“Redefining Fast Food”

Introducing our new line of pressure cookers by Fissler of Germany, founded in 1845. With Blue Point, you save up to 70% of the regular cooking time and up to 50% of the energy traditionally used in cooking! They are safe, quiet, simple to use, and especially easy to clean.

Features:

• Constructed of 18/10 gauge stainless steel and an extra thick 6mm aluminum core
• Energy Efficient Cookstar base features even heat distribution, and is guaranteed to stay perfectly flat and even on ANY kind of stove forever.
• Euromatic Safety Valve only engages once the handle is properly locked and automatically closes once the oxygen has escaped.
• Residual Pressure Block – The cooker can only be opened if it has been depressurized completely.
• Interlocking Lid – It is impossible for the lid to come off with pressure inside.
• Automatic Steam Release occurs if the temperature in the cooker increases too much.
• Dishwasher safe
• Lifetime warranty

All cookers come with the pressure lid, stainless steel perforated insert, and tripod.

Take the mealtime pressure off you and put it in the pot!
Meat Loaf

*From “Pressure Perfect” by Lorna Sass*

- Cooking spray or oil, for preparing the steaming basket
- 2 Large Eggs
- 1 1/2 lb. Ground Beef (or ground chuck)
- 1 cup Finely Chopped Onions
- 1/2 cup Finely Chopped Flat-Leaf Parsley
- 3/4 cup Rolled Oats
- 1/2 cup Catsup or Chili Sauce plus 1-2 Tbs. to coat the meatloaf
- 1 1/2 tsp. Garlic Salt
- Pepper
- 1 TBSP It's about Thyme dip mix

Coat the bottom and sides of the steaming basket lightly with the cooking spray. Beat the eggs in a large bowl. Add the ground meat, onions, parsley, oats, catsup, salt, garlic, and pepper to taste. Mix with your hands until blended. Transfer to the steaming basket and press into a disc of uniform thickness. Spread a very thin coating of catsup on top.

Pour 2 cups water into a 6 qt. or larger pressure cooker. Place stand in bottom of pot and place steaming basket on top of stand. Lock the lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 10 minutes. Turn off the heat. Quick-release the pressure. Remove the lid. Test for doneness: an instant-read thermometer inserted into the middle of the meatloaf should read at least 155 degrees Fahrenheit. When the meatloaf is done, let it rest in the basket for at least 5 minutes before slicing.

Cheddar-Smashed Potatoes

- 3 lbs. Potatoes, scrubbed, cut into 1-inch chunks
- 1 1/2 loosely packed cups Shredded Cheese
- 1/2 cup Milk, plus more to taste
- Salt and Pepper to taste

Saute onions in the olive oil dipping sauce, about 2 minutes. Add coffee and stir well. Add the Worcestershire sauce, beef, and bay leaves. Stack the potatoes on top of the beef (some will end up in the liquid and become extremely soft and flavorful).

Lock the lid in place. Over high heat, bring to high pressure. Reduce the heat to maintain high pressure and cook 20 minutes. Allow the pressure to come down naturally for 15 minutes. Quick-release any remaining pressure. Remove the lid, tilting it away from you to allow excess steam to escape.
With slotted spoon, lift the potatoes out of the cooker and set them in a large bowl. Taste the beef and, if not sufficiently tender, return to high pressure for 5 minutes more. Again, let the pressure come down naturally.

Mash potatoes coarsely, mixing in the cheese. Season the potatoes with salt and lots of pepper. Reheat the potatoes in the microwave if necessary.

May also add diced carrots, celery, and sliced mushrooms, as desired.

Cuban Black Beans and Rice- Quick Cuisine Cookbook –pg. 47

- 1 cup dried black beans
- 3 TBS olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ¾ cup brown rice
- 2 cups water
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 1 tsp. salt
- ¼ tsp. black pepper
- Optional: Use 1 Tbsp Jack and the Bean dip instead of seasonings.

Soak beans either over night or using the quick soak method below.

**Quick soak method:**
For each cup of beans, place 4 cups of water and 1 tsp. salt into the pressure cooker. Add the beans and bring to a boil. Lock the lid in place and bring pressure to second ring over high heat. Reduce heat to maintain pressure at the second ring and cook 2 minutes. Release pressure with the cold water method and remove the lid. Drain beans and cook as directed in the recipe.

