

## IMPORTANT NOTICE

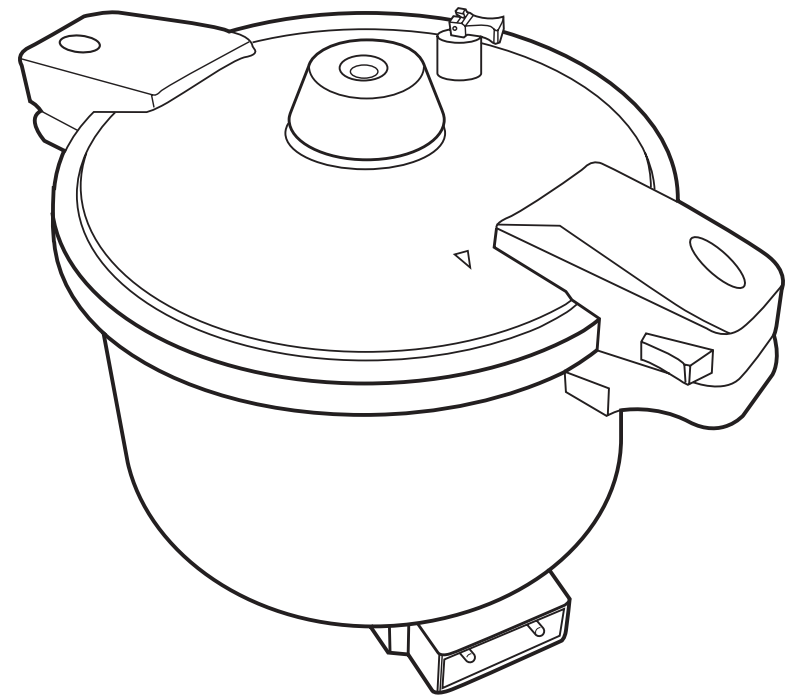
PLEASE DO NOT RETURN TO STORE.  
If you have any problems with this unit,  
contact Consumer Relations for service  
PHONE: 1-800-275-8273.  
Please read operating instructions  
before using this product.  
Please keep original box and packing  
materials in the event that  
service is required.

W. P. APPLIANCES, INC.  
Toll Free (800) 275-8273  
Email address: [wpappliances@ss2000.com](mailto:wpappliances@ss2000.com)  
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Wolfgang Puck  
*Bistro*  
collection

# 7.5-Quart Electric Pressure Cooker



# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs and a potholder.
3. Do not close or clog the safety valves under any circumstance.
4. To protect against risk of electrical shock, do not put power cord or plug of the appliance in water or other liquid.
5. Close supervision is necessary when any appliance is used by or near children.
6. Turn unit off and unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To disconnect, turn unit off, grasp plug, and pull from the wall. Never yank on cord.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to an authorized service facility for examination, repair, or electrical or mechanical adjustment.
8. The use of attachments not recommended or sold by the appliance manufacturer may cause fire, electric shock, or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter or touch hot surfaces, including the stove.
11. Do not place the appliance on or near hot gas or electric burners, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot contents or liquids.
13. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain lid is properly secured before use.
14. Do not use this appliance for other than intended use.
15. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill the unit over 1/2 full.
16. Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal, or rhubarb in the appliance. These foods tend to foam, froth and sputter, and may block the pressure release valve.
17. Do not attempt to open lid before pressure is released.

18. Always attach power cord to appliance first, then plug cord into wall outlet.
19. Do not use the pressure cooker without liquid; this could damage the pressure cooker severely.
20. Do not operate this appliance in the presence of explosives and/or flammable fumes.
21. Do not use pressure cooker for storage purposes nor insert any utensils.
22. Do not use pressure cooking for pressure frying.
23. This appliance is intended for HOUSEHOLD USE ONLY.

## SAVE THESE INSTRUCTIONS

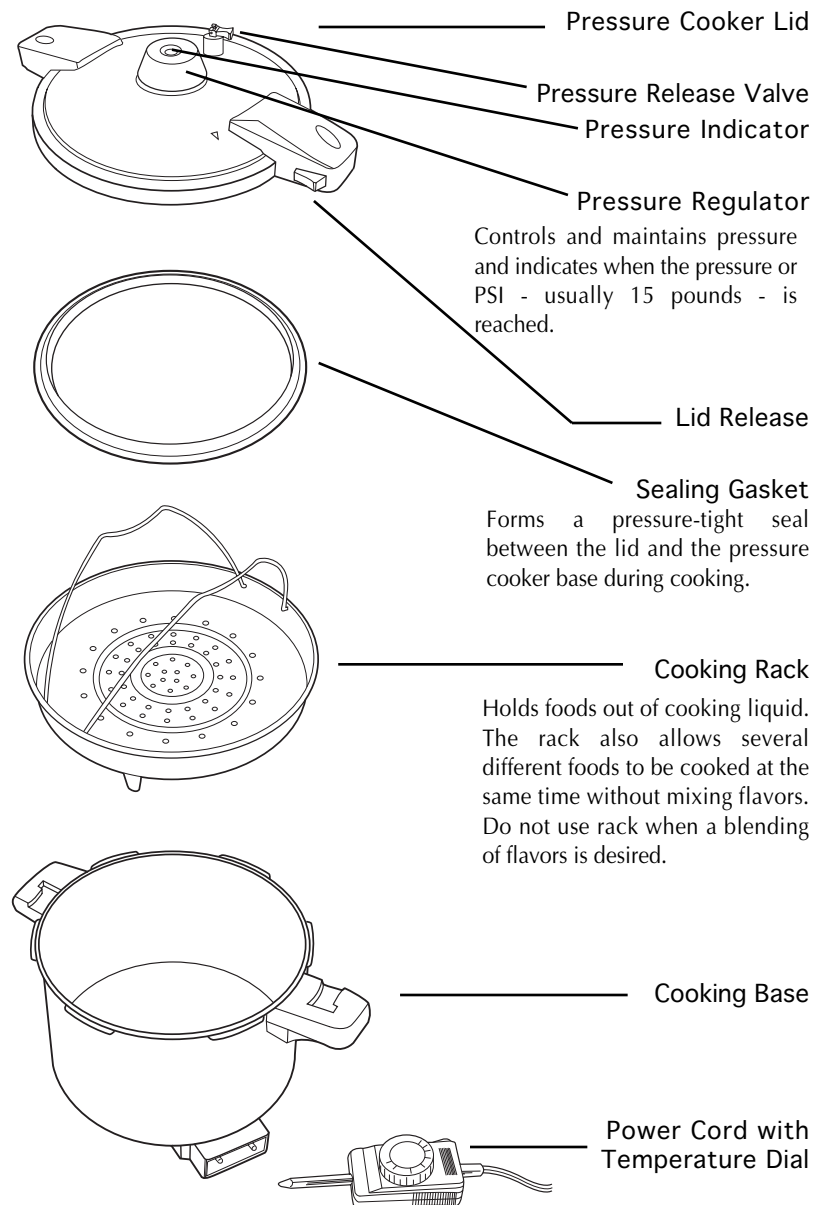
This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not attempt to defeat this safety feature.**

