
MASTERPRO
PREMIUM QUALITY

**14 IN 1
PROFESSIONAL
STEEL MULTI COOKER**



INSTRUCTION MANUAL

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14 IN 1 PROFESSIONAL STEEL MULTI COOKER

IMPORTANT SAFETY INSTRUCTIONS

MPPROSTEEL

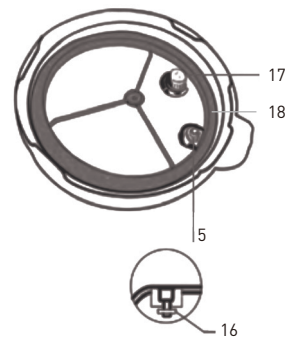
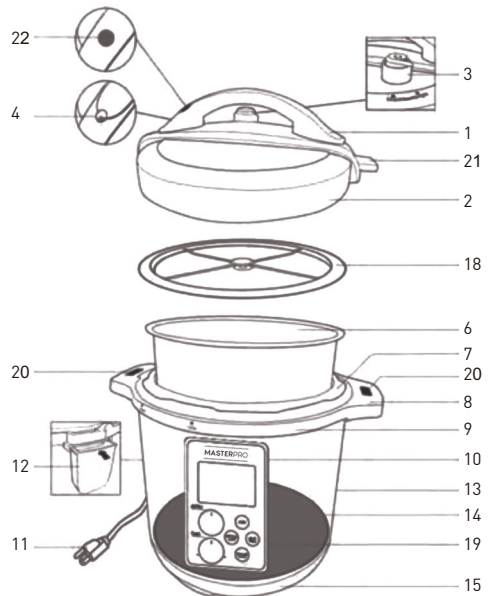
www.master-pro.com.au

Thank you for choosing the MasterPro 14 in 1 Professional Steel Multi Cooker. To ensure proper operation and to maintain the lifespan of your appliance, please read these instructions carefully before use.

This digitally controlled and automatic 14 in 1 Professional Steel Multi Cooker uses advanced technology so you and your family can enjoy the benefits of better, faster and healthier cooking. Your 14 in 1 Professional Steel Multi Cooker seals in steam to cook under pressure while maintaining important nutrients for healthier meals. Cooking fast saves energy. The appliance features easy touch-button settings, a countdown timer, and stainless steel cooking pot for family gatherings.

FEATURES AND PARTS

1. Handle
2. Lid
3. Pressure Limiting Valve (external view)
4. Float valve (external view)
5. Float valve (internal view)
6. Inner pot
7. Outer pot (non-detachable)
8. Main body handles
9. Upper ring
10. Control panel
11. Power cord
12. Condensation cup
13. Main body
14. Heating plate
15. Bottom ring
16. Silicone Ring for float valve
17. Anti-block filter
18. Silicone sealing ring
19. Sensor
20. Lid rest (part 21 latches onto side of handle)
21. Lid bolt
22. Lid release button



SAFETY FIRST

Before operating your new appliance, please read all instructions carefully and keep for future reference.

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 the use of the appliance by a person responsible for their safety.

When using appliance, basic safety precautions should always be followed:

1. Please read through the following safety precautions carefully before switching on the appliance.
2. Do not touch hot surfaces. Use handles or knobs and a potholder.
3. NEVER ATTEMPT TO OPEN LID WHILE THE APPLIANCE IS OPERATING. Do not open the appliance until the appliance has cooled and all internal pressure has been released. If lid is difficult to rotate, this indicates that the appliance is still pressurised. Do not force it to open. Any pressure in the appliance can be hazardous. See *OPERATING INSTRUCTIONS* section in this manual.
4. Do not place the appliance on stovetop.
5. Extreme caution must be used when moving the appliance containing hot liquids.
6. Do not use appliance for any other intended use.
7. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain appliance is properly closed before operating. See *INSTRUCTIONS FOR USE* section in this manual.
8. To protect against electrical shock, do not immerse cord, plugs, or outer vessel in water or other liquids.
9. Do not fill appliance over 2/3 full. When cooking foods that expand during cooking such as rice, legumes or beans, do not fill the appliance over 1/2 full. Overfilling may cause a risk of clogging the Pressure Limiting Valve and developing excess pressure. Failure to follow this procedure can result in injury to person(s) and/or damage to the appliance. See *INSTRUCTIONS FOR USE* section in this manual.
10. Be aware that certain foods, such as applesauce, oatmeal or other cereals, split peas, noodles, pasta or rhubarb can foam, froth, and sputter, may clog the pressure release device (steam vent). These foods should not be cooked in the appliance unless following approved appliance recipes.
11. When cooking food with a thick texture (chickpeas, rhubarb, etc.) or greasy/oily food with a high fat content (broth, soup, stew, etc.), the appliance should be shaken slightly before opening to prevent contents from spitting when the Lid is opened; Allow pressure to drop down naturally and when Float Valve has dropped down, gently shake the appliance to reduce any pressurised air bubbles that may be trapped in the food. Ensure Float Valve has dropped down before attempting to open the lid.
12. Always check the pressure release devices for clogging before use.
13. Do not use this appliance for pressure frying oil.
14. DO NOT tamper with the Steel Ring in the Lid with any tools or external forces. If the Steel Ring is damaged, please stop using immediately and replace the Lid.
15. Clean the Filter regularly to keep the appliance clean.
16. Never use additional weight on the Pressure Limiting Valve or replace the Pressure Limiting Valve with anything not intended for use with this appliance.
17. The surface of contact between the Inner Pot and the Electronic Heating Plate should always be clean. DO NOT use the Inner Pot with other heating sources. DO NOT replace the Inner Pot with a container other than what is recommended by the manufacturer.

18. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or removing parts.
19. Do not operate this appliance with a damaged cord or plug or after it malfunctions or has been damaged in any manner. Return appliance to the nearest authorised service facility for examination, repair or electrical or mechanical adjustment.
20. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn control to off, then remove plug from wall outlet.
21. Do not use outdoors.
22. Do not use accessories not specifically supplied with the appliance as they may cause injuries or damage to the appliance.
23. Some countertop and table surfaces are not designed to withstand prolonged heat generated by certain appliances. It is recommended that a hot pad or that a trivet be placed under your appliance to prevent possible damage to the surface.
24. Do not use under hanging cabinets; steam from pressure release may cause damage.
25. DO NOT place the appliance near flammable materials or use in a humid environment.
26. DO NOT damage the Silicone Seal Ring and DO NOT replace it with anything other than the replacement seal designated for this appliance.
27. Food should not be kept warm for more than 8-10 hours in order to maintain the freshness of the food.
28. Serious injury and/or damage may occur if any safeguards are ignored.
29. DO NOT disassemble the appliance, or replace parts with parts not intended for this appliance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

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:

- 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 appliance.
- There is a potential risk of fire, electric shock or injury to persons if the appliance is not used as instructed. Protection against electric shock is assured only if the main power cord is connected to a properly grounded 240V/50Hz power receptacle.
- This appliance is to be used in an indoor environment only and is not intended for commercial use. Dry locations only.
- All parts and accessories for this appliance must be used properly according to the instructions. All parts and accessories must be the original provided from manufacturer. All other parts or accessories that is not intended for use with this appliance are strictly prohibited.
- The use of an extension cord, power adapter or other electric devices is highly not recommended.
- If any of the below error codes appear on the appliance display, unplug the power cord and re-plug after 10 minutes. If the error code remains, contact the manufacturer for a replacement part.

