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KAMBROOK

THE SMARTER CHOICE



INSTRUCTION BOOKLET

KPR820

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Pressure Express Multi Pressure Cooker

- Carefully read all instructions before operating the Pressure Cooker for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the Pressure Cooker for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this Pressure Cooker.
- Do not place the Pressure Cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Position the Pressure Cooker so that the steam vent/pressure relief valve is directed away from yourself. Lift and remove the lid carefully to avoid scalding from escaping steam.
- Do not operate the Pressure Cooker on a sink drain board.
- Always ensure the Pressure Cooker is properly assembled before use. Follow the instructions provided in this book.
- Always operate the Pressure Cooker on a stable and heat resistant surface.
- Do not leave the Pressure Cooker unattended when in use.
- This Pressure Cooker cooks under pressure. Improper use may result in injury.
- When using this Pressure Cooker, ensure the lid is properly assembled and locked into position before use.
- Use the removable cooking bowl supplied with the Pressure Cooker only. Do not use any other bowl inside the Pressure Cooker housing.
- Do not use a damaged or dented removable cooking bowl. If damaged or dented, replace bowl before using.
- Ensure the removable cooking bowl is correctly positioned in the Pressure Cooker base before you commence cooking.
- Never plug in or switch on the Pressure Cooker without having the removable cooking bowl placed inside the Pressure Cooker housing.
- Do not place food or liquid in the Pressure Cooker housing. Only the removable cooking bowl is designed to contain food or liquid.
- Never operate the Pressure Cooker without food and liquid in the removable cooking bowl. Ensure that the level of food and liquid inside the removable cooking bowl is not below '2' level mark before cooking commences. Always follow the maximum and minimum quantities of liquid stated in instructions and recipes.
- Always have the lid placed correctly into position on the Pressure Cooker throughout operation unless it states in the recipe to have it removed.
- Do not place your face or any other body part over the Pressure Cooker whilst in use as the steam can cause serious burns.
- Do not touch hot surfaces. Use handles on the sides of the Pressure Cooker for lifting and carrying the Pressure Cooker.

- Do not touch hot surfaces; use oven mitts to remove the lid and removable cooking bowl. Lift and remove the lid carefully and away from yourself to avoid scalding from escaping steam.
- Extreme caution must be used when Pressure Cooker contains hot food and liquids and/or is under pressure. Improper use may result in injury. When using this Pressure Cooker, make sure the lid is properly locked and aligned before operating.
- Do not allow water from the lid to drip into the Pressure Cooker housing, only into the removable cooking bowl.
- Do not place anything on top of the lid when assembled, when in use and when stored.
- Before placing removable cooking bowl into stainless steel housing, ensure base of bowl and base of Pressure Cooker is dry by wiping with a dry soft cloth.
- The removable cooking bowl can be extremely heavy when full of ingredients. Care should be taken when lifting from Pressure Cooker housing.
- Do not use the lid handle to carry Pressure Cooker when in use and after use. The lid handle is for opening and closing the lid.
- Always ensure that the removable cooking bowl has cooled sufficiently before handling and use oven mitts when removing from the steel housing.
- Do not adjust the "Pressure Release Valve" whilst in use.
- Use only recommended "Pressure Steam Release" options found on page 18 to depressurise cooker after use.
- Do not exceed maximum fill level. Some foods expand during pressure cooking such as rice and legumes; do not fill removable cooking bowl over ½ full for such items. Over filling may cause a risk of clogging both the pressure release valve and the lid lock actuator. It may also lead to the development of excess pressure.
- The temperature of accessible surfaces will be high when the Pressure Cooker is operating and for some time after use.
- Care should be taken when handling the Pressure Cooker after cooking, ensuring that the pressure cooker body and parts are not touched as these may still be hot due to residual heat.
- Do not place the removable cooking bowl when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable cooking bowl when it is hot. Do not place hot removable cooking bowl into cold water.
- Do not use the removable cooking bowl for food storage. The removable cooking bowl is not designed for storing food in the freezer.
- To prevent scratching the non-stick surface of the removable cooking bowl, always use wooden or plastic utensils.
- Steam vents from the pressure release valve. Always position steam vent on lid away from yourself to avoid scalding from escaping steam.
- Steam vents from the pressure release valve. Check the ducts in the pressure release valve regularly to ensure they are not blocked. The pressure cooker must not be opened until the pressure has decreased sufficiently and the lid unlocks easily.
- Do not attempt to open the Pressure Cooker lid after pressure cooking until all internal pressure has been released and is slightly cooled. If the lid will not turn to unlock, this indicates that Pressure Cooker is still under pressure – do not force the lid open. Any pressure remaining can be hazardous. See operating instructions for "steam release" directions in this instruction book.
- Recommended cooking times in this instruction booklet may vary depending on the ingredients and quantities of food used for recipes.
- Always check the pressure release valve, the removable metal basket and the pressure safety valve for clogging before use and clean if necessary. Check to make sure the lid locking pin and lid lock actuator move freely in and out of the lid.
- Do not immerse Pressure Cooker housing/ base, power cord or plug in water or any other liquid.
- Never move the Pressure Cooker when in use or whilst the cooker is still under pressure. Movement may result in inadvertent movement of the pressure regulator/release valve resulting in unexpected steam or hot liquid being released from the pressure release valve or the side of the lid which may cause scalding.
- Keep the Pressure Cooker clear of walls, curtains and other heat or steam sensitive materials.
- Use the pressure release valve to release steam pressure.
- Never use the removable cooking bowl to sauté ingredients on a ceramic, electric or gas stove.
- Ensure that the safety locking lid is properly aligned, locked and closed before operating.
- Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the Pressure Cooker housing or cooking bowl as these can damage the housing or the coating of the cooking bowl.

Important Safeguards For Your Kambrook Pressure Express Multi Pressure Cooker continued

- Do not place anything, other than lid, on top of Pressure Cooker when assembled, when in use and when stored.
- Do not use the Pressure Cooker for anything other than its intended use. Do not attempt to operate Pressure Cooker by any method other than those described in this instruction book.
- Some foods to avoid when pressure cooking are; apple sauce, cranberries, pearl barley, oatmeal and other cereals, potatoes, noodles and pasta, and rhubarb; these foods can foam, froth and splatter and clog the pressure release valve and/or the lid lock actuator.
- The Pressure Cooker is not intended to be operated by means of an external timer or separate remote control system.
- Always ensure that the power is off at the power outlet and remove power plug from the power outlet before attempting to move the appliance and before cleaning and storing.
- Keep the Pressure Cooker clean. Follow the cleaning instructions provided in the book.



WARNING: Never move the Pressure Cooker when in use, especially when the unit is under pressure. This may result in steam or hot liquid being released from the side of the lid or the pressure safety valve causing scalding or burns.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to a 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the part, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard, do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized Kambrook service centre for examination and / or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook Pressure Express Multi

1. Cool touch lid handle
2. Pressure release valve
- controls the steam release from Pressure Express Multi and degree of pressure inside
3. Safety locking lid – cannot be opened during pressure cooking
4. 6 litre non-stick removable cooking bowl (Not visible)
5. Digital control panel with pre-set cooking functions, allowing you to select the desired cooking setting and displays the indicative pre-set cooking time (see Note).
6. Cool touch handles which also act as a lid holder
7. Brushed stainless steel housing

NOTE: For Pressure Cooking settings, cooking times will only start to count down once the cooker has pressurised. It may take up to 20 minutes for the unit to pressurise depending on the amount of food and liquid.

Accessories Included (not shown):

- Stainless steel trivet raises food out of the liquid
- Rice measuring cup
- Heat resistant serving spoon and ladle
- Condensation collector



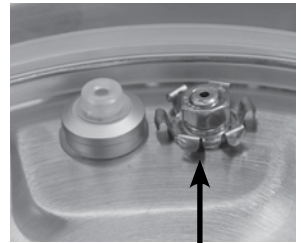
Your Kambrook Pressure Express Multi continued

8. Pressure Release Valve:

a) 'Sealing' - valve closed position for pressurisation when pressure cooking.

b) 'Venting' - valve open position for fast release venting of steam (depressurisation).

c) Clean any debris or residue from around the pressure release valve located on the underside of the lid (under the removable metal basket (see point 11). Poking a skewer through the opening assists in keeping the valve clear of debris or residue.



d) The cover on the pressure release valve cover should also be removed to clean.



Removable cover

Pressure release valve (top of lid view)

Pressure release valve (underside of lid view)

9. Pressure Safety Valve

The pressure safety valve provides an additional level of safety. In the remote case that the pressure release valve cannot release pressure due to blockage, the safety valve will activate and release the excessive pressure.



10. Rubber Gasket:

a) The rubber gasket helps seal the lid so that pressure can build within the pressure cooker. The gasket fits snugly around the metal gasket ring located on the underside of the lid and should be removed regularly for cleaning and to check for wear.



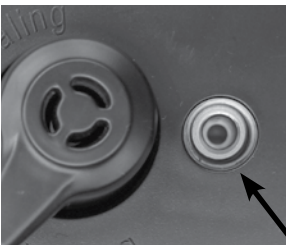
b) To refit the rubber gasket around the metal gasket ring, press down on the gasket with your thumbs whilst simultaneously turning the lid.

NOTE: The rubber gasket has no top or bottom and can be fitted either way.



11. Lid Locks

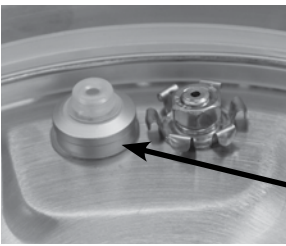
a) The lid lock actuator freely moves up and down until the unit is pressurised and then locks the lid, preventing the lid from being opened while under pressure. It is located beneath the removable metal basket on the underside of the lid and should be cleaned regularly.



b) This lid locking pin moves in and out at the side of the lid. It prevents the lid from opening when the unit is under pressure.



c) The removable metal basket helps to prevent debris from getting to the pressure release valve and lid lock actuator causing blockage. It should be cleaned regularly.






