

# Oven to Air Fryer Conversion Checklist

spoonandsip.com | Page 1 of 2

## How to Use This Checklist

Use the calculator at [spoonandsip.com](https://spoonandsip.com) for your exact temp and time, then work through this list before, during, and after cooking.

### BEFORE YOU START

- Check your basket size - don't fill more than halfway
- Preheat 3-5 minutes if your model doesn't auto-preheat
- Lightly oil or spray the basket to prevent sticking
- Pat wet or thawed ingredients dry for better crisping
- Cut ingredients into similar sizes for even cooking

### DURING COOKING

- Shake the basket or flip food halfway through
- Check doneness a few minutes early on your first try
- Use a meat thermometer for poultry and thick cuts
- Don't overcrowd the basket - cook in batches
- Watch for fast browning and adjust time as needed

### FOOD-SPECIFIC NOTES

- Frozen foods: skip added oil, they already have enough
- Baked goods: tent with foil if the top browns too fast
- Vegetables: toss in oil first, they dry out faster
- Fish: use parchment with airflow holes to prevent sticking
- Battered foods: air fry (not deep-fry) or batter falls apart

### Pro Tip

Air fryer temp = oven temp minus 25 degrees F. Air fryer time = oven time x 0.75. Check a few minutes early the first time you convert any recipe.

# Oven to Air Fryer Conversion Checklist

spoonandsip.com | Page 2 of 2

## Quick Reference: Common Conversions

Oven Setting	Air Fryer Setting
350F for 30 min	325F for 22-23 min
375F for 25 min	350F for 19 min
400F for 20 min	375F for 15 min
425F for 15 min	400F for 11 min
450F for 12 min	425F for 9 min

### Remember

These are starting points based on the standard -25F / -25% time formula. Your exact air fryer model may run slightly hotter or cooler - adjust after your first try and note what worked for next time.

**Get exact settings for YOUR recipe**

[spoonandsip.com/oven-to-air-fryer-conversion-calculator](https://spoonandsip.com/oven-to-air-fryer-conversion-calculator)