

MASTERPRO

PREMIUM QUALITY

12 IN 1 MULTI COOKER

IMPORTANT SAFETY INSTRUCTIONS

MPMULTICOOK

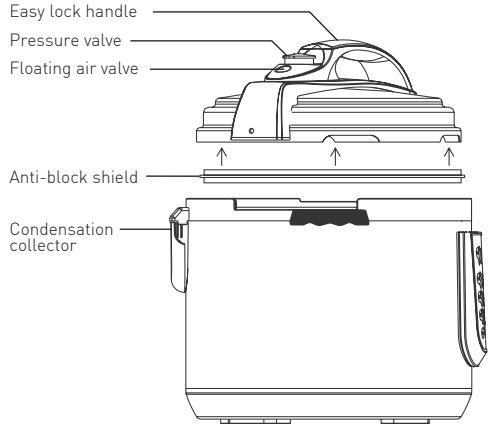
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When using electric appliances, especially when children are present, basic safety precautions should always be followed, including:

- Read all the instructions before operating Multi Cooker and retain for future use
- Children should be supervised around this appliance
- Do not immerse appliance, plug or cord in water or any other liquid
- Do not allow cord to hang over the edge of table or benchtop. Do not allow cord to touch hot surfaces
- Unplug appliance when not in use or when being cleaned
- Allow to cool before cleaning and storing
- Switch off appliance before unplugging
- Pull out from power outlet by grasping the plug - do not pull the cord
- Always check the integrity of cord before use. If cord or plug is damaged, do not use
- The appliance should always be used on a hard and stable surface, such as a table or benchtop
- Do not place appliance near a hot stovetop, in oven, or near water
- Surfaces of appliance may become hot during use. Take care to touch only handle when appliance is hot
- Do not fill above maximum capacity. Rice and beans should not exceed 10 cup marker. Total contents should never fall below the 4 cup marker
- Hot steam will be released quickly when releasing air valve - it is recommended to release air valve from a safe distance, using tongs. Do not position your face or any other part of your body near air valve when releasing
- Do not open lid until air valve has dropped, indicating that all pressure has been released. Do not force lid open
- Do not move appliance or force open lid while machine is in use. Ensure lid is properly closed before operating
- Do not cover pressure valves
- Do not attempt to deep fry using oil
- Exercise extreme caution if moving appliance while containing hot liquids
- Do not use incompatible inner pots or steamers
- Do not use appliance for anything other than its intended use
- If using an extension cord, ensure that it is a 3 prong, 120V, grounded outlet only
- Store these instructions for future reference

FEATURES

- 12 functions in 1 appliance, plus additional Keep Warm setting
- Includes removable steam rack, soup spoon, rice paddle and measuring cup
- Heats to 200°C
- Countdown timer
- Floating air valve for safe lid release
- 230V 50Hz
- 1000W



OPERATING INSTRUCTIONS

- Before first use hand wash lid, inner pot, steam rack and rubber gasket with warm soapy water. Rinse and dry thoroughly.
- Before each use check anti-block shield, floating air valve and exhaust valve are free from obstruction. Ensure steam release handle is in sealing position when using all pressure functions. Ensure inner chamber of appliance is free of food or any other substances before placing pot inside.
- To open lid, make sure the cooking program is complete or press the Warm/Cancel key to terminate. Use handle to turn clockwise and then lift. The inner pot may rise with lid for a moment.
- To close the lid, use the handle to turn counter-clockwise until lid locks into place.
- Attach condensation collector by locking it into place.
- After use, remove any foreign objects from the sealing ring and anti-block shield.
- Pressing the Warm/Cancel key while a program is running will end the program and revert appliance to standby mode. Pressing this key while in standby mode will activate the Keep Warm function for up to 8 hours. This keeps the cooker at a serving temperature and is indicated by an orange light next to the key. Use Keep Warm function only with fully cooked food as it is intended to keep cooked food at serving temperature.

- To safely open lid after cooking there are two methods:

1. Quick Release

Ensure the cooking function has completed and appliance is in Keep Warm mode. Turn steam release handle to venting position. This will release steam until floating air valve drops down. The lid can be opened once floating air valve drops. Take extreme care when using this method. Hot steam will be released very quickly. Keep your face and hands away from vent. It is recommended to use tongs to turn release handle. This option is not suitable when cooking liquid foods such as soup, or starchy foods such as porridge, as food content may be released with steam potentially blocking valves. Do not force lid open – lid will remain locked until the floating air valve drops.




