

The image shows a top-down view of a recipe book cover. The background is a light grey, textured surface. In the upper left, there is a white rectangular area with the Philips logo in blue. Below it is a dark green horizontal band with the text 'All-in-One Cooker' in white. Below that is another dark green horizontal band with the text 'HD2237 recipe book' in white. The rest of the cover is a photograph of a meal. In the foreground, a white bowl is filled with a chicken and vegetable stew, featuring chunks of chicken, red tomatoes, green olives, and black olives. To the left of the bowl are two pieces of crusty bread. In the background, a large, round, golden-brown pie or loaf is partially cut, with a slice removed and placed to the right. A small white bowl containing fresh green herbs is visible on the right side. A black metal cooling rack is positioned diagonally across the middle of the image.

**PHILIPS**

All-in-One Cooker

HD2237 recipe book

Tasty dishes  
**made easy**



# Get ready to really cook, bake and more

Congratulations! As a new owner of a Philips All-in-One Cooker you can take your cooking to the next level, and it will make your life easier too.

Impress family and friends with many mouth-watering meals, even on hectic days when you're short on time. Now you can actually make your cooking fit your schedule, instead of planning your time around a recipe, thanks to your new All-in-One Cooker.

## Become a sauté sensation

You'll be amazed at how much better your dishes taste. Use the sauté function to enhance the taste of comfort food from rich stews, yummy soups and flavoursome rice to delicious risottos.

## Slow cook for tender meat dishes

On colder days, nothing is better than sitting down for dinner and enjoying hearty and heavenly food. You can use the slow cooker function to tenderise even the toughest cuts of stewing or braising meat that melts in your mouth.

## Pressure cook to save time

Our lives are busy. That's why it's great to save time without sacrificing taste. Pressure cooking can quickly tenderise tough cuts of meat while transforming sealed evaporation into sauces that are rich and full of flavour.

## Bake better and more

You'll also love how easy it is to bake sweet cakes and desserts, steam food or even make creamy yoghurts.

We hope you enjoy your new Philips culinary adventure. Explore the recipes in this book to enjoy all the meals, dishes and more any time with your Philips All-in-One Cooker.

## Want more recipes, reviews and maintenance tips? Go to:

Australia [www.philips.com.au/allinone](http://www.philips.com.au/allinone)  
New Zealand [www.philips.co.nz/allinone](http://www.philips.co.nz/allinone)



## Have a question or need more help? Our Customer Care is here to support

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[www.philips.co.nz/support](http://www.philips.co.nz/support)

Australia 1300 363 391

New Zealand 0800 658 224

## Share your creations

If you've created your own recipe, share it on social media for others to enjoy using [#philipsallinonecooker](https://twitter.com/philipsallinonecooker)

## Facebook All-In-One community

You can also share your creations and ask questions in the Philips All-In-One Community on Facebook (independent from Philips).

Search "Philips All-In-One-Cooker Community (All pots welcome)" or visit:  
<https://www.facebook.com/groups/1987277694826676/>

# Cooking tips

- The Philips All-in-One Cooker is a great addition to your kitchen. You can follow recipes in this book, or experiment with your own.  
.....
  - Keep notes to refer to in future.  
.....
  - Cold ingredients and liquids will take longer to heat up compared to room temperature or warm ingredients/liquids.  
.....
  - Pressure building time will vary based on the volume in the pot. Large volumes will take longer to maintain pressure compared to small volumes.  
.....
  - Sauté ingredients in batches for effective browning – this maintains a high heat in the pot.  
.....
  - If you double a recipe, don't double the cooking time. Ensure you do not exceed the MAX lines.  
.....
  - When using a stainless steel pot in your All-in-One Cooker, it may take a couple of minutes before you are able to open the lid. This is caused by a stronger suction between the smooth surface of the stainless steel and the sealing ring.  
.....
  - If your meal has more liquid than you require, you can reduce the liquid using the 'Sauté' function, or alternatively add corn flour. When using corn flour, mix with water in a separate bowl to form a paste then add to the pot to avoid clumping.  
.....
  - To reduce the cooking time, cut ingredients into smaller sizes.  
.....
-

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# Quick start guide

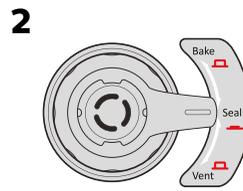
**!** Ensure utensils used are suitable for ceramic coating of the inner pot. Wooden, plastic or silicone are recommended.

For more information, refer to your user manual.

## A How to pressure cook



**1** Secure and lock lid in a clockwise direction by aligning arrows.



**2** Set the valve to seal.



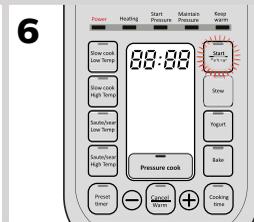
**3** Select menu by pressing **PRESSURE COOK** button.



**4** To set a different pressure cooking time, press **COOKING TIME** button. Press once for adjusting hours, press twice for adjusting minutes.



**5** Press + or - to set the pressure cooking time.



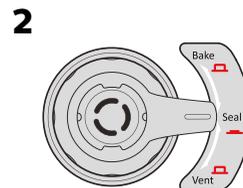
**6** Press **START/REHEAT** for 1 second to start the cooking process.

**Note:** cooking time starts once pressure has been maintained. This can vary from 10-25 minutes, depending on how much is in the pot.

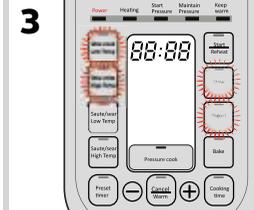
## B How to slow cook/ stew/yoghurt



**1** Secure and lock lid in a clockwise direction by aligning arrows.



**2** Set the valve to **SEAL**.



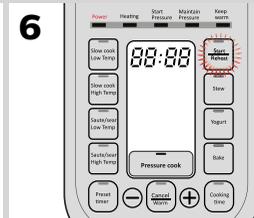
**3** Press **SLOW COOK LOW TEMP**, **SLOW COOK HIGH TEMP**, **STEW** or **YOGHURT** button.



**4** To set a different pressure cooking time, press **COOKING TIME** button. Press once for adjusting hours, press twice for adjusting minutes.



**5** Press + or - to set the pressure cooking time.



**6** Press **START/REHEAT** for 1 second to start the cooking process.

## C

### How to sauté/sear

- 

Press either SAUTÉ/SEAR HIGH TEMP or SAUTÉ/SEAR LOW TEMP button.
- 

Do not close the lid.
- 

To set a different SAUTÉ/SEAR time, press COOKING TIME button.
- 

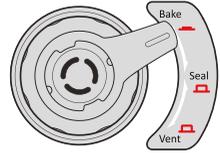
Press + or - to set the cooking time.
- 

Press START/REHEAT for 1 second to start the cooking process.

## D

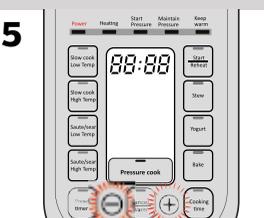
### How to bake

- 

Secure and lock lid in a clockwise direction by aligning arrows.
- 

Set the valve to BAKE.
- 

Press the BAKE button.
- 

To set a different pressure cooking time, press COOKING TIME button.
- 

Press + or - to set the pressure cooking time.
- 

Press START/REHEAT for 1 second to start the cooking process.

# Table with programs and temperatures

Function	Cooking temp and pressure	Default cooking time	Operating time adjustable	24 hours preset	Automatically keep warm after cooking completed	Remarks	
Non pressure cook	Slow cook low temp	75°C±10°C	8 hours	2–12 hours	✓	✓	<ol style="list-style-type: none"> <li>1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.</li> <li>2. Before cooking completed, temperature climbs to 95–100°C for 10 mins.</li> </ol>
	Slow cook high temp	90°C±10°C	6 hours	2–12 hours	✓	✓	<ol style="list-style-type: none"> <li>1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.</li> <li>2. Before cooking completed, temperature climbs to 95–100°C for 10 mins.</li> </ol>
	Sauté / sear low temp	130°C±10°C	2 mins	1 – 20 mins			Must operate with lid open. Timer will start counting down once temperature has been reached.
	Sauté / sear high temp	150°C±10°C	2 mins	1 – 20 mins			Must operate with lid open. Timer will start counting down once temperature has been reached.
	Yoghurt	40°C±3°C	8 hours	6–12 hours	✓		
	Stew	90°C±10°C	1 hour	20 mins – 10 hours	✓	✓	<ol style="list-style-type: none"> <li>1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.</li> <li>2. Before cooking completed, temperature climbs to 95–100°C for 10 mins.</li> </ol>
	Bake	140°C±10°C	45 mins	10–59 mins	✓	✓	1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.
	Reheat	85°C±10°C	10 mins	8–15 mins		✓	1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.
	Warm	75°C±10°C	12 hours				Keep warm time cannot be adjusted
Pressure cook	Soup	50 kPa±15 kPa	20 mins	20–59 mins	✓	✓	1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.
	Risotto	50 kPa±15 kPa	14 mins	–	✓	✓	<ol style="list-style-type: none"> <li>1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.</li> <li>2. Risotto cooking time cannot be adjusted.</li> </ol>
	Rice	50 kPa±15 kPa	14 mins	–	✓	✓	<ol style="list-style-type: none"> <li>1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.</li> <li>2. Rice cooking time cannot be adjusted.</li> </ol>
	Steam	50 kPa±15 kPa	10 mins	5–59 mins	✓	✓	1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode.
	Meat/poultry	50 kPa±15 kPa	15 mins	12–59 mins	✓	✓	1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode. mode.
	Manual	50 kPa±15 kPa	2 mins	2–59 mins		✓	1. Automatically keep warm for 12 hours after cooking completed, then return to standby mode. after cooking completed, then return to standby mode. hours after cooking completed, then return to standby mode.
<p>Cooking time starts once pressure has been maintained. This can take 10–25 minutes depending on how much is in the pot. Larger volumes of ingredients/liquids will take longer to heat up and maintain pressure. Cold ingredients/liquids will slow heat up time compared to warm or hot ingredients/liquids.</p>							

# Cleaning and maintenance

- ! Clean all parts after every use – Keep the pressure control valve and floater unblocked.

## 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 top lid and the main body

- Wipe with damp cloth.
- Make sure to remove all the food residues stuck to the All-In-One Cooker.



### Heating element

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



### Sealing ring

- Soak in warm water and clean with sponge.
- **Never put the sealing ring in a dishwasher.**
- If sealing ring becomes damaged or worn out, please contact Customer Care for replacement details.



### Inner lid

- Remove the detachable inner lid by pulling the knob in the middle of the inner lid.
- Soak it in warm water and clean with sponge.

## Exterior



### Surface of the top lid and outside of the main body

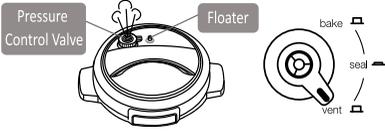
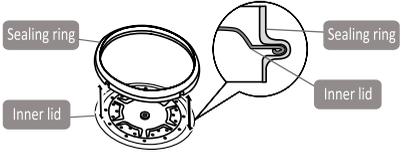
- Wipe with a damp cloth and soapy water.
- Only use soft and dry cloth to wipe the control panel.
- Use a toothpick to remove all the food residues around the pressure regulator valve and floater.



### Pressure regulator valve and floating valve

- If required, disassemble the pressure regulator, soak it in warm water, and clean with sponge.

# Troubleshooting

Problem	Cause	Solution
I have difficulties opening the lid after cooking	Need to release the pressure	 <p>Set the pressure control valve to 'Vent.' Wait until the floater has dropped.</p>
	Floater stuck in up position	Set the pressure control valve to 'Vent.' Wait until the floater has dropped.
I have difficulties closing the top lid	The sealing ring is not well assembled	Make sure the sealing ring is well assembled around the inner lid.
	Floater stuck in up position	The floater blocks the locking pin. Push down the floater so that it does not block the locking pin.
Leaking from under lid	Sealing ring missing	 <p>Put sealing ring in place correctly on inner lid.</p>
	Food debris under sealing ring	Remove sealing ring, clean and replace.
	Lid not correctly closed	Open and reclose lid, checking for correct closing.
Leaking from floater	Sealing ring broken	Replace sealing ring.
	Food or debris under sealing ring	Remove sealing ring, clean and replace.
Not pressurising / floater does not rise up after the appliance starts pressurising	Food & water are below minimum level	Add food/water. Make sure there is enough food and water in the inner pot.
	Leaking from lid or pressure control valve	<p>Verify if sealing ring and inner lid are inserted correctly.</p> <p>Verify floating valve is present.</p> <p>Verify there is not food stuck inside the control valve.</p>
E3 is displayed on the screen	The temperature inside the inner pot is too high	Wait until it falls down to room temperature.
E1, E2 or E4 is displayed on the screen	The All-In-One cooker has malfunctioned	Take the appliance to Philips service centre.

# Tips for reading these recipes

## Beef burgers with barbecue onion sauce

No need to fire up the BBQ for these moorish burgers that come complete with their own tangy barbecue sauce.

Serves 4

Preparation time 15 minutes

Pressure cooking time 6 minutes (excluding pressure building time)

### Ingredients

<p>650g beef mince, see Cook's note</p> <p>2 tsp olive oil</p> <p>2 medium brown onions, thickly sliced</p> <p>1 cup barbecue sauce</p>	<p>2 tsp chopped fresh rosemary leaves</p> <p>4 sourdough buns, split, toasted</p> <p>½ cup garlic aioli</p> <p>Mixed salad leaves, beetroot slices, cheese slices and Kettle-style chips, to serve</p>
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### Method

- 1 Season beef generously with salt and pepper. Shape into 4 patties. Shape each into a ball and flatten to about 1cm in diameter for sauté.
- 2 Press SAUTÉ/SEAR/FRY or Sauté function. Set cooking time for 5 minutes and press START. Do not close the lid. Add oil and onion into the inner pot. Cook, stirring occasionally with softened.
- 3 Add barbecue sauce and rosemary. Place the patties into the sauce, spacing around the pot in a single row.
- 4 Close lid, select MANUAL program or PRESSURE COOKING, set time for 6 minutes. Press START.
- 5 When cooking is complete, allow to stand for 5 minutes. Turn pressure regulator to RELEASE to allow any remaining pressure to release. Remove lid. Remove the patties with a slotted spoon and pat aside. Cover with foil.
- 6 Press SAUTÉ/SEAR/FRY or Sauté function. Press START. Do not close the lid. Allow the sauce to simmer until reduced. Stir occasionally to prevent scorching.
- 7 Spread the buns with garlic aioli. Top buns with mixed salad leaves and cheese slices. Place patties onto the buns with a drizzle of sauce. Top with beetroot slices and sour-cream.

### Cook's note

Choose a lean mince with a mid-range percentage of fat for burgers and meatballs, around 20% of fat is good. The fat helps to keep the burgers and patties moist during cooking. Lean mince tends to give a grainy, dry result and is best for sauces such asburgers.

Sauté	Pressure Cook
 <p style="font-size: small;">Do not close the lid during sauté.</p>	 <p style="font-size: small;">Set valve to "Seal" position.</p>

Preparation time includes general prep and sauté times. Heating time for sauté may vary.

Cooking time excludes the pressure building time

Ingredients are listed in order of use

Extra tips and tricks for the recipe

Reminders for valve setting for each required function within the recipe



# Breakfast and snacks

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Spiced chickpeas and almonds	25



# Shakshuka eggs

There's no need to deal with Sunday morning brunch crowds when it's this easy to make café-style Middle Eastern eggs at home with this simple recipe and your All-in-One Cooker.

Serves	4
Preparation time	10 minutes
Cooking time	20 minutes

## Ingredients

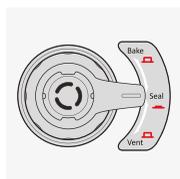
2 red capsicums, seeded, chopped	2 x 400g cans diced tomatoes
3 garlic cloves, crushed	4 eggs
1 tbsp mild Moroccan seasoning	Buttered thick toast, crumbled feta and chopped fresh parsley, to serve

## Method

1. Combine the capsicum, garlic, Moroccan seasoning and tomatoes in the inner pot. Stir to combine.
2. Close lid, select STEW program, set time for 20 minutes and press START. When cooking time is complete, turn pressure regulator to VENT to allow the pressure to release. Remove lid.
3. Stir the mixture with a wooden spoon and make 4 hollows in the sauce mixture. Crack an egg into each hollow. Season with black pepper.
4. Press SAUTÉ/SEAR LOW TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Allow to simmer until eggs are cooked to your preference.
5. Spoon into individual bowls, serve with buttered toast and crumbled feta. Garnish with chopped fresh parsley.

## Cook's note

Stew



Set valve to "Seal" position.

Sauté



Do not close the lid during sauté.



## Tip

Serve granola layered into glasses with sliced fresh strawberries and **coconut yogurt**, see page 19.

# Farmhouse granola

If you like to know exactly what's in your breakfast cereal, whip up a batch of this simple granola. Feel free to add extras like spices, additional dried fruit or coconut flakes and get your day off to a great start. This granola can also double as a delicious topping for stewed fruit.

