

*Recipes developed by the Froothie team*

POWERED BY *Optimum*

# PRESSURE COOK | PRO

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*Advanced Induction Heating Technology*

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*Welcome to the world of effortless  
meals bursting with flavour.*

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Congratulations on your purchase of the PressureCook. You have found the perfect sous chef to do all the heavy lifting in the kitchen for you. Be prepared to have your family and friends swooning over your delicious meals, which will taste like they took double the time and effort to prepare!

The PressureCook was created with busy parents and time-crunched professionals in mind. We understand the constraints that modern living places on our food choices. However, a busy lifestyle does not mean you need to be stuck with sandwiches or takeouts every day. The PressureCook is your solution, helping you to prepare delicious and nutritious meals quickly and effortlessly.

*An exceptional kitchen aid you can't live without.*

**Nutritious, Quick and Flavourful**

The PressureCook allows you to quickly and easily create meals that are packed with nutrients and flavour. Due to the pressurised environment, temperatures are raised, speeding up the cooking process and saving you time. This also seals in the nutrients while ensuring that the flavours fully saturate the ingredients for delicious results. It's also worth noting, that the PressureCook's advanced induction heating technology is more energy efficient than standard heating technologies, which means evenly cooked meals, and great results, every time.

**Foolproof Preset Programs and Design**

The large digital display and preset programs of the PressureCook enable you to make meals with minimal hassle. Choose from 16 preset functions: slow cook, white rice, stew, steam, deep fry, roast, cake, braise, meat, soup, porridge, pizza, pasta, defrost, yoghurt and simmer. You can also customise the settings to suit your preferences. The PressureCook also allows you to start or adjust the pressure at any time during the cooking process and comes with a text-to-speech function that announces your selection, provides usage guidance, warns you before pressure is released and informs you when cooking is complete. Cooking's never been easier!

**Convenient Multitasker**

Free up more space on your kitchen counter with a multitasker like the PressureCook. Simply place all your ingredients in the cooker, select a preset program and wait for the beautiful aroma of your meal to waft from the kitchen. The PressureCook features a digital timer capable of delaying cooking time for up to 24 hours, automatically cooking once the timer runs out so you can plan your meals ahead of time. Of course, the best thing about your PressureCook is that it's practically a one-pot meal. The fewer dishes to clean, the better!

**Safety First**

Did you know that certain types of bacteria survive even at water's boiling point of 100°C? With your PressureCook, you can ensure that all harmful bacteria is eliminated in the high-temperature pressurised environment. Your PressureCook can even double as a steriliser for your peace of mind.

**Adapting Recipes**

When adapting a stovetop recipe for your PressureCook, we would suggest reducing the recommended amount of liquid by 10-20%. Since the closed-lid environment will prevent liquid loss through evaporation, you will not need to use as much liquid as a traditional recipe designed for cooking with an open lid. While there is no definite formula and it may take you a few tries to get your desired results, we think the shortened time and better taste will be well worth the effort!

Can't wait to put your PressureCook to good use? Let's get cooking!

***MENU 1 HAS SLOW COOKER OPTIONS, SIMMER, AND KEEP WARM***

<b>Function</b>	<b>Default</b>	<b>Min time</b>	<b>Max time</b>
Slow Cook Low	3 hrs	<b>1 hr</b>	12 hrs
Slow Cook High	3 hrs	<b>1 hr</b>	12 hrs
Simmer/DIY	1 hr	<b>1 hr</b>	6 hrs
Keep Warm	6 hrs	<b>1 hr</b>	24 hrs

***MENU 2 HAS PRESET FUNCTIONS INCLUDING PRESSURE COOKER FUNCTIONS***

<b>Function</b>	<b>Default</b>	<b>Max time</b>	<b>Min time</b>	<b>Default Pressure</b>
Meats	35 mins	2 hrs	15 mins	3
White Rice	18 mins	28 mins	18 mins	3
Stew	70 mins	12 hrs	45 mins	3
Soup	30 mins	2 hrs	15 mins	6
Porridge	25 mins	2 hrs	5 mins	3
Steam	15 mins	2 hrs	5 mins	4
Braise	50 mins	2 hrs	30 mins	
Cake	45 mins	75 mins	45 mins	
Pizza	45 mins	59 mins	25 mins	
Pasta	10 mins	30 mins	5 mins	
Roast	30 mins	59 mins	5 mins	
Deep Fry	30 mins	59 mins	5 mins	
Defrost	30 mins	59 mins	20 mins	
Yoghurt	8 hrs	12 hrs	6 hrs	

**Before we get started, here’s a brief safety announcement.**

Never fill your PressureCooker above the “max” line. Doing so will prevent the steam from escaping and the lid will lock as a safety feature. Always allow room for the food to expand during cooking when determining the maximum level. For example, rice will need to be well below the maximum level as it will absorb the moisture and expand to above the maximum level. Don’t fill under the “min” line for more than a few minutes as there is a lot of heat produced, and the solids/liquids are required to absorb this heat.

To get started, choose the required preset function, adjust time with “Time/Temp” and +/-, and then hit “Start/Reheat” to begin. Temperature is adjustable on two preset functions, “Roast” and “Deep Fry,” however, cooking has to start before you can adjust the temperature. After you have chosen a preset menu, you can manually increase the pressure using the “Pressure Adjust” button. The pressure level is located on the right-hand side of the display. To decrease the pressure

keep pressing the button until it restarts again at pressure level 1. If you have a stovetop pressure cooker recipe, simply use a preset function and adapt the pressure to match the recipe, allowing for minimum times of the preset function. For example, if a recipe requires “High Pressure” for 20 minutes, then use “Soup” and adjust the pressure level from the default pressure level of 6 to 7 and decrease the time from 30 to 20 minutes. If it requires “High Pressure” for five minutes, use “Steam” and adjust the pressure level from the default pressure level of 4 to 7 and decrease the time from 15 to 5 minutes. High = 7, Medium = 4, Low = 1 When the preset function is finished, the cooker will automatically switch to “Keep Warm”. Select “Warm/Cancel” to stop the preset function. To open the lid, switch preset functions or change time. You won’t be able to open the lid if there is still pressure in the cooker. There is a “Steam Release” button on the lid you can press if you want to release quicker than the normal programmed release. This will release the pressure in cycles over the course of a few minutes. Once “Release Pressure” is no longer showing on the display, you can open the cooker. Under the steam cover, there is a manual release button as a backup for this button. To cook with the lid open, for example, if you’re browning onions, choose the preset function of “Braise” or “Deep Fry”, turn the knob to the “Open” position, open the lid, turn the knob to the “Close” position and push “Start/Reheat”. “Braise” and “Deep Fry” can be used with the lid open or closed, if you need to stir the ingredients, or you need the liquid to reduce, leave the lid open, otherwise closing the lid will retain moisture. The “Deep Fry” function can be used in a similar way to high heat on a stove. Use “Deep Fry” to brown onions or other ingredients at the start of the recipe, then close lid and use a preset program eg “Meats” or “Braise” to complete the cooking. The “Braise” function can be used in a similar way to low heat on a stove, and so can be used for chicken curry, beef stroganoff etc. If you are doubling the quantities in a recipe to serve more people, you don’t need to double the liquid, as the moisture is locked in the cooker, and the moisture that escapes will be only the amount through the cooker releases as steam. Use “Preset/ Safety Lock” to set a timer to delay start.