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, be sure the marked electrical rating is at least as great as the electrical rating of this appliance. The extension cord should be positioned such that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over. The electrical rating of this appliance is listed on the bottom panel of the unit.

## Before Your First Use

Carefully unpack the pressure cooker and parts, and remove all packaging materials. Wash the pan, lid and gasket in warm, soapy water to remove any dust that may have accumulated during packaging. Wipe cord and temperature control with a dry cloth. **Do not immerse the cord or plug in water or other liquid.**

# Know Your Electric Pressure Cooker



# About Pressure Cooking

Pressure cooking is an ideal way to make fast, tasty meals for your family! This method of cooking makes it easy for even the busiest cooks to prepare meals from scratch. Use your pressure cooker for fish, chicken, fresh vegetables, rice, legumes, and even dessert -- and everything can be cooked to perfection in minutes.

The pressure cooker will save you time, energy and money, as well as valuable nutrients. Boiling liquid inside the tightly sealed pot produces steam, which is trapped inside to create pressure. The very hot temperature produced reduces cooking time. The steam helps break down the fibers of whatever you're cooking and infuse the food with flavors. This also captures all of the water-soluble nutrients, making the food higher in flavor and more nutritious than with conventional cooking methods.

# Using Your Pressure Cooker

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1. Gather all ingredients and be familiar with your recipe. Pour required amount of liquid into pressure cooker, then add food. Use the cooking rack, if desired. **Never load cooker above the maximum ingredient level line. Foods that expand while cooking (i.e. legumes) should never go above the halfway level.**
2. Make sure gasket is securely positioned in the inner lid. Always examine the gasket before installing and before each use. Make sure it is in good working order and free of any tears.
3. Secure cover on pressure cooker by first lining up the arrows printed on the lid and the cooker. Then twist the lid clockwise to secure in place (cover handles should be directly above the body handles).
4. Plug power cord into unit first and then into a 120-volt 60 Hz AC only outlet.
5. Set the pressure regulator to 10 or 15 PSI by lining up the circle with I for 10 or II for 15. (Most recipes call for 15 PSI, or 15 pounds of pressure.) Turning the regulator to the right increases PSI, and turning to the left decreases PSI. **Make sure pressure release valve is in the up position.**
6. Set temperature dial to desired setting. Heat the pressure cooker until the pressure indicator pops up, indicating high pressure has been achieved. Adjust heat as indicated in your recipe to maintain pressure. **Cooking time begins at this point.**
6. Set a kitchen timer and cook for the length of time specified in recipe. Then reduce pressure as specified. When recipe states "let pressure drop on its own," turn temperature dial to OFF and unplug the cooker. When recipe states "reduce pressure at once" or "reduce pressure manually", flip the pressure release valve to release steam and reduce pressure.
7. Pressure is completely reduced when the pressure indicator has dropped. Only then is it safe to remove pressure cooker lid and serve food. Remove lid by pressing green lid-release button and twisting lid counter-clockwise. As a safety feature, the lid-release button will not engage unless all pressure is reduced.

## Additional Safety Tips

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- Always keep hands and face away from steam release valve when reducing pressure.
- Use extreme caution when removing lid after cooking. Always tilt the lid away from you, so any remaining steam is blocked from your face.
- Never attempt to open lid while cooking, or before pressure indicator has dropped. Do not attempt to defeat the safety lid-release button by forcing it.
- Do not cover or block the pressure valves.
- Do not touch the pot or lid except for the handles immediately after using.
- To avoid burns, allow food to cool before tasting. The temperature of the food gets considerable hotter than with conventional cooking.
- Do not attempt to make applesauce in your pressure cooker.

