

Inside Trader Joe's Podcast Transcript — Episode 73: Air Fryer Faves from TJ's

[Light upbeat music.]

Tara: Cauliflower gnocchi, pizza, bacon, anything frozen.

Matt: You making a shopping list?

Tara: No, these are just a few things I like to cook in my air fryer.

Matt: Oh boy. Here we go again. You know, you left out drying your laundry.

Tara: Matt, you're just gonna have to face it. The air fryer is like the Swiss army knife of the modern kitchen.

Matt: More like the fidget spinner. Let's go into the Trader Joe's test kitchen and we'll have an air fryer cookoff.

Tara: Ooh, good idea. Let's bring our microphones.

Matt: But don't fry those. We need them to go *Inside Trader Joe's*.

[Theme music begins and two bells at a neighborhood Trader Joe's.]

Tara: I'm Tara Miller, director of words and phrases and clauses. And I am pro air fryer.

Matt: And I'm Matt Sloan, the culture and innovation guy at Trader Joe's. I'm not anti-air fryer. I just don't quite understand why the air fryer has suddenly become *the* tool to accomplish every kitchen task. I mean, it feels like hype.

Tara: It might be, maybe, and as you've said, it's basically a mini convection oven.

Matt: Exactly.

Tara: And it turns out that having a mini convection oven can be handy. On this episode, we're gonna talk with some Trader Joe's crew members about how they're using their air fryers.

Matt: For everything.

Tara: Actually, at Trader Joe's we've even started putting air fryer preparation instructions on some of our packages. Right, Jamie?

[Theme music ends.]

Jamie: Right.

Tara: Jamie, tell us what you do at Trader Joe's.

[Light upbeat music begins.]

Jamie: I'm the director of nutrition. And so, I work primarily on nutrition labeling and regulatory compliance. We work closely with the vendors as well to make sure that everything is compliant on our labels.

Tara: You're at the Trader Joe's mothership in Boston.

Jamie: It's sunny today, so I'm very happy about that. We're starting to see spring poke through, but don't worry it'll be cold next week.

Tara: That's true. Parkas till Mother's Day is kind of the mantra to remember, right? Don't put those things away until mid-May. Can we talk a little bit about air fryer instructions on our packaging and when we decided to do that and why we decided to do that?

Jamie: Because air fryers have just become so popular. So, people are looking to find ways of using that instead of the oven. And so, I would say fairly recently, not all of our products have air fryer instructions, but anytime it makes sense to do so, we add.

Tara: I would vote for, it always makes sense to do so, but that's just me and I get a lot of eye rolls from Matt.

Jamie: (laughs)

Matt: But it is driven in large part by customer feedback.

Tara: Even if you have instructions, sometimes there's a little trial and error involved, right? Because every air fryer, like every oven, quite honestly, is slightly different. It's gonna give you slightly different results. And so, they're good guidelines and you just have to pay attention to what you're doing.

Jamie: And sometimes if you're impatient like me, you don't spend the time to preheat your air fryer.

Matt: You need to preheat an air fryer for best results?

Jamie: Not necessarily. It's like preheating an oven. You have to add some more time to it if you don't preheat it. I did learn that as part of adding air fryer instructions to repackaging. I never preheated an air fryer.

Tara: So, when we do put those instructions on the labels, where do we start?

Jamie: We're making sure that we're using the appliances that you would use in your kitchen. So, we have an air fryer here and we have one in Monrovia as well. And testing it out just like you would cook it in your own kitchen and ensuring that the food comes to proper temp and that it's crispy and everything that you ever dreamed of.

Tara: Everything that we ever dreamed of. Okay, when we asked for folks to send us their favorite air fryer products and how to cook them, yours were all shrimp. You are a shrimp loving household.

Jamie: Well, it's funny 'cause, I will go to my freezer when we're sick of having chicken for the week, and then next thing you know, I have three shrimp products in my freezer.

Tara: I'm with you on that. When you cook them in the air fryer, they're just so crispy and they are finished so much faster. So, let's start with the gluten-free, I think they're lightly breaded gluten-free shrimp or Gluten-Free Lightly Breaded Shrimp.

Jamie: Yep. They're super crispy and I think that if you serve them and you didn't tell someone they were gluten-free, you might not know the difference. They're just breaded so they don't have all that other flavors to them. So, you can easily put them on a salad.

