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Recipe book

Chef Ranveer's **Perfect 360°** recipes with **Philips Airfryer**



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Digital control[#]



Touch screen



7 presets



7 presets

[#]On Digital Airfryer range HD9252 and HD9270



Fry with little
or no oil



Rapid Air
technology



5 portions



Fry, Grill, Roast
and Bake



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500+ recipes^{**}



Dishwasher
safe parts



2 year
guarantee

^{*}Compared to conventional Philips fryer.

^{**}Number of recipes may vary per country

Chef Ranveer Brar



Currently charming the world as one of India's leading celebrity chefs and culinary experts, Chef Ranveer Brar was born in Lucknow and started cooking at 17 as an apprentice to Lucknow's legendary street kebab vendor, kebab ustad Munir Ahmed. Hooked to cooking, he went on to enroll himself in catering college and embark on a career graph that has had an enviable trajectory. Beginning with the Taj Mahal where he was at the forefront of opening new restaurant projects in Delhi and then Goa. He went on to join Radisson Blu, Noida, and at 25, became the youngest Executive Chef of his time. Inevitably the next step was opening a restaurant and then there was no stopping him. Banq, which he opened in Boston went on to win numerous Awards, including the best new restaurant in the world. And he added laurel after laurel to his name. From the distinction of cooking at the James Beard House, NY, (of which he is an honorary member), to Kashmir an Indian restaurant he consulted with winning the Best of Boston award, 2010.

After five intensely challenging years in the US, home called and he returned to India as the Executive Chef of the Novotel Mumbai Juhu Beach. And almost overnight he blazed his way onto International TV with a succession of hit television shows including Breakfast Xpress, Snack Attack, Homemade, The Great Indian Rasoi, Thank God It's Fryday and Health Bhi Taste Bhi until finally joining the ongoing season of MasterChef India.



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Alu Seekh Kebab

Vitamin B6 in potatoes is critical to maintain neurological health

15
mins

Preparation

10
mins

Cooking

3

Serves

Ingredients

Potatoes - peeled boiled	4 medium-sized
French beans - boiled chopped	1/2 cup
Soy mince	1/2 cup
Carrots - boiled chopped	1/2 cup
Ginger, garlic and green chili paste	1 tbsp (ratio - 1/2 : 1 : 1/2)
Raw mango powder	1 tsp
Garam masala powder	1 tsp
Bread crumb	1/2 cup
Butter	1 tsp
Wooden satay	8 - 10 sticks

Garnish

Green coriander chutney, Kachumber, Zeerawala namak, Lemon wedges, Chillies

Method

- Soak skewers in cold water for 30 minutes.
- Mash boiled potatoes and mix with soya, french beans and carrots.
- Mix all the ingredients with vegetables and knead into dough.
- Press sausage shaped kebabs directly onto skewers. Apply gentle pressure while shaping kebabs.
- Pre heat Airfryer at 200° celsius for 5 minutes.
- Brush the wire rack with oil. Place the kebab skewers in the Airfryer and airfry for 10 minutes at 180° celsius.
- Transfer to a serving platter, sprinkle with zeerawala namak and serve hot with chillies, lime, Kachumbar and green coriander chutney.



Anjeer ke Meethe Samose

Anjeer is rich in dietary fiber and improves digestion



Preparation



Cooking



Serves

Ingredients

Samosa dough

Ghee	2 tbsp
Flour 1 cup	
Fennel seeds [roasted]	A pinch
Water as required	

Garnish

Strawberry syrup	2 tbsp
Fresh figs	4 no

Filling

Anjeer besan sheera	
Ghee	2 tbsp
Gram flour	1 cup
Dry figs	2 tbsp (or 7 – 8 nos)
Milk	1 cup
Sugar	3 tbsp

Method

To make samosa dough

- In a bowl, add ghee, flour, water and roasted fennel powder and knead it.
- Let it rest for 10 mins.
- Make balls out of the dough and roll into pooris, give it a triangular shape.

To make besan sheera

- Take a pan, add ghee, heat it and add gram flour and pan roast it.
- Finely chop dried fig and add to the pan.
- Now add milk and sugar and mix well.
- Refrigerate the besan sheera for 10 minutes.
- Take the pooris and fill it with the besan sheera and seal the sides.
- Fry in preheated Airfryer at 170° for 10 mins till it turns golden brown.

Garnish

- Drizzle strawberry, place the figs and anjeer besan samosa.



