



INSTANT POT PRESSURE COOKER COOKBOOK



DANIEL COOK

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

DISCLAIMER: The purpose of this book is to provide information only. The information, though believed to be entirely accurate, is NOT a substitution for medical, psychological or professional advice, diagnosis or treatment. The author recommends that you seek the advice of your physician or other qualified health care provider to present them with questions you may have regarding any medical condition. Advice from your trusted, professional medical advisor should always supersede information presented in this book.

Table of Contents

[Table of Contents](#)

[Introduction](#)

[Free book for you!](#)

[Cabbage Tamales](#)

[Chicken with Duck Sauce](#)

[Barbeque Pork](#)

[Sausage, Kale, and White Bean Soup](#)

[Pressure Cooker Carnitas](#)

[Italian Chicken Soup](#)

[Beef Brisket with Chipotle Tomatillo Sauce](#)

[Southern Cabbage](#)

[Red Lentil and Yellow Split Pea Soup](#)

[Dad's Potato Soup](#)

[Mensaf \(Jordanian Lamb Stew\)](#)

[Beef Stew](#)

[Chicken Delirious and Buttered Rice](#)

[Bone-In Pork Chops, Baked Potatoes, and Carrots](#)

[Tortilla Soup](#)

[Chinese Ribs](#)

[Butter Beans with Beer and Bacon](#)

[Prosecco and Parmesan Risotto](#)

[Spanish Garbanzo Bean Soup](#)

[Beets with Dill and Walnuts](#)

[Chicken Fricassee](#)

[Fresh Vegetable M lange](#)

[Potato and Green Bean Casserole](#)

[Mandarin Chicken](#)

[Chicken Fajitas with a Spanish Twist](#)

[Chicken Salad](#)

[Lamb and White Bean Stew](#)

[Veal Roast](#)

[Jambalaya](#)

[Peperonata](#)

[Corned Beef](#)

[Lasagne](#)

[Easy Beef Chilli](#)

[Beef Stroganoff](#)

[Beef Curry](#)

[Beef Chili](#)
[Mini Rigatoni Bolognese](#)
[Short Ribs](#)
[Grandma's Meatballs](#)
[Roasted Chickens](#)
[Buffalo Chicken Wings](#)
[Chicken Tomatoes & Beans](#)
[Coca Cola Chicken](#)
[Asian Chicken & Rice](#)
[Chicken Cacciatore](#)
[Ginger Chicken](#)
[Pulled Pork](#)
[Veal Stew with Mushrooms](#)
[Baby Back Ribs](#)
[Lobster](#)
[Steamed Fish Fillet](#)
[King Crab](#)
[Mediterranean Style Fish](#)
[Octopus and Potatoes](#)
[Coconut Fish Curry](#)
[Salmon Al Cartoccio](#)
[Irish stew](#)
[Cow Country Boil](#)
[New England clam chowder](#)
[French Onion Soup](#)
[Ossu Bucco](#)
[Fresh Tomato Soup](#)
[Apple Crisp](#)
[Mocha Cheesecake](#)
[Pears in Red Wine Sauce](#)
[Orange and Date Ricotta Cake](#)
[Ruby Pears](#)
[Crème Brule](#)
[Vegetable Curry](#)
[Risotto with Artichoke Hearts](#)
[Healthy Refried Beans](#)
[Vegetarian Chilli](#)
[Ratatouille Riviera-Style](#)
[Asparagus Spring Risotto](#)
[Eggplant & Olive](#)

[Kamut, Orange & Arugula Salad](#)

[Cumin Spiced Millet Pilaf](#)

[Chickpea Curry with Brown Rice](#)

[Pumpkin Soup](#)

[Curried Winter Squash and Pear Soup](#)

[Braised Kale and Carrots](#)

[Crispy Potatoes](#)

[Indian Curry Lamb Spare Ribs](#)

[Kailua Pig](#)

[Lamb Shanks](#)

[Mexican Beef](#)

[Grass Fed Beef Back Ribs](#)

[Porcini and Tomato Beef Short Ribs](#)

[Almost Boneless Chicken](#)

[Chicken Cacciatore](#)

[Conclusion](#)

Introduction

Pressure cooker is an amazing tool to save time and money cooking delicious meals that otherwise would take hours to make. However sometimes we get bored preparing the same meals every day.

To make cooking interesting and fun, we have to have variety in our kitchen. This book will give you that and much more. In this book you will find my best, hand-picked recipes that you can make with instant pot pressure cooker. Meals that you will prepare will be absolutely delicious. Promise!

All the recipes in this book are pretty simple to prepare and are written in a clear and easy to follow fashion. You won't have to wonder what to do next, these recipes will guide you every step of the way in order to make the tastiest pressure cooker meals ever. Don't believe me that they're that good? Let these recipes prove themselves. Enjoy!

Free book for you!

As a way of saying thank you for your purchase, I'm giving away a FREE smoothie recipe book that's exclusive to my readers.

In the book **"20 Delicious Supercharged Smoothie recipes"** you will find 20 of my most favourite smoothie recipes. You will find dessert-like smoothies that are great for desserts, nutritious smoothies that you could drink instead of having breakfast and also healthy green smoothies to power you for days... Completely FREE!

Also you will get updates on new releases and FREE promotions.

[CLICK HERE](#) to download it, or follow the link: <http://eepurl.com/bgBOGD>

Copyright © 2015 by Daniel Cook

Cabbage Tamales

Makes 8 tamales



INGREDIENTS

- 8 cabbage leaves
- 1 pound ground beef
- 1 1/2 cups uncooked white rice
- 2 (6.5 ounce) cans tomato sauce
- 3 teaspoons New Mexico red chili powder
- 2 cloves garlic, minced
- 1/2 cup chopped onions
- salt and ground black pepper to taste
- 2 (10 ounce) cans diced tomatoes with green chili peppers

DIRECTIONS

1. Freeze the cabbage leaves or blanch them for about 3 minutes in a large pot of boiling water to soften.
2. Place the ground beef, rice, tomato sauce, chili powder, garlic, onion, salt, and black pepper in a bowl. Mix with your hands until combined. Divide the meat mixture into 8 portions and place the meat on the softened cabbage leaves. Roll the leaves up to form logs and tuck the edges under the logs.
3. Place the tamales into a pressure cooker. Pour diced tomatoes with green chilies over tamales.
4. To cook tamales in a pressure cooker: seal the lid of the pressure cooker and bring it up to full pressure. Reduce the heat to low, maintaining full pressure, and cook for 1 hour. Use the quick-release function or allow the pressure to reduce naturally.

Chicken with Duck Sauce

4 servings



INGREDIENTS

- 1 tablespoon olive oil
- 1 (3 pound) whole chicken, cut into pieces
- salt and pepper to taste
- 1/2 teaspoon paprika
- 1/2 teaspoon dried marjoram
- 1/4 cup white wine
- 1/4 cup chicken broth

Duck Sauce:

- 1/4 cup apricot preserves
- 2 tablespoons white vinegar
- 1 1/2 teaspoons minced fresh ginger root
- 2 tablespoons honey

DIRECTIONS

1. Heat the olive oil in the pressure cooker with the lid off, over medium-high heat. Add chicken and brown on all sides as evenly as possible.
2. Remove chicken from the cooker, and season with salt, pepper, paprika and marjoram. Drain and discard fat from the cooker, and mix in wine and chicken broth, scraping any bits of food that are stuck to the bottom.
3. Return chicken to the cooker over medium-high heat, secure the lid, and bring to high pressure for 8 minutes, or until the chicken is tender. Reduce pressure before opening the lid. The internal temperature of the chicken meat should be at 180 degrees F (82 degrees C).
4. Remove chicken to a serving dish, and add the apricot preserves, vinegar, ginger and honey to the pot. Bring to a boil, and cook uncovered until the sauce has reduced into a thick and syrupy consistency, about 10 minutes.
5. Spoon over chicken and serve.

Barbeque Pork

16 servings



INGREDIENTS

- 8 pounds pork butt roast
- 1 teaspoon garlic powder
- salt and pepper to taste
- 2 (12 ounce) bottles barbeque sauce

DIRECTIONS

1. Season the pork with garlic powder, salt and pepper; place into a 4 to 6 quart pressure cooker. Fill with enough water to cover.
2. Close the lid and bring up to 15 pounds of pressure. Cook for 1 hour.
3. Release the pressure and drain off juices, reserving about 2 cups. Shred the pork and mix with barbeque sauce, adding reserved liquid if needed to reach your desired consistency.
4. Serve immediately.

Sausage, Kale, and White Bean Soup

8 servings



INGREDIENTS

- 1 cup dry navy beans
- 1 large bunch kale, rinsed, stemmed and chopped
- 1 tablespoon olive oil
- 1 pound spicy linguica sausage, sliced
- 1 cup chopped shallots
- 4 cups chicken broth
- salt and pepper to taste
- 1/2 teaspoon hot sauce, or to taste

DIRECTIONS

1. Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse before using.
2. Cook the soaked beans in a pressure cooker in 4 cups of water for 25 minutes. Use the natural release method to release pressure. Do not drain.
3. Bring a separate pot of salted water to a boil. Add the kale and simmer until kale is bright green and tender, about 2 minutes. Drain in a strainer, and cool under cold running water. Set aside.
4. Heat olive oil over medium heat in the soup pot. Brown the linguica slices on each side, about 5 minutes. Remove from the pot with a slotted spoon and set aside. Add shallots to pot and cook until soft, about 3 minutes. Pour in a splash of chicken broth and scrape up any browned bits of sausage.
5. Return the sausage to the pot along with the beans and their cooking liquid. Stir in the chicken broth. Bring soup to a boil, reduce heat to low, and simmer uncovered for 15 minutes. Add the kale and cook about 4 minutes longer. Season with salt, pepper, and hot sauce to taste.
6. Serve and enjoy!

Pressure Cooker Carnitas

12 servings



INGREDIENTS

- 3 tablespoons canola oil
- 3 pounds boneless pork shoulder, cut into 1 1/2-inch cubes
- 3 fresh poblano peppers, roughly chopped
- 4 jalapeno peppers, roughly chopped
- 1 serrano pepper, roughly chopped
- 1 large onion, roughly chopped
- 4 cloves garlic, roughly chopped
- 2 teaspoons ground coriander
- 3 teaspoons ground cumin
- 1 1/2 cups beef broth

DIRECTIONS

1. Place the oil into a pressure cooker over medium-high heat. Brown the pork cubes on all sides in the hot oil, and stir in the poblano, jalapeno, and serrano peppers, onion, garlic, coriander, cumin, and beef broth.
2. Lock the lid onto the pressure cooker, bring the cooker up to pressure, and reduce heat to keep the pressure steady.
3. Cook under medium steady pressure for 1 hour, remove the cooker from the heat, place in the sink, and run cold water over the lid of the cooker until the pressure has been released.
4. Carefully remove the lid, and serve.

Italian Chicken Soup

8 servings



INGREDIENTS

- 2 teaspoons olive oil
- 4 Italian turkey sausage links, casings removed
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1/2 cup pearl barley
- 1 cup green lentils
- 1 bone-in chicken breast half, skin removed
- 1/2 cup chopped fresh parsley
- 3 cups chicken stock
- 1 (15 ounce) can chickpeas (garbanzo beans), drained
- 1 (16 ounce) bag fresh spinach leaves, chopped
- 1 cup mild salsa

DIRECTIONS

1. Heat 1 teaspoon olive oil in a pressure cooker over medium heat. Add sausage meat, and cook until browned, breaking it into crumbles.
2. Remove sausage to a plate and drain oil. Add another 1 teaspoon of olive oil to pressure cooker; cook onion and garlic until onion is transparent. Add barley and stir 1 minute.
3. Return sausage to pressure cooker. Add lentils, chicken, parsley, and chicken stock to cooker, adding enough stock to completely cover chicken.
4. Close cover securely; place pressure regulator on vent pipe. Bring pressure cooker to full pressure over high heat (this may take 15 minutes). Reduce heat to medium high; cook for 9 minutes. Pressure regulator should maintain a slow steady rocking motion; adjust heat if necessary.
5. Remove pressure cooker from heat; use quick-release following manufacturer's instructions or allow pressure to drop on its own.
6. Open cooker and remove chicken; shred meat and return to soup. Add garbanzo beans, spinach and salsa; stir to blend and heat through before serving.
7. Serve and enjoy!

Beef Brisket with Chipotle Tomatillo Sauce

6 servings



INGREDIENTS

- 2 (11 ounce) cans whole tomatillos, drained
- 1 (7 ounce) can chipotle peppers in adobo sauce
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 2 teaspoons salt
- 1 teaspoon brown sugar
- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 1 (3 pound) beef brisket

DIRECTIONS

1. Place the tomatillos, chipotle peppers, tomato sauce, water, salt, and brown sugar in the work bowl of a food processor, and blend until smooth. Set the mixture aside.
2. Heat the olive oil in a pressure cooker with the lid off over medium heat, and cook and stir the onion and garlic until the onions are translucent, about 3 minutes. Drop the brisket into the pressure cooker, and sear it on both sides.
3. Pour the tomatillo mixture over the brisket, bring to a boil, and place the lid on the cooker. When the pressure comes up, set the heat so the cooker develops medium pressure, and cook for 1 hour and 15 minutes.
4. Allow the cooker to release pressure on its own (without using the quick-release), and remove the brisket.
5. Serve hot, with tomatillo sauce on the side.

Southern Cabbage

8 servings



INGREDIENTS

- 1 head cabbage, cored
- 3 slices bacon, cut into 1/2 inch pieces
- 1/4 cup butter
- 2 cups chicken broth
- salt and ground black pepper to taste

DIRECTIONS

1. Chop cabbage into 1- to 2-inch pieces.
2. Cook bacon in an open 8-quart pressure cooker over medium heat until tender, 4 to 5 minutes. Do not crisp the bacon unless you just like it that way. Add butter and stir until melted.
3. Place the chopped cabbage into the pot and pour in chicken broth. Add salt and black pepper to taste and toss the cabbage until coated.
4. Secure the lid to your pressure cooker, place the regulator on top (depending on the type of pressure cooker you have), and turn the heat up to high. When the regulator begins to rock or the cooker reaches full pressure, lower the heat to maintain a gentle rocking motion (15 pounds per square inch). Cook for 3 minutes.
5. Immediately remove the cooker from the heat and use the quick-release method recommended by your cooker's manufacturer to reduce the pressure.
6. Transfer cabbage to a serving dish and serve hot.

