

Criteria for allergy-friendly air fryers

BACKGROUND

An air fryer is an appliance that cooks food in hot air generated by electric current and circulated inside the fryer. An air fryer works similarly to a convection oven, but without the addition of oil. The circulation distributes the heat more evenly than in an oven, so the food gets brown and crispy on all sides.

What makes the food allergy-friendly is that it is prepared without oil. There is no need for flour and egg breading. It is easy to prepare gluten-free and vegan dishes.

ECARF therefore certifies air fryers as allergy-friendly because they allow food to be prepared without oil.

1. CRITERIA

1.1. Required product properties

The European Centre for Allergy Research Foundation (ECARF) awards the ECARF Seal of Quality to air fryers that meet the following criteria:

- They allow food to be prepared without oil or fat.
- The operating instructions point out that only food preparation without the use of oil is allergy-friendly.
- Analysis results are available to document that neither aluminium nor nickel passes into the food.
- All product properties are documented by the manufacturer and verified by ECARF.

2. QUALITY CONTROL AND COMPLAINT MANAGEMENT

The manufacturer has established a functional system of quality control that effectively documents, processes and follows up complaints.

The following is also ensured:

- The manufacturer's contact details, such as the address, telephone number and/or email address, are clearly visible on the product packaging;
- Consumer complaints are handled and followed up in an appropriate manner by qualified and experienced personnel of the manufacturer;
- The assessment of consumer complaints and, if applicable, any inferred areas of improvement are reapplied to product quality and safety. The manufacturer agrees to make this data available to ECARF on an ongoing basis.