

Tefal®



RECIPE BOOK

ELECTRIC PRESSURE COOKER

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Fast & Delicious Multicooker Electric Pressure Cooker, Slow Cooker & More...

25-in-1 pre-set programs. Your favourite meals in minutes.

Do you want a healthy, homemade dinner on the table fast? With the Tefal Fast & Delicious Multicooker, it is easy to whip up delicious meals for the entire family without spending hours in the kitchen.

Whether you're cooking breakfast, lunch, dinner or dessert there are countless meal options that can be prepared in the Tefal Fast & Delicious Multicooker. Set the delayed start and have hot, comforting oatmeal ready when the family wakes up. Steam fresh vegetables for a healthy and easy side dish. Slow cook a delicious casserole that the whole family will enjoy when they get home. If you lead a busy lifestyle and time is of the essence, use the pressure cooker to cook your favourite slow cooked meals - fast! Use the pressure cooker pre-sets to quickly cook fish, a variety of meat or your favorite vegetables.

Don't forget about dessert, the Tefal Fast & Delicious Multicooker easily creates moist, perfectly baked cakes and other desserts in a fraction of the time.

But don't take our word for it, try some of our great recipes for yourself. This recipe book includes 35 delicious recipes that are not only easy to make but something that the whole family will enjoy.

Broccoli puree



10 min



10 min



X 4/5
depending on baby's age

- 1 medium broccoli (approximately 500 g), washed
- ½ potato (approximately 50 g), washed, peeled and cubed


1. Prepare the potatoes. Separate the broccoli florets from the main stem.

2. Place 150 ml (¾ cup) of water in the cooking pot.

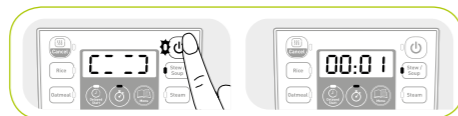
3. Place the trivet in the pot with the steam basket. Add the broccoli florets and potato cubes.

4. Close the lid and the pressure valve.

5. Select **Baby food** program.

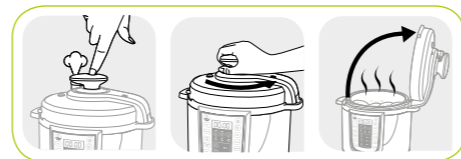
6. Select  and decrease to **10 minutes**.

7. Press .



Display turns to circular rotation and will start

counting down when ready.



8. When the timer beeps, press the button on the handle to open the pressure valve and release the steam.

9. Press . Open the lid.

10. Remove the vegetables and puree them with a mixer or a blender.

Carrot and ham puree



10 min



10 min



X 4/5
depending on baby's age

- 200 g potatoes, peeled and cut into 3 cm pieces
- 200 g carrots, peeled and cut into 3 cm-long pieces
- ½ slice smoked ham, diced (20g)
- 50 g cream cheese


1. Prepare all the ingredients. Keep the cream cheese in the fridge.

2. Place 150 ml of water (¾ cup) in the cooking pot.

3. Place the trivet in the pot with the steam basket. Add the potatoes and carrots.

4. Close the lid and the pressure valve.

5. Select **Baby food** program.

6. Select  and decrease to **10 minutes**.

7. Press .



Display turns to circular rotation and will start counting down when ready.



8. When the timer beeps, open the pressure valve and release the steam.

9. Press . Open the lid.

10. Remove the vegetables and puree including the ham and the cream cheese, with a mixer or blender until the desired consistency.



Squashy apple sweet potato



15 min





10 min

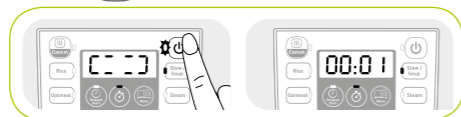


X 4/5

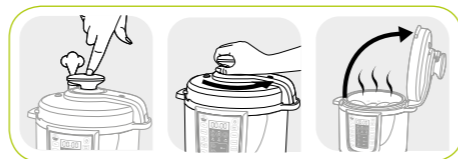
depending on baby's age


- 1 ½ cup / 150 g cubed and peeled sweet potato
- 1 ½ cup / 150 g cubed and peeled butternut squash
- ¼ tsp ground cinnamon
- ½ an apple, peeled and cubed

1. Prepare all the ingredients.
2. Place 150 ml (¾ cup) in the cooking pot.
3. Place the trivet in the pot with the steam basket. Add the cubes of apple, sweet potato and butternut squash.
4. Close the lid and the pressure valve.
5. Select **Baby food** program.
6. Select  and decrease to **10 minutes**.
7. Press .



Display turns to circular rotation and will start counting down when ready.



8. When the timer beeps, open the pressure valve and release the steam.
9. Press . Open the lid.
10. Remove the vegetables and puree them with a mixer or a blender. Once the desired consistency has been reached, stir through the ground cinnamon.

TIP: when blending, you may need to add a little bit of vegetable stock, cream or milk for a smoother consistency.

Parsnip and green bean puree



10 min





10 min



X 4/5

depending on baby's age


- About 400 g parsnip, peeled & cubed
- 6 green beans, chopped

1. Place 150 ml of water (¾ cup) in the cooking pot.
2. Place the trivet in the pot with the steam basket. Add the parsnip and green beans.
3. Close the lid and the pressure valve.
4. Select **Baby food** program.
5. Select  and decrease to **10 minutes**.
6. Press .



Display turns to circular rotation and will start counting down when ready.



7. When the timer beeps, open the pressure valve and release the steam.
8. Press . Open the lid.
9. Remove the vegetables and puree them with a mixer or a blender until you reach desired consistency.

TIP: when blending, you may need to add a little bit of vegetable stock, cream or milk for a smoother consistency.





3-Bean soup



10 min






4 + 5
min




X 4

- 2 tbsp olive oil
- 1 small brown onion, peeled and chopped
- 100 g bacon, diced
- 100 g green beans, cut into 1 cm pieces
- 130 g canned drained cannellini beans
- 130 g canned drained red kidney beans
- 80 g risoni pasta

- 4 cups / 1 litre vegetable stock (or water)
- Salt and freshly cracked black pepper
- ½ cup / 15 g grated Parmesan (or another cheese)
- ½ cup / 5 tbsp fresh basil leaves, washed and thinly sliced

1. Prepare all the ingredients. Keep the cheese and basil in the fridge.
2. Place the oil in the cooking pot.
3. Select **Brown** program.
4. Select  and decrease to **4 minutes**.
5. Press .
6. When it beeps, add the onion and the bacon. Brown stirring occasionally.
7. When it beeps, press .
8. Add the green beans, cannellini beans, red kidney beans, pasta and stock.
9. Salt and pepper if the vegetable stock is not seasoned enough.
10. Close the lid and the pressure valve.

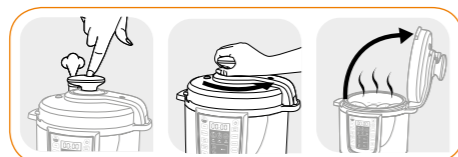
11. Select  program.

