

## IMPORTANT NOTICE

Please read operating instructions before using this product. Please keep original box and packing materials in the event that service is required.

# WOLFGANG PUCK

## USE AND CARE

### 5-QUART RAPID PRESSURE COOKER



For questions or concerns please contact customer service at:

W.P. Appliances, Inc. • P.O. Box 3150 • Hallandale, FL 33008

Toll-free: 800-275-8273 • Hours: M - F 8:30am - 5:00pm EST  
[www.wphousewares.com](http://www.wphousewares.com) • Printed in China

### Model BPCRM500



Model BPCRM500

# IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

- 1 Read all instructions carefully.
- 2 Do not touch hot surfaces. Use handles or knobs and a potholder.
- 3 Do not close or clog the Vent Pipe under any circumstance.
- 4 To protect against risk of electrical shock, do not put power cord, plug or body of the appliance in water or other liquid.
- 5 Close supervision is necessary when any appliance is used by or near children.
- 6 Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- 7 Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to an authorized service facility for examination, repair, or electrical or mechanical adjustment.
- 8 Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the Vent Pipe and developing excess pressure. See "Using Your Pressure Cooker" section of this manual.
- 9 Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the Pressure Release Device and Vent Pipe. These foods should not be cooked in a pressure cooker.
- 10 The use of attachments not recommended or sold by W.P. Appliances, Inc. may cause fire, electric shock, or injury.
- 11 Do not use outdoors.
- 12 Do not place the appliance on or near hot gas or electric burners, or in a heated oven.
- 13 Do not let cord hang over edge of table or counter or touch hot surfaces, including the stove.
- 14 Extreme caution must be used when moving an appliance containing hot contents or liquids.
- 15 This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Using Your Pressure Cooker" section of this manual.
- 16 Do not use this appliance for other than intended use.
- 17 To reduce the risk of electric shock, cook only in removable cooking pot.

- 18 Always attach power cord to appliance first, then plug cord into wall outlet. To disconnect, turn timer dial to Keep Warm and unplug from wall outlet. Grasp plug, and pull from the wall. Never yank on cord.
- 19 Always check the Pressure Release Valve for clogging before use and Red Float Valve for food residue or particles.
- 20 Do not open the pressure cooker until unit has cooled and internal pressure has been released. If the lid is difficult to open, this indicates that the cooker is still pressurized - do not force it open. Any pressure in the cooker can be hazardous. See "Using Your Pressure Cooker" section of this manual.
- 21 Do not operate this appliance in the presence of explosives and/or flammable fumes.
- 22 Do not use pressure cooking for pressure frying with oil.

## SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

**GROUNDING INSTRUCTIONS:** This appliance must be grounded. It is equipped with a 3-prong cord having a grounded plug. The plug must be plugged into an outlet which is properly installed and grounded.

**Warning:** Improper use of the grounded cord can result in the risk of electric shock. Consult a qualified electrician if necessary. Do not attempt to defeat this safety feature by modifying plug.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a long cord. If it is necessary to use an extension cord, it should be positioned such that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over and:

- A. Use only 3-prong extension cord with 3-blade grounding plug.
- B. The marked rating of the extension cord must be equal to or greater than the rating of this appliance. The electrical rating is listed on the bottom of this unit.

## Before Your First Use

Carefully unpack the pressure cooker and parts, and remove all packaging materials. Clean the pressure cooker according to the Care and Cleaning section of this manual.



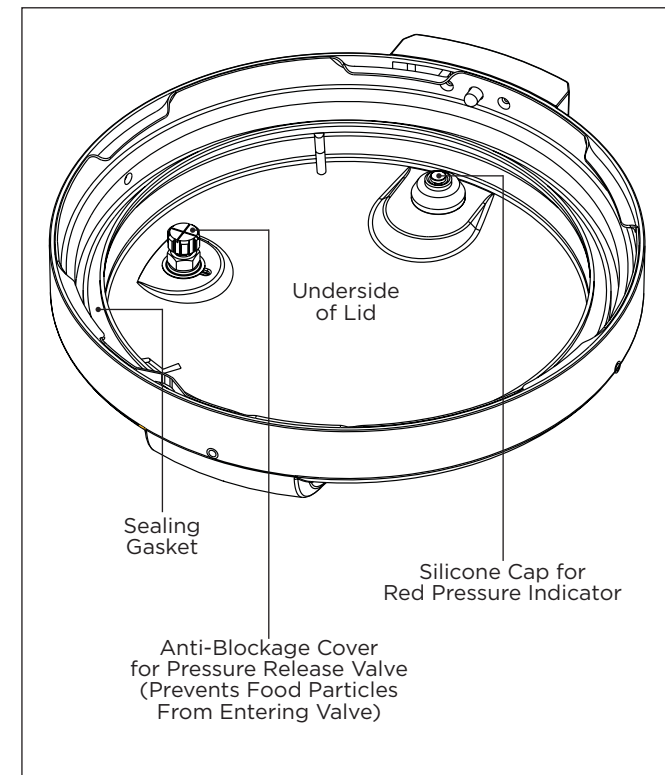
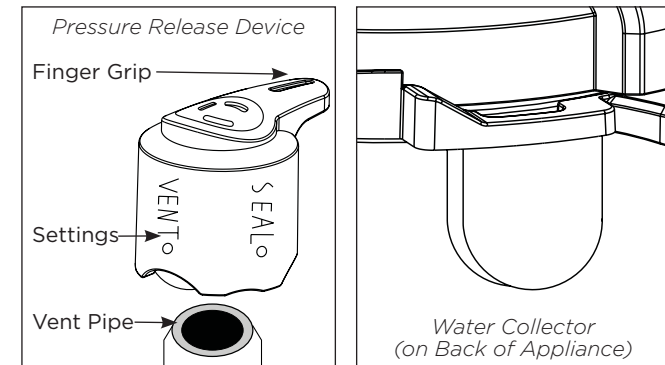
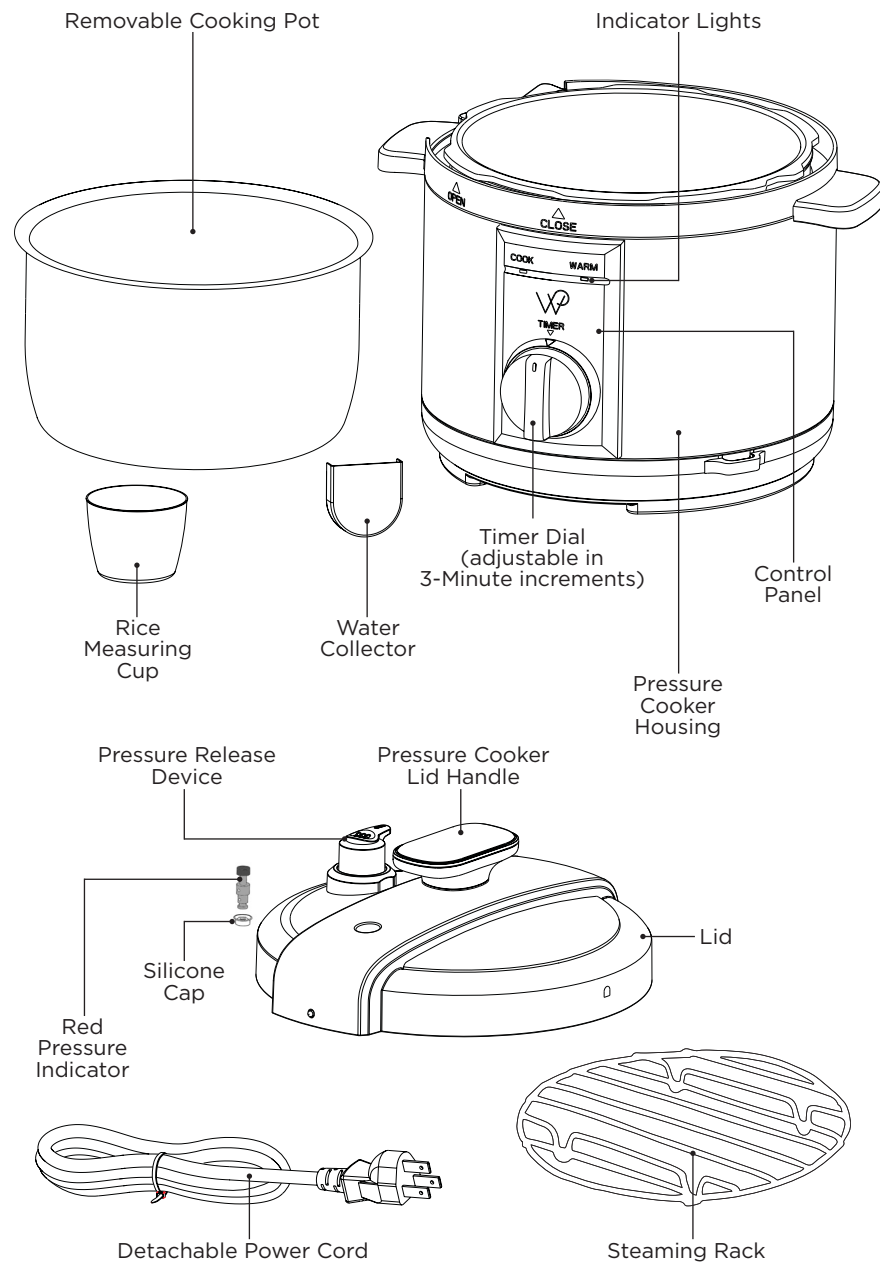
*In the beginning, there was Wolfgang Puck. There were cooks and there were kitchens and there were people eating food, but the world had never seen anything like Spago—with its California cuisine, its casual elegance, and its chef whose genuine warmth and love of craft redefined the dining experience. And they came—from LA and from everywhere—to experience the future. Wolfgang Puck shaped the modern culinary landscape: he was the first celebrity chef, the inventor of fusion cuisine, the first in farm-to-table. His work is inspired by California living, and an insistence on only the freshest ingredients. From*

*his legendary fine dining icons, his entrepreneurial spirit has built an empire—from dining, to catering, to products for the home—touching the lives of millions around the globe. Today, as always, Chef Puck is earnestly, restlessly, tirelessly at work behind the scenes inventing what's next. He is driven by a genuine love of his craft, a passion for what's possible, and its potential to change the world.*

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# Know Your Electric Pressure Cooker



## About Pressure Cooking

Pressure cooking is an ideal way to make fast, tasty meals for your family! This method of cooking makes it easy for even the busiest cooks to prepare meals from scratch. Use your pressure cooker for fish, chicken, fresh vegetables, rice, legumes, and even dessert - and everything can be cooked to perfection in minutes. The pressure cooker will save you time, energy and money, as well as valuable nutrients. Boiling liquid inside the tightly sealed pot produces steam, which is trapped inside to create pressure. The very hot temperature produced reduces cooking time. The steam helps break down the fibers of whatever you're cooking and infuses the food with flavors. This also captures all of the water-soluble nutrients, making the food higher in flavor and more nutritious than with conventional cooking methods.



