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## Steel-Cut Oats

Traditionally, steel-cut oats take care, time and a watchful eye, but in the pressure cooker it's a hands-off, quick task for perfectly cooked, creamy oats.

**Makes about 4½ cups**

- 1¼ cups steel-cut oats (not quick cooking)**
- 1 cinnamon stick**
- 2 tablespoons pure maple syrup**
- 2 pinches ground nutmeg**
- Pinch kosher salt**
- 3¾ cups water**

1. Put all of the ingredients into the cooking pot of the Cuisinart® Pressure Cooker. Secure the lid and select High Pressure. Set the time for 5 minutes. When the tone sounds, allow pressure to release naturally.
2. Once pressure is completely released, the red indicator will drop. Remove lid and remove the cinnamon stick.
3. Stir to combine and serve immediately.

**Nutritional information per serving (½ cup):**  
Calories 95 (26% from fat) • carb. 18g • pro. 3g  
fat 1g • sat. fat 0g • chol. 0mg • sod. 20mg  
calc. 4mg • fiber 2g

## Chicken Stock

This nourishing stock has many uses. Sip it plain, use it as a base for soups and stews, or store it in 1-cup containers to cook with or to warm up meals.

**Makes about 8 cups**

- 4 pounds chicken parts with bones**
- 2 carrots, cut into 2-inch pieces**
- 2 celery stalks, cut into 2-inch pieces**
- 1 medium onion, cut into 2-inch chunks**
- 1 garlic clove, peeled**
- 10 parsley stems**
- 2 thyme sprigs**
- 1 teaspoon black peppercorns**
- 2 bay leaves**
- 8 cups water**

1. Put all of the ingredients into the cooking pot of the Cuisinart® Pressure Cooker. Secure the lid and select High Pressure. Set the time for 80 minutes. When the tone sounds, allow pressure to release naturally.

2. Once pressure is completely released, the red indicator will drop. Remove lid and strain stock through a fine mesh strainer.
3. Cool strained stock to room temperature before transferring to the refrigerator to complete the cooling process. When ready to use, use a spoon to discard the solid fat that sits on top of the stock. Stock may be stored for 7 days in the refrigerator, and up to 6 months in the freezer.

**NOTE:** If time is short, stock can be prepared in 30 minutes – this will make a stock lighter in color and flavor.

**Nutritional information per serving (1 cup):**  
*Calories 86 (7% from fat) • carb. 1g • pro. 6g  
 fat 3g • sat. fat 1g • chol. 0mg • sod. 343mg  
 calc. 0mg • fiber 0g*

## Vegetable Stock

While this recipe uses whole vegetables, scraps can also be added. Store carrot peels, celery leaves and ends, onion skins, mushroom stems and herbs in an airtight container in the freezer. Add to the veggie stock ingredients to enhance a flavorful, vegetarian stock.

**Makes about 9 cups**

- 4 large carrots, cut into 2-inch pieces**
- 3 celery stalks, cut into 2-inch pieces**
- 2 onions, cut into about 8 chunks**
- 1 leek, cleaned well and cut into 2-inch pieces**
- 1 teaspoon black peppercorns**
- 10 parsley stems**
- 3 thyme sprigs**
- 2 bay leaves**
- 2 garlic cloves, peeled**
- 7 to 8 cups water**

1. Put all of the ingredients into the cooking pot the Cuisinart® Pressure Cooker. Secure the lid and select High Pressure. Set the time for 30 minutes. When the tone sounds, allow pressure to release naturally.
2. Once pressure is completely released, the red indicator will drop. Remove lid and strain through a fine mesh strainer. Discard vegetables.
3. Vegetable stock may be used immediately or allow to cool to room temperature and

refrigerate; it may be stored for 7 days in the refrigerator, and up to 6 months in the freezer.

**Nutritional information per serving (1 cup):**  
*Calories 39 (3% from fat) • carb. 9g • pro. 1g  
 fat 0g • sat. fat 8g • chol. 0mg • sod. 56mg  
 calc. 39mg • fiber 2g*

## Brown Beef Stock

For a deeper-flavored beef stock, roast the bones at 425°F for 40 to 45 minutes before adding to the pressure cooker.

