



# **Pressure Cooker Recipes**

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## Chicken and Tomato Rice Soup

Serves 6 to 8

1 tablespoon	olive oil
3	boneless skinless chicken breasts, cut into bite-sized pieces
	salt and freshly ground black pepper
1	onion, finely chopped
3	carrots, peeled and sliced ¼-inch thick
2 ribs	celery, sliced ¼-inch thick
3 cloves	garlic, minced
1 teaspoon	dried thyme
1 cup	long-grain rice, like basmati
4 cups	chicken stock
1 (28 ounce) can	diced tomatoes
1½ teaspoons	salt
	freshly ground black pepper
¼ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker on the BROWN setting.
2. Add the olive oil and brown the chicken pieces briefly, seasoning with salt and pepper. Add the onion, carrots, celery, garlic and thyme and sauté for another 2 to 3 minutes.
3. Stir in the rice and pour in the stock and tomatoes. Season with salt and freshly ground black pepper and lock the lid in place.
4. Pressure cook on HIGH for 8 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Season to taste again with salt and pepper, and stir in the fresh parsley.

## Beef Barley Soup

Serves 4 to 6

3 tablespoons	olive oil
1½ pounds	beef, cut into ½-inch cubes
	salt and freshly ground black pepper
1	onion, chopped
2	carrots, chopped
4 ribs	celery, chopped
1 cup	chopped parsnips
1½ cups	chopped crimini mushrooms
2 cloves	garlic, chopped
1 teaspoon	dried rosemary
2 tablespoons	tomato paste
1 cup	red wine
1 cup	uncooked pearl barley
6 cups	low-sodium beef broth
1 tablespoon	chopped fresh thyme

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the olive oil to the cooker. Season the beef cubes with salt and pepper, and brown the beef in the oil for 5 minutes. Set the beef aside and drain off any excess oil from the cooker.
3. Add the onion, carrots, celery, parsnips, mushrooms, garlic and rosemary to the pressure cooker and sauté for 8 to 10 minutes. Add the tomato paste, stir, and deglaze with red wine.
4. Return the beef to the pressure cooker, and add the barley and beef broth.
5. Pressure cook on HIGH for 20 minutes.
6. Let the pressure drop NATURALLY and carefully remove the lid. Adjust seasoning to taste with salt and freshly ground black pepper, and sprinkle in the fresh thyme.

## Cabbage Soup with Kielbasa

Serves 4 to 6

3 tablespoons	olive oil
1 pound	kielbasa, diced
1 small	onion, chopped
2	carrots, chopped
2 ribs	celery, chopped
1 head	green or Napa cabbage, chopped
3 cloves	garlic, minced
½ teaspoon	caraway seed
1 teaspoon	fennel seed
½ teaspoon	mustard powder
1 tablespoon	tomato paste
6 cups	low-sodium chicken stock
	salt and freshly ground black pepper
½ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the olive oil and kielbasa and cook for about 3 minutes.
3. Add the remaining ingredients, except for the parsley, and lock the lid in place.
4. Pressure cook on HIGH for 20 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid. Adjust seasoning to taste with salt and freshly ground black pepper and stir in the fresh parsley.



## Mexican Rice and Beans

Serves 8 to 10

1 cup	dried pinto beans
1 tablespoon	vegetable oil
1	red onion, sliced ½-inch thick
1	green pepper, finely chopped
1	Jalapeño pepper, finely chopped (for a spicier dish, include the seeds)
3 cloves	garlic, minced
2 cups	long-grain rice
1 teaspoon	ground cumin
1 teaspoon	chili powder
1 (14 ounce) can	chopped tomatoes
2¼ cups	chicken stock
1 teaspoon	salt
¼ cup	chopped fresh cilantro
3	scallions, chopped

### Directions

1. Place the pinto beans in the pressure cooker and cover with an inch of water. Pressure cook on HIGH for 5 minutes. Let the pressure drop NATURALLY and carefully remove the lid. Drain and set the beans aside.
2. Heat the pressure cooker using the BROWN setting.
3. Add the oil and cook the onion, green pepper, Jalapeño pepper and garlic for 4 to 5 minutes. Add the rice and spices and continue to cook for a few minutes. Return the beans to the cooker, along with the tomatoes, chicken stock and salt and lock the lid in place.
4. Pressure cook on HIGH for 8 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Fluff the rice and beans with a fork, mixing in the cilantro and transfer to a serving dish, sprinkling the scallions on top at the end.

## French Onion Soup Bread Pudding

Serves 4 to 6

2 tablespoons	oil
4	sweet onions, thinly sliced
4	eggs
1½ cups	heavy cream
1 tablespoon	sherry
2 teaspoons	chopped fresh thyme
1 teaspoon	salt
¼ teaspoon	freshly ground black pepper
6 cups	cubed Italian bread
1½ cups	grated Gruyère cheese

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil and onions to the cooker and cook, stirring occasionally until brown and caramelized. (This may take 20 minutes or so.) Remove the onions from the cooker and wipe the insert clean.
3. In a bowl, whisk together the eggs, cream, sherry, thyme, salt and pepper.
4. In a separate bowl, toss together the bread cubes, caramelized onions and 1 cup of the Gruyère cheese. Pour in a third of the egg custard, toss again to coat all the ingredients and let the mixture sit for a few minutes.
5. Grease a 1½-quart deep round baking pan or soufflé dish. Place the bread mixture into the pan and top with the remaining ½ cup of cheese. Pour the remaining egg mixture over the top of the pan and wrap the pan completely with greased aluminum foil.
6. Place a rack in the pressure cooker and pour in 2 cups of water. Lower the baking pan into the cooker using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Fold the ends of the aluminum foil into the cooker and lock the lid in place.
7. Pressure cook on HIGH for 40 minutes.
8. Let the pressure drop NATURALLY and carefully remove the lid. Serve warm.

