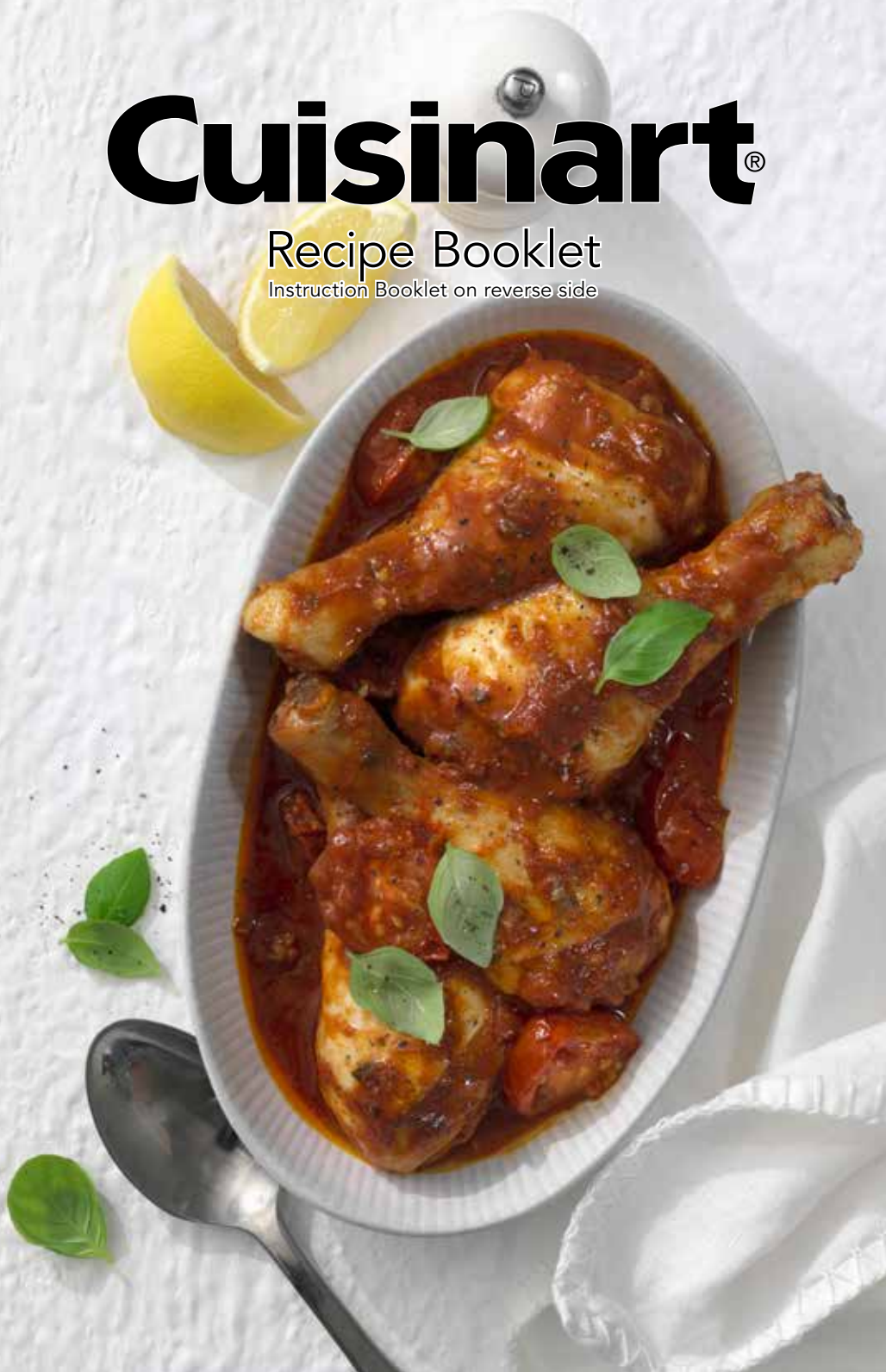


# Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



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# QUICK TIPS GUIDE

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

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# POULTRY AND MEATS

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

## POULTRY & MEATS

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

# VEGETABLES

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

| Food   | Cooking Time                | Pressure Release Method |
|--|-----------------------------|-------------------------|
| <b>Artichokes</b><br>4 medium/large, 240-300 g each                  | 7 to 9 minutes              | Quick Pressure Release  |
| <b>Beans, Green or Yellow Wax</b><br>700 g, cut into 5 cm lengths    | 1 to 2 minutes/Low Pressure | Quick Pressure Release  |
| <b>Beets</b> , medium-large  | 24 to 26 minutes            | Quick Pressure Release  |
| <b>Broccoli</b> , cut into large florets                             | 2 to 3 minutes              | Quick Pressure Release  |
| <b>Cauliflower</b> , cut into large florets                          | 2 to 3 minutes              | Quick Pressure Release  |
| <b>Carrots</b> , cut into 5 cm lengths – or “baby cut”               | 8 minutes                   | Quick Pressure Release  |
| <b>Carrots</b> , 1.5 cm slices                                       | 2 to 3 minutes              | Quick Pressure Release  |
| <b>Corn</b> , 4 to 6 ears<br>(use trivet/rack)                       | 1 minute                    | Quick Pressure Release  |
| <b>Greens</b> , collards, kale, cut into 2.5 cm strips               | 5 to 7 minutes              | Quick Pressure Release  |
| <b>Onions</b> , baby peeled  | 2 to 4 minutes              | Quick Pressure Release  |
| <b>Parsnips</b> , peeled, cut into 5 cm pieces                       | 3 to 4 minutes              | Quick Pressure Release  |
| <b>Parsnips</b> , 1.5 cm slices                                      | 1 to 2 minutes              | Quick Pressure Release  |
| <b>Potatoes</b>  |                             |                         |
| <b>White</b> , medium quartered                                      | 5 to 7 minutes              | Quick Pressure Release  |
| <b>Red</b> , new (60-90 g each)                                      | 5 to 8 minutes              | Quick Pressure Release  |
| <b>Sweet</b> , 5 cm cubes  | 5 to 6 minutes              | Quick Pressure Release  |
| <b>Squash – Winter</b>   |                             |                         |
| <b>Butternut</b> , peeled & sliced                                   | 3 to 4 minutes              | Quick Pressure Release  |
| <b>Squash, Yellow Crookneck or Zucchini</b> , cut into 1.5 cm slices | 1 to 3 minutes              | Quick Pressure Release  |

