



Full time, half time, meal time.

Appliance Science & Recipes for the Fast Slow Pro™



Tender
with
time.



Tastier
under
pressure.

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



Stocks & Soups

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

Grains

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



Beans & Veggies

Barbecued Baked Beans
Southern-Style Collard Greens
Kale & White Bean Soup
Beet & Quinoa Salad
Hummus
Ratatouille
Artichokes 3 Ways
Stuffed Artichokes
Marinated Artichokes
Artichoke & Spinach Dip
Mashed Potatoes
Whole Potatoes
Potato Gnocchi



Meats & Poultry

Pork Bolognese with Pancetta & Sage
Beef & Bean Chili
Beef & Guinness Pies
Lamb Shank Massaman Curry
Short Rib Tacos
Pork & Tomatillo Chili
Whole Lemon & Herb Chicken
Carolina Pulled Pork
Classic Pot Roast
Chicken Adobo
Chermoula Chicken & Green Olive Tagine
Provençal Beef Stew

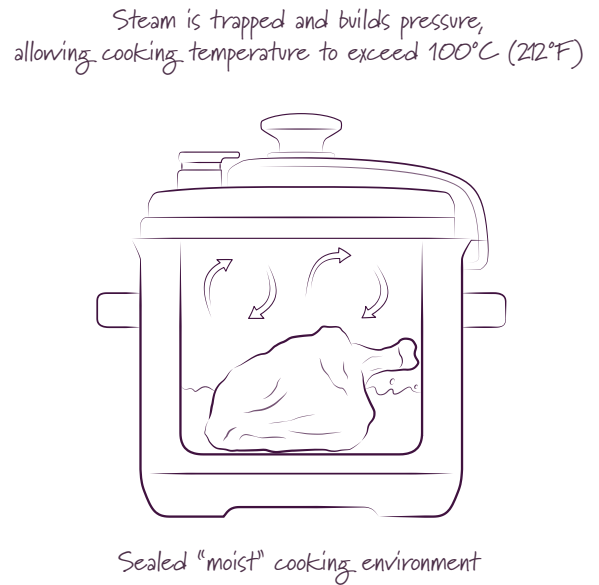
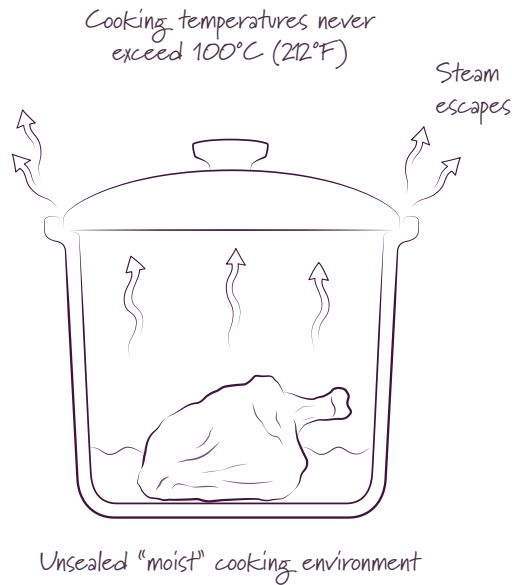


Desserts

Chocolate Pots de Crème
Croissant, Fig & Ricotta Bread Pudding
Mini Blood Orange Cheesecakes



Tastier under pressure.



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

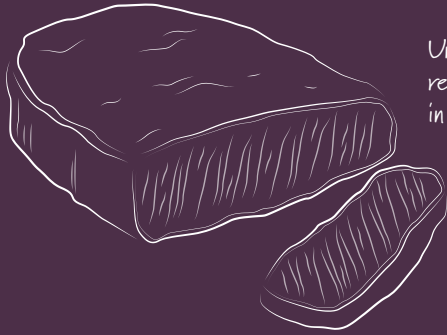
"Dry" cooking methods such as grilling or baking can dehydrate the exteriors of these foods before properly breaking down and softening their interiors. On the other hand, "moist" cooking methods such as braising are particularly efficient at transferring heat throughout these foods without burning or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

The problem with cooking in most moist environments is that the cooking process can be very slow. This is because the cooking temperature is limited by the boiling point of water so, at sea level, foods that are cooked in liquid or steam can never exceed temperatures of 100°C (212°F).

Pressure cooking is a unique form of moist cooking in that it allows you to cook above boiling temperatures, exposing foods to much higher temperatures than traditional moist cooking methods. Pressure cookers work by creating a fully sealed environment that traps the steam created by cooking food. As steam builds, it creates pressure on the contents, allowing the cooking temperature to go well over 100°C (212°F).

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

Tender with time.



Uniform texture responds to cooking in the same way

Lean meats benefit from higher cooking temperatures

Cooking meat well requires the flesh to be cooked long enough so that it's soft and tender while still remaining moist. This can be a real technical challenge because meat loses its moisture incredibly quickly during the cooking process. Cooking a steak so that it is medium requires the internal temperature to reach 65°C (149°F), however at 40°C (104°F) the proteins have already begun to contract and release the meat's juices. At 70°C (158°F) most of these juices have gone, causing the meat to shrink noticeably and become chewy.

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

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



Connective tissue remains tough and chewy if not broken down

Tough cuts of meat benefit from cooking low and slow

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

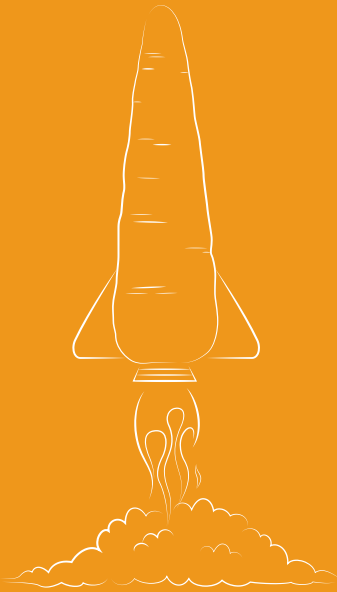
The key component of connective tissue is collagen which, when broken down, forms a rich liquid called gelatin. The most effective way to break down collagen is to heat it very slowly at low temperatures of around 70°C (158°F). While heating lean cuts of meat in this way would produce very dry results, the fat and gelatin in tougher cuts will break down, giving tender and juicy results.

Tip:

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



Souped up with a soft landing.



Pressure cooking intensifies the flavour of stocks



Gently releasing the pressure keeps in all the flavour

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

The fully sealed environment of a pressure cooker traps escaping aromas and steam. As they condense onto the lid they drip back into the pot, infusing the stock with flavour. The built up steam then creates a pressure system on the liquid that allows temperatures to exceed 100°C (212°F) without coming to a boil.

Allowing liquids to exceed 100°C (212°F) not only speeds up the cooking process but creates deeper, more complex flavours through the Maillard reaction which typically begins around temperatures of 120°C (248°F).

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

Tip:

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



Vegetable Stock

🕒 Prep time: 5 min

👤 PRESSURE COOK: 12.0 psi / 15 min / Natural

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

🍹 Makes 2.5L (2.5 quarts)

2 large onions, unpeeled, halved
4 stalks celery, cut into 2.5cm (1") pieces
2 large carrots, peeled, cut into 2.5cm (1") pieces
200g (8 ounces) crimini or button mushrooms, halved
1 head of garlic, halved crosswise
1 teaspoon whole black peppercorns
1 bay leaf
2 sprigs fresh thyme
6 sprigs Italian parsley
2.5L (2.5 quarts) cold water

1. Add all the ingredients to the cooking bowl.
2. Select **PRESSURE COOK** or **SLOW COOK STOCK**.
If pressure cooking, adjust cooking time to 15 minutes.
3. When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Use immediately or refrigerate overnight. Use within a few days or freeze in small, air-tight containers for up to 1 month.

