

008 COOKING UNDER PRESSURE II

Risotto

Serves 4. Six minutes in Two Litre, First Red Ring

2 tbsp. olive oil
1 medium chopped onion
½ c. chopped green pepper
½ c. chopped carrots
½ c. mushrooms (optional)
1 c. long grain white rice
2 c. chicken broth
½ tsp. Italian seasoning
½ c. good quality Italian Romano Cheese

Sute the onion in the olive oil until soft, Ass the peppers, carrots, mushrooms and rice and stir for a few seconds. Add the chicken broth and Italian seasoning. Sir.

Close the lid and cook on medium high heat until the multivalve reaches the first red ring. Turn the heat down at this time and continue to cook on the first red ring only. (all rice and grains are cooked on the first red ring).

Set your timer for six minutes. Release the pressure by running cold water around the edge of the pan, or by pressing the pressure release valve on the top.

Remove the lid and stir in the cheese. Serve hot from the pan.

Note: For higher elevations add one minute cooking time for each 1000 feet above 2000 feet. For example, if you live at 5000 feet elevation, add three minutes to the cooking time.

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Spicy Yellow Rice

Spray 2 litre pressure Fry pan with cooking oil, and heat on medium heat.

Add 1 ¼ c. chopped onion

1 c. brown Basmati rice

Saute for several minutes:

Add 2 c. hot water

¾ tsp. Ground tumeric

½ tsp. Hot sauce

¼ tsp. Salt

¼ tsp. Garlic powder

¼ tsp. Pepper

Bring ingredients to a boil. Cover and bring up to the first ring of pressure. Maintain lpressure for 20 – 25 minutes. Allow pressure to drop before opening. Fluff to serve.

Brown Rice

Use 2 litre. Frypan, cook 20 – 30 minute on first red ring. Serves 2 – 4

The cooking time for brown rice varies according to the texture one desires. Some folks like their rice al dente, with a little bite; other folks like their rice really soft. Experiment a little to cook it to your taste.

1 c. brown rice, washed

2 c. water

Bring the water to a full boil before adding the rice. Stir well, close the pan and cook for preferred time on the first red ring only. Allow the valve to drop completely before opening the pan.

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Chicken Couscous with Raspberry Vinegar

2 boneless, skinless chicken breasts, cut in half

Salt

Ground pepper

2 – 3 tbsp. olive or vegetable oil

½ lb. Shallots or small boiling onions, peeled

1 c. chicken broth

3 tbsp. raspberry or red wine vinegar

¾ c. quick-cooking couscous or rice

½ c. fresh raspberries or thawed frozen raspberries, drained

Lightly sprinkle chicken with salt and pepper. In 4 or 6 quart pressure cooker, heat oil. Add chicken and cook 5 min. until browned on all sides, turning occasionally.

Add shallots, chicken broth and vinegar. Close cover securely Place pressure regulator on vent pipe and cook for 3 minutes with pressure regulator rocking slowly.

Cool cooker at once. Remove chicken and keep warm. Return pressure cooker to heat and bring liquid to a boil. Stir in couscous; remove pan from heat. Let stand 5 minutes. Fluff couscous with a fork and gently stir in raspberries, serve with chicken.

Per serving: About 390 Cal, 32 g. protein, 39 g. carbs, 10 g. fat, 23% cal. From fat. 73 mg. Chol. 398 mg. Sod.

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Forever Lean Raspberry Chicken

Marinade: ½ c. Mirin

½ c. raspberry vinegar

¼ c. tamari sauce

2 tbsp. honey

1 tsp. Sweet & Sour Mustard

1 clove garlic, crushed

6 large boneless, skinless chicken breasts.

Place the chicken and the marinade in a zip-lock bag. Coat thoroughly and refrigerate for four hours or overnight. Pre-heat pressure fry-pan on medium heat. Spray lightly with a non-stick cooking spray. (optional)

Brown chicken breasts on both sides. Cover and bring to the second ring of pressure. Maintain pressure for 3 – 5 minutes.

Release pressure immediately and remove chicken.

Pour marinade back into fry-pan and boil vigorously, uncovered until thickened. Excellent as a sauce over rice or back over chicken.

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Lemon Cheesecake

2 Tbsp. Butter

2 Tbsp. Sugar

½ cup graham cracker crumbs

1 container (15 oz.) ricotta cheese

3 oz. Cream cheese, softened

1 cup sugar

4 eggs

¼ cup lemon yogurt

2 Tbsp. flour

1 Tbsp. grated lemon rind

½ cup raisins or currants

1 cup water

In a small saucepan, melt butter and sugar, stirring well until mixed.

Add graham crackers. Press into the bottom of a well greased 7 “ springform pan.

Combine ricotta cheese, softened cream cheese and sugar with the Bosch whips until well blended. Add eggs, one at a time, until well blended.

Add yogurt, flour, and lemon rind. Mix until smooth. Stir in raisins or currants. Pour mixture into prepared springform pan. Cover the pan with a greased piece of foil tightly fitting it around the edges so no moisture can get in. Cut a piece of foil 2 feet by 1 foot and double it twice lengthwise to create a strip for moving the pan in and out of the pressure cooker. In a 5 qt. Or larger pressure cooker, add water and insert trivet. Lower the pan in place with foil strip. Close lid and bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 30 min. and remove from heat and let cook naturally until pressure decreases and you can remove the lid. Let it cool and then run a knife around the edge of the pan and unlatch the pan. Refrigerate 3 to 6 hours before serving.