

BEST RECIPES FOR YOUR MULTI-COOKER



**GOOD
HOUSEKEEPING**

*in
an*
**COOKING
INSTANT**

98
Easy, Fast,
Delicious
Meals!



Best-Ever
Chili!
p 22

HEARST
specials

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CHAPTER 1

BREAKFAST





Easy Swap

Stir 1 tsp grated fresh ginger and 1 Tbsp soy sauce into oats; omit cheese.



BACON & EGG PORRIDGE

Bacon & Egg Porridge

Active time 5 min. | **Pressure time** 30 min.
Total time 1 hr. | **Pressure level** High
Release Natural and Quick

- 1 Tbsp butter
- 1 cup steel-cut oats
- 2 cups chicken or vegetable broth
- 1 cup milk
- ¼ tsp salt, plus more for seasoning
- 1 Tbsp extra virgin olive oil
- 4 large eggs
- Freshly ground black pepper
- 4 scallions, white and green parts, chopped
- ½ cup shredded Cheddar cheese
- 4 strips precooked bacon, crumbled (optional)

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add butter. When melted, stir in oats to coat. Toast 2 min., stirring, until oats smell nutty. Stir in broth, milk and salt. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

2. Meanwhile, in large skillet (preferably nonstick), heat olive oil on medium. Once hot, crack eggs next to each other without touching. Cover skillet and cook for 3 to 5 min., or until whites are crispy and yolks are runny. Season with salt and pepper.

3. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

4. Scoop porridge into bowls and serve topped with eggs, scallions, Cheddar and bacon, if using. Season with more salt and pepper as desired.

SERVES 4 About 214 calories, 2 g fat, 10 g protein, 887 mg sodium, 24 g carbohydrates, 1 g fiber

Potato & Pepper Frittata

Gluten Free • Grain Free • Vegetarian

Active time 15 min. | **Pressure time** 17 min. | **Total time** 40 min.
Pressure level Low | **Release** Quick

- 1½ Tbsp extra virgin olive oil
- 1 large or 2 medium red or yellow potatoes, cut into ¼-in. slices
- ½ onion, cut into ⅛-in. slices
- ½ red bell pepper, seeded and cut into ¼-in. rings
- 1½ cups water
- Butter, for preparing baking dish
- 4 large eggs, beaten
- 2 Tbsp sour cream
- Salt
- Freshly ground black pepper
- ¼ cup grated Monterey Jack or Cheddar cheese
- Chopped parsley, for garnish

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add potatoes in single layer. Cook 4 min. Flip and cook other side 2 min. Remove and set aside.

2. Add onion. Cook 2 min. Add red bell pepper. Cook 2 min. more until translucent. Remove and set aside. Select Cancel.

3. Put steamer rack into empty pot and pour in water.

4. Coat 6- or 7-in. round soufflé or shallow baking dish with butter. In medium bowl, whisk eggs and sour cream. Season with salt and pepper.

5. Layer half of potatoes, onion, and red bell pepper in prepared baking dish. Season with salt

and pepper. Pour half of egg mixture over vegetables and sprinkle with half of cheese. Repeat layers, ending with cheese. Cover dish with aluminum foil and place on steamer rack. (See “Make a Foil Multi-Cooker Rack,” below.) Lock lid in place. Select Manual; adjust pressure to Low and time to 17 min.

6. After cooking, use quick pressure release. Carefully remove lid and baking dish. If desired, place under heated broiler briefly to brown top. Sprinkle with chopped parsley.

SERVES 2 TO 4 About 470 calories, 10 g fat, 19 g protein, 315 mg sodium, 38 g carbohydrates, 5 g fiber

HOW-TO

MAKE A FOIL MULTI-COOKER RACK

Here's the trick for safely removing your baking or casserole dish

PROBLEM: Many recipes in this book use a baking, soufflé or casserole dish. If your dish has no handles, it may be tricky to lift it from the hot multi-cooker.

HOW TO: Make an aluminum foil sling so removing the dish will be easier.

Cut a piece of foil long enough to go under dish and extend 6 in. on each side (20 to 24 in.), creating “handles.”

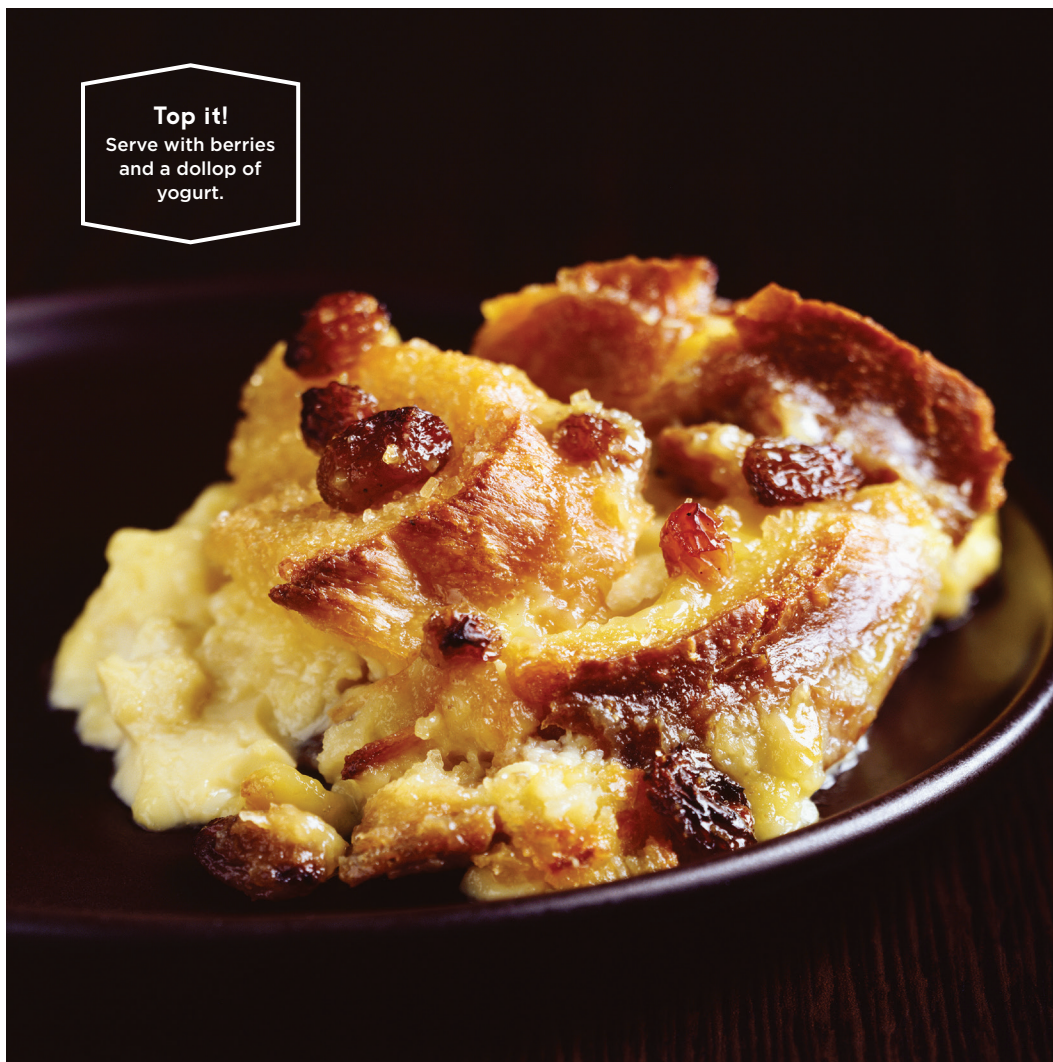
Lay foil flat on work surface. Fold lengthwise into quarters. Press with side of hand to flatten. Place dish on center of foil before inserting into multi-cooker, leaving foil handles to go up side of multi-cooker.




Easy Hack
Double the recipe
by stacking two
baking dishes
in your multi-
cooker.



Top it!
Serve with berries
and a dollop of
yogurt.



Cinnamon-Raisin French Toast Bake

Vegetarian

Active time 10 min. | Pressure time 15 min. | Total time 35 min. | Pressure level High | Release Quick

- 1 tsp butter
- 1½ cups water
- 3 large eggs, beaten
- 1 cup whole or 2% milk
- 2 Tbsp maple syrup, plus more for serving
- 1 tsp pure vanilla extract
- 3 cups stale or lightly toasted cinnamon-raisin bread, cut into ¾-in. cubes
- 1 tsp sugar (optional)

1. Coat 6- to 7-in. soufflé or baking dish with butter.
2. Place steamer rack into multi-cooker and pour in water.
3. In large bowl, whisk eggs, milk, maple syrup and vanilla. Add bread and let sit 5 min., stirring once or twice. Pour mixture into prepared dish, pushing down as needed to submerge bread. Place dish in multi-cooker, uncovered. Lock lid in place. Select Manual; adjust pressure to High and time to 15 min.

4. After cooking, use quick pressure release. Carefully and quickly remove lid so condensation doesn't drip on French toast.
5. Carefully remove pan. If crispy top is desired, sprinkle with sugar and place under heated broiler 3 to 5 min. Serve with maple syrup.

SERVES 4 About 185 calories, 3 g fat, 8 g protein, 170 mg sodium, 21 g carbohydrates, 0 g fiber



Hard-Boiled Eggs

Dairy Free • Grain Free • Vegetarian

Active time 2 min. | Pressure time 4 min. | Total time 10 min. | Pressure level High | Release Quick

1 cup water
4 large eggs, at
refrigerator temp

1. Fill medium bowl about halfway with cold water. Add several handfuls of ice cubes. Set aside.
2. Put steamer trivet or basket into multi-cooker and

pour in water. Place eggs on trivet or in steamer basket. Lock lid in place. Select Steam; adjust pressure to High and time to 4 min.

3. After cooking, use quick pressure release. Carefully remove lid. Using tongs, transfer eggs to ice bath.

FOR WARM EGGS: Remove from ice bath as soon as cool enough to handle. Peel.

FOR COLD EGGS: Leave in ice bath until thoroughly chilled, 10 to 15 min.

COOKING TIP: There's a window of time for pressure-steaming eggs without overcooking

them (which causes a green ring to form around the yolk). If you want yolks completely dry and pale yellow, add 1 min. to steaming time. If you prefer eggs with yolks set but still soft in the center, subtract 1 min.

SERVES 4 About 70 calories, 5 g fat, 6 g protein, 70 mg sodium, 0 g carbohydrates, 0 g fiber



Eggs in Purgatory with Eggplant

Dairy Free • Vegetarian

Active time 30 min. | Pressure time 10 min. | Total time 50 min. | Pressure level High | Release Quick

- 1 small eggplant, peeled and cut into 1/2-in. pieces
- 1 Tbsp salt
- 2 Tbsp extra virgin olive oil
- 3 large cloves garlic, minced
- 1 (28-oz) can crushed tomatoes, with most liquid drained
- 1 Tbsp harissa or 1 tsp smoked paprika
- 1/4 tsp red pepper flakes
- Freshly ground black pepper
- 4 to 6 large eggs
- Cilantro sprigs, for garnish
- 4 to 6 thick slices good-quality rustic bread
- Hot sauce, for serving (optional)

1. Line baking sheet with paper towels. In large bowl, toss eggplant with salt. Spread onto prepared baking sheet. Let sit 15 to 30 min. Using paper towels, press out any moisture, wiping away some salt as you go.

2. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add eggplant. Cook 4 min., stirring and scraping bottom, until starting to cook. Add garlic. Cook 1 min. more.

3. Add tomatoes, harissa and red pepper flakes. Season with black pepper. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

4. After cooking, use quick pressure release. Carefully remove lid.

5. Select Sauté and stir sauce. One at a time, crack eggs into small bowl and lower each into multi-cooker, laying on top of sauce. Cook, loosely covered, until eggs are set but yolks are runny, 4 to 6 min.

6. Garnish with cilantro and serve with bread and hot sauce, if using.

INGREDIENT TIP: Harissa is North African hot chile paste. Find it in the international section of grocery stores or in Middle Eastern markets.

SERVES 2 TO 4 About 680 calories, 5 g fat, 31 g protein, 1,688 mg sodium, 87 g carbohydrates, 23 g fiber

Soft-Boiled Eggs

Dairy Free • Grain Free • Vegetarian

Active time 3 min. | Pressure time 2 to 3 min. | Total time 10 min.
Pressure level | Steam Low (soft eggs); High (slightly firmer eggs)
Release Quick

- 1 cup water
- 4 large eggs, at refrigerator temp
- Toast, for serving (optional)

1. Fill medium bowl about halfway with cold water. Add handful of ice cubes. Set aside.

2. Put steamer trivet or basket into multi-cooker and pour in water. Place eggs on trivet or in steamer basket. Lock lid in place.

FOR SOFT EGGS: Select Steam; adjust pressure to Low and time to 3 min.

FOR SLIGHTLY FIRMER EGGS: Select Steam; adjust pressure to High and time to 2 min.

3. After cooking, use quick pressure release. Carefully remove lid. Using tongs, transfer eggs to ice bath. Leave until just cool enough to handle, about 30 seconds.

FOR SOFT EGGS: Place eggs in egg cups. Use sharp knife or egg topper to cut tops off eggs. Serve immediately.

FOR SLIGHTLY FIRMER EGGS: Working quickly, gently crack shells and peel eggs. Serve immediately, over toast if desired.

COOKING TIP: While it's very easy to cook double the number of eggs, it's difficult to top or peel more than four eggs and serve them while still warm unless you have help.

SERVES 4 About 70 calories, 5 g fat, 6 g protein, 70 mg sodium, 0 g carbohydrates, 0 g fiber





Crustless Quiche Lorraine

Gluten Free • Grain Free

Active time 15 min. | Pressure time 10 min. | Total time 40 min. | Pressure level High | Release Natural and Quick

- 3 bacon slices, chopped
- 1 small onion, thinly sliced
- $\frac{3}{4}$ tsp salt, divided
- 3 large eggs
- $\frac{1}{2}$ cup whole milk
- $\frac{1}{2}$ cup heavy (whipping) cream
- $\frac{1}{8}$ tsp freshly ground white or black pepper
- 1 tsp butter, at room temp
- $\frac{1}{4}$ cups grated Swiss-style cheese
- 1 cup water

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add bacon. Cook until crisp, about 6 min. Using slotted spoon, transfer to paper towels to drain, leaving fat in multi-cooker.
2. Add onion to multi-cooker and sprinkle with $\frac{1}{4}$ tsp salt. Cook 2 to 3

min., stirring frequently, until onion softens. Transfer to paper towels with bacon. Rinse inner pot.

3. In medium bowl, whisk eggs. Whisk in milk, heavy cream, pepper and remaining $\frac{1}{2}$ tsp salt.

4. Coat bottom and sides of 1-qt baking dish with butter. Sprinkle half of cheese over bottom of dish. Top with bacon and onion. Add remaining cheese. Carefully pour custard over cheese. Lay square of aluminum foil over top of baking dish. Do not crimp foil down, because quiche expands as it cooks; you want to keep moisture off top.

5. Put trivet with handles into multi-cooker and pour in water. Place baking dish on trivet. Lock lid

in place. Select Steam; adjust pressure to High and time to 10 min.

6. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

7. Carefully remove quiche from multi-cooker. Let cool and set about 10 min. before slicing and serving.

SERVING TIP: Quiche will look pale. If you like, sprinkle more cheese on top of cooked quiche and broil 1 to 2 min. until cheese is browned and bubbling.

SERVES 4 About 375 calories, 29 g fat, 23 g protein, 1,070 mg sodium, 7 g carbohydrates, 1 g fiber

Steel-Cut Oatmeal Four Ways

Vegetarian (all versions)

Active time 10 min. | Pressure time 10 min. | Total time 35 min. | Pressure level High | Release Natural and Quick

FOR PLAIN OATMEAL

- 2 Tbsp butter
- 1 cup steel-cut oats
- 1 Tbsp sugar
- ¼ tsp salt
- 2 cups water
- 1 cup whole milk

FOR CINNAMON-RAISIN OATMEAL

- ½ cup raisins
- 1 tsp ground cinnamon
- 1 Tbsp packed light brown sugar

FOR ALMOND-DATE OATMEAL

- ½ tsp pure vanilla extract
- ½ cup chopped almonds, toasted
- ½ cup chopped dates

FOR NUTELLA-BANANA OATMEAL

- ½ cup Nutella or other chocolate-hazelnut spread
- 2 ripe bananas, sliced

TO MAKE OATMEAL

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add butter to melt. When foam subsides, add oats and stir to coat. Cook 2 to 3 min., stirring frequently, until oats smell nutty.
2. Add sugar, salt, water and milk. Stir to combine.

TO MAKE CINNAMON-RAISIN OATMEAL

Stir in raisins and cinnamon.

TO MAKE ALMOND-DATE OATMEAL

Stir in vanilla.

TO FINISH OATMEAL

3. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.
4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.
5. Stir oatmeal and spoon into 4 bowls. Stir in remaining ingredients, depending on

variation. Adjust to taste, adding extra milk or sugar if desired.

SERVES 4

(Plain Oatmeal) About 175 calories, 9 g fat, 2 g protein, 215 mg sodium, 20 g carbohydrates, 5 g fiber

(Cinnamon-Raisin Oatmeal) About 240 calories, 9 g fat, 5 g protein, 215 mg sodium, 37 g carbohydrates, 3 g fiber

(Almond-Date Oatmeal) About 310 calories, 15 g fat, 8 g protein, 215 mg sodium, 39 g carbohydrates, 5 g fiber

(Nutella-Banana Oatmeal) About 430 calories, 20 g fat, 7 g protein, 230 mg sodium, 56 g carbohydrates, 6 g fiber



CHAPTER 2

SOUPS, STEW'S & CHIPS





SUPER-FAST VEGGIE CHILI



Super-Fast Veggie Chili

Vegetarian

Active time 5 min. | Pressure time 3 min. | Total time 20 min. | Pressure level High | Release Quick

- 1 Tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 12 scallions, white and green parts chopped, with 2 Tbsp chopped greens reserved
- 1 bell pepper, any color, diced
- 1 jalapeño pepper, diced small (optional)
- 1 tsp ground cumin
- 2 tsp chili powder
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 2 (15-oz) cans black beans, rinsed and drained
- 1 (15-oz) can pinto or kidney beans, rinsed and drained
- 1 (14½-oz) can diced tomatoes with juice, with or without chiles
- 1 cup frozen corn
- ½ cup lager beer, or water
- Sour cream, for serving (optional)
- Tortilla chips, for serving (optional)

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add garlic, scallions, bell pepper and jalapeño (if using). Sauté 3 min., stirring, until veggies begin to soften.
2. Stir in cumin, chili powder, salt and pepper. Cook 1 min., until fragrant.
3. Add black beans, pinto beans, tomatoes with juice, corn and beer. Lock lid in place. Select Manual; adjust pressure to High and time to 3 min.
4. After cooking, use quick pressure release. Carefully remove lid and stir.
5. If you prefer thicker chili, select Sauté and adjust to More for high heat. Cook 3 to 5 min. Season as desired.
6. Serve in bowls with dollop of sour cream if using, sprinkle of reserved scallion greens and tortilla chips if using.

VARIATION TIP: Switch out beans to your liking—white beans and chickpeas work.

