

Cuisinart™

Recipe Booklet

Instruction
Booklet
Reverse Side



Cuisinart™ Electric Pressure Cooker

CPC-600A

TIPS AND HINTS

- Many family favourites can be easily adapted for preparation in your Cuisinart™ Electric Pressure Cooker – soups, stews, side dishes and more.
- The amount of liquid needed is much less than for traditional cooking methods.
- Never exceed the Maximum Fill Amount of the pressure cooker.
- Make sure the lid is on firmly and tightly, and moved as far counterclockwise as it will go to allow proper locking.
- Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
- When pressure cooking is completed, follow recipe instructions for releasing pressure. For Quick Pressure Release it is important to begin immediately upon completion of pressure cooking; otherwise foods will continue to cook, and may overcook.
- Do not store pressure cooker with lid on tightly. This saves on gasket wear and tear.
- More nutrients are preserved during pressure cooking than with traditional cooking methods, as less liquid is used and thus fewer nutrients are lost to evaporation.
- To adapt your own recipes, find a similar one in our cookbook and use it as a guide. In general, cooking time will be at least 1/3 to 1/2 of the traditional cooking time. Reduce your cooking liquid by at least half – you may need to “play” with your recipe to get it right. You may wish to add vegetables at the end of cooking to avoid overcooking. You can also use the cooking charts provided as a guide.
- If something is almost cooked, use Simmer to complete cooking.

CHARTS:

COOKING TIMES

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Pressure Heat-Up Times

When pressure cooking, remember that it will take approximately 5 to 40 minutes (depending on the recipe) for pressure to build and pressure cooking to begin.

Suggested Cooking Times for Poultry and Meats

Be sure to add at least 1 cup of liquid when pressure cooking meats for 45 minutes or less, and 1½ cups if cooking for longer amounts of time. Be sure to add vegetables such as chopped onions, carrots, and celery and aromatic herbs such as garlic, parsley, thyme, etc. for added flavour. Most items are cooked on High Pressure unless otherwise indicated. For best results and flavour, most poultry and meats benefit from browning first. Cooking times will vary slightly due to individual size of pieces and starting temperatures.

POULTRY & MEATS

Food	Cooking Time	Pressure Release Method
Chicken		
Whole – up to 1.8 kg	24 to 28 minutes	Quick Pressure Release
Chicken Breast, bone in, 1.4 kg	9 to 10 minutes	Quick Pressure Release
Boneless Chicken Breast, 900 g	5 to 6 minutes	Quick Pressure Release
Thighs/Legs, bone in	9 to 12 minutes	Quick Pressure Release
Thighs/Legs, boneless	8 to 10 minutes	Quick Pressure Release
Beef		
Pot Roast, Bottom Round, 1.4 - 1.6 kg	99 minutes	Natural Pressure Release
Brisket, 900 g - 1.1 kg	55 minutes	Natural Pressure Release
Corned Beef Brisket	24 minutes per 450 g	Natural Pressure Release
Short Ribs, 5 - 8 cm thick	50 minutes	Natural Pressure Release
Stew – 4 - 5 cm cubes	10 minutes	Natural Pressure Release (see recipe for Beef Stew for times with vegetables)
Lamb		
Shanks, four, 360 g each	24 minutes	Natural Pressure Release
Shoulder cubes for stew, about 4 cm	22 to 25 minutes	Natural Pressure Release
Pork		
Chops, Loin, bone in, 2 - 2.5 cm thick	9-11 minutes, brown first	Quick Pressure Release
Boneless Shoulder Roast, about 1.4 kg	50 to 55 minutes	Natural Pressure Release
Spareribs, cut into 2 to 3 rib pieces	22 to 28 minutes	Quick Pressure Release
Veal		
Boneless Shoulder Roast	10 minutes per 450 g (weight is important to avoid overcooking)	Natural Pressure Release
Cubes for stew, 4 - 5 cm	9 to 10 minutes	Natural Pressure Release

Vegetables

Vegetables should be well washed and peeled if necessary. Vegetables cook very quickly – be sure to use Quick Pressure Release immediately after audible beep sounds. If vegetables require more cooking, turn pressure cooker off, and cover to steam the vegetables until preferred texture is reached. Add ½ cup water or liquid for cooking. If pressure cooking frozen vegetables, 1 to 2 minutes additional cooking time and longer steaming time may be needed. When cooking vegetables it is always best to under cook, then allow additional time to steam – to avoid overcooking. All cooking

Food	Cooking Time	Pressure Release Method
Artichokes 4 medium/large, 240-300 g each	7 to 9 minutes	Quick Pressure Release
Beans, Green or Yellow Wax 700 g, cut into 5 cm lengths	1 to 2 minutes/Low Pressure	Quick Pressure Release
Beets , medium-large	24 to 26 minutes	Quick Pressure Release
Broccoli , cut into large florets	2 to 3 minutes	Quick Pressure Release
Cauliflower , cut into large florets	2 to 3 minutes	Quick Pressure Release
Carrots , cut into 5 cm lengths – or “baby cut”	8 minutes	Quick Pressure Release
Carrots , 1.5 cm slices	2 to 3 minutes	Quick Pressure Release
Corn , 4 to 6 ears (use trivet/rack)	1 minute	Quick Pressure Release
Greens , collards, kale, cut into 1-inch strips	5 to 7 minutes	Quick Pressure Release
Onions , baby peeled	2 to 4 minutes	Quick Pressure Release
Parsnips , peeled, cut into 5 cm pieces	3 to 4 minutes	Quick Pressure Release
Parsnips , 1.5 cm slices	1 to 2 minutes	Quick Pressure Release
Potatoes		
White , medium quartered	5 to 7 minutes	Quick Pressure Release
Red , new (60-90 g each)	5 to 8 minutes	Quick Pressure Release
Sweet , 5 cm cubes	5 to 6 minutes	Quick Pressure Release
Squash – Winter		
Acorn , halved & seeded	6 to 8 minutes	Quick Pressure Release
Butternut , peeled & sliced	3 to 4 minutes	Quick Pressure Release
Squash, Yellow Crookneck or Zucchini , cut into 1.5 cm slices	1 to 3 minutes	Quick Pressure Release

Rice and Grains

Rice and grains cook best in a large amount of water, with the excess water drained when cooking and pressure release are completed. In most cases, cooking is done using High Pressure, followed by a combination of Natural and Quick Pressure Release. If further cooking is needed, select Simmer and cook until tender. Rice and grains are best slightly undercooked if they are to be added to soups or casseroles. Oil or butter must be added to prevent foaming.

A general formula to follow, unless you are preparing a specific recipe or the chart below indicates otherwise, is to cook 2 cups of the rice or grain in 6½ cups liquid with 1 to 2 tablespoons butter or oil. **DO NOT COOK MORE THAN THIS AMOUNT.**

The exception is white rice, which is cooked differently from speciality rice and grains.

Rice/Grain	Cooking Time/Pressure/Pressure Release
Aborio	Sauté rice in butter/oil until opaque. Add liquid. High Pressure for 6 minutes, followed by Quick Pressure Release.
Black Japonica, Brown Rice, Red Rice, Wehani Rice	High Pressure for 10 minutes. Natural Pressure Release for 10 minutes, followed by Quick Pressure Release.
Wild Rice	High Pressure for 20 minutes. Natural Pressure for 10 minutes, followed by Quick Pressure Release.
Amaranth (1 cup amaranth + 2 cups liquid/water)	High Pressure for 6 minutes. Quick Pressure Release. Followed by Simmer if too much liquid.
Kamut	High Pressure for 20 minutes. Natural Pressure for 10 minutes, followed by Quick Pressure Release.
Quinoa (1½ cups quinoa + 2¼ cups liquid/water)	High Pressure for 2 minutes. Natural Pressure Release for 10 minutes, followed by Quick Pressure Release.
Wheat Berries	High Pressure for 30 minutes. Natural Pressure Release for 10 minutes, followed by Quick Pressure Release.

White Rice

Use this method for cooking long-grain or basmati rice. The texture will be more moist and slightly stickier than rice cooked on the stovetop, more like rice from a rice cooker or from an Asian restaurant. The butter or oil is necessary to prevent foaming. Salt is optional to taste (you may wish to omit salt completely if using a purchased broth).

White rice is cooked for 3 minutes on High Pressure, followed by 7 minutes on Natural Pressure Release, then Quick Pressure Release if any pressure remains.

Do not fill (rice and liquid combined) past the halfway mark when cooking white rice.

Rice Amount	Liquid/Butter or Oil	Yield (when fluffed)
1 cup	1½ cups + 1 tablespoon butter or oil	3 cups
1½ cups	2¼ cups + 1 tablespoon butter or oil	4 to 4½ cups
2 cups	3 cups + 2 tablespoons butter or oil	5½ to 6 cups
3 cups	4¼ cups + 2 tablespoons butter or oil	7½ to 8 cups
4 cups	5 cups + 2 tablespoons butter or oil	11 to 12 cups

is on High Pressure unless otherwise indicated.

Dried Beans

- Before cooking dried beans, pick over and discard any broken or shriveled beans or bits of dirt and debris. Rinse beans and drain.
- Beans may be soaked overnight, but the pressure cooker allows you to cook beans without presoaking.
- Onions, garlic, celery, sprigs of fresh herbs or a bay leaf may be added for additional flavour. Do not salt before cooking as salt inhibits cooking.
- Cook beans in large batches (450 g beans + 8 cups water + seasonings + onion, garlic, herbs to taste + 4 teaspoons oil) and freeze in 1-cup amounts to add to other dishes.
- Never fill pressure cooker more than one-third full when cooking beans.
- Add 2 teaspoons oil per cup of beans to prevent foaming.
- After cooking beans, clean lid, gasket, steam release valve, and float valve carefully.
- When cooking beans, use High Pressure and Natural Pressure Release.
- If beans are not completely cooked (this is partially dependent on the age of the dried beans, something you will have no control over) select Simmer and allow the beans to simmer until cooked tender. As with vegetables it is better to under cook and allow to simmer to complete cooking.

Beans (1 cup)	Cooking Time (soaked overnight)	Cooking Time (unsoaked)	Yield
Black Beans	20 to 25 minutes	28 to 32 minutes	2 cups
Cannellini	18 to 22 minutes	33 to 38 minutes	2 cups
Chickpeas (Garbanzo Beans)	35 to 40 minutes	50 to 60 minutes	2½ cups
Great Northern	25 to 30 minutes	30 to 35 minutes	2¼ cups
Lentils	N.A.	8 to 10 minutes	2 cups
Pinto	20 to 24 minutes	30 to 35 minutes	2¼ cups
Navy Beans	22 to 25 minutes	30 to 35 minutes	2 cups
Red Beans	22 to 25 minutes	30 to 35 minutes	2 cups
Soybeans	26 to 33 minutes	33 to 40 minutes	1¼ cups

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Artichokes

Perfect artichokes, ready in just 8 minutes!

Makes 4 servings

- 4 medium artichokes (about 180-210 g each)**
- 2 lemons, cut in half**

Place 1 cup of water with the juice of one lemon in the cooking pot of the Cuisinart™ Electric Pressure Cooker.

Prepare artichokes by cutting the stem off at the base, cut 1/3 off the top, and trim off the outer layers of tough leaves. An optional step is to open up the leaves at the top and remove the choke (the inner thorny leaves and fuzz) with a melon baller or spoon.

Rub the cut parts of the artichoke with the remaining lemon halves. Place them top down in the pot. Lock lid in place. Select High Pressure and set timer for 8 minutes. When audible beep sounds, use Quick Pressure Release to release all of the steam. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Serve immediately with melted butter or your favourite dipping sauce.

Nutritional information per serving (one artichoke):
Calories 89 (8% from fat) • carb. 18g • pro. 6g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 105mg
• calc. 42mg • fibre 8g

Fava Bean Purée

Prepare this springtime favourite year round with dried fava beans. Serve on crostini, bruschetta, or pita crisps with a drizzle of extra virgin olive oil and a shaving of Parmesan, or serve puréed as a side dish with roast spring lamb.

Makes about 4 cups

- 450 g dried fava beans, rinsed**
- 4 cups water**
- 1 bay leaf**
- 1 cup chopped onion**
- 1 clove garlic, peeled**
- 1/4 cup extra virgin olive oil**
- 2 tablespoons fresh lemon juice**

- 1 teaspoon kosher salt**

Place fava beans in cooking pot of the Cuisinart™ Electric Pressure Cooker with water and bay leaf. Cover and lock lid in place. Select High Pressure and set timer for 18 minutes. When audible beep sounds, use Natural Pressure Release. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Drain beans, and discard bay leaf. When cool enough to handle, remove tough outer shells.

