**Pork Chops with Apples, Kraut and Gravy**

Yes, and gravy. This is my Friend Claire Winslow's recipe. She was testing my original recipe and thought it was missing something. So she added the canned gravy and voila, it was great. Trust me it really is.

Serves: 6

2 tablespoons olive oil
6 center cut pork chops
2 tablespoons butter
2 red apples, diced, not peeled
1 large red onion, sliced thin
1 28-ounce can sauerkraut
1/3 cup dry white wine
1/3-cup chicken broth
2 dry bay leaves
Salt and pepper to taste
1 14 1/2-ounce can chicken gravy
1 large red apples sliced and cut in half for garnish

Season the pork with salt and pepper. Add the oil to the cooker. Press the Brown button. Press the Start/Stop button, heat until almost smoking. Add the pork chops in two batches and brown on each side. Remove from cooker and put on a plate to catch the juices and set aside.

Add butter to the cooker and melt. Add the red onion and sauté until translucent. Stir in the kraut, stock, wine, bay leaf, salt, pepper and apples. Press the Start/Stop button. Return the pork chops and drippings to the cooker, placing them in two layers on top of the kraut. Lock the Lid in place, set the cooker to high for 8 minutes (see pages 5-6 for instructions). Release pressure naturally for 5 minutes. Release any remaining pressure with the quick release, and remove the lid. Use a slotted spoon to transfer the pork chops and kraut to a serving platter with the kraut on the bottom and on top of the chops. Set the cooker to brown (press the Brown button and press the Start/Stop button) and reduce the remaining braising liquid by half or add some cornstarch and water for a quick thickening. Season the sauce to taste and drizzle over the pork. Place the diced apples on the pork. They provide color and crunch to the dish. Enjoy!!
When using this electrical appliance, safety precautions should always be observed, including the following:

- Read all of the instructions before using.
- Close adult supervision must be provided when this appliance is used by or near children.
- Keep pressure cooker out of the reach of children.
- Do not touch hot surfaces. Use handles or knobs.
- Using attachments not recommended or sold by the manufacturer may cause hazards.
- Do not operate with a damaged cord or plug. If the appliance is not working as it should, has been dropped or damaged, left outdoors or dropped into water, do not use it and return it to the manufacturer for proper service and replacement or repair.
- Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
- Make sure appliance is off before unplugging from wall outlet.
- Always unplug before cleaning and removing parts.
- For indoor use only.
- Do not place near hot gas or electric burner.
- Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like in operation.
- Always use in a well ventilated area.
- To protect against electrical shock, do not immerse plug, cord or housing in water or any other liquid.
- Keep hands and face away from pressure regulator knob when releasing pressure.
- After cooking, use extreme caution when removing the lid. Serious burns can result from steam inside the unit.
- While the unit is in operation, never remove the lid.
- Do not use without the removable cooking pot in place.
- Do not cover the pressure valves with anything. An explosion may occur.
- Keep Pressure Cooker out of the reach of children.
- Do not attempt to dislodge food when the appliance is plugged in.
- Do not fill the Pressure Cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking do not fill the unit over 1/2 full.

Salt and pepper to taste
For the Gremolata:
1 tablespoon garlic minced
2 tablespoons grated lemon zest
1/2-cup fresh parsley minced

Pat the veal shanks dry with paper towels. Cover them with flour in a plastic zip lock bag, shake until evenly coated. Remove and shake off excess flour.
Press the Brown button. Press the Start/Stop button. Add 2 tablespoons oil until almost smoking and add the veal shanks. Brown on both sides, set aside on a platter that will collect any juices while the veal is resting. Add the remaining oil and sauté the onions and shallots until translucent, not brown, for about 2 to 3 minutes. Add the wine and deglaze the bottom of the cooker. Add the veal stock, carrots, celery, tomatoes, basil, and oregano. Continue to cook for 2 minutes, return the veal and juices to the cooker. Press the Start/Stop button. Lock the lid in place. Set the cooker to high for 20 minutes (see pages 5-6 for instructions). Let the pressure drop naturally. Remove the lid. Remove the shanks and set aside on a platter. Prepare the Gremolata by combining garlic, lemon zest and parsley. Add the Gremolata to the cooker and stir. Add salt and pepper to taste. Arrange the shanks on a plate over risotto or pasta drizzle the Gremolata over the top and serve.
Lentil Soup
Lentil Soup in just seven minutes in the pressure cooker.
Serves: 6

2 cups dried lentils, picked over, rinsed
1 bay leaf
2 cloves garlic, minced
1 large onion, coarsely chopped
1 tablespoon vegetable oil
1/2 cup white wine
6 cups chicken or vegetable broth
Sour cream, for garnish
Salt and pepper to taste

Add the lentils, bay leaf, garlic, onion, oil, wine and stock to the cooker. Lock lid in place and set pressure to high for 7 minutes (see pages 5-6 for instructions). Quick-release pressure. Check to make sure the lentils are done. If not, relock lid and return to full pressure, cooking for 1-2 minutes. Remove bay leaf. Season to taste. Serve in bowls with a dollop of sour crème. Yummy!

Osso Buco
Serves: 4

4 large veal shanks, about 10 to 12 ounces
1 cup all-purpose flour
3 tablespoons olive oil, divided into 2 oz and 1 oz portions
1 large onion chopped
1/2-cup veal stock (chicken stock can be substituted)
1/2 cup white wine
2 large carrots, chopped
2 cloves shallots, chopped
1 stalk celery, thinly sliced
1 14 1/2-ounce can tomatoes, chopped
1-tablespoon fresh basil, or 1 tsp dried basil
1 teaspoon dried oregano

■ Foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles and pasta, or rhubarb should not be cooked under pressure in the pressure cooker. These foods tend to foam, froth and sputter, and may block the floating valve.
■ To reduce the risk of electrical shock, cook only in the removable cooking pot.
■ Do not use an extension cord with this Pressure Cooker. However, if one is used, it must have a rating equal to or exceeding the rating of this appliance.
■ The Pressure Cooker is for household use only.
■ The Pressure Cooker should not be used for other than the intended use.
■ Extreme caution should be used when moving any appliance containing hot food or liquid.
■ Servicing or repair should only be completed by a qualified technician.
■ The Pressure Cooker has a polarized AC (Alternating Current) plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way, as a safety feature. Reverse the plug if the plug does not fit fully in the outlet. Contact a qualified electrician if it still does not fit. Do not attempt to defeat this safety feature.
■ WARNING: Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire and serious damage.

