

Dinner

Air Fryer Everyday

Small appliance dinners with room to crisp



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

An air fryer is a compact convection oven, and its strength is moving hot air around a relatively small amount of food. This book builds everyday meals around that constraint. Some recipes cook all at once; others require two batches so the basket stays open enough for crisp surfaces. A large batch squeezed into one layer that no longer has gaps will often take longer and brown unevenly. Keep a mixing bowl nearby for coating food with measured oil, and use a wide spatula for delicate fish or bean patties. Cold sauces and slaws are prepared while the hot component cooks, making the waiting time useful. The times here assume a 5- to 6-quart basket model unless a recipe says otherwise. Begin checking at the lower end of the window, because different models move air with different intensity. The thermometer provides the final decision for meat, fish, and egg dishes. Junction Table by CrownThrive, LLC presents this as a recipe development edition; these recipes have not been kitchen-tested. Read the entire recipe before starting, use the stated pan size or appliance capacity, and check doneness rather than relying only on the clock. Cooking times are estimates because equipment, ingredient size, and starting temperature vary. Taste before adding final salt, and use the substitution note to make one practical change at a time.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Crisp Lemon Chicken Cutlets - AI-generated realistic food artwork, not a photograph or tested result.

Crisp Lemon Chicken Cutlets

4 servings | Prep: 20 minutes | Cook: 14 minutes

Ingredients

- 1¼ pounds boneless skinless chicken breasts, cut into 4 thin cutlets
- ½ cup plain breadcrumbs
- ¼ cup grated Parmesan
- 1 egg
- 1 tablespoon water
- 1 tablespoon olive oil
- 1 teaspoon lemon zest
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 lemon, cut into wedges

Method

1. Heat a 5- to 6-quart air fryer to 390°F for 3 minutes. Mix breadcrumbs, Parmesan, lemon zest, salt, and pepper on a plate; beat egg with water in a bowl.

2. Dip chicken in egg, let excess drip off, and press both sides into crumbs.
Brush or mist each piece lightly with the measured oil.
3. Cook in a single layer in two batches if necessary for 10–14 minutes, turning halfway, until the thickest part of each cutlet reaches 165°F.
4. Rest cooked cutlets on a clean rack for 3 minutes so the underside stays crisp.
Serve with lemon wedges and keep the thermometer handy for the second batch.

Cook's tip

Similar ½-inch thickness is more useful than matching the weight of each cutlet.

Substitution

Use label-verified gluten-free crumbs instead of ordinary breadcrumbs.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

egg, milk, wheat

Smoky Potato and Pepper Hash

4 servings | Prep: 15 minutes | Cook: 25 minutes

Ingredients

- 1½ pounds Yukon Gold potatoes, cut into ½-inch cubes
- 1 red bell pepper, cut into ½-inch pieces
- 1 small onion, chopped
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 tablespoons chopped parsley
- ½ cup plain Greek yogurt

Method

1. Heat a 5- to 6-quart air fryer to 390°F. Toss potatoes with 1½ tablespoons oil, paprika, salt, and pepper; spread them in the basket.
2. Cook 15 minutes, shaking thoroughly after 7 minutes. Meanwhile, toss pepper and onion with the remaining oil in the mixing bowl.
3. Add pepper and onion to the potatoes and cook another 8–10 minutes, shaking twice, until potatoes are tender in the middle with browned edges.
4. Divide into four bowls, scatter parsley on top, and add yogurt at the side. If cooking in batches, keep finished hash warm in a 200°F oven.

Cook's tip

Use ½-inch cubes; larger potato chunks can brown outside while remaining firm in the center.

Substitution

Use diced sweet potato instead, checking early because its sugars brown quickly.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Give crisp food the space it needs

Use a small appliance with attention to the space inside its basket. Air Fryer Everyday includes lemon chicken cutlets, cumin shrimp with lime slaw, stuffed portobello mushrooms, and other recipes for fish, tofu, vegetables, burgers, and egg cups. Technique notes explain batch cooking for airflow, measured oil for coatings, and temperature checks that go beyond surface color. Recipes state the appliance heat, turning or shaking steps, and when a short rest helps the finished texture. Suggested menus and shopping guidance support the meal around those details. Junction Table by CrownThrive, LLC brings twelve different preparations to home cooks who want more from their air fryer.

- Bread chicken cutlets, cook in a single layer, and rest them on a rack.
- Air-fry seasoned shrimp and serve them in tortillas with chilled lime slaw.
- Pre-cook mushroom caps before adding bean, pepper, and mozzarella filling.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Stuffed Portobello Mushrooms

AI-generated realistic food artwork