2. Manual Release

Ensure the cooking function has completed and the appliance is in Keep Warm mode. Allow appliance to cool down naturally, until floating air valve drops. This may take 15 minutes. Placing a damp towel over appliance can speed up process. Once the floating air valve has dropped, turn steam release handle to venting position before opening. Do not force lid open – lid will remain locked until the floating air valve drops.

PROGRAM SETTINGS

Function	Default Time	Time Adjustment Increments	Time Range	Default Temperature	Option to Adjust Temperature
Slow Cook	6 hours	30 mins	2 – 12 hours	70-93°C	
Sauté	20 mins	1 min	1 – 30 mins	180°C	Yes (120°-200°)
Yoghurt	8 hours	30 mins	6 – 12 hours	40°C	
Sous Vide	90 mins	30 mins	1 – 12 hours	60°C	Yes (50°-80°)
Steam	10 mins	1 min	1 – 1.5 hours	109°C	
Pasta	10 mins	1 min	5 min – 2 hours	100°C	
Rice	10 mins	1 min	1 – 30 mins	109°C	
Bean/Chilli	15 mins	1 min	5 – 30 mins	109°C	
Canning	45 mins	5 mins	10 mins – 2 hours	116°C	
Meat/Poultry	15 mins	1 min	1 min – 2 hours	109°C	
Soup/Porridge	30 mins	1 min	10 mins – 2 hours	109°C	
Potato	15 mins	1 min	5 mins – 2 hours	109°C	

PRESSURE COOKING

- Pressure cooking functions include Rice, Meat/Poultry, Bean/Chilli, Soup/Porridge, Canning and Potatoes.
- Connect power cord. The LED display will show  representing the cooker is in standby mode.
- Select the pressure cooking function you wish to use. Once selected the preset time will appear, giving you the chance to customise the cooking time within the time range above (see table) by selecting the Time/Temp key [see control panel diagram] and then the  and  keys. Select the Time/Temp key again to set the time.
- Once time is set the display will show movement while cooker starts to heat. Time will begin to count down once set temperature has been reached.

1. RICE

- Rice variations are divided into brown and white when using the rice function, see table on page 3. For fluffier rice add a little extra water, reduce water for firm rice.
- We do not recommend cooking wild rice alone in the multi cooker as it requires a significant amount of water.
- Ensure that the rice is evenly spread across the bottom of the bowl and not heaped to one side. Always wash both white and brown rice before cooking, this removes starch preventing clumping and resulting in a fresh taste.
- The below table shows how many cups (using cup supplied) of dry rice and water produce a certain quantity of cooked rice, and required cooking time to do this. For rice recipes see pages 5-6.

White rices including jasmine and basmati

Cups of uncooked rice	Cups of cold water	Cups of cooked rice	Cooking time (mins)
2	2	5	10-12
4	4	9	12-15
6	6	15	15-20
8	8	16	20-25
10	10	27	25-30

Brown rice includes sushi, Arborio and quinoa

Cups of uncooked rice	Cups of cold water	Cups of cooked rice	Cooking time (mins)
2	3	5	25-30
4	6	10	30-40
6	9	15	40-45

2. BEAN/CHILLI

- Use this function to cook your beans – or make great lentil curries, chillies and homemade baked beans. Follow your favourite recipe for chilli con carne or make a simple bean dish.
- Ensure lid is locked securely in place and steam release handle is in sealing position. Follow the below guidelines for recommended cooking times:

Pulse type	Soaked - Quick Release (mins)	Soaked - Manual Release (mins)	Unsoaked - Quick Release (mins)
Pinto beans	1-3	4-6	22-25
Red kidney beans	5-8	10-12	20-25
Cannellini beans	6-8	10-13	30-40
Soy beans, beige	16-18	9-12	28-35
Soy beans, black	6-8	20-22	35-40
Chickpeas	9-14	13-18	30-40
French green lentils	-	-	10-12
Green, brown lentils	-	-	8-10
Red, split, yellow lentils	-	-	4-6
Split, green, yellow peas	-	-	6-10

Tip: cook beans in bulk, portion out in containers and freeze to store. For recipes, see page 6.

