

MASTERPRO

PREMIUM QUALITY

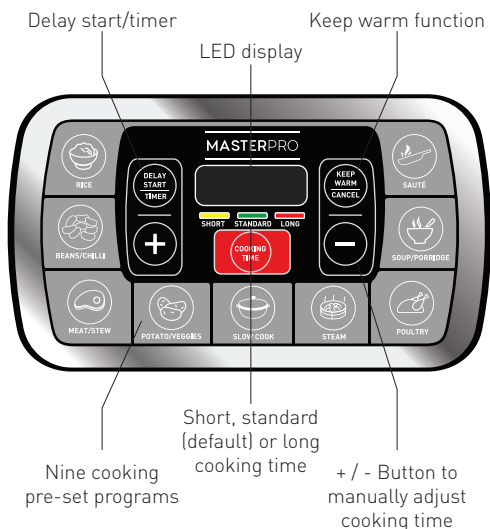
12 IN 1 ULTIMATE COOKER

MPULTIMATECOOK

www.master-pro.com.au

Thank you for choosing the MasterPro 12 in 1 Ultimate Cooker. To ensure proper operation and to maintain the lifespan of your appliance, please read these instructions carefully before use.

FEATURED PARTS



SAFETY FIRST

- Appliance is not to be used 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.
- Always attach power cord to appliance first, then plug cord into the wall outlet. To disconnect, turn off by pressing KEEP WARM/CANCEL, then remove plug from wall outlet.
- Do not touch hot surfaces of appliance. Use side handles for carrying.
- Do not place appliance on or near a hot gas or electric burner, or in a heated oven.
- Intended for counter-top use only. Do not operate appliance on an unstable surface.
- Do not use appliance for anything other than intended use.
- Never deep fry or pressure fry in the appliance using oil.
- Do not let cord hang over edge of table or counter or touch hot surfaces.
- Do not operate appliance with damaged cord or plug, after it has malfunctioned or if it has been damaged in any manner.
- Do not open appliance until it has cooled, and all internal pressure has been released. If floating pressure valve is still up or lid is difficult to turn, it is an indication that appliance is still pressurised. Do not force it open.
- Make sure pressure valve handle is in sealing position for all pressure-cooking functions.
- Unplug from power outlet when not in use and before cleaning.
- For all pressure-cooking functions, total amount of pre-cooked food and liquid in inner pot should not pass the 4/5 line. When cooking food that expands while cooking (like rice, beans or some vegetables) inner pot should not pass the 16 Cup line. Overfilling may risk clogging steam release and causing excess pressure. It may also cause leakage, personal injuries or damage to appliance. These fill level warnings do not apply to non-pressure-cooking functions.
- Do not immerse appliance base in water. To protect against electrical shock, do not immerse cord, power plug or appliance in any liquid.
- Allow appliance to cool before putting on or taking off parts, and before cleaning.
- For indoor household use only. Not intended for outdoor use.
- Extreme caution must be used when moving an appliance containing hot liquids.
- Appliance cooks under pressure. Improper use may result in scalding injuries. Make sure lid is properly closed before operating.
- Use of accessories and parts that are not supplied by the manufacturer may cause the appliance to malfunction or serious hazardous situations including personal injury.
- Be aware that certain foods including apple sauce, cranberries, pearl barley, oats/other cereals, split peas, noodles, macaroni, rhubarb and spaghetti can foam, froth, sputter and clog steam release. These foods should not be cooked under pressure functions unless as directed in cooker recipes.
- Always check pressure valve and float valve for clogging before use.
- If appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance.
- **CAUTION: HOT SURFACES**
Appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of personal injury, fires and damage to property.

PACKAGING AND RECYCLING

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

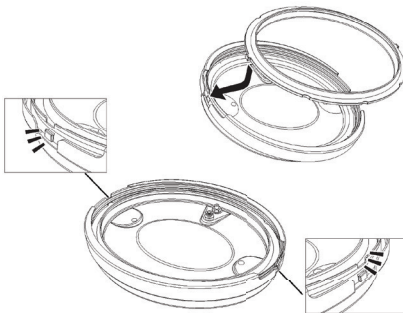
- **REUSE**
Keep packaging to safely store or transport your appliance, preventing damage.
- **RECYCLE**
Look for recycling symbols on packaging components to identify if they are recyclable. Check with your local authority to find out what materials are accepted for recycling in your area.
- **DISPOSE**
Look for symbols on packaging components and dispose of materials accordingly.

