



## **CHORIZO, PUMPKIN & FENNEL SOUP**

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Serves:** 6

### **Ingredients:**

2 tsp olive oil

2 chorizo sausages, thinly sliced

200g fennel bulb, roughly chopped

1 clove garlic, finely chopped

½ red onion, finely chopped

750g Jap pumpkin, peeled & cut into large chunks

1 bay leaf

1L vegetable stock

Sour cream or yoghurt to serve

### **Method:**

1. Add the oil in the multi cooker pot and select SAUTÉ. Leave to heat up for 1 minute then add the chorizo and sauté for 3-4 minutes, without stirring, until the chorizo is nicely browned. Remove the chorizo to a bowl and set aside. Add the remaining ingredients to the cooker pot and stir to combine.
2. Press KEEP WARM/CANCEL. Secure the lid; ensuring the exhaust valve is in the sealed position, then select the SOUP/CURRY function. The soup will cook for 30 minutes. Use the quick release method to vent the steam manually. Remove the lid only when the red float indicator drops.
3. Transfer the soup to a blender or use a stick blender to puree the soup until smooth. Serve the soup hot topped with chorizo and a swirl of sour cream or dollop of yoghurt.

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## CHICKEN STOCK

**Preparation Time:** 5 minutes

**Cooking Time:** 30 minutes (+ de-pressurising time)

**Makes:** 4 litres

### Ingredients:

- 1 small chicken
- 4 cups water
- 1 stick of celery, sliced
- 1 brown onion, peeled and halved
- 1 carrot, sliced
- 1 bay leaf
- 1 tsp whole pepper corns

### Method:

1. Add 4 litres (16 cups) of water to your multi cooker pot with all the ingredients except the chicken.
2. Place the trivet in the cooking pot and sit the chicken on top. Secure the lid and press the SOUP/CURRY function; ensuring the exhaust valve is in the sealed position.
3. Once the cooking cycle is complete, leave on KEEP WARM/CANCEL to allow the pressure to release naturally. Carefully remove the lid after the red float indicator drops.
4. Using tongs, remove the chicken and place it on a plate for another use.
5. Discard the vegetables, bay leaf and peppercorns. Season the stock to taste, then cool to room temperature before transferring to an airtight container. Fresh stock will keep refrigerated for up to 3 days, or frozen for up to 3 months.

**TIP:** Shred the chicken to make chicken soup or a chicken salad

# AROMATIC TOMATO SOUP

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Serves:** 4

## Ingredients:

2 tsp olive oil

½ brown onion, finely diced

2 carrots, finely diced

1 stalk celery, chopped

1 clove garlic, crushed and chopped

1 tsp dried rosemary

400g can diced tomatoes

2 tbs tomato paste

1L beef stock (or 3 beef stock cubes in 1L water)

2 tsp balsamic vinegar

½ tsp black pepper

½ cup continental parsley, finely chopped

Parmesan cheese to serve

## Method:

1. Place the olive oil in the multi cooker and press SAUTÉ. When it comes up to heat, sauté the carrots, onions, celery, garlic and rosemary for 3-4 minutes.
2. Add the rest of the ingredients, give a good stir and secure the lid. Press the MANUAL function and adjust the cook time to 5 minutes. When the cooking has finished, leave on KEEP WARM for 10 minutes then carefully release the pressure using the quick pressure release method. Serve with parmesan cheese.

## SPICED CARROT & LENTIL SOUP

**Preparation Time:** 5 minutes

**Cooking Time:** 5 minutes

**Serves:** 4

*(Heat up time: 3-4 minutes / Manual de-pressurizing time: 2-3 minutes)*

### **Ingredients:**

500g / about 4 medium carrots, grated

180g / 1 cup split red lentils

3 spring onions, green tops reserved

2 tsp ground cumin

1 tsp mild chili powder (optional)

1 liter hot vegetable stock

1 cup boiling water

Salt & cracked black pepper, to taste

### **To serve:**

Natural yoghurt, fresh coriander & naan bread

### **Method:**

1. Place the grated carrot in the multi cooker pot with the lentils, chopped white ends of the spring onions, cumin, and chill if using. Pour in the hot stock and boiling water. Secure the lid in place, ensuring the exhaust valve is in the sealed position. Select SOUP/CURRY. Once preheated, the timer will begin counting down from 30 minutes.
2. Cook the soup for 5 minutes, or until the timer display 25 minutes. Press KEEP WARM/ CANCEL and manually vent the steam using the quick release method. Carefully remove the lid and season with salt and pepper.
3. Blend the soup if desired, then ladle into bowls. Stir though a spoonful of yoghurt, top with the reserved chopped green spring onion, and coriander leaves if using.