CAUTION: Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.

SAVE THESE INSTRUCTIONS
**French Vegetable Soup**

*This soup does not speak French, but it is a traditional French provincial vegetable Soup.*

Serves: 6

1 1/2 cups cannelloni, white kidney or great northern beans, rinsed in a colander and picked over
1 1/2 tablespoons olive oil
1 cup leeks, thinly sliced, if you substitute onions you are American
2 cups vegetable broth
1/2 cup white wine
2 cups chicken broth
2 stalks celery, diced
3 large carrots, peeled, halved and cut into 1/2 inch slices
1 20-ounce can chopped tomatoes
2 tablespoons Pernod
1/2 teaspoon dried tarragon
3 cloves garlic minced
Salt and pepper to taste
1/3 teaspoon saffron threads, steeped in 3 tablespoons warm water for 5 minutes
2 mediums zucchini or yellow squash, or a mixture of both
Quartered lengthwise and then cut into 1/2 inch slices
1/2 package frozen French-style green beans, thawed
1/2 package frozen green peas, thawed
Parmesan cheese, grated or a block ready to shave

Press the **Brown** button. Press the **Start/Stop** button. Add the oil and sauté the leeks for about 3 minutes, do not brown. Press the **Start/Stop** button. Add the wine, broth, beans, celery, and carrots. Lock the lid in place, set the cooker to high, for 12 minutes (see pages 5-6 for instructions). Quick-release the pressure. If the beans are not tender, pressure cook on high for another 5 minutes.

Add the tomatoes, Pernod, garlic, saffron with liquid, and zucchini. Press the **Brown** button. Press the **Start/Stop** button. Cook for 3 minutes. Add the green beans and peas, and cook until tender about 3 minutes. Season to taste. If you want the soup to be a bit thicker, smash a large spoonful of white beans against the side of the cooker and stir while pot is boiling. Serve in large bowls and pass the Parmesan.
**Black Bean Soup**

Black Bean Soup or thicken and serve over rice. Here's a secret for making the soup really explode with flavor. Stir in a tablespoon of Balsamic Vinegar. You won't believe the difference. Ready in 25 minutes.

Serves: 6

- 2 tablespoons olive oil
- 2 large onions, chopped
- 2 large garlic cloves, minced
- 3 stalks celery
- 1 tablespoon whole cumin seeds
- 1 large red bell peppers, seeded and diced
- 6 cups chicken or vegetable broth
- 1 smoked ham hock, whole or bacon diced
- 3 large carrots, chunked
- 2 bay leaves
- 1 sprig fresh thyme, chopped or 1 teaspoon dried
- 1 teaspoon ground coriander
- 1 1/2 cups dried black beans rinsed in a colander and picked over
- 1 cup fresh coriander/cilantro, minced. (You can substitute parsley)
- Salt and pepper to taste
- Balsamic vinegar, to taste
- 1/2 cup tomatoes chopped, for garnish

Press the Brown button. Press the Start/Stop button. Add the oil and onions and sauté for 2 to 3 minutes until onions turn translucent. Add the garlic, celery, cumin seeds, and red peppers and cook for 2 more minutes stirring constantly. Press the Start/Stop button. Add the broth, ham hock or bacon, carrots, bay leaves, thyme, dried coriander and black beans. Set the cooker to high for 20 minutes (see pages 5-6 for instructions) let the pressure release naturally, about 5 to 10 minutes.

Remove the lid; take out the bay leaves and ham hock (if using). Salt and Pepper to taste. Drizzle and stir in the Balsamic vinegar to taste. Garnish with the fresh cilantro and serve.

**Pressure Regulator Knob:** In down position when cooking under pressure, up position when steaming.

**Floating Valve:** The Floating Pin is a safety device, it will rise against pressure built up and keep the cover in the locking position until pressure is released.

**Self Locking Lid:** Safety feature that does not let you open the lid until the pressure has dropped to zero.

**Removable Cooking Pot:** 4.22 qt. capacity double non-stick removable pot provides even heat distribution.

**Condensation Reservoir:** Collects excess condensation during cooking.

**Rubber Gasket:** Creates an air tight seal that is needed for the Pressure Cooker to operate.

**Pressure Safety Valve:** Allows excess pressure to escape if too much pressure is building up.

**Anti-Blocking Case:** Pull up to release the Anti-Blocking Case for cleaning.

**Control Panel Functions:**

- **Warm function** reheats or keeps cooked food warm for a long period of time.
- **Brown function** allows you to brown your food before cooking it under pressure.
- **Steam function** quickly brings cooking liquid to a boil for steaming food or cooking rice.
- **Slow Cook function** cooks your food slowly to retain flavor and tenderness (9 1/2 hour timer).

**NOTE:** 180°F is the lowest setting on a traditional slow cooker. Most recipes using a slow cooker require 8-9 hours. Delay Time feature allows you to begin cooking food up to 8 hours later. CAUTION: Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.

**Functions**

Black Bean Soup or thicken and serve over rice. Here's a secret for making the soup really explode with flavor. Stir in a tablespoon of Balsamic Vinegar. You won't believe the difference. Ready in 25 minutes.

Serves: 6

- 2 tablespoons olive oil
- 2 large onions, chopped
- 2 large garlic cloves, minced
- 3 stalks celery
- 1 tablespoon whole cumin seeds
- 1 large red bell peppers, seeded and diced
- 6 cups chicken or vegetable broth
- 1 smoked ham hock, whole or bacon diced
- 3 large carrots, chunked
- 2 bay leaves
- 1 sprig fresh thyme, chopped or 1 teaspoon dried
- 1 teaspoon ground coriander
- 1 1/2 cups dried black beans rinsed in a colander and picked over
- 1 cup fresh coriander/cilantro, minced. (You can substitute parsley)
- Salt and pepper to taste
- Balsamic vinegar, to taste
- 1/2 cup tomatoes chopped, for garnish

Press the Brown button. Press the Start/Stop button. Add the oil and onions and sauté for 2 to 3 minutes until onions turn translucent. Add the garlic, celery, cumin seeds, and red peppers and cook for 2 more minutes stirring constantly. Press the Start/Stop button. Add the broth, ham hock or bacon, carrots, bay leaves, thyme, dried coriander and black beans. Set the cooker to high for 20 minutes (see pages 5-6 for instructions) let the pressure release naturally, about 5 to 10 minutes.

