

# PRESSURE COOKER RECIPES

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Quicker Cassoulet  
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Spinach And Sugar Snap Risotto With Parmigiano Reggiano  
Split Pea Soup  
Summer Berry Risotto  
Swiss Style Pork Chops  
Vegetable Chili  
Vegetable Medley With Brown Rice

Velvet Pumpkin Custard

Whipped Jewel Yams

Wild Rice Black-Eyed Pea Blend

Zippy Meatloaf

# AMARETTO PEACH CHEESECAKE

---

2 Tbs butter  
2 Tbs sugar  
1/2 cup graham cracker crumbs  
12 oz cream cheese - (1 1/2 pkgs),  
softened  
1/2 cup sugar  
2 Tbs flour  
2 eggs  
1 can peach halves - (16 oz), drained  
3 Tbs Amaretto liqueur  
1 cup water

In a small saucepan, melt butter and sugar, stir until well mixed. Add graham cracker crumbs. Press into the bottom of a well greased 7-inch springform pan.

Combine softened cream cheese, sugar and flour with an electric mixer until well blended. Add eggs, one at a time, mixing until well blended.

Reserve 2 peach halves for garnish, puree the remaining peaches in a blender or food processor. Add peach puree and Amaretto to cream cheese mixture, mixing until well blended. Pour into prepared springform pan.

Cover the pan with a greased piece of foil, tightly fitting it around the edges so no moisture can get in.

Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip of folded foil.

In a 5-quart or larger pressure cooker, add water and insert trivet. Lower pan into pressure cooker with strip of folded foil.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize at second red ring. Cook for 35 minutes.

Remove from heat and use Natural Release Method.

Remove pan, uncover and let cool. After cheesecake cools, run a knife around the edge of pan and unlatch pan. Slice reserved peaches and garnish top of cheesecake. Refrigerate 3 to 6 hours before serving.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# APPLE TOPPING

---

8 Granny Smith apples, peeled, cored,  
and sliced  
1 package dried apricots - (8 oz),  
chopped  
1 cup orange juice  
1/2 cup sugar  
1/4 cup lemon juice  
2 cinnamon sticks  
1/2 cup rum, (optional)

In a 5-quart or larger pressure cooker, add all ingredients. Allow liquid to begin simmering.

Immediately adjust heat to stabilize pressure at second red ring (15 pounds pressure). Cook for 1 minute.

Remove from heat and let pressure subside naturally, (Natural Release Method).

Remove cinnamon sticks and serve over ice cream or as a filling for crepes.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# APPLESAUCE

---

1/2 cup water  
1 Tbs mulling spices  
= (cinnamon stick, allspice, berries,  
whole cloves, peel of lemon or orange,  
etc.)  
4 apples, halved

In a 2-quart or larger pressure cooker, add water, mulling spices and apples, skin-side down. Allow water to begin simmering.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 3 to 5 minutes.

Remove from heat and use Natural Release Method.

Remove apples and send through a food mill. Mill until only the skin and seeds remain.

This recipe yields 4 servings.

Comments: The following apples are good for applesauce: Northern Spy, Jonathan, Winesap, McIntosh and Gravenstein. To warmed applesauce you can add butter, and stir in raisins or walnuts.

**Serves 4**

**Recipe Source**

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Author: n/a

# APRICOT CHOCOLATE BREAD PUDDING

---

10 slices day-old French bread  
1/2 cup raspberry preserves  
1/2 cup chopped dried apricots  
1/2 cup chopped bittersweet chocolate  
1/2 cup finely-chopped hazelnuts  
3 eggs  
4 cups milk  
1 vanilla bean  
1/4 cup sugar  
1 pinch salt  
1 Tbs grated lemon rind  
1 cup water

Spread bread with preserves, tear into chunks and layer in a souffle dish with apricots, chocolate and hazelnuts.

Beat eggs with milk. Split vanilla bean lengthwise and scrape seeds into egg mixture.

Mix sugar, salt and lemon rind. Add to milk mixture. Pour evenly over bread in the souffle dish and cover dish with foil.

Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the dish to and from pressure cooker.

In a 5-quart or larger pressure cooker, add water and insert trivet. Lower souffle dish in place with foil strip.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 15 minutes.

Remove from heat and use Natural Release Method.

Serve warm or chilled.

This recipe yields 4 to 6 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# ARTICHOKES WITH LEMON PEPPER OIL

---

4 artichokes - (medium to large)  
2 Tbs lemon pepper oil  
1 cup water

Trim the stems off the artichokes, snip the sharp points off the ends of the leaves with kitchen scissors and wash carefully between the leaves. Place trivet on the bottom of a 5-quart or larger pressure cooker and add water. Place the artichokes inside the cooker, flowering-side up and drizzle 1/2 tablespoon of lemon pepper oil over each artichoke.

Close the lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 to 12 minutes depending on the size and age of the artichokes.

Remove pan from heat and use the Natural Release Method.

Artichokes may be served either warm or cold.

This recipe yields 4 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# AUTUMN BREAD DRESSING WITH CRANBERRIES

---

5 cups lightly-toasted bread cubes  
1/3 cup dried chopped cranberries  
4 Tbs unsalted butter  
1 cup chopped onion  
1 cup chopped celery with some leaves  
1 cup chopped fresh Italian parsley  
1 cup chicken stock  
1 extra-large egg, well beaten  
1 tsp poultry seasoning  
1 tsp freshly-ground black pepper  
1 tsp kosher sea salt

In a large bowl combine the bread cubes and cranberries.

In a 12-inch skillet melt the butter and saute the onion, celery. Add the parsley toward the end. When almost cooked, splash with about 1/4 cup the stock and lower the heat so the celery will loose some of its crunch.

Add the vegetables and all of the stock to the bread and cranberry mixture. Blend in the beaten egg, poultry seasoning, pepper and salt.

Butter the inside bottom and sides of a 1-quart souffle bowl. Fill with the bread mixture. Cut a piece of foil to tent the top of the dish. Cover the surface loosely and hold in place with an elastic band if you wish.

Place the dish on a foil strip and transfer to the rack of the pressure cooker. Add 1 cup water. Lock the lid in place and bring the cooker up to full pressure and cook for 15 minutes.

Quick release the pressure or let it come down naturally.

Remove the dish with the sling to a rack to cool a bit. Remove the foil top. It is optional to butter the top lightly and place under the broiler for a minute to crisp.

This recipe yields a 1-quart load for the 5- or 7-liter pressure cooker. (If using the 8-liter or 12-liter size, you can use a larger souffle dish 2- to 3-quart size. Double the amount of ingredients for the larger bowl.)

To reheat: Microwave for about 2 minutes. It's according how cold the dish is. I like to take the leftovers, slice as a bread slice, and pan fry in butter. Serve it with any chicken dish and it's wonderful.

## **Recipe Source**

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Author: Arlene Ward

# BANANA SQUASH AND POTATO SOUP

---

2 Tbs butter  
2 Tbs olive oil  
1 medium onion, peeled, chopped  
2 celery ribs, sliced  
2 leeks, white portion only, sliced  
5 large garlic cloves, peeled, minced  
1 Tbs brown sugar - (firmly packed)  
2 Tbs minced fresh thyme leaves  
1 Tbs minced fresh sage leaves  
1 bay leaf  
1 piece banana squash - (abt 2 lbs),  
peeled, and  
cut into 1" cubes  
1 lb thin-skinned white potatoes, cut 1"  
cubes  
4 cups vegetable or chicken stock  
1/2 tsp freshly-grated nutmeg  
Salt, to taste  
1/2 tsp freshly-ground white pepper  
2/3 cup buttermilk  
Fresh chives or parsley, minced, for  
garnish

In a 5-quart or larger pressure cooker, heat butter and olive oil over medium-high heat.

Add onion, celery, leeks and garlic. Stir to mix. Add brown sugar, thyme and sage. Stir to mix. Add bay leaf, banana squash, potatoes and 3 cups of stock.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring (15 pounds pressure). Cook for 12 minutes.

Remove from heat and use Natural Release Method or Quick Release Method.

Discard bay leaf and add nutmeg, salt and pepper. Puree mixture in a food processor, blender or mill.

Return pureed soup to a large saucepan and add remaining stock and buttermilk. Mix well and heat without boiling.

Serve in bowls and sprinkle with chives or parsley.

This recipe yields 9 servings.

**Serves 9**

## Recipe Source

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Author: n/a

# BARBECUED CHICKEN

---

2 chickens, quartered  
1/2 cup water or white wine  
Your favorite barbecue sauce  
=== MARINADE ===  
1/2 cup olive oil  
1/2 cup fresh lemon juice  
1 garlic clove, minced or crushed  
2 Tbs finely-chopped green onions  
= (or shallots)  
2 tsp grated lemon zest  
2 tsp chopped fresh herbs  
= (rosemary is good with chicken)  
1/2 tsp salt  
1/2 tsp freshly-ground black pepper

Combine the marinade ingredients and mix well.

Place the chicken and the marinade in a large plastic food storage bag. Press the air out and seal. Massage the bag gently to distribute the marinade and set the bag in a large bowl or plate and refrigerate at least 2 hours or overnight. Drain and pat dry with paper towels.

In a 4-quart or larger pressure cooker, place the water or wine in the cooker, place the trivet inside, and add the chicken pieces.

Bring the pressure to the second red ring (15 pounds pressure) over high heat. Adjust the heat to maintain pressure at the second red ring and cook for 6 minutes.

Use Fingertip Release Method.

Take chicken out of the pressure cooker and grill for 3 minutes on a side, slightly longer for the leg and thigh sections. You can brush with your favorite barbecue sauce, or grill as-is.

This recipe yields 8 servings.

Comments: You can choose to marinate or not, but remember never to baste a cooked chicken with a marinade that has had raw chicken in it. Dispose of the marinade after use, as it may contain harmful bacteria.

**Serves 8**

**Recipe Source**

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Author: n/a

# BASIC RICE PILAF

---

2 Tbs olive oil  
2 Tbs unsalted butter  
1 medium onion, chopped  
1 garlic clove, peeled, minced  
1 1/2 cups long-grain rice  
2 1/2 cups rich chicken stock, rich beef stock, or rich vegetable stock, or canned broth

Heat the olive oil and butter in a 2 1/2-quart or larger pressure cooker over medium-high heat. Add the onion and saute 4 to 5 minutes, or until soft. Stir frequently so that the onion does not brown.

Add the garlic and rice. Saute, stirring constantly 3 to 4 minutes, or until the rice just begins to turn golden. Add the stock and stir well.

Place the lid on the cooker and lock in place. Raise the heat to high and bring to medium (1st red ring) pressure. Adjust the heat to stabilize the pressure (at the 1st red ring) and cook 6 minutes.

Remove from the heat and lower the pressure using the Cold Water Release Method.

Open the pressure cooker. Set the lid on the pressure cooker and let the rice sit 5 minutes. Fluff with a fork before serving.

This recipe yields 4 servings.

Approximate Nutritional Value Per Serving: 447 calories; 13g protein; 64g carbohydrates; 15g fat; 17mg cholesterol; 958mg sodium.

**Serves 4**

**Recipe Source**

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Author: n/a

# BASMATI SALAD WITH CORN AND ROASTED RED PEPPERS

---

1 Tbs olive oil - (to 2)  
1 large garlic clove, peeled, and finely chopped  
1 1/2 tsp whole cumin seeds  
1 large onion, finely chopped  
1 cup brown Basmati rice  
Fresh corn kernels from 2 large ears of sweet white corn  
1 can chicken broth - (14 1/2 oz) = (or vegetable stock)  
1 tsp sea salt = (less if using salted stock)  
2 large roasted red bell peppers, seeded, and cut into strips 1/4" by 1/2"  
1/3 cup minced fresh coriander - (tightly packed)  
Freshly-ground black pepper, to taste  
1 Tbs Balsamic vinegar - (to 2)

Heat the oil in the pressure cooker and saute the garlic, cumin, and onion for 1 minute, stirring frequently.

Stir in the rice, making sure to coat it thoroughly with the oil. Add the stock and optional salt. Stir until the mixture reaches the boil over high heat.

Close lid and bring pressure to the first red ring (8 pounds pressure) over high heat. Immediately adjust the heat downward to maintain pressure at the first red ring and cook for 15 minutes.

Release the pressure with the Fingertip Release Method.

Remove the lid when the pressure has subsided and stir in the corn, roasted peppers, pepper, Balsamic vinegar and cilantro.

Place the lid on the cooker and leave sitting off the heat for 3 more minutes.

Serve immediately or chill to serve cold. Tastes great the second day!

This recipe yields 4 servings.

**Serves 4**

## Recipe Source

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Author: n/a

# BEAN, BARLEY AND MUSHROOM SOUP

---

1/2 lb dried lima beans - (1 cup)  
1/4 cup pearl barley  
2 large onions, peeled, chopped  
2 celery ribs, chopped  
1 carrot, peeled, chopped  
2 Tbs chopped fresh parsley  
8 cups soup stock  
1/2 lb fresh mushrooms, sliced  
Salt, to taste  
Freshly-ground black pepper, to taste

Wash, sort and soak beans.

In a 5-quart or larger pressure cooker, combine soaked, drained beans, barley, onions, celery, carrot, parsley and stock.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 25 minutes.

Remove from heat and use Cold Water Release Method.

Add mushrooms, salt and pepper. Close lid and let stand for 10 minutes. Correct seasoning.

This recipe yields 8 to 10 servings.

Approximate nutritional analysis per serving: 133 calories; 7g protein; 25g carbohydrates; 1g fat; 7g dietary fiber; 4mg cholesterol; 28mg sodium.

Comments: This soup will improve in flavor overnight. It is great to have on hand for busy weekends.

**Serves 8**

**Recipe Source**

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Author: n/a

# BEEF IN BEER

---

1 lb beef top round or flank steak,  
pounded thin  
into 3" by 4" pieces  
2 Tbs Dijon-style mustard  
Salt, to taste  
Freshly-ground black pepper, to taste  
1 tsp paprika  
2 Tbs olive oil  
1 bottle dark beer - (12 oz)  
2 Tbs flour  
1 Tbs tomato paste  
1 cup beef broth  
1 medium onion, peeled, chopped  
2 carrots, peeled, sliced  
1 leek stalk, white part only, sliced

Mix mustard, salt, pepper and paprika together and spread both sides of each piece of beef with mixture.

In a 2-quart pressure frypan, heat 1 tablespoon oil. Brown each piece of beef over high heat. Remove and set aside. Add more oil as needed until each piece is browned.

Add a small amount of the beer to pan and stir to loosen any brown bits that may be sticking. Stir in flour and tomato paste, adding beer to make paste-like consistency.

Place beef back in pan on top of the paste mixture. Add onion, carrots, leek, remaining beer and broth.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 minutes.

Remove from heat and use Natural Release Method.

Remove beef. Puree vegetables in a food processor, blender or mill. Adjust seasoning.

Arrange beef on a warm platter and cover with pureed vegetable sauce.

This recipe yields 4 to 6 servings.

Comments: The sauce is also good served over vegetables and mashed potatoes.

**Serves 4**

**Recipe Source**

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Author: n/a

# BEEF STOCK

---

1 lb lean beef  
Beef bones  
= (1 beef shank cut cross-wise or  
a piece of short ribs)  
2 onions, peeled  
2 carrots, coarsely chopped  
2 celery ribs with leaves - (to 4),  
coarsely chopped  
1/2 bunch fresh parsley  
1 bay leaf  
4 whole cloves  
10 peppercorns  
Salt, to taste  
8 cups water

Place all ingredients in a 5-quart or larger pressure cooker. Bring stock to a boil and skim off any froth which rises to the top.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 45 minutes.

Remove from heat and use Natural Release Method.

Strain stock and allow to cool. Refrigerate. Scrape off fat covering the top of stock. Will keep up to 4 days refrigerated, or freeze for later use.

This recipe yields 8 cups.

## **Recipe Source**

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Author: n/a

# BEET SALAD WITH DANISH BLUE CHEESE AND WALNUTS

---

4 medium beets - (abt 1 1/2 lbs),  
trimmed  
3 Tbs red wine vinegar  
2 Tbs walnut oil  
1/4 cup shelled walnuts in halves or  
pieces  
2 oz Danish blue cheese, crumbled

In a 4-quart or larger pressure cooker, place whole beets on a trivet with 1/4 cup water.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 to 12 minutes, depending on age and size of beets.

Remove from heat and use Natural Release Method.

Remove beets and allow them to cool. Peel and julienne beets.

Mix red wine vinegar and walnut oil together in bowl. Add beets and stir to mix. Cover and refrigerate until chilled.

When chilled, toss with crumbled Danish blue cheese and walnuts.

This recipe yields 6 servings.

Comments: When preparing whole beets to be cooked in the pressure cooker, it is important to wash them gently so as not to break the skin. Also, leave one to two inches of the leaf stem still attached. The rootlet should be kept intact until after cooking. Beets are a vegetable that are widely neglected in many diets, yet they are a good source of vitamin A and potassium. They are usually in plentiful supply throughout the year, and easily cooked in the pressure cooker.

