



REVERE™

Electrics

PRESSURE COOKING RECIPES

Meal 'n Minutes™

FAST... EASY... AND HEALTHY!

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INTRODUCTION

Worth the wait for the traditional pressure cooker to evolve into the age of electrics? You bet!

Cooking with a *Meal 'n Minutes*™ pressure cooker is the best way to go when preparing food. It's fast, easy and healthy. It's so safe, there's nothing to fear.

FAST

Cooker reduces cooking time up 70%

EASY

Cooks a complete meal in only a few steps

HEALTHY

Preserves natural nutrients and vitamins

The flavors will not escape. The colors will not wash out. The very best that foods have to offer are locked in while cooking. Experience the real tastes and colors of foods.

Within the pages of this cookbook are savory recipes ranging from appetizers, to entrees, to desserts. Turn the pages, let your taste buds roam. It only takes a few minutes for these delicious recipes to become a reality!

APPETIZERS

CHICKEN ROULADES

- 4 boneless, skinless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2/3 cup garden vegetable-flavored cream cheese or cream cheese, softened
- 1/2 teaspoon dried basil leaves
- 12 large fresh spinach leaves plus additional fresh spinach leaves for garnish, divided
- 1 jar (7.25 ounces) roasted red peppers, drained
- 1/2 cup chicken broth or water

Set Pressure Regulator to #1.

Place chicken breasts between 2 sheets of heavy-duty plastic wrap and pound to 1/4-inch thickness, using a meat mallet or rolling pin. Sprinkle chicken with salt and pepper. Spread cream cheese evenly over each chicken breast. Sprinkle each breast with basil. Place 3 spinach leaves on each breast and top with roasted red peppers.

Roll each breast, jelly-roll fashion and secure with wooden picks. Place meat rack in the pressure cooker and pour broth or water into pressure cooker. Place each breast, seam-side down on meat rack. Cover and cook at High Pressure 12 minutes. Quickly release pressure. Remove wooden picks and slice each breast crosswise into 7 or 8 pieces. Serve on spinach-lined plate. Makes approximately 32 appetizer roulades.

SANTA FE CHEESECAKE

- 1 cup chili-cheese flavored corn chips, crushed
- 2 cups shredded Cheddar-Monterey Jack cheese
- 1 package (8-ounces) cream cheese, softened
- 2 eggs
- 1 tablespoon minced fresh cilantro
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/2 cup sour cream, at room temperature
- 2 green onions, sliced
- 1/2 cup sliced black olives
- 1 avocado, sliced
- 1/2 cup chopped red pepper
- Tortilla chips

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place crushed tortilla chips in bottom of a 7-inch springform pan.

Beat together shredded cheese, cream cheese, eggs, cilantro, garlic powder, cumin and cayenne. Pour over crumbs in springform pan. Cover with aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place springform pan on rack. Cover and cook at Low Pressure 40 minutes. Release pressure gradually. Carefully remove pan from cooker and uncover. Spoon sour cream over cheesecake and gently spread to cover. Allow to stand at room temperature 30 minutes. Cover and chill several hours or overnight.

Garnish cheesecake as desired with sliced green onions, sliced black olives, sliced avocado and chopped red pepper. Serve with tortilla chips. Makes 6 to 8 servings.

FIERY WINGS

- 6 chicken wings, about 1-1/2 pounds
- 2 tablespoons butter or margarine
- 1 tablespoon chili powder
- 1/4 teaspoon cayenne
- 1/2 cup barbecue sauce
- 1/4 cup salsa
- 2 tablespoons Worcestershire sauce
- 2 tablespoons water

Set Pressure Regulator to #1.

Cut wings into thirds; discard tips. Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add wings and sauté, stirring frequently, until browned. Sprinkle with chili powder and cayenne. Stir together remaining ingredients; pour sauce over chicken and stir to coat chicken. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Makes 6 appetizer servings.

HOT SPINACH AND ARTICHOKE DIP

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 - 2 jalapeño peppers, seeded and minced
- 1 teaspoon salt
- 1 package (10 ounces) frozen chopped spinach
- 1 can (14.5 ounces) artichoke hearts, drained and chopped
- 4 Roma tomatoes, chopped
- 1/4 cup water
- 1 package (8 ounces) cream cheese, softened and cut into 1/2-inch cubes
- 2 cups shredded Monterey Jack cheese
- Tortilla chips

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and garlic and sauté 3 to 4 minutes. Stir in jalapeño pepper and salt. Place frozen spinach over onions. Top with chopped artichoke hearts, tomatoes and water. Cover and cook on High Pressure 5 minutes. Quickly release pressure.

Stir spinach to blend into the tomato-artichoke mixture. Stir in cream cheese and shredded Monterey Jack cheese. Cover and cook on Low Pressure 3 minutes. Quickly release pressure. Stir well. Cover and allow to stand 5 minutes. Set to Keep Warm for serving. Serve with tortilla chips. Makes about 5 cups dip.

MEATS/MAIN DISHES

ITALIAN BEEF

- 2 teaspoons garlic powder
- 2 teaspoons salt
- 1 teaspoon dried oregano leaves
- 1 teaspoon fennel seed
- 1 teaspoon anise seed
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 2-1/2 to 3 pound boneless beef rump roast
- 2 cups water
- 1 can (8 ounces) tomato sauce

Set Pressure Regulator to #1.

Combine seasonings; sprinkle seasonings evenly over meat. Place meat rack into the pressure cooker and pour water into cooker. Place meat on rack. Pour tomato sauce on top of meat. Cover and cook on High Pressure 60 minutes. Release pressure gradually. Remove meat from liquid and allow to stand about 15 minutes. Thinly slice meat. Makes 10 servings.

Serving tip: This recipe resembles a hot, Italian deli meat; thinly slice and use for sandwiches.

POT ROAST AND VEGETABLES

- 1 tablespoon vegetable oil
- 1 2 to 2-1/2 pound boneless beef rump roast
- 3 cups water
- 1 envelope (1.1 ounces) beef-onion dry soup mix
- 1 cup vegetable juice cocktail
- 2 potatoes, peeled and quartered
- 2 carrots, peeled and quartered
- 1 onion, quartered

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add roast and brown meat evenly on all sides. Remove meat and set aside. Place meat rack into the pressure cooker, then place meat on top of meat rack. Pour water around meat. Combine dry soup mix and vegetable juice, then pour sauce over meat. Cover and cook at High Pressure 50 minutes. Release pressure gradually.

Add vegetables around roast. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Makes 4 to 6 servings.

BEEF AND BLACK BEAN BURRITOS

- 1 cup dried black beans
- 1 tablespoon vegetable oil
- 5 cups water, divided
- 1-1/2 pounds boneless beef chuck roast
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 cloves garlic, minced

- 1 onion, chopped
- 3 jalapeño peppers, seeded and chopped
- 1 poblano chile pepper, roasted and chopped (See note, below)
- 12 (8-inch) flour tortillas, warmed
- 3 cups shredded Cheddar or Monterey Jack cheese
- Salsa
- Sour cream

Set Pressure Regulator to #1.

Place beans, oil and 4 cups water in the pressure cooker. Cover and cook at High Pressure 20 minutes. Release pressure gradually and allow beans to cool completely in water. Drain and set aside.