PRE-PROGRAMMED FUNCTIONS

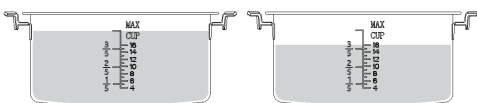
Function	Cooking Time			Cooking time range	Method
	Short	Standard (Default)	Long		
Rice	08mins	12mins	25mins	1-60 mins	Pressure
Beans/Chilli	15mins	20mins	30mins	1-60 mins	Pressure
Meat/Stew	10mins	20mins	30mins	1-60 mins	Pressure
Potato/Veggies	2mins	4mins	20mins	1-60 mins	Pressure
Slow Cook	2hrs	4hrs	12hrs	1-12 hrs	Cooking
Steam	02mins	05mins	12mins	1-60 mins	Pressure
Poultry	05mins	15mins	30mins	1-60 mins	Pressure
Soup/Porridge	20mins	30mins	60mins	1-60 mins	Pressure
SAUTÉ	15mins	20mins	30mins	1-30 mins	Cooking

OPERATING YOUR ULTIMATE COOKER

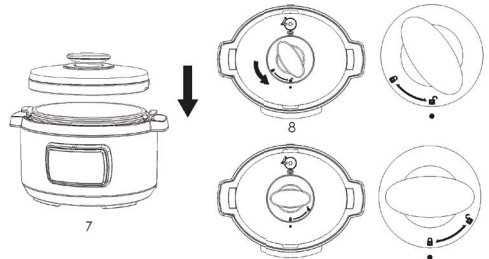
1. Before first use clean parts of appliance as described in the Cleaning section.
2. To open lid, grip easy lid lock handle and turn clockwise and lift upward.
3. Check silicone gasket is in place as pictured below.



4. Ensure outside of inner pot is dry, and place it back inside the exterior pot, rotating it slightly to ensure proper contact with heating plate. Make sure there is no food or other matter in between the inner pot and exterior pot.
5. Plug in appliance. A beep will sound when power is on for the first time. Appliance will go into standby mode and the display shows **--:--**
6. Place ingredients inside inner pot. Monitor level of water and ingredients to ensure they do not exceed the MAX line marking on the inner pot. Rice, beans or other ingredients that expand during cooking should not be filled below the 16 Cup marking as shown below.



7. Place lid on top of appliance. Turn easy lid lock handle anti-clockwise to the lock position until lid locks in place as shown below.




CAUTION

Make sure lid is closed and properly aligned before use. If not closed properly, cooker will not work and display will flash LID. Do not put lid on when using the SAUTÉ program.

8. Select desired function, see table for a guide. Screen will automatically show the STANDARD time for your chosen program.
9. To adjust time, select COOKING TIME button. This will let you select pre-programmed longer or shorter cooking time if you wish to deviate from standard. You can also manually adjust the time by using the **+** and **-** buttons.
10. Screen will show flashing "Waiting" (see below). This means that pressure is building.




11. Once pressure is reached, timer will start and floating pressure valve will have lifted.
12. Once timer has finished, three beeps will sound. Turn pressure valve to "VENTING"  to release steam. Once the steam has released the float valve will have dropped and pressure has released. Unlock lid and food is ready.

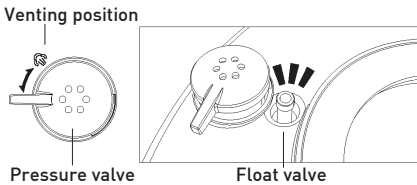
13. To use the delay start function, select the Delay Start/Timer button. Delay is 30 minutes by default. To adjust the delay start time, press the **+** or **-** button to increase or decrease the time by 30 minutes increments. Select Cooking function, 5 seconds later your delay start will activate. Once the delay start time is complete your chosen cooking function will start. Cooking can be delayed for up to 24 hours (except for SAUTÉ function).
14. After cooking, the machine will automatically stay on "Keep Warm" at a temperature of 60-80 C.

OPENING THE LID AFTER COOKING

- Before opening the appliance, ensure pressure cooking function has completed or press Warm/Cancel button to stop a program. There are two ways to release pressure before opening the lid:

1. QUICK RELEASE

Turn pressure valve handle to VENTING  position to let out steam until floating valve pressure drops down (see below).



