

*the Fast Slow GO™*  
Recipe Book



**Sage®**

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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 depressurise 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.

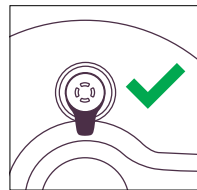


During the building and releasing of pressure the temperature inside the bowl is near boiling point so the food is actually cooking during this time too. Cooking time given in the recipes does not include the building and releasing of pressure as this can vary. Changing the release method suggested in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

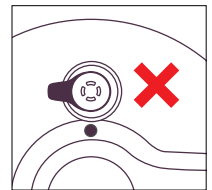
If the lid will not unlock this indicates the appliance is still under pressure.

**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



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



*Beef Tacos*







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# Beef Tacos



	Prep time:	15 minutes
	Pressure cook:	80kPa / 1 hour* / Auto Quick Release
	Slow cook:	HI 4 hours / LO 8 hours
	Makes:	16

## Ingredients

### For the pickled onions

2 red onions, thinly sliced  
1 tablespoon salt  
80ml lime juice

### For the beef

2 tablespoons vegetable oil  
1.5kg chuck roast, cut into 3 pieces  
1 large onion, chopped  
2 cloves garlic, crushed  
375ml bottle dark Mexican beer  
125ml water  
1 teaspoon finely grated orange zest

3 canned chipotle chillies in adobo sauce, coarsely chopped

1 teaspoon chilli powder  
2 teaspoons ground cumin  
1 tablespoon dried oregano  
1 teaspoon salt  
80ml orange juice

### To serve

16 soft flour tortillas, warmed  
200g 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 benchtop or overnight in the refrigerator. The longer the pickling time the better the flavour.
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.



*Beetroot and Quinoa Salad*



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# Beetroot and Quinoa Salad



 *Prep time:* 20 minutes

 *Pressure cook:* For the Beetroot - 80kPa / 20 minutes\* / Auto Quick Release  
For the Quinoa - 50kPa / 5 minutes\* / Pulse Release

 *Serves:* 4 - 6

---

## Ingredients

750g medium beetroot  
200g tri coloured quinoa, rinsed  
3 tablespoons balsamic vinegar  
3 tablespoons extra virgin olive oil  
2 teaspoons sea salt  
60g baby rocket  
50g walnuts, coarsely chopped  
120g feta, crumbled  
Freshly ground black pepper, to season

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## Method

1. Place the trivet in the cooking bowl and add 250ml water. Place the beetroot on the trivet. Close and lock the lid.
2. Select **PRESSURE COOK** and set the pressure level to 80, the cooking time for 20 minutes and the release setting to **AUTO QUICK** and press **START**.
3. When cooking has completed, remove the beetroot 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 300ml water. Close and lock the lid.
6. Select **RICE/GRAINS** and adjust the cooking time to 5 minutes 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 beetroot has cooled, peel and trim the ends. Cut into 3cm pieces and place in a large bowl.
10. Add the rocket and walnuts to the beetroot, 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, Spelt and Goat Cheese Salad*







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# Broccoli, Spelt and Goat Cheese Salad



	Prep time:	15 minutes
	Pressure cook:	50kPa / 20 minutes* / Pulse Release
	Steam:	3 minutes
	Serves:	4

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## Ingredients

200g spelt, rinsed  
300g broccoli florets  
50g raisins  
10g flat-leaf parsley leaves  
1 teaspoon grated lemon zest  
2 tablespoons lemon juice  
1 tablespoon wholegrain mustard  
2 tablespoons extra virgin olive oil  
2 teaspoons sea salt  
Freshly ground black pepper, to season  
80g fresh goat cheese

---

## Method

1. Place the spelt and 375ml water in the cooking bowl. Close and lock the lid.
2. Select RICE/GRAINS and adjust the cooking time to 20 minutes and press START.
3. When cooking has completed, drain and rinse the spelt under cold water. Place the spelt in a bowl and set aside.
4. Wash and dry the cooking bowl and return to the cooker.
5. Pour 1 litre water into the cooking bowl. Close and lock the lid, remove the pressure release valve. Select STEAM and adjust the cooking time to 3 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 well. Add the broccoli to the spelt.
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:	60kPa / 6 minutes* / Auto Quick Release
	Serves:	4 - 6

---

## Ingredients

1kg baby potatoes  
1 teaspoon salt  
1 teaspoon olive oil  
200g bacon rashers, coarsely chopped  
5 spring onions, thinly sliced  
100g mayonnaise  
2 tablespoons wholegrain mustard  
10g flat-leaf parsley leaves, coarsely chopped  
Cracked black pepper, to season

