



! Updated for our 4L  
Pressure Cooker and Meal  
• Inspirations Spice Blends!

# Take the pressure off cooking

a collection of pressure cooker recipes



We hope you enjoy cooking these recipes as much as we have enjoyed testing them in The Chefs Toolbox kitchen!

This e-Cookbook was created with busy people in mind; we want to take the fuss out of cooking, while still delivering delicious food that is good for you. We strongly believe that the Pressure Cooker is the perfect kitchen tool for achieving all of these goals!

A huge thank you to everyone who contributed, and a special thank you to Danielle Briggs from Victoria, a Chefs Toolbox Consultant since 2003, who has helped create, tested and given us valuable feedback and suggestions on these recipes. Danielle's love for cooking is infectious and she is a constant inspiration to everyone around her!

And most of all thank you to all of our Consultants and Customers, you have helped us spread the message of 'inspiring cooking in every home' and our first ever e-Cookbook is dedicated to you!

**David Mills, Founder and food lover**  
**The Chefs Toolbox**

# Recipes



Suitable for 4L Pressure Cooker



Suitable for 7L Pressure Cooker



Can be modified for the 4L Pressure Cooker



How to modify for the 4L Pressure Cooker



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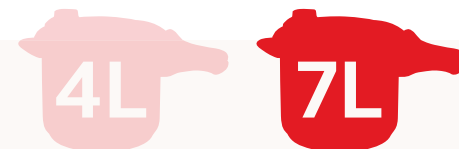
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# Chicken & Mushroom Risotto

Prep: 5 mins / Cook: 8 mins / Serves: 8



## THE CHEFS TOOLS

- Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Digital Timer/Thermometer
- Silicone Spoon

## INGREDIENTS

- 1 Tbs olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 2 cups mushrooms, sliced
- 2 chicken breasts, halved and sliced
- 2 cups Arborio rice
- 1L chicken stock
- 1 cup baby spinach
- 1 cup Parmesan, grated
- Salt and pepper to taste



To cook this recipe in the 4L Pressure Cooker, reduce the rice to 1 1/2 cups and reduce stock to 3 cups. Cooking times do not change.

## THE FUN

1. In Pressure Cooker on high heat, combine oil, garlic, onion and mushroom to soften for 1-2 minutes.
2. Add chicken and brown for 1 minute.
3. Stir through rice to toast for 1 minute, which will release the starch.
4. Add stock and mix well.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
6. Once at pressure, turn down the heat and cook for 8 minutes.
7. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
8. Remove lid and stir through Parmesan, spinach, salt and pepper to taste and sit for 1 minute. If too much liquid, heat and stir with lid off to reduce liquid.
9. Serve immediately.

## CHEFS TIP

- This is the basic process for all risottos so use your favourite ingredients to your liking. You may like to add a dash of white wine for extra flavour before adding stock!

# Sticky Asian Chicken

Prep: 5 mins / Cook: 45 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Pressure Cooker Silicone Basket
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Silicone Spatula Spoon
- Silicone Tongs
- Digital Timer/ Thermometer
- Kitchen Shears

## INGREDIENTS

- 3 cm ginger, peeled, roughly chopped
- 1 cup Shao Hsing Wine, or dry Sherry
- 1/2 cup soy sauce
- 1/2 cup chicken stock, salt reduced
- 1/3 cup honey
- 1/4 cup brown sugar
- 2 Tbs Hoisin sauce
- 3 cloves garlic, sliced
- 3 whole star anise
- 1 cinnamon Stick
- 1.5kg whole chicken (or 750g chicken pieces if using 4L Pressure Cooker)



## THE FUN

1. In Pressure Cooker, combine wine, soy, stock, honey, sugar, hoisin sauce, garlic, ginger, star anise and cinnamon. Place chicken on Silicone Basket, turning and basting to coat.
2. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
3. Once at pressure, turn down the heat and cook for 35 minutes.
4. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
5. Remove lid and extract chicken by lifting it out on basket. Rest, loosely covered in foil, for 5 minutes.
6. Bring sauce to boil and cook for 5 minutes until sauce reduces by a third and strain ready to serve.
7. Using Kitchen Shears, cut chicken into quarters. Serve with sauce and broccoli.

## CHEFS TIP

- 1.5kg of drumsticks can be used instead of a whole chicken.
- For a deeper flavour, allow chicken to marinate in Pressure Cooker for 60 minutes before cooking.
- Shao Hsing Wine can be found in the Asian section of your supermarket
- To thicken the sauce for serving, use a white wash mixture of 2 Tbs flour and 1/2 cup water. Whisk together and add it to the sauce in step 6.

# Mexican 1-Pot Rice & Chicken (Pollo y Arroz)

Prep: 5 mins / Cook: 15 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Silicone Spoon
- 20cm Silicone Tongs
- Digital Timer/ Thermometer

## INGREDIENTS

- 2-4 chicken breast fillets
- 1 onion finely chopped
- 4 cloves garlic, finely chopped
- 2 chopped green or red chillies (optional!)
- 2 Tbs Meal Inspirations Mexican Spice Blend
- 1 cup water
- 2 1/2 cups low salt chicken stock
- 2 cups long grain white rice
- 1 x 410g crushed tomatoes
- 1 x 410g can of red kidney beans, rinsed and drained
- 1/2 cup chopped fresh coriander
- 1/2 Chopped spring onion
- 1 Lime wedges

## THE FUN

1. Heat Pressure Cooker on medium and add 2 Tbs of oil, lightly cook onions & chillies (if used).
2. Add remaining oil to Pressure Cooker, add Mexican Spice Blend and add garlic and cook for further 2 minutes.
3. Add water, and use silicone spoon to scrape all vegetables off base and mix well with water.
4. Add stock & rice. Mix well.
5. Stir through chicken cubes and add red beans
6. Sprinkle can of crushed tomatoes over top to cover. Do not stir.
7. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
8. Once at pressure, turn down the heat and cook for 8 minutes.
9. Remove Pressure Cooker from heat completely, and allow to come off pressure naturally (The meal will continue to cook during this time.)
10. Quick-release pressure (after cooling naturally for 8 minutes) by placing under a running tap with cool water for a few seconds to release remaining pressure.
11. Stir the beans and chopped fresh coriander into the rice. Season to taste.
12. Close Pressure Cooker again, but leave off heat, for 2 minutes, to finish cooking rice.
13. Serve with lime wedges and sprinkle with spring onions and coriander. (Sour Crème optional)

## CHEFS TIP

- Chicken thighs or lovely legs can also be used.

# Mexican Chicken Burritos

Prep: 10 mins / Cook: 15 mins / Serves: 6-8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Digital Timer/ Thermometer

## INGREDIENTS

- 2 Tbs olive oil
- 6 chicken thigh fillets cut into strips
- 2 cloves of garlic, crushed
- 1/4 or 1/2 tsp chilli powder depending on how spicy you like it
- 1 x 410g crushed tomatoes
- 1 cup low salt chicken stock
- 1 Tbs brown sugar
- 1 Tbs Meal Inspirations Mexican Spice Blend
- Ground black pepper to taste
- 1/2 cup shredded cheese
- 1/2 - 1 avocado mashed with a fork
- 1 diced tomato
- 6-8 soft burrito wraps

## THE FUN

1. Heat Pressure Cooker on medium and add oil.
2. Brown chicken lightly.
3. Add remaining ingredients to Pressure Cooker, mix well.
4. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
5. Once at pressure, turn down the heat and cook for 15 minutes.
6. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
7. Remove chicken and allow to cool slightly, keeping sauce.
8. Shred chicken with 2 forks.
9. Make burritos using chicken and sauce, plus cheese, avocado and tomato.

## CHEFS TIP

- This dish can also be used to make chicken burritos.
- For quick avocado mashing, use our Potato Masher

# Chicken Cacciatore

Prep: 10 mins / Cook: 15 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Electronic Scales
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Digital Timer/Thermometer
- Silicone Spoon
- Grater

## INGREDIENTS

- 1 Tbs olive oil
- 1 onion, diced
- 1 medium green capsicum, seeded and finely diced
- 1/4 cup white wine
- 300g mushrooms, sliced
- 3 garlic cloves, finely diced
- 1.5kg skinless chicken thighs, diced into 3-5cm cubes
- 410g canned diced tomatoes
- 2 tablespoons tomato paste
- 3/4 cup pitted black or kalamata whole olives, drained
- 2 Tbs freshly chopped parsley
- 1/2 cups freshly grated parmesan cheese
- 2 Tbs freshly grated parmesan cheese for serving
- 2 Tbs freshly chopped parsley for serving

## THE FUN

1. Heat the oil in Pressure Cooker. Add the onion and capsicum and cook over medium-high heat for approximately 2 minutes stirring until the onion softens.
2. Stir in the wine and bring to boil to cook off the alcohol until approximately half the wine evaporates.
3. Add mushrooms and garlic, stirring for 1 minute.
4. Place chicken pieces on top of vegetable mixture. Cover chicken with diced tomatoes and tomato paste and DO NOT STIR.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
6. Once at pressure, turn down the heat and cook for 8 minutes.
7. Remove from heat . Quick-release pressure by placing under a running tap with cool water for a few second.
8. Remove lid and stir in the olives, parsley, cheese, and salt and pepper, to taste.
9. Serve with your favourite style of pasta and sprinkle with freshly grated parmesan cheese and parsley.

## CHEFS TIP

- For extra flavour, add 2Tbs of dried Italian herbs or Tuscany spice mix and season with black pepper



Halve the recipe for the 4L Pressure Cooker

# 8 Minute Butter Chicken

Prep: 5 mins / Cook: 8 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Spoon

## INGREDIENTS

- 1 Tbs Meal Inspirations Butter Chicken spice blend
- 1/2 cup natural yoghurt
- 1 Tbs lemon juice
- 750g diced chicken
- 1 Tbs vegetable oil
- 1/2 large onion, finely chopped
- 3 Tbs tomato paste
- 60g roasted cashews, chopped
- 1/2 cup water
- 1/2 cup cooking cream
- Basmati rice, to serve



Halve the recipe for the 4L Pressure Cooker

## THE FUN

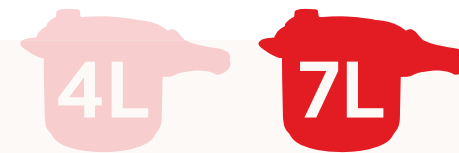
1. Combine spice blend with the yoghurt. Add the lemon juice and chicken and stir well to marinate.
2. In the Pressure Cooker, fry onion in oil until softened, add the chicken and marinade, tomato paste, half of the chopped cashews, water and cooking cream.
3. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen). Agitate the pot occasionally to avoid burning food.
4. Once at pressure, turn the heat to low and cook for 8 mins on the lowest heat to maintain pressure.
5. Remove from heat. Quick release by placing the pot under a running tap with cool water for a few seconds. Open the lid after red pressure indicator has fallen.
6. Garnish with the rest of the cashews and serve with Basmati rice.