Makes	About 4 cups
Preparation time	5 minutes
Cooking time	10 minutes

## Ingredients

2 cups (200g) rolled oats	2 tbsp linseeds, optional
1/3 cup (50g) whole natural almonds	1/3 cup honey
1/2 cup (50g) walnut or pecan pieces	1 tsp vanilla bean paste
1/3 cup (40g) mixed seeds, like sunflower seeds and pepitas	1 tsp ground cinnamon
	1/2 cup (80g) dried cranberries

## Method

1. Spray inner pot with canola oil. Place all ingredients into the pot and stir with a wooden spoon to combine.
2. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 10 minutes. Press START. Do not close the lid. Stir occasionally throughout cooking with a wooden spoon.
3. When cooking is complete, spread mix onto a baking tray and allow to cool. Keep refrigerated in an airtight container and use within 10 days.

## Cook's note

### Sauté



Do not close the lid during sauté.



Coconut

Greek

Natural

## Tip

For a softer texture, or drinking yoghurt, reduce the vegetarian gelling powder to 1 sachet (2 ½ teaspoons).

For a creamy, richer texture chill a 400g can coconut cream, open the can and scoop the solid coconut cream from the top and add to the yoghurt base in step 3, then process as described.

# Dairy-free coconut yoghurt

If you're not a fan of dairy but still love yoghurt this coconut version is for you.

Makes	About 2L
Preparation time	10 minutes
Cooking time	12 hours
Refrigeration time	6 hours or overnight

## Ingredients

2L unsweetened coconut milk	2 tsp vanilla bean extract
2 sachets (5 tsp) vegetarian gelling powder	1 cup (250ml) store-bought, lactose-free yoghurt, with live cultures (see Cook's note)
2 tbsp raw sugar	

## Method

1. Press SAUTÉ/SEAR LOW TEMP button, press START, do not close the lid. Pour 2 cups (500ml) coconut milk into the inner pot.
2. Sprinkle the gelling powder over the coconut milk, whisk until combined. Bring to the boil, simmer for 1 minute. Add sugar and vanilla bean extract.
3. Cancel any remaining time. Add remaining coconut milk. Stir until combined. Add yoghurt.
4. Close the lid and select YOGHURT mode. Set cooking time for 12 hours and press START.
5. Once cooking is complete, transfer to suitable containers and chill yoghurt for 6-8 hours or overnight. Chill until required. Yoghurt is best eaten within 5 days.

## Flavour variations

### Chocolate coconut yoghurt

For each serve, whisk 2 tbsp organic dark drinking chocolate with raw dark chocolate shavings, into 1 cup of Dairy-free coconut yoghurt. Chill until required.

### Berry bonanza

For each serve, purée ½ cup raspberries, adding a little honey to taste if desired. Spoon into the base of a glass. Top with a few blueberries and then fill the glass with Dairy-free coconut yoghurt. Swirl fruit through the yoghurt. Top with chopped flaked almonds or pistachios. Chill until required.

### Mango and maple syrup yoghurt

To serve 2, peel, chop and purée one large, ripe mango (or thaw and use 1 cup chopped frozen mango) with 2 tablespoons maple syrup. Swirl through 2 cups Dairy-free coconut yoghurt.

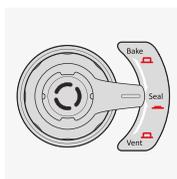
## Cook's note

### Sauté



Do not close the lid during sauté.

### Yoghurt



Set valve to "Seal" position.

Once you get into a yoghurt-making routine, save 1 cup of your own yoghurt and use instead of purchased yoghurt in the next batch.

For a creamy dairy-free Greek-style yoghurt, omit raw sugar and vanilla. Once setting is complete, remove the lid. Place a layer of damp cheesecloth into a large colander and place over a larger bowl. Pour the yoghurt into the cheesecloth, gather the excess cheesecloth over the top and secure with a rubber band or kitchen string. Refrigerate for 10 hours. Check to ensure yoghurt is not sitting in the liquid as it drains. Discard liquid and transfer yoghurt to suitable containers. Chill until required. Yoghurt is best eaten within 5 days.

# Basic vanilla yoghurt

A tub of plain yoghurt is a healthy refrigerator staple – eat it on its own, with fruit or granola or use it for frozen treats, baking, salad dressings or marinades. The possibilities are almost endless.

Makes	About 2.5L
Preparation time	5 minutes
Cooking time	10 hours
Refrigeration time	6 hours or overnight

## Ingredients

2L whole milk, at room temperature	note)
2 tbsp caster sugar, optional	2 tsp vanilla bean extract
500g tub plain yoghurt, with live cultures (see Cook's	

## Method

1. Pour milk, caster sugar, yoghurt and vanilla bean extract into the inner pot. Stir to combine.
2. Close the lid and select YOGHURT mode. Set cooking time for 10 hours and press START.
3. Once cooking is complete, transfer to suitable containers and chill yoghurt for 6-8 hours or overnight. Chill until required. Yoghurt is best eaten within 5 days.

## Flavour variations

### Cumin and turmeric

For each serve, combine 1 cup basic vanilla yoghurt with ½ teaspoon ground cumin, 1 teaspoon ground turmeric, pinch of cayenne pepper and a pinch of salt. Stir to combine. Chill until required. This makes a lovely creamy salad dressing or dip.

### Honey and vanilla

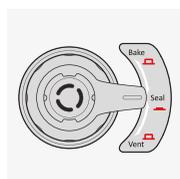
For each serve, combine 1 cup basic vanilla yoghurt with 1 teaspoon strong-flavoured honey and ½ tsp vanilla bean extract. Stir to combine. Chill until required.

### Pomegranate and raspberry

For each serve, mash ½ cup raspberries and place into a small pan. Add 2 tsp sugar. Stir over a low heat until sugar dissolves. Simmer for 1 minute and allow to cool. Stir in ¾ cup basic vanilla yoghurt and 2 tbsp pomegranate seeds. Stir to combine. Chill until required.

## Cook's note

### Yoghurt



Set valve to "Seal" position.

Once cooking is finished the yoghurt may have some liquid remaining, chilling the yoghurt will make it thicker.

Once you get into a yoghurt-making routine, save 500g of your own yoghurt and use instead of purchased yoghurt in the next batch.

## Tip

For a firmer texture, cook yoghurt for 12 hours.

Yoghurt can be used as a base for desserts, salad dressings and smoothies. It is also ideal frozen into ice-block treats.

# Natural Greek yoghurt

Makes	About 1L
Preparation time	5 minutes
Cooking time	10 hours
Refrigeration time	6 hours or overnight

## Ingredients

2L whole milk, at room temperature	500g tub plain yoghurt, with live cultures (see Cook's note)
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## Method

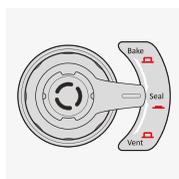
1. Pour milk into the inner pot.
2. Add yoghurt. Stir to combine.
3. Close the lid and select YOGHURT mode. Set cooking time for 10 hours and press START.
4. Once setting is complete, remove the lid. Place a layer of damp cheesecloth into a large colander and place over a larger bowl. Pour the yoghurt into the cheesecloth, gather the excess cheesecloth over the top and secure with a rubber band or kitchen string. Refrigerate for 6 hours. Check to ensure yoghurt is not sitting in the liquid as it drains.
5. Discard liquid and transfer yoghurt to suitable containers, add a pinch of salt if desired. Chill until required. Yoghurt is best eaten within 5 days.

## Cook's note

Once cooking is finished the yoghurt may have some liquid remaining, chilling the yoghurt will make it thicker.

Once you get into a yoghurt-making routine, save 500g of your own yoghurt and use instead of purchased yoghurt in the next batch

### Yoghurt



Set valve to "Seal" position.

## Tip

To make labneh (yoghurt cheese), continue to drain yoghurt for 24 hours. Place the drained yoghurt (now labneh) into a bowl and add salt and white pepper to taste. Shape into balls the size of a walnut. Roll in dried oregano, place into a jar or bowl. Add some fresh herbs and peppercorns and cover with olive oil. Serve with crackers.



## Tip

**Yoghurt recipes**, see pages 19–21.

**Farmhouse granola**, see page 17 is the perfect addition to this smoothie bowl.

# Smoothie bowl

You don't need to be Instagram famous to make a beautiful smoothie bowl. Just grab your homemade yoghurt and follow our simple recipe. Whether you photograph it before you eat it is entirely up to you!

Serves	2
Preparation time	5 minutes
Additional equipment	Stick or jug blender

## Ingredients

2 cups Basic vanilla or Dairy-free coconut yoghurt, see TIP	1 cup fresh or thawed frozen raspberries
1/3 cup pure coconut water	6 fresh strawberries, hulled, sliced
3 bananas, peeled, chopped	1 cup (130g) granola, see TIP
	2 tsp grated dark chocolate

## Method

1. Place 1 1/2 cups yoghurt, all the coconut water, 2 bananas and half the raspberries into a blender. Blend until smooth.
2. Pour the smoothie evenly between two bowls. Add remaining yoghurt and swirl through with the back of a spoon.
3. Top smoothie with remaining banana, raspberries, strawberries, granola and grated chocolate. Serve immediately.



# Spiced chickpeas and almonds

Rev up your nibbles game with this snack mix that's baked in your All-in-One Cooker.

Makes	About 4 cups
Preparation time	10 minutes
Bake time	30 minutes

## Ingredients

2 tbsp (30g) coconut oil	1 cup whole natural almonds
¼ cup dukkah mix, see Cook's note	Optional, 2 kale leaves, trimmed, shredded
2 x 400g can chickpeas, rinsed, drained on paper towel	

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set time to 2 minutes, press START, do not close the lid. Place coconut oil into the inner pot, allow to melt, add the dukkah and the chickpeas. Stir until dukkah is fragrant.
2. Stir in the almonds and place the kale on top, if using.
3. Close lid, select BAKE program, set time for 30 minutes and press START.
4. When cooking is complete, remove lid. Spread mix onto a baking tray and allow to cool. Keep refrigerated in an airtight container and use within 3 days.

## Cook's note

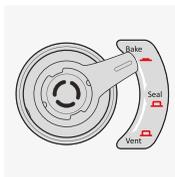
Dukkah is a flavourful, Middle Eastern mix of nuts, seeds and spices and can be purchased from supermarkets. Store unused portion in an airtight container.

Sauté



Do not close the lid during sauté.

Bake



Set valve to "Bake" position.



# Soups and broths

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**Tip** | To make your own pesto

Place 2 cups fresh basil leaves into a small blender or food processor, add  $\frac{1}{2}$  cup extra virgin olive oil,  $\frac{1}{3}$  cup toasted pine nuts and 3 cloves chopped garlic. Blend until smooth. Add  $\frac{1}{2}$  cup freshly grated parmesan and pulse until combined. Store unused pesto in a screw-top jar with a little oil over the surface. Use within 14 days.

# Roasted tomato and pesto soup

What is it that makes simple soup so satisfying and soul-restoring? In this case it's the fact that you're roasting the tomatoes (yes, in your All-in-One Cooker!) to bring out their flavour and sweetness before turning them into a soup that will have you wishing every night was soup night.

Serves	6
Preparation time	15 minutes
Pressure cooking time	10 minutes (excluding pressure building time)

## Ingredients

1.2kg ripe tomatoes, peeled, quartered, see Cook's note	3 tsp brown sugar
1 red onion, chopped	1L vegetable stock, salt-reduced
2 tbsp olive oil	1/3 cup basil pesto
4-6 fresh thyme sprigs	Extra pesto, freshly grated parmesan and basil leaves, to serve
3 cloves garlic	

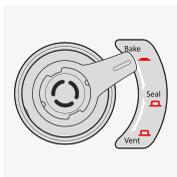
## Method

1. Place tomatoes and onion into the inner pot. Drizzle with olive oil, add thyme sprigs and garlic. Close the lid.
2. Press the BAKE button, set cooking time for 10 minutes and press START.
3. Remove the lid. Add the brown sugar, vegetable stock and pesto. Close the lid.
4. Select the MANUAL program in PRESSURE COOKING. Set time for 10 minutes. Press START.
5. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Remove the thyme. Using a stick blender, blend soup until smooth. Season to taste with salt and pepper. Ladle soup into bowls, top with extra pesto, freshly grated parmesan and basil leaves.

## Cook's note

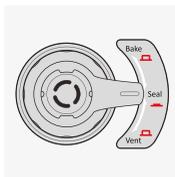
To peel tomatoes, cut a cross at the bottom of the tomatoes, using a sharp knife. Place into a large bowl, cover with boiling water and let stand for 5 minutes, or until the skin begins to peel off. Drain, cool for a few minutes, then using your fingers or a knife, peel back the sections of skin.

Bake



Set valve to "Bake" position.

Pressure Cook



Set valve to "Seal" position.



## Tip

Soup can be frozen: cool soup for 30 minutes, then chill until completely cold. Divide soup into single-serve portions (about 1 ½ cups) and place in airtight containers or ziplock bags. Label with contents and date. Freeze for up to 4 weeks. Defrost overnight in the refrigerator and reheat until piping hot before serving.

# Chicken, turmeric and vegetable soup

You've probably heard that turmeric is good for you, with powerful anti-inflammatory properties. But you don't need to wait for a sick day (or drink a turmeric latte) to let this vividly-hued spice come to the fore in this power-packed soup.

Serves	8
Preparation time	20 minutes
Slow cooking time	3 hours (low)
Pressure cooking time	30 minutes (excluding pressure building time)

## Ingredients

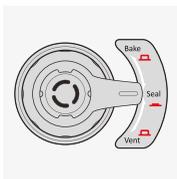
1.8kg chicken, skin removed	2 carrots, peeled, diced
2L chicken stock, salt-reduced	2 cups chopped cauliflower florets
1 tbsp turmeric powder	2 cups chopped broccoli florets
1 star anise	$\frac{3}{4}$ cup chopped fresh coriander
3cm piece ginger, peeled, grated	Crusty wholegrain bread, to serve
2 zucchini, diced	

## Method

1. Place the chicken, stock, turmeric, star anise and ginger into the inner pot.
2. Close lid. Cook on SLOW COOK LOW TEMP for 3 hours or select SOUP program in PRESSURE COOKING, set time for 30 minutes. Press START.
3. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Discard the star anise. Remove chicken from the pot. Allow chicken to rest until cool enough to handle. Remove the meat from the bones and shred.
4. Meanwhile, press SAUTÉ/SEAR HIGH TEMP button, set time for 5 minutes and press START. Do not close the lid. Add all the vegetables to the pot, simmer until vegetables are tender.
5. Add the shredded chicken and coriander to the pot. Allow to reheat. Season to taste with salt and pepper. Divide soup into serving bowls. Serve with crusty wholegrain bread.

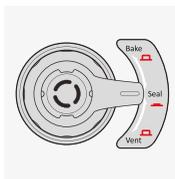
## Cook's note

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



# Chicken, dhal, corn and coconut soup

This creamy and comforting soup comes together quickly and its mild, yet delicious, flavours are bound to be a favourite with the whole family.

Serves	6
Preparation time	10 minutes
Pressure cooking time	20 minutes (excluding pressure building time)

## Ingredients

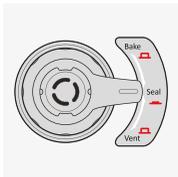
1 cup red lentils, rinsed and drained	2L chicken stock, salt reduced
600g chicken thigh fillets, trimmed, chopped into 2cm pieces	270ml coconut milk
410g can creamed corn kernels, drained	100g baby spinach leaves, shredded
4 spring/green onions, finely sliced	Zest and juice of 1 lime
6 kaffir lime leaves	Fresh coriander sprigs, to garnish
	Crusty wholegrain bread rolls, to serve

## Method

1. Combine the red lentils, chicken thigh fillets, corn, spring/green onions, kaffir lime leaves, stock and coconut milk in the inner pot. Close the lid.
2. Select the SOUP program in PRESSURE COOKING. Press START.
3. When cooking is complete stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
4. Stir in baby spinach, lime zest and juice. Divide between soup bowls and top with fresh coriander. Serve with crusty bread rolls.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



## Tip

This soup can be used as a vegetarian alternative to bone broth: at the end of step 1, add  $\frac{1}{4}$  cup cider vinegar and 2 teaspoons Vegemite. Remove any residue from the surface. Close lid. Cook on SLOW COOK LOW TEMP for 2 hours, or select SLOW COOK HIGH TEMP for 1 hour. Press START. When cooking is complete, allow to cool, turn pressure regulator to VENT to allow any residual pressure to release. Remove lid. Strain the broth, discarding vegetables. Stir through 1 cup finely chopped fresh parsley. Use as desired.

# Low-calorie vegetable soup

This light soup is perfect for those days when your body asks for something different – it's packed full of vegetables, very low in fat but high in flavour.

Makes	About 2.5L
Preparation time	20 minutes
Pressure cooking time	20 minutes (excluding pressure building time)

## Ingredients

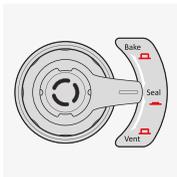
4 spring/green onions, finely sliced	30g sachet spring vegetable soup mix
½ bunch celery, leaves included, finely sliced	3 garlic cloves, chopped
2 small green capsicums, seeded, chopped	3-4 sprigs fresh thyme
4 large carrots, finely chopped	1L prepared vegetable stock, salt-reduced
300g green beans, trimmed and chopped	1L tomato juice, no added sugar

## Method

1. Place all the vegetables into the inner pot, with the soup sachet, garlic, thyme, stock and tomato juice. Close the lid.
2. Select the SOUP program in PRESSURE COOKING. Set time for 20 minutes. Press START.
3. Turn pressure regulator to VENT to allow the pressure to release. Remove lid. Remove the thyme. Ladle soup into bowls or chill until required. Soup is best eaten within 5 days. Freeze for longer storage.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Noodle and vegetable hot pot

This quick hot pot makes a great base for a range of meal ideas. Use whatever vegetables you have on hand, or add in some finely sliced stir-fry strips of beef or chicken for extra protein.