**Serves 6**

**Recipe Source**

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Author: n/a

# BEET SALAD WITH ROQUEFORT AND WALNUTS

---

4 medium beets, gently washed,  
and trimmed  
3 Tbs balsamic vinegar  
2 Tbs walnut oil  
1 tsp Dijon mustard  
1/4 cup shelled walnuts in halves or  
pieces  
2 oz Roquefort or blue cheese  
4 servings mixed salad greens

In a 3-quart or larger pressure cooker, place whole beets on the steaming trivet with 1/2 cup of water in the bottom of the cooker.

Close the lid and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at the second red ring and cook for 10 to 14 minutes depending on the size of the beets.

Off heat, allow the pressure to subside naturally.

Cool beets, slip off their skins and cut into julienne strips.

Mix balsamic vinegar and mustard together. Slowly add the oil while whisking to make a vinaigrette. Toss the beets in the vinaigrette to coat them.

Arrange greens on each plate and place beets on top. Just before serving, crumble Roquefort over each serving and garnish with walnut pieces.

This recipe yields 6 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# BEET SALAD WITH SPRING GREENS AND WALNUTS

---

4 medium beets, gently washed,  
and trimmed  
3 Tbs balsamic vinegar  
2 Tbs walnut oil  
1 tsp Dijon mustard  
1/4 cup shelled walnuts in halves or  
pieces  
2 oz Roquefort or blue cheese  
4 servings mixed spring salad greens

In a 3-quart or larger pressure cooker, place whole beets on the steaming trivet with 1/2 cup of water in the bottom of the cooker.

Close the lid and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at the second red ring and cook for 10 to 14 minutes depending on the size of the beets.

Off heat, allow the pressure to subside naturally.

Cool beets, slip off their skins and cut into julienne strips.

Mix balsamic vinegar and mustard together. Slowly add the oil while whisking to make a vinaigrette. Toss the beets in the vinaigrette to coat them.

Arrange greens on each plate and place beets on top. Just before serving, crumble Roquefort over each serving and garnish with walnut pieces.

This recipe yields 6 servings.

**Serves 6**

**Recipe Source**

---

Author: n/a

## BLACK BEAN CHILI WITH AVOCADO SALSA

---

1 1/3 cups black beans, soaked overnight  
1 bunch cilantro  
2 Tbs olive oil  
2 medium onions, chopped  
1 garlic clove, crushed  
2 green chilies, seeded, and  
chopped small  
1 tsp ground cumin  
1 lb beef skirt or braising steak, cut  
very small  
1 can tomatoes - (28 oz), minced  
1 large red bell pepper, cut julienne  
slices  
Salt, to taste  
Freshly-cracked black pepper, to taste  
1/2 lime, juiced  
1 cup plain non-fat yogurt, for serving  
=== AVOCADO SALSA ===  
1 cup sweet cherry tomatoes, chopped  
1 ripe avocado, chopped  
1/2 small red onion, finely chopped  
Salt, to taste  
Freshly-cracked black pepper, to taste  
1/2 lime, juiced  
1/2 bunch cilantro, chopped  
1 dash Tabasco

Either presoak the beans overnight or use the Quick Soak method to prepare the beans ahead of time. Pour the water off the beans and rinse. Set aside for use.

Wash the cilantro, strip the leaves off the stalks and place in a bowl. Cover with plastic wrap and place them in the fridge. Chop the cilantro stalks very finely.

In a 4-quart or larger pressure cooker, heat 1 tablespoon of the oil and cook the onions, garlic, cilantro stalks, cumin and chilies gently for about 5 minutes. Transfer them to a plate.

Spoon the rest of the oil into the pressure cooker, turn the heat up high, add about a third of the beef and brown it well, keeping it on the move. Remove it as it browns and brown the rest in 2 batches.

Return everything to the pressure cooker and stir to mix. Add the drained beans, followed by the tomatoes. Stir well

and bring it up to a simmering point. Don't add any salt at this stage.

Place the lid on the pressure cooker and bring the pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat to maintain pressure at the second red ring and cook 10 to 12 minutes.

Use the Natural Release Method (set the pressure cooker aside and let the pressure subside naturally).

While the beans are cooking, seed and chop the bell pepper into smallish pieces. When the pressure has subsided, open the pressure cooker and stir the bell pepper into the meat and bean mixture. Put the lid back on the pressure cooker and let the mixture steam for 5 more minutes.

While the chili finishes cooking, make up the Avocado Salsa.

Before serving the chili, add salt, tasting as you add. Then stir in the rest of the cilantro leaves and the juice of half the lime.

Top with some non-fat yogurt and the Avocado Salsa.

This recipe yields 4 to 5 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# BLUEBERRY BREAD PUDDING

---

1/2 cup butter, melted  
1 cup half-and-half  
= (or milk)  
1 1/2 cups sugar  
2 large eggs, lightly beaten  
1 tsp vanilla  
2 cups blueberries  
1/2 tsp ground nutmeg  
8 cups cubed (2") Italian or French bread  
1 1/2 cups water

Butter an 8-inch round baking pan.

Combine butter, half-and-half, sugar, eggs, vanilla and nutmeg in a bowl. Beat until smooth. Stir in blueberries.

Place bread cubes in a large bowl. Pour fruit mixture over bread cubes. Toss until bread is well moistened. Spoon mixture into prepared pan. Cover pan with foil.

Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan into and out of the pressure cooker.

In a 5-quart or larger pressure cooker, add water and insert trivet. Lower the pan onto the trivet with the prepared foil harness.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize at second red ring. Cook for 15 minutes.

Remove from heat and use Natural Release Method.

Remove lid. Lift pan from cooker and place on wire rack to cool.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# BLUEBERRY-ORANGE BREAD PUDDING WITH STRAWBERRY-RHUBARB SAUCE

---

5 cups food processor-crumbled  
day-old French bread  
5 Tbs dried blueberries  
3 Tbs unsalted butter  
2/3 cup sugar  
1 2/3 cup whole milk  
3 extra-large eggs, plus  
1 extra-large egg yolk  
1 Tbs grated orange rind  
1 cup water, for the pot  
=== STRAWBERRY RHUBARB SAUCE ===  
1 pint ripe strawberries  
2 cups diced rhubarb  
6 Tbs sugar

Process day-old bread slices to make a rough mix. Place in a large bowl. Add the blueberries. Melt the butter and use some of it to brush the inside of a 1-quart souffle bowl. Toss the remaining butter with the bread and blueberries. Combine the sugar, milk, eggs and orange rind, beat well. Mix into the bread mixture. Let rest a few minutes to drink up the liquid. Place into the souffle bowl. Cover the dish with aluminum foil so it fits tightly around the sides, but is loose on top.

Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the dish to and from the pressure cooker.

In a 5- to 7-quart pressure cooker, add the one cup of water and insert the trivet. Lower the souffle dish in place with the foil strip. Fold the ends over the dish. Lock the lid in place and bring to high pressure. Adjust the heat to maintain pressure and cook for 15 minutes. Let the pressure drop naturally.

Serve warm or chilled with the Strawberry Rhubarb Sauce.

Strawberry Rhubarb Sauce: Place the strawberries and rhubarb into the small pressure fry pan. Add two tablespoons of sugar to the top of the fruit, do not stir in. Lock the lid in place and bring to pressure. Turn the heat off and let the pressure drop naturally. Open the lid and add the remaining sugar. Puree the sauce in the processor.

This recipe yields 6 servings.

**Serves 6**

**Recipe Source**

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Author: Arlene Ward

# BORSCHT

---

1 tsp oil  
2 cups coarsely chopped onion  
= (or thinly-sliced leaks)  
3 1/2 cups vegetable or chicken stock -  
(to 4)  
1 lb beet root - (abt 4 med), trimmed,  
scrubbed,  
and cut into 1/2" chunks  
1/2 lb red, gold, or  
thin-skinned white potatoes  
1 lb cabbage, cored, and  
thinly shredded  
2 Tbs tomato paste  
2 large bay leaves  
2 tsp dried dill seeds or dill weed  
Salt, to taste  
Freshly-ground black pepper, to taste  
3 Tbs freshly-squeezed lemon juice - (to  
4)  
Non-fat plain yogurt, for garnish  
1 cucumber, diced  
1/2 cup minced fresh dill

Heat oil, cook onions over medium for about a minute. Add stock, beets, potatoes cabbage, tomato paste, bay leaves and dill seeds.

Bring the mixture to the boil and place lid on the pressure cooker. Bring pressure to the second red ring (15 pounds pressure) and adjust heat to maintain pressure at the second ring for 10 minutes.

Use Cold Water Release Method.

Test the beets for doneness and replace the lid (but do not put under pressure) until they are tender. (Beets will vary depending on size and age.) Remove bay leaves. Salt and pepper to taste.

Puree the soup with a stick blender or blend in batches in a food processor or blender. Garnish with the cucumber, yogurt and fresh dill. Serve hot or chilled.

This recipe yields 8 servings.

Comments: Cut the beets smaller than the potatoes as they are a more dense vegetable and take longer to cook. You can choose to peel or not peel either vegetable. Just be sure to scrub them well to remove dirt.

**Serves 8**

**Recipe Source**

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Author: n/a

# BOSTON "BAKED" BEANS

---

1 lb dried small white beans - (2 cups)  
2 bacon slices, chopped  
2 medium onions, peeled, chopped  
4 garlic cloves, peeled, minced  
3 cups chicken broth  
2 tsp dry mustard  
1/4 tsp freshly-ground white pepper  
1/2 cup molasses  
1/2 cup ketchup  
1/4 cup brown sugar

Wash, sort and soak beans.

In a 5-quart or larger pressure cooker, fry bacon over high heat, stirring often, until lightly golden. Reduce heat and add onion and garlic, stirring often.

Add broth, soaked drained beans, dry mustard and white pepper over high heat. Stir until mixed.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 6 minutes.

Remove from heat and use Natural Release Method.

Drain cooking liquid from beans and return them to pressure cooker or a warmed casserole. Add molasses, ketchup and brown sugar. Stir until well mixed and sauce clings to beans.

This recipe yields 8 to 10 servings.

**Serves 8**

**Recipe Source**

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Author: n/a

## BRAISED LAMB - {TAS KEBAP}

---

3 Tbs olive oil  
1 1/2 lbs boneless leg of lamb, trimmed  
of all  
visible fat, and cut into 1" cubes  
1 large onion, finely chopped  
1 medium green pepper, cut in half,  
cored,  
seeded, and finely chopped  
1 cup canned crushed tomatoes  
1/4 cup water  
1/4 tsp ground allspice  
1 tsp salt  
1/4 tsp freshly-ground black pepper  
2 Tbs minced parsley

Heat the olive oil in a 2 1/2-quart or larger pressure cooker over high heat. Brown the lamb in two batches on all sides. Remove and set aside.

Reduce the heat to low and saute the onion and green pepper 4 to 5 minutes, or until soft. Stir frequently so the onion does not brown.

Add the crushed tomatoes, water, allspice, salt, and black pepper. Saute 2 minutes, stirring frequently. Add the browned lamb along with any collected juices. Stir well.

Position the lid and lock in place. Raise the heat to high and bring to high pressure (second red ring). Adjust the heat to stabilize the pressure and cook 20 minutes.

Remove from the heat and lower the pressure using the Cold Water Release Method. Open the pressure cooker.

Taste and adjust for salt and pepper. Sprinkle with the minced parsley before serving.

This recipe yields 4 servings.

Approximate Nutritional Analysis Per Serving: 356 calories; 36g protein; 7g carbohydrates; 20g fat; 109mg cholesterol; 717mg sodium.

**Serves 4**

**Recipe Source**

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Author: n/a

## BRAISED PORK CHOPS WITH ONIONS, APPLES, CABBAGE AND RAISINS

---

1 tsp ground ginger  
1/2 tsp coarse salt  
Freshly-ground black pepper, to taste  
1 Tbs all-purpose flour  
4 large bone-in pork chops, 1" to 2"  
thick  
3 Tbs butter  
1 large onion, sliced thinly  
4 small tart apples, cored, and  
cut in large chunks  
2 tsp brown sugar  
1/2 small red cabbage head, cored, and  
cut into 8 pieces  
Juice and zest of 1 lemon  
2 whole cloves  
1/2 cup currants or raisins  
1/2 cup water or chicken stock

Rub the ginger, salt, pepper and flour into both sides of the pork chops.

In a 5-quart or larger pressure cooker, heat the butter over medium heat. Brown the chops well on both sides in batches if necessary (be careful not to crowd them). Remove the chops and set aside.

Add the onion to the pan and cook until translucent (3 minutes). Add the apples, brown sugar, cabbage, lemon juice and zest, the cloves, currants or raisins and water or stock. Stir to mix.

Give mixture a good stir to make sure nothing is sticking to the bottom while the mixture comes to the boil.

Place pork chops into the vegetables and immediately close the lid and bring pressure to the first red ring (15 pounds pressure) over medium high heat. Reduce the heat to maintain pressure at the first red ring and cook for 10 minutes.

Use fingertip release and remove the lid.

Remove the chops and cover to keep warm.

Cook the vegetables and sauce, uncovered, stirring occasionally, for an additional 10 minutes, or until the sauce has reached the consistency you desire.

This recipe yields 4 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

## CAJUN RED BEANS AND RICE

---

1/2 lb dried red beans - (1 cup)  
2 cups water  
1 lb ham hock - (to 1 1/2)  
4 celery ribs, finely chopped  
1 medium onion, peeled, and  
finely chopped  
1 green bell pepper, stemmed, cored,  
and finely chopped  
3 bay leaves  
1 tsp freshly-ground white pepper  
1 tsp dried thyme  
3/4 tsp garlic powder  
1/2 tsp cayenne  
1/4 tsp freshly-ground black pepper  
1 1/2 tsp Tabasco sauce  
1/2 lb sausage

Wash, sort and soak beans.

In a 4-quart or larger pressure cooker, add soaked, drained beans, water, celery, onion, green bell pepper, bay leaves, white pepper, dried thyme, garlic powder, cayenne, black pepper and Tabasco sauce.

Allow ingredients to come to a boil, stirring often. Add ham hock.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

Remove ham hock and let cool.

While ham hock is cooling, slice sausage into 1/4-inch pieces and brown in a skillet.

Remove ham from bone. Add sausage and ham to the bean mixture.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

Discard bay leaves. Serve over white rice.

This recipe 4 to 6 servings.

**Serves 4**

## Recipe Source

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Author: n/a

## CARROT RAISIN CHEESECAKE

---

2 Tbs butter  
2 Tbs sugar  
1/2 cup graham cracker crumbs  
1/4 tsp ground cinnamon  
12 oz cream cheese - (1 1/2 pkgs),  
softened  
= (2 ounces reserved for icing)  
1/3 cup sugar  
3 Tbs flour  
2 eggs  
1/4 cup orange juice, plus  
1 Tbs orange juice, for icing  
1/2 cup shredded carrots  
1/4 cup raisins  
1/4 tsp ground nutmeg  
1 pinch ginger  
1 cup water  
1 Tbs orange juice  
1/2 cup powdered sugar

In a small saucepan, melt butter and sugar, stir until well mixed. Add graham cracker crumbs and cinnamon. Press into the bottom of a well greased 7-inch springform pan.

Combine softened cream cheese, sugar and flour with an electric mixer until well blended. Add eggs, one at a time, until well blended. Add 1/4 cup of orange juice, carrots, raisins, nutmeg and cinnamon. Mix well.

Pour into prepared springform pan. Cover the pan with a greased piece of foil, tightly fitting it around the edges so no moisture can get in.

Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan in and out of the pressure cooker.

In a 5-quart or larger pressure cooker, add water and insert trivet. Lower pan into pressure cooker with strip of folded foil. Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 35 minutes.

Remove from heat and use Natural Release Method.

Combine remaining 2 ounces cream cheese, 1 tablespoon orange juice and powdered sugar, mix until smooth.

Remove pan and uncover. Spread top of cheesecake with cream cheese mixture. After cheesecake cools, run a knife around

the edge of the pan and unlatch pan. Refrigerate for 3 to 6 hours before serving.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# CHICKEN CUCUMBER SOUP

---

1/2 lb potatoes, peeled, chopped  
6 celery ribs, sliced  
3 carrots, peeled, chopped  
3 cucumbers, peeled, seeded,  
and chopped  
1 chicken - (abt 2 1/2 lbs)  
1 onion, peeled  
3 whole cloves  
1 bay leaf  
Salt, to taste  
Freshly-ground black pepper, to taste  
12 cups vegetable or chicken stock  
3/4 cup sour cream  
Fresh dill, for garnish

In a 6-quart or larger pressure cooker, add all ingredients except sour cream, (onion studded with cloves and bay leaf). Season with salt and pepper.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 40 minutes.

Remove from heat and use Touch Release Method.

Remove chicken. When cool enough to handle, carve meat off bone and cut meat into bite-size pieces.

Puree vegetables in a food processor, blender or mill. Return mixture to pan and stir in sour cream. Add meat and reheat.

Serve in bowls and garnish with dill.

This recipe yields 8 to 10 servings.

Comments: This soup can be prepared up to two days in advance.