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# RICE AND GRAINS

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

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

The exception is white rice, which is cooked differently from speciality rice and grains. Use specific directions for cooking white rice.

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

## WHITE RICE

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

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

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

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

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# DRIED BEANS

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

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

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# RECIPES

## PRESSURE COOKING RECIPES

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# PRESSURE COOKING RECIPES

## Baba Ghanoush

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

Makes about 1½ cups

|                   |   |
|-------------------|---|
| <b>1tbsp</b>      | <b>olive oil</b>  |
| <b>1</b>          | <b>large eggplant, about 450 g peeled and cut into 2.5 cm cubes</b> |
| <b>4</b>          | <b>garlic cloves, peeled</b>  |
| <b>½ cup</b>      | <b>water</b>  |
| <b>2 to 3tbsp</b> | <b>fresh parsley leaves</b>   |
| <b>½tsp</b>       | <b>sea salt</b>   |
| <b>2tbsp</b>      | <b>lemon juice</b>  |
| <b>2tbsp</b>      | <b>tahini paste</b>   |
| <b>1tbsp</b>      | <b>olive oil</b>  |

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

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

Serve with pita and vegetable crudité.

## Wheat Berry & Vegetable Salad

This salad is a refreshing change as a side dish.

Makes 6 cups salad (12 servings)

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

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

While cooking the wheat berries, prepare the dressing. Place the red onion, mustard, sugar, salt, pepper, and vinegar in the work bowl of a food processor or mini food processor fitted with the metal chopping blade and process until smooth. Add the oil and process until emulsified. There will be about 7/8 cup dressing.

When wheat berries are cooled, add ½ cup (or more to taste) of the dressing (cover and refrigerate remaining dressing for another use), and toss to coat. Add the corn, zucchini, red pepper, green onion, and sun-dried tomatoes. Toss gently to combine. Add the parsley; toss to combine. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.



## Pasta e Fagioli

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

Makes about 12 cups

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

Select Sauté and add oil to the cooking pot of the Cuisinart® Pressure Cooker Plus. Heat oil for 3 to 4 minutes. When oil is hot, add the chopped onions, carrots, celery, garlic, and 1 tsp of the Italian herb blend. Sauté, stirring for 4 to 5 minutes, until the onions are softened and translucent. Add the water, dried beans, and bay leaf. Cover and lock lid in place. Select High Pressure and set timer for 35 minutes. When audible beep sounds, allow pressure to release naturally, about 20 minutes.

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

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

## Chicken Soup with Noodles

This soothing soup is chock full of chicken and veggies.

Makes about 10 cups

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

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

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

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

## Mushroom Barley Soup

Makes about 8 cups

|               |  |
|---------------|--|
| <b>1tbsp</b>  | <b>unsalted butter</b>                               |
| <b>1</b>      | <b>medium onion, chopped</b>                         |
| <b>2</b>      | <b>medium carrots, peeled and cut into 6 mm dice</b> |
| <b>3</b>      | <b>cloves garlic, smashed</b>                        |
| <b>480 g</b>  | <b>mushrooms, sliced</b>                             |
| <b>½tsp</b>   | <b>sea salt</b>                                      |
| <b>½tsp</b>   | <b>fresh thyme, chopped</b>                          |
| <b>⅓ cup</b>  | <b>sherry</b>  |
| <b>¾ cup</b>  | <b>pearl barley</b>                                  |
| <b>1</b>      | <b>bay leaf</b>                                      |
| <b>5 cups</b> | <b>chicken broth</b>                                 |
| <b>½tsp</b>   | <b>fresh ground pepper</b>                           |
| <b>2</b>      | <b>tbsps chopped fresh parsley (about 5 sprigs)</b>  |

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

Add barley, bay leaf and chicken broth to the pot. Lock lid into place. Select High Pressure. Set timer to 10 minutes. When audible beep sounds, use the Natural Pressure Release to release all pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

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

## Chicken Stock

Makes about 10 cups

|                |   |
|----------------|---|
| <b>1.8 kg</b>  | <b>chicken wings and/or backs</b>                 |
| <b>2</b>       | <b>medium onions, peeled and quartered</b>        |
| <b>2</b>       | <b>ribs celery, cut into 5 cm lengths</b>         |
| <b>2</b>       | <b>carrots, peeled, cut into 5 cm lengths</b>     |
| <b>2</b>       | <b>leeks, trimmed, halved lengthwise, cleaned</b> |
| <b>2</b>       | <b>parsnips, peeled, cut into 5 cm lengths</b>    |
| <b>2</b>       | <b>bay leaves</b>                                 |
| <b>12</b>      | <b>black peppercorns</b>                          |
| <b>3</b>       | <b>sprigs parsley</b>                             |
| <b>3</b>       | <b>sprigs thyme</b>                               |
| <b>10 cups</b> | <b>water</b>                                      |

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

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

Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass stock through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use. Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

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

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

## Brown Beef Stock

Makes 8 cups

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

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

Transfer browned bones, meat, and vegetables to the cooking pot of the Cuisinart® Pressure Cooker Plus. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups cold water. Select High Pressure and set timer for 60 minutes. When audible beep sounds, allow Natural Pressure Release. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse.