Place beef, remaining 1 cup water, cumin and chili powder in the pressure cooker. Cover and cook at High Pressure 45 minutes. Release pressure gradually. Using a ladle, remove all but about 1/2 cup drippings. Stir in garlic, onion, jalapeño peppers, poblano pepper and drained beans. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Lift out beef and place on cutting board. Shred meat with 2 forks or cut into bite-size pieces; stir meat back into bean mixture.

Spoon about 1/3 cup beef and bean mixture into the center of each tortilla. Top each with 1/4 cup cheese, then roll tortilla. Serve with salsa and sour cream. Makes 6 servings.

Note: To roast poblano pepper, slice chile pepper in half and remove seeds. Place, skin-side up, on baking sheet. Broil about 10 minutes or until skin is blackened. Seal in plastic food bag 15 minutes, then remove skin and chop pepper.

*If desired, substitute 1 can (15 ounce) black beans, rinsed and drained, for dry beans. Eliminate first step for cooking beans, omit 1 tablespoon vegetable oil and reduce water to 1 cup. Cook beef as directed with 1 cup water and seasonings. Add garlic, onion, peppers and drained, canned beans. Proceed as recipe directs.

BBQ BRISKET

- 2 teaspoons seasoned salt
- 4 teaspoons celery seed
- 3 pounds beef brisket, about 2 to 3-inches thick
- 1 onion, thinly sliced
- 1 cup barbecue sauce

Set Pressure Regulator to #1.

Combine seasoned salt and celery seed; press seasoning mixture onto surface of brisket. Place brisket in pressure cooker, rolling slightly if necessary. Place onion on top of brisket. Cover with barbecue sauce. Cover and cook at High Pressure 60 minutes. Release pressure gradually. Remove meat from liquid and allow to stand about 15 minutes. Thinly slice meat; spoon sauce over meat. Makes 6 to 8 servings.

BEEF STROGANOFF

- 1 teaspoon vegetable oil
- 1 pound boneless beef round steak, sliced into thin strips
- 1 onion, chopped
- 1 can (4 ounces) sliced mushrooms, drained
- 1 can (10-1/2 ounce) cream of mushroom soup
- 2 tablespoons tomato paste
- 1 cup sour cream
- Hot cooked noodles or cooked rice

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef and sauté 3 to 5 minutes or until beef is browned. Add onion, mushrooms, soup and tomato paste. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Stir in sour cream. Serve over hot cooked noodles or rice. Makes 4 servings.

THREE PEPPER ROUND STEAK

- 1-1/2 pounds boneless beef round steak, cut 1/2-inch thick
- 1 teaspoon paprika
- 1 teaspoon seasoned salt
- 2 tablespoons vegetable oil, divided
- 1 medium onion, sliced
- 1 small red pepper, cut into strips
- 1 small green pepper, cut into strips
- 1 jalapeño pepper, seeded and minced
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup salsa
- 1 tablespoon Worcestershire sauce
- 1/4 cup water

Set Pressure Regulator to #1.

Cut steak into 4 to 6 serving pieces and sprinkle with paprika and seasoned salt. Pour 1 tablespoon oil into the pressure cooker. Set to Brown and allow oil to heat. Add steak, in batches, and brown meat evenly on both sides. Set browned beef aside.

Pour remaining oil into the pressure cooker and allow oil to heat. Add onions and sauté, stirring frequently 3 minutes. Arrange half of meat over onions. Spoon about half of tomatoes over steak. Top with remaining steak, peppers, remaining tomatoes and salsa. Blend Worcestershire sauce into water, then pour over meat. Cover and cook at High Pressure and cook 15 minutes. Release pressure gradually. Makes 4 to 6 servings.

SOUTHWESTERN BEEF ROLL-UPS

- 1 teaspoon vegetable oil
- 1-1/2 pounds boneless beef round steak, cut into 1/2 x 2-inch slices
- 1 onion, thinly sliced
- 1 small green pepper, thinly sliced
- 1 small red pepper, thinly sliced
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 can (14-1/2 ounces) Mexican flavored stewed tomatoes
- 1 can (15 ounces) black beans, rinsed and drained
- 6 (8-inch) flour tortillas, warmed

Toppings: sour cream, chopped green onion, shredded Cheddar cheese, chopped tomatoes

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef and brown 3 to 5 minutes. Add onion and peppers and sauté 3 minutes. Add chili powder, cumin, stewed tomatoes and black beans. Cover and cook on High Pressure 15 minutes. Release pressure gradually.

Using a slotted spoon, remove beef mixture and place in tortillas. Garnish with toppings. Makes 6 servings.

ROSEMARY PORK ROAST

- 1 tablespoon vegetable oil
- 1 3-pound boneless pork loin
- 5 cloves garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried thyme leaves
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 cup white wine or water
- 1/2 cup water

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add pork roast and brown meat evenly on all sides. Meanwhile, place garlic, rosemary, lemon zest, salt, pepper, thyme, lemon juice and olive oil in a small bowl; mix well.

Remove browned pork roast from cooker and set aside. Place meat rack in cooker and add wine and water. Place browned pork roast on meat rack. Using a pastry brush, brush top and sides of roast with rosemary mixture. Cover and cook at High Pressure 60 minutes. Quickly release pressure. Makes 8 to 10 servings.

BEER BRAISED BARBECUED RIBS

- 2-1/2 pounds country-style pork ribs
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 bay leaf
- 1 whole clove
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup beer
- 1-1/2 cups barbecue sauce
- 1/4 cup Dijon mustard
- 1/4 cup brown sugar

Set Pressure Regulator to #1.

Place ribs in the pressure cooker. Add onion, garlic, seasonings and beer. Cover and cook at High Pressure 30 minutes. Release pressure gradually.

Ladle out all but about 1/2 cup beer and drippings. Remove and discard bay leaf and clove. Combine barbecue sauce, mustard and sugar and pour over ribs. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Makes 2 to 4 servings.

PORK CHOPS MARSALA

- 1/4 cup Italian seasoned bread crumbs
- 2 tablespoons all-purpose flour
- 6 tablespoons grated Parmesan cheese, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 boneless pork chops, about 3/4 to 1-inch thick

- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 2 tablespoons butter or margarine
- 1 package (8-ounces) sliced mushrooms
- 3/4 cup Marsala wine

Set Pressure Regulator to #1.

Stir together bread crumbs, flour, 1/4 cup Parmesan cheese, salt and pepper. Coat each pork chop generously with bread crumb mixture. Set aside.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add garlic and sauté 1 to 2 minutes. Add pork chops and brown meat evenly on both sides. Remove chops to platter; set aside.

Add butter to pressure cooker and melt. Sauté mushrooms 3 to 5 minutes. Add Marsala wine to mushrooms and stir well. Place pork chops on top of mushrooms. Cover and cook at High Pressure 8 minutes. Quickly release pressure. Remove pork chops to serving platter. If you prefer a thicker Marsala sauce, cook mushroom sauce, uncovered, at Brown, until thicker. Serve sauce over pork chops and sprinkle with remaining 2 tablespoons of Parmesan cheese. Makes 4 servings.

PORK CHOPS DIJON

- 1 tablespoon butter or margarine
- 4 boneless pork chops, about 1-inch thick
- 1/2 cup chicken broth
- 1/4 cup white wine
- 2 tablespoons Dijon mustard
- 1 teaspoon grated fresh ginger
- 1 tablespoon cornstarch
- 1 tablespoon water
- 2 green onions, sliced

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add pork chops and brown meat evenly on both sides. Meanwhile, combine broth, wine, mustard and ginger. When meat is browned, pour broth mixture over chops. Cover and cook at High Pressure 8 minutes. Quickly release pressure.

