



amazonbasics

ELECTRIC PRESSURE COOKER

Recipe book



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***Amazon basics All purpose 23-in-1 Electric Pressure Cooker,
5.5 L, 1000 W, Brushed Stainless Steel - UK Plug***

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MEAT PROGRAM

Beef & Guinness Pies



PREP TIME

20 min
*plus chilling
and baking time*



PRESSURE COOK

80KPa
60 min



SLOW COOK

5–6 hours HI
8–10 hours LO



SERVES

8



INGREDIENT

- ¼ cup (50g) all-purpose flour
- 2 teaspoons sea salt
- Freshly ground black pepper
- 1.8kg chuck steak, trimmed, cut into 3cm pieces
- ⅓ cup (80ml) olive oil
- 150g bacon rashers, chopped
- 1 large onion, diced
- 2 cloves garlic, chopped
- ⅓ cup (90g) tomato paste
- 1 (440ml) bottle Guinness or other stout beer
- 1 bay leaf
- 1 tablespoon chopped fresh thyme or rosemary
- 3 tablespoons Worcestershire sauce

- 1 Combine flour, salt and black pepper in a large bowl. Add beef and toss to coat.
- 2 Select Sauté and preheat the cooking bowl. Heat the olive oil until shimmering then add half the beef and brown on all sides, 3 to 4 minutes. Transfer to a plate. Repeat with the remaining beef and transfer to the plate.
- 3 Select Sauté, HI heat. Add bacon and cook 2–3 minutes to render fat. Add onion, garlic and cook until softened and slightly brown, 7–10 minutes.
- 4 Stir in the tomato paste and cook for 1 minute. Add Guinness and bring to a boil; Cook until reduced to half. Add bay leaf, chopped thyme, Worcestershire sauce and return beef along with any pan juices.
- 5 Select PRESSURE COOK Meat or SLOW COOK. Let machine cold down until can be open.
- 6 When cooking has completed, adjust seasoning then cool completely in refrigerator.
- 7 Use your filling for the pie when it is cold from fridge.

MEAT PROGRAM

Goulash Hungarian



PREP TIME
20 min



PRESSURE COOK
80KPa
50 min



SLOW COOK
5–6 hours HI
8–10 hours LO



SERVES
8



INGREDIENT

- 2 onions, quartered
- 150g ham, diced
- 3 tablespoons oil
- 1kg beef, diced
- 2 garlic cloves, crushed
- 1 ½ cup water
- 3 teaspoons beef stock powder
- 3 teaspoons vegetable stock powder
- 2 tablespoons ground paprika
- 2 large bay leaves
- 2 tablespoons tomato paste
- 2 tablespoons plain flour

- 1 Cook onions and ham in oil until onion is glassy with a Sauté mode, around 10min.
- 2 Once cooked replace onions and ham then add garlic; cook for 5 minutes.
- 3 Add the beef, 1 cup water, stock powder, ground paprika, bay leaves and tomato paste, stir well.
- 4 Cover and cook for 20 minutes with meat program. Let machine cold down until can be open.
- 5 Dissolve flour in ½ cup of water and stir slowly into goulash to thicken.
- 6 Cook a further 5 minutes in Sauté mode, removes bay leaves and serves over boiled potatoes or mashed potatoes

MEAT PROGRAM

Beef in Daube



PREP TIME
15 min



PRESSURE COOK
80KPa
30 min



SLOW COOK
6–8 HOURS HI
7–9 HOURS LO



SERVES
6



INGREDIENT

- 1.5kg chuck steak, cut into 3cm cubes
- 1 tablespoon sea salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 2 onions, thinly sliced
- 1 (750ml) bottle dry white wine
- 2 tablespoons Dijon mustard
- 400g can peeled plum tomatoes in juice
- 2 garlic cloves, halved
- 1 bouquet garni (bay leaf, fresh thyme, flat leaf parsley tied)
- 1 sliced carrot
- Chopped flat leaf parsley, for garnish

