

 **Strongcore**
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MAX 8L AIR FRYER



30 Effortless Big Family Recipes

Welcome to Strongcore's Air Fryer Recipes



Congratulations on Your New
MAX 8L Air Fryer!

We're excited to get you started with
30 Effortless Big Family Recipes
crafted especially for your fryer.

Thanks to advanced 360° Hot Air Circulation technology, you'll enjoy healthier, crispier meals with little to no oil. Perfect for everyday cooking made simple.

Thank you for choosing Strongcore.
Here's to fresher, faster, and more flavourful meals ahead!

Happy Air Frying,
— **The Strongcore Team**



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APPETIZERS



FIG & PROSCIUTTO PIZZA



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
1 Pizza (10-inch) — 2–3 Persons



Nutritional Value
Calorie 360 kcal (Per serving)
Carbohydrates 32g
Proteins 17g
Fats 18g



Ingredients

Dough

2/3 Cup (160 ml) Warm Water
1 Teaspoon (4 g) Caster Sugar
1 Teaspoon (3 g) Instant Yeast
2 Cups (250 g) Bread Flour
1 Teaspoon (4 g) Fine Salt
1 Tablespoon (15 ml) Olive Oil

Toppings

3 Tablespoons (60 g) Fig Jam
4 oz (115 g) Fresh Mozzarella, Sliced/Shredded
2 oz (55 g) Prosciutto, Thin
1 Handful (15 g) Arugula
2–3 Teaspoons (10–15 ml) Balsamic Glaze

Directions

1. Prepare Dough: Mix warm water, sugar, and yeast; rest 5 minutes. Add flour and salt; knead 5–7 minutes. Knead in olive oil. Cover and proof for 60–90 minutes until doubled. Shape into a 25 cm round.
2. Preheat your MAX 8L Air Fryer using the Pizza preset (180°C, 15 minutes).
3. Assemble: Place dough base in basket. Spread fig jam, layer mozzarella, and prosciutto.
4. Cook: Air-fry for 10–15 minutes until the crust is golden and cheese bubbles. Check at 10 minutes.
5. Finish: Top with arugula and drizzle balsamic glaze. Slice and serve warm.



CHICKEN POT PIE



Preparation Time
25 Minutes



Cooking Time
15–20 Minutes



Servings
4 Persons (4 Mini Pies)



Nutritional Value
Calorie 420 kcal
Carbohydrates 34g
Proteins 21g
Fats 23g

Ingredients

Shortcrust Pastry

1¼ Cups (150 g) Plain Flour
1/2 Teaspoon (2 g) Fine Salt
6 Tablespoons (85 g) Cold Unsalted Butter, Cubed
2–3 Tablespoons (30–45 ml) Ice-Cold Water

Filling

1 Tablespoon (15 ml) Olive Oil
1 Cup (150 g) Cooked Chicken, Diced/Shredded
1 Cup (150 g) Frozen Mixed Vegetables
1/2 Cup (120 ml) Chicken Stock
1/4 Cup (60 ml) Milk
2 Tablespoons (16 g) Plain Flour
1/2 Teaspoon (1 g) Dried Thyme
1/2 Teaspoon (2 g) Fine Salt
1/4 Teaspoon (0.5 g) Black Pepper
1 Egg (50 g), Beaten (Egg Wash)

Directions

1. Make Pastry: Rub butter into flour and salt until crumbly. Add water gradually until dough forms. Wrap, chill for 30 minutes, then roll lids to fit ramekins.
2. Cook Filling: Sauté chicken and veg in olive oil for 3–5 minutes. Whisk stock, milk, flour, thyme, salt, and pepper; add to pan and simmer until thickened, about 3–5 minutes. Cool slightly.
3. Assemble: Divide filling among ramekins. Top with pastry, cut vents, and brush with egg wash.
4. Preheat your MAX 8L Air Fryer using the Cupcake preset (170°C, 25 minutes).
5. Cook: Air-fry for 15–20 minutes until pastry is golden and puffed. Tent with foil if browning too quickly. Rest 5 minutes before serving.

HAM & CHEESE PULL FOCACCIA



Preparation Time
15 Minutes



Cooking Time
8–12 Minutes



Servings
2–4 Persons



Nutritional Value
Calorie 390 kcal
Carbohydrates 42g
Proteins 19g
Fats 15g



Ingredients

Focaccia Dough

3/4 Cup (180 ml) Warm Water
1 Teaspoon (3 g) Instant Yeast
1 Teaspoon (4 g) Caster Sugar
2 Cups (250 g) Bread Flour
1 Teaspoon (4 g) Fine Salt
2 Tablespoons (30 ml) Olive Oil

Fill & Finish

4 oz (115 g) Ham, Diced
4 oz (115 g) Mozzarella, Shredded
2 oz (55 g) Cheddar, Shredded
2 Tablespoons (28 g) Melted Butter
1 Clove (3 g) Garlic, Minced
1/2 Teaspoon (1 g) Italian Herbs

Directions

1. Prepare Dough: Mix warm water, yeast, and sugar; rest 5 minutes. Add flour, salt, and olive oil. Knead 5–6 minutes. Cover and proof for 60–90 minutes until doubled.
2. Shape: Press dough into an oiled 18–20 cm round pan. Dimple surface with fingers, drizzle lightly with olive oil.
3. Fill: Slice focaccia horizontally or cut deep slits for pull-apart effect. Brush with melted butter, garlic, and herbs. Stuff with ham, mozzarella, and cheddar.
4. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
5. Cook: Air-fry 12–15 minutes until bread is golden and cheese is melted and bubbly.
6. Serve: Rest 5 minutes, then cut or pull apart while warm.