**Approximating Cooking Times**

You can easily adapt a non-pressure cooker recipe using this guide. Keep in mind that pressure cooking will reduce cooking time from hours to less than an hour.

Function	Approx. Cook Time	Default Pressure	Item
Meats	40 mins	3	Stewing steak (Sliced/cubed)
	60 mins	3	1.5 kg piece meat
	12 mins	3	Satay chicken
Soup	15 mins	6	Dried beans, black-eyed peas, chickpeas
	8 mins	6	Dried beans and pinto beans
Steam	20-25 mins	4	Baked potatoes (large)
	20 mins	4	Steamed dim sims
Braise	30 mins		Chicken curry/beef stroganoff
Cake	60 mins		Moist cake
Roast	30 mins		Scalloped potatoes

## *ABBREVIATIONS*

ml	millilitre	1000 ml = 1 litre
cl	centilitre	1 cl = 10 ml
C	cup	1 C = 250 ml (EU), 240 ml (US)
g	gram	
pinch	pinch	
tsp	teaspoon	1 tsp = 5 ml
tbsp	tablespoon	1 tbsp = 20 ml (AU), 15ml (US/UK)

## *LIQUIDS*

tsp	tbsp	C	ml	fl oz
1 tsp			5 ml	
2 tsp			10 ml	
3 tsp			15 ml	0.5 fl oz
4 tsp	1 tbsp		20 ml	0.7 fl oz
6 tsp	1 ½ tbsp		30 ml	1 fl oz
12 tsp	3 tbsp		60 ml	2 fl oz
		¼ C	63 ml	2.2 fl oz
	4 tbsp	⅓ C	84 ml	3 fl oz
		½ C	125 ml	4.4 fl oz
		⅔ C	167 ml	6 fl oz
		¾ C	188 ml	6.6 fl oz
		1 C	250 ml	8.8 fl oz
		2 C	500 ml	16.9 fl oz
		3 C	750 ml	25.4 fl oz
		4 C	1000 ml	33.8 fl oz

## *DRY*

oz	g
0.2 oz	5 g
0.35 oz	10 g
0.7 oz	20 g
1 oz	28.3 g
2 oz	56.7 g
3 oz	85 g
4 oz	113.4 g
5 oz	141.7 g
6 oz	170.1 g
7 oz	198.5 g
8 oz	226.8 g
9 oz	255.2 g
10 oz	283.5 g
15 oz	425.2 g
20 oz	567 g

### *HINTS:*

In the USA, one cup measures 240ml, in Europe 250ml. If all ingredients of a recipe are measured in cups, a scale is unnecessary, what matters most is the ratio between ingredients – just use the same cup for everything.

Most liquids weigh 240 / 250 ml per cup. Solid ingredients differ a lot more: the weight depends on their density, e.g. whether almonds are whole, chopped or ground.



## BEEF CURRY

*Serves 4*

2 cheeks beef or 700g chuck, diced  
 1 large sweet potato, roughly diced  
 2 large carrots, cut into rounds  
 1 brown onion, thinly sliced  
 400 ml coconut cream  
 4 leaves kaffir lime  
 1 teaspoon cumin, ground  
 1 teaspoon coriander, ground  
 1 stick cinnamon  
 teaspoon cloves, ground  
 teaspoon cinnamon, ground  
 cup fish sauce  
 cup coconut aminos \*  
 ½ lime, juiced  
 1 tablespoon coconut oil  
 1 handful green beans, trimmed and cut into half

1. Pour a dash of coconut oil into the inner pot of your cooker.
2. Keep the lid open and set pressure knob to “Close” the preset function “Deep Fry” on the digital display panel, and set the temperature to 185°.
3. Once oil is hot, add the meat and brown.
4. Cancel “Deep Fry”, turn pressure knob to “Open”.
5. Add all the remaining ingredients except the green beans. Close lid, turn pressure knob to “Close”. Select “Slow Cook”.
6. Set the timer to 4 hours on high or 7 hours on low. Press ‘Start’.
7. Pressure cooker – select “Meats”, set the timer for 1 hour
8. 15 minutes before serving, add trimmed green beans. Select “Simmer”.
9. Cancel once ready to serve.
10. Remove cinnamon stick, serve with cauliflower rice or potatoes.
11. Garnish with some fresh coriander.

## RED WINE AND GARLIC LAMB SHANKS

*Serves 4*

4 lamb shanks, trimmed  
 1 brown onion, chopped  
 2 garlic cloves, crushed  
 ⅔ cup (160ml) red wine  
 2x400ml cans chopped tomatoes  
 600g Sebago (brushed) potatoes, peeled and chopped  
 ⅓ cup (80ml) low-fat milk, warmed  
 250g green beans  
 ⅓ cup chopped fresh continental parsley  
 1 lemon and zest  
 1 garlic clove, extra, crushed  
 2 teaspoons olive oil  
 2 tablespoons plain flour  
 Salt and freshly ground pepper

1. Heat oil in a large heavy-based saucepan over medium-high heat. Season flour with salt and pepper then coat lamb in flour, shaking off excess. Add to pan and cook, turning often, for 5-6 minutes or until browned.
2. Remove from pan and put into pressure cooker, set to “Deep Fry”. Add onion and garlic, and cook for 3-4 minutes until softened slightly.
3. Add wine to the pressure cooker. Cook for 2 minutes. Stir in cooking sauce and bring to a simmer. Add lamb shanks. Cook on “Meats” for 1/2 hour or until lamb is very tender. Season with salt and pepper.
4. Meanwhile, boil potatoes in a large saucepan until tender. Drain well, mash and beat in milk. Steam beans. Combine parsley, lemon and extra garlic.
5. Divide lamb shanks and sauce among serving bowls. Serve with mashed potato.

## **HEARTY BEEF STEW**

*Serves 4*

1 kg beef stew meat, cut into cubes  
1 medium onion, finely chopped  
2 cloves garlic, crushed  
80 ml red wine  
2 cups beef stock  
2 cups water  
1 bay leaf  
½ teaspoon dried thyme  
2 teaspoons paprika  
2 tablespoons tomato paste  
1 tablespoons Worcestershire sauce  
3-4 potatoes, cut into 3cm cubes  
2 carrots, peeled, coarsely chopped  
2 celery stalks, coarsely chopped  
4 tablespoons plain flour  
2 tablespoons olive oil  
salt and pepper, to taste

1. Use half the flour to coat beef stew meat. Season with salt and pepper.
2. Set pressure cooker to "Deep Fry", heat olive oil. Add the coated beef. Cook for 1-2 minutes or until slightly brown.
3. Remove the beef from the cooker, put on a plate.
4. Put onion in pressure cooker. Stir for 3 minutes, until softened. Add garlic. Cook for another minute. Add wine. Add the remaining flour. Cook, stirring, for 1-2 minutes on "Deep Fry".
5. Put the meat back into the cooker. Add the beef stock, water, bay leaf and thyme. Cook on "Meats" for 30 minutes.
6. Add potatoes, carrots and celery stalks. Cook on "Meats" for 10 minutes, then release pressure.

