



ESSENTIAL  
**INSTANT™  
VORTEX™  
AIR FRYER  
OVEN**  
COOKBOOK

100 RECIPES FOR  
**AIR FRYING,  
ROASTING,  
DEHYDRATING,  
ROTISSERIE**  
— & MORE —



**DONNA-MARIE PYE**

# BARBECUE TAKEOUT-STYLE ROTISSERIE CHICKEN

MAKES 4 SERVINGS



Who doesn't like to pick up a ready-barbecued takeout chicken from the grocery store? They make quick meals and are great for salads and sandwiches the next day. Using the rotisserie function on the Vortex Plus, you can easily make your own in less than an hour. Make sure you rub the seasoning mixture under the wings and legs too, to get the chicken completely coated with flavor.

## PREP TIME

10 minutes

## COOK TIME

40 minutes

## VORTEX FEATURES

▮ Rotisserie

▮ Roast

1 chicken (about 3½ lbs/  
1.75 kg), trussed

Olive oil

## TAKEOUT RUB

1 tbsp (15 mL) onion  
powder

2 tsp (10 mL) paprika

1 tsp (5 mL) garlic powder

1 tsp (5 mL) dried oregano  
flakes

1 tsp (5 mL) dried thyme  
flakes

1 tsp (5 mL) brown sugar

1 tsp (5 mL) salt

½ tsp (2 mL) dried  
rosemary

½ tsp (2 mL) dried ground  
sage

**1** Insert spit into the chicken through the neck, coming out through the bottom cavity. Thread the rotisserie forks from each side, securing one fork into either side of the chicken breast and the other into the chicken thighs. Tighten the screws to secure the spit in place.

**2** If using a spray bottle, spray oil all over chicken, including under back, wings and legs. Or gently rub a little oil over all sides of chicken with your hands.

**3** In a bowl, combine onion powder, paprika, garlic powder, oregano, thyme, brown sugar, salt, rosemary and sage, mixing well. Rub 2 tbsp (30 mL) of seasoning mix over all sides of chicken, including under the wings and creases between the legs. Set aside.

**4** Place the drip pan in the bottom of the cooking chamber. Using the display panel, select ROAST, then adjust temperature to 380°F. Press START. Preheat Vortex until display indicates ADD FOOD.

**5** Using the rotisserie fetch tool, lift spit into the oven and slide spit along the side bars until spit reaches the rotisserie hole. Pull forward on the red release lever to secure the ends of the spit in place. Close the door and select ROTATE. Set time for 40 to 45 minutes. Chicken is cooked when juices run clear when chicken is pierced and thermometer inserted in thigh registers 185°F (85°C).

**6** Remove chicken from the oven and let stand 10 to 15 minutes before loosening forks and removing spit from inside the chicken.

**TIPS** Make sure you purchase a roasting chicken no larger than 4 lbs (2 kg); otherwise it will be too heavy for the rotisserie. I like them already trussed— that way I just spray and rub. What could be easier?



# BUFFALO CAULIFLOWER WINGS WITH BLUE CHEESE DIP

MAKES 4 SERVINGS



Savory, spicy, secretly healthy, surprisingly delicious. These six-ingredient cauliflower bites are perfect for game day, summer barbecue parties and potlucks, or whenever you find yourself craving seriously fun comfort food that won't leave you weighed down. You'll be shocked at how good they are. Okay, so there may be some die-hard meat eaters you won't convince, but I guarantee most people will gobble them up at lightning speed and then ask you for the recipe.

## PREP TIME

20 minutes

## COOK TIME

17 minutes, divided

## VORTEX FEATURES

▶ Air Fry

▶ Rotisserie

1 medium cauliflower, cut into florets (about 25 to 30 florets)

½ cup (125 mL) all-purpose flour

¼ tsp (1 mL) garlic powder

½ cup (125 mL) mayonnaise or vegan-mayo

1 tbsp (15 mL) hot pepper sauce (such as Frank's RedHot sauce)

Oil spray

6 tbsp (90 mL) hot pepper sauce

1 tbsp (15 mL) melted butter or vegan spread

- 1 Remove outer leaves and stem from cauliflower. Cut into florets, ensuring there is a small stem to hold on to. Cut florets so there is a flat side. You should get about 25 to 30 florets from one cauliflower.
- 2 In a medium bowl, combine flour with garlic powder; set aside. In a separate bowl, combine mayonnaise with 1 tbsp (15 mL) hot pepper sauce, mixing well.
- 3 Using a two-handed method, dip cauliflower florets with one hand into mayonnaise mixture, letting excess drip off. Ensure all areas of cauliflower are coated and there are no bare spots. Transfer to flour mixture and, using the other hand, toss cauliflower in flour mixture (or almond flour, if using). Place florets on two cooking trays or in rotisserie basket.
- 4 Place the drip pan in the bottom of the cooking chamber. Using the display panel, select AIRFRY, then adjust temperature to 380°F. Press START. Preheat Vortex until display indicates ADD FOOD.
- 5 *If using racks:* Insert one cooking tray into the topmost position and the other tray into the bottom-most position. Close the door. Using display panel, SET TIME for 12 minutes.
- 6 *If using basket:* After placing cauliflower in basket, secure lid and lock into place. Using the rotisserie fetch tool, lift basket into the oven and slide the spit along the side bars until spit reaches the rotisserie hole. Pull forward on the red release lever to secure the ends of spit in place. Close the door and select ROTATE. Set time for 12 minutes.

