



**Full time, half time, meal time.**

*Appliance Science & Recipes for the Fast Slow Pro™*



Tender  
with  
time.



Tastier  
under  
pressure.

*How do you know the  
PRESSURE,  
TEMPERATURE,  
AND TIME  
different foods need?*

# Contents.

## Stocks & Soups

*Vegetable Stock*  
*Chicken Stock*  
*Beef Stock*  
*Seafood Stock*  
*Pho Ga*  
*Creamy Tomato Soup*  
*Potato Leek Soup*



## Grains

*Risotto Milanese*  
*Mushroom & Bacon Risotto*  
*Pumpkin Risotto with Sage & Goat's Cheese*  
*Vegetable Biryani*  
*Date & Apple Oatmeal*  
*Coconut Brown Rice*



## Beans & Veggies

*Barbecued Baked Beans*  
*Kale & White Bean Soup*  
*Beetroot & Quinoa Salad*  
*Hummus*  
*Ratatouille*  
*Artichokes 3 Ways*  
*Stuffed Artichokes*  
*Artichoke & Spinach Dip*  
*Marinated Artichokes*  
*Mashed Potatoes*  
*Whole Potatoes*  
*Potato Gnocchi*



## Meats & Poultry

*Pork Bolognese with Pancetta & Sage*  
*Beef & Bean Chilli*  
*Beef & Guinness Pies*  
*Lamb Shank Massaman Curry*  
*Short Rib Tacos*  
*Classic Pot Roast*  
*Whole Lemon & Herb Chicken*  
*Chicken Adobo*  
*Carolina Pulled Pork*  
*Chermoula Chicken & Green Olive Tagine*  
*Beef en Daube*

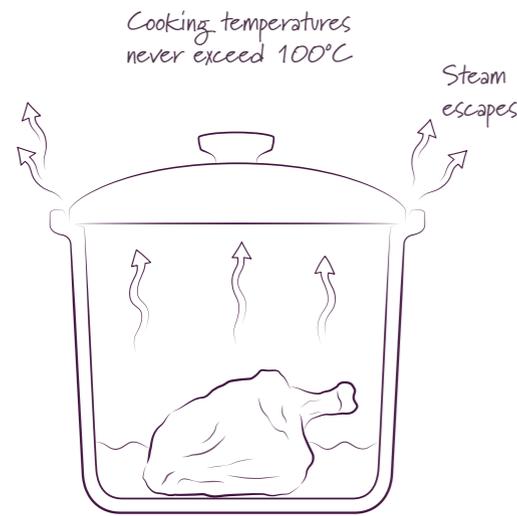


## Desserts

*Croissant, Fig & Ricotta Bread Pudding*  
*Mini Blood Orange Cheesecakes*  
*Chocolate Molten Cake*

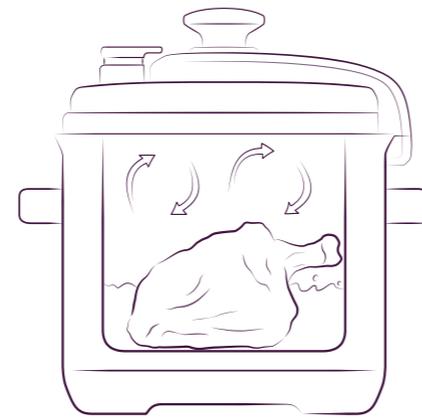


# Tastier under pressure.



Unsealed "moist" cooking environment

Steam is trapped and builds pressure, allowing cooking temperature to exceed 100°C



Sealed "moist" cooking environment

Tougher cuts of meat such as shanks and shoulders can often be overlooked when it comes to cooking. The large amount of connective tissue in these cuts makes them susceptible to being tough and chewy if not broken down properly during cooking.

"Dry" cooking methods such as grilling or baking can dehydrate the exteriors of these foods before properly breaking down and softening their interiors. On the other hand, "moist" cooking methods such as braising are particularly efficient at transferring heat throughout these foods without burning or damaging the exteriors.

The problem with cooking in most moist environments is that the cooking process can be very slow. This is because the cooking temperature is limited by the boiling point of water so, at sea level, foods that are cooked in liquid or steam can never exceed temperatures of 100°C.

Pressure cooking is a unique form of moist cooking in that it allows you to cook above boiling temperatures, exposing foods to much higher temperatures than traditional moist cooking methods. Pressure cookers work by creating a fully sealed environment that traps the steam created by cooking food. As steam builds, it creates pressure on the contents, allowing the cooking temperature to go well over 100°C.

**Tip:**  
The higher temperatures in pressure cooking mean cooking times can be up to two-thirds shorter than in traditional cooking methods. When adapting your favourite recipes to pressure cooking, use the pressure cook menu items to take the guesswork out of cooking times.

# Tender with time.



Lean meats benefit from higher cooking temperatures



Tough cuts of meat benefit from cooking low and slow

Cooking meat well requires the flesh to be cooked long enough so that it's soft and tender while still remaining moist. This can be a real technical challenge because meat loses its moisture incredibly quickly during the cooking process. Cooking a steak so that it is medium requires the internal temperature to reach 65°C, however at 40°C the proteins have already begun to contract and release the meat's juices. At 70°C most of these juices have gone, causing the meat to shrink noticeably and become chewy.

Different cuts of meat benefit from being pushed through these temperature ranges at different rates, and understanding the structure of the meat you are cooking will help determine the best cooking method for getting the most out of each cut.

Tender or lean cuts of meat, such as loins and breasts, are the parts of the animal that do the least amount of work. As a result, there is little connective tissue in lean meats making their structure mostly uniform. This uniformity means the flesh will respond to cooking in mostly the same way so they can be cooked quickly and at much higher temperatures.

Tougher cuts of meat, such as legs and shoulders, are the parts of the animal that do the most work. These cuts contain not only lean meat but also connective tissue which can be tough and chewy if not broken down properly during cooking.

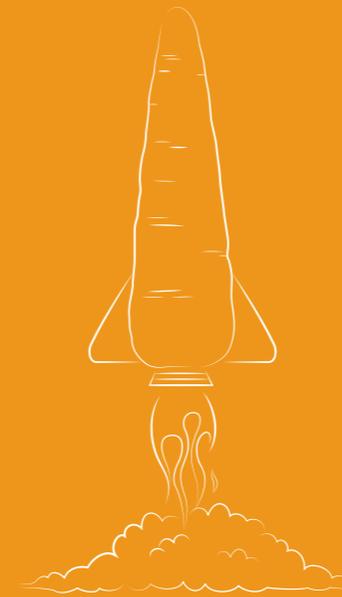
The key component of connective tissue is collagen which, when broken down, forms a rich liquid called gelatin. The most effective way to break down collagen is to heat it very slowly at low temperatures of around 70°C. While heating lean cuts of meat in this way would produce very dry results, the fat and gelatin in tougher cuts will break down, giving tender and juicy results.

**Tip:**  
The closed environment of a pressure or slow cooker means little to no evaporation occurs during cooking. After pressure or slow cooking meats, use the Reduce function to concentrate cooking liquid into a rich, flavourful sauce.