## Additional Safety Information

- Ensure that your Sealing Gasket is properly in place and is free of food particles and is not damaged in any way.
- **WARNING:** Do not release steam manually with recipes containing lots of liquid, such as soups and stews. Turn the Timer Dial counter-clockwise to the WARM position and unplug the cooker. Allow to sit until the Red Pressure Indicator drops (see Figure 5) AND the Lid turns without any resistance.
- Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Overfilling may cause a risk of clogging the Vent Pipe and developing excess pressure. See "Using Your Pressure Cooker" section of the instruction manual.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the Vent Pipe. These foods should not be cooked in a pressure cooker.
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Using Your Pressure Cooker" section of the instruction manual.
- Always check the Pressure Release Device for clogging before use.
- Do not use the pressure cooker without liquid; this could damage the pressure cooker severely.
- Do not use pressure cooker for storage purposes nor insert any utensils.

## Using Your Pressure Cooker

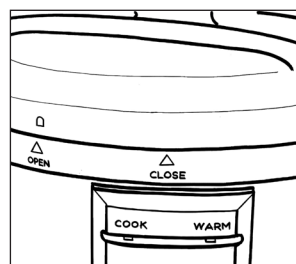


Figure 1

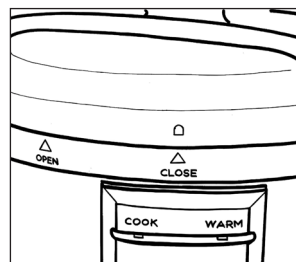


Figure 2

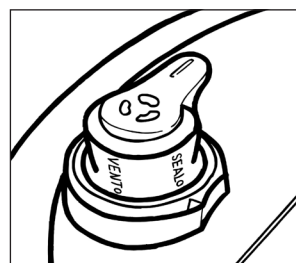


Figure 3

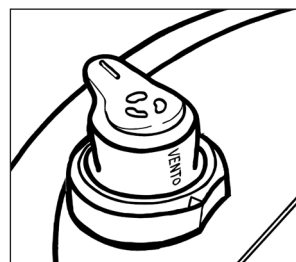


Figure 4

- 1 Gather all ingredients and be familiar with your recipe. Pour required amount of liquid into Removable Cooking Pot, and then add food. Use the Steaming Rack, if desired.  
**Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the Vent Pipe and developing excess pressure.**  
See instructions for cooking on page 11.
- 2 Make sure Sealing Gasket is securely positioned in the underside of the Lid. Always examine the Sealing Gasket before installing and before each use. Make sure it is in good working order and free of any tears.
- 3 Secure the Lid on pressure cooker by aligning the Triangle-OPEN symbol (see Figure 1) on the Pressure Cooker Housing with Arch symbol on the pressure cooker Lid. Turn the Lid counter-clockwise until the Arch symbol on the Lid aligns with the Triangle-CLOSE symbol (see Figure 2) on the Pressure Cooker Housing. Do not attempt to cook in your pressure cooker unless the Lid is in the CLOSE position as shown in figure 2.
- 4 Set the Pressure Release Device by holding the Finger Grip and set Pointer to the SEAL position (See Figure 3).
- 5 Plug power cord into unit first and then into a 120-volt 60 Hz AC only outlet.
- 6 Turn the Timer Dial to the time specified for the recipe, the Red COOK Indicator Light will illuminate. The countdown timer will not start until the unit has reached the operating pressure.
- 7 When the operating pressure has been reached the Red Pressure Indicator will rise (see Figure 6) and the countdown timer will begin.
- 8 After pressure cooking is complete the Red COOK Indicator Light will turn off and the Green WARM Indicator Light will illuminate indicating that the cooker is in KEEP WARM mode. The Green WARM Indicator Light and Red COOK Indicator Light will cycle on and off alternatively during the KEEP WARM mode.

## Using Your Pressure Cooker (cont.)

- 9 The pressure can be released manually or on its own. If a recipe states "let pressure release naturally" unplug the cooker and let sit until the Red Pressure Indicator has dropped (see Figure 5) AND the lid turns without any resistance.

**WARNING:** Do not release steam manually with recipes containing lots of liquid, such as soups and stews. Turn the Timer Dial counter-clockwise to the WARM position and unplug the cooker. NEVER force the Pressure Cooker Lid open. If there is any resistance in opening the Lid and the Red Pressure Indicator is raised (see Figure 6) it indicates that your Pressure Cooker is still under pressure and can cause injury if forced open.

- 10 Pressure is completely reduced when the Pressure Release Device is in the Vent position (see Figure 4) and you no longer hear steam escaping from the valve AND the Red Pressure Indicator has dropped (see Figure 5) AND the Lid opens freely with no force. Only then is it safe to remove pressure cooker Lid and serve food. Remove Lid by grasping the Pressure Cooker Lid Handle and twisting Lid clockwise to the OPEN position.

### Removing and Replacing the Red Pressure Indicator

Before removing or taking off parts make sure your pressure cooker is unplugged and has fully cooled.

Your Red Pressure Indicator removes for easy cleaning and inspection. To remove from Lid grasp the Silicone Cap located on the underside of the Lid and pull straight off. Slide the Red Pressure Indicator out from the top of the lid.

To replace slide the Red Pressure Indicator into the valve receptacle through the top of the Lid. While holding the Red Pressure Indicator in with your finger place the Silicone Cap onto the bottom of the Red Pressure Indicator on the underside of the Lid ensuring that it is fully seated (see Figure 7).

**Note:** Your pressure cooker will not build pressure if the Red Pressure Indicator Cap is not properly placed onto the bottom of the Red Pressure Indicator.

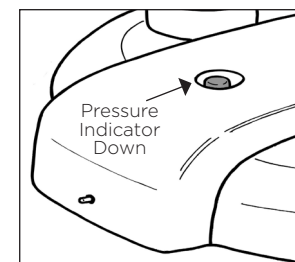


Figure 5

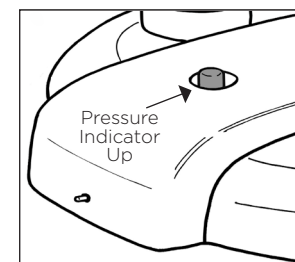


Figure 6

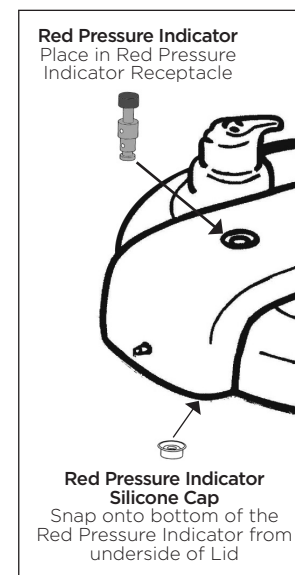


Figure 7

## Using Your Pressure Cooker (cont.)

### Adding Time

You can add cooking time by simply turning the Timer Dial to the desired time.

### Keep Warm

When pressure cooking is complete, the pressure cooker will automatically switch to KEEP WARM and stay in this mode until the cooker is unplugged. The Green WARM Indicator Light and Red COOK Indicator Light will cycle on and off alternatively during the KEEP WARM mode. To cancel KEEP WARM mode unplug the pressure cooker.

### Cooking Pot Markings

Inside the removable cooking pot are two sets of markings. One side is marked "2/3 MAX PRESSURE COOK", which indicates the maximum fill line when cooking any food, other than rice in the pressure cooker. The other marking is "RICE CUP" and is used when cooking rice. When pressure cooking rice, never fill the pressure cooker with water past the 5-cup marking.

**WARNING:** To avoid a serious burn injury when cooking foods other than rice, never exceed the "2/3 MAX PRESSURE COOK" mark of combined volume of liquids and solids.

### Preparing White Rice

When measuring rice, ONLY USE THE RICE MEASURE CUP PROVIDED; DO NOT USE A STANDARD MEASURING CUP. Use the Rice Measure Cup, along with the pot markings to make perfect rice every time. For example, when making 5 cups rice, use 5 rice cup measures of rice and fill with water to the "5" mark. As a general rule, when cooking 2 cups (or less) of uncooked rice, use 1 tablespoon of butter or oil. For measurements greater than 2 cups, use 2 tablespoons of butter or oil. This will prevent foaming during the cooking process.

