in a mixing bowl with 1 tsp of olive oil. Toss the jalapenos to evenly coat them.
5. Place jalapenos in the Gotham Air Crisper Tray and cook for 5 – 7 minutes. When done place the jalapenos back into the mixing bowl. Cover and set aside.
6. Once the jalapenos have cooled; peel, seed and finely chop them for the salsa.
7. Chop the cilantro, parsley, pineapple, and tomato. Combine all ingredients for the salsa and set aside.
- Take the pork chops out of the refrigerator and let sit at room temp for 30 minutes prior to cooking.
8. Cook pork chops in the Gotham Air Crisper Tray for 20 minutes. Thinner cuts will cook faster.
- Cook to when chops have reached an internal temperature of 140°F.

Easy Rotisserie Chicken

whole chicken under 6 lbs.

2 Tbsp. olive oil
1 Tbsp. seasoning salt or favorite rub
1 whole lemon forked everywhere

Directions:

1. Preheat oven to 375 degrees.
2. Rinse chicken and pat dry.
3. Insert forked lemon into cavity of chicken.
4. Rub chicken with olive oil.
5. Rub with seasoning salt or favorite rub.
6. Place on Gotham Crisper Tray, skin side down.
7. Bake for 30 minutes, flip over, and bake for an additional 30 minutes or the internal temp. reaches 165.
8. Let rest 10 minutes, serve.



Herb Crusted Rack Of Lamb

1 rack of lamb
 1 Tbsp. Dijon mustard
 ¼ cup panko breadcrumbs
 2 Tbsp. fresh herbs, chopped
 ⅛ cup grated Parmesan
 zest of 1 lemon
 1 Tbsp. olive oil, salt and pepper

Directions:

1. Heat the oven to 375 degrees.
2. Pat the lamb dry with a kitchen towel, then score the fat with a sharp knife to encourage it to drip out of the meat. This is how the calories are reduced. Rub the scores with the mustard.
3. Mix the breadcrumbs with the herbs, Parmesan, lemon zest and seasoning and, using the mustard as the 'glue', roll the fat of the rack through this mixture to form the crust.
4. Season the rest of the rack, then add to the Gotham Air Crisper Tray and roast for 20 minutes until the crust is golden and the lamb cooked. If you like your lamb well done, cook for a further 5-10 minutes.

Chimichurri Skirt Steak

16 oz. Skirt steak	1 tsp cayenne pepper
1 cup parsley (washed and finely chopped)	2 tsp smoked paprika
¼ cup mint (washed and finely chopped)	1 tsp salt
2 Tbsp. oregano (washed and finely chopped)	¼ tsp black pepper
3 cloves garlic (finely chopped)	¾ cup olive oil;
1 tsp. crushed red pepper	3 Tbsp. red wine vinegar
1 Tbsp. cumin ground	

Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients, except the steak, in a mixing bowl.
3. Cut the steak into 2 8-ounce portions.
4. In a re-sealable bag, add ¼ cup of chimichurri mixture and the steak.
5. Refrigerate for 2 hours up to 24 hours.
6. Once steak is marinated, remove from refrigerator and let sit at room temperature 30 minutes prior to cooking.
7. Add steak to the Gotham Air Crisper Tray and cook 8-10 minutes for medium-rare.
8. Garnish with 2 Tbsp. of chimichurri on top and serve.



Air Fried Bacon

Bacon of choice

Directions:

1. Preheat oven to 400 degrees.
2. Lay bacon in Gotham Air Crisper Tray.
3. Cook for 15 – 18 minutes or until done to taste, longer for thick cut.

Crispy Potato Chips Wedges

4 medium russet potatoes 1 cup water
3 tablespoons canola oil
1 teaspoon paprika
1/4 teaspoon black pepper
1/4 teaspoon salt

Directions:

1. Scrub the potatoes under running water to clean.
2. Boil potatoes in salted water for 40 minutes or until fork tender.
3. Cool completely (approximately 30 minutes) in the refrigerator.
4. In a mixing bowl combine canola oil, paprika, salt and black pepper.
5. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
6. Preheat the oven to 390°F.
7. Add half of the potato wedges to the Gotham Air Crisper Tray and place skin side down, being careful not to overcrowd.
8. Bake each batch for 13-15 minutes or until golden brown. Serves 4.