Beef Stock

🕒 Prep time: 25 min

👤 PRESSURE COOK: 12.0 psi / 60 min / Natural

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

🍹 Makes 2.5L (2.5 quarts)

2 tablespoons olive oil
1.5kg (3 pounds) beef bones
2 teaspoons tomato paste
1 large onion, unpeeled, quartered
1 carrot, roughly chopped
1 stalk celery, roughly chopped
2 cloves garlic, unpeeled
10 black peppercorns
1 bay leaf
2 sprigs fresh thyme
2.5L (2.5 quarts) cold water

1. Select **SEAR** and preheat the cooking bowl. Heat the olive oil until shimmering then, working in batches, brown the bones on all sides, 3–4 minutes per side. Reserve the browned bones on a platter.
2. Add the tomato paste, onion, carrots and celery and stir to coat. Cook until browned, 5–7 minutes.
3. Return the bones, along with any accumulated juices, to the cooking bowl. Add remaining ingredients.
4. Select **PRESSURE COOK** or **SLOW COOK STOCK**.
5. When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight so that fat rises to the top and solidifies. Remove hardened fat layer and discard. Use immediately or freeze in small, air-tight containers for up to 1 month.

Chicken Stock

🕒 Prep time: 5 min

👤 PRESSURE COOK: 12.0 psi / 60 min / Natural

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

🍹 Makes 2.5L (2.5 quarts)

1.5kg (3 pounds) chicken bones and/or pieces
1 large onion, peeled, quartered
2 carrots, roughly chopped
2 stalks celery, roughly chopped
2 cloves garlic, unpeeled
10 black peppercorns
1 bay leaf
2 sprigs fresh thyme
5 sprigs Italian parsley
2.5L (2.5 quarts) cold water

1. Add all the ingredients to the cooking bowl.
2. Select **PRESSURE COOK** or **SLOW COOK STOCK**.
3. When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight so that fat rises to the top and solidifies. Remove hardened fat layer and discard. Use immediately or freeze in small, air-tight containers for up to 1 month.

Seafood Stock

🕒 Prep time: 10 min

👤 PRESSURE COOK: 12.0 psi / 10 min / Natural

👤 SLOW COOK: 1–3 hours HI, 2–4 hours LO

🍹 Makes 2.5L (2.5 quarts)

1 tablespoon olive oil
900g (1½ - 2 pounds) fish heads/bones, shrimp shells, etc. rinsed
¼ cup (50g) fennel stalks, chopped (optional)
1 small leek, white and light green parts, washed and chopped
2 sprigs fresh thyme
4 sprigs Italian parsley
¼ cup white wine
2.5L (2.5 quarts) cold water

1. Select **SEAR** and preheat the cooking bowl. Heat the olive oil until shimmering then add the bones and cook until opaque but not brown, 2–4 minutes. Add the remaining ingredients.
2. Select **PRESSURE COOK** or **SLOW COOK STOCK**.
If pressure cooking, adjust cooking time to 10 minutes.
3. When cooking has completed, let stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight so that fat rises to the top and solidifies. Remove hardened fat layer and discard. Use immediately or freeze in small, air-tight containers for up to 1 month.

Pho Ga (Vietnamese Chicken Noodle Soup)

🕒 Prep time: 15 min

👤 PRESSURE COOK: 9.0 psi / 15 min / Auto Quick

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

👤 Serves 4

2 tablespoons vegetable oil
2 medium yellow onions, halved
5cm (2") piece ginger, sliced
1 small bunch coriander
3 star anise pods
1 cinnamon stick
4 cloves
1 teaspoon fennel seeds
1 teaspoon coriander seeds
¼ cup (60ml) fish sauce
1 tablespoon raw sugar
2L (2 quarts) low-sodium chicken broth
1kg (2 pounds) chicken legs

To serve

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

Suggested garnishes

2 cups mixed herbs (coriander, basil, mint)
2 cups bean sprouts
Thinly sliced Thai chilies (may substitute Serrano peppers)
Lime wedges
Hoisin sauce, sriracha sauce

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



Creamy Tomato Soup

🕒 Prep time: 5 min

👨🍳 PRESSURE COOK: 9.0 psi / 10 min / Auto Quick

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

🍽️ Serves 6-8

2 tablespoons (60g) unsalted butter
1 large onion, chopped
½ carrot, chopped
1 clove garlic, crushed
1.4kg (3 pounds) tomatoes, cored, roughly chopped.
2 teaspoons kosher salt
½ teaspoon freshly ground black pepper
1 sprig fresh thyme
½ cup chicken stock or water
¼ cup chopped fresh basil, plus additional for garnish
¾ cup cream or milk

1. Select SAUTÉ, HI heat, and preheat the cooking bowl. Heat the butter until just foaming then add the onion and carrot. Sauté until softened, about 5 minutes. Add the garlic and cook for 1 minute.
2. Add the tomatoes, salt, pepper, thyme sprig and stock or water. Stir to combine.
3. Select PRESSURE COOK or SLOW COOK SOUP.
If pressure cooking, adjust cooking time to 10 minutes.
4. When cooking has completed, remove and discard the thyme sprig. Add the chopped basil and blend the soup until smooth. Stir in cream or milk and season to taste.
5. Serve immediately, topped with thinly sliced basil.

Potato Leek Soup

🕒 Prep time: 10 min

👨🍳 PRESSURE COOK: 9.0 psi / 10 min / Auto Quick

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

🍽️ Serves 4

2 tablespoons (30g) unsalted butter
4 medium leeks, white and light green parts only, cleaned, chopped
1 small stalk celery, chopped
1kg (2 pounds) russet potatoes, peeled, cut into 2.5cm (1") pieces
½ bay leaf
1 sprig fresh thyme
1L (1 quart) water
2 teaspoons salt
½ cup (120ml) heavy cream
Freshly ground black pepper
Minced chives, for garnish

1. Select SAUTÉ, MED heat, and preheat the cooking bowl. Heat the butter until just foaming then add the leeks and celery. Sauté until softened but not browned, 5-7 minutes.
2. Add the remaining ingredients, except cream, and stir to combine.
3. Select PRESSURE COOK or SLOW COOK SOUP.
If pressure cooking, adjust cooking time to 10 minutes.
4. When cooking has completed, remove bay leaf and thyme and blend soup until smooth. Stir in cream and season to taste with salt and freshly ground black pepper.
5. Serve immediately, topped with minced chives.