Place partially cooked beans back in cooking pot of the Cuisinart™ Electric Pressure Cooker with chopped onion, garlic, and 1/2 cup water. Select High Pressure and set timer for 5 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Transfer bean mixture to a food processor fitted with metal chopping blade. Add olive oil, lemon juice, and salt. Process until completely puréed, smooth and creamy. Serve warm, or chill until ready to serve.

Nutritional information per serving (1/4 cup):
Calories 82 (38% from fat) • carb. 10g • pro. 3g
• fat 4g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 18mg • fibre 2

Hummus

Makes about 2 cups

- 1 cup garbanzo beans (chickpeas)**
- 4 cups water**
- 1 tablespoon fresh parsley leaves**
- 1 small garlic clove**
- 2 tablespoons tahini**
- 1 teaspoon kosher salt**
- 1 to 2 tablespoons lemon juice**
- 5 tablespoons water**
- 1/4 cup olive oil**

Place garbanzo beans and water in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Lock lid in place. Select High Pressure. Set timer for 40 minutes. When audible beep sounds use Natural Pressure Release to release all of the pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Test garbanzos; if still firm, select Simmer and cook until they reach

soft consistency. (Garbanzo beans will also continue to cook as they sit in the hot water.) Strain.

Place cooked garbanzos in the work bowl of food processor fitted with metal chopping blade. Add parsley, garlic, tahini, salt, and lemon juice in bowl and pulse to combine. Scrape work bowl and with machine running add the water and olive oil until smooth. Taste and adjust seasonings accordingly.

Serve with pita and vegetable crudités.

Nutritional information per serving (2 tablespoons):
Calories 60 (70% from fat) • carb. 3g • pro. 1g
• fat 5g • sat. fat 1g • chol. 0mg • sod. 85mg
• calc. 11mg • fibre 3g

Baba Ghanoush

Instead of heating up the kitchen to roast the eggplant, cooking it in your pressure cooker keeps the kitchen cool.

Makes about 1½ cups

- 1 **tablespoon olive oil**
- 1 **large eggplant, about 450 g**
peeled and cut into 2.5 cm cubes
- 4 **garlic cloves, peeled**
- ½ **cup water**
- 2 to 3 **tablespoons fresh parsley leaves**
- ½ **teaspoon kosher salt**
- 2 **tablespoons lemon juice**
- 2 **tablespoons tahini paste**
- 1 **tablespoon olive oil**

Place olive oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Stir eggplant and garlic into the pot. Cook until soft and slightly golden, about 5 minutes. Add water. Lock lid in place. Select High Pressure. Set timer for 4 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Strain the eggplant and garlic and place into work bowl of food processor fitted with metal chopping blade. Add the parsley, salt, lemon juice, and tahini, and pulse to process. Scrape bowl, add olive oil, and pulse until fully combined. Taste and adjust seasoning accordingly.

Serve with pita and vegetable crudités.

Nutritional information per serving (2 tablespoons):
Calories 49 (67% from fat) • carb. 3g • pro. 1g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 58mg
• calc. 12mg • fibre 1g

Savoury Gorgonzola Cheesecake

Serve with crackers or slices of crusty breads. May also be sliced and served on tender greens as a salad. Garnish with fresh fruit such as sliced pears, apples or figs.

Makes one 18 cm cheesecake, 16 slices

- 2 **teaspoons unsalted butter, melted**
- 3 **tablespoons walnut halves**
and pieces, toasted
- 700 g **cream cheese**
(do not use low fat),
at room temperature,
cut into 2.5 cm pieces
- 3 **large eggs, at room temperature**
- 2 **teaspoons fresh lemon juice**
- 1 **teaspoon rubbed sage**
- 1/8 **teaspoon freshly ground white**
pepper
- 1 **cup Gorgonzola dolce, crumbled**

Lightly coat a 18 x 8 cm springform pan with melted unsalted butter or coat with cooking spray. Place a sheet of plastic wrap (about 40 x 40 cm) on top of a sheet of aluminum foil the same size. Place the springform pan in the centre and wrap the exterior tightly.

Place the walnuts in a food processor fitted with the metal chopping blade and pulse until chopped finely. Sprinkle the chopped nuts over the bottom and sides of the buttered pan, leaving excess nuts on the bottom.

Place the cream cheese in the food processor and process until smooth, about 1 minute. Scrape the work bowl, process 30 seconds longer. Add the eggs, lemon juice, sage and pepper. Process until smooth, 1 minute. Scrape the work bowl and process 15 seconds longer. Sprinkle the Gorgonzola over the cream cheese mixture and pulse 10 times to incorporate. Pour into prepared pan.

Place trivet/rack in the cooking pot of the Cuisinart™ Electric Pressure Cooker and add 2 cups of hot water to the pot.

Cut a piece of aluminum foil about 60 cm long. Fold in half lengthwise, then fold in half again two more times to create a strip about 60 cm in length and 5 cm wide to make a “cradle.”

Place on counter and set filled springform pan in the centre. Cover cheesecake with a piece of buttered aluminum foil – making the sides tight, but allowing room for the cheesecake to expand. Bring the ends of the cradle strip upward. Use the cradle to help lower the cheesecake into the cooking pot and place on the trivet.

Cover and lock lid in place. Select High Pressure and set timer for 16 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. Remove cheesecake from the cooking pot using the foil strips to lift up. Place on a cooling rack. Remove foil and plastic wrap. Dab gently with a paper towel to remove any accumulated condensation from the top of the cheesecake. Let cool to room temperature, then cover and refrigerate. Before serving remove from springform pan and garnish if desired.

Nutritional information per serving

($\frac{1}{16}$ of cheesecake):

*Calories 206 (84% from fat) • carb. 2g • pro. 7g
• fat 19g • sat. fat 12g • chol. 94mg • sod. 255mg
• calc. 85mg • fibre 0g*

Not the Same Old Three-Bean Salad

Dressed with an Asian-inspired vinaigrette, this bean salad also includes fresh corn and green beans, edamame, and the bright flavour of dried cranberries.

Makes 9 cups

- 3** **tablespoons sherry vinegar**
- 2** **tablespoons fresh lime juice**
- 1½** **tablespoons low-sodium soy sauce**
- 1½** **tablespoons honey**
- 1½** **teaspoons finely chopped fresh ginger**
- 1** **teaspoon Asian chili paste with garlic**
- $\frac{3}{4}$** **cup vegetable oil**

- 4** **ears fresh corn, husks and silks removed**
- 240 g** **green beans, cut into 1.5 cm pieces on the diagonal**
- 1½** **cups frozen edamame (soybeans)**
- 1** **cup thinly sliced celery**
- 1** **cup chopped (12 x 6 mm strips) red bell pepper**
- $\frac{3}{4}$** **cup dried cranberries**
- ½** **cup chopped red onion**
- 1** **cup pink, pinto, black or cannellini beans, rinsed, drained and picked over**
- kosher salt and freshly ground pepper to taste**

Place sherry vinegar, lime juice, soy sauce, honey, ginger, and chili paste in a medium bowl. Whisk to combine, and while whisking, add oil in a slow, steady stream, whisking until an emulsion is formed. (This may also be done in a blender or food processor.) You will have about 1 cup of the vinaigrette dressing. Let stand while preparing the rest of the salad and allow the flavours to blend.

Place trivet/rack in the cooking pot of the Cuisinart™ Electric Pressure Cooker and place corn on rack. Add one cup of water to the cooking pot. Select High Pressure and set for 1 minute. When audible beep sounds, use Quick Pressure Release. Remove corn and plunge into a bowl of ice water to stop cooking. Place green beans on a 40 cm square sheet of parchment paper and bring corners together. Place on trivet/rack. Select High Pressure and set time for 1 minute. When audible beep sounds, use Quick Pressure Release. Remove green beans and plunge into ice water to stop cooking. Remove trivet, rack. Add edamame to cooking pot. Stir in hot water for 30 to 40 seconds. Remove and plunge immediately into a bowl of ice water to stop cooking. Drain all vegetables. Place on layered paper towels to complete draining.

Add 2 cups water to the water in the cooking pot. Add dried beans to pot. Select High Pressure and set cooking time for 11 minutes. When the audible beep sounds, use Natural Pressure Release. Test for doneness. If not completely tender, select Simmer and simmer until tender. Drain, plunge into ice water and drain again.

Cut corn from cobs and place in a large bowl with the celery, red pepper, dried cranberries, and red onions. Add cooked drained pink

beans, and $\frac{2}{3}$ of the vinaigrette (stir with whisk if it has separated). Toss gently to combine. Cover and refrigerate if not serving immediately. Stir green beans and edamame into the salad just before serving. Season to taste with salt and pepper. Transfer to a decorative bowl to serve.

Nutritional information per serving (½ cup):
 Calories 123 (34% from fat) • carb. 17g • pro. 4g
 • fat 5g • sat. fat 0g • chol. 0mg • sod. 34mg
 • calc. 32mg • fibre 5g

Wheat Berry & Vegetable Salad

This salad is a refreshing change as a side dish.

Makes 6 cups salad (12 servings)

- 1½ cups wheat berries**
- 6¾ cups water**
- 1½ tablespoons vegetable oil**
- ¼ cup chopped red onion**
- 1½ teaspoons Dijon-style mustard**
- 1 teaspoon sugar**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- ¼ cup white balsamic vinegar (or use a fruit flavored vinegar)**
- ½ cup extra virgin olive oil**
- 1½ cups cut corn (use frozen thawed)**
- 1 cup shredded zucchini**
- ¾ cup chopped red bell pepper**
- ½ cup chopped green onion**
- ⅓ cup chopped sun-dried tomatoes**
- ¼ cup chopped fresh parsley**

Place wheat berries, water, and vegetable oil in cooking pot of the Cuisinart™ Electric Pressure Cooker. Cover and lock lid in place. Select High Pressure and set timer for 50 minutes. When audible beep sounds, turn off. Use Quick Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. If grains are still a little chewy, select Simmer and cook until done to taste. Drain wheat berries and transfer to a large bowl.

While cooking the wheat berries, prepare the dressing. Place the red onion, mustard, sugar, salt, pepper, and vinegar in the work

bowl of a food processor or mini food processor fitted with the metal chopping blade and process until smooth. Add the oil and process until emulsified. There will be about $\frac{7}{8}$ cup dressing.

When wheat berries are cooled, add $\frac{1}{2}$ cup (or more to taste) of the dressing (cover and refrigerate remaining dressing for another use), and toss to coat. Add the corn, zucchini, red pepper, green onion, and sun-dried tomatoes. Toss gently to combine. Add the parsley; toss to combine. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

Nutritional information per serving (½ cup):
 Calories 110 (46% from fat) • carb. 15g • pro. 2g
 • fat 7g • sat. fat 1g • chol. 0mg • sod. 148mg
 • calc. 14mg • fibre 3g

Pasta e Fagioli

Try our hearty and healthy vegetarian version of this classic Italian soup.

Makes about 12 cups

- 1 tablespoon extra virgin olive oil**
- 1½ cups chopped onion**
- 1 cup diced (1.2 cm) carrot**
- ½ cup sliced celery**
- 3 cloves garlic, peeled and minced**
- 2 teaspoons Italian herb blend, divided**
- 6 cups water**
- 450 g dry cannellini or white beans, rinsed and picked over**
- 1 bay leaf**
- 4 cups low-sodium vegetable or chicken broth/stock**
- 2 cans (420 g each) diced tomatoes with juice**
- 1 teaspoon kosher or sea salt**
- 1½ cups tubetti, small macaroni, or small shell pasta**
- chopped fresh parsley**
- freshly grated, shaved or shredded Parmesan Cheese**

Select Sauté and add oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Heat oil for 3 to 4 minutes. When oil is hot, add the chopped onions, carrots, celery, garlic, and 1 teaspoon of the Italian herb blend. Sauté, stirring for 4 to 5 minutes, until

the onions are softened and translucent. Add the water, dried beans, and bay leaf. Cover and lock lid in place. Select High Pressure and set timer for 35 minutes. When audible beep sounds, allow pressure to release naturally, about 20 minutes.

When float valve drops, turn off. Remove lid, tilting away from you to allow steam to disperse. Stir in broth/stock, tomatoes and their juices, salt, and the remaining teaspoon of Italian herb blend. Select Brown. When liquids reach boiling point, add pasta and cook according to package directions to al dente. Turn to Keep Warm to hold soup until ready to serve. Remove and discard bay leaf before serving.