# Helpful Hints

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- Read this manual thoroughly and follow all recommendations.
- Start timing once pressure is reached. Immediately reduce heat to just maintain that pressure.
- Be familiar with the recipe and have all ingredients ready before you begin.
- Be sure the lid is secured properly before developing pressure.
- A kitchen timer is a must-have accessory. Timing is a vital key to recipe success when pressure cooking.
- You may wish to brown some meats before cooking with other ingredients. To do so, preheat pressure cooker (without lid) to 350°. Add oil and brown meat. Do not cover or develop pressure when browning.
- Cut foods into uniform-size pieces to promote even cooking. In recipes that call for various ingredients, cut those that cook more quickly into larger pieces and those that cook more slowly into smaller pieces.
- Many different cooking liquids can be used in a pressure cooker: wine, beer, bouillon, fruit juices, water and more.
- After becoming familiar with your pressure cooker, you can convert conventional recipes for pressure cooking. In general, reduce cooking times by two thirds. The amount of liquid used may also have to be adjusted because there is very little evaporation from the pressure cooker. Reduce the amount of liquid so there is only about 1/2 cup more than desired in the finished product. Remember, however, there must always be some liquid in the pressure cooker to form the necessary steam. Try this formula ; 1 cup of liquid for the first 15 minutes of pressure cooking then 1/3 cup of liquid for each subsequent 15 minutes.
- Since flavors are more concentrated, reduce amounts of herbs and seasonings when converting conventional recipes. Fresh herbs are better for pressure cooking than dried herbs.
- When cooking dried beans, cereal grains, lentils, split peas, rice or other foods that absorb liquid and expand, do not fill the cooker more than half full. The normal fill line is two-thirds.
- Generally speaking, pressure cookers cook foods in about 1/3 the time of conventional cooking methods.
- As a general rule, increase cooking times by about ten percent when cooking in high altitudes over 3,500 feet.
- For faster cooking times on rice or vegetables, bring the liquid to a boil before adding the ingredients. Then secure lid and lower temperature.
- When you are using frozen meats in your recipes, the cooking time does not need to be altered. Pressure will not be achieved until the internal temperature in the pot is 40 degrees higher than the boiling point of water. So if the recipe declares the meat be cooked for 20 after pressure has been achieved, it will still be the same. It will just take longer to come to pressure.
- Always check to make sure your gasket and float valve are clean and in good working order.

## Helpful Hints (cont.)

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- Remember if you are not using the basket while pressure cooking the liquid will flavor what you are cooking. Try using fresh herbs or aromatic vegetables like onions or garlic, wine or stock. The flavor transference will be wonderful.
- Only cook pasta in the suggested manner in this manual. Do not attempt to boil pasta with pressure lid on; the foam can clog the pressure valve. Stay away from making applesauce.
- Never fill above the fill line. If you are making soup and you are at the fill line, do not release pressure manually because hot liquid could spurt out.
- Never attempt to open lid while under pressure!!!  
Always open pressure cooker with the lid facing away from you.
- When using the steam release valve, proper evaporation of some liquid may occur (i.e. when making rice or risotto).

## Care & Cleaning

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1. Allow pressure cooker to cool completely before cleaning. Unplug the power cord from the outlet and then from the pressure cooker.
2. The pressure cooker pan, gasket and lid can be washed by hand with warm, soapy water or in the dishwasher. Dry all parts thoroughly.
3. If necessary, wipe the power cord and temperature dial clean with a damp cloth. Dry thoroughly. **Never immerse the power cord or plug.**
4. Replace gasket securely in lid. After each use, check gasket for any tears and make sure the pressure indicator and valve is in good working order.
5. Do not store pressure cooker with lid secured in place. Invert the lid on the pan and store in a dry place.

## 14-MINUTE PASTA MEAL

*In a pinch for dinner in a snap?*

*Use frozen meat, uncooked pasta noodles, and bottled pasta sauce for the ultimate in convenience cooking.*

Serves 4

### INGREDIENTS

- 1 1/2 cups liquid (beef or chicken stock, wine or water)
- 1 jar (26 ounces) favorite pasta sauce
- 1 pound frozen ground meat (beef, turkey, or chicken)
- 1 1/2 cups uncooked penne pasta
- 1/4 cup shredded Parmesan and mozzarella cheeses
- 2 teaspoons fresh herbs (basil, oregano, parsley)
- Crushed red pepper flakes, optional

### METHOD

1. Preheat uncovered pressure cooker to 400°.
2. Add liquid to pressure cooker and bring to a boil.
3. Add sauce, frozen meat, pasta, cheeses and herbs to pot.
4. Secure pressure cooker lid.
5. Keep temperature set to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 14 minutes.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
7. Use a large spoon to break up the meat. Continue stirring pasta mixture to distribute all ingredients. Top with crushed red pepper flakes, if desired.

**NOTE: ALL RECIPES IN THIS MANUAL USE 15 POUNDS OF PRESSURE (15 PSI).**

# 10-MINUTE MEXICAN CHICKEN CASSEROLE

Serves 4

## INGREDIENTS

- 2 cups chicken stock
- 1 can (14.5 ounces) diced tomatoes with mild green chiles
- 10 whole frozen chicken tenders
- 1 cup regular long-grain white rice
- 1/2 cup shredded Mexican cheese
- 1 envelope mild taco seasoning

## METHOD

1. Place all ingredients in pressure cooker and secure pressure cooker lid.
2. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 8 minutes.
3. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released (approximately 2 minutes), remove the lid.

## PRESENTATION

This casserole is wonderful in a bowl by itself, but you can also fill corn or flour tortillas with mixture, top with taco sauce and cheese. and heat in oven until cheese is melted.

# CHICKEN PICANTE

Serves 4

## INGREDIENTS

- 15 boneless, skinless chicken tenders
- 2 cups low sodium chicken broth
- 1 jar (16 ounces) medium salsa

## METHOD

1. Place all ingredients in pressure cooker.
2. Secure lid on pressure cooker.
3. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 10 minutes.
4. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
5. Turn heat to high, and reduce sauce to thicken.

## PRESENTATION

This is great served over nachos, in burritos, or quesadillas.

# QUICK CHICKEN POT PIE

## INGREDIENTS

- 1 package (10 ounces) frozen puff pastry
- 2 cups chicken stock
- 15 whole frozen chicken tenders
- 1 bag (16 ounces) frozen pearl onions
- 1 bag (16 ounces) frozen mixed vegetables
- 1 can (10 3/4 ounces) condensed cream of mushroom soup

## METHOD

1. Bake puff pastry according to package directions.
2. Preheat uncovered pressure cooker to 400°.
3. Add chicken stock, chicken tenders and pearl onions. Secure pressure cooker lid.
4. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 10 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Add frozen vegetables and condensed cream of mushroom soup to chicken mixture. Set temperature to 400° and heat through in uncovered pressure cooker. Serve in pastry towers.

