

KUHN RIKON
DUROMATIC® PRESSURE COOKERS

For
Cooks
Who
Know

Quick
Cuisine



*Quick
Cuisine*

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Who Know*

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KUHN
RIKON

Defined

KUHN RIKON (KOOON REE-con) 1. Swiss manufacturer of Duromatic Pressure Cookers, the broadest line of pressure cookers on the world market. 2. Inventors of the spring-loaded valve that defines today's new generation of pressure cookers. 3. The "Mercedes-Benz of pressure cookers" according to the *New York Times*. 4. The "Rolls-Royce of pressure cookers" according to *Organic Gardening*. 5. Voted the #1 Best Quality Brand in 1998 and 2000 Swiss consumer study by Advico Young & Rubicam, rated above Nike, Bang & Olufsen, Louis Vuitton, Kodak and Lego. 6. The secret to fast and easy Euro-style cooking, for cooks who know.

**KUHN
RIKON**
SWITZERLAND


Preface

Welcome to the exciting world of pressure cooking! Our DUROMATIC pressure cooker by KUHN RIKON from Switzerland is the best and most accurate on the market. You will experience years of satisfaction and enjoyment from a quality Swiss product, not to mention better tasting food, lower energy bills, and less time spent in the kitchen. Did you know all these benefits came with a DUROMATIC pressure cooker?

This is not your grandmother's pressure cooker.

It's not even my grandmother's pressure cooker, and I come from Switzerland, where pressure cookers are so popular that the average household has three. When I was growing up, if I didn't see a KUHN RIKON Duromatic pressure cooker on the stove, I seriously wondered if we'd be having dinner.

KUHN RIKON, which has specialized in pressure cookers for over 50 years, invented the spring-loaded valve system that revolutionized pressure cookers and made them extremely safe to use, unlike some earlier models made by other companies. KUHN RIKON has continued to innovate and perfect pressure cooker designs over the years, always listening to our customers to provide what they want. We offer a variety of styles because many cooks want more than one – for example, a pressure frypan with a waffle textured bottom for browning, plus a larger size for really big batches of beans or soups.

Consumers tell us that they want delicious, healthy meals, but they don't have time to cook. For cooks who know, pressure cookers solve this problem with convenient Euro-style cooking – fresh food fast.

Pressure cooking is the one kind of pressure you can enjoy, and it's even healthy for you!

Happy Cooking,



Rudolf Keller
President
KUHN RIKON CORP.

IMPORTANT SAFEGUARDS

The following basic safety precautions are recommended by KUHN RIKON and should always be followed when operating DUROMATIC pressure cookers.



1. Read the DUROMATIC INSTRUCTIONS FOR USE manual accompanying your pressure cooker. Keep it in a safe place for future reference. Improper use may result in injury.
2. Before cooking always check that the spring-valve is working properly by doing the following: Briefly pull on the black valve knob to see if it freely moves up and down. If it does not have free play, DO NOT use the pressure cooker. Instead, see *page 13* for valve cleaning instructions, or call customer service.
3. Make sure the black valve knob is screwed on to the pressure indicator tightly. If any red color is showing (other than the 2 red rings) on the top of the indicator, the knob needs to be screwed on more tightly, see *page 9*.
4. Do not fill the pressure cooker over 2/3 full. For rice and beans, which expand during cooking, do not fill the pressure cooker over 1/2 full. Look for interior fill marks.
5. To insure safe operation and satisfactory performance, inspect the gasket regularly and replace if hard, cracked or if the pressure cooker leaks from the rim of the pan while in use.
6. In order to insure that pressure builds promptly, it is useful to bring the liquid to a boil (stirring if necessary) before placing the lid on the pressure cooker. If pressure does not build within 3-5 minutes, open the lid and check that there is enough remaining liquid to cook the dish without burning. Add liquid as necessary and repeat the steps above to be sure that all safety features are in place.
7. Close supervision is necessary when the pressure cooker is used near children. It is not recommended that children use the pressure cooker.
8. Do not use the pressure cooker for other than intended use.
9. Do not use the pressure cooker for pressure frying in oil (broasting or deep fat-frying).

Pressure Cooking Methods

Have you up until now believed that the only use for a pressure cooker is for cooking potatoes, or perhaps artichokes? In that case you should read this chapter carefully, and you will be surprised at the many cooking methods a pressure cooker offers.

Cooking with Liquids

This method applies to soups and dishes with a sauce. The cooking liquid can be water, milk, wine, beer or a stock. There are two basic methods:

1. To extract all flavor from the foodstuffs (for broths, sauces, etc.) the food should be added to cold liquid and then brought to a boil.
2. To retain the flavor and nutritional value in the food, it should be added to the boiling liquid.

Steaming

Place the food in very little water, 1/2 cup or up to trivet; when using the Pressure Frypan a 1/2 cup of liquid is needed. The stainless steel trivet may be used. This is the ideal cooking method for potatoes, vegetables, and fruits. *Remember when seasoning food prepared in the DUROMATIC pressure cooker the natural mineral salts are retained and less salt is required.*

Braising

For braising, the Pressure Frypan is recommended depending on the type of food to be cooked. Sauté the vegetables or meat lightly in butter or oil (optional), then add a little liquid. **Important:** Always add liquid along the edges of the casserole to warm it a little before it reaches the food. This prevents the food from hardening when “shocked” by the cold liquid. Since practically no liquid evaporates during cooking in the DUROMATIC, very little cooking liquid is needed. Meat dishes which require a longer cooking time are prepared the same way and cooked in their own juices until they are done.

Roasting and Potroasting

Roasting under pressure is probably the newest cooking method. Smaller pieces of meat like stews, chops etc. and roasts up to 2 pounds are prepared in the Pressure Frypan. The waffle textured bottom makes it possible to fry with very little or no fat and oil. First, brown your meat in the well preheated Pressure Frypan. Add a little cooking liquid (stock, wine, cream etc.) Larger pieces of meat can be prepared the same way in the 4, 5, 6 and 7 quart DURO-MATIC pressure cookers. Meat roasted in the pressure cooker or Pressure Frypan remains juicy, does not shrink, and tastes delicious.

Cooking on Electric Stovetops

Electric burners are notoriously slow to respond to temperature control changes, so we have a few tips for making the cooking process smoother. Both of these methods work on ceramic and electric cooktops equally well.

Method 1 When the pressure cooker has reached the desired pressure, remove it from the heat and let the burner cool down for a few minutes. Unless the pot is removed from the heat it will continue to insulate the burner and inhibit its ability to cool on its own. The pot should have no problem maintaining pressure even while off the heat. When the heat has come down, place the cooker back on the low heat to complete the cooking process.

Method 2 If you have two burners available, turn the second burner on low at the time you begin cooking. Simply move the cooker over onto the second burner once desired pressure has been reached to complete the cooking process.

For more information visit our website at www.kuhnrikon.com

Questions & Answers



How exactly does a pressure cooker work?



The principle of pressure cooking is really quite simple. Because a pressure cooker is airtight, pressure builds up inside the pressure cooker as the liquid inside comes to a boil. The resulting trapped steam causes the internal temperature to rise beyond what it would be capable of doing under normal room pressure. Then, simply, food cooking at a higher temperature and under pressure, cooks faster.

For example, at sea level (where the pressure is 14.7 pounds per square inch), the boiling point of water is 212° F, the highest temperature which can be reached by water at that elevation. That boiling point is raised 38 degrees – to 250° F – under the 15 additional pounds of pressure that can be obtained in a pressure cooker.

A secondary benefit of the increased pressure is that it softens the fibers in foods, tenderizing even the toughest of meats and beans.

The increased internal temperature and the assault on the fibrous nature of foods cooked under pressure combine to decrease by two-thirds or more of the normal cooking times.



How is the Duromatic pressure cooker valve different than the old-style weight valve?



The spring-valve of the DUROMATIC pressure cooker by KUHN RIKON allows the user to determine the exact time at which the interior of the pan comes to pressure and, thereby, affords much greater accuracy in the timing of cooking. When the first red ring appears, the internal pressure has been raised 8 pounds per square inch *above the external pressure*. When the second red ring appears, the internal pressure has been raised 15 pounds per square inch *above the external pressure*.

The weight-valve system on older pressure cookers and on some contemporary pressure cookers has no clear indication of when full pressure is achieved; the user must guess as to when this has occurred. Obviously, the spring-valve system of the DUROMATIC pressure cooker by KUHN RIKON allows the user greater accuracy in timing and, consequently, superior cooking results.

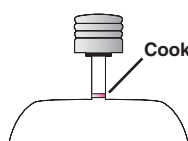
A weight-valve system allows a great deal of steam to escape. When a large amount of steam is escaping, there is a constant hissing noise, an increased likelihood of a clogged valve, and greater evaporation of moisture. The spring-valve system of the DUROMATIC pressure cooker allows cooking with less water (thereby retaining more of the vitamins, minerals and natural taste of the food), almost eliminates clogged valves, and is much quieter than cooking with a weight-valve system.



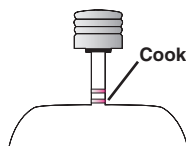
At which pressure do I cook most foods?



Most foods can be cooked at the higher pressure (second red ring) or 15 pounds per square inch (psi). Foods that have a tendency to foam such as rice and soups must be cooked on the first red ring. Instruction manuals and recipes will indicate if cooking at the first red ring is desired and cooking times are already adjusted.



Cooking at first red ring



Cooking at second red ring



Must I alter cooking times at higher elevations?



Yes. As you have probably experienced, it takes much longer to cook foods such as beans and brown rice at higher elevations. This is due to the fact that the temperature at which they come to a boil, and therefore cook, is lower than it would be at sea level. This "law of nature" makes a pressure cooker extremely valuable at higher elevations because it allows the user to raise the cooking temperature and this speeds cooking. In order to compensate for the lower external pressure at elevations above 2000 feet, the cooking times in a pressure cooker must be altered according to the formula below.

For every 1000 ft above 2000 ft elevation, increase cooking time by 5%



What are the benefits of using a pressure cooker?



Healthy Meals Because very little water is used in pressure cooking and because the pressure cooker is a “closed system,” few vitamins and minerals are lost to the cooking water or dissipated into the air. Because they are not exposed to oxygen, vegetables not only retain their vitamins and minerals, but their vivid color as well.

Low fat, high protein beans and legumes, healthy additions to any diet, are frequently avoided because of their long cooking time under normal cooking conditions. In a pressure cooker, however, most beans and legumes can be cooked in *less than 15 minutes*.

Better Taste This is the direct result of the health benefits explained above. Moreover, for dishes such as stews and pasta sauces the pressure actually causes the ingredients to quickly mingle and their flavors to intensify. Pressure cookers keep the flavor in the food.

Faster Cooking The cooking times for most foods in the pressure cooker are approximately 1/4-1/3 the times for those same foods cooked in traditional manners and, in many instances, faster even than in a microwave. Some sample times include:

Food	Pressure Cooking Time	Traditional Time
artichokes	10-14 minutes	40-45 minutes
black beans	10-12 minutes	2-1/2 hours
whole chicken	5 minutes/lb	15 minutes/lb
white rice	5 minutes	15-25 minutes
brown rice	20-22 minutes	45 minutes
whole new potatoes	5-6 minutes	25-30 minutes
beef stew	15-20 minutes	2 hours
pasta sauce	20 minutes	1-1/2 hours

Ecological/Economical The decreased cooking time required for foods cooked in a pressure cooker results in proportionally reduced consumption of energy. An additional benefit, especially on hot summer days, is that the kitchen doesn’t heat or steam up when a pressure cooker is used, as it does when conventional cooking methods are used.



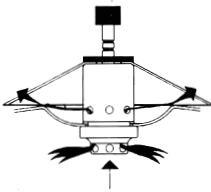
Aren't
pressure
cookers
dangerous?



The DUROMATIC pressure cookers by KUHN RIKON belong to the new *second generation* of pressure cookers. These pressure cookers are built with safety features that make it impossible for experiences such as your grandmother had.

First, the automatic lid-locking device of the DUROMATIC pressure cookers insures that no pressure can build up until the lid is put on correctly. It also insures that the lid cannot be removed or come off until all of the pressure has been released.

The DUROMATIC pressure cookers provide the ultimate protection against excess pressure. The first indication that too much pressure has built up inside the cooker is the audible hiss of the valve as excess pressure is released through the valve. When the user hears this, the heat should be turned down. As long as the valve is not clogged, it will take care of any over pressurization by allowing steam to escape through the radial escape holes located on the valve stem.



Other safety releases will come into effect only if the central valve is clogged. If that occurs, excess pressure will also escape through the safety holes in the rim of the lid.



Additionally, another spring-loaded safety valve is set to release steam in case of a clogged main valve due to overfilling or too-high heat. This valve is not a blow plug like some old domestic cookers had, but a highly accurate spring-loaded valve which will open at a preset internal pressure and release steam safely and effectively.



Finally, at higher pressure, the gasket is forced out through the six bayonet flanges in the lid, and a jet of excess steam escapes once again in a downward direction.



Although DUROMATIC pressure cookers have all these built-in safety systems, nothing can take the place of care and common sense. **When using your pressure cooker, do not leave it unattended while in use.**



Why does my pressure cooker hiss sometimes?



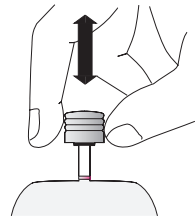
The hissing sound and steam emerging from under the valve denote that too much heat is being applied, causing the excess pressure inside the pan to be vented to the outside. Reduce the heat and remove the pan briefly from the heat source until pressure indicator falls to the second red ring and remains there. Should the pressure drop slightly, increase the heat so that the pressure stabilizes at the second red ring. Refer to Cooking on Electric Stovetops as well, see page 4.



Why won't my pressure cooker come up to pressure?



Under some circumstances, pressure will not build up. Refer to the chart below to determine the cause and how to remedy the situation.



CAUSE The black valve cap is not screwed tightly to the stem.

REMEDY Using a coin as a screwdriver, tighten the pressure indicator (red) on the inside of the lid until it is secure; do not over tighten.

CAUSE There is no water in the pan.

REMEDY Add 1/2 cup of liquid for standard-sized pressure cookers and 1/4 cup of liquid for Pressure Frypan.

CAUSE The lid is not properly closed.

REMEDY Open the lid and reclose.

CAUSE The gasket is not properly seated.

REMEDY Open the lid, check and reseal the gasket. If steam continues to escape, you may need a new gasket.



Why does the pressure sometimes drop down from full pressure?



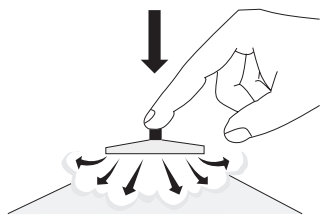
If you are cooking a large piece of meat such as a whole chicken or pot roast, the pressure will rise to full pressure but will decrease because the cold center of the chicken or piece of meat lowers the temperature. Simply increase the heat and watch it; soon the pressure will stabilize. Bringing meats or chicken to room temperature before cooking helps to eliminate this problem.



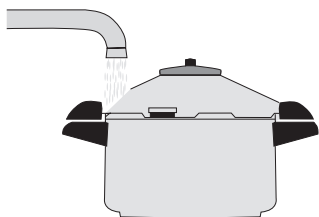
How do I release the pressure when the food is done cooking?



There are three methods for releasing the pressure in your cooker. Each recipe will indicate which release method to use at the end of the cooking process.



Touch Release Method The valve on the lid of the DUROMATIC pressure cooker by KUHN RIKON releases the pressure quickly by a light finger touch or, if you desire, you may use a long-handled spoon or spatula to depress the insulated, black valve cap. This method is suggested if you interrupt the cooking process in order to add some further ingredients. By releasing the steam this way you can quickly open the pressure cooker without cooling off the pot and stopping the cooking process. Do not use this method for food that foams and is cooked on the first red ring!



Cold Water Release Method If a quicker release of pressure is desired, the pan can be carried to the sink and cold water may be run over the lid (but not the valve). This method is mainly used for food with short cooking times where it is essential to stop the cooking process as fast as possible. For example risotto, polenta, or fresh vegetables.

