

Kambook - Australia

Building 2, Port Air Industrial Estate
1A Hale Street
Botany NSW 2019
Australia
Customer Service Line 1300 139 798
Customer Service Fax 1800 621 337
www.kambook.com.au

Kambook - New Zealand

Private Bag 94411
Botany, Manukau
Auckland 2163
New Zealand
Customer Service Line/
Spare Parts 0800 273 845
Customer Service Fax 0800 288 513
www.kambook.co.nz

KAMBROOK

THE SMARTER CHOICE



INSTRUCTION BOOKLET

KPR620

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Pressure Express Pressure Cooker

- Carefully read all instructions before operating the Pressure Cooker for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the Pressure Cooker for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this Pressure Cooker.
- Do not place the Pressure Cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Position the Pressure Cooker so that the steam vent/pressure relief valve is directed away from yourself. Lift and remove the lid carefully to avoid scalding from escaping steam.
- Do not operate the Pressure Cooker on a sink drain board.
- Always ensure the Pressure Cooker is properly assembled before use. Follow the instructions provided in this book.
- Always operate the Pressure Cooker on a stable and heat resistant surface.
- Do not leave the Pressure Cooker unattended when in use.
- This Pressure Cooker cooks under pressure. Improper use may result in injury.
- When using this Pressure Cooker, ensure the lid is properly assembled and locked into position before use.
- Use the removable cooking bowl supplied with the Pressure Cooker only. Do not use any other bowl inside the Pressure Cooker housing.
- Do not use a damaged or dented removable cooking bowl. If damaged or dented, replace bowl before using.
- Ensure the removable cooking bowl is correctly positioned in the Pressure Cooker base before you commence cooking.
- Never plug in or switch on the Pressure Cooker without having the removable cooking bowl placed inside the Pressure Cooker housing.
- Do not place food or liquid in the Pressure Cooker housing. Only the removable cooking bowl is designed to contain food or liquid.
- Never operate the Pressure Cooker without food and liquid in the removable cooking bowl. Ensure that the level of food and liquid inside the removable cooking bowl is not below '2' level mark before cooking commences. Always follow the maximum and minimum quantities of liquid stated in instructions and recipes.
- Always have the lid placed correctly into position on the Pressure Cooker throughout operation unless it states in the recipe to have it removed.
- Do not place your face or any other body part over the Pressure Cooker whilst in use as the steam can cause serious burns.
- Do not touch hot surfaces. Use handles on the sides of the Pressure Cooker for lifting and carrying the Pressure Cooker.

- Do not touch hot surfaces; use oven mitts to remove the lid and removable cooking bowl. Lift and remove the lid carefully and away from yourself to avoid scalding from escaping steam.
- Extreme caution must be used when Pressure Cooker contains hot food and liquids and/or is under pressure. Improper use may result in injury. When using this Pressure Cooker, make sure the lid is properly locked and aligned before operating.
- Do not allow water from the lid to drip into the Pressure Cooker housing, only into the removable cooking bowl.
- Do not place anything on top of the lid when assembled, when in use and when stored.
- Before placing removable cooking bowl into stainless steel housing, ensure base of bowl and base of Pressure Cooker is dry by wiping with a dry soft cloth.
- The removable cooking bowl can be extremely heavy when full of ingredients. Care should be taken when lifting from Pressure Cooker housing.
- Do not use the lid handle to carry Pressure Cooker when in use and after use. The lid handle is for opening and closing the lid.
- Always ensure that the removable cooking bowl has cooled sufficiently before handling and use oven mitts when removing from the steel housing.
- Do not adjust the "Pressure Release Valve" whilst in use.
- Use only recommended "Pressure Steam Release" options found on page 18 to depressurise cooker after use.
- Do not exceed maximum fill level. Some foods expand during pressure cooking such as rice and legumes; do not fill removable cooking bowl over ½ full for such items. Over filling may cause a risk of clogging both the pressure release valve and the lid lock actuator. It may also lead to the development of excess pressure.
- The temperature of accessible surfaces will be high when the Pressure Cooker is operating and for some time after use.
- Care should be taken when handling the Pressure Cooker after cooking, ensuring that the pressure cooker body and parts are not touched as these may still be hot due to residual heat.
- Do not place the removable cooking bowl when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable cooking bowl when it is hot. Do not place hot removable cooking bowl into cold water.
- Do not use the removable cooking bowl for food storage. The removable cooking bowl is not designed for storing food in the freezer.
- To prevent scratching the non-stick surface of the removable cooking bowl, always use wooden or plastic utensils.
- Steam vents from the pressure release valve. Always position steam vent on lid away from yourself to avoid scalding from escaping steam.
- Steam vents from the pressure release valve. Check the ducts in the pressure release valve regularly to ensure they are not blocked. The pressure cooker must not be opened until the pressure has decreased sufficiently and the lid unlocks easily.
- Do not attempt to open the Pressure Cooker lid after pressure cooking until all internal pressure has been released and is slightly cooled. If the lid will not turn to unlock, this indicates that Pressure Cooker is still under pressure – do not force the lid open. Any pressure remaining can be hazardous. See operating instructions for "steam release" directions in this instruction book.
- Recommended cooking times in this instruction booklet may vary depending on the ingredients and quantities of food used for recipes.
- Always check the pressure release valve, the removable metal basket and the pressure safety valve for clogging before use and clean if necessary. Check to make sure the lid locking pin and lid lock actuator move freely in and out of the lid.
- Do not immerse Pressure Cooker housing/ base, power cord or plug in water or any other liquid.
- Never move the Pressure Cooker when in use or whilst the cooker is still under pressure. Movement may result in inadvertent movement of the pressure regulator/release valve resulting in unexpected steam or hot liquid being released from the pressure release valve or the side of the lid which may cause scalding.
- Keep the Pressure Cooker clear of walls, curtains and other heat or steam sensitive materials.
- Use the pressure release valve to release steam pressure.
- Never use the removable cooking bowl to sauté ingredients on a ceramic, electric or gas stove.
- Ensure that the safety locking lid is properly aligned, locked and closed before operating.
- Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the Pressure Cooker housing or cooking bowl as these can damage the housing or the coating of the cooking bowl.

Important Safeguards For Your Kambrook Pressure Express Pressure Cooker continued

- Do not place anything, other than lid, on top of Pressure Cooker when assembled, when in use and when stored.
- Do not use the Pressure Cooker for anything other than its intended use. Do not attempt to operate Pressure Cooker by any method other than those described in this instruction book.
- Some foods to avoid when pressure cooking are; apple sauce, cranberries, pearl barley, oatmeal and other cereals, potatoes, noodles and pasta, and rhubarb; these foods can foam, froth and splatter and clog the pressure release valve and/or the lid lock actuator.
- The Pressure Cooker is not intended to be operated by means of an external timer or separate remote control system.
- Always ensure that the power is off at the power outlet and remove power plug from the power outlet before attempting to move the appliance and before cleaning and storing.
- Keep the Pressure Cooker clean. Follow the cleaning instructions provided in the book.



WARNING: Never move the Pressure Cooker when in use, especially when the unit is under pressure. This may result in steam or hot liquid being released from the side of the lid or the pressure safety valve causing scalding or burns.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to a 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the part, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard, do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized Kambrook service centre for examination and / or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook Pressure Express

1. Cool touch lid handle
2. Pressure release valve - controls the steam release from Pressure Express and degree of pressure inside
3. Safety locking lid – cannot be opened during pressure cooking
4. 6 litre non-stick removable cooking bowl (Not visible)
5. Selection control dial allows you to select preferred pressure cooking setting, as well as the Sauté function
6. Cool touch handles which also act as a lid holder
7. Brushed stainless steel housing

Not Shown

- Stainless steel trivet raises food out of the liquid
- Rice measuring cup
- Heat resistant serving spoon and ladle
- Condensation collector

NOTE: For pressure cooking, the control dial will only start to count down once the cooker has pressurised. It may take up to 20 minutes for the unit to pressurise depending on the amount of food and liquid content.