RUSTIC RATATOUILLE WITH HERB GARLIC OIL



Preparation Time
15 Minutes



Cooking Time
18–22 Minutes



Servings
6–8 Persons



Nutritional Value
Calorie 190 kcal (Per Serving)
Carbohydrates 23g
Proteins 4g
Fats 10g

Ingredients

Vegetables

1 Medium Eggplant (300 g), Diced
1 Medium Zucchini (200 g), Diced
1 Medium Yellow Squash (200 g), Diced
1 Red Bell Pepper (150 g), Diced
1 Green Bell Pepper (150 g), Diced
1 Onion (150 g), Diced
3 Ripe Tomatoes (300 g), Diced (or 1 Can 400 g Diced Tomatoes, Drained)
3 Cloves (9 g) Garlic, Minced
3 Tablespoons (45 ml) Olive Oil
1 Teaspoon (2 g) Dried Oregano
1/2 Teaspoon (1 g) Dried Thyme
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper

Finishing Oil

2 Tablespoons (30 ml) Olive Oil
1 Clove (3 g) Garlic, Minced
1 Teaspoon (2 g) Fresh Thyme or Rosemary, Chopped
1 Teaspoon (5 ml) Balsamic Vinegar

Garnish

2 Tablespoons (6 g) Fresh Basil or Parsley, Chopped

Directions

1. **Season Vegetables:** In a large bowl, toss diced vegetables and tomatoes with olive oil, garlic, oregano, thyme, salt, and pepper.
2. **Preheat:** Set your MAX 8L Air Fryer using manual controls at 180°C, 20 minutes.
3. **Air-Fry:** Cook 18–22 minutes, shaking the basket every 6–7 minutes, until vegetables are tender and slightly caramelised.
4. **Make Herb-Garlic Oil:** In a small pan, gently warm olive oil, garlic, and chopped thyme/rosemary over low heat for 2–3 minutes. Remove from heat and stir in balsamic vinegar.
5. **Finish & Serve:** Transfer ratatouille to a serving dish. Drizzle with herb-garlic oil and sprinkle with fresh basil or parsley.

BAKED MUSSELS



Preparation Time
15 Minutes



Cooking Time
6–8 Minutes



Servings
4–6 Persons



Nutritional Value
Calorie 220 kcal (Per Serving)
Carbohydrates 12g
Proteins 18g
Fats 10g



Ingredients

1 Kg Fresh Mussels, Scrubbed & De-Bearded
4 Tablespoons (55 g) Unsalted Butter, Melted
4 Cloves (12 g) Garlic, Minced
2 Tablespoons (30 ml) Lemon Juice
3 Tablespoons (10 g) Fresh Parsley, Chopped
1/2 Cup (50 g) Panko Breadcrumbs
1/2 Cup (50 g) Parmesan Cheese, Grated
1/2 Teaspoon (2 g) Salt
1/4 Teaspoon (1 g) Black Pepper

Directions

1. Steam mussels 3–5 minutes until they open. Discard any unopened. Remove top shell, leaving meat in half-shell.
2. Mix butter, garlic, lemon juice, and parsley. Combine breadcrumbs and Parmesan separately.
3. Top each mussel with butter mixture, then breadcrumb mix.
4. Preheat your MAX 8L Air Fryer using the Seafood preset (190°C, 6 minutes).
5. Cook for 6–8 minutes, until golden and crisp. Serve hot.



MAIN COURSE





MISO CITRUS GLAZED CHILEAN SEA BASS



Preparation Time
15 Minutes



Cooking Time
12–15 Minutes



Servings
2 Persons



Nutritional Value
Calorie 340 kcal
Carbohydrates 6g
Proteins 30g
Fats 21g

Ingredients

2 Fillets (170 g each) Chilean Sea Bass
1 Tablespoon (15 ml) Olive Oil
1 Tablespoon (20 g) White Miso Paste
1 Tablespoon (15 ml) Honey or Maple Syrup
1 Tablespoon (15 ml) Soy Sauce
1 Tablespoon (15 ml) Fresh Orange Juice
1 Teaspoon (5 ml) Lemon Juice
1/2 Teaspoon (2 g) Garlic Powder
1/4 Teaspoon (1 g) Black Pepper

Garnish

1 Teaspoon (3 g) Toasted Sesame Seeds
1 Tablespoon (3 g) Fresh Parsley or Microgreens
Orange Zest (Optional)

Directions

1. Prepare Glaze: In a small bowl, whisk miso paste, honey, soy sauce, orange juice, lemon juice, garlic powder, and black pepper until smooth.
2. Season Fish: Pat sea bass fillets dry. Brush lightly with olive oil, then coat the top side generously with the miso-citrus glaze.
3. Preheat: Set your MAX 8L Air Fryer using the Fish preset (180°C, 15 minutes).
4. Cook: Place fillets skin-side down in the basket. Air-fry 12–15 minutes, until fish is opaque, flakes easily, and glaze is slightly caramelised.
5. Finish: Sprinkle with toasted sesame seeds, fresh parsley (or microgreens), and a touch of orange zest. Serve with lemon wedges.

