

The Emeril logo is written in a black, cursive script font. It is positioned in the upper left corner of the image, partially overlapping the white bowl and the fries. The logo includes a small trademark symbol (TM) to the right of the name.

Emeril™

FRENCH FRIES WITH PAPRIKA-PARMESAN SALT

Prep time: 35 minutes

Total time: 1 hour 5 minutes

2 pounds russet potatoes
2 tablespoons finely grated Parmigiano-Reggiano
1½ teaspoons paprika
¼ teaspoon garlic powder
⅛ teaspoon onion powder
¾ teaspoon salt
2 tablespoons vegetable oil

Peel the potatoes and cut them lengthwise into ½-inch thick slices. Turn each side flat and slice again lengthwise into even ½-inch thick fries. Add the potatoes to a bowl and cover with cool water. Let them soak at least 30 minutes and up to overnight.

Combine the Parmesan, paprika, garlic powder, onion powder, and ½ teaspoon of salt in a small bowl. Set aside.

Preheat the Airfryer to 400° F for 10 minutes.

Drain the potatoes and pat dry. Add them to a bowl and season with ¼ teaspoon of the salt. Add the vegetable oil to the potatoes and toss well to combine. Add the potatoes to the basket of the preheated Airfryer and cook for 30 to 35 minutes until golden and crispy, giving the basket a shake every 15 minutes to ensure even cooking. Remove the fries from the basket and serve sprinkled with the Paprika-Parmesan salt.

Yield: 2 servings

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AIRFRIED RIB EYE STEAKS

Prep time: 1 minute

Total time: 22 minutes

Two 16-ounce rib eye steaks
1 teaspoon salt
½ teaspoon freshly ground black pepper
1 tablespoon olive oil

Preheat the Airfryer to 400° F for 10 minutes.

Season the steaks with the salt and pepper, and rub with the olive oil on both sides. Place the steaks in the basket of the Airfryer and cook for 11 minutes for rare, 12 minutes for medium, and 13-14 minutes for well done.

Yield: 2 to 4 servings

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AIRFRIED ACORN SQUASH

Prep time: 5 minutes

Total time: 45 minutes

One 1 pound Acorn or Carnival Squash, seeded and cut into eighths
1 tablespoon olive oil
½ teaspoon salt
¼ teaspoon freshly ground white pepper

Preheat the Airfryer to 400° F for 10 minutes.

Add the squash to a small bowl and add the olive oil, salt and pepper. Toss to combine.

Add the squash to the basket of the preheated Airfryer and cook for 30 minutes, using tongs to turn the squash to its other side midway through cooking.

Serve hot.

Yield: 2 servings



CHICKEN TENDERS WITH HONEY MUSTARD

Prep time: 10 minutes

Total time: 25 minutes

¾ pound chicken tenders*

½ teaspoon salt

¼ teaspoon freshly ground black pepper

½ cup all-purpose flour

1 tablespoon Emeril's Original Essence
or Creole seasoning

2 tablespoons milk

1 large egg

1 cup panko breadcrumbs

2 tablespoons vegetable oil

Honey Mustard for serving, recipe
follows

Preheat the Airfryer to 400° F for 10 minutes.

Season the chicken tenders with the salt and pepper and set aside.

Combine the flour and 1 teaspoon of the Essence in a small container or bowl. Combine the milk, egg, and 1 teaspoon of the Essence in another small container or bowl. Combine the panko crumbs and the remaining 1 teaspoon of the Essence in a third small container or bowl.

Dredge the chicken in the flour, turning to coat evenly. Then dip the chicken in the milk mixture and turn to coat evenly. Remove the chicken from the milk mixture, allowing any excess to drip off, then transfer the chicken to the container with the breadcrumbs and dredge to coat evenly. Set the breaded chicken aside on a small plate.

Drizzle the oil over the chicken and turn to coat evenly. Add the chicken to the basket of the preheated Airfryer and cook for 12 to 15 minutes until golden and cooked through. Remove the chicken from the basket and serve with the Honey Mustard.

Yield: 2 to 3 servings

***Note:** You can substitute the chicken tenders with ¾ pound boneless skinless chicken breast that is cut into pieces 4- to 5-inches in length and about 1-inch width.

HONEY MUSTARD

6 tablespoons Dijon or whole grain mustard

2 tablespoons honey

½ teaspoon freshly squeezed lime juice

Pinch of salt

Combine all the ingredients in a small bowl with a whisk. If not using immediately, it can be stored covered in the refrigerator for up to two weeks.