Your Kambrook Pressure Express continued

8. Pressure Release Valve:

a) 'Sealing' - valve closed position for pressurisation when pressure cooking.	b) 'Venting' - valve open position for fast release venting of steam (depressurisation).	c) Clean any debris or residue from around the pressure release valve located on the underside of the lid (under the removable metal basket (see point 11). Poking a skewer through the opening assists in keeping the valve clear of debris or residue.
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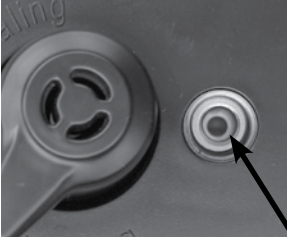
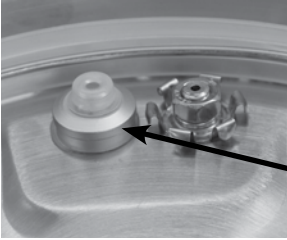

d) The cover on the pressure release valve cover should also be removed to clean.



Removable cover




Pressure release valve
(underside of lid view)

Pressure release valve
(top of lid view)

9. Pressure Safety Valve	10. Rubber Gasket:	
<p>The pressure safety valve provides an additional level of safety. In the remote case that the pressure release valve cannot release pressure due to blockage, the safety valve will activate and release the excessive pressure.</p>	<p>a) The rubber gasket helps seal the lid so that pressure can build within the pressure cooker. The gasket fits snugly around the metal gasket ring located on the underside of the lid and should be removed regularly for cleaning and to check for wear.</p>	<p>b) To refit the rubber gasket around the metal gasket ring, press down on the gasket with your thumbs whilst simultaneously turning the lid.</p> <p>NOTE: The rubber gasket has no top or bottom and can be fitted either way.</p>
		
11. Lid Locks		
<p>a) The lid lock actuator freely moves up and down until the unit is pressurised and then locks the lid, preventing the lid from being opened while under pressure. It is located beneath the removable metal basket on the underside of the lid and should be cleaned regularly.</p>	<p>b) This lid locking pin moves in and out at the side of the lid. It prevents the lid from opening when the unit is under pressure.</p>	<p>c) The removable metal basket helps to prevent debris from getting to the pressure release valve and lid lock actuator causing blockage. It should be cleaned regularly.</p>
 	 <p>Lid lock actuator (top of lid view)</p> <p>Lid lock actuator (underside of lid view)</p>	

Your Kambrook Pressure Express continued

Other Features

12. Lid Markings	13. Lid Holder	14. Condensation Collector
<p>Clearly indicate the direction to Open and Close the lid. With the lid sitting flat within the rim of the housing, align the '▲' symbol marking on the lid between the Open and Close markings with the '🔒' symbol markings on the housing. Using the handle, turn the lid clockwise to close. The '▲' symbol will now align the '🔒' symbol markings on the housing.</p>	<p>Slots are located in the handles on the sides of the pressure cooker allowing the lid to be stored upright on the unit for stirring or removing food. It also allows any condensation from the lid to drip into the condensation collector.</p>	<p>Condensation collector attaches to the side of the pressure cooker and collects any excess water during cooking or when the lid is sitting upright in the lid holder. It should be removed after each use, emptied and replaced before next use.</p>
		

Using Your Kambrook Pressure Express

Before First Use

Remove and safely discard any packaging material and promotional labels before using the Pressure Express for the first time.

To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power cord of this appliance.

1. Clip the condensation collector on the housing body.
2. Make sure that the power outlet is switched off and that the power cord is unplugged from the power outlet before starting.
3. Remove the lid by turning the handle counter-clockwise from the locked position to the unlock position and lift the lid up and off the Pressure Express (See Fig. 1).



4. Remove the silicone rubber gasket from the underside of the safety locking lid (See Fig. 2) and wash with warm soapy water. Dry thoroughly. Wash the lid in warm soapy water and dry thoroughly.



5. Return the dry and clean silicone rubber gasket so that it sits securely around the gasket ring (See Fig. 3). Ensure that it is fitted correctly. See Care, Cleaning and Storage section in this booklet for more details.



NOTE: If the silicone rubber gasket is not correctly fitted back into the gasket ring, the lid will not close properly and it will prevent the Pressure Express from operating correctly.

6. Wipe the inside and the outside of the stainless steel housing with a soft, damp cloth and dry thoroughly.
7. Remove and wash the removable cooking bowl in warm soapy water, rinse and dry thoroughly. Make sure there is no unwanted material on the exterior surface of the removable cooking bowl. Replace the bowl into the pressure cooker housing. The removable cooking bowl must sit flat on the temperature sensor on the base of the housing to ensure proper contact.

Using Your Kambrook Pressure Express continued

The Selection Control Dial

The selection control dial makes cooking with the Pressure Express simple.

To sauté, with the lid remaining off the Pressure Express (See 'How to Sauté' section), turn the dial clockwise to the 'Sauté' setting. The Pressure Express will heat up, allowing you to seal meat or sauté vegetables in the removable cooking bowl prior to pressure cooking to lock in flavour.

For pressure cooking, with the lid locked into place and the pressure release valve set to 'sealing' (See 'How to Pressure Cook' section), simply turn the dial clockwise to a time of up to 30 minutes and let the Pressure Express do the rest.

The selection control dial also offers suggested, indicative cooking times for some of your favourite meals as per the table below.

Setting	Food Type	Suggested Cooking time
Pressure Cooking	Fish, soft vegetables	7 min
	White rice, rice pudding	12 min
	Brown rice, vegetable curries	15 min
	Diced meat, curries	20 min
	Soups, stews	24 min
	Roast meat, legumes, pulses	30 min when lid is locked in place
Sauté	Brown or seal meat, vegetables, sauces	Works if lid is off and dial is set to Sauté. Turn dial to off to finish.

**The times above are only a suggestion. Times will vary depending on type and amount of food content. Times do not include the time it takes to pressurise. The selection control dial will start to count down only after the cooker is pressurised.*

NOTE: In the event that 30 minutes is insufficient pressure cooking time, once the dial has counted down to OFF, turn the selection control dial to the additional time required and allow the Pressure Express to cook further.

How to Pressure Cook

1. Make sure that the power outlet is switched off and that the power cord is unplugged from the power outlet before starting.



WARNING: Always check the pressure release valve and lid lock actuator for clogging before use and clean if necessary. Check to make sure the lid lock actuator and lid locking pin move freely in and out of the lid.

NOTE: Ensure that the Pressure Express is placed in an open area with proper ventilation.

2. Ensure the cooker and all parts, including the removable cooking bowl, rubber gasket and condensation collector, are properly cleaned and fitted to the unit before use as per the instructions in this booklet.



WARNING: Always operate the pressure cooker on a stable and heat resistant surface.

3. Remove the lid and place the food to be cooked (as per recipe guidelines) into the removable cooking bowl, not exceeding the 'MAX' marking on the removable cooking bowl and ensuring at least 250ml of food and liquid with at least 50ml of liquid for every 200 grams of food are placed into the removable cooking bowl.

NOTE: Foods to avoid when pressure cooking include; pearl barley and other cereals, root vegetables on their own, noodles and pasta, and rhubarb; as these foods can foam, froth, splatter and clog the pressure release valve and lid lock actuator.

NOTE: Before proceeding, ensure that the minimum combined food and liquid amount placed into the removable cooking bowl is 250ml with at least 50ml of liquid for every 200 grams of food. Always follow the maximum and minimum quantities of liquid stated in instructions and recipes.

NOTE: Do not exceed 'MAX' fill level in the removable cooking bowl as some foods expand during pressure cooking such as rice and legumes.

4. Plug the power cord into a 230V or 240V power outlet and switch on. The green 'POWER' light will illuminate.
5. Place the lid on to the unit and turn the handle clockwise to lock into position (See Fig. 4).



Fig. 4

NOTE: The Pressure Express will not pressurise if the lid is not fitted and locked correctly. Ensure that the locking graphics are properly aligned when fitting the lid.

