

Assigned for all purposes to: Spring Street Courthouse, Judicial Officer: Audra Mori

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17
18
19 **SUPERIOR COURT OF THE STATE OF CALIFORNIA**
20 **FOR THE COUNTY OF LOS ANGELES**

21 **ANGELA TATE**, an individual,
22
23 **Plaintiff,**

24 **v.**

25 **WOLFGANG PUCK ENTERPRISES,**
26 **INC.** a California Corporation and **W.P.**
27 **APPLIANCES, INC.,** a Florida
28 Corporation,
Defendants.

Case No.: **22STCV23934**

COMPLAINT AND DEMAND FOR JURY TRIAL

1. Strict Products Liability
2. Negligent Products Liability
3. Breach of Implied Warranty of Merchantability
4. Breach of Implied Warranty of Fitness for a Particular Purpose

Plaintiff, **ANGELA TATE** (hereinafter, "Plaintiff"), by and through her undersigned counsel, **JOHNSON BECKER, PLLC** and **HARLAN LAW, P.C.**, hereby submits the following Complaint and Demand for Jury Trial against Defendant

Join the hundreds of people holding manufacturers accountable for defective and unsafe pressure cookers by asserting your pressure cooker personal injury claim.

Pressure cooker manufacturers market their products as a quick, healthy and safe way to cook. However, the reality is that many of the pressure cookers on the market have serious design flaws that can lead to severe malfunctions. These malfunctions can cause steam and scalding hot liquids and food to explode out of the pressure cooker, burning the user and anyone nearby.

The pressure cooker litigation team at Johnson Becker is experienced at holding manufacturers responsible for defective products. Over the last four years, Johnson Becker has represented over 500 people in more than 40 states who have been burned by exploding pressure cookers. In addition, we have handled pressure cooker cases against virtually all of the major name-brand manufacturers.

Each pressure cooker lawsuit is dependent on its own unique facts, but our firm continues to successfully file lawsuits against the manufacturers of defective pressure cookers and obtain settlements for our clients. We believe that holding manufacturers responsible for our clients' injuries not only helps our clients, but prevents future injuries by forcing manufacturers to evaluate and improve the safety of their products.

What Our Clients Say About Us . . .

“Johnson Becker was so helpful and easy to work with. They were always immediately available to answer my questions and they kept me up to date every step of the way. All the staff were extremely compassionate and professional. If you need a firm to handle your litigation, I highly recommend Johnson Becker.” -*Sandy F.*

“My experience with Johnson and Becker especially working with Mr Adam and Mr Mike has been beyond explainable. They are an amazing team. Mr Adam has been in touch with me throughout the whole process, never left me wondering. This law firm has worked with me to get the best results and ... everything they said they would do, they did it. I would highly recommend them to anyone who needs a great law firm.” -*Brenika L.*

“The service we received from Adam Kress and his team was outstanding. We came away feeling like we had a new friend. Our biggest surprise was that this company not only works on getting money for their clients, they actually care about getting unsafe products off the market. Thanks Johnson and Becker for making us feel like we helped make the world a little safer!” -*Ken C.*

Meet Our Pressure Cooker Attorneys:

Combined, they have over 55 years of experience holding manufacturers accountable when they choose to put profits over safety.

Michael Johnson

is a founding partner of Johnson Becker and the Co-Chair of its Consumer Products and Mass Tort Departments. Michael exclusively represents



individuals across the country injured by defective and dangerous products, with an emphasis on consumer goods. Michael has battled major product manufacturers at trial, in the appellate courts, and all the way to the U.S. Supreme Court.

Kenneth Pearson

is a partner at Johnson Becker. A graduate of Harvard Law School, Ken began his career representing product manufacturers.

He now draws on that experience to exclusively represent individuals seeking recovery for product-related personal injuries in state and federal courts nationwide.



Adam Kress

began his career at Johnson Becker in 2013, and has exclusively represented plaintiffs in product liability, personal injury and wrongful death claims. Adam co-chairs the firm's Consumer Products Department.



1 **WOLFGANG PUCK ENTERPRISES, INC.** (hereinafter, “Wolfgang Enterprises”)
2 and Defendant **W.P. APPLIANCES, INC.** (hereinafter, “W.P. Appliances”)
3 (collectively referred to as “Defendants”), and alleges the following upon personal
4 knowledge and belief, and investigation of counsel:

5 **NATURE OF THE CASE**

6 1. Defendants design, manufacture, market, import, distribute and sell a
7 wide-range of consumer kitchen products, including the subject “Wolfgang Puck 8-
8 Quart Rapid Pressure Cooker,” which specifically includes the Model Number
9 BPCRM800 (hereinafter, “pressure cooker(s)”) that is at issue in this case.

10 2. Defendants tout the “safety”¹ of their pressure cookers, and state that the
11 pressure cookers cannot be opened while in use. Despite their claims of “safety,”
12 Defendants designed, manufactured, marketed, imported, distributed and sold, both
13 directly and through third-party retailers, a product that suffers from serious and
14 dangerous defects. Said defects pose a significant risk of bodily harm and injury to
15 consumers.

16 3. Specifically, said defects manifest themselves when, despite Defendants’
17 statements to the contrary, the lid of the pressure cooker is capable of being removed
18 while built-up pressure, heat, and steam remain inside the unit. When the lid is
19 removed under such circumstances, the pressure trapped within the unit forces the
20 scalding hot contents to be forcibly ejected from the unit and onto any person or thing
21 in the vicinity, including onto unsuspecting consumers, their families, and other
22 bystanders. The Plaintiff in this case was able to remove the lid of the pressure cooker
23 while the unit retained pressure, which caused its contents to explode out of the unit,
24 resulting in catastrophic bodily injuries and damages.

25 4. Defendants knew or should have known of these defects, but nevertheless
26 decided to put profit ahead of safety by continuing to sell their pressure cookers to

27 _____
28 ¹ See, e.g. Wolfgang Puck BPCRM800 Use & Care Manual, pgs. 2, 8, 10. A copy of the
owner’s manual is attached hereto as “Exhibit A”.

1 consumers, failing to warn said consumers of the serious risks posed by the defects,
2 and failing to recall the dangerously defective pressure cookers, despite the risk of
3 significant injuries to Plaintiff and consumers like her.

4 5. As a direct and proximate result of Defendants' collective conduct, the
5 Plaintiff in this case incurred significant and painful bodily injuries, medical expenses,
6 lost wages, physical pain, mental anguish, and diminished enjoyment of life.

7 **PLAINTIFF ANGELA TATE**

8 6. Plaintiff is a resident and citizen of the city of Los Angeles, County of Los
9 Angeles, State of California.

10 7. On or about August 9, 2020, Plaintiff suffered serious and substantial
11 burn injuries as the direct and proximate result of the pressure cooker's lid being able
12 to be rotated and opened while the pressure cooker retained pressure, during the
13 normal, directed use of the Pressure Cooker, allowing its scalding hot contents to be
14 forcefully ejected from the pressure cooker and onto Plaintiff. The incident occurred as
15 a result of the failure of the pressure cooker's supposed "safety" mechanisms, which
16 purport to keep the consumer safe while using the pressure cooker. In addition, the
17 incident occurred as the result of Defendant's failure to redesign the pressure cooker,
18 despite the existence of economical, safer alternative designs.

19 **DEFENDANTS WOLFGANG PUCK ENTERPRISES, INC. & W.P.**

20 **APPLIANCES, INC.**

21 8. Defendants design, manufacture, market, import, distribute and sell a
22 variety of consumer kitchen products including, *inter alia*, pressure cookers, air fryers,
23 and blenders.

24 9. Defendant Wolfgang Enterprises is incorporated in the State of California
25 with its principal place of business at 11400 West Olympic Boulevard, Suite 330, Los
26 Angeles, CA 90064. Defendant Wolfgang Enterprises is therefore deemed to be a
27 resident and citizen of the State of California for purposes of diversity jurisdiction
28 under 28 U.S.C. § 1332.

1 warranting, marketing, importing, distributing and selling the pressure cooker at
2 issue in this litigation.

3 17. Defendants boast that their pressure cookers have a “safety feature” that
4 will prevent the lid from opening while the unit remains under pressure.

5 18. According to the Use & Care Manual accompanying each individual unit
6 sold, consumers will know that the pressure cooker has depressurized when the lid is
7 easy to remove. Purportedly, the lid of the pressure cooker cannot be opened once the
8 unit is pressurized.

9 19. In a segment about the Wolfgang Puck 8-Quart Rapid Pressure Cooker
10 on the Home Shopping Network, Marian Getz, who is the author of a pressure cooker
11 cookbook, a former baker for Wolfgang Puck, and who works in collaboration with
12 Wolfgang Puck,² represents that the lid of the pressure cooker physically cannot be
13 opened while the unit is pressurized. She states, “once that little red part on the lid
14 pops up, it is under pressure, and there is no getting in to that lid. It’s got redundant
15 safety features built in so you *can’t* open that lid, so it makes it so safe and easy.”³

16 20. By reason of the forgoing acts or omissions, the above-named Plaintiff
17 purchased the subject pressure cooker with the reasonable expectation that it was
18 properly designed and manufactured, free from defects of any kind, and that it was
19 safe for its intended, foreseeable use of cooking.