- 1 In a large bowl, toss the beef with the salt and pepper to coat evenly.
- 2 Select Sauté and preheat the cooking bowl. Heat the olive oil until shimmering then add half the beef and brown on all sides, 3 to 4 minutes. Transfer to a bowl. Repeat with the remaining beef and transfer to the bowl.
- 3 Add the onions and cook until softened, about 5 minutes. Add the white wine and bring to a simmer, stirring to scrape up the browned bits. Cook until reduced by almost half, 15 minutes.
- 4 Whisk in the Dijon mustard. Return the beef and its juices to the cooking bowl, along with the tomatoes, garlic and bouquet garni.
- 5 Select PRESSURE COOK Meat or SLOW COOK. Let machine cold down until can be open.
- 6 When cooking has completed, open the lid and transfer the beef, tomatoes and onions to a serving bowl. Select Sauté and desired heat level. Skim any fat off the top and cook until sauce thickens to desired consistency, about 5 minutes.
- 7 Pour the sauce over the beef, top with chopped flat leaf parsley and serve immediately.

MEAT PROGRAM

Classic Pot Roast



PREP TIME
20 min



PRESSURE COOK
80KPa
40 min



SLOW COOK
5–7 HOURS HI
9–11 HOURS LO



SERVES
6



INGREDIENT

- 1.5kg chuck roast, halved, trimmed
- 3 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 tbs all-purpose flour
- 1 tablespoon olive oil
- 1 onion, sliced
- ¼ cup (60ml) red wine
- 500g baby carrots
- 1 cup frozen peas
- 2 cloves garlic, smashed
- 1 bay leaf
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 1 cup (250ml) beef or chicken broth

- 1 Season the roast halves with salt and pepper and coat evenly with flour.
- 2 Select SEAR and preheat the cooking bowl. Heat the olive oil until shimmering then brown the roast, in two batches, about 2 minutes per side.
- 3 Transfer the roast to a platter. Add the onion and cook until softened, about 2 minutes. Add the red wine and cook for an additional minute or until wine has mostly reduced.
- 4 Return the roast to the pressure cooker along with the carrots, garlic, bay leaf, thyme and rosemary. Pour the broth over the top. Select PRESSURE COOK Meat or SLOW COOK. If pressure cooking, adjust cooking time to 20 minutes. Let machine cold down until can be open.
- 5 When cooking has completed, remove the roast to a cutting board and cover loosely with foil. Skim any fat off the top of the sauce and discard the bay leaf, thyme and rosemary sprigs.
- 6 Add the peas and Select Sauté, cook until sauce thickens to desired consistency, 5–10 minutes.
- 7 Slice roast across the grain, place on warmed platter and top with sauce and vegetables.
- 8 Is good be served with some Pasta.

POLTRY PROGRAM

Whole Lemon & Herb Chicken



PREP TIME
10 min



PRESSURE COOK
80KPa
30 min



SLOW COOK
3–5 HOURS HI
4–6 HOURS LO



SERVES
4



INGREDIENT

- 1.5kg whole chicken, rinsed, patted dry
- 1 sprig fresh rosemary
- 4 sprigs fresh thyme
- 1 small lemon
- 1 tablespoon salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- ½ cup (125ml) water

- 1 Pull the leaves from the rosemary and thyme sprigs; finely chop. Zest and juice the lemon, reserving separately.
- 2 Combine the chopped herbs, lemon zest, salt, pepper and olive oil in a small bowl. Rub the mixture all over the inside and outside of the chicken.
- 3 Select Sauté and preheat the cooking bowl. Brown the chicken on both sides, 3–5 minutes per side. Transfer to a platter.
- 4 Place the trivet in the cooking bowl and add the water. Place the chicken, breast side up, on the trivet.
- 5 Select PRESSURE COOK Poultry or SLOW COOK. Let machine cold down until can be open.
- 6 When cooking has completed, carefully remove the chicken and transfer to a serving platter. Serve immediately.

