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ELECTRIC PRESSURE COOKER

WITH PRECISION STEAM CONTROL

RECIPE BOOK

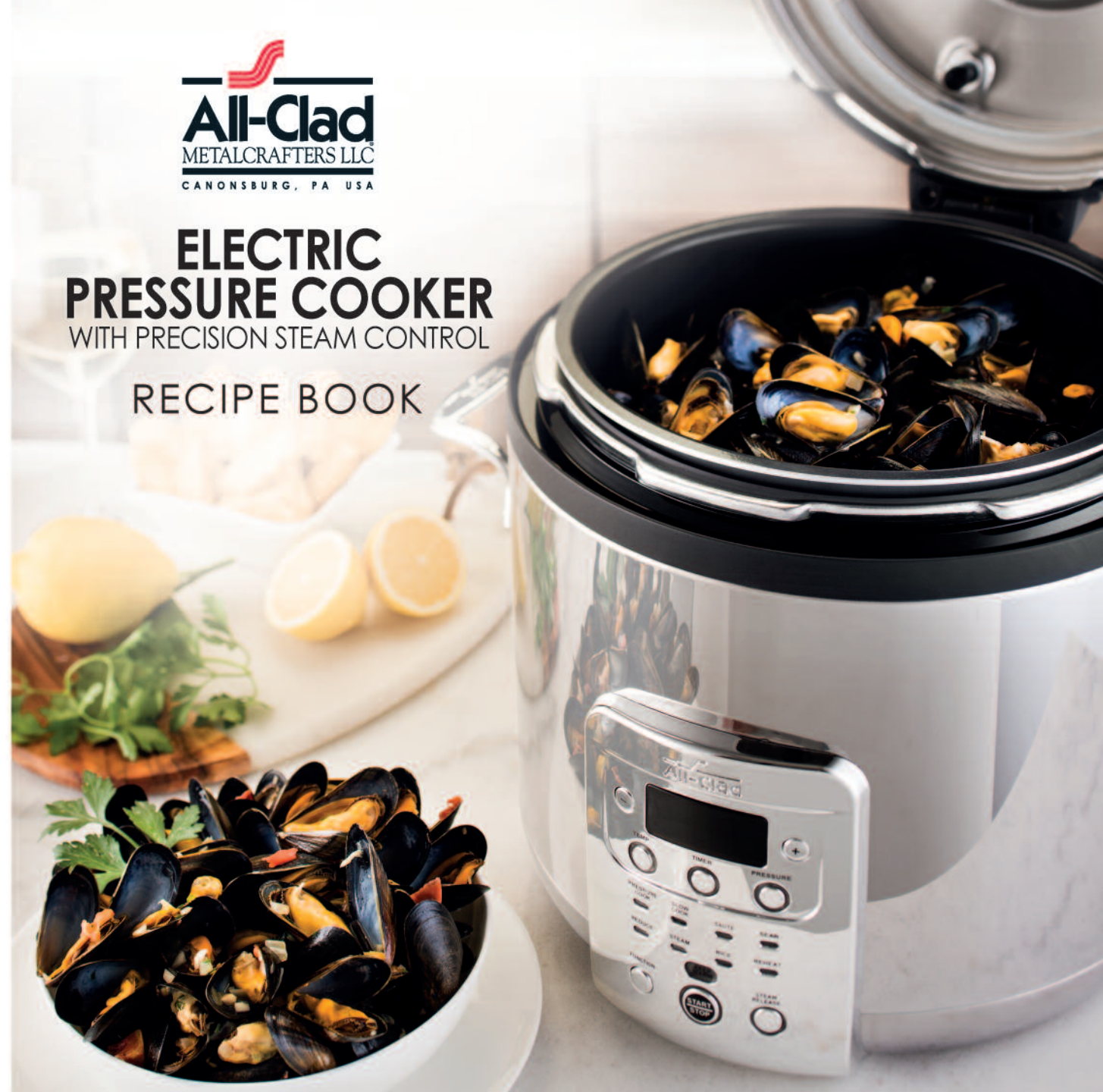


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ELECTRIC PRESSURE COOKER

All-Clad introduces its Electric Pressure Cooker with Precision Steam Control

Designed for precise pressure cooking and the ultimate versatility, the new All-Clad Electric Pressure Cooker with Precision Steam Control reduces traditional cooking times all while retaining great flavors which makes it perfect for getting delicious home-cooked meals on the table faster. With 8 preset cooking modes with adjustable time, temperature and seven pressure setting options you can relax and enjoy perfect results, whatever the food you are cooking.



