

cooking for dummies 101

cooking for dummies 101 is an essential guide designed to introduce beginners to the fundamental skills and knowledge required to cook confidently. This comprehensive overview covers everything from basic kitchen tools and essential ingredients to foundational cooking techniques and simple recipes that anyone can master. Whether learning how to chop vegetables properly or understanding the importance of seasoning, this article aims to demystify the cooking process and provide practical tips for everyday meal preparation. Along the way, it emphasizes safety, efficiency, and creativity in the kitchen, making it an ideal starting point for novice cooks. By following this guide, readers will gain a solid understanding of cooking principles that serve as a stepping stone to more advanced culinary skills. The article also includes a helpful table of contents to navigate the key areas of cooking for dummies 101.

- Essential Kitchen Tools and Equipment
- Basic Ingredients Every Beginner Should Know
- Fundamental Cooking Techniques
- Simple and Easy Recipes to Start With
- Tips for Efficient and Safe Cooking

Essential Kitchen Tools and Equipment

Understanding the necessary kitchen tools and equipment is a critical first step in cooking for dummies 101. A well-equipped kitchen helps streamline the cooking process and ensures successful meal preparation. Beginners should focus on acquiring versatile and easy-to-use utensils that will cover a broad range of cooking tasks.

Basic Utensils and Gadgets

For cooking beginners, certain utensils are indispensable. These tools facilitate everything from chopping and mixing to measuring and serving, laying the groundwork for effective meal preparation.

- Chef's knife: A sharp, sturdy knife for chopping, slicing, and dicing.
- Cutting board: Provides a safe surface for cutting ingredients.
- Measuring cups and spoons: Essential for accurate ingredient measurement.
- Mixing bowls: Useful for combining ingredients.
- Wooden spoon and spatula: Ideal for stirring and flipping food.
- Colander: For draining pasta, vegetables, and other ingredients.

Cookware Essentials

Cookware forms the backbone of any cooking setup. Selecting the right pots and pans can improve cooking results and make the process more enjoyable.

- Non-stick skillet: Perfect for frying eggs, pancakes, and sautéing.
- Saucepan: Useful for boiling, simmering, and making sauces.
- Stockpot: Ideal for soups, stews, and large-batch cooking.
- Baking sheet: Necessary for roasting vegetables and baking.

Basic Ingredients Every Beginner Should Know

In cooking for dummies 101, recognizing and stocking essential ingredients is vital. A versatile pantry allows for flexibility and creativity in the kitchen while ensuring that basic meals can be prepared with ease.

Staple Pantry Items

Certain pantry staples form the foundation of many recipes and should be kept readily available.

- Salt and pepper: Fundamental seasonings to enhance flavor.
- Cooking oils: Olive oil and vegetable oil for frying and sautéing.
- Flour and sugar: Common baking and cooking ingredients.
- Rice and pasta: Quick and versatile carbohydrate sources.
- Canned goods: Beans, tomatoes, and broth for convenience and nutrition.

Fresh Ingredients to Keep on Hand

Fresh produce and proteins are crucial for balanced meals and add variety to cooking routines.

- Vegetables: Onions, garlic, carrots, and bell peppers are versatile and flavorful.
- Proteins: Eggs, chicken breasts, and ground beef offer a variety of options.
- Herbs: Fresh or dried parsley, basil, and thyme to enhance dishes.

Fundamental Cooking Techniques

Mastering basic cooking techniques is a cornerstone of cooking for dummies 101. These skills help beginners prepare a wide range of dishes with confidence and consistency.

Chopping and Slicing

Proper knife skills improve efficiency and safety. Learning how to chop, dice, and slice vegetables correctly is essential for meal preparation.

- Use a sharp chef's knife for clean cuts.
- Keep fingers tucked inward to avoid injury.
- Practice uniform cuts for even cooking.

