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Oven[™]



with
ERIC THEISS

ROTISSERIE

MASTERY COOKING GUIDE

Rotisserie Chef Secrets



The **AMAZING WAY** to Cook Food With Little to **NO OIL** Using **SUPER-HEATED AIR!**

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BROWN SUGAR-GLAZED HAM



BROWN SUGAR-GLAZED HAM

Serves 6



Ingredients:

- 1 (3 lb.) ham, cut in half, boneless
- ¼ cup pineapple juice
- ½ cup brown sugar
- ½ cup mustard
- ½ tsp. ground cloves

Directions:

1. Mix the pineapple juice, brown sugar, mustard, and cloves together in a bowl to create the sauce.
2. Place the Rotisserie Shaft through the center of both ham halves. Secure the Shaft with the Forks.
3. Pour the sauce over the ham and refrigerate for 2 hrs.
4. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C for 30 mins.) to begin the cooking cycle.
5. Let the ham rest for 10 mins. before slicing.

BACON-WEAVED

STUFFED TURKEY



BACON-WEAVED STUFFED TURKEY

Serves 6



Ingredients:

- 1 turkey breast, boneless
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 ½ cups cornbread stuffing, cooked
- 10 slices bacon

Directions:

1. Slice the turkey breast down the middle and open it to butterfly.
2. Make a weave with the bacon on wax paper.
3. Place the butterflied turkey breast over the bacon weave. Season with the salt and ground black pepper.
4. Spoon the stuffing into the center of the turkey. Roll the turkey with the bacon.
5. Tie the ends and middle of the turkey with string.
6. Place the Rotisserie Shaft through the center of the turkey. Secure the Shaft with the Forks.
7. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
8. Use a meat thermometer to measure the internal temperature of the turkey. The turkey is done when the internal temperature reaches 160° F/70° C.
9. Serve with roasted asparagus.

HERB-ROASTED

TURKEY



HERB-ROASTED TURKEY

Serves 6



Ingredients:

- 2 turkey breasts, trimmed
- 2 sprigs rosemary
- 4 sprigs thyme
- 1 sprig sage
- 4 cloves garlic
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 3 tbsp. olive oil

Directions:

1. Chop the rosemary, thyme, sage, and garlic and mix with the olive oil.
2. Rub the turkey breast with the herb mixture and refrigerate for 1 hr.
3. Fold the turkey in half and place the Rotisserie Shaft through the turkey. Secure the Shaft with the Forks.
4. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 40 mins. to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the turkey. The turkey is done when the internal temperature reaches 160° F/70° C.
6. Let the turkey rest for 10 mins. before slicing.

ROSEMARY LEMON

LEG OF LAMB

Serves 6



Ingredients:

- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. ground black pepper
- ¼ cup fresh rosemary, chopped
- 1 (4 lb.) boneless leg of lamb

Directions:

1. Combine the lemon juice, olive oil, salt, pepper, and rosemary in a small bowl.
2. Place the Rotisserie Shaft through the lamb. Use twine to secure the meat. Use the Forks to secure the Shaft.
3. Generously brush the lamb with the marinade.
4. Place the Shaft in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C for 30 mins.) to begin the cooking cycle.
5. Use a meat thermometer to measure the internal temperature of the lamb. The lamb is done when the internal temperature reaches 145° F/63° C.

BRAZILIAN

BBQ

Serves 6



Ingredients:

	CHICKEN		PORK
2	(7 oz.) boneless, skinless chicken breasts	2	(7 oz.) pork loin juice of 1 lemon
½ cup	barbeque sauce	1 tsp.	salt
		1 tsp.	ground black pepper
		¼ cup	fresh rosemary, chopped
	BEEF		
2	(7 oz.) boneless sirloin steaks		
1 tsp.	salt		
1 tsp.	ground black pepper		
1 tsp.	garlic powder		
1 tsp.	onion powder		
1 tsp.	smoked paprika		

Directions:

1. Brush the barbeque sauce onto the chicken.
2. Skewer the chicken breasts.
3. Combine the salt, ground black pepper, garlic, onion, and smoked paprika in a small bowl and mix to make the spice blend.
4. Sprinkle the spice blend generously over the beef.
5. Skewer the beef.
6. Combine the lemon juice, salt, ground black pepper, and rosemary in a separate small bowl and mix to make the herb mixture.
7. Generously rub the herb mixture onto the pork.
8. Skewer the pork.
9. Place the Skewers onto the Skewer Racks, alternating the different meats.
10. Place the Racks into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C for 30 mins.) to begin the cooking cycle.