# PAELLA

Serves 4

## INGREDIENTS

- 2 cups water
- 3/4 cup white wine
- 1 small onion, chopped
- 1 clove garlic, minced
- 12 large shrimp, peeled and deveined
- 12 small clams, scrubbed
- 12 black mussels, scrubbed
- 18 strands saffron threads, or pinch sazon seasoning
- 1 cube chicken bouillon
- 1 pinch black pepper
- 1 pinch red pepper, ground
- 1/4 cup tender young peas, fresh or frozen
- 2 tablespoons red pimiento
- 2 tablespoons fresh parsley
- 1 cup arborio rice

## METHOD

1. Bring water to a boil in uncovered pressure cooker. Add all other ingredients. Working quickly, secure the pressure cooker lid.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 3 minutes.
3. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
4. Stir rice once and serve.

## PRESENTATION

This dish makes a wonderful meal! You may also wish to add calamari or fish or crab or scallops. Do not increase the amount of seafood by more than 10 pieces, or there will not be sufficient rice.



## STUFFED PEPPERS

Serves 4

### INGREDIENTS

- 1 pound ground beef
- 1 cup cooked Spanish rice
- 1/2 cup mozzarella cheese
- 4 medium peppers, cut off stem top and remove the insides
- 3 bullion cubes
- 2 cups water
- 1 can (14.5 ounces) tomato sauce
- 4 medium peppers, cut off stem top and remove the insides

### METHOD

1. Combine beef, rice and cheese. Mix well.
2. Place meat and rice mixture inside pepper shells. Place stuffed peppers in pressure cooker. Secure lid.
3. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 12 minutes.
4. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid. Remove peppers from pot.
5. Increase temperature to 400° and reduce beef broth in uncovered pressure cooker. Add tomato sauce. Season to taste.

**NOTE: ALL RECIPES IN THIS MANUAL USE 15 POUNDS OF PRESSURE (15 PSI).**

## GREEN RISOTTO

### INGREDIENTS

- 1/2 cup olive oil
- 1 medium onion, finely chopped
- 1 1/2 cups arborio rice
- 4 cups chicken stock
- 1 cup leaves fresh spinach, pureed
- 1 teaspoon salt

### METHOD

1. Preheat uncovered pressure cooker to 350°.
2. Add oil and sauté onion until tender.
3. Add remaining ingredients to pressure cooker; secure pressure cooker lid.
4. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 6 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.

## SPANISH RICE

Serves 4

### INGREDIENTS

- 1 can (14.5 ounces) stewed tomatoes
- 1 can (14.5 ounces) chicken broth
- 1 teaspoon olive oil
- 2 cups regular long-grain rice

### METHOD

1. Place all ingredients in pressure cooker.
2. Secure the pressure cooker lid.
3. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 6 minutes.
4. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.



# ANNA'S CHILI

Serves 10

## INGREDIENTS

1/4 cup olive oil  
2 pounds ground beef  
1 pound ground pork  
1 cup onion, chopped  
3 cloves garlic, minced  
3 tablespoons Chipotle chile powder  
2 tablespoons chili powder  
2 tablespoons ground cumin  
1 tablespoon oregano  
1 teaspoon paprika  
1 can (28 ounces) crushed tomatoes  
2 cups beef or chicken stock  
8 ounces dark beer  
3 tablespoons tomato paste  
3 tablespoons masa harina (corn flour)  
1 can (15 ounces) red kidney beans  
salt and pepper, to taste

## METHOD

1. Heat uncovered pressure cooker to 350°. Add olive oil.
2. Add ground beef and pork; sauté until browned. Remove meat and set aside.
3. Add onions and seasonings (garlic through paprika) to pressure cooker and sauté until onions are translucent.
4. Return meat to pan. Add crushed tomatoes, stock, beer and tomato paste, stirring to mix well.
5. Secure pressure cooker lid.
6. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 15 minutes.
7. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
8. Add the masa harina and beans and stir.
9. Simmer uncovered on low temperature for another 10 minutes or until thickened. Season with salt and pepper.

# APPLE-SAGE CORNBREAD STUFFED PORK CHOPS

Serves 4

## INGREDIENTS

4 pork loin chops (1 1/2 - 2" thick), butterflied horizontally  
1 tablespoon olive oil  
1/4 cup onion, chopped  
1/4 cup cornbread stuffing mix  
1 whole apple, cored and diced  
1/8 teaspoon celery seed  
1/8 teaspoon garlic salt  
1/8 teaspoon dry sage  
1 tablespoon fresh parsley (or 1 teaspoon dried)  
2 1/2 cups chicken broth, divided  
4 large potatoes  
4 cups green beans, rinsed, stems removed  
2 tablespoons butter, room temperature  
2 tablespoons flour

## METHOD

1. Season pork chops with salt and pepper.
2. Preheat uncovered pressure cooker to 400°. Add one tablespoon of olive oil to the pot. Sear the pork loin chops in the hot oil until brown on both sides. Remove from pot.
3. Add chopped onion to pot. Season with salt and pepper and cook until tender.
4. Place cooked onion into large mixing bowl. Add stuffing mix, diced apple, celery seed, garlic salt, sage, fresh parsley and 2 tablespoons chicken broth. Mix together well and stuff into butterflied chops (about 2 tablespoons per chop). Add remaining chicken broth to pressure cooker. Place stuffed pork chops in pressure cooker. Add potatoes and secure lid.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 15 minutes.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
7. Remove potatoes and pork chops from pressure cooker. Place green beans in pot. Close lid and set timer for 2 minutes. After 2 minutes, remove from pot.
8. Mix butter and flour well so that it forms a paste.
9. Set uncovered pressure cooker to 400°. As the remaining stock in pot starts to boil, slowly add butter and flour paste (1/8 teaspoon at a time to avoid lumps). Serve gravy on side.

