



**GREAT
FOOD, FAST!**

Delicious Homemade
Healthy Meals Made Easy!

RECIPE BOOK

As Seen On
HighStreet TV



Please refer to the instruction manual before using any of the following recipes for correct position of the pressure release valve

Adapting favourite recipes for the pressure cooker:

Even though the pressure cooker is best suited for cooking foods that require long cooking times (soups, stews, beans, etc.) you can cook almost anything in it. The following are a few hints for adapting conventional recipes to the pressure cooker:

- Prep ingredients as called for in the conventional recipe
- Make sure you are using enough liquid to create steam (usually a minimum of 2 cups).
- Try and match any conventional recipe to a specific pressure cooker version, either within this recipe book or from other sources and adjust the ingredients and cooking time accordingly.
- Remember, you can always go back and cook the food longer if need be, while overcooked mushy food cannot be saved.

Adapting recipes portion sizes for the pressure cooker:

Although it is achievable to reduce down the size of the portions that can be cooked in the Pressure King Pro by reducing down the ingredients, you should never use less liquid than the recommended amount suggested (2 cups).

Vegetable cooking times
Times based on **Steam mode**

Vegetable	Approximate cooking time (minutes)
Asparagus	1-2
Beans, green, whole	2-3
Broccoli flowerets	1-2
Broccoli stalks	5-6
Brussel sprouts (whole)	4
Cabbage, red or green (quarters)	3-4
Cabbage, red or green (5mm slices)	1
Carrots (5mm slices)	1
Carrots (25mm slices)	4
Cauliflower flowerets	2-3
Corn on the cob	3
Kale (coarsely chopped)	2

Potatoes (25mm cubes)	5-7
Potatoes (whole, new)	5-7
Potatoes (whole, large)	10-12
Spinach (fresh)	1
Swede (25mm slices)	7
Tomatoes (quarters)	2
Tomatoes (whole)	3

Rice and Grain cooking times
Times based on **Rice mode**

Rice / Grains Based on 250ml	Approximate water quality	Approximate cooking time (minutes)
Barley (Pearl)	950ml	15-20
Barley (Pot)	750ml	20
Couscous	500ml	2-3

Meat cooking times
Times based on **Meat mode**

Meat / Poultry	Approximate cooking time (minutes)
Beef (25mm cubes) 700g	10-15
Beef meatballs 450g-900g	4-9
Beef shanks (40mm wide)	25-30
Beef steak	20-25
Beef stew meat (40mm cubes)	15
Chicken breasts with bone in (900-1400g)	8-10
Chicken cubes	5
Chicken drumsticks (legs or thighs)	5-7
Chicken liver	2
Chicken strips (boneless)	5-6
Chicken whole (900-1400g)	12-18

Pork or ham pieces	20-25
Pork roast	40-45
Turkey (breast and boneless)	20
Turkey (breast whole with bone in)	20-30
Turkey drumsticks (leg)	12
Tomatoes (quarters)	2
Tomatoes (whole)	3

Fish cooking times
Times based on **Fish mode**

Seafood and Fish	Approximate cooking time (minutes)
Crab	2-3
Fish fillet	2-3

Conversion Tables

Liquid		
Metric	Imperial	U.S.
15ml	1/2 fl oz	1 tbsp
30ml	1 fl oz	1/8 cup
60ml	2 fl oz	1/4 cup
120ml	4 fl oz	1/2 cup

Weight	
Grams	oz
10g	1/4 oz
15g	1/2 oz
25g	1 oz
50g	2 oz

Stew

Beef & Guinness Stew
 Spanish Fish Stew
 Classic Lamb Stew
 Pork Cheeks, Chorizo, Peas & Potato Stew
 Stew & Dumplings
 Red Braised Ginger-Pork Belly
 Chicken Chasseur
 Beef Bourguignon
 Great Sausage Casserole

Meat

Moroccan Meatball Tagine
 with Lemon & Olives
 Mediterranean Chicken
 Really Sticky Ribs
 Ham Hock
 Classic Bangers & Mash
 Pulled Pork
 Beef Joint
 Braised Lamb Shanks
 Whole Chicken
 Chicken Tikka Masala
 Thai Green Chicken Curry
 Chilli Con Carne
 Beef Stroganoff

Soup

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Desserts

Quick Lentil Soup
 Carrot & Coriander Soup
 Tomato Soup
 Chicken Noodle Soup
 French Onion Soup

Risotto
 Barley, Chicken & Mushroom Risotto
 Chicken & Chorizo Paella
 Seafood Paella
 Lasagne
 Pasta Carbonara
 Macaroni Cheese
 Dim Sum

Ratatouille
 Lemoned Broccoli

Poached Pears in Spiced Red Wine
 Rice Pudding
 Lemon Cheesecake

Stew

Beef & Guinness Stew

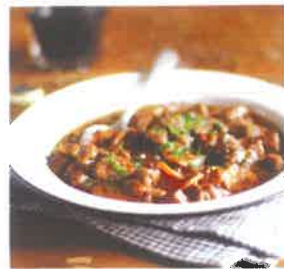
Pressure King Pro cooking time: 30 minutes

Serves

6

Ingredients:

- 1 red pepper, diced
- 1 onion, diced
- 128g mushrooms, sliced
- 3 cloves garlic, diced
- 1 tsp olive oil
- 1.5kg diced beef
- 64g plain flour
- 2 tbsp tomato paste
- 2 carrots, peeled and sliced
- 2 tbsp thyme
- 1 can of Guinness



Instructions:

Press the **STEW FUNCTION** and sauté pepper, onion, mushroom and garlic in Olive Oil in the Pressure King Pro with lid off until soft (2-3 minutes).

Remove from pot and set aside. Press **CANCEL**.

Place beef, flour and salt and pepper in a plastic bag and shake to coat.