SERVES 4 About 410 calories, 1 g fat, 21 g protein, 660 mg sodium, 67 g carbohydrates, 20 g fiber

Moroccan Chickpea Stew with Couscous

Active time 10 min. | Pressure time: 10 min. | Total time 35 min. plus soaking
Pressure level High | Release Natural and Quick

FOR CHICKPEA STEW

- 1 Tbsp plus ½ tsp salt, divided
- 1 qt water
- 12 oz dried chickpeas
- 2 Tbsp extra virgin olive oil
- 1 small onion, chopped
- 1 tsp ground cumin
- ¼ tsp ground cinnamon
- 2 cups cubed, peeled butternut squash
- 1 (14-oz) can diced tomatoes, undrained
- 4 cups chicken broth
- Sliced green onions, chopped cilantro or mint, for garnish

FOR COUSCOUS

- 1¼ cups water
- 1 cup couscous
- ¼ tsp salt

TO MAKE CHICKPEA STEW

1. In large bowl, dissolve 1 Tbsp salt in water. Add chickpeas. Soak at room temperature for 8 to 24 hr. Drain and rinse.
2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Add onion and sprinkle with cumin, cinnamon and ¼ tsp salt. Cook 2 to 3 min., stirring frequently, until onion pieces soften.
3. Add drained chickpeas, butternut squash, tomatoes with juice, chicken broth and remaining ¼ tsp salt. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

4. After cooking, let pressure release naturally for 10 min.; quick-release remaining pressure. Carefully remove lid.

TO MAKE COUSCOUS

5. While pressure releases, in small saucepan, heat water to boiling. Stir in couscous and salt. Remove from heat; cover and let stand. Before serving, fluff couscous with fork. Ladle chickpea stew into bowls; top each with a scoop of couscous. Garnish with chopped cilantro or mint and sliced green onions.

SERVES 4 About 590 calories, 30 g fat, 24 g protein, 1,235 mg sodium, 63 g carbohydrates, 18 g fiber

EASY VARIATION

ITALIAN CHICKPEA STEW WITH PESTO

1. Make pesto. In small food processor, combine 1½ cups packed fresh basil leaves, ¼ cup extra virgin olive oil, ¼ cup grated Parmesan cheese, 1 clove garlic, minced, and 1 Tbsp toasted pine nuts. Pulse until coarse paste forms, adding 1 to 2 Tbsp water as needed to get loose consistency. Set aside ⅓ cup for recipe; refrigerate leftovers.
2. Replace squash with 2 large carrots, peeled and diced. Proceed as directed through Step 4.
3. Divide stew among bowls and top each with a dollop of pesto and 1 Tbsp shredded Parmesan cheese.





Quinoa & Corn Soup

Dairy Free • Gluten Free • Vegan

Active time 10 min. | **Pressure time** 4 min. | **Total time** 30 min.
Pressure level High | **Release** Natural and Quick

- 1 cup quinoa, rinsed and drained
- 5½ cups vegetable broth or chicken broth, divided
- 1 small red onion, diced
- 2 cloves garlic, minced
- 1 small yellow or red bell pepper, seeded and chopped
- 3 cups fresh or frozen corn
- 1 tsp ground cumin
- 1 tsp ancho chile powder
- 1 Tbsp freshly squeezed lime juice
- ¼ to ½ tsp salt

1. In multi-cooker, combine quinoa and 1½ cups vegetable broth. Lock lid in place. Select Manual; adjust pressure to High and time to 1 min.
2. After cooking, let pressure release naturally 12 min.; quick-release remaining pressure. Carefully remove lid. Spoon quinoa into small bowl and fluff with fork. Set aside.
3. Pour remaining broth into multi-cooker. Add onion, garlic, yellow bell pepper, corn, cumin and ancho chile powder. Lock lid in place. Select Manual; adjust pressure to High and time to 3 min.

4. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.
5. Add quinoa to soup. Stir in lime juice. Season with salt as desired. Divide quinoa and vegetables evenly among bowls; top with broth.

SERVES 4 About 330 calories, 12 g fat, 13 g protein, 1,225 mg sodium, 64 g carbohydrates, 9 g fiber

White Bean Soup with Chard

Gluten Free • Grain Free

Active time 15 min. | **Pressure time** 15 min. | **Total time** 45 min. plus soaking | **Pressure level** High | **Release** Natural and Quick

- 1 Tbsp plus ½ tsp salt, divided
- 1 qt water
- 12 oz dried cannellini beans
- 2 Tbsp extra virgin olive oil
- 1 medium onion, chopped
- 2 large carrots, chopped
- 2 cloves garlic, minced
- 1 cup diced cooked ham
- 2½ cups chicken broth
- 1 small bunch chard, stemmed and leaves cut into 1-in. ribbons
- ¼ cup grated Parmesan cheese

1. In large bowl, dissolve 1 Tbsp salt in water. Add beans. Soak at room temperature 8 to 24 hr. Drain and rinse.

2. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add onion and carrots. Sprinkle with ¼ tsp salt. Cook 2 to 3 min., stirring frequently, until onion pieces soften. Add garlic. Cook 1 min., until fragrant.

3. Add drained beans to multi-cooker, along with ham, chicken broth and remaining salt. Lock lid in place. Select Manual; adjust pressure to High and time to 15 min.

4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

5. Select Sauté and adjust to Normal for medium heat. Stir in chard. Bring to a simmer. Cook about 5 min., until chard is tender. Ladle soup into bowls and sprinkle with cheese.

SERVES 4 About 455 calories, 13 g fat, 30 g protein, 1,420 mg sodium, 60 g carbohydrates, 24 g fiber



Quick Beef Stew

Dairy Free

Active time 15 min. | Pressure time
24 min. | Total time 45 min. | Pressure
level High | Release Quick

- 1 (2-lb) boneless beef chuck roast,
cut into "steaks" about 1½ in. thick
- 1 tsp salt
- 2 Tbsp vegetable oil
- ½ cup dry red wine
- 1¾ cups low-sodium beef broth
- 1 Tbsp all-purpose flour
- 1 (14-oz) can diced tomatoes,
undrained
- 1 small onion, quartered
- 2 ribs celery, sliced
- 2 medium carrots, cut into 1-in.
pieces
- 1 red bell pepper, diced
- 3 medium cloves garlic, peeled
- 2 bay leaves
- ¼ tsp freshly ground black pepper
- Chopped parsley, for garnish

1. Season steaks on both sides with salt.

2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add vegetable oil and heat until it shimmers. Working in batches as needed, add beef in single layer without crowding. Brown 3 min. Flip and brown other side. Remove and cool slightly. Cut beef into 1-in. pieces.

3. Add wine to multi-cooker. Stir, scraping up any browned bits from bottom of multi-cooker. Bring liquid to a boil. Cook until wine is reduced by about one third, 1 to 2 min. In medium bowl, whisk beef broth and flour and add to multi-cooker along with tomatoes, onion quarters, celery, carrots, red pepper, garlic and bay leaves. Stir to combine.

4. Add beef cubes with any accumulated juices. Lock lid in place. Select Manual; adjust pressure to High and time to 25 min.

5. After cooking, use quick pressure release. Carefully remove lid.

6. If you prefer thicker sauce, select Sauté and let stew simmer until thickened. Taste and season with pepper as desired. Top with parsley.

7. Serve with crusty bread or over polenta.

SERVES 4 About 1,085 calories,
71 g fat, 68 g protein, 700 mg sodium,
37 g carbohydrates, 8 g fiber







Easy Swap

Make vegan by using nondairy milk and omitting cheese.



Creamy Cauliflower & Potato Soup

Gluten Free • Grain Free • Vegetarian

Active time 10 min. | Pressure time 5 min. | Total time 35 min. | Pressure level High | Release Natural and Quick

- 1 Tbsp extra virgin olive oil
- 1 medium yellow onion, diced
- 3 cloves garlic, smashed
- 1 medium cauliflower head, broken into large florets
- 1 lb Yukon gold potatoes, cut into ½-in. cubes
- 4 cups vegetable broth, or chicken broth, plus more as needed
- Salt
- Freshly ground black pepper
- 1 cup whole milk or half-and-half
- 1 cup shredded sharp white Cheddar cheese

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add onion and garlic. Cook, stirring, for about 3 min. until onion is translucent.

2. Add cauliflower, potatoes and vegetable broth. Season with salt and pepper. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.

3. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

4. Potatoes and cauliflower should be very tender. Add milk and cheese.

5. Using immersion blender, blend until smooth. Alternatively, working in batches, transfer soup to standard blender and purée until smooth. Add more broth or water if you want thinner soup.

6. Taste and adjust seasoning, as needed. Serve topped with red pepper flakes and roasted cauliflower, if desired.

SERVES 4 TO 5 About 355 calories, 8 g fat, 19 g protein, 1,060 mg sodium, 35 g carbohydrates, 6 g fiber

Red Pepper & Tomato Bisque with Parmesan Croutons

Vegetarian

Active time 20 min. | Pressure time 12 min.

Total time 45 min. | Pressure level High

Release Natural and Quick

- 3 Tbsp extra virgin olive oil, plus additional for drizzling
- 1 large onion, chopped
- 3 large cloves garlic, minced
- 1 tsp salt, divided
- 1/3 cup dry sherry
- 2 (14-oz) cans fire-roasted diced tomatoes, undrained
- 1 (16-oz) jar roasted red or yellow peppers, drained, blotted dry and cut into chunks
- 1/2 cup tomato sauce
- 1/2 cup long-grain white rice
- 2 cups vegetable broth
- 8 baguette slices
- 2 Tbsp butter, at room temp
- 1/2 cup grated Parmesan cheese

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Add onion and garlic. Sprinkle with 1/4 tsp salt. Cook 3 to 4 min., stirring frequently, until onion begins to brown.

2. Add sherry. Stir, scraping up any browned bits from bottom of pot. Cook 3 to 5 min., until liquid reduces by about half. Add tomatoes with juice, roasted red peppers, tomato sauce, rice, vegetable broth and remaining 3/4 tsp salt. Lock lid in place. Select Manual; adjust pressure to High and time to 12 min.

3. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.

4. Heat broiler. Spread each baguette slice with butter. Sprinkle with cheese. Tear bread into large chunks. Arrange chunks on baking sheet. When soup has finished cooking and pressure is releasing, broil baguette until golden brown and bubbling, about 2 min.

5. Using immersion blender, purée soup. Ladle soup into four bowls and top with croutons and a drizzle of olive oil.

SERVES 4 About 445 calories, 21 g fat, 13 g protein, 1,440 mg sodium, 52 g carbohydrates, 6 g fiber



Chili con Carne

Dairy Free

Active time 15 min. | Pressure time 25 min. | Total time 1 hr. | Pressure level High | Release Natural and Quick

- 2½-lb boneless beef chuck, cut into “steaks” 1½ in. thick
- 1 tsp salt
- 2 Tbsp vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp ancho chile powder
- 1 tsp ground cumin
- ½ tsp cayenne
- ½ tsp dried oregano
- ½ cup lager or pale ale beer
- ½ cup low-sodium beef broth
- ½ cup Ancho Chile Sauce (at right)
- 2 Tbsp tomato sauce
- 1 tsp canned chipotle in adobo sauce
- 2 (15-oz) cans pinto beans, rinsed and drained (optional)
- Shredded Cheddar, sour cream and chopped onions, for garnish

1. Season steaks with salt.
2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add oil and heat until it shimmers. Working in batches, add beef in single layer without crowding. Brown beef 3 min. Flip and brown 3 min. Remove and cool slightly. Cut into 1-in. pieces.
3. Leaving multi-cooker on high heat, add onion and garlic. Cook 3 min., stirring occasionally, until onion begins to brown. Add chile powder, cumin, cayenne and oregano. Cook, stirring, until fragrant, about 1 min. Add beer. Stir, scraping up browned bits from multi-cooker. Bring liquid to a boil. Cook until beer has reduced by about one third, 1 to 2 min. Add beef broth, ancho chile sauce, tomato sauce and chipotle. Stir to combine.
4. Add beef cubes and any juices to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 25 min.
5. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.
6. If using beans, select Sauté and adjust to More for high heat. Add beans and heat through.

SERVES 4 About 1,120 calories, 86 g fat, 75 g protein, 905 mg sodium, 5 g carbohydrates, 1 g fiber

Ancho Chile Sauce

Dairy Free • Gluten Free • Grain Free • Vegan • Vegetarian

Active time 5 min. | Pressure time 8 min. | Total time 25 min. | Pressure level High | Release Natural and Quick

- 2 oz (3 to 5) dried ancho chiles, stemmed and seeded (see tip)
- 2 cloves garlic, lightly smashed
- 1½ cups water
- 2 tsp salt
- 1½ tsp sugar
- ½ tsp dried oregano
- ½ tsp ground cumin
- 2 Tbsp apple cider vinegar

1. In multi-cooker, combine chiles, garlic, water, salt, sugar, oregano and cumin. Lock lid in place. Select Manual; adjust pressure to High and time to 8 min.
2. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.
3. Pour sauce into standard blender. Add vinegar. Blend until smooth, holding lid on. Use immediately, or refrigerate in airtight container up to 1 week, or freeze up to 1 month.

INGREDIENT TIP: Thoroughly wash hands after handling chiles.

PREPARATION TIP: For deeper flavor, in skillet, toast chiles, after removing the stems and seeds, on medium-high about 30 sec. per side or in a heated 350°F oven 5 to 7 min., just until fragrant. Transfer to multi-cooker and proceed with recipe.

MAKES 2 CUPS (2 Tbsp per serving)
About 4 calories, 0 g fat, 0 g protein, 305 mg sodium, 1 g carbohydrates, 0 g fiber

Ingredient Tip:

Searing beef in “steaks” and then cubing it, rather than cutting and searing, not only is quicker, but also results in better browning because cubes of beef release so much liquid that they tend to steam rather than brown.







Mulligatawny Soup

Gluten Free

Active time 15 min. | Pressure time 8 min. | Total time 35 min. | Pressure level High | Release Natural

2 Tbsp butter
1 large onion, chopped
2 celery stalks, chopped
2 medium carrots, chopped
1 Tbsp grated fresh ginger
1 clove garlic, minced
1 Tbsp curry powder
½ tsp salt
⅓ cup basmati rice or long-grain white rice
¾ cup yellow lentils
4 cups chicken broth
1 large tart apple, peeled, cored and chopped
¼ tsp cayenne or 1 red chile, sliced (optional)
1 Tbsp chopped cilantro
¼ cup plain yogurt

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add butter to melt. When foam subsides, add onion, celery, carrots, ginger and garlic. Cook 2 to 3 min., stirring frequently, until vegetables start to soften. Add curry powder and salt. Cook, stirring, until fragrant, about 1 min.

2. Add rice, lentils and chicken broth. Lock lid in place. Select Manual; adjust pressure to High and time to 12 min.

3. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.

4. Select Sauté and adjust to Less for low heat. Add apple. Simmer until tender, about 5 min. Test rice to make sure it's done and adjust seasoning, adding cayenne if using and water if soup is too thick.

5. Ladle soup into bowls and top with a sprinkle of cilantro and sliced red chile if using, plus a spoonful of yogurt.

SERVES 4 About 405 calories, 15 g fat, 37 g protein, 735 mg sodium, 29 g carbohydrates, 4 g fiber

Matzo Ball Soup

Dairy Free

Active time 20 min. plus chilling | **Pressure time** 20 min. | **Total time** 1 hr. 10 min. | **Pressure level** High | **Release** Quick and Natural

- 1 cup matzo meal, plus more as needed
- 1/8 tsp baking powder
- 1 1/2 tsp salt, plus more for seasoning, divided
- 1/4 tsp freshly ground black pepper, plus more for seasoning
- Pinch nutmeg
- 4 large eggs
- 5 1/4 cups water, divided, plus more for cooking chicken and matzo balls
- 1/4 cup canola or vegetable oil
- 1 bone-in, skin-on chicken breast
- 1 bay leaf
- 6 cups chicken broth
- 1 large carrot, finely diced
- 2 celery stalks, finely diced
- 1 Tbsp chopped fresh dill (optional)

1. In small bowl, stir together matzo meal, baking powder, 1 tsp salt, pepper and nutmeg.

2. In medium bowl, whisk eggs, 1/4 cup water and canola oil. Add matzo mixture and mix well. Mixture will look like oatmeal. If it seems too soupy, add 1 Tbsp matzo meal. Refrigerate at least 30 min. Mixture will be easier to work with the longer it sits.

3. Meanwhile, in multi-cooker, combine chicken, 3 cups water, remaining 1/2 tsp salt and bay leaf. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

4. After cooking, use quick pressure release. Carefully remove lid. Remove chicken and set aside. Remove and discard bay leaf.

5. Add about 2 cups more water until liquid in pot reaches 5 cups. Using spoon and wet hands, form matzo-ball mixture (about 2 Tbsp) into walnut-size balls and set on a plate. One at a time, carefully add balls to pot. Make sure balls are separated without disturbing too much. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

6. Meanwhile, in large pot on stove, heat chicken broth to a low simmer. Add carrot and celery. Cook 5 min. Season with salt and pepper and turn heat to low.

7. After cooking, let pressure release naturally. Carefully remove lid.

8. Debone chicken and shred meat. Discard skin.

9. Ladle broth and veggies into bowls and top with chicken. Add 2 or 3 matzo balls per bowl and top with fresh dill if using.

SERVES 4 TO 5 About 455 calories, 5 g fat, 34 g protein, 2,155 mg sodium, 28 g carbohydrates, 2 g fiber

Ingredient Tip:
Make your own matzo meal using regular matzo. Simply break it into medium-size pieces and pulse in food processor until cornmeal-like texture is reached. One sleeve of matzo typically yields 1 cup of meal.



CHAPTER 3

VEGETARIAN





BLACK-EYED PEAS WITH SPINACH

Black-Eyed Peas with Spinach

Gluten Free • Grain Free • Vegetarian

Active time 13 min. | Pressure time 10 min.

Total time 45 min. | Pressure level High

Release Natural and Quick

- 1 Tbsp ghee or peanut oil
- $\frac{1}{8}$ tsp cumin seeds
- $\frac{1}{8}$ tsp black mustard seeds (or omit and double cumin seeds)
- 1 Tbsp minced garlic
- 1 Tbsp minced peeled fresh ginger
- 1 cup diced tomato
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{4}$ tsp cayenne, plus more as needed
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp ground coriander
- 1 tsp salt, plus more as needed
- 1 cup dried black-eyed peas
- 2 cups water
- 4 cups raw spinach
- Steamed rice, warm chapatis or naan, for serving

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Once hot, add ghee and heat until it shimmers. Add cumin seeds and mustard seeds, if using. Cook until they begin to sputter. Add garlic and ginger. Sauté 30 seconds.