## LOW FAT BBQ PORK

Serves 4

### INGREDIENTS

2 whole pork tenderloins, cut into thin slices  
1 tablespoon olive oil  
1 cup chicken stock  
1 cup barbecue sauce  
salt and pepper to taste

### METHOD

1. Season meat slices with salt and pepper.
2. Preheat uncovered pressure cooker to 400°.
3. Add olive oil and brown pork slices on both sides.
4. Add chicken stock and barbecue sauce.
5. Secure the pressure cooker lid.
6. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 12 minutes.
7. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.

## BRACIOLA

Serves 4

### INGREDIENTS

1 pound boneless round steak, sliced into 1/4-inch thick pieces (have butcher slice)  
salt  
pepper  
fresh thyme leaves  
8 slices prosciutto, sliced thin  
8 slices provolone cheese  
2 large hard-cooked eggs, sliced thin  
1 tablespoon fresh parsley, chopped  
3 tablespoons olive oil  
1 medium bell pepper, julienned  
1 pinch garlic powder  
3 cloves garlic, minced  
1/2 cup dry red wine  
1 can (28 ounces) diced tomatoes in juice  
1 whole bay leaf  
1 teaspoon fresh basil chopped  
1 small can tomato paste  
cooked ziti for 4

### METHOD

1. Place beef slices onto cutting board. Sprinkle each piece with salt, pepper and thyme. Cover meat with plastic wrap, and pound with a tenderizer mallet or the bottom of a heavy pan.
2. Top each slice of meat with first a slice of prosciutto, then a slice of cheese, and then a couple of egg slices. Sprinkle with parsley. Roll the meat up lengthwise and secure with toothpicks.
3. Add olive oil to pressure cooker and set temperature to 400°. When oil is hot, add meat rolls and brown. Add garlic and cook a few seconds until tender. Add all remaining ingredients except pasta. Secure pressure cooker lid.
4. Keep temperature at 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 25 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Remove toothpicks from meat. Serve mixture hot over cooked pasta.

# CORNERD BEEF AND CABBAGE

## INGREDIENTS

3 pounds cornerd beef brisket  
1/4 cup beer  
2 cups beef stock  
2 tablespoons garlic, minced  
2 medium onions, cut in half lengthwise  
2 tablespoons pickling spice  
4 medium red potatoes, skinned, scrubbed and peeled  
1 large head cabbage, cut into thick wedges  
1 cup baby carrots

## METHOD

1. Rinse cornerd beef brisket and remove any excess fat.
2. Place beer, beef stock, minced garlic, and onion in pressure cooker and set temperature to 350°. Heat for a few minutes.
3. Rub cornerd beef with pickling spice and place in pressure cooker.
4. Secure lid on pressure cooker.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 1 hour.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
7. Add potatoes, cabbage and carrots to the pot.
8. Place lid back on pot and bring back to pressure for 15 additional minutes.

# POT ROAST

Serves 4

## INGREDIENTS

3 pounds beef roast (rump, California, London broil), trimmed of excess fat  
1/2 tablespoon salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
1 tablespoon olive oil  
2 cups beef stock  
1 medium onion, quartered  
2 cloves garlic, minced  
3 sprigs fresh thyme (1 tablespoon dry)  
3 stalks celery, cut into 1-inch pieces  
8 medium creamer potatoes  
1 pound baby carrots  
1 tablespoon flour  
1 tablespoon butter, room temperature

## METHOD

1. Season beef with salt, pepper and garlic powder.
2. Preheat uncovered pressure cooker to 350°. Add oil and sear the beef roast on all sides.
3. Add beef stock, onion, garlic, thyme and celery.
4. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 50 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Add potatoes and carrots to pot. Place pressure cooker lid back on and bring to high pressure again for 15 minutes.
7. When cook cycle is complete, release pressure and remove pot roast to a serving platter. Surround roast with vegetables.
8. With the lid off, set temperature to 400° and start to reduce liquid in pot.
9. Mix flour and butter together to form a paste. Add 1/2 cup of broth from pan to paste. Mix until smooth.
10. Put flour mixture in boiling stock and mix well to thicken gravy. Bring back to a boil and then simmer for 3 minutes. Pour gravy over roast or serve on the side.

# SPICY HONEY-GLAZED BABY PORK RIBS

Serves 4

## INGREDIENTS

6 tablespoons sesame oil  
2 slabs baby back pork ribs  
1 cup soy sauce  
1 cup sake (Japanese rice wine)  
1 teaspoon dried chili flakes  
4 tablespoons honey  
2 tablespoons minced fresh ginger  
2 tablespoons minced fresh garlic

## METHOD

1. Cut the slab of ribs in half.
2. Heat uncovered pressure cooker to 300° for a few minutes; add oil.
3. Brown the ribs flesh side down one slab at a time.
4. Stack the ribs flesh side down in the pressure cooker and add remaining ingredients.
5. Secure the pressure cooker lid.
6. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 15 - 20 minutes.
7. The ribs are cooked through in 15 minutes, and you could grill or broil if you like a crunchy coating. Otherwise, pressure cook for the full 20 minutes and the meat will simply fall off the bone.
8. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.

## PRESENTATION

Cut ribs into serving-size portions. Serve on a platter with extra sauce for dipping.

# LAMB TAGINE

## INGREDIENTS

4 tablespoons (1/2 stick) sweet butter  
2 tablespoons curry powder  
1 bay leaf  
1 tablespoon minced fresh garlic  
1 tablespoon grated fresh ginger  
2 pounds boneless leg of lamb, cut into 2" cubes  
salt and freshly ground pepper, to taste  
1 tablespoon flour  
1 large onion, peeled and cut into large cubes  
2 medium carrots, peeled and cut into 2" pieces  
2 tomatoes, chopped  
2 tablespoons tomato paste  
1 cup lamb, veal or chicken brown stock  
1 tablespoon brown sugar  
1/2 cup golden raisins  
1/2 cup chopped dried apricots

## METHOD

1. Preheat uncovered pressure cooker to 350°. Melt butter in the inner pot. Stir in curry powder, bay leaf, garlic and ginger. Sauté for 1 minute.
2. Season lamb with salt and pepper, and dust with flour. Add the lamb, onion, carrots, tomatoes, tomato paste, stock, and sugar to pressure cooker.
3. Secure pressure cooker lid.
4. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 20 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Stir in raisins and dried apricots. Taste and adjust seasoning.
7. Secure pressure cooker lid again. Make sure pressure release valve is in up (closed) position. Bring back to pressure for 10 minutes.
8. After 10 minutes, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
9. Serve warm over couscous or with your favorite accompaniment.

