

# Beef Chilli With Southern-Style Biscuits



**SERVES** 4-6

**PREP TIME** 20 minutes

**COOK TIME** 1 hour 20 minutes

**DIFFICULTY** Medium

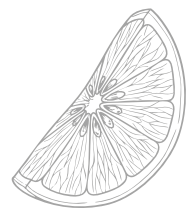
**FUNCTIONS USED** Sear - Pressure Cook - Reduce

## Ingredients

- 500g beef chuck, cut into large chunks
- 1.2 kg veal osso buco, 1 piece per person
- salt, for seasoning
- 2 tablespoons olive oil
- 1 brown onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 long red chilli, finely chopped, seeds left in
- 1 tablespoon ground cumin
- 1 tablespoon smoked paprika
- 2 teaspoons ground coriander
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 250mL beef stock
- 800g tinned crushed tomatoes
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- 800g tinned mixed beans (red, white and black), drained and rinsed

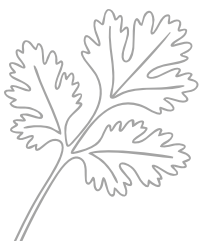
## Jalapeno Mozzarella Cornbread Biscuits

- 225g plain flour, plus extra for dusting
- 110g fine cornmeal
- 2 teaspoons white sugar
- 2.5 teaspoons baking powder
- 0.5 teaspoon bicarbonate of soda
- 2 teaspoons fine salt
- 100g cold salted butter, cut into cubes
- 125g grated mozzarella
- 1 jalapeno, finely chopped, seeds removed for less heat, or 1 tablespoon chopped pickled jalapeno
- 250g sour cream, mixed with 1-2 tablespoons milk to loosen
- milk, for brushing grated parmesan, for the top



## To Serve

- sour cream
- sliced spring onion
- avocado
- lime cheeks
- fresh coriander leaves



# Tender x Breville

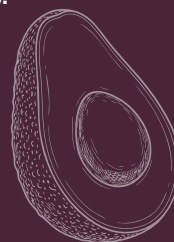
Fast Slow Pro - Chilli with Southern Style Biscuits © Lucy Tweed



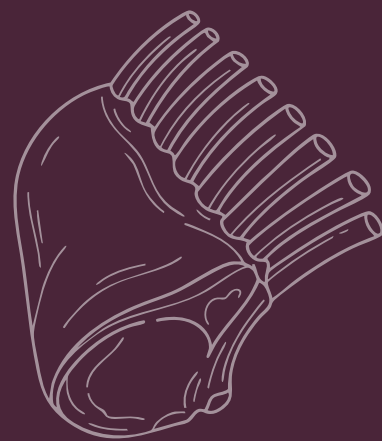
## Method

1. Set the Fast Slow Pro to Sear on high and add the olive oil. Season the beef chuck and osso buco generously with salt. Working in batches, brown the osso buco well on at least one side until deeply coloured, then repeat with the chuck. Set all the browned meat aside.
2. Without cleaning the pot, add the onion, garlic and chilli to the residual fat and saute for 5 minutes until softened. Add the cumin, smoked paprika, coriander and oregano and cook for 1 minute until fragrant. Add the tomato paste and stir for another minute.
3. Pour in the beef stock, scraping up any browned bits from the base. Add the crushed tomatoes, cocoa powder, brown sugar and apple cider vinegar and stir to combine. Return all the meat to the pot, layering the beans through.
4. Secure the lid and set the Fast Slow Pro to Pressure. Cook on high for 45 minutes. Quick release the pressure.
5. Remove the lid and set the Fast Slow Pro to Reduce. Cook uncovered for 10-15 minutes, stirring occasionally, until the sauce is rich and slightly thickened.
6. While the chilli is reducing, make the biscuits. Preheat the oven to 200C fan-forced and line a baking tray with baking paper.
7. Whisk together the flour, cornmeal, sugar, baking powder, bicarbonate of soda and salt. Rub in the cold butter with your fingertips until the mixture resembles coarse breadcrumbs. Add the mozzarella and jalapeno and fold through with a spatula. Make a well in the centre, add the sour cream mixture and mix gently with a fork until just combined - do not overwork. This keeps them fluffy, flaky and light.
8. Turn out onto a floured surface and press into a 2 cm thick slab. Cut into eight rounds using an 8 cm cutter or glass. Place on the prepared tray, brush the tops with milk and scatter with parmesan. Bake for 15-18 minutes until risen and golden.
9. Serve the chilli with a piece of osso buco on top, warm biscuits alongside, a good dollop of sour cream, a wedge of avocado, scattered with coriander and spring onion, with lime cheeks on the side. **It's tender and succulent, but in a super tough cowboy kinda way.**

*This original recipe is in 'Tender' by Lucy Tweed, and has been adapted exclusively for Breville, using the Fast Slow Pro multi-cooker as the key tool.*



