



Recipe Book

PRESSURE COOKERS: Fast, Electric & Induction.



SINCE 1905



Wellcome to the world of fuss-free meals bursting with flavour

Congratulations on your purchase of the BOJ PressureCook.

You have found the perfect sous chef to do all the heavy lifting in the kitchen for you.

Be prepared to have your family and friends swooning over your delish meals, which taste like they took you double the time and effort to prepare.

The PressureCook was created with busy mums and hectic professionals in mind. We understand the constraints that urban living places on our food choices. However, a busy lifestyle does not mean you need to be stuck with sandwiches or takeouts every day.

The PressureCook is going to be your life-saver, helping you to prepare delicious and nutritious meals quickly and effortlessly.

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What are the benefits of Pressure Cooking?

Fast.

Reduces cooking time by up to 70% when compared to traditional cooking methods.

Easy.

Just add the ingredients and cooking liquid into the cooker, close the lid, bring to pressure and cook, then release and open the lid.

It's that simple!

Healthy.

Because foods are cooked under pressure, up to 50% more vitamins and minerals are retained. Also, shorter cooking times retain more nutritional values of food.

Safe.

BOJ Pressure Cookers, fast and electric, have safety valves that allow any excess pressure to escape, so the cooking experience is completely secure.

Versatile.

Almost all types of foods can be cooked in a pressure cooker -from vegetables to rice to chicken, meats & even desserts.

Delicious.

The steam created inside the pressure cooker breaks down the food fibers in very little time, leaving food tender and succulent, with a beautiful intermingling of flavors.

Before you begin pressure cooking

It's important to check all the parts of your BOJ Pressure Cooker each time you use it. here's what to check:

1. Make sure the cooking pot is washed well after the last use. There should be no food particles or residue on the pot or lid. Make sure the inner part of the lid rim, the outer rim on the pot, and the rubber gasket are clean. This will reduce the risk of the lid sticking when you open the cooker.

2. Remove and check the gasket to make sure that it's still flexible and not dried out. Check for any tears or cracks. If the gasket shows any sign of being damaged or dry, do not use the pressure cooker. replace it with a new gasket immediately.

3. Check all the safety valves. Remove the pressure regulator knob and check for any food particles that may be inside from previous use. Since each pressure cooker design is different, check you user's manual for the correct cleaning and maintenance instructions.

** In our recipe book the amounts indicated are illustrative, it is possible that depending on the measurements of the pots they must be varied (reduce the amount proportionally).*

Loading the Pressure Cooker

Because a pressure cooker needs room for pressure to build, never fill your cooker more than 2/3 full. Never fill more than half full when cooking foods that expand when cooked like rice. All BOJ units have a MAX Fill line inside the pot.

Browning meats before cooking adds flavor to the dish as well as extra color. Always brown with the lid off and, if using a stovetop unit, over medium-high or high heat. Be careful that the burner is not too high or you will burn the oil and scorch the pot.

Timing your recipe

Fast Pressure Cooker: we recommend you have a timer of some sort on hand. Once the desired level of pressure has been reached, set your timer, lower the heat on the burner, and begin your cooking time.

Electric Pressure Cooker: All timing is done automatically when using an electric pressure cooker, just be sure to follow the recipe or time recommendation properly. Because overcooked food cannot be corrected, it's better to cook unfamiliar foods for a shorter period of time. You can always go back and cook foods a little longer if necessary.

Building pressure - Stovetop

Fast Pressure Cooker

Electric Press. Cooker

To build pressure in a pressure cooker, the liquid inside the pot must be brought to a boil with the lid locked in place. When the liquid boils, steam is produced and pressure is created.

When using a stovetop pressure cooker, once the lid is securely locked into place, raise the burner to high heat.

As soon as the the cooker reaches pressure the indicator will rise. Once the select pressure is reached, steam will come out of the pressure valve.

Once the steam comes out of the valve please lower the heat on the burner and start timing your recipe.

Do not lower the heat too much, otherwise the internal temperature will drop, and the steam and pressure will be lost.

When using an electric pressure cooker, once the lid is properly closed, select the pressure level and set the cooking time on the panel.

Once the pressure is reached, the pressure gauge will rise and steam will come out through the control knob Pressure.

Once the pressure is reached, the internal components of the pot will automatically maintain pressure and the cook time will count down.

Indicative cooking times

Rice and Grains

	PRESSURE	TIME
Sushi rice	High or low	3 min.
Arboreal rice	High or low	2 min.
Medium grain rice	High or low	2 min.
Basmati rice	High or low	2 min.
Jasmine rice	High or low	1 min.
Brown rice (short grain)	Low	15 min.
	High	14 min.
Brown rice (long grain)	Low	13 min.
	High	12 min.
Wild rice	Low	22 min.
	High	18 min.
Quinoa	High or low	1 min.
Red Quinoa	High or low	5 min.
Perl barley	High or low	10 min.
Wheat (grains)	Low	27 min.

Beans

	PRESSURE	TIME
Red beans	Low	16 min.
	High	12 min.
White beans	Low	16 min.
	High	12 min.
Black eye beans	Low	16 min.
	High	12 min.
Fabada beans	Low	18 min.
	High	14 min.
Chickpeas	Low	18 min.
	High	15 min.
Lentils	Low	8 min.
	High	6 min.
Broad beans	Low	5 min.
	High	4 min.
Soya	Low	9 min.
	High	7 min.

Veggies

	PRESSURE	TIME
Chard	Low	4 min.
	High	2 min.
Artichokes	Low	6 min.
	High	4 min.
Celery	Low	5 min.
	High	4 min.
Broccoli quarters	Low	6 min.
	High	4 min.
Pumpkin, zucchini	Low	6 min.
	High	4 min.
Thistle	Low	20 min.
	High	18 min.
Onion	Low	4 min.
	High	3 min.
Brussels sprouts	Low	3 min.
	High	2 min.
Cauliflower	Low	6 min.
	High	4 min.
Asparagus	Low	10 min.
	High	8 min.

Veggies

	PRESSURE	TIME
Spinach	Low	3 min.
	High	2 min.
Green peas	Low	5 min.
	High	3 min.
Green beans	Low	10 min.
	High	6 min.
Corn	Low	8 min.
	High	6 min.
Potatoes	Low	8 min.
	High	6 min.
Diced Potatoes	Low	2 min.
	High	4 min.
Leeks	Low	8 min.
	High	6 min.
Beetroot	Low	20 min.
	High	15 min.
Tomato	Low	4 min.
	High	2 min.
Carrot	Low	3 min.
	High	2 min.

Fish and seafoods

	PRESSURE	TIME
Clams	Low	4 min.
	High	3 min.
Tuna	Low	5 min.
	High	3 min.
Squids	Low	6 min.
	High	4 min.
Mussels	Low	4 min.
	High	3 min.
Fish, loins	Low	5 min.
	High	3 min.
Fish, slices	Low	6 min.
	High	4 min.
Shrimp	Low	4 min.
	High	2 min.
Prawns	Low	4 min.
	High	2 min.

Meats and poultry

	PRESSURE	TIME
Cow or Ox, stew	Low	22 min.
	High	18 min.
Cow or Ox, minced	Low	6 min.
	High	4 min.
Cow or Ox, tongue	Low	32 min.
	High	28 min.
Veal, stew	Low	20 min.
	High	16 min.
veal, minced	Low	6 min.
	High	4 min.
Veal, tongue	Low	26 min.
	High	20 min.
Veal, tripe	Low	30 min.
	High	25 min.
Pork, stew	Low	16 min.
	High	12 min.
Pork, ribs	Low	15 min.
	High	10 min.
Pork, knucle	Low	28 min.
	High	22 min.

Meats and poultry

	PRESSURE	TIME
Lamb, stew	Low	12 min.
	High	10 min.
Lamb, trotters	Low	20 min.
	High	18 min.
Chicken, whole	Low	16 min.
	High	12 min.
Chicken, stew	Low	8 min.
	High	6 min.
Hen, chiopped	Low	25 min.
	High	20 min.
Pheasant, stew	Low	14 min.
	High	12 min.
Rabbit, stew	Low	20 min.
	High	18 min.
Deer, stew	Low	25 min.
	High	20 min.
	Low	



SINCE 1905



Breakfast

Classic Steel Cut Oats



COOKING TIME

Fast Pressure &
Electric Pressure Cook

3 min. 
HIGH

Ingredients:

- ¼ cup quick-cooking steel-cut oats
- ¾ cup water
- 1 pinch salt
- ½ tablespoon butter
- 1 teaspoon raw demerara sugar

Directions:

1. Add 1 cup of water to the cooker, insert the trivet and steamer basket.
2. In a small heat-proof bowl or mug, add the oats, water, salt and butter. Mix well. Lower the bowl into the cooker, close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 3 minutes HIGH
 - * Electric Pressure Cook: use "Pressure cooker" function 3 minutes, HIGH.
3. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
4. Vigorously mix the contents of the bowl, sprinkle with sugar and serve

**COOKING TIME**Fast Pressure &
Electric Pressure Cook**10 min.** 
HIGH

No-fuss Apple & Cinnamon Roller Oats

Ingredients:

1/3 cup rolled oats
2/3 cup whole milk
2 tablespoons crumbled dried apple chips
1 pinch salt
1 tablespoons raisins
¼ teaspoons cinnamon powder

Directions:

1. Add 1 cup of water to the cooker, insert the trivet and steamer basket.
2. In a small heat-proof bowl or mug, add the oats, milk, apples, salt, raisins and cinnamon powder. Mix well. Lower the bowl into the cooker, close the lid and set the valve to pressure position.
* Fast Pressure Cook time: 10 minutes HIGH
* Electric Pressure Cook: use "Pressure cooker" function 10 minutes, HIGH.
3. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
4. Vigorously mix the contents of the bowl, sprinkle with sugar and serve

Strawberry Jam

no-pectin



COOKING TIME

Fast Pressure &
Electric Pressure Cook

2 min. 
HIGH

Ingredients:

2 pounds strawberries, cored and halved about
1½ g pounds sugar

Directions:

1. Place the pressure cooker on you scale and tumble in the trimmed strawberries. Note the weight. Add $\frac{3}{4}$ of the weight in sugar. For example, for the 942gr of strawberries we need just 707g of sugar.
2. Then, puur the sugar in the cooker until you reach the amount you calculated for it.
3. Put the cooker on low heat (“Sauté” function on electric cooker) and stir occasionally until the sugar has liquefied (about 3 minutes). Turn up the heat to high (“Sauté” function on electric cooker) and stirring occasionally wait for the contents to boil.
4. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 2 minutes HIGH
* Electric Pressure Cook: use “Pressure cooker” function 2 minutes, HIGH.
5. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
6. Remove the lid and bring the contents back up to a boil on medium neat (“Sauté” function on electric cooker) until the mixture reaches 220°F . This step will take about 10-15min.
7. pour hot jam into sterilized, or freshly dish-washed, jars. Carefully clean the edges and top with sterilized lids. Refrigerate for 4-6 weeks.



COOKING TIME

Fast Pressure &
Electric Pressure Cook10 min. 