# STUFFED FLANK STEAK

## INGREDIENTS

1 (2 -3 pound) flank steak  
1/2 teaspoon salt  
1/2 teaspoon fresh ground pepper  
4 strips lean bacon  
4 slices ham  
4 slices provolone cheese  
4 large hard-cooked eggs, cut in half  
10 jumbo stuffed green olives  
1 large red bell pepper, julienned  
2 tablespoons fresh parsley, chopped  
3 cups beef broth  
1 large onion, quartered  
1 whole bay leaf  
butcher's twine

## METHOD

1. On cutting board, use a sharp knife to butterfly the flank steak right through the center. Be careful to keep both thin slices attached. Season steak with salt and pepper and cover with plastic wrap. Tenderize the meat by hitting it evenly with a tenderizing mallet or heavy fry pan.
2. Remove plastic wrap and begin to assemble the roll. First lay all four strips of bacon on flank lengthwise. Top with ham slices and then cheese slices. Place eggs flat side down on top of the cheese. (Form a single row.) Lay the olives in a row next to eggs. Lay the pepper slices in a row lengthwise next to olives. Sprinkle with parsley. Roll the flank steak up lengthwise. Secure roll with butchers twine. Tuck ends of roll into center before continuing to tie. Tie a knot every 2-3 inches, then one long tie lengthwise.
3. Preheat pressure cooker to 400°. Add beef broth, onion and bay leaf.
4. Place entire rolled flank into pot and secure pressure cooker lid.
5. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 45 minutes.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove lid.
7. Remove roast and refrigerate. Reserve liquid for serving.

## PRESENTATION

Allow the flank roll to chill completely; this makes the roll set up and cut beautifully. Cut into 1 1/2-inch slices. Each slice will look like a work of art. Serve cold on beautiful lettuce leaves with mustard on the side. Or, after slicing, you may reheat and serve with heated reserved juices. Either way, your guests will be very pleased.

# STUFFED ARTICHOKE

Serves 4

## INGREDIENTS

1 cup beer  
2 tablespoons lemon juice  
1 pinch salt  
4 jumbo artichokes  
2 cloves garlic, minced  
2 tablespoons fresh mint leaf, or basil  
1 cup fresh bread crumbs  
2 tablespoons olive oil  
1 tablespoon parmesan cheese  
1 teaspoon salt  
1 teaspoon fresh ground pepper

## METHOD

1. Place beer, lemon juice and salt in uncovered pressure cooker.
2. Trim artichokes by removing the stem and trimming the outer sharp tips. Let chokes soak upside down in the lemon liquid.
3. In a food processor or by hand combine the remaining ingredients.
4. Turn the artichokes tips pointing up. Stuff tops with breadcrumb mixture.
5. Secure pressure cooker lid.
6. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 15 minutes.
7. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
8. Test artichoke for doneness by pulling out one of the leaves and insure it is tender. If not, re-cover and bring back to pressure for 5 more minutes.

## PRESENTATION

Stuffed artichokes make a great appetizer, or as a vegetarian main course. You may also top with half a cup of lump crabmeat after cooking and drizzle with warm butter and a squeeze of lemon juice.

# BRAISED RED CABBAGE

Serves 12

## INGREDIENTS

1/4 cup peanut oil  
1 medium red onion, sliced  
1 cup brown sugar  
2 Granny Smith apples, sliced  
1/2 cup red wine vinegar  
2 cups red wine  
2 cups orange juice  
1 cinnamon stick  
3 teaspoons ground ginger  
Salt and pepper, to taste  
4 pounds red cabbage, julienned  
A few gold leaves for decoration (optional, available at specialty stores)

## METHOD

1. Preheat uncovered pressure cooker to 350°.
2. Add peanut oil and sauté red onion until translucent.
3. Sprinkle in brown sugar and cook for a few minutes until it starts to caramelize.
4. Add sliced apples and deglaze with red wine vinegar. Bring mixture to a boil.
5. Add red wine, orange juice, cinnamon stick, ginger, salt, pepper and cabbage.
6. Secure pressure cooker lid.
7. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 15 minutes.
8. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
9. Test for seasoning. Serve as an accompaniment to your favorite pork dish.

# CHICKEN STOCK

## INGREDIENTS

3 pounds chicken bones, coarsely chopped  
1 small carrot, peeled and quartered  
1 medium onion, peeled and quartered  
1 small celery stalk, cut into 2" pieces  
1 small leek, cleaned, trimmed and cut into 2" pieces  
1 sprig fresh thyme  
1 bay leaf  
1/4 teaspoon black peppercorn  
4 cups water

## METHOD

1. Place all ingredients into the pressure cooker. Secure lid.
2. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 30 minutes.
3. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
4. Strain stock and allow to cool. Refrigerate covered for up to 3 days. Discard the hardened layer of fat before using.

