TIPS AND HINTS

• Many family favorites can be easily adapted for preparation in your Cuisinart™ Electric Pressure Cooker – soups, stews, side dishes and more.
• The amount of liquid needed is much less than for traditional cooking methods.
• Never exceed the Maximum Fill Amount of the pressure cooker.
• Make sure the lid is on firmly and tightly, and moved as far counterclockwise as it will go to allow proper locking.
• Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
• When pressure cooking is completed, follow recipe instructions for releasing pressure. For Quick Pressure Release it is important to begin immediately upon completion of pressure cooking; otherwise foods will continue to cook, and may overcook.
• Do not store pressure cooker with lid on tightly. This saves on gasket wear and tear.
• More nutrients are preserved during pressure cooking than with traditional cooking methods, as less liquid is used and thus fewer nutrients are lost to evaporation.
• To adapt your own recipes, find a similar one in our cookbook and use it as a guide. In general, cooking time will be at least 1/2 to 1/3 of the traditional cooking time. Reduce your cooking liquid by at least half – you may need to “play” with your recipe to get it right. You may wish to add vegetables at the end of cooking to avoid overcooking. You can also use the cooking charts provided as a guide.
• If something is almost cooked, use Simmer to complete cooking.

COOKING TIMES

Suggested Cooking Times for Poultry and Meats
Be sure to add at least 1 cup of liquid when pressure cooking meats for 45 minutes or less, and 1 1/2 cups if cooking for longer amounts of time. Be sure to add vegetables such as chopped onions, carrots, and celery and aromatic herbs such as garlic, parsley, thyme, etc. for added flavor. Most items are cooked on High Pressure unless otherwise indicated. For best results and flavor, most poultry and meats benefit from browning first. Cooking times will vary slightly due to individual size of pieces and starting temperatures.

LIST OF RECIPES

POULTRY & MEATS

<table>
<thead>
<tr>
<th>Food</th>
<th>Cooking Time</th>
<th>Pressure Release Method</th>
</tr>
</thead>
</table>
| Chicken
  Whole – up to 4 pounds | 24 to 28 minutes | Quick Pressure Release |
  Chicken Breast, bone in, 3 pounds | 9 to 10 minutes | Quick Pressure Release |
  Boneless Chicken Breast, 2 pounds | 5 to 6 minutes | Quick Pressure Release |
| Thighs/Legs, bone in | 9 to 12 minutes | Quick Pressure Release |
| Thighs/Legs, boneless | 8 to 10 minutes | Quick Pressure Release |
| Beef
  Pot Roast, Bottom Round, 3-3 1/2 pounds | 99 minutes | Natural Pressure Release |
  Brisket, 2 1/2-2 pounds | 55 minutes | Natural Pressure Release |
  Corned Beef Brisket | 24 minutes per pound | Natural Pressure Release |
  Short Ribs, 2-3 inches thick | 50 minutes | Natural Pressure Release |
  Stew – 1 1/2 to 2-inch cubes | 10 minutes | Natural Pressure Release (see recipe for Beef Stew for times with vegetables) |
| Lamb
  Shanks, four, 12 ounces each | 24 minutes | Natural Pressure Release |
  Shoulder cubes for stew, about 1 1/2 inches | 22 to 25 minutes | Natural Pressure Release |
| Pork
  Chops, Loin, bone in, 1/2-1 inch thick | 9-11 minutes, brown first | Quick Pressure Release |
  Boneless Shoulder Roast, about 3 pounds | 50 to 55 minutes | Natural Pressure Release |
  Spareribs, cut into 2 to 3 rib pieces | 22 to 28 minutes | Quick Pressure Release |
| Veal
  Boneless Shoulder Roast | 10 minutes per pound (weight is important to avoid overcooking) | Natural Pressure Release |
  Cubes for stew, 1 1/2-2 inches | 9 to 10 minutes | Natural Pressure Release |
Vegetables
Vegetables should be well washed and peeled if necessary. Vegetables cook very quickly – be sure to use Quick Pressure Release immediately after audible beep sounds. If vegetables require more cooking, turn pressure cooker off, and cover to steam the vegetables until preferred texture is reached. Add ½ cup water or liquid for cooking. If pressure cooking frozen vegetables, 1 to 2 minutes additional cooking time and longer steaming time may be needed. When cooking vegetables it is always best to undercook, then allow additional time to steam – to avoid overcooking. All cooking is on High Pressure unless otherwise indicated.

Rice and Grains
Rice and grains cook best in a large amount of water, with the excess water drained when cooking and pressure release are completed. In most cases, cooking is done using High Pressure, followed by a combination of Natural and Quick Pressure Release. If further cooking is needed, select Simmer and cook until tender. Rice and grains are best slightly undercooked if they are to be added to soups or casseroles. Oil or butter must be added to prevent foaming.

A general formula to follow, unless you are preparing a specific recipe or the chart below indicates otherwise, is to cook 2 cups of the rice or grain in 6½ cups liquid with 1 to 2 tablespoons butter or oil. DO NOT COOK MORE THAN THIS AMOUNT.

The exception is white rice, which is cooked differently from specialty rice and grains. Use specific directions for cooking white rice.

<table>
<thead>
<tr>
<th>Food</th>
<th>Cooking Time</th>
<th>Pressure Release Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>7 to 9 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Beans, Green or Yellow Waxy</td>
<td>1 to 2 minutes/Low Pressure</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Beets, medium-large</td>
<td>24 to 26 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Broccoli, cut into large florets</td>
<td>2 to 3 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Cauliflower, cut into large florets</td>
<td>2 to 3 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Carrots, cut into 2-inch lengths – or “baby cut”</td>
<td>8 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Carrots, ½-inch slices</td>
<td>2 to 3 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Corn, 4 to 6 ears (use trivet/rack)</td>
<td>1 minute</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Greens, collards, kale, cut into 1-inch strips</td>
<td>5 to 7 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Onions, baby peeled</td>
<td>2 to 4 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Parsnips, peeled, cut into 2-inch pieces</td>
<td>3 to 4 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Parsnips, ½-inch slices</td>
<td>1 to 2 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White, medium quartered</td>
<td>5 to 7 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Red, new (2-3 oz each)</td>
<td>5 to 8 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Sweet, 2-inch cubes</td>
<td>5 to 6 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Squash – Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acorn, halved &amp; seeded</td>
<td>6 to 8 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Butternut, peeled &amp; sliced</td>
<td>3 to 4 minutes</td>
<td>Quick Pressure Release</td>
</tr>
<tr>
<td>Squash, Yellow Crookneck or Zucchini, cut into ½-inch slices</td>
<td>1 to 3 minutes</td>
<td>Quick Pressure Release</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
<th>Cooking Time</th>
<th>Pressure Release Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arborio</td>
<td>Sauté rice in butter/oil until opaque. Add liquid. High Pressure for 6 minutes, followed by Quick Pressure Release.</td>
<td></td>
</tr>
<tr>
<td>Black Japonica, Brown Rice, Red Rice, Wehani Rice</td>
<td>High Pressure for 10 minutes. Natural Pressure Release for 10 minutes, followed by Quick Pressure Release.</td>
<td></td>
</tr>
<tr>
<td>Wild Rice</td>
<td>High Pressure for 20 minutes. Natural Pressure for 10 minutes, followed by Quick Pressure Release.</td>
<td></td>
</tr>
<tr>
<td>Kamut</td>
<td>High Pressure for 20 minutes. Natural Pressure for 10 minutes, followed by Quick Pressure Release.</td>
<td></td>
</tr>
<tr>
<td>Quinoa (1½ cups quinoa + 2¼ cups liquid/water)</td>
<td>High Pressure for 2 minutes. Natural Pressure Release for 10 minutes, followed by Quick Pressure Release.</td>
<td></td>
</tr>
<tr>
<td>Wheat Berries</td>
<td>High Pressure for 30 minutes. Natural Pressure Release for 10 minutes, followed by Quick Pressure Release.</td>
<td></td>
</tr>
</tbody>
</table>

White Rice
Use this method for cooking long-grain or basmati rice. The texture will be more moist and slightly stickier than rice cooked on the stovetop, more like rice from a rice cooker or from an Asian restaurant. The butter or oil is necessary to prevent foaming. Salt is optional to taste (you may wish to omit salt completely if using a purchased broth).

White rice is cooked for 3 minutes on High Pressure, followed by 7 minutes on Natural Pressure Release, then Quick Pressure Release if any pressure remains.

Do not fill (rice and liquid combined) past the halfway mark when cooking white rice.

<table>
<thead>
<tr>
<th>Rice Amount</th>
<th>Liquid/Butter or Oil</th>
<th>Yield (when fluffed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>1½ cups + 1 tablespoon butter or oil</td>
<td>3 cups</td>
</tr>
<tr>
<td>1½ cups</td>
<td>2¼ cups + 1 tablespoon butter or oil</td>
<td>4 to 4½ cups</td>
</tr>
<tr>
<td>2 cups</td>
<td>3 cups + 2 tablespoons butter or oil</td>
<td>5½ to 6 cups</td>
</tr>
<tr>
<td>3 cups</td>
<td>4¼ cups + 2 tablespoons butter or oil</td>
<td>7½ to 8 cups</td>
</tr>
<tr>
<td>4 cups</td>
<td>5 cups + 2 tablespoons butter or oil</td>
<td>11 to 12 cups</td>
</tr>
</tbody>
</table>
Dried Beans
- Before cooking dried beans, pick over and discard any broken or shriveled beans or bits of dirt and debris. Rinse beans and drain.
- Beans may be soaked overnight, but the pressure cooker allows you to cook beans without presoaking.
- Onions, garlic, celery, sprigs of fresh herbs or a bay leaf may be added for additional flavor. Do not salt before cooking as salt inhibits cooking.
- Cook beans in large batches (1 pound beans + 8 cups water + seasonings + onion, garlic, herbs to taste + 4 teaspoons oil) and freeze in 1-cup amounts to add to other dishes.
- Never fill pressure cooker more than one-third full when cooking beans.
- Add 2 teaspoons oil per cup of beans to prevent foaming.
- After cooking beans, clean lid, gasket, steam release valve, and float valve carefully.
- When cooking beans, use High Pressure and Natural Pressure Release.
- If beans are not completely cooked (this is partially dependent on the age of the dried beans, something you will have no control over) select Simmer and allow the beans to simmer until cooked tender. As with vegetables it is better to undercook and allow to simmer to complete cooking.