Risotto Milanese

🕒 Prep time: 10 min

👨🍳 PRESSURE COOK: 6.0 psi / 6 min / Auto Quick

🍽️ Serves 4-6

1 tablespoon olive oil
 4 tablespoons (50g) butter, divided
 1 medium shallot, finely chopped
 2 cloves garlic, minced
 2 cups (400g) Arborio rice
 ½ cup (120ml) dry white wine
 4 cups (1L) chicken stock
 1 cup (240ml) water
 ½ teaspoon saffron threads
 ½ cup (50g) finely grated parmesan cheese, plus extra for serving
 Salt and pepper to taste

1. Select SAUTÉ, MED heat, and preheat the cooking bowl. Add olive oil, 2 tablespoons butter, and shallot and cook until soft, 3-5 minutes.
2. Bring stock and water to a boil in a saucepan.
3. Add garlic and rice and cook, stirring constantly, for 2-3 minutes. Stir in wine and cook until reduced by half. Stir in 3 cups (720ml) of hot stock mixture, 1 teaspoon salt and the saffron threads.
4. Select PRESSURE COOK RISOTTO.
5. When cooking has completed, return remaining stock mixture to a boil. Stir through 1 cup (240ml) of hot liquid, parmesan cheese and 2 tablespoons butter. Adjust consistency as needed with additional stock mixture. Season with salt and pepper and serve immediately sprinkled with extra parmesan.

Mushroom & Bacon Risotto

🕒 Prep time: 10 min

👨🍳 PRESSURE COOK: 6.0 psi / 6 min / Auto Quick

🍽️ Serves 4-6

1 tablespoon olive oil
 6 slices (150g) bacon, chopped
 1 medium shallot, finely chopped
 227 grams (8 ounces) crimini or button mushrooms, sliced
 1 tablespoon fresh thyme leaves
 2 cloves garlic, minced
 2 cups (400g) Arborio rice
 ½ cup (120ml) dry white wine
 4 cups (1L) chicken stock
 1 cup (240ml) water
 ½ cup (50g) finely grated parmesan cheese, plus extra for serving
 2 tablespoons (25g) butter, divided
 Salt and pepper to taste

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

Pumpkin Risotto with Sage & Goat Cheese

🕒 Prep time: 10 min

👨🍳 PRESSURE COOK: 6.0 psi / 6 min / Auto Quick

🍽️ Serves 4-6

1kg (2 pounds) pumpkin, peeled, trimmed, diced to ¾-inch cubes
1 tablespoon olive oil
4 tablespoons (50g) butter, divided
1 medium shallot, finely chopped
2 cloves garlic, minced
2 cups (400g) Arborio rice
½ cup (120ml) dry white wine
4 cups (1L) chicken stock
1 cup (240ml) water
2 sprigs fresh sage
½ cup (50g) finely grated pecorino cheese
150g (15 ounces) package fresh goat cheese
Fried sage leaves, for garnish
Salt and pepper to taste

1. Preheat oven to 204°C (400°F).
2. Toss the pumpkin and olive oil together and season with salt and pepper. Arrange on a baking sheet lined with parchment paper and roast for 15-20 minutes. Remove and keep warm.
3. Follow recipe for Risotto Milanese, substituting sage leaves for saffron and pecorino for parmesan. Stir through half the roasted pumpkin and season with salt and pepper.
4. To serve, spoon risotto into serving bowl and top with remaining roasted pumpkin, crumbled goat cheese and fried sage leaves.





Vegetable Biryani

🕒 Prep time: 15 min

👤 PRESSURE COOK: 7.5 psi / 5 min / Auto Pulse

🍽 Serves 6

4 tablespoons ghee or vegetable oil, divided
 1 red onion, diced
 2.5cm (1") piece ginger, peeled, grated
 2 cloves garlic, crushed
 ½ acorn squash, cut into 1cm (½") dice
 227g (8 ounces) cauliflower florets
 115g (4 ounces) green beans, cut into 2.5cm (1") pieces
 1 cup (130g) frozen peas
 2 teaspoons ground coriander
 1 teaspoon cumin seeds
 1 teaspoon turmeric
 ¼ teaspoon cayenne pepper
 2 teaspoons garam masala
 ½ cup (135g) tomato sauce
 1 cup (240ml) vegetable stock
 1 cup (240ml) Greek yogurt
 2 teaspoons kosher salt
 1½ cup (300g) basmati rice, washed, drained
 2 sprigs fresh curry leaves (optional)
 Greek yogurt for serving

1. Select SAUTÉ, HI heat, and preheat cooking bowl. Add 2 tablespoons of ghee and sauté onion 5 minutes or until golden and softened. Add ginger and garlic and cook 1-2 minutes more.
2. Add the acorn squash and cook for 5 minutes.
3. Add the remaining vegetables, spices, tomato sauce and vegetable stock and mix well. Bring to a boil then reduce to a light simmer using either MED or LO heat.
4. Gently stir in the yogurt and 2 teaspoons salt. Remove half of the vegetable mixture from the bowl and reserve.
5. Sprinkle half the rice over the vegetables, spreading rice to cover vegetables evenly. Spread remaining vegetables over the top of the rice, and top with the reserved rice.
6. Select PRESSURE COOK RICE.
7. When cooking has completed, let stand 5 minutes before opening lid. Gently fluff rice to incorporate vegetables.
8. Melt the remaining ghee in a frying pan until hot and smoking. Add the curry leaves and fry briefly then pour over the rice. Serve topped with additional Greek yogurt.

Date & Apple Oatmeal with Coconut Granola Topping

🕒 Prep time: 10 min

👤 SLOW COOK: 2-4 hours LO

🍽 Serves 4-6

Granola

1 cup (120g) pecans or walnuts, coarsely chopped
 ½ cup (80g) almonds, coarsely chopped
 ½ cup (40g) shredded, unsweetened coconut
 ¼ cup (35g) pepitas (pumpkin seeds)
 ¼ cup (35g) sunflower seeds
 1 tablespoon chia seeds
 ½ cup (80ml) maple syrup
 2 tablespoons coconut oil
 1 vanilla bean, split, seeds scraped

Oatmeal

1½ cups (200g) rolled oats
 3 cups (720ml) water
 6 medjool dates, pitted, chopped
 1 apple, cored, chopped
 ¼ teaspoon kosher salt
 ¼ cup (30g) brown sugar
 Pinch cinnamon
 Milk, for serving

1. Preheat oven to 149°C (300°F) and line a baking sheet with parchment paper.
2. Combine the nuts, coconut, pepitas, sunflower and chia seeds in a bowl, mix well.
3. Heat maple syrup, coconut oil and vanilla bean together in a small saucepan over low heat. Pour over combined granola ingredients and stir to coat evenly.
4. Spread evenly on baking sheet and bake for 20-30 minutes, stirring once or twice. Granola should be mostly dry and toasted. Remove and set aside to cool.
5. Combine the oatmeal ingredients in the removable cooking bowl.
6. Select SLOW COOK CUSTOM, LO heat, 2-4 hours.
7. When cooking has completed, stir through milk and serve immediately topped with granola.

Coconut Brown Rice

🕒 Prep time: 5 min

👤 PRESSURE COOK: 7.5 psi / 20 min / Auto Pulse

🍽️ Serves 6-8

2 cups brown rice
400ml (11.4 ounce can) unsweetened coconut milk
1½ cups (360ml) water
1 teaspoon kosher salt
2.5cm (1") piece peeled fresh ginger, smashed to release liquid

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

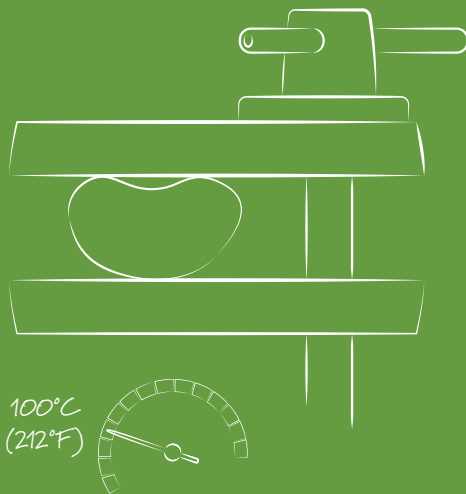
Tip: Garnish with toasted unsweetened coconut flakes.



