Prep Time	5 minutes
Cook Time	35–45 minutes
Total Time	40–50 minutes
Yield	2–4 servings
Difficulty	Easy
Cuisine	American

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Ingredients

For the potatoes:

- 2 large russet potatoes (about 10–12 oz / 280–340 g each), scrubbed

- 1 tablespoon olive oil
- 1 teaspoon kosher salt (or coarse sea salt)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder (optional)

For serving (choose your favorites):

- 2 tablespoons unsalted butter, softened
- ¼ cup sour cream
- ¼ cup shredded cheddar cheese
- 2 slices bacon, cooked and crumbled
- 2 green onions, thinly sliced
- Fresh chives or parsley, chopped
- Salt and black pepper, to taste

Equipment Needed

- Air fryer (any size; a 5-quart or larger fits 2 large potatoes comfortably)
- Fork
- Pastry brush or your hands (for oiling)
- Tongs
- Small bowl (for serving toppings)
- Meat thermometer or instant-read thermometer (optional, for doneness)

Instructions

Step 1: Preheat the Air Fryer — *Time: 3–5 minutes | Intensity: Low*

Preheat your air fryer to 400°F (200°C) for 3–5 minutes. Preheating is important — it jump-starts the crisping process and ensures the potatoes cook evenly from the moment they go in. Every air fryer model runs slightly differently, so check your manual for its preheat

recommendation.

Step 2: Wash and Dry the Potatoes — *Time: 2–3 minutes* | *Intensity: Low*

Scrub the potatoes thoroughly under cool running water with a vegetable brush to remove dirt and grit. Pat them completely dry with paper towels — this is essential. Any surface moisture will steam the skin instead of crisping it. Choose potatoes of similar size so they finish cooking at the same time.

Step 3: Prick the Potatoes — *Time: 1 minute* | *Intensity: Low*

Use a fork to pierce each potato 8–10 times all over, about ¼ inch deep. This allows steam to escape during cooking, preventing the potato from bursting and ensuring the interior cooks evenly. Don’t skip this step — an un-pricked potato can explode in the air fryer.

Step 4: Oil and Season — *Time: 2 minutes* | *Intensity: Low*

Rub each potato all over with the olive oil, coating the skin evenly. Then season generously with the kosher salt, black pepper, and garlic powder (if using). The oil helps the salt adhere and creates a wonderfully crispy, seasoned skin. For extra-crispy results, use coarse salt — its larger crystals create a crackly texture.

Step 5: Air Fry — *Time: 35–45 minutes* | *Intensity: Low (passive)*

Place the potatoes in the air fryer basket in a single layer, leaving space between them for air circulation. Air fry at 400°F (200°C) for 35–45 minutes, flipping them halfway through with tongs. Cooking time depends on potato size: medium (8 oz) potatoes take 30–35 minutes, large (10–12 oz) take 35–40 minutes, and jumbo (14+ oz) take 45–50 minutes. The potatoes are done when the skin is deeply browned and crispy, and a fork or skewer slides in with no resistance.

Step 6: Rest Briefly — *Time: 3–5 minutes | Intensity: Low*

Remove the potatoes from the air fryer and let them rest for 3–5 minutes. This short rest allows the interior steam to redistribute, resulting in a fluffier texture. Carefully slice each potato lengthwise down the middle with a knife, then use your fingers to squeeze the ends inward to open it up — the classic “bloom” technique that creates maximum surface area for toppings.

Step 7: Add Toppings and Serve — *Time: 2 minutes | Intensity: Low*

Fluff the interior with a fork and immediately add a pat of butter so it melts into the hot potato. Top with sour cream, shredded cheddar, crumbled bacon, green onions, and fresh chives. Season with a final pinch of salt and pepper. Serve hot, alongside steak, grilled chicken, or a simple green salad.

Time & Intensity Summary

Phase	Duration	Intensity
Preheat air fryer	3–5 minutes	Low
Wash & dry potatoes	2–3 minutes	Low
Prick potatoes	1 minute	Low
Oil & season	2 minutes	Low
Air fry	35–45 minutes	Low (passive)
Rest	3–5 minutes	Low
Top & serve	2 minutes	Low
Total	~40–50 minutes	Easy

Nutrition Information (Per Serving — 1 large potato with ½ tbsp butter, no other toppings)

Nutrient	Amount
Calories	265 kcal
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	15 mg
Sodium	590 mg
Total Carbohydrates	42 g
Dietary Fiber	5 g
Total Sugars	2 g
Protein	6 g
Calcium	4% DV
Iron	15% DV
Potassium	1,100 mg
Vitamin C	25% DV