## CHEFS TIP

- We recommend using Philadelphia Cooking Cream as it doesn't split/curdle
- How to cook rice tip: Cook 2 cups of rice and 3 1/2 cups of water in the 4L Pressure Cooker for 10 minutes at pressure, or cook same quantity rice in 3.5L Brazier via absorption method.

# 1-Pot Butter Chicken with Rice

Prep: 5 mins / Cook: 8 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Spoon

## INGREDIENTS

- 1 Tbs Meal Inspirations Butter Chicken spice blend
- 1 Tbs butter
- 1 red onion, thinly sliced
- 3 cloves garlic, crushed
- 500g chicken thigh fillets, diced
- 2 1/2 cups Basmati rice
- 400mL coconut cream
- 3 Tbs tomato paste
- 1L chicken stock
- Garnish (optional)
  - 1 cup roughly chopped cashew nuts
  - sour cream
  - fresh herbs eg coriander, parsley

## THE FUN

1. Melt butter in Pressure Cooker on medium heat, add onion and soften.
2. Add garlic, then the Butter Chicken Spice Blend, and cook, stirring for 1 minute.
3. Add chicken and stir to coat in spice blend.
4. Add rice, stir.
5. Add coconut cream, tomato paste and chicken stock. Bring to boil, stirring a few times.
6. Close and lock Pressure Cooker and bring to pressure on medium to high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen). Agitate the pot occasionally to avoid burning food.
7. Once at pressure, turn the heat to low and cook for 8 mins on the lowest heat to maintain pressure.
8. Remove from heat. Quick release by placing the pot under a running tap with cool water for a few seconds. Open the lid after red pressure indicator has fallen.
9. Serve with a dollop of sour cream, torn parsley/ coriander and cashew nuts.



Halve the recipe for the 4L Pressure Cooker

# Choose 2 RECIPES from our wide variety of delicious and easy dishes!

The more MasterClasses you host - The more meals you can learn to cook to impress family and friends!



Chocolate Brownie



Moroccan Lamb



Mex Tortilla Soup



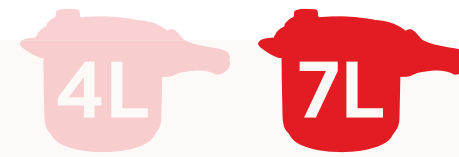
Stove-top Pizza



## Tailor *your* MasterClass to *your* taste!

# Beef and Guinness Stew

Prep: 10 mins / Cook: 45 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Peeler
- Silicone Spatula
- Silicone Spoon
- Digital Timer/Thermometer

## INGREDIENTS

- 1 red capsicum, diced
- 1 onion, diced
- 1 cup mushrooms, sliced
- 3 cloves garlic, diced
- 1 tsp olive oil
- 1.5kg diced Beef
- 1/2 cup plain flour
- 2 Tbs tomato paste
- 2 carrots, peeled and sliced
- 2 Tbs thyme
- 1 can Guinness



Halve the recipe for the 4L Pressure Cooker

## THE FUN

1. Over medium heat sauté capsicum, onion, mushroom and garlic in olive oil in the Pressure Cooker (lid off) until soft (2-3 minutes). Remove from pan and set aside.
2. Place beef, flour and salt and pepper in a plastic bag and shake to coat.
3. Brown meat over high heat in two batches (around 2 minutes each batch). Leave any excess flour in the bag.
4. Return beef and vegetables to the Pressure Cooker and add paste, carrots and thyme and stir.
5. Pour in Guinness and stir through. Bring to the boil for 1 minute to cook off the alcohol.
6. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
7. Once at pressure, turn down the heat and cook for 30 minutes.
8. Slow release pressure by removing from heat and allowing to cool down naturally. This will take approximately 10 minutes. Pressure has been released when the red pressure indicator has dropped.
9. Serve stew with mashed potatoes or crusty bread

## CHEFS TIP

- The stew will be cooked after 30 minutes, but mouth-watering after 45 minutes.
- The stew can also be used as the filling for a Beef & Guinness Pie.

# Beef Bourguignon

Prep: 10 mins / Cook: 45 mins / Serves: 8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Peeler
- Digital Timer/Thermometer

## INGREDIENTS

- 2-3 rashers bacon, diced
- 1 cup Mushrooms, sliced
- 1 Onion, diced
- 2 Cloves garlic, diced
- 1.5kg beef, diced
- 2 Tbs Tomato paste
- 2 carrots, peeled and chopped into 3cm lengths
- 1 sprig thyme (or 1 tsp dried thyme)
- 2 heaped tsp Plain flour
- 1 cup Red Wine
- 1 1/2 cups beef stock

## THE FUN

1. Heat Pressure Cooker over medium heat and add olive oil.
2. Sauté bacon, mushrooms, onion and garlic for 5 minutes.
3. Combine some of the flour (only enough to coat all the beef well), beef, salt and pepper in a plastic bag and shake. Remove the beef from the bag, leaving all excess flour in the bag.
4. Turn heat to high. Add beef (without excess flour from bag) and stir for 2 minutes to caramelise.
5. Stir through remaining ingredients. Bring to the boil to cook off the alcohol.
6. Close and lock Pressure Cooker and bring to pressure on medium/high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
7. Once at pressure, turn down the heat as low as possible whilst maintaining at pressure, and cook for 30 minutes. (If cooked on excessive heat the beef may burn.)
8. Slow release pressure by removing from heat and allowing to cool down naturally. This will take approximately 10 minutes. Pressure has been released when the red pressure indicator has dropped.
9. Serve with mashed potato or rice.



Halve the recipe for the 4L Pressure Cooker

## CHEFS TIP

- The beef is cooked after 30 minutes but melt-in-the-mouth after 45 minutes.

# Indian Beef Curry

Prep: 20 mins / Cook: 30 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Electronic Scales
- Digital Timer/Thermometer

## INGREDIENTS

- 1 Tbs vegetable oil
- 1 onion, finely chopped
- 1 bunch coriander, stalk and leaves chopped separately.
- 2 cloves garlic
- 3 cm ginger, peeled, grated
- 1/3 cup curry paste (see Chefs Tip)
- 1 x 400ml can coconut milk
- 1.5kg beef (chuck steak), cubed
- 2 potatoes, chopped
- 1/2 cup dried brown lentils, rinsed
- 1/2 cup frozen peas, defrosted



Halve the recipe for the 4L Pressure Cooker

## THE FUN

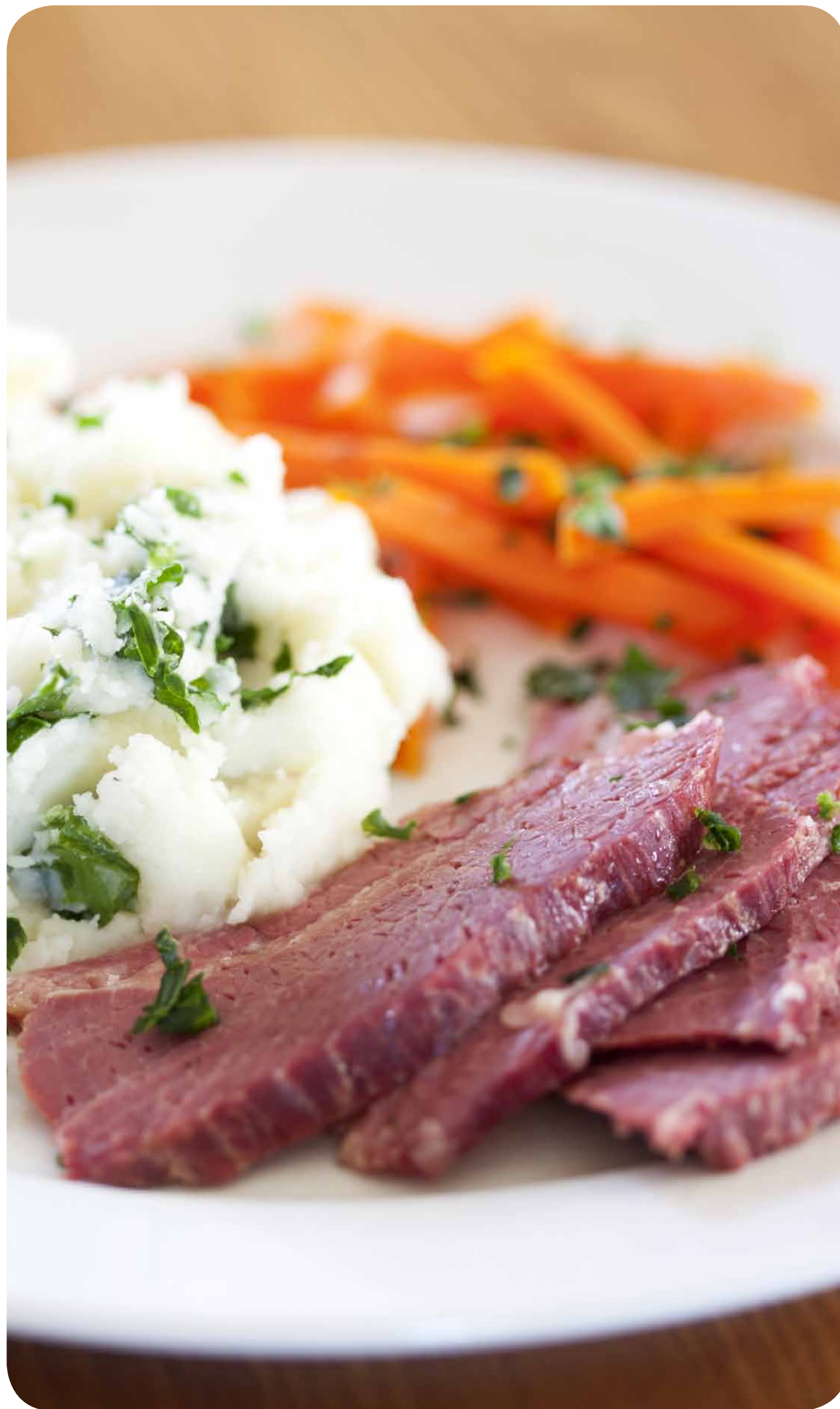
1. Heat oil in Pressure Cooker on medium. Sauté onion, coriander stalks, garlic and ginger for 2-3 minutes, until tender.
2. Add curry paste and cook for 4-5 minutes, stirring often. Pour in coconut milk. Simmer, stirring, for 1-2 minutes. Add beef, potato and lentils to Pressure Cooker.
3. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
4. Once at pressure, turn down the heat and cook for 20 minutes.
5. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
6. Remove lid and stir through peas and coriander leaves. Serve with rice.

