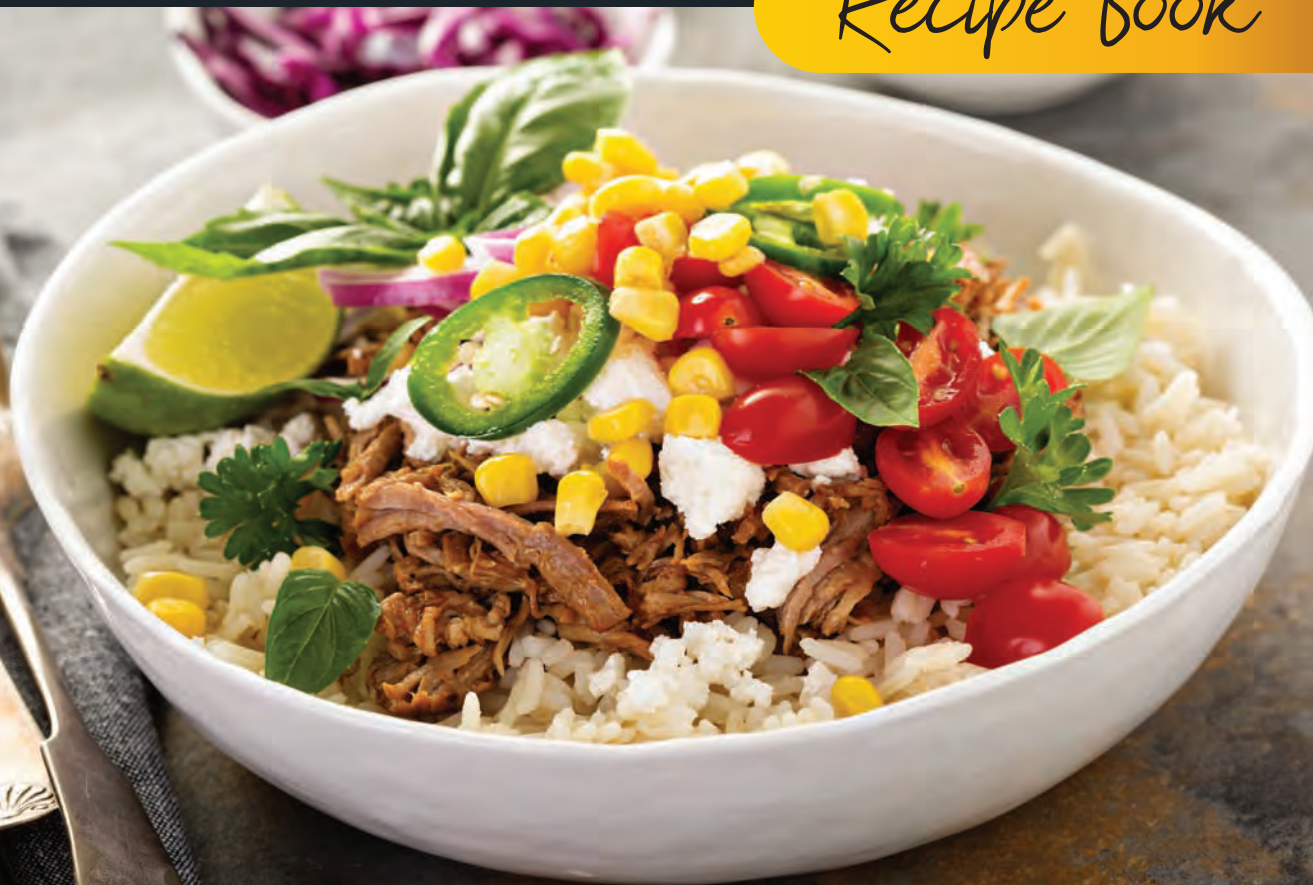


CROCK·POT[®]

///EXPRESS

Recipe Book



5.7L CROCK-POT® EXPRESS INTRODUCTION



THE FAST PRESSURE COOKER WITH MULTI-COOKER CONVENIENCE

In today's fast-paced world, you need a Cooker that can keep up with your lifestyle. Let Crock-Pot® brand handle the pressure of mealtime with the Crock-Pot® Express Easy Release Multi-Cooker. **Crock-Pot® Express can cook meals up to 70% faster***, so you can spend less time in the kitchen and more time with the family.

* cooks up to 70% faster when compared to traditional cooking methods.

PROMPT OR PATIENT

When you're in a hurry choose from multiple one-touch pressurised programs for the same slow-cooked taste you love in under an hour. Of course, if you're not ready to eat now, you can choose SLOW COOK – just set the cook time and come back later to a delicious, hot meal that's ready to eat when you are.

INSPIRED FAMILY MEALS

In this user-friendly recipe book, we walk you through some of the many flavor-packed meals that are easy to make in your Crock-Pot® Express. To make this recipe book simple to use, the recipes are grouped according to meal type. Start with a Beginner's Recipe or choose your course to easily search for the dish that you are craving. We hope that you and your loved ones enjoy these recipes as much as we have!

VERSATILITY & CONVENIENCE

With 13 One-Touch Programs, easily prepare any recipe on the menu – whether it's slow cooked, steamed, sautéed, seared, or pressure cooked – using one convenient appliance. The non-stick Cooking Pot resists food and is dishwasher safe, making clean-up a breeze.

TRUSTED

For over 35 years, the Crock-Pot® brand has been your trusted brand for cooking convenience. We strive to provide you with the most innovative and dependable products to make your life easier. The Crock-Pot® brand is a leader in one-pot cooking, and we're confident that the Crock-Pot® Express will be the perfect addition to your kitchen.

Let's eat!

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SOUP /
BROTH

TEMP

SIMMER

LOW



QUICK START GUIDE*


WARNING: This Quick Start Guide is not intended to be a substitute for the Owner's Manual, and you should read and understand the warnings and instructions in the Owner's Manual before using this cooker.



ASSEMBLY


- Place Cooking Pot into the Heating Base.
- Place Lid onto Pressure Cooker, and align ▼ with 🔒. To lock, twist counterclockwise, aligning ▼ with 🔒.

HOW TO USE YOUR CROCK-POT[®] EXPRESS

1. Add ingredients to the Cooking Pot and secure the Lid.
2. Press the function you would like to use.
3. Adjust Temperature or Pressure, if needed.
4. Use the Time Selection Buttons to set the desired cook time.
5. Rotate the Steam Release Dial into the position needed for the chosen function (see chart).
6. Press **START/STOP**.
7. Once cooking is complete, wait at least 10 minutes, allowing pressure to release naturally.
8. Rotate the Steam Release Dial to the "Release"  position.