Press the **STEW FUNCTION** and brown the meat in two batches (around 2 minutes each batch) with lid off. Leave any excess flour in the bag.

Add vegetables to the beef and add tomato paste, carrots and thyme and stir.

Press the **STEW FUNCTION** and add Guinness and stir through. Bring to the boil for 1 minute to cook off the alcohol.

Spanish Fish Stew

Pressure King Pro cooking time: 19 minutes

Serves

6

Ingredients:

- Handful flat-leaf parsley leaves, chopped
- 2 garlic cloves, finely chopped
- Zest and juice of 1 lemon
- 3 tbsp olive oil, plus extra to drizzle
- 1 medium onion, finely sliced
- 500g/1lb 2oz floury potatoes, cut into small chunks
- 1 tsp paprika
- Pinch cayenne pepper
- 400g can of chopped tomatoes
- 1 fish stock cube
- 200g/7oz raw peeled king prawns
- 1/2 410g can of chickpeas, drained and rinsed
- 500g/1lb 2oz skinless fish fillets, cut into very large chunks



Instructions:

In a bowl, mix the parsley with half the garlic and the lemon zest, then set aside.

Press the **STEW FUNCTION** and add 2 tablespoons of oil to the Pressure King Pro.

Press **CANCEL**.

Close the lid and set Pressure Release Valve to closed and cook for 4 minutes until the potatoes are just cooked then fast-release the pressure. Press **CANCEL**.

Classic Lamb Stew

Pressure King Pro cooking time: 30 minutes

Serves

4

Ingredients:

- 450 to 675g (1 to 1 1/2 lb) diced lamb
- 1 large cooking onion, peeled and diced
- 1 small swede, peeled and diced
- 2 to 3 medium carrots, peeled and diced
- 60g (2 oz) red split lentils
- 1 to 2 lamb stock cubes
- 1 vegetable stock cube
- Water to cover
- Salt and pepper
- 450g (1 lb) potatoes, peeled and quartered



Instructions:

Prepare all ingredients - peeling and dicing into medium sized chunks.

Place all ingredients and salt in the Pressure King Pro with enough water to just cover ingredients.

Mix well, add lid and close pressure release valve.

Press the **STEW FUNCTION**.

Serve alone or with cooked or pickled red cabbage. Don't forget some delicious crusty bread and butter if you are feeling naughty!

Pork Cheeks, Chorizo, Peas & Potatoes Stew

Pressure King Pro cooking time: 30 minutes

Serves

4

Ingredients:

- 1 bouquet garni
- 1 tsp olive oil
- 6 pork cheeks
- 1/2 onion, sliced
- 1 garlic clove, crushed
- 50g chorizo, in small chunks
- 75ml red wine
- 250ml chicken stock
- 175g of waxy potato, in small chunks
- 75g frozen peas
- Salt and black pepper



Instructions:

Fry the onions and garlic until softened in olive oil in the Pressure King Pro using the **STEW FUNCTION** with the lid off.

Add the pork and fry until a little brown.

Dissolve a chicken cube in 250ml of boiled water.

Add the chopped potatoes, bouquet garni, chopped chorizo, wine, the stock, frozen peas

Stew & Dumplings

Pressure King Pro cooking time: 30 minutes

Ingredients:

2 tbsp olive oil
25g / 1oz butter
750g / 1lb 10oz beef stewing steak,
chopped into bite-sized pieces
2 tbsp plain flour
2 garlic cloves, crushed
175g / 6oz baby onions, peeled
150g / 5oz celery, cut into large chunks
2 leeks, roughly chopped
200g / 7oz swede, cut into large chunks
150ml / 5fl oz red wine
500ml / 18fl oz beef stock
2 fresh bay leaves
3 tbsp fresh thyme leaves
3 tbsp chopped fresh flat leaf parsley
Worcestershire sauce, to taste
1 tbsp balsamic vinegar, or to taste
Salt and freshly ground black pepper
For dumplings
125g / 4½ oz plain flour, plus extra for dusting
1 tsp baking powder
Pinch salt
60g / 4½ oz suet water, to make a dough



Serves

4

Red Braised Ginger-Pork Belly

Pressure King Pro cooking time: 45 minutes

Ingredients:

2.5kg/5lb 8oz pork belly, rind removed,
cut into 5cm/2in pieces
1 tbsp dark soy sauce
200ml / 7fl oz rice wine
2 tbsp olive oil
2 garlic cloves, thinly sliced
Thumb-sized piece ginger,
cut into matchsticks
Pinch chilli flakes
100ml / 3½ fl oz Chinese black vinegar
140g/5oz soft brown sugar
700ml vegetable stock
2 red chillies, sliced and soaked
in rice wine vinegar for 1 hour, then drained
Toasted sesame seeds

Instructions:

Toss the pork with the soy and 1
tablespoon of the rice wine. Leave to
marinate for at least 1 hour or, even
better, overnight in the fridge.

Press the **STEW FUNCTION**
and add olive oil.

Add the pork.

Close the lid and set Pressure Release
Valve to closed.

Press **STEW FUNCTION** and adjust
timer to 20 minutes.



Serves

6

Chicken Chasseur

Pressure King Pro cooking time: 45 minutes

Ingredients:

1 tsp olive oil
25g/1oz butter
4 chicken legs
1 onion, chopped
2 garlic cloves, crushed
200g pack small button or chestnut mushrooms
225ml/8fl oz red wine
2 tbsp tomato puree
2 thyme sprigs
500ml/18fl oz chicken stock
Fried cabbage, to serve (optional)

Instructions:

Press the **STEW FUNCTION** and add
the oil and half the butter to the
Pressure King Pro.

Season the chicken, then fry with lid
off for about 5 minutes on each side
until golden brown.

Remove the chicken to a plate.

Melt the rest of the butter in the



Dissolve a chicken cube in 500ml of
boiled water.

