

# cook's essentials®

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bottom and on top of the chops. Set the cooker to **Brown** (press the **Brown** button and press the **Start/Off** 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!!

## Honey Baked Beans

This recipe for BBQ and picnic staple uses honey instead of the molasses of more traditional baked beans. Just don't leave a batch lying around or a bee or two might bring the whole thing to their queen, bean by bean. Then they'd come for the burgers!

- 1 pound dried white navy beans, soaked for 6 hours
- 2 tablespoons vegetable oil
- Water to cover beans
- 2 tablespoons ketchup
- ¼ cup honey
- ½ cup light brown sugar
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 cup water

Add the beans and vegetable oil to the pressure cooker and cover with water up to at least 1 1/2 inches above the beans. Securely lock on the pressure cooker's lid, set the cooker to **High** (see pages 6-7 for instructions) and cook for 10 minutes. Quick release the pressure and remove the lid. Drain the beans.

Return the beans to the pressure cooker, cover with ketchup, honey, brown sugar, garlic powder, onion powder, and 1 cup water. Stir well and securely lock on the lid, set to **High** and cook for 3 minutes.

Let the pressure release naturally for 15 minutes before quick releasing any remaining pressure. Remove lid and serve.

*Replace the ketchup with a good BBQ sauce for beans with a bit more bang. Throw 1/4 cup of chopped raw bacon in with the beans in the beginning of the cooking process for something even better! Add sliced hot dogs in with ketchup and other flavorings for that "beanie" childhood favorite with a rhyming name!*

## ELECTRIC 4 QT. PRESSURE COOKER



## INSTRUCTIONS FOR PROPER USE AND CARE

Model #99640, 99641, 99642, 99643

## IMPORTANT!

Please keep these instructions and your original box packaging.

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Perform a quick release to release the pressure and remove the lid. Test lentils for doneness. If not to your liking, re-lock the lid and cook on **High** for another 2 minutes. Salt to taste and serve with a slotted spoon.

*For a spicier curry, try adding a teaspoon of chili powder and ground ginger. For even spicier yet, throw in a pinch of cayenne pepper.*

## 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 14½ ounce can chicken gravy
- 1 large red apple 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/Off** 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, broth, chicken gravy, wine, bay leaf, salt, pepper and apples. Press the **Start/Off** 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 6-7 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

## IMPORTANT SAFEGUARDS

button. Press the **Start/Off** 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.

### 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 stock or 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 6-7 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!

### Curried Lentils

Lentils are an inexpensive (and protein packed) legume that don't have a very pronounced flavor. This recipe gets a major boost in the taste department with a good amount of curry. Serve them up as a vegetarian entree or the perfect side for any meal that could use a little pick me up.

2 cups dried lentils	1 tablespoon minced garlic
2 tablespoons vegetable oil	2 teaspoons curry powder
5 teaspoons chicken base	1/4 teaspoon turmeric
1 large onion, chopped	salt to taste

Rinse the lentils in a colander, picking through them to make sure there are no stones or other objects. Add all ingredients to pressure cooker, stir and securely lock on lid. Set the cooker to **High** and cook for 7 minutes.

*When using this electrical appliance, safety precautions must always be observed, including the following:*

*A Pressure Cooker is very safe when used properly.*

■ **READ ALL OF THE INSTRUCTIONS BEFORE USE.**

- Close adult supervision must be provided when this appliance is used by or near children. Keep pressure cooker out of the reach of children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- 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.
- Short power cord should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. If a longer extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
- 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, repair, or replacement.
- Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
- Do not place near hot gas or electric burner, or in a heated oven.
- Always use in a well ventilated area.
- For indoor use only.
- The pressure cooker is for household use only. The pressure cooker should not be used for other than the intended use.
- Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like when in operation.
- Do not cover the pressure valves with anything. An explosion may occur.
- Do not use without the removable cooking pot in place. This will reduce the risk of electrical shock.
- 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.

