

# Cuisinart®

## Recipe Booklet

Instruction  
Booklet  
Reverse Side



Cook Central 3-in-1 Multicooker

MSC-600A



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# **Breakfast & Starters**

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## **Egg, Spinach & Gruyère Bake**

Settings: Brown/Sauté Slow Cook

Makes 8-10 serves

- 2**      **teaspoons olive oil**
- ½**      **large brown onion, finely chopped**
- 1**      **teaspoon flaked salt**
- 350g**   **brioche or white loaf bread, cut 3cm cubes**
- 120g**   **baby spinach leaves**
- 8**      **free range eggs, lightly beaten**
- 1**      **cup (250ml) thickened cream**
- 1**      **cup (250ml) milk**
- ¼**      **teaspoon ground white pepper**
- ¼**      **teaspoon ground nutmeg**
- 2**      **teaspoons Dijon mustard**
- 200g**   **Gruyère or Emmental cheese, grated**

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 175°C. Once the oil is hot, add the onion and a pinch of the salt. Sauté until lightly golden, about 2 minutes. Switch to Slow Cook.
2. Add the bread stir into onion then top with spinach leaves. Combine the remaining ingredients in a large bowl, stirring well. Add the mixture to the cooking pot and over the bread and spinach stir a little on the top to combine ingredients. Cover with lid and set on Low for 2.5 hours. The bake should look set all over.
3. Once time has expired, the unit will automatically switch to Keep Warm.

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# Maple Cinnamon Oatmeal

This is a delicious dish to have at a brunch for a crowd. The flavours are rich and it takes only a few steps to complete. What a delightful aroma to wake up to in the morning! Prepare the night before so it will be ready for your family to start the day right.\*

Setting: Slow Cook

Makes 6-8 serves

- 2¼ cups (370g) steel cut oats**
- 4 cups (1litre) water**
- 4 cups milk (1litre) use whole or reduced fat**
- ¼ cup maple syrup**
- 2 cinnamon sticks**
- ¼ teaspoon flaked salt**
- pinch ground nutmeg**
- ¾ cup raisins or any other dried fruit (for larger dried fruit varieties eg: apricots, dates, chop into small, bite-size pieces)**

1. Put the oats, water, ½ the milk (substitute with water if preparing in advance), maple syrup, cinnamon sticks, salt, nutmeg and dried fruit into the cooking pot of the Multicooker.
2. Cover with lid select Slow Cook on Low for 2½ hours.
3. Once unit switches to Keep Warm, stir the remaining 2 cups of milk into oatmeal. Remove cinnamon sticks and serve immediately.

\*If programming the oats overnight, use only water for cooking (total of 6 cups (1.5 litres). Stir 2 cups (500ml) of milk into oatmeal as instructed once cooking time is finished and the unit has switched to Keep Warm.

This stock makes a delicious base for all soups and sauces.

Setting: Slow Cook

Makes about 10 cups (2.5litres)

- 1 large brown onion, cut into eighths
- 1 large leek, root end trimmed, washed well and cut into 5cm pieces
- 2 parsnips, cut into 5cm pieces
- 1 medium tomato, cut into quarters
- 3 medium carrots, cut into 5cm pieces
- 3 medium celery stalks, cut into 5 cm pieces
- 1 large handful flat-leaf parsley
- 2 sprigs fresh thyme
- 1 large garlic clove, finely chopped
- ½ teaspoon black peppercorns
- 12 cups (3litres) water

1. Put all ingredients into the cooking pot of the Multicooker.
2. Cover with lid and set to Slow Cook on Low for 6 hours.
3. Once unit switches to Keep Warm, strain stock, discarding the vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.\*

**Note** – it is not really necessary to peel all the vegetables, just wash well before cutting.

\*Stock will keep in refrigerator for up to one week, or two months in the freezer.

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## Easy Chicken Stock

What a wonderful way to make use of every bit of your weeknight roasted chicken.

Setting: Slow Cook

Makes about 12 cups (3litres)

- 1 **chicken carcass (from a 1.5kg roasted chicken)**
- 1 **large brown onion, cut into eighths**
- 3 **medium carrots, cut into 5cm pieces**
- 3 **celery stalks, cut into 5cm pieces**
- 1 **large leek, root end trimmed, washed well and cut into 5cm pieces**
- 2 **sprigs fresh thyme**
- 1 **bay leaf**
- 8 **whole black peppercorns**
- 12 **cups (3litres)water**

1. Put all ingredients into the cooking pot of the Multicooker.
2. Cover with lid and set to Slow Cook on Low for 6 hours.
3. Once unit switches to Keep Warm, strain stock, discarding vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.\*

**Note** – it is not really necessary to peel the vegetables, just wash well before cutting.

\*Stock will keep in refrigerator for up to one week, or two months in a freezer.

## Beef Stock

There is nothing more wholesome or economical than preparing your own homemade stocks.

Settings: Brown/Sauté Slow Cook

Makes about 10 cups (2.5litres)

- 2 **teaspoons olive oil**
- 1.5kg **beef bones**
- 1 **large brown onion, cut into eighths**
- 1 **large leek, root end trimmed, washed well and cut into 5cm pieces**
- 4 **medium carrots, cut into 5cm pieces**
- 2 **medium celery stalks, cut into 5cm pieces**
- 1 **large handful flat-leaf parsley**
- 8 **whole black peppercorns**
- 1 **bay leaf**
- 1 **garlic clove, crushed**
- 12 **cups (3litres) cold water**

1. Preheat the Multicooker to Brown/Sauté at 175°C. Put the oil into the cooking pot, and then brown the bones well, in batches if necessary, on all sides. Remove the beef bones and carefully remove the pot and pour out any residual fat/oil.
2. Return pot to unit. Add the browned bones and remaining ingredients to the pot. Cover with lid and switch to Slow Cook on Simmer for 6-8 hours.
3. Once unit switches to Keep Warm, strain stock, discarding beef bones and vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.\*

**Note** – it is not really necessary to peel the vegetables, just wash well before cutting.

\*Stock will keep in refrigerator for up to one week, or two months in the freezer.

\***Note** – if you have time a more intense flavour will develop if you can simmer the stock for 14 hours.

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## Prawn Stock

An easy to make stock, and an essential ingredient of a great gumbo.

Settings: Brown/Sauté Slow Cook

Makes about 12 cups (3litres)

**800g whole medium green prawns**  
**1 teaspoon olive oil**  
**2 medium brown onions, roughly chopped**  
**2 medium celery stalks, cut into 2cm pieces**  
**1 garlic clove, crushed**  
**¼ cup dry white wine**  
**1 bay leaf**  
**6 whole black peppercorns**  
**12 cups (3litres) cold water**

1. Peel prawns. Reserve shells. Wrap prawns and reserve for a separate use – ideally Prawn Chorizo Gumbo page 12.
2. Set the Multicooker to Brown/Sauté at 175°C and add the oil. Once hot, add the prawn shells and stir until they turn bright pink, about 2 minutes. Stir in the onions, celery and garlic and continue to cook for a few minutes until vegetables are fragrant. Add the white wine and stir until completely reduced to almost dry. Stir in the bay leaf, peppercorns and water and allow water to just come to a boil.
3. Cover with lid and switch to Slow Cook on Low for 4 hours.
4. Once unit switches to Keep Warm, strain stock, discarding the shells and vegetables. Use immediately or cool to place in containers for storage in refrigerator or freezer.\*

\*Prawn stock will keep in the refrigerator up to three days, or two months in the freezer.

## Garden Vegetable Sauce

This sauce can be served chunky, or you can use a blender to make it smooth. Perfect with cooked pasta.

