York Pressure Cooker Recipes
EASY BEEF BURGUNDY  Serves 6

This classic French recipe offers superb flavours and when cooked in the Russell Hobbs Pressure Cooker, captures them to perfection! Originally a traditional country dish, the pressure cooker manages to create the same savoury succulence as the original recipe provided - but which would have been simmered for hours!

This dish, using chuck steak tenderised by pressure cooking, offers gourmet flavours on any budget!

1 1/2 kilos diced chuck steak (reduce to 1kg for the 4L pressure cooker)
1 - 1 1/2 cups beef stock
1 cup dry red wine
Bouquet garni (composed of bay leaves, thyme sprigs, oregano sprigs)
2 carrots, diced
2 large onions, cut into eighths
2 garlic cloves, slivered
2 teaspoons peppercorns
Little sea salt

Prepare meat and vegetables and place into pressure cooker, lightly mix.
Fit lid in place, bring to pressure, and allow to cook for 15 - 20 minutes (tenderness of the meat does vary).

Allow to cool sufficiently to remove lid. If there is an excess of liquid, replace over high heat WITHOUT LID and reduce. (If preferred blend together small quantities of plain flour and butter and stir, into the hot liquid. Stir gently until thickened.

Serve sprinkled with freshly chopped parsley, accompanied by rice and a green salad. Fresh bread for mopping up juices is good and a glass of red wine goes down very well!

* This recipe is for preparation in the Russell Hobbs 7L Pressure Cooker, reduce steak to 1kg for the 4L appliance.
LAMB SHANKS IN A BOWL Serves 2 - 4

Lamb shanks are increasing in popularity and provide a hearty and economical family meal. The pressure cooker offers the perfect cooking medium. All the "muscle meats" are tough, but the pressure cooker takes the tedium out of preparing this dish.

2 large lamb shanks
2 carrots, Diced
2 parsnips, peeled and diced
4 celery stalks (with leaves), sliced
2 medium potatoes, peeled and chopped
2 bay leaves
1 generous sprigs of thyme
2 teaspoons black peppercorns
Lots of chopped parsley
Sea salt
1/3 cup oatmeal

Place the shanks into the Russell Hobbs Pressure Cooker. Prepare all vegetables and herbs, add to the shanks. Pour in sufficient water or stock to fill to 3/4s.

Add peppercorns, parsley, salt and oatmeal. Fit lid into place, bring to pressure and cook for about 30 minutes. The meat needs longer cooking to ensure tenderness. It should be falling from the bone.

Allow appliance to cool, remove lid, adjust seasoning and serve to each guest the soup and a shank in a large shallow bowl, sprinkled lavishly with fresh parsley. Lots of good crusty bread is an essential accompaniment. A separate platter for the bones is also a thoughtful touch!

* This recipe is for preparation in the Russell Hobbs 4L Pressure Cooker, but quantities can be doubled for the 7L appliance.
WARM POTATO SALAD WITH SMOKED TROUT  Serves 2 - 3

This is a truly delicious dish (one of my own favourites!) and so much faster to prepare using the Russell Hobbs Pressure Cooker! This is a simple but really enjoyable meal and packs well for a picnic, too!

500g Kipfler potatoes (or other firm fleshed potatoes)
1 medium sized smoked trout, skinned, boned and cut into small chunks
1/3 cup good quality mayonnaise (homemade or commercial)
4 spring onions, chopped
1/3 cup Italian parsley, chopped
Sea salt and pepper

Depending on size, halve potatoes or leave whole and place into Russell Hobbs Pressure Cooker (if using 7 L Pressure Cooker, place into Steamer basket). Add water according to cooking instructions, and steam for 5 - 6 minutes after pressure cooker reaches maximum pressure. Remove from heat, allow to cool and remove potatoes, draining well. When cool enough to handle, cut into generous chunks and place in a bowl. Add the smoked trout, spring onions, parsley and toss with the mayonnaise. Add salt and pepper to taste.

* This recipe is for preparation in the Russell Hobbs 4L Pressure Cooker, but quantities can be doubled for the 7L appliance.

SIMPLY FABULOUS PORRIDGE  Serves 2

"Serious" porridge eaters only ever eat traditional rolled oats - but it is time consuming to stand and stir this ultimate comfort food on a busy morning. Your pressure cooker does a brilliant job - no stirring, creamy texture every time! All you have to do is pour on the milk and sprinkle on some crunchy sugar crystals!

1 cup rolled oats
1 1/2 cups cold water
Good pinch of sea salt

Combine all ingredients in the Pressure Cooker, attach the lid and bring to pressure and cook for 2 - 3 minutes. When cool enough, remove lid and serve as suggested. Some people like a drizzle of honey instead of sugar....

TIP: Any porridge left in the cooker may be added to soups as a nutritional thickener.

* This recipe is for preparation in the Russell Hobbs 4L Pressure Cooker, but quantities can be doubled for the 7L appliance.
POACHED CHICKEN WITH VEGETABLES  Serves 4 - 5

This is the "fast food" version of a classic French country dish, which would traditionally use older poultry. However, this is a delicious alternative, using free-range chicken.

