



Bennett Read®

SUPERCHEF 6

10-IN-1 INTELLIGENT MULTI-COOKER



Recipe Guide

Contents

IMPORTANT

Please read your Bennett Read SUPER CHEF 6 User Guide thoroughly before using the appliance.
It contains important information regarding operation and safety.

PLEASE NOTE:

Temperatures, methods etc shown are approximate and may vary depending on the type and amount of food used.

When cooking with pressure, the cooking times begin from when the SUPER CHEF 6 reaches full pressure.

To speed up the pressurizing, add hot liquid/ingredients if possible.

The SUPER CHEF 6 will pressurize quicker when the removable cooking pot contains more ingredients.

Images shown are for illustrative purposes only and may vary slightly from the recipes.

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RECIPE SERVING SIZE CONVERSIONS

Recipes in this guide are based on approximately 4 servings.

Depending on the desired number of servings, follow this simple guide to modify any recipe:

1. Divide the number of servings you need by the number the recipe makes.
If you need two servings and the recipe makes four: $2 \div 4 = 0.5$
If you need eight servings and the recipe makes six: $8 \div 6 = 1.3$
This is your conversion factor which you'll use to find out how much of each ingredient you'll need.
2. Multiply each ingredient in your recipe by the conversion factor.
3. Round up or down slightly (except for baking) when conversions are hard to measure.

(NOTE: Never exceed the "FULL" line on the cooking pot)

EXAMPLE:

The Cinnamon Bun Raisin Oatmeal recipe serves four, but you only need three servings...

The recipe calls for 1 cup steel-cut oats, 3 $\frac{1}{2}$ cups water, $\frac{1}{4}$ cup light brown sugar and 1 teaspoon cinnamon. Work out your conversion factor, in this case, $3 \div 4 = 0.75$, and multiply each ingredient amount by that number. So, 1 cup (oats) $\times 0.75 = 0.75$ cups, 3.5 cups (water) $\times 0.75 = 2.63$ cups (round off to 2.6 cups), 0.25 cups (sugar) $\times 0.75 = 0.19$ cups (round off to 0.2 cups). Some ingredients, like the cinnamon spice, can be adjusted depending on the flavour you want.

When baking, the quantities of ingredients should be exact for the dish to come out right. In this case, try to get the adjusted measurement as close as possible. Some types of measurements ask you to add a pinch or a dash of something. Usually these ingredients are spices, so adjust it according to your preference or how strong it is.



HOW TO PRESSURE COOK BEANS & LEGUMES

When you need a pot of beans for dinner but don't want to bother with soaking them, use the pressure cooker setting on your Super Chef 6. This enables you to cook beans, lentils and legumes in record time. For the best results, use fresh beans.

To cook your beans, rise and sort your preferred bean in cool water and drain. Add the beans and water with 1 tbsp (tablespoon) of oil to the inner pot of the Super Chef 6. Then lock the lid and choose the BEAN setting, set the time based on the chart on the right and press START. Use the chart for the ratio of beans to water, cooking time, and how to release the steam from your pressure cooker.



TYPE OF BEAN	WATER	TIME	HOW TO RELEASE STEAM
Black beans 1 cup (250 ml)	3 cups (750 ml)	25 minutes	Manual
Black eyed peas 1 cup (250 ml)	3 cups (750 ml)	15 minutes	Manual
Chickpeas 1 cup (250 ml)	3 cups (750 ml)	40 minutes	Manual
Great Northern beans 1 cup (250 ml)	3 cups (750 ml)	28 minutes	Manual
Green or yellow split peas 1 cup (250 ml)	3 cups (750 ml)	10 minutes	Manual
Kidney beans, red 1 cup (250 ml)	3 cups (750 ml)	28 minutes	Manual
Lentils, green 1 cup (250 ml)	3 cups (750 ml)	5 minutes	Manual
Navy beans 1 cup (250 ml)	3 cups (750 ml)	25 minutes	Manual
Pinto beans 1 cup (250 ml)	3 cups (750 ml)	25 minutes	Manual

HOW TO PRESSURE COOK GRAINS

Before pressure cooking your grains, rinse them in cool water and drain them. See the chart below for the type of grain, water amount, cooking time, and how to release the steam from your pressure cooker. Lock the lid, choose the MULTIGRAIN setting and adjust the time. Press START. When the timer is up, release the steam using the chart. Grains will expand when cooking, so do not fill your Super Chef 6 more than half.

GRAINS	WATER	TIME	HOW TO RELEASE STEAM
Barley, pearl 1 cup (250 mL)	2¼ cups (550 ml)	25 minutes	Natural, 10 minutes
Couscous, quick cook 1 cup (250 mL)	1½ cups (375 ml)	1 minute	Manual
Couscous, pearl 1 cup (250 mL)	1¼ cups (300 ml)	2 minutes	Natural, 10 minutes
Farro 1 cup (250 mL)	1½ cups (375 ml)	12 minutes	Natural, 10 minutes
Millet 1 cup (250 mL)	2 cups (500 ml)	8 minutes	Natural, 10 minutes
Steel-cut oats 1 cup (250 mL)	3¼ cups (800 ml)	10 minutes	Natural, 10 minutes
Quinoa 1 cup (250 mL)	1½ cups (375 ml)	3 minutes	Manual

HOW TO PRESSURE COOK RICE

There are many varieties of rice and some amount of experimentation with water and cooking time may be necessary to suit your taste. To get started, rinse your choice of rice in cool water and drain it. Add the rice, water and 1 tbsp (15 mL) of oil to the inner pot of the Super Chef 6. Then lock the lid and choose the RICE setting, adjust the time according to the chart below, and press START. Use the chart below for the ratio of rice to water, cooking time, and how to release the steam from your pressure cooker. Rice will expand when cooking, so do not fill your Super Chef 6 more than half.

TYPE OF RICE	WATER	TIME	HOW TO RELEASE STEAM
White, long-grain 1 cup (250 mL)	1 cup (250 ml)	4 minutes	Manual
White, basmati 1 cup (250 mL)	1 cup (250 ml)	4 minutes	Manual
White, jasmine 1 cup (250 mL)	1 cup (250 ml)	4 minutes	Manual
Brown, long-grain 1 cup (250 mL)	1 cup (250 ml)	15 minutes	Manual
Brown, basmati 1 cup (250 mL)	1 cup (250 ml)	15 minutes	Manual
Brown, jasmine 1 cup (250 mL)	1 cup (250 ml)	15 minutes	Manual

HOW TO PRESSURE COOK VEGETABLES

Your Super Chef 6 can steam fresh vegetables in a fraction of the time you'd spend using other methods, and it preserves more nutrients, too. Because it's so effective, we don't recommend cooking tender vegetables like peas, asparagus, or summer squash.