Red Lentil and Yellow Split Pea Soup

10 servings



INGREDIENTS

- 1 cup red lentils
- 1 cup yellow split peas
- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 5 cloves garlic, chopped
- 1 1/2 teaspoons ground cumin
- 8 cups chicken broth
- salt and ground black pepper to taste
- 1 teaspoon lemon juice, or to taste

DIRECTIONS

1. Place the lentils, split peas, onion, carrots, garlic, and cumin into a pressure cooker, and stir in the chicken broth.
2. Seal the cooker, bring to pressure over medium heat, and reduce heat to keep the pressure stable; cook under pressure for 30 minutes.
3. Remove from heat, and allow pressure to subside. When the cooker is at normal pressure, remove the cover, season with salt and pepper and stir in lemon juice to serve.
4. Enjoy!

Dad's Potato Soup

8 servings



INGREDIENTS

- 4 large potatoes, cubed
- 6 stalks celery, chopped
- 1 large onion, chopped
- 4 cups water, or as needed
- 1 (12 fluid ounce) can evaporated milk
- 6 tablespoons butter
- salt and ground black pepper to taste
- 1 tablespoon instant mashed potato flakes

DIRECTIONS

1. Place the potato cubes, celery, and onion into a pressure cooker and add 4 cups of water, or enough to reach the fullness mark on your cooker.
2. Cover the cooker, seal, and bring the pressure up over medium heat. When cooker reaches full pressure, reduce heat to maintain the pressure, and pressure-cook the vegetables for 25 minutes.
3. Allow the pressure in the cooker to subside, and release the cover on the cooker when the pressure is normal. Mix in the evaporated milk, butter, salt, and black pepper, and bring the soup to a boil over medium heat. Reduce heat to a simmer, and cook the soup to the desired thickness, 5 to 15 minutes. If you like a thicker soup, mix in mashed potato flakes to desired consistency.
4. Serve immediately.

Mensaf (Jordanian Lamb Stew)

8 servings



INGREDIENTS

- 4 tablespoons olive oil
- 2 pounds boneless lamb shoulder, cut into 2 inch pieces
- 8 cups water
- 2 cups uncooked white rice
- 1/4 cup pine nuts
- 6 pita bread rounds
- 1 cup salted goat's milk

DIRECTIONS

1. Place 1 tablespoon olive oil into a pressure cooker over medium-high heat. Add the lamb and cook until evenly browned on all sides. Remove the lamb. Add cooking rack; place lamb on rack.
2. Pour in 4 cups water. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 40 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)
3. Remove pressure cooker from heat, and allow pressure to drop on its own. Remove lamb, separate meat from bones, and keep warm. Discard bones. Pour pan broth into a bowl, and set aside.
4. Meanwhile, place remaining four cups water, 1 tablespoon olive oil, and rice into a saucepan; bring to a boil over medium-high heat. Stir, reduce heat, cover, and simmer until all moisture is absorbed, about 20 minutes.
5. Place remaining 2 tablespoons olive oil into a skillet over medium heat. Stir in the pine nuts; cook and stir until deep brown, about 5 minutes.
6. Pour 2 cups of the reserved broth into a large pan. Pour in the goat's milk. Add the lamb to the milk mixture. Simmer over medium heat allowing the lamb to absorb some of the liquid, about 30 minutes.
7. To serve, arrange the pita bread over the bottom of a large platter. Spoon rice over the bread. Place the lamb on top of the rice, and drizzle with any remaining milk mixture. Sprinkle pine nuts over the top.

Beef Stew

4 servings



INGREDIENTS

- 2 tablespoons vegetable oil
- 1/2 cup all-purpose flour
- 1 1/4 pounds beef stew meat, cubed
- salt and ground black pepper to taste
- 1 large onion, chopped
- 2 tablespoons white sugar
- 2 cups water
- 2 cubes beef bouillon
- 2 cloves garlic, minced
- 1 bay leaf
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 4 potatoes, peeled and cut into 2-inch pieces
- 2 cups peeled baby carrots

DIRECTIONS

1. Heat vegetable oil in a skillet over medium heat. Place flour in a re-sealable bag; drop in half the beef cubes and shake to coat. Shake off excess flour and add meat to pan. Repeat with remaining beef. Season meat with salt and pepper to taste.
2. Stir onion into beef and cook, stirring often, until the meat is browned on all sides and onion is translucent, about 5 minutes. Sprinkle in sugar.
3. Combine water, beef bouillon, garlic, bay leaf, parsley, and basil in a pressure cooker over medium-high heat. When bouillon cubes are dissolved, fit the pressure cooker's rack in the cooker (if it has one). Layer potatoes, carrots, and meat mixture in the pressure cooker, seasoning with salt and pepper to taste. Seal the lid and bring the cooker up to full pressure.
4. Reduce heat to medium-low, maintaining full pressure, and cook for 8 minutes. Remove from heat. Let the pressure drop naturally, about 15 minutes before releasing lid.
5. Transfer the meat and vegetables to a serving bowl and pour pan juices over meat and vegetables.
6. Enjoy!

Chicken Delirious and Buttered Rice

8 servings



INGREDIENTS

- 2 onions, chopped
- 2 green bell peppers, chopped
- 4 carrots, cut into match-stick size pieces
- 1 pound skinless, boneless chicken breasts, cut into cubes
- 1 cup orange juice
- 1 cup whiskey
- 1 cup brown sugar
- 3/4 cup vinegar
- 1 teaspoon red pepper flakes, or more to taste
- 2 teaspoons ground ginger
- 1 teaspoon Asian (toasted) sesame oil
- 2 1/2 cups water
- 1 1/4 cups white rice
- 1 tablespoon butter, or to taste
- 1/2 cup orange juice
- 1 tablespoon cornstarch

DIRECTIONS

1. Place onions, green bell peppers, and carrots in the pressure cooker; add chicken. Whisk 1 cup orange juice, whiskey, brown sugar, vinegar, red pepper flakes, ginger, and sesame oil together in a bowl; pour over chicken mixture. Stir to combine.
2. Place lid on pressure cooker and lock; bring to full pressure over medium heat until chicken is no longer pink in the center, 15 minutes. Release pressure according to manufacturer's instructions. Keep chicken mixture warm.
3. While chicken is cooking, combine water and rice in a microwave-safe casserole dish. Cook on high in microwave until water is absorbed and rice is tender, 15 to 20 minutes. Stir butter into rice; toss well.
4. Whisk 1/2 cup orange juice and cornstarch together in a bowl; stir into hot chicken mixture until whiskey sauce is thickened.
5. Serve chicken over the hot buttered rice.
6. Enjoy!

Bone-In Pork Chops, Baked Potatoes, and Carrots

4 servings



INGREDIENTS

- 4 3/4-inch thick bone-in pork chops
- salt and ground black pepper to taste
- 1/4 cup butter, divided
- 1 cup baby carrots, or more to taste
- 1 onion, chopped
- 1 cup vegetable broth
- 3 tablespoons Worcestershire sauce
- 4 whole russet potatoes, or more to taste

DIRECTIONS

1. Season pork chops with salt and ground black pepper.
2. Melt 2 tablespoons butter in a pressure cooker over medium-high heat. Working in batches, cook pork chops in hot butter until browned on both sides, 3 to 5 minutes per side. Transfer pork chops to a plate.
3. Melt remaining 2 tablespoons butter in the pressure cooker. Sauté carrots and onion in hot butter until fragrant, about 2 minutes; add broth and Worcestershire sauce. Return pork chops to the pressure cooker pot. Set a steamer basket on top of the pork chops and place potatoes in the basket.
4. Cover the pressure cooker with the lid, lock the lid, bring the cooker to high pressure, and cook under pressure for 13 minutes. Release pressure from the pot according to the manufacturer's instructions.
5. Slice potatoes along the top and serve.

Tortilla Soup

10 servings



INGREDIENTS

- 2 tablespoons vegetable oil
- 2 large onions, chopped
- 1 (12 ounce) jar roasted red peppers, drained and chopped
- 1 (4 ounce) can roasted jalapeno peppers, diced
- 1 clove garlic, minced
- 1 tablespoon ground black pepper
- salt to taste
- 4 cups diced tomatoes
- 1 (32 fluid ounce) container chicken stock
- 1 cup heavy whipping cream
- 1 cup chopped fresh cilantro
- 1 (14.5 ounce) package tortilla chips
- 1 cup sour cream (optional)
- 1 (8 ounce) package shredded queso quesadilla (white Mexican cheese)

DIRECTIONS

1. Heat vegetable oil in pressure cooker over medium heat; cook and stir onions until slightly softened, 5 to 8 minutes. Add red peppers, jalapeno peppers, garlic, black pepper, and salt; cook until garlic is fragrant and onions are softened, about 5 more minutes. Stir tomatoes into onion mixture and cook until warmed, about 1 minute.
2. Transfer tomato mixture to a blender. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Transfer tomato puree back to pressure cooker.
3. Stir chicken stock into tomato puree; cook and stir over high heat until just boiling, about 5 minutes. Cover and lock pressure cooker. Cook over high heat until steam begins to build and steadily escapes. Lower heat to medium-low; cook for 20 more minutes. Remove from heat; allow all the steam to naturally release. Remove lid.
4. Bring soup to a boil; stir in cream and cilantro. Remove from heat. Let cool for 5 minutes.
5. Crush tortilla chips into serving bowls; pour soup over tortilla chips. Top with sour cream and queso quesadilla.
6. Serve and enjoy!

Chinese Ribs

4 servings



INGREDIENTS

- 3 tablespoons paprika
- 1 tablespoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 6 1/2 pounds pork ribs
- 2 tablespoons vegetable oil
- 3 cups water
- 3/4 cup ketchup
- 1/4 cup brown sugar
- 1/4 cup Chinese vinegar
- 1 teaspoon Worcestershire sauce

DIRECTIONS

1. Mix paprika, garlic powder, black pepper, and salt in a re-sealable plastic bag. Place ribs in bag, seal the bag, and shake thoroughly until ribs are completely coated. Remove ribs from bag and discard dry rub.
2. Heat oil in a wok over medium-high heat. Cook ribs in hot oil until browned all over, 3 to 4 minutes per side.
3. Stir water, ketchup, brown sugar, vinegar, and Worcestershire sauce together in a pressure cooker. Add browned ribs to pressure cooker. Lock the lid onto the pressure cooker, bring the cooker up to pressure, and reduce heat to medium.
4. Cook ribs over medium heat for 15 minutes. Remove from heat and release pressure according to manufacturer's directions.
5. Serve and enjoy!

Butter Beans with Beer and Bacon

8 servings



INGREDIENTS

- 1 pound dried large lima beans (butter beans)
- 1 pound bacon
- 4 cups water, or more as needed
- 1 (12 fluid ounce) can or bottle beer
- 1/2 teaspoon ground cumin (optional)
- 1/2 jalapeno pepper, seeded and minced
- 1 clove garlic, minced

DIRECTIONS

1. Place beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
2. Place bacon in the open pressure cooker and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels and remove pressure cooker from heat, reserving the bacon grease in the pressure cooker to cool, about 10 minutes.
3. Stir 4 cups water into cooled bacon grease; add beer and cumin.
4. Drain and rinse the soaked beans and add to the water mixture in the pressure cooker.
5. Place the lid on the pressure cooker and secure tightly. Cook beans according to manufacturers' instructions for 15 psi over medium-high heat, about 30 minutes; release the pressure.
6. Stir jalapeno pepper and garlic into beans. Crumple bacon over beans.
7. Close pressure cooker again and bring to 15 psi over medium heat and immediately turn off heat. Remove pressure cooker from heat and allow pressure naturally decrease to 0 psi.
8. Serve and enjoy!

Prosecco and Parmesan Risotto

4 servings



INGREDIENTS

- 1 1/2 tablespoons butter
- 2/3 cup finely chopped shallots
- 3 garlic cloves, minced
- 1 1/3 cups uncooked Carnaroli or other medium-grain rice
- 1 cup prosecco or other sparkling white wine, divided
- 3 cups fat-free, lower-sodium chicken broth
- 2 ounces fresh Parmigiano-Reggiano cheese, divided
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS

1. Heat a 6-quart pressure cooker over medium-high heat. Add butter to cooker; swirl until butter melts. Add shallots; sauté 2 minutes. Add garlic; sauté for 30 seconds, stirring constantly. Add rice; cook 1 minute, stirring constantly. Add 1/2 cup prosecco; cook 1 minute or until liquid is absorbed, stirring constantly. Stir in remaining 1/2 cup prosecco and broth.
2. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 8 minutes.
3. Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure. Remove lid.
4. Grate 1 3/4 ounces cheese; stir in grated cheese and remaining ingredients.
5. Let stand 4 minutes to thicken. Shave remaining 1/4 ounce cheese, and top with shavings.
6. Serve and enjoy!

Spanish Garbanzo Bean Soup

8 servings



INGREDIENTS

- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 5 garlic cloves, minced
- 4 ounces Spanish chorizo, diced
- 2 1/2 cups water
- 2 1/2 cups fat-free, lower-sodium chicken broth
- 1 1/2 cups dried garbanzo beans
- 2 bay leaves
- 6 cups chopped escarole
- 1 tablespoon sherry vinegar
- 3/8 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper

DIRECTIONS

1. Heat a 6-quart pressure cooker over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 3 minutes. Add garlic and chorizo; sauté 2 minutes. Stir in 2 1/2 cups water, broth, garbanzo beans, and bay leaves.
2. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 1 hour.
3. Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure. Remove lid.
4. Discard bay leaves. Add escarole and remaining ingredients, stirring just until escarole wilts.
5. Serve immediately.

Beets with Dill and Walnuts

4 servings



INGREDIENTS

- 2 pounds beets
- 2 1/2 cups water
- 1 tablespoon cider vinegar
- 1 tablespoon fresh lemon juice
- 2 teaspoons sugar
- 1 1/2 teaspoons Dijon mustard
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh dill
- 2 tablespoons finely chopped walnuts

DIRECTIONS

1. Leave root and 1-inch stem on beets; scrub with a brush. Place in a 6-quart pressure cooker; add 2 1/2 cups water. Close lid securely; bring to high pressure over high heat. Reduce heat to medium or level needed to maintain high pressure; cook 10 minutes.
2. Remove from heat; let stand for 6 minutes. Release pressure through steam vent, or place cooker under cold running water to release pressure. Remove lid. Drain and rinse beets with cold water. Drain; cool. Trim off beet roots; rub off skins. Cut beets in half vertically; cut each half into 4 wedges. Place in a medium bowl.
3. Combine vinegar and next 5 ingredients (through pepper) in a small bowl; stir with a whisk. Slowly drizzle in oil, stirring constantly with a whisk until well combined. Toss oil mixture with beets; let stand 15 minutes, tossing gently occasionally. Stir in dill.
4. Top with walnuts just before serving.

