



Kansas Association For
Family & Community Education

Air Fryer

Leader Guide



2025 Kansas FCE Education Program Year

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Educational Goals: Participants will learn:

- The three basic types of Air Fryers:
 - Basket air fryers
 - Tray air fryers
 - Toaster oven with air fryer modes
- Factors that influence the selection of an air fryer:
 - Controls; Noise levels while in use; Ease of cleaning; Price; Useable capacity; Advanced features; and Length of warranty
- How to clean their air fryer
- How to convert conventional cooking temperature and times to an air fryer

Why would you want an air fryer?

One important reason is to reduce the oil in our diet as well as the ease and convenience of preparing small amounts of food. They are safer than deep fryers, produce crispy and flavorful food at a relatively fast pace and are easy to clean and maintain. The air fryers appear to be more popular with younger people, but their convenience has begun to appeal to older single or couples.

Air Fryer Buying Guide

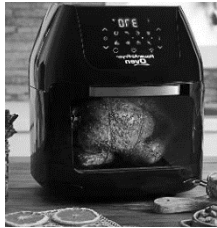
When purchasing an air fryer there are several questions you need to consider.

What type of unit will fit my needs?



Basket Air Fryers: Air fryers with baskets (or drawers) dominate the market. After all, it's the original air-fryer design. For these models, the basket, where food is placed, typically has a handle that locks the basket into place and activates the cooking element. The handle also comes in handy when tossing the food to ensure even cooking. Basket air fryers are available in digital and manual forms. Digital models allow you to control the cooking time and temperature with the press of a button. More often than not, these models, equipped with digital touchpads, also have presets for common foods and indicators to let you know when the basket has reached its intended temperature. Manual types often cost less, but they don't come with a lot of the advanced features that digital models offer. Instead, these units are controlled by analog dials that set the temperature and the amount of time. While food is cooking, the dial ticks down and sounds a ding when the food is ready, automatically shutting off

the air fryer. Consumer Reports (CR) does not currently test paddle air fryers, which are basket-style auto-stir models. Paddle air fryers allow users to “set it and forget it” as the paddle moves food around to ensure even heating.



Tray Air Fryers: Air fryers with mesh trays (or racks) are steadily increasing in popularity. Unlike air fryers with baskets, these units cook food in a flat or shallow receptacle, much like a countertop toaster oven. Some models have room for just one tray, but there are several models on the market that have multiple racks, and a small number even come with attachments for rotisserie cooking, dehydrating, and grilling. These models, much like their basket counterparts, have the option of manual or digital control, with functions that

work in a similar fashion. Unlike most basket air fryers, the tray models allow users to monitor the food while it’s being cooked. Thanks to the viewing window, the cooking process doesn’t have to stop when you check to see how far your food has come. Another advantage to these air fryers is the amount of food you can cook at once. Models with multiple racks allow you to cook vegetables, meats, and sides simultaneously, and often take up the same amount of counter space as models with a basket.



Toaster Ovens With Air-Fryer Modes: As luck would have it, some toaster ovens come with air-fryer modes. On the surface, this sounds like a great deal to cut down on excess appliances, but you should know that these air-frying toaster ovens often can’t add the same level of crispy texture to food that many purpose to use one for, at least not in the same amount of

time. That’s because basket-style air fryers can concentrate the hot air around the food with a more direct blast of circulating heat, whereas toaster ovens are designed to evenly heat the entire chamber. The air-fryer modes on many of these toaster ovens attempt to direct heat toward a specific zone in the same way, and they often come with special air-frying baskets to facilitate this. According to the Consumer Reports (CR) testers, these combo devices can still deliver good results, and not everyone desires that super-crunchy finish to their food, so don’t shy away from buying one if it makes more sense for your budget, kitchen, and culinary needs.

How do I select an Air Fryer?

Consumer Reports air fryer ratings tell you about the controls, noise, and ease of cleaning for each model.

How does Consumer Reports test air fryers? They buy and test air fryers from over 30 brands to find out whether they’re worth making room on your kitchen counter. Each air fryer is evaluated and rated based on its controls, operating noise level, and ease of cleaning.

Controls: Their engineers judge the model based on the buttons and/or dials, and the size and clarity of the lettering on the unit. Many air fryers come with preset buttons that help guide users on cooking times and temps, while others have an analog dial that sets the temperature and counts down the time.

Noise: The testers place each air fryer on a butcher block counter in the lab. They then use a sound-level meter to take multiple measurements of how loud each air fryer gets during operation, noting the noise at its peak.