Natural Release Method A third method of releasing the pressure is to remove the pressure cooker from the heat source and to allow the pressure to subside naturally. If you are cooking beans, potatoes, or other foods which have a skin that you wish to remain intact, this is the preferred method.



Why is the interior bottom of the pressure frypans “dimpled”?



This honeycomb, waffle-bottom interior creates an *easy-release* surface which is excellent for browning meats or sautéing vegetables with a minimum amount of oil and is easy to clean. The meat or food “floats on the dimples,” allowing the fat to drain to the lower levels of the pan. This waffle interior and the shallow depth make using a trivet unnecessary. KUH N RIKON makes three models in this style.



Why is there an aluminum sandwich bottom?



One of the measures of cookware performance is its ability to transfer heat and distribute it evenly. This quality is called *heat conductivity*. The heat conductivity of a pan depends mainly on the material from which it is made and the thickness of that material.

Among the metals used for cookware, silver is the best conductor of heat, followed by copper and aluminum. Stainless steel is not a good conductor of heat but is frequently used for cookware because it has other characteristics that make it an excellent material for cookware. Silver is rarely used because of its high cost. Copper and aluminum are often used because they are affordable, heat very quickly, and defuse the heat evenly.

KUH N RIKON combines the excellent qualities of stainless steel with the superior heat conductivity of aluminum to obtain cookware with the benefits of both metals. First, the stainless steel pan is formed, a 1/4" thick disc of aluminum is then affixed to the bottom of that pan. A disc of stainless steel completes the “sandwich” on the bottom of the pan. This final stainless steel disc is affixed both because it creates a more aesthetically pleasing piece and because stainless steel, being smoother and less porous than aluminum, is easier to clean and is non-abrasive to ceramic cook tops. The aluminum never touches the food being cooked.

WARNING: Leaving a pressure cooker on a hot stove without liquid will melt the aluminum.



Can I put my pressure cooker into the oven?



The DUROMATIC pressure cooker can go into the oven only at settings below 300° F because of the stay-cool, phenolic handles and valves. Most foods prepared in a pressure cooker would not require placement into an oven for cooking. Sometimes, you may want to put the smaller pressure frypan into the oven to keep it warm and that can safely be done at settings below 300° F.



Is there a special way to store my pressure cooker?



Place the lid upside down on the pan for storage, so that there is no stress on the ring seal in the lid and all components are well ventilated. You may wish to place a towel between the lid and the pan in order to protect the finish from scratches.



How do I clean my pressure cooker?

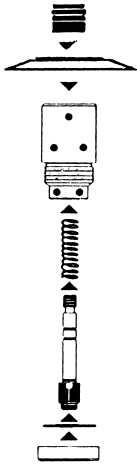


Immediately after use, remove the gasket and wash the lid by hand thoroughly inside and out. The exposed inside edge of the lid should be given special attention. The gasket should be cleaned, dried and returned to the lid. If the pressure cooker lid is hard to turn when closing, the gasket has become dried out and should be lightly rubbed with cooking oil. The pan is dishwasher safe. If difficult stains and/or baked-in spots occur, try simply soaking the pan or adding water to the pan and bringing it to a boil. If white stains occur, this is a natural result of calcium deposits due to hard water, or starch deposits from foods like rice or beans.

For best results always use KUHN RIKON Professional Cookware Cleaner. Available at specialty stores nationwide, or call 800-714-3391 to order by mail. Abrasive cleaners should be avoided at all times.



*Do I need
to clean the
valve?*



The multi-valve is self cleaning under normal use and therefore does not need to be unscrewed. If food particles have been expelled into the valve because the heat has been turned down too late, or if the pan was filled too high, the valve must be cleaned. Use a coin as a screwdriver to unscrew the pressure indicator (red) on the inside of the lid, holding the black cap firmly with the other hand. The valve can be easily taken apart in this manner. Here, too, take care never to use an abrasive detergent.

Finally, lightly pull on the black knob, testing for resistance which will assure you that the spring is properly seated in the valve.



*Can I use
my pressure
cooker on
an induction
cook top?*



All DUROMATIC pressure cookers work on all cooking surfaces, including induction cook tops.

For more information visit our website at www.kuhnrikon.com

PLEASE NOTE: Use only original parts for replacements and repairs on KUHN RIKON pressure cookers. See page 92 for a complete listing of replacement parts which can be obtained from: Culinary Parts Unlimited, 800-714-3391.

Other Uses For The Pressure Cooker

Canning

The pressure cooker is an excellent tool to can fruits, vegetables and fish, preserving foods to enjoy later. However, it is very important to get as much information as possible to avoid any potential food poisoning. Please consult these recommended Websites and books:

<http://www.foodsafety.org>
<http://home-canning.com>

The USDA Home Canning Guide is available from:
<http://www.foodsafety.org/order.htm>

"Putting Food By," by Ruth Hertzberg, Janet Greene and Beatrice Vaughan

"So Easy To Preserve," Bulletin 989, by Cooperative Extension Service/The University of Georgia, College of Agricultural and Environmental Sciences, Athens. Call 706-542-8999 to order.

Sterilizing

The pressure cooker is ideal for sterilizing infants' bottles, nipples, small instruments etc. The bacteria are quickly and reliably killed by the high temperature of the boiling water. Place the objects to be sterilized on the perforated insert in the pressure cooker. Add 1 cup water. Turn off the heat when the second red ring appears on the pressure indicator and use the Natural Release Method, *see page 10*.

Water Bath or Bain Marie

Any type of food which requires steaming such as custards, puddings, pates or terrines, can be cooked in the pressure cooker. Be sure to cover the mold tightly, and leave enough room around the sides of the mold for good circulation of the steam. To lower and lift the mold in and out of the pressure cooker use a folded piece of foil. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise. Always place the mold on a perforated trivet or steamer basket, and add at least 1 cup of water. More water may be necessary if the steaming time is over one hour. Usually, pressure cooking time will be 1/3 of the time ordinarily called for in the recipe.

Conventional Cooking

Without the special lid, the pressure cooker can be used like an ordinary saucepan. KUHNS RIKON makes several different models in a frypan shape. All are well suited for frying, braising and sautéing without the special lid. The waffle-textured bottom prevents sticking. Optional glass lids are available for all models, *see page 90*.

Introduction To Cooking

Vegetables

“Eat your vegetables!” Mom isn’t the only one telling us this bit of advice. Now, more than ever, nutritionists are urging us to include larger quantities of vegetables in our daily diet. The National Academy of Sciences recommends doubling our average intake of vegetables to reduce the risk of heart disease and cancer.

It makes sense to use methods of cooking that will help retain the natural flavor, texture and as much of the nutrients as possible. By cooking vegetables the traditional way, whether steamed or boiled, most of the valuable minerals are discarded with the cooking liquid. The vitamins are destroyed by long cooking times, and what remains is a tasteless fare which needs heavy seasoning or a rich sauce to make it palatable.

The DUROMATIC pressure cooker makes cooking vegetables a pleasure. Because of shortened cooking times, minimal amounts of water used, and the exclusion of the drying effects of oxygen while cooking with pressure, the food you prepare will remain delicious. Less seasoning is needed because the natural minerals are preserved when cooking under pressure.

Cooking On The Trivet

This method can be used for all vegetables. The trivet is especially useful for cooking whole potatoes in their skins, artichokes, corn on the cob, beets, and crowns of cauliflower or broccoli.

Place a 1/2 cup water in the pressure cooker. Insert the trivet (perforated stainless steel disk included in all units except the Pressure Frypans and the 4 Liter Risotto Cooker*) into the pressure cooker. Place vegetables to be cooked on the trivet. When the water begins to boil, close lid and bring pressure to second red ring over high heat. At this point, stabilize the pressure by adjusting the heat (on most stove tops this is an adjustment to the lowest setting possi-

ble) and start timing. Always begin timing when the pressure indicator reaches the second red ring. When the cooking time is completed, use either of the faster release methods, “Cold Water Release Method” or “Touch or Automatic Release Method,” *see page 10*. These methods quickly stop the cooking process, whereas the “Natural Release Method,” *see page 10*, allows extended cooking time while the pressure cooker cools naturally.

There are many things to consider when determining the exact time for cooking your vegetables. The freshness of the vegetable is an important factor; the fresher the vegetable, the shorter the cooking time. Also, the size of the vegetable should be considered; the smaller the pieces, the faster they will cook. For example, a potato thinly sliced will take approximately half the time to cook compared to a whole potato. It takes more time for the steam to penetrate the more solid form.

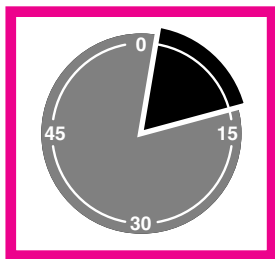
To order a trivet for your Pressure Frypan or Risotto Cooker call 800-714-3391.

Browning & Sautéing

The pressure cooker can be used to prepare vegetables as ingredients for more complex dishes. Many recipes begin with browning or sautéing onions and other ingredients. Use the pot of the pressure cooker unit for this step as you would any high quality cookware. All DURO-MATIC pressure cookers have a thick aluminum disk sandwiched between the layers of stainless steel in the base of the pot. This allows for quick and even heat distribution to aid in producing perfectly cooked vegetables.

KUHN RIKON Frypans are very well suited for browning, braising and sautéing because of their waffle-textured bottom*, wide diameter and shallow sides.

**The waffle-textured bottom of the large Pressure Frypans acts as a trivet for the vegetables. The small amount of water needed to cook the vegetables sinks to the bottom of the dimples creating the same effect as placing the vegetables on a trivet. The 4 liter Risotto Cooker does not include a trivet since a trivet is not required for cooking rice.*



Eggplant Caponata

- 1/4 cup olive oil
- 1/4 cup white wine
- 2 tablespoons red wine vinegar
- 1 teaspoon cinnamon
- 1 large eggplant, peeled and cut into 1/2 inch cubes
- 1 medium onion, coarsely chopped
- 1 medium green bell pepper, stemmed, cored and diced
- 1 medium red bell pepper, stemmed, cored and diced
- 2 cloves garlic, peeled and finely chopped
- 3 plum tomatoes, coarsely chopped
- 3 stalks celery, coarsely chopped
- 1/2 cup oil-cured olives, pitted and coarsely chopped
- 1/2 cup golden raisins
- 2 tablespoons capers

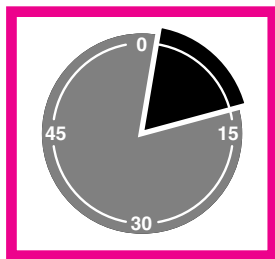
1. In a 5-quart or larger pressure cooker, heat olive oil, white wine, red wine vinegar and cinnamon over medium high heat.
2. Add eggplant, onion, green and red bell peppers, garlic, tomatoes, celery, olives, raisins and capers, stir until mixed.
3. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 8 minutes.
4. Remove from heat and use Cold Water Release Method, *see page 10*.

Makes 8 servings

Approximate Nutritional Analysis Per Serving:

165 calories / 2g protein / 19g carbohydrates / 10g fat
4g dietary fiber / 0mg cholesterol / 435mg sodium

- *With this caponata the possibilities are endless: fill crepes and top with cheese; fill mini pita-pocket bread and serve as an appetizer; use as a side dish; or serve over pasta.*
- *Equally good hot, room temperature or cold.*
- *When used as a filling, it is best to drain off or reduce the excess liquid.*



Beet Salad with Danish Blue Cheese & Walnuts

- 4 medium-size beets (about 1½ pounds) trimmed*
- 3 tablespoons red wine vinegar
- 2 tablespoons walnut oil
- ¼ cup shelled walnuts, halves or pieces
- 2 ounces Danish blue cheese, crumbled

1. In a 4-quart or larger pressure cooker, place whole beets on a trivet with 1/4 cup water.
2. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 to 12 minutes, depending on age and size of beets, *see page 16*.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Remove beets and allow them to cool.
5. Peel and julienne beets.
6. Mix red wine vinegar and walnut oil together in bowl.
7. Add beets and stir to mix.
8. Cover and refrigerate until chilled.
9. When chilled, toss with crumbled Danish blue cheese and walnuts.

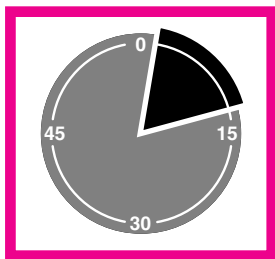
Makes 6 servings

*When preparing whole beets to be cooked in the pressure cooker, it is important to wash them gently so as not to break the skin. Also, leave one to two inches of the leaf stem still attached. The rootlet should be kept intact until after cooking.

Approximate Nutritional Analysis Per Serving:

154 calories / 5g protein / 13g carbohydrates / 10g fat
3g dietary fiber / 7mg cholesterol / 218mg sodium

- *Beets are a vegetable that are widely neglected in many diets, yet they are a good source of vitamin A and potassium. They are usually in plentiful supply throughout the year, and easily cooked in the pressure cooker.*



Vegetable Medley with Brown Rice

- 1 cup brown rice
- 1½ cups water
- 1 small turnip, peeled and cubed
- 1 pound banana squash, peeled and cubed
- 2 carrots, peeled and sliced
- 1 small zucchini, quartered lengthwise and sliced
- 3 stalks Swiss chard, leafy greens coarsely chopped, stems diced
- 1 stalk broccoli including stem, coarsely chopped
- ⅓ cup finely chopped water chestnuts

1. In a 4-quart or larger pressure cooker, bring rice and water to a boil.
2. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Add vegetables, stir until mixed.
5. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 1 minute.
6. Remove from heat and use Natural Release Method, *see page 10*.

Makes 6 to 8 servings

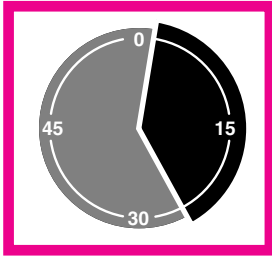
Approximate Nutritional Analysis Per Serving:

131 calories / 4g protein / 28g carbohydrates / 1g fat
4g dietary fiber / 0mg cholesterol / 60mg sodium

For those looking for a little more adventure in their vegetable cooking, try the following variation:

Warm ½ cup orange juice concentrate, ¼ teaspoon ground cinnamon and a pinch of ground clove in a skillet. Lightly sauté the vegetables in this mixture before adding them to the pressure cooker. If reheated later, these seasonings mellow and improve.

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



Vegetable Chili

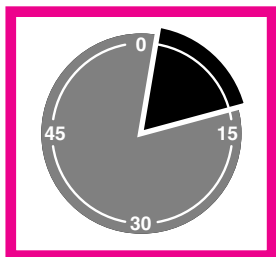
- 2 cups cooked pinto beans
- 2 cups cooked kidney beans
- 2 tablespoons olive oil
- 1 medium onion, peeled and finely chopped
- 3 cloves garlic, peeled and finely chopped
- 1 medium green bell pepper, stemmed, cored and diced
- 2 small zucchini, quartered lengthwise and sliced
- 1 package (10 ounces) frozen corn, or 1½ cups fresh corn
- 1 can (28 ounces) peeled crushed tomatoes in puree
- 2 cups vegetable or chicken broth
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon ground oregano
- ¼ teaspoon black pepper
- ⅛ teaspoon cayenne pepper
- ½ pound Monterey Jack cheese, shredded

1. Prepare beans, *see page 36*.
2. In a 5-quart or larger pressure cooker, heat olive oil over medium heat.
3. Add onion and cook until softened.
4. Add garlic, green pepper, zucchini and corn, stir until mixed.
5. Add tomatoes, broth, chili powder, cumin, oregano, black pepper and cayenne pepper, stir well.
6. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.
8. Stir in cooked beans and let stand until beans are heated.
9. Serve in bowls. Top each with 1/4 to 1/2 cup cheese.