## **GREEN CHICKEN CURRY**

*Serves 6*

700 g chicken, diced  
600 g vegetables of your choice,  
2 large potatoes cubed,  
1 carrot  
3 thick slices of butternut pumpkin, cubed  
1 x 400ml can coconut milk  
+ 1 x 270ml can coconut cream  
2 tablespoons fish sauce  
1 handful coriander, chopped  
1 bunch basil, chopped  
1 tablespoon green curry paste  
(recommend Mae Ploy)  
1 stalk of lemongrass (bruised)  
Juice of half a lime  
- optional Can of Bamboo shoots  
Handful of snow peas - garnish  
2 teaspoons dried chili flakes (optional)  
2 cups brown rice (or cauliflower rice)  
2 tablespoons coconut oil or olive oil  
1 whole onion, red or brown, sliced

1. Add oil to the inner bowl. Keeping the lid open, turn pressure knob to the "close" position. Select the preset function "Deep Fry" on the digital display panel.
2. Once the oil is hot, add onions and cook until softened. Add the chicken and stir-fry until almost cooked.
3. Add the vegetables, sauces, curry paste, lemongrass, lime juice, bamboo shoots, herbs and coconut milk.
4. Cook on "Braise" for 30 minutes with the lid closed.
5. Serve with rice and sliced snow peas.

## RED PORK CURRY

*Prepare according to Green Chicken Curry recipe, but substitute chicken with thinly sliced pork neck/shoulder, replace green curry paste with red curry paste, and exclude the lemongrass and lime juice*

## BEEF STROGANOFF

*Serves 4*

**500 g fillet or rump steak,**

cut into strips 6 cm x 1 cm

**1 clove garlic, crushed**

**100 g mushrooms, sliced**

**1 tablespoon tomato paste**

**1/2 teaspoon Paprika (optional)**

**1 cup stock**

**1/2 cup sour cream**

**(or Greek-style yoghurt)**

**Capsicum (optional)**

**2 cups brown rice (or cauliflower rice)**

**1 whole onion, sliced**

**2-3 tablespoon butter**

**1/2 teaspoon salt**

**1/2 teaspoon black pepper**

1. Add butter to the inner bowl. Keeping the lid open, turn pressure knob to the “Close” position. Select the preset function “Deep Fry” on the digital display panel.
2. Once the butter is melted, add onions and cook until soft. Add the steak, garlic, salt and pepper and stir-fry for 2 minutes.
3. Select “Warm/Cancel” to stop the “Deep Fry” function. Add the mushrooms, tomato paste, paprika and stock.

4. Select the function “Braise”. Set the timer to 30 minutes and continue cooking with the lid closed.
5. Once the cooking process is complete, open the lid and stir in the sour cream, and capsicum. Set to “Keep Warm” until the rice is cooked.
6. Serve with rice

## **CORNERD BEEF (SILVERSIDE)**

*Serves 4*

- 1 whole onion cut in half**
- 1.5 kg Corned Beef (Silverside)**
- 3 carrots (whole)**
- 2 medium potatoes per person**
- 2 bay leaves**
- Mustard, for serving Butter, for serving**

- 1.** Add all ingredients to the inner bowl, cover with water but keep below the “max” line. Close the lid, turn pressure knob to the “Close” position. Select the preset function “Meats” on the digital display panel and set time to 1 hour.
- 2.** Serve meat with mustard and potatoes with butter.

## **BRAISED PORK**

*Serves 6*

- 2 kg pork loin**
- 450 ml chicken stock**
- 450 ml red wine**
- 120 ml lemon juice**
- ¼ cup onion, minced**
- ¼ cup garlic powder**
- 2 tablespoons olive oil**
- 1 tablespoon paprika**

- 1.** Mix pork, oil, onion, garlic powder, and paprika in the pressure cooker until all spices are evenly distributed. Cover the meat with the lemon juice, chicken stock and red wine.
- 2.** Cook on “Meats” for 45 minutes.

## CHAR SIU PORK

*Serves 4*

- 1 kg pork belly, trimmed
- 1 tablespoon peanut oil
- 2 tablespoon honey
- 2 teaspoon sesame oil
- 1/4 cup light soy sauce
- 2 tablespoons dry sherry
- 1 litre chicken stock
- 1/4 cup char siu sauce (recipe below)
- Bok choy
- Rice
- Char Siu sauce*
- 1/3 cup hoisin sauce
- 1/4 cup honey
- 1/4 cup soy sauce
- 3 tablespoons dry sherry
- 1 teaspoon Chinese five spice powder

1. Set pressure cooker to "Braise". Add soy sauce, sherry, stock and half the char siu sauce in the bowl. Cook for 5 minutes or until slightly thickened. Add pork. Cook for 30 minutes on "Meats". Remove pork from pressure cooker. Cool. Reserve 1 cup cooking liquid. Cut pork into 18 even-sized pieces.
2. Combine honey, sesame oil and remaining char siu in a bowl. Heat peanut oil on "Deep Fry". Add pork. Cook, brushing with char sui mixture, for 5 to 10 minutes, until brown and coated.
3. Meanwhile, place reserved cooking liquid in a small saucepan over medium-high heat. Bring to the boil. Reduce heat to low. Simmer 3 minutes or until slightly thickened.
4. Serve with rice and bok choy

## CHICKEN & CORN RISOTTO

*Serves 4*

- 2 tablespoons olive oil
- 600g chicken thigh fillets, trimmed, cut into small pieces
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 1/2 cups arborio rice
- 1/2 cup dry white wine
- 3 1/4 cups chicken stock
- 1 cup frozen corn, defrosted
- 3/4 cup grated parmesan, plus extra to serve
- 30g butter, diced
- 75g baby spinach

1. Heat half the oil on "Deep Fry". Cook chicken, for 3-4 minutes or until well browned. Set aside.
2. Heat remaining oil in cooker on "Deep Fry". Cook onion, stirring, for 5 minutes or until tender. Stir in garlic and cook for 30 seconds or until fragrant. Stir in rice until opaque. Return chicken to cooker with stock and wine. Stir to combine. Secure lid.
3. Set to "Meats" and cook for 5 minutes. Stir in corn, parmesan and butter and stand for 5 minutes, covered, for rice to absorb remaining liquid. Stir through spinach and season. Serve with extra cheese

# **PUMPKIN AND GOATS CHEESE RISOTTO**

*Serves 4*

**500g chicken breasts, chopped**  
**1 tablespoon butter**  
**1 tablespoon olive oil**  
**1 large leek, thinly sliced**  
**1 onion, finely chopped**  
**2 cloves of garlic, crushed**  
**1/2 tablespoon fresh thyme leaves,  
chopped**  
**500 g pumpkin, peeled and diced zest of  
half lemon**  
**1/2 cup of dry white wine**  
**250 g (1 ½ - 2 cups) Arborio rice**  
**4 cups of chicken stock**  
**100g soft goats cheese,  
crumbled – half in cooker, half to serve**  
**1/2 tablespoon fresh thyme leaves,  
chopped, to serve**

**zest of half a lemon, to serve**  
**salt and pepper, to taste**

1. Set pressure cooker to “Deep Fry”, melt the butter and olive oil. Cook the leek, stir for
2. 2-3 minutes until almost tender. Add a little salt. Mix in the chopped onion, garlic, half of thyme, pumpkin and half of the lemon zest. Stir gently to coat. Pour in the white wine.
3. Set to “Braise”, cook for 10 mins until the pumpkin is almost cooked.
4. Add the rice and stir for 2 minutes, let the mixture coat the grains. Pour the stock into the cooker, cook on “Meats” for 5-8 minutes, or until the rice becomes tender but firm to bite.

