

*Sirena® 15 in 1 Rapid Pot
Recipe Cookbook*

*50 Fast and Easy
Recipes for Everyday
Cooking*

BONUS



Bon Appetit

WARNING

***DO NOT REMOVE STAINLESS STEEL COOKING POT FROM
PRESSURE COOKER WHEN THE POWER IS ON***

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1. Sunday Pot Roast

Serves 4 to 6

Ingredients

1 teaspoon salt
½ teaspoon freshly ground pepper
3 -pounds chuck roast
2 cups beef stock
1 cup tomato juice
2 small onions, peeled and halved
1 sprig thyme
1 sprig rosemary
1 tablespoon worcestershire sauce
8 new potatoes, halved
4 carrots, peeled and cut into 2-inch pieces
2 ribs celery

Cooking Instructions

Place all ingredients, except potatoes, celery and carrots, into pressure cooker; secure lid.

Press the menu button until the Pot Roast Function is selected. Press the start button.

When cooking is complete and pressure is fully released, use caution opening lid.

Discard thyme and rosemary.

Add potatoes and carrots to pressure cooker; secure lid.

Press the pressure choice button, press the time button, press the + button until 5 is illuminated. Press the start button.

When cooking is complete and pressure is fully released, use caution opening lid.

Serve immediately.

2. Brisket with Root Vegetables

Serves 4 to 6

Ingredients

2 tablespoons extra-virgin olive oil
1 (3 pound) first cut brisket
1 teaspoon salt
1 teaspoon freshly ground pepper
½ cup port wine
1 cup sweet onions, sliced
1 sprig fresh thyme
4 allspice berries
1 bay leaf
1 cup beef stock
½ cup celery root, peeled and diced
1 tablespoon tomato paste
½ cup carrots, peeled and sliced
½ cup parsnip, peeled and sliced

Cooking Instructions

Select the brown sauté function then add the olive oil and press the start button.

Season the brisket with salt and pepper.

Add the brisket to the pressure cooker and brown 3 minutes on each side.

Transfer brisket to a platter and drain grease from the stainless insert, then place the insert back into the pressure cooker.

Add wine and stock to deglaze the pan; scrape up all the little bits from the bottom.

Add onions, thyme, allspice berries, bay leaf, stock and tomato paste to the pressure cooker; secure lid.

Press the menu button and hold until the pot roast function is illuminated. Press the start button.

When cook time is complete and pressure is fully released, open lid with caution.

Discard the thyme sprig and bay leaf.

Add remaining ingredients to the pressure cooker; secure lid.

Select the Pressure Choice function, press the time button, then press the + button until 10 is illuminated then press start.

When cook time is complete and pressure is fully released, open lid with caution. Cut against grain and serve.

3. Asian Style Baby Back Ribs

Serves 2 to 4

Ingredients

1 full slab spareribs trimmed, and silver skin removed
½ cup chicken stock
2 tablespoons fresh ginger, sliced
1 medium onion, quartered
2 garlic cloves
2 tablespoons sesame oil
2 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 tablespoons brown sugar

Cooking Instructions

Place all ingredients, except brown sugar, into the pressure cooker; secure lid.

Press the menu button until the rib function is illuminated, press the start button.

When cook time is complete and pressure is fully released, open lid with caution.

Transfer ribs to a broiler pan, bone-side down.

Preheat broiler on high.

To reduce the liquid, select the brown/ sauté button, then press start. Reduce the sauce for 10 minutes or until the liquid turns into a syrup-like glaze.

While the liquid is reducing, rub the meat side of the ribs with brown sugar and put under the broiler for 10 minutes or until golden brown.

Pour some glaze over the ribs and serve with additional glaze on the side.

TIP: If you don't have fresh ginger, the bottled variety commonly found in the sushi section of your supermarket is a perfect substitute.

4. Short Ribs Bordelaise

Serves 6 to 8

Ingredients

1 tablespoon olive oil
4 to 6 pounds beef short ribs, cut into individual ribs
3 medium onions, chopped
4 large garlic cloves, minced
¼ cup dry red wine
½ cup beef stock
1 can (14.5 ounces) diced tomatoes with juice
2 tablespoons worcestershire sauce
2 teaspoon rosemary leaves, chopped
½ teaspoon salt
½ cup diced carrots
½ cup diced celery

Cooking Instructions

In a large sauté pan. Heat oil over medium heat.

Brown ribs on each side, transfer to pressure cooker.

Add the remaining ingredients to the pressure cooker and secure the lid.

Press the menu choice button and hold until the rib function is illuminated: press the time button then hold the (+) button until 45 minutes is displayed. Press start.

When cook time is complete and pressure is released carefully open the lid.

Remove the ribs and the vegetables and place on a platter.

Skim the fat from the sauce then place back into the pressure cooker.

Press the brown/ sauté function then press start.

Reduce the sauce by half approximately 8 minutes.

Add the butter to the sauce one piece at a time and whisk to dissolve. Pour sauce over short ribs and serve.

Tip: Serve with warm polenta.

5. Pork Chili Verde

Serves 4 to 6

Ingredients

2 pounds boneless pork, cut into 2-inch cubes
1 cup chicken stock
1 can (4 ounces) green chilies, chopped
4 whole tomatillos, husks removed and chopped
1 tablespoon fresh lime juice
1 teaspoon salt
½ teaspoon freshly ground pepper
1 teaspoon cumin
1 teaspoon coriander
2 garlic cloves, minced
1 small onion, chopped
3 tablespoon cilantro leaves, chopped
sour cream

Cooking Instructions

Place all ingredients, except cilantro and sour cream into pressure cooker; secure lid.

Press the menu button and hold until the Chili/Stew function is illuminated, press the time function, press the + button until 40 minutes is showing in the display. Press the start button.

When cooking is complete and pressure is fully released, use caution opening lid.

Sprinkle with cilantro.

Serve in bowls topped with sour cream.

