

THE FOOD CHOPPER

Air Fryer Checklist

Here's a checklist to help you decide if an air fryer should be your next appliance purchase, and if so, which one.

Air fryers are all the rage these days, and it's easy to see why. These handy machines can fry your food to a crisp with half the fat of conventional cooking methods. But that's not all- they can also grill, roast and bake, from the convenience of your countertop.

SO THE ULTIMATE QUESTION IS: SHOULD YOU BUY AN AIR FRYER?

The first thing to consider is why you need an air fryer, and how you might use it in your day to day life. It's best to uncover your need FIRST, and find a model that fits those requirements.

For example, are you looking to:

- Reduce the amount of excess fat in your diet?
- Fry food to a crisp without deep frying?
- Cook your meals, or dishes easily and quickly, with minimal mess?
- Make yummy snacks like french fries quickly, and not drenched in oil?

An air fryer sounds like a good choice for you.

What size air fryer should you purchase?

In the case of many appliances, size is everything. There is little worse than investing in a product only to discover that it is the wrong size, and that you're now stuck with something less than functional on your countertop.

Some factors to consider when selecting your air fryer:

- 1 Family size.** Are you cooking for yourself, or others, as well? How much food do you anticipate making?
- 2 What kinds of food will you be making?** Are you considering preparing full meals or side dishes, or will this be more focused around snacks and occasional items?
- 3 What are your non-negotiables?** Does the air fryer need to fit a certain space? Are you concerned about noise? What about shape, design, or weight?

Choosing an air fryer that meets your needs

Once you've determined your ideal usage and size, it's time to shop for some specifics. Take time to consider the following list, and shop accordingly.

- **What kinds of controls do you prefer?** Basic buttons and dials, or a higher tech model?
- **Price.** How much are you willing to spend?
- **Functionality.** What do you wish to do with your air fryer? Are you looking to also dehydrate foods? What about baking, defrosting, or grilling?

- **Ease of use.** Are you willing to learn how to use your new appliance, or would you prefer to turn it on and off, with minimal extras?
- **Noise.** How important is noise, to you? Some machines can be powerful, but loud.
- **Easy to clean.** How much time are you willing to commit to cleaning? Many baskets and devices are easier to clean than others.
- **Warranty.** What kind of warranty and product coverage do you prefer?
- **Brand.** Is brand important to you? Perhaps not for recognition value, but for ease of use, support, and expected reliability.
- **Automatic shutoff.** Are you looking to time your meals? Is automatic or timed shutoff important?
- **How much space does it take up?** Will this device stay on your counter, or be stored in a cupboard? How much space can you spare, within reason?

Considering each these factors can help determine what your big priorities are and guide you towards the right model for you.

Do you need additional accessories?

Here are a few suggestions that can elevate your air fryer experience, from good to great.

Our top 6 recommended accessories are:

- **Heatproof, silicone tongs**, to retrieve food from your air fryer.
- **Parchment paper liners**, for easy cleanup and to prevent food from sticking.
- **A spray bottle**, in order to mist your food with oil while it cooks.
- **Additional racks**, so that you can cook a variety of foods, beyond what works with the fryer basket.
- **A grill pan**, perfect for cooking steaks and burgers, and various vegetables.
- **Cookbooks!** The air fryer is an incredibly versatile tool, and cookbooks can help you maximize utility.

So, which model should I buy?

There are a great number of air fryer models on the market, and it can be overwhelming to compare them to each other.

Here are our top recommendations:

1 **GoWISE USA 1700-Watt 5.8-Qt 8-in-1 Digital Air Fryer**

This model is great for 1-4 people, due to its compact size and variety of colors. The perforated metal basket makes for an easy cleanup, and there are a wide variety of available accessories.

2 Philips TurboStar Technology Airfryer, Digital Interface

This sleek appliance from Phillips is perfect for couples or individuals, and has a clear, easy to read, digital display.

3 Ninja Air Fryer, 1550-Watt Programmable with 4-Quart Ceramic Coated Basket

This model from Ninja is a favorite, and has an easy to clean ceramic basket. Perfect for small to medium-sized families, it can fit two pounds of French fries!

4 BELLA 14538 2.6 Quart Air Convection Fryer

The Bella is perfect for someone cooking alone, or a couple. It's streamlined and simple, with basic, on and off functionality, including a temperature dial and a timer. At under \$50 dollars, this is a great introductory model for anyone looking to try out an air fryer before making a bigger investment.

5 COSORI Air Fryer, Max XL 5.8-Quart, 1700-Watt Electric Hot Air Fryer Oven

The Cosori is a perfect model for larger families, given it's 5.8 qt capacity and capabilities, like settings for baking and cooking different types of foods.

This checklist was designed to make your air fryer purchase process easy and streamlined, while taking time to help you make the right purchase. We hope you enjoy your new air fryer and make lots of tasty meals!

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