**TIP:** Delicious served with warm naan bread.

# MOROCCAN LAMB POT ROAST

**Preparation Time:** 15 minutes (plus marinating time 30 minutes)

**Cooking Time:** 45 minutes

**Serves:** 8

## Ingredients:

2kg lamb shoulder, de-boned

2 red onions, peeled and cut into thin wedges

3 tbs olive oil

4 garlic cloves, crushed

1 lemon, rind finely zested

1 tsp chilli flakes

1 tsp ground cumin

1 tsp dried thyme leaves

½ tsp dried oregano

¼ tsp salt & pepper

½ cup dry white wine

1 cup chicken stock

Tabouli to serve

Greek yoghurt to serve

Lemon juice to serve

## Method:

1. Place 2 tbs of oil, garlic, lemon zest, chilli, cumin, thyme, oregano, salt and pepper in your food processor and blitz to a paste. Place the lamb shoulder in a large baking tray and spread the paste all over to marinate at room temperature for 20 minutes.
2. Press SAUTÉ on your multi cooker and leave to heat up for 1 minute. Add the marinated lamb and brown on all sides. Remove the lamb onto a plate.
3. Sauté the onions for 2 minutes, then add the wine and chicken stock. Finally, return the lamb to the cooking pot and secure the lid in place. Press KEEP WARM/CANCEL to end sauté function.
4. Press the POT ROAST function of your multi cooker which will cook for 40 minutes.
5. At the end of the cook time, leave on KEEP WARM for 10 minutes to slowly release some of the pressure. Then manually release the remainder of the pressure using the quick pressure release method. Take the meat out to rest for 10 minutes before carving. Return the lid for the pan juices to keep warm while the meat is resting. Slice the rested lamb and serve on a bed of tabouli. Pour the warm pan juices over the meat and a dollop of Greek yoghurt on the top with a big squeeze of lemon juice.

## **CORNER BEEF**

**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour, 20 minutes

**Serves:** 8

### **Ingredients:**

- 1.2kg corned beef (silverside)
- 1 brown onion, peeled and halved
- 4 cloves
- 2 bay leaves
- 1tsp peppercorns
- 1 carrot, peeled and chopped
- 1tbs brown sugar
- 2 tbs malt vinegar
- Water (to cover corned beef)

### **Method:**

1. Wash the corned beef under cold water and set aside.
2. Put 2 cups of water in your multi cooker and stir in malt vinegar and sugar. Add all other ingredients with enough water to just cover the corned beef.
3. Press the POT ROAST function of your multi cooker which will cook for 40 minutes.
4. At the end of the cook time, leave on KEEP WARM for 20 minutes to slowly release some of the pressure. Then use the quick release method for the remainder of the pressure.
5. Take the meat out to rest for 15 minutes before carving.

**TIP:** Serve with mashed potato, sautéed cabbage and mustard sauce.

# MASSAMAN BEEF CURRY

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes (+ de-pressurising time)

**Serves:** 6-8

## Ingredients:

- 1 tsp canola oil
- 2 brown onions, peeled and quartered
- 1/3 cup Massaman curry paste
- 400g coconut milk
- 1.2kg beef chuck, cut into 2 cm pieces
- 1 cup vegetable stock
- 1 Tbsp fish sauce
- 1 Tbsp soy sauce
- 1 Tbsp brown sugar
- 1kg baby potatoes, halved
- 1 bunch coriander to serve
- ½ cup of toasted peanuts to serve
- Steamed jasmine rice to serve

## Method:

1. Add the oil in the multi cooker and press SAUTÉ and leave to heat up for 1 minute. Add the onions and sauté for 2 minutes (don't stir too much – you want to colour them). Transfer the cooked onions to a plate.
2. Add the Massaman curry paste and sauté, stirring constantly, until fragrant (1-2 minutes) then pour in the coconut milk. Add the beef and stir in the onions, stock, fish sauce, soy sauce, brown sugar and potatoes.
3. Press KEEP WARM/CANCEL. Secure the lid; ensuring the exhaust valve is in the sealed position; ensuring the exhaust valve is in the sealed position. Press the SOUP/CURRY function and the curry will cook for 30 minutes. When the cooking cycle is complete, leave on KEEP WARM to allow the pressure to release naturally. Carefully remove the lid once the red float indicator drops.
4. Adjust the seasoning to taste and serve with fresh coriander, toasted peanuts and steamed rice.