2. Add tomato. Cook 1 to 2 min., until softened.

3. Add turmeric, cayenne, cumin, coriander and salt. Mix well. Stir in black-eyed peas and water. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

5. Stir in spinach. Taste, adding more cayenne or salt as needed. Serve with rice, chapatis or naan.

SERVES 6 About 150 calories, 3 g fat, 8 g protein, 411 mg sodium, 24 g carbohydrates, 6 g fiber

Risotto Four Ways

Gluten Free (all versions) • Vegetarian (all versions)

Active time 20 min. | Pressure time 8 min. | Total time 35 min. | Pressure level High

Release Quick

FOR BASIC RISOTTO

- 3 Tbsp butter, divided
- $\frac{1}{2}$ small onion, chopped
- 1 cup Arborio rice
- $\frac{1}{3}$ cup dry white wine
- $2\frac{3}{4}$ to 3 cups vegetable broth, divided
- $\frac{1}{2}$ tsp salt, plus more as needed
- $\frac{1}{3}$ cup grated Parmesan cheese

FOR MUSHROOM RISOTTO

- 6 oz white button or cremini mushrooms, sliced
- 1 cup frozen peas, thawed (optional)
- Chopped parsley, for garnish

FOR BUTTERNUT SQUASH RISOTTO

- 1 cup ($\frac{1}{2}$ -in.) butternut squash cubes
- $\frac{1}{2}$ tsp crumbled dried sage

FOR CAPRESE RISOTTO

- 1 medium tomato, seeded and diced
- 2 Tbsp chiffonade basil (see Preparation Tip)
- $\frac{1}{4}$ cup ($\frac{1}{4}$ -in.) fresh mozzarella cubes

TO MAKE BASIC RISOTTO

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add 2 Tbsp butter to melt. When foam subsides, add onion.

FOR MUSHROOM RISOTTO

Add mushrooms. Cook 2 to 3 min., stirring frequently, until onion pieces separate and soften.

FOR BUTTERNUT SQUASH RISOTTO

Add butternut squash and sage. Cook 2 to 3 min., stirring frequently, until onion pieces separate and soften.

FOR CAPRESE RISOTTO

Cook 2 to 3 min., stirring frequently, until onion pieces separate and soften.

TO CONTINUE ALL VARIATIONS

2. Add rice and stir to coat in butter. Cook for about 1 min. Add wine. Cook, stirring occasionally, until almost evaporated, 2 to 3 min. Stir in $2\frac{1}{2}$ cups vegetable broth and salt. Lock lid in place. Select Manual; adjust pressure to High and time to 8 min.

3. After cooking, use quick pressure release. Carefully remove lid. Test risotto; rice should be soft with slightly firm center and sauce should

be creamy. If rice is not quite done, add another $\frac{1}{4}$ cup to $\frac{1}{2}$ cup broth. Select Sauté and simmer until done, 2 to 3 min. If rice is done but too dry, add enough broth to loosen it up.

4. Stir in remaining 1 Tbsp butter and cheese. Taste and add more salt as needed.

TO FINISH MUSHROOM RISOTTO

Stir in peas if using. Cook until heated through. Sprinkle with parsley.

TO FINISH CAPRESE RISOTTO

Gently stir in tomato, basil and mozzarella.

PREPARATION TIP:

To make basil chiffonade, stack several basil leaves and roll up lengthwise. Using sharp knife, cut thin strips crosswise to form ribbons (which is what "chiffonade" means).

SERVES 4

(Basic Risotto) About 310 calories, 11 g fat, 7 g protein, 530 mg sodium, 41 g carbohydrates, 2 g fiber

(Mushroom Risotto) About 355 calories, 12 g fat, 11 g protein, 560 mg sodium, 48 g carbohydrates, 5 g fiber

(Butternut Squash Risotto) About 330 calories, 11 g fat, 8 g protein, 530 mg sodium, 46 g carbohydrates, 3 g fiber

(Caprese Risotto) About 335 calories, 13 g fat, 10 g protein, 575 mg sodium, 42 g carbohydrates, 3 g fiber





Aloo Gobi (Indian-Spiced Potatoes & Cauliflower)

**Dairy Free • Gluten Free •
Grain Free • Vegan**

Active time 26 min. | **Pressure time**
2 min. | **Total time** 30 min.
Pressure level Low | **Release** Quick

- 1 Tbsp peanut oil
- 1 tsp cumin seeds
- 2 cups cubed (½-in.) potatoes
- 1 tsp salt
- 1 tsp garam masala
- ½ tsp ground turmeric
- ¼ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp cayenne
- 1 cup diced tomato
- ¼ cup water
- 4 cups large cauliflower florets
- ¼ cup chopped fresh cilantro
- Warm naan, for serving

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add peanut oil and heat until it shimmers. Add cumin seeds and stir. Cook until they begin to sputter.

2. Add potatoes. Sauté, stirring occasionally, 2 to 3 min., until they begin to brown and crisp.

3. Add salt, garam masala, turmeric, cumin, coriander and cayenne. Sauté 1 min. Add tomato and water. Stir, scraping up any browned bits from bottom of multi-cooker. Add cauliflower and gently stir. Lock lid in place. Select Manual; adjust pressure to Low and time to 3 min.

4. After cooking, use quick pressure release. Carefully remove lid.

5. Top with cilantro. Serve with naan.

SERVES 4 About 91 calories, 4 g fat, 3 g protein, 617 mg sodium, 13 g carbohydrates, 4 g fiber

Quick Zucchini Ratatouille

Dairy Free • Gluten Free • Grain Free • Vegan

Active time 5 min. | **Pressure time** 3 min. | **Total time** 20 min. | **Pressure level** High | **Release:** Quick

- 1 Tbsp extra virgin olive oil, plus more for serving
- 1 medium yellow onion, diced large
- 1 large red bell pepper, diced
- 2 cloves garlic, well smashed
- 4 oz green beans, trimmed and halved
- 4 medium zucchini or yellow squash, cut in half-moons
- ¼ cup white wine
- 2 large tomatoes, seeded and diced, or 1 can (28 oz.) diced tomatoes
- 1 bay leaf
- 3 thyme sprigs
- Salt
- Freshly ground black pepper
- 2 Tbsp torn fresh basil

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat.

2. Add olive oil, onion, red bell pepper and garlic. Cook 2 min., stirring occasionally, or until vegetables start to brown.

3. Add beans and zucchini. Cook, stirring, about 3 min., until zucchini starts to brown. Add wine. Using wooden spoon, stir, scraping up any browned bits from bottom of multi-cooker.

4. Add tomatoes, bay leaf and thyme. Season with salt and pepper. Lock lid in place. Select Manual; adjust pressure to High and time to 3 min.

5. After cooking, use quick pressure release. Carefully remove lid.

6. Select Sauté and adjust to More for high heat. Cook 2 to 3 min. to reduce liquid.

7. Let cool briefly before plating and topping with fresh basil and drizzle of olive oil.

VARIATION TIP: If you eat dairy, this dish tastes great with freshly grated Parmesan on top. Replace wine with broth if preferred.

SERVES 4 About 110 calories, 1 g fat, 4 g protein, 65 mg sodium, 15 g carbohydrates, 4 g fiber





Easy Swap

Turn this into a main-dish salad: Toss with spinach, feta cheese and toasted almonds.

Quinoa Tabbouleh

Dairy Free • Gluten Free • Vegan

Active time 5 min. | Pressure time 1 min. | Total time 20 min. | Pressure level High | Release Natural

1 cup quinoa, rinsed and drained
 $\frac{1}{2}$ cups water
2 Tbsp olive oil, divided
 $\frac{1}{2}$ tsp salt, plus more for seasoning
1 medium tomato, seeded and finely chopped
1 small cucumber, finely chopped
1 large clove garlic, minced
 $\frac{1}{3}$ cup finely chopped fresh mint or parsley, or a combination
Juice of 1 lemon
Freshly ground black pepper

1. In multi-cooker, combine quinoa, water, 1 Tbsp olive oil and salt. Lock lid in place. Select Manual; adjust pressure to High and time to 1 min.

2. After cooking, let pressure release naturally. Carefully remove lid. Transfer quinoa to large bowl and let cool briefly.

3. Stir in tomato, cucumber, garlic, mint or parsley, remaining 1 Tbsp olive oil and lemon juice. Taste and season with salt and pepper.

SERVES 4 TO 6 About 255 calories, 1 g fat, 8 g protein, 295 mg sodium, 35 g carbohydrates, 4 g fiber



Vegetarian Lasagna

Vegetarian

Active time 30 min. | Pressure time 20 min. | Total time 1 hr. 10 min. | Pressure level High | Release Natural

FOR BALSAMELLA

- 4 Tbsp (½ stick) butter
- ¼ cup all-purpose flour
- 1½ cups whole milk
- ¼ tsp salt
- ¼ tsp freshly ground white or black pepper

FOR LASAGNA

- 2 Tbsp extra virgin olive oil
- 8 oz white button or cremini mushrooms, chopped
- ½ tsp salt
- 9 to 10 oz fresh spinach
- Butter, at room temp
- 2 cups arrabbiata-style pasta sauce
- 1 (8-oz) pkg. egg roll wrappers
- 3 oz Parmesan cheese, coarsely grated
- ½ cup shredded whole-milk mozzarella or provolone cheese
- 1 cup water

TO MAKE BALSAMELLA

1. In medium saucepan on stove, melt butter on medium. When foam subsides, whisk in flour all at once, stirring until smooth. A little at a time, add milk while whisking. Bring sauce to a low simmer. Stir in salt and pepper. Simmer 10 min., stirring often. Remove from heat. Set aside.

TO MAKE LASAGNA

2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add oil and heat until it shimmers. Add mushrooms; sprinkle with salt. Cook 5 min., stirring frequently, until they release their liquid and begin to brown. Stir in spinach and cook until wilted. Transfer to bowl and rinse pot.

3. Coat bottom of 1-qt baking dish (that will fit in your multi-cooker) with butter. Spread spoonful of arrabbiata sauce over bottom of dish. Add layer of egg roll wrappers, overlapping as little as possible and trimming edges to fit. Spoon more arrabbiata sauce over wrappers. Scatter some mushroom mixture over sauce. Dot with dollops of balsamella (a small cookie scoop is useful here) and dust with Parmesan cheese. Repeat layers as many more times as you have room for, ending with layer of egg roll wrappers. Press down on layers to even out balsamella. Leave enough sauce to spread on final wrapper layer. Top with mozzarella. Place sheet of aluminum foil over top and crimp lightly.

4. Put trivet with handles into multi-cooker and pour in water. Place baking dish on trivet. (See “Make a Foil Multi-Cooker Rack,” page 4.) Lock lid in place. Select Manual; adjust pressure to High and time to 20 min.

5. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

6. If you like, place lasagna under heated broiler until cheese is browned, 2 to 3 min. Let lasagna rest 10 to 15 min. to set before serving.

SERVES 4 About 630 calories, 35 g fat, 25 g protein, 1,505 mg sodium, 57 g carbohydrates, 6 g fiber

Brown & Wild Rice– Stuffed Peppers

Vegetarian

Active time 15 min. | Pressure time 28 min. | Total time 1 hr. | Pressure level High | Release Natural and Quick

- 1/2 cup wild rice
- 2 cups warm water
- 4 red or green bell peppers
- 1 Tbsp extra virgin olive oil
- 1 small onion, diced
- 1/4 tsp salt
- 1 clove garlic, minced
- 1/2 cup brown rice
- 1 1/2 cups vegetable broth
- 1 bay leaf
- 1 thyme sprig or 1/4 tsp dried thyme
- 1 cup water
- 1/2 cup panko breadcrumbs
- 3 Tbsp grated Parmesan cheese
- 1 Tbsp butter, melted

1. In bowl, combine wild rice and warm water. Let sit 15 min. Drain.

2. Using paring knife, cut around top of each pepper and pull out core. Using knife and fingers, remove seeds and ribs, leaving shell. Set shells aside.

3. Cut stems away from pepper tops and trim off any white parts. Dice flesh. You should have 1/3 to 1/2 cup.

4. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add oil and heat until it shimmers. Add onion and diced peppers; sprinkle with salt. Cook 2 to 3 min., stirring frequently, until onion softens. Add garlic. Cook 1 min.

5. Add drained wild rice, brown rice, vegetable broth, bay leaf and thyme to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 20 min.

6. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid. (It's OK if rice is underdone; it will cook further.) Taste and adjust seasoning as needed. Remove and discard bay leaf

and thyme sprig. Spoon filling into peppers, mounding slightly.

7. Wipe out multi-cooker. Put steamer trivet inside and pour in water. Place stuffed peppers on trivet. Lock lid in place. Select Manual; adjust pressure to High and time to 8 min.

8. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.

9. Heat broiler. Carefully remove peppers and place in baking dish.

10. In bowl, stir together panko, cheese and melted butter. Sprinkle mixture over peppers and filling. Broil peppers until tops are golden brown and crisp, 2 to 4 min.

SERVES 4 About 325 calories, 10 g fat, 10 g protein, 625 mg sodium, 50 g carbohydrates, 4 g fiber

Spicy Tofu Curry with Rice

Dairy Free • Gluten Free
• Vegan • Vegetarian

Active time 15 min. | Pressure time 4 min. | Total time 25 min. | Pressure level: High | Release Quick

- 1 Tbsp extra virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, finely minced
- 1 small red bell pepper, seeded and chopped
- 1/2 tsp salt, divided
- 3/4 cup vegetable broth
- 2 Tbsp tomato paste
- 1 (14-oz) can diced tomatoes, drained
- 1 Tbsp fresh lime juice
- 1 tsp Thai red curry paste
- 1 tsp curry powder
- 1 tsp sugar
- 1 lb firm or extra-firm tofu, drained and cut into 1-in. cubes
- 2 scallions, white and green parts, sliced
- 1 red chile, thinly sliced
- 2 cups cooked white rice

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Add onion, garlic and red bell pepper. Sprinkle with 1/4 tsp salt. Cook 2 to 3 min., stirring frequently, until onion pieces separate and begin to soften.

2. Stir in vegetable broth, tomato paste and tomatoes, stirring to break up tomato paste. Add lime juice, curry paste, curry powder and sugar. Stir to combine. Add tofu. Lock lid in place. Select Manual; adjust pressure to High and time to 4 min.

3. After cooking, use quick pressure release. Carefully remove lid.

4. Stir curry. Let sit 2 to 3 min. Top with scallions and red chile. Serve over white rice.

SERVES 4 About 325 calories, 11 g fat, 17 g protein, 524 mg sodium, 43 g carbohydrates, 4 g fiber







Baingan Bharta

(Eggplant with Onions)

Gluten Free • Grain Free • Vegetarian

Active time 17 min. | Pressure time 4 min. | Total time 40 min. | Pressure level Low | Release Natural and Quick

- 1/2 tsp peanut oil
- 1 small onion, thinly sliced, plus more for garnish
- 1 medium tomato, chopped, plus more for garnish
- 4 cups chopped eggplant
- 1/4 tsp ground turmeric
- 1/4 tsp cayenne
- 1/4 tsp garam masala
- 1/4 tsp amchoor or chaat masala (optional)
- 1/4 tsp salt
- 1/4 cup heavy (whipping) cream
- Chopped fresh cilantro, for garnish

1. Add peanut oil to multi-cooker. Place onion, tomato and eggplant in pot (you want onion and tomato at bottom to help create moisture needed for dish to cook, since you aren't adding water).

2. Sprinkle turmeric, cayenne, garam masala, amchoor (if using) and salt over vegetables. Do not stir. Lock lid in place. Select Manual; adjust pressure to Low and time to 4 min.


3. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure.

Carefully remove lid.

4. Select Sauté and adjust to More for high heat. When mixture starts to bubble, add heavy cream, stirring well to incorporate. Allow cream to thicken a bit, about 2 min.

5. Transfer to serving bowl and garnish with tomato, onion and cilantro.

SERVES 4 About 90 calories, 6 g fat, 2 g protein, 157 mg sodium, 8 g carbohydrates, 4 g fiber



Variation

For a crispy top, after step 4, transfer mixture to a shallow casserole and broil 3 to 4 min. until sauce is golden in spots.

Cheesy Penne with Artichokes & Spinach

Vegetarian

Active time 20 min. | Pressure time 5 min. | Total time 35 min. | Pressure level Low | Release Quick

1½ cups water
1 (12-oz) can evaporated milk, divided
8 oz penne or shell pasta
12 oz frozen artichoke hearts, thawed and cut into bite-size pieces
3 large cloves garlic, minced
2 Tbsp butter
1 tsp salt
1 large egg
1 tsp grated lemon zest
2 tsp freshly squeezed lemon juice
¼ tsp freshly ground black pepper
9 to 10 oz fresh baby spinach
4 oz Parmesan cheese, shredded
¼ cup heavy (whipping) cream, plus more as needed

1. In multi-cooker, combine water and ¾ cup evaporated milk. Add pasta, artichoke hearts, garlic, butter and salt. Stir to combine and submerge pasta in liquid. Lock lid in place. Select Manual; adjust pressure to Low and time to 5 min.

2. After cooking, use quick pressure release. Carefully remove lid.

3. While pasta cooks, in small bowl, whisk remaining ¾ cup evaporated milk and egg.

4. Select Sauté and adjust to Less for low heat. Pour milk mixture into multi-cooker. Cook, stirring occasionally, until sauce thickens.

5. Stir in lemon zest, lemon juice and pepper. Add spinach and cheese. Cook, stirring

occasionally, until spinach wilts and cheese melts. Stir in heavy cream, adding more if sauce is too thick. Serve immediately.

INGREDIENT TIP. Sautéed mushrooms are an excellent addition to this dish. Stir them in along with the spinach and cheese.

SERVES 4 About 525 calories, 24 g fat, 28 g protein, 1,150 mg sodium, 53 g carbohydrates, 6 g fiber

CHAPTER 4

FISH & SHELLFISH



LOW-COUNTRY
BOIL



Low-Country Boil

Gluten Free

Active time 5 min. | **Pressure time** 9 min. | **Total time** 35 min.
Pressure level High | **Release** Quick

- 2 qts water
- 1 (3-oz) boil-in-bag seafood seasoning packet, plus more as needed
- 1/2 Tbsp salt, plus more as needed
- 1 lemon, halved
- 1/2 lbs baby red new potatoes
- 1 lb mild or hot smoked sausage (such as kielbasa), cut into 3 to 4 pieces each (optional)
- 3 ears corn, shucked, cleaned and halved
- 2 lbs raw medium shrimp, unpeeled
Cocktail sauce, for serving

1. In multi-cooker, combine water, seasoning packet, salt and lemon halves. Add potatoes and sausage. Lock lid in place. Select Manual; adjust pressure to High and time to 7 min.

2. After cooking, use quick pressure release. Carefully remove lid. Add corn. Lock lid in place. Select Manual; adjust pressure to High and time to 1 min.

3. After cooking, use quick pressure release. Carefully remove lid. Add shrimp. Lock lid in place. Select Manual; adjust pressure to High and time to 1 min.

4. After cooking, use quick pressure release. Carefully remove lid. Drain and top with more seafood seasoning and salt if needed. Serve with cocktail sauce.

INGREDIENT TIP: If you can't find boil-in-bag seafood seasoning packets, add 1/2 tsp to 1 tsp seafood seasoning per 1 cup water.