Caution: Keep hands and face away from hole on top of pressure valve when using, the quick release method. Escaping steam is very hot and can cause scalds. During pressure releasing process, protect your skin by avoiding any contact with escaping steam or stainless-steel portion of lid. Press down gently on lid and turn clockwise until lid meets resistance. Lift carefully and place aside. Avoid personal injury resulting from hot unit surfaces and dripping liquids. For food with large liquid volume or starch content (e.g. porridge or congee), use the natural release method instead as thick liquid may splatter out.

2. NATURAL RELEASE

Allow cooker to cool down naturally until pressure valve drops down. This may take up to 15 to 40 minutes, or even more, depending on the amount of food in cooker. After cooking has finished, make sure Keep Warm mode is switched off.

Caution: DO NOT try to open lid until pressure inside pot is completely released. As a safety mechanism, until the pressure valve drops down, lid is locked and cannot be opened.

PRESSURE COOKING

RICE

- The below tables show how many cups (using cup supplied) of dry rice and water produce a certain quantity of cooked rice and required cooking time to do this. For rice recipes, see page 9.

Tips:

1. For fluffier rice add a little extra water, reduce water for firm rice.
2. We do not recommend cooking wild rice alone as it requires a significant amount of water.
3. Ensure that the rice is evenly spread across the bottom of the inner pot and not heaped to one side.
4. Always wash rice before cooking, this removes starch preventing clumping.

White rices including jasmine and basmati

Cups of uncooked rice	Cups of cold water	Cups of cooked rice	Cooking time (mins)
2	2	5	10-12
4	4	9	12-15
6	6	15	15-20
8	8	16	20-25
10	10	27	25-30

Brown rice includes sushi, arborio and quinoa

Cups of uncooked rice	Cups of cold water	Cups of cooked rice	Cooking time (mins)
2	3	5	25-30
4	6	10	30-40
6	9	15	40-45

BEANS/CHILLI

- Use this function to cook your beans – or make great lentil curries, chillies and homemade baked beans. Follow your favourite recipe for chilli con carne or make a simple bean dish.
- Ensure lid is locked securely in place and steam release handle is in sealing position. Follow the below guidelines for recommended cooking times:

Pulse type	Soaked - Quick Release (mins)	Soaked - Manual Release (mins)	Unsoaked - Quick Release (mins)
Pinto beans	1-3	4-6	22-25
Red kidney beans	5-8	10-12	20-25
Cannellini beans	6-8	10-13	30-40

Pulse type	Soaked - Quick Release (mins)	Soaked - Manual Release (mins)	Unsoaked - Quick Release (mins)
Soy beans, beige	16-18	9-12	28-35
Soy beans, black	6-8	20-22	35-40
Chickpeas	9-14	13-18	30-40
French green lentils	-	-	10-12
Green, brown lentils	-	-	8-10
Red, split, yellow lentils	-	-	4-6
Split, green, yellow peas	-	-	6-10

- Tip: cook beans in bulk, portion out in containers and freeze to store. For recipes, see pages 8.

MEAT/STEW

- The versatile function allows you to cook at the temperature your recipe requires for tender meats and poultry. Try the pulled chicken recipe on page 11 to eat immediately or save for sandwiches the next day. Use time key to adjust cooking time depending of type and quantity of meat. Ensure lid is locked securely in place and steam release handle is in sealing position.

STEAM

- Pour ½ cup water into inner pot and secure steam rack. We recommend using the quick release lid opening method to release steam and remove the lid once cooking is complete (allowing appliance to cool naturally may overcook your food).
- Exercise extreme caution when releasing steam using this method. Do not let the inner pot dry out during the steaming process.
- Tip: when steaming fish, ensure the fillet is seasoned prior to steaming. Lay fillets so they do not overlap, cook for 8-10 minutes or until the fish is flaky and opaque in colour.
- Poultry can also be steamed, making sure all pieces are a similar size with visible fat and skin removed. Lay so there is no overlapping, and cook for 18-20 minutes for thigh, 20-25 minutes for breast, and 30-35 minutes for drumsticks. Pierce the thickest part. If juice runs clear, poultry is cooked. For a browned appearance, sear using the SAUTÉ function.

- Fresh or frozen dumplings and buns can be steamed. Place on pieces of baking paper to avoid sticking to the tray. Fresh buns and dumplings

will take approximately 10-15 minutes and frozen dumplings 10-20 minutes.

- When steaming fresh or frozen vegetables, try to ensure they are cut to a standard size for even cooking. When steaming frozen vegetables, no thawing is needed. Adjust cooking time to personal taste.