20 21. Plaintiff used the pressure cooker for its intended purpose of preparing
21 meals for herself and/or her family, and did so in a manner that was reasonable and
22 foreseeable by the Defendants.

23 22. However, the aforementioned pressure cooker was defectively and
24 negligently designed and manufactured by the Defendants in that it failed to properly
25 prevent the lid from being removed with normal force while the unit remained
26

27 ² <https://www.youtube.com/watch?v=7RfUyjqBNFw> (video with a runtime of 14:57) at 1:35 – 1:47 (last
28 accessed July 25, 2022).

³ *Id.* at 8:20 – 8:31.

1 pressurized, despite the appearance that all the pressure had been released, during
2 the ordinary, foreseeable and proper use of cooking food with the product; placing the
3 Plaintiff, her family, and similar consumers in danger while using the pressure
4 cookers.

5 23. Defendants' pressure cookers possess defects that make them
6 unreasonably dangerous for their intended use by consumers because the lid can be
7 rotated and opened while the unit remains pressurized.

8 24. Further, Defendants' representations about "safety" are not just
9 misleading, they are flatly wrong, and put innocent consumers like Plaintiff directly
10 in harm's way.

11 25. Economic, safer alternative designs were available that could have
12 prevented the Pressure Cooker's lid from being rotated and opened while pressurized.

13 26. As a direct and proximate result of Defendants' concealment of such
14 defects, their failure to warn consumers of such defects, their negligent
15 misrepresentations, their failure to remove a product with such defects from the
16 stream of commerce, and their negligent design of such products, Plaintiff used an
17 unreasonably dangerous pressure cooker, which resulted in significant and painful
18 bodily injuries upon Plaintiff's simple removal of the lid of the Pressure Cooker.

19 27. Consequently, the Plaintiff in this case seeks damages resulting from the
20 use of Defendants' pressure cooker as described above, which has caused the Plaintiff
21 to suffer from serious bodily injuries, medical expenses, physical pain, mental anguish,
22 diminished enjoyment of life, and other damages.

23 **FIRST CAUSE OF ACTION**

24 **STRICT PRODUCTS LIABILITY**

25 PLAINTIFF, FOR A FIRST CAUSE OF ACTION AGAINST WOLFGANG PUCK
26 ENTERPRISES, INC. & W.P. APPLIANCES, INC., ALLEGES AS FOLLOWS:

27 28. Plaintiff incorporates by reference each preceding and succeeding
28 paragraph as though set forth fully at length herein.

1 29. At the time of Plaintiff's injuries, Defendants' pressure cookers were
2 defective and unreasonably dangerous for use by foreseeable consumers, including
3 Plaintiff.

4 30. Defendants' pressure cookers were in the same or substantially similar
5 condition as when they left the possession of the Defendants.

6 31. Plaintiff and her family did not misuse or materially alter the pressure
7 cooker.

8 32. The pressure cookers did not perform as safely as an ordinary consumer
9 would have expected them to perform when used in a reasonably foreseeable way.

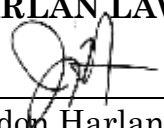
10 33. Further, a reasonable person would conclude that the possibility and risk
11 of harm outweigh the burden or cost of making the pressure cookers safe. Specifically:

- 12 a. The pressure cookers designed, manufactured, sold, and supplied by
13 Defendants were defectively designed and placed into the stream of
14 commerce in a defective and unreasonably dangerous condition for
15 consumers;
- 16 b. The seriousness of the potential burn injuries resulting from the use of
17 the product drastically outweigh any benefit that could be derived from
18 the product's normal, intended use;
- 19 c. Defendants failed to properly market, design, manufacture, distribute,
20 supply, and sell the pressure cookers, despite having extensive knowledge
21 that the aforementioned injuries could and did occur;
- 22 d. Defendants failed to warn and place adequate warnings and instructions
23 on the pressure cookers;
- 24 e. Defendants failed to adequately test the pressure cookers; and
- 25 f. Defendants failed to market an economically feasible alternative design,
26 despite the existence of economical, safer alternatives, that could have
27 prevented Plaintiff's injuries and damages.

- 1 B. That judgment be entered in favor of Plaintiff and against Defendants on all
2 of the aforementioned claims and issues;
- 3 C. That Plaintiff recover all damages against Defendants, general damages and
4 special damages, including economic and non-economic, to compensate
5 Plaintiff for the injuries and suffering she sustained because of Defendants'
6 defective pressure cooker;
- 7 D. That all costs be taxed against Defendants;
- 8 E. That prejudgment interest be awarded according to proof;
- 9 F. That Plaintiff be awarded attorneys' fees to the extent permissible under
10 California law; and
- 11 G. That this Court awards any other relief that it may deem equitable and just,
12 or that may be available under the law of another forum to the extent the
13 law of another forum is applied, including but not limited to all reliefs prayed
14 for in this Complaint and in the foregoing Prayer for Relief.

15 Dated: July 25, 2022

HARLAN LAW, P.C



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DEMAND FOR JURY TRIAL

Plaintiff demands a trial by jury of all the claims asserted in this Complaint so triable.

Dated: July 25, 2022

By: 
Jordon Harlan, Esq. (CA #273978)

In association with:

JOHNSON BECKER, PLLC.

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EXHIBIT A



live love eat

WOLFGANG PUCK

USE & CARE

8-Quart Rapid / Pressure Cooker

LIFE IS ABOUT BALANCE
AND EATING WELL

Wolfgang Puck

IMPORTANT NOTICE

PLEASE DO NOT RETURN TO STORE.
If you have any problems with this unit, contact Consumer Relations for service PHONE: 1-800-275-8273 or visit our website at wphousewares.com

Please read operating instructions before using this product. Please keep original box and packing materials in the event that service is required.



W.P. APPLIANCES, INC. Toll Free (800) 275-8273
Model BPCRM800 Printed in China REV 6.0

All trademarks, service marks and trade names (collectively the "Marks") are proprietary to Wolfgang Puck World Wide.

IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

- 1 Read all instructions carefully.
- 2 Do not touch hot surfaces. Use handles or knobs and a potholder.
- 3 Do not close or clog the safety valves under any circumstance.
- 4 To protect against risk of electrical shock, do not put power cord, plug or body of the appliance in water or other liquid.
- 5 Close supervision is necessary when any appliance is used by or near children.
- 6 Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- 7 Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to an authorized service facility for examination, repair, or electrical or mechanical adjustment.
- 8 Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. See "Using Your Pressure Cooker" section of this manual.
- 9 Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (steam vent) and steam release valve. These foods should not be cooked in a pressure cooker.
- 10 The use of attachments not recommended or sold by W.P. Appliance, Inc. may cause fire, electric shock, or injury.
- 11 Do not use outdoors.
- 12 Do not place the appliance on or near hot gas or electric burners, or in a heated oven.
- 13 Do not let cord hang over edge of table or counter or touch hot surfaces, including the stove.
- 14 Extreme caution must be used when moving an appliance containing hot contents or liquids.
- 15 This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Using Your Pressure Cooker" section of this manual.
- 16 Do not use this appliance for other than intended use.
- 17 To reduce the risk or electric shock, cook only in removable cooking pot.
- 18 Always attach power cord to appliance first, and then plug cord into wall outlet. To disconnect, turn timer dial to Keep Warm and unplug from wall outlet. Grasp plug, and pull from the wall. Never yank on cord.
- 19 Always check the pressure release devices for clogging before use.
- 20 Do not open the pressure cooker until unit has cooled and internal pressure has been released. If the lid is difficult to open, this indicates that the cooker is still pressurized - do not force it open. Any pressure in the cooker can be hazardous. See "Using Your Pressure Cooker" section of this manual.
- 21 Do not operate this appliance in the presence of explosives and/or flammable fumes.
- 22 Do not use pressure cooking for pressure frying with oil.

SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

GROUNDING INSTRUCTIONS: This appliance must be grounded. It is equipped with a 3-prong cord having a grounded plug. The plug must be plugged into an outlet which is properly installed and grounded.

Warning: Improper use of the grounded cord can result in the risk of electric shock. Consult a qualified electrician if necessary. Do not attempt to defeat this safety feature by modifying plug.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. If it is necessary to use an extension cord, it should be positioned such that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over and:

- A. Use only 3-prong extension cord with 3-blade grounding plug.
- B. The marked rating of the extension cord must be equal to or greater than the rating of this appliance. The electrical rating is listed on the bottom of this unit.

Before Your First Use

Carefully unpack the pressure cooker and parts, and remove all packaging materials. Clean the pressure cooker according to the Care & Cleaning section of this manual.



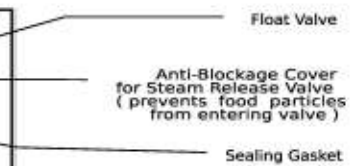
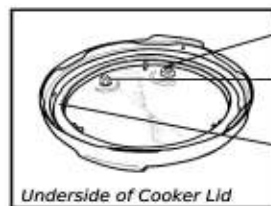
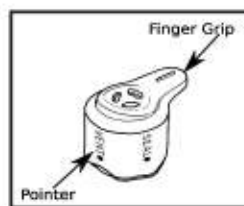
Wolfgang Puck, owner of the famous Spago restaurants and one of the most influential chef-restauranteurs in America, is credited with reviving California's rich culinary heritage. His cooking innovations, a result of blending fresh

California ingredients with his classical French techniques, are enjoyed by world leaders, stars and fellow chefs alike. He established other trend-setting restaurants like Postrio in San Francisco, Chinois on Main in Santa Monica, Trattoria del Lupo, Cut, and his latest creation, Jai, an Asian fusion restaurant in San Diego. Home chefs can also share Mr. Puck's talents through his cookbooks, cutlery, cookware and, of course, through his appliances!

