

COSORI TurboBlaze First-Week Cooking Guide

A free bonus from ZoxDeal — cooking times, first-week tips, and care rules for your new 6-quart air fryer.

Quick-Start Cooking Times

Start with these settings in your first week. Then adjust to taste. Times assume a preheated basket and a single layer of food.

Food	Temp	Time	Notes
French fries (frozen)	400°F	15-18 min	Shake halfway through
Chicken wings	400°F	20-25 min	Single layer; flip once
Chicken breast	380°F	18-22 min	Check 165°F inside
Salmon fillet	380°F	10-12 min	Skin side down if using skin
Roasted vegetables	400°F	12-15 min	Toss in a little oil first
Frozen nuggets	390°F	10-12 min	Use the Frozen function
Bacon	350°F	8-10 min	Watch closely near the end
Garlic bread	350°F	4-6 min	Use Reheat or Bake
Cookies (small batch)	330°F	8-10 min	Use Bake; leave space to spread
Bread dough proofing	90°F	45-60 min	Use the Proof function

Your First 7 Days

Day 1: Run one empty 5-minute cycle at 400°F to clear factory smells. Then cook something simple, like frozen fries.

Day 2: Try chicken wings. Use the Air Fry function and flip once halfway through.

Day 3: Roast vegetables. A little oil helps them crisp evenly.

Day 4: Reheat leftovers with the Reheat function instead of the microwave.

Day 5: Bake a small batch of cookies or proof bread dough at 90°F.

Day 6: Cook a full family meal in one basket load.

Day 7: Clean the basket and crisper plate, then plan your weekly menu.

Care Rules That Protect the Coating

Use silicone or wooden tools, not metal tongs. Let the basket cool before washing. Skip harsh scouring pads. Dry the crisper plate before storage. These four habits keep the ceramic coating slick for longer.

Common First-Week Mistakes

Overfilling the basket is the biggest one. Food needs airflow to crisp. Small items can fall through the center of the crisper plate, so use foil or parchment for tiny foods. Leave 5 inches of space behind and above the unit. Finally, check food early the first few times until you learn your fryer.

Safety Note

Always check meat with a food thermometer. Chicken should reach 165°F inside. Times in this guide are starting points from public reviews and the product manual, not guarantees. Your results will vary with portion size and food type.

Prepared by ZoxDeal as an original companion guide. Not affiliated with or endorsed by COSORI.