

Gourmia 6-Qt Air Fryer Cheat Sheet

AirFryHub.com - quick model, preheat, and cooking-time reference

Models

- Digital Air Fryer GAF698 6-Qt - 6 qt - 1700 W - best for Top-selling budget pick at Costco - large capacity, simple touch-screen presets
- Digital Air Fryer GAF716 7-Qt - 7 qt - 1700 W - best for Extra capacity for large families; same reliable one-touch presets

Preheat

Recommended: 3 min. Gourmia models include pre-set cooking programs. Always use manual mode with these time/temp settings for best accuracy - preset programs are conservative. 3-min preheat recommended.

Brand-tuned cooking times

- Chicken Breast (fresh): 390F, 15-20 min
- Frozen French Fries (fresh): 400F, 18-22 min

Safety reminder

Always verify poultry, ground meat, seafood, and eggs with a food thermometer. Times vary by basket load, food thickness, and model wattage.