

# The PowerXL GRILL AIR FRYER *Combo* COOKBOOK FOR BEGINNERS



# 1000

Days Delicious and Quick Recipes  
to Help You Master PowerXL Grill  
Air Fryer Combo Easily



Jerry Richards



# **PowerXL Grill Air Fryer Combo Cookbook for Beginners**

1000 Days Delicious and Quick Recipes to Help You  
Master PowerXL Grill Air Fryer Combo Easily

Jerry Richards



**© Copyright 2021 By Jerry Richards reserved.**

This book is copyright protected. It is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part of the content within this book, without the consent of the author or publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaged in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, that are incurred as a result of the use of the information contained within this document, including, but not limited to, errors, omissions, or inaccuracies.

# Table of Content

## **Introduction**

### **Chapter 1 Breakfast**

[Oats Granola](#)

[Quinoa Porridge](#)

[Barley Porridge](#)

[Simple Oatmeal](#)

[Eggs in Avocado Cups](#)

[Beef & Mushroom Omelet](#)

[Bacon & Spinach Frittata](#)

[Spinach Quiche](#)

[Eggs with Turkey](#)

### **Chapter 2 Poultry**

[Herbed Cornish Hen](#)

[Spiced Whole Chicken](#)

[Gingered Chicken Drumsticks](#)

[Crusted Chicken Breasts](#)

[Crispy Chicken Legs](#)

[Spiced Chicken Thighs](#)

[Chicken with Beans](#)

[Zesty Turkey Legs](#)

[Glazed Turkey Breast](#)

[Turkey Casserole](#)

### **Chapter 3 Red Meat**

[Bacon-Wrapped Beef Tenderloin](#)

[Seasoned Flank Steak](#)

[Glazed Skirt Steak](#)

[Thyme Beef Brisket](#)

[Rosemary Pork Loin](#)

[Citrus Pork Chops](#)

[Pork Sausage & Oats Pilaf](#)

[Sweet & Sour Lamb Chops](#)

[Garlicky Leg of Lamb](#)

[Lamb & Apricot Casserole](#)

## **Chapter 4 Fish and Seafood**

[Teriyaki Salmon](#)

[Crusted Salmon](#)

[Cajun Salmon](#)

[Simple Cod](#)

[Breaded Hake](#)

[Halibut in Herb Sauce](#)

[Grouper with Asparagus](#)

[Garlicky Prawns](#)

[Shrimp with Bell Peppers](#)

[Buttered Scallops](#)

## **Chapter 5 Vegetarian**

[Jacket Potatoes](#)

[Garlicky Brussels Sprouts](#)

[Cheesy Spinach](#)

[Herbed Bell Peppers](#)

[Squash with Fruit](#)

[Buttered Veggies](#)

[Parmesan Veggies](#)

[Marinated Tofu](#)

[Beans & Quinoa Chili](#)

[Veggie Lasagna](#)

## **Chapter 6 Salads, Soups and Stews**

[Chicken & Strawberry Salad](#)

[Prawn Salad](#)

[Beet & Feta Salad](#)

[Fennel & Apple Salad](#)

[Beef & Spinach Soup](#)

[Seafood Soup](#)

[Tomato Soup](#)

[Pork & Rutabaga Stew](#)

[Lamb & Mushroom Stew](#)

[Mixed Veggie Stew](#)

## **Chapter 7 Snacks**

[Deviled Eggs](#)

[Candied Pecans](#)

[Potato Fries](#)

[Jalapeño Poppers](#)

[Parmesan Chicken Wings](#)

[Coconut Shrimp](#)

[Cod Nuggets](#)

## **Chapter 8 Desserts**

[Sweet Plantains](#)

[Poached Pears](#)

[Stuffed Apples](#)

[Vanilla Donuts](#)

[Chocolate Muffins](#)

[Strawberry Cupcakes](#)

[Chocolate Fondue](#)

[Blueberry Custard](#)

[Peach Cobbler](#)

[Raisin Rice Pudding](#)

## **Appendix 1 Measurement Conversion Chart**

## **Introduction**

### **What is PowerXL Grill Air Fryer Combo?**

The PowerXL Grill Air Fryer Combo 12 in 1 is a state-of-the-art, efficient, and modern variant of Air Fryers. It offers more effective functions, enhances food quality, preserves nutrients, and gives our meals a distinct and addictive aroma that is worth anything. It has eight particular cooking presets that provide us with the utmost convenience to prepare our food without worrying about tiny details like temperature ranges and cooking time. Just put on our favourite ingredients, hit the desire preset, wait for some time, and here we have the most delicious and yummy meals ever prepared in so much less time. It is one of the best mealtime assistant ever. It offers a quality commercial graded grill plate with the modern air crisp technology, providing the best and optimal cooking for all of our meals in considerably lesser time.

The PowerXL Grill Air Fryer Combo is one of the most advanced and innovative devices with increased capacity and a wide set of cooking options that have not been available in other grills. The device is highly capable and has a compact size with a 6-quart capacity. The temperature range can be as minimal as 180 degrees Fahrenheit to 500 degrees Fahrenheit with 12 preset cooking functions that will be discussed in the coming sections. This device is very beneficial in indoor grilling with the help of a nonstick grill plate that comes with the PowerXL Grill Air Fryer Combo. Grilling can be done for veggies, fruits, seafood, and meats with very minimal oil and time.

The wide and versatile variety of functions provided by the PowerXL Grill Air Fryer Combo are matchless with any other traditional cooking appliance. It provides vast temperature adjustment ranges, making you the master of every cooking technique which is offered by the device. This cookbook will serve as your guide in understanding the device, its various components, brief functions, and cleaning and safe maintenance. This cookbook will also provide you with well-scripted and easy to follow recipes to utilize your PowerXL Grill Air Fryer Combo to the very core and provide yourself and your loved ones with a healthy and nutritious lifestyle.

# **What are the Benefits of the PowerXL Grill Air Fryer Combo 12 in 1?**

This section will let us know why the PowerXL Grill Air Fryer Combo 12 in 1, is without a doubt, the most optimum solution for our kitchen needs.

## **1. Versatile Cooking Functions**

It provides us with the opportunity to prepare any food, any recipe, in 12 different cooking techniques without worrying because of the preset programmed cooking functions.

## **2. Minimum or No Oil**

The PowerXL Grill Air Fryer Combo uses rapid air crisp technology which uses minimum or no oil at all and yet gives our food a crispy, crunchy touch.

## **3. Easy Cleaning**

Most of the components and parts of the device are dishwasher safe, so we don't have to worry about cleaning them at all. The details about cleaning and maintenance will be discussed in the coming sections.

## **4. Small Size**

The device is extremely compact and small-sized, saving us a lot of kitchen space.



## **Components of the PowerXL Grill Air Fryer Combo**

**Main Unit:** It is made from stainless steel and can be easily cleaned with a damp cloth or sponge. Never immerse it in water or liquids.

**Air Frying Lid:** It is used for attaching it to the main unit before starting the cooking function, as, without it, the procedure won't start.

**Lid Handle:** Never touch the lid handle directly, as it might become excessively hot during cooking.

**Control Panel:** The control panel houses the buttons for different cooking functions and specifications.

**Grill Plate:** It is used for air frying using rapid air crisp technology for cooking. It can be used for steaming, can be preheated, and can be thoroughly used for grilling meats and veggies.

**Other components** include air inlet vent, control knob, air outlet vent, power cord, ladle, inner pot, and glass lid.

## **Cooking Functions**

**Air Fry:** It air fries your meals with rapid air crisp technology with very minimal oil.

**Bake & Roast:** The device can bake and roast meat, seafood and vegetables etc., with the Bake and Roast function.

**Slow Cook:** It can be used for functioning the PowerXL Grill Air Fryer Combo as a slow cooker especially for soups, stews and chilies, etc.

**Steam:** It can be used for steaming your food thoroughly.

**Grill:** It can be used for grilling your food thoroughly with a perfect tenderness.

**Fry:** This function can be used for properly frying your foods in a very minimal time.

**Keep Warm:** This function keeps your food warm on food-safe temperature ranges.

**Sauté, Rice, Simmer, and Sous Vide** are also main functions of the PowerXL Grill Air Fryer Combo.

## **Cleaning and Maintenance**

Regular cleaning is one of the necessary processes done by each use of appliances. It keeps your appliance neat and clean and also increases the lifespan of the appliances. The following simple cleaning steps will help you to clean your PowerXL Grill Air Fryer Combo with ease.

Here are the steps to clean the PowerXL Grill Air Fryer Combo.

1. Wipe or soak grills with a damp sponge.
2. Remove any stuck residue on the coils by bending back and forth until it loosens from the coils.
3. Take a dry cloth and remove any leftover residue on the coil vents and grills.
4. Wipe down the exterior with a soft towel before storing or cooking again.