Settings: Brown/Sauté Slow Cook

Makes 6 - 8 serves

**½ tablespoons olive oil**  
**2 medium brown onions, roughly chopped**  
**4 medium carrots, halved lengthways and sliced**  
**1 small eggplant, cut into approx. 3cm cubes (not peeled)**  
**2 celery stalks, sliced**  
**4 garlic cloves, crushed**  
**½ teaspoons flaked salt**  
**2 tablespoons finely chopped fresh oregano**  
**½ teaspoons dried basil**  
**3 roasted red capsicum \*, cut into 0.5cm strips**  
**½ cup dry white wine**  
**¼ cup tomato paste**  
**3 x 400g cans diced tomatoes**  
**¼ teaspoon freshly ground black pepper**  
**2 teaspoons raw sugar**  
**Fresh basil leaves to serve (optional)**

1. Put the oil into the cooking pot of the Multicooker; set to Brown/Sauté at 175°C. Once the oil is hot, add the onions, carrots, eggplant, celery, garlic and ½ teaspoon of salt. Stir to combine and sauté ingredients so that they gently cook and soften, about 5 minutes.
2. Add the oregano, capsicum and wine to the sautéed ingredients. Cook until the wine has reduced by at least half. Add the tomato paste, tomatoes, remaining salt, pepper and sugar. Stir to combine bring mixture to a gentle boil. Cover with lid and switch to Slow Cook on Low for 3 hours. Adjust seasoning to taste.
3. Once cooked, the unit will automatically switch to Keep Warm. If you want to serve as a more rustic-style sauce, you can serve as is. If you want a smoother sauce, transfer to a blender jug in batches, and blend to desired consistency. Serve with fresh basil if you choose.

\*Roasted red capsicum is available in the deli section of supermarkets.

\*Use immediately or cool to place in containers for storage in refrigerator or freezer. Freeze for up to three months.

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# Bolognese

This Italian sauce is a classic. The longer it can simmer in the Multicooker the better the flavour will be. It freezes beautifully, so it can be enjoyed again.

Settings: Brown/Sauté Slow Cook

Makes about 4- 6 serves

- 1      tablespoon olive oil**
- 1      medium brown onion, finely chopped**
- 1      medium carrot, finely chopped**
- 1      medium celery stalk, finely chopped**
- 3      garlic cloves, finely chopped**
- 200g   lean beef mince**
- 200g   veal mince**
- 200g   Italian style sausages, casings removed**
- ½      teaspoon flaked salt**
- 1      cup (250ml) milk**
- ¾      cup (180ml) dry white wine**
- 400g   can diced tomatoes**
- Freshly ground black pepper**

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 175°C. Add the chopped vegetables including garlic. Sauté vegetables until soft and fragrant, about 5 minutes, stirring occasionally. Stir in the mince and meat from within the sausages. Cook until lightly browned, breaking up meat with a wooden spoon as it cooks.
2. Once the meat is brown, stir in the milk. Allow the mixture to simmer until the milk is completely evaporated. Add the wine and continue to simmer until liquid has completely evaporated. Add the tomatoes to the cooking pot and season well with pepper. Stir ingredients together to combine well.
3. Cover with lid and switch to Slow Cook on Low for 6 hours. Adjust seasoning to taste.
4. Once unit switches to Keep Warm, use sauce immediately or cool to place in storage containers for refrigerator or freezer.

\* Sauce will keep up to four days in refrigerator or three months in the freezer.

## Rustic Tomato Soup

Sautéing the vegetables gives the soup a rich, sweet flavor.

Settings: Brown/Sauté Slow Cook

Makes 8-10 serves

- 1**      **tablespoon olive oil**
- 3**      **garlic cloves, finely chopped**
- 1**      **large brown onion, roughly chopped**
- 2**      **medium carrots, thinly sliced**
- 2**      **celery stalks, thinly sliced**
- 1½**    **teaspoons flaked salt**
- ¼**      **teaspoon freshly ground black pepper**
- 1.5kg** **ripe Roma tomatoes, chopped**
- 2**      **tablespoons chopped fresh oregano**
- 2**      **tablespoons shredded fresh sweet basil leaves**
- 1**      **teaspoon raw sugar**
- 6**      **sun-dried tomatoes**
- 4**      **cups (1litre) vegetable stock**

1. Put the olive oil in the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once hot, add garlic, onion, carrots, celery and a pinch each of salt and pepper. Sauté until soft and lightly golden, about 5 minutes, stirring occasionally.
2. Add remaining ingredients and stir to combine. Cover with lid and switch to Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, blend to finish soup. Divide the solids from the liquid and add some of the liquid to the jug of a blender, then follow by about 1/3 of the solids. Blend until smooth. Repeat with remaining ingredients. Return blended soup to the pot and heat through if required on Brown/Sauté at 120°C.
4. Adjust seasoning to taste. Serve.

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## Chicken Noodle Soup

This effortless and soothing soup is full of good-for-you chicken and veggies.

Setting: Slow Cook

Makes 8-10 serves

- 1 large brown, finely chopped
- 6 medium carrots, halved lengthways and thinly sliced
- 4 celery stalks, finely chopped
- 1 whole chicken (about 1.5kg), cut into 8 pieces
- 1 teaspoon flaked salt
- ¼ teaspoon freshly ground black pepper
- 1 handful flat-leaf parsley leaves
- 2 teaspoons picked thyme leaves (no stem)
- 8 cups (2litres) water
- 400g egg noodles
- 1 cup frozen peas, thawed
- Extra fresh parsley leaves to serve

1. Put the onion, carrots, celery, chicken pieces, salt, pepper, parsley, thyme and water into the cooking pot of the Multicooker.
2. Cover with lid and set unit to Slow Cook on High for 6 hours. Once unit switches to Keep Warm, remove the chicken from the pot and then switch unit back to Slow Cook on High. Allow the chicken pieces to cool and remove and discard all skin and bones; shred or chop the meat and put back into the pot.
3. Once the soup is simmering, add the noodles. Simmer with lid until the noodles are cooked through (refer to package instructions of particular noodles). About 4 minutes before noodles are cooked stir in the peas.
4. Adjust seasoning to taste. Serve

## Mushroom Barley Soup

A bowl of this mushroom & barley soup plus a slice of crusty bread makes the perfect winter meal

Settings: Brown/Sauté Slow Cook

Makes 6-8 serves

- 40g unsalted butter
- 1 medium leek, white & light green parts only, washed & dried well, & finely chopped
- Extra fresh parsley leaves to serve
- 1 medium brown onion, finely chopped
- 3 medium carrots, finely chopped
- 4 garlic cloves, finely chopped
- 700g mixed mushrooms (button, Swiss brown), sliced
- 1½ teaspoons flaked salt
- 2 teaspoons freshly picked thyme leaves, (no stem)
- 1 bay leaf
- ½ cup (125ml) sherry
- 1 cup (170g) pearl barley
- 10 cups (2.5litres) salt-reduced vegetable stock
- ¼ teaspoon ground black pepper
- 2 tablespoons chopped flat-leaf parsley
- 1 teaspoon fresh lemon juice

1. Put the butter and oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once melted, stir in the leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 minutes. Stir in the garlic, mushrooms, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.
  2. Add the barley, stock and pepper. Cover with lid and switch the unit to Slow Cook on High for 3½ hours.
  3. Once unit switches to Keep Warm and just before serving, stir in fresh parsley and lemon juice.
  4. Adjust seasoning to taste. Serve.
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## Chilli Tomato Beef

Spice lovers can turn up the heat by just increasing the cayenne or stirring in some puréed chipotle chillies