3. CANNING

- Canning is a method of preserving food in airtight containers that can be stored at room temperature. Follow your favourite recipe for homemade jams, fruits or pickles, then use the canning function to seal and preserve.
- Put filled sterilised jars into the inner pot and pour into water just enough to cover the top of jar. Ensure cooker lid is locked securely in place and steam release handle is in sealing position when using this function. Choose Canning function and adjust time as recipes specify (if you are using the canning method to sterilise the jars, adjust time to 10 minutes). Use tongs to remove the jars when time is up, let cool down and store cold.
- For recipe, see page 6.

4. MEAT/POULTRY

- The versatile function allows you to cook at the temperature your recipe requires, creating tender meats and poultry. Try the pulled chicken, BBQ pork ribs and Bolognese recipes on page 7 to eat immediately or save for sandwiches the next day.
- Use time key to adjust cooking time depending of type and quantity of meat. Ensure lid is locked securely in place and steam release handle is in sealing position.

5. SOUP/PORRIDGE

- Adjust cooking time as necessary for your recipe. Ensure lid is locked securely in place and steam release handle is in the sealing position.
- It is recommended to use Manual Release lid opening method (see Operating Instructions) to remove lid once cooking is complete – turning steam release valve to the venting position may cause soup or porridge to release with the steam and block the vent.
- For recipes, see pages 7-8.

6. POTATOES

- Cook tender potatoes, pumpkin or your favourite root vegetables. Create homemade fries, mash, or toss your roasted potatoes in butter and fresh herbs, see page 8 for recipes.
- Use the time key to adjust cooking time depending on recipe and quantity. Ensure lid is locked securely in place and steam release handle is in sealing position.

NON-PRESSURE COOKING

- Non-pressure cooking functions include Slow Cook/Sauté/Yoghurt/Sous Vide/Steam and Pasta.
- Connect power cord. The LED display will show representing the cooker is in standby mode.
- Select the cooking function you wish to use. Once selected the preset time will appear, giving you the opportunity to customise the cooking time and temperature for certain functions within the ranges (see Program Settings table). When setting time and temperature, select Time/Temp key, the display will show the default time of nominated function, use the **+** and **-** keys to adjust time. When using the Sauté and Sous Vide functions, the temperature can also be customised, simply press Time/Temp key again and use **+** and **-** keys to adjust.
- Once time is set the display will show movement while cooker starts to heat. Time will begin to count down once set temperature has been reached.

1. SLOW COOK

- Slow cooking is designed to layer flavours, a technique professionals use to enhance taste. Use appliance as a slow cooker for meals such as lamb shanks and curries. Chicken or small pieces of meat will have the best results when cooked for 3-4 hours. Larger pieces such as lamb will have best results when cooked for 6-8 hours. Note cooking times are approximate only, times can vary depending on ingredients and quantities.
- For recipe, see page 5.

2. SAUTÉ

- The Sauté function requires lid to be open. Sauté ingredients in preparation for your slow cooked meals. Brown or simmer meats and vegetables as required.

3. YOGHURT

- This function allows you to cultivate your yoghurt at a consistent 40°C temperature. Use your favourite yoghurt recipe to create healthy yoghurts at home.

4. SOUS VIDE

- Sous Vide is a term in French that translates to 'under vacuum' and keeps food cooking at a consistent temperature to achieve succulent, nutritious results. This cooking method requires food to be sealed in vacuum pouches before cooking in a consistently heated water bath, ensuring food is never overcooked. Consult recipe for temperatures and cooking times appropriate for specific foods. See recipe on page 5.

5. STEAM

- Pour ½ cup water into inner pot and secure steam rack. It is recommended to use Quick Release lid opening (see Operating Instructions) to release steam and remove the lid once cooking is complete – allowing appliance to cool naturally may overcook your food. Exercise extreme caution when releasing steam using this method. Do not let the cooking bowl dry during the steaming process.
- When steaming fish, ensure the fillet is seasoned prior to steaming. Lay fillets so they do not overlap, cook for 8-10 minutes or until the fish is flaky and opaque in colour.
- Poultry can also be steamed, making sure all pieces are a similar size with visible fat and skin removed. Lay so there is no overlapping, and cook for 18-20 minutes for thigh, 20-25 for breast, and 30-35 minutes for drumstick. Pierce the thickest part, if juice runs clear the poultry is cooked. For a browned appearance, sear on Sauté function.
- Fresh or frozen dumplings and buns can be steamed. Place on pieces of baking paper to avoid sticking to the tray. Fresh buns and dumplings will take approx. 10-15 minutes and frozen dumplings approx. 10-20 minutes. For dumpling recipe, see page 5.
- When steaming fresh or frozen vegetables, try to ensure they are cut to a standard size for even cooking. When steaming frozen vegetables, no thawing is needed. Adjust cooking time to personal taste.