## CHEFS TIP

- If you like a hotter curry, use madras or vindaloo. For a milder heat, use korma or tikka masala.
- Diced lamb or chicken thighs can also be used in place of beef.
- For a vegetable curry alternative, add 2 extra potatoes and 1 cup of dried red lentils and any other desired vegetables. Cook for 15 minutes.

# Corned Beef

Prep: 10 mins / Cook: 1 hour / Serves: 6-8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Silicone Pressure Cooker Basket
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Digital Timer/ Thermometer

## INGREDIENTS

- 1.5kg corned beef / silverside
- 1 large onion peeled and studded with 5 cloves
- 1 orange cut in half
- 2 Tbs malt vinegar
- 2 Tbs brown sugar
- 1 bay leaf
- 2 cups water

## THE FUN

1. Place the corned beef on the Silicone Basket in the Pressure Cooker and add the onion, orange, vinegar, brown sugar, bay leaf and water.
2. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
3. Once at pressure, turn down the heat and cook for 1 hour.
4. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
5. Serve with mashed potatoes, white sauce, cabbage and carrots.

## CHEFS TIP

- You can also serve Corned Beef cold, sliced thinly the next day with mustard, horseradish cream, pickles or cucumber salad.

# Porcupine Meatballs

Prep: 15 mins / Cook: 10 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Mixing Bowls
- Silicone Spoon
- Digital Timer/ Thermometer

## INGREDIENTS

- 1 Tbs olive oil
- 1 Tbs of finely chopped onion
- 2 cloves garlic, diced
- 1 x 600-700g jar of tomato passata sauce
- 1 cup water
- 1 tsp Worcestershire Sauce
- 1 Tbs Tuscan or Italian herb mix
- 1 egg, lightly beaten
- 1/2 cup long grain rice
- 1/2 cup finely chopped fresh parsley
- 1/2 tsp salt
- 1/4 tsp pepper
- 500g beef mince

## THE FUN

1. Saute the oil, onion and garlic until soft in the Pressure Cooker.
2. Combine the passata, water, Worcestershire sauce and the herbs in the Pressure Cooker and heat until bubbling.
3. In a bowl, combine the egg, rice, parsley, salt and pepper. Crumble the mince over mixture and mix well. Shape into 3cm balls.
4. Place meatballs into sauce and ensure they are covered.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
6. Once at pressure, turn down the heat and cook for 10 minutes.
7. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.

## CHEFS TIP

- Serve with pasta, or mash potatoes, crusty bread and salad.
- For a lighter flavour, use a mixture of pork and veal mince

# Thai Massaman Curry

Prep: 5 mins / Cook: 15 mins / Serves: 4-6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups

## INGREDIENTS

- 2 Tbs vegetable oil or coconut oil
- 500g beef or chicken thigh (or any firm fish), cut into cubes
- 1 onion, thinly sliced
- 2 Tbs Meal Inspirations Massaman spice blend
- 2 large potatoes, peeled and cut into cubes
- 1 x270mL can coconut cream
- 1 red capsicum, thinly sliced
- 1 tomato, sliced
- 2 Tbs palm sugar or brown sugar
- 1/2 cup chicken stock or water
- 1 Tbs lime juice
- 2 Tbs fish sauce

## THE FUN

1. In Pressure Cooker, heat oil and brown meat, remove from pot,
2. Fry the onions and red capsicum until softened. Add the spice blend, stir for about 3 minutes then add potato, coconut cream, tomato, palm sugar, chicken stock/water.
3. Stir meat through, then close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen). Agitate the pot occasionally to avoid burning food.
4. Once at pressure, turn the heat to low and cook for 15 mins on the lowest heat to maintain pressure.
5. Remove Pressure Cooker from heat completely, and allow to come off pressure naturally.
6. Add lime juice and fish sauce, stir and serve.

## CHEFS TIP

- For that true authentic flavour serve with jasmine rice.
- To cook in a Sauté Pan, cooking time is 45 mins on a medium/low heat (simmering).

# Pressure Cooker Kit

Get your Chefs Toolbox Pressure Cooker collection started today!



## Pressure Cooker Kit

One pot, two lids, hundreds of possibilities!

The Pressure Cooker Kit includes:

- 7L Pressure Cooker
- Glass Lid which turns the Pressure Cooker into a 7L stock pot
- Silicone Basket
- Chefs Toolkit to protect the pan's non-stick coating.



# Italian-Style Lamb Shanks

Prep: 15 mins / Cook: 55 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Pressure Cooker Silicone Basket
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Silicone Spatula Spoon
- Silicone Tongs
- Silicone Mixing Bowls
- Digital Timer/ Thermometer

## INGREDIENTS

- 1 Tbs vegetable oil
- 6 lamb shanks, trimmed
- 12 French eschalots, peeled
- 4 cloves garlic
- 1 Tbs fresh thyme
- 1 cup red wine
- 1 cup water
- 1 Tbs Vegemite (yes - really)
- 2 Tbs tomato paste
- 1 x 400g can tomatoes
- 1 red capsicum, deseeded and diced
- 1 yellow capsicum, deseeded and diced

## THE FUN

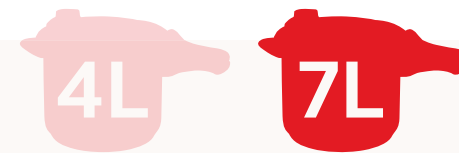
1. Heat Pressure Cooker on high, add oil and brown lamb in 2 batches. Set meat aside.
2. Reduce heat, add eschalots and cook, covered, for 3 minutes on medium.
3. Add the remaining ingredients (excluding the lamb shanks) and cook, stirring occasionally, for 5 minutes.
4. Pour contents into bowl.
5. Insert basket into Pressure Cooker and place shanks onto basket. Pour sauce over the shanks.
6. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
7. Once at pressure, turn down the heat and cook for 45 minutes. If you can wait 1 hour, even better.
8. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
9. Remove lid and extract lamb shanks by lifting it out on rack.
10. Serve with mashed potato.

## CHEFS TIP

- Beef could be used in place of lamb.

# Lamb and Apricot Tagine

Prep: 15 mins / Cook: 25 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Spoon
- Digital Timer/ Thermometer

## INGREDIENTS

- 1 Tbs olive oil
- 1kg boned lamb shoulder, trimmed, chopped coarsely
- 1 medium brown onion, thinly sliced
- 2 cloves garlic, crushed
- 1 tsp each ground coriander, cumin and cinnamon
- 3/4 cup beef stock
- 1/2 cup coarsely chopped dried apricots
- 100g baby spinach leaves
- 1/4 cup roasted slivered almonds



Half the recipe for the 4L Pressure Cooker

## THE FUN

1. Heat half the oil in the Pressure Cooker, cooking lamb in batches until brown and set aside.
2. Heat remaining oil, cook onion and garlic, stirring until onion softens. Add spices and cook, stirring until fragrant.
3. Return lamb to Pressure Cooker with stock.
4. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
5. Once at pressure, turn down the heat and cook for 25 minutes.
6. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
7. Add apricots to lamb mixture in the Pressure Cooker.
8. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2.
9. Once at pressure, turn down the heat and cook for a further 2 minutes.
10. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
11. Stir in spinach; season to taste and serve sprinkled with toasted almonds.

## CHEFS TIP

- Serve with couscous.

# Shoulder of Lamb

Prep: 15 mins / Cook: 50 mins / Serves: 6-8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Silicone Pressure Cooker Basket
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Spoon
- Silicone Whisk
- Digital Timer/ Thermometer

## INGREDIENTS

- 1.5kg shoulder or boneless leg of lamb
- Herbs and Salt and Pepper of your liking or purchase a piece already seasoned.
- 1 Tbs oil
- 1 cup red wine
- 1 cup chicken stock

## THE FUN

1. Rub lamb with seasoning.
2. Heat Pressure Cooker on high heat, add oil and brown off lamb until golden brown all over.
3. Remove lamb and insert Silicone Basket into Pressure Cooker. Place lamb in the Pressure Cooker on the basket.
4. Add 1 cup red wine and 1 cup chicken stock.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
6. Once at pressure, turn down the heat and cook for 50 minutes.
7. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
8. Remove lamb and carve or pull apart with forks ready to serve.

## Sauce

1. Strain remaining liquid through a sieve and return liquid to Pressure Cooker on high heat.
2. Thicken by whisking 2 Tbs of plain flour dissolved in a little water.

## CHEFS TIP

- Served with mashed or roast potatoes seasoned with the same herbs as the lamb

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# Speedy Sticky Pork Ribs

Prep: 5 mins / Cook: 23 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Silicone roasting rack
- como advanced 30cm Square Roaster
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Silicone Mixing Bowls
- 20cm Silicone Tongs
- Silicone Pastry Brush
- Digital Timer/ Thermometer

## INGREDIENTS

- 1.5kg American-style pork spare ribs
- 1 Cup water
- 1/3 cup marmalade
- 1/3 cup Kecap Manis (see Chefs Tip)
- 4 cloves crushed garlic
- 40g crushed or sliced ginger
- 2 tsp of five spice powder



Halve the recipe for the 4L Pressure Cooker

## THE FUN

1. Combine ribs and water in Pressure Cooker. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
2. Once at pressure, turn down the heat and cook for 15 minutes.
3. Combine all other ingredients in large bowl to create marmalade mixture.
4. Remove Pressure Cooker from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
5. Preheat grill while Pressure Cooker is cooling.
6. Drain ribs and combine with marmalade mixture in bowl
7. Pour 1cm of water into Square Roaster.
8. Arrange ribs in a single layer on Silicone Roasting Rack in Square Roaster.
9. Grill for 8 minutes or until browned, turning ribs half way through. Brush with occasionally with remaining marmalade mixture using the Silicone Pastry Brush.
10. Serve immediately with fresh summer salad.

