

## **OATMEAL WITH RAISINS, SPICES AND PECANS**

*Recipe courtesy Emeril Lagasse, copyright Martha Stewart Omnimedia, Inc.*

2 cups oatmeal (not instant type)  
2 cups whole milk  
2 cups water  
½ cup raisins, regular or golden  
½ cup toasted, chopped pecans  
1 tablespoon unsalted butter  
1½ teaspoons ground cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon vanilla extract  
1/8 teaspoon salt  
½ cup heavy cream  
Light brown sugar to taste

Set the T-Fal Rice Cooker to the oatmeal program and add all of the ingredients except the heavy cream and sugar. Using a wooden spoon, stir to contents of the bowl and close the lid and press start on the machine. Leave to cook and stir the oatmeal twice during cooking. When the machine beeps twice, about 30 minutes, hit the cancel button and serve while hot.

Yield: about 2-4 servings

## **NAVY BEANS AND CHICKEN CHILI**

*Recipe courtesy Emeril Lagasse, originally appearing in Emeril's Cooking With Power, William Morrow Publishers, New York, 2013, courtesy Martha Stewart Living Omnimedia, Inc.*

This chili takes its personality from navy beans, a variety of green chiles, and tender chicken breasts that are cooked just to the point of doneness then shredded and stirred back in near the end of cooking. The results: a chili that stands out from the pack with moist, flavorful pieces of chicken in every bite.

2 pounds boneless skinless chicken breasts  
1 tablespoon plus 1½ teaspoons kosher salt  
3 ½ teaspoons ground cumin  
2 teaspoons chili powder  
3 tablespoons olive oil  
2 onions, minced (3 cups)  
3 poblano chiles, stemmed, seeded, and minced (1 ½ cups)  
2 serrano chiles, stemmed, seeded, and minced  
½ large bunch or 1 small bunch cilantro, stems and leaves reserved separately, finely chopped  
1 canned chipotle chile in adobo sauce, stem removed, minced  
¼ cup minced garlic (8 to 10 cloves)  
1 teaspoon dried Mexican oregano, or regular oregano, crushed with your fingers  
1 pound navy beans, soaked overnight and drained  
5½ cups chicken stock  
One 4 ounce can chopped green chiles, with juices  
1 tablespoon plus 1 teaspoon cornmeal

Sour cream, for serving  
Lime wedges, for serving  
Minced red onion, for serving  
Finely minced jalapenos, for serving  
Grated Monterey Jack-Cheddar cheese blend, for serving

Season the chicken with 1½ teaspoons of the salt, 1 teaspoon of the cumin, and 1 teaspoon of the chili powder.

Set a pressure cooker to the “browning” program and heat the olive oil. When it is hot, add the chicken breasts (in batches if necessary) and cook until they are golden on both sides and just cooked through, 8 to 10 minutes. Transfer the chicken to a plate, tent with foil or plastic wrap and set aside.

Add the onion, poblano and serrano chiles, the cilantro stems, chipotle chile, garlic, oregano, remaining 2½ teaspoons cumin, and remaining 1 teaspoon of chili powder to the pressure cooker. Cook, stirring occasionally, until the vegetables are soft, 5 to 6 minutes. Add the beans, chicken stock, and the canned chiles. Close and lock the lid and set to “high pressure” for 15 minutes. While the beans are cooking, shred the cooled chicken into bite-size pieces and set it aside.

Open the pressure release valve and allow the steam to escape. Unlock and carefully open the lid. Add the remaining 1 tablespoon of salt and the cornmeal, and stir to combine. Close and lock the lid, and reset the pressure cooker to “high pressure” for 8 minutes. Release the pressure, unlock, and carefully open the lid. The beans should be tender; if not, continue to cook them under pressure for 1 to 2 minutes longer.

Set the pressure cooker to the “simmer” program. Stir in the chicken and cook, uncovered, until the chicken is heated through, about 10 minutes.

Serve the chili in bowls, garnished with sour cream, lime wedges, minced onion, minced jalapenos, grated cheese, and cilantro leaves.

Yield: 4 to 6 servings (about 9 cups)

## **PULLED PORK WITH CLASSIC COLESLAW**

*Recipe courtesy Emeril Lagasse, originally appearing in Emeril's Cooking With Power, William Morrow Publishers, New York, 2013, courtesy Martha Stewart Living Omnimedia, Inc.*

Pulled pork is a sure crowd-pleaser, especially when you pair it with Southwestern spices and cool, creamy coleslaw. Serve this dish at your next football party or tailgate and you'll have more fans than you know what to do with. The pork is coated with an intensely flavored rub and then refrigerated overnight before cooking. The results? Oh, baby.