Makes 8 to 10 servings

Approximate Nutritional Analysis Per Serving:

273 calories / 14g protein / 34g carbohydrates / 11g fat
8g dietary fiber / 20mg cholesterol / 530mg sodium



Quick Green Beans with Toasted Almonds

- 1/3 cup sliced almonds
- 1 1/2 pounds blue lake beans
- 1/3 cup water
- Salt and freshly ground pepper to taste
- Butter to taste

1. Roast almonds in a skillet over high heat.
2. Place trivet or steamer insert into a 4-quart or larger pressure cooker. Add beans and water.
3. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 2 minutes only.
4. Remove from heat and use Cold Water Release Method, *see page 10*.
5. Place in a serving dish, dot with butter (optional), season with salt and pepper if desired and scatter the almonds on top of the beans.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:
55 calories / 2g protein / 7g carbohydrates / 3g fat
3g dietary fiber / 0mg cholesterol / 3mg sodium

Vegetable Reference

- Always use 1/2 to 3/4 cup of water in cooker with vegetables.
- Place stainless steel trivet into cooker and layer vegetable on top of trivet.

Type of Vegetable	Cooking Time / Pressure	Notes
Artichokes ones	10-14 mins / second red ring	avoid very large
Beans, green (string)	1-2 mins / first ring	
Beets, medium-large	13-16 mins / second red ring	
Beets, small (3-4oz)	10-12 mins / second red ring	
Beets, 1/4 inch slices	3-5 mins / second red ring	
Broccoli, flowerets	2-3 mins / first ring	
Broccoli, stalks	4-5 mins / first ring	peel and cut
Brussels Sprouts	3-4 mins / first ring	older sprouts can take 6-8 mins
Cabbage, shredded	2 mins / first ring	
Cabbage, quartered	3-4 mins / first ring	
Carrots, 2 inch pieces	4-5 mins / second red ring	
Cauliflower, flowerets	3-4 mins / first ring	
Celery, 1 inch slices	3 mins / first ring	

Time Chart

- Always use Natural Release Method, unless otherwise noted, when cooking vegetables (see page 10 for release instructions).

Type of Vegetable	Cooking Time / Pressure	Notes
Corn, on the cob	2-3 mins / first ring	add 2 mins for older corn
Eggplant, cubed	2-3 mins / second red ring	best if peeled
Okra, large	3-4 mins / second red ring	
Onions, medium	4-5 mins / second red ring	peel before cooking
Parsnips, cubed	2-4 mins / second red ring	
Potatoes		see chart page 25
Rutabagas, 2 inch cuts	6-8 mins / second red ring	peel before cooking
Squash, Acorn, halved	8-10 mins / second red ring	
Squash, Banana, cubed	3-4 mins / second red ring	
Squash, Butternut, 1/2 inch slices	3-4 mins / second red ring	
Turnips, 1/2 inch slices	2-3 mins / second red ring	

Potatoes

Considered by most botanists to be a native of the Peruvian-Bolivian Andes, the potato is one of the main food crops of the world. The most common ways of cooking potatoes are boiling, frying and baking. They are frequently served whole, mashed as a cooked vegetable, or cut up as French fries. Easily digested, potatoes also have a high nutritional value. A potato is about 78 percent water and about 18 percent starch (carbohydrates). The rest is protein, minerals, and about 0.1 percent fat. Potatoes contain many vitamins, including vitamin C, riboflavin, thiamin, and niacin. Among the many minerals found in potatoes are calcium, potassium, phosphorus, and magnesium. Because they are notably lacking in sodium, potatoes are sometimes suggested for inclusion in low-sodium diets.

For potatoes cooked in their skin, choose potatoes of even size. Wash them well, do not add any salt. If desired, add a pinch of caraway seeds. If cracking of the skin is desired, cool pressure cooker under cold water immediately after cooking. To prevent cracking of skin use Natural Release Method, see page 10.

When cooking whole potatoes place a minimum of 1 cup water in pressure cooker. Sizes 8 liter and larger use 2 cups. Insert the trivet (perforated stainless steel disk included in all units except the Pressure Frypans and 4 liter Risotto Cooker) into the pressure cooker and lay the potatoes on top. The amount of potatoes will not increase or decrease cooking times.

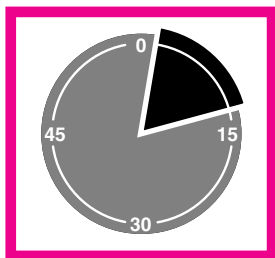
The following cooking times will vastly differ depending on size, age and type of potato you use. The following cooking times are based on second red ring using the Natural Release Method, when cooking time is reached.

When cooking larger potatoes, pressure may drop below 2nd red ring after the initial heat adjustment on the stove. We suggest not adjusting the heat to “low” heat for first five minutes. Keeping the heat at medium will prevent the pressure from dropping. Also consider how long it will be before you eat the potatoes, as the insides will keep cooking after they have been removed from the cooker.

Never leave a pressure cooker unattended while cooking.

Type of Potato	Size	Cooking Time*
new potatoes, whole	2 ounces	5-6 minutes
red potatoes, whole	6-8 ounces	17-18 minutes
red potatoes, half		10-12 minutes
red potatoes, cubed	1 ounce	4-5 minutes
white potatoes, whole	7-10 ounces	16-17 minutes
white potatoes, half		10 minutes
white potatoes, cubed	1 ounce	4-5 minutes
russet or baking potatoes, whole	1 pound	25-30 minutes
russet or baking, peeled & quartered		10-12 minutes

***Cooking times are based on potatoes stored at room temperature**



Monsoon Curried Yams & Potatoes

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

1. In a 2-quart Pressure Frypan, or larger pressure cooker, sauté onion, garlic and curry paste over medium heat until onion is translucent.
2. Stir in yams and potatoes. Let them sizzle for 1 minute or until the bottom of the pan is sticky and slightly burned.
3. Add sake.
4. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 3 minutes.
5. Remove from heat and use Touch or Automatic Release Method, *see page 10*.
6. Add peas. Close lid and bring pressure to first red ring over medium high heat.
7. Immediately remove from heat and use Natural Release Method, *see page 10*.
8. Accompany each serving with dollops of yogurt and mango chutney and several cucumber slices.

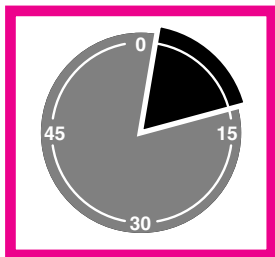
Makes 4 to 6 servings

Recipe provided by Steve Sloane.

Approximate Nutritional Analysis Per Serving:

219 calories / 6g protein / 44g carbohydrates / 2g fat
5g dietary fiber / 1mg cholesterol / 385mg sodium

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



Whipped Jewel Yams

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

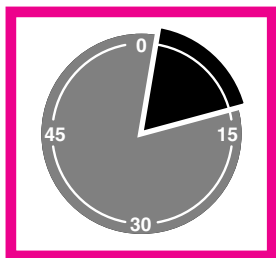
1. Place trivet in bottom of a 4-quart or larger pressure cooker. Add yams and water.
2. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 15 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Slip the yams out of their skins and mash with butter, nutmeg and salt. Place in a decorative, warmed serving dish.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

212 calories / 2g protein / 38g carbohydrates / 6g fat
5g dietary fiber / 17mg cholesterol / 73mg sodium

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



Garlic Mashed Potatoes

- $\frac{3}{4}$ cup water
- 4 pounds potatoes, peeled, quartered
- $\frac{1}{2}$ - $\frac{3}{4}$ cup milk, warmed
- 2 cloves garlic, peeled and crushed*
- $\frac{1}{4}$ cup butter, melted
- Salt and freshly ground pepper to taste

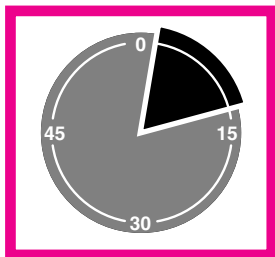
1. Place trivet in bottom of a 4-quart or larger pressure cooker. Add water and potatoes.
2. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 8 to 10 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Drain potatoes into a colander and let stand for a minute to dry excess moisture. Put potatoes through a potato ricer, food mill or mash with a potato masher and transfer to a warmed serving dish.
5. Add milk, $\frac{1}{4}$ cup at a time, while beating, until the potatoes are creamy.
6. Add garlic and butter and beat until blended. Season with salt and pepper.

Makes 6-8 servings

*If you prefer you can replace garlic with *roast garlic* by roasting one head, drizzled with olive oil and wrapped in foil in a 350° oven for 45 minutes.

Approximate Nutritional Analysis Per Serving:
222 calories / 5g protein / 38g carbohydrates / 7g fat
3g dietary fiber / 18mg cholesterol / 83mg sodium

- *It may take extra time for cooker to come to pressure due to large volume of cold potatoes used in this recipe.*
- *Do not use a food processor to mash potatoes, as it will make them gluey.*
- *You may substitute 2 tablespoons of garlic oil for the garlic and butter.*



Pressure Roasted Potatoes with Herbs

- 2 tablespoons olive oil
- 1 medium onion, diced
- 8 medium red potatoes, cleaned, quartered
- 1 teaspoon Italian herbs
- 1/4 cup water

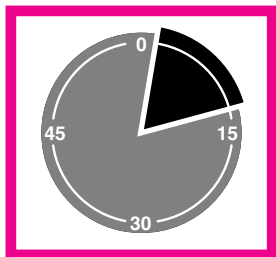
1. In a 2.5-quart or larger pressure cooker, heat oil over medium heat.
2. Add onion and cook until softened.
3. Add potatoes and brown , turning to brown all sides evenly.
4. Add herbs and stir to coat the potatoes.
5. Add water and bring to a boil.
6. Close lid immediately and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.

Makes 4 servings

Approximate Nutritional Analysis Per Serving:

317 calories / 5g protein / 59g carbohydrates / 7g fat
7g dietary fiber / 0mg cholesterol / 14mg sodium

- *This recipe gives the potatoes the golden browned look of oven-roasted potatoes and infuses the herb flavoring into the onion sauce.*
- *Especially suited to the pressure frypan.*



Mrs. Glander's Potato Salad

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

1. In a 5-quart or larger pressure cooker, add chicken broth, wine vinegar and trivet. Place potatoes on top of trivet. Add garlic, salt and white pepper. Stir well.
2. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 4 to 5 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Drain potatoes into a colander and let stand for a minute to dry excess moisture.
5. In a separate bowl mix mayonnaise and mustard.
6. Pour potatoes into a serving bowl, add mayonnaise-, mustard-mixture, eggs and red onion. Stir carefully but thoroughly until evenly mixed. Serve warm or chilled.

Makes 6-8 servings

Approximate Nutritional Analysis Per Serving:
339 calories / 7g protein / 21g carbohydrates / 26g fat
2g dietary fiber / 150mg cholesterol / 403mg sodium

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

Introduction To Cooking

Beans

In today's ecologically sensitive climate, it is nice to know that the bean is one of the least processed, least packaged and least chemically treated foods you can purchase. Beans are also being recognized for their great health benefits. They are rich in thiamine (B1), pyridoxine (B6), niacin and folic acid. Minerals in beans include iron, calcium, phosphorus and potassium.

Fiber is one of the keys to a healthy diet, reducing the chances of some types of cancer by keeping the digestive tract healthy. According to the American Cancer Society, "No one food will prevent cancer or any other disease. The extraordinary bean, however, may help you reach your goal of developing eating habits for cancer risk reduction and overall good health."

Add leftover beans to soups, stews, salads, and casseroles for extra flavor, texture and nutritional value. Small amounts, mashed or pureed, can be used to thicken sauces and soups.

Soluble fiber has been linked to lowering cholesterol. Beans are cholesterol free and can actually aid in lowering the body's cholesterol level because of their high concentration of soluble fiber. Soluble fiber forms high density lipoproteins which help clean the arteries. A low cholesterol diet can be sustained with the addition of beans. The California Dry Bean Advisory Board reports that recent studies have shown that by adding beans to a low cholesterol diet, you can lower your cholesterol level by as much as 15 to 20 percent.

Because beans digest more slowly than some other high carbohydrate foods, a meal with beans stays with you to satisfy hunger longer. Furthermore, beans are inexpensive and almost a complete protein. When mixed with small amounts of meat, dairy products or cereal grains (rice or corn), all the essential amino acids are available for a nutritious meal.

*To Soak
Or Not To Soak?*

A wonderful benefit of pressure cooking beans is that they can be cooked without any traditional “soaking.” There is a “Quick Soak” method, *see page 34*, when you want to have beans but don’t have time to wait. You might sacrifice consistent texture throughout all the beans with this method, but the time saved is significant. That point aside, soaking is advisable, and the real question is for how long. The purpose of soaking is to re-hydrate the dried bean. Most beans are sufficiently re-hydrated in four hours. To check, cut a bean crosswise in half. If the interior is uniform (no opaque center), the bean is ready to cook. If you have the time and forethought, overnight soaking of 8 to 10 hours may be most convenient. *See the chart on page 42* for guidelines on which beans do and do not need soaking. Beans that are thoroughly re-hydrated cook more evenly than those that are “Quick Soaked” and the skin of the bean will more often remain intact during cooking.

*Lentils and split
peas do not require
soaking.*

With a thoroughly re-hydrated bean the actual cooking time will also be greatly reduced. A shortened cooking time has several benefits. It will help retain valuable nutrients otherwise lost through longer cooking, and it will save energy. Because the beans are already hydrated, valuable resources (natural gas or electricity) will not be wasted while the pot is on the stove and the bean is going through this re-hydration procedure. It will take more energy and be more expensive if you include the soaking process in with the cooking process.

It has long been a recommendation to add salt to beans when they are soaking. This is only helpful if the beans are soaked overnight (8 to 10 hours). If this length of time is adhered to, the salt will toughen the skin of the beans and aid in keeping it intact, which will lead to more even cooking and a better shaped bean. Add 1 teaspoon of salt for one pound of dried beans (2 cups). Beans known for their tough skins, favas and soybeans, require overnight soaking, but not the addition of salt. Large lima bean skins tend to loosen during re-hydration and salt is recommended.

The addition of salt is not necessary and you might want to eliminate this if you are trying to reduce your sodium intake or are reducing the soaking time. Whichever method you choose, “Long Soak,” or “Quick Soak,” always leave beans in a cool place while soaking. If left in a warm place, fermentation can begin.

It is advisable to add baking soda to soaking beans only if the water in your area is very hard. In any other circumstance it is not recommended because it will destroy nutrients and affects the flavor and texture. In hard water areas use 1/8 teaspoon per 1 pound of dried beans to shorten cooking time.

Another benefit of soaking dried beans is to remove indigestible sugars, called oligosaccharides, which cause intestinal discomfort (gas) for many people. These complex sugars are soluble in water, and can be drawn out by soaking. It is suggested to change the water several times over the soaking period (as much as three times), drain and thoroughly rinse before covering again with cold water and begin cooking. Never cook in the same liquid the beans were soaked in.

Before soaking it is important to examine the dried beans and check for discolored or broken beans and debris. Also, rinse the beans to remove dirt and dust that might have settled on them during storage.

Soaking Methods

Dried beans benefit greatly by being re-hydrated before cooking. We strongly recommend soaking beans for more consistent texture and even cooking and to help eliminate the gas-producing sugars. Long soak (over 8 hours) or overnight soaking is preferred, but sometimes time constraints do not permit. Quick soaking beans produces good results in a fraction of the time.

Long Soak To each cup of sorted, rinsed beans, add 3 cups of cold water and let soak in a cool place 8 to 10 hours or overnight. Drain and rinse them thoroughly under cold water to remove any of the indigestible sugars.

How To Pressure Cook Beans

Cooked beans taste better if cooked a day ahead. They keep well in the refrigerator for 3 or 4 days and can be stored in the freezer for up to 6 months.

Quick Soak For each cup of sorted, rinsed beans, place 4 cups water and 1 teaspoon salt into the pressure cooker. Add the beans and bring to the boil. Lock the lid in place and bring pressure to the second red ring over high heat. Reduce heat to maintain pressure at the second red ring and cook 2 minutes. Release pressure with the cold-water method and remove the lid. Drain beans and cook as directed in the recipe.

After soaking the dried beans by one of the methods mentioned above, drain and rinse them thoroughly under cold running water to remove any of the indigestible sugars.