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Know Your Electric Pressure Cooker



About Pressure Cooking

Pressure cooking is an ideal way to make fast, tasty meals for your family! This method of cooking makes it easy for even the busiest cooks to prepare meals from scratch. Use your pressure cooker for fish, chicken, fresh vegetables, rice, legumes, and even dessert – and everything can be cooked to perfection in minutes. The pressure cooker will save you time, energy and money, as well as valuable nutrients. Boiling liquid inside the tightly sealed pot produces steam, which is trapped inside to create pressure. The very hot temperature produced reduces cooking time. The steam helps break down the fibers of whatever you're cooking and infuse the food with flavors. This also captures all of the water-soluble nutrients, making the food higher in flavor and more nutritious than with conventional cooking methods.



Additional Safety Information

- Ensure that your gasket is properly in place and is free of food particles or is not damaged in anyway.
- **WARNING!** Do not release steam manually with recipes containing lots of liquid, such as soups and stews. Turn the Timer Dial counter-clockwise to the WARM position and unplug the cooker. Allow to sit for at least 15 minutes or until the red pressure indicator drops AND the lid opens without any resistance.
- Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Overfilling may cause a risk of clogging the vent pipe and developing excess pressure. See "Using Your Pressure Cooker" section of the instruction manual.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Using Your Pressure Cooker" section of the instruction manual.
- Always check the pressure release devices for clogging before use.
- Do not use the pressure cooker without liquid; this could damage the pressure cooker severely.
- Do not use pressure cooker for storage purposes nor insert any utensils.

Using Your Pressure Cooker

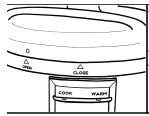


Figure 1

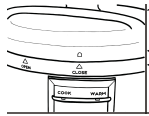


Figure 2

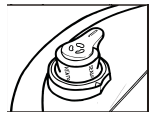


Figure 3

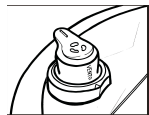


Figure 4

- 1 Gather all ingredients and be familiar with your recipe. Pour required amount of liquid into removable cooking pot, and then add food. Use the cooking rack, if desired. **Except when cooking rice, never load cooker above the maximum ingredient level line marked "2/3 MAX PC" on cooking pot. Foods that expand while cooking (i.e. legumes) should never go above the 3/5 mark.** See instructions for cooking rice on page 11.
- 2 Make sure gasket is securely positioned in the inner lid. Always examine the gasket before installing and before each use. Make sure it is in good working order and free of any tears.
- 3 Secure the lid on pressure cooker by aligning the Triangle-OPEN symbol (see figure 1) on the pressure cooker housing with Arch symbol on the pressure cooker lid. Turn the lid counter-clockwise until the Arch symbol on the lid aligns with the Triangle-CLOSE symbol (see figure 2) on the pressure cooker housing. Do not attempt to cook in your pressure cooker unless the lid is in the CLOSE position as shown in figure 2.
- 4 Set the Pressure Release Valve to the SEAL position. (See Figure 3).
- 5 Plug power cord into unit first and then into a 120-volt 60 Hz AC only outlet.
- 6 Turn the dial to the time specified for the recipe, the red COOK light will illuminate. The countdown timer will not start until the unit has reached the operating pressure.
- 7 When the operating pressure has been reached the countdown timer will begin.
- 8 After pressure cooking is complete the red COOK light will turn off and the green WARM light will illuminate indicating that the cooker is in KEEP WARM mode. The green WARM light and red COOK light will cycle on and off alternatively during the KEEP WARM mode.

Using Your Pressure Cooker (cont.)

- 9 The pressure can be released manually or on its own. If a recipe states "let pressure drop on its own" unplug the cooker and let sit until the red pressure indicator pin has dropped (see fig 5) AND the lid turns without any resistance, approximately 15 minutes depending on volume of food in the cooker.



Figure 5

WARNING! Do not release steam manually with recipes containing lots of liquid, such as soups and stews. Turn the Timer Dial counter-clockwise to the WARM position and unplug the cooker. NEVER force the Pressure Cooker lid open. If there is any resistance in opening the lid and the pressure indicator pin is raised (see fig 6) it indicates that your Pressure Cooker is still under pressure and can cause injury if forced open.

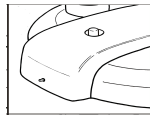


Figure 6

- 10 Pressure is completely reduced when the Pressure Release Valve is in the Vent position (see Figure 4) and you no longer hear steam escaping from the valve AND the Red Pressure Indicator Pin has dropped (see Figure 5) AND the lid opens freely with no force. Only then is it safe to remove pressure cooker lid and serve food. Remove lid by grasping the handle and twisting lid clockwise to the UNLOCK position.

Adding Time

You can add cooking time by simply turning the dial to the desired time.

Keep Warm

When pressure cooking is complete, the pressure cooker will automatically switch to Keep Warm and stay in this mode until the cooker is unplugged. The WARM light and COOK light will cycle on and off alternatively during the KEEP WARM mode.

To manually switch to KEEP WARM turn the TIMER dial counter-clockwise until you hear a click. The WARM light and COOK light will cycle on and off alternatively during the KEEP WARM mode. To cancel KEEP WARM mode unplug the pressure cooker.

Using Your Pressure Cooker (cont.)

Cooking Pot Markings

Inside the removable cooking pot are two sets of markings. One side is marked "2/3 MAX PRESSURE COOK", which indicates the maximum fill line when cooking any food, other than rice in the pressure cooker. The other marking is RICE CUP and is used when cooking rice. When pressure cooking rice, never fill the pressure cooker with water past the 8 cup marking.

Warning: To avoid a serious burn injury when cooking foods other than rice, never exceed the 2/3 MAX PRESSURE COOK mark of combined volume of liquids and solids.

Preparing White Rice

When measuring rice, ONLY USE THE RICE MEASURE CUP PROVIDED; DO NOT USE A STANDARD MEASURING CUP. Use the Rice Measure Cup, along with the pot markings to make perfect rice every time. For example, when making 6 cups rice, use 6 rice cup measures of rice and fill with water to the "6" mark. As a general rule, when cooking 2 cups (or less) of uncooked rice, use 1 tablespoon of butter or oil. For measurements greater than 2 cups, use 2 tablespoons of butter or oil. This will prevent foaming during the cooking process.

Helpful Hints

- Read this manual thoroughly and follow all recommendations.
- Be familiar with the recipe and have all ingredients ready before you begin.
- Be sure the lid is secured properly before beginning. (See Using your Pressure Cooker)
- You may wish to brown some meats before cooking with other ingredients. The TIMER must be turned on to activate the cooking process but it will not countdown since it is activated by pressure. Turn the TIMER to any time to activate the heating elements. Do not use the pressure cooker lid. Always brown meats uncovered. Add a small amount of oil and brown meat. Do not use the pressure cooker without the lid for more than 30 minutes.
- Cut foods into uniform-size pieces to promote even cooking. In recipes that call for various ingredients, cut those that cook more quickly into larger pieces and those that cook more slowly into smaller pieces.
- Many different cooking liquids can be used in a pressure cooker: wine, beer, bouillon, fruit juices, water and more.
- After becoming familiar with your pressure cooker, you can convert conventional recipes for pressure cooking. In general, reduce cooking times by two thirds. The amount of liquid used may also have to be adjusted because there is very little evaporation from the pressure cooker. Reduce the amount of liquid so there is only about 1/2 cup more than desired in the finished product. Remember, however, there must always be some liquid in the pressure cooker to form the necessary steam. Try this formula: 1 cup of liquid for the first 15 minutes of pressure cooking then 1/3 cup of liquid for each subsequent 15 minutes.
- Since flavors are more concentrated, reduce amounts of herbs and seasonings when converting conventional recipes. Fresh herbs are better for pressure cooking than dried herbs.
- Generally speaking, pressure cookers cook foods in about 1/3 the time of conventional cooking methods.
- Increase cooking times by about ten percent when cooking in high altitudes over 3,500 feet.
- When you are using frozen meats in your recipes, the cooking time does not need to be altered. Pressure will not be achieved until the internal temperature in the pot is 40 degrees higher than the boiling point of water. The cooking time will not begin until pressure is achieved; it will just take longer to come to pressure.
- Always check to make sure your gasket and float valve are clean and in good working order.