Tips: Place cooked chicken under a hot grill for a few minutes to brown and crisp skin.

POLTRY PROGRAM

Chicken Adobo



PREP TIME
15 min



PRESSURE COOK
80KPa
15 min



SLOW COOK
5-7 HOURS HI
9-11 HOURS LO



SERVES
6-8



INGREDIENT

- 2kg bone-in chicken thighs
- 1 TBSP (15ml) white vinegar
- ¼ cup (60ml) soy sauce
- 4 cloves garlic, crushed
- 1 teaspoon black peppercorns
- 2 bay leaves Thinly sliced green onions, for garnish

- 1 Combine vinegar and soy sauce in a large bowl, add chicken and turn to coat. Let sit for 10 minutes.
- 2 Transfer the chicken, marinade and remaining ingredients to the cooking bowl.
- 3 Select PRESSURE COOK Chicken or SLOW COOK POT. If pressure cooking, adjust cooking time to 20 minutes. Let machine cold down until can be open.
- 4 When cooking has completed, remove chicken to a platter and cover with foil to keep warm.
- 5 Select Sauté and desired heat level and cook until sauce is slightly thickened, about 10 minutes. Pour sauce in a bowl chicken around and sprinkle with sliced green onions. Serve with steamed white rice.

VEGETABLES PROGRAM

Ratatouille



PREP TIME
10 min



PRESSURE COOK
80KPa
10 min



SERVES
8



INGREDIENT

- 1 medium eggplant (450g), diced
- 2 teaspoons sea salt
- 1/3 cup (60ml) olive oil
- 1 red onion, diced
- 2 red capsicums, diced
- 1kg zucchini, diced
- 4 large tomatoes (700g), diced
- 10 sprigs thyme, tied together
- Pinch chili flakes
- 2 cloves garlic, crushed
- 6 fresh rosemary stalks for garnish

- 1 Toss the eggplant with 1 teaspoon sea salt and let sit in a strainer placed over a bowl.
- 2 Select Sauté, HI heat, and preheat the cooking bowl. Heat the olive oil until shimmering then add the onion and sauté until softened, 3–5 minutes.
- 3 Squeeze as much liquid as possible out of the eggplant then add to the cooking bowl with the capsicum and zucchini. Cook for a few minutes, stirring, to cook off any extra liquid.
- 4 Add the diced tomatoes and thyme bundle. Sprinkle with 1 teaspoon sea salt and chilli flakes.
- 5 Select PRESSURE COOK Vegetables. Let machine cold down until can be open.
- 6 When cooking has completed, open the lid and stir in the minced garlic. If the liquid is too thin, select Sauté and desired heat level. Cook until thickened to desired consistency.
- 7 Season to taste and serve.

STEAM PROGRAM

Mashed Potatoes

Patate Robuchon



PREP TIME
20 min



PRESSURE COOK
80KPa
20 min



SERVES
4-6



INGREDIENT

- 1kg washed potatoes
- ½ cup (125ml) water
- 1 teaspoon sea salt
- ½ cup (125ml) milk, warmed
- 60g unsalted butter, diced
- Freshly ground black pepper

- 1 Peel potatoes, if desired, and cut into large pieces of the same size. Add potatoes and water to the cooking bowl and sprinkle with salt.
- 2 Select PRESSURE COOK Steam. Let machine cold down until can be open.
- 3 When cooking has completed, drain potatoes well and return to the cooking bowl. Mash the potatoes, gradually adding the warm milk and butter. Season with salt and freshly ground black pepper.

STEAM PROGRAM

Whole Potatoes



PREP TIME
5 min



PRESSURE COOK
80KPa
10 min



SERVES
6



INGREDIENT

- 1kg whole potatoes, unpeeled (washed)
- ½ cup of water

- 1 Add potatoes and ½ cup water to the cooking bowl.
- 2 Select PRESSURE COOK steam.
- 3 When cooking has completed, let potatoes rest for 5 minutes before removing.