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE DIAL POSITION
MANUAL PRESSURE	Yes	Yes	Seal
MEAT/POULTRY	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/GRAINS	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
DESSERT	Yes	Yes	Seal
SOUP	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
STEAM	Yes	Yes	Seal
BROWN/SAUTÉ	No	No	Do Not Use Lid
BOIL	No	No	Do Not Use Lid
SIMMER	No	No	Do Not Use Lid



CAUTION: When in the "Seal"  position, please note steam may still be released from the Steam Release Valve on the Lid to regulate the proper amount of pressure for cooking. Always keep face and hands clear of the Steam Release Valve.

DELAY TIMER

If you want your Crock-Pot[®] Express to start cooking later, use the **DELAY TIMER** function, and select the amount of time you want your Pressure Cooker to wait before beginning the cooking cycle (not available on **BROWN/SAUTÉ**, **KEEP WARM**, **BOIL**, **SIMMER**, or **YOGURT** settings).

Super Sunday Walking Tacos

COURSE: **BEGINNER**

PREP TIME: **10 MINUTES**

COOK TIME: **18 MINUTES**

YIELDS: **6-8 SERVINGS**



INGREDIENTS:

1 kg beef mince
1 tbsp olive oil
1 small brown onion, chopped
1 red chilli, seeds removed, finely diced
1 tbsp lime juice
1 tsp salt
1 tsp garlic powder
1 tsp ground cumin
1 tsp paprika
1 tsp chili powder
1 tsp beef stock powder
800g tin chopped tomatoes
4 tomato paste
230g corn chips
Optional toppings: grated cheese, diced avocado, coriander leaves

DIRECTIONS:

Press **BROWN/SAUTÉ**. Add beef; cook and stir 6 to 8 minutes or until browned, stirring to break up meat. Drain fat. Remove beef to large bowl. Wipe the Cooking Pot clean.

Heat oil on **HIGH**. Add onion, jalapeño pepper, lime juice, salt, garlic powder, ground cumin, paprika, chili, beef stock powder and red pepper flakes; cook and stir 2 minutes. Stir in beef, tomatoes and tomato paste. Secure lid. Press **BEANS/CHILI**, set pressure to **HIGH** and time to 10 minutes. Make sure Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 10 minutes. Release remaining pressure. Press **BROWN/SAUTÉ**. Cook, uncovered, on **HIGH** 5 to 10 minutes until desired consistency. Top chips with beef mixture and desired toppings.

Easy Mac & Cheese

COURSE: **BEGINNER**

PREP TIME: **2 MINUTES**

COOK TIME: **5 MINUTES**

YIELDS: **4-6 SERVINGS**



INGREDIENTS:

500g macaroni
300g ham, diced
6 cloves garlic, crushed
50g butter
4 cups vegetable stock
½ cup milk
½ cup parmesan cheese, grated
½ cup mozzarella cheese, grated
1 cup cheddar cheese, grated
2 cups frozen peas, defrosted
(optional)
Season with sea salt and freshly cracked pepper

DIRECTIONS:

Place macaroni, ham, garlic, butter, stock and milk into the Cooking Pot.
Secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **RICE/GRAINS** and adjust **TIME** to 5 minutes. Press **START/STOP**.
Once cooking is complete and the pressure is released, add cheeses and peas (optional) and mix through.
Season with sea salt and freshly cracked pepper. Ready to serve.

Vegetable Risotto

COURSE: **BEGINNER**

COOK TIME: **8 MINUTES**

SERVES: **2-3 SERVINGS**



INGREDIENTS:

1 tbsp olive oil
15g butter (optional)
1 medium onion, diced
3 cloves of garlic, finely chopped
1 red capsicum, finely chopped
1 green capsicum, finely chopped
1 tsp paprika
200g Arborio rice
650ml vegetable stock
100g frozen peas defrosted.
2 large handfuls of baby spinach leaves
30g Parmesan cheese, grated
Fresh basil leaves

DIRECTIONS:

Press **BROWN/SAUTÉ** and adjust the time to 5 minutes. Press **START/STOP** and allow to preheat.

Add 1 tbsp vegetable oil, butter, onion, garlic and capsicums to the cooking pot and sauté for 5 minutes, stirring often. Add the paprika and rice and stir well.

Pour in the stock then secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **RICE/GRAINS** and set the time for 8 minutes, then **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 5 minutes.

Stir in the peas, spinach and parmesan and adjust the seasoning.

Serve with freshly grated parmesan and some torn basil leaves.

Beef and Broccoli with Rice

COURSE: **BEGINNER**

PREP TIME: **10 MINUTES**

COOK TIME: **23 MINUTES**

YIELDS: **4-6 SERVINGS**



INGREDIENTS:

1 tbsp vegetable oil
1 kg beef stew meat, sliced
¼ tsp black pepper
3cm fresh ginger, finely grated
3 garlic cloves, crushed
2 ½ cups water
1 cup teriyaki sauce
1-½ tbsps packed brown sugar
1 cups long grain white rice
¾ tsp salt
2 tsps cornflour
3 cups broccoli florets

DIRECTIONS:

Press **BROWN/SAUTÉ**, heat oil on **HIGH**. Add beef; season with pepper. Cook and stir occasionally for 5 minutes. Stir; cook 3 minutes. Stir in ginger and garlic; cook and stir 30 seconds. Stir in 1 cup water, teriyaki sauce and brown sugar. Secure lid. Press **BEANS/CHILI**, set temperature to **HIGH** and time to 10 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**. When cooking is complete, quick release pressure.

Meanwhile, rinse rice well under cold water. Place in 18cm round metal cake pan; add 1-½ cups water. Prepare foil sling. With a large piece of foil, fold length ways into three. Cover pan tightly with foil. Place rack over beef in Cooking Pot; use sling to lower pan onto rack. Secure lid. Press **MEAT/POULTRY**, set temperature to **HIGH** and time to 18 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 5 minutes. Release remaining pressure. Remove pan from Cooking Pot using sling; set aside. Remove rack from pot. In a jug place cornflour and ¼ cup of the beef liquid, whisk and pour back into the cooking pot. Press **BROWN/SAUTÉ**; add broccoli. Cook and stir 5 to 7 minutes or until broccoli is desired degree of doneness. Scoop rice into serving bowls; top with beef, broccoli and sauce.

One-Pot Spaghetti

COURSE: **BEGINNER**

PREP TIME: **5 MINUTES**

COOK TIME: **8 MINUTES**

YIELDS: **4-6 SERVINGS**



INGREDIENTS:

1 tbsp oil
1 brown onion, chopped
2 tbsp tomato paste
2 cloves garlic, minced
½ tsp dried oregano
¼ tsp dried basil
800g tin diced tomatoes
4 cups water
3 tps salt
500g uncooked spaghetti, broken
in half
Fresh basil leaves
cracked black pepper and sea salt
Parmesan cheese (optional)

DIRECTIONS:

Press **BROWN/SAUTÉ**; place oil in Cooking Pot and heat. Add onion; cook and stir 3 minutes or until translucent. Add tomato paste, garlic, oregano and basil; cook and stir 30 seconds. Add tomatoes and salt; mix well. Add pasta and water; gently mix, separating pasta as much as possible. Secure lid. Press **MANUAL**, set pressure to **HIGH** and time to 5 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Stir to separate noodles. Press **BROWN/SAUTÉ**; cook and stir 3 to 5 minutes or until all liquid is absorbed and pasta is desired degree of doneness. Serve with Parmesan cheese, fresh basil leaves, season to taste.

