

RECIPE BOOK

MINUT'COOK



Tefal

100 recipes

Cooks faster, all by itself



Your favourite meals in minutes

Want dinner on the table in 15 minutes?

With Minut'Cook it is so easy to whip up delicious meals for the entire family without spending hours in the kitchen. There is no end to the variety of dishes that can be cooked in your Electric Pressure Cooker.

Suzanne Gibbs Chef editor

Australia

"The pressure cooker has brought back into my life those delicious braises and stews that used to bubble away on the stove for hours. Now I think nothing of making a melt-in-the-mouth osso bucco or a French daube at the drop of a hat. Those many hours of long, slow cooking have miraculously turned into half an hour. A great bolognese sauce that used to take three hours now takes just twenty-five minutes."

Suzanne Gibbs has lived a life of good food. The daughter of Margaret Fulton, Suzanne graduated from Le Cordon Bleu school of cookery in London before becoming an accomplished food writer and author, producing a range of cookbooks and writing for publications such as Woman's Day, The Sunday Telegraph, Home Beautiful, New Idea and Australian Table. She has a wealth of experience gained over 30 years in the industry, and is currently Food Director at BBC Australian Good Food magazine.

Spicy beef chilli on warm burritos, Dolmades, Corned beef with vegetables, Braised Lamb Shanks, Barley risotto with chorizo & mushrooms, Eggplant with tomato, Raisin & feta, Lemon delicious, Bread & Butter pudding: recipes developed by Suzanne Gibbs and from The Pressure Cooker Recipe Book published by Viking, Penguin Group, Camberwell, 2009. Reproduced with permission by Penguin Group (Australia).

**Please note that the Cooking Time given for each recipe is the Pressure Cooking Time i.e. the time showed on the Timer LED screen.*

Braised meats and stews, poultry, seafood and even desserts will be ready in a fraction of the time. But don't take our word for it; try some of our great recipes for yourself. This recipe book includes 100 recipe suggestions* developed by 2 passionate chefs. Enjoy!

Anna Phillips Cooking chef

Australia

"It was with both excitement and ease that I ventured into cooking with the Minut'Cook. I found the Minut'Cook extremely easy to operate and was delighted with the results. Dishes that traditionally take a long time to cook conventionally were so much faster. The advantage of automatic settings such as Browning and Saute for meats followed by Low or High Pressure settings once additional ingredients such as stock, vegetables and herbs are added made this one pot method of cooking just so easy. Recipes from hearty soups, curries and desserts will all feature in my kitchen more often thanks to the Minut'Cook."

Anna Phillips has been involved in the food industry for over twenty-five years, having qualified as a Home Economist in 1981. During this time and for over twelve years, Anna was a regular Seafood Educator at the Sydney Seafood School. In 2008, Anna began the Food to Fuel Cucina Cooking Classes. In addition she has continued her twenty five year involvement with electronic media, both television and radio with key appearances on Channel 9's 'Fresh' and 'Hooked on Adventure'. Currently Anna is the major journalistic contributor, food stylist and consultant for a consumer magazine called 'Quick and Easy Seafood'.

Beetroot dip, Greek style octopus with oregano and parsley, Fish stock, Turmeric coconut rice with fragrant fish, Tikka curry with beef and snow peas twist, Lamb korma with potato and spinach, Rustic bouillabaisse with cannellini beans, Chicken and pumpkin red curry, Moroccan style chickpeas and vegetables, Warm lentil and tomato salad with haloumi, Crème caramel, Golden syrup and fig steamed pudding have been developed by Anna Phillips.

Entrees & Snacks P.06



Soups & Stocks P.18



Fish & Shellfish P.32



Meats P.46



Stew & Casseroles P.68



Poultry & Game P.80



Pasta & Risottos P.92



Vegetables P.100



Dessert P.112



Hints & Tips P.130

Index P.135



SPICY BEEF CHILLI ON WARM BURRITOS

This is very much a family dish and one that kids will love. Those who can tolerate heat might like to up the chilli content and use a whole chilli. Burritos and tortillas are available in most supermarkets or delicatessens and make a great store-cupboard standby for these sorts of meals.

Cooking time: 10 minutes. Serves 4

Ingredients:

- 250g lean minced beef
- ½ small white or brown onion, chopped
- 1 clove garlic, chopped
- ½ bird's eye chilli, deseeded and chopped
- 2 drops tabasco sauce
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ cup olive oil
- 1 tomato finely diced
- 1 tablespoon freshly chopped coriander
- salt and freshly ground black pepper
- 4 large soft burritos
- 1 red capsicum, white insides and seeds removed,
- flesh cut into fine strips
- few handfuls mixed salad leaves
- coriander sprigs, to garnish
- light sour cream, to serve

In a bowl, combine the beef, onion, garlic, chilli, Tabasco sauce and spices and mix thoroughly. **Set the Minut'Cook, onto the Browning setting.** Heat 2 tablespoons of oil and add the beef mixture and cook over a moderate heat for a 4-5 minutes, until the meat is lightly browned, stirring frequently to break up the lumps.

Add the tomato, coriander and 2 tablespoons water and season to taste. Close the lid and lock it. **Set the cooker onto the High Pressure setting and cook for 10 minutes.** Release the pressure and unlock the lid. Remove meat and keep warm.

Wipe out the cooker with damp paper towel or lightly wash and dry.

Set the cooker onto the **Sauté setting** and add the remaining oil and fry the capsicum strips over for 5 minutes or until softened.

Meanwhile, warm the burritos in the microwave according to the instructions on the packet.

To serve, place a warmed burrito on each plate. Spoon some spicy beef mixture in the centre, then top with the capsicum strips and salad leaves. Roll the burritos up, cut them in half and serve garnished with coriander, and with a bowl of sour cream on the table for everyone to dollop on as they like.



DOLMADES

My favourite way to serve these is on a beautiful platter with cubes of feta, tomato and fresh mint leaves. Drizzle with olive oil and garnish with lemon.

Cooking time: 7 minutes. Makes about 25

Ingredients:

- about 30 fresh vine leaves or preserved vine leaves packed in brine, rinsed
- ½ cup olive oil
- 2 white or brown onions, finely chopped
- ¾ cup basmati rice
- 1 bunch fresh dill, chopped
- ¼ cup currants
- ½ teaspoon ground cinnamon
- salt and freshly ground black pepper
- juice of 1 large lemon
- lemon slices, to serve
- crumbled feta, to serve

Utensil:

- Trivet - that fits in the Minut'Cook pot.

If using fresh vine leaves, blanch them by plunging them into boiling water for a minute or two. Drain.

Set the Minut'Cook onto the Sauté setting. Heat half the oil in the cooker and cook the onions for 10 minutes or until pale golden. Add the rice, dill, currants and cinnamon, and season to taste with salt and pepper. Add the remaining oil and 1 cup water, cook a further 5 minutes or until the liquid is absorbed. Remove from the heat and allow to cool slightly.

Line the base of the cooker with several of the vine leaves. To stuff the remaining leaves, take one and lay it out flat, shiny-side down. Spoon about 2 teaspoons of the rice mixture onto the leaf at the stem end. Trim and discard the stem, then fold in the sides and roll up the leaf tightly.

Place in the palm of your hand and gently squeeze with your fingers to evenly distribute the stuffing (this also helps keep the dolmades intact during cooking). Continue with the remaining leaves and rice mixture until both are used up. Pack the stuffed vine leaves tightly side by side into the cooker as you roll them so they retain their shape.

Pour 1 cup water and the lemon juice over the dolmades and cover with a trivet or small plate. Close the lid and lock it. **Set the cooker onto the Low Pressure setting and cook for 7 minutes.** Release the pressure leaving the lid on until the dolmades have completely cooled. Once cooled, lift them carefully from the cooker into a serving dish and serve with crumbled feta and slices of lemon.

Notes: You can vary the flavour by using sultanas or chopped dried apricots instead of currants, and oregano or mint in place of dill. If you have access to a grapevine, the medium-sized, tender leaves are best for making dolmades.



BETROOT DIP

Cooking time: 45 minutes. Makes about 2 cups

Ingredients:

- | | |
|-----------------------------------|--------------------------|
| - 450g fresh beetroot | - 2 tsp lemon juice |
| - 6 cups water | - 1 tsp chilli paste |
| - 1 tsp salt | - ¾ tsp ground cumin |
| - ½ cup greek style plain yoghurt | - ½ tsp ground coriander |
| | - flaked salt |

Remove stem and leaves from beetroot and wash well. Do not peel. Place whole beetroot into the **Minut'Cook** with water and salt. **Set cooker onto Low Pressure setting - Timer: 45 minutes.**

Check the beetroot is tender. To do this insert a skewer into the cooked beetroot this should go in and out with ease. Cook a little longer if required. Remove beetroot and allow to cool slightly before peeling - best to use disposable gloves to protect hands.

Place the beetroot into the bowl of a food processor with chopping blade. Add the yoghurt, chilli paste, cumin and coriander and mix until smooth.

Season, to taste.

Note: when cooking beetroot some may cook faster depending on the size.

It may be necessary to remove smaller beets and cook larger ones a little longer.



GREEK STYLE OCTOPUS WITH OREGANO AND PARSLEY

Cooking time: 15 minutes. Serves 4

Ingredients:

- 1kg large fresh octopus
- 1 lemon, juiced
- 2 tbsp olive oil (for cooking)
- 1 tbsp freshly chopped oregano leaves
- 1 tbsp freshly chopped flat leaf parsley
- 2 tbsp extra virgin olive oil
- freshly cracked black pepper

Clean octopus and cut into quarters. Set Minut[®] Cook onto High Pressure setting - Timer: 15 minutes. Place the octopus into cooker with lemon juice and olive oil and cook until tender. When ready to test the octopus insert a skewer into the flesh, which should go in very easily.

Remove octopus to a large bowl and allow to cool slightly before cutting into pieces with kitchen scissors. Add oregano, parsley, extra virgin olive oil and season to taste. Stir well to combine.

Serve as finger food or as an individual entrée with feta, olives, lemon wedge and crusty bread.

ASPARAGUS WITH CREAMY DRESSING

Cooking time: 4 minutes. Serves 4

Ingredients:

- | | |
|-------------------------------------|--------------------------------|
| - 1kg fresh asparagus, ends trimmed | - ½ bunch fresh chives |
| - 1½ cups water | - ¼ bunch of fresh tarragon |
| - 1 tbsp thickened cream | - ½ lemon, juiced |
| - 125g plain, yoghurt | - flaked salt |
| - ¼ bunch of fresh chervil | - freshly cracked black pepper |

Place the asparagus and water into the **Minut'Cook**. Season lightly, with salt and pepper. Close the lid. **Cook on the High Pressure setting - Timer: 4 minutes.**

To prepare the dressing in a bowl combine the yogurt and the cream. Add the finely chopped fresh herbs and lemon juice. Stir well and season to taste. Serve over the asparagus.

Note: for variety you may wish to top with a few shavings of parmesan before serving.





HUMMUS

Cooking time: 30 minutes. Serves 4

- Ingredients:**
- 250g dried chickpeas
 - 1 lemon, juiced
 - 1 tsp tahini
 - 1 tsp ground cumin
 - 1 cup of water to cook the beans
 - flaked salt
 - freshly cracked black pepper

- To serve:**
- 1 cucumber
 - 2 carrots
 - 2 green shallots

Soak the beans overnight.

Place the drained beans into the cooker and the water. **Cook on the High Pressure setting - Timer: 30 minutes** (depending on the type and size of the beans). Drain the beans and set aside, reserve 1 cup of the cooking liquid.

Place the beans into the bowl of a food processor with chopping blade. Add the lemon juice, tahini and cumin mix until smooth. Add the reserved cooking liquid bit by bit until you obtain the desired consistency. Season, to taste.

Serve hummus with pita bread and peeled vegetables cut into pieces for dipping.



TUNA AND POTATO SALAD

Cooking time: 3 minutes. Serves 4

- Ingredients:**
- 800g sebago potatoes
 - 400g carrots
 - 250g frozen green peas
 - 250g canned tuna, drained
 - 3 eggs
 - 2 tbsp flat leaf parsley, roughly chopped
 - flaked salt
 - freshly cracked black pepper

- For the mayonnaise:**
- 3 egg yolks
 - 1½ cups olive oil
 - 1 tbsp lemon juice

Peel the potatoes and carrots. Cut into cubes about 1½ cm, place in the cooker, just cover with water and lightly season with salt. Close the lid and **cook on the High Pressure setting - Timer: 2 minutes**. Open the lid, add the peas and close again. **Cook on the High Pressure setting - Timer: 1 minute**. Drain the vegetables and allow to cool.

Cook the eggs until hard boiled in a separate saucepan. Allow to cool then peel and cut into quarters. Break the tuna into medium sized pieces and set aside.

To make the mayonnaise, place the egg yolks and lemon juice into a mixing bowl, add a pinch of salt. Ideally use a stick blender or small food processor bowl to beat the egg yolks while slowly drizzling in the oil. Season to taste.

Place the vegetables, eggs and tuna into a bowl. Add the mayonnaise and parsley and gently toss to combine. Season to taste.



FISH STOCK

Cooking time: 10 minutes. Makes: about 4 cups

Ingredients:

- | | |
|---|-----------------------|
| - 500g fish bones and head (eg- snapper) | - 3 slices lemon |
| - 1 brown onion, peeled, halved and thinly sliced | - 1 cup white wine |
| - 1 carrot, peeled and thinly sliced | - 3½ cups water |
| - 1 stick celery, thinly sliced | - 1 bay leaf |
| | - 3 stalks parsley |
| | - 3 black peppercorns |

Wash the fish head and bone of any blood. Drain well.

Place the fish head, bones, carrot, celery, lemon, wine, water, bay leaf, parsley and peppercorns into the cooker. Close lid and cook. Set Minut'Cook onto Low Pressure setting - Timer: 10 minutes.

Open lid and strain liquid through a strainer and discard bones and vegetables.

Note: when preparing whole green prawns keep the shells from prawns. When peeled freeze for up to one month and add to the fish stock pot.

CREAM OF ASPARAGUS SOUP

Cooking time: 7 minutes. Serves 4

Ingredients:

- 2 leeks, ends trimmed and cut into pieces
- 2 bunches of asparagus
- 1 brown onion, peeled and finely chopped
- 2 sebago potatoes, peeled and finely chopped
- ½ cup white wine
- ½ cup olive oil
- 1 tbsp thickened cream per person
- flaked salt
- freshly cracked black pepper

Cut the main portion of dark green from the top of the leeks and trim the bottom of the root and discard. Cut leek in half lengthways and slice.

Set the Minut'Cook onto the **Sauté** setting. Heat half the oil and add the leek, onion and potato. Season and lightly Sauté for 3-4 minutes. Add the wine and cook a further 2 minutes. Close the lid and **cook on the High Pressure setting - Timer: 7 minutes.**

Place the cooked vegetables into the bowl of a food processor with chopping blade or a blender. And process until smooth. For a smooth soup push the processed soup through a strainer. Add the remaining oil gradually and whisk in with the cream.

Season to taste and serve.



CREAM OF LEEK AND POTATO SOUP

Cooking time: 7 minutes. Serves 4

Ingredients:

- 600g whole leeks
- 400g pontiac potatoes
- 1 brown onion
- 40g butter
- ¼ cup olive oil
- 1 cup cream
- ½ cup white wine
- flaked salt
- freshly cracked black pepper

Cut the main portion of dark green from the top of the leeks and trim the bottom of the root and discard. Cut leek in half lengthways and slice. Peel the potatoes and onion, wash and finely dice as if using for an omelette.

Place the butter and oil into the **Minut'Cook on the Sauté setting.** When hot, add the leeks, potatoes, onion and season with salt and pepper. Allow to Simmer for a few minutes, add the wine. Cook until the alcohol evaporates then add some cold water to just cover the vegetables. Close the lid. **Cook on the High Pressure setting - Timer: 7 minutes.**

Open the cooker. Remove the cooked vegetables to the bowl of a food processor with chopping blade or a blender. Add the cream and adjust the salt and pepper to taste.

Serve soup hot or cold.



ZUCCHINI SOUP

Cooking time: 6 minutes. Serves 4

Ingredients:

- | | |
|--|--|
| - 1 leek | - 2 carrots, peeled and finely chopped |
| - ½ cup olive oil | - ½ cup white wine |
| - 3 large zucchini, halved and chopped | - 100g goats cheese |
| - 2 sebago potatoes, peeled and finely chopped | - flaked salt |
| - 1 brown onion, peeled and finely chopped | - freshly cracked black pepper |

Cut the main portion of dark green from the top of the leek and trim the bottom of the root and discard. Cut leek in half lengthways and slice.