PACKAGING AND RECYCLING

The materials used for this appliance's packaging can be reused, recycled and disposed of through specific waste streams.

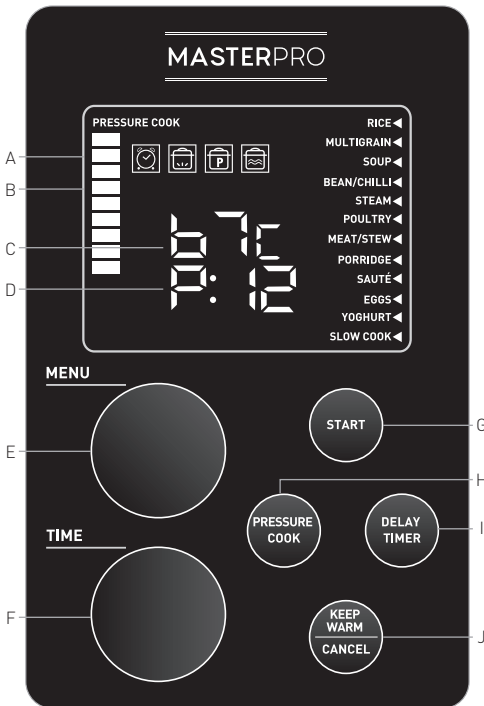
REUSE: Keep packaging to safely store or transport your appliance, preventing damage.

RECYCLE: Look for the recycling symbols on packaging components to identify if they are recyclable. Check with your local authority to find out what materials are accepted for recycling in your area.

DISPOSE: Look for symbols on packaging components and dispose.

OPERATING YOUR APPLIANCE

HOW TO USE THE CONTROL PANEL



1. Delay Timer Icon
2. Heating Icon
3. Pressurised Icon
4. Keep Warm Icon

4

A. LED DISPLAY: The LED display shows the MENU functions, cooking indicator icons, cooking indicator bars, internal temperature and countdown timer.

B. COOKING INDICATOR BARS: The cooking indicator bars will scroll vertically during the heating process and turn solid when the optimal temperature is reached.

C. INTERNAL TEMPERATURE DISPLAY: The internal temperature of the appliance in °C. It will fluctuate up and down as the temperature changes.

D. TIMER DISPLAY: This shows both the programmed delay time as well as the programmed appliance time.

E. MENU DIAL: Use to scroll through MENU functions, use TIMER dial to adjust time if needed, press the START button to begin cooking.

F. TIMER DIAL: Use to set a custom Pressure Cook Time. First, press the PRESSURE COOK button then turn the TIMER dial to set a custom cook time. Each turn of this dial increases cook time by 1 minute increments. Press the START button to begin cooking.

G. START BUTTON: Press this button when you have selected a MENU Function or Pressure Cook Time to begin the cooking process.

H. PRESSURE COOK BUTTON: Press this button then use the TIMER dial to set a custom cook time.

I. DELAY TIMER BUTTON: Use to program the appliance to begin cooking at a later time. This button is used in combination with the MENU functions and custom Pressure Cook Time function.

J. KEEP WARM/CANCEL BUTTON: Use this button to set the appliance to Keep Warm. The appliance will automatically set itself to Keep Warm after cooking. Also, press this button to cancel ANY function at ANY time.

SILICONE SEAL RING ASSEMBLY

Always ensure the Silicone Seal Ring is securely fitted onto the metal Y-shaped ring in the interior of the Lid. Make sure the crease in the Silicone Seal Ring meets with the outside of the Y-Ring all the way around. Then place the Y-Ring and Silicone Seal Ring back into the Lid, making sure the hole in the centre of the Y-Ring's cross-section is lined up with the metal pin in the centre of the Lid. Press down firmly until the Y-Ring is secured onto the Lid. (Figures 1-2)



Figure 1



Figure 2



OPERATING INSTRUCTIONS

With the Lid secured, appliance on and the screen displaying 00 00, select the desired cooking function by reading the following instructions.

There are twelve MENU functions programmed for your appliance. The default times are programmed for quick and easy cooking for small proportions of food 1.5kg or less (unless specified below). When cooking food that is more than 1.5kg, use the Custom PRESSURE COOK function. Each of the default times is programmed to detect the weight of food being cooked and how much liquid is inside the pot during the cooking cycle. The appliance will automatically build up pressure, cook the food and go to KEEP WARM when cooking is complete.

MENU FUNCTIONS	DEFAULT COOKING TIME	ADJUSTABLE TIMES
RICE	12 MIN	1-99 MIN
MULTIGRAIN	17 MIN	1-99 MIN
SOUP	20 MIN	1-99 MIN
BEAN/CHILLI	20 MIN	1-99 MIN
STEAM	25 MIN	1-99 MIN
POULTRY	30 MIN	1-99 MIN
MEAT/STEW	35 MIN	1-99 MIN
PORRIDGE	40 MIN	1-99 MIN
SAUTÉ	30 MIN	N/A
EGGS	4 MIN	1-10 MIN
YOGHURT	8 HOURS	6-24 HOURS
SLOW COOK	30 MIN	0.5-9.5 HOURS

SELECTING A MENU FUNCTION



1. Use the MENU dial to scroll through the MENU functions.
2. The Default Cook Time will display for each function. For example, if WHITE RICE is selected, the display will show P06. **Press the START button to begin the cooking cycle.** The Heating Icon  will illuminate.
3. As the appliance begins to heat and pressure builds, the Red Float Valve will rise. The amount of liquid and other ingredients in the appliance determines the length of time needed for full pressure to build - generally 5-40 minutes, depending on the recipe.
4. Once the appliance has pressurised, the Pressurised icon  will illuminate.
5. Using the same WHITE rice example, while the appliance is building up pressure, the Indicator Bars will scroll vertically. The timer will not begin to countdown until the pressure has built up to capacity. Once it begins to pressure cook, the display will show a solid P:06 and begin countdown.
6. The raised Red Float Valve indicates you are cooking under pressure. The lid is now locked and cannot be opened. **YOU SHOULD NEVER ATTEMPT TO OPEN THE LID WHILE PRESSURE COOKING.**
TIP: The cooking time for all MENU functions, with the exception of SAUTE and SLOW COOK, can be adjusted between 1-99 minutes. Simply turn the TIMER dial right to the increase or left to decrease to the desired cooking time, then press START to begin cooking.

