

pampered|chef



Quick Cooker
Cooking Guide

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Safety Tip

When preparing and using your Quick Cooker, always follow the important safeguards and safety instructions sections of the use and care manual.

Use oven mitts or grips to lower the wire rack into the stainless steel inner pot. Place the accessories into the wire cradle and lower onto the wire rack (*pictured left*).



Wire Rack
Ceramic Pot
Springform Pan

Key


Some recipes use Quick Cooker accessories. Look for the icon to see what tools you need to make each recipe.





3 Easy Ways to Get Started

Pick one or more of these easy recipes to get the hang of things!


Best Beans (Without Soaking)


1. Add 1 cup (250 mL) of pinto, black, or navy beans to the inner pot of the **Quick Cooker**.
2. Add 3 cups (750 mL) of water, and 1 tbsp (15 mL) of oil.
3. Lock the lid, select the **(BEANS)** setting, and press **(START)**.
4. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Press **(CANCEL)**.
5. Season with salt to taste.

Easy-to-Peel Hard-Boiled Eggs


1. Place the wire rack into the inner pot of the **Quick Cooker**.
2. Add 1 cup (250 mL) of water to the inner pot and place 6 eggs on the wire rack.
3. Lock the lid and press the **(CUSTOM)** button. Press the **(TIME)** button and use the  button to adjust the time to 12 minutes. Press **(START)**.
4. When the timer is up, press **(CANCEL)**. Press the steam-release button  to manually release the pressure.

Simple Salsa Chicken


1. Season 2 lbs. (1 kg) of boneless, skinless chicken breasts with 2 tbsp (30 mL) of your favorite taco seasoning.
2. Place the chicken in the inner pot of the **Quick Cooker** and cover with 1 cup (250 mL) of chunky salsa.
3. Lock the lid, choose the **(CHICKEN/POULTRY)** setting, and press **(START)**.
4. When the timer is up, press **(CANCEL)**. Press the steam-release button  to manually release the pressure.
5. Chop the chicken and serve in lettuce wraps or on tortillas with your favorite toppings.



Start with a setting.




Next, try customizing.



Now you're ready for a quick dinner!

Beans & Legumes

1. Rinse and sort 1 cup (250 mL) of beans in cool water; drain.
2. Add the beans, 3 cups (750 mL) of water, and 1 tbsp (15 mL) of oil to the inner pot of the **Quick Cooker**.
3. Lock the lid and select the **BEANS** setting. Adjust the time according to the chart below and press **START**.
4. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Press **CANCEL**.



Black beans

25
minutes



Black eyed peas

15
minutes



Chickpeas

40
minutes



Great Northern beans

28
minutes



Green or yellow split peas

10
minutes



Kidney beans, red

28
minutes



Lentils, green

5
minutes



Navy beans

25
minutes












Pinto beans

25
minutes


Grains & Rice






1. Rinse 1 cup (250 mL) of grains in cool water; drain.
2. Add the grains, water, and 1 tbsp (15 mL) of oil to the inner pot of the **Quick Cooker**.
3. Lock the lid and choose the setting indicated in the chart. Adjust the time according to the chart below and press **START**.
4. When the timer is up, release the steam using the method shown in the chart below.








| Grains | | Water | Setting | Time | Steam Release Method |
|-----------------------------|---|------------------|---------------------|------------|----------------------|
| Barley, pearl |  | 2¼ cups (550 mL) | WHOLE GRAINS | 25 minutes | Natural, 10 minutes |
| Couscous, quick cook |  | 1½ cups (375 mL) | WHOLE GRAINS | 1 minutes | Manual |
| Couscous, pearl |  | 1¼ cups (300 mL) | WHOLE GRAINS | 2 minutes | Natural, 10 minutes |
| Farro |  | 1½ cups (375 mL) | WHOLE GRAINS | 12 minutes | Natural, 10 minutes |
| Millet |  | 2 cups (500 mL) | WHOLE GRAINS | 8 minutes | Natural, 10 minutes |
| Steel-cut oats |  | ¾ cups (800 mL) | WHOLE GRAINS | 10 minutes | Natural, 10 minutes |
| Quinoa |  | 1½ cups (375 mL) | WHOLE GRAINS | 3 minutes | Manual |
| White, long-grain |  | 1 cup (250 mL) | WHITE RICE | 4 minutes | Natural, 10 minutes |
| White, basmati |  | 1 cup (250 mL) | WHITE RICE | 4 minutes | Natural, 10 minutes |
| White, jasmine |  | 1 cup (250 mL) | WHITE RICE | 4 minutes | Natural, 10 minutes |
| Brown, long-grain |  | 1 cup (250 mL) | BROWN RICE | 15 minutes | Natural, 10 minutes |
| Brown, jasmine |  | 1 cup (250 mL) | BROWN RICE | 15 minutes | Natural, 10 minutes |
| Brown, basmati |  | 1 cup (250 mL) | BROWN RICE | 15 minutes | Natural, 10 minutes |

Vegetables

The Quick Cooker can steam fresh vegetables in a fraction of the time you'd spend using other methods. Because it's so effective, we don't recommend cooking tender vegetables like peas, asparagus, or summer squash.


