



RECIPES

Green Curry Pumpkin Soup

Serves 8

Ingredients:

- 40g butter
- 3 cloves garlic, minced
- 1 leek, thinly sliced, washed
- 1 tablespoon green curry paste
- 800g pumpkin, skin and seeds removed
- 400g potatoes, peeled, quartered
- 2L vegetable stock
- 250ml coconut cream

Procedure:

1. Place the inner pot in the outer pot and press the “Saute” key.
2. Add the butter, garlic and leek and saute until softened.
3. Add the curry paste, coconut cream, pumpkin, potatoes and stir until combined.
4. Pour the stock into the pot.
5. Close the lid and the exhaust valve.
6. Select the “Soup” function and press “Start”.



Short Ribs

Serves 4



Ingredients:

- 6 short ribs, trimmed
- 2 cups, beef stock
- 1 Medium onion, peeled and diced
- 3 cloves garlic, peeled and minced
- 6 small red potatoes
- 2 tablespoon tomato past
- 2 tablespoons olive oil
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 sprig thyme, rosemary
- 1 bay leaf

Procedure:

1. Season the short ribs with salt and pepper.
2. Place the inner pot in the outer pot and press the “Saute” key.
3. Add the olive oil and ribs. Saute until browning on all sides.
4. Remove the ribs and serve aside. Add onions and garlic. Saute until soften, and then add tomato paste.
5. Pour the beef stock and layer all ingredients and ribs into the inner pot.
6. Close the lid and exhaust valve.
7. Select the “Meat/Stew” function and adjust holdup time to “30 min”.
8. Press “Start”.
9. Serve with thyme, rosemary and bay leaf.

Sunshine Italian Chicken

Serves 6

Ingredients:

- 8 boneless skinless chicken thighs (~2.5lbs)
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 small onion, sliced
- 2 medium carrots, sliced
- 220g cremini mushrooms, stemmed and quartered
- 3 cloves garlic, peeled and minced
- 1 teaspoon tomato paste
- 400g cherry tomatoes
- 60g green olives
- 1 Basil leaves, sliced
- 1 Italian parsley, sliced

Procedure:

1. Season the chicken thighs with salt and pepper.
2. Place the inner pot in the outer pot and press the “Saute” key.
3. Add the olive oil, onions, carrots, mushrooms and salt. Saute until soften.
4. Add garlic and tomato paste. Stir until combine.
5. Put in chicken, cherry tomatoes and green olives to the inner pot and stir.
6. Close the lid and exhaust valve.
7. Select the “Poultry” function and adjust holdup time to “15 min”.
8. Press “Start”.
9. Serve with basil and parsley



Lemon Cheesecake

Serves 6-8



Ingredients:

- 10 large shortbread
- 2 tablespoons butter, melted
- 790g cream cheese
- ½ cup sugar
- ¼ cup sour cream
- 1 tablespoon lemon juice
- 2 teaspoons grated lemon zest
- ½ teaspoon vanilla extract
- 2 large eggs

Procedure:

1. Crush shortbread into fine crumbs.
2. Add butter, toss until well combined.
3. Spread crumbs on a 7” bake pan, press firmly into bottom of tray by fingers or drinking glass. Put the pan in freezer until ready to use.
4. Add cream cheese and sugar in a mixing bowl. Mix until smooth.
5. Add sour cream, lemon juice, lemon zest and vanilla. Blend until combined.
6. Add in eggs, once at a time, mix until combined. Do not overwork the batter.
7. Pour batter on top of the crumbs. Cover the pan with a piece of foil.
8. Pour 1-1/2 cup water into inner pot. Place the steam tray in the inner pot and the pan on top of the steam tray.
9. Close the lid and exhaust valve.
10. Select the “Cake” function and adjust holdup time to “30 min”.
11. Press “Start”.
12. When the program completes, refrigerate the cake with plastic wrap cover, for at least 4 hours or overnight

Ratatouille

Serves 6

Ingredients:

- 3 onions, sliced
- 2 medium eggplants, cubed
- 6 tomatoes, sliced
- 3 red capsicum, sliced
- 4 cloves garlic, minced
- 4 large zucchini, sliced
- Salt and pepper, to taste
- 65ml oil

Procedure:

1. Place the inner pot in the outer pot.
2. Layer all ingredients into the inner pot.
3. Close the lid but leave the exhaust valve open.
4. Select the “Slow cook” function and cooking time “4 hours”.
5. Press “Start”.



Pilaf Rice with Spicy Sunflower Seeds

Serves 8

Ingredients:

- 175g butter
- 4 cloves garlic, minced
- 500g eschallots, peeled, sliced thinly
- 6 shallots, peeled, sliced thinly
- 1 teaspoon turmeric powder
- 1 teaspoon lemon zest
- 4 cups basmati rice, washed
- 6 cups vegetable stock
- 200g sunflower seeds
- 2 teaspoons chilli flakes
- 2 teaspoons Mexican chilli powder
- 2 teaspoons smoked paprika
- Half teaspoon cinnamon, ground
- 1 tablespoon salt
- 2 tablespoons caster sugar
- 1 bunch coriander, leaves removed



Procedure:

1. Place the inner pot in the outer pot and press the “Saute” key.
2. Add 100g butter, garlic, eschallots and shallots and saute until softened.
3. Add the turmeric, lemon and rice. Stir until combined.
4. Pour the stock into the pot.
5. Close the lid and the exhaust valve.
6. Select the “Rice” function and press “Start”.
7. After cooking, remove the rice from the pot.
8. Press the “Saute” key again.
9. Add the rest of the butter, sunflower seeds, spices, sugar and salt.
10. Saute for 10 minutes, then fold the seeds and the coriander leaves into the rice.