Chicken Fricassee

4 servings



INGREDIENTS

- 1 pound baby carrots with green tops
- 1 tablespoon butter
- 1 tablespoon olive oil
- 4 chicken leg quarters, skinned
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup all-purpose flour
- 1 pound cremini mushrooms, quartered
- 3/4 cup dry white wine
- 3 thyme sprigs
- 2 sage sprigs
- 2 cups fat-free, lower-sodium chicken broth
- 10 ounce fresh pearl onions, peeled
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage

DIRECTIONS

1. Trim tops of carrots to 1-inch; peel. Set aside.
2. Melt butter in an 8-quart pressure cooker over medium-high heat. Add oil to cooker; swirl to coat. Sprinkle chicken evenly with salt and pepper. Place flour in a shallow dish. Dredge chicken in flour.
3. Place 2 chicken leg quarters, flesh side down, in cooker; sauté 5 minutes or until browned. Set aside. Repeat procedure with remaining 2 chicken leg quarters.
4. Place mushrooms in cooker; sauté 4 minutes or until liquid evaporates. Remove mushrooms from cooker using a slotted spoon; set aside.
5. Stir in wine, scraping cooker to loosen browned bits. Bring to a boil; cook 30 seconds. Tie thyme and sage sprigs together with twine. Add chicken, herb sprigs, and broth to cooker.
6. Close lid securely; bring to high pressure over high heat. Reduce heat to medium or level needed to maintain high pressure; cook 6 minutes. Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure. Remove lid.
7. Add carrots, mushrooms, and onions to cooker; close lid securely. Return cooker to high pressure and immediately remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure. Remove lid. Transfer chicken to a platter.
8. Remove vegetables from cooker using a slotted spoon; arrange on platter with chicken. Cover and keep warm. Strain cooking liquid through a cheesecloth-lined sieve into a large bowl; discard solids.
9. Transfer liquid to a large, wide skillet over medium-high heat; bring to a boil. Cook until reduced to 1 cup (about 12 minutes). Stir chopped thyme and sage into sauce. Serve with chicken and vegetables.

Fresh Vegetable Mélange

4 servings



INGREDIENTS

- 1 medium onion, chopped
- 1/2 cup canola oil
- 3/4 cup red split lentils
- 1 garlic clove, chopped
- 1/4 cup parsley, diced in small pieces
- 1/4 cup fresh dill, diced in small pieces
- 1 teaspoon fresh chopped basil
- 1 cup chicken or vegetable stock
- 3 large tomatoes, cut in small chunks
- 2 zucchini, cut in large chunks
- 4 medium potatoes, skinned, cut in 1/2" slices
- 2 large carrots, cut in 1/2" slices
- 1 green pepper, seeds removed, cut in 1/4" slices
- 3 stalks celery, cut in 1/4" slices
- 2 cups frozen peas, thawed
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion in hot oil in pressure cooker for 2 minutes. Stir in garlic, parsley and dill and cook for 1 minute. Stir in stock, red split lentils, vegetables and salt and pepper.
2. Lock the lid in place and bring to pressure, then lower heat and cook for 5 minutes on high pressure. Allow pressure to drop by the quick release method or automatic release method and remove the lid. Stir vegetables and drain any excess liquid.
3. Serve and enjoy!

Potato and Green Bean Casserole

4 servings



INGREDIENTS

- 3 potatoes, peeled and cut in 1" cubes
- 3/4 pounds green beans
- 1 tablespoon olive oil
- 1 medium onion, minced
- 1 garlic clove, minced
- 1 green pepper, diced
- 1 tablespoon minced parsley
- Salt and freshly ground pepper
- 1/2 cup chicken stock

DIRECTIONS

1. In the pressure cooker, mix together all the ingredients. Lock the lid in place and bring to pressure, then lower heat and cook for 15 minutes.
2. Allow pressure to drop by the quick release method or automatic release method and remove the lid.
3. Suggested time for fast 15 psi pressure cookers: Cook for 3 minutes on high pressure.
4. Serve and enjoy!

Mandarin Chicken

4 servings



INGREDIENTS

- 3/4 pound boneless, skinless chicken breasts
- 1 tablespoon balsamic vinegar
- 2 cups chicken stock or broth
- 1 onion, cut into thin wedges
- 1 teaspoon dried tarragon
- 1 can (11 ounce) mandarin oranges, drained
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 4 tablespoons cornstarch
- 8 ounce Chinese wheat noodles
- 1/4 cup water
- Freshly ground pepper, to taste

DIRECTIONS

1. In the pressure cooker, combine chicken, vinegar, stock and onions.
2. Lock the lid in place and bring to pressure, then lower heat and cook for the 15 minutes. Allow pressure to drop by the natural release method for 10 minutes, and then release remaining pressure by the quick release method and remove the lid.
3. Transfer chicken to a platter and keep warm. Leave the stock mixture in the pressure cooker, and stir in tarragon, oranges, honey and soy sauce. Combine the cornstarch and water. Stir into the stock mixture, and cook uncovered over medium heat until the sauce thickens.
4. Serve the chicken over cooked noodles. Add freshly ground pepper to taste.

Chicken Fajitas with a Spanish Twist

4 servings



INGREDIENTS

- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, cut into 1/2 inch pieces
- 2 large onions, chopped
- 8 garlic cloves, minced
- 1 sweet red pepper, cut into thin strips
- 1 (15 ounce) can diced tomatoes
- 1/2 cup raisins
- 1 sweet red pepper, finely chopped
- 1 mild chili pepper, seeded and finely chopped
- 1 stick cinnamon
- 1/4 teaspoon crushed red pepper flakes
- 6 black olives, sliced
- 8 corn tortillas, warmed

DIRECTIONS

1. In the pressure cooker, heat oil and sauté chicken, onions and garlic over medium-high heat until chicken is lightly browned. Stir in the tomatoes, raisins, sweet peppers, chili pepper, and cinnamon.
2. Lock the lid in place and bring to pressure, then lower heat and cook for the suggested time. Allow pressure to drop by the natural release method for 5 minutes, then release remaining pressure using the quick release method and remove the lid.
3. Discard the cinnamon. Stir in the flour, red pepper flakes, and olives. Heat the mixture until thickened (2-5 minutes).
4. Spoon chicken mixture onto warm tortillas, roll and serve.

Chicken Salad

6 servings



INGREDIENTS

- 2 pounds boneless chicken breast, cubed
- 2 cups chicken broth
- 1 bay leaf
- 1 onion, quartered
- 1 pounds celery, diced
- 1 carrot, diced into 1/4" pieces
- 1/4 cup chopped parsley
- 1 bunch scallions, diced
- 1 cup toasted slivered almonds
- 1 cup pineapple chunks, chopped in 1/2 inch pieces
- 2 cups mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon curry

DIRECTIONS

1. Place chicken, water, onion, 1/2 cup celery, carrot and parsley into the pressure cooker. Lock the lid in place and bring to pressure, then lower heat and cook for 5-10 minutes on high pressure. Allow pressure to drop by the quick release method and remove the lid.
2. Take the chicken out of the pressure cooker and discard the liquid. Cool the chicken and add remaining diced celery, scallions, almonds and pineapple. In a separate bowl, mix together mayonnaise, lemon juice, and curry.
3. Add dressing to chicken mixture, enough just to moisten.
4. Serve immediately.

Lamb and White Bean Stew

6 servings



INGREDIENTS

- 4 shoulder lamb chops (about 2 pounds), trimmed of fat
- 1 1/2 cups dry white
- beans, washed and picked over
- 2 cups canned diced tomatoes
- 1 cup onion, diced
- 1 cup leek, diced
- 2 tablespoons garlic, coarsely chopped
- 1 sprig fresh thyme and 1 sprig fresh sage
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 3 cups cold water

DIRECTIONS

1. Place all ingredients into the pressure cooker. Lock lid into place and bring to pressure, then lower heat and cook for 40 minutes on high pressure.
2. Allow pressure to drop by the quick release method and remove the lid. Let the stew rest for a few minutes until the fat rises to the surface.
3. Spoon off and discard as much fat as possible. Add more salt and pepper as needed.

Veal Roast

6 servings



INGREDIENTS

- 3 pounds shoulder veal roast
- 1 large onion, quartered
- 1 large sprig fresh thyme
- 1/4 teaspoon rosemary
- 1 tablespoon butter
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 2 cups water

DIRECTIONS

1. Heat the butter in the pressure cooker. Salt and pepper the roast and place it in the hot butter with the quartered onion. Brown the roast over medium to high heat for about 10 minutes, turning occasionally, until browned on all sides. Add the herb sprig and 2 cups water.
2. Lock lid into place and bring to pressure, then lower heat and cook for 30 minutes on high pressure. Allow pressure to drop by the quick release method and remove the lid.
3. Let the roast rest a few minutes before carving.
4. Serve with the juices and onion quarters.

Jambalaya

6 servings



INGREDIENTS

- 1 tablespoon vegetable oil
- 1/2 pound boneless skinless chicken breasts, cut into 1" pieces
- 1/2 pound fully cooked Italian sausage, sliced
- 1/2 pound uncooked shrimp, peeled and deveined
- 2 teaspoons Creole seasoning
- 1 teaspoon dried thyme leaves
- 1/8 teaspoon cayenne pepper
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 green bell pepper, chopped
- 3 stalks celery, sliced
- 1 cup long grain rice
- 16 ounce canned chopped tomatoes, undrained
- 1 cup chicken stock
- 3 tablespoons fresh parsley, minced

DIRECTIONS

1. Heat oil in the pressure cooker over medium high heat. Add chicken, sausage and shrimp. Sprinkle meats with half of the Creole seasoning, half the thyme and half the cayenne.
2. Cook for 3-5 minutes uncovered, stirring frequently, until chicken and shrimp are thoroughly cooked. Remove chicken, sausage and shrimp with a slotted spoon and set aside.
3. Add onion, bell pepper, celery and remaining Creole seasoning, thyme and cayenne to pressure cooker. Cook for 4-5 minutes, stirring frequently.
4. Add rice, tomatoes with their juice and stock. Lock the lid in place and bring to pressure, then lower heat and cook for 8 minutes on high pressure.
5. Allow pressure to drop by the quick release method and remove the lid. Stir in chicken, sausage, shrimp and parsley. Cover tightly and let stand for 5 minutes before serving.
6. Enjoy!

Peperonata

6 servings



INGREDIENTS

- 2 red peppers, thinly sliced into strips
- 2 yellow peppers, thinly sliced
- 1 green pepper, thinly sliced
- 1 medium ripe tomato
- 1 red onion, thinly sliced into strips
- 2 garlic cloves
- 1 bunch of basil or parsley
- Fresh, unfiltered olive oil
- Salt and pepper

DIRECTIONS

1. Rinse and remove the stems and seeds from the peppers. Slice the peppers into thin strips. Rinse the tomato and chop finely (reserve the liquid).
2. Heat oil and begin to soften the onions. Add the peppers and one garlic clove, wrapper on. Brown one side of the peppers.
3. Add the tomato and its liquid, salt and pepper, mix well. Close and lock. When pressure is reached cook for 3 minutes at high pressure.
4. Release pressure. Open the lid and remove the garlic wrapper. If there is still lots of liquid just remove the peppers with tongs.
5. Serve with one clove of raw, pressed, garlic, chopped basil, and a little olive oil.

Corned Beef

6 servings



INGREDIENTS

- 2 pound Corned Beef
- 2 cups of Chicken stock
- 2 cups of water
- 2 bay leaves
- 2 tablespoon whole black pepper corns
- 4 allspice Whole
- 2 sprigs of Fresh thyme
- 1 onion white diced
- 1 clove of garlic smashed
- 1 pound of red potatoes
- 4 carrots peeled and cut into 3 inch pieces
- 1/2 head of green cabbage cut into 4 pieces with core intact to retain shape

DIRECTIONS

1. Place the inner pot into the Power Cooker.
2. Place the corned beef, stock, water bay leaves, peppercorns, allspice, thyme, onion and garlic.
3. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
4. Press the Chicken/Meat button, 3x to 60 min.
5. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid. Press the CANCEL Button.
6. Remove the corn beef from the broth. Skim away any fat floating in the broth. Add in the potatoes, carrots, and cabbage.
7. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed. Press the Fish/Vegetable, 3x set to 10 minutes.
8. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid. Press the CANCEL Button.
9. Serve and enjoy!

Lasagne

4 servings



INGREDIENTS

- 10 Meatballs, cooked and crushed
- 2 cups ricotta cheese
- 2 cups mozzarella, shredded
- 1/2 cup Parmigiano
- 3 eggs
- 3 tablespoon parsley chopped
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 3 1/2 cups tomato sauce
- 1 1/2 packs pre-baked lasagne shells

DIRECTIONS

1. Mix the ricotta cheese in a bowl with 1 cup shredded mozzarella, parsley, salt, pepper and grated Parmigiano. Set aside.
2. Place the inner pot into the Power Cooker. Pour 1 cup tomato sauce with $\frac{1}{2}$ cup water.
3. Place 2 lasagne shells in the middle side by side. Break 2 shells in half lengthwise and fill in the sides.
4. Place half the crushed meatballs on top of the shells. Pour $\frac{1}{2}$ cup of sauce on top. Place another layer of shells and then spoon in the ricotta cheese mixture.
5. Place another layer of the lasagne shells down and pour in the rest of the meatballs. Pour 1 cup of sauce on top of the meatballs.
6. Place the final layer of shells and pour 1 cup of sauce on top. Sprinkle with the rest of the mozzarella on top.
7. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
8. Press the SOUP/STEW button and then press the TIME ADJUSTMENT button until you reach 20 Min.
9. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
10. Let sit for about 10 minute to set up. Serve and enjoy!

Easy Beef Chilli

by [The Foodie](#)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

10/10 (100% of 10)

6 servings



INGREDIENTS

- 24 ounces ground beef
- 9 ounces mixed dried beans, previously soaked overnight
- 28 ounces canned tomatoes, diced
- 2 cups beef stock
- 1 ½ cup pale ale
- 1 large sweet onion, chopped
- 6 garlic cloves, minced
- 7 jalapenos, seeded and diced (use less for milder chilli)
- 4 medium carrots, chopped
- 2 tablespoon vegetable oil
- 3 tablespoon chilli powder
- 1 teaspoon chipotle chilli powder
- 1 bay leaf
- salt and freshly ground pepper, to taste

DIRECTIONS

1. Heat half the vegetable oil in the pressure cooker over medium heat. Put the ground beef in. Brown beef for 6-8 minutes, stirring constantly to prevent burning. Remove beef to a separate container and set aside.
2. Pour the remaining oil into the pressure cooker.
3. Add onion, carrots, garlic cloves and jalapenos. Sauté until translucent, but not browned.
4. Place the diced tomatoes and pour the ale in. Stir to prevent glazing.
5. Add the beans, beef stock, bay leaf and chipotle chilli powder. Mix well. Cover the pressure cooker and lock lid. Adjust heat so that steady steam is released from the pressure valve. As soon as steam begins to come out, bring to 15 psi and cook chilli for 25 minutes.
6. Turn off the heat and release steam naturally.
7. When pressure cooker has cooled, unlock the lid and uncover pot.
8. Stir the chilli. Season with salt and pepper, according to taste. If the chilli appears too watery or the beans look undercooked, simmer pot over medium heat for 6-8 more minutes.
9. Serve hot, topped with grated cheddar cheese and sour cream, and garnished with parsley.