STEAM PROGRAM

Natural artichoke



PREP TIME
10 min



PRESSURE COOK
80KPa
5 min



SERVES
8



INGREDIENT

- 8 large artichokes (rinsed)
- ½ cup of water
- 1 lemon

To serve: Aioli, vinaigrette or melted butted

- 1 Prepare a large bowl of cold water combined with the juice of the lemon.
- 2 Trim the stems and remove any small leaves from the base of the artichoke. Cut the top third from each artichoke, trim the pointed end of all outer leaves and place in the lemon water. Repeat with remaining artichokes.
- 3 Just before cooking, drain the artichokes by placing cut side down on a plate.
- 4 Fill the cooking bowl with ½ cup water and place trivet inside. Arrange 4 artichokes, cut side up, on the trivet.
- 5 Select PRESSURE COOK Vegetables 80kPa / 5 min.
- 6 When cooking has completed, remove and let cool slightly. Repeat with remaining artichokes. Serve with olive oil, vinaigrette or Modena Balsamic.

SLOW COOK PROGRAM

Date & Apple Oatmeal with Coconut Granola Topping



PREP TIME
10 min



SLOW COOK
8-10 HOURS LO



SERVES
4-6



INGREDIENT

Granola:

- 1 cup (120g) pecans or walnuts, coarsely chopped
- ½ cup (80g) almonds, coarsely chopped
- ½ cup (40g) shredded, unsweetened coconut
- ½ cup (50g) pepitas (pumpkin seeds)
- ½ cup (35g) sunflower seeds
- 1 tablespoon chia seeds

- ¼ cup (80ml) maple syrup
- 2 tablespoons coconut oil
- 1 vanilla bean, split, seeds scraped

Oatmeal:

- 200g wholegrain traditional rolled oats
- 800ml water
- 6 medjool dates, pitted, chopped
- 1 apple, cored, chopped
- Milk, for serving

- 1 Preheat oven to 140°C and line a baking tray with baking paper.
- 2 Combine the nuts, coconut, pepitas, sunflower and chia seeds in a bowl, mix well.
- 3 Heat maple syrup, coconut oil and vanilla bean together in a small saucepan over low heat. Pour over combined granola ingredients and stir to coat evenly.
- 4 Spread evenly on baking tray and bake for 20–30 minutes, stirring once or twice. Granola should be mostly dry and toasted. Remove and set aside to cool.
- 5 Combine the oatmeal ingredients in the cooking bowl.
- 6 Select SLOW COOK, LO heat, 6 hours.
- 7 When cooking has completed, stir through milk and serve topped with granola.

WHITE RICE PROGRAM

Risotto Milanese



PREP TIME
15 min



PRESSURE COOK
80KPa
15 min



SERVES
4-6



INGREDIENT

- 1 tablespoon olive oil
- 50g butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 cups (400g) Arborio rice
- ½cup (125ml) dry white wine
- 1.25 liters chicken stock Pinch saffron threads
- ¼cup (40g) finely grated Parmesan cheese, plus extra for serving Salt and pepper to taste

- 1 Select Sauté, MED heat, and preheat the cooking bowl. Add olive oil, half the butter, and onion and cook until soft, 3–5 minutes.
- 2 Add garlic and rice and cook, stirring constantly, for 2–3 minutes. Stir in wine and cook until reduced by half. Stir in 1 liter of stock and the saffron threads.
- 3 Select PRESSURE COOK White rice.
- 4 When cooking has completed, stir through remaining stock, Parmesan cheese and remaining butter. Season with salt and pepper and serve immediately sprinkled with extra Parmesan.

