FRESH FOOD FAST

DUROMATIC

The Art Of Pressure Cooking
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Kuhn Rikon UK Ltd

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Acknowledgements: Quick Cuisine – Kuhn Rikon Corporation.

Please use in conjunction with your Duromatic instruction manual.
STOCKS & SOUPS

A good stock forms the basis of all soups and flavoursome stocks can be prepared in the pressure cooker in a matter of minutes instead of the hours taken by traditional methods.
**BEEF STOCK**

45 mins

8 oz (225g) lean beef, cubed
4 parsley sprigs
1 lb (500g) beef bones
1 bay leaf
2 medium onions, sliced
10 whole peppercorns
2 medium carrots, sliced
1 teaspoon salt
2 celery stalks in 2” (6cm) lengths
2 pints (1 litre) water

1. Use a 5 litre or larger pressure cooker without the trivet. Remove only the soiled outer layer of the onion as the brown skin will improve the colour of the stock. Place all the ingredients into the pan and bring to the boil without the lid, skimming off any froth which rises to the top.

2. Close the lid and bring pressure to the 1st red ring. Adjust the heat to maintain this pressure for 45 minutes. Remove pan from the heat and allow the pressure to reduce naturally – Please refer to the instruction manual.

3. Strain the stock through a sieve and allow to cool. Cover and refrigerate immediately it has stopped steaming. Remove any fat from the surface when cold. Refrigerate for up to three days or freeze for up to 2 months. Thaw in the refrigerator.
CHICKEN STOCK

30 mins

Use this recipe for Turkey, Duck and Game. Normally discarded portions such as the neck, wing tips and bones can be used, otherwise use a cheap portion such as the leg or drumstick.

2 lb (1kg) chicken drumsticks
2 medium onions, peeled and sliced
2 medium carrots, roughly sliced
2 celery stalks in 2” (6cm) lengths
4 parsley sprigs
1 bay leaf
1 blade of mace
10 whole peppercorns
1 teaspoon salt
2 pints (1litre) water

1. Use a 5 litre or larger pressure cooker without the trivet. Add all ingredients and bring to the boil without the lid, skimming off any froth which rises to the top.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 30 minutes. Remove from heat and allow the pressure to reduce naturally – please refer to the instruction manual.

3. Strain the stock and allow to cool. Cover and refrigerate as soon as it has stopped steaming. Refrigerate for up to 2 days or freeze for up to 2 months. Thaw in the refrigerator.
VEGETABLE STOCK

25 mins

1 tablespoon vegetable oil 2 courgettes in 2” (6cm) lengths
2 garlic cloves, crushed 1 small sweet potato, peeled and cubed
1 large leek, chopped 1 bay leaf
2 medium carrots, chopped ½ teaspoon dried tarragon
3 celery stalks in 1” (3cm) lengths 1 teaspoon dried thyme
4 parsley sprigs 1 teaspoon salt
juice of ½ lemon 10 whole peppercorns
2 pints (1 litre) water ¼ teaspoon fennel seeds
2 tomatoes, chopped 1 blade of mace

1. Using a 5 litre or larger pressure cooker, heat the oil and add the garlic, leek, carrots and celery. Sauté for three minutes. Add all other ingredients and stir well.
2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 25 minutes.
3. Remove from heat and allow the pressure to reduce naturally – please refer to the instruction manual.

Pressure Point:

Other vegetables may be substituted, but avoid potatoes which will make the stock cloudy and members of the cabbage family which will give it a bitter taste.
ONION SOUP

Serves 4

4 mins

4 large onions
2 oz (50g) butter or margarine
½ pint (280ml) beef stock
½ pint (280ml) chicken stock
salt & pepper to taste
2 tablespoons sherry (optional)
2 tablespoons chopped parsley

To Serve:
French bread slices
2 oz (50g) grated cheese

1. Peel and halve onions then cut into thin slices. Melt the butter in the base of a 3 litre or larger pressure cooker, add the onions and sauté until softened but not browned. Add the beef and chicken stock.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 4 minutes. Remove the pan from the heat and reduce the pressure using the quick release method – please refer to the instruction manual.

3. Season to taste with salt and pepper. Add the sherry and parsley. Serve with slices of French bread sprinkled with cheese and toasted under the grill.
CARROT & CHUTNEY SOUP

Serves 6

6 mins

12 oz (350g) carrots, grated
3 oz (75g) celery, finely chopped
2 oz (50g) butter or margarine
½ oz (15g) long grain rice
1¼ pints (700ml) chicken stock
3 tablespoons mango chutney
2 tablespoons milk
salt & pepper

To garnish:
chopped parsley

1. Melt butter in the base of a 5 litre or larger pressure cooker and sauté the carrot and celery until just beginning to soften. Add the rice and stock.

2. Close the lid and bring pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 6 minutes. Remove the pan from the heat and reduce the pressure using the quick release method - please refer to the instruction manual.

3. Add the chutney and milk, then liquidise the soup. Return it to the rinsed pan and re-heat. Serve sprinkled with chopped parsley.
CURRIED PARSNIP & PEAR SOUP

Serves 6

6 mins

2 oz (50g) butter or margarine
1 medium onion, chopped
2 rashers lean bacon, chopped
12 oz (375g) parsnips, chopped
2 firm pears, chopped
1 celery stalk, chopped
2 level teaspoons mild curry powder
½ level teaspoon turmeric
1½ pints (900ml) chicken stock
salt & pepper to taste

To garnish:
sprigs of watercress or chopped parsley

1. Melt butter in a 5 litre or larger pressure pan, add onion and bacon and sauté for 2 minutes. Add parsnips, pears and celery and sauté for 2 minutes more. Add curry powder, turmeric and sauté for one minute. Add the stock and stir well.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 6 minutes. Remove the pan from the heat and allow the pressure to release naturally - please refer to the instruction manual.

3. Cool slightly then liquidise or sieve the soup. Season to taste, re-heat and serve garnished with watercress or parsley.
LEEK & CORIANDER SOUP

Serves 8

4 mins

2 lb (1kg) leeks, sliced
8 oz (225g) onions, chopped
3 oz (75g) butter or margarine
1 rounded teaspoon ground coriander
2½ pints (1¼ litre) chicken stock
salt & pepper to taste
1 teaspoon honey

To garnish:
fresh coriander

1. Melt the butter in the base of a 5 litre or larger pressure cooker and sauté the leeks and onions until softened. Add ground coriander and stock.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 4 minutes. Remove the pan from the heat and reduce the pressure using the quick release method - please refer to the instruction manual.

3. Season to taste. Add the honey. Cool slightly then liquidise or sieve the soup. Re-heat and serve sprinkled with fresh coriander or parsley.
**CELERY & GREEN PEPPER SOUP**

*Serves 6*

15 mins

- 2 oz butter or margarine
- 2 medium onions, chopped
- 2 medium green peppers
- 1 large head of celery, chopped
- 1 garlic clove, crushed
- 2 pints (1 litre) chicken stock

1. Melt the butter in the base of a 5 litre or larger pressure cooker. Add the onions and celery and sauté for 5 minutes. De-seed and chop the green peppers, reserving ¼ of one pepper for garnish. Add the garlic and peppers to the pan and sauté for one minute. Add the stock and stir well.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 15 minutes. Reduce the pressure using the quick release method - please refer to the instruction manual.

3. Cool slightly then liquidise or sieve the soup. Return to the rinsed pan. Finally, chop the reserved green pepper, add to the soup and re-heat.
PUMPKIN SOUP

Serves 6

6 mins

1 lb (500g) peeled pumpkin, cubed
8 oz (225g) carrots, sliced
1 medium onion, sliced
1½ pints (900ml) chicken or vegetable stock
8 oz (225g) tomatoes, skinned and chopped
2 tablespoons fresh basil or 2 teaspoons dried basil
pinch each of salt, pepper and sugar
3 tablespoons milk or cream

To garnish:
fresh basil or parsley

1. Use a 5 litre pressure cooker or larger. Put pumpkin, carrots, onions and stock into the pan and stir well.

2. Close the lid and bring pressure to the 2\textsuperscript{nd} red ring. Adjust the heat to maintain this pressure for 6 minutes. Remove the pan from the heat and reduce pressure using the quick release method - please refer to the instruction manual.

3. Cool slightly then liquidise or sieve the soup. Return to the rinsed pan. Add the tomatoes, basil, seasoning and cream and re-heat. Serve garnished with fresh basil or parsley.
FISH

Although most fish cooks quite quickly,
  by conventional methods,
the cooking of fish in the pressure cooker
  is completed in an instant
FISH IN A PARCEL

Serves 2

5 mins

4 small potatoes
1 small carrot
½ small courgette
4 spring onions - bulbs only
8 oz (225g) fish steak or fillet ¾” (2cm) thick
salt and pepper
2 tablespoons dry Martini
2 slices lemon
parsley to garnish

1. Lightly oil two 10” (25cm) squares of foil. Cut the vegetables, except the spring onions, into matchstick strips and place them in the centre of each piece of foil. Sprinkle with salt and pepper and stand the fish portions on top. Place a slice of lemon and thin slices of spring onion on top of each piece of fish. Spoon the Martini over.