SOUTHWEST

PORK TENDERLOIN

SOUTHWEST

PORK TENDERLOIN

Serves 4



- Ingredients:**
- 2 pork tenderloins
 - 1 tbsp. paprika
 - ½ tbsp. cumin
 - ½ tbsp. coriander
 - 2 tbsp. sriracha sauce
 - ½ tbsp. sea salt
 - 3 tbsp. brown sugar
 - 3 tbsp. lime juice
 - 2 cloves garlic, minced

- Directions:**
1. Combine all the ingredients in a bowl.
 2. Marinate the tenderloins in the refrigerator for 2 hrs.
 3. Place the Rotisserie Shaft through the tenderloins. Tie the tenderloins with butcher's twine. Secure the Shaft with the Forks.
 4. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C for 30 mins) to begin the cooking cycle.
 5. Use a meat thermometer to measure the internal temperature of the tenderloins. The tenderloins are done when the internal temperature reaches 155° F/70° C.
 6. Let the tenderloins rest before slicing.

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ROTISSERIE

SAUSAGE



ROTISSERIE

SAUSAGE

Serves 6-8



Ingredients: 15 hot Italian sausage links
6 baby bell peppers

Directions:

1. Assemble the Skewer Racks with the Rotisserie Shaft and Forks.
2. Skewer 5 sausages together.
3. Clip the Skewer onto the Sewer Racks.
4. Thread a second Skewer through the sausages to stabilize the meat. Clip the second Skewer onto the Racks.
5. Repeat with the remaining sausage.
6. Skewer the baby bell peppers onto a final Skewer and clip it onto the Rack.
7. Place the Rack in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C for 30 mins) to begin the cooking cycle.
8. Use a meat thermometer to measure the internal temperature of the sausage. The sausage is done when the internal temperature reaches 165° F/75° C.



BONELESS

BBQ RIBS

BONELESS

BBQ RIBS

Serves 4



Ingredients:

- 3 ½ lb. boneless ribs (3 half racks)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. sea salt
- 1 tsp. coriander
- 1 tsp. cumin
- 1 tsp. paprika
- 1 tsp. ground black pepper
- ¾ cup BBQ sauce

Directions:

1. Combine the garlic powder, onion powder, sea salt, coriander, cumin, paprika, and ground black pepper in a bowl to make the spice mixture.
2. Rub the ribs with the spice mixture.
3. Assemble the Skewer Racks with the Rotisserie Shaft and Forks.
4. Place the Skewers through the ribs.
5. Clip the Skewers with the ribs onto the Rack.
6. Place the Rack in the Power AirFryer Oven. Press the Power Button and then the Baking Button (350° F/175° C) and increase the cooking time to 60 mins. to begin the cooking cycle.
7. Once the cooking cycle has finished, baste the ribs with the BBQ sauce.
8. Press the Power Button and then the Rotisserie Button, decrease the cooking temperature to 325° F/160° C, and increase the cooking time to 1 hr. to begin the cooking cycle.
9. Slice and serve.

CORNISH

HENS



CORNISH HENS

Serves 2



- Ingredients:**
- 1 tsp. salt
 - 1 tsp. ground black pepper
 - 1 tsp. garlic powder
 - 1 sprig rosemary, chopped
 - 2 cornish hens

- Directions:**
1. Mix the salt, ground black pepper, garlic powder, and rosemary together in a small bowl.
 2. Rub the spices and herbs generously onto the hens.
 3. Place the Rotisserie Shaft through the hens. Secure the Shaft with the Forks.
 4. Tuck the wings and tie the wings and legs with twine to keep the hens in place.
 5. Place the Shaft in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 35 mins. to begin the cooking cycle.
 6. Use a meat thermometer to measure the internal temperature of the hens. The hens are done when the internal temperature reaches 160° F/70° C.

STACKED

SOUVLAKI CHICKEN

Serves 8



- Ingredients:**
- ¼ cup olive oil
 - 2 tbsp. lemon juice
 - 1 tsp. salt
 - 1 tsp. ground black pepper
 - 1 tsp. oregano
 - 8 boneless, skinless chicken breasts

- Directions:**
1. Combine all the ingredients in a sealable plastic bag.
 2. Marinate the ingredients in the bag for 20 mins. in the refrigerator.
 3. Fold each chicken breast in half. Place the Rotisserie Shaft through the chicken. Secure the Shaft with the Forks.
 4. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and decrease the cooking time to 25 mins. to begin the cooking cycle.
 5. Use a meat thermometer to measure the internal temperature of the chicken. The chicken is done when the internal temperature reaches 165° F/75° C.

