

Karaca Air Cook makes it all

Stew, soup, yoghurt? Do more with your all-in-one air fryer

karaca.uk
We've got a lot to share



Less fat



Odourless 8



Safety Cook Tech







Features that help to make healthy, delicious meals.



CirculationAir Tech

Hot air circulation evenly distributes heat in the fryer's basket, ensuring that food is evenly cooked throughout.



Easy Wash Technology

The Karaca Air Cook features Easy Wash Technology, and comes with a completely detachable and removable basket that can be safely cleaned in your dishwasher.



Less Fat

Technology

The Karaca Air Cook XL's Less Fat Technology means that you can enjoy preparing delicious and healthy meals using only a tablespoon of oil.



4-Litre

Capacity

The Karaca Air Cook XL won't take up much space on your worktop and has a 4-litre XL basket.



AIR FRY

With the Karaca Air Cook, you only need a spoonful of oil, to be able to prepare dozens of fried dishes. From crispy potatoes to healthy fried chicken, the Air Cook ensures that they are juicy on the inside and crunchy on the outside.



POTATO WEDGES

- 750g potatoes
- 1 tbsp oil
- 1/2 tsp salt
- A pinch of chilli
- A pinch of garlic powder

RECIPE

- into wedges.
- Place the potatoes in a bowl of cold water for 15 minutes, to make crispier wedges.
- •Take the potatoes out of the water, dry them well and mix them in a deep bowl with olive oil, salt and pepper.
- •Pre-cook the potatoes for 2 minutes and place them in the Air Cook basket. Cook at 170°C for 15 minutes using the Air Fry mode.
- •Stir the potatoes occasionally while cooking.
- After 15 minutes, remove the basket and stir in the chili and garlic powder.

- •Wash the potatoes thoroughly and cut them Set the temperature to 180°C, the cooking time to 7 minutes and continue cooking.
 - Stir a few more times until cooked.
 - Your crispy potato wedges are ready to serve.

CHICKEN WINGS

- •1/2 tbsp garlic powder
- •1 tbsp onion powder
- •2 tsp salt
- •2 tsp celery powder
- •2 tsp ground black pepper
- •10 chicken wings

- •1 glass plain yoghurt
- •2 large eggs
- •1/2 cup flour
- •1/2 cup corn starch
- •3 tbsp red chilli powder
- •2 tsp mustard powder
- •2 tsp ground ginger
- •1 tsp dried thyme
- •1 tsp dried basil

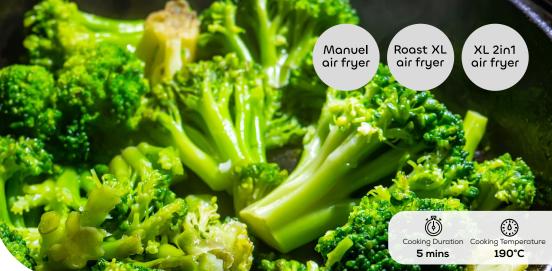
- Whisk the eggs and plain yoghurt in a large bowl until thoroughly mixed.
- Mix the flour, corn flour, chilli powder, garlic powder, onion powder, celery powder, black oregano and basil in another bowl.
- Switch on and preheat the Air Cook using the Heating mode, set the cooking temperature to 190°C and the cooking time to 3 minutes
- Dip the chicken wings in the yoghurt mixture. The longer the chicken stays in the yoghurt mixture, the better.
- Optionally, leave the wings to marinate in the refrigerator the night before.

- After dipping the chicken pieces in the yoghurt mixture, drain off the excess and rub them into the flour and spice mixture. Shake off the excess flour.
- Once preheating is complete, grease the baking tray with a brush.
- Select the Air Fry mode, set the cooking temperature to 190 C and the cooking time to 30 minutes. Start cooking.
- Halfway through the cooking time, turn the chicken over, brush with oil on all sides and continue cooking.
- Continue cooking until the chicken is crispy on the outside and juicy on the inside.