Hummus

COURSE: **APPETISER**

PREP TIME: **10 MINUTES**

COOK TIME: **45 MINUTES**

YIELDS: **5 CUPS**



INGREDIENTS:

6 cups water
2 cups dried chickpeas
1 cup olive oil
3 cloves garlic, peeled
¼ cup tahini
½ cup water
Juice of 2 lemons
1 tbsp soy sauce
Salt and freshly ground
black pepper, to taste

DIRECTIONS:

Place chickpeas and water in the Cooking Pot. Secure the lid. Make sure the Steam Release Dial is in the “Seal” (closed) position. Press **BEANS/CHILI**, set the pressure to **HIGH**, and adjust the time to 45 minutes. Press **START/STOP**.

Once cooking is complete and the pressure is released, set aside to cool. Drain. Place all remaining ingredients in food processor and process to form a smooth paste. Season to taste with salt and pepper.

Store in a clean, covered container in the refrigerator for up to one week.

Perfect Boiled Eggs

COURSE: APPETISER

PREP TIME: 2 MINUTES

COOK TIME: 9 MINUTES

YIELDS: 6 SERVINGS



INGREDIENTS:

PERFECT HARD BOILED EGGS:

1 cup water
6 eggs

PERFECT MEDIUM BOILED EGGS:

1 cup water
6 eggs

PERFECT SOFT BOILED EGGS:

1 cup water
6 eggs

DIRECTIONS:

PERFECT HARD BOILED EGGS:

Place water and rack in bottom of the Cooking Pot. Place eggs on rack. Secure lid. Press **STEAM**, set pressure to **LOW** and time to 7 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Remove eggs to large bowl of ice water; let cool 5 minutes before peeling.

PERFECT MEDIUM BOILED EGGS:

Place water and rack in bottom of the Cooking Pot. Place eggs on rack. Secure lid. Press **STEAM**, set pressure to **LOW** and time to 5 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Remove eggs to large bowl of ice water; let cool 5 minutes before peeling.

PERFECT SOFT BOILED EGGS:

Place water and rack in bottom of the Cooking Pot. Place eggs on rack. Secure lid. Press **STEAM**, set pressure to **LOW** and time to 3 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Remove eggs to large bowl of ice water; let cool 5 minutes before peeling.

BBQ Buffalo Wings

COURSE: APPETISER

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

YIELDS: 6 SERVINGS



INGREDIENTS:

1.5 kg chicken wing
½ cup chicken stock
60g salted butter
1 garlic clove, finely grated
1 cup barbecue sauce
¼ cup buffalo sauce
½ tsp chili powder
¼ tsp onion powder
¼ tsp pepper
Garnish with chopped chives
FOR SERVING
Ranch or blue cheese

DIRECTIONS:

Press the **BROWN/SAUTÉ** button. When the device is hot, brown the chicken wings on both sides in batches.

Add the chicken stock, butter and garlic on top of the chicken. Secure the lid. Press the **MEAT/POULTRY** function, set the pressure to **HIGH** and set the time for 15 minutes. Make sure the Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure and drain most of the stock off the wings, leaving about a ¼ of stock on the bottom of the Express Multi-Cooker under the wings.

In a small bowl combine the barbecue sauce, buffalo sauce, chili powder, onion powder and pepper. Pour over the wings and stir.

Carnitas Sliders with Chipotle Sour Cream

COURSE: APPETISER

PREP TIME: 10 MINUTES

COOK TIME: 2 HOURS

YIELDS: 6 SERVINGS



INGREDIENTS:

2 kg pork shoulder, cut into cubes
1 ½ tsp salt
350ml stout beer
100g tomato paste
1 tsp cumin
1 tsp garlic powder
1 tsp onion powder
2 tsp chili powder
½ tsp cayenne powder
½ tsp smoked paprika
1 cup sour cream
1 tbsp chipotle sauce
24 slider buns
Juice from 1 large lime
Chopped coriander

DIRECTIONS:

In a small bowl stir together 1 tsp of salt, beer, tomato paste, lime juice, cumin, garlic powder, onion powder, chili powder, cayenne and smoked paprika. Coat the pork. Place the pork in the Cooking Pot, add the lid. Make sure the lid is locked but the Steam Release Dial is in the “Seal” (closed) position. Press **MEAT/POULTRY** adjust time to 2 hours and press **START/STOP**.

Once cooking process is complete, release the pressure and carefully remove the Cooking Pot, pouring off the liquid. Leave a small amount, about 2 tbsp and return the Cooking Pot back in the Crock-Pot Express.

Press **BROWN/SAUTÉ** setting on HIGH. Shred the pork in the cooker with two forks while the pot heats up. Press meat firmly down with a wooden spoon into a firm even layer. Cook for 5-8 minutes, stir and press again into a firm even layer. Once the remaining liquid is gone and there are pieces of meat that have been caramelized, remove from the pot and add to a serving bowl. Toss with the remaining ½ tsp salt.

Stir together the sour cream and chipotle sauce. Add the carnitas to the slider buns, top with sour cream and sprinkle with coriander.

Chips and Dips

COURSE: APPETISER

PREP TIME: 10 MINUTES

COOK TIME: 7 MINUTES

YIELDS: 6 SERVINGS



INGREDIENTS:

SPINACH DIP

150g cream cheese
½ cup sour cream
¾ cup frozen chopped spinach,
thawed and squeezed dry
¼ tsp garlic powder
¼ tsp black pepper
½ tsp Worcestershire sauce
¼ cup grated Parmesan cheese
¼ cup shredded mozzarella
cheese

BUFFALO CHICKEN DIP

120g cream cheese
½ cup shredded or diced cooked
chicken
¼ cup Buffalo wing sauce
¼ cup prepared ranch dressing
½ cup grated Cheddar cheese

QUESO DIP

225g cheddar cheese
½ cup chunky salsa
2 cups water
Tortilla chips

DIRECTIONS:

For Spinach Dip, layer ingredients in 450ml glass jar in order listed. Cover with lid and tighten lid. For Buffalo Chicken Dip, layer ingredients in 450ml glass jar in order listed, pressing down to fit. Cover with lid and tighten lid. For Queso Dip, place process cheese in 450ml glass jar; top with salsa. Cover with lid and tighten lid.