Baked Garlic Parsley Potatoes

3 Idaho or Russet baking potatoes
1 – 2 tablespoons olive oil
1 tablespoon salt
1 tablespoon garlic
1 teaspoon parsley

Directions:

1. Preheat oven to 395 degrees.
2. Wash your potatoes and stab a fork in the potatoes several times.
3. Sprinkle them with the olive oil & seasonings, then rub the seasoning evenly on the potatoes.
4. Once the potatoes are coated place them into the Gotham Air Basket Tray.
5. Bake your potatoes on 395 degrees for 35 – 40 minutes or until fork tender.
6. Top with your favorites. We love fresh parsley and sour cream!

Oven Crispy Broccoli

1 lb. broccoli flowerets
1 tablespoon flour

Marinade:
2 tablespoons plain yogurt
 $\frac{1}{4}$ tsp. Turmeric powder
 $\frac{1}{2}$ tsp. pink sea salt
 $\frac{1}{2}$ tsp. red chili powder

Directions:

1. Cut the broccoli into small florets. Soak in a bowl of water with 2 tsp. pink salt for 30 minutes. Remove the broccoli florets from the water. Drain well and wipe thoroughly using a kitchen towel to absorb all the moisture.
2. In a bowl, mix together all the ingredients for the marinade. Toss the broccoli florets in this marinade. Cover and keep aside in the refrigerator for 15 minutes.
3. Preheat the oven to 400 degrees.
4. Place marinated broccoli in the Gotham Air Crisper Tray. Bake for 10 minutes.
5. Give the basket a shake once midway and then check after 10 minutes if golden and crisp. If not, keep for another 2-3 minutes. Eat them hot!

Fabulous Roasted Corn

corn on the cob
kosher salt/ fresh ground pepper
butter

Directions:

1. Preheat oven to 400 degrees.
2. Very generously season your cobs of corn with kosher salt and pepper.
3. Place in the Gotham Air Crisper Tray.
4. Add a pat of butter to the tops and roast for 35 – 45 minutes, or until starting to brown.
5. Top off with a drop more butter fresh out of the oven.



Sweet Potato Garlic Parmesan French Fries

3 – 4 sweet potatoes
olive oil
garlic powder
 $\frac{1}{2}$ cup Parmesan cheese
sea salt and fresh ground pepper

Directions:

1. Preheat oven to 400 degrees.
2. Peel potatoes and cut into desired shape, round or fry.
3. Rinse and pat dry.
4. Place in a dry bowl and coat with 3 Tbsp. olive oil.
5. Sprinkle with garlic powder, salt and pepper.
6. Place them in the Gotham Air Crisper Tray.
7. Cook for 20 minutes; stir and cook another 20 minutes or until done.
8. Remove from oven and sprinkle with parmesan cheese.



Asparagus Fries

20 pieces asparagus spears,
hard ends taken away
½ cup flour
1 egg
½ cup whole grain breadcrumbs
⅓ cup Parmesan cheese, grated

Directions:

1. Preheat the oven to 400 degrees F.
2. Wash asparagus tips breaking off hard bottoms.
3. Dip the asparagus in the flour then shake off the excess. Dip it next to the egg then the breadcrumbs. Shake off the excess.
4. Place them on the Gotham Air Crisper Tray, then bake them for 10 minutes.
5. Take them out of the oven then sprinkle the Parmesan cheese on top.
6. Bake for another 10 minutes or until they are golden brown.

Four Colored Roasted Peppers

1 tablespoon olive oil
1 tablespoon Maggi (specialty sauce available online or soy sauce)
1 onion, small
12 bell peppers (3 of each: red, green, yellow and orange)

Directions:

1. Preheat oven to 425 degrees.
2. Put olive oil and Maggi in bowl.
3. Peel and slice onion; add to bowl.
4. Wash, cut, stem, seed and slice the peppers. Add to bowl.
5. Mix well and put into Gotham Air Crisper Tray.
6. Cook for about 20 – 25 minutes.