## Stocks & Soups

## Souped up with a soft landing.



*Pressure cooking intensifies the flavour of stocks*

Stock is the foundation of so many dishes, so it's vital to extract the maximum amount of flavour from its ingredients. While simmering stock on the stove fills your kitchen with wonderful cooking aromas, these aromas are actually components of flavour escaping from the broth.

The fully sealed environment of a pressure cooker traps escaping aromas and steam. As they condense onto the lid they drip back into the pot, infusing the stock with flavour. The built up steam then creates a pressure system on the liquid that allows temperatures to exceed 100°C without coming to a boil.

Allowing liquids to exceed 100°C not only speeds up the cooking process but creates deeper, more complex flavours through the Maillard reaction which typically begins around temperatures of 120°C.



*Gently releasing the pressure keeps in all the flavour*

But all this hard work can quite literally be blown apart when releasing the pressure. As pressure is released, the water molecules need less energy to escape into the surrounding atmosphere, resulting in a rapid boil. This turbulence not only emulsifies oils and small food particles into the stock, making it cloudy, but causes flavour and aroma to be lost to the surrounding environment as steam is forced through the valve.

**Tip:**  
When making stocks, use the Natural steam release setting to allow pressure to naturally subside in the cooker. This allows the volatile aromas in the vapour to condense back into the liquid, rather than escaping through the valve into your kitchen. For fast cooking soups, select Auto Quick steam release to quickly relieve the pressure and prevent the overcooking of ingredients.



## Vegetable Stock

- Prep time: 5 min
- PRESSURE COOK: 80kPa / 15 min / Natural
- SLOW COOK: 4-6 hours HI, 6-8 hours LO
- Makes 2.5 litres

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 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. Use immediately or refrigerate overnight. Use within a few days or freeze in small, air-tight containers for up to 1 month.

## Beef Stock

- Prep time: 25 min
- PRESSURE COOK: 80kPa / 60 min / Natural
- SLOW COOK: 4-6 hours HI, 6-8 hours LO
- Makes 2.5 litres

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 litres cold water

1. Select SEAR 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 or SLOW COOK STOCK.
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. Remove hardened fat layer and discard. Use immediately or freeze in small, air-tight containers for up to 1 month.

## Chicken Stock

- Prep time: 5 min
- PRESSURE COOK: 80kPa / 60 min / Natural
- SLOW COOK: 3-5 hours HI, 4-6 hours LO
- Makes 2.5 litres

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 litres cold water

1. Add all the ingredients to the cooking bowl.
2. Select PRESSURE COOK or SLOW COOK STOCK.
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. Use immediately or freeze in small, air-tight containers for up to 1 month.

## Seafood Stock

- Prep time: 10 min
- PRESSURE COOK: 80kPa / 10 min / Natural
- SLOW COOK: 1-3 hours HI, 2-4 hours LO
- Makes 2.5 litres

1 tablespoon olive oil  
 1kg fish heads/bones rinsed  
 ¼ cup (50g) fennel stalks, chopped (optional)  
 1 small leek, white and light green parts, washed, chopped  
 2 sprigs fresh thyme  
 4 sprigs flat leaf parsley  
 ¼ cup white wine  
 2.5 litres 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 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. Use immediately or freeze in small, air-tight containers for up to 1 month.

## Pho Ga (Vietnamese Chicken Noodle Soup)

🕒 Prep time: 15 min

👤 PRESSURE COOK: 50kPa / 20 min / Auto Quick

👤 SLOW COOK: 3-5 hours HI, 4-6 hours LO

🍽 Serves 4

2 tablespoons vegetable oil  
2 onions, halved  
5cm piece ginger, sliced  
1 small bunch coriander  
3 star anise pods  
1 cinnamon stick  
4 cloves  
1 teaspoon fennel seeds  
1 teaspoon coriander seeds  
¼ cup (60ml) fish sauce  
1 tablespoon raw sugar  
2 litres salt reduced chicken stock  
1kg chicken legs

To serve

4 servings prepared pho noodles  
1 small white onion, thinly sliced  
2 green onions, thinly sliced

Suggested garnishes

2 cups (100g) mixed herbs (coriander, basil, mint)  
2 cups (160g) bean sprouts  
Thinly sliced Thai chillies  
Lime wedges  
Hoisin sauce, sriracha sauce

1. Select SEAR and preheat the cooking bowl. Heat the vegetable oil until shimmering then add the onions and ginger, cut side down. Cook until charred, 5 minutes.
2. Add the coriander, star anise, cinnamon, cloves, fennel seed, coriander seeds, fish sauce, sugar and chicken stock and stir to combine. Add the chicken legs.
3. Select PRESSURE COOK or SLOW COOK SOUP.
4. When cooking has completed, transfer chicken legs to a plate and shred. Strain broth through a fine mesh sieve and discard solids. Skim any scum from the top. Season to taste with additional fish sauce and sugar.
5. Place prepared noodles in individual bowls and top with shredded chicken, onions and green onions. Pour hot broth over and top with desired garnishes.



## Creamy Tomato Soup

🕒 Prep time: 5 min

👤 PRESSURE COOK: 50kPa / 15 min / Auto Quick

👤 SLOW COOK: 3-5 hours HI, 4-6 hours LO

🍽 Serves 6-8

60g unsalted butter  
1 large onion, chopped  
½ carrot, chopped  
1 clove garlic, crushed  
1.5kg ripe tomatoes, cored, coarsely chopped  
2 teaspoons sea salt  
½ teaspoon freshly ground black pepper  
1 sprig fresh thyme  
½ cup (125ml) chicken stock or water  
¼ cup (20g) chopped fresh basil, plus additional for garnish  
¾ cup (180ml) cream or milk

1. Select SAUTÉ, HI heat, and preheat the cooking bowl. Heat the butter until just foaming then add the onion and carrot. Sauté until softened, about 5 minutes. Add the garlic and cook for 1 minute.
2. Add the tomatoes, salt, pepper, thyme sprig and stock or water. Stir to combine.
3. Select PRESSURE COOK or SLOW COOK SOUP. If pressure cooking, adjust cooking time to 15 minutes.
4. When cooking has completed, remove and discard the thyme sprig. Add the chopped basil and blend the soup until smooth. Stir in cream or milk and season to taste.
5. Serve immediately, topped with thinly sliced basil.