# Chapter 1 Breakfast

## Oats Granola

**Prep time: 10 minutes | Cook time: 2½ hours | Makes 16 servings**

½ cup sunflower kernels

5 cups rolled oats

2 tablespoons ground flax seeds

¾ cup applesauce

¼ cup vegetable oil

¼ cup unsalted butter

1 teaspoon ground cinnamon

½ cup pitted and finely chopped dates

½ cup golden raisins

1. In the inner pot of PowerXL Grill Air Fryer Combo, place sunflower kernels, oats, flax seeds, applesauce, oil, butter and cinnamon and stir to combine.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 2½ hours, stirring after every 30 minutes.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and transfer the granola onto 2 larger baking sheets.
7. Stir in dates and raisins and let it cool completely.
8. Break the granola in chunks and serve with milk and your favorite topping.

# Quinoa Porridge

**Prep time: 10 minutes | Cook time: 1 hour | Makes 4 servings**

1½ cups water

1 cup rinsed quinoa

Pinch of salt

2 cups warm milk

2 tablespoons maple syrup

1 peeled and sliced large banana

2 tablespoons chopped almonds

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 1 hour.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 180°F (82°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place the water, quinoa and salt.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and divide the quinoa into 4 serving bowls.
13. Pour milk and drizzle with maple syrup.
14. Top with banana and almonds and serve.

# Barley Porridge

**Prep time: 10 minutes | Cook time: 8 hours | Makes 6 servings**

1½ cups pearl barley

3 cups unsweetened almond milk

3 cups water

2 tablespoons maple syrup

2 teaspoons grated fresh orange zest

1 teaspoon ground cinnamon

1 teaspoon ground ginger

¼ teaspoon salt

¼ cup chopped walnuts

1. In the inner pot of PowerXL Grill Air Fryer Combo, place all ingredients and stir to combine.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and serve warm.



# Simple Oatmeal

**Prep time: 10 minutes | Cook time: 3 hours | Makes 2 servings**

2 cups water

½ cup steel-cut oats

Salt, as required

2 teaspoons honey

¼ cup fresh blueberries

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 3 hours.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 180°F (82°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place the water, oats and salt.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and divide the oats into 2 serving bowls.
13. Top with honey and blueberries and serve.

# Eggs in Avocado Cups

**Prep time: 5 minutes | Cook time: 12 minutes | Makes 2 servings**

1 halved and pitted avocado

2 eggs

Salt and ground black pepper, as required

1 tablespoon shredded Parmesan cheese

1. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
2. Press “Timer Button” and rotate the “Control Knob” to set the time for 12 minutes.
3. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 390°F (199°C).
4. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
5. Meanwhile, scoop out about 2 teaspoons of flesh from each avocado half.
6. Crack 1 egg in each avocado half and sprinkle with salt and black pepper.
7. When the unit shows “Add Food”, open the lid and arrange the avocado halves into the greased inner pot.
8. Close the lid and press “Start Button” to start cooking.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and transfer the avocado halves onto serving plates.
11. Top with Parmesan cheese and serve.

# Beef & Mushroom Omelet

**Prep time: 15 minutes | Cook time: 35 minutes | Makes 8 servings**

12 eggs

1 cup milk

Salt and ground black pepper, as required

2 cups cooked and shredded beef

2 cups shredded Cheddar cheese

1 cup chopped fresh chives

1½ cups cooked and chopped mushrooms

1. In a bowl, add the eggs, milk, salt and black pepper and beat well.
2. Add the remaining ingredients and stir to combine.
3. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 35 minutes.
5. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 315°F (157°C).
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
7. When the unit shows “Add Food”, open the lid and place the beef mixture into the greased inner pot.
8. Close the lid and press “Start Button” to start cooking.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and transfer the omelet onto a plate.
11. Cut into equal-sized wedges and serve hot.

# Bacon & Spinach Frittata

**Prep time: 15 minutes | Cook time: 15 minutes | Makes 8 servings**

12 eggs

Salt and ground black pepper, as required

Oil, as required

1 cup bacon

2 cubed tomatoes

1 cup chopped fresh spinach

1 cup grated Parmesan cheese

1. In a small bowl, add the eggs, salt and black pepper and beat well. Set aside.
2. In the inner pot of PowerXL Grill Air Fryer Combo, add the oil.
3. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
4. Add the bacon and tomato and cook for about 5 minutes, frequently stirring with a wooden spoon.
5. Add the spinach and cook for about 1-2 minutes.
6. Press “Cancel Button” to stop cooking and place the eggs over the bacon mixture, followed by the cheese.
7. Rotate the “Control Knob” to select “Air Fry” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
9. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 355°F (179°C).
10. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and transfer the frittata onto a platter.
13. Cut into equal-sized wedges and serve hot.

# Spinach Quiche

**Prep time: 15 minutes | Cook time: 4 hours | Makes 6 servings**

20 ounces (567 g) thawed and squeezed frozen chopped spinach

8 ounces (227 g) crumbled feta cheese

4 cups milk

8 eggs

½ teaspoon crushed red pepper flakes

Salt and ground black pepper, as required

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all the ingredients and mix until well combined.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 4 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and transfer the quiche onto a platter.
7. Cut into equal-sized wedges and serve hot.

# Eggs with Turkey

**Prep time: 15 minutes | Cook time: 12 minutes | Makes 6 servings**

8 large eggs, divided

4 tablespoons heavy cream

Salt and ground black pepper, as required

4 teaspoons softened unsalted butter

4 ounces (113 g) cooked turkey, sliced thinly

¼ teaspoon smoked paprika

⅓ cup finely grated Parmesan cheese

4 teaspoons minced fresh chives

1. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
2. Press “Timer Button” and rotate the “Control Knob” to set the time for 12 minutes.
3. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 320°F (160°C).
4. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
5. In a bowl, add 2 eggs, cream, salt and black pepper and beat until smooth.
6. When the unit shows “Add Food”, open the lid and spread the butter into the inner pot.
7. Place the turkey slices over the butter and top with the egg mixture evenly.
8. Carefully crack the remaining eggs on top.
9. Sprinkle with paprika, salt and black pepper and top with cheese and chives evenly.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve hot.



## Chapter 2 Poultry

### Herbed Cornish Hen

**Prep time: 15 minutes | Cook time: 16 minutes | Makes 2 servings**

½ cup olive oil

1 teaspoon chopped fresh rosemary

1 teaspoon chopped fresh thyme

1 teaspoon finely grated fresh lemon zest

¼ teaspoon sugar

¼ teaspoon crushed red pepper flakes

Salt and ground black pepper, as required

2 pounds (907 g) backbone removed and halved Cornish game hen

1. In a large bowl, add all ingredients except for hen portions and mix well.
2. Add the hen portions and coat with marinade generously.
3. Cover and refrigerator for about 2-24 hours.
4. In a strainer, place the hen portions to drain any liquid.
5. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 16 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 390°F (199°C).
8. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
9. When the unit shows “Add Food”, open the lid and arrange the hen pieces into the greased inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and place the hen portions onto a cutting board.
13. Cut each portion into 2 pieces and serve hot.

# Spiced Whole Chicken

**Prep time: 15 minutes | Cook time: 1 hour 10 minutes | Makes 6 servings**

¼ cup softened butter

2 teaspoons dried rosemary

2 teaspoons dried thyme

1 tablespoon Cajun seasoning

1 tablespoon onion powder

1 tablespoon garlic powder

1 tablespoon paprika

1 teaspoon cayenne pepper

Salt, as required

1 (3-pound / 1.4-kg) neck and giblets removed whole chicken

1. In a bowl, add the butter, herbs, spices and salt and mix well.
2. Rub the chicken with spicy mixture generously.
3. With kitchen twine, tie off wings and legs.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 70 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 380°F (193°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the chicken into the greased inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and place the chicken onto a cutting board for about 10 minutes before carving.
12. Cut into desired sized pieces and serve.

# Gingered Chicken Drumsticks

**Prep time: 10 minutes | Cook time: 25 minutes | Makes 6 servings**

½ cup unsweetened coconut milk

4 teaspoons minced fresh ginger

4 teaspoons minced fresh galangal

2 teaspoons ground turmeric

Salt, as required

6 (6-ounce / 170-g) chicken drumsticks

1. In a large bowl, place the coconut milk, galangal, ginger, and spices and mix well
2. Add the chicken drumsticks and coat with the marinade generously.
3. Refrigerate to marinate for at least 6-8 hours.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 25 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 375°F (191°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the chicken drumsticks into the greased inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.

# Crusted Chicken Breasts

**Prep time: 15 minutes | Cook time: 40 minutes | Makes 3 servings**

¼ cup all-purpose flour

1 beaten large egg

¼ cup chopped fresh cilantro

1 cup crushed croutons

3 (5-ounce / 142-g) boneless, skinless chicken breasts

1. In a shallow dish, place the flour.
2. In a second shallow dish, mix together the egg and cilantro.
3. In a third shallow dish, place the croutons.
4. Coat the chicken breasts with flour, then dip into eggs and finally coat with croutons.
5. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 40 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 375°F (191°C).
8. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
9. When the unit shows “Add Food”, open the lid and arrange the chicken breasts into the greased inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve hot.