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

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

## Green Beans with Shiitake Mushrooms

Makes about 4 cups (4 to 6 servings)

|       |   |
|-------|---|
| ½tbsp | <b>extra virgin olive oil</b>   |
| 120 g | <b>shiitake mushrooms, tough stems removed and discarded, mushrooms thinly sliced</b> |
| 700 g | <b>green beans, stem ends removed, cut into 4-5 cm lengths</b>                        |
| ¼ cup | <b>chopped shallot</b>  |
| ½tsp  | <b>sea salt</b>   |
| ½ cup | <b>water</b>  |

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

## New Potatoes with Parsley

Makes about 4 to 6 servings

|               |   |
|---------------|---|
| <b>3tbsp</b>  | <b>unsalted butter</b>  |
| <b>900 g</b>  | <b>medium red potatoes</b><br><b>(about 60 g each), halved</b><br><b>lengthwise</b> |
| <b>1</b>      | <b>garlic clove</b>   |
| <b>¾tsp</b>   | <b>sea salt</b>   |
| <b>½ cup</b>  | <b>chicken broth</b>  |
| <b>2 tbsp</b> | <b>chopped parsley</b><br><b>(about 5 sprigs)</b>                                   |

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

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

## Rice Pilaf

Makes 6 cups

|               |   |
|---------------|---|
| <b>1½tbsp</b> | <b>unsalted butter</b>                              |
| <b>1</b>      | <b>medium onion, finely chopped</b>                 |
| <b>1</b>      | <b>medium carrot, finely chopped</b>                |
| <b>1</b>      | <b>celery stalk, finely chopped</b>                 |
| <b>2 cups</b> | <b>long grain white rice</b>                        |
| <b>¼tsp</b>   | <b>sea salt</b>                                     |
| <b>3 cups</b> | <b>chicken broth</b><br><b>sage leaf (optional)</b> |

Place the butter in the cooking pot of the Cuisinart® Pressure Cooker Plus. Select Sauté and let butter heat for 2 to 3 minutes. When hot, add the chopped onions, carrots, and celery. Cook, stirring occasionally and then, until onions are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in rice and cook, stirring frequently, until rice becomes opaque, about 1 to 2 minutes. Add salt, broth, and sage leaf. Cover and lock lid in place. Select High Pressure and set timer for 3 minutes. When audible beep sounds wait 3 minutes and then use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Fluff rice and serve immediately.

## Curried Cauliflower & Potatoes

Makes 4 to 6 servings

|                |  |
|----------------|--|
| <b>1tbsp</b>   | <b>olive oil</b>   |
| <b>2</b>       | <b>medium onions, sliced</b>                               |
| <b>¾tsp</b>    | <b>sea salt</b>  |
| <b>¾tsp</b>    | <b>curry powder</b>  |
| <b>¼tsp</b>    | <b>turmeric</b>  |
| <b>1½ cups</b> | <b>chicken broth, divided</b>                              |
| <b>1</b>       | <b>head cauliflower, cut into thirds</b>                   |
| <b>2</b>       | <b>medium Yukon Gold potatoes, sliced into 6 mm rounds</b> |

Place the olive oil in the cooking pot of the Cuisinart® Pressure Cooker Plus. Select Sauté and let oil heat for 2 to 3 minutes.

Add the sliced onions and cook, stirring occasionally for about 2 minutes. Stir in the salt, curry, and turmeric and continue cooking until onions become soft and aromatic.

Add ½ cup chicken broth and allow mixture to come to a simmer. Add the cauliflower and toss in the liquid. Cover and lock lid in place. Select High Pressure and set timer for 1 minute. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove cauliflower and reserve.

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

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

## Beet Salad with Feta, Toasted Walnuts & Champagne Vinaigrette

Makes about 8 cups, 8 to 12 servings

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

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

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

When beets are cool enough, peel and cut into 1.2 cm dice and place in large mixing bowl with sliced onions. Place walnuts in work bowl of food processor fitted with metal chopping blade, pulse to chop about 5 times; remove and reserve. Place parsley in work bowl, pulse to chop, about 15 times; remove and reserve. With machine running, drop garlic and shallot down small feed tube and process to chop finely, about 5 seconds. Scrape work bowl. Add vinegar, mustard, honey, salt, and pepper. With machine running add oil slowly through small feed tube and process until emulsified, about 15 seconds; remove and reserve.

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

# Risotto Primavera

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

|               |  |
|---------------|--|
| <b>1tbsp</b>  | <b>extra virgin olive oil</b>  |
| <b>1tbsp</b>  | <b>unsalted butter</b>   |
| <b>½ cup</b>  | <b>finely chopped shallots</b><br>or onions                              |
| <b>½ cup</b>  | <b>finely diced (3 mm) carrots</b>                                       |
| <b>¼ cup</b>  | <b>finely diced (3 mm) celery</b>  |
| <b>1</b>      | <b>clove garlic, peeled and finely</b><br><b>chopped</b>                 |
| <b>2tsp</b>   | <b>basil</b>   |
| <b>2 cups</b> | <b>Arborio rice</b>  |
| <b>½ cup</b>  | <b>dry white wine or vermouth</b>  |
| <b>1 tsp</b>  | <b>sea salt</b>  |
| <b>5 cups</b> | <b>low-sodium chicken or</b><br><b>vegetable broth/stock, divided</b>    |
| <b>220 g</b>  | <b>asparagus, cut into 2.5 cm</b><br><b>lengths</b>                      |
| <b>1 cup</b>  | <b>peas (fresh or frozen</b><br><b>thawed)</b>                           |
| <b>1 cup</b>  | <b>shredded snow peas</b>  |
| <b>1 cup</b>  | <b>diced zucchini (remove and</b><br><b>discard seeds before dicing)</b> |
| <b>1 cup</b>  | <b>shredded Fontina cheese</b>   |
| <b>¼ cup</b>  | <b>freshly grated Parmesan or</b><br><b>Asiago cheese</b>                |
| <b>½ cup</b>  | <b>chopped fresh parsley</b>   |

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

Select Simmer. Add remaining ½ cup of broth/stock to rice and stir. Cook, uncovered, stirring

occasionally for 1 to 2 minutes. Stir in asparagus, peas, snow peas, and zucchini. Cook, stirring, until vegetables are bright green and crisp tender to taste. Stir in cheeses and cook 1 minute.