Serves	4
Preparation time	5 minutes
Pressure cooking time	3 minutes (excluding pressure building time)

## Ingredients

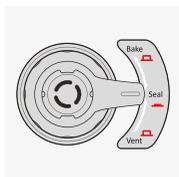
2 x 200g packets shelf-stable soft udon noodles	6 dried shiitake mushrooms, soaked, sliced
2L hot beef or chicken stock, salt-reduced	4 cups (330g) chopped bok choy, stems and leaves separated
¼ cup soy sauce	Extra soy sauce, to serve
1 red capsicum, chopped	

## Method

1. Place the noodles, stock, soy sauce, capsicum, shiitake mushrooms and stems of bok choy into the inner pot.
2. Close the lid. Select MANUAL program in PRESSURE COOKING, set time for 3 minutes. Press START.
3. When cooking is complete, allow the pot to stand for 10 minutes or until the floating valve has dropped. Turn pressure regulator to VENT. Remove lid.
4. Stir in the bok choy leaves. Stand for 2 minutes or until leaves are wilted. Serve with extra soy sauce if desired.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



Light bone broth



Beef bone broth

## Tip

Broth can be kept refrigerated for up to 4 days. For longer storage, transfer to containers in useable sized portions and freeze for up to 12 months.

# Beef bone broth

What's the difference between bone broth and good old stock you ask? Well, not a lot really – bone broth is just like stock but it has generally been cooked a little longer. This flavourful version is first simmered then cooked low and slow to really get the most benefits out of the bones. Great to consume the broth directly or use it for other recipes.

Makes	About 2.5L
Preparation time	1 hour 10 minutes
Slow cooking time	12 hours (low) 6 hours (high)

## Ingredients

1.2kg beef chuck bones	2 celery sticks, roughly chopped
½ cup cider vinegar	3 carrots, sliced
3L filtered water	1 bay leaf
1 onion, roughly chopped	½ cup finely chopped fresh parsley

## Method

1. Place the bones into the inner pot, add the cider vinegar and filtered water. Stand for 30 minutes. Add vegetables with the bay leaf. Press SAUTÉ/SEAR LOW TEMP button, set time for 1 hour and press START, do not close the lid.
2. Allow the broth to come to simmer. From time to time, remove the scum from the surface with a slotted spoon.
3. At the end of the cooking time, remove any residual scum. Close lid. Cook on SLOW COOK LOW TEMP for 12 hours, or select SLOW COOK HIGH TEMP for 6 hours. Press START.
4. When cooking is complete, allow to cool, turn pressure regulator to VENT to allow any residual pressure to release. Remove lid. Strain the broth, discarding the bones and vegetables. Stir through parsley. Use as desired.

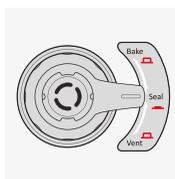
## Cook's note

### Sauté



Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

# Light bone broth

This version of bone broth is the perfect replacement for chicken stock. The best thing about making broth at home is that you know exactly what's in it – no hidden nasties. Make some today and freeze it for future use!

Makes	About 2.5L
Preparation time	1 hour 10 minutes
Slow cooking time	6 hours (low) 3 hours (high)

## Ingredients

1.2kg chicken or pork bones	2 celery sticks, roughly chopped
4 scrubbed chicken feet, optional	3 carrots, sliced
1/3 cup cider vinegar	2-3 sprigs fresh thyme
3L filtered water	1/2 cup finely chopped fresh parsley
1 onion, roughly chopped	

## Method

1. Place the bones and feet into the inner pot, add the cider vinegar and filtered water. Stand for 30 minutes. Add vegetables with thyme. Press SAUTÉ/SEAR LOW TEMP button, set time for 1 hour and press START, do not close the lid.
2. Allow the broth to come to the boil, and simmer. From time to time, remove the residue from the surface with a slotted spoon.
3. At the end of the cooking time, remove any remaining residue. Close lid. Cook on SLOW COOK LOW TEMP for 6 hours, or select SLOW COOK HIGH TEMP for 3 hours. Press START.
4. When cooking is complete, allow to cool, turn pressure regulator to VENT to allow any residual pressure to release. Remove lid. Strain the broth, discarding the bones and vegetables. Stir through parsley. Use as desired.

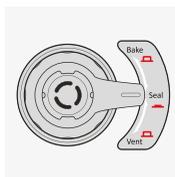
## Cook's note

### Sauté



Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

# Main dishes

## 30 minute miracles

Mexican pulled pork tacos	43
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## Tip

Use the marinade as a sauce to accompany the tacos. Press SAUTÉ/SEAR HIGH TEMP button, set time for 10 minutes and press START, do not close the lid. Allow the sauce to simmer until reduced. Season to taste with black pepper.

# Mexican pulled pork tacos

If you've got a hungry crowd to feed, these pork tacos are a winner. Fork-tender pork in a sweet-smoky glaze, offset with the crunch of red cabbage and the tang of a sour cream dollop.

Serves	6
Preparation time	25 minutes
Pressure cooking time	30 minutes (excluding pressure building time)

## Ingredients

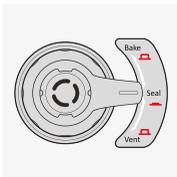
1.5kg boned pork shoulder	1 cup pineapple juice
2 tbsp smoked paprika	1 ½ cups (375ml) smoky barbecue sauce
2 tbsp ground cumin	Flour tortillas, tomato, shredded red cabbage, mashed avocado and sour cream, to serve
¼ cup brown sugar	

## Method

1. Spray the inner pot with canola oil. Remove excess fat from the pork shoulder and cut into pieces about 4cm thick. Place the pork into the inner pot. Combine spices, sugar, pineapple juice and sauce, stir to combine. Close the lid.
2. Close lid, select MEAT/POULTRY program in PRESSURE COOKING, set time for 30 minutes. Press START.
3. When cooking is complete allow to stand for 10 minutes. Turn pressure regulator to VENT to allow any remaining pressure to release. Remove lid.
4. Transfer meat to a serving platter. Pull the pork apart using two forks. Keep residual liquid for a sauce if desired – see TIP.
5. Top tortillas with red cabbage, tomato and pulled pork, drizzle with sauce if using. Serve with avocado and sour cream.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Spiced lamb ribs with sticky glaze

These Asian-inspired ribs – with plenty of rice to soak up that sauce – taste delicious whether they're eaten with your fingers or with a fork.

Serves	4
Preparation time	15 minutes
Pressure cooking time	30 minutes (excluding pressure building time)

## Ingredients

¼ cup sumac	Finely grated zest and juice of a lemon
¼ cup cumin	1.6kg lamb riblets
2 tsp crushed chilli flakes	½ cup honey
1 tbsp paprika	¼ cup kecap manis
3 cloves garlic, sliced	Finely chopped fresh coriander, to serve

### Sesame rice

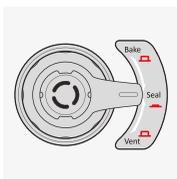
4 cups cooked white rice	1 tbsp sesame seeds, toasted
3 spring/green onions, finely sliced	2 tsp sesame oil

## Method

1. Combine the sumac, cumin, chilli flakes, paprika, garlic, lemon zest and juice. Rub into the lamb ribs. Place into the inner pot.
2. Close lid, select MEAT/POULTRY program in PRESSURE COOKING, set time for 30 minutes. Press START.
3. To make sesame rice combine cooked rice with spring onion, sesame seeds and sesame oil and keep warm.
4. When cooking is complete allow ribs to stand for 5 minutes. Turn pressure regulator to VENT to allow any remaining pressure to release. Remove lid and transfer ribs to a serving platter, cover with foil to keep warm.
5. Wipe inner pot clean. Add honey and kecap manis to inner pot. Press SAUTÉ/SEAR LOW TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Stir until heated. Pour over the ribs and sprinkle with chopped fresh coriander if desired. Serve with prepared Sesame rice.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



## Tip

This teams well with **zesty lemon couscous**, see page 115.

# Beef with coffee rub and pineapple salsa

Coffee on steak might sound a bit strange, but trust us on this – it really works! Adding coffee to a barbecue rub accentuates the flavours of the meat when cooked, the grounds caramelize, making a sweet and savoury crust that seals in the moisture of the steak.

Serves	4
Preparation time	15 minutes
Cooking time	10 minutes

## Ingredients

2 tbsp smoky paprika	2 large slices (1kg) rump steak, halved, trimmed of visible fat
1 tbsp instant coffee	
1 tbsp brown sugar	2 tsp extra virgin olive oil
1 tsp cracked black pepper	Couscous to serve, see TIP

## Pineapple salsa

1 fresh pineapple, skin removed and cut into chunks	2 tbsp finely chopped mint
3 Lebanese cucumbers, chopped	Juice of 1 fresh lime
250g cherry tomatoes, halved	

## Method

- To make the pineapple salsa combine the pineapple, cucumber and cherry tomatoes in a large bowl, add mint and lime juice. Stir to combine, cover and chill.
- Combine the paprika, coffee and brown sugar. Rub over both sides of the steak.
- Press SAUTÉ/SEAR HIGH TEMP button, set time to 10 minutes. Press START, do not close the lid. Add oil to the inner pot. Add two pieces of the steak, sear for 3 minutes, then turn and cook for a further 3 minutes.
- Transfer steak to a cutting board. Repeat with remaining two pieces of steak. Rest for 10 minutes. Slice meat, serve over couscous accompanied by salsa.

## Cook's note

Leftover steak? Turn it into a second meal with this easy brown rice with beans. Place 2 cups rinsed brown rice into the inner pot, with 3 ½ cups cold water, a 30g packet of taco seasoning mix and a 420g can rinsed and drained red kidney beans. Select RICE mode, press start. When cooking is complete, allow to stand for 5 minutes. Serve rice topped with beef strips, avocado smash and sour cream.

### Sauté



Do not close the lid during sauté.



# Spiced pork and veal meatballs with tomato sauce

Juicy meatballs bathed in a rich tomato sauce are easy when you use your All-in-One Cooker – one pot, no mess.

Serves	4
Preparation time	15 minutes
Bake time	20 minutes

## Ingredients

500g pork and veal mince, see Cook's note	1 tbsp olive oil
2 rashers bacon, rind removed, finely chopped	800g can diced tomatoes
1 small onion, finely chopped	1 tbsp smoked paprika
6 cloves garlic, crushed	3 tsp brown sugar
1 tbsp sumac	1 tbsp sherry vinegar
1 egg, lightly beaten	Cooked linguine, freshly grated/shaved parmesan, fresh basil, to serve
½ cup dried breadcrumbs	

## Method

1. Combine the mince, bacon, onion, half the garlic, sumac, egg and dried breadcrumbs. Mix well. Divide into 16 portions and shape into balls.
2. Press SAUTÉ/SEAR HIGH TEMP button, press START, do not close the lid. Add oil to the inner pot. Allow to heat and add the meatballs, turning until lightly browned.
3. Combine the tomatoes, remaining garlic, paprika, brown sugar and vinegar in a jug. Pour over the meatballs. Close the lid.
4. Select BAKE program, set time for 20 minutes and press START.
5. When cooking is complete, remove lid and stand for 5 minutes. Serve over linguine. Top with freshly grated parmesan and basil.

## Cook's note

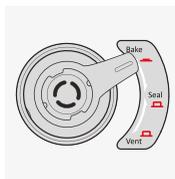
Use 250g each pork and veal mince for these meatballs. If veal is unavailable use pork mince or 375g pork mince and 125g beef mince.

Sauté



Do not close the lid during sauté.

Bake



Set valve to "Bake" position.



# Beef burgers with barbecue onion sauce

No need to fire up the barbecue for these moreish burgers that come with their own tangy barbecue sauce.

Serves	4
Preparation time	15 minutes
Pressure cooking time	6 minutes (excluding pressure building time)

## Ingredients

650g beef mince, see Cook's note	2 tsp chopped fresh rosemary leaves
2 tsp olive oil	4 sourdough buns, split, toasted
2 medium brown onions, thickly sliced	½ cup garlic aioli
1 cup barbecue sauce	Mixed salad leaves, beetroot slices, cheese slices and Kettle-style chips, to serve

## Method

- Season beef generously with salt and pepper. Divide into 4 portions. Shape each into a ball and flatten to about 9cm in diameter. Set aside.
- Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Add oil and onion into the inner pot. Cook, stirring occasionally until softened.
- Add barbecue sauce and rosemary. Place the patties into the sauce, spacing around the pot in a single layer.
- Close lid, select MANUAL program in PRESSURE COOKING, set time for 6 minutes. Press START.
- When cooking is complete, allow to stand for 5 minutes. Turn pressure regulator to VENT to allow any remaining pressure to release. Remove lid. Remove the patties with a slotted spoon and set aside. Cover with foil.
- Press SAUTÉ/SEAR HIGH TEMP button. Press START, do not close the lid. Allow the sauce to simmer until reduced. Stir occasionally to prevent catching.
- Spread the buns with garlic aioli. Top bases with mixed salad leaves and cheese slices. Place patties onto the buns with a dollop of sauce. Top with beetroot slices and bun top.

## Cook's note

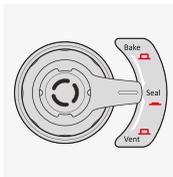
Choose a beef mince with a mid-range percentage of fat for burgers and meatballs, around 18–20% of fat is good. The fat helps to keep the burgers and patties moist during cooking. Lean mince tends to give a grainy, dry result and is best for sauces such as bolognese.

### Sauté



Do not close the lid during sauté.

### Pressure Cook



Set valve to "Seal" position.



# Boston baked beans

You'll never go back to tinned baked beans once you've tasted this simple version. Full of meaty ham flavour and with a rich, thick sauce, the only decision you really need to make is whether you'll have seconds.

Serves	4–6
Preparation time	10 minutes
Pressure cooking time	20 minutes (excluding pressure building time)

## Ingredients

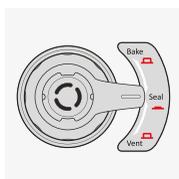
700g bacon/ham hock	1 tbsp smoky paprika
2 medium brown onions, finely chopped	$\frac{2}{3}$ cup vegetable stock, salt reduced
$\frac{1}{3}$ cup tomato paste	2 x 400g cans four bean mix, rinsed, drained
$\frac{1}{3}$ cup golden syrup	Thickly sliced, buttered sourdough bread or toast, to serve
2 tbsp Dijon mustard	Chopped Italian flat leaf parsley, to garnish
2 tbsp balsamic vinegar	

## Method

1. Spray the inner pot with canola oil. Rinse ham hock and pat dry. Place the ham hock and onions into the inner pot. Combine tomato paste, golden syrup, Dijon, balsamic vinegar, paprika and stock in a jug. Stir to combine. Pour over the ham. Close the lid.
2. Close lid, select MEAT/POULTRY program in PRESSURE COOKING, set time for 20 minutes. Press START.
3. When cooking is complete allow to stand for 10 minutes. Turn pressure regulator to VENT to allow any remaining pressure to release. Remove lid.
4. Remove the ham hock. Pull the meat off the bone, chop and return to the sauce.
5. Press SAUTÉ/SEAR HIGH TEMP button, set time for 5 minutes and press START, do not close the lid. Add beans and allow to warm through. Season to taste with black pepper. Serve with buttered sourdough. Garnish with chopped fresh parsley.

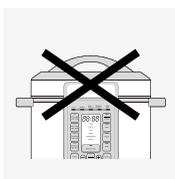
## Cook's note

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



# Creamy garlic prawns and salmon

Freshly cooked pasta is the perfect base for this luxurious yet simple seafood sauce that cooks in just 5 minutes under pressure.

Serves	4–6
Preparation time	15 minutes
Pressure cooking time	5 minutes (excluding pressure building time)

## Ingredients

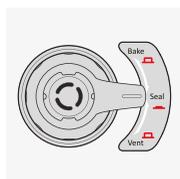
3 pieces (360g) salmon, skin removed, cut into 3cm pieces	60g butter, chopped
400g peeled and deveined prawns, tails removed	500g linguine, cooked, drained
6 cloves garlic, crushed	½ cup chopped fresh dill
400ml thickened cream	½ cup chopped fresh chives
	Finely grated parmesan to serve, optional

## Method

1. Spray the inner pot with canola oil. Place the salmon into the base of the pot. Top with prawns, then add garlic, cream and butter. Close the lid.
2. Select the MANUAL program in PRESSURE COOKING. Set time for 5 minutes. Press START.
3. When cooking is complete, stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
4. Remove seafood with a slotted spoon. Press SAUTÉ/SEAR HIGH TEMP button and press START, do not close the lid. Allow the sauce to simmer until slightly reduced. Season to taste with salt and pepper.
5. Divide linguine between plates, top with salmon and prawns, drizzle with sauce and finish with chopped herbs. Serve with parmesan if desired.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



## Tip

This also teams well with couscous, try the **zesty lemon couscous**, see page 115.