# Crispy Chicken Legs

**Prep time: 10 minutes | Cook time: 25 minutes | Makes 6 servings**

2 cups milk

2 cups all-purpose flour

2 teaspoons garlic powder

2 teaspoons onion powder

2 teaspoons ground cumin

2 teaspoons paprika

Salt and ground black pepper, as required

6 (8-ounce / 227-g) chicken legs

1. In a shallow bowl, place the milk.
2. In another shallow bowl, mix together the flour and spices.
3. Dip the chicken legs into milk and then coat with the flour mixture.
4. Repeat this process once again.
5. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 25 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 360°F (182°C).
8. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
9. When the unit shows “Add Food”, open the lid and arrange the chicken legs into the greased inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve hot.

# Spiced Chicken Thighs

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 4 servings**

4 (4-ounce / 113-g) skinless, boneless chicken thighs

½ teaspoon cayenne pepper

½ teaspoon paprika

½ teaspoon ground cumin

Salt and ground black pepper, as required

2 tablespoons olive oil

1. In a bowl, mix together the spices, salt and black pepper.
2. Rub the chicken thighs with spice mixture evenly and then brush with olive oil.
3. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
5. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 450°F (232°C).
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
7. When the unit shows “Add Food”, open the lid and arrange the chicken thighs into the greased inner pot.
8. Close the lid and press “Start Button” to start cooking.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and serve hot.



# Chicken with Beans

**Prep time: 15 minutes | Cook time: 8¼ hours | Makes 4 servings**

- 1 tablespoon olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 pound (454 g) chicken breasts
- 1 teaspoon ground cumin
- 1 cup chopped tomatoes
- 1 (15-ounce / 425-g) can rinsed and drained black beans
- 1 cup canned rinsed and drained white beans
- ½ teaspoon cayenne pepper
- Salt and ground black pepper, as required
- 1 cup chicken broth

1. In the inner pot of PowerXL Grill Air Fryer Combo, add the oil.
2. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
3. Add the onion and cook for about 5-6 minutes.
4. Add the garlic and cook for about 1 minute.
5. Add chicken and cook for about 3-4 minutes per side or until browned.
6. Press “Cancel Button” to stop cooking and stir in the remaining ingredients.
7. Rotate the “Control Knob” to select “Slow Cook” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
9. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid, and with a slotted spoon, transfer the chicken into a bowl.
12. With 2 forks, shred the meat completely.
13. Add shredded chicken into the beans mixture and stir to combine.
14. Serve hot.

# Zesty Turkey Legs

**Prep time: 10 minutes | Cook time: 30 minutes | Makes 2 servings**

2 garlic cloves, minced

1 tablespoon fresh rosemary, minced

1 teaspoon fresh lime zest, finely grated

2 tablespoons olive oil

1 tablespoon fresh lime juice

Salt and ground black pepper, as required

2 turkey legs

1. In a large bowl, mix together the garlic, rosemary, lime zest, oil, lime juice, salt, and black pepper.
2. Add the turkey legs and coat with marinade generously.
3. Refrigerate to marinate for about 6-8 hours.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 30 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 350°F (177°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the turkey legs into the greased inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.

# Glazed Turkey Breast

**Prep time: 10 minutes | Cook time: 55 minutes | Makes 10 servings**

1 (5-pound / 2.3-kg) boneless turkey breast

Salt and ground black pepper, as required

3 tablespoons honey

2 tablespoons Dijon mustard

1 tablespoon softened butter

1. Season the turkey breast with salt and black pepper generously and spray with cooking spray.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 55 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 350°F (177°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the turkey breast into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. Meanwhile, for glaze: In a bowl, mix together the honey, mustard and butter.
9. Flip the turkey breast twice, first after 25 minutes and then after 37 minutes.
10. After 50 minutes of cooking, coat the turkey breast with glaze.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and place the turkey breast onto a cutting board for about 5 minutes before slicing.
13. Cut into desired sized slices and serve.

# Turkey Casserole

**Prep time: 10 minutes | Cook time: 25 minutes | Makes 8 servings**

12 eggs

1 cup plain Greek yogurt

1½ cups cooked and chopped turkey meat

Salt and ground black pepper, as required

1 cup shredded sharp Cheddar cheese

1. In a bowl, add the egg and yogurt and beat well.
2. Add the remaining ingredients and stir to combine.
3. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 25 minutes.
5. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 375°F (191°C).
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
7. When the unit shows “Add Food”, open the lid and place the turkey mixture into the inner pot.
8. Close the lid and press “Start Button” to start cooking.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and transfer the casserole onto a platter.
11. Cut into equal-sized wedges and serve hot.

## Chapter 3 Red Meat

### Bacon-Wrapped Beef Tenderloin

**Prep time: 10 minutes | Cook time: 12 minutes | Makes 4 servings**

8 bacon strips

4 (8-ounce / 227-g) center-cut beef tenderloin filets

2 tablespoons olive oil

Salt and ground black pepper, as required

1. Wrap 2 bacon strips around the entire outside of each beef filet.
2. With toothpicks, secure each filet.
3. Coat each wrapped filet with oil and sprinkle with salt and black pepper evenly.
4. Arrange the grill plate in the inner pot of PowerXL Grill Air Fryer Combo.
5. Rotate the “Control Knob” to select “Grill” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 12 minutes.
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start preheating.
8. When the unit shows “Add Food”, open the lid and arrange the tenderloin filets over the grill plate.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and transfer the filets onto a platter for about 10 minutes before serving.

# Seasoned Flank Steak

**Prep time: 10 minutes | Cook time: 30 minutes | Makes 6 servings**

2 pounds (907 g) flank steak

2 tablespoons steak seasoning

Salt and ground black pepper, as required

1. Rub the steak with steak seasoning evenly and then sprinkle with salt and black pepper.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 30 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 425°F (218°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the steak into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and place the cooked steak onto a cutting board for about 10-15 minutes before slicing.
10. With a sharp knife, cut the steak into desired size slices and serve.

# Glazed Skirt Steak

**Prep time: 10 minutes | Cook time: 10 minutes | Makes 4 servings**

1¼ pounds (567 g) skirt steak

2 minced garlic cloves

½ cup low-sodium soy sauce

¼ cup white wine

3-4 tablespoons fresh lemon juice

2 tablespoons sesame oil

3 tablespoons maple syrup

1 tablespoon crushed red pepper flakes

Ground black pepper, as required

1. In a large resealable bag, place all the ingredients.
2. Seal the bag and shake to mix well.
3. Refrigerate for up to 2 hours.
4. Remove the steak from bag and set aside at room temperature for 20 minutes before cooking.
5. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 10 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 400°F (204°C).
8. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
9. When the unit shows “Add Food”, open the lid and arrange the steak into the greased inner pot.
10. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and place the steak onto a cutting board for about 10 minutes before slicing.
13. Cut into desired sized slices and serve.

# Thyme Beef Brisket

**Prep time: 10 minutes | Cook time: 24 hours | Makes 3 servings**

- 1 pound (454 g) beef brisket
- 2 cups peeled and roughly chopped carrots
- 1 roughly chopped white onion
- 1 cup roughly chopped celery stalk
- 4 fresh thyme sprigs
- 2 tablespoons unsalted butter
- 2 peeled garlic cloves
- 1 bay leaf
- Salt and ground black pepper, as required
- ½ cup BBQ sauce

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 24 hours.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 185°F (85°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place all ingredients except for BBQ sauce.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and remove the brisket from the pouch.
13. With paper towels, pat dry the brisket.
14. Transfer the brisket onto a cutting board for about 5-10 minutes.
15. Cut into desired slices and serve alongside the BBQ sauce.



# Rosemary Pork Loin

**Prep time: 10 minutes | Cook time: 30 minutes | Makes 6 servings**

2 pounds (907 g) pork loin

2 tablespoons olive oil

1 teaspoon crushed dried rosemary

Salt and ground black pepper, as required

1. Coat the pork loin with oil and then rub with rosemary, salt and black pepper.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 30 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 350°F (177°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the pork loin into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and place the pork loin onto a cutting board.
10. Cut into desired sized slices and serve.

# Citrus Pork Chops

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 4 servings**

¼ cup extra-virgin olive oil  
½ cup fresh orange juice  
¼ cup fresh lime juice  
½ cup finely chopped fresh cilantro  
¼ cup finely chopped fresh mint leaves  
4 minced garlic cloves  
1 tablespoon grated orange zest  
1 teaspoon grated lime zest  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
Salt and ground black pepper, as required  
4 thick-cut pork chops

1. In a bowl, add all ingredients and mix well.
2. Cover the bowl and refrigerate to marinate overnight.
3. Remove the pork chops from the bowl of marinade and drip off the excess marinade.
4. Arrange the grill plate in the inner pot of PowerXL Grill Air Fryer Combo.
5. Rotate the “Control Knob” to select “Grill” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start preheating.
8. When the unit shows “Add Food”, open the lid and arrange the pork chops over the grill plate.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and serve hot.