In 4 quart or larger pressure cooker, heat oil over medium high heat. Add onion and garlic. Cook until onion softens. Add rice, stirring often until lightly golden.

Add water and soaked beans. Stir in cumin, cayenne, salt and pepper.

Close lid and bring pressure to first ring over high heat. Adjust heat to stabilize pressure at first ring. Cook for 15 to 18 minutes. Remove from heat and use Natural Release Method.

4-6 servings
Great for lunch as is or rolling up in a tortilla with salsa, cheese and or sour cream! Also great to add boneless chicken and let it cook right along with the beans and rice.

**Black Bean & Barley Chicken Salad**

### Salad:
- 1 ¼ cups chicken broth
- ¼ cup barley
- 2 ½ cup shredded cooked chicken
- 1 (15 oz.) can black beans, drained
- 1 ½ cups diced red and/or yellow bell peppers
- 2/3 cup chopped green onions
- ½ cup coarsely chopped fresh cilantro
- Lime Wedges

### Vinaigrette:
- 4 garlic cloves, minced
- 3 tsp. ground cumin
- 2 tsp. dried oregano
- 1 tsp. salt
- ¼ tsp. black pepper
- ½ cup cider vinegar
- ½ cup orange juice
- ½ cup extra-virgin olive oil

In small bowl, whisk together all vinaigrette ingredients.

In medium saucepan, combine broth and barley; bring to a simmer over medium-high heat. Cover; reduce heat to low. Simmer 10 minutes or until barley is tender and most of the liquid has been absorbed. Place barley in large bowl. Fluff with fork; cool.

Stir chicken, beans, bell pepper, green onions and cilantro into barley. Drizzle with vinaigrette; toss. Garnish with lime wedges.

Serves: 6 (1 1/3 cup servings)

**Pressure Cooker Variation:**
- Use: 2 cups Chicken Broth instead of 1 ¼ cups.
- Use: 1 cup dried beans in place of canned beans
- Use: Use Chicken cooked earlier. (left over from chicken soup or chicken pot pie)

Quick Soak for Beans: Place 4 cups of water and 1 tsp. salt in pressure cooker. Add cup of beans, bring up to pressure (2nd red ring) reduce heat to low and cook for 2 minutes. Remove from stove and release pressure by holding pot under cold running water. Proceed with recipe.

Combine broth, barley and beans in pressure cooker. Bring up to pressure (2nd red ring), reduce heat and cook for 20 minutes. Release pressure and allow to cool. Combine other ingredients with barley and beans. Drizzle with vinaigrette; toss. Best if chilled overnight.

**SERVING IDEAS**
Make French Bread dough from Bread Beckers Recipe Collection, LEAVE OUT THE YEAST. Shape into balls and press with Tortilla Maker. Excellent Flat Bread!
Cooking Under Pressure

Speedy Skillet Pasta

- 1 lb. ground beef
- 1 26-28 oz. jar spaghetti sauce
- 2 cups water
- 3 cups Spelt pasta, UNCOOKED (shells, rotini, or elbows)
- 1 15 oz. ricotta or cottage cheese
- 2 cups (8 oz.) grated mozzarella

Skillet directions:
Brown meat and drain. Stir in spaghetti sauce and water. Bring to a boil and reduce heat to low. Stir in the pasta, cover and cook 15 minutes. Stir in ricotta, cover and cook 5 more minutes. Stir in half of the mozzarella. Turn off heat. Sprinkle remaining mozzarella on top. Cover and let stand 5 minutes, until cheese melts.

Elaine Benson

Pressure Cooker Directions:
Brown meat and drain. Stir in spaghetti sauce, uncooked pasta, and water. Lock the lid in place; bring pressure to second ring and pressure for 5 minutes. Allow pressure to natural release. Stir in ricotta, sprinkle with mozzarella. Replace the lid and allow the cheese to melt.

Quinoa with Green Beans, Tomatoes, and Basil

Great Vegetarian Cooking Under Pressure by Lorna Sass

- 1 cup water
- 1 cup quinoa, washed and drained
- ¾ pound fresh green beans, trimmed and cut into ½ inch pieces
- 1 cup seeded and sliced plum tomatoes
- ½ tsp minced garlic
- ¾ tsp salt

- 1 Tbsp Olive Oil
- ½ cup minced fresh basil
- 1 to 2 Tbsp lemon juice

Bring Water to a boil. Add the quinoa, green beans, and tomatoes, and salt.