6. Traditional Chili

Serves 6 to 8

Ingredients

1 ½ ground chuck
1 medium onion, chopped
3 garlic cloves, minced
1 chili pepper, seeds removed, finely chopped
1 teaspoon salt
½ teaspoon pepper
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon ground coriander
1 can (28 ounces) crushed tomatoes
1 cup beef stock
½ teaspoon cinnamon
1 can (15 ounces) dark red kidney beans, drained

Garnish with:

corn chips
green onions, chopped
cheddar cheese, shredded
Sour Cream

Cooking Instructions

Select the brown/sauté function and press start.

Add beef to pressure cooker; cook for 5 minutes with the lid off, breaking apart the beef with a wooden spoon.

Strain ground beef to remove the fat and place beef back into pressure cooker.

Add all the ingredients except for the beans and garnish; secure lid.

Press the menu button and select the Chili/Stew function then press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Stir in the kidney beans and taste for additional seasonings.

Garnish with corn chips, cheese, green onions and sour cream.

Serve immediately.

7. White Chicken Chili

Serves 8 to 10

Ingredients

4 boneless skinless chicken breasts
3 cups chicken stock
1 teaspoon salt
½ teaspoon pepper
1 teaspoon ground cumin
2 teaspoon chili powder
1 teaspoon coriander
1 cup minced onions
2 cloves minced garlic
1 green jalapeno, diced, seeds and membrane removed
1 tablespoon fresh cilantro, chopped divided
2 cans (15.5 ounces each) great northern beans, drained
1 can (10.75 ounces) tomatoes with green chilies
½ cup monterey jack cheese

Cooking Instructions

Place the chicken breasts, stock and seasonings in the pressure cooker: secure the lid.

Press the menu button and hold until the chili stew button is illuminated, press the time function, press the + button and hold until 30 reads in the display then press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Add all the remaining ingredients but the cheese and half the cilantro: secure the lid.

Once pressure is achieved, set a timer for 5 minutes.

When cooking is complete and pressure is fully released, use caution opening lid.

Stir in the cheese and the remaining cilantro. Serve hot.

8. Old Fashioned Beef Stew

Serves 6 to 8

Ingredients

2- pounds stew meat, cut into 1-inch cubes
1 cup beef stock
1 medium onion, diced
2 sprigs thyme
1 teaspoon salt
½ teaspoon freshly ground pepper
3 tablespoons tomato paste
1 tablespoon grape jelly
1-pound small red potatoes, peeled and quartered
2 celery stalks, cut into 1-inch pieces
2 large carrots peeled and cut into 1-inch pieces

Cooking Instructions

Add beef stock, onions, thyme, salt, pepper tomato paste and jelly into pressure cooker; secure lid.

Press the menu button and hold until the Chili/Stew button is illuminated, then press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Add potatoes, celery, and carrots to pressure cooker; secure lid.

When pressure is achieved, set timer for 5 minutes.

When cooking is complete and pressure is fully released, use caution opening lid.

Remove discard thyme sprig and serve.

9. Burgundy Beef

Serves 4 to 6

Ingredients

1 tablespoon flour
1 teaspoon salt
½ teaspoon freshly ground pepper
1 ½ pounds sirloin, cut into 1-inch pieces
½ tablespoon extra-virgin olive oil
2 garlic cloves, minced
1 cup burgundy wine
1 ½ cups beef stock
1 tablespoon tomato paste
1 sprig thyme
1 cup frozen pearl onions
1 cup small mushrooms
3 large carrots peeled and sliced diagonally into 2-inch pieces.
3 parsnips, peeled and cut into 2-inch pieces

Cooking Instructions

In a bowl, combine flour, salt and pepper; mix well

Roll beef pieces in flour mixture; shake off excess.

Press the brown/ sauté function then press start.

Add the oil to the pressure cooker and let heat for 2 minutes, add the beef pieces 8 at a time and brown on all sides, remove to a platter and repeat with the remaining sirloin pieces until they are all seared.

Press the stop button and discard the oil from the pressure cooker insert.

Place beef, and remaining ingredients into pressure cooker; secure lid.

Press the menu choice button and hold until the chili/stew function illuminates: press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Stir and serve immediately.

10. Ginger Carrot Soup

Serves 4 to 6

Ingredients

6 large carrots, peeled and chopped
1 medium onion, diced
2 tablespoons fresh ginger, minced
2 cups chicken stock
½ cup orange juice
1 teaspoon salt
½ teaspoon fresh ground pepper

Cooking Instructions

Place all ingredients into the pressure cooker, secure lid.

Press the menu button and hold until the Soup function is illuminated; Press start. When cooking is complete and pressure is fully released, use caution opening lid.

Puree soup in a blender and serve.

11. Beef Barley Soup

Serves 4 to 6

Ingredients

$\frac{3}{4}$ pound beef or lamb meat, cut into 1-inch cubes
1 tablespoon extra-virgin olive oil 1 teaspoon salt
 $\frac{1}{2}$ teaspoon of pepper
4 cups beef stock
1 cup onion, chopped
 $\frac{1}{2}$ cup celery, chopped
 $\frac{1}{2}$ cup carrots, chopped
2 cloves garlic, minced
1 teaspoon dried oregano
 $\frac{1}{4}$ teaspoons red pepper flakes
1 bay leaf
1 cup potatoes, peeled and cut into $\frac{1}{2}$ inch pieces
1 can (14 $\frac{1}{2}$ ounce) crushed tomatoes
 $\frac{1}{4}$ cup quick cooking barley
1 cup frozen vegetables

Cooking Instructions

Press the menu button and hold until the Brown/sauté button is illuminated.

Add the oil and let heat for two minutes.

Add the meat and season with salt and pepper and brown the meat on all sides, about 5 minutes.

Stir in stock, scraping bits from the bottom of the pan.

Add in tomatoes, onion, celery, garlic, oregano, pepper and bay leaf; secure lid.

Press the menu button and hold until the Soup function is illuminated. Press the time button, then press + button and hold until 25 is displayed, press start.

When cook time is complete, and pressure is fully released, open lid with caution.

Add barley; secure lid.

Select the pressure choice button, then press the time button, then press the + button and hold until 5 is displayed: press start.