Lid lock actuator
(top of lid view)

Lid lock actuator
(underside of lid view)

Your Kambrook Pressure Express Multi continued

Other Features

12. Lid Markings	13. Lid Holder	14. Condensation Collector
<p>Clearly indicate the direction to Open and Close the lid. With the lid sitting flat within the rim of the housing, align the '▲' symbol marking on the lid between the Open and Close markings with the '🔒' symbol markings on the housing. Using the handle, turn the lid clockwise to close. The '▲' symbol will now align the '🔒' symbol markings on the housing.</p>	<p>Slots are located in the handles on the sides of the pressure cooker allowing the lid to be stored upright on the unit for stirring or removing food. It also allows any condensation from the lid to drip into the condensation collector.</p>	<p>Condensation collector attaches to the side of the pressure cooker and collects any excess water during cooking or when the lid is sitting upright in the lid holder. It should be removed after each use, emptied and replaced before next use.</p>
		
15. Audible Alerts	Sound What It Means	
<p>Ascending and descending chimes and warning beeps are audible alerts built into the Pressure Express Multi. Audible alerts will only work when the unit is plugged into a power outlet and the power outlet is turned on.</p>	Ascending Chime*	With the lid sitting flat within the rim of the housing, the lid is moved to the 'locked' position
	Descending Chime*	With the lid sitting flat within the rim of the housing, the lid is moved to the 'unlocked' position
	3 Beeps	Indicates that the cooking function has commenced
	Continuous Beeps	Indicates when the lid has been opened after the cooking function has commenced. Beeps will stop once lid is locked or START/CANCEL is pressed to cancel cooking function

Ascending and Descending Chimes are operated by a magnetic control that will also sound when the lid is placed close to the Lock/Unlock positions but not correctly fitted. To correctly lock the lid into position, the lid must sit flat within the rim of the housing and then moved from open to close.

Pressure Express Multi Quick Start Guide

Before Using Any Setting on the Pressure Express Multi



Place the Pressure Express Multi on a dry, level surface away from curtains and walls. Turn the lid handle counter-clockwise from 'locked' to 'unlock' position and remove lid.



Ensure the unit and all parts, including the removable cooking bowl and rubber gasket, are cleaned and properly fitted back into the unit before use.



Place ingredients to be cooked into the removable cooking bowl. Ingredients should never exceed the 'MAX' marking and should have a minimum of 250ml of combined food and liquid for all cooking settings except 'SAUTÉ' (see Note).

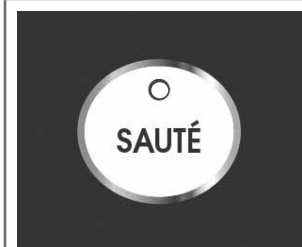


Plug the power cord into the power outlet and switch outlet on.

NOTE: Never exceed the 'MAX' marking inside the removable cooking bowl as some foods may expand when cooking. The minimum pressure cooking combined food and liquid amount is 250ml however, for longer cooking periods, such as the Pot Roast or Soup/Curry Settings, more liquid may be required.

Pressure Express Multi Quick Start Guide continued

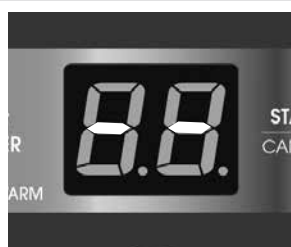
How to Sauté - Using the Sauté Setting



With food in the cooking bowl and the lid remaining off, press the SAUTÉ button on the digital display panel.



Press the START/CANCEL button to commence cooking. Three "Beeps" will be heard and the red lights on both the SAUTÉ and the START/CANCEL buttons will illuminate.



The digital display screen will flash '-.-' while the Sauté setting is operating.



Press the START/CANCEL button once sautéing is complete (see Note below).

NOTE: The 'SAUTÉ' setting will operate for 60 minutes unless START/CANCEL button is pressed

How to Pressure Cook - Using the White Rice, Brown Rice, Soup/Curry, Pot Roast Settings



Lock the lid into place by turning clockwise from 'unlocked' to 'locked' position. An ascending chime will be heard.



Move pressure release valve to the 'sealing' position.



Select the desired pressure cooking setting on the digital display panel.



Press the SET TIMER button to adjust the pre-set cooking time (if required or as per recipe recommendations).



Press the START/CANCEL button to commence cooking (see Note below).



Three "Beeps" will be heard and the red lights on both the START/CANCEL and the chosen pressure cooking setting will be illuminated during cooking.



Once the cooking time has counted down, the cooker will beep 10 times and the timer display will flash '--' to signal that cooking has finished.



To manually release pressure (fast release), using a heat resistant spoon or oven mitt, turn the pressure release valve to the 'venting' position. Allow approx. 10 minutes for steam to release.



Remove the lid by turning the handle counter-clockwise from the 'locked' to 'unlocked' position. A descending chime will be heard.

NOTE: The cooking time countdown will only commence once the Pressure Express Multi reaches full pressure. This may take up to 20 minutes. The Pressure Express Multi will only pressurise on the pressure cooking settings and with the lid correctly locked in place.

Pressure Express Multi Quick Start Guide continued

How to Slow Cook - Using the Slow Cook Setting



Lock the lid into place by turning clockwise from 'unlock' to 'locked' position. An ascending chime will be heard (see Note below).



Press the 'SLOW COOK' button on the digital display panel. 8 hours will display.



Press the 'START/CANCEL' button to commence cooking. The red lights on both the SLOW COOK and START/CANCEL buttons will be illuminated.



Once the cooking time has counted down, remove the lid by turning the handle counter-clockwise from the 'locked' to 'unlocked' position. A descending chime will be heard.

HINT: The lid can be removed during the slow cooking time to stir contents however continuous 'beeps' will be heard while the lid is unlocked and the unit is in operation. Ensure the lid is replaced and locked into position when done stirring - cooking will recommence.

NOTE: Slow Cook will only operate with the lid locked in place however the Pressure Express Multi will NOT pressurise on the Slow Cook setting.

Using Your Kambrook Pressure Express Multi

Before First Use

Remove and safely discard any packaging material and promotional labels before using the Pressure Express Multi for the first time.

To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power cord of this appliance.

1. Clip the condensation collector on the housing body.
2. Make sure that the power outlet is switched off and that the power cord is unplugged from the power outlet before starting.
3. Remove the lid by turning the handle counter-clockwise from the locked position to the unlock position and lift the lid up and off the Pressure Express Multi (See Fig. 1).

NOTE: The Pressure Express Multi is equipped with audible chimes to alert you on lid positions.



4. Remove the silicone rubber gasket from the underside of the safety locking lid (See Fig. 2) and wash with warm soapy water. Dry thoroughly. Wash the lid in warm soapy water and dry thoroughly.



5. Return the dry and clean silicone rubber gasket so that it sits securely around the gasket ring (See Fig. 3). Ensure that it is fitted correctly. See Care, Cleaning and Storage section in this booklet for more details.



NOTE: If the silicone rubber gasket is not correctly fitted back into the gasket ring, the lid will not close properly and it will prevent the Pressure Express Multi from operating correctly.

6. Wipe the inside and the outside of the stainless steel housing with a soft, damp cloth and dry thoroughly.

Functions of Your Kambrook Pressure Express Multi

- Remove and wash the removable cooking bowl in warm soapy water, rinse and dry thoroughly. Make sure there is no unwanted material on the exterior surface of the removable cooking bowl. Replace the bowl into the pressure cooker housing. The removable cooking bowl must sit flat on the temperature sensor on the base of the housing to ensure proper contact.

Cooking Methods

The Pressure Express Multi allows you to use 3 different methods of cooking: pressure cooking, sautéing and slow cooking.

The Pressure Express Multi also has digital pre-set cooking settings that relate to each of the 3 cooking methods. These settings each have a default cooking time as per the table below.

Cooking Method	Pre-Set Setting	Default Cooking Time*
Sauté	Sauté	Up to 60 min [^]
Pressure Cook	White Rice	12 min
Pressure Cook	Brown Rice	18 min
Pressure Cook	Soup/Curry	33 min
Pressure Cook	Pot Roast	24 min
Slow Cook	Slow Cook	8 hours

*The time above is only an indication and does not include the time it takes for the pressure cooker to reach full pressure. **Timer will not start until the cooker is pressurised.**

[^]The Pressure Express Multi Sauté setting will operate for up to 60 minutes. If more time is required, press the Sauté digital setting again. No time will display when this setting is operating; the display screen will flash while on.

NOTE: Never operate the Pressure Express Multi without food and liquid in the removable cooking bowl. Before proceeding, ensure that the minimum combined food and liquid amount placed into the removable cooking bowl is 250ml with at least 50ml of liquid for every 200 grams of food. Always follow the maximum and minimum quantities of liquid stated in instructions and recipes.

NOTE: The time it takes for the unit to pressurise will vary depending on the amount of food and liquid used in the recipe.

HINT: Depending on the quantity of food being cooked, it could take the Pressure Express Multi up to 20 minutes to pressurise. To help speed this time up, use boiling, not cold, liquid.



WARNING: Do not use oil or milk as a liquid.

NOTE: If the pressure release valve is not manually moved to the 'venting' position when cooking is finished, the steam will vent slowly out of the pressure release valve automatically. This 'slow release' method is recommended for recipes containing larger quantities of liquid such as soups and casseroles to prevent liquid being forced out with the steam. Alternatively, using a heat proof spatula, move the pressure release valve from the 'Sealing' to the 'Venting' position and allow the pressure to 'fast release'.

Digital Pre-Set Settings

The Digital Control Panel has 6 settings including Sauté, White Rice, Brown Rice, Soup/Curry, Slow Cook, and Pot Roast (See Fig. 4). The table following provides a summary of the cooking setting and function of each setting.