Vanilla Almond Steel-Cut Oats



Ingredients

Oat preparation:

- 1 cup steel-cut oats
- 2 cups unsweetened almond milk
- 1/2 cup water
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt

Toppings

- 1/2 cup sliced almonds
- 1/2 cup brown sugar
- 1/2 tsp cinnamon
- 1/2 cup dried cranberries

Serves 4

BREAKFAST

Directions

Place all the ingredients of the oats preparation in the cooking pot. Close and lock the lid. Select **RICE** program and Time 20 minutes. Start cooking.

If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the STEAM RELEASE button at anytime. You can also let it release naturally or press on the STEAM RELEASE button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. Once cooked, add all the toppings you like and stir everything together. Serve warm.

Vegetable Frittata



Ingredients

- 2 tablespoons olive oil
- 2 tablespoons chopped sweet onion
- 1/2 red pepper, diced
- 1/2 yellow pepper, diced
- 1 small potato, peeled and chopped
- 1 zucchini (cut in half and seeds removed, sliced thin)
- 1 squash (cut in half and seeds removed, sliced thin)
- 6 sundried tomatoes (no oil) cut in strips
- 6 eggs
- 1/4 cup parmesan cheese
- Salt and pepper

Serves 4

BREAKFAST

Directions

Open the lid of the Electric Pressure Cooker and select **SAUTÉ** program, Temperature 300°F, Time 5 minutes. Add oil and all the vegetables to the cooking bowl and start cooking, stirring frequently. In a separate bowl, mix eggs and cheese together. When the vegetables are cooked, pour the egg and cheese preparation over them.

Close and lock the lid. Select **RICE** program and Time 9 minutes. Start cooking. If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the STEAM RELEASE button at anytime. You can also let it release naturally or press on the STEAM RELEASE button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. Perfect served warm with a nice salad.



Cream of Leek & Potato Soup

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Ingredients

- 2 tablespoons butter
- 1/4 cup olive oil
- 3 large leeks (white and pale green parts only), halved lengthwise, thinly sliced (about 5 cups)
- 3 medium potatoes, peeled and diced (about 4 cups)
- 2 medium carrots, peeled and chopped (about 1 cup)
- 3 cups chicken broth
- 1/2 cup white wine
- 1 cup cream
- Salt and pepper, to taste
- Fresh chopped parsley

Serves 8

Directions

Place butter and olive oil into the cooking pot. Keep the lid open and select **SEAR** program; when butter has melted, add leeks, potatoes, and carrots. Cook and stir 10 minutes or until vegetables are softened. Add broth and wine. Close and lock the lid. Select **PRESSURE COOK** program Level 7 and Time 10 minutes.

Once the timer beeps 3 times to indicate the end of cooking, manually release pressure by pressing on the **STEAM RELEASE** button for about 5 seconds. The steam release process will take about 4 to 5 minutes.

Slowly open the lid and place about 3 cups of your soup in a blender. Blend until mixture is smooth and creamy. Place the blended soup in large serving bowl and repeat in batches with remaining soup. Add cream and stir to combine. Salt and pepper to taste.

Serve hot topped with parsley.

Chicken Broth



Ingredients

- 2 pounds chicken, cut into pieces
- 1 clove garlic, crushed
- 1 celery stalk, cut in half
- 1 carrot, cut in half
- 1 small onion cut in quarters
- 5 cups water
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 1 bay leave

Serves 6

Directions

Place all ingredients in the Electric Pressure Cooker. Close and lock the lid. Select **PRESSURE COOK** program Level 7 and Time 20 minutes. Start cooking.

If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the **STEAM RELEASE** button at anytime. You can also let it release naturally or press on the **STEAM RELEASE** button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. Perfect to add to any homemade risotto.

STARTERS

Steamed Salmon Packets



Ingredients

- 4 – 5 ounces salmon fillets, cut into 4 pieces
- 3 cloves minced garlic
- 2 scallions chopped, plus 1 additional chopped scallion for garnish
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon brown sugar
- 1/2 tablespoon grated fresh ginger
- 2 tablespoons chopped cilantro
- 1 1/2 cup water

Serves 2

Directions

Start by making the sauce mixture. In a bowl mix all the ingredients except salmon. Cut 4 pieces of aluminum foil large enough to wrap salmon in. Place the salmon, oil side down, on each piece of foil. Pour the sauce mixture evenly over each piece. Fold over foil to make a packet. Place the salmon packets inside the steam basket.

Add 1 1/2 cup of water at the bottom of the cooking pot. Place the trivet at the bottom of the pot, and the steam basket on top of the trivet.