## Potato Leek Soup

🕒 Prep time: 10 min

👤 PRESSURE COOK: 50kPa / 15 min / Auto Quick

👤 SLOW COOK: 3-5 hours HI, 4-6 hours LO

🍽 Serves 4

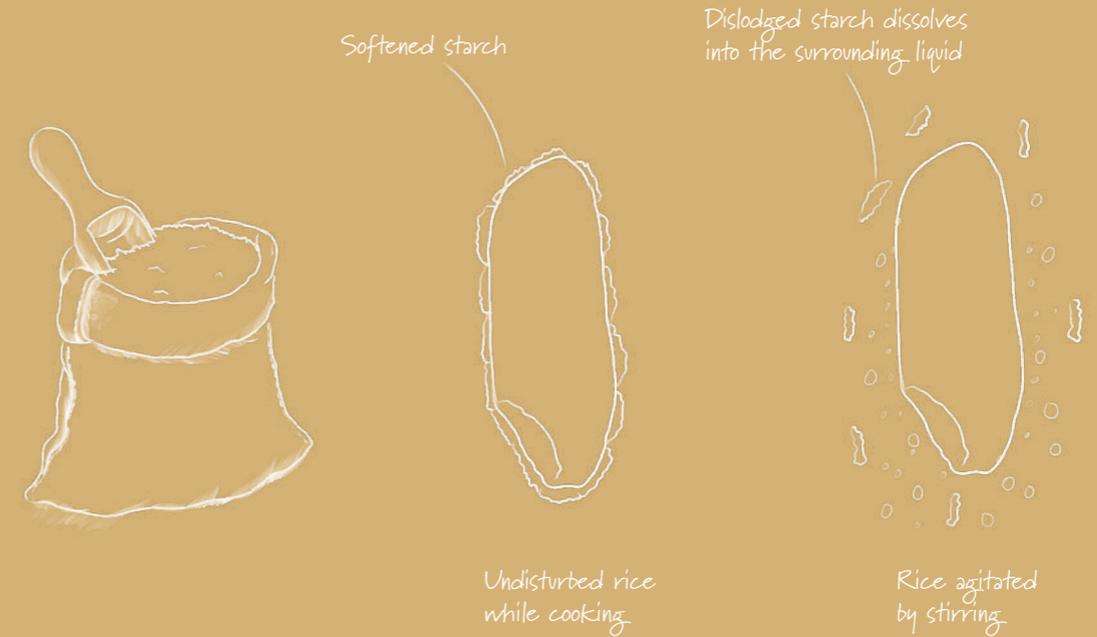
40g unsalted butter  
4 medium leeks, white and light green parts only, cleaned, chopped  
1 small stalk celery, chopped  
1kg desiree potatoes, peeled, cut into 3cm pieces  
½ bay leaf  
1 sprig fresh thyme  
1 litre water  
2 teaspoons sea salt  
½ cup (125ml) heavy cream  
Freshly ground black pepper  
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 or SLOW COOK SOUP. If pressure cooking, adjust cooking time to 15 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.





# Risotto without causing a stir.



If you've ever attempted to make risotto, you know it requires constant attention and stirring. If you don't stir, the risotto sauce ends up thin and flat instead of thick and creamy.

This is because the act of stirring rice grains in hot liquid forces the grains to agitate against one another, breaking open their cell walls and releasing sticky granules of starch into the surrounding cooking liquid. As the starch oozes out, the liquid begins to thicken and develops a creamy taste and texture.

Continued stirring helps to prevent the starch from gelling and forming lumps. It also ensures even heat throughout the liquid and equal exposure of each grain to the stock. This can mean 45 minutes of constant stirring, which can leave you with that niggling twinge in your elbow that doesn't do a great deal to help your tennis swing!

**Tip:**  
The Pressure Cook Risotto setting uses controlled temperature to create tiny simmering bubbles in the liquid to agitate the grains against one another and release the starch for simple, stir-free risotto in a fraction of the time.



## Pumpkin Risotto with Sage & Goat's Cheese

🕒 Prep time: 10 min

👤 PRESSURE COOK: 40kPa / 7 min / Auto Quick

🍽️ Serves 4-6

1kg pumpkin, peeled, trimmed, diced to 1½cm cubes  
 1 tablespoon olive oil  
 50g butter  
 1 onion, finely chopped  
 2 cloves garlic, crushed  
 2 cups (400g) Arborio rice  
 ½ cup (125ml) dry white wine  
 1.25 litres chicken stock  
 15g fresh sage leaves  
 ½ cup (40g) finely grated goat pecorino  
 150g fresh goat's cheese  
 Fried sage leaves, for garnish  
 Salt and pepper to taste

1. Preheat oven to 200°C.
2. Toss the pumpkin and olive oil together and season with salt and pepper. Arrange on a baking tray lined with baking paper and roast for 15-20 minutes. Remove and keep warm.
3. Follow recipe for Risotto Milanese, substituting sage leaves for saffron and pecorino for parmesan. Stir through half the roasted pumpkin and season with salt and pepper.
4. To serve, spoon risotto into serving bowl and top with remaining roasted pumpkin, crumbled goat cheese and fried sage leaves.

## Risotto Milanese

🕒 Prep time: 10 min

👤 PRESSURE COOK: 40kPa / 7 min / Auto Quick

🍽️ Serves 4-6

1 tablespoon olive oil  
 50g butter  
 1 onion, finely chopped  
 2 cloves garlic, crushed  
 2 cups (400g) Arborio rice  
 ½ cup (125ml) dry white wine  
 1.25 litres chicken stock  
 Pinch saffron threads  
 ½ cup (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 litre of stock and the saffron threads.
3. Select PRESSURE COOK RISOTTO.
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.

## Mushroom & Bacon Risotto

🕒 Prep time: 10 min

👤 PRESSURE COOK: 40kPa / 7 min / Auto Quick

🍽️ Serves 4-6

1 tablespoon olive oil  
 150g bacon rashers, sliced  
 1 onion, finely chopped  
 200g Swiss brown mushrooms, sliced  
 1 tablespoon fresh thyme leaves  
 2 cloves garlic, crushed  
 2 cups (400g) Arborio rice  
 ½ cup (125ml) dry white wine  
 1.25 litres chicken stock  
 ½ cup (40g) finely grated parmesan cheese, plus extra for serving  
 25g butter  
 Salt and pepper to taste

1. Select SAUTÉ, HI heat, and preheat the cooking bowl. Add oil and bacon and cook for 2-3 minutes to render the fat. Add the onion, mushrooms and half the thyme leaves. Cook until softened, about 5 minutes.
2. Follow recipe for Risotto Milanese, starting with step 2.
3. Serve topped with extra parmesan and remaining thyme leaves.





## Vegetable Biryani

⌚ Prep time: 15 min

👤 PRESSURE COOK: 50kPa / 10 min / Auto Pulse

🍽 Serves 6

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 chilli powder  
2 teaspoons garam masala  
½ cup (140g) tomato puree  
1 cup (250ml) vegetable stock  
500ml plain thick yoghurt  
2 teaspoons sea salt  
1½ 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 pumpkin 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 using either 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 RICE.
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.

## Date & Apple Oatmeal with Coconut Granola Topping

⌚ Prep time: 10 min

🕒 SLOW COOK: 8-10 hours LO

🍽 Serves 4-6

Granola  
1 cup (120g) pecans or walnuts, coarsely chopped  
½ cup (80g) almonds, coarsely chopped  
½ cup (40g) shredded, unsweetened coconut  
¼ cup (50g) pepitas (pumpkin seeds)  
¼ cup (35g) sunflower seeds  
1 tablespoon chia seeds  
½ 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 CUSTOM, LO heat, 8-10 hours.
7. When cooking has completed, stir through milk and serve immediately topped with granola.

## Coconut Brown Rice

⌚ Prep time: 5 min

👤 PRESSURE COOK: 50kPa / 20 min / Auto Pulse

🍽 Serves 6-8

2 cups (400g) brown rice  
400ml can unsweetened coconut milk  
1½ cups (375ml) water  
1 teaspoon sea salt  
2cm piece peeled fresh ginger, smashed to release liquid

1. Rinse the rice in a strainer under cold running water for 30 seconds. Transfer to the cooking bowl with the coconut milk, water and salt. Stir to combine then tuck ginger on the bottom of the bowl so that it's covered by the rice.
2. Select PRESSURE COOK RICE and adjust cooking time to 20 minutes.
3. When cooking has completed, let stand 5 minutes before opening lid. Gently fluff rice before serving.