HIGH

Lime Marmalade

with Fresh Mint

Ingredients:

1 pounds limes, well-washed
4 pounds sugar

Directions:

1. Slice the limes using the thin setting on a mandolin, and cut into four.
2. Put your pressure cooker and add thinly sliced lime wedges and any juice that may have squirted out in process. Write down the weigh of the fruit (for example 786 grams)
3. Add about 1-2 cups of water. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 10 minutes HIGH
* Electric Pressure Cook: use "Pressure cooker" function 10 minutes, HIGH.
4. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
5. Calculate how much sugar to add -typically an extra-bitter marmalade needs twice the sugar.
6. Put all the lime seeds in a tea ball or gauze packet. When you open the pressure cooker the fruit pulp will already be warm, so pour all of the sugar in and stir. It should all melt within a minute or two. Then, add the tea ball containing the seeds.
7. Turn the heat up and bring everything to a rolling boil for 5 minutes ("Sauté" function on electric cooker). Using a ladle distribute the contents evenly in your freshly dish-washed or sterilized jars.
8. Refrigerate for 1 week, or process in a hot water bath canner following their recommendations to make the marmalade shelf stable.

Ham & Cheese Egg Cups



COOKING TIME

Fast Pressure Cook

4 min.

LOW



Ingredients:

- 4 eggs
- 4 slices ham
- 4 pinches salt
- 4 pinches pepper
- 1 tomato chopped, for garnish
- 4 tablespoons grated cheddar cheese

1. Add one cup of water to the cooker and set aside
2. Lay a slice of ham in each ramekin with the edges sticking up. Break an egg and drop it into each ramekin and the sprinkle it with salt, pepper and cheddar cheese.
3. Cover tightly with foil and lower the ramekins directly into the water in the cooker. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 4 minutes LOW
4. When time es up, release the pressure and open the lid. Remove the ramekins carefully and serve immediately on a little plate or saucer.



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Veggies



Broccoli & Skin-on Potato mash



COOKING TIME

Fast & Electric
Pressure Cooker

5 min.

HIGH



Ingredients:

- 1 ½ cups water
- 2 pounds potatoes, sliced into 1" pieces
- 8 ounces broccoli florets
- ½ teaspoon salt
- 1 garlic clove, minced
- ½ cup cheddar cheese, shredded

Directions:

1. Add the water and potatoes in an even layer to the cooker. On top, sprinkle the broccoli florets. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 5 minutes HIGH
 - * Electric Pressure Cook: use "Pressure Cooker" function 5 minutes, HIGH.
2. When the time is up, release the pressure and open the lid. Sprinkle in the salt and the raw garlic. Mash and serve with a sprinkling of cheddar cheese.

Half-baked potatoes



COOKING TIME

Fast Pressure

8 min.

HIGH



Elec. Pressure Cooker

10 min.

HIGH



Ingredients:

½ cup water

2 pounds (about 6) medium baking potatoes (Idaho or “old potatoes”), well-scrubbed

Directions:

1. Place the washed potatoes in the cooker and pierce the tops of the potatoes with a fork a few times.
2. Turn on oven to 450°F/245°C to pre-heat while the potatoes are pressure cooking.
3. Add the water over the potatoes. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 10 minutes HIGH
* Electric Pressure Cook: use “Pressure Cooker” function 10 minutes, HIGH.
4. When the time is up, release the pressure and open the lid. using tongs, and being careful not to remove too much of the skin, remove the potatoes from the cooker.
5. place each potato directly on the middle rack of the oven (poked holes facing up) and bake for 10-15 minutes -take out the smallest potatoes and serve first.
6. Turn off the oven and let the larger potatoes continue to bake using the oven’s residual heat for another 5-10 minutes. Enjoy your crispy, fluffy baked short-cut potatoes!.

Tomato Soup



COOKING TIME

Fast & Electric
Pressure Cooker

5 min.

HIGH



Ingredients:

- 4 tablespoons butter
- 2 pinches black pepper
- 1 medium carrot, roughly chopped
- 1 medium onion, roughly sliced
- 1 medium potato, roughly diced
- 1 (28 ounce) can high-quality whole canned tomatoes in their juice
- 3 tablespoons tomato paste or concentrate
- 3 tablespoons sun dried tomatoes
- 4 cups water
- 2 teaspoons salt

For garnish: Fresh or sour cream or plain yogurt (to taste)

Directions:

1. Add the butter, pepper, onions and carrots to the cooker and sauté (“Sauté” function on electric cooker). Stir occasionally until the onions start to soften (about 5min).
2. Add the potatoes, canned tomatoes, tomato paste, sun-dried tomatoes, water and salt. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 5 minutes HIGH
 - * Electric Pressure Cook: use “Soup” function 5 minutes, HIGH.
3. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually.
4. Using a BOJ blender, blend the contents of the cooker until smooth. Serve with a swirl of fresh or sour cream.

Pumpkin Soup



COOKING TIME

Fast & Electric
Pressure Cooker

10 min.



HIGH

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, roughly chopped
- 1 sprig of sage
- ½" piece of fresh ginger, peeled and roughly sliced
- 4 pounds pumpkin, peeled, seeded and cubed
- ¼ teaspoon, nutmeg
- 4 cups vegetable stock
- olive oil
- ¼ cup of toasted pumpkin seeds, for garnish

Directions:

1. Add the oil, onions, sage and ginger to the cooker and sauté ("Sauté" function on electric cooker). When the onions are soft, scoot onions aside and tumble in enough pumpkin cubes to cover the base of the cooker, let brown for about 10 minutes stirring infrequently.
2. Tumble in the rest of the gourd along with the ginger, nutmeg, and stock. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 10 minutes HIGH
 - * Electric Pressure Cook: use "Pressure Cooker" function 10 minutes, HIGH.
3. When the time is up, release the pressure and open the cooker. Fish out the woody sage stem and discard.
4. With a Boj blender puree the contents of the pressure cooker and serve. Garnish with salty, toasted pumpkin seeds.



SINCE 1905



Beans

Hummus



COOKING TIME

Fast Pressure

15 min.

HIGH



Elec. Pressure Cooker

18 min.

HIGH



Ingredients:

1 cup dry chickpeas, soaked or quick-soaked
4 cups water
1 bay leaf
3-4 garlic cloves, finely chopped
2 tablespoons tahini
½ teaspoons sea salt, or to taste

1 lemon juiced
¼ teaspoon cumin powder
½ bunch parsley, chopped
(about ¼ cup of leaves)
½ teaspoon paprika
2 tablespoons extra virgin olive oil

Directions:

1. Rinse the chickpeas and put them in your pressure cooker with the water and bay leaf. Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 15 minutes HIGH

* Electric Pressure Cook: use "Porridge" function 18 minutes, HIGH.

2. Once all the pressure is released, drain the chickpeas, reserving all of the cooking liquid.

3. Pour chickpeas into food processor, or puree with a stick or puree with a blender.

4. Add the garlic, tahini and ½ a cup of cooking liquid. Puree the mixture to your liking, slowly adding back enough cooking liquid. When the hummus has reached the right consistency, add the lemon and salt and mix well. Drizzle with olive oil. Sprinkle with paprika and fresh parsley and a few whole cooked chickpeas and serve.

Split Pea Soup with Prosciutto



COOKING TIME

Fast & Electric
Pressure Cooker

5 min.

HIGH



Ingredients:

1 tablespoon olive oil	6 cups water
3½ ounces prosciutto, sliced into strip	1" strip of Kombu
1 medium white or yellow onion, diced	2 cups dried green split peas, rinsed
1 celery stalk, diced	1 teaspoon sea salt
1 carrot, large diced	

Directions:

1. Add the oil and prosciutto into the pressure cooker, then brown until the prosciutto becomes crispy ("Sauté" function on electric cooker). remove most of it from the pressure cooker and set aside -leaving the oil and rendered fat in the pressure cooker.
2. Add the onion, celery and carrot to the pressure cooker and sauté in the fat until the onions have softened about 5' ("Sauté" function on electric cooker). Use the wetness of the veggies to lift the brown fond that will have formed on the base.
3. Add the split peas, water, Kombu and salt. Mix well and make sure that the pressure cooker is no more than ½ full. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 5 minutes HIGH
* Electric Pressure Cook: use "Pressure Cooker" function 5 minutes, HIGH.
4. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
5. Crumble most of the prosciutto into the soup, remove the Kombu, and serve the soup with a crunch strip of prosciutto as garnish.



COOKING TIME

Fast & Electric
Pressure Cooker

10 min.

HIGH



Stewed Lentils with potatoes & spinach

Ingredients:

1 tablespoon olive oil
1 celery stalk, chopped
1 large onion, chopped
1 medium carrot, chopped
2 medium potatoes, diced skin-on
2 cups vegetable stock

1 bay leaf
1 ½ cups dry whole lentils, rinsed
1 teaspoon salt
2 cups fresh spinach leaves, washed
1 tablespoon fresh lemon juice

Directions:

1. In the pre-heated pressure cooker add the olive oil, celery, onion, carrot and sauté until the onion begins to soften (about 5'). Add potatoes, stock, bay leaf and lentils and mix well-

2. Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 10 minutes HIGH

* Electric Pressure Cook: use "Pressure Beans" function 10 minutes, HIGH.

3. When time is up, open the pressure cooker using the natural release method.

Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).

Electric Pressure Cook: release the pressure by pressing the valve manually

4. When the pressure is released, open the lid and mix-in the salt and spinach leaves -fishing out the bay leaf when you find it- until the leaves are wilted. Squirt with lemon before serving.



SINCE 1905



Rice



Confetti

Basmati Rice



COOKING TIME

Fast & Electric
Pressure Cooker

3 min. 

HIGH

Ingredients:

1 tablespoon olive oil
1 medium onion, chopped
1 medium bell pepper (any color)
1 carrot, grated

water as needed
2 cups Basmati or long-grain rice
½ cup peas (fresh or frozen)
1 teaspoon salt

Directions:

1. In the heated pressure cooker, swirl in the olive oil and onion and sauté until translucent (“Sauté” function on electric cooker).
2. In the meantime, in a 4-cup capacity liquid measuring cup add the bell pepper, grated carrots and pat down lightly into an even layer.
3. Pour water into the measuring cup with the veggies until you reach the 3 cup mark and set aside. Back to the pressure cooker, pour in the rice, peas and salt. Mix well.
4. Now, add the water and veggies into the pressure cooker. Mix well. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 3 minutes HIGH
* Electric Pressure Cook: use “Rice” function 3 minutes, HIGH.
5. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
6. Fluff the rice with a fork, and serve.

Spanish Rice



COOKING TIME

Fast & Electric
Pressure Cooker

5 min.
HIGH

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cups medium or long grain white rice
- 1 cup chopped tomatoes and their juice or canned chopped tomatoes
- 2 ½ cups water
- 2 teaspoons salt
- 1/8 teaspoon cayenne pepper
- 1 teaspoon oregano
- 1 green onion, chopped (optional)

Directions:

1. In the pressure cooker add vegetable oil and onion and sauté until the onions begin to soften, about 5 minutes (“Sauté” function on electric cooker).
2. Add the rice and sauté (“Sauté” function on electric cooker) until the first few grains begin to brown (about 3’). Add the tomatoes, water, salt, oregano and cayenne pepper, mix well and be sure to scrape the bottom of the pan well to un-stick any rice.
3. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 5 minutes HIGH
 - * Electric Pressure Cook: use “Rice” function 5 minutes, HIGH.
4. When the time is done, release pressure and open the lid. Mix the rice, and serve with finely chopped green onion garnish.

Porcini Mushroom & Red Wine Risotto



COOKING TIME

Fast Pressure

7 min.

HIGH



Elec. Pressure Cooker

5 min.