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

## Pesto Chicken with Potatoes & Carrots

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

Makes 4 servings

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

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

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

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

# Chicken with Herb Dumplings

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

Makes 4 servings

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

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

Cover and lock lid in place. Select High Pressure and set timer for 10 minutes. While chicken is cooking, prepare Herb Dumplings. When audible beep sounds, use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove and discard parsley sprigs and bay leaf.

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

## Herb Dumplings

Makes 8 dumplings

|               |                                     |
|---------------|-------------------------------------|
| <b>2 cups</b> | <b>unbleached all-purpose flour</b> |
| <b>1tbsp</b>  | <b>baking powder</b>                |
| <b>½tsp</b>   | <b>sea salt</b>                     |
| <b>5tbsp</b>  | <b>unsalted butter</b>              |
| <b>1</b>      | <b>large egg, lightly beaten</b>    |
| <b>¾ cup</b>  | <b>buttermilk</b>                   |

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

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

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

# Curried Chicken Salad with Apples & Toasted Almonds

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

Makes 6 to 8 servings

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

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

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

Place mayonnaise, curry powder, salt, and pepper in a large bowl and stir with a whisk. Add the apples (and grapes if using), celery, toasted almonds, and onions/shallots. Stir well. Add cut/shredded chicken and stir to combine. Cover and chill until ready to serve.

# Mediterranean Brisket of Beef

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

Makes 4 servings

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

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



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

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

#### **For Mediterranean Pot Roast:**

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

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

## Veal Shanks with Mushrooms & Sun-Dried Tomatoes

Makes 6 servings

**½ cup**      **unbleached all-purpose flour**  
**2tsp**        **sea salt, divided**  
**1tsp**        **freshly ground black**  
                 **pepper, divided**  
**6**            **meaty veal shanks, about**  
                 **300 - 360 g each, cross-cut**  
                 **about 1¼ to 3 - 4 cm thick, tied**  
                 **with baking twine\***  
**2tbsp**      **extra virgin olive oil**  
**360g**        **cremini mushrooms, cleaned and**  
                 **quartered**  
**½ cup**      **chopped shallot**  
**½ cup**      **chopped carrot**  
**¼ cup**      **chopped celery**

**1tbsp**      **herbes de Provence**  
**½ cup**      **dry white wine or vermouth**  
**½ cup**      **sun-dried tomato halves (dry,**  
                 **not oil packed)**  
**⅓ cup**      **low-sodium chicken broth or**  
                 **stock**

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

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

Add the remaining olive oil to the cooking pot and when hot, add the mushrooms. Cook for several minutes until nicely browned. Turn off. Select Sauté. Add the shallot, carrot, celery and herbes de Provence. Cook for 2 to 3 minutes, until the shallots are translucent. Add wine and reduce by half. Stir in the sun-dried tomatoes and chicken stock. Remove about two thirds of the vegetable mixture from the cooking pot and reserve. Arrange the veal shanks in the cooking pot in 2 layers. Spoon the reserved vegetables over the veal and add any juices that may have accumulated on the platter. Cover and lock lid in place. Select High Pressure and set timer for 25 minutes. When audible beep sounds, use Natural Pressure Release for 15 minutes, and then use Quick Pressure Release to complete. When float valve drops, turn off. Remove lid, tilting away from you to allow steam to disperse.

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

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

# Braised Lamb Shanks with Artichokes & Olives

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

Make 4 servings

|              |   |
|--------------|---|
| <b>½ cup</b> | <b>unbleached all-purpose flour</b>   |
| <b>1tsp</b>  | <b>sea salt</b>   |
| <b>½tsp</b>  | <b>freshly ground pepper</b>  |
| <b>4</b>     | <b>lamb shanks, about 340 g each (no more than 16 cm long)</b>  |
| <b>1tbsp</b> | <b>good quality olive oil</b>   |
| <b>1 cup</b> | <b>chopped onions</b>   |
| <b>¾ cup</b> | <b>diced (6 mm) carrots</b>   |
| <b>2</b>     | <b>cloves garlic, peeled and chopped</b>  |
| <b>1tbsp</b> | <b>herbes de Provence</b>   |
| <b>1can</b>  | <b>(420 - 450 g) diced tomatoes with juices</b>   |
| <b>½ cup</b> | <b>dry white wine</b>   |
| <b>½ cup</b> | <b>low-sodium chicken, veal or beef broth or stock</b>  |
| <b>1</b>     | <b>bay leaf</b>   |
| <b>1jar</b>  | <b>(360 g) queen pimento-stuffed green olives, drained</b>  |
| <b>1</b>     | <b>package (270 g) frozen artichoke hearts, thawed but not cooked sea salt and freshly ground pepper to taste</b> |

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

Select Sauté. Add onions, carrots, garlic, and herbes de Provence to cooking pot. Cook for 3 to 5 minutes, until onions become translucent. Stir in tomatoes, wine, stock, and bay leaf. Return lamb shanks and any accumulated juices to the cooking pot, spooning some of the liquid and vegetable mixture over the shanks. Cover and lock lid in place. Select High Pressure and set timer for 24 minutes. When audible beep sounds, allow 10 minutes Natural Pressure

Release, then use Quick Pressure Release to release remaining pressure. Remove lid carefully, tilting away from you to allow steam to disperse. Remove lamb shanks to a warm platter and cover loosely with foil, place in a slow (95°C) oven to Keep Warm.

