

Air Fryer Reheating Guide for Frozen Breaded Fried Foods

Method 1 — Standard Air Fryer Reheat

Best used when the food is already cooked and not very thick.

1. **Preheat** air fryer to **180°C** for **about 3–4 minutes**.
2. Arrange pieces in a single layer with small gaps for air circulation.
3. Optional: lightly brush or spray with a small amount of canola oil to refresh the breading.
4. Air fry **4 minutes**.
5. Flip the pieces.
6. Air fry another **2–4 minutes** until hot and crispy.

(Typical total time: 6–8 minutes.)



Method 2 — Japanese Two-Stage Method (Best Texture for Frozen Items)

This method is commonly used for frozen croquettes, fish fry, and shrimp fry. It prevents the exterior from browning too quickly while the center is still cold.

1. **Preheat** air fryer to **160°C**.
2. Air fry frozen items **4 minutes** (do not flip). This gently warms and defrosts the interior.
3. Increase air fryer temperature to **200°C**.
4. Flip the pieces.
5. Cook another **4–5 minutes** until the coating becomes crisp and golden.

(Typical total time: about 9 minutes.)

Additional Tips

- Always arrange items in a single layer. Stacking prevents proper crisping.
- A very light brushing of oil before the final crisping stage can improve texture.
- If the coating is still pale at the end, cook an additional 1 minute at 200°C.
- Perforated air fryer liners may help with cleanup but can slightly reduce crispness.

Example —まかない海フライ (Breaded Shrimp Fry)

For six medium frozen shrimp fry pieces:

1. **Preheat** air fryer to **160°C**.
2. Cook shrimp fry for **4 minutes**.
3. Increase temperature to **200°C**.
4. Flip the pieces.
5. Cook another **5 minutes** until crisp and hot.
6. Optional: lightly brush with about ½ – 1 tsp canola oil before the final stage for extra crispness.

Expected result: hot interior and crisp golden breading similar to freshly fried shrimp.

Air Fryer Frozen Foods Reference Sheet

Quick timing reference for reheating common Japanese frozen foods in an air fryer. Times assume foods are frozen and arranged in a single layer with space for air circulation.

General Rule (Two-Stage Method)

- **Stage 1:** **160°C** for **3–4 minutes** to gently warm the interior.
- **Stage 2:** Increase to **200°C** and cook **4–6 minutes** to crisp.
- Flip items at the start of stage 2.
- Optional: lightly brush with a small amount of canola oil before the crisping stage.



Timing Reference

• コロッケ (Croquettes)	• 160°C 4 min → 200°C 5 min
• メンチカツ (Menchi Katsu)	• 160°C 4 min → 200°C 6 min
• エビフライ (Shrimp Fry)	• 160°C 4 min → 200°C 5 min
• 白身魚フライ (White Fish Fry)	• 160°C 4 min → 200°C 5–6 min
• 唐揚げ (Karaage)	• 180°C 4 min → flip → 180°C 3–4 min
• 冷凍餃子 (Frozen Gyoza)	• 180°C 6–7 min • (light oil spray helps browning)
• 春巻き (Spring Rolls)	• 160°C 3 min → 200°C 4–5 min

Important Air Fryer Tips

- Do not stack items; overlapping prevents crisping.
- Air fryers crisp best when the basket is not crowded.
- Perforated liners help with cleanup but may slightly reduce crispness.
- If coating looks pale after cooking, add 1 extra minute at 200°C.

Air Fryer Preheat Guide

Cooking Temperature	Preheat Time
160–170°C	2–3 minutes
180°C	3–4 minutes
190–200°C	4 minutes
205–210°C	4–5 minutes