POTATO/VEGGIES

- Cook tender potatoes, pumpkin or your favourite root vegetables. Create homemade fries, mash, or toss your roasted potatoes in butter and fresh herbs. See pages 9 for recipes. Use the cooking time key to adjust cooking time depending on recipe and quantity. Ensure lid is locked securely in place and pressure valve is in sealing position.

Vegetables	Quantity	Cooking time (mins)
Snow peas	250g	4-5
Frozen peas	250g	4-5
Zucchini	350g	5-6
Broccoli	250g	8-10
Cabbage	500g	10-12
Asparagus	2 bunches	12-14
Beetroot	300g	12-14
Brussels sprouts	375g	17-19
Corn	2 small cobs	20-25

SOUP/PORRIDGE

- Adjust cooking time as necessary for your recipe. Ensure lid is locked securely in place and steam release handle is in the sealing position. It is recommended to use the manual release lid opening method to remove lid once cooking is complete. Turning pressure valve to the venting position may cause soup or porridge to release with the steam and block the vent. For recipes, see page 8.

POULTRY

- Cook a whole chicken or small turkey in the large 8 litre capacity pot. Adjust the cooking time depending on the size of your poultry. Ensure lid is locked securely in place and pressure is in sealing position. See recipe on page 12.

NON-PRESSURE COOKING

SLOW COOK



- Designed to layer flavours, a technique professionals

use to enhance taste. Use appliance as a slow cooker for meals such as lamb shanks and curries. Chicken or small pieces of meat will have the best results when cooked for 3-4 hours. Larger pieces such as lamb will have best results when cooked for 6-8 hours. Note cooking times are approximate only, times can vary depending on ingredients and quantities. For recipes, see page 10.

SAUTÉ

- The SAUTÉ function requires lid to be open. SAUTÉ ingredients in preparation for your slow cooked meals. Brown or simmer meats and vegetables as required.

ULTIMATE COOKER TIPS

- When opening lid, inner pot may adhere to lid. This is caused by a vacuum effect while cooling.
- To release vacuum, move pressure valve to the VENTING  position.
- If floating pressure valve is stuck, move to VENTING  position. When steam is released, push the floating valve down with a pin or long stick.
- Always add at least 1 cup (250 mL) of liquids so enough steam can be generated to cook under pressure. This could be water, cooking sauces, wine, beer, stocks or juices of fruits and vegetables.
- Oils and oil-based sauces do not have enough water content and will not count towards required liquid volume.
- Pressure and cooking times will vary according to temperature and quantity of the ingredients. Food that is cold or frozen will take longer to cook than food that is at room temperature.
- When using Delay Start program, allow enough cooling time before serving.
- The Delay Start program is not recommended for porridge, oatmeal or other foamy and thick liquids. Cooking progress should be monitored when cooking these foods.

CLEANING

- Unplug appliance after each use and allow to cool completely. Do not clean appliance until it has cooled.

WARNING

- Do not immerse appliance in water or other liquids. This could lead to electrical shocks.
- Clean exterior of appliance with a damp cloth once cooled.
- Remove the pressure valve and clean opening with a pin to remove any blockage that may have built up during cooking process.
- Hand wash inner pot, lid, steam rack, rice paddle and soup ladle.
- Soak inner pot in hot water and bicarbonate soda to remove resistant odours after cooking strong smelling foods.
- To clean the lid, remove the silicone gasket and hand wash separately in a mild detergent and dry thoroughly. Do not use abrasive scourers or cleaners.

STORAGE

- Cool before storing.
- Remove cord from appliance for easy storage.

OUR 12 MONTH GUARANTEE

In Australia, 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 12 in 1 Ultimate Cooker. 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 Albi will do: During this guarantee period Albi will repair, replace or refund any defective product. If identical product is not available for replacement, a similar product may be offered. Albi asks you to cover the cost of postage/transit if the product needs to be sent back to us for inspection. If Albi deems the product is defective, we will reimburse your postage/transit expenses. Albi will be responsible for the postage/transit of the repaired/replacement product back 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 Albi via the details listed below.