Vegetables	Quantity	Cooking time (mins)
Snow peas	250g	4-5
Frozen peas	250g	4-5
Zucchini	350g	5-6
Broccoli	250g	8-10
Cabbage	500g	10-12
Asparagus	2 bunches	12-14
Beetroot	300g	12-14
Brussel sprouts	375g	17-19
Corn	2 small cobs	20-25

6. PASTA

- This function is specifically used to cook pastas and noodles. Add water and pasta into pot, lock lid and set to Pasta key. Adjust time according to package directions.
- Take care when releasing pressure as the pasta water can cause foam to spurt out.
- For one pot cooking, cook your sauce in the same pot using the Sauté function, with dry pasta cooking in the sauce.
- For recipe, see page 5.

CARE AND USE

- Unplug appliance after each use and allow to cool completely. Do not clean appliance until it has cooled.
- Do not immerse appliance in water or other liquids. Warning: this could lead to electrical shocks.
- Clean exterior of appliance with a damp cloth once cooled.
- Remove the pressure valve and clean opening with a pin to remove any blockage that may have built up during cooking process.
- Inner pot, lid, steam rack, rice paddle and soup spoon can be immersed in water. To clean the lid, remove the rubber gasket and lid liner and wash separately. Hand wash in warm water with a mild detergent and dry thoroughly. Do not use abrasive scourers or cleaners.
- Soak inner pot in hot water and bicarbonate soda to remove resistant odours after cooking foods such as strong curries.

TROUBLESHOOTING

Problem	Possible reasons
Lid does not lock	Seal ring is not properly installed, reinstall
	The floating valve has seized due to push rod, push down valve until it moves smoothly
Cannot open lid	The floating valve is still up, simply push down
Air leaks from the rim of the lid	Seal ring is not properly installed, reinstall the ring
	Food residue on seal ring or seal ring worn out, clean the seal ring or replace
	Lid not locked properly, relock lid following instructions in manual above
Air leaks from the floater valve	Food residue on the seal ring of the floating valve or ring has worn out, clean or replace seal of floating valve
	The hole for floating valve is clogged so the floater cannot rise, clean the hole with skewer to ensure smooth movement
The floater does not rise	Not enough food or water - check instructions or recipe for quantity
	Air escaping from the rim of the lid or from the pressure valve - check to ensure the seal ring and lid liner are installed correctly and floating valve is at seal position
Rice is under cooked and hard	Not enough water, add a small amount of water once tested and preset time for 2-3 minutes
	Lid opened prematurely, after cooking cycle completes leave lid for 5 more minutes
E01, E02, E03 when cord is plugged in	Return to place of purchase with receipt.
Displays E03 in the middle of cooking process	Food burned or stuck on the bottom of the pot and heat cannot transmit, softly clean the sticky or burnt food off the pot with a silicone or wooden spatula
Displays E04 as soon as power cord is plugged in	Loose connection of the exterior power cord plug in the cord again to ensure both connection with cooker and outlet are secure. If still not functioning, please return to place of purchase with receipt

RECIPES

Slow Cooked Lamb Shanks



INGREDIENTS

- 4 lamb shanks
- Olive oil
- 3 carrots, diced
- 4 celery sticks, chopped
- 3 medium potatoes, diced
- 1 onion, chopped
- 2 garlic cloves, crushed
- ¼ cup tomato paste
- 2 tbsp. Worcestershire sauce
- 800g can crushed tomatoes
- 1 cup red wine
- 4 sprigs thyme
- 2 dried bay leaves
- ¼ cup plain flour
- 1 cup water
- 2 beef stock cubes, crushed
- Salt and pepper

METHOD

1. Select Sauté function on the appliance.
2. While appliance is heating, place flour, salt and pepper and lamb shanks into a plastic bag and shake to coat all over.
3. Once appliance has reached preset temperature, heat olive oil and then sear lamb shanks for approximately 5 minutes, or until browned all over.
4. Switch setting to Warm.
5. Add carrots, celery, potatoes, onion and can of tomatoes to inner pot.
6. In a separate bowl, combine crushed garlic, tomato paste, Worcestershire sauce, red wine, water and stock. Stir until combined, then pour into inner pot.
7. Season with salt and pepper and stir in thyme sprigs and bay leaves.
8. Select the slow cook function on the appliance and adjust time to 8 hours.
9. Serve with mashed potatoes and crusty bread.