### Beans

<table>
<thead>
<tr>
<th>Beans (1 cup)</th>
<th>Cooking Time (soaked overnight)</th>
<th>Cooking Time (unsoaked)</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans</td>
<td>20 to 25 minutes</td>
<td>28 to 32 minutes</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cannellini</td>
<td>18 to 22 minutes</td>
<td>33 to 38 minutes</td>
<td>2 cups</td>
</tr>
<tr>
<td>Chickpeas (Garbanzo Beans)</td>
<td>35 to 40 minutes</td>
<td>50 to 60 minutes</td>
<td>2½ cups</td>
</tr>
<tr>
<td>Great Northern</td>
<td>25 to 30 minutes</td>
<td>30 to 35 minutes</td>
<td>2¼ cups</td>
</tr>
<tr>
<td>Lentils</td>
<td>N.A.</td>
<td>8 to 10 minutes</td>
<td>2 cups</td>
</tr>
<tr>
<td>Pinto</td>
<td>20 to 24 minutes</td>
<td>30 to 35 minutes</td>
<td>2½ cups</td>
</tr>
<tr>
<td>Navy Beans</td>
<td>22 to 25 minutes</td>
<td>30 to 35 minutes</td>
<td>2 cups</td>
</tr>
<tr>
<td>Red Beans</td>
<td>22 to 25 minutes</td>
<td>30 to 35 minutes</td>
<td>2 cups</td>
</tr>
<tr>
<td>Soybeans</td>
<td>26 to 33 minutes</td>
<td>33 to 40 minutes</td>
<td>1¼ cups</td>
</tr>
</tbody>
</table>

### Recipes

#### Appetizers, Beans, Grains, Salads
- Artichokes
- Fava Bean Puree
- Hummus
- Baba Ghanoosh
- Savory Gorgonzola Cheesecake
- Not the Same Old Three-Bean Salad
- Wheat Berry & Vegetable Salad

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- Pasta e Fagioli
- Cuban Black Bean Soup
- Lentil Soup
- Chicken Soup with Noodles
- Tomato Soup
- Mushroom Barley Soup
- Chicken Stock
- Brown Beef Stock

#### Side Dishes
- Green Beans with Shiitake Mushrooms
- New Potatoes with Parsley
- Garlic & Herb Smashed Potatoes
- Sweet Potato Purée
- Rice Pilaf
- Tzimmes
- Corn Pudding
- Curried Cauliflower & Potatoes
- Beet Salad with Feta, Toasted Walnuts & Champagne Vinaigrette

#### Entrees
- Risotto Primavera
- Risotto with Shrimp, Sugar Snap Peas & Tarragon
- Pesto Chicken with Potatoes & Carrots
- Chicken with Herb Dumplings
- Curried Chicken Salad with Apples & Almonds
- Green Chicken Chili
- Turkey Chili
- Meat Sauce for Pasta
- Mediterranean Brisket of Beef/Pot Roast
- Classic Beef Stew
- Boneless Veal Shoulder Roast Stuffed with Sage Mushrooms
- Veal Shanks with Mushrooms & Sun-Dried Tomatoes
- Veal Stifado
- Braised Lamb Shanks with Artichokes & Olives
- Pork Chops with Balsamic, Onions & Figs
- Pork Barbecue
- Sausages with Peppers & Onions
- Corned Beef with Vegetables

#### Desserts
- Lemon Cheesecake
- Mango Coconut Bread Pudding
- Creamy Rice Pudding
- Ginger Steamed Pears with Vanilla Bean Mascarpone Cream
- Simple Raspberry Sauce
Artichokes
Perfect artichokes, ready in just 8 minutes!
Makes 4 servings

4 medium artichokes (about 6 to 7 ounces each)
2 lemons, cut in half

Place 1 cup of water with the juice of one lemon in the cooking pot of the Cuisinart™ Electric Pressure Cooker.

Prepare artichokes by cutting the stem off at the base, cut ⅛ off the top, and trim off the outer layers of tough leaves. An optional step is to open up the leaves at the top and remove the choke (the inner thorny leaves and fuzz) with a melon baller or spoon.

Rub the cut parts of the artichoke with the remaining lemon halves. Place them bottom down in the pot. Lock lid in place. Select High Pressure and set timer for 8 minutes. When audible beep sounds, use Quick Pressure Release to release all of the steam. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Transfer bean mixture to a food processor fitted with metal chopping blade. Add olive oil, lemon juice, and salt. Process until completely puréed, smooth and creamy. Serve warm, or chill until ready to serve.

Nutritional information per serving (⅛ cup):
Calories 82 (8% from fat) • carb. 4g • pro. 3g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 18mg • fiber 2g

Hummus
Makes about 2 cups

1 cup garbanzo beans (chickpeas)
4 cups water
1 tablespoon fresh parsley leaves
1 small garlic clove
2 tablespoons tahini
1 teaspoon kosher salt
1 to 2 tablespoons lemon juice
5 tablespoons water
¼ cup olive oil

Place garbanzo beans and water in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Lock lid in place. Select High Pressure. Set timer for 40 minutes. When audible beep sounds use Natural Pressure Release to release all of the pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Test garbanzos; if still firm, select Simmer and cook until they reach soft consistency. (Garbanzo beans will also continue to cook as they sit in the hot water.) Strain.

Place cooked garbanzos in the work bowl of food processor fitted with metal chopping blade. Add parsley, garlic, tahini, salt, and lemon juice in bowl and pulse to combine. Scrape work bowl and with machine running add the water and olive oil until smooth. Taste and adjust seasonings accordingly.

Serve with pita and vegetable crudités.

Nutritional information per serving (2 tablespoons):
Calories 49 (67% from fat) • carb. 3g • pro. 1g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 58mg
• calc. 12mg • fiber 3g

Fava Bean Purée
Prepare this springtime favorite year round with dried fava beans. Serve on crostini, bruschetta, or pita crisps with a drizzle of extra virgin olive oil and a shaving of Parmesan, or serve puréed as a side dish with roast spring lamb.

Makes about 4 cups

1 pound dried fava beans, rinsed
4 cups water
1 bay leaf
1 cup chopped onion
1 clove garlic, peeled
¼ cup extra virgin olive oil
2 tablespoons fresh lemon juice
1 teaspoon kosher salt

Place fava beans in cooking pot of the Cuisinart™ Electric Pressure Cooker with water and bay leaf. Cover and lock lid in place. Select High Pressure and set timer for 18 minutes. When audible beep sounds, use Natural Pressure Release. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Drain beans, and discard bay leaf. When cool enough to handle, remove tough outer shells.

Place partially cooked beans back in cooking pot of the Cuisinart™ Electric Pressure Cooker with chopped onion, garlic, and ½ cup water. Select High Pressure and set timer for 5 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Transfer bean mixture to a food processor fitted with metal chopping blade. Add olive oil, lemon juice, and salt. Process until completely puréed, smooth and creamy. Serve warm, or chill until ready to serve.

Nutritional information per serving (⅛ cup):
Calories 82 (8% from fat) • carb. 10g • pro. 3g
• fat 4g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 18mg • fiber 2g

Baba Ghanoush
Instead of heating up the kitchen to roast the eggplant, cooking it in your pressure cooker keeps the kitchen cool.

Makes about ⅛ cups

1 tablespoon olive oil
1 large eggplant, about 1 pound, peeled and cut into 1-inch cubes
2 garlic cloves, peeled
½ cup water
2 to 3 tablespoons fresh parsley leaves
⅓ teaspoon kosher salt
2 tablespoons lemon juice
2 tablespoons tahini paste
1 tablespoon olive oil

Place cooked garbanzos in the work bowl of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Stir eggplant and garlic into the pot. Cook until soft and slightly golden, about 5 minutes. Add water. Lock lid in place. Select High Pressure. Set timer for 4 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Strain the eggplant and garlic and place in the center of a sheet of parchment paper. Fold the edges to form a pouch. Place pouch in a large bowl. Add the water and olive oil until smooth. Pulse until desired consistency. Taste and adjust seasoning accordingly.

Serve with pita and vegetable crudités.

Nutritional information per serving (2 tablespoons):
Calories 49 (67% from fat) • carb. 3g • pro. 1g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 58mg
• calc. 12mg • fiber 3g

Savory Gorgonzola Cheesecake
Serve with crackers or slices of crusty breads. May also be sliced and served on tender greens as a salad. Garnish with fresh fruit such as sliced pears, apples or figs.

Makes one 7-inch cheesecake, 16 slices

2 teaspoons unsalted butter, melted
3 tablespoons walnut halves and pieces, toasted
½ pounds cream cheese (do not use low fat), at room temperature, cut into 1-inch pieces
3 large eggs, at room temperature
2 teaspoons fresh lemon juice
1 teaspoon rubbed sage
⅓ teaspoon freshly ground white pepper
1 cup Gorgonzola dolce, crumbled

Cut a piece of aluminum foil about 4 inches longer and wider than the springform pan. Place springform pan on foil and wrap completely. Place in a large pan or roasting pan. Pour in 1 inch of hot water. Place in 325°F oven. Bake on center rack for 1 hour 30 minutes. Turn off oven. Let cheesecake cool in oven for 4 hours, then refrigerate overnight.

Preheat oven to 325°F. Line bottom of a 9-inch springform pan with foil. Fold the foil over the bottom. Line the outside of the pan with the remaining foil. Place the springform pan in the prepared pan.

In a medium bowl, combine cream cheese, eggs, lemon juice, salt, and pepper. Whisk to combine. Pour over the cream cheese. Bake for 10 minutes. Insert a toothpick into the center and wrap the exterior tightly. Remove excess nuts on the bottom. Lightly coat a 7x3-inch springform pan with melted unsalted butter or coat with cooking spray. Place a sheet of plastic wrap (about 16x16 inches) on top of a sheet of aluminum foil the same size. Place the springform pan in the center and wrap the exterior tightly.