SETTING CUSTOM PRESSURE COOK TIME


1. Press the PRESSURE COOK button, then turn the TIMER knob right to increase or left to decrease to the desired


cooking time. [EX: If you set cook-time to 30 minutes, the screen will display P:30].

Press the START button to begin the cooking cycle.

2. The Heating Icon  will illuminate.
3. As the appliance begins to heat and pressure builds, the Red Float Valve will rise. The amount of liquid and other ingredients in the appliance determines the length of time needed for full pressure to build - generally 5-40 minutes, depending on the recipe.
4. While the appliance is building up pressure, the Indicator Bars will scroll vertically. The timer will not begin to countdown until the pressure has built to capacity. When proper pressure is achieved, the Pressurised Icon  will illuminate, the display will show a solid P:30 for a cook-time of 30 minutes and begin countdown.
5. The raised Red Float Valve indicates you are cooking under pressure. The Lid is now locked and cannot be opened. **YOU SHOULD NEVER ATTEMPT TO OPEN THE LID WHILE PRESSURE COOKING.**

AUTO-KEEP WARM FEATURE

When cooking has completed, the appliance will beep and automatically go to KEEP WARM. The KEEP WARM icon will illuminate and the display will show .

NOTE: The KEEP WARM setting should not be used for more than 4 hours. The quality and texture of food will begin to change after 7 hours on KEEP WARM. A bit of condensation in the Upper Ring during KEEP WARM is normal. To set the appliance to KEEP WARM, press the KEEP WARM/CANCEL button until the display shows .

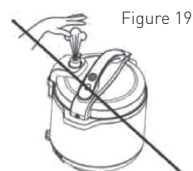
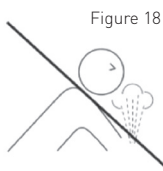
TO RESET OR CANCEL

User can reset or cancel any function at any time by pressing the KEEP WARM/CANCEL button until the display shows 00 00.

REMOVING LID AFTER PRESSURE COOKING

When the pressure cooking cycle has completed, the appliance will automatically switch to KEEP WARM. At this point, you may release pressure in one of two ways - Natural Pressure Release or Quick Pressure Release.

1. **Natural Release:** Following pressure cooking, allow the appliance to remain on KEEP WARM. The pressure will begin to drop - time for pressure to drop depends on the amount of liquid in the appliance and the length of time that pressure was maintained. Natural Release can take from 15-30 minutes. During this time, cooking continues so it is recommended for certain cuts of meats, soups, rice, and some desserts. When pressure has fully released, the Red Float Valve will drop and the Lid will unlock to open. As a safety feature, the Lid will not open unless all pressure is released. Do not force the Lid open. If the Lid feels tight, please allow additional time for pressure to fully release before attempting to open the Lid.
2. **Quick Release** (recommended for foods that should be Medium or Medium-Rare): Following pressure cooking, the appliance will beep and go to KEEP WARM. Press the KEEP WARM/CANCEL button and the display will show 00 00. Using an oven mitt or long utensil, carefully turn the Pressure Limiting Valve to the "Ceiling Venting" position to release pressure until the Red Float Valve sinks.



CAUTION HOT STEAM: USE TONGS TO TURN THE VALVE, KEEP HANDS AND FACE AWAY FROM PRESSURE VALVE WHILE IN THE CEILING VENTING POSITION. DO NOT RELEASE PRESSURE UNDER HANGING CABINETS WHICH CAN BE DAMAGED BY STEAM.

Always use an oven mitt to reduce risk of injury. To avoid liquid splatter, do not use "Quick Release" method for foods with a high volume of liquid (stews, soups, porridge, etc.). Steam will immediately begin releasing from the Pressure Valve. When pressure is fully released, the Floating Valve will sink, and the lid will unlock to open. As a safety feature, the lid will not open unless all pressure is released.

Do not force the lid open. If the lid feels tight, please allow additional time for pressure to fully release before attempting to open. If there is any resistance in opening the lid, it indicates that your appliance is still under pressure and can cause injury if forced open. When the Floating Valve is completely down, turn lid clockwise and lift to remove. Always open the lid away from you to avoid skin contact with any remaining heat or steam.

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 4 cups of rice, use 4 rice cup measures of rice and fill with water to the "4" 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.

NOTE: When cooking rice, the maximum amount of rice allowed for this 6 litre appliance is 6 cups of uncooked rice. Normally one cup of rice requires one cup of water. This may vary according to taste. For best results, rinse measured rice until the water becomes relatively clear.

HOW TO SAUTE

This setting allows cooking over high heat, without the lid, before pressure cooking. Before pressure cooking, most recipes will benefit from the golden colour, richer flavours and moist results gained from browning/saut eant.

To Saut e your meats or vegetables prior to pressure cooking:

1. Remove Lid from appliance. Saut e function will not work unless Lid is removed.
2. Select the SAUTE function. The timer will default to 30 minutes.
3. Press the START button to begin the cooking cycle.
4. Add oil or butter as directed in your recipe and then place food into the Inner Pot.
5. Stir or turn food as needed until desired colour and consistency is reached.
6. Press the KEEP WARM/CANCEL button if you want to cancel the SAUTE function before the timer finishes counting down.
Note: Allow the appliance to rest 2-3 minutes after cancelling the SAUTE function before beginning to pressure cook. If the appliance will not begin pressure cooking, allow it to cool for a longer period after SAUTING before selecting another function.

HOW TO USE THE SLOW COOK FUNCTION

1. Prepare desired food and place into Inner Pot.
2. Use the MENU dial to select the SLOW COOK function and the display will show the default SLOW COOK time of 06:00. Increase or decrease the SLOW COOK time in 30 minute increments using the TIMER Dial.
NOTE: The longest SLOW COOK time allowed is 9.5 hours.

3. Press the START button to begin the cooking cycle.
4. The appliance may take between 5-20 minutes to reach temperature before beginning countdown.
5. When cooking is complete, the appliance will beep and automatically go to KEEP WARM.
6. The KEEP WARM icon will illuminate. Press CANCEL to end the operation.

CAUTION: Never put your face or hands directly over the appliance when removing Lid as escaping steam can cause serious burn injury.

HOW TO USE THE DELAY TIMER

If you wish to program your appliance to automatically cook prepared food at a later time, you can program the appliance to delay cooking by up to 24 hours.

CAUTION: It is not recommended to use the Delay Timer function to cook foods that may spoil. Leaving raw foods inside the appliance for long periods of time prior to cooking may result in the food spoiling. Cooked foods that can be left out such as rice, beans, grains or other foods will not spoil.

This setting is used in combination with the MENU functions and the PRESSURE COOK TIME function.