SERVES 4 TO 5 About 640 calories, 7 g fat, 68 g protein, 4,500 mg sodium, 43 g carbohydrates, 5 g fiber

Fisherman's Stew (Bouillabaisse)

Dairy Free

Active time 15 min. | **Pressure time** 11 min. | **Total time** 35 min. | **Pressure level** High (10 min.) and Low (1 min.) | **Release** Natural and Quick

FOR STEW

- 2 Tbsp extra virgin olive oil
- 1/2 small onion, chopped
- 1/2 small fennel bulb, trimmed and chopped
- 1 small clove garlic, minced
- 1 (14-oz) can diced tomatoes, undrained
- 3 cups fish broth, clam juice or water
- 1/2 cup dry white wine
- Zest of 1 orange (removed in large strips)
- Juice of 1 orange
- 1 bay leaf
- 1/2 tsp salt (1 tsp if using water)
- 1/4 tsp freshly ground black pepper
- 3 or 4 saffron threads (optional)
- 12 oz firm white fish fillets, such as cod, halibut or snapper
- 12 oz peeled medium-large (36/40) frozen shrimp
- 1 lb mussels, scrubbed
- 2 Tbsp chopped fresh parsley
- Toasted baguette slices, for serving

FOR ROUILLE

- 3 Tbsp mayonnaise
- 1 Tbsp extra virgin olive oil
- 1/4 cup finely chopped roasted red pepper
- 1/2 tsp minced garlic

TO MAKE STEW

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add onion, fennel and garlic. Cook, stirring frequently, until garlic is fragrant, about 1 min. Add tomatoes with their juice, fish broth, wine, orange zest and juice, bay leaf, salt, pepper and saffron threads if using. Stir to combine. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

2. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.

TO MAKE ROUILLE

While soup base cooks, in deep, narrow container, combine mayonnaise, olive oil, red pepper and garlic. Using immersion blender, blend until smooth. Alternatively, in small bowl, whisk ingredients – sauce won't be as smooth, but will taste fine.

TO FINISH STEW

3. Add fish fillets, shrimp and mussels to soup. Lock lid in place. Select Manual; adjust pressure to Low and time to 2 min.

4. After cooking, use quick pressure release. Carefully remove lid. Check mussels; if they are not opened, replace lid but don't lock in place. Let mussels steam 1 min. (Discard any that have not opened.)

5. Remove and discard bay leaf and orange zest. Stir in parsley. Ladle stew into bowls and top each with spoonful of rouille. Serve with toasted baguette slices.

SERVES 4 About 410 calories, 17 g fat, 41 g protein, 1,020 mg sodium, 18 g carbohydrates, 3 g fiber



BRETT STEVENS/GETTY



Easy Swap
Use a dozen
cherrystone
clams instead of
mussels.



Shrimp Scampi

Gluten Free • Grain Free

Active time 5 min. | Pressure time 1 min. | Total time 20 min. | Pressure level High | Release Quick

- 2 Tbsp butter
- 3 large cloves garlic, minced
- ¼ cup dry white wine
- ½ cup chicken broth
- 1 lb raw large shrimp, peeled and deveined
- Salt
- Freshly ground black pepper
- Juice of ½ lemon
- 1 heaping tsp chopped fresh parsley

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat.
2. Once hot, add butter to melt. Add garlic. Cook 1 min., stirring. Add wine. Cook 2 min. or until alcohol smell goes away.
3. Add chicken broth and shrimp. Season with salt and pepper. Lock lid in place. Select Manual; adjust pressure to High and time to 1 min.
4. After cooking, use quick pressure release. Carefully

remove lid and shrimp. Select Sauté and adjust to More for high heat. Cook 2 min. to reduce sauce.

5. Stir in lemon juice and parsley. Serve over pasta if desired, or as appetizer.

INGREDIENT TIP: High-quality frozen shrimp will also work; if using frozen ones, add 1 min. to pressure-cooking time.

SERVES 4 About 160 calories, 4 g fat, 22 g protein, 320 mg sodium, 3 g carbohydrates, 0 g fiber

Poached Salmon with Mustard Cream Sauce

Gluten Free • Grain Free

Active time 15 min. | Pressure time 5 min. | Total time 25 min. | Pressure level Low | Release Quick

- 1 (20- to 24-oz) center-cut salmon fillet
- 1 tsp salt, divided
- ½ tsp freshly ground black pepper, divided
- 2 cups water or fish broth
- ½ cup dry white wine
- Zest of 1 small lemon
- Juice of 1 small lemon
- 1 bay leaf
- ⅓ cup heavy (whipping) cream
- 1 Tbsp Dijon-style mustard
- 3 Tbsp minced fresh dill, divided (optional)

1. Season salmon on both sides with ½ tsp salt and ¼ tsp pepper.

2. In multi-cooker, combine water, wine, lemon zest and juice and bay leaf. Put steamer trivet or basket into multi-cooker and place salmon on top. Fish should be partially submerged in liquid. Lock lid in place. Select Manual; adjust pressure to Low and time to 5 min.

3. While fish cooks, in small bowl, beat heavy cream with handheld electric mixer or whisk vigorously by hand just until cream thickens. Stir in mustard; remaining ½ tsp salt and ¼ tsp pepper; and 2 Tbsp dill.

4. After cooking, use quick pressure release. Carefully remove lid.

5. Carefully remove steamer trivet from multi-cooker. Using large slotted spatula, transfer fish to platter. Spoon sauce over fish and top with remaining 1 Tbsp dill.

SERVES 4 About 320 calories, 16 g fat, 37 g protein, 850 mg sodium, 3 g carbohydrates, 1 g fiber





Serving Tip

Add a side of rice to capture the delicious broth!



Steamed Cod with Ginger-Garlic Broth and Baby Bok Choy

Dairy Free

Active time 10 min. | Pressure time 2 min. | Total time 20 min. | Pressure level Low | Release Quick

- 4 (6- to 8-oz) cod fillets
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 cup fish broth or vegetable broth
- 2 Tbsp unseasoned rice vinegar
- 2 Tbsp soy sauce
- 2 Tbsp dry sherry, or rice wine
- 1 Tbsp minced peeled fresh ginger
- 2 or 3 large cloves garlic, minced
- 8 oz baby bok choy, trimmed and coarsely chopped
- 2 scallions, white and green parts, thinly sliced
- 1 Tbsp toasted sesame oil

1. Season cod on both sides with salt and pepper.
2. In multi-cooker, combine fish broth, vinegar, soy sauce, sherry, ginger and garlic. Put steamer trivet or basket in pot and place cod on it. Scatter bok choy over fillets. Lock lid in place. Select Manual; adjust pressure to Low and time to 2 min.
3. After cooking, use quick pressure release. Carefully remove lid. Carefully remove steamer trivet from multi-cooker.

4. Using large slotted spatula, divide fish and bok choy among four shallow bowls. Spoon broth over fish. Top with scallions and drizzle with sesame oil. Serve with steamed rice if desired.

INGREDIENT TIP: If using frozen cod fillets, increase cooking time by 3 min.

SERVES 4 About 320 calories, 6 g fat, 56 g protein, 870 mg sodium, 7 g carbohydrates, 2 g fiber

Mussels with Garlic and Red Pepper Sauce

Gluten Free • Grain Free

Active time 15 min. | Pressure time 1 min. | Total time 20 min. | Pressure level High | Release Quick

- 1 Tbsp extra virgin olive oil
- 4 cloves garlic, minced
- 1 bulb fennel (fronds reserved), thinly sliced
- 3 plum tomatoes, chopped
- 1 roasted red pepper, chopped
- 3/4 cup fish broth, clam juice or water
- 1/2 cup dry white wine
- 1/8 tsp red pepper flakes
- 3 lbs mussels, scrubbed and debearded
- 2 Tbsp heavy cream
- 3 Tbsp coarsely chopped fresh parsley

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add olive oil and heat until it shimmers. Add fennel and cook 2 min. Add garlic and cook, stirring until fragrant, about 1 min. Add tomatoes, roasted pepper, fish broth, wine and red pepper flakes. Stir to combine. Add mussels. Lock lid in place. Select Manual; adjust pressure to High and time to 1 min.

2. After cooking, use quick pressure release. Carefully remove lid. Check mussels; if they are not opened, replace lid but don't lock in place. Let mussels steam 1 min. (Discard any that do not open.)

3. Stir in heavy cream and parsley. Serve in bowls with cooking liquid. Garnish with fennel fronds.

SERVES 4 About 390 calories, 14 g fat, 41 g protein, 980 mg sodium, 17 g carbohydrates, 1 g fiber





Tuna Noodle Casserole

Active time 15 min. | Pressure time 5 min. | Total time 25 min. | Pressure level Low | Release Quick

- 1 Tbsp vegetable oil
- 1 medium onion, chopped
- 1 large celery stalk, chopped
- 6 oz wide egg noodles
- 1 (12-oz) can evaporated milk, divided
- 1 cup water
- 1 bay leaf
- 1 tsp salt
- 1 large egg
- 1 tsp cornstarch
- 2 (5- to 6-oz) cans tuna, drained
- 1 cup frozen peas, thawed
- 2 Tbsp sour cream
- 1 Tbsp heavy (whipping) cream
- ½ cup shredded sharp Cheddar cheese

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add vegetable oil and heat until it shimmers. Add onion and celery. Cook about 1 min, stirring frequently, until softened.
2. Add noodles, ¾ cup evaporated milk, water, bay leaf and salt. Stir to combine and submerge noodles in liquid. Lock lid in place. Select Manual; adjust pressure to Low and time to 5 min.
3. After cooking, use quick pressure release. Carefully remove lid.

4. While noodles cook, in small bowl, whisk remaining ¾ cup evaporated milk, egg, and cornstarch.
5. Select Sauté and adjust to Less for low heat. Pour milk mixture into noodles. Cook, stirring, until sauce thickens.
6. Gently stir in tuna and peas. Let heat 1 to 2 min. Stir in sour cream and heavy cream. Sprinkle with cheese and let stand 2 min.

SERVES 4 About 450 calories, 22 g fat, 35 g protein, 770 mg sodium, 29 g carbohydrates, 3 g fiber

Peel & Eat Shrimp

Gluten Free • Grain Free

Active time 10 min. | Pressure time 1 min. | Total time 15 min. | Pressure level Low | Release Quick

FOR SHRIMP

- 1 cup water
- 2 lbs frozen jumbo (16/25) shrimp, unpeeled
- 2 Tbsp chopped parsley, for garnish

FOR REMOULADE

- ¼ cup plain yogurt
- ¼ cup mayonnaise
- 2 Tbsp ketchup
- 2 Tbsp Creole mustard or other grainy mustard
- 2 tsp prepared horseradish
- ½ tsp Worcestershire sauce
- 2 scallions, finely chopped
- 2 Tbsp fresh parsley leaves, finely chopped

TO MAKE SHRIMP

1. Fill large bowl halfway with cold water. Add several handfuls of ice cubes. Set aside.
2. Put steamer basket into multi-cooker and pour in water. Arrange shrimp in single layer in steamer basket. Lock lid in place. Select Steam; adjust pressure to Low and time to 1 min.
3. After cooking, use quick pressure release. Carefully remove lid and steamer basket. Immediately transfer shrimp to ice bath.

TO MAKE REMOULADE

In small bowl, whisk yogurt, mayonnaise, ketchup, mustard, horseradish, Worcestershire sauce, scallions and parsley.

TO SERVE

Arrange shrimp on platter; garnish with parsley. Serve with dipping sauces in ramekins.

INGREDIENT TIP: Don't use shrimp any smaller than 26/30 per pound.

SERVES 4 About 410 calories, 11 g fat, 55 g protein, 1,125 mg sodium, 21 g carbohydrates, 1 g fiber

Sun-Dried Tomato Pesto

In small bowl, combine 1/2 cup finely chopped sun-dried tomatoes in oil, 2 Tbsp each olive oil and finely chopped toasted almonds, 1/2 tsp lemon zest, 1/8 tsp crushed red pepper and pinch smoked paprika.



CHAPTER 5

CHICKEN & TURKEY





CHICKEN POTPIE



Chicken Potpie

Active time 20 min. | **Pressure time** 7 min.
Total time 45 min. | **Pressure level** High
Release Quick

- 1 frozen puff pastry sheet
 - 1 Tbsp extra virgin olive oil
 - 2 strips bacon, diced
 - 1 small onion, chopped
 - 2 medium carrots, chopped
 - 2 celery stalks, chopped
 - 2 medium potatoes, cut into $\frac{3}{4}$ -in. cubes
 - 3 medium bone-in, skin-on chicken breasts
 - $\frac{1}{2}$ cups chicken broth
 - $\frac{1}{2}$ tsp salt, plus more for seasoning
 - 2 Tbsp all-purpose flour
 - 2 Tbsp cold butter
 - $\frac{1}{2}$ cup heavy (whipping) cream or whole milk
 - 1 cup frozen peas
 - Freshly ground black pepper
1. Thaw puff pastry sheet at room temperature, 30 min.
 2. Heat oven to 400°F.
 3. Heat multi-cooker by selecting Sauté. Add olive oil and bacon; cook until bacon is golden. Transfer bacon to paper towel. Add onion, carrots and celery to multi-cooker. Cook, stirring, 3 min., until onion starts to turn translucent. Add potatoes, chicken, chicken broth and salt. Lock lid in place. Select Manual; adjust pressure to High and time to 7 min.
 4. Meanwhile, once pastry sheet is pliable but still cold, lay it on baking sheet and cut into 1 to 4 circles or rectangles to fit casserole(s). Bake 15 min.
 5. After cooking chicken, use quick pressure release. Carefully remove lid. Remove chicken and let cool. Once cool enough to handle, cut into cubes.
 6. Select Sauté.
 7. In small bowl, combine flour and butter into smooth paste. Add paste to simmering broth along with heavy cream and peas. Cook 3 to 5 min., stirring, until paste dissolves. Add chicken and season with salt and pepper.
 8. Spoon stew into casserole(s) and top with bacon and puff pastry.

SERVES 4 TO 5 About 740 calories, 14 g fat, 30 g protein, 1,460 mg sodium, 58 g carbohydrates, 7 g fiber

Red Chicken Enchiladas

Gluten Free

Active time 20 min. | **Pressure time** 10 min. | **Total time** 40 min. | **Pressure level** High
Release Natural and Quick

- 1 lb boneless, skinless chicken thighs
 - 2 cups Ancho Chile Sauce (page 22)
 - $\frac{1}{2}$ cup chopped onion
 - 12 (6-in.) corn or flour tortillas
 - 3 Tbsp vegetable oil or nonstick cooking spray
 - $\frac{1}{2}$ cup crumbled queso fresco
1. In multi-cooker, combine chicken and ancho chile sauce. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.
 2. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid. Transfer chicken to bowl and let cool briefly. Keep sauce warm.
 3. When chicken is just cool enough to handle, cut or pull it into bite-

size chunks. Mix in about $\frac{2}{3}$ cup warm sauce; chicken should be well coated with sauce but not drowning. Put onion in small bowl.

4. Heat oven to 350°F. Place 6 tortillas on baking sheet in single layer. Lightly brush tortillas with vegetable oil. Flip and repeat on other side. Bake just until tortillas are warm and pliable, about 3 min. Remove from oven and place tortillas in stack on plate. Cover with aluminum foil to keep warm. Repeat with remaining 6 tortillas and vegetable oil. (If you have 2 baking sheets, heat all at once.) Leave oven on.

5. Spoon about $\frac{1}{2}$ cup warm sauce into 9- by 13-in. baking dish or 2 Tbsp into each of 4 individual baking

dishes. Place 1 tortilla in sauce and flip to lightly coat on both sides. Place about 2 Tbsp chicken and 2 tsp chopped onion on tortilla. Roll up tortilla and place at end of baking dish, seam side down. Repeat with remaining tortillas and filling, adding more warm sauce to dish as needed to coat tortillas.

6. Pour in enough sauce just to cover finished tortillas (they should not be swimming in sauce).

7. Bake 8 to 10 min., until warmed through.

8. Sprinkle queso fresco over enchiladas.

SERVES 4 About 695 calories, 38 g fat, 51 g protein, 1,655 mg sodium, 67 g carbohydrates, 5 g fiber

EASY VARIATION

MEXICAN-AMERICAN-STYLE ENCHILADAS

1. In large skillet, heat 1 Tbsp vegetable oil over medium-high heat. Add 1 clove garlic, minced. Cook 1 min. Stir in 1 (15-oz) can black beans, rinsed and drained, and 1 cup fresh or frozen corn kernels. Cook 2 min.
2. Stir in 2 cups baby spinach, 1 sliced green onion and 2 Tbsp chopped fresh cilantro. Cook until spinach is wilted.
3. In step 5, place veggies in casserole over sauce. Sprinkle 1 Tbsp shredded Monterey Jack cheese over chicken and onion before rolling tortilla. Continue as instructed, sprinkling 1 cup shredded Monterey Jack cheese over sauced enchiladas. Bake as directed.





Chicken Vindaloo

Dairy Free • Gluten Free • Grain Free

Active time 22 min. plus marinating | **Pressure time** 5 min. | **Total time** 50 min. plus marinating
Pressure level High | **Release** Natural and Quick

- 1 cup diced onion
- 5 cloves garlic, minced
- 1 Tbsp minced peeled fresh ginger
- 1 Tbsp peanut oil
- ¼ cup distilled white vinegar
- 1 cup chopped tomato
- 1 tsp salt
- 1 tsp garam masala
- 1 tsp smoked paprika
- ½ tsp cayenne
- ½ tsp ground coriander
- ½ tsp ground cumin
- 1 lb boneless, skinless chicken thighs
- ¼ cup water
- ½ tsp ground turmeric
- Cilantro sprigs and sliced red onion, for garnish

1. In large bowl, combine onion, garlic, ginger and oil. Microwave on High 5 to 7 min., until vegetables are browned on edges. Transfer mixture to blender. Add vinegar, tomato, salt, garam masala, paprika, cayenne, coriander and cumin. Blend into smooth paste.
2. Place chicken in same large bowl and spoon vegetable spice paste over it, mixing well to coat chicken. Pour water into blender and pulse briefly to rinse remaining spices. Pour spiced water over chicken.
3. Add turmeric and stir to combine (adding it earlier could stain your blender jar). Cover bowl and refrigerate

chicken to marinate, 30 min. or up to 8 hr.

4. Pour chicken and marinade into multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.
5. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.
6. If sauce is too thin, select Sauté and adjust to More for high heat. Remove chicken pieces and bring sauce to a boil to evaporate excess water. Return chicken to sauce. Garnish with cilantro and onion.

SERVES 4 About 193 calories, 8 g fat, 23 g protein, 688 mg sodium, 7 g carbohydrates, 2 g fiber

Chicken Tikka Masala

Gluten Free • Grain Free

Active time 20 min. plus marinating
Pressure time 10 min. | **Total time** 40 min. plus marinating | **Pressure level** High | **Release** Quick

FOR MARINADE

- ½ cup plain Greek yogurt
- 4 cloves garlic, minced
- 2 tsp minced peeled ginger
- ½ tsp ground turmeric
- ¼ tsp cayenne
- ½ tsp smoked paprika
- 1 tsp salt
- 1 tsp garam masala
- ½ tsp ground cumin
- 1 tsp liquid smoke (optional)
- ½ lbs boneless, skinless chicken breasts or thighs, cut into large pieces

FOR SAUCE

- 1 medium onion, chopped
- 1 (14-oz) can diced tomatoes (do not drain)
- 5 cloves garlic, minced
- 2 tsp minced peeled fresh ginger
- 1 tsp ground turmeric
- ½ tsp cayenne
- 1 tsp paprika
- 1 tsp salt
- 2 tsp garam masala
- 1 tsp ground cumin

FOR FINISHING

- ½ cup heavy (whipping) cream or full-fat coconut milk
- 1 tsp garam masala
- Cilantro sprigs

TO MAKE MARINADE

1. In large bowl, whisk all ingredients except chicken. Add chicken and stir to coat; cover and refrigerate 1 to 2 hr.

TO MAKE SAUCE

2. In multi-cooker, stir together onion, tomatoes and juices, garlic, ginger, turmeric, cayenne, paprika, salt, garam masala and cumin. Place chicken with yogurt on top of sauce ingredients. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.
3. After cooking, use quick pressure release. Carefully remove lid. Remove chicken. (If you like, brown under preheated broiler.)
4. Using immersion blender, puree sauce. Stir heavy cream and garam masala into sauce.
5. Stir chicken into multi-cooker. Top with cilantro.