# THAI GREEN CHICKEN CURRY

**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes

**Serves:** 4-6

## Ingredients:

- 1 tsp vegetable oil
- 1 brown onion, peeled and quartered
- 1 garlic clove, crushed
- Knob of ginger, 1cm, peeled and finely grated
- 1 green chilli, finely sliced
- 2 tbs green curry paste
- 1.2kg chicken thigh fillets, diced into 3cm pieces
- 250g can coconut milk
- 1 tsp lime zest
- 1 tbs palm sugar
- 3 tsp fish sauce
- 2 Kaffir lime leaves, torn in half
- Juice of 1 lime
- Jasmine rice to serve
- Coriander leaves to serve

## Method:

1. Place the oil in the multi cooker and press SAUTÉ, leave to heat up for 1 minute. Add the onion, garlic, ginger and green chilli and sauté for 3 minutes. Stir in the curry paste and sauté for a further minute until fragrant.
2. Add the chicken and then stir in the coconut milk along with the lime zest. Add the palm sugar, fish sauce and Kaffir lime leaves.
3. Press KEEP WARM/CANCEL, secure the lid and press the MANUAL function and adjust the cook time to 5 minutes.
4. When the cooking has finished, leave on KEEP WARM/CANCEL for 5 minutes then carefully release the pressure manually using the quick pressure release method. Gently stir through the lime juice, taste and adjust the sweet and sour flavour if necessary. Serve with Jasmine rice and fresh coriander leaves.

## LEMONGRASS & COCONUT CHICKEN CURRY

**Preparation Time:** 5 minutes

**Cooking Time:** 5 minutes

**Serves:** 4

*(Heat up time: 15 minutes / Manual de-pressurizing time: 2-3 minutes)*

### Ingredients:

- 2 stalks lemongrass, (white ends only)
- 6 skinless chicken thighs, cut into 3cm pieces
- 400ml coconut milk
- 250ml chicken stock or water
- 1 red onion, peeled & sliced
- 2 cm piece of ginger, peeled & finely grated
- 2 cloves garlic, peeled & crushed
- 1 tsp ground turmeric
- 1 stick cinnamon
- 1 whole star anise
- salt & cracked black pepper, to taste

### To serve:

- Steamed jasmine rice, lime wedges,
- Thai basil or coriander leaves

### Method:

1. Bruise the lemongrass with a meat tenderizer or rolling pin, to release the flavours. Add to the multi cooker pot with the remaining ingredients and lock the lid in place. Select SOUP/ CURRY, ensuring the exhaust valve is in the sealed position. Once preheated, the timer will begin counting down from 30 minutes.
2. Cook the curry for 5 minutes, or until the timer display 25 minutes. Manually vent the steam using the quick release method. Carefully remove the lid. Use tongs to discard the whole spices.

**TIP:** Serve curry with steamed rice, lime and herbs if desired.

### Other serving suggestion:

Replace some of the chicken with vegetables such as green beans, carrot, sweet potato or potato, or remove the chicken entirely for a vegetarian version.

## PEA AND PANCETTA RISOTTO

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Serves:** 4-6

### Ingredients:

1 tbs extra virgin olive oil

20g butter

2 cups Arborio rice

1 brown onion, finely diced

100g pancetta, diced

1 garlic clove, finely chopped

½ cup white wine

4 cups chicken stock, warmed

½ cup parmesan cheese

½ cup continental parsley, chopped

½ cup frozen peas

1 tsp lemon zest

Salt & pepper to taste

### Method:

1. Place the oil and butter in the multi cooker and press SAUTÉ, leave to heat up for 1 minute. Add the pancetta and onion and sauté for 2 minutes, then add the Arborio rice and sauté, stirring constantly, for a further 4 minutes to toast the rice.
2. Add the garlic and wine and sauté for 2 minutes, stirring, to cook out the alcohol, then add the warm stock.
3. Press KEEP WARM/CANCEL, secure the lid and press the RISOTTO function which will cook for 20 minutes.
4. When the cooking has finished, leave on KEEP WARM/CANCEL for 5 minutes then carefully release the pressure using the quick pressure release method. Gently stir through the parmesan, parsley, frozen peas, lemon zest, salt and pepper and let sit for 5 minutes before serving.