12. Press  and decrease to **5 minutes**.

13. Press .



Display turns to circular rotation and will start counting down when ready.



14. When the timer beeps, open the pressure valve and release the steam.

15. Press . Open the lid.

16. Spoon soup into bowls and top with parmesan and basil.

Silverbeet and pea soup



20 min



5 + 9
min






X 4

- 200 g green peas, washed (fresh or frozen)
- 500 g silverbeet washed
- 2 celery stalks, washed and finely diced
- 2 spring onions, washed and finely diced


- 3 cups / 750 ml of vegetable stock (or water)
- 1 tsp of caster sugar
- 1 tbsp of butter
- 40 g feta, crumbled
- Salt and pepper




1. Separate the green and the white of the silverbeet.
2. Slice the white. Set aside. Slice the green.
3. Prepare all the remaining ingredients. Keep the feta in the fridge.
4. Put butter in the cooking pot.
5. Select **Brown** program.
6. Press . Decrease time to **5 minutes**.
7. Press .
8. When it beeps, add the green of the silverbeet, the celery stalk and the spring onion.
9. Cook, stirring occasionally.

10. When the timer beeps, press .

11. Add the green peas, the white of the silverbeet, the sugar and the vegetable stock.
12. Add salt and pepper if the stock is not seasoned enough.
13. Close the lid. Close the pressure valve.

14. Select  program.


15. Press  and decrease to **9 minutes**.

16. Press .



Display turns to circular rotation and will start counting down when ready.



17. When the timer beeps, open the pressure valve and release the steam.
18. Press . Open the lid.
19. Pour the soup in bowls. Sprinkle with feta and serve.





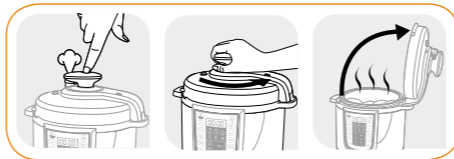
Beef stew Stroganoff style



- 1 kg beef casserole steak or braising steak
- 1 brown onion, peeled and cut in 4 pieces
- 500 g mushrooms, washed, peeled, cut in half
- 1 smoked sausage (250 g) cut in 4 pieces
- 1 tbsp butter
- ½ cup / 125 ml white wine
- 1 tbsp tomato paste
- 2 tsp paprika
- 4 to 6 tbsp whole-grain mustard
- 4 to 6 tbsp fresh creme fraiche
- 3 tbsp crushed and washed parsley
- Salt and pepper

1. Add the butter in the cooking pot.
2. Select **Brown** program.
3. Press and decrease to **10 minutes**.
4. Press .
5. When it beeps, add half of the mushrooms. Cook for 5 minutes, stirring occasionally.
6. After 5 minutes, add the remaining mushrooms. Salt and pepper. Cook stirring occasionally.
7. When the timer beeps, remove the mushrooms.
8. Press .
9. Pour the wine in the cooking pot. Add the beef, onion, sausage, paprika, tomato paste, salt and pepper. Stir.
10. Add 250 ml of water.

11. Select **Stew / Soup** program.
 12. Press 2 times to select **Meat**.
 13. Press . Decrease to **35 minutes**.
 14. Close the lid and the pressure valve.
 15. Press .
- 
- Display turns to circular rotation and will start counting down when ready.
16. When it beeps, open the pressure valve and release the steam..
 17. Press . Open the lid.
 18. Add the mushrooms and parsley. Stir. Close the lid and the pressure valve.



19. Select **Simmer** program.
 20. Press and decrease to **1 minute**.
 21. Press .
- 
- Display turns to circular rotation and will start counting down when ready.
- 
22. When it beeps, open the pressure valve and release the steam. Open the lid.
 23. Serve with the cream and the mustard.

Cream of leek & potato soup

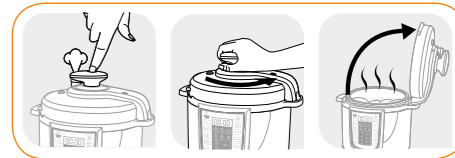


- 500 g leeks, halved and thinly sliced and washed
- 400 g potatoes, peeled and cut in cubes
- 1 brown onion, peeled and diced
- 1 tbsp butter
- 2 tbsp olive oil
- 1 cup / 250 ml creme fraiche
- 125 ml white wine
- 2 cups / 500 ml water
- Flaked salt, freshly cracked black pepper
- 4 tbsp of washed and chopped parsley (optional)

1. Prepare all the ingredients.
2. Put butter and oil in the cooking pot.
3. Select **Brown** program.
4. Press . Decrease time to **5 minutes**.
5. Press .
6. When it beeps, add the onion and leeks. Salt and pepper. Cook stirring occasionally.
7. When the timer beeps, press .
8. Add the wine.
9. Select **Simmer** program.
10. Press . Decrease time to **5 minutes**.
11. Close the lid. Close the pressure valve.
12. Press .

- 
- Display turns to circular rotation and will start counting down when ready.
13. When timer beeps, open the lid.
 14. Add the potatoes and the water.
 15. Close the lid. Close the pressure valve.
 16. Select **Stew / Soup** program.
 17. Press .
- 
- Display turns to circular rotation and will start counting down when ready.



- 
18. When the timer beeps, open the pressure valve and release the steam.
 19. Press . Open the lid.
 20. Add the cream and mix, adjusting salt and pepper to your taste.
 21. Serve the soup hot, topped with chopped parsley.



Pumpkin soup



20 min






6 + 10 min



X 4

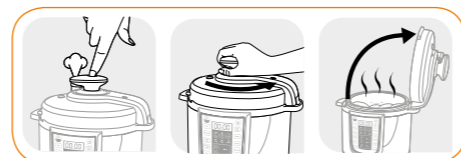
- 1 tbsp olive oil
- 100 g bacon, diced
- 2 leeks, halved and thinly sliced and washed
- 350 g cubes of peeled and seeded pumpkin
- 2 celery stalks, washed and sliced
- 1 potato (about 150 g), peeled and cut in cubes
- 3 cups / 750 ml vegetable or chicken stock (or water)
- Freshly cracked black pepper, salt flakes


1. Prepare all the ingredients.
2. Place the olive oil in the cooking pot.
3. Select **Brown** program.
4. Press  and decrease to **6 minutes**.
5. Press .
6. When it beeps, add the bacon. Cook for 3 minutes or until crisp, stirring occasionally.
7. Add the leeks and keep cooking for **3 more minutes**, stirring occasionally.
8. When the timer beeps, press .
9. Add the remaining ingredients.
10. Select **Stew / Soup** program.
11. Close the lid. Close the pressure valve.

12. Press .



Display turns to circular rotation and will start counting down when ready.



13. When the timer beeps, open the pressure valve and release the steam.
14. Press . Open the lid.
15. Mix, adjusting salt and pepper to your taste.