Garlic And Vermouth Mushrooms

2 pounds mushrooms
1 Tbsp. duck fat or olive oil
½ teaspoon garlic powder
2 teaspoons Herbs de Provence
2 tablespoons white (aka French) vermouth

Directions:

1. Preheat oven to 350 degrees.
2. Wash the mushrooms; spin dry in a salad spinner, quarter them and set aside.
3. Put the duck fat, garlic powder, and the herbes de provence in a bowl to combine, stir with a wooden spoon if it clumped.
4. Add the mushrooms, cook for 25 minutes. Sprinkle with the white vermouth, cook for another 5 minutes.



Roasted Winter Vegetables

2 large carrots
2 cups cauliflowerettes
2 cups brussel sprouts
olive oil
lemon
pink sea salt & fresh ground pepper

Directions:

1. Preheat oven to 400 degrees.
2. Clean and cut vegetables into bite size chunks, slice brussel sprouts in half.
3. Place in large dry bowl.
4. Drizzle with olive oil, approximately 2 – 3 tablespoons.
5. Season with salt, pepper, and herbs of choice.
6. Place in crisper basket.
7. Bake for 15 minutes, stir vegetables.
8. Bake for 15 more minutes.
9. Remove from oven and squeeze fresh lemon juice over hot vegetables. Serve.

Seasoned Roasted Potatoes

3 – 4 russett, golden, red or white potatoes
olive oil
pink salt and freshly ground pepper.
desired herbs, parsley, thyme, rosemary, garlic, onion salt, etc.

Directions:

1. Wash potatoes, cut into large chunks, adding chunks to a large bowl.
2. Add 1 tablespoon of olive oil to the bowl of potato chunks and just using your clean hands, toss well until all surfaces are coated. (**Tip!** first have air basket pulled out and beside you, ready to receive the potatoes, because your hands will be oily.)
3. Cook (no need to pre-heat) at 325 degrees for 25 minutes.
4. Take out the potatoes and tip them back into the bowl you have been using. Toss them in there briefly and gently using a large spoon.
5. Transfer potato chunks back into crisper basket. Place back into oven, raise temperature to 350 degrees, and cook for another 7 minutes.
6. Take out the potatoes and tip them back into the bowl you have been using. Toss them in there using a large spoon. (At this point, a few might look just about done, but once you toss them you'll see that there's loads that aren't quite as far along.)
7. Transfer potato chunks back into crisper basket. Leave temperature unchanged. Roast for a final 7 minutes.

Sweet Potato French Fries

3 – 4 sweet potatoes
coconut oil
pink sea salt & fresh ground pepper

Directions:

1. Preheat oven to 375 degrees.
2. Peel potatoes. Cut into fries or use a french fry cutter.
3. Place them in dry mixing bowl, coat with 1 tablespoon coconut oil and fresh ground pepper and pink salt.
4. Place them in the gotham air crisper tray.
5. Cook for five minutes. Toss with two silicone spoons.
6. Raise heat to 400 degrees. Cook ten more minutes or until done to your desired crispness.
7. Try dipping in honey, aioli sauce or jalepano ketchup.

Perfect Air Crisper Tray French Fries

3-4 russet potatoes
olive oil
pink sea salt & fresh ground pepper

Directions:

1. Preheat oven to 375 degrees.
2. Scrub potatoes. Cut into fries or use a french fry cutter.
3. Soak them in a large mixing bowl using hot tap water, rinse, repeat, several times for 40 minutes.
4. Drain in collander and pat them dry on a towel.
5. Place them in dry mixing bowl, coat with 1 tablespoon olive oil and fresh ground pepper and pink salt.
6. Place them in the air crisper pan.
7. Cook for five minutes. Toss with two silicone spoons.
8. Raise heat to 400 degrees. Cook ten more minutes or until done to your desired crispness.