Remove chops to warm serving platter. Combine cornstarch and water, stirring to form a smooth paste. Stir cornstarch mixture and green onions into drippings. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Spoon sauce over chops. Makes 4 servings.

KIELBASA, CABBAGE AND KRAUT

- 1 slice bacon, cut into 1/2-inch pieces
- 1 onion, chopped
- 1 can (16 ounces) sauerkraut, drained
- 3 cups shredded green cabbage
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon celery seed
- 1 pound smoked, fully cooked Kielbasa or sausage, cut into 2-inch pieces
- 1 cup water

Set Pressure Regulator to #1.

Place bacon in the pressure cooker. Set to Brown and sauté bacon 3 minutes. Add onion and sauté an additional 3 to 4 minutes or until bacon is just crisp and onion is tender. Stir in remaining ingredients. Cover and cook at High Pressure 5 minutes. Quickly release pressure. Makes 4 servings.

MOROCCAN LAMB ON GRILLED PITA WITH CUCUMBER-YOGURT SAUCE

- 1 2 to 2-1/2 pound boneless leg of lamb
- 3 cloves garlic, slivered
- 5 tablespoons olive oil, divided
- 2 cups water
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne
- 1/4 cup minced fresh cilantro
- 1 onion, sliced
- 1/4 teaspoon garlic powder
- 2 tomatoes, diced
- Cucumber-Yogurt sauce (recipe below)

Set Pressure Regulator to #1.

Cut small slits into lamb; insert garlic slivers into lamb. Place 1 tablespoon oil in the pressure cooker. Set to Brown, add lamb and brown meat evenly on all sides. Remove lamb and set aside. Place meat rack into the pressure cooker, then place lamb on top of meat rack. Pour water around lamb. Combine paprika, cumin, pepper, cayenne, cilantro and 3 tablespoons olive oil; brush mixture over lamb. Place onion slices around lamb. Cover and cook on High Pressure 40 minutes. Quickly release pressure.

Remove lamb and onions and allow to cool slightly. Cut lamb into 1/2-inch cubes, and mix with cooked onions.

Meanwhile, combine remaining 1 tablespoon oil and garlic powder. Lightly brush olive oil mixture over pita breads. Place pita, in a single layer, onto a griddle or large skillet on stove over medium-high heat. Grill pita on each side about 1 minute or until hot.

To serve, divide lamb-onion mixture between pitas. Top each with chopped tomatoes. Serve with Cucumber-Yogurt sauce. Makes 6 servings.

Cucumber-Yogurt Sauce

- 1 cup diced cucumber
 - 4 green onions, chopped
 - 1/2 cup plain yogurt or sour cream
 - 1/2 teaspoon dill weed
 - 1/2 teaspoon seasoned salt
 - 2 teaspoons white wine tarragon vinegar
- Stir together all ingredients.

SUNDAY CHICKEN AND DRESSING

- 2 to 2-1/2 pounds bone-in chicken pieces
- 1 teaspoon paprika
- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1 stalk celery, chopped
- 1/2 cup sliced mushrooms, optional
- 2 tablespoons minced fresh parsley

- 1 teaspoon rubbed sage
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup water
- 4 cups herb-seasoned stuffing

Set Pressure Regulator to #1.

Sprinkle chicken with paprika. Place butter in the pressure cooker. Set to Brown, and allow to melt. Add chicken, in batches, and brown evenly on both sides. Set browned chicken aside.

Stir onion, celery and mushrooms into butter remaining in the pressure cooker. Sauté 3 minutes, stirring frequently. Stir parsley, sage, salt and pepper into vegetables. Place chicken over vegetables; add water. Cover and cook on High Pressure 20 minutes. Quickly release pressure.

Using a slotted spoon, lift chicken out of liquid, leaving liquid and vegetables in the pressure cooker. Set chicken aside and keep warm. Stir stuffing into liquid. Cover and cook on Steam 3 minutes. Serve dressing with chicken. Makes 4 to 6 servings.

CARIBBEAN CHICKEN WITH RICE

- 1 tablespoon vegetable oil
- 1 pound skinned and boned chicken, cut into 1/2-inch cubes
- 1-1/4 cups chicken broth
- 3 tablespoons lime juice
- 2 tablespoons soy sauce
- 1 small red pepper, cut into 3/4-inch cubes
- 1 small green pepper, cut into 3/4-inch cubes
- 1 small jalapeño pepper, minced
- 1 clove garlic, minced
- 1 cup uncooked converted rice

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add chicken and sauté 3 to 5 minutes or until meat is browned, stirring frequently. Stir in remaining ingredients. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Makes 4 servings.

SOUTHWESTERN CHICKEN TACO CUPS

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 4 boneless, skinless chicken breast halves, cut into 1/2-inch cubes
- 1 large green pepper, chopped
- 1/2 cup salsa
- 1 package (1 to 1-1/4 ounces) taco seasoning mix
- 2 tablespoons lime juice
- 8 Taco Cups or 8 (6-inch) flour tortillas
- Shredded lettuce
- Shredded cheese
- Sour cream
- Chopped tomato
- Chopped green onions
- Guacamole

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and sauté 3 minutes or until onion is tender. Stir in chicken, green pepper, salsa, taco seasoning mix and lime juice. Cover and cook at High Pressure 5 minutes. Quickly release pressure.

Spoon chicken mixture into taco cups or roll-up in tortillas. Garnish as desired.

Makes 4 servings.

Taco Cups

Use 8 (6-inch) flour tortillas and press or fold tortillas into muffin cups coated with vegetable cooking spray, forming bowls. Spray bowls with cooking spray. Bake at 375° for 6 to 8 minutes or until golden brown.

CHICKEN WITH MUSHROOMS AND SUN-DRIED TOMATOES ON PASTA

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 shallots, chopped or 1/2 cup chopped onion
- 1 pound boneless, skinless chicken breasts, cut into 1/2 x 2-inch slices
- 3 cups sliced mushrooms
- 1 teaspoon dried basil leaves
- 1/4 teaspoon dried crushed red pepper
- 3 Roma tomatoes, chopped
- 1/2 cup roasted red peppers, drained and chopped
- 1/4 cup oil-packed sun-dried tomatoes, drained and chopped
- 1/2 cup chicken broth
- 8 ounces farfalle (bow-tie) or ziti pasta, cooked and drained
- 1/2 cup freshly grated Parmesan cheese

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add garlic, shallots and chicken and sauté, stirring frequently, 2 to 3 minutes. Add remaining ingredients, except pasta and Parmesan. Cover and cook at High Pressure 7 minutes. Quickly release pressure. Serve over hot cooked pasta and toss with grated Parmesan. Makes 4 servings.

CHICKEN CACCIATORE

- 1 tablespoon olive oil
- 4 boneless, skinless chicken breast halves
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can (14.5 ounces) diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1/2 cup chopped green pepper
- 1 cup sliced mushrooms
- 2 teaspoons Italian seasonings
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Hot cooked pasta

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add chicken and sauté 2 to 3 minutes on each side or until golden brown. Remove chicken and set aside. Add onion and garlic to the pressure cooker and sauté 3 minutes or until onion is tender.