## Helpful Hints

- Read this manual thoroughly and follow all recommendations.
- Be familiar with the recipe and have all ingredients ready before you begin.
- Be sure the Lid is secured properly before beginning (See Using your Pressure Cooker).
- You may wish to brown some meats before cooking with other ingredients. The TIMER must be turned on to activate the cooking process but it will not countdown since it is activated by pressure. Turn the Timer Dial to any time to activate the heating elements. Do not use the pressure cooker Lid. Always brown meats uncovered. Add a small amount of oil and brown meat. Do not use the pressure cooker without the lid for more than 30 minutes.
- Cut foods into uniform-size pieces to promote even cooking. In recipes that call for various ingredients, cut those that cook more quickly into larger pieces and those that cook more slowly into smaller pieces.
- Many different cooking liquids can be used in a pressure cooker: wine, beer, bouillon, fruit juices, water and more.
- After becoming familiar with your pressure cooker, you can convert conventional recipes for pressure cooking. In general, reduce cooking times by two thirds. The amount of liquid used may also have to be adjusted because there is very little evaporation from the pressure cooker. Reduce the amount of liquid so there is only about 1/2 cup more than desired in the finished product. Remember, however, there must always be some liquid in the pressure cooker to form the necessary steam. Try this formula: 1 cup of liquid for the first 15 minutes of pressure cooking then 1/3 cup of liquid for each subsequent 15 minutes.
- Since flavors are more concentrated, reduce amounts of herbs and seasonings when converting conventional recipes. Fresh herbs are better for pressure cooking than dried herbs.
- Generally speaking, pressure cookers cook foods in about 1/3 the time of conventional cooking methods.
- Increase cooking times by about ten percent when cooking in high altitudes over 3,500 feet.
- When you are using frozen meats in your recipes, the cooking time does not need to be altered. Pressure will not be achieved until the internal temperature in the pot is 40 degrees higher than the boiling point of water. The cooking time will not begin until pressure is achieved; it will just take longer to come to pressure.
- Always check to make sure your Sealing Gasket, Red Pressure Indicator, Pressure Release Device, and Vent Pipe are clean and in good working order.

## Care and Cleaning

- 1** Allow pressure cooker to cool completely before cleaning. Unplug the Detachable Power Cord from the outlet and then from the pressure cooker.
- 2** The Pressure Cooker Housing can be washed with a warm damp cloth, do not use abrasive cleaners or cleaning pads, or immerse the Pressure Cooker Housing or Detachable Power Cord in water or any other liquid. Ensure all parts are dried thoroughly.
- 3** Wash the pressure cooker Removable Cooking Pot, Sealing Gasket and Lid by hand with warm, soapy water. Dry all parts thoroughly (See Figure 8 for removing and installing Sealing Gasket). Do not place these parts in the dishwasher.
- 4** Replace Sealing Gasket securely in Lid. After each use, check the Sealing Gasket for any tears and make sure the Pressure Release Device and Vent Pipe are in good working order. To inspect the Vent Pipe, remove the Pressure Release Device from the top of the Lid. Hold the Lid up to a light and inspect the Vent Pipe to ensure it is clear and free of any particles. You must ensure that this is inspected after each use. If there is any food particles within the Vent Pipe use a narrow utensil, if necessary, to poke through the valve to remove them.
- 5** The following parts can be placed in the top rack of the dishwasher, or washed by hand with warm soapy water: Steaming rack, Rice Measuring Cup and Water Collector.
- 6** Do not store pressure cooker with Lid locked in place. If you store the Lid locked onto the pressure cooker it will reduce the life of the Sealing Gasket.

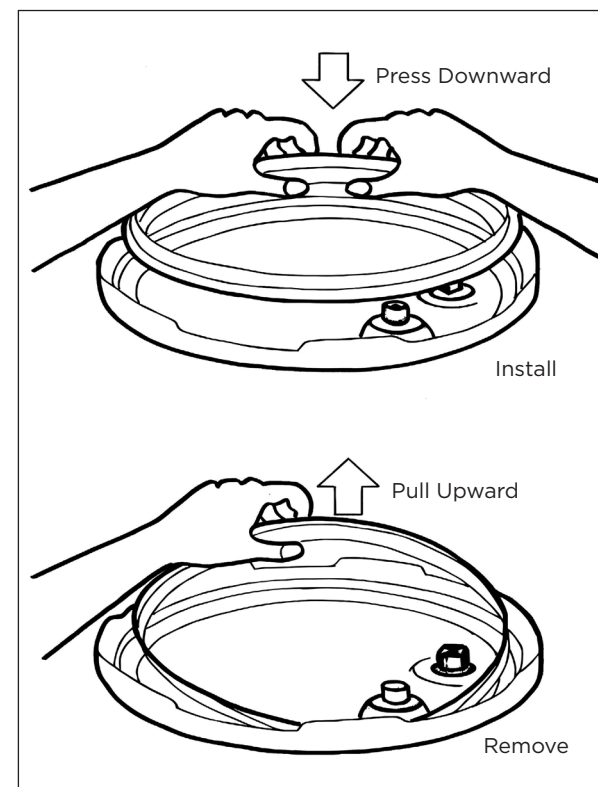


Figure 8

## Recipes

### Greek Lemon Chicken Soup

*4 servings*

#### **INGREDIENTS**

3 boneless, skinless chicken breast halves, cut into 1-inch cubes  
1 medium onion, chopped  
1 cup fresh spinach, chopped  
3 cups chicken stock  
1/4 cup Arborio rice  
3 tablespoons fresh lemon juice  
kosher salt to taste  
1 teaspoon freshly ground pepper  
1 tablespoon fresh mint leaves, chopped  
2 large eggs, beaten

#### **METHOD**

1. Place all ingredients, except eggs, into pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 15 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove lid, pour beaten eggs slowly into hot soup while stirring.
5. Serve hot with fresh chopped mint garnish.

## Beef Goulash

4 - 5 Servings

### INGREDIENTS

1 tablespoons vegetable oil  
1 large onion, finely chopped  
1 tablespoon sugar  
1 1/2 pounds boneless beef shank, well trimmed and cut into 1-inch cubes  
2 tablespoons sweet paprika  
1 tablespoon hot paprika  
3 tablespoons tomato paste  
1 tablespoon minced garlic  
1 tablespoon chopped fresh marjoram  
1/2 teaspoon chopped fresh thyme  
2 teaspoons kosher salt or to taste  
1/2 teaspoon freshly ground black pepper  
2 cups homemade or good-quality canned chicken stock  
1/2 cup water  
1 tablespoon balsamic vinegar  
1 1/2 teaspoon caraway seeds, toasted in a dry skillet over medium-low heat until fragrant, 1 - 2 minutes, and then coarsely ground

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the oil to the pressure cooker.
3. When oil is hot, add onions and sugar. Sauté, uncovered, until onions are golden.
4. Add beef cubes and sear both sides.
5. Add sweet and hot paprika, tomato paste, garlic, marjoram, thyme, salt and pepper. Sauté, stirring continuously for 1 minute.
6. Add chicken stock, water, balsamic vinegar and caraway seed; stir and secure lid.
7. Set Pressure Release Device to SEAL and reset timer to 35 minutes.
8. When cooking is complete, let pressure release naturally.
9. Skim off liquid fat glistening on the surface. Taste and add more salt and pepper, if desired.
10. Serve hot with spaetzle, dumplings, potatoes, rice or Kaiser rolls.

## Pressure Cooker Barbecued Pulled Pork

4 Servings

### INGREDIENTS

2 pounds pork butt, cut crosswise into 1/4-inch thick slices  
Kosher salt and freshly ground black pepper  
3 tablespoons commercial barbecue rub  
1 tablespoons extra-virgin olive oil  
1 1/2 cups good-quality canned chicken broth  
1 cup good-quality bottled barbecue sauce

### METHOD

1. Season pork with salt, pepper and barbecue rub.
2. Set timer to 50 minutes and let pressure cooker preheat for 5 minutes with the lid off.
3. Add the oil to the pressure cooker.
4. When oil is hot, brown pork slices on both sides in batches then add the chicken broth; secure lid and set Pressure Release Device to SEAL.
5. When cooking is complete, let pressure release naturally.
6. Remove lid and shred the pork using a fork and knife.
7. Add barbecue sauce, and stir well.
8. To serve, pile high on a soft sandwich roll and top with coleslaw, if desired.

## Chicken Stock

*Approximately 2 Quarts*

### INGREDIENTS

3 pounds chicken bones, including necks and feet  
1 medium carrot, peeled, trimmed, and cut into 1-inch slices  
1 medium onion, peeled, trimmed, and quartered  
1 small celery stalk, trimmed and cut into 1-inch slices  
1 small leek, cleaned, trimmed and cut into 1-inch slices  
1 sprig of fresh thyme  
3 sprigs of fresh parsley with stems  
1 bay leaf  
1/2 teaspoon whole white peppercorns  
Enough cold water to cover chicken and other ingredients (don't exceed max line)

### METHOD

1. Place all ingredients into the pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 30 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove lid then carefully strain stock through a fine mesh strainer into a clean bowl and cool.
5. Refrigerate stock, covered, for several hours, until the fat from the stock forms a hard, removable surface.
6. Remove hardened fat and discard before using or freezing.

## Creamy Cauliflower Soup

*4 Servings*

### INGREDIENTS

1 large head cauliflower in florets  
2 tablespoons unsalted butter  
2 tablespoons extra-virgin olive oil, plus more for serving  
1 yellow onion, sliced  
3 garlic cloves, peeled and chopped  
Kosher salt  
Freshly ground white pepper  
1 medium tomato (about 1/2 pound), blanched, peeled, seeded, and diced  
1/2 teaspoon ground cumin  
Pinch of sugar  
1 bay leaf  
2 to 3 sprigs of fresh thyme  
4 cups vegetable stock  
1/2 cup heavy cream  
Chopped fresh chives, for garnish

### METHOD

1. Cut heads of cauliflower into thin slices and set aside.
2. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
3. Add the butter and olive oil to the pressure cooker.
4. When butter and oil are hot, add onions and garlic. Sauté, uncovered, until translucent. Stir in cauliflower. Season with salt and pepper.
5. Add tomatoes, cumin, sugar, bay leaf, thyme sprigs and chicken stock; secure lid.
6. Set Pressure Release Device to SEAL and reset timer to 10 minutes.
7. When cooking is complete, let pressure release naturally.
8. Remove lid then discard bay leaf and thyme sprigs.
9. Add cream to hot soup.
10. Using an immersion blender with a stainless wand, puree the soup on low at first, then tilting the wand away from you, increase the power and puree to desired consistency.
11. Taste for additional seasoning.
12. Serve soup hot, drizzled with olive oil and sprinkled with chives.