Settings: Brown/Sauté Slow Cook

Makes 4 -6 serves

**1kg** lean beef mince  
**2** teaspoons vegetable oil  
**1** medium brown onion, finely chopped  
**1** jalapeño, seeded and finely chopped  
**1** large red capsicum, halved, de-seeded & finely chopped  
**4** garlic cloves, finely chopped  
**1-2** tablespoons chilli paste  
**2** teaspoons dried oregano leaves  
**1** teaspoon flaked salt  
**¼** teaspoon cayenne pepper  
**2 x 400g** can diced tomatoes

1. Set the Multicooker to Brown/Sauté at 175°C. Once hot, add half the beef and break apart with a wooden spoon. Cook until meat is completely cooked through, it may brown a little. Remove cooked meat to a side bowl then cook remaining mince and remove to side bowl. Carefully remove pot from the unit if required to drain out any excess cooking fat. Return pot to the base.
2. Add the oil to the pot and set to Brown/Sauté at 175°C. Once hot, add the onion, jalapeño, capsicum and garlic. Stir to combine and sauté until soft and fragrant, about 5 minutes. Return the cooked beef to the pot with the sautéed vegetables. Stir in the chilli paste 1 tablespoon at a time (to taste), oregano, salt, cayenne and tomatoes. Mix well.
3. Cover with lid and switch the unit to Slow Cook on Low for 4-6\* hours.
4. Adjust seasoning to taste. Stir in additional hot water or stock if a thinner consistency is desired.

\* The longer the cooking time the more flavour will develop.

## Spinach Dal

A traditional Indian dish based on lentils. Each version is different, depending on ingredients and spices used. This one adds spinach at the end for some colour and flavour.

Settings: Brown/Sauté Slow Cook

Makes about 9 cups

**2** tablespoons ghee\*  
**¼** teaspoon ground turmeric  
**1** teaspoon ground cumin  
**2** teaspoons garam masala  
**3cm** piece of ginger, peeled and finely chopped  
**1** medium brown onion, finely chopped  
**1** jalapeño chilli, seeded and finely chopped  
**4** garlic cloves, finely chopped  
**1** teaspoon flaked salt  
**600g** (3 cups) red lentils  
**1** teaspoon chilli flakes  
**7** cups (1.75litres) water  
**240g** baby spinach leaves

1. Put the ghee into the cooking pot of the Multicooker set to Brown/Sauté at 135°C. Once ghee melts, add the turmeric, cumin and garam masala. Sauté spices until fragrant, about 2 minutes. Add ginger, onion, jalapeño and garlic to the pot and sauté vegetables until soft and fragrant, an additional 5 minutes.
2. Add the salt, lentils, chilli and water to the pot. Cover with lid and switch the unit to Slow Cook on Low for 4 hours.
3. When unit switches to Keep Warm, stir in spinach so that it wilts just before serving.
4. Adjust seasoning to taste. Leave on Keep Warm until ready to serve.

\*A clarified butter that can be purchased in supermarkets.

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# Prawn & Chorizo Gumbo

Not exactly a purist's version of gumbo, but a delicious one just the same!

Settings: Brown/Sauté Slow Cook

Makes 4-6 serves

- 1      **teaspoon vegetable oil**
- 400g**    **chorizo or Andouille sausage, halved lengthways and cut into ½ cm slices**
- ½      **cup (125ml) dry white wine**
- 125g**    **unsalted butter**
- ¾      **cup plain flour**
- 1      **large brown onion, finely chopped**
- 4      **celery stalks, finely chopped**
- 1      **large green capsicum, de-seeded & finely chopped**
- 4      **garlic cloves, finely chopped**
- 2      **tablespoons Creole seasoning**
- ½      **teaspoon flaked salt**
- 2 x 400g cans diced tomatoes**
- 1      **bay leaf**
- 10 cups (2.5litres) prawn stock\***  
**(see page 7)**
- 250g**    **okra (about 22 pieces), cut in half**
- 1      **kg whole medium green prawns, peeled and deveined**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once the oil is hot, add the chorizo/sausage and cook until browned all over, about 6 minutes. Remove sausage to a side plate and set aside. Stir in half the white wine in order to scrape up all the brown bits that may have accumulated on the bottom of the pot.
2. Lower the heat to 135°C and add the butter. Once butter has melted, stir the flour into the butter with a wooden spoon so that the mixture comes together – this is called a roux. Continue stirring roux until it is smooth and resembles the colour of peanut butter, approximately 15-20 minutes. It is important to keep a close eye during this step as the roux could burn if it is not occasionally stirred and a low heat is not maintained.
3. Once the roux has reached the appropriate colour, raise temperature to 165°C, stir in the onion and celery; cook for about 5 minutes. Stir in the capsicum and garlic and continue to cook for a further 5 minutes. Stir in the remaining wine, and again scrape any brown bits that may have accumulated on the bottom of the cooking pot.

Stir in Creole seasoning and salt – stir over heat for 1 minute. Add tomatoes and bay leaf. Once all ingredients are well incorporated, slowly whisk in the prawn stock, using a non metallic whisk (metal may scratch the pot). Continue whisking until all ingredients are incorporated.

4. Add the reserved cooked sausage. Cover with lid and switch unit to Slow Cook on Low for 4 hours. Once unit switches to Keep Warm, stir in the okra; switch to Brown/Sauté at 150°C to simmer for an additional 30 minutes. Adjust seasoning to taste.
5. The final step is to stir in the prawns. The prawns will take only 5 minutes to cook so wait until just before serving to add. If desired, set to Warm on Slow Cook for serving. Tip: Gumbo is best served in shallow bowls over rice.

\*Prawn stock is a key ingredient for this dish, and is easy to make with the shells from the prawns used in the recipe. However, if necessary, fish or vegetable stock can be substituted.

**Note:** Should there be excessive oil remaining in the bottom of the pot after browning sausage in Step 1, refer to the instructions of the instruction book for removal.

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# Moroccan Lamb Stew

The North African spices complement this stew nicely.

Setting: Slow Cook

Makes 4-6 serves

- 1.5kg boned lamb shoulder, cut into 3cm pieces\***
- 2 teaspoons olive oil**  
**1 large brown onion, halved and thinly sliced**
- 4 medium carrots cut into ½cm slices**
- 3cm x 3cm piece of ginger, peeled and finely chopped**
- 4 garlic cloves, finely chopped**
- 2 cinnamon sticks**
- 1½ teaspoons ground cumin**
- 1 teaspoon flaked salt**
- ¼ teaspoon freshly ground black pepper**
- ½ teaspoon ground coriander**
- 1/8 teaspoon cayenne pepper**
- ½ teaspoon ground allspice**
- pinch saffron**
- pinch ground cloves**
- 360g dried prunes**
- 2 x 400g cans chickpeas, rinsed and drained**
- ¼ cup tomato paste**
- 4 cups (1litre) salt-reduced beef or chicken stock**

1. Trim lamb of any excess fat. Put half the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C.
2. Once unit is heated, put half the lamb into the pot, and cook 2-3 minutes each side or until lightly browned. Remove to a side plate and repeat step with remaining oil and lamb. Return the previous cooked lamb to the pot.
3. Put all the remaining ingredients into the pot with the lamb. Stir to combine well.
4. Cover with lid and switch unit to Slow Cook on Low for 10-12 hours. Depending on time available. The longer it cooks the more, tender the meat will be.
5. Adjust seasoning to taste. Serve.

# Portuguese Chorizo Potato soup

This satisfying soup of Portuguese origin is perfect on a cold winter evening.