Arvi Cutlace

Arvi has low glycemic index that reduces fatigue



Preparation



Cooking



Serves

Ingredients

Arvi boiled	250 g
Refined flour	2 tbsp
Cornflour	1 tsp
Ginger finely chopped	1 tbsp
Green chillies chopped	2 nos
Raw mango finely chopped	2 tbsp
Dates finely chopped	5 nos
Dried apricot finely chopped	5 nos
Fresh coriander leaves chopped	1 tbsp
Salt	To taste
Red chilli powder	1/4 tsp
Oil	1 tsp

Method

- Boil arvi and peel. Add maida & cornstarch & mash well.
- Make stuffing with remaining ingredients in another bowl.
- Take small portion of arvi mixture and line a gujiyaan mould with it.
- Sprinkle some cornstarch and place a little portion of stuffing.
- Close the mould and seal it carefully.
- Pre heat the Airfryer to 180° Celsius and airfry the cutlace till golden (Aprox 8 mins).
- Serve with yoghurt and grated radish chutney.



Bhatti ka Paneer

Calcium in paneer helps build stronger bones

40
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Marinade

Yogurt	1/2 cup
Bhatti masala	2 tbsp
Garlic ginger paste	1 tbsp
Sugarcane vinegar	1 tbsp
Juice	1 lemon
Paneer cubes	300 g
Red bell pepper	1 medium
Capsicum	1 medium
Yellow bell pepper	1 medium
Gram flour	2 tbsp
Salt	To taste
Oil	As required
Wooden skewers or satay	8 - 10 sticks

Plating

Onion rings	As
required	
Lemon juice	1/2
Lemon slices	As
required	
Mint chutney	As
required	
Coriander leaves	As
required	

Bhatti masala

Coriander seeds whole	5 g
Black peppercorns	5 g
Cumin seeds	5 g
Fenugreek leaves dried	5 g
Ground cinnamon	5 g
Chilli powder	5 g
Whole cloves	5 g
Cardamom	5 g
Nutmeg	5 g
Ground mace	5 g

Method

- Grind all spices for bhatti ka masala to a coarse powder.
- For the marinade, in a bowl add yogurt, bhatti masala, garlic ginger paste, sugarcane vinegar and lemon juice and mix.
- Add Paneer and vegetables to the mixture. Then add gram flour along with salt and mix well. Let this marinate for ½ hour.
- Arrange marinated paneer and vegetables on wet skewers and brush some oil.
- Pre heat the Airfryer at 180° celsius for 5 minutes. Brush the wire rack with oil.
- Place the paneer skewer in the Airfryer and airfry for 5 minutes or till light brown.
- Drizzle lemon juice over the roasted paneer and also keep some lemon slices on the plate.
- Serve the paneer with mint chutney and garnish with coriander leaves and onion rings.



Chana Jor Kachori

Chana is known to be an effective natural aid for weight loss due to its high fibre content

30
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Oil	2 tbsp	Garnish	
Boiled chana dal	150 g	Chopped fresh apricots	As required
Carom seeds	1 tsp	Tamarind chutney	As required
Finely chopped garlic	2 tsp	Coriander leaves	As required
Finely chopped ginger	1 tsp		
Finely chopped green chilli	1/2 tsp	Dough	
Finely chopped coriander	1 tsp	Wheat flour	2 cups
Salt	To taste	Butter	2 tbsp
Dry mango powder	1/2 tsp	Oil	2/3 cup
Finely chopped raw mango	2 tsp	Salt	To taste
Finely chopped date	2 tsp	Aniseed powder	1/2 tsp
Finely chopped dried apricots	2 tsp	Clove powder	A pinch
Oil	To brush	Cinnamon powder	A pinch
		Overnight urad dal paste	1/2 cup

Method

Dough

- In a bowl add wheat flour, butter, oil, salt, aniseed powder, clove powder, cinnamon powder, black gram dal paste, water and knead into dough. Rest the dough for 10 minutes.

Stuffing

- In a pan add oil and dal and shallow fry till it turns brown.
- Add carom seeds, finely chopped garlic, finely chopped ginger, finely chopped green chilli, finely chopped coriander, salt, dry mango powder, finely chopped raw mango, finely chopped dates and finely chopped dried apricots and mix.
- Remove in a bowl and mash. Let it rest for 10 – 12 mins.

Kachori

- Take a small portion of the ready dough and make a roti. Fill the roti with the stuffing, and roll it to make a shape of a kachori. Make some more like this.
- Airfry the kachoris in the preheated airfryer at 170° celsius.
- Place the fried kachoris on a plate and garnish with chopped fresh apricots, tamarind chutney and coriander leaves.



