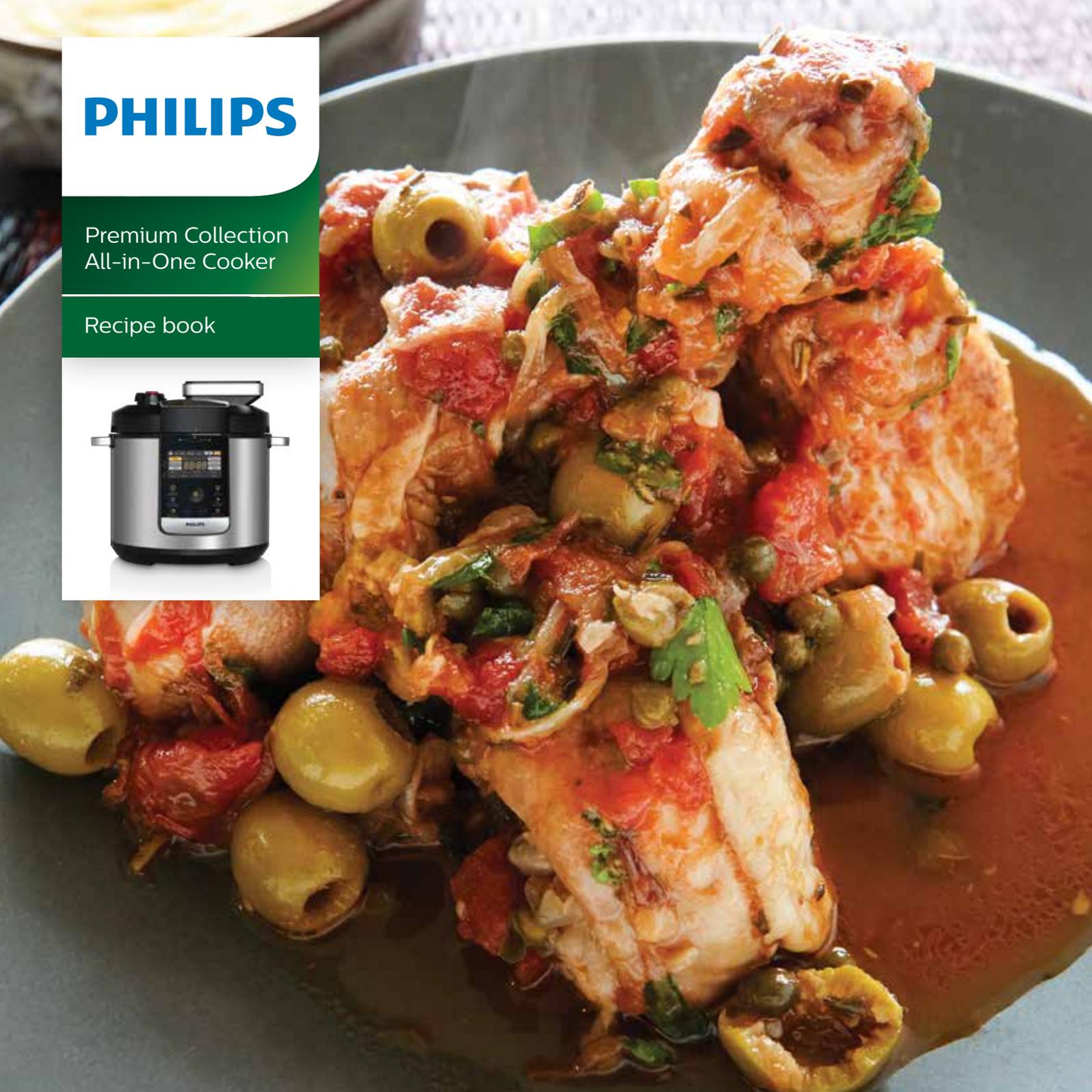


PHILIPS

Premium Collection
All-in-One Cooker

Recipe book





Congratulations on your purchase of your Philips Premium All-in-One Cooker.

With this one appliance, you can prepare a wide variety of dishes, in your preferred cooking style.

Whether you have a full day to prepare a slow cooked dish or a short amount of time to pressure cook a meal, you can tenderise tough cuts of meat and create big flavourful experiences.

You can use your Philips Premium All-in-One to sauté, cook stews, soups, rice and risotto. You can even steam dishes, make yoghurt, and bake memorable cakes and desserts for any occasion.

Enjoy your cooking journey with Philips, and prepare inspiring delicious meals in different ways all-year round!

For more recipes, reviews and tips for maintenance, please visit:

Australia www.philips.com.au/allinone

New Zealand www.philips.co.nz/allinone



Quick start guide

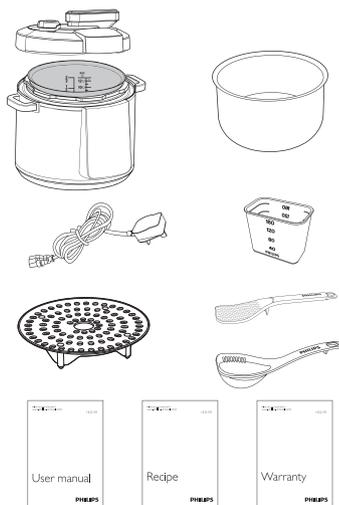
Congratulations on your purchase, and welcome to Philips!

To fully benefit from the support that Philips offers, register your product at www.philips.com/welcome.

In this booklet, you will find a selection of delicious recipes, created by our Australian chef to get you started.

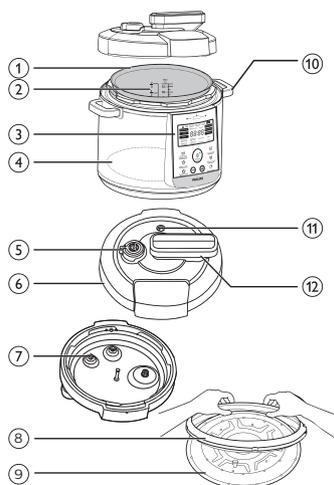
What's in the box

- All-in-One cooker main unit
- Stainless steel pot
- Non-stick pot
- Steaming plate
- Soup ladle
- Rice spoon
- Measuring cup
- Power cord
- Warranty
- User manual
- Recipe Booklet



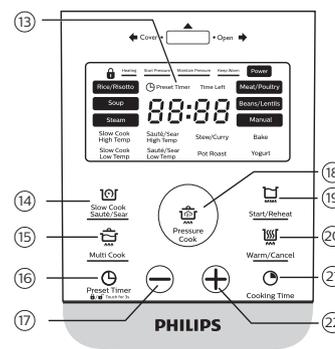
Overview

1. Inner pot
2. Water level indication
3. Control panel
4. Heating element
5. Pressure regulator
6. Top lid
7. Safety valve
8. Sealing ring
9. Inner lid
10. Main unit handle
11. Floating valve
12. Lid handle



Control panel overview

13. Display screen
14. Slow cook Sauté / Sear button
15. Multi Cook button
16. Preset Timer button
17. Decrease button
18. Pressure Cook button
19. Start/Reheat button (requires 3 seconds for activation)
20. Warm/Cancel button
21. Cooking Time button
22. Increase button



Using the All-in-One cooker

Before first use

- 1 Remove all packaging materials from the appliance.
- 2 Take out all the accessories from the inner pot.
- 3 Clean the parts of the All-in-One cooker thoroughly before using it for the first time (see chapter 'Cleaning').

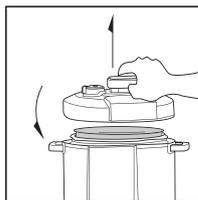
Note

- Make sure all parts are completely dry before you start using the All-in-One cooker.

Preparations before cooking

Before using the All-in-One cooker to cook food, you need to follow below preparations:

- 1 Hold the lid handle and turn it anti-clockwise until the top lid cannot move any more, then lift up the top lid.

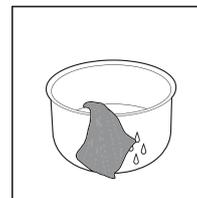


- 2 Take out the inner pot from the All-in-One cooker and put the pre-washed food in the inner pot.

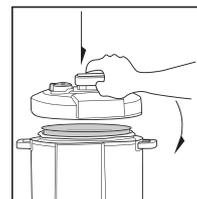
Note

- Do not fill the inner pot with less than 1/3 or more than 2/3 full of food and liquid.
- For food that expands during cooking, do not fill the inner pot with more than 1/2 full of food and liquid.
- For rice cooking, follow the water level indications on the inside of the inner pot. Water level indication for rice, refer to cup provided with the product. You can adjust the water level for different types of rice and your own preference. Do not exceed the maximum water level indication.
- Make sure the floating valve falls down before cooking.

- 1 Wipe the outside of the inner pot dry and put it back into the All-in-One cooker.



- 2 Place the top lid onto the All-in-One cooker and turn it clockwise. You will hear a "click" sound when the top lid is properly locked.



Note

- Make sure the sealing ring is properly assembled around the inside of the top lid.
- Make sure the pressure regulator and floating valve are clean and not blocked.
- Make sure the outside of the inner pot is dry and clean, and that there is no foreign residue on the heating element.
- Make sure the inner pot is in proper contact with the heating element.