Chicken Cacciatore



25 min






15 + 15 min





X 4

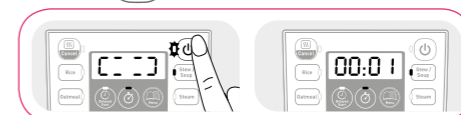
- 8 chicken drumsticks
- 150 g washed and sliced mushrooms
- 1 onion, peeled and chopped
- 1 red pepper, washed, seeded and sliced
- 1 zucchini, washed, cut in half and sliced
- 1 yellow squash, cut in half and sliced
- 400 g tomato pasta sauce
- 2 tbsp olive oil
- 100 ml white wine
- ¼ tsp crushed red pepper flakes
- ¼ cup / 30 g flour
- 1 tsp paprika
- 2 garlic cloves, peeled and chopped
- ¼ cup / 40 g kalamata olives, drained or 12 pitted olives'
- ½ cup / 20 g parmesan cheese
- Flaked salt, black pepper



1. Prepare all the ingredients.
2. Pour the oil in the cooking pot.
3. Select **Brown** program.
4. Press . Increase to **15 minutes**.
5. Press .
6. When it beeps, add the chicken drumsticks and cook **10 minutes**, turning as needed.
7. Remove the chicken from the cooking pan.
8. Add the onion and cook stirring occasionally.
9. When it beeps, press .
10. Add all the remaining ingredients. Stir well.

11. Select **Pressure cook** program.


12. Press . Increase to **15 minutes**.
13. Close the lid and the pressure valve.
14. Press .



Display turns to circular rotation and will start counting down when ready.



15. When the timer beeps, open the pressure valve and release the steam.




16. Press .
17. Open the lid, set the chicken and the vegetables in the serving dish.
18. Serve as is or over pasta.




Goulash



- 800 g / 1 kg veal shoulder cut in 2,5-3 cm cubes
- 2 tbsp sunflower oil
- 2 brown onions, peeled and sliced
- 1 tbsp paprika
- 1 tsp ground cumin
- ½ cup / 125 ml red wine
- 200 g canned peeled tomatoes
- 2 red bell peppers, seeded and sliced
- 3 garlic cloves, peeled and crushed
- 2 tsp of dried marjoram
- ½ cup / 125 ml water
- Flaked salt, freshly cracked black pepper


1. Prepare all the ingredients.
2. Pour the oil in the cooking pot.
3. Select **Brown** program.
4. Press .
5. When it beeps, add the onions and cook for **5 minutes** stirring occasionally.
6. After this time, add the meat, the paprika and the cumin, and cook for **5 more minutes** stirring occasionally.
7. When the timer beeps, press .
8. Add the remaining ingredients. Salt and pepper.
9. Select **Pressure cook** program.
10. Press .
11. Decrease time to **20 minutes**.

12. Close the lid. Close the pressure valve.
13. Press .



Display turns to circular rotation and will start counting down when ready.











14. When the timer beeps, open the pressure valve and release the steam.
15. Press . Open the lid.
16. Serve.

Pork loin with mushrooms



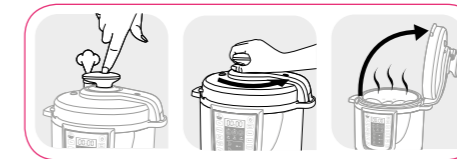
- 800 g to 1 kg of pork loin, rind removed
- 2 tbsp olive oil
- 1 brown onion, peeled and diced
- 3 garlic cloves, peeled and crushed
- ½ cup / 125 ml white wine
- 1 cup / 250 ml chicken stock
- 200 g mushrooms, washed and quartered
- 2 handfuls spinach, washed
- Flaked salt, freshly crashed black pepper

1. Prepare all the ingredients.
2. Put the olive oil in the cooking pot.
3. Select **Brown** program.
4. Press . Increase to **15 minutes**.
5. Press .
6. When it beeps, braise the pork on all sides for about **4 minutes** or until lightly brown.
7. Remove and set aside.
8. Press .
9. Select **Brown** program.
10. Press . Increase to **5 minutes**.
11. Press .
12. Add the mushrooms, onion and garlic. Cook stirring occasionally for **5 minutes**.
13. When the timer beeps, press .

14. Add the wine, the chicken stock and the pork. Salt and pepper.
15. Select **Pressure cook** program.
16. Press . Decrease to **25 minutes**.
17. Close the lid. Close the pressure valve.
18. Press .







Display turns to circular rotation and will start counting down when ready.



19. When the timer beeps, open the pressure valve and release the steam.



20. Press .
21. Remove the pork and place on a plate. Cover with foil.
22. Add spinach to the broth.
23. Select **Simmer** program.
24. Press . Decrease to **1 minute**.
25. Close the lid. Close the pressure valve.
26. Press .
- Display turns to circular rotation and will start counting down when ready.
27. When the timer beeps, open the pressure valve and release the steam.
28. Press . Open the lid.
29. Place on a plate with mushrooms.
30. Slice the pork, place over the mushrooms/ spinach and serve with the broth and some rice.



Pot roast & potatoes



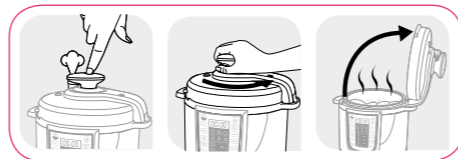
- 120 g beef fillet cut in 4 cubes
- 4 pork sausages, each cut in 4 pieces
- 1 leek, cut lengthwise, washed and sliced
- 2 tbsp olive oil
- 1 brown onion, peeled and diced
- 2 tbsp Worcestershire Sauce
- 2 carrots, washed, peeled and diced
- 3 garlic cloves, peeled and finely chopped
- 500 g tomatoes, peeled, seeded and chopped
- ¼ cup / 60 ml red wine
- 2 sprigs fresh thyme
- 500 g Maris Piper potatoes, peeled and cubed
- Flaked salt
- Freshly cracked black pepper

1. Prepare all the ingredients.
2. Pour the oil in the cooking pot.
3. Select **Brown** program.
4. Press . Increase to **10 minutes**.
5. Press .
6. When it beeps, brown sausages and beef for **6-7 minutes**, stirring occasionally.
7. Remove from the pot and set aside on a plate.
8. Add the onion and the leek in the pot and cook stirring occasionally.
9. When the timer beeps, press .
10. Put the beef and pork back to the pan.
11. Add the red wine and stir.

12. Add all the remaining ingredients. Season with salt and pepper.
13. Close the lid and the pressure valve.
14. Select **Pressure cook** program.
15. Press . Decrease to **5 minutes**.
16. Press .



Display turns to circular rotation and will start counting down when ready.



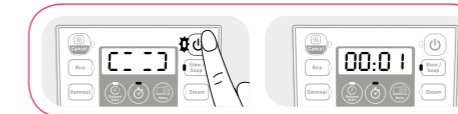
17. When the timer beeps, open the pressure valve and release the steam.
18. Press .
19. Open the lid and serve.