**Makes about 8 cups**

- 2 pounds beef chuck, short ribs or shank**
- 2 pounds beef bones**
- 2 large carrots, cut into 2-inch pieces**
- 2 celery stalks, cut into 2-inch pieces**
- 1 large onion, quartered**
- 1 tablespoon olive oil**
- 2 garlic cloves, peeled**
- 1 teaspoon black peppercorns**
- 10 parsley stems**
- 4 thyme sprigs**
- 1 bay leaf**
- 8 cups water**

1. Preheat oven to 425°F. Arrange beef, bones, carrots, celery and onion in a shallow roasting pan. Drizzle with oil and toss to coat. Roast in oven for about 40 minutes, turning ingredients halfway through roasting time. Ingredients on tray should be nicely browned.
2. Put contents of roasting pan minus any excess oil into the cooking pot of the Cuisinart® Pressure Cooker. Add the garlic, peppercorns, herbs and bay leaf to the pot. Cover ingredients with 8 cups of water. Secure the lid and select High Pressure. Set the time for 75 minutes. When the tone sounds, allow pressure to release naturally.
3. Once pressure is completely released, the red indicator will drop. Remove lid and strain stock through a fine mesh strainer. Reserve any meat, discard bones, and vegetables.
4. Cool strained stock to room temperature before transferring to the refrigerator to complete the cooling process. When ready to use, use a spoon to discard the solid fat that sits on top of the stock. Stock may be stored

for 7 days in the refrigerator, and up to 6 months in the freezer.

**Nutritional information per serving (1 cup):**  
Calories 17 (2% from fat) • carb. 1g • pro. 3g  
fat 0g • sat. fat 0g • chol. 0mg • sod. 893mg  
calc. 12mg • fiber 0g

## Quick Chicken Soup

The Cuisinart® Pressure Cooker makes it possible to achieve a flavorful base for chicken soup in 25 minutes, with no flavor enhancers like salty bouillon cubes.

**Makes about 10 cups**

- 2 pounds skinless, boneless chicken thighs
- 8 parsley stems
- 2 thyme sprigs
- 1 bay leaf
- 1 garlic clove, crushed
- 6 cups chicken broth
- 2 carrots, halved and thinly sliced
- 1 celery stalk, halved and thinly sliced
- 1 Chopped parsley, for garnish
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Put the chicken, herbs, bay leaf, garlic and broth into the cooking pot of the Cuisinart® Pressure Cooker. Secure the lid and select High Pressure. Set the time for 20 minutes. When the tone sounds, allow pressure to release naturally.
2. Once pressure is completely released, the red indicator will drop. Remove lid and add carrot and celery to the cooking pot. Secure the lid and select High Pressure. Set time for 3 minutes.
3. When the tone sounds, use Quick Pressure Release. Once pressure is completely released, remove lid, and remove and discard the herbs. Stir in the salt and pepper. Taste and adjust seasoning as desired. Garnish with chopped parsley before serving.

\* For chicken noodle soup, add 1 cup of egg noodles with the sliced vegetables and increase cooking time to 5 minutes.

**Nutritional information per serving (1 cup, for Quick Chicken Soup):**

Calories 379 (56% from fat) • carb. 11g • pro. 30g  
fat 23g • sat. fat 7g • chol. 0mg • sod. 135mg  
calc. 36mg • fiber 1g

## Cuban Black Bean Soup

Rich black bean soup that is both smoky and satisfying.

**Makes about 9 cups**

- 1 tablespoon olive oil
- 12 ounces chicken or pork andouille sausage, cut into small dice
- 1 medium onion, chopped
- 1 red pepper, cut into small dice
- 3 garlic cloves, finely chopped
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 6 cups water
- 1 pound dried black beans, rinsed and drained
- 1 bay leaf
- ¼ teaspoon cayenne
- 1 tablespoon red wine vinegar
- 1 teaspoon kosher salt

1. Put oil into the cooking pot of the Cuisinart® Pressure Cooker and select Brown. When the oil is hot, cook the sausage until slightly brown, about 5 minutes. Add the onion, pepper, garlic, oregano, cumin, and coriander. Sauté until onion is translucent and soft, about 3 to 5 minutes. Add the water, black beans and bay leaf.
2. Secure the lid and select High Pressure. Set the time for 30 minutes. When the tone sounds, allow pressure to release naturally.
3. Once pressure is completely released, the red indicator will drop. Remove lid and stir in the cayenne, vinegar, and salt.
4. Taste and adjust the seasoning as desired.

