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The Air Fryer

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History of the air fryer

The first ideas of the air fryer technology were in the 1940s by a man named William L. Maxson. Maxson invented multiple different technologies during World War II, along with the Whirlwind Oven, to cook frozen dinners. This was an oven built from aluminum and steel that used a motor powered by gas, kerosene, or electricity to heat the food. His invention paved the way for the technology used in air fryers today.

In The Netherlands 2007, Fred Van Der Weij put together the idea of an air fryer as a quicker alternative way to crisp French fries instead of deep frying. He was inspired to invent the air fryer after buying a free-fat fryer which cooked food that did not taste nice.

Air fryers sold by other companies and how these compare with the original?

Fred Van Der Weij took three years to develop his invention and the first air fryer was produced by 'Phillips' in 2010. It was introduced at a consumer electronics fair in Berlin. The original air fryer is oval shaped. Other companies such as Cosori, Ninja and Cuisinart introduced their own models. Some even added the air fryer function to other appliances such as ovens. There are now many different sizes, colours, and models of the air fryer.



Cost of an air fryer

Air fryers usually cost between \$100-\$300. Air fryers costing around \$100 will usually be smaller and only suitable for up to 2 people. They are usually simpler and more basic. More expensive air fryers are usually bigger and more complex which is suitable for a larger household.



Air Fryers vs Deep Fryers

Deep fryers can be used to prepare a variety of different foods. They can be used to deep fry small things such as fries and bigger things like chicken wings. They work by flash cooking food in hot oil. The food is usually placed in a basket, and then lowered into hot oil.

The hot oil cooks the food on all sides at the same time, which reduces cook time compared to methods like pan frying where you have to cook one side at a time. Deep frying foods breaks down the sugars and proteins in the surface of the foods making them golden brown. This is the Maillard Effect. Deep frying also removes all the water from the outside of the food making it crispy on the outside and keeping the moisture on the inside.

Air fryers use super-heated air to cook the food. A fan at the top of the fryer blows air down through a heating element. The air then passes through and around the food which is placed in a basket similar to that of a deep fryer. The air bounces off the bottom of the air fryer and back up through the food, cooking the food on all sides. Air frying also produces the Maillard effect, giving the food a crispy outer crust.

Should you buy an air fryer?

For some households, an air fryer just may not be a necessity. It has the potential to be something you use once and never again. However, for many households the air fryer is the perfect convenient kitchen appliance due to its many functions such as heating up or defrosting meals, frying some fries for a snack or for cooking food in. If you are somebody that loves cooking and eating fried foods, it may be a great alternative to a deep fryer as it is healthier and easier to use.