Place the walnuts in a food processor fitted with the metal chopping blade and pulse until chopped finely. Sprinkle the chopped nuts over the bottom and sides of the baked pan, leaving excess nuts on the bottom.

Place the cream cheese in the food processor and process until smooth, about 1 minute. Scrape the work bowl, process 30 seconds longer. Add the eggs, lemon juice, sage and pepper. Process until smooth, in 1 minute. Scrape the work bowl and process 15 seconds longer. Sprinkle the Gorgonzola over the cream cheese mixture and pulse 10 times to incorporate. Pour into prepared pan.

Place trivet/rack in the cooking pot of the Cuisinart™ Electric Pressure Cooker and add 2 cups of hot water to the pot.

Lightly coat a 7x3-inch springform pan with melted unsalted butter or coat with cooking spray. Place a sheet of plastic wrap (about 16x16 inches) on top of a sheet of aluminum foil the same size. Place the springform pan in the center and wrap the exterior tightly. Place the walnuts in a food processor fitted with the metal chopping blade and pulse until chopped finely. Sprinkle the chopped nuts over the bottom and sides of the baked pan, leaving excess nuts on the bottom.

Place the cream cheese in the food processor and process until smooth, about 1 minute. Scrape the work bowl, process 30 seconds longer. Add the eggs, lemon juice, sage and pepper. Process until smooth, in 1 minute. Scrape the work bowl and process 15 seconds longer. Sprinkle the Gorgonzola over the cream cheese mixture and pulse 10 times to incorporate. Pour into prepared pan.

Place trivet/rack in the cooking pot of the Cuisinart™ Electric Pressure Cooker and add 2 cups of hot water to the pot.
24 inches in length and 2 inches wide to make a “cradle.”

Place on counter and set filled springform pan in the center. Cover cheesecake with a piece of buttered aluminum foil – making the sides tight, but allowing room for the cheesecake to expand. Bring the ends of the cradle strap upward. Use the cradle to help lower the cheesecake into the cooking pot and place on the trivet.

Cover and lock lid in place. Select High Pressure and set timer for 16 minutes. When audible beep drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. Remove cheesecake from the cooking pot using the foil strips to lift up. Place on a cooling rack. Remove foil and plastic wrap. Dab gently with a paper towel to remove any accumulated condensation from the top of the cheesecake. Let cool to room temperature, then cover and refrigerate. Before serving remove from springform pan and garnish if desired.

Wheat Berry & Vegetable Salad
This salad is a refreshing change as a side dish.

Makes 6 cups salad (12 servings)

1½ cups wheat berries 6¼ cups water 1½ tablespoons vegetable oil ¼ cup chopped red onion 1 teaspoon sugar ½ teaspoon kosher salt ½ teaspoon freshly ground black pepper ¼ cup white balsamic vinegar ½ cup extra virgin olive oil 1½ cups cut corn (use frozen thawed) 1 cup shredded tubetti, small macaroni, or small shell pasta ½ cup chopped red bell pepper ½ cup chopped green onion ¼ cup chopped sun-dried tomatoes ¼ cup chopped fresh parsley

Nutritional information per serving (1½ cup):
Calories 123 (34% from fat) • carb. 17g • pro. 4g • fat 5g • sat. fat 0g • chol. 0mg • sod. 34mg • calc. 32mg • fiber 5g

Not the Same Old Three-Bean Salad
Dressed with an Asian-inspired vinaigrette, this bean salad also includes fresh corn and green beans, edamame, and the bright flavor of dried cranberries.

Makes 9 cups
3 tablespoons sherry vinegar 2 tablespoons fresh lime juice 1½ tablespoons low-sodium soy sauce 1½ tablespoons honey 1½ teaspoons finely chopped fresh ginger 1 teaspoon Asian chili paste with garlic ½ cup vegetable oil 4 ears fresh corn, husks and silks removed 8 ounces green beans, cut into ½-inch pieces on the diagonal 1 cup thinly sliced celery 1 cup chopped (³⁄₄×³⁄₄-inch strips) red bell pepper ¾ cup dried cranberries ½ cup chopped red onion 1 cup pink, pinto, black or cannellini beans, rinsed, drained and picked over kasher salt and freshly ground pepper to taste

Place sherry vinegar, lime juice, soy sauce, honey, ginger, and chili paste in a medium bowl. Whisk to combine, and while whisking, add oil in slow, steady stream, whisking until an emulsion is formed. (This may also be done in a blender or food processor.) You will have about 1 cup of the vinaigrette dressing. Let stand while preparing the rest of the salad and allow the flavors to blend.

Nutritional information per serving (³⁄₄ cup of cheesebeans):
Calories 206 (84% from fat) • carb. 2g • pro. 7g • fat 19g • sat. fat 12g • chol. 94mg • sod. 255mg • calc. 85mg • fiber 9g

Pasta e Fagioli
Try our hearty and healthy vegetarian version of this classic Italian soup.

Makes about 12 cups
1 tablespoon extra virgin olive oil 1½ cups chopped onion 1 cup diced (¼-inch) carrot ½ cup sliced celery 3 cloves garlic, peeled and minced 2 teaspoons Italian herb blend, divided 6 cups water 1 pound dry cannellini or white beans, rinsed and picked over bay leaf 4 cups low-sodium vegetable or chicken broth/stock 2 cans (14 ounces each) diced tomatoes with juice 1 teaspoon kosher or sea salt 1½ cups tubetti, small macaroni, or small shell pasta 1 cup chopped fresh parsley

Place wheat berries, water, and vegetable oil in cooking pot of the Cuisinart™ Electric Pressure Cooker. Cover and lock lid in place. Select High Pressure and set timer for 50 minutes. When audible beep sounds, turn off. Use Quick Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. If grains are still a little chewy, try Simmer and cook until done to taste. Drain wheat berries and transfer to a large bowl.

While cooking the wheat berries, prepare the dressing. Place the red onion, mustard, sugar, salt, pepper, and vinegar in the work bowl of a food processor or mini food processor fitted with the metal chopping blade and process until smooth. Add the oil and process until emulsified. There will be about ¾ cup dressing.

When wheat berries are cooled, add ¼ cup (or more to taste) of the dressing (cover and refrigerate remaining dressing for another use), and toss to coat. Add the corn, zucchini, red pepper, green onion, and sun-dried tomatoes. Toss gently to combine. Add the parsley; toss to combine. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

Nutritional information per serving (¼ cup):
Calories 110 (46% from fat) • carb. 15g • pro. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 148mg • calc. 14mg • fiber 3g
and lock lid in place. Select High Pressure and set timer for 35 minutes. When audible beep sounds, allow pressure to release naturally, about 20 minutes.

When float valve drops, turn off. Remove lid, tilting away from you to allow steam to disperse. Stir in broth/stock, tomatoes and their juices, salt, and the remaining teaspoon of Italian herb blend. Select Brown. When liquids reach boiling point, add pasta and cook according to package directions to al dente. Turn to Keep Warm to hold soup until ready to serve. Remove and discard bay leaf before serving.

Serve in warmed bowls garnished with freshly chopped parsley and grated, shaved or shredded cheese.

Nutritional information per serving (one cup):
Calories 246 (11% from fat) • carb. 46g • pro. 11g
• fat 3g • sat. fat 0g • chol. 0mg • sod. 228mg
• calc. 111mg • fiber 12g

Cuban Black Bean Soup
Makes about 10 cups

1 tablespoon extra virgin olive oil
12 ounces smoked spicy chicken, turkey, or pork sausage
1½ cups chopped red bell pepper, divided
1¼ cups chopped red bell pepper, divided
3 garlic cloves, peeled and chopped
1 tablespoon oregano
½ teaspoon coriander
6 cups water
1 pound dry black beans, picked
½ bay leaf
¾ teaspoon ground cumin
1 tablespoon red wine vinegar
1 teaspoon kosher salt

Add oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Browning and let oil heat for 3 to 4 minutes. When oil is hot, cook the sausages until browned, about 4 to 5 minutes on each side. Turn off. Remove, slice into ½-inch pieces and refrigerate until ready to use.

Select Sauté, add chopped onions, ¼ cup of the chopped red bell pepper, garlic, oregano, cumin, and coriander. Sauté, stirring until onions are translucent and tender, about 3 to 4 minutes. Add the water, black beans, ham hock, and bay leaf. Cover and lock lid in place. Select High Pressure, and set timer for 30 minutes. When audible beep sounds, allow pressure to release naturally, about 20 minutes. When float valve drops, turn off. Remove lid, tilting away from you to allow steam to disperse. Select Simmer. Remove ham hock and bay leaf; discard bay leaf. Use a Cuisinart™ hand blender (unplug pressure cooker first and use blender carefully to avoid scratching nonstick cooking pot) or potato masher to smash beans to desired texture. Slice reserved sausage and add to soup. When hock is cool enough to handle, remove meat from ham hock and shred, adding shredded meat to soup; discard bone and fat. Add cayenne, sherry, vinegar, and salt, simmer for 15 to 20 minutes to allow flavors to blend. Turn to Keep Warm to hold soup until ready to serve.

Serve in warmed bowls as desired with freshly chopped parsley and grated, shaved or shredded cheese.

Nutritional information per serving (one cup):
Calories 140 (20% from fat) • carb. 16g • pro. 7g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 515mg
• calc. 21mg • fiber 5g

Lentil Soup
Makes 8 cups

1 tablespoon olive oil
1 medium onion, chopped, about 1 cup
1 medium carrot, cut into ¼-inch dice, about 1 cup
2 cloves garlic, thinly sliced
½ bay leaf
1 pound dried brown lentils
5 cups chicken broth
1½ teaspoons kosher salt
1¼ teaspoons ground black pepper
½ teaspoon lemon juice

Place oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Browning and add chicken broth to the cooking pot. Lock lid in place. Select High Pressure. Set timer for 8 minutes. When audible beep sounds use Natural Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove and discard bay leaf. Stir in salt, pepper, and lemon juice. Taste and adjust seasonings accordingly. Serve immediately.

