

PIZZA

7" PIZZA

1 serving. For crispier bottom and edges. Place foil on top of pizza and cook for an additional 3-5min



PAR BAKED PIZZA

Place toppings on par baked pizza dough. Cook for 9 min or until golden brown



THICK SLICE PIZZA REHEAT

1 serving. Fits 1 large slice of pizza from chilled temp



THIN CRUST PIZZA SLICE REHEAT

1 serving. Fits 1 large slice of pizza from chilled temp



PIZZA ROLLS

2,4,6 servings. Best results on even layer



PIZZA POCKET

1,2,3 servings

VEGGIES

FLORETS

2,4,6 servings. For more crisp veggies, toss in oil prior to cooking



WHOLE CORN

1,2,3 servings. Oil or butter up corn prior to cooking for nicer browning/ flavor



CUT CARROTS

2,4,6 servings. Cut into 1/4 inch / 1/2 inch medallions for best results



CUT ZUCCHINI

2,4/6 servings. Toss in oil for faster/even cooking



BRUSSEL SPROUTS

2,4,6 servings. Must cut brussels in half. Toss brussel sprouts in oil prior to cooking for crispness and faster cooking time



GREEN BEANS

2,4,6 servings. Toss green beans in oil prior to cooking for crispness and faster cooking time

FISH

SALMON

1,2,3 servings. Cook salmon skin side down, no flip necessary



BREADED FILET

1,2,3 servings
1 filet= 4oz/113g



TUNA

1,2,3 servings. This sears the tuna only



MAHI

1,2,3 servings
1 filet = 4oz/113g



HALIBUT

1,2,3 servings
1 filet = 4oz/113g



FISH STICKS

1,2,3 servings. Best results on even layer

PORK

PORK CHOPS

1,2,3 servings. Ideal timing is for ~1 inches /2.5 cm thick. Dry thoroughly prior to seasoning



BACON

1,2,3 servings



RIBS

1,2,3 servings ~3 ribs=1 serving
Dry thoroughly prior to seasoning for golden brown exterior



PORK BELLY

2,4,6 servings. Cut into strips or cubes for better results. Dry and Score the skin side to prevent air bubbles. Finish cooking at 400F (204 C) until skin is crispy and golden brown.



PORK SHOULDER

1,2,3 servings. Dry thoroughly prior to seasoning for golden brown exterior



PORK LOIN

2,4,6 servings. Dry thoroughly prior to seasoning for golden brown exterior

SEAFOOD

SHRIMP

1,2,3 servings / 8 medium shrimp= 1 serving



SCALLOPS

1,2,3 servings
4-5oz/113g = 5-6 medium scallops



CRAB CAKES

1,2,3 servings /
4 oz/113g = 1 crab cake



LOBSTER TAILS

1,2,3 servings/4-5oz each tail or serving / coat with butter or oil prior to cooking for better results / flavor



BREADED CALAMARI

1,2,3 servings. 4oz/113g or 1 serving =6 large rings. Use pre blanched squid for best results



CUT OCTOPUS

1,2,3 servings. Use pre blanched octopus for best results

CHICKEN

CHICKEN WINGS

1,2,3 servings. Dry thoroughly prior to seasoning for extra crispy skin



TENDERS

1,2,3 servings



CHICKEN BREAST

1,2,3 servings
1 chicken breast= 6 oz/170g



CHICKEN THIGH

1,2,3 servings. ~6-9oz/
~170-255g per thigh



CHICKEN DRUMSTICKS

1,2,3 servings. Dry thoroughly prior to seasoning for golden brown exterior



CHICKEN DRUMSTICKS

Avg weight 32oz / 907g. Cook breast side up then flip after 10 min or else top will burn. If needed cover with foil for added protection from burning

BAKE GOODS

COOKIES

1,2,3 servings=2,4,6 cookies. 1 cookie = 2 oz. Use chilled dough + airfryer parchment paper for best results



READY TO BAKE

1,2,3 servings
cooked directly from fridge



PASTRY

6 servings= 1/2 cake mix box poured into 6 inch mold/ let cake rest 5 before de mold



CAKE

1,2,3 servings/avg
3oz/89 g each pastry



MUFFINS

Must cook in silicone molds. Cover with foil (poke holes for air flow in foil) if muffins get too brown and resume cooking. If muffins are not fully finished cooking/ take muffins out of silicone molds and cook in 3-5 min increments.