Serve in warmed bowls garnished with freshly chopped parsley and grated, shaved or shredded cheese.

Nutritional information per serving (one cup):
Calories 246 (11% from fat) • carb. 46g • pro. 11g
• fat 3g • sat. fat 0g • chol. 0mg • sod. 228mg
• calc. 111mg • fibre 12g

Cuban Black Bean Soup

Makes about 10 cups

- 1 **tablespoon extra virgin olive oil**
- 360 g smoked spicy chicken, turkey, or pork sausage**
- 1½ **cups chopped onion**
- 1¼ **cups chopped red bell pepper, divided**
- 3 **garlic cloves, peeled and chopped**
- 1 **tablespoon oregano**
- 1 **teaspoon cumin**
- ½ **teaspoon coriander**
- 6 **cups water**
- 450 g dry black beans, picked over, rinsed and drained**
- 1 **ham hock (about 450 g) or smoked turkey wing**
- 1 **bay leaf**
- ¼ **teaspoon cayenne**
- ⅓ **cup dry sherry**
- 1 **tablespoon red wine vinegar**
- 1 **teaspoon kosher salt**

Add oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning and let oil heat for 3 to 4 minutes. When oil

is hot, cook the sausages until browned, about 4 to 5 minutes on each side. Turn off. Remove, slice into 1.2 cm pieces and refrigerate until ready to use.

Select Sauté, add chopped onions, ¾ cup of the chopped red bell pepper, garlic, oregano, cumin, and coriander. Sauté, stirring until onions are translucent and tender, about 3 to 4 minutes. Add the water, black beans, ham hock, and bay leaf. Cover and lock lid in place. Select High Pressure, and set timer for 30 minutes. When audible beep sounds, allow pressure to release naturally, about 20 minutes.

When float valve drops, turn off. Remove lid, tilting away from you to allow steam to disperse. Select Simmer. Remove ham hock and bay leaf; discard bay leaf. Use a Cuisinart™ hand blender (unplug pressure cooker first and use blender carefully to avoid scratching nonstick cooking pot) or potato masher to smash beans to desired texture. Slice reserved sausage and add to soup. When hock is cool enough to handle, remove meat from ham hock and shred, adding shredded meat to soup; discard bone and fat. Add cayenne, sherry, vinegar, and salt, simmer for 15 to 20 minutes to allow flavours to blend. Turn to Keep Warm to hold soup until ready to serve.

Serve in warmed bowls as desired with freshly chopped parsley, sour cream and diced avocado. Soup may also be served with a scoop of cooked rice.

Nutritional information per serving (one cup):
Calories 140 (20% from fat) carb. 16g • pro. 10g
• fat 3g • sat. fat 1g • chol. 22mg • sod. 447mg
• calc. 35mg • fibre 5g

Lentil Soup

Makes 8 cups

- 1 **tablespoon olive oil**
- 1 **medium onion, chopped, about 1 cup**
- 1 **medium carrot, cut into 6 mm dice, about 1 cup**
- 2 **cloves garlic, thinly sliced**
- ½ **bay leaf**
- 450 g dried brown lentils**
- 5 **cups chicken broth**
- ¼ **teaspoons kosher salt**
- ¼ **teaspoon ground black pepper**
- ½ **teaspoon lemon juice**

Place oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Allow oil to heat for a few minutes and then stir the chopped onions into the pot. Sauté for about 1 to 2 minutes, until onions start to soften. Stir in the carrots. Sauté vegetables for about 4 minutes, stirring occasionally, until soft and slightly golden. Stir in garlic and sauté for another minute or two, until garlic becomes aromatic.

Add bay leaf, lentils, and chicken broth to the cooking pot. Lock lid in place. Select High Pressure. Set timer for 8 minutes. When audible beep sounds use Natural Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Remove and discard bay leaf. Stir in salt, pepper, and lemon juice. Taste and adjust seasonings accordingly. Serve immediately.

Note: Vary the soup by adding chopped fresh spinach or serve with freshly grated Parmesan cheese.

Nutritional information per serving (one cup):

Calories 110 (16% from fat) • carb. 16g • pro. 7g
• fat 2g • chol. 0mg • sod. 515mg • calc. 21mg • fibre 5g

Chicken Soup with Noodles

This soothing soup is chock full of chicken and veggies.

Makes about 10 cups

- 1 **teaspoon unsalted butter**
- 1 **teaspoon olive oil**
- 2 **small onions, finely chopped, about 1½ cups**
- 6 **medium carrots, sliced into 6 mm rounds, about 3 to 4 cups**
- 3 **ribs celery, cut into 6 mm dice, about 1 cup**
- 1.4 - 1.8 kg mixed chicken breasts and thighs, bone in, skin removed**
- ½ **teaspoon kosher salt**
- 1 **sprig fresh parsley**
- 1 **sprig fresh thyme**
- 5½ **cups chicken broth**
- 1 to 2 **cups medium egg noodles**
- 1 **cup frozen peas (thaw while preparing soup)**

Place the butter and oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Once butter begins to sizzle, stir the chopped onions into the cooking pot. Sauté for about 1 to 2 minutes, until onions begin to soften and become translucent. Stir in the carrots and celery. Sauté vegetables for about 5 minutes, stirring occasionally. The vegetables will pick up some colour but keep stirring so they do not become too brown.

Toss skinless chicken pieces with the kosher salt. Add chicken, parsley, thyme, and chicken broth to cooking pot. Lock lid in place. Select High Pressure. Set timer for 8 minutes. When audible beep sounds wait 5 minutes and then use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Remove chicken pieces and reserve in a stainless bowl. Remove herbs and discard. When chicken is cool enough to handle, remove meat from bones and either chop or shred and return to pot. Select Browning. Once mixture comes to a boil, select Simmer and add noodles. Cook noodles according to package directions. Once noodles have cooked, turn off, stir in peas and serve.

Nutritional information per serving (one cup):
Calories 236 (26% from fat) • carb. 16g • pro. 26g
• fat 7g • sat. fat 2g • chol. 75mg • sod. 440mg
• calc. 53mg • fibre 3g

Tomato Soup

Perfectly satisfying meal with a grilled cheese sandwich.

Makes 6 cups

- 2½ **tablespoons unsalted butter**
- 1 **small onion (about 90 g),
peeled and chopped**
- 1 **carrot, peeled and chopped**
- 1 **rib celery, chopped**
- 1 **teaspoon dried basil**
- ½ **teaspoon dried marjoram**
- 2 **tablespoons unbleached
all-purpose flour**
- 2 **cans (420-450 g each)
diced tomatoes with juices**
- 4 **whole sun-dried tomatoes,
not oil-packed**
- ⅛ **teaspoon baking soda**
- 2½ **cups vegetable or chicken stock**
- 1 **teaspoon kosher salt**
- ½ **teaspoon freshly ground pepper**
- 1 **cup half-and-half* (optional)**

*Half-and-half is a term used for milk and cream.

Place the butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Once butter is hot, add onions and stir. Sauté for about 1 to 2 minutes, until onions begin to soften and become translucent. Stir in the carrots, celery, basil and marjoram. Sauté vegetables for about 3 to 4 minutes, stirring occasionally, until soft but not browned. Stir in flour and cook for an additional minute. Stir in tomatoes with their juices, sun-dried tomatoes, baking soda, and stock.

Lock lid in place. Select High Pressure. Set timer for 8 minutes. When audible beep sounds, use Natural Pressure Release to release all steam. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Blend soup with either a Cuisinart™ handheld blender directly in the pot or a food processor or blender. (If blending soup

with handheld blender unplug pressure cooker before blending and use care not to scratch the nonstick cooking pot.) Add the salt and pepper and taste. Adjust seasonings accordingly.

For creamy tomato soup, stir in the optional half-and-half*.

*Nutritional information per serving
(without half & half; one cup):*
Calories 105 (40% from fat) • carb. 13g • pro. 3g
• fat 5g • sat. fat 3g • chol. 13mg • sod. 640mg
• calc. 42mg • fibre 3g

Mushroom Barley Soup

Makes about 8 cups

- 1 **tablespoon unsalted butter**
- 1 **medium onion, chopped,
about 1 cup**
- 2 **medium carrots, peeled and cut
into 6 mm dice**
- 3 **cloves garlic, smashed**
- 480 **g mushrooms, sliced**
- 1 **teaspoon kosher salt**
- ½ **teaspoon fresh thyme, chopped**
- ⅓ **cup sherry**
- ¾ **cup pearl barley**
- 1 **bay leaf**
- 5 **cups chicken broth**
- ½ **teaspoon fresh ground pepper**
- 2 **tablespoons chopped fresh
parsley (about 5 sprigs)**

Place the butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Once butter begins to sizzle, stir the chopped onions into the pot. Sauté for about 1 to 2 minutes, until onions start to soften. Stir in the carrots and sauté vegetables for about 4 minutes, stirring occasionally, until vegetables are soft and lightly golden. Stir in garlic, mushrooms, salt, and thyme. Sauté until mushrooms release most of their moisture and the garlic becomes aromatic, about 5 minutes. Add sherry to the pot and cook until liquid is evaporated.

Add barley, bay leaf and chicken broth to the pot. Lock lid into place. Select High Pressure. Set timer to 10 minutes. When audible beep sounds, use the Natural Pressure Release to release all pressure.

When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Remove and discard bay leaf. Stir in pepper. Adjust seasoning to taste. Stir in chopped parsley. For an extra kick, stir in 2 additional tablespoons of sherry. Serve immediately.

Nutritional information per serving (one cup):
Calories 130 (13% from fat) • carb. 22g • pro. 5g
• fat 2g • sat. fat 1g • chol. 4mg • sod. 397mg
• calc. 21mg • fibre 4g

Chicken Stock

Makes about 10 cups

1.8 kg chicken wings and/or backs

- 2 medium onions, peeled and quartered**
- 2 ribs celery, cut into 5 cm lengths**
- 2 carrots, peeled, cut into 5 cm lengths**
- 2 leeks, trimmed, halved lengthwise, cleaned**
- 2 parsnips, peeled, cut into 5 cm lengths**
- 2 bay leaves**
- 12 black peppercorns**
- 3 sprigs parsley**
- 3 sprigs thyme**
- 10 cups water**

Rinse chicken and drain. Place in the cooking pot of the Cuisinart™ Electric Pressure Cooker along with the onions, celery, carrots, leeks, parsnips, bay leaves, peppercorns, parsley, thyme. Add water.

Select High Pressure and set timer for 45 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse.

Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass stock through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use. Chicken stock will keep for

3 days in the refrigerator, or can be frozen for up to 6 months.

Tip: Freeze chicken stock in 1-cup containers to use as needed.

For Brown Chicken Stock: Brown stock requires the step of roasting, but adds depth of flavour to the stock. Use this method to make Brown Turkey Stock ahead for gravy. Preheat oven to 200°C. Place chicken wings in a Cuisinart® roasting pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

Nutritional information per serving (one cup):
Calories 15 (0% from fat) • carb. 1g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 80mg
• calc. 0mg • fibre 0g

Brown Beef Stock

Makes 8 cups

- 1.1 kg beef and/or veal bones**
- 450 g beef chuck or other stew beef, cut into 2.5 cm cubes**
- 2 large carrots, peeled, cut into 7.5 cm lengths**
- 2 ribs celery, cut into 7.5 cm lengths**
- 2 large onions, peeled and quartered**
- 2 tablespoons olive or vegetable oil**
- 6 chives**
- 6 sprigs parsley**
- 6 sprigs thyme**
- 3 cloves garlic**
- 12 peppercorns**

Preheat oven to 220°C. Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie the chives, parsley and thyme into a bundle using butcher's string.

Transfer browned bones, meat, and vegetables to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups cold water. Select High Pressure and set

timer for 60 minutes. When audible beep sounds, allow Natural Pressure Release. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse.

Strain solids from stock and discard solids. Cover and refrigerate. Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days, or freeze.

Tip: Freeze in 1-cup amounts to have ready to thaw and use.

Nutritional information per serving (one cup):
Calories 17 (1% from fat) • carb. 18g • pro. 38g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 20mg
• calc. 14mg • fibre 0g

Green Beans with Shiitake Mushrooms

Makes about 4 cups (4 to 6 servings)

- 1/2 **tablespoon extra virgin olive oil**
- 120 g shiitake mushrooms, tough stems removed and discarded, mushrooms thinly sliced**
- 700 g green beans, stem ends removed, cut into 4-5 cm lengths**
- 1/4 **cup chopped shallot**
- 1/2 **teaspoon kosher salt**
- 1/2 **cup water**

Select Browning and add oil to cooking pot of the Cuisinart™ Electric Pressure Cooker. When hot, add mushrooms and cook for 3 to 4 minutes, until lightly browned. Turn off. Add green beans, chopped shallots, salt, and water. Cover and lock lid in place. Select High Pressure and set timer for 1 to 2 minutes, depending on personal preference for firmness/doneness of green beans. When audible beep sounds, turn off. Use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Use a slotted spoon to transfer to warmed serving dish. Serve immediately.

