



**MINI BOOK**  
*of*  
**RECIPES**



West Coast *Chef*



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# Foreword

When we first set out to create this cookbook, we wanted to accomplish two things:

Firstly, to include recipes that we love and that have been tested countlessly with friends and family.

Secondly, to keep the recipes simple so that our creations can be enjoyed by both beginner and advanced chefs alike.

The recipes you see in this book were inspired by some of our favorite restaurants on the Pacific coast of California. They are the perfect blend of both goals where you can experience an excellent tasting meal while respecting your busy schedule.

To us, food is an expression of love and we hope you enjoy the journey of cooking the flavors from our kitchen to yours.

West  Coast *Chef*





# Tips

1. These recipes require the air fryer to be preheated. To preheat, set the air fryer to the designated temperature and cook time. When you hear the air fryer beep, the preheating process has finished. Press the start/pause button before removing the basket. Once the basket has been reinserted, press the start/pause button again to resume cooking.
2. Adding a small amount of oil to your food will make it crispier. Oil sprays are an excellent way to apply small amounts of oil evenly on your food.
3. Flipping or shaking your food halfway through cooking will help ensure your food is cooked and browned evenly.
4. Use a non-abrasive sponge when cleaning to help protect the non-stick coating on the baskets. The baskets are dishwasher safe. However, basket non-stick lifespan may be extended through hand washing.





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# Breakfast


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# French Toast Sticks

 Prep Time: 5 Minutes

 Cook Time: 10 Minutes



Yields

3

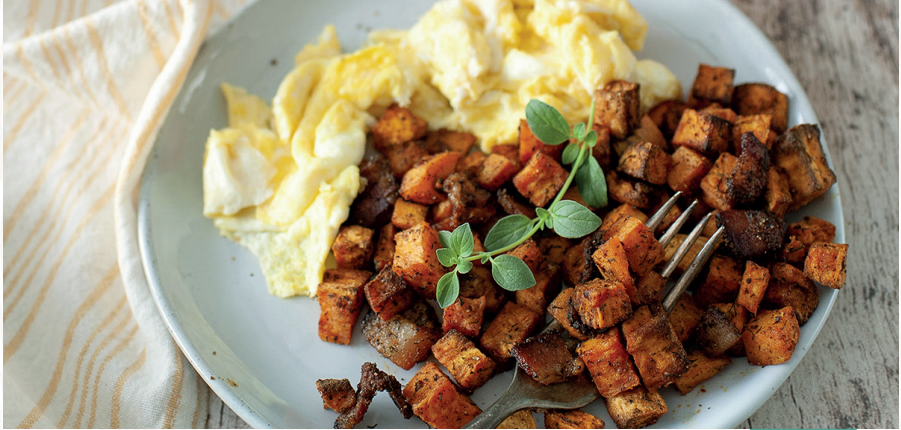
SERVINGS

## INGREDIENTS


- 4 slices of Brioche bread, 1½ inches thick
- 2 large eggs
- ¼ cup of milk
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- Cooking spray
- 3 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- Maple syrup, for serving
- Powdered sugar, for dusting


## PREPERATION

1. Cut each slice of bread into thirds, making 12 pieces. Set aside.
2. Whisk together the eggs, milk, maple syrup, and vanilla.
3. Set Air Fryer to 350°F | 175°C for 10 minutes to start the preheating cycle.
4. Dip the bread slices into the egg mixture, then place into the preheated Air Fryer. Spray the French Toast Sticks with cooking spray.
5. Cook for 10 minutes at 350°F | 175°C. Flip the sticks halfway through cooking.
6. Mix granulated sugar and cinnamon together in a bowl. Set aside.
7. Coat the French Toast Sticks in the cinnamon sugar mixture when cooking has completed.
8. Serve with maple syrup and dust with powdered sugar.



# Sweet Potato Hash

 Prep Time: 10 Minutes

 Cook Time: 15 Minutes



Yields

6

SERVINGS

## INGREDIENTS

- 2 large sweet potatoes, cut into small cubes
- 2 slices of bacon, cut into small pieces
- 2 tablespoons of olive oil
- 1 tablespoon smoked paprika
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried dill weed


## PREPERATION


1. Set Air Fryer to 400°F | 200°C for 15 minutes to start the preheating cycle.
2. Toss sweet potato, bacon, olive oil, paprika, salt, pepper, and dill in a large bowl.
3. Place mixture into the preheated Air Fryer.
4. Cook for 12 to 15 minutes at 400°F | 200°C. Shake basket after the first 10 minutes.