Crispy Potato Chips Wedges

4 medium russet potatoes
1 cup water
3 tablespoons canola oil
1 teaspoon paprika
¼ teaspoon black pepper
¼ teaspoon salt

Directions:

1. Scrub the potatoes under running water to clean.
2. Boil potatoes in salted water for 40 minutes or until fork tender.
3. Cool completely (approximately 30 minutes) in the refrigerator.
4. In a mixing bowl combine canola oil, paprika, salt and black pepper.
5. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
6. Preheat the oven to 390°F.
7. Add half of the potato wedges to the Gotham Air Crisper Tray and place skin side down, being careful not to overcrowd.
8. Bake each batch for 13 – 15 minutes or until golden brown. Serves 4.

Cinnamon Sweet Potato Fries

2 large sweet potatoes
2 tablespoons coconut oil or vegetable oil
1 teaspoon ground cinnamon
½ teaspoon salt

Directions:

1. Preheat oven to 425 degrees.
2. Cut sweet potato into 2 inch long by ¼ inch sticks.
3. Place on gotham crisper tray.
4. Drizzle with oil, sprinkle with cinnamon and salt.
5. Bake for 15 minutes, toss, bake for additional 15 minutes, or until golden brown and crisp.
6. Serve with honey or maple syrup to dip.

Parsnip Fries

6 medium parsnips
 ¼ cup cornstarch
 ¼ cup olive oil
 ¼ cup water
 1 pinch salt

Directions:

1. Preheat the oven to 400°F.
2. Peel, cut parsnips to ½ in. x 3 in. pieces.
3. In a mixing bowl mix cornstarch, olive oil, water, and parsnips. Mix and coat parsnips evenly.
4. Place the parsnip fries into the Gotham Air Crisper Tray.
5. Cook for 20 – 25 minutes or until parsnips start to brown.

Roasted Veggie Pasta Salad

3 small eggplants or one large
 1 tablespoon olive oil
 3 medium-size zucchini
 1 tablespoon olive oil
 4 medium tomatoes, cut in eighths
 4 cups of a shaped, large pasta, uncooked (8 cups cooked)
 2 bell peppers (any color)
 1 cup sliced cherry tomatoes (or tomatoes cut into small chunks)
 2 teaspoon salt
 8 tablespoon grated Parmesan
 ½ cup fat free or regular Italian dressing
 few leaves of fresh basil

Directions:

1. Wash eggplant, slice off and discard green end. Do not peel. Slice the eggplant into ½ inch thick rounds. Toss with 1 tablespoon of olive oil and put in Gotham Air Crisper Basket. Cook for about 40 minutes until quite soft. Set aside.
2. Wash zucchini /slice off and discard green end. Do not peel. Slice into ½ inch thick rounds. Toss with 1 tablespoon of olive oil and put in Gotham Air Crisper Basket. Cook for about 25 minutes until quite. Set aside.
3. Wash and chunk the tomatoes. Arrange in Gotham Air Crisper Basket. Spray lightly with cooking spray. Roast for about 30 minutes until reduced in size and starting to brown. Set aside.
4. Cook the pasta according to pasta directions, empty into colander, run cold water over it to wash some starch off, drain, set aside to cool.
5. Wash, seed and chop the bell pepper; put into a large bowl. Wash and slice the cherry tomatoes (or small-chunk the regular tomato); add to that bowl. Add the roast veggies, the pasta, the salt, the dressing, the chopped basil, and the Parmesan and toss all together to mix well.
6. Set in fridge to chill and marinate.





Apple Dumplings

2 very small apples
2 tablespoons raisins
1 tablespoon brown sugar
2 sheets puff pastry
2 tablespoons butter, melted

Directions:

1. Preheat your oven to 350 degrees F.
2. Core and peel the apples.
3. Mix the raisins and the brown sugar.
4. Put each apple on one of the puff pastry sheets then fill the core with the raisins and sugar. Fold the pastry around the apple so it is fully covered.
5. Place the apple dumplings on the Gotham Air Crisper Tray.
6. Brush the dough with the melted butter.
7. Place in your oven and set the timer to 25 minutes and bake the apple dumplings until golden brown and the apples are soft.