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FALAFEL

- 400g dried chickpeas
- 5 cloves garlic
- •1 small onion
- •1 cup chopped parsley
- •1/2 cup chopped coriander
- 2 tsp ground coriander
- 2 tsp cumin
- 1 tsp sea salt
- •1 tsp black papper
- 1 tsp baking powder

• 1 tbsp olive oil

 For serving: Tahini sauce, salad greens, tomatoes, pickled and pita bread

RECIPE

- Soak the chickpeas in a deep bowl for 18-24 hours. The water should cover twice the height of the chickpeas.
- Drain and dry the chickpeas thoroughly.
 Place the chickpeas in a large food processor with the other ingredients. Mix everything together for about 20 seconds, scrape down the sides of the food processor and mix again.
 Do this several times until the mixture is well blended.
- Refrigerate the falafel mix for 45 to 60 minutes.
- Use an ice-cream scoop to portion the falafel mixture and roll it into balls by hand.

- Use a brush to grease the falafel balls.
- Switch on the Air Cook, select the Air Fry mode for 15 minutes at 190 °C.
- Remove the cooking basket after 3 minutes, brush with oil and place the falafel balls in the basket.
- Remove the basket after 10 minutes and stir.
 Note: The falafel balls should be crispy and slightly brown on the outside.
- Serve with tahini sauce, salad greens, tomatoes, pickles and pita bread.

FRIED BROCCOLI

- •1 large whole broccoli
- 2 tsp olive oil
- •1 clove garlic
- •1/2 tsp salt
- •1/4 tsp ground black pepper
- •1/2 tsp lemon peel
- Optional: 1/4 cup grated parmesan

- Cut the broccoli into florets.
- Set the Air Cook to the Heating mode, the cooking temperature to 190°C and the cooking time to 3 minutes and start heating the cooking basket.
- While preheating, mix the olive oil, garlic, salt and pepper in a large bowl.
- Add in 2 tbsp of parmesan cheese and the broccoli. Stir until well coated.
- Once preheating is complete, press the Air Fry button and set the cooking temperature to 190°C and the cooking time to 5 minutes.
- Place the broccoli mixture in the cooking basket and cook for 5 minutes.

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- Halfway through the cooking time, remove the cooking basket and shake it well. This ensures that the broccoli is flipped over and browned evenly.
- For extra crispy edges, increase the heat to 200°C at the end of the cooking time, shake the basket well and roast the broccoli in Air Cook for an extra minute.
- Serve the broccoli with freshly grated lemon zest and extra parmesan cheese.

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Manuel air fryer Roast XL air fryer XL 2in1 air fryer Cooking Duration Cooking Temperature 20 mins Cooking Temperature 200°C

AUBERGINE WITH PARMESAN

- 1 medium sized aubergine
- 2 cups panko breadcrumbs
- 1/4 cup grated parmesan
- 1 tbsp garlic powder
- 1/4 tsp ground black pepper
- 1 tbsp garlic powder
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 2 large eggs

- 1 glass tomato sauce
- •1 cup grated mozzarella
- 3 tbsp olive oil
- For serving: 1 tbsp finely chopped basil

RECIPE

- Slice the aubergines into 1.5 cm thick slices.
- Place them on a small baking tray and dry them well with a paper towel.
- Mix the panko breadcrumbs, parmesan cheese, garlic powder, salt and pepper in a medium-sized mixing bowl.
- Break the eggs into another medium-sized bowl, add salt and pepper. Whisk well.
- Meanwhile, select the Air Fry mode of the Air Cook and adjust the cooking temperature. Set the temperature to 200°C and the cooking time to 15 minutes.
- While preheating for 5 minutes, coat the aubergines first in the egg and then in the panko mixture.