Care & Cleaning

- 1 Allow pressure cooker to cool completely before cleaning. Unplug the power cord from the outlet and then from the pressure cooker.
- 2 The pressure cooker housing can be washed with a warm damp cloth, do not use abrasive cleaners or cleaning pads, or immerse the pressure cooker housing or power cord in water or any other liquid. Ensure all parts are dried thoroughly.
- 3 Wash the pressure cooker removable pot, sealing gasket and lid by hand with warm, soapy water. Dry all parts thoroughly. (See Figure 1, page 14, for removing and installing sealing gasket). Do not place these parts in the dishwasher.
- 4 Replace sealing gasket securely in lid. After each use, check gasket for any tears and make sure the pressure release valve and steam vent are in good working order. Remove the pressure release valve and inspect the steam vent to ensure it is clear and free of any particles. Hold the lid up to a light to see inside the steam vent. You must ensure that this is inspected after each use. If there is any food particles within the steam vent use a narrow utensil, if necessary, to poke through the valve to remove them.
- 5 The following parts can be placed in the top rack of the dishwasher, or washed by hand with warm soapy water: Steaming rack, rice measuring cup, water collector, and rice scoop
- 6 Do not store pressure cooker with lid locked in place. If you store the lid locked onto the pressure cooker it will reduce the life of the gasket

Figure 1
Gasket

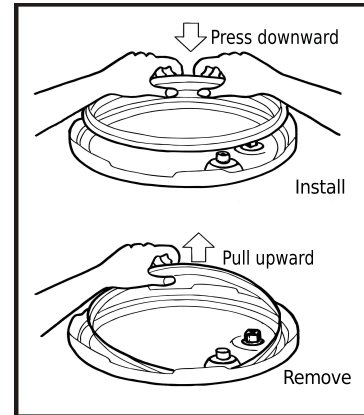
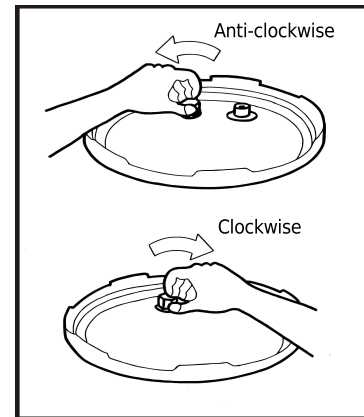


Figure 2
Steam
Vent



Recipes

Greek Lemon Chicken Soup

6 Servings

INGREDIENTS

6 boneless, skinless chicken breast halves, cut into 1-inch cubes
1 medium onion, chopped
1 cup fresh spinach, chopped
6 cups chicken stock
1/2 cup arborio rice
4 tablespoons fresh lemon juice
1 teaspoon kosher salt
1 teaspoon freshly ground pepper
1 tablespoon fresh mint leaves, chopped
2 large eggs, beaten

METHOD

- 1 Place all ingredients, except eggs, in cooking pot.
- 2 Lock lid in place and set timer for 15 minutes.
- 3 When cooking cycle is complete and all pressure has been released, remove lid.
- 4 Pour beaten eggs slowly into hot soup while stirring.
- 5 Serve hot with fresh chopped mint garnish.

Beef Goulash

6 - 8 Servings

INGREDIENTS

2 tablespoons vegetable oil	1 cup water
1 pound onions, finely chopped	2 tablespoons balsamic vinegar
1 tablespoon sugar	1 tablespoon caraway seeds,
3 tablespoons sweet paprika	toasted in a dry skillet over
3 tablespoons hot paprika	medium-low heat until fragrant,
3 tablespoons tomato paste	1 to 2 minutes, and then
1 tablespoon minced garlic	coarsely ground
1 tablespoon chopped	
fresh marjoram	
1/2 teaspoon chopped fresh thyme	
2 teaspoons kosher salt (or more to taste)	
1/2 teaspoon freshly ground black pepper	
3 pounds boneless beef shank, well trimmed and cut into 1-inch cubes	
3 cups homemade chicken stock or good-quality canned chicken broth	

METHOD

- 1 Add oil to cooking pot. When oil is hot, add onions and sugar. Sauté, uncovered, until onions are golden.
- 2 Add beef cubes and sear both sides.
- 3 Add sweet and hot paprika, tomato paste, garlic, marjoram, thyme, salt and pepper. Sauté, stirring continuously for 1 minute.
- 4 Add chicken stock, water, balsamic vinegar, and caraway seed. Stir.
- 5 Lock lid in place and set timer for 35 minutes.
- 6 The Goulash will be done when timer goes off, but it will stay in keep warm mode until unit is turned off. Turn off heat and skim off liquid fat glistening on the surface. Taste and add more salt and pepper, if desired. Serve hot with spaetzle, dumplings, potatoes, rice, or Kaiser rolls.

Pressure Cooker Barbecued Pulled Pork

8 Servings

INGREDIENTS

3 pounds pork butt, cut crosswise into 1/4-inch thick slices
 Kosher salt and freshly ground black pepper
 6 tablespoons commercial barbecue rub
 2 tablespoons extra-virgin olive oil
 2 cup good-quality canned chicken broth
 1 cup good-quality bottled barbecue sauce

METHOD

- 1 Season pork with salt, pepper and barbecue rub.
- 2 Turn timer on pressure cooker to 50 minutes. When insert is heated, approximately 2 minutes, add oil to cooking pot and brown pork slices on both sides in batches.
- 3 Add chicken broth.
- 4 Secure lid.
- 5 When cooking cycle is complete and all pressure has been released, remove lid.
- 6 Using a fork and knife, shred the pork.
- 7 Add barbecue sauce, and stir well.
- 8 To serve, pile high on a soft sandwich roll and top with coleslaw, if desired.

Chicken Stock

Approximately 2 Quarts

INGREDIENTS

5 to 6 pounds chicken bones, including necks and feet, coarsely chopped
1 medium carrot, peeled, trimmed, and cut into 1-inch slices
1 medium onion, peeled, trimmed, and quartered
1 small celery stalk, trimmed and cut into 1-inch slices
1 small leek, cleaned, trimmed and cut into 1-inch slices
1 sprig of fresh thyme
3 sprigs of fresh parsley with stems
1 bay leaf
1/2 teaspoon whole white peppercorns
Enough cold water to cover chicken and other ingredients

METHOD

- 1 Place all ingredients in cooking pot.
- 2 Lock lid in place and set timer for 30 minutes.
- 4 When cooking cycle is complete and all pressure has been released, remove lid.
- 5 Carefully strain stock through a fine mesh strainer into a clean bowl and cool.
- 6 Refrigerate stock, covered, for several hours, until the fat from the stock forms a hard, removable surface.
- 7 Remove hardened fat and discard before using or freezing.

Creamy Cauliflower Soup

Makes 3 Quarts

INGREDIENTS

2 large heads cauliflower (about 5 pounds), trimmed and washed
2 tablespoons unsalted butter
1/4 cup extra-virgin olive oil, plus more for serving
1 yellow onion (about 1/2 pound), peeled, trimmed, and sliced
3 garlic cloves, peeled and chopped
Kosher salt
Freshly ground white pepper
1 medium tomato (about 1/2 pound), blanched, peeled, seeded, and diced
1 1/2 teaspoons ground cumin
Pinch of sugar
1 bay leaf
2 to 3 sprigs of fresh thyme
2 quarts homemade chicken or vegetable stock, or store-bought
1 cup heavy cream
Chopped fresh chives, for garnish

METHOD

- 1 Cut heads of cauliflower into thin slices and set aside.
- 2 Add butter and olive oil to cooking pot. Add onions and garlic. Sauté, uncovered, until translucent. Stir in cauliflower. Season with salt and pepper.
- 3 Add tomatoes, cumin, sugar, bay leaf, thyme sprigs, and chicken stock.
- 4 Lock lid in place and set timer for 10 minutes.
- 5 When cooking cycle is complete and all pressure is released, remove lid and discard bay leaf and thyme sprigs.
- 6 Add cream to hot soup.
- 7 Using an immersion blender with a stainless wand, pureé the soup on low at first, then tilting the wand away from you, increase the power and pureé to desired consistency.
- 8 Taste for additional seasoning.
- 9 Serve soup hot, drizzled with olive oil and sprinkled with chives.

Chicken Enchilada Casserole

6 - 8 Servings

INGREDIENTS

1 can light red kidney beans, drained
2 cups chicken stock
1 jar (17.35 ounces) mild enchilada sauce
8 - 10 whole frozen chicken tenders
1 cup diced onion
1 cup diced peppers
1 tablespoon fresh cilantro
1 package (1.12 ounces) cheesy taco seasoning mix
1 cup frozen corn
2 cups tortilla chips
1 cup Mexican-flavored shredded cheese
Sour cream, to garnish
Green onions, to garnish

METHOD

- 1 Add beans, stock, sauce, frozen chicken tenders, onion, peppers, cilantro, taco seasoning mix, and frozen corn to cooking pot.
- 2 Lock lid in place and set timer for 15 minutes.
- 3 When cooking cycle is complete and all pressure is released, open lid.
- 4 Set timer for 6 minutes and add tortillas and cheese. Stir, uncovered, and bring to a boil.
- 5 Serve with sour cream and green onions.

Ground Beef and Pork Chipotle Chili with Kidney Beans

6 Servings

INGREDIENTS

1/4 cup extra-virgin olive oil
2 pounds ground beef
1 pound ground pork
1 cup chopped onion
3 garlic cloves, minced
2 to 3 tablespoons
chipotle chili powder (or to taste)
2 tablespoons pure ground
chili powder
2 tablespoons ground cumin
1 teaspoon dried oregano
1 teaspoon paprika
1 can (28 ounces) crushed tomatoes
2 cups beef or chicken stock
or good-quality canned broth
1 cup dark beer
3 tablespoons tomato paste
Kosher salt and freshly ground black pepper
3 tablespoons masa harina
1 can (15 ounces) red kidney beans, drained

For Garnish:

Tomato salsa
Sour cream
Shredded cheddar or Jack cheese
Chopped sweet onion
Sliced avocado
Chopped fresh cilantro

Ground Beef and Pork Chipotle (cont.)