# Breakfast Sausages

 Prep Time: 10 Minutes

 Cook Time: 10 Minutes



Yields

4

SERVINGS

## INGREDIENTS

- ½ pound ground pork
- ½ pound ground turkey
- 1 teaspoon fennel seeds
- 1 teaspoon dry rubbed sage
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon sea salt
- ½ teaspoon dried thyme
- ½ tablespoon maple syrup (optional)

## PREPERATION

1. Mix together the pork and turkey in a large bowl.
2. In a small bowl, mix together the fennel, sage, garlic powder, paprika, salt, and maple syrup (if using).
3. Pour spices into the meat and continue to mix until thoroughly blended.
4. Set Air Fryer to 370°F | 190°C for 10 minutes to start the preheating cycle.
5. Spoon into balls (about 2-3 tablespoons) and flatten into patties.
6. Place patties into the preheated Air Fryer (may require multiple batches).
7. Cook for 10 minutes at 370°F | 190°C. Remove from the Air Fryer and repeat for the remaining sausage patties.







# Entrees





# Chicken Parmesan

 Prep Time: 10 Minutes

 Cook Time: 15 Minutes



Yields

2

SERVINGS

## INGREDIENTS


- 2 chicken breasts (1 pound), boneless, skinless
- ½ cup seasoned breadcrumbs
- ¼ cup grated parmesan cheese
- 1 tablespoon melted butter (or olive oil)
- ¼ cup mozzarella cheese
- Salt and pepper, to taste
- Marinara sauce, for serving
- Cooking spray


## PREPARATION

1. Mix breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl along with salt and pepper.
2. Pound chicken breasts until they have uniform thickness. Pat dry with paper towels.
3. Set Air Fryer to 360°F | 180°C for 15 minutes to start the preheating cycle.
4. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture, coating each breast evenly.
5. Spray the top of the chicken breasts and the inside of the preheated Air Fryer with cooking spray and place chicken breasts in the baskets.
6. Cook for 15 minutes at 360°F | 180°C. Flip breasts halfway through cooking.
7. When 2 minutes remain on the timer, spoon 1 tablespoon of marinara sauce over each piece of chicken and top with mozzarella cheese.
8. Continue cooking for the remainder of the timer.



# Garlic Herb Chicken

 Prep Time: 15 Minutes

 Cook Time: 40 Minutes



Yields

3

SERVINGS

## INGREDIENTS

- 3 lbs whole chicken with giblets and neck removed from cavity
- 4 garlic cloves, minced
- ½ head of garlic roughly peeled and cut in half horizontally through the middle crosswise
- ⅛ cup butter, melted
- 1½ tablespoon olive oil
- 1 lemon, halved
- 1 whole rosemary sprig
- 1 tablespoon parsley
- Salt and ground pepper, to taste
- ⅛ cup dry white wine (optional)


## PREPERATION


1. Remove any excess fat and leftover feathers from chicken. Pat dry with paper towels.
2. Pour the olive oil, melted butter, wine (if using), and the juice of half a lemon over the chicken and inside the cavity. Season chicken liberally on the outside and inside the cavity with salt and pepper. Sprinkle over with parsley.
3. Set Air Fryer to 400°F | 200°C for 40 minutes to start the preheating cycle.
4. Rub the minced garlic over the chicken, mixing all ingredients together over the chicken and under the skin.
5. Stuff the garlic head into the chicken cavity along with the rosemary sprigs and the squeezed lemon halve. Tie legs together with kitchen string.
6. Carefully place the whole chicken, breast-side down, into the preheated Air Fryer.
7. Roast for 40-50 minutes at 400°F | 200°C. Bast and flip half way through cooking time.
8. Remove from the Air Fryer, cover with foil and allow to stand for 10 minutes before serving.





# Cajun Shrimp

 Prep Time: 10 Minutes

 Cook Time: 20 Minutes



Yields

4

SERVINGS

## INGREDIENTS


- 1 tablespoon Cajun or Creole seasoning
- 1 pound cleaned and peeled extra jumbo shrimp
- 6 ounces turkey/chicken Andouille sausage or kielbasa
- 1 medium zucchini, sliced into ¼-inch thick half moons
- 1 medium yellow squash, sliced into ¼-inch thick half moons
- 1 large red bell pepper, seeded and cut into thin 1-inch pieces
- ¼ teaspoon Kosher salt
- 1½ tablespoons olive oil


## PREPERATION

1. In a large bowl, combine the Cajun seasoning and shrimp. Toss to coat.
2. Add the sausage, zucchini, squash, bell peppers, and salt and toss with the oil.
3. Set Air Fryer to 400°F | 200°C for 8 minutes to start the preheating cycle.
4. Transfer the shrimp and vegetables to the preheated Air Fryer basket.
5. Cook 8 minutes at 400°F | 200°C, shaking the basket 2 to 3 times during the cooking cycle.