2. Fold the foil over and seal the edges by rolling them together tightly. Place the trivet and ¼ pint (140ml) water in the pressure pan. Stand the fish parcels on the trivet and close the lid.

3. Bring the pressure to the 2nd red ring and adjust the heat to maintain this pressure for 5 minutes. Allow the pressure to reduce naturally - please refer to the instruction manual.

4. Remove the foil parcels, open and serve sprinkled with chopped parsley. No further vegetables should be required but a green salad could be served to satisfy larger appetites.
**SALMON STEAKS WITH MUSTARD & DILL SAUCE**

*Serves 4*

![3 mins]

4 Salmon steaks  
1 small onion, sliced  
5 oz (140ml) mayonnaise  

juice of ½ lemon  
¼ teaspoon dried dill weed  
¼ pint (140ml) water

**Sauce:**  
5 oz (140ml) natural yoghurt  
2 parsley sprigs  
1 level teaspoon wholegrain mustard  
1 level teaspoon chopped fresh dill or ½ level teaspoon dried dill

1. Place the onion, parsley, lemon juice, dill and water into the base of a 2 litre or larger pressure cooker. Brush the trivet with a little oil and place it in the pan. Stand the salmon steaks on the trivet and sprinkle with a little salt and pepper.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 3 minutes. Allow pressure to reduce naturally - please refer to the instruction manual.

3. Mix all sauce ingredients and serve with the salmon. The sauce may be served either cold or warmed, taking care not to boil, as it will separate.
CALDEIRADA – Portuguese Fish Stew

Serves 6

6 mins

3 tablespoon olive oil
4 oz (100g) dried chick peas (please refer to the instruction manual)
   or 14 oz (400g) can chick peas
1 large onion, chopped
2 garlic cloves, crushed
12 oz (350g) potatoes in ¾” (2cm) cubes
1 small green pepper
1 lb (450g) cod fillet
14 oz (400g) can chopped tomatoes
a little grated nutmeg
¼ level teaspoon chilli powder
½ pint (300ml) chicken stock

1. Cook chick peas according to the method given in the instruction manual or drain the canned beans.

2. Heat the oil in the base of a 5 litre or larger pressure cooker, add the onions, garlic and potatoes and sauté until softened and just beginning to brown.

3. De-seed and slice the pepper, add to the pan. Skin the fish and cut into chunks, add to pan together with all remaining ingredients.

4. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 6 minutes. Remove the pan from the heat and allow the pressure to reduce naturally - please refer to the instruction manual. Serve with crusty bread and a mixed green salad.
MEAT & POULTRY

Cheaper cuts of meat are tenderised in a short time and all stews and pot roasts develop a wonderful flavour when cooked in a pressure cooker.

Economies in the food and fuel budget are substantial and these together with the short cooking times in comparison to traditional methods are what make a pressure cooker invaluable in the modern kitchen.

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

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

Natural juices need to be sealed in by browning, producing tender results every time. When browning, start with one to two tablespoons of hot oil. Be sure to brown all sides of the meat thoroughly, and not to crowd the pan if browning small pieces. The meat can be dredged in flour before browning if desired, giving a richer, more robust flavour.
<table>
<thead>
<tr>
<th>Meats</th>
<th>Cooking time in mins</th>
<th>Liquid added</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stewing steak in 1&quot; (3cm)</td>
<td>20 minutes</td>
<td>at least 100ml</td>
</tr>
<tr>
<td>cubes</td>
<td></td>
<td></td>
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<tr>
<td>Braising steak in 1&quot; (3cm)</td>
<td>15 minutes</td>
<td>at least 100ml</td>
</tr>
<tr>
<td>cubes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brisket joint</td>
<td>15 minutes per pound (500g)</td>
<td>as recipe, but at least 50ml</td>
</tr>
<tr>
<td>Topside or Silverside joint</td>
<td>10 minutes per pound (500g)</td>
<td>at least 50ml</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stewing in 1&quot; (3cm) cubes</td>
<td>15 minutes</td>
<td>at least 100ml</td>
</tr>
<tr>
<td>Leg with bone</td>
<td>15 minutes per pound (500g)</td>
<td>at least 50ml</td>
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<tr>
<td>Chops</td>
<td>5 minutes</td>
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<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
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<tr>
<td>Loin roast</td>
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</tr>
<tr>
<td>Chops or steaks</td>
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<tr>
<td><strong>HAM</strong></td>
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<td>Gammon joint with bone</td>
<td>15 minutes per pound (500g)</td>
<td>as recipe, or up to 2/3 full</td>
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<tr>
<td>Gammon joint - boneless</td>
<td>10 minutes per pound (500g)</td>
<td>as recipe, or up to 2/3 full</td>
</tr>
<tr>
<td>Ham shank</td>
<td>15-20 minutes per pound (500g)</td>
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<tr>
<td><strong>CHICKEN</strong></td>
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<tr>
<td>Whole young chicken</td>
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<td>as recipe, but at least 50ml</td>
</tr>
<tr>
<td>Boiling fowl</td>
<td>10 minutes per pound (500g)</td>
<td>at least 100ml</td>
</tr>
<tr>
<td>Joints on the bone</td>
<td>10-15 minutes</td>
<td>as recipe, but at least 50ml</td>
</tr>
<tr>
<td>Thighs</td>
<td>6 minutes</td>
<td>as recipe, but at least 50ml</td>
</tr>
<tr>
<td>Legs</td>
<td>8 minutes</td>
<td>as recipe, but at least 50ml</td>
</tr>
<tr>
<td>Boneless breasts</td>
<td>2 minutes</td>
<td>as recipe, but at least 50ml</td>
</tr>
<tr>
<td><strong>DUCK</strong></td>
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<tr>
<td>Whole</td>
<td>5-10 minutes per pound (500g)</td>
<td>at least 100ml</td>
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<tr>
<td>Jointed</td>
<td>8-10 minutes</td>
<td>at least 50ml</td>
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<tr>
<td>Boneless breasts</td>
<td>3 minutes</td>
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<tr>
<td><strong>TURKEY</strong></td>
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<td>at least 100ml</td>
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<tr>
<td>½ breast, on the bone</td>
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<td>at least 100ml</td>
</tr>
<tr>
<td>½ breast, boneless</td>
<td>15-20 minutes</td>
<td>at least 100ml</td>
</tr>
<tr>
<td>Breast steaks</td>
<td>3 minutes</td>
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<tr>
<td><strong>PHEASANT</strong></td>
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<td></td>
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<tr>
<td>Whole (each)</td>
<td>20 minutes</td>
<td>at least 50ml</td>
</tr>
<tr>
<td>Joints</td>
<td>10 minutes</td>
<td>at least 50ml</td>
</tr>
</tbody>
</table>
BEEF IN BEER

Serves 3

15 mins

1 lb (500g) braising steak, thinly cut in 3“x4” (8x10cm) pieces
2 tablespoons Dijon mustard
salt & pepper
1 teaspoon paprika
2 tablespoons olive oil
12 fl oz (400ml) brown ale
2 tablespoons plain flour

1 tablespoon tomato purée
6 fl oz (200ml) beef stock
1 medium onion, chopped
2 medium carrots, sliced
1 leek (white part only), sliced
chopped parsley to garnish

1. Mix the mustard, salt pepper and paprika and spread on both sides of the beef slices. At this point, the meat may be covered and marinated in the refrigerator for between 75 minutes and 2 hours, if desired.

2. In the base of a 3 litre or larger pressure cooker, heat 1 tablespoon of oil. Brown each piece of beef over a high heat adding more oil as required. Remove beef and set aside.

3. Add a little beer to the pan and stir to loosen any residue from the browning process. Blend the flour and tomato purée in a small bowl with a little beer until smooth. Stir into the pan and return the beef to the pan. Add the onion, carrot, leek, stock and remaining beer.

4. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 15 minutes. Remove the pan from the heat and allow pressure to reduce naturally - please refer to the instruction manual.

5. Remove beef and keep hot. Blend cooking liquid and vegetables in a liquidiser or food processor. Pour sauce over beef and garnish with chopped parsley.

This recipe is adapted from one by Frances Mahler.
BRISKET WITH HORSERADISH GRAVY

Serves 4

60 mins

2 tablespoons cooking oil
1 x 3 lb (1.5kg) joint beef brisket
2 medium onions, sliced
2 garlic cloves, crushed
2 medium carrots, sliced
¾ pint (425ml) beef stock
1 tablespoon lemon juice

1 tablespoon tomato purée
2 small bay leaves
1 tablespoon chopped fresh parsley
½ teaspoon dried mixed herbs
2 teaspoons cornflour
¾ pint (150ml) soured cream
1 tablespoon horseradish sauce

1. Heat the oil in a 5 litre or larger pressure cooker and brown the meat on all sides. Transfer the meat to a plate. Add onions and garlic to the pan and sauté for 2 minutes until onions begin to soften. Add the carrots and sauté for a further 2 minutes. Stir in the stock, lemon juice, tomato purée, bay leaves, parsley and mixed herbs.