5. Season to taste with pepper and salt. Stir in half of the goat’s cheese.
6. Serve risotto topped with the rest of the cheese, thyme and lemon zest. Top with parmesan if desired.

# PHO GA

## (VIETNAMESE CHICKEN SOUP)

*Serves 4*

**6 to 8 chicken drumsticks** Chicken necks  
**2 tablespoons olive oil**  
**2 medium brown onions, split in half**  
**1 small hand of ginger, roughly sliced**  
**1 small bunch coriander**  
**3 star anise pods**  
**1 cinnamon stick**  
**4 cloves**  
**1 teaspoon fennel seeds**  
**1 tablespoon salt**  
**1 teaspoon coriander seeds**  
**¼ cup fish sauce, plus more to taste**  
**2 tablespoons raw sugar**  
**3 cups bean sprouts, garnish**  
**Red chillies sliced, garnish** Mint, garnish  
**Lime wedges, garnish**  
**Rice noodles (Flat) cooked for 6 mins**  
**in boiling water**  
**Rice to serve**

1. Heat oil in pressure cooker on “Deep Fry”. Add halved onions and ginger, cut side down. Cook about 5 minutes. Take ginger out, halve it and bruise and return to cooker.
2. Charring adds the best flavour.
3. Add chicken drumsticks, coriander, star anise, cinnamon, cloves, fennel seed, fish sauce, sugar and salt to the pot. Add 1 liter of water. Break chicken necks with a knife and add to pot. Cook on “Meats” for 30 minutes.
4. Open pressure cooker. Transfer chicken legs to a plate. Pour broth through a fine mesh strainer into a clean pot and discard

solids. Skim any scum off the surface of the broth using a ladle, but leave the small bubbles of fat intact. Season broth to taste with more fish sauce and sugar if desired. Pull chicken off the bones.

5. To serve, place re-hydrated pho noodles in individual noodle bowls. Top with chicken, sliced onions, and spring onions. Pour hot broth over chicken and noodles. Serve immediately, with side plate of herbs, bean sprouts, chillies, lime, and sauces.

# **PHO BO**

## **(VIETNAMESE BEEF SOUP)**

*Serves 4*

**1 kg cut beef bones soaked in  
¼ cup salt (prefer shin)  
12 cups water  
300g chuck steak  
2 tablespoons olive oil  
2 medium brown onions, split in half  
1 clove garlic crushed  
1 small hand of ginger, roughly sliced  
4 star anise pods  
2 cinnamon sticks  
1 teaspoon black peppercorns  
4 cloves  
1 tablespoon coriander seeds  
2 tablespoons raw sugar (or palm sugar)  
2 tablespoons fish sauce  
2 tablespoons lime juice  
Salt and pepper to taste  
3 spring onions, sliced  
200g beef fillet steak thinly sliced  
3 cups bean sprouts, garnish  
Red chillies sliced, garnish  
Mint, garnish  
Coriander leaves, garnish  
Lime wedges, garnish  
Rice noodles (Flat)  
cooked for 6 mins in boiling water**

1. Soak beef bones and ¼ cup salt in hot water for 1 hour.
2. Remove the bones, rinse under cold water, set aside.
3. Heat oil in pressure cooker on “Deep Fry” on 180C. Add halved onions, garlic and ginger, cut side down. Cook about 5 minutes, then flip. Take onions, garlic and ginger out, bruise and set aside. Charring adds the best flavour.

4. Return beef bones, add 12 cups of water and bring to boil on “Deep Fry” at 180C, then reduce to 130C and cook for 10 minutes, skimming froth from the surface.
5. Select “Warm/Cancel” to stop “Deep Fry”. Add charred onions, garlic, ginger, chuck steak, star anise, cinnamon, peppercorns, cloves, coriander and sugar to the pot, close lid and cook on “Meats” for 30 minutes.
6. Open lid. Transfer chuck steak and bones to a plate and remove the meat. Cool broth and pour through a fine mesh strainer into a clean pot and discard solids. Skim any froth off the surface of the broth using a ladle.
7. Select “Simmer” to reheat. Season broth to taste with fish sauce and lime juice, flavour with salt and pepper.
8. To serve, place re-hydrated pho noodles in individual noodle bowls with meat from bones and chuck steak. Top with sliced beef, and spring onions. Pour hot broth over noodles. Serve immediately, with side plate of herbs, bean sprouts, chillies and lime.



# FEIJOADA BRAZILIAN BEEF

*Serves 4*

2 teaspoons extra virgin olive oil  
1 kg beef chuck steak, cut into 5cm pieces  
1 teaspoon extra virgin olive oil  
200g chorizo, coarsely chopped  
1 red onion, thinly sliced  
2 garlic cloves, finely chopped  
2 teaspoons smoked paprika  
1 long fresh green chilli, thinly sliced  
1 dried bay leaf  
2 cups beef stock  
400g can black beans, rinsed, drained  
1 red capsicum, deseeded, thinly sliced  
Steamed rice, to serve  
Sliced orange, to serve  
2 teaspoons extra virgin olive oil

1. Keep the lid open and set pressure knob to "Close". Select "Deep Fry". Heat two teaspoon oil in the inner bowl. Cook beef in 2 batches, for 3 minutes or until browned. Transfer to plate.
2. Select "Warm/Cancel" to stop "Deep Fry". Heat the remaining 1 teaspoon oil on "Braise". Add the chorizo and onion. Cook, stirring often, for 5 minutes or until onion softens. Add the garlic, paprika, chilli and bay leaf to the pressure cooker. Cook, stirring, for 2 minutes or until aromatic.
3. Return the beef to the pressure cooker. Add the stock and stir. Select "Meats" and cook for 30 minutes.
4. Open the lid. Keeping it open, set the pressure knob to "Close". Select "Braise". Crush 1/3 of the beans so that the starch in them can thicken the sauce. Stir in the black beans and capsicum. Cook, stirring occasionally, for 5 minutes or until the capsicum is tender. Season.

## DORO WAT

(ETHIOPIAN CHICKEN SPICE)

*Serves 4*

**6 chicken drumsticks**  
**2 tablespoons Niter Kibbeh (see recipe)**  
**1 tablespoon Berbere (see recipe)**  
**2 cups chopped onion**  
**4 cloves garlic**  
**1 tablespoon minced ginger**  
**6 hard-boiled eggs, sliced in**  
**Couscous, to serve**

1. Turn your pressure cooker on “Deep Fry” and when hot, add the Niter Kibbeh. Once it melts, add the Berbere and stir well.
2. Add the onions, garlic and ginger, 1/4 cup water and close the cooker.
3. Cook on “Steam” for 10 minutes.
4. Cook on “Braise” for 5-10 minutes until almost all the water has evaporated and you’ve sort of “roasted” the mixture.
5. Add chicken legs and stir well to coat.
6. Add 1/4 cup of water, close cooker again, and cook for 12 minutes on “Steam”.
7. If your chicken has released a lot of water, you can boil some of it off, bearing in mind that the sauce thickens as it cools.
8. Add hard-boiled egg halves and stir gently before serving.