# BEEF BOLOGNESE

## INGREDIENTS

2 tablespoons extra virgin olive oil  
1 pound lean ground beef  
kosher salt and fresh ground black pepper, to taste  
2 shallots, minced  
2 cloves garlic, minced  
1 medium onion, peeled and chopped  
1 medium carrot, peeled and chopped  
1 stalk celery, trimmed and chopped  
1/2 cup red wine  
5 pounds roma tomatoes, cored, blanched, peeled, seeded and chopped  
1/4 cup tomato paste  
1 tablespoon sugar  
1 spice sachet (1 sprig of each: rosemary, basil, oregano and parsley; 1 bay leaf; and  
1/2 teaspoon of whole black peppercorns, wrapped together in cheesecloth,  
tied together in a bundle)  
2 cups chicken stock  
1 pinch red pepper flakes

## METHOD

1. Preheat uncovered pressure cooker to 250°. Add olive oil and sauté ground beef until brown. Season with salt and pepper
2. Add shallots, garlic, onion, carrot, and celery. Sauté another 2 minutes.
3. Deglaze with red wine. Add tomatoes, tomato paste, sugar, sachet, stock, and red pepper flakes. Season with salt and pepper to taste
4. Secure pressure cooker lid on pot.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 15 minutes.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
7. Taste and correct seasoning. Use as desired.

# MINISTRONE SOUP

Serves 6

## INGREDIENTS

3 tablespoons olive oil  
1 large onion, chopped  
4 slices pancetta (or bacon), chopped  
2 stalks celery, thinly sliced  
1/2 cup baby carrots  
2 small potatoes, cubed  
1 can (28 ounces) diced tomatoes in juice  
2 cups liquid (white wine, stock or water)  
1/2 cup dried great northern beans, washed  
3 sprigs fresh thyme  
salt  
pepper  
1/4 cup chopped fresh spinach  
1 medium zucchini, halved and sliced  
1/2 cup small pasta shells

## METHOD

1. Preheat uncovered pressure cooker to 350°.
2. Add oil and brown onion and pancetta in oil.
3. Add all other ingredients except pasta. Secure pressure cooker lid.
4. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 30 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Check tenderness of beans. If beans are tender, add pasta to pot and check for seasoning. Place lid back on pressure cooker and bring back to high pressure for 8 minutes more. Again, release pressure before opening lid.

## PRESENTATION

This low-calorie and lowfat soup is wonderful hot or cold. Try dropping a teaspoon of fresh pesto and some olive oil in each bowl of soup right before serving.



# BEEF BURGUNDY

Serves 6

## INGREDIENTS

2 tablespoons olive oil  
3 1/2 pounds lean beef stew meat, cut into 1-inch pieces  
1 medium onion, chopped  
3 cloves garlic, minced  
3/4 pound button mushroom  
1 large carrot, diced  
3/4 pound pearl onions (If you cannot find fresh, substitute frozen)  
2 cups dry red wine  
2 cups beef stock  
3 sprigs fresh thyme  
1 whole bay leaf  
1 tablespoon flour  
1 tablespoon butter, room temperature  
1 1/2 tablespoons tomato paste  
1 tablespoon fresh parsley, chopped  
salt and pepper, to taste

## METHOD

1. Preheat uncovered pressure cooker to 200°.
2. Add oil and raise temperature to 300°. Add beef and chopped medium onion. Cook until brown in uncovered pressure cooker.
3. Add garlic, mushrooms, carrot, pearl onions, wine, stock, thyme and bay leaf.
4. Secure pressure cooker lid. Raise temperature to 400°. When the pressure indicator pops up, reduce temperature to 225 -250°. Set a kitchen timer for 13 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Blend the flour with the room temperature butter until smooth in a small bowl. Add a ladle full of hot broth to the butter mixer, mix until smooth. Add the butter mixture into the hot stew, stirring constantly to evenly distribute.
7. Add tomato paste to stew. Bring the stock to a boil while stirring to blend in the thickening ingredients.
8. Add fresh parsley and season to taste with salt and pepper.

# CREAM OF ROOT VEGETABLE SOUP

Serves 6

## INGREDIENTS

6 cups chicken stock  
2 medium stalks celery, chopped  
1 large leek white part only, sliced  
1 large russet potato, peeled and chopped  
1 large turnip, peeled and chopped  
1/2 large rutabaga, peeled and chopped  
2 medium parsnips, peeled and chopped  
2 large carrots, peeled and chopped  
2 tablespoons flat leaf parsley, chopped  
1 teaspoon kosher salt  
1/2 teaspoon white pepper  
1 pinch ground coriander  
2 tablespoons whipping cream  
1 tablespoon butter

## METHOD

1. Add stock and preheat uncovered pressure cooker to 300°.
2. Add all vegetables, parsley, salt, pepper and coriander to the stock. Secure pressure cooker lid.
3. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 10 minutes.
4. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
5. With an immersion blender, puree the soup in the pan to the desired consistency.
6. Add cream and butter. Check for seasoning. Serve hot or cold.

## PRESENTATION

This soup is delicious served with a dollop of sour cream and chopped green onions on top.

# GREEK LEMON CHICKEN SOUP

Serves 6

## INGREDIENTS

6 boneless skinless chicken breast halves, diced  
1 medium onion, chopped  
1 cup fresh spinach  
6 cups chicken stock  
1 cup Arborio rice  
2 tablespoons fresh lemon rind, grated  
Juice of 2 medium lemons (4 to 6 tablespoons)  
1 teaspoon kosher salt  
1 teaspoon fresh ground pepper  
1 tablespoon fresh chopped mint  
2 large eggs, beaten

## METHOD

1. Preheat pressure cooker to 400°.
2. Add all ingredients except eggs to pressure cooker.
3. Secure pressure cooker lid.
4. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 12 minutes.
5. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
6. Beat eggs well, and slowly drizzle into hot soup while stirring with a large spoon. When all eggs have been incorporated, soup is ready to eat.