Set the Minut'Cook onto the **Sauté** setting. Heat oil and add the leek, zucchini, potato, onion and carrots Sauté for 3-4 minutes.

Add the wine and wait until the alcohol has evaporated. Then add enough water to just cover the vegetables. Close the lid and cook on the **High Pressure** setting - **Timer: 6 minutes.**

Place the cooked vegetables and cheese into the bowl of a food processor with chopping blade or a blender. And process until smooth.

Season to taste and serve.



CHICKEN & NOODLE SOUP

Cooking time: 6 minutes. Serves 4

Ingredients:

- | | |
|---|--|
| - 4 cups water | - 2 carrots, peeled and cut into thin rounds |
| - 2 chicken carcasses | - 1 leek, washed and cut into thin slices |
| - 2 skinned chicken-breast fillets, thinly sliced | - 150g dried vermicelli noodles |
| - ½ brown onion, peeled and thinly sliced | |

Place the water, chicken carcasses, chicken breast, and vegetables into the Minut'Cook. Close the lid. Cook on the **High Pressure** setting - **Timer: 3 minutes.**

Open the cooker and remove the chicken carcasses and discard.

Add the noodles to the chicken and close the lid. Cook on the **High Pressure** setting - **Timer: 3 minutes.**

Season, to taste and serve.



SEAFOOD AND VEGETABLE SOUP

Cooking time: 30 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 500g dried chickpeas | - 1 carrot, peeled and sliced |
| - 3 tbsp olive oil | - 1 tsp paprika |
| - 400g whole medium green prawns | - flaked salt |
| - 150g fish fillet, skinned (eg- ling or boneless fillet) | - freshly cracked black pepper |
| - 3 tbsp plain flour | - flat leaf parsley, to serve |
| - 1 bunch english spinach, washed and leaves roughly chopped | |

Soak chickpeas in water overnight. Peel and de-vein the prawns, reserving the heads.

Place the olive oil into the **Minut'Cook on the Browning setting** and cook the prawn heads until orange. Remove and discard.

Cut the fish into pieces and dust lightly with flour. Add the fish pieces to the cooker and cook for 2 minutes, each side or until lightly golden. Remove and set aside.

Drain and rinse the chickpeas and place into the cooker. Add the spinach, carrot and paprika then cover with water so that there is about 4cm of water sitting above the peas and vegetables. Ensure that you do not exceed the maximum level indicated for the cooker. Close the lid and **cook on High Pressure setting - Timer: 20 minutes.**

Next add the peeled prawns and fish and close the lid. **Cook on Low-Pressure setting - Timer: 10 minutes.**

Season, to taste and serve with chopped parsley.

Note: the soup can be a little thin depending on the type of chickpeas used. To thicken slightly add a little blended cornflour and water. Allow to gently Simmer and serve.



PUMPKIN SOUP

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------------|
| - 4 tbsp olive oil | - 1 small potato, peeled and chopped |
| - 100g bacon, thinly sliced | - 3 black peppercorns |
| - 2 medium leeks | - flaked salt |
| - ½kg pumpkin, peeled, roughly chopped | - freshly cracked black pepper |
| - 1 stick celery, finely diced | - 1 tbsp butter |

Place 2 tbsp oil, into the **Minut'Cook on Browning setting**. When it reaches the temperature, add the bacon and cook until crisp stirring occasionally. Remove and set aside.

Cut the main portion of dark green from the top of the leeks and trim the bottom of the root and discard. Cut leek in half lengthways and thinly sliced. Add the remaining oil, and continue with cooker on **Browning setting**. Add leek, pumpkin, celery and potato stir with a wooden spoon for 3-4 minutes or until, lightly golden. Add 1 litre of water, black peppercorns and season lightly with salt. Close the lid. **Cook on Low Pressure setting - Timer: 15 minutes.**

Place the cooked vegetables into the bowl of a food processor with chopping blade or a blender. And process until smooth. Season, to taste.

Return vegetables to the cooker. Turn on the **Keep Warm setting**. Add the butter and allow to melt and stir into the soup.

Serve sprinkled with the crispy bacon.

Note: Soup can be kept warm on this function if it is going to be eaten within 30 minutes. Alternatively switch off the cooker and warm again on **Keep Warm setting** just prior to serving.



GARLIC SOUP

Cooking time: 2 minutes. Serves 4

Ingredients:

- | | |
|---|------------------------------------|
| - ½ bread stick (day old),
cut into slices | - 4 cups chicken stock or
water |
| - 5 cloves garlic, peeled
and crushed | - 2 eggs, lightly beaten |
| - 100g prosciutto, finely
chopped | - ⅓ cup olive oil |
| - ¼ tsp ground cinnamon | - flaked salt |
| | - freshly cracked black
pepper |

Set the Minut'Cook onto the Browning setting, heat ⅓ the oil and cook the bread until lightly golden on both sides. Cook for 5 minutes, remove and set aside.

Add the remaining oil, and lightly brown the garlic for 3 minutes more.

Add the prosciutto, cinnamon, stock and eggs. Stir to combine and close the lid. **Cook on the Low Pressure setting - Timer: 2 minutes.**

Open the cooker and season soup to taste.

Note: serve soup into soup bowls with a few slices of bread on top.



MINESTRONE SOUP

Cooking time: 9 minutes. Serves 4

Ingredients:

- | | |
|--|--|
| - 100g leek | - 6 cups water |
| - 1 small fennel bulb | - 150g canned cannellini beans, rinsed and drained |
| - ½ cup olive oil | - 50g parmesan cheese, shaved |
| - 1 brown onion, peeled and finely diced | - 2 tbsp shredded fresh basil leaves |
| - 2 garlic cloves, peeled and finely chopped | - flaked salt |
| - 100g zucchini, diced | - freshly cracked black pepper |
| - 150g canned, peeled, tomatoes | |
| - 100g shelled broad beans | |

Cut the main portion of dark green from the top of the leek and trim the bottom of the root and discard. Cut leek in half lengthways and thinly slice. Trim the top and bottom from the fennel and cut into a small dice.

Place the oil into the Minut'Cook on the Browning setting. Add the onion and garlic, sauté for 2 minutes.

Add the zucchini, tomato, broad beans, leek, fennel and water. Season lightly, with salt. Close the lid and cook on the High Pressure setting - Timer: 6 minutes.

Check that the vegetables are tender then add the cannellini beans. Close the lid again and cook a further 3 minutes on the High Pressure setting. Season to taste.

Serve topped with parmesan and basil.

Note: for variety, try replacing the white beans with cooked pasta (eg: risoni)





COLD TOMATO SOUP

Cooking time: 5 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------------|
| - 3 tbsp olive oil | - 1 cup water |
| - 2 garlic cloves, peeled and finely chopped | - 2 tbsp bottled tomato sauce |
| - 2 green shallots, finely chopped | - flaked salt |
| - 1kg tomatoes, peeled and roughly chopped | - ½ cup fresh basil leaves, shredded |
| | - extra basil to serve |

Set the Minut'Cook to the Browning setting. Add the oil and lightly Sauté the garlic and shallots for 2-3 minutes.

Add the tomatoes and season with salt. Add water and close the lid. Cook on the High Pressure setting - Timer: 5 minutes.

Open the lid, add the tomato sauce and basil, and stir. Remove from cooker and chill in the refrigerator. Serve with a few extra small whole leaves of basil.

Note: ideal served as a side dish with Carpaccio.

JAPANESE MISO SOUP

Cooking time: 3 minutes. Serves 4

Ingredients:

- 8 dried shitake mushrooms
- 3 green shallots, thinly sliced
- 3 tbsp miso sauce
- 3 tbsp soy sauce
- 1 tsp powdered dashi
- 3 cups water
- 250g soba noodles

Soak the shitake for 20 minutes in hot water. Drain and reserve the soaking water. Cut the mushrooms into thin slices.

Place the reserved mushroom liquid into the **Minut'Cook**. Add the mushrooms, shallots, miso, soy sauce and dashi and water. Gently stir to combine close the lid. **Cook on the High Pressure setting - Timer: 3 minutes.**

Open the lid. **On the Simmer setting**, add the noodles and cook for a few minutes until just tender. Serve.

Note: you can easily find these ingredients at Asian supply stores.



THAI CHICKEN SOUP

Cooking time: 12 minutes. Serves 4

Ingredients:

- 250g carrots, peeled
- 200g celery
- ¼ cup vegetable oil
- 2 chicken breast fillets, thinly sliced
- 2 brown onions, peeled, halved and thinly sliced
- 200g bamboo shoots
- 1 tsp green curry paste
- 1½ cups chicken stock
- 1½ cups coconut milk
- 2 tsp fish sauce or to taste
- 4 kaffir lime leaves, very finely shredded

Cut carrots and celery into rectangle pieces about 2mm thick x 6cm long. **Set the Minut'Cook onto the Browning setting.** Heat half the oil and add the chicken cook for 3-4 minutes, stirring occasionally. Transfer to a plate and set aside.

Add the remaining oil to the cooker. **Set onto Sauté setting** and cook the carrots, celery and onion for 3-4 minutes. Add bamboo shoots, curry paste, stock and coconut milk. Return the chicken to the cooker and close the lid. **Cook on High Pressure setting - Timer: 12 minutes.**

Open lid and add the fish sauce to taste and kaffir lime leaves. Serve



TURMERIC COCONUT RICE WITH FRAGRANT FISH

Cooking time: 6 minutes. Serves 4

Ingredients:

- 2 cups long grain rice, washed
- 270ml can coconut milk
- 1 cup hot water
- ½ tsp ground turmeric
- ½ tsp ground cumin
- ½ cup ground coriander
- 1 tsp finely chopped fresh lemongrass
- ¼ cup freshly chopped coriander leaves
- 4 x 100g pieces fish eg - snapper, flathead
- 2 tsp fish sauce
- 1 tsp chilli paste

Wash rice well and drain.

Set Minut'Cook onto High Pressure setting - Timer: 3 minutes. Add rice, coconut milk, hot water, turmeric, cumin, coriander and lemongrass. Close lid and cook. Open lid and fluff rice with a fork - add half the chopped coriander and stir through.

Lay fillets of fish onto the rice and top with the remaining coriander, drizzle with fish sauce and add a little chilli paste to each fillet.

Close lid and set cooker onto **Low Pressure setting - Timer: 3 minutes.**

Gently lift fish fillets out of the cooker onto a serving platter.

Serve with cooked rice.



BARRAMUNDI IN PARSLEY AND GARLIC SAUCE

Cooking time: 4 minutes. Serves 4

Ingredients:

- | | |
|--------------------------------|--------------------------------|
| - 600g barramundi, skinned | - 1 cup water |
| - 1 small bunch, curly parsley | - 1 cup olive oil |
| - 3 garlic cloves, peeled | - flaked salt |
| - 50g fresh breadcrumbs | - freshly cracked black pepper |
| - 3 tbsp white wine vinegar | |

Cut the fish into large chunks. Lightly season and set aside. Trim the lower stems from the parsley wash and drain well.

Add the parsley, garlic, breadcrumbs, vinegar and water. Close the lid. **Set the Minut'Cook onto the Low Pressure setting. Timer : 1 minute.**

Place the cooked ingredients into to the bowl of a food processor with chopping blade or a blender. Process until smooth, adding the olive oil gradually (keeping 3 tbsp to cook the fish). Season, to taste.

Wipe the cooker out with kitchen paper towel. **Set onto the Browning setting** and heat the remaining oil. Add the fish and cook for 2-3 minutes or until lightly brown on all sides.

Add the parsley garlic sauce and close the lid. **Cook on the Low Pressure setting - Timer: 3 minutes.**

Open the cooker and remove the fish to a side plate and keep warm.

If the sauce is too thin, cook on the **Simmer setting** for a few minutes until it thickens slightly.

Season to taste and serve the sauce with fish.

BABY SQUID WITH BROAD BEANS & CABBAGE

Cooking time: 5 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 500g fresh or frozen broad beans | - ½ cup dry white wine |
| - 16 whole fresh or frozen baby squid, skinned and cleaned | - 1 sprig fresh mint |
| - 1 small green cabbage, finely shredded | - 4 tbsp olive oil |
| - 1 brown onion, peeled, finely diced | - flaked salt |
| | - freshly cracked black pepper |

Place the beans into the **Minut'Cook**, cover with water and close the lid. **Cook on the High Pressure setting - Timer: 2 minutes.** Remove the beans, drain, let cool and peel the skin off (if a finer texture of the mixture is desired).

Set the cooker **onto the Sauté setting**, heat 2 tbsp of oil and cook the onion for 3 minutes. Add the cabbage and mint leaves, and lightly Sauté for a further 2 minutes. Add the beans and white wine and close the lid. **Cook on the High Pressure setting - Timer: 3 minutes** (If the skin is on the beans cook for 6 minutes). Season to taste. Remove bean and cabbage mix to a side bowl, set aside and keep warm.

Set the cooker **onto the Browning setting**. Heat the remaining oil and cook the squid in two batches for 2 minute each side or until lightly browned on both sides.

Serve the baby squid with broad beans and cabbage. Season to taste.

FISH TERRINE

Cooking time: 18 minutes. Serves 4

Ingredients:

- 300g thick white fish fillets (barramundi, kingfish, blue eye), skinned
- 200g baby octopus, cleaned
- 4 tbsp olive oil
- 1 cup water
- 1 carrot, peeled and finely chopped
- 150g broccoli, finely chopped
- 2 slices white bread
- 1 cup cream
- 4 eggs lightly beaten
- 200g whole green prawns, peeled and finely chopped
- 1 tsp soft butter
- flaked salt
- freshly cracked black pepper

Utensils:

- Steam basket.
- A mould - that will fit into the Minut'Cook steam basket.

Set the Minut'Cook onto the Browning setting. Heat the oil and Sauté the fish and octopus for 3-4 minutes or until they are lightly golden. Add the water and vegetables, and season. **Cook on the Low Pressure setting - Timer: 3 minutes.** Drain mixture then remove fish and break into small pieces and finely chop the octopus. Allow the seafood and vegetables to cool.

Combine bread and cream and allow to stand for 2-3 minutes before breaking into pieces. Add the fish, octopus, egg, vegetables and prawns. Mix together very well.

Lightly grease the mould with butter then add the seafood mixture. Gently pressing onto the surface with a wooden spoon to compact slightly. Cover tightly with foil.

Fill the cooker with about 2 cups of water. **Position the steamer basket** and then add the mould fitting it into the basket. Close the lid. **Cook on the Low Pressure setting - Timer: 15 minutes.**



SALMON IN HERB BROTH

Cooking time: 4 minutes. Serves 4

Ingredients:

- 880g salmon fillet, skinned
- 3 cups fish stock
- 4 lemon, rind only
- 1 clove
- 3 cardamon pods
- 1 tsp whole coriander seeds
- 1 sprig fresh thyme
- 1 tsp ground ginger
- 4 green shallots, thinly sliced
- flaked salt
- freshly cracked black pepper
- 4 sprigs fresh basil

Wipe the fillet over with damp kitchen paper towel and cut into cubes about 2cm in size. Lightly season with salt and pepper and set aside.

Set the Minut'Cook onto the High Pressure setting. Add the fish stock, lemon rind, clove, cardamon, coriander, thyme and ginger. Close the lid and cook on High Pressure - **Timer: 4 minutes.**

Open the lid and use a jug to remove the hot broth and pour through a fine strainer to remove the spices and rind. Discard these spices. Season the broth to taste.

Place the salmon and shallots into a soup tureen or divide between individual bowls and spoon over the hot broth. Top with basil and serve.





STEAMED COD FILLETS AND VEGETABLES

Cooking time: 4 minutes. Serves 4

Ingredients:

- 4 x 125g thick fish fillets (eg- cod, blue eye, barramundi)
- 1 leek
- 1 red pepper (capsicum)
- 1 green pepper (capsicum)
- 2 cups olive oil
- 1 medium eggplant, halved and thinly sliced
- 1 cup plain flour
- 2 tomatoes peeled and chopped
- 1 brown onion, peeled and finely chopped
- 100ml vinegar
- flaked salt
- freshly cracked black pepper
- ½ cup sweet basil leaves to serve

Wipe the fillet over with damp kitchen paper towel. Lightly season with salt and pepper and set aside.

Cut the main portion of dark green from the top of the leek and trim the bottom of the root and discard. Cut leek in half lengthways and thinly slice into julienne strips. Wash the peppers, cut into quarters, remove the stems and seeds and thinly slice.

