


All-in-One Cooker

HD2137

PHILIPS



Congratulations on your purchase.

This appliance will deliver cooking solutions for those days when you have time and those days when you don't. It allows you to completely customise your cooking style depending on your time, not the recipes.

Slow cooking will tenderise even the toughest cuts of meat.

Stewing or braising cuts are the best choices.

Slow cooking creates hearty, heavenly meals along with melt-in-your mouth tenderness.

What a combination!

For those days when you are time-poor but still want the big flavour experience, pressure cooking does wonders also with tough cuts of meat; tenderising it in no time at all.

Cooking meals quickly with the pressure function and ensuring there is no evaporation taking place, which simply means the liquid becomes the sauce and the essence of the meal itself.

With this one appliance, you can also start the flavour journey by using the sauté functions; bringing out a big burst of flavour before the magic begins.

You can create incredible stews, soups, rice and risottos.

You can bake, steam, even make delicious yoghurts and memorable cakes and desserts for any occasion.

Enjoy this cooking journey with Philips, cooking flavoursome foods in many different ways all-year round!

For more recipes, reviews and tips for maintenance, please visit:

Australia www.philips.com.au/allinone

New Zealand www.philips.co.nz/allinone



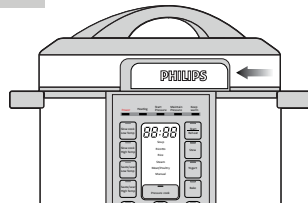
Quick start guide

- ! Ensure utensils used are suitable for non-stick coating of the inner pot.
Wooden, plastic or silicone are recommended.

For more information, refer to your user manual.

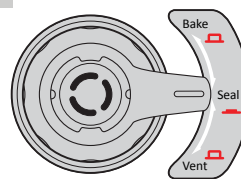
A How to Pressure cook

1



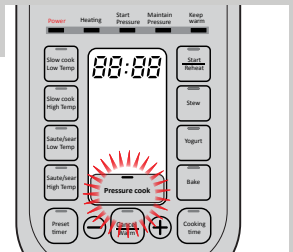
1. Secure and lock lid in a clockwise direction by aligning arrows.

2



2. Set the valve to seal.

3



3. Select menu by pressing **PRESSURE COOK** button.

4



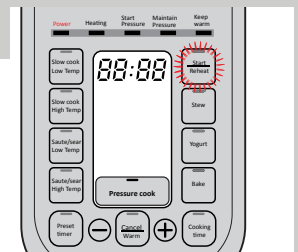
4. To set a different pressure keeping time, press **COOKING TIME** button.

5



5. Press + or - to set the pressure keeping time.

6



6. Press **START/REHEAT** to start the cooking process.



Contact "Service and Consumer Care" for more detail.

www.philips.com.au/support

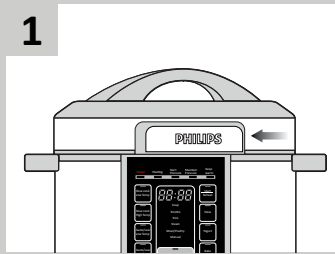
www.philips.co.nz/support

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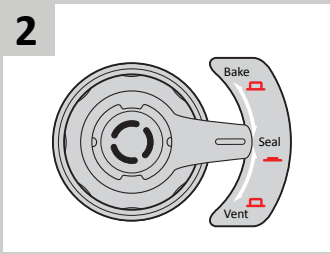
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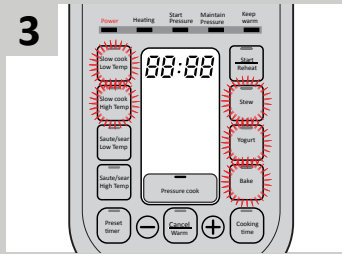
How to Slow Cook / Stew / Yoghurt / Bake



1. Secure and lock lid in a clockwise direction by aligning arrows.



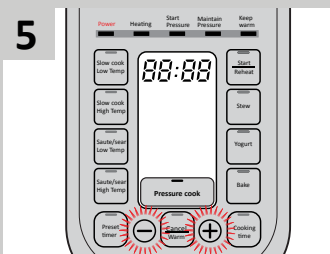
2. Set the valve to SEAL except for Bake menu. Set the valve to BAKE for Bake menu.



3. Press SLOW COOK LOW TEMP, SLOW COOK HIGH TEMP, STEW, YOGHURT or BAKE button.



4. To set a different pressure keeping time, press COOKING TIME button. Press once for adjusting hours, press twice for adjusting minutes



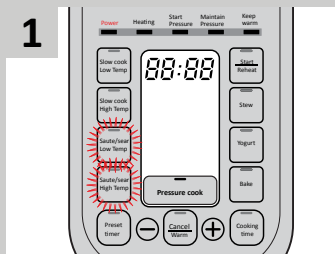
5. Press + or - to set the pressure keeping time.



6. Press START/REHEAT to start the cooking process.

C

How to Saute/Sear



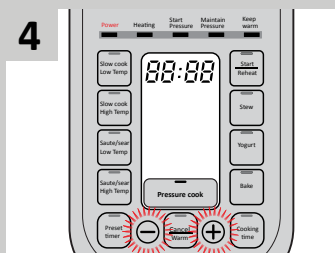
1. Press either SAUTÉ/SEAR HIGH TEMP or SAUTÉ/SEAR LOW TEMP button.



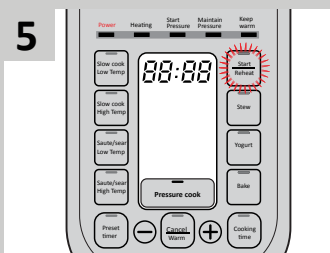
2. Do not close the lid.



3. To set a different SAUTÉ/SEAR time, press COOKING TIME button. Press once for adjusting hours, press twice for adjusting minutes



4. Press + or - to set the cooking time. Press once for adjusting hours, press twice for adjusting minutes.



5. Press START/REHEAT to start the cooking process.

Table with programs and temperatures

Function		Cooking temp	Default cooking time	Operating time adjustable	24 hours preset	Automatically keep warm after cooking completed	Remarks
Non pressure cook	Slow cook Low Temp	75°C±10°C	6 hours	2-12 hours	yes	yes	1. Automatically keep warm for 60 mins after cooking completed, then return to standby mode. 2. Before cooking completed, temperature climbs to 95~100°C for 10 mins.
	Slow cook High Temp	90°C±10°C	6 hours	2-12 hours	yes	yes	1. Automatically keep warm for 60 mins after cooking completed, then return to standby mode. 2. Before cooking completed, temperature climbs to 95~100°C for 10 mins.
	Sauté/ sear Low Temp	130°C±10°C	2 mins	2 mins - 1 hr 59 mins	\	\	Must operate with lid open.
	Sauté/ sear High Temp	150°C±10°C	2 mins	2 mins - 1 hr 59 mins	\	\	Must operate with lid open.
	Yoghurt	40°C±10°C	8 hours	6-12 hours	yes	\	
	Stew	90°C±10°C	1 hour	20 mins- 10 hours	yes	yes	1. Automatically keep warm for 60 mins after cooking completed, then return to standby mode. 2. Before cooking completed, temperature climbs to 95~100°C for 10 mins.
	Bake	140°C±10°C	45 mins	10-59 mins	yes	yes	Temperature refers to the oil temperature
	Reheat	85°C±10°C	25 mins	8-25 mins	\	yes	
	Warm	75°C±10°C	12 hours	\	\	\	Keep warm time cannot be adjusted
Pressure cook	Soup		20 mins	20-59 mins	yes	yes	
	Risotto		14 mins	\	yes	yes	
	Rice		14 mins	\	yes	yes	
	Steam		10 mins	5-59 mins	yes	yes	
	Meat/ Poultry		15 mins	12-59 mins	yes	yes	
	Manual		2 mins	2-59 mins	\	yes	

Cleaning and Maintenance

 Clean all parts after every use - Keep the pressure control valve and floater unblocked.

Note

- Unplug the All-in-one Cooker before starting to clean it.
- Wait until the All-in-one Cooker has cooled down sufficiently before cleaning it.

Interior



Inside of the top lid and the main body

- Wipe with damp cloth.
- Make sure to remove all the food residues stuck to the All-in-one Cooker.



Heating element

- Wipe with damp cloth.
- Remove food residues with wrung out and damp cloth.



Sealing ring

- Soak in warm water and clean with sponge.
- **Never put the Sealing ring in a dishwasher.**
- If sealing ring becomes damaged or worn out, please contact "Service and Customer care" for replacement detail.



Inner lid

- Remove the detachable inner lid by pulling the knob in the middle of the inner lid.
- Soak it in warm water and clean with sponge.