WHITE RICE PROGRAM

Pilaf Rise



PREP TIME
15 min



PRESSURE COOK
80KPa
15 min



SERVES
8



INGREDIENT

- 14 oz can chicken broth
- ¼ cup water
- Pinch of saffron threads
- 1 tablespoon butter
- 1 medium onion, finely chopped
- 1 celery stalk, finely chopped
- 2 cups long grain white rice, rinsed
- ½ teaspoon salt
- ½ cup sliced almonds, toasted

- 1 Heat broth and water in a small saucepan over moderate heat until hot, then crumble saffron into liquid and stir. Remove from heat.
- 2 Place the butter in the cooking pot. Select Sauté when the butter is melted and sizzling, add the chopped onions and celery. Cook, stirring occasionally until vegetables are tender, about 3 to 5 minutes.
- 3 Stir in rice and cook, stirring frequently, until rice becomes opaque, about 1 to 2 minutes. Add saffron broth and salt. Cover and lock lid in place. Select rice mode.
- 4 When valve drops carefully remove lid, tilting away from you to allow steam to disperse. Fluff rice, stir in almonds.

BEANS PROGRAM

Hummus



PREP TIME
15 min



PRESSURE COOK
80KPa
30 min



SLOW COOK
5-7 HOURS HI
9-11 HOURS LO



SERVES
4 cups



INGREDIENT

- 1 cup (200g) dried chickpeas, rinsed, picked over
- 3 cups (750ml) water
- 2/3 cup (160ml) tahini
- 1/3 cup (60ml) olive oil
- 1/3 cup (60ml) lemon juice
- 2 small cloves garlic, crushed
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cumin
- Pinch cayenne pepper

- 1 Place chickpeas and water into the cooking bowl.
- 2 Select PRESSURE COOK Beans. When cooking has completed, drain the chickpeas, reserving 1/2 cup (125ml) cooking water, and cool slightly.
- 3 Whisk together tahini and olive oil in a small bowl or measuring cup.
- 4 Process chickpeas, lemon juice, garlic, salt, cumin, cayenne and reserved cooking water in a food processor until fully ground, about 1 minute. Scrape down bowl with rubber spatula. With machine running, add oil-tahini mixture in a steady stream through feed tube; continue to process until hummus is smooth and creamy, about 15 seconds, scraping down bowl as needed.
- 5 Transfer hummus to a bowl, cover with plastic wrap and let sit for at least 30 minutes before serving.
- 6 Serve with warm pita or crudité.

BEANS PROGRAM

Barbecued Baked Beans



PREP TIME
15 min



PRESSURE COOK
80KPa
25 min



SLOW COOK
8-10 HOURS HI
10-12 HOURS LO



SERVES
8



INGREDIENT

- 4 slices bacon, finely chopped
- 1 small onion, minced
- 3 cloves garlic, crushed
- 450g dried small white beans, rinsed, picked over
- 4 cups (1 litre) water
- ½ cup (125ml) strong black coffee
- 1 cup (250ml) tomato paste
- ½ cup (110g) packed dark brown sugar
- 1 tablespoon prepared brown mustard
- 1 tablespoon molasses
- 1 teaspoon Tabasco sauce or similar
- 1 teaspoon chilli powder (optional)
- 1 teaspoons sea salt
- 2 tablespoons white or cider vinegar

- 1 Select SAUTÉ, HI heat, and preheat the cooking bowl. Add the bacon and cook until beginning to crisp, about 3 minutes. Stir in the onion and cook until softened, 3 more minutes.
- 2 Stir in the garlic and cook for 30 seconds. Stir in remaining ingredients, except for vinegar.
- 3 Select PRESSURE COOK Beans. If pressure cooking, adjust cooking time to 25 minutes.
- 4 When cooking has completed, open the lid and select REDUCE and desired heat level. Add the vinegar and cook, stirring occasionally, until the liquid has thickened to a syrupy consistency.