Start cooking with fresh water. The beans should always be covered with water, (3 cups for each cup of dried beans that have been soaked) and the pan should not be more than half full, including the addition of liquid.

Vegetable oil can be added to the cooking liquid to help prevent foaming while the beans are being cooked under pressure. Always shake the pressure cooker slightly before opening the lid.

Another way to prevent foaming and tenderize the beans is to add a strip of kombu, a sea vegetable, to the beans to be cooked. Kombu is usually sold in dehydrated strips at the health food stores and should be re-hydrated by rinsing quickly before adding to the pressure cooker. Place the kombu on the top of the beans in the cooking liquid. After cooking with it, it should be discarded. Kombu may also help with digestion and adds valuable nutrients.

Pressure cookers produce dramatic time savings when cooking beans. Most beans can be cooked in 1/3 to 1/2 the time of conventional cooking methods, and flavor is never sacrificed. Exact times are impossible to give because of variables such as the age and dryness of beans, and how they have been stored. The time chart on *page 42* is a good reference for many of the more common beans and some of the rediscovered "heirloom" beans; beans which have been forgotten for some time, and are now being reintroduced to the market.

Let beans cool in the cooking liquid to help them retain their shape and prevent the skins from bursting.

Acidic ingredients such as tomatoes, wine, vinegar, lemon juice and molasses toughen bean skins. Add them only after the beans are tender.

The older the beans, the longer they take to cook. So buy them from a source that has rapid turnover.

If you are cooking a bean which is not listed on the reference chart on *page 42*, try the following: Place the unknown bean in a category most like a bean you are familiar with; for example, compare size, shape and color. Next, cook the bean at the general time given for the bean you are familiar with, using the lower time in the given range. Use the “Touch or Automatic Release Method,” *see page 10* and test for doneness. To test for doneness bite-test a few beans or press them with a fork or spoon against a hard surface to see if they mash easily. For use in salads or for freezing for later use, cook beans until they are firm or slightly undercooked. For beans that will be pureed, cook them until soft. If the beans are too undercooked, bring the pressure cooker back under pressure and cook for 2 to 5 more minutes. Lentils and split peas usually require only 8 to 10 minutes; most other soaked beans are tender in 5 to 15 minutes.

The Natural Release Method is always recommended for beans if you have the time. It allows the beans more time to become flavorful, continues the cooking process beyond the time of cooking at full pressure, and helps them retain their shape. All times on the reference chart are calculated for the Natural Release Method.

Beans should be cooked at the second red ring (15 p.s.i.) with the following exceptions: all lentils, all varieties of split peas, and all varieties of lima beans should be cooked at the first red ring (8 p.s.i.).

When cooking beans, flavorings such as garlic, onion, celery, bay leaf, fresh or dried herbs and spices may be added to the cooking liquid. Unsalted chicken, beef or vegetable broth may be used for all or part of the cooking liquid. A smoked ham hock from your favorite charcuterie is always a welcome addition to a pot of beans. Some of the best bean recipes are ones you develop yourself over time with a little experimenting and experience. Use these guidelines as a starting point and let the creating begin!

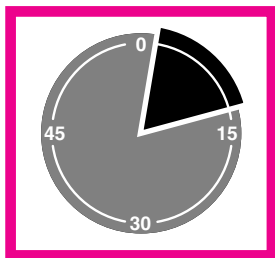
General Guidelines To Preparing Beans

1. Wash, sort and soak beans, *see pages 33 and 34 for soaking methods.*
2. Drain and rinse the soaked beans.
3. In a 4-quart or larger pressure cooker, cover the beans with water and bring to a boil. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at the second red ring. Cook for 5 to 14 minutes. *Refer to Reference Time Charts on pages 42 and 43 for times for the specific type of bean you are cooking.*
4. Remove from heat source and use Natural Release Method, *see page 10.*

Beans can be cooked ahead and refrigerated for up to 4 days, or frozen in a covered plastic container for several months.

For more recipes visit our website at www.kuhnrikon.com

- *For additional flavor cook the beans with a bouquet garni (4 sprigs fresh parsley, 2 bay leaves, 2-4 sprigs fresh thyme bundled together) and a small onion studded with 4 cloves.*
- *Gold Mine Natural Food Co. is an excellent source of high-quality organic and natural foods, grains and beans. Call 1-800-475-FOOD. They also sell the New Ohsawa Pot for cooking rice under pressure.*



Savory Black Beans

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

1. Wash, sort and soak beans, *see pages 33 and 34 for soaking methods.*
2. In a 4-quart or larger pressure cooker, heat bacon over medium high heat.
3. After bacon has released some oil, stir in onion, garlic and jalapeno pepper.
4. Cook until onion softens.
5. Add water and soaked, drained beans. Increase to high heat.
6. Stir in cilantro, ground oregano and pepper.
7. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 to 12 minutes.
8. Remove from heat and use Natural Release Method, *see page 10.*
9. Stir in chopped tomato, lime juice and salt.

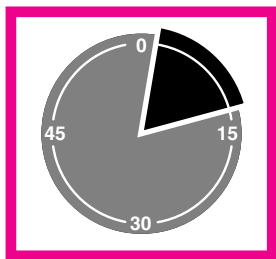
Makes 6 servings

*When working with jalapeno peppers remember to wash your hands immediately after you are through.

Approximate Nutritional Analysis Per Serving:

170 calories / 8g protein / 124g carbohydrates / 5g fat
5g dietary fiber / 5mg cholesterol / 58mg sodium

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



Boston “Baked” Beans

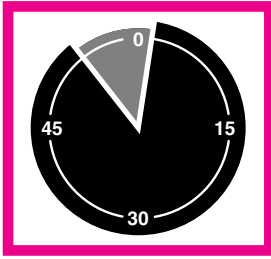
- 1 pound (2 cups) dried small white beans
- 2 bacon slices, chopped
- 2 medium onions, peeled and chopped
- 4 cloves garlic, peeled and minced
- 3 cups chicken broth
- 2 teaspoons dry mustard
- 1/4 teaspoon white pepper
- 1/2 cup molasses
- 1/2 cup ketchup
- 1/4 cup brown sugar

1. Wash, sort and soak beans, *see pages 33 and 34 for soaking methods.*
2. In a 5-quart or larger pressure cooker, fry bacon over high heat, stirring often, until lightly golden.
3. Reduce heat and add onion and garlic, stirring often.
4. Add broth, soaked drained beans, dry mustard and white pepper over high heat. Stir until mixed.
5. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 6 minutes.
6. Remove from heat and use Natural Release Method, *see page 10.*
7. Drain cooking liquid from beans and return them to pressure cooker or a warmed casserole.
8. Add molasses, ketchup and brown sugar. Stir until well mixed and sauce clings to beans.

Makes 8 to 10 servings

Approximate Nutritional Analysis Per Serving:

255 calories / 11g protein / 46g carbohydrates / 4g fat
7g dietary fiber / 3mg cholesterol / 318mg sodium



Easy Cassoulet

- 1 pound (2 cups) dried white beans
- 2 whole chicken breasts, each split into halves
- 1 tablespoon canola oil
- 1 package (8 ounces) brown-&-serve sausage links
- 1 medium onion, peeled and finely chopped
- 1 clove garlic, peeled and minced
- 1 can (14.5 ounces) peeled chopped tomatoes, drained
- 2 tablespoons finely chopped fresh parsley
- $\frac{3}{4}$ cup dry white wine
- $\frac{3}{4}$ cup chicken broth
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{4}$ teaspoon black pepper

1. Prepare beans, *see page 36*.
2. Rub chicken with canola oil.
3. In a 4-quart or larger pressure cooker, brown chicken on both sides.
4. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 6 minutes.
5. Remove from heat and use Touch or Automatic Release Method, *see page 10*.
6. Remove chicken and let cool.
7. Brown sausage according to package directions and let cool.
8. Remove all but 2 tablespoons drippings from pan (or add enough oil to equal 2 tablespoons). Add onion and garlic. Cook until onion softens.
9. Add tomatoes, parsley, wine, broth, dried thyme and pepper. Simmer 5 minutes.
10. Cut chicken into bite-size pieces, discarding skin and bones.
11. Slice sausage into $\frac{1}{4}$ -inch pieces.
12. Place chicken, sausage and cooked drained beans in a 3-quart casserole. Add tomato mixture and mix lightly.
13. Cover and bake at 325° for 30 minutes.
14. Garnish with additional chopped parsley before serving.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

374 calories / 30g protein / 35g carbohydrates / 12g fat
8g dietary fiber / 55mg cholesterol / 662mg sodium

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

Cajun Red Beans & Rice

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

1. Wash, sort and soak beans, *see pages 33 and 34 for soaking methods.*

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

3. Allow ingredients to come to a boil, stirring often.

4. Add ham hock.

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

6. Remove from heat and use Natural Release Method, *see page 10.*

7. Remove ham hock and let cool.

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

9. Remove ham from bone.

10. Add sausage and ham to the bean mixture.

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

12. Remove from heat and use Natural Release Method, *see page 10.*

13. Discard bay leaves.

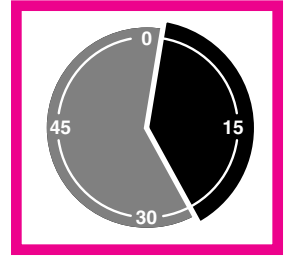
14. Serve over white rice.*

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

300 calories / 19g protein / 37g carbohydrates / 8g fat
5g dietary fiber / 32mg cholesterol / 879mg sodium

*See "Preparing Rice," following page.



Preparing Rice

To make rice for the red beans use 1 1/2 cups of chicken broth or water and 1 cup of white rice. Add 1/4 teaspoon salt and bring to a boil. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 5 to 6 minutes. Remove from heat and use Natural Release Method, see page 10.

- *For complete information on cooking rice, refer to the section “Introduction To Cooking Rice & Grains,” see page 44.*
- *The degree of hotness can be adjusted to your preference. Eliminate or cut down on the amount of cayenne and Tabasco sauce to make this dish less “Cajun.”*
- *Andouille Sausage is a good choice for this recipe. It is a smoked pork sausage which is very popular in Louisiana.*

Reference

In preparing the Bean Time Chart these methods were used:

- Overnight soaking (see pages 33 and 34 for soaking instructions), unless otherwise noted.
- Cooking on the second red ring (15 psi), unless otherwise noted.
- Natural Release Method (see page 10 for release instructions).

Type of Bean	Cooking Time	Notes
Adzuki	5-7 minutes	
Anaszi	4-6 minutes	
Appaloosa	10-12 minutes	
Baby Lima	5-7 minutes	
Black	10-12 minutes	
Black-Eyed Pea	8-10 minutes	no soaking required
Black Runner	see <i>Runner</i>	
Butter	see <i>Lima</i>	
Calypso	5-6 minutes	
Cannellini	6-8 minutes	
Chickpea	10-12 minutes	
Christmas Lima	6-8 minutes	
Cranberry	5-8 minutes	
European Soldier	see <i>Soldier</i>	
Flageolet	10-12 minutes	
Garbanzo	see <i>Chickpea</i>	
Great Northern	6-7 minutes	
Kidney, Red	10-12 minutes	
Kidney, White	see <i>Cannellini</i>	
Lentil, French green	10-14 minutes first red ring only	no soaking required, cover with 2 inches of cooking liquid
Lentil, red	10-14 minutes first red ring only	no soaking required, cover with 2 inches of cooking liquid
Lima, large	3-4 minutes first red ring only	
Navy	6-8 minutes	
Pink	7-8 minutes	
Pinto	10-12 minutes	

Time Charts

Type of Bean	Cooking Time	Notes
Rattlesnake	6-8 minutes	
Red	4-5 minutes	
Red Kidney	<i>see Kidney</i>	
Roman	10-12 minutes	
Runner	9-10 minutes	use additional water when soaking
Scarlet Runner	<i>see Runner</i>	
Snow Cap	12-14 minutes	no soaking required
Soldier	8-10 minutes	no soaking required
Soybean	9-12 minutes	
Spanish Tolosanos	6-8 minutes	
Split Pea	10-13 minutes first red ring only	no soaking required, use additional cooking liquid
Steuben Yellow Eye	12-14 minutes	
Tepary	8-10 minutes	
Tongues of Fire	10-12 minutes	
Turtle	<i>see Black</i>	
White	6-7 minutes	
White Kidney	<i>see Cannellini</i>	
White Runner	<i>see Runner</i>	

In preparing the Rice & Grains Time Chart these methods were used:

- *Cooking on the first red ring (8 psi).*
- *Natural Release Method (see page 10 for release instructions).*

Type of Rice	Amt. of Rice	Amt. of Liquid	Cooking Time
White Long Grain	1 cup	1½ cups	5 minutes
White Basmati	1 cup	1½ cups	5 minutes
Brown Short Grain	1 cup	1½-1¾ cups	20-22 minutes
Brown Long Grain	1 cup	1½ cups	20-22 minutes
Brown Basmati	1 cup	1½ cups	20-22 minutes
Wild Rice	1 cup	3 cups*	22-25 minutes

**After cooking drain off excess liquid*

Rice & Grains

No matter what type of ethnic food store you visit, rice and other hearty grains will be among the fare to choose from. Whether it be an Asian market for “sticky” rice, an Italian market for arborio or a Latin American market for masa harina, every culture has taken rice and grains and adopted them into their diets.

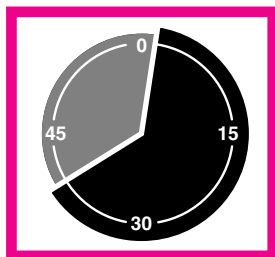
The wheat grain can be traced back as far as 7000 B.C. and rice to 3500 B.C. Grain from prolific grasses, whether it be wheat, rice, barley, oat, rye or millet (to name a few) have sustained civilization and continue to play an invaluable role in feeding the world. Although there are over 7,000 varieties of grains, for practical purposes we will limit our discussion to the more common varieties found in local grocery stores, health, gourmet and ethnic markets.

It is becoming apparent that overrefinement of foods in general leads to a stripping of the healthy nutrients and benefits that give our bodies vitality. The closer we can come to eating food in its least processed state, the better it is for us. Rice and grains are no exception. By trying to simplify our lives we can reach for “fast foods” without realizing the results or consequences. Most “fast foods” are overrefined and over processed leaving empty calories and a lack of dietary fiber. The DUROMATIC pressure cooker can make natural foods easy and quick to prepare, giving you an effective way to supply your body with what it needs in an amount of time your mind can justify.

The grain kernel is made up of four elements – the embryo, endosperm, cellulose layers of bran, and an inedible husk. Although the cellulose layers of bran are indigestible for the most part to the human system, it provides the fiber needed to help your body function with regularity. Pressure cookers can soften this tough outer covering in record time with consistent results. The steaming effect makes the pressure cooking technique the perfect blend of simplicity aided by technology. Because there is no evaporation when pressure cooking, the amount of liquid used is usually less than the amount used for conventional stove top cooking, *see chart page 43*. The penetrating steam also locks in vitamins and nutrients. The natural flavor and texture of whole grains are allowed to come through, giving a satisfying taste treat every time you pressure cook.

Guidelines to help you produce excellent results

- Wait until the cooking liquid is at a complete rolling boil before adding any rice or grains. Stir well before closing the pan.
- Cooking time begins as soon as the first red ring appears on the pressure indicator. **Never** cook rice or grains above the first red ring.
- Always use the Natural Release Method for rice and grains, with two exceptions – risotto and polenta. With risotto and polenta always use the Cold Water Release Method.
- For a comprehensive and thorough look at grain cookery in the pressure cooker, the cookbook *Lorna Sass' Complete Vegetarian Kitchen* (Hearst Books), is recommended.