Before first use

Cooking function	Cooking temperature	Default cooking time	Adjustable cooking time
Slow cook High Temp	90°C±10°C	6 hrs	2-12 hrs
Slow cook Low Temp	70°C±10°C	6 hrs	2-12 hrs
Sauté/Sear High Temp*	150°C±10°C	2 mins	2 mins-2 hrs
Sauté/Sear Low Temp**	130°C±10°C	2 mins	2 mins-2 hrs
Stew/Curry	90°C±10°C	1 hr	20 mins-10 hrs
Pot Roast	90°C ± 10°C	6 hrs	2-12 hrs
Bake	140°C±10°C	45 mins	10-59 mins
Yogurt	40°C±10°C	8 hrs	6-12 hrs
Warm	65°C-85°C	12 hrs	\
Reheat	85°C±10°C	25 mins	8-25 mins

*The preheat time of **Saute/Sear Low Temp** may take up to 3 minutes.

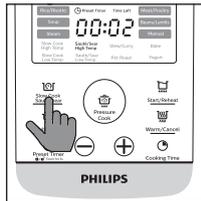
The preheat time of **Saute/Sear High Temp may take up to 5 minutes.

Pressure cooking programs

Cooking function	Default cooking time (minute)	Adjustable cooking time (minute)
Rice/Risotto	14	\
Soup	20	20-59
Steam	10	5-59
Meat/ Poultry	15	12-59
Beans/Lentils	30	25-59
Manual	2	2-59

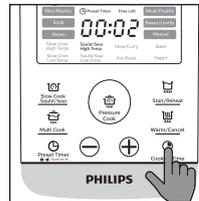
Non-pressure cooking

- Follow the steps in "Preparations before cooking".
- Turn the pressure regulator to the **Bake** or **Vent** position.
 - When choosing **Slow cook**, **Stew/Curry**, **Pot Roast**, **Yogurt** and **Reheat** turn the pressure regulator to the **Vent** position.
 - When choosing **Bake**, turn the pressure regulator to the **Bake** position.
 - When using **Sauté/Sear** mode, make sure to keep the top lid open for the entire time.
 - To choose the **Reheat** function, press **Start/Reheat** when the appliance is in standby mode.
- Put the plug in the power socket.
- Press the **Slow Cook Sauté/Sear** button () or **Multi Cook** button () to choose a desired non-pressure cooking function.



- ↳ The selected cooking mode indicator flashes.
- ↳ The default cooking time is displayed on the screen.

- If you want to set a different cooking time, press the Cooking Time button ().

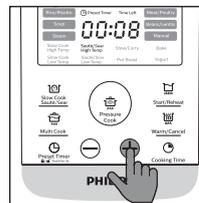


- ↳ The **cooking time** flashes on the screen.

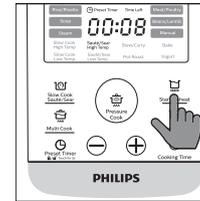
Note

- Cooking time will start count down once internal temperature reaches cooking temperature as outlined in 'Cooking time regulating range'.
- There is preheat time for **Sauté/Sear** mode (3 minutes for low temp and 5 minutes for high temp). Insert your food once the "Maintain pressure" status is reached on the progression bar and the timer starts to count down. Inserting food before the correct status is reached will slow down the process.
- These functions do not build up pressure, the cooking process is controlled by temperatures.

- Press the +/- button to set the cooking time.

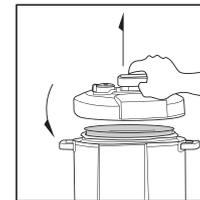


- Press and hold the **Start/Reheat** button () for 3 seconds and the All-in-One cooker starts working in the selected mode.



- ↳ You will hear two beeps after you press the start button.

- When the cooking time has elapsed, you will hear two beeps and the All-in-One cooker switches to keep-warm mode automatically.
 - ↳ The warm mode indicator lights up.
- Hold the top lid handle and turn the lid anti-clockwise until it cannot move any more, then lift it up.



Tip

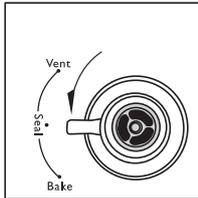
- You can adjust the cooking time for different types of food according to your preference.

Pressure cooking

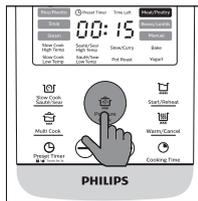
Note

- Make sure the floating valve drops down before closing the lid.

- 1 Follow the steps in “Preparations before cooking”.
- 2 Turn the pressure regulator to the seal position.



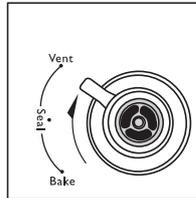
- 3 Put the plug in the power socket.
- 4 Press the **Pressure Cook** button () to choose a desired cooking function.



- ↳ The selected cooking mode indicator flashes.
- ↳ The default cooking time is displayed on the screen.

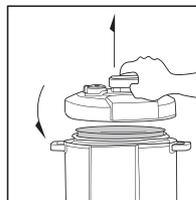
- 9 When the cooking time has elapsed, you will hear two beeps and the All-in-One cooker switches to keep-warm mode automatically.
↳ The keep warm indicator lights up.

- 10 **CAUTION! Risk of scalding:** Turn the pressure regulator to the vent position.



- ↳ The All-in-One cooker starts releasing pressure.
- ↳ The floating valve drops when the pressure is released sufficiently.

- 11 Hold the top lid handle and turn the lid anti-clockwise until it cannot move any more, then lift it up.



Note

- When cooking soup or viscous liquid, do not release pressure by turning the pressure regulator to the steam vent position, otherwise liquid might spurt from the pressure regulator valve. Wait until the pressure is naturally released and the floating valve has dropped to open the top lid. Some fumes/steam could rise from the pressure regulator valve during the pressurizing stage, this is to be considered normal. If an excessive amount of steam is released from the pressure valve, please refer to the assembly and disassembly steps.
- After the cooking is finished and the pressure is released, unplug the All-in-One cooker to turn off the keep warm function or when not in use.
- You can press the **Warm/Cancel** button to cancel the cooking process.

Tip

- You can adjust the cooking time for different types of food according to your preference. Cooking time is not adjustable for rice cooking function.

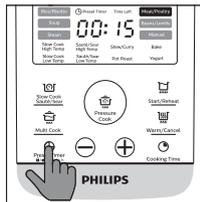
Preset time for delayed cooking

Note

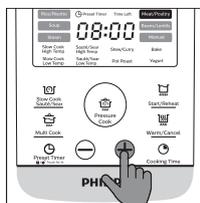
- The preset time is not available in **Sauté/Sear High Temp**, **Sauté/Sear Low Temp** and **Pot Roast**.

You can preset the delayed cooking time for different cooking functions. The preset timer is available up to 24 hours, but is not applicable to the cake baking function.

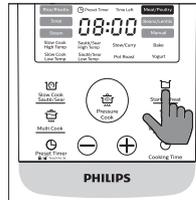
- 1 Choose the desired cooking mode, then press the preset timer button (⌚).



- 2 Press the +/- button to choose the preset time.



- 3 Once the preset time is set, press the start button (⏻) to enter preset mode.



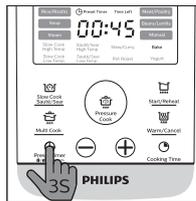
- ↳ The remaining preset time is displayed on the screen.

- 4 When the preset time is elapsed, the All-in-One cooker starts working in the selected cooking mode automatically.

Setting up child lock

To protect your child from using the product, you can set up the child lock function.

- Press and hold the preset timer button (⌚) for 3 seconds to enter the child lock mode.



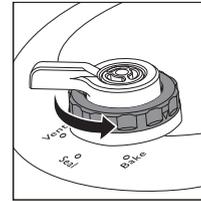
Assembling and disassembling the pressure regulator

Caution

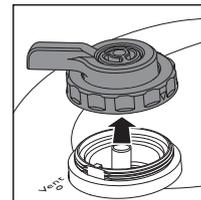
- Do not disassemble the pressure regulator during cooking. Always unplug the All-in-One cooker and wait until the pressure has been released sufficiently.

To disassemble the pressure regulator:

- 1 Turn the lower screw anti-clockwise until it becomes loose.

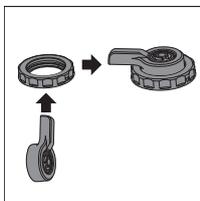


- 2 Pull it up and take out the pressure regulator.

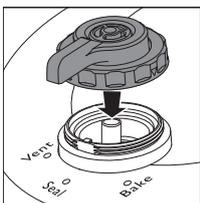


To assemble the pressure regulator:

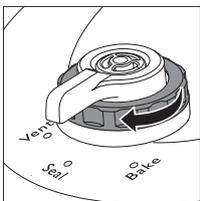
- 1 Assemble the lower screw back to the regulator.



- 2 Make sure the regulator points at the sealed position and put it back to the steam valve.



- 3 Turn the screw clockwise until it is fastened.



Specifications

Model Number	HD2178
Rated power output	1000W
Rated capacity	6L

Note

- Always unplug the appliance if not used for a longer period.

Cleaning and maintenance

Note

- Unplug the All-in-One cooker before starting to clean it.
- Wait until the All-in-One cooker has cooled down sufficiently before cleaning it.

Interior

Inside of the outer lid and the main body:

- Wipe with wrung out and damp cloth.
- Make sure to remove all the food residues stuck to the All-in-One cooker.

Heating element:

- Wipe with wrung out and damp cloth.
- Remove food residues with wrung out and damp cloth or toothpicks.

Sealing ring:

- Soak in warm water and clean with sponge.
- Do not wash the gasket in dishwasher as this may deform it.

Exterior

Surface of the outer lid and outside of the main body:

- Wipe with a cloth damped with soap water.
- Only use soft and dry cloth to wipe the control panel.
- Make sure to remove all the food residues around the pressure regulator and floating valve.