Prepare your veggies according to the chart below. Lock the lid and select the VEG setting. Adjust the time according to the chart and press START. Use the chart below for the ratio of vegetables to water, cooking time, and how to release the steam from your pressure cooker.



VEGETABLE	QTY.	PREP.	STEAM RACK	TIME
Acorn squash	700g	Cut into quarters (with skin on)	Yes	10 minutes
Artichokes	3 large	Trim stems and remove the tops of the leaves	Yes	25 minutes
Beets	450g or 1 large	Peel and cut into 2.5cm pieces	No	10 minutes
Broccoli	700g	Cut into 5cm pieces	No	1 minute
Brussel Sprouts	450g	Trim	No	4 minutes
Cabbage	Approx. 1.1kg	Cut into 8 wedges, keeping the core intact	No	3 minutes
Carrot	450g	Peel and cut into 5cm pieces	No	1 minute
Cauliflower	1kg	Cut into 5cm pieces	No	1 minute
Potatoes	1kg	Peel and cut into 5cm pieces	No	5 minutes
Spagetti squash	450g	Cut in half lengthwise and remove seeds	Yes	12 minutes
Sweet potatoes	1kg	Peel (optional) and cut into 5cm pieces	No	4 minutes

HOW TO PRESSURE COOK BEEF

To help save time, you can pressure cook meat directly from frozen with your Super Chef 6. To make meal prep easier, remove frozen meat from the original packaging and freeze it in a resealable plastic bag in a single layer. It will be easier to remove meat from the bag before cooking and can save space in your freezer too.

To cook beef, add water, broth, or sauce to the inner pot of your Super Chef 6. Add your meat to the inner pot, lock the lid, and choose the MEAT/POULTRY setting. Adjust the time according to the chart and press START. Use the chart below for the ratio of meat to liquid, cooking time, and how to release the steam from your pressure cooker.

VEGETABLE	WEIGHT	WATER	FRESH COOK TIME*	FROZEN COOK TIME*	HOW TO RELEASE STEAM
Ground beef	500g - 1kg	1 cup (250 ml)	8–10 minutes	12–14 minutes	Manual
Stew meat	500g - 1kg	1 cup (250 ml)	30–35 minutes	60–75 minutes	Manual
Beef brisket, whole	1.5kg - 2kg	1 cup (250 ml)	50–60 minutes	80–90 minutes	Manual
Beef chuck roast, whole	1.5kg - 2kg	1 cup (250 ml)	55–65 minutes	85–95 minutes	Manual
Beef ribs	1kg - 1.5kg	1 cup (250 ml)	35–40 minutes	60–75 minutes	Manual

*The times listed are recommendations and may vary based on the amount and thickness of the meat your cooking. Cooking very thick cuts may require additional time.

HOW TO PRESSURE COOK PORK

Whether you need to make a quick dinner or forgot to thaw the meat, pork is a great option for an easy weeknight meal in your Super Chef 6. For your pressure cooked pork dish, add water, broth, or sauce to the inner pot of your Super Chef 6, then add your pork. Adjust the time according to the chart below and choose the MEAT/POULTRY setting and press START. Use the chart below for the ratio of meat to liquid, cooking time, and how to release the steam from your pressure cooker.

VEGETABLE	WEIGHT	WATER	FRESH COOK TIME*	FROZEN COOK TIME*	HOW TO RELEASE STEAM
Pork tenderloin, whole	1kg - 1.5kg	1 cup (250 ml)	16–18 minutes	30-35 minutes	Manual
Pork shoulder	1.5kg - 2kg	1 cup (250 ml)	Whole: 80-90 minutes Cut: 30–35 minutes	Whole: 110-120 minutes Cut: 65–75 minutes	Manual
Pork Ribs	1.5kg - 2kg	1 cup (250 ml)	35–40 minutes	65-75 minutes	Manual
Pork sausage links	500g - 1kg	1 cup (250 ml)	4-6 minutes	6-8 minutes	Manual

*The times listed are recommendations and may vary based on the amount and thickness of the meat your cooking. Cooking very thick cuts may require additional time.

HOW TO PRESSURE COOK CHICKEN & TURKEY

Chicken is a staple for affordable, healthy meals. With your Super Chef 6, you can have 1 - 2kg of boneless chicken breasts done in about 12 minutes. Add water, broth, or sauce to the inner pot of your Super Chef 6 with your poultry. Lock the lid and choose the MEAT/POULTRY setting. Adjust the time according to the chart on the right and press START. Use the chart for the ratio of poultry to liquid, cooking time, and how to release the steam from your pressure cooker.



CHICKEN	WEIGHT	WATER	FRESH COOK TIME*	FROZEN COOK TIME*	HOW TO RELEASE STEAM
Chicken, whole	500g - 1kg	1 cup (250 ml)	25-30 minutes	40-45 minutes	Manual
Chicken breast, bone-in	1kg - 2kg	1 cup (250 ml)	12-15 minutes	25-30 minutes	Manual
Chicken legs, bone-in	1kg - 1.5kg	1 cup (250 ml)	4-6 minutes	8-10 minutes	Manual
Chicken thighs, bone-in	1kg - 1.5kg	1 cup (250 ml)	10-12 minutes	16-20 minutes	Manual
Chicken breasts, boneless	1kg - 2kg	1 cup (250 ml)	6-10 minutes	12-15 minutes	Manual
Chicken thighs, boneless	1kg - 2kg	1 cup (250 ml)	4-6 minutes	6-8 minutes	Manual
Chicken tenderloins	1kg - 2kg	1 cup (250 ml)	4-6 minutes	6-8 minutes	Manual

TURKEY	WEIGHT	WATER	FRESH COOK TIME*	FROZEN COOK TIME*	HOW TO RELEASE STEAM
Turkey, ground	500g - 1kg	1 cup (250 ml)	6-8 minutes	12-14 minutes	Manual
Turkey legs	1kg - 1.5kg	1 cup (250 ml)	18-20 minutes	25-30 minutes	Manual
Turkey thighs, bone-in	1kg - 1.5kg	1 cup (250 ml)	30-35 minutes	50-60 minutes	Manual
Turkey breast, bone-in	2kg - 3kg	1 cup (250 ml)	45-50 minutes	75-80 minutes	Manual

*The times listed are recommendations and may vary based on the amount and thickness of the meat your cooking. Cooking very thick cuts may require additional time.