Exterior



Surface of the top lid and outside of the main body

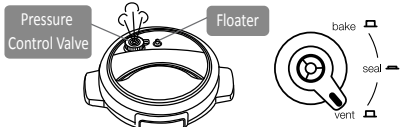
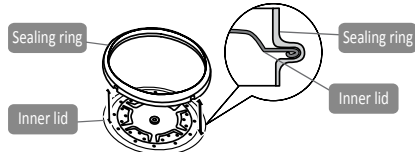
- Wipe with a damp cloth and soapy water.
- Only use soft and dry cloth to wipe the control panel.
- Use a toothpick to remove all the food residues around the pressure regulator valve and floater.



Pressure regulator valve and floating valve

- If required, disassemble the pressure regulator, soak it in warm water, and clean with sponge.

Troubleshooting

Problem	Cause	Solution
I have difficulties opening the lid after cooking	Need to release the pressure	 <p>Set the pressure control valve to 'Vent'. And wait until the floater has dropped.</p>
	Floater stuck in up position	Set the pressure control valve to 'Vent'. And wait until the floater has dropped.
I have difficulties closing the top lid	The sealing ring is not well assembled.	Make sure the sealing ring is well assembled around the inner lid.
	Floater stuck in up position	The floater blocks the locking pin. Push down the floater so that it does not block the locking pin.
Leaking from under lid	Sealing ring missing	 <p>Put sealing ring in place correctly on inner lid.</p>
	Food or debris under sealing ring	Remove sealing ring, clean and replace.
	Lid not correctly closed	Open and reclose lid, checking for correct closing.
Leaking from floater	Sealing ring broken	Replace sealing ring.
	Food or debris under sealing ring	Remove sealing ring, clean and replace.
Floater does not rise up after the appliance starts pressurising.	Food & Water are below minimum level	Add food/water. Make sure there is enough food and water in the inner pot.
	Leaking from lid or pressure control valve	Take the appliance to Philips service centre.
E3 is displayed on the screen.	The temperature inside the inner pot is too high.	Wait until it falls down to room temperature
E1, E2, or E4 is displayed on the screen.	The all-in-one cooker has malfunction.	Take the appliance to Philips service centre.

To see more 'How to use videos', please visit www.philips.com.au or www.philips.co.nz

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BREAKFAST



& SALAD

Apple cinnamon oatmeal

Milk semolina

Strawberry jam

Sweet potato salad





Apple cinnamon oatmeal

 **Pre+Cooking time** 25 mins

 **SERVES 3**

INGREDIENTS

2 cups oatmeal
600ml water
100ml milk
2 tbsp. honey

1 medium apple, peeled and chopped
50g raisins
1 tbsp. cinnamon

1. Put the oatmeal, raisins, honey and chopped apple into the inner pot. Add the water and cinnamon.
2. Close the lid, press the **STEW** button, set cooking time for 20 minutes and press **START**.
3. After 15 minutes add the milk, close the lid and wait until the end of the program.

▮ Set the valve to "**Seal**" position.

Milk semolina

🕒 Pre+Cooking time 23 mins

🍽️ SERVES 4

INGREDIENTS

1L milk
100g semolina
30g vanilla sugar

60g sugar
Raisins and/or fruit jam - optional

1. Pour milk into the inner pot, add the vanilla sugar and raisins.
2. Close the lid, press the **STEW** button, set cooking time for 20 minutes and press **START**.
3. After 15 minutes add the sugar and semolina gradually to avoid lumps.

▮ Set the valve to "**Seal**" position.

▮ **Tip**
Serve with fruit or jam





Strawberry jam

 **Pre+Cooking time** 3 hrs 20 mins

 **SERVES 4**

INGREDIENTS

1kg strawberries (chopped)

juice and peel of 1 lemon

500g sugar

1 tbsp. vanilla sugar

1. Rinse the strawberries without stalks, put them in the inner pot and add sugar. Leave for an hour.
2. The pot with strawberries is placed inside the appliance. Add the juice and lemon peel and vanilla sugar.
3. Close the lid, press the **STEW** button, set cooking time for 1 hour and 30 minutes and press **START**.
4. After 30 minutes open the lid and leave until the desired consistency is achieved.
5. While hot, add jam to sterilised jars and seal.

▮ Set the valve to "**Seal**" position.

Sweet potato salad

 Pre+Cooking time 25 mins

 **SERVES 4**

INGREDIENTS

3 sweet potatoes (500g), peeled
2 tbsp. nut oil
salt and pepper
chilli powder

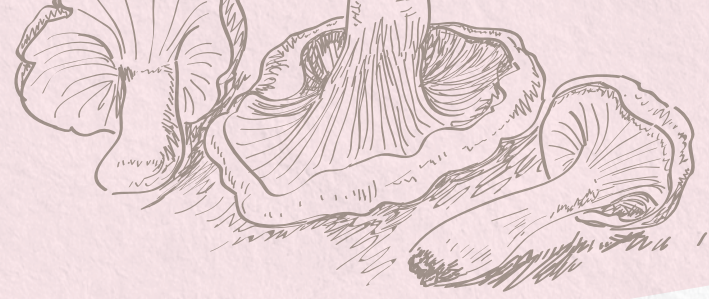
2 tbsp. white wine vinegar
2 tbsp. olive oil
250 cherry tomatoes, halved
75g rocket

30g alfalfa
3 tbsp. pine nuts

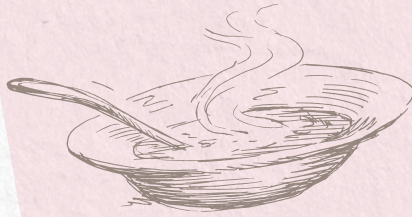
1. Place 1 cup of water into the inner pot and add steam tray.
2. Peel and cut the sweet potatoes into slim wedges. Mix with 1 tbsp. of nut oil and season with salt and chilli powder.
3. Place wedges on steaming tray and close the lid. Select **STEAM** program in Pressure cooking, set cooking time for 10 mins and press **START**.
4. Once cooked, allow the potato to cool down as needed.
5. Make a dressing with vinegar, olive oil, 1 tbsp. of nut oil, salt and pepper. Mix the potato wedges, tomatoes, rocket, alfalfa and dressing in a large bowl and sprinkle with pine nuts.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





SOUP



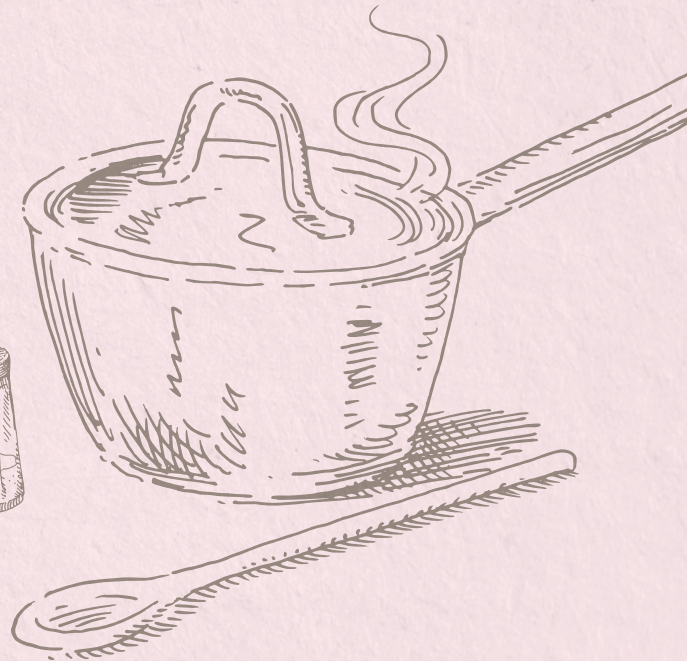
Tomato soup

Meatball soup

Chicken soup

Chicken and barley soup

Lamb shank and vegetable soup



Tomato soup

🕒 **Pre+Cooking time** 30 mins

🍲 **SERVES 4**

INGREDIENTS

125g portions chicken breast
2L water
1 carrot
1 onion
1 parsley

1 stick celery
1 clove garlic
half a medium leek
2 tsp. salt
2 tsp. mixed dried vegetables

pepper to season
200g tomato paste
parsley leaves and sage

1. Pour 2L of water into the inner pot and add chicken, vegetables and tomato paste. Season to taste. Close the lid.
2. Select the **SOUP** program in Pressure cooking . Press **START**.
3. Add parsley leaves and garnish.

⌋ Cooking time starts once pressure has been maintained.

⌋ Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Meatball soup

 **Pre-Cooking time** 45 mins

 **SERVES 4**

INGREDIENTS

Meatballs

½ an onion, chopped
1 clove garlic, minced
250g minced meat
2 potatoes, diced

1 egg

Soup

2L water
½ an onion, chopped
1 red pepper, chopped

1 carrot, chopped
300ml broth
2 tbsp. tomato paste
salt and pepper for seasoning

1. Put the onion, carrot into the inner pot. Add the water, close the lid.
2. Select **MANUAL** program in pressure cooking, set the cooking time for 8 minutes. Press **START** to boil.
3. Meanwhile, mix the meat, onion, egg, diced potato and pinch of salt, garlic and pepper until well mixed. Roll the meat mixture and create balls with a damp hand and coat with flour.
4. Add the meatballs, diced potatoes, broth and tomato paste to the inner pot. Season to taste.
5. Close the lid, select the **SOUP** program in Pressure cooking, press **START**.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Chicken soup

 **Pre+Cooking time** 30 mins

 **SERVES 4**

INGREDIENTS

125g portions chicken breast
2L water
1 carrot
1 onion
1 sprig parsley

1 stick celery
1 clove garlic
half a medium leek
2 tsp. salt
1 tsp. mixed dried vegetables

pepper to season
parsley leaves and sage

1. Pour 2L of water into the inner pot and put in a portion of chicken meat.
2. Put all the vegetables in the pot and add salt. Close the lid. Select the **SOUP** program in Pressure cooking, and press **START**.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Tip
Serve with cooked noodles.