Chatpate Charre Aloo

Potatoes are rich in vitamin B6 which helps in building cells



Preparation



Cooking



Serves

Ingredients

Bajra / pearl flour	1/4 cup	Masala	
Gram flour	1 tbsp	Oil	1 tsp
Crushed black pepper	To taste	Cumin seeds	1 tsp
Salt	To taste	Chilli flakes	1 tsp
Turmeric powder	1/2 tsp	Crushed coriander seeds	1 tsp
Red chilli powder	1 tsp	Curry leaves	5 – 6 nos.
Finely chopped coriander	1 tbsp	Black salt	A pinch
Mustard paste	1 tsp		
Boiled baby potatoes	12 – 14 nos	Garnish	
Chilli flakes	1 tsp	Pomegranate seeds	As
Basil leaves	As required	required	
		Chilli flakes	As
		required	
		Red chilli powder	As
		required	

Method

- For the marinade, in a bowl add bajra flour, gram flour, crushed black pepper, salt, turmeric powder, red chilli powder, finely chopped coriander and mustard paste and mix.
- Toss the boiled baby potatoes in the marinade and remove. Add water to the marinade to make a batter and add chilli flakes and mix.
- Coat the baby potatoes with the batter and airfry at 180° celsius.
- To prepare the masala, in another pan add oil, cumin seeds, chilli flakes, crushed coriander seeds, curry leaves, fried baby potatoes and black salt and mix.
- On a satay stick, add the prepared baby potatoes, basil leaves and the baby potatoes again. Make more like this.
- Place the satay sticks on a plate.
- Garnish with pomegranate seeds, leftover curry leaves from the prepared masala, chilli flakes and red chilli powder.



Crispy Rajma Pyramids

Rajma is loaded with protein that acts as building block for bones, muscles & cartilage

45
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Soaked and boiled red kidney beans	1/2 cup	Red chilli powder	1/2 tsp
Chopped spring onion	2 tsp	Almond powder	1 tbsp
Chopped onion	2 tsp	Sumac powder (or anardana powder)	1 tsp
Chopped spring onion stalk	2 tsp	Breadcrumbs	As required
Chopped dill	1 tsp	Oil	To fry
Chopped garlic	1 tsp		
Chopped ginger	1 tsp	Serve	
Chopped coriander	1 tsp	Raita	As
Chopped green chilli	1 tsp	required	
Salt	To taste		

Method

- In a mixer add the soaked and boiled red kidney beans, chopped spring onion, chopped onion, chopped spring onion stalk, chopped dill, chopped garlic, chopped ginger, chopped coriander, chopped green chilli, salt and red chilli powder and blend.
- Remove this mixture in a bowl and add almond powder and sumac powder and mix.
- Take a portion of the mixture and give it a shape of a pyramid. Coat with breadcrumbs.
- Airfry in a preheated Airfryer at 180° celsius for 10 mins and remove.
- Remove on a plate & sprinkle sumac powder on it. Serve hot with raita.



Dahi Tikki Makai Papdi Chaat

Curd neutralizes the heat that foods create and improves digestion

21
mins

Preparation

20
mins

Cooking

2

Serves

Ingredients

Dahi Tikki Mixture

Hung curd	1 cup
Chopped coriander	1 tsp
Red chilli powder	1/2 tsp
Roasted cumin seeds	1/2 tsp
Salt	As per taste
Flour	1 tsp
Nylon sev	1 cup

Papdi

Flour	1 cup
Crushed black pepper	As per taste
Ghee	1 tsp

Sweet Potato Mixture

Boiled sweet potato	1 cup
Chopped coriander	1 tbsp
Black Salt	A pinch
Red chilli powder	1 tsp
Lemon juice	1 tsp
Oil	1 tsp

Plating / Serving

Chopped Sweet potato
Chopped Onions
Tamarind chutney
Mint chutney
Garnish with coriander leaves

Method

Mixture

- Take a bowl, add hung curd, chopped coriander, red chilli powder, roasted cumin seed powder, salt and mix it well with flour.

Papdi

- Take another bowl add flour, salt, crushed black pepper and knead it well with ghee, add little water and knead it into stiff dough, let it rest for 10 minutes.
- Make balls out of the dough and roll it into a chapatti /roti and cut papdi shapes.
- With the help of a fork press it slightly on the papdis to make fork impressions and put it in the preheated Airfryer (200° celsius for 5 minutes) and then airfry at 170° celsius for 6 minutes.
- Make tikkis out of the dahi tikki mixtures coat well with Nylon sev and airfry the Tikkis at 180° celsius
- Take a bowl, put the boiled sweet potatoes and chopped coriander, black salt, red chilli powder, lemon juice, oil and mix well.
- In a plate arrange papdi and tikkis on it. Top with sweet potato, onions, chutneys and coriander. Serve .