SERVES 6 About 240 calories, 9 g fat, 30 g protein, 699 mg sodium, 9 g carbohydrates, 2 g fiber



Time-Saving Tip

The spices used for marinating and for the sauce are almost identical. Add marinade spices to bowl and sauce spices to multi-cooker simultaneously.



Easy Side

Roasted Red Onions:
Preheat oven to 450°F.
Cut 3 large red onions
into 12 wedges each.

On large sheet pan,
toss onions with 2 Tbsp
olive oil. Roast 20 to
25 min., until tender
and caramelized. Toss
with 1 Tbsp balsamic
vinegar.

Stuffed Turkey Breast

Active time 20 min.
Pressure time 25 min.
Total time 1 hr. 15 min.
Pressure level High
Release Natural

- 5 Tbsp butter, divided
- 1 large onion, chopped
- 2 celery stalks, chopped
- $\frac{3}{4}$ cup chopped mushrooms
- 2 cloves garlic, minced
- 2 Tbsp chopped fresh sage
- 1 heaping Tbsp chopped fresh parsley
- $\frac{3}{4}$ tsp salt, plus more for seasoning
- $\frac{1}{4}$ tsp freshly ground black pepper, plus more for seasoning
- 2 cups plain dried breadcrumbs
- 3 cups chicken broth, divided
- 1 (2- to 3-lb) boneless, skinless turkey breast, butterflied to even thickness
- Chopped parsley and sage sprigs, for garnish

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat.
2. Once hot, add 3 Tbsp butter to melt. Add onion and celery. Cook 3 min., stirring, until onion is translucent. Add mushrooms and garlic. Cook, stirring, 3 min. more, or until mushrooms are soft. Select Cancel.
3. Transfer vegetables and butter to large bowl. Add sage, parsley, salt, pepper and breadcrumbs. Mix to combine. Using $\frac{3}{4}$ to 1 cup of chicken broth, add it a bit at a time and mix until you get a moist but crumbly texture.
4. Lay turkey breast, top side down, on work

surface. If thickness isn't even, pound thick parts until mostly even. Season with salt and pepper. Spread stuffing on breast, making it about as thick as breast itself and leaving at least 1 in. on each side. Roll up tightly (but not so tightly that stuffing squeezes out) and secure with kitchen twine. Season outside of breast with salt and pepper.

5. Heat multi-cooker by selecting Sauté and adjust to More for high heat.
6. Once hot, add remaining 2 Tbsp butter to melt. Brown stuffed turkey on all sides, about 3 min. per side. Finish with it lying seam side down in pot. Add remaining 2 cups chicken broth. Lock lid in place. Select Manual; adjust pressure to High and time to 25 min.
7. After cooking, let pressure release naturally. Carefully remove lid. Remove turkey, tent with aluminum foil and let rest.
8. Select Sauté and adjust to More for high heat. Cook liquid 10 to 15 min., until reduced and concentrated.
9. Garnish with parsley and sage. Remove kitchen twine from turkey before slicing. Serve with gravy.

INGREDIENT TIP: When buying turkey breast, ask the butcher to butterfly it for you to save time and effort. Just make sure it will fit in your cooker first!

SERVES 6 TO 8 About 420 calories, 7 g fat, 34 g protein, 2,430 mg sodium, 37 g carbohydrates, 4 g fiber





Parmesan Turkey Meatballs

Active time 15 min. | Pressure time 5 min. | Total time 30 min. | Pressure level High | Release Natural and Quick

- 1 lb ground turkey
 - ½ medium onion, finely chopped
 - 3 cloves garlic, minced
 - 2 Tbsp minced fresh parsley
 - ½ cup grated Parmesan cheese
 - ½ tsp salt
 - 1 large egg
 - 2 Tbsp whole milk
 - ¼ cup breadcrumbs
 - 2 Tbsp extra virgin olive oil
 - ½ cup chicken broth
 - 1 (14-oz) can diced tomatoes
 - Chopped parsley, for garnish
 - 1 lb cooked penne, for serving (optional)
1. In large bowl, gently mix ground turkey, onion, garlic, parsley, cheese and salt.

2. In small bowl, whisk egg and milk. Stir in breadcrumbs. Add egg-crumble mixture to meat and gently mix just until evenly combined. With moistened hands, form meatballs, using about 2 Tbsp meat for each.
3. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Add meatballs in single layer. Cook 1 to 2 min., undisturbed, until browned on bottom. Turn meatballs to brown on opposite side. Move meatballs to side of multi-cooker, stacking as needed, and pour in chicken broth. Bring liquid to a boil. Stir, scraping up any

browned bits from bottom. Add tomatoes with their juices and move meatballs back into even layer. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.

4. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid. Using slotted spoon, transfer meatballs to bowl.
5. Select Sauté and adjust to More for high heat. Bring sauce to a boil; cook until thickened. Spoon sauce over meatballs; top with parsley. Serve with penne if desired.

SERVES 4 About 405 calories, 25 g fat, 40 g protein, 715 mg sodium, 12 g carbohydrates, 2 g fiber

Orange Chicken

Dairy Free

Active time 15 min. | **Pressure time** 5 min. | **Total time** 30 min. | **Pressure level** High | **Release** Natural and Quick

- 1/4 cup all-purpose flour
- 1 tsp salt, plus more for seasoning
- 1/2 lbs boneless, skinless chicken thighs
- 3 Tbsp vegetable oil
- 2 tsp minced peeled fresh ginger
- 1 clove garlic, minced
- 1/4 cup chicken broth
- 1 tsp grated orange zest
- 1/4 cup fresh orange juice
- 2 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp orange juice concentrate
- 1 tsp red pepper flakes
- 3 scallions, greens and whites separated and sliced lengthwise
- 2 tsp cornstarch
- 1 Tbsp water
- 2 tsp toasted sesame oil
- Sesame seeds, for garnish
- Steamed rice, for serving

1. In shallow dish, stir together flour and salt. Dredge chicken thighs in flour, lightly coating both sides, and shake off any excess.

2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add vegetable oil and heat until it shimmers. Working in 2 batches, add chicken in single layer. Cook 4 to 5 min., undisturbed, until golden brown. Flip and cook chicken until browned on other side, 3 to 4 min. Transfer chicken to plate and let cool briefly. Cut into bite-size pieces.

3. While chicken cools, using oven mitts, pour most of fat out of multi-cooker, leaving thin coat. With multi-cooker still on Sauté, add ginger and garlic. Cook 1 to 2 min., stirring, until fragrant. Pour in chicken broth. Stir, scraping up any browned bits from bottom. Simmer

broth until reduced by about half. Add orange zest and juice, soy sauce, vinegar, orange juice concentrate and red pepper flakes. Stir to combine.

4. Add chicken and scallion whites to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.

5. After cooking, let pressure release naturally 5 min.; quick-release remaining pressure. Carefully remove lid.

6. In small bowl, whisk cornstarch and water until smooth. Stir slurry into sauce and cook until sauce thickens, 2 to 3 min. Taste and adjust seasoning as needed. Drizzle with sesame oil and top with sesame seeds and scallion greens. Serve over rice.

SERVES 4 About 490 calories, 25 g fat, 51 g protein, 1,230 mg sodium, 12 g carbohydrates, 1 g fiber





Milk-Braised Chicken with Lemon

Gluten Free • Grain Free

Active time 15 min. | **Pressure time** 12 min. | **Total time** 40 min. | **Pressure level** Low | **Release** Natural and Quick

- 2 Tbsp extra virgin olive oil
- 1 (4- to 4½-lb) whole chicken, giblets removed
- 1 tsp salt
- Zest of 1 lemon (peeled in strips), plus 3 lemons, halved
- ½ cup chicken broth
- 1½ cups whole milk
- 10 cloves garlic, peeled

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add oil and heat until it shimmers. Blot chicken dry; season with salt. Place in multi-cooker, breast side down. Cook 5 min., until skin is dark golden brown. Using tongs, turn chicken to brown on all sides, 2 to 3 min. per side. Alternatively, in

large, heavy skillet on stove, heat oil and sear chicken on medium-high as above. Transfer chicken to plate.

2. With multi-cooker still on Sauté, or in skillet, add lemon halves, cut sides down, and brown. Transfer to plate. Add chicken broth to multi-cooker. Stir, scraping up any browned bits. (If using skillet, pour broth and bits into multi-cooker.)

3. Pour in milk. Place chicken, breast side up, in multi-cooker; add lemon zest and garlic. Add lemon halves, cut sides up. Lock lid in place. Select Manual; adjust pressure to Low and time to 12 min.

4. After cooking, let pressure release naturally 8 min.; quick-

release remaining pressure. Carefully remove lid.

5. Transfer chicken to platter. Temperature of thigh meat on instant-read thermometer should be about 160°F. If it's lower, return chicken to multi-cooker and put lid on, but don't lock it. Keep chicken on Warm until it registers 160°F.

6. Let chicken rest on rack while you finish sauce. Remove and discard lemon zest. Arrange chicken and lemons on platter; spoon sauce over them.

SERVES 4 About 560 calories, 27 g fat, 69 g protein, 910 mg sodium, 7 g carbohydrates, 0 g fiber



Chicken Cacciatore

Dairy Free • Gluten Free • Grain Free

Active time 15 min. | Pressure time 10 min. | Total time 40 min. | Pressure level High | Release Natural and Quick

4 to 6 bone-in, skin-on chicken thighs or drumsticks, or a combination
½ tsp salt, plus more for seasoning
2 Tbsp extra virgin olive oil
1 small onion, sliced
2 cloves garlic, minced
8 oz cremini or white button mushrooms, cleaned and sliced
⅓ cup dry red wine
½ cup chicken broth
1 (14-oz) can diced tomatoes
1 tsp dried oregano
⅓ cup green olives, pitted and quartered
2 Tbsp chopped fresh parsley

1. Season chicken on both sides with salt. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Working in batches as needed, add chicken, skin side down, without crowding. Cook about 5 min., undisturbed, until skin is dark golden brown and most of fat under skin has rendered out. Flip and cook chicken until light golden brown on other side, about 3 min. Transfer chicken to plate.

2. Wearing oven mitts, pour off almost all fat, leaving about 1 Tbsp. Add onion and garlic. Cook,

stirring frequently, until onion begins to brown, about 3 min. Add mushrooms. Cook 1 to 2 min., until they begin to soften. Add wine. Stir, scraping up any browned bits from bottom. Bring liquid to a boil. Cook until liquid is reduced by about half.

3. Add broth, tomatoes with their juices and oregano. Add chicken pieces, skin side up. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid. Transfer chicken to plate.

5. Strain sauce into fat separator and let sit until fat rises to surface. (Or keep sauce in multi-cooker and spoon any excess fat from top.) Pour defatted sauce back into pot and select Keep Warm. If you prefer thicker sauce, select Sauté and adjust to Less for low heat. Simmer sauce 3 min., or to desired consistency. Taste and adjust seasoning as needed.

6. Stir in olives and parsley. Serve chicken topped with sauce.

SERVES 4 About 455 calories, 21 g fat, 51 g protein, 675 mg sodium, 10 g carbohydrates, 3 g fiber



Garlic Wings, Two Ways

Dairy Free • Gluten Free • Grain Free

Active time 15 min. | Pressure time 10 min. | Total time 30 min. | Pressure level High | Release Quick

12 whole chicken wings
1 cup water

TO MAKE GINGER-SOY GLAZE

1/3 cup honey
1/4 cup soy sauce
1 Tbsp grated fresh ginger
4 cloves garlic, minced
1 tsp sesame oil

TO MAKE HONEY-MUSTARD GLAZE

1/3 cup honey
1/3 cup Dijon-style mustard
4 cloves garlic, minced

1. Place wire rack on baking sheet and set aside.
2. Cut each wing at joint into drumette and flat segment, (save wing tips for stock).
3. Put steamer basket into multi-cooker and pour in water. Place chicken wings in steamer basket. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.
4. After cooking, use quick pressure release. Carefully remove lid. Transfer wings from multi-cooker to wire rack.

5. Heat broiler.
6. In small bowl, stir together glaze ingredients. Baste wings with half of glaze. Broil wings until browned, 4 to 6 min. Flip and baste wings with remaining glaze. Broil until second side is browned, 3 to 6 min.

SERVING TIP

Double the glaze and save half to serve for dipping wings.

SERVES 4 About 350 calories, 18 g fat, 20 g protein, 65 mg sodium, 29 g carbohydrates, 2 g fiber

Chicken & Biscuits

Active time 20 min. | Pressure time 5 min. | Total time 30 min. | Pressure level High | Release Quick

1/4 cup all-purpose flour
1/2 tsp salt
1/8 tsp freshly ground black pepper
1/8 tsp cayenne
1 1/4 lbs boneless, skinless chicken thighs or breasts
4 Tbsp butter
3 cups chicken broth, plus more as needed
3 large carrots, cut into 1-in. half-moons
2 large celery stalks, chopped
1 cup frozen pearl onions
1 cup frozen peas
Biscuits (recipe at right)

1. In shallow dish, stir together flour, salt, black pepper and cayenne. Dredge chicken thighs in seasoned flour, lightly coating both sides. Gently shake off any excess. Reserve remaining flour mixture to use again in step 3.

2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add butter to melt. When foam subsides, working in 2 batches, add chicken in single layer. Cook 4 to 5 min., until golden brown. Flip and cook chicken until browned on other side, 3 min. Transfer chicken to plate and let cool briefly. Cut into pieces.

3. With multi-cooker still on Sauté, add remaining flour mixture to butter. Cook, stirring constantly, until roux (smooth, paste-like mixture) is golden brown. Add 1 cup chicken broth, whisking until combined with roux. Add remaining 2 cups chicken broth. Stir, scraping up any browned bits from bottom. Cook until sauce thickens slightly. If sauce is very thick, add more chicken broth until consistency is like light gravy.

4. Add chicken, carrots, celery and onions to pot. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.

5. After cooking, use quick pressure release. Carefully remove lid.

6. Spoon chicken mixture into shallow bowls. Top with biscuits.

SERVES 4 About 705 calories, 31 g fat, 50 g protein, 1,135 mg sodium, 54 g carbohydrates, 5 g fiber



Biscuits

Heat oven to 400°F.
In bowl, whisk
1½ cups self-rising
flour and ¾ cup
heavy (whipping)
cream until mixture
holds together.
Scoop by ¼-cupfuls
onto lined baking
sheet. Bake 14 to
16 min., until golden.

CHAPTER 6

PORK, BEEF & LAMB





MIKE GARTEN

ONE-POT PASTA BOLOGNESE

One-Pot Pasta Bolognese

Active time 10 min. | **Pressure time** 5 min.
Total time 30 min. | **Pressure level** High
Release Quick

- 1 Tbsp extra virgin olive oil
- 12 oz lean ground beef
- 1 large onion, chopped
- 3 cloves garlic, minced
- ½ cup dry red wine
- ½ tsp salt, plus more for seasoning
- ¼ tsp red pepper flakes
- 1½ cups water
- 12 oz uncooked penne pasta (with 9- to 13-min. cook time)
- 1 (28-oz) can crushed tomatoes in purée, or good tomato sauce
- ½ cup shredded mozzarella cheese

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat.
2. Wait 1 min., add olive oil, and heat until it shimmers. Add ground beef. Using wooden spoon or spatula, break up beef. Cook, stirring, about 3 min. until browned and cooked.
3. Add onion. Cook, stirring, 1 min. Add garlic. Cook 1 min. more.
4. Add wine. Stir, scraping up any browned bits from bottom of multi-cooker. Cook 1 to 2 min., or until alcohol smell goes away.
5. Stir in salt, red pepper flakes and water. Add pasta and stir. Pour tomatoes over in even layer, covering pasta. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.
6. After cooking, use quick pressure release. Carefully remove lid. Test pasta. If not quite done, select Sauté and simmer 1 to 2 min. more. Serve topped with mozzarella.

INGREDIENT TIP: Replace up to half of water with beef broth for extra flavor.

SERVES 4 About 595 calories, 4 g fat, 45 g protein, 840 mg sodium, 68 g carbohydrates, 7 g fiber

VARIATION: If you'd like to use fresh pasta such as fettuccine or pappardelle, cook it in a traditional pot on the stovetop. Omit water and penne. Add pasta to large pot of boiling water after you quick-release multi-cooker.

Italian Pot Roast

Dairy Free • Gluten Free • Grain Free

Active time 15 min. | **Pressure time** 44 min. | **Total time** 1 hr. 10 min.
Pressure level High **Release** Quick

- 1 (3- to 3½-lb) boneless chuck roast, about 3 in. thick
- ½ tsp salt
- 2 Tbsp vegetable oil
- 1 cup dry red wine
- ¾ cup low-sodium beef broth
- 1 tsp fennel seeds
- 4 sprigs fresh thyme
- ¾ tsp red pepper flakes
- ¼ tsp freshly ground black pepper
- 1 bay leaf
- 1 rosemary sprig
- 1 parsley sprig
- 1 large onion, cut into 8 wedges
- 2 large cloves garlic, lightly smashed
- 1 lb red potatoes, scrubbed and quartered
- 2 carrots, cut into 2-in. pieces
- 2 celery stalks, cut into ½-in. slices
- 1 medium red bell pepper, seeded and cut into 1½-in. chunks

1. Season beef on both sides with salt.
2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add vegetable oil and heat until it shimmers. Blot roast dry with paper towels and add it to multi-cooker. Cook about 3 min., undisturbed, until deeply browned. Flip and brown roast on other side 3 min. Transfer beef to plate. Alternatively, in large, heavy skillet, heat oil on medium-high until it shimmers. Sear roast as described.
3. Wearing oven mitts, pour off oil from multi-cooker or skillet and return multi-cooker to the heat. Pour in wine. Stir, scraping up any browned bits from bottom of pot. Bring wine to a boil. Cook until reduced by about half, 1 to 2 min. If using skillet, pour wine and browned bits into multi-cooker. Add beef broth, fennel seeds, thyme sprigs, red pepper flakes, black pepper, bay leaf, rosemary, parsley, onion and

- garlic. Stir to combine.
4. Add beef with any accumulated juices to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 40 min.
5. After cooking, use quick pressure release. Carefully remove lid.
6. Transfer beef to cutting board and tent with aluminum foil. Remove and discard bay leaf, rosemary stem and parsley stem. Add potatoes, carrots, celery and bell pepper to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 4 min.
7. After cooking, use quick pressure release. Carefully remove lid.
8. While vegetables cook, cut beef against grain into slices about ½ in. thick. Transfer them to serving platter. When vegetables are done, spoon them and sauce over beef.

