



20 DELICIOUS RECIPES

FOR YOUR PRESSURE COOKER



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CREAMY CAULIFLOWER POTATO SOUP



INGREDIENTS

- 4 cups of unsalted chicken stock
- 1 head of cauliflower - floret
- 2 small red potatoes - cubed
- 5-6 cloves of garlic - minced
- 4-7 slices of bacon - chopped
- 1 medium onion - diced
- 1 cup of heavy cream
- 1-2 bay leaves, to taste
- 2 stalks of green onions, chopped
- Optional: 2 TBSPs fish sauce or
Garnish with freshly grated parmesan cheese

PROCEDURE

01

Place chopped bacon in your Pressure Cooker and turn heat to medium. Stir occasionally and allow the bacon bits to crisp for about 4 minutes. When finished, remove bacon bits from pressure cooker and place on a paper towel to absorb excess fat. Leave any remnants in the pot for the next step.

02

Sauté onions in bacon fat for roughly 1 – 2 minutes until they soften. Add in garlic and half of the green onions. Add some kosher salt and pepper to taste, if you like. Sauté until fragrant.

03

Pour $\frac{1}{2}$ cup unsalted chicken stock into the pot. With a wooden spoon (so you don't scratch your pot or cut up the food), scrub all the brown bits off the bottom of the pot with a wooden spoon and mix into the stock.

04

Add 2 bay leaves, cauliflower, and 2 red potatoes in the pressure cooker. Pour the remaining chicken stock into pressure cooker. Close the lid and cook at High Pressure for 3 minutes. Turn off the heat and do a 10 minute natural pressure release. Open the lid carefully! Remove the bay leaf.

05

Blend your newly created cauliflower soup into desired consistency with a hand blender. Add in 1 cup of heavy cream. Taste the soup and season with 2 TBSPs of fish sauce and kosher salt, if you desire.

06

Garnish with green onions, crispy bacon bits, and freshly grated Parmesan cheese.

TOMATO SOUP



INGREDIENTS

- 1 Tbsp Olive Oil
- 2 Tbsp Butter
- 1 tsp Salt
- ½ - 1 tsp Pepper, to taste
- 1 tsp Italian Seasoning
- 1 Onion - chopped
- 3-4 cloves of garlic - pressed or minced
- 3 15 oz cans of diced or crushed tomatoes with juice
- 4 cups broth - chicken or vegetable
- 1 Tbsp Fresh basil (chopped) or 1 tsp dried
- Optional: ½ cup grated parmesan cheese (or more to taste), ¼ tsp red pepper flakes, ½ cup heavy cream

PROCEDURE

01

Press the Sauté button on the pressure cooker. When the cooker is hot add the oil and butter.

02

Add the onion and cook until translucent, about 7 minutes, and let the onion brown a little for better flavor while stirring occasionally.

03

If you decide to use, add garlic and red pepper flakes and cook for 30 seconds stirring constantly.

04

Now add tomatoes, broth, salt, pepper, Italian seasoning, and basil. Stir and close the lid of the pot and lock it into place. Set the steam release knob to the sealing position.

05

Cancel the Sauté mode. And start a manual pressure cook for 5 minutes.

06

When finished, let the pot naturally release pressure for 15 minutes. Then manually release the remaining pressure. When safe, open the lid and stir the soup.

07

Use a hand blender to puree the soup to a creamy consistency or transfer to a blender and carefully blend the soup. Please use caution as the pot and soup will be hot!

08

Stir in the Parmesan cheese and let it melt into the soup, then stir in the heavy cream.

09

Taste and adjust salt, if desired. Add your favorite garnishes and serve!