Yogurt

Serves 6

Ingredients:

- 1800ml whole milk
- ½ cup yogurt starter



Procedure:

1. Add whole milk to the inner pot. Milk should be at room temperature.
2. Close the lid and exhaust valve.
3. Select the “Yogurt” function and press “Start”.
4. When the program ends, open the lid and measure milk temperature until it cools to below 42°C.
5. Add ½ cup warm milk to yogurt starter, and slowly whisk until it is smooth.
6. Add the yogurt starter to the inner pot, and stir until incorporated into the milk.
7. Close the lid and exhaust valve.
8. Select the “Yogurt” function and press “Start”.
9. When the program ends, refrigerate the yogurt and it can be kept for several weeks.

Coconut Fish Curry

Serves 6-8



Ingredients:

- 800g white fish fillets, sliced
- 150g cherry tomatoes
- 2 green chilies, sliced
- 2 medium onions, sliced
- 2 cloves garlic, minced
- 1 table spoon ginger, grated
- 1 tablespoon oil
- 6 curry leaves
- 3 tablespoons curry paste
- 500ml coconut milk
- 2 teaspoons salt
- Lemon juice, to taste

Procedure:

1. Place the inner pot in the outer pot and press the “Saute” key.
2. Add oil and curry leaves, and saute until browning on edges.
3. Add the onion, garlic and ginger and saute until soft. Add the curry paste, and stir until combined.
4. Add coconut milk, green chilies, tomatoes and fish pieces into the inner pot. Stir to coat the fish.
5. Add salt to taste.
6. Close the lid and exhaust valve.
7. Select the “fish” function and adjust holdup time to “05 min”.
8. Press “Start”.
9. Serve with lemon juice.





食譜

绿咖喱南瓜汤

Serves 8

配料：

- 40 克黄油
- 3 瓣丁香大蒜剁碎
- 韭菜 1 片，切成薄片，洗净
- 1 汤匙绿咖喱酱
- 800 克南瓜，去皮和去籽
- 400 克土豆，去皮，切成小块
- 2 升蔬菜原料
- 250 毫升椰子奶油

步骤：

1. 将内锅放在外锅中，然后按“炒菜”键
2. 加入黄油，大蒜和韭葱，然后将索菲特软化
3. 加入咖喱酱，椰子奶油，南瓜，土豆，搅拌直至混合
4. 将汤料倒入锅中
5. 关闭盖子和排气阀
6. 选择“汤”功能，然后按“开始”



牛小排

Serves 4

配料：

- 6 个短肋，修剪
- 2 杯牛肉汤
- 1 个中等大小的洋葱，去皮切丁
- 3 瓣丁香大蒜，去皮切碎
- 6 个小红薯
- 2 汤匙番茄酱
- 2 汤匙橄榄油
- 1 汤匙盐
- 1 汤匙黑胡椒
- 1 小枝百里香，迷迭香
- 1 月桂叶

步骤：

1. 用盐和胡椒粉调味短肋骨
2. 将内锅放在外锅中，然后按“炒菜”键
3. 加入橄榄油和排骨。炒至四周呈金黄色
4. 取下排骨，放在一旁，加入洋葱和大蒜。炒至软化，然后加入番茄酱
5. 将牛肉高汤倒入内锅，将所有食材和排骨分层
6. 关闭盖子和排气阀
7. 选择“肉 / 炖”功能，并将保持时间调整为“30 分钟”
8. 按“开始”
9. 与百里香、迷迭香和月桂叶一起食用



阳光意式鸡肉

Serves 6

配料：

- 8 只去骨去皮鸡大腿（约 2.5 磅）
- 盐和胡椒粉调味
- 1 汤匙橄榄油
- 1 个小洋葱，切成薄片
- 2 根中等大小的胡萝卜，切成薄片
- 220 克克雷米尼蘑菇，去茎切丁

- 3 瓣丁香大蒜，去皮切碎
- 1 茶匙番茄酱
- 400 克圣女果
- 60 克绿橄榄
- 1 片罗勒叶，切成薄片
- 1 片意大利欧芹，切成薄片



步骤：

1. 用盐和胡椒粉调味鸡大腿
2. 将内锅放在外锅中，然后按“炒菜”键
3. 加入橄榄油，洋葱，胡萝卜，蘑菇和盐。炒至软化
4. 加入大蒜和番茄酱。搅拌均匀
5. 将鸡肉，圣女果和绿橄榄放入内锅中并搅拌
6. 关闭盖子和排气阀
7. 选择“家禽”功能，并将保持时间调整为“15 分钟”
8. 按“开始”