Double ka Meetha

Bread is rich in carbohydrate that provides energy



Preparation



Cooking



Serves

Ingredients

Brown bread	4 slices
Milk	1 cup
Sugar	8 tbsp
Cream	5 tbsp
Cardamom powder	1/4 tsp
Almonds blanched peeled & sliced	10-15
Pistachios, sliced	10-15
Saffron (kesar)	A few strands
Water	2 tbsp

Method

- Heat milk in a deep nonstick pan. Heat another non stick pan, add sugar and 2 tbsp water and cook to make thick syrup. Cut the bread into 2 triangles from each slice, alternatively use cookie cutter to cut out pretty shapes.
- Toast the bread slices in the Airfryer at 180°celsius for 4 mins.
- When the milk comes to a boil, add cream, cardamom powder and stir and cook till it reduces and becomes thick. Cut each toast into two triangles.
- Meanwhile preheat Airfryer at 180° celsius for 5 minutes.
- Dip the toasts in the sugar syrup and arrange them in an ovenproof dish. Pour the milk-cream mixture over them. Drizzle the remaining sugar syrup on top. Sprinkle almonds and pistachios, a few saffron strands and put in the preheated Airfryer for 5-6 minutes.
- Serve hot.



Dry Vegetable Manchurian

High fiber content in the vegetables is ideal for weight loss



Preparation



Cooking



Serves

Ingredients

Cabbage, shredded	1/2 cup	Celery, chopped	2 tsp
Cauliflower, grated	1 cup	Corn flour/ corn starch	1 tsp
Carrot, grated	1/4 cup	Vegetable stock	1 cup
Green chilies, finely chopped	1 tsp	Black pepper powder	1/2 tsp
Garlic, finely chopped	1 tbsp	Sugar	1/2 tsp
Ginger, finely chopped	1 tsp	Spring onion greens finely chopped	Handful
Salt	To taste		
Refined flour (maida)	1/4 cup		
Dark soy sauce	1 tsp		
Sesame oil	1 tbsp		

Method

- Mix together cabbage, carrot, cauliflower, 1/3 of the green chilies, salt, refined flour (Maida) and 2 tbsp soy sauce well.
- Shape into small balls & roll in cornflour.
- Preheat Airfryer at 180°Celsius for 5 minutes.
- Brush the wire rack and all the manchurian balls with oil. Place the balls in the Airfryer and airfry for 15 minutes.
- Meanwhile heat 1 tbsp oil in a non-stick pan. Add remaining ginger, garlic and green chilies, celery, remaining soy sauce and sauté.
- Dissolve corn flour in 2 tbsp water. Add vegetable stock to the pan and simmer for 1-2 minutes.
- Add corn flour mixture pepper powder and sugar and mix well.
- Remove the vegetable balls and add to the sauce. Mix well until it gets dry. Switch off the heat. Add half the spring onion greens and mix.
- Transfer into a serving dish and serve hot garnished with remaining spring onion greens.



Hunan Style Noodle & Vegetable Parcels

Green vegetables are rich in minerals that slow down ageing



Preparation



Cooking



Serves

Ingredients

Mushrooms, sliced	1/2 cup	Soy sauce	1 tbsp
Carrots, julienne	1/2 cup	Sweet chili sauce	1 tbsp
French beans, julienne	1/2 cup	Spring onion, chopped	1/2 cup
Onion, medium sliced	1/2	Chili oil	1 tbsp
Cabbage, shredded	1/2 cup	Chinese noodles, boiled	1/2 cup
Bean sprouts	1/2 cup	Wonton sheets	10 nos
Salt	As per taste	Binding batter (water + maida)	In equal quantity
White pepper powder	1 tsp		
Garlic, chopped	1 tbsp		
Ginger, chopped	1 tsp		

Method

- Heat oil in pan; add garlic, ginger followed by all vegetables. Stir well on high flame for 2 minutes.
- Add soy sauce and seasoning. Finish with chopped spring onions. Remove the vegetables and let them cool.
- Take tablespoon of vegetable mixture, place them on wonton sheets, add little portion of noodles and seal the parcel with batter.
- Preheat Airfryer at 180° celsius for 5 minutes.
- Brush the wire rack and all the parcels with oil. Place the parcels in the Airfryer and airfry at 170° celsius for 12 minutes.
- Remove and cut into half. Serve hot with sweet chili sauce and pickled vegetables like lotus root.