Settings: Brown/Sauté Slow Cook

Makes 4-6 serves

- 1 teaspoon olive oil, plus a little more if necessary**
- 350g smoked Spanish chorizo, cut in half lengthwise and then cut into ½cm slices**
- 1 small brown onion, finely chopped**
- 6 garlic cloves, finely chopped**
- 350g kale, (rough stems removed) roughly chopped**
- 700g Desiree or Pontiac potatoes, peeled and cut into 3cm dice (covered in cold water until ready to use, to avoid oxidation)**
- 1 teaspoon flaked salt**
- ¼ teaspoon freshly ground black pepper**
- 8 cups (2litres) salt-reduced chicken stock**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Cook chorizo for about 3 minutes or until lightly browned on both sides.
2. The amount of oil released from chorizo varies depending on the type of sausage you are using. You should have 2 teaspoons of oil remaining in the cooking pot. If the pan is dry, add some olive oil. If there is an excessive amount, carefully wipe out.\* Stir in the onion and garlic and cook until softened.
3. Stir in the kale, drained potatoes, salt and pepper and toss to evenly coat with the oil. Finally stir in the chicken stock. Cover with lid and switch unit to Slow Cook on High for 4 hours.
4. Adjust seasoning to taste.

\*Should there be excessive oil remaining in the bottom of the pot after browning chorizo in Step 1 - refer to the instructions for removal.

## Lemon Chicken with Rosemary

By the end of the cooking time, the chicken in this dish falls apart, making a light and lemony dish that will soon be a favourite.

Settings: Brown/Sauté Slow Cook

Makes 8 serves

- 2**      **teaspoons olive oil**
  - 8**      **chicken Maryland, trimmed of excess visible fat**
  - 1**      **teaspoon flaked salt**
  - ¾**      **teaspoon freshly ground black pepper**
  - ½**      **cup plain flour**
  - 3**      **large brown onions, halved and thinly sliced**
  - 6**      **garlic cloves, roughly chopped**
  - 3**      **fresh rosemary sprigs**
  - ½**      **cup (125ml) fresh lemon juice**
  - ¾**      **cup (180ml) salt-reduced chicken stock**
  - 2**      **teaspoons finely grated lemon rind (from about 2 lemons)**
  - 1**      **lemon, thinly sliced**
- chopped rosemary for garnish**

1. Put half the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C.
2. Season the chicken on both sides with half the salt and the pepper. Dust the chicken lightly in the flour shaking off any excess.
3. Once unit is heated, add about half the chicken, skin side down, into the hot cooking pot (usually about 4 Maryland fit in the pot at a time. You do not want to crowd the pan, because the chicken will not brown properly). Brown on both sides, about 6 - 8 minutes per side. Remove and set aside. Repeat with remaining oil and chicken.
4. Reduce heat to 165°C. Sauté onion and garlic for 3 minutes until softened. Stir in the rosemary and remaining salt. Add the lemon juice, scraping up any brown bits that may remain on the cooking surface with a wooden spoon. Let juice come to a boil and reduce by half, about 5 minutes. Add the chicken stock and lemon rind and let come to a boil.
5. Nestle the browned chicken Maryland in the onion mixture (it is okay for them to overlap). Place lemon slices on top of the chicken.

- Cover with lid and switch unit to Slow Cook on High for 2 hours. Cover and cook until thighs are cooked through and very tender.
- Garnish with the chopped rosemary. Serve with rice or mashed potatoes.

## Chicken with Sausage and Mixed Capsicum

The combination of hot chilli, sweet capsicums and olives makes this delicious chicken dish burst with flavour.

Settings: Brown/Sauté Slow Cook

Makes 4-6 serves

- 6 chicken thighs (bone-in), trimmed of any excess fat**
- ½ teaspoon flaked salt**
- ¼ teaspoon freshly ground black pepper**
- 1 teaspoon olive oil**
- 3-4 Italian chicken sausages, about 300g, cut into 1cm slices**
- 1 medium brown onion, finely chopped**
- 1 medium red capsicum, halved, de-seeded and finely chopped**
- 1 medium yellow capsicum, halved, de-seeded and finely chopped**
- 1-2 teaspoons chilli flakes**
- 1/3 cup dry white wine**
- 1 cup chopped sweet roasted capsicum\***
- ¾ cup green Italian olives**

- Sprinkle the chicken thighs on both sides with salt and pepper.
- Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once unit is heated, put thighs into the cooking pot skin side down. Brown well, about 5 minutes per side. Remove thighs and set aside.
- Add sausages and sauté until brown, about 6-8 minutes. Remove and set aside.
- Add onion, capsicum and chilli flakes (add less or more depending on how hot you like it) to the cooking pot. Sauté until soft, about 5 minutes.
- Stir in wine, scraping any brown bits on bottom of pot with wooden spoon. Let liquid come to a boil uncovered and reduce by half.
- Put chicken thighs back into cooking pot, along with roasted capsicum and olives.
- Cover unit with a lid and switch to Slow Cook on Low for 6 hours.
- Once time has expired, unit will automatically switch to Keep Warm.

\* Roasted red capsicum is available in the deli section of supermarkets.

# Guinness Braised Short Ribs

A perfect, comforting dish for a cold winter evening.

Settings: Brown/Sauté Slow Cook  
Makes 6-8 serves

**10** beef short ribs (about 1.3kg)  
**1** teaspoon flaked salt  
**¼** teaspoon freshly ground black pepper  
**2** teaspoons olive oil  
**1** small brown onion, finely chopped  
**1** leek, root end trimmed, white parts only, washed and finely chopped  
**2** medium carrots, finely chopped  
**1** celery stalk, finely chopped  
**3** garlic cloves, finely chopped  
**2** teaspoons freshly picked thyme leaves  
**440ml** Guinness beer  
**2** tablespoons tomato paste  
**¼** cup chopped flat-leaf parsley sprigs  
water, if necessary

1. Season the beef well on both sides with half the salt, and the pepper.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once hot, add the short ribs (may need to cook in two batches). Cook for 5-6 minutes on each side, until nicely browned. Remove and set aside (repeat with remaining ribs if necessary). Carefully wipe up most fat, leaving only about 2 teaspoons behind.\*
3. Add the vegetables, garlic, thyme and remaining salt to the pot and reduce the temperature to 165°C. Cook until onion is translucent and vegetables are slightly softened, about 3-5 minutes. Stir in the Guinness and simmer to reduce slightly (about 3-5 minutes). Stir in the tomato paste. Nestle the ribs and any accumulated liquid into the vegetables. Be sure liquid comes halfway up the side of the ribs (if it does not, add enough water to reach to that point).
4. Cover with lid and switch unit to Slow Cook on Low for 10- 16 hours, depending on time available. The longer it cooks the more, tender the meat will be.
5. Once ready to serve, stir in the chopped parsley. Adjust seasoning to taste.

\*Should there be excessive fat in the bottom of the pot after browning the short ribs in Step 2 - refer to the instructions for removal.