Stir in the thyme and pour over the
stock.

Return the chicken to the pan.

Close the lid and set the pressure
release valve to closed, press **STEW**

Serves

4

Beef Bourguignon

Pressure King Pro cooking time: 30 minutes

Ingredients:

900g round steak, cut into 2-3cm pieces
1 cup dry red wine
¼ cup beef stock
2 carrots, sliced ¼ cm thick
3 slices of bacon
225g fresh mushrooms, quartered
2 tbsp flour
12 pearl onions or 1 large onion, chopped
¼ tsp basil
1 clove garlic, minced

Instructions:

With the lid off, press **STEW FUNCTION**
and fry the bacon.

Add onion and cook for 2 minutes.

Add round steak and brown meat for 5 minutes.

Stir in flour and blend thoroughly.

Stir in wine, beef stock and seasonings.

Press **CANCEL**

Close the lid and set pressure release valve to



Serves

6

Meat

Great Sausage casserole

Pressure King Pro cooking time: 25 minutes

Ingredients:

1-2 tbsp sunflower oil
12 good quality pork sausages
6 rashers rindless streaky bacon, cut into 2.5cm/1in lengths
2 medium onions, thinly sliced
2 garlic cloves, crushed
1/2-1 tsp hot chilli powder or smoked paprika
400g can chopped tomatoes
300ml/10fl oz chicken stock
2 tbsp tomato purée
1 tbsp Worcestershire sauce
1 tbsp dark brown muscovado sugar
1 tsp dried mixed herbs
2 bay leaves
3-4 sprigs of fresh thyme
100ml/3 1/2 fl oz red or white wine (optional)
400g/14oz can butter beans or mixed beans
Salt and freshly ground black pepper

Instructions:

With lid off, press **STEW FUNCTION** and heat the oil.
Brown the halved sausages (four pieces at a time) and set aside

Serves

4



Allow it to go into **KEEP WARM FUNCTION**. Remove sausages from liquid and set aside.
Meanwhile, combine the cornflour

Moroccan Meatball Tagine with Lemon & Olives

Pressure King Pro cooking time: 25 minutes

Ingredients:

3 onions, peeled
500g/1lb 2oz minced lamb
Zest and juice of 1 unwaxed lemon
1 whole unwaxed lemon, quartered
1 tsp ground cumin
1 tsp ground cinnamon
Pinch of cayenne pepper
Small bunch flat-leaf parsley, chopped
2 tbsp olive oil
Thumb-sized piece of ginger, peeled and grated
1 red chilli, de-seeded and finely chopped
Pinch saffron strands
250ml/9fl oz lamb stock
1 tbsp tomato purée
100g/4oz pitted black Kalamata olives
Small bunch coriander, chopped
Couscous or crusty bread, to serve

Instructions:

Put the onions in a food processor and blitz until finely chopped. Put the lamb, lemon zest, spices

Serves

4



Dissolve a lamb cube in 250ml of boiled water.

Mediterranean Chicken

Pressure King Pro cooking time: 8 minutes

Ingredients:

1/2 cup plain yogurt
1 tbsp olive oil
2 tbsp lemon juice
2 cloves garlic, minced
1/2 tsp finely chopped tarragon
1/2 tsp each salt and fresh ground black pepper
8 bone-in chicken thighs, skin on
Fennel, 1/4 inch slices
Onion, diced
1 1/2 cups dry white wine
2 lemons, quartered
2 cups of your favourite variety of pitted olives
3 artichokes, leaves removed and quartered, choke removed
4 sprigs thyme
2 tbsp Dijon mustard
Salt, pepper and chili flakes to taste

Instructions:

Combine yogurt, lemon juice, one tbsp olive oil, garlic, tarragon, salt and pepper.
Place chicken in a glass dish or plastic bag and toss with marinade. Marinate for 45 minutes to an hour.
Remove...

Serves

4-6



Really Sticky Ribs

Pressure King Pro cooking time: 35 minutes

Ingredients:

400ml/14fl oz of tomato passata
2 crushed garlic cloves
2 tbsp of reduced-salt soy sauce
3 tbsp of clear honey
1 tbsp of Worcestershire sauce
1kg/2lb 4oz of small lean pork ribs

Instructions:

In a large bowl, mix together the passata, garlic, soy sauce, honey and Worcestershire sauce.
Add the pork ribs to the bowl and mix well to coat evenly.
Tip the ribs and all the sauce into the Pressure King Pro.
Close the lid and set the pressure release valve to closed, press the **STEW FUNCTION** and adjust timer to 20 minutes.
Press **CANCEL**.
Scoop the ribs out on to a plate.

Serves

6



Ham Hock

Pressure King Pro cooking time: 60 minutes

Ingredients:

1 ham hock
2 bunches of collard
1 sweet yellow onion
Ghee or coconut oil
Cayenne pepper
Coriander powder
Garlic powder
Salt

Instructions:

With lid off, press **STEW FUNCTION** and add 1 or 2 tbsp to pressure cooker

Chop onion into bite-sized pieces. Add to pressure cooker and cook 3-4 minutes, stirring occasionally. Wash collards, cut leaves from stems, discard stems, and cut leaves into 2-inch pieces.

Add 480ml of water to pot. Add collards to pot and season with a generous dusting of salt and garlic powder. Add a dusting of cayenne pepper and coriander powder. Lay ham hock on top of collards.

Close the lid and set pressure release valve to closed. Press **MEAT FUNCTION** and adjust timer to 30 mins



Serves

2

Classic Bangers & Mash

Pressure King Pro cooking time: 20 minutes

Ingredients:

1 pack sausages
5-6 baking potatoes, peeled and diced
240ml milk
64g cup butter
Salt and pepper
1 whole onion, sliced into rings
For potatoes
32g sour cream
32g parmesan cheese

Instructions:

Peel and dice up the potatoes and put it in the bottom of the pressure cooker pot.