SERVES 6 About 1,115 calories, 78 g fat, 72 g protein, 875 mg sodium, 19 g carbohydrates, 3 g fiber

INGREDIENT TIP

When you buy beef chuck pot roast, you may end up with some pieces that are more fibrous and tough than the rest. Chuck, or beef shoulder, is a collection of five or more muscles. The muscle closest to the neck has more connective tissue than the others, so depending on where in the shoulder your cut came from, you may end up with a piece of it. Don't worry: Just trim it of connective tissue, and thinly slice it. It's very tasty; it just won't shred like the rest of the shoulder.






Easy Swap
No chicken broth?
Use water. It will
still be flavorful.

Corned Beef

Dairy Free

Active time 5 min. | Pressure time 1 hr. 30 min. | Total time 2 hr. | Pressure level High | Release Natural

- 1 (3½- to 4-lb) flat-cut corned beef, rinsed, patted dry, and excess fat trimmed, leaving thin layer
- 1 (12-oz) bottle beer (lager or pilsner is best)
- 2 cups chicken broth
- 1 onion, quartered
- 1 bay leaf
- Freshly ground black pepper
- 1 small cabbage, cut into 8 wedges
- 2 lbs small potatoes, peeled and quartered
- 1 lb baby carrots
- Mustard, for serving

1. In multi-cooker, combine corned beef, beer and chicken broth. Add onion and bay leaf. Season with pepper. Lock lid in place. Select Manual; adjust pressure to High and time to 1½ hr.
2. After cooking, quick-release pressure. Carefully remove lid. Using tongs, remove meat. Cover with foil and let rest while vegetables cook.
3. Place cabbage, potatoes and carrots in multi-cooker. Lock lid in place. Select

Manual; adjust pressure to High and time to 4 min.

4. After cooking, use quick pressure release. Carefully remove lid.
5. While vegetables cook, slice beef; spoon some cooking broth over beef.
6. Add vegetables to platter. Serve with additional cooking broth and mustard.

SERVES 8 About 390 calories, 0 g fat, 28 g protein, 1,875 mg sodium, 3 g carbohydrates, 0 g fiber

Juicy Pork Chops

Active time 15 min. | Pressure time 1 min. | Total time 25 min. | Pressure level Low | Release Natural and Quick

- 4 boneless pork loin chops, about 1½ in. thick
- ½ tsp salt, divided
- 2 Tbsp vegetable oil
- 1 large onion, thinly sliced
- 8 oz white button or cremini mushrooms, sliced
- ½ tsp dried thyme
- ¼ tsp freshly ground black pepper
- ½ cup dry white wine
- 1 cup chicken broth
- 1 pint assorted cherry tomatoes
- 2 ribs celery, sliced
- ¼ cup slivered red onion
- ¼ cup balsamic or Italian dressing
- Romaine lettuce leaves

1. Season pork chops on both sides with 1 tsp salt.

2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add oil and heat until it shimmers. Add chops. Cook 3 min., undisturbed, until golden brown. Flip and brown chops on other side 3 min; transfer to plate. Alternatively, in large, heavy skillet, heat oil on medium-high until it shimmers. Cook pork as described.

3. Add sliced onion to skillet or pot. Cook 3 min., stirring, until it starts to soften. Sprinkle with thyme and pepper. Cook 1 min.

4. Add wine. Stir, scraping up any browned bits from multi-cooker. Simmer until reduced by half. If using skillet, transfer onions with liquid to multi-cooker.

5. Stir chicken broth into multi-cooker. Transfer chops to multi-cooker and spoon onion mixture over. Lock lid in place. Select Manual; adjust pressure to Low and time to 1 min.

6. After cooking, let pressure release naturally 4 min.; quick-release remaining pressure. Carefully remove lid.

7. Combine tomatoes, celery and red onion in bowl. Toss with dressing.

8. Transfer pork chops to plates. Spoon sauce over chops. Serve with tomato salad and lettuce.

SERVES 4 About 335 calories, 13 g fat, 40 g protein, 1,180 mg sodium, 8 g carbohydrates, 1 g fiber

BILL BOCH/GETTY.






Easy Swap
For more traditional holiday brisket, leave out mustard, Worcestershire sauce, paprika and chili powder.

Barbecue Beef Brisket

Dairy Free • Gluten Free • Grain Free

Active time 10 min. | Pressure time 1 hr. 30 min. | Total time 2 hr. 10 min. | Pressure level High | Release Natural and Quick

- 3 Tbsp canola oil
- 1 (4-lb) beef brisket, trimmed of excess fat and quartered
- Salt
- Freshly ground black pepper
- 1 large red onion, cut into 1/8-in. slices
- 4 cloves garlic, smashed
- 1 (14-oz) can diced tomatoes
- 3/4 cup water
- 1/3 cup packed light brown sugar
- 2 Tbsp brown mustard
- 1 Tbsp Worcestershire sauce
- 2 tsp smoked paprika
- 1 tsp chili powder
- 3 Tbsp apple cider vinegar

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add canola oil and heat until it shimmers.

2. Season brisket on both sides with salt and pepper. Once multi-cooker is hot, brown brisket on all sides, about 3 min. per side. Remove and set aside.

3. Add onion and garlic. Sauté 3 min. Stir in tomatoes with juice, water, brown sugar, mustard, Worcestershire sauce, paprika and chili powder. Add meat. Lock lid in place. Select Manual; adjust pressure to High and time to 1 1/2 hr.

4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid. Using tongs, remove meat and let rest.

5. Select Sauté and adjust to More for high heat. Add vinegar. Simmer sauce until thick, 10 to 15 min. Slice meat against grain and return it to sauce. Serve as is or on hamburger buns.

SERVES 8 About 515 calories, 6 g fat, 70 g protein, 340 mg sodium, 11 g carbohydrates, 1 g fiber

Spicy Beef with Vegetables

Dairy Free

Active time 15 min. | Pressure time 1 min. | Total time 25 min. | Pressure level Low | Release Quick

2 (12- to 14-oz) top sirloin steaks, about 1 in. thick
½ tsp salt
3 Tbsp vegetable oil, divided
¼ cup dry sherry
½ cup low-sodium beef broth
¼ cup water
12 oz broccoli florets or trimmed green beans, or a mix of both
1 cup shredded carrots
1 red bell pepper, cored and cut into thin strips
¼ cup soy sauce
2 Tbsp oyster sauce
2 Tbsp rice vinegar
2 Tbsp orange juice concentrate
1 Tbsp chili garlic sauce, or more to taste
2 tsp cornstarch
1 Tbsp minced peeled fresh ginger
1 Tbsp minced garlic
2 scallions, sliced
Steamed rice, for serving
Cilantro sprigs, for garnish

1. Season steaks on both sides with salt.

2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add 2 Tbsp vegetable oil and heat until it shimmers. Working in batches as needed, add beef in single layer without crowding. Sear beef for 1½ min. Flip and sear other side. Transfer beef to rack or plate. Alternatively, in large, heavy skillet, heat 2 Tbsp vegetable oil on high until it shimmers. Sear steak as described.

3. Wearing oven mitts, pour oil out of multi-cooker or skillet

and return it to the heat. Add sherry. Bring to a simmer. Stir, scraping up any browned bits from bottom of multi-cooker. Cook until sherry reduces by about half. If using skillet, pour reduced sherry and browned bits into multi-cooker.

4. Add beef broth and water to pot. Put broccoli (or green beans), carrots and bell pepper in steamer basket and place steaks on top. Place steamer basket in multi-cooker. Lock lid in place. Select Manual; adjust pressure to Low and time to 1 min.

5. After cooking, use quick pressure release. Carefully remove lid. Remove steamer basket and transfer steaks to plate.

6. In small bowl, whisk broth and

water from multi-cooker with soy sauce, oyster sauce, vinegar, orange juice concentrate, chili sauce and cornstarch. Set aside.

7. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add remaining 1 Tbsp oil and heat until it shimmers. Add ginger, garlic and scallions. Cook, stirring, until fragrant, about 2 min. Stir in reserved broth mixture. Cook 3 min., stirring occasionally, until sauce thickens. Adjust heat to Less for low heat.

8. While sauce cooks, slice steaks ¼ in. thick.

9. Add beef and vegetables to multi-cooker and stir to coat. Cook just long enough for beef to finish cooking and vegetables to warm. Serve with rice. Garnish with cilantro.

SERVES 4 About 530 calories, 23 g fat, 64 g protein, 1,215 mg sodium, 12 g carbohydrates, 3 g fiber





Smoky-Sweet Spare Ribs

Dairy Free

Active time 15 min. | **Pressure time** 20 min. | **Total time** 55 min. | **Pressure level** High | **Release** Natural and Quick

- 1 rack (about 3 lbs) spare ribs
- 1 tsp salt
- 1 cup water
- ½ cup hoisin sauce
- 2 to 3 Tbsp canned chipotle in adobo sauce

1. Place a wire rack on a baking sheet and set aside.
2. Season ribs on both sides with salt. Cut rib rack into 3 pieces. If desired, remove membrane from bone side of ribs, or cut through it every couple of inches.
3. Put trivet into multi-cooker and pour in water. (See “Make

a Foil Multi-Cooker Rack,” page 4.) Place ribs on trivet, stacking them as needed. Lock lid in place. Select Manual; adjust pressure to High and time to 20 min.

4. After cooking, let pressure release naturally 15 min.; quick-release remaining pressure. Carefully remove lid. Using tongs, transfer ribs, bone sides up, to wire rack.
5. Position oven rack in highest position and heat broiler.
6. In small bowl, whisk hoisin sauce and chipotle. Baste bone side of rib sections with about

half of sauce. Place ribs under broiler until browned and bubbling, 3 to 5 min. Turn and baste ribs on other side. Broil another 3 to 5 min.

COOKING TIP: If you prefer, grill rather than broil ribs. Prepare medium-hot charcoal fire, or heat gas grill to medium. Baste as directed and grill ribs until browned and crusty, 3 to 4 min. per side.

SERVES 4 About 315 calories, 7 g fat, 46 g protein, 1,195 mg sodium, 14 g carbohydrates, 1 g fiber

Red Wine Short Ribs

Dairy Free • Gluten Free • Grain Free

Active time 25 min. | **Pressure time** 40 min. | **Total time** 1 hr. 30 min.

Pressure level High | **Release** Natural and Quick

- 8 (2-in.) bone-in beef short ribs (about 4 lbs)
- Salt
- 2 Tbsp extra virgin olive oil, plus more as needed
- 3 large carrots, cut in 2-in. lengths
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 Tbsp tomato paste
- ½ cup dry red wine
- 1 cup low-sodium beef broth
- 2 thyme sprigs
- 1 bay leaf
- Freshly ground black pepper

1. Season short ribs with salt.
2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add oil and heat until it shimmers. Working in batches, add ribs in single layer; brown ribs 3 to 4 min. per side. Remove and set aside, leaving cooker on high heat.
3. If pan is dry, add oil and heat until it shimmers. Add carrots, onion and garlic. Sprinkle with ½ tsp salt. Cook, stirring, 3 min.
4. Stir in tomato paste. Cook 3 min, just until paste begins to brown. Add wine. Stir, scraping up browned bits from multi-cooker. Bring liquid to a boil. Cook until wine reduces by one third, 2 to 3 min.
5. Add broth, thyme and bay leaf. Add ribs. Lock lid in place. Select Manual; adjust pressure to High and time to 40 min.
6. After cooking, let pressure release naturally 20 min.; quick-release remaining pressure. Carefully remove lid. Gently transfer ribs to plate; tent with foil.
7. Strain sauce through sieve into fat separator; discard solids. Let sit until fat rises. Pour sauce back into multi-cooker, leaving fat behind.
8. Select Sauté and adjust heat to Normal for medium heat. Bring sauce to a simmer. Cook 8 to 10 min., stirring to prevent scorching, until sauce is syrupy. Season with pepper and taste.
9. Return ribs to pot; heat 2 min.

SERVES 4 About 580 calories, 28 g fat, 67 g protein, 360 mg sodium, 7 g carbohydrates, 2 g fiber

Serving Tip
Pair with
egg noodles or
crusty bread.



Italian-Style Lamb Shanks with White Beans

Dairy Free • Gluten Free • Grain Free

Active time 25 min. | **Pressure time** 45 min. | **Total time** 1 hr. 35 min. plus soaking
Pressure level High | **Release** Natural and Quick

- 1 Tbsp plus 2 tsp salt, divided
- 1 qt water
- 8 oz dried chickpeas or cannellini beans, rinsed and drained
- 4 (10-oz) lamb shanks
- 2 Tbsp extra virgin olive oil
- ½ cup dry white wine or dry white vermouth
- 1 bay leaf
- 1 medium onion, quartered
- 2 cloves garlic, minced
- 1 large carrot, coarsely chopped
- 2 cups chicken broth, plus more as needed
- 1 (20-oz) pkg. diced butternut squash
- 4 plum tomatoes, quartered
- 3 cups fresh spinach (optional)
- Freshly ground black pepper

1. In large bowl, dissolve 1 Tbsp salt in water. Add beans and soak at room temp for 8 to 24 hr. Rinse and drain.

2. Season lamb shanks on all sides with ½ tsp salt. Cover with aluminum foil; refrigerate and let rest for at least 1 hr. or up to 24 hr.

3. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Blot lamb shanks dry with paper towels. Add 2 shanks to multi-cooker. Cook about 5 min., undisturbed, until browned. Flip and repeat on other side. Transfer shanks to plate and repeat with remaining 2 shanks, transferring them to the plate when browned. Add wine. Stir, scraping up any browned bits from bottom of multi-cooker. Simmer until wine is reduced by about half.

4. Add bay leaf, onion, garlic and carrot to multi-cooker. Transfer browned shanks to multi-cooker and pour in chicken broth. Lock lid in place. Select Manual; adjust pressure to High and time to 35 min.

5. After cooking, let pressure release naturally for 10 min.; quick-release remaining pressure. Carefully remove lid. Transfer shanks to a plate.

6. Strain sauce into fat separator or bowl, dis-

carding vegetables. Let sit about 5 min. until fat rises to surface. Pour sauce back into multi-cooker, leaving fat behind.

7. Add drained beans to multi-cooker along with squash and tomatoes. Make sure beans are covered by about 1 in. of liquid. If not, add more broth. Return lamb to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 10 min.

8. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

9. Stir in spinach (if using). Taste and season with pepper as desired. If beans are too soupy, select Sauté and adjust to Normal for medium heat. Simmer until sauce thickens slightly. Serve in bowls.

PREPARATION TIP: Salting lamb ahead of time not only seasons it, but also intensifies flavor. You can even salt it when you start soaking beans; overnight is not too long.

SERVES 4 About 755 calories, 24 g fat, 85 g protein, 1,830 mg sodium, 46 g carbohydrates, 18 g fiber



PHILIP WEBB.





Barbecue Beef Sandwiches

Dairy Free

Active time 15 min. | **Pressure time** 25 min. | **Total time** 1 hr. | **Pressure level** High | **Release** Natural and Quick

- 1 (2¼-lb) boneless beef chuck roast
- ½ tsp salt, plus more as needed
- 2 cups smoky barbecue sauce, divided
- 4 hoagie rolls, or large hamburger buns, split
Coleslaw (optional)

1. If chuck roast is more than about 2½ in. thick, cut it into 2-in.-thick slices. Cut off any large chunks of fat. Season all over with salt.
2. In multi-cooker, combine beef and ½ cups barbecue sauce, pouring sauce over top. Lock lid in place. Select

- Manual; adjust pressure to High and time to 25 min.
3. After cooking, let pressure release naturally 15 min.; quick-release remaining pressure. Carefully remove lid and transfer beef to plate or baking sheet.
 4. Pour liquid into fat separator. Let sit until fat rises to surface. Return sauce to multi-cooker, leaving fat behind. Alternatively, spoon or blot any excess fat from top of sauce. Select Sauté and adjust to Normal for medium heat. Bring sauce to a boil. Let cook until reduced by about

half—it should be the original consistency of barbecue sauce.

5. While sauce reduces, shred beef into small chunks, discarding any fat or gristle.
6. Add shredded beef and remaining ½ cup barbecue sauce to multi-cooker. Cook, stirring, until meat heats through. Taste and adjust seasoning as needed. Spoon beef onto bottom halves of rolls. Top with coleslaw (if using) and remaining halves of rolls.

SERVES 4 About 1,175 calories, 79 g fat, 73 g protein, 1,810 mg sodium, 39 g carbohydrates, 3 g fiber

Carnitas

Dairy Free • Gluten Free • Grain Free

Active time 20 min. | **Pressure time** 25 min. | **Total time** 1 hr. | **Pressure level** High | **Release** Natural and Quick

- 2½ lbs bone-in country-style pork ribs (or 2 lbs if boneless)
- 1 tsp salt
- ¼ cup freshly squeezed orange juice
- ¼ cup chicken broth
- ½ medium onion, cut into eighths
- 3 cloves garlic, coarsely chopped
- 1 to 3 Tbsp bacon fat, lard or vegetable oil
- Warm tortillas, salsa, sliced radishes, sliced green onions and lime wedges for serving

1. Season ribs all over with salt.
2. In multi-cooker, combine juice, broth, onion and garlic. Arrange ribs in layer in multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 25 min.
3. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid. Using tongs, transfer ribs to plate.
4. Wearing oven mitts, pour accumulated liquid from multi-cooker into fat separator and set aside. When pork is cool enough to handle, pull it into 1-in. chunks, discarding any gristle or fat.
5. Once fat rises to surface, pour off liquid, leaving just fat. (If desired, save liquid for another use.) Pour fat into large cast-iron or other heavy skillet. Turn heat to medium and bring to a simmer. Cook until remaining water evaporates, leaving just fat.
6. Add enough bacon fat to get depth of about ⅛ in. Turn heat to medium-high and heat fat until it shimmers. Add pork chunks in single layer. Cook 2 to 4 min., undisturbed, until mostly crisp and browned. Flip and brown pork on at least one more side. Serve with tortillas and accompaniments.

SERVES 4 About 510 calories, 20 g fat, 74 g protein, 790 mg sodium, 4 g carbohydrates, 0 g fiber

Serving Tip

Scoop carnitas onto warmed corn or flour tortillas. Top with chopped red onion, jalapeño, fresh cilantro and fresh-squeezed lime, or your preferred garnishes.





Easy Lamb Rogan Josh

Gluten Free • Grain Free

Active time 10 min. plus marinating | Pressure time 20 min. | Total time 55 min. plus marinating
Pressure level High | Release Natural

1 cup diced onion
2 tsp minced garlic
1 tsp minced peeled fresh ginger
¼ cup Greek yogurt
2 Tbsp tomato paste
1 tsp paprika
1 tsp garam masala
1 tsp salt
½ tsp ground turmeric
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp cayenne
¼ cup water
1 lb boneless leg of lamb,
cut into 1-in. cubes
Slivered green bell pepper
and scallions, for garnish
Warm naan, papadums or
steamed rice, for serving

1. In large bowl, stir together onion, garlic, ginger, yogurt, tomato paste, paprika, garam masala, salt, turmeric, cinnamon, nutmeg, cayenne and water. Add lamb and stir to coat. Cover bowl and refrigerate to marinate for 1 hr. or up to 24 hr. (If pressed for time, skip this step and proceed directly to cooking.)
2. Transfer lamb mixture to multi-cooker. Lock lid in place. Select Manual; adjust pressure to High and time to 20 min. (15 min. if you prefer chewier meat).

