












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		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.