Sautéing and Boiling

Sautéing is a quick cooking method using a small amount of oil over medium-high heat, while boiling involves cooking food in rapidly bubbling water. Both are fundamental techniques for many recipes.

Baking Basics

Baking involves cooking food using dry heat in an oven. It is important to preheat the oven and understand temperature settings for successful baking results.

Simple and Easy Recipes to Start With

Applying knowledge from cooking for dummies 101 is best done through practical cooking exercises. Starting with uncomplicated recipes builds confidence and helps reinforce fundamental skills.

Scrambled Eggs

Scrambled eggs are a quick and nutritious breakfast option that teaches basic pan handling and timing.

- Crack eggs into a bowl and whisk thoroughly.
- Heat a non-stick skillet with a small amount of butter or oil.
- Pour eggs into the pan and stir gently until fully cooked.

Basic Pasta with Tomato Sauce

This simple dish demonstrates boiling pasta and preparing a quick sauce, combining pantry staples and fresh ingredients.

- Boil pasta in salted water until al dente.
- Sauté garlic and onions in olive oil.
- Add canned tomatoes and simmer to create sauce.
- Mix pasta with sauce and season to taste.

Tips for Efficient and Safe Cooking

Efficiency and safety are paramount in cooking for dummies 101. Following best practices ensures enjoyable and accident-free experiences in the kitchen.

Kitchen Safety

Safety precautions prevent injuries and foodborne illnesses. Basic measures include proper knife handling, avoiding cross-contamination, and cooking food to safe temperatures.

Time Management and Organization

Organizing ingredients and tools before cooking saves time and reduces stress. Preparing mise en place—having all components ready—improves workflow.

- Read recipes thoroughly before starting.
- Measure and prepare ingredients in advance.
- Clean as you go to maintain an orderly workspace.

Frequently Asked Questions

What are the basic kitchen tools every beginner should have?

Every beginner should have a chef's knife, cutting board, measuring cups and spoons, mixing bowls, a saucepan, a frying pan, and basic utensils like a spatula and wooden spoon.

How do I properly measure ingredients when cooking?

Use measuring cups for dry ingredients like flour and sugar, and liquid measuring cups for liquids. Spoon dry ingredients into the cup and level with a knife for accuracy.

What are some easy recipes for beginners in cooking?

Simple recipes like scrambled eggs, pasta with tomato sauce, grilled cheese sandwiches, and basic stir-fried vegetables are great for beginners.

How can I avoid common cooking mistakes?

Read the entire recipe before starting, prepare all ingredients beforehand, control heat properly, and taste as you go to adjust seasoning.

What is the best way to learn cooking techniques quickly?

Practice regularly, watch tutorial videos, follow simple recipes, and don't be afraid to make mistakes and learn from them.

How do I know when meat is cooked properly?

Use a meat thermometer to check internal temperature, or look for clear juices and firm texture. Different meats have recommended safe temperatures.

What are some essential spices and herbs for beginners to have?

Salt, pepper, garlic powder, paprika, dried oregano, basil, thyme, and chili flakes are versatile spices and herbs for beginners.

How important is mise en place in cooking?

Mise en place, or preparing and organizing all ingredients before cooking, is very important as it helps streamline the cooking process and prevents mistakes.

What are some tips for cooking healthy meals easily?

Use fresh vegetables, lean proteins, limit added sugars and salt, cook with healthy oils like olive oil, and prefer baking or steaming over frying.

How do I store leftovers safely and for how long?

Store leftovers in airtight containers in the refrigerator within two hours of cooking. Most leftovers last 3-4 days; freeze if you want to keep them longer.

Additional Resources

1. *Cooking for Dummies 101: Basic Techniques*

This book introduces the fundamental cooking techniques every beginner should know. From chopping vegetables to mastering simple sauces, it breaks down essential skills into easy-to-follow steps. With helpful illustrations and tips, readers will gain confidence in the kitchen quickly.