2. Return the meat to the pan and close the lid. Bring pressure to the 2nd red ring and adjust the heat to maintain the pressure for 1 hour. Remove the pan from the heat and allow the pressure to reduce naturally - please refer to the instruction manual.

3. Release the lid and remove the bay leaves. Transfer the meat to a plate and cover with foil to keep hot. Blend the cornflour and cream and mix in the horseradish sauce. Strain the cooking liquid on to the cream mixture and blend well. Return to the pan and bring to the boil stirring constantly. Check the seasoning and served with the sliced brisket.
BEEF STROGANOFF

Serves 4

16 mins

This classic dish, which is usually made with fillet steak, can be cooked more economically in a pressure cooker, as the same results are achieved using a cheaper braising steak instead.

2 lb (1kg) braising steak  
1 tablespoon olive oil  
1 large onion, chopped  
2 garlic cloves, crushed  
¼ pint (150ml) beef stock  
2 tablespoons sherry  
1 teaspoon tomato purée  
2 medium tomatoes  
3 tablespoons soured cream  
2 teaspoons plain flour  
½ teaspoon French mustard  
chopped parsley to garnish

1. Trim meat and cut it across the grain into thin strips. Heat the oil in the pressure cooker, add onion and garlic and sauté for 2 minutes. Add the meat and sauté until browned. Stir in the stock and sherry and bring to the boil while stirring up the browning residue from the base of the pan. Add the tomato purée and mix in the parsley.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 15 minutes. Slice mushrooms and skin and quarter the tomatoes.

3. Remove the pan from the heat and release the pressure rapidly by the quick release method - please refer to the instruction manual. Remove the lid and add the mushrooms and tomatoes to the pan. Replace the lid and return the pressure to the 2nd red ring for one minute. Allow the pressure to reduce naturally and remove the lid.

4. Blend the cream and flour and mix in the mustard. Add to the pan and bring to the boil, stirring until thickened. Sprinkle with chopped parsley and serve with rice and a mixed green salad.
STEAK AND KIDNEY PUDDING

Serves 3 to 4

45 mins

See the Desserts section for further instructions and information about suet puddings

The meat should be pre-cooked and this may be done up to a day ahead.

1 lb (450g) braising steak, trimmed and cubed
2 tablespoon plain flour
4 oz (100g) kidney, trimmed and cubed
salt & pepper
1 tablespoon oil
1 onion, chopped
1 tablespoon tomato purée
½ tsp Worcestershire sauce
¼ teaspoon mixed herbs
¼ pint (150ml) beef stock
2 oz (50g) mushrooms, sliced

1 quantity of basic suet pastry – see the desserts section.

1½ to 2 pint (0.75-1 litre) pudding basin

1. Put the meat into a polythene bag with the flour and seasoning and shake well to coat. Heat the oil in the pressure cooker and sauté the onion until softened. Add the contents of the polythene bag and fry the meat until evenly browned. Stir in the tomato puree Worcestershire sauce, herbs and stock and bring to the boil, stirring.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 15 minutes. Reduce the pressure by the quick release method - please refer to the instruction manual. Strain off all but 4 tablespoon of meat
liquor and reserve. Transfer meat to a bowl to cool. Cover and refrigerate for at least one hour or up to one day.

3. Prepare the pastry and line the basin as described in the Desserts section. Stir mushrooms into the meat. Fill the basin with the meat mixture and fit the pastry lid on top. Cover tightly with a pleated square of greased foil and prepare a foil strip in order to lift the basin in and out of the cooker – see Desserts section.

4. Put the trivet and 3 pints (1.75 litres) boiling water into the pressure cooker and stand the basin on the trivet. Pre-steam for 20 minutes – see Desserts section. Fit the pressure lid and bring the pressure to the first red ring. Adjust the heat to maintain this pressure for 30 minutes. Allow the pressure to reduce naturally. Turn the pudding out onto a warmed plate and re-heat the reserved liquor to serve as a sauce.
LAMB IN RED WINE SAUCE

Serves 4

10 mins

2 lb (1kg) stewing lamb, cubed
2 tablespoons oil
2 onions, chopped
2 garlic cloves, crushed
4 rashers streaky bacon, chopped

1 tablespoon cornflour
½ bottle red wine
¼ pint (150ml) orange juice
sprinkling of rosemary
salt and pepper

1. Heat the oil in a 5 litre or larger pressure cooker and fry the meat until browned. Remove the meat onto a plate. Add onion, garlic and bacon to the pan and sauté for 3 minutes. Add wine, orange juice, rosemary and salt and pepper and return the meat to the pan.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 10 minutes. Release the pressure by the quick release method - please refer to the instruction manual. Remove the lid.

3. Blend the cornflour with a little water to a smooth paste and stir into the lamb. Return to the heat and allow the sauce to boil, stirring constantly. Serve with rice or potatoes and seasonal vegetables.

This recipe is kindly supplied by Kate Allen.
IRISH STEW

Serves 6

16 mins

Although traditionally made with neck of lamb, this dish can also be prepared with shoulder if a better quality meat is preferred.

1 oz (25g) lard or margarine
2 lb (1kg) best end of neck chops
or lamb shoulder, cubed
2 large onions, sliced
2 tablespoons chopped parsley
½ pint (280ml) lamb or beef stock
1 tablespoon tomato purée

1. Heat the fat in the base of a 3 litre or larger pressure cooker and brown the meat on all sides. Remove the lamb onto a plate. Add the onions and sauté for two minutes. Add the parsley, stock, tomato purée, salt pepper and bay leaf, stir well and return the meat to the pan.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure - 8 minutes for shoulder, 10 minutes for neck chops. Remove from the heat and reduce the pressure by the quick release method - please refer to the instruction manual.

3. Remove lid and stir in the vegetables. Replace lid and bring pressure back to the 2nd red ring and maintain this pressure for 6 minutes more. Release the pressure by the quick release method.

4. Blend the flour into a smooth past with a little water and stir into the stew. Return to the boil, stirring for one minute and serve.
PORCHOPS WITH APPLES AND ROSEMARY

Serves 3

5 mins

1 tablespoons French mustard
3 pork loin chops
1 tablespoon olive oil
3 spring onions

1 dessert apple, cored and sliced
½ teaspoon dried rosemary
4 tablespoons apple juice or cider

1. Spread both sides of the chops with the mustard. Heat the oil in the pressure cooker and brown the chops on one side only. Turn the chops over and add the chopped bulbs of the spring onions, reserving the green tops as garnish. Add the apple slices and rosemary to the pan and pour the apple juice or cider over.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 4 to 5 minutes, depending on the thickness of the chops.

3. Remove the pan from the heat and reduce the pressure by the quick release method - please refer to the instruction manual. Sprinkle with chopped spring onion tops before serving.

Adapted from a recipe by Robin McKenzie.
POT ROAST PORK

Serves 6

45 mins

3 lb (1.5kg) pork loin
4 garlic cloves
2 tablespoon olive oil
1 level teaspoon dried oregano
1 level teaspoon dried thyme
1 bay leaf
1 small cinnamon stick

pinch ground cloves
1 medium onion, chopped
1 celery stick, chopped
salt and ground black pepper
½ pint (280ml) dry white wine

To garnish:
watercress or parsley

1. Pound the garlic cloves into a paste and rub this all over the meat. Wrap tightly in polythene and refrigerate for one hour.

2. Heat the oil in a 5 litre or larger pressure cooker and brown the meat on all sides. Add the herbs and spices, onions, celery and seasoning. Pour on the wine and bring to the boil.

3. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain the pressure for 45 minutes. Allow the pressure to reduce naturally - please refer to the instruction manual.

4. Remove the meat to the serving plate and keep hot. Skim the fat from the pan juices and serve in a gravy boat. Garnish meat with watercress or parsley and serve with potatoes and seasonal vegetables.
FRUITY PORK CASSEROLE

Serves 6

45 mins

2 lb (1kg) boned leg of pork
1 oz (25g) seasoned flour
3 tablespoon olive oil
3 celery sticks, sliced finely
2 medium onions, chopped
2 garlic cloves, crushed
grated rind and juice of 1 lemon
grated rind and juice of 1 orange
4 oz (100g) raisins
4 oz (100g) chopped stoned dates

4 oz (100g) dessert apples, peeled and thickly sliced
½ tsp each of ground mace, cloves cinnamon, allspice and ginger
salt and black pepper
1 teaspoon dried marjoram
½ bottle red wine
14 oz (400g) can apricot halves in natural juice, drained

1. Trim fat and cut meat into cubes. Toss the meat in the seasoned flour in a polythene bag. Heat the oil in a 3 litre or larger pressure cooker and brown the meat quickly on all sides. Remove the meat to a plate.

2. Add the onions, garlic and celery to the pan and sauté gently until softened. Return the meat to the pan and add all of the remaining ingredients except the apricots. Bring to the boil, stirring.

3. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 45 minutes. Remove from the heat and reduce pressure by the quick release method. - please refer to the instruction manual.

4. Add the drained apricots to the pan and return to the boil before serving. Sprinkle with chopped parsley to garnish and serve with seasonal vegetables.
GAMMON WITH FIGS

Serves 6

It is essential to soak the gammon overnight in cold water in the refrigerator before commencing this recipe or the sauce will be too salty.

3 lb (1.5kg) gammon joint
4 oz (100g) dried figs
2 small bay leaves
½ pint (280ml) water

2 teaspoons cornflour
Juice and rind of ½ orange
1 tablespoon honey
1 tablespoon chopped parsley

1. Place the soaked gammon joint in a 5 litre or larger pressure cooker. Cover the meat with fresh cold water and bring to the boil with the plain lid on the pan, alternatively, put the pressure lid on but do not lock into place. Immediately pour away this water and scum and rinse the pan.

2. Put the gammon, figs, bay leaves and measured water into the pressure pan. Close the lid and bring pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 30 minutes. Remove the pan from the heat and allow the pressure to reduce naturally - please refer to the instruction manual.

3. Remove meat and figs from the pan and wrap in foil to keep hot. Blend the cornflour with the orange juice and add to the cooking liquid. Add the orange rind and honey. Bring back to the boil, stirring. Add chopped parsley. Slice the meat and serve accompanied by the figs and the sauce.

PLAIN BOILED HAM  Cook as above but omit the figs and sauce ingredients.

After cooking, remove the rind and press golden breadcrumbs into the fat or spread with honey or brown sugar and cook in the oven at 400ºF, 200ºC, Gas 6 for 15 minutes to glaze. Serve hot or cold.
**CURRIED CHICKEN CASSEROLE**

*Serves 4*

25 mins

3 lb (1.5kg) chicken
1 oz (25g) margarine
1 medium onion, sliced
1 garlic clove, crushed
1 teaspoon fresh ginger chopped
2 tablespoons curry powder
1 tablespoon chopped fresh coriander or parsley
½ pint (280ml) chicken stock

1 tablespoon mango chutney
1 teaspoon soft brown sugar
juice of ½ lemon
¼ teaspoon garam masala
1 tablespoon toasted almonds

1. Melt margarine in a 5 litre or larger pressure cooker, add onions and sauté until softened. Add garlic, ginger, curry powder, stock, chutney, sugar and lemon juice and bring to the boil.

2. Remove the pocket of fat from the body cavity and sit the whole chicken, breast down, in the pan. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 20 minutes.

3. Reduce the pressure by the quick release method, turn the chicken over and sprinkle it with garam masala. Return the pressure to the 1st red ring and maintain for 5 minutes. Release the pressure by the natural release method - please refer to the instruction manual.

4. Remove the chicken to a plate and cut it into joints. Coat them with the sauce and sprinkle with coriander and almonds. Serve with rice and the usual curry accompaniments.

**Pressure Point:** *The chicken may be jointed before cooking and the cooking time at the 2nd red ring reduced to 12 minutes.*
CHICKEN AND LEEK SUET PUDDING

Serves 4

15 mins

See the Desserts section for further instructions and information about suet puddings

Cheesy Suet Pastry:        Chicken & Leek Filling:

6 oz (175g) self raising flour
3 oz (75g) prepared suet
1 oz (25g) fresh white breadcrumbs
2 oz (50g) grated cheese
1/8 teaspoon salt
5 fl oz (145ml) milk

6 oz (175g) chicken breast
2 oz (50g) lean bacon
2 teaspoons plain flour
pinch mixed herbs
1 medium leek
5 fl oz (145ml) chicken stock

1. To prepare the filling: Sauté the bacon gently in a medium saucepan until the fat runs. Stir in the flour and cook for one minute. Remove from the heat, add herbs and stir in the stock gradually. Cut the chicken into 1” (3cm) cubes and the leek into 1½” (5cm) lengths and mix into sauce.

2. To prepare the pastry: Mix the flour, suet and crumbs an a bowl. Add the salt, cheese and milk and mix with a fork into a soft, but not too sticky, dough. Kneed on a floured table.

3. Roll the pastry out into a circle and cut out a quarter segment. Line a 1pt (565ml) pudding bowl with the larger piece of pastry, sealing the join well. Fill with the chicken mixture. Roll the remaining pastry into a circle to fit the top, moisten the edges and press into place.

4. Cover the pudding with a pleated square of foil and prepare a strip of foil to lift the pudding in and out of the cooker - see please refer to the instruction manual.
Place the trivet in the bottom of a 5 litre or larger pressure cooker. Add 1 pint (565ml) of boiling water. Stand the pudding on the trivet.

5. Fit a plain lid to the pan or place the pressure lid on top, but do not lock in place. Bring to the boil and allow the pudding to steam without pressure for 15 minutes.

6. Close the pressure lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 15 minutes. Allow the pressure to reduce naturally please refer to the instruction manual. Serve with home made tomato sauce. See Vegetables section for “7 Minute Tomato Sauce”.
LIGHT ‘FRIED’ CHICKEN DRUMSTICKS

Serves 2-3

8 mins

This recipe is particularly suited to the 2 litre Duromatic.

4oz (100g) flour or breadcrumbs
salt and pepper
4-6 chicken drumsticks, skinned
4 tablespoons cooking oil

1. Combine the flour or breadcrumbs and salt and pepper in a polythene bag. Add the chicken drumsticks and shake well to coat.

2. Heat the oil in the base of a 2 litre or larger pressure cooker. Add the chicken and cook until browned on one side. Turn the drumsticks and close the lid. Bring the pressure to the 1st red ring and adjust the heat to maintain this pressure for 8 minutes.

3. Remove from the heat and reduce the pressure by the quick release method. Drain the chicken on kitchen paper to absorb the excess oil. Wash the lid and gasket immediately in hot soapy water.

Pressure Point:

Coat the drumsticks in your favourite mustard before cooking for extra flavour.
VEGETABLES

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

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

Place 4 fl oz (120ml) water in the pressure cooker. Insert the trivet into the pressure cooker and place the vegetables to be cooked onto it. When the water begins to boil, close the lid and bring the pressure to the 2nd red ring. At this point, adjust the heat to maintain this pressure and begin timing.

The cooking time may vary according to the age and size of the vegetables, but the following may be used as a guide.

<table>
<thead>
<tr>
<th>Fresh Vegetable</th>
<th>Time in minutes @ 2nd red ring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>9-12</td>
</tr>
<tr>
<td>Beans</td>
<td>3-4</td>
</tr>
<tr>
<td>Beetroot</td>
<td>20-25</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>3</td>
</tr>
<tr>
<td>Cabbage - white, halved</td>
<td>6</td>
</tr>
<tr>
<td>Carrots - whole</td>
<td>4-6</td>
</tr>
<tr>
<td>Carrots - sliced</td>
<td>3-4</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>2-3</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>7</td>
</tr>
<tr>
<td>Fennel</td>
<td>6</td>
</tr>
<tr>
<td>Leek - sliced</td>
<td>3</td>
</tr>
<tr>
<td>Mange Tout</td>
<td>2</td>
</tr>
<tr>
<td>Potatoes - in jackets</td>
<td>10</td>
</tr>
<tr>
<td>Potatoes - quartered</td>
<td>4</td>
</tr>
<tr>
<td>Potatoes - sliced</td>
<td>2</td>
</tr>
</tbody>
</table>
PAN FRIED POTATOES WITH ROSEMARY

Serves 6 - 8

10 mins

2 lb (1kg) potatoes
1 oz (25g) butter
salt and pepper

pinch grated nutmeg
2 tablespoons fresh rosemary
or 2 teaspoons dried rosemary

1. Peel potatoes and slice very thinly with a knife, grater or food processor. Dry the potato slices with a clean tea towel. Sprinkle with salt, pepper, nutmeg and rosemary.

2. Melt half the butter in a pressure frying pan, add the potatoes and form them into a cake. Dot with the remaining butter and fry until golden brown on the bottom.

3. Close the lid and bring the pressure to the 2\textsuperscript{nd} red ring. Adjust the heat to maintain this pressure for 10 minutes. Reduce the pressure by the quick release method and turn the potato cake out onto a plate for serving.

Pressure Point:

*Minted new potatoes: slip a sprig of mint into the water below the trivet for best results.*
HARVARD BEETROOT

Serves 4 - 6

Serve beetroot as a hot vegetable for an interesting alternative to pickled beetroot.

1 lb (450g) beetroot 4 fl oz (100ml) wine vinegar
2 oz soft brown sugar 2 tablespoons cold water
salt and black pepper To garnish:
1 level tablespoon cornflour chives or parsley

1. Wash beetroot well and trim leaves no shorter than 4” (12cm). Put 8 fl oz (200ml) water into a 3 litre or larger pressure cooker with a trivet or separator insert. Add the beetroot.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 20 minutes. Remove from the heat and allow pressure to reduce naturally - please refer to the instruction manual.