## RISOTTO CACIO E PEPE (PECORINO AND BLACK PEPPER)

**Preparation time:** 10 minutes

**Cook time:** 17 minutes

**Serves:** 4-6

*(Heat up time: 3-4 minutes / Manual de-pressurizing time: 2-3 minute)*

### Ingredients:

25g quality salted butter

1 Tbsp extra virgin olive oil

3 French shallots, finely diced

300g / 1 ½ cups Arborio rice

850ml hot chicken or vegetable stock, divided

85g / 1 ½ cups finely grated pecorino or parmesan cheese, extra to serve

lots of cracked black pepper, to taste

### Method:

1. Add the butter and oil to the multi cooker pot. Select SAUTE, add the chopped shallots and cook, stirring occasionally for 5 minutes, or until the shallots are soft and translucent.
2. Add the rice and stir to coat in the oil and shallots. Continue cooking for 2 minutes, until the rice grains are hot to the touch. Press KEEP WARM/CANCEL.
3. Pour in 750ml of the hot stock and lock the multi cooker lid in place. Select RISOTTO, ensuring the exhaust valve is in the sealed position. Once preheated, the timer will begin counting down from 20 minutes.
4. Cook the risotto for 10 minutes, or until the timer displays 10 minutes. Press KEEP WARM/CANCEL and manually vent the steam using the quick release method. Carefully remove the lid, stirring in the remaining 100ml of hot stock, the grated cheese and cracked black pepper.
5. Garnish with extra grated cheese and serve the risotto while hot.

**TIP:** Add chopped Swiss chard to your risotto, serve alongside roasted meat and vegetables, or with a bitter leaf salad.

## POTATOES WITH DILL & CHIVES

**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

**Serves:** 6-8

### Ingredients:

- 1 tbs extra virgin olive oil
- 2 tbs butter
- 1 tsp celery salt
- 2 tbs fresh dill, chopped
- 6 large new potatoes, quartered lengthways
- 1 cup chicken stock, warm
- Pepper to taste
- 2 tbs chives, chopped

### Method:

1. Place the oil and butter in the multi cooker and press SAUTÉ, leave to heat up for 1 minute. Add celery salt and dill and sauté for 2 minutes, then add the potatoes and sauté for 1 minute.
2. Add the warm stock.
3. Press KEEP WARM/CANCEL, secure the lid and press the MANUAL function and adjust the cook time to 5 minutes.
4. When the cooking has finished, leave on KEEP WARM for 5 minutes then carefully release the pressure using the quick pressure release method.
5. Remove the potatoes to a serving platter and season with pepper and chives.

**TIP:** Great as a side. Serve warm or cold.

# SLOW COOKED HONEY GARLIC CHICKEN

**Preparation Time:** 20 minutes

**Cooking Time:** 4 hours (+ de-pressurising time)

**Serves:** 4-6

## Ingredients:

3 chicken Maryland pieces, skin off

½ cup soy sauce

½ cup honey

¼ cup hoisin sauce

½ cup currants

1 tbs olive oil

3 cloves garlic, crushed

2cm piece of ginger, peeled & finely chopped

½ tsp Chinese five-spice

1 red onion, diced

1 small chilli, chopped finely

1 tbs corn flour

White rice to serve

Spring onion to serve

## Method:

1. Place the soy sauce, honey, hoisin sauce, currants, olive oil, garlic, ginger, Chinese five spice, onion and chilli in the cooking pot of the multi cooker and stir with a wooden spoon to combine.
2. Add the chicken, breast side down and secure the lid. Press the SLOW COOK function to cook for 4 hours.
3. At the end of the cooking time, leave on KEEP WARM to release pressure naturally. When the pressure has released, carefully take the chicken pieces out and place on a chopping board to rest for 20 minutes.
4. Meanwhile, add the corn flour to the cooking pot, stir and replace the lid. Press the MANUAL function and cook for 1 minute. Leave to KEEP WARM.
5. Meanwhile, shred the chicken using 2 forks and place on a serving platter. Pour the sauce over the top and serve hot with fluffy white rice sprinkled with slices of spring onion.