2. *Quick and Easy Meals for Beginners*

Perfect for those short on time, this book offers a variety of simple recipes that can be prepared in 30 minutes or less. It includes breakfast, lunch, and dinner options that require minimal ingredients without sacrificing flavor. Ideal for busy individuals or novice cooks looking for fast meal solutions.

3. *Essential Kitchen Tools and How to Use Them*

Understanding your kitchen tools is key to cooking success. This guide explains the purpose and proper use of common utensils, appliances, and gadgets. It also provides maintenance tips to keep tools in top condition, making cooking easier and more enjoyable.

4. *Healthy Cooking Made Simple*

Focus on nutritious meals with this beginner-friendly cookbook. It features wholesome recipes that incorporate fresh ingredients and balanced portions. The book also includes advice on meal planning and ingredient substitutions for healthier eating habits.

5. *Mastering Sauces and Seasonings*

Sauces and seasonings can transform any dish, and this book teaches you how to create them from scratch. It covers basic sauce techniques, spice blends, and flavor pairings to enhance your cooking. Step-by-step instructions make it accessible for cooks at all skill levels.

6. *Baking Basics for Beginners*

Dive into the world of baking with this comprehensive introduction. From cookies and cakes to bread and pastries, the book covers essential baking principles and provides foolproof recipes. Tips on measuring, mixing, and timing help ensure successful results every time.

7. *Vegetarian Cooking for New Cooks*

Explore tasty and nutritious vegetarian dishes designed for beginners. This book offers a variety of meat-free recipes that are simple to prepare and packed with flavor. It also includes guidance on balancing meals to maintain proper nutrition.

8. *International Flavors: Global Cooking Made Easy*

Expand your culinary horizons by trying recipes from around the world. This book simplifies international dishes, making exotic flavors accessible to new cooks. It includes cultural tips and ingredient substitutions to help you recreate authentic tastes at home.

9. *Meal Prep and Planning for Beginners*

Learn how to save time and reduce stress with effective meal prepping techniques. This guide provides strategies for planning weekly menus, batch cooking, and storing meals safely. It's perfect for those who want to eat home-cooked food but struggle with daily cooking routines.

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cooking for dummies 101: Cooking with Spices For Dummies Jenna Holst, 2001-10-29 Spice up your cooking skills! If your idea of kicking up a dish is using salt and pepper, there's a rich and fabulously varied world of spices waiting to be discovered. Mace, coriander, mustard seed, fennel, saffron, and paprika don't have to be those scary, untouchables on the supermarket shelf. Cooking with spices can actually be fun, interesting, enjoyable and, most of all, delicious. Using spices will vastly improve your cooking and make you feel, finally, in command of your kitchen. Cooking with Spices For Dummies is for anyone who's ever wondered how the great chefs whip up their fabulous-tasting dishes—but wasn't sure how. And if you're something of a veteran in the kitchen, you'll get new, crowd-pleasing tips on how to add sparkle and zip to tried-and-true dishes, like hamburgers and spareribs or sweet potatoes and green beans. Most likely, you'll find the answer to any question you've ever had about spices—plus a lot more—in this handy one-volume guide, like: What makes up a basic spice collection Advice on essential tools—including mills, graters, and mortar and pestle Preparing spices for cooking—including knowing which spices to toast, sauté, or grate A tour of the world of spices by region and country Menu planning and menu samplers arranged by country Once you've become familiar with the basics, it's on to the fun stuff—cooking with spices. After you've followed the simple tips on making the most of your ingredients, you'll be able to comfortably test your skills on the delicious assortment of over 200 recipes, which feature: Basic rubs and spice mixes—including Cajun, Caribbean, Indian Curry

