

148X210mm

récolte®

# Air Oven

28 Recipes >>>

This book is filled with delicious  
and accessible recipes.



Crispy, crispy, juicy.....

Freshly cooked hot fried food is a popular menu on the table. However, when considering health, it is calories that I am worried about taking too much.

With the 「**Air Oven**」, you can easily make crispy and healthy "non-fried foods" with almost no oil.

From calorie-free recipes that don't feel guilty to eating to oven-cooked dishes that save time, we have collected carefully selected recipes for using the 「**Air Oven**」.





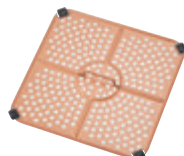
## Set content



Main part



Basket



Inner net

## HOW TO USE



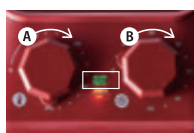
### STEP 1

Put the inner net in the basket, set it on the main part.



### STEP 2

When you plug the power plug into the outlet, the orange energizing lamp lights up and energizes.



### STEP 3

**A** When temperature adjustment dial and, **B** Timer dial are turned, the green heating lamp lights up and preheating starts.



### STEP 4

Preheating is complete when the green heating lamp goes out.



### STEP 5

Take out the basket and line up the ingredients.

※ Be careful not to get burned as it is very hot.



### STEP 6

Return the basket.



### STEP 7

**B** Set the timer dial to the cooking time, start heating.



### STEP 8

When you hear the end sound, hold the main part firmly, hold the handle firmly, and pull out the basket.



### STEP 9

Take out the ingredients and complete.

※ The bottom of the basket is very hot, so please place it on a pot mat or napkin.

### Precautions for use :

- The [main body], [basket], and [inner net] get very hot. Be careful not to get burned when putting in or taking out ingredients.
- When using the baking mould, make sure that you can set it while avoiding the handle part of [Inner net] of [Basket].
- Do not expose the [basket] or [inner net] to a heat source other than the product itself, such as an open flame or IH. The coating may be damaged or deformed, making it unusable.

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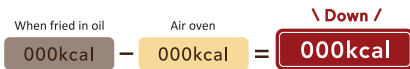
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Oven recipe

## Oven

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### About the icon in the recipe



We compare the calories when fried in oil and when using an air oven, and calculate the calories by the amount of the finished product.



Left / Temperature setting guide of temperature adjustment dial  
Right / Setting time guide of timer dial (preheating time not included)

### (Rules for this recipe)

◆ The menu introduced in this recipe book describes the ingredients and cooking methods to be made in the Recolte Air Oven. ◆ Before you start cooking, be sure to read the instruction manual that comes with the product for details on how to use the Recolte Air Oven and precautions. ◆ There are some differences depending on the condition and type of ingredients, so please adjust the amount of recipe and the amount of heating time while watching the situation. ◆ Be sure to preheat before starting cooking. ◆ In the recipe, the oil used when you want to make it more crispy and fragrant is salad oil. I use an oil spray bottle to spray a few pushes (salad oil, olive oil, and sesame oil all have the same calories. Use your favourite oil). ◆ After cooking, the potato starch and cake flour you are using may remain white, but this is not a problem because it is heated. ◆ For "toppings", add or add your favourite amount to the finish of the dish. ◆ [MEMO] is a compilation of the advice of Jun Eda, who supervised this recipe. ◆ Winner's Co.,Ltd owns all copyrights for this recipe. ◆ Unauthorized copying or reprinting of all articles such as recipes and photos posted is prohibited.

It's not fried,  
so it's healthy.

## Calorie Off



### Soft juicy fried chicken

The popular fried chicken is also plump and juicy, so it's perfect for the protagonist of a bento.

$$\begin{array}{r} \text{When fried in oil} \\ 840\text{kcal} \end{array} - \begin{array}{r} \text{Air oven} \\ 801\text{kcal} \end{array} = \begin{array}{r} \text{Down /} \\ 39\text{kcal} \end{array}$$

🌡️ 190°C ⌚ 15min

#### (Ingredients for about 2 people)

Chicken thigh	-----	1 sheet (300 g)		
Salted jiuqu	-----	1 tbsp		
A	[	Ginger (grated)	-----	1 tsp
		Soy sauce	-----	2 tbsp
		Sake	-----	1 tbsp
Potato starch	-----	3 tbsp		

#### (How to make)

- ① Cut chicken into bite-sized pieces, rub salted jiuqu well on the surface, put A in a storage bag, and soak for 20 minutes or more. (If you have time, soak it in the refrigerator overnight to make it even more delicious)
- ② Drain the juice from ① and sprinkle with potato starch.
- ③ Place ② in the [basket] of the air oven preheated to 190 degrees and heat for about 15 minutes.



