



Cuisinart®

Flavour Inspirations Recipe Book
Meal Maker High Pressure Multi-Cooker

Recipe Index

Stock & Soup	3
Stock.....	4
Chicken Stock	5
Rich Brown Beef Stock	6
Mushroom Barley Soup	7
Chicken Udon Noodle Soup.....	8
Italian Bean, Pasta & Vegetable Soup.....	9
Fast or slow?.....	10
Whole Chicken with Preserved Lemon & Herb	11
Pork Chops with Balsamic, Onions & Prunes	12
Pesto Chicken with Potatoes & Carrots	13
Beef Brisket Ragu	14
Veal Osso Bucco	15
Braised Sticky Asian Style Pork Ribs	16
Chicken Tikka Curry	17
Smoky Mexican Beans.....	18
Spanish Stewed Octopus with Artichokes.....	19
Curried Cauliflower & Potatoes.....	20
Green Beans with Shiitake Mushrooms	21
Basmati Rice Pilaf.....	22
Moroccan Lamb Shanks.....	23
Pulled Pork & Coleslaw Sliders.....	24
Chicken, Leek & Porcini Mushroom Risotto	25
Steamed	26
Steamed Red curry & Lime leaf fish cakes	27
Steamed Fish with Ginger, Shallot & Fresh Herbs	28
Steamed Pork & Ginger Dumplings	29
Steamed Mint Soy Prawns with Fennel & Radish salad	30
Steamed Chicken Breast with Dukkah & Lemon.....	31
Dessert.....	32
Steamed Chocolate & Orange Puddings.....	33
Creamy Coconut & Cranberry Rice Pudding	34
Lemon Cheesecake	35



Stock & Soup

Featured Recipe – Udon Chicken & Noodle Soup



Stock

Packed with vitamins and minerals, making your own stock has amazing health benefits – not to mention the flavour it will add to your cooking! Making your stock from left overs means nothing goes to waste. And the best part? It's as simple as placing the ingredients in your pressure cooker for 30 minutes. Make a large batch and freeze in 1 cup containers for added convenience.

Chicken Stock



Makes about 8 cups



Preset: Stock function (High Pressure)



Cook time 30 minutes



INGREDIENTS

1 kg chicken wings
1 medium brown onion, quartered
2 sticks celery, cut into 4cm lengths
2 medium carrots, peeled & cut into 5cm lengths
1 leek, trimmed, halved lengthways, washed and cut into 4cm lengths
2 parsnips, peeled & cut into 5cm lengths
2 bay leaves
12 black peppercorns
3 sprigs fresh parsley
3 sprigs fresh thyme
8 cups (2 litres) water

METHOD

Place the chicken into the cooking pot. Add the onion, celery, carrot, leek, parsnip, bay leaves, peppercorns, parsley, thyme and water.

Cover and lock lid in place. Select Stock function cook on High Pressure for 30 minutes. Then press start.

When audible beep sounds, use Natural Pressure Release for 15 minutes then push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Pour the stock through a colander, discarding the chicken bones, meat, skin, vegetables, and herbs. Then pass stock if required again through a finer meshed strainer to remove smaller bits. Cover and refrigerate.

When chilled and congealed, remove chicken fat and discard. Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

Note: Preheat may take up to 20 minutes before pressure cooking commences due to volume of contents in the pot.

Tip: See information for stock and natural pressure release when time permits. Freeze chicken stock in 1-cup containers to use as needed.

Rich Brown Beef Stock



Makes 6 cups



Preset Stock function (High Pressure) - Cook time 60 minutes

OR

Slow cook Function - High (12hrs) - Low (24hrs)



INGREDIENTS

1kg beef bones
500g diced beef chuck
2 large carrots, peeled, cut into 2cm slices
2 sticks celery, cut into 2cm slices
2 large brown onions, cut into wedges
4 sprigs fresh flat leaf parsley
6 sprigs fresh thyme
3 garlic cloves, halved
12 peppercorns
6 cups (1.5litres) water
Kitchen string

METHOD

Preheat oven to 200°C. Place bones, beef cubes, and vegetables into a shallow roasting pan. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie parsley and thyme into a bundle using kitchen string.

Transfer bones and vegetables to the cooking pot. Add the herbs, garlic and peppercorns and water. Cover and lock lid in place. Select Stock function to cook on High Pressure for 60 minutes. Then press start.

When audible beep sounds, use Natural Pressure Release for 30 minutes then push

Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Pour the stock through a colander, discarding the bones, meat, skin, vegetables, and herbs. Then pass stock if required again through a finer meshed strainer to remove smaller bits. Cover and refrigerate.

When chilled and congealed, remove solidified fat and discard. Beef stock will keep for 5 days in the refrigerator, or can be frozen for up to 6 months. Perfect for our Osso Bucco and Beef Ragu recipes.

Note: Preheat may take up to 20 minutes before pressure cooking commences due to volume of contents in the pot.

Tip: See information for stock and natural pressure release when time permits. Freeze stock in 1 cup containers to use as needed.

Mushroom Barley Soup



Serves 4



Saute - Cook 12 minutes

Preset Rice/Grains function (High Pressure) - Cook time 10 minutes



INGREDIENTS

1 tbsp (20g) butter
2 tbsp olive oil
1 medium brown onion, finely chopped
2 medium carrots, finely diced
2 garlic cloves, crushed
400g Swiss brown mushrooms, thinly sliced & diced
½ tsp flaked salt
3 sprigs fresh thyme
1/3 cup dry sherry
¾ pearl barley, rinsed
1 bay leaf
5 cups (1.25litres) vegetable or chicken stock
Freshly ground black pepper
Flaked salt
¼ cup roughly chopped fresh parsley to serve
Finely grated Parmesan cheese to serve

METHOD

Select Sauté function (low heat) and program cooking time for a total of 12 minutes. Once preheat is complete add to the cooking pot the butter, oil and onion and cook stirring occasionally until onions are translucent (about 2 minutes). Stir in carrots and sauté for 3 minutes, stirring occasionally. Stir in garlic, mushrooms, salt, and thyme. Continue cooking for 5 minutes until the mushrooms release most of their moisture and the garlic becomes aromatic. Add sherry to the pot and cook until liquid is evaporated about 2 minutes.

To the cooking pot add the barley, bay leaf and stock. Lock lid into place. Switch to Rice/Grain Function to cook on High Pressure for 10 minutes. Then press start. When audible beep sounds, use the Natural Pressure Release for 10 minutes then press Steam Release button for Quick Pressure Release.

When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Remove and discard bay leaf. Adjust seasoning to taste.