Place water and rack in the Cooking Pot. Arrange jars on rack. Secure lid. Press **BEANS/CHILI**, set pressure to **HIGH** and time to 7 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Carefully remove jars from the Cooking Pot (Jars will be hot). Unscrew lids; stir dips well before serving. Serve with chips.

French Onion Soup

COURSE: **SOUP & SIDES**

PREP TIME: **10 MINUTES**

COOK TIME: **25 MINUTES**

YIELDS: **4 CUPS**



INGREDIENTS:

4 large white onions, evenly sliced
½ cup butter
5 cups vegetable stock
4 sprigs fresh rosemary
2 bay leaves
Salt and pepper

TO SERVE:

4 thick slices of french bread
4 slices of gruyere cheese
Fresh thyme sprigs

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat.

Add the butter and onions, and sauté, stirring regularly until the onions are evenly browned and softened. Add the remaining ingredients to the Cooking Pot and stir. Press **START/STOP**. Secure the lid. Press **SOUP**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is set to the "Seal" (closed) position. Press **START/STOP**.

Top the French bread slices with the cheese and pre-heat your broiler. Once cooking is complete and the pressure is released, remove rosemary and bay leaves. Ladle soup into ovenproof soup bowls, placing a slice of the bread and cheese on top. Carefully place the bowls under the broiler until golden and melted. Alternatively, you can grill the bread and cheese separately, placing onto the soup before serving.

Garnish with the thyme sprigs and serve warm.

Speedy Lentil and Vegetable Soup

COURSE: SOUPS & SIDES

COOK TIME: 10 MINUTES

SERVES: 4 SERVINGS



INGREDIENTS:

1 tbsp vegetable oil
1 large onion, finely diced
2 carrots, peeled and diced
2 celery sticks, diced
2 bay leaves
½ tsp dried thyme
1.3 litres hot vegetable stock
200g dried brown lentils, rinsed
200g dried red lentils, rinsed
200g frozen sweetcorn
1 large potato, peeled and diced
Salt and pepper

DIRECTIONS:

Press **BROWN/SAUTÉ** and adjust time to 3 minutes, press **START/STOP** and allow to preheat.

Add oil, onions, carrots and celery to the cooking pot. Sauté for 3 minutes.

Add the remaining ingredients and stir well.

Secure the lid, ensure the Steam Release Dial is in the “Seal” (closed) position, press **MANUAL PRESSURE** adjust time to 10 minutes and press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Stir well, adjust the seasoning. Serve with some chunky granary bread for a tasty healthy meal.

Express Baked Potatoes

COURSE: SOUP & SIDES

PREP TIME: 2 MINUTES

COOK TIME: 20 MINUTES

YIELDS: 4 SERVINGS



INGREDIENTS:

1 cup water
4 large Sebago potatoes

DIRECTIONS:

Place water and rack in bottom of the Cooking Pot. Place potatoes on rack. Secure lid. Press **STEAM**, set pressure to **HIGH** and time to 20 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 10 minutes. Release remaining pressure.

Potato and Egg Salad

COURSE: SOUP & SIDES

PREP TIME: 10 MINUTES

COOK TIME: 4 MINUTES

YIELDS: 8 SERVINGS



INGREDIENTS:

1 cup water
2 tsp salt
1.4kg Desiree potatoes, cut into
3cm cubes
6 eggs
½ cup finely diced dill pickle
¼ cup finely chopped red onion
1 stalk celery, finely diced
¼ cup chopped fresh
parsley (optional)
1 cup mayonnaise
2 tbsp yellow mustard
1 tbsp apple cider vinegar
2 tsp sugar

DIRECTIONS:

Combine water and 1 tsp salt in Cooking Pot. Add potatoes; place whole eggs on potatoes. Cook on **STEAM** 4 minutes; quick release pressure.

Place eggs in bowl of cold water with ice cubes. Drain potatoes in colander; let stand 10 minutes or until potatoes have cooled slightly. Peel eggs and coarsely chop. Place in large bowl; add pickle, onion, celery and parsley, if desired. Add potatoes; gently mix.

For dressing, whisk mayonnaise, mustard, vinegar, sugar and remaining 1 tsp salt in medium bowl. Pour over potato mixture; mix gently. Refrigerate until cold.

Perfect Fluffy Rice

COURSE: SOUP & SIDES

PREP TIME: 2 MINUTES

COOK TIME: 6 MINUTES

YIELDS: 4 (½ CUP
SERVINGS)



INGREDIENTS:

PERFECT FLUFFY WHITE RICE:

2 cups white rice, rinsed
and drained
2 cups water
½ tsp salt

PERFECT FLUFFY BROWN RICE:

1 cup brown rice, rinsed
and drained
1 cup water
½ tsp salt

DIRECTIONS:

PERFECT FLUFFY WHITE RICE:

Combine rice, water and salt in the Cooking Pot. Secure lid. Press **RICE/GRAINS**, set pressure to **HIGH** and time to 6 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 10 minutes.
Release remaining pressure.

PERFECT FLUFFY BROWN RICE:

Combine rice, water and salt in **CROCK-POT®** Express. Secure lid. Press **RICE/GRAINS**, set pressure to **HIGH** and time to 25 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 10 minutes.
Release remaining pressure.

Herbed Salmon Parcels

COURSE: **MAIN**

PREP TIME: **5 MINUTES**

COOK TIME: **4 MINUTES**

YIELDS: **4 SERVINGS**



INGREDIENTS:

4 x 250g fillets salmon, skin on
1 lemon, finely sliced
1 bunch fresh basil
1 bunch fresh dill
1 tbsp olive oil
Salt and freshly ground black
pepper, to taste
2 cups water

DIRECTIONS:

Place each piece of salmon in the middle of a 20cm x 20cm square of baking paper. Evenly divide lemon, basil and dill, and place over salmon. Drizzle with oil. Bring corners of baking paper to the center and secure to form a parcel.

Place 2 cups of water in the base of the Cooking Pot. Place Steaming Rack over water. Place the salmon parcels offset on the rack. For particularly large pieces of salmon, stack the parcels on the Steaming Rack. Secure the lid. Press **STEAM**, set pressure to **HIGH**, and adjust time to 4 minutes. Make sure the Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, allow to cool.

Thai Green Curry

COURSE: MAIN

COOK TIME: 15 MINUTES

SERVES: 2-3 SERVINGS



INGREDIENTS:

600g skinless, boneless chicken thighs cut into strips
3 shallots, peeled
2 cloves of garlic, peeled
1 green finger chilli
1 thumb sized piece of ginger, peeled
1 lime, zest and juice
1 stem of lemon grass, woody end and outer removed
1 small bunch of Thai basil
1 tbsp coconut or vegetable oil
400g tin of light coconut milk
3 Kaffir lime leaves
1 tsp brown sugar
Fish sauce

DIRECTIONS:

Place the shallots, garlic, chilli, ginger, lime zest and juice, lemongrass and most of the Thai basil into a food processor. Blend until a paste is achieved.