Pressure regulator valve and floating valve:

- Disassemble the pressure regulator valve, soak it in warm water, and clean with sponge.
- Remove food residues in the pressure regulator valve and floating valve with toothpicks.

Accessories

Rice spoon, soup ladle, steaming plate and inner pot:

- Soak in hot water and clean with sponge.

Notices

Electromagnetic fields (EMF)

This Philips appliance complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

Compliance with EMF

Koninklijke Philips N.V. manufactures and sells many products targeted at consumers, which, like any electronic apparatus, in general have the ability to emit and receive electromagnetic signals.

One of Philips' leading Business Principles is to take all necessary health and safety measures for our products, to comply with all applicable legal requirements and to stay well within the EMF standards applicable at the time of producing the products.

Philips is committed to develop, produce and market products that cause no adverse health effects. Philips confirms that if its products are handled properly for their intended use, they are safe to use according to scientific evidence available today.

Philips plays an active role in the development of international EMF and safety standards, enabling Philips to anticipate further developments in standardization for early integration in its products.

Recycling

Do not throw away the appliance with normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you can help to preserve the environment.

Guarantee and service

Do not throw away the appliance with normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you can help to preserve the environment.

Troubleshooting

If your All-in-One cooker does not function properly or if the cooking quality is insufficient, consult the table below. If you are unable to solve the problem, contact a Philips service center or the Consumer Care Center in your country.

Problem	Solution
I have difficulties closing the top lid.	<ul style="list-style-type: none">• The sealing ring is not well assembled. Make sure the sealing ring is well assembled around the inside of the top lid.• The floating valve blocks the locking pin. Push down the floating valve so that it does not block the locking pin.
I have difficulties opening the top lid after the pressure is released.	<ul style="list-style-type: none">• The floating valve has not dropped. Push the floating valve down.
The food is not cooked.	<ul style="list-style-type: none">• Make sure that there is no foreign residue on the heating element and the outside of the inner pot before switching the All-in-One cooker on.• The heating element is damaged, or the inner pot is deformed. Take the cooker to your Philips dealer or a service center authorized by Philips.• Incorrect function or time was selected, increase cooking time or change cooking method.
Air or steam leaks from under the lid.	<ul style="list-style-type: none">• The sealing ring is not well assembled. Make sure the sealing ring is well assembled around the inside of the top lid.• There is food residue in the sealing ring. Make sure the sealing ring is clean.• The top lid is not properly closed. Make sure the top lid is properly closed.• The pressure level inside of the appliance is abnormal. In this case the safety valve will be releasing steam. Take the appliance to your Philips dealer or a service center authorized by Philips.
Air or steam leaks from the floating valve.	<ul style="list-style-type: none">• There is food residue in the rubber ring of the floating valve. Clean the rubber ring of the floating valve.• The rubber ring of the floating valve is broken. Replace the rubber ring.

Troubleshooting

Problem	Solution
The floating valve does not rise after the appliance starts pressurizing.	<ul style="list-style-type: none">• Make sure there is enough food and water in the inner pot.• The top lid or the pressure regulator has malfunction. Take the appliance to your Philips dealer or a service center authorized by Philips.
E3 displays on the screen.	<ul style="list-style-type: none">• The temperature inside the inner pot is too high. Wait until it falls down to room temperature.
E1, E2, or E4 displays on the screen.	<ul style="list-style-type: none">• The All-in-One cooker has malfunction. Take the appliance to a Philips dealer or a service center authorised by Philips.
Water steam leaks from pressure regulator valve.	<ul style="list-style-type: none">• Valve screw is loose or food residual is inside the valve. Switch off appliance and let cool down to room temperature; disassemble valve as per maintenance instructions.
The Start/Reheat or Warm/Cancel button does not respond.	<ul style="list-style-type: none">• The Start/Reheat or Warm/Cancel button has a deliberate delay response programmed. This is to avoid accidental starts/cancels. Please hold your finger over the button for 3 seconds to activate.

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Breakfast



& salad

Apple cinnamon oatmeal

Milk semolina

Strawberry jam

Sweet potato salad





Apple cinnamon oatmeal

 **Pre+Cooking time:** 25 mins  **Serves:** 3  **Pot recommendation:** Non-stick pot

Ingredients

- 2 cups oatmeal
- 600ml water
- 100ml milk
- 2 tbsp. honey
- 1 medium apple, peeled and chopped
- 50g raisins
- 1 tbsp. cinnamon

Method

1. Put the oatmeal, raisins, honey and chopped apple into the inner pot. Add the water and cinnamon.
2. Close the lid, touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 20 minutes and press **START**.
3. After 15 minutes add the milk, close the lid and wait until the end of the program.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*



Milk semolina

 **Pre+Cooking time:** 23 mins  **Serves:** 4  **Pot recommendation:** Non-stick pot

Ingredients

- 1L milk
- 100g semolina
- 30g vanilla sugar
- 60g sugar
- Raisins and/or fruit jam - optional

Method

1. Pour milk into the inner pot, add the vanilla sugar and raisins.
2. Close the lid, touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 20 minutes and press **START**.
3. After 15 minutes add the sugar and semolina gradually to avoid lumps.

Tip
Serve with fruit or jam

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **STEW/CURRY** turn the pressure regulator to the **VENT** position.*

Breakfast



Strawberry jam

⌚ **Pre+Cooking time:** 3 hrs 20 mins 🍲 **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 1kg strawberries (chopped)
- 500g sugar
- 1 tbsp. vanilla sugar
- Juice and peel of 1 lemon

Method

1. Rinse the strawberries without stalks, put them in the inner pot and add sugar. Leave for an hour.
2. Place the pot with strawberries inside the appliance. Add the juice and lemon peel and vanilla sugar.
3. Close the lid, touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 1 hour and 30 minutes and press **START**.
4. After 30 minutes open the lid and leave until the desired consistency is achieved.
5. While hot, add jam to sterilised jars and seal.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*



Sweet potato salad

 **Pre+Cooking time:** 25 mins  **Serves:** 4  **Pot recommendation:** Stainless steel pot

Ingredients

- 3 sweet potatoes (500g), peeled
- 2 tbsp. nut oil
- salt and pepper
- chilli powder
- 2 tbsp. white wine vinegar
- 2 tbsp. olive oil
- 250g cherry tomatoes, halved
- 75g rocket
- 30g alfalfa
- 3 tbsp. pine nuts

Method

1. Place 1 cup of water into the inner pot and add steam tray.
2. Peel and cut the sweet potatoes into slim wedges. Mix with 1 tbsp. of nut oil and season with salt and chilli powder.
3. Place wedges on steaming tray and close the lid. Touch the **PRESSURE COOK** menu to select **STEAM** program, set cooking time for 10 minutes and press **START**.
4. Once cooked, allow the potato to cool down as needed.
5. Make a dressing with vinegar, olive oil, 1 tbsp. of nut oil, salt and pepper. Mix the potato wedges, tomatoes, rocket, alfalfa and dressing in a large bowl and sprinkle with pine nuts.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Breakfast



Soup



Minestrone soup

Meatball soup

Chicken soup

Chicken and barley soup

Lamb shank and vegetable soup





Minestrone

 Pre+Cooking time 1 hr  Serves: 8  Pot recommendation: Non-stick pot

Ingredients

- 2 cloves garlic, finely chopped
- 1 diced brown onion
- 2 peeled diced carrot
- 2 (100g) sticks celery diced
- 2 (400g) zucchini diced
- 1 Desiree potato/diced
- 25ml olive oil
- 1 can cannellini beans/drained well
- 240g dried spiralli pasta
- 2 litres vegetable stock
- 2 bay leaves
- 2 x 450g tins diced tomato
- 2 rindless rashers bacon
- ½ tsp oregano
- ½ bunch kale
- parmesan cheese
- fresh basil

Tip

Serve and garnish with grated parmesan and picked basil.

Method

1. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, and set for 10 minutes.
2. Add in olive oil, onion, garlic, carrot, celery, zucchini, potato and bacon. Cook with lid open until onion is transparent.
3. Add beans, pasta, herbs, tomato and stock. Close the lid and touch the **PRESSURE COOK** menu to select **BEANS/LENTILS** program for 30 minutes.
4. Shred the kale finely, wash it well and add to the dish at the end of cooking time.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Soup



Meatball soup

🕒 **Pre+Cooking time:** 45 mins 🍽️ **Serves:** 4

🍲 **Pot recommendation:** Either pot can be used, however the non-stick pot is easier to clean

Ingredients

Meatballs

- ½ an onion, chopped
- 1 clove garlic, minced
- 250g minced meat
- 2 potatoes, diced
- 1 egg

Soup

- 2L water
- ½ an onion, chopped
- 1 red pepper, chopped
- 1 carrot, chopped
- 300ml broth
- 2 tbsp. tomato paste
- salt and pepper for seasoning

Method

1. Put the onion, carrot into the inner pot. Add the water, close the lid.
2. Touch the **PRESSURE COOK** menu to select **MANUAL** program, set the cooking time for 8 minutes. Press **START** to boil.
3. Meanwhile, mix the meat, onion, egg, diced potato and pinch of salt, garlic and pepper until well mixed. Roll the meat mixture and create balls with a damp hand and coat with flour.
4. Add the meatballs, diced potatoes, broth and tomato paste to the inner pot. Season to taste.
5. Close the lid, touch the **PRESSURE COOK** menu to select **SOUP** program, press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Chicken soup

 **Pre+Cooking time** 30 mins  **Serves:** 4  **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 125g portions chicken breast
- 2L water
- 1 carrot, chopped
- 1 onion, chopped
- 1 sprig parsley
- 1 stick celery, chopped
- 1 clove garlic, crushed
- half a medium leek, chopped
- 2 tsp. salt
- 1 tsp. mixed dried vegetables
- pepper to season
- parsley leaves and sage

Method

1. Pour 2L of water into the inner pot and put in a portion of chicken meat.
2. Put all the vegetables in the pot and add salt. Close the lid. Touch the **PRESSURE COOK** menu to select **SOUP** program, and press **START**.

