

SERVES **4-6**

## Risotto with Spicy Sausage and Lemon

### ingredients

- 3 tbsp. olive oil
- 2 lbs. hot sausage (casing removed/crumbled)
- 2 cups Arborio Rice
- 1 1/2 cups chopped onion
- 3 cups beef stock
- 1 cup red wine
- 1 tbsp. garlic minced
- 2 tsp. dried thyme
- Juice of one lemon
- 4 oz. sour cream
- 1 cup Parmesan cheese
- 1 tbsp. butter
- 1/2 cup milk
- Zest of 1 lemon
- Salt and pepper to taste

### preparation

1. Place the inner pot in the Power Cooker. Place the oil in the inner pot. Press the **RICE/RISOTTO** button. Press the **TIME ADJUSTMENT** to reach 8 min. Place the hot sausage in the pot, stirring occasionally while browning.
2. Pour out and discard excess fat. Add the rice and onions and sauté for 2 minutes.
3. Add the stock, wine, garlic, thyme and lemon juice. Stir.
4. Place the lid on the pressure cooker, lock the lid and switch the pressure release valve to **CLOSED**.

Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to **OPEN**. When the steam is completely released, remove the lid.

5. Add the remaining ingredients and incorporate well.

Eric's Tip: This works well as an appetizer or as a dinner. Add some extra beef stock before reheating leftovers.



# SERVES **8-12**

## ET's Sweet and Savory Meatloaf

### ingredients

- 4 lbs. mixed ground pork, ground veal and ground beef
- 2 cups onion, small chopped
- 2 small cloves of garlic, minced
- 4 egg yolks, lightly beaten
- 1 cup tomato ketchup
- 2 tbsp. A.1.® steak sauce
- 1 cup dried or Panko bread-crumbs
- 2 tsp. onion powder
- Salt and pepper, to taste
- 1/2 cup chopped fresh parsley, plus more for garnish
- 1 oz. rice vinegar
- 3 tbsp. orange juice frozen concentrate
- 4 oz. ketchup
- 1 tbsp. minced garlic
- 2 oz. maple syrup
- 1-28 oz. can whole peeled tomatoes, drained
- 1/4 cup potato flakes

#### Sauce:

- 4 oz. soy sauce

### preparation

1. Combine the first 9 ingredients in a large bowl, mixing well.
2. Divide into 4 equal loaves so that they fit without stacking. Think ovals placed on their sides.
3. Combine all the rest of the ingredients for the sauce except tomatoes in a separate bowl.
4. Place the loaves in the pressure cooker and press the **CHICKEN/MEAT** button once then the **TIME ADJUSTMENT** button until you reach 30 minutes. Pour the sauce over the loaves and then pour the tomatoes over the top.
5. Put the lid on the pressure cooker, lock the lid and switch the pressure release valve to the **CLOSED** position.
6. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to **OPEN**. When the steam is completely released, remove the lid.
7. Remove the loaves using a spatula and tongs and place on a platter and let rest for 5 min.
8. Sprinkle in the potato flakes to thicken the sauce.
9. Ladle the pressure cooker sauce over the meat-loaves and garnish with fresh parsley. Serve.



SERVES **4**

## Chicken Breasts with Tomato Tapenade

### ingredients

- 4 bone-in, skin-on split chicken breasts
- 3 tbsp. olive oil
- 1.5 cups chicken stock
- 1 tsp. ground turmeric
- 1 tsp. of ground cumin
- 1/4 cup roasted pine nuts
- 3/4 cup plump sundried tomatoes
- 3/4 cup pitted kalamata olives
- 1 small onion, large chopped
- 3/4 cup marinated or grilled mushrooms
- 1 tsp. fresh garlic
- 16 oz. fresh baby spinach
- 1/2 cup heavy cream
- 1 tbsp. butter
- 1/4 cup potato flakes
- Salt and pepper to taste

### preparation

1. Place the inner pot into the pressure cooker. Press the **CHICKEN/MEAT** button once (15 min).
2. In a separate bowl, rub salt and pepper and turmeric and cumin onto the chicken.
3. Add the olive oil to the inner pot and sear all 4 breasts skin side down until they are golden brown. Add chicken stock.
4. Place the lid on the pressure cooker, lock the lid and switch the pressure valve to **CLOSED**.
5. While the chicken is cooking under pressure, make the tapenade by combining all remaining ingredients in a food processor, pulsing until combined but not blended.
6. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to **OPEN**. When the steam is completely released, remove the lid.
7. Set chicken aside and let rest for 5 min. Press the **CHICKEN/MEAT** button again and add cream, butter and potato flakes. Stir and simmer for 3 min. Add fresh spinach and stir gently until it's wilted.
8. Plate the chicken breasts atop the creamy spinach and add a generous portion of the tapenade on each breast.