**Serves 8**

**Recipe Source**

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Author: n/a

# CHICKEN MARBELLA

---

4 boneless skinless chicken breasts - ,  
(abt 1 lb)  
2 Tbs olive oil  
1/2 cup dry white wine  
1 small onion, chopped  
1/2 cup pitted prunes  
1/4 cup dark brown sugar - (packed)  
1/4 cup red wine vinegar  
1/4 cup green olives - (abt 8)  
4 garlic cloves, minced or crushed  
2 tsp dried oregano  
1/4 tsp salt, or to taste  
1/4 tsp freshly-ground black pepper, or  
to taste  
1/4 cup capers, drained

Using a pressure frypan, lightly brown the chick in 1 tablespoon olive oil (about 2 to 3 minutes). Remove the chicken and set aside. Keep warm.

Put another 1 tablespoon olive oil in the pan and saute onions about a minute, or until they begin to soften. Immediately pour in the wine and scrape up the brown bits left on the bottom of the pan.

Add prunes, brown sugar, vinegar, olives, garlic, capers, and spices. Bring the mixture to the boil over medium-high heat.

Nestle the chicken pieces in the sauce and place the cover on the pressure cooker. Bring pressure to the 1st red ring (8 pounds pressure) and immediately adjust the temperature downward to maintain pressure at the 1st red ring. Cook at the first red ring for 3 minutes. Do not overcook, or the chicken will become stringy.

Let the pressure subside naturally (about 2 minutes) and remove the lid. You can reduce the sauce by boiling if you prefer a thicker consistency, but be careful not to burn it.

Serve with rice.

This recipe yields 3 to 4 servings.

**Serves 3**

**Recipe Source**

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Author: n/a

## CHICKEN STOCK

---

2 lbs chicken parts - (to 2 1/2)  
= (backs, necks or feet)  
2 onions, peeled  
2 carrots, coarsely chopped  
2 celery ribs with leaves - (to 4),  
coarsely chopped  
1/2 bunch fresh parsley  
1 bay leaf  
10 peppercorns  
Salt, to taste  
8 cups water

Place all ingredients in a 5-quart or larger pressure cooker. Bring stock to a boil.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 30 minutes.

Remove from heat and use Natural Release Method.

Strain stock and allow to cool. Refrigerate. Scrape off any fat covering the top of stock. Will keep up to 4 days refrigerated, or freeze for later use.

This recipe yields 8 cups.

### **Recipe Source**

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Author: n/a

# CHICKEN WITH TWO PEPPERS AND NOODLES

---

1/4 cup olive oil  
1 large white onion, sliced  
3 garlic cloves, crushed  
4 chicken breast halves, 2" thick, halved again  
1 red green bell pepper, sliced lengthwise  
1 green bell pepper, sliced lengthwise  
3 cups chicken broth or stock  
1 can tomato sauce - (8 oz)  
1 Tbs fresh lemon juice  
2 Tbs brown sugar  
2 tsp salt  
1/4 tsp freshly-ground black pepper  
2 tsp dried basil  
1 1/2 tsp dried oregano  
1/2 tsp ground fennel  
1 bay leaf  
1 bag dried egg noodles - (12 to 16 oz)  
1/2 cup grated Fontinella cheese  
1/2 cup grated Parmesan cheese

In a 5-quart or larger pressure cooker, heat oil. Add onion and saute in hot oil 3 minutes, stirring. Add garlic, chicken pieces and peppers. Saute over high heat 3 minutes, stirring occasionally.

Stir in the broth, tomato sauce, lemon juice, brown sugar, salt, pepper and herbs. Add noodles and stir again.

Close the lid and bring pressure to the second red ring (15 pounds pressure) over high heat. Insert a heat diffuser between pan and heat source to keep the dish from scorching. Immediately reduce heat to maintain pressure at the second red ring and cook 10 minutes.

Release pressure using Cold Water Release Method. Remove lid.

Discard bay leaf. Stir chicken and noodle mixture and transfer to a serving bowl.

Combine cheeses. Sprinkle with cheese.

This recipe yields 6 servings.

Comments: Recipes with tomato or sugar in them can scorch in the pressure cooker if not stirred as they reach the boil before closing the lid.

**Serves 6**

**Recipe Source**

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Author: n/a

# CHICKEN-IN-A-POT

---

1 Tbs olive oil - (to 2)  
1 whole chicken - (3 to 3 1/2 lbs)  
2 celery ribs, coarsely chopped  
2 carrots, coarsely chopped  
1 medium onion, peeled, and  
thickly sliced  
1 cup dry red wine  
= (a hearty Merlot, Cabernet or Chianti)  
1 lemon, sliced in 6 pieces  
5 garlic cloves, peeled  
Several sprigs fresh rosemary  
Salt, to taste  
Freshly-ground black pepper, to taste  
1 small bag peeled carrots - (1 lb)  
8 small red potatoes, halved  
= ( or medium potatoes, quartered)  
12 small shallots, peeled, trimmed

Wash, and dry the chicken. Place the lemon and half the onion in the cavity. Truss the chicken.

In a 4-quart or larger pressure cooker, heat oil over medium-high heat. Add the chicken and turn as needed to brown on all sides. Reduce heat if the oil begins to burn. When browned, carefully lift the chicken out of the pot and set aside on a platter.

Discard excess oil and add the wine, scraping up any brown bits left inside the bottom of the pan. Add a bit more oil and the remaining vegetables to the pan and place the chicken on top. Season the chicken with salt, pepper and the rosemary.

Close the cover and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust the heat to maintain pressure at the second red ring. Cook 5 minutes per pound (15 minutes for a 3 pound chicken).

Off the heat, use Fingertip Release Method to release the pressure without cooling the pot.

Remove the chicken and place on a heated platter to carve. Remove the rosemary stems from the sauce. Using a fat skimmer, remove excess grease from cooking liquid. Puree the vegetables with resulting broth to make a sauce for the chicken (I like to use an immersion blender for this).

Make sure there is nothing sticking to the bottom of the cooker, and add the carrots, shallots, potatoes to the pureed sauce.

Close the cover and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust the heat to maintain pressure at the second red ring. Cook 4 minutes.

Use Cold Water Release Method.

Check consistency of the sauce and reduce to thicken as needed to intensify flavor. Taste and correct seasoning.

Place chicken pieces back in the sauce to warm them slightly if needed, otherwise, nap the sauce over the chicken.

This recipe yields 3 to 4 servings.

**Serves 3**

**Recipe Source**

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Author: n/a

## CIDER APPLES WITH JUNIPER BERRIES

---

3 golden delicious apples  
3 red gala or Rome apples  
4 Tbs melted butter  
25 juniper berries  
1 cup apple cider  
2 slices orange peel  
2 slices lemon peel  
1 cup sugar

Core the apples but do not peel them. Cut in half lengthwise and then into 1/4-inch slices, crosswise. Place into a large bowl.

Melt the butter and toss over the apples in the bowl. Coat well and add the juniper berries. Transfer the apples to a 5- or 7-quart pressure cooker and add the cider, orange and lemon peel. Lock the lid in place and bring to high pressure. This will take awhile.

As soon as the pot registers high pressure, turn off the heat and gently release the pressure.

Transfer the apples using a slotted spoon into a large bowl. The bottom of the cooker will have the cider liquid. Boil this liquid down and add to the apples. Sweeten with the sugar and gently mix in. Check the sweetness of the apples before adding the full amount.

This recipe yields 1 quart.

Comments: Use these apples as a side to your fall dinners. It will go with all poultry, pork and veal dishes. The apples will stay well in a covered jar refrigerated.

### **Recipe Source**

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Author: Arlene Ward

## CLASSIC FRENCH-STYLE POTATO SALAD

---

2 lbs small or medium-sized red or Yukon gold potatoes, scrubbed, and cut into 1 1/2" quarters or 8ths  
1 1/2 cup dry white wine  
Salt, to taste  
Freshly-ground black pepper, to taste  
1/2 lb tender green beans  
= (Kentucky Wonder or Blue Lake beans),  
blanched 5 minutes,  
and refreshed in ice water  
6 slices thick-sliced smoked bacon,  
cooked crisp,  
broken into pieces  
1/2 cup chopped parsley  
3 green onions, cut 1/2" pieces  
1/2 cup extra-virgin olive oil  
1 Tbs Dijon mustard  
2 Tbs champagne or white wine vinegar

Place the wine in the bottom of a 4-quart or larger pressure cooker. Place trivet in the cooker and add the washed potatoes.

Bring the wine to the boil and place cover on pressure cooker. Bring pressure to the second red ring (15 pounds pressure) over high heat. Lower heat to maintain pressure at the second red ring and cook 4 to 6 minutes depending on size and age of the potatoes.

While the potatoes cook, prepare the beans and bacon.

Heat a pot of boiling water and blanch the beans for 5 minutes. Take the beans out of the water and immediately plunge into a bowl of ice water to stop the cooking. Drain and pat dry.

To prepare the bacon, place it in a frying pan and fry until crisp. Drain the bacon and crumble into small pieces.

When the potatoes are ready, use Natural Release Method to release the pressure (set the cooker aside and allow the pressure to subside).

Remove the potatoes and gently toss them in the hot wine. Drain and allow them to cool slightly.

Prepare the vinaigrette by stirring the vinegar into the mustard. When that is mixed, slowly whisk in the oil in a stream. The mixture should be a nice, thick emulsion. Season to taste with salt and pepper.

Toss the potatoes with the vinaigrette using a wooden spoon (so that you don't damage the soft potatoes), and add the beans, and bacon. Top with parsley, chopped chives, roasted red peppers, etc. for garnish.

This recipe yields 4 side dish servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# COCONUT RICE PUDDING

---

1 cup Basmati, Jasmine, or Arborio rice  
1/4 cup water, for side dish  
= (or 1/2 cup water, for dessert)  
1 can Thai coconut milk  
2 tsp ground cinnamon  
2 Tbs sugar

Wash rice to remove excess starch. Drain rice.

In a 2-quart or larger pressure cooker over high heat, add rice, water, coconut milk, sugar and cinnamon. Stir constantly until the mixture begins to boil to prevent the mixture from scorching.

Cover pressure cooker and bring pressure to the first red ring (8 pounds pressure) over high heat. Immediately adjust heat to stabilize at the first red ring. Cook for 7 minutes for a side dish, 8 to 9 minutes for a dessert.

Use Cold Water Release Method (take the cooker to the sink and run cold water over the top, being careful to avoid the valve).

Top with fresh fruit if you desire.

This recipe yields 2 to 4 servings.

**Serves 2**

**Recipe Source**

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Author: n/a

# CORNERD BEEF WITH VEGETABLES

---

1 cornerd beef brisket - (abt 2 1/2 to 3 lbs), rinsed, and trimmed of excess fat  
4 cups water  
1 medium onion, peeled, halved, and stuck with  
4 whole cloves  
2 celery ribs, cut into thirds  
4 sprigs parsley  
1/2 tsp whole black peppercorns  
2 bay leaves  
1 medium green cabbage head, cut 6 wedges, and partially cored (leave enough to retain shape)  
6 small red potatoes  
6 medium carrots, peeled, and cut into thirds

Place brisket in a 5-quart or larger pressure cooker. Add water and bring to a boil over high heat. Skim foam from surface. Add onion, celery, parsley, peppercorns and bay leaves.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 1 hour.

Remove from heat and use Cold Water Release Method.

Remove brisket and vegetables. Add cabbage, potatoes and carrots to broth. Do not fill over 2/3 full. If necessary, remove some broth.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 to 7 minutes.

Remove from heat and use Cold Water Release Method.

Cut brisket across the grain into thin slices and arrange down the center of a warm platter. Using a slotted spoon, remove vegetables from pressure cooker and place around cornerd beef. Spoon a few tablespoons of broth over the cornerd beef.

Serve with horseradish or mustard sauce.

This recipe yields 6 servings.

Comments: This simply prepared meal would take over 3 hours without the use of a pressure cooker.

**Serves 6**

**Recipe Source**

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Author: n/a

# CORN-ON-THE-COB

---

1/2 cup water  
6 ears sweet corn, husked, silked

Place on the trivet or a removable steamer in a 5-quart or larger pressure cooker. Add water and corn.

Bring pressure to the first red ring (8 pounds pressure) over high heat. Immediately lower heat to stabilize at the first red ring. Time 1 1/2 minutes.

Use Cold Water Release Method.

Remove the ears from the cooker immediately and enjoy sweet, juicy fresh corn.

This recipe yields 6 servings.

Comments: The trick is to keep the ears from touching the water which takes out the natural sugars in the corn. Be careful not to crowd the ears too much, as they need steam surrounding them to cook evenly.

**Serves 6**

**Recipe Source**

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Author: n/a

## CRANBERRY, ORANGE AND APPLE RELISH

---

1 large Granny Smith apple, peeled,  
diced  
3 cups fresh cranberries - (1 pkg)  
1/4 cup orange juice  
1 cup granulated sugar  
1/2 tsp ground cinnamon  
Zest of 1 whole orange

Place all the ingredients in a 4-quart or larger cooker and stir well to blend.

Close the lid and bring pressure to the first red ring (8 pounds pressure). Adjust heat to stabilize and cook 5 minutes.

Allow the pressure to subside naturally, off heat.

Serve room temperature.

This recipe yields ?? servings.

### **Recipe Source**

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Author: n/a

# CREAMY RICE WITH VEGETABLES

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1 Tbs olive oil - (to 2)  
1 medium onion, peeled, and  
finely chopped  
1 cup short-grain CalRose or Arborio rice  
1 can chicken or vegetable broth - (14  
1/2 oz)  
2 small carrots, chopped  
1/2 lb broccoli flowerets  
1 tsp dried Italian herbs  
1/4 cup freshly-grated Parmesan cheese

In a 2 1/2-quart or larger pressure cooker, heat olive oil over medium-high heat. Add onion and saute until transparent.

Add rice, stirring often, until lightly golden. Add the vegetables and broth. Stir to mix. Increase heat to high. Stir in herbs. Continue to stir until mixture comes to the boil to prevent sticking.

Close lid and bring pressure to the first red ring (8 pounds pressure). Immediately adjust heat to stabilize pressure at the first red ring. Cook for 7 minutes.

Remove from heat and use Cold Water Release Method (run cold water over the top of the cooker).

Stir in Parmesan cheese and serve.

This recipe yields 4 to 6 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# CUBAN BLACK BEANS AND RICE

---

1/2 lb dried black beans - (1 cup)  
3 Tbs olive oil  
1 medium onion, peeled, chopped  
2 garlic cloves, peeled, minced  
3/4 cup medium- or long-grain white rice  
2 cups water  
1 tsp ground cumin, (optional)  
1/4 tsp cayenne, (optional)  
1 tsp salt  
1/4 tsp freshly-ground black pepper

Wash, sort and soak beans.

In a 2-quart pressure frypan or larger pressure cooker, heat olive oil over medium high heat. Add onion and garlic. Cook until onion softens.

Add rice over high heat, stirring often, until lightly golden. Add water and soaked, drained beans. Stir in cumin, cayenne, salt and pepper.

Close lid and bring pressure to first ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 to 18 minutes.

Remove from heat and use Natural Release Method.

This recipe yields 4 to 6 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# CURRIED CHICKEN AND LENTIL SALAD

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1 tsp vegetable oil  
3 chicken breasts with bone, skin removed  
1 cup dried lentils  
2 cups water  
1 tsp curry powder  
2 cups grapes, cut into halves  
1 cup cashews  
2 celery ribs, cut 1/4" slices  
=== DRESSING ===  
1 cup plain low-fat yogurt  
1 1/2 tsp curry powder

In a 2-quart pressure frypan or larger pressure cooker, heat vegetable oil over high heat. Add chicken and cook until browned on both sides.

Add lentils, water and curry powder. Bring to a boil, stirring occasionally.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 8 minutes.

Remove from heat and use Natural Release Method.

Remove chicken. When cool enough to handle, carve meat off the bone and cut chicken into bite-size pieces.

Let lentils and chicken pieces cool completely. Mix with grapes, cashews and celery.

Mix yogurt and curry powder until well blended.

Serve salad on a bed of lettuce. Pass dressing separately.

This recipe yields 4 to 6 servings.

Comments: For a less tangy dressing, substitute 1/2 cup yogurt and 1/2 cup light mayonnaise for the cup of yogurt.

**Serves 4**

**Recipe Source**

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Author: n/a

## CURRIED CHICKEN SALAD

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1 1/2 lbs boned chicken breasts  
= (3 to 4 cutlets)  
1/2 cup water  
A good splash of white wine  
1/2 tsp salt  
Freshly-ground white pepper, to taste  
2 slices sweet onion, 1/2" thick  
=== THE FINISHED SALAD ===  
4 cups cooked cubed chicken breasts, from  
above  
1 cup finely-minced celery  
2 Tbs finely-minced fresh sweet onion  
2 Tbs fresh tarragon  
Salt, to taste  
Freshly-ground black pepper, to taste  
1 cup mayonnaise  
2 Tbs sour cream  
1 Tbs fresh lemon juice  
1 tsp Madras curry powder  
2 cups red and/or green seedless grapes  
3/4 cup toasted chopped pecans

Place the chicken in a 2-, 5- or 7-quart pressure cooker. Add the water and generous splash of wine. If eliminating the wine, add extra water. Salt and pepper the surface. Place the onion rings over the top of the chicken breasts.

Lock the lid in place and bring to high pressure and cook for 6 minutes if the breasts weigh in at 8 ounces each. (If using small breasts, reduce the time by 1 minute.)