# Osso Buco

This Italian comfort food is beautiful served over polenta, pasta or potatoes

Settings: Brown/Sauté Slow Cook  
Makes 6 serves

**6** veal shanks, (about 1.2kg)  
**¼** cup plain flour  
**1** teaspoon flaked salt  
Freshly ground black pepper  
**1** tablespoon olive oil  
**1** tablespoon unsalted butter  
**1** large brown onion, finely chopped  
**1** large leek, root trimmed, white & light green parts only, washed, & finely chopped  
**2** medium carrots, finely chopped  
**1** celery stalk, finely chopped  
**3** garlic cloves, finely chopped  
**2** fresh rosemary sprigs  
**2** sprigs fresh thyme leaves  
**½** cup (125ml) cup dry white wine  
**400g** can diced tomatoes  
**250ml** salt-reduced beef stock  
**1** tablespoon tomato paste  
**2** bay leaves  
**¼** cup chopped flat-leaf parsley to serve

1. Season the shanks by first combining flour, salt and black pepper. Dust the shanks all over and shake gently to remove excess flour.
2. Put the oil and butter into the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once the butter melts and starts to bubble add shanks and brown on both sides 2 minutes per side or until well browned. Remove and set aside.
3. Add vegetables, garlic, and herbs. Scrape up brown bits from the bottom of the pot. Cook until vegetables are softened and lightly brown, about 5 minutes, stir 2-3 times. Add the wine; simmer until completely evaporated.
4. Stir in tomatoes, stock, tomato paste and bay leaves. Return shanks to the pot and nestle into the cooking liquid. Liquid should come halfway up the meat. Cover with lid and switch unit to Slow Cook on Low for 6 hours.
5. To serve, stir in parsley; adjust seasoning to taste.

**Note** – To thicken the sauce a little once cooking time is up. Remove the lid and switch unit to Brown/Sauté at 120°C. Cook for about 5 minutes to reduce the sauce.

## Asian Style Poached Salmon

Poached salmon is perfect served on its own or over a bed of mixed greens.

Setting: Brown/Sauté

Makes 6 serves

- 3** garlic cloves, sliced
- ¼** cup peeled and sliced ginger (piece 3cm x 7cm)
- 1** medium celery stalks, thinly sliced
- ½** medium red onion, thinly sliced
- 1** star anise pod
- 2** cups (500ml) salt-reduced chicken stock
- 1** cup (250ml) water
- ½** (125ml) cup rice wine
- ½** cup salt-reduced soy sauce
- 1** tablespoon sesame oil
- pinch** freshly ground black pepper
- 700g** salmon or ocean trout fillet, cut into 2 pieces
- ½** cup coriander leaves to serve

1. Put all ingredients except the salmon into cooking pot of the Multicooker. Stir to combine; cover with lid.
2. Set unit on Brown/Sauté at 200°C. Bring to a boil and then reduce heat to 105°C. Heat for an additional 20-30 minutes, depending on desired strength of flavour.
3. Place salmon pieces into the poaching liquid skin side down. Spoon over the cooking broth. Cover with lid and cook for a further 10 minutes, or until a dinner knife inserts into the thickest section of the fillet with just a little resistance.
4. Carefully remove salmon with tongs and flat egg slide/turner (you may require another set of hands to do this so that the fillet doesn't break in half); loosely cover with foil and set aside. Increase heat to at 200°C and continue to cook down the liquid, uncovered, for about 15 minutes, or until reduced to a thicker sauce that can be nicely spooned over the fish.
5. Serve immediately, sprinkled with coriander leaves and sauce on the side.

Perfect with boiled rice.

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## Lamb Shoulder with Lemon and Fresh Fennel

Delicious and tender lamb that falls off the bone ready to enjoy with fennel and potatoes.

Settings: Brown/Sauté Slow Cook

Makes 4-6

- 2kg** lamb shoulder (bone in)
- 1** tablespoon olive oil
- 1** teaspoon flaked salt
- ¼** teaspoon freshly ground black pepper
- 2** small fennel bulbs, thinly sliced lengthways
- 2** whole lemons cut into quarters
- 6** garlic cloves, peeled
- 4** sprigs fresh oregano
- 2** sprigs fresh rosemary
- 8** baby new potatoes, left whole
- 2** cups (500ml) salt-reduced chicken stock
- 1** cup (250ml) water

1. Trim lamb of any excess fat. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 200°C. Lightly brown the lamb about 2 minutes on all side. Turn Multicooker to Slow Cook.
2. Leave the lamb in the pot and season with salt and pepper. Add the fennel placing a few pieces under the lamb. Add lemon, garlic, oregano and rosemary to the pot tucking them in around the sides of the lamb and on top. Pour in the stock and water.
3. Cover with lid and switch unit to Slow Cook on Low for 7 hours.

Serve lamb and vegetables with the lemon breaking it up to enjoy with the tender meat. Add some steamed green vegetables such as beans or broccoli.

## Pulled Pork with orange, fennel & coriander seeds

A true crowd pleaser as everyone can make their own tortilla wrap.

Settings: Brown/Sauté Slow Cook

Makes 4-6 Serves

- 2kg** pork shoulder (bone in), rind removed
- 1** tablespoon olive oil
- 1** tablespoon dried oregano leaves
- 2** tablespoons fennel seeds
- 1** tablespoon coriander seeds
- 1** tablespoon chilli flakes
- 1** teaspoon flaked salt
- 1** cup (250ml) fresh orange juice
- 350ml** light beer
- 2** cups (500ml) water
- 2** large brown onions, cut into quarters
- 6** garlic cloves, peeled and whole

1. Trim pork of any excess fat. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 200°C. Lightly brown the pork about 2 minutes on all side. Turn Multicooker to Slow Cook.
2. Leave the pork in the pot. Combine in a small bowl the oregano, fennel and coriander seeds, chilli and salt. Spoon the seasoning over the pork and rub into the meat on all sides.
3. Pour in the orange juice, beer and water around the sides of the pork. Try not to wash all the spice seasoning off the top of the pork. Add onion and garlic placing and tucking in around the sides.
4. Cover with lid and switch unit to Slow Cook on Low for 6 hours.
5. Remove the pork from the cooking liquid and serve in chunks with warmed tortillas, salsa and shredded lettuce.

# Prawns Sautéed with Peas & Asparagus

A colourful and light dish that takes very little time to prepare.

Settings: Brown/Sauté Slow Cook

Makes 4-6 serves

- 1 kg whole medium green prawns, peeled and deveined
- ½ teaspoon flaked salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 bunch broccolini, ends trimmed and cut into 5cm pieces
- 3 garlic cloves, finely chopped
- 1 cup (250ml) salt-reduced chicken stock
- ¼ teaspoon chilli flakes
- 1 medium red onion, halved and thinly sliced
- 1 cup snow peas, trimmed and halved
- 1 cup sugar snap peas, trimmed
- ½ cup fresh or frozen peas, (thawed)
- 1 medium bunch asparagus, trimmed and cut into 5cm pieces
- ½ teaspoon finely grated lemon rind
- ½ cup fresh basil leaves

1. Season the prawns on both sides with the salt and pepper.
2. Heat 1 teaspoon of the oil in the cooking pot of the Multicooker and set to Brown/ Sauté at 175°C. Add half the prawns. Lightly brown each side until cooked through, about 1 minute per side. Remove and set aside. Repeat with a little more oil and the remaining prawns.
3. Reduce the temperature to 150°C, add another teaspoon of oil into the pot and add the broccolini and garlic. Stir well and sauté until garlic becomes just slightly golden – be careful not to burn. Add the chicken stock and chilli. Cover with lid and simmer until the broccolini is tender but still slightly firm and not soft about 15 minutes. Remove and set aside.
4. Add the remaining oil to the pot which is on 150°C and sauté the onion until softened and slightly golden, about 5 minutes. Add all of the peas and the asparagus; stir until they become bright green, 3-5 minutes.
5. Put all reserved ingredients back into the pot and toss together with the lemon rind until warmed through.
6. Adjust seasoning to taste. Serve immediately.

# Paella

This version of the traditional Spanish dish is sure to please any crowd.

