



Air fryer

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An **air fryer** is a kitchen appliance that cooks by circulating hot air around the food.^[1] A mechanical fan circulates the hot air around the food at high speed, cooking the food and producing a crispy layer thanks to the Maillard effect.

By circulating air up to 200 Celsius or 392 degrees fahrenheit this appliance fries several foods like potato chips, chicken, fish or pastries and it uses less oil than traditional fryer.

Most air fryers come with adjustable temperature and timer knobs that allow for more precise cooking. Food is cooked in the cooking basket that sits atop a drip tray.

Various brands of air fryers claim to save as much as 80% cooking oil in comparison to traditional fryers. While most models of air fryers require that the basket be periodically shaken to ensure even cooking throughout, some models incorporate a food agitator that continuously churns the food during the cooking process.^[2]

By using less oil to fry, air fryers become a healthier alternative to traditionally deep fried foods which can increase the risk of cardiovascular diseases, hypertension, diabetes, cancer and obesity.^[3]

See also

- Chip pan
- List of cooking appliances
- Set-n-Forget cooker
- Vacuum fryer

References

1. "The Airfryer: The frying machine that gives you perfect chips - without any oil - Daily Mail Online". *Mail Online*.
2. "What is an air fryer?".
3. "Are air fryers healthy?". *Fry The World*. Retrieved 2016-02-01.

Further reading

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