Chicken and barley soup



Pre+Cooking time **slow** 6 hrs 30 mins **OR** **pressure** 50 mins



SERVES 4

INGREDIENTS

20g dried porcini mushrooms

1 cup(250ml) boiling water

2 chicken maryland

1 medium brown onion, chopped finely

2 cloves garlic, crushed

1L chicken stock

½ cup pearl barley

1 sprig fresh rosemary

1 sprig fresh thyme

1 medium parsnip, chopped finely

1 small kumara(orange sweet potato), chopped finely

2 sticks celery, trimmed, chopped finely

250g swiss brown mushrooms, quartered

½ cup finely chopped fresh flat-leaf parsley

1. Place porcini mushrooms in a small heatproof bowl with the water; stand 15 minutes or until softened. Drain and reserve the porcini and the soaking liquid.
2. Meanwhile, discard as much skin as possible from chicken. Place chicken, onion, garlic, stock, barley, rosemary, thyme, parsnip, kumara, celery, swiss brown mushrooms, porcini mushrooms and the reserved soaking liquid into the inner pot of cooker.
3. Seal lid, **cook on SLOW COOK LOW TEMP for 6 hours** or **cook on SOUP in Pressure cooking for 20 mins**. Press **START**.
4. Remove chicken from cooker. When cool enough to handle, remove meat from bone; shred coarsely. Discard bones. Return meat to cooker; season to taste. Serve topped with parsley.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Lamb shank and vegetable soup



Pre+Cooking time **slow** 10 hrs 30 mins *or* **pressure** 1 hr 10 mins



SERVES 6

INGREDIENTS

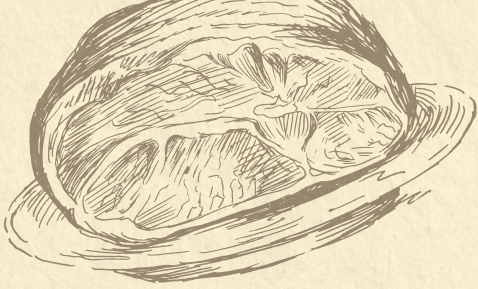
1 tbsp. olive oil	2 fresh small red thai (serrano) chillies, chopped finely	1.3L (5 cups) water
4 french-trimmed lamb shanks		2 cups beef stock
1 medium brown onion, chopped coarsely	2 tsp. ground cumin	400g canned diced tomatoes
2 baby fennel bulbs, sliced thinly	1 celery stick chopped	400g canned chickpeas, drained, rinsed
2 medium carrots, chopped coarsely	2 tsp. ground coriander	$\frac{3}{4}$ cup frozen baby peas
4 cloves garlic, crushed	1 tsp. ground cinnamon	1 cup loosely packed fresh coriander leaves

1. Add half the oil into the inner pot. Press SAUTÉ/SEAR HIGH TEMP button, set cooking time for 10 minutes and press START (Do not close the lid); cook lamb until browned all over.
2. Add remaining oil into the same pot. Press SAUTÉ/SEAR LOW TEMP button, set cooking time for 4 minutes and press START (Do not close the lid); cook onion, fennel, carrot, garlic, celery and chilli, stirring, until fragrant. Stir in the water, stock, tomatoes and chickpeas.
3. Seal lid, **cook on SLOW COOK LOW TEMP for 10 hours** or **cook on SOUP in Pressure cooking for 30 mins**. Press START.
4. Remove lamb from cooker. When cool enough to handle, remove meat from bones, shred meat; discard bones. Stir meat, peas and coriander leaves into cooker. Season to taste.

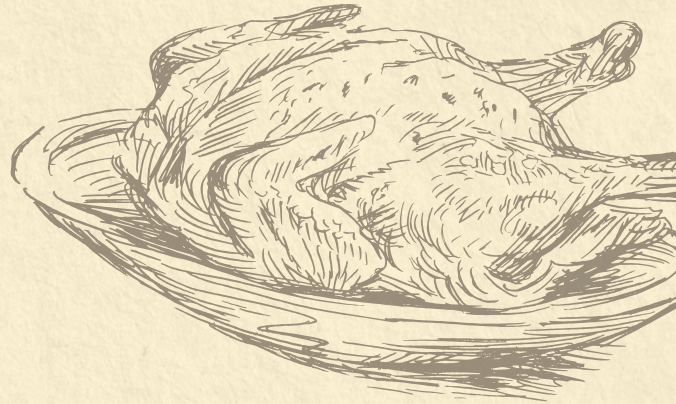
Cooking time starts once pressure has been maintained.

Set the valve to "Seal" position. Check that the float valve is in the down position.





MAIN



Rice

Pasta

Beef

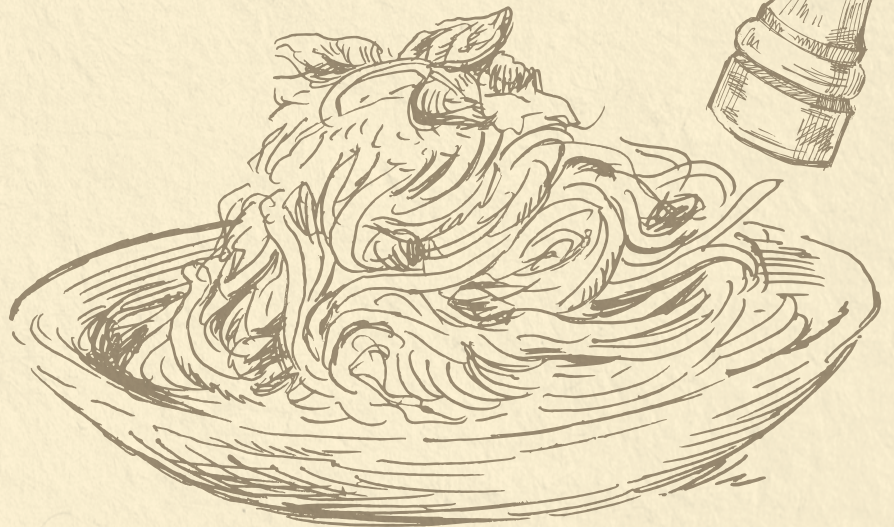
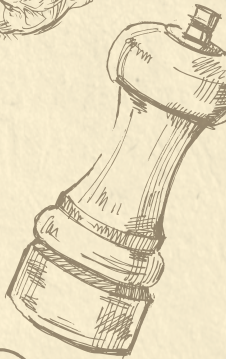
Chicken

Pork

Lamb

Fish

Vegetable



Normal rice

🕒 Pre+Cooking time 25 mins

🍲 **SERVES 4**

INGREDIENTS

Rice (2 cups)



1. Measure 2 cups of rice and put in the inner pot.
2. Add water to the level corresponding to 2 cups of rice
3. Close the lid and select the **RICE** program in Pressure cooking. Press **START**.

▮ Cooking time starts once pressure has been maintained (approx. 5~10 minutes).
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Risotto

 **Pre+Cooking time** 35 mins  **SERVES 4**

INGREDIENTS

2 tbsp. olive oil
½ small onion, diced
¼ red pepper, diced

½ green pepper, diced
60g mushrooms, sliced
130g tomatoes, chopped

280g long grain rice
360ml chicken/vegetable stock
70g frozen peas

1. Add oil to the inner pot.
2. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 mins and press **START** (Do not close the lid).
3. Place the onion, pepper, mushrooms and tomatoes in the pot. Stir from time to time.
4. Add the rice, peas and stock, stir, then close the lid.
5. Select the **RISOTTO** program in pressure cooking and press **START**.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Asian style chicken

🕒 **Pre+Cooking time** 40 mins

🍲 **SERVES 4**

INGREDIENTS

2 tbsp. olive oil
½ medium onion, diced
300g chicken breast, finely sliced
500ml vegetable broth
2 cups rice

1 small leek, sliced thinly
50g fresh oyster mushrooms
3 slices pineapple
1 small red chilli
2 pinches ginger

juice from 1 lemon
20ml soy sauce
spicy seasoning mix
1 bunch fresh coriander

1. Season chicken with the spicy seasoning mix.
2. Add the oil and onion to the inner pot.
3. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 5 mins and press **START** (Do not close the lid). Add the chicken and stir from time to time.
4. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 10 mins and press **START** (Do not close the lid). Add the leek, mushrooms, pineapple, chilli and ginger.
5. Add the rice and broth, mix together and close the lid. Select **RISOTTO** program in Pressure cooking and press **START**.
6. Finally, add the lemon juice and soy sauce.