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

# Pork Chops with Balsamic, Onions & Figs

Makes 4 servings

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

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

Select Sauté and add the onions, garlic and thyme to the cooking pot. Cook, stirring for 3 to 4 minutes, until onions become translucent. Add balsamic vinegar and cook until reduced by half. Add wine, chicken stock, and remaining ½ tsp salt. Cook for 1 minute. Return pork chops to the cooking pot, topping with some of the onion mixture. Add figs on top. Cover and lock lid in place. Select High Pressure and set timer for 9

minutes. When audible beep sounds use Quick Pressure Release to release pressure. Turn off. Remove lid carefully, tilting away from you to allow steam to disperse.

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

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

## Corned Beef with Vegetables

Makes 6 servings

- 1**            **1.4 - 1.8 kg corned beef brisket with spice pack\***
- 1 cup**       **chopped onion**
- 2**            **ribs celery, including leaves, cut into 5 cm lengths**
- 1½ cups**   **water**
- ¼ cup**       **orange marmalade**
- ¼ cup**       **Dijon-style mustard**
- 2tbsp**       **black treacle**
- 560 g**       **new red potatoes, about 5 cm in size**
- 6**            **carrots, peeled, cut into 5 cm lengths**
- 1**            **cabbage (900 g), outer leaves removed, cut into 6 wedges**
- 6**            **small (60 - 90 g each), onions, peeled with root end left intact**

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

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

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

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

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

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

## Lemon Cheesecake

“Bake” a cheesecake without heating up the kitchen.

Makes one 18 cm cheesecake, 6 to 8 servings

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

# Mango Coconut Bread Pudding

For a warm dessert, bread pudding can be mixed and assembled ahead, then baked while dinner is being served. Serve with fresh raspberries and top with sweetened softly whipped cream, or ice cream – vanilla, ginger or coconut.

Makes 8 to 12 servings

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

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

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

Cover with prepared sheet of foil, buttered side down, so that the foil allows for the top of the bread pudding to expand, but fits tightly around the sides of the soufflé dish. Set the dish in the

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

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

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

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

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

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

centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

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

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

## Creamy Rice Pudding

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

Makes 6 cups

|                |  |
|----------------|--|
| <b>1½ cups</b> | <b>Arborio or Carnaroli rice</b>   |
| <b>2 cups</b>  | <b>full cream milk</b>   |
| <b>1 can</b>   | <b>(420 g) lite coconut milk</b>   |
| <b>1 cup</b>   | <b>water</b>   |
| <b>½ cup</b>   | <b>white sugar</b>   |
| <b>2tsp</b>    | <b>cinnamon</b>  |
| <b>½tsp</b>    | <b>sea salt</b>  |
| <b>1½tsp</b>   | <b>pure vanilla extract</b>  |
| <b>1 cup</b>   | <b>dried tart cherries, dried cubed mango or papaya, or golden raisins</b> |

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

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

# SLOW COOKING

## Chicken In Shaoxing

Makes 4 servings

|        |  |
|--------|--|
| 4      | cloves garlic, unpeeled, bruised                   |
| 4 cm   | piece ginger, peeled, thinly sliced                |
| 4      | red Asian shallots* peeled                         |
| 1      | lemon grass, trimmed, bruised                      |
| 1      | orange, zested into strips                         |
| 3      | juniper berries                                    |
| 3      | star anise   |
| 2      | cinnamon quills                                    |
| 1.5 kg | free-range whole chicken, excess fat trimmed       |
| 2      | long red chilli, thinly sliced                     |
| 375 ml | shaoxing*  |
| 125 ml | soy sauce  |
| 55 g   | brown sugar  |
| 2L     | chicken stock                                      |
| ¼cup   | coriander leaves                                   |
|        | Stir-fried Asian greens and steamed rice, to serve |

### DRESSING

|        |                         |
|--------|-------------------------|
| 250 ml | reserved cooking liquid |
| 125 ml | light soy sauce         |
| 2tbsp  | brown sugar             |
| 1tbsp  | sesame oil              |
| 1      | lime, juiced            |

Scatter garlic, ginger, shallots, lemon grass, zest, berries and spices over the base of your Cuisinart Pressure Cooker Plus. Place chicken on top with half of the chilli. Add shaoxing, sauce, sugar and stock. Cover and turn the Pressure Limit Valve to pressure release. Select Low Slow Cook and set time to 7 hours. When time has elapsed the unit will automatically switch to Keep Warm.

Remove chicken from cooking liquid. Skim any fat from cooking liquid and strain through a fine sieve; reserving 250ml and discard the remaining liquid.

To make the dressing, place reserved liquid, in a small saucepan with soy sauce, brown sugar and sesame oil. Simmer, stirring occasionally, for 1 minute or until sugar has dissolved. Stir in lime juice.

Using poultry shears, portion chicken into 12 pieces and place on a large deep platter. Season to taste. Pour over warm dressing and scatter with coriander and chilli.

Serve with stir-fried Asian greens and steamed rice.

### HINTS & TIPS:

\* Shaoxing (shao hsing) or otherwise known as Chinese rice wine can be substituted with dry sherry.

\* Red Asian shallots are available from Asian grocers and selected supermarkets. Substitute with eschalots or 1 small red onion, thickly sliced.