Serve with parsley and Parmesan.

Chicken Udon Noodle Soup



Serves 4



Preset Soup Function – (High pressure) - Cook 5 minutes
Saute Function – Cook 8 minutes



INGREDIENTS

1 litre chicken stock
550g skinned chicken breast fillets
2 tsps finely grated ginger
¼ cup red miso paste
1 bunch broccolini
200g packet Udon noodles
3 x green shallots, thinly sliced to serve
Cooked egg to serve (optional)
Freshly cracked black pepper

METHOD

Place the stock, chicken and ginger into the cooking pot. Select High Pressure function and cooking time of 5 minutes. Cover and lock lid in place. Then press start.

When audible beep sounds use Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse. Remove chicken to a side plate and allow to cool for 5 minutes before cutting into slices.

Switch to Saute Function (low heat) and cooking time of 8 minutes. Place miso into a small bowl and add about ¼ cup of hot chicken stock from the pot and mix until smooth. Add the miso and broccolini to the stock and cook for 5 minutes or until the broccolini is just tender. Add noodles and heat through for 3 minutes more. Just prior to serving add chicken back to the pot and gently stir.

Serve dividing the noodles and chicken between bowls. Top with shallot and season to taste with pepper.

Italian Bean, Pasta & Vegetable Soup



Serves 8-10



Saute function - 5 minutes + 15 minutes

Custom function (High Pressure +) - Cook 45 minutes



INGREDIENTS

2 tbsp olive oil
2 medium brown onions, finely chopped
1 large carrot, peeled and diced
1 large stick celery, diced
3 garlic cloves, finely chopped
2 tsp dried Italian herb blend
5 cups (1.25 litres) water
375g dry cannellini or borlotti beans, rinsed
2 bay leaves
4 cups (1 litre) vegetable or chicken stock
2 x 400g cans crushed tomatoes with juice
1 cup dry macaroni
Flaked salt
Freshly cracked black pepper
Chopped fresh flat leaf parsley to serve
Finely grated Parmesan cheese to serve

METHOD

Select Sauté Function (low heat) and cooking time total for 5 minutes. Then press start. Once the preheat is complete to the cooking pot add the oil, onion, carrot, celery, garlic, and dried herbs. Cook stirring occasionally for 5 minutes. Add the water, dried beans, and bay leaf. Cover and lock lid in place.

Switch to Custom Function and High Pressure + cooking time for 45 minutes. When audible beep sounds, use the Natural Pressure Release for 10 minutes then press

Steam Release button for Quick Pressure Release.

When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

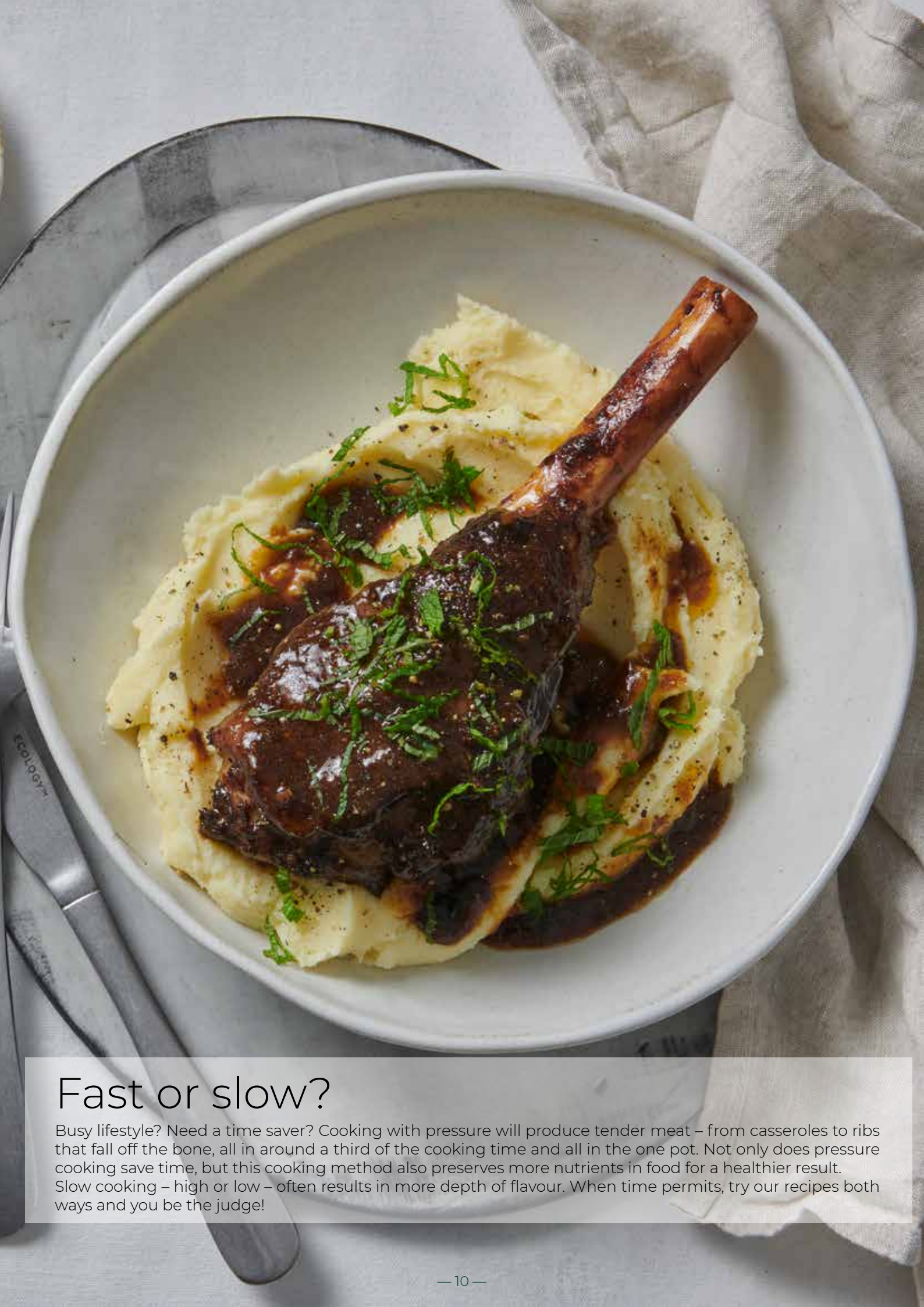
Stir in stock, tomatoes and their juices.

Switch to Saute function (low heat). When liquids reach boiling point, add pasta and cook according to package directions to al dente approx. 15 minutes.