⏱️ Cooking time starts once pressure has been maintained.

🔒 Set the valve to "Seal" position. Check that the float valve is in the down position.

Tip

🌿 Serve with fresh coriander.





Pork and fennel sausage risotto



Pre+Cooking time 40 mins



SERVES 4~6

INGREDIENTS

6 pork and fennel sausages
1 tbsp. olive oil
20g butter
1 medium brown onion, chopped finely
1 clove garlic, crushed

1 medium fennel bulb, trimmed,
chopped finely
1 ½ cups arborio rice
½ cup dry white wine
3 ½ cups chicken stock


2 cups water
½ cup frozen peas
½ cup finely grated parmesan cheese
2 tsp. finely chopped fresh thyme

1. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 14 minutes and press **START** (Do not close the lid); cook sausages. Remove from cooker; slice thinly.
2. Add oil and butter into cooker. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 3 minutes and press **START** (Do not close the lid); cook onion, fennel and garlic, stirring, until vegetables soften. Add peas and rice; stir to coat in butter mixture. Add wine; simmer, uncovered, until liquid is absorbed. Add stock and the water.
3. Seal lid, select **RISOTTO** program in Pressure cooking. Press **START**.
4. Remove lid, Add sausage and peas; cover, stand 5 minutes. Stir in half the cheese and thyme; season to taste.
5. Serve risotto sprinkled with remaining cheese.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Mushroom risotto

🕒 Pre+Cooking time 1 hr  SERVES 4

INGREDIENTS

30g butter	2 cups(500ml) water	200g swiss brown mushrooms, sliced thinly
1 large brown onion, chopped finely	2 cups arborio rice	2 cloves garlic, crushed
½ cup dry white wine	60g butter, extra	2 tsp. finely chopped fresh thyme
1L vegetable stock	300g button mushrooms, sliced thinly	1 cup finely grated parmesan cheese

1. Add butter into the inner pot. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 14 minutes and press **START** (Do not close the lid); cook onion and mushrooms, stirring, until browned lightly. Add garlic, thyme, wine and bring to the boil until almost evaporated.
2. Add stock and rice to the pot. Select **RISOTTO** program in Pressure cooking and press **START**.
3. Stir in cheese once cooked. Top with thyme and serve.

Cooking time starts once pressure has been maintained.
Set the valve to "Seal" position. Check that the float valve is in the down position.





Pasta

 **Pre+Cooking time** 23 mins

 **SERVES 4**

INGREDIENTS

Pasta (3 cups)

1. Measure 3 cups of pasta (penne or rotini) and put into the inner pot.
2. Add 1.5 cups of water.
3. Close the lid and press the **STEW** button, set the cooking time for 20 minutes. Press **START**.

▮ Set the valve to "**Seal**" position. Check that the float valve is in the down position.

▮ **Tip**
For pasta al dente use less water.

Pasta bolognese

 **Pre+Cooking time** 55 mins

 **SERVES 4**

INGREDIENTS

1 tbsp. olive oil
1 medium onion, chopped
1 medium carrot, finely chopped
1 stick celery, finely chopped
70g mushrooms, chopped

250g lean minced beef
2 tbsp. tomato paste
400g tinned chopped tomatoes
2 tbsp. mixed herbs
1 garlic clove, chopped

90ml red wine
250g penne pasta
270ml water

1. Put the oil, onion, carrot, celery, mushrooms and meat into the inner pot.
2. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 13 mins and press **START**. (Do not close the lid)
3. Cook for 8 minutes then add the tomato paste, chopped tomatoes, garlic, mixed herbs and red wine. Continue with the program for another 5 minutes.
4. Add the pasta and water. Close lid.
5. Press **STEW** button, set cooking time for 30 minutes and press **START**.

| Set the valve to "Seal" position.

| **Tip**
Add water and pasta on top of the sauce ingredients





Carbonara spaghetti

 Pre-Cooking time 45 mins

 SERVES 4

INGREDIENTS

1 tbsp. olive oil
½ medium onion, chopped
1 garlic clove, crushed

100g bacon, chopped
180ml double cream
salt and pepper to season


200g spaghetti
540ml water

1. Add the oil, onion and garlic to the inner pot.
2. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START**. (Do not close the lid) Stir from time to time.
3. Break the spaghetti in half and place into the inner pot with the rest of the ingredients and water. Mix all the ingredients. Close the lid.
4. Press **STEW** button, set cooking time for 30 minutes and press **START**.

▮ Set the valve to "**Seal**" position.

▮ **Tip**
Add water and pasta on top of the sauce ingredients

Tuna spaghetti

🕒 **Pre+Cooking time** 30 mins  **SERVES 4**

INGREDIENTS

1 tbsp. olive oil
½ medium onion, chopped
1 garlic clove, crushed

180g tinned chopped tomatoes
150g tinned tuna
200g spaghetti

540ml water
1 tbsp. dried oregano
salt and pepper to season

1. Add the oil, onion and garlic to the inner pot.
2. Press **SAUTÉ/SEAR High Temp** button, set cooking time for 5 mins and press **START** (Do not close the lid). Stir from time to time.
3. Break the spaghetti in half and place into the inner pot and mix with the rest of the ingredients and water. Close the lid.
4. Press **STEW** button, set cooking time for 20 minutes and press **START**.

▮ Set the valve to "**Seal**" position.

▮ **Tip**
Add water and pasta on top of the sauce ingredients





Spinach and ricotta lasagne



Pre+Cooking time 4 hrs 30 mins



SERVES 6

INGREDIENTS

500g frozen spinach, thawed
3 cups ricotta cheese
2 eggs

1 cup finely grated parmesan cheese
Cooking-oil spray
750g bottled tomato pasta sauce

½ cup basil pesto
6 dried instant lasagne sheets
1 cup coarsely grated mozzarella cheese

1. Squeeze excess moisture from spinach; place spinach in a large bowl. Add ricotta, eggs and half the parmesan; season, mix well.
2. Spray the inner pot of cooker lightly with cooking oil. Combine sauce and pesto in a medium bowl, season; spread ½ cup of the sauce mixture over base of cooker.
3. Place 2 lasagne sheets in cooker, breaking to fit. Spread one-third of the spinach mixture over pasta, top with one-third of the sauce. Then 2 more lasagne sheets. Repeat layering, finishing with sauce. Sprinkle with mozzarella and remaining parmesan.
4. Seal lid, cook on **SLOW COOK LOW TEMP** for 4 hours, press **START** (Until pasta is tender.)

▮ Set the valve to "**Seal**" position.

Beef ribs with stout

🕒 **Pre+Cooking time** **slow** 8 hrs 45 mins **or** **pressure** 1 hr 25 mins  **SERVES 6**

INGREDIENTS

1 tbsp. olive oil	¼ cup (60ml) water	1 cup(250ml) beef stock
2.5kg racks beef short ribs	3 medium carrots (360g), sliced thickly	1 cup(250ml) stout
2 large brown onions, sliced thinly	400g canned diced tomatoes	2 tbsp. store bought BBQ sauce
1 tbsp. light brown sugar	5 sprigs fresh thyme	
1 tbsp. balsamic vinegar	1 tbsp. dijon mustard	

1. Add half the oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 8 minutes and press **START** (Do not close the lid); cook ribs in batches, until browned. Remove from pot.
2. Add remaining oil into the inner pot. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook onion, stirring, until soft. Add sugar, vinegar and the water. Cook, stirring occasionally until onion caramelises.
3. Stir in carrot, undrained tomatoes, thyme, mustard, stock and stout with BBQ sauce. Add ribs, turn to coat in sauce mixture.
4. Seal lid, **cook SLOW COOK LOW TEMP for 8 hours** or **cook on MEAT/POULTRY in Pressure cooking for 30 mins**. Press **START**.
5. Season to taste. Cut ribs into serving-sized pieces.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Braised beef cheeks in stout

 **Pre+Cooking time** **slow** 9 hrs 45 mins **OR** **pressure** 1 hr 25 mins  **SERVES 6**

INGREDIENTS

2 tbsp. olive oil
6 beef cheeks
12 shallots
2 cloves garlic, crushed
1 cup(250ml) beef stock

2 medium carrots, chopped coarsely
250g portabello mushrooms, chopped coarsely
3 cups(750ml) stout
2 tbsp. dark brown sugar
2 sprigs fresh rosemary

¼ cup(35g) cornflour
2 tbsp. water
2 sprigs of thyme
1 chorizo sausage, sliced thinly

1. Add half the oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook beef in batches, until browned all over. Remove from pot and set aside.
2. Meanwhile, peel shallots, trim roots, leaving shallots whole. Halve shallots lengthways.
3. Heat remaining oil in the inner pot, press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes. Press **START** (Do not close the lid); cook shallots and garlic, stirring, until shallots are browned lightly. Stir shallot mixture with cooked beef, carrot, mushrooms, stout, sugar, thyme and rosemary in the inner pot.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 9 hours** or **cook on MEAT/POULTRY in Pressure cooking for 30 mins**. Press **START**.
5. Carefully remove beef from cooker. Cover to keep warm. Stir blended cornflour and the water into cooker. Press **SAUTÉ/SEAR LOW TEMP**, set cooking time for 15 minutes and press **START** (Do not close the lid); cook until thickened slightly. Season to taste.
6. Serve beef with thickened sauce.

| Cooking time starts once pressure has been maintained.

| Set the valve to "Seal" position. Check that the float valve is in the down position.