HIGH



Ingredients:

1 ounce dried porcini mushrooms
2 cups water
1 tablespoon olive oil
1 medium red onion
¼ cup tarty red wine (Merlot)

2 cups of Arborio rice
2 cups chicken or vegetable stock
1 teaspoon salt
1 tablespoon butter
1 spring fresh thyme

Directions:

1. In a heat-proof 4-cup measuring cup add the dried porcini mushrooms and 2 cups of hot water. Cover tightly and set aside.
2. In the pressure cooker on medium heat add the oil and onion. Sauté the onion until it becomes translucent (about 5') ("Sauté" function on electric cooker).
3. Add the rice and lightly toast it to release the starch ("Sauté" function on electric cooker). When the rice is properly mixed with the onion and oil, pour in the wine to un-stick any grains from the bottom of the cooker and stir until all of the liquid has evaporated..
4. Add the porcini mushrooms and their soaking liquid, stock and salt, mix well. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 7 minutes HIGH
* Electric Pressure Cook: use "Rice" function 5 minutes, HIGH.
5. When time is up, release pressure and remove the lid. The risotto should appear just slightly too wet -this is ok. Stir the rice and it will continue to absorb the extra liquid in about 30'.
6. Mix-in the butter and sprinkle with fresh thyme before serving.

Risotto with sage, lentils and sausages



COOKING TIME

Fast Pressure

7 min.

HIGH



Elec. Pressure Cooker

5 min.

HIGH



Ingredients:

- 1 teaspoon of olive oil
- ½ onion, chopped
- 225 g of pork sausages
- 2 sprigs of sage, chopped (about 1 tablespoon dried sage)
- 1 bowl of Arborio rice
- 1 bowl dried lentils, soaked overnight
- 3 ¼ bowls vegetable broth

Directions:

1. In the preheated pressure cooker, add the olive oil, onion, sausages and sage. Sauté all the ingredients (“Sauté” function on electric cooker) until the sausages are golden brown (about 5 minutes).
2. Add the rice and stir so that it mixes evenly with the sausages and onion. Pour in the broth and the drained lentils. Mix well.
3. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 7 minutes HIGH
 - * Electric Pressure Cook: use “Rice” function 5 minutes, HIGH.
4. When the cook time is up, release the pressure and open the lid. Mix well and serve immediately.



SINCE 1905



Pasta



Fusilli with Tuna and black olives



COOKING TIME

Fast Pressure

3 min.

LOW



Ingredients:

- 1 tablespoon olive oil
- 1 garlic clove
- 3 anchovies
- 2 cups tomato puree
- 1 ½ teaspoons salt
- 16 ounces fusilli pasta
- 2 (5½ ounce) cans tuna packed in olive oil
- 3-4 cups water to cover
- ½ cup black pitted olives

Directions:

1. In the cooker on medium heat add the oil, garlic and anchovies. Sauté until the anchovies begin to disintegrate and the garlic cloves just start to turn golden.
2. Add the tomato puree and salt and mix together. Pour in the un-cooked pasta, and the contents of one tuna can, mixing to coat the dry pasta evenly.
3. Flatten the pasta in an even layer and pour in just enough water to cover. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 3 minutes LOW
4. When time is up, release the pressure and open the cooker. Mix in the last can of tuna and sprinkle with olives before serving.

Spicy Penne



COOKING TIME

Fast Pressure

5 min.

LOW



Ingredients:

1 tablespoon olive oil
2-3 garlic cloves, smashed
2 fresh hot chili peppers, chopped
(or 1 tsp. of hot pepper flakes)
1 pinch dry oregano

1 (14 ½ ounce) Penne pasta
14 ½ ounce can (or 3 cups) tomato puree
1 teaspoon salt
3-4 cups water to cover
Extra virgin olive oil for garnish

Directions:

1. In the cooker, on low heat, add a swirl of olive oil, the garlic cloves, hot peppers flakes and oregano (grinding it between your fingers as you sprinkle it in).
2. Allow the ingredients to infuse the oil until the cloves begin to sizzle and turn lightly golden. pour in the pasta, the tomato puree, salt and just enough water to cover the pasta.
3. Stir everything together and flatten the pasta out in an even layer with your wooden spoon, or spatula -it's ok if a few points stick out here and there. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 5 minutes LOW
4. When time is up, release the pressure and open the cooker. Give the contents a stir and let the pasta sit for about a minute before serving.
5. Top each bowl with a small swirl or fresh extra virgen olive oil.

Bowties

with broccoli & sausage



COOKING TIME

Fast Pressure

5 min.

LOW



Ingredients:

1 tablespoon olive oil
1 pound sausage
1 pound bowtie pasta
1 tablespoon tomato paste concentrate

1 teaspoon salt
3-4 cups water to cover
8-12 ounces broccoli florets
2 garlic cloves, finely minced

Directions:

1. Add the oil to the cooker and then squeeze the sausage meat out of its casing into the pressure cooker. Break-up the sausage and sauté stirring infrequently until crispy and golden (about 5').
2. Once the sausage is crispy, and fully cooked, lift it out of the pressure cooker and set aside.
3. Add a small splash of water and lift-up the browned bits stuck to the base of the pressure cooker. Next add the pasta, tomato paste and salt. Mix the ingredients inside the pressure cooker well.
4. Smooth out the top of the pasta into a somewhat flat layer, and add just enough water to cover the pasta -it's ok if a few points stick out here and there.
5. On top of the pasta mixture, add the broccoli florets -stem-side down. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 5 minutes LOW
6. When time is up, release the pressure and open the cooker. mix-in the garlic, break-up the broccoli, and add the fried sausage pieces back into the cooker and serve.

Macaroni and Ricotta cheese



COOKING TIME

Fast Pressure

5 min.

LOW



Ingredients:

16 ounces macaroni
1 tablespoon olive oil
1 teaspoon sea salt
3-4 cups water to cover

8 ounces sheep or cow milk ricotta
1 spring fresh basil
1 teaspoon black pepper, freshly ground
½ cup pecorino Romano cheese, grated

Directions:

1. In the cooker, add a swirl of olive oil, pasta, salt and enough water to just cover the pasta. Smooth the pasta out with a spatula to get an even layer and submerge as much pasta in as little water as possible.
2. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 5 minutes LOW
3. When time is up, release the pressure and open the cooker. Pour out half of the cooking water from the pressure cooker into the sink -leave the rest in to soften ricotta cheese (drain completely if making pasta plain pasta).
4. Mix in the ricotta cheese and top each serving with Pecorino Romano cheese, pepper and torn basil leaves. Serve immediately.



SINCE 1905



Fish & Sea Food



Swordfish

Teriyaki



COOKING TIME

Fast Pressure

2 min.

HIGH



Elec. Pressure Cooker

3 min.

HIGH



Ingredients:

- 1 ½ pounds swordfish or tuna steaks cut in 1 ½" cubes
- 2 red peppers cut in 1 ½" pieces
- 10 scallions, in 1 ½" lengths, thicker portions only
- 2 tablespoons oil

Directions:

1. In a bowl large enough to hold the fish, mix the Teriyaki sauce. Add the fish, peppers and scallions to half of the marinade and refrigerate for 30 minutes. Remove and drain well.
2. Sauté ("Sauté" function on electric cooker) the scallions and peppers in 2 tablespoons of oil until crispy and tender about 5 minutes. Remove to a platter and keep warm.
3. Add the fish to the cooker and sear on all sides.
4. Add the reserved vegetables and marinade to the cooker. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 3 minutes HIGH
 - * Electric Pressure Cook: use "Pressure Cooker" function 3 minutes, HIGH.
5. When time es up, release the pressure and open the cooker. Serve immediately.

Bouillabaisse



COOKING TIME

Fast Pressure

5 min. + 3 min.

HIGH



Elec. Pressure Cooker

7 min. + 4 min.

HIGH



Ingredients:

1 pound hearty fish filets cut into chunks
 1 pound lobster tail, cut into chunks
 12 ounces scallops
 ¼ pound shrimp
 6 clams in shells
 4 cups water
 3 tablespoons olive oil

2 onions, chopped
 2 gloves garlic
 2 tablespoons parsley, chopped
 1 bay leaf
 1 teaspoon thyme
 ¼ teaspoon saffron (optional)
 Salt and pepper to taste

Directions:

1. Sauté the onions in the cooker (“Sauté” function on electric cooker) about 3 minutes.
2. Add the garlic, parsley, tomatoes, bay leaf, thyme, optional saffron, eater, salt and pepper. Close the lid and set the valve to the pressure position.
 * Fast Pressure Cook time: 5 minutes HIGH
 * Electric Pressure Cook: use “Pressure Cooker” function 7 minutes, HIGH.
3. When the time is up, release the pressure and open the lid.
4. Add the fish and seafood and stir well. Close the lid and set the valve to the pressure position.
 * Fast Pressure Cook time: 3 minutes HIGH
 * Electric Pressure Cook: use “Pressure Cooker” function 4 minutes, HIGH.
5. When time is up, release the pressure and open the lid. remove the bay leaf and serve hot.

Piquant Shrimp

Ingredients:

2 tablespoons olive oil
 1 ½ pounds large shrimp d shelled
 1 cup minced onion
 2 tablespoons minced parsley
 4 cloves garlic d minced
 2 teaspoons paprika
 ¼ cup dry white wine
 ½ cup fish stock or clam juice
 1 cup tomato sauce
 Pinch of sugar
 Pinch of saffron
 1 teaspoon crushed hot red pepper
 1 bay leaf
 ½ teaspoon thyme
 Salt, freshly ground pepper to taste



COOKING TIME

Fast Pressure

4 min. + 1 min.

HIGH



Elec. Pressure Cooker

5 min. + 1 min.

HIGH



Directions:

- 1.** Sauté the shrimps in olive oil in the cooker (“Sauté” function on electric cooker). Remove the shrimps to a platter.
- 2.** Add the onion to the cooker (add a bit more oil if necessary) and sauté until wilted (“Sauté” function on electric cooker).
- 3.** Stir in the parsley, garlic, paprika and wine. Boil and reduce by half (“Sauté” function on electric cooker).
- 4.** Add the fish stock, tomato sauce, sugar, saffron, hot red pepper flakes, bay leaf, thyme, salt and pepper.
- 5.** Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 5 minutes HIGH
 - * Electric Pressure Cook: use “Pressure Cooker” function 5 minutes, HIGH.
- 6.** When time is up, release the pressure and open the cooker. If the sauce is too thin, boil it down a bit.
- 7.** Add the shrimps. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 1 minutes HIGH
 - * Electric Pressure Cook: use “Pressure Cooker” function 1 minutes, HIGH.
- 8.** When done, release the pressure and open the cooker. Discard the bay leaf. Serve over rice.

Salmon with Spinach and lemon sauce



COOKING TIME

Fast Pressure

3 min. + 3 min.

HIGH



Elec. Pressure Cooker

3 min. + 7 min.

HIGH



Ingredients:

- 1 ½ teaspoons salt, divided
- 20 ounces of fresh spinach leaves, cleaned and rinsed
- 2 tablespoons olive oil
- 1 medium onion, cut in a half and sliced
- 2 garlic cloves, minced 2 tablespoons minced fresh broad leaf parsley
- 1 cup bottles clam juice
- ¼ cup fresh lemon juice
- ¼ teaspoon white pepper
- 1 ½ teaspoons dried crumbled dill
- 4 (6-8 oz.) salmon steaks at least 1 -inch thick
- 1 teaspoon corn starch dissolved in 1 tablespoon of cold water
- 2 large egg yolks
- Zest of a lemon

Directions:

1. Place one cup water, 1 teaspoon of salt and the spinach leaves in the cooker.

Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 3 minutes HIGH

* Electric Pressure Cook: use "Pressure Cooker" function 3 minutes, HIGH.