Tip

Serve with cooked noodles.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*

Soup



Chicken and barley soup

🕒 **Pre+Cooking time** **slow** 6hrs 30 mins **or** **pressure** 50 mins 🍲 **Serves:** 4

🍲 **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 20g dried porcini mushrooms
- 1 cup(250ml) boiling water
- 2 chicken maryland
- 1 medium brown onion, chopped finely
- 2 cloves garlic, crushed
- 1L chicken stock
- ½ cup pearl barley
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 medium parsnip, chopped finely
- 1 small kumara (orange sweet potato), chopped finely
- 2 sticks celery, trimmed, chopped finely
- 250g swiss brown mushrooms, quartered
- ½ cup finely chopped fresh flat-leaf parsley

Method

1. Place porcini mushrooms in a small heatproof bowl with the water; stand 15 minutes or until softened. Drain and reserve the porcini and the soaking liquid.
2. Meanwhile, discard as much skin as possible from chicken. Place chicken, onion, garlic, stock, barley, rosemary, thyme, parsnip, kumara, celery, swiss brown mushrooms, porcini mushrooms and the reserved soaking liquid into the inner pot of cooker.
3. Seal lid, cook on **SLOW COOK LOW TEMP** for 6 hours or touch the **PRESSURE COOK** menu to select **SOUP** program for 20 minutes. Press **START**.
4. Remove chicken from cooker. When cool enough to handle, remove meat from bone; shred coarsely. Discard bones. Return meat to cooker; season to taste. Serve topped with parsley.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Lamb shank and vegetable soup

🕒 **Pre+Cooking time** **slow** 10hrs 30 mins **or** **pressure** 1 hr 10 mins 🍲 **Serves:** 6

🍲 **Pot recommendation:** Stainless steel pot

Ingredients

- 1 tbsp. olive oil
- 4 french-trimmed lamb shanks
- 1 medium brown onion, chopped coarsely
- 2 baby fennel bulbs, sliced thinly
- 2 medium carrots, chopped coarsely
- 4 cloves garlic, crushed
- 2 fresh small red thai (serrano) chillies, chopped finely
- 2 tsp. ground cumin
- 1 celery stick chopped
- 2 tsp. ground coriander
- 1 tsp. ground cinnamon
- 1.3L (5 cups) water
- 2 cups beef stock
- 400g canned diced tomatoes
- 400g canned chickpeas, drained, rinsed
- ¾ cup frozen baby peas
- 1 cup loosely packed fresh coriander leaves

Method

1. Add half the oil into the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); cook lamb until browned all over.
2. Add remaining oil into the same pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 4 minutes and press **START** (Do not close the lid); cook onion, fennel, carrot, garlic, celery and chilli, stirring, until fragrant. Stir in the water, stock, tomatoes and chickpeas.
3. Seal lid, cook on **SLOW COOK LOW TEMP** for 10 hours or touch the **PRESSURE COOK** menu to select **SOUP** program for 30 minutes. Press **START**.
4. Remove lamb from cooker. When cool enough to handle, remove meat from bones, shred meat; discard bones. Stir meat, peas and coriander leaves into cooker. Season to taste.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Soup



Main



Rice

Pasta

Beef

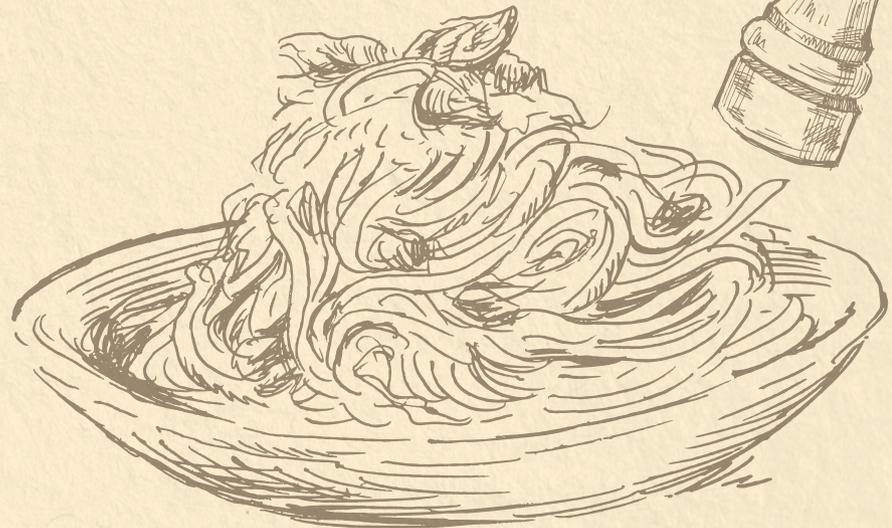
Chicken

Pork

Lamb

Fish

Vegetable





Normal rice

 **Pre+Cooking time** 25 mins  **Serves:** 4  **Pot recommendation:** Non-stick pot

Ingredients

- Rice (250ml or a 'rice cup')

Method

1. Measure 2 cups of rice and pour in the inner pot.
2. Add water to the level corresponding to 2 cups of rice
3. Close the lid and touch the **PRESSURE COOK** menu to select **RICE/RISOTTO** program. Press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Risotto

🕒 **Pre+Cooking time** 35 mins 🍽️ **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 2 tbsp. olive oil
- ½ small onion, diced
- ¼ red pepper, diced
- ½ green pepper, diced
- 60g mushrooms, sliced
- 130g tomatoes, chopped
- 280g long grain rice
- 360ml chicken/vegetable stock
- 70g frozen peas

Method

1. Add oil to the inner pot.
2. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program.
3. Set cooking time for 10 minutes and press **START** (do not close the lid).
4. Place the onion, pepper, mushrooms and tomatoes in the pot. Stir from time to time.
5. Add the rice, peas and stock, stir, then close the lid.
6. Touch the **PRESSURE COOK** menu to select **RICE/RISOTTO** program and press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Asian style chicken

⌚ **Pre+Cooking time** 40 mins 🍲 **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 2 tbsp. olive oil
- ½ medium onion, diced
- 300g chicken breast, finely sliced
- 500ml vegetable broth
- 2 cups rice
- 1 small leek, sliced thinly
- 50g fresh oyster mushrooms
- 3 slices pineapple
- 1 small red chilli
- 2 pinches ginger
- juice from 1 lemon
- 20ml soy sauce
- spicy seasoning mix
- 1 bunch fresh coriander

Tip

Serve with fresh coriander.

Method

1. Season chicken with the spicy seasoning mix in a separate bowl.
2. Add the oil and onion to the inner pot.
3. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 5 minutes and press **START** (Do not close the lid). Add the seasoned chicken and stir from time to time.
4. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid). Add the leek, mushrooms, pineapple, chilli and ginger.
5. Add the rice and broth, mix together and close the lid. Touch the **PRESSURE COOK** menu to select **RICE/RISOTTO** program and press **START**.
6. Finally, add the lemon juice and soy sauce.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Rice



Pork and fennel sausage risotto

⌚ **Pre+Cooking time** 40 mins 🍲 **Serves:** 4–6 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 6 pork and fennel sausages
- 1 tbsp. olive oil
- 20g butter
- 1 medium brown onion, chopped finely
- 1 clove garlic, crushed
- 1 medium fennel bulb, trimmed, chopped finely
- 1 ½ cups arborio rice
- ½ cup dry white wine
- 3 ½ cups chicken stock
- 2 cups water
- ½ cup frozen peas
- ½ cup finely grated parmesan cheese
- 2 tsp. finely chopped fresh thyme

Method

1. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 14 minutes and press **START** (Do not close the lid); cook sausages. Remove from cooker; slice thinly.
2. Add oil and butter into cooker. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 3 minutes and press **START** (Do not close the lid); cook onion, fennel and garlic, stirring, until vegetables soften. Add rice; stir to coat in butter mixture. Add wine; simmer, uncovered, until liquid is absorbed. Add stock and the water.
3. Seal lid, touch the **PRESSURE COOK** menu to select **RICE/RISOTTO** program. Press **START**.
4. Remove lid, Add sausage and peas; cover, stand 5 minutes. Stir in half the cheese and thyme; season to taste.
5. Serve risotto sprinkled with remaining cheese.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Mushroom risotto

⌚ **Pre+Cooking time** 1 hr 🍲 **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 30g butter
- 1 large brown onion, chopped finely
- ½ cup dry white wine
- 1L vegetable stock
- 2 cups (500ml) water
- 2 cups arborio rice
- 60g butter, extra
- 300g button mushrooms, sliced thinly
- 200g swiss brown mushrooms, sliced thinly
- 2 cloves garlic, crushed
- 2 tsp. finely chopped fresh thyme
- 1 cup finely grated parmesan cheese

Method

1. Add butter into the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 14 minutes and press **START** (do not close the lid); cook onion and mushrooms, stirring, until browned lightly. Add garlic, thyme, wine and bring to the boil until almost evaporated.
2. Add stock and rice to the pot. Touch the **PRESSURE COOK** menu to select **RICE/RISOTTO** program and press **START**.
3. Stir in cheese once cooked. Top with thyme and serve.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Rice



Pasta

🕒 **Pre+Cooking time** 23 mins 🍲 **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- Pasta (3 cups)

Method

1. Measure 3 cups of pasta (penne or rotini) and put into the inner pot.
2. Add 1.5 cups of water.
3. Close the lid and touch the **MULTI COOK** menu to select **STEW/CURRY** program, set the cooking time for 20 minutes. Press **START**.