powder, Jamaican, and Southern Barbecue Marinades and sauces—including South of the Border Marinade and Teriyaki sauce Salsas and salads—including Tomato Salsa, Plum Salsa, and Spiced Fruit Salad Vegetables and legumes—including Mashed Spiced Butternut and Vegetarian Bean Chili Pasta, potatoes, and grains—including Pasta Puttanesca, Roasted Potatoes with Garlic and Cumin, and Curried Barley Pilaf Chicken, meat, and seafood—including Down Home Barbecued Chicken, Indonesian Beef Sate, and Shrimp Curry Complete with such indispensables as a spice quantity guide (showing exactly how much you should use), a glossary of cooking terms, eight pages of tempting, full-color photos, and humorous cartoons, *Cooking with Spices For Dummies* gives you just what you need to know to cook with confidence and create delicious, exciting dishes for your family and friends.

cooking for dummies 101: Everyday Cooking for Beginners Vineeth Subramanyam, 2006-11-01 *Everyday Cooking for Beginners: Break your kitchen in!* is a simple and practical cooking guide with a refreshingly new approach. This book is not just a recipe list -- it provides help both inside and outside the kitchen and helps novice cooks cross those initial barriers of setting up a basic functional kitchen, shopping for groceries, buying kitchen ware, etc. The book then explains a simple 3-step cooking process that applies to most dishes and contains 40 recipes organized by meal course (breakfast, lunch, dinner, soups, etc.). For a person who is interested in cooking and does not know where to start, this book is a must-have.

cooking for dummies 101: Seafood Cooking for Dummies Leslie B. Bloom, Marcie Ver Ploeg, 1999 Featuring a complete guide to different types of fish and seafood, this indispensable guide also includes safety tips and a multitude of cooking techniques. Illustrations.

cooking for dummies 101: 30 Minutes 60 Recipes For Beginners Cooking KEITH NINH, 2020-01-03 Do you want to cook delicious meal for your loved ones and family but without the skills and know how of a veteran chef or great cook? Do you want to cook sumptuous dinner and impress your spouse or family and friends without having the time to learn how to cook nor the money to attend expensive cooking classes? Do you spend long hours and efforts in kitchen but yet end up with tasteless and disappointing dishes? Do you want to cook everything fast but don't have the time and patience to follow famous cookbooks long and complex instructions and guidance? This ebook of 30 minutes and 60 recipes has made cooking easy for everyone! It will give you the step by step guide and cooking tips to make simple and easy yet delicious and sumptuous meal with minimum cost and time required.

cooking for dummies 101: French Cooking for Beginners François de Mélogue, 2020-03-31 From Paris direct to your table—the complete French cookbook for beginners The French may not have invented cooking, but they certainly have perfected the art of eating well. In this definitive French cookbook that's perfect for beginners, you'll discover how to make the timeless, tasty cuisine served up at French dinner tables and in beloved bistros and brasseries. Author François de Mélogue breaks down classic French cookbook dishes like Duck Confit with Crispy Potatoes, Bouillabaisse, and Coq au Vin into easy-to-follow steps perfect for the newcomer. Along the way, you'll learn how to put together a cheese board any Parisian would be proud of, fry the perfect pommes frites, and pair food and wine like a pro. Let's get cooking the French way! Bon appetit! This essential French cookbook for beginners includes: Classic flavors—Discover more than 75 recipes you'll love, from Steak Tartare to Tarte Tatin. A taste of Paris—Learn to shop like a Parisian and how to prepare 4 classic cocktails from the City of Light. Essential extras—Beyond French cookbook recipes, you'll find 12 tips for soufflé success, expert advice on how to make a pan sauce, and a guide to French wines. Classic Parisian cooking comes home in this French cookbook for beginners.