Set the Minut'Cook onto the Sauté setting. Pat the eggplant and leek dry with paper towel if necessary and dust in seasoned flour shaking off the excess. Heat 1½ cups oil and fry the leek and eggplant in stages until golden and crisp, about 15 minutes. Remove to a side plate with crumpled paper towel to absorb any oil. Keep warm and set aside. Remove the oil from the cooker, discard. Wipe it out with paper towel before moving on.

Then place the remaining oil into the cooker and add the tomatoes, peppers, onion and vinegar. Season with salt and pepper. Close the lid and cook on **Low Pressure setting - Timer: 2 minutes.** Place the fish fillets on top of the vegetables. Close lid again and cook on **Low Pressure setting - Timer: 2 minutes.**

Remove the fish from the cooker onto a serving plate or plates, then add the broth, the crispy and seasoned vegetables and top with fresh basil leaves.

FISH TAJINE

Cooking time: 4 minutes. Serves 4

Ingredients:

- 600g fish fillets, skinned (eg- cod, blue-eye or ling)
- 1/2 cup olive oil
- 1 brown onion, peeled and finely diced
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1 cinnamon stick
- 400g peeled tomatoes, roughly chopped
- 700g whole new potatoes, washed and halved (skin still on)
- 2 stalks celery, finely diced
- 2 tbsp finely grated lemon rind
- 1 cup water
- flaked salt
- freshly cracked black pepper

Cut the fish into large cubes and remove bones.

Set the Minut'Cook onto the **Sauté setting**. Sauté the onion in the oil for 3 minutes.

Add cumin, turmeric and cinnamon and stir to combine. Cook for 2 minutes. Add tomatoes, potato, celery, lemon rind and water. Season lightly, with salt. Close the lid and **cook on the High Pressure setting -Timer: 4 minutes**.

Open lid and set cooker to the **Simmer setting**. Stir and season to taste, add the fish and gently stir to combine. Cook for 2-3 minutes or until fish flesh gently flakes.

Note: also delicious with a few black olives added before serving.

TUNA WITH TOMATO AND BASIL

Cooking time: 4 minutes. Serves 4

Ingredients:

- 4 x 125g tuna steaks
- 1/2 cup olive oil
- 1 red onion, peeled and finely diced
- 3 cloves garlic, peeled and finely chopped
- 500g cherry tomatoes, cut in half
- 1/4 cup sweet basil leaves
- 1 tbsp sugar
- flaked salt
- freshly cracked black pepper

Wipe the tuna over with damp kitchen paper towel. Lightly season with salt and pepper and set aside.

Set the Minut'Cook onto the **Browning setting**. Heat half the oil and add the onion and garlic. Cook for 3 minutes. Add the tomatoes, basil and sugar. Close the lid and **cook on the Low Pressure setting - Timer: 4 minutes**. Season to taste.

Remove the vegetables from the cooker, set aside and keep warm. Wipe out cooker with kitchen paper towel. Set again onto the **Browning setting**. Heat the remaining oil and sear the tuna on both sides for 2-3 minutes each side depending on your preference - tuna is perfect served still slightly pink in the middle.

Serve tuna with vegetables.



ROLLED SOLE WITH SPINACH, SHALLOT AND MUSTARD SAUCE

Cooking time: 8 minutes. Serves 4

Ingredients:

- | | |
|------------------------------------|--------------------------------|
| - 4 large fillets sole or flounder | - 200g frozen spinach |
| - 1 lemon, juiced | - 1 cup cream |
| - 40g butter | - 1 tbsp dijon mustard |
| - 3 green shallots, thinly sliced | - flaked salt |
| - ¼ cup white wine | - freshly cracked black pepper |

Wipe the fillets over with damp kitchen paper towel. Lightly season with salt and pepper and roll them up lengthways, securing with a toothpick to help keep their shape. Pour lemon juice over the fillets and set aside.

Set the Minut'Cook onto the **Sauté** setting. Heat the butter and add the shallots and wine, cook for 3-4 minutes or until tender and all the wine has evaporated.

Add the spinach and close lid. **Cook on the Low Pressure setting - Timer: 5 minutes.** Transfer the spinach and shallot mix to a blender, blend until smooth with the cream and mustard. Season to taste.

Place the rolled fillets in the cooker standing on their ends and supporting each other. **Cook on the Low Pressure setting - Timer: 3 minutes.** Remove and serve with the spinach sauce.

Note: alternatively make this sauce by combining ingredients in a bowl and not in a blender.



COD WITH SPINACH AND CHICKPEAS

Cooking time: 31 minutes. Serves 4

Ingredients:

- | | |
|--|---|
| - 200g dried chickpeas | - ½ tsp fresh lemon juice |
| - ½ onion, peeled and finely chopped | - flaked salt |
| - 1 bay leaf | - 400g baby spinach leaves, washed and drained |
| - 1 tomato, finely chopped | - ½ cup olive oil |
| - ½ red pepper (capsicum), seeded and finely chopped | - 5 cloves garlic, peeled and finely chopped |
| - ¼ cup shredded, fresh basil leaves | - 4 x 125g thick fish fillets, skinned (eg-cod, blue eye, ling) |

Utensil:

- Steam basket

Soak the beans overnight.

Place the drained beans, onion and bay leaf into the **Minut'Cook** and just cover with water, season lightly with salt. Close lid and **cook on the High Pressure setting - Timer: 30 minutes.**

Open the cooker and add tomato, pepper, basil and lemon juice. Stir well to combine with beans.

Put the steam basket into position and add the spinach. Close the lid. **Cook on the Low Pressure setting - Timer: 1 minute.** Remove the chickpeas and spinach and keep warm.

Add the garlic, **cook on the Simmer setting** for 5 minutes. Add the fish and cover with garlic oil and cook for 5 minutes longer or until the fish is lightly golden. Turn once during cooking.

Note: place the chickpeas and spinach onto a serving platter and finish with the cooked fish.



MUSSELS IN WHITE WINE SAUCE

Cooking time: 4 minutes. Serves 4

Ingredients:

- 2kg black mussels
- 1 tbsp butter
- 2 green shallots, finely chopped
- ½ cup dry white wine
- 2 tbsp chopped parsley
- 1 sprig fresh thyme
- 1 bay leaf
- freshly cracked black pepper

Wash and clean (de-beard) the mussels.

Set the Minut'Cook onto the **Sauté** setting. Heat butter and lightly Sauté the shallot for 2-3 minutes. Deglaze by adding the wine and stir with a wooden spoon.

Add the mussels, parsley, thyme, bay leaf, and season with pepper. Stir to combine. Close the lid and **cook on the High Pressure setting - Timer: 4 minutes.**

Note: for variety, try using clams, cockles, pipis etc.



PAELLA

Cooking time: 8 minutes. Serves 4

Ingredients:

- 8 chicken pieces (eg - thigh, breast)
- ¼ cup olive oil
- 1 brown onion, peeled and finely chopped
- 1 red bell pepper (capsicum)
- 500g canned peeled tomatoes
- 1 garlic clove, peeled and finely chopped
- 2 pinches of saffron
- 1 cup water
- 200g long-grain rice
- 4 langoustines (scampi), halved lengthways
- 8 whole green prawns
- 8 black mussels, cleaned
- 250g whole squid, cleaned and cut into thin strips
- 100g shelled fresh or frozen green peas
- 100g chorizo sausage, thinly sliced
- flaked salt
- freshly cracked black pepper

Set the Minut'Cook onto the **Browning** setting. Heat the oil and cook the chicken pieces for 4-5 minutes until the skin is lightly browned. Season lightly with salt and pepper.

Add the onion, bell pepper, tomatoes, garlic, saffron and water. Stir well to combine.

Add in the rice, langoustines, prawns, mussels, squid, peas and chorizo.

Close the lid and **cook on the High Pressure setting - Timer: 8 minutes.**

Season to taste and serve.

Note: for variety, try replacing the chicken with rabbit and the langoustines with lobster.





CORNERED BEEF WITH VEGETABLES

Cooked with care, a corned beef dinner is one of the most comforting meals ever, especially if served with all its traditional accompaniments like mustard and cornichons. You may even like to serve it with a creamy white sauce flavoured with capers and parsley or a good dollop of mustard, to make the meal special. I usually cook the potatoes in the cooking liquid after the meat is cooked, but you may prefer to cook them separately and make a creamy mash to go with the corned beef.

Cooking time: 60 minutes. Serves 4

Ingredients:

- 1.5kg corned beef (such as silverside, rump or brisket)
- 1 large white or brown onion, peeled and studded with 5 cloves
- 2 tablespoons malt vinegar
- 2 tablespoons brown sugar
- 1 bay leaf
- 1 bunch baby carrots or 3 carrots, quartered
- 800g chat (baby) potatoes or quartered peeled potatoes
- 500g cabbage, cut into wedges
- 50g butter
- ¼ cup chopped flat-leaf parsley
- Dijon or hot English mustard, to serve
- pickled cornichons, to serve

Utensil:

- Trivet - that fits in the Minut'Cook pot.

Place the corned beef on a trivet in the **Minut'Cook** and add the onion, vinegar, brown sugar, bay leaf, and 2 cups water.

Close the lid and lock it. **Set the cooker onto the High Pressure setting and cook for 55 minutes.** Release the pressure and unlock the lid. Test the meat by inserting a skewer into the middle - it should be tender, not tough. Transfer the meat to a chopping board and leave to rest in a warm place while you cook the vegetables. Remove the trivet from cooker.

Add the carrots, potatoes and cabbage to the liquid in the cooker. Close the lid and lock it, then set onto the **Low Pressure setting and cook for 5 minutes.**

Release the pressure and unlock the lid. Lift the vegetables from the liquid using a slotted spoon, drain and transfer to a bowl. Toss through the butter and parsley. Cut the corned beef into thick slices and serve with the vegetables, mustard and pickled cornichons (gherkins).

Notes: *If you're serving the corned beef cold, leave it to cool completely in the cooking liquid before draining it, wrapping it in foil and chilling in the fridge. Slice thinly and serve with mustard, horseradish cream, pickles or cucumber salad.*



BRAISED LAMB SHANKS

Go to a French-inspired restaurant and you will often find braised lamb shanks on the menu. Clever chefs know their customers love them, as they take such a long time to cook at home. The good news is that a pressure cooker can help you turn out this delectable dish in a very short time.

Buying your lamb shanks French-trimmed (where the meat and fat is removed from the end of the shank, leaving a clean bone) dramatically reduces the fattiness of the dish.

Cooking time: 15 minutes. Serves 4-6

Ingredients:

- 2 tomatoes
- 6 lamb shanks, french-trimmed (ask your butcher to do this for you)
- ¼ cup plain flour, seasoned with a generous pinch of salt and pepper
- 2 tablespoons olive oil
- 1 white or brown onion, chopped
- 3 carrots, thickly sliced
- 1 clove garlic, peeled
- 1 tablespoon chopped fresh oregano
- grated rind of 1 lemon
- ¾ cup red wine
- ¼ cup beef stock or vegetable stock
- salt and freshly ground black pepper
- 1 tablespoon plain flour mixed with 2 tablespoons water (optional)
- mashed potatoes and steamed green beans, to serve

If you want to peel the tomatoes, drop them into boiling water for 10 seconds, then transfer them to cold water to cool. Use a small sharp knife to cut the skin around the calyx, then peel the skin away. Cut the flesh into quarters and set aside.

Wipe the shanks with a clean, damp cloth, then toss them through the seasoned flour, shaking off any excess. **Set the Minut'Cook onto the Browning setting.** Heat half the oil in the cooker and brown the shanks two at a time. Remove and set aside.

Add the remaining oil with the onion, carrot and garlic to the cooker and fry for 5 minutes, stirring occasionally. Add the tomatoes, oregano, lemon rind, wine and stock and bring to a boil, stirring well, for a few minutes. Return the lamb shanks to the cooker and season well. Spoon some of the sauce and vegetables over the shanks.

Close the lid and lock it. **Set cooker onto the High Pressure setting and cook for 25 minutes.** Release pressure and open the lid and test to see if the meat is done (depending on the thickness of the shanks) cook a further 5 minutes if required. Carefully remove the lamb shanks from the cooker - the meat should be very tender and almost falling off the bone.

If you would like the gravy a little thicker, set cooker onto the **Simmer setting** and stir in the paste of flour and water a little at a time until thickened.

On each plate, place a shank on a bed of mashed potato, spoon over plenty of gravy and serve with steamed green beans alongside.



TIKKA CURRY WITH BEEF AND SNOW PEA TWIST

Cooking time: 25 minutes. Serves 4

Ingredients:

- 600g lean cubed beef
- 2 tbsp rice bran oil
- 1 brown onion, peeled and finely chopped
- ¼ cup tikka (store brought) paste
- 1 large tomato, roughly chopped
- 1 tbsp finely chopped fresh coriander stem
- 100g fresh snow peas, trimmed and cut in pieces
- ½ cup sour cream
- ¼ cup fresh coriander leaves
- flaked salt

Set Minut'Cook onto the **Browning setting**. Heat oil and cook the onion for 3 minutes. Add the meat and cook a further 3 minutes.

Add Tikka paste, tomato and coriander stem and close the lid. Set cooker onto **High Pressure setting** - **Timer: 25 minutes**. Open lid and add the snow peas, cream and coriander.

Season to taste and serve with steamed rice.

*Note: If using larger rather than small snow peas it may necessary to cook for a few minutes on **Simmer setting** before stirring through the cream.*

LAMB KORMA WITH POTATO AND SPINACH

Cooking time: 25 minutes. Serves 4

Ingredients:

- 500g lean diced lamb
- 2 tbsp rice bran oil
- 2 large brown onions, peeled, halved and thinly sliced
- ½ cup korma paste
- ½ cup water
- 300g baby new potatoes, halved
- ½ cup cream
- 200g baby spinach leaves
- ¼ cup blanched almonds, toasted
- ½ cup fresh coriander
- flaked salt

Set Minut[®] Cook on the **Browning** setting. Heat the oil and cook the onion for 3 minutes. Add the meat and cook a further 3 minutes.

Add Korma paste and water and close the lid. Set cooker onto **High Pressure** setting - **Timer: 25 minutes**. Open lid and add the potatoes, cook a further 3 minutes. Test that the potatoes are cooked and stir through the spinach, cream, almonds and coriander. Cook on **Simmer** setting until the spinach has just slightly wilted.

Season to taste and serve with steamed rice.



VEAL STRIPS WITH MUSTARD SAUCE

Cooking time: 5 minutes. Serves 4

Ingredients:

- | | |
|--|-----------------------------------|
| - 500g veal strips | - ½ cup white wine |
| - ½ cup olive oil | - 1 cup light cream |
| - 1 brown onion, peeled,
halved and thinly sliced | - ½ cup water |
| - 2 tbsp mustard seed | - flaked salt |
| - 1 tbsp dijon mustard | - freshly cracked black
pepper |

Season the veal lightly with salt and pepper.

Set the Minut'Cook onto the Browning setting. Heat oil and add the veal cook for 3-4 minutes or until lightly browned. Remove and set aside.

Into the same oil in the cooker, add the onion, and cook for 3-4 minutes. Add the wine and cook until it evaporates. Add mustard seeds and mustard, cream and water. Return veal to cooker and close the lid. **Cook on the Low Pressure setting - Timer: 5 minutes.**

If the sauce is a little thin, open the lid and cook on the **Simmer setting** for a few minutes until it thickens slightly.

Season to taste and serve.



VEAL SHANK IN SAUCE

Cooking time: 40 minutes. Serves 4

Ingredients:

- | | |
|---|---|
| - 1kg veal shanks | - 2 garlic cloves, peeled
and finely chopped |
| - ½ cup olive oil | - 2 cloves |
| - 1 brown onion, peeled
and finely diced | - 1 bay leaf |
| - 2 carrots, peeled and
diced | - 1 cup white wine |
| - 1 celery stalk, finely
diced | - flaked salt |
| - 2 red tomatoes, seeded
and diced | - freshly cracked black
pepper |

Lightly season the veal with salt and pepper.

Set the Minut'Cook onto the Browning setting. Heat the oil and add the veal shanks. Cook for 3-4 minutes or until lightly browned on all sides.

Remove the meat and in the same oil lightly Sauté the onion, carrot, celery, tomato, garlic, cloves and bay leaf. Cook for 3-4 minutes then return the shanks to the cooker and pour in the wine. Cook until the wine evaporates and cooks off. Add enough water to cover the meat halfway and close lid. **Cook on the High Pressure setting - Timer: 40 minutes.**

Open the lid and test to see if the meat is done (depending on the thickness of the shanks). If the sauce is thin, remove the shanks to a side plate and keep warm.

