

FusionCrisp — FROZEN proteins

CleanCrisp Glassware with Crisper Plate · TOP rails · season AFTER the microwave stage

Ingredient	Amount	Microwave	Air fry	During air fry
Chicken breasts, bone in, skin on	2–4 (¾–1½ lb each)	11–12 min	21–30 min	Flip halfway
Chicken breasts, boneless, skinless	2–4 (6–8 oz each)	8–10 min	15–22 min	Flip halfway
Chicken thighs, bone in, skin on	4–6 (6–10 oz each)	7–10 min	20–25 min	Flip halfway
Chicken thighs, boneless, skinless	4–6 (3–5 oz each)	7–10 min	18–20 min	Flip halfway
Chicken wings	3–4 lb	15–20 min	15–20 min	Toss frequently
Salmon fillets	2–4 (6 oz each)	7–13 min	10–12 min	—
Shrimp, peeled, tail on	1–2 lb	5–10 min	7–10 min	Toss frequently
New York strip	2–4 steaks (8 oz each)	7–10 min	9–12 min	Flip halfway
Burgers	2–4 patties (¼ lb each)	4–6 min	10–12 min	Flip halfway

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FusionCrisp — FRESH proteins

Check the position column · anything over about 2 lb drops to the BOTTOM rails

Ingredient	Amount	Position	Microwave	Air fry
Whole chicken	4–5 lb	BOTTOM	30–38 min	45–55 min
Chicken breasts, boneless, skinless	2–4 (1½–¾ lb each)	TOP	7–10 min	12–18 min
Chicken leg quarters	1–2 (1–1½ lb each)	TOP	12–15 min	20–25 min
Chicken thighs, boneless, skinless	4–6 (4–6 oz each)	TOP	7–10 min	12–15 min
Whole turkey breast, bone in	5–6 lb	BOTTOM	35–40 min	35–40 min
Beef tenderloin	4–5 lb	BOTTOM	20–25 min	20–35 min
Beef sirloin roast	2–3 lb	BOTTOM	12–15 min	20–25 min
Top round	2–4 lb	BOTTOM	12–20 min	22–30 min
Tri-tip	2–3 lb	BOTTOM	12–15 min	8–10 min
Rack of lamb, trimmed	1–1½ lb	TOP	5–8 min	5–10 min
Salmon fillets	2–4 (6 oz each)	TOP	2–3 min	10–12 min
Shrimp, peeled, tail on	1–2 lb	TOP	1–3 min	5–9 min

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Air Fry — VEGETABLES

Fastest at the top, slowest at the bottom · pair two that sit near each other

Vegetable	Amount	Prep	Temp	Time
Green beans	1–2 bags (12 oz each)	Trimmed	390°F	10–15 min
Mushrooms	1–2 packages (10 oz each)	Rinsed, quartered	390°F	10–15 min
Asparagus	1–2 bunches	Ends trimmed	390°F	11–13 min
Broccoli	1–2 heads	1–2-inch florets	390°F	13–17 min
Zucchini	1–2 lb	Quartered lengthwise, cut in 1-inch pieces	390°F	15–20 min
Carrots	2–4 cups	Peeled, ½-inch pieces	400°F	16–20 min
Brussels sprouts	1–2 lb	Stems removed, halved	390°F	20–23 min
Butternut squash	2–4 cups	1-inch chunks	390°F	20–25 min
Cauliflower	1–2 heads	1–2-inch florets	390°F	20–25 min
Corn on the cob	2–4 ears	Husks removed	390°F	20–25 min
Hand-cut fries, thin	1–2 lb	About ¼-inch thick	390°F	20–25 min
Sweet potatoes	1–2 lb	Cut in 1-inch chunks	390°F	20–25 min
Hand-cut fries, thick	1–2 lb	About ½-inch thick	390°F	25–30 min
Russet potatoes	1–2 lb	1-inch wedges	390°F	25–30 min

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Max Crisp — STRAIGHT FROM THE FREEZER

Max Crisp, 450°F · follow these times rather than the instructions on the box

Food	Amount	Temp	Time	During cooking
Chicken nuggets	1–2 boxes (12 oz each)	450°F	15–20 min	Flip halfway
Breaded fish fillets	1–2 boxes (6 fillets)	450°F	15–18 min	Flip halfway
Fish sticks	1–2 boxes (25 oz each)	450°F	10–20 min	Flip halfway
Mozzarella sticks	1–2 boxes (12 oz each)	450°F	8–11 min	Flip halfway
Popcorn shrimp	1–2 boxes (14–16 oz each)	450°F	10–15 min	Toss frequently
Pot stickers	1–2 lb	450°F	12–15 min	Flip halfway
Pizza rolls	1–2 lb	450°F	12–15 min	Toss frequently
Tater tots	1–2 lb	450°F	12–20 min	Toss frequently
French fries	1–2 lb	450°F	18–28 min	Toss frequently

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TOP rails or BOTTOM rails

Not a preference. The function you selected decides the rails. Only the Crisper Plate depends on the dish: it is perforated, so anything you pour runs through it.

Function	Rails	Accessory
Air Broil	TOP	Glassware with Crisper Plate
FusionCrisp, everyday cuts	TOP	Glassware with Crisper Plate
FusionCrisp, roasts over ~2 lb	BOTTOM	Glassware with Crisper Plate
Air Fry / Max Crisp / Air Roast	TOP	Glassware with Crisper Plate
...any of those four, large protein over ~2 lb	BOTTOM	Glassware with Crisper Plate
Air Bake, dough that holds its shape	TOP	Glassware with Crisper Plate
Air Bake, batter or fruit you pour	TOP	Glassware, Crisper Plate OUT
Clean cycle	TOP	Glassware only, Crisper Plate OUT, 4 cups water, 20 min

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The rules that are not on any chart

Part 1 and Part 3 of the book, on one page

The three that prevent almost everything	
1	Check the rails before you press start.
2	Start at the low end of every range. You can add five minutes; you cannot take them back.
3	Sugar goes on last — glazes, sauces and rubs in the final five minutes of air fry time.
On frozen food	Season AFTER the microwave stage. Before, and it washes off.
Oils	Canola, refined coconut, avocado, vegetable, grapeseed. No olive oil, butter, margarine or cooking spray in the air functions.
Leftovers	Microwave until hot through, then air fry in five-minute rounds and look.

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