When cook time is complete, and pressure is fully released, open lid with caution.

Stir in vegetables, heat through and serve.

12. Thai Butternut Squash Soup

Serves 4

Ingredients

6 cups butternut squash, peeled and diced into 1-inch cubes
3 cups chicken stock
1 cup apple cider
2 medium apples, peeled and seeded
2 teaspoons curry powder
1 medium onion diced
½ teaspoon salt
¼ teaspoon nutmeg

Cooking Instructions

Place all ingredients into the pressure cooker, secure lid

Press the menu button and hold until the Soup function is illuminated; Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Puree the soup in a blender and serve.

13. Split Pea Soup

Serves 6 to 8

Ingredients

1 package (16 ounces) split peas with seasoning packet
2 cups pork shoulder, diced
3 carrots, peeled and sliced
½ cup onions, diced
2 celery stalks, sliced
2 garlic cloves, minced
1 bay leaf
2 tablespoon fresh parsley, chopped
1 tablespoon salt
½ teaspoon freshly ground pepper
1 teaspoon vinegar
6 cups water

Cooking Instructions

Place all ingredients into pressure cooker; secure lid.

Press the menu button and hold until the Soup function is illuminated; Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Remove bay leaf and serve.

14. French Onion Soup

Serves 4 to 6

Ingredients

4 large sweet onions, sliced thin
2 cups beef stock
1 tablespoon balsamic vinegar
¼ cup red wine
2 sprigs of thyme
1 bay leaf
½ teaspoon salt
½ teaspoon freshly ground pepper
6 toasted crostini's optional
8 ounces gruyere cheese, sliced

Cooking Instructions

Place all ingredients in the pressure cooker, except crostini's and cheese.

Press the menu button and hold until the Soup function is illuminated; Press start. When cooking is complete and pressure is fully released, use caution opening lid.

Remove thyme and bay leaf.

Turn oven to broil.

Ladle soup into ovenproof bowls and top each one with a crostini and 2 slices of cheese.

Place bowls under broiler for two minutes, or until cheese is melted.

Serve immediately.

15. Hard Boiled Eggs

Serves 10

Ingredients

10 hardboiled eggs

2 ½ cups water

Cooking Instructions

Place eggs in pressure cooker, pour in water; secure lid.

Press the menu button and hold until the Egg function is illuminated; Press start.

When cook time is complete, and pressure is fully released, open lid with caution.

16. Coffee House Egg Bites

Serves 6

Ingredients

2 large eggs
¼ cup cottage cheese
¼ cup shredded cheese (cheddar, swiss or colby)
¼ cup roasted red peppers, drained
6 - 2-ounce silicone or glass baking cups
nonstick spray
stainless rack

Cooking Instructions

Place 1 cup of water in the pressure cooker inset then place the rack in the insert.

Using a blender or food processor, puree the eggs and cottage cheese until smooth.

Spray the baking cups with nonstick spray.

Divide the cheese and the peppers evenly between the 6 cups.

Pour the egg mixture into each cup evenly.

Carefully place each cup on the rack in the pressure cooker, secure the lid.

Press the menu choice button until egg function illuminates, press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Remove the cups from the pressure cooker, invert onto platter. Serve.

17. Cuban Black Beans

Serves 4 to 6

Ingredients

1 -pound dried black beans
5 cups beef stock
1 medium onion, diced
2 cloves garlic, minced
1 red bell pepper, diced
2 tablespoon fresh cilantro, chopped
1 teaspoon salt
½ teaspoon freshly ground pepper
1 teaspoon cumin
1 can (14.5 ounce) petite dices tomatoes with olive oil

Cooking Instructions

Place all ingredients in pressure cooker; secure lid.

Press the menu button and hold until the Bean function is illuminated; press the time button then press the + button until 50 is displayed, press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Serve immediately.

18. Red Beans and Rice

Serves 4 to 6

Ingredients

4 cups cooked rice
1-pound dried red kidney beans, rinsed
1 large onion diced
1 large bell pepper, diced
4 garlic cloves, minced
1 large smoked ham hock
1 ½ pounds mild smoked sausage, sliced
2 teaspoon thyme
2 bay leaves
2 tablespoon parsley, chopped
½ teaspoon salt
½ teaspoon freshly ground pepper
½ teaspoon cayenne pepper
1 tablespoon hot sauce
1 teaspoon worcestershire sauce
8 cups chicken stock

Cooking Instructions

Place all ingredients, except rice, into pressure cooker; secure lid.

Press the menu button and hold until the Bean function is illuminated; press the time button, then press the + and hold until 45 is displayed, press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Remove bay leaf and serve over rice.

19. Whole Chicken Soup

Serves 4

Ingredients

1 - 4-pound chicken
1 medium onion, quartered
6 cups water
1 tablespoon kosher sea salt
6 whole peppercorns
2 celery stalks, diced
2 carrots, peeled and sliced
1 parsnip, peeled and sliced
1 sprig rosemary
1 sprig thyme
1 tablespoon fresh parsley, chopped

Cooking Instructions

Place chicken, onions, water, salt and peppercorns into pressure cooker, and secure lid.

Press the menu button and hold until the Whole Chicken function is illuminated; Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Strain the stock and set aside.

Remove chicken meat from bones and place meat back into pressure cooker with the stock.

Press the menu button and hold until the Soup function is illuminated; Press start.

When cooking cycle is complete, carefully remove the lid, strain the stock to remove the bones and add back into the pressure cooker.

Add celery, carrots, and parsnips, rosemary, thyme and chicken meat into pressure cooker, secure lid.

Press the menu button and hold until the Soup function is illuminated; Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Discard rosemary and thyme add cooked noodles and sprinkle soup with parsley and serve.

20. Moroccan Chicken

Serves 4 to 6

Ingredients

- 1 whole 5-pound chicken
- 1 teaspoon salt
- 1 teaspoon cumin seeds
- 1 cup chicken stock
- 1 medium onion, sliced
- 3 saffron strands
- 1 teaspoon turmeric powder
- 1 tablespoon lemon zest
- ¼ cup lemon juice
- 12 black olives, pitted
- 2 tablespoons fresh cilantro, copped
- 4 preserved lemons (optional)

Cooking Instructions

Rinse and pat dry the chicken, add the chicken and all the ingredients except the cilantro to the pressure cooker.

