

The DISH



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Between my air fryer and my Instant Pot, my stove and microwave have to be wondering if I ever cook for my family anymore. So, if you are lucky enough to have one (or both), or got one for Christmas, then this is the column for you. This week I'm featuring a few recipes to use in your air fryer. Now, my favorite thing to use my air fryer for is reheating leftovers, but there are some things I never even thought about cooking in it — doughnuts . . . who would have thought?

But you can bet my family is going to be super excited to get these for breakfast soon. If you don't have one yet, I highly recommend getting one.

Air Fryer Doughnuts

- 1 can jumbo flaky biscuits, such as Pillsbury Grands
- ½ cup granulated sugar
- ½ Tbsp. ground cinnamon
- 5 Tbsp. butter, melted

Preheat air fryer to 360 degrees.

In a medium bowl, mix together the cinnamon and sugar. Set aside. Open the can of flaky biscuits and cut the center out of each one using a 1-inch round cutter. Lightly coat air fryer basket with coconut oil spray (you can also use olive oil spray). Do not use non-stick spray, such as Pam (those sprays could be harmful to your air fryer).

Place the doughnuts (not holes), in your air fryer. Bake for 5 minutes at 360 degrees. As the doughnuts are cooking, melt the butter.

Using a silicone pastry brush, coat the baked doughnuts with your melted butter. Then cover the doughnuts with the cinnamon sugar mixture by dipping and rolling around. Use a spoon to coat the top as well. Gently shake off excess cinnamon sugar. Serve doughnuts hot.

Doughnut Holes: When you air fry the "holes," set your timer for 3 minutes and repeat the process of dipping in butter and then adding the cinnamon and sugar mixture.

Air Fryer Crunchy Fried Pickles

- 24 oz. dill pickle slices
- 1¾ -2 cups Panko bread crumbs
- 1 egg
- ¾ cup flour
- ¾ cup buttermilk
- ½ Tbsp. dried dill
- ½ tsp. garlic powder
- Salt and pepper, to taste
- Cooking oil spray

Spray the air fryer basket with cooking oil or use air fryer parchment paper.

Dry the pickles completely. It will make them easier to bread. Add the flour to a bowl large enough to dredge the pickles. Season the flour with the dried dill, garlic powder, salt and pepper, to taste. Add the buttermilk and egg to the seasoned flour. Beat and stir to combine.

Add the Panko bread crumbs to a separate bowl large enough to dredge the pickles. Dredge the pickles in the flour buttermilk mixture and then the Panko bread crumbs. Keep a moist kitchen towel handy for your hands — they will get sticky.

Place the breaded pickles on a plate. After breading the pickles, freeze the pickles for 15 minutes. This is an optional step, but highly recommended. It helps keep the breading intact.

Place the pickles in the air fryer. Do not stack them. Cook in batches if needed. Spray the pickles with cooking oil (olive oil).

Cook for 7-10 minutes on 400 degrees, flipping after 5 minutes. Each air fryer brand will cook at different speeds. Dip in ranch dressing.

Air Fried Macaroni and Cheese Balls

- 4 cups leftover macaroni and cheese, refrigerated
- 2 eggs
- 2 Tbsp. milk
- 1 cup Japanese Panko
- 1 tsp. salt
- 1 tsp. paprika
- ½ tsp. garlic powder
- 2 slices cooked bacon, chopped finely (optional)

Using your leftover refrigerated macaroni and cheese, take large chunks, about 2 Tbsp., and roll into balls. Set aside.

In a bowl, add egg and milk and whisk to combine. Then in another bowl, add Panko bread crumbs, salt, garlic powder, paprika and

chopped bacon, if using, and stir to combine.

Grab a macaroni and cheese ball and place in egg and milk mixture, coating the entire ball, then add to the Panko mixture, then add to a lined parchment paper cookie sheet. Place in the freezer and freeze for 30 minutes.

Preheat your air fryer on 360 degrees. After the 30 minutes, remove the macaroni and cheese balls from the freezer and place them into air fryer basket in a single layer, making sure they don't touch. Air fry for 8-10 minutes until light and golden on the outside.

Buffalo Roasted Cauliflower

- 5 cups cauliflower, chopped (1 medium head)
- ¼ cup buffalo wing sauce
- 1 tsp. extra virgin olive oil
- 1 tsp. garlic powder
- ½ tsp. sea salt (add more to taste)
- 1 Tbsp. white whole wheat flour
- 1 Tbsp. Buffalo wing sauce, for serving

In a large bowl, add the cauliflower, sauce, olive oil, garlic powder, salt and flour. Toss until sauce coats all of the cauliflower.

Spray the air fryer grill with cooking spray and add cauliflower. Set air fryer to 400 degrees and cook for 15 minutes. At 7 minutes toss cauliflower.

Cook a few minutes longer if you prefer charred and crispy bites. After removing from air fryer, toss with a tablespoon of warmed sauce and serve.

Air Fryer Pigs in a Blanket

- 6 hot dogs
- 1 roll crescent rolls, or crescent sheet

Preheat your air fryer to 360 degrees.

Roll out crescent roll sheet but do not pull pieces apart, rather pinch perforations so it is one solid sheet. Use a pizza slicer width-wise to slice 2-inch long pieces. Score each hot dogs three times (not all the way through) on one side.

Start with the bottom of the crescent and hot dog and roll it up to the top so almost the whole hot dog is wrapped (ends will be showing).

Spray inside of air fryer basket with non-stick spray and place wrapped dogs inside. Cook at 360 degrees for 3 minutes, then leave them inside the basket without opening it for 3 more minutes to continue to warm the inside of the meat.