3. After cooking, let pressure release naturally. Carefully remove lid.

4. Garnish with green onions and pepper slivers. Serve with naan, rice and/or papadums.

SERVES 4 About 192 calories, 7 g fat, 26 g protein, 661 mg sodium, 6 g carbohydrates, 2 g fiber

Pork Shoulder, Three Ways

Dairy Free (all versions) • Gluten Free, Grain Free (Cajun version)

Active time 15 min. | Pressure time 25 min. | Total time 1 hr. | Pressure level High | Release Natural and Quick

2½ lbs boneless country-style pork ribs
1½ tsp salt
2 Tbsp vegetable oil
½ cup chicken broth

FOR JERK SAUCE

½ cup mild beer, such as lager or pale ale
2 Tbsp sherry vinegar
1 habanero chile, seeded and minced
2 cloves garlic, minced
2 Tbsp grated peeled fresh ginger
2 Tbsp packed light brown sugar
2 tsp ground allspice
1½ tsp salt
1 tsp dried thyme
½ tsp ground cinnamon

FOR CAJUN SAUCE

1 (14-oz) can diced tomatoes, undrained
2 Tbsp apple cider vinegar
1 Tbsp Worcestershire sauce
1 tsp hot pepper sauce
1 tsp smoked or regular paprika
1 tsp salt
½ tsp freshly ground black pepper
½ tsp freshly ground white pepper
½ tsp cayenne
½ tsp dried basil
½ tsp dried thyme

FOR GINGER-SOY SAUCE

½ cup soy sauce
2 Tbsp toasted sesame oil
3 cloves garlic, minced
2 Tbsp grated peeled fresh ginger
2 Tbsp sugar
1 tsp Chinese five-spice powder

1. Season pork on both sides with salt.
2. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add vegetable oil and heat until it shimmers. Add pork in single layer. Cook about 3 min., undisturbed, until browned. Flip and cook other side until browned, about 3 min. Transfer pork to plate. Pour chicken broth into multi-cooker. Stir, scraping up any browned bits from bottom of multi-cooker.
3. In small bowl, stir together sauce ingredients of choice.
4. Return pork to multi-cooker and pour in sauce. Lock lid in place. Select Manual; adjust pressure to High and time to 25 min.
5. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

6. Transfer pork to plate or cutting board and cut into chunks, discarding any fat or gristle. Pour sauce into fat separator. Let rest until fat rises to surface. Pour sauce back into multi-cooker, leaving fat behind. Alternatively, let sauce sit. Spoon or blot any excess fat from top of sauce. Select Sauté and adjust to More for high heat. Bring sauce to a boil. Cook until it thickens to gravy consistency, about 5 min. Taste and adjust seasoning as needed. Return pork to multi-cooker and simmer in sauce to warm through.

SERVES 4 About 465 calories, 17 g fat, 74 g protein, 1,130 mg sodium, 0 g carbohydrates, 0 g fiber

(Jerk variation) About 515 calories, 17 g fat, 75 g protein, 2,005 mg sodium, 9 g carbohydrates, 1 g fiber

(Cajun variation) About 495 calories, 17 g fat, 74 g protein, 1,760 mg sodium, 6 g carbohydrates, 2 g fiber

(Ginger-Soy variation) About 580 calories, 24 g fat, 77 g protein, 2,925 mg sodium, 11 g carbohydrates, 1 g fiber

Serving Tip

Pork shoulder is always delicious over rice. All three versions here also make delicious pulled pork sandwiches. Shred pork rather than leaving it in chunks, and use just enough sauce to moisten. Serve on split buns. Top with lettuce and shredded veggies.



CHAPTER 7

SIDES & STAPLES





HUMMUS WITH AVOCADO

Hummus with Avocado

Dairy Free • Gluten Free • Grain Free • Vegan

Active time 5 min. | **Pressure time** 5 min.
Total time 35 min. plus soaking | **Pressure level** High | **Release** Natural and Quick

- 1 Tbsp plus 2 tsp salt, divided
- 2 qts water, divided
- 8 oz dried chickpeas
- 4 to 5 Tbsp plus 1 tsp extra virgin olive oil, divided
- 2 Tbsp freshly squeezed lemon juice, or more to taste
- 1 large clove garlic, minced
- 3 Tbsp ice water
- 1 small avocado, peeled, pitted and diced
- 1 Tbsp chopped fresh parsley
- 2 tsp za'atar (optional)

1. In large bowl, dissolve 1 Tbsp salt in 1 qt water. Add chickpeas and soak at room temperature for 8 hr. to 24 hr. Drain and rinse.

2. In multi-cooker, combine drained chickpeas, remaining 1 qt water, remaining 2 tsp salt and 1 tsp olive oil. Lock lid in place. Select Manual; adjust pressure to High and time to 5 min.

3. After cooking, let pressure release naturally 20 min.; quick-release remaining pressure. Carefully remove lid.

4. Using fine-mesh sieve, drain chickpeas. Remove any loose skins (this makes hummus smoother) and transfer chickpeas to processor. Add 3 Tbsp olive oil, lemon juice and garlic. Pulse to form coarse paste. Scrape down sides of bowl with spatula and process until smooth. With motor running, slowly drizzle in ice water through feed tube until hummus is smooth. Add avocado and pulse 2 or 3 times. (You want avocado to remain mostly in chunks.) Taste and adjust seasoning as needed.

5. Scoop hummus into serving bowl. Drizzle with remaining 1 to 2 Tbsp olive oil and sprinkle with parsley and za'atar, if using.

SERVES 4 About 470 calories, 32 g fat, 12 g protein, 1,180 mg sodium, 39 g carbohydrates, 13 g fiber

Yogurt, Five Ways

Gluten Free • Grain Free • Vegetarian (all versions)

Active time 5 min. | **Yogurt setting** About 25 min. plus incubating
Total time 9 to 11 hr. plus cooling

- 2 qts whole milk
- 1 Tbsp plain whole-milk yogurt with live cultures, at room temp

FOR TZATZIKI YOGURT (PER 1 CUP YOGURT)

- 1 Tbsp chopped dill
- 1 small clove garlic, minced
- 1 Tbsp olive oil

FOR STRAWBERRY YOGURT "ROMANOFF" (PER 1 CUP YOGURT)

- ¼ cup sliced fresh strawberries, or frozen strawberries, thawed
- 1 Tbsp packed light brown sugar

FOR RASPBERRY-PEACH YOGURT (PER 1 CUP YOGURT)

- 1 Tbsp seedless raspberry jam
- ¼ cup chopped fresh peaches, or frozen peaches, thawed

FOR VANILLA-ALMOND YOGURT (PER 1 CUP YOGURT)

- ¼ tsp pure vanilla extract
- 2 drops pure almond extract
- 1 Tbsp honey
- 1 Tbsp slivered almonds, toasted

1. Pour milk into multi-cooker. Select Yogurt and adjust to Boil. Lock lid in place.

2. After cooking, carefully remove lid. Use instant-read meat or candy thermometer to check temperature of milk in center of multi-cooker. It should read between 179°F and 182°F.

3. Fill very large bowl (or sink) with ice water and nestle inner pot in it to cool milk. Stir milk occasionally, without scraping

bottom of pot, about 5 min. Take temperature again in center of milk. Thermometer should read between 110°F and 115°F. Remove inner pot from ice bath and dry outside of pot.

4. In small bowl, stir together plain yogurt and ½ cup warm milk from inner pot. Add to pot and stir thoroughly but gently. Again, don't scrape bottom of inner pot (if there is coagulated milk on the bottom, stirring it in can make yogurt less smooth). Lock lid in place (or use glass lid).

5. Select Yogurt. Display should read "8:00," which indicates 8 hr. of incubation time. If you prefer tangier yogurt, do a longer incubation—press + to increase time in 30-min. increments. Use 10 hr. for tangy yogurt.

6. When yogurt cycle is complete, carefully remove lid. Remove inner pot and cover with glass or silicone lid, or place a plate on top. Refrigerate until cool, about 4 hr., before using or stirring. Makes 8 cups.

7. For flavored yogurt, measure 1 cup cold yogurt into bowl.

TO MAKE TZATZIKI YOGURT

Stir in dill and garlic. Drizzle with olive oil.

TO MAKE STRAWBERRY YOGURT "ROMANOFF"

In small bowl, toss strawberries with brown sugar to coat. Gently fold strawberries

into yogurt.

TO MAKE RASPBERRY-PEACH YOGURT

Fold raspberry jam and peaches into yogurt.

TO MAKE VANILLA-ALMOND YOGURT

Stir in vanilla, almond extract and honey. Top with toasted almonds.

COOKING TIP: For milder yogurt, drain the whey (the watery part)—much of the acidity is in the whey. You can also increase sweeteners when flavoring it.

PER 1-CUP SERVING

(Plain Yogurt) About 150 calories, 8 g fat, 8 g protein, 100 mg sodium, 11 g carbohydrates, 0 g fiber

(Tzatziki Yogurt variation) About 155 calories, 9 g fat, 9 g protein, 105 mg sodium, 12 g carbohydrates, 0 g fiber

(Strawberry Yogurt "Romanoff" variation) About 155 calories, 8 g fat, 8 g protein, 100 mg sodium, 13 g carbohydrates, 0 g fiber

(Raspberry-Peach Yogurt variation) About 157 calories, 8 g fat, 8 g protein, 100 mg sodium, 13 g carbohydrates, 0 g fiber
(Vanilla-Almond Yogurt variation) About 160 calories, 8 g fat, 8 g protein, 100 mg sodium, 14 g carbohydrates, 0 g fiber

TO MAKE GREEK YOGURT

Line very large sieve with cheesecloth and place over large bowl. Spoon warm yogurt into sieve and let drain 15 to 30 min., depending on how thick you want it. Refrigerate 4 hr. before using.



Broccoli & Cauliflower with Cheese Sauce

Gluten Free • Grain Free • Vegetarian

Active time 10 min. | **Pressure time** 1 min.
Total time 15 min. | **Pressure level** Low
Release Quick

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 cup water
- $\frac{3}{4}$ cup evaporated milk
- 1 Tbsp butter
- 2 cups shredded sharp Cheddar cheese
- 1 tsp cornstarch
- 1 tsp Dijon-style mustard

1. Combine broccoli and cauliflower in steamer basket. Pour water into multi-cooker and place steamer basket inside. Lock lid in place. Select Manual; adjust pressure to Low and time to 1 min.

2. After cooking, use quick pressure release. Carefully remove lid.

3. Remove steamer basket. Loosely tent vegetables with aluminum foil to keep warm. Discard cooking water in pot and wipe it dry.

4. Select Sauté and adjust to More for high heat. Pour in evaporated milk. Add butter and bring to a simmer. While milk heats, toss cheese with cornstarch in bowl. Add cheese handful at a time, stirring to melt cheese before adding next handful. When all cheese is melted, stir in mustard.

5. Transfer vegetables to serving bowl and pour cheese sauce over.

SERVES 4 About 350 calories, 26 g fat, 20 g protein, 450 mg sodium, 12 g carbohydrates, 3 g fiber

Cowboy Pinto Beans

Dairy Free • Gluten Free • Grain Free

Active time 15 min. | **Pressure time** 15 min.
Total time 45 min. plus soaking | **Pressure level** High | **Release** Natural and Quick

- 1 Tbsp plus $\frac{1}{2}$ tsp salt, divided
- 1 qt water
- 8 oz dried pinto beans
- 2 or 3 slices bacon, chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 cups chicken broth
- $\frac{1}{4}$ cup Ancho Chile Sauce (page 22)
- $\frac{1}{2}$ tsp canned chipotle in adobo sauce (optional)
- 1 small tomato, seeded and diced
- 1 Tbsp chopped fresh cilantro

1. In large bowl, dissolve 1 Tbsp salt in water. Add pinto beans and soak at room temperature for 8 hr. to 24 hr. Drain and rinse well.

2. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat. Add bacon. Cook until most of fat is rendered and bacon is crisp, about 6 min. Using slotted spoon, transfer to paper towels to drain, leaving rendered fat in pot. Add onion and garlic and sprinkle with $\frac{1}{4}$ tsp salt. Cook, stirring, until onion pieces separate and soften, 2 to 3 min.

3. Add drained pinto beans, remaining $\frac{1}{4}$ tsp salt, chicken broth, ancho chile sauce and chipotle (if using). Lock lid in place. Select Manual; adjust pressure to High and time to 15 min.

4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

5. Stir in tomato and cilantro. Taste beans and adjust seasoning as needed. If beans are too soupy, select Sauté and adjust to Normal for medium heat. Simmer until beans thicken. Transfer to serving bowl.

SERVES 4 About 335 calories, 10 g fat, 21 g protein, 1,175 mg sodium, 41 g carbohydrates, 10 g fiber

Braised Cabbage

Gluten Free • Grain Free

Active time 5 min. | **Pressure time** 3 min.
Total time 15 min. | **Pressure level** High
Release Quick

- 3 slices bacon
- 1 Tbsp butter
- 1 small head green cabbage, cored, quartered and cut into $\frac{1}{2}$ -in. strips
- 1 cup chicken broth
- Salt
- Freshly ground pepper

1. Heat multi-cooker by selecting Sauté and adjust to Normal for medium heat.

2. Once hot, add bacon in single layer. Cook until crisp, about 5 min., flipping halfway through cooking time. Carefully remove bacon and cut into pieces.

3. Add butter to multi-cooker to melt. Add cabbage, chicken broth and bacon. Season with salt and pepper and stir to combine. Lock lid in place. Select Manual; adjust pressure to High and time to 3 min.

4. After cooking, use quick pressure release. Carefully remove lid and serve with sausages or corned beef as desired.

SERVES 6 TO 8 About 70 calories, 2 g fat, 4 g protein, 265 mg sodium, 7 g carbohydrates, 3 g fiber



Better Than Mom's Potato Salad

Gluten Free • Grain Free • Vegetarian

Active time 15 min. | Pressure time 4 min. | Total time 25 min. | Pressure level High | Release Quick

1 lb small (about 2-in.-diameter) red potatoes, quartered
2 large eggs (optional)
1 cup water
1 Tbsp red or white wine vinegar
 $\frac{3}{4}$ tsp salt, divided
 $\frac{1}{4}$ cup mayonnaise, or more to taste
2 Tbsp sour cream
2 Tbsp plain yogurt
 $\frac{1}{4}$ tsp freshly ground black pepper
 $\frac{1}{4}$ tsp celery seed
1 large celery stalk, thinly sliced
 $\frac{1}{2}$ cup sliced scallion, white and green parts
2 Tbsp chopped fresh dill
2 Tbsp chopped fresh parsley
1 Tbsp drained capers

1. Fill small bowl about halfway with cold water. Add a couple of handfuls of ice cubes. Set aside.
2. Place potato quarters and eggs (if using) in steamer basket. Pour water into multicooker and place steamer basket inside. Lock lid in place. Select Steam; adjust pressure to High and time to 4 min.
3. After cooking, use quick pressure release. Carefully remove lid.

4. Using tongs, transfer eggs to ice bath. Remove steamer basket with potatoes and set it over medium bowl. Sprinkle potatoes with vinegar and $\frac{1}{2}$ tsp salt. Let potatoes cool while you make dressing.
5. In small bowl, whisk mayonnaise, sour cream, yogurt, remaining $\frac{1}{4}$ tsp salt, pepper and celery seed. Set aside.
6. Transfer potatoes to bowl and cut potatoes into smaller pieces, if you like. Add celery, scallions, dill, parsley and capers. Pour dressing over

and gently stir to coat, adding more mayonnaise, as needed, to coat thoroughly.

7. When eggs are cold, peel, dice and add to salad if using. Toss gently.

SERVING TIP: For classic presentation, slice eggs rather than dicing them, then arrange on top of salad. Sprinkle with paprika.

SERVES 4 About 195 calories, 9 g fat, 6 g protein, 660 mg sodium, 25 g carbohydrates, 4 g fiber

Easiest Mashed Potatoes

Gluten Free • Grain Free • Vegetarian

Active time 10 min. | **Pressure time** 8 min.
Total time 25 min. | **Pressure level** High
Release Quick

- 2 lbs russet potatoes, peeled and cut into 1- to 2-in. chunks
- 1 tsp salt, plus more to taste
- 1½ cups whole milk
- ½ cup heavy (whipping) cream
- 3 Tbsp butter
- ¼ tsp freshly ground black pepper

1. Put potatoes in multi-cooker and season them with salt. Add milk, heavy cream and butter. Lock lid in place. Select Manual; adjust pressure to High and time to 8 min.
2. After cooking, use quick pressure release. Carefully remove lid.
3. Using potato masher or large fork, mash potatoes into milk mixture until smooth and creamy. Alternatively, using slotted spoon or skimmer, remove potatoes. Using ricer, press potatoes into multi-cooker. Stir to combine with cream and butter.
4. Season with pepper and more salt as needed.

INGREDIENT TIP: For potatoes with a twist, add 6 to 8 peeled whole cloves garlic to multi-cooker before cooking potatoes. After cooking, add about 1 Tbsp prepared horseradish as you mash.

SERVES 4 About 340 calories, 17 g fat, 7 g protein, 700 mg sodium, 40 g carbohydrates, 6 g fiber

Creamy Green Beans & Mushrooms

Gluten Free • Grain Free • Vegetarian

Active time 10 min. | **Pressure time** 6 min.
Total time 25 min. | **Pressure level** Low
Release Quick

- 8 oz mushrooms, stems removed and quartered if small, or cut into eighths if large
- 2 Tbsp butter
- ½ tsp salt, divided
- 1 lb green beans, trimmed and cut into 1-in. lengths
- 2 cloves garlic, minced
- ½ cup heavy (whipping) cream
- Freshly ground black pepper

1. In multi-cooker, combine mushrooms, butter and ¼ tsp salt. Pour in enough water to barely cover mushrooms. Lock lid in place. Select Manual; adjust pressure to Low and time to 4 min.
2. After cooking, use quick pressure release. Carefully remove lid.
3. With mushrooms still in multi-cooker, put green beans in steamer basket and put steamer basket into multi-cooker. (Mushrooms will be around feet of basket.) Lock lid in place. Select Manual; adjust pressure to Low and time to 2 min.
4. After cooking, use quick pressure release. Carefully remove lid and steamer basket. Sprinkle beans with remaining ¼ tsp salt and set aside.
5. Select Sauté and adjust to More for high heat. Bring liquid to a boil. Cook until water completely evaporates, leaving butter in bottom of multi-cooker. Add garlic to mushrooms. Cook, stirring occasionally, until mushrooms are browned.
6. Leaving multi-cooker on Sauté, add heavy cream, and cook about 3 min., just until cream thickens. Add beans. Stir to coat and heat through. Taste and season with pepper as desired. Spoon into serving dish.

SERVING TIP: If you want a traditional green bean casserole (and don't need it to be grain free), spoon beans into heatproof dish. Top with canned onion rings or buttered panko breadcrumbs and place under heated broiler until browned.