Barbecue chicken legs



- 1 tbsp peanut oil
- 8 chicken drumsticks
- 2 garlic cloves, peeled and crushed
- 1 medium onion, peeled and sliced
- 150 ml barbecue sauce
- 150 ml sweet chilli sauce
- Salt and pepper

1. Place the oil in the cooking pot.
2. Select **Brown** program.
3. Press .
4. When it beeps, brown the chicken in two batches for **3 ½ minutes**, each.
5. Remove the chicken. Add the garlic and onion and brown for remaining **3 minutes**.
6. Add the remaining ingredients with the chicken and stir to combine.
7. Close the lid and the pressure valve.
8. Select **Pressure cook** program.
9. Press and decrease to **15 minutes**.
10. Press .



Display turns to circular rotation and will start counting down when ready.



11. When the timer beeps, open the pressure valve and release the steam.
12. Press .
13. Open the lid and serve.





Beef bolognese sauce



15 min








10 + 5 min



X 4

- 300 g minced beef
- 200 g minced pork
- 3 pieces of bacon
- 1 tbsp olive oil
- 1 onion peeled and sliced
- 2 garlic cloves, peeled and crushed
- 1 carrot, washed, peeled and diced
- 1 celery stalk, washed and diced
- ½ cup / 125 ml red wine
- 1 tbsp tomato paste
- 500 g chopped tomatoes, drained
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt & pepper to taste
- 2 bay leaves

1. Prepare all the ingredients.
2. Pour the oil in the cooking pot.
3. Select **Brown** program.
4. Press  and decrease to **10 minutes**.
5. Press .
6. When it beeps, add the onion, celery, carrot and garlic and cook for **4 minutes** stirring occasionally.
7. After this time, add the meats (pork, beef and bacon) and cook stirring occasionally.
8. When the timer beeps, press .
9. Add the remaining ingredients. Salt and pepper. Stir well.
10. Select **Pressure cook** program.


11. Press .
12. Decrease time to **5 minutes**.
13. Close the lid. Close the pressure valve.
14. Press .



Display turns to circular rotation and will start counting down when ready.



15. When the timer beeps, open the pressure valve and release the steam.

16. Press . Open the lid.
17. Serve with spaghetti and grated cheese.

Chili con carne



15 min








18 min

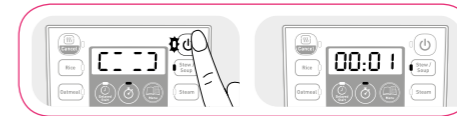


X 4

- 1 tbsp olive oil
- 600 g lean minced beef
- 1 brown onion, peeled and finely diced
- 2 garlic cloves, peeled and crushed
- 1 ½ tsp ground cumin
- 1 ½ tsp chili powder
- ½ tsp ground paprika
- ¼ tsp Cayenne pepper
- 600 g canned chopped tomatoes
- 420 g canned red kidney beans, rinsed and drained
- Salt flakes
- Freshly cracked black pepper

1. Place the oil in the cooking pot.
2. Select **Brown** program.
3. Press  and decrease to **8 minutes**.
4. Press .
5. When it beeps, add the beef and brown in 2 batches for **4 minutes**, each.
6. Add the onion, garlic, cumin, chili pepper, paprika and cayenne pepper. Stir well to combine.
7. Add the tomatoes and beans. Salt and pepper, and stir to combine.
8. Close the lid and the pressure valve.
9. Select **Pressure cook** program.

10. Decrease to  **Low** pressure.
11. Press  and decrease to **10 minutes**.
12. Press .




Display turns to circular rotation and will start counting down when ready.



13. When the timer beeps, open the pressure valve and release the steam.



14. Press . Open the lid and serve.

TIP: to spice up your Chili con Carne, simply add a few drops of Tabasco® before serving. Chili can be served by itself or on top of rice.



Chocolate cake



10 min





40 min



X 4-6

- 150 g dark chocolate, roughly chopped
- 100 g butter, diced
- 4 eggs
- 80 g caster sugar
- 50 g self- raising flour
- 1 piece baking paper cut to fit the base of the cooking pot

1. Melt the chocolate and butter together in the microwave, stirring time to time with a fork.
**be sure that you do not overheat the mixture
2. In a separate large bowl, whisk the eggs and sugar together.
3. Then add in the butter/chocolate mixture, and flour. Stir until well combined.
4. Place baking paper circle at the bottom of the bowl.
5. Spoon in the cake batter.
6. Close the lid but leave it unlocked.
7. Select **Bake** program.
8. Press .
9. Time should be **40 minutes**.
10. Press .



Display turns to circular rotation and will start counting down when ready.

11. When the timer beeps, open the lid.
12. Remove the cooking pot from the pressure cooker. Leave to cool until lukewarm then run a spatula around the edges of the cake to loosen it from the sides. Flip onto a plate and it's ready to serve.

TIP: decorate the cake with chocolate ganache and top with raspberries.

Apple & yoghurt cake



15 min





40 min



X 4-6

- 140g plain flour
- 100g cornstarch
- 1 tsp baking powder
- 190g caster sugar
- 3 eggs
- 110 g natural yoghurt
- 75ml canola oil
- ½ lemon (zest and juice)
- 1 apple
- 8 tbsp of caramel sauce
- 4 tbsp of roasted sliced almonds

1. In a mixing bowl, sift together flour, cornstarch and baking powder.
2. In another bowl, mix yoghurt, sugar and eggs. Add the oil. Mix well.
3. Add the flour/cornstarch mix. Stir well with a whisk.
4. Add lemon zest and juice.
5. Peel the apple, quarter, seed and cut in chunks.
6. Place baking paper circle at the bottom of the bowl. Cover with the apple chunks.
7. Spoon over the cake batter.
8. Close the lid but leave it unlocked.
9. Select **Bake** program.
10. Press . Decrease to **40 minutes**.
11. Press .



Display turns to circular rotation and will start counting down when ready.

12. When the timer beeps, open the lid.
13. Remove the cooking pot from the pressure cooker. Leave to cool until lukewarm then run a spatula around the edges of the cake to loosen it from the sides. Flip onto a plate and it's ready to serve.

TIP: top the cake with caramel sauce and sprinkle with some roasted almonds.





Chocolate-vanilla marble cake



20 min




30 min

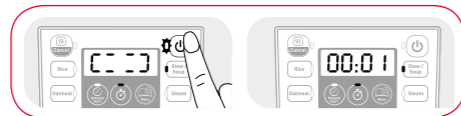


X 4-6

- 150 g brown sugar
- 150 g salted butter
- 3 eggs
- 150 g plain flour
- 1 tsp baking powder
- 2 tbsp of cocoa
- 1 tbsp of lemon juice
- Paste from 1 vanilla bean (cut in two, lengthwise, scraped)

1. Beat the butter and brown sugar together.
2. Add 2 eggs and the lemon juice.
3. Add the flour along with the baking powder.
4. Add the 3rd egg and mix until well combined.
5. Split the batter in 2 batches. Add the cocoa to one batch and the vanilla paste to the second.
6. Place baking paper circle at the bottom of the bowl.
7. Spoon over the cake batters and run a wooden skewer through the mixture in a circular motion.
8. Close the lid but leave it unlocked.
9. Select **Bake** program.
10. Press  . Decrease to **30 minutes**.