## BLUE CHEESE DIP

½ cup (125 mL) mayonnaise or vegan mayo  
¼ cup (60 mL) crumbled blue cheese

- 7 While food is cooking, in a bowl, combine remaining 6 tbsp (90 mL) hot pepper sauce and melted butter, stirring well. Once cooking is complete, remove trays or basket from oven.
- 8 Add cooked cauliflower to hot sauce mixture and toss to coat with sauce. Transfer onto cooking trays once again.
- 9 Using display panel, select REHEAT, then adjust temperature to 300°F. Press START. Preheat Vortex until display indicates ADD FOOD.
- 10 Place trays into the top and bottom positions. Close the door. Using display panel, SET TIME for 5 minutes. When program is complete, transfer to serving plate and serve immediately.
- 11 *Dip:* In a bowl, combine mayonnaise and crumbled blue cheese. Serve alongside cauliflower wings.

**TIPS** To make this a gluten-free or keto-friendly version, substitute ½ cup (125 mL) all-purpose flour with 1 cup (250 mL) almond flour.

Use a two-handed method, working from left to right, to dredge or coat the cauliflower with mayonnaise and flour. With one hand, coat the cauliflower in mayonnaise and shake off any excess. Make sure there are no bare spots or areas where the mayonnaise mixture is bare. This will be your "wet hand." Transfer the cauliflower to the flour mixture, and use your other hand to coat. This will be your "dry hand." Try not to let the dry hand touch the wet mixture so as to not make a big gooey mess.

# PEANUT BUTTER BANANA CHIPS

MAKES 2 TO 4 SERVINGS



The bonus of the Vortex machine is that it can also make delicious snacks like these banana chips. Dusted in peanut butter powder (available in health food stores), these are an addictive, gluten-free, vegan snack. They also make a great addition to a homemade protein bar — a quick three-ingredient mixture that's easy to blend up if you have a food processor or blender.

## PREP TIME

10 minutes

## COOK TIME

8 hours

## VORTEX FEATURES

■ Dehydrate

2 ripe bananas

2 tbsp (30 mL) peanut butter powder

## HOMEMADE PROTEIN BARS

1 cup (250 mL) dehydrated peanut butter banana chips

½ cup (125 mL) medjool dates, pitted and chopped

⅔ cup (150 mL) walnuts

**1.** Place the drip pan in the bottom of the cooking chamber. Using the display panel, select **DEHYDRATE**, then adjust temperature to 135°F. Press **START**. Preheat Vortex until display indicates **ADD FOOD**.

**2.** Thinly slice the bananas (¼-inch/6 mm) thick and arrange them in a single layer on the Vortex baking sheets.

**3.** Sprinkle with peanut butter powder on one side, then flip slices over and sprinkle the second side with the powder.

**4.** When display indicator signals **ADD FOOD**, insert one cooking tray into the topmost position and the other tray into the bottom-most position. Close the door. Using the display panel, **SET TIME** for 8 hours. Store banana chips in an airtight container at room temperature for at least two weeks.

**TIPS** The key to getting a good batch of dehydrated banana chips is to cut the bananas into uniformly thin slices. Aim for ¼-inch (6 mm), but if you cut them a little thicker that will work too.

Keep an eye on the banana chips for the last couple of hours, so that you can remove them when they reach the texture you want. Ideally you want chewy dehydrated banana chips.

## HOMEMADE PROTEIN BARS

**1.** In a food processor, pulse banana chips, dates and walnuts 1 to 2 minutes until everything is uniformly finely chopped but not a paste. Transfer to an 8-by-4 inch (20-by-10 cm) loaf pan and press down to make it level. Refrigerate for 1 hour, then cut into six bars. Transfer bars to an airtight container and refrigerate.



# THE BEST BUTTERMILK-BRINED FRIED CHICKEN

MAKES 4 TO 6 SERVINGS

GF

The first step toward really great fried chicken is a really great brine. Brining infuses the meat with savory finger-lickin' flavors, all while tenderizing it to butter-soft texture. Buttermilk also adds a delicious tanginess, making this chicken doubly good.