## Warm Cauliflower, White Bean and Wheat Berry Salad

Serves 8 to 10

2 cups	dried cannellini beans
1 cup	wheat berries
1 head	cauliflower, cut into small florets
2½ cups	vegetable stock
1 teaspoon	dried basil
½ cup	chopped sun-dried tomatoes
2 teaspoons	salt
½ cup	mayonnaise
2 tablespoons	extra virgin olive oil
1 clove	garlic, minced
2	lemons, zest from one, juice from both
¼ teaspoon	freshly ground black pepper
1 cup	chopped walnuts, toasted
1 cup	chopped fresh parsley
½ cup	grated Parmesan cheese

### Directions

1. Place the beans and wheat berries in the pressure cooker and cover with an inch of water.
2. Pressure cook on HIGH for 5 minutes, and then let the pressure drop NATURALLY and carefully remove the lid. Drain the beans and wheat berries and set aside.
3. Place the cauliflower and 1 cup of water into the pressure cooker. Pressure cook on HIGH for 2 minutes. Release the pressure using the QUICK-RELEASE method and carefully remove the lid. Drain the cauliflower and set aside.
4. Return the beans and wheat berries to the cooker and add the vegetable stock, basil, sun-dried tomatoes and 1 teaspoon of the salt. Pressure cook on HIGH for 18 minutes.
5. While the beans and wheat berries are cooking, make the dressing by whisking together the remaining teaspoon of salt, mayonnaise, olive oil, garlic, lemon zest, lemon juice and freshly ground black pepper.
6. Let the pressure drop NATURALLY and carefully remove the lid. Return the cooker to the BROWN setting. Simmer, stirring often, until any remaining liquid has been absorbed.
7. Let the beans cool for just a few minutes and fold in the cauliflower, the dressing, walnuts, parsley and cheese. Serve warm.



## Cheddar Garlic Mashed Potatoes

**Serves 6 to 8**

6	Russet or baking potatoes, peeled and cut into 1-inch chunks
4 cloves	garlic, peeled and left whole
½ cup	half and half
3 tablespoons	butter, melted
1 cup	shredded Cheddar cheese
	salt and freshly ground black pepper
5	scallions, sliced (optional)
4 slices	bacon, chopped and cooked (optional)

### Directions

1. Place the potatoes and garlic cloves into the pressure cooker and add enough water to just cover the vegetables. Lock the lid in place.
2. Pressure cook on HIGH for 6 minutes.
3. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Drain the potatoes and return them to the warm pressure cooker.
4. Mash the potatoes with a potato masher or a food mill, adding the half and half, butter, and shredded Cheddar cheese. Season to taste with salt and freshly ground black pepper and garnish with scallions and cooked bacon bits if desired.



## Acorn Squash with Maple Apple Cranberry Filling

**Serves 4 as a vegetarian entrée or 8 as a side dish**

1 teaspoon	ground cinnamon
¼ teaspoon	ground nutmeg
¼ teaspoon	ground cloves
2 tablespoons	brown sugar
2	Granny Smith apples, peeled and chopped
½ cup	dried sweetened cranberries
2 small	acorn squash, cut in half lengthwise and seeded salt and freshly ground black pepper
¼ cup	maple syrup
2 tablespoons	butter, cut into 4 pieces

### Directions

1. Combine the cinnamon, nutmeg, cloves and brown sugar in a bowl. Add the apples and cranberries and toss together. Season each half of each acorn squash with salt and pepper and fill with the apple and cranberry mixture.
2. Pour enough water into the pressure cooker to cover the bottom by half an inch. Place a steamer insert or rack into the pressure cooker and place the acorn squash on top. Drizzle each half of acorn squash with the maple syrup and top each with a piece of butter. Lock the lid in place.
3. Pressure cook on HIGH for 6 minutes.
4. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid.
5. Serve one half per person for a vegetarian entrée or slice each half in half again and serve as a side dish.





## Marinara Sauce

Serves 6

3 tablespoons	olive oil
3 cloves	garlic, finely chopped
	pinch crushed red pepper flakes
2 (28 ounce) cans	crushed tomatoes
1 teaspoon	salt
	freshly ground black pepper
½ teaspoon	sugar (optional)
¼ cup	chopped fresh parsley or basil

### Directions

1. Place the olive oil, garlic and pepper flakes in the pressure cooker and then turn on the BROWN setting. Cook the garlic and hot red pepper flakes until the garlic is fragrant, but do not brown.
2. Add the tomatoes, salt, pepper and sugar, and lock the lid in place.
3. Pressure cook on HIGH for 8 minutes.
4. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Season to taste again with salt and pepper and stir in the fresh parsley or basil. Serve over pasta or use in any number of dishes.



## Beef and Macaroni

Serves 6 to 8

1 tablespoon	vegetable oil
1 pound	lean ground beef
1	onion, finely chopped
1	green pepper, chopped
1	red pepper, chopped
1½ teaspoons	dried oregano
1½ teaspoons	dried basil
1 teaspoon	paprika
1 teaspoon	salt
	freshly ground black pepper
1 (28 ounce) can	diced tomatoes in juice
1 cup	beef stock
¼ cup	ketchup
½ pound	dried elbow macaroni
1½ cups	grated Parmesan cheese OR 1½ cups grated Cheddar cheese

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil and brown the beef. Avoid breaking up the beef too much, but let it cook in larger chunks. Add the onion, peppers, herbs and spices, salt and pepper and continue to cook for a few minutes, stirring well.
3. Add the tomatoes, stock, ketchup and elbow macaroni and lock the lid in place.
4. Pressure cook on HIGH for 5 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Give the ingredients a good stir, season to taste with salt and pepper, and serve with grated Parmesan cheese or for a cheesy dish, stir in the grated Cheddar cheese.



## Risotto with Sun-Dried Tomato and Sausage

Serves 6

1 tablespoon	olive oil
1 pound	sweet Italian sausage, sliced on the bias
½ cup	chopped shallots (about 1 large)
2 cloves	garlic, minced
½ cup	sliced sun-dried tomatoes
1½ cups	short-grain rice, like Arborio or Carnaroli rice
¾ teaspoon	salt
	freshly ground black pepper
½ cup	white wine
3½ cups	chicken stock
½ cup	grated Parmesan cheese
¼ cup	sliced fresh basil

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil and brown the sausage. Add the shallots and garlic and cook for a few minutes. Stir in the sun dried tomatoes, rice, salt and pepper. Add the wine and stock and lock the lid in place.
3. Pressure cook on HIGH for 7 minutes.
4. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Stir in the cheese and season to taste with salt and pepper. Sprinkle the basil on top.

## Italian Tortellini Stew

Serves 6

1 tablespoon	olive oil
1	onion, chopped
1 clove	garlic, sliced
1	red pepper, chopped
8 ounces	mushrooms, sliced
1 teaspoon	dried oregano
1 teaspoon	dried basil
1	bay leaf
1 teaspoon	salt
1 tablespoon	tomato paste
1 (28-ounce) can	diced tomatoes
2 cups	chicken stock
1 pound	hot Italian sausage, crumbled
¾ pound	cheese tortellini
2	carrots, sliced
2	zucchini, sliced
¼ cup	chopped fresh parley

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the olive oil to the cooker. Add the onion, garlic, red pepper, mushrooms, oregano, basil, bay leaf, salt and tomato paste and cook for a few minutes, stirring well.
3. Add the tomatoes, stock, sausage, tortellini, carrots and zucchini and stir to combine. Lock the lid in place.
4. Pressure cook on HIGH for 5 minutes
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Serve with chopped fresh parsley sprinkled on top.