# Millefeuille pork cutlet

Even if you don't use oil, the fat from the pork ribs makes the scent of crispy perilla leaves go well with the overflowing cheese◎

## (Ingredients for about 2 people/4 pieces)

Pork ribs (thin slices) ----- 8 pieces  
Sliced cheese ----- 1 sheet  
Perilla ----- 4 sheets  
Salt, black pepper ----- A little  
Cake flour ----- 1 tbsp  
Beaten egg ----- 1/2 pieces  
Bread crumbs ----- 6 tbsp

## (How to make)

- 1 Cut sliced cheese into 4 equal parts. Cut the perilla in half vertically.
- 2 Arrange two pieces of pork vertically so that they overlap slightly, and sprinkle salt and black pepper on the surface. Put sliced cheese and one large leaf on it, and fold it from the front to the back. Make 4 in the same way.
- 3 Put the batter on ② in the order of flour, beaten egg, and bread crumbs.
- 4 Place ③ in the [basket] of the air oven preheated to 180 degrees and heat for about 10 minutes. Turn it over and heat it for another 5 minutes.

When fried in oil

1344kcal

Air oven

990kcal

\ Down /

354kcal



180°C



10min+5min



## MEMO

If you want to give it a crispy texture and aroma, it is recommended to use an oil spray container for cooking and spray it with salad oil or olive oil.



## Edamame and seafood croquette

When fried in oil **724kcal** - Air oven **437kcal** = **287kcal** \ Down /

**180°C** **5min+5min**

The croquette that can be baked is non-fried and has a light sauce. Even sweet chili sauce is delicious

### (Ingredients for about 2 people/4 pieces)

- Potatoes ----- 200 g
- Seafood mix (frozen) ----- 100 g
- \* Shrimp, squid, clams, etc. as you like
- Edamame (peeled and frozen) ----- 50 g
- Salt, black pepper ----- each 1/4 tsp
- Cake flour ----- 1 tbsp
- Beaten egg ----- 1/2 piece
- Bread crumbs ----- 6 tbsp
- Salad oil (oil spray) ----- appropriate amount

### [Topping]

Sweet chili sauce

### (How to make)

- ① Boil the potatoes with the skin for about 10 minutes. Peel and crush with a spatula while hot. Thaw the seafood mix and stir with a food processor.
- ② ①, mix edamame, salt and black pepper together. Divide into 4 equal parts and shape each into oval shapes.
- ③ Put batter on ② in the order of cake flour, beaten egg, and bread crumbs.
- ④ Place ③ in the [basket] of the air oven preheated to 180 degrees, spray the whole with salad oil with an oil spray, and heat for about 5 minutes. Turn it over and heat it for another 5 minutes.

### MEMO

You can stir the seafood as you like. You can enjoy the texture of the ingredients by using coarse minced meat. If you make it into a surimi, it will look like a cream croquette.



# Beef Picata (herb cutlet)

The cheese mixed in the batter is fragrant  
Cutlets made by stacking thinly sliced meat

When fried in oil

2027kcal

Air oven

1117kcal

\ Down /

910kcal



190°C



15 min

## (Ingredients for about 2 people/4 pieces)

Sliced beef	200 g	
Salt, black pepper	A little	
Cake flour	2 tbsp	
Beaten egg	1 piece	
A	Bread crumbs	6 tbsp
	Grated cheese	2 tsp
	Parsley (powder)	1/2 tsp

Salad oil (oil spray) --- appropriate amount

B	Cherry tomatoes (cut into pieces)	-- 6 pieces
	Purple onion (chopped)	----- 1/8 pieces
	Ketchup	----- 2 tbsp
	Tabasco	----- 1/2 tsp

## (How to make)

- 1 Spread the beef on top of each other and sprinkle with salt and black pepper. Cut into 4 equal parts and shape.
- 2 Put the batter on ① in the order of cake flour, beaten egg, and mixed A.
- 3 Place ② in the [basket] of an air oven preheated to 190 degrees, spray salad oil with an oil spray, and heat for about 15 minutes. (Oil spray can be omitted if you like). Serve on a plate and serve with mixed B.