Discard the onions from the top of the chicken. Remove the chicken to a plate and loosely cover to prevent drying out. The stock in the pot should be strained and saved for another use. When cool enough to handle, cube the chicken into 1/2-inch pieces or smaller. Place in a bowl and chill before adding the dressing.

The Finished Salad: Combine the chicken, celery, onion and tarragon in a large bowl. Generously season the mixture. Whisk the mayonnaise, sour cream, lemon juice and curry powder. Blend well. Combine just enough dressing to moisten the chicken mixture. Fold in well. Add the grapes and gently blend in. Top the salad with pecans if plate serving or fold them in if using as a sandwich filling.

This recipe yields 3 servings.

**Serves 3**

**Recipe Source**

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Author: Arlene Ward

# CURRIED RICE WITH CHICKEN, PEAS AND CURRANTS

---

3 boneless skinless chicken breasts  
1 package frozen peas, slightly thawed  
1 cup packaged baby carrots  
1/4 cup currants - (to 1/2)  
2 Tbs butter  
1 small onion, coarsely chopped  
1 tsp fennel seeds  
1 cumin seeds  
2 cups long-grain white rice  
= (jasmine or basmati)  
2 cans chicken broth - (14 oz ea)  
1 can unsweetened coconut milk - (14 oz)  
1 1/2 Tbs curry powder - (to 2), or to taste  
1 tsp salt

Take the peas out of the freezer and set aside to partially thaw.

Heat one tablespoon of butter in the cooker over medium-high heat. Add the chicken and brown on both sides. Remove chicken to a plate and cover to keep warm. The chicken will still be pink in the middle. (Do not be tempted to overcook. You will finish the cooking later.)

Heat an additional tablespoon of butter in the pressure cooker and saute the onion and carrots for 1 to 2 minutes. Add cumin seeds, fennel seeds and rice, stirring to coat with the oil. (Be careful not to scorch the rice.) Add the chicken broth, coconut milk, curry, currants and salt.

Stir the mixture well, making sure nothing is sticking to the bottom (coconut milk and rice will scorch). Keep stirring until the mixture begins to boil. This is a very important step!

Place the lid on the pressure cooker and bring pressure to the second red ring (15 pounds pressure) over high heat.

Take the cooker off the flame and allow the pressure to come down naturally for 7 minutes.

While the rice is cooking, cut the chicken into small dice. The chicken will still be a bit pink in the center. This will cook more when added to the rice.

Use the fingertip method to release any remaining pressure after the 7 minutes. Remove the lid. The coconut milk will have risen to the top, so stir it down into the mixture.

Adjust for creamy consistency, adding water or stock if necessary and adjust the spices. Add the chicken and peas to the rice and stir. Put the lid on the cooker but do not bring under pressure.

Let the chicken, peas and rice steam an additional minute or two until the peas are warmed through and the rice is done. Stir well before serving.

This recipe yields 6 servings.

**Serves 6**

**Recipe Source**

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Author: Lorna J. Sass

# CURRIED WINTER SQUASH SOUP

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2 small butternut or acorn squash,  
halved, seeded  
1/2 cup water  
1 medium onion, peeled, chopped  
3 celery ribs, peeled, chopped  
3 small carrots, peeled, chopped  
1 Tbs mild curry paste - (to 1 1/2)  
2 cups chicken stock - (to 3)  
2 tart apples, like Granny Smith, sliced  
Oil, as needed  
Butter, as needed  
Plain yogurt, for serving

Place trivet in bottom of 5-quart or larger pressure cooker. Add squash and water.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

When squash is cool, scoop it from its skin with a spoon.

Saute the onion, celery and carrots in a small amount of oil in the pressure cooker, until soft but not brown.

Add the curry paste, squash and stock and bring to a boil, stirring occasionally.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

Puree the soup in the pressure cooker using a hand blender. Add additional stock if a thinner consistency is desired.

Saute the apple slices in butter for one minute (just to heat through). Top individual soup portions with a tablespoon of yogurt and a few apple slices.

This recipe yields 4 to 6 servings.

Approximate nutritional analysis per serving wwithout apples: 79 calories; 2g protein; 19g carbohydrates; 1g fat; 4g dietary fiber; 1mg cholesterol; 41mg sodium.

**Serves 4**

**Recipe Source**

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Author: n/a

# DELICIOUS GARLIC MASHED POTATOES

---

3/4 cup water  
4 lbs small red potatoes, quartered  
1/2 cup milk - (to 3/4), warmed  
2 garlic cloves, peeled, crushed  
1/4 cup butter, melted  
Salt, to taste  
Freshly-ground black pepper, to taste

Place a steaming trivet or collapsible steamer in the bottom of a 4-quart or larger pressure cooker. Add water, garlic and potatoes.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize at the second red ring. Cook for 6 to 10 minutes, depending on the size and age of the potatoes.

Remove from heat and use Natural Release Method (remove from heat and allow pressure to subside naturally).

Drain potatoes and garlic and let stand a minute to drain excess moisture.

Put potatoes and garlic through a potato ricer or mash with a potato masher and transfer to a warmed serving dish. Add milk, 1/4 cup at a time while beating, until the potatoes are creamy. Beat until blended.

Season with salt and pepper to taste.

This recipe yields 6 to 8 servings.

**Yummy Alternative:** If you have the time, try roasting a whole head of garlic at 350 degrees 45 minutes to an hour (wrapped in foil and drizzled with olive oil) and adding it to the potatoes before you mash them.

**Serves 6**

**Recipe Source**

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Author: n/a

## EASY CASSOULET

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1 lb dried white beans - (2 cups)  
2 whole chicken breasts, split into halves  
1 Tbs canola oil  
1 package brown-and-serve sausage links - (8 oz)  
1 medium onion, peeled, and finely chopped  
1 garlic clove, peeled, minced  
1 can chopped peeled tomatoes - (14 1/2 oz), drained  
2 Tbs finely-chopped fresh parsley  
3/4 cup dry white wine  
3/4 cup chicken broth  
1/2 tsp dried thyme  
1/4 tsp freshly-ground black pepper

Prepare beans.

Rub chicken with canola oil. In a 2-quart pressure frypan, brown chicken on both sides.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 6 minutes.

Remove from heat and use Touch Release Method.

Remove chicken and let cool.

Brown sausage according to package directions and let cool.

Remove all but 2 tablespoons drippings from pan (or add enough oil to equal 2 tablespoons). Add onion and garlic. Cook until onion softens. Add tomatoes, parsley, wine, broth, dried thyme and pepper. Simmer 5 minutes.

Cut chicken into bite-size pieces, discarding skin and bones. Slice sausage into 1/4-inch pieces.

Place chicken, sausage and cooked drained beans in a 3-quart casserole. Add tomato mixture and mix lightly. Cover and bake at 325 degrees for 30 minutes.

Garnish with additional chopped parsley before serving.

This recipe yields 6 to 8 servings.

Comments: Other beans that can be used instead of white beans are great northern, flageolet and cannellini.

**Serves 6**

## Recipe Source

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Author: n/a

## EGGPLANT CAPONATA

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1/4 cup olive oil  
1/4 cup dry white wine  
2 Tbs Balsamic vinegar  
1 tsp cinnamon  
1 large eggplant, peeled, and  
cut into 1/2" cubes  
1 medium onion, coarsely chopped  
1 medium green bell pepper, stemmed,  
cored,  
and diced  
1 medium red bell pepper, stemmed,  
cored,  
and diced  
2 garlic cloves, peeled, and  
finely chopped  
1 small can cut tomatoes - (14 oz),  
drained  
3 celery stalks, coarsely chopped  
1/2 cup Nicoise olives, pitted, chopped  
1/2 cup golden raisins  
2 Tbs capers

In a 5-quart or larger pressure cooker, heat olive oil, white wine, red wine vinegar and cinnamon over medium-high heat.

Add eggplant, onion, peppers, garlic, tomatoes, celery, olives, raisins and capers and stir to mix well.

When mixture begins to come to the boil, close the lid and bring pressure to the first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at the first red ring. Cook for 8 minutes.

Remove from heat and use Natural Release Method (take the cooker off the heat and set it aside to allow the pressure to subside naturally).

Serve hot, cold, or room temperature. When used as a filling, it is best to drain off or reduce excess liquid.

This recipe yields 8 to 10 side dish or over 12 hors d'oeuvres servings.

Comments: This Mediterranean favorite makes great use of all the vegetables from your summer garden. Making it a day in advance enhances the complex blend of flavors.

**Serves 8**

**Recipe Source**

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Author: n/a

# FISH STOCK

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2 lbs fish parts  
= (gills-removed heads, bones and tails)  
2 onions, peeled  
1 carrot, coarsely chopped  
2 leeks, coarsely chopped  
1/2 bunch fresh parsley  
1 bunch chives  
10 peppercorns  
1 bay leaf  
Salt, to taste  
7 cups water  
1 cup white wine

Place all ingredients in a 5-quart or larger pressure cooker. Bring stock to a boil.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

Strain stock and allow to cool. Refrigerate. Will keep up to 4 days refrigerated, or freeze for later use.

This recipe yields 8 cups.

## **Recipe Source**

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Author: n/a

# FRESH GREENS WITH BEETS, HARICOTS VERTS AND MUSTARD

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4 medium beets, gently washed,  
and trimmed  
1/2 lb haricots verts or Blue Lake beans,  
trimmed  
3 Tbs balsamic vinegar  
2 Tbs walnut oil  
1 tsp Dijon mustard  
1/4 cup shelled walnuts in halves or  
pieces  
Mixed salad greens for 6

In a 3-quart or larger pressure cooker, place whole beets on the steaming trivet with 1/2 cup of water in the bottom of the cooker. Close the lid and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at the second red ring and cook for 10 to 14 minutes depending on the size of the beets.

While the beets cook, prepare the haricots. In a large pan or skillet, boil enough water to cover the beans. When the water is boiling, blanch the beans for 1 minute. Immediately remove the beans and refresh them in a large bowl of ice water. Drain and pat dry with towels.

When the beets are done, use Natural Release Method. (Off heat, allow the pressure to subside naturally.) Cool beets, slip off their skins and cut into julienne strips.

Mix balsamic vinegar and mustard together. Slowly add the walnut oil while whisking to make a vinaigrette. Toss the beets and the beans in the vinaigrette to coat them. Arrange greens on each plate and place beets and beans on top. Just before serving, garnish with walnut pieces.

This recipe yields 6 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# FRUIT AND HONEY WITH CASHEW CREAM

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2 cups water  
1/4 cup honey  
1/2 lb mixed dried fruit  
1/2 cup raisins  
1 cup sliced carrots  
1/4 tsp ground cinnamon  
2 tsp grated lemon rind  
1 Tbs arrowroot  
1/2 cup cashews

In a 2-quart or larger pressure cooker, add water and honey. Allow to come to a simmer over medium-high heat. Add dried fruit, raisins, carrots, cinnamon and lemon rind.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes.

Remove from heat and use Touch Release Method.

Remove fruit with a slotted spoon. Add arrowroot to remaining liquid, stir to mix.

Place cashews and thickened liquid in the bowl of a food processor and process until ingredients are smooth.

Serve fruit in bowls topped with cashew cream.

This recipe yields 4 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# GOLDEN SPLIT PEA SOUP

---

1 medium smoked ham hock, cracked  
5 thick slices smoked bacon  
1 large onion, chopped  
2 carrots, peeled, chopped  
1 potato, cubed  
1 cup green or golden split peas, rinsed  
2 1/2 cups vegetable or chicken stock -  
(to 3)  
1 garlic clove, minced  
1 bay leaf  
Salt, to taste  
Freshly-ground black pepper, to taste

In a 5-quart or larger pressure cooker, saute the bacon. Remove from the cooker and stir in the onion. Cook until transparent.

Add carrots, potato, split peas and stock. Stir to mix. Add ham hock, garlic, bay leaf, salt and pepper. Stir to mix.

Close lid and bring pressure to the first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at the first red ring. Cook 15 minutes.

Remove from heat and allow pressure to subside naturally (Natural Release Method).

Remove ham hock and divide the meat between the 4 bowls.

This recipe yields 4 servings.

Approximate nutritional analysis per serving: 280 calories; 12g protein; 34g carbohydrates; 12g fat; 11g dietary fiber; 13mg cholesterol; 147mg sodium.

Comments: Serve with crusty bread as an accompaniment. A glass of hearty red wine completes the meal.

**Serves 4**

**Recipe Source**

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Author: n/a

# ITALIAN CHICKEN WITH PEPPER

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1 Tbs olive oil  
1 frying chicken, skin removed,  
cut into serving pieces  
1 medium onion, peeled, chopped  
1 medium green bell pepper, stemmed,  
cored,  
and cut into 1/4" strips  
2 garlic cloves, peeled, minced  
2 Tbs red wine vinegar  
1 can diced tomatoes - (16 oz), drained  
3/4 tsp dried basil  
Crushed red pepper flakes, to taste  
Salt, to taste  
Freshly-ground black pepper, to taste

In a 2 1/2-quart pressure frypan or larger pressure cooker, heat oil over high heat. Add chicken and cook until browned on all sides. Remove from pan and set aside.

Add onion, green bell pepper and garlic. Cook until softened. Add red wine vinegar to pan and stir to loosen any brown bits that may be sticking. Add chicken, tomatoes, basil, red pepper flakes, salt and pepper.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

Arrange chicken on a warm platter and cover with vegetables and sauce.

This recipe yields 4 servings.

Comments: The vegetables and sauce are delicious served over polenta for a complete Italian meal. Prego!

**Serves 4**

**Recipe Source**

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Author: n/a

## ITALIAN CHICKEN WITH ROASTED PEPPERS

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1 frying chicken, skin removed,  
cut into serving pieces  
1 Tbs olive oil  
1 medium onion, peeled, chopped  
1 medium green pepper, roasted, stemmed,  
cored, and cut into 1/4" strips  
1 medium red pepper, roasted, stemmed,  
cored, and cut into 1/4" strips  
4 garlic cloves, peeled, minced  
2 Tbs red wine vinegar  
1 can diced tomatoes - (16 oz), drained  
3/4 tsp dried basil  
Crushed red pepper flakes, to taste  
Salt, to taste  
Freshly-ground black pepper, to taste

In a 2 1/2-quart pressure frypan or larger pressure cooker, heat oil over high heat. Add chicken pieces and cook until browned on all sides. Remove from pan and set aside.

Add onion, and garlic and saute until softened. Add roasted peppers, and red wine vinegar to pan and stir to loosen any brown bits that may be sticking. Add chicken, tomatoes, basil, red pepper flakes, salt and pepper.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Immediately adjust heat to stabilize pressure at the second red ring. Cook for 10 minutes.

Remove from heat and allow the pressure to subside naturally. (Natural Release Method)

Arrange chicken on warm platter and cover with vegetables and sauce.

This recipe yields 4 servings.

Comments: About roasting peppers: Roasting peppers is easily achieved over a gas flame or under the broiler by placing the whole pepper on/under the burner and turning it as the skin begins to blacken. After the whole pepper is black, place the pepper in a paper sack and let it steam and cool for a few minutes. When cooled, carefully remove the skin, core and seeds. Save any liquid from the peppers, it lends the dish a delightful smoky flavor.

**Serves 4**

## Recipe Source

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Author: n/a

# ITALIAN RISOTTO WITH ASPARAGUS

---

1 Tbs olive oil  
1 medium onion, peeled, and  
finely chopped  
1 cup Italian Arborio rice  
1/4 cup dry white wine  
1/4 cup dried tomatoes in olive oil,  
chopped  
1 can chicken stock - (14 1/2 oz)  
= (or vegetable broth)  
Fresh herbs to season  
1/4 cup freshly-grated Parmesan cheese  
1 Tbs olive oil  
1 lb fresh asparagus, trimmed, and  
peeled if necessary, cut in 1" slices  
Salt, to taste  
Freshly-ground black pepper, to taste

In a 2 1/2-quart or larger pressure cooker, heat oil over high heat. Add onion and saute until transparent. Add rice, stirring often, until lightly golden.

Add wine, tomatoes and broth. Stir to mix and keep stirring until the mixture reaches a boil. Stir in your choice of fresh herbs.

When the mixture is boiling, close lid and bring pressure to the first red ring (8 pounds pressure). Immediately adjust heat to stabilize pressure at the first red ring. Cook for 7 minutes.

Remove from heat and use Cold Water Release Method.

Stir in asparagus slices and place lid back on cooker. Do not heat. The asparagus will steam in the cooker without added heat. Leave in cooker for 2 to 3 minutes, or until the asparagus is tender.

Remove the lid. Stir in Parmesan cheese and serve.

This recipe yields 4 to 6 servings.

Comments: Italian Arborio rice is an especially plump, powdery, short-grain Italian rice. The extra powder on the outside of the grain makes this dish creamier. You can substitute short grain Calriso, which is an Arborio grown in California, or regular short-grain rice.

**Serves 4**

**Recipe Source**

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Author: n/a

# KARALEE'S FIREWORKS BEAN SALAD

---

1 cup black beans  
3 whole white corn ears, steamed, and kernels removed  
1 small bunch cilantro, chopped  
2 small jalapeno peppers, finely diced  
1 large red pepper, diced  
1 small red onion, diced  
2 celery ribs, diced  
1/2 cup lime juice  
2 Tbs olive oil  
Salt, to taste  
2 garlic cloves, crushed  
2 tsp cumin  
1 tsp chili powder

Wash, sort and soak the beans 6 to 8 hours or overnight.

