

Halal Airfryer Deluxe: The Ultimate
Cookbook for Healthy & Aromatic Recipes
| Low in Fat, Full of Flavour – Suitable for
All Models

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Introduction

Welcome to the world of halal airfrying

Welcome to *Halal Airfryer Deluxe* – your reliable companion on the way to healthy, delicious and halal-certified dishes from the air fryer!

In this book, 250 creative recipes await you that prove: Less fat does not mean less taste - on the contrary! Thanks to modern Airfryer technology, you can enjoy traditional and new dishes in a healthy way, without sacrificing crispy textures or aromatic spice.

Whether breakfast, snack, main course or sweet temptation - here you will find something suitable for every occasion and every time of day, according to halal guidelines.

Air Fryer Benefits: Healthy, Quick & Delicious

The hot air fryer has revolutionized the kitchen world. Here are a few reasons why it should not be missing in your halal-run kitchen:

- **Less fat**: With up to 90% less oil than traditional frying methods.
- **Time-saving**: Many dishes are ready in less than 20 minutes.
- **Versatile**: From breakfast to snacks to desserts - everything is possible.
- **Low odor & clean**: No annoying frying smell, no grease splashes.
- **Crispy results**: Crispy on the outside, juicy on the inside – perfect for meat, vegetables and the like.

Important tips for perfect results

To ensure that your airfryer dishes are always a success, here are a few proven tips:

- **Preheating is worthwhile**: Even if not always necessary, it ensures a better result for some recipes.
- **Don't overload**: Leave enough space for the hot air to circulate.
- **Turn or shake ingredients regularly**: This will make everything evenly crispy.
- **Oil spray instead of oil bath**: A light spray is often enough.
- **Use baking paper with holes**: This will maintain air circulation.

Suitable foods for the Airfryer

The selection of ingredients that can be prepared in the Airfryer is huge - especially in halal cuisine. Here are a few examples:

- **Meat & poultry**: chicken wings, lamb chops, marinated skewers, kofta
- **Fish & Seafood**: Salmon fillets, fish fingers, prawns
- **Vegetables**: sweet potatoes, eggplant, broccoli, cauliflower
- **Pasta**: Börek, Pide, Mini Pizzas
- **Sweets**: Date balls, apple turnovers, churros

Frozen products, bread, casseroles and even whole meals can also be prepared wonderfully in the Airfryer - provided you know the right settings, which you will find in the respective recipes in this book.

Get ready for a culinary journey full of flavors that will do justice to your health and faith. Have fun cooking!

Basics of Halal Cuisine

What does "Halal" mean in nutrition?

The word "Halal" comes from Arabic and literally means "allowed" or "permissible". In terms of food, it describes everything that is allowed to eat and drink in Islam. This is not only about the end product, but also about its origin, production and preparation.

The most important principles of the halal diet include:

- **No pork** or products made from it
- **No alcohol** or alcohol-containing ingredients
- **Only meat from animals slaughtered according to Islamic rites**
- **No contamination from non-halal products** (e.g. from joint processing or kitchen appliances)
- **Cleanliness and purity** throughout the preparation process

Halal is therefore not only a way of eating, but also an expression of mindfulness, ethics and spiritual awareness in everyday life.

Halal certification: What you should pay attention to

Especially in supermarkets and processed products, it is often not easy to tell whether a product is really halal. That's why **Halal certificates** are helpful – they guarantee that all regulations have been complied with. When shopping, pay attention to:

- **Recognized Halal Seals** (e.g. Halal Control, HMC, Halal Quality Control)
- **Ingredient List**: No E numbers such as E471, gelatin or emulsifiers of animal origin
- **No traces of alcohol** (e.g. in flavourings, vinegar products or raising agents)
- **Transparent indications of origin** for meat and poultry

Especially with frozen products, ready-made seasonings or snacks, it is worth taking a closer look. And if you're unsure: It's better to be fresh and homemade - that's exactly what this book offers you!

Halal vs. conventional ingredients

Many conventional ingredients seem "neutral" at first glance, but contain hidden non-halal components. Here is a comparison:

Conventional	Halal-Alternative
Pork gelatin	Beef gelatin (halal-certified) or agar-agar
Alcoholic Vanilla Flavors	Non-alcoholic vanilla extracts or vanilla powder
Cheese with animal rennet	Cheese with microbial or plant-derived rennet
Ready meals with e-additives	Homemade dishes with natural ingredients
Undeclared meat product	Halal Certified Meat with Proof of Origin

What's particularly nice is that the Airfryer makes it easy to make many conventional snacks and dishes halal and healthier yourself - and that's exactly what this book will help you do.

With these basics, you'll be well prepared to make your kitchen halal, creative and modern – without compromising on taste.

Using the air fryer correctly

What models are available? (Dual Zone, Single Basket & Co.)