CHINESE ROAST CHICKEN



Preparation Time
15 Minutes



Cooking Time
45–55 Minutes



Servings
4–6 Persons



Nutritional Value
Calorie 410 kcal
Carbohydrates 4g
Proteins 36g
Fats 28g



Ingredients

1 Whole Chicken (1.5–1.8 kg)

Marinade

2 Tablespoons (30 ml) Soy Sauce
1 Tablespoon (15 g) Honey
1 Tablespoon (15 ml) Rice Vinegar
1 Tablespoon (15 ml) Sesame Oil
2 Cloves (6 g) Garlic, Minced
1 Teaspoon (5 g) Fresh Ginger, Grated
1/2 Teaspoon (2 g) Five-Spice Powder
1/4 Teaspoon (1 g) White Pepper

Directions

1. Mix marinade. Coat chicken thoroughly. Marinate at least 2 hours or overnight.
2. Remove, pat dry for crispy skin.
3. Preheat your MAX 8L Air Fryer using the Chicken preset (200°C, 20 minutes).
4. Cook chicken 45–55 minutes, turning halfway, until internal temp is 74°C.
5. Rest 10 minutes before carving.



BEEF & POTATO KEBABS



Preparation Time
20 Minutes



Cooking Time
18–22 Minutes



Servings
8–10 Persons (10–12 Kebabs)



Nutritional Value
Calorie 380 kcal
Carbohydrates 25g
Proteins 28g
Fats 18g

Ingredients

2 lb (900 g) Beef Sirloin or Tenderloin, Cubed
2 lb (900 g) Baby Potatoes, Parboiled & Halved
2 Red Bell Peppers (300 g), Cubed
2 Onions (300 g), Cubed
4 Tablespoons (60 ml) Olive Oil
2 Teaspoons (6 g) Garlic Powder
1 Teaspoon (4 g) Paprika
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper

Directions

1. Toss beef, potatoes, peppers, and onions with oil and seasonings.
2. Thread onto 10–12 skewers.
3. Preheat your MAX 8L Air Fryer using the Steak preset (200°C, 15 minutes).
4. Cook 18–22 minutes, turning once, until beef is cooked to preference and potatoes are golden.

GOCHUJANG SHORT RIBS



Preparation Time
15 Minutes



Cooking Time
18–22 Minutes



Servings
6–8 Persons



Nutritional Value
Calorie 420 kcal
Carbohydrates 14g
Proteins 32g
Fats 26g

Ingredients

1 kg Boneless Beef Short Ribs, Cut into 1-inch Pieces

Marinade

4 Tablespoons (60 g) Gochujang (Korean Chili Paste)
2 Tablespoons (30 ml) Soy Sauce
2 Tablespoons (30 g) Honey or Maple Syrup
2 Tablespoons (30 ml) Rice Vinegar

2 Teaspoons (10 ml) Sesame Oil
4 Cloves (12 g) Garlic, Minced
2 Teaspoons (10 g) Fresh Ginger, Grated
Black Pepper to Taste

Garnish

2 Green Onions, Sliced
2 Teaspoons (6 g) Sesame Seeds

Directions

1. Mix marinade. Coat ribs, marinate 1–4 hours.
2. Preheat your MAX 8L Air Fryer using the Steak preset (200°C, 15 minutes).
3. Cook ribs in basket (single layer) 18–22 minutes, turning once, until caramelised and tender.
4. Garnish with sesame seeds and green onions.

VIRAL TIKTOK MAC & CHEESE



Preparation Time
5 Minutes



Cooking Time
20–25 Minutes



Servings
4–6 Persons



Nutritional Value
Calorie 420 kcal (Per Serving)
Carbohydrates 46g
Proteins 17g
Fats 19g



Ingredients

2 Cups (200 g) Elbow Macaroni (Uncooked)
3 Cups (720 ml) Water
1 Cup (240 ml) Milk
1 Teaspoon (5 g) Salt
1/2 Teaspoon (2 g) Black Pepper
1/2 Teaspoon (2 g) Garlic Powder
1 1/2 Cups (150 g) Cheddar Cheese, Shredded
1 Cup (100 g) Mozzarella Cheese, Shredded
Optional: 1/2 Cup (50 g) Breadcrumbs + 1 Tablespoon (14 g) Butter

Directions

1. In an air fryer-safe dish, combine macaroni, water, milk, salt, pepper, and garlic powder. Stir.
2. Preheat your MAX 8L Air Fryer using manual controls at 180°C, 20 minutes.
3. Cook 18–20 minutes, stirring halfway, until pasta is tender and liquid mostly absorbed.
4. Stir in cheeses until creamy.
5. For crunchy top, sprinkle breadcrumbs and butter, air fry 3–5 minutes more.



STUFFED SQUID SICILIAN STYLE



Preparation Time
20 Minutes



Cooking Time
12–15 Minutes



Servings
4 Persons (6 Medium Squid)



Nutritional Value
Calorie 280 kcal (Per Serving)
Carbohydrates 16g
Proteins 28g
Fats 12g

Ingredients

Squid

6 Medium Squid (600 g), Cleaned (Bodies & Tentacles)

Stuffing

1 Cup (100 g) Breadcrumbs
1/2 Cup (50 g) Parmesan Cheese, Grated
2 Tablespoons (10 g) Fresh Parsley, Chopped
2 Cloves (6 g) Garlic, Minced
2 Tablespoons (30 ml) Olive Oil
1/2 Teaspoon (2 g) Salt
1/4 Teaspoon (1 g) Black Pepper
Squid Tentacles, Finely Chopped

Finish

1 Tablespoon (15 ml) Olive Oil
Lemon Wedges, for Serving

Directions

1. Mix stuffing ingredients. Fill squid bodies loosely, secure with toothpicks. Brush outsides with oil.
2. Preheat your MAX 8L Air Fryer using manual controls at 190°C, 15 minutes.
3. Cook for 12–15 minutes, flipping once, until the squid is opaque and lightly golden.
4. Serve with lemon wedges.