Using Your Kambrook Pressure Express continued

6. Move the pressure release valve to the 'sealing' position (See Fig. 5). If the pressure release valve is in the 'venting' position, the Pressure Express will not build up the required pressure needed to pressure cook.



7. Turn the selection control dial to the desired time or setting. The orange 'HEATING' light will illuminate and the green 'POWER' light will extinguish. During the pressure build up, the lid lock actuator and the pressure release valve will begin to "Hiss" and release minimal amounts of steam. This is normal.

NOTE: Once the internal temperature reaches 100°C, the Pressure Express will pressurise. The lid lock actuator will rise once pressurised, locking the lid into position. **DO NOT** attempt to force the lid open while in operation.

NOTE: Pressure cooking will stop operating or the selection control dial will stop counting down if there is insufficient liquid. Add more liquid if this happens, and resume cooking.



WARNING: Do not place your face or any other body part over the pressure cooker whilst in use as the steam can cause serious burns.



WARNING: Do not attempt to open the pressure cooker lid after pressure cooking until all internal pressure has been released and is slightly cooled. If the lid will not turn to unlock, this indicates that the pressure cooker is still under pressure – do not force the lid open. Any pressure remaining can be hazardous. See operating instructions for "steam release" directions in this instruction booklet.

8. The selection control dial will begin to count down only once the unit is pressurised. If the dial fails to turn, the Pressure Express has lost pressure or has not pressurised. Check the Troubleshooting Guide for more information.

NOTE: The selection control dial will not begin to count down until the Pressure Express has pressurised.

9. Once the selection control dial has reached the 'OFF' position, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express to 'fast release' the steam that has built up inside. It may take a couple of minutes to release all the steam. Alternatively, if the pressure release valve is not manually moved to the 'venting' position, the Pressure Express will 'slow release' the steam which may take several minutes to exhaust (See the 'How to Release Steam' section for more details).



WARNING: When pressure is released, there may be hot condensation liquid/steam droplets spitting through the pressure regulator/release valve. Avoid scalding yourself from any escaping hot liquid or steam.

NOTE: Ensure that the Pressure Express is placed in an open area with proper ventilation when in use, especially when venting steam.

10. Switch off the Pressure Express at the power outlet and unplug the power cord from the power outlet.

11. Once the pressure release valve has released all the steam, wait an additional minute before opening the lid to ensure any boiling liquid inside settles. Remove the lid by turning the handle counter-clockwise and lifting the lid up and away being careful as some condensation may have formed on the underside of the lid. Place the lid on a heat-resistant surface or upright in the lid holder in either of the stainless housing handles.

NOTE: The lid lock actuator will return to its original position once all the pressure has been released unlocking the lid.

NOTE: Steam will rise quickly when the lid is taken off and can cause burns. Take extreme care when removing the safety locking lid. Angle the lid away from you face, and ensure that your hand and arm are not in the path of steam.

12. Check food to see if it has been cooked sufficiently. If yes, use the heat resistant serving spoon or heat resistant soup serving ladle provided to serve the food. If not, replace lid and lock into position following the previous directions from step 7. Choose a lower setting if slightly undercooked.
13. Wait until the Pressure Express has cooled before cleaning. Follow the cleaning and storage instructions found in this booklet.

Using Your Kambrook Pressure Express continued



WARNING: Do not touch hot surfaces. Use oven mitts to remove the lid and or removable cooking bowl. Lift and remove the lid carefully and away from yourself to avoid scalding from escaping steam.



WARNING: When cooking under pressure, the safety locking lid can not be opened. Do not try to force the lid open.



WARNING: After pressure cooking, allow a couple of minutes before releasing pressure and removing the lid to make sure that hot liquid inside will not boil over.



WARNING: Use caution when opening the safety locking lid. Steam escapes as soon as the lid is opened. Never place your face or hands over the Pressure Express when removing the lid. Always use oven mitts when handling the removable cooking bowl.

How to Release Steam (Venting)

For pressure cooking only, pressurised steam can be released in two ways when pressure cooking has finished.

1. If the pressure release valve is NOT manually moved from the 'sealing' to the 'venting' position, the steam will release slowly out of the pressure release valve automatically. This 'slow release' method is recommended for recipes containing larger quantities of liquid such as soups and casseroles to prevent liquid being forced out with the steam.
2. Alternatively, use a heat proof spatula or oven mitt to manually move the pressure release valve from the 'sealing' to the 'venting' position. Steam will escape very quickly from the valve in this 'fast release' method.

NOTE: The safety locking lid will not open until all the steam has been released. Do not force the lid to open.

How to Sauté

The Sauté setting is ideal for browning meat and caramelising vegetables. This seals in the moisture, tenderises and intensifies the flavour.

The Sauté setting is also handy if the liquid amount is excessive after pressure cooking. Just remove the lid and operate the Sauté setting for approximately 10–15 minutes or until the liquid reduces by the desired amount.

TIP: A small amount of flour mixed with cold water added in the cooking bowl can assist in thickening a sauce on the Sauté setting.

1. Make sure that the power outlet is switched off and that the power cord is unplugged from the power outlet before starting.
2. Remove the lid from the Pressure Express and leave off while using the 'Sauté' setting. Ensure the removable cooking bowl is correctly inserted into the stainless steel housing.

NOTE: 'Sauté' will only operate with the lid removed. When the lid is locked into position, Sauté on the control dial becomes the 30 minute timer mark for pressure cooking.

3. Plug the power cord into the power outlet and switch on. The green 'POWER' light will illuminate.
4. Move the selection control dial to the 'Sauté' setting (See Fig. 6).



5. Allow the Pressure Express a couple of minutes to preheat. Add oil (if applicable) into the removable cooking bowl.

NOTE: Do not place the lid on the Pressure Express when using the Sauté function.

6. Place the food to be cooked (as per recipe being used) into the removable cooking bowl. Depending on the quantity of food, you may have to sauté in batches.

NOTE: Use the heat resistant serving spoon or ladle to stir and serve the food.

7. Once all the ingredients have cooked to the required level of doneness, turn the dial back to the 'OFF' position. The orange 'HEATING' light will extinguish and the green 'POWER' light will illuminate.

HINT: Trim excess fat from meat or poultry before sautéing. Also, if a recipe calls for browning meat, it may be browned using the Sauté setting.

Using Your Kambrook Pressure Express continued

Using the Trivet

The stainless steel trivet is for any food that needs to be raised above the liquid level. Ensure that the trivet is placed in the removable cooking bowl before plugging the power cord into the power outlet (See Fig. 7).



Pressure Express Cooking Guide

Your favourite traditional recipes can be easily adapted to pressure cooking. The following charts are a guide to Pressure Cooking times as compared to conventional cooking times. If trying conventional recipes that are not included in our recipe section, we recommend you calculate that it will cook 70% faster than conventional cooking time.

NOTE: Cooking times are approximates only and times will vary according to nature of certain foods and quantities.

Pressure Cooking Vegetables

For Best Results


- If cooking vegetables on their own, the usual ratio of liquid to vegetable is 1 cup to 1kg, or 1 cup of water to every 1kg of vegetables
- Frozen vegetables must be thawed.
- Root vegetables such as potato and beets should be cut into small, even-sized pieces to ensure more even cooking results.
- Peel vegetables when appropriate. Keep in mind that some vegetables like potatoes and beetroots hold shape better when the peel is left intact.
- Use the stainless steel trivet to poach fruit. If cooking whole fruit, peel the pears or apples and, if required, cut off some of the bottom ends so they will stand upright on the trivet. Add liquid to the removable cooking bowl.

Pressure Cooking Rice

Rice can be cooked in a fast and more effective way due to the high temperature of the Pressure Express. With the safety locking lid maintaining a high level of moisture within the unit, perfect soft and fluffy rice is very easy to make.

Basmati, jasmine or white rice	1 ½ cups	5–7 minutes
Brown rice	1 ½ cups	15–18 minutes
Arborio or carnaroli rice	2 ½–3 cups	5–7 minutes

NOTE: The cooking table uses the cup provided for all measurements. For an accurate result, pour the rice first and fill with water until you reach the corresponding marking inside the cooking bowl.