Close and lock the lid, then select **STEAM** program, Time 10 minutes.

When cooking is done, place the salmon on plates and garnish with remaining scallion and cilantro.

STARTERS



Mussels in White Wine

SAUTÉ & PRESSURE COOK

Ingredients

- 1 tablespoon butter
- 3 cloves garlic, finely chopped (about 1 1/2 teaspoon)
- 2 shallots, finely chopped (about 1/4 cup)
- 1/2 cup dry white wine
- 1 medium tomato, chopped (about 1/2 cup)
- 4 pounds black mussels, washed, and sorted
- 2 lemons, quartered, divided
- 2 tablespoons fresh parsley, chopped
- 1 sprig fresh thyme
- 1 bay leaf
- Additional parsley
- French bread, toasted and buttered

Serves 8

Directions

Place butter, garlic and shallots into the cooking pot. Keep the lid open and select **SAUTÉ** program. Cook and stir 4 minutes or until softened. Add the white wine and tomatoes. Stir well.

Add mussels, 4 lemon quarters, parsley, thyme, and bay leaf; stir to combine. Close and lock the lid. Select **PRESSURE COOK** program Level 7 and Time 4 minutes.

Once the timer beeps 3 times to indicate the end of cooking, manually release pressure by pressing on the **STEAM RELEASE** button for about 5 seconds. The steam release process will take about 4 to 5 minutes.

Slowly open the lid and carefully remove mussels. Place on a large platter and squeeze the juice from the remaining lemon quarters over the mussels. Sprinkle with additional parsley and serve with French bread.

NOTE: Fresh or frozen mussels can be used for this recipe.

STARTERS

Traditional Pot Roast



Ingredients

- 3 pounds chuck roast
- 5 carrots, peeled and cut in half
- 4 stalks of celery, trimmed and cut in half
- 2 cups beef broth
- 8 red bliss or Yukon gold potatoes
- 1 onion, thinly sliced
- 2 tablespoons A1 sauce
- 2 tablespoons Worcestershire sauce
- 1 1/2 tablespoon olive oil
- 2 bay leaves
- Salt and pepper

Thickener

- 1 tablespoon cornstarch
- 3 tablespoons cold water

Serves 4

Directions

Season the roast heavily with salt and pepper and place in the cooking pot. Keep the lid of the Electric Pressure Cooker opened and select **SEAR** program. Sear the chuck roast on all sides, in batches if needed.

Add all the ingredients to the cooking pot. Close and lock the lid. Select **PRESSURE COOK** program, Level 7 and Time 1 Hour. Start cooking.

If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the **STEAM RELEASE** button at anytime. You can also let it release naturally or press on the **STEAM RELEASE** button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. Remove meat and vegetables and place on a platter

In the meantime, prepare thickener by mixing the cornstarch and cold water together. Open the lid of the Electric Pressure Cooker and select **SEAR** program, Time 5 minutes. Pour cornstarch mixture into gravy and cook until gravy is thickened.

Pour the thickened gravy over the meat and vegetables for extra flavor.

MAIN

Spicy Beef Chili



Ingredients

- 6 tablespoons olive oil
- 4 medium onions chopped
- 6 cloves garlic minced, (approximately 2 tablespoons)
- 3 pounds ground beef (you can also use turkey if you prefer)
- 2 tablespoons ground cumin
- 1/4 cup chili powder, or to taste
- 1 1/2 teaspoons oregano
- 1/2 teaspoon cayenne powder
- 2 bay leaves
- 1 (28-ounce cans) crushed or diced tomatoes (with juice)
- 1 (15-ounce can) tomato sauce
- 1 (6-ounce can) tomato paste
- 1 (15-ounce cans) cannellini beans (drained and rinsed)
- 1 (15-ounce cans) red kidney beans (drained and rinsed)
- Salt and pepper to taste

Serves 6

MAIN

Directions

Open the lid of the Electric Pressure Cooker and select **SAUTÉ** program, Temperature 300°F, Time 30 minutes. Add oil, onions and garlic and sauté until the onions are wilted.

Add half the beef and cook until browned. Then remove and cook the other half.

Add all the beef back to the pot. Mix in the cumin, chili powder, oregano, cayenne pepper and bay leaves. Then stir in the crushed tomato, sauce and paste.

Close and lock the lid of the Electric Pressure Cooker. Select **PRESSURE COOK** program Level 7 and Time 20 minutes. Start cooking.

If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the **STEAM RELEASE** button at anytime. You can also let it release naturally or press on the **STEAM RELEASE** button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. Add cannellini and red kidney beans to the pot and stir. Keep the lid open and select **SEAR** program, Time 5 minutes. Stir continuously to warm the beans, then serve.