Press **BROWN/SAUTÉ** and adjust the time to 5 minutes, press **START/STOP**. Allow to preheat.

Add the oil, then stir in the paste and cook for approx. 1-2 minutes until fragrant. Stir in chicken and continue cooking for a further 2-3 minutes to seal.

Pour in the coconut milk, lime leaves, sugar and stir well.

Secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **MEAT/POULTRY** and set time for 15 minutes. Press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Season with the fish sauce to taste and thicken slightly with a little cornflour and water if required.

Serve with some steamed rice.

Traditional Beef Stew

COURSE: **MAIN**

PREP TIME: **10 MINUTES**

COOK TIME: **45 MINUTES**

YIELDS: **6-8 SERVINGS**



INGREDIENTS:

1 tbsp olive oil
1.2 kg gravy beef
4 cloves garlic, minced
½ bunch fresh thyme
2 tbsp tomato paste
4 carrots, chopped
6 red potatoes, quartered
6 shallots, peeled
½ cup red wine
2 cups beef stock
2 bay leaves
1 cup frozen peas, thawed
3 tbsp cornflour
sea salt and freshly cracked pepper to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to **HIGH**, and then press **START/STOP**. Allow Cooker to preheat. Add oil to Cooking Pot. Toss beef with salt and pepper; add to Cooking Pot. Cook, stirring occasionally, for 5-7 minutes or until well browned. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste. Stir in carrots, potatoes and shallots.

Stir in wine, stock and bay leaves; bring to boil. Press **START/ STOP**. Secure the lid. Select **MEAT/POULTRY**, set temperature to **HIGH**, and adjust time to 35 minutes. Make sure Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, stir in cornflour mixed with water to thicken. Season to taste and stir through the peas. Remove the bay leaves before serving.

TIP: To **SLOW COOK** this stew instead, cook on **HIGH** for 4-5 hours.

Lamb Shanks with Lemon & Rosemary

COURSE: MAIN

COOK TIME: 60 MINUTES

SERVES: 4 SERVINGS



INGREDIENTS:

4 lamb shanks
¼ cup plain flour
¼ cup olive oil
2 cloves garlic, crushed
2 onions, chopped
¾ cup chicken stock
4 fresh rosemary sprigs
1 lemon, finely sliced
2 tbsp lemon juice
Salt and freshly ground
black pepper, to taste
Fresh rosemary, to serve

DIRECTIONS:

Dust lamb shanks in flour. Press **BROWN/SAUTÉ**, then press **START/STOP**. Add half of the oil and preheat for 2 minutes. Add lamb and brown for 3-4 minutes or until golden.

Remove lamb from cooking pot. Add remaining oil, garlic and onion. Sauté for 4-5 minutes or until tender.

Press **START/STOP**. Add shanks, stock, rosemary, lemon slices, and lemon juice to the cooking pot. Secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **MEAT/POULTRY**, and adjust the time to 60 minutes. Press **START/STOP**.

Once cooking has completed, and the pressure is released, season to taste with salt and pepper. Top with extra rosemary and serve.

Deep-Dish Lasagna

COURSE: MAIN

PREP TIME: 30 MINUTES

COOK TIME: 35 MINUTES

YIELDS: 4-6 SERVINGS



INGREDIENTS:

1 tbsp olive oil
500g minced beef
1 small onion, chopped
2 garlic cloves, finely grated
salt and pepper for seasoning
400g tin tomatoes, diced
4 tbsp tomato paste
2 tbsp Italian seasoning
1 egg
1 cup ricotta cheese
½ cup grated Parmesan
Cheese, grated
¼ cup fresh parsley, chopped
3 fresh lasagna sheets
2 cups mozzarella cheese,
grated

DIRECTIONS:

Press **BROWN/SAUTÉ** and Press **START/STOP**. Add oil and preheat. Place beef, onion, 1 tsp garlic and ½ tsp salt in Cooking Pot; cook 5 minutes or until meat is no longer pink, breaking up meat with wooden spoon. Add diced tomatoes, and Italian seasoning; cook 10 minutes, stirring occasionally.

Transfer sauce to bowl; clean Cooking Pot. Place rack in pot and add 1 cup water.

Beat egg in a small bowl, stir in ricotta, ¼ cup Parmesan, parsley and season.

In an 18cm spring form cake pan, spread ½ cup beef mince mixture, top with lasagna sheet, then one third of ricotta mixture and mozzarella and Parmesan. cover with bake paper and top with alfoil.

Make an alfoil sling, with 50cm alfoil, folded over in three. Place the cake tin in the middle and pull up the alfoil on either side.

Place pan on rack in Cooking Pot using foil handles. Secure lid. Press **MEAT/POULTRY**, set pressure to **HIGH** and time to 35 minutes. Make sure Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete, quick release pressure. Remove pan from Cooking Pot with foil handles. Remove foil from top of lasagna; let stand 10 minutes before removing side and cutting into wedges.

Smoky BBQ Brisket

COURSE: **MAIN**

PREP TIME: **15 MINUTES**

COOK TIME: **75 MINUTES**

YIELDS: **10 SERVING**



INGREDIENTS:

1.5 kg beef brisket, trimmed of excess fat
¾ cup BBQ sauce
½ cup BBQ seasoning
400ml beef stock
2 tbsp cornflour
¼ cup water

DIRECTIONS:

Combine the BBQ sauce and seasoning together and rub all over the brisket.

Place the steaming rack into the base of the cooking pot. Pour in the beef stock and rest the brisket on the metal rack.

Secure the lid and ensure the steam release valve is in the seal (closed) position. Press **MEAT/POULTRY**, adjust time to 1 hour 25 minutes, press **START/STOP**.

Once the brisket is cooked, remove from the cooking pot with the steaming rack and set to one side.

Press **BROWN/SAUTÉ** then **START/STOP** and reduce remaining liquid by half. Combine the cornflour and water, add to the cooking pot and simmer for one minute. Press **STOP**.

Using two forks, shred the brisket and add to the cooking pot. Fold into the sauce then serve on burger buns with slaw.

TIP: For extra smoky flavour, spray the brisket with smoke oils before cooking. These are available at most meat emporiums and other specialty stores.

