

# **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

- Season Vegetables:** In a large bowl, toss diced vegetables and tomatoes with olive oil, garlic, oregano, thyme, salt, and pepper.
- Preheat:** Set your MAX 8L Air Fryer using manual controls at 180°C, 20 minutes.
- Air-Fry:** Cook 18–22 minutes, shaking the basket every 6–7 minutes, until vegetables are tender and slightly caramelised.
- 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.
- 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



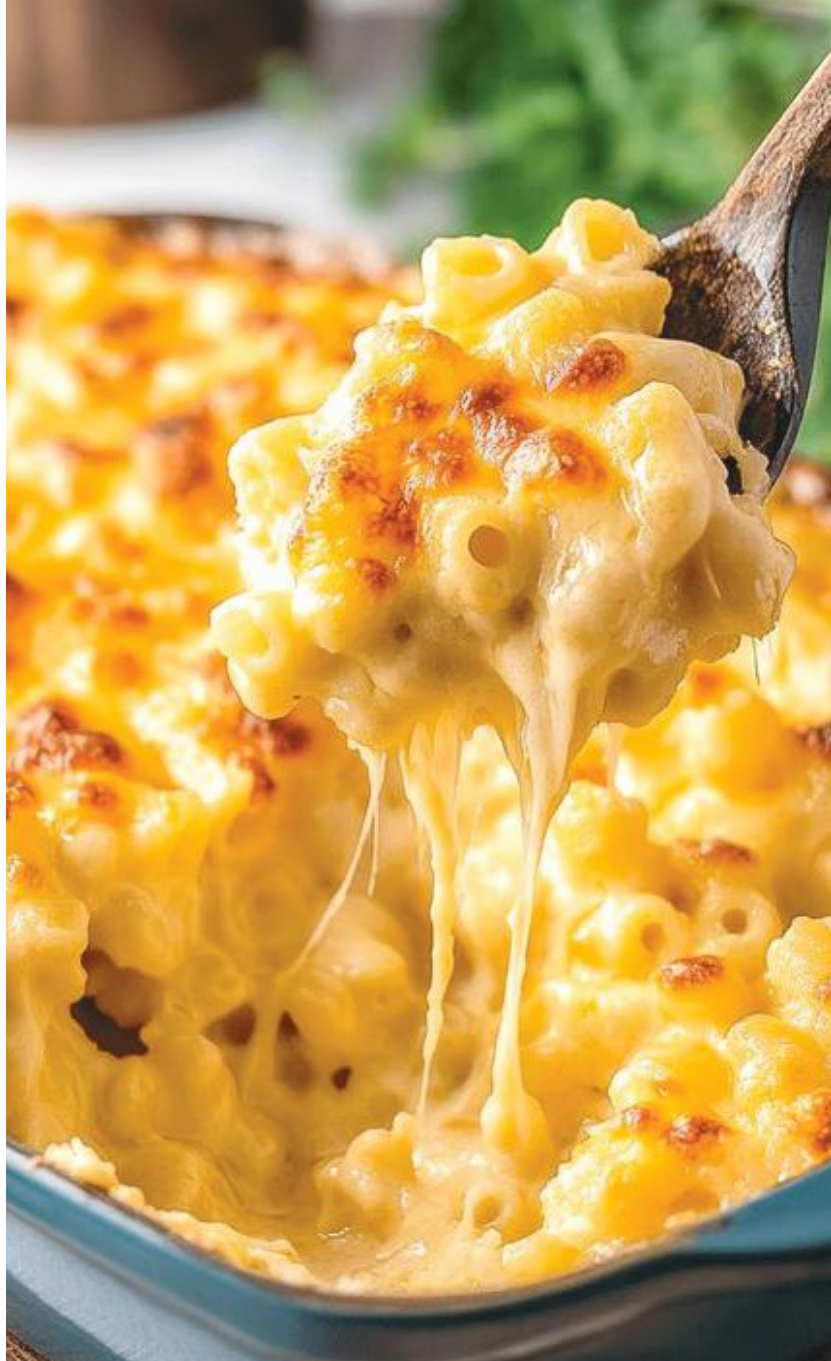
**Nutritional Value**  
Calorie 420 kcal (Per Serving)  
Carbohydrates 46g  
Proteins 17g  
Fats 19g

## 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 SMOKY 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 dipable.
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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