Remove and discard bay leaves and season to taste.

Serve in warmed bowls topped with parsley and Parmesan.

Note: Turn to Keep Warm to hold soup until ready to serve. If soup is a little too thick add some extra water 1 cup at a time.



Fast or slow?

Busy lifestyle? Need a time saver? Cooking with pressure will produce tender meat – from casseroles to ribs that fall off the bone, all in around a third of the cooking time and all in the one pot. Not only does pressure cooking save time, but this cooking method also preserves more nutrients in food for a healthier result. Slow cooking – high or low – often results in more depth of flavour. When time permits, try our recipes both ways and you be the judge!

Whole Chicken with Preserved Lemon & Herb



Serves 4



Brown function – Cook 8 minutes

Preset Meat function (High Pressure +) - Cook time 30 minutes

OR

Slow Cook function - High (4hrs) Low (6hrs)



INGREDIENTS

2kg whole chicken
1 tbsp finely chopped preserved lemon
3 sprigs fresh thyme, leaves removed
1½ tbsp olive oil
1 teaspoon flaked salt
Freshly ground black pepper
2 cups water

METHOD

Pat chicken dry with kitchen paper towel and place onto a large plate.

Combine in a bowl the preserved lemon, thyme and olive oil. Rub this mixture over the chicken mainly onto the breast and topside. Season with salt and a generous grind of pepper.

Select Brown function (high heat) and cooking time total for 8 minutes. Then press start. Once the preheat is complete add the oil to the cooking pot and place the chicken bottom side down first into the pot. Allow to brown for 4 minutes then using tongs turn the chicken over to the breast side for a further 4 minutes. Remove chicken to a side plate.

Place the rack into the cooking bowl and add the water. Return chicken to the pot placing onto the rack, breast side facing up. Cover and lock lid in place.

Switch to Meat Function and High Pressure + cooking time for 30 minutes. When audible beep sounds use the Natural Pressure Release for 10 minutes then move to Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Carefully remove chicken to serving plate. Serve.

Note: To prepare preserved lemon remove the soft flesh from the lemon rind and discard. Then finely chop the rind.

Pork Chops with Balsamic, Onions & Prunes



Serves 4



Saute/Brown Function - Cook time 16 minutes
Custom Function – High Pressure - Cook time 6 minutes



INGREDIENTS

4 pork loin chops, bone in trimmed of fat leaving about ½cm

Flaked salt

Freshly ground black pepper

1 tbsp (20g) butter

2 tsp olive oil

2 medium brown onions, quartered and thinly sliced

2 garlic cloves, crushed

2 sprigs fresh thyme

¼ cup balsamic vinegar

2 tbsp dry white wine

1/3 cup chicken stock

200g dried pitted prunes

Roughly chopped parsley to serve

METHOD

Season pork chops with a good pinch of salt and a grind of pepper. Select Brown function (high heat) and cooking time total for 8 minutes. Once the preheat is complete to the cooking pot add half the butter and oil, then add 2 pork chops and brown for 2 minutes on each side. Transfer to a side plate and repeat step above with the two remaining pork chops, transfer to the plate.

Switch to Sauté function (low heat) and cooking time total 8 minutes. Once preheat is complete add the onions, garlic and thyme to the cooking pot and cook for 5 minutes stirring occasionally. Add balsamic vinegar and cook until reduced by half 3 minutes. Add wine & stock. Return pork chops to the cooking pot, topping with some of the onion mixture. Lastly add the prunes. Cover and lock lid in place. Select Custom Function to cook on High Pressure for 6 minutes. Then press start.

When audible beep sounds, push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Transfer pork chops, onions and prunes to a serving platter with the pan juices. Top with parsley and serve.

Pesto Chicken with Potatoes & Carrots



Serves 4



Brown Function - Cook 8 minutes

Custom Function – High pressure + - Cook 8 minutes



INGREDIENTS

4 small/medium chicken maryland, bone in

2 tbsps olive oil

1 tsp flaked salt

Freshly cracked black pepper

1/3 cup prepared basil pesto

1cup (250ml) chicken stock

1 large brown onion, halved and thinly sliced

4 desiree potatoes, cut into quarters

1 bunch Dutch carrots, washed and ends trimmed

Shaved Parmesan to serve

METHOD

Place the chicken into a flat tray and pour over the olive oil. Season with salt and a good grind of pepper.

Select Brown function (high heat) and cooking time total for 8 minutes. Then press start. Once the preheat is complete add to the cooking pot two chicken pieces.

Cook 2 minutes each side to lightly brown. Remove to side plate and repeat with the remaining chicken. Spoon the pesto over the chicken and spread evenly.

Add chicken stock and onions to the cooking pot. Insert the trivet/rack in the pot. Arrange the pesto - coated chicken onto the rack. Top with potato pieces and carrots. Cover and lock lid in place. Select Custom Function to cook on High Pressure + for 8 minutes.

When audible beep sounds, push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Remove chicken and vegetables to serving plates. Spoon the onions and a little of the cooking juices over the chicken.

Sprinkle with Parmesan and serve.

Beef Brisket Ragu



Serves 6-8



Brown function – 8 minutes

Saute function – 10 minutes

Preset Meat function – (High Pressure +) – 30 minutes



INGREDIENTS

1.5kg piece beef brisket, cut into large 5cm chunks

100ml olive oil

2 medium brown onions, finely chopped

2 large carrots, finely chopped

2 large sticks celery, finely chopped

3 garlic cloves, finely chopped

1/3 cup (80ml) red wine

810g can crushed tomatoes

1 cup (250ml) beef stock

2 tbsp tomato paste

3 bay leaves

2 sprigs (about 10cm) fresh rosemary

1tsp flaked salt

Freshly cracked black pepper

Grated Parmesan to serve

METHOD

Select Brown Function (high heat) and cooking time of 8 minutes. Then press start.

Once the preheat is complete add to the cooking pot half the oil and, cook beef in two batches for 4 minutes stirring occasionally to lightly brown. Remove to side bowl.

Switch to Saute Function (low heat) and cooking time of 10 minutes. Add remaining oil to the pot then add onion, carrot, celery and garlic and cook stirring occasionally for 8 minutes. Add the wine and cook for 2 minutes more.

To the cooking pot add the tomatoes, stock, tomato paste, bay leaves, rosemary, salt and a good grind of pepper. Return meat and any juices to the pot and stir to combine.

Switch to Meat Function and High Pressure + cooking time for 30 minutes.

When audible beep sounds, use the Natural Pressure Release for 15 minutes then press Steam Release button for Quick Pressure Release.