cooking for dummies 101: Plant-Based Cooking for Absolute Beginners Therese Elgquist, 2021-10-26 *Delicious and Simple Food for Everyone Plant-Based Cooking for the Absolute Beginner* is full of fun, delicious, and gorgeous food made from plants. Each dish is comprised of a variety of colors, flavors, textures, and nutrition! The book features easy-to-read formulas, flow charts, and smart ideas throughout to really help you understand the foundations of cooking, and furthermore

how to build up all types of dishes. Moreover, there are the basic recipes you'll always want, such as dressings and sauces, dips, bread, and porridge. Read about fourteen ways to serve your favorite plant-based protein sources. Therese Elguist, one of the most well-known green cooking personalities in Sweden, presents her "plant plate" showing you how to become more flexible and sustainable in the kitchen. The book is also filled with tips on how to build up a basic pantry, what kitchen tools you'd want to ascertain success in the kitchen, and what "backwards cooking" is all about. The perfect gift for herbivores and omnivores alike!

cooking for dummies 101: Cooking with Nettles - 101+ Ways Marcus Harrison, 2017-10-22 In some parts of the world members of the nettle family are used as a common food, cooked in similar ways to spinach. From Nepal and Northern India, to the Horn of Africa and country folk of Italy, Romania, and Estonia there are still traditions of using nettles for food. In Britain use of nettles is largely within the foraging community, or by chefs looking for an edge over their competitors. Not all nettle greens are equal when it comes to quality, and the recipes allow you to experiment with nettles in a variety of cooking styles and get to know nettle greens as an ingredient. The recipes are based on single person portions so you can learn how to cook nettles without committing large amounts of time, and money on ingredients. Cooking with Nettles is the first comprehensive English language nettle cookbook. The author is one of the UK's best-known foraging authorities having had an interest in wild food plants for nearly forty years and teaching wild food enthusiasts about the subject since 2004.

cooking for dummies 101: Spanish Cooking for Beginners Gabriela Llamas, 2022-04-19 Learn to cook authentic Spanish food without all the fuss Do you wish you could cook real, traditional Spanish meals but don't have time for cooking classes or the lengthy and complicated recipes from other Spanish cookbooks? Spanish Cooking for Beginners, adapted from the best-selling Let's Cook Spanish!, is the perfect book for any busy home cook who wants to explore the flavors, language, and culture of Spain. This simple-to-follow cookbook covers everything from churros to paella and optimizes them for your whole family to cook and enjoy together. With an emphasis on fresh ingredients and hands-on preparation, notable Spanish chef Gabriela Llamas presents recipes for tapas (small bites) and pinchos (skewered bites), meat and fish, vegetables and salads, as well as sweets—plus menu ideas to mix and match. Spanish Cooking for Beginners includes: 30 of the most classic, traditional Spanish dishes—Impress your family and friends with delicious Vegetable Cocas (Spanish pizza), Chicken in Pepitoria (a traditional dish dating back to the Middle Ages), Cold Vegetable Soup (one of Spain's most universal dishes), Torrijas (Spanish French toast), and more. Simple ingredients, easy-to-follow recipes—Easy-to-find ingredients and clear steps make cooking real Spanish food accessible to even the most inexperienced in the kitchen. Notes on Spanish culture—Discover the Spanish culinary traditions behind each flavorful dish, with notes on how and where the foods are served and enjoyed in Spain. With this accessible cookbook and cultural guide, you will become an expert at cooking the food of Spain!

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Frozen Breaded Chicken Thighs All the air fryer recipes featured are personally created by husband and wife duo Dominic and Samantha Milner. Dominic worked as a chef for more than a decade, before taking on the role as the personal chef to millions via the readers of Recipe This. Samantha is the personality behind the blog and together they make an amazing double act that is loved by their readers from around the world. Showing that using an air fryer is not as scary or difficult as you first thought, they have been showing people how to use the air fryer since 2011. Bonus Air Fryer Cooking Charts In the air fryer ebook you will also have the chance to download some free air fryer cooking charts that will help you further with your air fryer cooking. Ideal for learning cook times and temperatures and perfect for easy reference later. Recipe This Worldwide Recipe Conversions With a growing worldwide audience of air fryer readers, Recipe This made the decision to offer their recipes to everyone. In the air fryer recipe ebook you will see metric and imperial conversions in every recipe. They also include both Celsius and Fahrenheit. You also have a handy worldwide food conversion too. This includes food mentioned in recipes that carry a different name in the US to the UK. Making it easy for both US and UK readers to equally understand. Plus, plenty of food swaps if you can't source ingredients locally.