\* Serving suggestions: Top with diced avocado, sour cream, cilantro and cooked rice.

**Nutritional information per cup:**

Calories 140 (20% from fat) • carb. 16g • pro. 10g  
fat 3g • sat. fat 1g • chol. 22 mg • sod. 447mg  
calc. 35mg • fiber 5g

## Borscht

This soup tastes even better the next day when all the flavors have had a chance to meld overnight.

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**Makes about 8 cups**

**Beef Stock:**

- 2** beef shanks, about 2 pounds total
- 1** teaspoon kosher salt
- ½** teaspoon freshly ground black pepper
- 1** tablespoon olive oil
- 2** medium carrots, cut into 3-inch pieces
- 2** celery stalks, cut into 3-inch pieces
- 2** plum tomatoes, halved
- 1** onion, halved
- 1** tablespoon tomato paste
- 8** cups water
- 1** teaspoon black peppercorns
- 10** parsley stems
- 2** thyme sprigs
- 1** bay leaf

**Soup:**

- 1** teaspoon olive oil
- 2** medium carrots, shredded
- 3** medium beets, shredded
- ¼** teaspoon kosher salt
- 1** teaspoon granulated sugar
- 1** tablespoon red wine vinegar
- 2** medium potatoes (about ¾ to 1 pound), peeled and cut into 1-inch pieces
- ½** small green cabbage, thinly sliced
- ½** cup fresh dill, chopped, plus more for serving
- Sour cream, for serving**

Make the stock:

1. Season the beef with the salt and pepper; reserve. Put the olive oil into the Cuisinart® Pressure Cooker and select Brown. When hot, add one seasoned beef shank and brown on all sides. Reserve and repeat with remaining shank.
2. Once browned, return reserved shanks to the pot and add the carrots, celery, tomatoes, onion and tomato paste. Stir, and then add the water, peppercorns, parsley, thyme, and bay leaf. Secure the lid and select High Pressure. Set the time for 80 minutes. When the tone sounds, allow pressure to release naturally.
3. Once pressure is completely released, the red indicator will drop. Remove lid, cool stock, and strain through a cheesecloth or fine mesh strainer. Shred meat from shanks and reserve. Discard vegetables.

4. Cool strained stock to room temperature, then transfer to the refrigerator in a separate pot or bowl until the fat rises to the top and solidifies.

Make the soup:

1. Once the stock has completely cooled and fat has solidified, remove and discard fat. Put the oil into the clean cooking pot of the pressure cooker and select Sauté. Once the oil is hot, add the shredded carrots and beets with the salt and sugar. Sauté until slightly soft. Add the vinegar, scraping up any brown bits that may have accumulated on the bottom of the pot. Add the stock back to the cooking pot with the potatoes. Secure the lid and select High Pressure. Set the time for 3 minutes. When tone sounds, use Quick Pressure Release.
2. Once pressure is completely released, remove the lid. Stir in the reserved shredded beef and the cabbage. When beef is hot and the cabbage has wilted, after about 5 minutes, stir in the dill.
3. Taste and adjust seasoning as desired. Serve with a small dollop of sour cream and more chopped dill.

***Nutritional information per serving (2 cups):**  
Calories 309 (22% from fat) • carb. 38g • pro. 38g  
fat 10g • sat. fat 3g • chol. 62mg • sod. 688mg  
calc. 138mg • fiber 8g*

## Escarole and White Bean Stew

Simple ingredients transform into a hearty yet healthy and delicious dish. Serve with extra olive oil and crusty bread.

**Makes 12 cups**

- 1** tablespoon olive oil
  - 3** garlic cloves, smashed
  - 1** pound dried white beans, rinsed and drained
  - 8** cups chicken broth
  - 1** large head escarole, roughly chopped
  - ½** teaspoon kosher salt
1. Put the olive oil into the cooking pot of the Cuisinart® Pressure Cooker and select Sauté. Once the oil is hot, add the garlic cloves. Sauté until garlic is fragrant, about 3 to 5 minutes. Add the white beans and broth.

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Secure the lid and select High Pressure. Set the time for 30 minutes. When the tone sounds, allow pressure to release naturally.