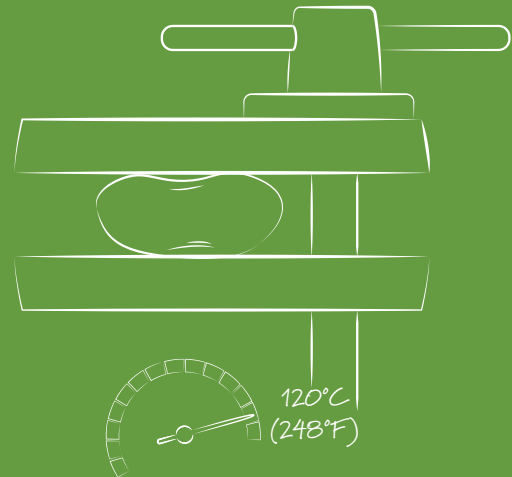


Beans & Veggies

Tough to tender in half the time.



Without pressure, vegetables and beans can't exceed 100°C (212°F)



Cooking with high pressure increases temperature above 100°C (212°F) and accelerates softening.

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

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

But beans and root vegetables rarely exceed 100°C (212°F) during cooking because they are often submerged in water or have naturally high water contents that prevent them from reaching high cooking temperatures. Pressure cooking can drastically cut the cooking times of these foods by allowing the temperature to exceed boiling point while keeping the food moist.

Tip: Cooking with pressure is just cooking with temperatures above 100°C (212°F). When cooking plant foods with tough cell walls such as beans, potatoes and beets, select a high pressure level to accelerate softening.

Barbecued Baked Beans

🕒 Prep time: 15 min

👨🍳 PRESSURE COOK: 12.0 psi / 20 min / Natural

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

🍽️ Serves 8

4 slices bacon, finely chopped
1 small onion, minced
3 cloves garlic, minced
450g (1 pound) dried small white beans, rinsed, picked over
4 cups (1L) water
½ cup (120ml) strong black coffee
1 227g (8 ounce) can tomato sauce
½ cup (100g) packed dark brown sugar
1 tablespoon prepared brown mustard
1 tablespoon molasses
½ teaspoon Tabasco sauce or similar
1 tablespoon chili powder
1½ teaspoons kosher salt
2 tablespoons white or cider vinegar

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

Southern-Style Collard Greens

🕒 Prep time: 10 min

👨🍳 PRESSURE COOK: 7.5 psi / 15 min / Auto Quick

🍽️ Serves 6

2 tablespoons bacon fat, lard or vegetable oil
1 medium onion, thinly sliced
2 garlic cloves, crushed
1 teaspoon kosher salt
1 cup chicken stock or water
¼ cup (60ml) red wine vinegar
2 teaspoons Tabasco or other hot pepper sauce
1 ham hock
1kg (3 bunches) collard greens, washed well, ribs removed, chopped
Vinegar and hot sauce to taste

1. Select SAUTÉ, HI heat, and preheat the cooking bowl. Heat the bacon fat, lard or vegetable oil until shimmering. Sauté the onion, stirring often, until the edges begin to brown, about 5 minutes.
2. Add the remaining ingredients and stir to combine. Arrange the ham hock on the bottom of the cooking bowl with the collard greens on top.
3. Select PRESSURE COOK and adjust cooking time to 15 minutes.
4. When cooking has completed, carefully remove the ham hock and allow it to cool slightly. Remove the skin and bone then shred into large chunks. Stir chunks back into greens and season to taste with additional hot sauce and red wine vinegar.





Kale & White Bean Soup

🕒 Prep time: 20 min

👤 PRESSURE COOK: 12.0 psi / 20 min / Natural

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

🍽️ Serves 8

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

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

* When slow cooking dried kidney, cannellini or broad beans, it is necessary to boil them for 10 minutes before slow cooking. This neutralizes a toxin called phytohemagglutinin that can cause acute digestive distress.

Beet & Quinoa Salad

🕒 Prep time: 20 min, plus cooling time

👤 PRESSURE COOK: 7.5 psi / 15 min / Auto Pulse

🍽️ Serves 8

700g (1½ pounds) small beets, trimmed, washed
4 teaspoons fresh lemon juice
1 teaspoon Dijon mustard
½ cup (125ml) extra-virgin olive oil
Salt and freshly ground black pepper
3 cups cooked quinoa
¼ cup fresh Italian parsley, chopped
¼ cup fresh mint leaves, chopped
115g (4 ounces) feta, crumbled
57g (2 ounces) toasted pistachios

1. Place the rack and steamer basket in the cooking bowl. Pour 1 cup (240ml) of water into the bowl and place the beets in the steamer basket.
2. Select PRESSURE COOK VEGETABLES and adjust cooking time to 15 minutes.
3. When cooking has completed, let the beets cool slightly then squeeze gently to remove the skins. Refrigerate beets until completely cooled.
4. While the beets cook, make the dressing. In a small bowl, combine the lemon juice and Dijon mustard. Slowly whisk in the olive oil; season to taste with salt and freshly ground black pepper. Reserve until ready to use.
5. To assemble salad, dice or quarter beets. Combine with cooked quinoa, chopped Italian parsley and mint in a large bowl. Whisk the dressing to combine then pour over salad, tossing gently. Adjust seasoning then top salad with crumbled feta and toasted pistachios. Serve immediately or refrigerate, covered.

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

Hummus

🕒 Prep time: 15 min

👤 PRESSURE COOK: 12.0 psi / 25 min / Natural

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

🍽️ Makes 4 cups

1 cup (180g) dried chickpeas
3 cups (720ml) water
¼ teaspoon baking soda
⅝ cup (160ml) tahini
¼ cup (60ml) olive oil
¼ cup (60ml) juice from 1 to 2 lemons
2 small cloves garlic, minced
½ teaspoon kosher salt
½ teaspoon ground cumin
Pinch cayenne pepper

1. Pick through and rinse the chickpeas. Place them in the cooking bowl and add the water and baking soda.
2. Select PRESSURE COOK or SLOW COOK BEANS. If pressure cooking, adjust cooking time to 25 minutes.
3. When cooking has completed, drain the chickpeas, reserving ½ cup (120ml) cooking water, and cool slightly.
4. Whisk together tahini and olive oil in a small bowl or measuring cup.
5. Process chickpeas, lemon juice, garlic, salt, cumin, cayenne and reserved cooking water in a food processor until fully ground, about 1 minute. Scrape down bowl with rubber spatula. With machine running, add oil-tahini mixture in a steady stream through feed tube; continue to process until hummus is smooth and creamy, about 15 seconds, scraping down bowl as needed.
6. Transfer hummus to a bowl, cover with plastic wrap and let sit for at least 30 minutes before serving to allow the flavours to meld.
7. Serve with warm pita or crudité.