Tara: My favorite way to eat those Gluten-Free Shrimp is tossed in our per Peri-Peri Sauce. Super spicy, really tangy, very good. Not super kid friendly, but really good for more adult palettes.

Jamie: Yes.

[Music transition.]

Tara: Jamie, I know you have two young kids.

Jamie: Mm-hmm.

Tara: Do you think that they have any idea the difference between something made in an air fryer and something made in a regular oven?

Jamie: Oh boy. I guess if I use my air fryer so frequently they wouldn't know the difference. (laughs) I put everything in our air fryer: French fries in the air fryer, our chicken nuggets, you do vegetables in the air fryer.

Tara: Thank you, Jamie.

Jamie: Yeah.

Tara: Really appreciate it.

Jamie: Well, thank you for having me on here.

Matt: Thanks, Jamie.

Tara: We will hopefully see you soon. Whenever you're next here or we're next there. I'm gonna wait until the weather's a little warmer.

Jamie: All right.

[Music transition.]

Tara: Okay, Matt, so we're magically now in the kitchen. Hey, Pablo, thanks for joining us.

Pablo: Thanks for having me.

Tara: Tell us about you.

Pablo: I work with the IT finance and procurement department.

Tara: Okay, what does that mean?

Pablo: That means I order equipment for stores, offices, warehouses, data centers. Mainly to make sure all the equipment is there, like we have it ready for a new project, so if we're building a new warehouse or a new data center or a...

Tara: New Store.

Pablo: ...new stores, which are like the priority.

Matt: So, what kind of equipment would that be for a new store?

Pablo: It'd be the POS, the bridge, PCs, the...

Matt: A lot of acronyms going on here.

Pablo: Yeah.

Tara: I think we need a, I think this calls for a jargon alert.

[Retail jargon alert sounder.]

Tara: The bridge at Trader Joe's is what people might refer to as like the captain's area. A little desk that's sort of off to the side.

Matt: And you'll see all crew members up there doing stuff.

Tara: All crew members. That's true.

Matt: They might be checking an order or answering the phone or looking something up for a customer there in the store. So, the bridge is kind of like that part of a ship.

Tara: Yeah.

Pablo: Exactly.

Matt: POS, it might not be what you think it is in this context. It's point of sale. These days it's not just a cash register pushing buttons. It's a thing that's communicating with other points probably around the world to make sure that we accurately ring up a customer's groceries and that their payment method goes through as quickly as possible. It's kind of a big deal.

Tara: We wanna respect your time 'cause you're doing important work. One of the things that I really was interested in was that you're new to the air fryer game, but you're obsessed and you're all in.

Pablo: Yeah.

Tara: And you gave us some suggestions that I was like, "Oh, I want to try those. That sounds really good." Tell people what it is that we're looking at here.

Pablo: Yeah, I guess starting from the left here, the Pastry Pups, this has to be a popular item that I feel like almost everyone has tried.

Tara: Well, I've tried 'em. I've just never tried 'em in the air fryer, so I'm excited about that.

Pablo: And then the Jalapeño and Cream Cheese Crispy Wontons. This is actually a new one that just caught my eye because I like spicy, I like anything that has jalapeño, and then with cream cheese, perfect combination I think. So, I think I'm on my like fourth batch of these. (laughs)

Tara: Okay, fantastic. Yeah, and that's a new product.

Pablo: Yeah. Yeah. And then of course you can't go wrong with the Hash Browns. It's a breakfast necessity there.

Matt: And you're lucky if you can find them.

Tara: There's no air fryer instructions on the Pastry Pups. How do you cook these in your air fryer?

Pablo: Usually the way I do it when there's no instructions is I'll look at whatever the oven instructions are.

Tara: Yep.

Pablo: And then I would split that in half. I would put 'em in, and then after the half ends I'll rotate 'em. And then put it in again.

Tara: Okay.

Matt: Do you do the same temperature as the oven recommendation?

Pablo: Yeah, usually. Usually. Sometimes I might do like plus and minus some a minute or two just to make sure it's okay.

Tara: So, these say to bake for 18 to 22 minutes and I think, my guess is these are gonna cook in like 10 minutes in the air fryer, right?

Pablo: Mm-Hmm.

Tara: Let's try it. Matt, you wanna set that air fryer for 375°?

Matt: Absolutely.

[Air fryer beeps.]