Place chicken over onions and add remaining ingredients, except pasta. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Serve over pasta.

Makes 4 servings.

Easy Cacciatore: Brown chicken, as directed, in oil. Pour 1 jar (28 ounces) spaghetti sauce over chicken. Cover and cook at High Pressure 15 minutes. Quickly release pressure.

LEMON TURKEY TENDERLOINS

- 2 tablespoons butter or margarine
- 1-3/4 to 2 pounds turkey breast tenderloins, sliced into 1/2-inch slices
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cloves garlic, minced
- 1/3 cup plus 1 tablespoon water, divided
- 3 tablespoons lemon juice
- 1 tablespoon cornstarch
- Fresh minced parsley

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add turkey slices, in batches, and brown evenly on both sides. Season with salt, pepper and garlic. Combine 1/3 cup water and lemon juice and pour over turkey. Cover and cook at High Pressure 12 minutes. Quickly release pressure.

Remove turkey to warm serving platter. Combine cornstarch and remaining 1 tablespoon water, stirring to form a smooth paste. Stir cornstarch mixture into drippings. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Spoon sauce over turkey and sprinkle with parsley. Makes 4 servings.

Lemon chicken: Substitute 4 boneless, skinless chicken breast halves for turkey. Proceed as recipe directs.

PIZZA BREAD PUDDING

- 4 cups Italian bread cubes, toasted
- 1 cup shredded mozzarella cheese
- 24 pepperoni slices
- 2 eggs, lightly beaten
- 1 can (14.5 ounces) diced tomatoes with roasted garlic, onion and oregano
- 1/3 cup minced onion
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place bread cubes, cheese and mozzarella in large mixing bowl. Combine remaining ingredients and blend well. Pour over bread cubes and toss to coat. Place in a lightly greased 6-cup mold. Cover dish with aluminum foil.

Place meat rack in pressure cooker and add 4 cups water. Place mold on meat rack. Cover and cook at Low Pressure 30 minutes. Release pressure gradually. Allow to stand 10 minutes. Carefully remove from cooker and serve warm. Makes 6 to 8 servings.

SOUPS/STEW/SAUCES

BEEF BURGUNDY

- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 pounds beef stew meat
- 1 tablespoon vegetable oil
- 1 can (14.5 ounces) diced tomatoes
- 1/4 cup Burgundy wine
- 1/2 teaspoon dried thyme leaves
- 1 bay leaf
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, sliced
- 6 to 8 boiling onions
- 10 to 12 whole button mushrooms
- 2 tablespoons minced fresh parsley

Set Pressure Regulator to #1.

Place flour, salt and pepper in plastic food bag. Add beef, seal and toss to coat beef.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef cubes, and brown meat evenly on all sides. Add tomatoes, Burgundy, thyme, bay leaf, onion and garlic. Cover and cook at High Pressure 45 minutes. Release pressure gradually. Add carrots, onions, mushrooms and parsley. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Makes 6 to 8 servings.

Note: If, after cooking, a thicker stew is preferred, blend together 2 tablespoons flour and 2 tablespoons water; stir flour mixture into stew. Set to Brown and cook, uncovered, stirring frequently, for 2 to 3 minutes or until thickened.

CHILI

- 1 tablespoon vegetable oil
- 1-1/2 pounds boneless beef chuck, cut into 1/2-inch cubes, well trimmed
- 1 medium onion, chopped
- 1 tablespoon paprika
- 1/2 teaspoon cayenne pepper
- 1 tablespoon beef bouillon granules
- 4 teaspoons cumin
- 1 teaspoon garlic powder
- 3 tablespoons chili powder
- 1 cup beef broth
- 1 can (6 ounces) tomato paste
- 1 can (15 ounces) kidney beans, drained

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef and onion and sauté 3 to 5 minutes or until meat is brown. Stir in remaining ingredients. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Makes 6 servings.

VEAL PAPRIKA AND ARTICHOKE RAGOUT

- 2 pounds thinly sliced veal, cut into 1/2-inch cubes
- 4 tablespoons all-purpose flour, divided
- 2 teaspoons paprika
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 8 ounces fresh mushrooms, quartered
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon dried thyme leaves
- 1/2 cup beef broth
- 1/4 cup white wine
- 1 can (14.5 ounces) artichoke hearts, drained and quartered
- 2 tablespoons minced fresh parsley
- 2 tablespoons water
- Hot cooked noodles

Set Pressure Regulator to #1.

Place 2 tablespoons flour, paprika, salt and pepper in plastic food bag. Add veal, seal and toss to coat veal.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add veal, and cook 3 to 4 minutes. Add onion and sauté, stirring frequently, 3 to 5 minutes or until veal is lightly browned and onion is tender. Stir in mushrooms, basil, thyme, broth and wine. Cover and cook at High Pressure 10 minutes. Quickly release pressure.

Stir in artichokes and parsley. Cover and cook at Low Pressure 2 minutes. Quickly release pressure. Blend together remaining 2 tablespoons flour and water to form a smooth paste. Blend flour-water paste into ragout. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Serve over noodles. Makes 6 servings.

PASTA E FAGIOLI SOUP

- 1/2 cup dry red kidney beans
- 4 cups water, divided
- 1-1/2 teaspoons vegetable oil
- 1/2 pound boneless pork, cut into 1/2-inch cubes
- 1 onion, chopped
- 1/2 cup chopped celery
- 3 cloves garlic, minced
- 1 carrot, chopped
- 1 can (14.5 ounces) diced tomatoes
- 1 can (14.5 ounces) beef broth
- 6 whole black peppercorns
- 1 teaspoon dried basil leaves
- 1 teaspoon dried oregano leaves
- 1 teaspoon salt
- 1/2 cup red wine
- 1/3 cup uncooked elbow macaroni
- Grated Parmesan cheese

Set Pressure Regulator to #1.

Place dry beans, 2 cups water and oil in the pressure cooker. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Uncover and allow beans to cool; drain then return beans to pressure cooker.

Stir remaining 2 cups water and remaining ingredients, except macaroni and grated Parmesan cheese, into beans in pressure cooker. Cover and cook at High Pressure 10 minutes. Quickly release pressure.

Stir in macaroni. Set to Steam, and cook, uncovered, stirring frequently, 3 to 5 minutes, or until pasta is done. Ladle soup into serving bowls and top with grated Parmesan cheese. Makes 6 to 8 servings.

If desired, substitute 1 can (15 ounces) red kidney beans, drained, for dry beans. Eliminate first step for cooking beans, omit 1 tablespoon vegetable oil and reduce water to 2 cups. Place canned, drained beans, 2 cups water and remaining ingredients, except macaroni and grated Parmesan cheese in pressure cooker. Proceed as recipe directs.

HOT AND SOUR SOUP

- 1 tablespoon sesame oil
- 1 pound pork cutlets, cut into 1/4 x 2-inch slices
- 1 package (8 ounces) sliced mushrooms
- 8 green onions, sliced
- 1 can (8 ounces) bamboo shoots, drained
- 2 cans (10-1/2 ounces each) beef broth
- 1 can (10-1/2 ounces) chicken broth
- 1/4 to 1/2 teaspoon dried crushed red pepper
- 1/4 cup soy sauce
- 1/4 cup cornstarch
- 2 tablespoons cider vinegar

Set Pressure Regulator to #1.