Add the cup of milk. Slice tabs of the butter and place them over the potatoes.

Carefully lay a sheet of foil over the potatoes and put all the sausages onto the foil and make sure they do not risk rolling off. Top the sausages with the onions.

Close the lid and set pressure release valve to closed. Press **MEAT FUNCTION** and adjust timer to 20 minutes.

After the 20 minutes, remove the sausages



Serves

4

Pulled Pork

Pressure King Pro cooking time: 60 minutes

Ingredients:

3.6kg / 8lbs pork butt roast
1 tsp garlic powder
Salt and pepper to taste
2 340g bottles barbecue sauce

Instructions:

With the lid off, season the pork with garlic powder, salt and pepper in the inner pot. Fill with enough water to cover.

Close the lid and set pressure release valve to closed. Press **MEAT FUNCTION** and adjust timer to 1 hour.

After 1 hour, drain off juices, reserving about 2 cups.

Shred the pork and mix with barbecue sauce, adding reserved liquid if needed to reach your desired consistency.



Serves

6

Beef Joint

Pressure King Pro cooking time: 65 minutes

Ingredients:

1.5kg silverside beef
1 large onion peeled and studded with 5 cloves
1 orange cut in half
2 tbsp malt vinegar
2 tbsp brown sugar
1 bay leaf
2 cups water

Instructions:

Place the joint in the Pressure King Pro and add the onion, orange, vinegar, brown sugar, bay leaf and water.

Close lid and set pressure release valve to closed and press the **MEAT FUNCTION**, adjusting cooking time to 1 hour for medium.

Rare, reduce by approx. 5 minutes

Well done, add an extra 5 minutes.

Serve with mashed potatoes, white sauce, cabbage and carrots.



Serves

4

Braised Lamb Shanks

Pressure King Pro cooking time: 40 minutes

Ingredients:

2 tomatoes
4-6 lamb shanks, French trimmed if possible
32g cup plain flour / gluten-free flour
8 tsp olive oil
1 onion, chopped
3 carrots, peeled and thickly sliced
1 garlic clove, crushed
1 tbsp fresh oregano or 1 tsp dried oregano
1 tsp lemon rind, finely grated
180ml cup red wine
60ml cup beef/vegetable stock
Salt
Freshly ground black pepper
4 tsp plain or gluten-free flour
(optional for thickening gravy)
8 tsp old water (optional for thickening gravy)

Instructions:

Peel the tomatoes, remove the calyx and cut into quarters. If you prefer, you can drop the tomatoes into boiling water for one minute and then refresh in ice cold water - this makes removing the skins easier.

Toss the shanks in the flour in a large



Spoon some of the sauce and vegetables over the meat. Press **CANCEL**.

Close the lid and set pressure release valve to closed. Press **MEAT FUNCTION** and adjust timer to 25 minutes.

Whole Chicken

Pressure King Pro cooking time: 25 minutes

Ingredients:

1 whole chicken
1 tbsp virgin coconut oil
2 tsp paprika
1 1/2 cups pacific organic bone broth (chicken)
1 tsp dried thyme
1/4 tsp freshly ground black pepper
2 tbsp lemon juice
1/4 tsp sea salt
6 cloves garlic, peeled

Instructions:

In a small bowl, combine paprika, thyme, salt and pepper. Rub seasoning over outside of bird.

With lid off, press **STEW FUNCTION** and heat oil. Add chicken, breast side down and cook 6-7 minutes.

Flip the chicken and add broth, lemon juice and garlic cloves. Press **CANCEL**.

Close the lid and set the pressure release valve to closed. Press **MEAT FUNCTION** and adjust timer to 25 minutes.



Chicken Tikka Masala

Pressure King Pro cooking time: 40 minutes

Ingredients:

2 tbsp unsalted butter
1 medium onion, finely diced
4 cloves garlic, minced
1 tbsp grated fresh ginger
1 tbsp ground cumin
1 1/2 tsp paprika
1 1/2 tsp ground coriander
1 tsp ground turmeric
1/4 tsp cayenne pepper
1/2 tsp ground black pepper
400g can chopped tomatoes
1 pound fresh spinach leaves, trimmed
1/4 cup fresh juice from 2 to 3 lemons
1/4 cup chopped fresh coriander leaves
1.3kg / 3 lbs chicken drumsticks and thighs (4 to 6 of each)
1/2 cup homemade or store-bought low-sodium chicken stock
2 400g cans chickpeas, drained
1/2 cup double cream
Salt

Instructions:

With the lid off, press **STEW FUNCTION** and heat butter until foaming subsides. Add onions, garlic, and ginger. Cook, stirring frequently, until pale brown, about 5 minutes.



Thai Green Chicken Curry

Pressure King Pro cooking time: 45 minutes

Ingredients:

2 tbsp vegetable oil
3 medium cloves garlic, crushed
3 Thai green bird's eye chilies, halved
1-inch piece fresh ginger, peeled and sliced 1/8 inch thick
1/4 tsp ground coriander
1/8 tsp ground cumin
2 tbsp Thai green curry paste
400g can coconut milk
678g cups cubed skin-on kabocha squash
1 medium eggplant, cubed
1.8kg / 4 lbs whole chicken cut into 8 pieces, or 4 lbs chicken drumsticks and thighs
Salt
1 tbsp fish sauce
100g / 4oz spinach, roughly chopped
1/2 cup loosely packed fresh coriander leaves and tender stems
1/2 cup loosely packed fresh Thai basil leaves
Freshly ground black pepper
Cooked rice, barley, or other grain, for serving
Lime wedges, for serving

Instructions:



Chilli Con Carne

Pressure King Pro cooking time: 30 minutes

Serves

5

Ingredients:

400g ground beef
4 tbsp olive oil
1 medium onion, chopped
2 garlic cloves, finely chopped
1 bay leaf
150g kidney beans, soaked
300g canned tomatoes,
drained and chopped
1 tsp tomato paste
1 tsp salt
1 tsp chilli powder
Dried basil leaves
½ tsp ground cumin
180ml water



Instructions:

Add the beef, onions, garlic, chilli powder, cumin and coriander. Stir together.

