

Cooking Table - Bosch Air Fryer Series 4

Programme*	Food	Temperature	Time	Hint
French fries	 Homemade fries, 500 g	180° C	30 minutes	10 x 10 mm sticks, shake twice
	Frozen fries, 500 g	180° C	22 minutes	10 x 10 mm sticks, shake once
Poultry	 Chicken breasts, 2 x 200 g pieces	200° C	25 minutes	Brush with oil
	Chicken drumsticks, 6 x 125 g pieces	200° C	25 minutes	Brush with oil
Fresh food		For crispy results, add max. 1 tbsp oil to fresh food		
Meat	 Sausages, 2-8 pieces	200° C	7 minutes	Leave enough space in between
	Beef steaks, 2-3 x 3 cm thick pieces	200° C	18 minutes	Preheat for 5 min., brush with oil, turn after 10 min.
Fish	 Salmon filets, 4 x 125 g pieces	160° C	12 minutes	Brush with oil
	Frozen prawns, 500 g	200° C	10 minutes	Brush with oil
Vegetables	 Grilled vegetables, 600 g	180° C	20 minutes	Roughly chopped, add max. 1 tbsp oil, shake after 10 min.
Shake		Check the food and shake the basket or turn food occasionally for best results		
Bread	 Pre-baked bread rolls, 6 pieces	170° C	8 minutes	
	Frozen pre-baked bread rolls, 6 pieces	160° C	12 minutes	
Small pastries	 Small cakes or muffins, 6 pieces	160° C	18 minutes	
Keep warm		80° C	30 minutes	
Defrost		40° C	30 minutes	Minced meat, veggies and fruits, bread, cake
Auto start-stop		The unit automatically stops and starts cooking when the basket is removed and replaced		

*These settings are a guide. Food needs to be checked frequently.

Cooking Table - Bosch Air Fryer Series 6

Programme*	Food	Temperature	Time	Hint
French fries	 Homemade fries, 700 g	180° C	30 minutes	10 x 10 mm sticks, shake twice
	Frozen fries, 500 g	180° C	23 minutes	10 x 10 mm sticks, shake twice
Poultry	 Chicken breasts, 4 x 200 g pieces	200° C	25 minutes	Brush with oil, turn once
	Chicken drumsticks, 8–10 pieces	200° C	25 minutes	Brush with oil, turn once
Fresh food		For crispy results, add max. 1 tbsp oil to fresh food		
Meat	 Sausages, 4–10 pieces	200° C	7 minutes	Leave enough space in between
	Beef steaks, 2–4 x 3 cm-thick pieces	200° C	20 minutes	Preheat for 5 min., brush with oil, turn after 10 min.
Fish	 Salmon filets, 4 x 150 g pieces	160° C	12 minutes	Brush with oil
	Frozen prawns, 800 g	200° C	10 minutes	Brush with oil
Vegetables	 Grilled vegetables, 600 g	180° C	20 minutes	Roughly chopped, add max. 1 tbsp oil, shake after 10 min.
Shake alarm	 SHAKE	Check the food and shake the basket or turn food occasionally for best results		
Bread	 Pre-baked bread rolls, 6 pieces	170° C	8 minutes	
	Frozen pre-baked bread rolls, 6 pieces	160° C	12 minutes	
Small pastries	 Small cakes or muffins, 6–9 pieces	150° C	18 minutes	
Keep warm		80° C	30 minutes	
Auto start-stop		The unit automatically stops and starts cooking when the basket is removed and replaced		

*These settings are a guide. Food needs to be checked frequently.