Add chicken pieces with the kosher salt. Add chicken, parsley, thyme, and chicken broth to cooking pot. Lock lid in place. Select High Pressure. Set timer for 8 minutes. When audible beep sounds wait 5 minutes and then use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Remove chicken pieces and reserve in a stainless bowl. Remove herbs and discard. When chicken is cool enough to handle, remove meat from bones and either chop or shred and return to pot. Select Browning. Once mixture comes to a boil, select Simmer and add noodles. Cook noodles according to package directions. Once noodles have cooked, turn off, stir in peas and serve.

Nutritional information per serving (one cup):
Calories 110 (16% from fat) • carb. 16g • pro. 7g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 515mg
• calc. 21mg • fiber 5g
Tomato Soup

Perfectly satisfying meal with a grilled cheese sandwich.

Makes 6 cups

2½ tablespoons unsalted butter
1 small onion (about 3 ounces), peeled and chopped
1 carrot, peeled and chopped
1 rib celery, chopped
1 teaspoon dried basil
½ teaspoon dried marjoram
2 tablespoons unbleached all-purpose flour
4 cans (14-15 ounces each) diced tomatoes with juices
2½ cups vegetable or chicken stock
1 cup half & half (optional)

Nutritional information per serving
Calories 236 (26% from fat) • carb. 16g • pro. 26g • fat 7g • sat. fat 2g • chol. 75mg • sod. 440mg • calc. 53mg • fiber 3g

Nutritional information per serving (half & half; one cup):
Calories 110 (40% from fat) • carb. 13g • pro. 3g • fat 5g • sat. fat 3g • chol. 18mg • sod. 220mg • calc. 21mg • fiber 3g


Tip: Freeze chicken stock in 1-cup containers to use as needed.

For Brown Chicken Stock: Brown stock requires the step of roasting, but adds depth of flavor to the stock. Use this method to make Brown Turkey Stock ahead for gravy. Preheat oven to 400°F. Place chicken wings in a Cuisinart® roasting pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

Mushroom Barley Soup

Makes about 8 cups

1 tablespoon unsalted butter
1 medium onion, chopped, about 1 cup
2 medium carrots, peeled and cut into ¼-inch dice
3 cloves garlic, smashed
16 ounces mushrooms, sliced
½ teaspoon kosher salt
½ teaspoon fresh thyme, chopped
½ cup sherry
1 bay leaf
5 cups chicken broth
1½ teaspoons fresh ground pepper
2 tablespoons chopped fresh parsley (about 5 sprigs)

Nutritional information per serving
Calories 130 (13% from fat) • carb. 22g • pro. 5g • fat 5g • sat. fat 3g • chol. 13mg • sod. 640mg • calc. 0mg • fiber 0g

Nutritional information per serving (one cup):
Calories 15 (0% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 80mg • calc. 0mg • fiber 0g

Chicken Stock

Makes about 10 cups

4 pounds chicken wings and/or backs
2 medium onions, peeled and quartered
2 ribs celery, cut into 2-inch lengths
2 carrots, peeled, cut into 2-inch lengths
2 leeks, trimmed, halved lengthwise, cleaned
2 parsnips, peeled, cut into 2-inch lengths
2 bay leaves
12 black peppercorns
3 sprigs parsley
3 sprigs thyme
10 cups water

Nutritional information per serving
Calories 105 (40% from fat) • carb. 13g • pro. 4g • fat 5g • sat. fat 3g • chol. 13mg • sod. 640mg • calc. 12mg • fiber 3g

Nutritional information per serving (one cup):
Calories 13 (0% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 80mg • calc. 0mg • fiber 0g

Brown Beef Stock

Makes 8 cups

2½ pounds beef and/or veal bones
1 pound beef chuck or other stew beef, cut into 1-inch cubes
2 large carrots, peeled, cut into 3-inch lengths
2 ribs celery, cut into 3-inch lengths
2 large onions, peeled and quartered
2 tablespoons olive or vegetable oil
6 chives
6 sprigs parsley
2 sprigs thyme
12 cloves garlic
12 peppercorns

Nutritional information per serving
Calories 25 (5% from fat) • carb. 2g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg • calc. 0mg • fiber 0g

Nutritional information per serving (one cup):
Calories 1 (0% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg • calc. 0mg • fiber 0g

Tip:
- Freeze chicken stock in 1-cup containers to use as needed.
- For Brown Chicken Stock: Brown stock requires the step of roasting, but adds depth of flavor to the stock. Use this method to make Brown Turkey Stock ahead for gravy. Preheat oven to 400°F. Place chicken wings in a Cuisinart® roasting pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

- Brown Beef Stock:
  - Make 8 cups
  - 2½ pounds beef and/or veal bones
  - 1 pound beef chuck or other stew beef, cut into 1-inch cubes
  - 2 large carrots, peeled, cut into 3-inch lengths
  - 2 ribs celery, cut into 3-inch lengths
  - 2 large onions, peeled and quartered
  - 2 tablespoons olive or vegetable oil
  - 6 chives
  - 6 sprigs parsley
  - 2 sprigs thyme
  - 12 cloves garlic
  - 12 peppercorns

- Preheat oven to 425°F. Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie chives, parsley and thyme into a bundle using butcher’s string.

- Transfer browned bones, meat, and vegetables to the cooking pot of the Cuisinart® Electric Pressure Cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups cold water. Select High Pressure and set timer for 60 minutes. When audible beep sounds, allow Natural Pressure Release. When float valve drops, turn off. Remove...
lid carefully, tilting away from you to allow steam to disperse.

Strain solids from stock and discard solids. Cover and refrigerate. Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days, or freeze.

Tip: Freeze in 1-cup amounts to have ready to thaw and use.

**Nutritional information per serving (one cup):**
- Calories 17 (1% from fat) • carb. 18g • pro. 2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 20mg • calc. 14mg • fiber 0g

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### New Potatoes with Parsley

Makes about 4 to 6 servings

3 tablespoons unsalted butter
2 pounds medium red potatoes (about 2 ounces each), halved
1 garlic clove
¾ teaspoon kosher salt
½ cup chicken broth
2 tablespoons chopped parsley (about 5 sprigs)

Place 1 tablespoon of butter into the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté. Once butter begins to melt, stir in the potatoes, garlic, and salt. Sauté so that the butter coats all potatoes and the garlic becomes aromatic, about 4 to 5 minutes. Add the chicken broth. Lock lid in place. Select High Pressure. Set timer for 5 minutes. When audible beep sounds use Quick Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Strain potatoes and toss with remaining 2 tablespoons of butter and chopped parsley. Serve immediately.

**Nutritional information per serving (based on 6 servings):**
- Calories 175 (30% from fat) • carb. 28g • pro. 4g • fat 6g • sat. fat 4g • chol. 16mg • sod. 228mg • calc. 21mg • fiber 3g

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### Green Beans with Shiitake Mushrooms

Makes about 4 cups (4 to 6 servings)

½ tablespoon extra virgin olive oil
4 ounces shiitake mushrooms, tough stems removed and discarded, mushrooms thinly sliced
1½ pounds green beans, stem ends removed, cut into 1½ to 2-inch lengths
¼ cup chopped shallot
½ teaspoon kosher salt
½ cup water

Select Browning and add oil to cooking pot of the Cuisinart™ Electric Pressure Cooker. When hot, add mushrooms and cook for 3 to 4 minutes, until lightly browned. Turn off. Add green beans, chopped shallots, salt, and water. Cover and lock lid in place. Select High Pressure and set timer for 1 to 2 minutes, depending on personal preference for firmness/doneness of green beans. When audible beep sounds, turn off. Use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Use a slotted spoon to transfer to warmed serving dish. Serve immediately.

**Nutritional information per serving (based on 6 servings):**
- Calories 117 (30% from fat) • carb. 28g • pro. 4g • fat 6g • sat. fat 4g • chol. 16mg • sod. 228mg • calc. 21mg • fiber 3g

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### Garlic & Herb Smashed Potatoes

Old-fashioned comfort food at its best. For basic mashed potatoes, omit the garlic and herbs.

Makes about 6 cups (12 servings)

3 pounds Yukon Gold or russet potatoes, peeled, cut into ½-inch slices
4 cups water
10-12 cloves garlic, peeled
2 teaspoons kosher salt, divided

Place the butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. When hot, add the chopped onions, carrots, and celery. Cook, stirring occasionally and then, until onions are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in rice and cook, stirring frequently, until rice becomes opaque, about 1 to 2 minutes. Add salt, broth, and sage leaf. Cover and lock lid in place. Select High Pressure and set timer for 3 minutes. When audible beep sounds wait 3 minutes and then use Quick Pressure Release to release steam. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Strain sweet potatoes and place in large mixing bowl. Mash with potato masher or hand mixer. Once thoroughly mashed, add remaining ingredients. Taste and adjust seasoning accordingly. Serve immediately.

**Nutritional information per serving (based on 10 servings):**
- Calories 149 (28% from fat) • carb. 24g • pro. 3g • fat 5g • sat. fat 3g • chol. 14mg • sod. 185mg • calc. 42mg • fiber 6g

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### Rice Pilaf

Makes 6 cups

1½ tablespoons unsalted butter
1 medium onion, finely chopped (about 1 cup)
1 medium carrot, finely chopped (about 1 cup)
1 medium celery stalk, finely chopped
2 cups long grain white rice
¼ teaspoon kosher salt
3 cups chicken broth
sage leaf (optional)

Place the potatoes, water, garlic, 1 teaspoon of the kosher salt, and vinegar in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Cover and select High Pressure. Set timer for 7 minutes. When cooking is completed, use Quick Pressure Release. Turn off. While potatoes are cooking, combine milk with half & half in a saucepan and heat to a simmer (gentle bubbles at edges)(may also be done in a microwave-safe container in the microwave).

Remove cooking pot and drain water from potatoes. Return cooking pot to Pressure Cooker and select Simmer. Let simmer for 2 to 3 minutes to dry potatoes slightly. Sprinkle with remaining salt. Add heated milk mixture to the cooking pot, and using a potato masher suitable for nonstick cookware, mash the potatoes to break up. Add the butter, chives, parsley, and pepper to the potatoes, and mash until they reach the desired texture. Select Keep Warm and cover loosely to hold the potatoes until ready to serve.