### **Pulled Pork:**

- 2 tablespoons brown sugar
- 1½ tablespoons pimenton picante (hot smoked Spanish paprika)
- 1 tablespoon ancho powder
- 2 teaspoons hot Mexican-style chili powder or regular chili powder (New Mexican is spicier)
- 1 teaspoon dried Mexican oregano or regular oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon freshly ground black pepper
- One 5 pound bone-in pork shoulder, cut into large chunks
- 2 teaspoons salt
- 2 tablespoons grapeseed oil
- 1 yellow onion, minced
- 4 cloves garlic, sliced
- 4 cups homemade chicken stock or packaged low-sodium chicken broth

### **Coleslaw:**

- ½ cup buttermilk
- ½ cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons cider vinegar
- ½ teaspoon celery seeds
- 1½ teaspoons salt
- ¼ teaspoon cayenne pepper
- 1 small head red cabbage, thinly sliced
- 1 small head napa cabbage, thinly sliced
- 2 carrots, thinly sliced on a mandolin or shaved with a vegetable peeler

### **For serving:**

- 1 head butter lettuce
- Tortilla chips, broken into bite-size pieces
- Lime wedges

Marinate the pork: In a large bowl, combine the sugar, pimenton, ancho chili powder, hot chili powder, oregano, cumin, coriander, and black pepper, and mix well. Place the pork in the bowl and toss with the spice mix, coating all sides of the pork. Cover with plastic wrap or transfer to a resealable plastic bag, and refrigerate overnight.

Let the pork to come to room temperature before cooking. Season the pork with the salt.

Set a pressure cooker to the “browning” program and add the grapeseed oil. When the oil is hot, brown the pork, working in batches, about 5 minutes per batch. As it is browned, transfer the pork to a baking sheet and set it aside. Add the onion and garlic to the pressure cooker and cook for 2 to 3 minutes.

Return the pork to the pressure cooker and add the chicken stock. Close and lock the lid and set to “high pressure” for 60 minutes.

Open the pressure release valve and allow the steam to escape. Unlock and carefully open the lid. The pork should be fork tender; if not, cook it under pressure for another 10 minutes longer. Once it is done, transfer the pork to a platter, and allow it to rest until it is cool enough to handle.

Shred the pork with two forks and return it to the broth. The pork can be served at this point or frozen for up to 3 months.

Prepare the coleslaw by combining the buttermilk, mayonnaise, mustard, vinegar, celery seeds, salt, and cayenne pepper in a large bowl and mixing well. Add the cabbage and carrots and toss well. Set aside for at least 15 to 20 minutes. The salad can be made up to several hours in advance and refrigerated until ready to serve.

To serve the pork, separate the butter lettuce leaves and place them on a platter. Top the leaves with the warm pulled pork, place some of the coleslaw on top of the pork, and top with the tortilla chips. Serve with lime wedges.

Yield: 8 to 10 servings

## **10-MINUTE CHICKEN NOODLE SOUP**

*Recipe courtesy Emeril Lagasse, copyright Martha Stewart Omnimedia, Inc.*

2 tablespoons olive oil  
4 ounces kielbasa sausage, diced into ½-inch pieces  
½ pound button mushrooms, stemmed and quartered  
1 cup small dice yellow onions  
1 cup small dice carrots  
1 cup small dice celery  
2 tablespoons thinly sliced garlic  
8-10 cups chicken broth/stock  
Meat from 1 cooked chicken, skin and bones discarded, about 2 pounds of meat  
2 cups elbow, or small shell pasta, dry  
3 sprigs fresh thyme  
1 bay leaf  
1 tablespoon Essence  
1 tablespoon Kosher salt

Set the EMERIL BY T-FAL ELECTRIC PRESSURE COOKER to the “Browning” setting and add the olive oil. Place the sausage and the mushrooms in the electric cooker and cook, stirring until the mushrooms and sausage are well caramelized, about 5 minutes. Add the onions, carrots, celery and garlic to the electric cooker and cook until most of the liquid has cooked out of the vegetables, about 5 minutes. Add the remaining ingredients to the electric cooker being sure that the liquid does not exceed the max level on the side of the bowl of the pressure cooker. Place the lid on the cooker being sure that the pressure limit valve is set to close and seal the lid to the machine. Set the cooker to “High” pressure and the timer to 10 minutes. Start the machine and allow the soup to cook undisturbed. When the timer goes off, set the pressure limit valve to the steam release setting and allow the pressure to slowly escape. Once all of the steam has been released, unlock and remove the lid. Serve the soup while hot.