2. Once pressure is completely released, remove the lid. Stir in the escarole and salt. Select Simmer. Cook until escarole has completely wilted.
3. Taste and adjust seasoning as desired.

**Nutritional information per serving (1 cup):**  
Calories 157 (8% from fat) • carb. 26g • pro. 11g  
fat 1g • sat. fat 0g • chol. 0mg • sod. 286mg  
calc. 128mg • fiber 7g

## Pho

Traditional Vietnamese Pho simmers for hours and is constantly skimmed to create a deep-flavored, clear broth. Our version is lighter, but takes a fraction of the time and is just as comforting

**Makes about 10 cups**

**Broth:**

- 2 pounds beef bones
- 2 pounds mix of beef shanks, oxtails or short ribs
- 1 onion, halved
- 2 carrots, cut into 2-inch pieces
- 1 2-inch piece ginger, unpeeled
- 2 cinnamon sticks
- 4 star anise pods
- 3 cloves
- ½ bunch cilantro
- 8 cups water

**Soup:**

- 4 tablespoons fish sauce
- 1 pound flank steak, very thinly sliced

**Ingredients for serving:**

- 8 ounces rice noodles, cooked
- Fresh basil
- Fresh cilantro
- Fresh mint
- Mung beans
- Green onions, thinly sliced
- Fresh lime juice
- Fish sauce, optional
- Chili sauce, optional
- Hoisin sauce, optional

1. Add the broth ingredients into the cooking pot of the Cuisinart® Pressure Cooker. Secure

the lid and select High Pressure. Set the time for 90 minutes. When the tone sounds, allow pressure to release naturally.

2. Once pressure is completely released, the red indicator will drop. Remove the lid. Cool stock and then strain through a cheesecloth or fine mesh strainer. Beef may be shredded and used in the soup, or reserved for another use. Discard bones, vegetables, and aromatics.
3. When strained stock reaches room temperature, transfer it to the refrigerator until the fat rises to the top and solidifies.

Make the soup:

4. When ready to serve, discard the solidified fat with a spoon, and add remaining stock to the cooking pot and select Sauté. Bring stock to simmer while preparing the bowls for serving: Put 1 cup cooked rice noodles, 5 hand-torn basil leaves, 1 tablespoon hand-torn cilantro leaves, 5 hand-torn mint leaves, 1 tablespoon mung beans and 1 teaspoon green onions in each bowl.
5. Just before serving, add the fish sauce and the sliced flank steak to the simmering stock and switch to Keep Warm. Remove pot from heat; meat should be just cooked through. Add about 2 cups of the hot stock, with the cooked steak, to each prepared bowl with a squeeze of lime juice. If desired, stir in a dash of fish sauce, chili sauce and/or hoisin sauce. Taste and adjust seasoning as desired. Serve immediately.

**Nutritional information per serving (2½ cups):**  
Calories 777 (36% from fat) • carb. 50g • pro. 68g  
fat 29g • sat. fat 14g • chol. 98mg • sod. 536mg  
calc. 60mg • fiber 3g

## Pasta e Fagioli

Try our hearty and healthy vegetarian version of this classic Italian soup.

**Makes about 12 cups**

- 1 tablespoon olive oil
- 1 onion, cut into ½-inch dice
- 1 carrot, cut into ½-inch dice
- 1 celery stalk, cut into ½-inch dice
- 3 garlic cloves, chopped
- 1 teaspoon dried oregano

- 1 **teaspoon dried basil**
- 1 **pound dried cannellini or white beans, rinsed**
- 1 **bay leaf**
- 6 **cups water**
- 4 **cups vegetable broth**
- 2 **cans (14 ounces each) diced tomatoes with juice**
- 1½ **teaspoons kosher salt**
- 1½ **cups tubetti, small macaroni or small shell pasta**
- Chopped fresh parsley**
- Freshly grated Parmesan**

1. Put the olive oil into the cooking pot of the Cuisinart® Pressure Cooker and select Sauté. Add the onion, carrot, celery and garlic and sauté until fragrant and soft, about 5 minutes. Add the oregano, basil, beans, bay leaf and water. Secure the lid and select High Pressure. Set the time for 30 minutes. When the tone sounds, allow pressure to release naturally.
2. Once pressure is completely released, the red indicator will drop. Remove the lid. Add the broth, diced tomatoes, salt and pasta. Secure the lid and select High Pressure. Set the time for 5 minutes. Once time expires, use Quick Pressure Release.
3. Taste and adjust seasoning as desired. Serve with chopped fresh parsley and grated Parmesan on the side.

