

## How does the air fryer work?



Basically, you have a kind of oven that is invaded by a profusion of hot air (like a mega super hairdryer), a sort of mini fan oven.

**There are various versions of [air fryers](#).** Basically, there are 2 schools of **thought**: Put food in a basket that also has an arm inside that acts as a mixer and slowly turns the food so as not to attack them (perfect for French fries) **or** large baskets, without a mixer, where every now and then if you make the fries you have to pull out the basket and shake it.

In both cases, in the case, **if for example, you want to make frozen fries**, the oil you will have to use can be **zero** or a simple teaspoon. This is because, **even if it seems absurd**, during the "air frying" the oil that is actually already inside the frozen fries will be reused.

When, on the other hand, I want to make French fries, starting from potatoes, it will not be necessary to use them in profusion too, in this case too, a teaspoon of oil will be enough and we will have a perfect result.

Of course **they will not have that *ignorant and greasy taste*** but they **will taste** like potato chips and we will not consume oil litrates, which in addition to polluting less save us a lot of money.

## Why use an air fryer

Other bonuses of using an air fryer (which for me are the main reason I would never go back) are:

- **Save on oil**, just a teaspoon, and we're good to go
- **Bad smells** for goodbye oil bath fries
- **No explosions** of grease and oil spill around
- **Cleaning is a snap**: after removing the food from the basket, put the basket in the dishwasher
- **Comfortable** and transportable
- Actually, in addition to frying, it is as if it were a mini oven: an ocean of possible applications with the air fryer
- **Fast and worry-free**: you don't have to wait for the oil to be hot, throw everything in, turn on the timer and see you when it's ready!
- **Healthy**: Frying without oil, prolongs your life and allows you to eat more often things that before you were forced to eliminate from your diet.