Baby Back Ribs

COURSE: **MAIN**

PREP TIME: **5 MINUTES**

COOK TIME: **45 MINUTES**

YIELDS: **8 SERVINGS**



INGREDIENTS:

2 racks (1.8kg to 2.2kg) pork
baby back ribs, cut into
8 to 10 cm sections
Salt and black pepper
2 cups prepared barbecue
sauce, divided
1½ cups chicken stock
¼ cup chopped red onion
1 tsp minced garlic

DIRECTIONS:

Season pork with salt and pepper; add to the Cooking Pot. Combine 1 cup barbecue sauce, stock, onion and garlic in large bowl; stir to blend. Pour barbecue mixture over ribs. Secure lid. Press **MEAT/POULTRY**, set pressure to **HIGH** and time to 40 minutes. Make sure Steam Release Dial is in “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 10 minutes. Release remaining pressure. Remove ribs to large bowl. Skim fat from top of cooking liquid. Press **BROWN/SAUTÉ**; cook liquid and remaining 1 cup barbecue sauce, uncovered, on **HIGH** 5 to 7 minutes or until thickened. Serve sauce with ribs.

Boneless Turkey Roast and Mashed Potatoes

COURSE: **MAIN**

PREP TIME: **10 MINUTES**

COOK TIME: **40 MINUTES**

YIELDS: **4-6 SERVINGS**



INGREDIENTS:

1 cup chicken stock
½ onion, diced
1 celery stick, diced
1 carrot, diced
1 tbsp dried parsley flakes
1 tsp garlic powder
1 tsp paprika
½ tsp salt
¼ tsp black pepper
1 kg boneless turkey roast
6 potatoes
½ cup milk
3 tbsps butter
2 tbsps cornflour (optional)
2 tbsps water (optional)

DIRECTIONS:

Combine stock, onion, celery and carrots in the Cooking Pot; stir to blend. Combine parsley flakes, garlic powder, paprika, salt and pepper in small bowl; rub onto turkey. Press **BROWN/SAUTE** and **START/STOP**. Preheat, add oil and turkey and brown on all sides. Add the stock, onion, celery and carrots into the pot. Press **MEAT/POULTRY**, set pressure to **HIGH** and time to 10 minutes. Make sure Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Add potatoes to the cooking pot. Secure lid press **MEAT/POULTRY**, set pressure to **HIGH** and time to 20 minutes. Make sure the Steam Release Dial is in the 'Seal' (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Remove potatoes to large bowl. Remove turkey to large cutting board. Cover loosely with foil; let stand 10 to 15 minutes before slicing. When cool enough to handle; peel potatoes. Add milk and butter; mash until desired consistency.

If desired, press **BROWN/SAUTÉ**. Stir water into cornflour in small bowl until smooth add a fullstop.Whisk into cooking liquid. Cook, uncovered, on **HIGH** 10 to 15 minutes or until thickened. Serve chicken and vegetables with gravy.

Turkey Taco Rice Bowls

COURSE: **MAIN**

PREP TIME: **10 MINUTES**

COOK TIME: **12 MINUTES**

YIELDS: **4-6 SERVINGS**



INGREDIENTS:

1 kg turkey mince
1 tbsp olive oil
2½ cups chicken stock
2 tbsps taco seasoning
2 cups white rice, rinsed and drained

Optional toppings: grated cheese, sliced jalapeño peppers, sour cream and/or chopped fresh coriander

DIRECTIONS:

Press **BROWN/SAUTÉ**. Add turkey; cook and stir 6 to 8 minutes or until browned, stirring to break up meat. Remove turkey to 18cm round metal cake pan using slotted spoon, leaving cooking liquid in the Cooking Pot.

Stir ½ cup stock and taco seasoning into turkey. Stir rice, mix well, and remaining 2 cups stock into cooking liquid in bottom of the Cooking Pot. Place turkey pan on top of trivet. Secure lid. Press **STEAM**, set pressure to **HIGH** and time to 6 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 10 minutes. Release remaining pressure. Serve rice topped with turkey and desired toppings.

Chilli Con Carne

COURSE: MAIN

COOK TIME: 10 MINUTES

SERVES: 4 SERVINGS



INGREDIENTS:

1 tbsp vegetable oil
500g minced beef
1 medium onion, diced
2 cloves of garlic, finely chopped
1 red capsicum, diced
1 tbsp chilli powder, or to taste
2 tsp ground cumin
½ tsp chilli seeds
1 tbsp Worcestershire sauce
2 x 400g tins of chopped tomatoes
3 tbsp tomato puree
2 x 400g tins of red kidney beans, rinsed and drained
½ tsp salt
250ml beef stock

DIRECTIONS:

Press **BROWN/SAUTÉ** adjust time to 8 minutes and press **START/STOP** and allow to preheat.

Add the vegetable oil to the cooking pot along with the minced beef and brown, stirring regularly.

Remove the beef to a separate bowl.

Add the onions and garlic to the pot, adding a little more vegetable oil if needed. Sauté for approx. 3-4 minutes until softened.

Stir in the remaining ingredients, fit secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **BEANS/CHILI**.

Add a cook time of 10 minutes then press **START/STOP**.

Once the unit has finished cooking, allow a natural release time of 5-10 minutes.

Adjust the seasoning.

Serve with some steamed rice, tortilla chips, guacamole, fiery salsa and sour cream.

Butter Chicken

COURSE: **MAIN**

PREP TIME: **5 MINUTES**

COOK TIME: **14 MINUTES**

YIELDS: **8-12 SERVINGS**



INGREDIENTS:

400g tin diced tomatoes
1 tbsp minced garlic
2 tsp minced fresh ginger
1 ½ tsp salt
1 ½ tsp ground turmeric
1 ½ tsp garam masala
1 ½ tsp paprika
1 ½ tsp ground cumin
½ tsp chilli powder
2 kg chicken thigh, diced
¾ cup coconut milk, well stirred
1 tbsp tomato paste
1 tbsp cornflour
½ chopped fresh coriander, plus
additional for garnish
Hot cooked rice and naan bread
(optional)

DIRECTIONS:

Combine tomatoes, garlic, ginger, salt, turmeric, garam masala, paprika, cumin and chilli powder in the Cooking Pot; stir to blend. Add chicken, tomato paste and coconut milk, stir. Secure lid. Press **BEANS/CHILI**; set pressure to **HIGH** and time to 10 minutes. Make sure Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Remove chicken to medium bowl. Press **BROWN/SAUTÉ, START/STOP**, place cornflour in a heatproof jug and add ¼ cup of the butter chicken sauce into the jug, whisk until a smooth paste. Add another ¼ cup butter chicken sauce and whisk, pour into the cooking pot and stir. Stir occasionally until sauce thickens.

Return the chicken back to the Cooking Pot and stir well for approx 4 minutes or until heated through. Serve with rice and naan, if desired; garnish with coriander.