**Nutritional information per serving (1 cup):**  
 Calories 246 (11% from fat) • carb. 46g • pro. 11g  
 fat 3g • sat. fat 0g • chol. 0mg • sod. 228mg  
 calc. 111mg • fiber 12g

## Lentil Soup

Simple, yet satisfying. This cool weather favorite is ready in no time with the pressure cooker!

### Makes 8 cups

- 1 **tablespoon olive oil**
- 1 **medium onion, finely chopped**
- 1 **carrot, cut into ¼-inch dice**
- 2 **garlic cloves, thinly sliced**
- 1 **bay leaf**
- 1 **pound dried brown lentils**
- 5 **cups vegetable or chicken broth**
- 1 **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**
- ½ **teaspoon fresh lemon juice**

1. Put the oil into the cooking pot of the Cuisinart® Pressure Cooker. Select Sauté. Once oil is hot, add the onion, carrot and garlic. Stir vegetables and cook until soft and fragrant, about 5 minutes.
2. Add the bay leaf, lentils and broth to the cooking pot. Secure lid and select High Pressure. Set time for 8 minutes. When the tone sounds, allow pressure to release naturally.
3. Once pressure has completely released, the red indicator will drop. Remove lid and add the salt, pepper and lemon juice. Discard the bay leaf. Taste and adjust seasoning as desired.

For variation, stir in chopped fresh spinach and freshly grated Parmesan when serving.

**Nutritional information per serving (1 cup):**  
 Calories 110 (16% from fat) • carb. 16g • pro. 7g  
 fat 2g • sat. fat 0mg • chol. 0mg • sod. 515mg  
 calc. 21mg • fiber 5g

## Vegetarian Bean Chili

The smokiness of the chipotle not only adds a lot of flavor (and some heat), but an unexpected meatiness to the dish, making this a filling, but healthy, chili.

### Makes about 7 cups

- ¾ **lb. (2 cups) dried beans, soaked overnight, then drained (a mixture of beans works well for this dish – black, kidney, navy, adzuki, garbanzo, etc.)**
- 1 **tablespoon olive oil**
- 1 **½-inch piece fresh ginger, peeled and finely chopped**
- 2 **garlic cloves, finely chopped**
- 1 **small onion, finely chopped**
- 1 **teaspoon kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper, divided**
- 1 **medium bell pepper (yellow or green preferably, for color), cored, seeded and diced**
- 2 **teaspoons chili powder**
- ¼ **teaspoon ground cumin**
- ¼ **teaspoon ground cinnamon**
- 1 **can (28 ounces) diced tomatoes, drained**
- 2 **tablespoons tomato paste**
- 1 **chipotle in adobo sauce, puréed with**

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**2 additional 1 teaspoon adobo sauce  
cups vegetable broth  
Shredded Cheddar or Monterey Jack,  
for garnish  
Fresh cilantro, for garnish**

1. Put the olive oil into the cooking pot of the Cuisinart® Pressure Cooker. Select Sauté. Once the oil is hot, add the ginger, garlic, and onion with a pinch each of the salt and pepper. Cook until softened and the onion is translucent, about 2 to 3 minutes. Add the bell pepper and the spices and cook to meld the flavors and cook the pepper, about 3 to 4 minutes. Add the drained beans, tomatoes, tomato paste, chipotle and sauce, broth and remaining salt and pepper.
2. Secure the lid and select High Pressure. Set the time for 20 minutes. When the tone sounds, allow pressure to release naturally.
3. Once the pressure is completely released, the red indicator will drop. Remove lid.
4. Taste and adjust seasoning as desired.

**Nutritional information per serving (1 cup):**  
Calories 247 (10% from fat) • carb. 44g • pro. 14g  
fat 3g • sat. fat 0g • chol. 0mg • sod. 728mg  
calc. 117mg • fiber 14g

## Artichokes with Three Sauces

Perfect artichokes, cooked in just 7 minutes!

The best part is that these can be made in advance and served at room temperature with any one of our suggested sauces.