## BBQ Meatloaf

Serves 6

¾ pound	ground beef
½ pound	ground pork
¾ pound	ground veal
1	onion, diced
1 clove	garlic, minced
½ teaspoon	dried thyme
¼ cup	chopped fresh parsley
½ cup	Panko breadcrumbs
2 tablespoons	tomato ketchup
½ cup	BBQ sauce
2	egg yolks, lightly beaten
	salt and pepper, to taste
Sauce:	
½ cup	chicken stock
1 (14.5-ounce) can	crushed tomatoes
½ cup	BBQ sauce
1 tablespoon	honey

### Directions

1. Combine all the ingredients for the meatloaf in a large bowl and mix well with your hands. Shape the meatloaf into a mound that will fit into the bottom of your cooker. One easy way to do this is to shape the meatloaf mixture in the bottom of a bowl that you can gently invert into the cooker.
2. Combine the sauce ingredients in a bowl. Pour half of the sauce into the cooker and then transfer the meatloaf to the cooker. Pour the remaining sauce over the top. Lock the lid in place.
3. Cook on HIGH pressure for 35 minutes.
4. Let the pressure drop NATURALLY and carefully remove the lid. Let the meatloaf cool in the cooker for a few minutes and then carefully remove. You may need to cut it in half first to make it easier to remove.
5. Slice the meatloaf and place on a platter. Pour the sauce over the top and sprinkle with more chopped fresh parsley.



## Italian Pot Roast

Serves 6 to 8

3½ to 4 pound	boneless chuck roast
	salt and freshly ground black pepper
1 tablespoon	vegetable oil
1	onion, chopped
3	carrots, peeled and sliced into 1-inch chunks
2 ribs	celery, sliced into ½-inch chunks
3 cloves	garlic, minced
1 teaspoon	dried oregano
1 teaspoon	dried sage
½ teaspoon	dried rosemary
1 cup	red wine
1 (28 ounce) can	crushed tomatoes
1	bay leaf
4 large	white or red-skinned potatoes, cut into 1-inch chunks
1 head	escarole, cored and chopped (optional)
¼ cup	chopped fresh basil

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the roast on all sides with salt and pepper. Add the oil to the cooker and brown the roast on all sides. Remove the roast to a resting plate.
3. Add the onion, carrots, celery and garlic to the cooker and cook for 5 minutes. Add the dried herbs and cook for a minute. Add the red wine, tomatoes and bay leaf and stir. Return the roast to the cooker, and lock the lid in place.
4. Pressure cook on HIGH for 55 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Transfer the roast to a side plate and tent with foil. Add the potatoes and escarole (if using) to the cooker and lock the lid in place.
6. Pressure cook on HIGH for 8 minutes.
7. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Season the sauce to taste with salt and pepper, stir in the fresh basil and spoon the liquid and vegetables over the sliced roast.

## Beef and Cabbage Casserole

Serves 4 to 6

1 tablespoon	olive oil
1 pound	ground beef
1	onion, chopped
1 clove	garlic, sliced
1 to 2 teaspoons	salt
	freshly ground black pepper
1 teaspoon	dried thyme
1 teaspoon	dried oregano
½ teaspoon	smoked paprika
1 tablespoon	Worcestershire sauce
1 tablespoon	red wine vinegar
1 tablespoon	tomato paste
1 tablespoon	brown sugar
1 (28-ounce) can	tomatoes
1 (14-ounce) can	crushed tomatoes
½ cup	raisins
1 cup	basmati rice
½	green cabbage, coarsely chopped (about 8 cups)
2 cups	beef stock
¼ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil to the cooker and brown the beef, breaking it up as you do so. Remove the beef from the cooker with a slotted spoon and set aside. Drain off all but one tablespoon of the fat. Add the onion, garlic and spices, and sauté for about 3 minutes.
3. Add the Worcestershire sauce, vinegar, tomato paste and brown sugar and cook, stirring for another minute.
4. Stir in the tomatoes, raisins, rice and cabbage, return the beef to the cooker and combine well. Add the stock and push the ingredients down into the liquid.
5. Pressure cook on HIGH for 6 minutes.
6. Let the pressure drop NATURALLY and carefully remove the lid. Sprinkle the fresh parsley over the top.

## Swiss Steak

Serves 4

2 pounds	beef top round, cut into ½-inch steaks
	salt and freshly ground black pepper, to taste
2 tablespoons	olive oil
3 ribs	celery, sliced into ½-inch slices
3	carrots, sliced into 1-inch slices
1 medium	onion, chopped
1 clove	garlic, minced
1 teaspoon	prepared horseradish
1 (8-ounce) can	tomato sauce
¾ cup	beef broth, divided
1	bay leaf
¼ cup	flour
¼ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the beef with salt and freshly ground black pepper. Add the oil to the cooker and brown the steaks on both sides. Add the celery, carrots, onion, garlic, horseradish, tomato sauce, ½ cup of the beef broth and the bay leaf. Lock the lid in place.
3. Pressure cook on HIGH for 25 minutes.
4. Let the pressure drop NATURALLY and carefully remove the lid. Transfer the meat to a plate to rest.
5. Return the cooker to the BROWN setting and bring the sauce up to a simmer.
6. Whisk the remaining ¼ cup of stock together with the flour in a separate bowl. Stir this mixture into the simmering sauce to thicken it.
7. Return the meat to the sauce and let it re-heat for a minute. Serve over egg noodles or rice with fresh parsley sprinkled over the top.



## Orange Beef Short Ribs

Serves 4 to 6

2 tablespoons	olive oil
4 pounds	beef short ribs
	salt and freshly ground black pepper
1	onion, chopped
1 rib	celery, chopped
2 cloves	garlic, minced
3 sprigs	fresh thyme
1	bay leaf
½ cup	white wine
1½ cups	orange juice
2 tablespoons	soy sauce
2 tablespoons	chopped fresh chives

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the olive oil, season the short ribs with salt and pepper and sear them in batches, until browned on all sides. Once the ribs are nicely browned, remove them to a side plate and set aside. Pour off and discard all but 1 tablespoon of the oil. Add the onion, celery, garlic, thyme and bay leaf and sauté for 3 to 4 minutes.
3. Add the wine and deglaze the cooker, scraping up any brown bits on the bottom of the pan. Let the wine simmer and reduce until it has almost entirely disappeared. Add the orange juice and soy sauce, and return the browned short ribs to the cooker. Lock the lid in place.
4. Pressure cook on HIGH for 25 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid. Remove the ribs from the cooker and set aside, loosely covered with foil. If you want a thicker sauce, use the BROWN setting on the pressure cooker to simmer the braising liquid until it has thickened slightly and is almost syrupy like a glaze. Return the ribs to the cooker and turn them to coat in this sauce.
6. Serve the ribs over smashed potatoes, spoon a little sauce on top and garnish with chives. The sauce can also be strained if you prefer a smoother finish.