Add the wine and stock, tip in the tomatoes and kidney beans, stir in the tomato puree, caster sugar, oregano and bay leaf.

Mix together, close the lid and set the pressure release valve to closed and press **MEAT FUNCTION**.

Beef Stroganoff

Pressure King Pro cooking time: 30 minutes

Serves

4

Ingredients:

680g / 1½ lbs lean beef chuck
cut into 1-inch pieces
Salt and freshly ground black pepper
1 tbsp olive oil
1 medium onion, chopped
240ml dry white wine
1 tbsp Dijon mustard
1 tbsp all-purpose flour
240ml low-sodium beef broth
1 pound whole white button mushrooms
Carrots, cut into ½-inch chunks
2 stalks celery, chopped
32g Neufchâtel cheese
32g fresh parsley, roughly chopped
340g / 12oz whole wheat noodles



Instructions:

Toss the beef with ½ tsp each salt and pepper. With the lid off, press **STEW FUNCTION** and heat the oil. Add the beef and cook, stirring occasionally, until browned on all sides, about 4 minutes.

Add the onions and cook, stirring frequently, until the onions soften and begin to brown, about 4 minutes. Add the white wine, mustard and flour, bring to a simmer and cook until reduced by half, about 2 minutes. Add the beef broth, mushrooms, carrots and celery.

Bolognese

Pressure King Pro cooking time: 30 minutes

Serves

8

Ingredients:

1 kg beef, minced
800 g tin crushed tomatoes
2 onions, finely diced
120 ml beef stock
4 garlic cloves, crushed
8 tbsp tomato paste
2 tbsp Italian dried herbs
2 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp salt
½ tsp ground black pepper



Instructions:

With the lid off, press **STEW FUNCTION** and heat oil in the pressure cooker.

Add the beef mince and cook until brown.

Add garlic and onions. Saute for 5 minutes uncovered.

Add tomatoes, herbs, salt, pepper and balsamic vinegar. Press **CANCEL**.

Close the lid and set the pressure release valve. Press **MEAT FUNCTION** and adjust timer to 25 minutes.

Fish

Chinese Steamed Bass with Cabbage

Pressure King Pro cooking time: 4 minutes

Serves

2

Ingredients:

2 100g sea bass or other white fish fillets
1 red or green chilli, de-seeded
and finely chopped
1 tsp finely chopped ginger
300g/10oz green cabbage, finely shredded
2 tsp olive oil
1 tsp sesame oil
2 garlic cloves, thinly sliced
2 tsp low-salt soy sauce



Instructions:

Sprinkle the fish with the chilli, ginger and a little salt.

Pour 100ml / 3½ oz water into the Pressure King Pro then set up the steamer tray.

Add the cabbage on top of the tray then put the fish fillets on top skin-side down.

Close the lid and set the pressure release valve to closed. Press the **FISH FUNCTION** and adjust timer to 4 minutes.

Salmon Provençal

Pressure King Pro cooking time: 13 minutes

Serves

4

Ingredients:

- 1 tbsp olive oil
- 3 mixed peppers, de-seeded and sliced
- 1 large onion, thinly sliced
- 400g/14oz baby potatoes, unpeeled and halved
- 2 tsp smoked paprika
- 2 garlic cloves, sliced
- 2 tsp dried thyme
- 400g can of chopped tomatoes
- 4 salmon fillets
- 1 tbsp chopped parsley, to garnish (optional)



Instructions:

Press the **STEW FUNCTION** and heat the oil in the Pressure King Pro

Add the peppers, onion and potatoes and cook, stirring regularly,

For 5-8 minutes until golden with lid off.

Add the paprika, garlic, thyme and tomatoes.

Press **CANCEL**.

Close the lid and set the pressure release valve to closed.

Press **FISH FUNCTION** and adjust timer for 5 minutes.

Steamed Mediterranean Style Fish

Pressure King Pro cooking time: 8 minutes

Serves

4

Ingredients:

- 4 white fish fillets (any white fish)
- 1lb (500g) cherry tomatoes, halved
- 1 cup black salt-cured olives (taggiasche, French or kalamata)
- 2 tbsp pickled capers
- 1 bunch of fresh thyme
- Olive oil
- 1 clove of garlic, pressed
- Salt and pepper



Instructions:

Line the bottom of the inner pot with halved cherry tomatoes (to keep the fish from sticking), add Thyme (reserve a few springs for garnish).

Place the fish fillets, over the cherry tomatoes, sprinkles with remaining tomatoes, crushed garlic, a dash of olive oil and a pinch of salt.

Insert the dish in the Pressure King Pro. Close the lid and set the pressure release valve to closed.

Press the **FISH FUNCTION** for 8 minutes.

Steamed Salmon with Mushrooms and Leeks

Pressure King Pro cooking time: 18 minutes

Serves

4

Ingredients:

- 1 tsp vegetable oil
- 250g shiitake / Paris mushrooms, sliced
- 2 leeks or 2 onions, finely sliced
- 1/4 tsp fresh black pepper
- 500g salmon fillet, skin removed, cut in 4 pieces
- 1 tbsp fresh ginger, finely chopped
- 1/2 tsp sesame oil
- 1 garlic clove, finely chopped
- 1 green onion, finely sliced
- 1 lemon, cut in quarters



Instructions:

With lid off, press **STEW FUNCTION** and add mushrooms, leeks and pepper and cook about 8 minutes or until veggies have softened. Press **CANCEL**.