## Chicken Enchilada Casserole

4 - 5 Servings

### INGREDIENTS

1 can kidney beans, drained  
1 1/2 cups chicken stock  
1 jar (17.35 ounces) mild enchilada sauce  
6 whole frozen chicken tenders  
1 cup diced onion  
1/4 cup diced peppers  
1 tablespoon fresh cilantro  
1 package (1.12 ounces) taco seasoning mix  
1/2 cup frozen corn  
2 cups tortilla chips  
1 cup Mexican-flavored shredded cheese  
Sour cream, to garnish  
Green onions, to garnish

### METHOD

1. Place the beans, stock, sauce, frozen chicken tenders, onion, peppers, cilantro, taco seasoning mix and frozen corn into the pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 15 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove lid and reset timer to 6 minutes then add tortillas and cheese. Stir, uncovered, and bring to a boil.
5. Remove and serve with sour cream and green onions.

## Ground Beef and Pork Chipotle Chili with Kidney Beans

4 - 5 Servings

### INGREDIENTS

1 tablespoon extra-virgin olive oil  
1 pound ground beef  
8 ounces ground pork  
1 cup chopped onion  
3 garlic cloves, minced  
2 to 3 tablespoons chipotle chili powder (or to taste)  
2 tablespoons pure ground chili powder  
1 tablespoon ground cumin  
1 teaspoon dried oregano  
1 teaspoon paprika  
1 can (14 ounces) crushed tomatoes  
1 1/2 cups beef or chicken stock or good-quality canned broth  
1/2 cup dark beer  
3 tablespoons tomato paste  
Kosher salt and freshly ground black pepper  
3 tablespoons masa harina  
1 can (15 ounces) red kidney beans, drained

### FOR GARNISH

Tomato salsa  
Sour cream  
Shredded cheddar or Jack cheese  
Chopped sweet onion  
Sliced avocado  
Chopped fresh cilantro

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add half of the oil to the pressure cooker.
3. When oil is hot, add the beef and pork. Sauté, stirring and breaking up meat into small pieces with a wooden spoon, until evenly browned.
4. Remove cooking pot from pressure cooker and drain fat from cooked meat. Remove cooked meat and set aside.
5. Place empty cooking pot back into the pressure cooker. When hot again, add remaining oil, onion, garlic, chipotle powder, chili powder, cumin, oregano and paprika. Sauté until onions are tender.
6. Add cooked meat and all remaining ingredients, except masa harina, kidney beans and garnish, to the pressure cooker; secure lid.
7. Set Pressure Release Device to SEAL and reset timer to 20 minutes.
8. When cooking is complete, let pressure release naturally then remove lid.
9. Place the masa harina in a bowl. Add some of the hot liquid from the pressure cooker and stir until smooth.
10. Using a fork, add masa harina to the chili, along with the kidney beans.
11. Reset timer to 10 minutes and cook uncovered until the sauce has thickened. Taste for additional seasonings.
12. Ladle chili into bowls and serve with desired garnishes.

## Braised Lamb Shanks with Squash and Peas

3 Servings

### INGREDIENTS

3 small lamb shanks  
Kosher salt and freshly ground black pepper  
1 teaspoon chopped fresh rosemary  
2 tablespoons extra-virgin olive oil  
1 medium or large onion, chopped  
2 medium carrots, peeled and chopped  
2 teaspoons minced fresh garlic  
1/2 cup dry red wine  
1 cup drained canned diced tomatoes  
1 1/2 cups beef stock or good-quality canned beef broth  
1 cup peeled fresh pearl onions or frozen pearl onions  
1 cup pattypan squash, cut into 1/2-inch cubes (about 1 heaping cup)  
1/2 cup frozen tiny peas Fresh rosemary sprigs for garnish  
2 tablespoons chopped fresh flat-leaf parsley for garnish

### METHOD

1. Season shanks with salt, pepper and rosemary.
2. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
3. Add the oil to the pressure cooker.
4. When oil is hot, brown shanks evenly in batches. Set browned shanks aside.
5. Remove cooking pot and drain the fat.
6. Replace cooking pot then add onion, carrots and garlic. Cook for a couple of minutes.
7. Add red wine and begin scraping the bits up from the bottom of the pan.
8. Add shanks back to the pressure cooker.
9. Add tomatoes, beef broth, and pearl onions; secure lid.
10. Set Pressure Release Device to SEAL and reset timer to 40 minutes.
11. When cooking is complete, let pressure release naturally.
12. Remove lid then add pattypan squash and peas. Reset timer to 3 minutes and cook until peas and squash are heated through.
13. Remove shanks and vegetables to a platter and keep warm by covering with foil.
14. Remove as much fat from the pressure cooker as you can.
15. Reset timer to 3 additional minutes, bring sauce to a boil and skim off fat that rises to surface.
16. Taste sauce and adjust seasoning if desired.
17. Pour sauce over lamb shanks and vegetables.
18. Garnish with rosemary sprigs and parsley.

## Savory Squash Soup

4 Servings

### INGREDIENTS

1 butternut squash  
6 tablespoons unsalted butter  
1 white onion (about 4 ounces), peeled, trimmed, and finely diced  
1/2 teaspoon kosher salt  
1/8 teaspoon freshly ground white pepper  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger  
1/8 teaspoon ground cardamom  
3 cups homemade chicken or vegetable stock, or store-bought, heated  
1/2 cup heavy cream  
1 sprig of fresh rosemary

### GARNISH

1 recipe Cranberry Relish (see page 39)  
1 recipe Cardamom Cream (see page 39)  
1/2 recipe Spiced Caramelized Pecans (see page 25)  
4 tablespoons pumpkin seed oil

### METHOD

1. Cut squash in half and discard seeds.
2. Cut off outside peeling from squash and cut into 2-inch pieces.
3. Place all soup ingredients, except cream, into pressure cooker; secure lid.
4. Set Pressure Release Device to SEAL and timer to 20 minutes.
5. When cooking is complete, let pressure release naturally.
6. Remove lid then discard the rosemary sprig.
7. Using an immersion blender with a stainless steel wand, pureé soup on lowest setting while adding cream.
8. To serve, ladle soup into heated bowls. Place a tablespoon of Cranberry Relish in center; top with a dollop of Cardamom Cream; then sprinkle with chopped pecans. Drizzle pumpkin seed oil over soup.

## Spiced Caramelized Pecans

*Makes 2 cups*

### INGREDIENTS

3 cups peanut oil  
2 cups pecan halves  
1 teaspoon kosher salt  
1/2 teaspoon cayenne pepper  
1 cup sifted confectioners' sugar

### METHOD

1. In a deep-fryer or a deep pot, heat the oil to 350°F. (A deep-frying thermometer can be clipped to the side of the pan so that you can tell when the proper temperature has been reached).
2. Meanwhile, in a large saucepan bring 2 quarts of water to a boil. Add the pecans and boil for 2 minutes. Drain in a large strainer, shaking off all excess water. Sprinkle the salt and cayenne pepper over the nuts and then coat with the confectioners' sugar, a little at a time, allowing the sugar to melt into the pecans. Toss the nuts by shaking the strainer, adding a little more sugar each time, until all the sugar is used and all the nuts are coated. Do not use hands or a spoon to toss. The nuts should have a glaze of sugar.
3. Carefully add the nuts to the heated oil, keeping the oil at 350°F. Cook until golden brown, about 3 minutes, stirring occasionally. Remove with a slotted spoon to a baking tray to cool.

## Tortilla Soup

*4-5 Servings*

### INGREDIENTS

2 ears of fresh corn, husks removed  
4 or 5 large garlic cloves, peeled  
1 small onion (about 3 ounces), peeled, trimmed and quartered  
1 small jalapeño pepper, trimmed and seeded  
2 tablespoons corn oil  
2 corn tortillas, cut into 1-inch squares  
2 large ripe tomatoes (1 pound), peeled, seeded, and coarsely chopped  
2 tablespoons tomato paste  
2 to 3 teaspoons ground cumin  
6 cups chicken stock

### GARNISH

2 corn tortillas  
1 ripe avocado  
1 large chicken breast, cooked, boned, and skinned  
1/2 cup grated cheddar cheese  
1/4 cup chopped fresh cilantro leaves

### METHOD

1. Using a large knife, carefully scrape the kernels off the cobs and set aside, reserving cobs.
2. Using a food processor fitted with the steel blade, or a large knife, coarsely chop the garlic, onion, jalapeño pepper and corn kernels. Reserve.
3. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
4. Add the oil to the pressure cooker.
5. When oil is hot, add tortilla squares. Cook over low heat until slightly crisp. Stir in chopped vegetables and simmer just until vegetables are coated with oil. Do not brown.
6. Add tomatoes, tomato paste and 2 teaspoons of the cumin. Continue to simmer for about 10 minutes to maximize flavor. Slowly pour in the stock and add the corn cobs; secure lid.
7. Set Pressure Release Device to SEAL and reset timer to 15 minutes.
8. When cooking is complete, let pressure release naturally.
9. Remove lid, discard corn cobs and purée the soup with an immersion blender set on low until desired consistency is reached. Taste for salt, pepper or additional cumin.
10. Prepare the garnish: Preheat oven to 350°F. Cut tortillas into thin strips and arrange on a small baking tray. Bake until strips are crisp, 10 to 15 minutes. Peel and dice avocado. Cut chicken into thin strips.
11. To serve, add chicken and avocado to soup and reheat over low heat. Ladle the soup into 6-8 warm bowls and garnish with the baked tortilla strips, cheddar cheese, and chopped cilantro. Serve immediately.