Tip

*For pasta al dente use less water.
Recommend to use a non-stick pot.*

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **STEW/CURRY** turn the pressure regulator to the **VENT** position.*



Pasta bolognese

 **Pre+Cooking time** 55 mins  **Serves:** 4  **Pot recommendation:** Non-stick pot

Ingredients

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 1 medium carrot, diced
- 1 stick celery, diced
- 70g mushrooms, chopped
- 250g lean minced beef
- 2 tbsp. tomato paste
- 400g tinned chopped tomatoes
- 2 tbsp. mixed herbs
- 1 garlic clove, chopped
- 90ml red wine
- 250g penne pasta
- 270ml water

Tip

Add water and pasta on top of the sauce ingredients. Recommend the use of a non-stick pot.

Method

1. Put the oil, onion, carrot, celery, mushrooms and meat into the inner pot.
2. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 13 minutes and press **START** (Do not close the lid).
3. Cook for 8 minutes then add the tomato paste, chopped tomatoes, garlic, mixed herbs and red wine. Continue with the program for another 5 minutes.
4. Add the pasta and water. Close lid.
5. Touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 30 minutes and press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*

Pasta



Carbonara spaghetti

⌚ **Pre+Cooking time** 45 mins 🍲 **Serves:** 4 🍳 **Pot recommendation:** Non-stick pot

Ingredients

- 1 tbsp. olive oil
- ½ medium onion, chopped
- 1 garlic clove, crushed
- 100g bacon, chopped
- 180ml double cream
- salt and pepper to season
- 200g spaghetti
- 540ml water

Method

1. Add the oil, onion and garlic to the inner pot.
2. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START**. (Do not close the lid) Stir from time to time.
3. Break the spaghetti in half and place into the inner pot with the rest of the ingredients and water. Mix all the ingredients. Close the lid.
4. Touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 30 minutes and press **START**.

Tip

Add water and pasta on top of the sauce ingredients. Recommend the use of a non-stick pot.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*



Tuna spaghetti

🕒 **Pre+Cooking time** 30 mins 🍽️ **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 1 tbsp. olive oil
- ½ medium onion, chopped
- 1 garlic clove, crushed
- 180g tinned chopped tomatoes
- 150g tinned tuna
- 200g spaghetti
- 540ml water
- 1 tbsp. dried oregano
- salt and pepper to season

Method

1. Add the oil, onion and garlic to the inner pot.
2. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 5 minutes and press **START** (Do not close the lid). Stir from time to time.
3. Break the spaghetti in half and place into the inner pot and mix with the rest of the ingredients and water. Close the lid.
4. Touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 20 minutes and press **START**.

Tip

Add water and pasta on top of the sauce ingredients. Recommend the use of a non-stick pot.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **STEW/CURRY** turn the pressure regulator to the **VENT** position.*

Pasta



Sausage Pasta Bake

⌚ **Pre+Cooking time** 50 mins 🍲 **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 3 cloves garlic
- 1 finely sliced brown onion
- 200g grated cheddar cheese
- 100g stale bread
- 1 tbsp fresh oregano, chopped
- 1 tbsp fresh flat leaf parsley
- 1 tsp dried oregano
- Olive oil
- 4 pork sausages
- 1 tsp chilli flakes
- 2 x 450g tins diced tomato
- 350ml vegetable stock
- 400g dried rigatoni

Tip

Recommend the use of a non-stick pot.

Method

1. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, for 5 minutes. Add in olive oil, sliced onion and chopped garlic. With the lid open, cook till transparent.
2. Squeeze out sausage mix to create four balls from each sausage. Add into cooker along with rigatoni, tinned tomato and stock.
3. Touch the **PRESSURE COOK** menu to select **MANUAL** program and set for 20 minutes.
4. Tear bread into chunks and mix with fresh oregano, chilli flakes, cheese and parsley and a little oil.
5. Once the pasta is cooked, sprinkle the bread mixture over the top and touch the **MULTI COOK** menu to select **BAKE** program for 10 minutes. Set the valve to “BAKE” position.

Cooking timer starts to count down once the ‘Maintain pressure’ status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

*When choosing **BAKE** turn the pressure regulator to the Bake position*



Beef ribs with stout

 **Prep time** 15 mins **slow** 6 hrs **or** **pressure** 1 hr  **Serves:** 6  **Pot recommendation:** Stainless steel pot

Ingredients

- 1 tbsp olive oil
- 2.5 kg beef short ribs
- 2 large brown onions sliced
- 2 tbsp brown sugar
- 2 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 5 sprigs fresh thyme
- 400g carrots cut into chunks
- 1 x 450g tin peeled tomato pieces
- 250ml stout or Guinness
- 250ml beef stock
- 50ml bbq sauce
- 2 Tbsp cornflour mixed with
1 Tbsp cold water

Method

1. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program. Add half the oil into the inner pot. Sear ribs in batches and set aside.
2. Add in remaining oil. With the lid open, sauté onion for 15 minutes.
3. Add sugar, vinegar, carrot and tomato with herbs, stout and BBQ sauce.
4. Return ribs to the pot. Seal lid and cook on **SLOW COOK LOW TEMP** for 6 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 45 minutes. Press **START**.
5. Once finished, stir in the cornflour mixture to thicken the sauce.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Braised beef cheeks in stout

🕒 **Pre+Cooking time** **slow** 9 hrs 45 mins **or** **pressure** 1 hr 25 mins 🍽️ **Serves:** 6

🍲 **Pot recommendation:** Stainless steel pot

Ingredients

- 2 tbsp. olive oil
- 6 beef cheeks
- 12 shallots
- 2 cloves garlic, crushed
- 1 cup (250ml) beef stock
- 2 medium carrots, chopped coarsely
- 250g portabello mushrooms, chopped coarsely
- 3 cups (750ml) stout
- 2 tbsp. dark brown sugar
- 2 sprigs fresh rosemary
- ¼ cup (35g) cornflour
- 2 tbsp. water
- 2 sprigs of thyme
- 1 chorizo sausage, sliced thinly

Method

1. Add half the oil into the inner pot. Select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); cook beef in batches, until browned all over. Remove from pot and set aside.
2. Meanwhile, peel shallots, trim roots, leaving shallots whole. Halve shallots lengthways.
3. Heat remaining oil in the inner pot, select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 5 minutes. Press **START** (Do not close the lid); cook shallots and garlic, stirring, until shallots are browned lightly. Stir shallot mixture with cooked beef, carrot, mushrooms, stout, sugar, thyme and rosemary in the inner pot.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 9 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 30 minutes. Press **START**.
5. Carefully remove beef from cooker. Cover to keep warm. Stir blended cornflour and the water into cooker. Select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 15 minutes and press **START** (Do not close the lid); cook until thickened slightly. Season to taste.
6. Serve beef with thickened sauce.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Chinese braised oxtail

 **Pre+Cooking time** slow 8 hrs 10 mins **or** pressure 40 mins  **Serves:** 4–6

 **Pot recommendation:** Stainless steel pot

Ingredients

- 1kg beef oxtail, trimmed
- ½ cup (125ml) Japanese/Korean soy sauce
- ¼ cup Chinese cooking wine
- ¼ cup firmly packed dark brown sugar
- 6 cloves garlic, bruised
- 12cm piece fresh ginger, peeled, sliced thickly
- 4 green onions, chopped coarsely
- 2 star anise
- 2 cinnamon sticks
- 3 x 5cm strips orange rind
- ½ cup water
- 2 green onions, shredded finely

Method

1. Cut oxtail into 4cm pieces. Combine sauce, wine, sugar, garlic, ginger, chopped onion, star anise, cinnamon, rind and the water in inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 10 minutes and press **START** (do not close the lid); bring to the boil. Add oxtail.
2. Seal lid, cook on **SLOW COOK LOW TEMP** for 8 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 25 minutes. Press **START**.
3. Remove lid. Transfer oxtail to serving plate; drizzle with about ½ cup (80ml) of braising liquid. Sprinkle with shredded onion.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Massaman beef curry

🕒 **Pre+Cooking time** **slow** 8 hrs 45 mins **or** **pressure** 1 hr 15 mins 🍽️ **Serves:** 6

🍲 **Pot recommendation:** Either pot can be used, however the non-stick pot is easier to clean

Ingredients

- 2 tbsp. peanut oil
- 2 large brown onions, cut into thin wedges
- 1kg gravy beef, chopped coarsely
- ⅔ cup massaman curry paste
- 1 cup coconut milk
- 1 cup chicken stock
- 2 cinnamon sticks
- 3 medium potatoes, chopped coarsely
- ½ cup roasted peanuts
- 2 tbsp. light brown sugar
- 1 tbsp. fish sauce
- ⅓ cup lightly packed fresh coriander leaves
- 1 lime, cut into wedges