MEDITERRANEAN SPICED LAMB CHOPS WITH MINT-YOGURT SAUCE



Preparation Time
15 Minutes



Cooking Time
12–15 Minutes



Servings
6–8 Chops (3–4 Persons)



Nutritional Value
Calorie 420 kcal
Carbohydrates 2g
Proteins 33g
Fats 31g

Ingredients

Lamb Chops

6–8 Lamb Chops (800 g Total), 1-inch Thick
2 Tablespoons (30 ml) Olive Oil
2 Cloves (6 g) Garlic, Minced
1 Tablespoon (15 g) Dijon Mustard
1 Tablespoon (15 ml) Lemon Juice
1 Teaspoon (2 g) Lemon Zest
2 Teaspoons (4 g) Dried Rosemary
1 Teaspoon (2 g) Smoked Paprika
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper

Mint-Yogurt Sauce

1 Cup (240 g) Greek Yogurt
2 Tablespoons (30 g) Fresh Mint, Chopped
1 Tablespoon (15 ml) Lemon Juice
1 Teaspoon (5 ml) Honey
Pinch of Salt & Pepper

Directions

1. Marinate Chops: In a bowl, whisk olive oil, garlic, Dijon mustard, lemon juice, lemon zest, rosemary, smoked paprika, salt, and pepper. Rub over lamb chops. Marinate 30 minutes at room temp or up to 4 hours in the fridge.
2. Preheat: Set your MAX 8L Air Fryer to the Steak preset (200°C, 15 minutes).
3. Cook: Arrange lamb chops in a single layer. Air-fry 12–15 minutes, flipping halfway, until desired doneness (60–63°C for medium rare).
4. Rest: Let chops rest 5 minutes to retain juices.
5. Make Sauce: Mix Greek yogurt, mint, lemon juice, honey, salt, and pepper until smooth. Chill until ready to serve.
6. Serve: Plate lamb chops with a spoonful of mint–yogurt sauce on the side.

CRISPY CHICKEN KATSU



Preparation Time
20 Minutes



Cooking Time
15–18 Minutes



Servings
2–4 Persons



Nutritional Value
Calorie 520 kcal
Carbohydrates 38g
Proteins 38g
Fats 26g

Ingredients

Chicken Katsu

2 Chicken Breasts (500 g), Pounded to 1.5 cm Thickness
1/2 Cup (65 g) All-Purpose Flour
1/2 Teaspoon (2 g) Salt
1/4 Teaspoon (1 g) Black Pepper
1 Large Egg (55 g), Beaten
1 Cup (60 g) Panko Breadcrumbs
1 Tablespoon (15 ml) Olive Oil or Cooking Spray

Spicy Curry Dip

1 Tablespoon (15 g) Unsalted Butter
1 Small Onion (80 g), Finely Chopped
1 Small Carrot (50 g), Finely Diced
2 Cloves (6 g) Garlic, Minced
2 Tablespoons (20 g) Japanese Curry Powder (or Mild Curry Powder)
1/2 Teaspoon (2 g) Cayenne Pepper (Adjust to Taste)
1 Tablespoon (15 g) All-Purpose Flour
1 Cup (240 ml) Chicken Stock
1 Tablespoon (15 ml) Soy Sauce
1 Tablespoon (15 g) Honey



Directions

1. Prepare Chicken: Season flour with salt and pepper. Dredge chicken breasts in flour, dip in beaten egg, then coat with Panko breadcrumbs. Lightly spray or brush with oil.
2. Cook Chicken: Preheat your MAX 8L Air Fryer using the Chicken preset (200°C, 20 minutes). Cook chicken for 15–18 minutes, flipping halfway, until golden brown and internal temp reaches 74°C.
3. Make Curry Dip: Melt butter in a saucepan over medium heat. Add onion, carrot, and garlic. Sauté 5–6 minutes until softened.
4. Stir in curry powder, cayenne, and flour; cook for 1 minute.
5. Gradually whisk in chicken stock. Simmer 8–10 minutes until slightly thickened.
6. Stir in soy sauce and honey. Blend with a hand blender (optional) for a smooth sauce. Adjust seasoning to taste.
7. Serve: Slice chicken katsu into strips. Serve hot with the spicy curry dip on the side for dipping or drizzling.

GARLIC HERB STEAK WITH TRUFFLE BUTTER & CHIMICHURRI



Preparation Time
15 Minutes



Cooking Time
12–15 Minutes



Servings
2 Persons (2 Steaks, ~500 g Total)



Nutritional Value
Calorie 590 kcal (Per Serving)
Carbohydrates 3g
Proteins 44g
Fats 45g

Ingredients

Steak

2 Steaks (250 g Each, Sirloin or Ribeye,
2.5 cm Thick)

1 Tablespoon (15 ml) Olive Oil
1 Teaspoon (5 g) Salt
1/2 Teaspoon (2 g) Black Pepper

Truffle Garlic Butter

3 Tablespoons (40 g) Unsalted Butter, Softened
1 Clove (3 g) Garlic, Minced
1 Teaspoon (5 ml) Truffle Oil (Black or White)
1 Tablespoon (3 g) Fresh Parsley, Chopped

Chimichurri Sauce

1/2 Cup (15 g) Fresh Parsley, Finely Chopped
2 Tablespoons (6 g) Fresh Oregano, Finely Chopped
3 Cloves (9 g) Garlic, Minced
1/2 Cup (120 ml) Olive Oil
2 Tablespoons (30 ml) Red Wine Vinegar
1 Teaspoon (3 g) Red Pepper Flakes
1/2 Teaspoon (2 g) Salt
1/4 Teaspoon (1 g) Black Pepper

Directions

1. Prepare Steak: Pat steaks dry. Rub with olive oil, salt, and pepper. Let rest at room temp for 15 minutes.
2. Preheat: Set your MAX 8L Air Fryer to the Steak preset (200°C, 15 minutes).
Cook: Place steaks in the basket. Air-fry 12–15 minutes, flipping halfway, until desired doneness (52–55°C medium rare, 57–60°C medium).
3. Make Truffle Garlic Butter: Mix softened butter, garlic, truffle oil, and parsley. Chill until ready.
4. Make Chimichurri: Combine parsley, oregano, garlic, olive oil, vinegar, red pepper flakes, salt, and black pepper in a bowl. Let sit for 10 minutes to develop flavour.
5. Rest & Serve: Let steaks rest 5 minutes after cooking. Top one with truffle garlic butter, drizzle the other with chimichurri, and serve both as a tasting duo.