When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Remove meat to a side bowl. Switch to Reduce Function and cooking time of 5 minutes. Stir occasionally while sauce is reducing and thickening. Use two forks to shred the cooked beef and return meat to the pot and stir through the sauce.

Serve with cooked pasta (eg – pappardelle) and Parmesan.

Note: Don't be tempted to remove too much visible fat from the raw brisket as this adds flavour during cooking and can be removed when the cooked meat is being shredded.

Veal Osso Bucco



Serves 4



Brown function – 12 minutes

Saute function – 10 minutes

Preset Meat function – (High Pressure +) – 35 minutes



INGREDIENTS

4 (1.5kg) veal osso bucco pieces
2 tbsp plain flour
Flaked salt
100ml olive oil
1 large brown onion, finely chopped
2 large carrots, finely chopped
2 large sticks celery, finely chopped
4 garlic cloves, finely chopped
½ cup (125ml) white wine
410g can crushed tomatoes
400ml beef stock
2 tbsp tomato paste
3 bay leaves
2 sprigs (about 10cm) fresh rosemary
2 sprigs fresh thyme leaves
1tsp flaked salt
Freshly cracked black pepper
Gremolata to serve
¼ cup finely chopped flat leaf parsley
1 tsp finely grated lemon rind

METHOD

Select Brown Function (high heat) and cooking time of 12 minutes. Then press start. Once the preheat is complete add to the cooking pot half the oil and two veal pieces. Cook for 3 minutes each side to lightly brown. Remove to side plate and repeat step with the remaining veal.

Switch to Saute Function (low heat) and cooking time of 10 minutes. Add remaining oil to the pot then add onion, carrot, celery and garlic and cook stirring occasionally for 8 minutes. Add the wine and cook for 2 minutes more.

To the cooking pot add the tomatoes, stock, tomato paste, bay leaves, rosemary, thyme, salt and a good grind of pepper. Return meat and any juices to the pot and spoon some vegetables and tomato over the top pieces of veal.

Switch to Meat Function and High Pressure + cooking time for 35 minutes.

When audible beep sounds, use the Natural Pressure Release for 15 minutes then press Steam Release button for Quick Pressure Release.

When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Remove meat to a side plate. Switch to Reduce function and cooking time of 5 minutes. Stir occasionally while sauce is reducing. Use two forks to shred the cooked beef and return meat to the pot and stir through the sauce.

Make gremolata by combining parsley and lemon rind. Serve with osso bucco and creamy mash potato.

Braised Sticky Asian Style Pork Ribs



Serves 4



Saute Function – Cook time 8 minutes

Preset Meat Function (High pressure +) - Cook time 18 minutes

OR

Slow Cook Function – High (3hrs) Low – (6hrs)



INGREDIENTS

1 tbsp grapeseed or vegetable oil
1 large brown onion, finely diced
2 garlic cloves, finely chopped
2kg American style pork ribs
½ cup light soy sauce
¼ cup chai sui sauce
½ cup mirin
1 cup (250ml) beef stock
200ml maple syrup
1 lemon, rind removed (see note)
2cm piece ginger, peeled and thinly sliced
2 tsp chilli flakes
2 tsp ground allspice
2 tbsp cornflour
¼ cup cold water
Steamed rice to serve

METHOD

Select Sauté function (low heat) and cooking time total for 3 minutes. Then press start. Once the preheat is complete add to the cooking pot the oil, onion and garlic cook stirring occasionally for 3 minutes.

Cut pork ribs into pieces (about 4 ribs) that will fit into the cooking pot, then place ribs into the pot. Place the remaining ingredients (except the cornflour & water) into a large jug or bowl, and stir to combine. Pour mixture over ribs. Cover and lock lid in place. Switch to Meat Function to cook on High Pressure + for 20 minutes.

When audible beep sounds use push Steam Release button for Quick Pressure

Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Remove ribs from the sauce to a serving platter. Strain cooking liquid through a fine sieve and return liquid to the cooking pot. Combine the cornflour and water and stir well.

Switch to Reduce Function and cooking time for 5 minutes. Add blended cornflour and bring to a gentle boil to thicken the sauce.

Spoon the sauce over ribs to serve.

Note: Remove the rind of the lemon in strips trying not to take too much of the white pith – this can sometimes be a little bitter.

Chicken Tikka Curry



Serves 4



Saute Function



Cook time 9 minutes

Preset Stew/Chilli Function - (High pressure)



Cook time 10 minutes

OR



Slow Cook Function



High (2hrs) Low (4hrs)



INGREDIENTS

600g skinned chicken thigh fillets
½ bunch fresh coriander
1/3 cup grapeseed or vegetable oil
1 large brown onion, finely chopped
400g can crushed tomatoes
270ml can coconut cream
Tikka paste
1 long red fresh chilli
2 garlic cloves, roughly chopped
3cm piece ginger, peeled & roughly chopped
1 tsp cumin seeds
1 tsp coriander seeds
1 tbsp smoked paprika
2 tsp garam marsala
1 tsp ground turmeric
2 tbsp tomato paste
2 tbsp grapeseed oil
1 tbsp water
½ tsp flaked salt
1 lime, juiced
Coriander leaves to serve
Steamed basmati rice to serve

METHOD

To make paste, cut chilli in half lengthways and remove seeds, discard. Then finely chop the chilli and place into the bowl of a food processor, add garlic and ginger.

In a small frying pan toast the cumin and coriander seeds over medium heat for about 2 minutes and until fragrant. Remove to a pestle and grind with the mortar. Add to the food processor bowl the toasted seeds, paprika, garam marsala, turmeric, tomato paste, oil, water and salt. Whizz all ingredients to form a smooth paste.

Cut chicken into chunks and set aside. Remove stems and root sections from the coriander, wash stems well and finely chop to obtain 1tbsp, reserve leaves for serving.

Select Sauté function (low heat) and cooking time total for 9 minutes. Once the preheat is complete add to the cooking pot the oil and onion and cook stirring occasionally for 4 minutes. Add the curry paste and cook stirring occasionally for 5 minutes. Add the tomatoes, coconut cream and chicken pieces and stir to combine.

Cover and lock lid in place. Switch to Stew/Chilli Function to cook on High Pressure for 10 minutes. Then press start.

When audible beep sounds push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Remove lid, tilting away from you to allow steam to disperse.

Add lime juice and season to taste. Serve with rice and coriander leaves.

Tip: If sauce is a little too thin use Reduce function to thicken sauce.

Note: If time doesn't permit to make the paste from scratch there are a variety of very authentic tikka pastes available in supermarkets.