## Classic Chunky Beef Chili

Serves 6 to 8

2 tablespoons	vegetable oil
4 pounds	boneless chuck or round roast, cut into bite-sized pieces
	salt
1	onion, chopped
3 cloves	garlic, minced
2 to 3	Chipotle peppers in adobo sauce, chopped (about 3 to 4 tablespoons)
1 tablespoon	chili powder
1 teaspoon	dried oregano
½ teaspoon	ground dried cumin
½ teaspoon	smoked paprika
1 (28 ounce) can	tomatoes
1 cup	beef stock
¼ cup	chopped fresh cilantro (or parsley)

### Directions

1. Pre-heat the pressure cooker on the BROWN setting.
2. Add the oil and brown the beef pieces in batches, seasoning with salt. Add the onion, garlic, chipotle peppers and spices and cook for another 3 to 4 minutes.
3. Add the tomatoes and the beef stock and lock the lid in place.
4. Pressure cook on HIGH for 20 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid. Season to taste again with salt and garnish with cilantro.
6. Serve over rice and beans, or alone with any of several garnishes: sour cream, Greek yogurt, shredded cheese, avocado, a wedge of lime or tomato salsa.





## Spring Lamb Stew

Serves 8 to 10

3 tablespoons	vegetable oil
3 pounds	lamb shoulder, trimmed of fat and cubed (1-inch cubes)
1	teaspoon salt
	freshly ground black pepper
1	onion, chopped
3	cloves garlic, minced
2	tablespoons flour
1	cup red wine
2 cups	chicken stock (or 1 cup chicken, 1 cup beef)
½ teaspoon	dried rosemary
1 teaspoon	dried thyme
1	bay leaf
2 tablespoons	Worcestershire sauce
8	small red potatoes, halved or cut into bite-sized pieces
2	carrots, peeled and sliced on the bias
1 cup	pearl onions, defrosted if frozen
1 cup	frozen peas
2 tablespoons	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add one tablespoon of oil to the cooker, season the lamb with salt and pepper and brown the lamb in batches, using more oil as you need it. Set the browned meat aside.
3. Add the onion and garlic to the cooker and cook for 3 to 4 minutes. Sprinkle the onions and garlic with the flour and cook, stirring, for another minute or two. Then add the red wine and deglaze by scraping up any browned bits on the bottom of the cooker with a wooden spoon. Add the stock and return the browned lamb to the cooker, along with the dried rosemary, dried thyme, bay leaf, and Worcestershire sauce, potatoes, carrots and pearl onions. Lock the lid in place.
4. Pressure cook on HIGH for 15 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid. Stir in the frozen peas and the parsley and season to taste. Serve with rice or a crusty piece of bread and a salad.

## Braised Lamb Shanks

Serves 6

6	lamb shanks
	salt and freshly ground black pepper
½ cup	flour, for dredging
4 tablespoons	olive oil
1	yellow onion, chopped
1 rib	celery, diced
1	carrot, diced
2 cloves	garlic, smashed
3 tablespoons	tomato paste
2 cups	red wine
1½ cups	beef stock
2	bay leaves
1 teaspoon	dried thyme
½ teaspoon	dried oregano
1	orange, zested
1	lemon, zested
	fresh parsley, chopped

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the lamb with salt and freshly ground black pepper and dredge the shanks in the flour. Add the oil to the cooker and sear the shanks on all sides until deep brown in color. Remove the shanks and set aside. Drain off any excess oil.
3. Add the onion, carrot and celery to the cooker and sauté for 5 minutes, or until soft. Add the tomato paste and garlic and cook for another minute.
4. Deglaze the cooker with the red wine, scraping up any brown bits on the bottom of the cooker. Bring the wine to a simmer for 3 minutes. Add the stock, bay leaf, spices, orange and lemon zests, and return the shanks to the cooker. Lock the lid in place.
5. Pressure cook on HIGH for 35 minutes.
6. Let the pressure drop NATURALLY and carefully remove the lid.
7. Remove the lamb from the cooker and set aside. Return the pressure cooker to the BROWN setting and reduce the sauce to thicken it a little. Pour the sauce over the rested lamb shanks and garnish with the chopped parsley.

## Chili-rubbed Drumsticks with Roasted Red Pepper Quinoa

Serves 4 to 6

2 teaspoons	chili powder
1 teaspoon	smoked paprika
2 teaspoons	salt
12	chicken drumsticks
2 tablespoons	vegetable oil
1	onion, finely chopped
1 cup	roasted red pepper strips, chopped
½ teaspoon	dried thyme
1½ cups	quinoa
2½ cups	chicken stock
1 teaspoon	salt
	freshly ground black pepper
¼ cup	chopped fresh parsley or green onions

### Directions

1. Combine the chili powder, paprika and salt in a zipper lock plastic bag. Add the chicken drumsticks and shake around until evenly coated. If you have time to leave the chicken with the rub for up to 30 minutes, do so. Otherwise, proceed with the recipe.
2. Pre-heat the pressure cooker using the BROWN setting.
3. Add 1 tablespoon of the oil to the cooker and sear the drumsticks until well browned on all sides. Remove to a side plate and reserve.
4. Add the remaining oil to the cooker and cook the onion until tender. Add the roasted red pepper strips and thyme and stir. Add the quinoa and stir to coat with the oil. Add the chicken stock and salt and then return the chicken legs to the cooker, placing them on top of the rice. Lock the lid in place.
5. Pressure cook on HIGH for 8 minutes.
6. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Remove the chicken to a side plate and fluff the quinoa with a fork. Serve the chicken and quinoa together and sprinkle with chopped parsley.