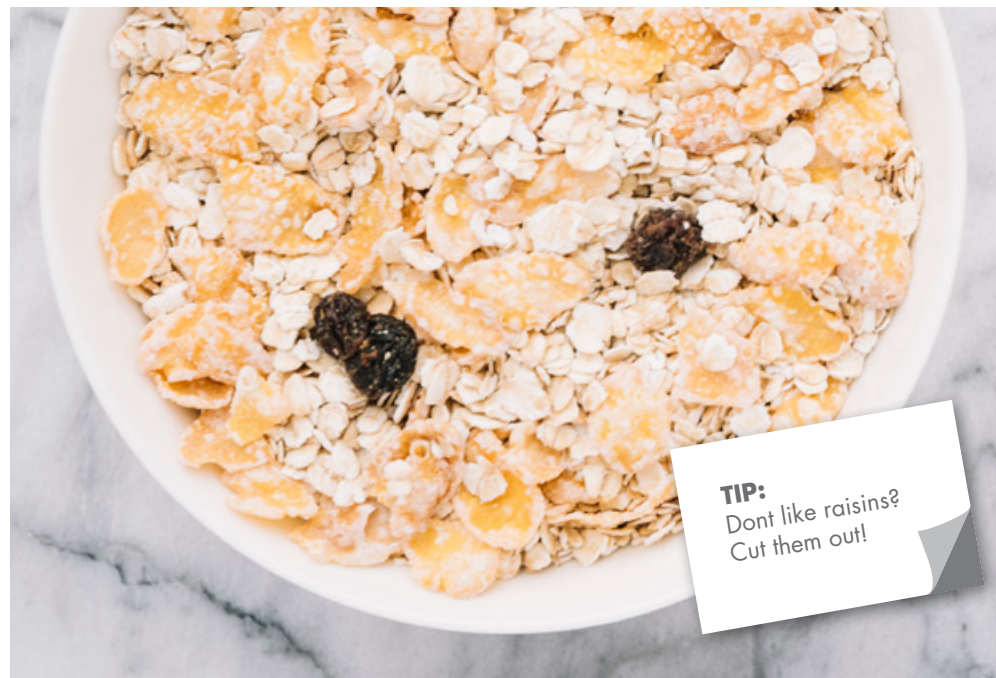
CINNAMON BUN RAISIN OATMEAL

INGREDIENTS:

1 tbsp unsalted butter
1 cup steel-cut oats
3 1/2 cups water
1/4 tsp salt
3/4 cup raisins
1/4 cup light brown sugar
1 tsp cinnamon
60 g cream cheese
2 tbsp powdered sugar
2 tsp milk

DIRECTIONS:

1. Press the Sauté button on your cooker and wait for the pot to get hot. Add the butter and stir until completely melted.
2. Add the oats and stir continuously until oats absorb the butter.
3. Add the water to the pot, lock the lid, turn the regulator knob to pressure, and cook on high pressure for 10 minutes.
4. Release the pressure, open the lid, stir in the raisins, press warm/cancel and lock the lid. Leave the cooker to sit while you make the cinnamon topping
5. In a small cup, mix the cinnamon and light brown sugar. Sift well using a fork.
6. In a small mixing bowl, mix the cream cheese, powdered sugar and 2 tsp of milk. Whisk until creamy. Use a pastry piping bag and fill with frosting.
7. Serve the oatmeal with a generous sprinkling of cinnamon and swirl of frosting.



TIP:
Don't like raisins?
Cut them out!

PERFECT HARD BOILED EGGS

INGREDIENTS:

8 eggs
2 cups water
4 cups cold water
4 cups ice

DIRECTIONS:

1. Add 2 cups of water to the cooker pot
2. Insert steam rack
3. Place eggs onto the steam rack
4. Lock the lid and cook on high pressure for 6 minutes.
5. Release the pressure.
6. Transfer the eggs to a bowl of cold water and ice.
7. Allow to cool before peeling or refrigerate.



TIP:
Want softer eggs?
Just take them out
of the cooker after
3 minutes!

SPINACH AND TOMATO QUICHE

INGREDIENTS:

12 large eggs
1/2 cup milk
1 cup water
1/2 tsp salt
1/4 tsp black pepper
1 cup diced and seeded tomato
3 cups baby spinach, chopped
3 large green onions, sliced
4 tomato slices for topping
1/4 cup shredded parmesan cheese

DIRECTIONS:

1. In a large bowl, whisk together eggs, milk, salt and pepper.
2. In a 1.5 L casserole dish that will fit into the cooker, add spinach, diced tomato, green onions and stir together.
3. Pour egg mixture into the baking dish and stir. Gently place sliced tomatoes on top and sprinkle with cheese.
4. Add 1 cup of water to the pressure cooker. Insert steam rack. Place casserole dish onto rack.
5. Lock the lid and cook on high pressure for 20 minutes.
6. Release the pressure and remove casserole dish and place into an oven on broil for 5 minutes, browning the top.



BANANA CINNAMON FRENCH TOAST

INGREDIENTS:

5 slices of french bread (cut into large squares)
3 eggs
4 bananas, sliced
1/2 cup milk
2 tbsp brown sugar
1 tbsp white sugar
1/4 cup cream cheese
1 tsp vanilla extract
1/2 tsp cinnamon
2 tbsp chilled butter syrup

DIRECTIONS:

1. Oil a baking pan.
2. Using a microwave-safe bowl, melt cream cheese in the microwave for about 30 seconds. Do not over-heat.
3. Add a layer of bread (cut up in large squares) to the pan, then layer banana slices and sprinkle with 1 tbsp of brown sugar. Next, add a layer of cream cheese. Top with the remaining bread, then another layer of banana slices and sprinkle with a final tbsp of brown sugar.
4. In a bowl, whisk eggs and milk. Stir in white sugar, vanilla and cinnamon.
5. Add 3/4 cup of water into the cooker pot. Insert steam rack into cooker. Place the baking pan onto the rack. Lock the lid and cook on high pressure for 20 minutes. Release the pressure and remove the baking pan from the pressure cooker.
6. Allow to cool for 5 minutes before serving. Drizzle with syrup (optional).