Pea & Pancetta Risotto

SEAR & RICE

Ingredients

- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 medium onion, chopped (about 1 cup)
- 8 ounces pancetta, diced
- 1 1/2 cup Arborio rice
- 3 cups chicken stock
- 2 tablespoons lemon juice
- 1 cup frozen peas
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon freshly cracked pepper

Serves 6

Directions

Add oil and butter into cooking pot. Keep the lid open and select **SEAR** program. Add the onion and pancetta; cook and stir 10 minutes or until pancetta is browned. Add the rice and stir to coat. Add chicken stock, lemon juice, and peas; stir well. Close and lock the lid. Select **RICE** program and Time 5 minutes.

Once the timer beeps 3 times to indicate the end of cooking, manually release pressure by pressing on the **STEAM RELEASE** button for about 5 seconds. The steam release process will take about 4 to 5 minutes.

Stir in cheese, salt, and pepper. Serve hot.

MAIN

Greek Yogurt Chicken Curry



Ingredients

- 8 boneless and skinless chicken thighs
- 2 tablespoons olive oil
- 4 garlic cloves
- 2 jalapeno peppers, finely diced and seeds removed
- 1 small red onion, chopped
- Salt and pepper

Sauce:

- 2 (32-ounce container) greek yogurt
- 1 tablespoon dried basil
- 3/4 teaspoon grated ginger
- 1 1/2 tablespoon curry powder
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/2 teaspoon pepper

Rue mixture:

- 2 tablespoons cold water
- 1 tablespoon cornstarch
- 1/4 cup cilantro for garnish

Serves 4

MAIN

Directions

Open the lid of the Electric Pressure Cooker and select **SEAR** program. Add olive oil and sear chicken on both sides, four at a time until nicely browned. After all chicken is cooked, place all the thighs and the rest of the ingredients in the cooking pot. Select **SAUTÉ** program, Temperature 300°F, and cook for 5 min, stirring frequently.

Then prepare the sauce: mix all the ingredients in a bowl and pour over the chicken. Stir everything together, close and lock the lid. Select **SLOW COOK** program, HI, and Time 3 1/2 hours. Start cooking.

Once cooking is complete, remove the chicken and shred with two forks.

For the rue mixture, mix the water and cornstarch in a small bowl and add to the sauce. Keep the lid open and select **SEAR** program, Time 15 min. Cook until slightly thickened (about 5 minutes) and then return the chicken to the sauce in the cooking pot. Add 1/4 cup cilantro and cook for an additional 10 minutes.

Serve over plain or coconut rice.

Sweet and Sour Chicken



Ingredients

- 3 tablespoons vegetable oil
- 1 large onion
- 1 large green pepper, cored, seeded and diced
- 1 large red pepper, cored, seeded and diced
- 3 pounds boneless skinless chicken thighs, trimmed
- 3 tablespoons soy sauce
- 1 1/2 cup sweet & sour sauce OR duck sauce
- 2 tablespoons apple cider vinegar
- 2 tablespoons water
- 1 1/2 teaspoon garlic powder
- 2 scallions for garnish, white and green parts sliced thin

Serves 4

MAIN

Directions

Open the lid of the Electric Pressure Cooker and select **SAUTÉ** program, Temperature 300°F. Add vegetable oil, onions and peppers. Cook for 2 minutes. Add chicken and soy sauce and cook for 3 minutes. Add sweet and sour sauce (or duck sauce), vinegar, water and garlic powder and stir well.

Close and lock the lid. Select **SLOW COOK** program, HI, Time 3 hours, Temperature HI. Start cooking.

If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the **STEAM RELEASE** button at anytime. You can also let it release naturally or press of the **STEAM RELEASE** button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. Transfer to a serving dish and garnish with scallions. Serve with brown or white rice.



Beef Bolognese Sauce



Ingredients

- 1 pound ground beef
- 1 pound ground pork
- 3 pieces bacon, chopped
- 1 medium carrot, peeled and diced (about 3/4 cup)
- 1 medium celery stalk, diced (about 1/2 cup)
- 1 medium onion, chopped (about 1 cup)
- 2 garlic cloves, crushed (about 1 teaspoon)
- 1/2 cup red wine
- 1 (28-ounce can) crushed tomatoes
- 1 (6-ounce can) tomato paste
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 2 bay leaves
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly cracked pepper
- 1/2 cup grated parmesan cheese

Serves 9

Directions

Place beef, pork, bacon, carrot, celery, onion and garlic into the cooking pot. Keep the lid open and select **SEAR** program. Cook and stir 25 minutes or until meat is browned. Add wine, tomatoes, tomato paste, oregano, basil, bay leaves, salt, and pepper; stir well. Close and lock the lid. Select **PRESSURE COOK** program Level 6 and Time 20 minutes.