11. Press  .



Display turns to circular rotation and will start counting down when ready.

12. When the timer beeps, open the lid.
13. Remove the cooking pot from the pressure cooker. Leave to cool until lukewarm then run a spatula around the edges of the cake to loosen it from the sides. Flip onto a plate and it's ready to serve.

TIP: spread the cake with chocolate frosting and decorate with chocolate treats or strawberries.

Plums clafoutis



20 min



35 min




X 4-6

- $\frac{3}{4}$ cup / 90 g plain flour
- $\frac{1}{2}$ cup / 125 ml semi-skimmed milk
- $\frac{1}{2}$ cup / 100 g caster sugar
- $\frac{1}{2}$ cup / 125 ml cream
- 2 eggs
- Paste from 1 vanilla bean (cut in two, lengthwise, scraped)
- $1 \frac{1}{2}$ cup / 225 g halved and pitted plums

1. Prepare all the ingredients.
2. Sift the flour in a large bowl.
3. In another one, combine eggs, sugar, vanilla bean paste, milk and cream.
4. Add $\frac{1}{3}$ of this mix to the flour. Mix well until there are no lumps.
5. Add another $\frac{1}{3}$ of the mix. Stir well until well incorporated.
6. Add the last $\frac{1}{3}$ and mix well.
7. Place baking paper circle at the bottom of the bowl.
8. Pour over the clafoutis batter.
9. Distribute the plums halves.
10. Close the lid but leave it unlocked.
11. Select **Bake** program.

12. Press  . Decrease to **35 minutes**.

13. Press  .



Display turns to circular rotation and will start counting down when ready.

14. When the timer beeps, open the lid.
15. Remove the pot from the pressure cooker. Leave to cool until lukewarm. With a large spatula, run it around the edges of the cake to loosen it from the sides. Flip a plate on the cake and unmold over the plate.





Korean beef and kimchi stew



15 min



30 min + 8 h
(to 9 h)



X 4

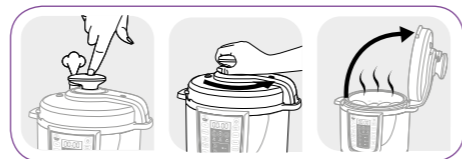
- 2 kg English cut beef short ribs
- 2 tbsp vegetable oil
- 1 red onion, peeled and sliced
- 1 carrot, peeled and chopped
- 1 tbsp minced garlic
- 1 tbsp peeled and minced fresh ginger
- ¼ cup / 30 g flour
- 1 cup / 250 ml salt reduced chicken stock
- ¼ cup / 60 ml low-sodium soy sauce
- ¼ cup / 60 ml kimchi
- 2 tbsp gochujang (red chili paste) (optional)
- ¼ cup firmly packed brown sugar
- Sliced spring onions and toasted sesame seeds for garnish.
- Kosher salt and freshly ground pepper

- Put the oil in the cooking pot.
- Select the **Brown** program.
- Press . Increase time to **30 minutes**.
- Press .
- When it beeps, add half of the ribs and cook, turning as needed, for **10 minutes**.
- Remove from the cooking pot and set aside.
- Add the remaining ribs and cook, turning as needed for **10 minutes**.
- Remove from the cooking pot and set aside with the previous batch.
- Add the onion, carrot, garlic, and ginger, and cook for **5 minutes**.
- Add the flour and cook, stirring, until fully incorporated.

- Press .
- Pour in the chicken stock and the soy sauce.
- Add the kimchi, the gochujang and the sugar. Season with salt and pepper and stir well.
- Immerge the ribs in the sauce.
- Close the lid and the pressure valve.
- Select **Slow cook** program.
- Press . Increase to **8 hours**.
- Press .



Display turns to circular rotation and will start counting down when ready.



- When the timer beeps, open the valve and release the steam.
- Press . Open the lid.
- Serve the ribs covered with the sauce, garnished with spring onions and sesame seeds.

Chicken Enchilada stew



20 min



2 h + 15 min



X 4

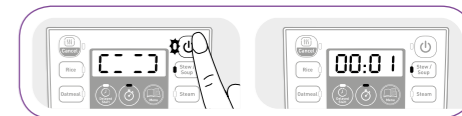
- 1,25 kg bone-in chicken thighs skinned (about 6 large thighs)
- 1 can (470 g) diced tomatoes
- 1 can (470 g) black beans drained and rinsed
- 1 can (125 g) diced mild green chillies, drained
- 1 onion, peeled and finely chopped
- 2 ¼ cups / 560 ml chicken stock
- 1 tsp chilli powder
- 2 tsp ground cumin
- Grated zest and juice of 1 lime + more juice to taste if needed
- Salt and ground black pepper
- ¼ cup / 3.5 tbsp finely chopped fresh coriander
- Shredded Cheddar cheese for garnish
- Tortilla chips for garnish
- Lime wedges for serving

- Prepare all the ingredients. Keep the cheese in the fridge.
- In a mixing bowl, mix tomato, onion, chillis, cumin, chilli powder, lemon zest and lemon juice, salt and pepper.
- Put the chicken in the cooking pot.
- Pour over the chicken stock.
- Add the vegetables and the ingredients contained in the mixing bowl.
- Close the lid and the pressure valve.
- Select **Slow cook** program.
- Press . Increase time to **2 hours**.
- Press .

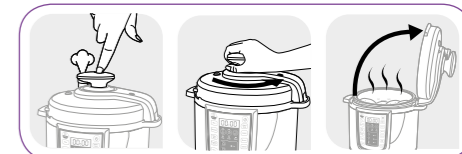


Display turns to circular rotation and will start

- counting down when ready.
- When the timer beeps, open the lid. Put the chicken aside, cut it into pieces.
- Remove the bones and the fat, shred the meat into large bite size pieces.
- Place the shredded meat back into the bowl, add the coriander and the beans, and stir to mix well.
- Adjust the seasoning with salt and lime juice.
- Close the lid and the pressure valve.
- Select **Simmer** program.
- Press and increase to **15 minutes**.
- Press and select **Meat** mode.
- Press .



Display turns to circular rotation and will start counting down when ready.



- When it beeps, open the valve and release the steam.
- Open the lid. Serve with cheese, tortilla chips and lime wedges.