Press the menu button and hold until the Whole Chicken function is illuminated; Press start.

When cook time is complete and pressure is fully released, open lid with caution.

Remove the chicken and cut into pieces, serve in bowls with broth and sprinkle with cilantro.

Delicious served with couscous.

21. Plain Yogurt

Yields 3 Quarts

Ingredients

3 - quarts whole milk

½ cup whole plain yogurt

Cooking Instructions

Press the menu choice button and hold until the Brown/Sauté button is illuminated, press start.

Add milk and heat until boiling, about 20 minutes; stir occasionally.

When cooking is complete, press cancel.

Milk should cool to 100-110 degrees using an instant read thermometer.

Whisk in yogurt; close lid.

Press the menu button and hold until the Yogurt function is illuminated; Press start 12 hours later, strain through a cheesecloth if you desire an even stiffer yogurt.

Place yogurt in an airtight container and refrigerate.

Remember to save some yogurt from each batch to start a new batch.

22. Meatballs for Spaghetti

Serves 6

Ingredients

Meatballs:

1 ½ cups fresh breadcrumbs (or ground pork rinds)
2 cups heavy cream
2 cups beef stock
1-pound ground chuck
½ -pound ground pork 3 garlic cloves, Minced
1 small onion, minced
¾ cup romano cheese, grated
1 teaspoon salt
½ freshly ground pepper
2 large eggs, beaten

Sauce:

4 tablespoons extra-virgin olive oil
4 tablespoon tomato paste
2 cans (28 ounces) Italian tomatoes
3 garlic cloves, minced
1 small onion, minced
1 teaspoon dry oregano
1 teaspoon dried basil
1 tablespoon of butter in a bowl, soak breadcrumbs in 2 cups of cream.

Cooking Instructions

Pour stock into pressure cooker.

Add remaining ingredients to breadcrumbs; mix and form into 2-inch meatballs.

Gently place meatballs into pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Transfer meatballs to a platter and pour stock into a separate bowl; skim off fat.

Dissolve tomato paste in the strained stock and pour it into the pressure cooker; secure lid.

Continued Cooking Instructions

Add remaining sauce ingredients and meatballs to pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 15 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Serve over spaghetti.

23. Stuffed Cabbage Rolls

Serves 4

Ingredients

½ pound ground chuck
½ pound ground pork
1 small onion, chopped
½ cup white rice, uncooked
½ teaspoon thyme leaves
1 cup Swiss cheese, shredded
8 large cabbage leaves, par boiled to soften
1 cup beef stock
1 can (15 ounces) tomato sauce
1 teaspoon sugar
1 teaspoon oregano
½ teaspoon garlic powder
1 tablespoon cider vinegar
toothpicks

garnish:
sour cream

Cooking Instructions

In a bowl, combine the meats, onions, rice, thyme and cheese; mix well.

Place 1/4 cup of the meat mixture onto each cabbage leaf; fold in the sides then roll up.

Secure rolls with toothpicks then place them into the pressure cooker.

In a bowl, combine remaining ingredients then pour them into the pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

When cook time is complete and pressure is achieved, open lid with caution.

Place rolls on a platter and serve with the sauce and a dab of sour cream.

24. Artichokes in Lemon Broth

Serves 4 to 6

Ingredients

3 – 4 whole artichokes, trimmed
½ cup white wine
½ cup chicken stock
Juice and zest from 1 lemon
1 sprig thyme
3 whole peppercorns

Cooking Instructions

Wash the artichokes under cold water.

Using a sharp knife cut the stems off close to the base.

Cut off the top inch of the artichoke, trim the thorny tips of the petals.

Put the wine, chicken stock lemon juice and zest in the pressure cooker.

Place the artichokes stem-side down.

Add remaining ingredients and secure the pressure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

When the cook time is complete, and pressure has been released. Cautiously open lid.

Serve hot or cold, you could serve the artichokes hot with drawn butter or mayonnaise.

25. Spaghetti Squash

Serves 4

Ingredients

1 large spaghetti squash, seeds removed and cut horizontally
2 tablespoon butter, divided
¼ teaspoon kosher salt
¼ teaspoon freshly ground pepper
2 cups water

Cooking Instructions

Place 1 teaspoon butter on each squash half.

Sprinkle both halves with salt and pepper.

Pour water into pressure cooker.

Fit pressure cooker with stainless steel rack, and place squash on rack; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 8 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Serve immediately.

26. Garlic Mashed Potatoes

Serves 4 to 6

Ingredients

1-pound Yukon gold potatoes peeled and halved
½ cup chicken stock
2 cloves garlic
½ teaspoon salt
½ teaspoon fresh ground pepper
¼ heavy cream heated
3 tablespoon butter

Cooking Instructions

Place Potatoes and garlic on rack in the pressure cooker.

Add the stock and season potatoes with salt and pepper; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 10 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Drain potatoes, add cream and butter and mash to smooth not lumpy.

Serve immediately.

27. Southern Collard Greens

Serves 4 to 6

Ingredients

1 medium ham hock
2 cups chicken stock
1 medium onion, quartered
1 large bundle collard greens, cleaned, stems removed
1 teaspoon salt
½ teaspoon freshly ground pepper
½ teaspoon garlic powder
1 teaspoon pepper vinegar
1 tablespoon Siracha sauce

Cooking Instructions

Place ham hock, stock and onions into pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

Cut the cleaned collard greens into 1-inch pieces.

When cooking is complete, cut meat from the hock and place meat back into the pressure cooker; discard bones.

Add remaining ingredients to pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Serve immediately.