Eric's Tip: This dish is great with couscous. Optional: Try crumbling some goat cheese around the plate for added flavor.



SERVES **12-16**

## Coconut Joy with Almond Rice Pudding

### ingredients

- 3 cups Arborio Rice
- 7 cups whole milk
- 1 pinch salt
- 1 cup sugar
- 1/2 cup unsweetened coconut milk
- 1 1/2 cups unsweetened coconut flakes, lightly toasted
- 1 cup roughly chopped roasted almonds
- 4 oz. dark chocolate, finely chopped
- For garnish: Additional 1/2 cup coconut flakes and some whole almonds

### preparation

1. Place the inner pot in the pressure cooker. Pour in the rice, milk, sugar, salt, and coconut milk. Stir and press the **RICE/RISOTTO** button. Press the **TIME ADJUSTMENT** until you reach 11 min.
2. Place the lid on the pressure cooker, lock the lid and switch the pressure release valve to **CLOSED**.
3. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to **OPEN**. When the steam is completely released, remove the lid.
4. Stir well. Put the lid back on and let sit for 10 minutes. Remove the lid and fold in the coconut, almonds and chocolate.
5. Check the consistency and add extra milk if too firm, a 1/4 cup at a time.
6. Garnish and serve immediately.

Eric's Tip: Rice pudding is great served warm or cold. If you want to reheat it in the microwave, heat it to desired temperature and then add some milk to reach desired consistency.

# 20 MINUTE COOK TIME

## Lasagna



## ingredients

- 10 Meatballs, cooked and crushed
- 2 cups ricotta cheese
- 2 cups mozzarella, shredded
- 1/2 cup Parmigiano
- 3 eggs
- 3 tbsp. parsley chopped
- 1 tsp. sea salt
- 1 tsp. freshly ground black pepper
- 3 1/2 cups tomato sauce
- 1 1/2 packs pre-baked lasagna shells

## preparation

1. Mix the ricotta cheese in a bowl with 1 cup shredded mozzarella, parsley, salt, pepper and grated Parmigiano. Set aside.
2. Place the inner pot into the Power Cooker. Pour 1 cup tomato sauce with 1/2 cup water.
3. Place 2 lasagna shells in the middle side by side. Break 2 shells in half lengthwise and fill in the sides.
4. Place half the crushed meatballs on top of the shells. Pour 1/2 cup of sauce on top. Place another layer of shells and then spoon in the ricotta cheese mixture.
5. Place another layer of the lasagna shells down and pour in the rest of the meatballs. Pour 1 cup of sauce on top of the meatballs.
6. Place the final layer of shells and pour 1 cup of sauce on top. Sprinkle with the rest of the mozzarella on top.
7. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
8. Press the **SOUP/STEW** button and then press the **TIME ADJUSTMENT** button until the you reach 20 min.
9. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
10. Let sit for about 10 minute to set up.
11. Serve.



## Pulled Pork

**10**HOURS  
COOK TIME

1. Place the inner pot in the Power Cooker. Add all the ingredients except BBQ Sauce and Hamburger rolls.
2. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
3. Press the **SLOW COOK** button and increase the **TIME ADJUSTMENT** button to 10 hours.
4. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
5. Remove the pork, shred with a fork, and add the BBQ sauce.
6. Serve on soft hamburger rolls.

4 lbs boneless pork butt or pork picnic shoulder  
Kosher salt  
1 medium onion, peeled, finely chopped  
12 oz smoky BBQ sauce  
1/2 tsp. cayenne pepper  
1 tsp. cumin  
1 tsp. coriander  
3 cups water  
Soft hamburger rolls

## Baby Back Ribs

**30**MINUTE  
COOK TIME

1. In a small bowl, thoroughly blend together the garlic powder, onion powder, cumin and coriander to create a seasoning blend.
2. Cut the racks in half so that they can easily fit in the Power Cooker. Season them evenly with the seasoning blend.
3. Place 1 cup of water in the Power Cooker. Add the Ribs side by side. Add the diced onion and evenly pour the BBQ sauce over the ribs.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the **SOUP/STEW** button and then press the **COOK TIME SELECTOR** button until the time is 30 min.
6. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid. Optional: Have your broiler preheated to high. Place the ribs in a single layer on a tinfoil lined Baking sheet and broil the ribs on each side until browned well, about 5 minutes per side.
7. Brush the ribs with the barbecue sauce from the pot.
8. Serve.