---

## Method

1. Place the potatoes in the cooking bowl. Add 250ml water and the salt. Close and lock the lid.
2. Select PRESSURE COOK and set the pressure level to 60, 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, 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:	80kPa / 12 minutes* / Natural Release
	Steam:	6 minutes
	Serves:	6

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## Ingredients

300g dried black beans, rinsed and picked over  
2 corn cobs, husks and silk removed  
¼ red onion, finely chopped  
1 small cucumber, seeds removed, finely chopped  
1 red bell pepper, finely chopped  
250g cherry tomatoes, cut in half  
1 avocado, chopped  
10g coriander leaves, coarsely chopped,  
plus extra to garnish

## For the lime dressing

3 tablespoons lime juice  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
2 teaspoons sea salt  
3 tablespoons olive oil

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## Method

1. Place the beans and 1.125 litres water in the cooking bowl. Close and lock the lid.
2. Select LEGUMES and adjust the cooking time to 12 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 corn cob to remove the kernels.
5. Pour 1 litre 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 well. Add to the beans.
8. Add the onion, cucumber, pepper, tomatoes, avocado and coriander 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 coriander 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:	90°C 30 minutes
	Serves:	4

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## Ingredients

2 bunches heirloom carrots (500g)  
3 tablespoons extra virgin olive oil, divided  
2 teaspoons sea salt  
1 teaspoon cumin seeds  
2 teaspoons honey  
10g mint leaves  
10g flat-leaf parsley leaves  
1 tablespoon dukkah, divided  
150g labne

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## Method

1. Pour 2 litres hot water into the cooking bowl.
2. Select SOUS VIDE and adjust the temperature to 90°C 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 in 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.

Tip: Use sturdy food safe resealable bags or use double-bags for added strength.  
To make homemade labne, see the tip in the Greek-Style Yoghurt recipe.



*Corn Cobs with Chilli and Lime Salt*



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# Corn Cobs with Chilli and Lime Salt



Prep time: 5 minutes



Pressure cook: 80kPa / 2 minutes\* / Auto Quick Release



Serves: 4

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## Ingredients

**4 corn cobs, husks and silk removed**

**1 teaspoon dried chilli flakes**

**1 teaspoon sea salt**

**½ teaspoon grated lime zest**

**45g unsalted butter, melted**

**1 teaspoon lime juice**

---

## Method

1. Place the trivet in the cooking bowl. Pour 250ml 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 80, the cooking time to 2 minutes and the release setting to AUTO QUICK and press START.
3. Meanwhile, place the chilli, 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 chilli 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

---

## Ingredients

250g pork mince  
50g chopped garlic chives, plus extra to serve  
2 teaspoons finely grated fresh ginger  
1 teaspoon sesame oil  
1 tablespoon shoaxing wine  
2 teaspoons soy sauce, plus extra to serve  
2 teaspoons cornflour  
3 tablespoons chicken stock  
½ teaspoon salt  
1 teaspoon sugar  
25 gow gee wrappers  
Black vinegar, to serve  
Thinly sliced red chilli, to serve

---

## Method

1. Place the mince, chives, ginger, oil, shoaxing wine, soy sauce, cornflour, chicken stock, salt and sugar in a bowl. Using a fork, break up the mixture and mix well.
2. Place 2 teaspoons of the filling in the centre of a gow gee wrapper. Brush a little water around the edge of the wrapper and 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 1 litre 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. Meanwhile, place half the dumplings in a 25cm expandable steaming basket.
5. Once preheated, place the basket in the cooker. Close and lock the lid.
6. When cooking has completed, repeat with the remaining dumplings.
7. Serve with soy sauce, vinegar, chilli 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



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	Prep time:	15 minutes
	Pressure cook:	40kPa / 7 minutes* / Auto Quick Release
	Serves:	4

---

## Ingredients

2 tablespoons olive oil  
1 brown onion, finely chopped  
2 cloves garlic, crushed  
400g arborio rice  
200g Swiss brown mushrooms, sliced  
125ml white wine  
4 sprigs thyme  
500g chicken thigh or breast fillets, cut into 1cm strips  
1.25 litres chicken stock  
60g grated Parmesan cheese, plus extra to serve  
40g unsalted butter, chopped  
10g coarsely chopped flat-leaf parsley