Yield: 10-12 cups

## **BABY BACK RIBS WITH A SPICY APPLE GLAZE**

*Recipe courtesy Emeril Lagasse, copyright Martha Stewart Omnimedia, Inc.*

3 cups apple cider  
1 cup apple cider vinegar  
1 cup apple sauce  
1 cup sugar  
1/2 cup light brown sugar  
1/4 cup thinly sliced ginger  
1/2 stick cinnamon  
1/2 vanilla bean, split in half lengthwise and seeds scraped  
6 cardamom pods  
2 teaspoons allspice berries  
1 1/2 teaspoons crushed red pepper flakes  
1/2 teaspoon dry mustard  
2 teaspoons minced garlic  
1/4 teaspoons salt

**For the Glaze:**

To make the glaze, place all of the ingredients for the glaze in a 6-quart pot and cook over medium-high heat. Bring the contents of the pot to a boil, stirring often to dissolve the sugar. Once the mixture has come to a boil, reduce the heat to medium, and allow the mixture to reduce to a glaze consistency, about 30 to 35 minutes longer. Remove the glaze from the stove and strain through a fine-mesh strainer. Reserve until ready to use.

4 to 5 pounds baby back ribs (2 full slabs, each cut in half)  
2 tablespoons kosher salt  
1 tablespoon paprika  
3/4 teaspoon granulated garlic powder  
1 1/2 teaspoons granulated onion powder  
1 teaspoon ground black pepper  
1/2 teaspoon cayenne pepper  
1/2 cup apple cider

Preheat the oven to 275 degrees F.

Place the ribs on a full sheet pan. In a small mixing bowl, combine the kosher salt, paprika, garlic powder, onion powder, black pepper, and cayenne. Stir well to incorporate, and use 1 tablespoon of the spice rub to cover each of the ribs. Rub the mixture into the meat, and allow it to sit undisturbed for at least 20 minutes.

Pour the cider into the sheet pan, and wrap the ribs with aluminum foil to make a tight seal. Place the sheet pan in the oven and bake for 1 1/2 to 2 hours, or until the ribs are very tender.

Remove the ribs from the oven, discard the foil and the fat and oil from the sheet pan, and allow the ribs to cool for 15 to 20 minutes. Adjust the oven to the broil setting and position the oven rack on the lowest rung. Brush the ribs with a generous coating of the glaze, about 3 tablespoons of the glaze per set of ribs. Place the sheet pan back in the oven, and broil until the ribs are browned and caramelized, about 5 minutes. Remove the ribs from the oven and lay on a cutting board meaty-side down. Use a sharp knife to cut the ribs apart. Serve the ribs with some of the leftover glaze on the side, if desired.

Yield: 4 servings

## **RICE PUDDING**

*Recipe courtesy Emeril Lagasse, copyright Martha Stewart Omnimedia, Inc.*

1/2 cup golden raisins  
1 cup boiling water  
3 1/2 cups cooked medium or long-grain rice, at room temperature  
2 1/2 cups milk  
2 1/2 cups heavy cream  
2/3 cup sugar  
Pinch salt  
2 teaspoons finely grated orange zest  
1 1/4 teaspoons pure vanilla extract  
1 teaspoon ground cinnamon  
1/2 teaspoon finely grated lemon zest  
1/4 teaspoon ground fennel seeds  
1/3 cup slivered almonds, toasted

Set the Emeril by T-fal Pressure Cooker to the “Low” setting and the timer to 15 minutes. Place all the ingredients other than the slivered almonds in the bowl of the pressure cooker. Place the lid on the cooker being sure that the pressure limit valve is set to close and seal the lid to the machine. Start the machine and allow the rice pudding to cook undisturbed. When the timer goes off, set the pressure limit valve to the steam release setting and allow the pressure to slowly escape. Once all of the steam has been released, unlock and remove the lid. Sprinkle the toasted almonds over the rice and stir to combine. Serve while hot.

Yield: 4-6 servings