

Frying with Hot Air

Instead of frying in oil, maybe an air fryer is for you! Reducing oil in foods is one way to make foods healthier. So how does a hot air fryer work?

Extremely hot air circulates around food with a fan. It creates a crispy surface layer and the inside stays moist. This is similar to convention oven cooking. Only a small amount of oil is brushed on the food surface to aid the crisping process. Cook in small batches for even and complete cooking.

When shopping for an air fryer, first consider your kitchen counters and storage space. Do you have room? If the appliance is not visible, it is less likely to be used. There is no oil to dispose of or lingering oily odors. But does the food taste the same with similar crunch? Maybe, maybe not. Just remember to consider making healthier meals for you and your family to reap the rewards.