Setting: Brown/Sauté

Makes 8 serves

- 1 tablespoon olive oil
- 8 chicken drumsticks
- 1½ teaspoons flaked salt
- ¾ teaspoon freshly ground black pepper
- 250g Spanish chorizo cut into ½ cm slices
- 5 garlic cloves, finely chopped
- 1 medium brown onion, halved and thinly sliced
- ¼ teaspoon smoked paprika
- 2 sprigs fresh oregano
- 400g can whole tomatoes, roughly chopped
- 2½ cups (500g) Paella or Arborio
- 6 cups (1.5litres) salt-reduced chicken stock, hot
- large pinch saffron
- 500g whole medium green prawn, peeled and deveined
- 16 black mussels
- ½ cup chopped flat-leaf parsley
- ½ cup fresh or frozen (do not need to thaw) peas
- 2 teaspoons fresh lemon juice
- lemon wedges for serving

1. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 200°C.
2. While unit is heating, season the chicken with salt and pepper. Once unit is hot, brown the chicken, about 5 minutes for each side. Remove and set aside. Add the chorizo and brown on both sides.
3. Once chorizo has browned, reduce the temperature to 175°C and add the garlic and onion with the paprika and oregano. Sauté the vegetables until just softened and lightly browned about 3-5 minutes.
4. Put the tomatoes into the cooking pot with the sautéed vegetables. Increase the temperature to 200°C. Cook the tomatoes uncovered until reduced and slightly caramelised, about 8 minutes. Be sure to stir the tomatoes occasionally to prevent burning.

5. Add the rice to the pot and stir to coat with tomato mixture. Add the hot stock and saffron and stir together well. Cover with lid and reduce the temperature to 165°C. Allow rice to simmer for 10 minutes.
6. Add the chicken legs to the pot and nestle them into the rice; simmer, covered for an additional 15 minutes.
7. Add prawns, mussels and peas to the pot. Gently stir into the top layer of the rice. Simmer, covered, for an additional 8 minutes, until mussels have opened.
8. Stir in the parsley and lemon juice.
9. Serve immediately with lemon wedges on the side.

## Corned Beef with Vegetables

Takes a couple of days – well worth the wait.

Settings: Brown/Sauté Slow Cook

Makes 8 serves

### Slow Cooking:

- 2 medium brown onions, peeled and cut into eights**
- 2 large carrots, peeled and cut into 5cm pieces**
- 2 celery stalks, cut into 5cm pieces**
- 1.5kg piece corned beef**
- 1 bottle lager-style beer (375ml)**
- 4 cups (1litre) water (approximately)**
- 1 tablespoon whole black peppercorns**
- ½ teaspoon whole cloves**
- 2 teaspoons fennel seed**
- 3 tablespoons whole grain mustard**
- ¼ cup packed dark brown sugar**

### Vegetables (to finish):

- 2 medium carrots, peeled and cut into 5cm pieces**
- 450g baby new potatoes, halved**
- 600g green cabbage, cut lengthwise into 8 pieces**

1. Put the onions, carrots and celery into the cooking pot of the Multicooker. Lay the beef on top and then pour in the beer and enough water so the liquid comes  $\frac{3}{4}$  of the way up the vegetables and beef. Top with the peppercorns, cloves, fennel seed, mustard and sugar. Cover and set to Slow Cook on Low for 12 hours.
2. Remove the meat, cool and refrigerate, covered, overnight.
3. Discard the vegetables and refrigerate the cooking liquid overnight in a separate container. Remove and discard the solidified fat from the top of the chilled liquid.
4. Return the chilled liquid to the cooking pot and set on Brown/Sauté at 175°C. Add the carrots, potatoes and cabbage. Simmer 30- 40 minutes, or until very tender.
5. While the vegetables are cooking, bring the beef to room temperature.
6. Slice meat thinly and serve with vegetables.

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# Chicken and Colourful Vegetable Stir-Fry

A light and healthy dish. Serve over rice.

Settings: Brown/Sauté

Makes 6 serves

- 1½**    **tablespoons vegetable oil**
- 500g**   **skinless chicken breast fillets, cut into 1.5cm strips**
- 1**       **teaspoon flaked salt**
- ¼**       **teaspoon freshly ground black pepper**
- 1**       **medium red onion, peeled and sliced into wedges**
- 1**       **small red capsicum, halved, de-seeded & sliced into ½cm strips**
- 1**       **small yellow capsicum, halved, de-seeded & sliced into ½cm strips**
- 2**       **garlic cloves, finely chopped**
- 1**       **piece ginger (4cm x 1cm), peeled and finely chopped**
- 1**       **cup sugar snap peas, trimmed**
- 100g**   **button mushrooms, thinly sliced mushrooms, drained**
- 227g**   **canned water chestnuts, drained**
- 125g**   **sweet baby corn, cut into 2-3 pieces**
- 1**       **cup (250ml) salt-reduced chicken stock**
- 2**       **tablespoons soy sauce**
- 2**       **teaspoons cornstarch**

1. Put 1 tablespoon of the oil into the cooking pot of the Multicooker set to Brown/Sauté at 200°C.
2. Season chicken with salt and pepper. Once oil is hot, add chicken and cook 1-2 minutes per side until golden brown. Once chicken is browned, remove and set aside. You may need to do this in two batches.
3. Add the remaining oil to the cooking pot and reduce heat to 175°C. Add the onion and capsicum and cook for about 5 minutes. Add garlic and ginger and cook until fragrant, about 1 minute. Add peas, mushrooms, water chestnuts and baby corn, and cook for about 3-4 minutes.
4. While vegetables are cooking, combine stock, soy sauce and cornstarch in a small bowl and whisk to combine.
5. Return the browned chicken to the pot and stir to combine. Add stock mixture and stir to scrape any brown bits off the bottom of the pot. Cook, for about 2 minutes or until the sauce thickens slightly. Stir to coat all ingredients in the sauce.

Serve immediately with cooked rice or noodles.

## Braised fennel with wine

Braising is one of the most rewarding preparations of fennel. It sweetens the natural bitterness and brings out the rich licorice flavour. So simple with only a handful of ingredients, fennel can pair well with many different dishes from lamb to chicken to pork loin.

Setting: Brown/Sauté

Makes: 4 serves or 2 as a main

- 3 fennel bulbs (about 900g in total)**
- 2 tablespoons olive oil**
- ½ teaspoon flaked salt**
- ½ teaspoon freshly ground black pepper**
- 1/3 cup dry white wine**
- 1½ cups (375ml) salt-reduced vegetable or chicken stock**

1. Cut the fennel in half lengthways then thinly slice about 1cm thick.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C.
2. Once the oil is hot, add half the fennel with half the salt and pepper. Sauté for 2-4 minutes per side or until lightly golden brown. Remove and set aside; repeat with remaining fennel and seasoning.
3. Return the cooked fennel to the cooking pot. Add the wine and cook until almost evaporated, about 2 minutes.
4. After the wine cooks off, add the stock. Reduce the heat to 150°C. Cover with lid and cook for 30 minutes or until the fennel is tender, sweet and fragrant.
5. Serve immediately.

## Kale with Italian sausage

This dish takes a few steps to complete. The kale is first steamed – this improves the overall texture of the finished dish, making it delicious and tender

Settings: Steam Brown/Sauté

Makes 4 serves

- 1 cup (250ml) water**
- 1 bunch Kale or Swiss chard, (about 450g) washed**
- 350g Italian sausage**
- 2 teaspoons olive oil**
- 2 garlic cloves, finely chopped**
- ¼ cup dry white wine**
- 1½ cups (375ml) salt-reduced chicken stock**
- ¼ teaspoon chilli flakes**
- extra virgin olive oil to serve**

1. Trim the ends of the kale and then cut each stem into 2-3 pieces. To steam the kale: Put the water into the cooking pot of the Multicooker and insert the steaming rack. Set to Steam for 8 minutes; cover. Once tone sounds, put the kale on the rack and cover with lid.
2. Unit automatically turns off when steaming is complete. Remove and reserve kale. Carefully remove water if there is any and wipe cooking pot dry. Cooking pot will be hot, so use caution.
3. Remove the meat from sausage casing and break into large chunks, discard casings. Put the olive oil into the cooking pot set to Brown/Sauté at 175°C. Once hot, cook sausage meat until well browned; this takes about 10 minutes.
4. Once sausage is browned, add garlic. Sauté until the garlic is fragrant about 1 minute. Add white wine and allow to cook down until almost evaporated. Scrape up any flavoursome brown bits that have accumulated in the bottom of the pan. Add stock and chilli. Simmer ingredients for about 2 minutes to blend the flavours.
5. Reduce the temperature to 150°C. Add reserved kale and allow to simmer, covered with lid, for an additional 5 minutes.
6. Serve immediately drizzle with olive oil.

## Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudités platter (carrot & celery sticks).\*

Settings: Brown/Sauté Slow Cook

Makes about 4-6 serves

- 450g navy or cannellini beans**
- 1 tablespoon olive oil**
- 6 garlic cloves, crushed**
- 2 fresh rosemary sprigs**
- ½ teaspoon flaked salt**
- 2½ cups (625ml) salt-reduced vegetable or chicken stock**

1. Place the beans into a medium saucepan and cover with water. Bring water to the boil then remove pan from heat. Allow beans to stand covered for 1 hour. Drain well and set aside.
2. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 175°C. Once oil is hot, add the garlic. Sauté until the garlic is fragrant, about 1 minute. Add the remaining ingredients (be sure to drain the beans). Stir to combine, cover with lid and switch to Slow Cook on High for 4 hours. (Check the beans after 3 hours. If they seem tender enough, turn the cooker off. If not allow beans to cook for the ½-1 hour.)
3. Once the time has expired, the unit will automatically switch to Keep Warm.

\* If puréeing, more liquid (about ½ to 1 cup) will need to be added when processing beans.

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## Macaroni & Cheese

We upped the creaminess factor in our version of everyone's favourite comfort food. The béchamel is the centerpiece of the ultimate macaroni and cheese.

Settings: Brown/Sauté Slow Cook

Makes 8-10 serves as a side

**120g unsalted butter**  
**½ cup plain flour**  
**1 litre milk**  
**1 teaspoon flaked salt**  
**½ teaspoon ground white pepper**  
**2 teaspoons Dijon mustard**  
**350g various shredded cheeses (Cheddar and/or Fontina)**  
**100g grated Parmesan cheese**  
**400g macaroni, par-cooked (see package instructions and cook half of the suggested time), drained and reserved**  
**toasted breadcrumbs to serve (optional)**

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 120°C. Once butter has melted, stir in the flour and let cook, stirring constantly, for about 3 minutes or until mixture bubbles and thickens a little.
2. Whilst stirring constantly with a wooden spoon gradually add the milk, then add salt, pepper and mustard. Increase heat to 165°C to allow the mixture to come to a gentle boil. Stirring constantly in a figure eight motion (ensure your spoon reaches each corner of the pot), let mixture cook about 5 minutes or until thickened and bubbles appear in the sauce. This mixture is a béchamel or white sauce, a sauce base for melting cheese easily. It should be thick enough to thickly coat the back of a spoon.
3. Once the white sauce has thickened, stir in the cheeses and mix until melted.
4. Stir in the par-cooked macaroni until well mixed and cover pot with lid.
5. Switch the unit to Slow Cook on Low for 2.5 hours.
6. Once time has expired, the unit will automatically switch to Keep Warm. Serve immediately, garnished with toasted breadcrumbs if desired.

## Sautéed Potatoes with Rosemary

A quick and flavoursome way to enjoy new potatoes. Be patient with the potatoes – they brown best if they are not crowded and are left to sit in the hot cooking pot before turning.

Settings: Brown/Sauté

Makes about 8 servings

**2 tablespoons olive oil**  
**1 kg small new potatoes, halved**  
**¼ teaspoon flaked salt**  
**pinch freshly ground black pepper**  
**3 garlic cloves, finely chopped**  
**2 teaspoons finely chopped fresh rosemary**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 175°C.
2. Once the oil is hot, add the potatoes (cut side down), season with salt and pepper. Let the potatoes sit in the hot cooking pot, then toss after about 3 minutes.
3. Once the potatoes are browned, cover with lid and let potatoes cook for about 30 minutes, or until cooked. Test potatoes with a skewer, which should insert easily into the potato flesh and not be too firm.
4. When 5 minutes are remaining, add the garlic and rosemary, and toss to combine. Cover again and allow to cook for a few minutes to soften the garlic.
5. Serve immediately.

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# Steamed Artichokes with Garlic

Trimming the bottoms of the artichokes ensures that they stand up straight, so do not skip that step. Also, in addition to adding flavour, the lemon slices prevent the artichokes from turning brown during cooking. Enjoy plain or dip in extra virgin olive oil.

Setting: Steam

Makes 6 servings

**2 cups (500ml) water**  
**6 medium-large artichokes**  
**6 garlic cloves, peeled and thinly sliced**  
**1 lemon, juiced**  
**pinch freshly ground black pepper**  
**pinch flaked salt**

1. Put the water into the cooking pot of the Multicooker fitted with the steaming rack and cover with lid.
2. Cut the stems off the artichokes so they are able to stand leave about 2cm of stem. Using a sharp knife, cut about ½ cm off the tops of the artichokes, and with kitchen scissors, trim the tips of the outer leaves. Pull leaves back to open the artichokes.
3. Randomly place the garlic slices in between the leaves of each artichoke. Season each with lemon juice, pepper and salt.
4. Cover with lid and set to Steam for 50 minutes.
5. Once tone sounds, indicating unit is ready to steam, remove lid and place the artichokes upright on the rack and re-cover with the lid.
6. The artichokes are cooked when the leaves can be pulled off easily, and when turned over, the tip of a paring knife easily pierces the bottom-center of the artichoke (the heart).

Serve with a dipping vinaigrette of lemon juice and extra virgin olive oil seasoned with flaked salt and pepper. To eat dip each leaf into the dressing and enjoy the fleshly part of the leaves.

This recipe is quite versatile; you can leave it as a chunky sauce or purée it for the more common smooth version.

Setting: Slow Cook

Makes about 6 cups

**1.8kg apples, peeled, cored and cut into 5cm pieces**

**2 cinnamon sticks**

**¼ teaspoon ground nutmeg**

**pinch ground cloves**

**pinch flaked salt**

**¾ cup (180ml) water**

**¼ cup fresh lemon juice**

1. Put all of the ingredients into the cooking pot of the Multicooker.
2. Cover with lid and select Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash cooked apples to desired consistency. If a smooth sauce is preferred, transfer apples to a large jug and chop with a stick blender or place into the jug of a blender in batches.
4. Return apple to cooking pot to keep sauce warm on Keep Warm setting or cool to room temperature and store in the refrigerator.

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# Chocolate & orange baked cheesecake

The addition of orange rind gives this cheesecake a summer touch.