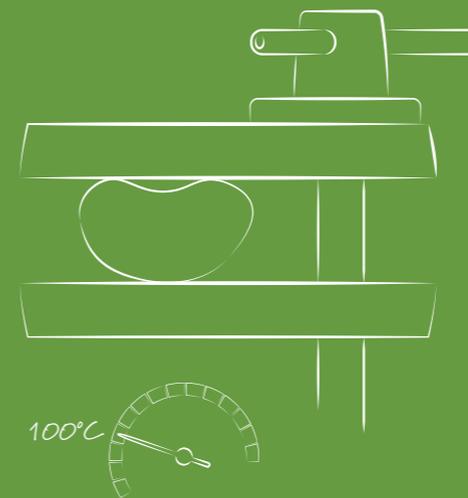
Tip: Garnish with toasted unsweetened coconut flakes.



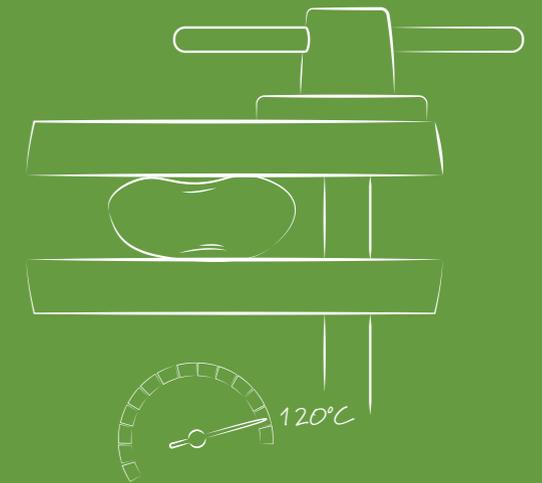


## Legumes & Veggies

# Tough to tender in half the time.



*Without pressure, vegetables and beans can't exceed 100°C*



*Cooking with high pressure increases temperature above 100°C and accelerates softening.*

Some of our most diverse and commonly consumed foods come from plants. Tubers, root vegetables and beans are incredibly versatile in the kitchen but unlike meat, they have strong cell walls that must be broken down to get tender results.

Each cell is bound to its neighbour by molecular glue which enables the plant to stand upright, retain water and stave off infection. Cooking breaks down this glue and softens the cells to a point where they can be easily pushed apart by our teeth. But unlike meat cells where a couple of degrees makes a big difference, plant cells are less sensitive to heat and require much higher temperatures to break down their tough exteriors.

But beans and root vegetables rarely exceed 100°C during cooking because they are often submerged in water or have naturally high water contents that prevent them from reaching high cooking temperatures. Pressure cooking can drastically cut the cooking times of these foods by allowing the temperature to exceed boiling point while keeping the food moist.

**Tip:**  
Cooking with pressure is just cooking with temperatures above 100°C. When cooking plant foods with tough cell walls such as beans, potatoes and beetroot, select a high pressure level to accelerate softening.

## Barbecued Baked Beans

🕒 Prep time: 15 min

👤 PRESSURE COOK: 80kPa / 25 min / Natural

👤 SLOW COOK: 8-10 hours HI, 10-12 hours LO

👤 Serves 8

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 passata  
½ cup (110g) packed dark brown sugar  
1 tablespoon prepared brown mustard  
1 tablespoon molasses  
½ teaspoon Tabasco sauce or similar  
½ teaspoon chilli powder (optional)  
1½ 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 or SLOW COOK LEGUMES. 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. Serve immediately.



## Kale & White Bean Soup

🕒 Prep time: 20 min

👤 PRESSURE COOK: 80kPa / 30 min / Natural

👤 SLOW COOK: 5-7 hours HI, 9-11 hours LO

👤 Serves 8

2 tablespoons olive oil  
1 large onion, diced  
2 carrots, diced  
2 stalks celery, diced  
1 small bulb fennel, diced  
4 cloves garlic, chopped  
2 heaped tablespoons tomato paste  
½ bunch kale, stems removed, coarsely chopped  
1 cup dried cannellini beans  
1 bay leaf  
2 sprigs fresh thyme  
2 teaspoons sea salt  
¼ teaspoon crushed chilli flakes  
10 cups (2.5 litres) water  
Grated parmesan to serve

1. Select SAUTÉ, HI heat, and preheat the cooking bowl. Heat the olive oil until shimmering then add the onions, carrots, celery and fennel. Sauté until softened and starting to brown, 7-10 minutes. Reduce SAUTÉ level to MED and continue cooking for 5 more minutes. Add garlic during the last minute of cooking and stir constantly.
2. Add the tomato paste and cook, stirring constantly, for 3-5 minutes until caramelised. Add the kale, dried beans, bay leaf, thyme, salt, chilli flakes and water, stirring to combine.
3. Select PRESSURE COOK or SLOW COOK LEGUMES.
4. When cooking has completed, adjust seasoning and serve immediately, topped with grated parmesan cheese.

## Beetroot & Quinoa Salad

🕒 Prep time: 20 min, plus cooling time

👤 PRESSURE COOK: 60kPa / 15 min / Auto Pulse

🍽️ Serves 8

750g small beetroot, trimmed, washed  
1 tablespoon fresh lemon juice  
1 teaspoon Dijon mustard  
½ cup (125ml) extra-virgin olive oil  
Salt and freshly ground black pepper  
3 cups (600g) cooked quinoa  
½ cup (100g) fresh flat leaf parsley, chopped  
¼ cup (20g) fresh mint leaves, chopped  
120g feta, crumbled  
60g toasted pistachios

1. Place the trivet and steamer basket in the cooking bowl. Pour 1 cup (250ml) of water into the bowl and place the beetroot in the steamer basket.
2. Select **PRESSURE COOK POTATOES** and adjust cooking time to 15 minutes.
3. When cooking has completed, let the beetroot cool slightly then squeeze gently to remove the skins. Refrigerate until completely cooled.
4. While the beetroot cook, make the dressing. In a small bowl, combine the lemon juice and Dijon mustard. Slowly whisk in the olive oil; season to taste with salt and freshly ground black pepper. Reserve until ready to use.
5. To assemble salad, slice or quarter beetroot. Combine with cooked quinoa, chopped flat leaf parsley and mint in a large bowl. Whisk the dressing to combine then pour over salad, tossing gently. Adjust seasoning then top salad with crumbled feta and toasted pistachios. Serve immediately or refrigerate, covered.

Tip: To prepare 3 cups of quinoa, combine 1 cup of rinsed dry quinoa with 1¼ cup water and pressure cook on the **RICE** setting for 5 minutes.

