

A LICENSE TO GRILL



Air Fryer Cooking Times

A quick reference cheat sheet to help you achieve success with your air fryer!

Air fryer recipes on the blog: alicensetogrill.com

time and temp may vary depending on air fryer

FROZEN

	TEMP (°F)	COOK TIME RANGE (MIN)	MIN	MAX
 Onion Rings 12 ounces Avg. Time: 7 min	370°F to 400°F	0 to 10		
 Mozzarella Sticks 12 ounces Avg. Time: 7 min	370°F to 400°F	0 to 10		
 Pot Stickers 10 ounces Avg. Time: 7 min	370°F to 400°F	0 to 10		
 Breaded Shrimp 12 ounces Avg. Time: 9 min	370°F to 400°F	0 to 10		
 Fish Sticks 10 ounces Avg. Time: 9 min	370°F to 400°F	0 to 10		
 Chicken Nuggets 12 ounces Avg. Time: 10 min	370°F to 400°F	0 to 10		
 Thin Fries 20 ounces Avg. Time: 14 min	370°F to 400°F	0 to 10		
 Fish Fillet 10 ounces Avg. Time: 14 min	370°F to 400°F	0 to 10		
 Chicken Wings Precooked, 6 ounces Avg. Time: 17 min	370°F to 400°F	0 to 10		
 Thick Fries 20 ounces Avg. Time: 17 min	370°F to 400°F	0 to 10		

Try This Recipe!

Air Fryer Cauliflower

Ingredients

- 1 medium head of cauliflower
- 2 tablespoons of olive oil
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon salt

Instructions

1. Cut the head of cauliflower into individual florets and place them in a bowl.
2. Toss with the olive oil to coat them, then sprinkle the seasoning, garlic powder, and salt and toss to coat.
3. Place the cauliflower florets in a single layer in the air fryer basket. You may need to cook separate batches.
4. Cook in the air fryer at 380°F for 12 to 18 minutes or until golden brown. Toss the cauliflower half way.



VEGGIES

	TEMP (°F)	COOK TIME RANGE (MIN)	MIN	MAX
 Mushrooms Sliced, 1/4-inch Avg. Time: 5 min	400°F	0 to 10		
 Broccoli Florets Avg. Time: 6 min	400°F	0 to 10		
 Asparagus Whole Avg. Time: 9 min	400°F	0 to 10		
 Green Beans Whole Avg. Time: 9 min	370°F	0 to 10		
 Corn on the Cob Whole Avg. Time: 10 min	390°F	0 to 10		
 Onions Pearl or Sliced 1-inch Avg. Time: 10 min	400°F	0 to 10		
 Tomatoes Halved Avg. Time: 10 min	350°F	0 to 10		
 Cauliflower Florets Avg. Time: 12 min	400°F	0 to 10		
 Kale Leaves Whole Avg. Time: 12 min	350°F	0 to 10		
 Potatoes Sliced, 1-inch Avg. Time: 12 min	400°F	0 to 10		
 Squash Chopped, 1/2-inch Avg. Time: 12 min	400°F	0 to 10		
 Zucchini Sliced, 1/2-inch Avg. Time: 12 min	400°F	0 to 10		
 Brussels Sprouts Halved Avg. Time: 15 min	380°F	0 to 10		
 Eggplant Chopped, 1-inch Avg. Time: 15 min	400°F	0 to 10		
 Fennel Quartered Avg. Time: 15 min	370°F	0 to 10		
 Parsnips Chopped, 1/2-inch Avg. Time: 15 min	380°F	0 to 10		
 Peppers Chopped, 1-inch Avg. Time: 15 min	400°F	0 to 10		
 Baby Potatoes Small, 1.5 pounds Avg. Time: 16 min	400°F	0 to 10		
 Cherry Tomatoes Whole Avg. Time: 20 min	340°F	0 to 10		
 Carrots Whole Avg. Time: 20 min	380°F	0 to 10		
 Sweet Potato Whole Avg. Time: 35 min	380°F	0 to 10		
 Beets Whole Avg. Time: 40 min	400°F	0 to 10		
 Potatoes Whole Avg. Time: 40 min	400°F	0 to 10		