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TROUBLESHOOTING

Problem	Possible reasons	
Difficulty with closing the lid	Silicone gasket is not properly installed	Position the silicone gasket correctly
	Floating pressure valve in the popped-up position	Slightly press the float valve downward
Difficulty with opening the lid	Pressure exists inside the cooker	Position the steam release valve to the venting position to reduce the internal pressure. Open the lid after the pressure is completely released.
	Float valve stuck in the popped-up position	Press the float valve lightly with a pen or long utensil
Steam leaks from the rim of the lid	No silicone gasket (sealing ring)	Install the silicone gasket
Steam leaks from the floating pressure valve	Food debris attached to the silicone gasket	Clean the silicone gasket
	Lid not closed properly	Open then close the lid again
Float valve doesn't rise	Food debris on the valve silicone seal	Clean the valve silicone seal
	Float valve obstructed by the lid locking pin	Close the lid completely
Steam comes out from the pressure valve non-stop	Pressure valve not in sealing position	Turn the pressure valve handle to the sealing position
	Pressure control issue	Return to place of purchase with your receipt
Rice is half cooked or too hard	Too little water	Adjust dry rice and water ratio according to recipe
	Lid opened too early	After cooking cycle completes, leave the lid on for 5 more minutes
Display remains blank after connecting the power cord	Bad power connection or no power	Inspect the power cord to ensure a good connection, check if the power outlet is active
	Cooker's electrical fuse has blown	Return to place of purchase with your receipt
Occasional ticking or light cracking sound	Changing temperature of appliance	This is normal
	Bottom of the inner pot is wet	Wipe bottom of the inner pot dry before cooking (unplug)
Displays "E03" error code	Food burned on the bottom of inner pot	Clean the sticky or burned food off the inner pot
	Overheating, power board malfunction	Return to place of purchase with your receipt
Displays "E01", "E02" or "E04" error code	A malfunction	Return to place of purchase with your receipt

RECIPES

Stewed Banana and Cocoa Nib Porridge

Serves 6-8



INGREDIENTS

- 1 ½ cups rolled oats
- 1 ¼ cups milk
- 3 bananas, separated
- 3 ¾ cups water
- 1 ½ tsp. cinnamon
- 2 ½ tbsp. cocoa nibs

METHOD

1. Add rolled oats, one mashed banana, cinnamon, milk and water to the inner pot. Stir to combine. Select SOUP/PORRIDGE function and adjust cooking time to 10 minutes.
2. When cooking time has completed, turn keep warm setting off to prevent scorching. Release pressure slowly using pressure valve.
3. Garnish porridge with cocoa nibs and remaining banana, sliced.

Tip: Top porridge with current season fresh fruits.

Bacon Baked Breakfast Beans

Serves 8-10



INGREDIENTS

- 400g dried haricot beans (soaked overnight in water with 1 tsp. bicarbonate soda)
- 200g tomato paste
- 80g molasses
- 80g brown sugar
- 2 garlic cloves, finely chopped
- 2 tbsp. Worcestershire sauce
- 2 tsp. Dijon mustard
- 2 tsp. salt
- Pinch of pepper
- 1 brown onion, finely diced
- 400g speck, diced
- 4 tbsp. apple cider vinegar

METHOD

1. Add drained, soaked beans, along with all other ingredients to inner pot.
2. Select BEANS/CHILLI function and adjust cooking time to LONG.
3. When cooking time has completed, do not depressurise. Re-select BEANS/CHILLI function and adjust cooking time to LONG.
4. When cooking time has completed, release pressure slowly using pressure valve. Remove lid.
5. Using the SAUTÉ function, simmer beans for a further 30 minutes until sauce thickens and has reduced by half.

6. Serve beans on toast with eggs of your choice.

Tip: Older beans take longer to cook. If your beans still have bite after the cooking time has completed, repeat process until cooked.

Speedy Chicken Stock Yields 5 litres

INGREDIENTS

- 2kg chicken wings
- 4L water
- 2 carrot, roughly chopped
- 2 onion, quartered
- 2 celery sticks, roughly chopped
- 2 bay leaves
- 5 black peppercorns

METHOD

1. Select SAUTÉ function, adding chicken wings and water to inner pot. Bring to a boil.
2. Skim surface of impurities then add all remaining ingredients.
3. Attach lid, selecting SOUP/PORRIDGE function. Adjust cooking time to 45 minutes.
4. When cooking time has completed, allow cooker to release pressure naturally.
5. Strain stock then refrigerate overnight to allow fat to rise to the surface.
6. Once cooled overnight, skim fat with a spoon and discard. Portion stock and freeze.
7. Frozen stock will keep for up to 6 months.

Tip: Use frozen stock as the base of risotto, soup, gravy or absorption style rice. It can also be used to serve dumplings in a broth.

