

BEEF STROGANOFF

Serves 4

This classic dish, which is usually made with fillet steak, can be cooked more economically in a pressure cooker, as the same results are achieved using a cheaper braising steak instead.

2 lb	braising steak (1kg)	3	tablespoons soured cream
	salt and pepper	¼	pint (150ml) beef stock
1	tablespoon olive oil	2	teaspoon plain flour
8 oz	mushrooms, sliced (225g)	2	tablespoons sherry
1	large onion, chopped	½	teaspoon French mustard
2	medium tomatoes	1	teaspoon tomato puree
2	garlic cloves, crushed		chopped parsley to garnish

1. Trim meat and cut it across the grain into thin strips. Heat the oil in the pressure cooker, add onion and garlic and sauté for 2 minutes. Add the meat and sauté until browned. Stir in the stock and sherry and bring to the boil while stirring up the browning residue from the base of the pan. Add the tomato purée and mix in the parsley.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 15 minutes. Slice mushrooms and skin and quarter the tomatoes.

3. Remove the pan from the heat and release the pressure rapidly by the quick release method – refer to instruction manual. Remove the lid and add the mushrooms and tomatoes to the pan. Replace the lid and return the pressure to the 2nd red ring for one minute. Allow the pressure to reduce naturally and remove the lid.

4. Blend the cream and flour and mix in the mustard. Add to the pan and bring to the boil, stirring until thickened. Sprinkle with chopped parsley and serve with rice and a mixed green salad.

MARMALADE

Three Fruit Marmalade

1	grapefruit
2	lemons
1	sweet orange
1½	pints water (850ml)
3lb	sugar (1.4 kg)

Seville Orange Marmalade

1½ lb	Seville oranges (680g)
1	lemon
1½	pints water (850 ml)
3lb	sugar (1.4 kg)

1. Wash and quarter the fruit and place it in the pressure cooker. Add the water and fit the lid,

2. Bring the pressure to the 2nd red ring and adjust the heat to maintain this pressure for 20 minutes. Allow the pressure to reduce naturally – see instruction manual. Warm the sugar and jars in the oven at the lowest possible setting for approximately 15 minutes.

3. Remove the fruit, allowing it to drain well into the pan. Place the fruit on a cutting board and use a knife and fork to remove the pips, returning them to the pan. Chop the remaining fruit into shreds.

4. Boil the juice and pips without the lid for 5 minutes, then strain and discard the pips. Put juice, fruit and sugar into the pan and heat gently to dissolve the sugar, stirring all the time.

5. Increase the heat and boil rapidly until setting point is reached. Cool for 10 minutes then stir to suspend the fruit. Pour into warm jars and cover immediately.



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RECIPES FOR THE GOOD LIFE

TOP 5 REASONS TO USE DUROMATIC

- 1 It's Fast – Cuts 66% - 75% off conventional cooking times
- 2 It's Easy – Put on the lid and bring it up to pressure.
- 3 It's Healthy – Vitamins and minerals stay in the food
- 4 It's Tasty – Preserves vibrant colours and intensifies natural flavours.
- 5 It's Economical – Needs less energy, takes less time



CHRISTMAS PUDDING

Makes sufficient to fill two 2 pint (1 litre) plus one 1 pint (500ml) pudding basins.

As only one pudding at a time can be cooked in the pressure cooker, the remaining puddings can be covered and stored in the refrigerator or freezer prior to cooking.

1 lb	soft brown sugar (450g)	1	apple, grated
8 oz	self raising flour (225g)		grated rind and juice of one orange
12 oz	fresh white breadcrumbs (325g)		
1 lb	currants (450g)	1	teaspoon mixed spice
1 lb	sultanas (450g)	½	nutmeg, grated
1 lb	raisins (450g)	1	level teaspoon salt
12 oz	shredded suet (325g)	6	eggs, beaten
4 oz	mixed peel (100g)	¼ pint	brown ale (150ml)
2 oz	chopped almonds		To be added after cooking:
			5 tablespoons brandy or rum

1. Grease the pudding basins and place a small circle of greaseproof paper in the bottom of each.

2. Mix all the ingredients well in a large mixing bowl. Divide between the basins. Cover with a pleated square of greased greaseproof paper, tucking it tightly under the rim of the basin.