---

## 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 a further 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 the 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 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:	40kPa / 7 minutes* / Auto Quick Release
	Serves:	4

---

## Ingredients

2 tablespoons vegetable oil	400g arborio rice
1 large onion, finely chopped	125ml white wine
1 celery stalk, finely chopped	250ml canned chopped tomatoes
1 small red bell pepper, finely chopped	1 litre chicken stock
1 jalapeño chilli, finely chopped	2 teaspoons sea salt
2 cloves garlic, crushed	30g cold unsalted butter, chopped
1 tablespoon ground cumin	40g grated Parmesan cheese, plus extra to serve
2 teaspoons smoked paprika	5g chopped coriander, plus extra to serve
1 teaspoon chilli powder, optional	4 spring onions, thinly sliced, plus extra to serve

---

## Method

1. Select **SAUTÉ/SEAR** and press **START** to preheat the cooking bowl. One preheated, add the oil, onion, celery, pepper and jalapeño and cook, stirring occasionally for 5 - 7 minutes, until softened.
2. Add the garlic, cumin, paprika and chilli 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, or until reduced by half. Add the tomatoes and stir to combine, then add the stock 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 butter and Parmesan and stir for 3 minutes, until thick and creamy.
7. Add the coriander and green onions and stir to combine.
8. Serve immediately, topped with extra Parmesan, coriander 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:	40kPa / 7 minutes* / Auto Quick Release
	Serves:	4

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## Ingredients

1 tablespoon olive oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
400g arborio rice  
2 pinches saffron threads  
160ml white wine  
1.25 litres water  
1 teaspoon salt  
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 occasionally 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 the water and salt. Press **STOP** to turn off **SAUTÉ/SEAR**. Closed and lock the lid.
5. Select **RISOTTO** and press **START**.
6. When cooking has completed, add the miso paste and stir for 3 minutes, until thick and creamy. 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:	50kPa / 30 minutes* / Natural Release
	Reduce:	HI 2 minutes
	Serves:	4

---

## Ingredients

2 teaspoons sesame oil  
4 spring onions, thinly sliced, white and green part separated  
2 tablespoons finely grated fresh ginger  
4 cloves garlic, crushed  
2 chicken leg portions (about 600g)  
200g jasmine rice  
1.75 litres chicken stock, divided  
10g coriander leaves  
20g fried shallots  
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, add the rice and 1.25 litres stock. 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 500ml 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, coriander, 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:	48°C 1 hour
	Serves:	4

---

## Ingredients

4 x 200g salmon fillets, centre 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 2 litres warm water into the cooking bowl.
2. Select SOUS VIDE and adjust the temperature to 48°C. 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



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	Prep time:	20 minutes
	Pressure cook:	For the chicken - 60kPa / 30 minutes* / Auto Quick Release For the rice - 50kPa / 10 minutes* / Pulse Release
	Slow cook:	HI 3 hours / LO 4 hours
	Serves:	4

## Ingredients

100g fresh ginger  
1 head of garlic, divided  
1.4kg whole chicken  
2 teaspoons salt, divided  
400g long grain rice  
2 tablespoons vegetable oil  
1 tablespoon sesame oil  
6 spring onions, thinly sliced  
1 teaspoon soy sauce

## Method

1. Place the trivet in the cooking bowl and pour in 500ml 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 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 pressure level to 60 and the cooking time to 30 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 625ml 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 stock over the rice and stir. Close and lock the lid.
8. Select RICE/GRAINS 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. Press STOP to turn off SAUTÉ/SEAR. Remove from heat, add the soy sauce and the remaining 1 teaspoon salt.
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:* 80kPa / 50 minutes\* / Natural release

 *Serves:* 4 - 6

---

## Ingredients

55g ghee (clarified butter)	240g natural yoghurt, divided
2 onions, finely chopped	125ml whipping cream
2 cloves garlic, crushed	2 bay leaves
1 tablespoon finely grated fresh ginger	2 cinnamon sticks
2 tablespoons garam masala	2 teaspoons salt
100g tomato paste	1 tablespoon sugar
400g dried chickpeas, rinsed and picked over	140g baby spinach
2 x 400g cans chopped tomatoes	2 tablespoons chopped coriander
750ml 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 4 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, 120g yoghurt, cream, bay leaves, cinnamon sticks, 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 sticks. Add the spinach and stir until wilted. Serve with the remaining 120g yoghurt and sprinkle with coriander.

\*Cooking time excludes the building and releasing of pressure.