**Nutritional information per serving (based on 10 servings):**
- Calories 186 (12% from fat) • carb. 39g • pro. 2g • fat 3g • sat. fat 1g • chol. 6mg • sod. 214mg • calc. 26mg • fiber 6g

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### Sweet Potato Purée

A nice, subtle side dish – makes a great substitute for the regular white potato.

Makes about 4½ cups, about 8 to 10 servings

1 teaspoon white vinegar
¼ cup reduced fat milk
¼ cup half & half
3 tablespoons unsalted butter, cut into ½-inch pieces
¼ cup chopped fresh chives
¼ cup chopped fresh parsley
1 teaspoon freshly ground white or black pepper

Place the potatoes, water, garlic, 1 teaspoon of the kosher salt, and vinegar in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Cover and select High Pressure. Set timer for 6 minutes. When cooking is completed, use Quick Pressure Release. Turn off. While potatoes are cooking, combine milk with half & half in a saucepan and heat to a simmer (gentle bubbles at edges)(may also be done in a microwave-safe container in the microwave).

Remove cooking pot and drain water from potatoes. Return cooking pot to Pressure Cooker and select Simmer. Let simmer for 2 to 3 minutes to dry potatoes slightly. Sprinkle with remaining salt. Add heated milk mixture to the cooking pot, and using a potato masher suitable for nonstick cookware, mash the potatoes to break up. Add the butter, chives, parsley, and pepper to the potatoes, and mash until they reach the desired texture. Select Keep Warm and cover loosely to hold the potatoes until ready to serve.

**Nutritional information per serving (based on 10 servings):**
- Calories 229 (28% from fat) • carb. 37g • pro. 3g • fat 7g • sat. fat 3g • chol. 23mg • sod. 157mg • calc. 31mg • fiber 5g
lid carefully, tilting away from you to allow steam to disperse.

Fluff rice and serve immediately.

Nutritional information per serving (½ cup):
- Calories: 137 (12% from fat)
- Fat: 2g
- Carbohydrates: 24g
- Protein: 3g
- Fiber: 1g

Corn Pudding

Makes 8 servings

2 teaspoons unsalted butter, plus extra for coating soufflé dish, melted
1 cup chopped onion
1 pound cut corn, fresh or frozen, thawed and patted dry (about 8 ears, or 4 cups), divided
4 large eggs
2 cups evaporated fat free milk, not reconstituted
¼ cup yellow cornmeal
1 teaspoon salt
½ teaspoon freshly ground pepper to taste
2-4 drops hot sauce
2 cups water

Coat a 2-quart ceramic soufflé dish (8-inch diameter) with the melted butter and reserve. Cut a piece of aluminum foil 16 inches square and lightly butter an 8-inch round in its center. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle" and reserve.

Melt butter in a 10-inch skillet over medium high heat. Add onion. Cook, stirring about 5 minutes (until translucent). Reserve.

Place 2 cups of corn in work bowl of a Cuisinart® Food Processor. Pulse four or five times, to chop corn roughly. Add eggs, evaporated milk and onion; pulse until mixed. Place the remaining 2 cups corn in a 1½-quart mixing bowl, sprinkle with cornmeal. Add chopped corn mixture. Stir until just mixed. Season with salt, pepper and hot sauce to taste. Transfer to prepared soufflé dish.

Cover with prepared sheet of foil, buttered side down, so that the foil allows for the top of the bread pudding to expand, but fits tightly around the sides of the soufflé dish. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place trivet/rack in the cooking pot of the Cuisinart™ Electric Pressure Cooker and add 2 cups of cold water. Using the foil cradle to help lift the dish and carefully lower the dish into the pot and place on the trivet/rack.

Cover and lock lid in place. Select High Pressure and set timer for 5 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove soufflé and reserve.

Select Sauté and toss the potato slices in with the onions for about 1 minute. Stir in remaining 1 cup of broth. Cover and lock lid in place. Select High Pressure and set timer for 1 minute. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Gently toss cauliflower in with potatoes and onions. Serve immediately.

Nutritional information per serving:
- Calories: 174 (23% from fat)
- Fat: 5g
- Carbohydrates: 19g
- Protein: 4g
- Fiber: 2g

Curried Cauliflower & Potatoes

Makes 4 to 6 servings

1 tablespoon olive oil
2 medium onions, sliced
¼ teaspoon kosher salt
¼ teaspoon curry powder
¼ teaspoon turmeric
1½ cups chicken broth, divided
1 head cauliflower, divided
2 medium Yukon Gold potatoes, sliced into ¼-inch rounds

Place the olive oil in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté and let oil heat for 2 to 3 minutes. Add the sliced onions and cook, stirring occasionally for about 2 minutes. Stir in the salt, curry, and turmeric and continue cooking until onions become soft and aromatic.

Add ½ cup chicken broth and allow mixture to come to a simmer. Add the cauliflower and toss in the liquid. Cover and lock lid in place. Select High Pressure and set timer for 1 minute. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Remove cauliflower and reserve.

Select Sauté and toss the potato slices in with the onions for about 1 minute. Stir in remaining 1 cup of broth. Cover and lock lid in place. Select High Pressure and set timer for 1 minute. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Gently toss cauliflower in with potatoes and onions. Serve immediately.

Nutritional information per serving:
- Calories: 109 (21% from fat)
- Fat: 3g
- Carbohydrates: 19g
- Protein: 4g
- Fiber: 2g

Beet Salad with Feta, Toasted Walnuts & Champagne Vinaigrette

Makes about 8 cups, 8 to 12 servings

3 pounds golden or red beets, scrubbed clean, ends trimmed
1 cup water
1 medium-large Vidalia or other sweet onion (8 ounces), thinly sliced
½ cup toasted walnuts
½ cup medium packed Italian (flat) parsley leaves
1 large clove garlic, peeled
1 small shallot (½ ounce), peeled
3 tablespoons Champagne vinegar (or white balsamic vinegar)
½ teaspoon Dijon-style mustard
½ teaspoon honey
½ teaspoon kosher salt
¼ teaspoon freshly ground pepper
6 tablespoons mild-flavored extra virgin olive oil
3 ounces feta cheese, crumbled

Place beets on rack/trivet with water in the cooking pot of the Cuisinart™ Electric Pressure Cooker.

Cover and lock lid into place. Select High Pressure and set timer for 25 minutes. When
Risotto with Shrimp, Sugar Snap Peas & Tarragon

Makes about 8 cups (4 entrée servings, 8 first course servings)

1 tablespoon extra virgin olive oil
1 tablespoon unsalted butter
½ cup finely diced (½-inch) carrot
1 cup diced zucchini (remove and discard seeds before dicing)
1 cup shredded snow peas
1 cup freshly grated Parmesan or Asiago cheese
½ cup chopped fresh parsley

Place the oil and butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Set on Browning and let cooking pot of the Cuisinart™ Electric Pressure Cooker heat for about 5 minutes on each side. Remove chicken thighs from the pot. Insert the trivet/rack in the pot. Arrange chicken thighs on the rack. Top with pesto. Set on Sauté and let oil and butter heat for about 1½ minutes. Add 4 thighs to the pot. Brown for about 3 minutes on each side. Remove chicken thighs from the pot. Top with pesto to chicken and toss to coat.

Place the oil and butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Set on Sauté and let oil and butter heat for about 2 to 3 minutes. When hot, add the chopped shallots, carrots, celery, garlic, and tarragon. Cook, stirring occasionally, until shallots are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in Arborio rice and cook, stirring frequently, until rice becomes opaque, about 3 to 4 minutes. Add wine and salt; stir and cook for 2 to 3 minutes until the rice has absorbed the wine. Add 4½ cups of the broth/stock and stir. Cover and lock lid in place. Select High Pressure and set timer for 6 minutes. When audible beep sounds use Quick Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Nutritional information per serving
(based on 4 servings):
Calories 281 (18% from fat) • carb. 26g • pro. 12g • fat 12g • sat. fat 6g • chol. 31mg • sod. 843mg • calc. 69mg • fiber 1g

Pesto Chicken with Potatoes & Carrots

Makes 4 servings

3 pounds chicken thighs, bone in, skin removed, trimmed of all visible fat
½ tablespoon extra virgin olive oil
⅓ cup prepared pesto
½ cup chicken stock
1 large (6-8 ounce) onion, peeled, cut vertically into ½-inch slices
8 2-inch new red potatoes (about 1½ pounds), scrubbed – cut into ½-inch slices

Nutritional information per serving
(based on 12 servings):
Calories 154 (57% from fat) • carb. 13g • pro. 4g • fat 12g • sat. fat 6g • chol. 25g • sod. 455mg • calc. 81mg • fiber 2g

Risotto Primavera

Makes about 8 cups (4 entrée servings, 8 first-course servings)

1 tablespoon extra virgin olive oil
1 tablespoon unsalted butter
⅓ cup finely diced (⅛-inch) carrots
⅓ cup finely diced (⅛-inch) celery
1 clove garlic, peeled and finely chopped
2 teaspoons basil
2 cups Arborio rice
⅓ cup dry white wine or vermouth
1 teaspoon kosher salt
5 cups low-sodium chicken or vegetable broth/stock, divided
½ pound asparagus, cut into 1-inch lengths
1 cup peas (fresh or frozen thawed)
1 cup shredded snow peas
1 cup diced zucchini (remove and discard seeds before dicing)
1 cup shredded Fontina cheese
⅛ cup freshly grated Parmesan or Asiago cheese
½ cup chopped fresh parsley

Place the oil and butter in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Sauté and let oil and butter heat for 2 to 3 minutes. Add the chopped shallots, carrots, celery, garlic, and basil. Cook, stirring occasionally, until shallots are translucent and vegetables become aromatic, about 2 to 3 minutes. Stir in Arborio rice and cook, stirring frequently, until rice becomes opaque, about 3 to 4 minutes. Add wine and salt; stir and cook for 2 to 3 minutes until the rice has absorbed the wine. Add 4½ cups of the broth/stock and stir. Cover and lock lid in place. Select High Pressure and set timer for 6 minutes. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Select Simmer. Add remaining ½ cup of broth/stock to rice and stir. Cook, uncovered, stirring occasionally for 1 to 2 minutes. Stir in asparagus, peas, snow peas, and zucchini. Cook, stirring, until vegetables are bright green and crisp tender to taste. Stir in cheeses and cook 1 minute. Serve in warmed soup plates and sprinkle with fresh parsley. If desired pass more grated Parmesan or Asiago.