- Rub the aubergines well with the dry breadcrumbs to ensure that they are completely covered.
- After 5 minutes of preheating, remove the baking tray, line with the aubergines and start cooking.
- After a few minutes, when the aubergine coating starts to harden, brush with oil.
- Cook the aubergines for 5 minutes, flip them and cook for another 8 minutes. You can brush the aubergines with oil after flipping, for extra crispness.
- When they are golden and crispy, brush them with a little tomato sauce.
- Add grated mozzarella and cook for another 2-3 minutes.

- •1 large egg
- •1 tsp Italian herbs
- •1/2 tsp salt
- •1 cup panko breadcrumbs
- 320g mozzarella cheese (cut into 8 equal 'sticks')

- Whisk the egg lightly in a wide, shallow bowl.
- Combine the Italian herbs, salt, and breadcrumbs in a separate large, shallow bowl.
- Dip one mozzarella stick into the whisked egg.
- Dip the mozzarella stick into the panko bowl and coat with dry breadcrumbs.
- Place the breaded mozzarella sticks on a tray and freeze for 1 hour.
- Remove the mozzarella sticks from the freezer and repeat the same process.. Freeze again for half an hour, maximum 1 hour.
- Set the Air Cook to the Air Fry mode and the cooking temperature to 200°C.

- Grease the cooking basket with a brush and place the mozzarella sticks into the basket.
- Set the cooking time to 8 minutes and start the Air Cook.
- Halfway through cooking, remove the baking tray. Flip the mozzarella sticks and brush with oil.
- Place the basket in its original position and continue cooking.
- Cook the mozzarella sticks for another 3-4 minutes until the coating is golden and crispy.

MOZZARELLA STICKS

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OMELETTE

- 2 eggs, kept at room temperature
- 1/4 cup milk
- 1/4 cup grated cheddar
- 1 tbsp of butter
- A pinch of salt and pepper

RECIPE

- and pepper in a small bowl.
- Whisk until the egg mixture is nice and fluffy.
- Place the casserole dish in the basket of the Air Cook.
- Select the Air Fry mode, set the cooking temperature to 170 °C and the cooking time to 8 minutes.
- After one minute, remove the basket, put the butter in the casserole dish and allow it to melt.

- Combine the eggs, milk, half the cheese, salt Pour the egg mixture over the melted butter and put the basket back. It will continue to cook.
 - Pour the remaining cheese over the omelette after cooking for 4 more minutes and continue cooking until the end of the cooking time.
 - Depending on your preference for the consistency of the egg, you can increase or decrease the cooking time.

BEEF TACOS

- 200g beef mince
- 5 small sized soft tortillas
- 3/4 cup grated cheddar and sliced American cheese
- 1/2 tsp salt
- 1/2 tsp thyme
- 1/2 tsp garlic powder
- 1 tsp red chilli powder
- 1/4 tsp cumin
- 1/4 tsp blsck pepper
- 1 tbsp oil

- Season the mince and stir thoroughly.
- Spread the mixture in a strip, reaching the edges of the tortilla wrap.
- Add the cheese, then roll the tortilla tightly and hold with a toothpick to prevent it from opening.
- Brush the tacos evenly and lightly with oil.
- Place the tortilla rolls in the basket of the Air Cook, toothpick side down.

- Select the Air Fry mode, set the cooking temperature to 180 °C and the cooking time to 10 minutes.
- Cook the tacos for 8-10 minutes until they turn golden and crispy, turning over occasionally.

^{*}The Air Cook 2 in 1 includes a casserole dish

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GRANOLA BOWL

• 1/2 glass almonds

•1 glass oatmeal

- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- •1 tsp cinnamon
- A pinch of salt
- 3 tbsp honey
- 1 tsp vanilla extract

• 2 tbsp melted coconut oil

RECIPE

- Put all the ingredients in a bowl and mix well.
- Pour the granola mixture into the casserole dish.
- Select the Air Fry mode, set the cooking temperature to 180 °C, the cooking time to 10 minutes and start frying the granola mixture.
- Stir the mixture every few minutes.
- The granola is ready when the mixture is golden brown.

Note: Serve with yoghurt and dried fruit made in the Air Cook.