Beef Stroganoff

6 servings



INGREDIENTS

- 2 pounds sliced beef, sirloin or filet
- 1 shallot, peeled and minced
- 1 pound mushrooms, cleaned and sliced
- 1/4 cup sour cream
- 1 bay leaf
- 2 cups beef stock
- 3 tablespoon butter
- 1 sprig fresh thyme

DIRECTIONS

1. Place the inner pot into the Power Cooker.
2. Press the CHICKEN/MEAT button. Add the butter and brown the meat.
3. Add the rest of the ingredients except the sour cream.
4. Press the WARM/CANCEL button.
5. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
6. Press the SOUP/STEW Button.
7. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Stir in sour cream.
9. Serve and enjoy!

Beef Curry

4 servings



INGREDIENTS

- 18 ounces diced beef chuck steak
- Large glug of olive Oil
- 2 to 3 large potatoes diced
- 2 ½ tablespoon curry powder mild
- 1 tablespoon grainy wine mustard
- 2 large onions chopped
- 2 cloves garlic chopped
- 1 can of coconut milk
- 1 jar of tomato sauce (pasta sauce)

DIRECTIONS

1. Heat pressure cooker (lid off), add oil
2. Add onions & garlic and caramelise
3. Add mustard, potatoes and cook for a further 1 minute
4. Add diced beef and brown
5. Add curry powder and cook for 1-2 minutes
6. Pour in tomato sauce and coconut milk
7. Put lid on the pressure cooker and cook for 10 minutes
8. Serve and enjoy!

Beef Chili

6 servings



INGREDIENTS

- 2 pounds ground beef, 85% lean
- 4 cups crushed tomatoes
- 1/2 cup beef stock
- 1 large onion, peeled and diced
- 1/3 cup dried red beans (soak beans overnight)
- 1/3 cup dried black beans (soak beans overnight)
- 1/3 cup dried navy beans (soak beans overnight)
- 1/4 cup chili powder
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 tablespoon sea salt
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon sugar
- 2 tablespoon grape seed oil
- Sour cream for garnish
- Cheddar cheese for garnish

DIRECTIONS

1. Place the inner pot in the Power Cooker. Place the oil in the inner pot. Press CHICKEN/MEAT button. Add the beef and onions. Cook for 5 minutes. Add the spices and cook for 1 minute.
2. Add the remaining ingredients.
3. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
4. Press the WARM/CANCEL button.
5. Press the SOUP/STEW button and then press the TIME ADJUSTMENT button until you reach 20 min.
6. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
7. Garnish with sour cream and shredded cheddar cheese.
8. Serve and enjoy!

Mini Rigatoni Bolognese

4 servings



INGREDIENTS

- 2 tablespoon olive oil
- 1 pound ground beef
- 1 medium onion, peeled, finely chopped
- 2 cloves garlic, peeled and minced
- 1 medium carrot, peeled and finely chopped
- 3/4 cup dry, red wine
- 2 cups crushed, canned tomatoes
- 3/4 cup beef broth
- Pinch cayenne pepper
- 6 tablespoon finely grated Parmigiano-Reggiano
- 1 pound mini rigatoni pasta
- Sea salt & freshly ground black pepper to taste

DIRECTIONS

1. Place the inner pot in the Power Cooker. Place the oil in the inner pot. Press the RICE/RISOTTO button. Place the beef in the pot. Stirring occasionally while cooking.
2. After 5 minutes add the onion, garlic, carrots and cook until the time is up.
3. Add the remaining ingredients except the Parmigiano.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the WARM/CANCEL button.
6. Press the BEANS/LENTILS button.
7. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Serve with Parmigiano-Reggiano.

Short Ribs

4 servings



INGREDIENTS

- 8 short ribs, trimmed
- 2 cups beef stock
- 2 carrots, peeled and diced
- 1 medium onion, peeled and diced
- 2 stalks celery diced
- 3 cloves garlic, peeled and minced
- 2 tablespoon tomato paste
- 8 red potatoes, small
- 2 tablespoon olive oil
- 1 tablespoon sea salt
- 1 tablespoon freshly ground black pepper
- 1 sprig thyme
- 1 sprig rosemary
- 1 bay leaf

DIRECTIONS

1. Season the short Ribs with salt and pepper. Pour the olive oil into the inner pot and press the CHICKEN/ MEAT button. Place the ribs into the inner pot and brown on all sides.
2. Remove the ribs and keep aside. Add the vegetables and garlic and sauté for 4 minutes add the paste.
3. Place the ribs back in the pot with the rest of the ingredients.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the WARM/CANCEL button.
6. Press the SOUP/STEW button and then press the TIME ADJUSTMENT button until you reach 40 Min .
7. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Serve and enjoy!

Grandma's Meatballs

Grandma's Meatballs

Grandma's Meatballs

Grandma's Meatballs

Grandma's Meatballs

Grandma's Meatballs

6 servings



INGREDIENTS

Sauce

- 1 can crushed tomatoes
- 1/2 cup water
- 1/2 onion diced
- 3 cloves garlic, minced
- 1 tablespoon basil chopped
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon sugar
- 2 tablespoon olive oil

Meatball Ingredients

- 4 pounds ground beef
- 4 large eggs
- 1/2 cup milk
- 1/2 cup Parmigiano cheese
- 1 cup bread crumbs
- 3 cloves garlic minced
- 1 onion minced
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

DIRECTIONS

1. To make meatballs, add all meatball ingredients to a bowl and mix. Roll meat balls to desired size and place on a baking sheet. Place in the oven to sear at 450° for 10 min.
2. Place the inner pot in the Power Cooker. Press the CHICKEN/MEAT button. Sauté the onions and garlic in the olive oil. Add tomatoes and the rest of the ingredients and let cook for 5 min.
3. Add the seared meatballs.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the WARM/CANCEL button.
6. Press the SOUP/STEW button and then press the TIME ADJUSTMENT button until you reach 20 min.
7. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Serve and enjoy!

Roasted Chickens

8 servings



INGREDIENTS

- 3 pounds whole chickens
- 1 tablespoon granulated garlic powder
- 1 tablespoon onion powder
- 1 sprig rosemary, stemmed and chopped
- 1 sprig thyme, stemmed and chopped
- 1 tablespoon sea salt
- 1 tablespoon freshly ground black pepper
- 2 tablespoon olive oil

DIRECTIONS

1. Combine all the spices.
2. Place the inner pot into the Power Cooker. Press the CHICKEN/MEAT button.
3. Pour the olive oil in the pot. Season all the chicken. Place them into the inner pot.
4. Brown each chicken one at a time.
5. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
6. Press the WARM/CANCEL button.
7. Press the SOUP/STEW button and then press the COOK TIME SELECTOR button until you reach 30 min.
8. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
9. Serve and enjoy!

Buffalo Chicken Wings

6 servings



INGREDIENTS

- 4 pounds frozen chicken wings
- 3/4 cup Hot Sauce

DIRECTIONS

1. Place the inner pot into the Power Cooker.
2. Pour the sauce and the butter into the pot and mix. Coat the wings with the sauce.
3. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
4. Press the SOUP/STEW button.
5. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
6. For a crispier wing place the wings in the oven for about 10 or 15 minutes at 400°. Brush the wing with more buffalo sauce for spicier wings.
7. Serve with Bleu Cheese dressing.

Chicken Tomatoes & Beans

4 servings



INGREDIENTS

- 1 pound dried Black Beans
- 1 1/3 pound whole chicken cut into pieces
- 1 pound chorizo sausages sliced
- 2 cloves garlic, peeled and minced
- 2 tablespoon. olive oil
- 1 large onion, peeled and diced
- 1 medium red bell pepper, seeded and diced
- 3 plum tomatoes, diced
- 1 teaspoon ground cumin
- 1 tablespoon paprika
- 4 cups chicken stock
- 1 tablespoon sea salt
- 1/2 teaspoon cayenne pepper
- 1 teaspoon freshly ground pepper
- 2 tablespoon fresh cilantro chopped

DIRECTIONS

1. Place the inner pot in the Power Cooker. Place the oil In the inner pot. Press the CHICKEN/MEAT button. Sear the chicken. Remove and set aside. Sauté the onions, pepper & garlic.
2. Add the remaining ingredients and the chicken.
3. Place the lid on the Power Cooker and switch the pressure release valve to closed.
4. Press the WARM/CANCEL button.
5. Press the BEAN/LENTIL button and then press the COOK TIME SELECTOR button until you reach 30 min.
6. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
7. Serve and enjoy!

Coca Cola Chicken

4 servings



INGREDIENTS

- 4 chicken drumsticks
- 1 large finely chopped onion
- 1 tablespoon balsamic vinegar
- 1 small chopped chilli
- 2 cups Coca Cola
- 2 tablespoon olive oil
- Salt & pepper

DIRECTIONS

1. Heat the oil in the cooker, add chicken pieces and brown well.
2. Remove the chicken and brown onion in juices.
3. Add balsamic vinegar, chilli and Coca Cola.
4. Return chicken to pot, season to taste, close the pressure cooker and bring to pressure. Cook for 10 min.
5. Release the pressure and remove the lid.
6. Serve and enjoy!

Asian Chicken & Rice

4 servings



INGREDIENTS

- 2 chicken breasts, boneless and skinless, large cubed
- 1 onion peeled and diced
- 1 green pepper, seeded and diced
- 1 clove garlic, peeled and minced
- 1 teaspoon minced ginger
- 3 scallions chopped
- 2 tablespoon grape seed oil
- Sea salt & freshly ground black pepper to taste
- 1 cup yellow white rice
- 1 bag frozen mixed vegetables
- 1 cup broccoli florets
- 1 3/4 cup chicken stock

DIRECTIONS

1. Season the chicken well with salt and black pepper.
2. Place the inner pot in the Power Cooker. Place the oil in the inner pot. Press the CHICKEN/MEAT button. Sauté the chicken and vegetables.
3. Add the rice and stir. Add the rest of the ingredients.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the WARM/CANCEL button.
6. Press the RICE/RISSOTO button.
7. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Serve and enjoy!

Chicken Cacciatore

Ingredients

1/2 lb. Chicken Breast
1/2 lb. Chicken Thigh

1/2 lb. Chicken Drumstick

1/2 lb. Chicken Wing

1/2 lb. Chicken Leg

1/2 lb. Chicken Neck

1/2 lb. Chicken Tail

1/2 lb. Chicken Head

1/2 lb. Chicken Bone

1/2 lb. Chicken Skin

1/2 lb. Chicken Fat

1/2 lb. Chicken Liver

1/2 lb. Chicken Gizzard

1/2 lb. Chicken Heart

1/2 lb. Chicken Kidney

1/2 lb. Chicken Testis

1/2 lb. Chicken Ovary

8 servings



INGREDIENTS

- 2-3 tablespoons olive oil
- 3 shallots, chopped
- 1 green bell pepper, seeded and coarsely chopped
- 10 ounces mushrooms, sliced
- 3 garlic cloves, chopped
- 5-6 skinless chicken breasts, halved
- 2 cups crushed tomatoes
- 5 tablespoons tomato paste
- 6 ounces pitted black olives
- 2 ounces parmesan cheese
- ½ cup dry white wine
- Salt and ground black pepper, to taste

DIRECTIONS

1. In a large pressure cooker, sauté shallots and bell pepper until shallots soften slightly, or around 2 minutes.
2. Add the dry white wine. Bring to a boil until the liquid is reduced in half.
3. Cook mushrooms and garlic, stirring occasionally and removing any browned bits at the bottom of the pressure cooker. Lay the chicken on top and cover with crushed tomatoes. Be careful not to stir. Set tomato paste on top.
4. Secure the lid in place and bring to high pressure, according to manufacturer's instruction. Reduce the heat to stabilise the pressure. Cook until chicken is tender, or around 10 minutes.
5. Turn off the heat. Let pressure release naturally. Carefully remove lid and allow steam to escape.
6. Stir in the olives and cheese. Season with salt and pepper, to taste. Serve with additional sprinkling of parmesan cheese.

Ginger Chicken

6 servings



INGREDIENTS

- 1 chicken cut into pieces
- 1 large onion - finely diced
- 1 good piece of fresh ginger - finely grated
- $\frac{1}{4}$ cup dry sherry
- $\frac{1}{4}$ cup soya sauce
- $\frac{1}{4}$ cup water

DIRECTIONS

1. Heat pressure cooker (lid off) with some oil.
2. Brown pieces of chicken.
3. Sprinkle the chicken with the onion and ginger.
4. Mix well, then add sherry, soya sauce and water.
5. Close the lid, and when full pressure is reached reduce the heat and cook for 8 minutes (10psi) or about 6 minutes for higher pressure (15psi) cookers.
6. Add salt and pepper to taste.
7. Serve and enjoy!

Pulled Pork

6 servings



INGREDIENTS

- 4 pounds boneless pork butt or pork picnic shoulder
- Kosher salt
- 1 medium onion, peeled, finely chopped
- 12 ounce smoky BBQ sauce
- 1/2 teaspoon cayenne pepper
- 1 teaspoon cumin
- 1 teaspoon coriander
- 3 cups water
- Soft hamburger rolls

DIRECTIONS

1. Place the inner pot in the Power Cooker. Add all the ingredients except BBQ Sauce and Hamburger rolls.
2. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
3. Press the SLOW COOK button and increase the TIME ADJUSTMENT button to 10 hours.
4. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
5. Remove the pork, shred with a fork, and add the BBQ sauce.
6. Serve on soft hamburger rolls.

Veal Stew with Mushrooms

4 servings



INGREDIENTS

- 25 ounce veal shoulder, chopped into chunks
- 3.5 ounces button mushrooms, sliced thinly
- 3.5 ounces shiitake mushrooms, sliced thinly
- 19 ounces potatoes, peeled and chopped
- 17 ounces shallots, peeled
- 1 cup chicken stock
- 1/3 cup dry white wine
- 2 garlic cloves, minced
- 1 tablespoon flour
- 2 tablespoon fresh chives
- 1 teaspoon dried sage
- 1/8 teaspoon dried thyme
- 3 1/2 tablespoon olive oil
- salt and pepper

DIRECTIONS

1. Season veal with salt and pepper. Heat 1 1/2 tablespoon of oil in the pressure cooker, over medium-high heat.
2. Cook veal until both sides are browned. (5 minutes) Set aside on a dish. Add the rest of the oil and cook mushrooms until golden. (3 minutes)
3. Add garlic and cook. (1 minute) Set mushrooms and garlic aside on another dish.
4. Pour in wine. Loosen any browned bits at the bottom of the cooker. Add the flour and cook while stirring. (1 minute)
5. Add stock, thyme, sage and the veal. Bring to a boil. Once boiling, reduce heat down to medium. Close the lid. Let it reach pressure. (15 PSI). Reduce the heat to the minimum temperature required to maintain pressure. Cook for another 20 minutes.
6. Remove from heat and use the Natural Release Method. Remove lid. Add mushrooms, potatoes and shallots. Cook over medium heat.
7. Place lid back on. Let it reach pressure, and then reduce the heat to the minimum temperature required to maintain pressure. Cook for another 4 minutes. Remove from heat and use the Natural Release Method. Stir in the chives.
8. Serve and enjoy!