METHOD

- 1 When hot, add half of the oil and the beef and pork to cooking pot. Sauté, stirring and breaking up meat into small pieces with a wooden spoon, until evenly browned.
- 2 Remove cooking pot from pressure cooker and drain fat from cooked meat. Remove cooked meat and set aside.
- 3 Place empty cooking pot back into pressure cooker. When hot again, add remaining oil, onion, garlic, chipotle powder, chili powder, cumin, oregano and paprika. Sauté until onions are tender.
- 4 Add cooked meat and all remaining ingredients – except for the masa harina, kidney beans and garnish – to cooking pot.
- 5 Lock lid in place and set timer for 20 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid.
- 7 Place the masa harina in a bowl. Add some of the hot liquid from the cooking pot, and stir until smooth.
- 8 Using a fork, add masa harina to the chili, along with the kidney beans.
- 9 Set timer for 10 minutes and cook uncovered until the sauce has thickened.
- 10 Taste for additional seasonings.
- 11 Ladle chili into bowls and serve with garnishes.

Braised Lamb Shanks with Squash and Peas

6 Servings

INGREDIENTS

6 lamb shanks, 1/2- to 3/4-pound each
 Kosher salt and freshly ground black pepper
 1 teaspoon chopped fresh rosemary
 2 tablespoons extra-virgin olive oil
 1 medium or large onion, chopped
 2 medium carrots, peeled and chopped
 2 teaspoons minced fresh garlic
 1/2 cup dry red wine
 1 cup drained canned diced tomatoes
 3 cups beef stock or good-quality canned beef broth
 1 cup peeled fresh pearl onions or frozen pearl onions
 3/4 pound pattypan squash, cut into 1/2-inch cubes
 (about 1 heaping cup)
 1/2 cup frozen tiny peas
 Fresh rosemary sprigs for garnish
 2 tablespoons chopped fresh flat-leaf parsley for garnish

METHOD

- 1 Season shanks with salt, pepper and rosemary.
- 2 Add olive oil to cooking pot. When oil is hot, brown shanks evenly in batches. Set browned shanks aside.
- 3 Remove cooking pot and drain fat .
- 4 Replace cooking pot and add onion, carrots and garlic. Cook for a couple of minutes.
- 5 Add red wine and begin scraping the bits up from the bottom of the pan.
- 6 Add shanks back to cooking pot.
- 7 Add tomatoes, beef broth, and pearl onions.
- 8 Lock lid in place and set timer for 40 minutes.
- 9 Set timer for 12 minutes. When cook cycle is complete and all pressure has been released, remove lid.
- 10 Add pattypan squash and peas to cooking pot. Set timer for 3 minutes and cook until peas and squash are heated through, about 2-3 minutes.

Braised Lamb Shanks (cont.)

- 11 Remove shanks and vegetables to a platter and keep warm by covering with foil.
- 12 Remove as much fat from pot as you can.
- 13 Set timer for 3 minutes longer, bring sauce to a boil and skim off fat that rises to surface.
- 14 Taste sauce for added seasoning.
- 15 Pour sauce over lamb shanks and vegetables. Garnish with rosemary sprigs and parsley.

Savory Squash Soup

6 Servings

INGREDIENTS

2 butternut squash (about 3 3/4 pounds)
1 acorn squash (about 1 3/4 pounds)
6 tablespoons unsalted butter
1 white onion (about 4 ounces), peeled, trimmed, and finely diced
1/2 teaspoon kosher salt
1/8 teaspoon freshly ground white pepper
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1/8 teaspoon ground cardamom
4 cups homemade chicken or vegetable stock, or store-bought, heated
1 cup heavy cream
1 sprig of fresh rosemary

Garnish:
1 recipe Cranberry Relish (page 27)
1 recipe Cardamom Cream (page 28)
1/2 recipe Spiced Caramelized Pecans (page 29)
4 tablespoons pumpkin seed oil

METHOD

- 1 Cut squash in half and discard seeds.
- 2 Cut off outside peeling from squash and cut into 2-inch pieces.
- 3 Place all soup ingredients, except cream, in cooking pot.
- 4 Lock lid in place and set timer for 20 minutes.
- 5 When cook cycle is complete and all pressure has been released, remove lid and discard the rosemary sprig.
- 6 Using an immersion blender with a stainless steel wand, pureé soup on lowest setting while adding cream.
- 7 To serve, ladle soup into heated bowls. Place a tablespoon of Cranberry Relish in center; top with a dollop of Cardamom Cream; then sprinkle with chopped pecans. Drizzle pumpkin seed oil over soup.

Cranberry Relish

Makes 1 1/3 Cups

INGREDIENTS

2 cups fresh cranberries
1/2 cup sugar
1/2 cup verjus or 3 tablespoons lemon juice

METHOD

- 1 In small saucepan, combine all ingredients. Bring to a boil, and then lower to a simmer. Continue to cook until the mixture is thick and berries are glazed. Allow to cool.
- 2 Transfer to a covered container and refrigerate until needed.

Note: Relish will keep up to 2 weeks, refrigerated.

Cardamom Cream

INGREDIENTS

2 cups heavy cream
1 tablespoon black cardamom seeds

METHOD

- 1 In a small saucepan, bring 1 cup of heavy cream and the cardamom to a boil. Reduce until only 1/4 cup remains. Allow to cool. Reserve.
- 2 Whip remaining 1 cup of heavy cream until stiff peaks form. Stir into the reserved mixture. Chill until ready to serve.

Spiced Caramelized Pecans

Makes 2 cups

INGREDIENTS

3 cups peanut oil
 2 cups pecan halves
 1 teaspoon kosher salt
 1/2 teaspoon cayenne pepper
 1 cup sifted confectioners' sugar

METHOD

- 1 In a deep-fryer or a deep pot, heat the oil to 350 degrees F. (A deep-frying thermometer can be clipped to the side of the pan so that you can tell when the proper temperature has been reached).
- 2 Meanwhile, in a large saucepan bring 2 quarts of water to a boil. Add the pecans and boil for 2 minutes. Drain in a large strainer, shaking off all excess water. Sprinkle the salt and cayenne pepper over the nuts and then coat with the confectioners' sugar, a little at a time, allowing the sugar to melt into the pecans. Toss the nuts by shaking the strainer, adding a little more sugar each time, until all the sugar is used and all the nuts are coated. Do not use hands or a spoon to toss. The nuts should have a glaze of sugar.
- 3 Carefully add the nuts to the heated oil, keeping the oil at 350 degrees F. Cook until golden brown, about 3 minutes, stirring occasionally. Remove with a slotted spoon to a baking tray to cool.

Tortilla Soup

6 - 8 Servings

INGREDIENTS

2 ears of fresh corn, husks removed
 4 or 5 large garlic cloves, peeled
 1 small onion (about 3 ounces), peeled, trimmed and quartered
 1 small jalapeño pepper, trimmed and seeded
 2 tablespoons corn oil
 2 corn tortillas, cut into 1-inch squares
 2 large ripe tomatoes (1 pound), peeled, seeded, and coarsely chopped
 2 tablespoons tomato paste
 2 to 3 teaspoons ground cumin
 8 cups chicken stock

Garnish

2 corn tortillas
 1 ripe avocado
 1 large chicken breast, cooked, boned, and skinned
 1/2 cup grated cheddar cheese
 1/4 cup chopped fresh cilantro leaves

METHOD

- 1 Using a large knife, carefully scrape the kernels off the cobs and set aside, reserving cobs.
- 2 Using a food processor fitted with the steel blade, or a large knife, coarsely chop the garlic, onion, jalapeño pepper, and corn kernels. Reserve.
- 3 Allow pressure cooker to get hot (a couple of minutes), and add oil. When oil is hot, add tortilla squares. Cook over low heat until slightly crisp. Stir in chopped vegetables and simmer just until vegetables are coated with oil. Do not brown.
- 4 Add tomatoes, tomato paste, and 2 teaspoons of the cumin. Continue to simmer for about 10 minutes to maximize flavor. Slowly pour in the stock and add the corn cobs.

Tortilla Soup (cont.)

- 5 Lock lid in place and set timer for 15 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid. Discard corn cobs and purée the soup with an immersion blender set on low until desired consistency is reached. Taste for salt, pepper or additional cumin.
- 7 Prepare the garnish: Preheat oven to 350 degrees. Cut tortillas into thin strips and arrange on a small baking tray. Bake until strips are crisp, 10 to 15 minutes. Peel and dice avocado. Cut chicken into thin strips.
- 8 To serve, add chicken and avocado to soup and reheat over low heat. Ladle the soup into 6-8 warm bowls and garnish with the baked tortilla strips, cheddar cheese, and chopped cilantro. Serve immediately.

For a very smooth consistency, pass soup through a fine strainer after puréeing.