28. Rich Beef Stock

Makes 5 cups

Ingredients

2 -pounds beef ribs
1 large onion, quartered
2 roma tomatoes, halved
1 turnip, halved
1 tablespoon extra-virgin olive oil
2 teaspoon kosher salt, divided
1 sprig thyme
2 carrots
1 sprig rosemary
1 bay leaf
4 cups water
1 cup dry red wine
1 teaspoon mixed peppercorns

Cooking Instructions

Preheat oven to 400 degrees

Rub ribs with oil and ½ the salt and pepper place on roasting pan.

Place pan in the oven and let roast for 25 minutes.

When roasting is complete, transfer to pressure cooker.

Add onions, water and remaining salt and peppercorns to the pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 60 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Add remaining ingredients; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Strain with a sieve. Refrigerate stock for 5 hours; remove fat.

Refrigerate up to 5 days.

29. Freezer to Pantry Pasta

Serves 6

Ingredients

1 -pound frozen ground beef
3 cups dry penne or ziti pasta
2 ½ cups beef stock
3 cups pasta sauce
1 teaspoon salt
½ teaspoon freshly ground pepper
1 teaspoon Italian seasoning
½ teaspoon garlic powder
½ cup mozzarella cheese, shredded

Cooking Instructions

Place all ingredients in the pressure cooker in the order they are listed; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 20 minutes is displayed. Press start.

When cook time is complete and pressure is fully released, open lid with caution.

Break meat apart using a rubber spatula, stir and serve.

30. Buffalo Chicken Mac and Cheese

Serves 4 to 6

Ingredients

4 frozen chicken tenders
1-pound rigatoni pasta, uncooked
4 cups chicken stock
1 small onion, chopped
2 celery stalks, chopped
1 large carrot, peeled and chopped
2/3 cup buffalo wing sauce
1 tablespoon ranch seasoning (optional)
½ cup half and half
½ cup cream cheese
1 cup sharp cheddar cheese, shredded
1 cup Swiss cheese, shredded
½ cup gorgonzola cheese, crumbled and divided
1 cup cheddar french fried onions, crushed

Cooking Instructions

Place chicken, pasta, stock, onions, celery, carrots wing sauce and ranch seasoning into the pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 10 minutes is displayed. Press start.

When cook time is complete and pressure is fully released, open lid with caution.

Add cream cheese to the pressure cooker; stir until dissolved.

Add cheddar cheese, Swiss cheese and ¼ cup gorgonzola cheese to the pressure cooker; stir until dissolved.

Top with french fried onion crumbs and remaining gorgonzola cheese before serving.

31. Osso Buco

Serves 4

Ingredients

1 tablespoon extra-virgin olive oil
2 pounds meaty veal, lamb or pork shanks
1 teaspoon salt
½ freshly ground pepper
½ cup onions, diced
½ cup celery, diced
½ cup parsnips, diced
2 cloves garlic, minced
½ cup vermouth
1 can (14.5 ounces) petite diced tomatoes
1 sprig thyme
1 teaspoon orange zest
1 cup beef stock

Cooking Instructions

Press the menu choice button then select the Brown/Sauté Function and press start.

Add the oil to the pressure cooker and heat for 2 minutes.

Season the shanks with salt and pepper and place in the pressure cooker.

Cook for 3-4 minutes per side until the shanks have a brown sear on them, press the stop button.

Add the remaining ingredients then secure the lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 40 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Remove thyme and transfer shanks to a platter.

With lid off, press the Brown/sauté button then the start button and reduce sauce for 10 minutes.

Using a blender, puree sauce, pour it over veal shanks and serve.

32. Chicken Bone Broth

Makes 5 cups

Ingredients

3 pounds wings
1 medium onion, quartered
1 large carrot
1 celery stalk
1 parsnip
1 sprig thyme
1 sprig rosemary
1 tablespoon extra-virgin olive oil
3 teaspoon kosher salt divided
1 teaspoon freshly ground pepper
5 cups water
5 whole peppercorns

Cooking Instructions

Preheat oven to 400 degrees.

Place chicken, vegetables, and herbs on roasting pan; drizzle with olive oil and sprinkle with 2 teaspoons salt and 1 teaspoon pepper.

Place pan in oven, and roast for 40 minutes.

When roasting is complete, drain the fat place pan contents in pressure cooker.

Add water, remaining salt and peppercorns to pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 50 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Strain stock and refrigerate for 5 hours, remove hardened fat before using.

33. Chicken Pot Pie Towers

Serves 6

Ingredients

- 1 box puffed pastry shells
- 2 pounds skinless chicken breasts, bone-in
- 1 cup chicken stock
- 1 medium onion, halved
- 2 cloves garlic, minced
- 1 sprig thyme
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 can (10.5 ounces) cream of mushroom soup
- 1 ½ cups frozen mixed vegetables

Cooking Instructions

Prepare shells according to package directions.

Place chicken, stock, onions, thyme, salt and pepper into pressure cooker; secure lid.

Press Pressure choice button then press time, press the + button and hold until 25 minutes is displayed: press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Discard thyme; remove chicken meat from bones and place chicken meat back into pressure cooker.

Add soup and vegetables to pressure cooker; secure lid.

Press Pressure choice button then press time, press the + button and hold until 5 minutes is displayed: press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Place a scoop of chicken mixture in the center of each shell and serve.

34. Creamy Cheesecake

Serves 4 to 6

Ingredients

parchment paper
6-inch spring form pan or 4 glass custard cups
non-stick cooking spray
 $\frac{3}{4}$ cup sugar
2 packages (8 ounces each) cream cheese
1 tablespoon lemon juice
1 teaspoon vanilla
2 tablespoons flour
1 cup sour cream
2 large eggs
2 cups water
aluminum foil

Cooking Instructions

Place parchment paper on the base of the spring form pan; assemble and secure the spring form pan if using.

Apply non-stick spray to spring form pan or custard cups.

Using a mixer, cream sugar and cream cheese until smooth.

Add lemon juice, vanilla, flour and sour cream to cream cheese mixture.

Add eggs, one at a time, and mix until smooth.

Pour batter into prepared cheesecake forms, and cover with aluminum foil. Fit pressure cooker with stainless steel rack, add water.