# CHOCOLATE SWIRL CHEESECAKE

Serves 8

## INGREDIENTS

2 cups water  
1 cup powdered sugar  
3 packages (8 ounces each) cream cheese, softened  
3 large eggs  
1 teaspoon vanilla extract  
3 tablespoons cocoa powder, unsweetened

## METHOD

1. Place water in pressure cooker. Assemble rack in pressure cooker.
2. In a large mixing bowl with an electric mixer, cream together sugar and cream cheese. Add eggs one at a time. Add vanilla.
3. Remove 1 1/2 cups cream cheese mixture to another bowl. Add cocoa powder. Mix until smooth.
4. Prepare a springform pan by placing a sheet of parchment paper or foil over bottom ring. Secure outer ring and spray with nonstick cooking spray. Alternate scoops of plain and chocolate cheesecake mixture into prepared pan. Then swirl through batter with a knife making an S pattern.
5. Wrap springform pan well with aluminum foil to prevent steam and water from seeping into pan. Place on rack in pressure cooker and secure lid.
6. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 300°. Set a kitchen timer for 30 minutes.
7. When the cook time is finished, turn off pressure cooker. Leave cake in cooker for another 30 minutes.
8. Refrigerate for at least 2 hours or until chilled through.

# WHITE CHOCOLATE CHEESECAKE

## INGREDIENTS

- 2 packages (8 ounces each) cream cheese
- 1/2 cup powdered sugar
- 3 large eggs
- 1 tablespoon vanilla
- 1 pinch salt
- 6 1-ounce squares white chocolate, melted in the microwave until smooth
- 2 cups water

## METHOD

1. Prepare a 7-inch springform pan by lining the bottom with parchment paper or wax paper. Assemble the spring around the paper coated bottom. Spray the interior of the pan with nonstick cooking spray.
2. In mixing bowl cream together sugar and cream cheese with an electric mixer until smooth. Add eggs one at a time. Add vanilla, salt, and melted chocolate. Pour cake mixture into prepared springform pan.
3. Pour 2 cups water into pressure cooker. Cover springform pan with a paper towel and wrap entire springform pan with aluminum foil to prevent steam and water from seeping into pan.
4. Place the smallest rack in the pressure cooker. Place pan in pressure cooker on rack. Secure lid on cooker.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 225-250°. Set a kitchen timer for 30 minutes.
6. When cook cycle is complete, leave in the pressure cooker with heat off for an additional 30 minutes.

# RASPBERRY SAUCE

## INGREDIENTS

- 2 cups fresh or frozen raspberries
- 3 tablespoons granulated sugar
- 1 teaspoon lemon juice

## METHOD

1. Place all the ingredients in a small saucepan on the stove. Cook for 10 -15 minutes over medium to high heat, until the sauce reduces. Press through a sieve (if you choose) so the sauce is smooth. When cool, serve to decorate your desert plate or drizzle over the white chocolate cheesecake.

# KAHLUA CHOCOLATE CHIP CHEESECAKE

## INGREDIENTS

- 1 sleeve sugar-free chocolate wafers, crumbled
- 1/4 cup butter, melted
- 1/3 cups sugar
- 3 tablespoons powdered sugar
- 3 packages (8 ounces each) cream cheese, softened
- 3 large eggs
- 1/2 cups sour cream
- 1 small bottle coffee liqueur
- 3 tablespoons cornstarch
- 1 cup chocolate chips
- 2 cups water

## METHOD

1. Mix chocolate wafers with butter in a food processor. Press mixture into bottom of a 7-inch springform pan, coated with nonstick cooking spray.
2. Beat sugars and cream cheese together in large bowl with electric mixer, until smooth. Add eggs one at a time, incorporating well. Add sour cream, liqueur and cornstarch. Mix well. Stir in chocolate chips
3. Pour mixture into springform pan. Wrap springform pan well with aluminum foil to prevent steam and water from seeping into pan.
4. Pour two cups of water into pressure cooker. Place rack in pressure cooker. Place springform pan on rack. Secure lid on pressure cooker.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 300°. Set a kitchen timer for 30 minutes.
6. When cooking cycle is done, turn off heat and leave cake in pressure cooker for another 30 minutes.
7. Refrigerate for at least 2 hours or until chilled through.

## FLAN

Serves 5

### INGREDIENTS

3/4 cup sugar  
3 cups water  
3 large eggs, beaten  
1 can (14 ounces) sweetened condensed milk  
1 cup milk  
1 tablespoon vanilla

### METHOD

1. In a nonstick skillet, melt sugar over medium heat until it becomes a caramel-like color. Pour caramel evenly between 4 custard cups.
2. Put water in pressure cooker and begin to heat at 400°.
3. Mix all other ingredients well and pour into prepared cups.
4. Wrap each cup well with aluminum foil. Place on rack in pressure cooker. Secure lid on pressure cooker.
5. When pressure indicator pops up, set a kitchen timer for 15 minutes.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
7. Remove custard cups from pot and refrigerate until ready to serve.
8. To serve, run a knife around the inside of custard cup, place a plate over cup, and invert flan onto plate.

## COCONUT RICE PUDDING

### INGREDIENTS

1 1/2 cups coconut milk  
1 1/2 cups milk  
1/2 cup sugar  
1/4 teaspoon kosher salt  
1 cups arborio rice  
1 tablespoon almond essence  
1/2 cups golden raisins  
1/4 teaspoon ground cinnamon, optional

### METHOD

1. Combine the coconut milk, milk, sugar and salt in uncovered pressure cooker. Set emperature to 350° and bring contents to boil.
2. Add rice and almond essence. Stir until well blended.
3. line the arrows on the lid handles up with the inner pot handles.
4. Secure lid on pressure cooker.
5. Set temperature to 400°. When pressure indicator pops up, reduce temperature to 300°. Set a kitchen timer for 8 minutes.
6. When time is up, turn temperature dial to off. Flip the pressure release valve to release pressure. After pressure is released, remove the lid.
7. Stir in raisins and cinnamon until well incorporated. Cover and allow to cool for 10 minutes. Serve warm or cold.

**NOTE: ALL RECIPES IN THIS  
MANUAL USE 15 POUNDS  
OF PRESSURE (15 PSI).**

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