Rice Pilaf with Nuts

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

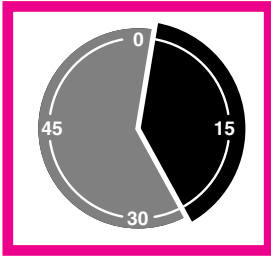
1. In a 2-quart Pressure Frypan or larger pressure cooker, heat butter over medium high heat. Add onion and sauté until translucent.
2. Add wild rice, water and salt, stirring over high heat.
3. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.
4. Remove from heat and use Cold Water Release Method, *see page 10*.
5. Add brown rice, broth, white wine and bay leaf. Stir to mix over high heat.
6. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 20 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.
8. Stir in vegetables and a little liquid if the rice is too dry. Discard bay leaf.
9. Replace cover and cook on low heat for 10 minutes. Do not bring under pressure.
10. Add nuts and parsley and gently toss.

Makes 4 servings

Approximate Nutritional Analysis Per Serving:

272 calories / 6g protein / 36g carbohydrates / 12g fat
4g dietary fiber / 17mg cholesterol / 266mg sodium

- *Wild rice is not really a rice at all. It is a grain and can be presoaked like a bean to shorten cooking time. It is unpredictable, but its flavor and texture are well worth the trouble it takes to learn to cook.*



Cuban Black Beans & Rice

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

1. Wash, sort and soak beans, *see page 33 and 34 for soaking methods.*

2. In a 4-quart or larger pressure cooker, heat olive oil over medium high heat.

3. Add onion and garlic. Cook until onion softens.

4. Add rice over high heat, stirring often, until lightly golden.

5. Add water and soaked, drained beans. Stir in cumin, cayenne, salt and pepper.

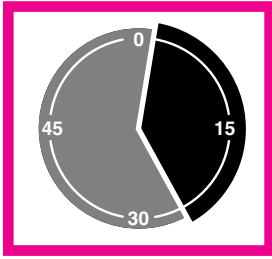
6. Close lid and bring pressure to first ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 to 18 minutes.

7. Remove from heat and use Natural Release Method, *see page 10.*

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

268 calories / 9g protein / 42g carbohydrates / 7g fat
5g dietary fiber / 3mg cholesterol / 375mg sodium



Wild Black-Eyed Pea Blend

- 1 tablespoon olive oil
- 1 medium onion, peeled and chopped
- 1/2 cup pearl barley
- 1/2 pound (1 cup) dried black-eyed peas
- 1/2 cup wild rice
- 1/2 cup dry white wine
- 3 cups chicken broth or water
- 2 teaspoons Herbamare **OR**
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1 teaspoon Worcestershire sauce
- 1 cup chopped vegetables, a mixture of mushrooms, carrots, red or green bell pepper, or squash
- 1/2 cup chopped parsley

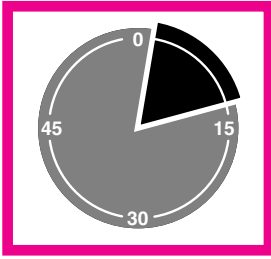
1. In a 5-quart or larger pressure cooker, heat oil over high heat. Add onion and stir until softened.
2. Add pearl barley, black-eyed peas and wild rice. Stir to roast for a few minutes. Add white wine, chicken stock or water.
3. Stir in Herbamare or salt, thyme and Worcestershire sauce.
4. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 20 minutes.
5. Remove from heat and use Natural Release Method, *see page 10*.
6. Check contents, if too dry, add a little more liquid. Add vegetable mixture and parsley, stir and cover. Let sit covered for 3 to 5 minutes.

Makes 6 servings

Approximate Nutritional Analysis Per Serving:

267 calories / 13g protein / 43g carbohydrates / 4g fat
7g dietary fiber / 1mg cholesterol / 782mg sodium

- *For a variation of this dish, you can add a link of sausage or ground beef when sautéing the onion to create a one dish meal.*



Polenta & Swiss Chard

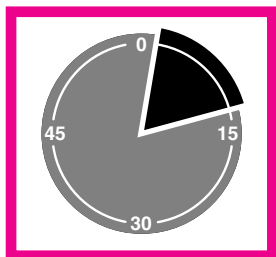
- 2 tablespoons butter
- 1 medium onion, peeled and chopped
- 3 cups water
- 1/2 teaspoon salt
- 1 cup polenta
- 5 stalks Swiss chard, leafy greens coarsely chopped, stalks diced
- 1/2 cup grated Parmesan cheese
- 2-3 tablespoons tomato paste
- 1/2 cup grated Gruyere cheese

1. In a 2-quart Pressure Frypan heat butter over medium high heat and sauté onion until transparent.
2. Add water and salt, bring to a boil.
3. Add polenta, stir well.
4. Add Swiss chard, stirring continuously.
5. When contents boils, close lid and reduce heat. If pressure does not immediately begin to rise, uncover and try again.
6. Bring pressure to first red ring over medium heat. Adjust heat to stabilize pressure at first red ring. Cook for 9 minutes.
7. Remove from heat and use Cold Water Release Method, *see page 10*.
8. Transfer polenta to an ovenproof serving dish.
9. Stir in grated Parmesan cheese.
10. Evenly spread tomato paste over the top of the cooked polenta.
11. Sprinkle with Gruyere cheese and bake in a 375 degree oven until cheese is melted.
12. Let stand 2 minutes before serving.

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

224 calories / 9g protein / 26g carbohydrates / 10g fat
1g dietary fiber / 26mg cholesterol / 510mg sodium



Risotto Ai Funghi

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

1. In a 2-quart Pressure Frypan or larger pressure cooker, heat olive oil over medium high heat. Add onion and sauté until translucent.
2. Add rice, stirring often, until lightly golden.
3. Add mushrooms, stir to mix.
4. Add wine, stir to mix. Add tomatoes and broth. Increase heat to high.
5. Stir in fresh herb of choice. Continue to stir until mixture comes to a boil.
6. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.
7. Remove from heat and use Cold Water Release Method, *see page 10*.
8. Stir in Parmesan cheese.

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

196 calories / 6g protein / 31g carbohydrates / 4g fat
1g dietary fiber / 3mg cholesterol / 365mg sodium

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

Introduction
To Cooking

Beef, Pork & Poultry

Cooking beef, pork and poultry in the pressure cooker can give extraordinary results quickly. All the comfort foods which usually take hours to cook come alive with new vitality as you prepare old favorites with the convenience of modern techniques.

With just a few simple guidelines the DUROMATIC pressure cooker can transform ordinary cuts of meat into hearty, tender dishes everyone will enjoy. Some of the more economical types of meat, cuts from the beef shoulder or round, are often overlooked because of the time consuming preparation methods associated with them. The pressure cooker can reduce cooking time by two-thirds, giving you a way to save time as well as money.

With the new dieting trend toward excluding fat from meals whenever possible, these economical cuts of beef are ideal. They do not contain as much fat, especially saturated fat. There are three grades of beef commonly known to the consumer – prime, choice and select (formerly known as good). Prime beef is popular for its *marbled* texture-flecks of fat within the lean muscle meat. By forgoing this fat you can expect to give up a little of the tenderness associated with the prime label. According to the National Livestock and Meat Board, “Of the three grades, select has the least amount of fat marbling. It provides fewer calories than prime or choice grades, but it may not be as tender, juicy or flavorful.” With the DUROMATIC pressure cooker these lean cuts can taste just as good as more expensive beef without having all the extra calories involved.

General Timing Information for Cooking Meat:

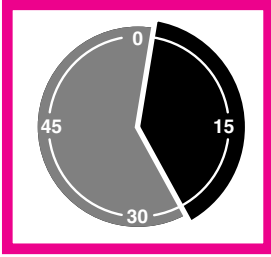
Beef	Pork	Lamb	Veal
<i>12-15 mins. per inch</i>	<i>15 mins. per inch</i>	<i>10 mins. per inch</i>	<i>8 mins. per inch</i>
Oxtail (for stocks)	Hocks	Neck	Breast
Short ribs	Shoulder	Shanks	Rump
Stewing beef	Riblets	Riblets	Steak
Blade roast	Chops	Shoulder	Shoulder
Chuck roast			Stew
Flank steak			
Corned beef			
Shanks			
<i>20 mins. per inch</i>			
<i>Brisket</i>			

The moist heat of cooking with pressure is the reason pressure cooking is a natural compliment to beef, pork and poultry – tenderizing as it penetrates the meat with moisture. Poaching, braising and stewing are all effective methods for the pressure cooker; with substantially less liquid needed because little or none is lost during cooking.

The amount of cooking time will vary depending on the size, thickness, bone content, as well as the shape and overall quality. Larger pieces of beef will take the longest to cook, such as pot roasts. Stewing type beef cut into smaller chunks will take less time and should be cooked accordingly. If meat has been sliced thinly it will take a shorter time to cook, but this is not suggested for very lean beef. The most tender cuts of beef, chicken and pork are quickly prepared in the pressure cooker and care should be taken not to overcook them. Let the temperature rise slowly for recipes with shorter cooking times, and cook at the first red ring. This is especially important if the meat cooks in its own juices or with very little liquid.

Natural juices need to be sealed in by browning, and the naturally sealed in moistness will produce tender results every time. It is a good idea to brown beef prior to cooking in the pressure cooker, although not essential. Chicken and pork can be cooked without browning, which is helpful when counting calories. The Pressure Frypan is the perfect tool for browning because of its waffle-textured bottom, but it can be done in the other size pressure cookers with some care.

When browning, start with one to two tablespoons of hot oil. Be sure to brown all sides thoroughly, and do not overcrowd the pan if browning small pieces. The meat can be dredged in flour before browning if desired. This will always give a richer, more robust flavor.



Beef in Beer

- 1 pound beef top round or flank steak, pounded into thin 3x4 inch pieces
- 2 tablespoons Dijon-style mustard
- Salt and freshly ground pepper to taste
- 1 teaspoon paprika
- 2 tablespoons olive oil
- 1 12-ounce bottle dark beer
- 2 tablespoons flour
- 1 tablespoon tomato paste
- 1 cup beef broth
- 1 medium onion, peeled and chopped
- 2 carrots, peeled and sliced
- 1 leek stalk, white part only, sliced

1. Mix mustard, salt, pepper and paprika together and spread both sides of each piece of beef with mixture.*
2. In a 2-quart Pressure Frypan, heat 1 tablespoon oil.
3. Brown each piece of beef over high heat. Remove and set aside. Add more oil as needed until each piece is browned.
4. Add a small amount of the beer to pan and stir to loosen any brown bits that may be sticking. Stir in flour and tomato paste, adding beer to make paste-like consistency.
5. Place beef back in pan on top of the paste mixture. Add onion, carrots, leek, remaining beer and broth.
6. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.
8. Remove beef. Puree vegetables in a food processor, blender or mill. Adjust seasoning.
9. Arrange beef on a warm platter and cover with pureed vegetable sauce.

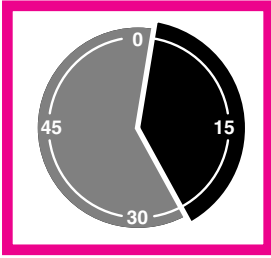
Makes 4 to 6 servings

*At this point the beef can be marinated for 15 minutes to 2 hours in the refrigerator, covered.

Approximate Nutritional Analysis Per Serving:

226 calories / 19g protein / 13g carbohydrates / 9g fat
2g dietary fiber / 44mg cholesterol / 348mg sodium

- *The sauce is also good served over vegetables and mashed potatoes.*



Beef Stew with Orange & Rosemary

- 2 tablespoons olive oil
- 1½ pounds lean beef stew meat, cut into 1-inch cubes
- 1 medium onion, peeled and finely chopped
- 1 clove garlic, peeled and minced
- ½ cup beef broth
- ½ cup dry red wine
- 2 tablespoons tomato paste
- 3 sprigs fresh rosemary, each about 2 inches long **OR**
- ½ teaspoon dried rosemary leaves, crushed
- 4 strips orange peel, each about 2 inches long **OR**
- 1 teaspoon finely grated orange peel
- 1 herb bouquet (thyme, parsley and bay leaf, tied in cheesecloth)
- ¼ teaspoon black pepper

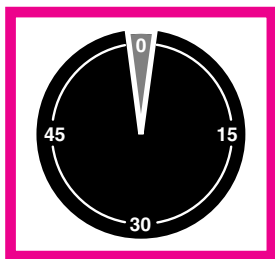
1. In a 5-quart or larger pressure cooker, heat 1 tablespoon olive oil over high heat.
2. Add half the beef and cook until well browned on all sides.
3. Remove beef with a slotted spoon and set aside.
4. Heat the remaining oil and brown the remaining beef. Remove and set aside.
5. Reduce heat and add onion, garlic and 2 tablespoons of the broth.
6. Cook, stirring, about 1 minute.
7. Add remaining broth, wine, tomato paste, rosemary, orange peel, herb bouquet and black pepper.
8. Stir well to dissolve tomato paste.
9. Add beef. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 15 minutes.
10. Remove from heat and use Natural Release Method, *see page 10*.
11. Remove rosemary sprigs, orange peel strips and herb bouquet.
12. Serve immediately or freeze for later use.

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

241 calories / 23g protein / 5g carbohydrates / 13g fat
1g dietary fiber / 74mg cholesterol / 199mg sodium

- *Fresh herbs and orange flavoring make this quick, savory stew equally appropriate for everyday meals or casual entertaining.*



Barbecued Pot Roast

- 1 3-4 pound boneless chuck roast
- 2 cloves garlic, crushed
- 1 tablespoon oil
- 1 small onion, peeled and chopped
- 1/2 cup beef broth
- 1 can (4 ounce) tomato paste
- 1/2 cup water
- 2 tablespoons brown sugar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon sweet paprika
- 1/4 cup lemon juice
- 1/4 cup cider vinegar
- 1 tablespoon Worcestershire sauce
- chopped parsley (optional)

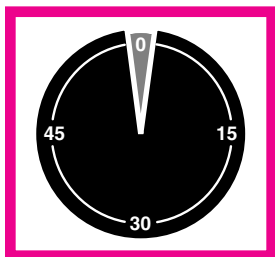
1. Rub the meat well with the crushed garlic, using one clove for each side.
2. In a 5-quart or larger pressure cooker, brown roast well on all sides over medium-high heat. If it begins to smoke, reduce heat to prevent burning. Remove roast and set aside.
3. Add oil and onion and cook until softened.
4. Add beef broth, tomato paste, water, brown sugar, dry mustard, paprika, lemon juice, cider vinegar and Worcestershire sauce.
5. Scrape bottom of cooker to remove any remaining bits of meat left over from browning. Stir well until all ingredients have dissolved and contents are boiling.
6. Return roast to pressure cooker and turn to coat with sauce.
7. Close lid and bring pressure to second red ring over medium-high heat. Adjust heat to stabilize pressure at second red ring. Cook for 1 hour.
8. Remove from heat and use Natural Release Method, *see page 10*.
9. Slice the meat and arrange on a serving platter, spooning some of the sauce over and sprinkling with parsley.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

310 calories / 34g protein / 10g carbohydrates / 15g fat
1g dietary fiber / 111mg cholesterol / 326mg sodium

- *Best served with our Garlic Mashed Potatoes on page 28.*
- *This recipe would take over 3 hours in the oven!*



Corned Beef with Vegetables

- 1 corned beef brisket, about 2½ to 3 pounds, trimmed of excess fat and rinsed
- 4 cups water
- 1 medium onion, peeled, halved and stuck with 4 whole cloves
- 2 ribs celery, cut into thirds
- 4 sprigs parsley
- ½ teaspoon whole black peppercorns
- 2 bay leaves
- 1 medium head green cabbage, cut into 6 wedges and partially cored (leave enough to retain shape)
- 6 small red potatoes
- 6 medium carrots, peeled and cut into thirds

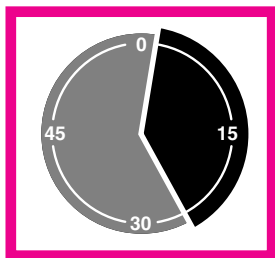
1. Place brisket in a 5-quart or larger pressure cooker. Add water and bring to a boil over high heat. Skim foam from surface.
2. Add onion, celery, parsley, peppercorns and bay leaves. **Do not fill over 2/3 full – corned beef will expand during cooking.** If necessary, remove some water.
3. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 1 hour.
4. Remove from heat and use Cold Water Release Method, *see page 10*. Remove brisket and vegetables.
5. Add cabbage, potatoes and carrots to broth.
6. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 to 7 minutes.
7. Remove from heat and use Cold Water Release Method, *see page 10*.
8. Cut brisket across the grain into thin slices and arrange down the center of a warm platter. Using a slotted spoon, remove vegetables from pressure cooker and place around corned beef. Spoon a few tablespoons of broth over the corned beef.
9. Serve with horseradish or mustard sauce.