Place spring form pan on rack; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 30 minutes (for the springform, 10 minutes for the custard cups) is displayed. Press start.

When cooking is complete, remove cheesecake and let cool.

Refrigerate 3 hours before serving.

35. Coq Au Vin

Serves 6

Ingredients

6 chicken thighs, trimmed of fat
1 tablespoon flour
1 teaspoon salt
½ teaspoon freshly ground pepper
2 bacon strips, diced
2 tablespoon butter
8 boiler onions, peeled
1-pound whole mushrooms
2 sprigs thyme
½ dry red wine
½ cup brandy
1 cup chicken stock
1 teaspoon sugar

Cooking Instructions

Rub chicken with flour, salt and pepper.

In a large skillet on medium heat, cook bacon until crisp, remove and set aside.

Add butter to skillet, let melt.

Add chicken to skillet and cook until golden brown.

Add bacon fat and remaining ingredients to pressure cooker; secure lid.

Press the Pressure Choice button then press the Time button, press the + button and hold until 30 minutes is displayed. Press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Transfer chicken, mushrooms and onions to a platter.

With lid off, set pressure cooker to Brown/sauté function then press start. Reduce liquid for 10 minutes.

Ladle sauce over chicken sprinkle with bacon and serve.

36. Perfect White Rice

Serves 4

Ingredients

2 cups long grain rice rinsed
2 cups water
pinch of salt
1 teaspoon olive oil

Cooking Instructions

Measure rice then rinse in a sieve, let drain.

Add water. Rice and salt and oil to the pressure cooker.

Secure pressure cooker lid.

Press the White Rice function, then press start.

When cook time is complete and pressure has released naturally, open lid with caution.

Fluff rice and serve at once.

37. Cilantro Lime Quinoa Salad

Serves 4

Ingredients

1 cup quinoa rinsed well
1 ½ cups chicken stock
½ teaspoon of cumin
2 limes juice and zest from
½ cup extra virgin olive oil
½ cup sea salt
½ cup black pepper
1-pint grape tomatoes diced
1 can (15 ounce) black beans rinsed and drained
1 jalapeno seeded and minced
1 garlic clove minced
5 green onions sliced thin
½ cup of cilantro chopped
1 ripe avocado diced

Cooking Instructions

Place the quinoa, stock and cumin and lime zest in the pressure cooker; secure lid.

Press the White Rice function, then press start.

In a small bowl add the lime juice, salt and pepper and slowly whisk the olive oil into the juice.

In a large bowl toss the remaining ingredients.

When cook time is complete and pressure is released, open lid with caution.

Fluff the quinoa and let cool for 10 minutes.

Toss the quinoa with the tomato bean mixture, then toss with lime dressing.

38. Couscous with Cauliflower and Chickpeas

Serves 6

Ingredients

1 cup israeli (pearl) couscous
1 large onion chopped
1 teaspoon salt
½ teaspoon pepper
5 teaspoons curry powder
2 Cans (15.5 ounce) garbanzo beans drained
2 cans (10 ounce) tomatoes with green chilies
1 can (13.5 ounce) light coconut milk
3 cups chicken or vegetable stock
6 cups cauliflower florets
½ cup fresh cilantro leaves chopped

Cooking Instructions

Place all the ingredients in the pressure cooker except the cauliflower and cilantro: secure the lid.

Press the White Rice function, then press start.

When cook time is complete and pressure is released, open lid with caution. Stir in the cauliflower and secure lid again. Let sit in the hot pressure cooker for 3-5 minutes.

Sprinkle with cilantro and serve.

39. Macaroni and Cheese

Serves 4 to 6

Ingredients

2 ½ cups dry elbow macaroni
2 cups chicken stock
½ cup cream
1 teaspoon salt
1 teaspoon freshly ground pepper
1 tablespoon butter
½ cup milk
1 ½ cheddar cheese, shredded
1 ½ mozzarella cheese, shredded
½ teaspoon mustard
2 beaten eggs

Cooking Instructions

Place macaroni, stock, cream, salt and pepper into pressure cooker; secure lid.

Press the White Rice function, then press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Add remaining ingredients to pressure cooker and stir until creamy.

Serve immediately.

40. Jambalaya

Serves 6

Ingredients

1-pound andouille sausage (diced)
1 tablespoon olive oil
4 boneless chicken thighs cut into 1-inch cubes
½ teaspoon kosher salt
½ teaspoon fresh ground pepper
1 medium onion diced
1 red bell pepper diced
2 stalks celery diced
2 cloves of garlic minced
2 cups long grain rice
½ teaspoon dried thyme
2 cups long grain rice
1 teaspoon cajun seasonings
1 tablespoon hot pepper sauce
1 ½ cups chicken stock
½ cup crushed tomatoes
1-pound jumbo shrimp peeled and deveined
4 green onions chopped

Cooking Instructions

Preheat the pressure cooker by selecting the brown/sauté button then pressing start.

Add the Andouille and brown for 3 minutes.

Add the olive oil and heat for 1 minute.

Add the onions and cook for 1 minute.

Add the remaining ingredients except for the shrimp and green onions.

Stir well and secure the lid.

Press the White Rice function, then press start.

When cook time is complete and pressure has released on its own, remove the lid with caution.

Stir in the shrimp and green onions.

Secure the lid and let shrimp cook in the hot rice without turning on the pressure cooker.

41. Paella

Serves 6

Ingredients

4 small chicken thighs
1 tablespoon olive oil
½ teaspoon of salt
¼ teaspoon fresh black pepper
1 shallot chopped
3 cloves garlic minced
1 red bell pepper, cored, and diced
¼ teaspoon saffron
½ pound of chorizo sausage sliced
1 tablespoon tomato paste
2 cups arborio rice
2 ½ cups chicken stock
1-pound mussels
1-pound large shrimp peeled and deveined
2 tablespoon sliced stuffed olives
½ cup frozen baby peas, thawed

Cooking Instructions

Preheat the pressure cooker by selecting the Brown/Sauté function then pressing start.

Rub the chicken thighs with the oil and season with salt and pepper.