# Cumin-Braised Lamb Ribs With Bao Buns



**MAKES** 14 buns

**PREP TIME** 20 minutes

**COOK TIME** 1 hour 10 minutes

**DIFFICULTY** Easy

**FUNCTIONS USED** Pressure Cook - Reduce

## Ingredients

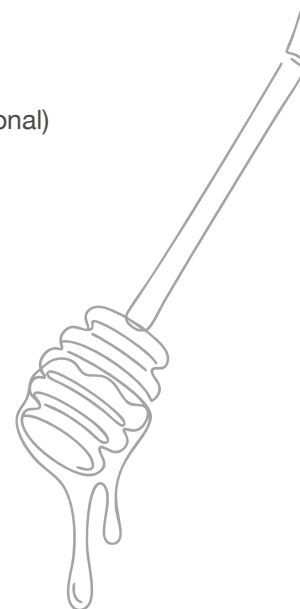
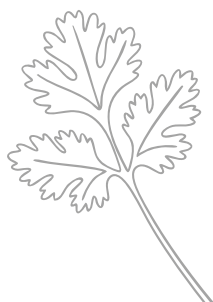
- 1kg lamb ribs (14 whole ribs, without the knuckle or joint)
- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 2 teaspoons smoked paprika
- 2 teaspoons freshly ground black pepper
- salt, for seasoning
- 1 brown onion, finely chopped
- 4 garlic cloves, crushed
- 250mL chicken stock
- 40ml dry white wine
- 175g honey
- 60mL apple cider vinegar

## To Serve

- 12-16 small Chinese bao buns, fresh or frozen
- 15g fresh coriander leaves

## Yoghurt Sauce

- 1.5 tablespoons harissa
- 250g Greek yoghurt
- 0.5 teaspoon garlic powder (optional)





# Tender x Breville

Fast Slow Pro - Cumin Braised Lamb Ribs © Lucy Tweed



## Method

1. Combine the cumin, coriander, paprika, pepper and a generous amount of salt in a small bowl. Rub the spice mixture all over the lamb ribs, pressing it in well - allow to marinate as the ribs come to room temperature.
2. Toss the remaining ingredients with the lamb ribs and mix well, then place everything into the Fast Slow Pro pot. Secure the lid and set the Fast Slow Pro to Pressure. Cook on high for 40 minutes. Quick release the pressure.
3. Remove the lid. Carefully lift the ribs out and set aside briefly.
4. Set the Fast Slow Pro to Reduce and cook the braising liquid on high for 10 minutes until slightly thickened.
5. Meanwhile heat the bao buns as per packet directions and make the yoghurt sauce. Stir in the garlic powder if using, then swirl the harissa gently through the yoghurt without fully mixing.
6. To serve, split open a bao, spoon in some yoghurt sauce, add a rib and top with fresh coriander. Gently wriggle the bone from the meat in one delightfully satisfying move and devour.

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# Coq Au Vin Blanc Pie



**SERVES** 4-6

**PREP TIME** 15 minutes

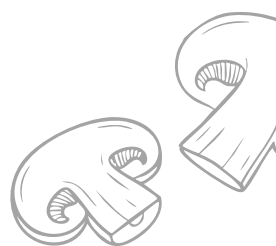
**COOK TIME** 4 hours 30 minutes

**DIFFICULTY** Easy

**FUNCTIONS USED** Sear - Slow Cook - Reduce

## Ingredients

- olive oil, for cooking
- 150g bacon, guanciale or speck, cut into lardons
- 2kg boneless, skinless chicken thighs, cut into large chunks
- salt, for seasoning
- freshly ground black pepper
- 2 brown onions, cut into 1.5 cm chunks
- 300g Swiss brown mushrooms, halved or quartered if large
- 4 garlic cloves, sliced
- 350mL dry white wine
- 200mL chicken stock
- 2 bay leaves
- 2 tablespoons finely chopped tarragon leaves
- 4 thyme sprigs
- 3 tablespoons creme fraiche
- 3 tablespoons cornflour mixed with 2 tablespoons cold water to make a slurry
- 1 sheet all-butter puff pastry, thawed but kept cold
- 1 egg, lightly beaten, for brushing





