

# Gourmia Air Fryer Cheat Sheet

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

## Models

- Gourmia GAF228 2-Qt - 2 qt - 1000 W - best for Singles, small batches
- Gourmia GAF614 6-Qt - 6 qt - 1700 W - best for Families of 3-5, everyday cooking
- Gourmia GAF698 6-Qt Digital - 6 qt - 1700 W - best for One-touch presets, versatile cooking
- Gourmia GAF826 8-Qt XL - 8 qt - 1800 W - best for Large families, batch cooking

## Preheat

Recommended: 3 min. Gourmia units preheat quickly; most one-touch presets assume a 3-minute warmup.

## Brand-tuned cooking times

- Chicken Breast (fresh): 375F, 10-12 min
- Chicken Wings (frozen): 400F, 24-30 min
- Steak (fresh): 400F, 9-12 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.