Yield: 1/2 cup

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AIRFRIED SHRIMP

Prep time: 5 minutes

Total time: 20 minutes

6 to 8 ounces peeled, deveined medium or large shrimp
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 teaspoons freshly squeezed lemon juice
1/4 cup buttermilk
1 cup panko breadcrumbs
1 tablespoon vegetable oil
Lemon wedges for serving
Cocktail sauce for serving

Preheat the Airfryer to 400° F for 10 minutes.

Season the shrimp with the salt and pepper and add to a small bowl. Add the lemon juice to the bowl and toss to combine. Set aside for 2 minutes. Add the buttermilk to the shrimp and toss to combine.

Add the panko crumbs to a small bowl. Dredge the shrimp in the crumbs, tossing to combine, and then set aside on a small plate. Drizzle the oil over the shrimp and turn to coat evenly. Add the breaded shrimp to the basket of the preheated Airfryer and cook for 8 to 10 minutes, turning midway, until golden and cooked through. Remove the shrimp from the basket and serve with lemon wedges and cocktail sauce.

Yield: 2 servings



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CHICKEN POT PIE

Prep time: 15 minutes

1 tablespoon olive oil
2 pounds boneless, skinless chicken thighs
2 teaspoons kosher salt, plus more for seasoning
1 teaspoon freshly ground white pepper, plus more for seasoning
1 tablespoon butter
8 ounces button or cremini mushrooms, thinly sliced
1½ cups small diced yellow onions
¾ cup small diced celery
¾ cup small diced carrots

Total time: 1 hour 30 minutes

2 teaspoons minced garlic
3 tablespoons all-purpose flour, plus more for sprinkling
3 cups chicken stock
1 teaspoon fresh thyme leaves
½ cup frozen green peas
1 tablespoon chopped parsley
1 sheet puff pastry, thawed
1 whole egg, lightly whisked

Set a 3-quart or larger straight-sided sauté pan over medium heat. Add the olive oil. Season the chicken with the salt and pepper evenly on both sides. Place the chicken in the hot pan and sear for 5 minutes per side. Remove the chicken from the pan and set aside to cool.

Add the butter and mushrooms to the pan and sauté, stirring occasionally, until the butter has melted and the mushrooms are lightly caramelized, about 5-7 minutes. Add the onions, celery and carrots and continue to sauté until they are softened and lightly caramelized, about 5 minutes. Add the garlic to the pan and cook until fragrant, about 1 minute. Sprinkle the 3 tablespoons flour into the pan and stir to combine with the vegetables and to form a roux, about 3 minutes. Add the stock to the pan and stir to combine. Increase the heat to high, bring to a boil, then reduce to a simmer. Dice the seared chicken into bite-sized pieces and return them to the pan.

Continue to cook for 45 minutes then stir in the peas and parsley. Season with additional salt and pepper if necessary.

Sprinkle the remaining flour on a clean work surface and gently roll out the puff pastry. Invert a large soufflé dish (about a 6-7 cup capacity, 7.5-inches in diameter, 3.5-inches deep) over the puff pastry and use a small knife to cut around the dish so you have a circle of puff pastry the same diameter as the dish. Fill the dish with the pot pie filling coming within 1-inch of the top. Place the puff pastry round over the filling. Cut a small circle in the center of the puff pastry to act as a vent. Brush the top of the puff pastry with the egg.

Preheat the Airfryer to 400° F for 5 minutes.

Add the pot pie to the basket of the Airfryer and cook for 10 minutes until the puff pastry is golden brown and the chicken is bubbling. Use a pair of tongs to carefully remove the soufflé dish from the basket of the Airfryer and serve while hot.

Yield: About 4 servings

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AIRFRIED CATFISH

Prep time: 10 minutes

Total time: 25 minutes

1 teaspoon Emeril's Original Essence or Creole seasoning
½ cup buttermilk
½ to ¾ pound catfish fillets
12 tablespoons all-purpose flour
8 tablespoons cornmeal
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons vegetable oil
Lemon wedges for serving
Tartar sauce for serving

Preheat the Airfryer to 400° F for 10 minutes.

Add the Essence and buttermilk to a small container or bowl and stir to combine. Add the fish fillets and turn to coat evenly.

Add the flour, cornmeal, salt and pepper to a small container or bowl and stir to combine. Dredge the fish fillets in the cornmeal mixture, turning to coat evenly, and then set aside on a plate. Drizzle the oil over the catfish and turn to coat evenly. Add the breaded catfish to the basket of the preheated Airfryer and cook for 12 to 15 minutes, turning midway, until golden and cooked through. Remove the catfish from the basket and serve with lemon wedges and tartar sauce.

Yield: 2 servings

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