Place the soaked and rinsed beans in a 4-quart or larger pressure cooker.

Add water and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at the second red ring. Cook for 10 to 12 minutes.

Remove from heat and let the pressure subside naturally.

Place beans, corn, peppers, onion, cilantro and jalapenos in a large bowl.

Whisk together lime juice, oil, garlic, cumin and chili powder and toss to coat the salad.

This recipe yields 4 to 6 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# LAMB TAGINE WITH HONEY, PRUNES, ONIONS AND TOASTED

---

18 pearl onions, blanched, peeled  
2 Tbs olive oil  
4 lbs lamb stew meat, cut 1" cubes  
= (or a whole 4 1/2-lb leg, cut  
into 1" cubes, reserving bone)  
1 medium onion, finely diced  
10 Spanish saffron threads  
1 1/2 cups homemade or canned beef stock  
2 Tbs honey  
1 tsp ground turmeric  
1/2 tsp ground cinnamon  
1/8 tsp ground mace  
16 pitted prunes - (abt 6 oz)  
Salt, to taste  
Freshly-ground black pepper, to taste  
1/2 cup whole almonds, toasted

In a small saucepan filled with boiling water, blanch the pearl onions for 1 minute. Drain and let cool. Peel the onions and set aside.

In a 4-quart or larger pressure cooker, heat the olive oil over medium-high heat. Brown the meat in batches on all sides. Avoid overcrowding the meat or it will not brown properly. Transfer the meat to a platter.

Add the diced onions to the pan and cook, stirring occasionally, until softened.

Meanwhile, grind the saffron in a mortar and pestle (or rub it between your finger) and add it to the beef stock.

Return the meat to the pot. Stir in the saffron mixture along with any bones. Stir in the honey, turmeric, cinnamon, mace, and prunes.

Cover the cooker and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat downward to maintain the pressure at the second red ring and cook 15 minutes.

Open the pressure cooker using fingertip Release Method and add the onions. Stir well.

Cover again and bring pressure up to the second red ring. Adjust heat downward to maintain the pressure at the second red ring and cook 5 minutes more. Use Natural Release Method.

Meanwhile, in a non-stick frypan, toast the almonds until golden. Set aside.

Remove the cover from the pressure cooker and strain off all fat. (A good way to do this is to pour off all the liquid into a fat skimmer and pour off all the juice, leaving the fat. Discard the fat.)

Use the non-stick pan you have used to toast the almonds to reduce the sauce until slightly thicker. (The wider pan quickens this process.) Taste and add salt and pepper as needed.

Return the sauce to the pot and sprinkle the stew with the almonds. Serve with couscous or rice in shallow bowls.

This recipe yields 6 servings.

**Serves 6**

**Recipe Source**

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Author: Kitty Morse

# LAVENDER-SCENTED PEAR CHEESECAKE (7" PAN)

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=== THE PEARS ===

1 firm well-shaped Bosc pear  
1 Tbs butter  
1/8 cup sugar  
1/8 cup orange blossom honey  
1 tsp dried lavender, ground in a mortar and pestle  
1/3 cup water

=== CHEESECAKE ===

3 extra large eggs, room temperature  
2 Tbs cornstarch  
1 cup sugar  
1 tsp dried lavender, ground in a mortar and pestle  
1/2 tsp pure orange extract  
1 lb cream cheese, softened  
1 cup sour cream

Cut a piece of aluminum foil 2 feet long by 1 foot wide and double it twice lengthwise to create a strip for moving the pan to and from the cooker. Set Aside.

Butter the sides and bottom of a 7-inch spring form pan. Cut a piece of parchment paper to fit the inside bottom of the pan. Cover the exterior bottom and sides of the pan with a large sheet of aluminum foil so that no water can seep in. Set aside.

Slice the pear lengthwise with a knife or mandoline about 1/4-inch thick. Cut through the seeds and all leaving the pear in one well-shaped form.

In a heavy skillet, melt the butter. Add the pear slices single file over the surface. Saute, turning to brown evenly. Add some of the sugar toward the end to obtain a nice lightly brown look. When colored, remove the pear from the skillet and cool. Add the remaining sugar, honey and lavender. Simmer to reduce. When slightly syrupy, remove and transfer to a small covered dish. Reserve until serving time.

Carefully place each piece of pear on the parchment-lined bottom of the cake pan. Place the best side down.

In a food processor, blend the eggs, cornstarch, sugar, lavender and orange extract. Add the softened cream cheese and sour cream, process until smooth. Open the bowl; scrape

down the sides. Pour the mixture carefully over the arranged pears. Cover with buttered foil so that the foil fits tightly around the sides but allows some room on top for the cheesecake to expand. Set a trivet or rack on the bottom of the cooker. Pour in 2 cups of water. Place on the foil strip and gently lower it into the cooker. Loosely fold the ends of the foil strip over the top of the pan.

Lock the lid in place and over high heat; bring to high pressure. Adjust the heat to maintain pressure and cook for 25 minutes. Turn off the heat and let the pressure drop naturally. Remove the lid, tilting it away from you to allow any excess steam to escape. Remove the foil lid; blot up any excess water from the top of the cheesecake with a wad of paper towel. Cool completely, then chill.

Final Assembly: Remove the cooled cheesecake from the pan by running a sharp knife along the sides. Release the spring. Place a serving plate on the surface of the cake. Reverse the cake. With the tip of a small sharp knife, remove the bottom of the cake pan from the surface. Peel off the parchment paper. Use the reserved lavender honey to lightly glaze the pear pieces. The sauce should be room temperature and will be slightly runny.

This recipe yields 6 servings.

Comments: For a different style of serving, you can prepare extra sauce by doubling all the sauce ingredients except the pears. Top the cake to finish off and plate up a slice with a little pool of extra sauce to the side.

**Serves 6**

**Recipe Source**

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Author: Arlene Ward

## LAVENDER-SCENTED PEAR CHEESECAKE (9" PAN)

---

=== THE PEARS ===

1 firm well-shaped Bosc pear  
1 Tbs butter  
1/8 cup sugar  
1/8 cup orange blossom honey  
1 tsp dried lavender, ground in a mortar and pestle  
1/3 cup water

=== CHEESECAKE ===

4 extra large eggs, room temperature  
3 Tbs cornstarch  
1 cup sugar  
2 tsp dried lavender, ground in a mortar and pestle  
1 tsp pure orange extract  
1 lb cream cheese, softened  
1 cup sour cream

Cut a piece of aluminum foil 2 feet long by 1 foot wide and double it twice lengthwise to create a strip for moving the pan to and from the cooker. Set Aside.

Butter the sides and bottom of a 9-inch spring form pan. Cut a piece of parchment paper to fit the inside bottom of the pan. Cover the exterior bottom and sides of the pan with a large sheet of aluminum foil so that no water can seep in. Set aside.

Slice the pear lengthwise with a knife or mandoline about 1/4-inch thick. Cut through the seeds and all leaving the pear in one well-shaped form. In a heavy skillet, melt the butter. Add the pear slices single file over the surface. Saute, turning to brown evenly. Add some of the sugar toward the end to obtain a nice lightly brown look. When colored, remove the pear from the skillet and cool. Add the remaining sugar, honey and lavender. Simmer to reduce. When slightly syrupy, remove and transfer to a small covered dish. Reserve until serving time.

Carefully place each piece of pear on the parchment-lined bottom of the cake pan. Place the best-side down.

In a food processor, blend the eggs, cornstarch, sugar, lavender and orange extract. Add the softened cream cheese and sour cream, process until smooth. Open the bowl; scrape down the sides. Pour the mixture carefully over the

arranged pears. Cover with buttered foil so that the foil fits tightly around the sides but allows some room on top for the cheesecake to expand. Set a trivet or rack on the bottom of the cooker. Pour in 3 cups of water. Place on the foil strip and gently lower it into the cooker. Loosely fold the ends of the foil strip over the top of the pan.

Lock the lid in place and over high heat; bring to high pressure. Adjust the heat to maintain pressure and cook for 35 minutes. Turn off the heat and let the pressure drop naturally. Remove the lid, tilting it away from you to allow any excess steam to escape. Remove the foil lid; blot up any excess water from the top of the cheesecake with a wad of paper towel. Cool completely, then chill.

Final Assembly: Remove the cooled cheesecake from the pan by running a sharp knife along the sides. Release the spring. Place a serving plate on the surface of the cake. Reverse the cake. With the tip of a small sharp knife, remove the bottom of the cake pan from the surface. Peel off the parchment paper. Use the reserved lavender honey to lightly glaze the pear pieces. The sauce should be room temperature and will be slightly runny.

This recipe yields 8 servings.

Comments: For a different style of serving, you can prepare extra sauce by doubling all the sauce ingredients except the pears. Top the cake to finish off and plate up a slice with a little pool of extra sauce to the side.

**Serves 8**

**Recipe Source**

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Author: Arlene Ward

# LEMON CHEESECAKE

---

2 Tbs butter  
2 Tbs sugar  
1/2 cup graham cracker crumbs  
1 container ricotta cheese - (15 oz)  
3 oz cream cheese, softened  
1 cup sugar  
4 eggs  
1/4 cup lemon yogurt  
2 Tbs flour  
1 Tbs grated lemon rind  
1/2 cup raisins or currants  
1 cup water

In a small saucepan, melt butter and sugar, stir until well mixed. Add graham cracker crumbs. Press into the bottom of a well greased 7-inch springform pan.

Combine ricotta cheese, softened cream cheese and sugar with an electric mixer until well blended. Add eggs, one at a time, until well blended.

Add yogurt, flour and lemon rind, mix until smooth. Stir in raisins or currants.

Pour mixture into prepared springform pan. Cover the pan with a greased piece of foil, tightly fitting it around the edges so no moisture can get in.

Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan in and out of the pressure cooker.

In a 5-quart or larger pressure cooker, add water and insert trivet. Lower pan in place with foil strip.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 30 minutes.

Remove from heat and use Natural Release Method.

Remove pan, uncover and let cool. After cheesecake cools, run a knife around the edge of the pan and unlatch pan. Refrigerate 3 to 6 hours before serving.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# LENTIL SOUP WITH FENNEL AND SUN-DRIED TOMATOES

---

1/4 cup full-flavored olive oil  
2 medium onions, chopped  
= (about 2 cups)  
5 large garlic cloves, chopped  
1 lb lentils  
4 oz sun-dried tomatoes, cut small pieces  
1 medium fennel bulb, including stalks,  
cut 1/2" pieces  
= (about 4 cups)  
3 quarts water  
2 tsp coarse sea salt  
3/4 tsp freshly-ground black pepper  
3/4 tsp fennel seed

In a 6 quart pressure cooker, warm oil over medium heat and saute onions until they begin to brown, about 15 minutes. Add garlic and saute another 30 seconds. Add remaining ingredients.

Cover pot securely and bring to high pressure over high heat. Adjust heat so pot continues to cook at high pressure for 30 minutes.

Allow pressure to reduce naturally, about 15 minutes.

Uncover pot and, with a wooden spoon, smash the large pieces of fennel against the side of the pot. Taste and correct with salt and pepper.

Serve hot with a drizzle of extra virgin olive oil. Or serve topped with a slice of toasted bread rubbed with garlic and drizzled with oil.

This recipe yields 8 servings.

**Serves 8**

**Recipe Source**

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Author: Arthur Schwartz

## LIGHT "FRIED" DRUMSTICKS

---

1/2 cup flour or bread crumbs  
Salt, to taste  
Freshly-ground black pepper, to taste  
4 chicken legs - (to 6), skin removed  
1/4 cup corn or canola oil

Combine flour or bread crumbs, salt and pepper in a paper or plastic bag. Add chicken and shake until well coated with mixture.

In a 2-quart pressure frypan, heat oil over high heat. Add chicken pieces and cook until browned on one side. Use a splatter screen or conventional lid to cover chicken while browning.

Turn chicken pieces. Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 8 minutes.

Remove from heat and use Touch Release Method.

Cook for 3 minutes.

Wash gasket and lid immediately with soap and hot water.

This recipe yields 2 to 3 servings.

Comments: Lightly rubbing the chicken with your favorite mustard before coating with flour or bread crumbs will give this a nice variety to your meal.

**Serves 2**

**Recipe Source**

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Author: n/a

## MEDITERRANEAN STUFFED PEPPERS

---

1 package extra-firm silken tofu lite -  
(12.3 oz)  
4 medium bell peppers - (6 to 8 oz ea)  
= (red, green, orange, and/or yellow)  
1 can tomato sauce - (15 oz)  
1 Tbs chopped fresh oregano  
= (or 1 1/2 tspns dried oregano)  
1 tsp chopped fresh mint  
= (or 1/2 tspn dried mint)  
1 Tbs chopped fresh chives or green onion  
1/4 tsp ground cinnamon  
1 Tbs fresh lemon juice  
1 cup dry instant couscous  
1/3 cup thinly sliced pitted Calamata  
olives  
4 oz crumbled lite feta cheese  
1 jar pasta sauce - (24 oz)

Make the Filling: Using a paring knife, carefully cut a circle around the stem of the bell peppers then pull out the stem. Create a hole at the top of the pepper just large enough to accommodate a large soup spoon. Remove the seeds and membranes and reserve the tops of the bell peppers. Chop tofu into small, bite-sized pieces. In a large bowl, mix the tofu with all remaining ingredients except pepper bottoms and pasta sauce. Set aside.

Divide the filling evenly among the four peppers, stuffing them carefully with a soup spoon. Put one cup water in the bottom of the pressure cooker and put the trivet in place. Stand the peppers on the trivet. Cover the pressure cooker and bring to full pressure (15 pounds). Reduce the heat to stabilize pressure and cook for 4 minutes. Release the pressure and serve immediately.

While the peppers are cooking, warm pasta sauce in a 2-quart pan over medium heat. When peppers are ready to serve, spoon 1/2 cup of the pasta sauce on the bottom of 4 dinner plates or shallow pasta bowls. Place one cooked pepper in the middle of each plate and top with the reserved pepper stem. Garnish with a sprig of fresh mint and some crumbled feta then serve immediately.

This recipe yields 4 servings.

Comments: Whenever my family craves a ray of Mediterranean Sunshine to brighten a dreary winter day, I pop my Mediterranean Stuffed Peppers into the pressure cooker.

Ready in just four minutes, I have to restrain everyone from sampling the mouth-watering stuffing directly out of the pot...Mori-Nu® tofu, couscous, Calamata olives, feta cheese, mixed with fresh herbs and spices. I make everyone wait until I plate each of these colorful stuffed peppers on a pool of pasta sauce with flourishes of fresh mint and crumbled feta cheese.

**Serves 4**

**Recipe Source**

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Author: Holly Rudin-Braschi

# MINISTRONE TICINESE

---

2 bacon slices, chopped  
2 medium onions, chopped  
2 garlic cloves, peeled, minced  
3 carrots, peeled, chopped  
2 leeks, white part only, halved, and  
thinly sliced  
1/2 cabbage head, chopped  
2 celery ribs, chopped  
1/3 cup sun-dried tomatoes, chopped  
1 tsp chopped fresh rosemary  
1 tsp chopped fresh parsley  
1 tsp chopped fresh oregano  
1 beef shank - (abt 1 1/2 to 2 lbs)  
8 cups chicken stock  
Salt, to taste  
Freshly-ground black pepper, to taste  
1/2 cup elbow macaroni  
1/2 cup arborio rice  
1/2 cup grated Parmesan cheese, for  
garnish

In a 5-quart or larger pressure cooker, heat bacon over medium-high heat. After bacon has released some oil, stir in onion. Cook until transparent.

Add garlic, carrots, leeks, cabbage, celery, tomatoes, rosemary, parsley, oregano, beef shank, stock, salt and pepper. Stir to mix.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 minutes.

Remove from heat and use Touch Release Method.

Remove beef shank. When cool enough to handle, carve meat off bone and cut beef into bite-size pieces. Return beef to soup. Add macaroni and rice.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.

Remove from heat and use Natural Release Method.

Serve in bowls and garnish with Parmesan cheese.

This recipe yields 6 to 8 servings.

Approximate nutritional analysis per serving: 278 calories; 20g protein; 32g carbohydrates; 8g fat; 5g dietary fiber; 39mg cholesterol; 210mg sodium.

**Serves 6**

**Recipe Source**

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Author: n/a

# MIXED BERRY BREAD PUDDING

---

1/2 cup butter, melted  
1 cup half-and-half  
= (or milk)  
1 1/2 cups sugar  
2 large eggs, lightly beaten  
1 tsp vanilla extract  
1/2 tsp ground nutmeg  
2 packages frozen mixed berries  
8 cups cubed (2") Italian or French bread  
1 1/2 cups water, for cooking

Butter an 8-inch round baking pan.

Combine butter, half-and-half, sugar, eggs, vanilla and nutmeg in a bowl. Beat until smooth. Stir in frozen mixed berries.

Place bread cubes in a large bowl. Pour fruit mixture over bread cubes. Toss until bread is well moistened.

Spoon into prepared pan. Cover pan securely with foil. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan into and out of the pressure cooker.

In a 5-quart or larger pressure cooker, add 1 1/2 cups water and insert trivet. Lower the pan onto the trivet with the prepared foil harness. Close lid and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize at the second red ring.