Pork chili verde



15 min





7 h
(up to 8 h)



X 4


- 1 kg boneless pork shoulder, trimmed of excess fat
- 220 g tinned diced green chillis, drained
- 350 g tinned whole tomatoes, drained and broken up by hand
- 400 g firm, ripe tomatoes, finely chopped
- 1 large onion, peeled and chopped
- 4 garlic cloves, peeled and minced
- 1 large jalapeno, seeded, rinsed and minced
- 2 cups / 500 ml chicken stock
- 1 tbsp dried oregano
- 2 tsp ground cumin
- Salt and freshly ground pepper
- Sour cream and chopped fresh coriander for serving

1. Prepare all the ingredients.
2. In the cooking pot, combine all the ingredients except meat.
3. Immerge the meat in the sauce.
4. Close the lid. Close the pressure valve.
5. Select **Slow cook** program.
6. Press  and increase to **7 hours**.
7. Press .



Display turns to circular rotation and will start counting down when ready.



8. When the timer beeps, open the pressure valve and release the steam.
9. Press . Open the lid.
10. Top with a little bit of sour cream and coriander. Serve with rice.

Braised lamb shanks



20 min





20 min + 9 h



X 4




- 3 lamb shanks (about 1,2 kg), french-trimmed (ask your butcher to do this for you)
- ¼ cup / 30 g plain flour, seasoned with a generous pinch of salt and pepper
- 4 tbsp olive oil
- 1 white or brown onion, peeled and chopped
- 3 carrots, peeled and thickly sliced
- 400 g tinned 'chopped tomatoes
- 2 garlic cloves, peeled and crushed
- 1 tbsp chopped fresh oregano
- Grated rind of 1 lemon
- ¾ cup / 185 ml red wine
- 1 cup / 250 ml beef stock or vegetable stock
- Salt and freshly ground black pepper

1. Prepare all the ingredients.
2. Wipe the shanks with a clean, damp cloth, then toss them through the seasoned flour, shaking off any excess.
3. Put 2 tbsp of oil in the cooking pot.
4. Select **Brown** program.
5. Press  and increase to **20 minutes**.
6. Press .





Display turns to circular rotation and will start counting down when ready.

7. When the timer beeps, brown the shanks for **10 to 15 minutes**, turning them time to time to brown each side.


8. Remove and set aside.
9. Add the remaining olive oil.
10. Add the onion, carrot and garlic to the cooking pot and brown for **5 minutes**, stirring occasionally.
11. Add the tomato, wine, stock, oregano and lemon rind stirring well.
12. Remove from the cooking pot.
13. Return the lamb shanks to the cooking pot and season well. Cover with the sauce and vegetables.
14. Press .
15. Close the lid but not the pressure valve.
16. Select **Slow cook** program.
17. Press  and increase to **9 hours**.
18. Press .



19. Once program has finished, open the lid. Remove the lamb shanks from the cooking pot.
20. If you would like the gravy a little thicker, select **Brown** program.
21. Press  and decrease to to 212°.
22. Press .



Display turns to circular rotation and will start counting down when ready.

23. Stir in a paste of flour and water a little at a time until thickened.
 24. Press .
- Serve with rice, pasta or velvety potato mash.



Beef and squash curry with coconut milk



15 min



10 min
+ 6 h (to 7 h)



X 4

- 800 g / 1 kg boneless beef casserole steak or braising steak, cut into 30-g pieces
- 1 tbsp canola oil
- 1 onion, peeled and chopped
- 2 cloves garlic, peeled and crushed
- 1 tbsp to 2 tbsp green curry paste (according to your taste)
- 3 tbsp flour
- 2 tbsp tomato paste
- 1 can coconut milk
- 1 cup / 250 ml chicken stock
- 3 tbsp fresh lime juice
- 3 tbsp brown sugar
- 2 tbsp fish sauce
- Salt and ground pepper
- 3 cups / 300 g peeled and cubed butternut squash
- ½ cup / 5 tbsp chopped fresh coriander

1. Prepare all the ingredients.

2. Pour the oil in the cooking pot.


3. Select **Brown** program.

4. Press .

5. Add the onion and garlic and cook for **3 minutes**, stirring occasionally.

6. After this time, add curry paste, flour and tomato paste, cook for **3 additional minutes**, until the flour is incorporated.


7. Add the coconut milk, stock, lime juice, brown sugar, fish sauce, salt and pepper. Stir well and bring to the boil.

8. When it boils, press .

9. Add the meat and squash.

10. Close the lid and close the pressure valve.

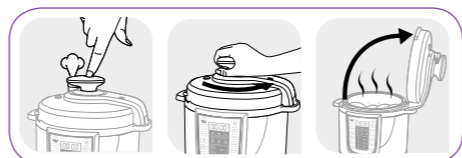
11. Select **Slow cook** program.

12. Press  and increase to **6 hours**.

13. Press .



Display turns to circular rotation and will start counting down when ready.



14. When the timer beeps, open the pressure valve and release the steam.

15. Press . Open the lid.

16. Serve garnished with coriander.

Chicken with shallots and garlic



10 min



18 min
+ 6 h + 5 min



X 4

- 2 tbsp vegetable oil
- 1 tbsp butter
- 1 kg chicken pieces (thigh cutlets and drumsticks), excess fat and skin removed
- 1 head garlic, cloves peeled and separated
- 6 to 8 shallots or small onions, peeled, halved if big
- 1 cup / 250 ml dry white wine
- 1 fresh sprig thyme + 1 tbsp fresh thyme leaves
- ¾ cup / 185 ml chicken stock
- 1 ½ tbsp cornflour
- 1 tsp of salt
- ½ tsp ground white pepper

1. Place the oil and butter in the cooking pot.

2. Select **Brown** program.


3. Press  and increase to **18 minutes**.

4. Press .

5. When the timer beeps, brown the chicken pieces in batches for **6-7 minutes**.

6. Remove the chicken. Add the garlic and shallots, cook for **3 minutes** stirring occasionally.


7. Add the wine and sprig of thyme.

8. When the timer beeps, press .

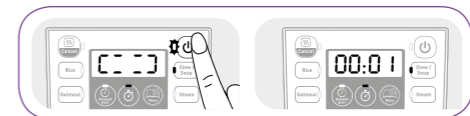
9. Add the stock, chicken pieces, salt and pepper.

10. Close the lid and the pressure valve.

11. Select **Slow cook** program.

12. Press  and decrease to **6 hours**.

12. Press .



Display turns to circular rotation and will start counting down when ready.

17. Press  and stir until sauce is thick.

18. Add the chicken.


19. Press  and serve.



14. When the timer beeps, open the pressure valve and release the steam.

15. Open the lid. Remove the chicken. Mix the cornflour with a little water. Add to the sauce in the pot.

16. Select **Brown** program.

17. Press  and stir until sauce is thick.

18. Add the chicken.

19. Press  and serve.



Beef and miso



- 2 tbsp vegetable oil
- 2 onions, peeled and thinly sliced
- 2 sticks of lemongrass, washed and finely chopped
- 20 g fresh ginger peeled and finely chopped
- 1 kg beef chuck or gravy, cut into 3 cm pieces
- 1 litre water
- 1/3 cup / 85 ml red soybean paste
- 500 g chinese cabbage, washed, thinly sliced
- 440 g cooked thin rice noodles
- 1 tbsp cornflour
- 2 tbsp fresh coriander, washed and chopped
- 2 tbsp fresh mint, washed and chopped

1. Place the oil in the cooking pot.
2. Select **Brown** program.
3. Press and decrease to **4 minutes**.
4. Press .
5. When the timer beeps, add the onions, lemongrass and ginger and brown, stirring from time to time.
6. When the timer beeps, press .
7. Add the beef, water and soybean paste. Mix well.
8. Close the lid and the pressure valve.
9. Select **Slow cook** program.