WARM BUTTERED CORN ON THE COB

- 2 small fresh corn on the cobs
- Salt

- Black Pepper
- •1 tbsp olive oil
- •2 tbsp butter

- Cut the end of the corn on the cobs so that they fit into the Air Cook bowl.
- Brush the corn with olive oil.
- Sprinkle salt and pepper over the corn.
- Place the corn in the cooking basket.
- Select the Air Fry mode of the Air Cook, set the cooking temperature to 190 °C, the cooking time to 15 minutes and start cooking.
- Turn the corn over halfway through. The cooking time may vary depending on the freshness of the corn
- Spread the butter over the corn while hot and serve.

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Manuel air fryer Roast XL air fryer air fryer Cooking Duration Cooking Temperature 7 mins 200°C

MACARONI CHEESE

- 200g macaroni
- 250ml milk
- 1 tbsp butter
- 100g feta cheese
- 150g mozzarella or cheddar cheese
- 1 garlic clove
- 1/2 tsp salt

- 1/2 tsp black pepper
 - 5 parsley sprigs
 - 3 basil leaves

FRIED ICE CREAM

- 500g vanilla ice cream
- 3 cups cornflakes
- 1/2 tsp cinnamon
- Optional chocolate syrup to top
- Optional whipped cream to top
- Optional candied cherries to top

RECIPE

- Soak the macaroni in a deep bowl of boiling water for 20 minutes.
- Add 1 tbsp of butter and grated garlic to the Air Cook casserole dish and place in the cooking basket.
- Select the heating mode and heat for 5 minutes.
- Drain the pasta with boiling water.
- Grate the feta cheese.
- Chop the parsley and basil, add and combine everything.

- Pour the pasta mixture into the pot, press it down with a spoon and add milk. The milk should not cover the pasta.
- Cover the pot tightly with aluminium foil and place it in the cooking basket of the Air Cook.
- Switch on the Air Cook and select the Oven/ Grill mode, set the cooking temperature to 180 °C and the cooking time to 15 minutes.
- After 15 minutes, remove the aluminium foil and continue cooking until it turns golden brown.

RECIPE

- Put the cornflakes in a zipped refrigerator bag and crush the cornflakes with a rolling pin. Use a food processor if you wish but do it in pulse mode so you don't turn the cornflakes into powder.
- Place the crushed cornflakes on a large plate and stir in the cinnamon.
- Using an ice cream scoop, take large chunks of ice cream and shape them into balls with your hands.
- Roll one ice cream ball at a time in the crushed cornflakes, pressing the cereal firmly into the ice cream and moulding each ice cream ball into even neater rounds.

- Roll the ice cream in the cornflakes as necessary until they are completely covered.
- Freeze the ice cream balls for at least 3-4 hours, preferably for a day.
- Switch on the Air Cook, select the Air Fry mode, set the cooking temperature to 200°C and the cooking time to 7 minutes. At the 5-minute mark, remove the ice cream from the freezer and place it in the casserole dish.
- Cook at 200 °C for 2 minutes and serve with your choice of sauces, whipped cream and candied cherries to top.

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SIRLOIN STEAK WITH BLUE CHEESE SAUCE

- 2 slices beef sirloin steaks
- •1 tbsp butter at room temperature
- 30g blue cheese
- 1 tbsp finely chopped parsley
- 1/2 garlic clove
- 1/2 tsp ground or sea salt
- 1/2 tsp coursely ground black pepper
- 3 sprigs fresh thyme leaves removed from the stem
- 1 tbsp olive oil
- For serving: add roasted vegetable or French fries.

RECIPE

- Sprinkle salt on both sides of the steaks
- Mix the olive oil, fresh thyme leaves and black pepper in a bowl, rub this mixture on the steaks and leave for at least 15 minutes until they reach room temperature.
- Meanwhile, mash the blue cheese with the butter and stir thoroughly. Add the finely chopped parsley and finely crushed garlic and place it in the fridge.
- Switch on the Air Cook and select the Oven/Grill mode, set the cooking temperature to 200°C and the cooking time to 12 minutes.
- Place the marinated steaks into the basket after 2 minutes and start cooking.