Nutritional information per serving
(based on 4 servings):
Calories 281 (18% from fat) • carb. 26g • pro. 12g • fat 12g • sat. fat 6g • chol. 31mg • sod. 843mg • calc. 69mg • fiber 1g
Nutritional information per serving:
Calories 487 (43% from fat) • carb. 13g • pro. 47g
• fat 22g • sat. fat 6g • chol. 155mg • sod. 226mg
• calc. 104mg • fiber 6g

Chicken with Herb Dumplings
Old-fashioned comfort food in just a little bit of time.
Makes 4 servings

1 ½ teaspoons kosher salt, divided
¼ cup unbleached all-purpose flour
8 skinless chicken thighs
1 ½ cups dry white wine or broth
2 cups low-sodium chicken stock or broth
1 bay leaf

Herb Dumplings
Makes 8 dumplings
2 cups unbleached all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
5 tablespoons unsalted butter
1 large egg, lightly beaten
¼ cup buttermilk

Place flour, baking powder, and salt in a medium bowl; stir to combine. Use a pastry blender or forks to cut in butter until mixture resembles a coarse meal. (This may also be done in a food processor fitted with the metal chopping blade.) Stir in egg and buttermilk, and mix until the dough just comes together. Place on a floured surface and dust with flour. Using floured hands, turn and fold 4 times. Pat out to a ¾-inch thickness. Cut into 8 equal pieces.

This recipe may also be used to make biscuits. Roll out to ⅛-inch thickness and cut into 12 pieces. Bake on a parchment lined baking sheet in a preheated 400°F oven for 18 to 22 minutes.

Nutritional information per serving (2 dumplings):
Calories 377 (40% from fat) • carb. 47g • pro. 10g
• fat 17g • sat. fat 10g • chol. 94mg • sod. 619mg
• calc. 230mg • fiber 9g

Herbes de Provence
1 teaspoon dry thyme or fines herbes

Curried Chicken Salad with Apples & Toasted Almonds
Prepare this summertime favorite without heating up the kitchen!
Use our recipe or your own favorite.
Makes 6 to 8 servings

1 medium onion, peeled and quartered
1 carrot, peeled and cut into 1-inch pieces
1 rib celery, cut into 1-inch pieces
8 peppercorns
1 cup water or low-sodium chicken stock
3 pounds chicken breast halves, bone in, skin on
¼ cup lowfat mayonnaise – or more to taste
2-3 tablespoons curry powder
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 cups diced apples (⅛-inch dice) or 1 cup apples + 1 cup halved grapes
1 cup sliced celery
1 cup toasted slivered almonds
2 tablespoons finely chopped onion or shallot

Place onion, carrot, celery, peppercorns and water or broth in cooking pot of the Cuisinart® Electric Pressure Cooker. Insert trivet/rack in cooking pot, and arrange chicken on rack. Cover and lock lid in place. Select High Pressure and set timer for 9 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. Your chicken should be fork-tender. Select Sauté. Once butter and oil begin to sizzle, stir the chopped onions into the pot. Stir in curry powder. Stir in chicken. Stir in apples and grapes. Stir in onion and celery. Stir in almonds. Stir in mayonnaise. Top with parsley sprigs and bay leaf. Serve hot.

Nutritional information per serving (based on 8 servings):
Calories 381 (53% from fat) • carb. 14g • pro. 32g
• fat 23g • sat. fat 3g • chol. 83mg • sod. 364mg
• calc. 91mg • fiber 4g

Green Chicken Chili
Makes about 10 cups

1 cup dried pinto beans
5 cups water
1 ⅓ cups chopped green chile peppers
4 jalapeño peppers
2 medium red peppers
1 medium onion, finely chopped
1 cup diced green chile peppers
4 cloves garlic, finely chopped
4 cups (4 ounces each)
1 cup toasted slivered almonds


Nutritional information per serving (based on 8 servings):
Calories 732 (50% from fat) • carb. 102mg • pro. 90g
• fat 23g • sat. fat 15g • chol. 155mg • sod. 248mg
• calc. 101mg • fiber 7g

Green Chicken Chili
Makes about 10 cups

1 cup dried pinto beans
5 cups water
1 ⅓ cups chopped green chile peppers
4 jalapeño peppers
2 medium red peppers
1 medium onion, finely chopped
1 cup diced green chile peppers
4 cloves garlic, finely chopped
4 cups (4 ounces each)
1 cup toasted slivered almonds


Nutritional information per serving (based on 8 servings):
Calories 732 (50% from fat) • carb. 102mg • pro. 90g
• fat 23g • sat. fat 15g • chol. 155mg • sod. 248mg
• calc. 101mg • fiber 7g

Green Chicken Chili
Makes about 10 cups

1 cup dried pinto beans
5 cups water
1 ⅓ cups chopped green chile peppers
4 jalapeño peppers
2 medium red peppers
1 medium onion, finely chopped
1 cup diced green chile peppers
4 cloves garlic, finely chopped
4 cups (4 ounces each)
1 cup toasted slivered almonds


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4 jalapeño peppers
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4 cloves garlic, finely chopped
4 cups (4 ounces each)
1 cup toasted slivered almonds

in the chopped red and jalapeño peppers. Continue sautéing for about 4 to 5 minutes, until all vegetables are softened. Stir in the garlic and sauté for one more minute. Stir in green chiles and chipotle pepper.

Add chicken, broth, and salt. Select High Pressure and set timer for 7 minutes. When audible beeps sounds, allow Natural Pressure Release for 5 minutes and then use Quick Release Method to release remaining pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Remove chicken pieces and reserve in a stainless bowl. When chicken is cool enough to handle, remove and discard bones and skin. Chop or shred chicken and return to pot. Select Browning.

Combine softened butter and flour. When mixture comes to a boil, whisk in flour/butter mixture to thicken the chile.

Serve immediately. May be served with shredded Cheddar cheese and sliced avocado.

Nutritional information per serving (one cup):
Calories 248 (42% from fat) • carb. 8g • pro. 27g • fat 11g • sat. fat 5g • chol. 89mg • sod. 332mg • calc. 41mg • fiber 1g

Makes about 8 cups

Turkey Chili

Meat Sauce for Pasta

Makes about 10 cups

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons extra virgin olive oil</td>
<td>3 tablespoons good quality olive oil</td>
</tr>
<tr>
<td>2 cups chopped onion</td>
<td>2 pounds lean ground beef</td>
</tr>
<tr>
<td>1 red or yellow bell pepper, cut into ½-inch dice</td>
<td>1½ cups chopped onion</td>
</tr>
<tr>
<td>4 cloves garlic, peeled and chopped</td>
<td>¾ cup finely chopped carrot</td>
</tr>
<tr>
<td>3 teaspoons chili powder</td>
<td>½ cup finely chopped celery</td>
</tr>
<tr>
<td>1½ teaspoons ground cumin</td>
<td>2 cloves garlic, peeled</td>
</tr>
<tr>
<td>1 teaspoon ground allspice</td>
<td>2 teaspoons basil</td>
</tr>
<tr>
<td>1 teaspoon ground coriander</td>
<td>½ cup dry wine (red or white)</td>
</tr>
<tr>
<td>1 teaspoon ground oregano</td>
<td>3 cans (14-15 ounces each) diced tomatoes</td>
</tr>
<tr>
<td>2 cans (14-15 ounces each) diced tomatoes with juices</td>
<td>1 can (6-ounce) tomato paste (salt free if available)</td>
</tr>
<tr>
<td>¼ cup low-sodium chicken broth or stock</td>
<td>½ cup water</td>
</tr>
<tr>
<td>1 teaspoon kosher salt, or to taste</td>
<td>1 bay leaf</td>
</tr>
<tr>
<td>1 bay leaf</td>
<td>1 teaspoon kosher salt</td>
</tr>
</tbody>
</table>

Add 1 tablespoon of the oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning and let oil heat for 3 to 4 minutes. When oil is hot, cook the ground beef in 4 batches, breaking up meat with a wooden spatula, until browned, about 3 to 5 minutes. Move meat as little as possible while browning for best results. Remove to a bowl as meat is browned. Turn off. Select Sauté. Add chopped onion, carrots, celery, garlic and basil to the cooking pot. Cook, stirring for 2 to 3 minutes until the onion becomes translucent and the basil becomes aromatic. Stir in wine and cook for 2 to 3 minutes to reduce by about half. Add the tomatoes, tomato paste, water, bay leaf, and salt to the cooking pot and stir. Return the ground beef and any accumulated juices to the cooking pot. Turn off.

Cover and lock lid in place. Select High Pressure and set timer for 10 minutes. When audible beeps sounds, use Natural Pressure Release. When float valve drops, turn off and remove lid, tilting away from you to allow steam to disperse. Stir cornmeal into chili and select Simmer. Simmer chili for 10 to 15 minutes to allow the cornmeal to thicken it.

Remove and discard bay leaf before serving.

Nutritional information per serving (one cup):
Calories 355 (21% from fat) • carb. 15g • pro. 54g • fat 22g • sat. fat 9g • chol. 328mg • sod. 668mg • calc. 75mg • fiber 4g

Mediterranean Brisket of Beef

This preparation is also delicious using a pot roast cut of meat such as bottom round or rump roast.

Makes 4 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 beef brisket, about 2½ to 3 pounds</td>
<td>1 teaspoon kosher salt</td>
</tr>
<tr>
<td>1 teaspoon freshy ground pepper</td>
<td>1 tablespoon extra virgin olive oil</td>
</tr>
<tr>
<td>1 tablespoon extra virgin olive oil</td>
<td>1 teaspoon garlic salt</td>
</tr>
<tr>
<td>1 pound baby-cut carrots</td>
<td>1 can (15-ounce) diced tomatoes, drained (discard liquid)</td>
</tr>
<tr>
<td>½ cup low-sodium beef broth</td>
<td>1 teaspoon basil</td>
</tr>
</tbody>
</table>

For Mediterranean Pot Roast:
Substitute a 3- to 3½-pound bottom round roast (pot roast) for the brisket. Follow instructions for browning and preparing the vegetables, but do not add carrots. Select High Pressure and set timer for 99 minutes. When audible beeps sounds, use Natural Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

Add carrots to cooking pot. Select High Pressure and set timer for 8 minutes. When audible beeps sounds, use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from...

