

Legumes & Grains Cooking Guide



Grain / Rice setting

Food	Ratio	Best setting
Long grain rice	200g rice / 375ml water	Rice / 50kps / 5mins / Pulse
Basmati	200g rice / 375 ml water	Rice / 50kps / 5mins / Pulse
Jasmine	200g rice / 375ml water	Rice / 50kps / 5mins / Pulse
Sushi	200g rice / 300ml water	Rice / 50kps / 5min / Pulse
Brown rice	200g rice / 375ml water	Rice / 50kps / 15min / Pulse
Farro	200g farro / 375ml water	Grains / 50kps / 25min / Pulse
Freekah	200g freekah / 375ml water	Grains / 50kps / 20min / Pulse
Spelt	200g spelt / 375ml water	Grains / 50kps / 15min / Pulse
Green spelt	200g green spelt / 375ml water	Grains / 50kps / 15min / Pulse
Quinoa	200g quinoa / 300ml water	Grains / 50kps / 5min / Pulse

Legumes Setting

Food	Ratio	Best setting
Chickpeas	200g / 750ml water	Legumes / 80kps / 40min / Natural
Kidney beans	200g / 750ml water	Legumes / 80kps / 30min / Natural
Black beans	200g / 750ml water	Legumes / 80kps / 30min / Natural
Cannellini beans	200g / 750ml water	Legumes / 80kps / 30min / Natural

Natural Yoghurt

 Prep time: 10 minutes / Incubating: 5-8 hours (plus 1 hour 30 minutes cooling)

 Serves 8

1 litre full-cream homogenised milk

2 tbsp full-cream natural yoghurt with live and active cultures

Step 1 – Scald the Milk

Place the cooking bowl in the Fast Slow GO. Add the milk. Close and lock the lid and turn the pressure release valve to the open position.

Press YOGHURT then press START. The milk will heat to 83°C and hold at the temperature for 10 minutes.

The pasteurisation process kills any bad bacteria that can spoil the milk as well as to eliminate potential competitors of the active yoghurt cultures.

Step 2 – Cool the Milk

Open the lid and do not press any controls. The cooling phase will automatically cool the milk to 43°C. The word 'COOL' will appear on the cooker screen. The cooker will sound an alert when it has reached the correct temperature, about 1 hour 30 minutes.

Tip

Cooling the milk with the lid open will result in a skin forming on top. Removing this skin before adding the starter will help to ensure a smoother texture to the yoghurt.

Step 3 – Incubate the Yoghurt

At the end of STEP 2, the word 'ADD' will appear in the cooker screen. Place the yoghurt starter in a bowl. Add ½ cup (125ml) of the cooled milk and whisk until smooth. Whisk the milk mixture into the cooled milk in the cooking bowl. Close and lock the lid press START to incubate for 5-8 hours. The longer it is incubated the tangier the yoghurt will be.

Step 4 – Refrigerate

When the cooker sounds an alert that the yoghurt has finished incubating remove the stainless steel pot, cover with plastic wrap and refrigerate until cold. Once the yoghurt is completely cold, transfer to an airtight container and refrigerate for up to 2 weeks.

Tips

- *Using homogenised milk will produce a smoother yoghurt. If your result is slightly lumpy and separated, whisk the cooled yoghurt gently to combine.*
- *To cool scalded milk faster, place cooking bowl in a larger bowl of iced water, check the temperature with a thermometer. When the milk has reached 43°C, add ½ cup (125ml) of the cooled milk to the yoghurt starter, whisk until smooth, then whisk in the mixture, wipe the bottom of the pot dry and insert the pot back into the pressure cooker.*
- *To increase tanginess of the yoghurt, increase the incubation time.*



the Fast Slow GO™

Sage