## CHEFS TIP

- Kecap Manis is a sweet, thick Indonesian style soy sauce that can be found in the Asian food section of most supermarkets
- The ribs can also be grilled on the BBQ

# Pork Ragu

Prep: 10 mins / Cook: 15 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicon Spoon
- Potato Masher
- Can Opener
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Digital Timer/ Thermometer

## INGREDIENTS

- 1/4 cup bacon, diced
- 1kg pork neck, cut in 1 1/2 inch cubes
- 1 medium brown onion, diced
- 1 carrot, diced
- 3 garlic cloves, minced
- 1 cup dry red wine (or chicken stock)
- 1 jar Tomato Passata sauce
- 2 tsp Italian seasoning
- 1 bay leaf
- salt and pepper
- Your favourite pasta, cooked

## THE FUN

1. Brown the bacon and pork in 2 batches in the Pressure Cooker.
2. Drain excess fat, and add the onions, carrots, and garlic and cook over medium-high heat, stirring frequently, until the vegetables soften slightly, about 2 minutes.
3. Return meat to the Pressure Cooker
4. Stir in the wine and boil until about half evaporates. Scrape up any browned bits sticking to the bottom of the cooker. Add Italian seasoning and salt and pepper.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
6. Once at pressure, turn down the heat and cook for 15 minutes.
7. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
8. Remove bay leaf and stir. Break up meat with a Potato Masher, leaving some bite sized pieces intact.
9. Serve over your favourite pasta

## CHEFS TIP

- Use this delicious Pork Ragu as an alternative filling for pies.



Halve the recipe for the 4L Pressure Cooker

# Minestrone Soup

Prep: 20 mins / Cook: 15 mins / Serves: 8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Digital Thermometer / Timer
- Electronic Scales
- Silicone Spatula
- Silicone Measuring Spoons
- Acacia Chopping Board

## INGREDIENTS

- 2 Tbs olive oil
- 1 large onion, finely chopped
- 2 stalks of celery, finely chopped
- 1 red capsicum, finely chopped
- 1 large carrot, finely chopped
- 100g pancetta (or bacon), finely chopped
- 2 cloves garlic, finely chopped
- 100g Sebago potatoes, finely chopped
- 400g can chopped tomatoes
- 1L chicken stock
- 400g can of cannellini beans, drained and rinsed
- 400g can of borlotti beans, drained and rinsed
- 120g dried pasta, of your choice (use small shapes)
- 350g trimmed silverbeet leaves, finely shredded
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 grated parmesan cheese to serve

## THE FUN

1. Heat oil in Pressure Cooker over medium heat for 2 minutes.
2. Add onion, garlic, celery, capsicum, carrot and pancetta and cook, stirring over medium heat for 5 minutes or until onion is soft.
3. Add the rest of the ingredients to the Pressure Cooker and stir well to coat in oil.
4. Add stock and stir gently. Close and lock the Pressure Cooker and bring to Pressure on high heat using setting 2 (Pressure is reached when the red Pressure indicator has risen).
5. Once at Pressure turn down the heat to low and cook for 15 minutes.
6. Remove from heat. Quick release by placing the pot under a running tap with cool water for a few seconds.
7. Open the lid after red pressure indicator has fallen and season with salt and pepper.
8. Serve topped with parmesan cheese and accompanied by crusty wood-fired bread.

## CHEFS TIP

- This soup can be frozen, freeze in an airtight container for up to 2 months.
- Borlotti Beans can be found in your supermarket in the canned beans section.

# Mashed Potatoes

Prep: 10 mins / Cook: 8 mins / Serves: 4-6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Pressure Cooker Silicone Basket
- Fusion Knife
- Acacia Chopping Board
- Peeler
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Potato Masher
- Digital Timer/ Thermometer

## INGREDIENTS

- 5 potatoes
- 1 cup water
- 1 clove garlic, squashed
- 3/4 cup milk
- 1/4 cup olive oil

## THE FUN

1. Scrub potatoes and peel them if desired. (Note; the peel adds texture and contains lots of the nutrients.)
2. Cut potatoes into 6 pieces.
3. Place on the Silicone Basket in the Pressure Cooker.
4. Pour in the water and add the garlic.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
6. Once at pressure, turn down the heat and cook for 6 minutes.
7. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
8. Remove the potatoes using basket and pour out the water.
9. Add potatoes back into the Pressure Cooker (with the garlic if you like garlicky spuds).
10. On low- medium heat, heat through for 1-2 minutes to dry out the potatoes.
11. Mash to your desired texture, slowly adding the oil and milk.
12. Season with salt and pepper and serve.

## CHEFS TIP

- The perfect side dish with any stew.

# Quick Lentil Soup

Prep: 10 mins / Cook: 15 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Grater
- Peeler
- Silicone Spoon
- Digital Timer/ Thermometer
- Silicone Soup Ladle

## INGREDIENTS

- 1 Tbs olive oil
- 1 medium onion, diced
- 2 large carrots, peeled and cut into 1/2 cm half moons
- 2 bay leaves
- 2 sprigs fresh thyme or 1 tsp dried thyme
- 4 cups vegetable stock
- 2 cups water
- 1 1/2 cups dry, rinsed green lentils
- 1 1/2 cup dry, rinsed red lentils
- 1 medium potato, peeled and diced into 1 cm pieces
- 1/2 tsp salt
- fresh ground black pepper to taste
- 1/4 cup grated parmesan cheese (optional)

## THE FUN

1. Heat the oil in the Pressure Cooker over medium heat.
2. Add the onion and sauté until soft, about 2 minutes. Add the carrots and sauté for another minute. Add the bay leaves, thyme, vegetable stock, water, lentils, and potato. Stir well.
3. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
4. Once at pressure, turn down the heat and cook for 15 minutes.
5. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
6. Test that the lentils are cooked to your liking. If you would like them softer, put the lid back on the Pressure Cooker and let the soup rest for 5 minutes, off heat.
7. Remove the bay leaves and thyme stems, and add salt and pepper to taste. Top with grated Parmesan if desired.

## CHEFS TIP

- For a Ham and Lentil Soup alternative, add a ham hock at the beginning of cooking. Remove at the end of the cooking time and shred ham off the bone with fork. Then add shredded ham to soup and stir through.



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# Golden Syrup Dumplings

Prep: 10 mins / Cook: 4 mins / Serves: 6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Grater
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Silicone Mixing Bowls
- Silicone Spatula
- Silicone Whisk
- Digital Timer/Thermometer

## INGREDIENTS

- 2 cups self-raising flour
- 120g butter, diced
- 2 eggs
- 1/4 cup milk
- 2 lemons, zest grated
- 8 Tbs golden syrup
- 150g brown sugar
- 100g butter (extra)
- 2 cups water

## THE FUN

1. In a mixing bowl rub diced butter into flour to form breadcrumb consistency.
2. Whisk eggs and milk together in a separate bowl.
3. Make dumpling batter by mixing together flour mixture, egg mixture and lemon zest.
4. Roll batter into golf ball sized dumplings.
5. Place sugar, golden syrup and butter in Pressure Cooker and bring to the boil.
6. Add water and gently drop in dumplings, taking care to keep dumplings away from each other.
7. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
8. Once at pressure, turn down the heat and cook for 4 minutes.
9. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
10. Serve with vanilla ice-cream and drizzle the remaining syrup over each serving.

## CHEFS TIP

- Take butter out of the fridge an hour before to soften.

# Christmas Pudding

Prep: 10-15 mins / Cook: 50 mins / Serves: 4-6



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Pressure Cooker Silicone Basket
- Silicone Mixing Bowls
- Silicone Spatula
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Electronic Scales
- Digital Timer/ Thermometer

## INGREDIENTS

- 500g mixed dried fruit
- 1/4 cup brandy, sherry or orange juice
- 95g butter
- 110g brown sugar
- 2 Tbs fig jam (warmed)
- 2 eggs (lightly beaten)
- 75g self-raising flour
- 1 tsp mixed spice
- 50g bread crumbs
- 50g almond meal

## THE FUN

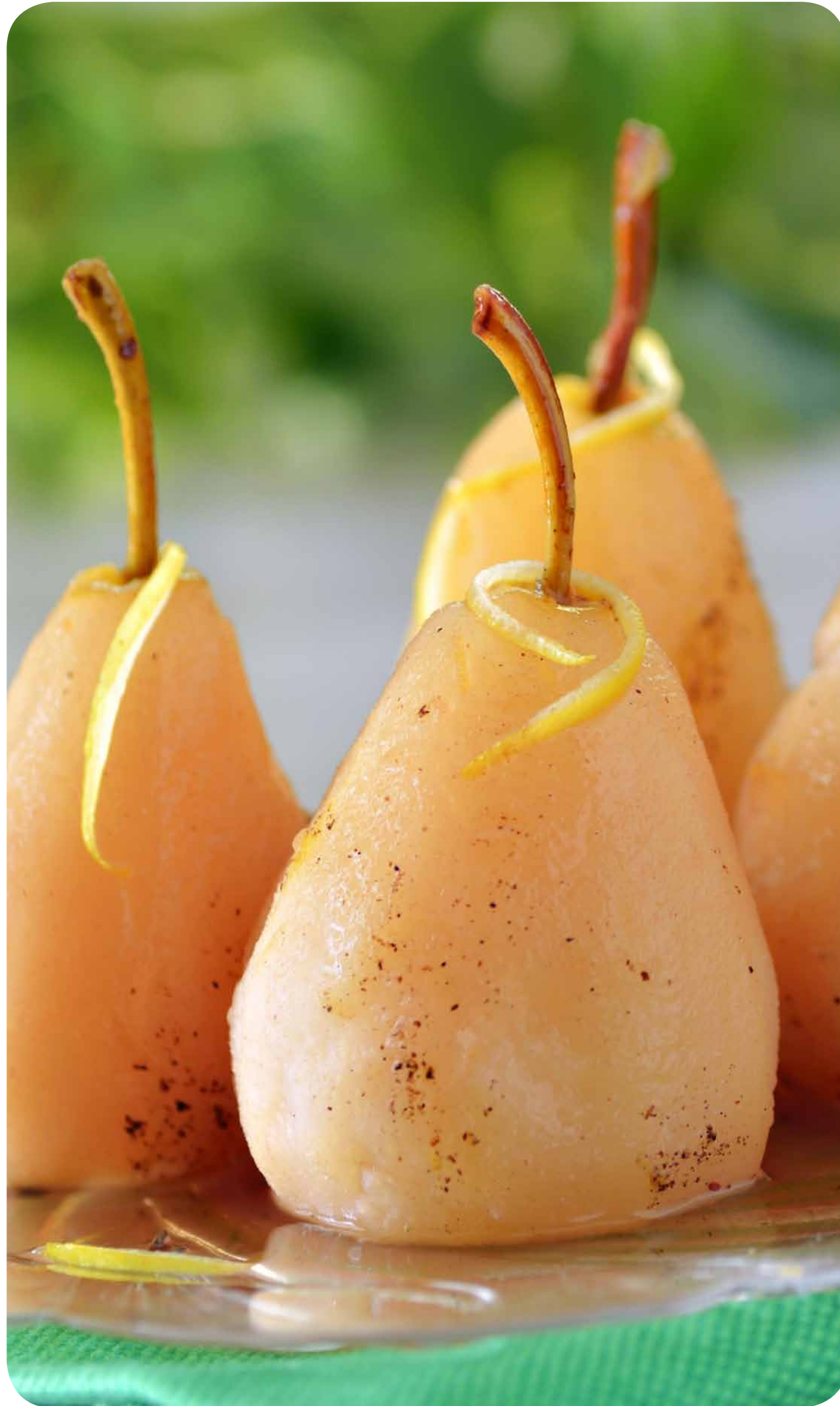
1. Place fruit, brandy, sherry or orange juice, water, butter and sugar in the large silicone bowl. Microwave for 2 minutes.
2. Stir until butter melts and mixture is all combined.
3. Add eggs and jam. Mix well.
4. Add all other ingredients and stir until combined.
5. Tip into the small silicone bowl.
6. Place 2 cups water in bottom of Pressure Cooker and insert the Pressure Cooker Silicone Basket. Place bowl on top of silicone basket and cover with aluminium foil over the top of the bowl.
7. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
8. Once at pressure, turn down the heat and cook for 50 minutes.
9. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few second.
10. Remove bowl and cool in bowl for 5 minutes.
11. Turn out on plate and cool for further 5-10 minutes and serve warm with custard, cream or ice-cream.