Cream of Root Vegetable Soup

6 - 8 Servings

INGREDIENTS

6 cups chicken stock
2 medium stalks celery, chopped
1 large leek, white part only, sliced
1 large russet potato, peeled and chopped
1 large turnip, peeled and chopped
1/2 large rutabaga, peeled and chopped
2 medium parsnips, peeled and chopped
2 large carrots, peeled and chopped
2 tablespoons flat-leaf parsley, chopped
1 teaspoon kosher salt
1/2 teaspoon white pepper
1 pinch ground coriander
2 tablespoons whipping cream
1 tablespoon butter

METHOD

- 1 Put stock, all vegetables, parsley, salt, pepper, and coriander in cooking pot.
- 2 Lock lid in place and set timer for 15 minutes.
- 3 When cooking cycle is complete and all pressure is released, open lid.
- 4 Purée soup to desired consistency with an immersion blender with a stainless wand set on low. Add cream and butter while puréeing.
- 5 Taste for seasoning. Serve hot or cold.

PRESENTATION

This soup is delicious served with a dollop of sour cream and chopped green onions on top.

Beef Burgundy

6 - 8 Servings

INGREDIENTS

2 tablespoons olive oil
 Salt and pepper
 3 pounds lean beef stew meat, cut into 1-inch pieces
 1 medium onion, chopped
 3 cloves garlic, minced
 1 cup button mushrooms
 2 large carrots, diced
 1 cup frozen pearl onions
 1 cup dry red wine
 2 cups beef stock
 2 tablespoons tomato paste
 3 sprigs fresh thyme
 1 whole bay leaf
 1 tablespoon flour
 1 tablespoon butter, room temperature
 1 tablespoon fresh parsley, chopped
 Salt and pepper, to taste

METHOD

- 1 Season beef chunks by sprinkling with salt and pepper.
- 2 Set timer for 35 minutes. Add oil to cooking pot. When oil is hot, brown the beef chunks on all sides in batches.
- 3 Add onion, garlic and mushrooms to cooking pot; sauté for a few more minutes.
- 4 Add browned beef, carrots, pearl onions, red wine, beef stock, tomato paste, thyme and bay leaf.
- 5 Secure pressure cooker lid and set timer for 30 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid.
- 7 Blend butter with flour to form a paste. Ladle some of the hot stock from the cooking pot into butter mixture. Mix until very smooth. Add butter mixture to hot stew, stirring constantly.
- 8 Set timer for 6 minutes and bring stew back to a boil, uncovered, to thicken and cook out flour flavor.
- 9 Taste for seasoning and serve with chopped fresh parsley.

Quick Chicken Pot Pie

6 Servings

INGREDIENTS

1 package (10 ounces) frozen puff pastry shells
 2 cups chicken stock
 15 whole frozen chicken tenders
 2 sprigs fresh thyme
 1 bag (16 ounces) frozen pearl onions
 1 bag (16 ounces) frozen mixed vegetables with peas and carrots
 1 can (10 3/4 ounces) condensed cream of chicken soup

METHOD

- 1 Bake puff pastry shells according to package instructions.
- 2 Add chicken stock, chicken tenders, pearl onions and thyme to cooking pot.
- 3 Lock lid in place and set timer for 12 minutes.
- 4 When cooking cycle is complete and all pressure is released, open lid. Remove thyme sprigs.
- 5 Add frozen mixed vegetables and soup.
- 6 Lock lid in place and set timer for 6 minutes again. Make sure the vegetables are cooked through, and use a wooden spoon to break up the chicken tenders. Taste for seasoning.
- 7 Ladle chicken stew into baked pastry shells; garnish with freshly chopped parsley or chives.

Minestrone Soup

6 - 8 Servings

INGREDIENTS

3 tablespoons olive oil
 1 large onion, chopped
 4 slices pancetta (or bacon), chopped
 2 stalks celery, thinly sliced
 1/2 cup baby carrots
 2 small potatoes, cubed
 1 can (28 ounces) diced tomatoes in juice
 4 cups liquid (white wine, stock, or water)
 1/2 cup dried great northern beans, washed
 3 sprigs fresh thyme
 salt and pepper
 1/4 cup chopped fresh spinach
 1 medium zucchini, halved and sliced
 1/2 cup small pasta shells

METHOD

- 1 Set timer for 36 minutes. After 3 minutes, add oil to cooking pot. When oil is hot, add onion and pancetta. Cook, uncovered, until brown.
- 2 Add all remaining ingredients, except for spinach, squash and pasta.
- 3 Secure pressure cooker lid and set timer for 30 minutes.
- 4 When cooking cycle is complete and all pressure is released, open lid.
- 5 Add spinach, zucchini and pasta.
- 6 Lock lid in place and set timer for 3 minutes.
- 7 When cooking cycle is complete and all pressure is released, open lid. Taste for seasoning before serving.

PRESENTATION

This low-calorie and low-fat soup is wonderful hot or cold. Try dropping a teaspoon of fresh pesto and some olive oil in each bowl of soup right before serving.

Beef Bolognese

6 Servings

INGREDIENTS

2 tablespoons extra virgin olive oil
 1 pound lean ground beef
 Kosher salt and fresh ground black pepper, to taste
 2 shallots, minced
 2 cloves garlic, minced
 1 medium onion, peeled and chopped
 1 medium carrot, peeled and chopped
 1 stalk celery, trimmed and chopped
 1 cup red wine
 5 pounds roma tomatoes, cored, blanched, peeled, seeded and chopped
 1/4 cup tomato paste
 1 tablespoon sugar
 1 spice sachet (1 spring of each: rosemary, basil, oregano, and parsley; 1 bay leaf and 1/2 teaspoon of whole black peppercorns, wrapped together in cheesecloth, tied together in a bundle)
 2 cups chicken stock
 1 pinch red pepper flakes

METHOD

- 1 Add olive oil to cooking pot. When oil is hot, add ground beef and brown, uncovered, while crumbling with spoon. Season with salt and pepper.
- 2 Add shallots, garlic, onion, carrot and celery. Sauté until tender.
- 3 Add red wine, tomatoes, tomato paste, sugar, spice sachet, stock and red pepper flakes. Taste again for salt and pepper.
- 4 Lock lid in place and set timer for 15 minutes.
- 5 When cooking cycle is complete and all pressure is released, open lid.
- 6 Taste for additional seasoning, and remove the sachet. Use as desired.

Paella

4 Servings

INGREDIENTS

2 cups water or stock
3/4 cup white wine
1 small onion chopped
1 clove garlic, minced
12 large shrimp, peeled and deveined
12 small clams, scrubbed
12 black mussels, scrubbed
18 strands of saffron
1 cube chicken bouillon
1 pinch black pepper
1 pinch red pepper ground
1/4 cup tender young peas, fresh or frozen
2 tablespoons red pimiento
2 tablespoons chopped fresh cilantro
1 cup arborio rice

METHOD

- 1 Place all ingredients in cooking pot. Stir to mix.
- 2 Lock lid in place and set timer for 12 minutes.
- 3 When cooking cycle is complete and all pressure is released, open lid.
- 4 Stir once and serve hot.

Stuffed Peppers

4 Servings

INGREDIENTS

1 pound ground beef, cooked
1 cup cooked white rice
salt and pepper
1 small onion, diced
1/2 cup mozzarella cheese
4 medium peppers, stem tops and insides removed
3 cups beef stock
1 can (14.5 ounces) tomato sauce

METHOD

- 1 Combine cooked ground beef, rice, onions, cheese, salt and pepper in a bowl.
- 2 Stuff peppers with meat-rice mixture.
- 3 Add beef stock to cooking pot. Add stuffed peppers.
- 4 Lock lid in place and set timer for 15 minutes.
- 5 When cooking cycle is complete and all pressure is released, open lid.
- 6 Remove peppers from cooking pot and keep warm on a platter.
- 7 Add tomato sauce to cooking pot. Set Timer for 7 minutes. Reduce sauce and broth by half. Check for seasoning.
- 8 Pour sauce over peppers. Serve hot.

Braised Red Cabbage

12 Servings

INGREDIENTS

1/4 cup peanut oil
1 medium red onion, sliced
1 cup brown sugar
2 Granny Smith apples, sliced
1/2 cup red wine vinegar
2 cups red wine
2 cups orange juice
1 cinnamon stick
3 teaspoons ground ginger
salt and pepper, to taste
4 pounds red cabbage, julienned
A few gold leaves for decoration
(optional, available at specialty stores)

METHOD

- 1 Set timer for 20 minutes. After 3 minutes, add oil to cooking pot. When oil is hot, add red onion and cook, uncovered, until translucent.
- 2 Sprinkle in the brown sugar and cook for a few minutes until it starts to caramelize.
- 3 Add sliced apples and deglaze with red wine vinegar. Bring mixture to a boil.
- 4 Add remaining ingredients except for gold leaves. Stir ingredients.
- 5 Secure pressure cooker lid and set timer for 15 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid.
- 7 Taste for seasoning. Serve as an accompaniment to your favorite pork dish.

Green Risotto

6 Servings

INGREDIENTS

1/2 cup olive oil
1 medium onion, finely chopped
1 1/2 cups Arborio rice
3 cups chicken stock
1 cup fresh spinach leaves, pureed
1 teaspoon salt

METHOD

- 1 Add oil to cooking pot. When oil is hot, add onion and cook, uncovered, until translucent.
- 2 Stir in remaining ingredients.
- 3 Lock lid in place and set timer for 15 minutes.
- 4 When cooking cycle is complete and all pressure is released, open lid.
- 5 Stir risotto. If there is too much liquid, reset timer to 6 minutes and cook, uncovered, stirring until additional liquid evaporates.