Cook on the **Simmer setting** for a few minutes until it thickens slightly.

Season to taste and serve.

Note: for a smoother sauce, blend in a food processor or blender.



VEAL MEDALLIONS WITH VEGETABLES AND HAM

Cooking time: 15 minutes. Serves 4

Ingredients:

- 1kg veal round
- 4 fresh artichokes
- ½ cup olive oil
- 2 garlic cloves, peeled and roughly chopped
- 200g cabbage, cored, washed and shredded
- 1 brown onion, peeled and finely chopped
- 100g prosciutto, thinly sliced into strips
- ½ cup white wine
- 1 cup water
- flaked salt
- freshly cracked black pepper

Cut the veal into medallion rounds and season lightly with salt and pepper. Remove the outer leaves from the artichokes. Cut off the ends, then cut in half and wash well.

Set the Minut'Cook onto the Browning setting. Heat the oil and add the veal and garlic. Cook for 3-4 minutes or until the meat is lightly browned.

Add in the artichokes, cabbage, onion and prosciutto. Sauté for a further 2-3 minutes then add the wine and water. Close the lid and cook on the High Pressure setting - Timer: 15 minutes.

Season to taste and serve.

OSSO BUCCO WITH ARTICHOKE

Cooking time: 8 minutes. Serves 4

Ingredients:

- 4 large slices veal shank
- ¼ cup plain flour
- ¼ cup olive oil
- 2 tbsp butter
- 2 brown onions, peeled and finely diced
- 1 stalk celery, finely chopped
- 1 cup white wine
- 200g canned peeled, tomatoes
- 1 garlic clove, peeled and finely chopped
- 1 sprig of thyme
- 400g cooked artichokes
- flaked salt
- freshly cracked black pepper

Lightly dust the veal with flour, which has been seasoned with salt and pepper, shaking off the excess.

Set the Minut'Cook on the Browning setting. Heat oil and butter then cook meat for 2-3 minutes or until browned on both sides. Remove and set aside.

On the Sauté setting lightly Sauté the diced onion and celery for 2 minutes. Deglaze the cooker by adding the wine and gently scraping the base of the cooker with a wooden spoon.

Add the tomatoes, garlic and thyme. Return the veal to the cooker with the artichokes and stir to combine. Close the lid and cook on the High Pressure setting - Timer: 8 minutes. Season to taste.

Serve with mashed potato or cooked polenta.

Note: you can find canned or marinated baby artichokes in most supermarkets.



BEEF TENDERLOIN WITH TOMATO, POTATO & ONION

Cooking time: 12 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 800g piece beef tenderloin (eye fillet) | - pinch ground nutmeg |
| - 3 tbsp olive oil | - 400g baby new potatoes |
| - 2 brown onions, peeled and cut into quarters | - flaked salt |
| - 150g tomatoes, peeled | - freshly cracked black pepper |

Set the Minut'Cook onto the Browning setting. Add oil and add the lightly season beef and sear on all sides until lightly browned.

Add the onions, tomatoes, potatoes and nutmeg along with 1/3 cup of water. Close the lid. Cook on the Low Pressure setting - Timer: 12 minutes.

Season, to taste.



ROAST BEEF AND POTATOES

Cooking time: 30 minutes. Serves 4

Ingredients:

- | | |
|--|--|
| - 800g piece beef (eg - eye fillet) | - 500g tomatoes, peeled, seeded, and chopped |
| - 1 leek | - 1 cup white wine |
| - ½ cup olive oil | - 2 sprigs fresh thyme |
| - 1 brown onion, peeled and diced | - 500g sebago potatoes, peeled, and cubed |
| - 2 carrots, diced | - flaked salt |
| - 3 garlic cloves, peeled and finely chopped | - freshly cracked black pepper |

Lightly season the beef with salt and pepper.

Cut the main portion of dark green from the top of the leek and trim the bottom of the root and discard. Cut leek in half lengthways and thinly slice.

Set the Minut'Cook onto the Browning setting. Heat the oil and add the beef, braise on all sides for about 4 minutes or until lightly browned. Remove and set aside.

Into the same oil, add the leek, onion, carrot and garlic. Cook on the Browning setting for 3-4 minutes. Add the tomato, meat, wine and thyme. Close the lid and cook on the High Pressure setting - Timer: 20 minutes.

Open the lid and add the potatoes and cut into cubes. Close lid again and cook on the High Pressure setting - Timer: 10 minutes.

Remove beef to a side plate and cover with foil. Season the potato and vegetables to taste. Serve with sliced beef.



FRENCH POT AU FEU

Cooking time: 25 minutes. Serves 4

Ingredients:

- 800g beef cheeks
- 2 tbsp plain flour
- 1 tbsp sunflower oil
- 1½ tbsp butter
- 1 brown onion, peeled and finely diced
- 2 garlic cloves, peeled and finely chopped
- 3 cups red wine
- 1 bouquet garni
- 600g carrots, peeled and cut into small pieces
- flaked salt
- freshly cracked black pepper

Place the beef into a bowl and dust lightly with seasoned flour, shaking off the excess.

Set the Minut'Cook onto the Browning setting. Heat the oil and butter. Add the beef and cook for 3 minutes or until lightly browned on all sides.

Add onion and garlic to the cooker, and cook a further 3 minutes. Add the wine and bouquet garni. Bring to a gentle boil and skim off any foam.

Add the carrots and close the lid. **Cook on the High Pressure setting - Timer: 25 minutes.**

Remove the beef to a side plate and cover with foil. Remove bouquet garni and discard then season the sauce to taste.

Slice beef and serve.



LAMB WITH COUSCOUS

Cooking time: 5 minutes. Serves 4

Ingredients:

- 1kg leg of lamb, de-boned and cut into pieces
- 2 lemons, thinly sliced (includes the skin)
- 250g greek style natural yoghurt
- 1 red onion, peeled and finely chopped
- 1 sprig of mint, leaves roughly chopped
- 3 tbsp olive oil
- 250g couscous
- flaked salt
- freshly cracked black pepper

Combine in a non-metallic bowl the lamb, lemon, yogurt, onion and mint. Season lightly, with salt and pepper. Cover and refrigerate for 3 hours, stir 2-3 times while marinating.

Place the couscous in the Minut'Cook. Add 2½ cups of water, 1 tbsp oil and close the lid. **Cook on the Low Pressure setting - Timer: 5 minutes.** Remove couscous, set aside and keep warm.

On the Browning setting, heat the remaining oil, add the drained meat and cook for 5 - 6 minutes or until browned on all sides.

Serve lamb with the couscous.



PORK A L'ORANGE

Cooking time: 10 minutes. Serves 4

Ingredients:

- | | |
|---|--------------------------------|
| - 500g pork loin, rind removed | - 1 cup white wine |
| - 2 oranges | - ½ cup olive oil |
| - 1 brown onion, peeled, halved and thinly sliced | - flaked salt |
| | - freshly cracked black pepper |

Lightly season the pork with salt and pepper. Wash the oranges. Squeeze the juice from 1 orange and cut the other into thin rounds.

Set the **Minut'Cook** onto the **Browning** setting. Heat the oil and add the pork, braise on all sides for about 4 minutes or until lightly browned. Remove and set aside.

Place onion into the cooker and cook for 2-3 minutes. Add orange juice, sliced orange and wine, and place the pork back into the cooker. Close the lid and **cook on the High Pressure setting - Timer: 10 minutes**.

Open the lid and check if the pork is cooked (if not, close the lid and cook a little longer). Season the sauce to taste. To thicken the sauce if desired, remove the pork to a side plate and cover with foil. Leaving the lid open heat sauce on **Simmer** setting until it thickens a little.

Slice the pork and serve with sauce and steamed vegetables.



PORK LOIN WITH MUSHROOMS

Cooking time: 20 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 800g pork loin, rind removed | - 1 cup white wine |
| - ½ cup olive oil | - 200g cup mushrooms, halved |
| - 1 brown onion, peeled and diced | - flaked salt |
| - 3 garlic cloves, peeled and finely chopped | - freshly cracked black pepper |

Lightly season the pork with salt and pepper.

Set the **Minut'Cook** onto the **Browning** setting. Heat the oil and add the pork, braise on all sides for about 4 minutes or until lightly browned.

Add the onion and garlic and brown together with the pork for further 2-3 minutes. Add the wine. Close the lid and **cook on the High Pressure setting - Timer: 15 minutes**.

Open the lid and add the mushrooms. Close lid again and **cook on the High Pressure setting - Timer: 5 minutes**.

Remove the pork to a side plate and cover with foil. Season the mushrooms to taste. Slice pork and serve.



HAM & LENTILS CASTILIAN STYLE

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------------|
| - 300g brown lentils | - 1 tomato, peeled, seeded and diced |
| - 1 leek | - 1 carrot, finely diced |
| - 200g piece ham | - 1 bay leaf |
| - 4 tbsp olive oil | - ½ tsp hot paprika |
| - 1 brown onion, peeled and finely diced | - flaked salt |

Soak the lentils overnight.

Cut the main portion of dark green from the top of the leek and trim the bottom of the root and discard. Cut leek in half lengthways and thinly slice. Cut the ham into small cubes.

Place the oil into the **Minut'Cook on the Browning setting**. Add the ham and Sauté for 1 minute.

Add the onion, leek, tomato, carrot, whole garlic cloves and bay leaf. **Cook on the Browning setting** for 2 minutes. Add the lentils and paprika. Simmer for 1 minute on low heat (being careful not to burn the paprika). Add approximately 4 cups water and close the lid. **Cook on the High Pressure setting - Timer: 15 minutes.**

Open the lid, season to taste and serve.



ROAST PORK WITH PAPRIKA AND GREEN PEAS

Cooking time: 10 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 800g pork loin, rind removed | - 1 tbsp rosemary leaves |
| - 2 tbsp olive oil | - ½ cup white wine |
| - 1 red bell pepper (capsicum) | - ½ cup water |
| - 2 tomatoes, finely chopped | - 1 tsp honey |
| - 2 cloves garlic, peeled and finely chopped | - 1 tsp paprika |
| | - flaked salt |
| | - freshly cracked black pepper |

Lightly season pork with salt and pepper. Halve and deseed capsicum and finely dice.

Set **Minut'Cook** onto **Browning setting**. Heat oil and add the pork cook for 6 minutes or until lightly browned on all sides.

Add the red pepper, tomatoes, garlic and rosemary, stir to combine and cook a further 3 minutes.

Add the wine, water, honey and paprika. **Close the lid and set cooker to Low- pressure setting - Timer: 10 minutes.**

Test pork is cooked then remove to a side plate and cover with foil.

If the sauce is a little too thin, allow the sauce to continue cooking without the lid so that it thickens slightly on the **Simmer setting**.

Season to taste and serve with sliced pork.



CHORIZO AND POTATOES SPANISH STYLE

Cooking time: 6 minutes. Serves 4

Ingredients:

- 800g sebago potatoes, washed
- 2 green bell peppers (capsicum)
- 1 tbsp olive oil
- 1 brown onion, peeled, finely diced
- 3 garlic cloves, peeled, finely chopped
- 1 long dry red chilli
- 200g chorizo sausage, thinly sliced
- 1 bay leaf
- flaked salt

Peel the potatoes and cut in half with a knife, then cut into large chunks. Wash the peppers, remove the stems and seeds and cut into medium sized cubes.

Place the oil into the **Minut'Cook on the Browning setting**. When the oil is hot, add onion, garlic, bay leaf and red chilli and cook for 4-5 minutes.

Then add the green pepper, chorizo and the potatoes. Stir and add water until the vegetables are just covered.

Close the lid. **Cook on the High Pressure setting - Timer: 6 minutes.**

Season, to taste.



CINNAMON PORK WITH BUTTER BEANS

Cooking time: 30 minutes. Serves 4

Ingredients:

- 300g dried butter beans (eg - cannellini)
- 1 carrot, peeled and finely diced
- 1 tomato, finely chopped
- 1 bay leaf
- 1 sprig fresh thyme
- 1 cinnamon stick
- 2 tsp mild paprika
- flaked salt
- 250g pork fillet, cut into pieces
- 100g pork belly, cut into pieces
- 1 large brown onion, peeled and finely diced
- 2 cloves garlic, peeled and finely diced

Soak the beans overnight. Drain and rinse before using.

Set the **Minut'Cook onto the Browning setting**. Heat oil and add the beans, pork belly, pork fillet, onion, garlic, carrot, tomato, bay leaf, thyme, cinnamon and paprika. Season lightly with salt and stir well to combine.

Cook for 4-5 minutes then add water to just cover the pork and vegetables. Leaving the lid open, bring the mixture to the boil and add about ½ cup cold water to the mixture to stop the boiling. Repeat this process twice more.

Close the lid. **Set to High Pressure setting - Timer: 30 minutes.**

Season to taste and serve.

Note: for variety, try adding some peeled green grapes and thinly sliced threads of green shallot.





RUSTIC BOUILLABAISSE WITH CANNELLINI BEANS

Cooking time: 15 minutes. Serves 4

Ingredients:

- 1 cup dried cannellini beans
- 400g thick fish fillets, skinned (eg: blue eye, gemfish, ling)
- 16 black mussels, de-beared & cleaned
- 16 whole green prawns, peeled
- ¼ cup olive oil
- 1 leek, white section halved and thinly sliced
- 1 carrot, peeled and finely diced
- 2 cloves garlic, peeled and finely chopped
- 2 litres fish stock
- 3 tomatoes, peeled and chopped
- 1 tbsp shredded fresh basil leaves
- ¼ tsp saffron threads mixed with 1 tbsp boiling water
- 1 tbsp lemon juice
- 1 tsp chilli paste
- flaked salt
- freshly cracked black pepper

Soak the beans in boiling water for 3 hours, or overnight.

Place the drained beans into the **Minut'Cook** with just enough water to cover. Close the lid and cook, on **High Pressure setting - Timer: 10 minutes**. Drain the beans and set aside. Wipe cooker dry with paper towel.

Cut fish into about 2 cm cubes.

Set cooker onto **Sauté setting** and cook for 6 minutes. Heat oil and add leek, carrot and garlic and cook, stirring occasionally. Add stock, tomatoes, basil, saffron, lemon juice and chilli set cooker onto **Low Pressure setting - Timer: 3 minutes**.

Add mussels and cook a further 2 minutes on **Low Pressure setting**. Open lid and return beans to cooker with fish and prawns and cook for 3 minutes on the **Simmer setting**. Season to taste.

Serve with crusty bread.

VEAL STEW

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|--|--|
| - 600g diced veal | - 1 brown onion, peeled and finely diced |
| - ½ cup plain flour | - 2 garlic cloves, peeled and finely chopped |
| - ½ cup olive oil | - ½ cup white wine |
| - 250g oyster mushrooms, ends trimmed | - 1½ cups, water |
| - 1 bunch green asparagus, trimmed and cut into pieces | - flaked salt |
| | - freshly cracked black pepper |

Place the veal into a bowl and dust lightly with seasoned flour, shaking off the excess.

Set the Minut'Cook onto the Browning setting. Heat oil and add the veal cook for 3-4 minutes or until lightly browned on all sides. Add the onion and garlic and sauté a further 2-3 minutes. Add the mushrooms and asparagus pieces and sauté again for another 2-3 minutes. Pour in the wine and water. Close the lid and cook on the High Pressure setting - Timer: 15 minutes.

Season to taste and serve.



VEAL CASSEROLE WITH ALMONDS

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 1kg veal round, cut into 3-4cm dice | - 100g blanched almonds |
| - ¼ cup olive oil | - 2 bay leaves |
| - 1 brown onion, peeled, halved and thinly sliced | - 2 cups white wine |
| - 2 cloves garlic, peeled and finely chopped | - flaked salt |
| - 1 carrot, peeled and thinly sliced | - freshly cracked white pepper |
| - 800g sebago potatoes, peeled and cut into large chunks | |

Set the Minut'Cook onto the Browning setting. Heat oil and add the veal cook for 3-4 minutes or until lightly browned. Add the onion, garlic, carrot, potato, almonds and bay leaves cook for a further 4-5 minutes. Pour in the wine. Stir well to combine.

Close the lid and cook on the High Pressure setting - Timer: 15 minutes.

Season to taste, and serve.



LAMB AND VEGETABLE STEW

Cooking time: 5 minutes. Serves 4

Ingredients:

- 800g cubed lamb (for stewing)
- 2 granny smith apples, peeled, cored and chopped
- ½ lemon, juiced
- ½ cup olive oil
- 1 medium eggplant, cut into 3cm cubes
- 200g pumpkin, peeled and cut into 3cm cubes
- 2 witlof, cut in half lengthways
- 2 brown onions, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 cup white wine
- flaked salt
- freshly cracked black pepper

Lightly season the lamb with salt and pepper. Pour the lemon juice over the apples to prevent them from browning.