Artichokes 3 Ways

🕒 Prep time: 10 min

👤 PRESSURE COOK: 7.5 psi / 8 min / Auto Pulse

🍽️ Makes 8

8 large artichokes
1 lemon

To serve

Aioli, vinaigrette or melted butter

1. Prepare a large bowl of cold water combined with the juice of the lemon.
2. Trim the stems and remove any small leaves from the base of the artichoke. Cut the top third from each artichoke and place in the lemon water. Repeat with remaining artichokes.
3. Just before cooking, drain the artichokes by placing cut side down on a plate.
4. Fill the cooking bowl with 1 cup (240ml) water and place rack inside. Arrange 4 artichokes, cut side up, on the rack.
5. Select PRESSURE COOK VEGETABLES.
6. When cooking has completed, remove and let cool slightly. Repeat with remaining artichokes. Serve immediately with aioli, vinaigrette or melted butter.

Stuffed Artichokes

🕒 Prep time: 10 min

👤 PRESSURE COOK: 7.5 psi / 8 min / Auto Pulse

🍽️ Serves 8

2½ cups (340g) fine breadcrumbs
1½ cups (150g) grated parmesan cheese
4 garlic cloves, crushed
¾ cups (150g) chopped Italian parsley
1 teaspoon freshly ground black pepper
2 teaspoons kosher salt
¾ cup (180ml) olive oil, divided
8 globe artichokes, rinsed, trimmed, placed in lemon water
½ cups (100g) butter

1. Combine breadcrumbs, parmesan, garlic, parsley, pepper and salt in a medium bowl. Drizzle in ½ cup (125ml) olive oil and gently stir until mixture resembles coarse breadcrumbs.
2. Remove artichokes from lemon water and drain well by turning upside down.
3. Pull leaves away from the centre of each artichoke. Working from the centre outward, spoon stuffing between the leaves. Cut butter into 8 slices and put one slice on top of each artichoke.
4. Select SAUTÉ, MED heat, and preheat the cooking bowl. Add 2 tablespoons of olive oil and add 4 stuffed artichokes bottom side down to the bowl. Cook 3-5 minutes. Add 1 cup (240ml) water.
5. Select PRESSURE COOK VEGETABLES.
6. When cooking has completed, carefully remove artichokes and repeat with remaining artichokes.
7. Drizzle artichokes with olive oil and lemon juice and serve immediately.



Marinated Artichokes

🕒 Prep time: 10 min, plus marinating time

👤 Serves 4–6

2 lemons
¼ cup (60ml) white wine vinegar
4 cloves garlic, sliced
1 teaspoon kosher salt
1 teaspoon sugar
2 teaspoon whole mixed peppercorns, lightly crushed
6 sprigs fresh thyme
2 small bay leaves, preferably fresh
¼ cup (60ml) olive oil, extra to cover

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

Artichoke & Spinach Dip

🕒 Prep time: 15 min

👤 Serves 6

1 (227g/8 ounce) package cream cheese, softened
¼ cup (60ml) mayonnaise
½ cup (50g) grated parmesan cheese
1 (285g/10 ounce) chopped frozen spinach, thawed, pressed dry
1½ cups (200g) marinated artichoke hearts, drained, coarsely chopped
1 clove garlic, minced
1¼ cup (150g) shredded mozzarella cheese, divided
Salt and pepper, to taste

1. Heat cream cheese in a microwave in 30-second intervals on HIGH. Stir and repeat until cream cheese is warm and easy to stir. Add mayonnaise, parmesan cheese, spinach, artichoke hearts, garlic and 1 cup mozzarella cheese. Mix well and season to taste with salt and pepper.
2. Spoon into an oven-proof dish and top with remaining ¼ cup mozzarella. Broil under a hot broiler for 3–5 minutes or until golden brown and bubbling. Serve immediately with fresh baguette.





Mashed Potatoes

🕒 Prep time: 10 min

👤 PRESSURE COOK: 7.5 psi / 8 min / Auto Pulse

🍽️ Serves 4-6

1kg (2 ¼ pounds) russet or Yukon Gold potatoes

1 cup (240ml) water

1 teaspoon kosher salt

½ cup (120ml) milk, warmed

60g (2 ounces) unsalted butter, diced

Freshly ground black pepper

1. Peel potatoes, if desired, and cut into large pieces of the same size. Add potatoes and water to the cooking bowl and sprinkle with salt.
2. Select PRESSURE COOK VEGETABLES and adjust cooking time to 10 minutes.
3. When cooking has completed, drain potatoes well and return to the cooking bowl. Mash the potatoes, gradually adding the warm milk and butter. Season with salt and freshly ground black pepper.

Whole Potatoes

🕒 Prep time: 5 min

👤 PRESSURE COOK: 7.5 psi / 10 min / Auto Pulse

🍽️ Serves 4

4 1-1.5kg (2-3 pound) russet potatoes, unpeeled, washed

1. Fill the cooking bowl with 1 cup (240ml) water and place rack inside. Place potatoes on the rack.
2. Select PRESSURE COOK VEGETABLES and adjust cooking time to 10 minutes.
3. When cooking has completed, let potatoes rest for 5 minutes before removing.
4. Use immediately or cool and refrigerate.

Potato Gnocchi

🕒 Prep time: 20 min

🍽️ Serves 6

4 cooked whole potatoes, hot

3 eggs, beaten

2-2½ cups (300-375g) all-purpose flour

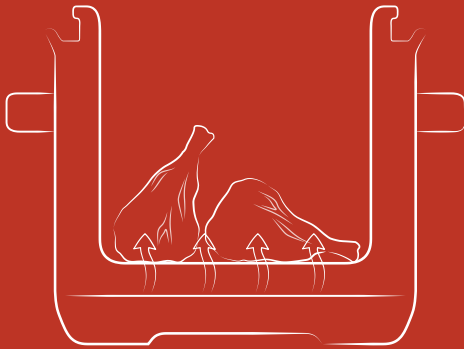
1. Follow directions to cook potatoes. Cool slightly and either rice them or peel then mash until smooth.
2. Transfer riced or mashed potatoes to a clean work surface and make a well in the centre. Add the beaten eggs and 2 cups (300g) of the flour. Gently bring ingredients together to form a soft dough. Add a little more flour if the dough is too sticky and wet. Work quickly to keep the dough light and soft.
3. Divide the dough into four pieces and roll each piece into a long thick log about 2cm (1") thick. Cut into ¾" sections and form into small concave gnocchi shapes by pressing them against the back of a fork. Spread the gnocchi onto a large board and sprinkle lightly with flour.
4. Cook gnocchi in salted boiling water until they float, 1-2 minutes. Serve with your favourite sauce.





Meat & Poultry

Ready, set, sear!



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



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

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

The Maillard reaction typically begins at temperatures around 120°C (248°F), whereas the temperature of food in moist cooking environments cannot exceed 100°C (212°F). While browning is limited in pressure cooking, the higher temperatures help to enhance richness and meaty flavour while deepening the colour and flavour of stocks and sauces.