Lock the lid into place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 1 minute. Allow the pressure to release naturally for 10 minutes. Quick release any remaining pressure. Remove the lid, tilting it away from you to allow any excess steam to escape.
Wheat Berry Salad w/ Apples and Mint
Lorna Sass
Taken from: Whole Grains Every Day Every Way pg. 139

- 1/2 cup Freshly Squeezed Orange Juice
- 2 Tbs. Olive Oil
- 1 1/2 tsp. Apple Cider Vinegar
- 1 tsp. Salt, plus more to taste
- 3/4 cup (tightly packed) Fresh Mint Leaves
- 2 cups Cooked Basic Wheat Berries (Recipe Below)
- 2 tsp. Grated Orange Zest
- 1 small Green Apple
- 1 small Red Apple
- 1/2 cup Hazelnuts, toasted and coarsely chopped

Serves 4 To 6

Blend the orange juice, oil, vinegar, salt, and 1/2 cup of the mint in a food processor or blender. To enhance flavor, I add about 1T of Agave nectar.

Set the wheat berries in a medium bowl. Pour the dressing over them and toss to coat. Stir in the orange zest. Set aside for at least 15 minutes. Toss occasionally.

Meanwhile, core the unpeeled apples and cut them into 1/4-inch dice. Stack the remaining mint leaves and roll them into a log. Slice them as thinly as you can. Toss them into the salad along with the apples and hazelnuts. Add more salt, if needed.

Basic Wheat Berries

- 1 cup Dry Wheat Berries (or Spelt or Kamut)
- 2 1/2 cups Water
- Pinch of Salt

Place water, wheat berries, and salt in 2 qt. or larger pressure cooker. Lock lid in place and bring up to 2nd ring over high heat. Reduce heat to maintain pressure and cook 35 minutes. Use the Quick Release method to release pressure.
Apple Bread Pudding with Cranberries

- 2 large apples, Granny Smith
- Fresh lemon juice
- ½ tsp ground cinnamon
- 4 Tbsp butter
- 5 large eggs
- 2/3 cup honey granules
- 2 cups half-and-half
- Grated zest of 1 orange
- 1 tsp. vanilla extract
- 5 cups packed (1/4-inch cubes) day-old firm sandwich bread
- ½ cup dried cranberries (craisins)
- Butter, for the soufflé dish and foil
- ½ cup heavy cream, for serving

Peel, core and cut the apple in wedges and then in thin slices, sprinkle and mix with lemon juice and cinnamon. Heat up butter in a shallow pan over medium heat and sauté apple for 2-3 minutes to soften. In a large bowl, whisk the eggs and honey granules until well combined. Whisk in the half-and-half, orange zest, and vanilla. Add the bread cubes and cranberries and mix well. Let stand for 15 minutes so the bread can soak up the custard then add the cooled apples.

Place the trivet into a 5 or 8-quart Blue Point pressure cooker. Pour 2 cups of water into the cooker. Lightly butter a 1 1/2-quart soufflé dish and pour the bread mixture into the dish. Butter the center of a piece of aluminum foil, and tightly cover the dish, centering the buttered area over the pudding. Carefully lower the dish into the cooker. Close and lock the lid in place and heat up to build pressure until the blue indicator rises. Turn down the heat when the second white ring appears and cook for 16 minutes. To open the Blue Point pressure cooker release the pressure or set the pressure cooker in sink and pour cold water over the lid until pressure comes down.

Remove dish carefully from the cooker and remove the foil. The pudding should feel barely set when pressed in the center. It will firm upon standing. If needed, re-cover the pudding with foil, return to the cooker and cook on high pressure for 2-3 more minutes. Cool the pudding for 10 minutes.

Serve warm, pouring a bit of cream over each serving or serve with vanilla ice cream.

**Cinnamon Whip Cream**

- 1 pint Whipping Cream
- 2 Tbsp. Agave Nectar
- 1 tsp. Vanilla & 1 tsp. Cinnamon
Rubbed Chicken, Braised Potatoes, and Snow Peas w/ Yogurt

Rubbed Chicken

Rub chicken breasts with olive oil and 2-3 Tbsp. of your favorite seasoning. In waffle bottom pressure cooker over medium high heat until very hot. Sear chicken 2 minutes then turn to sear other side. Lock lid in place and bring pressure to second ring over medium high heat. Adjust heat to maintain pressure. Cook for 5 minutes, 7 minutes if breast are exceptionally large. Use Natural or Cold water release.