- Flip the steaks after 5 minutes and continue cooking for another 4-5 minutes. The meat should be cooked to medium-rare depending on its size. If you want the steak well done or rare, adjust the cooking time accordingly.
- Take the blue cheese butter out of the fridge a minute before the end of the cooking time, cut it in half and place one half each on top of the steaks
- When the cooking is done, set the meat aside to rest for 1-2 minutes and cover with aluminium foil.
- Heat up baked vegetables or roast potatoes that you have already prepared in the Air Cook with the Heating mode and serve them on the side.

LEMON SALMON

- 2 pieces 150g salmon fillets
- 250g asparagus
- Salt
- Coarsely ground black pepper
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 cloves garlic

- •3 leaves basil
- 1 sprig rosemary
- 4 lemon slices

- Whisk together the olive oil, lemon juice, garlic, salt, pepper, basil and rosemary.
- Reserve half the sauce for the dish and use the other half to brush the salmon and asparagus.
- Brush the pot with oil and place the salmon in it, skin side down.
- Place the lemon slices on them and brush them with the sauce.
- Switch on the Air Cook. Select the Oven/Grill mode, set the cooking temperature to 200°C and the cooking time to 13 minutes.

- Add the asparagus after 4 minutes and cook for another 9 minutes.
- Turn the asparagus a few times.
- Serve the salmon with the asparagus and lemon sauce with garlic, fresh herbs and olive oil.

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FRITTATA

- 4 medium-sized eggs
- •1 sprig of spring onion
- •1 small red pepper
- 1/2 courgette
- 1 handful frozen spinach
- 2 dried tomatoes
- 2 tbsp milk
- •1 tbsp butter
- toes 1/2 tsp salt

RECIPE

- Dice all of the vegetables into small cubes.
- Break the eggs into the bowl and whisk them well with milk. Season with salt and pepper.
- Place the casserole dish in the cooking basket of the Air Cook.
- Switch on the Air Cook, select the Oven/Grill mode, set the cooking temperature to 180°C and the cooking time to 15 minutes.
- When the casserole dish is hot, add the butter and allow it to melt.

- Once melted, add all the vegetables and sauté for 5 minutes, stirring occasionally.
- Pour the whisked egg into the pot and mix it with the vegetables. After 15 minutes, or when the eggs turn golden, the dish is ready to serve.

CHOCOLATE CHIP COOKIES

115g butter, melted75g brown sugar

• 40g white sugar

- 1 egg
- 1 tsp vanilla extract
 - 1 top varilla extrac
 - 180g flour
- 1 tsp baking soda
- 1/4 tsp salt
- 130g chocolate chips

- Mix the melted butter with the brown and white sugar.
- Add the egg and vanilla and whisk for another 30 seconds. Combine with the rest of the ingredients.
- Refrigerate the dough for at least 30 minutes.
- Form balls from 1.5 tbsp of dough and shape all the dough into even balls.
- Place 4 balls in the Air Cook basket, leaving gaps in between.

- Switch on the Air Cook in the Oven/Grill mode, set the cooking temperature to 160°C and the cooking time to 7 minutes.
- After 5 minutes, check that the Air Cook is ready.
- Bake until the cookies turn golden.
- Switch off the Air Cook and allow the cookies to rest for 2-3 minutes before taking them out.

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OVEN/GRILL

The Karaca Air Cook's Oven/Grill mode is perfect for grilling, adding an authentic barbecue flavour to meat and fish. You can also use this mode to make doughnuts, brownies, sausage rolls and other pastries.