Remove the lid; take out the bay leaves and ham hock (if using). Salt and Pepper to taste. Drizzle and stir in the Balsamic vinegar to taste. Garnish with the fresh cilantro and serve.
**Before First Use**

1. Remove all packing materials and literature.
2. Wash all removable parts in warm soapy water. Rinse and dry all parts thoroughly. Wipe the outer housing with a clean damp cloth. NEVER immerse the housing in water or any other liquid. NEVER clean any parts in a dishwasher.
3. Make sure the rubber gasket is seated properly inside the lid. To ensure the correct fitting, fill the removable cooking pot with two-thirds water and run on HIGH PRESSURE for 15 minutes.
4. Release the pressure by turning the pressure regulator knob to STEAM. The floating valve will drop.
5. Let the appliance cool to room temperature and then empty and clean.

**How To Operate Using Pressure Setting**

Before using the pressure cooker each time, check to be sure that the rubber gasket and the pressure regulator valve are clean and positioned properly. (See pages 9 and 10.)

1. Plug the cord into a wall outlet.
2. Position the removable cooking pot in the appliance.
3. Place food in the cooking pot according to the recipe or chart. NOTE: When cooking most foods under pressure, 1 cup (8 oz) of liquid should be added.
4. Place the lid on the Pressure Cooker and turn it counter-clockwise until it locks into place. (The locking pin will click into place.)
5. Turn the pressure regulator knob to PRESSURE.
6. Choose the desired cooking mode by pressing either the HIGH or LOW pressure button on the control panel. The light on the button will flash and the digital display will show 01. (This equals 1 minute cooking time.)
7. Set the desired time by pressing the button once for each additional minute or by continuously holding the button down. The longest cooking time is 99 minutes.
8. Press the START/STOP button to begin cooking. The indicator light will stop flashing.
9. If you forget to select a desired cooking time or forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.

Serve the soup in individual bowls, and provide a shaker or shaver for the Parmesan and enjoy.

**Split Pea and Ham Soup**

Ready in 20 minutes.
Serves: 8

1 tablespoon vegetable oil
2 cloves garlic, minced
1 medium onions, chopped
2 cups dried split peas
2 large carrots, diced
1/2 teaspoon dried thyme
8 ounces smoked ham, or bacon finely diced
If vegetarian use a dash of liquid smoke
6 cups chicken broth, or vegetable broth
1 cup dry white wine
1 package frozen green peas (optional, they bring texture and fresh pea flavor)
1/2 cup breadcrumbs, or fresh bread processed in a food processor or blender
Extra virgin olive oil, to taste

Press the Brown button. Press the Start/Stop button. Add the vegetable oil and onions, sweat for two minutes or until translucent. Add the garlic and stir for one minute. Press the Start/Stop button. Add the split peas, carrots, thyme, ham or bacon, the stock, or liquid smoke, breadcrumbs and wine. Set the cooker to high, for 10 minutes (see pages 5-6 for instructions). Allow the pressure to release naturally for 10 minutes. If any pressure remaining, use quick release for any remaining steam.

Add and stir in the green peas and season to taste with salt and pepper, drizzle with extra virgin olive oil.
**Minestrone**

I have probably enjoyed a 100 different variations some more like stews, most of them delicious. One of the delights of adding Minestrone to your Pressure Cooker is that you can create a light soup or a hearty dinner in just ten minutes. Here is my favorite basic recipe, plus some ideas for making it heartier.

Serves: 6

- 1 ounce dried mushrooms, your favorite (I like porcini)
- 2 cups boiling water
- 2 tablespoons olive oil
- 1 1/2 cups white onions chopped
- 3 cups vegetable stock (Use your homemade for this recipe if you have it)
- 2 28 ounce cans chopped tomatoes
- 3/4 cup small shell pasta, I like elbows or ditalini
- 1 1/2 tablespoons Italian spice mix, to taste
- Salt and pepper to taste
- 1/3 teaspoon red pepper flakes
- 1 teaspoon sugar
- 4 stalks celery, cut into 1/2-inch slices
- 4 large carrots, 1/2 inch slices
- 2/3 pound green cabbage, shredded
- 3 large cloves garlic, minced
- 1 1/2 cups Parmesan cheese, freshly grated or ready to shave

Place the dried mushrooms in a large mixing bowl and pour the boiling water over them, cover, set aside. Stir after five minutes. They will be soft in 10. Strain the mushrooms through a colander into another bowl and save the mushroom liquid. Chop the mushrooms into bite size pieces. (Your bite)

Press the Brown button. Press Start/Stop button. Add the oil to the inner pot of the pressure cooker. Add the onions right away and soften until translucent, do not brown. Press the Start/Stop Button. Add the broth, and the mushroom liquid. Add tomatoes, pasta, soaked mushrooms, Italian seasoning, red pepper flakes, sugar, celery, and carrots and stir until well blended. Lay the green cabbage on top. Don’t worry if it fills the cooker, it will shrink during cooking.

Lock the lid in place, set the cooker to high pressure for 5 minutes (see pages 5-6 for instructions). Quick release the pressure. Remove the lid, salt and pepper to taste. If the pasta is not yet tender, simmer with the cooker set to brown for a few minutes until it’s just the way you like it.

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10. The unit will begin to count down in minutes, after the appropriate pressure has been reached. (The floating valve will rise when the pressure is reached.) The pressure cooker will beep at the end of the cooking time.

11. When cooking is finished, let the pressure drop on its own (also called the natural release feature), or release immediately by turning the pressure regulator knob towards STEAM in short bursts (also called the quick release method) until the pressure is reduced. CAUTION: When turning the knob to release pressure, hot steam/liquid will be ejected.