SERVES 6 About 100 calories, 8 g fat, 3 g protein, 230 mg sodium, 7 g carbohydrates, 3 g fiber

Refried Black Beans

Dairy Free • Gluten Free • Grain Free

Active time 15 min. | **Pressure time** 30 min.
Total time 1 hr. 5 min. | **Pressure level** High
Release Natural and Quick

- 8 oz dried black beans
- 1 qt water
- 1 tsp salt
- 1 slice bacon
- 1 medium onion, peeled and halved
- ¼ cup lard, bacon fat or extra virgin olive oil
- 2 cloves garlic, lightly smashed
- ½ tsp canned chipotle in adobo sauce
- ¼ cup canned diced green chiles, drained

1. In multi-cooker, combine beans, water, salt, bacon and 1 onion half. Lock lid in place. Select Manual; adjust pressure to High and time to 30 min.
2. After cooking, let pressure release naturally 15 min.; quick-release remaining pressure. Carefully remove lid. Beans should be starting to fall apart.
3. Place fine-mesh sieve over bowl and pour beans into it, reserving cooking liquid in bowl. Remove onion and bacon (they may have partially dissolved). Wipe out multi-cooker.
4. Cut remaining onion half into quarters.
5. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add lard and heat until fat just starts to smoke. Add onion quarters and garlic. Cook 4 to 5 min., turning occasionally, until vegetables are quite browned. Remove and discard them, leaving fat in pot. Add beans and ½ cup reserved cooking liquid. Using potato masher or back of fork, mash beans. Add more liquid as needed to make fairly smooth puree.
6. Stir in chipotle and green chiles. Transfer to serving bowl.

SERVES 4 About 360 calories, 16 g fat, 15 g protein, 810 mg sodium, 40 g carbohydrates, 9 g fiber

Arrabbiata (Spicy Tomato) Sauce

Dairy Free • Gluten Free • Grain Free • Vegan

Active time 10 min. | Pressure time 12 min. | Total time 40 min. | Pressure level High | Release Natural and Quick

- 3 Tbsp extra virgin olive oil
- 1 small onion, minced
- 4 cloves garlic, minced
- 2 Tbsp minced or puréed sun-dried tomatoes
- 1 (28-oz) can crushed tomatoes
- ½ tsp salt
- 1 tsp red pepper flakes, divided
- ¼ cup chopped fresh parsley

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. Add olive oil and heat until it shimmers. Add onion and garlic. Cook 2 to 3 min., stirring frequently, until vegetables start to soften.

2. Stir in sun-dried tomatoes. Cook until fragrant, about 1 min. Pour in crushed tomatoes. Stir to combine, scraping up any

browned bits from bottom of multi-cooker. Stir in salt and ½ tsp red pepper flakes. Lock lid in place. Select Manual; adjust pressure to High and time to 12 min.

3. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

4. Let sauce cool about 10 min. Stir in remaining ½ tsp red

pepper flakes and parsley. Taste and adjust seasoning as needed. Refrigerate or freeze in airtight containers if not using right away.

MAKES 4 CUPS (1 cup per serving)
About 185 calories, 11 g fat, 5 g protein, 675 mg sodium, 20 g carbohydrates, 7 g fiber



CHAPTER 8

DESSERTS





PEACH &
BLUEBERRY
COBBLER

Peach & Blueberry Cobbler

Vegetarian

Active time 10 min. | Pressure time 10 min.
Total time 35 min. | Pressure level High
Release Natural

FOR DUMPLINGS

- 1 cup all-purpose flour
- 1 Tbsp sugar
- 1½ tsp baking powder
- ½ tsp table salt
- ¼ tsp baking soda
- 2 Tbsp cold butter, cubed
- ⅓ cup buttermilk, or whole milk

FOR FILLING

- 2 cups peeled, sliced frozen peaches
- 2 cups frozen blueberries
- ⅓ cup water
- ⅓ cup sugar
- 1 Tbsp cornstarch
- 1 tsp freshly squeezed lemon or lime juice
- Pinch nutmeg
- 1 Tbsp cinnamon sugar

TO MAKE DUMPLINGS

1. In medium bowl, stir together flour, sugar, baking powder, salt and baking soda until well combined. Add butter and, using your hands, work it into flour mixture until it resembles coarse meal. Add buttermilk and mix just until moistened. Quickly form shaggy dough ball and set aside.

TO MAKE FILLING

2. On multi-cooker, select Sauté. Add peaches, blueberries, water, sugar, cornstarch, lemon juice and nutmeg. Stir. Cook 2 or 3 min., or until fruit is defrosted and releases some juice. Select Cancel.

3. Tear off 8 (1-in.) balls of dough and nestle on top of fruit, evenly spaced in single layer. Sprinkle with cinnamon sugar. Lock lid in place.

4. Select Manual; adjust pressure to High and time to 10 min.

5. After cooking, let pressure release naturally. Carefully remove lid. Let cool briefly, as liquid will thicken as it sits. Serve warm.

VARIATION TIP: Replace blueberries with blackberries or raspberries, depending on what's available.

SERVES 4 TO 6 About 330 calories, 4 g fat, 5 g protein, 438 mg sodium, 66 g carbohydrates, 3 g fiber

Cheesecake Four Ways

Vegetarian (all versions)

Active time 25 min. | Pressure time 25 min. | Total time 1 hr. 10 min. plus chilling
Pressure level High | Release Natural and Quick

PLAIN CHEESECAKE

- 1 cup graham cracker crumbs (about 7 whole)
- 2 Tbsp butter, melted
- 16 oz cream cheese, at room temp
- ½ cup sugar
- 2 large eggs
- 1 cup water, for steaming

FOR NEW YORK CHEESECAKE

- ⅔ cup plus 2 Tbsp sour cream, divided
- 2 Tbsp heavy cream
- 1 tsp pure vanilla extract
- 1 tsp grated lemon zest
- 1 Tbsp sugar

FOR BERRY-PISTACHIO CHEESECAKE

- 2 Tbsp sour cream
- 2 Tbsp heavy cream
- 1 tsp pure vanilla extract
- 1 tsp grated lemon zest
- ½ cup pistachios, toasted and finely chopped, divided
- 1 cup frozen raspberries, thawed
- 2 Tbsp raspberry liqueur
- 2 Tbsp sugar
- ½ cup fresh raspberries

FOR IRISH CREAM CHEESECAKE

- ¼ cup Irish cream liqueur
- 1 tsp vanilla extract
- 1 tsp grated lemon zest
- 1 cup chocolate-caramel sauce

TO MAKE CHEESECAKE

- Heat oven to 350°F.
- In 7-in. springform pan, stir together crumbs and butter. Press crumbs onto bottom and ½ in. up sides. Bake until set, 5 to 6 min. Let cool.
- In medium bowl, using handheld mixer, beat cream cheese until very smooth. Add sugar and beat until well blended.

TO MAKE NEW YORK CHEESECAKE

Add 2 Tbsp sour cream plus heavy cream, vanilla and lemon zest. Beat to combine.

TO MAKE BERRY-PISTACHIO CHEESECAKE

Add sour cream, heavy cream, vanilla and lemon zest. Beat to combine.

TO MAKE IRISH CREAM CHEESECAKE

Add liqueur, vanilla and lemon zest. Beat to combine.

TO CONTINUE WITH ALL VARIATIONS

4. One at a time, add eggs and beat just until incorporated.

TO CONTINUE WITH BERRY-PISTACHIO CHEESECAKE

Fold ¼ cup chopped pistachios into batter.

TO CONTINUE WITH ALL VARIATIONS

5. Pour cheesecake mixture into prepared crust. Gently smooth top.

6. Put trivet with handles into multi-cooker and pour in water. Place pan on trivet. Loosely cover with foil to prevent condensation on cheesecake. Lock lid in place.

7. Select Manual; adjust pressure to High and time to 25 min.

8. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid. Carefully remove cheesecake from multi-cooker and remove foil. Cheesecake should be set, with slightly soft center.

TO FINISH NEW YORK CHEESECAKE

In small bowl, stir remaining ¾ cup sour cream and sugar; spread over hot cheesecake. Let rest at room temperature 20 min. Refrigerate until thoroughly chilled, 3 to 4 hr. Remove sides of springform pan.

FOR REMAINING VARIATIONS

Let cheesecake rest at room temperature 20 min. Refrigerate until thoroughly chilled, 3 to 4 hr. Remove sides of springform pan.

TO FINISH BERRY-PISTACHIO CHEESECAKE

In blender, puree frozen berries, liqueur and sugar. Strain through sieve into bowl or squeeze bottle. Drizzle over top of cheesecake. Top with berries and remaining pistachios.

TO FINISH IRISH CREAM CHEESECAKE

Spread caramel sauce over top of cheesecake.

SERVES 8

(Plain Cheesecake) About 350 calories, 25 g fat, 7 g protein, 290 mg sodium, 25 g carbohydrates, 0 g fiber

(New York Cheesecake) About 415 calories, 31 g fat, 8 g protein, 305 mg sodium, 28 g carbohydrates, 0 g fiber

(Berry-Pistachio Cheesecake) About 450 calories, 29 g fat, 8 g protein, 605 mg sodium, 38 g carbohydrates, 3 g fiber

(Irish Cream Cheesecake) About 475 calories, 31 g fat, 9 g protein, 330 mg sodium, 42 g carbohydrates, 1 g fiber





Sea Salt Dulce de Leche

Gluten Free • Grain Free • Vegetarian

Active time 5 min. | **Pressure time** 20 min. | **Total time** 40 min. plus cooling
Pressure level High | **Release** Natural

1 (14- or 15-oz) can
sweetened
condensed milk
½ tsp pure vanilla extract
½ tsp sea salt,
or more to taste

1. Remove label from sweetened condensed milk. Do not open.
2. Put steamer rack into multi-cooker. Place can of sweetened condensed milk on rack so it doesn't touch sides of multi-cooker. Add enough water to submerge can completely. Lock lid in place.
3. Select Manual; adjust pressure to High and time to 20 min.
4. After cooking, let pressure release naturally (at least 10 min.). Carefully remove lid. Do not disturb can or water (see Cooking Tip). Leave overnight to cool.

5. Once completely cool, open can and add contents to small bowl. Stir in vanilla and salt. For creamier texture, transfer to medium bowl and, using handheld electric mixer, whip about 3 min.
6. Serve as topping for dessert or sandwiched between 2 cookies.

COOKING TIP: Since can will be under pressure after cooking, be careful not to jostle multi-cooker or can after cooking, and do not open can until it has cooled completely.

MAKES ALMOST 2 CUPS (¼ cup per serving) About 170 calories, 3 g fat, 4 g protein, 165 mg sodium, 29 g carbohydrates, 0 g fiber

White Wine Poached Pears with Vanilla

Dairy Free • Grain Free • Gluten Free • Vegan

Active time 7 min. | **Pressure time** 8 min. | **Total time** 30 min.
Pressure level High | **Release** Natural

1 (750-ml) bottle white wine
½ cups sugar
6 firm but ripe pears,
peeled but left whole
1 cinnamon stick,
broken in half
2 whole star anise or cloves
1 large vanilla bean,
split lengthwise
½ lemon, cut into rounds

1. In multi-cooker, combine wine and sugar, stirring until sugar dissolves. Add pears, cinnamon stick halves, star anise, vanilla bean and lemon rounds. Lock lid in place.
2. Select Manual; adjust pressure to High and time to 8 min.
3. After cooking, let pressure release naturally. Carefully remove lid. For best results, store pears in cooking liquid overnight before proceeding.
4. Remove pears and set aside. Remove spices and all but 2 cups of liquid from multi-cooker. Select Sauté. Cook sauce 5 to 10 min. until reduced by half. Serve pears drizzled with sauce.

SERVES 4 About 310 calories, 0 g fat, 1 g protein, 5 mg sodium, 74 g carbohydrates, 10 g fiber

Easy Variation

Pears are often poached in red wine, so try that if you like. You may want to add a few extra spoonfuls of sugar if the wine is very dry.



Chawal Ki Kheer

(Indian Rice Pudding)

Gluten Free • Vegetarian

Active time 14 min. | Pressure time 15 min. | Total time 55 min. plus chilling | Pressure level High | Release Natural

2 Tbsp ghee (optional)
¼ cup raisins (optional)
¼ cup cashews (optional)
¼ cup basmati rice, rinsed
2 cups whole milk
¼ cup sugar
½ cup water
½ cup half-and-half
¼ to ½ tsp ground cardamom
Chopped fresh pineapple
and cashews, for garnish

1. Heat multi-cooker by selecting Sauté and adjust to More for high heat. If using raisins and cashews, add ghee and heat until it shimmers; add raisins and cashews. Cook, stirring, until cashews are lightly browned and raisins are plumped, about 4 min.
2. Stir basmati rice, milk, sugar and water into multi-cooker. Lock lid in place.
3. Select Manual; adjust pressure to High and time to 15 min.

4. After cooking, let pressure release naturally. Carefully remove lid.
5. Stir until contents are well mixed, adding half-and-half a little at a time to thin. Don't worry about curdled milk. By this time, you will have smooth, noncurdled kheer.
6. Stir in cardamom. Pour mixture into bowl and chill overnight. Garnish with pineapple and nuts.

SERVES 6 About 223 calories, 12 g fat, 5 g protein, 43 mg sodium, 26 g carbohydrates, 1 g fiber



Crème Brûlée

Gluten Free • Grain Free • Vegetarian

Active time 15 min. | **Pressure time** 6 min. | **Total time** 35 min. plus chilling | **Pressure level** High | **Release** Natural and Quick

- 8 large egg yolks
- 1 tsp pure vanilla extract
- 1/2 cup granulated sugar
- 2 cups heavy (whipping) cream
- 1 cup water
- 6 Tbsp light brown sugar, sifted
- Assorted berries, for garnish

1. In medium bowl, using hand-held electric mixer, beat egg yolks, vanilla and granulated sugar until sugar dissolves. Add heavy cream. Beat briefly to combine. Pour custard into 6 small (1- to 1 1/2-cup) ramekins or custard cups. You may find it easier if you transfer custard to measuring cup with lip.
2. Put trivet into multi-cooker and pour in water. (See "Make a Foil Multi-Cooker Rack," page 4.) Place ramekins on trivet, stacking

as needed. Drape piece of aluminum foil over ramekins to keep condensation off top of puddings. Lock lid in place.

3. Select Manual; adjust pressure to High and time to 6 min.

4. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid and foil.

5. Using tongs, remove ramekins from multi-cooker. Let cool at room temperature about 20 min. Refrigerate until chilled, about 2 hr.

6. Sprinkle brown sugar evenly over tops of puddings. Use kitchen torch to brown sugar, or place ramekins on baking sheet and place under very hot heated broiler until tops are browned, 1 to 2 min. Watch carefully, as they can go from browned to burned quickly.

7. Serve garnished with berries.

SERVES 6 About 310 calories, 21 g fat, 4 g protein, 30 mg sodium, 28 g carbohydrates, 0 g fiber



Chocolate & Orange Bread Pudding

Vegetarian

Active time 10 min. | **Pressure time** 15 min. | **Total time** 40 min.
Pressure level High | **Release** Natural

- 2 cups water
- 1 tsp butter
- 3 large eggs
- 1/3 cup plus 1 Tbsp sugar
- 1/2 cup whole or 2% milk
- 3/4 cup heavy (whipping) cream, or half-and-half
- 2 Tbsp freshly squeezed orange juice
- Zest of 1 orange
- 1 tsp pure almond extract
- Pinch table salt
- 3 1/2 cups stale French bread (cut into 3/4-in. cubes)
- 3 oz high-quality semisweet chocolate chips
- Sliced almonds, for garnish
- Whipped cream or ice cream, for serving

1. Put steamer rack into multi-cooker and pour in water.
 2. Coat 6- to 7-in. soufflé or baking dish with butter. (See "Make a Foil Multi-Cooker Rack," page 4.)
 3. In large bowl, whisk eggs and 1/3 cup sugar until well mixed. Add milk, heavy cream, orange juice, zest, almond extract and salt. Mix well.
 4. Add bread. Toss until coated. Let sit 5 min., stirring once or twice.
 5. Add chocolate and mix. Pour into prepared baking dish and press down, as needed. Sprinkle top with remaining 1 Tbsp sugar. Place dish in steamer. Lock lid in place.
 6. Select Manual; adjust pressure to High and time to 15 min.
 7. After cooking, let pressure release naturally. Carefully and quickly remove lid so condensation doesn't drip on pudding.
 8. Using oven mitts or tongs, carefully remove baking dish. Top with sliced almonds. Serve warm, with whipped cream or ice cream if desired.
- SERVES 4 TO 5** About 465 calories, 14 g fat, 12 g protein, 335 mg sodium, 51 g carbohydrates, 1 g fiber

Browned Butter Apple-Spice Cake

Vegetarian

Active time 25 min. | **Pressure time** 18 min. | **Total time** 1 hr. | **Pressure level** High | **Release** Natural and Quick

- 6 Tbsp (3/4 stick) butter, plus more for greasing pan
- 1 large egg
- 1 cup plain Greek-style yogurt
- 1/3 cup granulated sugar
- 1 tsp pure vanilla extract
- 1 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cardamom
- 1 medium apple, peeled, cored and diced
- 1 cup water
- 1/4 cup confectioners' sugar
- Apple slices, for garnish

1. In small saucepan on stove, melt butter on medium. Cook until milk solids begin to brown, 3 to 5 min. Measure 3 Tbsp into medium bowl and

set aside remaining butter in pan.

2. Lightly grease 6- or 7-in. springform pan (or cake pan with removable bottom) with butter.
3. To bowl with 3 Tbsp browned butter, add egg, yogurt, granulated sugar and vanilla. Stir to combine.
4. In small bowl, sift together flour, baking powder, cinnamon and cardamom. Add to wet ingredients. Stir just until combined. Stir in apple. Pour batter into prepared pan.
5. Put trivet with handles into multi-cooker and pour in water. Place pan on trivet. Lock lid in place.

6. Select Manual; adjust pressure to High and time to 18 min.

7. After cooking, let pressure release naturally 10 min.; quick-release remaining pressure. Carefully remove lid.

8. Remove pan from multi-cooker. Let cake cool 5 to 10 min. Remove sides of pan. Let cake cool another 10 min.

9. Reheat remaining browned butter, if it's solidified, and drizzle over cake. Dust with confectioners' sugar.

SERVES 6 About 305 calories, 13 g fat, 6 g protein, 125 mg sodium, 41 g carbohydrates, 2 g fiber

Cooking Tip:

If not all of mixture fits in baking dish, cook 2 pans, one stacked on top of the other. If you're making dessert for two, halve the recipe and cook in 2 small ramekins.



GOOD HOUSEKEEPING

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Lab Lowdown

MULTI-COOKERS

Whether making stew or chili, cooking grains or hard-boiling eggs, GH Institute experts found the multi-cooker a foolproof way to get food on the table fast.

HOW WE TESTED Our culinary pros in the Kitchen Appliances and Technology Lab evaluated 15 multi-cookers (including ones from Black + Decker, Breville, Fagor, Imusa, Instant Pot, Gourmia, Rosewill and T-fal) for cooking performance, range of settings, speed and ease of use.

LAB RESULTS All the cookers gave good to excellent results on both pressure- and

slow-cooking functions. Differences were mostly in features like browning and special settings such as Porridge.

For more details, see goodhousekeeping.com/appliances/multi-cooker-reviews.

Note: All recipes in this book were tested in an Instant Pot.





Red Pepper &
Tomato Bisque with
Parmesan Croutons
p 21



Garlic Wings,
Two Ways
p 60



MULTI-COOKER MEALS

With a few minutes of prep, you can enjoy these delicious recipes — the pressure is in the pot, not on you!



Pork Shoulder,
Three Ways
p 77



Cheesy Penne with
Artichokes & Spinach
p 37