WARNING: DO NOT cook instant rice in the Pressure Express.

TIP: To avoid any matting at the base of the rice, cut a circle in non-stick baking paper the same size as the rice cooker bowl and place at the bottom.

White Rice

MIN – 1 cup | MAX – 10 cups

Use the same cup measure for both rice and water.

TIP: After cooking is over, wait for at least 10 minutes before opening the rice cooker. It will give some time to the rice to absorb any excess moisture.

Uncooked Rice Measures	Water Measures	Cooked Rice Measures
1 cup	1.5 cups	2 cups
2 cups	3 cups (up to the '2' marking inside the bowl)	4 cups
4 cups	5 cups (up to the '4' marking inside the bowl)	8 cups
6 cups	8.5 cups (up to the '6' marking inside the bowl)	12 cups
8 cups	11 cups (up to the '8' marking inside the bowl)	16 cups
10 cups	13.5 cups (up to the '10' marking inside the bowl)	20 cups

Using Your Kambrook Pressure Express continued

Brown Rice

MIN – 2 cups | MAX – 10 cups

Use the same cup measure for both rice and water.

Uncooked Rice Measures	Water Measures	Cooked Rice Measures
2 cups	3 cups (up to the '2' marking inside the bowl)	4 cups
4 cups	5 cups (up to the '4' marking inside the bowl)	8 cups
6 cups	8.5 cups (up to the '6' marking inside the bowl)	12 cups
8 cups	11 cups (up to the '8' marking inside the bowl)	16 cups
10 cups	13.5 cups (up to the '10' marking inside the bowl)	20 cups

NOTE: The cooking table uses the cup provided with the Pressure Express for all measurements. For an accurate result, pour the rice first and fill with water until you reach the corresponding marking inside the cooking bowl.

TIP: To avoid any matting at the base of the rice, cut a circle in non-stick baking paper the same size as the rice cooker bowl and place at the bottom.

TIP: After cooking is over, wait for at least 10 minutes before opening the rice cooker. It will give some time to the rice to absorb any excess moisture.



WARNING: Some foods expand during pressure cooking such as rice and legumes. Do not fill removable cooking bowl over ½ full.

For Best Results

- Wash rice well until water runs clear. Drain well and then add rice to removable cooking bowl.
- Measure rice and the water or stock using the same rice measuring cup provided and add to removable cooking bowl.
- When cooking rice, cereals or pasta, use the 'slow release' method for venting steam.
- Using boiling water or stock will speed up pressurisation time.
- If water has not been completely absorbed when pressure cooking is finished, stir rice to evaporate excess moisture before removing from removable cooking bowl.

NOTE: When cooking rice, cereals or pasta, depressurise using the slow release method.

Pressure Cooking Curries, Soups and Stews

The Pressure Express is the perfect appliance to make both vegetarian and meat varieties of curries, soups and hearty stews. The 6 litre capacity can even make enough to freeze to have another day.

For Best Results

- For a full-flavoured result, use the Sauté setting first to seal meat or to brown vegetables such as garlic and onion before pressure cooking.
- Vegetarian recipes may use a reduced time to those that include meat.
- Cut (strips or diced) chicken-based recipes normally require less cooking time than pork or beef-based recipes.
- If the final result is too liquidy, reduce the liquid content in future or use the sauté setting after cooking for reduction.

Pressure Cooking Legumes

Dried beans, peas and lentils are categorised as pulses and legumes, which normally need to be cooked for a long time – except in a pressure cooker.

For Best Results

- 500g of dried legumes creates approximately 3–4 cups cooked legumes depending on the type.
- Add beans or peas and water to removable cooking bowl ensuring not to fill higher than the ½ way mark. Lock the lid in place.
- Liquid to legume quantity is generally 3 to 1. 1 cup of beans or peas to 3 cups of water.
- Cooking times recommended in the chart are for legumes. Where a recipe includes cooking of dried legumes with other ingredients, cooking time will need to be increased. As a guide, reduce conventional recipe cooking time by 2/3.

Using Your Kambrook Pressure Express continued

Pressure Cooking Roasts

HOW TO POT ROAST

The addition of liquid is required for pot roasting.

Suitable meat cuts for pot roasting

Beef Topside, Blade, Silverside Roasts, Rump

Beef Rolled Brisket.

Lamb Forequarter, Shoulder.

Veal Shoulder/Forequarter.

Pork Loin, Neck.

For Best Results

- Place meat in removable cooking bowl, then add sufficient liquid to cover up to a third of the meat.
- Meat will not brown during the pot roasting process, so for browner results seal on the Sauté setting first before pot roasting.
- Remove meat from removable cooking bowl and let sit for several minutes before carving or alternatively use the slow release method for venting.

HOW TO ROAST

Roasting meat in a pressure cooker creates tender, flavoursome results as it breaks down and softens the connective and muscle tissue within the meat, making it easier to slice.

Suitable meat cuts for roasting

Beef Blade, Rump, Rib Roast, Fresh Silverside, Topside.

Lamb Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.

Veal Leg, Loin, Rack, Shoulder/Forequarter.

Pork Loin, Neck, Leg, Racks (remove skin & fat).

For Best Results

- Meat will not brown during the roasting process, so for browner results seal on the Sauté setting first before roasting.
- Elevate the meat to be cooked on the stainless steel trivet. The trivet will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.
- Add a minimum of 250ml (1 cup) hot liquid (water or stock) to the removable cooking bowl.
- Remove meat from removable cooking bowl and let sit for several minutes before carving or alternatively use the slow release method for venting.



WARNING: Do not use oil or milk as a liquid.

NOTE: The Pressure Express will stop operating or the selection control dial will stop counting down if there is insufficient liquid. Add more liquid if required.

Pressure Cooking Fruit

Fruit can be cooked in the pressure cooker. Leave it whole or cut into halves or quarters, removing stones if applicable.

For Best Results

- Wash, peel and core fruit. Slice to the desired size.
- For whole fruit, wash and peel only and ensure fruit will sit upright.
- Cook fruit in a steamer basket (not included) sitting on the stainless steel trivet.
- Add a minimum of $\frac{1}{2}$ cup liquid (water or juice) for sliced fruit and 1 cup of liquid for whole fruit.
- Sugar and any flavourings, such as cinnamon or vanilla beans can be added either before or after cooking.
- Cooking times will vary according to size and ripeness of fruit.

Using Your Kambrook Pressure Express continued

Typical Comparison Cooking Times	Cooking Time	
<i>Times are approximate only.</i>	Pressure Cooking	Conventional
Lamb		
Lamb Shanks 4 x 12–13cm long	30 minutes	2 hours
Lamb, 2cm diced (1kg)	10–12 minutes	1½–2 hours
Beef		
Rollad beef rib roast (1.2kg)	13–15 minutes	2 hours
Rabbit, pieces (1kg)	25–30 minutes	1 ½ hours
Pork		
Spare Ribs (1.2kg)	15 minutes	45 minutes
Poultry		
Chicken breast fillets (4 halves)	2–4 minutes	15–20 minutes
Chicken drumsticks (8)	10–15 minutes	30–35 minutes
Whole chicken (1.2kg)	15–20 minutes	1 hour
Seafood		
Salmon fillets*	8–10 minutes	
White fish fillets*	2–3 minutes	
Legumes		
Cannellini beans	12–15 minutes	40–45 minutes
Chick peas	25–30 minutes	2 hours
Lima beans, large	6–8 minutes	30 minutes
Vegetables		
Beetroot (baby) or large beetroot (quartered)	6–8 minutes	20–25 minutes
Carrots, 2cm slices	3–5 minutes	6–10 minutes
Corn on the cob, halved or thirds	3–5 minutes	10–12 minutes
Pumpkin, diced	12–15 minutes	20–30 minutes
Potato, diced	10–12 minutes	12–15 minutes
Fruit		
Apples, whole, 1kg	4–6 minutes	30 minutes
Peaches, whole, 1kg	3–5 minutes	20 minutes
Pears, whole, 1kg	15–18 minutes	30–35 minutes
<i>*Steam fish for best results using a steaming basket (not included) sitting on the stainless steel trivet</i>		