ROTISSERIE

CHICKEN

Serves 4



- Ingredients:**
- 4 lb. whole chicken
 - 1 tsp. granulated garlic
 - 1 tsp. granulated onion
 - 1 tsp. sea salt
 - 1 tsp. ground black pepper
 - 1 tsp. paprika

- Directions:**
1. Tie the chicken legs together, tie the breast area with a second string, and wrap a third string around the drumsticks.
 2. Push the Rotisserie Shaft through the opening in the chicken. Secure the Shaft with the Forks.
 3. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
 4. Let the chicken rest for 10–15 mins. before serving.

BOURBON ROTISSERIE

PORK ROAST



BOURBON ROTISSERIE

PORK ROAST

Serves 6



Ingredients:

- ½ cup honey
- ½ cup light brown sugar
- 1 orange, zested
- 2 tbsp. fresh orange juice
- ¼ cup bourbon
- ½ tsp. salt
- ½ tsp. ground black pepper
- 4 lb. pork loin roast

Directions:

1. Combine the honey, sugar, orange zest and juice, bourbon, salt, and ground black pepper in a small bowl and mix.
2. Place the Rotisserie Shaft through the pork roast. Secure the Shaft with the Forks.
3. Generously brush the marinade onto the pork.
4. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 45 mins. to begin the cooking cycle. Baste the pork with the marinade every 15 mins. while the pork is cooking.
5. Use a meat thermometer to measure the internal temperature of the pork. The pork is done when the internal temperature reaches 155° F/70° C.
6. Let the pork rest for 15 mins. before slicing.

ROSEMARY GARLIC

RACK OF LAMB



ROSEMARY GARLIC

RACK OF LAMB

Serves 4



Ingredients:

- 2 (1 ½ lb.) lamb racks
- 3 sprigs rosemary
- 4 cloves garlic, peeled
- 2 tbsp. Dijon mustard
- 1 tsp. sea salt
- ½ tsp. ground black pepper

Directions:

1. Chop the rosemary and the garlic.
2. Assemble the Skewer Racks with the Rotisserie Shaft and Forks. Run a Skewer through the meat, close to the bone, of one of the lamb racks. Repeat with the other lamb rack.
3. Clip each Skewer on to the Skewer Rack. Tie the lamb racks on each end and the middle with twine.
4. Rub the lamb racks with the mustard. Press the Power Button and then the herb mixture onto the lamb racks. Season with the salt and ground black pepper.
5. Place the Rack into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and decrease the cooking time to 15 mins. to begin the cooking cycle.
6. Cook the lamb to the desired doneness (use a meat thermometer to measure the internal temperature):
 - Rare: 125° F/50° C
 - Medium rare: 135° F/60° C
 - Medium: 145° F/65° C
 - Well done: 165° F/75° C
7. Let the lamb rest for 10 mins. before slicing.

PRIME

RIB ROAST



PRIME

RIB ROAST

Serves 6



- Ingredients:**
- 1 tsp. garlic powder
 - 1 tsp. onion powder
 - 1 tsp. smoked paprika
 - 1 tbsp. dried rosemary
 - ½ tsp. salt
 - ½ tsp. ground black pepper
 - 4 lb. boneless rib roast

- Directions:**
1. Combine the garlic powder, onion powder, smoked paprika, dried rosemary, salt, and ground black pepper in a small bowl to make the spice and herb mixture.
 2. Rub the spice and herb mixture onto the roast.
 3. Place the Rotisserie Shaft through the roast. Secure the Shaft with the Forks.
 4. Place the Shaft in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
 5. Use a meat thermometer to measure the internal temperature of the roast. The roast is done when the internal temperature reaches 135° F/60° C.

ROTISSERIE

ROAST BEEF



ROTISSERIE

ROAST BEEF

Serves 4



Ingredients:

- 1 (2 lb.) eye round
- 3 cloves garlic
- 2 sprigs thyme
- ½ tbsp. salt
- 1 tbsp. onion powder
- 1 tsp. ground fennel
- ½ tsp. ground black pepper
- 2 tbsp. olive oil

Directions:

1. Chop the thyme and garlic. Mix the thyme, garlic, salt, onion powder, ground fennel, ground black pepper, and olive oil together in a bowl to make the herb mixture.
2. Rub the roast with the herb mixture and refrigerate for 1 hr.
3. Place the Rotisserie Shaft through the center of the roast. Secure the Shaft with the Forks.
4. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and increase the cooking time to 45 mins. to begin the cooking cycle.
5. Cook the roast to the desired doneness (use a meat thermometer to measure the internal temperature):
 - Rare: 125° F/50° C
 - Medium rare: 135° F/60° C
 - Medium: 145° F/65° C
 - Well done: 165° F/75° C
6. Let the roast rest for 10 mins. before slicing.