ROAST WHOLE CHICKEN

- •2 free-range chicken
- •1/2 cup olive oil
- •1 tsp salt
- •1/2 tsp ground black pepper
- •1 tbsp chili powder

- 1 tsp dried thyme
- 1 tsp chopped fresh rosemary
- •1 garlic clove, crushed
- 1/2 lemon
- 200ml boiling water

RECIPE

- Rub the whole chicken thoroughly with lemon then salt and pepper.
- Leave it to rest for 15-30 minutes.
- Mix the olive oil and chilli powder and rub over the chicken before cooking.
- Bend the wings of the chicken downwards, pressing the thighs down as much as possible then tie them together tightly using kitchen string.
- Cover the tips of the thighs and the wings with aluminium foil.
- Place the chicken upside down on the Air Cook cooking tray and press down with your hand to make it fit.
- Pour 1/2 cup of boiling water into the bottom of the cooking basket.
- Switch on the Air Cook, select the Oven/Grill mode, set the cooking temperature to 180 °C and the cooking time to 50 minutes.

- Remove the cooking basket from time to time and baste the chicken with oil.
- Turn the chicken after 30 minutes and continue cooking.
- Check the water in the bottom of the basket, adding more if necessary.
- Ensure that the tips of the wings and thighs are still covered with the aluminum foil.
- Add half of the thyme and rosemary along with the garlic to the oil and rub over the chicken in the last 10 minutes. Repeat this step several times.
- At the end of the cooking time, check to see if the thighs are easily separated. If necessary, continue cooking for another 5-10 minutes.
- Sprinkle the remaining thyme and rosemary over the chicken, allowing it rest for 10 minutes and serve.

PILAF RICE

- 200g rice
- 250ml water
- Knob of butter
- 1 tsp salt
- 1 tbsp cooking oil

RECIPE

- Put the rice in a colander, wash thoroughly under running water and then soak in a bowl with hot water for 20 minutes.
- Drain the rice and place it into the Air Cook casserole dish. Add one tbsp of oil, salt, butter and mix.
- Place the casserole dish in the Air Cook cooking basket, select the Oven/Grill mode and set it to 200 °C for 30 minutes.
- At the end of the cooking time, remove the pan, mix the peppers gently, cover the casserole dish again with aluminium foil, close the lid and place the dish back into the cooking basket.

- Select the Oven/Grill mode, set the cooking temperature to 200 °C and the cooking time to 5 minutes.
- Remove the lid at the end of the cooking time, stir the rice gently, cover it with a tea towel and leave it to rest for 5-10 minutes.

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DRIED FRUITS AND VEGETABLES

The Karaca Air Cook's Vegetable/Fruit Dryer mode allows you to dry and store seasonal vegetables in a healthy way and for a long time. You can prepare your own spices from fresh mint to thyme.





DRIED APPLE SLICES

• 1 large apple

- Thoroughly wash then peel the apple.
- Cut into thin slices.
- Place the slices in the Air Cook XL basket.
- Select the Vegetable/Fruit Drying mode.
- Switch on the machine, set the duration to 6 hours and the temperature to 60°C, to dry the fruits.



HOMEMADE YOGHURT

Make perfect, delicious homemade yoghurt with the Karaca Air Cook in just eight hours. Simply use the yoghurt preparation feature and follow our easy recipe.



YOGHURT

- 1 litre of fresh milk
- 1 packet instant yoghurt starter or half cup greek yoghurt

- Heat the milk until it starts to boil, stirring occasionally.
- Boil for 2-3 minutes then switch off the heat.
- Pour the milk into the Air Cook casserole dish and stir occasionally.
- When the temperature drops below 40°C, add the yoghurt starter, and stir thoroughly.
 If you do not have a thermometer, you can check the temperature of the milk with your finger. Be careful with this step.
- When the milk is warm but does not burn your finger, you can add the yoghurt starter culture.

- Switch on the Air Cook and select Yoghurt Preparation mode. Set to 45°C for 8 hours.
- Place the casserole dish with water inside the basket and leave it to ferment.
- Keep the fermented yoghurt in the refrigerator for at least a few hours before consuming.



HEATING

Reheat your meals by selecting the Karaca Air Cook's Heating option. Enjoy your food as if it was freshly cooked.