Nutritional information per serving (based on 6 servings):
Calories 51 (20% from fat) • carb. 11g • pro. 2g

• fat 1g • sat. fat 0g • chol. 0mg • sod. 115mg
• calc. 53mg • fibre 5g

New Potatoes with Parsley

Makes about 4 to 6 servings

- 3 **tablespoons unsalted butter**
- 900 g medium red potatoes (about 60 g each), halved lengthwise**
- 1 **garlic clove**
- 3/4 **teaspoon kosher salt**
- 1/2 **cup chicken broth**
- 2 **tablespoons chopped parsley (about 5 sprigs)**

Place 1 tablespoon of butter into the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Once butter begins to melt, stir in the potatoes, garlic, and salt. Sauté so that the butter coats all potatoes and the garlic becomes aromatic, about 4 to 5 minutes. Add the chicken broth. Lock lid in place. Select High Pressure. Set timer for 5 minutes. When audible beep sounds use Quick Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Strain potatoes and toss with remaining 2 tablespoons of butter and chopped parsley. Serve immediately.

Nutritional information per serving (based on 6 servings):
Calories 175 (30% from fat) • carb. 28g • pro. 4g
• fat 6g • sat. fat 4g • chol. 16mg • sod. 226mg
• calc. 21mg • fibre 3g

Garlic & Herb Smashed Potatoes

Old-fashioned comfort food at its best. For basic mashed potatoes, omit the garlic and herbs.

Makes about 6 cups (12 servings)

1.4 kg Yukon Gold or russet potatoes, peeled, cut into 1.2 cm slices

- 4 cups water
- 10-12 cloves garlic, peeled
- 2 teaspoons kosher salt, divided
- 1 teaspoon white vinegar
- ¾ cup reduced fat milk
- ¼ cup half-and-half*
- 3 tablespoons unsalted butter, cut into 1.5 cm pieces
- ¼ cup chopped fresh chives
- ¼ cup chopped fresh parsley
- ¼ teaspoon freshly ground white or black pepper

*Half-and-half is a term used for milk and cream.

Place the potatoes, water, garlic, 1 teaspoon of the kosher salt, and vinegar in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Cover and select High Pressure. Set timer for 7 minutes. When cooking is completed, use Quick Pressure Release. Turn off. While potatoes are cooking, combine milk with half-and-half* in a saucepan and heat to a simmer (gentle bubbles at edges) (may also be done in a microwave-safe container in the microwave).

Remove cooking pot and drain water from potatoes. Return cooking pot to Pressure Cooker and select Simmer. Let simmer for 2 to 3 minutes to dry potatoes slightly. Sprinkle with remaining salt. Add heated milk mixture to the cooking pot, and using a potato masher suitable for nonstick cookware, mash the potatoes to break up. Add the butter, chives, parsley, and pepper to the potatoes, and mash until they reach the desired texture. Select Keep Warm and cover loosely to hold the potatoes until ready to serve.

Nutritional information per serving:

*Calories 149 (28% from fat) • carb. 24g • pro. 3g
• fat 5g • sat. fat 3g • chol. 14mg • sod. 185mg
• calc. 42mg • fibre 2g*

Sweet Potato Purée

A nice, subtle side dish – makes a great substitute for the regular white potato.

Makes about 4½ cups,
about 8 to 10 servings

**1.4 kg sweet potatoes, peeled
and cut into 5 cm cubes**

- 1 cup water
- 2 tablespoons unsalted butter, room temperature
- 1½ teaspoons kosher salt
- 2 teaspoons packed brown sugar
- 2 teaspoons lemon juice
- pinch ground cinnamon
- pinch ground nutmeg

Place sweet potatoes and water into cooking pot of the Cuisinart™ Electric Pressure Cooker. Lock lid in place. Select High Pressure. Set timer for 6 minutes. When audible beep sounds use Quick Pressure Release to release steam. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Strain sweet potatoes and place in large mixing bowl. Mash with potato masher or hand mixer. Once thoroughly mashed, add remaining ingredients. Taste and adjust seasoning accordingly. Serve immediately.

*Nutritional information per serving
(based on 10 servings):*

*Calories 186 (12% from fat) • carb. 39g • pro. 2g
• fat 3g • sat. fat 1g • chol. 6mg • sod. 214mg
• calc. 26mg • fibre 6g*

Rice Pilaf

Makes 6 cups

- 1½ tablespoons unsalted butter
- 1 medium onion, finely chopped (about 1 cup)
- 1 medium carrot, finely chopped
- 1 celery stalk, finely chopped
- 2 cups long grain white rice
- ¼ teaspoon kosher salt
- 3 cups chicken broth
- sage leaf (optional)

Place the butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté and let butter heat for 2 to 3 minutes. When hot, add the chopped onions, carrots, and celery. Cook, stirring occasionally and then, until onions are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in rice and cook, stirring frequently, until rice becomes opaque, about 1 to 2 minutes.

Add salt, broth, and sage leaf. Cover and lock lid in place. Select High Pressure and set timer for 3 minutes. When audible beep sounds wait 3 minutes and then use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Fluff rice and serve immediately.

Nutritional information per serving (1/2 cup):
Calories 137 (12% from fat) • carb. 26g • pro. 3g
 • fat 2g • sat. fat 1g • chol. 4mg • sod. 147mg
 • calc. 17mg • fibre 1g

Tzimmes

Makes 12 servings

- 700 g sweet potatoes, peeled, each potato cut into 6 large pieces**
- 450 g baby carrots**
- 1 cup dried cranberries**
- 1 cup dried plums**
- 1 cup dried apricots**
- 1 cup golden raisins**
- 2 tablespoons brown sugar, lightly packed**
- 1 teaspoon kosher salt**
- 1/2 teaspoon cinnamon**
- 2 tablespoons unsalted butter, (or margarine for a more traditional dish)**
- 1/2 cup orange juice, room temperature**
- 1/2 cup apple juice, room temperature**

Combine sweet potatoes, carrots, cranberries, plums, apricots, and raisins in a large mixing bowl. Sprinkle with brown sugar, salt and cinnamon, mix thoroughly but gently.

Place butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker and select Sauté. When butter is melted add sweet potato mixture. Toss to coat ingredients with butter. Stir in juices. Cover and lock lid in place. Select High Pressure and set timer for 5 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid

carefully, tilting away from you to allow steam to disperse.

Stir mixture on keep warm and allow to sit for 15 minutes before serving.

Nutritional information per serving:
Calories 234 (8% from fat) • carb. 55g • pro. 3g
 • fat 2g • sat. fat 1g • chol. 5mg • sod. 148mg
 • calc. 40mg • fibre 6g

Corn Pudding

Makes 8 servings

- 2 teaspoons unsalted butter, plus extra for coating soufflé dish, melted**
- 1 cup chopped onion**
- 450 g cut corn, fresh or frozen, thawed and patted dry (about 8 ears, or 4 cups), divided**
- 4 large eggs**
- 2 cups evaporated fat free milk, not reconstituted**
- 1/4 cup yellow cornmeal**
- 1 teaspoon salt**
- 1/2 teaspoon freshly ground pepper to taste**
- 2-4 drops hot sauce**
- 2 cups water**

Coat a 2 litre ceramic soufflé dish (20 cm diameter) with the melted butter and reserve. Cut a piece of aluminum foil 40 cm square and lightly butter an 20 cm round in its centre. Cut a piece of aluminum foil about 60 cm long. Fold in half lengthwise, then fold in half again two more times to create a strip about 60 cm in length and 5 cm wide to make a “cradle” and reserve.

Melt butter in a 25 cm skillet over medium high heat. Add onion. Cook, stirring about 5 minutes (until translucent). Reserve.

Place 2 cups of corn in work bowl of a Cuisinart® Food Processor. Pulse four or five times, to chop corn roughly. Add eggs, evaporated milk and onion; pulse until mixed. Place the remaining 2 cups corn in a 1 1/2 litre mixing bowl, sprinkle with cornmeal. Add chopped corn mixture. Stir until just mixed. Season with salt, pepper and hot sauce to taste. Transfer to prepared soufflé dish.

Cover with prepared sheet of foil, buttered side down, so that the foil allows for the top of the bread pudding to expand, but fits tightly around the sides of the soufflé dish. Set the dish in the centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place trivet/rack in the cooking pot of the Cuisinart™ Electric Pressure Cooker and add 2 cups of cold water. Using the foil cradle to help lift the dish and carefully lower the dish into the pot and place on the trivet/rack.

Cover and lock lid in place. Select High Pressure and set timer for 30 minutes.

When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. Remove pudding from the cooking pot using the foil strips to lift up. Place on a cooling rack. Remove foil. Let stand 10 minutes before serving.

Nutritional information per serving:
 Calories 174 (23% from fat) • carb. 24g • pro. 10g
 • fat 5g • sat. fat 2g • chol. 109mg • sod. 410mg
 • calc. 200mg • fibre 2g

Curried Cauliflower & Potatoes

Makes 4 to 6 servings

- 1 **tablespoon olive oil**
- 2 **medium onions, sliced**
- ¾ **teaspoon kosher salt**
- ¾ **teaspoon curry powder**
- ¼ **teaspoon turmeric**
- 1½ **cups chicken broth, divided**
- 1 **head cauliflower, cut into thirds**
- 2 **medium Yukon Gold potatoes, sliced into 6 mm rounds**

Place the olive oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté and let oil heat for 2 to 3 minutes. Add the sliced onions and cook, stirring occasionally for about 2 minutes. Stir in the salt, curry, and turmeric and continue cooking until onions become soft and aromatic.

Add ½ cup chicken broth and allow mixture to come to a simmer. Add the cauliflower and toss in the liquid. Cover and lock lid in

place. Select High Pressure and set timer for 1 minute. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove cauliflower and reserve.

Select Sauté and toss the potato slices in with the onions for about 1 minute. Stir in remaining 1 cup of broth. Cover and lock lid in place. Select High Pressure and set timer for 1 minute. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Gently toss cauliflower in with potatoes and onions. Serve immediately.

Nutritional information per serving
 (based on 6 servings):
 Calories 109 (21% from fat) • carb. 19g • pro. 4g
 • fat 3g • sat. fat 0g • chol. 0mg • sod. 340mg
 • calc. 37mg • fibre 4g

Beet Salad with Feta, Toasted Walnuts & Champagne Vinaigrette

Makes about 8 cups, 8 to 12 servings

- 1.4 kg **golden or red beets, scrubbed clean, ends trimmed**
- 1 **cup water**
- 1 **medium-large Vidalia or other sweet onion (240 g), thinly sliced**
- ½ **cup toasted walnuts**
- ½ **cup medium packed Italian (flat) parsley leaves**
- 1 **large clove garlic, peeled**
- 1 **small shallot (15 g), peeled**
- 3 **tablespoons Champagne vinegar (or white balsamic vinegar)**
- ½ **teaspoon Dijon-style mustard**
- ½ **teaspoon honey**
- ½ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground pepper**
- 6 **tablespoons mild-flavored extra virgin olive oil**
- 90 g feta cheese, crumbled**

Place beets on rack/trivet with water in the cooking pot of the Cuisinart™ Electric Pressure Cooker.

Cover and lock lid into place. Select High Pressure and set timer for 25 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Test beets with a tip of a paring knife. If knife does not pierce beet easily, select Simmer and cook until beets are done. Once beets are done remove and reserve until cool.

When beets are cool enough to handle, peel and cut into 1.2 cm dice and place in large mixing bowl with sliced onions.

Place walnuts in work bowl of food processor fitted with metal chopping blade, pulse to chop about 5 times; remove and reserve. Place parsley in work bowl, pulse to chop, about 15 times; remove and reserve. With machine running, drop garlic and shallot down small feed tube and process to chop finely, about 5 seconds. Scrape work bowl. Add vinegar, mustard, honey, salt, and pepper. With machine running add oil slowly through small feed tube and process until emulsified, about 15 seconds; remove and reserve.