## Crispy fried chicken

By using corn flakes for the batter, you can enjoy a crispy, crispy texture and aroma.

When fried in oil

1389kcal

Air oven

550kcal

Down /

838kcal

🌡️ 180°C ⌚ 15min

### (Ingredients for about 2 people)

Chicken fillet ----- 3 pieces

A { Garlic (grated) ----- 1 tsp  
Soy sauce ----- 1 tbsp  
Sake ----- 1 tbsp  
Sugar ----- 2 tsp  
Sesame oil ----- 2 tsp

Cake flour ----- 1 tbsp

Beaten egg ----- 1/2 pieces

Corn flakes ----- 40 g

\* Put it in a plastic bag and crush it roughly with a cotton bud.

Salad oil (oil spray) ----- appropriate amount

### (How to make)

- 1 Cut the fillet in half lengthwise, combine with A in a bowl, and soak in the refrigerator for at least 20 minutes.
- 2 Drain the juice from ① and batter the cake flour, beaten egg, and corn flakes in that order.
- 3 Place ② in the [basket] of an air oven preheated to 180 degrees, spray the whole salad oil with an oil spray, and heat for about 15 minutes.





## French fries

French fries with fresh sesame oil flavour

### (Ingredients for about 2 people)

Potatoes	2 pieces 200 g
Cake flour	2 tsp
Salt, black pepper	1/4 tsp each
Sesame oil	2 tsp

### (How to make)

- 1 Peel the potatoes and cut them into 8 equal pieces. Fill a bowl with water, soak for about a minute, and wipe off the water with a paper towel.
- 2 Sprinkle cake flour, salt and black pepper on ①, sprinkle with sesame oil and let it blend into the whole.
- 3 Place ② in the [basket] of an air oven preheated to 200 degrees, heat for about 15 minutes.

When fried in oil

274kcal

Air oven

266kcal

\ Down /

8kcal

🌡️ 200°C ⌚ 15 min

## Frozen potatoes ver

Commercially available frozen potatoes do not use oil and are ok. The finish is refreshing.

### (Ingredients Easy to make)

Frozen potatoes	200 g
-----------------	-------

### (How to make)

- 1 Place in the [basket] of an air oven preheated to 200 degrees, heat for about 15 minutes.



When fried in oil

566kcal

Air oven

474kcal

\ Down /

92kcal



## Shrimp Mayo

The sweet mayonnaise sauce is accented with oregano.

When fried in oil 520kcal - Air oven 376kcal = **144kcal** \ Down /

🌡️ 180°C ⌚ 10min

### (Ingredients for about 2 people)

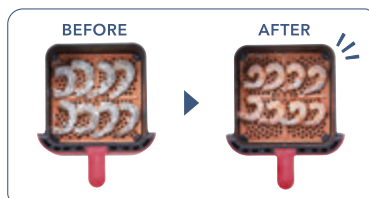
Shrimp (without shell, with tail) -----	8 pieces	
Salt, black pepper -----	1/4 tsp each	
Garlic (grated) -----	1 tsp	
Potato starch -----	1 tbsp	
A {	Mayonnaise -----	2 tbsp
	Ketchup -----	1 tbsp
	Milk -----	1/2 tbsp
	Honey -----	1/2 tsp
	Soy sauce -----	A little

### 【Topping】

Oregano (powder)

### (How to make)

- ① For shrimp, make a cut in the back with a kitchen knife and remove the back.
- ② Soak salt, black pepper and garlic in ① and sprinkle with potato starch.
- ③ Place ② in the [basket] of the air oven preheated to 180 degrees, and heat for about 10 minutes.
- ④ Put A in a bowl and mix, mix with ③.



# Chicken nanban

The chicken is coated with eggs and the sweet and sour sauce is tightly entwined.

When fried in oil	–	Air oven	=	Down / <b>266kcal</b>
1406kcal		1140kcal		

🌡️ 180°C ⌚ 20min

## (Ingredients for about 2 people)

- Chicken thigh ----- 1 big piece (300g)
  - Salt, black pepper ----- A little
  - Cake flour ----- 1 tbsp
  - Beaten egg ----- 1 piece
- |   |   |                          |
|---|---|--------------------------|
| A | { | Sake ----- 2 tbsp        |
|   |   | Soy sauce ----- 2 tbsp   |
|   |   | Vinegar ----- 2 tbsp     |
|   |   | Honey ----- 1 tbsp       |
| B | { | Boiled egg ----- 1 piece |
|   |   | Mayonnaise ----- 2 tbsp  |