## Hummus

🕒 Prep time: 15 min

👤 PRESSURE COOK: 80kPa / 30 min / Natural

🕒 SLOW COOK: 5-7 hours HI, 7-9 hours LO

🍽️ Makes 4 cups

1 cup (200g) dried chickpeas, rinsed, picked over  
3 cups (750ml) water  
½ cup (160ml) tahini  
¼ cup (60ml) olive oil  
¼ cup (60ml) lemon juice  
2 small cloves garlic, crushed  
½ teaspoon sea salt  
½ teaspoon ground cumin  
Pinch cayenne pepper

1. Place chickpeas and water into the cooking bowl.
2. Select **PRESSURE COOK** or **SLOW COOK LEGUMES**. When cooking has completed, drain the chickpeas, reserving ½ 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.

## Ratatouille

🕒 Prep time: 20 min

👤 PRESSURE COOK: 50kPa / 10 min / Auto Pulse

🍽️ Serves 8

1 medium aubergine (450g), diced  
2 teaspoons sea salt  
¼ cup (60ml) olive oil  
1 red onion, diced  
2 red bell peppers, diced  
1kg courgette, diced  
4 large tomatoes (700g), diced  
10 sprigs thyme, tied together  
Pinch chilli flakes  
2 cloves garlic, crushed  
6 fresh basil leaves, thinly sliced

1. Toss the aubergine 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 aubergine then add to the cooking bowl with the bell peppers and courgette. 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 POTATOES**.
6. When cooking has completed, open the lid and stir in the minced garlic. If the liquid is too thin, select **REDUCE** and desired heat level. Cook until thickened to desired consistency.
7. Season to taste and stir through basil. Serve immediately.



## Artichokes 3 Ways

🕒 Prep time: 10 min

👤 PRESSURE COOK: 80kPa / 10 min / Auto Pulse

🍴 Makes 8

8 large artichokes, rinsed  
1 lemon

To serve

Aioli, vinaigrette or melted butter

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 1 cup (250ml) water and place trivet inside. Arrange 4 artichokes, cut side up, on the trivet.
5. Select PRESSURE COOK CUSTOM 80kPa / 10 min / Auto Pulse.
6. When cooking has completed, remove and let cool slightly. Repeat with remaining artichokes. Serve immediately with aioli, vinaigrette or melted butter.



## Stuffed Artichokes

🕒 Prep time: 10 min

👤 PRESSURE COOK: 80kPa / 10 min / Auto Pulse

🍴 Serves 8

2½ cups (250g) fine breadcrumbs  
1½ cups (120g) grated parmesan cheese  
4 garlic cloves, crushed  
¾ cups (150g) chopped flat leaf parsley  
1 teaspoon ground white pepper  
2 teaspoons fine salt  
¼ cup (180ml) olive oil  
8 globe artichokes, rinsed, trimmed, placed in lemon water  
100g butter

To serve

Olive oil, lemon juice

1. Combine breadcrumbs, parmesan, garlic, parsley, pepper and salt in a medium bowl. Drizzle in ½ cup (125ml) olive oil and gently stir until mixture resembles coarse breadcrumbs.
2. Remove artichokes from lemon water and drain well by turning upside down.
3. Pull leaves away from the centre of each artichoke. Working from the centre outward, spoon stuffing between the leaves. Cut butter into 8 slices and put one slice on top of each artichoke.
4. Select SAUTÉ, MED heat, and preheat the cooking bowl. Add 2 tablespoons of olive oil and add 4 stuffed artichokes bottom side down into the bowl. Cook 3-5 minutes. Add 1 cup (250ml) water.
5. Select PRESSURE COOK CUSTOM 80kPa / 10 min / Auto Pulse.
6. When cooking has completed, carefully remove artichokes and repeat with remaining artichokes.
7. Drizzle artichokes with olive oil and lemon juice and serve immediately.

## Artichoke & Spinach Dip

🕒 Prep time: 15 min

🍴 Serves 6

20g butter  
2 cloves garlic, minced  
150g baby spinach leaves  
250g cream cheese  
½ cup (120g) sour cream  
½ cup (100g) whole egg mayonnaise  
1 cup (80g) grated parmesan  
½ cup (100g) crumbled feta  
180g marinated artichoke hearts, drained, coarsely chopped  
1½ cups (150g) grated mozzarella  
Salt and pepper, to taste

1. Heat butter in a frypan over medium heat until melted and foaming. Add garlic and cook for 1-2 minutes. Add spinach and cook until just wilted. Remove and drain well in a sieve, pushing down on the spinach to remove excess liquid. Set aside.
2. Heat cream cheese in a microwave in 30-second intervals on HIGH. Stir and repeat until cream cheese is warm and easy to stir. Add sour cream, mayonnaise, parmesan cheese, cooked spinach, artichoke hearts and 1 cup mozzarella cheese. Mix well and season to taste with salt and pepper.
3. Spoon into an oven-proof dish and top with remaining ½ cup mozzarella. Grill under a hot grill for 3-5 minutes or until golden brown and bubbling. Serve immediately with fresh baguette.



## Marinated Artichokes

🕒 Prep time: 10 min, plus marinating time

🍴 Serves 4-6

8 large artichokes, rinsed  
2 lemons  
¼ cup (60ml) verjuice  
4 cloves garlic, sliced  
1 teaspoon sea salt  
1 teaspoon sugar  
2 teaspoon whole mixed peppercorns, lightly crushed  
6 sprigs fresh thyme  
2 small bay leaves, preferably fresh  
¼ cup (60ml) olive oil, extra to cover

1. Follow directions for preparing and cooking artichokes. Cool completely and remove thick outer leaves.
2. Cut artichokes in half length ways and cut away the hairy choke and any pink inner leaves. Cut hearts in half or quarters, depending on the size, place into a clean container.
3. Cut long strips of rind from the lemons, avoiding the bitter white pith. Add rind to container with artichokes. Juice the lemons and whisk juice with remaining ingredients.
4. Pour marinade over artichokes, and stir to coat. Top off container with additional olive oil if necessary. Seal and refrigerate for at least 24 hours before eating.



## Mashed Potatoes

- ⌚ Prep time: 10 min
- 👤 PRESSURE COOK: 60kPa / 10 min / Auto Pulse
- 🍽️ Serves 4-6

**1kg washed potatoes**  
**1 cup (250ml) 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 POTATOES.
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.

## Whole Potatoes

- ⌚ Prep time: 5 min
- 👤 PRESSURE COOK: 60kPa / 10 min / Auto Pulse
- 🍽️ Serves 6

**1kg whole sebago potatoes, unpeeled, washed**

1. Add potatoes and 1 cup (250ml) water to the cooking bowl.
2. Select PRESSURE COOK POTATOES.
3. When cooking has completed, let potatoes rest for 5 minutes before removing.
4. Use immediately or cool and refrigerate.