NOTE: Press the START/STOP button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will beep periodically as a reminder that the cooking time is complete.

**WARNING:** Do not hold the pressure regulator knob. Hot steam/liquid will be ejected. Keep hands and face away from steam vents, use pot holders when removing the inner pot or touching any hot items, and never force the lid open. The lid will only open once the pressure is released. Remove the lid by lifting it away from you to avoid being burned by the steam.

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**Warm Setting**

This program reheats or keeps cooked food warm for a long period of time.

1. Place cooked food in removable cooking pot.
2. Place lid on pressure cooker.
3. Turn the pressure regulator knob to STEAM.
4. Press the WARM button. The light on the button will flash and the digital display will read 0.0.
5. Press the START/STOP button to begin the program. The indicator light will stop flashing.

**Brown Setting**

This program allows you to brown your food before cooking it under pressure. Brown your meat or poultry for the best flavor and texture, unless otherwise indicated in the recipe. Food should be patted dry with a paper towel before browning. For best results, make sure the oil is hot before adding your meat or poultry. Brown in batches to keep the correct temperature.
1. Position the removable cooking pot in the pressure cooker.
2. Add the appropriate amount of oil as per recipe.
3. Press the BROWN button. The light on the button will flash and the display will read 0.0. The lid should remain off.
4. Press the START/STOP button. The indicator light will stop flashing.
5. After about one minute of preheating, add food and begin browning.
NOTE: Do not leave pressure cooker unattended while browning foods.

**Steam Setting**

This program quickly brings cooking liquid to a boil for steaming food or cooking rice.

1. Position the removable cooking pot in the pressure cooker.
2. Place a small, heat-resistant rack or basket (not included) in the bottom of the removable cooking pot.
3. Add at least 8 oz. of water so that the bottom of the rack is above the liquid.
4. Add the food. Do not fill the pot more than two-thirds full. Note: If steaming rice, put the rice in a 8” or smaller bowl and place on the rack.
5. Place the self-locking lid onto the removable cooking pot and turn the pressure regulator knob to STEAM.
6. Press the STEAM button. The light on the button will flash and the digital display will read 01. (This equals 1 minute cooking time.)
7. Set the desired time by pressing the button once for each additional minute or by continuously holding the button down. The longest cooking time is 99 minutes.
8. Press the START/STOP button to begin cooking. The indicator light will stop flashing.
9. If you forget to select a desired cooking time or forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.
NOTE: The lid can be opened while cooking to check the food. Use caution when removing the lid. Never place your face over the pressure cooker when removing the lid. Steam escapes as soon as the lid is opened and can cause serious burns.

**Vegetable Stock in 20 minutes**

There are so many vegetables to choose from when making a vegetable stock. I have just two rules: 1. Always include your basic vegetables: carrots, onions and celery. 2. Add as many vegetables, washed vegetable peels and trimmings that you have on hand with the exception of beets, which will darken the stock and dominate the flavor. So unless you are making Borscht, skip the beets. This tasty but neutral stock can now be used to make soups, poach fish, and make vegetarian soups.

2 tablespoons oil
2 large onions, chopped
4 large carrots, chunked
4 stalks celery, chunked
1/2 cup white wine
12 cups miscellaneous vegetables coarsely chopped
Peeled turnips, leek greens, zucchini, mushrooms, green beans, scallions etc
Bay leaf
1 teaspoon dried thyme
10 sprigs parsley coarsely chopped
8 cups cold water

Press the Brown button. Press the Start/Stop button. Add the onions, carrots, and celery. Sauté until vegetables start to brown thoroughly. Add the wine and deglaze the bottom of the pot, making sure to scrape up the brown bits from the bottom. Add the remaining vegetables and water. Press Start/Stop button. Lock the lid in place and set the cooker to high for 10 minutes (see pages 5-6 for instructions), let the pressure release naturally, about another 10 minutes. Remove the lid, let the stock cool until it is safe to handle. Strain the stock through a fine mesh sieve and store in the refrigerator or freezer.
Press the Brown button. Press Start/Stop button. Add 1 tablespoon of oil to the cooker, and brown the shanks in batches evenly on all sides. Add extra oil if needed. Add the wine and deglaze the bottom and scrape all the good stuff. Add the carrots, celery and onions and brown. Add the remaining ingredients and stir to deglaze the vegetables. Press the Start/Stop button.

Lock the lid in place, set the cooker to high for 1 hour. (See pages 5-6 for instructions) Let the pressure drop naturally. It will take quite a while, up to 30 minutes. You can quick release the pressure if you are in a hurry. Allow the stock to cool so it is safe to handle. Strain the stock thru a fine mesh colander into a large storage container, cover and refrigerate overnight. In the morning the fat will have congealed on the top of the stock. Remove and discard. You now have a great beef stock that can be kept in the refrigerator for up to a week or frozen for up to six months. I like to reduce the stock by half and freeze in ice cube trays and store the cubes in an airtight container. I can then use an ice cube to enrich an instant pan sauce.

**Stewed Chicken and Stock**

5 pounds stewing chicken, whole or cut up  
2 stalks celery, cut into 2 inch chunks  
2 large carrots, peeled and cut into 4 or 5 chunks  
2 large onions, coarsely chopped  
4 large leeks, cut into 1/2 inch slices, using up to 2 inches of green top  
1 cup white wine  
1/2 teaspoon whole black peppercorns  
5 sprigs parsley  
2 bay leaves  
1 1/2 quarts cold water  
Salt (I leave the stock unsalted)

Many recipes call for throwing all the ingredients in the pot without browning the chicken or the vegetables. You will get a stock very quickly that will taste pretty much like the canned stuff. To make a tasty difference, press the Brown button. Press the Start/Stop button. Add the chicken and brown until golden brown. Take the chicken out, add the veggies. Add the wine and deglaze, scraping/stirring the bottom of the pan. Press the Start/Stop button. Add the remaining ingredients. Lock the lid in place, set the cooker to high, for 30 minutes (see pages 5-6 for instructions). Let the stock cool to a safe temperature before, straining thru a fine mesh sieve, and then refrigerate or freeze.

