

Air Fryer Timetables

Instant **VORTEX**
AIR FRYER



Instant **Pot**
DUO CRISP™ + AIR FRYER

| FOOD | SMART PROGRAM | COOKING TEMPERATURE | COOKING TIME | COOKING NOTES AND TIPS |
|--|------------------|---------------------|--------------|---|
| MEAT | | | | |
| Bacon, crispy | Air Fry | 191°C | 8 - 10 mins | Turn half way |
| Beef biltong | *Dehydrate | 57°C | 4 - 8 hours | |
| Beef burgers | Broil / Grill | 191°C | 10 - 12 mins | Turn half way |
| Boerewors | Roast | 191°C | 10 - 12 mins | Line tray with foil, turn half way |
| Chicken breasts, stuffed | Bake | 180°C | 13 - 15 mins | Turn half way |
| Chicken nuggets, frozen | Air Fry | 205°C | 10 - 15 mins | Shake half way |
| Chicken pieces | Roast | 191°C | 15 - 20 mins | Turn half way |
| Chicken schnitzel, fresh | Air Fry | 191°C | 10 - 12 mins | Turn half way |
| Chicken wings, fresh / frozen | Air Fry | 205°C | 10 - 15 mins | Turn half way |
| Chops (beef / lamb / pork) | Broil / Grill | 191°C | 10 - 12 mins | Turn half way |
| Meat balls | Bake | 191°C | 10 - 12 mins | Turn half way |
| Pork belly, (pressure cooked first) | Broil / Grill | 205°C | 20 - 25 mins | Check after 20 mins |
| Ribs, beef, par cooked | Broil / Grill | 202°C | 10 - 12 mins | Turn half way |
| Ribs, pork / lamb, par cooked | Broil / Grill | 202°C | 8 - 10 mins | Turn half way |
| Roast lamb (with baby potatoes) | Roast | 191°C | 25 - 30 mins | Turn half way, add 5 mins for medium-well |
| Sausages, fresh | Broil / Grill | 191°C | 10 - 12 mins | Turn half way |
| Shepherd's Pie | Roast | 180°C | 8 - 10 mins | |
| SEAFOOD | | | | |
| Fish fingers, frozen | Air Fry | 205°C | 10 - 12 mins | Turn half way |
| Prawns, fresh | Air Fry | 193°C | 3 - 5 mins | Shake half way |
| Prawns, frozen | Air Fry | 205°C | 5 - 7 mins | Shake half way |
| Salmon, fresh | Broil / Grill | 205°C | 8 - 10 mins | |
| White fish fillet | Broil / Grill | 205°C | 3 - 5 mins | |
| VEGETABLES | | | | |
| Asparagus | Air Fry | 205°C | 3 mins | Turn half way |
| Aubergine, slices | Roast | 185°C | 10 - 12 mins | Turn half way |
| Baked potato | Bake | 177°C | 15 - 20 mins | Medium size potato |
| Brussels sprouts, crispy | Roast | 185°C | 10 - 12 mins | Shake half way |
| Butternut, hassleback | Bake | 185°C | 20 - 25 mins | Turn half way |
| Butternut, pieces | Roast | 185°C | 10 - 12 mins | Shake half way |
| Butternut, whole | Roast | 185°C | 18 - 25 mins | Turn half way |
| Cauliflower florets | Air Fry | 177°C | 3 to 6 mins | Turn half way |
| French fries, frozen | Air Fry | 205°C | 12 - 15 mins | Shake half way |
| Mushrooms, brown, large | Roast | 185°C | 12 - 15 mins | |
| Potato bake | Bake | 180°C | 45 - 50 mins | Check after 40 mins |
| Potato wedges, fresh | Air Fry | 185°C | 10 - 12 mins | Turn half way |
| Roast / "smash" potatoes (par cooked) | Bake | 202°C | 10 mins | Turn half way |
| Roast vegetables | Air Fry | 185°C | 10 - 12 mins | Cut into 2cm pieces, shake half way |
| Sweet potato fries, fresh | Air Fry | 185°C | 10 - 12 mins | Shake half way |
| Sweet potato, whole | Bake | 177°C | 15 - 20 mins | Medium size potato |
| Vegetable burgers | Broil / Grill | 191°C | 10 - 12 mins | Turn half way |
| SNACKS / BAKES | | | | |
| Biscotti | Bake / Dehydrate | 148°C / 79°C | 2 hrs + | Follow recipe on instantpot.co.za |
| Bread rolls | Bake | 174°C | 10 mins | |
| Brownies, chocolate | Bake | 174°C | 10 - 12 mins | |
| Chocolate pots (puddings) | Bake | 191°C | 13 - 15 mins | Check after 12 mins |
| Churros, donuts | Bake | 191°C | 10 - 12 mins | Check after 10 mins, turn half way |
| Cookies, biscuits | Bake | 174°C | 10 - 12 mins | |
| Cupcakes / muffins | Bake | 185°C | 10 - 12 mins | Use oven-safe tin or silicone holders |
| Dim sum / pot stickers | Air Fry | 191°C | 4 mins | Turn half way |
| Dried fruit | *Dehydrate | 60°C | 4 - 8 hours | Longer for juicier type fruit |
| Frittata / quiche | Bake | 180°C | 10 - 12 mins | Check after 10 mins |
| Fruit leather | *Dehydrate | 60°C - 66°C | 4 - 8 hours | |
| Nachos | Air Fry | 205°C | 2 - 4 mins | Use oven proof dish |
| Nut roast | Bake | 174°C | 45 - 50 mins | Check after 40 mins |
| Pastry snacks, frozen (samosas, spring rolls, sausage rolls) | Bake | 185°C | 10 - 12 mins | Turn half way |
| Pizza, frozen | Air Fry | 205°C | 4 - 6 mins | Turn half way |
| Popcorn chicken, fresh | Bake | 205°C | 10 - 12 mins | Shake half way |
| Risotto balls | Air Fry | 202°C | 10 mins | Turn half way |
| Roast stone fruit (apricot, peach etc) | Bake | 185°C | 5 mins | Turn half way |
| Spanakopita | Bake | 166°C | 15 mins | Turn half way |

Smart programs use default times and temperatures, but can be customised and your settings will be saved for next time.

Where a program is not available on your model (i.e. Grill) choose Air Fry.

*Dehydrate program only available on Vortex Plus and Duo Crisp models.