## Sun-Dried Tomato-Basil Stuffed Peppers with Marinara Sauce

Serves 6

1	tablespoon olive oil
½	onion, finely chopped
1	clove garlic, minced
1	(14 ounce) can diced tomatoes
1	(14 ounce) can tomato purée
	salt and freshly ground black pepper
6	large bell peppers
1 pound	ground turkey
1½ cups	cooked rice (brown or white)
½ cup	sliced sun-dried tomatoes packed in oil
2 teaspoons	dried basil
¼ cup	milk
1½ teaspoons	salt
½ cup	grated Swiss cheese
¼ cup	fresh basil leaves, shredded

### Directions

1. Pre-heat pressure cooker using the BROWN setting.
2. Add oil to the pressure cooker and cook onion and garlic for 2 to 3 minutes. Add the tomatoes, season with salt and pepper and let the mixture come to a simmer while you prepare the peppers.
3. Slice off the tops of the peppers and chop the pepper tops. Set aside. Hollow out the bottoms of the peppers, removing the seeds and veins.
4. Meanwhile, combine the chopped peppers, turkey, cooked rice, sun-dried tomatoes, dried basil, milk, salt and pepper in a bowl. Gently spoon this mixture into the pepper bottoms.
5. Place a steamer basket or rack in the pressure cooker. (It's ok if the basket or rack touches the sauce.) Place the stuffed peppers on top of the rack and lock the lid in place.
6. Pressure cook on HIGH for 15 minutes.
7. Let the pressure drop NATURALLY and carefully remove the lid.
8. Sprinkle the cheese on top of the peppers and return the lid to the turned off cooker for 2 minutes to let the cheese melt. Remove the peppers to a serving platter, add the basil to the sauce and pour the sauce over the top of the peppers.

## Chicken Cassoulet

Serves 4 to 6

6 to 8	skinless chicken thighs
	salt and freshly ground black pepper
3 tablespoons	olive oil
½ pound	Chorizo sausage, 1-inch slices
½	onion, chopped
1 rib	celery diced
1 cup	carrot, diced
1 cup	white wine
	bouquet garni
1 tablespoon	Dijon mustard
1 clove	garlic, smashed
2 cups	chicken stock
2 (17-ounce) cans	cannellini beans, rinsed and drained
1 teaspoon	chopped fresh thyme

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the chicken thighs with salt and freshly ground black pepper. Add the oil to the cooker and sear the chicken until nicely browned on both sides. Remove and set aside.
3. Add the Chorizo sausage to the cooker and continue to brown for 3 to 5 minutes. Add the onion, carrot and celery and cook for another 5 minutes.
4. Pour in the white wine and scrape any bits that might have stuck to the bottom of the insert. Add the remaining ingredients, except for the fresh thyme and return the chicken to the cooker. Lock the lid in place.
5. Pressure cook on HIGH for 25 minutes.
6. Let the pressure drop NATURALLY and carefully remove the lid. Discard the bouquet garni and garnish with the fresh thyme.

## Mexican Chicken

Serves 4

2 teaspoons	olive oil
1 (4-pound)	chicken, cut into 8 pieces
	salt and freshly ground black pepper, to taste
1 cup	brown or white basmati rice
2 cups	chicken stock
½ cup	dry white wine
8 ounces	salsa
1 (10-ounce) can	diced tomato and green chili
1 tablespoon	chili powder
1 teaspoon	turmeric
2 cloves	garlic, chopped
1 teaspoon	fresh lime zest
½ cup	chopped fresh cilantro

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil to the pressure cooker, season the chicken pieces with salt and freshly ground black pepper and brown them in the pressure cooker. Set the chicken aside and drain off any excess fat from the pressure cooker insert.
3. Add the rice to the cooker and then the stock, wine, salsa, diced tomato, chili powder, turmeric and garlic. Stir and give the cooker a shake to ensure the rice is covered and evenly distributed. Return the chicken to the pot on top of the rice and lock the lid in place.
4. Pressure cook on HIGH for 20 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Transfer the chicken pieces to a platter or individual dinner plates. Add the zest to the rice in the pressure cooker and stir.
6. Spoon the rice and sauce over the chicken, and finish with cilantro.



## Chicken Cacciatore

Serves 6

1 to 2	tablespoons olive oil
10 to 12	boneless skinless chicken thighs
	salt and freshly ground black pepper
1	onion, chopped
2 cloves	garlic, minced
1 teaspoon	dried oregano
1 teaspoon	dried thyme
½ teaspoon	dried rosemary
1	bay leaf
1 pound	mushrooms (any variety), quartered or cut into bite-sized pieces
2	green bell peppers, cut into ½-inch pieces
¼ cup	red wine
¼ cup	chicken stock
1	(14 ounce) can tomatoes
1 tablespoon	tomato paste
1½ teaspoons	salt
	freshly ground black pepper
¼ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker on the BROWN setting.
2. Add 1 tablespoon of the olive oil. Season the chicken with salt and pepper, and brown in batches, using more oil as needed. Set the browned chicken aside.
3. Add the onion, garlic, and dried herbs to the cooker and cook for 3 to 4 minutes. Add the mushrooms, green peppers, red wine, chicken stock, tomatoes, tomato paste, salt and pepper, and stir to combine well. Return the chicken to the cooker and lock the lid in place.
4. Pressure cook on HIGH for 10 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Season with salt and pepper and stir in the chopped parsley.
6. Serve over egg noodles or rice, along with a green salad.



## Chicken à la King

Serves 6 to 8

1 tablespoon	olive oil
3	leeks, cleaned and sliced into 1-inch slices
3	carrots, peeled and sliced ¼-inch thick
3 ribs	celery, sliced ¼-inch thick
3 cloves	garlic, minced
8 ounces	button mushrooms, quartered
1	bay leaf
1½ teaspoons	dried thyme
6	boneless skinless chicken breasts, chopped into ½-inch cubes
2 cups	chicken stock
2 tablespoons	butter, room temperature
3 tablespoons	flour
2 cups	frozen peas
¾ cup	half and half (or heavy cream)
1 tablespoon	lemon zest
2 teaspoons	salt
	freshly ground black pepper
¼ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker on the BROWN setting.
2. Add the olive oil and cook the leeks, carrots, celery and garlic for 5 minutes.
3. Add the mushrooms, bay leaf, thyme, chicken and chicken stock to the pressure cooker. Stir to combine and lock the lid in place.
4. Pressure cook on HIGH for 8 minutes. While the chicken is cooking, combine the butter and flour in a small bowl and mix into a paste. Set this aside.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Turn the pressure cooker to the BROWN setting and add the frozen peas.
6. Stir the butter and flour paste into the stew and bring the mixture to a boil to thicken the sauce. Turn off the heat. Add the half and half and season with the lemon zest, salt and pepper. Stir in the chopped fresh parsley.
7. Serve as a stew over mashed potatoes, pasta, or rice; or serve in a bowl with a biscuit or baked circle of puff pastry on top.