## 【Topping】

Parsley

## (How to make)

- ① Remove excess fat from chicken, make a 3 mm wide cut on the back so that the fibers are cut off, and rub in salt and black pepper.
- ② Sprinkle cake flour on the surface of ① and entangle the beaten egg.
- ③ Place ② in the [basket] of the air oven preheated to 180 degrees, and heat for about 20 minutes.
- ④ Put A in a small pot, let it boil for a while, and entangle with ③. Soak for about 3 minutes.
- ⑤ Put B in a bowl and mix with a fork until it becomes fine. Place it on ④ on a plate.





# Fried tofu-Yuzu bean paste

Healthy fried tofu served with yuzu pepper scented bean paste.

When fried in oil 565kcal — Air oven 361kcal = **204kcal** \ Down /

🌡️ 200°C ⌚ 10min

## (Ingredients for about 2 people)

Cotton tofu ----- 1 piece (200 g)  
Potato starch ----- 2 tbsp

A [ Japanese style dashi ----- 150 ml  
Yuzu pepper ----- 1/2 tsp

Water-soluble potato starch --- appropriate amount

(Water 2 tsp : potato starch 2 tbsp)

## 【Topping】

Mitsuba

## (How to make)

- 1 Wrap the cotton tofu in a double-layered paper towel and drain it for about 20 minutes, cut into 6 equal parts.
- 2 Sprinkle a thin layer of potato starch on the entire surface of ①.
- 3 Place ② in the [basket] of the air oven preheated to 200 degrees, and heat for about 10 minutes.
- 4 Put A in a pan and let it boil for a while, add water-soluble potato starch, warm it for about 1 minute until it becomes thick, and sprinkle it on ③ on a plate just before eating.

# Black vinegar sweet and sour pork

Crispy vegetables and juicy pork that look like fried Entangled with red bean paste with black vinegar.

When fried in oil 1435kcal — Air oven 1260kcal = **175kcal** \ Down /

Vegetables 🌡️ 180°C ⌚ 10min  
Pork 🌡️ 200°C ⌚ 10min

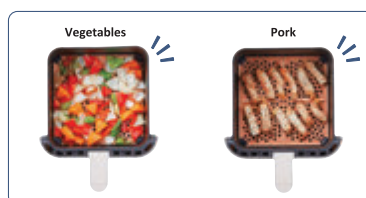
## (Ingredients for about 2 people)

Pork loin (for pork cutlet) ----- 2 pieces (200 g)  
Salt, black pepper ----- A little  
Potato starch ----- 2 tsp  
Red paprika ----- 1/2 pieces (70 g)  
Onion ----- 1/2 pieces (100 g)  
Green pepper ----- 1 piece (30 g)  
Carrot ----- 1/2 pieces (50 g)  
Olive oil ----- 1 tbsp

A [ Black vinegar ----- 4 tbsp  
Sake ----- 2 tbsp  
Soy sauce ----- 1 tbsp  
Sugar ----- 1 tbsp  
Potato starch ----- 1 and 1/2 tsp

## (How to make)

- 1 Cut the pork into bite-sized pieces, soak in salt and black pepper, sprinkle a thin layer of potato starch. Cut the vegetables into small pieces, put them in a bowl and mix with olive oil.
- 2 Place the vegetables from ① in the [basket] of the air oven preheated to 180 degrees and heat for about 10 minutes.
- 3 Place the pork from ① in the [basket] of the air oven preheated to 200 degrees and heat it for about 10 minutes.
- 4 Put A in a frying pan and heat it over low heat. When it comes to a boil, add ② and ③ and then mix.







## Fried eggplant Chinese style

Even without frying in oil eggplant is fluffy.

A refreshing marinade soaked in the richness of oyster sauce.



### (Ingredients for about 2 people)

Eggplant -----	2 pieces (200 g)
Oyster sauce -----	1 tbsp
Sesame oil -----	1 tbsp
Potato starch -----	2 tsp
Ponzu sauce -----	2 tbsp

### 【Topping】

Small onion (cut into small pieces)

### (How to make)

- ① Cut the eggplant into small pieces, mix with oyster sauce and sesame oil, and sprinkle with potato starch.
- ② Place ① in the [basket] of the air oven preheated to 200 degrees and heat for about 10 minutes.
- ③ Put ② and ponzu in a bowl and mix.