## PREP TIME

20 minutes

## COOK TIME

17 minutes, divided

## VORTEX FEATURES

▸ Air Fry

### BUTTERMILK BRINE

2 tbsp (30 mL) salt  
1 tbsp (15 mL) sugar  
1 tsp (5 mL) celery seeds  
1 tsp (5 mL) dried rosemary, crumbled  
1 tsp (5 mL) freshly ground black pepper  
1 bay leaf, crumbled  
2 cups (500 mL) buttermilk  
2 cloves garlic, grated  
1 shallot, grated  
2 lbs (500 g) chicken drumsticks and thighs, skin-on and bone-in

### COATING

1 cup (250 mL) all purpose or gluten-free flour  
1 tbsp (15 mL) onion powder  
2 tsp (10 mL) paprika

**1** *Buttermilk Brine:* In a large resealable bag, place salt, sugar, celery seeds, rosemary, pepper and bay leaf. Pour in buttermilk, then add grated garlic and onion. Seal the bag and shake to combine.

**2** Add chicken and seal the bag, pushing out as much air possible, so the chicken is submerged in the buttermilk. Refrigerate overnight.

**3** *Coating:* In a large freezer bag or bowl, combine flour, onion powder and paprika; set aside. Remove chicken from the buttermilk brine, reserving brine. Transfer chicken onto paper-towel lined tray and dry off chicken, removing any extra bits of spices. Place panko into a resealable bag or bowl.

**4** Shake chicken first in seasoned flour mixture, then dip into reserved buttermilk brine, then transfer into seasoned panko to coat evenly. Place chicken pieces evenly onto cooking racks, taking care not to overcrowd the racks and to ensure there is as much air space around each piece as possible. (They should not overlap or even touch.) Generously coat chicken pieces with oil spray on both sides.

**5** Place the drip pan in the bottom of the cooking chamber. Using the display panel, select AIR FRY, adjust temperature to 350°F (180°C) and SET TIME to 28 minutes. Preheat Vortex until display indicates ADD FOOD.

**6** Slide the two cooking trays into the topmost and bottom-most positions. When display indicates TURN FOOD, turn chicken pieces over and switch cooking trays so that the tray that was in the bottom-most position is now in the topmost position and topmost tray is now in the bottom-most position.

2 cups (500 mL) seasoned panko breadcrumbs, regular or gluten-free

Oil spray

Honey

**7** Close door and continue to cook until crust is golden brown and crisp and thermometer inserted into meat registers 165°F (74°C). Transfer to a serving plate, then drizzle with honey before serving.

**TIPS** If you want to double or triple these amounts for a crowd, you must air fry the pieces in batches because they must lie in a single layer on the cooking trays.

Panko is a Japanese-style breadcrumb traditionally used to provide a light breaded coating to many deep-fried dishes. They allow the food to stay crispier longer than traditional breadcrumbs. Because they are processed differently than regular ones, they result in shard-like flakes rather than tiny grains.



## BREAKFAST

Banana Nut Bread

French Toast with Hot Cinnamon Maple Syrup

Ham, Egg & Spinach Cups

Hard "Boiled" Eggs

Homefries with Onions & Peppers

Maple Country Turkey Breakfast Sausage

Pan o' Sticky Buns

PB & Honey Granola

Raspberry Lemon Yogurt Muffins

Smoked Meat & Swiss Breakfast Pockets

Sweet Pepper & Pancetta Frittata

## APPETIZERS

Air Fried Devilled Eggs

Bacon Wrapped Cheesy Jalapeno Poppers

Bacon Wrapped Chicken Wings with Beer Smear Sauce

Devils On Horseback (Bacon-Wrapped Olive Stuffed Dates)