**Slow Cook Setting**

1. Place the removable cooking pot in the pressure cooker.  
2. Place the food to be slow cooked in the cooking pot.  
3. Place the self-locking lid onto the removable cooking pot and turn the pressure regulator knob to STEAM.  
4. Press the SLOW COOK button. The light on the button will flash and the digital display will read 0.5. (This equals a half hour of cooking time.)  
5. Set the desired time by pressing the button once for each additional half hour or by continuously holding the button down. The longest cooking time is 9 1/2 hours with a temperature of 180°F. Note: 180°F is the lowest setting on a traditional slow cooker.  
6. Press the START/STOP button to begin cooking. The indicator light will stop flashing.  
7. If you forget to select a desired cooking time or forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.  
8. The unit will begin to count down in half hour increments, when the temperature reaches about 180 degrees.  
9. When the cooking time is up the unit will beep.

**Delay Time Setting**

This function allows you to begin cooking food up to 8 hours later in half hour increments. You can use the delayed time setting with slow cook, steam, high and low pressure. **CAUTION:** Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.  
1. Press the DELAY TIME button for the delayed time setting.  
2. Select the desired cooking mode and time by pressing the cooking mode button until you reach the appropriate time.  
3. Press the START/STOP button. The appliance will begin cooking after the set time has elapsed.  
   **NOTE:** Do not use the delayed time function when cooking foods that might spoil if left out at room temperature.
**Cleaning/Maintenance**

Do not wash any parts of the pressure cooker in the dishwasher. Always wash the pressure cooker thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug and let the unit cool before cleaning.
2. Wash the removable cooking pot with warm soapy water. Rinse and dry thoroughly.
3. Wipe the outer housing with a clean damp cloth. Do not submerge in water.
4. Remove the condensation reservoir by pulling down. Clean with warm, soapy water. Rinse and dry thoroughly. Replace by pushing up.
5. Turn the lid upside down, grasp the rubber gasket on either side and pull up. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly. Replace the gasket by pushing it down inside the edge of the lid. Make sure the groove in the center of the gasket is positioned around the metal ring on the inside edge of the lid. Note: If the gasket is not positioned properly, the unit will not work.

**NOTE:** The rubber gasket must always be properly positioned on the underside of the lid. Check periodically to make sure that it is clean, flexible, and not cracked or torn. (See pg. 5 “Before First Use”, #3.)

6. If the rubber gasket is damaged, do not use the appliance and contact the customer service department at 1-800-336-4822.
7. In order to maintain good performance of your pressure cooker, the bottom of the removable cooking pot, in the area of the sensor pad, must be cleaned after each use. Wipe with a soft damp cloth and be sure to dry thoroughly.
8. Never use abrasive cleaners or scouring pads to clean any of the parts.

**NOTE:** Store the pressure cooker with the lid resting upside down on the removable cooking pot. This will protect the valves, knobs and pressure regulator on the top of the lid. If the pressure cooker is stored with the lid sealed, stale odors may form inside.

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**Pulled Pork**

This recipe emphasizes the flavor of the pork without making a sauce. This recipe calls for only chicken stock for cooking. If you like a less neutral tasting pulled pork, add onions, garlic and your favorite spices to the chicken stock, or adapt your favorite slow cooking recipe by cutting the cooking to one-third.

Serves: 12

- 1 4 to 5 pound pork shoulder or butt
- 1 14 1/2-ounce can chicken broth

For the barbecue, if desired select your favorite prepared or home made barbecue sauce

Cut the pork into pieces no more than 2 inches thick. Put the pork and chicken broth in the cooker, separating the pieces with a spacer such as a carrot. Lock the lid in place and set the cooker on high for 90 minutes (see pages 5-6 for instructions). Let the pressure release naturally, open the lid and check to see if the pork will shred easily with a fork. If not, lock the lid in place and cook on high pressure for 20 minutes. You can quick release the pressure. Remove the pork to a large cutting board and shred with a fork or pull apart with tongs. Return the pulled pork to the cooker and set it to warm with lid on until ready to serve.

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**Beef Stock**

This easy to make stock has one ingredient that really separates it from the bland commercial beef broths: the beef shins that contribute their marrow and gelatin to the stock. Browning the beef thoroughly as well as browning the vegetables is very important in creating a flavorful stock. The Browning initiates the Maillard process and the sugars in the meat and vegetables also caramelize adding even more flavor. These two processes create hundreds of new flavor compound that we have come to associate with a complex flavorful stock. Also, I always use wine, red for red meat and white for white meat as part of the cooking liquid. Many of the flavors created by the browning process will dissolve in alcohol, but not in water and would be lost without the presence of some alcohol.

- 3 tablespoons neutral oils, such as safflower or corn oil
- 5 sprigs parsley
- 2 1/2 pounds beef shins
- 1 bay leaf
- 1 1/2 pounds beef bones
- 1/2 teaspoon dried thyme
- 2 large carrots, cut into 3 or four chunks
- 1 teaspoon salt to taste
- 3 stalks celery, cut into 3 to four chunks
- 1/4 teaspoon whole black peppercorns
- 2 large onions, quartered
- 1 1/2 quarts cold water, approximately
- 1 cup red wine
Cleaning the Pressure Regular Knob
Check that the pressure regulator knob and the pressure safety valves are in good working order before each use.
1. After the unit has cooled, remove the lid.
2. Press down and turn the pressure regulator knob counter clockwise past the STEAM to the CLEAN setting and carefully remove.
3. Turn the lid over and place on a table top. Pull out the anti-locking case. Using a brush, check and remove any food or foreign particles that may be lodged in the floating valve. Replace the anti-locking case.
4. Replace the pressure regulator knob by lining the notches up to the inside wall of the pressure regulator chamber in the lid and turn clockwise.