TIP:
Add a little chocolate spread. Treat yourself!

CORIANDER LIME RICE

INGREDIENTS:

2 cups rice
2^{1/2} cups water
3 tbsp olive oil
or avocado oil
1 tsp salt
2 limes
1/2 cup fresh coriander,
chopped

DIRECTIONS:

1. Add rice, water, oil, salt and juice of 1 lime to the cooker pot and stir.
2. Lock the lid and cook on high pressure for 6 minutes.
3. Release the pressure and mix rice.
4. Transfer rice to a serving bowl. Mix in the juice of the other lime and coriander.
5. Try serving with one of our main meal recipes.



BRUSSEL SPROUTS

INGREDIENTS:

700 g brussel sprouts
6 garlic cloves, minced
2 tbsp olive oil
or avocado oil
3/4 tsp salt
1/2 tsp black pepper
1/4 cup soy sauce
1/4 cup water

DIRECTIONS:

1. Rinse brussel sprouts and trim the bottom of the stems.
2. Place brussel sprouts and garlic into a mixing bowl and toss with oil, salt and pepper.
3. Place brussel sprouts into the pressure cooker pot. Add water and soy sauce.
4. Lock the lid and cook on high pressure for 3 minutes.
5. Release pressure and serve.
6. Try serving with one of our main meal recipes.



QUINOA

INGREDIENTS:

1 cup whole grain quinoa
1 tbsp olive oil
or avocado oil
1/2 tsp salt
1 1/2 cups water

DIRECTIONS:

1. Using a fine mesh strainer, rinse quinoa under running water for about 2 minutes. This will remove any bitterness from the quinoa.
2. Set the cooker to Sauté. Add oil and heat.
3. Add salt and stir.
4. Add water and slowly transfer quinoa into the pot.
5. Lock the lid and cook on high pressure for 1 minute.
6. Release the pressure and serve.
7. Try serving with one of our main meal recipes.



MASHED POTATOES

INGREDIENTS:

1 cup water
1 kg potatoes, peeled
4 tbsp unsalted butter
2/3 cup whole milk

DIRECTIONS:

1. Add 1 cup of water to the cooker pot. Insert steam rack into the cooker. Place potatoes onto the rack. The potatoes should be above the water.
2. Lock the lid and cook on high pressure for 7 minutes.
3. Release the pressure. Carefully remove potatoes and set aside to cool. Empty water from the pot.
4. Once potatoes have cooled, cut into quarters.
5. Set the pressure cooker to Sauté. Add milk and butter and melt the butter. Add salt and pepper to taste.
6. Place the potatoes back into the pot. Using a masher, mash potatoes. Use a plastic whisk to blend and smooth.
7. Serve and top with chives (optional).
8. Try serving with one of our main meal recipes.



TIP:
Best served with
pork bangers
(of course).

ROSEMARY GARLIC POTATOES

INGREDIENTS:

500 g baby potatoes
1 cup water
1 tbsp olive oil
or avocado oil
2 garlic cloves, minced
2 sprigs of fresh rosemary
salt and pepper

DIRECTIONS:

1. Add 1 cup of water to the cooker pot. Insert steam rack into the cooker pot. Place potatoes onto the rack. The potatoes should be above the water. Lock the lid and cook on high pressure for 4 minutes. (Don't forget to pierce the potatoes)
2. Release the pressure. Carefully remove potatoes and set aside to cool.
3. In a microwave-safe bowl, combine oil, garlic, rosemary, salt and pepper. Microwave for 1 minute.
4. Place potatoes into a serving dish and coat with rosemary and olive oil mix.
5. Try serving with one of our main meal recipes.

CORN

INGREDIENTS:

4 ears of corn, shucked
and rinsed
1 1/2 cups of water

DIRECTIONS:

1. Add 1 1/2 cups of water to the cooker pot. Insert the steam rack into the pot. Place corn on the rack. The corn should be above the water. Lock the lid and cook on high pressure for 5 minutes. Release the pressure.
2. Drizzle corn with hot sauce or butter (optional).
3. Try serving with one of our main meal recipes.

SPINACH ARTICHOKE DIP

INGREDIENTS:

280 g frozen chopped
spinach
400 g can of artichokes
2 cups water
1/2 cup sour cream
1 cup mayonnaise
1 cup shredded parmesan
1 cup shredded mozzarella
1/4 tsp garlic salt
1/4 tsp black pepper

DIRECTIONS:

1. Combine all ingredients and place into a pressure cooker baking pan. Cover with foil.
2. Add 2 cups of water to the cooker pot and insert steam rack. Place baking pan on rack. Lock the lid and cook on high pressure for 10 minutes.
3. Try serving with one of our main meal recipes.



TIP:
To brown the corn or
potatoes, cook
in our 8-in-1
Gourmet Chef!



TIP:
This dip is best
enjoyed with tortilla
chips! Maybe even
add in some guac?

BUTTERNUT SOUP

INGREDIENTS:

2 tbsp olive oil
1 onion, chopped
1 large butternut (peeled and seeded)
4 cups of vegetable broth
2 sweet potatoes, peeled and cut
3 apples, peeled and cut
3 garlic cloves, minced
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp black pepper
1/4 tsp cumin
1/4 tsp ginger
1 tsp salt

DIRECTIONS:

1. Set the cooker to Sauté. Add oil and heat.
2. Sauté onion for approximately 4 minutes and place all ingredients into the cooker.
3. Lock the lid and cook on high pressure for 15 minutes.
4. Allow the pressure to release naturally.
5. Blend soup using a hand blender and serve. (Try one of our BENNETT READ blenders for best results).



TIP: Garnish with your favourite topping. Pomegranate, feta, bacon... Your choice!