Makes 6 servings

Approximate Nutritional Analysis Per Serving:

530 calories / 30g protein / 44g carbohydrates / 27g fat
11g dietary fiber / 130mg cholesterol / 1598mg sodium

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



Zippy Meatloaf

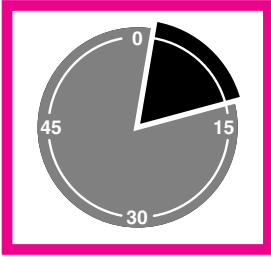
- 1 teaspoon salt
- 1½ teaspoon pepper
- ¾ cup oatmeal
- 1 tablespoon Worcestershire sauce
- 2 tablespoons parsley, finely chopped
- 1 medium onion, peeled and finely chopped
- 2 ribs celery, finely chopped
- 2 cloves garlic, peeled and minced
- ½ medium bell pepper, stemmed, cored and seeded, finely chopped
- 1 pound ground sirloin **OR**
- ½ pound ground sirloin and ½ pound ground pork
- 1 tablespoon oil
- 3 tablespoons ketchup
- 1 can (8-ounce) tomato sauce

1. In a large bowl mix together salt, pepper, oatmeal and Worcestershire sauce.
2. Mix in parsley, onion, celery, garlic and bell pepper.
3. Add meat and mix well.
4. Roll mixture onto counter and shape into a loaf.
5. Wrap in wax paper and chill in freezer for 30 minutes or in refrigerator for 2 hours.
6. In a 2.5-quart Pressure Frypan or Braiser, heat oil over high heat. Brown the loaf on one side, then turn.
7. Add tomato sauce and spread ketchup over the top of the meat loaf.
8. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 20 to 25 minutes.
9. Remove from heat and use Natural Release Method, *see page 10*.
10. Serve in slices with sauce over the top.

Makes 4 servings

Approximate Nutritional Analysis Per Serving:

311 calories / 29g protein / 24g carbohydrates / 11g fat
4g dietary fiber / 76mg cholesterol / 973mg sodium



Swiss Style Pork Chops

- 2 tablespoons mustard
- 3 center-cut pork chops, about 1½ pounds
- 3 tablespoons corn or canola oil

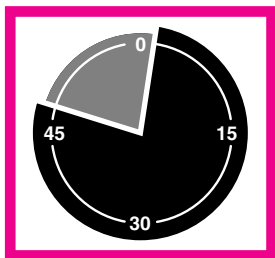
1. Spread both sides of each pork chop with mustard.
2. In a 2-quart Pressure Frypan or larger pressure cooker, heat oil over high heat.
3. Add pork chops and cook until browned on one side. Use a splatter screen or conventional lid to cover pork chops while browning.
4. Turn pork chops.
5. Close lid and bring pressure to first red ring over high heat.* Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.
6. Remove from heat and use Touch or Automatic Release Method, *see page 10*.
7. Place pork chops on paper towels to absorb extra oil.

Makes 3 servings

* If pressure does not immediately begin to rise, uncover and try again or add 1/4 cup water.

Approximate Nutritional Analysis Per Serving:

390 calories / 39g protein / 1g carbohydrates / 25g fat
.1g dietary fiber / 109mg cholesterol / 203mg sodium



Pork with Rosemary & Apples

- 1 3½ pound pork shoulder roast*
- 3 tablespoons Dijon mustard
- 1 tablespoon olive oil
- ½ cup dry white wine
- 2 tart apples, peeled and quartered
- 5 cloves garlic, peeled
- Salt and freshly ground pepper to taste
- 3 sprigs fresh rosemary
- Additional fresh rosemary for garnish

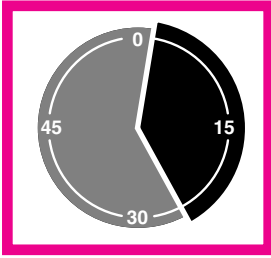
*Pork roast should be at room temperature. If not, cut in half to avoid lengthening cooking time and to achieve even cooking throughout.

1. Spread the pork roast with the mustard.
2. In a 5-quart or larger pressure cooker, brown roast well on all sides in oil over medium-high heat. If it begins to smoke, reduce heat to prevent burning. Remove roast and set aside.
3. Pour out excess fat and deglaze cooker with wine, scraping up brown bits of meat.
4. Add apple, garlic, salt and pepper. Replace roast on top of apples and scatter rosemary.
5. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 35 to 40 minutes.
6. Remove from heat and use Natural Release Method, *see page 10*.
7. Open cooker and test roast for doneness, 150° - 160° on a meat thermometer. If roast is not yet done, close cooker and cook an additional 3-5 minutes until meat tests at 160°. Pork is best when moist. 160° insures that meat is safe to serve.
8. Remove roast and puree the apples and garlic with a hand blender or transfer solids to a blender or food processor to puree. Gently ladle sauce onto individual plates. Slice roast and place one slice on sauce on plates and garnish with additional fresh rosemary.

Makes 6 servings

Approximate Nutritional Analysis Per Serving:

471 calories / 52g protein / 8g carbohydrates / 24g fat
1g dietary fiber / 179mg cholesterol / 386mg sodium



North African Lamb Stew

- 1 tablespoon olive oil
- 2 pounds boneless lamb shoulder, cut into 1-inch cubes
- 1 large onion, peeled and finely chopped
- 2 cloves garlic, peeled and minced
- 1 cup dried apricots, halved
- $\frac{1}{3}$ cup raisins
- $\frac{1}{2}$ cup blanched whole almonds
- 1 tablespoon minced fresh ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- Salt and freshly ground pepper to taste
- $\frac{3}{4}$ cup red wine
- $\frac{1}{4}$ cup fresh orange juice
- $\frac{1}{3}$ cup packed fresh mint leaves
- Additional fresh mint leaves for garnish

1. In a 2.5-quart Pressure Frypan or larger pressure cooker, heat olive oil over medium-high heat.

2. Add lamb cubes in batches to avoid overcrowding and cook until well browned on all sides, about 5 minutes per batch.

3. Remove lamb with a slotted spoon and set aside.

4. Add onion and garlic to heated fat. Sauté to soften slightly, 2 to 3 minutes.

5. Return lamb to Frypan and stir in remaining ingredients. Stir slightly while mixture comes to a boil to avoid scorching.

6. Close lid and bring pressure to second red ring over medium-high heat. Adjust heat to stabilize pressure at second red ring. Cook for 15-20 minutes.

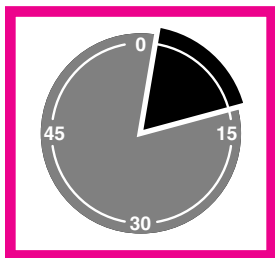
7. Remove from heat and use Natural Release Method, *see page 10*.

8. Garnish with mint leaves and serve with rice.

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

778 calories / 45g protein / 45g carbohydrates / 45g fat
5g dietary fiber / 158mg cholesterol / 115mg sodium



Curried Chicken & Lentil Salad

- 1 teaspoon vegetable oil
- 3 chicken breasts with bone, skin removed
- 1 cup dried lentils
- 2 cups water
- 1 teaspoon curry powder
- 2 cups grapes, cut into halves
- 1 cup cashews
- 2 ribs celery, cut into 1/4-inch slices

Dressing:

- 1 cup plain low-fat yogurt
- 1 1/2 teaspoons curry powder

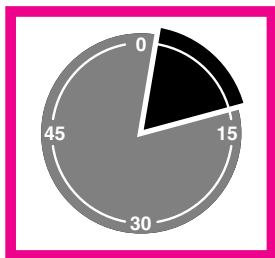
1. In a 2.5-quart Pressure Frypan or larger pressure cooker, heat vegetable oil over high heat.
2. Add chicken and cook until browned on both sides.
3. Add lentils, water and curry powder. Bring to a boil, stirring occasionally.
4. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 8 minutes.
5. Remove from heat and use Natural Release Method, *see page 10*.
6. Remove chicken. When cool enough to handle, carve meat off the bone and cut chicken into bite-size pieces.
7. Let lentils and chicken pieces cool completely. Mix with grapes, cashews and celery.
8. Mix yogurt and curry powder until well blended.
9. Serve salad on a bed of lettuce. Pass dressing separately.

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

386 calories / 29g protein / 38g carbohydrates / 15g fat
12g dietary fiber / 39mg cholesterol / 81mg sodium

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



Italian Chicken with Pepper

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

1. In a 2.5-quart Pressure Frypan or larger pressure cooker, heat oil over high heat.
2. Add chicken and cook until browned on all sides. Remove from pan and set aside.
3. Add onion, green bell pepper and garlic. Cook until softened.
4. Add red wine vinegar to pan and stir to loosen any brown bits that may be sticking.
5. Add chicken, tomatoes, basil, red pepper flakes, salt and pepper.
6. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 10 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.
8. Arrange chicken on a warm platter and cover with vegetables and sauce.

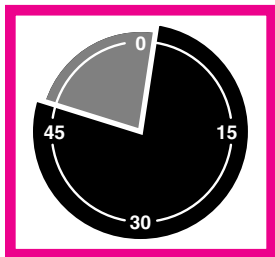
Makes 4 servings

Recipe provided by Bobbie Corwick.

Approximate Nutritional Analysis Per Serving:

286 calories / 39g protein / 11g carbohydrates / 9g fat
2g dietary fiber / 121mg cholesterol / 330mg sodium

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



Poulet Cocotte Grandmere

- 1 whole 3-3½ pound chicken
- 1 lemon, sliced in 5-6 pieces
- 1 medium onion, peeled and thickly sliced
- 1+ tablespoons olive oil
- ½ cup dry red wine
- 2 ribs celery, coarsely chopped
- 2 carrots, coarsely chopped
- 5 cloves garlic, peeled
- Salt and freshly ground pepper to taste
- Several sprigs fresh rosemary

To finish the dish:

- 1 bag (1lb) peeled “baby” carrots
- 8 small red potatoes, halved
- 6 small shallots, peeled and trimmed

■ *For a variation of this dish, you can add ¼ cup flaming brandy, poured over sauce at end.*

1. Rinse and dry chicken. Place lemon and half the onion in chicken cavity. Truss chicken.

2. In a 4-quart or larger pressure cooker, heat oil over medium-high heat.

3. Add chicken and turn until browned on all sides. If it begins to smoke, reduce heat to prevent burning. When browned remove from pan and set aside.

4. Discard excess oil and add wine, stirring to loosen any brown bits that may be sticking.

5. Add a bit more oil and celery, carrots and garlic. Place chicken on top of vegetables and sprinkle with salt, pepper and the rosemary.

6. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes per pound.

7. Remove from heat and use Touch or Automatic Release Method, *see page 10*.

8. Remove chicken and place on warm platter to carve. Remove rosemary stems from sauce. Using a fat skimmer, remove excess grease from cooking liquid. Puree vegetables with resulting broth with a hand blender to make sauce.

9. To finish, add carrots, potatoes and shallots to sauce in cooker.

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

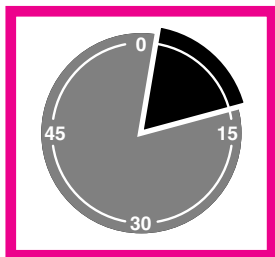
11. Remove from heat and use Natural Release Method, *see page 10*.

12. Reduce sauce to thicken if necessary. Return carved chicken pieces to cooker to warm slightly or spoon sauce directly over chicken to serve.

Makes 3 to 4 servings

Approximate Nutritional Analysis Per Serving:

860 calories / 69g protein / 62g carbohydrates / 35g fat
9g dietary fiber / 200mg cholesterol / 275mg sodium



Light “Fried” Drumsticks

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

1. Combine flour or bread crumbs, salt and pepper in a paper or plastic bag. Add chicken and shake until well coated with mixture.
2. In a 2-quart Pressure Frypan, heat oil over high heat.
3. Add chicken pieces and cook until browned on one side. Use a splatter screen or conventional lid to cover chicken while browning.
4. Turn chicken pieces.
5. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 8 minutes.
6. Remove from heat and use Touch or Automatic Release Method, *see page 10*.
7. Place chicken on paper towels to absorb extra oil.
8. Wash gasket and lid immediately with soap and hot water.

Makes 2 to 3 servings

Approximate Nutritional Analysis Per Serving:

312 calories / 28g protein / 16g carbohydrates / 15g fat
1g dietary fiber / 80mg cholesterol / 74mg sodium

WARNING: Do not attempt to broast (deep fry in oil) with KUHN RIKON pressure cookers. NEVER use more than a 1/4 cup of oil in the pressure cooker when preparing food.

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

Stocks & Soups

Making stock is so simple, and such an important part of great soups, sauces and gravies.

Why make your own stock when the grocery store shelves overflow with convenient substitutes? Many people feel the only way to make a good soup is to start with the freshest and most natural ingredients. When you take the care to make your own stocks, you will know just how much salt was added (or not added) and you can remove much of the fat. The pressure cooker is the ideal tool for preparing stocks, turning a venture which used to take hours into one which takes minutes.

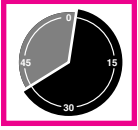
There are some very simple guidelines for preparing stocks. You need a meat source (unless you are making a vegetable stock), aromatic vegetables and herbs. The meat source for a stock can be the trimmings and bones from beef, pork (uncured), veal, lamb, fowl or fish. Because the temperatures reach above the boiling point in a pressure cooker, the connective tissue, or collagen, is converted into gelatin quicker due to the high temperatures. No longer will it be necessary to simmer a pot of ingredients on the back burner of the stove for hours. Beef bones can also be oven-browned before starting if a deep, rich brown color is desired for the stock. Any inexpensive cut of beef along with a beef shank cut crosswise or a piece of short ribs will produce favorable results. For a chicken stock it is wise to save otherwise unusable parts (backs, necks and feet) in the freezer to have on hand. When making a fish stock the head works well, along with the carcass of any non-oily

(white-fleshed) fish. Ingredients for a vegetable stock are many and usually whatever is on hand in a vegetable lover's refrigerator will work nicely. Aromatic vegetables are required for a good blend of flavors in a sturdy stock. Combine them to create a nice balance of sweet and sour flavors, with carrots, celery, leeks and onions being standards in most recipes. Vegetables to use sparingly for an all-purpose stock, due to their strong and sometimes bitter flavors, are members of the cabbage family (cabbage, cauliflower, broccoli, collards, kohlrabi, Brussels sprouts and turnips). Also avoid adding eggplants, potatoes, tomatoes and beets to stocks.

Herbs and spices are a subtle, yet key ingredient to a well defined stock. Whole spices should be used. Peppercorns, allspice, cinnamon sticks, coriander, celery seed, cloves and bay leaves are examples of whole spices to employ when creating your stock. If using powdered herbs and spices do so sparingly, and remember the flavors will become enhanced as the stock ages. Salt is also important to help extract all the flavor out of the meat and vegetables. Even if you don't add enough salt to be detected by the palate, a small amount will help extract flavors from the other ingredients.

*Guidelines to
help you produce
excellent results*

- Start any type of stock with cold, clean water and the ingredients at the same time. Do not add ingredients after the water has become hot – it will hinder the extraction of flavor.
- The pressure cooker should not be filled more than half full when cooking soup – especially when cooking split peas, beans, barley, oats or any other food which expands or foams.
- Do not allow pressure indicator to rise above first red ring. Keep in this position during cooking process.
- When cooking soups with vegetables that require different lengths of cooking time, take the vegetables with the longest cooking time as a basic guide. Or, chop them into smaller pieces than those which require less time.