Set the **Minut'Cook** onto the **Browning** setting. Cook the lamb in two batches by heating half the oil and adding half the lamb cook for 4-5 minutes or until lightly browned remove and repeat with remaining oil and meat. Return all the lamb to the cooker.

Add the apple, eggplant, pumpkin, witlof, onion and garlic. **On the Browning** setting, sauté for a 5 minutes, then add the wine. Close the lid. **Cook on the Low Pressure** setting- **Timer: 5 minutes.**

Season, to taste. Serve with mashed potato.

STEWED MEATBALLS

Cooking time: 5 minutes. Serves 4

Ingredients:

- 400g veal mince
- 300g pork mince
- ½ cup milk
- 2 slices white bread
- 1 tbsp finely chopped flat leaf parsley
- 2 garlic cloves, peeled and finely chopped
- 1 egg yolk
- ½ cup plain flour
- rice bran oil (for frying)
- flaked salt
- freshly ground black pepper

Sauce:

- 2 brown onions, peeled and finely diced
- 2 garlic cloves, peeled and finely diced
- 1 cup white wine
- 300g canned, peeled, chopped, tomatoes
- 1 bay leaf
- 1½ tbsp freshly chopped oregano leaves

Combine the veal and pork. Mix in a bowl and season lightly with salt and pepper. Place the milk and bread together in a separate bowl, allowing the milk to soak in. Add to the meat the parsley, garlic, egg yolk and milk soaked bread. Mix all the ingredients together. Ideally this is done with a gloved hand it makes it much easier to combine thoroughly.

Shape the mixture into small meatballs and dust lightly with flour, shaking off the excess.

Set the **Minut'Cook** onto the **Browning** setting. Heat, enough oil for shallow frying then cook the meatballs for 3-4 minutes or until lightly browned. Remove and drain on kitchen paper towel and set aside. It may be necessary to cook the meatballs in two batches.

To make the sauce, firstly remove most of the oil from the cooker. Then add the onions and garlic cook for 3-4 minutes **on the Sauté** setting. Add the wine, tomatoes, bay leaf and oregano and cook for a further 2-3 minutes. Season to taste.

Return the meatballs to the cooker. Close the lid. **Cook on the Low Pressure** setting - **Timer: 5 minutes.**

LENTIL LAMB AND MUSHROOM CASSEROLE

Cooking time: 8 minutes. Serves 4

Ingredients:

- | | |
|---------------------------------------|--------------------------------|
| - 400g diced lamb | - 1 tomato, finely diced |
| - ½ cup plain flour | - 300g brown lentils |
| - 200g shitake mushrooms | - ½ cup white wine |
| - 2 tbsp olive oil | - flaked salt |
| - 2 cloves garlic, peeled and crushed | - freshly cracked black pepper |
| - 3 green shallots, thickly sliced | |

Lightly dust the lamb with flour, shaking off the excess.

Soak the shitake for 20 minutes in hot water. Drain and discard water. Cut the mushrooms into thick slices.

Set Minut'Cook onto the Browning setting. Heat, the oil. Add lamb, garlic and shallots. Cook for 4 minutes, add tomato and mushrooms and cook a further 3 minutes.

Add the lentils and wine and add extra water if required to just cover the lentils and vegetables. Close the lid and **cook on the High Pressure setting - Timer: 8 minutes.** Open the lid to check if the dish is cooked. If necessary, cook a little longer. Season to taste.



GOULASH

Cooking time: 12 minutes. Serves 4

Ingredients:

- | | |
|--|---|
| - 800g beef, veal or pork cut into 2cm cubes | - 2 red bell peppers (capsicum), seeded and diced |
| - ¼ cup sunflower oil | - 1 garlic clove, peeled and crushed |
| - 2 brown onions, peeled and finely diced | - 2 tsp dried marjoram |
| - 1 tbsp paprika | - ½ cup water |
| - 1 tsp ground cumin | - flaked salt |
| - ½ cup red wine | - freshly cracked black pepper |
| - 200g canned, peeled, tomatoes | |

Set the Minut'Cook onto the Browning setting, heat the oil and lightly sauté the diced onions for 2-3 minutes. Add the meat and cook for 3 minutes or until lightly golden on all sides. Add paprika, cumin and wine. Stir well.

Add the tomatoes, peppers, garlic, marjoram and water. Season with, salt and pepper. Close the lid. **Cook on the High Pressure setting - Timer: 12 minutes.**

Note: serve with mashed potato or fresh pasta. To make the mixture thicker, blend 1 tbsp cornflour with 1tbsp water. Add to hot dish and allow to simmer and thicken.



BEEF TENDERLOIN WITH CIDER AND MAPLE SYRUP

Cooking time: 30 minutes. Serves 4

Ingredients:

- 600g beef tenderloin, cut into 4cm dices
- 2 large brown onions, peeled, finely diced
- 4 garlic cloves, peeled, finely chopped
- 4 carrots, peeled, and cut into rounds
- 2 tbsp olive oil
- ½ cup apple cider
- ¼ cup maple syrup
- flaked salt
- freshly cracked black pepper
- 2 bay leaves
- 3 sprigs fresh thyme

Set the **Minut'Cook** onto the **Sauté** setting add the oil and garlic. When they begin to lightly brown, add the onions and carrots, followed by the meat, cider and maple syrup. Stir well to combine and season to taste.

Add the bay leaves and thyme then close the lid. **Cook on the High Pressure setting - Timer: 30 minutes.** When cooking is complete, remove the meat from the stock, set aside and keep warm. Remove the bay leaves and discard then place the vegetables into the bowl of a food processor with chopping blade and mix until smooth. Season, to taste.

Serve vegetables with cooked beef and some steamed potatoes if desired.



CHILI CON CARNE

Cooking time: 10 minutes

Ingredients:

- 700g lean beef mince
- 2 brown onions, peeled and finely diced
- 2 garlic cloves, peeled and finely diced
- ½ cup olive oil
- 1 tbsp ground cumin
- 1 tsp sweet paprika
- 200g canned peeled tomatoes canned
- 420g can red kidney beans, rinsed and drained
- 1 cup water
- flaked salt
- freshly cracked black pepper

Set the **Minut'Cook** onto the **Browning** setting. Lightly brown the beef in the oil. Season lightly, with salt and pepper.

Add the onion, garlic, cumin and paprika. Stir well to combine.

Add the tomatoes, beans and water. Stir again then close the lid. **Cook on the Low Pressure setting - Timer: 10 minutes.**

Note: to spice up your Chili con Carne, simply add a few drops of Tabasco before serving.



VEGETABLE STEW

Cooking time: 8 minutes. Serves 4

Ingredients:

- ½ cup olive oil
- 1 brown onion peeled and finely chopped
- 200g cauliflower, cut into florets
- 100g green beans, remove string and cut into pieces
- 300g pumpkin, peeled, seeded and cut into 3cm cubes
- 300g swiss chard (spinach), washed, and coarsely shredded
- ½ cup white wine
- ½ cup chicken stock or water
- flaked salt
- freshly cracked black pepper

Set the Minut'Cook onto the **Browning setting**. Heat oil and cook the onion for 2-3 minutes. Add the cauliflower, beans, pumpkin and Swiss chard and cook for a further 5 minutes. Stir well to combine.

Pour in the wine and stock and **cook on the Low Pressure setting - Timer: 8 minutes**.

Season to taste and serve.



SAUSAGE CASSEROLE

Cooking time: 8 minutes. Serves 4

Ingredients:

- 450g thick sausages
- 1 tbsp oil
- 1 brown onion, peeled and finely chopped
- 2 cloves garlic, peeled and finely chopped
- ½ cup white wine
- 1½ cups chicken stock
- 600g small new potatoes, washed
- 1 sprig thyme
- 1 bay leaf
- flaked salt
- freshly cracked black pepper
- 2 tbsp chopped flat leaf parsley

Prick the sausage with the tip of a small sharp knife.

Set the Minut'Cook on the **Browning setting**. Heat oil and add the sausages, onion and garlic. Cook for 3-4 minutes or until the sausages begin to lightly brown.

Add the wine, stock, thyme and bay leaf. Season lightly. Bring to boil on the **Browning setting**.

Add the potatoes. Close the lid and **cook on the High Pressure setting - Timer: 8 minutes**. Season the sauce to taste.

To serve, place the potatoes onto a platter with the sausages which have been sliced into thick rounds. Pour sauce over and finish with parsley.





CHICKEN AND PUMPKIN RED CURRY

Cooking time: 10 minutes. Serves 4

Ingredients:

- 500g chicken thigh fillet
- 3 baby bok choy
- 2 tbsp rice bran oil
- 1½ tbsp red curry paste
- 1 tsp brown sugar
- 2 tsp fish sauce
- 270ml can coconut milk
- 1 brown onion, peeled, halved and thinly sliced
- 250g pumpkin, peeled and cut into 2cm cubes
- 2 tsp fresh, lime juice
- 2 kaffir lime leaves, very thinly sliced
- ½ cup freshly chopped coriander leaves
- lime wedges to serve

Cut chicken into large cubes. Wash and dry bok choy leaves, separate the white stem from the green tops. Cut both parts into medium slices.

Set the Minut'Cook onto the Browning setting. Heat oil and add the chicken. Cook for 4 minutes or until lightly browned. Add curry paste, sugar and fish sauce stir well to combine with chicken. Add coconut milk and onion.

Close lid and set to Low Pressure setting - Timer: 4 minutes.

Add pumpkin, white stem of bok choy, lime juice and kaffir lime leaf. Cook a further 2 minutes. Check pumpkin is cooked and cook an extra few minutes if required.

Add green leaves of bok choy and coriander stir through and serve. Cook on Simmer setting to wilt bok choy leaves if required.

Serve with steamed rice and lime wedges.

Note : when preparing kaffir Lime leaves, cut out the centre vein before finely shredding



CHICKEN THIGHS STEWED WITH GINGER AND VEGETABLES

Cooking time: 10 minutes

Ingredients:

- 8 skinned chicken thigh fillets
- 2 carrots, peeled and finely chopped
- 1 celery stalk, finely chopped
- 1 red onion, peeled and finely chopped
- 6 fresh young garlic cloves, peeled and finely chopped
- 2 tsp finely grated ginger
- 1 lime, cut into thin slices
- ½ cup white wine
- ½ cup olive oil
- flaked salt
- freshly cracked black pepper

Place the oil into the **Minut'Cook on the Browning setting**. When the oil is hot add the chicken thighs and lightly brown on all sides for approximately 5 minutes.

Add the vegetables, lime and ginger and pour over the wine, stir to combine.

Change the setting to **Cook on the Low Pressure setting** - **Timer: 10 minutes**.

Season, to taste.

TURKEY IN BEER WITH MACARONI

Cooking time: 10 minutes

Ingredients:

- 600g turkey thighs or breast
- ½ cup plain flour
- 200g dried macaroni pasta
- ½ cup olive oil
- 4 garlic cloves, peeled
- 3 green shallots, thinly sliced
- 1 cup beer
- flaked salt
- freshly cracked black pepper

Cut turkey into large cubes and dust in lightly in seasoned flour. Shaking off the excess.

Cook the pasta on the side in a large saucepan of boiling salted water following the packet directions or until al dente. Drain well and set aside.

Set the **Minut'Cook onto the Browning setting**, heat oil and cook the turkey for 3-4 minutes or until lightly browned on all sides. Add shallot and whole garlic cloves, and brown for a further 5 minutes. Add the beer and close the lid **cook on the Low Pressure setting** - **Timer: 10 minutes**.

If the sauce is a little thin, remove the turkey to a side plate and keep warm. Cook sauce on the **Simmer setting** for a few minutes until it thickens slightly and season to taste. Return turkey and stir through.

To reheat the macaroni place into a colander and pour over some boiling water allow to drain and serve.

Serve turkey with macaroni.

Note: chicken thigh would be a great alternative to the turkey.



TURKEY BREAST IN WHISKEY

Cooking time: 5 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 600g piece turkey breast, cut into 2 pieces | - ½ tsp flour |
| - ½ cup olive oil | - ½ cup whiskey |
| - 2 brown onions, peeled, halved and thinly sliced | - ½ cup water |
| | - flaked salt |
| | - freshly cracked black pepper |

In the cooker, add the onion to the same oil and **cook on the Browning setting** for 2-3 minutes or until lightly golden. Add the flour and stir into the onion. Allow the onion mix to slightly simmer so small bubbles appear.

To the same oil in the cooker, add the onion and cook for 2-3 minutes or until lightly golden on the **Browning setting**. Add the flour and stir into the onion. Allow the onion mix to slightly simmer so small bubbles appear.

Return the turkey to the cooker, add the whiskey and water. Close the lid and **cook on the Low Pressure setting** - Timer: 5 minutes.

Open the lid and remove the turkey breast. If the sauce is still a little too thin, allow the sauce to continue cooking without the lid so that it thickens slightly.

Season to taste and serve with sliced turkey.



CHICKEN BREASTS WITH BELL PEPPERS

Cooking time: 4 minutes. Serves 4

Ingredients:

- | | |
|---------------------------------------|--------------------------------|
| - 4 skinned chicken breast fillets | - ½ cup white wine |
| - 2 large red bell peppers (capsicum) | - ½ cup olive oil |
| - 1 small bunch, fresh young garlic | - flaked salt |
| | - freshly cracked black pepper |

Cut the chicken breast in half, lengthwise and season with salt and pepper. Wash and prepare the garlic. Cut peppers in half and remove seeds, stem and white membrane inside the pepper. Then cut into thick strips.

Place the oil into the **Minut'Cook on the Browning setting**. When the oil is hot, add the chicken breast pieces. Brown lightly on both sides for 3-4 minutes, it may be necessary to cook the chicken in two batches. To the partly cooked chicken, add the peppers and garlic and sauté for 2 minutes.

Add the wine and close the lid. **Cook on the Low Pressure setting** - Timer: 4 minutes.

Season, to taste.



SPICY CHICKEN

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|---|--|
| - 1 small chicken, cut into pieces | - 3 garlic cloves, peeled and finely chopped |
| - ½ cup olive oil | - 3 red tomatoes, roughly chopped |
| - 1 brown onion, peeled and roughly chopped | - 2 bay leaves |
| - 1 green bell pepper, halved, seeded and roughly chopped | - ½ cup white wine |
| - 1 red bell pepper, halved, seeded and roughly chopped | - 4 black peppercorns |
| | - flaked salt |
| | - freshly cracked black pepper |

Pat chicken dry with kitchen paper towel and lightly season with salt and pepper.

Place the oil into the **Minut'Cook on the Browning setting** and sauté the chicken pieces until they are lightly browned.

Add the onion, bell peppers, garlic, tomatoes, bay leaves and peppercorns to the chicken. Sauté for a further 5 minutes add the wine and close the lid. **Cook on the Low Pressure setting - Timer: 15 minutes.**

Open the cooker. If the sauce is a little thin allow the dish to continue cooking uncovered for approx 5-10 so that it thickens.

Season, to taste.



SOY CHICKEN WITH GINGER

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 8 chicken legs | - 500ml soy sauce |
| - 1 brown onion, peeled, finely diced | - 1 tbsp olive oil |
| - 1 clove garlic, peeled, finely diced | - flaked salt |
| - 2 green shallots | - freshly cracked white pepper |
| - 100g fresh ginger, peeled, finely grated | |

Place the oil into the **Minut'Cook on Browning setting**. When the oil is hot, add the onion, garlic and shallot and cook for 3-4 minutes.

Add the chicken legs and continue to cook until they are lightly golden, turning occasionally. Add soy and close the lid. **Cook on High Pressure setting - Timer: 15 minutes.**

Season to taste and serve with steamed rice.



CHICKEN WITH CITRUS

Cooking time: 15 minutes. Serves 4

Ingredients:

- | | |
|-----------------------------|-------------------------|
| - 4 chicken breasts fillets | - ½ cup cognac |
| - parsley | - 100g pickled nuts, |
| - oregano | roughly crushed |
| - 2 oranges | - flaked salt |
| - 1 lemon | - freshly cracked black |
| - 2 tbsp olive oil | pepper |

Place the chicken into a bowl and add the parsley, oregano and season with salt and pepper. Rub well into the chicken, cover and set aside.

Remove the rind from the oranges and lemon and cut only the rind (not the white pith) into thin strips. Then juice the oranges and lemon.