## Potato Gnocchi

- ⌚ Prep time: 20 min
- 🍽️ Serves 6

**1kg cooked whole potatoes, hot**  
**3 eggs, beaten**  
**410g all-purpose flour**

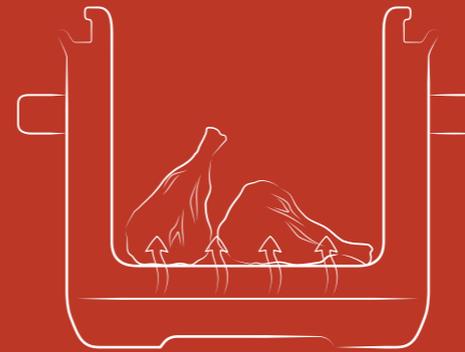
1. Follow directions to cook potatoes. Cool slightly and either rice them or peel then mash until smooth.
2. Transfer riced or mashed potatoes to a clean work surface and make a well in the centre. Add the beaten eggs and 2 cups (300g) of the flour. Gently bring ingredients together to form a soft dough. Add a little more flour if the dough is too sticky and wet. Work quickly to keep the dough light and soft.
3. Divide the dough into four pieces and roll each piece into a long thick log about 2cm thick. Cut into 1½cm sections and form into small concave gnocchi shapes by pressing them against the back of a fork. Spread the gnocchi onto a large board and sprinkle lightly with flour.
4. Cook gnocchi in salted boiling water until they float, 1-2 minutes. Serve with your favourite sauce.



# Meat & Poultry



## Ready, set, sear!



High temperatures in dry conditions speed up the Maillard reaction creating rich flavours and a brown exterior



Flavour compounds and juices from searing are kept in the bowl, developing rich flavours during pressure & slow cooking

One of the characteristics of perfectly cooked short ribs, shanks and roasts is a brown, richly flavoured exterior. This browning is caused by the Maillard reaction, a chemical reaction between amino acids and reducing sugars.

The Maillard reaction typically begins at temperatures around 120°C, whereas the temperature of food in moist cooking environments cannot exceed 100°C. While browning is limited in pressure cooking, the higher temperatures help to enhance richness and meaty flavour while deepening the colour and flavour of stocks and sauces.

Tip:

To get the most flavour out of your meat, use the sear function to brown it off prior to pressure and slow cooking. This high temperature setting not only browns the exterior surface of the meat for added texture, but also keeps flavour compounds and juices from the searing process in the bowl, developing rich flavours throughout the pressure and slow cooking process.

## Pork Bolognese with Pancetta & Sage

🕒 Prep time: 15 min

👤 PRESSURE COOK: 70kPa / 20 min / Auto Quick

👤 SLOW COOK: 4-6 hours HI, 6-8 hours LO

🍴 Serves 6

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  
½ 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 or SLOW COOK BOLOGNESE.
6. When cooking has completed, taste and adjust seasoning. Serve over your favourite pasta.

## Beef & Bean Chilli

🕒 Prep time: 15 min

👤 PRESSURE COOK: 70kPa / 20 min / Auto Quick

👤 SLOW COOK: 3-5 hours HI, 6-8 hours LO

🍴 Serves 8

2 tablespoons vegetable oil  
2 medium onions, diced  
1 red bell pepper, diced  
1 jalapeño chilli, seeded, finely chopped  
4 cloves garlic, crushed  
1kg beef mince  
2 tablespoons tomato paste  
1 tablespoon dark brown sugar  
2 teaspoons sea salt  
½ teaspoon chilli flakes  
1 tablespoon ground cumin  
2 teaspoons ground coriander  
1 teaspoon dried oregano  
1 stick cinnamon  
1 bay leaf  
2 x 400g cans kidney or black beans, drained, rinsed  
800g can diced tomatoes  
½ cup (125ml) water

Suggested toppings  
Shredded cheddar, chopped coriander, sour cream,  
chopped green onions

1. Select SAUTÉ, HI heat, and preheat the cooking bowl. Heat the vegetable oil until shimmering then add the onions, bell pepper, and jalapeño chilli. Sauté until softened, 5-7 minutes, then add the garlic and cook for another minute.
2. Add the beef mince and cook, using a wooden spoon to break up the chunks, until no longer pink, about 10 minutes. If desired, drain off any excess fat.
3. Add tomato paste, brown sugar, salt, chilli flakes, cumin, coriander and oregano and cook, stirring constantly, for 2 minutes. Add remaining ingredients and stir well to combine.
4. Select PRESSURE COOK or SLOW COOK BOLOGNESE.
5. When cooking has completed, open the lid and select REDUCE and desired heat level. Cook until chilli thickens to desired consistency, 5-10 minutes. Serve immediately with desired toppings.

Tip: For a spicier chilli, do not remove seeds from jalapeño.



## Beef & Guinness Pies

🕒 Prep time: 20 min, plus chilling and baking time

👨🍳 PRESSURE COOK: 80kPa / 60 min / Auto Quick

🕒 SLOW COOK: 5-6 hours HI, 8-10 hours LO

🍴 Serves 8

½ cup (50g) all-purpose flour  
2 teaspoons sea salt  
Freshly ground black pepper  
1.8kg chuck steak, trimmed, cut into 3cm pieces  
½ cup (80ml) olive oil  
150g bacon rashers, chopped  
1 large onion, diced  
2 cloves garlic, chopped  
2 carrots, cut into 2cm cubes  
½ 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  
2-3 sheets shortcrust pastry  
2-3 sheets puff pastry  
1 beaten egg

1. Combine flour, salt and black pepper in a large bowl. Add beef and toss to coat.
2. Select SEAR 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 carrots 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 by half. Add bay leaf, chopped thyme, worcestershire sauce and return beef along with any pan juices.
5. Select PRESSURE COOK or SLOW COOK CASSEROLE.
6. When cooking has completed, adjust seasoning then cool completely in refrigerator.
7. Preheat oven to 200°C. Lightly oil 8 individual pie dishes.
8. Line each pie dish with shortcrust pastry. Fill with ½ cup (125ml) of beef filling and line the top with puff pastry. Brush with beaten egg and cut a steam hole in the centre.
9. Bake 30-40 minutes or until pastry is crisp and golden. Let rest 5 minutes before serving.



## Lamb Shank Massaman Curry

🕒 Prep time: 30 min

👨🍳 PRESSURE COOK: 80kPa / 60 min / Auto Quick

🕒 SLOW COOK: 5-7 hours HI, 9-11 hours LO

🍴 Serves 4

Curry paste  
3 long red chillies, coarsely chopped  
1 brown onion, diced  
2cm piece galangal, peeled, chopped  
4 cloves garlic, chopped  
2 stalks lemongrass, trimmed, chopped  
2 teaspoons ground coriander  
1 teaspoon ground cumin  
1 teaspoon ground cardamom  
1 teaspoon ground white pepper  
1 teaspoon sea salt  
2 teaspoons vegetable oil

Curry  
1 (270ml) can coconut cream  
6 (2.6kg) small lamb shanks, frenched  
2 cups (500ml) chicken stock  
1 cinnamon stick  
5 cardamom pods, split  
2 large onions, sliced  
4 kaffir lime leaves, torn  
600g potatoes, cut into 5cm cubes  
1 (270ml) can coconut milk  
1 tablespoon fish sauce  
1 tablespoon tamarind puree  
Chopped peanuts to serve

1. Combine curry paste ingredients, except oil, in a food processor or blender. Pulse until ingredients are broken down and begin to form a paste. Add oil and pulse until a smooth paste is formed. Reserve.
2. Select SAUTÉ, HI heat, and preheat the cooking bowl. Add coconut cream and cook for 8-10 minutes or until curdled and oil has separated. Add prepared curry paste and cook for 5 minutes.
3. Add lamb shanks, chicken stock, cinnamon, cardamom, onions and kaffir lime leaves and mix well. Scatter potatoes over the top.
4. Select PRESSURE COOK or SLOW COOK LAMB SHANKS.
5. When cooking has completed, remove shanks and set aside. Stir in coconut milk, fish sauce and tamarind puree. Taste and adjust seasoning. Return shanks to the cooking bowl to warm through. Serve immediately, topped with chopped peanuts.