Fig. 4

Pre-Set Setting	Cooking Function	Suitable for
Sauté	Sautéing	Vegetables, simmer sauces and to seal meat
White Rice	Pressure Cooking	White rice, rice pudding, porridge
Brown Rice	Pressure Cooking	Brown Rice
Soup/Curry	Pressure Cooking	Soup, legumes (e.g. chickpeas, dried beans), casseroles and curries
Slow Cook	Slow Cooking	Soups, casseroles, curries and stews
Pot Roast	Pressure Cooking	Beef, lamb, pork, veal, whole chicken, silverside (corned beef)

NOTE: Foods to avoid when pressure cooking include; pearl barley and other cereals, root vegetables on their own, noodles and pasta, and rhubarb; as these foods can foam, froth, splatter and clog the pressure release valve and lid lock actuator.

NOTE: Do not exceed 'MAX' fill level in the removable cooking bowl as some foods expand during pressure cooking such as rice and legumes.

Functions of Your Kambrook Pressure Express Multi continued

Using the Set Timer Function

The Pressure Express Multi offers suggested pre-set cooking times against each pressure cooking setting (White Rice, Brown Rice, Soup/Curry, and Pot Roast). The Set Timer allows you to manually adjust the length of these pre-set cooking times.

The Set Timer must be set before the Start/Cancel button is selected to commence cooking.

All the pressure cooking pre-set settings have a 'minimum to maximum' time range that can be cycled through by pressing the SET TIMER button. Each press of the SET TIMER button increases the time in one minute increments as per the table following:

Cooking Setting	Pre-Set Cooking Time	Minimum Time Cycle	Maximum Time Cycle
White Rice	12 min	8 min	16 min
Brown Rice	18 min	14 min	33 min
Soup/ Curry	33 min	20 min	45 min
Pot Roast	24 min	15 min	60 min

NOTE: The Set Timer CANNOT be changed on the Sauté or Slow Cook setting.

Using the Start/Cancel Function

The Start/Cancel Button starts and finishes the cooking process after the desired cooking setting is selected. If the Start/Cancel button is selected and interrupts the cooking process, to recommence cooking you will need to re-select the previous chosen cooking setting.

NOTE: The Pressure Express Multi will not operate unless the Start/Cancel button has been selected after selecting a cooking setting on the digital display.

Pressure Steam Release (Venting)

For pressure cooking only, pressurised steam can be released in two ways when pressure cooking has finished.

1. If the pressure release valve is NOT manually moved from the 'sealing' to the 'venting' position, the steam will release slowly out of the pressure release valve automatically. This 'slow release' method is recommended for recipes containing larger quantities of liquid such as soups and casseroles to prevent liquid being forced out with the steam.
2. Alternatively, use a heat proof spatula to manually move the pressure release valve from the 'sealing' to the 'venting' position. Steam will escape very quickly from the valve in this 'fast release' method.

NOTE: The safety locking lid will not open until all the steam has been released. Do not force the lid to open.

Keep Warm Function

The Keep Warm Function works only on the Slow Cook setting. Once the slow cooking time is counted down, the Keep Warm function will automatically activate keeping the food above 60°C for up to 4 hours.

The Keep Warm function will not activate if the Start/Cancel button is pressed to stop the cooking process.

Using the Stainless Steel Trivet

The stainless steel trivet is for any food, that needs to be raised above the liquid level (See Fig. 5). Ensure that the stainless steel trivet is placed in the removable cooking bowl before plugging the power cord into the power outlet. The trivet is especially useful for cooking roasts.



Fig. 5

Pressure Express Multi Cooking Guide

Using the Pressure Express Multi

1. Make sure that the power outlet is switched off and that the power cord is unplugged from the power outlet before starting.



WARNING: Always check the pressure release valve and lid lock actuator for clogging before use and clean if necessary. Check to make sure the lid lock actuator and lid locking pin move freely in and out of the lid.

NOTE: Ensure that the Pressure Express Multi is placed in an open area with proper ventilation.

2. Ensure the unit and all parts, including the removable cooking bowl and rubber gasket, are properly cleaned and fitted into the unit before use as per the instructions in this booklet.



WARNING: Always operate the pressure cooker on a stable and heat resistant surface.

3. Remove the lid and place the food to be cooked (as per recipe guidelines) into the removable cooking bowl, not exceeding the 'MAX' marking on the removable cooking bowl and ensuring at least 250ml of food and liquid with at least 50ml of liquid for every 200 grams of food are placed into the removable cooking bowl.

NOTE: Before proceeding, ensure that the minimum combined food and liquid amount placed into the removable cooking bowl is 250ml with at least 50ml of liquid for every 200 grams of food. Always follow the maximum and minimum quantities of liquid stated in instructions and recipes.

4. Plug the power cord into a 230V or 240V power outlet and switch on. The unit will "Beep" one time and the standby lights will begin to flash '- -' on the Digital Control Panel, which indicates that the pressure cooker is ready for use.
5. For all cooking settings, with all the ingredients placed into the removable cooking bowl, place the lid on to the unit and turn clockwise to lock into position (See Fig. 8). Once the lid is locked in place, an ascending chime will be heard.



Fig. 8

NOTE: The Pressure Express Multi will not pressurise if the lid is not fitted and locked correctly. Ensure that the locking graphics are properly aligned when fitting the lid.

6. If pressure cooking, move the pressure release valve to the 'sealing' position (See Fig. 9). If the pressure release valve is in the 'venting' position, the Pressure Express Multi will not build up the required pressure needed to pressure cook.

NOTE: The unit will not pressurise when the Slow Cook setting is chosen even with the lid locked in place.



7. Select the required cooking function on the Digital Control Panel. The indicator light on the selected setting button '- -' will flash continuously. Each setting except for Sautéing has a pre-set cooking time. However the pre-set cooking time can be adjusted for the White Rice, Brown Rice, Soup/Curry and Pot Roast settings by continuously pressing the 'SET TIMER' button to the desired cooking time in 1 minute increments. Please refer to 'Using the Set Timer Function' section in this booklet.

NOTE: Once the pre-set cooking time has been selected, if the Start/Cancel button has not been pressed within 30 seconds, the Digital Control Panel will revert back to the standby mode '- -'.

8. Press the 'START/CANCEL' button to commence cooking. The unit will "Beep" three times and the red light will illuminate on both the chosen setting button and the Start/Cancel button.
9. If using a pressure cooking setting, during pressure build up, the lid lock actuator and the pressure release valve will begin to "Hiss" and release minimal amounts of steam. This is normal.
10. If using a pressure cooking setting, the cooking time displayed on the Digital Control Panel will not begin to count down until the Pressure Express Multi has reached pressure.

NOTE: Once the internal temperature reaches 100°C, the Pressure Express Multi will pressurise. The lid lock actuator will rise once pressurised, locking the lid into position. The pressure cooker will not pressurise on Slow Cook or Sauté settings.



WARNING: Do not place your face or any other body part over the appliance whilst in use as the steam can cause serious burns.

Pressure Express Multi Cooking Guide continued

11. If using a pressure cooking setting, once the timer has fully counted down and finished cooking, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position (See Fig. 10). This will cause the Pressure Express Multi to fast release the steam that has built up inside. Allow several minutes for the steam to be released.



NOTE: The lid lock actuator will return to the original position once all the pressure has been released.



WARNING: When pressure is released, there may be hot condensation liquid/steam droplets spitting through the pressure release valve. Avoid scalding yourself from any escaping hot liquid or steam.

12. For Slow Cooking only, once the cooking time has counted down, the Keep Warm function will then activate and keep food above 60°C for up to 4 hours as long as the Start/Cancel button is not pressed.

NOTE: For Slow Cook setting, if the Start/Cancel button is pressed after the cooking process has finished, the Keep Warm function will not activate.

13. Switch off at the power outlet and unplug the power cord from the power outlet.
14. Only once all the pressure has been released (if using pressure cooking settings) and the unit has been unplugged from the power source, it is safe to open the lid. Turn the handle clockwise to the unlock position, and then lift the lid upwards. Place the lid on a heat resistant surface or slot the lid into the handle on the side of the unit so that it sits upwards (see Fig. 11).



NOTE: Be careful when removing the lid as condensation will have collected under the lid during the cooking process.



WARNING: Do not attempt to open the pressure cooker lid after pressure cooking until all internal pressure has been released and is slightly cooled. If the lid will not turn to unlock, this indicates that the pressure cooker is still under pressure – **DO NOT FORCE THE LID OPEN.** Any pressure remaining can be hazardous. See operating instructions for “Pressure Steam Release” directions in this instruction booklet.

NOTE: Steam will rise quickly when the lid is taken off and can cause burns. Take extreme care when removing the lid. Angle the lid away from you face, and ensure that your hand and arm are not in the path of steam.

15. Once the cooking process chosen has been completed, check food to see if it has been cooked sufficiently as per required recipe guidelines. If ingredients do not appear to be cooked sufficiently refer to the ‘Trouble Shooting Guide’ within this booklet. Otherwise, use the heat resistant serving spoon or heat resistant soup serving ladle provided to serve the food.



WARNING: Do not touch hot surfaces, use oven mitts to remove the lid and or removable cooking bowl. Lift and remove the lid carefully and away from yourself to avoid scalding from escaping steam.

16. Wait until the Pressure Express Multi has cooled before cleaning. Follow the ‘Care, Cleaning and Storage’ section in this booklet.



WARNING: When cooking under pressure, the lid cannot be opened. Do not try to force the lid open.



WARNING: After pressure cooking, allow several minutes before releasing pressure and removing the lid to make sure that hot liquid inside will not boil over.



WARNING: Use caution when opening the lid. Steam escapes as soon as the lid is opened. Never place your face or hands over the Pressure Express Multi when removing the lid. Always use oven mitts when handling the removable cooking bowl.