Once the timer beeps 3 times to indicate the end of cooking, manually release pressure by pressing on the **STEAM RELEASE** button for about 5 seconds. The steam release process will take about 4 to 5 minutes. Slowly open the lid and remove the bay leaves. Sprinkle with parmesan cheese just before serving.

MAIN

Creamy Rice Pudding



Ingredients

- 1 cup long grain rice
- 5 cups milk
- 1/3 cup sugar
- 1 cup half and half
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon (optional)

Serves 4

Directions

Place rice, milk and sugar in the cooking pot. Stir well to combine. Close and lock the lid. Select **RICE** program and Time 14 minutes. Start cooking.

If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the **STEAM RELEASE** button at anytime. You can also let it release naturally or press on the **STEAM RELEASE** button at the end of cooking to release it manually.

Open the lid when the pressure is totally released. When finished cooking it will look liquidy.

Mix half & half, egg, cinnamon and vanilla together in a separate bowl. Then add to the rice preparation directly in the cooking pot. Select **SAUTÉ** program, Temperature 260°F, Time 5 minute. Cook stirring frequently.

Then let the rice pudding sit for about 15 minutes or until thick. You can serve warm or cold.

DESSERT

Chocolate Drizzle Cake



Ingredients

- 1 1/2 cup flour
- 1 3/4 cup sugar
- 1/2 cup powdered chocolate
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 egg
- 1/2 cup milk
- 1/2 cup oil
- 1 cup of warm water

Chocolate Drizzle

- 3 tablespoons cocoa powder
- 2 tablespoons butter, melted
- 1 cup powdered sugar
- 3 tablespoons hot water

Serves 8

DESSERT

Directions

Place flour, sugar, powdered chocolate, baking soda, baking powder, salt, cinnamon and vanilla in a bowl and mix to combine. In another bowl, add the egg, milk and oil and beat until well combine. Add this wet preparation to the dry ingredients and mix once more, slowly adding the warm water.

Grease the Electric Pressure Cooker cooking pot and pour the batter directly at the bottom of it.

Close and lock the lid. Select **RICE** program and Time 55 minutes. Start Cooking. If you want the pressure to automatically and quickly be released at the end of cooking, you can press on the **STEAM RELEASE** button at anytime. You can also let it release naturally or press on the **STEAM RELEASE** button at the end of cooking to release it manually.

The cake is cooked when a toothpick comes out clean. Let the cake rest in the cooking pot for about 10 to 15 minutes. Then place a plate on top of the bowl and invert it so that the cake slides into the plate.

While the cake is cooling down on the plate, prepare the chocolate drizzle by mixing all the ingredients together until the texture is smooth.

Once the cake is completely cooled, you can add the drizzle directly on top of your cake, or prepare your favorite icing and add this drizzle on top of the icing.



Whiskey Bread Pudding

with White Chocolate Sauce



Ingredients

- 3 eggs, lightly beaten
- 1/3 cup sugar
- 2 tablespoons whiskey or bourbon
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 cups warm milk (105 to 115°F)
- 6 cups favorite bread, toasted and cubed (about 12 ounces)
- 1/2 cup raisins

White Chocolate Sauce

- 1 cup white chocolate morsels
- 1/2 cup heavy whipping cream

Serves 6

Directions

Spray a 6-cup soufflé dish with cooking spray; set aside.

In a large bowl add eggs, sugar, whiskey, vanilla, cinnamon, and nutmeg; beat until well combined. Add milk and mix well. Add bread and raisins and toss until well mixed. Pour into the prepared soufflé dish; cover tightly with foil.

Add 1 1/2 cups water to cooking pot and place trivet and steam basket inside. Carefully place the covered soufflé dish in the steam basket; close and lock the lid. Select **PRESSURE COOK** program Level 3 and Time 20 minutes.

Meanwhile, combine chocolate and cream in a microwave-safe bowl. Heat on **HIGH** for 2 minutes, stirring every 20 seconds until mixture is smooth. Set aside and keep warm.

Once the timer beeps 3 times to indicate the end of cooking, let pressure release naturally on its own (about 10 minutes). Remove the soufflé dish from the cooking pot and serve pudding warm or at room temperature with the white chocolate sauce.

DESSERT