Khumb Kadak

The fiber and certain enzymes in mushroom help lower cholesterol levels



Preparation



Cooking



Serves

Ingredients

Button mushrooms	16 large
Mango pickle	5-6 tbsp
Yogurt (hung)	1 cup
Gram flour (besan)	1 & 1/2 cups
Ginger-garlic paste	1 tsp
Mustard powder	1/2 tsp
Onion seeds (kalonji)	1 tsp
Mustard oil	1 tbsp
Turmeric powder	1/2 tsp
Garam masala powder	1 tsp
Red chilli paste	1 tsp
Salt	To taste
Wooden satay or skewers	4 sticks

Method

- Soak satay sticks for 30 minutes.
- Wash mushrooms. Boil 4 cups of water and dip mushrooms in the boiling water for 30 seconds. Drain immediately and dry. Take mango pickle in a bowl and remove pieces so that only the pickle masala can be used.
- Roast besan on low heat till fragrant. Let cool. Mix together the hung yogurt, pickle masala, ginger-garlic paste, roasted besan, mustard powder, kalonji, mustard oil, turmeric powder, garam masala powder, red chilli paste and salt to taste.
- Marinate blanched mushrooms in it for an hour. Dry the soaked satay sticks on a kitchen paper and skewer mushrooms one by one and apply remaining marinade on them.
- Pre heat Airfryer at 200° celsius for 5 minutes.
- Brush the wire rack with oil. Place the marinated mushrooms in the Airfryer and airfry for 10 minutes.
- Serve with chutney of your choice.



Lentil Burger

Lentils have the highest level of protein and are used to build and repair tissues



Preparation



Cooking



Serves

Ingredients

Oil	1 tbsp	Boiled mixed lentils	1/2 cup
Finely chopped garlic	2 tsp	Breadcrumbs	1 tbsp
Finely chopped ginger	2 tsp	Chopped coriander	2 tsp
Finely chopped onion	1 tbsp	Sliced onion	3 - 4 nos
Finely chopped green chilli	1 tsp	Sliced tomato	1/2 no.
Finely chopped celery	1 tsp	Cucumber slices	1/2 no.
Salt	To taste	Gherkins	2 - 3 nos
Finely chopped carrots	1 & 1/2 tbsp	Serve	
Finely chopped french beans	1 & 1/2 tbsp	Tomato ketchup	1/2 cup
Boiled and grated potato	2 tbsp	Achaar paste	1/2 cup

Method

- In a pan add oil, finely chopped garlic, finely chopped ginger, finely chopped onion, finely chopped green chilli, finely chopped celery, salt, finely chopped carrots and finely chopped french beans and sauté.

Filling

- In a bowl add the sautéed vegetables, boiled and grated potato, boiled mixed lentils, breadcrumbs and chopped coriander and mix.
- In a pre-heated Airfryer, make a patty of the filling and airfry at 180° celsius.
- Place one half of burger bun on a plate. Add sliced onion, prepared patty, sliced tomato, sliced cucumber and gherkins and cover with the other half to make a burger.
- Serve the lentil pancake burger with achaari tomato ketchup.



Masala Yam Fries

Yam is a good source of vitamin B6 & is good for skin and hair



Preparation



Cooking



Serves

Ingredients

Half boiled yam (also called suran or zamikand)

Salt

Turmeric powder

Red chilli powder

Oil

Lemon juice

500 g

To taste

1/2 tsp

1 tsp

tbsp

1/2 no

Masala

Oil

Mustard seeds

Slit red chilli

Curry leaves

Salt

Crushed black pepper

Chopped coriander

2 tsp

1 tsp

4 - 5 nos.

6 - 7 nos.

To taste

To taste

1 tsp

Garnish

Mayonnaise

Red chilli powder

2 tbsp

1/2 tsp

Method

- Cut the half boiled yam into long fingers.
- To make the marinade in a bowl add the chopped yam, salt, turmeric, red chilli powder, oil and lemon juice and mix.
- Preheat the Airfryer to 170° celsius and airfry yam in it.
- To make the masala in a pan add oil, mustard seeds, slit red chilli, curry leaves, some of the oil in the leftover marinade, fried yam, salt, crushed black pepper and chopped coriander and toss.
- In a bowl add mayonnaise and some of the oil in the leftover marinade and the red chilli powder and mix.
- Add the mayonnaise mixture on a plate. Sprinkle red chilli powder and place the masala yam.
- Serve with the leftover masala on the side and chilled chaas.