Recommended Cooking Times
Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>High Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, chunks (low pressure)</td>
<td>2 mins</td>
</tr>
<tr>
<td>Artichokes, whole</td>
<td>8-10 mins</td>
</tr>
<tr>
<td>Asparagus, whole</td>
<td>1-2 mins</td>
</tr>
<tr>
<td>Beans</td>
<td></td>
</tr>
<tr>
<td>fresh green or wax shelled</td>
<td>2-3 mins</td>
</tr>
<tr>
<td>Lima</td>
<td>2-3 mins</td>
</tr>
<tr>
<td>Beets</td>
<td></td>
</tr>
<tr>
<td>1/4” slices</td>
<td>3-4 mins</td>
</tr>
<tr>
<td>whole, peeled</td>
<td>12-15 mins</td>
</tr>
<tr>
<td>Broccoli, florets or spears</td>
<td>2-3 mins</td>
</tr>
<tr>
<td>Brussel sprouts, whole</td>
<td>3-4 mins</td>
</tr>
<tr>
<td>Cabbage, quartered</td>
<td>3-4 mins</td>
</tr>
<tr>
<td>Carrots, 1/4” slices</td>
<td>1-2 mins</td>
</tr>
<tr>
<td>Cauliflower, florets</td>
<td>2-4 mins</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>3-5 mins</td>
</tr>
<tr>
<td>Eggplant, 1 1/4”</td>
<td>2-3 mins</td>
</tr>
<tr>
<td>Peas, shelled</td>
<td>1-1/2 mins</td>
</tr>
</tbody>
</table>

Barbecue Ribs
Serves: 6

3 pounds pork baby back ribs or country style ribs
1 16-ounce bottle barbecue sauce, your favorite
1/4 cup water, to thin the barbecue sauce a bit

Cut the ribs in sections to fit the cooker and positions standing on edge. Add the barbecue sauce and 1/4 cup of water. Lock the lid in place and set the cooker on high for 20 minutes. (Go to pages 5-6 for instructions) Let the pressure release naturally, open the cooker and check for tenderness.

I like my barbecue ribs just a touch chewy. But I know everyone has a different degree of doneness or falling-off-the-boneiness. You may want to pressure cook your ribs up to 15 minutes more if you really want them to fall right off the bone. Find the right degree of doneness for you, and cook them for that time in the future.
<table>
<thead>
<tr>
<th>High Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potatoes</strong></td>
</tr>
<tr>
<td>Pieces, slices</td>
</tr>
<tr>
<td>Whole, small</td>
</tr>
<tr>
<td>Whole, medium</td>
</tr>
<tr>
<td><strong>Rice</strong></td>
</tr>
<tr>
<td>Brown</td>
</tr>
<tr>
<td>White</td>
</tr>
<tr>
<td><strong>Spinach, fresh</strong></td>
</tr>
<tr>
<td><strong>Squash</strong></td>
</tr>
<tr>
<td>Fall, 1” chunks</td>
</tr>
<tr>
<td>Summer, sliced</td>
</tr>
<tr>
<td><strong>Meat and Poultry</strong></td>
</tr>
<tr>
<td>Beef, Pork, Lamb (1-2” cubes)</td>
</tr>
<tr>
<td><strong>Beef/Veal</strong></td>
</tr>
<tr>
<td>Roast, brisket</td>
</tr>
<tr>
<td>Shank 1½” thick</td>
</tr>
<tr>
<td><strong>Meatballs, browned</strong></td>
</tr>
<tr>
<td>Lamb, boneless roast</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
</tr>
<tr>
<td>Loin roast</td>
</tr>
<tr>
<td>Smoked butt</td>
</tr>
<tr>
<td>Ham shank</td>
</tr>
<tr>
<td><strong>Chicken</strong></td>
</tr>
<tr>
<td>Boneless breast, thigh</td>
</tr>
<tr>
<td>Pieces</td>
</tr>
<tr>
<td>Whole</td>
</tr>
<tr>
<td><strong>Turkey breast, whole</strong></td>
</tr>
<tr>
<td><strong>Fish</strong></td>
</tr>
<tr>
<td>Steaks, fillets</td>
</tr>
<tr>
<td>3/4”</td>
</tr>
<tr>
<td>1”</td>
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<tr>
<td>1½”</td>
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<tr>
<td>1½”</td>
</tr>
</tbody>
</table>

1 package frozen and defrosted petit peas and pearl onions
1/2 package frozen French-style green beans
1/4 cup parsley finely chopped
Salt and pepper to taste

Place all the ingredients except the peas, onions and green beans parsley and salt and pepper in the cooker, stir together. Lock the lid in place and set to high for 20 minutes (go to pages 5-6 for instructions). Let the pressure drop naturally, about 10 to 12 minutes.

The beef should be fork tender. If it is not, don’t be afraid to cook it for an additional five minutes, again letting the pressure drop naturally.

Stir the remaining ingredients and simmer with the lid off for about 5 minutes. Season with salt and pepper to taste. You can make this recipe in advance and it will taste even better after the flavors meld overnight.

**Fifteen-Minute Turkey Chili**

Of course the pressure cooker is great for cooking dried beans fast, but when you want to have a meal on the table really fast, using canned beans and prepared sausage is one of my standby tricks of the trade.

Serves: 6

1 tablespoon olive oil
1 1/2 pounds ground turkey
1 pound smoked turkey sausage cut into 1/2 inch rounds and further cut into four pieces
1 1/2 cups onions coarsely chopped
1 tablespoon whole cumin seeds
1/3 cup white wine
1 14 1/2 ounce can chicken broth
1 14 ounce can red kidney beans
1 14 ounce can white navy beans or cannelli beans
1 10 ounce can green enchilada sauce
1/2 teaspoon mild chili powder to taste
1/4 teaspoon ground cinnamon to taste
2 large red bell peppers seeded and coarsely chopped
Glazed Carrots

There is something about a pressure cooker that cooks carrots like no other method can.

Serves: 6

6 large carrots peeled  
1 can chicken broth  
1 teaspoon Italian seasoning

Slice the carrots into 1/2 inch thick pieces. Add the carrots, chicken broth and Italian seasoning to a steamer basket and place in the cooker. Lock the lid in place and set the cooker to low for 5 minutes. (Go to pages 5-6 for instructions.)

Remove the basket of carrots and pour out the broth (the broth can be refrigerated and used for other recipes) press the Brown button. Press the Start/Stop button. Return the carrots to the cooker, along with the brown sugar and butter. Stir the mixture together gently until the carrots are coated with the butter and the sugar has dissolved. Sauté for about 2 minutes until the carrots start to turn a golden brown. Press the Start/Stop Button Serve the carrots piping hot as a side dish to your favorite meal.