1. Add at least 1 cup (250 mL) of water to the inner pot of the **Quick Cooker**.
2. Prepare the vegetables and cook according to the chart below.
3. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.

| Vegetable | Quantity | Prep | Steam Rack (Yes/No) | Time |
|--|---|--------------------------------------|---------------------|------------|
| Acorn squash  | 1 squash, approximately 1½ lbs. (700 g) | Cut into quarters (with skin on) | Yes | 10 minutes |
| Artichokes  | 3 large | Trim stems and remove tops of leaves | Yes | 25 minutes |
| Beets  | 1 lb. (450 g), or 1 large | Peel and cut into 1" (2.5-cm) pieces | No | 10 minutes |
| Broccoli  | 1 bunch, approximately 1½ lbs. (700 g) | Cut into 2" (5-cm) pieces | No | 1 minute |
| Brussels sprouts, whole  | 1 lb. (450 g) | Trim | No | 4 minutes |

| Vegetable | Quantity | Prep | Steam Rack (Yes/No) | Time |
|--|---|---|--------------------------------|-------------|
| Butternut squash  | 1 squash, approximately 1½ lbs. (700 g) | Cut in half lengthwise and remove seeds | Yes | 13 minutes |
| | | Peel and cut into 1" (2.5-cm) pieces | No | 5 minutes |
| Cabbage  | 1 head, approximately 2½ lbs. (1.1 kg) | Cut into 8 wedges, keeping core intact. | No | 3 minutes |
| Carrot  | 1 lb. (450 g) | Peel and cut into 2" (5-cm) pieces | No | 4 minutes |
| Cauliflower  | 1 head, approximately 2 lbs. (1 kg) | Cut into 2" (5-cm) pieces | No | 1 minute |
| Potatoes, russet, red, or golden  | 2 lbs. (1 kg) | Peel (optional) and cut into 1" (2.5-cm) pieces | No | 5 minutes |
| Spaghetti squash  | 1 lb. (450 g) | Cut in half lengthwise and remove seeds | Yes | 12 minutes |
| Sweet potatoes  | 2 lbs. (1 kg) | Peel (optional) and cut into 1" (2.5-cm) pieces | No | 4 minutes |

Meat & Poultry

Tip: To make it easier to cook frozen meat in the Quick Cooker, we recommend removing it from the original packaging and freezing it in a resealable plastic bag in a single layer. This will make it easier to remove meat from the packaging before cooking.

1. Add at least 1 cup (250 mL) of water, broth, or sauce to the inner pot of the **Quick Cooker**.
2. Remove meat from packaging and add the meat to the inner pot. Lock the lid and choose the setting indicated in the chart. Adjust the time according to the chart and press **START**.
3. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.

| Meat | Weight | Fresh Cook Time* | Frozen Cook Time* |
|---------------------------------------|---------------------|------------------|-------------------|
| Beef Setting: BEEF/PORK | | | |
| Beef, ground | 1–2 lbs. (0.5–1 kg) | 8–10 minutes | 12–14 minutes |
| Beef, stew meat | 1–2 lbs. (0.5–1 kg) | 30–35 minutes | 60–75 minutes |
| Beef brisket, whole | 3–4 lbs. (1.5–2 kg) | 50–60 minutes | 80–90 minutes |
| Beef chuck roast, whole | 3–4 lbs. (1.5–2 kg) | 50–60 minutes | 85–95 minutes |
| Beef, ribs | 2–3 lbs. (1–1.5 kg) | 35–40 minutes | 60–75 minutes |
| Pork Setting: BEEF/PORK | | | |
| Pork tenderloin, whole | 2–3 lbs. (1–1.5 kg) | 16–18 minutes | 30–35 minutes |
| Pork shoulder, whole | 3–4 lbs. (1.5–2 kg) | 80–90 minutes | 110–120 minutes |
| Pork shoulder, cut | 3–4 lbs. (1.5–2 kg) | 35–40 minutes | 65–75 minutes |
| Pork ribs | 3–4 lbs. (1.5–2 kg) | 35–40 minutes | 65–75 minutes |
| Pork sausage links | 1–2 lbs. (0.5–1 kg) | 4–6 minutes | 6–8 minutes |

| Meat | Weight | Fresh Cook Time* | Frozen Cook Time* |
|---|---------------------|-------------------------|--------------------------|
| Chicken Setting: CHICKEN/POULTRY | | | |
| Chicken, whole | 4–5 lbs. (2–2.5 kg) | 25–30 minutes | 40–45 minutes |
| Chicken breast, bone-in | 2–4 lbs. (1–2 kg) | 12–15 minutes | 25–30 minutes |
| Chicken legs, bone-in | 2–3 lbs. (1–1.5 kg) | 4–6 minutes | 8–10 minutes |
| Chicken thighs, bone-in | 2–3 lbs. (1–1.5 kg) | 10–12 minutes | 16–20 minutes |
| Chicken breasts, boneless | 2–4 lbs. (1–2 kg) | 6–10 minutes | 8–12 minutes |
| Chicken thighs, boneless | 2–4 lbs. (1–2 kg) | 4–6 minutes | 6–8 minutes |
| Chicken tenderloins | 2–4 lbs. (1–2 kg) | 4–6 minutes | 6–8 minutes |