3. Transfer beetroot to a colander and cool under cold running water. Trim and peel the beetroot and cut into slices.

4. Put the sugar, salt and pepper and cornflour into a saucepan and gradually blend in the vinegar and water. Bring to the boil, stirring. Add the beetroot and re-heat. Serve sprinkled with chopped chives or parsley.
MIXED VEGETABLES

Serves 4

3 mins

4 broccoli or cauliflower florets
1 large tomato, chopped
1 medium carrot, sliced thinly
1 medium courgette, sliced thinly
2 tablespoon frozen peas

1 medium onion, chopped
½ red or yellow pepper, sliced
½ teaspoon dried mixed herbs
salt and pepper
chopped parsley to garnish

1. Put ¾pt (140ml) water into a 3 litre or larger pressure cooker with trivet. Combine the vegetables, herbs and seasoning in an ovenproof bowl or casserole to fit the pan.

2. Close the lid and bring pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 3 minutes. Allow pressure to reduce naturally - please refer to the instruction manual. Serve sprinkled with chopped parsley.
7 MINUTE TOMATO SAUCE

Serves 4

A simple to make sauce with an excellent flavour which is best served fresh but can also be bottled or frozen.

2 tablespoons olive oil
2 large garlic cloves, crushed
1 large onion, chopped
½ teaspoon salt
½ teaspoon freshly ground pepper

2 teaspoons Balsamic or wine vinegar
3 lb (1.5kg) peeled tomatoes
3 tablespoons chopped fresh basil
or 3 teaspoons dried basil
3 tablespoons chopped parsley

1. Heat the oil in a 5 litre or larger pressure cooker. Add the garlic and onion and sauté until softened. Add all the remaining ingredients except parsley. Bring to the boil, stirring.
2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 7 minutes. Allow the pressure to reduce naturally.
3. Remove the lid and if necessary boil until the sauce begins to thicken, stirring constantly. Add the parsley.

Pressure Point:

Drained canned tomatoes may be substitute for fresh tomatoes.

Recipe provided by Lorna Sass.
**PASTA**

Fresh Pasta can be cooked in the pressure cooker, but dried pasta is not successful.

Small pasta shapes can be cooked at the same time as the sauce, which saves on washing up as well as halving the normal cooking time. Larger pasta shapes must be cooked separately.

**Pressure Point:** Add a teaspoon of oil to the cooking water to prevent the pasta sticking to the pan.
PASTA WITH BROCCOLI, PEPPERS & MUSHROOMS IN A CHEESE SAUCE

Serves 2 - 3

4 mins

1 tablespoon olive oil
1 large garlic clove, crushed
½ pint (300ml) vegetable stock or water
8 oz (225g) small pasta shells or twists
8 small broccoli florets
8 button mushrooms, halved
½ medium red pepper, sliced
2 spring onions, chopped
6 oz (150g) Ricotta cheese

1. Heat the oil in a 3 litre or larger pressure cooker and sauté the garlic lightly. Add the stock, pasta, broccoli, mushrooms, pepper and spring onions, reserving a little of the green onion tops for garnish.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain the pressure for 4 minutes. Allow the pressure to reduce naturally.

3. Stir in the cheese and serve sprinkled with the chopped spring onion tops.
AUBERGINE CAPONATA

Serves 8

8 mins

Use to fill crepes, pitta bread and jacket potatoes or as a sauce over pasta.

3 tablespoons olive oil  1 red pepper, diced
3 tablespoons white wine  2 garlic cloves, crushed
3 tablespoons red wine vinegar  3 large tomatoes, chopped
1 teaspoon cinnamon  3 celery sticks, chopped
1 large aubergine  1 tablespoon black olives
1 medium onion, chopped  1 tablespoon sultanas
1 green pepper, diced  1 tablespoon capers

1. Heat the oil, wine, vinegar and cinnamon in a 5 litre or larger pressure cooker. Add the aubergine, cut into ½” (2cm) cubes and all remaining ingredients. Stir to mix.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 8 minutes. Remove from heat and reduce pressure by the cold water release method.

3. Serve hot or cold. Drain off excess liquid if using the caponata as a filling.
RICE AND GRAINS

1. Cook all rice and grains at 1\textsuperscript{st} red ring.
2. Never fill the cooker more than half full.
3. Add 1 teaspoon olive oil to prevent foaming.
4. Time carefully, as rice and grains absorb water and the cooker will be fairly dry towards the end of the cooking process.
5. Reduce the pressure naturally, except when cooking risotto, which should be water cooled.
# COOKING CHART

<table>
<thead>
<tr>
<th>Type of Grain</th>
<th>Liquid</th>
<th>Cooking Time @ 1ˢᵗ red ring</th>
</tr>
</thead>
<tbody>
<tr>
<td>White long grain</td>
<td>½ pint (285ml)</td>
<td>5 minutes</td>
</tr>
<tr>
<td>White Basmati</td>
<td>½ pint (285ml)</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Brown long grain</td>
<td>½ pint (285ml)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Wild rice</td>
<td>1 pint (565ml)</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Bulgur wheat</td>
<td>¾ pint (425ml)</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Pearl barley</td>
<td>¾ pint (425ml)</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

*All methods are for 8oz (225g)*
ITALIAN RICE WITH MUSHROOMS

Serves 4 - 6

7 mins

1 tablespoon olive oil ½ green pepper, chopped
1 medium onion, chopped 2 fl oz (60ml) white wine or vermouth
7 oz (200g) arborio rice 1 pint (575ml) chicken or vegetable stock
3½ oz (100g) mushrooms, sliced ¼ teaspoon mixed dried herbs
½ red pepper, chopped 2 tablespoons grated Parmesan cheese

1. Heat oil in a 3 litre or larger pressure cooker. Add onion and sauté until softened, but not browned. Add rice, mushrooms and peppers and sauté for 3-4 minutes more. Stir in wine and stock. Add herbs and salt and pepper to taste.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 7 minutes. Remove from the heat and reduce the pressure by the water release method - please refer to the instruction manual. Stir in the Parmesan cheese and serve.
TUNA RISOTTO WITH CHEESE AND CASHEW NUTS

Serves 4

7 mins

1 oz (25g) butter or margarine  
6½ oz (180g) can tuna chunks

1 medium onion, chopped  
1 small red pepper, chopped

1 garlic clove, crushed  
2 oz (50g) salted cashew nuts

1 celery stick, chopped  
2 tablespoons chopped parsley

8 oz (225g) arborio rice  
3 oz (75g) grated cheese

1 pint (575ml) chicken or vegetable stock

1. Melt butter in a 3 litre or larger pressure cooker. Sauté the onion, garlic and celery for 3-4 minutes. Add the rice and sauté for a further minute. Stir in the stock and bring to the boil, stirring.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 7 minutes. Remove the pan from the heat and reduce pressure by the water release method - please refer to the instruction manual.

3. Add drained tuna, red pepper, nuts, parsley and cheese. Replace the lid and bring pressure to 1st red ring for 1 minute. Reduce the pressure by the water release method and serve.
BULGAR WHEAT

Serves 4

5 mins

6 oz (150g) bulgur (cracked) wheat
¾ pint (425ml) chicken or vegetable stock or water plus ½ teaspoon salt

1. Put the wheat and stock into a 3 litre or larger pressure cooker and bring to the boil, stirring.

2. Close the lid and bring pressure to the 1st red ring. Adjust the heat to maintain this pressure for 5 minutes. Remove from the heat and reduce the pressure by the water release method - please refer to the instruction manual.

Pressure Point:

Try these variations:

1. After cooking, mix in a tablespoon of salted or toasted nuts together with 1 tablespoon raisins, a little orange zest and 1 tablespoon of chopped parsley.

2. Sauté a small chopped onion in a little butter or oil, add the bulgur and cook as above.

3. Add lemon zest and a chopped spring onion after cooking.
BEANS AND PULSES

When the pressure cooker is used to cook dried beans and pulses, all varieties of soaked beans can be cooked in under 15 minutes. As conventional cooking times often exceed 2 hours, the savings are remarkable.

**Long Soak** dried beans overnight for a more consistent texture and even cooking, and to help eliminate the gas-producing sugars. Use 1¼ pints (700ml) of cold water to each cup of beans and leave in a cool place for at least 8 hours. Drain and rinse the beans thoroughly in cold water before cooking.

**Quick Soak** dried beans in the pressure cooker to save time. Use a 5 litre or larger pressure cooker. To each cup of beans add 1½ pints (800ml) of water and one teaspoon of salt. Close the lid and bring the pressure to the 2nd red ring - maintain for 2 minutes. Reduce the pressure using the cold water release method - please refer to the instruction manual.

Remove the lid and drain and rinse the beans in a sieve. Use and cook as directed in the recipe.