## NITER KIBBEH

(ETHIOPIAN CLARIFIED BUTTER)

**450g butter**  
**4 cloves garlic, minced**  
**1 onion, chopped**  
**1 tablespoon ginger, minced**  
**1 ½ teaspoons coarsely ground black pepper**  
**½ teaspoon turmeric**  
**1 teaspoon cardamom seeds**  
**1 teaspoon fenugreek seeds**  
**½ teaspoon cumin seeds**  
**1-2 sticks cinnamon**  
**4 whole cloves**

1. Place all ingredients in a saucepan over medium-low heat and simmer for about 30 minutes. It is done when the bubbles that rise on top appear clear, and the mixture is no longer milky, about 30 minutes.
2. Place a strainer over a heat-proof jar. Strain with cheesecloth or a mesh strainer.
3. Store covered in the refrigerator or freeze.

## BERBERE MIX

(ETHIOPIAN SPICE)

**5 tablespoons sweet or smoked paprika**  
**1 tablespoon cayenne pepper (adjust to taste)**  
**3 teaspoons salt**  
**2 teaspoons ground ginger**  
**1 teaspoon ground cardamom**  
**1 teaspoon fenugreek seeds**  
**1 teaspoon ground coriander**  
**1 teaspoon ground cinnamon**  
**½ teaspoons ground cloves**  
**½ teaspoons ground allspice**

# WEST AFRICAN GROUNDNUT

## PEANUT STEW (MAFE)

*Serves 2*

500g boneless skinless chicken pieces, breasts or thighs, cut into large chunks

1 sweet potato, peeled and cubed

1 teaspoon oil (preferably peanut oil)

1 cup onion, chopped

2 tablespoons garlic, minced

1 tablespoon minced ginger

1 teaspoon salt

½ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon ground black pepper

½ teaspoon ground cinnamon

½ teaspoon cayenne pepper

1/8 teaspoon ground cloves

1 tablespoon tomato paste

½-1 cup water

1 cup baby spinach

1 capsicum, green sliced

⅓-½ cup crunchy peanut butter

**Couscous to serve**

1. Heat oil on “Braise” and fry spices and onion for 3 minutes.
2. Put all ingredients except peanut butter and capsicum into cooker bowl and choose “Steam” increase pressure to level 7 using pressure adjust, cook for 10 minutes.
3. Open lid and change to “Simmer”, mix in the peanut butter a little at a time, then add capsicum and baby spinach.
4. Serve with couscous.

# MOROCCAN BEEF AND BARLEY STEW

*Serves 4*

600g beef chuck steak, trimmed, cut into small

1 brown onion, chopped

3 carrots, halved lengthways, sliced

2 garlic cloves, thinly sliced

1 tablespoon Middle Eastern spice blend (harissa)

400g can diced tomatoes 1/2 cup raisins

1/3 cup pearl barley

Fresh coriander leaves, to serve

Optional: Plain Greek-style yoghurt, to serve

3 teaspoons olive oil

Salt, pepper, water

Steamed rice, (small portion) to serve

Steamed vegetables to serve

1. Heat 1 teaspoon oil on “Deep Fry”. Season beef with salt and pepper. Add half the beef to the pan. Cook for 3 minutes or until browned all over. Repeat with half the remaining oil and remaining beef.
2. Reduce heat to “Braise”. Heat remaining oil in pan. Add onion and carrot. Cook, stirring often, for 5 minutes or until softened. Add garlic and spice mixture. Cook, stirring, for 1 minute or until fragrant. Add tomatoes and 1 1/2 cups cold water. Season with salt and pepper. Add beef. Close lid. Cook on “Meats” for 30 minutes. Add raisins, barley and 1 cup cold water. Cover. Cook for a further 15 mins until beef is tender.
3. Spoon beef over a small portion of rice. Sprinkle with coriander. Serve topped with yoghurt (if desired) and a portion of steamed vegetables.

# **SHEPHERDS PIE**

*Serves 4*

- 1 kg lean beef mince**
- 1 cup beef stock**
- 1 tablespoon tomato paste**
- 1 tablespoon Worcestershire sauce**
- ½ teaspoon salt**
- ½ teaspoon ground pepper**
- 2 tablespoon cornflour**
- 3 tablespoon cold water**
- ½ cup frozen corn**
- ½ cup frozen peas**
- 1 kg potatoes, peeled and quartered**
- ½ cup whole milk**
- ¼ cup unsalted butter, melted**
- ½ teaspoon salt**
- ¼ teaspoon pepper**
- 2 cups Cheddar Cheese**
- 1 tablespoon oil**
- 1 cup onion, diced**
- 1 cup diced carrot, diced**
- 3 cloves garlic, minced**

1. Preheat oven to 180C. Lightly grease a 25cm baking dish.
2. Select “Deep Fry” and add oil to pressure cooking pot. When hot, add the onion and carrots and cook until onion is softened, about 3 minutes. Add garlic and cook an additional minute. Set aside.
3. Add minced meat and brown, breaking the meat apart as it cooks. Drain grease from the meat, and return other ingredients to pot.
4. Add beef stock, tomato paste, Worcestershire sauce, salt and pepper. Close lid, select “Meats” and release pressure after 3 minutes.

5. Combine the cornflour and water, whisking until smooth. Add cornflour mixture to the pot. Select “Braise” and bring to a boil, stirring constantly. After sauce thickens, taste, adjust seasoning if necessary. Add the corn and peas to the meat mixture. Pour meat mixture into the bottom of prepared baking dish.
- 6.
7. Rinse out pressure cooking pot. Place potatoes into a steamer basket or on metal rack in the pressure cooking pot. Add 1 cup water. Close lid, select “Steam” and 5 minutes cook time.
8. Drain potatoes. Put drained potatoes into a mixing bowl and mash with a potato masher. Stir in milk, butter, salt and pepper, and grated cheese.
9. Spread mashed potatoes evenly over the meat mixture right to the edges of the baking dish.
10. Bake in preheated oven 30 to 35 minutes until golden brown. Serve hot.

