

the Fast Slow GO™
Recipe Book



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the Fast Slow GO™



With the Fast Slow GO™, these one-pot recipes can easily switch from pressure cook if you're short on time to slow cook if you've got all the time in the world. You have the option of using 8 easy pre-set settings or take full control in manual mode.

Pressure cooking is a method of cooking food in a small amount of liquid with a gasket sealed lid that retains steam inside and builds pressure. It is the increase in pressure that raises the temperature of the liquid and steam inside to well above boiling point and therefore allows the food to be cooked up to 70% faster.

There are three steam release settings to depressurize the cooker once cooking is complete and each one has a different impact on the food inside.

NATURAL is the slowest and gentlest method of release. It allows the pressure to naturally subside without releasing through the vent, this prevents disturbing or breaking apart sensitive ingredients.



AUTO QUICK allows the pressure to release quickly to minimise overcooking the food, this is best suited for recipes with a short cooking time.



PULSE allows the pressure to release in bursts, so as not to disturb the food.

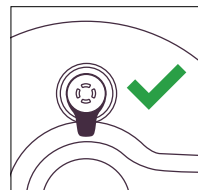


During the building and releasing of pressure the temperature inside the bowl is near boiling point so the food is actually cooking during this time too. Cooking time given in the recipes does not include the building and releasing of pressure as this can vary. Changing the release method suggested in the recipe will affect the final result.

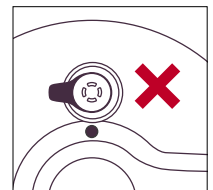
If the lid will not unlock this indicates the appliance is still under pressure.

Do not force the lid open while under pressure.

The pressure release valve is in the closed position unless otherwise specified in the recipe.



Closed Position



Open Position

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Before you start cooking read over the instruction book to get familiar with the appliance and its many functions.

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Beef Tacos







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Beef Tacos



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-  **Prep time:** 15 minutes
-  **Pressure cook:** 12.0 psi / 45 minutes* / Natural Release
-  **Slow cook:** HI 4 hours / LO 8 hours
-  **Makes:** 16

Ingredients

For the pickled onions

- 2 red onions, thinly sliced
- 1 tablespoon kosher salt
- ½ cup (80ml) lime juice

For the beef

- 2 tablespoons vegetable oil
- 3 lb (1.35kg) chuck roast, cut into 3 pieces
- 1 large onion, chopped
- 2 cloves garlic, minced
- 12 fl oz (350ml) bottle dark Mexican beer
- ½ cup (120ml) water
- 1 teaspoon finely grated orange zest

3 canned chipotle chilies in adobo sauce, coarsely chopped

- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon kosher salt
- ½ cup (80ml) orange juice

To serve

- 16 soft flour tortillas, warmed
- 8 oz (225g) tomatillo salsa
- 2 avocados, diced

Method

1. **Make the pickled onions.** Place the onions in a bowl, sprinkle with the salt and toss to combine. Add the lime juice and stand for up to 2 hours on the countertop or overnight in the refrigerator. The longer the pickling time the better the flavor.
2. **For the beef.** Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil and beef and sear for 10 minutes, until browned all over. Remove from the cooking bowl and set aside.
3. Add the onion and cook, stirring occasionally for 5 minutes, until softened and starting to brown. Add the garlic and beer and cook until the beer is reduced by half.
4. Add the remaining ingredients, except the orange juice, and stir to combine. Return the beef to the cooking bowl. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
5. Select MEAT to pressure cook OR select SLOW COOK and press START.
6. When cooking has completed, carefully remove the beef to a large bowl and shred with two forks. Skim any fat from the surface of the liquid. Return the beef with the orange juice to the cooking bowl and stir.
7. Just before serving, drain the liquid from the pickled onions. Top the warm tortillas with the shredded beef, pickled onions, tomatillo salsa and avocados. Serve immediately.

*Cooking time excludes the building and releasing of pressure.



Beets and Quinoa Salad






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Beets and Quinoa Salad



-  *Prep time:* 20 minutes
-  *Pressure cook:* For the Beets - 12.0 psi / 20 minutes* / Auto Quick Release
For the Quinoa - 7.5 psi / 5 minutes* / Pulse Release
-  *Serves:* 4 - 6
-

Ingredients

1½ lb (700g) medium beets
1 cup (200g) tri-colored quinoa, rinsed
3 tablespoons balsamic vinegar
¼ cup (60ml) extra virgin olive oil
2 teaspoons sea salt
2 oz (60g) baby arugula
½ cup (50g) walnuts, coarsely chopped
4 oz (120g) feta, crumbled
Freshly ground black pepper, to season

Method

1. Place the trivet in the cooking bowl and add 1 cup (240ml) water. Place the beets on the trivet. Close and lock the lid.
2. Select **PRESSURE COOK** and set the pressure level to 12.0, the cooking time to 20 minutes and the release to **AUTO QUICK** and press **START**.
3. When cooking has completed, remove the beets from the cooking bowl and cool to room temperature.
4. Meanwhile, remove the trivet, wash and dry the cooking bowl and return to the cooker.
5. Place the quinoa in the cooking bowl and add 1¼ cups (300ml) water. Close and lock the lid.
6. Select **RICE/GRAINS** and press **START**.
7. When cooking has completed, remove the quinoa from the bowl and cool to room temperature.
8. Whisk the balsamic, oil and salt together.
9. Once the beets have cooled, peel and trim the ends. Cut into 1¼-inch pieces and place in a large bowl.
10. Add the arugula and walnuts to the beets, then the quinoa and dressing and toss to coat.
11. Serve topped with the feta and season with pepper.

*Cooking time excludes the building and releasing of pressure.



Broccoli, Farro and Goat Cheese Salad







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Broccoli, Farro and Goat Cheese Salad



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-  *Prep time:* 15 minutes
-  *Pressure cook:* 7.5psi / 15 minutes* / Auto Quick Release
-  *Steam:* 7 minutes
-  *Serves:* 4

Ingredients

- | | |
|--------------------------------|----------------------------------------|
| 1 cup (190g) farro, rinsed | 1 tablespoon whole grain mustard |
| 10 oz (300g) broccoli florets | 2 tablespoons extra virgin olive oil |
| ½ cup (45g) raisins | 1½ teaspoons sea salt |
| ½ cup flat-leaf parsley leaves | Freshly ground black pepper, to season |
| 1 teaspoon grated lemon zest | 3 oz (85g) fresh goat cheese |
| 2 tablespoons lemon juice | |
-

Method

1. Place the farro and 1½ cups (360ml) water in the cooking bowl. Close and lock the lid.
2. Select RICE/GRAINS and adjust the cooking time to 15 minutes and the release setting to AUTO QUICK and press START.
3. When cooking has completed, drain and rinse the farro under cold water. Place the farro in a bowl and set aside.
4. Wash and dry the cooking bowl and return to the cooker.
5. Pour 4 cups (1 liter) water into the cooking bowl. Close and lock the lid, remove the pressure release valve. Select STEAM and adjust the cooking time to 7 minutes. Press START to preheat.
6. Once preheated, add the broccoli to the cooking bowl. Close and lock the lid.
7. When cooking has completed, drain the broccoli, rinse under cold water to cool and drain thoroughly. Add the broccoli to the farro.
8. Add the raisins, parsley and lemon zest to the salad and toss to combine.
9. In a separate bowl, whisk together the lemon juice, mustard, oil, salt and pepper. Pour the dressing over the salad and toss to combine. Crumble the goat cheese over the salad and serve.