*For a very smooth consistency, pass soup through a fine strainer after pureeing.*

## Beef Burgundy

4 - 5 Servings

### INGREDIENTS

2 tablespoons olive oil  
Salt and pepper  
1 1/2 pounds lean beef stew meat, cut into 1-inch pieces  
1 medium onion, chopped  
3 cloves garlic, minced  
1 cup button mushrooms  
2 small carrots, diced  
1 cup frozen pearl onions  
1/2 cup dry red wine  
1 1/2 cups beef stock  
2 tablespoons tomato paste  
3 sprigs fresh thyme  
1 whole bay leaf  
1 tablespoon flour  
1 tablespoon butter, room temperature  
1 tablespoon fresh parley, chopped  
Salt and pepper, to taste

### METHOD

1. Season beef chunks by sprinkling with salt and pepper.
2. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
3. Add the oil to the pressure cooker.
4. When oil is hot, when oil is hot, brown the beef chunks on all sides in batches.
5. Add onion, garlic and mushrooms then sauté for a few more minutes.
6. Add browned beef, carrots, pearl onions, red wine, beef stock, tomato paste, thyme and bay leaf; secure lid.
7. Set Pressure Release Device to SEAL and reset timer to 30 minutes.
8. When cooking is complete, let pressure release naturally.
9. Remove lid then blend butter with flour to form a paste. Ladle some of the hot stock from the pressure cooker into butter mixture. Mix until very smooth. Add butter mixture to hot stew, stirring constantly.
10. Reset timer for 6 minutes and bring stew back to a boil, uncovered, to thicken and cook out flour flavor.
11. Taste for seasoning and serve with chopped fresh parsley.

## Quick Chicken Pot Pie

4 Servings

### INGREDIENTS

1 package (10 ounces) frozen puff pastry shells  
2 cups chicken stock  
8 whole frozen chicken tenders  
1 sprig fresh thyme  
1 bag (16 ounces) frozen pearl onions  
1 bag (16 ounces) frozen mixed vegetables with peas and carrots  
1 can (10 3/4 ounces) condensed cream of chicken soup

### METHOD

1. Bake puff pastry shells according to package instructions.
2. Place chicken stock, chicken tenders, pearl onions and thyme into the pressure cooker; secure lid.
3. Set Pressure Release Device to SEAL and timer to 12 minutes.
4. When cooking is complete, let pressure release naturally.
5. Remove lid then discard thyme sprigs.
6. Add frozen mixed vegetables and soup; secure lid.
7. Reset timer to 6 minutes.
8. When cooking is complete, let pressure release naturally.
9. Make sure the vegetables are cooked through, and use a wooden spoon to break up the chicken tenders. Taste for seasoning.
10. Ladle chicken stew into baked pastry shells; garnish with freshly chopped parsley or chives.

# Flan

4 - 6 Servings

## INGREDIENTS

3/4 cup of sugar  
2 cups water  
3 large eggs, beaten  
1 can (14 ounces) sweetened condensed milk  
1 can (12 ounces) evaporated milk  
1 tablespoon vanilla

## METHOD

1. In nonstick skillet over medium heat, melt sugar until caramel-like in color. Pour caramel evenly into an 7-inch round baking pan. Spray with cooking spray.
2. Pour 2 cups of water into pressure cooker.
3. Combine eggs, milks and vanilla then pour into baking pan over the caramel.
4. Wrap well with aluminum foil then place into pressure cooker; secure lid.
5. Set Pressure Release Device to SEAL and timer to 12 minutes.
6. When cooking is complete, let pressure release naturally.
7. Carefully remove baking pan from pressure cooker and refrigerate flan until ready to serve.
8. To serve, run a knife around the inside of baking pan, place a plate over, and invert flan onto plate.

# Beef Bolognese

4 Servings

## INGREDIENTS

2 tablespoons extra virgin olive oil  
1 pound lean ground beef  
Kosher salt and fresh ground black pepper, to taste  
2 shallots, minced  
2 cloves garlic, minced  
1 medium onion, peeled and chopped  
1 medium carrot, peeled and chopped  
1 stalk celery, trimmed and chopped  
1 cup red wine  
2 pounds roma tomatoes, cored, blanched, peeled, seeded and chopped  
2 tablespoons tomato paste  
1 tablespoon sugar  
1 spice sachet (1 spring of each: rosemary, basil, oregano, and parsley; 1 bay leaf and 1/2 teaspoon of whole black peppercorns, wrapped together in cheesecloth, tied together in a bundle)  
2 cups chicken stock  
1 pinch red pepper flakes

## METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the oil to the pressure cooker.
3. When oil is hot, add ground beef and brown, uncovered, while crumbling with spoon. Season with salt and pepper.
4. Add shallots, garlic, onion, carrot and celery. Sauté until tender.
5. Add red wine, tomatoes, tomato paste, sugar, spice sachet, stock and red pepper flakes. Taste again for salt and pepper then secure lid.
6. Set Pressure Release Device to SEAL and reset timer to 15 minutes.
7. When cooking is complete, let pressure release naturally.
8. Remove lid, taste for additional seasoning then remove the sachet.
9. Use as desired.

## Paella

4 Servings

### INGREDIENTS

2 cups water or stock  
3/4 cup white wine  
1 small onion chopped  
1 clove garlic, minced  
12 large shrimp, peeled and deveined  
12 small clams, scrubbed  
12 black mussels, scrubbed  
18 strands of saffron  
1 cube chicken bouillon  
1 pinch black pepper  
1 pinch red pepper ground  
1/4 cup tender young peas, fresh or frozen  
2 tablespoons red pimiento  
2 tablespoons chopped fresh cilantro  
1 cup Arborio rice

### METHOD

1. Place all ingredients into the pressure cooker; stir then secure lid.
2. Set Pressure Release Device to SEAL and timer to 12 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove lid, stir once then serve hot.

## Stuffed Peppers

4 Servings

### INGREDIENTS

1 pound ground beef, cooked  
1 cup cooked white rice  
salt and pepper  
1 small onion, diced  
1/2 cup mozzarella cheese  
4 medium peppers, stem tops and insides removed  
3 cups beef stock  
1 can (14.5 ounces) tomato sauce

### METHOD

1. Combine cooked ground beef, rice, onions, cheese, salt and pepper in a bowl.
2. Stuff peppers with meat-rice mixture.
3. Pour beef stock into pressure cooker then add the stuffed peppers; secure lid.
4. Set Pressure Release Device to SEAL and timer to 15 minutes.
5. When cooking is complete, let pressure release naturally.
6. Remove peppers from pressure cooker and keep warm on a platter.
7. Add tomato sauce to pressure cooker.
8. Reset timer to 7 minutes and cook sauce, uncovered, until reduced by half.
9. Adjust seasoning if desired then pour sauce over peppers before serving.

## Braised Red Cabbage

4 Servings

### INGREDIENTS

2 tablespoons peanut oil  
1 medium red onion, sliced  
1/2 cup brown sugar  
1 Granny Smith apple, sliced  
1/4 cup red wine vinegar  
1 cup red wine  
1 cup orange juice  
1 cinnamon stick  
2 teaspoons ground ginger  
salt and pepper, to taste  
2 pounds red cabbage, julienned  
A few gold leaves for decoration (optional, available at specialty stores)

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the oil to the pressure cooker.
3. When oil is hot, add red onion and cook, uncovered, until translucent.
4. Sprinkle in the brown sugar and cook for a few minutes until it starts to caramelize.
5. Add sliced apples and deglaze with red wine vinegar. Bring mixture to a boil.
6. Add remaining ingredients except for gold leaves, stir then secure lid.
7. Set Pressure Release Device to SEAL and timer to 15 minutes.
8. When cooking is complete, let pressure release naturally.
9. Adjust seasoning if desired then serve as an accompaniment to your favorite pork dish.

## Green Risotto

4 Servings

### INGREDIENTS

1/2 cup olive oil  
1 medium onion, finely chopped  
1 1/2 cups Arborio rice  
3 cups chicken stock  
1 cup fresh spinach leaves, pureed  
1 teaspoon salt

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the oil to the pressure cooker.
3. When oil is hot, add onion and cook, uncovered, until translucent.
4. Stir in remaining ingredients and secure lid.
5. Set Pressure Release Device to SEAL and reset timer to 6 minutes.
6. When cooking is complete, let pressure release naturally.
7. Stir risotto. If there is too much liquid, reset timer to 6 minutes and cook, uncovered, stirring until additional liquid evaporates.

## Stuffed Artichokes

4 Servings

### INGREDIENTS

2 cups chicken stock  
2 tablespoons lemon juice  
1 pinch salt  
4 jumbo artichokes  
2 cloves garlic, minced  
2 tablespoons fresh mint leaf or basil  
1 cup fresh bread crumbs  
2 tablespoons olive oil  
1 tablespoon Parmesan cheese  
1 teaspoon salt  
1 teaspoon fresh ground pepper

### METHOD

1. Place stock, lemon juice and salt into the pressure cooker.
2. Trim artichokes by removing stems and trimming outer sharp tips. Let artichokes soak upside down in the stock mixture.
3. Combine remaining ingredients in separate bowl.
4. Turn artichokes tips up. Stuff artichokes by pressing bread mixture into leaves; secure lid.
5. Set Pressure Release Device to SEAL and timer to 20 minutes.
6. When cooking is complete, let pressure release naturally.
7. Remove artichokes to serving platter, keeping juices in the pressure cooker.
8. Reset timer to 6 minutes. Bring sauce to a boil, uncovered, until reduced by half.
9. Pour sauce over artichokes before serving.