Set the **Minut'Cook** onto the **Browning** setting. Heat the oil and cook the chicken for 2-3 minutes each side or until lightly golden.

Add the orange and lemon juice, rind, cognac and nuts.

Close the lid. **Cook on Low Pressure setting - Timer: 15 minutes.**



SWEET CHICKEN CURRY

Cooking time: 10 minutes. Serves 4

Ingredients:

- | | |
|---|----------------------------------|
| - 1kg chicken thigh fillet, skinned | - 1 cup coconut milk |
| - 3 tbsp rice bran oil | - ½ cup water |
| - 1 brown onion, peeled and finely diced | - small pinch of saffron threads |
| - 2 tbsp madras curry | - flaked salt |
| - 2 apples, peeled, cord and cut into 2cm cubes | - freshly cracked black pepper |

Cut each chicken thigh into 4 large pieces and season lightly with salt and pepper.

Set the **Minut'Cook** onto the **Browning** setting. Heat 2 tbsp oil and add the chicken and cook for 5 minutes or until lightly brown on all sides. Remove to a side plate.

Add remaining oil to the cooker and cook the onion for 3-4 minutes. Add the curry and stir to combine. Add the apple, coconut milk, water and saffron. Return chicken to the cooker and close the lid. **Cook on the High Pressure setting - Timer: 10 minutes.**

Season to taste and serve.

Note: for variety, try preparing this recipe with meat or fish. Also, don't hesitate to add some freshly chopped coriander before serving.



CHICKEN WITH HERBS AND OLIVES

Cooking time: 12 minutes. Serves 4

Ingredients:

- 1.5kg whole chicken, cut into pieces
- 4 tbsp dijon mustard
- 1 tbsp soy sauce
- 2 tbsp olive oil
- ¼ cup white wine
- 2 brown onions, peeled and chopped
- 2 carrots, peeled and chopped
- 2 sprigs fresh thyme
- ½ cup chicken stock
- 100g black olives
- flaked salt
- freshly cracked black pepper

Combine the mustard and soy sauce in a bowl, add the chicken and coat well with marinade. Cover and allow to stand in the refrigerator for at least 3 hours.

Set the pressure-cooker onto the **Sauté** setting. Heat the oil. Add the pieces of chicken and sauté for 3-4 minutes. Add the wine and wait until all the alcohol has evaporated.

Add onion, carrots, thyme, chicken stock and season with salt and pepper. Close the lid and cook on the **High Pressure setting - Timer: 12 minutes.**

When ready, open the lid and add the black olives. Season to taste and serve.



TANDOORI CHICKEN

Cooking time: 12 minutes. Serves 4

Ingredients:

- 4 chicken breast fillets skin
- 250g plain yoghurt
- 4 tbsp tandoori mix (eg- brought paste)
- 1 lemon, juiced
- 1 tbsp vegetable oil
- 1 brown onion, finely chopped
- 2 tomatoes, peeled and chopped (optional)
- 1 cup coconut milk or water

Combine in a bowl the yoghurt, tandoori and lemon juice. Add the chicken and coat with the marinade. Allow to stand covered for 30 minutes.

Set the Minut'Cook onto the **Browning** setting. Heat the oil and add the chicken, cook for 2-3 minutes each side or until lightly browned.

Add the onion and cook a further 2 minutes. Add the remaining marinade, tomatoes and coconut milk. Cook on **Low Pressure setting - Timer: 12 minutes**



BARLEY RISOTTO WITH CHORIZO & MUSHROOMS

Have a play with this great recipe - you can use sliced leek instead of onion, or add roasted cherry tomatoes in place of the mushrooms and chorizo.

Cooking time: 15 minutes. Serves 4-6

Ingredients:

- 50g butter
- 1 white or brown onion, finely chopped
- 2 cloves garlic, crushed
- 200g chorizo, thinly sliced on the diagonal
- 1¾ cups pearl barley
- 4 cups chicken stock
- salt and freshly ground black pepper
- 250g button mushrooms, quartered
- ½ cup freshly chopped flat-leaf parsley
- ½ cup freshly grated parmesan
- shaved parmesan, to serve

Set the Minut'Cook onto the Browning setting. Melt half the butter and cook the onion, garlic and three-quarters of the chorizo for 4 minutes, until the chorizo is nicely browned.

Add the barley and stock and season well with salt and pepper. Close the lid and lock it. Set cooker onto High Pressure setting and cook for 20 minutes.

Release the pressure and open the lid. The barley should be tender but still have a little bite to it and, though most of the liquid is absorbed, should have a slightly soupy consistency.

Meanwhile, preheat a grill on high. Place the remaining chorizo on a baking tray and grill for 2 minutes until golden and crisp.

Drain on paper towel and set aside. Melt the remaining butter in a large frying pan, and fry the mushrooms for 5 minutes on high heat, until golden.

Fold the mushrooms, parsley and parmesan through the barley and season to taste. Top with the grilled chorizo and some shaved parmesan to serve.



GNOCCHI WITH TOMATO AND FETA

Cooking time: 4 minutes. Serves 4

Ingredients:

- | | |
|------------------------------------|---|
| - ½ cup olive oil | - 250g tomato, purée |
| - 2 green shallots, finely chopped | - 200g feta cheese, crumbled |
| - 500g pre-prepared gnocchi | - 8 fresh basil leaves, finely shredded |

Set the Minut'Cook onto the Browning setting, heat the oil and cook the shallot for 2-3 minutes or until lightly golden.

Add the gnocchi and tomato paste. Close the lid. Cook on the Low Pressure setting - Timer: 4 minutes.

Open the lid, and add the feta and basil. Stir gently to combine and season to taste. Serve.



MUSHROOM RISOTTO

Cooking time: 6 minutes. Serves 4

Ingredients:

- | | |
|-------------------------------------|---|
| - 3 tbsp olive oil | - 1 cup white wine |
| - 1 brown onion, finely chopped | - 50g butter |
| - 300g arborio rice | - 80g grated parmesan cheese |
| - 200g cup mushrooms, thinly sliced | - 2 sprigs fresh oregano, leaves finely chopped |
| - 1 brown onion, finely chopped | - flaked salt |
| - 3 cups chicken stock | - freshly cracked black pepper |

Place the oil into the Minut'Cook on the Browning setting, add onion, and sauté for 4 minutes. Add the rice and mushrooms, and sauté for 1 minute more. Add wine and stock, close the lid. Cook on the Low Pressure setting - Timer: 6 minutes.

Open the cooker. On the Sauté setting, add the butter and parmesan. Cook for a further 2 minutes, stirring constantly.

Add the oregano and season to taste. Serve immediately.



PUMPKIN RISOTTO

Cooking time: 6 minutes. Serves 4

Ingredients:

- | | |
|--|--|
| - 675g butternut pumpkin | - 1 tsp dried sage leaves |
| - 275g arborio rice | - flaked salt |
| - 1 tbsp butter | - freshly cracked black pepper |
| - 2 tbsp olive oil | - 3 tbsp freshly grated parmesan cheese |
| - 1 brown onion, peeled and finely chopped | - 2 tbsp fresh chopped flat leaf parsley |
| - ½ cup dry white wine | |
| - 3½ cups chicken or vegetable stock | |

Peel and de-seed the pumpkin, and cut into 2.5 cm cubes.

Set the Minut'Cook onto the Browning setting. Heat the butter and oil in the cooker and add the pumpkin and cook for 3 minutes.

Add the rice and stir to combine with the pumpkin. Add the wine and allow the alcohol to evaporate. Add the stock, season lightly and close the lid. Cook on Low Pressure setting - Timer: 6 minutes.

Open the lid and stir in the sage. Set on Simmer setting for about 4 minutes, stirring continuously until the rice is tender and becomes thick and creamy.

Stir in the parmesan cheese and season to taste. Serve immediately topped with parsley.



SQUID RISOTTO

Cooking time: 8 minutes. Serves 4

Ingredients:

- | | |
|---|--------------------------------|
| - 500g whole fresh squid | - 3 cups chicken stock |
| - ½ cup olive oil | - flaked salt |
| - 1 brown onion, peeled, halved and thinly sliced | - freshly cracked black pepper |
| - 250g arborio rice | |

Clean the squid. Reserve the black ink sacs. Wash the squid flesh pat dry and cut into strips.

Set the Minut'Cook onto the Sauté setting. Heat the oil and cook the onion for 3-4 minutes.

Add the rice, squid and ink. Pour in the chicken stock. Close the lid and cook on the Low Pressure setting - Timer: 8 minutes.

Season to taste and serve immediately.

Note: it is possible to purchase squid ink in small packets from many seafood outlets and gourmet food stores.



CHICKEN RISOTTO

Cooking time: 6 minutes. Serves 4

Ingredients:

- | | |
|---|---|
| - 500g chicken breast fillets | - 350g aborio rice |
| - 3 tbsp olive oil | - 700ml chicken stock |
| - 1 red pepper, (capsicum) de-seeded and finely chopped | - 2 tsp raisins |
| - 1 brown onion, peeled and finely chopped | - flaked salt |
| | - freshly cracked black pepper |
| | - 2 tbsp freshly grated parmesan cheese |

Set the Minut'Cook onto the Browning setting. Heat oil in the cooker and add the onion and red pepper cook for 2 minutes. Add the chicken and cook for 3-4 minutes or until very lightly browned.

Add the rice and stir to combine with chicken and vegetables. Pour in the stock and add the raisins. Lightly season and close the lid. Cook on Low Pressure setting - Timer: 6 minutes. Season to taste.

Serve immediately topped with parmesan cheese.



TUNA WITH FARFALLE PASTA

Cooking time: 5 minutes. Serves 4

Ingredients:

- | | |
|--|--------------------------------|
| - 600g fresh tuna | - 3 tbsp pesto sauce |
| - 100g toasted sesame seeds | - 1 tbsp tomato paste |
| - ¼ cup olive oil | - 4 cups chicken stock |
| - 1 brown onion, peeled and finely diced | - flaked salt |
| - 300g dried farfalle pasta | - freshly cracked black pepper |

Cut the tuna into 3cm cubes then roll in sesame seeds and lightly season with salt. Set aside.

Set the Minut'Cook onto the Sauté setting. Heat the oil and fry the onion for 3-4 minutes or until lightly golden. Add the pasta, pesto and tomato paste, and stir to combine.

Pour in the chicken stock. Close the lid and cook on the High Pressure setting - Timer: 5 minutes.

Open the lid. Set to the Simmer setting, add the tuna and stir gently to combine. Season to taste and serve.

Note: if required, finish off cooking the pasta on the Simmer setting.





EGGPLANT WITH TOMATO, RAISINS & FETA

An unusual combination that works like a dream, and usually has vegetarians and meat-eaters alike requesting a second helping. This dish is even more delicious eaten the day after cooking.

Cooking time: 15 minutes. Serves 4-6

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- 2 teaspoons ground coriander seeds, lightly toasted
- 1 teaspoon ground sweet paprika
- 1 can diced tomatoes
- 2 tablespoons pinenuts, toasted
- ¼ cup raisins
- 2 eggplants, quartered lengthways with stem attached or 8 finger eggplants
- salt and freshly ground black pepper
- 50-100g feta cheese, crumbled, to serve whole
- fresh mint leaves, to serve

Set the Minut'Cook onto the Sauté setting. Heat the oil and cook onion for 5 minutes, or until tender. Add the garlic and spices and cook another 2-3 minutes, until the spices are fragrant.

Add the tomato, pinenuts and raisins and bring to a boil on the **Simmer setting**.

If using finger eggplants, prick the skin with a fork a few times. Lay the whole eggplant or eggplant quarters over the mixture and season well. Close the lid and lock it.

Set the cooker onto the Low Pressure setting and cook for 7 minutes.

Release the pressure and remove the lid. The eggplants should be very tender - if not, give them another minute or so at low pressure.

Serve warm or at room temperature on a large platter topped with the crumbled feta and mint leaves.

MOROCCAN STYLE CHICK-PEAS AND VEGETABLES

Cooking time: 14 minutes. Serves 4

Ingredients:

- 200g dried chickpeas
- 410g eggplant
- 250g red capsicum
- ¼ cup rice bran oil
- 1 brown onion, peeled and diced
- 2 cloves garlic, peeled and finely chopped
- 1 tsp freshly grated ginger
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp chilli paste
- 250g pumpkin, peeled and cut into 2cm cubes
- 100g baby english spinach leaves
- 2 tbsp freshly chopped coriander
- greek style plain yoghurt to serve

Soak the chickpeas in boiling water for 3 hours, or overnight.

Cut the eggplant into thick slices then into cubes about 2cm. Halve and deseed the capsicum and cut into 2cm cubes. Set aside.

Place the drained peas into the **Minut'Cook** with, 1½ cups water. Close the lid and cook on the **High Pressure setting - Timer: 12 minutes** (depending on the type and size of the beans). Drain the peas and set aside. Wipe cooker dry with paper towel.

Set cooker onto the Browning setting. Heat half the oil and cook eggplant for 3 minutes or until lightly browned, stirring occasionally. Remove and set aside.

Heat remaining oil and add the onion, garlic and ginger cook for 2 minutes. Add the coriander, cumin and chilli and cook a further 2 minutes. Next, add the capsicum and pumpkin. **Close lid and set the cooker onto the Low Pressure setting - Timer: 2 minutes.** Add eggplant and cook a further 2 minutes.

Return chickpeas with the spinach to cooker, stir well to combine. Cook on **Simmer setting** for 3 minutes or until the spinach wilts slightly. Add coriander and season, to taste.

Serve with couscous and generous dollop or yoghurt.



WARM LENTIL AND TOMATO SALAD WITH HALOUMI

Cooking time: 14 minutes. Serves 4

Ingredients:

- 2 x 250g packets haloumi cheese
- 2 tbsp olive oil
- 200g puy lentils (french style), rinsed and drained
- 2 cups vegetable stock
- 1 red onion, peeled and finely chopped
- 1 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 2 tomatoes, finely diced
- 1 small bulb fennel, halved and very thinly sliced
- ¼ cup roughly chopped fresh flat leaf parsley
- 2 tbsp chopped fresh oregano
- flaked salt
- freshly cracked black pepper
- rocket to serve - optional

Cut Haloumi into ½ cm slices and rub lightly with 1 tsp olive oil season with pepper and set aside.

Set the Minut'Cook onto the **Browning setting**. Heat the remaining 1 tsp olive oil and cook the onion for 3 minutes or until lightly golden. Add the lentils and stock. Set cooker onto **Low Pressure setting - Timer: 14 minutes**. The cooked lentils should still be slightly firm - don't cook until 'mushy'.

Add to the cooked lentils the lemon juice and extra virgin olive oil. Stir to combine. Then gently stir in the tomato, fennel, parsley and oregano.

Season to taste. Set cooker onto the **Keep Warm setting** while cooking the Haloumi.

Cook Haloumi in a non-stick frying pan until lightly golden. Serve hot with the warm lentil salad and rocket.



RATATOUILLE

Cooking time: 8 minutes. Serves 4

Ingredients:

- | | |
|---|-----------------------------------|
| - 150g brown onions,
peeled and roughly
chopped | - 250g eggplant |
| - 200g red bell peppers
(capsicum) | - 500g canned, crushed,
tomato |
| - 200g green bell peppers
(capsicum) | - ½ cup olive oil |
| - 250g zucchini | - flaked salt |
| | - freshly cracked black
pepper |

Wash the peppers, remove the stems and seeds and cut into cubes. Trim the ends of the zucchini and eggplant, and cut into cubes. Ideally cut all the vegetables into similar sized pieces.

Place the oil in the **Minut'Cook on the Browning setting**, add the onion and peppers, lightly season and cook for 3 minutes. Next, add the zucchini and eggplant, and cook for 5 more minutes. Lastly, add the tomatoes and close the cooker. **Cook on the Low Pressure setting - Timer: 8 minutes.**

Season, to taste.

Note: this dish may be accompanied by eggs, either fried or poached or be used as a side dish with meat or fish.



CURRIED LENTILS WITH VEGETABLES

Cooking time: 10 minutes. Serves 4

Ingredients:

- | | |
|---|--------------------------------|
| - 150g brown onions, peeled and roughly chopped | - 250g eggplant |
| - 200g red bell peppers (capsicum) | - 500g canned, crushed, tomato |
| - 200g green bell peppers (capsicum) | - ½ cup olive oil |
| - 250g zucchini | - flaked salt |
| | - freshly cracked black pepper |

Unless the lentils are tiny, soak them overnight. If soaking the lentils, drain well before cooking.