1. Prepare desired food and place into Inner Pot.
2. Secure the Lid onto the appliance, turn it counter-clockwise to lock it in place.
3. Make sure the Pressure Limiting Valve is set to the "Airtight" position.
4. Plug the power cord into power outlet.
5. The screen will display 00 00.
6. Press the DELAY TIMER button. The Delay Timer icon will illuminate. The screen will show 0:30 which is equal to 30 minutes of delay time. Press the DELAY TIMER button again to increase delay time in 30 min increments up to 24 hours - hold for rapid increase. (The time that displays on the screen shows how long the user wants the appliance to wait before the cooking process begins.)
EX: If you wish to program the appliance to automatically turn on in 3 hours, turn the TIMER dial until the screen displays 3:00.
7. After programming your Delay time, select the desired function.
8. Once the appliance completes its countdown, the appliance will begin operation of the cooking sequence for the chosen selection.
9. Follow instructions under "REMOVING LID AFTER PRESSURE COOKING".

MENU DIAL:

- Select one of the 11 MENU FUNCTIONS. (The saut e function does not work with the Delay Timer.)
- Follow the instructions under "SELECTING A MENU FUNCTION."

PRESSURE COOK TIME:

Follow the instructions under "SETTING CUSTOM PRESSURE COOK TIME."

There are nine safety devices installed in the appliance to assure its reliability.

1. **Open-and-Close Lid Safety Device**
2. **Pressure Control Device.**
The correct pressure level is automatically maintained during cooking cycle.
3. **Pressure Limiting Valve**
The Pressure Limiting Valve will release air automatically

when the pressure inside exceeds the preset temperature.

NOTE: Overfilling the appliance may clog the Pressure Limiting Valve, which can cause excess pressure to develop.

4. **Anti-Block Cover**

Prevents food material from blocking the Pressure Limiting Valve.

5. **Pressure Relief Device**

When the appliance reaches the maximum allowable pressure and temperature, the Inner Pot will move down until the Lid separates from the sealing ring, releasing air pressure.

6. **Thermostat**

The power will auto-shut-off when the appliance temperature reaches the preset value, or the appliance is heating without enough liquid inside.

7. **Thermal Fuse**

The circuit will be opened when the appliance reaches the maximum temperature.

8. **Lid Safety Switch**

The appliance will not function if Lid is not properly secured into place.

9. **Lid Safety Button**

The Lid cannot be opened if the button is not pressed and held.

Cooking frozen food inside the appliance is quick and easy but has certain restrictions. Only cook individual cuts of frozen meats that are up to 2.5cm thick, the cooking time does not need to be altered. Pressure will not be achieved until the internal temperature has reached a preset level. If the recipe states the meat should be cooked for 10 minutes after pressure has been achieved, it will still be the same, but it will take longer to reach the required pressure point.

It is not recommended to pressure cook larger cuts of frozen meats such as a whole roast, a block of frozen mincemeat or a whole chicken. Larger cuts will require increased cooking times of up to one third more, and the results may not be the same when compared to meats that were thawed (or at least partially thawed) and browned before cooking.

CARE

1. Always make sure the appliance is unplugged, depressurised and completely cooled down before dismantling.
2. Use a non-abrasive sponge or damp wash cloth to clean the outer body. NEVER immerse the outer body (16) in any liquids or pour liquid into it.
3. Remove the Condensation Cup and rinse it thoroughly and let dry. Clean the Inner Main Body and Upper Ring with a damp sponge or wash cloth.
4. Remove the Pressure Limiting Valve by gripping and firmly pulling upwards. Rinse with warm water and dry.
5. Clean the Lid with warm soapy water, including the Silicone Seal Ring, Filter, Vent, Float Valve) and let dry thoroughly.
6. On the underside of the Lid below the Pressure Limiting Valve, is a small metal filter which can be easily removed to clean.
7. Let parts dry completely before reassembling.
8. Wash the Inner Pot and Wire Rack with a non-abrasive sponge and allow to air dry or use a towel. The Inner Pot is dishwasher safe. Over a long period, regular dishwasher cleaning will eventually scratch any utensil. We recommend using a non-lemon detergent.
9. Store the Inner Pot inside of the appliance. Store appliance in a cool, dry location. Do not store appliance with lid on tightly. This saves on gasket wear and tear.

TROUBLESHOOTING

Question	Answer
Is the Pressure Limiting Valve on the Lid supposed to be loose?	Yes, even though it will have a loose fit, it is safely secured. It will turn 360 degrees. When pressure has built up, and the Valve is set to "Airtight" properly, it will resemble a bobble head.
When I choose a Menu Function (e.g.: SOUP), nothing happens? What's wrong?	Nothing is wrong. Make sure the Pressure Limiting Valve is set to "Airtight" and the Lid is locked securely. Once you have selected the Menu Dial, simply leave the appliance alone and it will start to heat and build up pressure. Once the appliance has built up enough pressure, the display will change to a countdown timer that displays your desired cooking time of the Menu Function you selected. This is the time the appliance will start cooking the food. Pressurising can take anywhere from 5 minutes up to 40 minutes depending on the quantity of food you are cooking.
After I set the appliance, it will begin to heat up, but in about 5 minutes, the appliance beeps 3 times and goes Keep Warm and my food did not cook completely. What is happening?	A) The appliance is detecting that not enough liquid has been added to your recipe. The appliance has an automatic overheat protection sensor that will automatically set itself to OFF or Keep Warm when it detects that not enough liquid is present so it does not overheat. Make sure all pressure is released, open the Lid and add increments of 1/2 cups of liquid until the appliance will properly build up pressure and cook. B) The appliance is detecting that there is a leak in the pressure and that it is not sealed properly. Firmly push down on the Lid to help the seal form or release any built-up pressure and safely remove the Lid to check the appliance thoroughly. Make sure the Silicone Seal Ring is in place, the Lid is securely locked, and that the Pressure Limiting Valve on top of the lid is set to the "Airtight" position. Reset the appliance by unplugging it. Wait 10 seconds and plug it back in. Program the appliance again. C) Both of the above solutions will cause some liquid to have evaporated and it is recommended to add back in any liquid that has evaporated, otherwise you will keep encountering the same issue. Please note that steam escaping from the Pressure Limiting Valve or around the Lid is normal for the first 5 minutes during the Pressurising process. If it continues beyond 10 minutes or steam is still releasing when the timer has begun counting down, it may mean that the Silicone Seal Ring did not form a tight seal when the Lid was locked. This can happen to brand new appliances. Try pressing down firmly on the Lid. This should allow the Silicone Seal Ring to seal and stop any more steam from releasing.
Steam is being released around the rim of the lid during the Pressurising sequence. How do I fix this?	If this does not fix the issue, press the KEEP WARM/CANCEL button and follow the instructions to release all pressure before removing the Lid to check the Red Float Valve or the Silicone Seal Ring. Rub a wet cloth along it to make sure it is clean of debris and it is smooth. Note that the Red Float Valve is properly assembled and you are able to pull it up and down with ease by grasping the Float Valve Seal Ring. Reposition and secure the lid. Start the cooking process again.
Steam is being released from the Pressure Limiting Valve during the Pressurising sequence. How do I fix this?	This may happen during the initial start-up of the Pressurising Sequence and is normal. If it continues for more than 10 minutes, the Pressure Limiting Valve may not be positioned properly. Simply use tongs or similar utensil and oven mitt and carefully adjust the valve by gently tapping it side to side until it seals properly. If the steam continues to release, you may need to press the KEEP WARM/CANCEL button. Follow the instructions to release all pressure before opening the Lid to remove the Pressure Limiting Valve and check the thin wire spring on the underside of it. Make sure it is not bent or loose. If steam still continues to escape, the Pressure Limiting Valve may be faulty.
Steam is being released from the Red Float Valve area during the pressurising sequence. How do I fix this?	This may happen during the initial start-up of the Pressurising Sequence and is normal. If it continues for more than 10 minutes, simply use tongs or similar utensil and oven mitt to carefully adjust it so it is seated properly. This will help settle the Lid and all the valves properly. The pressure will quickly push up on the Float Valve and seal properly to finish the Pressurising sequence.
My food is finished cooking and all the pressure is released, but I cannot unlock and open my Lid. What is stuck?	Make sure all the pressure and steam has been completely released. Make sure the Red Float Valve is no longer in the up position. It may be stuck in the UP position, simply tap the Lid gently to make it go back down. Then turn the Lid clockwise to unlock the Lid. If it is still stuck, unplugging the appliance may help.
What is the clear plastic part that came with my appliance?	It is the Condensation Cup: Attach the Condensation Cup to the back of the appliance.
I've programmed the appliance to cook but it's just sitting there and nothing appears to be happening.	The appliance is still building pressure. This can take between 5-40 minutes depending on the quantity of food.
The appliance is dead or has NO POWER.	The fuse in the appliance has shorted out. This happens if the appliance is cooked without enough liquid in the Inner Pot or if there is too much electrical current going to the appliance.
The display shows E4 error.	Unplug the power cord from the wall outlet. Wait approximately 15 minutes. Plug the power cord back into the wall outlet. Press "CANCEL" button on the appliance. Select cooking process to begin cooking.
My food is burned at the bottom of the inner pot.	There is not enough liquid in the Inner Pot. Add more liquid to your Inner Pot contents.