Tara: All right. And then how about the Crispy Wontons? Are those, do those have air fryer instructions on them?

Pablo: Yeah, these actually do.

Tara: Uh-huh. 'Cause that's a new product, right?

Pablo: Mm-Hmm.

Tara: We could do that one at 350°. And these are only, these say five to seven minutes. Really? Do they cook that fast?

Pablo: Yeah.

Tara: All right, let's just pop 'em all in there.

Matt: So, how is it that you, if you're new to using an air fryer, how did you even get started in the first place?

Pablo: Well, we were just kind of shopping around one of the local stores. My wife saw the air fryer. She's like, "Everybody's talking about these." So, we threw it in the cart and then just became obsessed ever since.

Matt: Wow. What was the first, do you remember what the first thing was your inaugural air frying, frying?

Pablo: Yeah, it was Trader Joe's uh, the Orange Chicken.

Matt: Okay, a classic.

Pablo: Yeah, because we saw like one of the message boards, like my wife follows people that come up with their own recipes. So, they, it looked great like the chicken, you know,...

Matt: How did you handle the sauce part?

Pablo: We heat up the sauce on the side and then we put it in a mixing bowl after it cooks in the air fryer.

Matt: Okay.

[Tape fast forwarding.]

Tara: We're getting close. We're getting close. We're getting close.

[Air fryer beeps. Light upbeat music begins.]

Tara: Okay, Pastry Pups are done. They look really crispy.

[Air fryer beeps.]

Tara: And then the wontons also done.

Matt: What a lot of wonton. That's a whole new show. We visit every all you can eat buffet in Southern California.

Tara: I would totally listen to that show. I'm gonna go in for the Pastry Pups.

Pablo: Same.

Matt: Okay. It's hot. Good luck everybody.

Pablo: Okay.

Matt: Be careful.

Tara: Well cooked.

Pablo: Mm-hmm.

Tara: So that was about 10 minutes.

Pablo: Oh yeah. Yep. This just tastes just like it does at home. (laughs)

Tara: The beauty of that is it is less than half the recommended time that you need a regular oven. When you need a Pastry Pup fix and you need it now, or 10 minutes from now and not 25 minutes from now.

Matt: Little hot dogs.

Tara: Little hot dogs, right?

Matt: That was pretty tasty.

Tara: For the win all the time.

Matt: Alright, let's see how we did on the...

Tara: And there's some dipping sauce for the wontons there.

Matt: on our Jalapeño Cream Cheese.

Tara: I didn't have, uh, we didn't have any sweet chili sauce in the fridge here this morning.

Matt: Crazy hot. Be careful.

Tara: So, I used the sweet ginger sauce instead.

Matt: This is like the earth's core. It is so hot. Be careful.

Pablo: Oh yeah. Mm-hmm.

Matt: Are you a fire eater on your days off, Pablo? How do you eat this? It's so hot.

Pablo: (laughs) Mmm, I think I burnt all my taste buds. (laughs) It's amazing. Oh yeah.

Tara: They got really crunchy.

Matt: Mm-hmm.

Tara: And how long were those in there? Six, seven minutes?

Matt: Yeah. I think we did seven ultimately. That's good.

Pablo: I love crunchy food, so anything air fryer, it does the job.

Matt: Okay.

Tara: Pablo, so nice of you to join us. Please have more and don't stop. These are also yours to take.

Pablo: (laughs)

Tara: If you would like to take them all back to your desk and make more friends today.

Pablo: Yeah, thanks for having me.

Tara: This was fun.

[Music transition. Transition to Brenda.]

Brenda: Do any of you guys like broccolini?

Tara: Yes. One of our fellow crew members from the Monrovia mothership office.
Brenda, welcome to *Inside Trader Joe's*.

Brenda: Hi! Thank you, guys for having me.

Tara: So, you're new here in the office?

Brenda: I am. I actually come from store 17.

Tara: Okay, where's store 17?

Brenda: Silver Lake.

Tara: Okay.

Brenda: So, I'm just temping for now.

Tara: Tell us what you're gonna make in the air fryer.

Brenda: Broccolini.

Tara: Broccolini.

Matt: It's exciting 'cause it's a vegetable.

Brenda: Right?

Tara: I know. It's not like a fried thing.

Matt: We have an actual vegetable here on the show. So, this is like, you know, first time for everything.