Chinese braised oxtail

🕒 **Pre+Cooking time** **slow** 8 hrs 10 mins **or** **pressure** 40 mins  **SERVES 4~6**

INGREDIENTS

1kg beef oxtail, trimmed	6 cloves garlic, bruised	2 cinnamon sticks
½ cup(125ml) Japanese/Korean soy sauce	12cm piece fresh ginger, peeled, sliced thickly	3 x 5cm strips orange rind
¼ cup Chinese cooking wine	4 green onions, chopped coarsely	¼ cup water
¼ cup firmly packed dark brown sugar	2 star anise	2 green onions, shredded finely

1. Cut oxtail into 4cm pieces. Combine sauce, wine, sugar, garlic, ginger, chopped onion, star anise, cinnamon, rind and the water in inner pot. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); bring to the boil. Add oxtail.
2. Seal lid, **cook on SLOW COOK LOW TEMP for 8 hours** or **cook on MEAT/POULTRY in Pressure cooking for 25 mins**. Press **START**.
3. Remove lid. Transfer oxtail to serving plate; drizzle with about ¼ cup(80ml) of braising liquid. Sprinkle with shredded onion.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Massaman beef curry

 **Pre+Cooking time** **slow** 8 hrs 45 mins **OR** **pressure** 1 hrs 15 mins  **SERVES 6**

INGREDIENTS

2 tbsp. peanut oil	1 cup(250ml) chicken stock	1 tbsp. fish sauce
2 large brown onions, cut into thin wedges	2 cinnamon sticks	½ cup lightly packed fresh coriander leaves
1kg gravy beef, chopped coarsely	3 medium potatoes, chopped coarsely	1 lime, cut into wedges
¾ cup massaman curry paste	½ cup roasted peanuts	
1 cup(250ml) coconut milk	2 tbsp. light brown sugar	

1. Add oil into the inner pot. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes and press **START** (Do not close the lid); cook onion, stirring, until browned lightly. Remove from pot, place on plate and put aside.
2. Add remaining oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook beef, in batches, until browned. Add paste; cook, stirring, until fragrant.
3. Add coconut milk, stock, cinnamon, potato and peanuts to cooker.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 8 hours** or **cook on MEAT/POULTRY in Pressure cooking for 25 mins**. Press **START**.
5. Discard cinnamon sticks. Stir in sugar and sauce. Serve topped with coriander leaves; accompany with lime wedges.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Osso buco with mushrooms

🕒 **Pre+Cooking time** **slow** 8 hrs 50 mins **or** **pressure** 1 hrs 30 mins  **SERVES 6**

INGREDIENTS

6 large pieces beef osso buco	1 ½ cups (375ml) beef stock	½ cup pouring cream
¼ cup plain flour	¼ cup(60ml) worcestershire sauce	¼ cup gravy powder
2 tbsp. olive oil	185g swiss brown mushrooms, sliced thickly	2 tbsp. water
1 large brown onion, chopped coarsely	155g portabello mushrooms, cut into 8 wedges	½ cup coarsely chopped fresh flat-leaf parsley
1 cup(250ml) marsala or red wine	155g oyster mushrooms, chopped coarsely	2 tbsp. brown sugar

1. Coat beef all over in flour, shake off excess. Add the oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook beef, in batches, until browned all over.
2. Cook onion, stirring, until onion softens. Add marsala; bring to the boil. Add onion mixture to cooker. Stir in stock, sauce. Place beef in cooker, fitting pieces upright and tightly packed in a single layer. Add mushrooms to cooker.
3. Seal lid, **cook on SLOW COOK LOW TEMP for 8 hours** or **cook on MEAT/POULTRY in Pressure cooking for 32 mins**. Press **START**.
4. Carefully remove beef from cooker, Cover to keep warm. Add cream and combined gravy powder and the water to cooker. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook until mixture thickens slightly. Stir in parsley, season to taste.
5. Serve beef with mushroom sauce.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Veal stew

 **Pre+Cooking time** 4 hrs

 **SERVES 4**

INGREDIENTS

2 tbsp. olive oil

800g veal

5 large carrots, sliced

3 onions, chopped

3-4 bay leaves


½ cup red wine

herbs, salt and pepper to season

1. Rub the slices of meat with the seasoning.
2. Add olive oil to the inner pot.
3. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 20 mins and press **START** (Do not close the lid); cook for 3 minutes on each side.
4. Take the meat out and put the onion into the inner pot. Cook for 8 minutes, add the carrot and onion on top of the meat. Add bay leaves and red wine and leave until it boils.
5. Close the lid, press **STEW** button, set cooking time for 3 hours and 30 minutes and press **START**.

▮ Set the valve to "Seal" position.

Chicken cacciatore

⌚ **Pre+Cooking time** **slow** 6 hrs 25 mins *or* **pressure** 25 mins  **SERVES 6**

INGREDIENTS

2 tbsp. olive oil	½ cup(125ml) dry white wine	1 tsp. caster sugar
12 chicken drumsticks	½ cup(80ml) chicken stock	¼ cup seeded black olives, halved
1 medium brown onion, sliced thickly	½ cup(80ml) tomato pasta sauce	1 tbsp. finely chopped fresh flat-leaf parsley
3 cloves garlic, crushed	2 tbsp. tomato paste	2 tbsp. cream
3 drained anchovy fillets, crushed	2 tsp. finely chopped fresh basil	

1. Add chicken and oil to the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook until browned all over. Add onion, garlic and anchovy fillets, cook until soft.
2. Add wine, tomato pasta sauce & tomato paste. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes and press **START**; bring to the boil
3. Stir in remaining ingredients including cream.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 6 hours** or **cook on MEAT/POULTRY in Pressure cooking for 15 mins.** Press **START**.
5. Stir in olives and parsley to garnish and serve.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Chicken roll with sun-dried tomatoes and mozzarella



Pre-Cooking time 50 mins



SERVES 4

INGREDIENTS

750g small new potatoes, peeled
salt and pepper
4 single chicken breasts
3 sprigs basil

4 sun-dried tomatoes
1 tbsp. tomato oil
½ ball mozzarella, cut into 4 slices
500g fennel, cleaned and sliced

2 garlic cloves, peeled and sliced
3 tbsp. black olives

1. Place 1 cup of water to the inner pot and add steam tray.
2. Cut potatoes into halves lengthwise on steam tray, season with salt. Select **STEAM** program in Pressure cooking, set cooking time for 10 minutes to pre-cook the potatoes and press **START**.
3. Slice each chicken breast, create a pocket from end to end, to place the filling. Place two basil leaves, one sundried tomato and one slice of mozzarella in the pocket. Season with salt and pepper. Secure the pocket with tooth-pick.
4. Place all chicken breasts on top of the potato, close the lid. Select **STEAM** program in Pressure cooking again, set cooking time for 10 minutes and press **START**.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Chicken tikka masala

🕒 **Pre+Cooking time** 4 hrs 15 mins

🍲 **SERVES 6**

INGREDIENTS

1kg skinless chicken thigh cutlets	⅓ cup tikka masala paste
800g canned diced tomatoes	¼ cup pouring cream
2 large brown onions, sliced thinly	1 cup loosely packed fresh coriander leaves

1. Combine chicken, tomatoes, onion and paste in the inner pot.
2. Seal lid, cook on **SLOW COOK HIGH TEMP** for 4 hours. Press **START**.
3. Season to taste.
4. Serve drizzled with cream, topped with coriander.

▮ Set the valve to "**Seal**" position.





Chicken, walnut and broad bean casserole

🕒 **Pre-Cooking time** **slow** 4 hrs *OR* **pressure** 1 hr 20 mins  **SERVES 6**

INGREDIENTS


1.5kg chicken thigh fillets	2 medium carrots, sliced thickly	1 medium celeriac, chopped coarsely
2 tbsp. plain flour	2 stalks celery, trimmed, chopped coarsely	2 cups frozen broad beans, peeled, shell removed
2 tbsp. vegetable oil	2 cloves garlic, chopped finely	1 tbsp. curry powder
20g butter	2 cups chicken stock	
1 large brown onion, chopped coarsely	2 tbsp. dijon mustard	

1. Toss chicken in flour to coat, shake off excess. Reserve excess flour. Add oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook chicken in batches, until browned. Remove from pot, Wipe pot with absorbent paper.
2. Put butter into same pan, press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes and press **START** (Do not close the lid); cook onion, carrot and celery, stirring, until softened. Add garlic; cook, stirring, until fragrant. Stir in reserved excess flour, then stock, mustard and curry powder, stir over on **SAUTÉ/SEAR LOW TEMP** for 3 minutes until mixture boils and thickens.
3. Place celeriac, top with chicken in a pot. Move onion mixture onto chicken.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 3 hours** or **cook on MEAT/POULTRY in Pressure cooking for 15 mins.** Press **START**.
5. Meanwhile, place broad beans in a medium heatproof bowl, cover with boiling water. Stand 2 minutes, drain. Peel away grey skins.
6. Add broad beans to cooker. Close the lid. Press the **STEW** button, set cooking time for 30 minutes and press **START**. Season to taste. Serve sprinkled with nuts and celery leaves.