### Makes 4 artichokes

- ½ cup water  
1 lemon, halved  
4 medium artichokes**
1. Put water and the juice of one lemon into the cooking pot of the Cuisinart® Pressure Cooker.
  2. Prepare artichokes by cutting the stem off at the base to make an even, flat surface. Cut one-third off the top, and trim the outer layers of tough leaves.
  3. Rub the cut parts of the artichoke with the juiced lemon halves. Place artichokes into the pot. Secure the lid and select High Pressure.

Set timer for 7 minutes. When the tone sounds, use Quick Pressure Release.

4. Once pressure has completely released, the red indicator will drop. Remove lid.
5. Serve immediately with melted butter or one of our suggested dipping sauces.

**Nutritional information per serving (1 artichoke):**  
Calories 76 (2% from fat) • carb. 17g • pro. 5g  
fat 0g • sat. fat 0g • chol. 0mg • sod. 152mg  
calc. 71mg • fiber 9g

## Garlic-Chile Oil

A simple oil for the artichokes, any leftovers can be used for dipping bread.

### Makes ½ cup

- ½ cup olive oil  
4 garlic cloves, thinly sliced  
Pinch kosher salt  
Freshly ground black pepper  
Pinch red pepper flakes**

Put the oil and garlic in a small saucepan set over medium heat. Cook until garlic is fragrant, but not colored, 3 to 5 minutes. Remove from the heat, add the remaining ingredients and allow to cool. Cover and steep for 1 hour. Strain into a jar or small serving/dipping bowl (discard the garlic). The oil can be stored at room temperature for 24 hours, or in the refrigerator for up to 1 week (bring to room temperature before serving).

**Nutritional information per serving (2 teaspoons):**  
Calories 82 (98% from fat) • carb. 0g • pro. 0g  
fat 9g • sat. fat 1g • chol. 0mg • sod. 12mg  
calc. 2mg • fiber 0g

## Lemon-Thyme Butter

The melted butter coats the artichoke leaves perfectly, and the hint of lemon brightens up this delicious dipping sauce.

### Makes about ½ cup

- 8 tablespoons (1 stick) unsalted butter  
2 tablespoons fresh lemon juice  
2 teaspoons fresh thyme leaves  
½ teaspoon grated lemon zest  
Pinch kosher salt**

Put the butter in a small saucepan to melt. Remove from heat and cool slightly. Add the



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remaining ingredients and stir to combine.  
Serve warm.

**Nutritional information per serving (1 teaspoon):**

Calories 67 (99% from fat) • carb. 0g • pro. 0g  
fat 7g • sat. fat 5g • chol. 20mg • sod. 24mg  
calc. 1mg • fiber 0g

## Hollandaise

This classic sauce can be made in a blender, food processor or by hand, but we have found in our testing that the hand blender is the quickest and most foolproof way to prepare it.

**Makes 1½ cups**

- 4 large egg yolks
  - 1 tablespoon fresh lemon juice
  - ¾ teaspoon kosher salt
  - ½ pound (2 sticks) unsalted butter, melted and kept slightly warm (not hot)
- Warm water, as needed

1. Put the egg yolks, lemon juice and salt into the blending cup of a hand blender (or a tall, shatterproof cup would work well). Slowly pour the warm butter into the cup, carefully leaving any white milk solids on the bottom of the pot behind. Allow to rest for about 1 minute.
2. Insert the blending shaft into the blending cup so that the blade guard touches the bottom of the cup. Blend, using Low speed if available, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all the ingredients are incorporated.
3. If sauce is too thick, blend in warm water, 1 teaspoon at a time, until desired consistency is achieved (approximately 2 tablespoons water total).
4. Taste and adjust seasoning as desired. Serve immediately or transfer to a double boiler to keep warm.

**Nutritional information per serving (1 tablespoon):**

Calories 115 (97% from fat) • carb. 0g • pro. 1g  
fat 12g • sat. fat 7g • chol. 76mg • sod. 109mg  
calc. 6mg • fiber 0g

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## Mushroom Risotto

Fresh mushrooms star in this simple yet flavorful risotto.