# Harissa-spiced chicken

Bring the robust flavours of North Africa to your mid-week table with this easy to make chicken dish.

Serves	4
Preparation time	15 minutes
Cooking time	25 minutes

## Ingredients

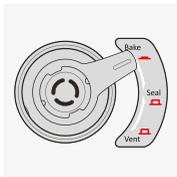
4 large (800g) chicken thigh fillets, trimmed, halved	400g can diced tomatoes with herbs
1 tbsp harissa, Middle Eastern spice	1 cup natural Greek yoghurt
3 assorted capsicums (green, red and yellow), chopped	¼ cup mint jelly
1 red onion, roughly chopped	Cooked rice and fresh mint, to serve

## Method

1. Spray inner pot with canola oil. Coat both sides of the chicken in harissa and place into the base of the pot.
2. Arrange capsicum and red onion over the top of the chicken. Pour over diced tomatoes. Season with black pepper.
3. Close the lid. Select BAKE program, set time for 25 minutes and press START.
4. Meanwhile, combine yoghurt and mint jelly.
5. When cooking is complete, stand for 5 minutes. Remove the lid. Serve chicken over cooked rice. Top with mint yogurt and garnish with fresh mint.

## Cook's note

### Bake



Set valve to "Bake" position.



## Tip

Sauce can be reduced and served as a glaze. Press SAUTÉ/SEAR HIGH TEMP button, set time for 10 minutes and press START, do not close the lid. Allow the sauce to simmer until reduced. Pour over the ribs and top with sesame seeds.

# Soy and sesame pork ribs with ginger

These ginger-spiced ribs in a sweet, sticky glaze are an easy one-pot answer to “what’s for dinner?”

Serves 4

Preparation time 15 minutes

Pressure cooking time 30 minutes (excluding pressure building time)

## Ingredients

1.5kg Asian-style pork ribs	1 tsp freshly grated ginger
1 cup tomato sauce	2 tbsp sesame oil
¼ cup soy sauce	1 tbsp sesame seeds, toasted
½ cup (100g) brown sugar	Lime wedges, coriander, to serve

## Vegetable slaw

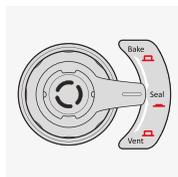
¼ savoy cabbage, finely shredded	¼ cup finely chopped fresh parsley
¼ red cabbage, finely shredded	Finely grated zest and juice of 1 orange
2 small beetroot, peeled, julienned/grated	½ cup good-quality mayonnaise

## Method

1. Spray the inner pot with canola oil. Cut racks of ribs into two-bone sections. Place into the base of the inner pot, bone side down.
2. Combine the tomato sauce, soy sauce, brown sugar, ginger and sesame oil. Pour over the ribs.
3. Close lid, select MEAT/POULTRY program in PRESSURE COOKING, set time for 30 minutes. Press START.
4. To make the vegetable slaw place all ingredients in a bowl and toss to combine. Cover and chill until required.
5. When cooking is complete, allow ribs to stand for 5 minutes. Turn pressure regulator to VENT to allow any remaining pressure to release. Remove lid.
6. Transfer ribs to a board and cut in half. Drizzle with glaze if using (see Tip). Sprinkle with toasted sesame seeds. Serve with lime wedges and coriander with Vegetable slaw on the side.

## Cook's note

### Pressure Cook



Set valve to “Seal” position.



## Tip

Use prepared **beef bone broth** for this recipe if you like, see page 39.

# Beef pho

Pho is right up there with the world's favourite noodle soups. This Vietnamese soup is much-loved for its richly flavoured broth – create it at home by using the pressure cooking function.

Serves	4
Preparation time	10 minutes
Pressure cooking time	12 minutes (excluding pressure building time)

## Ingredients

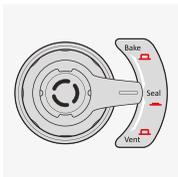
1.5L beef stock, salt-reduced	1 tbsp brown sugar
4 star anise	200g rice stick noodles, soaked in boiling water, drained
4 whole garlic cloves	3 spring/green onions, finely sliced
1 cinnamon stick	2 cups fresh herb sprigs, such as coriander, mint and basil
750g beef oyster blade, trimmed of excess fat	Lime wedges and sliced chilli, to serve
¼ cup fish sauce	

## Method

1. Place stock, star anise, garlic and cinnamon stick into the inner pot. Add the trimmed oyster blade. Close the lid.
2. Select the MEAT POULTRY program in PRESSURE COOKING. Set time for 12 minutes. Press START.
3. When cooking is complete, stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
4. Remove beef, cover with foil and set aside. Allow to cool. Add fish sauce and brown sugar to the stock.
5. Press SAUTÉ/SEAR HIGH TEMP button, set time for 5 minutes and press START, do not close the lid. Allow stock to simmer for 5 minutes.
6. Divide the noodles and spring/green onions between bowls. Slice beef and arrange over the top of the noodles. Ladle over the hot stock, discarding whole garlic and spices if you like. Top with herbs and serve with lime and fresh chilli.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



## Tip

To make a Japanese octopus salad, clean 1kg baby octopus and place into the inner pot. Add the oil and garlic. Select the **MANUAL** program in **PRESSURE COOKING**. Set time for 10 minutes. Press **START**. When cooking is complete, stand for 2 minutes. Turn pressure regulator to **VENT** to allow the pressure to release. Remove lid. Cook edamame beans separately and add to the octopus. Serve over the salad as suggested.

# Japanese edamame, prawn and calamari salad

Edamame aren't just for munching on while you wait for the main course to arrive. In this light and bright salad, they're part of the main attraction. With fresh seafood and an umami-packed dressing, this simple salad is sure to satisfy.

Serves	4
Preparation time	10 minutes
Pressure cooking time	5 minutes (excluding pressure building time)

## Ingredients

300g peeled and deveined prawns, tails intact	3 small Lebanese cucumbers, halved lengthways, seeded and sliced
200g calamari tubes, cut into 2cm x 3cm pieces and scored	2 red apples, cored, finely sliced
2 garlic cloves, sliced	3 tsp sesame seeds, toasted
1 tbsp peanut oil	Red chilli and lime to serve (optional)
1 cup (130g) shelled edamame beans	

## Miso dressing

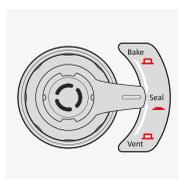
1 tbsp miso	1 tbsp Japanese soy sauce
2 tbsp rice wine vinegar	1 tbsp brown sugar
2 tbsp peanut oil	

## Method

1. Place prawns, calamari, garlic, peanut oil and edamame beans into the inner pot. Close the lid.
2. Select the MANUAL program in PRESSURE COOKING. Set time for 5 minutes. Press START.
3. To make the miso dressing combine all ingredients in a bowl. Whisk until combined. Toss together the cucumber, apple and half the sesame seeds in a separate bowl.
4. When cooking is complete, stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
5. Divide salad between serving plates. Drizzle with Miso dressing. Top with cooked prawns, calamari and edamame beans. Sprinkle with remaining sesame seeds, fresh red chilli and a lime wedge before serving.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Fish in Malaysian-style coconut sauce

This quick and simple fish dish is full of fresh flavours and the coconut sauce is just begging to be best friends with a bowl of fluffy rice.

Serves	6
Preparation time	10 minutes
Pressure cooking time	12 minutes (excluding pressure building time)

## Ingredients

185g jar Malaysian seafood curry paste	1 stalk lemongrass, trimmed and sliced, see Cook's note
2 x 400ml cans coconut milk	½ cup fresh coriander sprigs
1.5kg firm white fish, cut into 3cm pieces	250g cherry tomatoes, halved
2 long red chillies, split lengthways	Cooked rice, to serve
Juice of 1 lemon	Fried onion, lemon wedge to serve (optional)

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button and press START, do not close the lid. Add the curry paste and cook until fragrant.
2. Pour in the coconut milk and stir until mixture is simmering. Add fish, chilli, lemon juice and lemongrass.
3. Select the MANUAL mode in PRESSURE COOKING. Set time for 12 minutes. Press START.
4. When cooking is complete. Stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
5. Transfer fish to a serving plate, top with fresh coriander leaves and chopped cherry tomatoes. Serve with cooked rice. Top with fried onion and lemon if desired.

## Cook's note

Cooking time starts once pressure has been maintained.

Set valve to "Seal" position. Check that the float valve is in the down position.

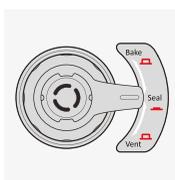
When preparing lemongrass ensure you remove the tough outer layer. Finely slice the tender inside stalk for use in recipes. The tough outer layer is great for making lemongrass tea. Steep in boiling water for 5 minutes, serve with a little fresh mint or honey.

Sauté



Do not close the lid during sauté.

Pressure Cook



Set valve to "Seal" position.



## Tip

Laksa is delicious topped with a range of fresh vegetables. Try bean shoots, chopped tomatoes, snow peas or finely sliced green beans.

# Chicken laksa with fresh herbs

Why order takeaway when you can make it at home? This laksa has got all the flavours you love and plenty of slurpable noodles too. Your kitchen table beats a food hall any day.

Serves	4
Preparation time	10 minutes
Pressure cooking time	20 minutes (excluding pressure building time)

## Ingredients

500g chicken thigh fillets, trimmed, cut into 2cm pieces	1 medium carrot, julienned
1 tbsp cornflour	300g bok choy, trimmed and chopped
185g jar Malaysian laksa paste	1 small Lebanese cucumber, halved lengthways, deseeded, sliced
400ml coconut milk	¼ small red onion, finely sliced
1L vegetable or chicken stock, salt-reduced	1 cup fresh herb sprigs, such as coriander and mint
100g vermicelli noodles, soaked in boiling water, drained	Sliced red chilli and lime wedges, to serve

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button and press START, do not close the lid. Add the laksa paste and cook until fragrant. Toss chicken in cornflour and add to the pot. Stir until coated with the paste.
2. Pour in the coconut milk and stock, stir until mixture is simmering.
3. Select the SOUP program in PRESSURE COOKING. Press START.
4. When cooking is complete. Stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
5. Divide the noodles between bowls. Top with carrot and bok choy. Ladle over the laksa, distributing the chicken between the bowls. Top with cucumber, red onion, fresh herbs and chilli. Serve with lime wedges.

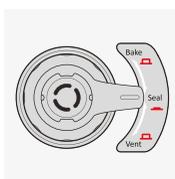
## Cook's note

### Sauté



Do not close the lid during sauté.

### Pressure Cook



Set valve to "Seal" position.



# Tandoori chicken with coriander, orange and cucumber salad

Cooking chicken pieces on an open grill can be a bit tricky. Pre-cook this simple tandoori chicken in the All-in-One Cooker to ensure success with a different kind of barbecue dish.

Serves	4
Preparation time	20 minutes plus 30 minutes marinating time
Pressure cooking time	35 minutes (excluding pressure building time)

## Ingredients

1/3 cup tandoori paste	8 (1.6kg) chicken pieces, choose wings, legs and thigh cutlets
2 tbsp plain Greek yoghurt	Mixed Asian salad leaves, to serve
Juice of 1 orange	Chopped pistachios, to garnish
1 small red chilli, sliced (optional)	

### Orange and cucumber salad

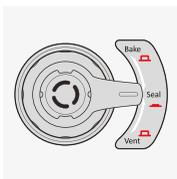
4 oranges, peeled, sliced	1 small lime, halved
1/4 small red onion, finely sliced	1 tbsp olive oil
2 Lebanese cucumbers, sliced	1/2 cup fresh coriander sprigs

## Method

1. Combine the tandoori paste, yoghurt, orange juice and chilli if using. Slash the chicken and rub the paste into the cuts and over the surface of the chicken. Refrigerate for 30 minutes.
2. Lightly spray the inner pot with canola oil and line with baking paper. Place the larger pieces of chicken into the base of the pot, bone side down. Allow space between the chicken. Cover with a layer of baking paper and then arrange remaining chicken over the top.
3. Select the MEAT POULTRY mode in PRESSURE COOKING. Set time for 35 minutes. Press START.
4. To prepare the orange and cucumber salad: Combine orange slices, cucumbers and coriander sprigs. Squeeze over the lime juice and drizzle with olive oil. Chill until required.
5. When cooking is complete, stand for 5 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid.
6. Preheat a char-grill pan or barbecue to a medium heat. Drizzle with olive oil. Remove the chicken and place onto the heated char-grill pan. Grill for 2-3 minutes on each side or until charred and golden brown and chicken is completely cooked through. Drizzle with cooking juices and serve with prepared orange and cucumber salad and mixed salad leaves. Garnish with chopped pistachios.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Thai red curry with beef and pumpkin

Thai food has become an Australian favourite. With flavour-packed dishes like this one, it's easy to see why. Get this started in the morning and you'll be transported to Bangkok by dinner time.

Serves	4
Preparation time	10 minutes
Slow cooking time	6 hours (low) 3 hours (high)
Pressure cooking time	30 minutes (excluding pressure building time)

## Ingredients

1kg beef chuck steak, trimmed, cut into 3cm pieces	1kg butternut pumpkin, cut into 5cm pieces
2 tbsp plain flour	2 kaffir lime leaves
1 tbsp canola oil	Finely grated zest and juice of 1 lime
½ cup red curry paste	½ cup fresh basil leaves
400ml coconut milk	Steamed green beans and cooked rice, to serve

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 10 minutes and press START, do not close the lid. Toss beef in flour. Add oil and beef to the pot and cook, stirring occasionally, until browned.
2. Add the curry paste and coconut milk. Stir until coconut milk simmers. Add the pumpkin and kaffir lime leaves.
3. Close lid, cook on SLOW COOK LOW TEMP for 6 hours, SLOW COOK HIGH TEMP for 3 hours or select MEAT/POULTRY program in PRESSURE COOKING and set time for 30 minutes. Press START.
4. Turn pressure regulator to VENT to allow the pressure to release, or allow pressure to release naturally. Remove lid. Add lime zest, lime juice and basil. Stir to combine. Serve with green beans and cooked rice.

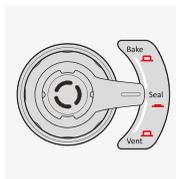
## Cook's note

### Sauté



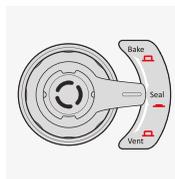
Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.



## Tip

For a robust flavour, take 6 dried shiitake mushrooms and soak in warm water for 10 minutes, drain and slice. Add to the pot with remaining ingredients.

# Chinese beef with broccoli

A long-time family favourite that comes together quickly and easily. A luscious sauce coats the beef and broccoli that will have everyone asking for more!

Serves	4
Preparation time	15 minutes
Pressure cooking time	6 minutes (excluding pressure building time)

## Ingredients

¼ cup cornflour	3 garlic cloves, crushed
½ cup light soy sauce	1 tsp grated fresh ginger
¼ cup brown sugar	2 tbsp vegetable oil
¼ cup hoisin sauce	1 extra-large piece (600g) broccoli, cut into large florets
1 tbsp sesame seeds, toasted	2 red capsicums, seeded, sliced
750g beef topside, round or rump, cut into 5mm strips	Cooked rice, to serve

## Method

1. Combine cornflour with  $\frac{2}{3}$  cup water, add the soy sauce, brown sugar, hoisin sauce and sesame seeds. Stir to combine. Add 2 tbsp to the beef strips with the garlic and ginger. Stand for 5 minutes.
2. Press SAUTÉ/SEAR HIGH TEMP button, set time for 10 minutes and press START, do not close the lid.
3. Add a little of the oil to the inner pot along with one third of the beef. Stir-fry for 1-2 minutes or until lightly browned. Remove with tongs. Repeat with remaining oil and beef strips.
4. Add remaining sauce to the pot and stir until sauce thickens. Return all the beef to the pot with the broccoli and capsicum. Stir to combine.
5. Select the MANUAL program in PRESSURE COOKING. Set time for 6 minutes. Press START.
6. When cooking is complete, stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release. Remove lid. Stir to combine. Serve with cooked rice.

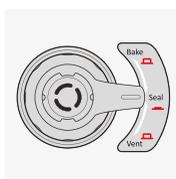
## Cook's note

### Sauté



Do not close the lid during sauté.

### Pressure Cook



Set valve to "Seal" position.



## Tip

This teams well with **fresh herb polenta**, see page 111.

# Chicken cacciatore

Pass the crusty bread and get ready to mop up the hearty, flavour-filled sauce that coats juicy chicken thighs in this classic Italian dish. ‘Cacciatore’ means ‘hunter’ in Italian, but we think your search for a new favourite ends here.

Serves	4–6
Preparation time	10 minutes
Slow cooking time	3 hours (low)
Pressure cooking time	12 minutes (excluding pressure building time)

## Ingredients

1.2kg (9 medium size) chicken thigh fillets, halved	2 x 400g cans diced tomatoes, undrained
¼ cup plain flour, seasoned with salt and pepper	1 red capsicum, diced into 2cm pieces
2 tbsp olive oil	3 tsp dried basil leaves
1 medium brown onion, peeled, chopped	2 tsp dried mint leaves
4 cloves garlic, crushed	½ cup mixed green and black pitted olives
¼ cup chicken stock	Crusty bread or polenta and rocket salad, to serve

## Method

1. Coat chicken in seasoned flour. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Place oil and chicken into the inner pot. Stir the chicken until lightly browned. Sprinkle with any remaining flour. Stir to combine.
2. Add onion and garlic, stir to combine. Pour over stock and diced tomatoes, press SAUTÉ/SEAR LOW TEMP button, set cooking time for 5 minutes and press START, allow mixture to come to the boil. Add capsicum and dried herbs.
3. Close lid, cook on SLOW COOK LOW TEMP for 3 hours, or select MEAT/POULTRY program in PRESSURE COOKING, set time for 12 minutes. Press START.
4. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Stir in olives. Season to taste with salt and black pepper. Serve with crusty bread or polenta and rocket salad.