Brenda: You know what? I love broccolini. The crew members make fun of me because I'm always cooking broccolini during my break.

Tara: Do I need to preheat or anything?

Brenda: Uh, no, it's okay.

Tara: Okay.

Brenda: So, normally I just grab, you know, a bag. I like to wash it first and foremost.

Tara: That's probably a good idea.

Brenda: I cook this a lot in my family. So, I didn't know about broccolini till I started working at Trader Joe's. I didn't even know it existed. So, in order to get my dad to eat broccoli, I started cooking broccolini, he loves it.

Tara: Huh.

Matt: Does he not like broccoli 'cause of the florets?

Brenda: Yeah. Like every time he eats it, he makes a face.

Matt: Okay.

Tara: (laughs)

Brenda: Like a kid, like he hates broccoli, but...

Matt: Do you give him an extra-large glass of milk, so they can have like a gulp with each bite?

Brenda: (laughs) Right.

Matt: Okay, good.

Brenda: But when I make broccolini, he's all for it. Everyone in my family loves when I make it. I go to my brother's house once a week to cook for the kids and my brother, 'cause he's a single dad. And when I ask the kids, does anybody want broccolini? They get super excited about it.

Tara: The packages at Trader Joe's say Baby Broccoli on them.

Matt: Yes.

Tara: So, I think is broccolini like a...

Matt: Broccolini is a trademarked variety or a cult of ours.

Tara: Okay.

Matt: So, it's like a brand, like a honey crisp apple...

Tara: Okay.

Matt: ...for example. So, it's both a specific version of the plant and it's a trademarked name for that.

Tara: Interesting.

Matt: So, baby broccoli is effectively synonymous with broccolini.

Tara: Okay.

Matt: Not just that trademarked version. It's not exactly like broccoli, but it's not, not broccoli either. So, it's like Chinese broccoli, like gai lan, which is mostly greens and stems and not a lot of florets.

Tara: Yeah.

Matt: This is somewhere in between. It doesn't have as prominent a head of florets as like a classic broccoli head does.

Tara: Yeah.

Matt: It's mostly tender stem, which I love. I love broccoli stems.

Tara: I do too.

Matt: It's my favorite part.

Tara: So, Brenda, I wanna make note here that you have lined the air fryer baskets with foil.

Brenda: Correct.

Tara: Okay.

Brenda: Just easier to clean.

Tara: Okay. All right.

Brenda: So, normally after I wash the broccolini, if I see like a thicker stock or stem, I like to cut it, that way it just cooks easier and when you eat it.

Matt: And how are you cutting that? Are you trimming it? Are you cutting it lengthwise?

Brenda: I cut it lengthwise.

Matt: Okay.

Brenda: And then I also cut the ends of it just 'cause you know, that's the part that's like all dried and you know.

Tara: Yeah.

Matt: You're making this for Dad. You want it to be perfect.

Brenda: Yes.

Matt: I get it. Okay, good.

Tara: You don't want him to make a face.

Brenda: Exactly.

Matt: No faces, Dad.

Brenda: Okay, so after I put it in the tray, and then I just spray a little bit of our Trader Joe's Avocado Oil.

[Spraying tray.]

Tara: Okay.

Brenda: I'll sprinkle some of our...

Matt: It sounds like we're at the car wash.

Tara: (laughs)

Brenda: (laughs) I'll sprinkle some salt and then some pepper.

Tara: Okay, so really you could season this any way you kind of like to season things.

Brenda: I like to keep it simple. Less is more for me, but you can also add, you know, minced garlic, you can squeeze a little bit of lemon, add some Parmesan cheese if you like.

Tara/Matt: Mmm.

Brenda: We'll go ahead and put it into the air fryer. Now my air fryer's a little bit different.

Tara: Okay. Yeah, they're all a little different, right?

Brenda: The air fryer that I use, normally I'll do 350° between 10 to 12 minutes.

Tara: Okay.

Brenda: So, the air fryer in the office, I cook it at eight minutes just because I'm not too familiar with this brand. So, I like to start off small before I put more time on the, on cooking the broccolini.

Tara: And everyone's gonna do this at home and, you know, they're gonna figure it out. But I like your, I like the idea of starting with the lower number then working your way up.

Matt: Sure, it's always easier to add a bit more time.

Tara: Yeah.

Brenda: Yeah.