2. Remove the spinach from the cooker, drain thoroughly and place on a platter. Cover and keep warm in a low temperature oven. Dry the cooker with a paper towel.

3. Sauté the onions, garlic and parsley for about 2 minutes ("Sauté" function on electric cooker). Stir in the clam juice, lemon juice, remaining salt, pepper and dill

4. Add salt, pepper and lemon zest to the salmon. Place the salmon in the cooker in a single layer. Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 3 minutes HIGH

* Electric Pressure Cook time: 7 minutes, HIGH.

5. When done, release the pressure and open the cooker.

6. Using a slotted spatula, transfer the salmon to the warmed platter and cover to keep warm. Pour off all about 1/3 cup of the cooking liquid in the cooker and warm the liquid.

7. Stir in the egg yolks and cornstarch mixture. Stir until it begins to thicken.

8. To serve, arrange a portion of spinach on each plate. Top each with a salmon steak and spoon sauce over the salmon. Garnish with sprigs of fresh parsley or thin lemon slices.



SINCE 1905



Meat



Pork Chops

with fennel seeds and apples



COOKING TIME

Fast Pressure

6 min.

HIGH



Elec. Pressure Cooker

8 min.

HIGH



Ingredients:

- 4 thick-cut pork chops
- 1 teaspoon fennel seeds
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 apples (any kind), sliced and cored
- 1 tablespoon vegetable oil
- $\frac{3}{4}$ cup meat stock

Directions:

1. Sprinkle the pork chops with fennel, salt and pepper, In the cooker, add the oil and brown all of the chops on one side only -only two at a time may fit depending on the size of the pressure cooker base, or the chops so work in batches.
2. When all of the chops have been browned and set aside, add the apple slices into the empty cooker. Arrange the pork chops brown -side up on top of the apples, overlapping as needed.
3. Pour any juice from the chops and meat stock around the edges of the chops. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 6 minutes HIGH
* Electric Pressure Cook: use "Pressure Poultry" function 8 minutes, HIGH.
4. When the time is up, release the pressure and open the cooker. Lift the pork chops out of the cooker and immediately smother in the apple sauce.

BBQ

Pork Ribs



COOKING TIME

Fast Pressure

25 min.

HIGH



Elec. Pressure Cooker

30 min.

HIGH



Ingredients:

- 1 cup water
- 2 racks baby back pork
- 2 cups prepared barbecue sauce

Directions:

1. Add the water to the cooker base.
2. Coat the pork rib racks with half of the BBQ sauce (1 cup) and place the rack in the cooker standing-up vertically -make sure not to crowd the ribs, leaving space around each rack for the steam to cook the meat.
3. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 25 minutes HIGH
 - * Electric Pressure Cook: use "Pressure Poultry" function 30 minutes, HIGH.
4. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
5. Carefully remove the ribs and arrange flat on an oven pan. Spread the remaining BBQ sauce on the ribs and slide under the broiler until the ribs are slightly singed (about 5 minutes).

Meatballs

in tomato sauce



COOKING TIME

Fast & Electric
Pressure Cooker

5 min. 
HIGH

Ingredients:

For the meatballs:

- 1 medium onion, finely chopped and divided
- ½ cup plain dried bread crumbs
- 1/3 cup grated parmesan cheese
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper
- 2 teaspoons salt, divided
- ½ cup whole milk
- 1 pound mixed ground meat
(for example pork, beef and veal or just beef)
- 1 large egg, lightly beaten

For the sauce:

- 1 tablespoon olive oil
- 1 medium carrot, finely chopped
- ½ celery stalk, finely chopped
- 2 ¾ cups chopped tomatoes
- 1 cup water

Directions:

1. Add half of the chopped onion into a large mixing bowl along with bread crumbs, cheese, oregano, pepper and 1 teaspoon of the salt. Mix with a fork until well combined.
2. Add the milk and mix well. Add the ground meat and egg. Knead the mixture by hand until all of the ingredients are evenly distributed -set aside.
3. Add the olive oil and the rest of the onions, carrot and celery to the cooker and sauté (“Sauté” function on electric cooker). Pour in the tomato puree, salt and water and mix well.
4. Move the bowl with the meat mixture next to the cooker and start making meatballs. As you shape each meatball, drop them into the cooker in an even layer.
5. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 5 minutes HIGH
 - * Electric Pressure Cook: use “Pressure Poultry” function 5 minutes, HIGH.
6. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually.
7. Gently scoop meatballs out onto freshly cooked spaghetti and smother in tomato sauce.

Spicy Cherry Tomato Chicken Cacciatore



COOKING TIME

Fast Pressure

12 min.

HIGH



Elec. Pressure Cooker

15 min.

HIGH



Ingredients:

- 1 teaspoon olive oil
- 3 pounds bone-in chicken legs and thighs
- 1 pound cherry tomatoes
- 2 garlic cloves, crushed
- 1 teaspoon hot pepper flakes (or one fresh hot pepper, chooped)
- 1 teaspoon salt
- 1 teaspoon dried oregano
- ¼ cup tart red table wine (such as Merlot)
- 1 cup water
- ½ cup pitted green olives, rinsed

Directions:

1. Add the olive oil to the cooker and brown the chicken thighs on all sides.
2. In the meantime, remove the stems from the cherry tomatoes and put them in a large ziploc bag so they are in a single layer.
Close the bag almost completely -leave a tiny hole at the end. or loosely knot a common plastic bag. With a meat pounder, or heavy pot, lightly crush all the cherry tomatoes.
3. Set the chicken aside and pour the crushed cherry tomato mixture and all its juice into the cooker base. Add the garlic, hot pepper, salt, oregano, wine and water and mix well, scraping up the brown bits of chicken stuck to the bottom of the cooker.
4. Place the chicken back into the cooker and mix to coat the chicken with the contents of the cooker. "Smooth" out the chicken pieces into an even layer.
Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 12 minutes HIGH
* Electric Pressure Cook: use "Pressure Poultry" function 15 minutes, HIGH.
5. When time is up, release the pressure and open the lid. Stir the contents and let the cooker stand uncovered for about 5 minutes, stirring occasionally to reduce some of the cooking liquid.
6. Using a slotted spoon, lift into a serving casserole and sprinkle with green olives before serving. If desired, reserve the broth left in the base of the pressure cooker to use in place of stock in a future recipe

Soy-Braised Beef Ribs

Ingredients:

- 1 tablespoon sesame oil
- 2 cloves garlic, peeled and smashed
- 1" fresh ginger, peeled and finely chopped
- 1 pinch red pepper flakes
- ¼ cup rice vinegar (or white balsamic vinegar)
- 1/3 cup raw sugar
- 2/3 cup soy sauce
- 2/3 cup salt-free beef stock
- 4 pounds beef ribs (about 8)
- 2 tablespoons cornstarch
- 1-2 tablespoons water



COOKING TIME

Fast Pressure

45 min.

HIGH



Elec. Pressure Cooker

60 min.

HIGH



Directions:

1. Add the sesame oil, garlic, ginger and red pepper flakes to the cooker and sauté (“Sauté” function on electric cooker) for a minute.
2. De-glaze with vinegar, mix in the sugar, soy sauce and beef stock -mix well. Add the ribs to the Pressure Cooker coating them with the mixture.
3. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 45 minutes HIGH
* Electric Pressure Cook: use “Pressure Poultry” function 60 minutes, HIGH.
4. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
5. Remove the ribs from the cooker, leaving the cooking liquid inside, and place on a oven pan (they will not look very dark yet, this is ok). Slide under the broiler for about 5 minutes to brown (which will change their colour to a rich dark brown).
6. In the mean time, make a slurry in a small container with the corn starch and water and then mix into the rib cooking liquid in the cooker.
7. In fast cooker: boil the mixture in the cooker until it reaches the desired consistency and then pour over the ribs before serving with steamed rice.
In the electric cooker, “Pressure cooker” function, at high pressure, 5 minutes. Pausing from time to time until you get the desired consistency.

Chicken & rice



COOKING TIME

Fast Pressure

12 min. + 3 min.

HIGH



Elec. Pressure Cooker

14 min. + 3 min.

HIGH



Ingredients:

For the chicken:

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon ginger powder
- 1 teaspoon cardamom powder
- ½ teaspoon ground black pepper
- 2 teaspoons cumin powder
- 2 teaspoons coriander powder
- ¼ teaspoon turmeric powder
- 1 cup water
- 3 teaspoons tomato paste
- 8 bone-in, skin-on chicken pieces (4 drumsticks & 4 thighs)
- 2 bay leaves
- 3 teaspoons salt (decrease if using salt-brined chicken)

For the rice:

- About 1 cup water (see instructions)
- 2 cups Basmati rice, rinsed
- ¼ cup raisins
- ¼ cup pine nuts
- 1-2 fresh tomatoes, chopped
- 1 wedge white onion, thinly sliced

Directions:

- 1.** In the cooker, add oil and onion, sauté until soft. Add the garlic, ginger, cardamom, black pepper, cumin, coriander and turmeric; stir everything around for about 30 seconds.
- 2.** Add the water, tomato paste and salt. Finally, add chicken pieces and coat in cooking liquid. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 12 minutes HIGH
 - * Electric Pressure Cook: use "Pressure Poultry" function 14 minutes, HIGH.
- 3.** When time is up, release the pressure and open the lid. Strain out the chicken pieces and place in heat-proof serving platter, and cover with foil.
- 4.** Pour the cooking liquid from the cooker into a heat-proof 4-cup measuring cup to reach 3 ½ cup mark add water. if you have more cooking liquid than 3 ½ cups reserve it for later use.
- 5.** Pour the measured liquid back into the pressure cooker and add the rice. Close the lid and set the valve to the pressure position.
 - * Fast Pressure Cook time: 3 minutes HIGH
 - * Electric Pressure Cook: use "Pressure Poultry" function 3 minutes, HIGH.
- 6.** When time is up, open the pressure cooker using the natural release method.
 - Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
 - Electric Pressure Cook: release the pressure by pressing the valve manually
- 7.** While the rice is cooking, slide the un-covered serving platter with chicken pieces skin-side up under broiler until the skin is brown and bubbly.
- 8.** Temporarily transfer chicken and cooking liquid, if any, into the foil that was used to cover it and tumble the freshly pressure cooked rice onto the platter. Now add the chicken pieces on top and sprinkle with pine nuts, raisins, fresh tomato and onions before serving.

Pulled Pork

Mex style



COOKING TIME

Fast Pressure

30 min.

HIGH



Elec. Pressure Cooker

40 min.

HIGH



Ingredients:

2 tablespoons vegetal oil
 1 large onion, roughly chopped
 4 pounds pork roast, leg or shoulder
 2 teaspoon cumin

1 teaspoon red pepper flakes
 1 bay leaf
 1 teaspoon salt
 1 cup water

Directions:

1. Add the oil and onion to the cooker and sauté. When the onions have almost softened, mix in the cumin, pepper flakes and bay leaf.
2. Add the pork, water and salt. Close the lid and set the valve to the pressure position.
 * Fast Pressure Cook time: 30 minutes HIGH
 * Electric Pressure Cook: use "Pressure Poultry" function 40 minutes, HIGH.
3. When time is up, open the pressure cooker using the natural release method.
 Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
 Electric Pressure Cook: release the pressure by pressing the valve manually
4. Pull out the meat and place on a parchment-covered oven pan. Pull the cooked meat strips using two forks and arrange in a flat layer.
5. Slide the oven pan under the broiler for about 5 minutes to lightly singe the meat before serving.