Prosciutto Wrapped Chicken Roulade



INGREDIENTS

- 200g chicken breast
- ¼ cup soft goats cheese
- ¼ cup julienned roasted red peppers
- ½ cup loosely packed rocket
- 6 slices prosciutto
- Salt and pepper for seasoning
- 1 tbsp. olive oil

METHOD

1. Fill inner pot of appliance with water. Select Sous Vide function and adjust temperature to 68°C.
2. Using a meat mallet, flatten chicken breast until it is no more than 1cm thick.
3. Cut chicken breast in half and season liberally on both sides with salt and pepper.
4. Spread 2 tbs goats cheese on each piece. Top with roasted red peppers and rocket.
5. Roll chicken tightly, similar to a sushi roll.
6. Tightly wrap chicken in prosciutto, tucking ends in.
7. Place roulades in a snap lock bag with a little space between them. Seal with as little air left in bag as possible.
8. Place roulades in bath and adjust the time on appliance to 90 minutes.
9. Once cooked, dry chicken on paper towels. Turn off and unplug appliance, drain and dry inner bowl.
10. Return inner bowl to appliance and select Sauté function. Add some olive oil and brown the roulades.
11. Slice and serve with your favourite vegetables.

Prawn Dumplings



INGREDIENTS

- 12 uncooked prawns (600g), peeled, deveined and finely chopped
- 2 tbsp. finely chopped water chestnuts

- 2 spring onions, white part only, finely chopped
- 1 tsp. finely grated ginger
- 1 tbsp. finely chopped coriander
- 1 tbsp. oyster sauce
- 1 tbsp. vegetable oil
- 1 tsp. table salt
- 20 gow gee wrappers
- 6 cups water

METHOD

1. Place the prawns, water chestnuts, spring onion, ginger, coriander, oyster sauce, oil and salt in a medium bowl and mix to combine.
2. Place gow gee wrappers on a flat surface and brush the edges with water. Place 1 heaped teaspoon of the prawn mixture in the center of each wrapper. Firmly fold gow gee wrappers together to seal.
3. Repeat with the remaining wrappers and prawn mixture.
4. Add water to pot and place dumplings to the steaming rack, ensuring they do not touch.
5. Select Steam function and adjust to 15 minutes or until cooked through. Remove from the steamer and keep warm. Repeat with the remaining dumplings.

Mac & Cheese



INGREDIENTS

- 400g dry macaroni
- 1L chicken stock
- 1 tsp. salt
- 2 tbsp. butter
- 1 tsp. Sriracha sauce/Tabasco
- 1 tsp. Dijon mustard
- 2 cups (120g) grated cheddar cheese
- ½ cup (40g) finely grated Parmesan cheese
- ½ cup evaporated milk

METHOD

1. Combine macaroni, stock, salt and butter in inner pot. Attach lid and select Pasta function. Set cooking time to 5 minutes.
2. When cooking time has completed, allow cooker to release pressure slowly using pressure valve.
3. Stir through Sriracha sauce/Tabasco, Dijon, cheddar, Parmesan and evaporated milk. Season to taste.
4. Allow to sit for 2 minutes on Warm setting to soak up sauce. Serve immediately.

Chicken & Chorizo Paella



INGREDIENTS

- 2 skinless free range chicken thighs, diced
- 2 garlic cloves, sliced
- 1 onion, finely diced
- 1 small red capsicum, finely diced
- ½ bunch flat-leaf parsley, finely chopped
- 100g chorizo, sliced
- ½ tsp. smoked paprika
- 2 tbsp. tomato purée
- 300g paella rice
- 750ml chicken stock
- 100g frozen peas
- Juice and zest of 1 lemon
- Olive oil for frying

METHOD

1. Select Sauté function, heat oil in inner pot and brown chicken. Remove from pot and set aside.
2. Add garlic, onion, capsicum, finely chopped parsley stalks, chorizo and paprika to inner pot. Sauté for 5 minutes, stirring occasionally. Season to taste.
3. Add chicken back to inner pot along with tomato purée and rice, stirring until rice is translucent.
4. Add stock and stir. Attach lid and select Rice function. Adjust cooking time to 10 minutes. (continued over the page)
5. When cooking time has completed, release pressure slowly using pressure valve. Stir through peas, lemon zest, freshly chopped parsley and season again to taste. Serve with a squeeze of lemon.