cooking for dummies 101: Kosher Cooking for Beginners Ronnie Fein, 2024-10-22

Whether you're new to the kitchen, or new to keeping kosher, you'll love the array of creative and interesting recipes found in Kosher Cooking for Beginners.

cooking for dummies 101: Quick and Easy Vegetarian Cooking for Beginners Erin Alderson, 2023-04-18 This abridged and affordable edition of Erin Alderson's The Easy Vegetarian Kitchen makes vegetarian cooking accessible and flavorful for anyone who wants to learn to enjoy eating meat-free-even if it's just some of the time. Each recipe offers ideas on how to up protein levels, customize taste, and feed your whole family-or just you. Even meat eaters will love these enticing dishes. This book will help you establish a collection of recipes that you will want to make again and again, offering simple and affordable solutions for a happy and satisfied transition to a vegetarian diet. Beans, greens, grains, fruits, and spices make each meal memorable, from breakfast to dinner, plus snacks and desserts. Whatever leads you on your path to a meat-free lifestyle, Quick and Easy Vegetarian Cooking for Beginners is the place to start your new plant-based approach to eating well.

cooking for dummies 101: Good Food: Chocolate Treats Jeni Wright, 2011-08-05 Whatever the occasion, whatever the mood, there's always a place on the menu for chocolate; whether it's cakes and bakes for tea-time, cookies for hungry home-coming schoolchildren, or sophisticated dinner party desserts. In Good Food 101 Chocolate Treats, the team at BBC Good Food Magazine brings you an array of simple recipes from Mocha Fudge Cake and Pear, Hazelnut and Chocolate Cake to Pistachio, Orange and Oat Crumbles and Cappuccino Bars. A feast of treats so you can truly tantalise your tastebuds.

cooking for dummies 101: Good Food: Recipes for Kids Good Food Guides, 2011-08-31

Preparing fresh and healthy dishes and then getting your child to eat them can seem far from an easy task for busy parents. With this inspirational collection of recipes taken from Britain's top-selling BBC Good Food Magazine, the Good Food team prove you don't have to devote hours to a hot stove to give your children home-cooked meals, and fast food doesn't have to mean deep-fried or mass produced. Full of quick, easy and nutritional recipes using practical ingredients, a nutritional breakdown so you know exactly what you're giving your child and full-colour photos of each dish, this compact cookbook is a must for parents.

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2023-01-10 Intermittent Fasting Recipes for Beginners puts you on the fast track to intermittent fasting success with accessible guidance and 50+ recipes that are both delicious and nutritious.

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For Beginners is your ultimate guide to embarking on a delicious journey in the kitchen. Perfectly designed for novice cooks, this book offers a comprehensive introduction to the essential techniques, tools, and ingredients needed to create mouthwatering dishes. With easy-to-follow recipes that range from simple appetizers to delightful desserts, you'll gain the confidence to experiment and

develop your culinary skills. Each chapter breaks down fundamental cooking methods, from chopping and sautéing to baking and grilling, ensuring you understand the basics before advancing to more complex meals. This book emphasizes the joy of cooking, encouraging creativity while making the process approachable and fun. Whether you're cooking for yourself, family, or friends, Culinary Arts For Beginners will inspire you to create memorable meals that impress. Get ready to unleash your inner chef and savor the satisfaction of homemade dishes!