Cook 15 minutes. Remove from heat and allow to release pressure naturally (Natural Release Method).

Remove lid and lift the pan from cooker. Place on wire rack to cool before serving or serve warm if preferred.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# MOIST BBQ CHICKEN

---

4 bone-in skin-on chicken breast halves  
4 large garlic cloves, crushed  
1 1/2 tsp salt  
1/4 cups sesame oil  
1 Tbs rice vinegar  
1 Tbs soy sauce

Mix together the garlic, salt, sesame oil, rice vinegar, and soy sauce to make the marinade. Marinate the chicken overnight (optional) or for at least 4 hours.

While the coals are getting hot, place the chicken pieces on the trivet of the pressure cooker over 1/2 cup of water.

Place the cover on the pressure cooker and bring pressure to the second red ring (15 pounds pressure) over high heat. Immediately adjust heat to stabilize at the first red ring (8 pounds pressure). Time 6 to 8 minutes.

Use Cold Water Release Method.

Remove the chicken from the cooker immediately and brush with barbecue sauce (optional) and grill for a few minutes a side.

Test internal temperature with an instant-read meat thermometer. Internal temperature should reach 160 degrees.

This recipe yields 4 servings.

Comments: We recommend that you use a chimney-type device to start the coals rather than barbecue "starter" fluid which pollutes the air and imparts a chemical taste to the food. Weber makes a chimney starter called the "Rapidfire Chimney Starter" for \$14.99. It takes one match and one piece of paper to start the coals. Recipe provided by Rudolf Keller, Kuhn Rikon, Inc.

**Serves 4**

**Recipe Source**

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Author: Rudolf Keller

# MONSOON CURRIED YAMS AND POTATOES

---

1/2 cup finely-chopped onion  
3 garlic cloves, peeled, and  
finely chopped  
1 1/2 Tbs curry paste  
3 cups diced yams  
1 cup diced potatoes  
2 Tbs sake  
1 cup frozen peas  
1/4 cup mango chutney  
1 cup plain yogurt  
1 cucumber, peeled, sliced

In a 2-quart pressure frypan, or larger pressure cooker, saute onion, garlic and curry paste over medium heat until onion is translucent.

Stir in yams and potatoes. Let them sizzle for 1 minute or until the bottom of the pan is sticky and slightly burned. Add sake.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 3 minutes.

Remove from heat and use Touch Release Method.

Add peas. Close lid and bring pressure to first red ring (8 pounds pressure) over medium-high heat.

Immediately remove from heat and use Natural Release Method.

Accompany each serving with dollops of yogurt and mango chutney and several cucumber slices.

This recipe yields 4 to 6 servings.

Comments: The sake may be replaced with apple juice. Curry paste may be difficult to find, but it is a good addition to any well stocked pantry. Even without the yogurt, mango chutney and cucumber this recipe is a good side dish with dinner.

**Serves 4**

**Recipe Source**

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Author: n/a

## MRS. GLANDER'S POTATO SALAD

---

1/3 cup chicken broth  
1/3 cup garlic wine vinegar  
7 medium potatoes, peeled, and  
cut into 1/2" cubes  
2 garlic cloves, peeled, crushed  
1/2 tsp salt  
1/4 tsp freshly-ground white pepper  
1 cup mayonnaise  
2 Tbs mustard  
5 hard boiled eggs, sliced  
1 medium red onion, peeled, and  
finely diced

In a 5-quart or larger pressure cooker, add chicken broth, wine vinegar and trivet. Place potatoes on top of trivet. Add garlic, salt and white pepper. Stir well.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 4 to 5 minutes.

Remove from heat and use Natural Release Method.

Drain potatoes into a colander and let stand for a minute to dry excess moisture.

In a separate bowl mix mayonnaise and mustard.

Combine potatoes with mayonnaise-mustard mixture, eggs and red onion. Stir carefully but thoroughly until evenly mixed. Serve warm or chilled.

This recipe yields 6 to 8 servings.

Comments: Potato salad can also be topped with bell pepper, radish and parsley. Sour cream can be substituted for the mayonnaise.

**Serves 6**

**Recipe Source**

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Author: n/a

## OSSO BUCO - CLASSIC ITALIAN VEAL STEW

---

4 veal shanks, cracked  
1 lb veal stew meat, cubed  
Flour, for dredging  
2 Tbs olive oil  
2 celery ribs, chopped  
3 medium carrots, chopped  
3 medium garlic cloves, crushed  
4 anchovy filets, drained, mashed  
1 tsp dried marjoram  
2 fresh thyme sprigs, chopped  
1 cup dry white wine  
1 can chopped tomatoes - (14 oz),  
drained  
1 bay leaf  
Zest of 1 lemon  
Zest of 1 orange  
1/4 cup Italian flat leaf parsley

Generously salt and pepper the veal shanks and dredge them in the flour to coat lightly.

Heat the oil over medium heat in a large frying pan or pressure frypan. Brown the veal shanks and veal stew cubes, turning. Remove from the pan and set aside.

Off the heat, deglaze the pan with 1/4 cup of the wine, scrapping up the brown bits.

In a 5-quart or larger pressure cooker, saute onions, celery and carrots in a little olive oil, stirring until the onions wilt, about 3 minutes. Add the garlic, anchovies (optional), marjoram and thyme. Mix. Add the wine, tomatoes, bay leaf, salt and pepper. Return the veal shanks and stew meat to the pan and stir well to mix.

Raise the heat to high while stirring. When the mixture comes to the boil, place the cover on the pressure cooker and bring pressure to the 2nd red ring (15 pounds pressure). Immediately lower heat to maintain pressure at the 2nd red ring. Cook for 25 minutes at the 2nd red ring.

Use Natural Release Method (let the pressure subside naturally off the heat).

Sprinkle the orange and lemon zest into the pan and stir well. Cover and simmer over low heat an additional 15 minutes without putting the mixture under pressure. Remove the bay leaf. Serve in large bowls with rice or egg noodles. Sprinkle each bowl with the parsley.

This recipe yields 8 servings.

**Serves 8**

**Recipe Source**

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Author: n/a

# PINEAPPLE UPSIDE DOWN CHEESECAKE

---

1 can pineapple chunks in unsweetened  
pineapple juice - (20 oz)  
1 Tbs butter  
1 Tbs sugar  
=== CHEESECAKE ===  
3 extra large eggs, room temperature  
2 Tbs cornstarch  
3/4 cup sugar  
1 tsp pure lemon extract  
1 lb cream cheese, softened  
1/2 cup sour cream  
3/4 cup well-drained crushed pineapple,  
juice reserved  
=== PINEAPPLE CURD ===  
1 1/2 cups reserved pineapple juice -  
(about)  
1 Tbs sugar  
1 Tbs cornstarch, mixed with  
1 Tbs water  
2 Tbs chopped crystallized ginger

Cut a piece of aluminum foil 2 feet long by 1 foot wide and double it twice lengthwise to create a strip for moving the pan to and from the cooker. Set Aside.

Butter the sides and bottom of a 7-inch spring form pan. Cut a piece of parchment paper to fit the inside bottom of the 7-inch spring form. Cover the exterior bottom and sides of the pan with a large sheet of aluminum foil so that no water can seep in. Set aside.

Drain the pineapple chunks well. Reserve the juice for making the curd. Place on paper toweling and blot all the excess liquid off the cubes. In a heavy skillet (cast-iron is best), melt the butter. Add the pineapple single file over the surface. Saute, turning to brown evenly. Add the sugar toward the end to obtain a nice charred brown look. When colored well, remove from the skillet and cool. When cooled: Carefully place each piece of pineapple on the parchment lined bottom of the cake pan. Start on the outside rim and work around in circles. Leave the center circle clear.

In a food processor, blend the eggs, cornstarch, sugar and lemon extract. Add the softened cream cheese and sour cream and process until smooth. Open the bowl, scrape down the sides. Add the crushed pineapple and blend with on and off

strokes until well mixed. Pour the mixture carefully over the arranged pineapple cubes. Cover with buttered foil so that the foil fits tightly around the sides but allows some room on top for the cheese cake to expand.

Set a trivet or rack on the bottom of the cooker. Pour in 2 1/2 cups of water. Center the pan on the foil strip and gently lower it into the cooker. Loosely fold the ends of the foil strip over the top of the pan.

Lock the lid in place and over high heat, bring to high pressure. Adjust the heat to maintain pressure and cook for 25 minutes. Turn off the heat and let the pressure drop naturally. Remove the lid, tilting it away from you to allow any excess steam to escape. Remove the foil lid, blot up any excess water from the top of the cheesecake with a wad of paper towel. Cool completely, and then chill.

Pineapple Curd: In a small heavy pot, place all of the reserved pineapple juice you have. Add the sugar and boil the volume down to about 1 cup. Mix the cornstarch and water together and add to the hot syrup. Stir well to incorporate. Cook until the sauce thickens and is shiny and clear. Add the ginger, chopped very fine. Cool the mixture at room temperature.

The pineapple curd will be used to finish off the cheesecake after you follow the next steps.

Final Assembly: Remove the cooled cheesecake from the pan by running a sharp knife along the sides. Release the spring. Place a serving plate on the surface of the cake. Reverse the cake. With the tip of a small sharp knife, remove the bottom of the cake pan from the surface. Peel off the parchment paper. Use the pineapple curd to lightly glaze the pineapple pieces without masking them. Place the remaining curd in the center of the cake.

This recipe yields 6 to 8 servings.

Comments: Upside down sounds crazy, but let me assure you, this will be one of your favorite cakes. Make sure you allow enough time to chill the cake well. You can remove the cake from the pan hours before serving for a creamy texture.

**Serves 6**

## **Recipe Source**

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Author: Arlene Ward

## POACHED PEARS IN RED WINE

---

4 large semi-ripe pears  
= (bosc or comice)  
1 bottle red wine or port  
1 cup sugar  
1 cinnamon stick  
Zest of whole orange  
6 large peppercorns, crushed  
Whipping cream, for serving  
Mint leaves, for garnish

Peel, core and halve the pears.

Place wine, sugar, cinnamon, orange zest and peppercorns in 4-quart or larger pressure cooker. Stir over high heat to dissolve the sugar. Carefully place the pears on top.

Close the lid and bring pressure to the first red ring (8 pounds pressure). Adjust heat to stabilize at the first red ring and cook 3 to 5 minutes. Use Natural Release Method.

Carefully remove the pears. With the flat-side down, slice lengthwise and fan out on plates.

Reduce the sauce left in the pressure cooker by 1/2 or until it coats a spoon.

Whip the cream.

Spoon the sauce around the pears and put a dollop of cream at the stem. Place 2 mint leaves on the cream to make the pear leaves.

Serve room temperature.

This recipe yields 8 servings.

**Serves 8**

**Recipe Source**

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Author: n/a

## POLENTA AND SWISS CHARD

---

2 Tbs butter  
1 medium onion, peeled, chopped  
3 cups water  
1/2 tsp salt  
1 cup polenta  
5 stalks Swiss chard, leafy greens  
coarsely chopped, and stalks diced  
1/2 cup grated Parmesan cheese  
2 Tbs tomato paste - (to 3)  
1/2 cup grated Gruyere cheese

In a 2-quart pressure frypan, heat butter over medium-high heat and saute onion until transparent.

Add water and salt, bring to a boil. Add polenta, stir well. Add Swiss chard, stirring continuously.

When contents boils, close lid and reduce heat. If pressure does not immediately begin to rise, uncover and try again.

Bring pressure to first red ring (8 pounds pressure) over medium heat. Adjust heat to stabilize pressure at first red ring. Cook for 9 minutes.

Remove from heat and use Cold Water Release Method.

Transfer polenta to an ovenproof serving dish. Stir in grated Parmesan cheese.

Evenly spread tomato paste over the top of the cooked polenta. Sprinkle with Gruyere cheese and bake in a 375 degree oven until cheese is melted.

Let stand 2 minutes before serving.

This recipe yields 4 to 6 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# PORK WITH ROSEMARY AND APPLES

---

3 1/2 lbs pork shoulder roast, room temperature  
2 tart apples, like Granny Smith, peeled, quartered  
1/2 cup dry white wine  
5 garlic cloves, peeled  
3 fresh rosemary sprigs  
3 Tbs Dijon mustard  
1 Tbs olive Oil  
Salt, to taste  
Freshly-ground black pepper, to taste

Spread the pork roast with the mustard and brown the roast in the bottom of a 5-quart or larger pressure cooker over medium-high heat. Remove the meat and pour out excess fat.

Deglaze the pan with the wine, scraping up the brown bits. Add the apple, garlic, salt and pepper.

Replace the roast on top of the apples and scatter the rosemary and close the lid. Bring pressure to first red ring (8 pounds pressure) over high heat and adjust heat to stabilize at the first red ring (8 pounds pressure). Cook for 35 to 45 minutes.

Take the pressure cooker off the heat and release with Natural Release Method.

Open the cooker and test for doneness 150 to 160 degrees with a meat thermometer. If the roast is not yet done, close the cooker and cook an additional 3 to 5 minutes until the meat tests at 160 degrees. Pork is best when moist and medium doneness.

Remove the roast and puree the apples and garlic use a hand blender to puree, or transfer solids to a blender or food processor and puree.

Nap the sauce onto a plate; place a slice of the roast on the sauce and garnish with some clean, fresh rosemary.

This recipe yields 6 servings.

**Serves 5**

**Recipe Source**

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Author: n/a

# POT ROAST WITH PASTA

---

2 lbs beef eye of round roast - (to 2  
1/2)  
Salt, to taste  
Freshly-ground black pepper, to taste  
1 large onion, sliced  
4 garlic cloves, minced  
2 celery stalks, coarsely chopped  
1 medium carrot, coarsely chopped  
1 can tomato paste  
1 fresh rosemary sprig  
3 whole cloves  
2 cups beef broth  
1 cup dry red wine  
12 oz fresh cheese ravioli  
= (or wide egg noodles)  
1/2 cup minced Italian parsley  
Freshly-grated Parmesan Cheese

Season the meat with salt and pepper. In a 4-quart or larger pressure cooker, brown in butter over medium-high heat. Turn the meat once and add the onion and garlic. Add celery and carrot, tomato paste, rosemary, cloves, broth and wine.

Close and bring pressure to second ring (15 pounds pressure) over medium-high heat. Reduce heat to maintain pressure at the second red ring and cook for 45 minutes.

Remove the beef and set aside to cool slightly. Slice thinly and keep warm.

Bring broth to the boil in the pressure cooker and add ravioli or noodles. Cook until pasta is tender.

Place beef in bowl, top with ravioli or noodles and top with broth. Sprinkle generously with parsley and Parmesan cheese.

Serve with hearty red wine.

This recipe yields 6 servings.

**Serves 6**

## **Recipe Source**

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Author: Linda West Eckhardt and Katherine West DeFoyd

## POTATO SALAD WITH MUSTARD AND HERBS

---

2 1/2 lbs medium red-skinned potatoes,  
peeled, and  
cut into 1/4"-thick rounds  
3 Tbs dry white wine  
1 tsp kosher salt  
2 Tbs white wine vinegar  
1 Tbs Dijon mustard  
5 cups olive oil  
1 Tbs finely-chopped fresh rosemary  
1 Tbs finely-chopped fresh chives  
Freshly-ground black pepper, to taste

Prepare the potatoes by washing well and slicing in 1/4 inch slices. Place in a steamer basket and lower into the 5- or 7-quart pressure cooker. Add 1/2 cup water, lock lid in place and bring pressure to the second red ring (15 pounds pressure). Adjust the heat and time for 2 minutes 45 seconds. Quick release pressure in the pot and check if the potatoes are tender.

Transfer the potatoes to a large bowl. Splash with white wine and salt. Let the potato absorb the wine while preparing the dressing. Whisk or shake the dressing in a jar and pour over the potatoes. Gently mix so as not to break up the slices. Adjust the seasonings. Serve the salad warm or cold.

This recipe yields ?? servings.

Comments: This salad goes well with most meats and fish. It is best served at room temperature.

### Recipe Source

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Author: Arlene Ward

# PRESSURE ROASTED POTATOES WITH HERBS

---

2 Tbs olive oil  
1 medium onion, diced  
8 medium red potatoes, cleaned,  
quartered  
1 tsp Italian herbs  
1/4 cup water

In a 2.5-quart or larger pressure cooker, heat oil over medium heat. Add onion and cook until softened.

Add potatoes and brown, turning to brown all sides evenly. Stir well. Add water and bring to a boil.

Close lid immediately and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes.

Remove from heat and use Natural Release Method.

This recipe yields 4 servings.

Comments: This recipe gives the potatoes the golden browned look of oven-roasted potatoes and infuses the herb flavoring into the onion sauce.

**Serves 4**

**Recipe Source**

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Author: n/a

# QUICK GREEN BEANS WITH TOASTED ALMONDS

---

1/3 cup sliced almonds  
1 1/2 lbs Blue Lake beans  
1/3 cup water  
Salt, to taste  
Freshly-ground black pepper, to taste  
Butter, to taste

Roast almonds in a skillet over high heat.

Place a steamer insert in the bottom of a 3-quart or larger pressure cooker. Add 1/2 cup of water and place beans in the steamer.

Cover and bring under pressure to the first red ring (8 pounds pressure) over high heat. Turn off heat and time 1 minute being careful not to go over the first red ring.