CHICKEN
1 medium sized free-range chicken
2 carrots, cut into thick slices
4 stalks of celery, thickly sliced
1 parsnip, peeled and thickly sliced
1 small leek, well washed and cut into slices
1 teaspoon peppercorns
3 bay leaves
2 -3 sprigs fresh or dried thyme
Several stalks of parsley
Little salt

SAUCE
1 tablespoon butter
1 tablespoon flour
1 cup stock from Pressure Cooker
2 tablespoons sour cream or cream
Pepper to taste
Parsley to taste, chopped

Tie the chicken legs together neatly. Place the chicken in the Pressure Cooker and surround with the vegetables. Add the peppercorns, herbs and salt. Pour on sufficient water to half cover the bird. (If using the 7 litre Pressure Cooker, you can place the ingredients in the steamer basket)

Bring the cooker up to pressure and cook for 15 - 20 minutes. (This will vary depending on size and age of the bird).

Remove from heat and allow to cool, remove chicken and drain. Serve with vegetables and greens.

A light sauce may be made by melting a little butter in a saucepan, adding the same quantity of flour and cooking for a couple of minutes. Ladle in a cupful of the hot cooking stock, whisking until it is smooth, then add a couple of tablespoons of sour cream or regular cream, pepper and chopped parsley. Spoon over the chicken portions.

Reserve and freeze the cooking liquid for future use.

* This recipe is for preparation in the Russell Hobbs 4L Pressure Cooker, but quantities can be doubled for the 7L appliance.
**SATURDAY NIGHT PASTA SAUCE**  Serves 5-6

This is a great option when you've come home from the footy on a Winter afternoon - either jubilant or depressed, tired, cold, ready for a glass of wine by the fireside - and dinner has to be cooked! This is a breeze, takes minutes to cook and tastes delicious!

- **2 Tablespoon virgin olive oil**
- **500gr lean minced steak**
- **2 white onions, finely chopped**
- **2 cloves garlic, crushed**
- **1 small zucchini, diced (optional)**
- **2 bay leaves**
- **1 teaspoon chopped fresh oregano (or 1/2 teaspoon dried oregano)**
- **2 tablespoons shredded fresh basil**
- **2 tablespoons chopped parsley**
- **1/2 cup dry red wine**
- **1 x 700ml bottle of tomato puree**
- **Coarse pepper to taste**
- **Additional fresh basil**
- **Grated Parmesan cheese (for serving)**

Pour the oil into the pressure cooker and, with lid off, heat gently. Add chopped onions and stir for a minute or two until softened. Add the meat, breaking it up with a wooden spoon and saute until it starts to brown. Add garlic, zucchini, if using, herbs and mix lightly.

Stir in wine and tomato puree, add pepper.

Fit lid onto Pressure Cooker and bring to pressure. Cook for 10 minutes, remove and allow to cool sufficiently to remove lid. If sauce is sharp, add a small spoonful of sugar.

Meantime, cook preferred pasta al dente, drain well and spoon into flat bowls. Spoon a generous portion of sauce over each serving of pasta, garnish with fresh basil. Serve Parmesan separately.

*This recipe is for preparation in the Russell Hobbs 4L Pressure Cooker, but quantities can be doubled for the 7L appliance.*
SPICY BEEF CURRY  Serves 8

Because it uses chuck steak, this is a very economical dish and has a rich flavour.

3 tablespoons light olive oil
1 1/2 kg beef cubes (only use one 1kg for the 4L pressure cooker)
1 large onion, sliced
2 cloves garlic, chopped
1 small red capsicum, diced or cut into strips
1 cup tomato puree
1 1/2 cups light coconut milk
1/4 - 1/3 cup Tandoori paste or sauce
Salt and pepper

1 cup natural yoghurt
Lime wedges
Fresh mint
Small bowl shredded coconut
Chopped tomatoes with mint

Heat the oil in the uncovered Pressure Cooker, add the beef and onion and lightly brown. Add garlic, capsicum, tomato puree, coconut milk, curry paste, salt and pepper and stir lightly.

Fit the Pressure Cooker lid, bring to pressure and cook for 20 minutes. Cool sufficiently to remove lid. Stir in the natural yoghurt.

Serve with cooked rice and garnish with lime wedges and fresh mint. Shredded coconut and tomatoes with mint may be served in small bowls as an accompaniment.

* This recipe is for preparation in the Russell Hobbs 7L Pressure Cooker, reduce beef to 1kg for the 4L appliance.
EASY APPLE CRUMBLE  Serves 6

This is a quick dessert because the apples go straight from the pressure cooker into the serving dish.

APPLE MIXTURE
1 kg cooking apples, peeled and thickly sliced
1/3 cup sugar
3/4 - 1 cup water or apple juice (reduce sugar if using juice)
Few cloves

CRUMBLE
1 cup fresh whole meal breadcrumbs
3-4 tablespoons butter
2 tablespoons brown sugar
1 teaspoon mixed spices

Place the sliced apples into the cooker, stir in the sugar and cloves, pour over the liquid. Fit the Pressure Cooker lid, bring to pressure and cook for 5 minutes after pressure is reached.

While apples cook, melt the butter in a pan, add the breadcrumbs and stir until lightly browned and slightly crisped. Mix in the sugar and spices.

Spoon the cooked apples straight into an ovenproof serving dish. Spread toasted breadcrumbs evenly on top. If you have time, place the apple crumble under the grill for a few minutes or until top is lightly browned and crisp. A few roasted almond flakes are a nice addition!

Serve with cream or ice cream.

Note: If apples are very juicy, just drain off any excess liquid before spooning hot apples into serving dish.

* This recipe is for preparation in the Russell Hobbs 4L Pressure Cooker, but quantities can be doubled for the 7L appliance.