Garden Vegetable Soup Serves 10

INGREDIENTS

- 2 tbsp. olive oil
- 2 small brown onions, sliced
- 2 leeks, chopped
- 4 stalks celery, diced
- 4 carrots, diced
- 8 sprigs thyme
- 1kg Roma tomatoes, chopped
- 8 cups water
- 2 vegetable stock cubes
- ¼ bunch flat leaf parsley, chopped
- Salt and pepper to taste



METHOD

1. Select SAUTÉ function on the appliance.
2. Add olive oil, onion and leek and SAUTÉ for 5 minutes or until softened.
3. Add all remaining ingredients to pot, except parsley, and stir to combine.
4. Lock appliance lid into place and select SOUP/PORRIDGE function.
5. When cooking time has completed, allow cooker to release pressure naturally.
6. Stir through parsley, season to taste and serve immediately.

Chicken and Chorizo Paella

Serves 10

Yield: 3kg



INGREDIENTS

- 4 skinless free-range chicken thighs, diced
- 4 garlic cloves, sliced
- 2 onions, finely diced
- 2 small red capsicums, finely diced
- ½ bunch flat leaf parsley, stalks separated, finely chopped
- 200g chorizo, sliced
- 1 tsp. smoked paprika
- ¼ cup tomato purée
- 600g paella rice
- 1.5L chicken stock
- 200g frozen peas
- Juice and zest of 2 lemons
- Olive oil for frying

METHOD

1. Select SAUTÉ function, heat oil in inner pot and brown chicken. Remove from pot and set aside.
2. Add garlic, onion, capsicum, finely chopped parsley stalks, chorizo and paprika to inner pot. SAUTÉ for 10 minutes, stirring occasionally. Season to taste.
3. Add chicken back to inner pot along with tomato purée and rice, stirring until rice is translucent.
4. Add stock and stir. Attach lid and select RICE function.
5. When cooking time has completed, release pressure slowly using pressure valve. Stir through peas, lemon juice and zest, freshly chopped parsley and season again to taste.

Chickpea and Sweet Potato Curry

Serves 4–6



INGREDIENTS

- 400g tinned chickpeas, drained
- 1 tbsp. olive oil
- 1 large onion, finely diced
- 3 cloves of garlic, finely chopped
- 1 small red chilli, finely chopped
- 1 or 2 star anise
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 400g tinned diced tomatoes
- 500g sweet potato, cut into 2cm cubes
- 1 cup vegetable stock
- Salt and pepper to taste
- 125mL coconut milk (optional)
- ¼ cup fresh coriander, chopped

METHOD

1. Select SAUTÉ (timer will start for 20 minutes) and allow to heat for 2 minutes, add oil, onions and garlic and SAUTÉ for 3 minutes, until translucent.
2. Add chilli, star anise, ground coriander and cumin and SAUTÉ for 3 minutes or until the spices are fragrant, stirring occasionally.
3. Add chickpeas, tomatoes, sweet potato, vegetable stock and salt and pepper.
4. Bring to boil and secure lid. Ensure the pressure valve on the lid is in the Sealed position (If there is still time left on SAUTÉ, press KEEP WARM/CANCEL button).
5. Select VEGGIES function, then press COOKING TIME button to increase time to LONG.
6. Cooker will increase in pressure, once at temperature timer will start.

Mushroom and Truffle Risotto

Serves 10



INGREDIENTS

- 60g butter
- 1 tbsp. olive oil
- 500g mushrooms, sliced
- 2 small brown onions, finely diced
- 600g Arborio rice
- 1 cup dry white wine
- 1.5L chicken stock
- Salt and pepper for seasoning
- ¼ parmesan, grated
- 2 tsp. truffle oil

METHOD

1. Select SAUTÉ function, heat ½ of the butter and olive oil in inner pot and SAUTÉ mushrooms in batches until browned. Set aside.
2. Add onion and rice along with remainder of butter and olive oil to the inner pot, stirring until translucent.
3. Add wine, stock, salt and pepper and stir to combine. Secure lid and select RICE function.
4. When cooking time has completed, release pressure slowly using pressure valve. Stir through parmesan, Sautéed mushrooms and truffle oil. Season to taste and serve.