CHINESE
CORN

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Masaledar Chicken Lollypops

Chicken has zinc which helps to maintain a healthy appetite

82
mins

Preparation

17
mins

Cooking

2

Serves

Ingredients

Chicken wings crafted Into Lollipops	8 nos
Maida	1 cup
Tea spoons of corn flour	2-3 tsp
Vegetable oil	2 tbsp
Prawn / shrimp paste (optional)	1 tbsp
Sugar	3/4 tsp
Sesame oil	1 tsp
Soy sauce	1 tbsp
Ginger garlic paste	1 tsp
Kashmiri red chili powder	1 tsp

Method

- In a bowl, combine the marinade ingredients until a paste is formed. Marinate chicken with the sauce for at least an hour or preferably overnight in the fridge.
- Just before cooking, add corn flour to the marinated chicken. Stir to coat evenly, shaking off excess flour on the chicken.
- Preheat Airfryer at 180° celsius for 5 minutes. Meanwhile, lightly brush chicken pieces with vegetable oil.
- Arrange chicken on the fryer basket and slide the basket into the Airfryer. Set timer and airfry for 8 to 10 minutes. Pull out the tray, use tongs to turn chicken pieces over, and set timer for another 7 minutes.
- Remove and serve hot with Szechuan Sauce and sliced cucumbers.



Mexican Fried Fish

Fish oil supports a healthy blood cholesterol profile

30
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Eggs	2 nos	Cocktail sauce	
Mustard sauce	1 tsp	Chopped coriander	1 tsp
Grated parmesan cheese	2 tsp	Mustard sauce	1/2 tsp
Salt	To taste	Tomato ketchup	2 tsp
Red chilli powder	1 tsp	Mayonnaise	1 tbsp
Refined flour	2 tsp	Salad	
Lemon juice	1/2 no.	Iceburg lettuce	1 no
Basa fish fillets	1 no.	Tomato wedges	1/2 no
Nachos	1/2 cup	Lemon juice	1/2 no
Chopped coriander	2 tsp	Salt	To taste
Oil	1 & 1/2 tbsp		
Bread crumbs	1 cup		

Method

- To prepare the marinade – in a bowl add eggs, mustard sauce, grated parmesan cheese, salt, red chilli powder, refined flour and lemon juice and mix.
- Cut the Basa fish fillets into strips for fish fingers. Place the pieces in the marinade for 5 mins.
- Crush nachos in a plate. Add breadcrumbs and chopped coriander and mix. Coat the marinated fish with this.
- Airfry the fish in a preheated Airfryer at 170° celsius. Once done, remove on a plate.
- To prepare the cocktail sauce – in a bowl add chopped coriander, mustard sauce, tomato ketchup and mayonnaise and mix.
- To prepare the salad – in a plate add iceberg lettuce, tomato wedges, lemon juice and salt and toss.
- Place the prepared fish on this plate.
- Serve it with the cocktail sauce.



Murg Peshawari Tikka

Chicken has Niacin which helps lower cholesterol

305
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Chicken, boneless cut in cubes	250 g
Yogurt	1/4 cup
Black pepper	1 tsp
Ginger garlic paste	1 tbsp
Saffron 1/4 tsp (soaked in hot water)	2 tbsp
Green chili paste	1/4 tsp
Salt	To taste
Oil	As required
Besan of roasted chana	1 tbsp

Method

- Clean, wash and dry chicken pieces.
- In a bowl add all ingredients except oil. Marinate chicken for 5 to 6 hrs.
- Pre heat Airfryer at 180° Celsius for 5 minutes.
- Brush the wire rack with oil. Place the marinated chicken pieces in the Airfryer and airfry for 10 minutes or till light brown.
- Serve hot with a salad made of sliced onions and green apples, mint chutney and hung yoghurt.



Nimbu Achaar Beetroot Tikki

Beetroot has Nitrate which keeps nervous system healthy



Preparation



Cooking



Serves

Ingredients

Mashed potato
Grated cottage cheese
Salt
Crushed black pepper
Beetroot paste
Breadcrumbs
Finely chopped onions
Oil to brush

1 cup
1/4 cup
To taste
To taste
2 tbsp
2 tsp
1 tsp
1 tbsp

Garnish

Mint chutney
Small roasted papad
Beetroot juliennes

As required
As required
As required

Filling

Lemon pickle
Grated Indian
Gooseberry (amla)

1 tbsp

2 tsp

Method

- In a bowl put mashed potato and mix, grated cottage cheese, finely chopped onions, salt, crushed black pepper, beetroot paste, breadcrumbs and finely chopped ginger.
- For the filling, finely chop 1 lemon pickle and mix it with a grated Indian gooseberry in a bowl.
- Cut out a portion of the dough and stuff it with the prepared stuffing and give it the shape of the tikki.
- Airfry the tikki in a preheated Airfryer for 10 mins at 180° celsius.
- Serve hot.