# PORK & GINGER STEAMED DUMPLINGS

**Preparation time:** 30 minutes

**Cook time:** 15 minutes

**Makes:** 30 dumplings

## Ingredients:

275g pack / 30 gow gee dumpling wrappers

250g free-range pork mince

150g wombok cabbage, finely chopped

¼ cup finely chopped coriander leaves

2 spring onions, finely chopped

1 Tbsp finely grated ginger

1 Tbsp soy sauce

2 tsp corn flour, extra for dusting

½ tsp white ground pepper

## To serve:

Soy sauce, black vinegar or chilli sauce

## Method:

1. Set the dumpling wrappers aside under a damp cloth to prevent them from drying out, and combine the remaining ingredients in a bowl. Scrunch everything together with your hands until the mixture becomes slightly sticky, and all the ingredients are well combined.
2. Place 2 teaspoons of the mixture in the center of a dumpling wrapper, pressing down gently. Brush a little water along one edge of the wrapper and use your thumb and forefinger to pleat together with the other edge. Pinch to ensure the dumpling is well sealed. Repeat with remaining dumpling mixture and wrappers.
3. Cut a 20cm-round of baking paper, and use a hole-punch to create lots of small holes about 1cm apart. Place the trivet in the base of the multi cooker pot and pour in enough boiling water to sit just below the trivet. Place the perforated baking paper on top, and arrange 10 dumplings on the paper, evenly spaced apart.
4. Lock the lid in place and select STEAM, ensuring the exhaust valve is in the closed position. Once preheated, the timer will begin counting down from 30 minutes. Cook the dumplings for 5 minutes, or until the timer displays 25 minutes. Press KEEP WARM/CANCEL, and manually vent the steam using the quick release method. Unlock the lid and carefully remove the dumplings with tongs.
5. Arrange the next batch of dumplings on the baking paper, secure the lid and select STEAM. Steam for another 5 minutes, then manually vent the steam. Unlock the lid and remove the dumplings. Repeat with the remaining third of the dumplings.
6. Serve with the dipping sauce of your choice.

## **POACHED PEARS**

**Preparation Time:** 10 minutes

**Cooking Time:** 2 hours, 5 minutes

**Serves:** 4

### **Ingredients:**

4 ripe pears, peeled and left whole

1 cinnamon stick

5 cloves

1 knob of ginger, 1cm

1 tsp lemon zest

¼ cup brown sugar

1 star anise

1 vanilla pod

2 cups water

### **Method:**

1. Add the sugar, spices, lemon zest, vanilla pod, ginger and water to your multi cooker and press SAUTÉ, stirring until it comes to a boil. Simmer for 5 minutes.
2. Press KEEP WARM/CANCEL, add pears and place the lid on. Now press SLOW COOK and cook for 2 hours. Use the quick pressure release method for this recipe.
3. Serve warm with a ladle of pan juice syrup and pouring cream.

## **APPLE RELISH**

**Preparation Time:** 10 minutes

**Cooking Time:** 2 hours (+ de-pressurising time)

### **Ingredients:**

1.2kg Granny Smith Apples, peeled, cored & chopped

2 brown onions, finely diced

1/2 cup apple cider vinegar

3/4 cup raw sugar

1/4 tsp salt

1 tbs lemon juice

1/2 tsp ground cinnamon

1/4 tsp ground cloves

1/4 tsp ground allspice

### **Method:**

1. Place all ingredients into the multi cooker and stir to combine.
2. Place the lid on and turn the setting to SLOW COOK and cook for 2 hours. When cooking time has finished, leave pressure to release naturally.
3. Store in sterilised, air tight jars in the refrigerator.

**Note:** Makes approximately 3 cups of relish

**TIP:** Use apple relish as a condiment for roasted meats, especially pork.

## VANILLA CAKE

**Preparation Time:** 15 minutes

**Cooking Time:** 40 minutes (+ 20 minutes de-pressuring time)

**Serves:** 6-8

### Ingredients:

- 1 cup castor sugar
- 2 eggs, at room temperature
- 2 cups self-raising flour
- 1 cup milk
- 50g unsalted butter, melted
- ½ tsp vanilla bean paste (or 1 tsp vanilla essence)
- Cooking oil spray for greasing
- Cream or ice cream to serve
- Berry compote or fresh berries, to serve