BROTH PROGRAM

Beef Stock



PREP TIME
25 min



PRESSURE COOK
80KPa
30 min



SLOW COOK
8-10 HOURS HI
10-12 HOURS LO



SERVES
4-6



INGREDIENT

- 2 tablespoons olive oil
- 1.5kg beef bones
- 2 teaspoons tomato paste
- 1 large onion, unpeeled, quartered
- 1 carrot, coarsely chopped
- 1 stalk celery, coarsely chopped
- 2 cloves garlic, unpeeled
- 10 black peppercorns
- 1 bay leaf
- 2 sprigs fresh thyme
- 2.5 liters cold water

- 1 Select Sauté and preheat the cooking bowl. Heat the olive oil until shimmering then, working in batches, brown the bones on all sides, 3–4 minutes per side. Reserve the browned bones on a platter.
- 2 Add the tomato paste, onion, carrots and celery and stir to coat. Cook until browned, 5–7 minutes.
- 3 Return the bones, along with any accumulated juices, to the cooking bowl. Add remaining ingredients.
- 4 Select PRESSURE COOK Soup.
- 5 When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight so that fat rises to the top and solidifies.

BROTH PROGRAM

Vegetable Stock



PREP TIME
5 min



PRESSURE COOK
80KPa
15 min



SLOW COOK
4-6 HOURS HI
6-8 HOURS LO



SERVES
4-6



INGREDIENT

- 2 large onions, unpeeled, halved
- 4 stalks celery, cut into 3cm pieces
- 2 large carrots, peeled, cut into 3cm pieces
- 200g button mushrooms, halved
- 1 head of garlic, halved crosswise
- 1 teaspoon whole black peppercorns
- 1 bay leaf
- 2 sprigs fresh thyme
- 6 sprigs flat leaf parsley
- 2.5 litres cold water

- 1 Add all the ingredients to the cooking bowl.
- 2 Select PRESSURE COOK Broth or SLOW COOK STOCK. If pressure cooking, adjust cooking time to 15 minutes.
- 3 When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve.

BROTH PROGRAM

Seafood Stock



PREP TIME
10 min



PRESSURE COOK
80KPa
10 min



SLOW COOK
1-3 hours HI
2-4 hours LO



SERVES
4-6



INGREDIENT

- 1 tablespoon olive oil
- 1kg fish heads/bones rinsed
- 1cup (50g) celery stalks, chopped (optional)
- 1 small leek, white and light green parts, washed, chopped
- 2 carrots
- 2 sprigs fresh thyme
- 4 sprigs flat leaf parsley
- 1 cup white wine
- 2.5 liters cold water

1

Select SEAR and preheat the cooking bowl. Heat the olive oil until shimmering then add the bones and cook until opaque but not brown, 2–4 minutes. Add the remaining ingredients.

2

Select PRESSURE COOK broth or SLOW COOK STOCK. If pressure-cooking, adjust cooking time to 10 minutes.

3

When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight so that fat rises to the top and solidifies. Remove hardened fat layer and discard.

CURRY PROGRAM

Vegetable Biryani (Curry)



PREP TIME
20 min



PRESSURE COOK
80KPa
15 min



SERVES
6



INGREDIENT

- 4 tablespoons ghee or vegetable oil
- 1 red onion, diced 2cm piece
- ginger, peeled, grated
- 2 cloves garlic, crushed
- 300g potato, cut into 1cm dice
- 300g cauliflower florets
- 150g green beans, cut into 2cm pieces
- 1 cup (120g) frozen peas
- 2 teaspoons ground coriander
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric
- ½ teaspoon ground chili powder
- 2 teaspoons garam masala
- ½ cup (140g) tomato puree
- 1 cup (250ml) vegetable stock
- 500ml plain thick yoghurt
- 2 teaspoons sea salt
- 1 cup (300g) basmati rice, washed, drained
- 2 sprigs fresh curry leaves (optional) Yoghurt for serving

1

Select Sauté, HI heat, and preheat cooking bowl. Add 2 tablespoons of ghee and sauté onion 5 minutes or until golden and softened. Add ginger and garlic and cook 1–2 minutes more.

2

Add the potato and cook for 5 minutes.

3

Add the remaining vegetables, spices, tomato puree and vegetable stock and mix well. Bring to a boil then reduce to a light simmer MED or LO heat.

4

Gently stir in the yoghurt and 2 teaspoons salt. Remove half of the vegetable mixture from the bowl and reserve.