Remove from heat and use Cold Water Release Method if making in advance.

If serving immediately, place in decorative dish, dot with butter, season with salt and pepper and scatter the almonds on top of the beans.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

## QUICK TOMATO SAUCE

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2 Tbs olive oil  
2 large garlic cloves, minced  
1 large onion, coarsely chopped  
1 Tbs tomato paste  
1/2 tsp salt  
1/2 tsp freshly-ground black pepper  
2 tsp Balsamic vinegar  
3 lbs plum tomatoes, peeled, seeded,  
and coarsely chopped to equal 2 quarts  
1 cup fresh basil - (lightly packed)  
3 Tbs freshly-chopped parsley

Heat oil in a 5-quart or larger pressure cooker. Add garlic and onion and saute until softened, about 5 minutes. Add tomatoes, tomato paste, pepper, salt, vinegar and basil. Stir until mixture begins to come to a boil.

Close lid and bring pressure to the second red ring (15 pounds pressure) over medium-high heat. Immediately reduce the heat to stabilize pressure at the second red ring and cook for 7 minutes.

Remove from heat and let cool until the pressure comes down naturally.

Remove the lid. Sauce will have some excess liquid depending on your tomatoes. Place the cooker over medium-high heat, stirring frequently to prevent burning until the sauce begins to thicken. Add parsley in the last few minutes of cooking.

This recipe yields 6 to 10 servings.

Comments: This simple sauce has all the concentrated flavor of a long, slow simmered sauce in a fraction of the time.

**Serves 6**

**Recipe Source**

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Author: n/a

## QUICKER CASSOULET

---

2 cups dried white beans  
2 whole chicken breasts, split into halves  
1 Tbs olive oil  
4 smoked pork sausages  
2 large onions, chopped  
2 large garlic cloves, minced  
3 carrots, chopped  
1 bouquet garni  
1 can chopped peeled tomatoes - (14 1/2 oz), drained  
3/4 cup dry white wine  
3/4 cup chicken broth  
1/2 tsp dried thyme  
2 Tbs finely-chopped parsley, for garnish

Wash, sort and soak beans. Drain and rinse the soaked beans.

In a 4-quart or larger pressure cooker, cover the beans with water and bring to a boil. Close lid and bring to the second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at the second red ring. Cook for 6 to 8 minutes. Remove from the heat source and leave to cool and release pressure naturally.

In a 2-quart or larger pressure cooker, brown chicken on both sides. Close lid and bring pressure to the second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at the second red ring. Cook for 6 minutes. Remove from the heat source and use Touch Release Method. Remove chicken and set aside to cool.

In a 3-quart or larger saute pan, brown sausage. Remove sausage and all but 2 tablespoons drippings and add onions, carrots, thyme and garlic. Saute until soft and slightly golden. Add tomatoes, parsley, wine, broth thyme and pepper. Simmer 5 to 10 minutes over medium-high heat to reduce and thicken sauce.

Cut up the chicken and slice the sausages. Place meat and beans in a 3- to 4-quart casserole. Add tomato mixture and mix well. Bake in 350 degree oven for 30 minutes to intensify flavors.

Serve in bowls and garnish with parsley.

This recipe yields 6 to 8 servings.

**Serves 6**

**Recipe Source**

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Author: n/a

# RAGOUT D'AGNEAU

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1 Tbs olive oil  
2 lbs boneless lamb shoulder, cut 1"  
cubes  
1 large onion, chopped  
2 large garlic cloves, minced  
1 cup dried apricots, halved  
2 Tbs honey  
1/3 cup raisins  
1/2 cup blanched whole almonds  
1 Tbs minced fresh ginger  
1/2 tsp ground cinnamon  
1 tsp ground turmeric  
6 saffron threads  
Salt, to taste  
Freshly-ground black pepper, to taste  
3/4 cup red wine  
3/4 cup fresh orange juice  
1/3 cup mint leaves - (packed), plus  
extra  
for garnish

Heat oil in a 5-quart or larger pressure cooker over medium-high heat. Add lamb cubes in batches to avoid overcrowding, brown on all sides, about 5 minutes per batch. Transfer browned lamb to plate with slotted spoon.

Add onion and garlic to heated fat; saute to soften slightly, 2 to 3 minutes. Return lamb to pot and stir in remaining ingredients, including wine, salt and pepper to taste. Stir slightly while the mixture comes to a boil to avoid scorching.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure cooker at second red ring. Cook for 10 to 12 minutes.

Remove from heat and use Natural Release Method.

Garnish with mint leaves and serve with rice.

This recipe yields 4 to 6 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

## RICE PILAF WITH NUTS

---

2 Tbs butter  
1 medium onion, peeled, minced  
1/3 cup wild rice  
1/2 cup water  
1 pinch salt  
1/2 cup medium-grain brown rice  
3/4 cup beef or vegetable broth  
1/4 cup dry white wine  
1 bay leaf  
1/2 cup diced vegetables  
= (a mixture of mushrooms, carrots,  
squash or peas)  
2 Tbs chopped fresh parsley  
1/4 cup toasted nuts, chopped  
= (pecans, almonds or walnuts)

In a 2-quart pressure frypan or larger pressure cooker, heat butter over medium high heat. Add onion and saute until translucent.

Add wild rice, water and salt, stirring over high heat.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.

Remove from heat and use Cold Water Release Method.

Add brown rice, broth, white wine and bay leaf. Stir to mix over high heat.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 20 minutes.

Remove from heat and use Natural Release Method.

Stir in vegetables and a little liquid if the rice is too dry. Discard bay leaf.

Replace cover and cook on low heat for 10 minutes. Do not bring under pressure.

Add nuts and parsley and gently toss.

This recipe yields 4 servings.

Comments: Wild rice is not really a rice at all. It is a grain native to North America and can be presoaked like a bean to shorten cooking time. It is unpredictable as far as timing goes, but its flavor and texture are well worth the trouble it takes to learn to cook.

**Serves 4**

**Recipe Source**

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Author: n/a

# RISOTTO A LA MILANESE

---

2 Tbs olive oil  
1 large onion, finely chopped  
1 1/3 cups Italian Arborio rice  
1 cup white wine  
1 bay leaf  
1 whole clove  
2 garlic cloves  
Salt, to taste  
Freshly-ground black pepper, to taste  
1 pinch rosemary  
1 pinch basil  
1 pinch thyme  
1/8 tsp saffron  
1 1/4 cups beef stock  
1 Tbs butter  
1/4 cup Parmesan Cheese

Heat oil in the Duromatic Thermal-cooker and saute onions until soft.

Add rice and let turn opaque. Cover with the wine. Season with salt and pepper. Stir in herbs, saffron, garlic and stock.

Stir frequently to keep rice from sticking to the bottom until mixture has reached the boil.

Close lid and bring pressure to the first red ring (8 pounds pressure). Adjust heat to maintain pressure at the first red ring. Cook for 6 minutes.

Use Cold Water Release Method -- take the pot to the sink and run water over the lid, being careful to avoid the valve.

Stir in butter and half of the Parmesan cheese. Let stand in the Thermal-cooker for one minute.

Clip on the serving tray and place the thermal lid on the piece.

Sprinkle with remaining cheese before serving.

This recipe yields 4 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# RISOTTO AI FUNGHI

---

1 Tbs olive oil  
1 medium onion, peeled, and  
finely chopped  
1 cup arborio rice  
1 cup chopped fresh mushrooms  
= (or 1/4 cup dried porcini mushrooms,  
chopped and soaked to rehydrate)  
1/4 cup dry white wine  
1/4 cup dried tomatoes, chopped, and  
soaked to rehydrate  
2 cups chicken or vegetable broth  
Fresh herbs, to taste  
= (rosemary, basil or thyme)  
1/4 cup grated Parmesan cheese

In a 2-quart pressure frypan or larger pressure cooker, heat olive oil over medium high heat. Add onion and saute until translucent.

Add rice, stirring often, until lightly golden. Add mushrooms, stir to mix. Add wine, stir to mix. Add tomatoes and broth. Increase heat to high.

Stir in fresh herb of choice. Continue to stir until mixture comes to a boil.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.

Remove from heat and use Cold Water Release Method.

Stir in Parmesan cheese.

This recipe yields 4 to 6 servings.

Comments: If you double this recipe, only increase the broth to 3 1/2 cups. To get a rich, creamy taste, add butter or cream to embellish the recipe.

**Serves 4**

**Recipe Source**

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Author: n/a

## RISOTTO WITH A SPANISH FLAIR

---

4 Tbs unsalted butter  
1/2 cup chopped onion  
2 tsp chopped garlic  
3/4 cup Arborio rice  
1/4 cup white wine  
1/4 tsp saffron threads  
1/3 cup chopped canned plum tomatoes  
1 1/2 cup chicken stock  
Salt, to taste  
Freshly-ground black pepper, to taste  
1/3 cup chopped green olives  
3 Tbs toasted pine nuts  
2 Tbs assorted fresh herbs  
1/3 cup grated parmesan cheese

Choose the size pressure cooker that will accommodate the amount you will be making. Heat the butter and saute the onion and garlic until softened.

Add the rice and thoroughly coat it with the butter. Add the wine and reduce until it is absorbed. Dissolve the saffron threads in a little stock or water. Add the tomatoes, stock, salt and pepper to taste. Stir the mixture well.

Turn the heat to high and lock the lid in place. Bring to high pressure and adjust the heat to maintain pressure. Cook for 6 minutes.

Reduce with quick release and remove the lid, tilting it away from you to allow any excess steam to escape. Taste for a firm texture. If it is not sufficiently cooked, add stock and simmer a minute more if necessary.

Add the olives, pine nuts and parmesan cheese just before serving.

This recipe yields 2 main course servings.

**Serves 2**

**Recipe Source**

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Author: Arlene Ward

# RISOTTO WITH CORN AND ROASTED PEPPERS

---

1 Tbs olive oil - (to 2)  
1 large garlic clove, peeled, and finely chopped  
1 1/2 tsp whole cumin seeds  
1 large onion, finely chopped  
= (or 1 leek, white part only)  
1 1/2 cups Arborio rice  
1 1/2 cups fresh corn kernels - (to 2)  
= (from 2 large ears of corn)  
3 1/2 cups vegetable stock - (to 4)  
1 tsp sea salt  
= (less if using salted stock)  
2 large roasted red or green bell peppers, seeded, and cut into 1/4" by 1/2" strips  
1/3 cup minced fresh coriander - (tightly-packed)  
= (or minced fresh parsley)  
Freshly ground black pepper, to taste

Heat the oil in the Risotto Cooker and saute the garlic, cumin, and onion for 1 minute, stirring frequently.

Stir in the rice, making sure to coat it thoroughly with the oil. Stir in the corn kernels, 3 1/2 cups of stock (watch for sputtering oil!), and salt.

Close lid and bring pressure to the first red ring (8 pounds pressure) over high heat. Immediately adjust the heat downward to maintain pressure at the first red ring and cook for 5 minutes.

Release the pressure with the Cold Water Release Method.

The rice will continue to absorb liquid at this point and the risotto should end up being slightly soupy. If necessary, stir in a bit more stock as you stir in the peppers, coriander, and ground pepper.

Cook over medium-high heat, stirring constantly, until the rice achieves the desired consistency (it should be tender but chewy) and the ingredients are thoroughly heated.

Serve immediately.

This recipe yields 4 to 6 servings.

**Serves 4**

## Recipe Source

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Author: Lorna J. Sass

## RISOTTO WITH FRESH ASPARAGUS

---

1 Tbs olive oil  
1 cup Italian Arborio rice  
1/4 cup dry white wine  
= (a Chardonnay or Sauvignon Blanc)  
1/4 cup dried porcini mushrooms, soaked  
to rehydrate,  
and squeezed out before adding to recipe  
1/4 cup sun-dried tomatoes in oil,  
snipped small bits  
2 garlic cloves, pressed  
1 can chicken broth - (14 1/2 oz)  
= (do not use low salt variety unless you  
have dietary restrictions, or you will  
have to add salt)  
1/2 lb fresh asparagus, washed, and  
cut into 1" pieces  
1/4 cup freshly-grated Reggiano Parmesan  
cheese -, (to 1/2)

Heat the cooker over medium-high heat. Add oil and saute onions until softened.

Pour in the wine, chicken broth, mushrooms, garlic and sun-dried tomatoes. Add rice and stir until coated with the oil. Stir until the mixture begins to come to the boil to prevent sticking.

When the mixture begins to boil, close the cover and the pressure should pop up like magic! As soon as you get to the first red ring (8 pounds pressure), lower the heat (or take it off the burner if you are working on electricity.) You need very little heat to maintain pressure if you are using the pressure fry pan or the Risotto Cooker. Time 6 minutes.

Use the Cold Water Release Method.

Toss the asparagus into the cooker and close up the cooker for another 2 minutes, allowing the asparagus to steam in the warm rice mixture.

Open the cooker and check for consistency. Boil off excess liquid if needed.

Just before serving add the Parmesan cheese and enjoy!

This recipe yields 4 to 6 servings.

Comments: You can also make this with pearl rice, but the texture will suffer slightly.

**Serves 4**

**Recipe Source**

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Author: n/a

# RISOTTO WITH TWO CHEESES

---

4 Tbs unsalted butter  
1 cup chopped onion  
2 tsp chopped garlic  
3 whole fresh sage leaves  
1 cup arborio rice  
1 cup white wine  
1 cup chicken stock  
Salt, to taste  
Freshly-ground black pepper, to taste  
1/3 cup grated Parmesan cheese  
Coarsely-grated Fontina Valle D'Aosta  
= (abt 1/2 cup per serving)

Heat the butter and saute the onion, garlic and sage until softened.

Add the rice and thoroughly coat it with the butter. Add the wine and reduce until it is absorbed. Add the stock, salt and pepper.

Lock the lid in place. Over high heat, bring the cooker to high pressure. Adjust the heat to maintain the pressure. Cook for 6 minutes.

Release with quick release and remove the lid, tilting it away from you to allow any excess steam to escape. Taste for a firm texture.

Let the mixture rest a few seconds, stirring up the stock and rice.

Add the Parmesan cheese and stir in. Adjust the salt and pepper.

Plate up each serving by placing a clump of Fontana about 1/2 cup size on each serving. Do not stir into the rice. Add fresh black pepper to the top.

This recipe yields 4 servings.

Comments: This is a delicious dish in its simplicity. Good stock, good cheese is all there is to it. Do not substitute canned stock or Fontina that is not Valle D'Aosta.

**Serves 4**

**Recipe Source**

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Author: n/a

# RISOTTO WITH VEGETABLES

---

1 Tbs olive oil  
1 medium onion, peeled, and  
finely chopped  
1 cup Italian Arborio or  
California short-grain rice  
1/2 cup coarsely-chopped small bagged  
carrots  
1/4 cup dry white wine  
1/4 cup dried tomatoes in oil, chopped  
1 can chicken or vegetable broth - (14  
1/2 oz)  
1 cup broccoli flowerets  
Fresh herbs, to season  
1/4 cup freshly-grated Parmesano Reggiano  
cheese

In a 2 liter or larger pressure cooker, heat olive oil over medium high heat. Add onion and saute until transparent.

Add rice, stirring often, until lightly golden. Add carrots, wine, tomatoes and broth. Stir to mix.

Increase heat to high. Stir in your choice of fresh herbs. Continue to stir until mixture comes to the boil. This is a very important step.

Close lid and bring pressure to the first red ring (8 pounds pressure). Immediately adjust heat to stabilize pressure at the first red ring. Cook for 5 to 6 minutes, less if you prefer the rice more al dente.

Remove from heat and use Cold Water Release Method.

Open the lid and place the broccoli flowerets on the top of the rice. Close lid but do not put the pot back on the heat. Let the broccoli steam with the hot rice for 4 minutes.

Stir in Parmesan cheese and serve.

This recipe yields 4 to 6 side dish servings.

Comments: Have all the ingredients ready before you start to cook.

**Serves 4**

**Recipe Source**

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Author: n/a

## SAGE DRESSING

---

1 package herb-seasoned bread crumbs -  
(4 oz)  
1/2 stick butter, melted  
1/2 cup chicken stock  
1 tsp ground sage  
1 tsp herbs de Provence  
1/2 onion, chopped, sauteed  
3 celery ribs, chopped, sauteed

Prepare the bread crumbs as directed on the package and toss with sage, herbs de Provence and sauteed onion and celery.

Place the trivet in the bottom of a 4-quart or larger pressure cooker and add 1/2 cup water. Place dressing in a buttered decorative casserole and place it, uncovered, on the trivet.

Cover cooker and bring pressure to the first red ring (8 pounds pressure). Time 15 minutes.

Allow pressure to come down naturally.

Serve warm.

This recipe yields ?? servings.

### **Recipe Source**

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Author: n/a

## SAVORY BLACK BEANS

---

1/2 lb dried black beans - (1 cup)  
2 bacon slices, chopped  
1 medium onion, peeled, diced  
2 garlic cloves, peeled, minced  
1/2 jalapeno pepper - (to 1), sliced  
lengthwise,  
seeds removed, and finely chopped  
1 3/4 cups water  
1/4 cup cilantro, minced  
1 tsp ground oregano  
1/2 tsp freshly-ground black pepper  
1 large tomato, chopped  
2 Tbs lime juice  
Salt, to taste

Wash, sort and soak beans.