# Tender x Breville

Fast Slow Pro - Coq Au Vin Blanc Pie © Lucy Tweed

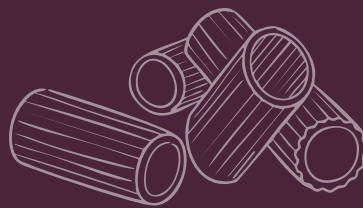


## Method

1. Set the Fast Slow Pro to Sear on high and drizzle with olive oil. Add the bacon lardons to the pot and cook until golden and rendered - this is best achieved with minimal stirring. Season the chicken well with salt. Brown in batches until golden on one side only for flavour, about 10 minutes. Set aside.
2. Deglaze the pot with about 2 tablespoons of the white wine to release any crispy bits from the base. Add the onion, mushrooms and garlic, the remaining wine and the stock.
3. Return the chicken, bacon and any resting juices to the pot along with the bay leaves, tarragon and thyme. Stir to combine.
4. Secure the lid and set the Fast Slow Pro to Slow Cook for 4 hours. For a faster result, set the Fast Slow Pro to Pressure Cook on high for 15 minutes, then allow the pressure to release naturally for 5 minutes before quick releasing the remainder.
5. Remove the lid. Discard the thyme stalks and bay leaves. Set the Fast Slow Pro to Reduce and cook uncovered for 5 minutes, stirring occasionally. Stir through the creme fraiche and cornflour slurry to thicken. Now this can easily be served as is, but who would turn down a crispy golden pastry top? Decant the filling into an ovenproof dish and allow to cool for 10 minutes.
6. Preheat the oven to 220C fan-forced.
7. Lay the cold puff pastry sheet over the dish, tucking it in at the edges. Slash the top with deep ribs for air vents and sauce release. Brush all over with beaten egg. Bake for 20-25 minutes until the pastry is puffed and deeply golden.
8. Best experienced with beautifully smooth mashed potatoes and brightly blanched baby green beans - and of course, extra vin.

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# French Onion Rigatoni



**SERVES** 4

**PREP TIME** 15 minutes

**COOK TIME** 1 hour 10 minutes

**DIFFICULTY** Easy

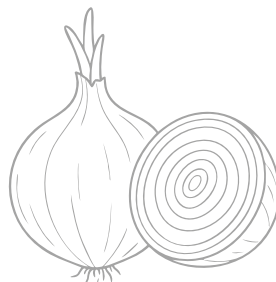
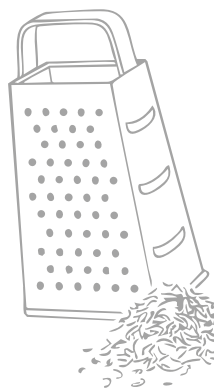
**FUNCTIONS USED** Sear - Pressure Cook - Reduce

## Ingredients

- 3 tablespoons olive oil
- 2 large red onions, quartered
- 12 baby pearl onions, halved - 8 halves reserved for the crumb tray
- 200mL dry white wine
- 1 tablespoon dijon mustard
- 2 tablespoons Worcestershire sauce
- 30g butter
- 2 tablespoons plain flour
- 3 thyme sprigs
- 2 garlic cloves
- 400mL beef stock
- 1 tablespoon sherry vinegar
- 500g rigatoni
- 1.5 teaspoons sea salt flakes
- freshly ground black pepper
- 100mL thickened cream
- 90g grated smoked gruyere
- 50g grated parmesan

## Cheesy Thyme Crumb

- quarter of a sourdough loaf, crusts removed, torn into small pieces
- 6 thyme sprigs, leaves picked
- 1 tablespoon extra-virgin olive oil
- salt, for seasoning
- freshly ground black pepper
- 35g grated smoked gruyere





# Tender x Breville

Fast Slow Pro - French Onion Rigatoni © Lucy Tweed



## Method

1. Set the Fast Slow Pro to Sear on high and add the olive oil. Place the red onion quarters and 16 of the pearl onion halves into the pot and cook for about 5 minutes, until beginning to soften.
2. Add the mustard, Worcestershire sauce, butter, flour, thyme and garlic and continue to cook for 5 minutes. Then add the wine, beef stock and vinegar and stir well.
3. Secure the lid and set the Fast Slow Pro to Pressure Cook on high for 20 minutes. Quick release the pressure.
4. While the onions are pressure cooking, preheat the oven to 180C fan-forced. Combine the torn sourdough, thyme leaves, olive oil and a little salt and pepper on a lined baking tray. With about 15 minutes remaining on the pressure cook, slide the crumb tray into the oven. After 10 minutes, scatter the reserved pearl onion halves across the tray and return to the oven for a further 10-12 minutes until the croutons are golden and the onions are jammy and caramelised at the edges. Scatter with the gruyere and return to the oven for 3-5 minutes until melted and crisp. Allow to cool slightly before crumbling into shards.
5. Cook the rigatoni in well-salted boiling water according to packet instructions. Reserve a cup of pasta water before draining.
6. Open the Fast Slow Pro lid. Set to Reduce and cook uncovered for 5 minutes until the sauce tightens slightly. Season well with salt and pepper. Add the drained rigatoni to the Fast Slow Pro and stir through vigorously, using just enough pasta water to loosen the sauce. Scatter with the gruyere and parmesan.
7. To serve, load a bowl with rich and luscious rigatoni, scatter with the cheesy thyme crumb and a generous amount of additional parmesan. A drizzle of thickened cream if you're feeling indulgent. Tuck your bib napkin in, perch somewhere private, and enjoy.

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