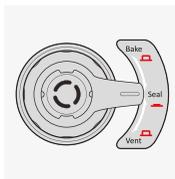
## Cook's note

### Sauté



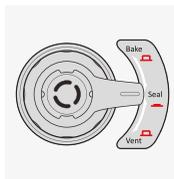
Do not close the lid during sauté.

### Slow Cook



Set valve to “Seal” position.

### Pressure Cook



Set valve to “Seal” position.



## Tip

To turn this into white coq au vin, replace the red wine with a good riesling or chardonnay. This teams well with **creamy garlic mashed potato**, see page 113.

# Coq au vin

So French, so chic! This dinner party classic is definitely not your mother's coq au vin, instead it's a simple dish that is easy enough for a mid-week meal or elegant enough to serve friends. Good quality wine is key here. Just remember that if you wouldn't drink it, you shouldn't cook with it!

Serves	6–8
Preparation time	20 minutes
Slow cooking time	6 hours (low)
Pressure cooking time	20 minutes (excluding pressure building time)

## Ingredients

2.1kg chicken, cut into 8 pieces (you can ask the butcher to do this for you)	1 large carrot, peeled, chopped
1/3 cup plain flour, seasoned with salt and pepper	2 celery stalks, chopped
2 tbsp olive oil	100g pancetta, rind removed, chopped
60g butter	200g Swiss brown mushrooms, trimmed
12 small brown onions, peeled	2 cups (500ml) good quality red wine
3 cloves garlic, crushed	1 cup (250ml) chicken stock, salt-reduced
Small bouquet garni, see Cook's note	2 tbsp finely chopped parsley
	Mashed potato and steamed beans, to serve

## Method

1. Toss chicken in seasoned flour. Place oil and butter into the inner pot. Press SAUTÉ/SEAR HIGH TEMP button, set time for 10 minutes and press START, do not close the lid.
2. Allow butter to melt. Brown chicken in two batches. Add any remaining flour to the pot and stir to combine. Return all the chicken to the pot.
3. Add onions, garlic, bouquet garni, carrot, celery, pancetta and mushrooms. Pour over the wine and chicken stock.
4. Seal lid, cook on SLOW COOK LOW TEMP for 6 hours or select MEAT/POULTRY program in PRESSURE COOKING, set time for 20 minutes. Press START.
5. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Discard the bouquet garni. Remove the chicken pieces and vegetables and set aside in a serving dish. Cover with foil.
6. Press SAUTÉ/SEAR HIGH TEMP button, set time for 10 minutes and press START, do not close the lid. Allow the sauce to simmer until reduced. Season to taste with white pepper, add parsley. Pour sauce over the chicken. Serve with mashed potato and green beans.

## Cook's note

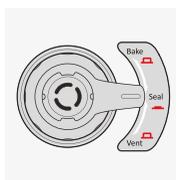
A bouquet garni is a small bundle of aromatic herbs, used in French cooking. A simple bouquet garni has rosemary, basil, parsley or chervil and tarragon. A dried version can be purchased at supermarkets.

### Sauté



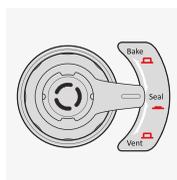
Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.



## Tip

You can make arancini balls with any remaining mixture. Allow risotto to cool. Then scoop into balls, pushing a small piece of mozzarella into the centre if desired. Coat the balls in plain flour, beaten egg and fresh white breadcrumbs. Shallow fry in hot oil until crisp and golden. Serve with garlic aioli.

# Mushroom and chicken risotto

Remember when risotto was all the rage and you spent far too long standing at the stove, stirring the pot, while your guests enjoyed another glass of wine? Yes, us too. But now, those days are gone as the All-in-One Cooker makes perfect, no-stir risotto every time.

Serves	4
Preparation time	15 minutes
Pressure cooking time	14 minutes (excluding pressure building time)

## Ingredients

2 tbs olive oil	¼ cup dry white wine
1 small leek, finely sliced	1L chicken stock, salt reduced
1 clove garlic, crushed	60g butter, chopped
300g chicken breast fillets, cut into 2cm pieces	½ cup freshly grated parmesan cheese
200g button mushrooms, trimmed, sliced	¼ cup finely chopped fresh parsley
2 cups (420g) arborio rice	Extra freshly grated parmesan, to serve

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 8 minutes and press START, do not close the lid. Place oil, leek and garlic into the inner pot, cook until leek is tender. Stir occasionally during cooking.
2. Add chicken. Cook until lightly browned. Add mushrooms and rice. Stir to combine.
3. Add wine. Simmer uncovered, until wine is absorbed. Pour over the stock. Stir to combine.
4. Close lid. Select RISOTTO program in PRESSURE COOKING and press START.
5. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Give the risotto a good stir with a rubber spatula. Add butter, parmesan cheese and parsley. Stir until combined. Season to taste with salt and pepper. Place the lid on the pot and stand for 5 minutes. Divide into bowls. Serve with extra freshly grated parmesan.

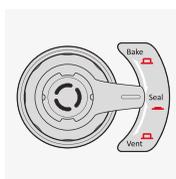
## Cook's note

### Sauté



Do not close the lid during sauté.

### Pressure Cook



Set valve to "Seal" position.



## Tip

Remaining passata can be kept refrigerated and used within 3 days. For longer storage, freeze in an airtight container.

# Middle Eastern lamb shanks with pearl couscous

Tender, falling-off-the-bone lamb shanks are perfect when paired with the earthiness of coriander, the lemony tang of sumac and the sweetness of dates. The rich gravy is soaked up by pearl couscous and we swear we can almost smell the kasbah from your kitchen.

Serves	4
Preparation time	15 minutes
Slow cooking time	7 hours (low)
Pressure cooking time	35 minutes (excluding pressure building time)

## Ingredients

¼ cup plain flour	1 clove garlic, crushed
2 tbsp ground coriander	1 tbsp lemon zest
2 tsp sumac	6 fresh dates, pit removed
4 Frenched lamb shanks	400g sweet potato, peeled, chopped
2 tbsp olive oil	1 red capsicum, seeded, chopped
1½ cups (375ml) beef or chicken stock, salt-reduced	1 cup (200g) pearl couscous, prepared, see Cook's note
1 cup (250ml) tomato passata	200g steamed green beans or rocket salad, to serve
1 large brown onion, sliced	Fresh coriander to garnish

## Method

1. Combine flour, coriander and sumac. Toss lamb shanks in seasoned flour. Place oil into the inner pot. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 10 minutes and press START, do not close the lid. Brown lamb shanks in two batches. Set aside.
2. Add the remaining flour to the pot and, using a silicone whisk, whisk until combined. Cook for 1 minute. Gradually whisk in the stock and the passata. Allow sauce to simmer.
3. Return the lamb shanks to the sauce. Add the onion, garlic, lemon zest, dates, sweet potato and capsicum.
4. Close lid, cook on SLOW COOK LOW TEMP for 7 hours or select MEAT/POULTRY program in PRESSURE COOKING, set time for 35 minutes. Press START.
5. When cooking is complete turn pressure regulator to VENT to allow the pressure to release, or allow pressure to release naturally. Remove lid.
6. Divide couscous between serving plates, top with lamb shanks and spoon over the sauce. Garnish with fresh coriander and serve with green beans or rocket salad on the side.

## Cook's note

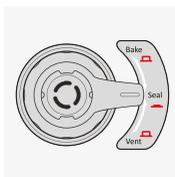
To prepare pearl couscous, place 1 tablespoon olive oil into a pan, add 1 cup (200g) pearl couscous. Cook for 1 minute or until couscous smells toasted. Remove from heat and add 3 cups salt-reduced vegetable stock. Bring to the boil. Reduce heat, simmer for 6-8 minutes or until couscous is tender. Drain in a colander.

### Sauté



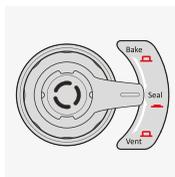
Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.



## Tip

This teams well with **zesty lemon couscous**, see page 115.

# Spiced pot roast with orange and pomegranate

Pot roast? Yes, pot roast. This modern take on a suburban classic is brimful of Middle Eastern flavours that will bring family and friends to the table every time.

Serves	6
Preparation time	15 minutes
Slow cooking time	8 hours (low)
Pressure cooking time	59 minutes (excluding pressure building time)

## Ingredients

1.2kg rolled beef pot roast	1 tsp ground cumin
2 tbsp plain flour, seasoned with salt and white pepper	Zest and juice of 2 oranges
1 tbsp olive oil	1 tbsp honey
1 cup (200g) dried apricots	2 cups (500ml) beef stock, salt-reduced
1 cinnamon stick	1/3 cup pomegranate seeds
2 tsp ground coriander	Prepared couscous, plain Greek yoghurt and mint leaves, to serve

## Method

1. Remove the string from the pot roast and dust in seasoned flour. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes. Press START, do not close the lid. Place oil and beef into the inner pot. Sear beef until lightly browned.
2. Add any remaining flour to the pot and stir into the pan juices. Add apricots, cinnamon stick, coriander, cumin, orange zest, orange juice, honey and stock.
3. Close lid, cook on SLOW COOK LOW TEMP for 8 hours or select MEAT/POULTRY program in PRESSURE COOKING. Set time for 59 minutes. Press START.
4. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Transfer pot roast to a serving plate. Remove the apricots with a slotted spoon and spoon around the meat. Cover with foil and let rest.
5. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Simmer sauce until reduced. Season with white pepper.
6. Pull pot roast apart, pour over the sauce, scatter with pomegranate seeds. Serve with couscous, yoghurt and mint leaves.

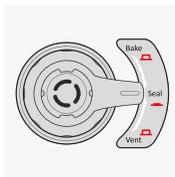
## Cook's note

### Sauté



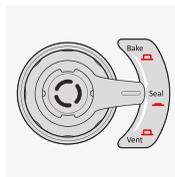
Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.



## Tip

Make the potato salad in advance so that the flavours have time to infuse.

# Slow-cooked lamb with lemony potato salad

This dish comprises slow-cooked lamb, moreish gravy and a tasty potato salad.

And, while peeling 20 cloves of garlic might be a little fiddly, it's well worth the effort.

Serves	6
Preparation time	30 minutes
Slow cooking time	8 hours (low) 4 hours (high) (excluding pressure building time)

## Ingredients

1 tbsp olive oil	4 sprigs fresh rosemary
1 onion, finely chopped	1 tbsp Dijon mustard
2 rashers bacon, roughly chopped	2 cups (500ml) beef stock, salt-reduced
1.5kg lamb shoulder	2 tbsp plain flour, plus 1 tbsp gravy powder
20 cloves garlic, peeled	

## Lemony Potato Salad

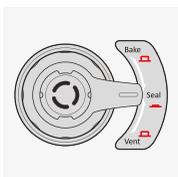
1.2kg medium-size chat potatoes	1 tsp Dijon mustard
1/3 cup (80ml) olive oil	1 tsp brown sugar
Finely grated zest of 1 large lemon	2 tbsp chives, finely chopped
Juice of 2 large lemons	

## Method

- To make the Lemony Potato Salad: Place rack in inner pot. Cut potatoes into 4cm pieces and arrange on the rack, add 1 cup water to the pot. Close lid, select STEAM program in PRESSURE COOKING and press START.
- When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Transfer cooked potatoes to a large bowl. Combine the olive oil, lemon zest, lemon juice, Dijon mustard and brown sugar in a screw top jar, shake until well combined. Pour over the hot potatoes, add half the chives and season to taste with salt and white pepper. Mix to combine, top with remaining chives. Cover and chill until required.
- Wipe out the inner pot. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Place oil, onion and bacon into the inner pot, cook until onion is tender. Stir occasionally during cooking.
- Cut small incisions into the lamb. Cut two cloves of garlic into slithers, and use with some of the rosemary to fill the cuts. Smear mustard over the lamb. Transfer to the pot.
- Add all the remaining garlic, remaining rosemary and stock. Close lid, cook on SLOW COOK LOW TEMP for 8 hours or SLOW COOK HIGH TEMP for 4 hours. Press START.
- When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Remove the lamb, cover with foil. Set aside to rest for 20 minutes. Ladle the liquid from the pot, strain the mixture, pushing the garlic through the sieve with the back of a spoon.
- Pour the liquid into a tall jug and allow the fat to rise to the surface. Skim off 3 tablespoons of fat and add to the inner pot. Discard any remaining fat, reserving the cooking liquid. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 10 minutes and press START, do not close the lid. Add the flour and gravy powder, mixing with a silicone whisk. Gradually whisk in 3 cups of the reserved liquid. Bring the mixture to simmering point. Simmer until gravy reduces and thickens. Season to taste with white pepper. Serve lamb shoulder with gravy and prepared Lemony Potato Salad.

## Cook's note

### Pressure Cook



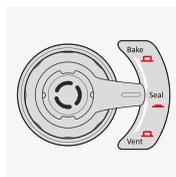
Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.



## Tip

This teams well with **creamy garlic mashed potato**, see page 113.

# Beef and red wine casserole

Beef, red wine and slow cooking is a match made in heaven as this hearty casserole proves. But if time's not on your side, use the pressure cooker function to fast track your way to dinner nirvana.

Serves	6
Preparation time	15 minutes
Slow cooking time	4 hours (high)
Pressure cooking time	30 minutes (excluding pressure building time)

## Ingredients

1kg gravy beef, cut into large pieces	3 carrots, peeled, sliced
¼ cup plain flour, seasoned with salt and pepper	2 parsnips, peeled, sliced
2 tbsp olive oil	400g can diced tomatoes
1 medium onion, chopped	1 cup (250ml) beef stock, salt-reduced
2 cloves garlic, crushed	4-5 fresh thyme sprigs
½ cup red wine	Mashed potato, peas and fresh herbs, to serve

## Method

1. Press SAUTE/SEAR HIGH TEMP button, set cooking time for 8 minutes and press START, do not close the lid. Toss beef in seasoned flour. Add oil to the pot and sear beef in batches. Add onion and garlic and cook until softened.
2. Return all the beef to the pan, add the red wine and simmer until reduced. Add carrots, parsnips, tomatoes, stock and fresh thyme.
3. Close lid, cook on SLOW COOK HIGH TEMP for 4 hours or select MEAT/POULTRY program in PRESSURE COOKING and set time for 30 minutes. Press START.
4. When cooking is complete turn pressure regulator to VENT to allow the pressure to release, or allow pressure to release naturally. Remove lid. Adjust seasonings if required. Serve with mashed potato, peas and fresh herbs.

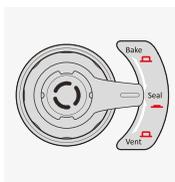
## Cook's note

### Sauté



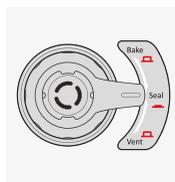
Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.



## Tip

For a little added spice – add 1 teaspoon crushed dried chilli flakes to the pot in step 3. If you're looking for a low-carb alternative, serve over lightly steamed zucchini zoodles.

This bolognese makes a great topping for whole roasted potatoes. Wash 4 large potatoes and roast at 200°C (180°C fan forced) for 1 hour or until tender. Cut a cross in the top of the potatoes and press at the sides to open. Top with bolognese sauce, sour cream and grated cheese.

# Italian sausage bolognese

Take a flavour shortcut by using Italian-style sausages in this hard-to-beat bolognese. The fennel adds a subtle hint of anise and all you need to do is decide how much parmesan you want to heap on top of it.

Serves	4
Preparation time	10 minutes
Stewing time	20 minutes

## Ingredients

1 tbsp olive oil	1 zucchini, diced
1 red onion, finely chopped	500g jar tomato pasta sauce
500g (6) Italian-style pork and fennel sausages	300g spaghetti, cooked and drained
¼ cup red wine	Shaved parmesan cheese and mixed green salad, to serve

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Place oil and onion into the inner pot, cook until onion is tender. Stir occasionally during cooking.
2. Remove the sausages from the casings. Add to the pot. Cook, breaking up with a wooden spoon, for 4-5 minutes or until browned.
3. Add wine, simmer uncovered until reduced. Add zucchini and pasta sauce.
4. Close lid, select STEW program, set time for 20 minutes and press START.
5. Once cooking is complete, turn pressure regulator to VENT to allow the pressure to release, or allow pressure to release naturally. Remove lid.
6. Season to taste with salt and pepper. Serve over cooked pasta, topped with freshly shaved parmesan and accompany with mixed garden salad.

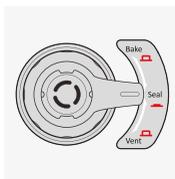
## Cook's note

### Sauté



Do not close the lid during sauté.

### Stew



Set valve to "Seal" position.



## Tip

This teams well with **creamy garlic mashed potato**, see page 113.

# Slow-cooked beef with mushrooms and beans

Take five ingredients and 10 minutes in the morning and you'll be enjoying this glorious slow-cooked beef for dinner tonight.