Meat Loaf and Mashed Potatoes

COURSE: **MAIN**

PREP TIME: **20 MINUTES**

COOK TIME: **40 MINUTES**

YIELDS: **6-8 SERVINGS**



INGREDIENTS:

1 cup water
1 kg beef mince
2 eggs
1 small onion, chopped
(about ½ cup)
1 green capsicum, diced
½ cup oats
Salt and black pepper
3 tbsps tomato sauce
1 tbsp brown sugar
6 medium Desiree potatoes
¼ cup milk
3 tbsps butter

DIRECTIONS:

Place rack in the Cooking Pot; add water. Combine beef, eggs, onion, capsicum, oats, salt and black pepper; mix well. Shape mixture into oval. Prepare foil handles.*

Tear off 46cm x 5cm piece of foil; fold in half crosswise to create 30cm x 22cm rectangle. Place meat loaf on foil; bring up sides of foil to create pan. Place foil with meat loaf on rack using foil handles. Secure lid. Press **MEAT/POULTRY**, set pressure to **HIGH** and time to 20 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Meanwhile, stir tomato sauce and brown sugar in small bowl until well blended.

Once cooking is complete, quick release pressure. Brush meat loaf with tomato sauce mixture; top loosely with small sheet of foil. Add potatoes to the Cooking Pot over and on the side of the meatloaf. Secure lid. Press **MEAT/POULTRY**, set pressure to **HIGH** and time to 20 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, quick release pressure. Remove potatoes to large bowl. Remove meat loaf to large cutting board using foil handles; let stand 10 minutes before slicing. Meanwhile, peel potatoes when cool enough to handle. Add milk and butter; mash until desired consistency.

*Tear off three 45cm x 5cm strips of heavy-duty foil. Crisscross the strips so they resemble the spokes of a wheel. Place the dish in the center of the strips. Pull the strips up and over the dish. Leave the strips in during cooking so you can easily lift the item out again when it's ready.

Mexican Pulled Pork

COURSE: **MAIN**

PREP TIME: **15 MINUTES**

COOK TIME: **2 HOURS**

YIELDS: **6 SERVINGS**



INGREDIENTS:

2 tbsp chili powder
1 tbsp salt flakes
1 tbsp brown sugar
1 tsp ground cumin
½ tsp cayenne
½ tsp turmeric
½ tsp ground oregano
½ tsp onion powder
½ tsp garlic powder
½ tsp cinnamon
¼ tsp ground cloves
2 kg boneless pork shoulder,
rind and fat removed
2 tbsp of vegetable oil
1 leek, sliced
400g tin chopped tomatoes
1 cup water
2 tbsp apple cider vinegar
Salt and freshly ground black
pepper, to taste
Soft tacos, guacamole, sour
cream and salad, to serve

DIRECTIONS:

Mix the first eleven ingredients together in a bowl until well blended. Rub the pork with the spice mix.

Pour the oil into the cooking pot. Press **BROWN/SAUTÉ** then press **START/STOP**. Once preheated, place pork into cooking pot and brown on all sides. Press **START/STOP**. Add the leek to the cooking pot and continue to brown for 2 minutes. Add the tomatoes, water and cider to the pork. Secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **MEAT/POULTRY**, and adjust time to 2 hours. Press **START/STOP**.

Once the cooking has completed, allow pressure to release naturally. Remove lid and shred pork with two forks. Season to taste with salt and pepper. Stir to combine. Serve in soft tacos with guacamole, sour cream and salad.

TIP: If the sauce is too thin, thicken with 2 tbsp cornflour. Bring to a simmer until thickened.

Whole Roast Chicken

COURSE: MAIN

COOK TIME: 30 MINUTES

SERVES: 4 SERVINGS



INGREDIENTS:

1 whole chicken, 1.3kg-1.6kg
1 tsp paprika
1 tsp dried thyme
Salt and pepper
1 tbsp vegetable oil
4 cloves of garlic, peeled
2 tbsp lemon juice
250ml hot chicken stock
1 large sprig of fresh thyme

DIRECTIONS:

Press **BROWN/SAUTÉ** and adjust the time to 6 minutes, press **START/STOP**. Allow to preheat.

Place the paprika, thyme and seasoning into a small bowl and mix together.

Rub over the outside of the chicken.

Add the oil to the cooking pot and place the chicken breast side down to brown. Turn half way through and continue browning. Add the garlic, lemon juice and chicken stock.

Secure the lid ensuring the Steam Release Dial is in the "Seal" (closed) position. Press **MEAT/POULTRY** and set time to 30 minutes. Press **START/STOP**.

Once the unit has finished cooking, allow the unit to have a natural pressure release time of 10 minutes.

Carefully lift out the chicken and place on a warmed plate. Cover loosely with foil to keep warm.

To make gravy - strain the cooking liquid to remove the garlic and thyme.

Press **BROWN/SAUTÉ**, heat the stock to boiling point.

Stir in a little cornflour mixed with water to thicken.

Serve with potatoes and vegetables.

Chicken Fried Rice

COURSE: **MAIN**

PREP TIME: **20 MINUTES**

COOK TIME: **10 MINUTES**

YIELDS: **4 SERVINGS
(6 CUPS)**



INGREDIENTS:

2 tbsp oil plus 1 tsp vegetable oil,
divided
3 eggs
1 kg chicken breast, cut into 2cm
pieces
1 brown onion, diced
1 red capsicum, diced
2 carrot, diced
4 cloves garlic, minced
1-1/2 cups uncooked rice,
rinsed well
1-1/2 cups water
1/2 tsp salt
4 spring onions, thinly sliced
1 cup peas
6 tbsps soy sauce
1 tsp minced fresh ginger
Salt and black pepper

DIRECTIONS:

Press **BROWN/SAUTÉ**; heat 1 tbsp oil on **HIGH**. Crack eggs into Cooking Pot; cook and stir 45 seconds to 1 minute or until eggs are scrambled but still moist. Remove to small bowl; set aside. Wipe the Cooking Pot clean.

Press **BROWN/SAUTÉ**; heat 1 tbsp oil on **HIGH**. Add chicken, chopped onion, carrot and garlic; cook and stir 2 minutes. Stir in rice, water and 1/2 tsp salt. Secure lid. Press **RICE/GRAINS**, set temperature to **HIGH** and time to 6 minutes. Make sure Steam Release Dial is in the "Seal" (closed) position. Press **START/STOP**. When cooking is complete, quick release pressure.

Press **BROWN/SAUTÉ**; stir in soy sauce, peas and ginger. Move rice to one side and add remaining 1 tsp oil to bottom of Cooking Pot. Cook 4 to 5 minutes or until mixture is well blended, all liquid is absorbed and bottom is beginning to brown, stirring occasionally. Stir in eggs and spring onions. Sprinkle with sesame seeds.

Mixed Berry Yogurt

COURSE: **DESSERT**

PREP TIME: **5 MINUTES**

COOK TIME: **8-12 HOURS**

YIELDS: **2 LITRES**



INGREDIENTS:

2 litres milk whole or skim
2 tbsp yogurt starter
1 cup mixed berries

NOTES:

When making yogurt in your Express, first make sure your pot is cold or cool. You will need a thermometer for the cooking process.

YOGURT function does not operate under pressure.