## Green onion deep fried chicken

Simply add potato starch and bake the chicken, and the skin is crispy!

Sprinkle with Chinese sauce with plenty of green onions.



### (Ingredients for about 2 people)

Chicken thigh -----	1 large piece (300 g)
Salt, black pepper -----	A little
Potato starch -----	1 tbsp

A	Green onion (chopped) -----	1/2 piece
	Ginger (grated) -----	1 tsp
	Soy sauce -----	1 tbsp
	Chicken stock powder (granule) ---	1 tsp
	Vinegar -----	1 tbsp
	Sugar -----	2 tsp
Sesame oil -----	2 tsp	

### (How to make)

- ① Remove excess fat from chicken, make a 3 mm wide cut on the back so that the fibers are cut off, and rub in salt and black pepper.
- ② Sprinkle potato starch on ①.
- ③ Place ② in the [basket] of the air oven preheated to 180 degrees and heat for about 20 minutes.  
Serve on a plate and sprinkle with mixed A just before eating.



## Nagoya-style deep-fried chicken wings

Sweet and spicy chicken wings with garlic punch  
Excellent compatibility with beer

When fried in oil 539kcal - Air oven 525kcal = **Down / 14kcal**

🌡️ 200°C ⌚ 20min

### (Ingredients for about 2 people/8 pieces)

Wings middle ----- 8 pieces  
Salt, black pepper ----- each a little  
Potato starch ----- 2 tsp  
A { Garlic (grated) ----- 1 tsp  
Soy sauce ----- 2 tbsp  
Sake ----- 1 tbsp  
Sweet sake ----- 1 tbsp  
Honey ----- 1 tbsp  
Sesame seeds (white) ----- 1 tsp

### (How to make)

- ① Knead the wings middle with salt and black pepper and sprinkle with potato starch.
- ② Put A in a pan and simmer over medium heat.
- ③ Place ① in the [basket] of the air oven preheated to 200 degrees and heat for about 20 minutes.
- ④ Add ③ to ②. Serves on a plate and sprinkle with sesame seeds.

# Deep-fried mackerel lemon Tatsuta

Deep-fried mackerel Tatsuta with delicious crispy skin  
Lemon and ginger have a refreshing scent.

When fried in oil

831kcal

Air oven

697kcal

\ Down /

134kcal



200°C



10min

## (Ingredients for about 2 people)

Mackerel (cut into three pieces)

----- half body (200 g)

A	Lemon juice ----- 2 tsp
	Ginger (grated) ----- 1 tsp
	Sake ----- 1 tbsp
	Soy sauce ----- 2 tsp
	Sweet sake ----- 1 tsp

Potato starch ----- 4 tbsp

Salad oil (oil spray) ----- appropriate amount

## (How to make)

- ① Cut the mackerel into 4 equal parts. Sprinkle a little salt (outside the amount), when it gets wet, wipe it off with a paper towel.
- ② Put ① and A in the bowl and soak for about 20 minutes.
- ③ Drain the juice from ② and sprinkle with potato starch.
- ④ Place ③ in the [basket] of the air oven preheated to 200 degrees, spray the surface with salad oil with an oil spray, heat for about 10 minutes.



Easy and easy to make

## Useful



## Vegetable chips and millet rice salad

🔥 170°C ⌚ 10min

Vegetable chips that are tightly condensed with the taste of the ingredients are gorgeous when topped with salad.

### (Ingredients for about 2 people)

#### 【Vegetable chips】

Lotus root (thin slice) ----- 3 pieces  
Pumpkin (thin slice) ----- 3 pieces  
Sweet potato (thin slice) ----- 3 pieces  
Salad Oil (Oil spray) ----- appropriate amount

#### 【Salad ingredients】

Mizuna (cut into 2 cm width) ----- 1/2 bundle  
Sunny lettuce (tear by hand) ----- 1 leaf  
Watercress (cut into 2 cm width) --- 1 bundle  
Multigrain rice ----- 30 g

※ Couscous etc. is OK

#### 【Dressing】

Sesame seeds (white) ----- 1 tsp  
Ponzu sauce ----- 2 tbsp  
Yuzu pepper ----- 1/4 tsp  
Sesame oil ----- 1/2 tsp



▶ See page 29 for fruity sparerib recipes

#### (How to make)

- ① Cut the root vegetables of vegetable chips into thin slices with a width of 3 mm.
- ② Place ① in the [basket] of an air oven preheated to 170 degrees, spray salad oil on the surface with an oil spray, and heat for about 10 minutes.
- ③ Boil water in a small pot and boil millet rice for about 10 minutes. Give it to a colander and drain it.
- ④ Put all ingredients in a bowl and stack.