5

Sprinkle half the rice over the vegetables, spreading rice to cover vegetables evenly. Spread remaining vegetables over the top of the rice, and top with the reserved rice.

6

Select PRESSURE COOK CURRY.

7

When cooking has completed, let stand 5 minutes before opening lid, gently fluff rice to incorporate vegetables.

8

Melt the remaining ghee in a frying pan until hot and smoking. Add the curry leaves and fry briefly then pour over the rice. Serve topped with additional yoghurt.

SOUP PROGRAM

Chicken Stock



PREP TIME
5 min



PRESSURE COOK
80KPa
30 min



SERVES
6



INGREDIENT

- 1.5kg chicken bones and/or pieces
- 1 large onion, peeled, quartered
- 2 carrots, coarsely chopped
- 2 stalks celery, coarsely chopped
- 2 cloves garlic, unpeeled
- 10 black peppercorns
- 1 bay leaf
- 2 sprigs fresh thyme
- 5 sprigs flat leaf parsley
- 2.5 liters cold water

- 1 Add all the ingredients to the cooking bowl.
- 2 Select PRESSURE COOK SOUP.
- 3 When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight so that fat rises to the top and solidifies. Remove hardened fat layer and discard.

MULTYGRAIN PROGRAM

Chocolate Molten Cake Coulant Michel brass



PREP TIME
15 min



PRESSURE COOK
80KPa
10 min



SERVES
4



INGREDIENT

- 120g butter, diced, plus extra for greasing
 - 2 tablespoons cocoa powder, sifted
 - 200g dark chocolate, chopped
 - 2 eggs, beaten
 - 1 teaspoon vanilla extract
 - 1/3 cup (75g) caster sugar
 - 1/4 cup (35g) plain flour
- To serve:** Vanilla ice cream

- 1 Grease and dust four 150ml dariole moulds with butter and cocoa powder.
- 2 Combine chocolate and butter together in a large microwave safe bowl and heat for 30 seconds. Stir and repeat until chocolate and butter have melted. Stir in beaten eggs and vanilla.
- 3 . Fold through combined flour and sugar. Spoon mixture into prepared dariole moulds so they are full.
- 4 Place trivet in cooking bowl and pour 1 cup (250ml) water into bowl. Place a small plate on the trivet and arrange moulds on top.
- 5 Select PRESSURE COOK Multigrain.
- 6 When cooking has completed, carefully remove moulds and let rest for 8-10 minutes. Run a knife along the side between the pudding and mould before tipping onto a plate. Serve with vanilla ice cream.

MULTYGRAIN PROGRAM

Croissant, Fig & Ricotta Bread Pudding



PREP TIME
15 min



PRESSURE COOK
50KPa
15 min



SLOW COOK
2 hours LO



SERVES
6



INGREDIENT

- 200ml milk
- 200ml cream
- 1 vanilla pod, split, beans scraped
- 6 large (400g) day-old croissants
- ½ cup fig jam
- ½ cup (95g) dried figs, diced
- ¼ cup (60ml) maple syrup
- 3 eggs
- ½ cup (110g) sugar

- 1 Heat milk, cream and vanilla bean until hot but not boiling. Remove from heat, discard vanilla bean and let cool.
- 2 Slice croissants in half length ways and spread fig jam thickly over one half; sandwich together again and cut each croissant into thirds. Arrange half of the croissants inside a 1.5L ceramic dish that fits inside the cooking bowl.
- 3 Sprinkle half of the figs evenly over croissants and pour over half of the maple syrup. Repeat with remaining croissants, figs and maple syrup.
- 4 Whisk the eggs and sugar together until pale and creamy. Whisk in cooled milk mixture. Pour over croissants and let sit for 10 minutes so croissants absorb liquid.
- 5 Place trivet inside cooking bowl and pour 1 cup (250ml) of water into bowl. Cover dish with foil and place on trivet.
- 6 Select PRESSURE COOK Multigrain or SLOW COOK.
- 7 When cooking has completed, carefully remove dish from pressure cooker. Let stand for 5 minutes before serving.