# Pork Sausage & Oats Pilaf

**Prep time: 10 minutes | Cook time: 9 hours | Makes 6 servings**

1 tablespoon unsalted butter

1 pound (454 g) pork sausage

2 cups steel-cut oats

8½ cups chicken broth

Pinch of garlic powder

Salt and ground black pepper, as required

1. In the inner pot of PowerXL Grill Air Fryer Combo, add the butter.
2. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
3. Add the sausage and cook for about 10 minutes or until browned.
4. Press “Cancel Button” to stop cooking and transfer the sausage onto a plate.
5. Cut each sausage into ½-inch slices.
6. In the inner pot of PowerXL Grill Air Fryer Combo, place the sausage slices and remaining ingredients and stir to combine.
7. Rotate the “Control Knob” to select “Slow Cook” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 9 hours.
9. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.

# Sweet & Sour Lamb Chops

**Prep time: 10 minutes | Cook time: 40 minutes | Makes 3 servings**

3 (8-ounce / 227-g) lamb shoulder chops

Salt and ground black pepper, as required

¼ cup brown sugar

¼ teaspoon crushed red pepper flakes

2 tablespoons balsamic vinegar

1. Season the lamb chops with salt and black pepper generously.
2. In a bowl, place the chops and sprinkle with sugar and red pepper flakes.
3. Drizzle with vinegar.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 40 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 380°F (193°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the chops into the greased inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. Flip the chops once halfway through.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Serve hot.

# Garlicky Leg of Lamb

**Prep time: 10 minutes | Cook time: 8 hours | Makes 10 servings**

3 pounds (1.4 kg) rolled boneless leg of lamb

6 minced garlic cloves

Salt and ground black pepper, as required

½ cup beef broth

2-3 tablespoons fresh lemon juice

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all the ingredients and mix well.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and place the leg of lamb onto a cutting board for about 10 minutes.
7. Cut the leg of lamb into desired sized pieces and serve.

# Lamb & Apricot Casserole

**Prep time: 15 minutes | Cook time: 8 hours 5 minutes | Makes 4 servings**

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 tablespoon olive oil
- 1 pound (454 g) trimmed and cubed lamb stew meat
- 1½ cups tomato paste
- 1 finely chopped medium onion
- 3 finely chopped garlic cloves
- 1 cup dried apricots

1. In a bowl, mix together the spices.
2. Add the lamb cubes and coat with the spice mixture evenly.
3. In the inner pot of PowerXL Grill Air Fryer Combo, add the oil.
4. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
5. Add the lamb cubes and cook for about 5 minutes or until browned, frequently stirring with a wooden spoon.
6. Press “Cancel Button” to stop cooking and stir in the remaining ingredients.
7. Rotate the “Control Knob” to select “Slow Cook” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
9. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.

## Chapter 4 Fish and Seafood

### Teriyaki Salmon

**Prep time: 5 minutes | Cook time: 8 minutes | Makes 4 servings**

4 (6-ounce / 170-g) skinless salmon fillets

1 cup teriyaki marinade

1. In a bowl, place all the salmon fillets and teriyaki marinade and mix well.
2. Refrigerate, covered to marinate for about 2-3 hours.
3. Arrange the grill plate in the inner pot of PowerXL Grill Air Fryer Combo.
4. Rotate the “Control Knob” to select “Grill” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start preheating.
7. When the unit shows “Add Food”, open the lid and arrange the salmon fillets over the grill plate.
8. Close the lid and press “Start Button” to start cooking.
9. After 5 minutes of cooking, flip the salmon fillets.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.

# Crusted Salmon

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 2 servings**

2 (6-ounce / 170-g) skinless salmon fillets

Salt and ground black pepper, as required

3 tablespoons finely chopped walnuts

3 tablespoons crushed quick-cooking oats

2 tablespoons olive oil

1. Rub the salmon fillets with salt and black pepper evenly.
2. In a bowl, mix together the walnuts, oats and oil.
3. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
5. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 400°F (204°C).
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
7. When the unit shows “Add Food”, open the lid and arrange the salmon fillets into the greased inner pot.
8. Place the oat mixture over salmon fillets and gently press down.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.



# Cajun Salmon

**Prep time: 5 minutes | Cook time: 8 minutes | Makes 2 servings**

2 (6-ounce / 170-g) salmon steaks

2 tablespoons Cajun seasoning

1. Rub the salmon steaks with the Cajun seasoning evenly and set aside for about 10 minutes.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 390°F (199°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the salmon steaks into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. After 4 minutes of cooking, flip the salmon steaks.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and serve hot.

# Simple Cod

**Prep time: 5 minutes | Cook time: 12 minutes | Makes 2 servings**

2 (6-ounce / 170-g) cod fillets

Salt and ground black pepper, as required

1. Season the cod fillets with salt and black pepper.
2. Arrange the grill plate in the inner pot of PowerXL Grill Air Fryer Combo.
3. Rotate the “Control Knob” to select “Grill” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 12 minutes.
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start preheating.
6. When the unit shows “Add Food”, open the lid and arrange the cod fillets over the grill plate.
7. Close the lid and press “Start Button” to start cooking.
8. After 8 minutes of cooking, flip the cod fillets.
9. When the cooking time is completed, press “Cancel Button” to stop cooking.
10. Open the lid and serve hot.

# Breaded Hake

**Prep time: 10 minutes | Cook time: 10 minutes | Makes 4 servings**

⅓ cup all-purpose flour

Freshly ground black pepper, as required

1 large egg

2 tablespoons water

⅔ cup cornflakes, crushed

1 tablespoon grated Parmesan cheese

⅛ teaspoon cayenne pepper

1 pound (454 g) hake fillets

Salt, as required

1. In a shallow dish, place the flour and black pepper and mix well.
2. In a second shallow dish, add the egg and water and beat well.
3. In a third shallow dish, add the cornflakes, cheese and cayenne pepper and mix until well combined.
4. Season the hake fillets with salt evenly.
5. Coat each hake fillet with flour mixture, then dip into the egg mixture and finally coat with the cornflake mixture.
6. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
7. Press “Timer Button” and rotate the “Control Knob” to set the time for 10 minutes.
8. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 360°F (182°C).
9. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
10. When the unit shows “Add Food”, open the lid and arrange the hake fillets into the greased inner pot.
11. Close the lid and press “Start Button” to start cooking.
12. When the cooking time is completed, press “Cancel Button” to stop cooking.
13. Open the lid and serve hot.

# Halibut in Herb Sauce

**Prep time: 10 minutes | Cook time: 2 hours | Makes 6 servings**

2 cups water

1 cup chicken broth

2 tablespoons fresh lime juice

¼ cup fresh parsley, chopped

½ teaspoon lime zest, grated

6 (4-ounce / 113-g) halibut fillets

1 teaspoon cayenne pepper

Salt and ground black pepper, as required

1. In the inner pot of Power XL Grill Air Fryer Combo, mix together the water, broth, lime juice, parsley and lime zest.
2. Arrange the halibut fillets on top, skin-side down and sprinkle with cayenne pepper, salt and black pepper.
3. Rotate the “Control Knob” to select “Slow Cook” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 2 hours.
5. Close the Power XL Grill Air Fryer Combo with “Glass Lid” and press “Start Button” to start cooking.
6. When the cooking time is completed, press “Cancel Button” to stop cooking.
7. Open the lid and serve hot.

# Grouper with Asparagus

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 2 servings**

2 (6-ounce / 170-g) grouper fillets

Salt and ground black pepper, as required

12 trimmed asparagus spears

2 teaspoons olive oil

1 tablespoon fresh lemon juice

1. Season the grouper fillets with salt and black pepper.
2. In a small bowl, add the asparagus, salt, black pepper and oil and toss to coat well.
3. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
5. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 450°F (232°C).
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
7. When the unit shows “Add Food”, open the lid and arrange the grouper fillets into the greased inner pot.
8. Arrange the asparagus spears alongside the grouper fillets.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and place the fish fillets and asparagus onto a serving plate.
12. Drizzle with lemon juice and serve immediately.

# Garlicky Prawns

**Prep time: 15 minutes | Cook time: 10 minutes | Makes 5 servings**

1½ pounds (680 g) peeled and deveined large prawns

3 minced garlic cloves

3 tablespoons melted butter

2 teaspoons grated fresh lemon zest

Salt and ground black pepper, as required

1. In a bowl, add all the ingredients and toss to coat well.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 10 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 325°F (163°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and place the prawn mixture into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and serve hot.

# Shrimp with Bell Peppers

**Prep time: 15 minutes | Cook time: 3 hours | Makes 6 servings**

1 cup seeded and sliced red bell pepper

1 cup seeded and sliced green bell pepper

2 cups finely chopped tomatoes

1 minced garlic clove

1 cup tomato sauce

1 teaspoon crushed dried herbs (thyme, basil)

¼ teaspoon cayenne pepper

1 teaspoon lemon pepper

¼ teaspoon crushed red pepper flakes

Salt and ground black pepper, as required

1½ pounds (680 g) peeled and deveined large shrimp

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all ingredients except for shrimp and stir to combine.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 3 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. After 2½ hours of cooking, open the lid and stir in the shrimp.
6. When the cooking time is completed, press “Cancel Button” to stop cooking.
7. Open the lid and serve hot.