Toss vinaigrette with reserved beets and onions. Arrange in a decorative bowl and sprinkle with remaining parsley, crumbled feta, and chopped toasted walnuts. Serve as is or on a bed of baby greens and spinach that has been tossed with remaining vinaigrette.

*Nutritional information per serving
(based on 12 servings):*

*Calories 154 (57% from fat) • carb. 13g • pro. 4g
• fat 10g • sat. fat 2g • chol. 6mg • sod. 455mg
• calc. 61mg • fibre 2g*

Risotto Primavera

Makes about 8 cups (4 entrée servings,
8 first-course servings)

- 1 **tablespoon extra virgin olive oil**
- 1 **tablespoon unsalted butter**
- ½ **cup finely chopped shallots or onions**
- ½ **cup finely diced (3 mm) carrots**
- ¼ **cup finely diced (3 mm) celery**
- 1 **clove garlic, peeled and finely**

- chopped**
- 2 **teaspoons basil**
- 2 **cups Arborio rice**
- ½ **cup dry white wine or vermouth**
- 1 **teaspoon kosher salt**
- 5 **cups low-sodium chicken or vegetable broth/stock, divided**
- 220 g asparagus, cut into 2.5 cm lengths**
- 1 **cup peas (fresh or frozen thawed)**
- 1 **cup shredded snow peas**
- 1 **cup diced zucchini (remove and discard seeds before dicing)**
- 1 **cup shredded Fontina cheese**
- ¼ **cup freshly grated Parmesan or Asiago cheese**
- ½ **cup chopped fresh parsley**

Place the oil and butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté and let oil and butter heat for 2 to 3 minutes. Add the chopped shallots, carrots, celery, garlic, and basil. Cook, stirring occasionally, until shallots are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in Arborio rice and cook, stirring frequently, until rice becomes opaque, about 3 to 4 minutes. Add wine and salt; stir and cook for 2 to 3 minutes until the rice has absorbed the wine. Add 4½ cups of the broth/stock and stir. Cover and lock lid in place. Select High Pressure and set timer for 6 minutes. When audible beep sounds use Quick Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Select Simmer. Add remaining ½ cup of broth/stock to rice and stir. Cook, uncovered, stirring occasionally for 1 to 2 minutes. Stir in asparagus, peas, snow peas, and zucchini. Cook, stirring, until vegetables are bright green and crisp tender to taste. Stir in cheeses and cook 1 minute.

Serve in warmed soup plates and sprinkle with fresh parsley. If desired pass more grated Parmesan or Asiago.

*Nutritional information per serving
(based on 4 servings):*

*Calories 281 (37% from fat) • carb. 26g • pro. 12g
• fat 12g • sat. fat 6g • chol. 31mg • sod. 843mg
• calc. 193mg • fibre 2g*

Risotto with Prawns, Sugar Snap Peas & Tarragon

Makes about 8 cups (4 entrée servings,
8 first course servings)

- 1 **tablespoon extra virgin olive oil**
- 1 **tablespoon unsalted butter**
- ½ **cup finely chopped shallot
or onion**
- ½ **cup finely diced (3 mm) carrot**
- 1 **clove garlic, peeled and finely
chopped**
- 2 **teaspoons tarragon**
- 2 **cups Arborio rice**
- ½ **cup dry white wine or vermouth**
- 1 **teaspoon kosher salt**
- 5 **cups low-sodium chicken or
vegetable broth/stock, divided**
- 700 g medium (31-40 count)
prawns, peeled and deveined**
- 340 g sugar snap peas, tipped
and topped, strings removed
shaved manchego cheese or
lemon wedges/slices**
- fresh tarragon sprig for garnish,
optional**

Place the oil and butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Set on Sauté and let oil and butter heat for 2 to 3 minutes. When hot, add the chopped shallots, carrots, garlic, and tarragon. Cook, stirring occasionally, until shallots are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in Arborio rice and cook, stirring frequently, until rice becomes opaque, about 3 to 4 minutes. Add wine and salt; stir and cook for 2 to 3 minutes until the rice has absorbed the wine. Add 4½ cups of the broth/stock and stir. Cover and set on High Pressure for 6 minutes. When done cooking use Quick Pressure Release to release pressure. Remove lid carefully, tilting away from you to allow steam to disperse.

Set on Simmer. Add remaining ½ cup of broth/stock to rice and stir. Cook, uncovered, stirring occasionally for 3 to 4 minutes. Stir in prawns. Cook, stirring, until prawns begin to curl and turn pink, about 1½ to 2 minutes. Stir in sugar snap peas and cook for 1 minute longer, until peas are bright green and crisp tender.

Serve in warmed soup plates with either shaved manchego cheese or lemon slices. If desired, garnish each plate with a sprig of fresh tarragon.

Nutritional information per serving

(based on 4 servings):

Calories 288 (18% from fat) • carb. 25g • pro. 29g • fat 5g • sat. fat 2g • chol. 226mg • sod. 883mg • calc. 69mg • fibre 1g

Pesto Chicken with Potatoes & Carrots

Dinner all in one pot – add a green salad and a warmed loaf of crusty bread to make this meal complete.

Makes 4 servings

- 1.4 kg chicken thighs, bone in,
skin removed, trimmed of all
visible fat**
- ½ **tablespoon extra virgin olive oil**
- ⅓ **cup prepared pesto**
- ½ **cup chicken stock**
- 1 **large (180 - 240 g) onion, peeled,
cut vertically into 1.2 cm slices**
- 8 **5 cm new red potatoes (about
700 g), scrubbed – with a strip
peeled off on the circumference**
- 450 g baby-cut carrots**

Toss chicken thighs with olive oil to coat. Select Browning and let cooking pot of the Cuisinart™ Electric Pressure Cooker heat for 2-3 minutes. Add 4 thighs to the pot. Brown for about 3 minutes on each side. Remove to a bowl and repeat with remaining chicken. Turn off. Add pesto to chicken and toss to coat.

Add chicken stock and onions to the cooking pot. Insert the trivet/rack in the pot. Arrange the pesto-coated chicken on the rack. Top with new potatoes and carrots. Cover and lock lid in place. Select High Pressure and set timer for 11 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Leave on Keep Warm until ready to serve. Use a slotted spoon to transfer to warmed serving dish. Strain liquid in a fat strainer to remove fat, or use a fat mop. Serve hot.

Nutritional information per serving:

Calories 467 (43% from fat) • carb. 19g • pro. 47g
• fat 22g • sat. fat 6g • chol. 155mg • sod. 282mg
• calc. 104mg • fibre 6g

Chicken with Herb Dumplings

Old-fashioned comfort food in just a little bit of time.

Makes 4 servings

- ¼ cup unbleached all-purpose flour
- 1½ teaspoons kosher salt, divided
- ½ teaspoon freshly ground black pepper
- 8 skinless chicken thighs (about 1.4 kg), bone in, trimmed of all visible fat
- 2 tablespoons unsalted butter
- 1½ cups chopped onion
- 1 cup sliced celery
- 1 teaspoon dry thyme or fines herbes
- 360 g baby cut carrots
- 2½ cups low-sodium chicken stock or broth
- ½ cup dry white wine
- 2-3 sprigs fresh parsley
- 1 bay leaf
- 1 recipe Herb Dumplings (follows)

Combine flour, ½ teaspoon of the salt, and pepper. Dust chicken lightly with seasoned flour. Place half the butter in cooking pot of the Cuisinart™ Electric Pressure Cooker and select Browning. When butter is melted and bubbly, add 4 chicken thighs to the cooking pot. Cook for 3 to 4 minutes on each side to brown. Transfer to a platter and repeat with remaining chicken. Select Sauté. Add onions, celery and thyme. Cook, stirring, until onions are translucent. Stir in carrots, chicken stock/broth, and wine. Return browned chicken and any accumulated juices to the cooking pot. Lay fresh parsley over the top and tuck in bay leaf.

Cover and lock lid in place. Select High Pressure and set timer for 10 minutes. While chicken is cooking, prepare Herb Dumplings. When audible beep sounds, use Quick Pressure Release to release pressure. When float valve drops, remove

lid carefully, tilting away from you to allow steam to disperse. Remove and discard parsley sprigs and bay leaf.

Select Sauté. When chicken mixture begins to bubble, arrange dumplings on top. Cover loosely (do not lock lid in place), and cook for 10 to 15 minutes, until dumplings are puffed and cooked through. Serve hot.

Nutritional information per serving (including dumplings):

Calories 732 (50% from fat) • carb. 102mg
• pro. 90g • fat 15g • sat. fat 12g • chol. 412mg
• sod. 248mg • calc. 425mg • fibre 7g

Herb Dumplings

Makes 8 dumplings

- 2 cups unbleached all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 5 tablespoons unsalted butter
- 1 large egg, lightly beaten
- ¾ cup buttermilk

Place flour, baking powder, and salt in a medium bowl; stir to combine. Use a pastry blender or 2 forks to cut in butter until mixture resembles a coarse meal. (This may also be done in a food processor fitted with the metal chopping blade.)

Stir in egg and buttermilk, and mix until the dough just comes together. Place on a floured surface and dust with flour. Using floured hands, turn and fold 4 times. Pat out to a 2.5 cm thickness. Cut into 8 equal pieces.

This recipe may also be used to make biscuits. Roll out to 1.8 cm thickness and cut into 12 pieces. Bake on a parchment lined baking sheet in a preheated 200°C oven for 18 to 22 minutes.

Nutritional information per serving (2 dumplings):
Calories 377 (40% from fat) • carb. 47g • pro. 10g
• fat 17g • sat. fat 10g • chol. 94mg • sod. 619mg
• calc. 290mg • fibre 2g

Curried Chicken Salad with Apples & Toasted Almonds

Prepare this summertime favourite without heating up the kitchen!
Use our recipe or your own favourite.

Makes 6 to 8 servings

- 1 medium onion, peeled and quartered
- 1 carrot, peeled and cut into 2.5 cm pieces
- 1 rib celery, cut into 2.5 cm pieces
- 8 peppercorns
- 1 cup water or low-sodium chicken broth/stock
- 1.4 kg chicken breast halves, bone in, skin on
- ¾ cup lowfat mayonnaise – or more to taste
- 2-3 tablespoons curry powder
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 cups diced apples (1.2 cm dice) or 1 cup apples + 1 cup halved grapes
- 1 cup sliced celery
- 1 cup toasted slivered almonds
- 2 tablespoons finely chopped onion or shallot

Place onion, carrot, celery, peppercorns and water or broth in cooking pot of the Cuisinart™ Electric Pressure Cooker. Insert trivet/rack in cooking pot, and arrange chicken on rack. Cover and lock lid in place. Select High Pressure and set timer for 9 minutes. When audible beep sounds, use Natural Pressure Release for 10 minutes, then release any remaining pressure using Quick Pressure Release. Transfer chicken to a bowl. Strain liquid and pour over chicken. Allow chicken to cool in cooking liquid.

To prepare chicken salad, remove chicken from cooking liquid. (If chilled, the liquid will have congealed – it has wonderful flavour; save for other recipes using chicken stock. It may be frozen.) Remove and discard skin and bones. Cut or tear the chicken into 1.2 cm pieces and reserve.

Place mayonnaise, curry powder, salt, and pepper in a large bowl and stir with a whisk.

Add the apples (and grapes if using), celery, toasted almonds, and onions/shallots. Stir well. Add cut/shredded chicken and stir to combine. Cover and chill until ready to serve.

Nutritional information per serving

(based on 8 servings):

*Calories 381 (53% from fat) • carb. 14g • pro. 32g
• fat 23g • sat. fat 3g • chol. 83mg • sod. 364mg
• calc. 91mg • fibre 4g*

Green Chicken Chili

Makes about 10 cups

- 1 cup dried pinto beans
- 5 cups water
- ½ tablespoon unsalted butter
- ½ tablespoon olive oil
- 1 medium onion, finely chopped
- 1 medium carrot, peeled and chopped
- 2 medium red peppers
- 2 jalapeño peppers
- 4 cloves garlic, finely chopped
- 4 cans (120 g each) chopped green chile peppers
- 1 chipotle pepper
- 1.4 kg chicken – mix of breasts and thighs, skin removed
- 4 cups chicken broth
- ¼ teaspoon kosher salt
- 2 tablespoons unsalted butter, softened
- 2 tablespoons unbleached all-purpose flour

Place dried pinto beans and water in cooking pot of the Cuisinart™ Electric Pressure Cooker. Select High Pressure. Set timer for 15 minutes. When audible beep sounds use Natural Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Test beans; if they need more cook time, select simmer until they reach desired doneness. Remember beans will be heated again in the chile.