More time = more tangy,
less time = less tangy.

DIRECTIONS:

Pour milk into the Cooking Pot. Press **YOGURT**, set temperature to **HIGH**. Press **START/STOP**. Whisk frequently. Using a thermometer, check the temperature of the milk. When milk has reached 82°C, press **START/STOP**. Use oven mitts to remove Cooking Pot and place in kitchen sink full of cold water, not allowing water into the Cooking Pot. Cool milk down to 35-40.5°C, whisking often. Do not add the yogurt starter to the hot milk, as it will kill the bacterial cultures.

Scoop some milk into a separate bowl and stir in yogurt starter. Add this mix to the Cooking Pot and stir until the mixture reaches a uniform consistency. Place Cooking Pot back into the Heating Base. Make sure Steam Release Dial is in the "Release" (open) position. Secure the lid. Press **YOGURT**, set temperature to **LOW**, and set time to 8-12 hours. Press **START/STOP**. After 8 hours, taste test periodically until desired taste is achieved.

Once the yogurt has reached the desired taste, press **START/STOP**, remove the Cooking Pot, cover with aluminum foil, and place it on a trivet in the fridge to stop the incubating process and allow to sit there for at least 8 hours. The yogurt should thicken slightly as it sits.

Plain yogurt is done. Add mixed berries and serve.

Cheesecake with Berry Coulis

COURSE: **DESSERT**

PREP TIME: **15 MINUTES**

COOK TIME: **35 MINUTES**

YIELDS: **8 SERVINGS**



INGREDIENTS:

150g digestive biscuits,
crushed
3 tbsps butter, melted
500g cream cheese,
softened
½ cup sugar
2 eggs
1 tsp vanilla
Grated peel of 1 lemon
Berry Coulis
¼ cup sugar
1 ½ tbsps boiling hot
water
200g frozen raspberries
Garnish with fresh
strawberries,
raspberries and
blueberries

DIRECTIONS:

Line bottom of an 18cm springform pan with parchment paper. Spray bottom and side of pan with nonstick cooking spray. Make an alfoil sling, with 40cm piece of alfoil, folded into three length ways.

Combine biscuit crumbs and butter in small bowl. Pat crumb mixture onto base of the cake tin, refrigerate.

Beat cream cheese and sugar in large bowl with electric mixer at medium-high speed 1 to 2 minutes or until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla and lemon peel. Pour batter into crust. Cover pan tightly with baking paper and foil.

Pour 1 cup water into pot; place rack in pot. Lower cheesecake onto rack using alfoil sling. Secure lid. Press **DESSERT**, set pressure to **HIGH** and time to 25 minutes. Make sure Steam Release Dial is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete, natural release pressure 5 minutes. Release remaining pressure. Remove pan from pot using foil sling. Remove cover and let stand 20 minutes.

Run knife around side of pan to loosen; cover and refrigerate at least 3 hours or overnight.

Just before serving, prepare coulis. In a heat proof jug, add sugar and water, mix and place in microwave for 1 minute, stop and stir in 20 second intervals. Place berries and sugar syrup into a blender and process until smooth, strain through a fine sieve.

Decorate cheesecake with fresh berries and coulis.

Steam Vanilla Cake

COURSE: **DESSERT**

PREP TIME: **10 MINUTES**

COOK TIME: **1 HR 40 MIN**

YIELDS: **8 SERVINGS**



INGREDIENTS:

¾ cup caster sugar
125g butter
¼ cup plain flour
1 cup SR Flour
½ cup milk
2 eggs
1 tsp vanilla essence

FOR SERVING

Icing sugar
Fresh mint

DIRECTIONS:

Grease and line a 20cm spring form cake tin. Place the steaming rack and 1 ½ cups water in the Cooking Pot.

In a bowl add all ingredients, beat with an electric mixer until combined then turn speed up high and beat for 2 mins until pale in colour. Place into spring form tin. Cover the spring-form tin with aluminum foil. Fold a 30 cm long piece of foil over about 3 times lengthwise to create a sling. Set the tin onto the center of the sling, lift and set into the Cooking Pot. Fold down the edges of the foil to allow room for the lid.

Put on the lid making sure the Steam Release Dial is in the “Seal” (closed) position. Press the **DESSERT** button, adjust the pressure to HIGH, and set the time to 1 ½ hours. Press **START/STOP**.

Once cooking is complete, allow the unit to have a natural pressure release of 5 minutes. Carefully remove the sling and tin out and allow to cool. Once cool, dust with icing sugar and garnish with sprigs of fresh mint.

Mexican Chocolate Lava Cake

COURSE: **DESSERT**

PREP TIME: **10 MINUTES**

COOK TIME: **11 MINUTES**

YIELDS: **4 SERVINGS**



INGREDIENTS:

200g dark chocolate,
chopped
125g butter, unsalted
½ tsp instant coffee powder
1 tsp vanilla extract
1 tsp ground cinnamon
¼ tsp salt
pinch cayenne pepper
½ cup caster sugar
3 tbsp plain flour
1 tsp cocoa powder
3 large eggs, whisked
Serve with icing sugar

DIRECTIONS:

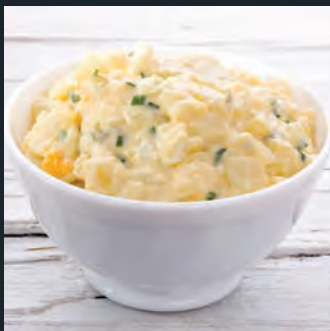
Place the chocolate and butter in a microwave safe bowl. Microwave chocolate and butter in 30 second increments until completely melted. Add the instant coffee powder, vanilla extract, cinnamon, salt, and cayenne to the melted chocolate and stir until the dry ingredients are absorbed completely.

Place sugar, flour and cocoa powder in a bowl. Add the eggs and mix together. Pour the chocolate into the mixture and stir. Divide the chocolate batter into the ramekins. Place the steaming rack and 1 ½ cups water inside the Cooking Pot. Place the ramekins on the steaming rack. Cover and seal the lid, making sure the Steam Release Dial is in the "Seal" (closed) position. Press the **DESSERT** and adjust time to 15 minutes and press the **START/STOP** button.

Once the cooking is complete, quick release the pressure. Remove each ramekin from the pot. Let sit on a cooling rack for 1 minute, then place a small dessert plate upside down on the top of the ramekin. Then invert the plate and remove the ramekin. Repeat with the remaining cakes, dust with powdered sugar, and serve immediately.

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///EXPRESS



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IMPORTANT NOTES:

- Please refer to your Crock-Pot® Express Owner's Manual for directions on using your specific multi-cooker.
 - Cook times are based on the approximate amount of time required to cook the recipe. Always ensure food is cooked thoroughly before consuming.
 - Visit the Crock-Pot® website at www.crockpot.com for additional recipes, hints, tips, and more.
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