Baby Back Ribs

6 servings



INGREDIENTS

- 3 racks baby back ribs
- 4 tablespoon granulated garlic powder
- 2 tablespoon onion powder
- 1 tablespoon cumin
- 1 tablespoon coriander
- 2 cups smoky barbecue sauce
- 1 small onion, peeled and diced
- 1 cup of water

DIRECTIONS

1. In a small bowl, thoroughly blend together the garlic powder, onion powder, cumin and coriander to create a seasoning blend.
2. Cut the racks in half so that they can easily fit in the Power Cooker. Season them evenly with the seasoning blend.
3. Place 1 cup of water in the Power Cooker. Add the Ribs side by side. Add the diced onion and evenly pour the BBQ sauce over the ribs.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the SOUP/STEW button and then press the COOK TIME SELECTOR button until the time is 30 Min.
6. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid. Optional: Have your broiler preheated to high. Place the ribs in a single layer on a tinfoil lined Baking sheet and broil the ribs on each side until browned well, about 5 minutes per side.
7. Brush the ribs with the barbecue sauce from the pot.
8. Serve and enjoy!

Lobster

5 servings



INGREDIENTS

- 5 lobsters
- 1/2 cup white wine
- 1 cup water
- 1/4 cup melted butter for dipping

DIRECTIONS

1. Place inner pot in the Power Cooker. Place lobsters, wine and water in the inner pot.
2. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
3. Press the FISH/VEGETABLE button and then press the TIME ADJUSTMENT button until you reach 5 Min.
4. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid and remove lobsters.
5. Serve with melted butter for dipping.

Steamed Fish Fillet

4 servings



INGREDIENTS

- 4 white fish fillets
- 17.6 ounces cherry tomatoes, sliced
- 1 cup olives
- 1 clove of garlic, crushed
- a large pinch of fresh thyme
- olive oil
- salt and pepper, to taste

DIRECTIONS

1. Heat the pressure cooker and add a cup of water.
2. Put the fish fillets in a single layer in the steaming basket fitted for the pressure cooker.
3. Place the sliced cherry tomatoes and olives on top of the fillets. Add the crushed garlic, a few sprigs of fresh thyme, a dash of olive oil, and a little salt.
4. Put the steaming basket inside the pressure cooker. Seal the lid of the cooker properly.
5. Once it reaches pressure, reduce heat. Cook the fillets for 7-10 minutes on low pressure (or 3-5 minutes on high pressure).
6. When finished, release pressure through the normal release method.
7. Serve the fillets in separate bowls, sprinkled with the remaining thyme, pepper, and little amount of olive oil.

King Crab

4 servings



INGREDIENTS

- 4 pounds King Crab Legs
- 1 cup water
- 1/4 cup melted butter
- 3 lemon wedges

DIRECTIONS

1. Break the crab legs in half at the joints to fit into the Power Cooker.
2. Place the inner pot into the Power Cooker.
3. Add the water and crab legs.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the FISH/VEGETABLE button and then press the TIME ADJUSTMENT button until you reach 3 Min.
6. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
7. Serve with melted butter and lemon wedges

Mediterranean Style Fish

4 servings



INGREDIENTS

- 4 fillets of white fish
- 17.6 ounces cherry tomatoes, cut in halves
- 1 cup olives
- 1 clove of garlic, pressed
- 2 tablespoon pickled capers
- olive oil
- thyme
- salt and pepper (optional)

DIRECTIONS

1. Place the cherry tomatoes at the bottom of a heatproof bowl.
2. Add a bunch of fresh thyme.
3. Place the fish on top of the tomatoes.
4. Add the crushed garlic, olive oil and a bit of salt.
5. Put the bowl inside the pressure cooker.
6. Set the cooker to low pressure and turn the heat up to high. Once pressure is reached, reduce the heat and cook for another 5 minutes.
7. After the cooking time is up, use the natural release method.
8. Serve in individual plates. Garnish with more cherry tomatoes and herbs on top.

Octopus and Potatoes

4 servings



INGREDIENTS

- 2.2 pounds octopus
- 2.2 pounds potatoes
- 3 garlic cloves
- 1 bay leaf
- 1/2 teaspoon peppercorns
- chopped parsley
- 5 tablespoon vinegar
- 5 tablespoons olive oil
- salt and pepper

DIRECTIONS

1. Clean the octopus: remove its head, cut the body in half and turn it inside out. Empty all of its contents and eyes. Locate where the tentacles meet, and remove this beak. Rinse under running water. Set aside.
2. Wash the potatoes thoroughly. Place them unpeeled and whole in the pressure cooker. Add water - enough to cover the halfway mark of the potatoes. Season with salt.
3. Lock the lid. Turn the heat to high. Once you hear the pan whistle, reduce the flame to medium low. Cook at this temperature for 15 minutes. Afterwards, release all of the vapour and remove the potatoes using tongs. Do not throw the cooking water away.
4. Peel the potatoes with tongs and a fork while they are still hot. Set aside. Pour more water in the pressure cooker. Estimate the amount of water so that the octopus should almost entirely get covered.
5. Add the pepper, bay leaf, 1 garlic clove, and a bit of salt. Bring to a boil. Once boiling, add the octopus tentacles-first.
6. Lock the lid of the pressure cooker. Cook on high heat and let it reach pressure. Once pressure is reached, reduce heat to the minimum temperature required to maintain pressure. Keep cooking for 20 minutes.
7. After cooking, release the pressure and open the cooker. The octopus should be tender enough to let a fork sink easily through its thick flesh. Otherwise, cook for another couple of minutes. Strain the liquids off. Chop octopus into bite-sized chunks. Set aside.
8. In a small jar, mix the olive oil, vinegar, 2 garlic cloves (crushed), salt and pepper (to taste). Close the jar lid, and shake thoroughly to blend all flavours. Use this as your vinaigrette. Chop the now cooled potatoes into chunks similar to the size of the octopus.
9. Toss all ingredients together in a bowl. Top with chopped parsley. Chill, covered tightly, in the fridge before serving.

Coconut Fish Curry

4 servings



INGREDIENTS

- 1.6 pounds fish fillets, bite-size pieces, rinsed
- 2 cups unsweetened coconut milk
- 1 tomato, chopped
- 2 capsicums, cut into strips
- 2 onions, cut into strips
- 2 garlic cloves, squeezed
- 6 curry leaves
- 1 tablespoon freshly grated ginger
- 1 tablespoon ground coriander
- 1/2 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 1 teaspoon hot pepper flakes
- 1/2 teaspoon ground fenugreek
- salt
- lemon juice

DIRECTIONS

1. Preheat the pressure cooker on medium-low without the lid.
2. Add oil and curry leaves. Fry for 1 minute.
3. Add onion, garlic and ginger. Sauté until soft.
4. Add the five ground spices (coriander, cumin, turmeric, hot pepper and fenugreek). Sauté with the onions for 2 minutes.
5. Add coconut milk to deglaze. Make sure nothing sticks to the bottom of the cooker.
6. Add capsicum, tomatoes and fish. Stir to coat the fish well with the mixture.
7. Set the pressure level to low and the heat level to high. Once pressure is reached, turn the heat down to low.
8. Cook for 5 minutes at low pressure. Release the pressure by releasing the vapour through the valve.
9. Season with salt to taste. Spritz with lemon juice on top.

Salmon Al Cartoccio

4 servings



INGREDIENTS

- 4 salmon fillets, fresh or frozen
- 3 tomatoes, sliced
- 1 lemon, sliced
- 1 white onion, shaved
- 4 sprigs of parsley
- 4 sprigs of thyme
- olive oil
- salt and pepper, to taste

DIRECTIONS

1. Lay the ingredients on the parchment paper in this order: a swirl of oil, a layer of potatoes, salt, pepper and oil, fish fillets, salt, pepper and oil, herbs, onion rings, lemon slices, salt, and oil.
2. Fold the packet. Wrap the packet snugly in tinfoil.
3. Pour two cups of water in the pressure cooker. Place the steamer basket in position and lay the packet on the steamer.
4. Cook two fillets at a time. For taller/larger cookers, two layers of steamer baskets can be used at once.
5. Close the pressure cooker top. Turn to high heat, and let it reach pressure. Then, turn down the heat to the lowest setting.
6. Cooking time should be between 12 to 15 minutes, after which you can release the vapour but do NOT open the top just yet.
7. Let the packets of fish sit inside the locked pan for another 5 minutes.
8. Open the top and take out the packets. Take off the tinfoil and serve.

Irish stew

6 servings



INGREDIENTS

- 4 pounds boneless leg of lamb, cubed
- 1 cup flour, for dusting
- 20 pearl onions, peeled
- 16 baby red potatoes
- 6 large carrots, cut into large pieces
- 8 cloves garlic, peeled and minced
- 2 sprigs rosemary
- 4 cups beef stock
- 1 cup red wine
- 6 tablespoon olive oil
- 2 bay leaves
- 4 tablespoon tomato paste
- Sea salt & freshly ground black pepper to taste

DIRECTIONS

1. Season the lamb well with salt and black pepper. Place a few cups of flour in a large bowl. Place the lamb in the flour and turn it a few times, on all sides, until it is coated with flour.
2. Place the inner pot in the Power Cooker. Place the oil in the inner pot and press the CHICKEN/MEAT button.
3. Place the floured lamb in the oil and cook until browned on all sides. Remove the lamb and reserve.
4. Place the vegetables in the inner pot and cook for 5 additional minutes.
5. Add the tomato paste and cook for 1 minute.
6. Add the remaining ingredients. Place the lamb back in the pot.
7. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed. Press the WARM/CANCEL button. Press the SLOW COOK button and then press the COOK TIME SELECTOR button until you reach 6 hours.
8. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
9. Serve and enjoy!

Cow Country Boil

6 servings



INGREDIENTS

- 2 pounds smoked sausage, cut into 4 pcs
- 2 pounds extra-large shrimp
- 1 pound red baby potatoes
- 3 corn on the cobs cut in half
- 1 pound mussels
- 20 clams
- 4 cups water
- 1/2 cup seafood seasoning
- 2 bay leaves

DIRECTIONS

1. Place the inner pot in the Power Cooker. Place all the ingredients in the inner pot.
2. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
3. Press the BEANS/LENTIL button and then press the COOK TIME SELECT button until you reach 15 min.
4. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
5. Serve and enjoy!

New England clam chowder

6 servings



INGREDIENTS

- 25 little neck clams
- 6 cups clam broth
- 3 tablespoon butter
- 3 tablespoon flour
- 1/2 pound bacon diced
- 1 medium onion, peeled
- 3 stalk celery, diced
- 1/2 red pepper, seeded and diced
- 2 large white potatoes, diced
- 2 bay leaves
- 1 sprig thyme
- Sea salt & freshly ground black pepper to taste
- 3/4 cups heavy cream

DIRECTIONS

1. Place the inner pot in the Power Cooker. Place bacon in the inner pot. Press the SOUP/STEW button. Cook until crisp.
2. Add the vegetables and butter. Cook 10 minutes. Add the flour and cook for 2 minutes.
3. Add the rest of the ingredients except for the cream and stir well.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the WARM/CANCEL button.
6. Press the SOUP/STEW button.
7. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Stir in the cream and serve.

French Onion Soup

4 servings



INGREDIENTS

- 4 medium onions, peeled and sliced
- 1 qt. beef stock
- 2 sprigs thyme
- 1/2 cup sherry
- 8 slices Swiss cheese
- 6 slices of Italian bread toasted
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 bay leaf
- 3 tablespoon butter

DIRECTIONS

1. Place the inner pot into the Power Cooker. Press the CHICKEN/MEAT button. Add the butter and the onions and stir occasionally until onions are cooked and caramelized.
2. Add the herbs, seasoning and sherry. Cook for 1 minute and then add the stock.
3. Press the WARM/CANCEL button.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the SOUP/STEW button and then press the TIME ADJUSTMENT button until you reach 12 min.
6. When the time runs out carefully release the steam. Place the toasted bread on top and layer the cheese on top of the bread.
7. Place the lid back on, close the steam release button. Press the FISH/VEGETABLE button.
8. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
9. Serve and enjoy!

Ossu Bucco

4 servings



INGREDIENTS

- 4 medium onions, peeled and sliced
- 1 qt. beef stock
- 2 sprigs thyme
- 1/2 cup sherry
- 8 slices Swiss cheese
- 6 slices of Italian bread toasted
- 1 teaspoon sea salt
- 1 teaspoon Freshly ground black pepper
- 1 bay leaf
- 3 tablespoon butter

DIRECTIONS

1. Place the inner pot in the Power Cooker. Press the CHICKEN/MEAT button.
2. Pour the olive oil in the pot. Season the veal shanks with salt and pepper. Place in the pot and brown on both sides.
3. Remove the shanks and set aside. Add the celery, onion, carrots and garlic into the pot and cook for 3-4 minutes. Add the tomato paste cook for 2 minutes.
4. Press the WARM/CANCEL button.
5. Add the shanks and the rest of the ingredients into the pot.
6. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
7. Press the SOUP/STEW button and then press the TIME/ADJUSTMENT button until you reach 20 min.
8. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
9. Serve and enjoy!

Fresh Tomato Soup

6 servings



INGREDIENTS

- 3 pounds fresh tomatoes, washed and coarsely chopped
- 1 large onion, finely chopped
- 2 gloves garlic, crushed
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 2 teaspoons fresh thyme, finely chopped
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup chicken or vegetable stock
- 2/3 cup heavy cream

DIRECTIONS

1. Heat the oil and butter together in the pressure cooker over medium-high heat. When the butter melts, add the onion and garlic. Saute until transparent, about 3-4 minutes.
2. Add the tomatoes, including the skin and seeds, thyme, salt, pepper and stock. Stir to mix.
3. Lock the lid onto the pressure cooker and bring to pressure over high heat, about 4-5 minutes.
4. Lower heat to medium and continue cooking for 15 minutes.
5. Remove from heat and allow pressure to release naturally, then uncover.
6. Use a stick blender or food processor to puree soup.
7. Put the soup through a fine-mesh strainer or food mill if any pulp or tomato peels remain.
8. Return the soup to the pressure cooker. Stir in cream and reheat over low-medium heat, uncovered. Stir occasionally.
9. Garnish as desired and serve.

