

OVEN TO AIR FRYER CONVERSION - PRINTABLE CHEAT SHEET

Calculated using algorithmic baselines.
Check food early.

Food-by-Food Conversion - Fresh Meats & Veggies

These paired settings use the standard algorithm: Subtract 25°F (15°C) from the oven temp, and reduce oven cooking time by 20%.

Category	Food	Original Oven Recipe	Target Air Fryer Setup	Practical Note
Poultry	Chicken breast, boneless	400°F / 25 min	375°F / 20 min	Flip halfway; verify 165°F internal.
Poultry	Chicken thighs, bone-in	425°F / 40 min	400°F / 32 min	Skin side up for maximum crisping.
Poultry	Chicken wings	425°F / 35 min	400°F / 28 min	Shake basket vigorously halfway through.
Poultry	Whole chicken, 3-4 lb	400°F / 75 min	375°F / 60 min	Place breast-side down first, flip halfway.
Beef	Ribeye steak, 1 inch	425°F / 15 min	400°F / 12 min	Rest 3 minutes before slicing.
Beef	Hamburger patties	400°F / 20 min	375°F / 16 min	Cook to 160°F minimum internal.
Pork	Pork chops, boneless	400°F / 20 min	375°F / 16 min	Do not overcook; rest 3 minutes.
Pork	Bacon, regular cut	400°F / 15 min	375°F / 12 min	Drain grease if cooking multiple batches.
Seafood	Salmon fillet, 1 inch	400°F / 15 min	375°F / 12 min	Cook until flaky and opaque.
Seafood	Shrimp, fresh	400°F / 10 min	375°F / 8 min	Avoid overcooking; turns rubbery fast.
Vegetables	Broccoli / Cauliflower	400°F / 20 min	375°F / 16 min	Do not overcrowd basket.
Vegetables	Brussels sprouts, halved	400°F / 25 min	375°F / 20 min	Toss with a light oil spray first.
Potatoes	French fries, fresh cut	425°F / 30 min	400°F / 24 min	Soak in water first, dry thoroughly.
Potatoes	Baked potato, whole	400°F / 50 min	375°F / 40 min	Prick with fork; rub with oil and salt.

The Golden Rule of Conversion: To convert a conventional oven recipe to an air fryer, **SUBTRACT 25°F (15°C)** from the temperature and **REDUCE the cooking time by 20%**. See the next page for Baking and Frozen food exceptions!

10 Quick Rules for Better Oven-to-Air Fryer Results

1	Use -25°F and -20% time as your baseline starting estimate for fresh foods.
2	Air fryers require very little preheating compared to ovens. 2-3 minutes is plenty.
3	Expect much faster, more aggressive browning due to the high-velocity fan.
4	Check your food 3 to 5 minutes before the timer ends. Air fryers are unforgiving!
5	Never overcrowd the basket. The air must circulate 360-degrees around the food to crisp it.
6	Shake the basket or physically flip the food halfway through the cooking duration.
7	Secure lightweight foods (tortillas, spinach) with toothpicks so the fan doesn't blow them into the coil.
8	Use a light mist of oil for crispiness, but avoid aerosol sprays with propellants that damage non-stick coatings.
9	If your oven recipe was for a "Convection/Fan Oven", keep the temp the same and only cut the time by 10%.
10	For meat, poultry, and fish, always verify internal temperature rather than relying on the timer alone.

<https://topgearshub.com/>

OVEN TO AIR FRYER CONVERSION - PRINTABLE CHEAT SHEET

Calculated using algorithmic baselines.
Check food early.

Food-by-Food Conversion - Frozen & Baking

Frozen Algorithm: Keep Temp Same, Cut Time by 50%. | **Baking Algorithm:** Cut Temp by 30°F, Cut Time by 20%.

Category	Food	Original Oven Recipe	Target Air Fryer Setup	Practical Note
Frozen	Frozen French fries	400°F / 24 min	400°F / 12 min	Shake the basket twice during cooking.
Frozen	Chicken nuggets / Tenders	400°F / 16 min	400°F / 8 min	Do not thaw first; cook straight from frozen.
Frozen	Mozzarella sticks	425°F / 12 min	425°F / 6 min	Watch very closely to prevent cheese blowout.
Frozen	Pizza rolls / Bites	425°F / 14 min	425°F / 7 min	Let cool for 2 mins before eating to avoid burns.
Baking	Chocolate chip cookies	350°F / 12 min	320°F / 10 min	Line basket with parchment; leave space.
Baking	Brownies, in pan	350°F / 30 min	320°F / 24 min	Ensure baking pan fits without blocking airflow.
Baking	Muffins	375°F / 20 min	345°F / 16 min	Silicone cups work best in air fryers.
Baking	Canned biscuits/rolls	375°F / 15 min	345°F / 12 min	Deeper temp cut prevents the tops from burning.

Algorithmic Adjustments & Special Cases

Situation	Algorithmic Adjustment	Why?
Frozen Foods	Temp: -0°F (Keep Same) Time: -50% (Cut in half)	Dropping the temp causes steaming. High heat ensures rapid sublimation of surface ice.
Baking & Pastries	Temp: -30°F (-20°C) Time: -20%	The heating element is inches from the food. A deeper temp cut prevents the top batter from burning before the crumb sets.
Convection/Fan Recipe	Temp: -0°F (Keep Same) Time: -10%	If the oven recipe already accounts for a fan, the thermodynamics are similar to an air fryer.

Situation	Algorithmic Adjustment	Why?
High-Efficiency AF (Ninja)	Temp: Subtract extra 10°F Time: Subtract extra 10%	Brands with dense heating coils cook exceptionally fast and aggressively.
Large / Oven-Style AF	Temp: Add 10°F to baseline Time: Add 15% to baseline	Larger internal cavities dilute the airflow, meaning they take slightly longer to cook.

Food Safety - Internal Temperature Beats Appearance

Food Category	Minimum Safe Temperature	Important Notes
Poultry	165°F / 74°C	Applies to all chicken, turkey, and duck (ground or whole).
Ground Beef / Pork	160°F / 71°C	Burgers, meatloaf, and sausages.
Whole Beef / Pork Cuts	145°F / 63°C (+ 3 min rest)	Steaks, chops, and roasts. Resting is mandatory to kill pathogens.
Fish / Shellfish	145°F / 63°C	Flesh should be fully opaque and flake easily with a fork.