# Teriyaki-Glazed Salmon

 Prep Time: 20 Minutes

 Cook Time: 8 Minutes



Yields

2

SERVINGS

## INGREDIENTS

- 2 salmon fillets (5 ounces each)
- ½ cup teriyaki sauce
- Olive oil
- Salt and ground pepper, to taste


## PREPARATION


1. Drizzle salmon with olive oil and season it with salt and black pepper.
2. Marinate salmon in teriyaki sauce for 20-30 minutes.
3. Set Air Fryer to 350°F | 175°C for 8 minutes to start the preheating cycle.
4. Place salmon into the preheated Air Fryer, skin-side down.
5. Cook for 8 minutes at 350°F | 175°C.
6. Remove the salmon from the Air Fryer when finished and let salmon rest for 5 minutes.





# Baja Ribeye

 Prep Time: 10 Minutes

 Cook Time: 6 Minutes



Yields

2

SERVINGS

## INGREDIENTS

- ¾ teaspoon Kosher salt
- ¾ teaspoon finely ground black pepper
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- ¾ teaspoon dried oregano
- A pinch of dried rosemary
- A pinch of cayenne pepper
- A pinch dried sage
- 1 ribeye (16 ounces), boneless
- 1 tablespoon olive oil


## PREPERATION


1. Set Air Fryer to 400°F | 200°C for 6 minutes to start the preheating cycle.
2. Mix together the seasonings and sprinkle over the steak evenly.
3. Drizzle olive oil onto the steak.
4. Place the stake into the preheated Air Fryer.
5. Cook for 6 minutes at 400°F | 200°C. Flip half way through cooking.
6. Remove the steak from the Air Fryer when done. Allow to rest for 10 minutes before slicing and serving.





# Crispy Tofu

 Prep Time: 15 Minutes

 Cook Time: 18 Minutes



Yields

2

SERVINGS

## INGREDIENTS

- 8 ounces firm tofu, cut into 1-inch cubes
- 2 tablespoons soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons sesame oil
- 3 tablespoons cornstarch

## PREPERATION

1. Toss the tofu, soy sauce, rice vinegar, and sesame oil together in a bowl. Allow to marinate for 10 minutes.
2. Set Air Fryer to 370°F | 190°C for 18 minutes to start the preheating cycle.
3. Drain the tofu of the marinade and then toss the tofu in cornstarch until evenly coated.
4. Place tofu into the preheated Air Fryer.
5. Cook for 18 minutes at 370°F | 190°C. Shake the basket halfway through cooking.






# Sides








# Jerk Chicken Wings

 Prep Time: 15 Minutes

 Cook Time: 30 Minutes



Yields

6

SERVINGS

## INGREDIENTS

4 pounds chicken wings  
2 tablespoons olive oil  
2 tablespoons soy sauce  
6 cloves garlic, finely chopped  
1 habanero pepper, seeds and ribs removed,  
finely chopped  
1 tablespoon allspice  
1 teaspoon cinnamon  
1 teaspoon cayenne pepper  
1 teaspoon white pepper  
1 teaspoon salt  
2 tablespoons brown sugar

1 tablespoon fresh thyme, finely chopped  
1 tablespoon fresh ginger, grated  
4 scallions, finely chopped  
5 tablespoons lime juice  
½ cup red wine vinegar


Blue cheese dipping sauce or  
ranch dressing, for serving


## PREPERATION

1. In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade. Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
2. Set Air Fryer to 390°F | 200°C for 16 minutes to start the preheating cycle.
3. Remove chicken wings from the bag and drain all liquid.
4. Pat wings completely dry with a paper towel.
5. Place half the wings into the preheated Air Fryer.
6. Cook each batch for 14-16 minutes at 390°F | 200°C.
7. Serve with blue cheese dipping sauce or ranch dressing.