Serves	6
Preparation time	10 minutes
Slow cooking time	8 hours (low) or 4 hours (high)

## Ingredients

1.5kg beef topside roast	2 sprigs fresh rosemary
2 x 400g can white beans, drained, rinsed	1 cup red wine or prepared beef stock, salt-reduced, see Cook's note
200g button mushrooms, trimmed	Mashed potato and steamed beans, to serve

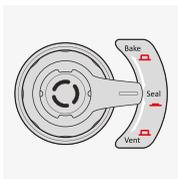
## Method

1. Place beef into the inner pot. Surround it with white beans and mushrooms. Add rosemary and pour over the red wine or stock.
2. Close lid, cook on SLOW COOK LOW TEMP for 8 hours or SLOW COOK HIGH TEMP for 4 hours. Press START.
3. When cooking is complete, turn pressure regulator to VENT to allow the pressure to release. Remove lid.
4. Transfer beef to a serving platter. Remove the mushrooms and beans from the pan juices with a slotted spoon and place around the beef.
5. Press SAUTÉ/SEAR HIGH TEMP button, set time for 10 minutes and press START, do not close the lid. Allow the sauce to simmer until reduced. Season to taste with white pepper. Pour sauce over the beef. Serve with mashed potato and steamed green beans.

## Cook's note

For an easy to make beef stock, see page 39.

### Slow Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



# Sweet potato frittata

Perfect for a lazy Sunday-night supper or lunch al-desko. Deliciously simple, this five-ingredient frittata is packed full of healthy ingredients.

Serves	6
Preparation time	10 minutes
Bake time	10 minutes

## Ingredients

750g sweet potato, peeled, chopped into 1.5cm pieces	3 tsp dried basil leaves
1 red onion, roughly chopped	12 eggs, lightly beaten
1 tbsp olive oil	Mixed garden salad and tomato salsa, to serve
1 ½ cups baby spinach leaves	

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Place sweet potato and red onion into the inner pot with 1 tbsp olive oil. Cook, stirring occasionally until sweet potato is lightly browned.
2. Add baby spinach leaves and cook until wilted. Stir in basil. Distribute the ingredients evenly over the base of the pot and season with salt and black pepper.
3. Pour over the eggs, gently move the sweet potato around the pot to ensure the egg runs through to the base of the pot.
4. Select BAKE program, set time for 10 minutes and press START.
5. When cooking is complete, remove lid and stand for 5 minutes. Using heat-proof mitts, remove the inner pot. Turn frittata onto a serving plate.
6. Cut into wedges and serve with salad and tomato salsa.

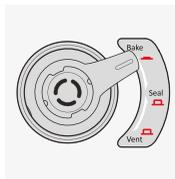
## Cook's note

### Sauté



Do not close the lid during sauté.

### Bake



Set valve to "Bake" position.



# Bourbon-basted beef ribs

Five ingredients is all it takes to make these fall-off-the-bone ribs. You can lick your fingers now and thank us later!

Serves	4–6
Preparation time	10 minutes
Slow cooking time	8 hours (low)
Pressure cooking time	59 minutes (excluding pressure building time)

## Ingredients

1.8kg beef ribs, trimmed of excess fat	3 garlic cloves, chopped
½ cup (125ml) bourbon or rum	1 cup barbecue sauce
¼ cup brown sugar	Boiled potatoes and coleslaw, to serve

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Spray inner pot with olive oil spray. Brown the ribs in batches, then return all to the inner pot.
2. Combine bourbon, brown sugar, garlic and barbecue sauce in a jug. Pour over the ribs.
3. Seal lid, cook on SLOW COOK LOW TEMP for 8 hours or select MEAT/POULTRY program in PRESSURE COOKING, set time for 59 minutes. Press START.
4. When cooking is complete, turn pressure regulator to VENT to allow the pressure to release. Remove lid.
5. Remove the beef ribs and set aside in a serving dish. Cover with foil.
6. Press SAUTÉ/SEAR HIGH TEMP button, set time for 5 minutes and press START, do not close the lid. Allow the sauce to simmer until reduced. Serve ribs with reduced bourbon sauce, boiled potatoes and coleslaw.

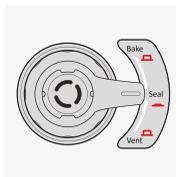
## Cook's note

### Sauté



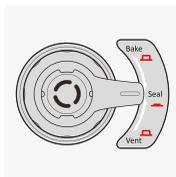
Do not close the lid during sauté.

### Slow Cook



Set valve to "Seal" position.

### Pressure Cook



Set valve to "Seal" position.



# All in one chicken and broccoli hotpot

Comfort food at its finest – juicy chicken thighs enveloped in rich sauce, spiked with broccoli and covered with a cheesy, crunchy topping.

Serves	4–6
Preparation time	10 minutes
Bake time	22 minutes

## Ingredients

1.2kg chicken thigh fillets, trimmed, quartered	1 cup grated cheese
1 tbsp canola oil	¼ cup dried breadcrumbs
425g can condensed cream of chicken soup	Mixed garden salad, to serve
1 large piece (400g) broccoli, cut into large florets	

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 10 minutes and press START, do not close the lid. Add chicken with 1 tbsp canola oil and cook, stirring occasionally, until lightly browned and chicken is almost cooked through.
2. Add the chicken soup and stir to combine.
3. Close the lid. Select BAKE program, set time for 12 minutes and press START.
4. When BAKE is complete, add broccoli and stir to combine. Combine cheese and breadcrumbs. Sprinkle over the surface.
5. Close the lid. Select BAKE program, set time for 10 minutes and press START.
6. When cooking is complete, remove lid. Serve into individual bowls with crusty bread or a garden salad on the side.

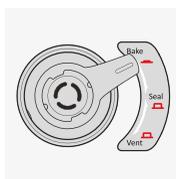
## Cook's note

### Sauté



Do not close the lid during sauté.

### Bake



Set valve to "Bake" position.



## Tip

You can make your own harissa spice mix. Combine 1 tbsp each cumin, coriander and paprika with 1 tsp dried oregano or mint leaves, ½ tsp salt and ¼ tsp each ground cinnamon and chilli powder.

# Harissa lamb with beetroot salad and hummus

Taste the flavours of the Middle East with this main course salad that combines earthy spices with sweet beetroots and everyone's favourite dip – hummus!

Serves	6
Preparation time	15 minutes
Pressure cooking time	10 minutes (excluding pressure building time)

## Ingredients

1kg minced lamb	1 ½ cups beetroot or mixed salad leaves
1 onion, finely chopped	2 cups fresh mint leaves
6 garlic cloves, crushed	220g tub prepared hummus
¼ cup harissa spice mix, see Tip	6 medium-size beetroot, steamed, quartered, see Cook's note
⅓ cup currants	Toasted pine nuts, extra mint leaves, to serve
⅓ cup beef stock, salt-reduced	
¼ medium-size (650g) savoy cabbage, cored, finely shredded	

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Spray inner pot with olive oil. Add mince, onion and garlic. Stir occasionally until mince is lightly browned.
2. Add harissa spice mix, currants and stock. Stir to combine. Close the lid. Select MEAT/POULTRY program in PRESSURE COOKING. Press START.
3. When cooking is complete, stand for 3 minutes, then turn pressure regulator to VENT to allow any remaining pressure to release. Remove lid.
4. Divide cabbage between serving plates and top with cooked lamb mixture. Top with beetroot/salad leaves and mint leaves. Dollop with hummus and top with beetroot. Garnish with toasted pine nuts and fresh mint leaves to serve.

## Cook's note

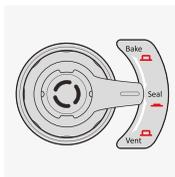
To prepare fresh beetroot using the pressure cooking function, grease the inner pot with canola oil. Place the rack provided into the base of the unit. Add 500ml of water to the pot. Arrange the 6-8 medium size beetroot on the rack. Select MANUAL in pressure cooking mode and set time for 20 minutes. When cooking is complete, let stand until pressure is released. Transfer to a plate/ board and allow to cool. When cool enough to handle, remove the skins. Keep refrigerated and use within 5 days.

### Sauté



Do not close the lid during sauté.

### Pressure Cook



Set valve to "Seal" position.



# Salad of baked sweet potato, chorizo and chickpeas with couscous

Portuguese-inspired cuisine comes to your place courtesy of this simple salad that's packed with flavour and hearty enough to satisfy by itself – or serve with grilled chicken.

Serves 4–6

Preparation time 15 minutes

Pressure cooking time 25 minutes (excluding pressure building time)

## Ingredients

1 ¾ cups (375ml) vegetable stock, salt-reduced	500g sweet potato, peeled, cut into 3cm pieces
1 ½ cups (270g) couscous	400g can chickpeas, rinsed, drained
2 tbsp olive oil	2 tsp peri-peri seasoning
Finely grated zest and juice of an orange	100g baby spinach leaves
2 chorizo, sliced	

### Orange dressing

¼ cup extra virgin olive oil	1 tsp Dijon mustard
1 tbsp sherry vinegar	1 tsp brown sugar
Finely grated zest and juice of a large orange	

## Method

1. Pour stock into the inner pot. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 2 minutes and press START, do not close the lid. Allow stock to come to the boil. Cancel any remaining time.
2. Add the couscous and 1 tablespoon olive oil, orange zest and orange juice. Stir to combine. Close the lid. Allow to stand for 5 minutes.
3. Using a plastic spoon, stir the couscous to loosen the grains. Transfer to a large bowl and set aside.
4. Line the inner pot with a sheet of baking paper. This makes the ingredients easier to remove. Place the chorizo in the base, top with sweet potato and then chickpeas. Drizzle with remaining olive oil and sprinkle with peri-peri seasoning.
5. Close the lid. Select BAKE program, set time for 25 minutes and press START.
6. To make the orange dressing: Combine all ingredients in a bowl. Whisk until smooth and combined. Chill until required.
7. When cooking is complete, stand for 5 minutes then remove the lid. Using the baking paper carefully lift out the cooked ingredients. Add to the couscous with the spinach leaves. Pour over the dressing and toss to combine. Serve immediately.

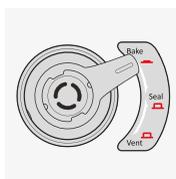
## Cook's note

### Sauté



Do not close the lid during sauté.

### Bake



Set valve to "Bake" position.



# Warm chicken salad with dukkah

Bypass the chicken shop and whip up this version at home instead. The chicken and pumpkin are cooked together which means less clean-up but all the flavour!

Serves	4
Preparation time	5 minutes
Bake time	25 minutes

## Ingredients

2 large (750g) chicken breast fillets, trimmed of excess fat	1 tbsp olive oil
2 tbsp dukkah	100g baby rocket or mixed salad leaves
400g pumpkin, peeled, cut into 3cm pieces	Crusty wholegrain bread, to serve

### Hummus dressing

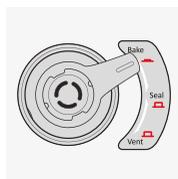
½ cup hummus	1 tsp finely grated orange zest
¼ cup fresh squeezed orange juice	1 tbsp olive oil

## Method

1. Line the base of the inner pot with a large piece of baking paper. This makes it easier to remove the baked chicken. Coat both sides of the chicken in dukkah and place into the base of the pot.
2. Arrange pumpkin over the top of the chicken. Drizzle chicken and pumpkin with olive oil and season with salt and pepper.
3. Close the lid. Select BAKE program, set time for 25 minutes and press START.
4. To make the hummus dressing combine all ingredients in a bowl. Whisk until smooth and combined. Chill until required.
5. When cooking is complete, stand for 5 minutes then remove the lid. Using the baking paper carefully lift out the chicken and pumpkin. Transfer to a cutting board and slice chicken.
6. Arrange salad leaves on 4 serving plates, top with sliced chicken and pumpkin. Drizzle with prepared dressing. Serve with crusty wholegrain bread.

## Cook's note

### Bake



Set valve to "Bake" position.



# Nutty quinoa and snowpea salad

Quinoa makes a great alternative to rice in a salad – it's easy to cook and this tri-colour variety looks good as well. Mixed with garden-fresh green veggies and topped with a maple-mustard dressing, this salad is a star.

Serves	6
Preparation time	15 minutes
Cooking time	14 minutes (excluding pressure building time)

## Ingredients

1 ½ cups (300g) tri-colour quinoa	1 cup mixed fresh herbs, basil, mint and coriander
100g mixed salad leaves	2 zucchini, spiralised or julienned
75g snow pea sprouts	¾ cup (65g) roasted natural almonds, pecans or walnuts
200g snow peas, trimmed, halved lengthways	1–2 avocados, quartered, to serve

### Maple syrup dressing

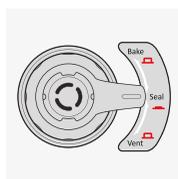
2 tbsp seeded mustard	1 tbsp pure maple syrup
2 garlic cloves, crushed	½ cup avocado or light olive oil
¼ cup balsamic vinegar	

## Method

1. Place the quinoa and 2 ½ cups water into the inner pot. Close lid, select RICE program in PRESSURE COOKING and press START.
2. Meanwhile, place all the salad ingredients, except avocado into a large bowl. Toss to combine.
3. To make the Maple syrup dressing place all ingredients into a small bowl and whisk until combined. Set aside.
4. When cooking is complete, stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release then remove lid. Let quinoa cool for 5 minutes.
5. Add quinoa to prepared salad with dressing. Toss to combine. Divide into serving bowls and top with avocado. Serve immediately.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Gado gado salad

You don't need to go on holidays to Bali to experience this Indonesian classic. The rich and creamy peanut sauce is the perfect foil for the multitude of vegetables that lie beneath.

Serves	8
Preparation time	15 minutes
Steam time	10 minutes

## Ingredients

1.2kg medium-size chat potatoes	1 carrot, peeled, julienned
140g green beans, trimmed and halved	4 soft- or hard-boiled eggs, shelled, halved
½ small Chinese cabbage, cut into wedges lengthways	1 ½ cups fresh mixed herbs like coriander, basil and mint
2 Lebanese cucumbers, finely sliced	¼ cup crispy fried shallots
150g bean shoots, trimmed	

### Peanut sauce

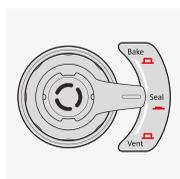
400ml coconut milk	2 tbsp brown sugar
⅔ cup (150g) peanut butter	2 garlic cloves, crushed
⅓ cup kecap manis	2 red chillies, seeded and chopped
2 tbsp fish sauce	Finely grated zest and juice of 1 lime

## Method

1. Place rack into the inner pot. Cut potatoes into 3cm pieces and arrange on the rack, add 1 cup water to the pot. Close lid, select STEAM program in PRESSURE COOKING and press START.
2. When cooking is complete, stand for 2 minutes. Turn pressure regulator to VENT to allow the pressure to release then remove lid. Add beans to the pot, cover and stand for 2 minutes.
3. Set the potatoes and beans aside and wipe out the inner pot. To make the Peanut sauce, pour the coconut milk into the inner pot and add the remaining ingredients. Whisk until combined.
4. Press SAUTÉ/SEAR HIGH TEMP button, press START, do not close the lid. Allow sauce to heat, whisking until warm. Cancel any remaining time, so sauce doesn't overheat and split.
5. Arrange the potatoes, beans, cabbage, cucumber, bean shoots and carrot onto a platter or individual serving plates. Drizzle Peanut sauce over vegetable salad. Finish with hard-boiled eggs, fresh herbs and crispy fried shallots.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.



# Side dishes

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Fresh herb polenta

# Creamy polenta

Put the spoon down and step away from the stove – the All-in-One Cooker makes no-stir polenta a reality. Enjoy this creamy Italian side in place of pasta or mash.

Serves	4–6
Preparation time	10 minutes
Pressure cooking time	6 minutes (excluding pressure building time)

## Ingredients

1 cup polenta	60g unsalted butter, chopped
1L vegetable stock, salt-reduced	2 tbsp pure cream

## Method

1. Place the polenta and the stock into the inner pot. Stir to combine. Add pepper to taste. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 3 minutes and press START, do not close the lid. Allow mixture to come to the boil. Stir again.
2. Close the lid. Select MANUAL program in PRESSURE COOKING, set time for 6 minutes. Press START.
3. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Give the polenta a good stir with a wooden spoon. Add the butter and cream, mix well until combined. Season to taste with salt and white pepper.

## Flavour variations

### Cacio e Pepe

Prepare the polenta, omitting the cream. Then to the prepared polenta add 1 cup (100g) freshly grated pecorino, Romano or parmesan cheese. Season well with black pepper. Transfer to a serving bowl, drizzle with extra virgin olive oil, top with more grated cheese and freshly ground black pepper.

### Fresh herb polenta

To the prepared polenta, add ¼ cup freshly sliced spring/green onion, ¼ cup chopped fresh parsley and 1 tablespoon chopped fresh basil. Season to taste with white pepper.

### Polenta with truffle oil

Prepare the polenta, omitting the cream. Then to the prepared polenta, add ½ cup (60g) freshly grated truffle cheddar. Season well with white pepper. Transfer to a serving bowl and serve with a drizzle of truffle oil or extra virgin olive oil, top with shaved parmesan cheese.