# Buttered Scallops

**Prep time: 10 minutes | Cook time: 4 minutes | Makes 2 servings**

¾ pound (340 g) cleaned and patted dry sea scallops

1 tablespoon melted butter

½ tablespoon minced fresh thyme

Salt and ground black pepper, as required

1. In a large bowl, place the scallops, butter, thyme, salt, and black pepper and toss to coat well.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 4 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 390°F (199°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the scallops into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and serve hot.



# Chapter 5 Vegetarian

## Jacket Potatoes

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 4 servings**

4 potatoes

2 tablespoons shredded mozzarella cheese

6 tablespoons sour cream

2 tablespoons softened butter

2 teaspoons minced fresh chives

Salt and ground black pepper, as required

1. With a fork, prick the potatoes.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 355°F (179°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the potatoes into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and transfer the potatoes onto a platter.
10. In a bowl, add the remaining ingredients and mix until well combined.
11. Open potatoes from the center and stuff them with cheese mixture.
12. Serve immediately.

# Garlicky Brussels Sprouts

**Prep time: 10 minutes | Cook time: 1 hour | Makes 3 servings**

1 tablespoon olive oil

2 minced garlic cloves

Salt and ground black pepper, as required

1 pound (454 g) trimmed Brussels sprouts

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 1 hour.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 180°F (82°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a bowl, add all ingredients except for Brussels sprouts and mix until well combined.
7. In a cooking pouch, place Brussels sprouts and oil mixture.
8. Seal the pouch tightly after squeezing out the excess air.
9. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and remove the pouch from the inner pot.
13. Carefully open the pouch and serve immediately.

# Cheesy Spinach

**Prep time: 10 minutes | Cook time: 1 hour | Makes 4 servings**

3 ounces (85 g) softened cream cheese

16 ounces (454 g) fresh baby spinach

1 cup shredded Cheddar cheese

Salt and ground black pepper, as required

1. In the inner pot of PowerXL Grill Air Fryer Combo, place the cream cheese and top with spinach, followed by Cheddar cheese.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 1 hour.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and stir in salt and black pepper.
7. Serve hot.

# Herbed Bell Peppers

**Prep time: 10 minutes | Cook time: 8 minutes | Makes 5 servings**

1½ pounds (680 g) seeded and cubed bell peppers

½ teaspoon crushed dried thyme

½ teaspoon crushed dried savory

Salt and ground black pepper, as required

2 teaspoons melted butter

1. In a bowl, add the bell peppers, herbs, salt and black pepper and toss to coat well.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 360°F (182°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the bell peppers into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and transfer the bell peppers into a bowl.
10. Drizzle with butter and serve immediately.

# Squash with Fruit

**Prep time: 15 minutes | Cook time: 4 hours | Makes 8 servings**

3 peeled, cored and chopped apples

1 (3-pound / 1.4-kg) peeled, seeded and cubed butternut squash

½ cup dried cranberries

½ of chopped white onion

¼ teaspoon dried rosemary

½ teaspoon garlic powder

1 tablespoon ground cinnamon

Salt and ground black pepper, as required

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all the ingredients and mix well.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 4 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and serve warm.

# Buttered Veggies

**Prep time: 15 minutes | Cook time: 20 minutes | Makes 3 servings**

1 cup scrubbed and chopped potatoes

1 cup peeled and chopped beets

1 cup peeled and chopped carrots

2 minced garlic cloves

Salt and ground black pepper, as required

3 tablespoons olive oil

1. In a bowl, place all ingredients and toss to coat well.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 20 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 350°F (177°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the vegetables into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and serve immediately.

# Parmesan Veggies

**Prep time: 15 minutes | Cook time: 18 minutes | Makes 5 servings**

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup sliced zucchini
- ½ cup sliced yellow squash
- ½ cup sliced fresh mushrooms
- 1 sliced small onion
- ¼ cup balsamic vinegar
- 1 teaspoon crushed red pepper flakes
- Salt and ground black pepper, as required
- ¼ cup grated Parmesan cheese

1. In a large bowl, add all the ingredients except for cheese and toss to coat well.
2. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 18 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 400°F (204°C).
5. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
6. When the unit shows “Add Food”, open the lid and arrange the vegetables into the greased inner pot.
7. Close the lid and press “Start Button” to start cooking.
8. After 8 minutes of cooking, flip the vegetables.
9. After 16 minutes of cooking, sprinkle the vegetables with cheese evenly.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot.

# Marinated Tofu

**Prep time: 15 minutes | Cook time: 25 minutes | Makes 3 servings**

2 tablespoons low-sodium soy sauce

2 tablespoons fish sauce

1 teaspoon olive oil

12 ounces (340 g) pressed, drained and cubed extra-firm tofu

1. In a large bowl, add soy sauce, fish sauce and oil and mix until well combined.
2. Add the tofu cubes and toss to coat well.
3. Set aside to marinate for about 30 minutes, tossing occasionally.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 25 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 355°F (179°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the tofu cubes into the greased inner pot.
9. Flip the tofu after every 10 minutes during the cooking.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve hot.



# Beans & Quinoa Chili

**Prep time: 10 minutes | Cook time: 6 hours 10 minutes | Makes 6 servings**

- 2 teaspoons olive oil
- 1 chopped large yellow onion
- 2 cups chopped celery stalks
- 3 chopped garlic cloves
- ¼ cup water
- 2 tablespoons tomato paste
- 1½ tablespoons finely chopped chipotle in adobo
- 2 teaspoons chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon smoked paprika
- Pinch of cayenne pepper
- 3 cups vegetable broth
- 3 cups cooked black beans
- 1 cup rinsed uncooked quinoa
- 1¼ pounds (567 g) peeled and cubed butternut squash
- 1 (15-ounce / 425-g) can fire-roasted, diced tomatoes with juice
- 1 peeled, pitted and sliced small avocado

1. In the inner pot of PowerXL Grill Air Fryer Combo, add the oil.
2. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
3. Add the onion and celery and cook for about 5-7 minutes, frequently stirring with a wooden spoon.
4. Add the garlic and cook for about 1 minute.
5. Add the water, tomato paste, chipotle and spices and cook for about 1 minute, stirring continuously.
6. Press “Cancel Button” to stop cooking and stir in the broth, black beans, quinoa, squash and tomatoes with juice.
7. Rotate the “Control Knob” to select “Slow Cook” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 6 hours.

9. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve hot with the topping of avocado slices.

# Veggie Lasagna

**Prep time: 15 minutes | Cook time: 2 hours | Makes 8 servings**

1 (5-ounce / 142-g) package roughly chopped fresh baby spinach

1 small zucchini, quartered and thinly sliced

3 halved and thinly sliced large portobello mushrooms

16 ounces (454 g) ricotta cheese

1 large egg

2 (14-ounce / 397-g) cans diced tomatoes

2 (14-ounce / 397-g) cans crushed tomatoes

3 minced garlic cloves

Pinch of crushed red pepper flakes

15 uncooked whole-wheat lasagna noodles

3 cups shredded mozzarella cheese, divided

1. In a large bowl, add the spinach, zucchini, mushrooms, ricotta cheese and egg and mix well.
2. In another bowl, add both cans of tomatoes with juice, garlic and red pepper flakes and mix well.
3. In the greased inner pot of PowerXL Grill Air Fryer Combo, place about 1½ cups of the tomato mixture evenly.
4. Place 5 lasagna noodles over the tomato mixture, overlapping them slightly and breaking them to fit in the pot.
5. Spread half of the ricotta mixture over the noodles.
6. Now, place about 1½ cups of the tomato mixture and sprinkle with 1 cup of the mozzarella.
7. Repeat the layers twice.
8. Rotate the “Control Knob” to select “Slow Cook” mode.
9. Press “Timer Button” and rotate the “Control Knob” to set the time for 2 hours.
10. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and sprinkle with the remaining mozzarella cheese.
13. Immediately, close the unit with a glass lid for about 10 minutes before serving.

## Chapter 6 Salads, Soups and Stews

### Chicken & Strawberry Salad

**Prep time: 15 minutes | Cook time: 1 hour | Makes 4 servings**

#### **For Chicken Tenders**

¼ teaspoon ground cumin

¼ teaspoon paprika

Pinch of ground turmeric

Salt, as required

4 cups chicken tenderloins

1 teaspoon olive oil

#### **For Salad**

2 cups hulled and sliced fresh strawberries

4 cups fresh baby arugula

¼ cup sliced almonds

2 tablespoons olive oil

2 tablespoons fresh lemon juice

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 1 hour.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 140°F (60°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a bowl, mix together the spices and salt.
7. Add the chicken tenderloins and coat with spice mixture evenly.
8. In a cooking pouch, place the chicken tenderloins.
9. Seal the pouch tightly after squeezing out the excess air.
10. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
11. Close the lid and press “Start Button” to start cooking.
12. When the cooking time is completed, press “Cancel Button” to stop cooking.
13. Open the lid and remove the pouch from the inner pot.
14. Carefully open the pouch and remove the chicken tenderloins.