▮ Cooking time starts once pressure has been maintained.

▮ Set the valve to "Seal" position. Check that the float valve is in the down position.

Chinese chicken hot pot

🕒 **Pre+Cooking time** **slow** 8 hrs 20 mins *or* **pressure** 1 hr  **SERVES 6**

INGREDIENTS

1.8kg whole chicken	½ cup(75g) firmly packed light brown sugar	500g baby bok choy, chopped coarsely
1L water	4 cloves garlic, bruised	¼ cup coarsely chopped fresh coriander
1L chicken stock	6cm piece fresh ginger (30g), sliced thinly	1 fresh long red chilli, extra, sliced thinly
2 cups(500ml) chinese cooking wine	1 star anise	2 cinnamon quills
½ cup(125ml) light soy sauce	1 tsp. five-spice powder	
⅓ cup(80ml) oyster sauce	2 fresh long red chillies, halved lengthways	

1. Rinse chicken under cold water; pat dry, inside and out, with absorbent paper. Combine the water, stock, cooking wine, sauces, sugar, garlic, ginger, spices and chilli in the inner pot. Add chicken.
2. Seal lid, **cook on SLOW COOK LOW TEMP for 8 hours** or **cook on MEAT/POULTRY in Pressure cooking for 35 mins**. Press **START**.
3. Remove chicken, strain broth through fine sieve into large bowl. Discard solids. Cover chicken to keep warm. Return broth to cooker. Add bok choy to cooker. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes and press **START** (Do not close the lid). Cook until tender.
4. Cut chicken into 6 pieces. Serve with bok choy, drizzle with the broth. Sprinkle with coriander and extra chilli.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Green chicken curry

🕒 **Pre+Cooking time** **slow** 4 hrs 10 mins **OR** **pressure** 30 mins 🍲 **SERVES 4~6**

INGREDIENTS

1 tbsp. peanut oil
1kg chicken thigh fillets, quartered
¼ cup green curry paste
1 cup(250ml) coconut cream

2 medium zucchini, sliced thickly
1 tbsp. fish sauce
1 tbsp. lime juice
1 tbsp. grated palm sugar


⅓ cup each loosely packed fresh coriander and thai basil leaves
2 green onions, sliced thinly

1. Add oil and chicken to the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook until golden brown
2. Add paste, zucchini, fish sauce, lime juice, palm sugar and onions. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 3 minutes and press **START** (Do not close the lid).
3. Add coconut cream.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 5 hours** or **cook on MEAT/POULTRY in Pressure cooking for 15 mins.** Press **START**.
5. Stir in sauce, juice, sugar and half the herbs; season to taste. Serve curry sprinkled with remaining herbs and onion.

⌋ Cooking time starts once pressure has been maintained.

⌋ Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Green olive, garlic and lemon chicken

🕒 **Pre+Cooking time** **slow** 6 hrs 20 mins *or* **pressure** 43 mins  **SERVES 6**

INGREDIENTS

15g butter
1 tbsp. olive oil
2 tsp. finely grated lemon rind

3 cloves garlic, crushed
¼ cup pitted green olives, chopped finely
2 tbsp. finely chopped fresh flat-leaf parsley

1.5kg whole chicken
2 medium lemons, quartered

1. Combine butter, oil, rind, garlic, olives and parsley in a medium bowl; season.
2. Rinse chicken under cold water; pat dry, inside and out, with absorbent paper. Use fingers to make a pocket between the breast and skin; push half the butter mixture under skin. Rub remaining butter mixture all over chicken. Tuck wing tips under chicken; fill cavity with lemon, tie legs together with kitchen string. Trim skin around neck; secure neck flap to underside of chicken with small fine skewers.
3. Place chicken in the inner pot.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 6 hours** or **cook on MEAT/POULTRY in Pressure cooking for 18 mins.** Press **START**.
5. Cut chicken into quarters to serve.



Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Lemon grass and pork curry

 **Pre+Cooking time** **slow** 6 hrs 30 mins *or* **pressure** 55 mins  **SERVES 6**

INGREDIENTS

2x10cm sticks fresh lemon grass, chopped coarsely
3 cloves garlic, quartered
4cm piece fresh galangal, sliced thinly
1 fresh small red thai chilli, chopped coarsely
1 tsp. ground turmeric
½ tsp. ground cumin
¼ tsp. ground cardamom
3 fresh kaffir lime leaves, shredded thinly

1 medium red onion, chopped coarsely
½ cup water
1 tbsp. peanut oil
1.2kg pork neck, chopped coarsely
½ cup water
1 tbsp. peanut oil
1.2kg pork neck, chopped finely
800ml canned coconut milk

3 baby eggplants, sliced thinly
375g baby carrots, halved lengthways
1 tbsp. fish sauce
2 tbsp. lime juice
½ cup loosely packed fresh coriander leaves
1 tbsp. palm sugar
1 zucchini sliced lengthways into 8 slices

1. Blend or process lemon grass, garlic, galangal, chilli, spices, lime leaves, onion and the water until mixture is smooth.
2. Add oil into the inner pot. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes and press **START** (Do not close the lid); cook lemon grass paste, stirring until fragrant.
3. Stir in pork, coconut milk, palm sugar, eggplant, carrots and zucchini.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 6 hours** or **cook on MEAT/POULTRY in Pressure cooking for 20 mins.** Press **START**.
5. Season to taste. Serve sprinkled with coriander.

| Cooking time starts once pressure has been maintained.

| Set the valve to "Seal" position. Check that the float valve is in the down position.

Barbecued pork ribs

🕒 **Pre+Cooking time** **slow** 4 hrs 30 mins **or** **pressure** 1 hr 🍲 **SERVES 4**

INGREDIENTS

2kg American-style pork ribs
½ cup barbecue sauce
½ cup tomato sauce or ketchup
½ cup cider vinegar

½ cup white wine
¼ cup orange marmalade
3 cloves garlic, crushed
½ tsp. chilli flakes

½ cup white wine
Pinch of salt

1. Cut pork into pieces to fit into the inner pot of cooker. Combine remaining ingredients in a large shallow dish; add pork, turn to coat in marinade. Cover; refrigerate mixture overnight.
2. Transfer pork and marinade to the cooker. Add sauce.
3. Seal lid, **cook on SLOW COOK HIGH TEMP for 4 hours** or **cook on MEAT/POULTRY in Pressure cooking for 30 mins**. Press **START**.
4. Release steam (set valve to Vent), open lid and press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); skimming fat from surface, cook until sauce has reduced to about 1¼ cups.
5. Season to taste. Serve pork drizzled with sauce.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.



Tip

Ask the butcher to cut the ribs so that they will fit into your cooker.





Caramelised pepper pork

 **Pre-Cooking time** **slow** 6 hrs 15 mins *or* **pressure** 35 mins  **SERVES 4**

INGREDIENTS

3 shallots, chopped finely
2 cloves garlic, crushed
2 tbsp. fish sauce
1 tbsp. coarsely cracked black pepper

800g boneless pork belly,
rind removed, chopped coarsely
1 tbsp. peanut oil
2 tbsp. dark brown sugar


½ cup(80ml) water
2 green onions, sliced finely

1. Combine shallots, garlic, fish sauce, pepper and pork in large bowl.
2. Add oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook pork until browned.
3. Add sugar; cook, stirring, until sugar caramelises. Add the water.
4. Seal lid, **cook on SLOW COOK LOW TEMP for 6 hours** or **cook on MEAT/POULTRY in Pressure cooking for 15 mins.** Press **START**.
5. Remove lid. Serve sprinkled with onion.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Pork schnitzel

🕒 **Pre+Cooking time** 25 mins  **SERVES 4**

INGREDIENTS

5 tbsp. olive oil	flour
4 portions of schnitzel style pork fillets	1 egg
dry breadcrumbs	salt and pepper to season

1. Pound the pork fillets to a $\frac{1}{4}$ - $\frac{1}{8}$ inch thickness.
2. Set out 3 shallow bowls: one with flour, salt and pepper, the second with the whipped egg, and the third with breadcrumbs.
3. Add the olive oil to the inner pot.
4. Press the **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 15 minutes and press **START** (Do not close the lid).
5. Dredge the fillets first
6. Cook the pork schnitzel for 3-4 minutes on each side (Do not close the lid).