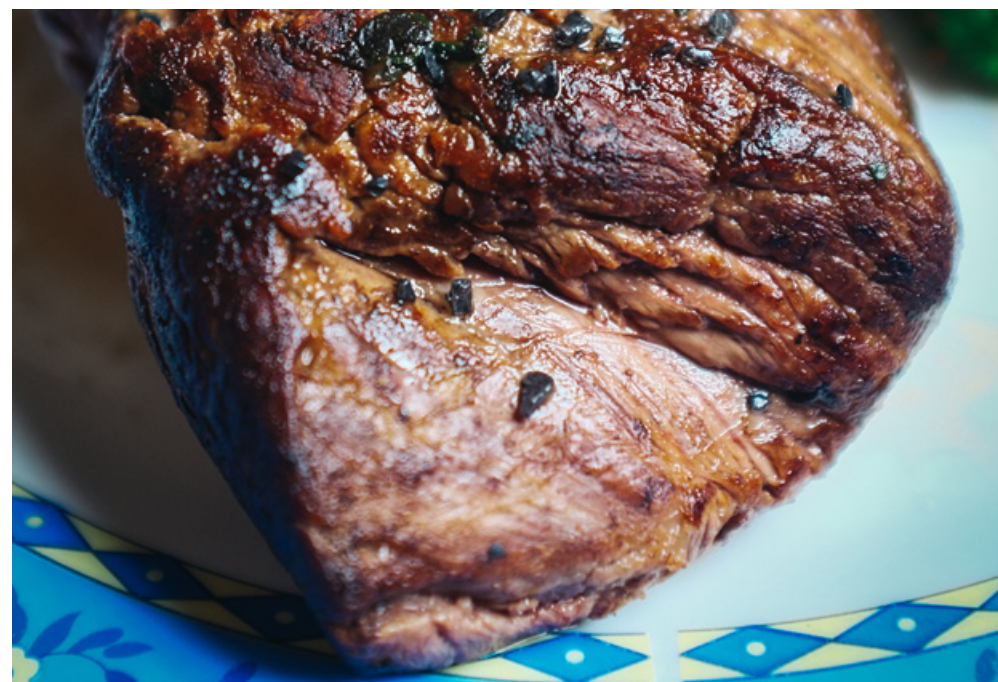
STUFFED FLANK STEAKS

INGREDIENTS:

340 g frozen spinach, thawed
3 cloves of garlic, minced
1/4 cup grated Parmesan cheese
1 kg flank steak
salt & pepper
1 tsp paprika
1/2 tsp thyme
1 tbsp olive or avocado oil
2/3 cup beef broth
butcher's twine

DIRECTIONS:

1. Drain the thawed spinach and dry well using paper towels. In a bowl, combine spinach, garlic and cheese.
2. Carefully slice flank steak in half, horizontally. Season with salt and pepper. Slice across the shortest side into about 6 strips. Add filling to the center of the strip and roll into a circle. Tie across the steak with butcher's twine. Trim off excess twine, leaving about 1/4" ends.
3. Place steak rounds on a flat side and sprinkle with paprika and thyme.
4. Set the cooker to Sauté. Add oil and heat. Brown both sides of the steak rounds. Add beef broth.
5. Lock the lid and cook on high pressure for 30 minutes.
6. Allow the pressure to release naturally for 5 minutes, then release the remaining pressure manually.
7. Remove liquid from the pot and set cooker to Sauté, then brown the stuffed flank steaks to your preference.
8. Rest steak rounds for 5 minutes before slicing or serving. Remove twine before serving.



CHILLI LIME CHICKEN

INGREDIENTS:

2 tbsp olive oil
or avocado oil
1 lime, juice and zest
3 garlic cloves, minced
1 tsp cumin
1 tsp chilli powder
1/3 cup coriander, chopped
4 chicken thighs
1/2 cup chicken broth
salt and pepper

DIRECTIONS:

1. Add 1 tbsp of oil, lime juice, garlic, cumin, chilli powder, coriander and salt and pepper into a 4 litre zip-seal bag. Shake to combine.
2. Add chicken and massage marinade into chicken. Refrigerate for at least 30 minutes and up to 1 hour - flip the bag and redistribute marinade halfway.
3. Set the cooker to Sauté. Add 1 tbsp of oil to the pot and once hot, add the chicken and sear for 2 - 3 minutes on both sides.
4. Scrape off any bits from the bottom of the cooker pot, then add chicken broth to the pot.
5. Lock the lid and cook on high pressure for 9 minutes.
6. Remove liquid from the pot and set the cooker to Sauté, then brown the chicken pieces to your preference and serve.



ASIAN DUMPLINGS

INGREDIENTS:

1 tbsp olive oil
or avocado oil
1 1/2 cups of water
1 tsp grated fresh ginger
1 cup minced shiitake mushrooms
1 tsp sesame oil
1 1/2 cups cabbage, minced
12 round dumpling wrappers
1/2 cup grated carrots
2 tbsp soy sauce
1 tbsp rice wine vinegar

DIRECTIONS:

1. Set the cooker to Sauté. Add oil and heat.
2. Sauté mushrooms until tender. Add cabbage, carrots, soy sauce and rice wine vinegar. Mix until liquid is absorbed. Set the cooker to Warm. Stir in ginger and sesame oil.
3. Fill a small bowl with water. Place next to a cutting board. Place 1 dumpling wrapper onto the cutting board. Dip a fingertip into water and moisten the edges of the wrapper. Place about 1 tbsp of the filling onto the center of the dumpling wrapper. Fold dumpling in half, matching the edges, then pressing and sealing together.
4. Add 1 1/2 cups of water into the cooker pot. Insert the steam rack into the cooker. The rack should be above the water.
5. Place dumplings onto a perforated baking pan and place onto the rack. Lock the lid and cook on high pressure for 7 minutes.
6. Release the pressure and serve immediately.



FUN FACT:
Dumplings were
the first on-the-go
food!

SALMON

INGREDIENTS:

1 cup chicken broth
1 pinch saffron
1/4 tsp sea salt
1 tbsp unsalted butter
2 frozen salmon fillets

DIRECTIONS:

1. Place all ingredients, except for the salmon, into the cooker pot.
2. Insert the steam rack then place the salmon onto the rack.
3. Lock the lid and cook on high pressure for 5 minutes.
4. Allow the pressure to release naturally.
5. Remove liquid from the pot and set the cooker to Sauté, then brown the salmon pieces to your preference and serve.