CONGEE PROGRAM

Vichyssoise



PREP TIME
10 min



PRESSURE COOK
80KPa
25 min



SERVES
4



INGREDIENT

- 40g unsalted butter
- 4 medium leeks, white and light green parts only, cleaned, chopped
- 1 small stalk celery, chopped
- 1kg Desiree potatoes, peeled, cut into 3cm pieces
- 1 bay leaf
- 1 sprig fresh thyme
- 1 liter water
- 2 teaspoons sea salt
- ½cup (125ml) heavy cream
- Freshly ground black pepper
- Minced chives, for garnish

- 1 Select Sauté, MED heat, and preheat the cooking bowl. Heat the butter until just foaming then add the leeks and celery. Sauté until softened but not browned, 5–7 minutes.
- 2 Add the remaining ingredients, except cream, and stir to combine.
- 3 Select PRESSURE COOK CONGEE. If pressure cooking, adjust cooking time to 25 minutes.
- 4 When cooking has completed, remove bay leaf and thyme and blend soup until smooth. Stir in cream and season to taste with salt and freshly ground black pepper.
- 5 Serve immediately, topped with minced chives.

CHILI PROGRAM

Pork Bolognese with Pancetta & Sage



PREP TIME

15 min



PRESSURE COOK

80KPa
40 min



SERVES

6



INGREDIENT

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 tablespoon chopped fresh sage leaves
- 150g flat pancetta, finely chopped
- 1.5kg pork mince
- ¼ cup (70g) tomato paste
- ⅓ cup (80ml) red wine
- 2 x 400g can chopped tomatoes
- ½ cup (125ml) beef stock
- 1 bay leaf
- Salt and freshly ground black pepper to taste

- 1 Select Sauté, LO heat, and preheat the cooking bowl. Add olive oil and cook onion and garlic for 5 minutes or until softened but not brown.
- 2 Increase to MED heat, add sage and pancetta and cook for 2 more minutes.
- 3 Select SEAR and cook pork mince in batches until browned and crumbly.
- 4 Stir in tomato paste and cook for 1 minute. Add wine and cook for 2–3 minutes or until reduced by half. Add tomatoes, stock, and bay leaf.
- 5 Select PRESSURE COOK CHILI.
- 6 When cooking has completed, taste and adjust seasoning. Serve over your favorite pasta.

CHILI PROGRAM

Short Rib Tacos



PREP TIME
15 min



PRESSURE COOK
80KPa
40 min



SERVES
8



INGREDIENT

- 2 tablespoons vegetable oil
 - 3kg bone-in beef short ribs
 - 1 large onion, chopped
 - 2 cloves garlic, crushed
 - 1 (375ml) bottle dark Mexican beer
 - ½ cup (125ml) water
 - Zest of 1 orange, juice reserved separately
 - 1 teaspoon chili powder (two chipotles if we have)
 - 2 teaspoons ground cumin
 - 1 tablespoon dried oregano
 - 1 tablespoon sea salt
- To serve:**
- Lime wedges, warm tortillas
 - Suggested toppings
 - Chopped white onion and chopped fresh coriander

- 1 Select SEAR and preheat the cooking bowl. Add the vegetable oil and heat until shimmering. Working in batches, cook the meat until well browned, about 3 minutes on each side. Reserve browned pieces on a plate.
- 2 Add the onions and cook until softened and starting to brown, about 5 minutes. Add the garlic and beer and cook until beer is reduced by half.
- 3 Add the remaining ingredients, stirring to combine. Return the seared meat to the cooking bowl.
- 4 Select PRESSURE COOK Chili or SLOW COOK.
- 5 When cooking has completed, carefully remove the bones from the meat and discard. Skim any fat from the surface of the sauce. Shred the meat and season with reserved orange juice. Serve with lime wedges, warm tortillas and toppings of your choice.

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