Smoky Mexican Beans



Serves 4



Saute Function - Cook time 6 minutes

Preset Bean Function (High pressure) - Cook time 30 minutes

OR

Slow Cook Function - High (4hrs) Low (8hrs)



INGREDIENTS

2 tbsp olive oil
1 medium brown onion, finely chopped
1 fresh Jalapeno chilli, seeds removed and finely chopped
3 garlic cloves, finely chopped
10 cherry tomatoes, halved (see note)
1 tbsp bottled chipotle sauce
1 tsp ground cumin
1 tbsp finely chopped washed coriander stem
1 cup dried red kidney beans, soaked overnight & rinsed
2 cups chicken stock
Freshly chopped coriander leaves to serve
Thinly sliced red onion to serve
Fresh avocado slices (optional)

METHOD

Select Sauté function (low heat) and cooking time total for 6 minutes. Add the onion, chilli and garlic, and cook, stirring occasionally for about 4 minutes. Add tomatoes, chipotle, cumin and coriander and cook a further 2 minutes or until aromatic.

Add beans and stock and stir to combine. Cover and lock lid in place. Switch to Beans function to cook on High Pressure for 30 minutes. Then press start.

When audible beep sounds push Steam Release button use Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Remove lid, tilting away from you to allow steam to disperse.

To thicken cooking liquid use the Reduce function as required.

Season to taste and serve with coriander, onion and avocado

Note: Often these smaller tomatoes are always riper but 1 x whole large ripe tomato could be used instead. If pressure cooking un-soaked beans, cooking time will be approx. 50 mins. If cooking beans with a Slow Cook method soak overnight in cooking pot, drain and rinse and then follow the recipe.

Tips: Refer to instruction manual bean cooking guide. Cooking time will be longer for un-soaked beans.

Spanish Stewed Octopus with Artichokes



Serves 4



Saute Function - Cook time 2 minutes

Preset Stew/Chili Function (High pressure) - Cook time 20 minutes

Reduce function - 5 minutes

OR

Slow Cook Function – High (2hrs) Low - 4hrs



INGREDIENTS

1kg whole medium – large octopus, cleaned

2 tbsp olive oil

1 large brown onion, finely chopped

2 garlic cloves, finely chopped

1tbsp ground smoked paprika

400g can crushed tomatoes

½ cup chicken stock

¼ cup red wine

3 sprigs lemon thyme

2 bay leaves

6 artichoke hearts, cut in half

100g baby spinach leaves

Flaked salt

Freshly cracked pepper

METHOD

Cut octopus tentacles into individual pieces. If tentacles are thick and large cut in half again. Rinse and set aside.

Select Sauté function (low heat) and cooking time total for 3 minutes. Once the preheat is complete add to the cooking pot the oil, onion and garlic cook stirring occasionally for 2 minutes. Add paprika and stir.

To the pot add the octopus, tomatoes, stock, wine, thyme & bay leaves. Cover and lock lid in place. Switch to Stew/Chilli Function to cook on High Pressure for 20 minutes. Then press start.

When audible beep sounds use push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Remove lid, tilting away from you to allow steam to disperse.

Switch to function Reduce and allow the remaining cooking juices to cook down and thicken about 5 minutes. Stir through artichokes and spinach. Season to taste. Serve.

Curried Cauliflower & Potatoes



Serves 4



Saute Function - Cook 5 minutes

Custom Function - High pressure - Cook 2 minutes



INGREDIENTS

1 whole small cauliflower
5 medium kipfler potatoes, washed
2 tbsps olive oil
2 medium brown onions, thinly sliced
1½ cups (375ml) chicken stock
2 tsps curry powder
¼ tsp ground turmeric
½ tsp flaked salt
¼ cup roughly chopped flat leaf parsley to serve

METHOD

Cut cauliflower into quarters then slice each piece of cauliflower into 1cm thick pieces. Cut potatoes into 1.5 cm thick slices. Set aside.

Select Sauté function (low heat) and cooking time total for 5 minutes. Then press start. Once the preheat is complete add to the cooking pot the oil and onion and cook stirring occasionally until onions are translucent.

In a jug combine the stock, curry powder, turmeric and salt. Stir well.

Place the potatoes into the pot and top with cauliflower. Pour the combined liquid over the vegetables. Cover and lock lid in place. Select Custom Function to cook on High Pressure for 2 minutes.

When audible beep sounds, push Steam Release button for Quick Pressure

Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Use a slotted spoon to remove vegetables from the pot to serving bowl. Pour over cooking juices. Season to taste and top with parsley.

Serve.

Green Beans with Shiitake Mushrooms



Serves 4



Brown Function - Cook time 4 minutes

Preset Custom Function (High pressure) - Cook time 2 minutes



INGREDIENTS

400g baby green beans
100g shiitake mushrooms
2 tbsp grapeseed oil
5 green shallots, thinly sliced
 $\frac{3}{4}$ cup (180ml) vegetable stock
 $\frac{1}{2}$ tsp flaked salt
Freshly cracked pepper

METHOD

Tail beans and cut into 5cm lengths. Prepare mushrooms by removing the tough base of the stem if required then thinly slice.

Select Brown function (high heat) and program cooking time for a total of 4 minutes. Then press start. Once the preheat is complete to the cooking pot add the oil and mushrooms. Cook stirring occasionally.

To the pot add the beans, shallots, stock and salt. Cover and lock lid. Switch to Custom Function to cook on High Pressure for 2 minutes.

When audible beep sounds push Steam release Button for Quick Pressure

Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Use a slotted spoon to remove the mushrooms and beans to a serving plate. Taste and season, with salt as required and pepper.

Serve.

Tip: This dish should be served immediately and not kept on warm, as it will over cook beans and mushrooms.

Variation: Drizzle hot beans and mushrooms with sweet soy sauce and chilli sauce.

Basmati Rice Pilaf



Makes 6 cups



Saute - Cook 5 minutes

Preset Rice/Grains (High pressure) - Cook time 5 minutes



INGREDIENTS

1½ tbsp vegetable oil
1 medium brown onion, finely chopped
2 cups basmati rice
¼ tsp flaked salt
3 cups (750ml) chicken stock
1 bay leaf
1½ tbsp butter
Toasted slivered almonds to serve (optional)

METHOD

Select Sauté function (low heat) and cooking time total for 5 minutes. Once the preheat is complete add to the cooking pot the oil and onion and cook stirring occasionally until onions are translucent about 4 minutes. Stir in rice and cook for 1 minute, stirring frequently & until rice becomes just opaque. Add salt, stock and bay leaf. Cover and lock lid in place.