Apple Crisp

Prep Time: 15 minutes

Cook Time: 45 minutes

Serves: 4-6

Difficulty: Easy

Category: Dessert

Season: Fall

Keywords: Apple, Crisp, Dessert

Ingredients:

4 cups sliced apples

1/2 cup brown sugar

1/4 cup flour

1/4 cup butter

1/4 cup oats

1/4 cup almonds

1/4 cup raisins

1/4 cup vanilla extract

1/4 cup lemon juice

1/4 cup salt

1/4 cup cinnamon

1/4 cup nutmeg

1/4 cup ginger

1/4 cup cloves

1/4 cup allspice

1/4 cup anise

1/4 cup cardamom

1/4 cup fennel

1/4 cup coriander

1/4 cup cumin

1/4 cup paprika

1/4 cup turmeric

1/4 cup saffron

1/4 cup mace

1/4 cup nutmeg

1/4 cup ginger

1/4 cup cloves

1/4 cup allspice

1/4 cup anise

1/4 cup cardamom

1/4 cup fennel

1/4 cup coriander

4 servings



INGREDIENTS

- 4 Granny Smith apples, cored, peeled & sliced thin
- 1 1/3 tablespoon lemon juice
- 1/2 cups old-fashioned oats
- 1/4 cup flour
- 1/4 cup brown sugar, packed light
- 2 teaspoon ground cinnamon
- 2/3 teaspoon sea salt
- 4 tablespoon butter
- 1 cup warm water
- Optional: vanilla ice cream

DIRECTIONS

1. In a bowl, sprinkle apples with lemon juice. In separate bowl, combine oats, flour, brown sugar, cinnamon, salt and butter. Beginning with apples, layer apples and oat crisp mixture in a 6-inch baking dish. Cover dish with foil. Make sure top layer is oat crisp.
2. Place the inner pot in the Power Cooker. Pour 1 cup of warm water into the inner pot. Place the baking dish in the Power Cooker.
3. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
4. Press the BEANS/LENTILS button and then press the COOK TIME SELECTOR button until you reach 15 min.
5. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
6. Carefully remove the Apple Crisp from the cooker and remove the foil. Let it stand.
7. Serve and enjoy!

Mocha Cheesecake

6 servings



INGREDIENTS

- 6 ounces chocolate graham cracker crumbs
- 2 cups packages of cream cheese, softened
- 2/3 cup granulated sugar
- 8.4 ounces semi-sweet chocolate chips
- 2 eggs
- 3 tablespoon butter, melted
- 4 tablespoon whipping cream
- 3 tablespoon espresso
- 3 tablespoon Kahlua or coffee liqueur
- 1 teaspoon vanilla

DIRECTIONS

1. Pre-grease a 6-cup soufflé dish or a spring form pan, then line with greased foil.
2. Mix crumbs, butter and 1/4 of the sugar. Once combined, press mixture down to the bottom of the pan, then chill in the freezer.
3. In another bowl, use an electric mixer to beat the rest of the sugar and the cream cheese until smooth. Add one egg at a time while beating. Finally, beat in the vanilla and whipping cream.
4. Cook and stir the chocolate chips, coffee and Kahlua in a saucepan over low heat until melted. Pour the chocolate and coffee mix over the cheese mixture, and then beat to combine. Ladle over to the prepared (chilled) crust.
5. Prepare a strip of foil to make lowering the cheesecake into the pressure cooker easier. Do this by cutting a 45cm-long foil strip. Double it lengthwise to make it even longer.
6. Use a 5 L or larger pressure cooker. Pour in 1 1/2 cups of water. To raise the cheesecake above the water, set a trivet at the bottom.
7. Place the cheesecake at the centre of the foil strip. Then lower it onto the trivet. To prevent the foil strip from interfering with the closing of the lid, fold down its ends.
8. Lock the lid and bring to high pressure over high heat. Then, reduce heat and maintain pressure. Cook for 15 minutes. Turn off the heat. Let the pressure come down on its own. Then take off the lid. Once clear of steam, lift the pan using the foil strip. Cool the cake on a rack.
9. Cover and chill in the fridge for a minimum of 4 hours or overnight. Enjoy!

Pears in Red Wine Sauce

6 servings



INGREDIENTS

- 6 peeled green pears (keep the stem)
- 1 vanilla pod
- 1 cloves
- 1 pinch of Cinnamon
- 7 ounces castor sugar
- 1 wine glass of good red wine

DIRECTIONS

1. Add the red wine, sugar, vanilla and clove in your pressure cooker and swirl around until sugar dissolves.
2. Place the peeled pears (sitting upright) in the pressure cooker and pop on the lid.
3. Bring to pressure, then cook on low heat for 7 minutes.
4. Serve and enjoy!

Orange and Date Ricotta Cake

6 servings



INGREDIENTS

- 2.2 ounces ricotta
- 2/3 cup dates
- 5 tablespoons organic honey
- 4 eggs
- 4 tablespoons caster sugar
- vanilla extract
- orange juice and zest (half an orange)

DIRECTIONS

1. Pre-soak the dates in water for 20 minutes.
2. Meanwhile, in a bowl, beat ricotta until smooth.
3. In another bowl, beat the eggs and sugar for 3 minutes.
4. Add the egg mixture to the ricotta.
5. Warm honey in a saucepot, then add in the vanilla, orange juice and zest. Once combined well, add this mixture to the ricotta.
6. Chop the soaked dates and whisk them into the mixture. Make sure the dates are distributed evenly and that the batter is smooth.
7. Butter a heatproof cake pan or dish. Then, pour the batter into the dish. Cover this with foil.
8. Place a trivet at the bottom of the pressure cooker. Add 500 ml of water. Seal the lid and set pressure to high. Once pressure is reached, reduce heat to low. Cook for 20 minutes.
9. When done cooking, use the Quick Release method after 2 minutes. Serve warm or chilled.

Ruby Pears

4 servings



INGREDIENTS

- 4 Bosc pears
- 1 lemon
- 3 cups grape juice
- 12 ounces currant jelly
- 4 garlic cloves
- 4 black peppercorns
- 2 rosemary sprigs
- 1/2 vanilla bean

DIRECTIONS

1. Remove the core of the pears, starting from the bottom so that the stem and top are left intact.
2. Pour the grape juice and jelly into the pressure cooker. Turn the heat on, stirring regularly to melt the jelly. Grate the lemon skin to gather the rind. Then, squeeze the juice of the lemon.
3. Add rind and juice to the pressure cooker.
4. Take some aluminium foil and cut four 30 cm portions. Dip the pears in the jelly mixture, then transfer on the foil squares. Bring up the corners of the foil squares, wrapping around the pears until covered completely. Twist the top part to create a seal.
5. Place your steamer basket or cooling rack inside the pressure cooker. Toss in the remaining ingredients to the pressure cooker.
6. Transfer the foiled pears on the rack or basket, making sure they are upright.
7. Close the lid with the pressure regulator on the vent pipe. Cook for 9 minutes at 15 PSI. After cooking, immediately cool the cooker.
8. Remove the pears from the cooker. Carefully remove the foil and serve in a shallow dish. Pour the juice mixture over the pears. Let stand to cool, then refrigerate for a whole day or longer.
9. Enjoy!

Crème Brule

4 servings



INGREDIENTS

- 2 cups warm heavy cream
- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 4 egg yolks, large
- 1 cup warm water
- Topping: 3 teaspoon sugar

DIRECTIONS

1. Mix all the filling ingredients together, except warm water and the 3 teaspoon of sugar. Fill four 4-oz. Ramekin baking dishes and wrap well with aluminium foil.
2. Place the inner pot in the cooker. Pour 1 cup of warm water into the inner pot. Place 4 dishes into the inner pot.
3. Place the lid on the Power Cooker, lock the lid and close the pressure release valve to closed.
4. Press the FISH/VEGETABLE button and then press the COOK TIME SELECTOR button until you reach 4 min.
5. Once the timer reaches 0, the cooker will automatically switch to KEEP WARM. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
6. Carefully remove the Ramekins and refrigerate for 3 hours.
7. Top with sugar and place under the broiler to caramelize the sugar.
8. Serve with fresh berries.

Vegetable Curry

4 servings



INGREDIENTS

- 3 potatoes
- 2 sweet potatoes
- 2 capsicums
- 1 red onion
- 14.1 ounces rinsed chickpeas
- 9.7 ounces green peas
- 2.5 ounces chopped toasted almonds
- 1 ounce chopped coriander
- ½ cup non-sweetened coconut milk
- 6 tablespoons water
- 6 tablespoon mild curry paste

DIRECTIONS

1. Heat oil in the pressure cooker.
2. Sauté onions, seasoned with salt and pepper, for around 5 minutes.
3. Add the potatoes, sweet potatoes, capsicums, curry paste, coconut milk and water.
4. Close the lid and let it reach pressure.
5. Reduce heat to maintain pressure. Cook for another 2 minutes, or until all vegetables are tender.
6. Use the Quick Release Method: Do this by transferring the cooker to your sink and running it under cold water (lid on).
7. After pressure is released, open lid and add your peas and chickpeas.
8. Garnish with coriander and toasted almonds.
9. Serve and enjoy!

Risotto with Artichoke Hearts

4 servings



INGREDIENTS

- 6.2 ounces chocolate graham cracker crumbs
- 2 x 8.4 ounce packages of cream cheese, softened
- 6.2 ounces Arborio rice
- 14.1 ounces artichoke hearts, chopped
- 1 ounce Parmesan cheese
- 1 cup chicken stock
- 1 cups water
- 4 tablespoons white wine
- 2 garlic cloves, minced
- 1 1/2 tablespoon fresh thyme
- 1 tablespoon olive oil
- salt and pepper

DIRECTIONS

1. Heat oil in the pressure cooker over medium heat.
2. Cook rice for 2 minutes. Add garlic. Cook for 1 minute.
3. Get a bowl that can easily fit in your pressure cooker. Mix the rice, stock, garlic and wine in the bowl; then cover tightly with foil.
4. Add water to the pressure cooker.
5. Put the bowl on top of a cooking rack or steaming basket, then place inside the pressure cooker.
6. Close the lid properly with the vent regulator on the vent pipe. Cook for 8 minutes at 15 PSI. After cook time, allow pressure to drop down naturally.
7. Remove the bowl from the cooker. Remove the foil. Add in the artichoke hearts, cheese and thyme to the risotto.
8. Serve hot!

Healthy Refried Beans

2 servings



INGREDIENTS

- 16 ounces black beans
- 2 large garlic cloves, peeled
- 1 large onion, cut into large chunks
- 4 cups water
- 1 teaspoon chilli powder
- 1 teaspoon cumin

DIRECTIONS

1. Place all ingredients in pressure cooker, including drained beans. Cover and lock lid.
2. Bring to high pressure and cook for 15 minutes. Allow cooker to cool and release pressure naturally.
3. Mash beans with masher. Add chilli powder and cumin, adding more for spicier refried beans or lessening for a milder flavour. Mix well.
4. Serve with salsa, tacos, burritos, enchiladas, or just about any other food!

Vegetarian Chilli

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

100g

4 servings



INGREDIENTS

- 8 ounces pinto beans (Soak the beans overnight before cooking.)
- 8 ounces red kidney beans (Soak the beans overnight before cooking.)
- 13.2 ounces tomatoes, roughly chopped
- 4 cups water
- 1 pack Yves veggie ground round
- 2 onions, roughly chopped
- 3 garlic cloves, minced
- 1 capsicum, diced
- 1 bay leaf
- 2 tablespoon olive oil
- 1 tablespoon chilli powder (add more for spicier chilli)
- 2 teaspoons cumin
- 1 ½ teaspoons oregano
- Salt, to taste

DIRECTIONS

1. Heat the olive oil in the pressure cooker over medium heat.
2. Sauté the onions and garlic cloves until translucent.
3. Add the veggie ground round and brown. Place the capsicum, cumin, chilli powder, oregano, bay leaf and salt in. Mix well.
4. Add the tomatoes, beans and water in. Stir.
5. Cover and lock the pressure cooker lid. Bring the cooker up to pressure and cook for 20 minutes.
6. Remove from heat and use the natural release method.
7. Remove the bay leaf from the chilli. Serve while hot, topped with sour cream or grated cheddar cheese.
8. This is an ideal recipe to enjoy with homemade corn bread.
9. Enjoy!

Ratatouille Riviera-Style

4 servings



INGREDIENTS

- 14 ounces squash, diced
- ½ pound eggplant, chopped
- 4 tomatoes, chopped
- 1 red capsicum, chopped
- 2 onions, chopped
- 1 teaspoon salt
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- ½ teaspoon dried thyme
- ½ teaspoon ground pepper
- 1 green capsicum, chopped
- 2 teaspoon dried basil

DIRECTIONS

1. Heat pressure cooker (lid off) with olive oil and sauté onion and garlic.
2. Add all the vegetables, except the tomatoes.
3. Cook vegetables until soft.
4. Add tomatoes.
5. Cover the pressure cooker and bring up to full pressure.
6. Reduce the heat and cook for 5 minutes.
7. Cool naturally and serve.

Asparagus Spring Risotto

4 servings



INGREDIENTS

- 1 pound asparagus
- 4 cups water
- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 2 cups rice
- ¼ cup dry white wine
- 2 teaspoons salt
- 1 lemon wedge, squeezed
- garnish: 1 tablespoon extra-virgin olive oil

DIRECTIONS

1. Trim the asparagus by removing the woody stems and discarding them. Then slice the stems in small rondelles. Slice away the tips whole, and put aside.
2. To the pressure cooker add the asparagus stems and water. Close and lock the lid of the pressure cooker. Cook for 12 minutes at high pressure.
3. When time is up, open the cooker by releasing the pressure through the valve. Pour the contents of the pressure cooker in a heat-safe measuring cup and measure 4 cups with a little extra. This is your micro stock.
4. In the heated pressure cooker base add the onion and olive oil and swish everything around until the onions have begun to soften. Add the rice and coat with the oil and onions, and then keep stirring until the kernels start drying and turning white again, about 2 minutes.
5. Splash in the wine and stir until all of the wine has evaporated. Add the asparagus micro stock, asparagus tips and salt and mix everything gently scraping the base of the pressure cooker to ensure nothing is stuck there.
6. Close and lock the lid of the pressure cooker. Cook for 6 minutes at high pressure. When time is up, open the cooker by releasing the pressure through the valve.
7. Add a squeeze of lemon juice and mix well. Serve with a swirl of your best extra-virgin olive oil.