Setting: Slow Cook

Makes: 1 cheesecake (about 8 servings)

**1        tablespoon unsalted butter, room temperature (for pan)**

## **Crust**

**40g     plain biscuit, finely ground\* (such as arrowroot)**

**¼ cup   toasted pine nuts, finely ground**

**1        tablespoon caster sugar**

**pinch   salt**

**2        teaspoons unsalted butter, melted**

## **Filling**

**360g   ricotta cheese**

**250g   (light) cream cheese**

**1        teaspoon finely grated orange rind**

**½       cup    caster sugar**

**4        eggs, room temperature**

**1        teaspoon vanilla extract**

**60g     dark cooking chocolate, finely chopped**

1. Lightly grease a 17cm spring-form pan with the butter and line the base with kitchen baking paper. Set aside.
2. To prepare the crust place all the crust ingredients into a small bowl. Use a wooden spoon to mix the ingredients together until combined. Place the crumb crust evenly into the base of prepared pan, pressing firmly to form a good base. Set aside.
3. To prepare the filling place the ricotta into a medium bowl add the cream cheese, orange rind, sugar and vanilla. Using electric beaters mix on medium speed until smooth. Be sure there are no lumps in the mix. Add eggs one at a time, making sure each is incorporated into the mix before adding the next. Lastly stir in the chopped chocolate.
4. Pour cheese mixture into the pan and over the crust. Put pan into the bottom of the cooking pot of the Multicooker.
5. Cover with lid and select Slow Cook on High for 3 hours.
6. Once the time has elapsed, allow cake to rest in the unit on Keep Warm for an additional 2 hours (you want it to be just set).

7. Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic wrap and refrigerate for at least 6 hours before serving.

\* Make the biscuit crumbs in the bowl of a food processor fitted with chopping blade. Or place into a thick plastic sealable bag and break up biscuits using a rolling pin to hit the biscuits.

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# Flourless chocolate coffee cake

This is our version of the still-popular flourless chocolate cake. Best of all you don't need to turn on the oven! It's a shallow loaf yet chocolate rich.

Setting: Slow Cook

Makes: 1 small loaf cake (about 8 serves)

- 1**      **teaspoon unsalted butter, room temperature (for pan)**
- 110g**   **unsalted butter**
- 125g**   **dark cooking chocolate, broken into pieces**
- ¼**      **cup cocoa powder, sifted**
- pinch**   **salt**
- 1**      **teaspoon vanilla extract**
- ½**      **cup (110g) caster sugar**
- 2**      **eggs, room temperature**
- 1**      **teaspoon espresso instant coffee**

1. Prepare a 19cm x 10cm (base measurement) loaf pan by lightly greasing with butter. Cut a piece of kitchen baking paper to line the pan from one side to the other. To do this the paper will over lap the top edge of each long side and cover the bottom. Cut the paper to fit flat (so no wrinkles). Set aside.
2. Place the butter and chocolate into a medium saucepan and place over very low heat. Stir the mixture until both have melted. Remove from heat and stir in the cocoa powder, salt and vanilla.
3. In a medium mixing bowl, beat the sugar and eggs together until lighter in colour (this takes a about 2 minutes. The mixture should be a pale yellow colour that almost holds its shape).
4. Once the chocolate mixture has cooled, stir it into the egg/sugar mixture with the coffee, making sure that it is fully combined, with no streaks of colour.
5. Pour cake batter into the prepared pan. Tap pan on the counter a few times to remove any air bubbles and to level the cake.
6. Put the pan into the bottom of the cooking pot of the Multicooker. Select Slow Cook on High for 3.5 hours. Cover with lid and do not remove during cooking time. The loaf will look a little soft and moist in the middle when cooking time is complete this is ok.
7. Once unit switches to Keep Warm, turn the unit off and remove cake cool in pan for 30 minutes then remove cake from pan onto a wire cooling rack. Allow to cool completely before removing the paper and cutting.

# Traditional Rice Pudding

What better ending to a meal than a cup of rice pudding? The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does become firmer and has a different consistency than when served warm.

If not serving immediately, stir some extra milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 8 cups (about 16 serves)

- 2**      **cups Arborio rice**
- 4**      **cups (1litre) milk**
- 2**      **cups (500ml) thickened cream**
- 1**      **cup (250ml) water**
- 1**      **vanilla bean, halved lengthways and seeds scraped**
- ¾**      **cup caster sugar**
- ¼**      **teaspoon flaked salt**
- 1**      **teaspoon vanilla extract**
- 2**      **whole cinnamon sticks**
- ¼**      **teaspoon ground nutmeg**

1. Put all the ingredients into the pot of the Multicooker. Stir to combine.
2. Select Slow Cook on High for 3 hours.
3. Once the cooking time has elapsed, the unit will automatically switch to Keep Warm.
4. Remove and discard vanilla bean and cinnamon sticks. Keep on Warm until ready to serve.
5. If not serving immediately, stir in more liquid (any type of milk or water) before reheating. Add gradually until the consistency you prefer.

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## (Caramel) Dulce de Leche

Although this is readily available in most supermarkets, it is quite simple to make your own. The longer you cook it, the richer and more concentrated the caramel flavour gets.

Setting: Brown/Sauté

Makes about 1½ cups

**2 cans (395g) skim sweetened condensed milk**  
**pinch flaked salt**

1. Put condensed milk and salt into the cooking pot of the Multicooker.
2. Set the unit on Brown/Sauté at 150°C to bring mixture to a boil, stirring constantly so that it doesn't catch on the bottom due to the high sugar level. Once mixture just comes to a boil, reduce heat to 105°C so that there is a constant low simmer. Keep pot uncovered and while stirring occasionally every 10 minutes, allow to simmer until caramel-coloured and thickened, about 30 minutes.
3. Switch to Slow Cook on Warm if serving immediately, or bring to room temperature and store in refrigerator if using at a later time. Ideally remove from cooking pot whilst still warm to a heatproof container as it will be easier to do whilst warm than when cold.

**Note** – To make the popular salted caramel when the caramel is cooked stir through ½ to 1 teaspoon flaked salt.

## Caramel Bread Pudding

This dessert is definitely for the sweet tooth.

While you can purchase dulce de leche from most supermarkets, we found that homemade is the way to go when it is the centre of your dish.

Setting: Slow Cook

Makes 10-12 (1 cup serves)

**nonstick cooking spray**

**450g brioche or white loaf bread, cut into 3cm cubes**

**2 cups (500ml) milk**

**1 cup (250ml) thickened cream**

**4 eggs, lightly beaten**

**1 teaspoon vanilla extract**

**¾ cup dulce de leche, (warm)**

**¼ teaspoon salt**

**¼ teaspoon ground cinnamon**

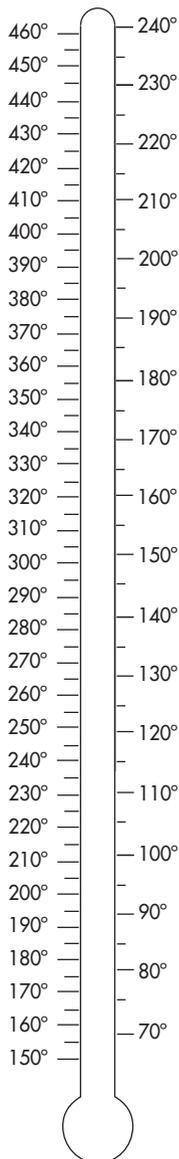
**2 tablespoon extra (warm) dulce de leche to serve**

1. Lightly coat the cooking pot of the Multicooker with nonstick cooking spray.
2. Put the bread cubes into the prepared pot.
3. In a medium bowl combine the milk, cream, eggs, vanilla, dulce de leche, salt and cinnamon. Whisk until frothy. Slowly pour the egg mixture over the bread. Press down on the bread to make certain all of it is submerged.
4. Cover with lid and select Slow Cook on High for 4 hours.
5. Once the time has elapsed, turn unit off and drizzle the extra remaining dulce de leche on top of the pudding.
6. Serve immediately with freshly whipped cream.

# Weights, Measures and Conversions

## Temperature °F / °C

Fahrenheit      Celsius



Metric cup & spoon sizes	
cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids		
Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