## Spicy Honey-Glazed Baby Pork Ribs

4 Servings

### INGREDIENTS

6 tablespoons sesame oil  
1 cup chicken stock or water  
2 slabs baby pork ribs  
1 cup soy sauce  
1 cup sake  
1 teaspoon dried chile flakes  
4 tablespoons honey  
2 tablespoons minced fresh ginger  
2 tablespoons minced fresh garlic

### METHOD

1. Cut slab of ribs in half.
2. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
3. Add the oil to the pressure cooker.
4. When oil is hot, brown ribs, one slab at a time.
5. Stack ribs, flesh-side down, inside the pressure cooker.
6. Mix remaining ingredients together then pour over ribs; secure lid.
7. Set Pressure Release Device to SEAL and timer to 15 minutes.
8. When cooking is complete, let pressure release naturally.
9. Cut ribs into individual servings and keep warm on serving platter.
10. Reset timer to 9 minutes and cook sauce until reduced by one-third.
11. Serve ribs with sauce in the center for dipping.

## Corned Beef and Cabbage

4 - 5 Servings

### INGREDIENTS

2 1/2 pounds corned beef brisket with seasoning packet  
1 bottle (12 ounces) beer  
1 medium onion, cut in half lengthwise  
2 whole garlic cloves  
1 1/2 cups beef stock  
4 medium red potatoes, scrubbed, peeled and halved  
1 small head cabbage, cut into 4 wedges  
1 cup baby carrots

### METHOD

1. Rinse corned beef and trim any excess fat.
2. Place brisket, contents of seasoning packet, beer, onion, garlic and stock into pressure cooker; secure lid.
3. Set Pressure Release Device to SEAL and timer to 80 minutes.
4. When cooking is complete, let pressure release naturally.
5. Remove lid, add remaining vegetables then secure lid.
6. Reset timer to 10 minutes.
7. When cooking is complete, let pressure release naturally.
8. Serve on a platter covered with hot stock.
9. Serve mustard and horseradish on the side if desired.

## Pot Roast

4 - 5 Servings

### INGREDIENTS

2-2 1/2 pounds beef roast (such as California chuck, roast bone-in or out), trimmed of excess fat  
1/2 tablespoon salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
1 tablespoon olive oil  
2 cups beef stock  
1 can (5.5 ounces) V-8 juice  
1 medium onion, quartered  
2 cloves garlic  
3 sprigs fresh thyme (or 1 tablespoon dry)  
3 stalks celery, cut into 1-inch pieces  
5 medium creamer potatoes halved  
8 ounces baby carrots  
1 tablespoon flour  
1 tablespoon butter, room temperature

### METHOD

1. Season roast with salt, pepper and garlic powder.
2. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
3. Add the oil to the pressure cooker.
4. When oil is hot, add the roast and sear well on both sides.
5. Add stock, V-8 juice, onion, garlic, thyme and celery; secure lid.
6. Set Pressure Release Device to SEAL and reset timer to 60 minutes.
7. When cooking is complete, let pressure release naturally.
8. Remove lid then add potatoes and carrots; secure lid.
9. Reset timer to 6 minutes.
10. When cooking is complete, let pressure release naturally then remove lid.
11. In a separate bowl, mix flour with butter until a paste is formed. Add a half cup of hot stock to flour mixture: mix until smooth.
12. Remove pot roast and vegetables to a platter and keep warm.
13. Slowly add butter mixture back into pressure cooker, stirring constantly.
14. Reset timer again for 6 minutes and bring to a boil, uncovered, to thicken sauce. Pour sauce over roast or serve on the side.

## Cranberry Relish

*Makes 1 1/3 Cups*

### INGREDIENTS

2 cups fresh cranberries  
1/2 cup sugar  
1/2 cup verjus or 3 tablespoons lemon juice

### METHOD

1. In small saucepan, combine all ingredients. Bring to a boil, and then lower to a simmer. Continue to cook until the mixture is thick and berries are glazed. Allow to cool.
2. Transfer to a covered container and refrigerate until needed.

Note: Relish will keep up to 2 weeks, refrigerated.

## Cardamom Cream

### INGREDIENTS

2 cups heavy cream  
1 tablespoon black cardamom seeds

### METHOD

1. In a small saucepan, bring 1 cup of heavy cream and the cardamom to a boil. Reduce until only 1/4 cup remains. Allow to cool. Reserve.
2. Whip remaining 1 cup of heavy cream until stiff peaks form. Stir into the reserved mixture. Chill until ready to serve.

## Coconut Rice Pudding

*4 Servings*

### INGREDIENTS

1 1/2 cups coconut milk  
1 1/2 cups milk  
1/2 cup sugar  
1/4 teaspoon kosher salt  
3/4 cup short grain rice  
1/8 teaspoon almond essence  
1/2 cup golden raisins  
1/4 teaspoon ground cinnamon, optional

### METHOD

1. Pour coconut milk, milk, sugar and salt into pressure cooker.
2. Add rice and almond essence, stir until well blended then secure lid.
3. Set Pressure Release Device to SEAL and timer to 20 minutes.
4. When cooking is complete, let pressure release naturally.
5. Remove lid then stir in raisins and cinnamon until well incorporated. Cover and allow to cool for 10 minutes.
6. Serve warm or cold.

## Chocolate Truffle Crème Brûlée

4 - 5 Servings

### INGREDIENTS

2 cups heavy whipping cream  
1 cup bittersweet chocolate pieces or chips  
1/3 cup granulated sugar  
2 teaspoons excellent quality pure vanilla extract  
5 large egg yolks

### METHOD

1. Heat cream in microwave until very hot, about 2 minutes. Pour hot cream over chocolate pieces in a large bowl. Whisk until chocolate is completely melted.
2. Whisk in remaining ingredients. Divide between 4-5 ramekins.
3. Place a folded kitchen towel into the bottom of the pressure cooker. Pour in 3 cups water. Place ramekins on the towel while keeping them level. You may also stack them pyramid-style in the pressure cooker or cook them in two batches; secure lid.
4. Set Pressure Release Device to SEAL and timer to 6 minutes.
5. When cooking is complete, let pressure release naturally.
6. Carefully remove ramekins using tongs or pot holders.
7. Sprinkle an even layer of granulated sugar over tops of each ramekin. Place them on a heatproof surface and burn the tops to a nice amber color using a blowtorch. I do not find that caramelizing the sugar works well under the oven broiler. If you do not have a torch, make the Microwave Caramel recipe on page 47, or omit the caramelized sugar step.

## Creamy Dreamy Rice Pudding

4 - 5 Servings

### INGREDIENTS

2 cups water  
1 cup rice, such as long grain  
1 tablespoon unsalted butter (important to control foaming)  
1/2 teaspoon kosher salt  
1 split vanilla bean  
1/2 cups half and half  
3/4 cups granulated sugar  
1 teaspoon fresh lemon juice

### METHOD

1. Place water, rice, butter, salt and vanilla bean into the pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 5 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove lid then add remaining ingredients and stir thoroughly.
5. The pudding will be quite runny, but that is how I prefer it since it thickens up considerably as it cools. If you like it thick, reset timer to 6 minutes and bring to a full boil, uncovered, then turn off.
6. Serve warm. Add dried fruit, fresh fruit, cinnamon or other spices as desired.

## White Chocolate Cheesecake

4 - 5 Servings

### INGREDIENTS

3 packages (8 ounces each) cream cheese  
1/2 cup powdered sugar  
3 large eggs  
1 tablespoon vanilla  
1 pinch salt  
6 ounces white chocolate, melted in microwave until smooth  
3 cups water  
Raspberry Sauce (see page 44)

### METHOD

1. Prepare a 7-inch springform pan by lining the bottom with parchment paper or wax paper. Assemble the springform around the paper-coated bottom. Spray interior with cooking spray.
2. In a mixing bowl, cream together sugar and cream cheese with an electric mixer until smooth (this can also be done with a food processor fitted with a metal chopping blade). Add eggs one at a time. Add vanilla, salt, and melted white chocolate. Pour batter into prepared pan.
3. Top pan with a paper towel. Wrap well with aluminum foil.
4. Pour water into the pressure cooker then place assembled springform pan inside the pressure cooker; secure lid.
5. Set Pressure Release Device to SEAL and timer to 30 minutes.
6. When cooking is complete, let pressure release naturally.
7. Leave cheesecake in the pressure cooker for an additional 30 minutes before removing.
8. Chill cheesecake for at least 3 hours before serving.
9. Serve with Raspberry Sauce and garnish with mint and fresh raspberries if desired.

## Raspberry Sauce

8 Four-Ounce Servings

### INGREDIENTS

2 cups fresh or frozen raspberries  
2 tablespoons granulated sugar  
1 teaspoon lemon juice

### METHOD

1. Place all ingredients in a small saucepan over medium heat.
2. Cook for 10- 15 minutes, until sauce reduces and sugar dissolves.
3. To remove seeds, press through a sieve.
4. When cool, serve to decorate your dessert plate or drizzle over White Chocolate Cheesecake.