Strain beans and reserve. Wash and dry cooking pot.

Place butter and oil in the cooking pot. Select Sauté. Once butter and oil begin to sizzle, stir the chopped onions into the pot. Sauté for about a minute or 2, until onions start getting soft. Stir in the carrot. Sauté for about 3 minutes, stirring occasionally. Stir

in the chopped red and jalapeño peppers. Continue sautéing for about 4 to 5 minutes, until all vegetables are softened. Stir in the garlic and sauté for one more minute. Stir in green chiles and chipotle pepper.

Add chicken, broth, and salt. Select High Pressure and set timer for 7 minutes. When audible beep sounds, allow Natural Pressure Release for 5 minutes and then use Quick Release Method to release remaining pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Remove chicken pieces and reserve in a stainless bowl. When chicken is cool enough to handle, remove and discard bones and skin. Chop or shred chicken and return to pot. Select Browning.

Combine softened butter and flour. When mixture comes to a boil, whisk in flour/butter mixture to thicken the chile.

Serve immediately. May be served with shredded Cheddar cheese and sliced avocado.

Nutritional information per serving (one cup):
Calories 248 (42% from fat) • carb. 8g • pro. 27g
• fat 11g • sat. fat 5g • chol. 89mg • sod. 332mg
• calc. 41mg • fibre 1g

Turkey Chili

Makes about 8 cups

- 2 tablespoons extra virgin olive oil
- 1.4 kg ground turkey (6-7% fat)
- 2 cups chopped onion
- 1 red or yellow bell pepper, cut into 1.2 cm dice
- 4 cloves garlic, peeled and chopped
- 3 tablespoons chili powder
- 1½ teaspoons ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon oregano
- 2 cans (420 - 450 g each) diced tomatoes with juices
- ¼ cup low-sodium chicken broth or stock
- 1 teaspoon kosher salt, or to taste
- 1 bay leaf
- 2 tablespoons cornmeal

Add 1 tablespoon of the oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning and let oil heat for 3 to 4 minutes. When oil is hot, cook the ground turkey about 220 g at a time, adding more oil as needed, breaking up meat with a wooden spatula, until browned, about 3 to 5 minutes. Move meat as little as possible while browning for best results. Remove to a bowl as meat is browned. Turn off. Select Sauté. Add chopped onion, pepper, and garlic to the cooking pot. Cook, stirring for 2 to 3 minutes until the onion becomes translucent. Stir in the chili powder, cumin, allspice, cinnamon, coriander and oregano. Cook for 2 to 3 minutes until aromatic. Stir in reserved meat, tomatoes, chicken broth/stock, salt, and bay leaf.

Cover and lock lid in place. Select High Pressure and set timer for 10 minutes. When audible beep sounds, use Natural Pressure Release. When float valve drops, turn off and remove lid, tilting away from you to allow steam to disperse. Stir cornmeal into chili and select Simmer. Simmer chili for 10 to 15 minutes to allow the cornmeal to thicken it.

Remove and discard bay leaf before serving.

Nutritional information per serving (one cup):
Calories 355 (50% from fat) • carb. 14g • pro. 14g
• fat 22g • sat. fat 1g • chol. 110mg • sod. 289mg
• calc. 51mg • fibre 4g

Meat Sauce for Pasta

Makes about 10 cups

- 2-3 tablespoons good quality olive oil
- 900 g lean ground beef
- 1½ cups chopped onion
- ¾ cup finely chopped carrot
- ⅓ cup finely chopped celery
- 2 cloves garlic, peeled
- 2 teaspoons basil
- ½ cup dry wine (red or white)
- 3 cans (420 - 450 g each) diced tomatoes
- 1 can (180 g) tomato paste (salt free if available)
- ½ cup water
- 1 bay leaf
- 1 teaspoon kosher salt

Add 1 tablespoon of the oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning and let oil heat for 3 to 4 minutes. When oil is hot, cook

the ground beef in 4 batches, breaking up meat with a wooden spatula, until browned, about 3 to 5 minutes. Move meat as little as possible while browning for best results. Remove to a bowl as meat is browned. Turn off. Select Sauté. Add chopped onion, carrots, celery, garlic and basil to the cooking pot. Cook, stirring for 2 to 3 minutes until the onion becomes translucent and the basil becomes aromatic. Stir in wine and cook for 2 to 3 minutes to reduce by about half. Add the tomatoes, tomato paste, water, bay leaf, and salt to the cooking pot and stir. Return the ground beef and any accumulated juices to the cooking pot. Turn off.

Cover and lock lid in place. Select High Pressure and set timer for 20 minutes. When audible beep sounds, use Natural Pressure Release. When float valve drops, remove lid, tilting away from you to allow steam to disperse. Stir. Remove and discard bay leaf before serving.

Serve with your favourite pasta and freshly grated Parmesan cheese.

Nutritional information per serving (one cup):
Calories 199 (44% from fat) • carb. 13g • pro. 14g
• fat 10g • sat. fat 3g • chol. 41mg • sod. 345mg
• calc. 47mg • fibre 3g

Mediterranean Brisket of Beef

This preparation is also delicious using a pot roast cut of meat such as bottom round or rump roast.

Makes 4 servings

- 1 **beef brisket, about 1.1 - 1.4 kg**
- 1 **teaspoon kosher salt**
- 1 **teaspoon freshly ground pepper**
- 1 **tablespoon extra virgin olive oil**
- 450 g onions, peeled,**
- cut into 1.2 cm lengthwise slices**
- 3 **cloves garlic, peeled and chopped**
- 360 g white button or cremini**
- mushrooms, cleaned and halved**
- 1 **teaspoon thyme**
- 1 **teaspoon basil**
- 1 **can (450 g) diced tomatoes,**
- drained (discard liquid)**
- ½ **cup low-sodium beef broth**
- or stock**
- 450 g baby-cut carrots**

Use a sharp knife to score the “fat cap” of the meat (do not remove the fat, it helps to keep the meat moist and tender) so that it will not curl when browned. Season the meat on both sides with the kosher salt and pepper. Select Browning and add olive oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. When hot, brown seasoned brisket on both sides, about 5 minutes per side. Remove and place on a plate. Select Sauté and add onions and garlic. Cook for 2 to 3 minutes. Add the mushrooms, thyme and basil. Cook, stirring for 5 minutes. Stir in the drained tomatoes and stock; cook for 4 to 5 minutes. Add the browned brisket to the cooking pot, topping it with some of the vegetable mixture. Add carrots on top. Cover and lock lid in place. Select High Pressure and set timer for 55 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

To serve, remove the brisket and vegetables and arrange on a warm platter. Cover loosely with foil. Strain the fat from the pan juices or remove with a fat mop. Sauce can be served as is, or for a slightly thicker sauce, select Simmer and cook sauce for 5 to 10 minutes. After the brisket has rested for about 10 minutes, slice thinly and serve with sauce and vegetables.

Nutritional information per serving:
Calories 355 (21% from fat) • carb. 15g • pro. 54g
• fat 8g • sat. fat 2g • chol. 98mg • sod. 481mg
• calc. 58mg • fibre 4g

For Mediterranean Pot Roast:

Substitute a 1.4 - 1.6 kg bottom round roast (pot roast) for the brisket. Follow instructions for browning and preparing the vegetables, but do not add carrots. Select High Pressure and set timer for 99 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Add carrots to cooking pot. Select High Pressure and set timer for 8 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. To serve, follow directions for brisket.

Classic Beef Stew

Makes 8 cups

- 1.4 kg beef chuck roast, cut into 4.5 cm pieces**
- kosher salt**
- fresh ground pepper**
- 2 teaspoons olive oil**
- 1 medium onion, finely chopped**
- 1 medium carrot, finely chopped**
- 1 celery stalk, finely chopped**
- 2 garlic cloves, finely chopped**
- 1 cup dry red wine**
- 2 tablespoons tomato paste**
- 1 bay leaf**
- ¾ cup beef broth**
- 2 cups baby-cut carrots**
- 1 tablespoon unsalted butter, softened**
- 1 tablespoon unbleached all-purpose flour**
- 1 cup frozen peas**

Season pieces of chuck roast with salt and pepper and reserve. Place the olive oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning. When oil begins to sizzle, add pieces of chuck in a single layer – do not crowd. Continue browning meat in batches until all meat is browned. As meat is browned transfer to a plate. Select Sauté. Stir the chopped onions into the pot. With a wooden spoon scrape any brown bits from the bottom of the pan that have accumulated while meat was browning. Sauté for 1 to 2 minutes, until onions start to soften and are translucent. Stir in the carrots and celery. Sauté vegetables for about 3 minutes, stirring occasionally. Stir in the chopped garlic and Sauté for an additional minute.

Once vegetables are soft, stir in red wine, again scraping any brown bits that have accumulated on the bottom of the pot. Cook until red wine has reduced by half, then stir in the tomato paste.

Add the reserved beef, bay leaf, and beef broth to the pot. Select High Pressure. Set timer for 10 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Add carrots to the pot and select High Pressure. Set timer for 6 minutes. When audible beep sounds use Natural Pressure Release to release pressure.

When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

To thicken stew, strain the solids from the stew liquid, reserving both. Remove and discard bay leaf. Blend softened butter and flour to make a paste (buerre manié). Return liquid to pot and bring to a boil by selecting Brown. Once liquid comes to a bowl whisk in the butter/flour mixture. Select Simmer. Once liquid thickens, stir the meat and carrots back into the pot. Taste and adjust seasonings with salt and pepper accordingly. Just before serving, stir in peas.

*Nutritional information per serving (1½ cups):
Calories 340 (32% from fat) • carb. 16g • pro. 35g
• fat 11g • sat. fat 4g • chol. 103mg • sod. 98 mg
• calc. 49mg • fibre 4g*

Boneless Veal Shoulder Roast Stuffed with Sage Mushrooms

Makes 6 servings

- 240 g cremini or button mushrooms, thinly sliced**
- 120 g shiitake mushrooms, stems removed & discarded, thinly sliced**
- ½ cup chopped shallots**
- 1 clove garlic, peeled**
- 1 tablespoon rubbed sage, divided**
- 2 tablespoons olive oil, divided**
- ½ tablespoon unsalted butter**
- 5 tablespoons unbleached all-purpose flour, divided**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 1½ cups chicken or veal stock/ broth, divided**
- 1 boneless veal shoulder roast, butterflied, about 1.4 - 1.6 kg**
- 120 g thinly sliced prosciutto (you may not need all)**
- ½ cup finely chopped onion**
- ⅓ cup finely chopped carrot**
- ⅓ cup finely chopped celery**
- 1 clove garlic, cut into slivers**
- ¼ cup dry white wine or vermouth**

Cook mushrooms, shallots, and garlic with 2 teaspoons of the sage in ½ tablespoon each butter and olive oil in 360 g skillet, until

browned and have given up all liquid, about 15 to 20 minutes. Stir in remaining sage. Let cool completely. Combine 3 tablespoons of the flour with ½ teaspoon of the salt and all the pepper; reserve. Combine remaining 2 tablespoons of the flour with 1 cup of the chicken broth/stock and stir with a whisk.

Place veal roast on work surface, cut side up. Line cut side with prosciutto, leaving an overhang on opposite sides of the centre of about 10 cm. Arrange all but ¼ cup of the cooled cooked mushroom mixture over the centre of the prosciutto where the overhangs are. Fold the lengths of prosciutto over the mushroom mixture, then roll and tie the roast with butcher's twine at 2.5 cm intervals. Dust the roast with the seasoned flour mixture.

Select Browning and heat the remaining olive oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. When hot, add the roast and brown on all sides, about 10 to 15 minutes. Remove and reserve. Select Sauté and add chopped onion, carrot, celery, garlic, reserved mushroom mixture, and remaining salt to the pan. Cook for 2 to 3 minutes until the onion becomes translucent. Add the remaining ½ cup of chicken stock to the cooking pot along with the wine. Place the trivet/rack in the cooking pot and arrange the roast on the rack. Cover and lock lid in place. Select High Pressure and set timer for 10 minutes per 450 gm (the roast weight before stuffing, – the weight is important so that roast will not be overcooked). When audible beep sounds, use Natural Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove roast, place on a platter and cover loosely with foil.

Use a hand blender to carefully purée solids in cooking pot until smooth, taking care not to scratch the nonstick cooking pot. Select Simmer. Add the stock/flour mixture and simmer until slightly thickened. About 5 to 10 minutes, just long enough for the roast to rest before slicing.

Slice roast into 1.2 cm thick slices and serve with sauce.