**Makes about 8 cups**

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 medium leek, thoroughly cleaned and finely chopped
- 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 10 ounces cremini mushrooms, sliced
- 5 ounces shiitake mushrooms, sliced
- 3 sprigs fresh thyme
- 2 cups Arborio rice
- ½ cup dry white wine
- 4 cups low-sodium chicken or vegetable broth/stock
- ½ cup frozen peas
- ½ cup shredded fontina (about 1¼ ounces)

1. Put the oil and butter into the cooking pot of the Cuisinart® Pressure Cooker and select Sauté. Once oil is hot and butter melted, add the leek with ½ teaspoon of the salt and pepper. Stir and cook until soft and fragrant. Add the sliced mushrooms and thyme, and cook until soft and browned at the edges.
2. Add the rice and stir to evenly coat with the other ingredients. Cook until the outer edges are translucent, but the middle is still opaque. Add the wine and stir until the wine evaporates and the pot is just about dry. Add broth and remaining salt.
3. Secure the lid and select High Pressure. Set the time for 3 minutes. When the tone sounds, use Quick Pressure Release.
4. Once pressure is completely released, the red indicator will drop. Remove lid and stir in the peas and cheese.
5. Remove thyme stems, taste and adjust seasoning as desired. Serve immediately.

**Nutritional information per first-course serving (½ cup):**

Calories 170 (19% from fat) • carb. 27g • pro. 5g  
fat 4g • sat. fat 2g • chol. 8mg • sod. 388mg  
calc. 34mg • fiber 1g



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# Black Beans and Rice

A quick version of the classic  
Cuban side dish.

**Makes 8 cups**

- 1 cup dried black beans, soaked overnight**
  - 1 tablespoon olive oil**
  - 1 jalapeño, seeded and chopped**
  - 2 garlic cloves, finely chopped**
  - 1/2 teaspoon ground cumin**
  - 4 cups low-sodium chicken broth, divided**
  - 1 bay leaf**
  - 2 cups long-grain white rice**
  - 1 teaspoon kosher salt**
1. Drain and rinse soaked beans; reserve.
  2. Put the olive oil into the cooking pot of the Cuisinart® Pressure Cooker. Select Sauté. When the oil is hot, add the jalapeño and garlic and cook until soft and fragrant, about 3 minutes. Stir in the cumin and rinsed beans with 2 cups of broth and the bay leaf.
  3. Secure the lid and select High Pressure. Set time for 15 minutes. When the tone sounds, use Quick Pressure Release.
  4. Once the pressure is completely released, the red indicator will drop. Remove lid and add the remaining chicken broth, rice and salt. Stir well and select High Pressure for 3 minutes, allowing the pressure to release naturally.
  5. Remove lid and stir together, adjust seasoning as desired and serve.

*Nutritional information per serving (1 cup):  
Calories 265 (7% from fat) • carb. 52g • pro. 9g  
fat 2g • sat. fat 0g • chol. 0mg • sod. 553mg  
calc. 73mg • fiber 4g*

# Curried Chickpeas with Potatoes and Spinach

Vegetarian comfort food!

**Makes about 4 cups**

- 2 teaspoons vegetable oil**
- 1/2 red onion, finely chopped**
- 1 habanero pepper, deseeded and finely chopped**
- 2 garlic cloves, finely chopped**

- 1 tablespoon mild curry powder**
- 1/2 teaspoon ground cumin**
- 1 cup dried chickpeas, rinsed and drained**
- 2 cups low-sodium vegetable or chicken broth**
- 12 ounces white potatoes, cut into 1/2-inch dice**
- 1/2 teaspoon kosher salt**
- 1 cup fresh baby spinach, packed**

1. Put the oil into the cooking pot of the Cuisinart® Pressure Cooker. Select Sauté. Once the oil is hot, add the onion, pepper and garlic. Cook until softened and fragrant, about 5 minutes. Add the curry powder and cumin and stir well over the heat; continue to cook for a few minutes. Add the dried chickpeas and broth. Secure the lid and select High Pressure. Set time for 30 minutes. When tone sounds, allow pressure to release naturally.
2. Once pressure is completely released, the red indicator will drop. Remove the lid. Add the potatoes and salt and secure the lid. Select High Pressure for 3 minutes. When time expires, use Quick Pressure Release.
3. Remove the lid and stir in the spinach. Taste and adjust seasoning as desired.

***Nutritional information per cup:***

*Calories 152 (20% from fat) • carb. 24g • pro. 7g  
fat 3g • sat. fat 0mg • chol. 0mg • sod. 443mg  
calc. 47mg • fiber 16g*

# Sautéed Kale

This simple side dish is a tasty way to get greens on your plate any night of the week.