## Easy Individual Banana Baby Cakes

4 - 5 Servings

### INGREDIENTS

1 1/4 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon kosher salt  
6 tablespoons unsalted butter  
3/4 cup granulated sugar  
2 teaspoons excellent quality pure vanilla extract  
3 large egg yolks  
3/4 cup sour cream  
3 ripe bananas  
6 tablespoons brown sugar

### METHOD

1. Sift together the flour, baking powder and salt in a small bowl. Set aside.
2. In mixer fitted with paddle attachment, cream butter and sugar until pale and fluffy, about 5 minutes. Scrape bowl. Add vanilla and egg yolks. Mix until smooth. Scrape bowl. Add sour cream and mix again. Scrape bowl. Add flour mixture and fold in by hand until just combined.
3. Spray or butter 4-5 ramekins. Divide batter evenly among prepared ramekins, filling just below the half-way point. Smooth batter.
4. Top with banana slices using up to 1/2 of a banana per ramekin. Top each with 1 tablespoon of brown sugar.
5. Place the steaming rack in bottom of the pressure cooker. Pour in 3 cups water. Place ramekins on the steaming rack, keeping them level. You may also stack them in a pyramid-style fashion inside the pressure cooker or cook them in batches; secure lid.
6. Set Pressure Release Device to SEAL and timer to 8 minutes.
7. When cooking is complete, let pressure release naturally.
8. Carefully remove ramekins using tongs or potholders.
9. The banana slices will now have a pink tinge to them. This is normal. Enjoy warm with slightly sweetened whipped cream if desired.

## Lively Lemon Cheesecake

4 - 5 Servings

### INGREDIENTS

2 tablespoons unsalted butter, melted  
1/2 cup vanilla wafer crumbs  
2 packages (8 ounces each) cream cheese  
1/2 cup granulated sugar  
zest and juice from 1 lemon  
2 large eggs

### METHOD

1. Combine butter and wafer crumbs in the bottom of a 6-inch springform pan. Press and flatten to cover bottom. Set aside.
2. Combine cream cheese and sugar in food processor. Pulse and scrape down until smooth. Add zest, juice and eggs. Pulse only until no visible egg remains. Do not over mix.
3. Scrape mixture into prepared pan.
4. Place a folded kitchen towel into the bottom of the pressure cooker. Pour in 3 cups water. Place springform pan on top of towel, keeping it level; secure lid.
5. Set Pressure Release Device to SEAL and timer to 12 minutes.
6. When cooking is complete, let pressure release naturally.
7. Let cool until warm and then cover and refrigerate for at least 4 hours or overnight.
8. Serve with lemon slices, crushed lemon drop candies and sweetened whipped cream, if desired.

Note: Because of the specialty type of steam cooking, the cheesecake surface will appear lumpy. This is normal and is only on the very surface. The easiest way to slice a cheesecake is with a length of dental floss held taut between your hands.

## Microwave Caramel

*Makes enough to coat 8 ramekins*

### INGREDIENTS

1/2 cup granulated sugar  
1/4 cup light corn syrup  
5 drops fresh lemon juice

### METHOD

1. Place all ingredients in a 2-cup or 4-cup glass measuring cup. Stir until all sugar is moistened.
2. Cook in microwave until bubbles start piling up on top of each other and mixture turns amber in color, approximately 3 minutes. The time it takes depends on the wattage of your microwave.
3. Carefully remove and divide between ramekins. Use caution; sugar mixture is extremely hot. Let cool until hard.

Notes: This recipe is a great topping for the Chocolate Truffle Crème Brûlée on page 41, if you do not own a blow torch. Simply pour the hot caramel over the top of the cooled brûlée and let harden. Extra caramel can be used to make pretty garnishes. Simply pour out in a lacy pattern onto aluminum foil, preferably the nonstick aluminum foil that is now available. Allow to harden and then carefully remove to top ice cream, cakes and other desserts.

## Raspberry White Chocolate Bread Pudding

*4 Servings*

### INGREDIENTS

1 cup granulated sugar  
4 large eggs  
1/2 teaspoon kosher salt  
1 tablespoon fresh lemon juice  
2 teaspoons excellent quality pure vanilla extract  
2 cups heavy whipping cream  
2 tablespoons unsalted butter, melted  
3 croissants, cut into 2-inch pieces (stale is fine)  
1/2 cup fresh or frozen raspberries  
2 tablespoons white chocolate chips

### METHOD

1. Spray or grease a 6-cup baking mold or pan. Set aside.
2. In a large bowl, whisk together sugar, eggs, salt, lemon juice, vanilla, cream and melted butter. Whisk until sugar is dissolved. Gently fold in croissant pieces.
3. Pour one-third of mixture into prepared pan. Scatter a layer of raspberries and white chocolate over mixture. Repeat layers twice.
4. Place the steaming rack into the bottom of the pressure cooker. Pour in 3 cups water. Place pan of bread pudding on top of the steaming rack; secure lid.
5. Set Pressure Release Device to SEAL and timer to 11 minutes.
6. When cooking is complete, let pressure release naturally.
7. Serve warm with additional raspberries and slightly sweetened whipped cream, if desired.

## Silky Flan with Microwave Caramel

4 Servings

### INGREDIENTS

1 recipe Microwave Caramel (see page 47)  
1 cup whole milk  
1 cup heavy whipping cream  
2/3 cup granulated sugar  
1/8 teaspoon kosher salt  
1 teaspoon excellent quality pure vanilla extract  
2 large eggs  
3 large egg yolks

### METHOD

1. Place all ingredients in large mixing bowl and whisk until smooth. Pour mixture over 4 caramel-lined ramekins.
2. Place the steaming rack inside the pressure cooker. Pour in 3 cups water. Place ramekins on rack, keeping them level; secure lid.
3. Set Pressure Release Device to SEAL and timer to 3 minutes.
4. When cooking is complete, let pressure release naturally.
5. Carefully remove ramekins using tongs or potholders.
6. Serve warm or cold. Remove flan from ramekin by first running a thin-bladed knife around edge of custard to loosen it. Invert onto serving plate, letting the now liquid caramel dribble over top.

## BBQ Pork Chops

4 Servings

### INGREDIENTS

1/2 cup all purpose flour  
1 teaspoon cayenne pepper  
Kosher salt and fresh pepper to taste  
1 tablespoon canola oil  
4 pork chops, 3/4-inch thick  
1 cup BBQ sauce, your favorite  
1 1/3 cups chicken stock

### METHOD

1. Combine flour, cayenne pepper, salt, and pepper in a plastic bag and shake.
2. Add pork chops to bag and shake to coat.
3. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
4. Add the oil to the pressure cooker.
5. When oil is hot, add pork chops in batches and brown on both sides.
6. Place all pork chops, BBQ sauce, and stock inside the pressure cooker; secure lid.
7. Set Pressure Release Device to SEAL and reset timer to 20 minutes.
8. When cooking is complete, let pressure release naturally.
9. Transfer to a serving plate and serve with additional BBQ sauce if desired.

## Chicken and Sausage with Peppers

4 - 6 Servings

### INGREDIENTS

1 tablespoon olive oil  
6 ounces Italian sausage links  
4 chicken thighs, boneless and skinless  
1 medium yellow onion, diced  
2 medium green bell peppers, cut into 3/4-inch thick strips  
2 cloves garlic, minced  
2 tablespoon red wine vinegar  
1 can (16 ounces) diced tomatoes, drained  
1 cup chicken stock  
Crushed red peppers to taste  
Kosher salt and fresh pepper to taste

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the oil to the pressure cooker.
3. When oil is hot, add the sausage and chicken then cook until well browned on all sides.
4. Add remaining ingredients and stir to combine; secure lid.
5. Set Pressure Release Device to SEAL and reset timer to 25 minutes.
6. When cooking is complete, let pressure release naturally.
7. Taste and correct seasoning as needed before serving.

## Chicken Stew with Dumplings

4 Servings

### INGREDIENTS

#### For the Stew:

2 tablespoons unsalted butter  
3 chicken breasts  
Kosher salt and fresh pepper, to taste  
2 tablespoons all purpose flour  
1 teaspoon dried sage  
2 carrots cut into coins  
2 stalks celery, sliced  
1 yellow onion, chopped  
2 1/2 cups chicken stock  
1/2 cup whole milk

#### For the Dumplings:

2 cups all purpose flour  
2 teaspoons baking powder  
1 teaspoon kosher salt  
1/2 cup unsalted butter, diced  
3/4 cup buttermilk  
2 tablespoons fresh parsley, chopped  
1 cup frozen peas

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the butter to the pressure cooker.
3. Season chicken pieces with salt and pepper then sprinkle all over with flour.
4. When butter sizzles, add chicken pieces and cook until lightly browned.
5. Add remaining stew ingredients to the pressure cooker and stir; secure lid.
6. Set Pressure Release Device to SEAL and reset timer to 20 minutes.
7. While stew cooks make the dumplings.
8. In a bowl use a fork to combine flour, baking powder, salt and butter.
9. Mix until crumbly then stir in the buttermilk and parsley.
10. When cooking is complete, let pressure release naturally.
11. Remove lid then reset timer to 7 minutes.
12. Add peas and drop dumplings on top of bubbling stew by tablespoon-size lumps.
13. Cover but do not put under pressure, cooking for 7 minutes until dumplings are cooked.
14. Serve hot.

## Chocolate Truffle Crème Brûlée

4 - 6 Servings

### INGREDIENTS

2 cups heavy whipping cream  
1/3 cup granulated sugar  
2 teaspoons excellent quality pure vanilla extract  
1 cup bittersweet chocolate pieces or chips  
5 large egg yolks

### METHOD

1. Heat cream in microwave till very hot, about 2 minutes.
2. Pour over chocolate pieces in a large bowl. Whisk till chocolate is completely melted.
3. Whisk in remaining ingredients then divide between 6 ramekins and cover each one with foil.
4. Place a folded kitchen towel into the bottom of the pressure cooker. Add 1 cup water then place ramekins on towel, keeping them level. You can also stack them in a pyramid-style fashion or cook in batches; secure lid.
5. Set Pressure Release Device to SEAL and timer to 6 minutes.
6. When cooking is complete, let pressure release naturally.
7. Carefully remove ramekins using tongs or potholders then remove foil and sprinkle an even layer of granulated sugar over tops of each ramekin.
8. Place them on a heatproof surface and burn the tops to a nice amber color using a blowtorch.