Old fashioned pork fricasse

 **Pre-Cooking time** 55 mins

 **SERVES**

INGREDIENTS

2 tbsp. Olive oil
500g pork
1kg potatoes


1 onion, chopped
300g mushrooms
1 carrot grated

1 clove of garlic
1 tbsp. cumin
salt and pepper to season

1. Add the oil, onion and garlic into the inner pot.
2. Press **SAUTE/SEAR HIGH TEMP** button, set cooking time for 10 min and press **START** (Do not close the lid). Stir from time to time.
3. After 5 minutes add the carrot and continue for another 5 minutes.
4. Add the meat cut into cubes, seasoning and salt.
5. Close the lid. Press **STEW** button, set cooking time for 35 minutes and press **START**. After 15 minutes add potatoes and mushrooms.

▮ Set the valve to "**Seal**" position.

Garlic, herb and mustard lamb leg

⌚ **Pre+Cooking time** **slow** 7 hrs 20 mins **or** **pressure** 45 mins  **SERVES 6**

INGREDIENTS

2 tbsp. olive oil
½ small brown onion, chopped finely
2 cloves garlic, crushed
1 rindless bacon slice, chopped finely
50g button mushrooms, chopped finely

2 tbsp. finely chopped fresh flat-leaf parsley
2 tsp. finely chopped fresh rosemary
1 tbsp. wholegrain mustard
¼ cup packaged breadcrumbs
1 egg, beaten lightly

1.4kg easy-carve lamb leg
½ cup chicken stock
½ cup dry white wine



1. Add oil into the inner pot. Press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 minutes and press **START** (Do not close the lid); cook onion, garlic, bacon and mushrooms, stirring, until onion softens and bacon is crisp.
2. Combine onion mixture, herbs, mustard, breadcrumbs and egg in medium bowl; season.
3. Open lamb leg out on board; slice through thickest part of lamb horizontally, without cutting all the way through, to make flap. Press breadcrumb mixture down centre of lamb cavity. Roll lamb tightly to enclose filling; tie lamb, at 2cm intervals, with kitchen string to secure.
4. Add oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid); cook lamb until browned all over. Add stock and wine to cooker.
5. Seal lid, **cook on SLOW COOK LOW TEMP for 7 hours** or **cook on MEAT/POULTRY in Pressure cooking for 20 mins**.
6. Remove lamb, cover; stand 10 minutes before slicing. Serve the lamb with pan juices.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Lamb korma

 **Pre+Cooking time** **slow** 6 hrs 30 mins *or* **pressure** 1 hr  **SERVES 6**

INGREDIENTS

1.5kg boned lamb shoulder, chopped coarsely
2 medium brown onions, sliced thinly
5cm piece fresh ginger, grated
3 cloves garlic, crushed

$\frac{3}{4}$ cup korma paste
3 medium tomatoes, chopped coarsely
 $\frac{1}{2}$ cup chicken stock
300ml pouring cream

1 cinnamon stick
 $\frac{1}{2}$ cup loosely packed fresh coriander leaves
1 fresh long red chilli, sliced thinly
 $\frac{1}{4}$ cup roasted flaked almonds

1. Combine lamb, onion, ginger, garlic, paste, tomatoes, stock, cream and cinnamon in a cooker.
2. Seal lid, **cook on SLOW COOK LOW TEMP for 6 hours** or **cook on MEAT/POULTRY in Pressure cooking for 25 mins.** Press **START**.
3. Season to taste. Discard cinnamon stick. Serve korma sprinkled with coriander, chilli and almonds.

Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Lamb and winter vegetable stew



Pre+Cooking time 55 mins



SERVES 4

INGREDIENTS

500g stewing lamb, cubed
2 cloves garlic, chopped finely
1 tbsp. fresh thyme, chopped finely
freshly ground pepper and salt

300g butternut squash, seeded and cubed
150g parsnip, sliced
150g sweet potato, cubed
125g celery, sliced

1 medium onion, chopped coarsely
100ml red wine
125ml beef stock
1 tbsp. olive oil

1. Mix the lamb with garlic, thyme and pepper and salt to taste. Mix in the squash, parsnip, sweet potato, celery and onion.
2. Pour the red wine, beef stock and olive oil over the lamb and vegetables. Close the lid.
3. Press **STEW** button, set cooking time for 45 minutes and press **START**. Stir once or twice. Serve with rice or couscous.

Set the valve to "**Seal**" position.





Steamed brill with vegetables

 **Pre-Cooking time** 20 mins

 **SERVES 4**

INGREDIENTS

150g green beans, trimmed

200g stemmed broccoli or broccoli flowers

1 yellow bell pepper, cleaned and sliced

8 fillets of brill

(4 thick and 4 thin fillets of 2 whole fish)

150g (wild) spinach

ground sea salt

paprika powder

1. Place 1 cup of water into the inner pot and add steam tray.
2. Layer all the vegetables on the steaming tray, trying to keep it a flat layer.
3. Place the the fish fillets on top of the vegetable layer, and season with salt and paprika powder.
4. Close the lid. Select **STEAM** in Pressure cooking, set cooking time for 10 minutes and press **START**.


Cooking time starts once pressure has been maintained.

Set the valve to "**Seal**" position. Check that the float valve is in the down position.

Tip

Add coriander to water as a flavour enhancer.

Steamed salmon with green vegetables

🕒 **Pre+Cooking time** 20 mins  **SERVES 4**

INGREDIENTS

4 salmon steaks of 200g each

10g dill, keep a few sprigs to use for garnish

1 zucchini, finely sliced

200g green asparagus tips

150g broad beans (frozen)

150g garden peas (frozen)

freshly ground pepper and salt

lemon-flavoured olive oil



1. Place 1 cup of water into the inner pot and add steam tray.
2. Layer all the vegetables on the steaming tray, trying to keep it a flat layer.
3. Place the the salmon fillets on top of the vegetable layer, and season with salt, pepper and lemon-flavoured olive oil.
4. Close the lid, select **STEAM** program in Pressure cooking, set cooking time for 10 minutes and press **START**.

Cooking time starts once pressure has been maintained.
Set the valve to "**Seal**" position. Check that the float valve is in the down position.





Moroccan-style vegetable stew

 **Pre-Cooking time** **slow** 6 hrs 40 mins **or** **pressure** 1 hr  **SERVES 4**

INGREDIENTS

1 medium red onion, chopped coarsely
4 cloves garlic, quartered
2 tsp. ground cumin
2 tsp. ground coriander
2 tsp. sweet paprika
1 fresh long red chilli, chopped finely
½ cup loosely packed fresh flat-leaf parsley leaves and stalks, chopped coarsely

1 cup loosely packed fresh coriander leaves and stalks, chopped coarsely
2 cups vegetable stock
4 baby eggplant, chopped coarsely
4 small zucchini, chopped coarsely
2 small parsnips, chopped coarsely
2 medium carrots, halved lengthways, then halved crossways

¼ medium butternut pumpkin, skin on, cut into 8 pieces
2 medium potatoes, quartered
2 tbsp. honey
1 cup Greek-style yoghurt
2 tbsp. mild harissa sauce
¼ cup loosely packed fresh coriander leaves, extra

1. Blend or process onion, garlic and spices until smooth. Combine paste with chilli, herbs and stock in a large jug.
2. Combine vegetables and stock mixture in the inner pot.
3. Seal lid, **cook on STEW program for 6 hours** or **cook on MANUAL program in Pressure cooking for 20 mins**. Press **START**.
4. Stir in honey, season to taste.
5. Serve vegetables and sauce topped with yoghurt, harissa and extra coriander.

▮ Cooking time starts once pressure has been maintained.

▮ Set the valve to "**Seal**" position. Check that the float valve is in the down position.

BAKE

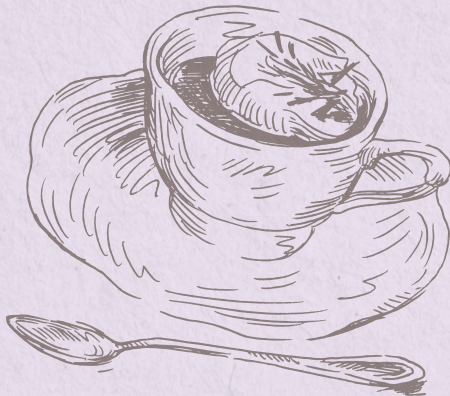


Apple cake

Cherry and fruit cake

Chocolate walnut cake

Coconut carrot cake





Apple cake



Pre+Cooking time 1 hr 10 mins



SERVES 6~8

INGREDIENTS

190g margarine
200g sugar
100g almond meal

190g flour
¼ tsp. baking powder
2 medium eggs

2 medium apples, peeled, cored and cut into eights
Cinnamon
80ml maple syrup

1. Mix the margarine with sugar, add the eggs and mix thoroughly. Add the flour, baking powder and almond meal, mix until the mixture is creamy. Fold through maple syrup.
2. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish. Place the apples on top, pushing them slightly into the mixture. Sprinkle with cinnamon.
3. Press the **BAKE** button, set cooking time for 50 minutes and press **START**. Close the lid.