Perfect Beef Stew in 20 minutes

Serves: 6

1 1/2 pounds chuck or round roast cut into 1 1/2 in cubes
1 1/2 pounds (about 16) medium new red or white potatoes, chopped (bite size)
3 large carrots, peeled and cut into bite size chunks
2 large garlic cloves, minced
1/2 pound white mushrooms, cut into about four pieces each
1 14-ounce can chopped tomatoes
1/2 cup beef bouillon
1/2 cup red wine
1 tablespoon Worcestershire sauce
2 bay leaves
1 sprig fresh thyme, or 1/2 tsp of dry
1 teaspoon dry mustard
1/8 teaspoon ground allspice

Hints and Tips

To ensure the best cooking performance when cooking under pressure, always use at least 8 oz. of water or liquid in your recipes to enable enough steam to be created to produce pressure.

- When using the high and low pressure settings, the timer should not begin counting down until there is enough pressure.
- When cooking under pressure, if you are unsure of the cooking time, it is better to under cook and use the quick release method and check for doneness. If not done, continue cooking under pressure.
- Never fill the Pressure Cooker more than half full with food or 2/3 full with liquid. The pressure cooker must have enough liquid to steam or the food will not cook properly.
- If the electric circuit is overloaded with other appliances, your appliance may not operate. The pressure cooker should be operated on a separate electrical circuit.
- Tougher, less expensive cuts of meat are better suited for the pressure cooker because cooking under pressure breaks the fibers down for tender results.
- Fresh fruit should be cooked on low pressure.
- Add a tablespoon of oil to the water to reduce the amount of foaming that beans produce.

Troubleshooting

If you have not added sufficient liquid and you notice that the floating valve has not risen, but the timer is counting down, perform the following steps:

1. Stop the pressure cooker by pressing the START/STOP button.
2. Turn the pressure regulator knob to STEAM, using short bursts, until the pressure is fully released.
3. Remove the lid and add approximately 1 cup of water/stock or any liquid. Stir food to disperse liquid.
4. Replace the lid and lock into position.
5. Press the LOW or HIGH PRESSURE button and set the desired time.
6. Press the START/STOP button to begin cooking again.

If steam is leaking from under the cover because the cover is not properly closed, the gasket isn’t positioned properly or is damaged, or the pressure cooker is over filled, unplug the power cord from the power outlet, follow these steps:

1. Release any pressure using the quick release method.
2. Remove the gasket and check for tears or cracks.
3. Check to be sure the gasket is positioned properly.
4. If too full, remove excess liquid and continue cooking.

If you can’t open or remove the cover:

1. Be sure all of the pressure has been released.
2. If you still cannot open it, bring the contents of the cooker up to pressure again.
3. Release the pressure completely.
4. If the cover still won’t come off, call customer service at 1-800-336-4822.
**My Favorite Pot Roast**

Serves: 6

- 3 pounds beef chuck roast (Add ten minutes cooking time for frozen)
- 4 cloves garlic, peeled and cut lengthwise into thin pointy slices
- 6 tablespoons oils
- Pepper to taste
- 1 cup onions, chopped
- 1/2 cup celery, chopped
- 1/2 cup carrots, chopped
- 1/2 cup leeks sliced thin
- 1 cup dry red wine (Use a good quality wine)
- 2 1/2 cups beef bouillon
- 1 sprig rosemary
- 2 bay leaves
- 3 medium carrots, cut into two-inch chunks
- 1 pound medium thin-skinned potatoes, cut into large chunks
- 3 large sweet onions, cut into large chunks
- 2 tablespoons all-purpose flour
- 2 tablespoons sweet butter, mashed into flour at room temperature

With a pairing knife make incisions, just deeper than the length of your garlic slices, about 3/4 of an inch. Push the garlic slices into the incisions so that the meat closes around the garlic. Distribute the garlic evenly around the whole surface of the roast. Season the outside of the meat with salt and pepper. Press the Brown button. Press the Start/Stop button and heat the oil until very hot. With the lid off sear the meat on all sides until very brown, almost crusty. This browning step will provide over 300 new flavors and aromas through the Maillard process and subsequent caramelizing of the sugars in the meat.

Remove the roast and set aside in a dish that will capture any juices that run while it rests. Add the onions, celery, carrots and leeks. Sauté long enough to brown the carrots and leeks, about 4 to 5 minutes. We are adding even more flavor now. Next pour in the red wine, deglazing the pan for 2 minutes. Scrape/stir while you are deglazing. It releases that great brown flavor. Press Start/Stop button.

Add the beef stock, bay leaves and rosemary. Return the meat to the cooker, Lock the lid in place and set the cooker to high for 60 minutes (see pages 5-6 for instructions). Let the pressure drop naturally, about 10 minutes. Remove the lid; the roast should be fork tender. If not, return it to the cooker and pressure cook for another 10 minutes.

**Chicken Cacciator (hunter style)**

Usually a Cacciatore recipe calls for cut up chicken, and that’s just fine. This whole chicken Cacciatore recipe is the one we do on our TV shows every time we demonstrate a pressure cooker.

Serves: 6

- 1 3 to 5 pound chicken (You can cut them up if you wish, but they will easily pull apart when done.)
- 1/3 cup dry white wine
- 2 tablespoons olive oil
- 1 28 ounce can crushed tomatoes
- 1 cup onions chopped
- 1 teaspoon salt
- 2 cloves garlic thinly sliced
- 1/4 teaspoon black pepper
- 8 small white mushrooms, thinly sliced
- 1 tablespoon minced parsley
- 2 cups cooked white rice

Press the Brown button. Press the Start/Stop button. Heat the olive oil to almost smoking. Add the chickens one at a time, or a few pieces at a time and turn until golden brown. Set aside on a large plate that can collect the juices. Add the onion, garlic, and mushrooms. Cook for 2 minutes, return the browned chicken and the collected juices. Set the cooker on high for 20 minutes (see pages 5-6 for directions). Let the pressure release naturally about 10 minutes. Unlock and remove the cover. Transfer to a serving platter and garnish with the parsley. Serve with the rice.
minutes, see pages 5-6 for instructions, cover and press Start/Stop button. Let the pressure release naturally, about 5 minutes. Place breasts or chops on a plate and cover with sauce or gravy. Season to taste, garnish with scallion flowers and serve.