Place oil in the pressure cooker. Set to Brown and allow oil to heat. Add pork and brown meat on all sides. Add mushrooms and green onions and sauté 3 to 5 minutes. Add bamboo shoots, beef broth, chicken broth and dried crushed pepper. Cover and cook on High Pressure 5 minutes. Release pressure gradually.

Combine soy sauce and cornstarch and blend well. Stir cornstarch mixture into soup. Set to Brown; cook, uncovered, stirring frequently, for 1 to 2 minutes or until thickened. Stir in vinegar. Makes 4 to 6 servings.

CHICKEN STOCK

- 1-1/2 to 2 pounds bone-in chicken pieces
- 1 onion, quartered
- 1 stalk celery, quartered
- 1 carrot, quartered
- 1 teaspoon salt
- 1/2 teaspoon dried thyme leaves
- 2 to 3 whole black peppercorns
- 5 cups water

Set Pressure Regulator to #1.

Place all ingredients in the pressure cooker. Cover and cook at High Pressure 60 minutes. Release pressure gradually.

Strain stock. (Reserve meat for other use, if desired.) Refrigerate overnight; skim and discard fat. Makes about 5-1/2 cups stock.

CHICKEN AND RICE SOUP

- 5 cups chicken stock
- 1-1/2 cups diced, cooked chicken
- 1/3 cup uncooked, long-grain rice
- 1/4 cup diced onion
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1 teaspoon salt
- 1/4 teaspoon pepper

Set Pressure Regulator to #1.

Place ingredients in the pressure cooker. Cover and cook at High Pressure 5 minutes. Release pressure gradually. Makes 6 servings.

TORTILLA SOUP

- 1 tablespoon butter or margarine
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 boneless, skinless chicken breast half, cut into 1/4-inch cubes
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup chopped green pepper
- 1 Anaheim pepper, seeded and diced
- 1 jalapeño pepper, seeded and diced
- 1/2 cup frozen whole kernel corn
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon pepper
- 4 cups chicken broth
- Shredded cheese
- Diced avocado
- Crisp tortilla strips (see below)

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow to melt. Add onion, garlic and chicken and sauté, stirring frequently, 3 to 5 minutes. Stir in remaining ingredients, except cheese, avocado and tortilla strips. Cover and cook at High Pressure 5 minutes. Release pressure gradually. Ladle into serving bowls and top each serving with shredded cheese, diced avocado and crisp tortilla strips. Makes 8 servings.

Crisp Tortilla strips: Slice corn tortillas into 1/4-inch strips. Heat 1 cup oil in skillet over medium-high heat on stove. Add a few tortilla strips and cook about 1 minute or until strips are golden brown. Remove with slotted spoon and transfer to paper towels to drain.

SPAGHETTI SAUCE

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 cup sliced mushrooms
- 6 cloves garlic, minced
- 1 can (28 ounces) crushed tomatoes
- 1 can (6 ounces) tomato paste
- 1/2 cup red wine
- 1/4 cup minced fresh parsley
- 1 tablespoon sugar
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried rosemary leaves
- Hot cooked pasta

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion, mushrooms and garlic and sauté 3 to 5 minutes. Stir in remaining ingredients, except hot cooked pasta. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Serve over hot cooked pasta. Makes 6 servings.

FISH AND SEAFOOD

CHICKEN AND SHRIMP JAMBALAYA

- 1 tablespoon vegetable oil
- 2 boneless, skinless chicken breast halves, cut into 1/2-inch cubes
- 1 onion, chopped
- 1 large green pepper, diced
- 3 stalks celery, sliced
- 2 cloves garlic, minced
- 1 cup uncooked converted rice
- 1-1/4 cups chicken broth
- 1 can (8 ounces) tomato sauce
- 1 bay leaf
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon sage
- 1/4 teaspoon cayenne pepper
- 2 dashes hot pepper sauce
- 12 ounces large shrimp, peeled and deveined

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add chicken, onion, green pepper, celery and garlic. Sauté 3 to 5 minutes or until vegetables are just tender. Stir in remaining ingredients. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Makes 4 to 6 servings.

LOW COUNTRY SHRIMP BOIL

- 1 can (14.5 ounces) chicken broth
- 1/3 cup white wine
- 3/4 cup water
- 4 whole black peppercorns
- 1 bay leaf
- 1/4 teaspoon dried crushed red pepper
- 5 to 6 whole new red potatoes
- 2 ears corn, cut into thirds
- 1/2 pound smoked sausage, cut into 1/2-inch slices
- 1 pound large fresh shrimp, in shells

Set Pressure Regulator to #1.

Place broth, wine, water, peppercorns, bay leaf, crushed red pepper, red potatoes and corn in the pressure cooker. Cover and cook at High Pressure 4 minutes. Quickly release pressure.

Stir in sausage and shrimp. Cover and cook at Low Pressure 2 minutes. Quickly release pressure. Makes 6 servings.

FISH STEAKS WITH TOMATO AND OLIVE SAUCE

- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced

- 4 Roma tomatoes, chopped
- 2/3 cup sliced mushrooms
- 1/4 cup chopped, pitted kalamata olives
- 2 tablespoons capers, drained
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon dried crushed red pepper
- 1/4 cup white wine
- 2 firm fish steaks, cut 1-inch thick (such as tuna, swordfish or shark)

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and garlic and sauté 2 to 3 minutes. Stir in remaining ingredients, except fish. Cover and cook at High Pressure 5 minutes. Quickly release pressure.

Place fish in sauce, spooning some sauce up over fish. Set to Steam, cover and cook 5 minutes or just until fish flakes easily with a fork. Makes 2 servings.

QUICK PAELLA

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound chicken breast tenders
- 1/2 cup chopped green pepper
- 1/2 cup chopped red pepper
- 1/2 cup chopped tomatoes
- 1 (5 ounce) package yellow rice
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon pepper
- 3/4 cup chicken broth
- 1/2 cup clam juice
- 1/2 pound fresh shelled deveined shrimp
- 1/2 cup frozen peas

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion, garlic and chicken and sauté 3 to 5 minutes. Stir in green pepper, red pepper, tomatoes, yellow rice, oregano, pepper, chicken broth and clam juice. Cover and cook on High Pressure 8 minutes. Quickly release pressure. Stir in shrimp and peas. Cover and cook on Low Pressure 2 minutes. Makes 6 servings.

STEAMED RICE

- 1 cup uncooked converted rice
- 1 tablespoon butter or margarine
- 1 1/2 cups water

Set Pressure Regulator to #1.

Place all ingredients in the pressure cooker. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Makes 4 servings.

Note: Always add 1 tablespoon butter or oil to reduce foaming. Converted rice will cook into more separate rice grains and be less sticky than other types of long-grain rice.

ASIAN RICE

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 cup uncooked converted rice
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 stalk celery, sliced
- 1 cup sliced mushrooms
- 1 teaspoon freshly grated ginger or 1/2 teaspoon ground ginger
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1 can (14.5 ounces) chicken broth
- 1 cup broccoli florets

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and garlic and sauté 2 to 3 minutes, stirring frequently. Stir in rice, then stir in remaining ingredients, except broccoli. Cover and cook at High Pressure 6 minutes. Quickly release pressure. Stir in broccoli. Cover and cook at High Pressure 2 minutes. Quickly release pressure. Makes 6 servings.