Question	Answer
I'm having trouble closing the lid.	Sealing Ring improperly installed: Reposition the Sealing Ring. Float Valve in Up position: Gently push the Float Valve down.
I'm having trouble opening the lid.	Pressure has not fully been released: Gently turn the Pressure Limiting Valve to "CEILING VENTING" to release remaining pressure. Float Valve in Up position: Gently push the Float Valve down.
A lot of steam keeps shooting out from the valve during cooking.	The valve is in "CEILING VENTING" position: Move the Pressure Limiting Valve to "AIRTIGHT" position.
Display shows LID and beeps.	Lid is not properly closed: <ul style="list-style-type: none"> Fully turn Lid counter-clockwise to close in order to use pressure cooking functions. Fully remove Lid from body in order to use BROWN/SAUTE function. Use Lid for STEAM and SLOW COOK functions.
Display shows E3.	Overheating is detected: Press "CANCEL" to stop cooking and check if the food at the bottom of the Inner Pot is burnt.
Display is blank after plugging in power cord.	Bad power connection or no power: Check the power cord from the appliance to the wall outlet to ensure a good connection.
Rice only partially cooked or is too hard.	Didn't use enough water: Adjust rice to water ratio according to recipe. Lid opened too early: After cooking cycle is complete, leave the Lid on for an extra 5 minutes.
Rice is mushy or watery.	Adjust rice to water ratio according to recipe.

TIPS AND ADVICE

Read this manual thoroughly and follow all instructions.

- Be familiar with the recipe and have all ingredients prepped before you begin.
- Be sure the Lid is secured and locked properly before beginning.
- Cut foods into equal-sized pieces to promote even cooking. In recipes that call for multiple 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 this appliance, for example: wine, beer, bouillon, fruit juices, water, broth and more.
- After becoming familiar with your appliance, you can readily adapt conventional recipes to be used with it and in general, cut cooking times by two thirds. The amount of liquid used may also have to be reduced because there is very little evaporation in the appliance. Reduce the required 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 appliance to produce the necessary steam. Try using this rule: 1 cup of liquid for the first 15 minutes of pressure cooking then 1/3 cup of liquid for each subsequent 15 minutes. This can still vary, so if your appliance will not build pressure, you will have to add more liquid until it is able to build pressure.
- Since flavors are more intense, reduce the amount of herbs and seasonings when adapting from conventional recipes. Fresh herbs are better for pressure cooking than dried.
- In general, this appliance cooks food in about 1/3 the time of conventional cooking methods.
- If you wish to cook food in less time than the pre-programmed amount, observe the timer and press "CANCEL" when desired cooking time has elapsed.
- Always check to make sure your gasket and Float Valve are clean, unobstructed and in good working order.
- When cooking under pressure, never fill above the fill line of the Inner Pot markings.
- If you are making soup and you are at the fill line, do not release pressure manually because hot liquid could spray out.
- Never attempt to open Lid while under pressure and while Red Float Valve is still up. Always open appliance with the Lid facing away from you.
- When manually releasing pressure, evaporation of some liquid may occur (i.e. when making rice or risotto). This is normal, but caution must be used to prevent injury.
- When cooking soups or stews with hearty ingredients such as potatoes or meat, as much as 5 or 6 cups of liquid must be used to prevent ingredients from overcooking or burning.
- Never exceed the Maximum Fill Amount of the appliance.
- Make sure the Lid is on firmly and tightly and moved as far counterclockwise as it will go to allow proper locking.
- Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
- When pressure cooking is completed, follow recipe instructions for Quick or Natural Release.
- More nutrients are preserved during pressure cooking than with traditional cooking methods, as less liquid is used and thus fewer nutrients are lost to evaporation.
- Remember that it will take approximately 5-40 minutes (depending on the recipe) for pressure to build and pressure cooking to begin.

RECIPES AND COOKING GUIDELINES

- Always cook meat or poultry with at least 1-3 cups of liquid. If the cooking time exceeds 15 minutes, use 2 cups of liquid. If weight of meat or poultry is 1.5kg, use 3 cups of liquid. Preserved or salted meats should be immersed in water.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.
- Unless indicated, the cooking times given below are for 1.5 kg of meat or poultry unless noted otherwise. Additionally, the denser the cut, the longer the cooking time should be.