Tip:

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

Pork Bolognese with Pancetta & Sage

🕒 Prep time: 15 min

👤 PRESSURE COOK: 10.5 psi / 20 min / Auto Quick

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

👤 Serves 6

2 tablespoons olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tablespoon chopped fresh sage leaves
120g (4 ounces) pancetta, finely chopped
1.5kg (3 pounds) ground pork
¼ cup (70g) tomato paste
½ cup (80ml) red wine
2 (450g/16 ounce) cans diced tomatoes
½ cup (120ml) beef stock
2 teaspoons kosher salt
1 bay leaf
Salt and freshly ground black pepper to taste

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

Beef & Bean Chili

🕒 Prep time: 15 min

👤 PRESSURE COOK: 10.5 psi / 20 min / Auto Quick

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

👤 Serves 8

2 tablespoons vegetable oil
2 medium yellow onions, diced
1 medium red bell pepper, diced
1 jalapeño pepper, stemmed, seeded, minced
4 cloves garlic, minced
1kg (2 pounds) ground beef
2 tablespoons tomato paste
1 tablespoon dark brown sugar
2 teaspoons kosher salt
½ teaspoon crushed red pepper flakes
¼ cup chili powder
2 tablespoons ground cumin
1 teaspoon ground coriander
1 teaspoon dried oregano
½ stick cinnamon
1 bay leaf
2 (425g/15 ounce) cans kidney or black beans, drained, rinsed
1 (425g/15 ounce) can diced tomatoes
1 (425g/15 ounce) can crushed tomatoes
½ cup (120ml) water

Suggested toppings

Shredded cheddar or Monterey Jack cheese, chopped coriander, sour cream, chopped green onions

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

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





Beef & Guinness Pies

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

👨‍🍳 **PRESSURE COOK:** 10.5 psi / 20 min / Auto Quick

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

🍴 Serves 8

½ cup (60g) all-purpose flour
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
1.8kg (4 pounds) chuck steak, trimmed, cut into 4cm (1.5") pieces
½ cup (80ml) olive oil
6 slices (150g/½ pound) bacon, chopped
1 large onion, diced
2 cloves garlic, chopped
2 carrots, large diced
½ cup (90g) tomato paste
1 bottle (440ml) Guinness or other stout beer
1 bay leaf
1 tablespoon chopped fresh thyme
3 tablespoons worcestershire sauce
2-3 sheets shortcrust pastry
2-3 sheets puff pastry
1 beaten egg

1. Combine flour, salt and black pepper in a large bowl. Add beef and toss to coat.
2. Select **SEAR** and preheat the cooking bowl. Heat the olive oil until shimmering then add half the beef and brown on all sides, 3 to 4 minutes. Transfer to a bowl. Repeat with the remaining beef and transfer to the bowl.
3. Select **SAUTÉ, HI** heat. Add bacon and cook 2-3 minutes to render fat. Add onion, garlic and carrots and cook until softened and slightly brown, 7-10 minutes.
4. Stir in the tomato paste and cook for 1 minute. Add Guinness and bring to a boil; cook until reduced by half. Add bay leaf, chopped thyme and worcestershire sauce.
5. Select **SLOW COOK** or **PRESSURE COOK CHILI & STEW**.
6. When cooking has completed, adjust seasoning then cool completely in refrigerator.
7. Preheat oven to 204°C (400°F). Lightly oil 8 individual pie dishes.
8. Line each pie dish with shortcrust pastry. Fill with ½ cup of beef filling and line the top with puff pastry. Brush with beaten egg and cut a steam hole in the centre.
9. Bake 30-40 minutes or until pastry is crisp and golden. Let rest 5 minutes before serving.





Lamb Shank Massaman Curry

🕒 Prep time: 30 min

👉 PRESSURE COOK: 12.0 psi / 50 min / Auto Quick

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

👤 Serves 4

Curry paste

3 red jalapeño peppers, seeded, chopped

1 small onion, diced

2.5cm (1") piece ginger, peeled, chopped

4 cloves garlic, chopped

2 stalks lemongrass, trimmed, chopped

2 teaspoons ground coriander

1 teaspoon ground cumin

1 teaspoon ground cardamom

1 teaspoon ground white pepper

1 teaspoon kosher salt

2 teaspoons vegetable oil

Curry

1 (400g/14 ounce) can coconut milk, unshaken

4 lamb shanks

½ cup (120ml) chicken stock

1 cinnamon stick

5 cardamom pods, split

2 large onions, sliced

4 kaffir lime leaves, torn

2 medium potatoes, peeled, cut into 5cm (2") pieces

1 tablespoon fish sauce

1 tablespoon tamarind puree

Chopped peanuts to serve

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1. Combine curry paste ingredients, except oil, in a food processor or blender. Pulse until ingredients are broken down and begin to form a paste. Add oil and pulse until a smooth paste is formed. Reserve.
 2. Select SAUTÉ, HI heat, and preheat the cooking bowl. Carefully spoon about 1 cup of the top layer of cream from the coconut milk - it will be thick and possibly solid. Add to cooking bowl with prepared curry paste and cook for 8-10 minutes or until curdled and oil has separated.
 3. Add lamb shanks, chicken stock, cinnamon, cardamom, onions and kaffir lime leaves and mix well. Scatter potatoes over the top.
 4. Select PRESSURE COOK or SLOW COOK BONE-IN MEAT.
 5. When cooking has completed, stir in the reserved coconut milk, fish sauce and tamarind puree. Taste and adjust seasoning. Top with chopped peanuts and serve immediately.

Short Rib Tacos

🕒 Prep time: 15 min

👤 PRESSURE COOK: 12.0 psi / 60 min / Auto Quick

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

👤 Serves 8

2 tablespoons vegetable oil
2.7kg (6 pounds) bone-in beef short ribs
1 large yellow onion, chopped
2 cloves garlic, crushed
1 (350ml/12 ounce) bottle dark Mexican beer
½ cup (120ml) water
Zest of 1 orange, juice reserved separately
3 canned chipotle chilies in adobo sauce, roughly chopped
2 tablespoons chili powder
2 teaspoons ground cumin
1½ tablespoons dried oregano, preferably Mexican
1½ tablespoons kosher salt

To serve

Limes, warm corn tortillas

Suggested toppings

Chopped white onion, chopped fresh coriander, salsa of choice, lime wedges

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





Pork & Tomatillo Chili

🕒 Prep time: 25 min

👤 PRESSURE COOK: 10.5 psi / 20 min / Auto Quick

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

🍽️ Serves 8

1kg (2 pounds) fresh tomatillos (about 20 medium)

6 cloves garlic, unpeeled

2 jalapeño peppers, seeded, diced

5 poblano peppers, diced

1 tablespoon ground cumin

1 bunch coriander, chopped, divided

2 tablespoons vegetable oil

1.5kg (3 pounds) trimmed pork shoulder, cut into 2.5cm (1") cubes

1½ tablespoons kosher salt

1 large onion, diced

½ cup (120ml) chicken broth or water

1 lime, juiced

Suggested toppings

Shredded cheddar or Monterey Jack cheese, chopped coriander, diced white onion, sour cream, lime wedges

1. Remove the husks from the tomatillos, rinse and dry well. Place tomatillos and unpeeled garlic cloves on a foil-lined baking sheet. Place under broiler for 5-7 minutes to lightly blacken the skin. Remove and let cool enough to handle. Remove the skins from the garlic. Using a blender or food processor, process the tomatillos, garlic, jalapeño peppers, poblano peppers, cumin and $\frac{2}{3}$ of the cilantro until smooth but still slightly chunky. Reserve.
2. Select SEAR and preheat the cooking bowl. Season the pork with $1\frac{1}{2}$ tablespoons kosher salt. Heat the vegetable oil until shimmering then add half the pork and brown on all sides, 3 to 4 minutes. Transfer to a bowl. Repeat with the remaining pork and transfer to the bowl.
3. Add the onion to the cooking bowl and cook until softened, about 3 minutes. Add the reserved pork, tomatillo puree and chicken broth. Stir to combine.
4. Select PRESSURE COOK or SLOW COOK CHILI & STEW.
5. When cooking has completed, skim off and discard any excess fat. Select REDUCE and desired heat level. Cook until sauce thickens to desired consistency, about 5 minutes.
6. Stir in the lime juice and remaining coriander and season to taste with more salt. Serve immediately with warm tortillas.