LEMON RICE WITH ASPARAGUS

- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1 cup uncooked converted rice
- 1 cup sliced mushrooms
- Grated zest of 1 lemon
- 1/4 cup white wine
- 1 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon lemon pepper
- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow to melt. Add onion and sauté 2 to 3 minutes, stirring frequently. Stir in rice and mushrooms; sauté 1 minute. Stir in wine, water, salt and lemon pepper. Cover and cook at High Pressure 6 minutes. Quickly release pressure.

Stir asparagus into rice. Cover and cook at High Pressure 2 minutes. Makes 4 to 6 servings.

BROWN RICE AND ARTICHOKE CASSEROLE

- 1 tablespoon butter or margarine
- 1 cup uncooked brown rice
- 1/2 cup pine nuts, toasted
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme leaves
- 1 can (14.5 ounces) chicken broth
- 1 jar (6 ounces) marinated artichoke hearts, drained
- 1/2 cup chopped red pepper
- 2 tablespoons minced fresh parsley

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add brown rice, pine nuts, onion, and garlic and sauté, stirring frequently, 2 to 3 minutes. Add thyme and broth. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Add artichoke hearts, red pepper and parsley; stir well. Cover and cook at High Pressure 3 minutes. Quickly release pressure. Makes 6 servings.

PARMESAN TOMATO RISOTTO

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, sliced
- 1 cup sliced mushrooms
- 1 can (14.5 ounces) diced tomatoes
- 1 cup chicken broth
- 1 cup uncooked Arborio rice
- 1-1/2 teaspoons Italian seasoning
- 1/3 cup grated Parmesan cheese

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion, carrot, celery, and mushrooms and sauté 2 to 3 minutes. Stir in remaining ingredients, except Parmesan cheese. Cover and cook at High Pressure 10 minutes. Quickly release pressure. Stir in Parmesan cheese. Cover and let stand 10 minutes. Makes 4 servings.

WILD RICE AND CRANBERRY PILAF

- 1/2 cup uncooked wild rice
- 1 can (14.5 ounces) chicken broth
- 2 tablespoons butter or margarine
- 1/2 cup chopped onion
- 1 stalk celery, chopped
- 1 cup uncooked brown rice
- 1/2 cup dried cranberries
- 1/2 teaspoon rubbed sage
- 3/4 cup water

Set Pressure Regulator to #1.

Place wild rice, broth and butter in the pressure cooker. Cover and cook at High Pressure 10 minutes. Quickly release pressure. Add remaining ingredients. Cover and cook at High Pressure 20 minutes. Quickly release pressure. Makes 8 servings.

VEGETABLES AND COUSCOUS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, sliced
- 1 zucchini, halved and sliced 1/2-inch thick
- 1 yellow squash, halved and sliced 1/2-inch thick
- 1/2 cup chopped red pepper
- 1 teaspoon seasoned salt
- 1/4 teaspoon lemon pepper
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 1/2 cup water
- 1 cup couscous

Set Pressure Regulator to #1.

Place oil in the pressure cooker. Set to Brown and allow oil to heat. Add onion and sauté 2 to 3 minutes, stirring frequently. Stir in remaining ingredients, except couscous. Cover and cook at High Pressure 3 minutes. Quickly release pressure. Stir in couscous. Cover and allow to stand 5 minutes. Makes 6 to 8 servings.

GARLIC AND CHEESE POTATOES

- 6 medium potatoes, peeled and sliced
- 2 cloves garlic, minced
- 1/2 cup water
- 1 tablespoon butter or margarine
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup heavy or whipping cream
- 1/4 cup milk
- 2 cups (8 ounces) shredded Cheddar cheese

Set Pressure Regulator to #1.

Place potatoes, garlic, water, butter, salt and pepper in the pressure cooker. Cover and cook at High Pressure 7 minutes. Quickly release pressure.

Pour cream and milk over potatoes; sprinkle cheese on top of potatoes. Cover and cook at Low Pressure 2 minutes. Quickly release pressure. Makes 4 to 6 servings.

NEW POTATOES AND GREEN BEANS WITH BALSAMIC VINAIGRETTE

- 1-1/2 pounds new potatoes, halved
- 1/2 pound fresh green beans
- 1 red onion, cut into eighths
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup water
- 6 tablespoons olive oil
- 3 tablespoons Balsamic vinegar

- 1 tablespoon Dijon mustard
- 1 tablespoon freshly squeezed lemon juice

Set Pressure Regulator to #1.

Place potatoes, green beans, onion, garlic, salt, pepper and water in the pressure cooker. Cover and cook at High Pressure 5 minutes. Quickly release pressure. Uncover and allow to cool. Drain and place in salad bowl.

Whisk together olive oil, vinegar, mustard and lemon juice. Pour dressing over vegetables and toss to coat. Cover and refrigerate several hours. Makes 6 servings.

ORANGE-GLAZED CARROTS

- 1 pound carrots, peeled and cut into 1-inch pieces or 1 package (16 ounces) baby carrots
- 1/2 cup orange juice
- 1/2 teaspoon lemon pepper
- 1/4 cup orange marmalade

Set Pressure Regulator to #1.

Stir together carrots, orange juice and lemon pepper in the pressure cooker. Cover and cook at High Pressure 2 minutes. Quickly release pressure. Stir in orange marmalade. Makes 6 servings.

CIDER MILL SQUASH

- 1 acorn squash, split, seeded and cut into 1-inch rings
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 cup apple cider
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch

Set Pressure Regulator to #1.

Place squash in the pressure cooker. Sprinkle with ginger and nutmeg, then pour cider over squash. Cover and cook on High pressure 3 minutes. Remove squash with slotted spoon, leaving drippings.

Stir together brown sugar and cornstarch, then blend into cider in the pressure cooker. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Spoon sauce over squash. Makes 4 servings.

FRESH CORN WITH CILANTRO BUTTER

- 1/2 teaspoon chili powder
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon sugar
- 1-1/2 cups water
- 4 ears corn, husks and silks removed
- 6 tablespoons butter or margarine, divided
- 2 tablespoons minced fresh cilantro

Set Pressure Regulator to #1.

Place chili powder, seasoned salt, sugar and water in the pressure cooker; stir to blend well. Place corn in seasoned water and add 2 tablespoons butter. Cover and cook at High Pressure 3 minutes. Quickly release pressure.

Melt remaining butter in a small saucepan on the stove over low heat. Stir cilantro into melted butter and brush over corn. Makes 4 servings.

ITALIAN ZUCCHINI

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 1 cup sliced mushrooms
- 3 medium zucchini, sliced 1/4-inch thick
- 1 can (8 ounces) tomato sauce
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese

Set Pressure Regulator to #1.

Place oil in pressure cooker. Set to Brown and allow oil to heat. Add onion and mushrooms and sauté 3 to 5 minutes. Stir in remaining ingredients, except Parmesan cheese. Cover and cook at High Pressure 6 minutes. Quickly release pressure. Sprinkle with Parmesan cheese. Makes 6 to 8 servings.

BAKED BEANS

- 1 cup dry Great Northern beans
- 1 smoked ham hock (about 1/2 pound)
- 1 tablespoon vegetable oil
- 3/4 cup chopped onion
- 2 cups water
- 1/2 cup catsup
- 1/3 cup brown sugar
- 2 tablespoons prepared mustard
- 1 tablespoon cider vinegar

Set Pressure Regulator to #1.