- When cooking food under pressure, at least 1 1/2 cup (12 oz.) of liquid must be used.
- 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.
- The exterior and the lid become hot during use. Do not touch hot surfaces. Use handles or knobs.
- **WARNING:** Keep hands and face away from pressure regulator knob when releasing pressure.
- While the unit is in operation, never remove the lid.
- Do not pick up regulator knob when inner tank full of steam pressure.
- To reduce the risk of electric shock, cook only in removable container
- After cooking, use extreme caution when removing the lid. Serious burns can result from steam inside the unit.
- **CAUTION:** When removing the lid, there could be a suction created between the inner pot and lid.
- Extreme caution should be used when moving any appliance containing hot food or liquid.
- Do not attempt to dislodge food when the appliance is plugged in.
- **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 food, do not set the delay time function for more than 1-2 hours.
- **DANGER:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire and serious damage.
- Using attachments not recommended or sold by the manufacturer may cause hazards.
- Make sure appliance is off before unplugging from wall outlet.
- Always unplug before cleaning. Allow to cool before putting on or taking off parts.
- To protect against electrical shock, do not immerse plug, cord or housing in water or any other liquid.
- Servicing or repair should only be completed by a qualified technician.
- **DANGER:** Do not lift the unit with cover handle, use side handles only.

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.

## 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 stock or broth
- 1/2 cup white wine
- 2 cups chicken stock or 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 (anise-flavored liqueur)
- 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/Off** button. Add the oil and sauté the leeks for about 3 minutes, do not brown. Press the **Start/Off** button. Add the wine, broth, beans, celery, and carrots. Lock the lid in place, set the cooker to **High**, for 12 minutes (see pages 6-7 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**

# FEATURES

the **Start/Off** button. Add the split peas, carrots, thyme, ham or bacon, the broth, or liquid smoke, breadcrumbs and wine. Set the cooker to **High**, for 10 minutes (see pages 6-7 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.

## Black Bean Soup

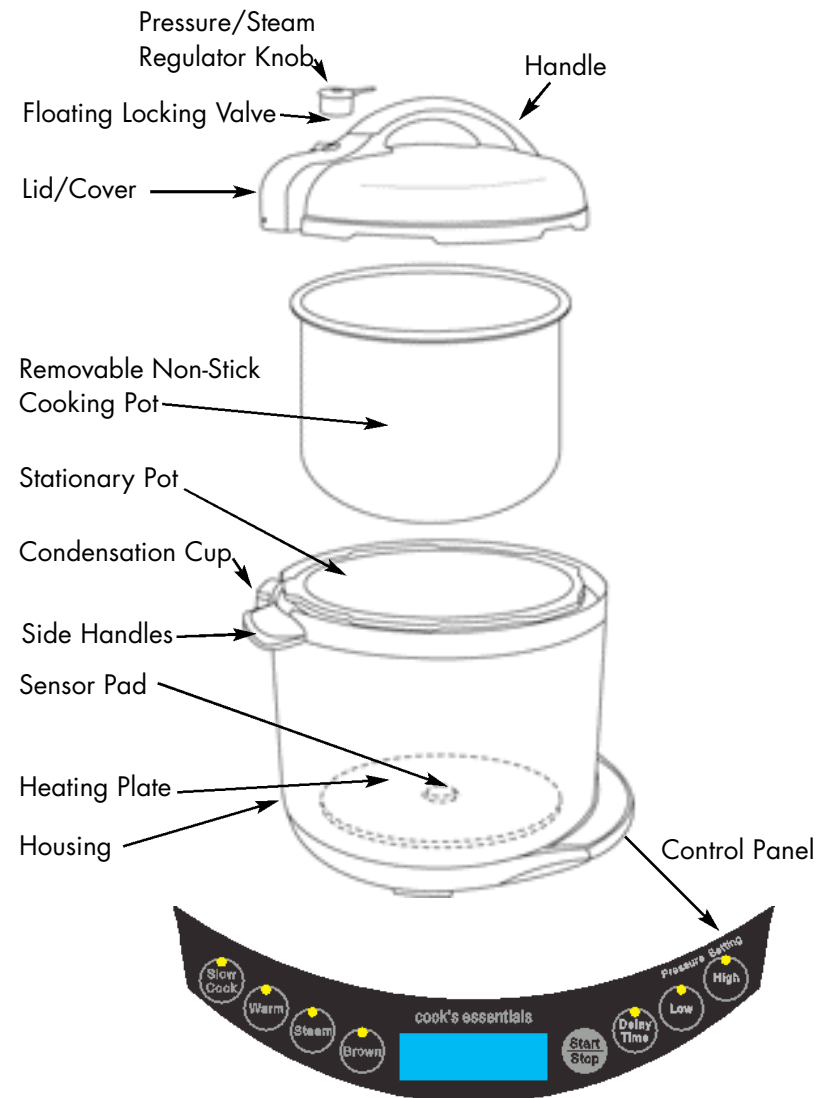
*Black Bean Soup or thicken and serve over rice. Here's a secret for making the soup really explode with flavor. Stir in a tablespoon of Balsamic Vinegar. You won't believe the difference. Ready in 25 minutes.*