*Cooking time excludes the building and releasing of pressure.



Potato Salad with Bacon and Mustard






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Potato Salad with Bacon and Mustard



-  **Prep time:** 25 minutes
-  **Pressure cook:** 9.0 psi / 6 minutes* / Auto Quick Release
-  **Serves:** 4 - 6
-

Ingredients

2 lb (900g) baby potatoes
1½ teaspoons kosher salt, divided
1 teaspoon olive oil
8 oz (225g) bacon slices, coarsely chopped
8 green onions, thinly sliced
½ cup (110g) mayonnaise
3 tablespoons whole grain mustard
½ cup flat-leaf parsley leaves, coarsely chopped
Cracked black pepper, to season

Method

1. Place the potatoes in the cooking bowl.
Add 1 cup (240ml) water and 1 teaspoon salt.
Close and lock the lid.
2. Select **PRESSURE COOK** and set the pressure level to 9.0, the cooking time to 6 minutes and the release setting to **AUTO QUICK** and press **START**.
3. When cooking has completed, drain and refrigerate the potatoes until cold.
4. Meanwhile, wash and dry the cooking bowl and return to the cooker.
5. Select **SAUTÉ/SEAR** and press **START** to preheat the cooking bowl. Once preheated, add the oil and bacon and cook, stirring occasionally, for 10 minutes, until the bacon begins to render. Add three-quarters of the onions and cook, stirring occasionally for 5 minutes, until softened. Remove from the cooking bowl and place in a medium bowl lined with paper towels to cool.
6. Cut the potatoes in half and place in a large bowl.
7. Add the bacon mixture, remaining salt, mayonnaise and mustard to the potatoes and toss to coat. Stir through the parsley and the remaining onions. Season with cracked black pepper and serve.

*Cooking time excludes the building and releasing of pressure.



Corn and Black Bean Salad







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Corn and Black Bean Salad



-  *Prep time:* 20 minutes
-  *Pressure cook:* 12.Opsi/10 minutes*/Natural Release
-  *Steam:* 6 minutes
-  *Serves:* 6

Ingredients

1½ cups (300g) dried black beans,
rinsed and picked over

2 ears white or yellow corn, husks and silk removed

¼ red onion, finely chopped

1 large Persian cucumber, finely chopped

1 red bell pepper, finely chopped

8 oz (225g) cherry or grape tomatoes, cut in half

1 avocado, chopped

½ cup cilantro leaves, coarsely chopped,
plus extra to garnish

Lime dressing

3 tablespoons lime juice

½ teaspoon ground cumin

½ teaspoon ground coriander

2 teaspoons sea salt

3 tablespoons olive oil

Method

1. Place the beans and 4 cups (1 liter) water in the cooking bowl. Close and lock the lid.
2. Select LEGUMES and adjust the cooking time to 10 minutes and press START.
3. When cooking has completed, drain the beans and allow to cool. Transfer to a large bowl.
4. Meanwhile, cut along the length of each ear of corn to remove the kernels.
5. Pour 4 cups (1 liter) water into the cooking bowl. Close and lock the lid, remove the pressure release valve. Select STEAM and adjust the cooking time to 6 minutes. Press START to preheat.
6. Once preheated, add the corn to the cooking bowl. Close and lock the lid.
7. When cooking has completed, drain the corn and rinse under cold water, drain thoroughly. Add to the beans.
8. Add the onion, cucumber, pepper, tomatoes, avocado and cilantro to the beans and toss to combine.
9. **Make the lime dressing.** In a separate bowl, whisk the lime juice, cumin, coriander and salt. Add the oil and whisk to combine.
10. Just before serving, pour the dressing over the salad and toss to combine. Serve topped with cilantro leaves.

*Cooking time excludes the building and releasing of pressure.



Heirloom Carrots with Labne



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Heirloom Carrots with Labne



	Prep time:	20 minutes
	Sous vide:	195°F / 30 minutes
	Serves:	4

Ingredients

1 lb (450g) heirloom carrots	½ cup mint leaves
3 tablespoons extra virgin olive oil, divided	½ cup flat-leaf parsley leaves
2 teaspoons sea salt	1 tablespoon dukkah, divided
1 teaspoon cumin seeds	½ cup (140g) labne
2 teaspoons honey	

Method

1. Pour 8 cups (2 liters) hot water into the cooking bowl.
2. Select SOUS VIDE and adjust the temperature to 195°F and the cooking time to 30 minutes. Close and lock the lid with the pressure release valve open. Press START to preheat.
3. Meanwhile, trim the tops and peel the carrots. Divide the carrots between two resealable bags. Place 1 tablespoon oil in each bag. Divide the salt, cumin seeds and honey between the bags.
4. Once preheated, slowly lower the bags into the water to remove the air. Seal the bags and place in the water. If the bags float, place the trivet upside down over the bags to keep them fully submerged. Close and lock the lid.
5. Cook until the carrots are just tender but still crisp. Carefully remove the bags from the water and place into cold water to cool.
6. Place the herbs in a bowl and dress with the remaining 1 tablespoon oil and 1 teaspoon of the dukkah.
7. Spoon the labne onto a serving plate. Drain the carrots and place them on the labne. Top with the herbs and sprinkle with the remaining dukkah.

Tips: Use sturdy food safe resealable bags or use double-bags for added strength.

To make homemade labne, see the tip in the Greek-Style Yogurt recipe.



Corn with Chili Pepper and Lime Salt






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Corn with Chili Pepper and Lime Salt



-  *Prep time:* 5 minutes
-  *Pressure cook:* 12.0 psi / 2 minutes* / Auto Quick Release
-  *Serves:* 4

Ingredients

- | | |
|-----------------------------------------------------|---------------------------------------------|
| 4 ears white or yellow corn, husks and silk removed | ½ teaspoon grated lime zest |
| 1 teaspoon red pepper flakes | 3 tablespoons (45g) unsalted butter, melted |
| 1 teaspoon sea salt | 1 teaspoon lime juice |
-

Method

1. Place the trivet in the cooking bowl. Pour 1 cup (240ml) water into the bowl and place the corn on the trivet. Close and lock the lid.
2. Select PRESSURE COOK and set the pressure level to 12.0, the cooking time to 2 minutes and the release setting to AUTO QUICK and press START.
3. Meanwhile, place the pepper flakes, salt and lime zest in a small bowl and mix to combine.
4. When cooking has completed, remove the corn from the cooking bowl and place in a bowl. Pour the butter and lime juice over the corn and toss to coat. Sprinkle with the chili pepper and lime salt and serve.