Pressure Express Multi Cooking Guide continued

White Rice Setting

Pre-set cooking display time: 12min*

MIN - 1 cup | MAX - 10 cups

Uncooked Rice Measures	Water Measures	Cooked Rice Measures
1 cup	1.5 cups	2 cups
2 cups	3 cups (up to the '2' marking inside the bowl)	4 cups
4 cups	5 cups (up to the '4' marking inside the bowl)	8 cups
6 cups	8.5 cups (up to the '6' marking inside the bowl)	12 cups
8 cups	11 cups (up to the '8' marking inside the bowl)	16 cups
10 cups	13.5 cups (up to the '10' marking inside the bowl)	20 cups

NOTE: For an accurate result, pour the rice first and fill with water until you reach the corresponding marking inside the cooking bowl.

TIP: To avoid any matting at the base of the rice, cut a circle in non-stick baking paper the same size as the rice cooker bowl and place at the bottom.

TIP: After cooking is over wait for at least 10 minutes before opening the rice cooker. It will give some time to the rice to absorb any excess moisture.

NOTE: Total cooking times will vary depending on the time it takes for pressure to build up in the unit.

NOTE: Ensure that the rice cup provided is being used for each measure.

NOTE: To speed up the time it takes to reach pressure whilst pressure cooking, use boiling water or stock.

1. Add the white rice and water (as per table) to the Pressure Express Multi removable cooking bowl and stir to combine, making sure that the ingredients are level in the bowl.
2. Once all the ingredients have been added into the removable cooking bowl, lock the lid into position and ensure the pressure release valve is set to the 'sealing' position.
3. Select the 'WHITE RICE' setting, then press the 'START/CANCEL' button to commence cooking process.

4. Once the selected cooking timer has counted down and the cooking process has completed, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express Multi to release the extra steam that has built up inside the pressure cooker. Allow several minutes for the steam to be released.

Brown Rice Setting

Pre-set cooking display time: 18min*

MIN - 2 cups | MAX - 10 cups

Uncooked Rice Measures	Water Measures	Cooked Rice Measures
2 cups	3 cups (up to the '2' marking inside the bowl)	4 cups
4 cups	5 cups (up to the '4' marking inside the bowl)	8 cups
6 cups	8.5 cups (up to the '6' marking inside the bowl)	12 cups
8 cups	11 cups (up to the '8' marking inside the bowl)	16 cups
10 cups	13.5 cups (up to the '10' marking inside the bowl)	20 cups

NOTE: The cooking table uses the cup provided for all measurements. For an accurate result, pour the rice first and fill with water until you reach the corresponding marking inside the cooking bowl.

TIP: To avoid any matting at the base of the rice, cut a circle in non-stick baking paper the same size as the rice cooker bowl and place at the bottom.

TIP: After cooking is over wait for at least 10 minutes before opening the rice cooker. It will give some time to the rice to absorb any excess moisture.

NOTE: Total cooking times will vary depending on the time it takes for pressure to build up in the unit.

NOTE: Ensure that the rice cup provided is being used for each measure.



WARNING: Do not use the Pressure Express Multi to cook instant rice.

Pressure Express Multi Cooking Guide continued

NOTE: Ensure that the minimum combined food and liquid amount of 250ml is placed into the removable cooking bowl before proceeding.

NOTE: To speed up the time it takes to reach pressure whilst pressure cooking, use boiling water or stock.

1. Add the brown rice and water (as per table) to the removable cooking bowl and stir to combine, making sure that the ingredients are level in the bowl.
2. Once all the ingredients have been added into the removable cooking bowl, lock the lid into position and ensure the pressure release valve is set to the 'sealing' position.
3. Select the 'BROWN RICE' setting, then press the 'START/CANCEL' button to commence cooking process.
4. Once the selected cooking timer has counted down and the cooking process has completed, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express Multi to release the extra steam that has built up inside the pressure cooker. Allow several minutes for the steam to be released.

Soup/Curry Setting

Pre-set cooking display time: 33min*

The Soup/Curry setting is perfect for making soups, curries, legumes/dried beans and pulses and stews.

NOTE: Ensure that the minimum combined food and liquid amount of 250ml is placed into the removable cooking bowl before proceeding.



WARNING: Do not use a hand blender inside the pressure cooker removable cooking bowl as this will damage the non-stick surface.

NOTE: Ensure meat is thawed before pressure cooking. Do not cook frozen meat.

**Pre-set times can be adjusted using Set Timer Function.*

Soup

Soup can be quickly and easily made using the Soup/Curry setting. Use the Sauté function to brown onions, garlic and vegetables to get the most flavour out of your food. Then add the rest of the ingredients and allow to cook. Serve chunky, or remove from the bowl and blend using a stick mixer until smooth and creamy.

NOTE: If sautéing is recommended before cooking on the Soup/Curry setting, refer to 'Using the Sauté Setting' on page 30.

1. Add the recommended ingredients (as per recipe guidelines) to the removable cooking bowl and stir to combine, making sure that the ingredients are level in the bowl.
2. Once all the ingredients have been added into the removable cooking bowl, lock the lid into position and ensure the pressure release valve is set to the 'sealing' position.
3. Select the 'SOUP/CURRY' setting then press the 'START/CANCEL' button to commence cooking process.
4. Once the selected cooking timer has counted down and the cooking process has completed, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express Multi to release the extra steam that has built up inside the pressure cooker. Allow several minutes for the steam to be released.

Curry

Cooking a traditional flavoursome curry can take hours but with the Pressure Express Multi it can take under an hour to create a rich curry. It is recommended to use the Sauté setting initially to sauté off your fresh curry paste and meats and then simply add the remaining ingredients and set to cook as indicated in the following steps.

NOTE: If sautéing is recommended before cooking on the 'Soup/Curry' setting, refer to 'Using the Sauté Setting' on page 30.

1. Add the recommended ingredients (as per recipe guidelines) to the removable cooking bowl and stir to combine, making sure that the ingredients are level in the bowl.
2. Once all the ingredients have been added into the removable cooking bowl, lock the lid into position and ensure the pressure release valve is set to the 'sealing' position.
3. Select the 'SOUP/CURRY' setting then press the 'START/CANCEL' button to commence cooking process.
4. Once the selected cooking timer has counted down and the cooking process has completed, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express Multi to release the extra steam that has built up inside the pressure cooker. Allow several minutes for the steam to be released.

Pressure Express Multi Cooking Guide continued

Dried Legumes, Beans & Pulses

Rather than soaking dried legumes, beans and pulses overnight, you can place them straight into the Pressure Express Multi. It is recommended that dried legumes, beans and pulses need to be cooked with the ratio 1:2 water. Legumes, beans and pulses are a perfect ingredient for dips, salads, casseroles, stews and curries.

1. Add the recommended ingredients (as per recipe guidelines) to the removable cooking bowl and stir to combine, making sure that the ingredients are level in the bowl.
2. Once all the ingredients have been added into the removable cooking bowl, lock the lid into position and ensure the pressure release valve is set to the 'sealing' position.
3. Select the 'SOUP/CURRY' setting then press the 'START/CANCEL' button to commence cooking process.
4. Once the selected cooking timer has counted down and the cooking process has completed, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express Multi to release the extra steam that has built up inside the pressure cooker. Allow several minutes for the steam to be released.

Pot Roast Setting

Pre-set cooking display time: 24min*

The Pot Roast setting allows you to cook a variety of meat cuts including beef, lamb, pork, veal and whole chicken. Prior to cooking, some recipe guidelines recommend that you sauté the meat to seal it before switching to the Pot Roast setting. If so, refer to the 'Using the Sauté Setting' in this booklet.

Cooking cuts of meat on the Pot Roast setting in the Pressure Express not only speeds up the cooking process, it also provides a tender and flavoursome finish as the steam keeps the meat moist at a high temperature and infuses the meat with the herbs and spices.

When cooking on the Pot Roast setting, each meat cut will require a different cooking time depending on the type, cut and weight of meat. The pre-set time for the Pot Roast setting is 24 minutes. To increase or decrease the cooking times as per recipe guidelines the cooking time may need to be manually adjusted using the Set Timer ('Using the Set Timer Function' section in this booklet).

e.g. To produce a medium finish to a 1kg leg of lamb, select the 'POT ROAST' setting, then using the Set Timer button continuously press the '+' button until it reaches 30 minutes. Once set time is reached select the 'START/CANCEL' button to commence cooking.

NOTE: Ensure that the minimum combined food and liquid amount of 250ml is placed into the removable cooking bowl before pot roasting has commenced.

**Pre-set times can be adjusted using Set Timer Function.*

TIP: Use the stainless steel trivet to raise meat above the liquid level if required.

NOTE: Ensure meat is thawed before pressure cooking. Do not cook frozen meat.

TIP: It is not recommended to use the Pressure Express to cook cuts of meat under 750g or over 1kg and whole chickens in 1.4kg size. Large cuts of meat should be cut into smaller sizes to ensure they cook through and should be sealed on the Sauté setting prior to pressure cooking to hold in the flavour.

Meat	Meat Weight	Estimated Cooking Time
Beef – rump roast, sirloin roast, rib roast, blade roast, rolled brisket.	750g	30 – 35 minutes
	1kg	35 – 40 minutes
Lamb – leg roast, loin roast, lamb rack, shoulder roast, eye roast, shank.	750g	24 minutes – rare
		28 minutes – medium rare
		32 minutes – medium
		36 minutes – well done
1kg	24 minutes – rare	
	30 minutes – medium rare	
	35 minutes – medium	
	40 minutes – well done	
Pork – leg roast, rolled loin, loin rack, shoulder, rolled belly, forequarter roast, scotch fillet roast.	750g	35 – 45 minutes
	1kg	45 – 50 minutes
Veal – rump roast, sirloin roast, rib roast, blade roast, rolled brisket.	750g	30 – 35 minutes
	1kg	35 – 40 minutes
Whole Chicken	1.2kg	32 minutes
	1.4kg	35 minutes
Silverside (corned beef)	750g	35 minutes
	1kg	40 minutes

NOTE: Times in table above are estimated and may vary base.