Trouble Shooting Guide

Problem	Possible Reason	Solution
Difficulty closing the lid	<ul style="list-style-type: none"> Gasket not positioned properly Lid locking pin or lid lock actuator is jammed 	<ul style="list-style-type: none"> Ensure that gasket is in position properly (page 15) Push the pin or actuator in and out gently and try again
Difficulty opening the safety locking lid NOTE: DO NOT force lid to open	<ul style="list-style-type: none"> Pressure still exists within the Pressure Express Lid lock actuator fails to fall after steam release 	<ul style="list-style-type: none"> Keep the steam release valve open until all pressure has been released Press the actuator lightly with chopstick or any thin utensil
Leakage from the lid	<ul style="list-style-type: none"> No gasket fitted Worn gasket Safety locking lid not closed and locked properly 	<ul style="list-style-type: none"> Fit the gasket according to the instructions Replace the gasket Ensure that the lid is fitted correctly
Leakage from the pressure release valve	<ul style="list-style-type: none"> Food trapped in pressure release valve 	<ul style="list-style-type: none"> Clean the pressure release valve
Lid lock actuator unable to rise	<ul style="list-style-type: none"> Not enough food content and liquid to create pressure Lid lock actuator blocked Leakage from rubber gasket 	<ul style="list-style-type: none"> Add more liquid/food to bowl Clean the lid lock actuator Clean rubber gasket or replace if required
Rice overcooked/undercooked	<ul style="list-style-type: none"> Too much or not enough water 	<ul style="list-style-type: none"> Ensure you follow the markings on the rice cooking bowl
Meat undercooked	<ul style="list-style-type: none"> Roast meat was too large in size Meat needs more time 	<ul style="list-style-type: none"> Ensure large cuts of meat are cut in smaller portions, Roasts should not exceed 1.5kg Replace pressure cooker lid and reset cooking time as required

Specifications:

- Functions: Sauté and Pressure Cooking
- Maximum pressure for this unit is 98kPa or 15Psi.
- This unit pressure cooks at 'High' pressure only

Care, Cleaning and Storage

1. Before cleaning, ensure the Pressure Express is switched off at the power outlet and unplugged. Ensure the unit is fully cooled prior to commencing cleaning.
2. Wash the removable cooking bowl with warm soapy water and a clean soft cloth or sponge. Rinse with clean water and dry thoroughly.
3. The stainless steel housing and lid can be wiped over with a soft, damp cloth and then dried thoroughly.
4. Remove the condensation collector by gently pulling the collector away from the housing body and clean in warm water. Dry thoroughly and place it back in its original position.
5. Remove and disassemble lid. First, gently pull the silicone rubber gasket away from the gasket ring on the underside of the lid. Check periodically that it is clean, flexible and not cracked or torn. If damaged do not use the Pressure Express. Wash the gasket in warm, soapy water. Rinse with clean water, dry thoroughly and place back in original position around the gasket ring. See the instructions on how to remove and replace the silicone rubber gasket as per instructions in this booklet.

NOTE: Soak the silicone rubber gasket in a mixture of bicarbonate of soda and water to help eliminate odours, such as spices, before cleaning.

NOTE: After cooking rice or large meals, some cooking liquid may pool under the lid around the cooking bowl. This is normal. Use a paper towel or kitchen cloth to clean after every use. Use a small brush or cotton swab if necessary.

NOTE: Replace the silicone rubber gasket every 1-2 years (contact your nearest Kambrook Service Centre).



IMPORTANT: The silicone rubber gasket must always be properly positioned. If the gasket is not assembled properly, the Pressure Express will not operate correctly.

6. Wash the inside of the lid with a wet, soapy sponge or cloth. Use a soft brush to remove oil residue if necessary. Wipe dry with a clean, damp cloth.

NOTE: Lid is not dishwasher safe. Do not wash lid in dishwasher.

NOTE: During cleaning of the lid, ensure that the pressure lid lock actuator moves freely (up and down). Wash and clean any oil or food residue from this area.

7. The pressure release valve and the lid lock actuator sit side by side in the lid and should be cleaned both from the top and the bottom regularly.
8. To clean the pressure release valve, remove the pressure release valve cover by pulling upwards away from the lid (See Fig. 8). Clean the cover in warm, soapy water and dry thoroughly. Ensure the pressure release valve is clean as per point 10 before replacing the cover.



Fig. 8

9. On the underside of the lid, both the pressure release valve and lid lock actuator are located beneath the protective removable metal basket. Regularly check and clean the lid lock actuator, pressure release valve and metal basket for food or residue to avoid any clogging which could result in blockage. Pull the removable metal basket away from the lid to access (See Fig. 9) Clean the metal basket in warm, soapy water and dry thoroughly. Clean the pressure release valve and lid lock actuator as per points 10 and 11 before replacing the metal basket.



Fig. 9

10. To clean the pressure release valve (See Fig 10), with both the pressure release valve cover and the metal basket removed, wipe around the valve with a damp cloth. Using an object such as a skewer poked through can assist with cleaning and clogged food. Refit the pressure release valve cover and metal basket when clean.

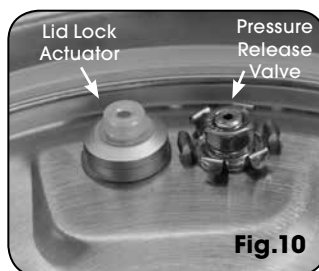


Fig.10

11. The lid lock actuator has an opaque plastic cap and moves up and down (See. Fig. 11). To clean, wipe any oil or food residue with a damp cloth. Ensure that the lid lock actuator moves up and down freely after cleaning. Refit the removable metal basket once clean and before using.

Care, Cleaning & Storage continued



IMPORTANT: All safety locking lid parts and pressure release valve and cover must be reassembled correctly to ensure safety as well as optimal performance of your Pressure Express.



IMPORTANT: Ensure that both the pressure cooker electrical connector and the pressure cooker inlet are completely dry before use.



IMPORTANT: To prevent damage to the pressure cooker, do not use alkaline cleaning agents when cleaning, use a soft cloth and mild detergent.



IMPORTANT: Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the pressure cooker housing or cooking bowl as these can damage the housing or the coating of the removable cooking bowl.



IMPORTANT: Ensure the pressure cooker is fully cooled before storing.

NOTE: A mixture of 1 tbsp vanilla, ½ cup lemon juice, 1 tbsp lemon rind, and 500ml of hot water pressure cooked for 5 minutes can help eliminate food odours.

Storage

Always unplug the power cord and allow the unit to cool down before cleaning and storage.

Once the Pressure Express is clean and dry, place the trivet, measuring cups and serving spoons inside the removable cooking bowl and place the bowl inside the pressure cooking housing for storage.

To prevent aromas, moulds and odours, never store your Pressure Express with the lid locked in place. Only lock the lid into place to move the unit. Once the unit has been moved to where it will be stored, unlock the lid and place upside down on top of the unit.

Always store the Pressure Express in an upright position. Do not store anything on top of the Pressure Express. Store on the bench top or in a cupboard.

The Do's and Don'ts of Pressure Cooking

Do's

- Always thaw frozen meat and poultry before cooking.
- Use dry oven mitts when lifting the removable cooking bowl after cooking.
- Use tongs or the plastic spoon provided to release the pressure release valve - do not use your fingers.
- Always store the Pressure Express in a cool, dry place.
- Follow the cleaning guidelines found in this booklet.

Don't

- Do not operate without the removable cooking bowl in position.
- Do not fill the bowl past the maximum line.
- Do not use oil or milk as a liquid.
- Do not cook without at least 50ml of liquid for every 200gram of food content.
- Pack and store with the lid resting upside down on the removable cooking bowl in a well ventilated area.

Never

- Place water or other liquids into the stainless steel base.
- Immerse base, cord, or plug of the Pressure Express in water or any other liquid.
- Touch hot surfaces with bare hands.
- Deep fry in the Pressure Express
- Store your Pressure Express closed with safety locking lid locked in place to prevent aromas, moulds and odours.
- Leave the Pressure Express on and unattended.
- Use your fingers to move the pressure release valve to 'venting' position to release steam after pressure cooking.