Meat/Poultry	Minutes	Setting
Beef/Veal, roast or brisket	38 - 42	Quick Release
Beef, Meatloaf, 1kg	13 - 18	Quick Release
BEEF, Meatballs, 1 - 2kg	7 - 12	Natural Release
Beef, corned	55 - 65	Natural Release
Pork, roast	43 - 47	Natural Release
Pork, ribs, 1kg	18	Quick Release
Pork, Ham, shank	25 - 28	Natural Release
Leg of Lamb	42 - 45	Natural Release
Chicken, whole, 1 - 1.5kg	15 - 18	Quick Release
Chicken, pieces, 1 - 1.5kg	12 - 15	Quick Release
Meat/Poultry soup/stock	15 - 20	Quick Release

SEAFOOD

- Cooking times may vary according to the type of seafood being cooked.
- Cook seafood on a cooking rack with a trivet on the bottom of the pot (if available), and add at least 3/4 cup of liquid. Lightly grease cooking rack with vegetable oil when cooking fish.

Seafood	Minutes	Setting
Clams	3 - 5	Quick Release
Crabs	3 - 5	Quick Release
Lobster, 0.5 - 1.5kg	3 - 5	Natural Release
Mussels	3 - 5	Quick Release
Shrimp	2 - 3	Quick Release
Fish, whole, gutted	7 - 8	Quick Release
Fish, Soup or Stock	7 - 8	Quick Release

VEGETABLES

- Always cook with at least 1-2 cups of liquid.
- Add 1-2 additional minutes to cooking time when preparing frozen vegetables.
- Use the quick-release method at the end of cooking cycle to avoid overcooking.

Vegetable	Minutes	Setting
Asparagus, thick, whole	2 - 5	Quick Release
Asparagus, thin, whole	1 - 2	Quick Release
Beans, fava, shelled	5	Quick Release
Beans, green, whole 800g	4 - 5	Quick Release
Beets, large, whole	23	Quick Release
Beets, 2.5cm slices	5	Quick Release
Broccoli, flowerets	3	Quick Release
Brussel sprouts, whole	5	Quick Release
Carrots, 2.5cm chunks	5	Quick Release
Cauliflower, flowerets	3 - 5	Quick Release
Corn on-the-cob (4 - 6)	4	Quick Release
Kale, coarsely chopper	2 - 3	Quick Release
Okra, small pods	3 - 5	Quick Release
Onions, whole	3	Quick Release
Potatoes, new, small, whole	6	Quick Release
Potatoes, sweet & yams, whole, medium	10 - 12	Quick Release
Potatoes, sweet & yams, 5cm chunks	7 - 8	Quick Release
Spinach, fresh, coarsely chopped	3	Quick Release
Squash, acorn, halved	8	Quick Release
Squash, butternut, 2.5cm chunks	5	Quick Release
Squash, summer, zucchini or yellow, 3.5cm slices	6	Quick Release
Turnips, small, quartered	4	Quick Release

DRIED BEANS AND LEGUMES

- Before cooking dried beans, pick over and discard any broken or shriveled beans or bits of dirt and debris. Rinse beans and drain.
- Beans may be soaked overnight, but the appliance allows you to cook beans without presoaking.
- Onions, garlic, celery, springs of fresh herbs or a bay leaf may be added for additional flavoring. Do not salt before cooking as salt inhibits cooking.
- Never cook more than 2 cups of beans per batch (2 cups of beans + 8 cups of water + seasonings + onion, garlic, herbs to taste + 4 tsp oil).
- Add 2 tsp oil per cup of beans to prevent foaming.
- After cooking beans, clean Lid, Gasket, Pressure Limiting Valve, and Float Valve carefully.
- Use natural pressure release when cooking beans.
- Cooking times may vary according to the quality of the beans or other legumes (this is partially dependent on the age of the dried beans, something you have no control over). If still hard after recommended cooking times, continue cooking uncovered. Add additional water, if necessary.

Bean/Legumes	Normal	Dried	Setting
Adzuki	7 - 8	10 - 15	Natural Release
Black Beans	20 - 25	28 - 32	Natural Release
Black Eyed Peas	11 - 12	15	Natural Release
Chick Peas	35 - 40	50 - 60	Natural Release
Kidney Beans, red	20	25 - 30	Natural Release
Lentils, green	N/A	10 - 12	Natural Release
Lentils, red	N/A	10 - 15	Natural Release
Lentils, soup	N/A	8 - 10	Natural Release
Lima Beans	7 - 8	9 - 12	Natural Release
Cannellini	18 - 22	33 - 38	Natural Release
Pinto	20 - 24	30 - 35	Natural Release
Soybeans	26 - 33	33 - 40	Natural Release

RICE & GRAINS

Before cooking, soak certain grains, such as pearl barley in four times their volume of lukewarm water for at least 4 hours or overnight if required. Do not soak rice. Do not add salt to water, since it may toughen the grains and inhibit hydration. Rice and grains are best slightly undercooked if they are to be added to soups or casseroles. Oil or butter must be added to prevent foaming.

White Rice

Use this method for cooking long-grain or basmati rice. The texture will be moister and slightly stickier than stovetop rice, more like rice from a rice cooker or Asian restaurants. The butter or oil are to prevent foaming. Salt is optional to taste (you may wish to omit salt completely if using a purchased broth).

White rice is cooked by selecting the "WHITE RICE" function and using Natural Release.

Rice & Grain	Minutes	Setting
Arborio	Sauté rice in butter/oil until opaque. Pressure cook for 6 minutes.	Natural Release
Quinoa (1.5 cups quinoa + 2.25 cups liquid/water)	3	Natural Release
Rice, brown, 1 - 1/2 cups	Select Multi-grain Function	Natural Release
Wheat, Pearl Barley, 3 cups	Select Multi-grain Function	Natural Release
Amaranth (1 cup amaranth + 2 cups liquid/water)	7	Natural Release

* Pearl barley, oatmeal or other cereals can foam, froth, and sputter, and can clog the pressure release device (steam vent). These foods should not be cooked in appliance.

*Cups referenced are with the included "rice measuring cup."

Our 12 month Guarantee

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

We stand by this product. Therefore, we offer a 12 month guarantee on the heating element. The benefits of this guarantee are in addition to any rights and remedies imposed by Australian Consumer Law. Our guarantee excludes normal wear and tear and instances where care and use instructions have not been followed.

What IsAlbi will do: During this guarantee period, IsAlbi will repair, replace or refund any defective product. If identical product is not available for replacement, a similar product may be offered. IsAlbi asks you to cover the cost of postage/transit if the product needs to be sent back to us for inspection. If IsAlbi deems the product is defective, we will reimburse your postage/transit expenses. IsAlbi will be responsible for the postage/transit of the repaired/replacement product to you.

What to do: If a fault/defect is identified, cease using the product immediately.

To make a claim on this guarantee, take the product, proof of purchase and full details of the alleged defect to the retailer from whom the product was purchased. If you cannot access the retailer or are unsatisfied with the solution offered by the retailer, contact IsAlbi via the details below.