10. Press and increase to **3 hours**.
11. Press .
12. When it beeps, press . Open the lid.
13. Select **Brown** program.
14. Press .



Display turns to circular rotation and will start counting down when ready.

15. Add the cabbage and noodles.
16. Mix the cornflour with 1 tbsp water and stir through. Cook until thickened.
17. Press . Stir through the coriander and mint and serve in bowls.

Paella



- 8 chicken pieces (eg - thigh, breast)
- 2 tbsp olive oil
- 1 brown onion, peeled and finely chopped
- 1 red bell pepper, washed, seeded and diced
- 200 g canned peeled tomatoes
- 300 ml fish stock
- 1 garlic clove, peeled and finely chopped
- 2 pinches of saffron
- 250 g long-grain rice
- 4 langoustines (scampi), halved lengthways
- 8 whole green prawns
- 8 black mussels, cleaned
- 100 g green peas (fresh or frozen)
- 100 g chorizo sausage, thinly sliced
- Flaked salt and freshly cracked black pepper
- 1 lemon for serving

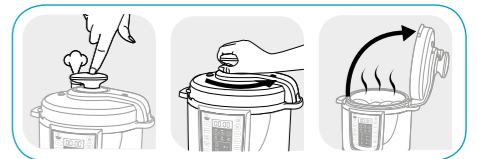


1. Prepare all the ingredients.
2. Select **Brown** program.
3. Press and increase to **15 minutes**.
4. Press .
5. When the timer beeps, brown the chicken pieces for **10 minutes**.
6. Season lightly with salt and pepper.
7. Remove from the pot.
8. Add the onion, bell pepper, garlic and saffron. Cook for **5 minutes** stirring time to time.
9. When it beeps, press .

10. Add tomato and stock. Stir well to combine.
11. Add in the rice, prawns mussels, peas, chorizo.
12. Put the chicken back into the mix. Close the lid and the pressure valve
13. Select **Rice** program.
14. Press time should be **9 minutes**.
15. Press .



Display turns to circular rotation and will start counting down when ready.



16. When it beeps, open the valve and release the steam.
17. Press . Open the lid.
18. Serve with lemon wedges.



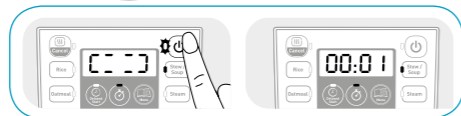
Mushroom risotto



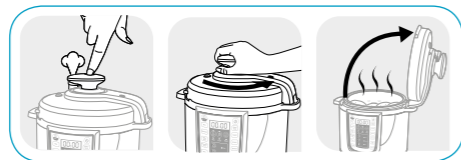
- 2 tbsp olive oil
- 1 brown onion, peeled and finely chopped
- 1 ½ cup / 250 g Arborio rice
- 200 g mushrooms, washed and sliced
- 3 cups / 750 ml chicken stock
- ½ cup / 80ml white wine
- 50 g butter
- 50 g grated parmesan cheese
- ¼ cup / 3.5 tbsp fresh oregano, leaves finely chopped
- Salt flakes and freshly cracked black pepper

1. Prepare all the ingredients. Keep the parmesan cheese in the fridge.
2. Place the oil in the cooking pot.
3. Select **Brown** program.
4. Press . Decrease to **5 minutes**.
5. Press .
6. When the timer beeps, add the onion and brown for **4 minutes**, stirring from time to time.
7. Add the rice and mushrooms and brown for the remaining **1 minute**.
8. Press .
9. Add the chicken stock and white wine.
10. Close the lid and the pressure valve.

11. Select **Rice** program.
12. Press and decrease to **5 minutes**.
13. Press .



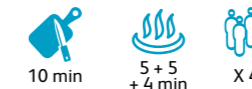
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14. When the timer beeps, open the pressure valve and release the steam.

15. Press .
16. Add the butter and parmesan.
17. Select **Brown** program.
12. Press and decrease to **3 minutes**.
18. Press .
19. Stir rice until it is a good consistency, about **3 minutes**.
20. Stir in oregano and season with salt and pepper.
21. Press . Serve immediately.

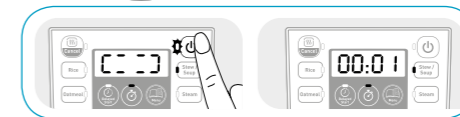
Butternut pumpkin risotto



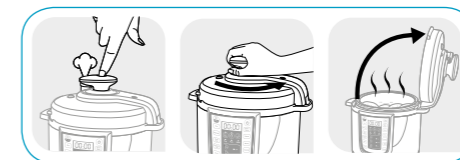
- 3 cups / 300 g butternut pumpkin cubed, peeled and seeded
- 1 ½ cup / 250 g Arborio rice
- 1 tbsp butter
- 2 tbsp olive oil
- 1 small onion, peeled and finely chopped
- ½ cup / 125 ml dry white wine
- 3 ½ cups / 875 ml chicken or vegetable stock
- 1 tsp dried sage leaves
- Salt & pepper
- 4 tbsp freshly grated parmesan cheese
- 2 tbsp fresh chopped flat-leaf parsley

1. Prepare all the ingredients.
2. Put the oil and the butter in the cooking pot.
3. Select **Brown** program.
4. Press and decrease to **5 minutes**.
5. Press .
6. When the timer beeps, add the butternut pumpkin and the onion and cook for **3 minutes** stirring occasionally.
7. After this time, add the rice, stir. Add the wine and cook for 1 more minute stirring occasionally.
8. When the timer beeps, press .
9. Add the stock. Salt and pepper and sage leaves.
10. Close the lid. Close the pressure valve.

11. Select **Rice** program.
12. Press .
13. Decrease time to **5 minutes**.
14. Press .



Display turns to circular rotation and will start counting down when ready.



15. When the timer beeps, open the pressure valve and release the steam.



16. Press .
17. Open the lid and stir in the sage.
18. Select **Brown** program.
19. Press and decrease to 212°.
20. Press . Decrease to **4 minutes**.
21. Press . Cook stirring continuously until it beeps: the rice is tender and becomes thick and creamy.
22. Press .
23. Stir in the parmesan cheese and season to taste. Serve immediately topped with parsley.