HONEY GLAZED CHICKEN

INGREDIENTS:

2.5 kg boneless skinless chicken thighs / wings
1 1/2 cups diced onion
3 cloves of garlic
1/2 cup soy sauce
1/4 cup tomato sauce
1 cup honey
1/8 tsp salt
1/8 tsp black pepper
1/3 tbsp red pepper flakes

DIRECTIONS:

1. Place all ingredients into the cooker.
2. Lock the lid and cook on high pressure for 15 minutes.
3. Release the pressure. Remove chicken, slice and set aside.
4. Set the cooker to Sauté. Stir sauce until thickened.
5. Add sliced chicken back into the pot, then mix well.
6. Serve over rice (optional).



WHOLE CHICKEN

INGREDIENTS:

2.5 kg whole chicken
2 tbsp olive oil
or avocado oil
4 tsp salt
1 tsp white pepper
1/2 tsp black pepper
1/2 tsp cayenne pepper
2 tsp paprika
1 tsp onion powder
1 tbsp basil
1 tbsp thyme
5 garlic cloves, minced
2 lemons, juiced

DIRECTIONS:

1. Rub the whole chicken with oil and dry seasonings.
2. Add oil to the cooker pot and heat. Sauté garlic then add the whole chicken to the pot.
3. Add lemon juice along with the lemons. Brown the chicken on all sides.
4. Carefully remove the chicken then insert a baking rack into the pot. Place the chicken onto the rack.
5. Lock the lid and cook on high pressure for 25 minutes. Using a meat thermometer, check the chicken to make sure it has reached a safe internal temperature before serving.



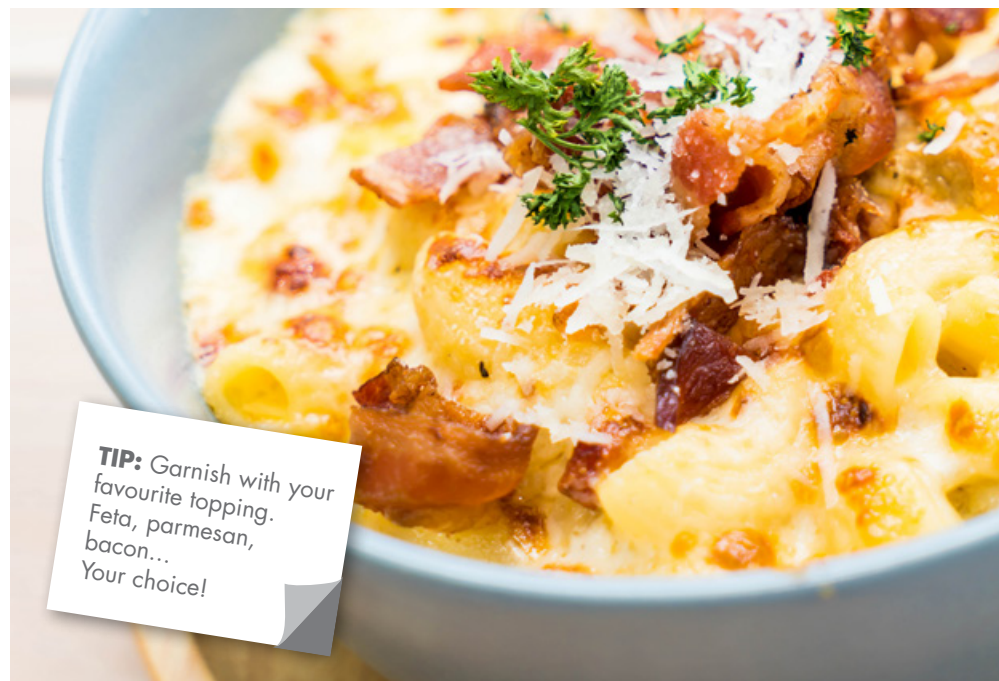
SPICY MAC 'N CHEESE

INGREDIENTS:

450 g macaroni
4 cups cold water
2 large eggs
1 can evaporated milk
1 tsp sriracha sauce
(optional)
4 tbsp unsalted butter
450 g sharp cheddar,
grated

DIRECTIONS:

1. Add macaroni, water and a pinch of salt to the cooker pot. Lock the lid and cook on high pressure for 4 minutes. Allow pressure to release naturally.
2. In a bowl, whisk milk and eggs, blending in sriracha sauce (optional).
3. After macaroni has cooked, adjust the pressure cooker to warm.
4. Remove the lid and add butter, stirring until melted. Add wet ingredients and stir to coat macaroni.
5. Add in cheese and stir until melted.



TIP: Garnish with your favourite topping. Feta, parmesan, bacon... Your choice!

SPICY PORKCHOPS

INGREDIENTS:

2 tbsp olive oil
or avocado oil
3/4 tsp sugar
1 tbsp coarse salt
4 boneless pork chops
1 tbsp black pepper
4L zip sealing bag
3/4 tsp chili powder
1/2 cup chicken broth
3 tbsp paprika barbecue
sauce (optional)
1 tsp dried cayenne pepper

DIRECTIONS:

1. Add oil and dry ingredients into a 4 L zip-seal bag. Shake to mix.
2. Add pork chops and massage rub into the pork chops.
3. Refrigerate for 1 hour. Flip the bag and let sit for another hour.
4. Set the cooker to Sauté. Once hot, place the pork chops into the pot, reserving remaining seasoning. Brown pork chops for about 2 minutes on each side. Remove pork chops and set aside.
5. Scrape off any bits from the bottom of the cooker pot then add in the chicken broth to the pot.
6. Insert the cooker rack then place the pork chops onto the rack.
7. Lock the lid and cook on high pressure for 10 minutes. Release the pressure. Remove pork chops and place onto a baking sheet.
8. Optional: Baste with your favorite barbecue sauce and broil on high for 2-3 minutes until the sauce is caramelized.



SPINACH CHICKEN ALFREDO

INGREDIENTS:

1 tbsp olive oil
or avocado oil
2 tbsp unsalted butter
4 boneless chicken thighs
salt and pepper
5 garlic cloves, minced
dried parmesan cheese
3 cups unsalted
chicken stock
500 g penne pasta
1 cup heavy cream
2 cups baby spinach

DIRECTIONS:

1. Add oil to the cooker pot and heat.
2. Add the chicken and brown all sides.
3. Remove chicken and set aside.
4. Add a small amount of oil back into the cooker pot. Sauté garlic. Add chicken stock, scraping any bits from the bottom of the pot with a wooden spoon.
5. Return the chicken to the pot and add uncooked pasta, cream, butter, salt, pepper and stir. Cook on high pressure for 30 minutes then release the pressure.
6. Remove chicken, slice into squares, and return to pot.
7. Add cheese and stir until melted.
8. Add spinach and stir until wilted. Then serve.