## CURRIED SAUSAGES

*Serves 2*

500g sausages  
 1 small brown onion, sliced  
 1 teaspoon butter or oil  
 2 cloves garlic, crushed  
 2 tablespoon curry powder (recommend Keens)  
 4 potatoes cubed  
 2 carrots cubed  
 1 teaspoon salt  
 1 teaspoon pepper  
 2 cups stock  
 1 tablespoon cornflour  
 1 cup frozen peas  
 Rice to serve

1. Brown sausages on “Deep Fry”, then cool, cut into chunks, and set aside, about 5 mins.
2. Heat butter on “Deep Fry” and cook onion and garlic until onion is softened. Add curry powder, stir for 1 min.
3. Add potatoes, carrots, salt, pepper and stock, return sausages to inner bowl and cook on “Stew” for 30 mins (or slow cook on low for 5 hours).
4. Mix cornflour and 1 tablespoon water and add to inner bowl. Set to “Braise”, add peas and cook for 10 mins.
5. Serve with rice

## SATAY CHICKEN

*Serves 2*

500g chicken cut into bite-sized pieces  
 2 tablespoon sweet soy sauce (Kecap Manis)  
 ½ teaspoon turmeric  
 ½ teaspoon curry powder  
 Pinch of paprika  
 1 tablespoon butter  
 Peanut sauce  
 1 teaspoon garlic  
 ¾ to 1 cup coconut milk  
 4 tablespoon peanut butter  
 1 tablespoon fish sauce  
 1 tablespoon sweet soy sauce  
 1 tablespoon brown sugar  
 1 tablespoon red curry paste  
 2 tablespoon lime juice  
 Rice and cucumber to serve

1. Mix soy sauce, turmeric, curry powder and paprika and marinate chicken for 3 hours.
2. Melt butter, add the chicken and brown for 3 minutes on “Deep Fry”.
3. While the chicken is browning, blend all ingredients for the peanut sauce in a blender for 30 seconds, you can reduce the amount of coconut milk to ¾ cup if you want it thicker. Add peanut sauce to the bowl and cook on “Porridge” for 12 mins.
4. Serve with rice and sliced cucumber
5. The rice can be cooked on the “Rice” with water. Or, you can make coconut rice instead Cook rice with half coconut milk, half water, and a pinch of salt.

# CHICKEN KATSU WITH CURRY SAUCE

(JAPANESE CURRY)

*Serves 2*

**4 chicken breast fillets**

**½ cup plain flour**

**2 eggs lightly beaten**

**1 ½ cup panko breadcrumbs**

**Vegetable oil**

**Katsu Curry Sauce**

**1 tablespoon butter**

**1 onion, finely sliced**

**3 cloves garlic, minced**

**1 tablespoon ginger, minced**

**1 teaspoon salt**

**2 tablespoons of curry powder**

**¼ cup tomato sauce**

**1 ½ tablespoon. Worcestershire sauce**

**1 teaspoon ground black pepper**

**2 cups chicken stock**

**1 ½ cup jasmine rice**

**¾ cup toasted coconut flakes**

1. Cover rice with 2cm water, cook on “Rice” for 18 mins. (takes 7 min to build pressure and 2 mins to release). Fluff rice grains with fork and stir through 1/2 cup of coconut.
2. Heat the butter on “Deep Fry” and add onion, garlic, ginger and salt. Stir until onion is softened, about 3 minutes.
3. Stir in curry powder, tomato sauce Worcestershire sauce, pepper and stock and stir until smooth. Add coconut milk.
4. Cook on “Simmer” for 10 mins. Add some flour mixed with water to thicken.
5. Flatten chicken fillets with a rolling pin or meat mallet until 1 cm thick. Season with salt.
6. Put the flour, eggs and panko breadcrumbs in 3 bowls.
7. Lightly coat pieces of pork with flour, dip in egg and coat with crumbs. Transfer to a plate.
8. Heat 1 cm of oil on “Deep Fry” temp 185C (will take about 9 mins to reach required heat), cook in batches for 3-4 min each side, drain on paper towel. Cut into strips.
9. Serve with sauce and coconut rice.

# HAINANESE CHICKEN RICE

*Serves 4-6*

## Chicken

Whole chicken

1 tablespoon olive oil

3 spring onions, sliced

1 shallot, minced

6 cloves garlic, minced

Medium piece of ginger, sliced

1 ½ cup chicken stock

1 cup water

1 star anise

1 tablespoon soy sauce

## Rice

1 tablespoon Olive Oil

2 cloves Garlic, minced

2 cup Jasmine Rice

1 cup chicken stock (From step 4)

## Garlic Ginger Sauce :

1 stalk spring onion, chopped

1 tablespoon ginger, minced

3 tablespoon chicken stock  
(from step 4)

1 cucumber, sliced

soy sauce

chillies to serve

1. Heat oil on "Braise", add spring onions, shallot, garlic and ginger and cook for 3 minutes
2. Add Trim off a little fat from the chicken and set it aside for the rice. Add stock, water, star anise, soy sauce and chicken to the PressureCook. Cook on "Meats" for 20 mins. It will take 16 minutes to build

pressure, and two minutes to release.

3. Remove chicken and cool under cold water or ice, and put on a cooling rack to firm skins, as chicken is served with skin on. Use a knife to cut up chicken, and slice while rice is cooking.
4. Strain the stock and set aside.
5. Clean the pot ready to cook rice. Heat chicken fat on "Braise" to release a tablespoon liquid, remove the fat and cook 2 cloves garlic in the liquid.
6. Add rice, chicken stock from step 4 and water, place chicken fat on top and cook for 18 mins on "Rice". Throw away the chicken fat when the rice is cooked.
7. While this is cooking, prepare the sauce using stock from step 4, use the rest of the stock for soup to accompany the dish.
8. Put some rice in a bowl, gently press down to mould to bowl, upturn the bowl onto a plate, place sliced chicken on the plate too, with cucumber. Add some chopped spring onions to remaining stock, and serve in a small bowl to accompany rice and chicken, together with sauces.

# CORN BREAD

## (SWEET OR SAVOURY)

### SWEET

110g butter

$\frac{2}{3}$  cup white sugar

2 eggs

1 cup buttermilk

$\frac{1}{2}$  teaspoon baking powder

1 cup polenta

1 cup plain flour

$\frac{1}{2}$  teaspoon salt

### SAVOURY

110g butter

$\frac{2}{3}$  cup white sugar

2 eggs

1 cup buttermilk

$\frac{3}{4}$  cup Greek-style yoghurt  $\frac{1}{2}$  teaspoon  
baking powder 1 cup polenta

1 cup plain flour

$\frac{1}{2}$  teaspoon salt

1. Melt butter on "Deep Fry". Remove from heat and stir in sugar. Cool slightly and quickly add eggs and beat until well blended. Combine buttermilk with bicarbonate of soda and stir into mixture in pan. Stir in polenta, flour, and salt until well-blended and smooth.
2. "Roast" for 20 mins, temperature 180C. and then pour out of bowl to cool on a wire rack.

### *TIP:*

- For the savoury version, sprinkle with savoury herbs before baking, and when cooked cut into slices and toast if preferred.
- Option 1: Chilli flakes and ground coriander. Toast slices and top with sliced avocado & lime juice.
- Option 2: Mix chilli powder into the dough to make a spicy cornbread. Serve with a dollop of Greek-style yoghurt.
- Option 3: Ground coriander and ground cumin. Toast slices or serve fresh with pumpkin soup.