与罗勒叶和意大利欧芹一起食用

柠檬芝士蛋糕

Serves 6-8



配料：

- 10 个大酥饼
- 2 汤匙黄油融化
- 790 克奶油芝士
- ½ 杯糖
- ¼ 杯酸奶油
- 1 汤匙柠檬汁
- 2 茶匙磨碎的柠檬皮
- ½ 茶匙香草精
- 2 个大鸡蛋

步骤：

1. 将酥饼压碎成碎屑
2. 加入黄油，搅拌均匀
3. 将碎屑撒在 7 英寸的烤盘上，用手指或水杯将其牢固地压入托盘底部。将平底锅放入冰箱，直至准备使用
4. 在搅拌碗中加入奶油干酪和糖。搅拌直至顺滑
5. 加入酸奶油，柠檬汁，柠檬皮和香草混合成团。
6. 加入鸡蛋，一次混合，直至混合。不要过度搅拌面糊
7. 将面糊倒在面包屑上。用一块箔纸盖住锅
8. 将 1-1/2 杯水倒入内锅。将蒸汽托盘放入内锅中，然后将锅放在蒸汽托盘顶部
9. 关闭盖子和排气阀
10. 选择“蛋糕”功能并将保持时间调整为“30 分钟”
11. 按“开始”
12. 步骤完成后，用保鲜膜盖住蛋糕至少 4 个小时或整夜



蔬菜大杂烩

Serves 6

配料:

- 3个洋葱，切成薄片
- 2个中号茄子，切成丁
- 6个西红柿，切成薄片
- 3个红辣椒，切成薄片
- 4瓣丁香大蒜，切碎
- 4个大西葫芦，切成薄片
- 盐和胡椒粉调味
- 65毫升油

步骤:

1. 将内锅放在外锅中
2. 将所有食材放入锅内
3. 关上盖子，但使排气阀保持打开状态
4. 选择“慢煮”功能，将煮饭时间选择为“4小时”
5. 按“开始”



辣葵花籽肉饭

Serves 8

配料:

- 175克黄油
- 4瓣丁香大蒜，切碎
- 500克大葱，去皮，切成薄片
- 1茶匙姜黄粉
- 葱6根，去皮，切成薄片
- 1茶匙柠檬皮
- 4杯印度香米，洗净
- 6杯蔬菜汤
- 200g葵花籽
- 2茶匙辣椒粉片
- 2茶匙墨西哥辣椒粉
- 2茶匙熏辣椒粉
- 半茶匙肉桂粉，磨碎
- 1汤匙盐
- 2汤匙细砂糖
- 1束香菜，去掉叶子

步骤:

1. 将内锅放在外锅中，然后按“炒菜”键
2. 加入100克黄油，大蒜，大葱和青葱，然后炒至变软
3. 加入姜黄，柠檬和米饭。搅拌均匀
4. 将汤汁倒入锅中
5. 关闭盖子和排气阀
6. 选择“米饭”功能，然后按“开始”
7. 煮好后，从锅中取出米饭
8. 再按一次“炒”键
9. 加入其余的黄油，葵花籽，香料，糖和盐
10. 炒10分钟，然后将种子和香菜叶拌入米饭中



酸奶

Serves 6

配料:

- 1800ml 全脂牛奶
- ½ 杯酸奶发酵剂

步骤:

1. 将全脂牛奶加到内锅中
2. 牛奶应在室温下。关闭盖子和排气阀
3. 选择“酸奶”功能，然后按“开始”
4. 程序结束后，打开盖子并测量牛奶温度，直到冷却至 42° C 以下
5. 将半杯温牛奶加入酸奶中，慢慢搅拌，直到变顺滑
6. 将酸奶起子添加到内锅中，搅拌直至掺入牛奶
7. 关闭盖子和排气阀
8. 选择“酸奶”功能，然后按“开始”
9. 步骤结束后，将酸奶冷藏，可以保存几周



椰子鱼咖喱

Serves 6-8

配料:

- 800g 鱼排，切成薄片
- 150 克圣女果
- 2 片绿色辣椒，切成薄片
- 2 个中等大小的洋葱，切成薄片
- 2 瓣丁香大蒜，切碎
- 1 汤匙生姜，切碎
- 1 汤匙油
- 6 片咖喱叶
- 3 汤匙咖喱酱
- 500 毫升椰奶
- 2 茶匙盐
- 柠檬汁，调味

步骤:

1. 将内锅放在外锅中，然后按“炒菜”键
2. 加入油和咖喱叶，然后炒至边缘变黄
3. 加入洋葱，大蒜和姜，然后炒至变软。加入咖喱酱，搅拌均匀。
4. 内锅加入椰奶、青椒、番茄和鱼排，搅拌然后将其涂上鱼排
5. 加盐调味
6. 关闭盖子和排气阀
7. 选择“鱼”功能，并将保持时间调整为“5 分钟”
8. 按“开始”
9. 与柠檬汁一起享用