*Cooking time excludes the building and releasing of pressure.



Pork and Chive Dumplings



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Pork and Chive Dumplings



 *Prep time:* 30 minutes

 *Steam:* 8 minutes

 *Makes:* 25 - 30

Ingredients

9 oz (250g) ground pork	3 tablespoons chicken stock
½ cup (50g) chopped garlic chives, plus extra to serve	½ teaspoon kosher salt
2 teaspoons grated fresh ginger	1 teaspoon sugar
1 teaspoon sesame oil	25 - 30 dumpling or gyoza wrappers
1 tablespoon shaoxing wine	Black vinegar, to serve
2 teaspoons soy sauce, plus extra to serve	Thinly sliced red chili, to serve
2 teaspoons cornstarch	

Method

1. Place the pork, chives, ginger, oil, shaoxing wine, soy sauce, cornstarch, stock, salt and sugar in a bowl. Using a fork, break up the mixture and mix well.
2. Place 1½ - 2 teaspoons of the filling in the center of a wrapper; avoid overfilling. Brush a little water around the edge of the wrapper, fold and pinch the edges together to seal. Repeat with the remaining filling and wrappers.
3. Place the trivet in the cooking bowl and add 4 cups (1 liter) water. Close and lock the lid, remove the pressure release valve. Select STEAM and adjust the cooking time to 8 minutes. Press START to preheat.
4. Place about 10 dumplings in a 9½-inch expandable steamer basket.
5. Once preheated, place the basket in the cooker. Close and lock the lid.
6. When cooking has completed, repeat with the remaining batches of dumplings.
7. Serve with soy sauce, vinegar, chili and garlic chives.

Tip: Dumplings can be served in hot bone broth, if desired.



Chicken and Mushroom Risotto





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Chicken and Mushroom Risotto



 *Prep time:* 15 minutes

 *Pressure cook:* 6.0 psi / 6 minutes* / Auto Quick Release

 *Serves:* 4

Ingredients

2 tablespoons olive oil	1 lb (450g) boneless, skinless chicken thighs, cut into ½-inch strips
1 yellow onion, finely chopped	4 cups (960ml) chicken stock, heated, divided
2 cloves garlic, minced	¾ cup (60g) grated Parmesan cheese, plus extra to serve
2 cups (400g) arborio rice	3 tablespoons (45g) unsalted butter, chopped
8 oz (225g) cremini (brown) mushrooms, sliced	¼ cup coarsely chopped flat-leaf parsley
½ cup (120ml) white wine	
4 sprigs thyme	

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil and onion and cook, stirring occasionally for 4 minutes, until softened.
2. Add the garlic and cook, stirring for 2 minutes, until fragrant but not browned. Add the rice and cook, stirring, for 2 minutes, until the rice is coated in the oil. Add the mushrooms and cook for another 2 minutes.
3. Pour in the wine and cook, for 2 minutes, or until reduced by half.
4. Add the thyme and chicken. Pour in 3 cups (720ml) hot stock and stir to combine. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
5. Select RISOTTO and press START.
6. When cooking has completed, add the remaining 1 cup (240ml) hot stock, Parmesan and butter and stir for 3 minutes, until thick and creamy.
7. Stir in the parsley and serve immediately topped with Parmesan.

*Cooking time excludes the building and releasing of pressure.



Mexican Risotto






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Mexican Risotto



-  *Prep time:* 20 minutes
-  *Pressure cook:* 6.0 psi / 6 minutes* / Auto Quick Release
-  *Serves:* 4

Ingredients

- | | |
|-----------------------------------------|-------------------------------------------------------|
| 2 tablespoons vegetable oil | ½ cup (120ml) white wine |
| 1 large onion, finely chopped | 10 oz (283g) can diced tomatoes and green chilies |
| 1 celery stalk, finely chopped | 4 cups (960ml) chicken broth, heated, divided |
| 1 small red bell pepper, finely chopped | 2 teaspoons sea salt |
| 1 jalapeño pepper, finely chopped | 2 tablespoons (30g) cold unsalted butter, chopped |
| 2 cloves garlic, minced | ¼ cup (30g) grated cotija cheese, plus extra to serve |
| 1 tablespoon ground cumin | ¼ cup chopped cilantro, plus extra to serve |
| 2 teaspoons smoked paprika | 4 green onions, thinly sliced, plus extra to serve |
| 1 teaspoon chili powder, optional | |
| 2 cups (400g) arborio rice | |
-

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil, onion, celery and peppers and cook, stirring occasionally for 5 - 7 minutes, until softened.
2. Add the garlic, cumin, paprika and chili powder and cook, stirring for 1 minute, until fragrant.
3. Add the rice and cook, stirring, for 2 minutes, until the rice is coated.
4. Pour in the wine and cook, for 2 minutes, until reduced by half. Add the tomatoes and stir to combine, then add 3 cups (720ml) hot broth and salt and stir well. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
5. Select RISOTTO and press START.
6. When cooking has completed, add the remaining 1 cup (240ml) hot broth, butter and cheese and stir for 3 minutes, until thick and creamy.
7. Add the cilantro and green onions and stir to combine.
8. Serve immediately, topped with extra cheese, cilantro and green onions.

*Cooking time excludes the building and releasing of pressure.



Vegan Risotto Milanese






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Vegan Risotto Milanese



-  **Prep time:** 10 minutes
-  **Pressure cook:** 6.0psi / 6 minutes* / Auto Quick Release
-  **Serves:** 4
-

Ingredients

2 tablespoons olive oil
1 small onion, finely chopped
2 large cloves garlic, minced
2 cups (400g) arborio rice
2 pinches saffron threads
 $\frac{3}{4}$ cup (160ml) white wine
5 cups (1.2 liters) water, approximately, divided
1 $\frac{1}{4}$ teaspoons kosher salt
1 $\frac{1}{2}$ oz (45g) white miso paste
Basil leaves, to serve
Freshly ground black pepper, to season

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil and onion and cook, stirring occasionally for 4 minutes, until softened.
2. Add the garlic and cook, stirring for 2 minutes, until fragrant but not browned. Add the rice and saffron and cook, stirring, for 2 minutes, until the rice is coated in the oil.
3. Pour in the wine and cook, for 5 minutes, or until reduce by half.
4. Add 3 cups (720ml) of the water and salt and stir to combine. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
5. Select RISOTTO and press START.
6. When cooking has completed, add the miso paste and 1 cup (240ml) water and stir for 3 minutes, until thick and creamy. Add more water as required to reach the desired consistency.
7. Serve immediately topped with basil and pepper.