Turkey Setting: [CHICKEN/POULTRY](#)

| | | | |
|-------------------------------|---------------------|---------------|---------------|
| Turkey, ground | 1–2 lbs. (0.5–1 kg) | 6–8 minutes | 12–14 minutes |
| Turkey legs | 2–3 lbs. (1–1.5 kg) | 18–20 minutes | 25–30 minutes |
| Turkey thighs, bone-in | 2–3 lbs. (1–1.5 kg) | 30–35 minutes | 50–60 minutes |
| Turkey breast, bone-in | 4–6 lbs. (2–3 kg) | 45–50 minutes | 75–80 minutes |

*The times listed are recommendations and may vary based on the amount and thickness of the food being cooked. If you are cooking very thick cuts of meat, additional time may be required.

Brown Rice Pilaf



7

Servings



10

mins

Prep Time



45


mins

TOTAL TIME

Ingredients

- | | | | |
|----|---|---|---|
| 1 | tbsp (15 mL) olive oil | 1 | medium carrot, peeled and chopped |
| 1 | small onion, chopped | ½ | tsp (2 mL) salt |
| 2 | garlic cloves, pressed | ¼ | cup (50 mL) dried cranberries |
| 1½ | cups (375 mL) water | ¼ | cup (50 mL) roasted almonds, coarsely chopped |
| 1 | cup (250 mL) uncooked long-grain brown rice, rinsed | ¼ | cup (50 mL) fresh parsley, chopped |

Directions

1. Set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil for 3 minutes. Add the onion and garlic. Cook uncovered for 2 minutes, stirring frequently.* Press **CANCEL**.
2. Add the water, rice, carrot, and salt. Lock the lid and select the **BROWN RICE** setting. Adjust the time to 23 minutes and press **START**.
3. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Press **CANCEL**.
4. Stir in the cranberries, almonds, and parsley just before serving.*

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Root Vegetable Mash



6

Servings



15

mins

Prep Time



32


mins

TOTAL TIME

Ingredients

- | | |
|---|---|
| 2 lbs. (1 kg) assorted root vegetables (carrots, parsnips, rutabaga, turnips, etc.), peeled and cut into 1" (2.5-cm) pieces | 1 tsp (5 mL) salt |
| $\frac{1}{3}$ cup (75 mL) chicken broth | $\frac{1}{4}$ cup (50 mL) half-and-half |
| 3 garlic cloves, peeled | 8 small (4"/10-cm) fresh thyme sprigs |
| | $\frac{1}{4}$ cup (50 mL) fresh Parmesan cheese, grated |

Directions

1. Add the vegetables, broth, garlic, and salt to the inner pot of the **Quick Cooker**. Lock the lid and select the **STEAM** setting. Adjust the time to 8 minutes and press **START**.
2. Meanwhile, place the half-and-half and thyme into a microwave-safe bowl. Cover and microwave on HIGH for 1 minute. Remove the thyme and set aside.
3. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
4. Combine the vegetables, half-and-half mixture, and Parmesan cheese in a large bowl and mash.



Multigrain Bread



You'll Also Need:
Ceramic Pot



12 Servings



1 hour



45 mins

Prep Time



2 hours



30 mins

TOTAL TIME

Ingredients

- $\frac{3}{4}$ cup (175 mL) plus 2 tbsp (30 mL) old-fashioned oats, divided
- 1 pkg (2 $\frac{1}{4}$ tsp/11 mL) active dry yeast
- 1 tsp (5 mL) salt
- $3\frac{1}{2}$ cups (875 mL) bread flour, divided
- $1\frac{1}{4}$ cups (300 mL) warm water (120°F–130°F/49°C–54°C)
- $\frac{1}{4}$ cup (50 mL) butter, softened
- $\frac{1}{4}$ cup (50 mL) plus 2 tbsp (30 mL) honey, divided
- Oil for brushing