The selection of Airfryers is now large – and each model has its own advantages. Here is a brief overview:

1. Single Basket (single-chamber devices)

- **Ideal for beginners or small households**
- Compact design
- A cooking basket for a portion or dish
- Easy to clean & space-saving
- ♦ **Tip**: Perfect for snacks, side dishes or simple dishes

2. Dual Zone (two-chamber devices)

- **Two separate cooking zones** with different programs
- Allows simultaneous preparation of e.g. meat & side dish
- Often with a "sync finish" function so that everything is ready at the same time
- ♦ **Tip**: Great for families or if you want to cook in a variety of ways

3. Multifunctional airfryer with additional functions

- Integrated **Baking, grilling or dehydration options**
- Digital control with presets (preset programs)
- Sometimes with a viewing window or stirring arm

Tip: Perfect for home cooks who experiment a lot

Which model you use does not matter for the recipes in this book - all are **compatible with the common Airfryers** and provided with instructions for dual-zone devices if required.

Temperature settings & cooking times

The right combination of **temperature and time** is the key to success in the Airfryer. Here is an overview of typical guideline values:

Court	Temperature	Cooking time
Apples (frisch)	180–200 °C	15–20 min
Chicken thighs	180 °C	20–25 min
Lamb skewers	200 °C	10–12 min
Falafel	180 °C	12–15 Min
Fish fillet	160–180 °C	10–14 min
Vegetables (e.g. broccoli)	160 °C	10–12 min
Muffins & Pastries	160–170 °C	12–18 min
Frozen Products	180–200 °C	10–15 min

Important: Every Airfryer is slightly different. You'll get a feel for how your device works best over time. It's worth taking a look at new recipes in between.

Cleaning & care for a long service life

Regular cleaning is not only hygienic, but also extends the life of your device. Here are a few practical tips:

- **Clean the cooking basket and the drip tray after each use** - preferably with warm water, a little washing-up liquid and a soft sponge
- **Do not use aggressive abrasives or steel wool**
- **Remove grease and food residues** regularly from the heating area
- **Protect non-stick coating** – do not use metal utensils
- **Descale the appliance regularly** (if steam function is available)

Many parts are **dishwasher safe** – see your model's owner's manual.

Tips & Tricks for Perfect Results

Even though the hot air fryer simplifies many things, there are a few little tricks that will make your dishes **even better** - crispy on the outside, juicy on the inside and always full of flavor:

- ◆ **1. Do not overfill**

Always leave enough space for the hot air to circulate. This way everything is cooked evenly and nice and crispy.

- ◆ **2. Turn or shake ingredients**

Especially with fries, vegetables or pieces of meat, it helps to stir or turn 1-2 times during cooking. This ensures even tanning.

- ◆ **3. Oil spray instead of oil bath**

A touch of oil (e.g. with a spray) is often enough to achieve perfect results – crispy, but low in fat!

- ◆ **4. Preheat only when needed**

Not every airfryer needs to be preheated. However, it can be useful for delicate dishes such as muffins or thin dough.

- ◆ **5. Marinate for more flavor**

Especially with meat and vegetables: A spicy marinade makes all the difference – and the Airfryer really brings out the aromas.

- ◆ **6. Timing is everything**

It is better to cook for a shorter time and readjust if necessary. One too long – and the dish becomes dry. Better to check more often.

- ◆ **7. Aluminum foil or baking paper with holes**

So that nothing sticks, but the air can circulate. Never cover the entire basket!

Must-have ingredients for delicious dishes

If you cook regularly with the Airfryer, it's worth having a well-stocked supply. These ingredients are not only suitable for halal, but also versatile:

Spices & basics- Cumin

- Paprika powder (noble sweet & smoked)
- Turmeric
- Coriander (ground & fresh)
- Cinnamon
- Chili or harissa powder
- Garlic & onion powder
- Black Cumin (Nigella)
- Sumac
- Sea salt & black pepper

****Proteins (halal-certified)**

- Chicken breast & thighs
- Minced beef or lamb
- Halal sausages (e.g. sucuk)
- Fish fillets (e.g. salmon, cod)
- Chickpeas, lentils & beans

****Vegetables & Side Dishes**

- Yams
- Zucchini, Aubergine, Paprika
- Broccoli & Cauliflower
- Dates & dried apricots
- Couscous, Bulgur, Reis
- Fresh herbs: parsley, coriander, mint

Cheese & Dairy Products

- Halloumi (ideal for the Airfryer!)
- Feta
- Joghurt (for Marinades & Dips)
- Processed cheese (for stuffed dishes)

Teige & Backzutaten

- Filoteig, Yufkateig
- Yeast & baking powder
- Spelt flour, whole wheat
- Sesame, black cumin
- Honey, date syrup, brown sugar

With these ingredients in-house, you'll always be ready for creative, healthy and halal-compliant Airfryer dishes – from quick snacks to family feasts.