Eggplant & Olive

5 servings



INGREDIENTS

- 4 tablespoons olive oil
- 2 pounds eggplant
- 3-4 garlic cloves, skin on
- 1 teaspoon salt
- 1 cup water for electric
- 1 lemon, juiced
- 1 tablespoons tahini
- ¼ cup black olives, pitted
- a few sprigs of fresh thyme
- fresh extra virgin olive oil

DIRECTIONS

1. Peel the eggplant in alternating stripes of skin and no skin. Slice the biggest chunks possible to cover the bottom of your pressure cooker. The rest can be roughly chopped.
2. In the pre-heated pressure cooker, on medium heat without the lid, add the olive oil. When the oil has heated, carefully place the large chunks of eggplant "face down" to fry and caramelize on one side, about 5 minutes - throw in the garlic cloves with the skin on. Then, flip over the eggplant add the remaining uncooked eggplant, salt and water.
3. Close and lock the lid of the pressure cooker. Cook for 3 minutes at high pressure.
4. When time is up, open the cooker by releasing the pressure through the valve. Take the pressure cooker base to the sink, and tip it to remove and discard most of the brown liquid.
5. Fish out the garlic cloves and remove their skin. Add the Tahini, lemon juice, cooked and uncooked garlic cloves and black olives and puree everything together using an immersion blender.
6. Pour out to the serving dish and sprinkle with fresh Thyme, remaining black olives and a dash of fresh olive oil before serving.

Kamut, Orange & Arugula Salad

1 1/2 cups Kamut
1/2 cup orange segments
1/2 cup arugula leaves
1/4 cup olive oil
1/4 cup balsamic vinegar
1/4 cup honey
1/4 cup salt

1. Wash and dry the Kamut, orange segments, and arugula leaves.

2. In a large bowl, combine the Kamut, orange segments, and arugula leaves.

3. In a small bowl, whisk together the olive oil, balsamic vinegar, honey, and salt.

4. Pour the dressing over the salad and toss well.

5. Serve immediately.

6. Enjoy!

7. This salad is best served chilled.

8. It is also a great side dish for any meal.

9. The Kamut adds a nice crunch to the salad.

10. The orange segments add a nice sweetness.

11. The arugula leaves add a nice peppery flavor.

12. The dressing is a perfect balance of flavors.

13. This salad is a healthy and delicious meal.

14. It is a great way to get your daily dose of vitamins.

15. The Kamut is a great source of protein.

16. The orange segments are a good source of vitamin C.

17. The arugula leaves are a good source of iron.

7 servings



INGREDIENTS

- 1 cup whole Kamut grains
- ½ lemon
- 2 cups water
- 1 teaspoon vegetable oil
- 1 teaspoon salt
- 1 bunch Rocket Arugula
- 2 medium blood oranges, peeled, sliced cross-wise & segments separated
- 1 tablespoon extra-virgin olive oil
- 2.5 ounce shelled walnuts, roughly chopped
- ½ cup Pecorino Romano cheese ribbons (optional)

DIRECTIONS

1. Rinse the kamut and place in large bowl with about 4 cups of water and the juice of ½ a lemon. Soak overnight then rinse and strain kamut just before using.
2. To the pressure cooker add the strained Kamut, water, salt and vegetable oil. Close and lock the lid of the pressure cooker. Turn the heat up to high and when the cooker reaches pressure, lower to the heat to the minimum required by the cooker to maintain pressure.
3. Cook for 15-18 minutes at high pressure.
4. Disengage the “keep warm” mode or unplug the cooker and wait for the lid-locking pressure indicator to go down (20 to 30 minutes).
5. Strain the Kamut and rinse it to cool down. In a serving bowl combine kamut, arugula, orange pieces, walnuts and olive oil.
6. Mix well and drizzle with Pecorino Romano ribbons, if using, before serving.

Cumin Spiced Millet Pilaf

6 servings



INGREDIENTS

- 1 tablespoon vegetable oil
- 3 teaspoons cumin seeds
- 1 teaspoon crushed cardamom
- 1 inch cinnamon stick
- 1 bay leaf
- 1 large white onion, halved and sliced into strips
- 2 cups decorticated organic millet
- 3 cups water
- 1 teaspoon salt

DIRECTIONS

1. In the pre-heated pressure cooker base on medium heat add the oil, cumin, cardamom, cinnamon stick and bay leaf. Sauté until the cumin begins to crackle.
2. Add the onion and sauté the onion until it becomes soft (about 5 minutes). Add the millet, coating it well with the cooking oil, then the water and salt.
3. Close and lock the lid of the pressure cooker. Cook for 1 minute at high pressure.
4. When cooking time is up count 10 minutes of natural open time. Then, release the rest of the pressure slowly using the valve.
5. Fluff millet with a fork and serve.

Chickpea Curry with Brown Rice

1 serving



INGREDIENTS

- 1½ cups brown rice
- 2¼ cups water
- 1 tablespoon vegetable oil
- 1 red onion, chopped
- 2 tablespoons chana masala
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 cups water
- 1 cup chickpeas, soaked
- 2 tablespoons tomato concentrate
- 1 teaspoon salt

DIRECTIONS

1. In a 4-cup capacity heat proof container add the rice, and water. Set aside. In the pre-heated pressure cooker, on medium heat without the lid, add the oil and onion and sauté until it is just starting to caramelize (about 7 minutes).
2. Add the chana masala powder garlic and ginger and sauté for about 30 more seconds until the garlic begins to cook.
3. Pour in the water, chickpeas and tomato concentrate into the pressure cooker. Lower the steamer basket into the pressure cooker into the chickpea curry.
4. Lower the uncovered heat-proof container into the pressure cooker onto the steamer basket. Close and lock the lid of the pressure cooker. Turn the heat up to high and when the cooker reaches pressure, lower to the heat to the minimum required by the cooker to maintain pressure.
5. Cook for 18-20 minutes at high pressure. When time is up, open the pressure cooker with the Natural release method - move the cooker off the burner and wait for the pressure to come down on its own (about 10 minutes). Then, release the rest of the pressure using the valve.
6. Carefully lift out the heat-proof container and fluff the rice and serve on individual dishes. Mix-in the salt with the curry in the base of the cooker, and spoon it out and serve with an optional dollop of low-fat yogurt.

Pumpkin Soup

12 servings



INGREDIENTS

- 1 tablespoon butter
- chunks of 1 butternut pumpkin
- 1 potato, diced
- 1 brown onion, chopped
- curry powder
- 3 cups chicken stock
- cracked black pepper
- 4 bay leaves
- 1 apple, peeled, cored and grated
- 2 cups milk

DIRECTIONS

1. Melt butter in the pressure cooker.
2. Add pumpkin chunks, potato, onion and a pinch of curry powder. Gently cook over low heat until onion is lightly browned, stirring occasionally.
3. Add the chicken stock, black pepper and bay leaves.
4. Secure the lid and bring to pressure. Cook for 5 minutes.
5. Release pressure using the cold water release method.
6. Stir in the grated apple and cook uncovered for 10 minutes, stirring occasionally.
7. Remove the bay leaves. Transfer the soup to a blender and process, adding milk until soup is creamy and smooth.
8. Serve in warmed bowls.

Curried Winter Squash and Pear Soup

6 servings



INGREDIENTS

- 2 teaspoons canola oil
- 1 small onion, diced
- 3 small squash, cut into cubes, to equal at least 3
- 1 medium pear, peeled and cut into chunks
- 2–3 teaspoons or more curry powder
- 1 teaspoon grated ginger
- 1 teaspoon grated fresh turmeric
- 4 cups vegetable stock or water
- 1 tablespoon lemon juice
- Pinch or more of cayenne, if desired
- ½ teaspoon salt
- Freshly ground black pepper
- 2 tablespoons fresh parsley or cilantro, chopped

DIRECTIONS

1. Heat the pressure cooker over medium heat and add the oil. When the pot is warm, add the onion and sauté for 3 minutes until it just softens.
2. Add the pear, curry powder, ginger and turmeric and sauté for 2 minutes. Add the squash and stock, lock the lid on the pressure cooker.
3. Bring to high pressure over high heat. Once at pressure, lower the heat to maintain high pressure for 5 minutes. Let the pressure come down naturally.
4. Carefully remove the lid, tilting it away from you. Using a hand blender, purée the soup until it reaches the desired consistency. Taste and add the lemon juice, cayenne, salt and pepper.
5. Garnish with parsley or cilantro and enjoy!

Braised Kale and Carrots

2 servings



INGREDIENTS

- 10 ounces of kale, roughly chopped (including stems)
- 1 tablespoon of ghee or fat of choice
- 1 medium onion, thinly sliced
- 3 medium carrots, cut into ½" slices
- 5 cloves of garlic, peeled and roughly chopped
- ½ cup chicken broth
- Kosher salt
- Freshly ground pepper
- Aged balsamic vinegar
- ¼ teaspoon red pepper flakes (optional)

DIRECTIONS

1. Get your pressure cooker and melt the ghee over medium heat. Toss in the chopped carrots and onions and sauté until softened.
2. Add in the garlic and stir until fragrant. Add in the kale, pour in the chicken broth and sprinkle on salt and pepper to taste.
3. Increase the heat to high, lock the lid in place, and wait until the cooker reaches high pressure. Once high pressure is achieved, decrease the heat to low and maintain high pressure for 8 minutes. At the end of the cooking time, take the pot off the heat and release pressure.
4. Remove the lid, give everything a swirl, and enjoy!

Crispy Potatoes

4 servings



INGREDIENTS

- 1 pound Yukon gold potatoes, peeled and cut into 1 inch cubes
- 2 tablespoons of ghee
- kosher salt
- freshly ground black pepper
- $\frac{1}{4}$ cup minced Italian parsley
- $\frac{1}{2}$ medium lemon

DIRECTIONS

1. Add ½ cup of water to the bottom of a large pressure cooker. Dump in the potatoes.
2. Cover the pot and cook over high heat until high pressure is reached. Lower the heat to a simmer and maintain high pressure for 5 minutes.
3. Let the pressure release naturally (~10 minutes). You can fry them right away or refrigerate them in a covered container for up to a week.
4. Melt the ghee or butter over medium high heat in a large skillet. Once it starts sputtering, carefully add the potatoes to the pan.
5. Season generously with salt and pepper. Leave the potatoes undisturbed for 1 minute before flipping to brown the other side for an additional minute.
6. Squeeze on the juice from half a lemon and toss with fresh Italian parsley.

Indian Curry Lamb Spare Ribs

3 servings



INGREDIENTS

For the lamb

- 2.5 pounds pastured lamb spare ribs
- 2 teaspoons kosher salt
- 1 tablespoons curry powder

For the sauce

- 1 tablespoon coconut oil
- 1 large yellow onion, coarsely chopped
- ½ pound ripe tomatoes
- 5 cloves garlic, minced
- 1 tablespoon curry powder
- 1 tablespoon kosher salt
- juice from 1 lemon
- 1 ¼ cup chopped cilantro, divided
- 4 scallions, thinly sliced

DIRECTIONS

1. Toss the spare ribs with 2 teaspoons salt and 1 tablespoon curry powder. Use your hands to thoroughly coat the ribs. Cover and refrigerate for a minimum of four hours and up to a day.
2. When you're ready to cook off the ribs, melt the coconut oil over medium heat in a pressure cooker. Brown the spare ribs in two batches and remove them to a plate when they're done.
3. While the ribs are sizzling, blend onion and tomatoes until smooth.
4. Once the spare ribs are seared add the minced garlic to the empty pot off the heat. Stir the garlic until fragrant (30 seconds) before adding the tomato and onion puree.
5. Put the pot back on a burner set at medium heat. Add curry powder, salt, 1 cup chopped cilantro, and lemon juice. Bring to a boil and add the lamb back in.
6. Mix the spareribs to coat with curry sauce.
7. Lock on the pressure cooker lid and increase heat to high to bring up to high pressure. Once high pressure is reached, decrease the heat to low to maintain high pressure for 20 minutes.
8. Let the pressure release naturally (10-15 minutes). Taste for seasoning and stir in scallions and $\frac{1}{4}$ cup chopped cilantro.
9. Enjoy!

Kailua Pig

8 servings



INGREDIENTS

- 3 slices of bacon
- 5 pound bone-in pork shoulder roast
- 5 peeled garlic cloves (optional)
- 1½ tablespoons of sea salt
- 1 cup water
- 1 cabbage, cored, and cut into 6 wedges

DIRECTIONS

1. Drape three pieces of bacon on the bottom of your cooker. Press the “Sauté “button and in about a minute, your bacon will start sizzling.
2. Grab the pork roast and slice it into three equal pieces. Sprinkle the salt evenly over the pork.
3. When you hear the bacon sputtering in the pressure cooker, flip the slices, and turn off the heat when the bacon is browned on both sides. Place the salted pork on top of the bacon, keeping the meat in a single layer.
4. Pour in the water. Next: cover and lock the lid.
5. Select the “Manual” button and press the “+” button until you hit 90 minutes. When the stew is finished cooking turn off the cooker and let the pressure come down naturally quicker.
6. Transfer the cooked pork to a large bowl, and taste the cooking liquid remaining in the pot. Adjust the seasoning with water or salt if needed.
7. Chop the cabbage head into six wedges and add them to the cooking liquid. Replace the lid and cook the cabbage under high pressure for 3-5 minutes. When the cabbage is done cooking, activate the quick release valve to release the pressure.
8. While the cabbage is cooking, shred the pork. Once the cabbage is cooked, pile it on your shredded pork and enjoy!

Lamb Shanks

4 servings



INGREDIENTS

- 3 pounds lamb shanks
- kosher salt
- freshly ground black pepper
- 2 tablespoon ghee, divided
- 2 medium carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 large onion, roughly chopped
- 1 tablespoon tomato paste
- 3 cloves garlic, smashed and peeled
- 1 pound ripe tomatoes or 14 ounce can of diced tomatoes
- 1 cup bone broth
- 1 teaspoon fish sauce
- 1 tablespoon aged balsamic vinegar
- ¼ cup minced Italian parsley (optional)

DIRECTIONS

1. Grab the shanks and season them with salt and pepper to taste. Melt a tablespoon of ghee over high heat in a 6-quart pressure cooker. Sear the lamb shanks until browned on all sides. While the lamb is browning, chop up your veggies.
2. Remove the lamb from the pot and plop them on a platter.
3. Lower the heat to medium and add the remaining tablespoon of ghee to the pressure cooker. Add the carrots, celery, and onion to the pot, and season with salt and pepper. Once the vegetables have turned translucent, add tomato paste and garlic cloves and stir for one minute.
4. Add the shanks back into the pot along with the tomatoes. Pour in the bone broth, fish sauce and balsamic vinegar. Before locking on the lid, grind on some fresh pepper.
5. With the lid tightly sealed, bring the contents of the pot up to high pressure over high heat. Once high pressure is reached, turn down the heat to the minimum level needed to maintain high pressure for 45 minutes. When the braised shanks are finished cooking, let the pressure drop naturally.
6. Plate the shanks and adjust the sauce for seasoning. Ladle the sauce on the shanks.
7. Sprinkle fresh Italian parsley over the top of the braised meat and enjoy!