Directions

- In a large mixing bowl, combine $\frac{3}{4}$ cup (175 mL) of the oats, yeast, salt, and 2 cups (500 mL) of the flour. Add the water, butter, and $\frac{1}{4}$ cup (50 mL) of the honey. Beat on low speed with an electric mixer until moistened; beat on medium speed for 3 minutes.
- Add the remaining flour and beat until thoroughly mixed into a stiff batter. Brush the inside of the **Ceramic Pot** with oil and place the dough into the pot. Place the ceramic pot on the wire cradle and lower it into the inner pot of the **Quick Cooker**. Lock the lid, select the **PROOF** setting, and press **START**.
- When the timer is up, press **CANCEL**. Remove the ceramic pot from the Quick Cooker. Scrape the dough out and shape it into a mound (the dough will be slightly sticky). Clean the ceramic pot and lightly brush the inside with oil. Place the dough into the ceramic pot.
- Add the remaining 2 tbsp (30 mL) of honey to a small microwavable bowl. Microwave on HIGH for 10 seconds. Brush the top of the dough with warm honey and sprinkle with the remaining 2 tbsp (30 mL) of oats. Lower the ceramic pot into the Quick Cooker. Lock the lid, select the **PROOF** setting, and press **START**. Meanwhile, preheat the oven to 350°F (180°C).
- When the timer is up, press **CANCEL**. Carefully remove the ceramic pot. Remove the ceramic pot from the wire cradle. Bake, uncovered, for 40–45 minutes, or until the top of the bread is a deep golden brown.
- Carefully remove the ceramic pot from the oven and place it on a cooling rack. Cool for 10 minutes, then remove the bread from the ceramic pot. Cool completely.

Cook's Tip

The bread flour in this recipe will give your bread better texture. If you substitute all-purpose flour, the bread won't hold together as well when you slice it.



Chicken Teriyaki & Rice



You'll Also Need:
Wire Rack
Ceramic Pot



4 Servings



5 Prep Time




34 TOTAL TIME

Ingredients

- | | |
|--|--|
| 1 tsp (5 mL) fresh ginger, peeled and grated | 1½–2 lbs. (700 g–1 kg) bone-in, skin-on chicken thighs or legs |
| ¼ cup (50 mL) reduced-sodium soy sauce | 1 cup (250 mL) uncooked long-grain white rice, rinsed |
| 2 tbsp (30 mL) mirin rice cooking wine | 1 cup (250 mL) water |
| 2 tbsp (30 mL) honey | 1 green onion, thinly sliced |
| 2 garlic cloves, pressed | 1½ tsp (7 mL) toasted sesame seeds |

Directions

1. Whisk the ginger, soy sauce, mirin, honey, and garlic in the inner pot of the **Quick Cooker**. Add the chicken. Place the wire rack into the inner pot with all three feet touching the bottom.
2. Add the rice and water to the **Ceramic Pot** and cover with the stretch-fit lid. Place the ceramic pot into the wire cradle and lower onto the wire rack. Lock the lid and select the **CHICKEN/POULTRY** setting. Adjust the time to 9 minutes and press **START**.
3. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Press **CANCEL**.
4. Carefully lift the ceramic pot out and fluff the rice with a fork.* Serve the chicken over rice with sauce, and sprinkle with onion and sesame seeds.

Cook's Tips

To toast the sesame seeds, spread them in a single layer in a small fry pan. Toast the seeds over medium heat until they begin to brown, stirring frequently. Remove the seeds from the pan and cool completely.

You can substitute 1 lb. (450 mL) of frozen chicken tenderloins for the chicken thighs or legs. Reduce the cooking time to 7 minutes.

Safety Tip: *Use oven mitts or grips to remove the ceramic pot from the stainless steel inner pot. See p. 2 for details.

U.S. nutrients per serving (½ cup/125 mL rice and about 2 chicken thighs): Calories 360, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 95 mg, Sodium 370 mg, Carbohydrate 50 g, Fiber 1 g, Sugars 11 g, Protein 24 g



Cheddar Broccoli Risotto With Chicken



8 Servings



5 mins Prep Time




32 mins TOTAL TIME

Ingredients

- | | | | |
|---|---|---|--|
| 2 | tbsp (30 mL) olive oil | 3 | cups (750 mL) low-sodium chicken broth |
| 1 | medium onion, chopped | 1 | tbsp (15 mL) Dijon mustard |
| 1 | medium red bell pepper, seeded and chopped | 2 | cups (500 mL) small broccoli florets |
| 2 | garlic cloves, pressed | 1 | cup (250 mL) grated sharp cheddar cheese |
| ½ | tsp (2 mL) salt | 2 | oz. (60 g) cream cheese, cubed |
| 1 | cup (250 mL) uncooked Arborio rice | 2 | tbsp (30 mL) fresh lemon juice |
| 1 | lb. (450 g) chicken tenderloins, cut into bite-sized pieces | | |

Directions

1. Set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil in the inner pot for 3 minutes. Add the onion, bell pepper, garlic, and salt and cook uncovered for 4 minutes, stirring frequently. Add the rice and stir to combine.* Press **CANCEL**.
2. Add the chicken, broth, and mustard, then stir.* Lock the lid, select the **WHITE RICE** setting, and press **START**.
3. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
4. Stir in the broccoli and cheeses until well combined.* Set to **SEAR** and press **START**. Cook uncovered for 5 minutes, stirring frequently.* Press **CANCEL**. Before serving, add the lemon juice.