## CHEFS TIP

- Panko bread crumbs and gluten free flour can be used to make a gluten free alternative.

# Earl Grey Poached Pears

Prep: 5 mins / Cook: 10 mins / Serves: 4



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Wave Knife
- Acacia Chopping Board
- Peeler
- Silicone Slotted Spoon
- Silicone Measuring Cups
- Silicone Measuring Spoons
- Silicone Mixing Bowl
- 20cm Silicone Tongs
- Digital Timer/ Thermometer

## INGREDIENTS

- 2 cups water
- 1/2 cup sugar
- 2 slices lemon
- 2 cinnamon sticks
- 1/4 tsp vanilla essence
- 3 Earl Grey tea bags tied together
- 4 firm pears, peeled not cored, stems on (Beurre Bosc are best)

## THE FUN

1. In the Pressure Cooker, combine water, sugar, lemon, cinnamon sticks, tea bags and vanilla essence.
2. Simmer until the sugar is dissolved.
3. Place the pears in the Pressure Cooker; it does not matter if they do not stand upright.
4. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen)
5. Once at pressure, turn down the heat and cook for 8 minutes.
6. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
7. Insert skewer into pears to check their softness. If more cooking is required, replace lid and return to pressure to cook for a further two minutes.
8. Use the slotted spoon to transfer the pears to a large bowl and discard the tea bags.
9. Boil sauce to reduce until it is syrupy. Drizzle the sauce over the pears and serve immediately with custard, cream or ice cream

## CHEFS TIP

- To make ahead of time: cool the pears and place them in an air tight container. Pour the syrup over the pears and seal container. To serve, take the pears out of the container and heat for 2 minutes in the microwave on medium. Heat the syrup separately in the microwave for 1 minute.

# Chocolate Rice Pudding

Prep: 5 mins / Cook: 10 mins / Serves: 6-8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Mixing Bowls
- Electronic Scales
- Silicone Spoon
- Digital Timer/ Thermometer

## INGREDIENTS

- 6 cups milk
- 50g butter
- 1 1/2 cups Arborio rice
- 1 tsp vanilla extract
- 1/3 cup caster sugar
- 1/4 tsp of ground chilli (optional)
- 200g dark chocolate, chopped

## THE FUN

1. Put the milk, butter, vanilla, sugar and rice into the Pressure Cooker and stir.
2. Place Pressure Cooker on hotplate, close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
3. Once at pressure, turn down the heat and cook for 8 minutes.
4. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.
5. Stir through the chocolate (and optional chilli) and sit for 1 minute. If there is too much liquid, heat and stir with lid off until liquid is reduced.
6. Serve immediately.

## CHEFS TIP

- Serve with ice cream or custard and fresh berries.

# 15 Minute Citrus Cheesecake

Prep: 10 mins / Cook: 15 mins / Serves: 6-8



## THE CHEFS TOOLS

- 7L Pressure Cooker
- Silicone Spring Form Pan
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Electronic Scales
- Silicone Spoon
- Graters
- Digital Timer/ Thermometer

## INGREDIENTS

Base:

- 1 1/2 cups (approx. 1/2 a packet) finely crushed Granita biscuits (or a gluten free alternative)  
Tip: Use a food processor or stick blender for speed and evenness.
- 70g melted butter

Filling:

- 500g cream cheese (at room temperature)
- 1/2 cup castor sugar
- 2 eggs
- 1 tbsp fresh lemon juice
- 2 tsp lemon zest
- 2 tsp orange zest
- 1 tsp vanilla extract

## THE FUN

1. Mix the biscuit crumbs and melted butter together and pour the crumbs into the Spring Form Pan. Use the Silicone Spoon to press the mixture evenly around the base of the Pan and a little up the sides. Place the Spring Form Pan in the fridge whilst preparing the filling.
2. With a food processor or electric hand mixer, blend the cream cheese and caster sugar until smooth. Mix in the eggs, lemon juice, zests and vanilla. Do not overwork the batter.
3. Place the Spring Form Pan onto the Silicone Basket and pour the batter into the Pan.
4. Put 2 cups of water into the Pressure Cooker, and carefully lower the Basket with the Spring Form Pan into the Pressure Cooker. Tuck in the handles from the Silicone Basket down between the Pan and the walls of the pot.
5. Bring to pressure over a high heat on Setting 2. Once at pressure (this only takes 2-3 mins) reduce heat to low and cook for 15 minutes at pressure.
6. After 15 minutes, turn off the heat to allow the pressure to release naturally (about 2 mins).
7. Carefully unlock the lid and lift away from the pot without allowing the condensation on the lid to drip onto the cake. Lift the Pan out carefully using the Basket, and cool for 15 mins. Blot any excess water from the cheesecake with paper towel.
8. Place in the fridge until serving (30 minutes is best)



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# Stockpot recipes

our **Pressure Cookers**  
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Stockpot recipe



## Pressure Cooker Glass Lid

Turn your Pressure Cooker into 7L Stock Pot!

# Spiced Pear & Sweet Potato Soup

Prep: 15 mins / Cook: 25 mins / Serves: 8



Stockpot recipe

## THE CHEFS TOOLS

- 7L Pressure Cooker
- Pressure Cooker Glass Lid
- Fusion Knife
- Digital Thermometer / Timer
- Electronic Scales
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Soup Ladle
- Acacia Chopping Board
- Potato Masher

## INGREDIENTS

- 1 Tbs vegetable oil
- 1 onion, chopped
- 1 cloves garlic, chopped
- 1 Tbs Meal Inspirations Moroccan Spice Blend
- 1 tsp chilli flakes
- 6 cups chicken or vegetable stock
- 750g sweet potato, peeled and chopped
- 4 ripe pears, - peeled, cored and diced
- 1 mustard cress to garnish, if desired

## THE FUN

1. Heat Pressure Cooker over medium heat for 2 minutes.
2. Add oil and onion and cook, stirring for 5 minutes or until the onion are soft but not brown.
3. Add garlic, Ras El Hanout, chilli flakes and brown sugar and cook, stirring, for 30 seconds.
4. Add stock, sweet potato and pears. Bring to the boil. Reduce heat and simmer, covered, until sweet potato and pears are tender, about 25 minutes.
5. Mash or blend until smooth or pour into a blender and blitz for 10 seconds.
6. Serve immediately garnished with cress.

## CHEFS TIP

- Safety when blending soup - place a tea towel over the lid of the blender while holding.

# Chicken & Corn Chowder

Prep: 15 mins / Cook: 15 mins / Serves: 6



Stockpot recipe

## THE CHEFS TOOLS

- 7L Pressure Cooker
- Pressure Cooker Glass Lid
- Fusion Knife
- Electronic Scales
- Silicone Soup Ladle
- Silicone Spatula
- Silicone Spoon
- Silicone Measuring Spoons
- Digital Thermometer / Timer
- Acacia Chopping Board

## INGREDIENTS

- 1 tsp oil
- 1 brown onion, peeled and finely chopped
- 1 green capsicum, finely chopped (optional)
- 30g plain flour
- 500mL cold milk
- 500mL hot chicken stock
- 1/2 tsp salt, to taste
- 2 cooked chicken breast fillets, chopped
- 600g potatoes, washed and diced
- 1 x 325g can sweet corn kernels, drained

## THE FUN

1. Heat Pressure Cooker over medium heat for 2 minutes.
2. Add oil, onion and capsicum. Cook over a medium heat until the onion is softened.
3. Stir in the flour and cook a further 2 minutes, stirring constantly.
4. Add the milk and stir until just boiling.
5. Add the stock.
6. Season well, and add remaining ingredients.
7. Lower the heat and cook, stirring occasionally, for a further 15 minutes or until the potato is just tender.
8. Serve immediately.

## CHEFS TIP

- Frozen corn kernels can also be used. There is no need to peel the potatoes if they are washed well.

# Pressure Cooker Timetable for Meat



Meat	Approximate Cooking Time (in minutes)
Beef, Meat Balls	10 – 15
Beef, pot roast, steak, rump, round, chuck, blade or brisket, large	35 – 40
Beef, ribs	25 -30
Beef, shanks	25 – 30
Beef, oxtail	40 – 50
Chicken, breast	8 – 10
Chicken, whole	25 – 30
Chicken, drumsticks, legs or thighs	10 – 15
Lamb, cubes	10 – 15
Lamb, Leg	35 – 45
Pork, loin roast	55 – 60
Pork, butt roast	45 – 50
Pork, ribs	20 – 25
Turkey, breast, boneless	15 – 20
Veal, roast	35 – 45

# Pressure Cooker – fast food made healthy

Pressure cooking is a truly unique way of cooking, allowing you to cook healthy food quickly while maintaining nutritional value and enhancing flavour.

The Chefs Toolbox Pressure Cooker consists of a regular cooking pot and a unique lid that locks into place on top of the cook pot to seal in the heat. When the Pressure Cooker is heated, steam is locked inside the pot to raise the temperature above boiling to dramatically reduce cooking time.