ITALIAN

ROULADE OF BEEF



ITALIAN

ROULADE OF BEEF

Serves 6



Ingredients:

- 1 ½ lb. flank, butterflied
- ¼ cup basil pesto
- ½ lb. provolone, sliced
- 3 roasted red peppers
- 1 tsp. sea salt
- 1 tsp. ground black pepper

Directions:

1. Place the flank on a cutting board and spread the pesto all over it.
2. Layer the cheese and roasted peppers on the flank.
3. Roll the flank up and tie it with string about five times from one end to the other.
4. Season the flank with the salt and ground black pepper.
5. Place the Rotisserie Shaft through the center of the roast. Secure the Shaft with the Forks.
6. Place the Shaft into the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C for 30 mins.) to begin the cooking cycle.
7. Cook the roast to the desired doneness (use a meat thermometer to measure the internal temperature):
 - Rare: 125° F/50° C
 - Medium rare: 135° F/60° C
 - Medium: 145° F/65° C
 - Well done: 165° F/75° C
8. Let the roast rest for 10 mins. before slicing.

LAMB KABOBS

Serves 4



Ingredients:

- 1 lb. lamb, cubed
- 2 small red onions, quartered
- 2 zucchini, cut into large chunks
- 8 sweet mini bell peppers

MARINADE

- ¼ cup olive oil
- juice of 1 lemon
- 4 cloves garlic, minced
- 1 tsp. salt
- ½ tsp. ground black pepper
- ½ cup fresh mint, finely chopped

Directions:

1. Alternate placing one piece of lamb, a quarter of a red onion, a second piece of lamb, a zucchini chunk, a final piece of lamb, and a baby bell pepper onto a Skewer.
2. Repeat to fill eight Skewers.
3. Assemble the Skewer Racks with the Rotisserie Shaft and Forks.
4. Place the Skewers onto the Racks.
5. Combine the olive oil, lemon juice, garlic, salt, ground black pepper, and mint in a small bowl to make the marinade.
6. Brush the marinade over the ingredients on the Skewers.
7. Place the Rack in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400°F/200°C) and decrease the cooking time to 20 mins. to begin the cooking cycle.

SHRIMP KABOBS

Serves 4



Ingredients:

- 1 lb. (16-20) shrimp, peeled & deveined
- 2 yellow squash, cut into large chunks
- 2 zucchini, cut into large chunks
- 8 cherry tomatoes
- ½ cup sweet chili sauce

Directions:

1. Alternate placing the shrimp and one of each vegetable onto a Skewer.
2. Repeat to fill eight Skewers.
3. Assemble the Skewer Racks with the Rotisserie Shaft and Forks.
4. Place the Skewers onto the Racks.
5. Brush the ingredients on the Skewers with the sweet chili sauce.
6. Place the Rack in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and decrease the cooking time to 15 mins. to begin the cooking cycle.

BEEF

SHISH KABOB

Serves 4



- Ingredients:**
- 1 lb. beef top round, cubed
 - 2 small red onion, quartered
 - 2 zucchini, sliced thick
 - 8 sweet mini bell peppers
 - ¼ cup olive oil
 - 2 tbsp. soy sauce
 - 1 tbsp. Dijon mustard
 - 2 tbsp. red wine vinegar
 - 4 cloves garlic, minced
 - ½ tsp. ground black pepper

- Directions:**
1. Alternate placing a piece of beef, a quarter of a red onion, another piece of beef, a zucchini chunk, a final piece of beef, and a baby bell pepper on a Skewer.
 2. Repeat to fill eight Skewers.
 3. Assemble the Skewer Racks with the Rotisserie Shaft and Forks.
 4. Place the Skewers onto the Racks.
 5. Combine the oil, soy sauce, mustard, vinegar, garlic, and ground black pepper in a small bowl to make the marinade.
 6. Brush the marinade over the ingredients on the Skewers.
 7. Place the Rack in the Power AirFryer Oven. Press the Power Button and then the Rotisserie Button (400° F/200° C) and decrease the cooking time to 20 mins. to begin the cooking cycle.

STREET NUTS

Serves 8



Ingredients:

- 1 cup raw cashews
- 1 cup raw almonds
- 1 cup raw peanuts
- ½ cup sugar, plus more for coating
- ½ cup honey
- ½ tsp. cinnamon
- ½ tsp. salt

Directions:

1. Combine all the ingredients in a bowl and mix well.
2. Transfer the nuts to the Rotating Mesh Basket.
3. Place the Basket in the Power AirFryer Oven. Press the Power Button and then the Steaks/Chops Button (370° F/185° C), decrease the cooking time to 15 mins., and press the Rotation Button to begin the cooking cycle.
4. Scatter the nuts onto a sheet pan and dust with sugar.
5. Allow the nuts to cool.
6. Toss in additional sugar as necessary.

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