Cinnamon Doughnuts

Doughnuts

2 tablespoons butter, at room temperature
 $\frac{1}{2}$ cup sugar
 $2\frac{1}{4}$ cup plain flour
 $1\frac{1}{2}$ teaspoons baking powder
1 teaspoon salt
2 large egg yolks
 $\frac{1}{2}$ cup sour cream
 $\frac{1}{4}$ cup butter, melted

Cinnamon Sugar

$\frac{1}{3}$ cup caster sugar
1 teaspoon cinnamon

Directions:

1. In a bowl press together the butter and sugar until crumbly. Add the egg yolks and stir until well combined.
2. Sift the flour, baking powder and salt into a separate bowl. Add $\frac{1}{3}$ of the flour and half the sour cream. When well combined add another $\frac{1}{3}$ of the flour and $\frac{1}{2}$ the sour cream. Finally mix in the sour cream. Place in the fridge.
3. Lightly flour a wooden cutting board then roll-out the dough about $\frac{1}{2}$ inch thick doughnut shape.
4. Preheat oven to 350 degrees.
5. Using the melted butter and a brush, place a thin layer on both sides of the doughnut then add to the Gotham Air Crisper Tray. Cook for 8 minutes.
6. As soon as the doughnuts are cooked, paint again with the melted butter and immediately dip into the cinnamon sugar mixture.
7. Serve and eat hot. Like traditional doughnuts they are much better hot than cold.

French Toast Sticks

4 pieces of sliced bread - whatever kind and thickness desired
2 Tbsp. approximately of soft butter or margarine for buttering bread
2 eggs gently beaten
salt
cinnamon
nutmeg
ground cloves
icing sugar and/or maple syrup for garnish and serving

Directions:

1. Preheat oven to 350 degrees.
2. In a bowl, gently beat together two eggs, a sprinkle of salt, a few heavy shakes of cinnamon, and small pinches of both nutmeg and ground cloves
3. Butter both sides of bread slices and cut into strips
4. Dredge each strip in the egg mixture and place in Gotham Air Crisper Tray.
5. After 2 minutes of cooking, remove Air Crisper Tray, making sure you place the pan on a heat safe surface, and spray the bread with cooking spray
6. Once you have generously coated the strips, flip and spray the second side as well.
7. Return pan to oven and cook for 4 more minutes, checking after a couple minutes to ensure they are cooking evenly and not burning.
8. When egg is cooked and bread is golden brown, remove from oven and serve immediately.
9. To garnish and serve, sprinkle with icing sugar, top with whip cream, drizzle with maple syrup, or serve with a small bowl of syrup for dipping.



Candy In A Cloud

1 pkg. puff pastry
desired mini candy bars

Directions:

1. Cut puff pastry into squares.
2. Wrap pieces around mini candy bars, sealing edges.
3. Preheat oven to temperature stated on puff pastry instructions.
4. Place Clouds on Gotham Air Crisper Tray.
5. Bake according to instructions on package and let cool completely.

Fried Bananas (Vegan)

3 Tbsp vegan butter substitute (coconut oil works well)

8 ripe bananas

2 whole eggs OR 3 egg whites

½ c Corn Flour

3 Tbsp cinnamon sugar

1 cup bread crumbs (Panko preferred)

Directions:

1. Heat butter substitute in pan on medium heat and add bread crumbs. Stir 3 – 4 minutes, or until they have reached a light golden color. Remove from heat and place in medium sized bowl.

2. Peel and halve your bananas. Roll each banana half in corn flour, eggs, and bread crumbs (in that order) and place side by side Gotham Air Crisper Basket in a single layer.

Dust with Cinnamon Sugar.

3. Preheat oven to 350 degrees and bake for ten minutes. Once done cooking remove air fryer bin and gently shake basket to remove any excess crumbs.