Nutritional information per serving:

Calories 325 (32% from fat) • carb. 13g • pro. 40g
 • fat 11g • sat. fat 3g • chol. 135mg • sod. 721mg
 • calc. 50mg • fibre 135mg

Veal Shanks with Mushrooms & Sun-Dried Tomatoes

Makes 6 servings

- ½ cup unbleached all-purpose flour
- 2 teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 6 meaty veal shanks, about 300 - 360 g each, cross-cut about to 3 - 4 cm thick, tied with butcher's twine*
- 1¼ tablespoons extra virgin olive oil
- 2 360 g cremini mushrooms, cleaned and quartered
- ½ cup chopped shallot
- ½ cup chopped carrot
- ¼ cup chopped celery
- 1 tablespoon herbes de Provence
- ½ cup dry white wine or vermouth
- ½ cup sun-dried tomato halves (dry, not oil packed)
- ½ cup low-sodium chicken broth or stock

Combine flour with 1 teaspoon of the salt and ½ teaspoon of the pepper. Dust veal shanks with seasoned flour, shaking off excess.

Select Browning and add 1 tablespoon of the olive oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. When the oil is hot, add 2 of the veal shanks to the pot and brown well on each side, about 3 to 5 minutes per side. Remove to a platter and continue until all are browned.

Add the remaining olive oil to the cooking pot and when hot, add the mushrooms. Cook for several minutes until nicely browned. Turn off. Select Sauté. Add the shallot, carrot, celery and herbes de Provence. Cook for 2 to 3 minutes, until the shallots are translucent. Add wine and reduce by half. Stir in the sun-dried tomatoes and chicken stock. Remove about two thirds of the vegetable mixture from the cooking pot and reserve. Arrange the veal shanks in the cooking pot in 2 layers. Spoon the reserved vegetables over the veal and add any juices that may have accumulated on the platter. Cover and lock lid in place. Select High Pressure and set timer for 25 minutes. When audible beep

sounds, use Natural Pressure Release for 15 minutes, and then use Quick Pressure Release to complete. When float valve drops, turn off. Remove lid, tilting away from you to allow steam to disperse.

Remove veal shanks and place on a serving platter. Cover loosely with foil. Season sauce with remaining salt and pepper. Select Simmer and cook the sauce for an additional 10 minutes to thicken slightly. Spoon sauce over veal to serve.

Nutritional information per serving:

*Calories 607 (20% from fat) • carb. 20g • pro. 100g
• fat 13g • sat. fat 4g • chol. 381mg • sod. 686mg
• calc. 179mg • fibre 4g*

*Tie the shanks using butcher's twine to hold the veal in shape during cooking by tying each shank around its circumference. Remove string before serving.

Veal Stifado

Makes about 8 cups

- ½ **cup unbleached all-purpose flour**
- 1 **teaspoon kosher salt**
- ½ **teaspoon freshly ground pepper**
- 1.1 kg veal cubes (4.5 x 2.5 cm), trimmed of visible fat**
- 2-3 **tablespoons extra virgin olive oil**
- ⅓ **cup dry white vermouth or dry white wine (not Chardonnay)**
- ½ **cup finely chopped onion**
- 3 **cloves garlic, peeled and finely chopped**
- 1½ **teaspoons oregano**
- 1½ **teaspoons rosemary**
- 1½ **teaspoons thyme**
- 1 **teaspoon ground cumin**
- ⅓ **cup dry white vermouth or dry white wine (not Chardonnay)**
- cans (420 - 450 g each) diced tomatoes in thick juices**
- 2 **tablespoons red wine vinegar**
- 1 **whole cinnamon stick (7.5 - 10 cm)**
- 1 **bay leaf**
- 450 g small whole onions, peeled if fresh, thawed if frozen**
- chopped fresh parsley and cooked rice or pasta**

Combine the flour, salt, and pepper in a large bowl. Toss the veal cubes in the seasoned

flour to coat lightly; shake off and discard excess flour.

Add 1 tablespoon of the oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning and let oil heat for 3 to 4 minutes. When oil is hot, cook the veal cubes in batches, leaving space between each piece of meat (to promote browning and prevent steaming) until browned, about 3 to 5 minutes on each side, adding more oil a little at a time as needed. Move meat as little as possible while browning for best results. Remove to a platter as meat is browned. Turn off. Select Sauté. Add chopped onion, garlic, oregano, rosemary, thyme, and cumin to the cooking pot. Cook, stirring for 2 to 3 minutes until the onion becomes translucent and the herbs become aromatic. Stir in the vermouth/wine and cook for 2 minutes. Add the tomatoes, vinegar, cinnamon stick, and bay leaf to the cooking pot and stir. Return the browned veal and any accumulated juices to the cooking pot. Turn off.

Cover and lock lid in place. Select High Pressure and set timer for 9 minutes. When pressure cooking is completed, use Quick Pressure Release. Add onions to cooking pot. Select High Pressure and set timer for 1 minute. Use Natural Pressure Release (about 15 to 20 minutes). Remove and discard bay leaf and cinnamon stick before serving.

Serve Stifado with rice or pasta, garnished with freshly chopped parsley.

Nutritional information per serving (per cup):

*Calories 206 (33% from fat) • carb. 12g • pro. 21g
• fat 14g • sat. fat 2g • chol. 71mg • sod. 353mg
• calc. 67mg • fibre 3g*

Braised Lamb Shanks with Artichokes & Olives

Lamb shanks are a delicious treat that benefit from long, slow cooking – but the Cuisinart™ Electric Pressure Cooker does them perfectly in less than a third of the time.

Make 4 servings

- ½ **cup unbleached all-purpose flour**
- 1 **teaspoon kosher salt**
- ½ **teaspoon freshly ground pepper**
- 4 **lamb shanks, about 340 g each (no more than 16 cm long)**

Pork Chops with Balsamic, Onions & Figs

Makes 4 servings

- 1 tablespoon good quality olive oil
- 1 cup chopped onions
- ¾ cup diced (6 mm) carrots
- 2 cloves garlic, peeled and chopped
- 1 tablespoon herbes de Provence
- 1 can (420 - 450 g) diced tomatoes with juices
- ½ cup dry white wine
- ½ cup low-sodium chicken, veal or beef broth or stock
- 1 bay leaf
- 1 jar (360 g) queen pimento-stuffed green olives, drained
- 1 package (270 g) frozen artichoke hearts, thawed but not cooked
- kosher salt and freshly ground pepper to taste

- 4 pork loin chops, bone in, well trimmed of excess fat, about 1.8 - 2.5 cm thick each
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper
- ½ tablespoon unsalted butter
- ½ tablespoon good quality olive oil
- 3 cups sliced onions (about 450 g, peeled, sliced vertically)
- 2 cloves garlic, peeled and chopped
- 1 teaspoon thyme
- 3 tablespoons aged balsamic vinegar
- 2 tablespoons dry white wine or vermouth
- ⅓ cup chicken stock
- 300 g dried figs

Combine flour, salt, and pepper. Dust lamb shanks with seasoned flour. Add olive oil to cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning. When oil is hot, add 2 lamb shanks and brown evenly on all sides, about 5 to 10 minutes total. Remove to a platter and repeat with remaining 2 lamb shanks.

Select Sauté. Add onions, carrots, garlic, and herbes de Provence to cooking pot. Cook for 3 to 5 minutes, until onions become translucent. Stir in tomatoes, wine, stock, and bay leaf. Return lamb shanks and any accumulated juices to the cooking pot, spooning some of the liquid and vegetable mixture over the shanks. Cover and lock lid in place. Select High Pressure and set timer for 24 minutes. When audible beep sounds, allow 10 minutes Natural Pressure Release, then use Quick Pressure Release to release remaining pressure. Remove lid carefully, tilting away from you to allow steam to disperse. Remove lamb shanks to a warm platter and cover loosely with foil, place in a slow (95°C) oven to Keep Warm.

Add olives and artichokes to cooking pot. Select Simmer and cook, uncovered for 10 to 15 minutes to thicken slightly. Taste and adjust seasonings with salt and pepper. Spoon sauce over lamb shanks to serve.

Nutritional information per serving:
Calories 491 (40% from fat) • carb. 24g • pro. 42g
• fat 22g • sat. fat 5g • chol. 132mg • sod. 1000g
• calc. 65mg • fibre 5g

Season pork chops with ½ teaspoon salt and pepper. Add butter and olive oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning. When hot add 2 pork chops and brown for 3 to 4 minutes on each side. Transfer to a plate and brown remaining 2 pork chops, transfer to the plate.

Select Sauté and add the onions, garlic and thyme to the cooking pot. Cook, stirring for 3 to 4 minutes, until onions become translucent. Add balsamic vinegar and cook until reduced by half. Add wine, chicken stock, and remaining ½ teaspoon salt. Cook for 1 minute. Return pork chops to the cooking pot, topping with some of the onion mixture. Add figs on top. Cover and lock lid in place. Select High Pressure and set timer for 9 minutes. When audible beep sounds use Quick Pressure Release to release pressure. Turn off. Remove lid carefully, tilting away from you to allow steam to disperse.

Transfer pork chops, onions and figs to a warm platter with the pan juices and serve.

If desired, cover pork chops, onions and figs loosely with a sheet of aluminum foil and place in a warm (95°C) oven. Select Simmer and reduce pan juices by half until slightly syrupy. Pour over pork chops and serve.

Nutritional information per serving:
Calories 504 (23% from fat) • carb. 62g • pro. 37g
• fat 13g • sat. fat 5g • chol. 99mg • sod. 454mg
• calc. 166mg • fibre 8g

Pork Barbecue

Makes 5 cups pulled pork

- 1/2 **tablespoon vegetable oil**
- 1.8 kg country style spare ribs or pork shoulder slices**
- 1 large onion, peeled and sliced**
- 1/2 **cup cider vinegar**
- 2 tablespoons brown sugar**
- 1 teaspoon salt**
- 1/2 **teaspoon freshly ground black pepper**
- 2 cups barbecue sauce (homemade or purchased)**

Add oil to cooking pot of the Cuisinart™ Electric Pressure Cooker and select Browning. When oil is hot, add pork and brown well on all sides in several batches. Add onion, vinegar, brown sugar, salt and pepper to cooking pot along with the browned pork and any juices that may have accumulated. Cover and lock lid in place. Select High Pressure and set timer for 45 minutes. When audible beep sounds, allow pressure to release naturally. Turn off.

Remove lid, tilting away from you to allow steam to disperse. Allow pork to cool in cooking liquid. When cool enough to handle, remove pork from bones, discard bones and pork fat. Strain cooking liquid, reserving 1/2 cup.

Place pork in cooking pot with barbecue sauce and reserved 1/2 cup cooking liquid. Cover and lock lid in place. Select Low Pressure and set timer for 3 minutes. When audible beep sounds, use Quick Pressure Release to release Pressure. Remove lid, tilting away from you to allow steam to disperse. Serve hot. May be served on sliced buns for a sandwich.

Nutritional information per serving (1/2 cup):

*Calories 326 (49% from fat) • carb. 11g • pro. 31g
• fat 18g • sat. fat 7g • chol. 107mg • sod. 411mg
• calc. 28mg • fibre 1g*

Sausages with Peppers & Onions

Serve with cooked pasta, or warmed “hero,” “hoagie,” or “grinder” rolls to make sandwiches.

Makes 8 generous servings

- 1 tablespoon good quality olive oil**
- 1.4 g Italian Sausage, 2.5 cm thick, 10 cm long, sweet or hot**
- 3 cups sliced green bell pepper (5 x 1.2 cm slices)**
- 3 cups sliced red bell pepper (5 x 1.2 cm slices)**
- 2 cups sliced onions (1.2 cm vertical slices)**
- 2 cloves garlic, peeled and chopped**
- 1 tablespoon Italian herb blend**
- 1/2 **cup low-sodium chicken broth or stock**

Add olive oil to cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning. When hot, add sausages, about 450 g at a time – do not overcrowd – and brown on all sides, about 3 to 5 minutes. Remove and reserve each batch on a platter as they are browned.

Add peppers, onions, garlic and Italian herbs to the pot. Stir for 2 to 3 minutes. Stir in chicken stock and cook for 1 minute. Return the sausages and any accumulated juices to the cooking pot. Stir gently to mix in with the onions and peppers. Cover and lock lid in place. Select High Pressure and set timer for 4 minutes. When audible beep sounds use Quick Pressure Release to release pressure. Remove lid carefully, tilting away from you to allow steam to disperse.

Leave uncovered on Keep Warm until ready to serve.