Place beans, ham hock, oil, onion and water in the pressure cooker. Cover and cook at High Pressure 25 minutes. Release pressure gradually.

Check beans; if not as tender as desired, stir beans, then cover and cook at High Pressure 5 minutes. Release pressure gradually.

When beans are tender, remove ham hock. Cut meat from bone and return meat to beans; discard bone and fat. Stir catsup, brown sugar, mustard and vinegar into beans. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Makes 6 servings.

VEGETARIAN CASSOULET

- 1 cup dry Great Northern beans
- 4 cups water
- 1 tablespoon vegetable oil
- 1 parsnip, peeled and sliced*
- 1 carrot, peeled and sliced*
- 1 potato, peeled and cut into 1/2-inch cubes*
- 1 onion chopped
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) vegetable broth
- 1 cup sliced fresh mushrooms
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon dried thyme leaves

1/2 teaspoon dried oregano leaves

1/4 teaspoon pepper

Set Pressure Regulator to #1.

Place beans, water and oil in pressure cooker. Cover and cook at High Pressure 20 minutes. Release pressure gradually. Uncover and allow beans to cool. Drain; discard liquid and reserve beans.

Place remaining ingredients in pressure cooker. Gently stir in beans. Cover and cook on High Pressure 15 minutes. Release pressure gradually. Makes 6 to 8 servings.

* Vegetables may be adjusted for personal preferences. Substitute 2-1/2 to 3 cups cubed vegetables of any combination of turnips, carrots, potatoes, parsnips or rutabaga for those listed above. Proceed as recipe directs.

DESSERTS

CINNAMON BREAD PUDDING WITH BOURBON SAUCE

9 slices cinnamon bread, torn into pieces (approximately 6 cups)

1 can (14 ounces) sweetened condensed milk, divided

1/2 cup heavy or whipping cream

1/2 cup hot water

3 eggs, slightly beaten

2 teaspoons vanilla, divided

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

3 tablespoons butter or margarine

2 to 3 tablespoons bourbon

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place bread pieces in a lightly greased 6-cup soufflé dish or other heat-proof dish. Reserve 1/2 cup sweetened condensed milk; set aside. Combine remaining sweetened condensed milk, cream, hot water, eggs, 1 teaspoon vanilla, cinnamon and nutmeg in a medium-sized mixing bowl. Stir to blend well. Pour over bread pieces. Using back of a large spoon press bread pieces into milk mixture slightly. Cover dish with aluminum foil. Place meat rack into the pressure cooker and add 4 cups water. Place dish on meat rack. Cover and cook at Low Pressure 40 minutes. Release pressure gradually. Let stand 10 minutes. Carefully remove dish from cooker.

Place butter in small saucepan over low heat on stove; heat until melted. Add reserved sweetened condensed milk. Stir well and remove from heat. Add 1 teaspoon vanilla and bourbon. Serve warm on top of bread pudding. Makes 6 servings.

Note: For raisin bread pudding, substitute cinnamon raisin bread for cinnamon bread.

CHOCOLATE BREAD PUDDING

4 cups sourdough bread cubes

1-1/2 cups semisweet chocolate morsels

4 eggs, beaten well

1 cup heavy or whipping cream

1 cup milk

1 teaspoon vanilla

(See "To cook puddings and custard in the pressure cooker.")

Set Pressure Regulator to #1.

Place 2 cups bread cubes in buttered 6-cup mold. Sprinkle with 3/4-cup semisweet chocolate morsels. Layer remaining bread cubes and semisweet chocolate morsels in mold.

Combine remaining ingredients in mixing bowl and whisk together until well blended. Pour over bread cubes. Cover dish with aluminum foil.

Place meat rack in pressure cooker and add 4 cups water. Place mold on meat rack. Cover and cook at Low pressure 55 minutes. Release pressure gradually. Allow to stand 10 minutes. Carefully remove from cooker and serve warm. Makes 8 servings.

JEWELED RICE PUDDING

1 cup uncooked long grain rice

1 1/2 cups water

1 tablespoon butter or margarine

- 2/3 cup sugar
- 1 cup heavy or whipping cream
- 1/3 cup milk
- 3 eggs, well beaten
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup dried fruit bits

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place rice, water and butter in the pressure cooker. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Spoon cooked rice into a large mixing bowl. Add remaining ingredients and mix well. Pour into buttered 6-cup soufflé dish. Cover dish with aluminum foil.

Carefully place meat rack into hot pressure cooker and add 4 cups water. Place dish on rack. Cover and cook at Low Pressure 40 minutes. Quickly release pressure. Carefully remove dish from cooker and uncover. Allow pudding to stand 15 minutes. Makes 6 servings.

BERRY RISOTTO PUDDING

- 2/3 cup uncooked Arborio rice
- 1 cinnamon stick
- 2 teaspoons vanilla, divided
- 1 tablespoon butter or margarine
- 1-1/3 cups water
- 2/3 cup sugar, divided
- 3/4 cup milk
- 1/2 cup heavy or whipping cream
- 3 eggs, lightly beaten
- 1 cup fresh blueberries or raspberries
- 1/4 cup seedless raspberry preserves, melted
- 1 tablespoon kirsch (optional)

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place Arborio rice, cinnamon stick, 1 teaspoon vanilla, butter and water in the pressure cooker. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Spoon cooked risotto into a buttered 6-cup soufflé dish. Stir 1/3 cup sugar into risotto; set aside.

Whisk together remaining 1/3 cup sugar, remaining 1 teaspoon vanilla, milk, cream, and eggs. Pour custard mixture over risotto. Cover dish with aluminum foil.

Carefully place meat rack into hot pressure cooker and add 4 cups water. Place dish on meat rack. Cover and cook at Low Pressure 45 minutes. Quickly release pressure. Allow custard to stand 15 minutes.

Combine blueberries, melted preserves and kirsch. Spoon berries over custard. Serve warm. Makes 4 to 6 servings.

ALMOND CUSTARD

- 4 eggs, lightly beaten
- 1/2 cup sugar
- 1 teaspoon almond extract
- 1 teaspoon vanilla
- 2/3 cup heavy or whipping cream
- 1 cup milk
- 1/4 cup flaked coconut, toasted, optional

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Whisk together eggs, sugar, almond extract and vanilla. Blend in cream and milk. Pour into buttered 6-cup soufflé dish. Cover with aluminum foil.

Place meat rack into the pressure cooker and pour 4 cups water into cooker. Place dish on meat rack. Cover and cook at Low Pressure 30 minutes. Release pressure gradually. Allow to stand 15 minutes. Carefully remove dish from cooker. Sprinkle with coconut, if desired. Makes 4 to 6 servings.

DOUBLE CHOCOLATE STEAMED PUDDING

- 2 ounces (2 squares) unsweetened chocolate
- 1/4 cup unsalted butter
- 2/3 cup sugar
- 2 eggs, lightly beaten
- 1/2 cup milk
- 1 teaspoon vanilla
- 1-1/2 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1 cup semisweet chocolate morsels
- Sweetened whipped cream or ice cream, optional

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place unsweetened chocolate and butter in medium-size saucepan; cook over low heat on stove until melted. Remove from heat; stir in sugar, eggs, milk and vanilla. Combine flour and baking powder and stir into batter. Blend in chocolate morsels. Spoon batter into a greased and floured 8-cup soufflé dish or mold. Cover dish tightly with 2 layers of aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place dish on rack. Cover and cook at Low Pressure 50 minutes. Release pressure gradually. Carefully remove dish from cooker and uncover. Pudding should be set and slightly firm on top. Allow to cool 10 minutes; invert onto serving platter. Serve wedges, topped with whipped cream or ice cream, if desired. Makes 6 to 8 servings.