PORK/LAMB		TEMP (°F)	COOK TIME RANGE (MIN)	MIN	MAX
	Bacon Regular cut Avg. Time: 8 min	400°F	0 10 20 30 40 50		
	Bacon Thick cut Avg. Time: 9 min	400°F	0 10 20 30 40 50		
	Lamb Loin Chop 1-inch thick Avg. Time: 10 min	400°F	0 10 20 30 40 50		
	Pork Chops Bone-in, 8 ounces Avg. Time: 11 min	400°F	0 10 20 30 40 50		
	Tenderloin 1 pound Avg. Time: 15 min	370°F	0 10 20 30 40 50		
	Sausages Whole, 12 ounces Avg. Time: 15 min	380°F	0 10 20 30 40 50		
	Rack of Lamb 2 pounds Avg. Time: 21 min	380°F	0 10 20 30 40 50		
	Pork Loin 1 pounds Avg. Time: 44 min	380°F	0 10 20 30 40 50		

BEEF		TEMP (°F)	COOK TIME RANGE (MIN)	MIN	MAX
	Meatballs 2-inch Avg. Time: 8 min	380°F	0 10 20 30 40 50		
	Flank Steak 1.5 pounds Avg. Time: 11 min	400°F	0 10 20 30 40 50		
	Ribeye Bone-in, 8 ounces Avg. Time: 11 min	400°F	0 10 20 30 40 50		
	Sirloin Steak 12 ounces Avg. Time: 11 min	400°F	0 10 20 30 40 50		
	Burger 4 ounces Avg. Time: 14 min	370°F	0 10 20 30 40 50		
	Filet Mignon 8 ounces Avg. Time: 16 min	400°F	0 10 20 30 40 50		
	London Broil 2 pounds Avg. Time: 18 min	400°F	0 10 20 30 40 50		
	Beef Eye Round 4 pounds Avg. Time: 45 min	380°F	0 10 20 30 40 50		

SEAFOOD		TEMP (°F)	COOK TIME RANGE (MIN)	MIN	MAX
	Calamari 8 ounces Avg. Time: 4 min	400°F	0 10 20		
	Shrimp Whole Avg. Time: 4 min	400°F	0 10 20		
	Lobster Tails Whole Avg. Time: 5 min	370°F	0 10 20		
	Scallops Whole Avg. Time: 6 min	400°F	0 10 20		
	Tuna Steak 2 inches thick Avg. Time: 6 min	400°F	0 10 20		

	Fish Fillet 8 ounces Avg. Time: 9 min	400°F	0 10 20		
	Swordfish Steak 2 inches thick Avg. Time: 9 min	400°F	0 10 20		
	Crab Cakes 1-2 inches thick Avg. Time: 9 min	400°F	0 10 20		
	Salmon Fillet 12 ounces Avg. Time: 10 min	380°F	0 10 20		

CHICKEN		TEMP (°F)	COOK TIME RANGE (MIN)	MIN	MAX
	Tenders Strips, 1-inch Avg. Time: 8 min	360°F	0 10 20 30 40 50		
	Breast Boneless, 4 ounces Avg. Time: 11 min	380°F	0 10 20 30 40 50		
	Wings 2 pounds Avg. Time: 13 min	400°F	0 10 20 30 40 50		
	Thighs Boneless, 1.5 pounds Avg. Time: 17 min	380°F	0 10 20 30 40 50		
	Drumsticks 2.5 pounds Avg. Time: 19 min	370°F	0 10 20 30 40 50		
	Thighs Bone-in, 2 pounds Avg. Time: 21 min	380°F	0 10 20 30 40 50		
	Breast Bone-in, 1.25 pounds Avg. Time: 24 min	370°F	0 10 20 30 40 50		
	Legs Bone-in, 1.75 pounds Avg. Time: 30 min	380°F	0 10 20 30 40 50		
	Cornish Hen Whole, 2 pounds Avg. Time: 32 min	370°F	0 10 20 30 40 50		
	Roast Chicken Whole, 4 pounds Avg. Time: 55 min	350°F	0 10 20 30 40 50 60		

Try This Recipe!

Air Fryer Buffalo Wings - From Frozen

Ingredients

- 1-1/2 pounds frozen chicken wings
- 1 tablespoon olive oil
- 1 tablespoon baking powder
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 cup buffalo sauce

Instructions

1. Spray the air fryer basket with non-stick spray or cooking oil.
2. Toss the frozen chicken wings with olive oil.
3. Combine the baking powder, onion powder, garlic powder, and salt.
4. Toss the chicken wings with the seasoning and place in basket
5. Set the air fryer to 360°F and cook for 10 minutes.
6. Open the air fryer and stir the chicken wings, separating any of them that were stuck together while they were frozen.
7. Increase the temperature to 400°F and cook for 15 to 20 minutes. Stir or shake the chicken wings every 5 to 6 minutes so they cook evenly.
8. Toss the chicken wings in the buffalo sauce.