Size of cooker will depend on the needs of your family. Waffle bottom pressure cookers come in both 2.5 liter and 5 liter. Use oil if you do not use a waffle bottom cooker to sear meat.

Braised Potatoes

Scrub desired amount of potatoes and quarter. In appropriate size pressure cooker, heat 1-2 TBS olive oil (or olive oil dipping sauce) over medium high heat. Fry potatoes until lightly browned. Season as desired. I use salt, pepper and Italian seasoning. (sometimes Cajun Seasoning as well). Pour ¼ cup of water down the edge of the pan. Lock lid in place and bring pressure to second ring. Adjust heat to maintain pressure at second ring. Cook for 5 minutes for white or red potatoes, 3-4 minutes for sweet potatoes. Use Natural Release. Onions are nice added to this and can be sautéed while browning the potatoes.

Garlic Green Beans

- 2 lbs. Green Beans
- 1/3 cup Water
- 1 tsp. Salt
- ¼ cup Butter
- 3 cloves garlic, minced
- Salt and pepper to taste

Place trivet or steamer into a 4 quart or larger pressure cooker. Add water salt and beans. Close lid and bring pressure to first ring over high heat. Adjust heat to stabilize pressure at first red ring. Cook for 2 ½ minutes. Remove from heat and use Cold Water Release Method. Drain and toss with prepared butter and garlic (below). Salt and pepper to taste and serve immediately.

While beans cook, combine butter and minced garlic and melt together.
More Pressure Cooking Ideas

Easy Chicken Pot Pie

Cut cooked chicken into small chunks and place in a 9x13 or larger baking dish. Top with cooked carrots, onions, and celery from stock. Top with 5 sliced boiled eggs if desired. Mix 2 cups of broth with 2 cups “cream of chicken” soup. To prepare cream of chicken soup, thicken 2 cups chicken broth, stock or Pacific Brand Organic, with 1/3-cup baby lima bean flour. Pour broth and soup mixture over chicken.

**Topping:**

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<tr>
<td>1</td>
<td>1 stick butter, melted</td>
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<tr>
<td>½ cups soft wheat flour</td>
<td>2 cups milk</td>
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<tr>
<td>tsp. baking powder</td>
<td></td>
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<tr>
<td>tsp. soda</td>
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Combine dry ingredients. Stir in milk and butter. Pour and gently spread topping over meat mixture.

Place dish on cookie sheet to prevent from spilling over into oven. Bake in preheated 350° oven for 35 to 40 minutes or until topping is done and golden brown.

Whole Chicken

For roasting a whole chicken you may use a 5Liter, but for a whole chicken with stock you will need a 6Liter or larger.

Whole Chicken with Stock

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<tr>
<td>2</td>
<td>6 cups water</td>
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<tr>
<td>3 ½ - 5 lb. chicken</td>
<td>1 onion, chopped</td>
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<td>1 TBS Salt</td>
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<tr>
<td>Italian Seasoning</td>
<td>1 ½ cups carrots, diced</td>
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<tr>
<td>Pepper</td>
<td>3 stalks celery, diced</td>
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Insert trivet in 6 liter or larger pressure cooker. Remove giblet package from chicken. Place chicken in pot breast side down. Cover with about 6 cups water and place on high heat. Add 1 TBS salt and other seasonings to taste. I use pepper and Italian Seasoning. Heat while preparing chopped vegetable. Add to chicken. If using for soup you may want to add ¾ cup of Kamut. Close lid and bring pressure to second ring adjusting heat to maintain pressure at second ring. Cook for 15 minutes. Drop pressure with cold water method. If using Natural Release cook for only 13 minutes as the chicken will continue to cook as the pressure drops.
Remove chicken and remove meat from bone when cool enough to handle. Meat may be added back to the stock, as well as noodles, dumplings, rice or Kamut for delicious chicken soup. If adding rice or Kamut pressure on second ring for 15 minutes.