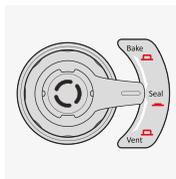
## Cook's note

### Sauté



Do not close the lid during sauté.

### Pressure Cook



Set valve to “Seal” position.

**Mediterranean mash**



# Creamy garlic mashed potato

Make this mash and there's a real chance it will steal the show. It's smooth, creamy and did we mention there are three more variations too?

Serves	4–6
Preparation time	10 minutes
Pressure cooking time	6 minutes (excluding pressure building time)

## Ingredients

1.5kg (8 medium) potatoes, peeled, chopped	60g butter, chopped
1 cup (250ml) prepared vegetable stock, salt-reduced	¼ cup thickened cream, heated
3 cloves garlic, halved	

## Method

1. Place the potatoes, stock and garlic into the inner pot. Stir to combine.
2. Close the lid. Select MANUAL program in PRESSURE COOKING. Set time for 6 minutes. Press START.
3. When cooking is complete turn pressure regulator to VENT to allow the pressure to release. Remove lid. Drain the potatoes. Return potatoes to the hot pot. Add butter and heated cream.
4. Using a nylon vegetable masher, mash potatoes and garlic until smooth and creamy and ingredients are combined. Season to taste with salt and black pepper. Serve piping hot.

## Flavour variations

### Mediterranean mash

Mash the drained potatoes, add the butter, omit the cream. Then add in 2 tablespoons olive oil. Stir through ¼ cup sliced mixed pitted and stuffed olives, 2 teaspoons chopped fresh mint and 2 teaspoons chopped fresh basil. Season well with black pepper. Reheat if necessary, press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 2 minutes and press START, do not close the lid. Stir until heated.

### Fully loaded smash

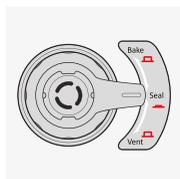
Drain the potatoes and roughly mash, stir through the butter, omit the cream. Add ¼ cup sour cream, 3 finely sliced spring/green onions and ½ cup crispy fried bacon pieces. Stir to combine. Top with extra sour cream, spring/green onions and black pepper to serve.

### Roasted capsicum mash

To the prepared mashed potato, add ⅓ cup finely chopped roasted capsicums, ½ or 1 teaspoon dried chilli flakes and ½ cup grated tasty cheese. Mix well. Season to taste with black pepper. Reheat if necessary, press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 2 minutes and press START, do not close the lid. Stir until heated.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.

With so many potatoes available in the supermarket, it can be hard to select the right potatoes for mashing. For best results, choose floury potatoes, such as Coliban or King Edward, both with a creamy white flesh they produce fluffy mashed potato. All-round options to have on hand include Desiree, and Sebago. Desiree is a pink skinned variety with a creamy yellow flesh and are good for steaming, mashing, baking and for use in salads. Sebago potatoes, are generally unwashed with an oval shape. When cooked the flesh is creamy white, they are suitable for all types of cooking and make great mash, are good for baking, salads, roasting and chips.



# Zesty lemon couscous

Sure, you could make couscous by pouring boiling water over it. But why would you when doing it this way is just as easy and at least twice as delicious.

Serves 4–6

Preparation time 10 minutes

## Ingredients

1 $\frac{3}{4}$ cups (375ml) vegetable stock, salt-reduced	Grated zest and juice of a large lemon
1 $\frac{1}{2}$ cups (270g) couscous	3 spring/green onions, finely sliced
1 tbsp olive oil	

## Method

1. Pour stock into the inner pot. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 2 minutes and press START, do not close the lid. Allow stock to come to the boil. Cancel any remaining time.
2. Add the couscous, olive oil, lemon zest and lemon juice. Stir to combine. Close the lid. Allow to stand for 5 minutes.
3. Using a plastic spoon, stir the couscous to loosen the grains. Add spring/green onions. Season to taste with salt and pepper.

## Flavour variations

### Moroccan couscous

Add 2 tsp Moroccan seasoning to the couscous in step 2. After standing, add in 400g can rinsed and drained chickpeas, 2 tsp chopped fresh mint and  $\frac{1}{4}$  cup currants. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 2 minutes and press START, do not close the lid. Stir until heated. Sprinkle with toasted pine nuts to serve.

### Mediterranean couscous salad

Prepare couscous, substituting the lemon with an orange. Place into a large bowl, add 250g halved cherry tomatoes, 100g crumbled feta and  $\frac{1}{4}$  cup sliced pitted olives. Stir to combine.

### Couscous tabbouleh

Transfer the prepared couscous to a large bowl and add 3 cups roughly chopped fresh parsley,  $\frac{3}{4}$  cup roughly chopped fresh mint leaves and 2 chopped tomatoes. Dress with a little extra olive oil and lemon juice. Season to taste with black pepper.

## Cook's note

### Sauté



Do not close the lid during sauté.



# Sweet potato wedges and guacamole

Skip the crowd at the pub or club and enjoy wedges with guac on the couch at home. It's faster, yummier and likely cheaper too!

Serves	4
Preparation time	10 minutes
Bake time	10 minutes

## Ingredients

1.2kg sweet potato, peeled	Optional, 1/3 cup sour cream
2 tbsp canola oil	2–3 tbsp sweet chilli sauce
2 cloves garlic, crushed	Finely sliced spring/green onions, to garnish

## Guacamole

2 ripe avocados, peeled, mashed	Finely grated zest and juice of a lemon
1 spring/green onion, finely sliced	200g cherry tomatoes, quartered

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Cut sweet potato into chunky wedges. Place half the sweet potato and oil into the inner pot. Cook, stirring occasionally until sweet potato is lightly browned. Remove from inner pot and repeat with remaining sweet potato and oil.
2. Add all browned sweet potato to inner pot. Add garlic. Select BAKE program, set time for 10 minutes and press START.
3. To make the guacamole, place the avocado, spring onion, lemon zest, lemon juice and cherry tomatoes into a bowl. Season to taste with salt and pepper. Mix until combined.
4. When cooking is complete stand for 5 minutes and then remove lid, arrange sweet potato on individual serving plates or bowls. Top with guacamole. Finish with a dollop of sour cream, a drizzle of sweet chilli sauce and finely sliced spring/green onions.

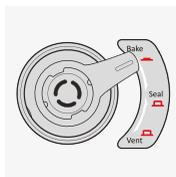
## Cook's note

### Sauté



Do not close the lid during sauté.

### Bake



Set valve to "Bake" position.



# Baked goodies

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# Baked vanilla cheesecake

Classic cheesecake is a perennial dessert favourite – and with good reason. Who can resist a biscuity base topped with a creamy, vanilla-infused cheesecake? This version is made using the pressure cooker mode which makes for a perfectly moist dessert. If berries aren't your thing, may we suggest caramel sauce?

Serves	8
Preparation time	15 minutes
Pressure cooking time	20 minutes (excluding pressure building time)
Chilling time	4 hours or overnight

## Ingredients

150g butter digestive or plain sweet biscuits, crushed	½ cup sour cream
75g butter, melted, cooled	2 eggs, lightly beaten
250g cream cheese, at room temperature	1 tsp vanilla bean extract
½ cup sweetened condensed milk	Fresh berries, icing sugar and double thick cream, to serve
3 tsp cornflour	

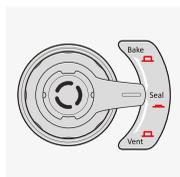
## Method

- Grease and line the base of a 20cm deep-sided loose bottom round cake pan (see Cook's note) with baking paper. Combine the crushed biscuits and butter. Press firmly into the base and a little way up the sides of prepared pan.
- Beat the cream cheese, condensed milk and cornflour until smooth. Add the sour cream, eggs and vanilla. Beat until combined. Pour into the crumb crust.
- Place the rack provided into the inner pot and add 1 cup of water to the cooker. Take two long strips of foil and fold each in half lengthways and then fold in half again. Lay them in a cross on a work surface. Place the cake pan on top and bring the foil strips up the sides of the pan to make a foil sling.
- Lift the cake pan into the pot. The foil sling makes the cheesecake easier to remove from the pot after cooking.
- Close lid, select MANUAL program in PRESSURE COOKING, set time for 20 minutes. Press START.
- When cooking is complete, allow the pot to stand for 10 minutes or until the floating valve has dropped. Turn pressure regulator to VENT. Remove lid.
- Using heat-proof mitts, remove the cheesecake and place on the bench, discard the foil strips. Cool for 30 minutes, then chill for 4 hours or overnight.
- To serve, carefully remove the cheesecake from the cake pan. Top with berries and dust with icing sugar. Serve with double thick cream. Cover and refrigerate any remaining portions and use within 3 days.

## Cook's note

We used a loose bottom, high-sided, non-stick cake pan. A regular spring form cake pan is not suitable as the clip will prohibit it from fitting into inner pot, and may damage the surface of the pot.

### Pressure Cook



Set valve to "Seal" position.



# Self-saucing sticky date pudding

If there's a downside to finishing a meal with sticky date pudding, we can't think of it. This lightly spiced, dessert classic is made in pressure cooker mode which cuts cooking time from over an hour to just six minutes!

Serves	6–8
Preparation time	15 minutes
Pressure cooking time	6 minutes (excluding pressure building time)

## Ingredients

1 cup (175g) pitted dates, roughly chopped	1 tsp ground ginger
½ tsp bicarbonate of soda	1 tsp ground cinnamon
60g butter, chopped	¾ cup brown sugar
½ cup boiling water	2 eggs, lightly beaten
1 ½ cups (225g) self-raising flour	Cream or vanilla ice-cream, icing sugar, blueberries to serve

### Butterscotch sauce

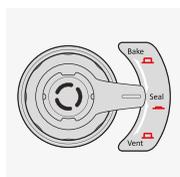
2 tbsp maple syrup	40g butter, chopped
1 tbsp cornflour	1 ½ cups boiling water
½ cup brown sugar	

## Method

1. Place the dates, bicarb and butter into a bowl, pour over ½ cup boiling water and stir to combine. Stand for 5 minutes or until dates soften.
2. Meanwhile, sift the flour and spices into a bowl. Add the brown sugar. Make a well in the centre.
3. Add the date mixture and the egg. Mix until combined. Grease the inner pot with canola cooking spray. Spread the batter into the base of the pot.
4. To make butterscotch sauce: combine the maple syrup and cornflour in a jug and mix to a paste. Add remaining ingredients and mix until combined. Pour the mixture onto the batter over the back of a spoon.
5. Close lid, select MANUAL program in PRESSURE COOKING, set time for 6 minutes. Press START.
6. When cooking is complete, turn pressure regulator to VENT to allow the pressure to release. Remove lid.
7. Serve straight from the pot and enjoy with cream or ice-cream and fresh blueberries. Sprinkle with icing sugar or drizzle with a little extra maple syrup if desired. Sauce will absorb into the pudding on standing. Cover and refrigerate any remaining portions and use within 2 days.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Flourless chocolate cake

This decadent, gluten-free chocolate cake is the type of cake that makes any day a good day, whether you make it for an elegant dessert or an afternoon tea snack.

Serves 8

Preparation time 15 minutes

Baking time 59 minutes (see Cook's note)

## Ingredients

2/3 cup almond meal	6 eggs, at room temperature
2 tbspcocoa	1 cup caster sugar
150g dark chocolate, chopped	1 tsp vanilla bean extract
150g unsalted butter, chopped	Cocoa and thick cream, to serve

## Chocolate orange sauce

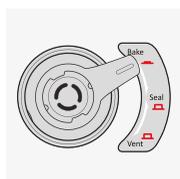
250ml thickened cream	Finely grated zest of an orange
2 x 290g rich dark chocolate melts	1/2 tsp vanilla bean extract.

## Method

1. Grease and line the base of a 20cm deep-sided round cake pan with baking paper. Combine almond meal and cocoa, set aside.
2. Place the chocolate and butter into a microwave-safe bowl. Heat at 30-second intervals, stirring after each one until chocolate and butter is melted and combined. Allow to cool.
3. Place eggs into a mixing bowl and beat until thick and pale. Gradually add the caster sugar and beat until dissolved. Add vanilla bean extract. Add cooled chocolate mixture. Fold in combined almond meal and cocoa. Spoon into prepared pan.
4. Take two long strips of foil and fold each in half lengthways and then fold in half again. Lay them in a cross on a work surface. Place the cake pan on top and bring the foil strips up sides of pan to make a foil sling.
5. Place a small metal rack in the inner pot. Lift the cake pan into the pot. The foil sling makes the cake easier to remove from the pot after cooking.
6. Close the lid. Select BAKE program, set time for 59 minutes and press START. When cooking is complete, stand for 5 minutes. Turn pressure regulator to VENT. Remove lid
7. Using heat-proof mitts, remove the inner pot. Remove the cake from the cooker, invert onto a cooling rack.
8. To make chocolate orange sauce: while cake cools, wipe out the inner pot. Pour cream into the pot and add the chocolate. Press SAUTÉ/SEAR LOW TEMP button, set cooking time for 2 minutes and press START, do not close the lid. Stir with a wooden spoon until chocolate is melted and sauce is smooth. Add orange zest and vanilla bean extract. Transfer sauce to a serving jug.
9. Transfer cooled cake to a serving plate, leaving base as the top of the cake. Dust with cocoa. Serve wedges with Chocolate orange sauce and double thick cream. Cover and refrigerate any remaining portions and eat within 2 days.

## Cook's note

### Bake



Set valve to "Bake" position.

### Sauté



Do not close the lid during sauté.

Cake is cooked when a skewer inserted comes out clean. The surface of the cake may appear sticky when cooked. Cake will firm on standing. If cake appears undercooked after standing, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.



# Carrot and pineapple cake

Hummingbird cake has rightfully earned its place on the (completely unofficial) favourite cakes list. Packed full of vegetables, fruit and nuts it's delicious for any occasion.

Serves	10–12
Preparation time	15 minutes
Baking time	55 minutes (see Cook's note)

## Ingredients

2 cups (300g) self-raising flour	½ cup (50g) chopped walnuts
3 tsp cinnamon	1 cup (220g) brown sugar
3 cups coarsely grated carrot	1 cup vegetable oil
225g can pineapple pieces, drained, chopped	3 eggs, lightly beaten

## Cream cheese frosting

250g cream cheese, at room temperature	2 tbsp pure icing sugar
50g butter, softened	Cinnamon sugar, to decorate

## Method

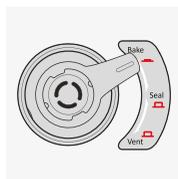
1. Spray the base and sides of the inner pot with canola cooking oil. Cut two 18cm circles from baking paper and fit into the base of the cooker, making a double layer.
2. Sift the flour and cinnamon into a bowl. Add carrot, pineapple and walnuts. Combine the brown sugar, oil and eggs in a jug and pour into the flour mixture. Stir to combine.
3. Spoon the batter into the inner pot. Level the surface with a spatula.
4. Close the lid. Select BAKE program, set time for 55 minutes and press START.
5. When cooking is complete, stand for 5 minutes. Turn pressure regulator to VENT. Remove lid. Using heat-proof mitts, remove the inner pot. Turn cake onto a wire rack and allow to cool completely.
6. To make cream cheese topping: beat cream cheese, butter and icing sugar until combined. Spread over cooled cake. Sprinkle with cinnamon sugar. Cover and refrigerate any remaining portions and eat within 2 days.

## Cook's note

Cake is cooked when a skewer inserted comes out clean. This cake is extremely moist and has a sticky surface after cooking is complete. Cake will continue cooking during standing time.

If the cake requires additional cooking time, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.

### Bake



Set valve to "Bake" position.



# Mixed berry upside-down cake

Cake makes everything better and an upside-down cake can put even the most topsy-turvy day back on an even keel. Bedecked with jewel-like berries, this simple cake is bound to have you smiling in no time.

Serves	8–10
Preparation time	15 minutes
Baking time	20–25 minutes (see Cook's note)
Standing time	15 minutes

## Ingredients

1½ cups mixed frozen berries (see Cook's note)	1½ cups (225g) self-raising flour
120g butter, at room temperature	¾ cup milk
¾ cup (150g) caster sugar	Icing sugar and vanilla custard, to serve
2 eggs	

## Method

1. Spray the base and sides of the inner pot with canola oil. Cut two 18cm circles from baking paper and fit into the base of the cooker, making a double layer. Arrange the berries over the base of the pot.
2. Place butter and caster sugar in a medium-sized bowl, beat using electric beaters until light and fluffy. Add the eggs one at a time, mixing until combined. Reduce speed, add flour and milk. When combined, increase speed, beat for 30 seconds.
3. Spoon the batter over the berries. Level the surface with a spatula.
4. Close the lid. Select BAKE program, set time for 20 minutes and press START.
5. When cooking is complete, stand for 5 minutes. Turn pressure regulator to VENT. Remove lid. Using heat-proof mitts, remove the inner pot, place onto a cooling rack for 5 minutes.
6. Place a serving plate over the pot and invert the pot. Remove baking paper. Dust with icing sugar. Cut into wedges, serve with vanilla custard. Cover and refrigerate any remaining portions and eat within 2 days.

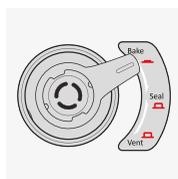
## Cook's note

Berries are cooked from frozen, do not thaw them before cooking. Use a mix of frozen berries such as raspberries, blueberries, blackberries and strawberries. Chop larger pieces of fruit into pieces.