Pressure Express Multi Cooking Guide continued

1. If sautéing is recommended before cooking on the Pot Roast setting, refer to the 'Using the Sauté Setting' on this page.
2. Add 250ml of stock or water to the base of the removable cooking bowl and place the 'TRIVET' into the centre of the bowl (refer to 'Using the Stainless Steel Trivet' section of this booklet if required.).
3. Once all the ingredients have been added into the removable cooking bowl, lock the lid into position and ensure the pressure release valve is set to the 'sealing' position.
4. Select the 'POT ROAST' setting on the Digital Control Panel and adjust the cooking time, if required, as per meat cut chosen and recommended cooking time guidelines (refer to table on pg. 24). Using the 'Set Timer' button to adjust (refer to 'Using the Set Timer Function' section of this booklet).
5. Press the 'START/CANCEL' button to commence the cooking process.
6. Once the selected cooking timer has counted down and the cooking process has completed, use the heat resistant serving spoon or an oven mitt to turn the pressure release valve to the 'venting' position. This will cause the Pressure Express Multi to release the extra steam that has built up inside the pressure cooker. Allow several minutes for the steam to be released.

Using the Sauté Setting

Pre-set cooking time: 60min*

The Sauté setting is recommended for sautéing onions, garlic and vegetables before pressure cooking or slow cooking. You can also brown a variety of meats and cook off curry pastes. The Sauté function allows meat and vegetables to develop complex flavours and caramelises the meat throughout the cooking process.

1. With the lid remaining off, select the 'SAUTÉ' button on the digital control panel. The indicator light on the 'SAUTÉ' setting button will flash continuously.
2. Press the 'START/CANCEL' button, three "Beeps" will be heard and the red light on both the Sauté and the Start/Cancel buttons will illuminate and the unit will commence heating.

NOTE: The symbol '- -' will display on the Digital Control Panel continuously throughout the Sauté cooking process.

3. Allow at least 3 minutes to preheat. Add oil/fat into the removable cooking bowl.

NOTE: It is recommended to not place the lid on the Pressure Express Multi when using the Sauté function.

**Sauté setting will operate for 60 minutes unless Start/Cancel button is pressed. The digital display will show flash '- -'.*

4. Add the recommended ingredients as per recipe guidelines to the removable cooking bowl and stir to combine. Depending on the quantity of food to be cooked, you may have to sauté in small batches.
5. Once all the ingredients have sautéed or sealed to the required level or as per recipe guidelines, select the 'START/CANCEL' button.

NOTE: To sauté onions and garlic with a small amount of oil the approximate cooking time is 5–6 minutes. Meat may need to be sealed in batches to effectively brown the surface and which will take approximately 5 minutes per side.

6. When the sautéing process is complete, to switch to another setting follow desired setting instructions.

NOTE: The Sauté setting only operates for 60 minutes and the unit will switch to standby mode automatically.

NOTE: The Sauté setting will operate if the lid remains completely off or is correctly locked into position on the Pressure Express Multi.



CAUTION: Do not preheat the removable cooking bowl when empty for more than 10 minutes as you may damage the cooking surface.



WARNING: Caution should be used when sautéing in hot oil. Keep hands and face away from the removable cooking bowl especially when adding new ingredients as hot oil may splatter.

Slow Cook Setting

Pre-set cooking display time: 8 hours

The Slow Cook setting allows you to set and forget. You can prepare the ingredients in advance and then place the recipe on and let the slow cook setting do the cooking for you. It is a good way to get a flavoursome, tender and cost effective meal for a large group of people.

NOTE: Sautéing and browning before slow cooking seals in the moisture, intensifies the flavour and provides more tender results. It is recommended to sauté when using meat cuts to allow the meat to brown and form an even crust (refer to 'Using the Sauté Setting' on page 30).

Pressure Express Multi Cooking Guide continued

1. Add the recommended ingredients (as per recipe guidelines) to the removable cooking bowl and stir to combine, making sure that the ingredients are level in the bowl.

NOTE: Ensure that the food or liquid to be cooked on the Slow Cook setting fill $\frac{1}{2}$ to $\frac{3}{4}$ of the removable cooking bowl. If after cooking, the liquid quantity is excessive, remove the lid, press the 'START/CANCEL' button and select the 'Sauté' setting and then press the 'START/CANCEL' button. Sauté for 30–45 minutes or until the liquid reduces to the desired amount. Alternatively the liquid can be thickened by adding a mixture of cornflour and water.

2. Select the 'SLOW COOK' button on the digital control panel and then the 'START/CANCEL' button to commence cooking. The unit will "Beep" three times and the red lights will illuminate on both the Slow Cook button and Start/Cancel button. The set timer will display 8.0 on the Digital Control Panel and once cooking commences the unit will count down in $\frac{1}{2}$ hour increments.

NOTE: Ensure meat is thawed before slow cooking. Do not slow cook frozen meat.

NOTE: The lid can be removed during the cooking process to be stirred, but then immediately returned to the locked position. The pressure cooker will not pressurise on the Slow Cook Function as a boiling temperature is not reached to pressurise the unit.

3. Once the slow cook timer has counted down, if the START/CANCEL button is not pressed to finish the process, the KEEP WARM will activate keeping the food above 60°C for up to 4 hours. Remove the lid and serve using the heat resistant ladle provided.

NOTE: The Set Timer cannot be changed on the Sauté or Slow Cook settings.

NOTE: Stirring is not necessary when slow cooking, however stirring occasionally will help to distribute flavours throughout the recipe. Make sure to lock lid back into position after stirring to continue slow cooking.



WARNING: Ensure that the Pressure Express Multi is placed in an open area with proper ventilation.

Trouble Shooting Guide

Problem	Possible Reason	Solution
Difficulty closing the lid	<ul style="list-style-type: none"> Gasket not positioned properly Lid locking pin or lid lock actuator is jammed 	<ul style="list-style-type: none"> Ensure that gasket is in position properly (page 15) Push the pin or actuator in and out gently and try again
Leakage from the lid	<ul style="list-style-type: none"> No gasket fitted Worn gasket Safety locking lid not closed and locked properly 	<ul style="list-style-type: none"> Fit the gasket according to the instructions Replace the gasket Ensure that the lid is fitted correctly
Leakage from the pressure release valve	<ul style="list-style-type: none"> Food trapped in pressure release valve 	<ul style="list-style-type: none"> Clean the pressure release valve
Lid lock actuator unable to rise	<ul style="list-style-type: none"> Not enough food content and liquid to create pressure Lid lock actuator blocked Leakage from rubber gasket 	<ul style="list-style-type: none"> Add more liquid/food to bowl Clean the lid lock actuator Clean rubber gasket or replace if required
Rice overcooked/undercooked	<ul style="list-style-type: none"> Too much or not enough water 	<ul style="list-style-type: none"> Ensure you follow the markings on the rice cooking bowl
Meat undercooked	<ul style="list-style-type: none"> Roast meat was too large in size Meat needs more time 	<ul style="list-style-type: none"> Ensure large cuts of meat are cut in smaller portions, Roasts should not exceed 1.5kg Replace pressure cooker lid and reset cooking time as required

Specifications:

- Multi Functions: Sauté, Pressure Cooking and Slow Cooking
- Maximum pressure for this unit is 98kPa or 15Psi
- This unit operates at 'High' pressure only when using a pressure cooking setting
- This unit operates for 8 hours for slow cooking on a 'Low' temperature

Care, Cleaning and Storage

1. Before cleaning, ensure the Pressure Express Multi is switched off at the power outlet and unplugged. Ensure the unit is fully cooled prior to commencing cleaning.
2. Wash the removable cooking bowl with warm soapy water and a clean soft cloth or sponge. Rinse with clean water and dry thoroughly.
3. The stainless steel housing and lid can be wiped over with a soft, damp cloth and then dried thoroughly.
4. Remove the condensation collector by gently pulling the collector away from the housing body and clean in warm water. Dry thoroughly and place it back in its original position.
5. Remove and disassemble lid. First, gently pull the silicone rubber gasket away from the gasket ring on the underside of the lid. Check periodically that it is clean, flexible and not cracked or torn. If damaged do not use the Pressure Express Multi. Wash the gasket in warm, soapy water. Rinse with clean water, dry thoroughly and place back in original position around the gasket ring. See the instructions on how to remove and replace the silicone rubber gasket as per instructions in this booklet.

NOTE: Soak the silicone rubber gasket in a mixture of bicarbonate of soda and water to help eliminate odours, such as spices, before cleaning.

NOTE: After cooking rice or large meals, some cooking liquid may pool under the lid at the top of the pressure cooker around the cooking bowl. This is normal. Use a paper towel or kitchen cloth to clean after every use. Use a small brush or cotton swab if necessary.

NOTE: Replace the silicone rubber gasket every 1-2 years (contact your nearest Kambrook Service Centre).



IMPORTANT: The silicone rubber gasket must always be properly positioned. If the gasket is not assembled properly, the Pressure Express Multi will not operate correctly.

6. Wash the inside of the lid with a wet, soapy sponge or cloth. Use a soft brush to remove oil residue if necessary. Wipe dry with a clean, damp cloth.

NOTE: Lid is not dishwasher safe. Do not wash lid in dishwasher.

NOTE: During cleaning of the lid, ensure that the pressure lid lock actuator moves freely (up and down). Wash and clean any oil or food residue from this area.

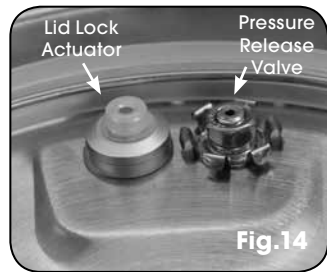
7. The pressure release valve and the lid lock actuator sit side by side in the lid and should be cleaned both from the top and the bottom regularly.
8. To clean the pressure release valve, remove the pressure release valve cover by pulling upwards away from the lid (See Fig. 12). Clean the cover in warm, soapy water and dry thoroughly. Ensure the pressure release valve is clean as per point 10 before replacing the cover.