## Short Rib Tacos

🕒 Prep time: 15 min

👤 PRESSURE COOK: 80kPa / 60 min / Auto Quick

👤 SLOW COOK: 5-7 hours HI, 9-11 hours LO

👤 Serves 8

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  
3 canned chipotle chillies in adobo sauce, coarsely chopped  
1 teaspoon chilli powder  
2 teaspoons ground cumin  
1 tablespoon dried oregano  
1 tablespoon sea salt

To serve

Lime wedges, warm tortillas

Suggested toppings

Chopped white onion, chopped fresh coriander, salsa of choice

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 or SLOW COOK CASSEROLE.
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 immediately with lime wedges, warm tortillas and toppings of your choice.



## Classic Pot Roast

🕒 Prep time: 20 min

👤 PRESSURE COOK: 60kPa / 40 min / Natural

👤 SLOW COOK: 5-7 hours HI, 9-11 hours LO

👤 Serves 6

1.5kg chuck roast, halved, trimmed  
3 teaspoons sea salt  
1 teaspoon freshly ground black pepper  
¼ cup (35g) all-purpose flour  
1 tablespoon olive oil  
1 onion, sliced  
¼ cup (60ml) red wine  
2 carrots, 1cm slices  
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.
5. Select PRESSURE COOK or SLOW COOK POT ROAST. If pressure cooking, adjust cooking time to 40 minutes.
6. 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.
7. Select REDUCE and desired heat level. Cook until sauce thickens to desired consistency, 5-10 minutes.
8. Slice roast across the grain, place on warmed platter and top with sauce and vegetables. Serve immediately.

## Whole Lemon & Herb Chicken

🕒 Prep time: 10 min

👤 PRESSURE COOK: 60kPa / 30 min / Natural

👤 SLOW COOK: 3-5 hours HI, 4-6 hours LO

🍴 Serves 4

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 SEAR 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 or SLOW COOK POT ROAST.
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.

Make a sauce for the chicken by reducing the cooking liquid using the REDUCE function.

## Chicken Adobo

🕒 Prep time: 15 min

👤 PRESSURE COOK: 60kPa / 15 min / Natural

👤 SLOW COOK: 5-7 hours HI, 9-11 hours LO

🍴 Serves 6-8

2kg bone-in chicken thighs, skin removed  
¼ cup (60ml) 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 or SLOW COOK POT ROAST. If pressure cooking, adjust cooking time to 15 minutes.
4. When cooking has completed, remove chicken to a platter and cover with foil to keep warm.
5. Select REDUCE and desired heat level and cook until sauce is slightly thickened, about 10 minutes. Pour sauce over chicken and sprinkle with sliced green onions. Serve with steamed white rice.

## Carolina Pulled Pork

🕒 Prep time: 10 min

👤 PRESSURE COOK: 80kPa / 40 min / Natural

👤 SLOW COOK: 5-7 hours HI, 9-11 hours LO

🍴 Serves 8

1 tablespoon sea salt  
2 tablespoons coarse black pepper  
½ teaspoon cayenne pepper  
2 tablespoons paprika  
1 teaspoon smoked paprika (optional)  
2kg boneless pork shoulder cut into 4 pieces  
1 cup (250ml) cider vinegar  
¼ cup (60ml) water  
2 tablespoons worcestershire sauce  
2 tablespoons tomato paste  
½ cup (75g) dark brown sugar

1. Combine the salt, both peppers and both paprikas in a small bowl. Season the pork on all sides with the spice mix then add the pork to the cooking bowl. Combine the remaining ingredients and pour over the pork.
2. Select PRESSURE COOK CUSTOM 80kPa / 40 min / Natural or SLOW COOK CASSEROLE.
3. When cooking has completed, carefully remove the pork to a large bowl and shred with two forks. Skim any fat from the surface of the sauce.
4. Select REDUCE and desired heat level. Cook until sauce thickens to desired consistency, about 5 minutes. Add pork back to sauce and stir well to combine.
5. Serve on rolls, topped with coleslaw, pickles, etc.



# Chermoula Chicken & Green Olive Tagine

🕒 Prep time: 15 min

👤 PRESSURE COOK: 80kPa / 20 min / Auto Quick

🕒 SLOW COOK: 4-5 hours HI, 6-7 hours LO

🍴 Serves 6

## Chermoula

1 bunch flat leaf parsley, chopped (stems included)

1 bunch coriander, chopped (stems included)

3 cloves garlic, chopped

1 tablespoon finely chopped preserved lemon rind

3 teaspoons ground cumin

3 teaspoons sweet paprika

1-2 teaspoons chilli flakes

2 teaspoons sea salt

1 teaspoon ground turmeric

½ cup (80ml) lemon juice

½ cup (80ml) olive oil

## Chicken

2kg bone-in chicken legs and thighs

2 tablespoons olive oil

2 red onions, sliced

500g small charlotte potatoes

2 large tomatoes, quartered

1 cup (150g) Sicilian green olives

## To serve

Cous cous, pistachios and pomegranate

1. Combine all chermoula ingredients, except for olive oil, in the bowl of a food processor. Process until finely chopped and well combined.
2. With the motor running, slowly drizzle in olive oil to form a paste. Transfer chermoula to a bowl.
3. Coat chicken pieces with ¾ of the chermoula, marinate for several hours or overnight.
4. Select SEAR and preheat the cooking bowl. Heat 2 tablespoons olive oil, drain chicken of excess marinade and brown in batches until lightly golden; set aside.
5. Select SAUTÉ, HI heat, and cook onions for 5 minutes. Add potatoes, tomatoes, olives and reserved chicken. Pour over remaining chermoula.
6. Select PRESSURE COOK or SLOW COOK CASSEROLE. If pressure cooking, adjust cooking time to 20 minutes.
7. When cooking has completed, adjust for seasoning and serve immediately with cous cous, pistachios and pomegranate.



# Beef en Daube

🕒 Prep time: 15 min

👤 PRESSURE COOK: 80kPa / 30 min / Auto Quick

🕒 SLOW COOK: 6-8 hours HI, 7-9 hours LO

🍴 Serves 6

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 together with twine)

Chopped flat leaf parsley, for garnish

1. In a large bowl, toss the beef with the salt and pepper to coat evenly.
2. Select SEAR 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, 5-7 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 or SLOW COOK CASSEROLE.
6. When cooking has completed, open the lid and transfer the beef, tomatoes and onions to a serving bowl. Select REDUCE 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.



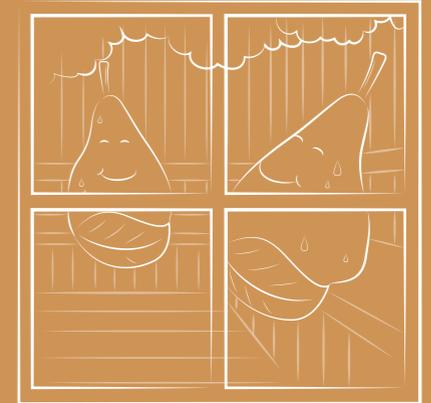


# Desserts

## Simply sweet.



Pressure cookers seal in moisture and speed up cooking times



The humidity prevents desserts from drying out during cooking

It's a scientific fact that you always have more room for dessert. This is because the sugar in sweet foods triggers a reflex which relaxes the stomach and reduces the sensation of being full.