## Lemon Rosemary Chicken with Rice and Broccoli

Serves 4

### Marinade:

1 tablespoon	olive oil
	juice of half lemon
1 teaspoon	chopped fresh rosemary
	salt and freshly ground black pepper
1 clove	garlic, sliced

4	boneless skinless chicken breasts, cut in half
1 tablespoon	olive oil
1	onion, chopped
1 sprig	fresh rosemary
1 teaspoon	salt
½ cup	white wine
1½ cups	white rice
2½ cups	chicken stock
3 to 4 cups	broccoli florets
1 teaspoon	lemon zest, finely chopped
1 to 2 tablespoons	fresh lemon juice
¼ cup	chopped fresh parsley

### Directions

1. Combine the ingredients for the marinade and marinate the chicken for at least 30 minutes, or as long as 4 hours.
2. Pre-heat the pressure cooker using the BROWN setting.
3. Season the chicken breasts with salt and freshly ground black pepper. Add the oil to the cooker and sear the chicken until nicely browned on both sides – about 3 minutes a side. Remove and set aside.
4. Add the onion, rosemary and salt and cook for 4 minutes.
5. Add the wine and simmer for 30 seconds to a minute. Stir in the rice and then pour in the chicken stock. Nestle the broccoli into the liquid and rice and return the chicken to the cooker, resting it on top of the other ingredients. Lock the lid in place.
6. Pressure cook on HIGH for 6 minutes.
7. Release the pressure using the QUICK-RELEASE method and carefully remove the lid. Stir in the lemon zest, lemon juice, parsley and serve.

## Italian Sausage with Lentils and Peppers

Serves 4

2 teaspoons	olive oil
4 links	hot or sweet Italian sausage, casings removed and crumbled
½	onion, finely chopped
1 rib	celery, finely chopped
1	large carrot, finely chopped
1	red pepper, cut into 1-inch chunks
1	yellow pepper, cut into 1-inch chunks
1½ cups	French green lentils
2 cups	chicken stock
	salt and freshly ground black pepper
2 teaspoons	red wine vinegar
¼ cup	chopped fresh parsley

### Directions

1. Pre-heat the pressure cooker using the BROWN setting. Add the olive oil to the cooker and brown the sausage. Remove and set aside. Drain all but 1 tablespoon of the fat from the pressure cooker insert.
2. Add the onion, celery and carrots to the pressure cooker and cook for about 5 minutes, scraping up anything that stuck to the bottom of the cooker. Add the peppers and cook for another 2 minutes. Stir in the lentils and add the chicken stock. Season to taste with salt and freshly ground black pepper.
3. Cook on HIGH pressure for 8 minutes.
4. Release the pressure using the QUICK-RELEASE method and carefully remove the lid. Season again to taste with salt and freshly ground black pepper and stir in the red wine vinegar and fresh parsley.



## BBQ Pulled Pork

Serves 8 to 10

4 slices	bacon, chopped
1 (4 pound)	pork shoulder roast
	salt and freshly ground black pepper
1	onion, finely chopped
3 cloves	garlic, minced
½ teaspoon	smoked paprika
½ teaspoon	Ancho chili powder (slightly sweet and smoky, but you can use any)
½ teaspoon	dry mustard powder
¼ teaspoon	cayenne pepper
1 cup	ketchup
1 tablespoon	tomato paste
2 tablespoons	brown sugar
¼ cup	apple cider vinegar
1 teaspoon	salt
½ cup	beef or chicken stock

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the bacon to the cooker and cook until the bacon is crispy. Remove the bacon with a slotted spoon and set aside for another use. Season the pork roast with salt and pepper and then brown on all sides in the bacon fat. Remove to a side plate.
3. Add the onion and garlic to the cooker and cook for 4 to 5 minutes. Add the dry spices and continue to cook for a minute. Add the remaining ingredients except for the pork roast, stirring well to combine. Return the pork roast to the cooker and lock the lid in place.
4. Pressure cook on HIGH for 45 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid. Remove the pork to a resting plate and loosely tent with foil. When the pork has rested for about 10 to 15 minutes, shred the meat using two forks. Combine the shredded meat with as much sauce as you like. Save any remaining sauce for another use or serve at the table. Serve on large soft rolls with a salad or coleslaw.



## Chinese Style Pork Ribs

Serves 4 to 6

3½ pounds	country spare ribs
3 tablespoons	sesame oil
½ cup	sherry wine
1 cup	beef stock
½ cup	guava paste (or guava jelly)
1	clove garlic, minced
2 tablespoons	fresh gingerroot, minced
½ cup	hoisin sauce
1	scallion, chopped
1 tablespoon	toasted sesame seeds
2 tablespoons	chopped fresh cilantro

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the ribs with salt, pepper and the 5-spice powder. Add the sesame oil to the cooker and sear the ribs for 8 to 10 minutes. Remove the ribs from the cooker and set aside. Drain the excess grease from the cooker.
3. Add the beef stock, guava paste, garlic, ginger and hoisin sauce and stir well. Return the ribs to the cooker and lock the lid in place.
4. Pressure cook on HIGH for 35 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid. Serve the ribs garnished with the scallions, sesame seeds and cilantro.

## Braised Pork Shoulder with Brown Sauerkraut

Serves 4 to 6

3 pounds	boneless pork shoulder, cut in four chunks
	salt and freshly ground black pepper
3 tablespoons	olive oil
¼ pound	diced un-smoked bacon
1	white onion, chopped
2	carrots, chopped
2 ribs	celery, chopped
3 cloves	garlic, smashed
1 cup	white wine
16 ounces	high quality sauerkraut
2 cups	beef stock
1 cup	applesauce
1	apple, cored and rough chopped
2 teaspoons	fennel seed
2 teaspoons	dried oregano
1 teaspoon	brown sugar

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the pork pieces with salt and freshly ground black pepper. Add the oil to the cooker and sear the pork on all sides for 8 to 10 minutes, until deep brown. Remove the pork from the cooker and set aside. Drain the oil from the cooker.
3. Add the bacon to the cooker and cook for 5 minutes, stirring occasionally. Add the onion, carrot, celery and garlic and cook for another 6 to 8 minutes.
4. Deglaze the cooker with the wine, scraping up any brown bits on the bottom. Add the sauerkraut and cook for 5 minutes, stirring occasionally.
5. Pour in the stock and all the remaining ingredients. Return the pork to the cooker and lock the lid in place.
6. Pressure cook on HIGH for 40 minutes.
7. Let the pressure drop NATURALLY and carefully remove the lid. For best results, remove the pork and vegetables with a slotted spoon and use the BROWN setting on the cooker to reduce and thicken the sauce a little before serving.