Method

1. Add oil into the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 5 minutes and press **START** (Do not close the lid); cook onion, stirring, until browned lightly. Remove from pot, place on plate and put aside.
2. Add remaining oil into the inner pot. Select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); cook beef, in batches, until browned. Add paste; cook, stirring, until fragrant.
3. Add coconut milk, stock, cinnamon, potato and peanuts to cooker.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 8 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 25 minutes. Press **START**.
5. Discard cinnamon sticks. Stir in sugar and sauce. Serve topped with coriander leaves; accompany with lime wedges

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Osso buco with mushrooms

 **Prep time** 15 mins **slow** or **pressure** 1 hrs 30 mins  **Serves:** 6  **Pot recommendation:** Stainless steel pot

Ingredients

- 6 large pieces osso buco
- ¼ cup plain flour
- 2 tbsp olive oil
- 1 brown onion finely sliced
- 150ml red wine
- 350ml beef stock
- 60ml Worcestershire sauce
- 180g swiss brown mushrooms halved
- 155g portabello mushrooms cut into quarters
- 155g oyster mushrooms torn
- 125ml thickened cream
- 100g gravy powder
- 25ml water
- ½ cup coarsely chopped flat leaf parsley
- 30g brown sugar

Method

1. In a separate bowl, coat beef in flour and shake off excess. Add oil into inner pot and touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, Pre heat for 10 minutes.
2. Sear all the meat until browned all over with the lid off. Remove browned meat and set aside. Add onion to cooker and **SAUTÉ/SEAR** until transparent.
3. To the pot, add mushrooms, red wine, stock, sugar and gravy powder dissolved in water along with the browned meat. Close lid and cook on **SLOW COOK LOW TEMP** for 8 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 35 minutes.
4. When finished, open lid and add in cream. Serve with sweet potato mash.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Beef



Veal stew

 **Pre+Cooking time** 4 hrs  **Serves:** 4  **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 2 tbsp. olive oil
- 800g veal
- 5 large carrots, sliced
- 3 onions, chopped
- 3-4 bay leaves
- ½ cup red wine
- herbs, salt and pepper to season

Method

1. Rub the slices of meat with the seasoning.
2. Add olive oil to the inner pot.
3. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 20 minutes and press **START** (Do not close the lid); cook for 3 minutes on each side.
4. Take the meat out and put the onion into the inner pot. Cook for 8 minutes, add the carrot and onion on top of the meat. Add bay leaves and red wine and leave until it boils.
5. Close the lid, touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 3 hours and 30 minutes and press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*



Chicken cacciatore

 **Pre+Cooking time** **slow** 6 hrs 25 mins **or** **pressure** 15 mins  **Serves:** 6

 **Pot recommendation:** Stainless steel pot

Ingredients

- 2 tbsp. olive oil
- 12 chicken drumsticks
- 1 medium brown onion, sliced thickly
- 3 cloves garlic, crushed
- 3 drained anchovy fillets, crushed
- ½ cup (125ml) dry white wine
- ⅓ cup (80ml) chicken stock
- ⅓ cup (80ml) tomato pasta sauce
- 2 tbsp. tomato paste
- 2 tsp. finely chopped fresh basil
- 1 tsp. caster sugar
- ⅓ cup seeded black olives, halved
- 1 tbsp. finely chopped fresh flat-leaf parsley
- 2 tbsp. cream

Method

1. Add chicken and oil to the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); cook until browned all over. Add onion, garlic and anchovy fillets, cook until soft.
2. Add wine, tomato pasta sauce & tomato paste. Select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 5 minutes and press **START**; bring to the boil.
3. Stir in remaining ingredients including cream.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 6 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 15 minutes. Press **START**.
5. Stir in olives and parsley to garnish and serve.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*

Chicken



Chicken tikka masala

🕒 **Pre+Cooking time** 4 hrs 15 mins 🍲 **Serves:** 4 🍲 **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 1kg skinless chicken thigh cutlets
- 800g canned diced tomatoes
- 2 large brown onions, sliced thinly
- ⅔ cup tikka masala paste
- ¼ cup pouring cream
- 1 cup loosely packed fresh coriander leaves

Method

1. Combine chicken, tomatoes, onion and paste in the inner pot.
2. Seal lid, touch the **SLOW COOK** menu to select **SLOW COOK HIGH TEMP** program. Set cooking time for 4 hours. Press **START**.
3. Season to taste.
4. Serve drizzled with cream, topped with coriander.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*



Chicken, walnut and broad bean casserole

 **Pre+Cooking time** **slow** 4 hrs **OR** **pressure** 1 hrs 20 mins  **Serves:** 6

 **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 1.5kg chicken thigh fillets
- 2 tbsp. plain flour
- 2 tbsp. vegetable oil
- 20g butter
- 1 large brown onion, chopped coarsely
- 2 medium carrots, sliced thickly
- 2 stalks celery, trimmed, chopped coarsely
- 2 cloves garlic, chopped finely
- 2 cups chicken stock
- 2 tbsp. dijon mustard
- 1 medium celeriac, chopped coarsely
- 2 cups frozen broad beans, peeled, shell removed
- 1 tbsp. curry powder

Method

1. Toss chicken in flour to coat, shake off excess. Reserve excess flour. Add oil into the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); cook chicken in batches, until browned. Remove from pot, Wipe pot with absorbent paper.
2. Put butter into same pan, select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 5 minutes and press **START** (Do not close the lid); cook onion, carrot and celery, stirring, until softened. Add garlic; cook, stirring, until fragrant. Stir in reserved excess flour, then stock, mustard and curry powder, stir over on **SAUTÉ/SEAR LOW TEMP** for 3 minutes until mixture boils and thickens.
3. Place celeriac, top with chicken in a pot. Move onion mixture onto chicken.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 3 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 15 minutes. Press **START**.
5. Meanwhile, place broad beans in a medium heatproof bowl, cover with boiling water. Stand 2 minutes, drain. Peel away grey skins.
6. Add broad beans to cooker. Close the lid. Touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 30 minutes and press **START**. Season to taste. Serve sprinkled with nuts and celery leaves.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Chinese chicken hot pot

 **Pre+Cooking time** **slow** 8 hrs 20 mins **or** **pressure** 1 hr  **Serves:** 6

 **Pot recommendation:** Stainless steel pot

Ingredients

- 1.8kg whole chicken
- 1L water
- 1L chicken stock
- 2 cups (500ml) chinese cooking wine
- ½ cup (125ml) light soy sauce
- ⅓ cup (83ml) oyster sauce
- ⅓ cup (83g) firmly packed light brown sugar
- 4 cloves garlic, bruised
- 6cm piece fresh ginger (30g), sliced thinly
- 1 star anise
- 1 tsp. five-spice powder
- 2 fresh long red chillies, halved lengthways
- 500g baby bok choy, chopped coarsely
- ⅓ cup coarsely chopped fresh coriander
- 1 fresh long red chilli, extra, sliced thinly
- 2 cinnamon quills

Method

1. Rinse chicken under cold water; pat dry, inside and out, with absorbent paper. Combine the water, stock, cooking wine, sauces, sugar, garlic, ginger, spices and chilli in the inner pot. Add chicken.
2. Seal lid, cook on **SLOW COOK LOW TEMP** for 8 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 35 minutes. Press **START**.
3. Remove chicken, strain broth through fine sieve into large bowl. Discard solids. Cover chicken to keep warm. Return broth to cooker. Add bok choy to cooker. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 5 minutes and press **START** (Do not close the lid). Cook until tender.
4. Cut chicken into 6 pieces. Serve with bok choy, drizzle with the broth. Sprinkle with coriander and extra chilli.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*



Green chicken curry

🕒 **Pre+Cooking time** **slow** 4 hrs 10 mins **or** **pressure** 30 mins 🍽️ **Serves:** 4–6

🍲 **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 1 tbsp. peanut oil
- 1kg chicken thigh fillets, quartered
- ¼ cup green curry paste
- 1 cup coconut cream
- 2 medium zucchini, sliced thickly
- 1 tbsp. fish sauce
- 1 tbsp. lime juice
- 1 tbsp. grated palm sugar
- ½ cup each loosely packed fresh coriander and thai basil leaves
- 2 green onions, sliced thinly

Method

1. Add oil and chicken to the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); cook until golden brown
2. Add paste, zucchini, fish sauce, lime juice, palm sugar and onions. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 3 minutes and press **START** (Do not close the lid).
3. Add coconut cream.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 5 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 15 minutes. Press **START**.
5. Stir in sauce, juice, sugar and half the herbs; season to taste. Serve curry sprinkled with remaining herbs and onion.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Chicken



Green olive, garlic and lemon chicken

⌚ **Prep time** 10 mins **slow** 4 hrs **or** **pressure** 45 mins  **Serves:** 4  **Pot recommendation:** Stainless steel pot

Ingredients

- 2 tbsp soft butter
- 1 tbsp olive oil
- Zested Rind of 1 lemon
- 3 cloves garlic chopped finely
- 100 g pitted green olives chopped finely
- 2 tbsp flat leaf parsley chopped coarsely
- 1 x 1.5kg whole chicken
- 1 lemon cut into quarters
- 1 whole garlic bulb cut in half

Method

1. Combine soft butter with rind, garlic, olives and parsley.
2. Push lemons and garlic bulbs into chicken carcass. Gently add half the butter mix under the skin and spread remaining all over top of chicken.
3. Gently add half the butter mix under the skin and spread remaining all over top of chicken. Place chicken into inner pot, seal lid and cook on **SLOW COOK POT ROAST** for 5 hours (touch **MULTI COOK** menu to select this program) or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 45 minutes, breast side down (this will allow chicken to caramelize nicely).
4. Remove chicken and cut into four to serve.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Lemon grass and pork curry