9. On the underside of the lid, both the pressure release valve and lid lock actuator are located beneath the protective removable metal basket. Regularly check and clean the lid lock actuator, pressure release valve and metal basket for food or residue to avoid any clogging which could result in blockage. Pull the removable metal basket away from the lid to access (See Fig. 13) Clean the metal basket in warm, soapy water and dry thoroughly. Clean the pressure release valve and lid lock actuator as per points 10 and 11 before replacing the metal basket.



10. To clean the pressure release valve (See Fig 14), with both the pressure release valve cover and the metal basket removed, wipe around the valve with a damp cloth. Using an object such as a skewer poked through can assist with cleaning and clogged food. Refit the pressure release valve cover and metal basket when clean.



11. The lid lock actuator has an opaque plastic cap and moves up and down (See. Fig. 14). To clean, wipe any oil or food residue with a damp cloth. Ensure that the lid lock actuator moves up and down freely after cleaning. Refit the removable metal basket once clean and before using.

Care, Cleaning & Storage continued



IMPORTANT: All safety locking lid parts and pressure release valve and cover must be reassembled correctly to ensure safety as well as optimal performance of your Pressure Express Multi.



IMPORTANT: Ensure that both the appliance electrical connector and the appliance inlet are completely dry before use.



IMPORTANT: To prevent damage to the pressure cooker, do not use alkaline cleaning agents when cleaning, use a soft cloth and mild detergent.



IMPORTANT: Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the pressure cooker housing or cooking bowl as these can damage the housing or the coating of the removable cooking bowl.



IMPORTANT: Ensure the pressure cooker is fully cooled before storing.

NOTE: A mixture of 1 tbsp vanilla, ½ cup lemon juice, 1 tbsp lemon rind plus 500ml hot water, pressure cooked for 5 minutes can help eliminate food odours.

Storage

Always unplug the power cord and allow the unit to cool down before cleaning and storage.

Once the Pressure Express Multi is clean and dry, place the trivet, measuring cups and serving spoons inside the removable cooking bowl and place bowl inside pressure cooking housing for storage.

To prevent aromas, moulds and odours, never store your Pressure Express Multi with the lid locked in place. Only lock the lid into place to move the unit. Once the unit has been moved to where it will be stored, unlock the lid and place upside down on top of the unit.

Always store the Pressure Express Multi in an upright position. Do not store anything on top of the Pressure Express Multi. Store on the bench top or in a cupboard.

Handy Hints for Pressure Cooking

Do's

- Always thaw frozen meat and poultry before cooking.
- 1. Use dry oven mitts when lifting the removable cooking bowl after cooking.
- Use tongs or the plastic spoon provided to release the pressure release valve - do not use your fingers.
- Always store the Pressure Express Multi in a cool, dry place. Follow the cleaning guidelines on page 34.
- Pack and store with the lid resting upside down on the removable cooking bowl in a well ventilated area.

Don't

- Do not operate without the removable cooking bowl correctly in place.
- Do not cook with frozen meats or poultry.
- Do not fill the bowl past the indicated 'MAX' line.
- Do not use oil or milk as a liquid.
- Do not cook without at least 250ml of food and liquid in the bowl.

Never

- Place water or other liquids into the stainless steel base - only in the removable cooking bowl.
- Immerse base, cord, or plug of the Pressure Express Multi in water or any other liquid.
- Touch hot surfaces with bare hands.
- Deep fry in the Pressure Express Multi.
- Store your Pressure Express Multi closed with lid locked in place to prevent aromas, moulds and odours.
- Leave the Pressure Express Multi unattended when in operation. Pressure Express Multi.

Recipes

Pressure cooking and slow cooking offer very similar results and are both great for tender results in cheaper cuts of meat. To pressure cook using a slow cooking recipe, simply drop the liquid content of the recipe somewhat as cooking under pressure creates more condensation (liquid). In reverse, if slow cooking using a pressure cooking recipe, increasing the liquid content may be necessary. Using the sauté setting first to brown meat helps to lock in natural juices and also to sauté vegetables to enhance recipe flavour.

NOTE: Times in recipes are approximate and can vary depending on type and amount of food content and the level of doneness desired.

Honey Baked Pumpkin Risotto

Serves 8

1 tbsp honey
60g butter
400g pumpkin peeled, cubed to 1cm
3 cups Arborio rice
6 cups vegetable stock
1 large brown onion peeled, thinly sliced
2 cloves garlic peeled, minced
1 cup boiling water
100g grated parmesan cheese to serve
½ bunch parsley washed, roughly chopped to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Wait around 2-3 minutes for the unit to heat.
2. Place the honey and butter into the removable cooking bowl and melt. Add the pumpkin and sauté for approximately 10 minutes. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the rice, 5 cups of the vegetable stock, onion and garlic to the cooking bowl and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Stir through the water and remaining cup of vegetable stock.
8. Top with parmesan and parsley to serve.

Chicken and Pesto Risotto

Serves 8

3 tbsp olive oil
1 large brown onion peeled, thinly sliced
2 cloves garlic peeled, minced
500g chicken breast, thinly sliced
6 cups chicken stock
3 cups Arborio rice
½ cup basil pesto
¼ cup toasted pine nuts
1 cup boiling water
100g grated parmesan to serve
½ bunch basil, washed, roughly chopped to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion and garlic to heated oil and sauté until golden brown. Add the chicken and lightly cook for about 5 minutes, stirring occasionally. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the rice, 5 cups of the chicken stock, pesto and pine nuts and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Stir through the water and remaining cup of chicken stock.
8. Top with parmesan and basil to serve.

Vanilla Rice Pudding

Serves 8

2 tbsp butter, melted
2 cups medium grain white rice
⅓ cup caster sugar
1 ½ cups water
2 cups milk
1 x 59g free range egg, lightly whisked
¼ cup condensed milk
1 vanilla bean, split

1. Place the butter and rice into the Pressure Express Multi removable cooking bowl and stir until the rice is completely coated in the melted butter.
2. In a separate bowl or jug, whisk together the sugar, water, milk, egg and condensed milk. Pour the milk mixture over the rice and then stir through the vanilla bean.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Select the 'WHITE RICE' button and then press 'START/CANCEL' button to commence cooking.
5. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
6. Rice pudding is great served with poached fruit.

Brown Rice Salad

Serves 8

- 4 cups brown rice
- 2 tsp turmeric
- 4 cups water
- 1 cup rocket lettuce, washed, dried
- 1 red onion, peeled, thinly sliced
- ¼ cup toasted pine nuts
- ½ cup sultanas
- 1 red apple, quartered, thinly sliced
- Juice of 1 lemon
- 2 tbsp extra virgin olive oil

1. Place the rice, turmeric and water into the removable cooking bowl and stir well to combine.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Select the 'BROWN RICE' button and then press 'START/CANCEL' to commence cooking.
4. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
5. Place the cooked rice into a large salad bowl. Add the rocket lettuce, onion, pine nuts, sultanas and apple and fold to combine.
6. Drizzle over with lemon and olive oil and serve immediately.

Smoked Ham and Split Pea Soup

Serves 6-8

- 1 tbsp olive oil
- 1 large brown onion, diced
- 3 cloves garlic, minced
- 1 ham hock (800g)
- 500g green split peas, washed
- 1 bay leaf
- 4 sprigs thyme
- 2 carrots, peeled, diced
- 3 stalks celery, diced
- 2 tsp black peppercorns
- 1 cup white wine
- 1 litre vegetable stock
- ½ bunch parsley washed, roughly chopped, to serve

Sour cream (to taste), to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion, garlic and ham hock and sauté until golden brown. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the peas, bay leaf, thyme, carrots, celery, peppercorns, wine and vegetable stock and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Remove the hock and pull away any remaining meat. Roughly chop the meat and set aside. Pour half the soup into another heat-proof bowl and, using a stick mixer, gently blend that half of the soup.
8. Combine the chopped ham and the non-blended soup back with the blended soup and stir until well combined.
9. Top with the sour cream and parsley to serve.

NOTE: Do not use a stick mixer in the removable cooking bowl as this could damage the non-stick coating.

Thai Sweet Potato Soup with Coriander Pesto

Serves 6-8

400ml can coconut milk (do not shake)
2 tbsp mild red curry paste
1.5kg sweet potatoes, peeled and cut into 5cm pieces
1 litre chicken stock
Lime wedges, to serve

Coriander Pesto:

1 cup coriander leaves
¼ cup blanched almonds
1 small red shallot
2 tsp lime juice
2 tbsp vegetable oil
Salt, to taste

1. Carefully open the can of coconut milk without shaking; spoon the firm coconut into the removable cooking bowl. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Sauté while stirring until the coconut milk separates. Add the curry paste and continue to sauté, stirring until the paste becomes fragrant. Add sweet potato and chicken stock. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
5. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
6. Using a mini food processor or chopper, combine the coriander pesto ingredients into a separate bowl and process until combined. Season to taste.
7. To serve, ladle soup into bowls and spoon coriander pesto into the soup. Stir through and squeeze fresh lime to taste.

Green Curry Pumpkin Soup

Serves 6-8

4 cloves garlic, whole
1 brown onion, peeled, roughly chopped
1 tbsp green curry paste
750g pumpkin, skin and seeds removed, cut into 5cm pieces
550g potatoes, peeled, quartered
1 tsp salt
600ml boiling water
400ml coconut cream

1. Place the garlic, onion, curry paste, pumpkin, potatoes, salt, water and coconut cream into the removable cooking bowl and stir until combined.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
4. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
5. Pour the soup into a large heat-proof bowl and, using a stick mixer, blend the soup until it is thick and consistently smooth.
6. Serve with fresh bread.

NOTE: Do not use a stick mixer in the removable cooking bowl as this could damage the non-stick coating.