## Grilled white fish with sesame miso

🌡️ 200°C ⌚ 10min

The air oven makes it easy to clean up, so grilled fish is also easy  
Light cod is pickled in sesame miso for grill.

### (Ingredients for about 2 people)

Cod (fillet) ----- 2 slices (160 g)

A	Miso ----- 3 tbsp
	Sesame seeds (white) ----- 1 tbsp
	Sake ----- 1 tbsp
	Sweet sake ----- 1/2 tbsp

### 【Dressing】

Japanese ginger (cut into small pieces)

### (How to make)

- ① Sprinkle a little salt (outside the amount) on the cod and wipe it off with a paper towel when it gets wet.
- ② Mix A and apply thinly on one side of the cod. Let it soak in the refrigerator for about an hour.
- ③ Place ② in the [basket] of the air oven preheated to 200 degrees, arrange ② so that the side coated with A is on top, and heat for about 10 minutes.



## Salad chicken and natto seaweed cheese spring rolls

🌡️ 190°C ⌚ 10min

Easy to use without a kitchen knife ©  
Crispy spring rolls perfect for snacks

### (Ingredients for about 2 people/6 pieces)

Spring roll skin (20x20 cm) ----- 6 sheets  
Salad chicken (commercially available) ----- 100 g  
Natto ----- 1 pack  
Cheese for pizza ----- 20 g  
Korean seaweed ----- 6 sheets  
Salad Oil (Oil spray) ----- appropriate amount

### (How to make)

- ① Salad chicken squeeze by hand.
- ② Put ①, natto (with the attached sauce) and cheese in a bowl, mix and divide into 6 equal parts.
- ③ For the spring roll skin, place the corners on the lower side, put Korean seaweed and 1/6 of the ingredients of ②, fold the skin from the front so as to wrap the ingredients, and then fold both ends. Roll it around from the front, and at the end of the roll, firmly tighten the end with water-soluble cake flour (not included in the amount). Wrap 6 pieces in the same way.
- ④ Place ③ in the [basket] of an air oven preheated to 190 degrees, spray salad oil on the surface with an oil spray, and heat for about 10 minutes.

# Burdock frit

 200°C  10 min

The burdock frit with a strong garlic flavour is stick-shaped, so it will be appreciated by both snacks and sake snacks.

## (Ingredients for about 2 people)

Burdock ----- 1 (100 g)  
A { Garlic (grated) ----- 1/2 tsp  
Soy sauce ----- 2 tbsp  
Sake ----- 1 tbsp  
Sweet sake ----- 1 tbsp  
Potato starch ----- 2 tbsp  
Salad Oil (Oil spray) ----- appropriate amount

## (How to make)

- 1 Peel the burdock root and cut it into 4 equal parts with a length of 10 cm. Soak in vinegar for about 5 minutes to drain.
- 2 Put ① and A in a storage bag, remove the air, and soak in the refrigerator for 30 minutes or more.
- 3 Drain the water from ② and sprinkle with thin layer of potato starch.
- 4 Place them in a [basket] of an air oven preheated to 200 degrees, spray the whole with salad oil with an oil spray, and heat for about 10 minutes.

## MEMO

If you top it with mayonnaise and shichimi pepper, it's great as a snack!

# Sweet potato frit-soy sauce butter flavour

 200°C  15 min

I entwined soy sauce and butter while it was hot  
Sweet and spicy sweet potato frit.

## (Ingredients for about 2 people)

Sweet potato ----- 1/2 pieces (100 g)  
Cake flour ----- 2 tsp  
Soy sauce ----- 2 tsp  
Drawn butter ----- 5 g  
\* Put it in a heat-resistant container and wrap it softly, approximately 40 seconds in a 600W microwave oven.  
Salad Oil (Oil spray) ----- appropriate amount

## (How to make)

- 1 Leave the sweet potatoes with skin, cut them into 8 cm long 8 mm square sticks, and sprinkle them with thin layer of cake flour.
- 2 Mix soy sauce and butter in a bowl.
- 3 Place ① in the [basket] of the air oven preheated to 200 degrees, spray the whole with salad oil with an oil spray, and heat for about 15 minutes.
- 4 Put ③ in ② and add.