More like a steamed pudding, cake will continue cooking during standing time. Cake is cooked when a skewer inserted comes out clean.

If the cake requires additional cooking time, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.

### Bake



Set valve to "Bake" position.



# Blueberry and coconut shortcake

A shortcake is similar to a scone and, just like a scone, it's best served with jam and cream. Whether you apply a liberal dollop of cream first or lead with a spoonful of jam is entirely up to you. The results will be equally delicious.

Makes	8
Preparation time	15 minutes
Baking time	20–25 minutes (see Cook's note)

## Ingredients

2 tbsp desiccated coconut	60g cold butter, chopped
1 cup (250ml) milk	1/3 cup brown sugar
3 cups (450g) self-raising flour	1/2 cup fresh or thawed frozen blueberries
1 tsp baking powder	Berry jam, whipped cream and icing sugar, to serve

## Method

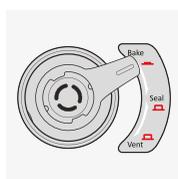
1. Place coconut into a bowl and pour over the milk. Set aside. Sift the flour and the baking powder into a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs, add brown sugar and blueberries. Mix well.
2. Make a well in the centre of the dry ingredients and pour in the coconut and milk. Mix with a flat-bladed knife. Turn onto a lightly floured surface and knead briefly.
3. Shape into a 20cm round and, using a flat-bladed knife, mark into 8 wedges.
4. Spray the base and sides of the inner pot with canola oil. Transfer the shortcake to the cooker.
5. Close the lid. Select BAKE program, set time for 20 minutes and press START.
6. When cooking is complete, stand for 5 minutes. Turn pressure regulator to VENT. Remove lid. Using heat-proof mitts, remove the inner pot, place onto a cooling rack for 5 minutes.
7. To turn out the shortcake, place the provided rack upside down into the pot and invert onto the work surface. Slip the shortcake onto a board.
8. Cool for 5 minutes before cutting into marked wedges. Split and serve with berry jam, whipped cream and a dust of icing sugar. Shortcake is best eaten on the day it's made.

## Cook's note

Shortcake will have a soft crust at the end of standing time. Shortcake is cooked when a skewer inserted comes out clean and surface is springy to touch.

If the cake requires additional cooking time, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.

### Bake



Set valve to "Bake" position.



Pistachio nut fudge

# Chocolate fudge

Making delicious fudge is easy using your All-in-One Cooker – no messing around with double boilers or eternal short bursts in the microwave. With just six minutes in pressure mode and a few minutes with the electric beaters to get that true fudge texture, you're only minutes away from fudge consumption.

Makes	25 pieces
Preparation time	10 minutes
Pressure cooking time	6 minutes (excluding pressure building time)

## Ingredients

395g can sweetened condensed milk	1/3 cup of premium Dutch processed cocoa
60g butter, chopped	2 x 290g packets rich dark chocolate melts

## Method

1. Lightly grease and line the base and sides of a square 20cm cake pan with baking paper – extending the paper up the sides so the fudge is easy to remove.
2. Place the condensed milk, butter, cocoa and choc melts into a 2L heatproof bowl that fits in the inner pot of your multi-cooker. Stir to combine.
3. Place the rack provided in the inner pot and add 1/2 cup of water to the cooker. Take two long strips of foil and fold each in half lengthways and then fold in half again. Lay them in a cross on a work surface. Place the bowl on top and bring the foil strips up the side of the bowl to make a foil sling.
4. Lower the bowl into the pot. The foil sling makes the bowl easier to remove from the pot after cooking.
5. Close lid, select MANUAL program in PRESSURE COOKING, set time for 6 minutes. Press START.
6. When cooking is complete, allow the pot to stand for 10 minutes or until the floating valve has dropped. Turn pressure regulator to VENT. Remove lid. Using a heat-proof mitt, carefully remove the bowl.
7. Using electric beaters, beat on low speed for 1 minute or until the mixture is smooth. Increase the speed and beat for 3–4 minutes or until mixture is thick and smooth. Transfer to prepared pan and chill until set. Cut into 4cm square pieces. Fudge keeps in an airtight container for up to 4 weeks.

## Flavour variations

### Walnut fudge

Prepare fudge. When thick, turn into the pan. Smooth the surface and sprinkle with 1/2 cup chopped roasted walnuts. Press into the surface. Chill for 1 hour until set. Cut into pieces to serve.

### Pistachio nut fudge

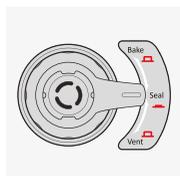
Prepare fudge. When thick, fold in 1/2 cup shelled and roasted pistachios. Turn into the pan. Smooth the surface and chill for 1 hour until set. Cut into pieces to serve.

### Apricot and gin

Soak 1/4 cup chopped apricots in 1 tablespoon gin for 1 hour. Add the soaked apricots to the mixture and quickly mix through. Spoon into the prepared pan and chill until set. Cut into pieces to serve.

## Cook's note

### Pressure Cook



Set valve to "Seal" position.



# Pizza scrolls

Do the 4pm munchies arrive at your house when the kids get home from school? These pizza scrolls hit the spot and are easy enough for them to cook themselves.

Makes	7
Preparation time	15 minutes
Baking time	30–35 minutes (see Cook's note)

## Ingredients

Squeeze lemon juice	½ cup garlic, onion and herb pizza sauce
1¾ cups (440ml) milk	225g can pineapple pieces, drained, chopped
4½ cups (675g) self-raising flour	100g salami, chopped
2 tsp baking powder	1 cup grated tasty cheese
60g butter, chopped	1 tsp paprika

## Method

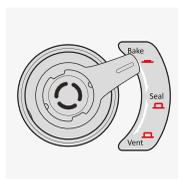
1. Combine lemon juice and milk. Set aside. Sift the flour and baking powder into a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Make a well in the centre.
2. Pour in the milk mixture and mix with a flat bladed knife. Turn onto a lightly floured surface and knead briefly.
3. Roll into a rectangle about 25cm x 35cm. Spread with pizza sauce and top with pineapple, salami and grated cheese. Starting at the longest edge, roll up to form a log. Cut into 7 equal portions.
4. Spray the base and sides of the inner pot with canola oil. Arrange the scrolls in the base of the pot. Sprinkle with paprika.
5. Close the lid. Select BAKE program, set time for 30 minutes and press START.
6. When cooking is complete, stand for 5 minutes and then remove lid. To turn out the scrolls, place the provided rack upside down into the pot and invert onto the work surface. Slip the scrolls onto a board. Cool for 5 minutes before pulling apart.

## Cook's note

Scrolls will have a soft crust at the end of standing time. Scrolls are cooked when a skewer inserted comes out clean and surface springs back when pressed with your fingers.

If the scrolls require additional cooking time, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.

### Bake



Set valve to "Bake" position.



# Parmesan and bacon beer bread

No fresh bread in the house? No problem with this easy quick-bread that's made using ingredients you're sure to have in the pantry already. Serve it up with a bowl of soup or cold meats, cheese and chutney for a ploughman's lunch.

Serves	8
Preparation time	5 minutes
Baking time	30–35 minutes (see Cook's notes)

## Ingredients

3 cups self-raising flour	330ml bottle chilled beer
½ tsp salt	60g butter, melted, cooled
4 tbsps chopped fresh parsley	¼ tsp Cajun seasoning
4 tbsps finely grated parmesan cheese	Sliced cold meats, cheese and chutney, to serve
4 tbsps finely chopped bacon, pan-fried, cooled	

## Method

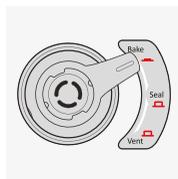
1. Spray the base and sides of the inner pot with canola cooking oil. Cut two 18cm circles from baking paper and fit into the base of the cooker, making a double layer.
2. Sift the flour and salt into a bowl. Add 2 tablespoons each of the parsley, cheese and the bacon. Stir to combine.
3. Add the beer and butter. Stir to combine. Spoon mixture into the base of the inner pot and pat down. Top with remaining parsley, cheese and bacon then sprinkle with Cajun seasoning.
4. Close the lid. Select BAKE program, set time for 30 minutes and press START.
5. When cooking is complete, remove lid, and stand for 5 minutes. Using heat-proof mitts, remove the inner pot. Turn bread onto a wire rack and allow to cool.
6. Tear or cut into pieces, serve with butter or sliced cold meats, cheese and chutney. Beer bread is best eaten on the day it is made.

## Cook's note

In some instances the bread may require a few extra minutes of baking time. Bread should be firm to touch and when a skewer is inserted in the centre it should come out clean.

If bread appears doughy, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.

### Bake



Set valve to "Bake" position.



# Feta and jalapeño cornbread

The Wild West is only half an hour away with this crowd-pleasing, savoury-meets-sweet cornbread that makes the perfect accompaniment to a big bowl of warming chilli or on its own with lashings of butter.

Serves	8–10
Preparation time	15 minutes
Baking time	30–35 minutes (see Cook's note)

## Ingredients

1 cup plain flour	2 large eggs, lightly beaten
1 cup polenta	125g butter, melted and cooled
1 tsp baking powder	$\frac{3}{4}$ cup sliced pickled jalapeños
$\frac{1}{2}$ tsp bicarbonate of soda	100g feta, crumbled
$\frac{1}{4}$ cup brown sugar	Butter, to serve
1 cup buttermilk	

## Method

1. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 5 minutes and press START, do not close the lid. Allow the pot to heat.
2. Sift the flour, polenta, baking powder and bicarb into a bowl, add the brown sugar. Make a well in the centre and add the buttermilk and the eggs. Mix well. Fold in half the melted and cooled butter.
3. Spray the heated pot with canola oil and pour in the batter. Scatter the jalapeños and the feta over the surface. Pour over the remaining butter.
4. Close the lid. Now select BAKE program, set time for 30 minutes and press START.
5. When cooking is complete, remove the lid. Stand for 5 minutes. Using heat-proof mitts, remove the inner pot. Place a plate over the top and invert the pot. Flip cornbread onto a wooden board. Cool for 5 minutes before cutting into pieces. Serve with butter. Cornbread is best eaten on the day it is made.

## Cook's note

In some instances the cornbread may require a few extra minutes of baking time. Bread should be firm to touch and when a skewer is inserted in the centre it should come out clean.

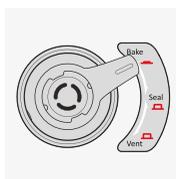
If bread appears doughy, select BAKE program, set time for 10 minutes and press START. Check after 5 minutes, cancel remaining time if necessary.

Sauté



Do not close the lid during sauté.

Bake



Set valve to "Bake" position.



# Preserves and condiments

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# Tomato and chilli relish

This hot and spicy relish is the perfect way to rev up a cold meat platter or add a little kick to your wraps and sandwiches.

Makes	About 5 cups
Preparation time	15 minutes
Pressure cooking time	20 minutes (excluding pressure building time)

## Ingredients

1kg ripe tomatoes, peeled, chopped	2 tsp cumin seeds
1 red onion, finely chopped	$\frac{3}{4}$ cup malt vinegar
4 red or green chillies, seeded, chopped	$\frac{1}{3}$ cup plain flour
$\frac{1}{2}$ tsp salt	5 x 250ml wide mouth jars, sterilised, see Cook's note
1 cup lightly packed brown sugar	

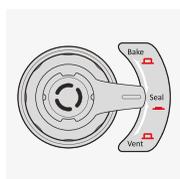
## Method

1. Place the tomatoes, onion, chillies, salt, brown sugar and cumin seeds into the inner pot. Combine the vinegar and plain flour, mixing until combined and smooth. Add the flour mixture to the tomatoes, stirring to combine.
2. Close the lid. Select MANUAL program in PRESSURE COOKING, set time for 20 minutes. Press START.
3. When cooking is complete, turn pressure regulator to VENT to allow the pressure to release. Remove lid. Using a wooden spoon, give the relish a good stir to ensure it is thoroughly combined.
4. While hot, spoon into hot sterilised jars. Screw the lids on immediately, turn the jars over and leave inverted on a board or a tea-towel for 5 minutes. Then turn right way up and allow to cool. Store in a cool place and use within 2 months. Chill before serving and refrigerate jars once opened. Serve on your favourite sandwich or cheese board.

## Cook's note

To sterilise jars and lids, preheat oven to 180°C (160°C fan forced). Wash jars in soapy water and rinse well. Place upside down on a rack and place into the oven. Heat jars for 10 minutes or until dry. Use oven mitts or a bottle clamp to remove the jars from the oven and place onto a board. Boil lids in a small saucepan and allow to air-dry on a rack. Fill jars while hot for best results.

### Pressure Cook



Set valve to "Seal" position.



## Tip

If you have trouble locating jam sugar, you can use a mixture of granulated sugar and pectin. Combine 500g granulated sugar and 2 tablespoons pectin. Ensure the pectin is stirred evenly through the sugar, and no lumps remain before adding to the fruit.

# Mixed berry and pomegranate jam

Go beyond standard strawberry jam with this version that adds vanilla to enhance the berries' sweetness and pomegranate for a little tang. We'll meet you at the breakfast table with fresh croissants.

Makes	About 3 cups
Preparation time	15 minutes
Pressure cooking time	8 minutes (excluding pressure building time)

## Ingredients

1 vanilla bean, split	1/3 cup pomegranate seeds
250g strawberries, hulled, chopped	500g jam setting sugar, see Tip
250g frozen raspberries, thawed	3 x 250ml wide mouth jars, sterilised, see Cook's note page 143

## Method

1. Scrape the seeds from the vanilla pod and place the bean and the seeds into the inner pot. Add strawberries, raspberries, pomegranate seeds and jam sugar.
2. Press SAUTÉ/SEAR LOW TEMP button, set time for 5 minutes and press START, do not close the lid. Stir with a wooden spoon until sugar is dissolved.
3. Close the lid. Select the MANUAL program in PRESSURE COOKING. Set time for 8 minutes. Press START.
4. When cooking is complete, allow the pot to stand for 10 minutes or until the floating valve has dropped. Turn pressure regulator to VENT. Remove lid.
5. Check for setting point, see Cook's note. If longer cooking is required. Press SAUTÉ/SEAR HIGH TEMP button, set time for 5 minutes and press START, do not close the lid. Simmer uncovered, stirring occasionally until setting point is reached. Remove the vanilla bean and divide into sterilised jars, seal while hot.

## Cook's note

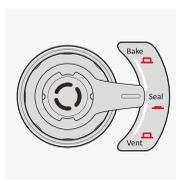
To test for setting point. Place 1-2 teaspoons jam onto a chilled plate. Freeze briefly. Push against the surface of the jam with the back of a spoon. If it wrinkles and has a firm texture the jam is at setting point. If the jam is still soft in texture, it requires more cooking time.

Sauté



Do not close the lid during sauté.

Pressure Cook



Set valve to "Seal" position.



## Tip

For a smoother sauce, allow the sauce to stand until cool, transfer sauce to a blender and blend until smooth in texture. Reheat the sauce before pouring into bottles.

# Orange barbecue sauce with rosemary

Nothing beats homemade barbecue sauce and this easy, citrus-spiked version makes enough for you as well as a gift for friends. Try it with ribs or chicken. You can thank us later.

Makes	About 7 cups
Preparation time	20 minutes
Slow cooking time	2 hours (low)
Stew time	30 minutes
Additional equipment	Food processor

## Ingredients

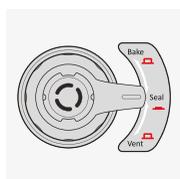
2 navel oranges	¼ cup paprika
1 red apple, unpeeled, cored	1 tsp sea salt flakes
1 large red onion, trimmed, outer skin removed	1 ½ cups (300g) soft brown sugar
6 cloves garlic	1 cup tomato sauce
2 fresh red chillies, split lengthways	½ cup (125ml) Worcestershire sauce
2 tbsp fresh rosemary leaves	¼ cup malt vinegar
2 tsp fresh oregano leaves	5 x 375ml sauce bottles, sterilised, see Cook's note, page 143

## Method

- Place oranges, apple and onion into the inner pot. Pour over 2L water. Close lid. Cook on SLOW COOK LOW TEMP for 2 hours. Press START.
- When cooking is complete, turn pressure regulator to VENT to allow the pressure to release. Remove lid. Transfer the oranges, onion and apple to a food processor, reserving the liquid. Add the garlic, chillies, rosemary and oregano to the food processor and process until smooth.
- Empty the pot reserving 1 cup of the liquid. Add all the ingredients to the inner pot, including the puréed orange and herb mixture and the 1 cup of reserved liquid.
- Press SAUTÉ/SEAR HIGH TEMP button, set time for 5 minutes and press START. Do not close the lid. Stir until brown sugar is dissolved.
- Close lid, select STEW program, set time for 30 minutes and press START. When cooking is complete, allow the pot to stand for 10 minutes or until the floating valve has dropped. Turn pressure regulator to VENT. Remove lid.
- While hot, pour sauce into hot sterilised bottles. Cap the bottles, turn the bottles over briefly then place upright on a board, allow to cool. Store in a cool place and use within 2 months. Chill before serving and refrigerate jars once opened.

## Cook's note

### Slow Cook



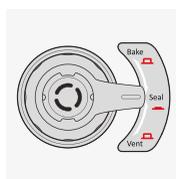
Set valve to "Seal" position.

### Sauté



Do not close the lid during sauté.

### Stew



Set valve to "Seal" position.

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