Tara: It's like salt. You can't take it out once you put it in, right?

Brenda: Right.

Tara: So, if you do 12 minutes and it's too much. you're like, "Oh no!"

[Air fryer beeps.]

Tara: There you go.

Brenda: Perfect.

Tara: I cook broccoli in the air fryer quite often.

Brenda: Mm-hmm.

Tara: I'll add the black garlic.

Brenda: Yum!

Tara: Which I love the flavor of the black garlic and it's just...

Matt: Oh yeah, that is great.

Tara: ...it's like, it's just nicely sharp in all the right ways.

Brenda: I'm gonna try that next time.

Tara: Yeah.

Brenda: That sounds really yummy.

Tara: I love it.

Matt: So, we have about five-ish minutes.

Brenda: Mm-hmm.

Matt: So, while we wait for this like focused hot air to do its thing...

Tara: We can get some hot air from Matt.

[Tape fast forwarding stops suddenly to this line.]

Tara: It's the longest eight minutes of my life.

[Fast forwarding resumes and stops suddenly to this line.]

Brenda: I cook chicken, salmon, sweet potatoes, all my vegetables. It is just so easy to use.

Tara: Salmon in the air fryer is a revelation because it kind of tastes like a blend of roasted and grilled. But the texture is just perfect and it's so fast.

[Air fryer beeping.]

Tara: Matt's gonna get us some forks.

[Silverware clinking.]

Tara: Perfect.

Brenda: Yep. That's how I like it.

Tara: Is it perfect?

Brenda: Mm-hmm. What do you guys think?

Matt: It's delicious.

Tara: I think it's delicious.

Brenda: Simple, right?

Matt: It is roasted...

Tara: I love how crunchy the florets are.

Matt: Yeah. Roasted in admittedly, I will say this in fraction of the time...

Tara: Eight minutes.

Matt: ...it would take to do it in the oven.

Tara: Right. I mean if you did that in the oven, even at the same temperature, it's gonna take at least 20 minutes, maybe more.

Matt: Maybe more.

Tara: Maybe 25, and that's eight minutes and kind of perfect.

Brenda: I just love how bright it still looks, you know? And it gives you that little char look.

Tara: Yeah, it's interesting because the florets are looser than on a regular head of broccoli.

Matt: They get even crunchier.

Tara: They get even crunchier.

Brenda: Mm-hmm.

Tara: The little tiny pieces of the florets get even crunchier. Yeah.

Brenda: I like the little leaves too.

Tara: Mm-hmm.

Brenda: I like to chew on these little guys. They're like little chips.

Matt: Yes.

Tara: Mmm.

Matt: Well...

Tara: Okay.

Matt: Baby Broccoli, we loved you before, now we're absolutely crushing on you in this air fryer situation. This is amazing.

Tara: So good. Anything else? Any other air fryer tips you wanna share with anybody while you're here?

Brenda: If you don't have one, I would suggest to invest in one 'cause it's amazing. And, don't forget to eat your broccolini 'cause it's good for you.

Matt: I'm gonna do just that right now.

Brenda: (laughs)

Tara: Yeah. So good. Thank you, Brenda.

Brenda: Of course.

Tara: Oh my gosh. That's so good.

[Music transition. Transition to Emerald.]

Tara: I just wanna make sure we're ready to go here. You gave me a good list.

Emerald: I'm very detailed, wasn't I?

Tara: Matt, we have another guest joining us now.

Matt: We do. Hello, Emerald.

Emerald: Hello.

Matt: Help us figure out, remember, and even understand what it is you do here at Trader Joe's.

Emerald: So, I'm the import manager and I take care of all the West Coast operations.

Matt: Import manager, sounds like stuff coming from far away.

Emerald: Yes. Overseas.

Matt: So, products from all over coming into western distribution centers?

Emerald: Coming into western ports. So, that would be anywhere from Texas on up to Washington.

Matt: Okay.

Emerald: Yes.

Matt: What's an example of a product you were recently working on?

Emerald: New Zealand Water and that is a very popular item. All the way from New Zealand.

Tara: Wow. Okay. Thank you for doing that. You sent us a recipe that I got so excited about 'cause I'm like, "That sounds so delicious. I want to try that." And then I went shopping. And that thing, that imported thing...

Emerald: Yes.

Matt: Oh, it was imported?