Express pea & pancetta risotto



- 2 tbsp olive oil
- 1 medium onion, peeled and chopped
- 230 g pancetta, diced
- 1 ½ cup / 250 g Arborio rice
- 3 cups / 750 ml chicken stock
- 2 tbsp lemon juice
- ¾ cup / 90 g green peas, (fresh or frozen) washed
- ½ cup / 20 g parmesan cheese
- ½ cup / 125 ml of mascarpone or creme fraiche
- Salt and pepper

1. Prepare all the ingredients.

2. Pour the oil in the cooking pot.


3. Select **Brown** program.

4. Press  and decrease to **5 minutes**.

5. Press .

6. When the timer beeps, add the onion and pancetta and cook for 3 minutes stirring occasionally.

7. After this time, add the rice and cook for **2 more minutes** stirring occasionally.

8. When the timer beeps, press .

9. Add the remaining ingredients (except parmesan cheese). Salt and pepper.

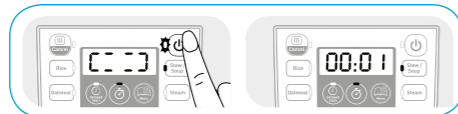
10. Close the lid. Close the pressure valve.

11. Select **Rice** program.

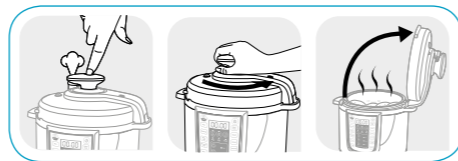
12. Press .

13. Decrease time to **5 minutes**.

14. Press .



Display turns to circular rotation and will start counting down when ready.



15. When the timer beeps, open the pressure valve and release the steam.

16. Let stand **1 minute**, lid closed.

16. Press .

17. Open the lid. Add the mascarpone and the parmesan cheese. Stir well.

18. Serve.

Oatmeal with pineapple and mint



- 2 cups / 200 g quick-cooking or old-fashioned rolled oats
- 2 ½ cups of water
- 3 tbsp sugar
- ½ tsp cinnamon
- Pinch of salt
- ⅓ cup / 85 ml milk
- 1 cup / 200 g chopped pineapple
- 2 tbsp fresh mint leaves




1. Prepare all the ingredients.

2. Combine rolled oats, sugar, cinnamon, salt and water in the cooking pot.

3. Close the lid and the pressure valve.


4. Select **Oatmeal** program.

5.  should be **5 minutes**.

6. Press .



Display turns to circular rotation and will start counting down when ready.

7. When it beeps, press .

8. Open the lid. Add the milk and stir well.

9. Set the oatmeal in 4 bowls.

10. Top with the pineapple and mint.

Steel cut oats



5 min





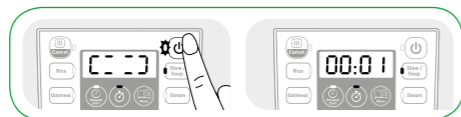
15 min




X 4

- ½ cup steel cut oats
- 2 cups water
- Pinch of salt

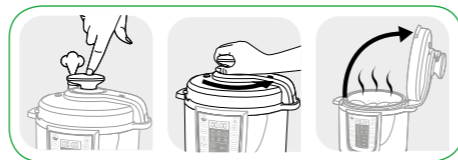
1. Combine ingredients in the cooking pot.
2. Close the lid and the pressure valve
3. Select **Oatmeal** program.
4. Press  and increase to **15 minutes**.
5. Press .



Display turns to circular rotation and will start counting down when ready.

6. When timer beeps, press .

Let the oats cool down (without releasing the pressure) for **10 minutes**.



7. After this time, open the pressure valve and release the steam.
8. Open the lid. Stir oats and stand for **5 minutes** to absorb the water.

Tip: top with milk, fresh or dried fruit, chopped nuts or granola, and your favorite sweetener - brown or white sugar, maple syrup, or agave syrup. Pictured: dried blueberries, strawberries, granola and brown sugar.

Corn



5 min





10 min



X 4


- 4 ears of corn, husks and silk removed
- 1 cup / 250 ml water
- Salt and pepper
- Butter to serve

1. Place the water and a pinch of salt in the cooking pot. Place the trivet in the pot with the corn.
2. Close the lid and the pressure valve.
3. Select **Steam** program.
4. Press  and increase to **10 minutes**.
5. Press .



Display turns to circular rotation and will start counting down when ready.



6. When the timer beeps, open the pressure valve and release the steam.
7. Press . Open the lid.
8. Serve the corn with butter, salt and pepper, (or paprika).

Asian fish parcels



10 min




12 min



X 4



- 4 x 150 g white boneless fish fillets
- Juice of 1 lime
- 4 tbsp light soy sauce
- 1 tsp brown sugar
- 2 bunches green asparagus, trimmed, cut in half
- 2 spring onions, washed and thinly sliced
- 4 tsp peeled and finely shredded ginger
- ½ cup / 8 tbsp fresh coriander leaves

1. Prepare all the ingredients.
2. Lightly score skin of each fillet 2-3 times. Cut a large piece of baking paper or foil and fold in half. Make 1 piece of baking paper or foil for each piece of fish.
3. Combine lime juice, soy sauce and sugar in a small jug.
4. Divide asparagus and spring onions between each piece of baking paper and place fish on top.
5. Top with ginger, coriander and a quarter of the sauce. Fold over baking paper or foil to enclose to form a parcel.
6. Place 2 cups / 500 ml of water in the cooking pot. Place the trivet in the pot with the fish parcels.
7. Close the lid and the pressure valve.
8. Select **Steam** program.
9. Press  and increase to **12 minutes**.

10. Press  and select **Fish**.

11. Press .



12. When the timer beeps, open the pressure valve and release the steam.

13. Press . Open the lid.

14. Remove the parcels with a spatula.

15. Place fish and asparagus on plates and serve with the sauce.

Tip: Blue-eye cod or ling is a good choice for steaming. Serve with white rice.

	Weight	Recommended quantity water	Time (minutes)
White rice – Basmati	200 g (1 cup)	300 ml	9
	400 g (2 cups)	600 ml	9
	600 g (3 cups)	750 ml	9
Brown rice	200 g (1 cups)	350 ml	15
Oatmeal	500 ml (2 cup)	625 ml	3
Steel Cut oatmeal	250 ml (1 cup)	500 ml	6

	Cooking method	Preparation	Time (minutes)
Apple	Steamed	Whole	12 to 14
Green asparagus	Steamed		2 to 3
White asparagus	Steamed		3 to 4
Eggplant	Steamed	Cubes	2 to 3
Beets	Immersion	Slices	25 to 40
Broccoli	Steamed	Florets	3 to 6
Cabbage (green)	Steamed or immersion	Leaves	6 to 20
Carrots	Steamed	Slices, 1 cm-thick	5 (9-10 if whole big carrots)
Cauliflower	Steamed	Florets	5 to 7
Celery	Steamed	Slices	5 to 6
Celeriac	Steamed	Diced or sliced, 1 inch-thick	5
Potatoes	Immersion	Slices	5 to 7



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