*Shiitake and Corn Ramen*







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# Shiitake and Corn Ramen



	Prep time:	30 minutes
	Pressure cook:	60kPa / 20 minutes* / Auto Quick Release
	Reduce:	HI 5 minutes
	Serves:	4

---

## Ingredients

35g dried shiitake mushrooms  
1 litre boiling water  
2 corn cobs, husks and silk removed  
4 spring onions  
2 tablespoons sesame oil  
4 cloves garlic, finely grated  
1 tablespoon finely grated fresh ginger

200g Swiss brown mushrooms, sliced  
80g white miso paste  
60ml soy sauce  
60ml mirin  
500ml soy milk  
270g soba noodles

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## Method

1. Soak the shiitake mushrooms in the boiling water for 15 minutes to soften.
2. Meanwhile, cut along the length of each corn cob to remove the kernels. You will need about 250g corn kernels. Very thinly slice the white part of the green onions and diagonally slice the remaining green part of the onion and set aside for garnish.
3. Remove the shiitake mushrooms from the water and thinly slice. Reserve the soaking water.
4. 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 2 minutes, until starting to soften.
5. Add the Swiss brown mushrooms and corn kernels and cook, stirring occasionally, for 2 minutes.
6. 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.
7. Select SOUP and adjust the cooking time to 20 minutes and press START.
8. When cooking has completed, lift the lid.
9. Select REDUCE and adjust the cooking time to 5 minutes and press START. Add the soy milk and bring to a boil.
10. Meanwhile, bring a saucepan of water to a boil. Add the noodles and cook for 9 minutes, until just tender. Drain.
11. Divide the noodles between 4 serving bowls and ladle over the ramen mixture. Serve sprinkled with the green onions.

\*Cooking time excludes the building and releasing of pressure.



*Tomato Pasta Sauce*






*the Fast Slow GO™*

**Sage**®

# Tomato Pasta Sauce



	Prep time:	15 minutes
	Pressure cook:	80kPa / 40 minutes* / Auto Quick Release
	Serves:	6 - 8

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## Ingredients

2 tablespoons olive oil  
2 onions, finely chopped  
6 cloves garlic, crushed  
4 x 400g cans chopped tomatoes  
1½ teaspoons dried oregano  
½ teaspoon dried chilli flakes (optional)  
2 teaspoons salt  
2 teaspoons sugar  
1 carrot, cut in half lengthways  
1 sprig basil

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## 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, chilli, 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 80, 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™*






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# Bolognaise Sauce



the Fast Slow GO™

	Prep time:	30 minutes
	Pressure cook:	60kPa / 25 minutes* / Auto Quick Release
	Slow cook:	HI 4 hours / LO 8 hours
	Reduce:	HI 10 minutes
	Serves:	8 - 10

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## Ingredients

2 tablespoons olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
2 celery stalks, finely chopped  
150g pancetta, chopped  
1kg pork and veal mince  
100g tomato paste  
4 x 400g cans chopped tomatoes  
2 teaspoons salt  
1 tablespoon sugar  
1 teaspoon dried oregano

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## 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 mince and cook, stirring to break up the mince, 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 and adjust the cooking time to 25 minutes 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 3 months.

\*Cooking time excludes the building and releasing of pressure.



*Carolina Pulled Pork*




*the Fast Slow GO™*

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# Carolina Pulled Pork



	Prep time:	10 minutes
	Pressure cook:	80kPa / 40 minutes* / Natural Release
	Slow cook:	HI 5 hours / LO 9 hours
	Reduce:	HI 10 minutes
	Serves:	10

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## Ingredients

1 tablespoon sea salt  
2 tablespoons coarse black pepper  
½ teaspoon cayenne pepper  
2 tablespoons paprika  
1 teaspoon smoked paprika (optional)  
2kg boneless pork shoulder, cut into 4 pieces  
60ml water  
250ml apple cider vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons tomato paste  
65g dark brown sugar  
10 brioche buns

## For the coleslaw

140g finely shredded green cabbage  
2 Granny Smith apples, julienned  
4 spring onions, sliced  
60g mayonnaise  
½ teaspoon salt

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## 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 and adjust the cooking time to 40 minutes and the release setting to NATURAL 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™*





**Sage**



# Beef Goulash



the Fast Slow GO™

	Prep time:	25 minutes
	Pressure cook:	60kPa / 40 minutes* / Natural Release
	Slow cook:	HI 4 hours / LO 8 hours
	Serves:	4