In a 2-quart pressure frypan or larger pressure cooker, heat bacon over medium-high heat. After bacon has released some oil, stir in onion, garlic and jalapeno pepper. Cook until onion softens.

Add water and soaked, drained beans. Increase to high heat. Stir in cilantro, ground oregano and pepper.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 to 12 minutes.

Remove from heat and use Natural Release Method.

Stir in chopped tomato, lime juice and salt.

This recipe yields 6 servings.

Comments: This is a good dish to serve with enchiladas. To dress it up you can transfer the beans to an ovenproof dish and sprinkle with shredded Monterey Jack cheese. Bake at 350 degrees for 15 minutes or until cheese melts.

**Serves 6**

**Recipe Source**

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Author: n/a

# SPICED FRESH FRUIT COMPOTE

---

1 cup water  
1/3 cup orange juice  
1/3 cup sugar  
1/4 cup dried cherries or cranberries  
Juice and zest of 1 lemon  
4 whole allspice berries  
4 whole cloves  
5 cups mixed fruit in bite-sized pieces  
Fresh mint sprigs, for garnish

Combine all the ingredients except the fresh fruit and mint in the pressure cooker.

Cover and bring pressure to the second red ring (15 pounds pressure) over high heat. Cook 1 minute.

Remove from heat and release pressure with the quick-release method or Cold Water Release.

Add firm fruits, such as pears and apples, when syrup is still very hot. Add softer fruits as the syrup cools but is still warm. Let stand at least 2 hours before serving.

This recipe yields 4 servings.

Comments: Fruits can be refrigerated overnight in syrup. Garnish each serving with fresh mint, if desired.

**Serves 4**

**Recipe Source**

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Author: n/a

## SPICY CHICKEN CORN CHOWDER

---

1/4 lb bacon, cut 1" pieces  
1/4 cup olive oil  
1 large onion, diced  
3 garlic cloves, slivered  
2 chicken breasts  
1 can crushed tomatoes - (16 oz)  
1/4 cup jalapeno salsa  
1 green bell pepper, coarsely chopped  
2 cups chicken broth  
1 tsp salt  
1/2 tsp crushed red pepper flakes  
1/8 tsp hot pepper sauce  
2 packages frozen whole-kernel corn - (8 to 10 oz ea)  
= (or 1 lb fresh corn kernels)  
1/2 cup chopped cilantro  
1 Tbs sherry  
3 Tbs all-purpose flour  
3 Tbs butter, softened  
1 cup half-and-half

In a pressure cooker over medium-high heat, saute bacon until crisp. Add oil, onion, garlic, and chicken. Saute 3 minutes. Stir in tomatoes, salsa, bell pepper, broth, salt, pepper flakes and hot pepper sauce.

Close lid and bring to second red ring (15 pounds pressure) over high heat. Immediately reduce heat to maintain pressure and cook 6 minutes.

Release pressure using finger-tip release method for the newer cookers or according to manufacturer's directions.

Remove lid. Lift chicken out. Remove meat from bone and cut into bite-size pieces.

Add chicken pieces, corn, cilantro, and sherry to the pressure cooker. Bring to a simmer without pressure lid and cook 2 minutes.

To thicken the soup, combine flour and butter, blending to paste consistency. Add 1 tablespoon at a time, mixing until soup appears creamy, and cook 1 more minute. Gradually stir in half-and-half and mix thoroughly.

Serve hot with corn chips.

This recipe yields 6 to 8 servings.

Variation: Substitute drained low-fat plain yogurt blended with flour for the half-and-half. Omit butter.

**Serves 6**

**Recipe Source**

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Author: n/a

## SPICY TURNIPS - {MASALA SHALGAM}

---

20 oz turnips, peeled, chopped,  
and washed  
2 large onions, chopped  
2 tomatoes, chopped  
1 tsp grated garlic  
1 tsp grated ginger  
2 green chillies chopped  
1 tsp sugar  
1 tsp cumin powder  
1 tsp coriander powder  
1/2 tsp turmeric powder  
1 cup water  
2 Tbs butter or oil  
Salt, to taste  
Finely-chopped coriander leaves, to  
garnish

Heat the butter or oil in a pressure cooker till it is medium hot. Add the chopped green chillies, grated ginger and garlic. Fry briefly. Add the chopped onions and saute on medium heat for 3 minutes or till the onions are lightly browned.

Now, add the chopped tomatoes, salt, and the turmeric, cumin and coriander powders. Stir fry on medium-low heat for 3 minutes or till the fat leaves the sides of the cooker.

Add the chopped turnips and mix. Add the water and stir well. Close the cooker and bring to maximum pressure on high heat. Now, reduce the heat and cook on low level for about 15 minutes. Open the cooker after all the steam has escaped. Add the sugar and very lightly mash the cooked turnips. Keep on the flame for a few minutes to dry out excess water if any.

Garnish with finely chopped coriander leaves. Serve immediately with: hot white rice, Indian bread (Roti) or sliced fresh white bread.

This recipe yields 4 servings.

Comments: This authentic Punjabi dish retains the natural taste of turnips.

**Serves 4**

**Recipe Source**

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Author: n/a

# SPINACH AND SUGAR SNAP RISOTTO WITH PARMIGIANO REGGIANO

---

2 Tbs olive oil  
1 small onion, finely chopped  
1/4 tsp sugar  
1 garlic clove, minced  
3 cups spinach leaves, washed, drained, stemmed and chopped  
1 cup sugar pea pods, ends snapped  
3 Tbs minced fresh sage  
1/2 tsp kosher salt  
Freshly-ground black pepper, to taste  
2 Tbs butter  
1 cup Arborio rice  
1/4 cup dry white wine  
2 cups chicken stock  
1/2 cup freshly-grated Parmesan Cheese

The risotto is started on the stove, then set aside to cook by itself in the Thermal-cooker.

In a 3-quart or larger Duromatic Thermal-cooker, heat 1 tablespoon of the olive oil over medium high heat. Saute the onion until golden, about 5 minutes, adding the sugar to aid in the browning.

Stir in the garlic, spinach, pea pods, sage, salt and pepper and saute until the spinach wilts, about a minute or so. Transfer the vegetables to a large serving bowl, cover and set aside.

Leave the browned bits of onion in the bottom of the pressure cooker and add the remaining 1 tablespoon of oil and the butter. Add the rice, stirring to coat with the oil and butter. Add the wine and deglaze the pan, scraping up all the browned bits.

Add the chicken stock and bring the mixture to a boil, stirring often to make sure the rice is not sticking.

When the rice mixture is boiling, place the pressure lid on the pot and bring the pressure to the first red ring (8 pounds pressure). As soon as you reach the first red ring, remove the pot from the stove and place the Thermal cooker in the trivet. Let it remain in the trivet for at least 10 minutes, or until the pressure subsides naturally.

Return the vegetables to the pot and stir to warm them.

Stir in the Parmesano Reggiano and place the thermal cover on the pot. The Thermal-cooker will keep the rice warm up to 2 hours.

This recipe yields 4 servings.

**Serves 4**

**Recipe Source**

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Author: n/a

# SPLIT PEA SOUP

---

5 bacon slices, chopped  
1 large onion, peeled, chopped  
2 carrots, peeled, chopped  
1 potato, peeled, and  
finely chopped  
1 cup green split peas, rinsed  
2 1/2 cups vegetable or chicken stock  
1 garlic clove, peeled, minced  
1 bay leaf  
Salt, to taste  
Freshly-ground black pepper, to taste  
Minced fresh parsley, for garnish

In a 5-quart or larger pressure cooker, heat bacon over medium-high heat. After bacon has released some oil, stir in onion. Cook until transparent.

Add carrots, potato, split peas and stock. Stir to mix. Add garlic, bay leaf, salt and pepper. Stir to mix.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 minutes.

Remove from heat and use Natural Release Method.

Serve in bowls and sprinkle with parsley.

This recipe yields 4 to 6 servings.

Comments: For further flavoring add ham bones or hocks during cooking time.

**Serves 4**

**Recipe Source**

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Author: n/a

# SUMMER BERRY RISOTTO

---

1 cup whole milk  
1 can coconut milk - (14 oz)  
1/2 cup sugar  
1 whole vanilla bean, halved lengthwise  
Zest of 1/2 lemon  
2 Tbs butter  
1 cup Arborio rice  
1/2 cup heavy cream, (optional)  
2 Tbs framboise  
= (or eau de vie de fraise)  
2 cups fresh or frozen berries,  
unsweetened  
Lightly-toasted sliced almonds, for  
garnish  
Perfect berries, for garnish

In a 2-quart or larger pressure cooker, heat the butter and add the rice. Stir to coat the rice.

Add milk, coconut milk, sugar, vanilla bean and lemon zest; heat until very hot and bubbles appear around the edges of the pan.

Remove the vanilla bean and stir to make sure that the rice is not sticking to the bottom of the pan.

Place cover on the pressure cooker and bring pressure to the first red ring (8 pounds pressure). Immediately reduce the heat (or if you are cooking on an electric stove, take the cooker off the hot burner and place on a low burner) and maintain pressure at the first red ring. Cook for 7 minutes.

Use Cold Water Release Method to release pressure.

Open the cooker and stir in berries or frozen berries, liqueur, and optional cream. The rice should be tender but still firm to the bite (al dente).

Serve in bowls and garnish with almond slices and perfect berries.

This recipe yields 6 dessert servings.

Comments: You may substitute kirchwasser, Cointreau, or other fruit liqueur of your choice.

**Serves 6**

**Recipe Source**

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Author: n/a

# SWISS STYLE PORK CHOPS

---

2 Tbs mustard  
3 center-cut pork chops - (abt 1 1/2 lbs)  
3 Tbs corn or canola oil

Spread both sides of each pork chop with mustard.

In a 2-quart pressure frypan, heat oil over high heat. Add pork chops and cook until browned on one side. Use a splatter screen or conventional lid to cover pork chops while browning.

Turn pork chops. Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. (If pressure does not immediately begin to rise, uncover and try again or add 1/4 cup of water or broth.) Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.

Remove from heat and use Touch Release Method.

Place pork chops on paper towels to absorb extra oil.

This recipe yields 3 servings.

**Serves 3**

**Recipe Source**

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Author: n/a

## VEGETABLE CHILI

---

2 cups cooked pinto beans  
2 cups cooked kidney beans  
2 Tbs olive oil  
1 medium onion, peeled, and  
finely chopped  
3 garlic cloves, peeled, and  
finely chopped  
1 medium green bell pepper, stemmed,  
cored,  
and diced  
2 small zucchini, quartered  
lengthwise, and sliced  
1 package frozen corn - (10 oz)  
= (or 1 1/2 cups fresh corn)  
1 can peeled crushed tomatoes in puree -  
(28 oz)  
2 cups vegetable or chicken broth  
2 Tbs chili powder  
1 tsp cumin  
1 tsp ground oregano  
1/4 tsp freshly-ground black pepper  
1/8 tsp cayenne pepper  
1/2 lb Monterey Jack cheese, shredded

Prepare the beans.

In a 5-quart or larger pressure cooker, heat olive oil over medium heat. Add onion and cook until softened.

Add garlic, green pepper, zucchini and corn, stir until mixed. Add tomatoes, broth, chili powder, cumin, oregano, black pepper and cayenne pepper, stir well.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes.

Remove from heat and use Natural Release Method.

Stir in cooked beans and let stand until beans are heated.

Serve in bowls. Top each with 1/4 to 1/2 cup cheese.

This recipe yields 8 to 10 servings.

**Serves 8**

**Recipe Source**

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Author: n/a

# VEGETABLE MEDLEY WITH BROWN RICE

---

1 cup brown rice  
1 1/2 cups water  
1 small turnip, peeled, cubed  
1 lb banana squash, peeled, cubed  
2 carrots, peeled, sliced  
1 small zucchini, quartered  
lengthwise, and sliced  
3 Swiss chard stalks, leafy greens  
coarsely chopped, stems diced  
1 broccoli stalk including stem,  
coarsely chopped  
1/3 cup finely-chopped water chestnuts

In a 4-quart or larger pressure cooker, bring rice and water to a boil.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.

Remove from heat and use Natural Release Method.

Add vegetables, stir until mixed.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 1 minute.

Remove from heat and use Natural Release Method.

This recipe yields 6 to 8 servings.

Comments: The beauty of this dish is its tendency to let the individual vegetable flavors shine. If this recipe seems too bland for your personal taste, add a light seasoning of salt and freshly ground pepper. There is also a nice organic Swiss seasoning called Herbamare, by Bioforce, that can be used. It is available at specialty markets and health food stores.

**Serves 6**

**Recipe Source**

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Author: n/a

## VELVET PUMPKIN CUSTARD

---

1 cup heavy cream  
1 cup sweetened condensed milk  
6 large eggs yolks, room temperature  
1 small can pumpkin puree  
1/2 tsp cinnamon  
1/4 tsp allspice  
1/4 tsp freshly-grated nutmeg  
1/4 tsp freshly-grated ginger  
1 Tbs dark rum  
1 tsp vanilla  
Whipping cream, (optional)

In a large bowl whisk yolks until light and fluffy and whisk in pumpkin and spices.

Add cream mixture, whisk in rum and vanilla.

Pour mixture into warmed pyrex custard cups filling 3/4 full.

Cover cups securely with foil and place on the trivet in pressure cooker over 1/2 cup water.

Place cover on cooker but do not lock in place. Turn the heat on medium.

When the water is gently boiling you will hear some steam escaping. Lock the lid in place and immediately reduce the heat to low. The knob of the pressure indicator should not rise. Too much heat will break the custard.

Time 30 to 40 minutes and set the cooker aside.

Remove the custard cups and cool on a rack. The center should still be slightly wobbly.

Serve warm or chill at least 6 hours.

This recipe yields 8 small ramekins or 6 custard cups.

**Serves 6**

**Recipe Source**

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Author: n/a

## WHIPPED JEWEL YAMS

---

5 firm jewel yams  
1 cup water  
2 oz butter - (1/4 stick)  
Freshly-ground nutmeg  
Salt, to taste

Place trivet in bottom of a 4-quart or larger pressure cooker. Add yams and water.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 15 minutes.

Remove from heat and use Natural Release Method.

Slip the yams out of their skins and mash with butter, nutmeg and salt. Place in a decorative, warmed serving dish.

This recipe yields 6 to 8 servings.

Comments: The beauty of this recipe is its simplicity. When cooked in the pressure cooker the yams slip out of their skins, eliminating the need to peel or peel them before cooking.

**Serves 6**

**Recipe Source**

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Author: n/a

## WILD RICE BLACK-EYED PEA BLEND

---

1 Tbs olive oil  
1 medium onion, peeled, chopped  
1/2 cup pearl barley  
1/2 lb dried black-eyed peas - (1 cup)  
1/2 cup wild rice  
1/2 cup dry white wine  
3 cups chicken broth or water  
2 tsp Herbamare  
= (or 1 tspn salt)  
1/2 tsp dried thyme  
1 tsp Worcestershire sauce  
1 cup chopped vegetables  
= (a mixture of mushrooms, carrots,  
red or green bell pepper, or squash)

In a 5-quart or larger pressure cooker, heat oil over high heat. Add onion and stir until softened.

Add pearl barley, black-eyed peas and wild rice. Stir to roast for a few minutes. Add white wine, chicken stock or water.

Stir in Herbamare or salt, thyme and Worcestershire sauce.

Close lid and bring pressure to first red ring (8 pounds pressure) over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 20 minutes.

Remove from heat and use Natural Release Method.

Check contents, if too dry, add a little more liquid. Add vegetable mixture and parsley, stir and cover. Let sit covered for 3 to 5 minutes.

This recipe yields 6 servings.

Comments: For a variation of this dish, you can add a link of sausage or ground beef when sauteing the onion to create a one dish meal.

**Serves 6**

**Recipe Source**

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Author: n/a

# ZIPPY MEATLOAF

---

1 tsp salt  
1 1/2 tsp freshly-ground black pepper  
3/4 cup oatmeal  
1 Tbs Worcestershire sauce  
2 Tbs finely-chopped parsley  
1 medium onion, peeled, and  
finely chopped  
2 celery ribs, finely chopped  
2 garlic cloves, peeled, minced  
1/2 medium bell pepper, stemmed, cored,  
seeded, finely chopped  
1 lb ground sirloin  
= (or 1/2 lb ground sirloin  
and 1/2 lb ground pork)  
1 Tbs oil  
3 Tbs ketchup  
1 can tomato sauce - (8 oz)

In a large bowl mix together salt, pepper, oatmeal and Worcestershire sauce. Mix in parsley, onion, celery, garlic and bell pepper. Add meat and mix well.

Roll mixture onto counter and shape into a loaf. Wrap in wax paper and chill in freezer for 30 minutes or in refrigerator for 2 hours.

In a 2-quart pressure frypan, heat oil over high heat. Brown the loaf on one side, then turn. Add tomato sauce and spread ketchup over the top of the meat loaf.

Close lid and bring pressure to second red ring (15 pounds pressure) over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 20 to 25 minutes.

Remove from heat and use Natural Release Method.

Serve in slices with sauce over the top.

This recipe yields 4 servings.

**Serves 4**

**Recipe Source**

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Author: n/a







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