## Salmon herb meuniere

🌡️ 200°C 🕒 15min

It doesn't need to be turned inside out, so it doesn't collapse and has a beautiful finish.

Served with a refreshing fragrant dill butter.

### (Ingredients for about 2 people)

Salmon (fillet) ----- 2 slices  
 Salt, black pepper ----- each a little  
 Cake flour ----- 2 tsp  
 Lemon juice ----- 2 tsp

A { Butter (return to room temperature) ----- 10 g  
 Dill (leaf) ----- appropriate amount

### (How to make)

- ① Sprinkle a little salt (outside the amount) on the salmon, when it gets wet, wipe it off with a paper towel. Sprinkle with salt and black pepper and sprinkle with flour.
- ② Place ① in the [basket] of the air oven preheated to 200 degrees and heat for about 15 minutes.
- ③ Add lemon juice to ②, serve on a plate, and apply mixed A.

# Fruit chips

🌡️ 100°C ⌚ 60min

Healthy chips that let you enjoy the deliciousness of the fruit itself.  
Also for ice cream and cereal toppings.

## (Ingredients : Easy to make)

Apples ----- 1/2 small pieces  
Kiwi ----- 1/2 pieces  
Persimmon (without seeds) ---- 1/2 pieces

## (How to make)

- 1 Apple: Cut in half with the skin intact. Take the seeds and core and cut into 2 mm wide pieces.  
Kiwi: Peel and slice 2 mm wide.  
Persimmon: Peel, cut in half, and slice into thin slices with a width of 2 mm.
- 2 Put two paper towels on top of each other, hold both sides of the fruit, and wipe it off until it is dry.
- 3 In the [basket] of the air oven preheated to 100 degrees, arrange the fruits so that they do not overlap and heat for about 60 minutes.



\* The amount of fruit is an image

Convenient recipe



Leave the standard  
dishes to us

# Oven



## Roast beef-Japanese style tailoring

🌡️ 190°C ⌚ 10min

※加熱後5分ほど庫内で休ませる

Because it's baked tightly in a closed chamber.  
Complete juicy roast beef in a short time.

### (Ingredients for about 2 people)

Round steak meat ----- 300 g  
Salt ----- 1/2 tsp  
Black pepper ----- a little

A [ Ponzu sauce ----- 2 tbsp  
Wasabi ----- 1/4 tsp

### (How to make)

- 1 Bring the beef to room temperature and knead the salt and black pepper all over.
- 2 Put ① in the [basket] of the air oven preheated to 190 degrees and heat it for about 10 minutes.  
After heating, let it rest internally for about 5 minutes.  
Serve on a plate and sprinkle with mixed A just before eating.



## Fruity spareribs

🌡️ 180°C 🕒 20min

After soaking in the seasoning, leave the rest to the air oven  
Marmalade adds sweetness and sourness to the taste.

### (Ingredients for about 2 people)

Meat with pork bones ----- 400 g

A	{	Garlic (grated) ----- 1 tsp
		Ketchup ----- 3 tbsp
		Marmalade ----- 2 tbsp
		Soy sauce ----- 1 tbsp

### (How to make)

- ① Put pork and A in a storage bag and rub it in. Soak in the refrigerator overnight (6 hours or more).
- ② Return ① to room temperature, place in a [basket] of an air oven preheated to 180 degrees, and heat for about 20 minutes.

# Taiwanese style char siu

🌡️ 180°C ⌚ 25 min

The roasted char siu is an authentic pork with an star anise scent.

## (Ingredients for about 2 people)

Pork chunks -----	300 g
A	
Ginger (thin slices) -----	2 pieces
Star anise -----	2 pieces
Sake -----	2 tbsp
Soy sauce -----	2 tbsp
Oyster sauce -----	1 tbsp
Sugar -----	1 tbsp

## (How to make)

- 1 Put pork and A in a storage bag and rub it in. Soak in the refrigerator overnight (6 hours or more).
- 2 Return ① to room temperature, drain the juice and put it in the [basket] of the air oven preheated to 180 degrees and heat for about 25 minutes.





## Hamburger

🌡️ 200°C ⌚ 15min

The hamburger steak full of gravy hidden taste miso is the point.