15. In a skillet, heat oil over medium-high heat and sear the chicken tenderloins for about 1 minute per side.
16. Remove from skillet and set aside to cool slightly.
17. For salad: In a large bowl, add all ingredients and toss to coat well.
18. Top with chicken tenderloins and serve.

# Prawn Salad

**Prep time: 20 minutes | Cook time: 15 minutes | Makes 3 servings**

## For Salad

20 peeled and deveined prawns

Salt, as required

4 cups chopped romaine lettuce

1 peeled, pitted and chopped avocado

1 cup halved cherry tomatoes

2 cups chopped scallions

## For Dressing

2 tablespoons mayonnaise

1 tablespoon ketchup

2 teaspoons fresh lemon juice

1-2 drops Tabasco sauce

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 149°F (65°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, season the prawns with salt.
7. In a cooking pouch, place the prawns.
8. Seal the pouch tightly after squeezing out the excess air.
9. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and remove the pouch from the inner pot.
13. Carefully open the pouch and transfer the prawns into a bowl.
14. In a large bowl, mix together the remaining salad ingredients.
15. For dressing: In another bowl, add all ingredients and mix until well combined.
16. In the bowl of dressing, add the prawns and stir to combine.
17. Divide the veggie mixture onto serving plates.
18. Top with prawns and serve.

# Beet & Feta Salad

**Prep time: 15 minutes | Cook time: 4 hours | Makes 2 servings**

## For Salad

4 trimmed medium red beets  
1 tablespoon olive oil  
3 cups fresh baby spinach  
¼-⅓ teaspoon grated fresh lemon zest  
1 tablespoon crumbled feta cheese  
2 tablespoons chopped walnuts

## For Dressing

2 minced garlic cloves  
1 tablespoon minced fresh cilantro  
1 tablespoon olive oil  
1 tablespoon fresh lemon juice  
Salt and ground black pepper, as required

1. Place each beet over 1 piece of foil.
2. Drizzle each beet with oil.
3. Wrap each piece of foil around beet to seal it.
4. In the inner pot of PowerXL Grill Air Fryer Combo, place the foil packets.
5. Rotate the “Control Knob” to select “Slow Cook” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 4 hours.
7. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and transfer the beets into a salad bowl.
10. Let them cool slightly.
11. Peel the beets and cut into desired sized pieces.
12. In the bowl, add the remaining salad ingredients and mix.
13. For dressing: In another bowl, add all ingredients and beat until well combined.
14. Pour dressing over beets and gently toss to coat well.
15. Serve immediately.

# Fennel & Apple Salad

**Prep time: 15 minutes | Cook time: 40 minutes | Makes 4 servings**

- 2 Granny Smith apples
- 1 large fennel bulb
- 2 tablespoons chopped fresh rosemary leaves
- 3 tablespoons fresh lemon juice, divided
- 2 teaspoons honey
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons chopped fresh thyme leaves
- Salt and freshly ground white pepper, as required
- 4 cups fresh salad greens
- 2 ounces (57 g) crumbled Gorgonzola cheese

1. Peel and core the apples and then cut into 1/8-inch-thick slices.
2. Trim the fennel bulb and then cut into 1/8-inch-thick slices.
3. In a glass bowl, mix together apples, rosemary, 1 tablespoon of lemon juice and honey. Set aside for about 40-60 minutes.
4. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
5. Rotate the “Control Knob” to select “Sous Vide” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 40 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 132°F (56°C).
8. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
9. Meanwhile, in a bowl, add fennel, remaining lemon juice, oil, thyme, salt and white pepper and toss to coat well.
10. In a cooking pouch, place the fennel mixture.
11. Seal the pouch tightly after squeezing out the excess air.
12. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
13. Close the lid and press “Start Button” to start cooking.
14. When the cooking time is completed, press “Cancel Button” to stop cooking.
15. Open the lid and remove the pouch from the inner pot.
16. Carefully open the pouch and transfer the fennel mixture into a salad bowl.
17. In the salad bowl, add the salad greens and apple mixture and toss to coat.
18. Top with cheese and serve immediately.



# Beef & Spinach Soup

**Prep time: 15 minutes | Cook time: 6 hours | Makes 6 servings**

2 tablespoons melted unsalted butter

4 cups cooked and chopped beef

8 cups chopped fresh spinach

1 peeled and chopped large carrot

1 finely chopped small onion

½ tablespoon minced garlic

Salt and ground black pepper, as required

6 cups chicken broth

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all ingredients and mix well.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 6 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and serve hot.

# Seafood Soup

**Prep time: 20 minutes | Cook time: 2½ hours | Makes 8 servings**

6 cups chicken broth  
3 tablespoons olive oil  
1 chopped medium onion  
½ cup peeled and chopped carrot  
½ cup chopped celery stalk  
6 cups chopped fresh spinach  
1 cup finely chopped fresh tomatoes  
1 cup chopped fresh parsley  
1 teaspoon garlic powder  
Salt and ground black pepper, as required  
2 pounds (907 g) cubed salmon fillets  
2 pounds (907 g) beards removed and scrubbed sea mussels  
1 pound (454 g) peeled and deveined large shrimp  
3 tablespoons fresh lime juice  
¼ cup chopped scallion

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all the ingredients except for seafood, lime juice and scallion and mix well.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 2½ hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. After ¾ hours of cooking, open the lid and place salmon over the vegetable mixture, followed by mussels and shrimp.
6. When the cooking time is completed, press “Cancel Button” to stop cooking.
7. Open the lid and stir in the lime juice.
8. Serve hot with the topping of scallion.

# Tomato Soup

**Prep time: 10 minutes | Cook time: 15 minutes | Makes 4 servings**

4 cups cored and halved fresh tomatoes

½ chopped onion

⅓ cup fresh basil, divided

2 minced garlic cloves

Salt and ground black pepper, as required

5 tablespoons extra-virgin olive oil

5 tablespoons crème fraiche

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 15 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 176°F (80°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place the tomatoes, onion, ¼ cup of basil and garlic.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and transfer the tomato mixture into a blender.
13. Add the olive oil, crème fraiche, salt and pepper and pulse until smooth.
14. Serve immediately with the garnishing of the remaining basil.

# Pork & Rutabaga Stew

**Prep time: 15 minutes | Cook time: 8 hours | Makes 8 servings**

2½ pounds (1.1 kg) boneless country-style pork ribs

2 cups peeled and cubed rutabaga

2 cups finely chopped tomatoes

½ cup chopped onion

2 minced garlic cloves

2 tablespoons unsalted butter

4 cups chicken broth

1 tablespoon minced fresh oregano

Salt and ground black pepper, as required

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all the ingredients and stir to combine.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. After 7½ hours of cooking, open the lid and with a slotted spoon, transfer the pork onto a large plate.
6. With 2 forks, shred the pork completely.
7. Return the shredded pork into the inner pot and stir to combine.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and serve hot.

# Lamb & Mushroom Stew

**Prep time: 15 minutes | Cook time: 8 hours | Makes 6 servings**

2 pounds (907 g) cubed lamb stew meat

2 cups sliced fresh mushrooms

4 minced garlic cloves

1 cup chopped fresh parsley leaves

2 cups tomato paste

2 cups beef broth

Salt and ground black pepper, as required

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all ingredients and mix well.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and stir the mixture well.
7. Serve hot.

# Mixed Veggie Stew

**Prep time: 15 minutes | Cook time: 4 hours 15 minutes | Makes 8 servings**

2 tablespoons olive oil  
1 cup minced celery stalk  
½ minced medium yellow onion  
2 minced garlic cloves  
1 teaspoon Italian seasoning  
½ teaspoon dried sage  
½ teaspoon dried rosemary  
10 ounces (283 g) sliced portobello mushrooms  
10 ounces (283 g) sliced white button mushrooms  
3¾ cups vegetable broth  
3 peeled and chopped medium carrots  
3 cups chopped green beans  
1 (15-ounce / 425-g) can diced tomatoes  
1 (8-ounce / 227-g) can tomato sauce  
1 tablespoon fresh lemon juice  
Salt and ground black pepper, as required  
2 tablespoons arrowroot starch  
3 tablespoons water

1. In the inner pot of PowerXL Grill Air Fryer Combo, add the oil.
2. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
3. Add the celery, onion and garlic and cook for about 4-5 minutes, frequently stirring with a wooden spoon.
4. Add the Italian seasoning and herbs and cook for about 1 minute.
5. Add the mushrooms and cook for about 4-5 minutes.
6. Press “Cancel Button” to stop cooking and stir in remaining ingredients except for arrowroot starch and water.
7. Rotate the “Control Knob” to select “Slow Cook” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 4-5 hours.
9. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.