ALMOND AMARETTO CHEESECAKE

- 1/2 cup crushed vanilla wafers (about 15)
- 1/4 cup toasted slivered almonds, ground fine
- 1/2 cup plus 3 tablespoons sugar, divided
- 2 tablespoons melted butter or margarine
- 12 ounces cream cheese, softened
- 2 eggs

- 3 tablespoons heavy or whipping cream
- 2 tablespoons plus 1 teaspoon amaretto, divided
- 1 teaspoon vanilla
- 1/2 cup sour cream
- Fresh raspberries or strawberries

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Combine vanilla wafers, almonds, 2 tablespoons sugar and melted butter in mixing bowl; blend well. Press in bottom of lightly greased 7-inch springform pan.

Blend cream cheese and 1/2 cup sugar until blended. Add eggs, one a time, beating after each addition. Blend in cream and 2 tablespoons amaretto. Pour into crust. Cover with aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place springform pan on rack. cover and cook at Low Pressure 40 minutes. Release pressure gradually. Carefully remove pan from cooker and uncover. Allow to stand at room temperature 30 minutes.

Combine sour cream, 1 tablespoon sugar and 1 teaspoon amaretto. Spread on top of cheesecake. Cover and refrigerate several hours or overnight. Garnish with fresh berries. Makes 6 servings.

HARVEST FRUITS WITH GINGER CREAM

- 6 cups sliced tart, peeled apples
- 2 tablespoons lemon juice
- 2/3 cup raisins or dried cranberries
- 2 tablespoons instant tapioca
- 2 teaspoons cinnamon
- 1/4 cup sugar
- 1 cup apple juice or water
- 12 to 18 gingersnap or oatmeal cookies, coarsely crumbled
- Ginger cream (see below)

Set Pressure Regulator to #1.

Toss apples in lemon juice, then place in the pressure cooker. Stir in raisins, instant tapioca, cinnamon, sugar and apple juice. Cover and cook at High Pressure 5 minutes. Quickly release pressure.

Spoon fruit into dessert dishes and sprinkle with crumbled cookies. Top with Ginger Cream. Makes 6 servings.

Ginger Cream: Beat 1 cup heavy or whipping cream with electric mixer until frothy. Gradually add 2 tablespoons confectioner's sugar, 1/2 teaspoon cinnamon and 1/2 teaspoon ground ginger and beat until stiff.

Dried fruit: Substitute 1 package (6-ounces) sliced, dried apples for fresh apples and increase apple juice or water to 2 cups. Increase cooking time to 8 minutes.

Serving tip: Excellent fruit sauce to serve over waffles, pancakes, oatmeal or ice cream. Omit crumbled cookies. Top, if desired, with whipped cream.

ZINFANDEL PEARS WITH VANILLA CREAM SAUCE

- 1-1/2 cups sugar
- 1-1/2 cups white zinfandel wine
- 1 cup orange juice
- 1 cup water

- 2 cinnamon sticks
- 4 whole cloves
- 1 teaspoon vanilla
- 4 pears, peeled
- Vanilla Cream Sauce (below)

Set Pressure Regulator to #1.

Place sugar, wine, orange juice, water, cinnamon sticks, cloves and vanilla in the pressure cooker; stir to blend well.

Using a small melon baller or spoon, gently core bottom half of pear. Place pears in wine mixture. Cover and cook on High Pressure 4 minutes. Release pressure gradually. Allow pears to stand, in syrup, about 15 minutes. Spoon cream sauce into 4 serving bowls. Using a slotted spoon, lift pears out of syrup and place in cream sauce. Makes 4 servings.

Vanilla Cream Sauce

- 2 egg yolks
- 3 tablespoons sugar
- 1 cup heavy or whipping cream
- 2 teaspoons vanilla

Blend together egg yolks and sugar; set aside. Pour cream into a small, heavy saucepan. Heat over medium-high heat on stove until cream boils. Blend a small amount of hot cream into egg yolk mixture. Stir egg yolk mixture into cream. Simmer, stirring constantly, 3 minutes or until slightly thickened. Remove from heat and stir in vanilla. Pour mixture through a fine strainer into a mixing bowl. Chill cream sauce, stirring frequently, while preparing pears.

Tips:

To cook puddings or custards in the pressure cooker: Select an oven-proof soufflé dish or baking mold. Place meat rack in pressure cooker and, before filling the dish or heating the pressure cooker, check the fit of the dish in the cooker. If there is clearance around the dish, it might safely be lifted out of the hot pressure cooker with hot pads. If the dish fits more snugly into the pressure cooker, it is safer to raise the hot dish out of the cooker by using an aluminum foil hoist. To make the hoist, fold a strip of aluminum foil, 16-inches long into fourths to make a strip about 3 x 16 inches. Fill dish as directed in recipe and cover with aluminum foil. Place strip under filled dish, bringing top of strip up across dish to make a hoist. Pour water into pressure cooker as directed in recipe. Lower dish, using hoist, into cooker and place on rack. Cover and cook as directed. After cooking, carefully using hot pads, remove dish using aluminum foil hoist as a lift.

Is the meat done? Meals 'n Minutes Pressure Cooker cooks meats quickly. However, the cooking times are estimates and may vary slightly with the exact cut, shape or thickness of meat and desired degree of doneness. It is recommended that you check doneness with an accurate meat thermometer. **Never operate the pressure cooker with a meat thermometer inside.** Once pressure has released, remove cover and carefully insert an instant-read or digital thermometer into the thickest part of the meat. The USDA recommends that meats reach the following minimum internal temperatures:

Beef, veal, lamb (roasts, steaks, chops)	
Medium rare	145° F.
Medium	160° F.
Well done	170° F.
Fresh pork (roasts, steaks, chops)	
Medium	160° F.
Well done	170° F.
Ham	
Cook before eating	160° F.
Fully cooked, to reheat	140° F.
Poultry	
Bone-in chicken pieces or turkey	180° F.
Chicken breasts	170° F.
Ground beef, veal, lamb, pork	160° F.
Ground poultry	165° F.

Beans can be quickly cooked in the pressure cooker without soaking first. Place 1 cup rinsed and sorted beans in the pressure cooker. Add 4 cups water and 1 tablespoon oil. Cover and cook on High Pressure 15 minutes. Release pressure gradually. If beans are as tender as desired, allow beans and liquid to cool completely; drain. If beans are not completely tender, recover and cook an additional 5 minutes. The exact cooking time for beans varies with the type of bean, their growing conditions and other variables, but most beans are tender in about 15 to 20 minutes.

Do not cook more than 1 cup beans at a time.

Always add 1 tablespoon oil to reduce foaming.

Always release pressure gradually.

Do not cook split peas.

Do not cook applesauce, cranberries, rhubarb, split peas, pearl barley, oatmeal or other cereals, dried soup mixes or pasta such as spaghetti or macaroni under pressure.

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