Switch to Rice/Grain function to cook on High Pressure for 5 minutes. Then press start. When audible beep sounds push Steam Release button for Quick Pressure Release.

When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid to open tilting away from you to allow steam to disperse.

Remove and discard bay leaf. Adjust seasoning to taste. Add butter and fluff rice with a fork.

Serve.

Moroccan Lamb Shanks



Serves 4



Brown Function - cook for 12 minutes
Preset Meat function (High Pressure +) - Cook time 30 minutes
OR
Slow Cook Function - High (6hrs) Low (9hrs)



INGREDIENTS

4 x 300g lamb shanks, trimmed *see note
1/3 cup plain flour
Flaked salt & cracked pepper
½ cup olive oil
2 garlic cloves, finely chopped
6 eschallots, peeled and halved
2 fresh bay leaves
5 sprigs fresh lemon thyme
2 tbsps Ras el Hanout *
100g dried figs, finely chopped
400g can crushed tomatoes
1cup (250ml) beef stock
400g can cannellini beans (optional)
¼ cup roughly chopped flat leaf parsley
Creamy mash to serve

METHOD

Place lamb shanks and seasoned flour into a bowl and toss well to coat.

Shake off excess flour. Select Brown function (high heat) and cooking time total for 12 minutes. Then press start. Once the preheat is complete add to the cooking pot half the oil and 2 lamb shanks and cook for 6 minutes, turning to brown on both sides. Remove to side plate. Repeat cooking step with remaining oil and lamb shanks. Remove. Switch to Saute function (low heat) and program for cooking time total 5 minutes. When preheated add the garlic and eshallots and cook, stirring, for 5 minutes or until the onions have softened.

Add herbs, ras el hanout, figs, tomatoes and stock. Return shanks to the pot and spoon some of the tomato mixture over the top of the shanks.

Cover and lock lid. Switch to Meat Function and High Pressure + cooking time for 40 minutes. When audible beep sounds use the Natural Pressure Release for 10 minutes then press the Quick Pressure Release button. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Remove shanks from pot to a side plate and cover with foil.

Switch to Reduce function, and allow the remaining cooking juices to cook down and thicken about 10 minutes if required and stir through beans.

Season to taste with salt and pepper. Serve sauce with shanks and creamy mash.

Tip: Ras el Hanout is a traditional Moroccan spice blend. If not available use a Moroccan spice blend.

Variation: The maximum length of shanks with bones to fit in the cooking pot is 17cm. Ask your butcher to trim if necessary.

Pulled Pork & Coleslaw Sliders



Serves 8 -10



Preset Meat function (High Pressure +) - Cook 70min

OR

Slow Cook Function - High (6hrs) Low (9hrs)



INGREDIENTS

2kg boneless pork shoulder roast, cut in half

¾ cup smoked BBQ sauce

1/3 cup apple cider vinegar

2 tbsp dark brown sugar

1tbsp Worcestershire sauce

½ tsp chilli flakes

1 tbsp Dijon mustard

½ cup chicken stock

1 large brown onion, roughly chopped

Red cabbage coleslaw to serve

Brioche buns or slider buns to serve

Aioli and coriander leaves to serve (optional)

METHOD

Place the pork into the cooking pot. Combine in a bowl the BBQ sauce, vinegar, sugar, Worcestershire, chilli, mustard and stock, stir well.

Pour the mixed ingredients over the pork spooning over the top of the pork too. Add onion. Cover and lock lid in place.

Select Meat Function and High Pressure + cooking time for 70 minutes.

When audible beep sounds use the Natural Pressure Release for 10 minutes then move to Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

Remove pork from pot to a side plate and cover with foil.

Carefully strain the hot cooking liquid through a fine meshed strainer and return liquid to the cooking pot. Switch to Reduce Function to cook and thicken the liquid about 15 minutes.

While sauce is reducing use two forks to shred the cooked pork. Then add the pork back to the sauce. Season to taste with salt and pepper.

Serve pork with coleslaw and buns.

Note: Leftover cooked pork will freeze well up to 3 months.

***Slow Cooking:** Add an extra ½ cup stock to the cooking pot.

Chicken, Leek & Porcini Mushroom Risotto



Serves 4



Saute - Cook time 18 minutes -
Preset Risotto Function – (High pressure) - Cook time 5 minutes



INGREDIENTS

2 tbsp olive oil
40g butter
600g skinned chicken thigh fillets, cut into 3cm pieces
1 leek (white section), quartered lengthways, washed and thinly sliced
1 stick celery, finely chopped
2 garlic cloves, finely chopped
1½ cups Arborio rice
½ cup dry white wine
3 cups (750ml) chicken stock
20g dried porcini mushrooms, presoaked in warm water 15 minutes then chopped
3 sprigs fresh thyme
80g snow peas, cut into thin strips or spinach leaves
40g butter
½ cup shaved or grated Aged Parmesan to serve
Flaked salt
Freshly cracked black pepper
Freshly chopped flat leaf parsley to serve

METHOD

Select Sauté function (low heat) and cooking time of 15 minutes. Then press start.

Add the oil and half the butter to the cooking pot, cook chicken in two batches for 4 minutes stirring occasionally to lightly brown. Remove to side bowl. Then add the leek, celery and garlic, and cook, stirring occasionally for about 3 minutes. Stir in Arborio rice and cook for 4 minutes, stirring frequently. Add wine; stir and cook for 3 minutes or until the rice has absorbed the wine.

Add stock, mushrooms, thyme and chicken and stir to combine. Cover and lock lid in place. Select Risotto Function to cook on High Pressure for 5 minutes.

When audible beep sounds use Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Rotate lid, tilting away from you to allow steam to disperse.

While the unit is in Keep Warm function stir in the snow peas or spinach and remaining butter cook for 2 minutes or until the beans are brighter green in colour.

Stir through half the Parmesan and season to taste.

Serve topped with remaining Parmesan and parsley.

Note: Alternative use 1 cup of the porcini mushroom liquid and reduce the stock quantity by 1 cup.



Steamed

Steamed Red curry & Lime leaf fish cakes



Makes 10



Steam function



Cook time - 20 minutes



INGREDIENTS

500g white skinless fish fillets – Hoki, Perch or Basa

1 tbsp bottled red curry paste

2 kaffir lime leaves (see note)

1tbsp fish sauce

2 tbsps finely chopped washed coriander stems

¼ cup coconut cream

1 egg white

2 tbsp roasted peanuts, finely chopped to serve

Fresh coriander leaves, finely chopped to serve

Sweet chilli sauce, to serve

METHOD

Pat fish dry with kitchen paper towel. Cut into chunks and place into the bowl of a food processor, use pulse button until fish looks like a paste. Add curry paste, kaffir lime leaves, fish sauce, coriander stems, coconut cream and egg white to the fish. Process until the ingredients are combined.