### Method:

1. Grease & line a cake tin or similar (16cm x 8cm) dish. Place the trivet in the bottom of the multi cooker pot and fill the multi cooker with 1 litre of warm water (4 cups).
2. Using electric beaters or a bench mixer, whisk the eggs for 3 minutes until light and fluffy. Add the sugar and continue whisking for a further 3 minutes.
3. Sift the flour and gently fold into the beaten eggs in 2 additions, alternating with the milk, until the batter is just combined. Fold in the melted butter and vanilla.
4. Pour the cake batter into the prepared cake tin so it is no more than 3/4 full. Double-wrap with aluminium foil, greasing the foil to prevent the cake from sticking during cooking.
5. Take a 50cm length of foil and fold it lengthways to form a 6cm wide strap. Place this under the cake tin, gently lower it onto the trivet. Lock the multi cooker lid in place; ensuring the exhaust valve is in the sealed position.
6. Press the BAKE function and the cake will cook for approximately 40 minutes. When the cooking cycle is complete, leave it on KEEP WARM/CANCEL to allow the pressure to release naturally for 20 minutes, then finish with the quick release method. Remove the lid only when the red float indicator drops Use oven mitts to gently lift the cake from the multi cooker, holding the foil strap..
7. Leave the cake to cool slightly in the tin, then carefully turn out onto a serving platter. Serve warm with cream or ice-cream and berries or compote if desired.

## CREAMY RICE PUDDING

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Serves:** 4-6

### Ingredients:

2 tbs butter

3 cups milk, warmed

1 cup long grain rice

1/3 cup castor sugar

1 tsp vanilla

1 tsp ground cinnamon

### Method:

1. Place the butter in the multi cooker and press SAUTÉ. When the butter has melted, add the warm milk and stir in the rice, vanilla and sugar. Press KEEP WARM/CANCEL, secure the lid and press the RISOTTO function. This will cook for 20 minutes.
2. When the cooking has finished, leave on KEEP WARM for 5 minutes then carefully release the pressure manually using the quick pressure release method. Stir through the cinnamon and serve warm or at room temperature.

## STEAMED GOLDEN SYRUP PUDDING

**Preparation Time:** 15 minutes

**Cooking Time:** 40 minutes (+ 10 minutes de-pressurising time)

**Serves:** 4-6

### Ingredients:

1/2 cup golden syrup

½ cup castor sugar

120g unsalted butter, softened

1/2 tsp vanilla bean paste (or 1 tsp vanilla essence)

2 eggs

1 cup self-raising flour

1/3 cup milk

Cream or ice cream to serve

Toasted flaked almonds to serve

### Method:

1. Generously grease a pudding bowl (16cm x 8cm) and pour in the golden syrup. Place the trivet in the bottom of the multi cooker pot and fill the multi cooker with enough warm water to come ¾ ways up the side of the pudding bowl.
2. Using electric beaters, cream the butter, sugar and vanilla until pale and fluffy.
3. Beat in the eggs one at a time, then stir in the flour and milk in two additions, being careful not to over mix. Pour the batter into your prepared pudding bowl and double-wrap with aluminium foil.
4. Take a 50cm length of foil and fold it lengthways to form a 6cm wide strap. Place this under the pudding bowl to gently lower it onto the trivet.
5. Select BAKE and lock the lid in place; ensuring the exhaust valve is in the sealed position. The pudding will cook for approximately 40 minutes. When the cooking cycle is complete, leave it on KEEP WARM/CANCEL for 20 minutes to slowly release some of the pressure.
6. After 20 minutes, manually vent the remaining steam using the quick pressure release method. Remove the lid only when the red float indicator drops. Lift the pudding using the foil strap (always use oven mitts when doing this to avoid burning yourself).
7. Serve from the pudding bowl or carefully turn out onto a serving platter. Serve warm with cream or ice-cream.

# BRIOCHE LOAF

**Preparation Time:** 20 minutes (+ 2 hours rising time)

**Cooking Time:** 40 minutes

**Serves:** 4-6

## Ingredients:

¼ cup full-cream milk

7g sachet instant dry yeast

1 cup plain flour

1 cup bread flour

¼ cup caster sugar

3 large eggs

100g unsalted butter, softened

¼ tsp salt

## Method:

1. Place the trivet inside the cooking pot and pour in 1 litre of water.
2. Gently heat the milk until lukewarm, then stir in the yeast. Cover and stand at room temperature for 5 minutes, or until foamy.
3. Combine the flours, sugar and eggs in a large bowl (or the bowl of a stand mixer). Add the yeast and beat with a wooden spoon (or knead with a dough hook) for 5 minutes. The dough will still be fairly loose and sticky.
4. Continue kneading for a further 5 minutes, adding the butter one tablespoon at a time, until the dough is shiny, and all the butter is well incorporated. Mix in the salt.
5. Scrape the dough into a well-greased heatproof bowl and cover with cling film. Sit the bowl on the trivet inside the multi cooker. Select YOGHURT and leave to rise without the lid on, until the dough doubles in size: 45 minutes - 1 hour. Once the dough has risen, transfer the whole bowl to the refrigerator and chill for 4 hours or overnight.