*Cooking time excludes the building and releasing of pressure.



Chicken and Ginger Congee







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Chicken and Ginger Congee



	Prep time:	15 minutes
	Pressure cook:	7.5 psi / 30 minutes* / Natural Release
	Reduce:	HI / 2 minutes
	Serves:	4

Ingredients

2 teaspoons sesame oil	1 cup (200g) jasmine rice
4 green onions, thinly sliced, white and green part separated	7 cups (1.68 liters) chicken stock, divided
2 tablespoons grated fresh ginger	½ cup cilantro leaves
4 cloves garlic, minced	¼ cup (20g) fried shallots
2 chicken leg quarters (drumsticks and thigh) (about 1¼ lb/570g)	Soy sauce, to serve

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil and the white part of the onions, ginger and garlic and cook, stirring occasionally for 3 minutes, until softened.
2. Add the chicken, skin side down, cook for 5 minutes, until browned. Turn the chicken over and add the rice and 5 cups (1.2 liters) of the stock. Stir briefly to combine. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
3. Select RICE/GRAINS and adjust the cooking time to 30 minutes and the release setting to NATURAL and press START.
4. When cooking has completed, remove the chicken from the cooking bowl and set aside.
5. Select REDUCE and adjust the cooking time to 2 minutes and press START. Add the remaining 2 cups (480ml) stock to the cooking bowl and whisk to break down the rice and form a thick porridge-like consistency.
6. Remove and discard the skin and bones from the chicken. Shred the meat.
7. Spoon the congee into serving bowls and top with the chicken, cilantro, green onions and fried shallots. Season with soy sauce and serve.

*Cooking time excludes the building and releasing of pressure.



Salmon with Lemon and Thyme




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Salmon with Lemon and Thyme



 Prep time: 10 minutes

 Sous vide: 118°F / 40 minutes

 Serves: 4

Ingredients

4 x 8 oz (225g) salmon fillets, center cut, skin on

1 teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 teaspoon grated lemon zest

1 clove garlic, thinly sliced

4 sprigs thyme

2 tablespoons extra virgin olive oil

1 tablespoon olive oil

Method

1. Pour 8 cups (2 liters) water into the cooking bowl.
2. Select SOUS VIDE and adjust the temperature to 118°F and the cooking time to 40 minutes. Close and lock the lid with the pressure release valve open. Press START to preheat.
3. Meanwhile, season the salmon with the salt and pepper and sprinkle with the lemon zest.
4. Place the salmon in a large resealable bag. Add the garlic, thyme and extra virgin olive oil to the bag.
5. Once preheated, slowly lower the bag into the water to remove the air. Seal the bag and place in the water. If the bag float, place the trivet upside down over the bag to keep it fully submerged. Close and lock the lid.
6. When cooking has completed, carefully remove the bag from the water. Remove the salmon from the bag and drain on paper towels.
7. Heat the olive oil in a frying pan over high heat. Add the salmon, skin side down. Sear for 1 minute, turn salmon over and sear the other side for 30 seconds.
8. Serve with mashed potato, baby spinach and lemon wedges, if desired.

Tip: Use a sturdy food safe resealable bag or use double-bags for added strength.



Hainanese Chicken







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Hainanese Chicken



-  **Prep time:** 20 minutes
-  **Pressure cook:** For the chicken - 12.0 psi / 15 minutes / Natural Release
For the rice - 7.5 psi / 5 minutes / Pulse Release
-  **Slow cook:** For the chicken - HI 3 hours / LO 4 hours
-  **Serves:** 4

Ingredients

3½ oz (100g) fresh ginger	2 tablespoons vegetable oil
1 head of garlic, divided	1 tablespoon sesame oil
3 lb (1.35kg) whole chicken	6 green onions, thinly sliced
2 teaspoons kosher salt, divided	1 teaspoon soy sauce
2 cups (400g) long grain rice	

Method

1. Place the trivet in the cooking bowl and pour in 2 cups (480ml) water.
2. Peel the ginger and place the trimmings in the cooking bowl. Finely grate the ginger and set aside.
3. Remove 4 cloves of garlic. Cut the remaining garlic head in half crosswise and place in the cooking bowl. Peel and finely grate the 4 cloves garlic and reserve.
4. Place the chicken on the trivet, breast side up. Season with half the salt. Close and lock the lid.
5. Select MEAT and adjust the cooking time to 15 minutes to pressure cook OR select SLOW COOK and adjust the cooking time for HI to 3 hours or LO to 4 hours and press START.
6. When cooking has completed, carefully remove the chicken and trivet. Strain the stock and reserve 2½ cups (600ml) for the rice. If there is not enough stock, top up with water.
7. Place the rice in a sieve and wash well in cold water until the water runs clear. Drain well and place in the cooking bowl. Pour the reserved 2½ cups (600ml) stock over the rice and stir. Close and lock the lid.
8. Select RICE and press START.
9. When cooking has completed, remove the rice from the bowl, set aside and keep warm.
10. Wash and dry the cooking bowl and return to the cooker.
11. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oils, onions, ginger and reserved garlic and cook, stirring occasionally for 4 minutes, until soft. Remove from heat, add the soy sauce and remaining 1 teaspoon salt. Press STOP to turn off SAUTÉ/SEAR.
12. Cut the chicken into pieces and spoon over the ginger sauce. Serve with the rice.

*Cooking time excludes the building and releasing of pressure.



Butter Chickpeas






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Butter Chickpeas



-  *Prep time:* 20 minutes
-  *Pressure cook:* 12.0 psi / 50 minutes* / Natural release
-  *Serves:* 4 - 6

Ingredients

2 oz (60g) ghee (clarified butter)	1 cup (240g) whole milk plain yogurt, divided
2 medium onions, finely chopped	2 bay leaves
2 cloves garlic, minced	1 x 3-inch long cinnamon stick
1 tablespoon grated fresh ginger	2 teaspoons kosher salt
2 tablespoons garam masala	1 teaspoon sugar
½ cup (95g) tomato paste	½ cup (120ml) heavy cream
2 cups (400g) dried chickpeas, rinsed and picked over	5 oz (140g) baby spinach
28 oz (794g) can diced tomatoes	2 tablespoons chopped cilantro
3 cups (720ml) vegetable stock	

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the ghee and melt. Add the onions and cook, stirring occasionally, for 9 minutes, until starting to soften. Add the garlic, ginger and garam masala and cook, stirring for 1 minute, until fragrant. Add the tomato paste and cook for 1 minute.
2. Add the chickpeas and stir to coat. Stir in the tomatoes, stock, ½ cup (120g) of the yogurt, bay leaves, cinnamon stick, salt and sugar. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
3. Select LEGUMES and adjust the cooking time to 50 minutes and press START.
4. When cooking has completed, remove and discard the bay leaves and cinnamon stick. Add the cream and spinach and stir until wilted. Serve with the remaining ½ cup (120g) yogurt and sprinkle with cilantro.