Cook's Tip

Risotto gets its signature creamy texture from the rice grains bumping into one another, which releases starch. Once it's on a plate, it should flow like lava if you tip it. If your risotto mixture is too thick, add a little chicken broth until it gets to the right consistency.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Chicken Parmesan Pasta



8 Servings



5 Prep Time




32 TOTAL TIME

Ingredients

- 2 tbsp (30 mL) olive oil, divided
- 1 lb. (450 g) chicken tenderloins, cut into bite-size pieces
- 3 tbsp (45 mL) **Garlic & Herb Rub**
- 1 jar (24 oz. or 650 mL) tomato pasta sauce
- 2 cups (500 mL) uncooked penne pasta (8 oz./250 g)
- 1 cup (250 mL) water
- 1 tbsp (15 mL) butter
- ¼ cup (50 mL) seasoned panko bread crumbs
- 1 oz. (30 g) Parmesan cheese, grated (about ½ cup/125 mL)
- ¾ cup (175 mL) mozzarella cheese, grated

Directions

1. Set the **Quick Cooker** to **SEAR** press **START**. Heat *1 tbsp (15 mL)* of the oil in the inner pot for 3 minutes. In a small bowl, toss the chicken with the rub to coat.
2. Add *half* of the chicken and cook uncovered for 5–7 minutes, stirring once, or until the exterior is browned (chicken will not be cooked through). Remove the chicken from the inner pot.* Repeat with the remaining oil and chicken. Press **CANCEL**.
3. Return the chicken to the Quick Cooker. Add the sauce, pasta, and water. Lock the lid and select the **CUSTOM** setting. Adjust the time to 5 minutes and press **START**.
4. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
5. Meanwhile, place the butter in a microwave-safe bowl and microwave on HIGH for 30–45 seconds, or until it's melted. Stir in the panko and microwave, uncovered, on HIGH for 30–45 seconds, or until the crumbs are lightly toasted; stir.
6. Stir the Parmesan cheese into the pasta.* Top with mozzarella cheese and cover. Let it stand for 3–4 minutes. Top with toasted panko to serve.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Carnitas



8

Servings



10

mins

Prep Time



30


mins

TOTAL TIME

Ingredients

- | | |
|---|--|
| 2 boneless pork tenderloins (2 lbs./1 kg), trimmed (see cook's tip) | 1 large onion, sliced |
| 1 tbsp (15 mL) chili powder | 1 large red bell pepper, seeded and sliced |
| 2 tsp (10 mL) salt | 4 garlic cloves, pressed |
| 1 tsp (5 mL) ground cumin | ¼ cup (50 mL) fresh lime juice |
| 1 tbsp (15 mL) canola oil | Optional: corn or flour tortillas, sour cream or Greek yogurt, salsa |

Directions

1. Cut each pork loin into 1" (2.5-cm) pieces. Combine the chili powder, salt, and cumin in a small bowl, then sprinkle the mixture over the pork.
2. Set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil in the inner pot for 3 minutes. Add the pork and cook uncovered for 3–5 minutes, stirring occasionally.* Press **CANCEL**.
3. Add the onion, bell pepper, garlic, and lime juice.
4. Lock the lid and select the **BEEF/PORK** setting. Adjust the time to 8 minutes and press **START**.
5. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
6. Remove the pork and vegetables using a slotted spoon and reserve ¼ cup (50 mL) of the liquid.* Shred the pork and toss with the reserved liquid. Serve on tortillas with your favorite toppings.

Cook's Tips

To trim a pork tenderloin, place the blade of a knife under the silver skin, keeping the blade angled away from the meat as you cut along the entire length.

For richer flavor, you can substitute the pork tenderloin with 2 lbs. (1 kg) of pork shoulder, cut into 2" (5-cm) cubes. In step 4, set the Quick Cooker to the **BEEF/PORK** setting, without adjusting the time, and continue as the recipe directs in steps 5–6.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Barbecue Root Beer ribs



4

Servings



10

Prep Time




55

TOTAL TIME

Ingredients

- 1 rack (about 3 lbs./1.5 kg) pork loin back ribs (baby back ribs)
- 3 tbsp (45 mL) **Smoky Barbecue Rub**
- 6 oz. (175 mL) root beer
- 1 cup (250 mL) barbecue sauce

Directions

1. Remove the membrane from the rack of ribs (see cook's tip).
2. Season both sides of the ribs with the rub, then cut between the bones to separate into four portions to fit into the inner pot.
3. Add the root beer and ribs to the inner pot of the **Quick Cooker**. Lock the lid, select the **(BEEF/PORK)** setting, and press **(START)**.
4. When the timer is up, let the steam release naturally for 10 minutes. Press the steam-release button  to release any remaining pressure. Remove the ribs and keep warm.* Press **(CANCEL)**.
5. Reserve 1 cup (250 mL) of the juices in the inner pot.* Stir together the barbecue sauce and reserved juices in the Quick Cooker, select the **(SEAR)** setting, and press **(START)**. Bring the sauce to a boil and cook uncovered for 5 minutes, stirring frequently.* Press **(CANCEL)**. Brush the ribs with ½ cup (125 mL) of the sauce. Serve the remaining sauce with the ribs.