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Mushroom and Asparagus Risotto

Serves 4-6

Prep: 10 minutes

Cook: 25 minutes

- 30g dried porcini mushrooms
 - 2 tbsp olive oil, plus extra to serve
 - 500g mixed mushrooms, trimmed and sliced
 - 1 onion, finely diced
 - 2 garlic cloves, sliced
 - 300g arborio rice
 - ½ bunch flat leaf parsley, stems and leaves separated and finely chopped
 - 750ml vegetable stock
 - 1 bunch asparagus, trimmed and cut into 3cm pieces
 - 100g frozen peas, defrosted
 - Salt and pepper, to taste
 - Parmesan, to serve
1. Rehydrate the dried porcini for 5 minutes in a bowl with 500ml of warm water. Remove the porcini with a slotted spoon and transfer to a chopping board. Roughly chop and set aside.
 2. Using the **sauté function**, heat 1tbsp of oil and sauté the fresh mushrooms in batches until golden brown, then set aside.
 3. Add the remaining oil to the pot with onion, garlic, rehydrated porcini and finely chopped parsley stems. Sauté for 5 minutes, stirring occasionally or until the onion and garlic is soft and opaque. Season to taste.
 4. Add the rice and stir for a further 5 minutes or until toasted and translucent. Strain the porcini liquid through a fine sieve and add to the toasted rice mixture, along with stock, asparagus and sautéed mushrooms. Stir well.
 5. Attach the lid, select the **rice function** and adjust the cooking time to 8 minutes.
 6. When cooking time has completed, release the pressure slowly by using the pressure valve. Stir through peas, parmesan and chopped parsley leaves. Season again to taste and serve with a drizzle of olive oil and some crunchy bread.

Multigrain Salad

Serves 4

Prep: 5 minutes

Cook: 15 minutes

- ½ cup pearl barley, rinsed
 - ½ cup freekeh, rinsed
 - 3 tbsp extra virgin olive oil
 - 1 cup natural yoghurt
 - 1 tbsp maple syrup
 - 1 tsp ground cumin
 - ½ red onion, finely diced
 - ½ cup currants
 - ½ cup slivered almonds, toasted
 - ½ bunch coriander, leaves and stems finely chopped
 - 1 lemon, juice and zest
 - Salt and pepper, to taste
1. Place the barley, freekeh, 1tbsp of olive oil and 2 cups of water into the stainless-steel inner pot and stir well. Attach the lid, select the **multigrain function** and adjust cooking time to 15 minutes.
 2. When cooking time has completed, release the pressure slowly by using the pressure valve. Drain any excess water and set the grains aside to cool.
 3. Place yoghurt, maple syrup and cumin in a small bowl and stir well to combine.

4. Combine red onion, currants, almonds, coriander, lemon juice/zest and remaining olive oil in a large bowl. Add the cooled grains and mix well, seasoning to taste.
5. Transfer the grain salad to a serving platter, dollop with the cumin-yoghurt and serve alongside grilled meats.

Minestrone Soup

Serves 4-6

Prep: 5 minutes

Cook: 15 minutes

- 2 tbsp olive oil
 - 1 brown onion, thinly sliced
 - 2 cloves garlic, thinly sliced
 - ½ bunch flat leaf parsley, stems and leaves separated and finely chopped
 - 2 carrots, peeled and diced
 - 2 celery stalks, diced
 - 2 zucchinis, diced
 - 400g can diced tomatoes
 - 400g can kidney beans, rinsed
 - 1L vegetable stock
 - 1 bay leaf
 - 2 thyme sprigs
 - ½ bunch tuscan kale, roughly chopped
 - Parmesan, to serve
 - Salt and pepper, to taste
1. Using the **sauté function**, heat 1tbsp of oil and sauté onion, garlic and parsley stem until soft and opaque. Add carrot and celery and cook for a further 5 minutes.
 2. Place zucchini, diced tomatoes, kidney beans, stock, bay and thyme into the pot. Season to taste and stir well.
 3. Attach the lid, select the **soup function** and adjust cooking time to 8 minutes.
 4. When cooking time has completed, release the pressure slowly by using the pressure valve. Season again to taste and stir through kale. Garnish with shaved parmesan and freshly chopped parsley and serve with some crusty bread.

Chickpea Curry

Serves 4-6

Prep: 5 minutes

Cook: 20 minutes

- 1 tbsp olive oil
 - 1 small red onion, finely diced
 - 2 garlic cloves, minced
 - 1 tsp ground turmeric
 - 1 tsp garam masala
 - ½ tsp ground cumin
 - ¼ tsp chilli powder
 - 1 tsp curry powder
 - 3 tomatoes, grated
 - 400g can coconut milk
 - 2 x 400g can chickpea, rinsed
 - 1 cup shredded silverbeet
 - Coriander to serve
 - 1 lime, cut into wedges
1. Using the **sauté function**, heat oil and cook onion and garlic until soft and opaque. Add turmeric, garam masala, cumin, chilli powder and curry powder. Cook and stir for a further 2 minutes until the spices are toasted and aromatic.
 2. Add tomatoes, coconut milk and chickpeas. Season to taste and stir well.
 3. Attach the lid, select the **bean function** and adjust cooking time to 8 minutes.
 4. When cooking time has completed, release the pressure

slowly by using the pressure valve. Thicken the sauce by lightly crushing chickpeas with a potato masher. Stir through silverbeet and season again to taste. Garnish with coriander and add a squeeze of lime juice. Serve with steamed basmati rice and roti bread.

Chilli Con Carne

Serves 4-6

Prep: 5 minutes

Cook: 60 minutes

- 2 tbsp olive oil
- 1 brown onion, finely diced
- 2 garlic cloves, sliced
- 1 red capsicum, diced
- 1 tsp chilli powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 300ml beef stock
- 400g can chopped tomatoes
- 1 tbsp tomato paste
- 400g can red kidney beans, drained
- Salt and pepper, to taste
- ½ bunch coriander, to serve
- Corn chips and guacamole, to serve

1. Using the **sauté function**, heat oil and cook onion, garlic and capsicum until soft. Add chilli powder, paprika and cumin. Cook and stir for a further 2 minutes until the spices are toasted and aromatic.
2. Add beef mince and cook, stirring occasionally until well browned. Add beef stock, tomatoes, tomato paste and kidney beans to the pot. Season to taste and stir well.
3. Attach the lid, select the **bean/chilli function** and adjust cooking time to 30 minutes.
4. When cooking time has completed, release the pressure slowly by using the pressure valve.
5. Select the **sauté function** and simmer for a further 12 minutes, reducing the sauce by half.
6. Season to taste, garnish with coriander and serve with corn chips and guacamole.