Put the salmon pieces on the veggies.

Meanwhile, in a small bowl, mix ginger, soy sauce, sesame oil and garlic. Spread the mixture on the salmon.

Close the lid and set pressure release valve to closed and press **STEAM FUNCTION**. Adjust timer to 10 minutes.

Soup

Quick Lentil Soup

Pressure King Pro cooking time: 15 minutes

Serves

4

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 large carrots, peeled and cut into 1/2 cm half moons
- 2 bay leaves
- 2 sprigs fresh thyme or 1 tsp dried thyme
- 960ml vegetable stock
- 480ml cups water
- 192g dry, rinsed green lentils
- 192g dry, rinsed red lentils
- 1 medium potato, peeled and diced into 1 cm pieces
- 1/2 tsp salt
- Fresh ground black pepper to taste
- 32g grated parmesan cheese (optional)



Instructions:

Press the **STEW FUNCTION** and heat the oil in the Pressure King Pro.

Add the onion and carrots and sauté with the lid off for 3 minutes.

Add the bay leaves, thyme, vegetable stock, water, lentils, and potato. Stir well and ensure all ingredients are thoroughly mixed well. Press **CANCEL**.

Close the lid and set the pressure release valve to closed. Select the **SOUP FUNCTION**.

Carrot & Coriander Soup

Pressure King Pro cooking time: 11 minutes

Serves
4

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g/1lb carrots, peeled and chopped
- 2 pints vegetable or chicken stock
- Handful coriander leaves



Instructions:

Add the oil to the Pressure King Pro, then add the onion, and fry for 5 minutes using the **STEW FUNCTION** with the lid off. Stir in the ground coriander and potato, then cook for 1 minute. Press **CANCEL**.

Dissolve a chicken cube in 2 pints of boiled water.

Add the carrots and stock, close the lid and set the pressure release valve to closed, press **SOUP FUNCTION** and adjust timing to 5 minutes.

Remove the lid and add the coriander, reserving a few sprigs to garnish.

Use a hand blender or food processor to blitz until smooth (you may need to do this in two batches in a processor).

Tomato Soup

Pressure King Pro cooking time: 20 minutes

Serves
8

Ingredients:

- 512g peeled, seeded, and cored tomatoes with juice
- 128g chicken broth
- 1 1/2 tsp salt
- 1/4 tsp baking soda
- 360ml cups milk
- 1/2 cup double cream
- Salt and ground black pepper



Instructions:

Combine the tomatoes with juice, chicken broth, and salt together. Close the lid and set the pressure release valve to closed. Press **SOUP FUNCTION**, adjust the timer to 3 minutes and allow the cooker to go into **KEEP WARM FUNCTION**.

Stir baking soda into tomato mixture until no longer bubbling. Add milk, cream, salt, and pepper to tomato mixture. Blend soup with a hand-held blender.

Heat the soup, stirring often, until heated through, should take around 15 minutes. Press **CANCEL**.

Chicken Noodle Soup

Pressure King Pro cooking time: 30 minutes

Serves
4

Ingredients:

- 1 tbsp butter
- 1 large onion, diced
- 4 carrots, peeled and cut into 1/4 inch thick rounds
- 1 celery ribs, diced
- 1.5l chicken stock
- 256g diced chicken
- 1 tsp salt
- Fresh ground pepper
- Egg noodles, cooked according to packaging directions



Instructions:

With lid off, press **STEW FUNCTION** and add butter to the pot, when melted add the onion and cook stirring occasionally until the onion starts to soften about 1-2 mins. Add the carrots and celery and sauté for 5 mins stirring occasionally.

Add chicken stock and chicken. Close the lid and set pressure release valve to closed and press **SOUP FUNCTION**.

Season with salt and pepper. Serve.

French Onion Soup

Pressure King Pro cooking time: 10 minutes

Serves
6-8

Ingredients:

- 1 tbsp butter
- 1 tbsp oil
- 5 large onions, thinly sliced
- 1/4 onion, grated
- 1 tsp salt
- 1/2 tsp sugar
- 1/2 cup of dry white wine
- 1.5l meat stock
- 3 tbsp cognac
- For Blond Roux**
- 60g butter
- 60g flour
- For Garnish**
- 12-24 French bread slices, 1" thick, with olive oil and toasted
- 128g grated Gruyère or Swiss cheese
- 64g Gruyère or Swiss cheese, thinly sliced pieces using a potato peeler



Instructions:

With lid off, press **STEW FUNCTION** and add the butter and oil. Soften the onions, stirring occasionally in the pressure cooker covered until the onions become translucent (about 15 minutes). Without a lid, add the salt and sugar and stir frequently until the onions have turned a uniform brown.

Rice

Risotto

Pressure King Pro cooking time: 17 minutes

Ingredients:

720ml chicken stock (or more if needed)
60ml olive oil
1 medium yellow onion, diced
Salt
400g Arborio rice
60ml wine
Large pinch of saffron (about 1 teaspoon)
1 or 2 tablespoons of butter
1 cup grated parmesan, divided
Fresh thyme or parsley (optional)

Instructions:

Dissolve a chicken cube in 3 cups of boiled water.

Add the olive oil and onion, along with a good pinch of salt, to the Pressure King Pro. Sauté using the **STEW FUNCTION** with lid off, until the onion is translucent, about 3 minutes.

Add the rice and continue to stir for another 2 or 3 minutes, or until the rice is just slightly toasted.

Add the wine to the pot, followed by the saffron, and stir until it has been absorbed, about 1 minute.