 **Pre+Cooking time** **slow** 6 hrs 30 mins **or** **pressure** 55 mins  **Serves:** 6

 **Pot recommendation:** Non-stick pot or stainless steel pot

Ingredients

- 2x10cm sticks fresh lemon grass, chopped coarsely
- 3 cloves garlic, quartered
- 4cm piece fresh galangal, sliced thinly
- 1 fresh small red thai chilli, chopped coarsely
- 1 tsp. ground turmeric
- ½ tsp. ground cumin
- ¼ tsp. ground cardamom
- 3 fresh kaffir lime leaves, shredded thinly
- 1 medium red onion, chopped coarsely
- ½ cup water
- 1 tbsp. peanut oil
- 1.2kg pork neck, chopped coarsely
- ½ cup water
- 1 tbsp. peanut oil
- 1.2kg pork neck, chopped finely
- 800ml canned coconut milk
- 3 baby eggplants, sliced thinly
- 375g baby carrots, halved lengthways
- 1 tbsp. fish sauce
- 2 tbsp. lime juice
- ½ cup loosely packed fresh coriander leaves
- 1 tbsp. palm sugar
- 1 zucchini sliced lengthways into 8 slices

Method

1. Blend or process lemon grass, garlic, galangal, chilli, spices, lime leaves, onion and the water until mixture is smooth.
2. Add oil into the inner pot. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 5 minutes and press **START** (Do not close the lid); cook lemon grass paste, stirring until fragrant.
3. Stir in pork, coconut milk, palm sugar, eggplant, carrots and zucchini.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 6 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 20 minutes. Press **START**.
5. Season to taste. Serve sprinkled with coriander.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Pork



Barbecued pork ribs

⌚ **Pre+Cooking time** **slow** 4 hrs 30 mins **or** **pressure** 1 hr 🍲 **Serves:** 4 🍲 **Pot recommendation:** Stainless steel pot

Ingredients

- 2kg American-style pork ribs
- ½ cup barbecue sauce
- ½ cup tomato sauce or ketchup
- ½ cup cider vinegar
- ½ cup white wine
- ¼ cup orange marmalade
- 3 cloves garlic, crushed
- ½ tsp. chilli flakes
- ½ cup white wine
- pinch of salt

Tip

Ask the butcher to cut the ribs so that they will fit into your cooker.

Method

1. Cut pork into pieces to fit into the inner pot of cooker. Combine remaining ingredients in a large shallow dish; add pork, turn to coat in marinade. Cover; refrigerate mixture overnight.
2. Transfer pork and marinade to the cooker. Add sauce.
3. Seal lid, cook on **SLOW COOK LOW TEMP** for 4 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 30 minutes. Press **START**.
4. Release steam (set valve to Vent), open lid and Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid); skimming fat from surface, cook until sauce has reduced to about 1¾ cups.
5. Season to taste. Serve pork drizzled with sauce.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*



Caramelised pepper pork

🕒 **Prep time** 10 mins **slow** 6 hrs **or** **pressure** 30 mins 🍲 **Serves:** 4

🍲 **Pot recommendation:** Either pot can be used, however the non-stick pot is easier to clean

Ingredients

- 14 shallots chopped finely
- 3 cloves garlic chopped finely
- 45ml fish sauce
- 1 tbsp cracked black pepper
- 800g rindless / boneless pork belly
- 5g brown sugar
- 2 stalks spring onion

Method

1. Combine shallots, garlic, fish sauce, pepper and pork in bowl.
2. Pour oil into inner pot and touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program. Set cooking time for 10 minutes and press **START** (Do not close the lid).
3. Sear pork until it begins to caramelize. Then add in sugar and water.
4. Close lid and cook on **SLOW COOK LOW TEMP** for 6 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 15 minutes. Press **START**.
5. Serve with sliced spring onion and steamed rice.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Pork schnitzel

⌚ **Pre+Cooking time** 25 mins 🍲 **Serves:** 4 🏠 **Pot recommendation:** Non-stick pot

Ingredients

- 5 tbsp. olive oil
- 4 portions of schnitzel style pork fillets
- dry breadcrumbs
- flour
- 1 egg
- salt and pepper to season

Method

1. Pound the pork fillets to a $\frac{1}{4}$ - $\frac{1}{8}$ inch thickness.
2. Set out 3 shallow bowls: one with flour, salt and pepper, the second with the whipped egg, and the third with breadcrumbs.
3. Add the olive oil to the inner pot.
4. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 15 minutes and press **START** (Do not close the lid).
5. Drench the fillets first.
6. Cook the pork schnitzel for 3-4 minutes on each side (Do not close the lid).

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*



Old fashioned pork fricassee

🕒 **Pre+Cooking time** 55 mins 🍽️ **Serves:** 4

🍲 **Pot recommendation:** Either pot can be used, however the non-stick pot is easier to clean

Ingredients

- 2 tbsp. olive oil
- 500g pork
- 1kg potatoes, chopped
- 1 onion, chopped
- 300g mushrooms
- 1 carrot grated
- 1 clove of garlic
- 1 tbsp. cumin
- salt and pepper to season

Method

1. Add the oil, onion and garlic into the inner pot.
2. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid). Stir from time to time.
3. After 5 minutes add the carrot and continue for another 5 minutes.
4. Add the meat cut into cubes, seasoning and salt.
5. Close the lid. Touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 35 minutes and press **START**. After 15 minutes add potatoes and mushrooms.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*



Garlic, herb and mustard lamb leg

⌚ **Prep time** 15 mins **slow** 5 hrs **or** **pressure** 35 mins 🍲 **Serves:** 6 🏠 **Pot recommendation:** Stainless steel pot

Ingredients

- 2 tbsp olive oil
- 1 finely sliced brown onion
- 2 cloves garlic finely chopped
- 6 button mushrooms finely sliced
- 2 rashers bacon finely chopped
- 2 tbsp finely chopped flat leaf parsley
- 2 tbsp finely chopped rosemary
- 2 tbsp grain mustard
- ¼ cup breadcrumbs
- 1 egg
- 1.4kg boneless lamb leg
- 125ml chicken stock
- 125ml white wine

Method

1. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 15 minutes and press **START** (Do not close the lid). Add the olive oil to the inner bowl. Once hot, fry the onion, garlic, bacon and mushrooms gently.
2. Place herbs, mustard and bread crumbs in a mixing bowl. Add the cooked onion mushroom mixture and incorporate well.
3. Open out lamb leg and place stuffing into centre. Tie up with string at 2cm intervals. Seal lamb in inner pot for 10 minutes or until golden.
4. Add in wine and chicken stock and close lid. Cook on **SLOW COOK POT ROAST** for 5 hours 30 minutes (touch **MULTI COOK** menu to select this program) or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 20 minutes. Press **START**.
5. Remove from the pot. Allow to rest for 10 minutes before carving.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **SLOW COOK** turn the pressure regulator to the **VENT** position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Lamb korma

 **Pre+Cooking time** **slow** 6 hrs 30 mins **or** **pressure** 1 hr  **Serves:** 6  **Pot recommendation:** Stainless steel pot

Ingredients

- 1.5kg boned lamb shoulder, chopped coarsely
- 2 medium brown onions, sliced thinly
- 5cm piece fresh ginger, grated
- 3 cloves garlic, crushed
- ⅔ cup korma paste
- 3 medium tomatoes, chopped coarsely
- ½ cup chicken stock
- 300ml pouring cream
- 1 cinnamon stick
- ½ cup loosely packed fresh coriander leaves
- 1 fresh long red chilli, sliced thinly
- ⅓ cup roasted flaked almonds

Method

1. Combine lamb, onion, ginger, garlic, paste, tomatoes, stock, cream and cinnamon in a cooker.
2. Seal lid, cook on **SLOW COOK LOW TEMP** for 6 hours or touch the **PRESSURE COOK** menu to select **MEAT/POULTRY** program for 25 minutes. Press **START**.
3. Season to taste. Discard cinnamon stick. Serve korma sprinkled with coriander, chilli and almonds.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SLOW COOK** turn the pressure regulator to the VENT position.*

*When choosing **PRESSURE COOK** turn the pressure regulator to the SEAL position.*

Lamb



Lamb and winter vegetable stew

🕒 **Pre+Cooking time** 55 mins 🍽️ **Serves:** 4

🍲 **Pot recommendation:** Either pot can be used, however the non-stick pot is easier to clean

Ingredients

- 500g stewing lamb, cubed
- 2 cloves garlic, chopped finely
- 1 tbsp. fresh thyme, chopped finely
- freshly ground pepper and salt
- 300g butternut squash, seeded and cubed
- 150g parsnip, sliced
- 150g sweet potato, cubed
- 125g celery, sliced
- 1 medium onion, chopped coarsely
- 100ml red wine
- 125ml beef stock
- 1 tbsp. olive oil

Method

1. Mix the lamb with garlic, thyme and pepper and salt to taste. Mix in the squash, parsnip, sweet potato, celery and onion.
2. Pour the red wine, beef stock and olive oil over the lamb and vegetables. Close the lid.
3. Touch the **MULTI COOK** menu to select **STEW/CURRY** program, set cooking time for 45 minutes and press **START**. Stir once or twice. Serve with rice or couscous.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **STEW/CURRY** turn the pressure regulator to the VENT position.*



Asian-style steamed salmon

 **Pre+Cooking time** 15 mins  **Serves:** 4  **Pot recommendation:** Stainless steel pot

Ingredients

- 800g skin on salmon fillet
- 2 tbsp ginger, julienned
- Spring onion finely sliced
- 8 slices lime
- 200ml vegetable stock
- 30ml Shaoxing wine
- 25g sugar
- 30ml light soy sauce
- 5ml sesame oil
- 1 bunch Coriander
- Ground white pepper