But ending your meal on a sweet note can be more of a task than a treat. Delicate desserts like custards, puddings and crême can suffer significant texture changes if exposed to high temperatures. Gently heating these desserts in a water bath ensures you don't overcook the mixture to the point of curdling, but manoeuvring the large trays of boiling water in and out of the oven can make the whole process difficult and time consuming.

In a pressure cooker, the ramekins are simply placed on a basket or tray above the boiling water and steamed. The sealed environment traps all the moisture inside the cooker, eliminating the need to top up the cooking water while keeping custards silky smooth and cakes moist.

**Tip:**  
For a quick treat without all the fuss, use the Pressure Cook Pudding setting which uses low pressure to gently cook cakes, cheesecakes, custards and puddings in half the time.

## Croissant, Fig & Ricotta Bread Pudding

🕒 Prep time: 15 min

🍲 PRESSURE COOK: 50kPa / 15 min / Natural

🕒 SLOW COOK: 2 hours LO

🍽️ Serves 6

200ml milk  
200ml cream  
1 vanilla pod, split, beans scraped  
6 large (400g) day-old croissants  
½ cup (160g) 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 1-1.5L 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 or SLOW COOK PUDDING.
7. When cooking has completed, carefully remove dish from pressure cooker. Let stand for 5 minutes before serving.

## Mini Blood Orange Cheesecakes

🕒 Prep time: 20 min, plus chilling time

🍲 PRESSURE COOK: 50kPa / 5 min / Natural

🍽️ Serves 4

120g ginger nut biscuits, processed to a crumb  
50g butter, melted  
500g cream cheese, softened  
½ cup (110g) caster sugar  
2 eggs, room temperature  
¼ cup (60ml) sour cream  
Zest from 1 blood orange (or other citrus fruit)  
2 tablespoons blood orange juice  
¼ teaspoon vanilla extract

Topping

¾ cup (180ml) sour cream  
¼ cup (55g) caster sugar  
Zest from 1 blood orange (or other citrus fruit)  
1 tablespoon blood orange juice

1. Combine ginger nut crumbs with melted butter in a small bowl then divide among four 10cm lightly greased springform tins. Use fingers to press crumb mixture evenly and firmly into the bottoms and partway up the sides of the tins. Chill until ready to use.
2. Using a hand mixer or stand mixer, beat together the cream cheese and sugar until smooth. Add the eggs, sour cream, citrus zest, juice and vanilla. Mix well.
3. Place trivet in cooking bowl and pour 2 cups (500ml) of water into bowl. Fill the tins ¾ full. Cover each tin tightly with foil. Arrange half of the tins on the trivet.
4. Select PRESSURE COOK PUDDING and adjust cooking time to 5 minutes.
5. When cooking has completed, carefully remove cheesecakes and let sit at room temperature. Repeat with remaining cheesecakes.
6. Prepare topping by combining sour cream, sugar, citrus zest and juice. Divide topping evenly over each cheesecake and chill completely before serving.

## Chocolate Molten Cake

🕒 Prep time: 15 min

🍲 PRESSURE COOK: 50kPa / 10 min / Natural

🍽️ Serves 4

120g butter, diced, plus extra for greasing  
2 tablespoons cocoa powder, sifted  
200g dark chocolate, chopped  
2 eggs, beaten  
1 teaspoon vanilla extract  
½ cup (75g) caster sugar  
¼ 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 and mix well.
3. Fold through combined flour and sugar. Spoon mixture into prepared dariole moulds so they are ¾ 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 PUDDING and adjust cooking time to 10 minutes.
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 immediately with vanilla ice cream.



# Cooker Settings Overview

## Pressure cook

MENU	RECOMMENDED SETTING	SUITABLE FOR
RICE	50 kPa 10 MINS AUTO PULSE	Brown Rice White Rice Quinoa & Ancient Grains
RISOTTO	40 kPa 7 MINS AUTO QUICK	Aborio Rice Carnaroli Rice Vialone Rice
POTATOES	60 kPa 10 MINS AUTO PULSE	Whole & Cut Peeled & Unpeeled
STOCK	80 kPa 1:00 HR NATURAL	Beef Stock Chicken Stock Vegetable Stock
SOUP	50 kPa 30 MINS AUTO QUICK	Vegetable Soup Meat Soup
LEGUMES	80 kPa 30 MINS NATURAL	Chickpeas Cannellini Beans Red Kidney Beans Green & Brown Lentils
CASSEROLE	80 kPa 1:00 HR AUTO QUICK	All stewing meat such as Gravy Beef, Chuck & Skirt Steak Chicken pieces on the bone Whole Pork Shoulder (pulled pork)
POT ROAST	60 kPa 30 MINS NATURAL	Whole Chicken Comed Beef Brisket Round/ Blade Roast Boneless Leg of Lamb
LAMB SHANKS	80 kPa 30 MINS AUTO QUICK	Lamb Shanks Osso Bucco Ribs
BOLOGNESE	70 kPa 20 MINS AUTO QUICK	Pork Mince Veal Mince Beef Chili
PUDDING	50 kPa 15 MINS NATURAL	Custards Cheesecakes Puddings Compotes
CUSTOM	20 kPa 10 MINS AUTO PULSE	

## Slow cook

MENU	RECOMMENDED SETTING	SUITABLE FOR
STOCK	HI 4:00 HRS	Beef Stock Chicken Stock Vegetable Stock
SOUP	HI 4:00 HRS KEEP WARM	Vegetable Soup Meat Soup
LEGUMES	HI 6:00 HRS	Chickpeas Cannellini Beans Red Kidney Beans Green & Brown Lentils
CASSEROLE	HI 4:00 HRS KEEP WARM	All stewing meat such as Gravy Beef, Chuck & Skirt Steak Chicken pieces on the bone Whole Pork Shoulder (pulled pork)
POT ROAST	LO 6:00 HRS KEEP WARM	Whole Chicken Comed Beef Brisket Round/ Blade Roast Boneless Leg of Lamb
LAMB SHANKS	LO 8:00 HRS KEEP WARM	Lamb Shanks Osso Bucco Ribs
BOLOGNESE	LO 6:00 HRS KEEP WARM	Pork Mince Veal Mince Beef Chili
PUDDING	LO 2:00 HRS KEEP WARM	Custards Cheesecakes Puddings Compotes
CUSTOM	HI 4:00 HRS KEEP WARM	
Reduce	HI 10 MINS	Finishing Sauces, Thickening Cooking Sauce, Reducing Syrups & Stocks
Sear	COUNT UP TIME	Browning Meat, Browning Hard Vegetables
Sauté	HI COUNT UP TIME	Onion, Garlic, Curry Pastes, Aromatics
Steam	HI 15 MINS	Vegetables, Fish & Chicken Fillets, Seafood e.g. Prawns & Mussels, Dumplings & Wontons

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