Mushroom & Truffle Risotto

INGREDIENTS

- 30g + 1 tsp. butter
- 1 small brown onion, chopped
- 1 ½ cups Arborio rice
- ½ dry white wine
- 5 ½ cups chicken stock
- Salt and pepper for seasoning
- 2 tbsp. parmesan, grated
- 2 cups small mushrooms, sliced
- 1 tsp. truffle oil

METHOD

1. Select Sauté function on the appliance.
2. Sauté mushrooms in 1 tsp butter until browned. Set aside.
3. Still using the Sauté function, add remainder of butter and onion to the inner pot. Once browned, add rice and stir until coated.
4. Add wine, stock and seasoning. Secure lid and select Rice function.
5. Once cooking is complete, leave appliance on Warm setting for 5-10 minutes to allow all liquids to fully absorb.
6. Gently stir through cheese, mushrooms and truffle oil.

Rice

METHOD

- Follow rice to water ratio chart on page 3. Close lid and select Rice function, adjust to cooking time specified on rice chart.
- For extra flavor add a stalk of lemongrass in with the rice. Once complete remove stalk and serve.
- To create coconut white rice, simply add equal amounts of coconut milk and water.

Chilli Cone Carne

INGREDIENTS

- 1 tbsp. olive oil
- 1 large onion, chopped
- 1 red pepper, chopped
- 2 garlic cloves, crushed
- 1 tsp. hot chilli powder
- 1 tsp. paprika
- 1 tsp. ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 300ml water
- 400g can chopped tomatoes
- ½ tsp. dried marjoram
- 1 tsp. sugar
- Salt and pepper for seasoning
- 2 tbsp. tomato purée
- 410g can red kidney beans

METHOD

1. Select Sauté function on the appliance.
2. Add olive oil and onion. Stir frequently for 5 minutes, or until onions are soft and translucent.
3. Add garlic, red pepper, chilli powder, paprika and cumin. Stir well, then allow to cook for another 5 minutes, stirring occasionally.
4. Add mince and break it up with a wooden spoon or spatula. Stir for 5 minutes, or until mince is uniformly broken up and browned.
5. Crumble the stock cube into water and add to the mince mixture. Add chopped tomatoes, marjoram, sugar, salt and pepper and tomato purée. Stir well, then allow to cook for another 5 minutes, stirring occasionally.
6. Add drained beans and stir well.
7. Secure the lid and select Bean/Chilli function. Adjust time to 10 minutes.
8. Once cooking is complete, leave multicooker on Warm setting for 5-10 minutes to allow all flavours to fully absorb.
9. Serve with rice and sour cream.



Bacon Baked Breakfast Beans

INGREDIENTS

- 200g dried haricot beans, soaked overnight in water
- 400ml water
- 100g tomato paste
- 40g molasses
- 40g brown sugar
- 1 garlic clove, finely chopped
- 1 tbsp. Worcestershire sauce
- 1 tsp. Dijon mustard
- 1 tsp. salt
- Pinch of pepper
- 1 brown onion, finely diced
- 200g speck, diced
- 2 tbsp. apple cider vinegar

METHOD

1. Add water, tomato paste, molasses, brown sugar, garlic, Worcestershire sauce, Dijon, salt and pepper to inner pot. Stir to combine.
 2. Add drained, soaked beans, brown onion and speck to pot.
 3. Select Bean/Chilli function and adjust cooking time to 30 minutes.
 4. When cooking time has completed, do not depressurise. Re-select Bean/Chilli function and adjust cooking time to a further 30 minutes.
 5. When cooking time has completed, release pressure slowly using pressure valve.
 6. Using the Sauté function, simmer beans for a further 10 minutes until sauce thickens and reduces by half.
 7. Serve beans on toast with eggs of your choice.
- Tip: Omit speck if you'd prefer vegetarian beans.