Serves

4



Barley, Chicken & Mushroom Risotto

Pressure King Pro cooking time: 28 minutes

Ingredients:

1 tbsp each butter and olive oil
2 large shallots, finely sliced
1 garlic clove, chopped
3 boneless skinless chicken breasts, cut into chunks
300g/10oz pearl barley
250ml/9fl oz white wine
400g/14oz mixed wild and chestnut mushrooms, left whole or halved if large
1 tbsp thyme leaves
1 litre chicken stock
3 tbsp grated parmesan snipped chives and parmesan shavings to garnish (optional)

Instructions:

Press the **STEW FUNCTION** and add the butter and oil in the Pressure King Pro.

Sauté the shallots and garlic with some seasoning for 5 minutes, then stir in the chicken and cook for 2 minutes with lid off.

Add the barley and cook for 3 minutes.

Serves

4



Chicken & Chorizo Paella

Pressure King Pro cooking time: 30 minutes

Ingredients:

1 red capsicum, diced
1 onion, diced
1 clove garlic, minced
2 chorizo, diced
2 chicken breasts, diced
256g Arborio rice
400g can tomatoes
1 tbsp meal inspirations paella blend
1 chicken stock, hot
128g peas

Instructions:

With the lid off, sauté capsicum, onion and garlic in olive oil using **STEW FUNCTION**.

In a separate fry pan, brown chorizo. Once browned, drain onto paper towel.

Add chicken to capsicum and brown for 1-2 minutes.

Add Arborio rice and stir to toast slightly.

Add tomatoes and paella blend and stir to combine.

Pour over half the hot stock. Stir through. Cover. No more stirring unless you want risotto.

Serves

8



Seafood Paella

Pressure King Pro cooking time: 40 minutes

Ingredients:

1/2 tsp salt, divided
2 cloves garlic, minced
130g canned chopped tomatoes
1 tbsp olive oil
100g long-grain rice, uncooked
1/2 tsp white pepper
64g onions, diced
1 medium green pepper, in 1" squares
158ml cup of water
680g chicken parts, skinned, in 2" pieces
1 pack instant chicken broth, skinned and seasoning mix
12 mussels in shells, scrubbed
1/4 tsp marjoram
1/8 tsp whole saffron, optional (drained)
125g prawns, shelled and deveined

Instructions:

Sprinkle chicken with 1/2 tsp salt and the white pepper and set aside. With lid off, press **STEW FUNCTION** and add onion and garlic.

Sauté for 2 minutes. Add chicken and continue sautéing for 3 minutes longer. Stir in green pepper, tomatoes and rice.

Serves

4



Pasta

Lasagne

Pressure King Pro cooking time: 20 minutes

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 500g minced beef
- Salt
- Pepper
- 11 jar pasta sauce
- 60ml cold water
- 900g ricotta
- 2 large eggs
- 43g cold parmesan, grated
- 2 tsp garlic, minced
- 1 tsp Italian seasoning
- 200g lasagne sheets
- 1 pack of mozzarella, shredded

Instructions:

With lid off, press **STEW FUNCTION** and add the oil.

Add the onions, minced beef, salt and pepper and continue cooking until the onions become translucent and the beef has browned.

Add the pasta sauce and water to the beef and onions. Stir and remove from heat into a large bowl. Press **CANCEL**



Serves

6

Pasta Carbonarra

Pressure King Pro cooking time: 10 minutes

Ingredients:

- 250g bacon or pancetta
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 500g penne
- 11 water
- 256g parmesan, grated
- 3 eggs, plus 4 yolks
- 1 tbsp fresh crushed black pepper
- Salt and pepper to taste
- Chopped parsley for garnish

Instructions:

Place the inner pot in the pressure cooker and press **STEW FUNCTION**.

With lid off, add olive oil. Once the olive oil is hot, add the bacon. Sauté until crisp (you may need to remove some oil/fat during the process. Once the bacon is cooked, add the garlic and stir. Remove the bacon and set aside. Press **CANCEL**

Add the pasta, water, and salt to taste. Make sure all the pasta is covered in water.



Serves

2

Macaroni Cheese

Pressure King Pro cooking time: 5 minutes

Ingredients:

- 200g uncooked elbow macaroni
- 480ml water
- Salt and pepper
- 1 tsp dry mustard
- 1 pinch cayenne pepper
- 350ml can evaporated milk
- 100g sharp cheddar cheese, grated
- 100g Monterey Jack cheese, grated
- 400g can chopped tomatoes, drained

Instructions:

Mix together the macaroni, water, 1 teaspoon of salt, the dry mustard and cayenne pepper in the pressure cooker. Close the lid and set the pressure release valve to closed. Press the **STEAM FUNCTION** and adjust the timer to 5 minutes. Allow to go to **KEEP WARM FUNCTION**.

At the end of 5 minutes, immediately release the pressure. Add the evaporated milk and the tomatoes, and continue to simmer for about



Serves

4

Dim Sum

Pressure King Pro cooking time: 5 minutes

Ingredients:

- 1 large dried Chinese black mushroom
- Hot water
- 100g ground pork
- 100g prawns, shelled, deveined and chopped fine
- 2 tbsp water chestnuts, chopped fine
- 2 small green onions, white parts only, minced
- 2 tsp soy sauce
- 1 tsp dry sherry
- 1 tsp sesame oil
- 1 tsp corn-starch
- 1/2 tsp sugar
- 1 pinch Chinese pepper
- 3 3/4" size round won ton wrappers

Instructions:

Soak the mushroom in the HOT water until softened (about 20 minutes). Drain. Remove and discard the stem and the tough centre. Chop very fine.

Mix the mushroom, pork, shrimp, water chestnuts



Serves

10

Vegetables

Ratatouille

Pressure King Pro cooking time: 10 minutes

Ingredients:

- 4 large ripe tomatoes
- 5 tbsp olive oil
- 2 large aubergines, cut into large chunks
- 4 small courgettes, cut into large chunks
- 2 red or yellow peppers, de-seeded and cut into chunks
- Small bunch basil
- 1 medium onion, peeled and thinly sliced
- 3 garlic cloves, peeled and crushed
- 1 tbsp red wine vinegar
- 1 tsp caster sugar

Instructions:

Score a small cross on the base of each tomato, then put them into a bowl. Cover with boiling water, leave for 20 seconds, then drain and cover with cold water. Leave to cool, then peel away the skin. Quarter the tomatoes, scrape away and discard the seeds with a spoon, then roughly chop the flesh. Set aside.