Buffalo

Chicken wings



COOKING TIME

Fast Pressure

8 min.

HIGH



Elec. Pressure Cooker

10 min.

HIGH



Ingredients:

2 pounds chicken wings (about 12),
cut at the joint to make 24 pieces
1 tablespoon olive oil
3 teaspoons salt, divided

4 tablespoons hot sauce
½ cup honey
¼ cup tomato puree

Directions:

1. Coat the chicken wings with olive oil and one teaspoon of salt.
2. Add 1 cup of water to the cooker, place the trivet and a steamer basket in the cooker.
3. If the chicken wings are still whole, separate each into two by slicing through the skin to the joint, then bending the wing joint backwards and slicing apart.
4. Place the chicken wings evenly spaced on the steamer basket -standing them up on their ends vertically if needed. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 8 minutes HIGH
* Electric Pressure Cook: use "Pressure Poultry" function 10 minutes, HIGH.
5. While the chicken is cooking, prepare a large bowl with hot sauce, honey, tomato puree and remaining salt. Mix the contents of the bowl well with a fork until the honey has completely dissolved.
6. When the time is up, release the pressure and open the lid. Remove the chicken and tumble into the bowl, cover well.
7. Place wings on parchment-covered paper and cover with any remaining sauce. Slide under the broiler for about 5 minutes -or until brown and crispy.



SINCE 1905



Desserts



Limoncello

Ricotta Cheesecake



COOKING TIME

Fast Pressure

15 min.

HIGH



Elec. Pressure Cooker

20 min.

HIGH



Ingredients:

- 4 ounces Biscotti
- 2 tablespoons unsalted butter, half melted, half softened
- 2 tablespoons lemon zest, grated
- 6 ounces ricotta, drained, room temperature
- 8 ounces cream cheese, room temperature
- ¼ cup Limoncello liqueur (or lemon juice)
- 1 tablespoon vanilla extract
- 2 large eggs, room temperature, beaten
- 1 hazelnut chocolate bar

Directions:

- 1.** About an hour before you begin your recipe pull the eggs, ricotta, and cream cheese out of the refrigerator to get them to room temperature.
- 2.** Add one cup of water to the cooker and add the trivet and set aside.
- 3.** Grab a square of softened butter and rub it around the bottom and edges of the heatproof dish, set aside.
- 4.** In a small pan melt the butter. Meanwhile, pulverize the biscotti, pour in the melted butter and pulse the chopper/processor once to incorporate.
- 5.** Press the crumbs with the back of your fingers or a spoon to the bottom of the heatproof dish into a layer no thicker than $\frac{1}{4}$ inch. If you have extra press it going up the sides as well. Place the container in the refrigerator to solidify the crust while you move on to the next steps.
- 6.** In a mixing bowl with a hand blender, or with a fork stirring vigorously, break-up and mix the ricotta. Then, add the cream cheese and sugar. A little at a time, add the limoncello, vanilla, and lemon zest.
- 7.** When everything is mixed together, add the beaten eggs. The result will be the consistency of a very runny pancake batter.
- 8.** Take the cookie-crumb crust container out of the refrigerator, and delicately pour the cheese mixture over the crust. Lower this into the pressure cooker un-covered.
Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 15 minutes HIGH
* Electric Pressure Cook: use "Cake" function 15 minutes, HIGH.
- 9.** When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
- 10.** Delicately remove the container and place on a cooling rack. Let the cake rest uncovered for about an hour and then refrigerate for another hour.
- 11.** Shave a chocolate bar with a vegetable peeler to make hazelnut chocolate "splinters".
Sprinkle hazelnut splinters on top of the cheesecake before serving.

Upside-Down Pear, Walnut & Ricotta Cake



COOKING TIME

Fast & Electric
Pressure Cooker

20 min. 
HIGH

Ingredients:

2 pears, 1 sliced 1 diced
1 tablespoon lemon juice
1/8 teaspoon olive oil
1/4 cup raw sugar
1 egg
1 cup ricotta cheese
1/3 cup white sugar
3 tablespoons extra-virgin olive oil
1 teaspoon vanilla extract (or the seeds of one vanilla bean)
1 cup all-purpose flour
1/8 teaspoon cinnamon
2 teaspoon baking powder
1 teaspoon baking soda
1/4 cup walnuts, chopped
1/4 cup raisins

Directions:

1. Add 1 cup of water to cooker, place trivet into the pot and set aside.
2. Slice one pear and dice the other and cover with lemon juice.
3. Prepare a shallow and wide 4-cup capacity heat-proof bowl by adding a disk of wax paper to the bottom and rubbing oil on it. Sprinkle the base of the bowl with raw sugar in an even layer and arrange the sliced pears artistically.
4. In a small mixing bowl, mix the egg, ricotta, sugar, olive oil and vanilla using a fork. Then, sprinkle the flour, cinnamon, baking powder and baking soda in the mixing bowl using a flour sifter, or fine mesh strainer. Blend well with a fork and then stir-in the pear slices, walnuts and raisins.
5. Pour the batter into the prepared bowl and lower into the pressure cooker, uncovered. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 20 minutes HIGH
* Electric Pressure Cook: use "Cake" function 20 minutes, HIGH.
6. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually
7. Test for doneness by inserting a toothpick in the middle -if it comes out dirty lower back into the pressure and cook for a few more minutes.
8. Turn the cake out onto a serving plate.
Serve warm or chilled.

Caramelized Apple Crumb Cake



COOKING TIME

Fast & Electric
Pressure Cooker

20 min. 
HIGH

Ingredients:

6 small yellow or red apples, cored and sliced cross-wise

$\frac{3}{4}$ cup butter, melted

1 square of butter, softened

2 tablespoons flour

$\frac{1}{4}$ cup of demerara/raw sugar

Crumb Filling:

2 cups dry bread crumbs

$\frac{3}{4}$ cup sugar

1 teaspoon cinnamon

1 teaspoon ginger powder

$\frac{1}{2}$ lemon, juice and rind

Directions:

1. Prepare the ingredients for the crumb filling by combining the bread crumbs, sugar, cinnamon, ginger, lemon juice, zest and melted butter. Mix well and set aside.
2. Take your un-peeled, well-washed apples and remove their core. Slice them very thinly -if possible, use a mandolin for nice, even, thin slices.
3. Butter the interior of the container all the way up to the edge. Put the tablespoons of flour in the container and swoosh the flour around so that you have an even coat of flour stuck to the butter inside the container.
4. Begin layering the apple slices. The bottom layer will become the top when you flip the cake out of the container so arrange the apple slices carefully for this. Add a layer of bread crumb mixture. Alternate apple and bread crumb layers until your container is full or you run out of ingredients. The other layers of apples do not need to be so carefully laid -just ensure that you have apple slices all the way to the edge of the container and in a relatively even layer.
5. When you are finished filling your container, cover tightly with tin foil. If your container does not have a handle that will facilitate putting it in and out of the cooker, construct a sling using aluminium foil.
6. Add 1 cup of water and the trivet to the cooker.
Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 20 minutes HIGH
* Electric Pressure Cook: use "Cake" function 20 minutes, HIGH.
7. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
Electric Pressure Cook: release the pressure by pressing the valve manually.
8. Carefully lift the container from the cooker and remove the tin foil. Place your serving dish on top of the container and flip it upside-down so that the serving dish is now on the bottom.
9. Remove the heat-proof dish to reveal your beautiful apple cake!

Candied Lemon Peels



COOKING TIME

Fast & Electric
Pressure Cooker

3 min. + 10 min.

HIGH



Ingredients:

- 1 pound lemons -about 5 lemons
- 2 ¼ cups white granulated sugar, divided
- 5 cups water, divided

Directions:

1. Wash the lemons well using a scrubby sponge to clean the surface. Slice the lemon in half lengthwise and juice -reserve the juice for another use. Slice each lemon half in quarters. Hold the quarters flat on the cutting board peel or slice out the pulp.

2. Slice the de-pulped lemon quarters into thin strips -about as wide as the lemon peel is thick. Add the lemon peel strips and four cups of water to the cooker. Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 3 minutes HIGH

* Electric Pressure Cook: use "Cake" function 3 minutes, HIGH.

3. When time is up, release the pressure in short bursts and open the lid. Strain the lemon peel strips and rinse them. Then, discard cooking water and rinse out the cooker.

4. Add 2 cups sugar, 1 cup water, lemon strips on medium heat uncovered stirring occasionally until all of the sugar has melted -about 5 minutes. Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 10 minutes HIGH

* Electric Pressure Cook: use "Cake" function 10 minutes, HIGH.

5. When time is up, open the pressure cooker using the natural release method.

Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).

Electric Pressure Cook: release the pressure by pressing the valve manually

6. Strain peels, saving the delicate syrup, if you'd like, for another use, and spread the peels on a cutting board or parchment paper to cool for 15 minutes or more.

7. Gently toss four to five peels at a time in a small plate of sugar to coat. Shake off the excess and lay them down on a new parchment on a sheet-pan that can fit in your refrigerator.

8. Put the sheet pan with the sugared-coated candied lemon peels in the refrigerator uncovered for at least 4 hours to dry completely -overnight is even better. Move the strips to a glass jar for storage in a cool dry place for 6-8 weeks -or keep refrigerated for up to six months.

Baked Apples



COOKING TIME

Fast & Electric
Pressure Cooker

10 min. 
HIGH

Ingredients:

- 6 fresh apples, cored
- ¼ cups raisins
- 1 cup red wine
- ¼ cup raw demerara sugar
- 1 teaspoon cinnamon powder

Directions:

1. Add the apples to the base of the cooker. pour in wine, sprinkle raisins, sugar and cinnamon powder.

Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 10 minutes HIGH

* Electric Pressure Cook: use "Pressure cooker" function 10 minutes, HIGH.

2. When time is up, open the pressure cooker using the natural release method. Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).

Electric Pressure Cook: release the pressure by pressing the valve manually

3. Scoop the apples out of the cooker and serve in a small bowl with lots of cooking liquid.



SINCE 1905



Condiments



Plum

BBQ Sauce



COOKING TIME

Fast & Electric
Pressure Cooker

10 min.

HIGH

Ingredients:

1 medium onion, roughly chopped
½ cup tomato puree
½ cup water
4 tablespoons honey
4 tablespoons white vinegar
1 teaspoon sea salt

½ teaspoon garlic powder
1 teaspoon hot sauce
1 teaspoon liquid smoke
1/8 teaspoon ground clove powder
1/8 teaspoon cumin powder
¾ cup seedless dried plums, tightly packed

Directions:

1. Add the sesame oil and onion to the cooker and sauté stirring infrequently until the edges of the onion start to brown
2. In a 2-cup measuring cup, or small mixing bowl, pour in the potato puree, water, honey and vinegar using the measuring lines on the cup as a guideline.
3. Add the salt, garlic, hot sauce, liquid smoke clove and cumin powders to the mixture. Mix the contents of the measuring cup well, so that the honey dissolves evenly in the liquid.
4. Pour the mixture into the cooker, rubbing the base of the cooker with the spatula to lift-up any browned onion bits into the sauce.
5. Tumble the plums. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 10 minutes HIGH
* Electric Pressure Cook: use "Pressure cooker" function 10 minutes, HIGH.
6. When time is up, release the pressure and open the lid.
7. Using a Boj blender, and tilting the pot so the blender is immersed in the liquid, puree the contents of the cooker.