Tara: It imported. It's from the Netherlands. It is temporarily out of stock. By the time this episode airs, it'll be back.

Emerald: Good.

Tara: So, I'm, you know, people listening to this, you'll be, you should be able to get it. But tell us what that product is.

Emerald: That is the griddle cakes.

Tara: The Dutch Griddle Cakes.

Emerald: Dutch Griddle Cakes are the best.

Tara: And we call them Dutch Griddle Cakes 'cause they're actually Dutch. They're from the Netherlands.

Emerald: Yes.

Tara: Okay. Tell us what your recipe is and what you're gonna do for us here.

Emerald: So, today we are, we obviously don't have the Dutch Griddle Cakes, but we're gonna improvise.

Tara: Okay.

Emerald: And we're gonna use pancakes, which are an excellent substitution. I think we'll still get the job done with those.

Tara: Okay.

Emerald: We're also going to use our Chicken Sausage Breakfast Patties,

Tara: Okay.

Brenda: our Pasture Raised Large Eggs,

Tara: Or any egg you have. Those are the one I picked up.

Emerald: or any egg, a slice of sharp cheddar cheese, or whichever your preference is, and then some maple syrup. Trader Joe's, preferably.

Tara: Are you all in?

Matt: We're we making kind of like a breakfast sandwich? Is that what we're gonna go for?

Emerald: Yeah.

Matt: Wonderful.

Tara: And the pancakes and nor the Dutch Griddle Cakes are the bread?

Emerald: Yes.

Tara: Okay. I'm in.

Emerald: My inspiration for this, this breakfast item comes from one of our popular fast food chains here. But now that we have those Dutch Griddle Cakes at Trader Joe's, there's now no need to go there because I can make it at home.

Matt: Somewhat lousy news for them. Great, great news for us.

Emerald: Yes.

Tara: How can we help?

Emerald: I think that we should get a bowl and just beat up one egg here.

Tara: Okay.

Emerald: And I'll start off with the chicken sausages.

Tara: Okie dokie. And where does the air fryer come into this equation?

Emerald: So, the air fryer is going to be to get the Dutch Griddle Cakes going. And typically, what I would do is I would put two griddle cakes in the air fryer. And just go ahead and let those go for about five minutes per side on about 350 degrees.

Tara: Okay.

Emerald: And you'll be done before you know it.

Tara: So, we got the sausage cooking over here.

Emerald: Pump this up to 350°.

Matt: Okay, so we can go...

[Dishes clanging in the background.]

Emerald: And yeah.

Matt: How much time?

Emerald: Five minutes on, let's do five minutes. And then I'll just typically flip it over once that five-minute time cook has elapsed.

[Air fryer beeps.]

Emerald: And in the meantime, our sausage should be sizzling away. Thank you for beating the egg up.

Tara: Absolutely.

Emerald: And then once we actually put the egg in the skillet, I'll go ahead and top it off with the lid just to kind of let the cheese melt.

Tara: Oh. All right. So, you're gonna cook that egg in the same skillet that the sausage is heating up in?

Emerald: Yes. So, I'm now just gonna flip the sausage, (sausage sizzling) kind of getting a little bit of browning on one side. It's something I do in the mornings on a weekend. I enjoy it and it's so good.

Tara: All right. So, tell us how long you've been working here at Trader Joe's.

Emerald: So, I've actually been with Trader Joe's about eight months now.

Tara: Okay, wow.

Emerald: Very happy to be here and it's just been an amazing time. I feel so blessed.

Tara: So good.

Emerald: Yes.

[Tape fast forwarding stops suddenly to this line.]

Tara: We're not usually cooking tiny amounts of food in this kitchen.

Emerald: That's true.

Tara: It's usually much more...

Matt: Much larger.

Tara: ...abundant quantities of things.

Matt: All right. That pan is screaming hot.

Tara: It is.

[Air fryer beeps.]

Matt: So, I think our pancakes are done.

Tara: Okay.

Emerald: Yeah. Those are cooked through.

Tara: Let me get you a plate.

Emerald: Okay, So, what I'll do is just kind of start layering at this point. And then put the sausage there and all that's left to do now is just scramble up our egg and we'll be having breakfast ready to go. So, if you want to add...

[Eggs sizzling.]

Tara: Slow on the egg.

Emerald: ...salt, pepper, whatever your favorite seasonings are to the egg, um, I'll do that typically. And then just give it a nice,

Tara: That is speed cook.