Beef Stock

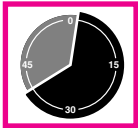
- 1 pound lean beef
Beef bones (1 beef shank cut cross-wise or a piece of short ribs)
- 2 onions, peeled
- 2 carrots, coarsely chopped
- 2-4 ribs celery with leaves, coarsely chopped
- 1/2 bunch fresh parsley
- 1 bay leaf
- 4 whole cloves
- 10 peppercorns
- Salt to taste
- 8 cups water

1. Place all ingredients in a 5-quart or larger pressure cooker. Bring stock to a boil and skim off any froth which rises to the top.
2. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 45 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Strain stock and allow to cool. Refrigerate. Scrape off fat covering the top of stock. Will keep up to 4 days refrigerated, or freeze for later use.

Makes 8 cups

Approximate Nutritional Analysis Per Cup:

17 calories / 2g protein / 1g carbohydrates / 1g fat
.2g dietary fiber / 5mg cholesterol / 18mg sodium



Chicken Stock

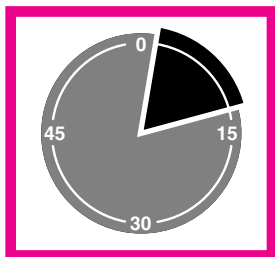
- 2-2½ pounds chicken parts (backs, necks or feet)
- 2 onions, peeled
- 2 carrots, coarsely chopped
- 2-4 ribs celery with leaves, coarsely chopped
- 1/2 bunch fresh parsley
- 1 bay leaf
- 10 peppercorns
- Salt to taste
- 8 cups water

1. Place all ingredients in a 5-quart or larger pressure cooker. Bring stock to a boil.
2. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 30 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Strain stock and allow to cool. Refrigerate. Scrape off any fat covering the top of stock. Will keep up to 4 days refrigerated, or freeze for later use.

Makes 8 cups

Approximate Nutritional Analysis Per Cup:

12 calories / 1g protein / 1g carbohydrates / .2g fat
.2g dietary fiber / 3mg cholesterol / 18mg sodium



Fish Stock

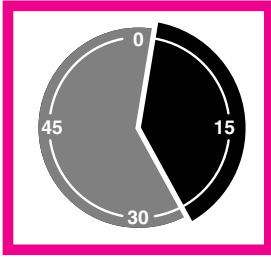
- 2 pounds fish heads (gills removed), bones and tails
- 2 onions, peeled
- 1 carrot, coarsely chopped
- 2 leeks, coarsely chopped
- ½ bunch fresh parsley
- 1 bunch chives
- 10 peppercorns
- 1 bay leaf
- Salt to taste
- 7 cups water
- 1 cup white wine

- 1.** Place all ingredients in a 5-quart or larger pressure cooker. Bring stock to a boil.
- 2.** Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 10 minutes.
- 3.** Remove from heat and use Natural Release Method, *see page 10*.
- 4.** Strain stock and allow to cool. Refrigerate. Will keep up to 4 days refrigerated, or freeze for later use.

Makes 8 cups

Approximate Nutritional Analysis Per Cup:

9 calories / 1g protein / 0g carbohydrates / 0g fat
0g dietary fiber / 0mg cholesterol / 12mg sodium



Curried Winter Squash Soup

2 small butternut or acorn squash, halved and seeded

1/2 cup water

1 medium onion, peeled and chopped

3 ribs celery, peeled and chopped

3 small carrots, peeled and chopped

1-1 1/2 tablespoons mild curry paste

2-3 cups chicken stock

tart apples, i.e. Granny Smith, sliced

Oil

Butter

Plain yogurt

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

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

3. Remove from heat and use Natural Release Method, *see page 10*.

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

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

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

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

8. Remove from heat and use Natural Release Method, *see page 10*.

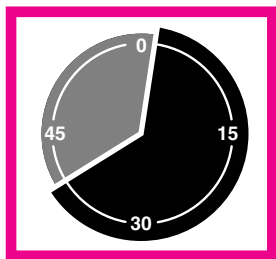
9. Puree the soup in the pressure cooker using a hand blender. Add additional stock if a thinner consistency is desired.

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

Makes 4 to 6 servings

Approximate Nutritional Analysis* Per Serving:
79 calories / 2g protein / 19g carbohydrates / 1g fat
4g dietary fiber / 1mg cholesterol / 41mg sodium

*without apples



Bean, Barley & Mushroom Soup

1/2 pound (1 cup) dried lima beans

1/4 cup pearl barley

2 large onions, peeled and chopped

2 ribs celery, chopped

1 carrot, peeled and chopped

2 tablespoons parsley, chopped

8 cups soup stock

1/2 pound fresh mushrooms, sliced

Salt and freshly ground pepper to taste

1. Wash, sort and soak beans, *see pages 33 and 34 for soaking methods.*

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

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

4. Remove from heat and use Cold Water Release Method, *see page 10.*

5. Add mushrooms, salt and pepper.

6. Close lid and let stand for 10 minutes. Correct seasoning.

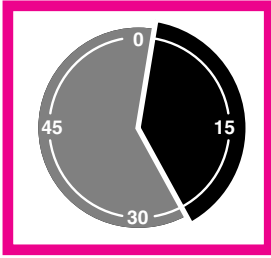
Makes 8 to 10 servings

This recipe was originally created for conventional stove top cooking taking 2 1/2 hours. It is adapted from a recipe in *Boutique Bean Pot*, Copyright 1992 by Kathleen Mayes and Sandra Gottfried. By permission of Woodbridge Press, Santa Barbara, California 93160.

Approximate Nutritional Analysis Per Serving:

133 calories / 7g protein / 25g carbohydrates / 1g fat
7g dietary fiber / 4mg cholesterol / 28mg sodium

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



Banana Squash & Potato Soup

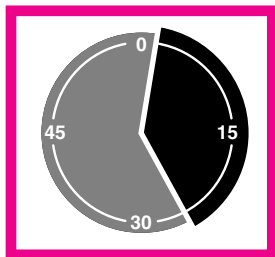
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 medium onion, peeled and chopped
- 2 ribs celery, sliced
- 2 leeks, white portion only, sliced
- 5 large garlic cloves, peeled and minced
- 1 tablespoon brown sugar, firmly packed
- 2 tablespoons fresh thyme leaves, minced
- 1 tablespoon fresh sage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

1. In a 5-quart or larger pressure cooker, heat butter and olive oil over medium high heat.
2. Add onion, celery, leeks and garlic. Stir to mix.
3. Add brown sugar, thyme and sage. Stir to mix.
4. Add bay leaf, banana squash, potatoes and 3 cups of stock.
5. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 12 minutes.
6. Remove from heat and use Natural Release Method, *see page 10*.
7. Discard bay leaf and add nutmeg, salt and pepper.
8. Puree mixture in a food processor, blender or mill.
9. Return pureed soup to pan and add remaining stock and buttermilk. Mix well and heat without boiling.
10. Serve in bowls and sprinkle with chives or parsley.

Makes 9 servings

Approximate Nutritional Analysis Per Serving:

170 calories / 4g protein / 27g carbohydrates / 6g fat
4g dietary fiber / 8mg cholesterol / 67mg sodium



Split Pea Soup

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

1. In a 5-quart or larger pressure cooker, heat bacon over medium high heat.
2. After bacon has released some oil, stir in onion. Cook until transparent.
3. Add carrots, potato, split peas and stock. Stir to mix.
4. Add garlic, bay leaf, salt and pepper. Continue to stir until mixture comes to a boil.
5. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 minutes.
6. Remove from heat and use Natural Release Method, *see page 10*.
7. Serve in bowls and sprinkle with parsley.

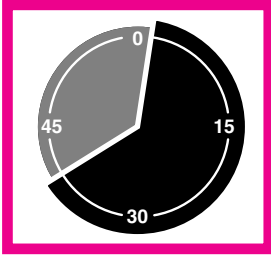
Makes 4 to 6 servings

WARNING: When cooking split peas or lentils NEVER fill a pressure cooker more than half full.

Approximate Nutritional Analysis Per Serving:

280 calories / 12g protein / 34g carbohydrates / 12g fat
11g dietary fiber / 13mg cholesterol / 147mg sodium

- *For further flavoring add ham bones or hocks during cooking time.*



Chicken Cucumber Soup

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

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

2. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 30 to 35 minutes.

3. Remove from heat and use Natural Release Method, *see page 10*.

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

5. Puree vegetables in a food processor, blender or mill.

6. Return mixture to pan and stir in sour cream.

7. Add meat and reheat.

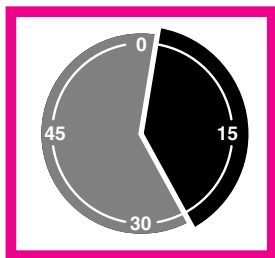
8. Serve in bowls and garnish with dill.

Makes 8 to 10 servings

Approximate Nutritional Analysis Per Serving:

152 calories / 13g protein / 14g carbohydrates / 5g fat
2g dietary fiber / 41mg cholesterol / 82mg sodium

- *This soup can be prepared up to two days in advance.*



Minestrone Ticinese

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

1. In a 5-quart or larger pressure cooker, heat bacon over medium high heat.
2. After bacon has released some oil, stir in onion. Cook until transparent.
3. Add garlic, carrots, leeks, cabbage, celery, tomatoes, rosemary, parsley, oregano, beef shank, stock, salt and pepper. Stir to mix.
4. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 15 minutes.
5. Remove from heat and use Touch Release Method, *see page 10*.
6. Remove beef shank. When cool enough to handle, carve meat off bone and cut beef into bite-size pieces. Return beef to soup.
7. Add macaroni and rice.
8. Close lid and bring pressure to first red ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.
9. Remove from heat and use Natural Release Method, *see page 10*.
10. Serve in bowls and garnish with Parmesan cheese.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:
278 calories / 20g protein / 32g carbohydrates / 8g fat
5g dietary fiber / 39mg cholesterol / 210mg sodium

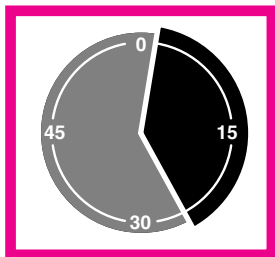
Desserts

A balanced diet calls for an occasional splurge.

Pressure cookers are great for creating “comfort” desserts quickly without much fuss. Creamy custards, puddings, compotes and cheesecakes can all be cooked in the pressure cooker. The oven will never have to be turned on, which is a bonus on hot summer days.

The trivet that may have come with your pressure cooker comes in particularly handy when preparing these dessert recipes.

It is also important to have a pudding mold or springform pan that fits correctly in your pressure cooker allowing enough room to place it in and lift it out safely.



Apricot Chocolate Bread Pudding

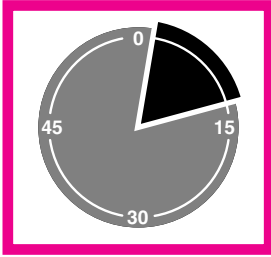
- 10 slices day old French bread
- 1/2 cup raspberry preserves
- 1/2 cup chopped dried apricots
- 1/2 cup chopped bittersweet chocolate
- 1/2 cup finely chopped hazelnuts
- 3 eggs
- 4 cups milk
- 1 vanilla bean
- 1/4 cup sugar
- Pinch salt
- 1 tablespoon grated lemon rind
- 1 cup water

1. Spread bread with preserves, tear into chunks and layer in a soufflé dish with apricots, chocolate and hazelnuts.
2. Beat eggs with milk. Split vanilla bean lengthwise and scrape seeds into egg mixture.
3. Mix sugar, salt and lemon rind. Add to milk mixture. Pour evenly over bread in the soufflé dish and cover dish with foil.
4. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the dish to and from pressure cooker.
5. In a 5-quart or larger pressure cooker, add water and insert trivet. Lower soufflé dish in place with foil strip.
6. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 15 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.
8. Serve warm or chilled.

Makes 4 to 6 servings

Approximate Nutritional Analysis Per Serving:

547 calories / 17g protein / 82g carbohydrates / 19g fat
3g dietary fiber / 119mg cholesterol / 480mg sodium



Fruit & Honey with Cashew Cream

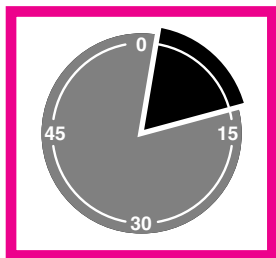
- 2 cups water
- 1/4 cup honey
- 1/2 pound mixed dried fruit
- 1/2 cup raisins
- 1 cup sliced carrots
- 1/4 teaspoon ground cinnamon
- 2 teaspoons grated lemon rind
- 1 tablespoon arrowroot
- 1/2 cup cashews

1. In a 2-quart or larger pressure cooker, add water and honey. Allow to come to a simmer over medium high heat.
2. Add dried fruit, raisins, carrots, cinnamon and lemon rind.
3. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 5 minutes.
4. Remove from heat and use Touch or Automatic Release Method, *see page 10*.
5. Remove fruit with a slotted spoon.
6. Add arrowroot to remaining liquid, stir to mix.
7. Place cashews and thickened liquid in the bowl of a food processor and process until ingredients are smooth.
8. Serve fruit in bowls topped with cashew cream.

Makes 4 Servings

Approximate Nutritional Analysis Per Serving:

367 calories / 5g protein / 79g carbohydrates / 7g fat
7g dietary fiber / 0mg cholesterol / 46mg sodium



Applesauce

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

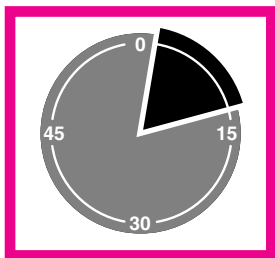
1. In a 2-quart or larger pressure cooker, add water, mulling spices and apples, skin side down. Allow water to begin simmering.
2. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 3 to 5 minutes.
3. Remove from heat and use Natural Release Method, *see page 10*.
4. Remove apples and send through a food mill. Mill until only the skin and seeds remain.

Makes 4 servings

Approximate Nutritional Analysis Per Serving:

73 calories / .2g protein / 19g carbohydrates / .4g fat
2g dietary fiber / 0mg cholesterol / 1mg sodium

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



Apple Topping

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

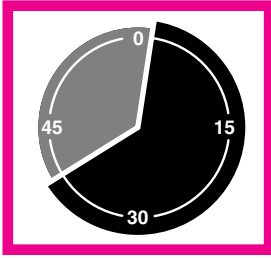
- 1.** In a 5-quart or larger pressure cooker, add all ingredients. Allow liquid to begin simmering.
- 2.** Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 1 minute.
- 3.** Remove from heat and use Natural Release Method, *see page 10*.
- 4.** Remove cinnamon sticks and serve over ice cream or as a filling for crepes.

Makes 6 to 8 servings

Recipe provided by Bobbie Corwick.

