

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



COOK CENTRAL 3-IN-1 MULTICOOKER

A multicooker with slow cook, brown, sauté, and steam, you're only a push, of a few buttons away from having delicious, hot, homemade meals waiting for you, ready when you are. It's easy to operate, easy to serve from, and easy to clean.

From lamb shanks and casseroles to dumplings and steamed vegetables, this multicooker will do all the multitasking for you. Skip the stovetop and use the Sauté setting to cook straight in the pot; simply switch to your preferred Slow Cook setting for less mess. Develop and extend the taste of casseroles and curries, soups and shanks, to even flourless chocolate coffee cake and caramel bread pudding. With a 24-hour timer and an automatic Keep Warm function, you're sure to have a fresh-cooked meal that's warm and ready when you are.

BROWN/SAUTÉ

- For even browning, do not crowd the pan; cook foods in an even layer. If necessary, cook larger portions in batches.
- When browning meats, browned bits left in the bottom of the pot can be used to flavour the dish. Simply add a small amount of liquid (like water, wine or stock) to the pan and scrape up the browned bits with a wooden spoon – leave in pot. Incorporate into the dish or sauce.
- Foods can be reheated with the Brown/Sauté function. Put precooked food into the cooking pot. Set on Brown/Sauté at 175°C and stir until all ingredients are warmed through. Once food is simmering, switch to Warm on the Slow Cook function until ready to serve.

STEAMING TIPS

- To steam, fill the multicooker pot with no more than 2 liters of water unless otherwise indicated.
- For smaller foods that might not sit evenly on the rack, we recommend steaming in baking paper or aluminium pouch. Note: If using foil, increase cooking time by 50% of what is recommended.
- When steaming heavier foods like corn cobs to the steaming rack, place them on the middle of the rack working your way to the edges.
- When steaming delicate food like dumplings, it is best to add ingredients before preheating.

SLOW-COOKING TIPS

- Brown your food before slow cooking to add more depth and flavour to the finished dish.
- When converting a traditional slow cook recipe to include Brown/Sauté, the liquid amount must be increased. Recipes vary, but the approximate guideline is to double the liquid for a long braise and increase it by about 50% a soup stew. Set the timer to the lower end of the recommended time range.
- For best results, fill multicooker at least one quarter full but not more than three-quarters full.
- To ensure that root vegetables such as carrots and potatoes are cooked through, cut them no larger than 5cm.
- “Crisp-tender” vegetables should be added during the last 30 minutes of cooking time to prevent overcooking. Fresh herbs should be stirred into dishes just before serving.
- In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.
- Each time the lid is removed, add about 15 to 20 minutes of cooking time.

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BREAKFAST

Egg, Spinach & Gruyère Bake

A slice of this for breakfast is the perfect way to start the morning.

Settings: Brown/Sauté Slow Cook

Makes 8-10 serves

2tsp	olive oil
½	large brown onion, finely chopped
1tsp	flaked salt
350g	brioche or white loaf bread, cut 3cm cubes
120g	baby spinach leaves
8	free range eggs, lightly beaten
1 cup	thickened cream
1 cup	milk
¼tsp	ground white pepper
¼tsp	ground nutmeg
2tsp	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.

Maple Cinnamon Oatmeal

This is a delicious dish to have at a brunch for a crowd. The flavours are rich & 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	steel cut oats
4 cups	water
4 cups	milk
¼ cup	maple syrup
2	cinnamon sticks
¼tsp	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.

STOCKS, SOUPS & STEW

Rich Veggie Stock

This stock makes a delicious base for all soups & 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 & 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
- ½tsp 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.

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 & cut into 5cm pieces
- 2 sprigs fresh thyme
- 1 bay leaf
- 8 whole black peppercorns
- 12 cups (3 litres) 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)

2tsp	olive oil
1.5kg	beef bones
1	large brown onion, cut into eighths
1	large leek, root end trimmed, washed well & 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.

Tip: if you have time a more intense flavour will develop if you can simmer the stock for 14 hours.