### (Ingredients for about 2 people/2 pieces)

Chicken wings ----- 4 pieces

A { Minced beef and pork --- 400 g  
Onions (chopped) ----- 1/4 pieces (50 g)  
Miso ----- 2 tsp  
Beaten egg ----- 1/2 piece  
Pepper, nutmeg ----- each a little

Bread crumbs ----- 4 tbsp  
Milk ----- 2 tbsp  
Butter ----- 10 g

B { Ketchup ----- 2 tbsp  
Worcestershire sauce ----- 1 and 1/2 tbsp  
Sweet sake ----- 2 tsp

### (How to make)

- ① Add milk to the bread crumbs to make it moist. Mix with A in a bowl and knead until sticky. Put it together.
- ② Divide ① into two equal parts, catch the ball about 7 times with both hands so that you can bleed the air inside, and shape each into an oval shape.
- ③ Melt butter in a frying pan, add B and warm until thickened.
- ④ Place ② in the [basket] of the air oven preheated to 200 degrees and heat for about 15 minutes. Serve on a plate and sprinkle ③ just before eating.



# Kai Yang (Ethnic Chicken Wings)

🌡️ 180°C ⌚ 15min

The aftertaste of lemon is refreshing.  
Sweet and spicy Thai-style yakitori with nam pla and honey.

## (Ingredients for about 2 people/4 pieces)

Chicken wings ----- 4 pieces

A {  
Sweet chili sauce ----- 1 tbsp  
Nam pla ----- 1 tbsp  
Honey ----- 1 tbsp  
Lemon juice ----- 2 tsp

## (How to make)

- 1 Make a few holes on the surface of the chicken wings with a fork.  
Put A in the storage bag and squeeze it.  
(If you have time, soak it in the refrigerator overnight to make it even more delicious)
- 2 Place ① in the [basket] of the air oven preheated to 180 degrees and heat for about 15 minutes.



## 3 kinds of berry muffins

🌡️ 180°C ⌚ 15 min

Easy with hot cake mix! A perfect balance between the sweetness and sourness of berries and the sweetness of the dough.

**(Ingredients : 4 muffin cups with a diameter of about 6 cm)**

Frozen berries ----- 40 g

\* Raspberries, cranberries, blueberries, etc.

A { Milk ----- 2 tbsp  
Beaten egg ----- 1 piece  
Sugar ----- 1 tbsp

Pancake mix ----- 100 g

Drawn butter ----- 30 g

\* Put it in a heat-resistant container, wrap it softly, and approximately 1 minute in a 600W microwave.

**(How to make)**

- 1 Thaw frozen berries. Put A in a bowl and mix. Add the pancake mix slowly and mix, and when the lumps are gone, add butter and mix gently.
- 2 Pour 4 muffin cups evenly around the seven-tenths and put berries on them.
- 3 Place ② in the [basket] of the air oven preheated to 180 degrees and heat for about 15 minutes.



# Chocolate banana brownie

🌡️ 180°C ⌚ 15min

A slight banana scent.  
Moist and rich chocolate brownie.

## (Ingredients for 2 cocottes)

Chocolate bar -----	50 g	Sugar -----	2 tbsp
Banana -----	1 piece (70 g)	Egg -----	1
Butter -----	30 g	Cake flour -----	20 g

## (How to make)

- 1 Crush the chocolate roughly by hand. Cut the banana into slices.
- 2 Put chocolate and butter in a heat-resistant bowl and melt in a water bath.
- 3 Mix eggs and sugar in a bowl and add ② slowly. Sprinkle the cake flour little by little (useful with a tea strainer etc.) and mix. Add banana and mix.
- 4 Pour ③ evenly around the seven-tenths of the 2 cocotte.
- 5 Place ④ in the [basket] of the air oven preheated to 180 degrees and heat for about 15 minutes.

## MEMO

When choosing a baking mould, make sure that you can set it without hitting the handle of the [inner ne] in the [basket].



## Recipe supervision

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**Eda Jun**

**Cook**

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After working at the head office at Soup Stock Tokyo, became independent as a culinary researcher. Nicknamed "Pakuchi Boy", he is widely active in books and magazines. His books include "Become a habit! Pakuchi Recipe Book" (published by PARCO) and "Soup 150, the protagonist of plenty of vegetables" (Seibundo Shinkosha).

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# Air Oven

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### ■ Regarding this recipe

- \* The menu introduced in this recipe book describes the ingredients and cooking methods to be made in the Recolte air oven.
  - \* There are some differences depending on the condition and type of ingredients, so please adjust the amount of recipe and the amount of heating time while watching the situation.
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