SALMON WITH YOGURT LEMON CAPER SAUCE



Preparation Time
10 Minutes



Cooking Time
14–16 Minutes



Servings
4 Persons (4 Fillets, ~800 g)



Nutritional Value
Calorie 360 kcal
Carbohydrates 3g
Proteins 34g
Fats 20g

Ingredients

4 Salmon Fillets (200 g Each), Skin-On or Skinless
2 Tablespoons (30 ml) Olive Oil
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper

Sauce

1 Cup (240 g) Greek Yogurt
2 Tablespoons (30 ml) Lemon Juice
2 Tablespoons (20 g) Capers, Chopped
2 Tablespoons (6 g) Fresh Dill, Chopped (Optional)
Salt & Pepper to Taste

Directions

1. Pat salmon dry. Rub with oil, salt, and pepper.
2. Preheat your MAX 8L Air Fryer using the Fish preset (180°C, 15 minutes).
3. Cook fillets 14–16 minutes, until opaque and flakes easily.
4. Mix sauce ingredients, spoon over salmon before serving.



SIDE DISHES



CRISPY SMASHED POTATOES WITH SMOKEY PAPRIKA AIOLI



Preparation Time
20 Minutes



Cooking Time
18–22 Minutes



Servings
6–8 Persons



Nutritional Value
Calorie 260 kcal (Per Serving with Dip)
Carbohydrates 34g
Proteins 5g
Fats 12g

Ingredients

Potatoes

1.5 kg Baby Potatoes
4 Tablespoons (60 ml) Olive Oil
2 Teaspoons (6 g) Garlic Powder
1 Teaspoon (3 g) Paprika
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper
2 Tablespoons (6 g) Fresh Parsley or Chives, Chopped

Smoky Paprika Aioli

1/2 Cup (120 g) Mayonnaise
1 Clove (3 g) Garlic, Minced to Paste
1 Teaspoon (3 g) Smoked Paprika
1 Teaspoon (5 ml) Lemon Juice
Pinch of Cayenne Pepper (Optional, for Heat)
Pinch of Salt

Directions

1. Cook Potatoes: Boil potatoes until fork-tender, then drain. Gently smash each with the bottom of a glass.
2. Season: Toss smashed potatoes with olive oil, garlic powder, paprika, salt, and pepper.
3. Preheat: Set your MAX 8L Air Fryer using manual controls at 200°C, 20 minutes.
4. Air-Fry: Place potatoes in a single layer. Cook for 18–22 minutes, flipping halfway, until golden and crispy.
5. Prepare Aioli: While potatoes cook, whisk together mayonnaise, garlic paste, smoked paprika, lemon juice, cayenne, and salt. Chill until serving.
6. Finish & Serve: Sprinkle potatoes with parsley or chives. Serve hot with a side of Smoky Paprika Aioli for dipping.

VEGETABLE TEMPURA



Preparation Time
20 Minutes



Cooking Time
12–15 Minutes



Servings
6 Persons



Nutritional Value
Calorie 250 kcal
Carbohydrates 36g
Proteins 6g
Fats 10g

Ingredients

Vegetables

200 g Sweet Potato
200 g Zucchini
200 g Bell Peppers
200 g Broccoli Florets
200 g Mushrooms

Batter

1 1/2 Cups (180 g) All-Purpose Flour
1 1/2 Teaspoons (6 g) Baking Powder
1/2 Teaspoon (2 g) Salt
1 Large Egg Yolk (20 g)
1 1/4 Cups (300 ml) Ice-Cold Sparkling Water

For Spraying

Vegetable Oil Spray

Directions

1. Prepare vegetables, pat dry.
2. Mix batter lightly (should be lumpy).
3. Dip vegetables, shake excess, and arrange in the basket.
4. Preheat your MAX 8L Air Fryer using manual controls at 180°C, 15 minutes.
5. Spray lightly with oil. Cook for 12–15 minutes, flipping once, until crisp and golden.

CRISPY TOFU CHIPS WITH SPICY PEANUT DIPPING SAUCE



Preparation Time
15 Minutes



Cooking Time
18–20 Minutes



Servings
4–6 Persons (2 Blocks Tofu)



Nutritional Value
Calorie 240 kcal
Carbohydrates 12g
Proteins 15g
Fats 15g



Ingredients

Tofu Chips

800 g Extra-Firm Tofu (2 Blocks),
Pressed & Thinly Sliced
2 Tablespoons (30 ml) Olive Oil
2 Teaspoons (6 g) Garlic Powder
2 Teaspoons (6 g) Onion Powder
1 Teaspoon (3 g) Paprika
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper

Spicy Peanut Sauce

1/3 Cup (80 g) Creamy Peanut Butter
2 Tablespoons (30 ml) Soy Sauce
1 Tablespoon (15 ml) Rice Vinegar or Lime Juice
1 Tablespoon (15 ml) Honey or Maple Syrup
1–2 Teaspoons (5–10 ml) Sriracha or Chili
Sauce (Adjust to Taste)
2–3 Tablespoons (30–45 ml) Warm Water
(To Thin)

Directions

1. Prepare Tofu: Press tofu for 30 minutes to remove moisture. Slice into thin, chip-like pieces.
2. Season: Toss tofu slices with olive oil, garlic powder, onion powder, paprika, salt, and black pepper until evenly coated.
3. Preheat: Set your MAX 8L Air Fryer to 180°C, 20 minutes using manual controls.
4. Air-Fry: Arrange tofu slices in a single layer (work in batches if needed). Cook 18–20 minutes, flipping once, until crisp and golden.
5. Make Sauce: In a small bowl, whisk together peanut butter, soy sauce, vinegar/lime juice, honey, and sriracha. Add warm water gradually until smooth and dippable.
6. Serve: Plate tofu chips and serve hot with a side of spicy peanut sauce.



KANI BACON WITH WASABI- LIME MAYO



Preparation Time
15 Minutes



Cooking Time
12–15 Minutes



Servings
6–8 Persons (16–20 Rolls)



Nutritional Value
Calorie 230 kcal
Carbohydrates 2g
Proteins 12g
Fats 18g

Ingredients

Kani Bacon Rolls

16–20 Imitation Crab Sticks (Kani, 500 g)
16–20 Bacon Slices (Thin-Cut)
Optional: 120 g Cream Cheese + 2 Tablespoons (10 g) Chopped Green Onions

Wasabi-Lime Mayo

1/2 Cup (120 g) Mayonnaise
1–2 Teaspoons (5–10 g) Wasabi Paste (Adjust to Taste)
1 Teaspoon (5 ml) Lime Juice
1/2 Teaspoon (2 g) Honey (Optional, for Balance)

Directions

1. Prepare Rolls: If using filling, spread cream cheese mixture on crab sticks before wrapping. Wrap each kani stick with bacon and secure with a toothpick.
2. Preheat: Set your MAX 8L Air Fryer to 190°C, 15 minutes using manual controls.
3. Cook: Place rolls in a single layer. Air-fry 12–15 minutes, flipping once, until bacon is crisp.
4. Make Dip: In a small bowl, whisk mayonnaise, wasabi paste, lime juice, and honey until smooth. Chill until serving.
5. Serve: Arrange kani bacon rolls on a platter with a side of Wasabi-Lime Mayo for dipping.

CARROTS WITH BALSAMIC GLAZE



Preparation Time
15 Minutes



Cooking Time
18–22 Minutes



Servings
6–8 Persons



Nutritional Value
Calorie 160 kcal (Per Serving)
Carbohydrates 24g
Proteins 2g
Fats 7g



Ingredients

1 kg Carrots, Peeled & Cut into 2 cm Sticks
3 Tablespoons (45 ml) Olive Oil
2 Teaspoons (6 g) Garlic Powder
2 Teaspoons (10 g) Salt
1 Teaspoon (4 g) Black Pepper

Glaze

1/2 Cup (120 ml) Balsamic Vinegar
2 Tablespoons (30 g) Honey or Maple Syrup

Directions

1. Toss carrots with oil, garlic, salt, and pepper.
2. Preheat your MAX 8L Air Fryer using manual controls at 180°C, 20 minutes.
3. Cook for 18–22 minutes, shaking halfway, until tender and caramelised.
4. Meanwhile, simmer balsamic and honey until thickened (5–7 minutes).
5. Drizzle glaze over carrots before serving.



DESSERTS



CINNAMON ROLLS



Preparation Time
20 Minutes



Cooking Time
15–18 Minutes



Servings
8–10 Rolls



Nutritional Value
Calorie 310 kcal (Per Roll)
Carbohydrates 48g
Proteins 5g
Fats 10g

Ingredients

Dough

3/4 Cup (180 ml) Warm Milk
2 1/4 Teaspoons (7 g) Instant Yeast
1/4 Cup (50 g) Caster Sugar
3 1/4 Cups (400 g) Bread Flour
1/2 Teaspoon (2 g) Salt
1/4 Cup (55 g) Unsalted Butter, Melted
1 Large Egg (50 g)

Filling

1/2 Cup (100 g) Brown Sugar
2 Tablespoons (15 g) Ground Cinnamon
1/4 Cup (55 g) Unsalted Butter, Softened

Glaze

1 Cup (120 g) Powdered Sugar
2 Tablespoons (30 ml) Milk

Directions

1. Mix milk, yeast, and sugar; rest 5 minutes. Add flour, salt, butter, and egg. Knead until smooth. Rise 1 hour.
2. Roll dough into a rectangle (30×40 cm). Spread with butter, sprinkle sugar and cinnamon. Roll tightly, cut into 8–10 rolls.
3. Arrange in a greased 20 cm round pan.
4. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
5. Bake for 15–18 minutes, until golden and fluffy.
6. Drizzle glaze over warm rolls.