## SAVOURY PUMPKIN BREAD

- 500g butternut pumpkin, peeled
- 75g butter
- 2 cups plain flour
- ½ teaspoon bicarbonate of soda
- 1 teaspoon fennel seeds
- ¼ teaspoon cayenne pepper
- 1 cup Greek-style yoghurt
- 2 eggs
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Put pumpkin in cooker, cover with water and “Steam” for 5 minutes. Drain water, add butter, leave to melt and mash pumpkin.
2. Add all other ingredients and stir until well blended and smooth.
3. Cook on “Cake” for 45 mins and then pour out of bowl to cool on a wire rack

## PUMPKIN SOUP

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- ½ teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon freshly grated nutmeg
- 1 kg peeled butternut pumpkin, diced
- 1 large potato, peeled, diced
- 1 litre chicken or vegetable stock
- ½ teaspoon freshly ground pepper
- ½ cup (125ml) cream
- 2-3 small red chillies chopped, optional for extra spice

### Cornbread or crusty bread to serve

1. Heat oil on “Deep Fry”. Add onion and leek and cook for 2-3 minutes, until softened. Add garlic, coriander, cumin and nutmeg and cook, stirring, for 30 seconds.
2. Add pumpkin, potato, stock and pepper and cook on “Soup” for 10 minutes.
3. Alternatively, still on “Deep Fry” increase temperature to 180 °C, add pumpkin, potato, stock and pepper and bring to the boil with the lid still open.
4. Cancel, close the lid and change to “Simmer” (in Menu), cook for 40 minutes.
5. Allow to cool slightly, then blend (in batches if required).
6. Return soup to cooker, stir through cream and reheat on “Braise”. Season and add a little more nutmeg if desired.

## **SCALLOPED POTATOES**

**(POTATOES AU GRATIN)**

**3 large potatoes, sliced**  
**1 brown onion, sliced**  
**1 teaspoon garlic, crushed**  
**300ml cream**  
**Milk**

1. Alternate layers of potato, onion, garlic and cream until all used
2. Pour a little milk overtop to cover.
3. Close lid, cook on "Roast" for 30 mins

## **BAKED POTATOES**

**4 large potatoes**  
**250g cheese**  
**4 rashers of bacon**  
**250ml sour cream or Greek-style yoghurt**

1. Cook bacon on "Deep Fry" for 5-10 mins, then put aside.
2. Put water in the bottom of the inner bowl, and place the wire tray in the bowl, place potatoes on the tray and cook on "Steam" for 20 mins.
3. Open pressure cooker, take potatoes out, put them on foil, and partially cut them into 4 (cross). In the split in the potatoes put some butter, then cheese. You can either melt the cheese by putting everything in the foil into an air fryer for 2 minutes (or oven for 10 mins) or return to pressure cooker and set to steam until it reaches top pressure, then release steam.
4. Top with bacon and sour cream.

## **CHOCOLATE MUD CAKE**

**1 ⅔ cups plain flour**  
**1 ½ cups sugar**  
**⅔ cup cocoa (recommend Cadbury Bourneville)**  
**1 ½ teaspoon bicarbonate of soda**  
**1 teaspoon salt**  
**1 tablespoon vinegar**  
**1 ½ cups milk**  
**¼ cup oil 60g butter 2 eggs**  
**1 teaspoon vanilla essence**

1. Mix all of the ingredients in a bowl on high for a couple of minutes with an electric beater until smooth and the mixture lightens in colour.
2. Pour into the inner bowl of the Optimum Induction Pressure Cooker, set on "Cake" setting and cook for 1 hour.
3. Cool on a wire rack. Serve with cream and berries or ice with butter icing

### **BUTTER ICING**

**1 ½ cups icing sugar**  
**1 tablespoon milk**  
**1 tablespoon butter**  
**2 tablespoons Nutella**

# SPONGE CAKE

*Serves 12*

- 5 eggs**
- 150g caster sugar**
- 1 teaspoon vanilla essence**
- Zest of half a lemon**
- 180g self-raising flour**
- ½ teaspoon oil or butter for greasing**

**To serve (optional):**

- ½ cup jam, e.g. apricot, strawberry or orange, or curd, e.g. lemon or passionfruit, room temperature**
- ½ cup cream, whipped**
- 1 cup fresh fruit, e.g. berries, cherries, peaches, apricots, mango, plums, etc., chopped**
- 1 tablespoon icing sugar for dusting**

- 1.** Using an electric beater, beat eggs in a large bowl for 5 minutes, or until it turns pale, thick and increase in volume.
- 2.** Gradually add sugar to the mixture and beat well.
- 3.** Add the vanilla essence and lemon zest and beat well.
- 4.** Sift the flour over the egg mixture.
- 5.** Using a large spoon or rubber spatula, fold in the flour until well combined.
- 6.** Lightly grease the base of the inner bowl of your PressureCook Pro.
- 7.** Pour the cake batter into the inner bowl.
- 8.** Close the lid and turn the pressure knob to the “Close” position. Select the preset function “Cake”. Set the timer to 50 minutes. Press “Start/ Reheat”.
- 9.** Once the baking process is complete, open the lid and allow the cake to cool completely.

- 10.** Serve or fill the cake with jam/whipped cream as outlined below.
- 11.** Slice the cake horizontally in half.
- 12.** Spread the jam or curd onto the bottom half of the cake with a knife. Pipe the whipped cream over the jam or curd and place the chopped fresh fruit over the cream.
- 13.** Place the other half of the cake over the top.
- 14.** Dust the top of the cake with icing sugar.

# BERRY POLENTA CAKE

- 185g unsalted butter**
- 1 ¼ cups white sugar**
- 4 eggs**
- 1 teaspoon vanilla essence**
- 1 ½ cups polenta**
- ⅔ cup plain flour**
- ½ teaspoon salt**
- 1 teaspoon baking powder**
- ½ cup Greek-style yoghurt**
- 1 cup sliced fresh berries (a punnet of strawberries work well)**

- 1.** Melt butter on “Deep Fry”. Remove from heat and stir in sugar. Cool slightly. Quickly add eggs and beat until well blended. Add vanilla.
- 2.** In a separate bowl sift the polenta, flour, salt and baking powder. Stir to combine.
- 3.** Add half the dry ingredients and half the yoghurt, stir, then add the other half of each. Stir in strawberries.
- 4.** Cook on “Cake” for 45 mins and cool on a wire rack.

## **BAKED APPLE DUMPLINGS**

**250g shortcrust pastry**  
**2 teaspoons mixed spice**  
**6 small cooking apples**  
**1 teaspoon caster sugar**  
**2 tablespoons brown sugar**

1. Core and peel apples. Divide pastry into 6, roll into balls, and then spread into circles to cover apples. Fill hole in apples with brown sugar and spice, then close up pastry, wetting edges to seal.
2. Sprinkle with water and caster sugar. Cook on "Cake" for 30 minutes.

## **GOLDEN SYRUP DUMPLINGS**

**1 ½ cups self-raising flour**  
**40g butter**  
**1 egg**  
**¼ cup milk**  
**1 tablespoon golden syrup** Lemon  
**zest from 1 lemon**

### *Alternative for lighter Indian style dumplings*

**1 cup milk powder**  
**2 tablespoon Semolina**  
**2 tablespoon plain flour**  
**1 teaspoon baking powder**  
**½ teaspoon Cardamom powder**  
**½ tablespoon Oil**  
**¼ cup Milk**

### **Sauce**

**50g butter**  
**½ cup brown sugar**  
**¾ cup golden syrup**  
**2 cups water**  
**Cream or ice-cream to serve**

1. For heavy dumplings - Rub butter into flour.
2. In a separate bowl mix eggs and milk, then add to the butter and flour with golden syrup and lemon zest.
3. Heat butter on "Deep Fry" add brown sugar and golden syrup, bring to boil, then add water. Drop spoonfuls of dumplings into sauce, and cook for
4. 5 mins on "Steam".