Stuffed Artichokes

4 Servings

INGREDIENTS

2 cups chicken stock
2 tablespoons lemon juice
1 pinch salt
4 jumbo artichokes
2 cloves garlic, minced
2 tablespoons fresh mint leaf or basil
1 cup fresh bread crumbs
2 tablespoons olive oil
1 tablespoon Parmesan cheese
1 teaspoon salt
1 teaspoon fresh ground pepper

METHOD

- 1 Place stock, lemon juice and salt in cooking pot.
- 2 Trim artichokes by removing stems and trimming outer sharp tips. Let artichokes soak upside down in the stock mixture.
- 3 Combine remaining ingredients in separate bowl.
- 4 Turn artichokes tips up. Stuff artichokes by pressing bread mixture into leaves.
- 5 Lock lid in place and set timer for 20 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid.
- 7 Remove artichokes to serving platter, keeping juices in cooking pot.
- 8 Set timer for 6 minutes. Bring sauce to a boil, uncovered, until reduce by half. Pour over artichokes.

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Spicy Honey-Glazed Baby Pork Ribs

4 Servings

INGREDIENTS

6 tablespoons sesame oil
1 cup chicken stock or water
2 slabs baby pork ribs
1 cup soy sauce
1 cup sake
1 teaspoon dried chile flakes
4 tablespoons honey
2 tablespoons minced fresh ginger
2 tablespoons minced fresh garlic

METHOD

- 1 Cut slab of ribs in half.
- 2 Add oil to cooking pot. When oil is hot, brown ribs one slab at a time.
- 3 Stack ribs flesh-side down in cooking pot.
- 4 Mix remaining ingredients together and pour over ribs.
- 5 Lock lid in place and set timer for 15 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid.
- 7 Cut ribs into individual servings and keep warm on serving platter.
- 8 Set timer for 9 minutes and cook until you reduce the sauce by one-third.
- 9 Serve ribs with sauce in the center for dipping.

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Corned Beef and Cabbage

6 - 8 Servings

INGREDIENTS

3 pounds corned beef brisket with seasoning packet
1 bottle (12 ounces) beer
2 medium onions, cut in half lengthwise
2 whole garlic cloves
2 cups beef stock
4 medium red potatoes, scrubbed, peeled and halved
1 large head cabbage, cut into 8 wedges
1 cup baby carrots

METHOD

- 1 Rinse corned beef and trim any excess fat.
- 2 Add brisket, contents of seasoning packet, beer, onion, garlic, and stock to cooking pot.
- 3 Lock lid in place and set timer for 60 minutes. After time is up, set timer for an additional 30 minutes.
- 4 When cooking cycle is complete and all pressure is released, open lid.
- 5 Add remaining vegetables. Lock lid in place and set timer for 10 minutes.
- 6 When cooking cycle is complete and all pressure is released, open lid.
- 7 Serve on a platter covered with hot stock. Serve mustard and horseradish on the side.

Pot Roast

4 - 6 Servings

INGREDIENTS

2-2 1/2 pounds beef roast
(such as California chuck, roast bone-in or out),
trimmed of excess fat
1/2 tablespoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 tablespoon olive oil
2 cups beef stock
1 can (5.5 ounces) V-8 juice
1 medium onion, quartered
2 cloves garlic
3 sprigs fresh thyme (or 1 tablespoon dry)
3 stalks celery, cut into 1-inch pieces
8 medium creamer potatoes halved
1 pound baby carrots
1 tablespoon flour
1 tablespoon butter, room temperature

METHOD

- 1 Season roast with salt, pepper and garlic powder.
- 2 Set timer to 66 minutes. When inner pot is hot, approximately 2 minutes, add oil to cooking pot. When oil is hot, add the roast and sear well on both sides.
- 3 Add stock, V-8 juice, onion, garlic, thyme and celery.
- 4 Secure pressure cooker lid and set timer for 60 minutes.
- 5 When cooking cycle is complete and all pressure is released, open lid.
- 6 Add potatoes and carrots. Lock lid in place, and set timer for 6 minutes.
- 7 When cooking cycle is complete and all pressure is released, open lid.
- 8 In a separate bowl, mix flour with butter until paste is formed. Add a half cup of hot stock to flour mixture; mix until smooth.
- 9 Remove pot roast and vegetables to a platter and keep warm.
- 10 Slowly add butter mixture back into cooking pot, stirring constantly. Set timer for 6 minutes again and bring to a boil, uncovered, to thicken sauce. Pour sauce over roast or serve on the side.

Coconut Rice Pudding

4 Servings

INGREDIENTS

1 1/2 cups coconut milk
1 1/2 cups milk
1/2 cup sugar
1/4 teaspoon kosher salt
1 cup arborio rice
1 tablespoon almond essence
1/2 cup golden raisins
1/4 teaspoon ground cinnamon, optional

METHOD

- 1 Combine coconut milk, milk, sugar and salt in uncovered cooking pot.
- 2 Add rice and almond essence. Stir until well blended.
- 3 Lock lid in place and set timer for 20 minutes.
- 4 When cooking cycle is complete and all pressure has been released, remove lid.
- 5 Stir in raisins and cinnamon until well incorporated. Cover and allow to cool for 10 minutes. Serve warm or cold.

Flan

4 - 6 Servings

INGREDIENTS

2 cups water
3/4 cup of sugar
3 large eggs, beaten
1 can (14 ounces) sweetened condensed milk
1 can (12 ounces) evaporated milk
1 tablespoon vanilla

METHOD

- 1 In nonstick skillet over medium heat, melt sugar until caramel-like in color. Pour caramel evenly into an 8-inch round baking pan. Spray with cooking spray.
- 2 Place 2 cups of water in cooking pot.
- 3 Combine eggs, milks and vanilla. Pour into baking pan on top of caramel.
- 4 Top baking pan with a piece of paper towel. Wrap well with aluminum foil. Place into cooking pot of pressure cooker.
- 5 Lock lid in place and set timer for 12 minutes.
- 6 When cooking cycle is complete and all pressure has been released, remove lid.
- 7 Carefully remove baking pan from pressure cooker, and refrigerate flan until ready to serve.
- 8 To serve, run a knife around the inside of baking pan, place a plate over, and invert flan onto plate.

Chocolate Truffle Crème Brulee

6 Servings

INGREDIENTS

2 cups heavy whipping cream
1 cup bittersweet chocolate pieces or chips
1/3 cup granulated sugar
2 teaspoons excellent quality pure vanilla extract
5 large egg yolks

METHOD

- 1 Heat cream in microwave until very hot, about 2 minutes. Pour hot cream over chocolate pieces in a large bowl. Whisk until chocolate is completely melted.
- 2 Whisk in remaining ingredients. Divide between 6 ramekins.
- 3 Place a folded kitchen towel in bottom of pressure cooker removable pot. Pour in 3 cups water. Place ramekins on towel taking care to keep them level. You may be able stack them all in the pressure cooker by building the ramekins up, pyramid style. If not, cook them in two batches.
- 4 Lock lid in place and set timer for 6 minutes.
- 5 When cooking cycle is complete, allow pressure to release naturally. When all pressure has been released, remove lid, tilting it away from you to avoid steam. Carefully remove ramekins using tongs or potholders.
- 6 Sprinkle an even layer of granulated sugar over tops of each ramekin. Place them on a heatproof surface and burn the tops to a nice amber color using a blowtorch. I do not find that caramelizing the sugar works well under the oven broiler. If you do not have a torch, make the Microwave Caramel recipe on page 55, or omit the caramelized sugar step.

Creamy Dreamy Rice Pudding

4 - 6 Servings

INGREDIENTS

2 cups water
1 cup rice, such as long grain (my favorite is baby basmati)
1 tablespoon unsalted butter (important to control foaming)
1/2 teaspoon kosher salt
1 split vanilla bean, Tahitian preferred
1/2 cups half and half
3/4 cups granulated sugar
1 teaspoon fresh lemon juice

METHOD

- 1 Combine water, rice, butter, salt and vanilla bean in cooking pot.
- 2 Lock lid in place and set timer for 5 minutes.
- 3 When cooking cycle is complete, allow pressure to release naturally. When all pressure has been released, remove lid, tilting it away from you to avoid steam.
- 4 Add remaining ingredients and stir thoroughly.
- 5 The pudding will be quite runny, but that is how I prefer it since it thickens up considerably as it cools. If you like it thick, set timer for 6 minutes again but do not lock on lid. Bring to a full boil and turn off.
- 6 Serve warm. Add dried fruit, fresh fruit, cinnamon or other spices as desired.

White Chocolate Cheesecake

6 - 8 Servings

INGREDIENTS

3 packages (8 ounces each) cream cheese
1/2 cup powdered sugar
3 large eggs
1 tablespoon vanilla
1 pinch salt
6 ounces white chocolate, melted in microwave until smooth
3 cups water
Raspberry Sauce (page 50)

METHOD

- 1 Prepare a 7-inch springform pan by lining the bottom with parchment paper or wax paper. Assemble the springform around the paper-coated bottom. Spray interior with cooking spray.
- 2 In a mixing bowl, cream together sugar and cream cheese with an electric mixer until smooth. (This can also be done with a food processor fitted with a metal chopping blade.) Add eggs one at a time. Add vanilla, salt, and melted white chocolate. Pour batter into prepared pan.
- 3 Top pan with a paper towel. Wrap well with aluminum foil.
- 4 Add water to cooking pot. Place assembled springform pan in cooking pot. Lock lid in place.
- 5 Lock lid in place and set timer for 30 minutes.
- 6 When cooking cycle is complete, leave cheesecake in the pressure cooker for an additional 30 minutes before removing.
- 7 Chill cheesecake for at least 3 hours before serving. Serve with Raspberry Sauce and garnish with mint and fresh raspberries.