*Cooking time excludes the building and releasing of pressure.



Shiitake and Corn Ramen







the Fast Slow Go™

Breville®

Shiitake and Corn Ramen



the Fast Slow Go®

-  *Prep time:* 30 minutes
-  *Pressure cook:* 9.0 psi / 15 minutes* / Auto Quick Release
-  *Reduce:* HI / 7 minutes
-  *Serves:* 4

Ingredients

- | | |
|-----------------------------------------------------|-----------------------------------------------|
| 1 oz (30g) dried shiitake mushrooms | 8 oz (225g) cremini (brown) mushrooms, sliced |
| 4 cups (2 liters) boiling water | ½ cup (80g) white miso paste |
| 2 ears white or yellow corn, husks and silk removed | ¼ cup (60ml) soy sauce |
| 4 green onions | ¼ cup (60ml) mirin |
| 2 tablespoons sesame oil | 2 cups (480ml) soy milk |
| 4 cloves garlic, grated | 9½ oz (270g) soba noodles |
| 1 tablespoon grated fresh ginger | |
-

Method

1. Soak the shiitake mushrooms in the boiling water for 15 - 30 minutes to soften.
2. Meanwhile, cut along the length of each corn ear to remove the kernels. You will need about 1½ cups (250g) corn kernels.
3. Very thinly slice the white part of the green onions and diagonally slice the remaining green part of the onions and set aside for garnish.
4. Remove the shiitake mushrooms from the water and thinly slice. Reserve the soaking water.
5. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the sesame oil, the white part of the onions, garlic and ginger and cook, stirring, for 1 minute, until starting to soften.
6. Add the cremini mushrooms and corn kernels and cook, stirring occasionally, for 5 minutes.
7. Add the miso paste and stir. Add the shiitake mushrooms, the reserved soaking water, soy sauce and mirin. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
8. Select SOUP and press START.
9. When cooking has completed, lift the lid.
10. Select REDUCE and adjust the cooking time to 7 minutes and press START. Add the soy milk and bring to a boil.
11. Meanwhile, bring a saucepan of water to a boil. Add the noodles and cook for 8 minutes or according to package instructions, until just tender. Drain.
12. Divide the noodles between 4 serving bowls and ladle over the ramen mixture. Serve sprinkled with the green onions.



Marinara Sauce






the Fast Slow Go®

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Marinara Sauce



-  *Prep time:* 15 minutes
-  *Pressure cook:* 12.0 psi / 40 minutes* / Auto Quick Release
-  *Serves:* 6 - 8
-

Ingredients

2 tablespoons olive oil
2 onions, finely chopped
6 cloves garlic, minced
2 x 28 oz (794g) cans diced tomatoes
1½ teaspoons dried oregano
½ teaspoon red pepper flakes (optional)
2 teaspoons kosher salt
2 teaspoons sugar
1 carrot, cut in half lengthways
1 sprig basil

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil and onions and cook, stirring occasionally for 4 minutes, until softened. Add the garlic and cook, stirring occasionally, for 2 minutes, until fragrant.
2. Add the tomatoes, oregano, pepper flakes, salt and sugar and stir. Add the carrot and basil. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
3. Select PRESSURE COOK and set the pressure level to 12.0, the cooking time to 40 minutes and the release setting to AUTO QUICK and press START.
4. When cooking has completed, remove and discard the carrot and basil.
5. Serve the sauce with pasta or place in airtight containers and store in the fridge for up to 3 days or freeze for up to 3 months.

*Cooking time excludes the building and releasing of pressure.



Bolognaise Sauce








the Fast Slow Go™

Breville®

Bolognese Sauce



-  *Prep time:* 30 minutes
-  *Pressure cook:* 10.5psi / 20 minutes* / Auto Quick Release
-  *Slow cook:* HI 4 hours / LO 8 hours
-  *Reduce:* HI / 10 minutes
-  *Serves:* 8 - 10

Ingredients

<i>2 tablespoons olive oil</i>	<i>1 lb (450g) ground veal</i>
<i>1 onion, finely chopped</i>	<i>½ cup (95g) tomato paste</i>
<i>1 carrot, finely chopped</i>	<i>2 x 28 oz (794g) cans diced tomatoes</i>
<i>2 celery stalks, finely chopped</i>	<i>2 teaspoons kosher salt</i>
<i>5 oz (150g) pancetta, chopped</i>	<i>1 tablespoon sugar</i>
<i>1 lb (450g) ground pork</i>	<i>1 teaspoon dried oregano</i>

Method

1. Select *SAUTÉ/SEAR* and press *START* to preheat the cooking bowl. Once preheated, add the oil, onion, carrot and celery and cook, stirring occasionally, for 6 minutes, until starting to soften.
2. Add the pancetta and cook for 2 minutes. Add the pork and veal and cook, stirring to break up the meat for 7 minutes, until cooked. Add the tomato paste and cook, stirring for 1 minute.
3. Add the tomatoes, salt, sugar and oregano and stir. Press *STOP* to turn off *SAUTÉ/SEAR*. Close and lock the lid.
4. Select *STEW* to pressure cook OR select *SLOW COOK* and press *START*.
5. When cooking has completed, lift the lid.
6. Select *REDUCE* and press *START*. Cook, stirring occasionally, until the sauce thickens slightly. Adjust the seasoning.
7. Serve the sauce with pasta or place in airtight containers and store in the fridge for up to 3 days or freeze for up to 3 months.

*Cooking time excludes the building and releasing of pressure.



Carolina Pulled Pork








the Fast Slow Go™

Breville®

Carolina Pulled Pork



-  *Prep time:* 10 minutes
-  *Pressure cook:* 12.0 psi / 45 minutes* / Natural Release
-  *Slow cook:* HI 5 hours / LO 9 hours
-  *Reduce:* HI / 10 minutes
-  *Serves:* 10

Ingredients

- | | |
|--------------------------------------------------------|---------------------------------------------|
| 4 teaspoons kosher salt | 2 tablespoons tomato paste |
| 2 tablespoons coarse black pepper | ½ cup (65g) dark brown sugar |
| ½ teaspoon cayenne pepper | 10 brioche buns |
| 2 tablespoons paprika | For the coleslaw |
| 1 teaspoon smoked paprika (optional) | 2 cups (140g) finely shredded green cabbage |
| 4 lb (1.8kg) boneless pork shoulder, cut into 4 pieces | 2 Granny Smith apples, julienned |
| ¼ cup (60ml) water | 4 green onions, sliced |
| 1 cup (240ml) apple cider vinegar | ¼ cup (55g) mayonnaise |
| 2 tablespoons Worcestershire sauce | 1 teaspoon kosher salt |

Method

1. Combine the salt, both peppers and both paprika in a small bowl. Rub the spice mix all over the pork. Add to the cooking bowl.
2. Combine the water, vinegar, Worcestershire sauce, tomato paste and sugar and pour over the pork. Close and lock the lid.
3. Select MEAT to pressure cook OR select SLOW COOK and adjust the cooking time for HI to 5 hours or LO to 9 hours and press START.
4. When cooking has completed, carefully remove the pork to a large bowl and shred with two forks. Skim any fat from the surface of the sauce.
5. Select REDUCE and press START. Cook the sauce until reduced. Return the pork to the sauce and stir.
6. **Make the coleslaw**, combine the cabbage, apples and onions. Add the mayonnaise and salt and stir to coat.
7. Serve the pork and coleslaw in the brioche buns.