Pineapple Money Bags

Pineapple has high Potassium that helps lower blood pressure

17
mins

Preparation

12
mins

Cooking

2

Serves

Ingredients

Canned pineapple slices	3 - 4 nos
Almond powder	2 tbsp
Brown sugar	1 tbsp
Samosa sheets	5 nos
Refined flour and water mixture	As required
Sesame oil	To roast

Garnish

Candied dry fruits	As required
Powdered sugar	As required
Strawberry compote	As required

Method

- For the filing, finely chop the pineapple slices and remove their water and keep the slices in a bowl.
- Now mix almond powder and brown sugar in a bowl.
- Spread a samosa sheet on a flat surface and spoon the filling in the middle.
- Now take a samosa sheet and apply refined flour and the water mixture on it and roll the sheet into bags.
- Preheat Airfryer at 180° Celsius for 5 minutes.
- Brush the wire rack and all the money bags with oil. Place them in the Airfryer and airfry for 12 minutes.
- Keep money bags on a plate and garnish them with candied dry fruits and sprinkle powdered sugar on them.



Red Velvet Cupcake

Eggs are rich in several nutrients such as Betaine & Choline that promote heart health



Preparation



Cooking



Serves

Ingredients

Eggs	3 nos	Garnish	
Icing sugar	3/4 cup	Strawberry	1 no.
Peanut butter	3/4 cup	Crushed colorful	
Cocoa powder	1 tsp	chocolates	Few
Beet powder	2 tsp		
Refined flour	2 cups		
Frosting (hard butter to be used for frosting)	1 cup		
Icing sugar	3/4 cup		
Strawberry sauce (optional)	1/4 cup		
Vanilla essence	1 tsp		
Cream cheese	1 cup		

Method

- To prepare batter in a bowl add eggs, icing sugar, creamy peanut butter, cocoa and beet powder, refined flour and beat with an electric whisk.
- Fill the silicon cupcake moulds with the prepared batter.
- Preheat Airfryer at 180° Celsius for 5 minutes. Airfry the cupcakes at 170° Celsius for 10 to 12 minutes.
- Once baked, remove them from the Airfryer and keep them aside for 10 to 12 minutes to cool.
- To prepare frosting, in an electric whisk add hard butter, icing sugar, vanilla essence and beat it.
- Top the cool cupcakes with the frosting cream cheese and sprinkle with red sprinkles.



Soya Pyaaz ke Tinkae

Soya contains Protein that helps in building & repairing tissues

30
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Mashed potato	1/4 cup	Turmeric powder	1/4 tsp
Soaked and ground soya keema	1 cup	Red chilli powder	1/4 tsp
Chopped coriander	2 tbsp	Coriander powder	1/4 tsp
Chopped green chilli	2 tsp	Kasuri methi	2 tbsp
Onion mixture oil	2 tbsp	Gram flour	2 – 3 tbsp
Black cumin seeds	1 tsp	Oil brush	1 tbsp
Chopped onion	1/4 cup	Green chutney	As required
Salt	To taste	Satay or skewers	8-10 sticks

Method

- Soak the satay sticks in cold water for 30 minutes.
- To prepare soya mixture, in a bowl add mashed potato, soaked and ground soya keema, chopped coriander, chopped green chilli and mix well.
- To prepare onion mixture in a pan heat oil; add black cumin seeds, chopped onions, salt, turmeric powder, red chilli powder, coriander powder, kasuri methi and roast it.
- Add the onion mixture to the soya mixture. Further add gram flour and keep mixing well.
- Take satay stick, dry with kitchen paper. Shape mixture into small marble sized balls, coat with fine breadcrumbs and skewer 5-6 onto each satay stick.
- Heat oil on a flat pan, arrange the mixture on the satay stick and cook it on the pan.
- Place the satay sticks in a preheated Airfryer at 180° celsius, regularly keep brushing with oil for even color and crust.
- Serve soya pyaaz ki seekh with green chutney.