10. Meanwhile, in a small bowl, add the arrowroot starch and water and stir until dissolved completely.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and stir in the arrowroot starch mixture.
13. Rotate the “Control Knob” to select “Sauté” mode and press “Start Button” to start cooking.
14. Cook for about 2-3 minutes, stirring frequently.
15. Press “Cancel Button” to stop cooking and serve hot.

# Chapter 7 Snacks

## Deviled Eggs

**Prep time: 15 minutes | Cook time: 20 minutes | Makes 8 servings**

8 large eggs

3 tablespoons mayonnaise

1 tablespoon Dijon mustard

Pinch of sugar

Salt and ground black pepper, as required

Cayenne pepper, as required

1 tablespoon fresh parsley, chopped

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 20 minutes.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 170°F (77°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place the eggs.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and transfer the eggs into an ice bath for about 20 minutes.
13. Peel the eggs and cut in half lengthwise.
14. Remove the yolks and transfer into a bowl.
15. Add the mayonnaise, Dijon mustard, sugar, salt and pepper and mash well.
16. Fill the egg halves with yolk mixture.
17. Sprinkle with cayenne pepper and garnish with parsley.
18. Serve immediately.



# Candied Pecans

**Prep time: 10 minutes | Cook time: 3½ hours | Makes 8 servings**

½ cup white sugar

½ cup brown sugar

1 tablespoon ground cinnamon

⅛ teaspoon salt

2 egg whites

1¼ teaspoons vanilla extract

2 cups pecan halves

1. In a bowl, mix together white sugar, brown sugar, cinnamon, and salt.
2. In another bowl, add egg whites and vanilla and beat until foamy.
3. Dip the pecans to the egg mixture and then coat with cinnamon-sugar mixture.
4. In the inner pot of PowerXL Grill Air Fryer Combo, place the pecans.
5. Rotate the “Control Knob” to select “Slow Cook” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 3½ hours.
7. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and transfer the pecans into a bowl.
10. Serve warm.

# Potato Fries

**Prep time: 15 minutes | Cook time: 16 minutes | Makes 2 servings**

½ pound (227 g) potatoes

1 tablespoon olive oil

Salt and ground black pepper, as required

1. Peel the potatoes and cut each into ½-inch thick sticks lengthwise.
2. In a large bowl, add all the ingredients and toss to coat well.
3. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
4. Press “Timer Button” and rotate the “Control Knob” to set the time for 16 minutes.
5. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 400°F (204°C).
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
7. When the unit shows “Add Food”, open the lid and arrange the potato sticks into the greased inner pot.
8. Close the lid and press “Start Button” to start cooking.
9. Flip the potato sticks once halfway through.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve warm.

# Jalapeño Poppers

**Prep time: 15 minutes | Cook time: 13 minutes | Makes 6 servings**

12 large jalapeño peppers

8 ounces (227 g) softened cream cheese

¼ cup chopped scallion

¼ cup fresh cilantro, chopped

¼ teaspoon onion powder

¼ teaspoon garlic powder

Salt, as required

⅓ cup grated sharp Cheddar cheese

1. Carefully cut off one-third of each pepper lengthwise and then scoop out the seeds and membranes.
2. In a bowl, mix together the cream cheese, scallion, cilantro, spices and salt.
3. Stuff each pepper with the cream cheese mixture and top with cheese.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 13 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 400°F (204°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the jalapeño peppers into the greased inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and serve immediately.

# Parmesan Chicken Wings

**Prep time: 15 minutes | Cook time: 25 minutes | Makes 5 servings**

4 tablespoons grated Parmesan cheese

2 tablespoons cornstarch

1 tablespoon garlic powder

Salt and ground black pepper, as required

1½ pounds (680 g) chicken wings

Nonstick cooking spray

1. In a bowl, place the Parmesan cheese, cornstarch, garlic powder, salt and black pepper and mix well.
2. Add the chicken wings and coat with the mixture generously.
3. Spray the wings with cooking spray.
4. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 25 minutes.
6. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 380°F (193°C).
7. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
8. When the unit shows “Add Food”, open the lid and arrange the chicken wings into the greased inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. Flip the chicken wings once halfway through.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve immediately.

# Coconut Shrimp

**Prep time: 15 minutes | Cook time: 12 minutes | Makes 4 servings**

½ cup all-purpose flour

¼ teaspoon paprika

Salt and ground black pepper, as required

2 egg whites

¾ cup panko bread crumbs

½ cup shredded unsweetened coconut

2 teaspoons finely grated lemon zest

1 pound (454 g) peeled and deveined shrimp

1. In a shallow plate, place the flour, paprika, salt and white pepper and mix well.
2. In a second shallow plate, add the egg whites and beat lightly.
3. In a third shallow plate, place the bread crumbs, coconut and lemon zest and mix well.
4. Coat the shrimp with flour mixture, then dip into egg whites and finally coat with the coconut mixture.
5. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Bake” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 12 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 400°F (204°C).
8. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
9. When the unit shows “Add Food”, open the lid and arrange the shrimp into the greased inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve warm.

# Cod Nuggets

**Prep time: 15 minutes | Cook time: 8 minutes | Makes 6 servings**

1 cup all-purpose flour

2 eggs

¾ cup seasoned bread crumbs

2 tablespoons vegetable oil

1 pound (454 g) boneless cod fillet, cut into 1-inch chunks

1. In a shallow plate, place the flour.
2. In a second shallow plate, crack the eggs and beat well.
3. In a third shallow plate, mix together the bread crumbs and oil.
4. Coat the fillet with flour, then dip into beaten eggs and finally, coat with the bread crumbs.
5. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
7. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 390°F (199°C).
8. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
9. When the unit shows “Add Food”, open the lid and arrange the nuggets into the greased inner pot.
10. Close the lid and press “Start Button” to start cooking.
11. When the cooking time is completed, press “Cancel Button” to stop cooking.
12. Open the lid and serve warm.

## Chapter 8 Desserts

### Sweet Plantains

**Prep time: 10 minutes | Cook time: 8 minutes | Makes 3 servings**

2 plantains

1 tablespoon melted butter

1 tablespoon brown sugar

¼ teaspoon ground cinnamon

1. Cut each plantain in half and then sliced it sliced horizontally
2. Coat the plantain slices with melted butter evenly.
3. Arrange the grill plate in the inner pot of PowerXL Grill Air Fryer Combo.
4. Rotate the “Control Knob” to select “Grill” mode.
5. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
6. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start preheating.
7. When the unit shows “Add Food”, open the lid and arrange the plantain slices over the grill plate.
8. Close the lid and press “Start Button” to start cooking.
9. After 4 minutes, flip the plantain slices.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and transfer the plantain slices onto a plate.
12. Sprinkle with brown sugar and cinnamon and serve.

# Poached Pears

**Prep time: 10 minutes | Cook time: 1 hour | Makes 4 servings**

4 peeled ripe pears

1 cup red wine

¼ cup sweet vermouth

½ cup granulated sugar

1 teaspoon salt

1 (3-inch) piece orange zest

1 seed scraped vanilla bean

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 1 hour.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 175°F (79°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place all ingredients.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and transfer the pears onto serving plates.
13. Drizzle with some of the cooking liquid and serve.



# Stuffed Apples

**Prep time: 10 minutes | Cook time: 2 hours | Makes 4 servings**

4 tart apples

2 tablespoons fresh lemon juice

3 tablespoons unsalted butter

2 tablespoons light brown sugar

2 pitted and chopped whole fresh dates

2 tablespoons raisins

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon salt

⅛ teaspoon vanilla extract

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 2 hours.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 183°F (84°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, with a sharp knife, core the apples, leaving the base of the apple intact.
7. In a bowl, add the apples and lemon juice and gently toss to coat.
8. In another bowl, add butter, brown sugar, dates, raisins, spices, salt and vanilla and with a fork, mash until a chunky paste forms.
9. Divide the filling in the center of each apple, pressing gently to compact the filling.
10. In 2 cooking pouches, divide the apples.
11. Seal the pouches tightly after squeezing out the excess air.
12. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
13. Close the lid and press “Start Button” to start cooking.
14. When the cooking time is completed, press “Cancel Button” to stop cooking.
15. Open the lid and remove the pouches from the inner pot.
16. Carefully open the pouches and transfer the apples onto the serving plates.
17. Serve warm.

# Vanilla Donuts

**Prep time: 15 minutes | Cook time: 3 minutes | Makes 8 servings**

2 cups powdered sugar

¼ cup whole milk

1 teaspoon vanilla extract

1 (16-ounce / 454-g) tube prepared biscuit dough

Olive oil cooking spray

½ teaspoon ground cinnamon

1. For glaze: In a medium bowl, place the powdered sugar, milk and vanilla extract and beat well. Set aside.
2. Arrange the biscuit dough onto a smooth surface.
3. With a 1-inch ring mold, cut a hole in the center of each round of dough.
4. Place dough rounds onto a plate and refrigerate for about 5 minutes.
5. Coat each dough round with cooking spray evenly.
6. Arrange the grill plate in the inner pot of PowerXL Grill Air Fryer Combo.
7. Rotate the “Control Knob” to select “Grill” mode.
8. Press “Timer Button” and rotate the “Control Knob” to set the time for 3 minutes.
9. Close the PowerXL with “Air Frying Lid” and press “Start Button” to start preheating.
10. When the unit shows “Add Food”, open the lid and arrange the donut rounds over the grill plate.
11. Close the lid and press “Start Button” to start cooking.
12. When the cooking time is completed, press “Cancel Button” to stop cooking.
13. Open the lid and transfer the donuts onto a platter.
14. Coat the warm donuts with glaze and sprinkle with cinnamon.
15. Serve immediately.