**Note:** If the lid is locked in place, it will be too hot for the dough to rise, and kill the yeast.

6. Turn the chilled dough onto a floured work surface and shape into a tight ball. Transfer the dough to the prepared cake tin, cover with foil and sit on the trivet. Select YOGHURT and leave the dough to rise again, uncovered, for a final hour.
7. Select BAKE and lock the lid in place; ensuring the exhaust valve is in the sealed position. The brioche will cook for approximately 40 minutes. Use the quick release method to vent the steam until the red float indicator drops. Allow the brioche to cool completely before cutting into slices.

# BANANA BREAD

**Preparation Time:** 20 minutes

**Cooking Time:** 1 hour

**Serves:** 6-8

## Ingredients:

½ cup milk	1/3 cup caster sugar
2 tsp lemon juice	¼ cup vegetable oil
3 ripe bananas (1 cup), mashed	1½ cups self-raising flour
1 tsp vanilla extract	2 tsp cinnamon
2 large eggs	½ tsp bicarbonate of soda
1/3 cup brown sugar	1 Tbsp cinnamon sugar, optional

## Method:

1. Grease and line an 18cm cake tin (or 1.75L heatproof dish). Insert the trivet into the base of the multi cooker pot and add 1-litre of warm water.
2. Combine the milk and lemon juice in a bowl and set aside for 5 minutes, until the milk thickens to a buttermilk consistency. Stir in the mashed banana and vanilla.
3. In a separate bowl whisk the eggs until foamy. Add the sugars, beating with electric beaters or a stand mixer for 5 minutes, until thick and pale. Beat in the oil until well combined.
4. Sift together the dry ingredients and gently fold into the beaten eggs in 2 additions, alternating with the milk mixture, until the batter is just combined. Be careful not to over mix, or the bread may become rubbery.
5. Pour the batter into the prepared tin and cover tightly with foil. Take a 50cm length of foil and fold it lengthways to form a 6cm wide strap. Place the strap under the cake tin and use it to gently lower the banana bread onto the trivet.
6. Select BAKE and lock the lid in place; ensuring the exhaust valve is in the sealed position. The banana bread will cook for approximately 40 minutes. When the cooking cycle is complete, leave on KEEP WARM for 20 minutes to allow the pressure to release naturally.
7. After 20 minutes, carefully vent the remaining steam manually using the quick release method, and remove the lid only when the red float indicator drops. Lift the banana bread from the multi cooker using the foil strap.
8. You can test whether the banana bread is cooked if a skewer inserted into the centre, comes out cleanly. While the banana bread is still warm, dust the top with cinnamon sugar. Cool in the tin for 5 minutes before inverting on a wire rack to cool completely.

**Note:** Keep in an airtight container for up to 3 days.

# NEW YORK STYLE CHEESECAKE

**Preparation Time:** 30 minutes

**Cooking Time:** 40 minutes

**Serves:** 6-8

## Ingredients:

150g digestive biscuits

85g unsalted butter, melted

500g cream cheese, softened

125g caster sugar, + 2 teaspoons for topping

250g sour cream

1 ½ Tbsp plain flour

2 large eggs

1 tsp vanilla extract (or ½ tsp vanilla bean paste)

zest of half a lemon (optional)

Berry compote, to serve

## Method:

1. Lightly grease and line an 18cm-round cake tin with a removable base. Insert the trivet into the base of the cooking pot and add 1-litre of warm water.
2. In a food processor, blend the biscuits to fine crumbs. Add the melted butter and pulse until the mixture comes together. Use the bottom of a glass or back of a spoon to press the crumbs into the base and sides of the prepared tin. Set aside while you make the filling.
3. Clean the food processor bowl. Add the cream cheese and sugar, blending until smooth. In a small bowl, whisk the flour into 175g of the sour cream, until no lumps remain. Add this to the food processor with the eggs and vanilla. Blend until smooth.
4. Pour the cheesecake filling over the biscuit base, smoothing the top. Cover the tin tightly with foil. Take another 50cm length of foil and fold it lengthways to form a 6cm wide strap. Place this under the cake tin and use to lower the cheesecake onto the trivet inside the multi cooker.
5. Select BAKE and lock the lid in place; ensuring the exhaust valve is in the sealed position. The cheesecake will cook for approximately 40 minutes. When the timer beeps, carefully vent the steam manually using the quick release method, and remove the lid only when the red float indicator drops.
6. Lift the cheesecake from the multi cooker pot using the foil strap. Remove the foil, but leave the cheesecake in the cake tin to cool.
7. For the topping: whisk the remaining sour cream with 2 teaspoons of sugar. Pour the topping over the slightly warm cheesecake, spreading evenly. When the cheesecake has cooled to room temperature, place the whole tin in fridge to chill for 4 hours, or overnight if possible. Serve slices with berry compote if desired (recipe on p26).