3 racks baby back ribs  
4 tbsp. granulated garlic powder  
2 tbsp. onion powder  
1 tbsp. cumin  
1 tbsp. coriander  
2 cups smoky barbecue sauce  
1 small onion, peeled and diced  
1 cup of water

## Low Country Boil

1. Place the inner pot in the Power Cooker. Place all the ingredients in the inner pot.
2. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
3. Press the **BEANS/LENTIL** button and then press the **COOK TIME SELECT** button until you reach 15 min.
4. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
5. Serve.

**15** MINUTE  
COOK TIME

2 lbs smoked sausage, cut into 4 pcs  
2 lbs extra large shrimp  
1 lb red baby potatoes  
3 corn on the cobs cut in half  
1 lb mussels  
20 clams  
4 cups water  
1/2 cup seafood seasoning  
2 bay leaves

## New England Clam Chowder

1. Place the inner pot in the Power Cooker. Place bacon in the inner pot. Press the **SOUP/STEW** button. Cook until crisp.
2. Add the vegetables and butter. Cook 10 minutes. Add the flour and cook for 2 minutes.
3. Add the rest of the ingredients except for the cream and stir well.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the **WARM/CANCEL** button.
6. Press the **SOUP/STEW** button.
7. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Stir in the cream and serve.

**10** MINUTE  
COOK TIME

25 little neck clams  
6 cups clam broth  
3 tbsp. butter  
3 tbsp. flour  
1/2 lb. bacon diced  
1 medium onion, peeled  
3 stalk celery, diced  
1/2 red pepper, seeded and diced  
2 large white potatoes, diced  
2 bay leaves  
1 sprig thyme  
Sea salt & freshly ground black pepper to taste  
3/4 cups heavy cream

## Brown Rice Pilaf

**18** MINUTE  
COOK TIME

1. Place the inner pot into the Power Cooker.
2. Press the **RICE/RISOTTO** button. Add the butter and the onion and cook for 2 minutes.
3. Add the brown rice and coat it with the butter. Add the rest of the ingredients.
4. Place the lid on the Power Cooker, lock the lid and switch the pressure release valve to closed.
5. Press the **WARM/CANCEL** button.
6. Press the **RICE/RISOTTO** button 2 times for brown rice.
7. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
8. Serve.

**3 cups Brown Rice**  
**1 qt. chicken or vegetable stock**  
**1/2 small onion, diced**  
**2 tbsp. butter**  
**1 sprig thyme**  
**1 bay leaf**

## Macaroni & Cheese

**10** MINUTE  
COOK TIME

1. Place the inner pot inside the Power Cooker. Press the **RICE/RISOTTO** button. Melt the butter and add the water and the pasta. Cook until water is absorbed into the pasta.
2. Place the rest of the ingredients into the pot.
3. Place the lid on the Power Cooker, lock lid and switch the pressure release valve to closed.
4. Press the **WARM/CANCEL** button.
5. Press the **RICE/RISOTTO** button and then press the **TIME ADJUSTMENT** button until you reach 10 min.
6. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
7. Serve.

**2 cups water**  
**4 cups heavy cream**  
**3 cups shredded cheddar**  
**2 tbsp. butter**  
**4 cups elbow macaroni**  
**1 tsp. sea salt**



# Salsa



## Mango Salsa

1. Mix all the ingredients.
2. Carefully pour into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the salsa and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Secure the lid and close the steam release valve.
7. Press the CANNING/PRESERVING button and then press the TIME ADJUSTMENT until you reach 20 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

- 2 mangoes, peeled, pitted and diced
- 1/2 jalapeño, minced
- 1/2 red onion, peeled and minced
- 2 tbsp. fresh cilantro, chopped
- 1 lime, juiced
- 1/2 red pepper seeded, diced small

## Tomato Salsa

- 6 plum tomatoes
- 2 tbsp fresh cilantro, chopped
- 1/2 lime, juiced
- 1/2 jalapeño
- 1 red pepper, seeded and diced
- 1/2 red onion peeled, diced
- 1/4 cup tomato juice
- 1/2 tsp. fresh ground black pepper

1. Mix all the ingredients.
2. Carefully pour into the jars 1" from the top.
3. Using a flexible nonporous spatula gently press between the salsa and the jar to release any trapped air bubbles.
4. Clean the rims with white vinegar and seal.
5. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
6. Secure the lid and close the steam release valve.
7. Press the CANNING/PRESERVING button and then press the TIME ADJUSTMENT button two times until you reach 20 minutes.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