Airfryer Models Compared: Overview & Differences

| **Model Type** | **Features** | **Pros** | **Best For** |

-----|-----|-----|-----|

| **Single Basket** *(Single Basket Model)* | - 1 cooking chamber
- Manually or digitally controllable
- Usually 3–6 litres volume | - Easy to use
- Space saving
- Cheap price | Singles, couples, small kitchens |

| **Dual Zone** *(Two-Cooking Zone Model)* | - 2 separate baskets
- Individual temperature settings
- Often with "sync finish" function | - Two dishes at the same time
- Time saving
- Versatile use | Families, Meal Prep, Frequent Users |

| **Multifunctional Airfryer** *(e.g. with baking & grill function)* | - Multiple modes (e.g. baking, roasting, dehydrating)
- Preset programs
- Often with viewing window & accessories | - Extremely versatile
- space saving (one device = multiple functions) | Hobby chefs, all-round users |

| **Mini Airfryer / Compact Model** | - Small volume (1-2.5 liters)
- Fast heat-up time
- Ideal for snacks or single servings | - Fast & energy-efficient
- Perfect for small kitchens | Students, Singles, Airfryer Beginners |

| **Oven-Style Airfryer** *(with trays like an oven)* | - Horizontal slide-in compartments
- Plenty of space on several levels
- Often with rotisserie & grid inserts | - Large quantities
- Simultaneous cooking of several components | Large households, baking & grill fans |

 Additional differences at a glance

| **Feature** | **What to consider?** |

-----|-----|

| **Volume (litres)** | Choose 3–4 litres for 1–2 people, 5–6 litres for families |

| **Manual vs. Digital** | Digital devices often offer more convenience & presets |

| **Power (watts)** | The higher the wattage, the faster & crispier – 1400-2000 watts is ideal |

| **Accessories** | Grids, baking tins, rotisserie skewers or dividers increase versatility |

     Here is an overview of the most popular airfryer brands that have performed particularly well in recent tests and comparisons:

 ^{TOP} Top Airfryer Brands at a Glance

1. Ninja (SharkNinja)

- **Strengths**:  Test winner at Stiftung Warentest and SWR, particularly crispy results for breaded dishes 

- **Popular Models**:  Foodi MAX Dual Zone, Double Stack XL 

- **Special features**:  Two-cooking zone systems, high performance, innovative features 

- **Ideal for**:  Families and heavy users who want to prepare different dishes at the same time 

- **Price Level**:  Medium to Upscale 

2. Philips

- **Strengths**:  High build quality, easy to use, app connection 

- **Popular Models**:  Airfryer 5000 Series XXL, 3000 Series L 

- **Special features**:  Smart sensing technology, uniform cooking results 

- **Ideal for**:  Quality-conscious users who value reliability 

- **Price Level**: 🏠Upscale🏠

3. Cosori

- **Strengths**: 🏠Good value for money, versatile features🏠

- **Popular Models**: 🏠TurboBlaze 6L, Smart WiFi 5.5L🏠

- **Special features**: 🏠App control, extensive recipe database🏠

- **Ideal for**: 🏠Tech-savvy users and families🏠

- **Price Level**: 🏠Medium🏠

4. Tefal

- **Strengths**: 🏠Innovative stirrer arm technology on some models🏠

- **Popular Models**: 🏠ActiFry Extra, EY701D🏠

- **Special features**: 🏠Automatic stirring for even cooking🏠

- **Ideal for**: 🏠Users who frequently prepare stir-fries🏠

- **Price Level**: 🏠Medium🏠

5. Medion

- **Strengths**: 🏠Cheap prices, solid performance🏠

- **Popular Models**: 🏠Life X10 XL🏠

- **Special features**: 🏠Compact design, easy operation🏠

- **Ideal for**: 🏠Beginners and budget-conscious buyers🏠

- **Price Level**: 🏠Affordable🏠

6. Xiaomi

- **Strengths**: 🏠Modern design, app controls🏠

- **Popular Models**: 🏠Smart Air Fryer 6.5L🏠

- **Special features**: 🏠Integration into the smart home system🏠

- **Ideal for**: 🏠Technology lovers and smart home users🏠

- **Price Level**: 🏠Medium🏠

7. Princess

- **Strengths**: 🏠Easy to use, good value for money🏠

- **Popular Models**: 🏠XXL Air Fryer 3.2L🏠

- **Special features**: 🏠Compact size, ideal for smaller households🏠

- **Ideal for**: 🏠Singles and couples🏠

- **Price Level**: 🏠Cheap to Medium🏠

🏠These brands offer a wide range of air fryers for different needs and budgets🏠🏠Whether for the single household or the extended family, for technology enthusiasts or beginners - everyone will find the right model here🏠