Add the chicken to the pressure cooker and brown good on both sides.

Add the shallot and cook for 1 minute.

Add the garlic, pepper, saffron and chorizo and brown for 2 minutes longer.

Add the tomato paste, rice and chicken stock. Stir well then secure the pressure cooker lid.

Press the White Rice function, then press start.

When cook time is complete, and pressure has released naturally, cautiously open the lid.

Stir in the shrimp and mussels and quickly secure the lid. Let pressure cooker set for several minutes with lid on to cook the shellfish thru.

Dump onto a serving platter, sprinkle with peas and olive slices.

Serve immediately.

42. Bulgur Wheat Tabbouleh

Serve 6 to 8

Ingredients

1 cup vegetable stock
½ cup uncooked bulgur wheat
2 cups diced unpeeled English cucumber
½ cup thinly sliced celery
½ cup finely chopped red onion
¼ cup chopped fresh mint
¼ cup chopped fresh flat-leaf parsley
¼ cup pine nuts, toasted
2 tablespoons extra-virgin olive oil
1 teaspoon grated lemon rind
2 tablespoons fresh lemon juice
¼ teaspoon salt
¼ teaspoon crushed red pepper
½ cup drained no-salt-added canned chickpeas
1 cup (4 ounces) feta cheese, crumbled
lemon wedges (optional)

Cooking Instructions

Add the Bulgur and the stock to the pressure cooker; secure the lid.

Select the white rice function then press start.

While the grain is cooking toss all remaining ingredients in a large bowl except for the feta and lemon wedges.

When cook time is complete and pressure has been released open lid with caution.

Remove the bulgur to a large bowl and fluff, let cool for 10 minutes.

Toss with the vegetable mixture and sprinkle with feta before serving.

43. Perfect Brown Rice

Serves 7

Ingredients

3 cups brown rice rinsed and drained

6 cups water

1 teaspoon salt

1 tablespoon extra-virgin olive oil

Cooking Instructions

Place all the ingredients to pressure cooker; secure lid.

Select the Brown Rice function then press start.

When cooking is complete and pressure is fully released, use caution opening lid.

Serve immediately.

44. Greek Style Farro Salad

Serves 4 to 6

Ingredients

1 cup farro
2 cups vegetable stock
1-pint heirloom grape tomatoes
1 small red onion, chopped
½ cup kalamata olives, chopped
1 cucumber, peeled, seeded and chopped
4 pepperoncini, chopped
2 cloves garlic, minced
2 tablespoons extra-virgin olive oil
1 teaspoon white wine vinegar or lemon juice
¼ teaspoon sea salt
¼ teaspoon freshly ground pepper
¼ teaspoon oregano

Cooking Instructions

Place farro and stock in the pressure cooker; secure lid.

Select the Brown Rice Function, press the time button, press the (-) button and hold until 12 is displayed: press start.

In a bowl, combine olive oil, garlic, wine vinegar or lemon juice, oregano, salt and pepper; mix well.

When cook time is complete, and pressure is fully released, open lid with caution.

Let grain cool then fluff with a fork add tomatoes, cucumber, pepperoncini, and olives; toss with dressing and chill.

Serve when chilled.

45. Wild Rice Stuffing

Serves 4 to 6

Ingredients

1-pound ground turkey
1 small onion, minced
1 celery stalk, chopped
1 teaspoon salt
½ teaspoon freshly ground pepper
1 teaspoon poultry seasoning
1 cup wild rice, rinsed
3 ½ cups stock
½ cup dried cranberries
½ cup dried cranberries
½ cup pecans, chopped
2 sage leaves, chopped

Cooking Instructions

Preheat the pressure cooker by selecting the Brown/Sauté function then press start.

Add turkey to the pressure cooker; cook for 3 minutes with the lid off while breaking up the turkey using a wooden spoon.

Add onions, celery, salt and pepper to the pressure cooker; cook for an additional 2 minutes while continuing to break up the turkey.

Add remaining ingredients to the pressure cooker; secure the lid.

Select the Brown Rice function then press start.

When cook time is complete and pressure is fully released, open lid with caution.

Stir and serve.

46. BBQ Pulled Pork

Serves 6 to 8

Ingredients

3 -pound boneless pork butt roast
1 teaspoon kosher salt
1 teaspoon garlic salt
1 teaspoon sweet paprika
1 teaspoon freshly ground pepper
2 teaspoons soy sauce
2 cups apple cider
1 bottle (16 ounces) barbecue sauce
1 tablespoon cider vinegar
sandwich rolls

Cooking Instructions

Place all ingredients, except sandwich rolls, into pressure cooker; secure lid.

Select the Slow Cooker Low function then press start.

When cooking is complete remove roast, using two forks pull the pork meat apart discarding any fat.

Serve on sandwich rolls.

47. Stuffed Pork Chops

Serves 2

Ingredients

2 pork chops 1 inch thick, butterflied
½ cup cornbread stuffing, divided
1 teaspoon mustard
½ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon ground fennel
1 tablespoon extra-virgin olive oil
½ cup apple cider
½ cup chicken stock
toothpicks

Cooking Instructions

Fill each pork chop with stuffing and secure with toothpick.

Rub pork chops with mustard and season with salt, pepper and fennel.

Preheat pressure cooker by selecting the Brown/sauté function then press start.

Add oil and heat for several minutes.

Place pork chops in pressure cooker Cook 3 minutes per side, or until golden brown.

Add the stock and cider to the pressure cooker and secure lid.

Select the Slow Cooker Low function then press the time button, then the (-) and hold until 6 hours is displayed, press start.

When cooking is complete serve porkchops with some of the broth.

48. Apple Crisp

Serves 8

Ingredients

9 medium Granny Smith Apples, peeled, cored and sliced
1 lemon, juice and zest
½ cup dried cranberries
1 ½ cups of sugar
1 teaspoon apple pie spice
½ cup melted butter topping:
1 cup buttermilk baking mix, such as Bisquick
½ cup of milk
3 tablespoons melted butter
2 tablespoon brown sugar
1 cup of granola
nonstick spray

Cooking Instructions

Spray the Pressure cooker insert with nonstick spray.