Raspberry Sauce

8 Four-Ounce Servings

INGREDIENTS

2 cups fresh or frozen raspberries
2 tablespoons granulated sugar
1 teaspoon lemon juice

METHOD

- 1 Place all ingredients in a small saucepan over medium heat. Cook for 10 - 15 minutes, until sauce reduces and sugar dissolves.
- 2 To remove seeds, press through a sieve.
- 3 When cool, serve to decorate your dessert plate or drizzle over White Chocolate Cheesecake.

Easy Individual Banana Baby Cakes

6 Servings

INGREDIENTS

- 1 1/4 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 6 tablespoons unsalted butter
- 3/4 cup granulated sugar
- 2 teaspoons excellent quality pure vanilla extract
- 3 large egg yolks
- 3/4 cup sour cream
- 3 ripe bananas
- 6 tablespoons brown sugar

METHOD

- 1 Sift together the flour, baking powder and salt in a small bowl. Set aside.
- 2 In mixer fitted with paddle attachment, cream butter and sugar until pale and fluffy, about 5 minutes. Scrape bowl. Add vanilla and egg yolks. Mix until smooth. Scrape bowl. Add sour cream and mix again. Scrape bowl. Add flour mixture and fold in by hand until just combined.
- 3 Spray or butter 6 ramekins. Divide batter evenly among prepared ramekins, filling just below the half-way point. Smooth batter.
- 4 Top with banana slices using up to 1/2 of a banana per ramekin. Top each with 1 tablespoon of brown sugar.
- 5 Place the steaming rack in bottom of the removable cooking pot. Pour in 3 cups water. Place ramekins on the steaming rack taking care to keep them level. You may be able stack them all in the pressure cooker by building the ramekins up, pyramid style. If not, cook them in two separate batches.
- 7 Lock lid in place and set timer for 8 minutes.
- 8 When cooking cycle is complete, allow pressure to release naturally. When all pressure has been released, remove lid, tilting it away from you to avoid steam. Carefully remove ramekins using tongs or potholders.
- 9 The banana slices will now have a pink tinge to them. This is normal. Enjoy warm with slightly sweetened whipped cream if desired.

Lively Lemon Cheesecake

4 - 6 Servings

INGREDIENTS

- 2 tablespoons unsalted butter, melted
- 1/2 cup vanilla wafer crumbs
- 2 packages (8 ounces each) cream cheese
- 1/2 cup granulated sugar
- zest and juice from 1 lemon
- 2 large eggs

METHOD

- 1 Combine butter and wafer crumbs in the bottom of a 6-inch springform pan. Press and flatten to cover bottom. Set aside.
- 2 Combine cream cheese and sugar in food processor. Pulse and scrape down until smooth. Add zest, juice and eggs. Pulse only until no visible egg remains. Do not over mix.
- 3 Scrape mixture into prepared pan.
- 4 Place a folded kitchen towel in bottom of pressure cooker removable pot. Pour in 3 cups water. Place springform pan on top of towel.
- 5 Lock lid in place and set timer for 12 minutes.
- 6 When cooking cycle is complete, allow pressure to release naturally. When all pressure has been released, remove lid, tilting it away from you to avoid steam. Carefully remove springform pan using potholders.
- 7 Cool until warm and then cover and refrigerate for at least 4 hours or overnight. Serve with lemon slices, crushed lemon drop candies and sweetened whipped cream, if desired.

Notes: Because of the specialty type of steam cooking, the cheesecake surface will appear lumpy. This is normal and is only on the very surface.

The easiest way to slice a cheesecake is with a length of dental floss held taut between your hands.

Microwave Caramel

Makes enough to coat 8 ramekins

INGREDIENTS

1/2 cup granulated sugar
 1/4 cup light corn syrup
 5 drops fresh lemon juice

METHOD

- 1 Place all ingredients in a 2- or 4-cup glass measuring cup. Stir until all sugar is moistened.
- 2 Cook in microwave until bubbles start piling up on top of each other and mixture turns amber in color, approximately 3 minutes. The time it takes depends on the wattage of your microwave.
- 3 Carefully remove and divide between ramekins. Use caution; sugar mixture is extremely hot. Let cool until hard.

Notes: This recipe is a great topping for the Chocolate Truffle Crème Brulee on page 47, if you do not own a blow torch. Simply pour the hot caramel over the top of the cooled brulee and let harden.

Extra caramel can be used to make pretty garnishes. Simply pour out in a lacy pattern onto aluminum foil, preferably the nonstick aluminum foil that is now available. Allow to harden and then carefully remove to top ice cream, cakes and other desserts.

Raspberry White Chocolate Bread Pudding

4 Servings

INGREDIENTS

1 cup granulated sugar
 4 large eggs
 1/2 teaspoon kosher salt
 1 tablespoon fresh lemon juice
 2 teaspoons excellent quality pure vanilla extract
 2 cups heavy whipping cream
 2 tablespoons unsalted butter, melted
 3 croissants, cut into 2-inch pieces (stale is fine)
 1/2 cup fresh or frozen raspberries
 2 tablespoons white chocolate chips

METHOD

- 1 Spray or grease a 6-cup baking mold or pan. Set aside.
- 2 In a large bowl, whisk together sugar, eggs, salt, lemon juice, vanilla, cream and melted butter. Whisk until sugar is dissolved. Gently fold in croissant pieces.
- 3 Pour one-third of mixture into prepared pan. Scatter a layer of raspberries and white chocolate over mixture. Repeat layers twice.
- 4 Place the steaming rack in bottom of pressure cooker removable pot. Pour in 3 cups water. Place pan of bread pudding on top of the steaming rack.
- 5 Lock lid in place and set timer for 11 minutes.
- 6 When cooking cycle is complete, allow pressure to release naturally. When all pressure has been released, remove lid, tilting it away from you to avoid steam. Carefully remove pan of bread pudding, using potholders.
- 7 Serve warm with additional raspberries and slightly sweetened whipped cream, if desired.

Pressure Cooker Cooking Chart

Ingredient	Amt	Time (Minutes)	Liquid Suggested (Cups)
VEGETABLES			
Artichokes, trimmed	3 med	14	2
Beans, Black (soaked)	1 cup	12	2
Beans, Lima	1 cup	15	2
Beans, Navy	1 cup	8	2 - 2 1/2
Beans, Pinto	1 cup	15	3
Beans, Soy	1 cup	12	2
Beans, Red Kidney	1 cup	20	3 1/2
Beans, String	1 lb	3	1
Beets	6 med	15	2
Broccoli flowerets	2 cups	3	1
Brussels Sprouts	2 cups	7	1
Cabbage head, quartered	1 med	10	2
Carrots 2" pieces	2 cups	5	1
Cauliflowerets	2 cups	3	1
Chick Peas	1 cup	20	3
Corn, on the cob	6 ears	4	1 1/2
Okra, large	2 cups	4	1
Parsnips, cubed	2 cups	4	1 1/2
Squash, Acorn, halved	4 halves	13	2
Squash, Butternut, 1/2" slices	8 slices	4	1 1/2
MEATS, POULTRY, SEAFOOD			
Beef Brisket	3 lbs	90	2-3
Beef Ribs	6 whole	30	2
Chicken, boneless, skinless pieces, frozen	4 pounds	5	2
Chicken Legs	4 whole	20	2
Chicken, quartered	1	20	2
Chicken, split breast bone-in	Up to 6	15	2
Chicken, whole	3 lbs	20	3
Chuck Roast	3 lbs	75	2-3
Clams, in shells	1 dozen	2	1
Corned Beef	3 lbs	90	3
Cornish Game Hens	2	20	2
Baby Back Ribs	2 slabs	20	2
Fish Fillets	2 6 oz	5	1
Fish Steaks	1-2" thick	4	1 1/2
Lamb shanks	2-3 lbs	30	2
Lobster	1-2 lbs	5	2

Pressure Cooker Cooking Chart

Ingredient	Amt	Time (Minutes)	Liquid Suggested (Cups)
Octopus, whole baby or 3" pieces	2 cups	16	3
Pork chops (8-10 oz ea)	3 to 4	12	2
Pork Loin	2 lbs	22	3
Rump Roast	3 lbs	75	3
Short Ribs	3 lbs	35	2
Shrimp, large	Up to 30	2	1
Spare Ribs	1 slab	30	2
Squid 1" Rings	2 lbs	12	2
Stew Meat 1" Pieces	3 lbs	18	4
Turkey Breast	5 lbs	45	3
Veal Shanks (8 oz ea)	3	30	2
POTATOES			
Potatoes, Baking	4 large	15	2
Potatoes, Red Bliss (2 oz ea)	Up to 20	7	2
Potatoes, White, cubed	3 cups	5	1 1/2