Tips: If fresh tomatillos are not available, substitute with 2 312g (11 ounce) cans. Substitute poblano peppers with 1 312g (11 ounce) can of diced green chilies.

Whole Lemon & Herb Chicken

🕒 Prep time: 10 min

👤 PRESSURE COOK: 9.0 psi / 20 min / Auto Pulse

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

🍽️ Serves 4

1 1.5kg (3-4 pound) whole chicken, rinsed, patted dry
1 sprig fresh rosemary
4 sprigs fresh thyme
1 small lemon
1 tablespoon salt
1 teaspoon freshly ground black pepper
1 tablespoon olive oil
½ cup (125ml) water

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

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

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

Carolina Pulled Pork

🕒 Prep time: 10 min

👤 PRESSURE COOK: 12.0 psi / 40 min / Natural

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

🍽️ Serves 8

4 teaspoons kosher salt
2 tablespoons coarse black pepper
½ teaspoon cayenne pepper
2 tablespoons paprika
1 teaspoon smoked paprika (optional)
1.75kg (4 pounds) boneless pork shoulder cut into 4 pieces
1 cup (240ml) cider vinegar
¼ cup (60ml) water
2 tablespoons Worcestershire sauce
2 tablespoons tomato paste
½ cup (70g) dark brown sugar

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



Classic Pot Roast

🕒 Prep time: 20 min

👤 PRESSURE COOK: 12.0 psi / 40 min / Natural

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

👤 Serves 6

1 1.5kg (3.5 pound) chuck roast, halved, trimmed
3 teaspoons kosher salt
1 teaspoon freshly ground black pepper
¼ cup (30g) all-purpose flour
1 tablespoon olive oil
1 medium onion, sliced
¼ cup (60ml) red wine
2 carrots, ½" slices
2 cloves garlic, smashed
1 bay leaf
2 sprigs fresh thyme
1 sprig fresh rosemary
1 cup (240ml) beef or chicken broth

1. Season the roast halves with salt and pepper. Put the flour in a large bowl and toss the roast in it to coat evenly.
2. Select SEAR and preheat the cooking bowl. Heat the olive oil until shimmering then brown the roast, in two batches, about 2 minutes per side.
3. Transfer the roast to a platter. Add the onion and cook until softened, about 2 minutes. Add the red wine and cook for an additional minute or until wine has mostly reduced.
4. Return the roast to the pressure cooker along with the carrots, garlic, bay leaf, thyme and rosemary. Pour the broth over the top.
5. Select PRESSURE COOK or SLOW COOK MEAT.
6. When cooking has completed, remove the roast to a cutting board and cover loosely with foil. Skim any fat off the top of the sauce and discard the bay leaf, thyme and rosemary sprigs.
7. Select REDUCE and desired heat level. Cook until sauce thickens to desired consistency, 5-10 minutes.
8. Slice roast across the grain, place on warmed platter and top with sauce and vegetables. Serve immediately.

Chicken Adobo

🕒 Prep time: 15 min

👤 PRESSURE COOK: 9.0 psi / 15 min / Auto Pulse

👤 SLOW COOK: 2-4 hours HI, 4-6 hours LO

👤 Serves 6-8

2kg (4.5 pounds) bone-in chicken thighs, skin removed
¼ cup (60ml) white vinegar
¼ cup (60ml) soy sauce
4 cloves garlic, crushed
1 teaspoon black peppercorns
2 bay leaves
Thinly sliced green onions, for garnish

1. Combine vinegar and soy sauce in a large bowl, add chicken and turn to coat. Let sit for 10 minutes.
2. Transfer the chicken, marinade and remaining ingredients to the cooking bowl.
3. Select PRESSURE COOK or SLOW COOK POULTRY. If pressure cooking, adjust cooking time to 15 minutes.
4. When cooking has completed, remove chicken to a platter and cover with foil to keep warm.
5. Select REDUCE and desired heat level and cook until sauce is slightly thickened, about 10 minutes. Pour sauce over chicken and sprinkle with sliced green onions. Serve with steamed white rice.



Chermoula Chicken & Green Olive Tagine

🕒 Prep time: 15 min

👨‍🍳 PRESSURE COOK: 10.5 psi / 15 min / Auto Quick

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

🍴 Serves 6

Chermoula

1 bunch Italian parsley, chopped (stems included)

1 bunch coriander, chopped (stems included)

3 cloves garlic, chopped

1 tablespoon finely chopped preserved lemon rind

3 teaspoons ground cumin

3 teaspoons paprika

1 teaspoon crushed red chili flakes

2 teaspoons kosher salt

1 teaspoon ground turmeric

½ cup (80ml) lemon juice

½ cup (80ml) olive oil

Chicken

2kg (4.5 pounds) bone-in chicken legs and thighs

2 tablespoons olive oil

2 red onions, sliced

450g (1 pound) fingerling potatoes

2 large tomatoes, quartered

1 cup (150g) Sicilian green olives

-
1. Combine all chermoula ingredients, except for olive oil, in the bowl of a food processor. Process until finely chopped and well combined.
 2. With the motor running, slowly drizzle in olive oil to form a paste. Transfer chermoula to a bowl.
 3. Coat chicken pieces with ¾ of the chermoula, marinate for several hours or overnight.
 4. Select SEAR and preheat the cooking bowl. Heat 2 tablespoons olive oil, drain chicken of excess marinade and brown in batches until lightly golden; reserve.
 5. Select SAUTÉ, HI heat, and cook onions for 5 minutes. Add potatoes, tomatoes, olives and reserved chicken. Pour over remaining chermoula.
 6. Select SLOW COOK or PRESSURE COOK POULTRY. If pressure cooking, adjust cooking time to 15 minutes.
 7. When cooking has completed, adjust for seasoning and serve immediately.