Nutritional information per serving:
Calories 355 (21% from fat) • carb. 15g • pro. 54g • fat 9g • sat. fat 2g • chol. 98mg • sod. 481mg • calc. 59mg • fiber 4g
Boneless Veal Shoulder Roast Stuffed with Sage Mushrooms

Makes 6 servings

8 ounces cremini or button mushrooms, thinly sliced
4 ounces shiitake mushrooms, stems removed & discarded, thinly sliced
½ cup chopped shallots
1 clove garlic, peeled
1 tablespoon rubbed sage, divided
2 tablespoons olive oil, divided
½ cup unbleached all-purpose flour
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
¾ cups chicken or veal stock/broth, divided
1½ cups chicken or veal stock/broth, divided
1 boneless veal shoulder roast, butterflied, about 3 to 3½ pounds
4 ounces thinly sliced prosciutto (you may not need all)
½ cup finely chopped onion
½ cup finely chopped carrot
½ cup finely chopped celery
1 clove garlic, cut into slivers
1 cup dry white wine or vermouth

Nutritional information per serving:
Calories 325 (32% from fat) • carb. 13g • pro. 40g • fat 11g • sat. fat 3g • chol. 135mg • sod. 721mg • calc. 50mg • fiber 13mg

Combine flour with 1 teaspoon of the salt and ½ teaspoon of the pepper. Dust veal shanks with seasoned flour, shaking off excess.

Select Browning and add 1 tablespoon of the olive oil to the cooking pot of the Cuisinart™ Electric Pressure Cooker. When the oil is hot, add the veal and brown on all sides, about 10 to 15 minutes. Remove and reserve. Select Sauté and add chopped onion, carrot, celery, garlic, reserved mushroom mixture, and remaining salt to the pan. Cook for 2 to 3 minutes until the onion becomes translucent. Add the remaining ½ cup of chicken stock to the cooking pot along with the wine. Place the trivet in the cooking pot and arrange the roast on the rack. Cover and lock lid in place. Select High Pressure and set timer for 10 minutes per pound (the roast weight before stuffing, i.e., if roast weighs 3.3 pounds, set timer for 20 minutes – the weight is important so that roast will not be overcooked). When audible beep sounds, use Natural Pressure Release to release pressure. Turn off. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Add veal to the pot and select Slow Cook (High Pressure). Set timer for 6 minutes. When audible beep sounds use Quick Pressure Release to release pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse.

To thicken, remove the solids from the stew liquid, reserving both. Remove and discard bay leaf. Blend softened butter and flour to make a paste (buerre manié). Return liquid to pot and bring to a boil by selecting Brown. Once liquid comes to a boil whisk in the butter/flour mixture. Select Simmer. Once liquid thickens, stir the meat and carrots back into the pot. Taste and adjust seasonings with salt and pepper accordingly. Just before serving, stir in peas.

Calories 325 (32% from fat) • carb. 13g • pro. 40g • fat 11g • sat. fat 3g • chol. 135mg • sod. 721mg • calc. 50mg • fiber 13mg
**Veal Stifado**

Makes about 8 cups

- 1/2 cup unbleached all-purpose flour
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 2-3 tablespoons extra virgin olive oil
- 1/2 cup dry white vermouth or dry white wine (not Chardonnay)
- 1/2 cup finely chopped onion
- 3 cloves garlic, peeled and finely chopped
- 1 teaspoon oregano
- 1 teaspoon rosemary
- 1/2 teaspoon thyme
- 1 teaspoon ground cumin
- 1/2 cup dry white vermouth or dry white wine (not Chardonnay)
- 2 cans (14-15 oz. each) diced tomatoes in thick juice
- 2 tablespoons red wine vinegar
- 1 whole cinnamon stick (3-4 inches)
- 1 bay leaf
- 1 pound small whole onions, peeled if fresh, thawed if frozen
- 1/2 cup unbleached all-purpose flour
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper

Combine the flour, salt, and pepper in a large bowl. Toss the veal cubes in the seasoned flour to coat lightly; shake off and discard excess flour.

Add 1 tablespoon of the oil to the cooking pot of the Cuisinart® Electric Pressure Cooker. Select Browning and let oil heat for 3 to 4 minutes. When oil is hot, cook the veal cubes in batches, leaving space between each piece of meat (to promote browning and prevent steaming) until browned, about 3 to 5 minutes on each side, adding more oil as necessary. Remove to a platter as meat is browned.

Turn off. Select Sauté. Add chopped onion, garlic, oregano, rosemary, thyme, and cumin to the cooking pot. Cook, stirring for 2 to 3 minutes until the onion becomes translucent and the herbs become aromatic. Stir in the vermouth/wine and cook for 2 minutes. Add the tomatoes, vinegar, cinnamon stick, and bay leaf to the cooking pot.

Cover and lock lid in place. Select High Pressure and set timer for 9 minutes. When pressure cooking is completed, use Quick Pressure Release. Add onions to cooking pot. Select High Pressure and set timer for 1 minute. Use Natural Pressure Release (about 15 to 20 minutes). Remove and discard bay leaf and cinnamon stick before serving.

Serve Stifado with rice or pasta, garnished with freshly chopped parsley.

*Nutritional information per serving: Calories 206 (33% from fat) • carb. 12g • pro. 21g • fat 14g • sat. fat 2g • chol. 71mg • sod. 353mg • calc. 6mg • fiber 3g

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**Braised Lamb Shanks with Artichokes & Olives**

Lamb shanks are a delicious treat that benefit from long, slow cooking – but the Cuisinart® Electric Pressure Cooker does them perfectly in less than a third of the time.

Make 4 servings

- 4 lamb shanks, about 1/4 pound each (no more than 7 inches long)
- 1 tablespoon good quality olive oil
- 1 cup chopped onions
- 1/4 cup diced (1/4-inch) carrots
- 2 cloves garlic, peeled and chopped
- 1 tablespoon herbs de Provence
- 1 can (14- to 15-ounce) diced tomatoes with juices
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken, veal or beef broth or stock
- 1 bay leaf
- 1 jar (12-ounce) queen pimento-stuffed green olives, drained
- 1 package (9-ounce) frozen artichoke hearts, thawed but not cooked
- kosher salt and freshly ground pepper to taste

Combine flour, salt, and pepper. Dust lamb shanks with seasoned flour. Add olive oil to cooking pot of the Cuisinart® Electric Pressure Cooker. Select Browning. When oil is hot, add 2 lamb shanks and brown evenly on all sides, about 5 to 10 minutes total. Remove to a platter and repeat with remaining 2 lamb shanks.

Select Sauté. Add onions, carrots, garlic, and herbs de Provence to cooking pot. Cook for 3 to 5 minutes, until onions become translucent. Stir in tomatoes, wine, stock, and bay leaf. Return lamb shanks and any accumulated juices to the cooking pot, spooning some of the liquid and vegetable mixture over the shanks. Cover and lock lid in place. Select High Pressure and set timer for 24 minutes. When audible beep sounds, allow 10 minutes Natural Pressure Release, then use Quick Pressure Release to release remaining pressure. Remove lid carefully, tilting away from you to allow steam to disperse. Remove lamb shanks to a warm platter and cover loosely with foil, place in a slow (200°F) oven to Keep Warm.

Add olives and artichokes to cooking pot. Select Simmer and cook, uncovered for 10 to 15 minutes to thicken slightly. Taste and adjust seasonings with salt and pepper. Spoon sauce over lamb shanks to serve.

*Nutritional information per serving: Calories 491 (40% from fat) • carb. 24g • pro. 42g • fat 22g • sat. fat 5g • chol. 132mg • sod. 1000g • calc. 65mg • fiber 5g

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**Pork Chops with Balsamic, Onions & Figs**

Makes 4 servings

- 4 pork loin chops, bone in, well trimmed of excess fat, about 3/4- to 1-inch thick
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- 1/2 tablespoon balsamic vinegar
- 3 cups sliced onions (about 1 pound, peeled, sliced vertically)
- 3 cloves garlic, peeled and chopped
- 1 teaspoon thyme
- 1 tablespoons aged balsamic vinegar
- 2 tablespoons dry white wine or vermouth
- 1/2 cup chicken stock
- 10 ounces dried figs

Season pork chops with 1/2 teaspoon salt and pepper. Add butter and olive oil to the cooking pot of the Cuisinart® Electric Pressure Cooker. Select Browning. When hot add 2 pork chops and brown for 3 to 4 minutes on each side. Transfer to a plate and brown remaining 2 pork chops, transfer to the plate.

Select Sauté and add the onions, garlic and thyme to the cooking pot. Cook, stirring for 3 to 4 minutes, until onions become translucent. Add balsamic vinegar and cook until reduced by half. Add wine, chicken stock, and remaining 1/2 teaspoon salt. Cook for 1 minute. Return pork chops to the cooking pot, topping with some of the onion mixture. Add figs to the top. Cover and lock lid in place. Select Slow (00°F) oven to Keep Warm. After 20 minutes, transfer pork chops, onions and figs to a warm platter with the pan juices and serve.

Transfer pork chops, onions and figs to a warm platter with the pan juices and serve. If desired, cover pork chops, onions and figs loosely with a sheet of aluminum foil and place in a warm (200°F) oven. Select Simmer and reduce pan juices by half until slightly syrupy. Pour over pork chops and serve.

*Nutritional information per serving: Calories 504 (23% from fat) • carb. 63g • pro. 37g • fat 13g • sat. fat 5g • chol. 99mg • sod. 454mg • calc. 166mg • fiber 8g
Pork Barbecue

Makes 8 generous servings

1 tablespoon good quality olive oil
2 tablespoons Italian herb blend
3 cups sliced red bell pepper (2 x ⅛-inch slices)
3 cups sliced green bell pepper (2 x ⅛-inch slices)
2 cups sliced onions (⅛-inch thick vertical slices)
2 cloves garlic, peeled and chopped
1 cup low-sodium chicken broth or stock

Add olive oil to cooking pot of the Cuisinart™ Electric Pressure Cooker. Select Browning. When hot, add sausages, about 1 pound at a time – do not overcrowd – and brown on all sides, about 3 to 5 minutes. Remove and reserve each batch on a platter as they are browned.