# Chocolate Muffins

**Prep time: 15 minutes | Cook time: 10 minutes | Makes 9 servings**

1½ cups all-purpose flour

¼ cup sugar

2 teaspoons baking powder

½ teaspoon salt

1 cup plain Greek yogurt

⅓ cup olive oil

1 egg

1½ teaspoons vanilla extract

¼ cup semi-sweet mini chocolate chips

¼ cup chopped walnuts

1. In a bowl, mix well flour, sugar, baking powder, and salt.
2. In another bowl, add the yogurt, oil, egg, and vanilla extract and whisk until well combined.
3. Add the flour mixture and mix until just combined.
4. Fold in the chocolate chips and walnuts.
5. Place the mixture into 9 greased muffin molds evenly.
6. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
7. Press “Timer Button” and rotate the “Control Knob” to set the time for 10 minutes.
8. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 355°F (179°C).
9. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
10. When the unit shows “Add Food”, open the lid and arrange the muffin molds into the inner pot.
11. Close the lid and press “Start Button” to start cooking.
12. When the cooking time is completed, press “Cancel Button” to stop cooking.
13. Open the lid and place the muffin molds onto a wire rack for about 10 minutes.
14. Carefully invert the muffins onto the wire rack to cool completely before serving.

# Strawberry Cupcakes

**Prep time: 15 minutes | Cook time: 8 minutes | Makes 8 servings**

## For Cupcakes

½ cup caster sugar

7 tablespoons butter

2 eggs

½ teaspoon vanilla essence

7/8 cup self-rising flour

## For Frosting

1 cup icing sugar

3½ tablespoons butter

1 tablespoon whipped cream

¼ cup fresh strawberries, puréed

½ teaspoon pink food color

1. In a bowl, add butter and sugar and whisk until fluffy and light.
2. Then, add the eggs, one at a time, and whisk until well combined.
3. Stir in the vanilla essence.
4. Gradually, add the flour, whisking continuously until well combined.
5. Place the mixture into silicone cups.
6. Rotate the “Control Knob” of PowerXL Grill Air Fryer Combo to select “Air Fry” mode.
7. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 minutes.
8. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 340°F (171°C).
9. Close the PowerXL with “Air Frying Lid” and press “Start Button” to preheat.
10. When the unit shows “Add Food”, open the lid and arrange the silicone cups into the inner pot.
11. Close the lid and press “Start Button” to start cooking.
12. When the cooking time is completed, press “Cancel Button” to stop cooking.
13. Open the lid and place the silicone cups onto a wire rack to cool completely before frosting.
14. For frosting: In a bowl, add the icing sugar and butter and whisk until fluffy and light.
15. Add the whipped cream, strawberry purée, and color and mix until well combined.
16. Fill the pastry bag with frosting and decorate the cupcakes before serving.

# Chocolate Fondue

**Prep time: 10 minutes | Cook time: 1 hour | Makes 8 servings**

16 ounces (454 g) chopped dark chocolate

1 cup heavy cream

1 ounce (28 g) brewed coffee

½ cup sugar

¼ teaspoon liquid stevia

1 teaspoon vanilla extract

1. In the inner pot of PowerXL Grill Air Fryer Combo, add all the ingredients and stir to combine.
2. Rotate the “Control Knob” to select “Slow Cook” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 1 hour.
4. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
5. When the cooking time is completed, press “Cancel Button” to stop cooking.
6. Open the lid and transfer the mixture into a bowl.
7. With a wire whisk, mix until smooth.
8. Serve warm.

# Blueberry Custard

**Prep time: 15 minutes | Cook time: 3 hours | Makes 6 servings**

6 large eggs (eggs and yolks separated)

2 cups light cream

½ cup coconut flour

½ cup sugar

⅓ cup fresh lemon juice

2 teaspoons grated lemon zest

1 teaspoon lemon liquid stevia

¼ teaspoon salt

½ cup fresh blueberries

1. In the bowl of a stand mixer, add the egg whites and beat until stiff peaks form. Set aside.
2. In another bowl, add the egg yolks and remaining ingredients except for blueberries and beat until well combined.
3. Slowly, add the whipped egg whites, a little at a time and gently, mix until just combined.
4. In the inner pot of PowerXL Grill Air Fryer Combo, place the egg mixture and sprinkle with the blueberries.
5. Rotate the “Control Knob” to select “Slow Cook” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 3 hours.
7. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and transfer the custard into a large bowl.
10. Set aside to cool.
11. Refrigerate for about 2 hours before serving.

# Peach Cobbler

**Prep time: 10 minutes | Cook time: 8 hours | Makes 8 servings**

¾ cup Bisquick mix

⅓ cup granulated sugar

½ cup brown sugar

2 beaten large eggs

2 teaspoons vanilla extract

2 teaspoons melted butter

½ cup evaporated milk

1 cup peeled, pitted and mashed peaches

¾ teaspoon ground cinnamon

1. In a large mixing bowl, mix together Bisquick mix, granulated sugar and brown sugar.
2. Add eggs, vanilla extract, butter and milk and mix until well combined.
3. Add peaches and cinnamon and mix well.
4. In the inner pot of PowerXL Grill Air Fryer Combo, place the peach mixture.
5. Rotate the “Control Knob” to select “Slow Cook” mode.
6. Press “Timer Button” and rotate the “Control Knob” to set the time for 8 hours.
7. Close the PowerXL with “Glass Lid” and press “Start Button” to start cooking.
8. When the cooking time is completed, press “Cancel Button” to stop cooking.
9. Open the lid and serve warm.

# Raisin Rice Pudding

**Prep time: 10 minutes | Cook time: 2 hours | Makes 10 servings**

3 cups skim milk

2 cups rinsed Arborio rice

½ cup maple syrup

½ cup golden raisins

1 tablespoon butter

2 teaspoons ground cinnamon

½ teaspoon ground ginger

1. Fill the inner pot of PowerXL Grill Air Fryer Combo with water.
2. Rotate the “Control Knob” to select “Sous Vide” mode.
3. Press “Timer Button” and rotate the “Control Knob” to set the time for 2 hours.
4. Now press “Temp Button” and rotate the “Control Knob” to set the temperature to 180°F (82°C).
5. Close the PowerXL with “Glass Lid” and press “Start Button” to preheat.
6. Meanwhile, in a cooking pouch, place all ingredients.
7. Seal the pouch tightly after squeezing out the excess air.
8. When the unit shows “Add Food”, open the lid and place the pouch in the inner pot.
9. Close the lid and press “Start Button” to start cooking.
10. When the cooking time is completed, press “Cancel Button” to stop cooking.
11. Open the lid and remove the pouch from the inner pot.
12. Carefully open the pouch and transfer the rice mixture into a serving bowl.
13. With a fork, fluff the rice and serve.



# Appendix 1 Measurement Conversion Chart

## VOLUME EQUIVALENTS(DRY)

US STANDARD	METRIC (APPROXIMATE)
1/8 teaspoon	0.5 mL
1/4 teaspoon	1 mL
1/2 teaspoon	2 mL
3/4 teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
1/4 cup	59 mL
1/2 cup	118 mL
3/4 cup	177 mL
1 cup	235 mL
2 cups	475 mL
3 cups	700 mL
4 cups	1 L

## WEIGHT EQUIVALENTS

US STANDARD	METRIC (APPROXIMATE)
1 ounce	28 g
2 ounces	57 g
5 ounces	142 g
10 ounces	284 g
15 ounces	425 g
16 ounces (1 pound)	455 g
1.5 pounds	680 g
2 pounds	907 g

## VOLUME EQUIVALENTS(LIQUID)

US STANDARD	US STANDARD (OUNCES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl.oz.	30 mL
1/4 cup	2 fl.oz.	60 mL
1/2 cup	4 fl.oz.	120 mL
1 cup	8 fl.oz.	240 mL
1 1/2 cup	12 fl.oz.	355 mL
2 cups or 1 pint	16 fl.oz.	475 mL
4 cups or 1 quart	32 fl.oz.	1 L
1 gallon	128 fl.oz.	4 L

## TEMPERATURES EQUIVALENTS

FAHRENHEIT(F)	CELSIUS(C) (APPROXIMATE)
225 °F	107 °C
250 °F	120 °C
275 °F	135 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	205 °C
425 °F	220 °C
450 °F	235 °C
475 °F	245 °C
500 °F	260 °C