Cook's Tips

The membrane on a rack of ribs is tough and holds in excess fat. To remove the membrane, lay the rack meaty-side down. Use the tip of a small knife to gently cut under the membrane on one corner. Lift the corner of the membrane and gently pull it away from the bones.

To make the edges crispy, brush the ribs with barbecue sauce, then put them on a medium sheet pan. Turn the broiler on HIGH and broil for 5–6 minutes, or until the sauce is bubbly and begins to caramelize.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

U.S. nutrients per serving (about ¼ rack of ribs): Calories 560, Total Fat 35 g, Saturated Fat 12 g, Cholesterol 150 mg, Sodium 810 mg, Carbohydrate 20 g, Fiber 0 g, Sugars 16 g, Protein 41 g



Homemade Chili



Servings



Prep Time




TOTAL TIME

Ingredients

- 1½ tsp (7 mL) canola oil
 - 1 large onion, chopped
 - 1 green bell pepper, seeded and chopped
 - 2 garlic cloves, pressed
 - 2 tsp (10 mL) salt
 - 1 boneless beef chuck pot roast (2 lbs./1 kg), trimmed, cut into 1" (4-cm) pieces
 - 1½ tbsp (22 mL) chili powder
 - 1 tbsp (15 mL) ground cumin
 - 1½ tsp (7 mL) dried oregano
 - 1 tsp (5 mL) black pepper
 - 1 can (28 oz. or 796 mL) diced tomatoes, undrained
 - 1 can (6 oz. or 156 mL) tomato paste
 - 1 cup (250 mL) dried red kidney beans, rinsed
 - 2½ cups (625 mL) water
- Optional toppings: sliced green onions, sour cream, shredded cheese, jalapeño slices

Directions

1. Set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil for 3 minutes. Add the onion, bell pepper, garlic, and salt. Cook uncovered for 4 minutes, stirring frequently.* Press **CANCEL**.
2. Add the remaining ingredients. Lock the lid, select the **STEW/CHILI** setting, and press **START**.
3. When the timer is up, let the steam release naturally for 10 minutes. Press the steam-release button  to release any remaining pressure. Press **CANCEL**. Serve with optional toppings.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Beef Stew With Parmesan Polenta



You'll Also Need:
Wire Rack
Ceramic Pot



4 Servings



Prep Time



TOTAL TIME


Stew

| | |
|--------------------------------------|--|
| 1½ lbs. (700 g) boneless top sirloin | 2 medium onions, chopped |
| ¼ cup (50 mL) all-purpose flour | 1 tbsp (15 mL) chopped fresh thyme |
| ½ tsp (2 mL) salt | 2 garlic cloves, pressed |
| ¼ tsp (1 mL) black pepper | 1½ cups (375 mL) low-sodium beef broth |
| 2 tbsp (30 mL) olive oil, divided | 1½ cups (375 mL) frozen mixed peas and carrots |

Polenta

| |
|---|
| 1 cup (250 mL) instant polenta |
| 3 cups (750 mL) hot water |
| ¼ cup (50 mL) butter (½ stick) |
| 1 cup (250 mL) fresh grated Parmesan cheese |

Directions

1. Cut the beef into 1" (2.5-cm) cubes. Combine the flour, salt, and pepper in a large bowl. Add the beef and toss to coat.
2. Set the **Quick Cooker** to **SEAR** and press **START**. Heat *1 tbsp (15 mL)* of the oil in the inner pot for 3 minutes. Add *half* of the beef and cook uncovered for 6–8 minutes, stirring halfway through cooking. Remove the beef from the inner pot and repeat with the remaining oil and beef.* Remove the beef from the inner pot and set aside.
3. Add the onions, thyme, garlic, and any remaining flour mixture to the Quick Cooker and cook uncovered for 2–3 minutes, or until the onions are softened (add more time to the Quick Cooker, if needed). Stir in the broth, scraping up any brown bits on the bottom of the inner pot.* Return the beef and onions to the inner pot. Press **CANCEL**.
4. For the polenta, whisk the polenta into hot water in the **Ceramic Pot** and cover with the stretch-fit lid. Place the wire rack into the inner pot with all three feet touching the bottom. Place the ceramic pot into the wire cradle and lower it onto the wire rack.** Lock the lid and select the **BEEF/PORK** setting. Adjust the time to time to 20 minutes and press **START**.
5. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Press **CANCEL**.
6. Carefully lift the ceramic pot out and stir the butter and Parmesan cheese into the polenta.† Set aside.
7. Stir the frozen vegetables into the Quick Cooker. Cover and let stand for 5 minutes before serving.

Safety Tips: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

**Use oven mitts or tongs to lower the wire rack into the inner pot.

†Use oven mitts or grips to remove the ceramic pot from the inner pot. See p. 2 for details.



