

**“CoMe and GeT iT”
Air Fryer Cooking Class**

Presented by...

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Why an Air Fryer?

- Health
- Safety
- Adoration
- Convenience
- New way of cooking... with Traditional/Tribal recipes

Air Fryer 101

- BasicGreatest
- \$30.....\$300

What else do I need?

- Tongs
- Baggies
- Oil/Mustard/Spray Oil
- Spices
- * Parchment Paper/Liners




Traditional Foods

- ▶ Bacon 
- ▶ Fry Eggs/Boiled Eggs 
- ▶ Baked and Fry potatoes 
- ▶ All Meats...shrimp, pork, steak, chicken 
- ▶ All Fish...salmon, walleye, trout 
- ▶ All Veggies...carrots, corn, asparagus (the best) 
- ▶ Even Soup 

Traditional Tribal Foods... Hunting/Gathering/Fishing

- ▶ Venison
- ▶ Bison
- ▶ Fish
- ▶ Berries
- ▶ Corn
- ▶ Wild Rice
- ▶ Beans
- ▶ Squash
- ▶ Maple Syrup



Open Flame Cooking
3 Sister Method



Let's Make Some Indian Taco's



The Fry Bread

3 Cups All-Purpose Flour
1 Teaspoon Salt
2 Teaspoons Baking Powder
3/4 Cup Warm Water
1 Tablespoon Vegetable Oil

- ▣ Combine all dry ingredients in mixing bowl.
- ▣ Using a bread hook, mix in the water and oil on low for 10 min. Do Not over mix.
- ▣ Then place dough ball in greased bowl and cover with damp cloth for 2 hrs.



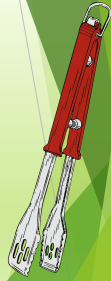


When the dough is ready...separate into 12 golf ball size balls.

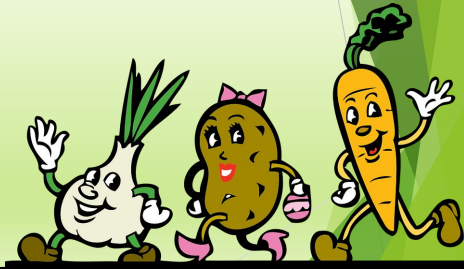
- ▣ Then using your hands, compress the dough balls to form a small flat bread 1/4" thick.
- ▣ Place in the Air Fryer basket and lightly spray with oil.
- ▣ Cook at 330 degrees for 7 minutes.
- ▣ When timer goes off flip, spray and cook for 3 more min.



*Using Tongs, Remove Fry Bread and Top
With All Your Favorite Fixings*



QUESTIONS??



*Thank You and
Don't
Forget a
Cookbook*