## HOMEMADE YOGHURT

**Preparation Time:** 15 minutes

**Cooking Time:** 6 hours 10 minutes

**Makes:** 1 Litre

### Ingredients:

1L full-cream or skim milk

45g natural yoghurt

### Method:

1. Fill the cooking pot with milk and select SAUTÉ. Heat for 8-9 minutes, stirring constantly with a rubber spatula to prevent the milk catching on the bottom of the pan. The milk will steam, then become foamy on the surface: you're aiming for just below boiling point (or 87-90°C on a thermometer). You don't want the milk to boil.
2. Using oven mitts, carefully remove the cooking pot from the multi cooker. Sit the whole pot in a sink filled with ice-cold water. Continue stirring until the milk cools to body temperature (or 35-40°C on a thermometer).
3. Strain the milk through a fine sieve, discarding any solids. Wash and dry the cooking pot. Return the milk into the pot and stir in the yoghurt until well combined.
4. Insert the cooking pot into the multi cooker. Lock the lid in place and select YOGHURT. The timer will illuminate for 6:00 hours. When the timer beeps after 6 hours, carefully remove the lid. Cool the yoghurt to room temperature.

**Note:** Refrigerate until cold, and consume within 5 days.

## FOR POT SET YOGHURT

Follow the recipe to step 3. Then pour the combined yoghurt and milk mixture into individual heatproof ramekins or pots until  $\frac{3}{4}$  full. Cover each tightly with foil or with lids.

Place the trivet in the base of the clean multi cooker pan, and sit the yoghurt pots on top. Carefully pour in enough water to come halfway up the sides of the pots. Continue from step 4 of this recipe.

### TIPS

- To start another batch of yoghurt, simply use 45g of leftover yoghurt from this recipe.
- Add any sweeteners once the yoghurt has cooled, so not to affect it setting.
- Serve with berry compote (recipe pg 26), or the topping of your choice.

## WHOLE MILK RICOTTA

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Makes:** 500g

### Ingredients:

2 litres (8 cups) full-cream milk

10g citric acid

¼ tsp salt, optional

### Method:

1. Fill the cooking pot with the milk. Secure the multi cooker lid and select the YOGHURT function. The timer will illuminate for 6:00 hours. Allow the milk to heat for 10 minutes (or until the timer counts down to 5:50). Select KEEP WARM/CANCEL and carefully remove the lid from the multi cooker.
2. Dissolve the citric acid in a jug with 100ml water. Very gradually add 1 teaspoon at a time to the warmed milk, while stirring very slowly. Stop adding the citric acid as soon as you can see the milk curds separate from the yellow liquid whey. Rest the lid on top of the cooker and allow the ricotta to stand for 1 minute.
3. Line a fine mesh sieve with cheesecloth. Place the sieve over a large bowl and gently spoon the ricotta into the sieve, allowing whey to collect in the bowl underneath. Gently wash the ricotta with cold water and add salt if desired.
4. To store, cover the ricotta with some of the cooled whey and refrigerate into an airtight container for up to 3 days.

**TIP:** Reserve the leftover whey to use in smoothies or your baking recipes.

## QUICK BERRY COMPOTE

**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

**Makes:** 1.5 cups

### Ingredients:

400g (3 cups) mixed berries, fresh or frozen

1/3 cup caster sugar

juice of half a lemon

2 strips lemon peel

1 tsp vanilla extract

1 Tbsp cornflour

### Method:

1. Add the berries, sugar, lemon juice, lemon peel and vanilla to the multi cooker pot. Stir to combine. Select SAUTÉ and cook uncovered for 10 minutes, stirring occasionally, until the berries start to burst and release their juices.
2. In a small bowl whisk together the cornflour with 1 Tablespoon of water. Add to the compote and stir quickly. It should thicken instantly. Press KEEP WARM/CANCEL and carefully remove the cooking pot from the multi cooker unit using oven mitts.
3. Cool the compote to room temperature and remove the two strips of lemon peel. Serve compote warm or transfer to an airtight container and refrigerate until ready to use.

**Note:** Compote will keep refrigerated for up to one week.