PECAN PIE



Preparation Time
20 Minutes



Cooking Time
30–35 Minutes



Servings
6–8 Persons



Nutritional Value
Calorie 420 kcal (Per Slice)
Carbohydrates 48g
Proteins 23g
Fats 6g

Ingredients

Pie Crust

1 1/4 Cups (160 g) All-Purpose Flour
1/2 Teaspoon (2 g) Salt
1/2 Cup (115 g) Unsalted Butter, Cold & Cubed
3–4 Tablespoons (45–60 ml) Ice Water

Filling

1 Cup (200 g) Brown Sugar
2/3 Cup (160 ml) Light Corn Syrup
3 Large Eggs (150 g), Beaten
1/4 Cup (55 g) Unsalted Butter, Melted
1 Teaspoon (5 ml) Vanilla Extract
1/4 Teaspoon (1 g) Salt
1 1/2 Cups (150 g) Pecans, Chopped

Directions

1. Make crust: Rub butter into flour and salt until crumbly. Add ice water gradually to form dough. Chill 20 min, then roll into a 20 cm pie dish.
2. Mix filling: whisk sugar, corn syrup, eggs, butter, vanilla, and salt. Stir in pecans. Pour into the crust.
3. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
4. Bake for 30–35 minutes, until the filling is set and the crust golden.
5. Cool fully before slicing.

BLUEBERRY PEACH COBBLER WITH VANILLA YOGURT



Preparation Time
20 Minutes



Cooking Time
35–40 Minutes



Servings
8–10 Persons (22 cm Dish)



Nutritional Value
Calorie 300 kcal (Per Serving)
Carbohydrates 48g
Proteins 5g
Fats 10g

Ingredients

Fruit Filling

4 Cups (600 g) Peaches, Sliced
2 Cups (300 g) Blueberries
1/2 Cup (100 g) Caster Sugar
2 Tablespoons (16 g) Cornstarch
1 Teaspoon (3 g) Ground Cinnamon
1 Teaspoon (5 ml) Vanilla Extract

Topping

2 Cups (240 g) All-Purpose Flour
1 Cup (200 g) Caster Sugar
2 Teaspoons (8 g) Baking Powder
1/2 Teaspoon (2 g) Salt
1/2 Cup (115 g) Unsalted Butter, Cold & Cubed
1/2 Cup (120 ml) Milk

Serving

1 Cup (240 g) Vanilla Yogurt

Directions

1. Mix peaches, blueberries, sugar, cornstarch, cinnamon, and vanilla. Spread in a greased 22 cm casserole dish.
2. For topping, mix flour, sugar, baking powder, and salt. Rub butter into mixture, then stir in milk until just combined. Drop spoonfuls over fruit.
3. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
4. Bake for 35–40 minutes, until the topping is golden and fruit bubbly.
5. Serve warm with vanilla yogurt.

CARROT CAKE



Preparation Time
25 Minutes



Cooking Time
25–30 Minutes



Servings
4–6 Persons (1 Small Cake)



Nutritional Value
Calorie 360 kcal
Carbohydrates 44g
Proteins 6g
Fats 18g



Ingredients

Cake

2 Cups (240 g) All-Purpose Flour
1 Cup (200 g) Caster Sugar
1 Cup (200 g) Brown Sugar
2 Teaspoons (8 g) Baking Soda
1 Teaspoon (4 g) Salt
2 Teaspoons (4 g) Ground Cinnamon
1/2 Teaspoon (2 g) Ground Nutmeg
4 Large Eggs (200 g)
1 Cup (240 ml) Vegetable Oil
1 Cup (240 ml) Buttermilk
2 Teaspoons (10 ml) Vanilla Extract
4 Cups (400 g) Carrots, Grated
1 Cup (100 g) Walnuts or Pecans, Chopped
(Optional)

Frosting

8 oz (225 g) Cream Cheese, Softened
1/4 Cup (55 g) Unsalted Butter, Softened
2 Cups (240 g) Powdered Sugar
1 Teaspoon (5 ml) Vanilla Extract

Directions

1. In a large bowl, combine flour, sugars, baking soda, salt, cinnamon, and nutmeg.
2. In another bowl, whisk eggs, oil, buttermilk, and vanilla. Mix into dry ingredients. Fold in carrots and nuts.
3. Pour into a greased 20 cm round air fryer-safe cake pan.
4. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
5. Bake for 35–40 minutes, until a toothpick comes out clean.
6. Cool completely, frost with cream cheese frosting, and slice.

RED BEAN PANCAKES



Preparation Time
15 Minutes



Cooking Time
8–12 Minutes



Servings
4–6 Pancakes



Nutritional Value
Calorie 210 kcal (Per Pancake)
Carbohydrates 35g
Proteins 6g
Fats 5g

Ingredients

Batter

1 Cup (120 g) All-Purpose Flour
2 Tablespoons (25 g) Sugar
1 Teaspoon (4 g) Baking Powder
1/2 Teaspoon (2 g) Baking Soda
1/4 Teaspoon (1 g) Salt
1 Large Egg (50 g)
1 Cup (240 ml) Milk
2 Tablespoons (30 ml) Vegetable Oil

Filling

1/2 Cup (120 g) Sweetened Red Bean Paste

Directions

1. Mix flour, sugar, baking powder, baking soda, and salt.
2. In another bowl, whisk egg, milk, and oil. Combine into smooth batter.
3. Preheat your MAX 8L Air Fryer to 180°C using manual controls.
4. Line basket with parchment. Pour 1/4 Cup batter to form a pancake, add 1 Tablespoon red bean paste, then cover with more batter.
5. Air-fry 8–12 minutes until golden and set. Repeat in batches.