Traditional Bolognese Sauce

Serves 10–12

Yield: 2kg

INGREDIENTS

- Olive oil for frying
- 2 small brown onions, finely diced
- 3 garlic cloves, finely sliced
- 2 carrots, finely diced
- 2 celery sticks, finely diced
- 150g bacon, diced
- 1.2kg beef mince
- 500mL red wine
- 3 x 400g cans chopped tomatoes
- 4 sprigs fresh thyme, chopped

METHOD

1. Select SAUTÉ function, heat oil and add onion, garlic, carrot, celery, and bacon. Season to taste and cook for 15 minutes, stirring occasionally until caramelised.
2. Add beef mince and cook until well coloured.
3. Add red wine, bring to the boil, then simmer until reduced by half.
4. Add tomatoes and thyme, attach lid and select MEAT function, adjusting cooking time to LONG.
5. When cooking time has completed, release pressure slowly using pressure valve.
6. Select SAUTÉ function. Simmer Bolognese for a further 12 minutes, reducing sauce by half.
7. Serve immediately over hot pasta or cool and portion before freezing.
8. Frozen bolognese will keep for up to 6 months.

Tip: use for lasagne, baked potato toppings, moussaka, shepherd's pie or as a toasted sandwich filling.

Chilli Con Carne

Serves 8–10

INGREDIENTS

- 2 tbsp. olive oil
- 2 brown onions, chopped
- 2 red capsicums, chopped
- 4 garlic cloves, crushed
- 2 tsp. hot chilli powder
- 2 tsp. paprika
- 2 tsp. ground cumin
- 1kg lean minced beef
- 2 beef stock cubes
- 600mL water
- 2 x 400g can chopped tomatoes
- 1 tsp. dried marjoram
- Salt and pepper for seasoning
- 4 tbsp. tomato purée
- 2 x 400g cans red kidney beans, drained

METHOD

1. Select SAUTÉ function, heat oil in inner pot and add onion, capsicum, garlic and spices, cooking for 10 minutes until soft and translucent. Remove from pot and set aside.
2. Add beef mince and cook until well browned. Return Sautéed vegetable mixture to pot along with all other ingredients. Stir to combine then lock lid into place.
3. Select MEAT function and adjust cooking time to LONG.
4. When cooking time has completed, release pressure slowly using pressure valve.
5. Select SAUTÉ function and simmer for a further 12 minutes, reducing sauce by half.
6. Season to taste and serve immediately with rice and sour cream.

Slow Cooked Lamb Shanks

Serves 8

INGREDIENTS

- 2 tbsp. olive oil
- 8 lamb shanks
- 1/3 cup plain flour
- Salt and pepper
- 4 carrots, diced
- 4 celery sticks, chopped
- 6 waxy potatoes, diced
- 2 onions, chopped
- 4 garlic cloves, crushed
- 1/3 cup tomato paste
- 4 tbsp. Worcestershire sauce
- 3 cans crushed tomatoes
- 2 cups red wine
- 8 sprigs thyme
- 4 bay leaves
- 2 cups water
- 3 beef stock cubes



METHOD

1. Select SAUTÉ function and heat oil in inner pot.
2. Dust shanks in flour, salt and pepper then sear in batches for approximately 5 minutes, or until browned all over.
Set aside.
3. Add all remaining ingredients to pot including browned shanks and lock lid into place.
4. Select the SLOW COOK function and adjust time to 8 hours.
5. When cooking time has completed, remove lid and skim surface of fat.
6. Remove shanks and set aside. Strain cooking liquid through a colander. Return liquid to the pot and using the SAUTÉ setting, reduce to a thick sauce. Once thickened, return shanks and vegetables to pot. Stir to coat and serve with mashed potatoes or crusty bread.

Pulled Chicken Serves 6–8

INGREDIENTS

- 2 tbsp. olive oil
- 3 cups BBQ sauce
- 4 kg chicken thigh
- 1 cup water

METHOD

1. Select SAUTÉ function and add oil to the inner pot.
2. Brown chicken in batches for approximately 3 minutes on each side. Remove and set aside.
3. Combine BBQ sauce, water and chicken in pot. Stir to combine then lock lid into place.
4. Select MEAT function and set timer for 60 minutes.
5. When cooking time has completed, release pressure slowly using pressure valve.
6. Remove chicken from pot and set aside to cool.
7. Using the SAUTÉ setting, reduce cooking liquid to a thick sauce. Once thickened, return chicken to pot and stir to coat. Season to taste and serve chicken on toasted rolls.

Tip: Use as a quesadilla or enchilada filling, in a toasted sandwich or on nachos/baked potatoes.