**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/Off** 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/Off** 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 6-7 for

27 instructions) let the pressure release naturally, about 5 to 10 minutes.



# FUNCTIONS

- Pressure/ Steam Regulator Knob:** In down position when cooking under pressure, in up position when steaming.
- Lid Handle:** Allows you to lock the lid to the pressure cooker.
- Removable Cooking Pot:** 4 qt. capacity non-stick removable pot provides even heat distribution.
- Rubber Gasket:** Creates an air tight seal that is needed for the pressure cooker to operate.
- Control Panel Functions:**
- Warm function** reheats or keeps food warm.
  - 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 (12 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 cannot be left at room temperature for more than 2 hours. (Or 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.
  - Pressure Setting** allows you to choose 2 different pressure settings: High (15psi) and Low (7.5 psi)

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 minutes. 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/Off** 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/Off** Button. Add the stock, 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** for 5 minutes (see pages 6-7 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.

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/Off** button. Add the vegetable oil and onions, sweat for two minutes or until translucent. Add the garlic and stir for one minute. Press

# HOW TO OPERATE

- 1 Bay leaf
- 1 teaspoon dried thyme
- 10 sprigs parsley coarsely chopped
- 8 cups cold water

Press the **Brown** button. Press the **Start/Off** 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/Off** button. Lock the lid in place and set the cooker to **High** for 10 minutes (see pages 6-7 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.

## 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

## 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 locking 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, make sure the rubber gasket and the pressure regulator knob are clean and positioned properly (page 10.)

**High=15psi**

**Low=7.5psi**

1. Plug the cord into a wall outlet. The display will show - - : - - .
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 1. (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 unit will beep twice and the digital display will read 0.0 after 30 seconds.

10. The unit will begin to count down after the pressure has been reached. **It may take several minutes to begin counting down.** This depends on the fullness of the pot. When the pressure level is reached, only the cooking time will be displayed and the timer will start to count down.
11. When cooking is finished, the unit will beep. Let the pressure drop on its own (also called the natural release method), 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. **USE A POTHOLDER.**

**NOTE:** Press the “Start/Stop” button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

**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.

## Warm Setting

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

1. Plug the cord into a wall outlet. The display will show ---.
2. Position the removable cooking pot in the appliance.
3. Place cooked food in the cooking pot.
4. Place lid on pressure cooker and lock into place.
5. Turn the pressure regulator knob to STEAM.
6. Press the WARM button. The digital display will read 0:30. To adjust the time, press the WARM button again to the desired warming time (MIN is 30 minutes; MAX is 8 hours). The temperature is approximate 175°F.
7. Press the START/STOP button to begin the program.
8. Press the Start/Stop button to turn the unit off.

## 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/Off** 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/Off** button. Add the remaining ingredients. Lock the lid in place, set the cooker to **High**, for 30 minutes (see pages 6-7 for instructions). Let the pressure drop naturally. You can quick release the pressure, if you are in a hurry.