Method

1. Cut salmon into 4 even pieces
2. Pour stock, sugar, Shaoxing, soy and sesame oil in cooker base.
3. Lay salmon on cabbage leaf in steamer tray. Layer the lime, ginger, spring onion and white pepper onto salmon.
4. Touch the **PRESSURE COOK** to select **STEAM** program, set cooking time for 5 minutes. Press **START**.
5. Use steaming liquid as sauce with fish. Garnish with coriander leaves.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Steamed salmon with green vegetables

🕒 **Pre+Cooking time** 20 mins 🍲 **Serves:** 4 🍲 **Pot recommendation:** Stainless steel pot

Ingredients

- 4 salmon steaks of 200g each
- 10g dill, keep a few sprigs to use for garnish
- 1 zucchini, finely sliced
- 200g green asparagus tips
- 150g broad beans (frozen)
- 150g garden peas (frozen)
- freshly ground pepper and salt
- lemon-flavoured olive oil

Method

1. Place 1 cup of water into the inner pot and add steam tray.
2. Layer all the vegetables on the steaming tray, trying to keep it a flat layer.
3. Place the salmon fillets on top of the vegetable layer, and season with salt, pepper and lemon-flavoured olive oil.
4. Close the lid, touch the **PRESSURE COOK** to select **STEAM** program, set cooking time for 10 minutes and press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **PRESSURE COOK** turn the pressure regulator to the **SEAL** position.*



Moroccan-style vegetable stew

 **Pre+Cooking time** 50 mins  **Serves:** 4  **Pot recommendation:** Non-stick pot

Ingredients

- 1 finely sliced red onion
- 3 cloves garlic chopped finely
- 2 sticks celery diced
- 20 ml olive oil
- 1 tsp cumin
- ½ tsp turmeric
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1 tin cooked chickpeas
- 200ml vegetable stock
- 10 x dried apricots/halved
- 1x tin 450g peeled chopped tomato
- 8 baby eggplants/sliced in half lengthways
- ½ cup picked Coriander leaves

Method

1. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR LOW TEMP** program, set the cooking time for 5 minutes and press **START**. Heat olive oil in cooker.
2. Add onion, garlic, celery and spices. Cook with lid open until fragrant.
3. Add in chickpeas, tomato, stock, apricots and eggplant and touch the **MULTI COOK** menu to select **STEW/CURRY** program, set the cooking time for 30 minutes and press **START**.
4. Serve on a bed of steamed couscous drizzled with yoghurt and toasted slivered almonds.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid **OPEN** for the entire time.*

*When choosing **STEW/CURRY** turn the pressure regulator to the **VENT** position.*

Vegetable

Bake



Apple cake

Cherry and fruit cake

Chocolate walnut cake

Coconut carrot cake





Apple cake

 **Pre+Cooking time** 1 hr 10 mins  **Serves:** 6–8  **Pot recommendation:** Non-stick pot

Ingredients

- 190g margarine
- 200g sugar
- 100g almond meal
- 190g flour
- $\frac{3}{4}$ tsp. baking powder
- 2 medium eggs
- 2 medium apples, peeled, cored and cut into eights
- Cinnamon
- 80ml maple syrup

Method

1. Mix the margarine with sugar, add the eggs and mix thoroughly. Add the flour, baking powder and almond meal, mix until the mixture is creamy. Fold through maple syrup.
2. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish. Place the apples on top, pushing them slightly into the mixture. Sprinkle with cinnamon.
3. Touch the **MULTI COOK** menu to select **BAKE** program, set cooking time for 50 minutes and press **START**. Close the lid.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **BAKE** turn the pressure regulator to the **BAKE** position*

Bake



Cherry and fruit cake

⌚ **Pre+Cooking time** 1 hr 30 mins 🍷 **Serves:** 6–8 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 250g butter
- 200g white sugar
- 2 eggs
- ½ cup (125ml) orange juice
- 2 cups (500g) plain flour
- 1 tsp. baking powder
- 375g sultanas
- 250g halved glace cherries

Method

1. Cream butter and sugar together until light and fluffy. Add beaten eggs and orange juice and mix well.
2. Sift flour and baking powder. Reserve ⅓ cup of flour mixture and toss with sultanas and cherries (this will keep them from sinking to the bottom of the cake).
3. Add flour mixture to batter and blend. Add floured raisins and cherries to dough and mix until just combined.
4. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish.
5. Touch the **MULTI COOK** menu to select **BAKE** program, set cooking time for 59 minutes and press **START**.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **BAKE** turn the pressure regulator to the **BAKE** position*



Chocolate walnut cake

 **Pre+Cooking time** 1 hr 15 mins  **Serves:** 6–8  **Pot recommendation:** Non-stick pot

Ingredients

- 4 medium eggs
- 225g caster sugar
- 100g butter
- 60g plain flour
- 2 tsp. baking powder
- 120g dark chocolate
- 100g chopped walnuts

Method

1. Beat the eggs in a mixing bowl. Add sugar and beat until the mixture turns creamy. Add butter and keep mixing. Then add the flour and baking powder.
2. In double boiler, melt the chocolate, mix everything together and add walnuts.
3. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish.
4. Touch the **MULTI COOK** menu to select **BAKE** program, set cooking time for 50 minutes and press **START**. Close the lid.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **BAKE** turn the pressure regulator to the **BAKE** position*



Coconut carrot cake

 **Pre+Cooking time** 1 hr 20 mins  **Serves:** 8-10  **Pot recommendation:** Non-stick pot

Ingredients

- 280g plain flour
- 2 tsp. bicarb soda
- ¼ tsp. salt
- 2 tsp. ground cinnamon
- 3 eggs
- 125ml buttermilk
- 80ml vegetable oil
- 315g caster sugar
- 2 tsp. vanilla essence
- 250g grated carrot
- 90g desiccated coconut
- 125g chopped walnuts
- 210g crushed pineapple with juice (about half a tin)
- 155g raisins or sultanas

Topping (optional)

- 125g unsalted butter
- 3 tbsp. icing sugar
- 200g cream cheese, softened

Method

1. In a medium bowl, sift together flour, bicarb soda, salt and cinnamon. Set aside. In a separate large bowl, combine eggs, buttermilk, oil, sugar and vanilla essence. Mix well. Add flour mixture and mix well.
2. In a medium bowl, combine grated carrot, coconut, walnuts, pineapple and raisins.
3. Using a large wooden spoon or a whisk, add carrot mixture to cake mixture and fold in well.
4. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish.
5. Touch the **MULTI COOK** menu to select **BAKE** program, set cooking time for 59 minutes and press **START**.
6. Once cooled, add optional topping if required.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **BAKE** turn the pressure regulator to the **BAKE** position*

Yoghurt

Homemade yoghurt

Vanilla yoghurt

*Yoghurt with toasted
granola and red fruit*





Homemade yoghurt

 Pre+Cooking time 8 hrs  Serves: 4  Pot recommendation: Non-stick pot

Ingredients

- 1L pasteurised milk
- 180–200g natural yoghurt

Method

1. Pour the milk into the pot (the milk should be at room temperature) and the natural yoghurt and stir.
2. Close the lid, touch the **MULTI COOK** menu to select **YOGHURT** program, set cooking time for 8 hours and press **START**.

Tip

If you want fruit yoghurt, add fruit 30 minutes before the end of the program.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **YOGHURT** turn the pressure regulator to the VENT position.*



Vanilla yoghurt

 **Pre+Cooking time** 8 hrs  **Serves:** 6–8  **Pot recommendation:** Non-stick pot

Ingredients

- 2L whole milk (room temperature)
- 200 ml or 12 tbsp. yoghurt (room temperature) or yoghurt culture
- Vanilla scraped from 1 pod
- 5 tbsp. sugar

Method

1. Pour the milk into the pot (the milk should be at room temperature) and place all ingredients into the pot. Stir.
2. Close the lid, touch the **MULTI COOK** menu to select **YOGHURT** program, set cooking time for 8 hours and press **START**.

Tip

If you want fruit yoghurt, add fruit 30 minutes before the end of the program.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **YOGHURT** turn the pressure regulator to the **VENT** position.*

Yoghurt



Yoghurt with toasted granola and red fruit

⌚ **Pre+Cooking time** 10 mins 🍲 **Serves:** 2-3 🍲 **Pot recommendation:** Non-stick pot

Ingredients

- 500ml homemade plain natural yoghurt
- 100g rolled oats
- 50g almond flakes
- 25g walnuts
- 25g shelled sunflower seeds
- 50g dried figs, sliced, stems removed
- 6 tbsp. honey + extra for garnish
- 1 tsp. ground cinnamon
- 200g mixed cleaned berries such as raspberries, strawberries and blueberries

Tip

Add fresh/dry fruits on top of Granola once it cools down and serve with yoghurt

Method

1. Place all ingredients except yoghurt into pot.
2. Touch the **SAUTÉ/SEAR** menu to select **SAUTÉ/SEAR HIGH TEMP** program, set cooking time for 10 minutes and press **START** (Do not close the lid).
3. Remove from pot and let dry on baking paper.
4. Once granola cools down and becomes crunchier, add to yoghurt – either sprinkle on top or mix together.

Cooking timer starts to count down once the 'Maintain pressure' status is reached on the progression bar.

*When choosing **SAUTÉ/SEAR** make sure to keep the top lid OPEN for the entire time.*

Notes