Mexican Beef

6 servings



INGREDIENTS

- 2½ pounds boneless beef short ribs,
- 1 tablespoon chilli powder
- 1½ teaspoons kosher salt
- 1 tablespoon ghee or fat of choice
- 1 medium onion, thinly sliced
- 1 tablespoon tomato paste
- 6 garlic cloves, peeled and smashed
- ½ cup roasted tomato salsa
- ½ cup bone broth
- ½ teaspoon Fish Sauce
- freshly ground black pepper
- ½ cup minced cilantro (optional)
- 2 radishes, thinly sliced (optional)

DIRECTIONS

1. In a large bowl, combine cubed beef, chilli powder, and salt. Press the “Sauté” button on your cooker and add the ghee to the cooking insert. Once the fat’s melted, add the onions and sauté until translucent.
2. Stir in the tomato paste and garlic, and cook for 30 seconds or until fragrant. Toss in the seasoned beef and pour in the salsa, stock, and fish sauce.
3. Cover and lock the lid and press the “Keep Warm/Cancel” button on the cooker. Press the “Meat/Stew” button to switch to the pressure cooking mode.
4. When the stew is finished cooking, the cooker will switch automatically to a “Keep Warm” mode. Unlock the lid and season to taste with salt and pepper.
5. Serve and enjoy!

Grass Fed Beef Back Ribs

2 servings



INGREDIENTS

- 3 ½ pound rack of grass fed beef back ribs
- Dry rub of choice Kosher salt
- ¾ cup water
- 4 ounces of unsweetened applesauce
- 2 tablespoons [coconut aminos](#)
- 1 teaspoon [fish sauce](#)

DIRECTIONS

1. Grab a rack of grass fed beef back ribs and pat them dry with a paper towel. Then, sprinkle it liberally on both sides with the dry rub and kosher salt. Wrap it up in foil to marinate for at least two hours and up to a day.
2. When you're ready to cook the ribs, preheat the broiler with the rack positioned 4-6 inches from the heating element. Grab the rack from the fridge and cut it so it'll fit in your pressure cooker. Put the ribs on a wire rack in a foil-lined, rimmed baking sheet.
3. Broil the ribs for 1-2 minutes on each side to get a nice char. Keep the broiler on because you'll be broiling these meaty bones again at the end.
4. Add the water, applesauce, coconut aminos, and fish sauce to the pressure cooker. Stir to combine and add a rack to the pot. Pile the ribs into the pressure cooker and lock on the lid.
5. Turn the heat to high and when the pot reaches high pressure, turn down the heat to maintain high pressure on the lowest setting possible. Cook on high pressure for 20 minutes and let the pressure come down naturally or release it quickly.
6. Remove the ribs and place them back on a wire rack atop a foil-lined, rimmed baking sheet. Simmer the cooking liquid until it is reduced to 2 cups (5 minutes). Skim off the excess fat at the top if desired and adjust seasoning.
7. Baste the racks with the braising liquid and broil them for about a minute to get some crunchy bits.
8. Serve and enjoy!

Porcini and Tomato Beef Short Ribs

6 servings



INGREDIENTS

- 5 pounds grass fed short ribs, cut into 3- to 4-inch segments
- kosher salt
- freshly ground pepper
- ½ ounce porcini mushrooms
- 1 cup boiling water
- 1 tablespoon lard or fat of choice
- 1 large onion, chopped medium
- 3 carrots, chopped medium
- 2 celery stalks, chopped medium
- 6 cloves garlic, peeled and smashed
- 1 cup marinara sauce
- ½ cup bone broth
- 2 tablespoons balsamic vinegar, divided
- ¼ cup chopped Italian parsley

DIRECTIONS

1. Season the short ribs liberally with salt and pepper. Place the porcini mushrooms in a bowl and cover with boiling water until softened (15-30 minutes).
2. Take out your cooker and melt the lard over medium high heat. Sear the ribs in batches until well-browned and transfer them to a platter.
3. While the ribs are browning, chop up the veggies and toss the onions, carrots and celery into the empty pot. Lower the heat to medium, season with salt and pepper, and sauté the vegetables until softened.
4. Fish out the softened mushrooms and squeeze out the liquid. Coarsely chop up the mushrooms and toss them in the pot along with the garlic. Stir the pot for another minute and add in the marinara sauce, broth, and 1 tablespoon of the balsamic vinegar.
5. Add the ribs back into the pot, mixing well. Increase the heat to high and bring the stew to a boil. Cover the pressure cooker with the lid and let the contents come to high pressure.
6. Once the pot reaches high pressure, decrease the heat to low and maintain on high pressure for 30 minutes. Then, take the pot off the heat and let the pressure come down naturally (10-15 minutes).
7. When the pressure is released, add the remaining tablespoon of vinegar and check for seasoning.
8. Serve and enjoy!

Almost Boneless Chicken

10 servings



INGREDIENTS

- 4 pound organic chicken
- 1 tablespoon virgin coconut oil
- 1 teaspoon paprika
- 1½ cups pacific organic bone broth (chicken)
- 1 teaspoon dried thyme
- ¼ teaspoon freshly ground black pepper
- 2 tablespoon lemon juice
- ½ teaspoon sea salt
- 6 cloves garlic, peeled

DIRECTIONS

1. In a small bowl, combine paprika, thyme, salt, and pepper. Rub seasoning over outside of bird.
2. Heat oil in the pressure cooker to shimmering. Add chicken, breast side down and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice and garlic cloves. Lock pressure cooker lid and set for 25 minutes on high.
4. Let the pressure cooker release naturally. Remove from pressure cooker and let stand for 5 minutes before eating.
5. Enjoy!

Chicken Cacciatore

Ingredients

4 Chicken Breasts
1/2 Cup Olive Oil
1/2 Cup Red Wine
1/2 Cup Tomato Sauce
1/2 Cup Mushrooms
1/2 Cup Onions
1/2 Cup Garlic
1/2 Cup Herbs

Instructions

1. Preheat oven to 350°F.
2. Season chicken with salt and pepper.
3. Heat oil in a large skillet.
4. Sauté chicken until golden brown.
5. Add wine, tomato sauce, mushrooms, onions, garlic, and herbs.
6. Simmer for 30 minutes.
7. Serve hot.

6 servings



INGREDIENTS

- extra virgin olive oil
- 3 shallots, chopped
- 4 garlic cloves, crushed
- 1 green bell pepper, seeded & diced
- 1/2 cup vegetable broth
- 1 8-10 ounce package mushrooms, sliced
- 5-6 boneless skinless chicken breasts
- 2 cans organic crushed tomatoes
- 2 tablespoon organic tomato paste
- 1 can pitted black olives
- fresh parsley
- red pepper to taste
- sea salt & black pepper to taste

•

DIRECTIONS

1. Heat the oil in a 4-quart or larger cooker. Add the shallots and bell pepper and cook over medium-high heat, stirring frequently, until the shallots soften slightly, about 2 minutes
2. Stir in the broth and boil for 2-3 minutes. Scrape up any browned bits sticking to the bottom of the cooker.
3. Stir in the mushrooms and garlic. Set the chicken on top. Cover the chicken with crushed tomatoes. Do not stir. Plop the tomato paste on top. Lock the lid in place. Over high heat bring to high pressure.
4. Reduce the heat just enough to maintain high pressure and cook for 8 minutes. Turn off the heat. Allow the pressure to come down naturally. Remove the lid.
5. Stir in the olives, parsley, red pepper flakes, salt and pepper.
6. Enjoy!

Conclusion

Thank you for reading. If you want to read my other books you can go on Amazon and check my author page [HERE](#).

If you've enjoyed this book, I would like you to leave a positive review on Amazon. If you want to add something and have some suggestions write them down.

Don't forget to download my gift for you and subscribe to my newsletter - [CLICK HERE](#) to download it, or follow the link: <http://eepurl.com/bgBOGD>

Thank you and enjoy!

Table of Contents

[Table of Contents](#)

[Introduction](#)

[Free book for you!](#)

[Cabbage Tamales](#)

[Chicken with Duck Sauce](#)

[Barbeque Pork](#)

[Sausage, Kale, and White Bean Soup](#)

[Pressure Cooker Carnitas](#)

[Italian Chicken Soup](#)

[Beef Brisket with Chipotle Tomatillo Sauce](#)

[Southern Cabbage](#)

[Red Lentil and Yellow Split Pea Soup](#)

[Dad's Potato Soup](#)

[Mensaf \(Jordanian Lamb Stew\)](#)

[Beef Stew](#)

[Chicken Delirious and Buttered Rice](#)

[Bone-In Pork Chops, Baked Potatoes, and Carrots](#)

[Tortilla Soup](#)

[Chinese Ribs](#)

[Butter Beans with Beer and Bacon](#)

[Prosecco and Parmesan Risotto](#)

[Spanish Garbanzo Bean Soup](#)

[Beets with Dill and Walnuts](#)

[Chicken Fricassee](#)

[Fresh Vegetable M lange](#)

[Potato and Green Bean Casserole](#)

[Mandarin Chicken](#)

[Chicken Fajitas with a Spanish Twist](#)

[Chicken Salad](#)

[Lamb and White Bean Stew](#)

[Veal Roast](#)

[Jambalaya](#)

[Peperonata](#)

[Corned Beef](#)

[Lasagne](#)

[Easy Beef Chilli](#)

[Beef Stroganoff](#)

[Beef Curry](#)

[Beef Chili](#)

[Mini Rigatoni Bolognese](#)

[Short Ribs](#)

[Grandma's Meatballs](#)

[Roasted Chickens](#)
[Buffalo Chicken Wings](#)
[Chicken Tomatoes & Beans](#)
[Coca Cola Chicken](#)
[Asian Chicken & Rice](#)
[Chicken Cacciatore](#)
[Ginger Chicken](#)
[Pulled Pork](#)
[Veal Stew with Mushrooms](#)
[Baby Back Ribs](#)
[Lobster](#)
[Steamed Fish Fillet](#)
[King Crab](#)
[Mediterranean Style Fish](#)
[Octopus and Potatoes](#)
[Coconut Fish Curry](#)
[Salmon Al Cartoccio](#)
[Irish stew](#)
[Cow Country Boil](#)
[New England clam chowder](#)
[French Onion Soup](#)
[Ossu Bucco](#)
[Fresh Tomato Soup](#)
[Apple Crisp](#)
[Mocha Cheesecake](#)
[Pears in Red Wine Sauce](#)
[Orange and Date Ricotta Cake](#)
[Ruby Pears](#)
[Crème Brule](#)
[Vegetable Curry](#)
[Risotto with Artichoke Hearts](#)
[Healthy Refried Beans](#)
[Vegetarian Chilli](#)
[Ratatouille Riviera-Style](#)
[Asparagus Spring Risotto](#)
[Eggplant & Olive](#)
[Kamut, Orange & Arugula Salad](#)
[Cumin Spiced Millet Pilaf](#)
[Chickpea Curry with Brown Rice](#)
[Pumpkin Soup](#)
[Curried Winter Squash and Pear Soup](#)
[Braised Kale and Carrots](#)
[Crispy Potatoes](#)
[Indian Curry Lamb Spare Ribs](#)
[Kailua Pig](#)

[Lamb Shanks](#)

[Mexican Beef](#)

[Grass Fed Beef Back Ribs](#)

[Porcini and Tomato Beef Short Ribs](#)

[Almost Boneless Chicken](#)

[Chicken Cacciatore](#)

[Conclusion](#)

Table of Contents

Table of Contents
Introduction
Free book for you!
Cabbage Tamales
Chicken with Duck Sauce
Barbeque Pork
Sausage, Kale, and White Bean Soup
Pressure Cooker Carnitas
Italian Chicken Soup
Beef Brisket with Chipotle Tomatillo Sauce
Southern Cabbage
Red Lentil and Yellow Split Pea Soup
Dad's Potato Soup
Mensaf (Jordanian Lamb Stew)
Beef Stew
Chicken Delirious and Buttered Rice
Bone-In Pork Chops, Baked Potatoes, and Carrots
Tortilla Soup
Chinese Ribs
Butter Beans with Beer and Bacon
Prosecco and Parmesan Risotto
Spanish Garbanzo Bean Soup
Beets with Dill and Walnuts
Chicken Fricassee
Fresh Vegetable M�lange
Potato and Green Bean Casserole
Mandarin Chicken
Chicken Fajitas with a Spanish Twist
Chicken Salad
Lamb and White Bean Stew
Veal Roast
Jambalaya
Peperonata
Corned Beef
Lasagne
Easy Beef Chilli
Beef Stroganoff
Beef Curry
Beef Chili
Mini Rigatoni Bolognese
Short Ribs
Grandma's Meatballs

[Roasted Chickens](#)
[Buffalo Chicken Wings](#)
[Chicken Tomatoes & Beans](#)
[Coca Cola Chicken](#)
[Asian Chicken & Rice](#)
[Chicken Cacciatore](#)
[Ginger Chicken](#)
[Pulled Pork](#)
[Veal Stew with Mushrooms](#)
[Baby Back Ribs](#)
[Lobster](#)
[Steamed Fish Fillet](#)
[King Crab](#)
[Mediterranean Style Fish](#)
[Octopus and Potatoes](#)
[Coconut Fish Curry](#)
[Salmon Al Cartoccio](#)
[Irish stew](#)
[Cow Country Boil](#)
[New England clam chowder](#)
[French Onion Soup](#)
[Ossu Bucco](#)
[Fresh Tomato Soup](#)
[Apple Crisp](#)
[Mocha Cheesecake](#)
[Pears in Red Wine Sauce](#)
[Orange and Date Ricotta Cake](#)
[Ruby Pears](#)
[Crème Brule](#)
[Vegetable Curry](#)
[Risotto with Artichoke Hearts](#)
[Healthy Refried Beans](#)
[Vegetarian Chilli](#)
[Ratatouille Riviera-Style](#)
[Asparagus Spring Risotto](#)
[Eggplant & Olive](#)
[Kamut, Orange & Arugula Salad](#)
[Cumin Spiced Millet Pilaf](#)
[Chickpea Curry with Brown Rice](#)
[Pumpkin Soup](#)
[Curried Winter Squash and Pear Soup](#)
[Braised Kale and Carrots](#)
[Crispy Potatoes](#)
[Indian Curry Lamb Spare Ribs](#)
[Kailua Pig](#)

[Lamb Shanks](#)

[Mexican Beef](#)

[Grass Fed Beef Back Ribs](#)

[Porcini and Tomato Beef Short Ribs](#)

[Almost Boneless Chicken](#)

[Chicken Cacciatore](#)

[Conclusion](#)