▮ Set the valve to "**Bake**" position.

Cherry and fruit cake

🕒 **Pre+Cooking time** 1 hr 30 mins

🍽️ **SERVES 6~8**

INGREDIENTS

250g butter

200g white sugar

2 eggs

½ cup (125ml) orange juice

2 cups (250g) plain flour

1 tsp. baking powder

375g sultanas

250g halved glace cherries

1. Cream butter and sugar together until light and fluffy. Add beaten eggs and orange juice and mix well.
2. Sift flour and baking powder. Reserve ⅓ cup of flour mixture and toss with sultanas and cherries (this will keep them from sinking to the bottom of the cake).
3. Add flour mixture to batter and blend. Add floured raisins and cherries to dough and mix until just combined.
4. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish.
5. Press **BAKE** button, set cooking time for 59 minutes and press **START**.

▮ Set the valve to "**Bake**" position.





Chocolate walnut cake



Pre+Cooking time 1 hr 15 mins



SERVES 6~8

INGREDIENTS

4 medium eggs
225g caster sugar
100g butter
60g plain flour

2 tsp. baking powder
120g dark chocolate
100g chopped walnuts

1. Beat the eggs in a mixing bowl. Add sugar and beat until the mixture turns creamy. Add butter and keep mixing. Then add the flour and baking powder.
2. In double boiler, melt the chocolate, mix everything together and add walnuts.
3. Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish.
4. Press the **BAKE** button, set cooking time for 50 minutes and press **START**. Close the lid.

▮ Set the valve to "**Bake**" position.

Coconut carrot cake

 **Pre+Cooking time** 1 hr 20 mins

 **SERVES 8~10**

INGREDIENTS

2 ¼ cups (280g) plain flour
2 tsp. bicarb soda
¼ tsp. salt
2 tsp. ground cinnamon
3 eggs
½ cup (125ml) buttermilk
¼ cup (70ml) vegetable oil

1 ½ cups (315g) caster sugar
2 tsp. vanilla essence
250g grated carrot
1 cup (90g) desiccated coconut
1 cup (125g) chopped walnuts
210g crushed pineapple with juice (about half a tin)
1 cup (155g) raisins or sultanas

Topping (optional)
125g unsalted butter
3 tbsp. icing sugar
200g cream cheese, softened

- 1.** In a medium bowl, sift together flour, bicarb soda, salt and cinnamon. Set aside. In a separate large bowl, combine eggs, buttermilk, oil, sugar and vanilla essence. Mix well. Add flour mixture and mix well.
- 2.** In a medium bowl, combine grated carrot, coconut, walnuts, pineapple and raisins.
- 3.** Using a large wooden spoon or a whisk, add carrot mixture to cake mixture and fold in well.
- 4.** Grease the base and sides of the inner pot, add the mixture and smooth the top of mixture to create level finish.
- 5.** Press **BAKE** button, set cooking time for 59 minutes and press **START**.
- 6.** Once cooled, add optional topping if required.

Cooking time starts once pressure has been maintained.
Set the valve to "**Bake**" position. Check that the float valve is in the down position.



YOGHURT



Homemade yoghurt

Vanilla yoghurt

*Yoghurt with toasted
granola and red fruit*



Homemade yoghurt

 **Pre+Cooking time** 8 hrs  **SERVES 4**

INGREDIENTS

1L pasteurised milk
180-200g natural yoghurt

1. Pour the milk into the pot (the milk should be at room temperature) and the natural yoghurt and stir.
2. Close the lid, press **YOGHURT** button, set cooking time for 8 hours and press **START**.

| Set the valve to "**Seal**" position.



Tip

| If you want fruit yoghurt, add fruit 30 minutes before the end of the program.





Vanilla yoghurt

 **Pre+Cooking time** 8 hrs  **SERVES 6~8**

INGREDIENTS

2L whole milk (room temperature)

200 ml or 12 tbsp. yoghurt

(room temperature) or yoghurt culture

Vanilla scraped from 1 pod


5 tbsp. sugar

1. Pour the milk into the pot (the milk should be at room temperature) and place all ingredients into the pot. Stir.
2. Close the lid, press **YOGHURT** button, set cooking time for 8 hours and press **START**.

▮ Set the valve to "**Seal**" position.

▮ **Tip**
If you want fruit yogurt, add fruit 30 minutes before the end of the program.

Yoghurt with toasted granola and red fruit

🕒 **Pre+Cooking time** 10 mins  **SERVES 2~3**

INGREDIENTS

500ml homemade plain natural yoghurt
100g rolled oats
50g almond flakes
25g walnuts

25g shelled sunflower seeds
50g dried figs, sliced, stems removed
6 tbsp. honey + extra for garnish
1 tsp. ground cinnamon

200g mixed cleaned berries such as raspberries, strawberries and blueberries

1. Place all ingredients except yoghurt into pot.
2. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 minutes and press **START** (Do not close the lid).
3. Remove from pot and let dry on baking paper.
4. Once granola cools down and becomes crunchier, add to yoghurt – either sprinkle on top or mix together.

Tip

Add fresh/dry fruits on top of Granola once it cools down and serve with yoghurt





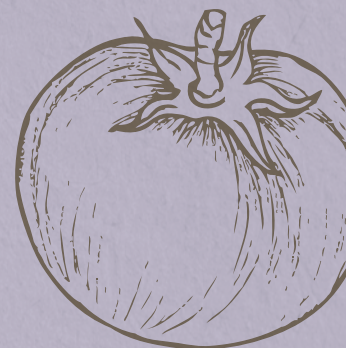
M^ouths of Mums[®]

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Easy pilaf

Beef tomato stew



For the busy mum

Meat dishes are so tender and fall off the bone. I have been cooking up a big batch of well seasoned meats in my Phillips All-In-One Cooker and then using them in different ways to jazz up dinner so it's not so mundane. My kids love nachos and it's a great little way to hide veges and make eating them fun. The pulled pork for the nachos is so quick and easy to make if you use it on the pressure cooker function.

– mom139865

A Cake To Bake

A cake in a slow cooker? Yes you can. I made a lovely whole orange cake in my Phillips All-In-One Cooker this afternoon. The house smelled wonderful. It cooked evenly, was moist and tasty. Didn't stick in the pan at all and was so easy. I didn't even have to alter the recipe I used. Gotta give it a try.

– Anthea



Mouths of Mums®

Easy pilaf

by Natsuko Locke

🕒 **Pre+Cooking time** 40 mins

🍲 **SERVES 4**

INGREDIENTS

2 cups rice
¼ brown onion, diced
¼ capsicum, diced
⅓ carrot, diced

100g cabanossi or sausage
80g prawns (or frozen prawns,
defrost and drain)
¼ cup frozen peas, defrost and drain

2 tsp chicken stock powder
10g butter
salt and pepper
dried parsley (chopped fresh parsley)

1. Cut the vegetables. Wash the rice under cold water and put in the inner pot. Add water to the level corresponding to 2 cups of rice (If you use frozen prawns or frozen mixed vegetables, use a little bit less water).
2. Add chicken stock powder, salt and pepper into the pot and stir through.
3. Place the vegetables, cabanossi and prawns in the pot. Place the butter in the centre.
4. Close the lid and select the **RICE** program in pressure cooking. Press **START**.
5. When finished cooking, remove lid, add frozen peas, cover and stand for 5 minutes.
6. Mix together, top with parsley and serve.

▮ Set the valve to "**Seal**" position.



Mouths of Mums®

Beef tomato stew

by Natsuko Locke

🕒 **Pre+Cooking time** 50 mins

🍲 **SERVES 4**

INGREDIENTS

750g slow cook gravy beef,
(cut into 3cm chunks)

1 large brown onion, sliced

2 carrots, peeled and chopped coarsely

3 potatoes, peeled and cut into 3cm cubes

1 garlic clove, crushed

400g can crushed tomatoes

2 cups beef stock

2 bay leaves

2 tbsp. worcestershire sauce

2 tbsp. tomato paste

2 tbsp. olive oil

¼ cup plain flour

salt & pepper

pouring cream

1. Cut the beef and vegetables. Coat beef in seasoned flour (combine the flour with salt & pepper), shake off the excess.
2. Add 1 tbsp of oil into the inner pot. Press **SAUTÉ/SEAR HIGH TEMP** button, set cooking time for 10 mins, and press **START**. Cook beef in batches until lightly browned. Remove from pot.
3. Add remaining oil, press **SAUTÉ/SEAR LOW TEMP** button, set cooking time for 5 mins, and press **START**. Cook onion and garlic until onion has softened.
4. Return the beef to the pot, add carrots, potatoes, canned tomato, bay leaves, stock and sauces.
5. Seal lid, cook on **MEAT/POULTRY** in pressure cooking for 25 mins, and press **START**.
6. Discard bay leaves, season to taste. Serve with pouring cream.

▮ Set the valve to "**Seal**" position.

Notes

All-In-One Cooker

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