

Cooking/Air frying Cheatsheet

1 Air-fry

Assuming 400 degrees Fahrenheit:

- Lamb: 17 minutes for the first side, 13 minutes for other side
- Steaks: 12 minutes for the first side, 8 minutes for other side
- Pork: 15 minutes for the first side, 12 minutes for other side
- Chicken: 15 minutes for the first side, 12 minutes for other side
- Fish (Salmon): 10 minutes on the first side, 7 minutes on the other side

2 Rice

- 3 cups of rice → ~ 2.5 small bowl of water
- 2 cups of rice → ~ 1.5 small bowl of water
- 1 cups of rice → ~ 1 small bowl of water

3 Seasoning

- Steak: salt, pepper, garlic powder, onion powder
- Chicken: paprika, garlic powder, salt, pepper, olive oil
- Fish: lemon juice, dill, salt, pepper
- Pork: soy sauce, garlic, five-spice powder

4 Eggs

- Soft boiled: 6–7 minutes in boiling water, ice bath
- Hard boiled: 10–12 minutes in boiling water, ice bath
- Scrambled: low–medium heat, stir constantly, remove slightly underdone
- Fried (sunny side up): medium-low heat, cover with lid, 3–4 minutes

5 Pasta

- Boil water with salt, cook per package directions (usually 8–12 min)
- Save ~ $\frac{1}{2}$ cup pasta water before draining
- Quick sauce: olive oil, garlic, red pepper flakes, pasta water

6 Meat Internal Temps (°F)

- Chicken/Turkey: 165
- Pork: 145 (rest 3 min)
- Ground beef/pork: 160
- Beef steak — Rare: 125, Med-rare: 135, Medium: 145, Well: 160
- Lamb — Med-rare: 130, Medium: 140, Well: 155
- Fish: 145