## Spicy BBQ Baby Back Ribs

Serves 6

1	tablespoon	vegetable oil
1		onion, finely chopped
3		cloves garlic, minced
1	teaspoon	smoked paprika
1	teaspoon	chili powder
1	teaspoon	dry mustard powder
½	teaspoon	crushed red pepper flakes
2	cups	ketchup
2	tablespoons	tomato paste
¼	cup	brown sugar
½	cup	apple cider vinegar
½	cup	water
2	teaspoons	salt
3	racks	baby back ribs (about 3 to 4 pounds)
		salt and freshly ground black pepper

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil to the cooker and cook the onion and garlic until tender. Add the dry spices and continue to cook for a few minutes. Add the remaining ingredients except for the ribs, stirring well to combine.
3. Season the baby back ribs with salt and pepper and add them to the cooker, either by piling them up on each other, or wrapping the ribs into a coil and placing them in the cooker standing up. Don't worry about them not being submerged in the sauce – they will get coated with the sauce later on. Lock the lid in place.
4. Pressure cook on HIGH for 10 to 12 minutes. Meanwhile, pre-heat the broiler.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Remove the ribs from the cooker and lay them flat on a baking sheet. Brush the ribs with the sauce and broil until the sauce is bubbling and starting to brown – about 2 to 3 minutes a side. Serve with extra BBQ sauce at the table, and A LOT of napkins!



## Jambalaya

Serves 6 to 8

1 tablespoon	olive oil
1 pound	Andouille sausage, cut into chunks
2	boneless skinless chicken breasts, cut into ½-inch pieces
1	onion, finely chopped
2 ribs	celery, finely chopped
1	green bell pepper, finely chopped
4 cloves	garlic, minced
1 teaspoon	paprika
¼ teaspoon	cayenne pepper
½ teaspoon	dried oregano
½ teaspoon	dried thyme
1	bay leaf
1½ cups	long-grain rice
2 cups	chicken stock
1 (14 ounce) can	chopped tomatoes
1 tablespoon	tomato paste
6 ounces	smoked ham, diced
2 teaspoons	Worcestershire sauce
1 teaspoon	salt
12 large	raw shrimp, peeled and de-veined
4	scallions, sliced

### Directions

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the olive oil and brown the Andouille sausage and chicken pieces in batches. Set the browned meats aside. Add the onion, celery, green pepper and garlic, and cook for 3 to 4 minutes. Stir in the spices and rice and cook for a minute or so, stirring to coat the rice with the oil.
3. Add the stock, tomatoes, tomato paste, ham, Worcestershire sauce and salt. Return the Andouille and chicken to the cooker and lock the lid in place.
4. Pressure cook on HIGH for 5 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Add the shrimp to the cooker, tucking them into the other ingredients and return the lid to the cooker. Let this sit for 8 minutes or until all the shrimp has cooked and turned bright pink. Stir everything together and scatter the scallions over top before serving.



## Moules Marinières (Sailor's Mussels)

Serves 6 to 8 as an appetizer

4 pounds	mussels
3 tablespoons	butter, divided
1 large	shallot, finely chopped
2 cloves	garlic, minced
2 sprigs	fresh thyme
1	bay leaf
1½ cups	white wine
¼ cup	chopped fresh parsley
½ cup	heavy cream
	freshly ground black pepper

### Directions

1. Clean the mussels by scrubbing them with a brush under running water. Pull off the beard (the whiskery hairs protruding from the shell). Discard any mussels that are broken or don't close their shells when tapped.
2. Pre-heat the pressure cooker using the BROWN setting. Melt the butter and cook the shallot, garlic, thyme and bay leaf for a few minutes. Add the white wine and all the mussels. Lock the lid in place.
3. Pressure cook on HIGH for 4 minutes.
4. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid.
5. Transfer the mussels to a serving dish, discarding any mussels that did not open (do not force them open). Bring the liquid inside the cooker to a simmer, using the BROWN setting. Stir in the parsley and heavy cream and season well with freshly ground black pepper. Pour this over the mussels and serve immediately with crusty bread or French fries to soak up the tasty liquid.

## Thai Steamed Snapper

Serves 4 to 6

1	(2- to 2½-pound) snapper, cleaned, head and tail removed
	coarse salt and freshly ground black pepper
2 tablespoons	toasted sesame oil
2 tablespoons	soy sauce
¼ cup	coconut milk
2 cloves	garlic, smashed
1	Thai chili pepper, sliced
1 tablespoon	brown sugar
3 tablespoons	fresh gingerroot, minced
1	lime, zested and juiced and remainder roughly chopped
½ cup	fresh cilantro leaves, divided
2	scallions, divided
¼ cup	fresh basil
1 cup	fish stock

### Directions

1. Make four diagonal slices on both sides of the fish, 1-inch apart. (This will help with even cooking and greater flavor.) Season the fish with coarse salt and freshly ground black pepper.
2. In a small mixing bowl, combine the sesame oil, soy sauce, coconut milk, garlic, chili pepper, brown sugar, ginger, lime zest and juice.
3. Stuff the cavity of the fish with half the cilantro, half the scallions, basil and the chopped lime pieces.
4. Pour the fish stock into the cooker. Place the fish on a heatproof steamer rack that will fit into the pressure cooker. Pour the sesame oil mixture over the fish and lock the lid in place.
5. Pressure cook on LOW for 7 minutes.
6. Release the pressure using the QUICK-RELEASE method and carefully remove the lid.
7. Remove the fish to a platter and return the pressure cooker to the BROWN setting. Reduce the sauce in the cooker until it thickens slightly and pour the steaming sauce over the fish. Garnish with the remaining scallions and fresh cilantro.

## Cinnamon Bun Bread and Butter Pudding

Serves 8

<b>Custard:</b>	¾ cup	milk
	¾ cup	heavy cream (plus more for serving if desired)
	½ cup	granulated sugar
	1 teaspoon	pure vanilla extract
	pinch	ground nutmeg
	1 teaspoon	ground cinnamon
	3	eggs
<b>Bread Filling:</b>	1½ teaspoons	granulated sugar
	1½ teaspoons	ground cinnamon
	6 to 8 thick slices	stale Texas toast or brioche
	3 ounces	butter, softened
	½ cup	walnuts, chopped
	½ cup	raisins
<b>Icing:</b>	4 ounces	cream cheese, room temperature
	3 tablespoons	confectioners' sugar
	3 tablespoons	heavy cream
	¼ teaspoon	lemon zest
	½ teaspoon	vanilla extract