Smothered Pot Roast

3-4 pound chuck roast
• 3 cloves garlic, minced
• 3 TBS olive oil or olive oil dipping sauce
• 2 cups chicken broth
• 1 tsp. salt
• 1/3 cup bean flour (16-bean or black-eye pea)
• Potatoes, carrots, onions, mushrooms enough for family
• ½ cup water (may also use strong coffee or broth)

In 5 Liter or larger pressure cooker braise meat on all sides over medium high heat rubbing with the minced garlic. Use oil for braising if not using a waffle bottom cooked. Reduce heat if it begins to smoke. Salt and pepper and season as desired. Pour water down the edge of the pan. (We like to use strong coffee, it adds a wonderful flavor.) In separate pan bring broth and salt to boil and whisk in bean flour to thicken. Let simmer 2-3 minutes over low heat. Pour over roast. Close lid and bring pressure to second ring over medium high heat. Adjust heat to maintain pressure at second ring. Cook for 45-55 minutes. (Longer time for larger roast). While roast cooks, prepare potatoes, carrots, onions and mushrooms as desired. Quick release pressure by running under cold water. Add vegetables. Return pressure to second ring adjusting heat to maintain pressure. Cook for 8 minutes. Remove from heat and use Natural Release Method. While pressure comes down prepare green vegetables and set table and enjoy in just a little over 1 hour.
Tri-Plex Cooking
Chuck-wagon Beef Stew, Cheddar-Smashed Potatoes, and Green Beans

Chuckwagon Beef Stew
*Adapted from The Pressured Cook by Lorna Sass*

- Olive Oil Dipping Sauce
- 1 ½ cups coarsely chopped onion
- 1 cup strong black coffee or beef broth
- TBS. Worcestershire sauce
- ½ pounds boneless beef chunk, cut into 1-inch cubes, well trimmed
- 2 large bay leaves
- pounds Idaho potatoes, scrubbed and peeled, then halved
- 1 ½ cups grated sharp cheddar or Monterey pepper jack cheese, or more to taste

Brown Rice Medley

1 cup Brown Rice Blend
1 ½ - 2 cups Broth or Water
½ tsp. Salt

Place ingredients in pressure cooker. Lock lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 18-20 minutes. Turn off the heat. Use natural release. Remove the lid.

For Duplex or Triplex Cooking:

Reduce liquid by ½ cup. Place ingredients in a solid bottom insert pan. Place pan on top of other food being cooked. Lock lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 18-20 minutes. Turn off the heat. Use natural release. Remove lid.
Cheese Cake

For 8” Spring-form pan

- 3 8 oz pkg. cream cheese softened
- 2 eggs
- 1 cup Sucanat with honey
- 1 Tbs. Vanilla

Crust:
- ½ cup soft wheat flour
- ½ cup Sucanat
- 2 Tbs. Butter

Topping:
Mix well to dissolve Sucanat with honey:

- 1 cup drained yogurt or sour cream
- 3 Tbs. Sucanat with honey
- ½ tsp. vanilla

To prepare crust: Combine flour and sucanat. Cut in butter. Grease spring-form pan and dust with crust ingredients, turning pan to coat the sides. Spread the remainder out evenly on bottom of pan.

Cream the cream cheese until smooth. Add eggs and beat well. Blend in sucanat with honey. Add vanilla and beat well. Pour into prepared pan. Bake at 350° for about 1 hour until center is firm. Turn oven off and let sit until cooled. Spread with topping and garnish with fruit if desired.

To prepare crust: Combine flour and sucanat. Cut in butter. Grease spring-form pan and dust with crust ingredients, turning pan to coat the sides. Spread the remainder out evenly on bottom of pan.

Cream the cream cheese until smooth. Add eggs and beat well. Blend in sucanat with honey. Add vanilla and beat well. Pour into prepared pan. Bake at 350° for about 1 hour until center is firm. Turn oven off and let sit until cooled. Spread with topping and garnish with fruit if desired.

To cook in pressure cooker: Cover pan with greased foil and seal tightly to keep moisture out. Make strap for lifting pan out by folding a 2 foot piece of foil in half twice. Place underneath pan and wrap to form a handle. Place trivet in bottom and 1 cup of water. Lower pan onto trivet. Close lid and bring pressure to second ring over high heat. Adjust heat to stabilize pressure at second ring. Cook for 35 minutes. Turn stove off and use Natural Release method. Remove pan, uncover and let cool. Serve as above.