Ketchup



COOKING TIME

Fast & Electric
Pressure Cooker

5 min. 
HIGH

Ingredients:

2 pounds plum tomatoes, sliced into quarters	¼ teaspoon celery seeds
1 tablespoon paprika	½ teaspoon Dijon mustard
1 teaspoon salt	1 tablespoon honey
1/8 teaspoon cinnamon	1/3 cup raisins
1/8 teaspoon clove powder	1/8 onion, wedged
1/8 teaspoon garlic powder	6 tablespoons apple cider vinegar

Directions:

1. Put all of the ingredients into the cooker except for the corn starch and water. Use a potato masher and squish everything until enough liquid comes out of the tomatoes for the cooker to reach pressure (1/2 to 1 cup).
2. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 5 minutes HIGH
* Electric Pressure Cook: use "Pressure cooker" function 5 minutes, HIGH.
3. When time es up, release the pressure and open the lid. Let simmer uncovered for at least 10 minutes or until it is almost reduced by half (there i no need to stir).
4. Using an immersion blender, puree the contents until smooth.
5. Pour in a freshly-cleaned or sterilized glass bottle or far and seal. let cool and refrigerate before using -it keeps in the refrigerator for about 3 months. or, once cooled, transfer into a Ziploc bag to freeze for up to year.

Spicy

Mango Chutney



COOKING TIME

**Fast Pressure
Cooker**

7 min.



LOW

Ingredients:

- 1 tablespoon vegetable oil
- 1 shallot, chopped
- 2 tablespoons fresh ginger, finely diced
- ¼ teaspoon cardamom powder
- 1/8 teaspoon cinnamon
- 2 fresh red hot chili, finely chopped (or ½ teaspoon red pepper flakes)
- 2 large mangoes, diced
- 1 apple, cored and diced (skin-on)
- ¼ cup raisins
- 2 teaspoons salt
- 1 ¼ cups raw (demerara) sugar
- 1 ¼ cups apple cider vinegar (or 1 cup white wine vinegar)

Directions:

1. Add the vegetable oil, shallots and ginger to the cooker and sauté until the shallots begin to soften.
2. Add the cardamom, cinnamon and hot peppers and sauté for about a minute to fry and bloom the spices. Add the remaining ingredients to the pressure cooker and mix well until all of the sugar has melted.
3. Close the lid and set the valve to the pressure position.
* Fast Pressure Cook time: 7 minutes HIGH
4. When time is up, open the pressure cooker using the natural release method.
Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).
5. Simmer the un-covered pressure cooker on medium heat (sauté or brown functions for electric pressure cookers) until the contents have a jam-like consistency- you can drag the spoon across the base and see it (about 15 minutes).
6. Stir occasionally, at first, and then as the mixture gets thicker you will want to turn down the heat and stir more frequently.
7. Spoon piping hot chutney into clean jars and close tightly. When cooled refrigerate for up to a month or transfer to freezer-safe containers to freeze up to a year.

Hip Hot Sauce



COOKING TIME

Fast & Electric
Pressure Cooker

1 min. 
HIGH

Ingredients:

- 12 ounces fresh hot peppers (any kind), stems removed
- 1 ¼ cup apple cider vinegar or as needed (or whatever kind you prefer)
- 2 teaspoons smoked salt (or plain)
- 2 teaspoons liquid smoke -if using plain salty

Directions:

1. Roughly chop the peppers and add to the cooker. Add enough vinegar to cover, and salt.

Close the lid and set the valve to the pressure position.

* Fast Pressure Cook time: 1 minutes HIGH

* Electric Pressure Cook: use "Pressure cooker" function 1 minutes, HIGH.

2. When time is up, open the pressure cooker using the natural release method.

Fast Pressure Cook: turn off the keep warm function and wait until the pressure indicator has gone down (about 10 minutes).

Electric Pressure Cook: release the pressure by pressing the valve manually

3. Pure the contents with an immersion blender and strain into a sterilized or freshly dish-washed bottle. Keep refrigerated for up to 3 months, or transfer to a suitable container and freeze up to a year.



SINCE 1905



Slow Cook



Cheesy Spinach

Dip



SLOW COOKING TIME

Electric
Pressure Cooker

1h.
LOW



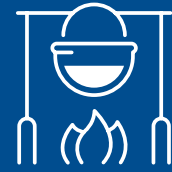
Ingredients:

225 g cream cheese, diced
1 cup full fat Greek yogurt
300 g fresh baby spinach, chopped
350 g marinated artichokes, drained, chopped, then flaked
1 cup mozzarella, shredded
1 handful fresh flat leaf parsley
salt and freshly ground black pepper to taste
1 handful baby spinach leaves, to serve

Directions:

1. in a large bowl stir all of the ingredient -except tha handful of spinach leaves and parsley- together thoroughly.
2. Tip everything from the bowl into the inner pot of the PressureCook and give it a stir before starting the cooking process.
3. Close the lid, set pressure knob to “Close”.
4. Select function “Slow Cook Low”.
5. Set time 1 hour.
6. Just before serving sprinkle with the extra spinach and parsley.
7. Best served warm with crackers, also great at room temperature.

Broccoli Cheddar Soup



SLOW COOKING TIME

**Electric
Pressure Cooker**

**1,5h.
HIGH**



Ingredients:

1 tablespoon butter
½ cup shredded carrots
1 medium onion, diced
2 heads of broccoli cut into small florets
4 cups chicken broth
1 cup water
1 ½ tablespoon minced garlic
4 cups reduced fat sharp cheddar cheese, shredded
1 can evaporated milk
¼ cup all-purpose flour

Directions:

1. Heat the butter in the cooker; add the onions and garlic and sauté. Add in the water, chicken broth, carrots, broccoli, and flour.
2. Close the lid and set the valve to the STEAM position.
3. Slow Cook on HIGH for 1 ½ hours.
4. Once the time is up, open the lid and stir in the evaporated milk. Then slowly add in the cheddar cheese a little a little bit at a time until it is thoroughly mixed in.
5. Serve in breads bowls.

Sweet Corn Chowder



SLOW COOKING TIME

**Electric
Pressure Cooker**

6h. 
LOW

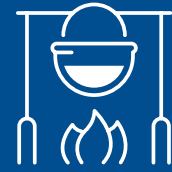
Ingredients:

3 cups fresh corn kernels
1 tablespoon butter
1 clove garlic, minced
½ cup diced red bell pepper
2 cups peeled and diced white potatoes
¾ cup diced celery
1/3 cup diced onion
2 cups chicken stock
½ teaspoon dried thyme
¼ teaspoon cayenne pepper (or to taste)

Directions:

1. Heat the butter in the cooker and brown the corn for 10 minutes.
2. Add the remaining ingredients and stir well.
3. Close the lid and set the valve to the STEAM position.
4. Slow cook on LOW 6 hours.
5. Serve with crusty French bread.

Easy Sweet and Sour Chicken



SLOW COOKING TIME

Electric
Pressure Cooker

6 h.
LOW



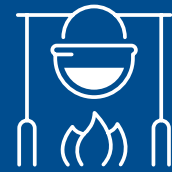
Ingredients:

- 1 ½ pounds diced boneless skinless chicken
- 1 ½ cups diced bell pepper
- 1 cup diced red onion
- 1 cup pineapple chunks, drained. Reserve juice.
- 1 (8 ounce) can sliced water chestnuts, drained
- ½ cup reserved pineapple juice
- 2 tablespoons hoisin sauce
- 1 teaspoon soy sauce
- 1 (16 ounce) can of sweet and sour sauce

Directions:

1. In a bowl, combine the sweet & sour sauce, soy sauce, hoisin sauce and pineapple juice.
2. Place the chicken and remaining ingredients in the cooker and pour the sauce over.
3. Close the lid and st the valve to the STEAM position.
4. Slow Cook on LOW 6 hours.
5. Serve over hot rice.

Slow Cooked Pulled-Pork Wraps



SLOW COOKING TIME

**Electric
Pressure Cooker**

4 - 5h. 
HIGH

Ingredients:

For pulled pork:

2 ½ pound boneless pork butt or shoulder
1 (14 ½ ounce) can petite diced tomatoes
1 large onion
1 teaspoon garlic powder
1 teaspoon salt
2 teaspoons cumin powder
1 tablespoon jalapeño rings
2 tablespoons dried oregano, rubbed between the palms
2 tablespoons unsweetened cocoa powder
1 lime, juiced

For tacos:

20 corn tortillas
1 bunch fresh cilantro, finely chopped
1 cup sour cream (or plain yogurt)

Directions:

1. Add the tomatoes, onion, salt, cumin, jalapeños, oregano and cocoa powder into the cooker and mix well to combine.
2. Lower the roast in the cooker and coat the tomato mixture on all sides of the roast.
3. Close the lid and set the valve to the STEAM position.
4. Slow Cook on HIGH 4-5 hours.
5. When time is up, shred the meat with two forks -mixing it back into the sauce- and squirt with lime juice.
6. Serve on warmed corn tortillas with a sprinkle of cilantro and dollop of sour cream.

Super Easy Short Ribs

Barbecue Style



SLOW COOKING TIME

Electric
Pressure Cooker

8 h.
LOW



Ingredients:

3 pounds boneless beef short ribs
1 large onion, thinly sliced
1 cup prepared barbecue sauce
1 cup water
1 teaspoon garlic powder
Salt and black pepper, to taste

Directions:

1. Season the meat with salt and pepper and brown in the cooker. It may be necessary to do this in 2 batches.
2. Return all of the meat to the cooker and stir in onion and garlic powder.
3. Combine the barbecue sauce and water and add to the cooker.
4. Close the lid and set the valve to the STEAM position.
5. Slow Cook on LOW for 8 hours.

Zucchini & Tomato Lasagna



SLOW COOKING TIME

**Electric
Pressure Cooker**

5-6 h. 
LOW

Ingredients:

1 tablespoon olive oil

24 ounces prepared tomato sauce

2 cups Mozzarella or provolone cheese, grated

16 ounces ricotta cheese

3 pinches salt

16 ounces zucchini (about three medium zucchini), grated

For garnish: grated Parmigiano Reggiano cheese and torn basil leaves

Directions:

- 1.** Pour a tablespoon of olive oil into the cooker, and using a paper towel spread the oil all over the base and up the sides of the cooker.
- 2.** Pour in ½ cup of the sauce and pull out and shake the insert to even it out into an even layer. Make the first layer of lasagna strips, overlapping and breaking them as needed to fill-in the holes on the edges as needed, and press into the tomato sauce.
- 3.** Make the first layer by sprinkling half a handful of mozzarella strips, dotting the ricotta, sprinkling the salt, distributing the zucchini, dotting the tomato sauce and sprinkling another half handful of mozzarella on top.
- 4.** Press another layer of lasagna strips, changing the orientation, and make two more layers as stated in the previous step (mozzarella, ricotta, salt, zucchini, tomato sauce, mozzarella) -reserve a handful of mozzarella to use at the end.
- 5.** Finish the layering by covering with lasagna strips and pouring the remaining tomato sauce on top. Close the lid and set the valve to the STEAM position.
- 6.** Slow Cook on HIGH for 3 hours or on LOW for 5-6 hours. When time is up remove the lid and sprinkle with the remaining mozzarella -let stand un-covered for 30 minutes before serving.
- 7.** Slice with a spatula and pull out the slices using a spoon. Optionally garnish with Parmesan cheese and basil leaves before serving.