Tip: Any leftover pork can be stored in the refrigerator for up to 3 days and is also great served with pickled onions.

*Cooking time excludes the building and releasing of pressure.



Beef Goulash



the Fast Slow Go™

Breville®

Beef Goulash



-  **Prep time:** 25 minutes
-  **Pressure cook:** 10.5 psi / 20 minutes* / Auto Quick Release
-  **Slow cook:** HI 4 hours / LO 8 hours
-  **Serves:** 4
-

Ingredients

- | | |
|-------------------------------------------------|--------------------------------------------------|
| 3 tablespoons olive oil, divided | ¼ cup (60ml) red wine |
| 2 lb (900g) beef chuck, cut into 1¼-inch pieces | 1 cup (240ml) beef stock |
| 3 yellow onions, cut into ½-inch pieces | 2 teaspoons kosher salt |
| 2 cloves garlic, minced | 1 bay leaf |
| 1 teaspoon caraway seeds | ½ cup (120g) sour cream |
| ¼ cup (70g) tomato paste | ½ cup flat-leaf parsley leaves, coarsely chopped |
| 1 tablespoon sweet paprika | Freshly ground black pepper, to season |
| 1 tablespoon Dijon mustard | |
-

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add 1 tablespoon of the oil and half the beef and sear for 5 minutes, until browned all over. Remove from the cooking bowl and set aside. Heat another tablespoon of the oil in the cooking bowl and sear the remaining beef. Remove from the cooking bowl and set aside.
2. Heat the remaining oil in the cooking bowl, add the onions and cook, stirring occasionally, for 5 minutes, until starting to soften. Add the garlic and caraway seeds and cook, stirring for 2 minutes, until fragrant. Add the tomato paste and cook for 2 minutes. Add the paprika and mustard and stir to combine then add the wine to deglaze the cooking bowl.
3. Return the beef to the cooking bowl and stir to coat. Add the stock, salt and bay leaf and stir. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
4. Select STEW to pressure cook OR select SLOW COOK and press START.
5. Serve topped with sour cream, parsley and pepper.

*Cooking time excludes the building and releasing of pressure.



Lamb Shank Massaman Curry







the Fast Slow Go™

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Lamb Shank Massaman Curry



the Fast Slow Go+

	Prep time:	30 minutes
	Pressure cook:	12.0 psi / 45 minutes* / Natural Release
	Slow cook:	HI 5 hours / LO 9 hours
	Serves:	4

Ingredients

For the curry paste

- 3 long red chilies, coarsely chopped
- 1 yellow onion, finely chopped
- 1-inch piece fresh ginger, peeled, chopped
- 4 cloves garlic, chopped
- 2 stalks lemongrass, white part only, finely chopped
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground cardamom
- 1 teaspoon ground white pepper
- 1 teaspoon sea salt
- 2 tablespoons vegetable oil

For the curry

- 1 tablespoon vegetable oil
- 2 cups (480ml) chicken stock
- 4 lamb shanks (about 3½ lb/1.6kg)
- 1 x 3-inch long cinnamon stick
- 5 cardamom pods, split
- 2 large onions, sliced
- 4 makrut (wild) lime leaves, torn, plus extra to serve
- 1¼ lb (600g) potatoes, cut into 2-inch pieces
- 1¼ cups (300ml) canned unsweetened coconut milk, divided
- 1 tablespoon fish sauce
- 1 tablespoon tamarind puree
- Chopped peanuts, to serve

Method

1. **Make the curry paste.** Combine all the curry paste ingredients in a food processor or blender and blend to form a paste. Reserve.
2. **Make the curry.** Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the vegetable oil and curry paste and cook, stirring, for 5 minutes, until fragrant.
3. Add the stock and deglaze the cooking bowl, scraping the base of the bowl. Add the lamb shanks, cinnamon, cardamom, onions and lime leaves and mix well. Add the potatoes and stir to coat in the sauce. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
4. Select MEAT to pressure cook OR select SLOW COOK and adjust the cooking time for HI to 5 hours or LO to 9 hours and press START.
5. When cooking has completed, carefully remove the shanks and potatoes from the cooking bowl. Add 1 cup (240ml) of the coconut milk, fish sauce and tamarind puree to the cooking bowl. Taste and adjust the seasoning, if necessary.
6. Spoon the sauce over the shanks and potatoes, drizzle with the remaining coconut milk and serve topped with finely shredded lime leaves and peanuts.

*Cooking time excludes the building and releasing of pressure.



Gochujang Short Ribs








the Fast Slow Go™

Breville®

Gochujang Short Ribs



-  *Prep time:* 15 minutes
-  *Pressure cook:* 12.0 psi / 45 minutes* / Natural Release
-  *Slow cook:* HI 5 hours / LO 9 hours
-  *Reduce:* HI / 10 minutes
-  *Serves:* 4

Ingredients

6 cloves garlic, minced	1 oz (30g) gochujang (Korean fermented red chili paste)
1 tablespoon grated fresh ginger	1 tablespoon sesame oil
½ cup (80ml) soy sauce	8 beef short ribs (about 3¼ lb/1.7kg)
½ cup (120ml) beef stock	1 teaspoon sesame seeds, toasted
½ cup (65g) light brown sugar	3 green onions, diagonally sliced

Method

1. Place the garlic, ginger, soy sauce, stock, sugar, gochujang and sesame oil in the cooking bowl and whisk to combine. Add the beef and mix to coat. Close and lock the lid.
2. Select MEAT to pressure cook OR select SLOW COOK and adjust the cooking time for HI to 5 hours or LO to 9 hours and press START.
3. When cooking has completed, remove the ribs from the bowl and skim the fat off the surface of the cooking liquid.
4. Select REDUCE and press START. Cook, stirring occasionally, until the liquid has thickened slightly.
5. Serve the ribs with rice, spoon over the cooking liquid and sprinkle with the sesame seeds and onions.

*Cooking time excludes the building and releasing of pressure.