# SLOW-BRAISED PORK HOCK

## WITH STAR ANISE AND CASSIA

- 2 pork hocks
- vegetable oil, for deep-frying
- 4 garlic cloves, crushed
- 6 cm piece of ginger, sliced
- 4 coriander roots, scraped, chopped
- 2 black cardamoms, bruised
- 5 cm cassia bark
- 3 star anise
- 10 white peppercorns, crushed
- 50 ml chicken stock
- 1 litre young coconut juice
- 3 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- 2 sugar cane cubes
- A handful coriander leaves, to garnish
- 2 oranges, cut into segments.

1. Place the pork hock in cold salted water. Bring to the boil on "Deep Fry", and cook for 3 minutes, skimming any impurities that rise to the surface. Wash the pork hock under cold water, drain and pat dry with paper towel.
2. Deep-fry the pork hock for 3 minutes in oil, each side, until lightly browned. Remove and drain.
3. Add 1 tablespoon of oil. "Deep Fry" the garlic, ginger and coriander roots until fragrant. Add the black cardamoms, cassia bark and star anise and fry for a further minute. Add the white peppercorns, stock and coconut juice, and stir.
4. Add the light soy sauce, dark soy sauce, and sugar cane. Bring to the boil. Add the pork hocks. Increase heat to high and return to the boil, skimming any impurities

that rise to the surface.

5. Reduce heat to low and simmer, covered, for 4 hours or until the meat begins to fall off the bone.
6. Garnish with coriander leaves to serve.

## PEA AND HAM SOUP

- 650g ham hock
- 1 cup green split peas, washed, rinsed
- 3 cups salt-reduced chicken stock
- 1 dried bay leaf
- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 sticks celery, diced
- 300g sebago potatoes, peeled, diced
- Chopped fresh flat-leaf parsley, to serve

1. Heat oil in a large frying pan over medium-high heat. Cook onion, stirring, for 3 minutes or until softened. Add garlic, celery and potatoes. Cook, stirring, for 3 more minutes. Transfer to bowl of slow cooker.
2. Add ham hock, peas, stock, bay leaf and 1 litre cold water. Season with pepper. Cover with lid. Cook on low for 6 hours.
3. Remove hock from soup. Remove and discard rind and bone. Shred ham. Return ham to soup. Cook on low for 1 hour or until ham and peas are tender. Serve with parsley and crusty bread.

# **BEEF NOODLE SOUP**

**(TAIWAN)**

**3** tablespoon olive oil

**1 kg** boneless beef shank or chuck, cut into  
**1-inch** cubes

**6** large slices fresh ginger root

**6** cloves garlic, minced

**2-3** small red Thai chillies, roughly chopped

**1** large plum tomato, roughly chopped

**2** tablespoons sugar

**1** tablespoon Sichuan chili bean sauce  
(doubanjiang)

**1** cup Chinese rice wine

**1** tablespoon black peppercorns

**2** whole star anise cloves

**¼** cup dark soy sauce

**½** cup light soy sauce

**2 ½** litres water

**1 kg** Asian wheat flour noodles

**Bok choy**, or other small greens, as desired

1. Heat 1 tablespoon oil on “Deep Fry”. Add half the beef and cook until well browned all over, about 5 minutes total. Transfer beef to a large bowl and repeat with remaining beef, then remove.
2. Add remaining oil to cooker on “Deep Fry”. Add the sliced ginger, garlic cloves, and chillies. Cook, stirring, until fragrant. Add the chopped tomato and stir for another minute. Add the sugar and stir until dissolved, about 30 seconds. Add the chili bean sauce, and stir until the mixture just begins to bubble.
3. Return the beef to the pot. Stir to coat the meat. Add the rice wine and cook for 1 minute. Add the star anise, peppercorns, dark soy sauce, light soy sauce, and the water. Bring to boil, then cancel and Set to

“Meats” and cook for 40 mins.

4. Remove the beef and set aside. Strain the soup to remove solids. Return the beef to the soup and add greens to wilt if desired.
5. Cook the noodles according to the directions on their package. Strain noodles, and divide into serving bowls. Ladle the warm soup and beef chunks into each bowl and serve immediately.

## **SOURDOUGH BREAD**

**1** teaspoon olive oil

**2 cups (250g)** plain flour

**½** teaspoon bicarbonate of soda

**½** 1 teaspoon salt

**¼** cup (270g) Greek-style yogurt

1. In a mixing bowl add flour, bicarbonate of soda, and salt. Stir everything together with a fork and then add the yogurt. Stir lightly to incorporate, then lightly knead.
2. Gather the dough together and see if it will hold together into a ball - it will be a little bit sticky. If it won't stay into a ball, sprinkle a little water. Knead lightly for about a minute to amalgamate everything.
3. Cook for 20-25 minutes at high pressure.
4. Cool on the wire rack for 10 minutes before slicing.

## CHICKEN IN SPICY PEANUT SAUCE

600g chicken fillets, bite-sized  
 1 teaspoon garlic  
 2 tablespoon ginger  
 1 tablespoon red curry paste  
 2 tablespoon peanut oil  
 1 cup spring onions, sliced  
 2 tablespoons crunch peanut butter  
 2 teaspoons palm sugar  
 1 tbs fish sauce  
 1 cup coconut milk  
 Rice to serve

1. Cut chicken into bite sized pieces. Combine garlic, ginger and red curry paste and rub well over chicken pieces. Set aside for 30 mins.
2. Heat peanut oil on "Deep Fry", stir in spring onions for a few seconds, then set aside.
3. Fry chicken until browned, about 3 mins.
4. Add peanut butter, palm sugar, fish sauce and coconut milk and stir. Cook on "Braise" for 20 mins.
5. Serve with rice and spring onions.
6. Note: Flavour increases if left in the fridge for a day or two.

### TIP:

- Marinade for 30 mins
- Deep fry a few seconds, remove spring onions, cook chicken 3 mins
- Braise 20 mins

## STIR-FRIED CHILLI PORK

### WITH CASHEWS

500g lean pork, sliced thinly  
 1/4 cup raw cashews  
 1/2 cup oil  
 6 dried red chillies  
 2 teaspoon red curry paste  
 2 tablespoons fish sauce  
 2 tablespoons of lime juice  
 1 tablespoon palm sugar  
 2 teaspoons of golden mountain sauce  
 1 tablespoon of cornflour/water  
 Lettuce, carrot, cucumber, and lime to serve

1. Heat oil on "Braise" add cashews and stir until golden brown, then drain on kitchen paper.
2. Fry the chillies until dark, drain.
3. Pour off all but 2 tablespoons oil.
4. Brown pork until brown about 3 minutes on "Deep Fry"
5. Add curry paste and fry a few minutes to release the aroma.
6. Add the fish sauce, lime juice, sugar and water and "Simmer" 10 mins.
7. Add golden mountain sauce to taste
8. Thicken the sauce with cornflour mixed with water
9. Add cashews and chillies, serve with lettuce carrot, cucumber and lime

*Golden Mountain Sauce substitute – 3 tablespoons soy sauce, 2 tablespoons chicken stock, 1/4 teaspoon sugar*

# NOTES

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*Optimum*

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*We hope that you enjoy creating  
these delicious recipes in your  
PressureCook Pro*

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