Beef Fajitas



SLOW COOKING TIME

**Electric
Pressure Cooker**

5,30 h. 
LOW

Ingredients:

¾ cup salsa
2 tablespoons tomato paste
1 tablespoon olive oil
1 clove garlic, minced
3 tablespoons lime juice
1 teaspoons black pepper
1 ½ pounds flank steak, trimmed

1 large onion, cut in half and thinly sliced into half moons
2 red bell peppers cut into strips
1 package flour tortillas
Guacamole (optional)
Tomatoes, chopped (optional)

Directions:

1. In a small bowl, combine salsa, tomato paste, olive oil, garlic, lime juice, pepper and salt.
2. Lay the flank steak in the cooker and pour the mixture over it, making sure to coat all exposed surfaces well.
3. Lay the onion and bell peppers on top.
4. Close the lid and set the valve to the STEAM position.
5. Slow Cook on LOW for 5 ½ hours.
6. Remove the steak and vegetables from the juice and transfer to a serving platter.
7. Cover with aluminium foil and let stand 10 minutes.
8. Cut the meat across the grain into ½-inch thick slices. Serve it with warm tortillas, the peppers and onions. Garnish with guacamole and chopped tomatoes.



SINCE 1905



Induction Pressure Cook



Chicken Stock



Ingredients:

1 kg chicken neck/carcass
 1 onion, roughly chopped
 1-2 carrots, chopped
 1 stick celery, chopped
 1 handful mushrooms, sliced
 1-2 cloves of garlic, chopped

1 bunch of herbs (parsley and thyme work well)
 2 bay leaves
 1 tbsp salt
 ½ tbsp peppercorns
 2 tbsp apple cider vinegar
 2 l. water

Directions:

1. Put the chicken carcass in you Pressure Cook pot, add apple cider vinegar and cover with water.
2. Toss in the vegetables and herbs. Season.
3. Soak for about an hour before cooking to help the vinegar to break down the connective tissue -this will make for a more gelatinous broth/stock wich is great for our joints
4. Close lid and turn knob to "Close". Choose "Soup", set time for 1 hour and "Adjust Pressure" to 7. (You can cook on "Slow Cook Low" for 6 to 8 hours also).
5. Let it cool, remove the carcass and any big chunks of vegetables/herbs.
6. Strain the rest into a large jar/container.
7. Store in the fridge for up to about a week 8or even better, use it for a soup whilst it's still hot!).

Easy Tomato Soup



Ingredients:

1 tsp garlic, minced
½ onion, finely diced
1 splash olive oil
2 tins tomatoes, crushed
2 tbsp tomato paste

½ - 1 cup vegetable stock
1 tbsp soy sauce
salt and pepper, to taste
vegan yogurt, to serve
fresh parsley, to serve

Directions:

1. Pour oil into inner pot of your Pressure Cook
2. Keep lid open, set pressure knob to "Close". Select "Deep fry" and set Temperature to 185 to heat up the oil.
3. Once hot, add onion and garlic, and fry until they are starting to colour.
4. Stir in crushed tomatoes and paste.
5. Add stock and soy sauce.
6. Cancel "Deep Fry". Turn knob to "Open".
7. Close lid and turn knob again to "Close". Select "Soup". Set timer to 15 minutes and set Pressure to "3".
8. Once cooking process is completed, add salt and pepper to taste.
9. Blend in your Boj blender.
10. Ladle into bowls to serve. Add parsley to each bowl and yogurt if desired.

Mum's Chicken Soup



Ingredients:

2 litres chicken stock
1 whole chicken, cooked, de-boned, shredded*
2 large zucchini (courgettes), finely grated
2 large carrots, finely grated
2 tsp thyme, dried
2 tsp basil, dried
2 cups rice or quinoa
salta and pepper, to taste

Directions:

1. Place stock, zucchini and carrots into inner pot of your PressureCook. Add rice or quinoa. Close lid.
2. Turn pressure knob to "Close". Select "Soup". Set timer to 20 minutes.
3. Open the lid once the cooking process is completed.
4. Add in chicken and heat through by selecting "Deep fry" for a few minutes.
(Don't forget to adjust temperature)
5. Cancel function. Serve.

NOTE: * Either use the chicken that was used to make the stock, or roast/buy a precooked one.

Stout Chicken Rice



Ingredients:

4 chicken breast, boneless
1 tbsp soy sauce
1 clove garlic, minced
2cm ginger, peeled and minced
2 tbsp cooking oil
4 white mushrooms

¼ onion
2 cups rice, uncooked
330 ml stout beer (1 can)
1 cup water
½ bunch chives, chopped or rosemary

Directions:

1. Cut chicken into small pieces. Place into bowl, mix with soy sauce, garlic and ginger. Let it marinate for 20 minutes.
2. Shred onion. Slice mushrooms.
3. Pour enough cooking oil into inner pot of your PressureCook to cover the surface. Keep lid open, turn pressure knob to "Close". Select "Deep Fry". Set temperature to 185°C. Push "Start"
4. Once oil is hot, add the onion and chicken to brown. Cancel "Deep fry".
5. Add rice and sliced mushrooms. Top with stout beer and water.
6. Close lid. Turn pressure knob to "Close". Select "Rice" then "Start".
7. Open de lis once the cooking process is completed.
8. Stir through, divide onto plates, sprinkle with chopped chives or leaves of rosemary.

Risotto



Ingredients:

- 4 tbsp olive oil, extra virgine
- 1 whole onion, peeled and chopped
- 2 cups arborio rice
- ½ cup dry white wine
- 4 cups broth - chicken or vegetable
- 1 tbsp butter, softened
- 1 tbsp parmesan
- salt and pepper, to taste

Tips

The best ratio to perfect risotto is 1 part arborio rice, 2 parts broth

For example:

½ cup rice – 1 cup broth

1 cup rice – 2 cups broth

Directions:

1. Keep lid open, turn pressure knob to "Close". Select "Deep Fry". Set temperature to 185°. Push "Start".
2. Add olive oil to inner pot. Once oil is hot, add onion. Fry until onion is translucent -around 5 minutes
3. Stir in rice to toast i -around 2-3 minutes.
4. Add white wine and stir to remove any rice grains sticking to the pot. Add broth, stir briefly.
5. Cancel "Deep Fry". Close lid. Turn pressure knob to "Close". Select "Rice". Press "Start".
6. Once the cooking process is completed, remove inner pot to avoid overcooking.
7. Stir through so the rice can absorb any extra liquid. Stir in butter and grated parmesan just before the serving.
8. Sprinkle with freshly ground black pepper.

Risotto Variations

Mushroom Risotto:

- Add 2 cloves of garlic when frying the onion
- Mix in ½ cup dried mushrooms when adding the broth.

Pea and Ham Risotto:

- Mix in ½ cup peas and ½ cup diced ham when adding the broth.

Lemon Risotto:

- Swap wine for freshly squeezed lemon juice.
- Mix in the zest of ½ lemon when adding the broth.

Pasta Primavera



Ingredients:

2 cups dried pasta
 1 ½ cups broccoli florets
 1 cup cauliflower florets
 ½ cup red capsicum
 ½ cup yellow capsicum
 2 medium zucchini (courgettes), diced
 ½ cup corn
 1 cup peas and diced carrots
 2 cloves garlic, crushed

1 tsp salt
 1 tbsp oregano
 8 leaves fresh basil
 Pinch black pepper
 600 ml water
 500 ml passata
 ¼ cup cooking cream
 2 tbsp olive oil
 sprinkle of Parmesan

Directions:

1. Place all the ingredients (except the PArmesan) including the water, pasta, vegetables and spices into the inner bowl of your Pressure Cook and stir well.
2. Close the lid and select the preset function "Pasta" on the digital display panel. Timer will display 10 minutes. Press "Start/reheat".
3. When the pasta is finished place on a platter and serve.
 Top with Parmesan if desired.

Fettuccini Alfredo



Ingredients:

250 g dried Fettuccini pasta
1 tbsp salt
1 tbsp oregano
8 leaves fresh basil
1 pinch black pepper
400 ml water
¼ cup grated parmesan
1 tsp garlic powder
1 cup cooking cream
2 tbsp olive oil
sprinkle of Parmesan (optional)

Directions:

1. Place all the ingredients including the water, pasta, cream and spices into the inner bowl of your Pressure Cook and stir well.
2. Close the lid and select the preset function “Pasta” on the digital display panel. Timer will display 7 minutes. Press “Start/Reheat”.
3. When the pasta is finished place on a platter and serve. Top with parmesan if desired.

Espaguetti Bolognese



Ingredients:

- 1 kg beef, chicken, pork, lamb or turkey, minced
- 1 ½x700ml tomato passata (tomato puree with a pinch of salt)
- 70g tomato paste
- ½ cup bone broth (optional)
- ½ brown onion, diced
- 2 cloves garlic, finely diced
- ½ carrot, grated
- ½ zucchini (courgette), grated
- ¼ red capsicum, finely diced
- 3-4 button mushrooms, diced
- 1 handful baby spinach, roughly chopped
- 2 bay leaves
- 1 pinch salt and pepper
- Oregano and basil, to taste
- 1 tsp cooking fat, i.e. coconut oil or ghee
- 1 pinch turmeric (optional)
- ½ tbsp dulse flakes (optional)

Directions:

Bolognese sauce:

1. Pour the cooking oil into the inner bowl of your Pressure Cook.
2. Keep the lid open and set the pressure knob to the "Close" position. Select the preset function "Deep Fry" to heat the oil and fry the onion until soft, add the finely diced garlic and.
3. Add in the minced meat to brown.
4. Once the minced meat is cooked add the vegetables and stir.
5. Add the tomato puree, tomato sauce, broth, spices and stir.
6. Cancel the preset function "Deep fry" and turn the pressure knob to the "Open" position.
7. Close the lid and turn the pressure knob to the "Close" position.

Select the "Simmer" function and set the time to 1 hour.

8. When done taste and adjust the seasoning if necessary.

10 min. spaghetti bolognese (al dente):

1. Place half a pack of dried spaghetti pasta broken in half into the inner bowl of your Pressure Cook.
2. Add 400ml of water, 1 tsp of salt and as much as you would like of the prepared Bolognese sauce.
3. Close the lid of you Pressure Cook and turn the pressure knob to the "Close" position. Select the preset function "pasta" on the digital display panel. Set the timer to 10 minutes.
4. When done stir well and serve

Cordon Bleu Rolls



Ingredients:

- 500 g beef fillet
- 4 slices ham
- 4 cuts Babybell cheese (or any that melts keeping together its texture)
- 2 mushrooms, sliced
- 1 tbsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp coconut oil (optional)

Directions:

1. Put the beefcuts and rub with salt, pepper and garlic powder both sides.
2. Over each piece of beef, place a slice of ham and cut of cheese with some mushrooms.
3. Roll the steak and place 1 or 2 toothpicks to secure it.
4. Rub the inner pot of your Pressure Cook with coconut oil. (You can skip this part as the meat won't stick to the pot. it will just give additional flavour).
5. Keep lid open and turn knob to "Close".
6. Select "Roast" set timer to 10 minutes. Set temperature to 180°, select "Start".
7. Put the Cordon bleu rolls when the pot is hot and keep them 2 or 3 minutes so the first side browns.
8. Turn knob to "Open" and close lid. Turn knob to "Close" and "Roast" function will continue doing the work.
9. Open the lid once the cooking process is completed.
Note: It should not take more than 4 to 5 min, if you feel that your Cordon bleu rolls are done before the end just "Cancel" and select "Release Pressure" to open and check on you meal.
10. Serve with creamy mash or scalloped potatoes on the side.