Use a ¼ cup measure (don't pack cup firmly) to remove some fish mixture from the bowl and with slightly damp hands shape into a patty shape. Repeat this step with the remaining fish mixture. Cover and chill for ½ hour to firm up fish cakes.

Using the trivet as a guide cut a double layer of kitchen baking paper into a round to sit on top of the trivet. Place trivet/rack inside the cooking pot topped with paper and add 2 cups water. Place half the fish cakes onto the paper. Cover and lock lid in place. Switch to Steam function to cook (with assisted pressure) for 10 minutes. Then press start.

When audible beep sounds push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Remove lid, tilting away from you to allow steam to disperse. Remove cooked fish cakes to a side plate and repeat the step above with remaining cakes.

When all fish cakes are cooked to reheat leave trivet and water in place and switch to Saute function. Use tongs place the cooked fish cakes onto the trivet to warm through for 3 minutes. Ideally rest the lid down over the pot but do not seal closed.

Serve topped with peanuts & coriander and sweet chilli sauce.

Note: When preparing fresh Kaffir lime leaves, remove the hard vein that is visible in the middle of the leaf. Then cut into very thin strips as thin as possible with a sharp knife.

* If using frozen and defrosted fish ensure you push any excess water out from the fish before use.

Steamed Fish with Ginger, Shallot & Fresh Herbs



Serves 4



Steam function



Cook time - 10 minutes



INGREDIENTS

4 x 150g pieces fish fillets, skinned (see note)

3cm piece ginger, peeled and cut into thin strips

4 green shallots, cut into thin strips

2 tbsp light soy sauce

1 tbsp mirin

1 tsp sesame oil

2 tbsp roughly chopped coriander leaves

1 tbsp shredded mint leaves

Sriracha or Chilli sauce to serve (optional)

Steamed rice to serve

METHOD

Using the trivet as a guide cut a double layer of kitchen baking paper into a round to sit on top of the trivet. Place trivet/rack inside the cooking pot topped with paper. Place the fish pieces (try not to overlap to allow for even cooking) onto the paper and top with ginger and shallots. Pour 2 cups of boiling water into the pot down the side avoiding the fish. Cover and lock lid in place. Switch to Steam Function and cooking time for 18 minutes. Then press start.

While fish is cooking combine in a jug the soy, mirin and sesame oil.

When audible beep sounds rotate lid, tilting away from you to allow steam to disperse. Remove cooked fish with tongs and an egg flip for support to a serving plate.

Drizzle with sauce. Top with fresh herbs and serve.

Note: Ideally choose fillets that are thin in shape and not too wide as its ideal if all 4 pieces can be cooked at the same time. Suitable fish fillets are kingfish portions, barramundi, monkfish or snapper.

Cooking time will vary depending on thickness of the fish.

Steamed Pork & Ginger Dumplings



Serves 4



Steam function



Cook time - 15 minutes



INGREDIENTS

300g pork mince

2cm piece ginger, peeled and finely grated

1 garlic clove, crushed

1 tsp finely chopped Vietnamese mint

2 tbsp finely chopped coriander leaves

2 tsp sesame oil

1 tbsp hoi sin sauce

1 tbsp dark soy sauce

¼ cup finely chopped green shallots

1 x 275g packets gow gee wrappers

Black sesame seeds to serve (optional)

Dipping sauce

¼ dark soy sauce

2 tbsp rice wine vinegar

1 tsp Sriracha chilli sauce (or to taste)

1 tsp sesame oil

METHOD

Place the mince, ginger, garlic, herbs, sesame oil, hoi sin, soy sauce and shallot into a large bowl. Wearing food gloves begin to mix the ingredients until well combined.

Before beginning to prepare dumplings clear the work - bench and place a small bowl of water near by. Lay three wrappers onto the bench at a time. Place a slightly heaped teaspoon of meat filling into the middle of the wrapper. Brush edges lightly with water using your finger tip. Fold over and enclose the filling creating a half moon shape. Press the edges together or pleat to seal. Repeat with remaining wrappers and filling.

Using the trivet as a guide cut a double layer of kitchen baking paper into a round to sit on top of the trivet. Place trivet/rack inside the cooking pot topped with paper and add 2 cups water. Place half the dumplings onto the paper. Cover and lock lid in place. Switch to Steam function to cook (with assisted pressure) for 10 minutes. Then press start.

When audible beep sounds push Steam Release button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Remove lid, tilting away from you to allow steam to disperse. Remove cooked dumplings to a side plate cover with foil to keep warm. Repeat the above step with the remaining dumplings.

While dumplings are cooking combining dipping sauce ingredients

Tip: Gow gee wrappers are available in supermarkets, substitute with wonton wrapper. There are 30 wrappers each packet.

Steamed Mint Soy Prawns with Fennel & Radish salad



Serves 4



Steam function



Cook time - 10 minutes



INGREDIENTS

20 medium whole green prawns,
peeled

1 tbsp light soy sauce

1 tbsp shredded fresh mint leaves

Salad

1 small bulb fennel, halved and thinly
sliced

6 red radishes, thinly sliced

100g baby rocket leaves

¼ cup small fresh mint leaves

1 tbsp fresh lemon juice

2 tbsp olive oil

Flaked salt

Freshly cracked black pepper

METHOD

Place prawns into a bowl and add soy and mint allow to marinate for 20 minutes.

Using the trivet as a guide cut a double layer of kitchen baking paper into a round to sit on top of the trivet. Place trivet/rack inside the cooking pot topped with paper. Place the prawns (try not to overlap to allow for even cooking) onto the paper.

Pour 2 cups boiling water into the pot down the side avoiding the prawns.

Cover and lock lid in place. Switch to Steam Function and cooking time for 10 minutes. Then press start.

Place salad ingredients into a large bowl, add lemon juice and olive oil toss and season salad to taste.

When audible beep sounds rotate lid, tilting away from you to allow steam to disperse.

Remove prawns with tongs and serve on top of prepared salad.