Chicken Cacciatore

Serves 4-6

Prep: 10 minutes

Cook: 50 minutes

- 2 tbsp olive oil
- 1 brown onion, sliced
- 2 garlic cloves, sliced
- ½ bunch flat leaf parsley, stems and leaves separated and finely chopped
- 1 yellow capsicum, deseeded and sliced
- 2 carrots, diced
- 200g brown mushrooms, halved
- 1.8kg chicken thigh, skin-on, bone-in
- 500ml chicken stock
- 400g can crushed tomatoes
- 400g can cherry tomatoes
- ½ cup kalamata olives, pitted
- 2 springs oregano
- Salt and pepper, to taste
- ½ bunch parsley, chopped
- Steamed potatoes, to serve

1. Using the **sauté function**, heat 1tbsp of oil and sauté onion, garlic and parsley stems until soft and opaque. Add capsicum, carrot and mushrooms. Cook for a further 5 minutes. Remove from pot and set aside.
2. Heat the remaining oil and cook chicken in batches until well browned. Deglaze the pot with chicken stock and return the sautéed vegetables and chicken to pot. Place tomatoes, olives and oregano in the pot. Season to taste and stir well.
3. Attach the lid, select the **poultry function** and adjust the cooking time to 20 minutes.
4. When the cooking time has completed, release the pressure slowly by using the pressure valve.
5. Remove the chicken and most of the solids using a slotted spoon. Select the **sauté function** and simmer for 10 minutes, thickening the sauce and reducing by half. Season again to taste, garnish with freshly chopped parsley leaves and serve with crushed, steamed potatoes.

Osso Bucco

Serves 4-6

Prep: 10 minutes

Cook: 60 minutes

- 2 tbsp olive oil
 - 1 brown onion, finely sliced
 - 2 cloves garlic, finely sliced
 - ½ bunch flat leaf parsley, stems and leaves separated and finely chopped
 - 1 carrot, diced
 - 1 celery stalk, diced
 - 1.5kg veal shanks, 3-inch-thick, tied around the circumference with string
 - 1 cup beef stock
 - 400g can chopped tomatoes
 - 1 rosemary sprig
 - 2 thyme sprigs
 - Salt and pepper, to taste
 - Polenta, to serve
1. Using the **sauté function**, heat 1tbsp of oil and sauté onion, garlic and parsley stems until soft and opaque. Add carrot and celery and cook for a further 2 minutes. Remove from pot and set aside.
 2. Heat the remaining oil and cook shanks in batches until well browned. Deglaze the pot with beef stock and return sautéed vegetables and shanks to pot. Place tomatoes, rosemary and thyme in pot. Season to taste and stir well.
 3. Attach the lid, select the **meat/stew function** and adjust the cooking time to 30 minutes.
 4. When the cooking time has completed, release the pressure slowly by using the pressure valve.
 5. Remove shanks and most of the solids using a slotted spoon. Select the **sauté function** and simmer for 10 minutes, thickening the sauce and reducing by half.
 6. Season again to taste, garnish with freshly chopped parsley leaves and serve with creamy polenta.

Tip: Beef shanks can be substituted for veal shanks, just ask your butcher to cut into 1.5 inch-thick pieces as they're generally more than double the width of a veal shank.

Savory Rice Porridge (Congee)

Serves 6

Prep: 10 minutes

Cook: 30 minutes

- 1 tbsp olive oil
 - 500g chicken thighs, skin removed and trimmed
 - 1.5L chicken stock
 - 200g long-grain rice
 - 1 thumb-size piece of ginger, peeled and julienned
 - 4 spring onions, sliced
 - 2 red chillies, thinly sliced
 - 3 eggs, soft boiled and halved
 - Soy sauce, to taste
 - Sesame oil, to taste
 - Oyster sauce, to taste
 - Chinese doughnuts (Youtiao), to serve
1. Using the **sauté function**, heat oil and cook chicken in batches until well browned. Deglaze the pot with chicken stock and add rice and ginger. Season to taste and stir well.
 1. Attach the lid, select the **porridge function** and adjust cooking time to 30 minutes.
 2. When cooking time has completed, release the pressure slowly by using the pressure valve.
 3. Remove chicken, shred and set aside.
 4. Select the **sauté function** and simmer congee, stirring for 10 minutes or until your desired thickness is reached. Return chicken to the pot, stir well and season to taste.
 5. Divide congee between serving bowls and garnish with spring onion, fresh chilli, soft boiled eggs and sauces to taste. Serve with Chinese doughnuts.

Rogan Josh (Lamb Curry)

Serves 4

Prep: 10 minutes

Cook: 3hr 20 minutes

- 40g butter
 - 1 brown onion, finely sliced
 - 3 garlic cloves, finely sliced
 - 1tbsp ginger, peeled and grated
 - ½ bunch coriander, stems and leaves separated and finely chopped
 - 1 cinnamon stick
 - 6 cardamom pods, crushed
 - 4 tsp ground coriander
 - 4 tsp ground cumin
 - 2 tsp turmeric powder
 - 1 tsp garam marsala
 - 1kg boneless lamb shoulder, cut into 3cm pieces
 - 100g tomato puree
 - 400ml chicken stock
 - Salt and pepper, to taste
 - Greek yoghurt, to serve
 - Cucumber, thinly sliced, to serve
 - Basmati rice, to serve
1. Using the **sauté function**, heat butter and cook onion, garlic, ginger, coriander stem, cinnamon and cardamom for 5 minutes, stirring continuously.
 2. Add ground coriander, cumin, turmeric and garam marsala. Continue to cook for 2 minutes or until aromatic.
 3. Add lamb, tomato puree and chicken stock. Season to taste and stir well.
 4. Attach the lid, select the **slow cook function** and adjust the cooking time to 3 hours.

5. When the cooking time has completed, release the pressure slowly by using the pressure valve.
6. Remove lamb and most of the solids using a slotted spoon. Select the **sauté function** and simmer for 10 minutes, thickening the sauce and reducing by half.
7. Return lamb to pot, stir well and season again to taste.
8. Divide between serving bowls, garnish with coriander, yoghurt, cucumber and serve with steamed basmati rice.

Yoghurt

Serves 8-10

Prep: 5 minutes

Cook: 8 hours

Setting: Overnight

- 2L whole milk
 - 35g plain Greek yoghurt, with live cultures
1. Ensure the stainless-steel inner pot is sterile by running it through a hot dishwasher cycle or under boiling water. Place milk in pot, attach lid, and select the 8-hour yoghurt function.
 2. The **yoghurt function** will heat milk to 75°C. Once temperature has been reached, the machine will beep - this takes approximately 15 minutes. The 8-hour timer will now begin. Remove lid and allow milk to cool down to a temperature of 42°C degrees - this will take around 30 minutes (please watch for this).
 3. Once milk has cooled, remove milk skin, add Greek yoghurt and whisk well to combine. It is important that the yoghurt starter is not added to hot milk or the live cultures will die.
 4. Attach lid and allow the yoghurt setting to continue.
 5. When cooking time has completed, remove the inner pot. Carefully transfer the yoghurt to a storage container and refrigerate overnight until set. Homemade yoghurt will last, refrigerated, up to one week.

Note: Make sure the yoghurt label lists 'live cultures' under the ingredients list. These cultures are necessary to the yoghurt making process.