1. The time saving varies depending on the food. The cooking time for red meat or chicken is reduced by about 70%.
2. Energy savings: with a reduced cooking time and typically over very low heat, the energy savings are up to 80% compared to traditional cooking processes.
3. Vitamins and nutrients are locked in: less cooking liquid is required in pressure cooking as the moisture is unable to escape the cooking pot and vitamin and nutrient values are maintained.
4. Easy to tenderise food: the higher pressure forces heat through the food and increases the tenderising effects of cooking 'cheaper' cuts such as shanks or brisket.
5. Intense flavour: the higher pressure drives the flavoursome steam into the food as it cooks, intensifying the flavour of many dishes, particularly meat.
6. Easy clean up: most recipes require just one pot for cooking, and the unique non-stick coating ensures your pressure cooker washes up like new every time.

## QUICK INSTRUCTION GUIDE

- a. Pressure cooking requires steam so most recipes with at least 1 cup of liquid can usually be adapted to be cooked in your Pressure Cooker. The food is braising and steaming so it doesn't need to be covered with liquid.
- b. Cooking time for mince and diced meat is 15-20 minutes, chicken is 30-35min and solid pieces of red meat is 45-50 minutes.
- c. The most common steps to follow are:
  - i. Sauté onions and brown meats.
  - ii. Add liquid. Close and lock the lid.
  - iii. Place over high heat to get to pressure quickly (normally 2-3 minutes). Some steam and droplets will release around the handle.
  - iv. Once the red Pressure Indicator (refer to "Safety & Structure") is raised, set the heat to low. After a few minutes there should be a very gentle release of steam from the pressure setter. For the remainder of the cooking time, the heat is set correctly when the red pressure indicator is up and there is a very slight but constant steam release.
  - v. After the cooking time, remove from heat and allow the pressure to reduce.
  - vi. Once the red pressure indicator drops, unlock and remove the lid.
  - vii. Enjoy your melt in the mouth meal.



# Pressure Cooker – before first use

## IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

- Read all instructions carefully before use. Do not permit anyone who is not familiar with those instructions to use the cooker.
- Never place the Pressure Cooker into the oven or microwave as this would destroy plastic and silicone parts and damage the safety mechanisms.
- Do not use the Pressure Cooker for anything other than intended use.
- Do not use Pressure Cooker to pressure fry oil.
- This appliance cooks under pressure. Improper use can lead to burns and scalding. Ensure the Pressure Cooker is properly closed before operating. (See instructions on page 42.)
- Your Pressure Cooker is suitable for use on the following stove tops: gas, electric, ceramic and induction. Do not use other heating sources.
- Before using the Pressure Cooker, check to make sure the safety mechanisms are not damaged or dirty and valves are not obstructed. Always check the pressure release device for clogging before use.

# Pressure Cooker – cooking for your cooktop

## Electric Cooktops (including halogen and ceramic)

Pressure cooking is all about time and temperature, and because electric cooktops change temperature quite slowly, you may find food scorches even after you've reduced the temperature of the hotplate. The trick with electric cooktops is to use two hotplates: bring the pot to pressure on a high heat hotplate while also pre-heating a low-heat hotplate. When the pot comes to pressure, carefully move it to the low-heat hotplate to continue cooking at the level indicated in the recipe.

## Induction Cooktops

The cooking process begins as the pressure cooker is coming to pressure, and since pressure cookers come to pressure faster on induction cooktops, you will need to add two or three minutes to the overall cooking time to ensure the food isn't undercooked.

Our pressure cooker recipes are optimised for gas burners, so if you're cooking on an electric or induction cooktop, small adjustments may need to be made to accommodate the different heating / cooling patterns.

- Do not open the Pressure Cooker until it has been cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurised – do not force it open. For releasing the pressure, please see instructions on page 42.
- Never use the Pressure Cooker without liquid, as this could result in damaging the cooker by overheating. Note the following content amounts:  
**Minimum liquid:** 0.25 litres  
**Maximum fill volume:** 2/3 of the Pressure Cooker
- For foods which foam or rise (e.g. rice, legumes, broths, or dried vegetable), do not fill the cooker more than half full. Over-filling risks clogging the vent pipe and developing excess pressure.
- Pressure Cooker cannot be used for medical purposes, especially for sterilisation.

Please note: burning food and consequently damaging the non-stick coating is not covered by warranty.



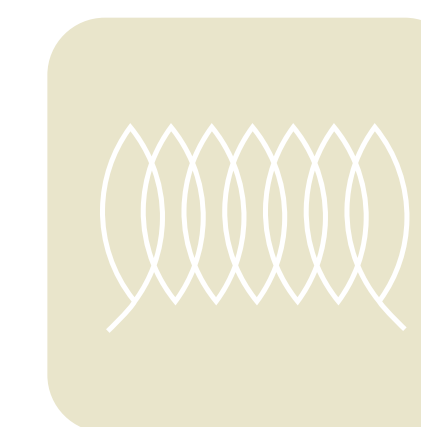
Gas



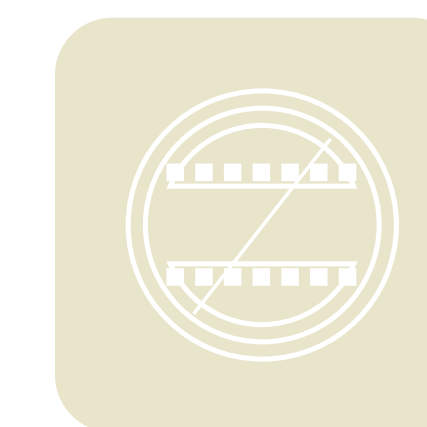
Electric



Ceramic



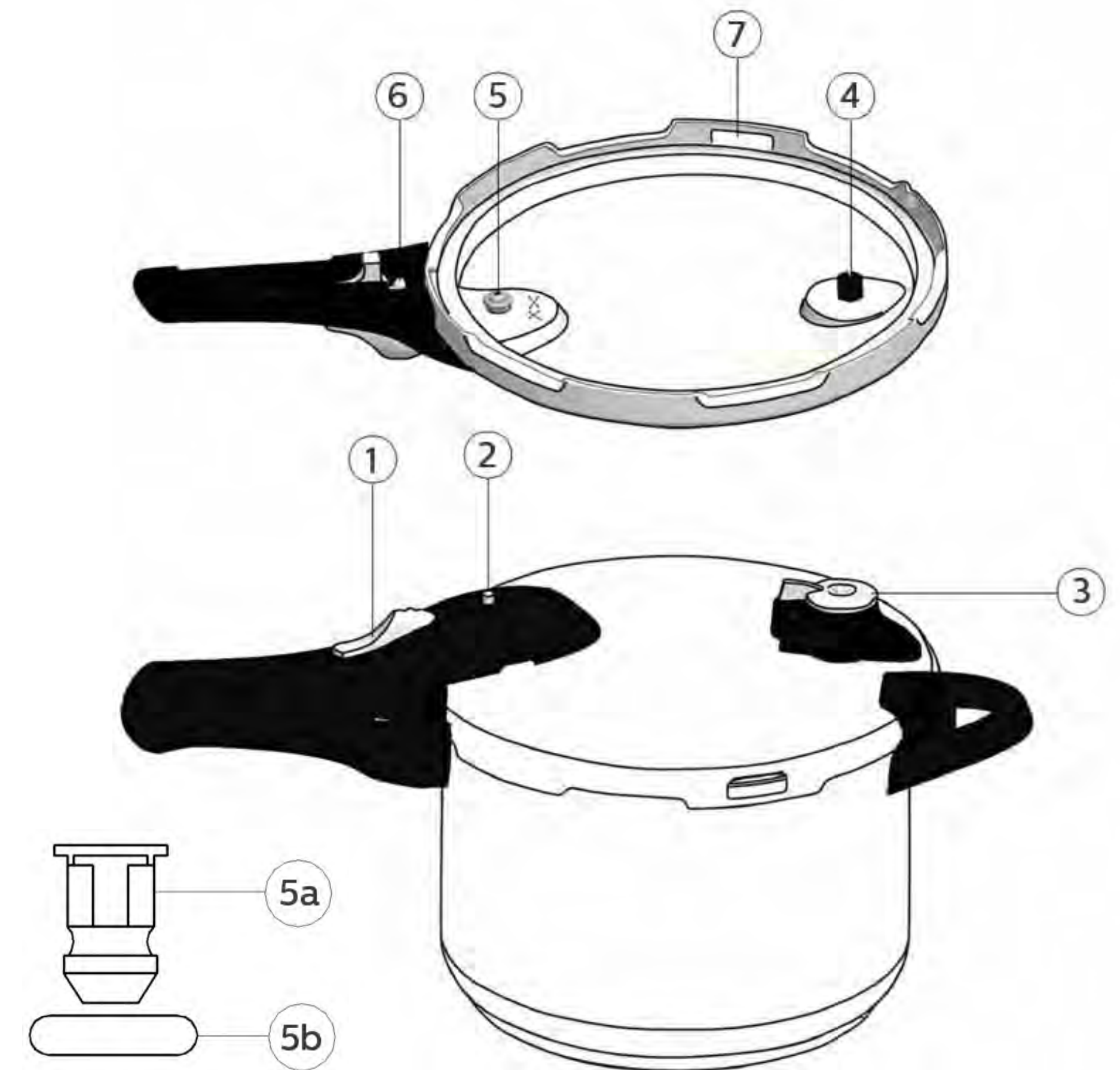
Induction



Halogen hob

# Pressure Cooker - 7 safety features

1. **Push Plate:** when the lid is properly closed, push the push plate backwards to lock. Push the push plate forwards to open the lid.
2. **Pressure Indicator:** pressure indicator moves up in a few minutes after heated and it returned to original place when pressure completely released.
3. **Pressure Regulator:** pressure setting device: “1”= low pressure level, “2”= high pressure level. This keeps the pressure within normal operating levels and stable while cooking.
4. **Anti-Clogging Nut:** it effectively prevents food from plugging the steam outlet to avoid excess pressure within the Pressure Cooker.
5. **Safety Valve:** a safety device opens and closes automatically to avoid excess pressure within the cooker.  
5a, Safety valve  
5b, O-Ring for safety valve
6. **Safety Plate:** this is activated with the locking valve to avoid opening the lid when there is pressure in the cooker.
7. **Safety Window:** a safety device to release excess pressure by pushing the rubber gasket out when the cooking pressure is too high.



# Pressure Cooker – getting started

## 1. ADDING FOOD AND LIQUID

To cook with a Pressure Cooker, it is important to fill with liquid that is capable of steam releasing when boiled. Water, soup, stock or wine is acceptable in this case.

**Maximum Volume:** NEVER fill the Pressure Cooker more than 2/3 of the cooker's capacity with liquid and food.

Fill to only half the capacity when cooking foods that will either expand in size and/or produce foam as they cook (such as dried vegetables, rice, legumes or broths).