**Bob's Short Ribs**
Serves: 6

8 4 inch bone-in beef short ribs, uniform in size
2 cups white flour
Salt and pepper to taste
1 whole onion, chopped
2 cups leeks, sliced 1/4 inch thick
Two large carrots, thinly sliced
1 stock celery, sliced 1/4 thick
2 cloves garlic, thinly sliced
1 cup good quality red wine (I like Cabernet or Merlot),
3 cups veal stock (Chicken or beef can be substituted in a pinch)
2 sprigs fresh rosemary (1 Tbs of dry can be substituted)
The zest of one whole lemon (A fine grater like a Microplane works perfect to create the perfect zest.)

Season the ribs with salt and pepper, and then dredge them in the flour. Shake off the excess flour so that a fine powder remains. This flour will help in the browning process, and will later provide some thickening to the sauce as it reduces. Press the Brown button, press Start/Stop button, add the oil. When the oil is just smoking hot, add the ribs in batches turning until they are brown on each side. I often use another fry pan on my stovetop to speed up the process of browning the meat and vegetables. Set the ribs aside; add the onion, leeks, carrots and celery. Let them sauté until golden brown. Deglaze the pan or pans with the red wine, scraping the bottom(s) to get all the good browned bits dissolved in the wine. Reduce the wine to half. Press the Start/Stop button.

Return the ribs and all the remaining ingredients to the cooker. You will need to stack the ribs in two layers. They will almost be covered with stock. Lock the lid in place, and set on high for 100 minutes (see pages 5-6 for instructions).

Normally in an oven braise I would cook these tough old ribs at 250 degrees F for 5 hours, or 300 minutes. With the pressure cooker the ribs will be done in 1/3 the another 10 minutes on high. Use fast release and remove the lid. Add the carrots, potatoes and onions. Replace the lid; lock in place (see pages 5-6 for instructions) set cooker on high for five minutes. Reduce pressure with quick release. Remove the roast and the vegetables to a serving platter. To thicken the gravy, with lid off, press Brown button. Press Start/Stop button. Add the sweet butter and flour mixture. Bring to a simmer, stirring constantly until gravy reaches your desired consistency. Pour gravy into gravy boat or pour directly over meat and vegetables and serve. Yummy!!

**Corned Beef and Cabbage**
A delicious dish that usually takes hours to get tender; now, you can do it in under an hour.
Serves: 8

2 pounds corned beef, eye of round beef, trimmed of fat
2 cups chicken broth
2 cups water
3 bay leaves
8 peppercorns
1/4 cup apple cider vinegar
8 medium new red or white potatoes left whole
8 cups coarsely sliced cabbage

Place beef in pressure cooker. Add stock, water, bay leaves, peppercorns, and vinegar. Lock lid in place and follow instructions on pages 5-6 on how to operate. Set to high pressure for 40 minutes. Let pressure drop naturally for 10 minutes, quick-release any remaining pressure. Add potatoes. Lock lid in place, set cooker to high for 8 minutes. Quick-release pressure. Add cabbage. Cook, loosely covered (don’t lock lid), until cabbage is crisp-tender, 5-6 minutes. Transfer beef, potatoes, and cabbage to a serving platter and garnish with parsley, if you like.
**Round Steak with Potatoes and Gravy**  
Serves: 6

- 2 pounds of 3/4 inch thick beef round steaks, cut into 4 to 6 ounce serving pieces
- 2 tablespoons vegetable oil
- 2 slices bacon, diced
- 12 small white onions halved
- 6 new red potatoes, scrubbed
- 1 8 ounce can mushrooms, with liquid
- 1/2 cup dry red wine
- 1 tablespoon parsley, minced
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 bay leaf

Press Brown button. Press Start/Stop button. Add oil to the cooking pot. Add steak and brown evenly on both sides. Set aside on a platter that will collect any juices. Add bacon, and cook until browning nicely. Add wine and deglaze the pot. Press Start/Stop to turn brown off. Return the steak and collected juices to the cooker. Add remaining ingredients except cornstarch mixture. Lock lid in place, follow instructions on pages 5-6, and set to high pressure for 20 minutes. Let pressure release.

Remove lid and set the meat, onions, potatoes and mushrooms aside on a serving platter. Set the cooker to brown and thicken the gravy with a mixture of water and cornstarch. When thickened served over the steak and potatoes.

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**Quick Rice Pudding with Sun-Dried Cranberries**  
Serves: 6

- 1 cup rice, short grain
- 2 tablespoons sweet butter
- 2 cups water
- 1 can 14oz 2% evaporated milk
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg freshly grated is best
- 1/2 cup dried cranberries or, raisins, cherries, chopped apricots etc.
- 1/2 cup sweetened condensed milk
- 1 tsp vanilla extract or pulp from one vanilla bean

Press the Brown button. Press Start/Stop button. Set cooker to brown and melt butter. Stir in rice, and coat the grains with butter. Add water and evaporated milk, cinnamon and nutmeg. Go to pages 5-6 for instructions and set pressure cooker to High for 7 minutes. Lock cover into place making sure release valve is set to pressure. When done, quick release pressure, remove lid and stir in the dried fruit, condensed milk and vanilla. Let stand for 5 minutes with cover off. Stir until liquid is evenly absorbed and serve in ramekins or bowls. Garnish with dried fruit or cinnamon.

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**Emergency Chicken or Pork dinner with Sauce**

One of the great things about a pressure cooker is that you can cook food directly from the freezer without thawing it first. For this recipe you can use frozen chicken breasts or frozen pork chops. My rule of thumb is if it is frozen, add ten minutes for every inch of thickness. For 1/2 inch frozen chicken breasts or chops the meal will be ready in 15 minutes. If fresh just cook them for 10 minutes. You can use your favorite canned sauce or gravy with this recipe.  
Serves: 6

- 4 to 6 1 1/2 inch frozen or fresh chicken breasts or pork chops
- 1 15 ounce can tomato sauce or your favorite gravy
- Salt and pepper to taste

Add the meat and the tomato sauce or gravy, and set the cooker to high for 15 minutes.