Let the stock cool to a safe temperature before, straining thru a fine mesh sieve, and then refrigerate or freeze.

## 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



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 59 minutes (see pages 6-7 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. 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.

## 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 to 4 chunks	1 teaspoon salt to taste
3 stalks celery, cut into 3 to 4 chunks	1/4 teaspoon whole black peppercorns
2 large onions, quartered	1 1/2 quarts cold water, approximately
1 cup red wine	

Press the **Brown** button. Press **Start/Off** button. Add 1 tablespoon of oil to the cooker, and brown the beef shins and bones 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/Off** button.

Lock the lid in place, set the cooker to **High** for 1 hour (see pages 6-7 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.

## 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. The Brown temperature is 329°F.

1. Plug the cord into a wall outlet. The display will show --:--.
2. Position the removable cooking pot in the appliance.
3. Add the appropriate amount of oil as per recipe.
4. Press the **"Brown"** button. The lid should remain off.
5. The display will flash 30 minutes (this equals 30 minutes of cooking time. MIN is 1 minute; MAX is 30 minutes). Press the **"Brown"** button again until you reach your desired time.
6. Press the **"Start/Stop"** button to begin browning.  
NOTE: Do not leave pressure cooker unattended while browning foods.
7. Press the Start/Stop button to turn the unit off.

## Steam Setting

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

1. Plug the cord into a wall outlet. The display will show --:--.
2. Position the removable cooking pot in the appliance.
3. Place a small, heat-resistant rack or basket (not included) in the bottom of the removable cooking pot.
4. Add at least 12 oz. of water so that the bottom of the rack is above the liquid.
5. Add the food. Do not fill the pot more than two-thirds full. Note: If steaming rice, put the rice in a 7" or smaller bowl, place on the rack.
6. Place the lid on the pressure cooker and lock the lid in place.
7. Turn the pressure regulator knob to STEAM.
8. Press the **"Steam"** button. The display will flash 1. (This equals 1 minute of cooking time. Min is 1 minute; MAX is 99 minutes).  
Press the **"Steam"** button until you get the desired time.  
Note: The temperature is 212°F.
9. Press the **"Start/Stop"** button to begin steaming.
10. When steam time is up, unit will beep.
11. Press the Start/Stop button when the steaming time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

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.

### **Slow Cook Setting**

1. Plug the cord into a wall outlet. The display will show --:--.
2. Position the removable cooking pot in the appliance.
3. Place the food to be slow cooked in the cooking pot.
4. Place the lid on the pressure cooker and lock the lid in place.
5. Turn the pressure regulator knob to STEAM.
6. Press the **"Slow Cook"** button. 180°F is the temperature. Note: 180°F is the lowest setting on a traditional slow cooker.
7. Press the **"Slow Cook"** button. The display will show 0:30. This equals 30 minutes of cooking time. Press **"Slow Cook"** button again to set the desired cooking time. The longest cooking time is 12 hours.
8. Press the **"Start/Stop"** button to begin cooking.
9. When the cooking time is up, the unit will beep.
10. Press the **"Start/Stop"** button when cooking time is complete, or to cancel or reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

### **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 the slow cook, steam or pressure settings. **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. If pressure cooking, set the pressure per directions on **page 6 steps 1-7**. (Slow cook - see above steps 1-7) (Steam page 8 steps 1-8).
2. Press the **"Delay Time"**. The delay time will illuminate on the display.
3. Press the "+" or "-" buttons to set the desired delayed time.
4. 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.

Sour cream, for garnish

Fresh cilantro, finely minced for garnish

Press the **Brown** button. Press the **Start/Off** button. Add oil and sausage to the cooking pot. Brown the sausage well on all sides, set aside. Add the ground turkey, and stir to break up clumps until it is no longer pink. Add the onions and cumin and stir until well blended. Add the white wine and the broth and deglaze the bottom of the pan with a wooden spoon to pick up the browned bits of meat from the bottom of the pan. Stir in the browned sausage, beans, enchilada sauce, chili powder, cinnamon, and bell peppers. Press the **Start/Off** button. Pour the chopped tomatoes and garlic on top and do not stir.