Beef Pho







the Fast Slow Go™

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Beef Pho



-  *Prep time:* 20 minutes
-  *Pressure cook:* 12.0 psi / 1 hour* / Natural Release
-  *Slow cook:* HI 4 hours / LO 8 hours
-  *Serves:* 4

Ingredients

- | | |
|-----------------------------------------------------------|--------------------------------------------------------|
| 1 tablespoon vegetable oil | 2 tablespoons hoisin sauce |
| 2 lb (900g) beef brisket | 4 tablespoons fish sauce, divided, plus extra to serve |
| 2 yellow onions, coarsely chopped | 1 tablespoon sugar |
| 1 head of garlic, cut in half crosswise | 12 oz (350g) beef tenderloin |
| 3 oz (85g) fresh ginger, sliced | 8 oz (225g) thin rice noodles |
| 2 x 3-inch long cinnamon sticks | ½ white onion, thinly sliced |
| 3 star anise | 5 oz (150g) bean sprouts |
| 1 bunch (85g) cilantro, stems, roots and leaves separated | 1 large red chili, thinly sliced |
| 8 cups (2 liters) chicken stock | 4 lime wedges, to serve |
| 1 cup (240ml) water | |
-

Method

1. Select SAUTÉ/SEAR and press START to preheat the cooking bowl. Once preheated, add the oil and brisket and sear for 7 minutes on each side, until well browned. Remove from the cooking bowl and set aside.
2. Add the yellow onions, garlic and ginger and cook, stirring occasionally, for 3 minutes, until fragrant.
3. Add the spices and cilantro stems and roots and cook stirring, for 1 minute. Add the stock, the water, hoisin, 3 tablespoons fish sauce and sugar. Return the brisket to the cooking bowl. Press STOP to turn off SAUTÉ/SEAR. Close and lock the lid.
4. Select MEAT and adjust the cooking time to 1 hour to pressure cook OR select SLOW COOK and press START.
5. Meanwhile, slice the beef tenderloin into very thin slices, cover and refrigerate until ready to serve.
6. When cooking has completed, skim the fat from the surface of the stock. Remove the brisket and thinly slice. Carefully strain the stock, return it to the cooking bowl, add the remaining 1 tablespoon fish sauce and close the lid to keep hot.
7. Just before serving, bring a saucepan of water to a boil. Add the noodles and cook for 7 minutes or according to package instructions, until just tender. Drain and rinse under cold water.
8. Divide the noodles and beef among serving bowls. Pour over the hot stock to cook the beef tenderloin. Top with the white onion, bean sprouts, cilantro leaves and chili. Serve with lime wedges and season with fish sauce.

*Cooking time excludes the building and releasing of pressure.



Chicken Stock



the Fast Slow Go™

Breville®

Chicken Stock



- Prep time: 10 minutes
- Pressure cook: 12.0 psi / 1 hour* / Natural Release
- Slow cook: HI 4 hours / LO 6 hours
- Makes: 6 - 8 cups

Ingredients

- | | |
|-------------------------------------------|----------------------------------------|
| 3 lb (1.35kg) chicken bones and/or pieces | 1 teaspoon whole black peppercorns |
| 1 large onion, peeled, quartered | 1 bay leaf |
| 2 carrots, coarsely chopped | 2 sprigs thyme |
| 2 celery stalks, coarsely chopped | 5 sprigs flat-leaf parsley |
| 1 head of garlic, cut in half crosswise | 8 cups (2 liters) water, approximately |

Method

1. Place all the ingredients except the water in the cooking bowl. Add enough water to come to the maximum fill level. Close and lock the lid.
2. Select STOCK or SLOW COOK and press START.
3. When cooking has completed, let the stock cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight to allow the fat to solidify.
4. Remove and discard the solidified layer of fat. Use immediately or freeze in small airtight containers for up to 1 month.

*Cooking time excludes the building and releasing of pressure.



Bone Broth







the Fast Slow Go™

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Bone Broth



the Fast Slow Go™

-  *Prep time:* 15 minutes
-  *Pressure cook:* 12.Opsi / 2 hours* / Natural Release
-  *Slow cook:* HI 6 hours / LO 8 hours
-  *Makes:* 8 cups (1 liter)

Ingredients

4 lb (1.8kg) beef bones, with marrow	1 bay leaf
1 carrot, cut in half lengthways	1 teaspoon whole black peppercorns
1 onion, unpeeled, cut in quarters	1 tablespoon kosher salt
2 celery stalks, coarsely chopped	2 teaspoons apple cider vinegar
1 head of garlic, cut in half crosswise	8 cups (2 liters) water, approximately
4 sprigs thyme	

Method

1. Preheat the oven to 400°F.
2. Place the beef bones on a roasting tray with the carrot, onion, celery and garlic, place the tray in the oven and roast for 30 minutes, until browned.
3. Place the bones and vegetables in the cooking bowl, add the thyme, bay leaf, peppercorns, salt, vinegar and enough water to come to the maximum fill level. Close and lock the lid.
4. Select STOCK and adjust the cooking time to 2 hours to pressure cook OR select SLOW COOK and adjust the cooking time for HI to 6 hours or LO to 8 hours and press START.
5. When cooking has completed, let the broth cool until safe to handle then strain through a fine-mesh sieve. Refrigerate overnight to allow the fat to solidify.
6. Remove and discard the solidified layer of fat. Use immediately or freeze in small airtight containers for up to 1 month.
7. Heat the broth to serve.

*Cooking time excludes the building and releasing of pressure.



Vegetable Stock







the Fast Slow Go™

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Vegetable Stock



-  *Prep time:* 10 minutes
-  *Pressure cook:* 12.0 psi / 15 minutes* / Natural Release
-  *Slow cook:* HI 2 hours / LO 4 hours
-  *Makes:* 10 cups (2.4 liters)
-

Ingredients

2 large onions, unpeeled, halved
4 celery stalks, coarsely chopped
2 large carrots, coarsely chopped
8 oz (225g) button mushrooms, halved
1 head of garlic, cut in half crosswise
1 teaspoon whole black peppercorns
1 bay leaf
2 sprigs thyme
6 sprigs flat-leaf parsley
10 cups (2.4 liters) water, approximately

Method

1. Place all the ingredients except the water in the cooking bowl. Add enough water to come to the maximum fill level. Close and lock the lid.
2. Select STOCK and adjust the cooking time to 15 minutes to pressure cook OR select SLOW COOK and adjust the cooking time for HI to 2 hours or LO to 4 hours and press START.
3. When cooking has completed, let the stock cool until safe to handle then strain through a fine-mesh sieve. Use immediately or refrigerate. Use within 3 days or freeze in small, airtight containers for up to 1 month.

*Cooking time excludes the building and releasing of pressure.