Approximate Nutritional Analysis Per Serving:

225 calories / 2g protein / 58g carbohydrates / 1g fat
5g dietary fiber / 0mg cholesterol / 4mg sodium



Lemon Cheesecake

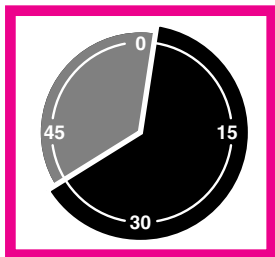
- 2 tablespoons butter
- 2 tablespoons sugar
- 1/2 cup graham cracker crumbs
- 1 container (15 ounces) ricotta cheese
- 3 ounces cream cheese, softened
- 1 cup sugar
- 4 eggs
- 1/4 cup lemon yogurt
- 2 tablespoons flour
- 1 tablespoon grated lemon rind
- 1/2 cup raisins or currants
- 1 cup water

1. In a small saucepan, melt butter and sugar, stir until well mixed. Add graham cracker crumbs. Press into the bottom of a well greased 7-inch springform pan.
2. Combine ricotta cheese, softened cream cheese and sugar with an electric mixer until well blended. Add eggs, one at a time, until well blended.
3. Add yogurt, flour and lemon rind, mix until smooth. Stir in raisins or currants.
4. Pour mixture into prepared springform pan. Cover the pan with a greased piece of foil, tightly fitting it around the edges so no moisture can get in.
5. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan in and out of the pressure cooker.
6. In a 5-quart or larger pressure cooker, add water and insert trivet. Lower pan in place with foil strip.
7. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 30 minutes.
8. Remove from heat and use Natural Release Method, *see page 10*.
9. Remove pan, uncover and let cool. After cheesecake cools, run a knife around the edge of the pan and unlatch pan. Refrigerate 3 to 6 hours before serving.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

368 calories / 11g protein / 45g carbohydrates / 17g fat
1g dietary fiber / 154mg cholesterol / 204mg sodium



Carrot Raisin Cheesecake

2 tablespoons butter
2 tablespoons sugar
1/2 cup graham cracker crumbs
1/4 teaspoon ground cinnamon
12 ounces (1 1/2 packages) cream cheese, softened, 2 ounces reserved for icing
1/3 cup sugar
3 tablespoons flour
2 eggs
1/4 cup orange juice, plus one tablespoon for icing
1/2 cup shredded carrots
1/4 cup raisins
1/4 teaspoon ground nutmeg
Pinch ginger
1 cup water
1 tablespoon orange juice
1/2 cup powdered sugar

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

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

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

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

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

6. Remove from heat and use Natural Release Method, *see page 10*.

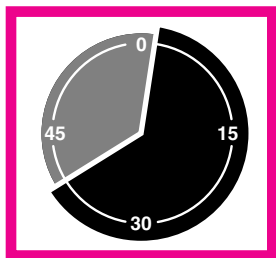
7. Combine remaining 2 ounces cream cheese, 1 tablespoon orange juice and powdered sugar, mix until smooth.

8. Remove pan and uncover. Spread top of cheesecake with cream cheese mixture. After cheesecake cools, run a knife around the edge of the pan and unlatch pan. Refrigerate for 3 to 6 hours before serving.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

322 calories / 6g protein / 32g carbohydrates / 20g fat
1g dietary fiber / 107mg cholesterol / 235mg sodium



Amaretto Peach Cheesecake

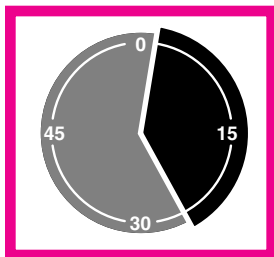
2 tablespoons butter
2 tablespoons sugar
1/2 cup graham cracker crumbs
12 ounces (1 1/2 packages) cream cheese, softened
1/2 cup sugar
2 tablespoons flour
2 eggs
1 can (16 ounces) peach halves, drained
3 tablespoons Amaretto liqueur
1 cup water

1. In a small saucepan, melt butter and sugar, stir until well mixed. Add graham cracker crumbs. Press into the bottom of a well greased 7-inch springform pan.
2. Combine softened cream cheese, sugar and flour with an electric mixer until well blended. Add eggs, one at a time, mixing until well blended.
3. Reserve 2 peach halves for garnish, puree the remaining peaches in a blender or food processor.
4. Add peach puree and Amaretto to cream cheese mixture, mixing until well blended.
5. Pour into prepared springform pan. Cover the pan with a greased piece of foil, tightly fitting it around the edges so no moisture can get in.
6. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip of folded foil.
7. In a 5-quart or larger pressure cooker, add water and insert trivet. Lower pan into pressure cooker with strip of folded foil.
8. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize at second red ring. Cook for 35 minutes.
9. Remove from heat and use Natural Release Method, *see page 10*.
10. Remove pan, uncover and let cool. After cheesecake cools, run a knife around the edge of pan and unlatch pan. Slice reserved peaches and garnish top of cheesecake. Refrigerate 3 to 6 hours before serving.

Makes 6 to 8 servings

Approximate Nutritional Analysis Per Serving:

318 calories / 6g protein / 29g carbohydrates / 20g fat
1g dietary fiber / 107mg cholesterol / 234mg sodium



Blueberry Bread Pudding

- 1/2 cup butter, melted
- 1 cup half and half or milk
- 1 1/2 cups sugar
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground nutmeg
- 2 cups blueberries*
- 8 cups (2-inch cubes) Italian or French bread
- 1 1/2 cups water

1. Butter an 8-inch round baking pan.
2. Combine butter, half and half, sugar, eggs, vanilla and nutmeg in a bowl. Beat until smooth. Stir in blueberries.
3. Place bread cubes in a large bowl. Pour fruit mixture over bread cubes. Toss until bread is well moistened. Spoon mixture into prepared pan. Cover pan with foil.
4. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan into and out of the pressure cooker.
5. In a 5-quart or larger pressure cooker, add water and insert trivet. Lower the pan onto the trivet with the prepared foil harness.
6. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize at second red ring. Cook for 15 minutes.
7. Remove from heat and use Natural Release Method, *see page 10*.
8. Remove lid. Lift pan from cooker and place on wire rack to cool.

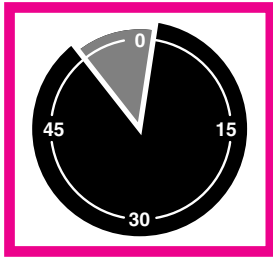
Makes 6 to 8 servings

Recipe provided by Toula Patsalis from her book, *The Pressure Cooker Cookbook*.

Approximate Nutritional Analysis Per Serving:

425 calories / 6g protein / 61g carbohydrates / 18g fat
2g dietary fiber / 98mg cholesterol / 357mg sodium

*The pudding may be prepared with either fresh or frozen blueberries. If frozen berries are used, drain excess liquid after defrosting.



Cranberry Spice Steamed Pudding

- 2¼ cups flour
- 1½ teaspoons baking soda
- ¼ teaspoon ground cloves
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground ginger
- 1 package cranberries*
- ½ cup unsalted butter (room temperature)
- 1 cup sugar
- 3 eggs, lightly beaten
- 1 can (16 ounces) peach halves, drained
juice and zest of one orange
- ⅓ cup crystallized ginger, chopped
- ½ cup chopped walnuts
- 3 cups water

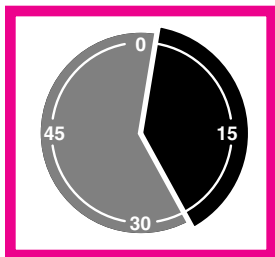
1. Butter the inside and lid of a 1 1/2 to 2 quart tin-lined or nonstick pudding mold.
2. Sift together flour, baking soda, cloves, allspice and ginger. Stir in the cranberries. Set aside.
3. In a large bowl, combine the butter and sugar. Using an electric mixer, beat until mixture is light and fluffy. Add eggs, one at a time, beating mixture until it has increased slightly in volume, about 5-6 minutes.
4. Using a rubber spatula, fold in flour mixture, one third at a time, alternating with orange juice and zest. Quickly beat in the ginger and walnuts.
5. Spoon into prepared mold, avoiding air bubbles. Cover mold with lid (or tight covering of greased foil if using bundt or ring mold).
6. In a 5-quart or larger pressure cooker, add water and insert trivet. Lower pan into pressure cooker.
7. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize at second red ring. Cook for 45 minutes.
8. Remove from heat and use Natural Release Method, *see page 10*.
9. Remove, and unmold to a decorative platter and serve warm.

Makes 8 servings

Approximate Nutritional Analysis Per Serving:

457 calories / 7g protein / 67g carbohydrates / 19g fat
3g dietary fiber / 114mg cholesterol / 273mg sodium

*The pudding may be prepared with either fresh or dried cranberries. If dried berries are used, rehydrate with 1/3 cup sugar and 1/4 cup water.



Summer Berry Risotto

- 2 tablespoons butter
- 1 cup arborio rice
- 1 cup whole milk
- 1 14-ounce can coconut milk
- 1/4 cup sugar
- 1 whole vanilla bean, split in half, lengthwise
zest of one lemon
- 1/4 cup heavy cream (optional)
- 2 cups fresh or frozen berries (unsweetened)
sliced almonds, lightly toasted, for garnish
perfect berries, for garnish

1. In a 2.5-quart Pressure Frypan or larger pressure cooker, heat butter over medium high heat.
2. Add rice and stir to coat.
3. Add milk, coconut milk, sugar, vanilla bean and lemon zest. Heat until very hot and bubbles appear around edges of pan. Stir to dissolve sugar and prevent rice from sticking. Do NOT close lid until mixture is boiling.
4. Close lid and bring pressure to first red ring over high heat. Immediately adjust heat (or if using an electric stove, move cooker to a low burner) to stabilize at first red ring. Cook for 10 minutes.
5. Remove from heat and use Cold Water Release Method, *see page 10*.
6. Remove lid. Stir in frozen berries and optional cream. Rice should be tender but firm to bite (al dente). If using fresh berries, chill rice for at least 1/2 hour before adding berries.
7. Serve in bowls and garnish with almond slices and reserved, perfect berries. This dish can also be made in advance and chilled.

Makes 6 servings

Approximate Nutritional Analysis Per Serving:

304 calories / 5g protein / 43g carbohydrates / 13g fat
4g dietary fiber / 17mg cholesterol / 64mg sodium

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Also from
Kuhn Rikon

Additional

Pressure Cooker Accessories

Digital Timer Exact timing is critical for pressure cooking, and a timer is essential. Easy to set and read, also has a magnet and clip on the back for easy placement. Battery included.

Vegetable Steamer Collapsible stainless steel steamer basket for easy removal of vegetables. Acts as a trivet, keeps food standing above cooking liquid. Center peg for lifting out of pan. Fits all models.

Swisscleaner A specially developed cleaning agent for stainless steel, brass, copper, nickel and ceramic stove tops. This cleaner will clean the inside and shine the outside of your cooker. Nonabrasive, nontoxic and 95% biodegradable. 5 oz tube.

Flame Protector Our oversized flame tamer will protect your cooker and your gasket on those powerful gas stoves. Especially recommended for the shallow Pressure Frypans, but equally effective for all other pressure cookers, stainless and copper cookware. 11" in diameter for added stability and energy efficiency.

Conventional Lids

Use these well fitting lids for serving, stir frying or conventional cooking. This way your DUROMATIC Pressure Cooker is also a saucepan, sauté pan or frypan.

Glass Lid There are three sizes available: 22 cm, 24 cm and 28 cm. Diameter is listed on bottom of cooker. Call for right size.

Stainless Steel Lid There are three sizes available: 20 cm, 22 cm and 24 cm. Diameter is listed on bottom of cooker. Call for right size.

For current prices, new items or to place an order call 800-714-3391.

Items Available

Books *Increase your knowledge about this great way of cooking. We suggest a good selection of Pressure Cooker cookbooks.*

Pressure Cooking for Everyone Written by Rick Rodgers and Arlene Ward, packed with great information and full color photographs, this book promises great meals – and more time – for everyone in the kitchen. This book is the best pressure cookbook available.

The Ultimate Pressure Cooker Cookbook Written by Tom Lacalamita, filled with his thorough advice on using and enjoying your pressure cooker, you'll find more than 85 delicious recipes derived from the healthy Mediterranean tradition, and accompanying nutritional analysis.







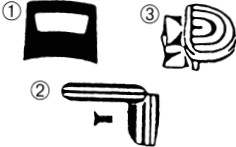

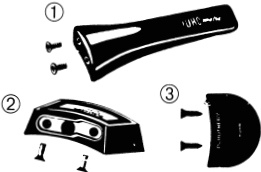

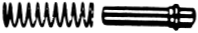
Cooking Under Pressure Written by Lorna J. Sass, award winning cookbook author and culinary historian. A good primer for pressure cooking, with a wide array of dishes. Most recipes are written for a 5 liter or larger size.

Great Vegetarian Cooking Under Pressure Written by Lorna J. Sass this book highlights the necessity for any vegetarian to use a Pressure Cooker and for the non vegetarian, the resulting marvelous tastes and flavors of healthy food.

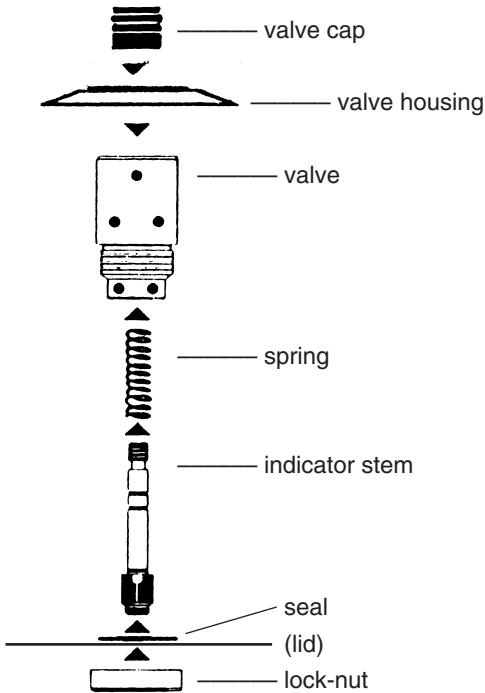
The Pressured Cook Written by Lorna J. Sass, contains over 75 delicious one-pot meals that you can make in minutes. Perfect for the single person or the family on the go.

Lorna Sass' Complete Vegetarian Kitchen Paper back, this book lists usually both version of food preparation but over 60% of the recipes have pressure cooker instructions. An emphasis on environmentally conscious cooking; no meat, dairy foods or eggs are used. Very informative with lots of charts and information.

Replacement Parts

	DESCRIPTION	FIT
	<ul style="list-style-type: none"> ① Complete Valve ② UL Valve 	<ul style="list-style-type: none"> all models all models
	Valve Housing	all models
	Lock-Nut	all models
	<ul style="list-style-type: none"> Pressure Indicator w/Spring Valve Spring only (2 pack) 	<ul style="list-style-type: none"> all models all models
	<ul style="list-style-type: none"> ① Valve Cap (2 pack) ② Valve Seal 	<ul style="list-style-type: none"> all models all models
	<ul style="list-style-type: none"> ① Clip-On Helper Handle ② Screw-On Helper Handle 	<ul style="list-style-type: none"> Brinox, Classic Brinox
	<ul style="list-style-type: none"> ① Clip-On Pan Side Grip ② Brass Pan Side Grip ③ Pan Side Grip 	<ul style="list-style-type: none"> See bottom of cooker
	<ul style="list-style-type: none"> Gasket 20 Gasket 22 Gasket 24 Gasket 28 	<ul style="list-style-type: none"> See bottom of cooker
	<ul style="list-style-type: none"> ① Lid Handle ② Lid Side Grip ③ Lid Side Grip 	<ul style="list-style-type: none"> See bottom of cooker
	<ul style="list-style-type: none"> Pan Handle Pan Handle 	<ul style="list-style-type: none"> See bottom of cooker
	Handle Pin & Spring	all models

Multi-Valve Parts Diagram



All replacement parts and accessories may be obtained in the USA and Canada directly from:

Shar's Bosch Kitchen
1130 North Gilbert Rd Ste. #2
Gilbert, AZ 85234
Tel. 800-714-3391

Send your pressure cooker for repair or replacement to:

KUHN RIKON CORP.
46 Digital Dr. Suite 5
Novato, CA 94949
Tel. 800-662-5882
<http://www.kuhnrikon.com>

Please note the information on the bottom of your pressure cooker for clarity when ordering corresponding parts and accessories.



In the example at left:

3341 is the item number
3.5L is the size
20 Cm is the diameter
18 Cm is the suitable burner size
03.98 is the date of manufacture

In the space provided below please note the numbers from your pressure cooker for handy reference:

_____ item number
_____ size
_____ diameter
_____ burner size
_____ date of manufacture

Notes:



2.5-quart Braiser



2-quart Titanium Non-Stick
Pressure Frypan



4-quart Risotto



3.5-quart Pressure Cooker

Also Available:

2.5-quart
Pressure
Frypan
w/Waffle
Interior

5-quart
Hotel Frypan
w/Waffle
Interior

8-quart
Hotel

Duromatic
Duo Set



6-quart Pressure Cooker



5-quart Pressure Cooker



12-quart Hotel



7-quart Pressure Cooker

KUHN RIKON
DUROMATIC® PRESSURE COOKERS

\$14.00
EIGHTH EDITION