Red Wine, Beef, Mushroom and Thyme Stew

Serves 8

3 tbsp olive oil
6 large French shallots, peeled, sliced
3 cloves garlic, minced
40g butter
8 rindless bacon slices, thickly sliced
1kg chuck steak, diced
½ cup flour
350ml dry red wine
2 tsp brown sugar
2 tbsp tomato paste
400g button mushrooms
1 cup beef stock
1 bay leaf
2 tablespoons chopped thyme
Mashed potatoes, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the shallots and garlic then sauté until golden brown. Add bacon and cook for a further 3 minutes or until browned then remove from pot and set aside. Add the butter and diced meat and cook in batches if necessary until browned on all sides, or around 5-6 minutes. Remove from the pan. Add wine to the removable cooking bowl and bring to the boil, allowing to reduce to half. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Place the bacon and diced meat back into the removable cooking bowl. Add the sugar, tomato paste, mushrooms, wine, stock, bay leaf and thyme and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Serve over mashed potatoes.

Satay Beef

Serves 6

1tbsp peanut oil
1 brown onion thinly sliced
1 clove garlic, peeled, minced
½ tsp lemon rind
½ large red chilli, thinly sliced
2 tsp sweet chilli sauce
2 tsp curry powder
½ cup coconut cream
1 ½ tbsp kecap manis
½ cup crunchy peanut butter
1kg beef blade or rump steak, diced
Fresh coriander, to serve
Cooked rice, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown (around 5 minutes). Add the lemon, red chilli, sweet chilli sauce and curry powder and allow to sauté for another 2 minutes. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add in the coconut cream, kecap manis, peanut butter and meat and stir until well combined.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Top with coriander and serve over fluffy rice.

NOTE: This recipe is also great using chicken thigh fillets. Simply adjust the 'SOUP/CURRY' setting to 24 minutes by using the Set Timer button or select the 'POT ROAST' setting.

TIP: Kecap Manis is a sweet soy sauce and can be found in major supermarkets usually in the sauces section where soy and Worcestershire sauces are sold.

Sesame Chicken Wings

Serves 8

1/2 cup soy sauce
2 tbsp honey
1 tbsp sesame oil
1 tbsp kecap manis
2 tsp rice wine vinegar
2 tbsp sweet chilli sauce
2 x small Birdseye chillies, minced
2 x cloves garlic, minced
2kg chicken wings or chicken nibbles
2 tbsp plain flour
2 tbsp cold water
2 tbsp sesame seeds, toasted
1 cup shallots, peeled and thinly sliced,
to serve

1. Place the soy, honey, oil, kecap manis, vinegar, chilli sauce, chilli, garlic and chicken into the removable cooking bowl and mix until coated.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Select the 'SOUP/CURRY' button and then using the 'SET TIMER' button adjust the time to 24 minutes. Press 'START/CANCEL' to commence cooking.
4. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
5. Remove the chicken and set aside. Drain the liquid in the removable cooking bowl through a sieve into another bowl.
6. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Wait around 2-3 minutes for the unit to heat. Place the now-sieved liquid back into the removable cooking bowl.
7. In a separate bowl, whisk the flour with the water until smooth. Add to the removable cooking bowl and simmer for around 3-4 minutes or until thickened.
8. Pour sauce over chicken wings and sprinkle with sesame seeds and shallots to serve.

NOTE: If using chicken nibbles, rather than wings, select the 'BROWN RICE' setting.

TIP: Kecap Manis is a sweet soy sauce and can be found in major supermarkets usually in the sauces section where soy and Worcestershire sauces are sold.

Massaman Curry

Serves 8

500g diced lamb
500g diced chuck steak
270g can coconut cream
1 cinnamon stick
2 fresh kaffir lime leaves
500g baby chat potatoes, halved
1 tbsp brown sugar
2 whole star anise
2 teaspoon fish sauce, or to taste
2 tsp arrowroot (only if needed)
Fresh coriander, to serve

Curry Paste:

2 tablespoons vegetable oil
1 brown onion, peeled, roughly chopped
2cm piece ginger, peeled, minced
4 cloves garlic, peeled, minced
2 tsp ground coriander seeds
1 tsp ground cumin seeds
1 tsp ground cinnamon
2 tsp brown mustard seeds
1 tsp ground cardamom
1 teaspoon dried chilli flakes
Zest and juice of 1 lime
1 tsp white pepper
2 tsp flaked salt

1. Using a food processor, place all the curry paste ingredients into the bowl and process until the mixture is smooth and consistent in texture.
2. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Wait around 2-3 minutes for the unit to heat. Add the curry paste into the removable cooking bowl and sauté for around 5 minutes, stirring occasionally. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the meat, coconut cream, cinnamon, lime leaves, potatoes, brown sugar and star anise and fish sauce then stir until well combined.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'POT ROAST' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Top with fresh coriander and serve over fluffy rice.

RECIPE NOTE: This recipe can also be made using all lamb or all beef.

NOTE: If the consistency is not thick enough, remove 1/2 cup of the liquid and stir through 2 tsp of arrowroot until completely dissolved. Add back into the curry and simmer using the Sauté setting until thickened.

TIP: If using lower quality cuts of meat, use the 'SOUP/CURRY' setting instead.

Butter Chicken

Serves 6-8

2 tbsp olive oil
1 tbsp ginger, minced
2 cloves garlic, chopped
3 small onions, sliced thinly
¼ tsp cayenne pepper, ground
2 tsp paprika, ground
1 tsp ground coriander
2 tsp turmeric, ground
2 tsp cumin, ground
2 tsp garam masala
1 cinnamon stick
¼ cup tomato paste
1.5kg chicken thigh fillets, cut into quarters
½ cup chicken stock
125ml pure cream to serve

Fresh coriander to serve

Cooked rice, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add the oil to heat. Add the ginger, garlic and onions and sauté for around 6 minutes or until golden brown. Add all the spices and stir for 2 minutes until fragrant. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the tomato paste and chicken thighs and stir through until everything is evenly coated. Pour the stock over the mixture.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then using the 'SET TIMER' button adjust the time to 22 minutes. Press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Stir through the cream and stand for 5 minutes. Top with coriander and serve over fluffy rice.

Spicy Tomato Sauce and Meatballs

Serves 6-8

1kg beef mince
1 red onion, peeled, finely diced
1 cup fresh bread crumbs
3 tbsp tomato paste
2 tsp Italian herbs
1 x 59g free range egg, lightly whisked
3 tbsp olive oil
2 large brown onions, peeled, diced
4 cloves garlic, minced
1 tbsp sugar
4 x 420g cans diced tomatoes
Cooked pasta, to serve

1. In a bowl, combine the mince, red onion, bread crumbs, tomato paste, herbs and egg until well combined. Roll mixture into 1 tbsp sized balls and set aside.
2. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Add oil and heat. Add the brown onion and garlic and sauté until clear, around 2-3 minutes. Add the sugar and tomatoes and simmer for around 2 minutes. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the meatballs to the tomato mixture and stir gently.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'BROWN RICE' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Serve over cooked pasta of your choice.

TIP: If using dried breadcrumbs instead of fresh, drop to ¾ cup.

Chicken with Sicilian Olives and Preserved Lemon Cous Cous

Serves 10

2kg chicken thigh fillets, fat trimmed
2 tbsp olive oil
1 tsp cinnamon
2 tsp dried parsley
2 tsp dried oregano
1 tsp paprika
150g Sicilian olives, drained of liquid
2 cloves garlic, minced
1 tsp ginger, minced
1 lemon, thinly sliced
1 cup chicken stock
2 cups dried cous cous
Fresh parsley, to serve

1. Place the chicken, oil, herbs, spices, olives, garlic and ginger into a bowl and mix until completely coated. Layer in an airtight container with lemon dividing each chicken fillet. Place into the refrigerator overnight.
2. Place the chicken into the removable cooking bowl and pour the chicken stock over the top.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
5. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
6. Remove the chicken from the removable cooking bowl and strain the liquid left in the bowl through a sieve into another bowl.
7. Add only 2 cups of the liquid back into the removable cooking bowl, along with the cous cous. Allow to sit for 5 minutes to absorb.
8. Serve with the chicken, topped with parsley.

RECIPE NOTE: For best results, this dish should be marinated overnight

Ginger Chicken with Baby Snow Peas

Serves 8

1 tbsp honey
2 ½ tsp rice wine vinegar
½ cup ginger syrup
2 tsp sesame oil
2cm piece of ginger, halved
1 red chilli, halved
4 cloves garlic, peeled, whole
1 tsp rock salt
½ cup chicken stock
2kg chicken drumsticks
2 tbsp soy sauce
1 tbsp corn flour
500g baby snow peas
1 cup shallots, peeled and thinly sliced,
to serve

1. Place the honey, vinegar, ginger syrup, oil, ginger, chilli, garlic, salt, chicken stock and chicken into the removable cooking bowl and mix until completely coated.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
4. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
5. Remove the chicken and set aside. Drain the liquid in the removable cooking bowl through a sieve into another bowl.
6. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Wait around 2-3 minutes for the unit to heat.
7. Place the now-sieved liquid back into the removable cooking bowl.
8. In a separate bowl, blend the corn flour with the soy sauce and then add to the removable cooking bowl and simmer for about 4 minutes. Add snow peas and simmer for another minute.
9. Serve over chicken, topped with fresh shallots.

TIP: You can find ginger syrup in the cordial section of major supermarkets.