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

1tsp	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
½tsp	flaked salt
1 cup	milk
¾ cup	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

1tsp	olive oil
3	garlic cloves, finely chopped
1	large brown onion, roughly chopped
2	medium carrots, thinly sliced
2	celery stalks, thinly sliced
1½tsp	flaked salt
¼tsp	freshly ground black pepper
1.5kg	ripe Roma tomatoes, chopped
2tsp	chopped fresh oregano
2tsp	shredded fresh sweet basil leaves
1tsp	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.

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
2tsp	vegetable oil
1	medium brown onion, finely chopped
1	jalapeño, seeded & finely chopped
1	large red capsicum, halved, de-seeded & finely chopped
4	garlic cloves, finely chopped
1-2tsp	chilli paste
2tsp	dried oregano leaves
1tsp	flaked salt
¼tsp	cayenne pepper
2	cans 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.
- * **Tip:** if you have time a more intense flavour will develop if you can simmer the stock for 14 hours.

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

1tsp	vegetable oil
400g	chorizo or Andouille sausage, halved lengthways & cut into ½ cm slices
½cup	dry white wine
125g	unsalted butter
¾cup	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
2tsp	Creole seasoning
½tsp	flaked salt
2 x 400g	cans diced tomatoes
1	bay leaf
10 cups	(2.5litres) prawn or seafood stock
250g	okra (about 22 pieces), cut in half
1	kg whole medium green prawns, peeled & 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.

*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.

Tip: Gumbo is best served in shallow bowls over rice.

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.

Moroccan Lamb Stew

The North African spices complement this stew perfectly.

Setting: Slow Cook

Makes 4-6 serves

1.5kg	boned lamb shoulder, cut into 3cm pieces*
2tsp	olive oil
1	large brown onion, halved & thinly sliced
4	medium carrots cut into ½cm slices 3cm x 3cm piece of ginger, peeled & finely chopped
4	garlic cloves, finely chopped
2	cinnamon sticks
1½tsp	ground cumin
1tsp	flaked salt
¼tsp	freshly ground black pepper
½tsp	ground coriander
⅛tsp	cayenne pepper
½tsp	ground allspice
pinch	saffron
pinch	ground cloves
360g	dried prunes
2	cans chickpeas, rinsed & drained
¼ cup	tomato paste
4 cups	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.

Lemon Chicken with Rosemary

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

Settings: Brown/Sauté Slow Cook
Makes 8 serves

2tsp	olive oil
8	chicken Maryland, trimmed of excess visible fat
1tsp	flaked salt
¾tsp	freshly ground black pepper
½ cup	plain flour
3	large brown onions, halved & thinly sliced
6	garlic cloves, roughly chopped
3	fresh rosemary sprigs
½ cup	fresh lemon juice
¾ cup	salt-reduced chicken stock
2tsp	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.
6. 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.
7. Garnish with the chopped rosemary. Serve with rice or mashed potatoes.

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
1tsp	flaked salt
1tbsp	olive oil
1tbsp	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	dry white wine
400g	can diced tomatoes
250ml	salt-reduced beef stock
1tbsp	tomato paste
2	bay leaves
¼ cup	chopped flat-leaf parsley to serve
	Freshly ground black pepper

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.

Tip: 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 & sliced ginger (piece 3cm x 7cm)
1	medium celery stalks, thinly sliced
½	medium red onion, thinly sliced
1	star anise pod
2 cups	salt-reduced chicken stock
1 cup	water
½ cup	rice wine
½ cup	salt-reduced soy sauce
1tbsp	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.

Lamb Shoulder with Lemon & Fresh Fennel

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

Settings: Brown/Sauté Slow Cook

Makes 4-6

2kg	lamb shoulder (bone in)
1tbsp	olive oil
1tsp	flaked salt
¼tsp	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	salt-reduced chicken stock
1 cup	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.

Tip: 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.

Paella

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

Setting: Brown/Sauté

Makes 8 serves

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

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
1tbsp	olive oil
1tbsp	dried oregano leaves
2tsp	fennel seeds
1tbsp	coriander seeds
1tbsp	chilli flakes
1tsp	flaked salt
1cup	fresh orange juice
350ml	light beer
2 cups	water
2	large brown onions, cut into quarters
6	garlic cloves, peeled & 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.