Classic Strawberry Jam

INGREDIENTS

- 1kg strawberries, hulled
- 750g jam sugar
- Juice of 2 lemons
- 3 x 400ml capacity jars

METHOD

1. Wash jars and lids in hot soapy water. Place clean jars and lids into inner pot and cover with water. Attach appliance lid and select Canning function. Adjust cooking time to 10 minutes. Once time is complete, remove sterilised jars and lids and set aside to dry naturally.
 2. Before starting the jam, put 2 metal dessert spoons in the freezer.
 3. Add strawberries and sugar to inner pot. Using a potato masher, roughly mash the strawberries. Allow to macerate uncovered at room temperature for 1 hour.
 4. Add lemon juice and stir. Select Sauté function and bring to the boil. Allow mixture to boil for 5 minutes, stirring occasionally.
 5. Attach lid and select Canning function. Adjust cooking time to 10 minutes.
 6. When cooking time has completed, allow cooker to release pressure naturally. Once pressure has released, unlock and remove the lid. Select Sauté function and bring back to the boil for 5 minutes, stirring frequently.
 7. Place a small amount of jam into the middle of cold spoon. Leave for 30 seconds then push with your finger. If the jam wrinkles and doesn't flood the spoon's surface, it is ready. If not, continue boiling for a further 2 minutes. Repeat wrinkle test until ready.
 8. Skim any scum that has risen to the surface and discard. Ladle hot jam into sterilised jars, filling to just below the rim. Seal securely with lid.
 9. Place filled jars into cleaned inner pot and cover with water. Attach lid and select Canning function. Adjust cooking time to 10 minutes.
 10. When cooking time has completed, release pressure using pressure valve. Remove jars and allow to cool. Jam can be stored for up to 1 year in a cool, dry place. Refrigerate after opening.
- Tip: Mix your strawberry jam through homemade porridge.



Pulled Chicken

INGREDIENTS

- 1-2 tbsp. vegetable oil
- 2 cups BBQ sauce
- 2kg chicken breast
- ½ cup water

METHOD

1. Select Sauté function and add oil to the inner pot. When hot, brown chicken on both sides, approximately 3 minutes on each side. Brown each separately. Remove to a platter when browned.
2. Add 1 cup of BBQ sauce and ½ cup water into the pot, stirring to combine. Add browned chicken and any accumulated juices.
3. Select Meat/Poultry function and set timer for 75 minutes. Once cooking time has completed, use the natural release method. Once valve is dropped, carefully remove lid. Remove meat from the pot and shred with two forks, discard excess fat as you shred.
4. Strain cooking liquid, reserving ½ cup.
5. Place shredded chicken in the pot with remaining 1 cup of BBQ sauce and ½ cup of cooking liquid. Stir to combine and bring to a simmer, stirring frequently. Serve on toasted rolls with additional BBQ sauce.

BBQ Pork Ribs

INGREDIENTS

- 2kg baby pork ribs, sinew removed
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. garlic powder
- 1 tbsp. brown sugar
- 500ml chicken stock
- 250ml tomato puree
- ¼ cup molasses
- ¼ cup apple cider vinegar

METHOD

1. Combine salt, pepper, garlic powder and brown sugar in a small bowl; mix to combine. Rub dry mixture into ribs then portion into three bone sections.
2. Add chicken stock, tomato puree, molasses and apple cider vinegar to inner pot; stir to combine.
3. Add ribs. Attach lid and select Meat/Poultry function, adjusting cooking time to 30 minutes.
4. When cooking time has completed, allow unit to release pressure slowly using pressure valve.
5. Remove ribs and place in a flat layer on a lined baking tray.
6. Skim the surface of the cooking liquid of impurities. Select Sauté function and bring to the boil, reducing sauce until thickened (approx. 20 minutes).
7. Baste the cooking sauce over ribs and place under hot grill for 10 minutes. Turn ribs over, baste again with sauce and return to grill for 5 minutes.
8. Allow ribs to rest for 5 minutes then cut into single bone portions. Serve ribs with coleslaw and baked potatoes.

Traditional Bolognese Sauce

INGREDIENTS

- Olive oil for frying
- 800g beef mince
- 1 onion, finely diced
- 500ml red wine
- 2 garlic cloves, sliced
- 2 x 400g cans whole tomatoes, roughly chopped
- 1 carrot, finely diced
- 2 sprigs fresh thyme, chopped
- 1 celery stick, finely diced
- 100g bacon, diced

METHOD

1. Select Sauté function, heat oil and add onion, garlic, carrot, celery, and bacon. Season to taste and cook for 15 minutes, stirring occasionally until caramelised.
2. Add beef mince and cook until well coloured.