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## Ingredients

3 tablespoons olive oil, divided	60ml red wine
1kg beef chuck, cut into 3cm pieces	250ml beef stock
3 brown onions, cut into 1cm pieces	2 teaspoons salt
2 cloves garlic, crushed	1 bay leaf
1 teaspoon caraway seeds	120g sour cream
70g tomato paste	10g flat-leaf parsley leaves, coarsely chopped
1 tablespoon sweet paprika	Freshly ground black pepper, to season
1 tablespoon Dijon mustard	

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## 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 and adjust the cooking time to 40 minutes and the release setting to NATURAL 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*







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# Lamb Shank Massaman Curry



	Prep time:	30 minutes
	Pressure cook:	80kPa / 1 hour* / Auto Quick Release
	Slow cook:	HI 5 - 7 hours / LO 8 hours
	Serves:	4

## Ingredients

### For the curry paste

3 long red chillies, coarsely chopped  
1 brown onion, finely chopped  
2cm 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  
500ml chicken stock  
4 lamb shanks (about 1.6kg)  
1 cinnamon stick  
5 cardamom pods, split  
2 large onions, sliced  
4 kaffir lime leaves, torn, plus extra to serve  
600g potatoes, cut into 5cm pieces  
300ml coconut cream, 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 kaffir 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 - 7 hours and press START.
5. When cooking has completed, carefully remove the shanks and potatoes from the cooking bowl. Add 250ml of the coconut cream, 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 50ml coconut cream and serve topped with shredded kaffir lime leaves and peanuts.

\*Cooking time excludes the building and releasing of pressure.



*Korean Beef Ribs*








*the Fast Slow GO™*

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# Korean Beef Ribs



	Prep time:	15 minutes
	Pressure cook:	80kPa / 1 hour* / Auto Quick Release
	Slow cook:	HI 5 hours / LO 8 hours
	Reduce:	HI 10 minutes
	Serves:	4

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## Ingredients

6 cloves garlic, crushed  
1 tablespoon finely grated fresh ginger  
80ml soy sauce  
125ml beef stock  
65g light brown sugar  
30g gochujang (Korean fermented red chilli paste)  
1 tablespoon sesame oil  
8 beef short ribs (about 1.7kg)  
1 teaspoon sesame seeds, toasted  
3 spring onions, diagonally sliced

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## 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 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:	80kPa / 1 hour* / Natural Release
	Slow cook:	HI 4 hours / LO 8 hours
	Serves:	4

## Ingredients

1 tablespoon vegetable oil

1kg beef brisket

2 brown onions, coarsely chopped

1 head of garlic, cut in half crosswise

80g fresh ginger, sliced

2 cinnamon sticks

3 star anise

1 bunch (85g) coriander, stems,  
roots and leaves separated

2 litres chicken stock

250ml water

2 tablespoons hoisin sauce

4 tablespoons fish sauce, divided, plus extra to serve

1 tablespoon sugar

350g beef tenderloin

250g thin rice noodles

½ white onion, thinly sliced

150g bean sprouts

1 large red chilli, thinly sliced

4 lime wedges, to serve

## 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 brown onions, garlic and ginger and cook, stirring occasionally, for 3 minutes, until fragrant.
3. Add the spices and coriander 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 release setting to **NATURAL** 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, until just tender. Drain and rinse under cold water.
8. Divide the noodles and beef among 4 serving bowls. Pour over the hot stock to cook the beef tenderloin. Top with the white onion, bean sprouts, coriander leaves and chilli. Serve with lime wedges and season with fish sauce.

\*Cooking time excludes the building and releasing of pressure.



*Chicken Stock*







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# Chicken Stock



	Prep time:	10 minutes
	Pressure cook:	80kPa / 1 hour* / Natural Release
	Slow cook:	HI 4 hours / LO 8 hours
	Makes:	1.5 - 2 litres

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## Ingredients

1.5kg chicken bones and/or pieces  
1 large onion, peeled, quartered  
2 carrots, coarsely chopped  
2 celery stalks, coarsely chopped  
1 head of garlic, cut in half crosswise  
1 teaspoon whole black peppercorns  
1 bay leaf  
2 sprigs thyme  
5 sprigs flat-leaf parsley  
2 litres water, approximately

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## 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



	Prep time:	15 minutes
	Pressure cook:	80kPa / 2 hours* / Natural Release
	Slow cook:	HI 6 hours / LO 8 hours
	Makes:	2 litres