Heat the tablespoons of the olive oil in the Pressure King Pro using the **STEW FUNCTION** and brown the aubergines until soft with lid off. Set aside.

Fry the courgettes in a tablespoon of the oil until golden.

Repeat with the peppers.



Serves

4

Lemoned Broccoli

Pressure King Pro cooking time: 2 minutes

Ingredients:

- 900g broccoli
- 4 lemon slices
- 125ml water
- Salt and pepper

Instructions:

Remove the tough parts of the broccoli stalks. Score the ends.

Pour water in the pressure cooker and add the broccoli, sprinkled with the lemon juice.

Season with salt and pepper, as desired.

Close the lid and set the pressure release valve to closed. Press **STEAM FUNCTION** and adjust timer to 2 minutes or less.

Serve with main dish or on its own.



Serves

4-6

Poached Pears in Spiced Red Wine

Pressure King Pro cooking time: 8 minutes

Ingredients:

- 1 vanilla pod
- 750ml red wine
- 225g/8oz caster sugar
- 1 cinnamon stick, halved
- 1 thyme sprig, plus extra to decorate
- 6 pears, peeled, but kept whole with stalk intact

Instructions:

Halve the vanilla pod lengthways, scrape out the black seeds, reserving the pod, and put the seeds in the Pressure King Pro with the wine, sugar, cinnamon and thyme.

Cut each piece of pod into three long, thin strips, add to the Pressure King Pro, then lower in the pears.

Close the lid and set the pressure release valve to closed, press the **STEAM FUNCTION** and adjust to 6 minutes.

The cooking time will depend on the ripeness of your pears – they should be tender all the way through when pierced with a cocktail stick; if not, cook for 2 more minutes. You can make these



Serves

6

Rice Pudding

Pressure King Pro cooking time: 14 minutes

Ingredients:

- 25g / 1oz butter
- 100g / 4oz pudding rice
- 50g / 2oz sugar
- 700ml / 1 1/4 pint milk
- Pinch of grated nutmeg

Instructions:

Press the **RICE FUNCTION** and melt the butter with lid off.

Tip in the rice and sugar, stir through the milk and bring to a simmer.

Press **CANCEL**.

Close the lid and set the pressure release valve to closed. Press **RICE FUNCTION**

Remove the lid, sprinkle with nutmeg and stir well.

Close lid but set pressure release valve to open. Press **RICE FUNCTION** and adjust timer to 1 minute. Simmer to thicken.

Spoon into dishes.



Serves

4

Breakfast

Lemon Cheesecake

Pressure King Pro cooking time: 40 minutes

Ingredients:

200g shortbread
2 tbsp butter, melted
Filling
400g cream cheese,
at room temperature
32g granulated sugar
32g sour cream
1 tbsp lemon juice
2 tsp grated lemon zest
1/2 tsp vanilla extract
2x large eggs

Instructions:

Prepare a foil sling for lifting the pan out of the pressure cooker by taking an 18" strip of foil and folding it twice lengthwise. Set aside.

Crush cookies in a Ziploc bag into fine crumbs. Add butter and toss until well combined. Use your fingers or the bottom of a drinking glass and press crumbs evenly, firmly into the bottom and half way up the sides of a 7" spring form pan. Put pan in the freezer until ready to use.

In a large mixing bowl, mix the cream cheese and sugar until smooth. Add sour cream, lemon juice, lemon zest, and vanilla and blend until combined. Add in eggs one at a time and mix just until combine. Do not overwork the batter.

Pour batter into the spring form pan on top of the crumbs.



Serves

6-8

Porridge

Pressure King Pro cooking time: 10 minutes

Ingredients:

64g Steel Cut Oats
480ml water
1 tablespoon of oil
Dash of salt

Instructions:

Instructions:

Combine ingredients in Pressure King Pro, close the lid and set pressure release valve to closed. Press the **PORRIDGE FUNCTION**.

Top with milk, fresh or dried fruit (blueberries, strawberries), chopped nuts or granola, and your favourite sweetener – brown or white sugar, maple syrup, or agave syrup.

DO NOT OVERFILL THE INNER POT ABOVE 3/5 LINE AS THE PORRIDGE EXPANDS DURING THE COOKING PROCESS.



Serves

1

Canning

Fragrant Mango & Apple Chutney

Pressure King Pro cooking time: 60 minutes

Ingredients:

3 large ripe mangoes
(about 1kg / 2 1/2 lb total)
2 tbsp sunflower oil
2 onions, halved and thinly sliced
thumb-sized piece ginger, peeled
and cut into thin shreds
10 green cardamom pods
1 cinnamon stick
1/2 tsp cumin seeds
1/2 tsp coriander seeds, lightly crushed
1/2 tsp black onion seeds (nigella or kalonji)
1/2 tsp turmeric powder
2 Bramley apples (about 500g / 1 1/2 lb total)
peeled, cored and chopped
1 large red chili, de-seeded
and finely chopped
375ml / 1 3/4 oz white wine vinegar
400g / 1 1/4 oz golden caster sugar

Instructions:

Cut each mango in half, cut the flesh
of each half into chunky diagonal
pieces – take care not to cut through
the skin.

Turn each half inside out, then dice.



Stir in the turmeric, then add the
apple, mango and chili, and pour
in 500ml / 1 1/2 oz water.

Press **CANCEL**.

Close the lid and set the pressure
release valve to closed, press **STEW**.

Notes

4

500ml jars
serving