Set the Minut'Cook onto the Browning setting. Heat the oil and add the zucchini, onion, bell pepper, pumpkin, tomato and garlic and cook stirring occasionally for 5 minutes.

Add the lentils, curry powder and the bay leaf. Then add just enough water to cover the lentils and vegetables. Cook on the High Pressure setting - **Timer: 10 minutes.**

Season to taste and serve.

BROCCOLI WITH PINENUT SAUCE

Cooking time: 4 minutes. Serves 4

Ingredients:

- | | |
|---|--------------------------------|
| - 600g broccoli | - 1 tbsp plain flour |
| - 2 spring onion, finely diced | - ½ cup white wine |
| - 2 garlic cloves, peeled, finely chopped | - 3 tbsp olive oil |
| - 50g pinenuts | - flaked salt |
| | - freshly cracked black pepper |

Cut the broccoli into small flowerets and finely dice the stalks then wash thoroughly. Place only the flowerets into the Minut'Cook with just enough water to cover the broccoli and season lightly with salt. Close the lid. Cook on the High Pressure setting - **Timer: 4 minutes.** Drain the broccoli and set aside, reserving ½ cup of the cooking broth in a separate jug.

Place the oil into the cooker onto Sauté setting. Lightly sauté the diced broccoli stalk, spring onion, garlic and pinenuts for 3-4 minutes.

Add the flour and stir to combine with the vegetables and gently simmer. Add the wine and reserved cooking broth and bring to a gentle boil cook for 1-2 minutes.

Return the broccoli to the cooker, stir to combine and cook for a further 5 minutes.

Season, to taste.



BAKED CAULIFLOWER

Cooking time: 5 minutes. Serves 4

Ingredients:

- 600g cauliflower
- 75g grated parmesan cheese

Béchamel sauce:

- | | |
|---|-------------------------------------|
| - 4 cups milk | - flaked salt |
| - 75g butter | - freshly cracked black pepper |
| - 1 small brown onion, peeled, finely diced | - 75g finely grated parmesan cheese |
| - 100g flour | |
| - ground nutmeg | |
| - 1 egg yolk, lightly beaten | |

Cut the cauliflower into small flowerets and wash thoroughly. Place into the **Minut'Cook**, cover with water, and season lightly with salt. Close the top. **Cook on the High Pressure setting - Timer: 5 minutes.** Remove cauliflower to a side bowl, set aside and keep warm.

To make the sauce place the milk into a separate saucepan and heat over a gentle heat without letting it boil.

Next turn the cooker **onto the Simmer setting.** Add the butter and when it melts, add the onion. Cook for 5 minutes or until the onion is transparent, add the flour and stir to combine, continue to cook until the flour and butter simmer and 'bubble' slightly. Add the hot milk beginning with a least 1- cup stir constantly with a wooden spoon to combine with the butter and flour. Continue to add the milk and cook until the sauce gently simmers and thickens. Add a pinch of nutmeg and season to taste. Lastly add the egg yolk and stir well.

Place the well - drained cauliflower into a heatproof baking dish, spoon over the Béchamel sauce and top with the cheese. Place dish under a medium-hot grill and cook until the top is lightly browned. Serve hot.

ARTICHOKES WITH FENNEL SEED

Cooking time: 6 minutes. Serves 4

Ingredients:

- | | |
|--|------------------------------------|
| - 16 small whole artichokes | - ½ cup white wine |
| - 100g bacon, thinly sliced | - 100g of canned tomatoes, crushed |
| - 1 carrot, finely chopped | - 1 tsp fennel seeds |
| - 1 eschallot, peeled and finely chopped | - flaked salt |
| - 2 garlic cloves, peeled and finely chopped | - freshly cracked black pepper |

Pull off the outer layer of leaves of the artichokes and cut them in quarters.

Set the Minut'Cook onto the Sauté setting. Sauté the bacon, carrot, eschallot and garlic in olive oil for 3-4 minutes. Add the artichokes and stir to combine.

Add the wine, tomatoes, fennel seeds and season with salt and pepper. Close the lid. **Cook on the High Pressure setting - Timer: 6 minutes.**

Note: serve hot or cold as an appetizer or to accompany grilled fish dishes.



How can anything this simple be so good? Generations have enjoyed this old favourite, sometimes also called lemon surprise pudding. The charming surprise underneath the sponge topping is a creamy lemon sauce.

Cooking time: 15 minutes. Serves 6

Ingredients:

- 30g butter
- grated rind and juice of 2 lemons
- ½ cup caster sugar
- 2 eggs, separated
- ½ cup self-raising flour, sifted
- 1¼ cups milk
- pouring cream, to serve

Utensils:

- Trivet - that fits in the Minut'Cook pot.
- Soufflé dish - that fits in the Minut'Cook pot.

Butter a 16 cm soufflé dish and set it aside.

Using an electric mixer or hand-held beaters, cream the butter with the lemon rind and gradually beat in the sugar until light and fluffy.

Beat in the egg yolks, then stir in the sifted flour a little at a time, alternating with the milk. In a separate bowl, beat the egg whites until stiff and fold into the butter mixture with the lemon juice until combined. Pour into the prepared soufflé dish.

Cover tightly with foil, pressing the edges down firmly over the rim. Then sit a small plate over the foil that fits on top of the dish (this will prevent the steam and moisture getting into the dish)

Place a trivet in the Minut'Cook and add 1½ cups water. Put the dish on a folded tea towel or piece of muslin. Pick up the ends of the cloth, lift the dish then carefully lower it onto the trivet. Fold the ends of the cloth over the dish and leave as it cooks.

Close the lid and lock it. Set the Minut'Cook onto the High Pressure setting and cook for 25 minutes. Release the pressure and remove the lid. Use tongs to pull out the ends of the cloth over the sides of the cooker to cool slightly.

After a few seconds, pick up the cloth ends and carefully use them to lift the dish from the cooker. Remove the plate and foil, and serve hot, spooned into bowls from the dish with a jug of pouring cream alongside.

Note: The lemon sauce surprise will only be there if the pudding is cooked correctly: too long and the sauce will dry out; not long enough and there won't be sufficient sponge topping.



BREAD & BUTTER PUDDING

This much-loved old-fashioned pudding is the ultimate in comfort food. It's cheap to make using leftover bread and milk, and it becomes even better with a wee dram of whisky or bourbon added. It makes a big difference if the prepared pudding is left to stand for 15 minutes before cooking. This helps the bread soak up the delicious custard, giving it a sumptuous yet light, almost fluffy, texture. I like to vary this recipe by replacing the sultanas with poached fruit such as rhubarb, cherries or blueberries - why don't you give it a try?

Cooking time: 25 minutes. Serves 4-6

Ingredients:

- 30g butter, softened
- 4 thick slices bread, crusts removed
- ½ cup sultanas
- 3 eggs, lightly beaten
- ¼ cup caster sugar
- 2 tablespoons whisky or bourbon or 1 teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- 2 cups milk
- 1 teaspoon ground cinnamon or nutmeg

Utensils:

- Trivet - that fits in the Minut'Cook pot.
- Soufflé dish - that fits in the Minut'Cook pot.

Lightly butter a 16 cm soufflé dish. Butter the bread on both sides, then cut into triangles and arrange half the bread in the prepared dish. Scatter with half the sultanas, then lay the remaining bread and sultanas on top.

Beat the eggs with the sugar, whisky, bourbon or vanilla and nutmeg. Heat the milk in a small saucepan on the stove or in a jug in the microwave until scalded (just before it reaches boiling point). Pour the milk into the egg mixture, stirring well. Strain through a sieve into the soufflé dish and leave to stand for about 10-15 minutes, or longer if possible. (If you find you have some egg and milk mixture left over, wait until the bread has soaked up some liquid and add the rest then.)

Sprinkle with cinnamon and cover tightly with foil, pressing the edges down firmly over the rim. Then sit a small plate over the foil that fits on top of the dish (this will prevent the steam and moisture getting into the dish). Place a trivet in the pressure cooker and add 1½ cups water. Put the dish on a folded tea towel or piece of muslin. Pick up the ends of the cloth, lift the dish and carefully lower it into the cooker. Fold the ends of the cloth over the dish and leave there while it cooks. Close the lid and lock it. **Set the Minut'Cook onto the Low Pressure setting and cook for 16 minutes.**

Release the pressure and unlock the lid. Use tongs to pull out the ends of the cloth over the sides of the cooker to cool slightly. After a few seconds, pick up the cloth ends and carefully use them to lift the dish from the cooker. Remove the plate and foil and test by inserting a skewer into the centre of the pudding - it should come out clean. Serve warm or at room temperature.



CRÈME CARAMEL

Cooking time: 30 minutes. Serves 4-6

Ingredients:

- | | |
|---------------------------|-----------------------------------|
| - 1 cup caster sugar | - ½ cup caster sugar (extra) |
| - ½ cup water | - 2 tsp finely grated orange rind |
| - 1½ cups thickened cream | - 1 tbsp maple syrup |
| - ¾ cup milk | - 2 oranges, cut into segments |
| - 4 eggs, lightly beaten | |

Utensils:

- Trivet - that fits in the Minut'Cook pot.
- Soufflé dish - that fits in the Minut'Cook pot.

Combine sugar and water in a saucepan, stir over a low heat until the sugar dissolves. Boil gently uncovered until the syrup is a golden toffee colour about 6 minutes.

Pour caramel into a lightly greased 1.4 litre soufflé dish, turn dish to cover the base with caramel.

Combine cream, milk, eggs, sugar, orange rind and maple syrup in a bowl and whisk to combine. Pour into the soufflé dish, cover and seal well with a piece of lightly greased foil. Place a trivet in the Minut'Cook and add 1½ cups water. Put the dish on a folded tea towel. Pick up the ends of the cloth, lift the dish then carefully lower it onto the trivet. Place a plate that fits well onto the top of the foil (this is to prevent moisture getting into the pudding). Fold the ends of the cloth over the dish.

Close the lid. Set the cooker onto the **Low Pressure setting** - **Timer: 30 minutes**. Open lid and use tongs to pull out the ends of the cloth over the sides of the cooker to cool slightly. After a few seconds, pick up the cloth ends and carefully use them to lift the dish from the cooker. Remove the plate and foil, and chill in dish covered with plastic wrap overnight in refrigerator.

Serve with orange segments.

Note: if the crème caramel appears a little undercooked in the middle once cooking time is complete, this is okay as it will set overnight upon chilling.

GOLDEN SYRUP AND FIG STEAMED PUDDING

Cooking time: 30 minutes. Serves 4-6

Ingredients:

- 3 tbsp soft butter
- 2 tbsp brown sugar
- 1½ tbsp golden syrup
- 1 egg
- 1½ tbsp marmalade
- 1 cup self raising flour
- pinch salt
- ½ cup milk
- ½ tsp baking soda
- ¼ cup dried figs, finely diced
- 1½ tbsp golden syrup extra
- thick cream and maple syrup to serve

Utensils:

- Trivet - that fits in the Minut'Cook pot.
- Soufflé dish - that fits in the Minut'Cook pot.

Combine butter, sugar and golden syrup in a bowl. Beat with electric beaters until slightly paler in colour. Add the egg. Stir in the marmalade.

Sift flour and add to the creamed butter mix with the salt. Combine milk and baking soda and fold into the pudding mix. Stir through the figs.

Pour the extra golden syrup into a lightly greased 1.4 litre soufflé dish. Spoon in pudding mixture, cover and seal well with a piece of lightly greased foil. Place a trivet in the **Minut'Cook** and add 1½ cups water put the dish on a folded tea towel. Pick up the ends of the cloth, lift the dish then carefully lower it onto the trivet. Place a plate that fits well onto the top of the foil (this is to prevent moisture getting into the pudding). Fold the ends of the cloth over the dish.

Close the lid. Set the cooker onto the **High Pressure setting - Timer: 30 minutes**. Test to check if the pudding is cooked by inserting a skewer into the middle of the pudding and cook a little longer if required. Open lid and use tongs to pull out the ends of the cloth over the sides of the cooker to cool slightly. After a few seconds, pick up the cloth ends and carefully use them to lift the dish from the cooker. Remove the plate and foil, and serve hot, spooned into bowls from the dish.

Serve with a drizzle of maple syrup and thick cream.



PASSIONFRUIT FLAN WITH RASPBERRY COULIS

Cooking time: 10 minutes. Serves 4

Caramel:

- 100g caster sugar
- 1 tbsp water
- ½ tsp fresh lemon juice

Filling:

- 4 eggs
- 200g caster sugar
- 30g passionfruit pulp, seeded
- 1 cup orange juice

Coulis:

- 300g raspberries
- 2 tbsp honey
- 1 tsp fresh lemon juice

Utensils:

- Pyrex bowl or mould, steam basket.

Prepare the caramel in a Pyrex bowl or mould that will fit into the steamer basket. Do this by combining the sugar, water and lemon juice in the bowl and microwaving on full power uncovered until the sugar caramelizes (about 5 minutes). Allow the caramel to set in the bowl while you are preparing the rest of the recipe.

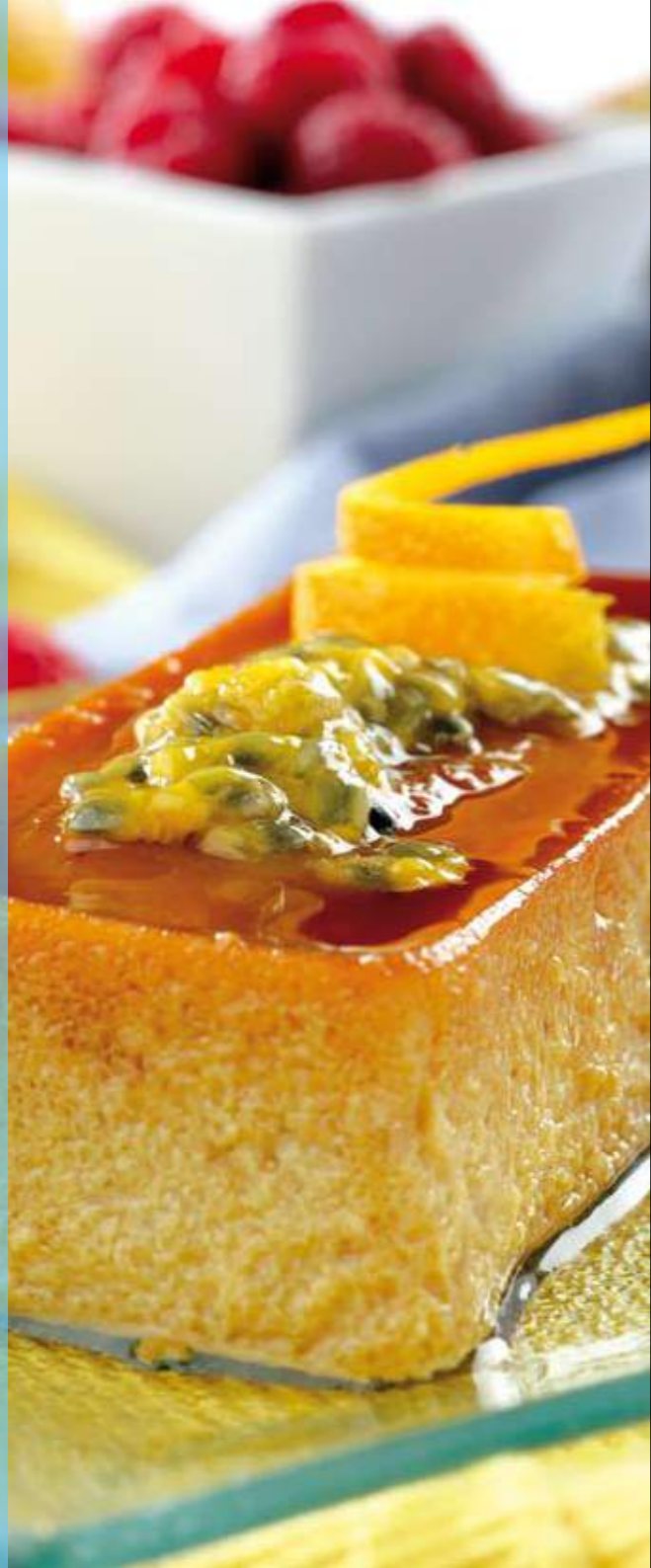
Combine eggs and sugar in a bowl and beat well. Add the passionfruit pulp and orange juice. Strain the egg mixture through a strainer to remove any extra fruit pulp. Pour mix over the caramel in the bowl. Cover completely with foil and seal over the bowl. Place 1 cup of water into the **Minut'Cook**. Position the bowl into the steamer basket and place into the cooker. **Cook on the Low Pressure setting - Timer: 10 minutes.**

Allow to cool, and un-mould onto a plate.