### Directions

1. Grease a 1½-quart ceramic soufflé dish or 7-inch metal baking pan with butter.
2. Combine the milk, heavy cream, sugar, vanilla extract, nutmeg, and 1 teaspoon of cinnamon in a saucepan and bring to a simmer, stirring to dissolve the sugar. Lightly beat the eggs in a bowl. Temper the eggs into the milk mixture by adding a little milk to the eggs, beating, and then adding the eggs back into the milk mixture.
3. Combine the tablespoon of sugar with the tablespoon of cinnamon. Butter each slice of bread and then sprinkle the cinnamon sugar on top. Cut the slices into quarters or chunks.
4. Toss the buttered and sugared bread pieces, the walnuts and the raisins together in a large bowl. Transfer the mixture to the soufflé dish. Pour the milk custard over the bread and press down to help the bread absorb the custard. Let the pudding sit until most of the liquid has been absorbed – about 20 minutes. Wrap the soufflé dish tightly with aluminum foil.
5. Place a trivet or steamer rack in the pressure cooker and add 2 cups of water. Lower the soufflé dish into the cooker using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Lock the lid in place.
6. Pressure cook on HIGH for 25 minutes.
7. Let the pressure drop NATURALLY and carefully remove the lid. Remove the pudding from the cooker and let it cool.
8. Beat or whisk the ingredients for the icing together and drizzle over the top before serving.



## Pumpkin Rice Pudding

Serves 8

2 cups	half and half
2 cups	milk
1 (15 ounce) can	pumpkin purée (not pumpkin pie filling)
1 tablespoon	butter
½ cup	sugar
1½ cups	short-grain white rice
2 teaspoons	pumpkin pie spice
	OR
½ teaspoon	ground cinnamon
½ teaspoon	ground nutmeg
¼ teaspoon	ground ginger
¼ teaspoon	ground allspice
pinch	ground cloves

### Directions

1. Place all ingredients into the pressure cooker, stir well and lock the lid in place.
2. Pressure cook on HIGH for 13 minutes.
3. Reduce the pressure with a QUICK-RELEASE method and carefully remove the lid.
4. Stir the pudding and serve with more half and half at the table if desired.

## Fudgy Walnut Brownies

Serves 8

$\frac{2}{3}$ cup	all-purpose flour
$\frac{1}{3}$ cup	unsweetened cocoa powder
$\frac{2}{3}$ cup	sugar
$\frac{1}{2}$ teaspoon	baking powder
$\frac{1}{4}$ teaspoon	salt
2	eggs
8 tablespoons	butter, melted and cooled
$\frac{1}{2}$ teaspoon	pure vanilla extract
$\frac{1}{2}$ cup	chopped walnuts

### Directions

1. Grease a ceramic or metal baking dish that will fit inside your cooker with butter.
2. Combine the flour, cocoa powder, sugar, baking powder and salt in a large bowl. Whisk to remove any lumps.
3. Combine the eggs, melted butter and vanilla in a separate bowl and add this mixture to the dry ingredients, stirring only enough to incorporate the mixture into a batter. Fold in the walnuts. Transfer the batter to the baking pan. Wrap the baking pan tightly with aluminum foil, wrapping the entire dish, not just the top.
4. Place a trivet or steamer rack in the pressure cooker and add 2 cups of water. Lower the baking pan into the cooker using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Fold the ends of the aluminum foil into the cooker and lock the lid in place.
5. Pressure cook on HIGH for 40 minutes.
6. Let the pressure drop NATURALLY and carefully remove the lid. Remove the brownies from the cooker and let them cool or serve warm.

## Orange Creamsicle Cheesecake

Makes one 7-inch cheesecake, serves 6

6	graham crackers, crushed
2 tablespoons	orange zest, divided
2 tablespoons	butter, melted
1 pound	cream cheese, room temperature
$\frac{2}{3}$ cup	sugar
$\frac{3}{4}$ teaspoon	pure vanilla extract
$\frac{1}{4}$ cup	orange juice concentrate
2	eggs

### Directions

1. Line the inside of a 7-inch cake pan with a large piece of greased aluminum foil (greased side facing up), pushing it into all the edges of the pan. Crush the graham crackers into crumbs either by hand or with a food processor, and combine with one tablespoon of orange zest and the melted butter. Press the crumb mixture into the base of the cake pan. Refrigerate while you prepare the cheesecake batter.
2. Using the paddle on your stand mixer with low speed, the regular beaters on a hand mixer on low speed, or a food processor, blend the cream cheese until it is completely smooth with no lumps. When all the lumps in the cream cheese have disappeared, add the sugar, vanilla extract, orange juice concentrate and the remaining orange zest. Blend just to incorporate the ingredients and then add the eggs one at a time. Continue to mix until the eggs have been mixed in, but do not over-beat.
3. Pour the batter into the cake pan with the graham cracker crust. Cover the pan tightly with more greased aluminum foil. Place a rack in the bottom of the pressure cooker and add enough water to cover the bottom by 1 inch. Make a sling with which to lower the cheesecake into the cooker (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Lower the cheesecake into the cooker and onto the rack using the sling. Lock the lid in place, tucking the ends of the sling into the cooker.
4. Pressure cook on HIGH for 22 minutes.
5. Let the pressure drop NATURALLY and let the cheesecake sit in the turned off pressure cooker for one hour. Carefully remove the lid and transfer the cheesecake from the cooker to the counter. Let the cheesecake come to room temperature and then remove the foil from the top of the cake pan. Blot any liquid that might have condensed on the surface of the cake, wrap it in plastic wrap and refrigerate for at least 8 hours.
6. Bring the cake to room temperature before serving.



## Milk Chocolate Pot de Crème

Serves 6

1 cup	heavy cream
1 cup	half and half
4 ounces	milk chocolate, chopped
2 ounces	bittersweet chocolate, chopped
¼ cup	sugar
4	egg yolks
pinch	salt
	whipped cream (optional)
	chocolate shavings (optional)

### Directions

1. Combine the heavy cream and half and half in a saucepan. Heat gently over medium heat, stirring constantly until it just comes to a boil. Remove the pan from the heat and stir in the chocolates until the mixture is smooth.
2. In a separate bowl, beat the sugar and egg yolks until they are smooth and fall from the whisk like a ribbon. Whisk the warm chocolate cream mixture into the egg yolks, adding the salt. (Should any of the egg form lumps, simply strain the mixture through a fine strainer.) Divide the mixture between 6 (6 ounce) ramekins and wrap each ramekin tightly in aluminum foil.
3. Pour enough water into the pressure cooker to cover the bottom by half an inch. Place a rack in the bottom of the cooker and place the ramekins on the rack, stacking them on top of each other if necessary. Lock the lid in place.
4. Pressure cook on HIGH for 10 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Remove the ramekins from the cooker and unwrap them. They should jiggle loosely in the middle. Let them cool and then wrap with plastic wrap and refrigerate. Serve cold with a dollop of whipped cream and some chocolate shavings.