Roast Chicken



4

Ingredients:

1.5 kg whole free-range chicken
1 whole lemon, quartered
5 tbsp olive oil
1 pinch salt and pepper, to taste
4 cloves garlic

1 tbsp fresh herbs. tarragon, thyme, parsley
4 whole large roasting potatoes, peeled and quartered
½ whole butternut pumpkin, seeds removed, chopped
1 cup frozen peas

Directions:

1. Prepare the chicken, rinse thoroughly with water and pat-dry with paper towel.
2. Squeeze the juice from the lemon over the chicken, using your hands to rub it into the chicken cavity together with any herbs and tie legs together with oven-proof string.
3. Brush the chicken with 2 tbsp olive oil and season with salt and pepper.
4. Place the whole garlic cloves, potatoes and pumpkin in the inner pot of your Pressure Cook. Drizzle with 3 tbsp olive oil, toss to coat.
5. Place the chicken on top of the vegetables, breast side up. Close the lid, rotate pressure knot to "Close". Choose function "Roast" set temperature to 180°. Press "Start"
6. One cooking process is completed open lid and let the chicken rest for 10 minutes before carving.

Lazy Chicken



Ingredients:

700 g passata
(or 2 tins chopped tomatoes)
½ cup red wine
½ kg chicken thighs
1 brown onion, largely diced
2 small sweet potato
(peeled and chopped into large chunks)
200 g olives, pitted

1 tbsp oregano, dried
2-3 springs fresh thyme or 1 tbsp dried
1 tbsp dijon mustard
to taste salt and pepper
2 zucchini (courgette), chopped into rounds
½ leek, chooped into rounds

Directions:

1. Place everything except zucchini and leek in the inner pot of your Pressure Cook. Close lid, turn pressure knob to "Close". Select function "Stew", set time to 1 hour.
2. When 40 min. have passed, press "Release Steam" and wait for all the steam to be re-leased.
3. Turn knob to "Open", open lid and add the zucchini and leek. Close lid and turn the knob to "Close". The machine will automatically continue the program already chosen (cooking the added veggies for 20 minutes).
4. If the knob doesn't turn to "Open" DON'T force. Instead, press once more "release stem" so all the pressure has gone and it will turn easily.
5. Serve with rice, potatoes or cauliflower rice and top with lots of fresh parsley and a dollop of sour cream if you'd like.

Beef Pies



10-14

Ingredients:

2 tbsp olive oil
500 g diced beef
1 onion, chopped
2 cloves garlic, crushed
1 tbsp plain all-purpose flour
5 small carrots, peeled and chopped
¼ cup red wine
½ cup tomato passata
¼ cup gravy
½ cup beef stock
1 heaped tsp tomato paste
2 tsp Worcestershire sauce
2 bay leaves
1 spring rosemary
½ tsp raw sugar
1 cup fresh or frozen peas
Salt and pepper, to taste

Pastry

400 g chilled butter, cut in 2 cm cubes
500g wholemeal plain flour
1 cup plain, natural yogurt
Extra butter or olive oil to grease muffin tin
Milk for brushing the pastry

Directions:

- 1.** keep lid open your Pressure Cook and turn the knob to "Close". Select "Deep Fry" then adjust temperature to 175°C.
- 2.** Pour the oil and heat. Add the meat and cook until sealed then remove and keep warm.
- 3.** Add the onion and garlic to the pot and cook, stirring, for 5 minutes.
- 4.** Add the flour and stir it through and cook for another few minutes.
- 5.** Add the carrots and meat then the remaining ingredients except the peas and stir together. Cook on low for 5 hours.
- 6.** Take the lid off and check that the meat is cooked through and falling apart.
- 7.** remove the rosemary spring and the bay leaves and use a fork to break up some of the meat. Stir through the peas.
- 8.** Turn the slow cooker to high and cook with the lid off for another 30 minutes then turn the heat off and leave it to cool.
- 9.** Meanwhile, make the pastry. Place butter and flour in the bowl of an electric mixer and beat until it resembles bread crumbs.
- 10.** Add yoghurt and mix until it comes together in a dough. Shape into a disc, wrap in plastic wrap and refrigerate for a 30 minutes.
- 11.** Take the dough out of the fridge and cut in half. Working with one half, on a floured surface, roll out to about 3mm thick.
- 12.** Grease 14 holes of 2 a2-hole muffin tins with oil or butter. Pre-heat the oven to 180°C (356°F) fan-forced.
- 13.** Using a round cutter, cut 2 pieces of pastry for each pie. The base will be 4cm wider than the muffin tin and the top 2cm wider. Gently press the base into the muffin tin hole and fill with pie filling.
- 14.** Brush around the edges of the base with a little milk then place the lid on top. Use a fork to press the lid into the base. Repeat with remaining pastry and filling.
- 15.** You can re-use the off-cuts pastry by very gently patting them all together and rolling out. just don't knead it too much or it will get a bit tough.
- 16.** Cut a little slit in the top of each pie and then brush with milk. Bake for 25 minutes or until the pastry is golden.
- 17.** Carefully transfer the baked pies to a wire rack to cool slightly and then devour.

Golden Prawns



Ingredients:

1 litre vegetable oil (do NOT use olive oil)
500 g prawns, peeled and deveined
1 tsp salt
½ tsp black pepper

½ tsp garlic powder
½ cup all-purpose flour
2 eggs, slightly beaten
1 cup panko bread crumbs

Directions:

1. Pat the prawns dry with a kitchen paper towel. Mix together the salt, pepper and garlic powder in a small bowl. Lightly season the prawns with the spice mix.
2. Place the flour, slightly beaten eggs and panko bread crumbs into separate bowls.
3. Cover the prawns with flour, then dip them into the bowl with the slightly beaten eggs and coat them with the panko bread crumbs.
4. pour the oil into the inner bowl of your Pressure Cook.
5. Keep the lid open and turn the pressure knob to the “Close” position. Select the preset function “Deep Fry” on the digital display panel. Set temperature to 185°C, Press “Star/Reheat”.
6. When the oil is ready place the prawns into a wire basket and put the basket into the inner bowl to fry. Once the prawns turn golden brown lift the basket out of the oil and drip off the excess oil.
7. Press “Warm/Cancel” to stop the “Deep Fry” function on your Pressure Cook.

Easy Yogurt



Ingredients:

Yields 1 litre
1 litre milk (cow, goat, sheep)
4 tbsp plain yogurt (no additives, no sugar)

Directions:

1. Place milk and yogurt into the inner pot of your Pressure Cook.
2. Close lid, rotate pressure knot to position "Close". Choose function "Yogurt". Set timer for 6 hours. Press "Start".
3. After 6 hours, open lid remove pot and refrigerate for 1 hour covered so the yogurt sets.
4. Place yogurt in air tight containers to refrigerate until serving stir in optional ingredients if using any.

Tips

- Save 4 tbsp of your yogurt as the starter for your next batch.
- For Greek yogurt, use full fat milk.
- For low fat yogurt, use skim milk.
- Vanilla yogurt -add 1/2 tsp vanilla extract or the seeda of 1/2 vanilla pod.
- Fruit yogurt -stir in your preferred fruit once yogurt making process is completed.

Chocolate Cake



12

Ingredients:

100 g butter, unsalted

100 g chocolate chips

2 eggs

150 g caster sugar

170 g milk

½ tsp vanilla essence

zest of ½ a lemon

400 g cake flour

Directions:

- 1.** Melt the butter and chocolate chips in a hot water bath: place a small metal pot or bowl over a larger pot half-filled with water over a stove.
- 2.** Separate the egg whites from their yolks.
- 3.** Beat the yolks with an egg beater until the texture thickens and the color lightens.
- 4.** Blend the egg mixture with the melted butter and chocolate mixture.
- 5.** Add the milk, vanilla essence and lemon zest and mix well.
- 6.** Sift flour into the mixture and fold it in with a large spoon or rubber spatula.
- 7.** Clean the egg beater, and beat the egg whites while gradually adding the sugar.
- 8.** Once the egg whites form stiff peaks, fold the egg whites into the chocolate mixture carefully until well combined.
- 9.** Lightly grease the inner bowl of your Pressure Cook.
- 10.** Pour the cake batter into the inner bowl and smooth over the top of the mixture with a spoon.
- 11.** Close the lid and turn the pressure knob to the "Close" position.
- 12.** Select the present function "Cake" on the digital display panel. Set the timer to 55 minutes. Press "Start/Reheat".
- 13.** Open the lid once the baking process is completed. Remove the cake from the bowl after it has cooled down.

Sponge Caake



12

Ingredients:

5 eggs
150g caster sugar
1 tsp vanilla essence Zest of ½ a lemon
180 g self-raising flour
½ tsp oil or butter for greasing

To serve (optional):

½ cup jam, e.g. apricot, strawberry, room temperature
1/2 cup cream, whipped
1 cup fresh fruit, e.g. berries, cherries, mango, etc... chopped
1 tbsp icing sugar for dusting

Directions:

1. Using an electric beater, beat eggs in a large bowl for 5 minutes, or until it turns pale, thickens, and increases in volume..
2. Gradually add sugar to the mixture and beat well.
3. Add the vanilla essence and lemon zest and beat well.
4. Sift the flour over the egg mixture.
5. Using a large spoon or rubber spatula, fold in the flour until well combined.
6. lightly grease the base of the inner bowl of your Pressure Cook.
7. Pour the cake batter into the inner bowl.
8. Close the lid and turn the pressure knob to the "close" position. Select the preset function "Cake" on the digital display panel. Set the timer to 50 minutes. Press "Start/Reheat".
9. Once the baking process is completed, open the lid and allow the cake to cool completely.
10. Serve or fill the cake with jam/whipped cream as outlined below.

Optional:

1. Slice the cake horizontally in half.
2. Spread the jam or curd onto the bottom half of the cake with a knife. Pipe the whipped cream over the jam or curd and place the chopped fresh fruit over the cream.
3. Place the other half of the cake over the top.
4. Dust the top of the cake with icing sugar.

Defrosting

The defrost function is incredibly helpful if used properly.

Here are some tips on how to get the best out of the defrost function on your appliance.

- 1.** Make sure to clean the frozen meat you want to use before placing it in the induction pressure cooker.
- 2.** The smaller the pieces, the quicker they will defrost. Let vegetables and meat thaw in the refrigerator for a bit to make it easier to cut them into smaller pieces.
- 3.** Always defrost meats, poultry and pork with a little bit of warm water or broth added to the pressure cooker. One cup of liquid will work perfectly.
- 4.** In general, 100g meat will take 20 minutes to defrost, 500g meat should take 25 minutes.
- 5.** The thicker the meat, the longer the defrosting process. 100g of very thin steak will defrost faster than a 100g ball of mince.

Add 5 minutes to your recipe's overall cooking time for each 2cm (1 inch) thickness of frozen pork or beef.

Add 4 minutes for each 2cm (1 inch) thickness of a frozen chicken or turkey breast, thigh or leg.

Agrega 4 minutos por cada 2 cm de espesor de pechuga, muslo o contramuslo de pavo o pollo.

- 6.** When cooking a frozen, whole chicken or turkey, add 1 minute to your recipe's overall cooking time for each 1/2 kg (1 pound).
- 7.** Avoid defrosting very large pieces of meat in the pressure cooker as this could result in unevenly cooked meat.
- 8.** Finally, consider letting vegetables and meats thaw in the refrigerator before placing them in the induction pressure cooker to defrost fully. This will protect their color and flavor as well as their nutrients. Thawing foods in the refrigerator is much safer than placing them in hot water for a few hours or leaving them at room temperature, especially when you want to defrost meats.



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