Greek-Style Yogurt






the Fast Slow Go™

Breville®

Greek-Style Yogurt



-  *Prep time:* 10 minutes
-  *Yogurt:* 182°F / 10 minutes, 110°F / 6 hours
-  *Makes:* 4 cups
-

Ingredients

- ½ gallon (2 liters) whole milk*
 - ¼ cup (60g) plain, whole milk yogurt with live and active cultures*
-

Method

- 1. Place the milk in the cooking bowl. Select YOGURT, close and lock the lid and press START. The milk will heat and hold at that temperature for 10 minutes.*
- 2. When the temperature starts to lower, lift the lid and allow the milk to cool, about 1 hour 30 minutes.*
- 3. When the cooker sounds an alert that the milk has cooled, carefully remove the skin that has formed on top of the milk.*
- 4. Add about 1 cup (240ml) of the cooled milk to the yogurt starter and stir together to combine. Add the mixture to the cooking bowl and stir. Close and lock the lid.*
- 5. Adjust the time to 6 hours and press START to incubate the yogurt. The longer it is incubated the tangier the yogurt will be.*
- 6. When the cooker sounds an alert that the yogurt has finished incubating, remove the bowl from the cooker.*
- 7. Line a colander with cheese cloth that has been rinsed in cold water and wrung out. Place the colander over a bowl. Pour the yogurt into the colander and refrigerate for at least 3 hours or overnight to drain.*
- 8. Transfer the yogurt to sterilized jars and refrigerate for up to 2 weeks.*

Tip: To make labne, after the yogurt has incubated, add 1 teaspoon kosher salt and drain overnight.



Honey Yogurt






the Fast Slow Go™

Breville®

Honey Yogurt



	Prep time:	10 minutes
	Yogurt:	182°F/10 minutes, 110°F/6 hours
	Makes:	8 cups

Ingredients

- ½ gallon (2 liters) whole milk*
- ½ cup (180g) honey*
- ¼ cup (60g) plain, whole milk yogurt with live and active cultures*

Method

1. *Place the milk in the cooking bowl. Select YOGURT, close and lock the lid and press START. The milk will heat and hold the temperature for 10 minutes.*
2. *When the temperature starts to lower, lift the lid and allow the milk to cool, about 1 hour 30 minutes.*
3. *When the cooker sounds an alert that the milk has cooled, carefully remove the skin that has formed on top of the milk.*
4. *Add about 1 cup (240ml) of the cooled milk and the honey to the yogurt starter and stir together to combine. Add the mixture to the cooking bowl and stir. Close and lock the lid.*
5. *Adjust the time to 6 hours and press START to incubate the yogurt. The longer it is incubated the tangier the yogurt will be.*
6. *When the cooker sounds an alert that the yogurt has finished incubating, remove the bowl from the cooker. Cover with plastic wrap and refrigerate for 8 hours or overnight to set.*
7. *Transfer the yogurt to sterilized jars and refrigerate for up to 2 weeks.*
8. *Serve with granola and mixed berries.*



Chocolate Molten






the Fast Slow Go™

Breville®

Chocolate Molten



-  *Prep time:* 15 minutes
-  *Pressure cook:* 9.0 psi / 5 minutes* / Auto Quick Release
-  *Serves:* 4

Ingredients

- | | |
|------------------------------------------------------------------|-----------------------------------------|
| 4 oz (115g) unsalted butter, chopped,
plus extra for greasing | 4 oz (115g) 70% dark chocolate, chopped |
| 2 tablespoons sugar | 2 large eggs, at room temperature |
| ½ cup (75g) all-purpose flour | 2 large egg yolks, at room temperature |
| ¾ cup (105g) powdered sugar | Vanilla ice cream, to serve |
| ½ teaspoon kosher salt | Raspberries, to serve |

Method

1. Grease 4 x 3 oz ramekins with butter. Add the sugar and turn to coat the base and sides. Shake out the excess sugar.
2. Sift the flour, powdered sugar and salt into a bowl and set aside.
3. Place the chocolate and butter in a microwave-safe bowl. Microwave on high in 20 second bursts, stirring with a spatula, until melted and smooth.
4. Add the eggs and egg yolks to the chocolate mixture and stir until smooth, it may appear split, but keep stirring until it emulsifies again. Fold in the sifted ingredients until combined.
5. Divide the mixture evenly between the 4 ramekins.
6. Place the trivet in the cooking bowl and pour in 1 cup (240ml) water. Place the ramekins on the trivet. Close and lock the lid.
7. Select PRESSURE COOK and set the pressure level to 9.0, the cooking time to 5 minutes and the release setting to AUTO QUICK and press START.
8. When cooking has completed, carefully remove the ramekins from the cooking bowl. Allow the ramekins to stand for 5 minutes before turning onto serving plates. Serve with ice cream and raspberries.

*Cooking time excludes the building and releasing of pressure.



Lemon Cake with Blueberry Compote







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Lemon Cake with Blueberry Compote



the Fast Slow Go®

	Prep time:	20 minutes
	Pressure cook:	3.0 psi / 55 minutes* / Auto Quick Release
	Reduce:	HI / 3 minutes
	Serves:	4

Ingredients

For the lemon cake

5 oz (150g) unsalted butter, at room temperature,
plus extra for greasing
1 cup (150g) all-purpose flour
1 teaspoon baking powder
¼ teaspoon kosher salt
¾ cup (150g) superfine sugar
¼ cup (80g) lemon curd
1 tablespoon grated lemon zest

3 large eggs, at room temperature
¼ cup (60ml) milk, at room temperature
Powdered sugar, to dust
Whipped cream, to serve

For the blueberry compote

9 oz (255g) blueberries
¼ cup (50g) superfine sugar
1 tablespoon water

Method

1. **Make the lemon cake.** Grease a 6-cup (6¾-inch top x 5-inch high) heatproof bowl or mold with butter.
2. Sift the flour, baking powder and salt together.
3. Place the butter and superfine sugar in the bowl of a bench mixer and beat on medium speed for 4 minutes, until pale and fluffy. Add the lemon curd and zest and beat until combined. Add the eggs one at a time, beating between each addition. Add half the flour mixture, beat to combine. Add the milk and the remaining flour mixture and beat until just combined.
4. Spoon the mixture into the pudding bowl and level the top.
5. Place the trivet upside down in the cooking bowl and pour in 4 cups (1 liter) water. Place the cake on the trivet. Close and lock the lid.
6. Select **PRESSURE COOK** and set the pressure level to 3.0, the cooking time to 55 minutes and the release to **AUTO QUICK** and press **START**.
7. When cooking has completed, carefully remove the cake from the cooker. Let stand for 10 minutes before turning onto a serving plate.
8. Meanwhile, remove the trivet, pour out the water, dry the cooking bowl and return to the cooker.
9. **Make the blueberry compote.** Place the blueberries in the cooking bowl, add the sugar and the water and mix to combine.
10. Select **REDUCE** and adjust the cooking time to 3 MINUTES and press **START**. Cook the blueberry compote, stirring occasionally.
11. Top the cake with the compote, dust with powdered sugar and serve with whipped cream.

*Cooking time excludes the building and releasing of pressure.