**CAUTION:**

1. Never fill the pan more than half full, as beans tend to foam under pressure.
2. Always shake the pan slightly before removing the lid.
3. Always check that the valve is clean before re-using the lid.
4. Split peas, lentils and lima beans should be cooked at the 1st red ring.
<table>
<thead>
<tr>
<th>Type of Bean</th>
<th>Cooking time:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adzuki</td>
<td>5-7</td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td>10-12</td>
<td></td>
</tr>
<tr>
<td>Black Eyed Peas</td>
<td>8-10</td>
<td>No soaking required</td>
</tr>
<tr>
<td>Butter Beans</td>
<td>3-4</td>
<td>1st red ring</td>
</tr>
<tr>
<td>Calypso</td>
<td>5-6</td>
<td></td>
</tr>
<tr>
<td>Cannellini</td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>Chick Peas</td>
<td>10-12</td>
<td></td>
</tr>
<tr>
<td>Flageolet</td>
<td>10-12</td>
<td></td>
</tr>
<tr>
<td>Red Kidney</td>
<td>10-12</td>
<td></td>
</tr>
<tr>
<td>White Kidney</td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>Green Lentils</td>
<td>10-14</td>
<td>Cover with 2&quot; (6cm) liquid - no soaking required</td>
</tr>
<tr>
<td>Red lentils</td>
<td>10-14</td>
<td></td>
</tr>
<tr>
<td>Lima - Large</td>
<td>5-7</td>
<td>1st red ring</td>
</tr>
<tr>
<td>Lima - Baby</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>Navy</td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>Pinto</td>
<td>10-12</td>
<td></td>
</tr>
<tr>
<td>Soy Beans</td>
<td>9-12</td>
<td></td>
</tr>
<tr>
<td>Split Peas</td>
<td>10-13</td>
<td>1st red ring - no soaking required</td>
</tr>
</tbody>
</table>
BOSTON BAKED BEANS

Serves 8 - 10

6 mins

1 lb (450g) dried small white beans 2 teaspoons dry mustard
2 rashers bacon, chopped ¼ teaspoon white pepper
2 medium onions, chopped 2 tablespoons brown sugar
4 garlic cloves, crushed 3 tablespoons tomato ketchup
¾ pint (425ml) chicken stock 3 tablespoons molasses

1. Soak beans – see Beans and Pulses introduction page for soaking methods. In a 5 litre or larger cooker, fry the bacon until golden. Add the onions and garlic and sauté until the onions begin to soften. Add the stock, drained beans, dry mustard and white pepper. Mix well.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 6 minutes. Remove from the heat and allow pressure to reduce naturally - please refer to the instruction manual.

3. Drain the cooking liquid from the beans, return them to the pan and mix in the ketchup, sugar and molasses.

Recipe from Frances Mahler
SPICY LENTIL HOTPOT

Serves 2 - 4

10 mins

4 oz (100g) red lentils
1 tablespoon olive oil
½ leek, sliced thinly
1 garlic clove, crushed
1 celery stalk, chopped
1 teaspoon ground turmeric
½ teaspoon cayenne pepper
1 pint (565ml) vegetable stock
zest and juice of ½ an orange
2 tablespoons natural yogurt
black pepper
salt to taste

1. Heat the oil in a 3 litre or larger pressure cooker. Add the leek, garlic and celery and sauté for 2-3 minutes until golden. Stir in the turmeric and cayenne and sauté for a further 2 minutes. Add lentils, stock and black pepper and stir well.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 10 minutes. Remove the cooker from the heat and allow the pressure to reduce naturally - please refer to the instruction manual.

3. Remove the lid and stir in the orange zest and juice. Check the seasoning and swirl in the yogurt. Serve with crusty bread.

Recipe from Kate Allen
PRESERVING

Marmalade and Jam Making

The initial cooking of the fruit for marmalade or jam making can be greatly speeded up by using the pressure cooker. The pan is then used without the lid both to dissolve sugar and to boil until setting point is reached.
**FRUIT BOTTLING**

Three 1lb (450g) preserving jars will fit into a 5 litre pressure cooker. The 2lb (900g) jars can be processed only in the larger pressure cookers.

1. **Prepare the syrup:** dissolve 4-12oz (100-340g) sugar in 1pt (600ml) water, according to the kind of fruit used and the sweetness required.
2. **Wash the jars and rinse in hot water,** then fill with boiling water. **Put rubber seals and glass lids into a pan of water,** bring to the boil then set aside.
3. **Prepare the fruit according to kind used. Empty water from jars and pack the fruit in well.** Pour on boiling syrup to fill jars to the brim. **Fit rubber seals and lids. Tighten metal screw bands then release a quarter turn. Plastic screw bands must be fitted after processing.**
4. **Place trivet in pressure cooker and add sufficient boiling water to give 1” (2½cm) depth.** Stand jars on trivet. Do not let the jars touch each other.
5. **Fit the lid and allow the pressure to increase until the black valve cap just rises,** but the red ring does not show. Adjust the heat to a very low setting so that it takes between 5 and 10 minutes to reach the 1st red ring. Maintain this pressure for the time indicated in the chart below, then allow the pressure to reduce naturally for 10 minutes.
6. **Remove the jars and tighten the screw bands firmly. Leave to cool overnight. To test the seal,** remove the screw bands and lift the jar by the lid. Wash and replace the band loosely.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Process Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, quartered</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Apricots, whole or halved</td>
<td>1 minute</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 minute</td>
</tr>
<tr>
<td>Cherries</td>
<td>1 minute</td>
</tr>
<tr>
<td>Currants, black, red or white</td>
<td>1 minute</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>1 minute</td>
</tr>
<tr>
<td>Tomatoes, skinned</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Loganberries</td>
<td>1 minute</td>
</tr>
<tr>
<td>Peaches, skinned</td>
<td>3-4 minutes</td>
</tr>
<tr>
<td>Pears, halved or quartered</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Plums</td>
<td>1 minute</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 minute</td>
</tr>
<tr>
<td>Damsons</td>
<td>1 minute</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>1 minute</td>
</tr>
</tbody>
</table>

**nb - add boiling water, not syrup**
MARMELADE

20 mins

Three Fruit Marmelade

1 grapefruit
2 lemons
1 sweet orange
1½ pints (850ml) water
3 lb (1.4kg) sugar

Seville Orange Marmelade

1½ lb (680g) Seville oranges
1 lemon
1½ pints (850ml) water
3 lb (1.4kg) sugar

1. Wash and quarter the fruit and place it in the pressure cooker. Add the water and fit the lid.

2. Bring the pressure to the 2nd red ring and adjust the heat to maintain this pressure for 20 minutes. Allow the pressure to reduce naturally. Warm the sugar and jars in the oven at the lowest possible setting for approximately 15 minutes.

3. Remove the fruit, allowing it to drain well into the pan. Place the fruit on a cutting board and use a knife and fork to remove the pips, returning them to the pan. Chop the remaining fruit into shreds.

4. Boil the juice and pips without the lid for 5 minutes, then strain and discard the pips. Put juice, fruit and sugar into the pan and heat gently to dissolve the sugar, stirring all the time.

5. Increase the heat and boil rapidly until setting point is reached. Cool for 10 minutes then stir to suspend the fruit. Pour into warm jars and cover immediately.
PLUM JAM

10 mins

2 lb (1kg) red plums
½ pint water
2 lb (1kg) sugar

1. Stone the plums, crack open half the stones to remove the kernels and reserve. Tie the remaining stones in a piece of muslin. Warm the sugar and jars.

2. Put the plums, water and bag of stones into the pressure cooker. Fit the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 10 minutes. Allow the pressure to reduce naturally.

3. Remove the lid. Add sugar to pan and heat gently until it is dissolved. Boil rapidly until setting point is reached. Remove and squeeze out the bag of stones.

4. Put the kernels into a small saucepan, cover with water and bring to the boil. Strain off the water and stir the kernels into the jam.

Pressure Point:

Damsons are too fiddly to stone before cooking so try to remove as many stones as possible as the jam is boiled to setting point.
CHUTNEY

Your favourite chutney recipes can be adapted for pressure cooking. Just remember to add only half the measured quantity of vinegar for the initial cooking under pressure and the remainder when the chutney is boiled.
GOOSEBERRY & DATE CHUTNEY

10 mins

2 lb (1kg) gooseberries                             a good pinch of cayenne pepper
6 oz (175g) chopped dates                          4 level teaspoon salt
12 oz (340g) onions, chopped                      1 lb (450g) soft brown sugar
1 level teaspoon mustard seeds, crushed          ¾ pint (425ml) vinegar

1. Place half the vinegar into the pan with all the other ingredients. Fit the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 10 minutes. Allow the pressure to reduce naturally - please refer to the instruction manual.

2. Remove the lid, add the remaining vinegar to the pan and boil until the chutney thickens to the consistency of jam. Pour into warmed jars and cover immediately.
COOK A COMPLETE MEAL IN YOUR DUROMATIC

Because the steam inside the pressure cooker carries only heat and not flavours, complete meals for one or two persons can be cooked at one time.

As well as economy in fuel, there is the added advantage of having only one pan to wash up afterwards. This makes it ideal for use in the bed-sit, caravan or boat as well as for the smaller household.