Pot Roast With Mashed Potatoes



You'll Also Need:
Wire Rack
Ceramic Pot



Servings



Prep Time



TOTAL TIME


Roast

- 1 tbsp (15 mL) canola oil
- 2 lbs. (1 kg) boneless chuck roast
- 1 tsp (5 mL) *each* dried oregano and thyme leaves
- ½ tsp (2 mL) *each* salt and black pepper
- 1 medium onion, sliced
- 1 lb. (450 g) fresh carrots, peeled and cut into 4" (10-cm) pieces
- ½ cup (125 mL) low-sodium chicken broth

Mashed Potatoes

- 1½ lbs. (700 g) Yukon gold potatoes, peeled and cut in half
- ½ cup (125 mL) low-sodium chicken broth
- 2 garlic cloves, pressed
- 2 tbsp (30 mL) butter
- 1 tsp (5 mL) salt

Directions

1. Set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil for 3 minutes. Season both sides of roast with the oregano, thyme, salt, and pepper. Add the roast to the Quick Cooker and cook uncovered for 10 minutes, turning halfway through.* Remove the roast and set aside. Press **CANCEL**.
2. Add the onion and cook uncovered for 4 minutes, stirring occasionally.* Place the carrots, broth, and roast on top of the onion. Place the wire rack over the roast with all three feet touching the bottom.**
3. For the potatoes, place the potatoes, broth, and garlic in the **Ceramic Pot** and cover with the stretch-fit lid. Place the ceramic pot into the wire cradle and lower onto the wire rack. Lock the lid, select the **BEEF/PORK** setting, and press **START**.
4. When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Carefully lift the ceramic pot out.† Mash the potatoes. Add the butter and salt, and mix thoroughly. Press **CANCEL**.
5. Transfer the roast to a cutting board, slice it, and serve with the vegetables, mashed potatoes, and pan sauce.*

Safety Tips: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

**Use oven mitts or tongs to lower the wire rack into the inner pot.

†Use oven mitts or grips to remove the ceramic pot from the inner pot. See p. 2 for details.



Red Lentil & Spinach Soup



6

Servings



10

Prep Time




33

TOTAL TIME

Ingredients

- | | | | |
|---|---|---|--|
| 1 | tbsp (15 mL) olive oil | 1 | cup (250 mL) uncooked red lentils, rinsed |
| 3 | large carrots, peeled and thinly sliced | 1 | tsp (5 mL) ground cumin |
| 2 | stalks celery, thinly sliced | 1 | bay leaf |
| 1 | medium onion, chopped | ½ | tsp (2 mL) <i>each</i> salt and black pepper |
| 2 | garlic cloves, pressed | 5 | cups (1.25 L) loosely packed baby spinach |
| 4 | cups (1 L) vegetable stock | ½ | cup (125 mL) canned coconut milk |
| | | 2 | tbsp (30 mL) fresh lime juice |

Directions

1. Set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil for 3 minutes. Add the carrots, celery, onion, and garlic. Cook uncovered for 4 minutes, stirring frequently.* Press **CANCEL**.
2. Add the stock, lentils, cumin, bay leaf, salt, and pepper. Lock the lid and select the **SOUP/STOCK** setting. Adjust the time to 10 minutes and press **START**.
3. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
4. Carefully remove the bay leaf. Stir in the spinach, coconut milk, and lime juice.* Let the mixture stand, covered, for 5 minutes before serving.

Cook's Tip

Red lentils start out red, but turn pale yellow as they cook. They have a subtle flavor that complements the cumin, coconut, and lime in this soup.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Citrus-Herb Salmon & Green Beans



You'll Also Need:
Wire Rack
Ceramic Pot



Servings



Prep Time



TOTAL TIME


Herb Butter

- 1½ tbsp (22 mL) butter, softened
- ½ tsp (2 mL) orange zest
- 1 tsp (5 mL) *each* fresh thyme and parsley leaves, chopped

Veggies & Salmon

- 1 tsp (5 mL) canola oil
- ¾ lb. (375 g) fresh green beans, trimmed and cut into 1" (2.5-cm) pieces
- 1 small red bell pepper, chopped
- ½ small shallot, thinly sliced
- 1 tsp (5 mL) salt, divided
- 4 salmon fillets (6 oz./175 g each)
- ¼ tsp (1 mL) black pepper
- ½ cup (125 mL) orange juice
- 4 fresh thyme sprigs

Directions

- Combine all the ingredients for the herb butter in a small bowl and mix well. Set aside.
- For the veggies, set the **Quick Cooker** to **SEAR** and press **START**. Heat the oil for 3 minutes. Add the green beans, bell pepper, shallot, and ½ tsp (2 mL) of the salt. Cook uncovered for 6–8 minutes, stirring occasionally, or until the green beans are slightly brown.* Press **CANCEL**. Carefully remove the mixture from the inner pot and place it into the **Ceramic Pot**.* Cover with the stretch-fit lid.
- Season the salmon with the remaining salt and the black pepper. Add the juice, thyme sprigs, and salmon to the inner pot. Place the wire rack into the inner pot with all three feet touching the bottom.** Place the ceramic pot into the wire cradle and lower it onto the wire rack over the salmon. Lock the lid, select the **FISH/SEAFOOD** setting, and press **START**.
- When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
- Carefully lift the ceramic pot out.† Add the remaining salt and ½ tsp (7 mL) of the herbed butter to the green beans and toss to coat. Top the salmon with the remaining herbed butter to serve.