## Bread & Butter Pickles

1. Place the inner pot into the power cooker. Press the CHICKEN/MEAT button and add all the ingredients except the Pickles.
2. Bring to a boil.
3. Pack the sliced Pickles into the jars.
4. Carefully pour the liquid into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the pickles and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid close the pressure release valve.
9. Press the CANNING/PRESERVE button.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

4 cucumbers, large slice

2 onions, large dice

1/4 cup sea salt

2 1/2 cups sugar

2 1/2 cups white vinegar

1/2 tsp. mustard seed

1 tbsp. pickling spice

10 cloves

## Cocktail Onions

1. Place the inner pot into the power cooker. Press the CHICKEN/MEAT button and add all the ingredients except the onions.
2. Bring to a boil.
3. Pack the Pearl Onions into the jars.
4. Carefully pour the liquid into the jars 1" from the top.
5. Using a flexible nonporous spatula gently press between the pickles and the jar to release any trapped air bubbles.
6. Clean the rims with white vinegar and seal.
7. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
8. Secure the lid and close the pressure release valve.
9. Press the CANNING/PRESERVE button.
10. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

2 lbs pearl onions

1 qt water

1/4 cup sea salt

3/4 cup sugar

4 cups white vinegar

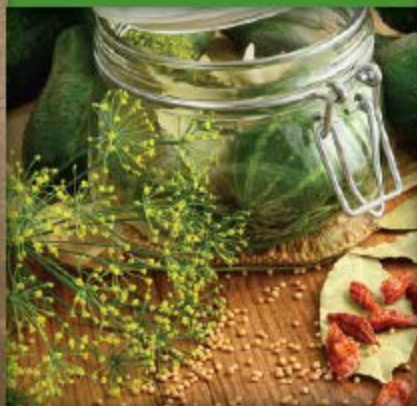
1 tbsp. red pepper flakes

2 bay leaves

1 tbsp. mustard seed

1 tbsp. pickling spice

## Dill Pickles



1. Pour the water, vinegar, half the salt, pickling spice and dill into the inner pot and press the CHICKEN/MEAT button. Bring to a boil.
2. Cut the pickles into spears. Place them into the jars.
3. Strain the spices out of the brine. Carefully pour the brine into the jars 1" from the top and seal.
4. Using a flexible nonporous spatula gently press between the pickles and the jar to release any trapped air bubbles.
5. Clean the rims with white vinegar and seal.
6. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
7. Press the CANNING/PRESERVING button.
8. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tongs.

10 pickling cucumbers

6 cloves garlic, smashed

2 cups water

2 cups white vinegar

1/4 cup sea salt

1 bunch fresh dill

1 tbsp. pickling spice

4 pint jars



# Soup Starters



## Chili Starter



4 cups crushed tomatoes  
1/2 cup beef stock  
1 large onion, peeled and diced  
1/3 cup dried red beans  
1/3 cup black beans  
1/4 cup chili powder  
1 tsp. cumin  
1 tsp. ground coriander  
1 tbsp. crushed red pepper flakes  
1 tbsp. sugar  
2 tbsp. grape seed oil

1. Place the inner pot into the PowerCooker. Place the oil in the inner pot. Press the **CHICKEN/MEAT** button. Sauté the onions for 5 minutes. Add the spices and cook for an additional minute.
2. Add the remaining ingredients. Place the lid on the pressure cooker, lock lid and switch the pressure release valve to closed.
3. Press **CANCEL** and then press the **SOUP/STEW** button.
4. Once the timer reaches 0, the cooker will automatically switch to **KEEP WARM**. Switch the pressure release valve to open. When the steam is completely released, remove the lid.
5. Carefully pour into the jars 1" from the top.
6. Using a flexible nonporous spatula gently press between the chili and the jar to release any trapped air bubbles.
7. Clean the rim of the jars with white vinegar.
8. Place the lids on the jars.
9. Place the jars into the clean inner pot and add water until the jars are covered 1/4 of the way.
10. Secure the lid, close the steam release valve and press the **CANNING/PRESERVING** button and then press the **COOK TIME SELECTOR** button until you reach 45 min.
11. When the time runs out press the **CANCEL** button and then the **CANNING/PRESERVING** button and the time will be 30 min.
12. When the time runs out and the steam has been released, remove the lid and carefully remove the jars using the canning tong.
13. To finish the chili brown 2 lbs of ground meat and follow the instructions in the pressure cooker recipe book for beef chili.