Add peppers, onions, garlic and Italian herbs to the pot. Stir for 2 to 3 minutes. Stir in chicken stock and cook for 1 minute. Return the sausages and any accumulated juices to the cooking pot. Stir gently to mix in with the onions and peppers. Cover and lock lid in place. Select High Pressure and set timer for 4 minutes. When audible beep sounds use Quick Pressure Release to release pressure. Remove lid carefully, tilting away from you to allow steam to disperse.

Leave uncovered on Keep Warm until ready to serve.

Nutritional information per serving:
Calories 487 (88% from fat) • carb. 11g • pro. 28g • fat 36g • sat. fat 12g • chol. 105mg • sod. 1268mg • calc. 59mg • fiber 2g

Corned Beef with Vegetables

Makes 6 servings

1 3- to 4-pound corned beef brisket with spice pack* or 2 cups country style spare ribs or pork shoulder slices
1 large onion, peeled and sliced
½ cup cider vinegar
1 teaspoon salt
½ teaspoon freshly ground black pepper
1 cup brown sugar
2 tablespoons barbecue sauce (homemade or purchased)

Rinse corned beef. Place trivet/rack in cooking pot of the Cuisinart™ Electric Pressure Cooker. Add chopped onion and celery to pot. Place corned beef on rack and add water. Cover and lock lid in place. Select High Pressure and set timer for 24 minutes per pound and round up or down to closest 5-minute increment (i.e., if corned beef weighs 3.25 pounds, multiply 3.25 x 24 to get 78 minutes – round up to 80 minutes). While corned beef cooks, combine marmalade, mustard and molasses and stir with a whisk.

When audible beep sounds, time for 20 minutes of Natural Pressure Release, the release remaining pressure using Quick Pressure Release. Preheat oven to 375°F. When float valve drops, turn Pressure Cooker off. Remove corned beef from cooking pot. Trim the fat layer from the corned beef and discard. Place in a roasting pan and top with marmalade mixture. Place in oven in 20 to 25 minutes to glaze.

Strain cooking liquid, discarding solids and return liquid to cooking pot (it will have turned red – do not worry). Place the potatoes and carrots in the liquid in the cooking pot first, then the cabbage wedges, and top with the onions. Cover and lock lid in place. Select High Pressure and set timer for 3 minutes. When audible beep sounds, use Quick Pressure Release to release pressure. If vegetables are not cooked enough, select Simmer and cook until done to taste preference.

Using a slotted spoon or skimmer, remove the vegetables and arrange in a warmed shallow serving bowl. Slice the corned beef in thin slices across the grain to serve.

Nutritional information per serving:
Calories 640 (44% from fat) • carb. 56g • pro. 35g • fat 31g • sat. fat 10g • chol. 157mg • sod. 260mg • calc. 210mg • fiber 12g

*Squizzing the corners of the spice packet will create more room to add ingredients if necessary. Choose a flat cut or straight cut brisket. If the package does not contain a spice pack, you can prepare your own – 8 whole peppercorns, 4 whole allspice berries, 1 teaspoon mustard seed, ½ teaspoon coriander seed, and 1 bay leaf.

Sausages with Peppers & Onions

Serve with cooked pasta, or warmed “hero,” “hoagie,” or “grinder” rolls to make sandwiches.

Lemon Cheesecake

“Bake” a cheesecake without heating up the kitchen.

Makes one 7-inch cheesecake, 6 to 8 servings

8 tablespoons melted unsalted butter or cooking spray for the pan
6 1½-inch gingersnap cookies, crushed into crumbs
1⅛ tablespoons finely chopped toasted almonds
1½ tablespoons unsalted butter, melted
1 pound regular cream cheese, cut into 1-inch pieces, at room temperature
1 cup granulated sugar
2 large eggs
1½ tablespoons finely chopped toasted almonds
1 teaspoon pure vanilla extract

Garnishes: fresh blueberries, raspberries or strawberries

Lightly coat a 7x3-inch springform pan with melted unsalted butter or coat with cooking spray. Place a sheet of plastic wrap (about 16x16-inches) on top of a sheet of aluminum foil the same size. Place the springform pan in the center and wrap the exterior tightly. Combine the cookie crumbs, toasted almonds and melted butter in a small bowl. Turn into the prepared pan and turn to dust the sides of the pan. Press the remainder onto the bottom of the pan. Reserve. Place cream cheese and sugar in the work bowl of a food processor fitted with the metal “s” blade. Process until smooth, about 15 to 20 seconds. Add the eggs, lemon zest, lemon juice, and vanilla. Process for 10 seconds. Scrape down the bowl and process for another 5 seconds. (Alternatively, the cheesecake batter can be combined using a hand mixer on low speed – take care not to incorporate too much air, which will cause cracking.) Pour the batter into the prepared pan. Place the rack/trivet in the cooking pot and add 2 cups of water.
Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle.” Place on counter and set filled springform pan in the center. Cover cheesecake with a piece of buttered aluminum foil – making the sides tight, but allowing room for the cheesecake to expand. Bring the ends of the cradle strip upward. Use the cradle to help lower the cheesecake into the cooking pot of the Cuisinart™ Electric Pressure Cooker and place on the trivet.

Cover and lock lid in place. Select High Pressure and set timer for 8 minutes. When audible beep sounds, use natural pressure release to release pressure. Remove cheesecake from the cooking pot using the foil strips to lift up. Place on a cooling rack. Remove foil and plastic wrap. If moisture has accumulated on the top, dab gently with a paper towel to remove. Let cool to room temperature, then cover and refrigerate. Before serving remove from springform pan and garnish if desired.

Nutritional information per serving (based on 8 servings):
- Calories 299 (67% from fat) • carb. 19g • pro. 6g • fat 23g • sat. fat 14g • chol. 119mg • sod. 214mg • calc. 59mg • fiber 0g

Mango Coconut Bread Pudding

For a warm dessert, bread pudding can be mixed and assembled ahead, then baked while dinner is being served. Serve with fresh raspberries or Simple Raspberry Sauce (page 35), and top with sweetened softly whipped cream, or ice cream – vanilla, ginger or coconut.

Makes 8 to 12 servings

1 tablespoon unsalted butter, melted
6 cups bread cubes made from challah bread or other bread with dense texture
1 mango (about 1 pound), firm but ripe, peeled and cut into ½-inch cubes (2 cups)
⅔ cup sweetened flaked/shredded coconut
5 large eggs
1½ cups (one 12-ounce can) lowfat evaporated milk (not reconstituted)
1½ cups coconut milk
½ cup packed brown sugar
2 teaspoons pure vanilla extract
2 teaspoons ground cinnamon
2 teaspoons ground ginger
2 teaspoons ground allspice

Coat a 2-quart ceramic soufflé dish (8-inch diameter) with the melted butter and reserve. Cut a piece of aluminum foil 16 inches square and lightly butter an 8-inch round in its center. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle” and reserve.

Place the bread cubes, mango and coconut in a large bowl. Place the eggs in a medium bowl. Whisk until smooth. Add evaporated milk, coconut milk, brown sugar, vanilla, cinnamon, ginger, and allspice. Whisk to combine. Pour over the bread cube mixture and stir gently. Pour into prepared soufflé dish and let stand at room temperature for 30 minutes.

Cover with prepared sheet of foil, buttered side down, so that the foil allows for the top of the bread pudding to expand, but fits tightly around the sides of the soufflé dish. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place trivet/rack in the cooking pot and add 2 cups of cold water. Using the foil cradle to help lift the dish, carefully lower the dish into the pot and place on the trivet/rack.

Cover and lock lid in place. Select High Pressure and set timer for 25 minutes. When audible beep sounds, use Natural Pressure Release to release pressure. When float valve drops, turn off. Remove lid carefully, tilting away from you to allow steam to disperse. Add vanilla and dried fruit and stir. Place cover on pot, but do not turn on. Let stand for 15 minutes. Stir and serve. May be garnished with a sprinkling of cinnamon and freshly whipped cream.

Nutritional information per serving (¼ cup):
- Calories 142 (22% from fat) • carb. 25g • pro. 3g • fat 4g • sat. fat 2g • chol. 7mg • sod. 126mg • calc. 72mg • fiber 1g
Place pears on individual dessert plates. Drizzle with chilled ginger syrup and garnish with a little dollop of Vanilla Bean Mascarpone Cream, fresh raspberries and chocolate shavings or candied ginger. If desired, stuff hollow of pear with Vanilla Bean Mascarpone Cream.

**Vanilla Bean Mascarpone Cream**
Makes 4 servings

- ½ vanilla bean
- 8 ounces mascarpone cheese, softened to room temperature
- 1 tablespoon powdered sugar
- 2 teaspoons milk
- ½ teaspoon pure vanilla extract

Split vanilla bean in half lengthwise. Scrape out the seeds with the back of a knife. Place vanilla seeds, cheese, sugar, milk, and vanilla in a small bowl. Stir with a whisk until smooth (this may also be done with a hand mixer, hand blender or food processor). Refrigerate until ready to use. Remove from refrigerator 30 minutes before using to soften.

**Nutritional information per serving:**
Calories 236 (3% from fat) • carb. 48g • pro. 1g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 6g
• calc. 31mg • fiber 6g

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**Simple Raspberry Sauce**
Makes about 2 cups

- 12 ounces fresh or frozen, thawed strawberries or raspberries
- 1 cup red berry preserves
- 1 tablespoon sugar
- 1 tablespoon fresh lemon juice

Place all ingredients in Cuisinart® Food Processor fitted with the metal “s” blade. Process until smooth and completely puréed, about 1 minute. Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, pancakes or waffles.

**Nutritional information per serving:**
Calories 269 (91% from fat) • carb. 33g • pro. 1g
• fat 26g • sat. fat 14g • chol. 70mg • sod. 5mg
• calc. 83mg • fiber 2g

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**NOTES**