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 & cut into eights
2	large carrots, peeled & 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
1tbsp	whole black peppercorns
½tsp	whole cloves
2tsp	fennel seed
3tsp	whole grain mustard
¼cup	packed dark brown sugar

Vegetables (to finish):

2	medium carrots, peeled & 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.

Braised fennel with Wine

Braising is one of the most rewarding preparations of fennel. It sweetens the natural bitterness & brings out the rich licorice flavour.

So simple with only a handful of ingredients, fennel can pair well with many different dishes from lamb & chicken to pork loin.

Setting: Brown/Sauté

Makes: 4 serves or 2 as a main

3	fennel bulbs (about 900g in total)
2tsp	olive oil
½tsp	flaked salt
½tsp	freshly ground black pepper
⅓ cup	dry white wine
½ cups	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.

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 & cheese.

Settings: Brown/Sauté Slow Cook

Makes 8-10 serves as a side

120g	unsalted butter
½ cup	plain flour
1	litre milk
1tsp	flaked salt
½tsp	ground white pepper
2tsp	Dijon mustard
350g	various grated cheeses (Cheddar &/or Fontina)
100g	grated Parmesan cheese
400g	macaroni, par-cooked (see package instructions & cook half of the suggested time), drained & 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 & flavoursome way to enjoy new potatoes. Be patient with the potatoes – they brown best if they are not crowded & are left to sit in the hot cooking pot before turning.

Settings: Brown/Sauté

Makes about 8 servings

2tsp	olive oil
1kg	small new potatoes, halved
¼tsp	flaked salt
	pinch freshly ground black pepper
3	garlic cloves, finely chopped
2tsp	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.

Steamed Artichokes with Garlic

Trimming the bottoms of the artichokes ensures that they stand up straight, ensure 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	water
6	medium-large artichokes
6	garlic cloves, peeled & 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).

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

DESSERTS

Chocolate & Orange Baked Cheesecake

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

Setting: Slow Cook

Makes: 1 cheesecake (about 8 servings)

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

Crust:

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

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

1tbsp **white sugar pinch salt**

2tsp **unsalted butter, melted**

Filling:

360g **ricotta cheese**

250g **cream cheese**

1tsp **finely grated orange rind**

½cup **white sugar**

4 **eggs, room temperature**

1tsp **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.

Dulce de Leche (Caramel)

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

Setting: Brown/Sauté

Makes about 1½ cups

2 cans 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.

Tip: 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)

450g nonstick cooking spray
brioche or white loaf bread, cut into 3cm cubes
2 cups milk
1 cup thickened cream
4 eggs, lightly beaten
1tsp vanilla extract
¾ cup dulce de leche, (warm)
¼tsp salt
¼tsp ground cinnamon
2tbsp 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.

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)

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

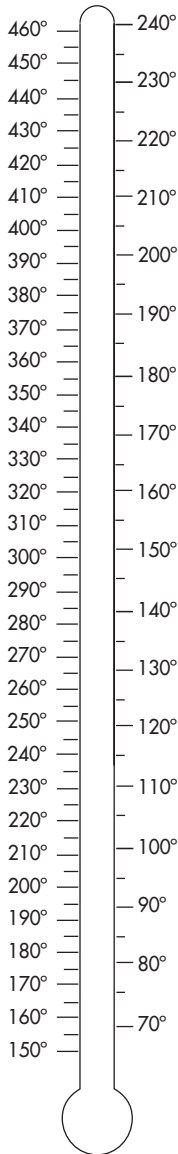
1. Prepare a 19cm x 10cm (base measurement) loaf pan by lightly greasing with butter. Cut a piece of kitchen baking paper to line the pan from one side to the other. To do this the paper will over lap the top edge of each long side and cover the bottom. Cut the paper to fit flat (so no wrinkles). Set 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 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.

WEIGHTS, MEASURES & 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