The foods chosen should preferably all have the same cooking time, otherwise it will be necessary to open the cooker part way through cooking to add items with a shorter cooking time.

Individual ramekins and pudding basins are useful for this type of cooking. Cover them tightly with foil to prevent water reaching the food.

The quantities given in the following menu suggestions are for one person and can be cooked in the smaller cookers but a 5 litre pressure cooker is required to cook a complete meal for two. Remember that the pressure cooker should be no more than 2/3 full.
**FISH & VEGETABLES PARCEL with CROISSANT & APRICOT PUDDING**

* Serves 1

**Fish Parcel:**
- Recipe & method in Fish recipes
- Adjust quantities for one portion.

**Croissant & Apricot Pudding:**
- 1 croissant
- 4 dried apricots, chopped
- ¼ pint (140ml) milk
- 1 small egg
- ½ oz (15g) soft brown sugar
- 1 drop vanilla essence
- pinch ground cinnamon
- 1 teaspoon apricot jam

1. Prepare pudding: roughly tear the croissant into pieces and put into a buttered ramekin dish. Add the apricots. Beat the milk, egg, sugar, vanilla and cinnamon together. Pour onto croissant and mix together. Cover with a lid of foil and leave to stand.

2. Prepare the fish parcel according to the recipe in the Fish in a Parcel recipes.

3. Place the trivet and ¼ pint (140ml) water into the pressure cooker. Place the parcel and ramekin onto trivet. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 10 minutes.

4. Allow the pressure to reduce naturally. Remove the fish parcel but leave the pudding in the cooker to keep hot. Serve the fish with a garnish of parsley. Put a spoonful of jam on top of the pudding or serve with cream.
COMPLETE MENU 2

CHICKEN & LEEK SUET PUDDING with

BAKED BANANAS WITH HONEY

Serves 2

15 mins

Begin cooking the suet pudding and add the banana ten minutes before the end.

Chicken & Leek Suet Pudding:  
Adjust the recipe given in Meat section to suit 2 people

Baked Bananas with Honey:  
2 bananas, unpeeled  
2 tablespoons honey  
pinch ground cinnamon

1. Prepare the chicken and leek pudding and pressure cook as given in the recipe in the Meat recipe section.
2. Split the bananas length-ways and drizzle the honey in the middle. Sprinkle with the cinnamon. Close up and wrap tightly in foil.
3. Reduce the pressure before the end of the cooking time for chicken pudding. Add the bananas to the pressure cooker and return to pressure for 10 minutes.
4. Serve the bananas with yoghurt or ice cream if desired.

Pressure Point:

*Jam or chocolate drops can be cooked with the bananas instead of honey.*
The pressure cooker excels at making delicate egg custards and delicious cooked cheesecakes as well as hearty steamed puddings and poached fruit. Steamed puddings are done in a fraction of the time taken by conventional methods and without the problems of boiling dry and steamed up kitchens.

**Cooking Tips**

1. Check that the basin or mould to be used will fit comfortably on the trivet in the cooker.
2. Steamed puddings should be cooked without pressure for the first 15-20 minutes to allow the mixture to rise properly.
3. Cover the top of a steamed pudding or cheesecake with foil or waxed paper to prevent condensed steam falling on the top of the pudding.

To lift puddings into and out of the pressure cooker: Prepare a long strip of triple folded foil approximately 3” (9cm) wide. Stand the pudding basin or dish on this and carefully lift it into the pressure cooker. Leave the strip in place during cooking so that the pudding can be lifted out when it is ready.

**STEAMED PUDDINGS**

The pre-steaming stage is important as it allows the raising agent to work correctly. This may be done by substituting a plain lid for the pressure lid. Alternatively, you can fit the pressure lid and not lock it down or adjust the heat so that the pressure does not begin to build. As soon as the steam begins to escape from around the bell shaped valve housing, immediately reduce the heat to a minimum so that the water simmers but does not raise the black valve cap. If the cap rises slightly at this stage, the pressure cooker should be briefly taken off the heat in order to stabilise the temperature.
**STICKY TOFFEE PUDDING**

_Serves 3_

20 mins

- 2 oz (50g) soft tub margarine
- 2 oz (50g) dark muscovado sugar
- 2 oz (50g) self raising flour
- 1 large egg
- 2 teaspoons milk

**Toffee Sauce:**

- 1 oz (25g) butter
- 2 oz (50g) soft brown sugar
- 1 tablespoon milk

1. Heat all toffee sauce ingredients gently in a small saucepan, stirring until melted. Add one tablespoon of sauce to the bottom of a greased 1 pint (600ml) pudding basin and reserve the remainder.

2. Place all pudding ingredients in a large mixing bowl and beat well. Pile on top of sauce in basin and level the top. Cover with a pleated square of greased foil or waxed paper, secured tightly under the rim of the basin.

3. Place trivet and 1¼ pints (700ml) boiling water in a 3 litre or larger pressure cooker. Prepare a folded strip of foil to lift pudding into the pressure cooker. Pre-boil for 20 minutes (without lid).

4. Close the lid and bring pressure to the 1st red ring. Adjust the heat to maintain the pressure for 20 minutes. Allow the pressure to reduce naturally. Re-heat the remaining sauce. Turn the pudding onto a serving plate and pour the sauce over.
STEAMED SPONGE PUDDING

Serves 4 - 6

30 mins

Basic Recipe:
4 oz (100g) butter or margarine
4 oz (100g) sugar
2 eggs, beaten
4 oz (100g) self raising flour
2 tablespoons milk or water
2 pint (1 litre) pudding basin

Variations:

Sultana Sponge: add 4 oz (100g) sultanas to mixture

Jam/Syrup Sponge: 4 tablespoons in bottom of basin

Chocolate Sponge: replace 1oz flour with cocoa and add ½tsp vanilla essence to mixture

1. Cream butter and sugar in a mixing bowl and add eggs gradually. Fold in sieved flour and mix in the milk or water. Add the alternative ingredients if used. Transfer to a greased pudding basin and level the top. Cover with a pleated square of greased foil secured tightly under the rim of the basin.

2. Place the trivet and 1¼ pints (700ml) boiling water in pressure cooker. Prepare a folded strip of foil to lift the pudding into the cooker. Pre-boil for 20 minutes.

3. Fit the pressure lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 30 minutes. Allow the pressure to reduce naturally.

4. Turn the pudding out onto a serving plate and serve with custard or any other desired sauce.
**CHRISTMAS PUDDING**

2 hrs

*Makes sufficient to fill two 2 pint (1 litre) plus one 1 pint (500ml) pudding basins.*

*As only one pudding at a time can be cooked in the pressure cooker, the remaining puddings can be covered and stored in the refrigerator or freezer prior to cooking.*

- 1 lb (450g) soft brown sugar
- 8 oz (225g) self raising flour
- 12 oz (325g) fresh white breadcrumbs
- 1 lb (450g) currants
- 1 lb (450g) sultanas
- 1 lb (450g) raisins
- 12 oz (325g) shredded suet
- 4 oz (100g) mixed peel
- 2 oz chopped almonds
- 1 apple, grated
- grated rind and juice of one orange
- 1 teaspoon mixed spice
- ½ nutmeg, grated
- 1 level teaspoon salt
- 6 eggs, beaten
- ¼ pint (150ml) brown ale
- To be added after cooking:

  - 5 tablespoons brandy or rum

1. Grease the pudding basins and place a small circle of greaseproof paper in the bottom of each.
2. Mix all the ingredients well in a large mixing bowl. Divide between the basins. Cover with a pleated square of greased greaseproof paper, tucking it tightly under the rim of the basin. Cover again with a pleated square of foil, sealing it tightly under the rim of the basin. Prepare a strip of foil to lift the pudding in and out of the pressure cooker.
3. Place the trivet and 3 pints (1½ litres) of boiling water in the pressure cooker and stand the pudding on the trivet. Pre-boil for 25 minutes (without lid). Add more boiling water to maintain the level.

4. Fit the pressure lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 2 hours, allowing the pressure to reduce naturally after cooking. Take the pudding out of the cooker and remove the greaseproof and foil lid. Immediately spoon over one tablespoon of brandy then leave to cool in the basin. When cold, the pudding can either be removed from the basin or left in it. Either way, it should be wrapped in greaseproof paper and foil and can be stored in a cool place for up to 6 months. Unwrap and add more brandy from time to time if storage is to be longer than 3 months.

5. Re-heat when required. Place the trivet and 2 pints (1 litre) of boiling water in the pressure cooker. Cover pudding with a greaseproof and foil lid as before. Stand basin on trivet.

6. Fit the pressure lid and bring pressure to 2nd red ring. Adjust the heat to maintain this pressure for 20 to 30 minutes depending on size. Allow the pressure to reduce naturally. Turn the pudding out onto a warm plate and serve with brandy sauce.
Suet mixtures are often used for traditional puddings, both sweet and savoury (see Meat section for savoury puddings).