BBQ Pork Ribs Serves 8

INGREDIENTS

- 4kg baby pork ribs, sinew removed
- 2 tsp. salt
- 2 tsp. pepper
- 2 tsp. garlic powder
- 2 tbsp. brown sugar
- 1L chicken stock
- 500mL tomato puree
- ½ cup molasses
- ½ cup apple cider vinegar

METHOD

1. Combine salt, pepper, garlic powder and brown sugar in a small bowl. Mix to combine. Rub dry mixture into ribs then portion into three bone sections.
2. Add chicken stock, tomato puree, molasses and apple cider vinegar to inner pot. Stir to combine.
3. Add ribs. Attach lid and select MEAT function, adjusting cooking time to LONG.
4. When cooking time has completed, allow unit to release pressure slowly using pressure valve.
5. Remove ribs and place in a flat layer on a lined baking tray.
6. Skim the surface of the cooking liquid of impurities. Select SAUTÉ function and bring to the boil, reducing sauce until thickened (approx. 20 minutes).
7. Baste the cooking sauce over ribs and place under a hot grill for 10 minutes. Turn ribs over, baste again with sauce and return to grill for 5 minutes.
8. Allow ribs to rest for 5 minutes then cut into single bone portions. Serve ribs with coleslaw and baked potatoes.



SAUTÉ



MEAT/STEW



MEAT/STEW



SAUTÉ

Prawn Dumplings

Serves 4



INGREDIENTS

- 12 uncooked prawns (600g), peeled, deveined and finely chopped
- 2 tbsp. finely chopped water chestnuts
- 2 spring onions, white part only, finely chopped
- 1 tsp. finely grated ginger
- 1 tbsp. finely chopped coriander
- 1 tbsp. oyster sauce
- 1 tbsp. vegetable oil
- 1 tsp. table salt
- 20 gow gee wrappers
- 6 cups water

METHOD

1. Place the prawns, water chestnuts, spring onions, ginger, coriander, oyster sauce, oil and salt in a medium bowl and mix to combine.
2. Place gow gee wrappers on a flat surface and brush the edges with water. Place 1 heaped teaspoon of the prawn mixture in the centre of each wrapper. Firmly fold gow gee wrappers together to seal.
3. Repeat with the remaining wrappers and prawn mixture.
4. Add water to pot and place dumplings to the steaming rack, ensuring they do not touch.
5. Select STEAM function and adjust to LONG or until cooked through. Remove from the steamer and keep warm.
6. Repeat with the remaining dumplings.

Roast Chicken

Serves 6



INGREDIENTS

- 1.5-2.8kg whole chicken
- 1 to 1½ cups water or chicken stock
- 1 tbsp. vegetable oil

METHOD

1. Select SAUTÉ (timer will start for 20 minutes) and allow to heat for 5 minutes. Add oil and place chicken breast side down. Allow to brown for approx. 7-8 minutes. Turn with breast side up and brown for another 7-8 minutes.
2. Remove chicken and set aside. Add water or chicken stock, put in rack and place chicken onto rack. Lock lid into place.
3. Select POULTRY, the display screen will automatically show the default time (15 minutes).

For this recipe you will need to adjust the time to suit the size of poultry (30 minutes for smaller chicken and up to 40 minutes for a larger chicken). Select COOKING TIME button, this will let you adjust the time to SHORT, STANDARD or LONG. You can also adjust timer by selecting the **+** or **-** button to reduce or increase time (see reference table).

4. Once timer has finished, three beeps will sound. Turn Pressure Valve to "VENTING" to release steam. Once the steam has released the pressure valve will have dropped and pressure has released.
5. Unlock lid and meal is ready to enjoy.

Charcoal Chicken

Serves 6



INGREDIENTS

- 2 tbsp. brown sugar
- 1 tsp. salt flakes
- 1 tbsp. smoked paprika
- 1 tsp. black pepper, ground
- 2 tsp. chilli powder
- Cooking spray
- 1 tsp. garlic powder
- 1 whole chicken
- 4 sprigs fresh thyme

METHOD

1. In a small bowl, combine sugar, paprika, chilli, garlic powder, thyme, salt and pepper. Mix to combine.
2. Place wire insert into base of cooker and spray well with cooking oil.
3. Pat chicken dry with paper towel and place on rack in pot.
4. Rub dry marinade all over chicken then lock appliance lid into place.
5. Select SLOW COOKER function and set timer for 3 hours.
6. When cooking time has completed, remove chicken and allow to rest for 10 minutes before slicing.

Tip: Transfer cooked chicken to a lined baking tray and place in a preheated 220°C oven for 12 minutes for perfectly crispy skin.