**Minimum Volume:** Cooker must always contain at least 1/4 litre (1 cup) of liquid for cooking.

- Always add enough liquid for steam to form and make sure that the liquid in the Pressure Cooker does not evaporate completely.
- Never allow the cooker to 'cook until dry', as the overheating could damage the cooker or the safety mechanisms.

## 2. CHECKING BEFORE LOCKING

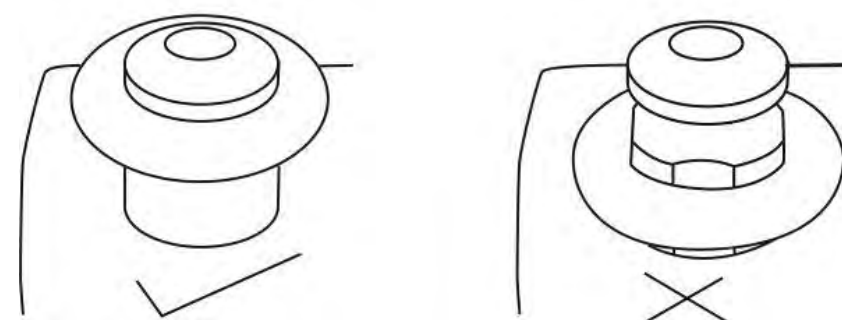
Check and make sure the O-ring is on the groove. Do not use the cooker if the O-ring is not in the correct position. See the diagram on the right.

Check to make sure that the indicator rod can move freely, by pushing it upwards. If it springs back easily, it will function properly.

Remove the pressure regulator, make sure that the steam outlet is not blocked. You should be able to look through the steam outlet if it is clear. Clean the anti-clogging nut and safety valve with warm water.

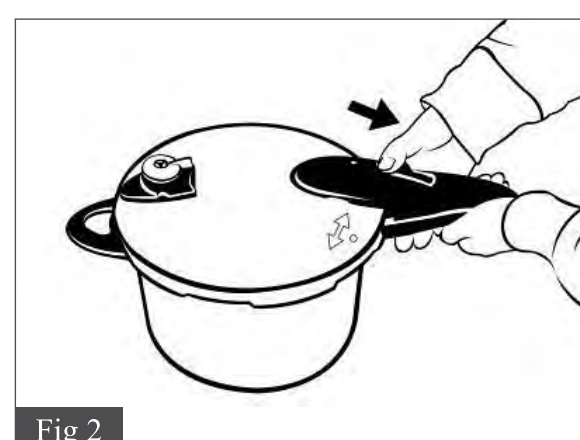
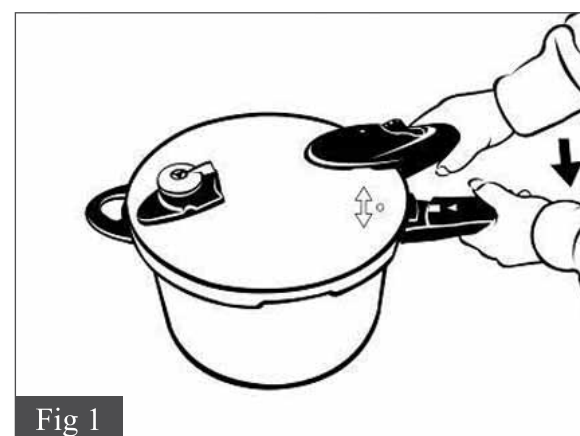
Ensure that the O-ring for the safety valve is clean and not damaged.

Check to see that the rubber gasket is correctly in place in the lid.



## 3. FITTING OF LID AND POT

- Place lid on cooker body. Align “O” mark on lid with the “▲” mark on the body handle.
- Press down slightly on the lid and turn clockwise until the two handles match up and lock together. To ensure that the lid is properly closed, the lid and body handles should align with each other. See Figure 1.
- After locking the cooker, slide the pressure lock button away from the lid until the locking click is heard. See Figure 2.



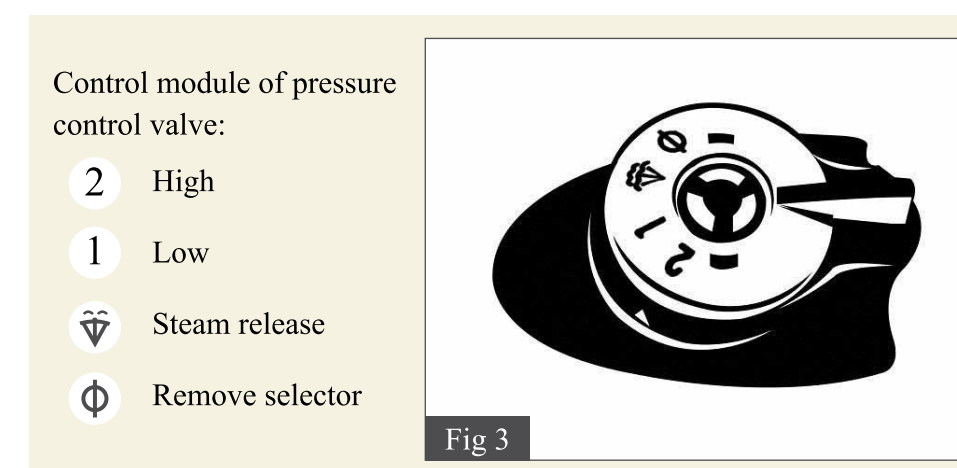
# Pressure Cooker – let's cook!

## MOVING AND POSITIONING THE COOKER

When using a gas stove, make sure the flame does not go beyond the edge of the base.

## PRESSURE SETTING

There are 4 positions on the pressure selector.



- Position 2: most commonly used for cooking. High pressure.
- Position 1: lower pressure for quick cooking of easily cooked food such as fruit.

To remove the pressure selector for cleaning, see Figure 3.

## COOKING

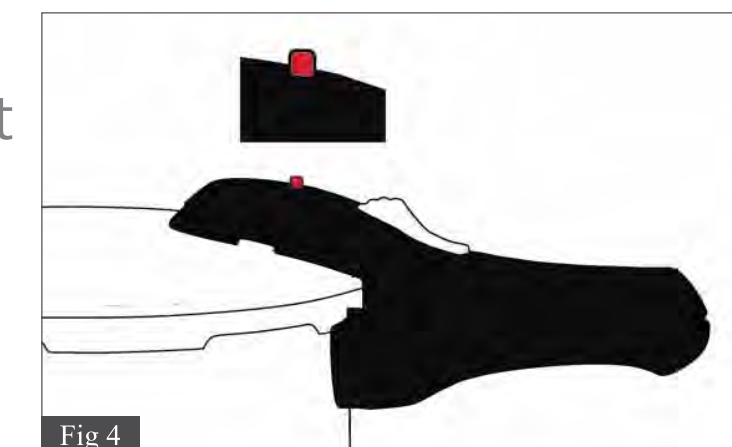
Begin with the heat source at high.

A small amount of steam often escapes from the steam outlet near the handle.

As the temperature rises and the pressure cooking process begins the pressure indicator (red) rises, which indicates the internal pressure is building up. See Figure 4.

The indicator should pop up within 5-10 minutes, depending on capacity. If the Indicator has not risen in this time refer to Trouble Shooting on page 44.

Reduce the heat on your stove when the pressure regulator comes to pressure. You have the correct temperature when the red pressure indicator is up and there is minimal steam being released from the pressure regulator.



## OPENING

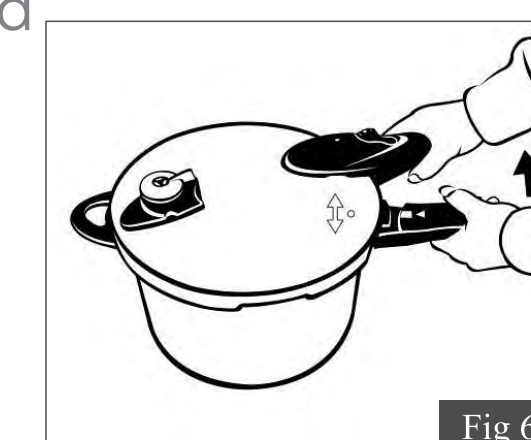
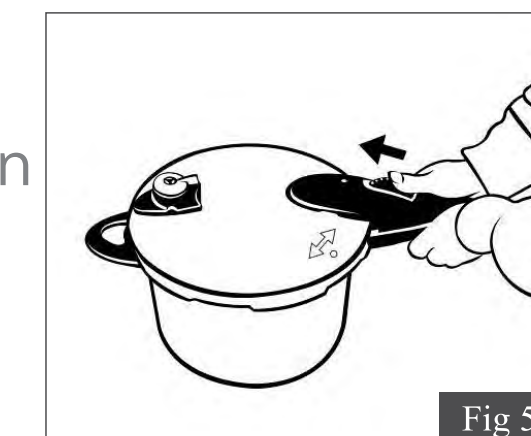
### 1. Cooling after cooking:

There are three ways to reduce the pressure so as to be able to remove the lid.

- Turn off the heat source and let the Pressure Cooker cool down naturally (usually about 10 minutes).
- Switch the pressure regulator to steam release for rapid release. This can be messy as the steam carries food particles.
- Run cool water over the edge of the Pressure Cooker. The rapid cool down drops the pressure quickly.

### 2. When the pressure indicator is down in the normal position, all pressure has been released from the Pressure Cooker and the lid can be opened.

- Slide the lock towards lid centre. (Fig 5.)
- Rotate the upper handle anticlockwise. (Fig 6.)