## Maple Braised Pork Ribs

Makes 4 servings

|        |   |
|--------|---|
| 2 kg   | American style pork ribs                |
| 125 ml | light soy sauce                         |
| 95 g   | char sui                                |
| 125 ml | mirin                                   |
| 375 ml | good quality beef stock                 |
| 375 ml | maple syrup                             |
| 2      | lemons, zested into strips              |
| 3      | cloves garlic, unpeeled, bruised        |
| 2 cm   | piece ginger, thinly sliced             |
| 2tsp   | chili flakes                            |
| 2tsp   | all spice                               |
| 2tbsp  | cornflour                               |
| 60 ml  | cold water                              |
|        | Steamed rice and crusty bread, to serve |

Cut pork ribs into pieces that will fit into your Cuisinart Pressure Cooker Plus, then place ribs in cooker.

Place remaining ingredients in a bowl, season to taste and whisk to combine. Pour mixture over ribs. Cover and turn the Pressure Limit Valve to pressure release. Select Low Slow Cook and set time to 6 hours. When time has elapsed the unit will automatically switch to Keep Warm.

Remove ribs from sauce and strain liquid through a fine sieve. Place cornflour and water in a small bowl and whisk to combine. Transfer half of the sauce to a medium saucepan, stir in cornflour mixture and simmer gently until sauce has thickened.

Cut ribs into serving size pieces, spoon over sauce and season to taste.

Serve with steamed rice and crusty bread

### HINTS & TIPS:

\* When purchasing your ribs, ask your butcher to cut your ribs to a size that will fit into your cooker.

## Balti Lamb Curry

Makes 6 servings

|        |  |
|--------|--|
| 1.5 kg | diced lamb leg, trimmed                              |
| 35 g   | plain flour  |
| 125 ml | olive oil  |
| 1      | large red onion, roughly chopped                     |
| ½ cup  | firmly packed coriander leaves, roughly chopped      |
| 300 g  | balti curry paste*                                   |
| 400 g  | can diced tomatoes                                   |
| 750 ml | good quality beef stock                              |
| 400 g  | can chickpeas, drained, rinsed                       |
| 200 g  | packet paneer, cut into 1 cm pieces                  |
|        | <b>Naan bread and steamed basmati rice, to serve</b> |

Place lamb and flour in a large bowl and toss well to coat. Shake off excess flour. Using the Browning setting, heat 2 tbsps of oil in the Cuisinart Pressure Cooker Plus. Add half of the lamb and cook, stirring occasionally, for 3 minutes or until browned. Transfer to a plate and repeat with 2 tbsps oil and remaining lamb.

Select Sauté on your Cuisinart Pressure Cooker Plus. When hot, add remaining 2 tbsps oil with onion and cook, stirring, for 4 minutes or until onions have softened. Add coriander, paste, tomatoes and stock. Bring to a simmer, add lamb and stir gently to combine.

Cover and turn the Pressure Limit Valve to pressure release. Select Low Slow Cook and set time to 8 hours. When time has elapsed the unit will automatically switch to Keep Warm. Remove lid and add chickpeas, season to taste, then stir to combine.

Transfer curry to a serving bowl, scatter with paneer and extra coriander leaves. Serve with naan bread and steamed basmati rice.

### HINTS & TIPS:

\* Balti curry paste and Indian paneer are available from supermarkets.

## Pulled Beef Shoulder

Makes 6 servings

|        |  |
|--------|--|
| 2      | sweet red banana chillies, halved lengthwise, thinly sliced    |
| 2      | small red onions, thinly sliced                                |
| 400 g  | can Italian diced tomatoes                                     |
| 125 ml | beef stock   |
| 60 ml  | Worcestershire sauce   |
| 125 ml | apple cider  |
| 55 g   | brown sugar  |
| 3      | cloves garlic, peeled, crushed                                 |
| 1tbsp  | ground cumin   |
| 2tbsp  | ground coriander   |
| 2tsp   | chilli flakes  |
| 2tsp   | dried oregano  |
| 2      | bay leaves   |
| 1 kg   | boneless beef shoulder, fat trimmed                            |
| 2      | stalks green onions, thinly sliced                             |
|        | <b>Minted yoghurt, diced tomatoes and flat bread, to serve</b> |

Place chillies, onion, tomatoes, stock sauce, cider, sugar, garlic, spices, chilli flakes and herbs in your Cuisinart Pressure Cooker Plus. Add beef and turn to coat.

Cover and turn the Pressure Limit Valve to pressure release. Select Low Slow Cook and set time to 9 hours. When time has elapsed the unit will automatically switch to Keep Warm.

Remove beef from cooker and shred meat. Return beef to cooker with green onions and stir gently to combine. Season to taste.

Serve on flat bread with minted yoghurt and fresh diced tomatoes.

### HINTS & TIPS:

\* Banana chillies have a mild sweet flavour. They are available from green grocers and selected supermarkets. Substitute with red capsicums.

# Moroccan Lamb Shanks

Makes 4 servings

|                  |  |
|------------------|--|
| <b>4 x 340 g</b> | <b>lamb shanks, trimmed*</b>                         |
| <b>35 g</b>      | <b>plain flour</b>                                   |
| <b>125 ml</b>    | <b>olive oil</b>                                     |
| <b>2</b>         | <b>cloves garlic, peeled, crushed</b>                |
| <b>6</b>         | <b>eschalots, peeled, halved</b>                     |
| <b>2</b>         | <b>fresh bay leaves</b>                              |
| <b>5</b>         | <b>sprigs lemon thyme</b>                            |
| <b>2tbsp</b>     | <b>Ras el Hanout*</b>                                |
| <b>150 g</b>     | <b>dried figs, halved</b>                            |
| <b>400 g</b>     | <b>can diced tomatoes</b>                            |
| <b>1.5 L</b>     | <b>good quality beef stock</b>                       |
| <b>400g</b>      | <b>can cannellini beans</b>                          |
| <b>¼</b>         | <b>cup roughly chopped flat-leaf parsley</b>         |
|                  | <b>Preserved lemon and herbed couscous, to serve</b> |

Place lamb shanks and flour in a large bowl and toss well to coat. Shake off excess flour. Using the Browning setting, heat 2 tbsps of oil in the Cuisinart Pressure Cooker Plus. Add half of the lamb and cook, turning, for 3 minutes or until browned. Transfer to a plate and repeat with 2 tbsps oil and remaining lamb shanks.