Safety Tips: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

**Use oven mitts or tongs to lower the wire rack into the inner pot.

†Use oven mitts or grips to remove the ceramic pot from the inner pot. See p. 2 for details.



Strawberry Cheesecake



You'll Also Need:
Wire Rack
Springform Pan



8 Servings



Prep Time



TOTAL TIME

plus cooling and refrigeration

Crust

- ¾ cup (175 mL) graham cracker crumbs
- 2 tbsp (30 mL) butter, melted
- 2 tbsp (30 mL) granulated sugar


Filling

- 2 pkgs (8 oz./250 g *each*) cream cheese, softened
- 1 tbsp (15 mL) cornstarch
- 1 tsp (5 mL) vanilla extract
- 2 eggs
- ½ cup (125 mL) granulated sugar
- 1 cup (250 mL) water

Sauce

- 2 tsp (10 mL) cornstarch
- 2 tbsp (30 mL) water
- 1 pkg (1 lb./450 g) frozen sliced strawberries (about 3 cups/750 g)
- ½ cup (125 mL) granulated sugar
- 1 tsp (5 mL) fresh lemon juice

Directions

- For the crust, combine the graham cracker crumbs, butter, and sugar in small bowl; mix well. Press the crumb mixture evenly into the bottom of the **Springform Pan**.
- For the filling, beat the cream cheese in a large mixing bowl until smooth. Add the cornstarch, vanilla, eggs, and sugar; beat with an electric mixer on medium speed just until incorporated. Pour the filling over the crust and spread evenly. Cover the top of the pan with foil.
- Pour the water into the inner pot of the **Quick Cooker**. Place the wire rack into the inner pot with all three feet touching the bottom. Place the pan into the wire cradle and lower onto the wire rack. Lock the lid, select the **DESSERT** setting, and press **START**.
- When the timer is up, let the steam release naturally for 10 minutes, then press the steam-release button  to release any remaining pressure. Press **CANCEL**.
- Carefully lift the pan out and remove the foil.* The center of the cheesecake should appear nearly set when you shake it gently. The center will firm as it cools. Wait for the cake to cool completely, then loosen the collar of the pan. Cover the cheesecake with foil or plastic wrap and refrigerate for 3 hours or overnight.
- For the sauce, combine the cornstarch and water in the inner pot of the Quick Cooker. Stir in the strawberries, sugar, and juice. Set the **Quick Cooker** to **SEAR** and press **START**. Cook uncovered for 3–5 minutes, or until slightly thickened, stirring frequently.** Press **CANCEL**. Remove the sauce and pour into a small bowl. Cover and refrigerate until chilled.
- Serve the cheesecake with the strawberry sauce.

Safety Tips: *Use oven mitts or grips to remove the springform pan from the stainless steel inner pot. See p. 2 for details.

**The inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Chocolate Pudding



You'll Also Need:
Wire Rack
Ceramic Pot



Servings



Prep Time




TOTAL TIME

plus cooling and refrigeration

Ingredients

- 1½ cups (375 mL) heavy cream
- ½ cup (125 mL) milk
- 1 cup (250 mL) semi-sweet or bittersweet chocolate morsels
- 4 egg yolks
- 1 egg
- ⅓ cup (75 mL) granulated sugar
- 1 tsp (5 mL) vanilla extract
- ¼ tsp (1 mL) salt
- 1½ cups (375 mL) water

Directions

1. Combine the cream, milk, and chocolate morsels in a microwave-safe bowl. Microwave, covered, on HIGH for 2–2½ minutes, stirring every 1 minute, until chocolate is melted and smooth.
2. Whisk together the egg yolks, egg, sugar, vanilla, and salt in the **Ceramic Pot**. Gradually whisk the hot chocolate mixture into the egg mixture. Cover with the stretch-fit lid.
3. Add the water to the inner pot of the **Quick Cooker**. Place the wire rack into the inner pot. Place the ceramic pot into the wire cradle and lower onto the wire rack. Lock the lid and select the **DESSERT** setting. Adjust the time to 38 minutes and press **START**.
4. When the timer is up, press **CANCEL**. Press the steam-release button  to manually release the pressure.
5. Carefully lift the ceramic pot out and remove the stretch-fit lid.* Cool to room temperature. Cover the pudding with plastic wrap and refrigerate for at least 3 hours or overnight.

Safety Tip: *Use oven mitts or grips to remove the ceramic pot from the stainless steel inner pot. See p. 2 for details.





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Printed in the USA. 100062-09/18