Lock the lid in place, set the cooker on **Low** for 15 minutes (go to pages 6-7 for instructions). Quick-release the pressure. Take the lid off. Press **Brown** button. Press **Start/Off** button. Stir in the polenta, tomatoes and garlic. Cook until the mixture thickens, a couple of minutes and season to taste. Garnish with sour cream and cilantro.

### **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 6-7 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-boneness. 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.*

### **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 14½ ounce can chicken broth or stock

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

- 1 teaspoon dry mustard
- 1/8 teaspoon ground allspice
- 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 and onions, 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 6-7 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 in the remaining ingredients and simmer (on warm function) 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
- 1 15-ounce can diced tomatoes
- 2 cloves garlic finely minced
- 21 2 tablespoons quick cooking polenta or cornmeal, to thicken the chili

## 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 housing with a clean damp cloth. Do not submerge in water.
4. Remove the condensation reservoir in the back by pulling out. Clean with warm soapy water. Rinse and dry thoroughly. Replace by pushing it back in.
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. The groove in the center of the gasket must be 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. 6 "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: Any other servicing should be performed by an authorized service center.

## Cleaning the Pressure Regulator Knob

Check that the pressure regulator knob is in good working order before each use.

1. After the unit has cooled, remove the lid.
2. Turn the pressure regulator knob to steam. Lift up and remove.
3. Using a brush, check and remove any food or foreign particles that may be lodged in the floating valve.
4. Replace the pressure regulator knob in the lid.

## Recommended Cooking Times

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

Vegetables	High Pressure (15.0P)
Apples, chunks (low pressure)	2 mins
Artichokes, whole	8-10 mins
Asparagus, whole	1-2 mins
Beans fresh green or wax shelled lima	2-3 mins 2-3 mins
Beets 1/4" slices whole, peeled	3-4 mins 12-15 mins
Broccoli, florets or spears	2-3 mins
Brussel sprouts, whole	3-4 mins
Cabbage, quartered	3-4 mins
Carrots, 1/4" slices	1-2 mins
Cauliflower, florets	2-4 mins
Corn on the cob	3-5 mins
Eggplant, 1 1/4"	2-3 mins
Peas, shelled	1-1 1/2 mins

Press the **Brown** button. Press the **Start/Off** button. Heat the olive oil to almost smoking. Add the chicken 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. Add the wine to deglaze. Cook for 2 minutes, return the browned chicken and the collected juices. Add tomatoes, salt, pepper and parsley. Set the cooker on **High** for 20 minutes (see pages 6-7 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.

## Glazed Carrots

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

**Serves: 6**

6 large carrots, peeled	2 teaspoons brown sugar
1 can chicken broth	2 tablespoons sweet butter
1 teaspoon Italian seasoning	Salt and pepper to taste

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 6-7 for instructions).

Quick release the pressure, unlock the lid, and remove the basket of carrots. Pour out the broth (the broth can be refrigerated and used for other recipes) and press the **Brown** button. Press the **Start/Off** 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/Off** 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

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/Off** 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/Off** 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 59 minutes (see pages 6-7 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 time. Remember we want to break down that tough connective tissue holding the meat to the bone until it turns into a stock flavored gelatin that melts in our mouth and adds a wonderful mouth feel when chewing the meat. When pressure cooking is complete, let the pressure release naturally.

Carefully, remove the ribs and place on a platter. Cover with foil and hold them warm in an oven at 200 degrees F. With a fine colander, strain the vegetables from the sauce and discard. They have given up their entire flavor to the sauce. You should have about 6 or 7 cups of liquid. Reserve one cup for pouring over the ribs.

You can use the remaining stock to make the risotto to go with these ribs. Place one cup of cooked risotto on each plate and place two to three ribs per person on the risotto and pour over the reserved stock and serve. You will get rave reviews.