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cooking for dummies 101: Good Food: More Low-fat Feasts Sharon Brown, 2011-01-11 We all know how hard it can be to cook healthy food day in, day out - even when you have the best intentions. That's why the team at Good Food is back with another collection of tried-and-tested low-fat recipes that you can turn to again and again. With ideas for light bites, quick midweek meals and even wholesome recipes for entertaining and feeding the family, you can be sure of enjoying delicious dishes that will suit your lifestyle and help to keep you healthy. Each healthy recipe is created and triple-tested by the experts at the UK's best-selling cookery magazine, and is accompanied by a full nutritional breakdown and appetising colour photograph.

cooking for dummies 101: Recipes Cookbook for Beginners: Jonathan K. Hari, 2025-06-23 Recipes Cookbook for Beginners Simple and Delicious Dishes for Every Meal Cooking at home doesn't have to be complicated or overwhelming. Whether you're stepping into the kitchen for the first time or looking to refine your culinary skills, this book is your go-to guide for creating flavorful, satisfying meals with ease. Packed with 158 beginner-friendly recipes, this cookbook takes you from the basics to impressive dishes without the stress. Inside This Book, You'll Discover: Breakfast Made Easy: Quick & Delicious Morning Meals The Art of the Sandwich: Simple & Satisfying Lunches Soup & Salad Basics: Light and Healthy Meals One-Pan Wonders: Easy Dinners with Minimal Cleanup Pasta Perfection: Beginner-Friendly Italian Classics Sweet Tooth Satisfaction: Easy Desserts for Beginners Meal Prep & Planning: Save Time, Eat Better From comforting classics to quick and

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cooking for dummies 101: Air Fryer Chicken Recipes For Beginners Recipe This, 2020-10-15 The ONLY kitchen gadgets food blog that caters for both metric and imperial readers. Featuring metric, imperial, Celsius and Fahrenheit. Kitchen gadget recipes has never tasted so good and this air fryer chicken recipes ebook is another reader favourite. Sharing delicious air fryer chicken recipes that you can cook at home in your air fryer. Regardless of having the power air fryer oven, Philips air fryer, Gowise USA air fryer, Cosori air fryer, these recipes are easy to follow along and make in your brand of air fryer. Through this air fryer chicken cookbook, it can help both novice and experienced home cooks enjoy exciting new ways to use the air fryer. There are 22 incredible recipes in this ebook, several of which show you how to cook your favourite breaded chicken in the air fryer. One of the skills many newbies to the air fryer want to learn is how to make their chicken favourites and this ebook shows you EXACTLY how this is done. Here are 10 reader favourites featured in the air fryer chicken ebook: · Air Fryer Chicken Nuggets · Sticky Air Fryer Chicken Drumsticks · KFC Chicken In The Air Fryer · Copycat KFC Zinger Chicken · Air Fryer Chicken Burgers · Air Fryer Chicken Taquitos · Air Fryer Chicken Teriyaki Bowls · Air Fryer Chicken Cordon Bleu · Air Fryer Ritz Cracker Chicken · Air Fryer Chicken Schnitzel All the air fryer recipes featured are personally created by husband and wife duo Dominic and Samantha Milner. Dominic worked as a chef for more than a decade, before taking on the role as the personal chef to millions via the readers of Recipe This. Samantha is the personality behind the blog and together they make an amazing double act that is loved by their readers from around the world. Showing that using an air fryer is not as scary or difficult as you first thought, they have been showing people how to use the air fryer since 2011. Recipe This Worldwide Recipe Conversions With a growing worldwide audience of air fryer readers, Recipe This made the decision to offer their recipes to everyone. In the air fryer recipe ebook you will see metric and imperial conversions in every recipe. They also include both Celsius and Fahrenheit. You also have a handy worldwide food conversion too. This includes food mentioned in recipes that carry a different name in the US to the UK. Making it easy for both US and UK readers to equally understand. Plus, plenty of food swaps if you can't source ingredients locally. Bonus Air Fryer Cooking Charts In the air fryer ebook you will also have the chance to download some free air fryer cooking charts that will help you further with your air fryer cooking. Ideal for learning cook times and temperatures and perfect for easy reference later.

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