Select Sauté on your Cuisinart Pressure Cooker Plus. Add remaining 2 tbsps oil with garlic and eschalots and cook, stirring, for 5 minutes or until onions have softened. Add herbs, ras el hanout, figs, tomatoes and stock. Bring to a simmer, add lamb shanks and stir gently to combine.

Cover and turn the Pressure Limit Valve to pressure release. Select Low Slow Cook and set time to 8 hours. When time has elapsed the unit will automatically switch to Keep Warm. Stir in beans and parsley, and then season to taste. Serve with preserved lemon and herbed couscous.

## HINTS & TIPS:

\* Ras el Hanout is a traditional Moroccan spice blend, which is considered to be top shelf. It is available from selected supermarkets and specialty food shops. Substitute with Masterfoods Moroccan Seasoning.

\* When purchasing your shanks, get your butcher to cut them so they will fit into your cooker.



# STEAMING

## Steamed Chicken Breasts With Lemon & Parsley

Makes 4 servings

4 x 180 g chicken breast fillets  
2tbsp olive oil  
2tbsp dukkah spice  
¼ cup loosely packed flat-leaf parsley leaves, finely shredded  
1 lemon, zested into strips  
Green beans & mashed potato, to serve

### DUKKAH SPICE

35 g hazelnuts, roasted, finely chopped  
35 g shelled pistachios, roasted, finely chopped  
35 g white sesame seeds, roasted  
4tbsp ground coriander  
2tbsp ground cumin  
2tsp sea salt flakes  
1tsp ground black pepper

To make dukkah spice, place all ingredients into a small bowl and toss well to combine. Reserve 2 tbsps and store the remaining dukkah spice in an airtight container. Place chicken with oil and reserved dukkah spice in a large bowl and toss well to coat. Season to taste.

Place Trivet inside Cooking Pot. Add 500ml water; top of Trivet should be above the water. Place Steaming Tray on top of the Trivet and grease lightly with cooking spray. Place chicken inside Steaming Tray, ensuring chicken is evenly spaced to allow steam to circulate.

Cover and turn the Pressure Limit Valve to pressure release. Select Steam and set Time. Steam for 25 minutes or until chicken is cooked through. When time has elapsed the unit will automatically switch to Keep Warm. Rest chicken for 5 minutes before serving.

Place parsley and lemon in a small bowl and toss to combine. Scatter chicken with parsley mixture and serve with green beans and mashed potato.

### HINTS & TIPS:

\* Dukkah spice is an Egyptian spice and nut blend. If time does not permit, it is available from selected supermarkets and specialty food shops. You can use the left over dukkah spice with other chicken, seafood and meat dishes.

## Steamed Kingfish With Garlic & Chilli Butter

Makes 4 servings

200 g unsalted butter, softened  
2 cloves garlic, peeled, crushed  
2tbsp finely chopped chervil  
2tbsp finely chopped flat-leaf parsley  
2 long red chillies, seeded, finely chopped  
1 lime, zested  
1tbsp sea salt flakes  
4 x 200 g pieces kingfish\*, skin off, pin-boned  
Garden salad and lime wedges, to serve

To make the garlic and chilli butter, place butter, garlic, chervil, parsley, chilli, zest and salt in a bowl and mix to combine. Using a pastry brush, brush liberally each piece of kingfish with butter mixture.

Place Trivet inside Cooking Pot. Add 500ml water; top of Trivet should be above the water. Place Steaming Tray on top of the Trivet and grease lightly with cooking spray. Place kingfish inside Steaming Tray, ensuring kingfish is evenly spaced to allow steam to circulate.

Cover and turn the Pressure Limit Valve to pressure release. Select Steam and set Time. Steam for 15 minutes or until kingfish is cooked as desired. When time has elapsed the unit will automatically switch to Keep Warm. Rest kingfish for 5 minutes before serving.

Divide kingfish among plates and top with a tbsp of remaining garlic and chilli butter. Serve with garden salad and lime wedges.

### HINTS & TIPS:

\* Ask your fishmonger to pin-bone you kingfish for you.

\* To allow for even cooking, choose pieces of kingfish that are the same size and thickness. Substitute with other firm white fish.

## Steamed Pork, Veal & Ginger Dumplings

Makes 4 servings

|           |  |
|-----------|--|
| 500 g     | pork and veal mince                    |
| 3.5 cm    | pieces ginger, finely grated           |
| 2         | cloves garlic, peeled, crushed         |
| 2tbsp     | finely chopped Vietnamese mint         |
| 2tbsp     | finely chopped coriander               |
| 2tsp      | sesame oil                             |
| 1tbsp     | hoi sin sauce                          |
| 1tbsp     | dark soy sauce                         |
| 1         | small red onion                        |
| 1         | egg, lightly beaten                    |
| 2 x 275 g | packets round gow gee wrappers*        |
|           | Sweet chilli and kecap manis, to serve |

Place mince, ginger, garlic, herbs, oil, sauces, onion and egg in a large bowl. Using your hands, mix well to combine. Season to taste. Place 2 heaped tsps of mixture into the centre of a gow gee wrapper. Using a pastry brush, brush the edges of the wrapper lightly with water. Fold gow gee in half and enclose to form a "half moon shape"; press the edges firmly with your fingers to seal. Repeat with remaining mince mixture and gow gee wrappers.