Cleaning: No matter how well an air fryer does at cooking or reheating your food, if cleanup is a hassle, CR wants you to know. That’s why their testers judge how easy it is to clean each model’s interior and exterior.

Here are some other factors to consider when shopping for an air fryer:

Price: The air fryers in the CR ratings sell for \$30 to \$260, but some as much as \$400.

Capacity: Air fryers are designed to neatly fit on your counter. Most don’t have the capacity to cook for a crowd, unless cooking in batches. Consumer Reports measured the *usable* capacities of the tested air fryers and find that they can handle between 1.3 and 8.9 quarts. CR measurements did sometimes differ from the manufacturers’ advertised (on the packaging) claimed capacity.

Advanced features: It’s advantageous to purchase an air fryer that can do more than one function and if you’ll use the other features. Modes such as dehydration, baking, grilling, and rotisserie cooking combine the functionality of five-plus machines into one device. Additional presets for particular foods, and indicators to let you know when to check on your food, can be helpful. There are models with a “keep warm” function.

Warranty: The shortest warranty of the air fryers CR tested was 60 days. Others in their air fryer ratings have a one- or two-year warranty, but consumers may run across some with coverage up to three years.

How do I clean an oven-style or basket-style air fryer?

When purchasing an air fryer, it will come with a manual of user instructions, recipes, care and cleaning. If the manual is lost, common cleaning instructions of an oven-style or basket-style air fryer are:

What you'll need:

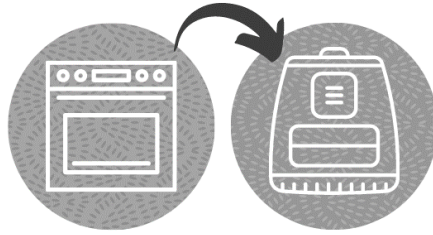
- Degreasing dish soap
- Soft-bristled bottle brush (to protect the metal or nonstick finish)
- Soft cloth or paper towel (to protect the metal or nonstick finish)

1. Turn off and unplug the air fryer and allow it to cool completely.
2. Remove the racks, drawers, basket or trays.
 - a. If the air fryer *is dishwasher-safe*, place the drawer, basket or tray, depending on what your air fryer has, upside down in the dishwasher, preferably on the top rack, if it fits.
 - b. If the air fryer *is not dishwasher safe*, wash the removable parts in warm, soapy water, using a soft brush to scrub off gunk and to get into the vents, nooks and crannies of the drawer, basket or tray, while protecting the metal or nonstick finish. Rinse well and dry.
3. Empty any oil, or greasy drippings from the drip tray, but don't discard down the sink. Once oil or greasy drippings have been removed, the drip tray can be placed upside down in the dishwasher to clean it, or hand wash it, then rinse it well and dry.
4. Wipe down the air fryer’s interior sides, top (heating element) and bottom, as well as the exterior, with a damp cloth or paper towel. Replace the drawer, basket or trays once clean.

How can I convert conventional oven temperature and time to an air fryer?

Air fryers cook faster than a conventional oven because they circulate hot air. The general rule is to *reduce* both the recipe’s conventional oven baking temperature by 25° F and the cooking time by 20%. (Example: 350°F reduced to 325°F and recipe calls for 60 minutes reduced by 12 minutes to 48 minutes in the air fryer. [60 minutes x .20 = 12 minutes reduction]). Refer to the “Oven to Air Fryer” chart.

OVEN TO AIR FRYER



Conversion Chart

OVEN TIME

10 Minutes
15 Minutes
20 Minutes
25 Minutes
30 Minutes
35 Minutes
40 Minutes
45 Minutes
50 Minutes
55 Minutes
60 Minutes

AIR FRYER TIME

8 Minutes
12 Minutes
16 Minutes
20 Minutes
24 Minutes
28 Minutes
32 Minutes
36 Minutes
40 Minutes
44 Minutes
48 Minutes

OVEN TEMP

325F/165C
350F/180C
375F/190C
400F/200C
425F/220C
450F/230C

AIR FRYER TEMP

300F/150C
325F/165C
350F/175C
375F/190C
400F/200C
425F/220C

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This sheet should be used as a guideline only.
Different brands of air fryer can vary.
It is recommend that you check your food at the half way mark
so that you can adjust temp if needed

WWW.SLIMMINGEATS.COM

Resources:

Consumer Reports: Air Fryer Buying Guide (Updated December 1, 2023)
<https://www.consumerreports.org/appliances/air-fryers/buying-guide/>

The recipes are from Mississippi State University. Others recipes are available online:
<https://extension.msstate.edu/>

Good Housekeeping website: <https://www.goodhousekeeping.com/search/?q=air+fryer>