Recipes

Cooking with Pressure:

NOTE: Pressure Cookers are great for cooking large serving sizes of casseroles, curries and such. If you want to reduce the serving quantity however, use half the ingredients stated, but follow the same preparation and cooking steps. Or if quantity is over 1 litre (for combined food and liquid) why not place leftovers in an airtight, freezer safe container and freeze for another day?

NOTE: Foods to avoid when pressure cooking include; pearl barley and other cereals, root vegetables on their own, noodles and pasta, and rhubarb; as these foods can foam, froth, splatter and clog the pressure release valve and lid lock actuator.

NOTE: Times in recipes are approximate and can vary depending on type and amount of food content and the level of doneness desired.

Honey Baked Pumpkin Risotto

Serves 8

1 tbsp honey
60g butter
400g pumpkin peeled, cubed to 1cm
3 cups Arborio rice
6 cups vegetable stock
1 large brown onion peeled, thinly sliced
2 cloves garlic peeled, minced
1 cup boiling water
100g grated parmesan cheese to serve
½ bunch parsley washed, roughly chopped to serve

1. Turn the selection control dial to Sauté to commence cooking. Wait around 2-3 minutes for the unit to heat.
2. Place the honey and butter into the removable cooking bowl and melt. Add the pumpkin and sauté for approximately 10 minutes. Once sautéing is complete, turn the dial back to OFF.
3. Add the rice, 5 cups of the vegetable stock, onion and garlic to the cooking bowl and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Stir through the water and remaining cup of vegetable stock.
8. Top with parmesan and parsley to serve.

Chicken and Pesto Risotto

Serves 8

3 tbs olive oil
1 large brown onion peeled, thinly sliced
2 cloves garlic peeled, minced
500g chicken breast, thinly sliced
6 cups chicken stock
3 cups Arborio rice
½ cup basil pesto
¼ cup toasted pine nuts
1 cup boiling water
100g grated parmesan to serve
½ bunch basil, washed, roughly chopped to serve

1. Turn the selection control dial to Sauté to commence cooking.
2. Add oil and let heat. Add the onion and garlic to heated oil and sauté until golden brown. Add the chicken and lightly cook for about 5 minutes, stirring occasionally. Once sautéing is complete, turn the dial back to OFF.
3. Add the rice, 5 cups of the chicken stock, pesto and pine nuts and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Stir through the water and remaining cup of chicken stock.
8. Top with parmesan and basil to serve.

Vanilla Rice Pudding

Serves 8

2 tbs butter, melted
2 cups medium grain white rice
⅓ cup caster sugar
1 ½ cups water
2 cups milk
1 x 59g free range egg, lightly whisked
¼ cup condensed milk
1 vanilla bean, split

1. Place the butter and rice into the removable cooking bowl and stir until the rice is completely coated in the melted butter.
2. In a separate bowl or jug, whisk together the sugar, water, milk, egg and condensed milk. Pour the milk mixture over the rice and then stir through the vanilla bean.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Turn the selection control dial to 'White Rice' or 10 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
5. Turn the pressure release valve to the venting position and remove lid once depressurised.
6. Rice pudding is great served with poached fruit.

Brown Rice Salad

Serves 8

4 cups brown rice
2 tsp turmeric
4 cups water
1 cup rocket lettuce, washed, dried
1 red onion, peeled, thinly sliced
1/4 cup toasted pine nuts
1/2 cup sultanas
1 red apple, quartered, thinly sliced
Juice of 1 lemon
2 tbsp extra virgin olive oil

1. Place the rice, turmeric and water into the removable cooking bowl and stir well to combine.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Turn the selection control dial to 'Brown Rice' or 15 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
4. Turn the pressure release valve to the venting position and remove lid once depressurised.
5. Place the cooked rice into a large salad bowl. Add the rocket lettuce, onion, pine nuts, sultanas and apple and fold to combine.
6. Drizzle over with lemon and olive oil and serve immediately.

Smoked Ham and Split Pea Soup

Serves 6-8

1 tbsp olive oil
1 large brown onion, diced
3 cloves garlic, minced
1 ham hock (800g)
500g green split peas, washed
1 bay leaf
4 sprigs thyme
2 carrots, peeled, diced
3 stalks celery, diced
2 tsp black peppercorns
1 cup white wine
1 litre vegetable stock
1/2 bunch parsley washed, roughly chopped,
to serve

Sour cream (to taste), to serve

1. Turn the selection control dial to Sauté to commence cooking.
2. Add oil and let heat. Add the onion, garlic and ham hock and sauté until golden brown. Once sautéing is complete, turn the dial back to OFF.
3. Add the peas, bay leaf, thyme, carrots, celery, peppercorns, wine and vegetable stock and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Remove the hock and pull away any remaining meat. Roughly chop the meat and set aside. Pour half the soup into another heat-proof bowl and, using a stick mixer, gently blend that half of the soup.
8. Combine the chopped ham and the non-blended soup back with the blended soup and stir until well combined.
9. Top with the sour cream and parsley to serve.

NOTE: Do not use a stick mixer in the removable cooking bowl as this could damage the non-stick coating.

Thai Sweet Potato Soup with Coriander Pesto

Serves 6-8

400ml can coconut milk (do not shake)
2 tbsp mild red curry paste
1.5kg sweet potatoes, peeled and cut into 5cm pieces
1 litre chicken stock
Lime wedges, to serve

Coriander Pesto:

1 cup coriander leaves
1/4 cup blanched almonds
1 small red shallot
2 tsp lime juice
2 tbsp vegetable oil
Salt, to taste

1. Carefully open the can of coconut milk without shaking; spoon the firm coconut into the removable cooking bowl. Turn the selection control dial to Sauté to commence cooking.
2. Sauté while stirring until the coconut milk separates. Add the curry paste and continue to sauté, stirring until the paste becomes fragrant. Add sweet potato and chicken stock. Once sautéing is complete, turn the dial back to OFF.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
5. Turn the pressure release valve to the venting position and remove lid once depressurised.
6. Using a mini food processor or chopper, combine the coriander pesto ingredients into a separate bowl and process until combined. Season to taste.
7. To serve, ladle soup into bowls and spoon coriander pesto into the soup. Stir through and squeeze fresh lime to taste.

Green Curry Pumpkin Soup

Serves 6-8

4 cloves garlic, whole
1 brown onion, peeled, roughly chopped
1 tbsp green curry paste
750g pumpkin, skin and seeds removed, cut into 5cm pieces
550g potatoes, peeled, quartered
1 tsp salt
600ml boiling water
400ml coconut cream

1. Place the garlic, onion, curry paste, pumpkin, potatoes, salt, water and coconut cream into the removable cooking bowl and stir until combined.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
4. Turn the pressure release valve to the venting position and remove lid once depressurised.
5. Pour the soup into a large heat-proof bowl and, using a stick mixer, blend the soup until it is thick and consistently smooth.
6. Serve with fresh bread.

NOTE: Do not use a stick mixer in the removable cooking bowl as this could damage the non-stick coating.

Red Wine, Beef, Mushroom and Thyme Stew

Serves 8

3 tbsp olive oil
6 large French shallots, peeled, sliced
3 cloves garlic, minced
40g butter
8 rindless bacon slices, thickly sliced
1kg chuck steak, diced
½ cup flour
350ml dry red wine
2 tsp brown sugar
2 tbsp tomato paste
400g button mushrooms
1 cup beef stock
1 bay leaf
2 tablespoons chopped thyme
Mashed potatoes, to serve

1. Turn the selection control dial to Sauté to commence cooking.
2. Add oil and let heat. Add the shallots and garlic then sauté until golden brown. Add bacon and cook for a further 3 minutes or until browned then remove from pot and set aside. Add the butter and diced meat and cook in batches if necessary until browned on all sides, or around 5-6 minutes. Remove from the pan. Add wine to the removable cooking bowl and bring to the boil, allowing to reduce to half. Once sautéing is complete, turn the dial back to OFF.
3. Place the bacon and diced meat back into the removable cooking bowl. Add the sugar, tomato paste, mushrooms, wine, stock, bay leaf and thyme and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Roast' or 30 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Serve over mashed potatoes.