Place Trivet inside Cooking Pot. Add 500ml (2 cups) water; top of Trivet should be above the water. Place Steaming Tray on top of the Trivet and grease lightly with cooking spray. Place dumplings inside Steaming Tray, ensuring dumplings are evenly spaced to allow steam to circulate.

Cover and turn the Pressure Limit Valve to pressure release. Select Steam and set Time. Steam for 15 minutes or until dumplings are cooked through. When time has elapsed the unit will automatically switch to Keep Warm. Serve dumplings immediately with sweet chilli and kecap manis. Repeat with remaining dumpling.

### HINTS & TIPS:

\* Gow gee wrappers are available from selected supermarkets, specialty shops and Asian grocers. Substitute with wonton wrapper. There are 30 wrappers each packet.

## Lavender Steamed King Prawns

Makes 4 servings

|       |   |
|-------|---|
| 4     | green tea bags with jasmine petals                      |
| ½ cup | fresh lavender flowers*                                 |
| 24    | medium green king prawns, peeled, cleaned, tails intact |
| 4     | baby red radishes, trimmed, thinly sliced               |
| 1     | bulb baby fennel, trimmed                               |
| 1     | large orange, peeled, segmented                         |
| 1 cup | trimmed watercress                                      |
| ½ cup | picked mint leaves                                      |
| 1     | lemon, juiced   |
|       | 60 ml (¼ cup) olive oil                                 |

Place tea and flowers in a heat proof jug and pour over 500ml (2 cups) boiling water.

Place Trivet inside Cooking Pot. Add tea mixture; top of Trivet should be above the tea mixture. Place Steaming Tray on top of the Trivet and grease lightly with cooking spray. Place half of the prawns inside Steaming Tray ensuring prawns are evenly spaced to allow steam to circulate. Season to taste.

Cover and turn the Pressure Limit Valve to pressure release. Select Steam and set Time. Steam for 5 minutes or until prawns are cooked through. When time has elapsed the unit will automatically switch to Keep Warm. Transfer prawns to a bowl and cover with foil. Repeat with remaining prawns.

Place remaining ingredients in a large bowl, season to taste and toss well to combine. Divide salad among plates and top with lavender steamed prawns.

### HINTS & TIPS:

\* Lavender flowers are available from nurseries and florists.

\* Substitute green tea and lavender petals with your favourite scented tea such as mint, camomile or lemon and ginger.

\* Use a mandolin to thinly slice radishes and fennel.

# Steamed Salmon & Scallop Cakes

Makes 4 servings

|              |  |
|--------------|--|
| <b>600 g</b> | <b>piece salmon, skinned, pin-boned, roughly chopped</b> |
| <b>2</b>     | <b>cloves garlic, peeled, crushed</b>                    |
| <b>2 cm</b>  | <b>piece galangal, finely grated</b>                     |
| <b>2</b>     | <b>stalks green onion, thinly sliced</b>                 |
| <b>2tbsp</b> | <b>coriander, roughly chopped</b>                        |
| <b>2tbsp</b> | <b>Thai basil, roughly chopped</b>                       |
| <b>2tbsp</b> | <b>Thai yellow curry paste</b>                           |
| <b>250 g</b> | <b>scallops, roe off, cut into 5mm pieces</b>            |
| <b>2</b>     | <b>eggs, lightly beaten</b>                              |
| <b>50 g</b>  | <b>Panko</b>   |
|              | <b>Steamed rice, to serve</b>                            |

Process salmon, garlic and galangal in a food processor until finely chopped. Transfer to a large bowl with onion, herbs, paste, scallops, eggs and breadcrumbs. Using your hands mix well to combine. Season to taste. Form 2 tbsps of mixture into fish cakes. Repeat with remaining mixture.

Place Trivet inside Cooking Pot. Add 500ml water; top of Trivet should be above the water. Place Steaming Tray on top of the Trivet and grease lightly with cooking spray. Place salmon and scallop cakes inside Steaming Tray, ensuring cakes are evenly spaced to allow steam to circulate.

Cover and turn the Pressure Limit Valve to pressure release. Select Steam and set Time. Steam for 15 minutes or until salmon and scallop cakes are cooked through. When time has elapsed the unit will automatically switch to Keep Warm. Transfer to an oven tray and cover with foil. Place in a warm oven to keep warm. Repeat with remaining cakes.

Serve salmon and scallop cakes with steamed rice and stir-fried gai lan.

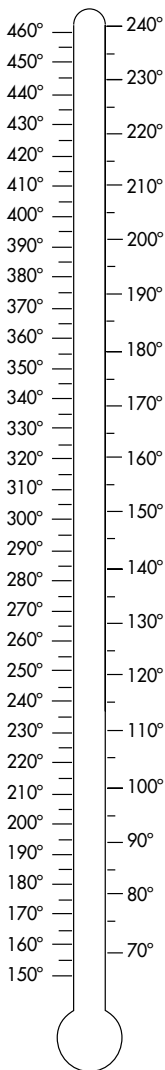
## HINTS & TIPS:

\* When shaping mixture into cakes, use damp hands. This will prevent mixture from sticking to you hands.

# WEIGHTS, MEASURES & CONVERSIONS

## Temperature °F / °C

Fahrenheit      Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

## Metric cup & spoon sizes

| cup                                 | metric |
|-------------------------------------|--------|
| ¼ cup                               | 60ml   |
| ⅓ cup                               | 80ml   |
| ½ cup                               | 125ml  |
| 1 cup                               | 250ml  |
| <b>spoon</b>                        |        |
| 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   |