Nutritional information per serving:

*Calories 487 (68% from fat) • carb. 11g • pro. 28g
• fat 36g • sat. fat 12g • chol. 105mg • sod. 1268mg
• calc. 59mg • fibre 2g*

Corned Beef with Vegetables

Makes 6 servings

- 1 1.4 - 1.8 kg corned beef brisket with spice pack***
- 1 cup chopped onion**
- 2 ribs celery, including leaves, cut into 5 cm lengths**
- 1 1/2 cups water**
- 1/4 **cup orange marmalade**
- 1/4 **cup Dijon-style mustard**

- 2 **tablespoons molasses**
560 g new red potatoes, about 5 cm in size
- 6 **carrots, peeled, cut into 5 cm lengths**
- 1 **cabbage (900 g), outer leaves removed, cut into 6 wedges**
- 6 **small (60 - 90 g each), onions, peeled with root end left intact**

Rinse corned beef. Place trivet/rack in cooking pot of the Cuisinart™ Electric Pressure Cooker. Add chopped onion and celery to pot. Place corned beef on rack and add water. Cover and lock lid in place. Select High Pressure and set timer for 24 minutes per 450 g and round up or down to closest 5 minute increment. While corned beef cooks, combine marmalade, mustard and molasses and stir with a whisk.

When audible beep sounds, time for 20 minutes of Natural Pressure Release, the release remaining pressure using Quick Pressure Release. Preheat oven to 190°C. When float valve drops, turn Pressure Cooker off. Remove corned beef from cooking pot.

Trim the fat layer from the corned beef and discard. Place in a roasting pan and top with marmalade mixture. Place in oven to 20 to 25 minutes to glaze.

Strain cooking liquid, discarding solids and return liquid to cooking pot (it will have turned red – do not worry). Place the potatoes and carrots in the liquid in the cooking pot first, then the cabbage wedges, and top with the onions. Cover and lock lid in place. Select High Pressure and set timer for 3 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. If vegetables are not cooked enough, select Simmer and cook until done to taste preference.

Using a slotted spoon or skimmer, remove the vegetables and arrange in a warmed shallow serving bowl. Slice the corned beef in thin slices across the grain to serve.

Nutritional information per serving:
Calories 640 (44% from fat) • carb. 56g • pro. 35g • fat 31g • sat. fat 10g • chol. 157mg
• sod. 2501mg • calc. 210mg • fibre 12g

*Choose a flat cut or straight cut brisket. If the package does not contain a spice pack, you can prepare your own – 8 whole peppercorns, 4 whole allspice berries, 1 teaspoon mustard seed, ½ teaspoon coriander seed, and 1 bay leaf.

Lemon Cheesecake

“Bake” a cheesecake without heating up the kitchen.

Makes one 18 cm cheesecake, 6 to 8 servings

- melted unsalted butter or cooking spray for the pan**
- 4 cm gingersnap cookies, crushed into crumbs**
- 1½ **tablespoons finely chopped toasted almonds**
- ½ **tablespoon unsalted butter, melted**
- ½ **450 g regular cream cheese, cut into 2.5 cm pieces, at room temperature**
- ½ **cup granulated sugar**
- 2 **large eggs**
- zest of 1 lemon, finely chopped**
- 1 **tablespoon fresh lemon juice**
- 1½ **teaspoons pure vanilla extract**
- Garnishes: fresh blueberries, raspberries or strawberries**

Lightly coat a 18 x 8 cm springform pan with melted unsalted butter or coat with cooking spray. Place a sheet of plastic wrap (about 40 x 40 cm) on top of a sheet of aluminum foil the same size. Place the springform pan in the center and wrap the exterior tightly.

Combine the cookie crumbs, toasted almonds and melted butter in a small bowl. Turn into the prepared pan and turn to dust the sides of the pan. Press the remainder onto the bottom of the pan. Reserve.

Place cream cheese and sugar in the work bowl of a food processor fitted with the metal “s” blade. Process until smooth, about 15 to 20 seconds. Add the eggs, lemon zest, lemon juice, and vanilla. Process for 10 seconds. Scrape down the bowl and process for another 5 seconds. (Alternatively, the cheesecake batter can be combined using a hand mixer on low speed – take care not to incorporate too much air, which will cause cracking.) Pour the batter into the prepared pan. Place the rack/trivet in the cooking pot and add 2 cups of water.

Cut a piece of aluminum foil about 60 cm long. Fold in half lengthwise, then fold in half again two more times to create a strip about 60 cm in length and 5 cm wide to make a “cradle.” Place on counter and set filled springform pan in the centre. Cover

cheesecake with a piece of buttered aluminum foil – making the sides tight, but allowing room for the cheesecake to expand. Bring the ends of the cradle strip upward. Use the cradle to help lower the cheesecake into the cooking pot of the Cuisinart™ Electric Pressure Cooker and place on the trivet.

Cover and lock lid in place. Select High Pressure and set timer for 8 minutes. When audible beep sounds, use natural pressure release to release pressure. Remove cheesecake from the cooking pot using the foil strips to lift up. Place on a cooling rack. Remove foil and plastic wrap. If moisture has accumulated on the top, dab gently with a paper towel to remove. Let cool to room temperature, then cover and refrigerate. Before serving remove from springform pan and garnish if desired.

*Nutritional information per serving
(based on 8 servings):*

Calories 299 (67% from fat) • carb. 19g • pro. 6g
• fat 23g • sat. fat 14g • chol. 119mg
• sod. 214mg • calc. 59mg • fibre 0g

Mango Coconut Bread Pudding

For a warm dessert, bread pudding can be mixed and assembled ahead, then baked while dinner is being served.

Serve with fresh raspberries or Simple Raspberry Sauce (page 35), and top with sweetened softly whipped cream, or ice cream – vanilla, ginger or coconut.

Makes 8 to 12 servings

- 1** **tablespoon unsalted butter, melted**
- 6** **cups bread cubes made from challah bread or other bread with dense texture**
- 1** **mango (about 450 g), firm but ripe, peeled and cut into 1.2 cm cubes (2 cups)**
- 1/3** **cup sweetened flaked/shredded coconut**
- 5** **large eggs**
- 1 1/2** **cups (one 360 g can) lowfat evaporated milk (not reconstituted)**
- 1 1/2** **cups coconut milk**
- 1/2** **cup packed brown sugar**
- 2** **teaspoons pure vanilla extract**

- 1/2** **teaspoon ground cinnamon**
- 1/2** **teaspoon ground ginger**
- 1/2** **teaspoon ground allspice**

Coat a 2 litre ceramic soufflé dish (20 cm diameter) with the melted butter and reserve. Cut a piece of aluminum foil 40 cm square and lightly butter an 20 cm round in its centre. Cut a piece of aluminum foil about 60 cm long. Fold in half lengthwise, then fold in half again two more times to create a strip about 60 cm in length and 5 cm wide to make a “cradle” and reserve.

Place the bread cubes, mango and coconut in a large bowl. Place the eggs in a medium bowl. Whisk until smooth. Add evaporated milk, coconut milk, brown sugar, vanilla, cinnamon, ginger, and allspice. Whisk to combine. Pour over the bread cube mixture and stir gently. Pour into prepared soufflé dish and let stand at room temperature for 30 minutes.

Cover with prepared sheet of foil, buttered side down, so that the foil allows for the top of the bread pudding to expand, but fits tightly around the sides of the soufflé dish. Set the dish in the centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place trivet/rack in the cooking pot and add 2 cups of cold water. Using the foil cradle to help lift the dish, carefully lower the dish into the pot and place on the trivet/rack.

Cover and lock lid in place. Select High Pressure and set timer for 25 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. Remove bread pudding from the cooking pot using the foil strips to lift up. Place on a cooling rack. Remove foil. Let stand 10 minutes before serving, or cool to room temperature, then cover and refrigerate. Serve with softly whipped cream if desired.

*Nutritional information per serving
(based on 12 servings):*

Calories 206 (45% from fat) • carb. 24g • pro. 4g
• fat 10g • sat. fat 6g • chol. 109mg • sod. 125mg
• calc. 39mg • fibre 1g

Creamy Rice Pudding

Using coconut milk gives this rice pudding a hint of coconut and a very creamy texture.

Makes 6 cups

- 1½ cups Arborio or Carnaroli rice
- 2 cups whole milk
- 1 can (420 g) lite coconut milk
- 1 cup water
- ½ cup granulated sugar
- 2 teaspoons cinnamon
- ½ teaspoon salt
- 1½ teaspoons pure vanilla extract
- 1 cup dried tart cherries, dried cubed mango or papaya, or golden raisins

Rinse rice and drain. Place rice, whole milk, coconut milk, water, sugar, cinnamon, and salt in the cooking pot. Select Sauté and bring to a low boil, stirring constantly to dissolve the sugar. As soon as the mixture comes to a boil, cover and lock lid in place. Select Low Pressure and set timer for 15 minutes.

When audible beep sounds, use Quick Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Add vanilla and dried fruit and stir. Place cover on pot, but do not turn on. Let stand for 15 minutes. Stir and serve. May be garnished with a sprinkling of cinnamon and freshly whipped cream.

Nutritional information per serving (½ cup):
Calories 142 (22% from fat) • carb. 25g • pro. 3g
• fat 4g • sat. fat 2g • chol. 7mg • sod. 126mg
• calc. 72mg • fibre 1g

Ginger Steamed Pears with Vanilla Bean Mascarpone Cream

Makes 4 servings

- Vanilla Bean Mascarpone Cream (recipe follows)**
- 1 cup medium dry sherry
- ¼ cup granulated sugar
- 2 strips lemon zest (about 5 x 1.2 cm each)
- 1 tablespoon fresh lemon juice
- 4-5 slices fresh ginger
- 4 pears, about 240 - 300 g each
- ½ whole lemon
- Fresh raspberries and chocolate shavings or candied ginger for garnish**

Prepare Vanilla Bean Mascarpone Cream. Cover and refrigerate until ready to use; remove from refrigerator 30 minutes before serving.

Place sherry, sugar, lemon zest, lemon juice and ginger in the cooking pot of the Cuisinart Pressure Cooker. Select Simmer and cook until the sugar is dissolved. Remove a slice from the bottom of each pear, and use a small melon baller to remove the core. Peel the pear vertically, leaving stripes of peel on the pear. Rub cut surfaces with lemon half.

Place trivet/rack in cooking pot of the Cuisinart™ Electric Pressure Cooker. Place a heatproof 20 cm plate on the trivet and arrange pears on plate. Select High Pressure and cook for 4 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. Remove pears, plate and trivet. Add any liquid that has accumulated on the plate to the cooking pot. Let pears cool, then cover and refrigerate until ready to serve. Select Simmer and cook the liquid for about 20 to 25 minutes, until it is reduced by about half (you should have slightly more than ½ cup after reducing). Strain and cool.

Place pears on individual dessert plates. Drizzle with chilled ginger syrup and garnish with a little dollop of Vanilla Bean Mascarpone Cream, fresh raspberries and chocolate shavings or candied ginger. If desired, stuff hollow of pear with Vanilla Bean Mascarpone Cream.

Nutritional information per serving (pear only):
Calories 236 (3% from fat) • carb. 48g • pro. 1g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 6g
• calc. 31mg • fibre 6g

Vanilla Bean Mascarpone Cream

Makes 4 servings

- ½ **vanilla bean**
- 240 g mascarpone cheese, softened to room temperature**
- 1 tablespoon powdered sugar**
- 2 teaspoons milk**
- ½ **teaspoon pure vanilla extract**

Split vanilla bean in half lengthwise. Scrape out the seeds with the back of a knife. Place vanilla seeds, cheese, sugar, milk, and vanilla in a small bowl. Stir with a whisk until smooth (this may also be done with a hand mixer, hand blender or food processor). Refrigerate until ready to use. Remove from refrigerator 30 minutes before using to soften.

Nutritional information per serving:
Calories 269 (91% from fat) • carb. 2g • pro. 4g
• fat 26g • sat. fat 14g • chol. 70mg • sod. 31mg
• calc. 83mg • fibre 0g

Simple Raspberry Sauce

Makes about 2 cups

- 360 g fresh or frozen, thawed strawberries or raspberries**
- 1 cup red berry preserves**
- 1 tablespoon sugar**
- 1 tablespoon fresh lemon juice**

Place all ingredients in Cuisinart® Food Processor fitted with the metal “s” blade. Process until smooth and completely puréed, about 1 minute. Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, pancakes or waffles.

Nutritional information per serving
(based on 8 servings):
Calories 128 (0% from fat) • carb. 33g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 14mg • fibre 2g

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