3. Cover again with a pleated square of foil, sealing it tightly under the rim of the basin.

4. Prepare a strip of foil to lift the pudding in and out of the pressure cooker – refer to instruction manual

5. Place the trivet and 3 pints (1½ litres) of boiling water in the pressure cooker and stand the pudding on the trivet. Pre-boil for 25 minutes – refer to instruction manual. Add more boiling water to maintain the level.

VEGETABLE STOCK

1	tablespoon vegetable oil	1	bay leaf
2	garlic cloves, crushed	½	teaspoon dried tarragon
1	large leek, chopped	1	teaspoon dried thyme
2	medium carrots, chopped	1	teaspoon salt
3	celery stalks in 1" (3cm) lengths	10	whole peppercorns
4	parsley sprigs	¼	teaspoon fennel seeds
	juice of ½ lemon	1	blade of mace
2	pints (1litre) water		
2	tomatoes, chopped		
1	small sweet potato, peeled and cubed		
2	courgettes in 2" (6cm) lengths		

1. Using a 5 litre or larger pressure cooker, heat the oil and add the garlic, leek, carrots and celery. Sautéed for three minutes. Add all other ingredients and stir well.

2. Close the lid and bring the pressure to the 1st red ring. Adjust the heat to maintain this pressure for 25 minutes.

3. Remove from heat and allow the pressure to reduce naturally – refer to instruction manual.

Pressure Point:

Other vegetables may be substituted, but avoid potatoes which will make the stock cloudy and members of the cabbage family which will give it a bitter taste.

FISH

Although most fish cooks quite quickly by conventional methods, the cooking of fish in the pressure cooker is completed in an instant.

FISH IN A PARCEL

Serves 2

4	small potatoes
	salt and pepper
1	small carrot
2	tablespoons dry Martini
½	small courgette
2	slices lemon
4	spring onions - bulbs only
	parsley to garnish
8 oz	fish steak or fillet ¾" (2cm) thick (225g)

1. Lightly oil two 10" (25cm) squares of foil. Cut the vegetables, except the spring onions, into matchstick strips and place them in the centre of each piece of foil. Sprinkle with salt and pepper and stand the fish portions on top. Place a slice of lemon and thin slices of spring onion on top of each piece of fish. Spoon the Martini over.

2. Fold the foil over and seal the edges by rolling them together tightly. Place the trivet and ¼ pint (140ml) water in the pressure pan. Stand the fish parcels on the trivet and close the lid.

3. Bring the pressure to the 2nd red ring and adjust the heat to maintain this pressure for 5 minutes. Allow the pressure to reduce naturally – refer to instruction manual.

4. Remove the foil parcels, open and serve sprinkled with chopped parsley. No further vegetables should be required but a green salad could be served to satisfy larger appetites.

ONION SOUP

Serves 4

4	large onions
2	tablespoons sherry (optional)
2 oz	butter or margarine (50g)
2	tablespoons chopped parsley
½ pint	beef stock (280ml)
½ pint	chicken stock (280ml)

To Serve:

French bread slices
salt & pepper to taste
2 oz (50g) grated cheese

1. Peel and halve onions then cut into thin slices. Melt the butter in the base of a 3 litre or larger pressure cooker, add the onions and sauté until softened but not browned. Add the beef and chicken stock.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 4 minutes. Remove the pan from the heat and reduce the pressure using the quick release method – refer to instruction manual

3. Season to taste with salt and pepper. Add the sherry and parsley. Serve with slices of French bread sprinkled with cheese and toasted under the grill.

SALMON STEAKS WITH MUSTARD & DILL SAUCE

Serves 4

4	Salmon steaks
1	small onion, sliced
2	parsley sprigs
¼	teaspoon dried dill weed
	juice of ½ lemon
¼ pint	water (140ml)

Sauce:

5 oz	natural yoghurt (140ml)
5 oz	mayonnaise (140ml)
1	level teaspoon wholegrain mustard
1	level teaspoon chopped fresh dill
	or ½ level teaspoon dried dill weed

1. Place the onion, parsley, lemon juice, dill and water into the base of a 2 litre or larger pressure cooker. Brush the trivet with a little oil and place it in the pan. Stand the salmon steaks on the trivet and sprinkle with a little salt and pepper.

2. Close the lid and bring the pressure to the 2nd red ring. Adjust the heat to maintain this pressure for 3 minutes. Allow pressure to reduce naturally – refer to instruction manual.

3. Mix all sauce ingredients and serve with the salmon. The sauce may be served either cold or warmed, taking care not to boil, as it will separate.

