

New technology powers up fat-free airfryer

Grill, bake, roast or fry, guilt-free, and make healthier meals

French fries, you either love them – or love them. Because let’s be honest, this is not a food that divides people. Slap down a hot, golden batch speckled with salt and watch everyone dive in.

But whether it’s frites, onion rings or chicken wings, if they’re fried they’re likely loaded with unhealthy fats and calories. “The large amount of oil in traditional deep frying leads to loss of nutritional value in the food,” says Rose Reisman, author of *The Complete Light Kitchen*. “These oils can contain trans fats, which raise your bad cholesterol and lower your good cholesterol.”

Bad cholesterol promotes the development of plaque in the arteries, increasing the risk of heart disease and stroke. But don’t dismay – a 2014 Statistics Canada Health Measures Survey revealed that 80 per cent of premature heart disease and stroke is preventable by adopting healthy behaviours.



PHILIPS VIVA COLLECTION AIRFRYER

Philips has found a way to foil the oil. The Dutch company has launched its Airfryer, which, as its name suggests uses air, not oil, to cook food. The genius of it is that you would never know that the tantalizing chicken schnitzel didn’t just emerge from a piping hot pan coated in butter because the machine mimics the delectable sear associated with traditional frying. This is because of the nifty patented Rapid Air technology, explains Nadège Vergura, the senior marketing manager of domestic appliances for Philips Canada.

“We have a patented Starfish at the bottom of the pan,” she says, referring to a raised portion, “that deflects the hot air and creates a vortex so the air bounces around and the machine gets very hot, very fast. This makes food crispy on the outside, but keeps in the juices.”

Vergura likens the machine to “a mini oven that heats up in two minutes and cooks most food well under 30 minutes.” Both manual and digital models are fitted with a mesh metal basket that is a breeze to pop in and out for easy cleaning. Or swap it with one of three accessories (a non-stick baking pan, a fry-grill pan or a double-layer rack for larger meals) that are sold separately (if you buy the manual one).

Vergura points out that the sleek countertop appliance isn’t merely for fries. Vergura preps salmon in hers, sprinkling it with a dash of spice, before popping it into the unit for eight minutes: “That’s how long it takes to achieve restaurant-grade salmon that’s moist on the inside and seared on the outside, without a drop of oil,” she says.

A free, photo-packed Airfryer app, filled with 200 shareable recipes, from brownies to bruschetta, shows just how versatile this machine is. And they say being full of hot air is a bad thing.

This content was produced by The Globe and Mail’s advertising department. The Globe’s editorial department was not involved in its creation.

ROASTED RACK OF LAMB WITH A MACADAMIA CRUST



This classic dish requires only 10 minutes preparation and 30 minutes in the Airfryer. Serves 4 to 6.

INGREDIENTS

- | | |
|------------------------|--|
| 1 clove garlic | MACADAMIA CRUST: |
| 1 tbsp olive oil | 2/3 cup unsalted macadamia nuts |
| 1 ¾ pound rack of lamb | 1 tbsp breadcrumbs (preferably homemade) |
| pepper & salt | 1 tbsp chopped fresh rosemary |
| | 1 egg |

METHOD

Finely chop the garlic. Mix the olive oil and garlic to make garlic oil. Brush the rack of lamb with the oil and season with pepper & salt.

Preheat the Airfryer to 200°F.

Finely chop the nuts and place them into a bowl. Stir in the breadcrumbs and rosemary. Whisk the egg in another bowl.

To coat the lamb, dip the meat into the egg mixture, draining off any excess. Coat the lamb with the macadamia crust.

Put the coated lamb rack in the Airfryer basket and slide the basket into the Airfryer. Set the timer for 25 minutes. After 25 minutes, increase the temperature to 390°F and set the timer for another 5 minutes. Remove the meat and leave to rest, covered with aluminum foil, for 10 minutes before serving.

TIP

You can replace the macadamia nuts with pistachios, hazelnuts, cashews or almonds if desired.

STATE-OF-THE-ART COOKING



Addicted to those trendy juice bars? Skip the line-ups and make your own healthy blends at home. Wheatgrass, fruit, vegetables and nuts – it all goes down smoothly in the **Philips Avance Collection Masticating Juicer** and the micro-masticating technology retains more of the nutritional value of your ingredients. Best of all, it’s a cinch to clean.



The comfort food of choice, homemade pasta is so much better than store-bought, and it can be yours in 15 minutes with **Philips Avance Collection Pasta Maker**. With an automatic weighing function, and eight shaping discs for spaghetti, pappardelle, angel hair and more, feeding a fresh pasta craving has never been easier.



Crave that authentic grilled taste but hate the splatters and mess, to say nothing of the smoky aroma that lingers on your clothes? Philips’ innovative infrared technology makes the **Avance Collection Smoke-less Indoor Grill** virtually smoke-free and dishwasher-friendly too. Even the most stubborn of charcoal snobs will succumb to its authentic barbecue flavour.