**Makes about 3 cups**

- 1 tablespoon olive oil**
- 1 garlic clove, crushed**
- 1/4 teaspoon kosher salt**
- Pinch crushed red pepper**
- 8 ounces (10 packed cups) kale, hard stems removed and discarded, leaves and tender stems roughly chopped**
- 1/2 cup low-sodium chicken broth**

1. Put the olive oil in the cooking pot of the Cuisinart® Pressure Cooker. Select Sauté. Add the garlic and cook until garlic is fragrant but has no color. Stir in the salt and crushed red pepper.

2. Stir in the kale to evenly coat with oil and add the broth. Secure the lid and select High Pressure. Set the time for 2 minutes. When the tone sounds, use Quick Pressure Release.
3. Once the pressure is completely released, the red indicator will drop. Remove lid. Taste and adjust seasoning as desired.

**Nutritional information per serving  
(based on ½ cup serving):**

Calories 98 (53% from fat) • carb. 9g • pro. 4g  
fat 6g • sat. fat 1g • chol. 3mg • sod. 291mg  
calc. 124mg • fiber 2g

## Green Beans with Shallots and Pine Nuts

This side dish is elegant enough for a dinner party, yet simple enough to make every day.

**Makes about 4 cups**

- ¼ **cup pine nuts**
- 1 tablespoon unsalted butter**
- 1 shallot peeled and thinly sliced**
- ½ **teaspoon kosher salt**
- 12 ounces green beans, trimmed**
- 1 tablespoon fresh lemon juice**
- ½ **cup water**

1. Put the pine nuts into the cooking pot of the Cuisinart® Pressure Cooker and select Sauté. Stir over the heat for about 5 minutes, until the nuts are slightly toasted.
2. Add the butter to the pot with the shallots to slightly sauté and soften.
3. Sprinkle with salt before adding the green beans, lemon juice and water. Secure the lid and select High Pressure. Set the time for 1 minute. When the tone sounds, use Quick Pressure Release. Once pressure is completely released, the red indicator will drop.
4. Remove lid and stir together, taste and adjust seasoning as desired.

**Nutritional information per serving (½ cup):**  
Calories 64 (73% from fat) • carb. 4g • pro. 2g  
fat 5g • sat. fat 1g • chol. 4mg • sod. 151 mg  
calc. 17mg • fiber 1g

## Acorn Squash with Melted Red Onion and Sage

A hearty, winter side dish.

**Makes about 4 cups**

- 2 teaspoons olive oil**
- 1 medium acorn squash, seeded and cut into wedges**
- 1 medium red onion, cut into wedges**
- 2 teaspoons pure maple syrup**
- ½ **teaspoon kosher salt**
- ½ **cup chicken stock**
- 1 teaspoon fresh sage leaves, thinly sliced**

1. Put the olive oil into the cooking pot of the Cuisinart® Pressure Cooker. Select Sauté. Once the oil is hot and shimmers across the pan, add the squash wedges in a single layer (this will take 2 batches). Cook until golden, about 2 minutes per side. Repeat with second batch and then remove and reserve.
2. Add the onion wedges to the pot and cook until golden, again about 2 minutes per side. Once golden, stir in the maple syrup, salt, and stock. Add the squash back to the pot, secure the lid and select High Pressure. Set the time for 3 minutes. When the tone sounds, use Quick Pressure Release.
3. Once pressure is completely released, remove lid and add the sage.
4. Taste and adjust seasoning as desired.

**Nutritional information per serving (½ cup):**  
Calories 56 (21% from fat) • carb. 11g • pro. 1g  
fat 1g • sat. fat 0g • chol. 0mg • sod. 213mg  
calc. 34mg • fiber 2g

## Garlic and Herb Smashed Potatoes

The potato side dish to fit every plate.

**Makes 4 to 6 servings**

- 2 tablespoons unsalted butter, divided**
- 2 pounds small red potatoes, halved lengthwise**
- 2 garlic cloves, sliced**
- ½ **teaspoon kosher salt**
- ½ **cup chicken broth**
- ¼ **cup chopped fresh herbs (any favorite or combination – parsley, mint, rosemary, thyme and/or dill)**