TIP:
Add in cheese. Extra
cheese is ALWAYS
a good idea.

SHEPHERD'S PIE

INGREDIENTS:

1 tbsp olive oil
or avocado oil
1 cup diced onion
1 cup diced carrot
3 garlic cloves, minced
1 kg ground lamb
1 cup beef stock
1 tbsp tomato paste
1/2 tsp salt
1/2 tsp pepper
2 tbsp cornstarch
Include corn, peas
Handful of parsley
1 cup water
1 cup milk
butter
cheese
salt and pepper

DIRECTIONS:

1. Preheat an oven at 190°C. Oil a casserole dish that will fit into the cooker pot.
2. Add oil and heat. Sauté onions and carrots until tender. Add garlic and cook for another minute. Add ground lamb and brown. Drain the oil from the meat.
3. Add meat, stock, tomato paste and salt and pepper to the cooker pot. Lock the lid and cook on high pressure for 3 minutes. Release the pressure.
4. In a small bowl, combine cornstarch and water. Add to the cooker pot. Press Sauté and bring to a boil, stirring continuously.
5. After sauce has thickened, add corn, peas and parsley. Place mixture into a casserole dish.
6. Rinse the pressure cooker pot. Add 1 cup of water and insert steam rack.
7. Place potatoes onto rack, above water. Lock the lid and cook on high pressure for 5 minutes. Release pressure and drain.
8. Place potatoes back into the pot. Using a masher, mash potatoes. Stir in milk, butter, cheese and salt and pepper. Top meat with the mashed potatoes.



BEEF STROGANOFF

INGREDIENTS:

1 tsp salt
1/4 tsp onion powder
2 cups sliced mushrooms
1/4 tsp garlic powder
1 medium onion, sliced
1/2 tsp dried thyme
2 garlic cloves, minced
1/2 tsp rosemary
1 3/4 cups beef broth
1/4 tsp paprika
3/4 cup sour cream
500 g sirloin steak, cubed
pre-cooked egg noodles
2 tbsp olive oil
or avocado oil

DIRECTIONS:

1. Add salt, onion powder, garlic powder, thyme, rosemary and paprika into a 4 L zip-seal bag. Shake to combine. Add cubed beef and toss to coat.
2. Set the cooker to Sauté. Add oil and heat. Brown beef in small batches then set aside.
3. Add mushrooms and onions to the pot. Adding more oil if needed and sauté for about 5 minutes.
4. Add garlic and sauté for another minute. Return beef to the pot. Stir in beef broth.
5. Lock the lid and cook on high pressure for 20 minutes.
6. Allow pressure to release naturally.
7. Using a small bowl, add sour cream. Scoop out 1/4 cup of sauce from the cooker pot and combine with the sour cream.
8. Add mixture to the pot and mix well. Serve over pre-cooked noodles and top with parsley (optional).



LAMB CURRY

INGREDIENTS:

1 tbsp olive oil or avocado oil
1 cup diced onion
1 cup diced carrot
3 garlic cloves, minced
1 kg ground lamb
1 cup beef stock
1 tbsp tomato paste
1/2 tsp salt
1/2 tsp pepper
2 tbsp cornstarch

DIRECTIONS:

1. Preheat an oven at 190°C. Oil a 1 L casserole dish that will fit into the cooker pot.
2. Sauté onions and carrots until tender. Add garlic and cook for another minute. Add ground lamb and brown. Drain the oil from the meat.
3. Add meat, stock, tomato paste and salt and pepper to the cooker pot. Lock the lid and cook on high pressure for 3 minutes.
4. Release the pressure and in a small bowl, combine cornstarch and water. Add to the cooker pot.
5. Press Sauté and bring to a boil, stirring continuously. After sauce has thickened, add corn, peas and parsley. Place mixture into a casserole dish.
6. Rinse the cooker pot. Add 1 cup of water and insert steam rack.
7. Place potatoes onto rack, above water. Lock the lid and cook on high pressure for 5 minutes.
8. Release pressure and drain.
9. Place potatoes back into the pot. Using a masher, mash potatoes.
10. Stir in milk, butter, cheese and salt and pepper.



BEEF STEW

INGREDIENTS:

1 tsp salt
1/4 tsp onion powder
2 cups sliced mushrooms
1/4 tsp garlic powder
1 medium onion, sliced
1/2 tsp dried thyme
2 garlic cloves, minced
1/2 tsp rosemary
1 3/4 cups beef broth
1/4 tsp paprika
3/4 cup sour cream
1 kg sirloin steak, cubed
2 tbsp olive oil or avocado oil

DIRECTIONS:

1. Add salt, onion powder, garlic powder, thyme, rosemary and paprika into a 4 L zip-seal bag. Shake to combine.
2. Add cubed beef and toss to coat.
3. Set the cooker to Sauté. Add oil and heat. Brown beef in small batches then set aside.
4. Add mushrooms and onions to the pot. Adding more oil if needed and sauté for about 5 minutes.
5. Add garlic and sauté for another minute. Return beef to the pot. Stir in beef broth.
6. Lock the lid and cook on high pressure for 20 minutes.
7. Allow pressure to release naturally.
8. Using a small bowl, add sour cream. Scoop out 1/4 cup of sauce from the cooker and combine with the sour cream.
9. Add mixture to the pot and mix well.



CHILLI MINCE

INGREDIENTS:

450 g ground beef
1 onion finely chopped
1 bell pepper finely chopped
1 can diced tomatoes
1 can red beans, drained
1 small can tomato sauce
2 tsp chilli powder
1 pinch of dried cayenne pepper
shredded cheese (optional)

DIRECTIONS:

1. Press Sauté on your cooker and wait for the pot to get hot. Once heated, brown the ground beef.
2. Add onions and bell pepper. Stir for 1 minute.
3. Add the remaining ingredients. Salt and pepper to taste.
4. Lock the lid and cook on high pressure for 10 minutes. Allow the pressure to release naturally.
5. Serve and top with shredded cheese (optional).



FACT:
It tastes great in a tortilla wrap. The kids will love it!