Prepare the coulis by placing the raspberries, honey and lemon juice in the **Minut'Cook**. **Cook on the Low Pressure setting - Timer: 3 minutes.** Remove and place into a blender then strain to remove small seeds.

Allow to cool, and serve with the flan.

Note: to obtain the passionfruit pulp, cut the fruit in half and scrape out the inside part with a spoon and separate the seeds using a strainer.



CHOCOLATE & NUT CAKE

Cooking time: 40 minutes. Serves 4

Ingredients:

- 150g dark cooking chocolate
- 200g butter
- 4 eggs
- 220g caster sugar
- 80g plain flour
- 50g peeled hazelnuts, chopped

Roughly chop the chocolate, place into a microwave safe bowl with the butter and melt on low-medium heat for 2-3 minutes or until melted, stir to combine. In another bowl, place the eggs and sugar. Beat with electric beaters until the mixture turns whitish in colour.

Sift the flour and add to the egg and sugar by continuing to lightly beat. Then add the chocolate and butter, and beat for 2-3 minutes or until smooth and uniform. Fold through the nuts.

Line the bowl of your **Minut'Cook** with kitchen baking paper, lightly brush the surface with melted butter and add the cake mixture. Close the lid. **Cook on the Simmer setting for 40 minutes.**



BEER APPLES IN CHOCOLATE SAUCE

Cooking time: 8 minutes. Serves 4

Ingredients:

- 4 Granny Smith apples, peeled, quartered and cored
- 100ml Dark Ale beer
- 100g dark cooking chocolate, roughly chopped
- 3 tbsp brown sugar

Place the apples, beer and brown sugar into the Minut'Cook and close the lid. **Cook on the Low Pressure setting - Timer: 8 minutes.**

Open the lid, take the apples and put them in a side dish.

Turn to Simmer setting and allow the sauce to continue cooking without the lid so that it evaporates and thickens slightly and resemble a syrup. Remove from cooker and reserve.

Place the chocolate into a microwave glass bowl and heat until melted. Add the syrup and stir to combine.

Serve the apples with the warm chocolate syrup.



QUINCE JELLY, MASCARPONE AND NUT MOUSSE

Cooking time: 15 minutes. Serves 4

Ingredients:

- 1kg quinces
- 1kg sugar

Cheese mousse:

- 150g cream
- 1 egg
- 60g caster sugar
- 200g Mascarpone cheese

Praline:

- 2 tbsp white sugar
- 100g blanched almonds, roughly chopped

Peel the quinces, remove core and cut into large pieces. **Place into the Minut'Cook** with the sugar and add water until the quinces are just covered.

Close the lid and **cook on Low Pressure setting - Timer: 15 minutes.**

Check quinces are cooked and remove to a side plate. When cooked, remove, drain well and roughly mash the flesh. Set aside.

Place the cream into a bowl and beat until soft peaks form, then beat in the egg, sugar and cheese to form a creamy mousse.

Place the sugar into a small non-stick frypan over a low heat and when it begins to melt and become lightly golden, add the nuts. Pour the praline mix onto a lightly greased plate and allow to cool before breaking into pieces.

To serve place some quince onto each plate with the mousse and top with praline.



POACHED PEARS WITH SWEET SPICES

Cooking time: 10 minutes. Serves 4

Ingredients:

- 8 small pears, peeled
- 4 cups red wine
- 200g white sugar
- 1 cinnamon stick
- ½ lemon, rind only

Place the pears and wine into a bowl and allow to stand for 30-60 minutes or longer if you prefer.

Transfer pears and wine to the **Minut'Cook** and add the sugar, cinnamon and lemon rind. Close the lid and cook on the **Low Pressure setting** - **Timer: 10 minutes**.

Note: you may use plums or figs instead of pears, however omit the sugar.



APRICOT COMPOTE WITH LAVENDER

Cooking time: 8 minutes. Serves 4

Ingredients:

- 16 fresh ripe, average-size apricots
- ½ cup olive oil
- 1 tbsp lavender blossom (from the flower)
- 3 tbsp honey
- 60g whole almonds, finely chopped

Cut the apricots in half, remove the seeds and discard. Set the **Minut'Cook** onto **Sauté setting**, lightly sauté the apricots in the olive oil.

Add the honey, lavender and crushed almonds. Close the lid. Cook on the **Low Pressure setting** - **Timer: 8 minutes**.

Note: serve with a sorbet or frozen nougat.



NASHI PEAR COMPOTE WITH BRIOCHE

Cooking time: 8 minutes. Serves 4

Ingredients:

- 750g nashi pears
- 80g Brioche
- 40g caster sugar
- 125ml water
- 1 tsp ground ginger

Peel and core the nashi and cut into small dice. Cut the brioche into pieces. Into the **Minut'Cook** place the nashi, Brioche, sugar, water and ginger. Close the lid and cook on the **High Pressure setting - Timer: 8 minutes**.

Open the lid and lightly crush the fruit with a fork. Serve.



RICE PUDDING WITH COCONUT MILK, MANGO AND PASSIONFRUIT

Cooking time: 8 minutes. Serves 4

Ingredients:

- 250g round grain rice (eg - Arborio)
- 2 cups coconut milk
- 50g white sugar
- 1 vanilla bean
- 2 cups water
- 1 medium mango
- 3 passionfruit

Rinse the rice thoroughly in cold water. Drain.

Place into the **Minut'Cook** the rice, coconut milk, sugar, vanilla bean, scrape the flesh lengthwise and the water. Close the lid. Set to **cook on the Low Pressure setting - Timer: 8 minutes**. Before serving remove the vanilla bean, scrape the flesh from inside and add to the rice then discard the bean.

Meanwhile peel the mango and cut into cubes, combine with the pulp from the passionfruit. Serve pudding with mango and passionfruit.

Note: alternatively serve rice pudding in clear glass bowls alternating layers of rice and fresh fruit.



CUSTARDS

Cooking time: 2 minutes. Serves 4

Ingredients:

- | | |
|------------------------|---------------------|
| - 2 cups milk | - 5 egg yolks |
| - 1 tbsp cornflour | - 100g caster sugar |
| - 1 cinnamon stick | - ground cinnamon |
| - ½ lemon, rind only | - fresh raspberries |
| - 1 whole vanilla bean | to serve |

Place the milk, cinnamon, lemon peel and the vanilla bean, which has been spit lengthways through the middle into the Minut'Cook. Close the lid and cook on **Low Pressure - Timer: 2 minutes.**

Allow milk to stand for a further 3 minutes to infuse the flavours.

Remove milk and strain into a jug. Scrape the inside flesh from the vanilla pod and add this to the milk. Discard rind and cinnamon.

In a bowl beat the egg yolks, cornflour and sugar until lightly creamy.

Add the milk and gently beat to combine. Return the custard mixture to the cooker.

Cook on Simmer setting and stir with a wooden spoon until it thickens approximately 12 minutes.

Place custard into a serving bowl or bowls and allow to cool.

Note: serve in glass bowls and top with ground cinnamon and raspberries.

ALMOND AND APRICOT CAKE

Cooking time: 30 minutes. Serves 4

Ingredients:

- | | |
|--|---|
| - 70g soft butter | - finely grated orange rind from ¼ orange |
| - 20g icing sugar | - 75ml milk |
| - 20g almond meal | - 10g butter for greasing |
| - 1 large egg | - 60g apricot jam or maple syrup |
| - 60g plain flour | |
| - 90g dried apricots, finely chopped | |
| - 20g crushed praline (could be replaced by chopped nuts or raisins) | |

Utensils:

- Cake pan or mould (about 17cm -18cm width) that will fit into the steamer basket

Combine the butter and sugar in a bowl and beat with a wooden spoon until combined. Add the almond, egg and flour.

Add the milk, orange zest, apricots and praline and stir well to combine.

Lightly grease a cake tin or mould. Pour the cake mix into the prepared pan or mould. Cover with lightly greased foil.

Place the cake pan into the steamer basket. **Cook on the Low Pressure setting - Timer: 30 minutes.**

When cooked, remove and allow to stand in the pan before turning out onto a cooling rack. When still slightly warm top the cake with the jam or maple syrup.



Cooking is so easy with Minut'Cook!

Imagine cooking a beef stew or even a risotto in under 15 minutes?

The fast cooking action of Tefal's new Minut'Cook will allow you to prepare these tasty meals in a third of the time compared to traditional cooking methods.



To help you get the most out of your Minut'Cook, please refer to the following chart.

Fresh vegetables	Cooking method steaming/immersion	Preparation	Time in minutes Low Pressure
Asparagus	Immersion	Whole	5
Eggplant	Steamed	Peeled and sliced thinly	5
Artichoke	Immersion	Whole	24
Beetroot	Steamed	Sliced	20 To 30
Beet	Steamed	Cubes of 1cm	11
Broccoli	Steamed	Small flowerets	6
Carrot	Steamed	Slices of 1cm	9
Carrot	Immersion	Slices of 1cm	6
Celeriac	Steamed	Thin slices	9
Celeriac	Immersion	Thin slices	10
Mushroom	Steamed	Thin slices of 5mm	5
Mushroom	Immersion	Whole	6

Fresh vegetables	Cooking method steaming/immersion	Preparation	Time in minutes Low Pressure
Green cabbage	Steamed	Thin slices of 5mm	10
Green cabbage	Immersion	Leaves	12
Brussels sprout	Steamed	Whole	10
Cauliflower	Immersion	Small flowerets	5
Cauliflower	Steamed	Small flowerets	4
Cauliflower	Steamed	Slices	5
Zucchini	Immersion	Slices of 3 mm	4
Witlof	Steamed	Whole/ larger ones should be cut in half	20
Witlof	Immersion	Whole/ larger ones should be cut in half	17
Spinach	Steamed		6
Spinach	Immersion		5
Fennel	Steamed	Cut in small strips	10
Green beans	Steamed	Very thin	10
Lettuce	Immersion		15
Turnip	Steamed	In cubes	8
Turnip	Immersion	In cubes	6
Spring onions	Steamed	Whole	15
Green peas	Steamed		4
Leek	Steamed	Thin slices of 5mm	18
Capsicum	Steamed	Cut in half	9
Squash	Steamed	Cut into large pieces	9
Potato	Steamed	Sliced	14
Potato	Immersion	Sliced	12
Potato	Steamed	Sliced	13
Potato	Immersion	Sliced	11
Salsify	Steamed	Cut in sticks of 5/6mm	11

Herbs and spices

It is the small ingredients that make a difference! It can sometimes be hard to select the right mix of herbs and spices to accompany meats, seafood or vegetables. Please refer to the table below for some suggestions on how to use the best combination of herbs and spices for your meal.



Spices	Fish	Poultry	Meat	Salad	Vegetables	Potatoes	Pasta & rice	Warm sauces	Fruits	Pastries
Saffron	•	•					•	•		
Cinnamon									•	•
Coriander		•			•		•	•		
Cloves		•	•				•		•	
Cumin			•	•	•					
Curry		•		•			•			
Ginger		•							•	•
Nutmeg	•	•			•	•	•			•
Paprika			•		•					
White pepper				•			•			
Black pepper	•		•		•				•	
Ground Chili		•	•	•				•		
Vanilla									•	•
Herbs and seasoning										
Garlic				•	•	•				
Basil				•			•	•		
Spring onion						•				
Shallot	•		•	•				•		
Tarragon	•	•		•	•					
Laurel	•		•							
Oregano							•			
Parsley	•		•			•		•		
Rosemary	•	•					•			
Thyme	•	•			•	•				

Measurements

If you do not have kitchen scales or cups handy, refer to the conversion table below.



Solid ingredients	Teaspoon	Tablespoon	Glass
Butter	7g	20g	-
Thick cream	15 ml	40 ml	200 ml
Liquid cream	7 ml	20 ml	200 ml
Cocoa powder	5g	10g	90g
Flour	3g	10g	100g
Cornstarch	3g	10g	100g
Icing sugar	3g	10g	110g
Almond meal	6g	15g	75g
Sultanas	8g	30g	110g
Grated cheese	4g	12g	65g
Various liquids (water, oil, vinegar)	7 ml	20 ml	200 ml
Mushroom	Steamed	Thin slices of 5mm	5
Mushroom	Immersion	Whole	6

Index

Entrees & Snacks

Spicy beef chilli on warm burritos	p.07
Dolmades.....	p.09
Beetroot dip	p.11
Greek style octopus with oregano and parsley	p.13
Asparagus with creamy dressing.....	p.15
Hummus	p.16
Tuna and potato salad	p.17

Soups & Stocks

Fish stock.....	p.19
Cream of asparagus soup	p.20
Cream of leek and potato soup	p.21
Zucchini soup	p.22
Chicken & noodle soup.....	p.23
Seafood and vegetable soup.....	p.24
Pumpkin soup.....	p.25
Garlic soup.....	p.26
Minestrone soup	p.27
Cold tomato soup.....	p.29
Japanese miso soup.....	p.30
Thai chicken soup.....	p.31

Fish & Shellfish

Turmeric coconut rice with fragrant fish	p.33
Barramundi in parsley and garlic sauce	p.34
Baby squid with broad beans & cabbage.....	p.35
Fish terrine	p.36
Salmon in herb broth	p.37
Steamed cod fillets and vegetables.....	p.39
Fish tajine.....	p.40
Tuna with tomato and basil.....	p.41
Rolled sole with spinach, shallot and mustard sauce.....	p.42
Cod with spinach and chickpeas.....	p.43
Mussels in white wine sauce	p.44
Paella	p.45

Meats

Corned beef with vegetables.....	p.47
Braised lamb shanks	p.49
TIKKA CURRY WITH BEEF AND SNOW PEA TWIST.....	P.51
Lamb korma with potato and spinach	p.53
Veal strips with mustard sauce	p.54
Veal shank in sauce	p.55
Veal medallions with vegetables and ham	p.56
Osso bucco with artichokes	p.57
Beef tenderloin with tomato, potato & onion	p.58
Roast beef and potatoes	p.59
French pot au feu.....	p.60
Lamb with couscous.....	p.61
Pork a l'orange.....	p.62
Pork loin with mushrooms	p.63
Ham & lentils castilian style	p.64
Roast pork with paprika and green peas.....	p.65
Chorizo and potatoes spanish style	p.66
Cinnamon pork with butter beans	p.67

Stews & Casseroles

Rustic bouillabaisse with cannellini beans.....	p.69
Veal stew.....	p.70
Veal casserole with almonds.....	p.71
Lamb and vegetable stew.....	p.72
Stewed meatballs	p.73
Lentil lamb and mushroom casserole.....	p.74
Goulash.....	p.75
Beef tenderloin with cider and maple syrup	p.76
Chili con carne	p.77
Vegetable stew.....	p.78
Sausage casserole.....	p.79

Poultry & Game

Chicken and pumpkin red curry	p.81
Chicken thighs stewed with ginger and vegetables	p.82
Turkey in beer with macaroni.....	p.83
Turkey breast in whiskey.....	p.84
Chicken breasts with bell peppers	p.85
Spicy chicken.....	p.86
Soy chicken with ginger.....	p.87
Chicken with citrus	p.88
Sweet chicken curry	p.89
Chicken with herbs and olives.....	p.90
Tandoori chicken.....	p.91

Pasta & Risottos

Barley risotto with chorizo & mushrooms	p.93
Gnocchi with tomato and feta	p.94
Mushroom risotto.....	p.95
Pumpkin risotto.....	p.96
Squid risotto	p.97
Chicken risotto.....	p.98
Tuna with farfalle pasta.....	p.99

Vegetables

Eggplant with tomato, raisins & feta	p.101
Moroccan style chickpeas and vegetables	p.103
Warm lentil and tomato salad with haloumi.....	p.105
Ratatouille	p.107
Curried lentils with vegetables.....	p.108
Broccoli with pinenut sauce.....	p.109
Baked cauliflower	p.110
Artichokes with fennel seed.....	p.111

Desserts

Lemon delicious.....	p.113
Bread & butter pudding	p.115
Crème caramel	p.117
Golden syrup and fig steamed pudding	p.119
Passionfruit flan with raspberry coulis.....	p.120
Chocolate & nut cake	p.121
Beer apples in chocolate sauce.....	p.122
Quince jelly, mascarpone and nut mousse	p.123
Poached pears with sweet spices	p.124
Apricot compote with lavender.....	p.125
Nashi pear compote with brioche.....	p.126
Rice pudding with coconut milk, mango and passionfruit	p.127
Custards	p.128
Almond and apricot cake.....	p.129

Tefal®

RECIPE BOOK

MINUT'COOK