3. Add red wine, bring to the boil, then simmer until reduced by half.
 4. Add tomatoes and thyme, attach lid and select Meat/Poultry function, adjusting cooking time to 30 minutes.
 5. When cooking time has completed, release pressure slowly using pressure valve.
 6. Select Sauté function. Simmer Bolognese for a further 12 minutes, reducing sauce by half.
 7. Serve immediately over hot pasta or cool and portion into EcoPockets (or zip lock bags) and freeze.
 8. Frozen Bolognese will keep for up to 6 months.
- Tip: Use for lasagna, baked potato toppings, moussaka, shepherd's pie or as toasted sandwich filling.

Garden Vegetable Soup

INGREDIENTS

- 1 tbsp. olive oil
- 1 brown onion
- 1 leek, chopped
- 2 stalks celery, chopped
- 3 carrots, chopped
- 4 sprigs thyme
- 8 ripe Roma tomatoes, chopped
- 4 cups water
- 1 vegetable stock cube
- 3 tbsp. flat leaf parsley, chopped
- Salt and pepper to taste

METHOD

1. Select Sauté function on the appliance.
2. Add olive oil, onion and leek and sauté for about 3 minutes or until softened.
3. Add celery, carrot, thyme, tomato, water and stock. Stir.
4. Lock appliance lid into place. Select Soup/Porridge function at default time.
5. Once cooked, stir through parsley and season with salt and pepper.



Speedy Chicken Stock

INGREDIENTS

- 2kg chicken wings
- 2L water
- 1 carrot, roughly chopped
- 1 onion, quartered
- 1 celery stick, roughly chopped
- 1 bay leaf
- 5 black peppercorns

METHOD

1. Select Sauté function, adding chicken wings and water to inner pot. Bring to a boil. Skim surface of impurities then add all remaining ingredients.
2. Attach lid, selecting Soup/Porridge function. Adjust cooking time to 45 minutes.
3. When cooking time has completed, allow cooker to release pressure naturally.
4. Strain stock through a muslin cloth (or use a clean dishcloth lining a sieve) then refrigerate overnight to allow fat to rise to the surface.
5. Once cooled overnight, remove fat and discard. Portion stock into EcoPockets (or zip-lock bags) and freeze. Frozen stock will keep for up to 6 months.

Tip: Use frozen stock as the base of risotto, soup, gravy or absorption-style rice. It can also be used to serve dumplings in a broth.



Stewed Banana and Cocoa Nib Porridge



INGREDIENTS

- 1 cup rolled oats
- 1 tsp. cinnamon
- 1 cup milk
- 2 ½ cups water
- 2 bananas
- 2 tbsp. cocoa nibs

METHOD

1. Add rolled oats, one mashed banana, cinnamon, milk and water to the inner pot. Stir to combine. Select Soup/Porridge function. Adjust cooking time to 10 minutes.
2. When cooking time has completed, turn Warm setting off to prevent scorching. Release pressure slowly using pressure valve.
3. Garnish porridge with cocoa nibs and remaining banana, sliced.

Tip: Top porridge with current season fresh fruits.

Baked Jacket Potatoes



INGREDIENTS

- 3 cups water
- 2 potatoes

METHOD

1. Place 3 cups of water in pot. Use a fork to puncture top of potatoes and place on steaming rack in pot.
2. Close and lock lid, select Potato function on pot and set to 15 minutes.
3. Once time is complete, use quick release to relieve pressure. Remove potatoes patting dry.
4. Coat with olive oil and salt (optional - place in oven for 10-15 minutes to crisp skin). Remove and season with your favorite toppings!

Warm Potato Salad



INGREDIENTS

- 1.5kg baby potatoes, halved
- 1/3 cup olive oil
- 3 tbsp. white wine vinegar
- 1 tbsp. dijon mustard
- 1 clove garlic, minced
- Salt and pepper
- 1/3 cup basil
- 1/3 cup sun-dried tomatoes, sliced
- 1/4 cup red onion, finely chopped
- 3 cups water

METHOD

1. Add potatoes to inner pot with 3 cups water. Secure lid and select Potato function, adjusting time to 10 minutes.
2. While potatoes are cooking, whisk oil, vinegar, mustard, garlic and salt and pepper to taste. Stir in basil, sun-dried tomatoes and onion.
3. Once complete, quick release and drain in colander allowing to slightly cool. Drizzle dressing over warm potatoes, gently tossing.

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