Buffalo Cauliflower Wings

Cheesy Stuffed Mushrooms

Chili-Corn Chip Avocado Fries

Corn Chips & Fresh Salsa

Crispy Coconut Shrimp with Mango Aioli

Fried Pickle Chips with Buttermilk Ranch Dip

Halloumi Fries

Loaded Potato Skins

Pita Crisps with Za'tar

Sticky Five-Spice Riblets

## MAIN DISHES

Ancho Chili Ribs with Smoky Apple Bbq Sauce

Asian Turkey Meatballs with Hoisin Sauce

Bacon-Wrapped Rosemary Turkey Roast

Bahn Mi Pork Bowl

Bang Bang Shrimp In Lettuce Cups

BBQ Rotisserie Chicken

Blackened Fish Tacos with Cabbage & Orange Avocado Salsa

Buttermilk Fried Chicken

Carne Asada

Chicken Club Sandwich

Chicken Empanadas

Chicken Parmesan Caprese

Chinese Take-Out Style Chicken

County Fair Corn Dogs

Crab Cake Sandwiches with Chipotle Mayo

Crispy Almond Baked Fish

Crispy Five-Spice Pork Belly Tacos

Crispy Panko Tofu Spinach Salad

Crunchy Falafel Pitas

Cuban-Style Rotisserie Pork Roast

Diner Smash Burgers

Easy Asian Flank Steak

Favourite Individual Meatloaf Muffins

Fish-In-Chips

Garlic Butter Pork Chops

Garlic Studded Rotisserie Beef Roast with Horseradish Chive Cream

Glazed Ham

Greek Lamb Meatballs with Yogurt Tatziki

Greek-Stuffed Beef Patty Pockets

Honey-Sriracha Pork Tenderloin

Indian Chicken Burger

Jalapeno Lime Halibut

Jerk Rotisserie Pork Roast

Korean-Style Beef Bowl

Lamb Chops with Maple Mustard Glaze

Maple Miso Salmon

Meal Prep Bowl/Wrap

Mediterranean Short Ribs

Mushroom Carnitas Tacos

Nashville Hot Turkey Tenders

Perfect Sirloin Steak

Pesto Veggie Stacks

Pretzel-Crusted Pork Cutlet on Warmed Sauerkraut

Roasted Chinese Five-Spice Garlic Chicken Thighs

Rosemary Rotisserie Lamb Roast

Salmon Burgers

Sausage & Pepper Hero Sandwiches

Tempeh "Chicken" Fingers

Thai-Style Rotisserie Chicken

Tuscan Lemon & Herb Chicken

Ultimate Meatless Burger

Veggie Burgers

Zucchini Fritter

## SIDES

Broccoli with Garlic & Parmesan

Crispy Brussels Sprouts

Crispy Onion Rings

French Fries

Hasselback Sweet Potatoes with Herb Drizzle

Honey Roasted Butternut Squash

Mexican Street Corn

Perfect Buttermilk Biscuits

Prosciutto Wrapped Asparagus with Balsamic Drizzle

Roasted Cauliflower with Parmesan Crust

Roasted Eggplant with Herbed Yogurt

Skinny Sweet Potato Fries

Southern-Style Cornbread

Steakhouse Baked Potatoes

Thyme Roasted Potatoes

## SNACKS

Air-Dried Tomatoes & Basil

Bacon Candy

Beef Jerky

Creamsicle Fruit Leather

Crispy Za'tar Chickpeas

Crunchy Kale Chips

Peanut Butter Banana Chips

Potato Chips

Tapas Nuts

## DESSERT

Best-Ever Brookie

Chocolate Lava Cakes

Churros with Mexican Hot Chocolate

Fruit Filled Hand Pies

Jelly Bomb Donuts

Mix Easy Chocolate Cake

Simple Apple Crisp



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## ABOUT THE AUTHORS

**Donna-Marie Pye** is a best-selling author of four cookbooks with more than 300,000 copies in print. In her 20-year career in the food industry, Donna-Marie has worked with companies such as Kraft Foods. She now creates recipes and acts as a media spokesperson for Piller's Fine Foods, Maple Leaf Foods, California Raisins, Dare and others. She is co-owner of Relish Cooking Studio in Waterloo, Canada.

# ESSENTIAL INSTANT™ VORTEX™ AIR FRYER OVEN COOKBOOK

100 Recipes for Air Frying, Roasting, Dehydrating, Rotisserie and More

*The creators of Instant Pot® have launched the next new sensation, the Instant™ Vortex™ Air Fryer Oven, and this is one of the first official cookbooks on the market to go with it.*

The Instant Vortex Air Fryer Oven is the brand-new small appliance from the creators of Instant Pot, easily the most popular home appliance of the past decade. What does the new Instant Vortex Air Fryer Oven do? It air fries, bakes, roasts, toasts, broils, dehydrates and also includes a rotisserie function — all in a unit not much bigger than a toaster oven. It's on deck to be the next great trend, the kitchen appliance of the 2020s. And *Essential Instant™ Vortex™ Air Fryer Oven Cookbook* can help you get the most from it.

- Bestselling author Donna-Marie Pye has created and tested more than 100 new recipes.
- At 10 quarts (9.5 L), the Instant Vortex Air Fryer Oven isn't much bigger than a toaster oven — perfect for any kitchen.
- Can cook foods straight from freezer.
- Powerful social media presence: the Instant Pot community has nearly 2.5 million Facebook members.

## MARKETING & PUBLICITY

**Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.**

- National and regional print and online marketing and publicity campaign;
- Blogger and reviewer campaign targeting all food, parenting and lifestyle sites;
- Pitches for print and online roundups and catalogues;
- Social media outreach including all publisher and brand platforms and channels (Facebook, Pinterest, Twitter, Instagram);
- Digital sample, shareable graphics and recipe feature campaign;
- Selected author appearances currently being explored.

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