

Oven Cooking Guide

Air Fry Cooking Guide

Air Fry is a special, no-preheat, cooking mode that is designed to produce foods with a crispier exterior than traditional oven cooking. Select **Air Fry**, then input the desired set temperature and press **Start**. The temperature can be set between 300°F and 500°F.

Air Fry Cookware Guidelines

- Only use broil safe cookware when using Air Fry mode.
- A dark sheet pan is recommended. A dark pan promotes better browning and crisping.
- Oven baking baskets and baking grids can also be used. A sheet pan should be placed on the rack below the foods to catch any drippings when using a baking basket.



Primary recommended cookware



Alternate cookware options

General Tips for Air Fry Mode

- The Air Fry mode is designed for cooking on a single rack.
- The Air Fry mode is designed to be used without preheating.
- Rack position 4 is recommended for most foods. Use rack position 3 for thicker foods.
- Foods may cook faster than expected if the oven is already hot when food is placed in the oven.
- When air frying foods with sauce, it is recommended to apply the sauce at the end of cooking.
- If foods are browning too quickly, try a lower rack position or lower oven set temperature.
- For packaged foods, use traditional oven cooking instructions for set temperature and expected cook time.
- It is not necessary to flip or stir food during cooking.
- Arrange food in a single layer on the pan, do not overload the pan.
- Always check internal food temperature to confirm minimum safe temperatures have been reached. Minimum safe food temperatures can be found on packages and at IsItDoneYet.gov.

FOOD TYPE	RECOMMENDED RACK POSITION(S)	RECOMMENDED SET TEMPERATURES (°F)	RECOMMENDED COOK TIME (MIN)	NOTES
Fresh boneless fish or poultry pieces, breaded such as nuggets, tenders, fillets	4	375-400	15-30	Use lower set temperatures for larger pieces. Use shiny cookware.
Fresh bone in chicken wings	4	375-400	25-40	Set wings or coals in a dry rub, if using sauce. Apply after cooking or toward the end of cooking.
Fresh bone in chicken drumsticks or thighs	3 or 4	375-400	30-55	Use lower set temperatures for larger pieces.
Fresh French fries, thin (< 1/4 inch)	4	400-425	15-30	Parchment paper is recommended when preparing fresh French fries. For crisper fries, toss fries in corn starch or rice flour before cooking.
Fresh French fries, thick (> 1/4 inch)	3 or 4	375-400	20-35	Parchment paper is recommended when preparing fresh French fries. For crisper fries, toss fries in corn starch or rice flour before cooking.
Frozen packaged foods	3 or 4 (use rack position 3 for thicker foods)	Use traditional oven(not Air Fry) cooking instructions as a guideline for set temperature and cook time. Additional cook time beyond recommended package time may be required for some foods. If oven is hot when starting, food may cook faster than the minimum package time.		

Ge Oven Owners Manual

Lauren Gardner



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