Sesame Chicken Wings

Serves 8

½ cup soy sauce
2 tbsp honey
1 tbsp sesame oil
1 tbsp kecap manis^
2 tsp rice wine vinegar
2 tbsp sweet chilli sauce
2 x small Birdseye chillies, minced
2 x cloves garlic, minced
2kg chicken wings or chicken nibblets
2 tbsp plain flour
2 tbsp cold water
2 tbsp sesame seeds, toasted
1 cup shallots, peeled and thinly sliced,
to serve

1. Place the soy, honey, oil, kecap manis, vinegar, chilli sauce, chilli, garlic and chicken into the removable cooking bowl and mix until coated.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
4. Turn the pressure release valve to the venting position and remove lid once depressurised.
5. Remove the chicken and set aside. Drain the liquid in the removable cooking bowl through a sieve into another bowl.
6. Turn the selection control dial to Saute. Wait around 2-3 minutes for the unit to heat. Place the now-sieved liquid back into the removable cooking bowl.
7. In a separate bowl, whisk the flour with the water until smooth. Add to the removable cooking bowl and simmer for around 3-4 minutes or until thickened.
8. Pour sauce over chicken wings and sprinkle with sesame seeds and shallots to serve.

NOTE: If using chicken nibblets, rather than wings, select the 'Diced Meats, Curries' setting.

TIP: Kecap Manis is a sweet soy sauce and can be found in major supermarkets usually in the sauces section where soy and Worcestershire sauces are sold.

Massaman Curry

Serves 8

RECIPE NOTE: This recipe can also be made using all lamb or all beef.

500g diced lamb
500g diced chuck steak
270g can coconut cream
1 cinnamon stick
2 fresh kaffir lime leaves
500g baby chat potatoes, halved
1 tbs brown sugar
2 whole star anise
2 teaspoon fish sauce, or to taste
2 tsp arrowroot (only if needed)
Fresh coriander, to serve

Curry Paste:

2 tablespoons vegetable oil
1 brown onion, peeled, roughly chopped
2cm piece ginger, peeled, minced
4 cloves garlic, peeled, minced
2 tsp ground coriander seeds
1 tsp ground cumin seeds
1 tsp ground cinnamon
2 tsp brown mustard seeds
1 tsp ground cardamom
1 tsp dried chilli flakes
Zest and juice of 1 lime
1 tsp white pepper
2 tsp flaked salt

1. Using a food processor, place all the curry paste ingredients into the bowl and process until the mixture is smooth and consistent in texture.
2. Turn the selection control dial to Sauté to commence cooking. Wait around 2-3 minutes for the unit to heat. Add the curry paste into the removable cooking bowl and sauté for around 5 minutes, stirring occasionally. Once sautéing is complete, turn the dial back to OFF.
3. Add the meat, coconut cream, cinnamon, lime leaves, potatoes, brown sugar and star anise and fish sauce then stir until well combined.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Top with fresh coriander and serve over fluffy rice.

NOTE: If the consistency is not thick enough, remove 1/2 cup of the liquid and stir through 2 tsp of arrowroot until completely dissolved. Add back into the curry and simmer using the Sauté setting until thickened.

TIP: If using lower quality cuts of meat, use the 'Roast' or 30 minutes instead.

Butter Chicken

Serves 6-8

2 tbs olive oil
1 tbs ginger, minced
2 cloves garlic, chopped
3 small onions, sliced thinly
1/4 tsp cayenne pepper, ground
2 tsp paprika, ground
1 tsp ground coriander
2 tsp turmeric, ground
2 tsp cumin, ground
2 tsp garam masala
1 cinnamon stick
1/4 cup tomato paste
1.5kg chicken thigh fillets, cut into quarters
1/2 cup chicken stock
125ml pure cream to serve
Fresh coriander to serve
Cooked rice, to serve

1. Turn the selection control dial to Sauté to commence cooking.
2. Add the oil to heat. Add the ginger, garlic and onions and sauté for around 6 minutes or until golden brown. Add all the spices and stir for 2 minutes until fragrant. Once sautéing is complete, turn the dial back to OFF.
3. Add the tomato paste and chicken thighs and stir through until everything is evenly coated. Pour the stock over the mixture.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Diced Meat, Curries' or 20 minutes to commence pressure cooking. Allow to cook until the timer has counted down. down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Stir through the cream and stand for 5 minutes. Top with coriander and serve over fluffy rice.

Satay Beef

Serves 6

1tbsp peanut oil
1 brown onion thinly sliced
1 clove garlic, peeled, minced
1/2 tsp lemon rind
1/2 large red chilli, thinly sliced
2 tsp sweet chilli sauce
2 tsp curry powder
1/2 cup coconut cream
1 1/2 tbs kecap manis
1/2 cup crunchy peanut butter
1kg beef blade or rump steak, diced
Fresh coriander, to serve
Cooked rice, to serve

1. Turn the selection control dial to Sauté to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown (around 5 minutes). Add the lemon, red chilli, sweet chilli sauce and curry powder and allow to sauté for another 2 minutes. Once sautéing is complete, turn the dial back to OFF.
3. Add in the coconut cream, kecap manis, peanut butter and meat and stir until well combined.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Top with coriander and serve over fluffy rice.

NOTE: This recipe is also great using chicken thigh fillets. select 'Diced Meats, Curries' on the selection control dial, or 20 minutes.

TIP: Kecap Manis is a sweet soy sauce and can be found in major supermarkets usually in the sauces section where soy and Worcestershire sauces are sold.

Spicy Tomato Sauce and Meatballs

Serves 6-8

1kg beef mince
1 red onion, peeled, finely diced
1 cup fresh bread crumbs
3 tbsp tomato paste
2 tsp Italian herbs
1 x 59g free range egg, lightly whisked
3 tbsp olive oil
2 large brown onions, peeled, diced
4 cloves garlic, minced
1 tbsp sugar
4 x 420g cans diced tomatoes
Cooked pasta, to serve

1. In a bowl, combine the mince, red onion, bread crumbs, tomato paste, herbs and egg until well combined. Roll mixture into 1 tbsp sized balls and set aside.
2. Turn the selection control dial to Sauté to commence cooking. Add oil and heat. Add the brown onion and garlic and sauté until clear, around 2-3 minutes. Add the sugar and tomatoes and simmer for around 2 minutes. Once sautéing is complete, turn the dial back to OFF.
3. Add the meatballs to the tomato mixture and stir gently.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Brown Rice' or 15 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Serve over cooked pasta of your choice.

TIP: If using dried breadcrumbs instead of fresh, drop to $\frac{3}{4}$ cup.

Chicken with Sicilian Olives and Preserved Lemon Cous Cous

Serves 10

RECIPE NOTE: For best results, this dish should be marinated overnight

2kg chicken thigh fillets, fat trimmed
2 tbsp olive oil
1 tsp cinnamon
2 tsp dried parsley
2 tsp dried oregano
1 tsp paprika
150g Sicilian olives, drained of liquid
2 cloves garlic, minced
1 tsp ginger, minced
1 lemon, thinly sliced
1 cup chicken stock
2 cups dried cous cous
Fresh parsley, to serve

1. Place the chicken, oil, herbs, spices, olives, garlic and ginger into a bowl and mix until completely coated. Layer in an airtight container with lemon dividing each chicken fillet. Place into the refrigerator overnight.
2. Place the chicken into the removable cooking bowl and pour the chicken stock over the top.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Turn the selection control dial to 'Diced Meats, Curries' or 20 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
5. Turn the pressure release valve to the venting position and remove lid once depressurised.
6. Remove the chicken from the removable cooking bowl and strain the liquid left in the bowl through a sieve into another bowl.
7. Add only 2 cups of the liquid back into the removable cooking bowl, along with the cous cous. Allow to sit for 5 minutes to absorb.
8. Serve with the chicken, topped with parsley.