BAGUETTE

2 to 4 servings. Mini baguette might have to be split in half to fit. No flip necessary

FRENCH FRIES

HOUSE CUT FRIES

2,4,6 servings. For crispiest results cook on an even layer



WAFFLE FRIES

2,4,6 servings.
Best results on even layer



FRESH FRIES

3 servings. Best results when cooked on even layer



CRINKLE CUT FRIES

2,4,6 servings/
Best results when cooked on even layer



WEDGES

3 servings at full capacity. To help with crispness, toss fries in oil prior to cooking



CURLY FRIES

2,4,6 servings. Best results on even layer

VIVID will optimize cooking settings based on quantity. This guide indicates size according to #servings.

For example, if you see "2,4,6 servings" this corresponds to "small, medium, large" settings

RED MEAT

BURGER

1,2, servings. 1 burger = 4-5oz/113g
Create a small divot in the burger center prior for even cooking. This setting cooks to medium/medium well 145F internal.



LAMB CHOPS

12,3 servings= 2,4,6 chops.
2oz/56g per chop=2 chops per serving. Dry thoroughly prior to seasoning for extra crispy skin



STEAK

3 servings/ cooked at 145F (63 C) internal (medium). Dry thoroughly prior to seasoning for golden brown exterior



BRISKET

6 servings. Dry thoroughly prior to seasoning for golden brown exterior



TENDERLOIN

2,4,6 servings. Dry thoroughly prior to seasoning for golden brown exterior



SHORT RIBS

1,2,3 servings. Dry thoroughly prior to seasoning for golden brown exterior

VEGETARIAN

VEGGIE BURGER

1,2,3 servings



CAULIFLOWER WINGS

3 servings = even layer of cauliflower wings for best results



VEGAN SAUSAGE

3 servings/4oz/113g each sausage. Flip often for crispier skin



TOFU

1,2,3 servings. Dry thoroughly and press tofu prior to seasoning for golden brown exterior



TEMPEH

1,2,3 servings. Cut tempeh into even strips and flip to have even browning



SEITAN

1,2,3 servings

FROZEN FAVORITES

CHICKEN NUGGETS

2,4,6 servings. Toss frequently to ensure crispier nuggets



CHICKEN WINGS

1,2,3, servings = 6,12,18 wings/ 4-6 wings per serving (depending on oz). Dry thoroughly prior to seasoning for extra crispy skin



MOZZARELLA STICKS

3 servings/ bad results when overlapping



TOTS

2,4,6 servings. Best results when cooked on even layer



EMPANADA

1,2,3 servings



DUMPLINGS

3 servings. Must add TBSP water to bottom of air fryer in order to steam dumplings and prevent dryness. Coating dumplings in a little bit of oil prior to cooking also prevents dry out

BREAD

WHITE BREAD TOAST

1 serving. For crispier bottom and edges place foil on top of pizza and cook for an additional 3-5min



GRILLED CHEESE

2 grilled cheese fit max. Must flip for even browning



WHOLE GRAIN TOAST

Max 2 servings of toast fit. Must flip for even browning. Need to place attachment wire rack on top to keep bread from flying around air fryer



BAGEL

Max 1 serving fits. Bagel must be cut in half/flipped when cooking for even browning



ENGLISH MUFFINS

Max 2 servings fit. Must separate English muffin in 1/2 to cook evenly. No need to flip



GLUTEN FREE BREAD

Max 2 servings of toast fit. Need to place attachment wire rack on top to keep bread from flying around air fryer

KALORIK

VIVID CHEF TIPS



7 QT FULL COLOR DISPLAY AIR FRYER

Choose what you really want and get customized cooking for each food type

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