## Chicken Cacciatore (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.)

2 tablespoons olive oil

2 cloves garlic, thinly sliced

8 small white mushrooms, thinly sliced

2 cups cooked white rice

1/3 cup dry white wine

1 28-ounce can crushed tomatoes

1 cup onions, chopped

1 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon minced parsley

	High Pressure (15.0P)
Potatoes	
Pieces, slices	5-8 mins
Whole, small	5-8 mins
Whole, medium	10-12 mins
Rice	
Brown	15-20 mins
White	5-7 mins
Spinach, fresh	2-3 mins
Squash	
Fall, 1" chunks	4-6 mins
Summer, sliced	1-2 mins
<b>Meat and Poultry</b>	
Beef, Pork, Lamb (1-2" cubes)	15-20 mins
Beef/Veal	
Roast, brisket	50-60 mins
Shank 1 1/2" thick	25-35 mins
Meatballs, browned	8-10 mins
Lamb, boneless roast	45-55 mins
Pork	
Loin roast	40-50 mins
Smoked butt	20-25 mins
Ham shank	30-40 mins
Chicken	
Boneless breast, thigh	8-10 mins
Pieces	10-12 mins
Whole	15-20 mins
Turkey breast, whole	30-40 mins
Fish	
Steaks, fillets	
3/4"	4 mins
1"	5 mins
1 1/4"	6 mins
1 1/2"	7 mins

## HINTS AND TIPS

### 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.
- Frozen foods can be cooked in a pressure cooker. Add approximately 10 minutes to every inch of thickness.
- When using the 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 1½ cups of water/stock or any liquid. Stir food to disperse liquid.
4. Replace the lid and lock into position.
5. Set the pressure and time per page 6.
6. Press the **START/STOP** button to begin cooking again.

Press the **Brown** button. Press **Start/Off** 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 6-7 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.

### 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 ½ 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 ½ 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 (see pages 6-7 for instructions). Cover and press **Start/Off** 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 ¼ inch thick

Two large carrots, thinly sliced

1 stock celery, sliced ¼ inch 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 Tbls of dry can be substituted)

The zest of one whole lemon (A fine grater like a Microplane works perfect to create the perfect zest)

## Round Steak with Potatoes and Gravy

Serves: 6

2 pounds of  $\frac{3}{4}$  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  
 $\frac{1}{2}$  cup dry red wine  
1 tablespoon parsley, minced  
2 teaspoons salt  
 $\frac{1}{2}$  teaspoon pepper  
1 bay leaf  
cornstarch

Press **Brown** button. Press **Start/Off** 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/Off** 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 6-7, 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.

## Quick Rice Pudding with Sun-Dried Cranberries

Serves: 6

1 cup rice, short grain  
2 tablespoons sweet butter  
2 cups water  
1 14-ounce can of 2% evaporated milk  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg, freshly grated is best  
 $\frac{1}{2}$  cup dried cranberries (raisins, cherries or chopped apricots can be substituted)  
 $\frac{1}{2}$  cup sweetened condensed milk  
1 tsp vanilla extract or pulp from one vanilla bean

### *...Trouble Shooting Continued*

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, follow these steps:

1. Unplug, 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.

# RECIPES

by Bob Warden

## 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 oil

Pepper to taste

3 large sweet onions, cut into large chunks

1/2 cup celery, chopped

2 tablespoons all-purpose flour

1/2 cup carrots, chopped

2 tablespoons sweet butter, mashed

1/2 cup leeks, sliced thin

into flour at room temperature

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

With a pairing knife make incisions, just deeper than the length of your garlic slices, about  $\frac{3}{4}$  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/Off** 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/Off** 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 6-7 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 on **High**. Quick release the pressure and remove the lid. Add the carrots, potatoes and onions. Replace the lid; lock in place (see pages 6-7 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/Off** 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

8 peppercorns

2 cups chicken stock or broth

1/4 cup apple cider vinegar

2 cups water

8 medium new red or white potatoes, left whole

3 bay leaves

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 6-7 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, 6-7 minutes. Transfer beef, potatoes, and cabbage to a serving platter and garnish with parsley, if you like.