Suet is a very hard fat which takes a long time to melt and steaming is the best method of cooking it. By cooking suet puddings in the pressure cooker the time taken is at least half that of normal steaming. Sponge puddings can be prepared using suet but the most popular type of suet pudding is made with suet pastry e.g. Roly Poly, Spotted Dick and Fruit Dumpling.

**BASIC RECIPE FOR SUET PASTRY**

Makes enough to line a 2 pint (1 litre) pudding basin.

- 8 oz (225g) self-raising flour, or use ½ flour, ½ fresh white breadcrumbs
- ½ level teaspoon salt
- 4 oz (100g) prepared suet
- 4 fl oz (125ml) cold water

1. Sieve flour and salt into a mixing bowl. Add suet and mix in.
2. Add water and mix with a fork to a soft but not too sticky dough. Knead lightly on a floured table. Roll out and use as required.
FRUIT DUMPLINGS

Serves 4 - 6

25 mins

Basic suet pastry recipe
2 lb (1kg) approx. apples, damsons, rhubarb and other soft fruit, prepared
4-6 oz sugar

1. Grease a 2 pint (1 litre) pudding basin. Roll the pastry into a circle large enough to line the basin with ¾” (2cm) to spare. Cut out a quarter segment to make the lid.
2. Lift the larger piece of pastry into the basin, pressing it against the sides and overlapping it slightly. Dampen the edges to join and seal.
3. Fill the basin with the fruit, adding the sugar in the centre. Brush the edge of the pastry with water. Re-knead and roll out the remaining pastry into a circle to form the lid. Place on top of the fruit and seal the edges firmly.
4. Cover with a pleated square of greased foil, carefully sealing the edges well over the rim of the basin. Prepare a length of foil to lift the pudding in and out of the pressure cooker.
5. Place the trivet and 3 pints (1¾ litres) of boiling water in a 5 litre or larger pressure cooker. Pre-steam (without lid) for 20 minutes.
6. Fit the pressure lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 20 to 25 minutes, depending on the fruit used. Allow the pressure to reduce naturally - please refer to the instruction manual. Turn the pudding out onto a warm dish and serve with custard or cream.
LAYERED SUET PUDDING

Serves 3

20 mins

½ basic suet pastry recipe

a jar of golden syrup mixed with 2 oz (50g) breadcrumbs,
or

a jar of marmalade, jam or mincemeat

1. Grease a 1 pint (500ml) pudding basin. Prepare pastry and shape it into an uneven roll with one end larger than the other. Cut the roll into 4-6 slices starting with thin slices at the narrow end and grading up to thicker slices at the large end.

2. Roll each piece into a circle of the same thickness. Place the smallest circle in the bottom of the basin and cover it with some of the filling. Continue layering the pastry and filling, ending with the largest piece of pastry.

3. Cover with a pleated square of greased foil sealing the edges well over the rim of the basin. Prepare a length of foil to lift the pudding in and out of the pressure cooker.

4. Place the trivet and 2 pints (1 litre) of boiling water in the pressure cooker. Pre-steam (without lid) for 20 minutes.

5. Fit the pressure lid and bring pressure to the 1st red ring. Adjust the heat to maintain this pressure for 20 minutes. Allow the pressure to reduce naturally. Turn the pudding out onto a warm plate and serve with custard.
SPICY BREAD PUDDING WITH WHISKY SAUCE

Serves 3 - 4

15 mins

4 oz (100g) stale French bread
½ pint (300ml) milk
1 oz (25g) raisins or sultanas
1 large egg
1½ oz (40g) demerara sugar
2 drops vanilla essence
¼ level teaspoon grated nutmeg
½ level teaspoon ground cinnamon

Sauce:
1 oz (25g) butter
1 oz (25g) soft brown sugar
2 tablespoons whisky

To serve:
Pouring cream

1. Break the bread into small pieces. Warm the milk until tepid. Put the bread in a bowl, pour the milk over and mix in the raisins. Leave to soak for 10 minutes.

2. Beat the egg, sugar, vanilla and spices in a bowl and then mix into the bread mixture. Transfer to a greased 1 pint (600ml) soufflé dish and cover with foil lid.

3. Add sufficient water to the pressure cooker to just cover the trivet. Stand the dish on the trivet and close the lid.

4. Bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 15 minutes. Remove from the heat and allow the pressure to reduce naturally whilst preparing the sauce.

5. Melt the butter in a small pan, add the sugar and whisky and heat gently to dissolve the sugar. Pour the sauce over the pudding immediately before serving.
CRÈME CARAMEL

Serves 4

6 mins

Creme:
- 7 fl oz (200ml) milk
- 7 fl oz (200ml) whipping or double cream
- 2 large eggs
- 1½ oz (40g) sugar
- ½ teaspoons vanilla essence

Caramel:
- 4 oz (100g) sugar
- 3 tablespoons water

1. Prepare the caramel: put the sugar and water in a small saucepan and heat gently, stirring until dissolved. Bring to the boil and allow to boil without stirring until caramel is a rich golden brown. Quickly and carefully pour into a greased 1 pint (600ml) soufflé dish or 4 individual ramekins, tilting so that the caramel coats the sides.

2. Put the milk and cream into a saucepan and heat gently until tepid. Beat the eggs, sugar and vanilla and lightly mix in the warm milk and cream. Pour the mixture through a strainer into the dish(es) and cover with foil lid(s).

3. Place the trivet in the pressure cooker and add ½ pint (300ml) water. Stand the dish(es) on the trivet and close the lid.

4. Bring the pressure to the 2nd red ring and adjust the heat to maintain this pressure for 6 minutes. Allow the pressure to reduce naturally. Lift out the dishes and remove the foil. Refrigerate for at least 3 hours or overnight before turning the creme(s) out onto the serving plate(s).
POACHED PEACHES WITH RED WINE AND CARDAMOM

Serves 3 - 4

2 mins

½ pint (300ml) red wine 1 small cinnamon stick
¼ pint (150ml) water small piece lemon rind
6 oz caster sugar ¾” (2cm) fresh ginger, peeled
the seeds of 3 cardamom pods 6 firm peaches

1. Put the wine, water, sugar, cardamom seeds, cinnamon, lemon rind and ginger into the pressure cooker. Bring to the boil, stirring.

2. Add the peaches (with skins on) and close the lid. Bring the pressure to the 2ⁿᵈ red ring. Adjust the heat to maintain this pressure for 2 minutes. Remove the pan from the heat and allow the pressure to reduce naturally.

3. Carefully remove each peach, slip off and discard the skin and place them in a bowl. Re-boil the syrup for 2-3 minutes and then strain it over the peaches. Refrigerate until well chilled, stirring occasionally to equalise the colour and flavour of the peaches. Serve with cream, yoghurt or ice cream.

Pressure Point:

This recipe is also good for pears, which should be peeled before cooking.
LEMON CHEESECAKE

Serves 6 - 8

30 mins

3 oz (75g) digestive biscuits, crushed 3 large eggs, separated
1½ oz (40g) butter 4 oz (100g) caster sugar
½ oz (15g) ground hazelnuts grated zest of one lemon
2 x 8 oz (200g) packets cream cheese 2 oz (50g) sultanas
1 tablespoon semolina 3 oz (150g) pot lemon yoghurt

1. Lightly grease a deep 7” (18cm) spring-form tin. Melt the butter in a small pan and mix in the biscuit crumbs and nuts. Press the mixture over the base of the tin.

2. Place the cream cheese, semolina, egg yolks and sugar in a food processor and blend until smooth. Whisk the egg whites in a large bowl until soft peaks form. Reserve a little lemon zest for decoration then add the remainder together with the sultanas and the cheese mixture to the egg whites and fold them together.

3. Pour over the biscuit base and cover tightly with a greased piece of foil. Prepare a strip of foil for lifting the tin in and out of the pressure cooker.

4. Place the trivet in a 3 litre or larger pressure cooker. Add ¼ pint (150ml) water. Stand the tin on the trivet and close the lid. Bring the pressure to the 2nd red ring and adjust the heat to maintain this pressure for 30 minutes. Allow the pressure to reduce naturally.

5. Remove the foil and allow the cheesecake to cool in the tin. Carefully run a knife around the edge and then unlock and remove the sides of the tin. Transfer to a serving plate and refrigerate for 3 hours. Spread the lemon yoghurt on top and decorate with the reserved lemon rind.
CREAMED RICE PUDDING

Serves 4 - 6

12 mins

2 oz (50g) butter
1 pint (600ml) full cream milk
3 oz (75g) pudding rice
2 oz (50g) sugar
1 tablespoon whipping cream

1. Melt the butter in a 3 litre or larger pressure cooker, tilting to coat the sides of the pan. Add the milk and bring to the boil. Add the rice and half the sugar and return to the boil, stirring. Reduce the heat.

2. Close the lid and bring the pressure slowly to the 1st red ring. Adjust the heat to maintain this pressure for 12 minutes. Remove from the heat and allow the pressure to reduce naturally.

3. Stir in the cream and remaining sugar to taste. Serve hot with stewed fruit.