Steamed Chicken Breast with Dukkah & Lemon



Serves 4



Steam function



Cook time - 20 minutes



INGREDIENTS

2 x 250g skinned chicken breast fillets, butterflied (see note)
2 tbsp olive oil
2 tbsp dukkah spice blend
1 tsp finely grated lemon rind – reserve lemon to serve
¼ cup roughly chopped flat leaf parsley to serve
1 tbsp olive oil (extra) to serve
Steamed green beans to serve
Dukkah Spice Blend
35g hazelnuts, roasted
35g shelled pistachio nuts, roasted
35g white sesame seeds
4 tbsp ground coriander
2 tbsp ground cumin
2 tsp flaked salt
1 tsp cracked black pepper

METHOD

To make the dukkah, place all ingredients into a small spice grinder container.

Grind until a coarse mixture results. Remove to a storage container.

Place chicken into a bowl and rub with oil then coat with dukkah mix.

Using the trivet as a guide cut a double layer of kitchen baking paper into a round to sit on top of the trivet. Place trivet/rack inside the cooking pot topped with paper. Place the chicken breasts onto the paper (allowing a little space between them for better cooking) and top with lemon rind. Pour 2 cups boiling water into the pot down the side avoiding the chicken. Cover and lock lid in place. Switch to Steam Function and cooking time for 20 minutes.

Then press start.

When audible beep sounds rotate lid, tilting away from you to allow steam to disperse.

Remove chicken to a serving platter and top with parsley, drizzle with extra olive oil and 1tsp of lemon juice. Season to taste.

Serve.

Note: Dukkah spice is an Egyptian spice and nut blend. If time does not permit, it is readily available from supermarkets. You can use the leftover dukkah spice with seafood and meat dishes.

* To butterfly the chicken breast use a small sharp knife to cut into the side of the chicken breast lengthways to then open out resembling a butterfly. This assists in more even cooking.



Dessert

Steamed Chocolate & Orange Puddings



Makes 4



Steam function



Cook time - 35 minutes



INGREDIENTS

100g soft butter
120g brown sugar
2 eggs
60g dark chocolate, melted
150g self raising flour
1½ tbsp Dutch cocoa
¾ cup (60ml) milk
1 tsp finely grated orange rind
Butter for greasing
Flour for dusting
Dollop cream to serve
Fresh berries to serve (optional)

METHOD

Prepare four 7.5cm x 6cm individual pudding moulds by lightly greasing with butter and dusting with flour. Shake out excess flour.

Place the butter and sugar into a medium sized bowl and beat with electric beaters until paler in colour, add eggs and chocolate. Beat to combine. Next add the flour, cocoa, milk and orange rind beat to combine.

Divide the mix between the four moulds about 140g per pudding (the mix does not fill the moulds allowing room for them to rise when cooking). Cut 4 squares of baking paper about 15cm x 15cm and lightly grease the middle with some butter. Place the paper squares butter side down on top of the puddings and seal in place with a tight fitting rubber band or tie with kitchen string. The puddings do need to be sealed so that water doesn't get in.

Place trivet/rack inside the cooking pot and sit the four puddings onto the trivet. Pour in 2 cups of boiling water.

Switch to Steam Function and cooking time for 35 minutes. Then press start.

When audible beep sounds rotate lid, tilting away from you to allow steam to disperse. Remove puddings from pot and take off the paper. Allow to stand for 5 minutes before un-moulding to serve.

Tip: Use a small knife to run around the inside of each mould to release the puddings before turning out.

Creamy Coconut & Cranberry Rice Pudding



Serves 4-6



Saute/Brown Function



Cook 4 minutes

Custom Cook function - Low pressure



Cook time 15 minutes



INGREDIENTS

1 ½ cups Arborio rice
2 cups full cream milk
400ml can coconut milk (full fat)
¾ cup water
½ cup white sugar
3 strips fresh orange rind
1 tsp ground cinnamon
½ tsp flaked salt
2 tsp vanilla extract
150g dried cranberries, dried cubed mango or golden raisins

METHOD

Rinse rice and drain. Place rice, milk, coconut milk, water, sugar, orange rind, cinnamon and salt into the cooking pot. Stir to combine.

Select Saute function (low heat) and cooking time total for 4 minutes to bring the ingredients to a gentle boil, stirring occasionally.

Cover and lock lid. Switch to Custom Function select Low Pressure cooking time for 15 minutes. Then press start.

When audible beep sounds push Steam release Button for Quick Pressure Release. When pressure is fully released, the unit will beep once, all preheat bars will disappear from the screen and the lid will unlock to open. Remove lid, tilting away from you to allow steam to disperse.

Remove orange rind and discard. Add vanilla and cranberries and stir to combine. Rest with lid down over the pot but do not seal closed.

Stand about 10 minutes then serve with dollop cream or fresh cranberries, banana and honey.

Tip: Use a small knife to run around the inside of each mould to release the puddings before turning out.

Lemon Cheesecake



Serves 6 to 8



Custom Cook Function - High Pressure



Cook time 20 minutes



INGREDIENTS

Melted butter for greasing

250g packet butternut biscuits,
processed to a crumb

80g butter, melted

450g cream cheese, room temperature

½ cup caster sugar

2 large free range eggs

1 small lemon, rind finely grated

1 tbsp lemon juice

1½ tsps vanilla extract

Fresh raspberries or mango to serve

Melted butter to lightly grease

METHOD

Lightly coat the base and sides of 18cm wide (base measurement) and 3.5cm deep loose bottomed, deep tart pan with butter. Place a sheet of plastic wrap (about 40 x 40 cm) on top of a sheet of foil the same size. Place the tart pan in the centre and wrap the exterior tightly folding just into the top & inside of the pan.

Combine the biscuit crumbs and melted butter in a small bowl. Turn into the prepared pan and push the crumb mix evenly into the edges and base of the pan using the back of a spoon. Place onto a tray and refrigerate while making filling.

Place cream cheese and sugar into the work bowl of a food processor. Process until smooth about 20 seconds. Add the eggs, lemon rind, lemon juice, and vanilla. Process for a further 10 seconds, scrape down the bowl sides and process for another 5 seconds.

Pour the batter into the prepared pan. Place the trivet/rack into the cooking pot and add 2 cups of water.

Cut a piece of 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 tart pan in the centre.

Cover cheesecake with a piece of lightly buttered foil – allowing a slight ballooning in the middle (to allow for cheesecake expansion) but making the sides tight (to prevent moisture getting in) Bring the ends of the cradle strip upward. Use the cradle to help lower the cheesecake into the cooking pot and place onto the trivet.

Cover and lock lid in place. Select Custom function and High Pressure and set cooking time for 20 minutes. Then press start.

When audible beep sounds use Natural Pressure release, to release pressure. Remove cheesecake from the cooking pot using the foil strips to lift it up & out. Place onto 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 at least 6 hours.

Before serving remove from pan top with raspberries and serve.