Place the prepared apples in a bowl and toss with lemon juice.

Add the cranberries, sugar, apple pie spice and butter and lemon zest and toss.

Combine the ingredients for the topping.

Place the apple mixture in the pressure cooker, place the topping mix on top of the apples.

Secure pressure cooker lid.

Select the Slow Cooker Low function then press start.

When cooking is complete serve with warm with vanilla ice cream.

49. Grandmas Bread Pudding

Serves 8

Ingredients

8 cups 1-inch cubes day old cinnamon swirl bread
½ cup raisins
¼ cup rum or bourbon
1 ¾ cups milk or cream
6 large eggs
1 cup sugar
1 teaspoon ground cinnamon
1 teaspoon vanilla
¼ teaspoon ground nutmeg
1/8 teaspoon salt
¼ cup butter
½ chopped pecans

Cooking Instructions

While dicing the bread cubes, soak the raisins in the rum.

In a large mixing bowl whisk the eggs, milk, vanilla, cinnamon, nutmeg and salt to make a smooth custard.

Toss the bread cubes in the custard and let soak for 15 minutes, stirring occasionally to make sure all the cubes get covered in custard.

Add the raisins and stir.

Heat the butter in a nonstick skillet and add the pecans and toast for several minutes.

Let the nuts cool.

Spray the pressure cooker insert with nonstick spray.

Fold the nuts into the bread and custard mixture.

Pour into the slow pressure cooker, secure the lid.

Select the Slow Cooker high function then press start. When cooking complete place on a platter with hot maple syrup and homemade whipped cream for a major treat.

50. Corned Beef and Cabbage

Serves 4 to 6

Ingredients

3 pounds corned beef, trimmed
1 large onion, quartered
½ cup beef stock
1 bottle (12 ounces) dark beer
½ teaspoon mustard seeds
½ teaspoon whole peppercorns
2 allspice berries
1 bay leaf
1 teaspoon mustard powder
3 garlic cloves, minced
6 small onions, peeled
6 small bliss potatoes, halved
12 baby carrots
1 head cabbage, cut into 6 wedges

Cooking Instructions

Place all ingredients into pressure cooker; secure lid.

Select the Slow Cooker Low function then press the time button, then press the + button and hold until 10 hours is displayed. Press start.

When cook time is complete place all the ingredients on a platter and serve with some of the broth.

51. Chicken Cacciatore

Serves 6

Ingredients

1 whole chicken cut into 8 pieces
¼ teaspoon Italian seasoning
1 teaspoon salt
½ teaspoon fresh ground black pepper
½ teaspoon garlic powder
1 cup onions, thinly sliced
1 bell pepper, thinly sliced
½ cup red wine
½ cup chicken stock
1 cup petite diced tomatoes
1 teaspoon capers
1 tablespoon sliced black olives

Cooking Instructions

Preheat pressure cooker by selecting the Brown/sauté function then press start.

Add the oil to the pressure cooker and heat for several minutes.

Add the chicken pieces to the pressure cooker skin side down a couple pieces at a time to brown. You may need to do several batches.

Pour off the chicken fat from the pressure cooker.

Add the chicken back into the pressure cooker and season with salt and pepper and garlic powder.

Add the remaining ingredients and secure pressure cooker lid.

Select the Slow Cooker Low function then press start.

When cook time is complete, remove the chicken pieces to a platter and serve with the sauce.

52. Stuffed Peppers

Serves 4

Ingredients

1 - pound ground beef or turkey
1 teaspoon salt
1 teaspoon freshly ground pepper
1 medium sweet onion, chopped
3 garlic cloves, minced
4 saffron threads
1 can (14.5 ounces) petite diced tomatoes
½ cup cooked white rice
1 cup tomato sauce
1 cup chicken stock
¼ cup parmesan cheese, grated
4 large bell peppers, membrane removed

Cooking Instructions

Preheat the pressure cooker by selecting the Brown/Sauté function then pressing start.

Add the ground meat to the pressure cooker and cook for 3 minutes, breaking it up using a wooden spoon.

Season the meat with salt and pepper then add the onions to the pressures cooker and cook for an additional 3 minutes.

Add the garlic and saffron to the pressure cooker and cook for an additional minute.

Add the tomatoes and rice to the cooked meat and combine well.

Stuff the peppers with the mixture and place the peppers in the pressure cooker, cover peppers with sauce and add the chicken stock then top with cheese.

Secure the pressure cooker lid.

Select the Slow Cooker high function then press start. When cooking complete place on a platter with the sauce and serve.

53. Pork Carnitas

Serves 4 to 6

Ingredients

2-pound boneless pork shoulder
1 teaspoon salt
½ teaspoon pepper
½ teaspoon cumin
1 tablespoon olive oil
½ cup chicken stock
2 garlic cloves, chopped
1 small onion, diced
2 serrano peppers seeded, and membrane removed
1 teaspoon chili powder
1 bay leaf

Cooking Instructions

Rub the pork with the salt and pepper and cumin.

Preheat the pressure cooker by selecting the Brown/Sauté function then press start.

Heat the oil in the pressure cooker and add pork and brown well on all sides.

Place all remaining ingredients in the pressure cooker; secure lid.

Select the Slow Cooker high function then press start. When cooking complete place on a platter with the sauce and serve with tortillas and favorite toppings.

54. Pork with Apples

Serves 4 to 6

Ingredients

2-pound boneless pork loin
1 teaspoon salt
½ teaspoon freshly ground pepper
½ teaspoons fennel seeds
1 shallot, chopped
2 large apples, cored and sliced
½ cup chicken stock
½ cup apple cider
1 cinnamon stick

Cooking Instructions

Season pork with salt and pepper.

Place pork and remaining ingredients into pressure cooker; secure lid.

Select the Slow Cooker high function then press start. When cooking complete place on a platter with the sauce and serve.

When cooking is complete discard cinnamon stick.

Serve pork and apples on a platter with a ladle of cooking liquid.

Bon Appetit

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