Spicy Tomato and Capsicum Chicken

Serves 4-6

3 tbsp lemon infused olive oil
1kg chicken thigh (approx. 6)
1 red onion, thinly sliced
2 cloves garlic, peeled, thinly sliced
½ capsicum, membrane removed, thinly sliced
700ml tomato passata
400g can chickpeas, drained
½ jar chargrilled capsicum with chilli
1/2 cup chicken stock
Rind of ½ lemon
2 tsp flaked salt
Pasta, cooked, to serve
½ bunch parsley washed, roughly chopped, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Heat 2 tbsp of the oil and then seal the chicken for around 2 minutes on each side and set aside.
2. Add the remaining olive oil to the removable cooking bowl and sauté the onion, garlic and capsicum until golden brown. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Place the chicken, passata, chickpeas, chargrilled capsicum, chilli, chicken
4. Stock, lemon and salt into the removable cooking bowl and stir well to combine. Push the ingredients under the liquid and make sure that they are fully submerged.
5. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
6. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
7. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
8. Serve over penne pasta topped with fresh parsley.

TIP: Make homemade tomato passata from the recipe on page 50 or bottled tomato passata can be found in supermarkets in the pasta sauce section.

Three Bean and Vegetable Stew

Serves 8

2 tbsp olive oil
40g butter
4 cloves garlic, peeled, minced
2 brown onions, thinly sliced
2 tbsp tomato paste
2 carrots, peeled, diced
2 stalks celery, diced
2 potatoes, peeled, diced into 2cm pieces
420g can red kidney beans, drained, rinsed
420g can butter beans, drained, rinsed
420g can chickpeas, drained, rinsed
4 cups vegetable stock
420g can diced tomatoes
1 bunch parsley, washed, roughly chopped
1 bunch basil, washed, roughly chopped
1 bay leaf
2 tsp flaked salt
1 tsp ground white pepper
100g grated parmesan, to serve
½ bunch parsley washed, roughly chopped, to serve
Sour cream (to taste), to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and butter and let heat. Add the onion and garlic and sauté until golden brown. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the tomato paste, carrots, celery, potatoes, beans, vegetable stock, tomatoes, parsley, basil, bay leaf and salt and pepper into the removable cooking bowl and stir well to combine.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'SOUP/CURRY' button and then press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Top with fresh parsley, sour cream and grated parmesan cheese.

Corned Beef

Serves 6

- 2 litres water
- 1 tsp black peppercorns
- 1 tbsp brown sugar
- 1 tbsp rock salt
- 2 tbsp white vinegar
- 1 bay leaf
- 1kg corned beef silverside
- 1 cup white sauce, to serve

1. Add the water, peppercorns, sugar, salt, vinegar and bay leaf into the removable cooking bowl and stir to combine. Add the beef to the mixture.
2. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
3. Select the 'POT ROAST' button then using the 'SET TIMER' button increase the cooking time to 40 minutes. Press 'START/CANCEL' to commence cooking.
4. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
5. Remove the beef, carve and serve with white sauce and choice of side.

Red Wine, Garlic & Root Vegetable Lamb Shanks

Serves 6

- 3 tbsps olive oil
- 8 shallots peeled, halved
- 1 head garlic with the base cut off, cloves separated and peeled
- $\frac{3}{4}$ cup plain flour
- 6 medium lamb shanks, French trimmed
- $\frac{3}{4}$ cup red wine
- 6 baby carrots peeled, tops removed, cut in half
- 2 potatoes peeled, cut into 8 pieces each
- 250ml beef stock
- 500ml tomato passata
- 2 sprigs thyme
- 2 sprigs rosemary
- 2 sprigs marjoram
- Cooked pasta or mashed potatoes, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking. Wait around 2-3 minutes for the unit to heat. Sauté the shallots and garlic until golden brown. Remove from pan and set aside.
2. In a separate bowl, toss the shanks in the flour until well covered. Add the shanks to the removable cooking bowl, two at a time, and sauté until browned. Remove from the pan and set aside. Add the red wine and simmer until reduce to half. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking. Add shallots and shanks plus remaining ingredients into the removable cooking bowl and stir until well combined.
3. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
4. Select the 'POT ROAST' button then using the 'SET TIMER' button increase the cooking time to 55 minutes. Press 'START/CANCEL' to commence cooking.
5. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
6. Remove the lamb shanks and sauce and serve over pasta or mashed potatoes.

TIP: French trimmed lamb shanks will allow more shanks to fit into the removable cooking bowl. Ask your butcher to trim.

Whole Chicken Stock

Makes 2 litres

- 3 tbsp olive oil
- 2 brown onions, diced
- 3 cloves garlic, peeled, thinly sliced
- 4 sticks celery, roughly chopped
- 4 carrots, peeled, roughly chopped
- 1 tbsp mixed peppercorns
- 2 tsp rock salt
- 2 litres water
- 1.4kg free range whole chicken

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown. Once sautéing is complete, press the 'START/CANCEL' button to stop cooking.
3. Add the celery, carrots, peppercorns, salt and water and stir well to combine. Then add the chicken into the removable cooking bowl.
4. Lock the lid onto the cooker and move the pressure release valve to the 'sealing' position.
5. Select the 'POT ROAST' button then using the 'SET TIMER' button increase the cooking time to 35 minutes. Press 'START/CANCEL' to commence cooking.
6. Once cooking is complete, turn the pressure release valve to the venting position and remove lid once depressurised.
7. Remove the chicken and strain the vegetables so you are left with only the chicken stock. Store in an airtight container in the fridge overnight and then skim the solidified fat off with a spoon.

Beef Ragù

Serves 8

- 2 tbsp grape seed oil
- 2 brown onions, diced
- 1 clove garlic, peeled, minced
- 1.5kg beef bolar blade, cut into 4cm chunks
- 8 baby Dutch carrots, tops removed, peeled
- 3 celery sticks, roughly diced
- 1 tbsp fresh thyme
- 1 tbsp fresh rosemary
- 2 cups tomato passata
- 2 cups beef stock

Mashed potatoes or cooked pasta, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown. Add the beef and seal until browned on all sides. Add the carrots, celery, thyme, rosemary, passata and stock and stir well until combined. Bring to a boil. Once complete, press the 'START/CANCEL' button to stop cooking. 3.
3. Lock the lid onto the cooker.
4. Select the 'SLOW COOK' button then press 'START/CANCEL' to commence cooking. Allow to cook until the timer has counted down. Press 'START/CANCEL' to stop cooking or keep warm will activate.
5. Serve over mashed potatoes or cooked pasta.

TIP: Make homemade tomato passata from the recipe on page 50 or bottled tomato passata can be found in supermarkets in the pasta sauce section.

Moroccan Chicken

Serves 8

2 tbsp olive oil
1 brown onion, diced
2 cloves garlic, peeled, minced
1.5 kg chicken thigh fillets, trimmed
340g jar roasted capsicum, cut into strips, drained
360s jar green pitted olives, drained
400g can chick peas, drained
1 cup tomato passata
3 cups vegetable stock
1 bunch flat leaf parsley, roughly chopped,
to serve
Cous cous, to serve

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown. Add the chicken and seal until browned on both sides. Add the capsicum, olives, chickpeas, passata, stock and parsley and stir until well combined. Bring to the boil. Once complete, press the 'START/CANCEL' button to stop cooking.
3. Lock the lid onto the cooker.
4. Select the 'SLOW COOK' button then press 'START/CANCEL' to commence cooking. Allow to cook until the timer has counted down. Press 'START/CANCEL' to stop cooking or keep warm will activate.
5. Serve with couscous

Tomato Passata

Makes approx. 2 litres

3 tbsp olive oil
2 brown onions, diced
2 cloves garlic, peeled, minced
2 kg tomatoes, quartered
1 tbsp brown sugar
2 tsp salt

1. Select the 'SAUTÉ' setting on the digital control panel, then press 'START/CANCEL' to commence cooking.
2. Add oil and let heat. Add the onion and garlic and sauté until golden brown. Add the tomatoes, sugar and salt and stir until well combined. Bring to a boil. Once complete, press the 'START/CANCEL' button to stop cooking.
3. Lock the lid onto the cooker.
4. Select the 'SLOW COOK' button then press 'START/CANCEL' to commence cooking. Allow to cook until the timer has counted down. Press 'START/CANCEL' to stop cooking or keep warm will activate.
5. Pour into a large bowl and blend using a stick mixer. Pour mixture through a sieve and then store in the fridge in an air tight containers until needed.

NOTE: If stored in an airtight container, you can freeze passata for up to 6 months or refrigerate for 5 days.

Vegetable Green Curry

Serves 8

2 potatoes, diced into 2cm pieces
1 cup dried chick peas (washed)
270ml can coconut milk
230g can bamboo shoots, drained,
and sliced
230g water chestnuts, drained, halved
125g baby corn
½ cauliflower, florets only
Cooked rice, to serve
Fresh coriander, to serve

Curry Paste:

1 large green chilli, finely sliced
1 bunch coriander, roughly chopped, soaked
1 brown onion, roughly chopped
1 stick lemon grass, roughly chopped
¼ tsp ground white pepper
1 tbsp light soy sauce
1 tsp sesame oil
2 tsp turmeric
1 tsp ground coriander
1 tsp cumin seeds
3 cloves garlic, peeled, minced
2cm piece ginger, peeled, minced
1 tbsp cold water
2 tbsp olive oil
Zest and juice of 1 lime
2 kaffir lime leaves
2 tsp salt
2 tsp brown sugar

1. Using a food processor, place all of the curry paste ingredients into the bowl and process until completely blended, approximately 2 minutes.
2. Select the 'SAUTÉ' setting on the Digital Control Panel and then press the 'START/CANCEL' button to commence cooking. Wait 2-3 minutes for the unit to heat.
3. Add the paste to the removable cooking bowl and sauté for 5 minutes, stirring occasionally. Add the potato, chickpeas, coconut milk, bamboo shoots, water chestnuts, corn and cauliflower and stir until well combined. Bring to the boil. Once complete, press the 'START/CANCEL' button to stop cooking.
4. Lock the lid onto the cooker.
5. Select the 'SLOW COOK' button then then press 'START/CANCEL' to commence cooking. Allow to cook until the timer has counted down. Press 'START/CANCEL' to stop cooking or keep warm will activate.
6. Serve over fluffy rice topped with fresh coriander.