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## Ingredients

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

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## Method

1. Preheat the oven to 200°C.
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 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*



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# Vegetable Stock



	Prep time:	10 minutes
	Pressure cook:	80kPa / 15 minutes* / Natural Release
	Slow cook:	HI 2 hours / LO 4 hours
	Makes:	2.5 litres

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## Ingredients

2 large onions, unpeeled, halved  
4 celery stalks, coarsely chopped  
2 large carrots, coarsely chopped  
200g 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  
2.5 litres water, approximately

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## 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 and the release setting to NATURAL to pressure cook OR select SLOW COOK and adjust the cooking time for HI 2 hours or LO 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 Yoghurt*



*the Fast Slow GO™*

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# Greek-Style Yoghurt



-  *Prep time:* 10 minutes
-  *Yoghurt:* 83°C 10 minutes / 43°C 6 hours
-  *Makes:* 1 litre

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## Ingredients

**2 litres whole milk**

**120g whole natural yoghurt with live and active cultures**

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## Method

1. Place the milk in the cooking bowl. Select YOGHURT, 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 the surface of the milk.
4. Place the starter yoghurt in a mixing bowl with 250ml of the cooled milk and mix together. 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 yoghurt. The longer it is incubated the tangier the yoghurt will be.
6. When the cooker sounds an alert that the yoghurt 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 yoghurt into the colander and refrigerate for at least 3 hours or overnight to drain.
8. Transfer the yoghurt to sterilised jars and refrigerate for up to 2 weeks.

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



*Honey Yogurt*



*the Fast Slow GO™*

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# Honey Yoghurt



the Fast Slow GO™

	Prep time:	10 minutes
	Yoghurt:	83°C 10 minutes / 43°C 6 hours
	Makes:	2 litres

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## Ingredients

2 litres whole milk

160g honey

120g whole natural yoghurt with live and active cultures

---

## Method

1. Place the milk in the cooking bowl. Select YOGHURT, 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 the surface of the milk.
4. Place the honey and starter yoghurt in a mixing bowl with 250ml of the cooled milk and mix together. 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 yoghurt. The longer it is incubated the tangier the yoghurt will be.
6. When the cooker sounds an alert that the yoghurt 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 yoghurt to sterilised jars and refrigerate for up to 2 weeks.
8. Serve with granola and mixed berries.





*Chocolate Molten*






*the Fast Slow GO™*

**Sage**

# Chocolate Molten



	Prep time:	15 minutes
	Pressure cook:	60kPa / 5 minutes* / Auto Quick Release
	Serves:	4

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## Ingredients

115g unsalted butter, chopped, plus extra for greasing

50g granulated sugar

75g plain flour

100g icing sugar

½ teaspoon salt

120g 70% dark chocolate, chopped

2 large eggs, at room temperature

2 large egg yolks, at room temperature

Vanilla ice cream, to serve

Raspberries, to serve

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## Method

1. Grease 4 x 100ml ramekins with butter. Add the sugar and turn to coat the base and sides. Shake out the excess sugar.
2. Sift the flour, icing 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 250ml water. Place the ramekins on the trivet. Close and lock the lid.
7. Select PRESSURE COOK and set the pressure level to 60, 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 Pudding with Blueberry Compote*



*the Fast Slow GO™*

**Sage**

# Lemon Pudding with Blueberry Compote



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

## Ingredients

### For the lemon pudding

150g unsalted butter, at room temperature, plus extra for greasing

150g plain flour

1 teaspoon baking powder

¼ teaspoon salt

150g caster sugar

80g lemon curd

1 tablespoon grated lemon zest

3 large eggs, at room temperature

60ml milk, at room temperature

Icing sugar, to dust

Whipped cream, to serve

### For the blueberry compote

250g blueberries

50g caster sugar

1 tablespoon water

## Method

1. **Make the lemon pudding.** Grease a 1.5 litre (17cm top x 12cm deep) pudding basin with butter.
2. Sift the flour, baking powder and salt together.
3. Place the butter and caster 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 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 basin and level the top.
5. Place the trivet upside down in the cooking bowl and pour in 1 litre water. Place the pudding on the trivet. Close and lock the lid.
6. Select **PRESSURE COOK** and set the pressure level to 20, the cooking time to 55 minutes and the release setting to **AUTO QUICK** and press **START**.
7. When cooking has completed, carefully remove the pudding 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 pudding with the compote, dust with icing sugar and serve with whipped cream.

\*Cooking time excludes the building and releasing of pressure.