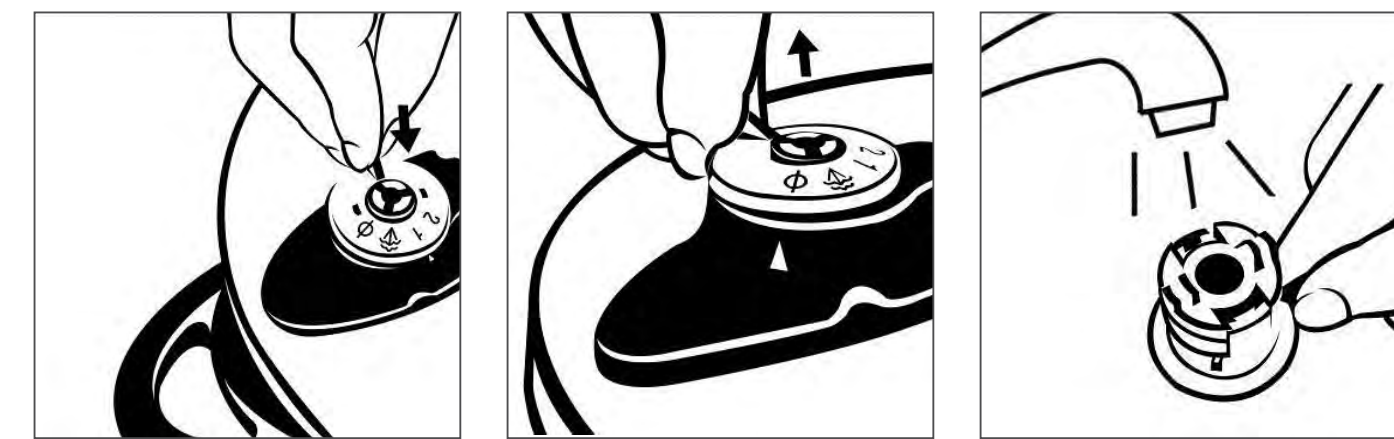
# Pressure Cooker – cleaning and maintenance

- Do not store food inside cooker after use.
- Clean and dry the cooker after each use. Warm water is recommended for cleaning.
- Do not wash the lid in a dishwasher.
- Before each use, ensure the cover of the locking valve is not damaged and it fits well. If there is damage, replace the cover before using the cooker again.
- After each use, release and clean the pressure regulator completely. The steam discharging tube and the anti-clogging nut should not be filled or blocked by any substances, such as food residue.
- When installing the pressure regulator, make sure it is installed in the correct position.
- After each use, the safety valve should be examined to ensure it is clean, cleaning with hot water if required.
- After each use the silicone gasket should be cleaned thoroughly with warm water and installed back in the lid after washing.
- Do not use steel wool, abrasive scouring powders or liquids.
- The gasket will last longer if you place the lid upside down on top of the Pressure Cooker body after it has been washed.
- Depending on how often you use your Pressure Cooker, you should replace the rubber gasket and the O-ring for the safety valve every 1-2 years. In case of damage (tears or cracks, deformation on the edges or hardening), these parts should be replaced immediately. Failure to do so may affect proper functioning and safety.

## SIMPLE CLEANING

To extend the life of the Pressure Cooker, remove any excess foods after each use. Wash, clean and dry the Pressure Cooker making sure all the food residue is removed especially acidic or alkaline foods. The Pressure Cooker pot and lid should be washed with warm water and a mild detergent and a non-abrasive cleaning pad. Special caution must be made not to destroy the rubber spare parts in the lid.

## COMPLETE CLEANING

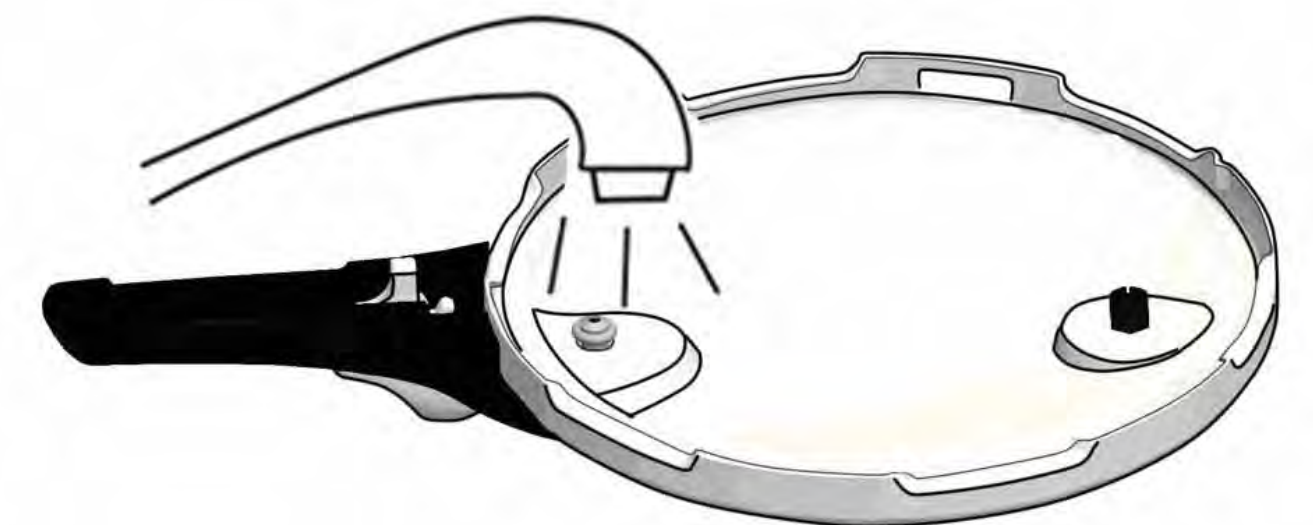


### 1. *Cleaning of Pressure Regulator:*

Remove the pressure regulator by pressing and rotating it to “O” setting. Then rinse under warm running water as illustrated below.

### 2. *Cleaning of Safety Valve:*

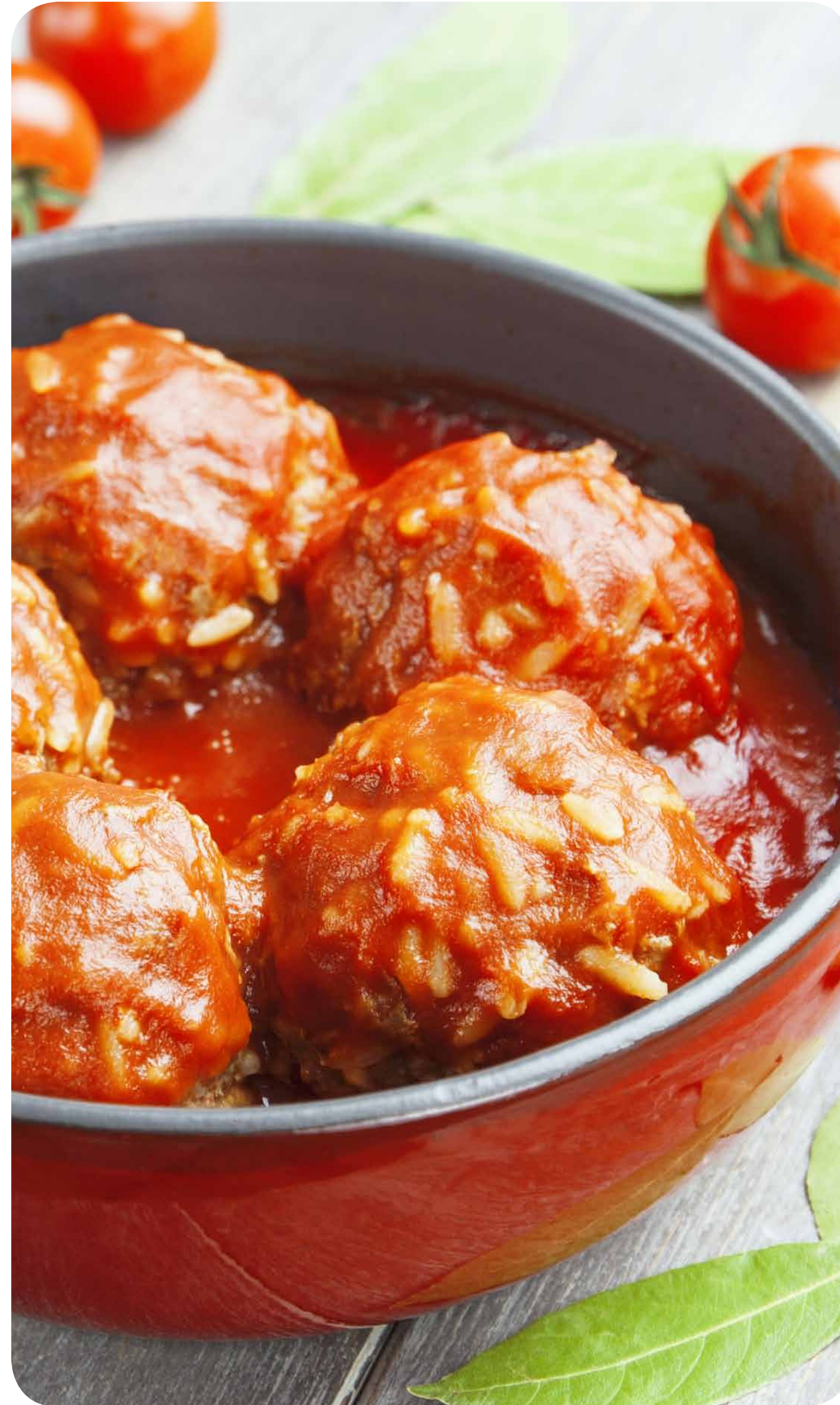
Clean the safety valve by repeatedly pushing it up and down whilst under warm running water, as illustrated below.



# Pressure Cooker – troubleshooting

SYMPTOM	CAUSE	SOLUTION
Steam escapes around the pressure regulator.	This is normal. However, if a very large amount of steam escapes, reduce the temperature.	Turn down the heat and continue cooking as usual. Decrease liquid as instructed.
No steam escapes from the pressure regulator.	A) The lid has not been locked B) The heat is not high enough. C) There is not enough liquid in the cooker.	A) Slide the lock button away from the lid B) Raise the heat. C) Reduce pressure until lid can be removed and add at least 1 cup of liquid.
A lot of steam leaks from the locking valve.	The O-ring for the locking valve is not properly installed.	Reduce heat. Install the O-ring properly in the groove.
Steam escapes at the edge of the lid.	A) The rubber gasket is not properly in place. B) The rubber gasket is dirty or damaged.	Reduce heat. A) Insert the gasket properly. B) Clean and replace the gasket.
The pressure indicator does not rise.	A) The lid has not been locked B) The heating temperature is too low. C) Cooker is not closed properly. D) There is not enough liquid in the cooker. E) The rubber gasket is damaged or hardened. F) The pressure regulator is not attached correctly and firmly. G) The O-ring for the safety valve is either missing, damaged or fitted incorrectly.	A) Slide the lock button away from the lid B) Increase heat. C) Close the cooker properly. D) Reduce heat. Add at least the minimum amount (1 cup) of liquid. E) Reduce heat. Replace the rubber gasket. F) Reduce heat. Insert the pressure regulator correctly. G) Reduce heat. Attach a new O-ring correctly on the safety valve base.
The pressure indicator does not move down.	Pressure remains in the cooker.	Turn the pressure control device to steam releasing setting. Wait until the pressure releases from the cooker.
Opening and closing system does not work.	Mark “O” on lid does not align with “▲” on long handle	Make them align.

Use only the appropriate spare parts for your Pressure Cooker.  
See [www.chefstoolbox.com](http://www.chefstoolbox.com) for recommended cooking times for different ingredients.



*inspiring* cooking in every home!