PINEAPPLE UPSIDE-DOWN CAKE



Preparation Time

25 Minutes



Cooking Time

30–35 Minutes



Servings

4–6 Persons (1 Small Cake)



Nutritional Value

Calorie 330 kcal

Carbohydrates 50g

Proteins 5g

Fats 12g

Ingredients

Topping

4 Tablespoons (56 g) Unsalted Butter, Melted
1/2 Cup (100 g) Brown Sugar
6–8 (360 g) Pineapple Rings, Drained
6–8 (40 g) Maraschino Cherries

Cake

1 Cup (120 g) All-Purpose Flour
1/2 Cup (100 g) Caster Sugar
1 Teaspoon (4 g) Baking Powder
1/2 Teaspoon (2 g) Salt
2 Large Eggs (100 g)
1/4 Cup (60 ml) Vegetable Oil
1/4 Cup (60 ml) Milk
1 Teaspoon (5 ml) Vanilla Extract

Directions

1. Grease a 20 cm (8-inch) round, air fryer-safe pan. Pour melted butter into the base and sprinkle evenly with brown sugar. Arrange pineapple rings neatly and place a cherry in the centre of each.
2. In a bowl, mix flour, sugar, baking powder, and salt. In another, whisk eggs, oil, milk, and vanilla. Combine wet and dry until just mixed.
3. Pour batter over the pineapple topping and spread evenly.
4. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
5. Bake for 30–35 minutes, checking at 30 minutes with a toothpick (should come out clean). If browning too quickly, cover loosely with foil.
6. Rest the cake in the pan for 10 minutes. Invert onto a plate and allow topping to settle before slicing.

RED VELVET COOKIES



Preparation Time
20 Minutes



Cooking Time
8–10 Minutes



Servings
8–10 Cookies



Nutritional Value
Calorie 200 kcal
Carbohydrates 28g
Proteins 3g
Fats 9g



Ingredients

1 Cup (120 g) All-Purpose Flour
1/4 Cup (25 g) Cocoa Powder
1/2 Teaspoon (2 g) Baking Soda
1/4 Teaspoon (1 g) Salt
1/2 Cup (115 g) Unsalted Butter, Softened
1/2 Cup (100 g) Caster Sugar
1/4 Cup (50 g) Brown Sugar
1 Large Egg (50 g)
1 Teaspoon (5 ml) Vanilla Extract
1 Tablespoon (15 ml) Red Food Colouring
1/2 Cup (90 g) White Chocolate Chips

Directions

1. Mix flour, cocoa, baking soda, and salt.
2. In another bowl, cream butter and sugar. Beat in egg, vanilla, and food colouring. Add dry ingredients, fold in chocolate chips. Roll into 1-inch balls. Chill if sticky.
3. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
4. Place cookies in the basket with spaces in between. Air-fry 8–10 minutes until edges are set, centres soft.

BAMBOLONIS



Preparation Time
20 Minutes



Cooking Time
8–10 Minutes



Servings
14–16 Pieces



Nutritional Value
Calorie 240 kcal
Carbohydrates 38g
Proteins 5g
Fats 8g

Ingredients

Dough

1 Cup (240 ml) Warm Milk
1 Packet (7 g) Instant Yeast
3 Tablespoons (38 g) Sugar
3 1/2 Cups (440 g) Bread Flour
1 Teaspoon (5 g) Salt
2 Large Eggs (100 g)
3 Tablespoons (45 g) Unsalted Butter, Melted

Coating

1/2 Cup (100 g) Sugar + 1 Teaspoon (2 g) Cinnamon
3 Tablespoons (45 g) Unsalted Butter, Melted
Optional Fillings: Jam, Nutella, Cream

Directions

1. Mix milk, yeast, and sugar; rest 5 minutes. Add flour, salt, eggs, and butter. Knead until smooth. Rise 1 hour.
2. Shape 14–16 balls. Rest 15 minutes.
3. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
4. Bake for 8–10 minutes, flipping halfway, until golden.
5. Brush with butter, roll in cinnamon sugar, fill if desired.



CRÈME PUFFS

**Preparation Time**

30 Minutes

**Cooking Time**

15–18 Minutes

**Servings**

20–24 Pieces

**Nutritional Value**

Calorie 190 kcal

Carbohydrates 18g

Proteins 4g

Fats 11g

Ingredients

Choux Pastry

1 Cup (240 ml) Water
1/2 Cup (115 g) Unsalted Butter
1/2 Teaspoon (2 g) Salt
1 Cup (120 g) All-Purpose Flour
4 Large Eggs (200 g), Beaten

Cream Filling

2 Cups (480 ml) Heavy Cream, Chilled
4 Tablespoons (30 g) Powdered Sugar
1 Teaspoon (5 ml) Vanilla Extract

Directions

1. Heat water, butter, and salt until boiling. Stir in flour until dough pulls from sides.
2. Cool slightly, then beat in eggs one at a time until smooth.
3. Pipe 1-inch mounds (20–24 pieces) onto parchment.
4. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
5. Bake for 15–18 minutes, until puffed and golden.
6. Cool fully. Whip cream, sugar, and vanilla. Fill puffs before serving.

PEANUT BUTTER BARS



Preparation Time
15 Minutes



Cooking Time
15–18 Minutes



Servings
16-20 Bars



Nutritional Value
Calorie 310 kcal
Carbohydrates 29g
Proteins 7g
Fats 19g



Ingredients

Base

1 Cup (230 g) Unsalted Butter, Melted
2 Cups (200 g) Graham Cracker Crumbs (Homemade)
1 Cup (120 g) Powdered Sugar
2 Cups (500 g) Peanut Butter

Topping

2 Cups (340 g) Semi-Sweet Chocolate Chips
1/4 Cup (65 g) Peanut Butter

Directions

1. Mix base ingredients until dough-like. Press into a greased 9x9 inch (23 cm) pan.
2. Preheat your MAX 8L Air Fryer using the Bake preset (170°C, 25 minutes).
3. Bake for 15–18 minutes, until firm.
4. Melt chocolate with peanut butter, spread over a cooled base.
5. Chill 1–2 hours, cut into bars.



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