Provencal Beef Stew

🕒 Prep time: 15 min

👤 PRESSURE COOK: 10.5 psi / 20 min / Auto Quick

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

🍽️ Serves 6

1.5kg (3 pounds) boneless stew beef, cut into 5cm (2") cubes
1 tablespoon kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons olive oil
2 medium onions, thinly sliced
1 (750ml) bottle dry white wine
2 tablespoons Dijon mustard
1 (450g/16 ounce) can peeled plum tomatoes in juice
2 garlic cloves, halved
1 bouquet garni (bay leaf, fresh thyme, Italian parsley tied together with twine)
Chopped Italian parsley, for garnish

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





Chocolate Pots de Crème

🕒 Prep time: 15 min

👤 PRESSURE COOK: 7.5 psi / 10 min / Natural

👤 SLOW COOK: 2 hours LO

👤 Serves 4

1 cup (240ml) heavy cream
1 cup (240ml) milk
140g (5 ounces) bittersweet or semisweet chocolate
½ cup (115g) sugar
4 egg yolks

1. Heat cream and milk in a small saucepan until just hot. Add chocolate and let sit for 5 minutes. Whisk to incorporate chocolate. Whisk in sugar and egg yolks.
2. Divide mixture evenly among 4 115g (4 ounce) ramekins. Cover each ramekin with foil.
3. Place rack inside removable cooking bowl and add 1 cup (240ml) of water. Arrange ramekins on rack.
4. Select PRESSURE COOK or SLOW COOK DESSERT. If pressure cooking, adjust cooking time to 10 minutes.
5. When cooking has completed, remove ramekins and let cool 30 minutes at room temperature. Transfer pots de crème to refrigerator to cool completely. Top with whipped cream before serving.

Croissant, Fig & Ricotta Bread Pudding

🕒 Prep time: 15 min

👤 PRESSURE COOK: 7.5 psi / 20 min / Natural

👤 SLOW COOK: 2 hours LO

👤 Serves 6

1 cup (240ml) milk
¾ cup (160ml) cream
1 vanilla pod, split, beans scraped
6 large (400g) day-old croissants
½ cup (120g) fig jam
½ cup (50g) dried figs, diced
1 cup (240g) fresh ricotta
3 eggs
½ cup (100g) sugar

1. Heat milk, cream and vanilla bean until hot but not boiling. Remove from heat, discard vanilla bean and let cool.
2. Slice croissants in half length ways and spread fig jam thickly over one half; sandwich together again and cut each croissant into thirds. Arrange half of the croissants inside a 1-1.5L ceramic dish that fits inside the removable cooking bowl.
3. Sprinkle half of the figs evenly over croissants and dollop with ricotta. Repeat with remaining croissants and figs.
4. Whisk the eggs and sugar together until pale and creamy. Whisk in cooled milk mixture. Pour over croissants and let sit for 10 minutes so croissants absorb liquid.
5. Place rack inside removable cooking bowl and pour 1 cup (240ml) of water into bowl. Cover dish with foil and place on rack.
6. Select PRESSURE COOK or SLOW COOK DESSERT. When cooking has completed, carefully remove dish from pressure cooker. Let stand for 5 minutes before serving.



Mini Blood Orange Cheesecakes

🕒 Prep time: 20 min, plus chilling time

👨🍳 PRESSURE COOK: 7.5 psi / 10 min / Natural

🕒 SLOW COOK: 2 hours LO

🍴 Serves 8

½ cup gingersnap crumbs (or graham cracker crumbs)
2 tablespoons (30g) butter, melted
450g (16 ounces) cream cheese, softened
½ cup (100g) granulated sugar
2 eggs, room temperature
¼ cup (60ml) sour cream
Zest from 1 blood orange (or other citrus fruit)
2 tablespoons blood orange juice
¼ teaspoon vanilla extract

Topping

¾ cup (180ml) sour cream
¼ cup (50g) granulated sugar
Zest from 1 blood orange (or other citrus fruit)
1 tablespoon blood orange juice

1. Combine gingersnap crumbs with melted butter in a small bowl then divide among 8 170g (6 ounce) ramekins. Use fingers to press crumb mixture evenly and firmly into the bottoms and partway up the sides of the ramekins. Chill until ready to use.
2. Using a hand mixer or stand mixer, beat together the cream cheese and sugar until smooth. Add the egg, sour cream, citrus zest, juice and vanilla. Mix well.
3. Place rack in cooking bowl and pour 1 cup (240ml) of water into bowl. Fill the ramekins ¾ full. Cover each ramekin tightly with foil. Arrange half of the ramekins on the rack then arrange the remaining ramekins on top of the first layer, positioning them so they stay stable.
4. Select PRESSURE COOK or SLOW COOK DESSERT. If pressure cooking, adjust cooking time to 10 minutes.
5. When cooking has completed, carefully remove cheesecakes and let sit at room temperature. Prepare topping by combining sour cream, sugar, citrus zest and juice. Spoon 2 tablespoons of topping over each cheesecake and let stand for half an hour at room temperature.
6. Chill cheesecakes completely before serving.



Cooker Settings Overview

Pressure cook

MENU	RECOMMENDED SETTING	SUITABLE FOR
VEGETABLES	7.5 psi 8 MIN AUTO PULSE	Whole & cut potatoes, winter squash Artichokes Carrots, beets & other root vegetables
RICE	7.5 psi 5 MIN AUTO PULSE	Short, medium, long grain white rice Short, medium, long grain brown rice Quinoa Ancient grains
RISOTTO	6.0 psi 6 MIN AUTO QUICK	Arborio rice Camaroli rice
SOUP	9.0 psi 15 MIN AUTO QUICK	Broth-based soups Pureed soups
STOCK	12.0 psi 60 MIN NATURAL	Chicken or meat stock Vegetable stock, seafood stock
BEANS	12.0 psi 20 MIN NATURAL	All dried beans* (kidney, black, pinto, cannellini, chickpeas, etc.) Lentils
POULTRY	9.0 psi 20 MIN AUTO PULSE	Whole chicken Bone-in chicken pieces Duck legs, cornish hens
MEAT	12.0 psi 40 MIN NATURAL	Pot roast, pork butt Corned beef Brisket
BONE-IN MEAT	12.0 psi 50 MIN AUTO QUICK	Lamb shanks Osso bucco Ribs Bone-in roasts
CHILI & STEW	10.5 psi 20 MIN AUTO QUICK	Ground meat chilies Meat sauces Beef, lamb and other hearty stews
DESSERT	3.0 psi 20 MIN NATURAL	Custards Cheesecakes Bread pudding Compotes
CUSTOM	1.5 psi 10 MIN AUTO PULSE	

Slow cook

MENU	RECOMMENDED SETTING	SUITABLE FOR
SOUP	LO 4:00 HRS	Broth soups Pureed soups
STOCK	LO 6:00 HRS	Chicken or meat stock Vegetable stock, seafood stock
BEANS	LO 8:00 HRS	All dried beans (black, pinto, cannellini, chickpeas, etc.) Lentils
POULTRY	LO 4:00 HRS	Whole chicken Bone-in chicken pieces
MEAT	LO 8:00 HRS	Pot roast, pork butt Corned beef Brisket
BONE-IN MEAT	LO 10:00 HRS	Lamb shanks Osso bucco Ribs Bone-in roasts
CHILI & STEW	LO 6:00 HRS	Ground meat chilies Meat sauces Beef, lamb and other hearty stews
DESSERT	LO 4:00 HRS	Custards Cheesecakes Bread pudding Compotes
CUSTOM	HI 4:00 HRS	
Steam	15 MIN	Gently cooking vegetables, seafood and poultry Steaming dumplings
Sear	COUNT UP TIME	Browning ground meat, roasts, poultry and stew meat Browning vegetables
Sauté	HI COUNT UP TIME	Onion, garlic and other aromatics
Reduce	HI 10 MIN	Finishing and thickening sauces Reducing stocks Reducing syrups and glazes

* When slow cooking dried kidney, cannellini or broad beans, it is necessary to boil them for 10 minutes before slow cooking. This neutralizes a toxin called phytohemagglutinin that can cause acute digestive distress.