## Pressure Cooker Jambalaya

4 Servings

### INGREDIENTS

5 strips bacon, diced  
4 boneless skinless chicken thighs, quartered  
1 cup long grain white rice  
1 large onion, chopped  
2 stalks celery, chopped  
1 green bell pepper, chopped  
5 cloves garlic, chopped  
8 ounces andouille sausage, diced  
1 bay leaf  
1 teaspoon dried thyme  
2 teaspoons pimentón smoked paprika  
1 teaspoon chili flakes, or to taste  
1 (14.5 oz) can diced tomatoes  
1 cup chicken stock  
Kosher salt and fresh cracked pepper, to taste  
1 bunch green onions, chopped, for serving

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Add the bacon to the pressure cooker. Sauté until most of the fat has rendered out of the bacon then remove and reserve.
3. Add the chicken to the pressure cooker and brown lightly on all sides.
4. Add the rice and reserved bacon and stir to coat rice with the fat.
5. Add remaining ingredients, except green onions, and stir well; secure lid.
6. Set Pressure Release Device to SEAL and reset timer to 6 minutes.
7. When cooking is complete, let pressure release naturally.
8. Fluff rice then stir in green onions before serving hot.

## Cream of Root Vegetable Soup

4 - 5 Servings

### INGREDIENTS

3 cups chicken stock  
2 medium stalks celery, chopped  
1 large leek, white part only, sliced  
1 small Russet potato, peeled and chopped  
1/2 large turnip, peeled and chopped  
1/2 large rutabaga, peeled and chopped  
1 medium parsnip, peeled and chopped  
1 large carrot, peeled and chopped  
2 tablespoons flat-leaf parsley, chopped  
1 teaspoon kosher salt  
1/2 teaspoon white pepper  
1 pinch ground coriander  
2 tablespoons whipping cream  
1 tablespoon butter

### METHOD

1. Put stock, all vegetables, parsley, salt, pepper, and coriander into the pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 15 minutes.
3. When cooking is complete, let pressure release naturally. Remove lid then purée soup to desired consistency using an immersion blender with a stainless wand set on low. Add cream and butter while pureeing. Adjust seasoning if desired then serve hot or cold.

### PRESENTATION

This soup is delicious served with a dollop of sour cream and chopped green onions on top.

## Quinoa Pilaf

4 Servings

### INGREDIENTS

#### For the Quinoa:

2 cups quinoa  
1 1/2 cups vegetable stock  
1 tablespoon soy sauce  
2 tablespoons olive oil  
1/2 teaspoon dried thyme  
1 small yellow onion, diced  
1 cup sliced almonds, toasted  
1 cup raisins  
1/2 cup dried apricots, diced  
1/2 teaspoon chili flakes, to taste

#### For Finishing:

1 bunch green onions, sliced  
1 cup red grapes, halved  
2 tablespoons parsley, chopped  
The zest and juice of 1 lemon  
Kosher salt and fresh pepper, to taste

### METHOD

1. Place all quinoa ingredients into the pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 6 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove lid then add finishing ingredients to the pressure cooker; stir well.
5. Serve hot, at room temperature or cold.

## Savory Beef Short Ribs

4 Servings

### INGREDIENTS

4 meaty beef short ribs  
2 tablespoons all purpose flour  
Kosher salt and fresh pepper to taste  
2 tablespoons olive oil  
1 large onion, chopped  
2 large carrots, peeled and chopped  
1 golden delicious apple, peeled, cored and chopped  
4 cloves garlic, minced  
2 bay leaves  
3 sprigs fresh thyme  
1/4 cup ketchup  
1 cup red wine  
1 cups beef stock

### METHOD

1. Set timer to 20 minutes and let pressure cooker preheat for 5 minutes with the lid off.
2. Dredge beef with flour and season with salt and pepper.
3. Add the oil to the pressure cooker.
4. When oil is hot, brown the beef in batches on both sides.
5. Put all the beef back in the pressure cooker then add the remaining ingredients; secure lid.
6. Set Pressure Release Device to SEAL and reset timer to 30 minutes.
7. If pressure cooker hisses tap lid and/or vent with a towel protected hand.
8. When cooking is complete, let pressure release naturally.
9. Remove, garnish as desired and serve hot.

## Whole Chicken Soup

4 Servings

### INGREDIENTS

1 small chicken, 3 pounds  
1 medium onion, quartered  
3 sprigs fresh dill  
3 sprigs fresh thyme  
2 carrots, bias cut  
1 celery stalk, bias cut  
1 large leek, white and light green part only, sliced  
5 cups chicken stock  
Kosher salt and fresh pepper to taste

### METHOD

1. Place all ingredients into the pressure cooker; secure lid.
2. Set Pressure Release Device to SEAL and timer to 35 minutes.
3. When cooking is complete, let pressure release naturally.
4. Remove, garnish as desired and serve, using tongs to pull chicken apart.

## Pressure Cooker Cooking Chart

Ingredient	Amount	Time (Minutes)	Liquid Suggested (Cups)
<b>VEGETABLES, LEGUMES &amp; GRAINS</b>			
Artichokes, trimmed <sup>1</sup>	3 med	12	2
Beans, Black <sup>1</sup>	1 cup	12 <sup>▲</sup>	4
Beans, Lima <sup>1</sup>	1 cup	15 <sup>▲</sup>	2
Beans, Navy <sup>1</sup>	1 cup	8 <sup>▲</sup>	4
Beans, Pinto <sup>1</sup>	1 cup	15 <sup>▲</sup>	4
Beans, Red Kidney <sup>1</sup>	1 cup	15 <sup>▲</sup>	4
Chick Peas <sup>1</sup>	1 cup	18 <sup>▲</sup>	4
Beans, String <sup>2</sup>	1 lb	3	1
Beets <sup>1</sup>	6 med	15	2
Broccoli flowerets <sup>1</sup>	2 cups	2	1
Cabbage head, quartered <sup>1</sup>	1 med	3	2
Carrots 2" pieces <sup>1</sup>	2 cups	5	1
Cauliflowerets <sup>1</sup>	2 cups	3	1
Corn, on the cob <sup>1</sup>	6 ears	2	1 1/2
Squash, Acorn, halved <sup>1</sup>	4 halves	6	2
Squash, Butternut, 1/2" slices <sup>1</sup>	8 slices	6	1 1/2
White rice, such as Basmati <sup>1</sup>	1 cup	6	1
Brown rice <sup>1</sup>	1 cup	15	1 cup + 2 TBSP
<b>MEATS, POULTRY, SEAFOOD</b>			
Beef Brisket <sup>1</sup>	3 lbs	90	2
Pot Roast <sup>1</sup>	3 lbs	35	2
Chicken Breast, boneless, skinless, fresh or frozen <sup>1</sup>	4 lbs	6	2
Chicken Legs <sup>1</sup>	4 whole	20	2
Chicken, quartered <sup>1</sup>	1	20	2
Chicken, whole <sup>1</sup>	3 lbs	20	3

<sup>1</sup> After cooking, release pressure naturally.

<sup>2</sup> After cooking, release pressure manually.

<sup>▲</sup> Cooking time + let rest for 1 hour on KEEP WARM

## Pressure Cooker Cooking Chart

Ingredient	Amount	Time (Minutes)	Liquid Suggested (Cups)
<b>MEATS, POULTRY, SEAFOOD (cont.)</b>			
Clams, in shells <sup>2</sup>	1 dozen	2	1
Corned Beef <sup>1</sup>	3 lbs	90	3
Cornish Game Hens <sup>1</sup>	2	15	2
Ribs <sup>1</sup>	2 slabs	25	2
Fish Fillets <sup>2</sup>	2 6 oz.	2	1
Fish Steaks <sup>2</sup>	1-2" thick	2	1 1/2
Lamb shanks <sup>1</sup>	2-3 lbs	30	2
Lobster <sup>2</sup>	1-2 lbs	2	2
Octopus, whole baby or 3" pieces <sup>1</sup>	2 cups	16	3
Pork chops (8-10 oz. ea) <sup>1</sup>	3 to 4	12	2
Pork Loin <sup>1</sup>	2 lbs	22	3
Shrimp, large <sup>2</sup>	Up to 30	2	1
Beef Stew <sup>1</sup>	3 lbs	20	2
Veal Shanks (8 oz. ea) <sup>1</sup>	3	30	2
<b>POTATOES</b>			
Potatoes, Red Bliss (2 oz. ea) <sup>1</sup>	Up to 20	6	1/2
Potatoes, White, cubed <sup>1</sup>	3 cups	6	1/2

## Notes

## Limited Warranty

This warranty covers all defects in workmanship or materials in the mechanical and electrical parts, arising under normal usage and care, in this product for a period of 12 months from the date of purchase provided you are able to present a valid proof-of-purchase. A valid proof-of-purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt with date of purchase and item is also an acceptable proof-of-purchase. Product is intended for household use only. Any commercial use voids the warranty.

This warranty covers the original retail purchaser or gift recipient. During the applicable warranty period within normal household use, we will repair or replace, at our discretion, any mechanical or electrical part which proves defective, or replace unit with a comparable model.

To obtain service under the terms of this warranty, call Toll Free (800) 275-8273.

THIS LIMITED WARRANTY COVERS UNITS PURCHASED AND USED WITHIN THE UNITED STATES AND CANADA AND DOES NOT COVER:

- Damages from improper installation.
- Defects other than manufacturing defects.
- Damages from misuse, abuse, accident, alteration, lack of proper care and maintenance, or incorrect current or voltage.
- Damage from service by other than an authorized dealer or service center.

This warranty gives you special legal rights and you may also have other rights to which you are entitled which may vary from state (province) to state (province).

Proof of purchase required to validate the warranty.

Shipping and handling charges may apply.