Sweet Potato Dabeli Bread Pakora

Sweet potato contains carbohydrate that helps in white blood cell production

30
mins

Preparation

12
mins

Cooking

2

Serves

Ingredients

Pav/Bread	2 pcs	Butter to pan sear	1 tsp
Oil	2 tsp	Crushed peanuts	As required
Butter	2 tsp	Pomegranate seeds	As required
Boiled and mashed Sweet potato		Sev	As required
Cumin powder	1/2 cup		
Dabeli masala powder	1/2 tsp	Garnish	
Chopped black raisins	1 tsp	Tamarind chutney	1 tsp
Finely chopped coriander	1 tsp	Crushed peanuts	As required
Besan batter	2 tsp	Pomegranate seeds	As required
Salt	1 cup	Sev	As required
Lemon juice	To taste	Chopped coriander	As required
Red chilli powder	1 tsp		

Method

- In a pan, add oil, butter, boiled and mashed sweet potato, cumin powder, dabeli masala powder, chopped black raisins, finely chopped coriander, salt, lemon juice and red chilli powder and mix .
- Add the dabeli filling, crushed peanuts and pomegranate seeds on the base of the bread bun and cover it with the top half of the bun. Roll in a besan pakora batter.
- Add sev on a plate and roll both the dabelis in it.
- Airfry the bread pakoras at 170° celsius for 12 mins in a preheated Airfryer.
- Slit the dabeli from the middle and add tamarind chutney, crushed peanuts, pomegranate seeds, sev and chopped coriander.



Thai Corn Pakoras

Corn is rich in vitamin B constituents, especially Thiamin which is essential for maintaining nerve health and cognitive function

15
mins

Preparation

10
mins

Cooking

2

Serves

Ingredients

Fresh corn	2 nos
Salt	To taste
Thai curry paste	1 & 1/2 tsp
Finely chopped basil leaves	1 tsp
Finely chopped (kaffir) lime leaves	1 tsp
Refined flour	1/2 cup
Baking powder	1 tsp

Garnish

Cucumber	1/2 no.
Mint sauce	2 tsp

Method

- In a bowl, cut the seeds of the fresh corn and add salt, thai curry paste, finely chopped basil leaves, finely chopped lime leaves, water, refined flour and baking powder and mix.
- Give shape to this mixture and pan sear from one side.
- Put the pan seared pakora in an Airfryer preheated at 180° celsius for 5 minutes and airfry at the same temperature for 10 minutes .
- Serve hot with mint sauce



White Chocolate Brownie

White chocolate contains milk protein that reduces ageing



Preparation



Cooking



Serves

Ingredients

Unsalted butter, room temperature	1/2 cup
White chocolate chips	220 g
White chocolate	1 cup
Room temperature large egg	1 no.
Sweetened condensed milk	1 can
Vanilla extract	1 tbsps
Salt	1 tsp
All-purpose flour	1 & 1/2 cups
Blanched almonds	1/2 cup
Icing sugar	For topping

Method

- Preheat Airfryer at 180° Celsius for 5 minutes. Line a 4"x4" dish with parchment paper (butter paper) and set aside.
- Put mixing bowl on double boiler, combine butter and white chocolate chips and stir the mixture using wooden spatula until it completely melts.
- Slowly add egg, sweetened condensed milk, vanilla extract, and salt, stirring to combine. Fold in flour, stirring until just combined.
- Pour mixture into prepared pan and put in pre heated Airfryer (at 170° celsius for 5 minutes) and airfry it for 9 minutes. It should be puffed up in the middle. This will sink back down when you remove it from the heat.
- Remove from Airfryer allow cooling in pan for 10 minutes, and then transfer the brownies out of the pan and onto a cooling rack.
- Allow to cool completely before serving.
- Dust icing sugar on top and sprinkle with some chopped almonds.



Zesty Fried Modak

Coconut improves digestion because of its strong antioxidant pro

30
mins

Preparation

15
mins

Cooking

4

Serves

Ingredients

Filling

Shredded coconut	1 cup
Grated jaggery	1/2 cup
Cardamom powder	1/4 tsp
Zest of 1 orange	

Rice covering

Flour	1/2 cup
Semolina	1/4 cup
Salt	A pinch
Oil	1 tbsp
Milk	3-4 tbsp
Oil	For brushing

Method

- Heat the jaggery, coconut and cardamom powder in a pan on medium heat. The jaggery will melt and then continue cooking till it dries out a bit.
- Then add the orange zest and mix well. Set aside.
- In a mixing bowl, combine the flour, semolina and salt.
- Add the oil and mix well.
- Start pouring the milk and knead the mixture into a tight but smooth dough. Cover it with a kitchen towel and set aside to rest for 10-15 minutes.
- Knead the dough again and divide into 10 equal portions.
- Take one portion, roll into a smooth ball and flatten it between your palms.
- Roll it out into a thin circle and place a little of the filling in the centre.
- Brush the edges with some water and milk to moisten it.
- Pinch the edges together to form the modak.
- Pre-heat the Philips Airfryer to 180° Celsius.
- Then cook the modaks till golden brown and crispy.



Photographs by : Mrigank Sharma
Food Styling by : Rushina Munshaw Ghildiyal, APB Cook Studio
Recipes by : Chef Ranveer Brar

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