Emerald: It takes so quick to do the egg. It cooks up in no time and there it's already done. So, now at this point, I'll just top it off with a slice of cheese, your favorite cheese slice. And then what I'll do from that point is just put the lid on top of that.

Tara: Oh, so the cheese will melt.

Emerald: So that the cheese can melt.

Tara: Alright. Let's get that.

Emerald: And by this time you'll just, just takes a few seconds.

Matt: The coffee might be ready by now, right?

Emerald: The coffee's ready. You can do creamer, sugar, however you take.

Matt: The paper's in the driveway.

Emerald: Oh yeah. You prepare your mouth to just overwhelmed with all this good flavor too.

Tara: We got the pancakes out of the air fryer and you're putting, now you're putting the sausage on top of one of the pancakes.

Emerald: So once this cheese is melted, I'm gonna go ahead and put that right on top of our Chicken Sausage Patty.

Tara: That's going on top of the sausage.

Emerald: Right.

Tara: And now you're drizzling maple syrup on top of the cheesy egg before you put the second pancake.

Emerald: Yeah. And then you're done. Breakfast is served.

Matt: We made a sandwich everybody.

Tara: Fork for me.

Matt: Bon appétit.

Emerald: Let's do it. Okay.

Tara: All right. Cheers.

Emerald: Your turn, Matt. Get in there.

Tara: Do you pick it up and eat it like a sandwich? Or do you use a knife and fork? 'Cause with the...

Emerald: Oh...

Matt: Knife and fork.

Emerald: ...come on. We're at home. We're comfortable. It's Saturday, so we're...

Matt: And we're messy.

Tara: Oh my gosh.

Emerald: What do you say, guys?

Tara: Okay, Emerald...

Matt: Mmm.

Tara: ...all in on this.

Emerald: Love to hear it.

Matt: (eating) Mm-Hmm.

Tara: (eating) Okay.

Matt: Okay. Thank you for that.

Emerald: You know what I can say at this point is that it may have been a good thing that we didn't have the Dutch Griddle Cakes because the bread is interchangeable, and we still get the best flavor.

Tara: Okay. So, that's actually really good to know because we have had a hard time keeping those Dutch Griddle Cakes in stock 'cause they're so popular and our supplier has been really challenged to make as many as we can sell.

Matt: Those were the Gluten Free...

Tara: Those are the Gluten Free Pancakes.

Emerald: Wow.

Matt: ...Frozen Pancakes. And darn it gluten, I didn't miss you in that moment.

Emerald: No, I didn't.

Tara: No, not at all. I popped into the other air fryer while you were doing that.

Emerald: Okay.

Tara: I popped the Maple Flavored Poffertjes Mini Pancake Puffs.

Emerald: Mm-hmm.

Tara: So...

Emerald: Mmm. Those are really good.

Tara: Those are good.

Emerald: That's my first time trying that. I really like that. These are delicious.

Tara: These are really good.

Emerald: Really good.

Tara: So, when I went to look for the griddle cakes, the crew member who was in the frozen section, he said, "Yeah, those are coming back soon, but you know what's really hot right now are these, these Maple Flavored Poffertjes." They're from Belgium.

Emerald: Oh!

Tara: So close by to the Netherlands.

Matt: Neighbors.

Emerald: Okay.

Tara: Yeah.

Matt: Pancake neighbors.

Emerald: Wow.

Tara: Okay, good stuff. Thanks so much for joining us.

Emerald: Thank you so much for having me.

Matt: All right, Emerald.

Tara: So great.

Matt: We'll see you around.

Tara: Are we good?

Emerald: Alright.

[Music begins to closing.]

Tara: All right, Matt. Are you now an air fryer convert?

Matt: Well, this feels like the part where I would say no, absolutely not. And yet I will gladly eat things prepared in an air fryer, and I'm thinking about it for home use. Just maybe.

Tara: I think this has been a good episode for air fryer believers like me to pick up some ideas and maybe we brought some others over to our side as well.

Matt: I have to admit, this has all been very convincing.

Tara: There are lots more stories to tell on *Inside Trader Joe's*, make sure those episodes show up in your podcast app. Hit the free subscribe or follow button.

Matt: It *is* free and worth every penny.

Tara: Until next time, thanks for listening.

Matt: And thanks for listening.