# Stuffed Garlic Mushrooms

 Prep Time: 10 Minutes

 Cook Time: 10 Minutes



Yields

4

SERVINGS

## INGREDIENTS

- 12 button mushrooms
- 1 slice of white bread
- 1 garlic clove, crushed
- 1 tablespoon flat-leafed parsley, finely chopped
- Ground black pepper to taste
- 1 tablespoon olive oil

## PREPARATION

1. In a food processor, grind the slices of bread into fine crumbs. Mix in the garlic, parsley, and pepper to taste. When fully mixed, stir in the olive oil.
2. Preheat the Air Fryer to 390°F | 200°C for 10 minutes to start the preheating cycle.
3. Cut off the mushroom stalks and fill the caps with the breadcrumbs. Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan.
4. Place the mushroom caps into the preheated Air Fryer.
5. Cook for 10 minutes at 390°F | 200°C, until they are golden and crispy.




# Crispy Potato Skin Wedges




Yields

4

SERVINGS

 Prep Time: 40 Minutes

 Cook Time: 30 Minutes

## INGREDIENTS

- 6 medium russet potatoes
- 2 tablespoons canola oil
- 1 teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon salt


## PREPARATION


1. Scrub the potatoes under running water to clean.
2. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.
3. In a mixing bowl combine canola oil, paprika, salt and black pepper.
4. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
5. Set Air Fryer to 390°F | 200°C for 15 minutes to start the preheating cycle.
6. Place half of the potato wedges into the preheated Air Fryer and place skin side down, being careful not to overcrowd.
7. Cook each batch for 13-15 minutes at 390°F | 200°C, until golden, reddish brown.
8. Remove from the Air Fryer and repeat for the remaining wedges.





# Roasted Garlic Broccoli

 Prep Time: 3 Minutes

 Cook Time: 10 Minutes



Yields

3

SERVINGS

## INGREDIENTS

- 1 large head broccoli, cut into florets
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

## PREPERATION

1. Set Air Fryer to 300°F | 150°C for 10 minutes to start the preheating cycle.
2. Drizzle broccoli with olive oil and toss until evenly coated.
3. Toss broccoli with the seasonings.
4. Place broccoli into the preheated Air Fryer.
5. Cook for 10 minutes at 300°F | 150°C.






# Desserts








# Mini Apple Pies

 Prep Time: 15 Minutes

 Cook Time: 10 Minutes



Yields

10

SERVINGS

## INGREDIENTS


- 1 package refrigerated pie crusts (2 pie crusts, 14 ounces each)
- 1 can apple pie filling (21 ounces)
- 1 egg, beaten
- 2 tablespoons cinnamon sugar, or to taste
- Cooking spray


## PREPERATION

1. Place 1 pie crust onto a lightly floured surface and roll out the dough with a rolling pin.
2. Using a 2¼-inch round biscuit or cookie cutter, cut the pie crust into 10 circles.
3. Repeat with the second pie crust for a total of 20 pie crust circles.
4. Fill about ½ of each circle with apple pie filling. Place a second pie crust circle on top, making a mini pie.
5. Press down on the edges of the mini pies, crimping with a fork to seal.
6. Brush tops with beaten egg and sprinkle with cinnamon sugar.
7. Set Air Fryer to 360°F | 180°C for 7 minutes to start the preheating cycle.
8. Lightly spray the Air Fryer basket with cooking spray.
9. Place mini pies into the preheated Air Fryer, leaving space around each for air circulation.
10. Cook for 7 minutes at 360°F | 180°C for 5-7 minutes until golden brown. Remove from basket and repeat for remaining pies.



# Donut Sticks

 Prep Time: 15 Minutes

 Cook Time: 20 Minutes



Yields

8

SERVINGS

## INGREDIENTS

- 1 package refrigerated crescent dough (8 ounces)
- ¼ cup butter, melted
- ½ cup sugar
- 2 teaspoons ground cinnamon
- ½ cup of favorite dipping sauce (fruit jam, syrup, honey, melted chocolate, caramel sauce, or frosting)

## PREPARATION

1. Unroll crescent dough sheet. Pat dough out into an 8x12-inch rectangle.
2. Using a pizza cutter, cut dough in half lengthwise and then cut crosswise into ½-inch wide strips.
3. Set Air Fryer to 380°F | 195°C for 5 minutes to start the preheating cycle.
4. Dip sticks in butter.
5. Place donut sticks in a single layer into the preheated Air Fryer.
6. Cook for 4-5 minutes at 380°F | 195°C, or until well browned.
7. In a shallow bowl, stir together sugar and cinnamon.
8. Remove donut sticks from Air Fryer and roll in cinnamon sugar.
9. Repeat steps with remaining uncooked sticks.
10. Serve with dipping sauce.



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