RIBS

INGREDIENTS:

2 racks of ribs
1 small onion, diced
2 garlic cloves, minced
2 tbsp brown sugar
3/4 tsp salt
2 tbsp paprika
1/2 tsp black pepper
1 1/2 tbsp chilli powder
3 tbsp brown sugar
3 tbsp worcestershire sauce
1 1/2 tbsp ketchup
1 tsp dry mustard
3/4 tsp salt
3 tbsp apple cider vinegar

DIRECTIONS:

1. In a mixing bowl, stir together brown sugar, paprika, chilli powder, salt and pepper.
2. Cut ribs into sections of 2 and massage seasoning into the ribs.
3. In a separate bowl, add brown sugar, Worcestershire sauce, ketchup, dry mustard, and apple cider vinegar and salt. Mix together and set aside.
4. Add oil and heat. Sauté onions and garlic.
5. Add sauce and stir.
6. Add ribs to the sauce and coat well.
7. Remove the ribs. Insert rack over the sauce in the pot.
8. Place ribs onto the rack. Lock the lid and cook on high pressure for 30 minutes.



LENTIL SOUP

INGREDIENTS:

1 tbsp olive oil
or avocado oil
500 g brown lentils, rinsed
1 onion, diced
8 cups water
2 carrots, sliced
1 tsp balsamic vinegar
3 garlic cloves, minced
salt and pepper

DIRECTIONS:

1. Press Sauté on your cooker and wait for the pot to get hot and then add oil.
2. Add onions, carrots, garlic and season with salt and pepper. Stir until softened.
3. Add lentils and water. Lock the lid and cook on high pressure for 12 minutes.
4. Allow the pressure to release naturally.
5. Remove 2 cups of the cooked lentils. Using a blender, blend or puree until smooth. Add back into cooker pot.
6. Add balsamic vinegar and salt and pepper to taste.
7. Stir well then serve.



LO MEIN

INGREDIENTS:

2 cups partially cooked rice noodles
1 cup water
1/3 cup sliced carrots
1/3 cup chopped broccoli
1/4 cup reduced sodium soy sauce
2 cups vegetable broth
1/3 cup brown sugar
2 tsp minced garlic cloves
1 tbsp cornstarch
1/2 tsp grated ginger
black pepper

DIRECTIONS:

1. Add 1 cup of water to the cooker pot.
2. Add partially cooked rice noodles, carrots and broccoli.
3. In a bowl, mix soy sauce, broth, brown sugar, garlic, ginger, cornstarch and pepper. Add to the pot.
4. Lock the lid and cook on high pressure for 2 minutes.
5. Release pressure. Remove lid and stir before serving.



FUN FACT:

Lo mein noodles are boiled and chow mein noodles are fried. Same same, but different.

HOT COCOA

INGREDIENTS:

1/2 cup unsweetened cocoa mix
1 pinch of salt
3/4 cup hot water
2 cinnamon sticks
1 cup heavy cream
1 bag of small marshmallows
6 cups almond milk
whipped cream
1/2 cup Stevia (sweetener)
1 can condensed milk
2 tsp vanilla extract

DIRECTIONS:

1. Using a glass mixing bowl, dissolve cocoa in hot water. Pour into the cooker pot.
2. Add cream, almond milk, condensed milk, vanilla, Stevia (sweetener), cinnamon sticks and pinch of salt. Stir together.
3. Lock the lid and cook on low pressure for 6 minutes.
4. Serve and top with marshmallows and whipped cream (optional).



CHEWY BROWNIES

INGREDIENTS:

1/2 cup butter
2 cups water
1/4 cup unsweetened cocoa powder
3/4 cup flour
3/4 tsp baking powder
1/4 tsp salt
1 cup sugar
1 tbsp honey
2 eggs
1/2 cup chopped walnuts (optional)

DIRECTIONS:

1. Using a microwave-safe glass bowl, melt butter in a microwave. Mix in cocoa and set aside.
2. In a large mixing bowl, stir together flour, baking powder, salt and sugar. Mix in honey, eggs and chopped nuts. Pour into a baking pan which will fit into the cooker pot.
3. Add 2 cups of water into the cooker pot. Insert the steam rack.
4. Place the baking pan onto the rack and cover baking pan with foil.
5. Lock the lid and cook on high pressure for 35 minutes.



CREAMY CHEESECAKE

INGREDIENTS:

2 cups cream cheese, softened
 1 1/2 cups of water
 1/2 cup sugar
 1/2 tsp lemon zest
 2 eggs at room temp
 1 egg yolk at room temp
 1 tsp vanilla extract
 1/4 cup heavy cream
 pinch of salt
 3/4 cup tennis biscuit crumbs
 3 tbsp unsalted melted butter
 1 tbsp of sugar

DIRECTIONS:

1. In a bowl, combine tennis biscuit crumbs, butter and sugar. Place into baking pan and press it into the bottom and up the side of the pan. Freeze for 10 minutes.
2. In a bowl, mix cream cheese, sugar, cream, zest and vanilla until smooth. Add eggs and yolk one at a time and gently mix until combined. Do not over-blend. Pour over pie crust. Cover with foil.
3. Add 1 1/2 cups of water to the cooker pot and insert steam rack.
4. Place the baking pan onto the rack. Lock the lid and cook on high pressure for 35 minutes.
5. Allow the pressure to release naturally.
6. Remove and allow to cool before serving.



CHOCOLATE CAKE

INGREDIENTS:

1 1/2 cup flour
 4 tbsp cocoa powder
 3/4 tsp baking powder
 pinch of salt
 2 eggs
 3/4 cup sugar
 3 1/2 tbsp melted butter
 1 cup milk
 1 cup water

DIRECTIONS:

1. Place flour, cocoa, baking powder and salt into a mixing bowl and combine.
2. In a separate bowl, beat together eggs and sugar. Add milk and melted butter and mix well. Combine with dry ingredients.
3. Oil your baking pan and pour batter into it. Cover with foil.
4. Add 1 cup of water to the cooker pot and insert steam rack.
5. Place the baking pan onto the rack. Lock the lid and cook on high pressure for 30 minutes.
6. Release the pressure and remove the baking pan. Allow to cool for 15 minutes before serving.



FACT:
 It doesn't have to
 be your birthday for
 you to eat cake!



Bennett Read

SUPERCHEF 6

10-IN-1 INTELLIGENT MULTI-COOKER