Ginger Chicken with Baby Snow Peas

Serves 8

1 tbsp honey
2 ½ tsp rice wine vinegar
½ cup ginger syrup
2 tsp sesame oil
2cm piece of ginger, halved
1 red chilli, halved
4 cloves garlic, peeled, whole
1 tsp rock salt
½ cup chicken stock
2kg chicken drumsticks
2 tbsp soy sauce
1 tbsp corn flour
500g baby snow peas
1 cup shallots, peeled and thinly sliced,
to serve

1. Place the honey, vinegar, ginger syrup, oil, ginger, chilli, garlic, salt, chicken stock and chicken into the removable cooking bowl and mix until completely coated.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
4. Turn the pressure release valve to the venting position and remove lid once depressurised.
5. Remove the chicken and set aside. Drain the liquid in the removable cooking bowl through a sieve into another bowl.
6. Turn the selection control dial to Saute. Wait around 2-3 minutes for the unit to heat.
7. Place the now-sieved liquid back into the removable cooking bowl.
8. In a separate bowl, blend the corn flour with the soy sauce and then add to the removable cooking bowl and simmer for about 4 minutes. Add snow peas and simmer for another minute.
9. Serve over chicken, topped with fresh shallots.

TIP: You can find ginger syrup in the cordial section of major supermarkets.

Three Bean and Vegetable Stew

Serves 8

2 tbsp olive oil
40g butter
4 cloves garlic, peeled, minced
2 brown onions, thinly sliced
2 tbsp tomato paste
2 carrots, peeled, diced
2 stalks celery, diced
2 potatoes, peeled, diced into 2cm pieces
420g can red kidney beans, drained, rinsed
420g can butter beans, drained, rinsed
420g can chickpeas, drained, rinsed
4 cups vegetable stock
420g can diced tomatoes
1 bunch parsley, washed, roughly chopped
1 bunch basil, washed, roughly chopped
1 bay leaf
2 tsp flaked salt
1 tsp ground white pepper
100g grated parmesan, to serve
½ bunch parsley washed, roughly
chopped, to serve
Sour cream (to taste), to serve

1. Turn the selection control dial to Saute to commence cooking.
2. Add oil and butter and let heat. Add the onion and garlic and sauté until golden brown. Once sautéing is complete, turn the dial back to OFF.
3. Add the tomato paste, carrots, celery, potatoes, beans, vegetable stock, tomatoes, parsley, basil, bay leaf and salt and pepper into the removable cooking bowl and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Top with fresh parsley, sour cream and grated parmesan cheese.

Corned Beef

Serves 6

2 litres water
1 tsp black peppercorns
1 tbsp brown sugar
1 tbsp rock salt
2 tbsp white vinegar
1 bay leaf
1 kg corned beef silverside
1 cup white sauce, to serve

1. Add the water, peppercorns, sugar, salt, vinegar and bay leaf into the removable cooking bowl and stir to combine. Add the beef to the mixture.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Turn the selection control dial to 'Roast' or 30 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
4. Turn the pressure release valve to the venting position and remove lid once depressurised.
5. Remove the beef, carve and serve with white sauce and choice of side.

Spicy Tomato and Capsicum Chicken

Serves 4-6

3 tbsp lemon infused olive oil
1 kg chicken thigh (approx. 6)
1 red onion, thinly sliced
2 cloves garlic, peeled, thinly sliced
½ capsicum, membrane removed, thinly sliced
700ml tomato passata
400g can chickpeas, drained
½ jar chargrilled capsicum with chilli
1/2 cup chicken stock
Rind of ½ lemon
2 tsp flaked salt
Pasta, cooked, to serve
½ bunch parsley washed, roughly chopped, to serve

1. Turn the selection control dial to Sauté to commence cooking. Heat 2 tbsp of the oil and then seal the chicken for around 2 minutes on each side and set aside.
2. Add the remaining olive oil to the removable cooking bowl and sauté the onion, garlic and capsicum until golden brown. Once sautéing is complete, turn the dial back to OFF.
3. Place the chicken, passata, chickpeas, chargrilled capsicum, chilli, chicken
4. Stock, lemon and salt into the removable cooking bowl and stir well to combine. Push the ingredients under the liquid and make sure that they are fully submerged.
5. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
6. Turn the selection control dial to 'Soup, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
7. Turn the pressure release valve to the venting position and remove lid once depressurised.
8. Serve over penne pasta topped with fresh parsley.

TIP: Make homemade tomato passata from the recipe on page 41 or bottled tomato passata can be found in supermarkets in the pasta sauce section.

Red Wine, Garlic & Root Vegetable Lamb Shanks

Serves 6

3 tbsp olive oil
8 shallots peeled, halved
1 head garlic with the base cut off, cloves separated and peeled
 $\frac{3}{4}$ cup plain flour
6 medium lamb shanks, French trimmed
 $\frac{3}{4}$ cup red wine
6 baby carrots peeled, tops removed, cut in half
2 potatoes peeled, cut into 8 pieces each
250ml beef stock
500ml tomato passata
2 sprigs thyme
2 sprigs rosemary
2 sprigs marjoram
Cooked pasta or mashed potatoes, to serve

1. Turn the selection control dial to Sauté to commence cooking. Wait around 2-3 minutes for the unit to heat. Sauté the shallots and garlic until golden brown. Remove from pan and set aside.
2. In a separate bowl, toss the shanks in the flour until well covered. Add the shanks to the removable cooking bowl, two at a time, and sauté until browned. Remove from the pan and set aside. Add the red wine and simmer until reduce to half. Once sautéing is complete, turn the dial back to OFF. Add shallots and shanks plus remaining ingredients into the removable cooking bowl and stir until well combined.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Turn the selection control dial to 'Roast' or 30 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
5. Turn the pressure release valve to the venting position and remove lid once depressurised.
6. Remove the lamb shanks and sauce and serve over pasta or mashed potatoes.

TIP: French trimmed lamb shanks will allow more shanks to fit into the removable cooking bowl. Ask your butcher to trim.

TIP: Make homemade tomato passata from the recipe on page 41 or bottled tomato passata can be found in supermarkets in the pasta sauce section.

RECIPE NOTE: Depending on the amount of lamb shanks, this recipe may need a further 20 minutes to cook.

Whole Chicken Stock

Makes 2 litres

- 3 tbs olive oil
- 2 brown onions, diced
- 3 cloves garlic, peeled, thinly sliced
- 4 sticks celery, roughly chopped
- 4 carrots, peeled, roughly chopped
- 1 tbs mixed peppercorns
- 2 tsp rock salt
- 2 litres water
- 1.4kg free range whole chicken

1. Turn the selection control dial to Sauté to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown. Once sautéing is complete, turn the dial back to OFF.
3. Add the celery, carrots, peppercorns, salt and water and stir well to combine. Then add the chicken into the removable cooking bowl.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Turn the selection control dial to 'Roast' or 30 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
6. Turn the pressure release valve to the venting position and remove lid once depressurised.
7. Remove the chicken and strain the vegetables so you are left with only the chicken stock. Store in an airtight container in the fridge overnight and then skim the solidified fat off with a spoon.

Tomato Passata

Makes approx. 2 litres

- 3 tbs olive oil
- 2 brown onions, diced
- 2 cloves garlic, peeled, minced
- 2 kg tomatoes, quartered
- 1 tbs brown sugar
- 2 tsp salt

1. Turn the selection control dial to Sauté to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown. Add the tomatoes, sugar and salt and stir until well combined. Bring to a boil. Once complete, turn the dial back to OFF.
3. Lock the lid onto the cooker.
4. Turn the selection control dial to 'Soups, Stews' or 24 minutes to commence pressure cooking. Allow to cook until the timer has counted down to OFF.
5. Turn the pressure release valve to the venting position and remove lid once depressurised.
6. Pour into a large bowl and blend using a stick mixer. Pour mixture through a sieve and then store in the fridge in an airtight containers until needed.

NOTE: If stored in an airtight container, you can freeze passata for up to 6 months or refrigerate for 5 days.

Notes

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Notes

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