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BBQ RIBS



INGREDIENTS

- 1 rack of baby back ribs, about 1 ½ - 2lbs
- 6 TBSPs of your preferred dry rub or seasoning
- 1 cup broth or water
- 4 cloves garlic sliced
- 1 onion - sliced
- Optional: Barbecue sauce, ½ tsp liquid smoke

PROCEDURE

- 01** Rinse your ribs and then pat dry. Afterwards remove the membrane from the back of the ribs, if not already removed for you.
- 02** Cut ribs into 2-3 pieces (or to a proper size that fits into the pressure cooker) and coat with your preferred dry rub by massaging it into the meat.
- 03** Place trivet/rack in the bottom of your pressure cooker. Add broth or water. If you are using liquid smoke, add during this step.
- 04** Arrange the ribs on the trivet so they are not stacked on top of one another to allow for even cooking. Placing them upright works in most instances. Add your garlic and onion once the ribs are positioned.
- 05** Close lid and manually pressure cook for 22-25 minutes, depending on meat thickness. Once done, allow the pressure cooker to naturally release for 5 minutes.
- 06** Open the valve to release remaining pressure.
- 07** Brush with barbecue sauce/your preferred seasoning method and broil or grill until slightly charred.

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SLOPPY JOE'S



PROCEDURE

- 01** Select sauté on your Pressure Cooker cooking pot and allow to fully heat.
- 02** Add oil and coat the bottom of the pot. Add onions, peppers, garlic and ground beef.
- 03** Sauté until ground beef is slightly brown. Use a splatter guard and carefully pour out most of the grease/liquid. Leave about 1/4 cup liquid.
- 04** Pour in red wine vinegar and deglaze the cooking pot, if needed. Mix in Worcestershire Sauce, Brown Sugar and Tomato Puree. Add Salt, Pepper, Chili, Mustard, Red Pepper Flakes and Tomato Paste and mix together.
- 05** Lock on Lid and close Pressure Valve. Cook at High Pressure for 3 minutes. When Beep sounds, allow a 15 minute Natural Pressure Release.

INGREDIENTS

- 2 TBSPs extra virgin olive oil
- 1 ½ pounds Lean Ground Beef
- 1 ¼ cups Sweet Onion diced small
- 1 ¼ cups Green Bell Pepper diced small
- 2 cloves Fresh Garlic finely minced
- ¼ cup Red Wine Vinegar
- 2 ½ TBSPs Worcestershire Sauce
- 3 ½ TBSPs Dark Brown Sugar
- 1 ½ cups Tomato Puree
- 2 TBSPs Tomato Paste
- 2 tsps Sea Salt
- ½ tsp Freshly Ground Black Pepper
- 1 tsp Chili Powder
- ½ tsp Dry/Ground Mustard Seed
- 1/8 – ¼ tsp Crushed Red Pepper Flakes

- 06** Open Lid and Select Sauté/Browning. Simmer, until much of the liquid has evaporated and consistency is thick.
- 07** Serve on your preferred hamburger buns!

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POTATO SALAD



INGREDIENTS

- 1 celery stalk - diced
- 4 scallions diced – white/light green parts only
- 2 pounds red skin potatoes - chopped
- 2 eggs
- 1/3 cup organic mayonnaise
- 2 tsp red wine vinegar
- 1 tsp stone ground mustard or your favorite kind
- salt and pepper to taste
- fresh chives for garnish

PROCEDURE

01

Pour 1 cup of water into the pressure cooker then add a steamer basket to the pot. Place the chopped potatoes and eggs in the steamer basket. Set the Pressure cooker to 4 minutes on manual high pressure. Once finished, do a quick release and remove the steamer basket from the pot using a pot holder.

02

Place the potatoes in a large bowl. Separately, put the eggs in a bowl of cold water to cool. Peel each egg, cut in half, and remove the yolks to a small bowl. Mash the egg yolks with a fork and add the mayonnaise, red wine vinegar, and mustard. Stir until combined evenly.

03

Chop the egg whites and place them in the large bowl with the potatoes, along with the chopped celery and scallions.

04

Pour the dressing onto the potato mixture. Stir gently to coat evenly. Sprinkle with salt and pepper to taste. Serve warm or refrigerate until ready to serve.

PREP TIME: 10 MINS**COOK TIME: 15 MINS****TOTAL TIME: 25 MINS**

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PASTA BOLOGNESE



PROCEDURE

01 Add the olive oil to the pressure cooker. Use Sauté function on a High setting. Allow it to heat up for 3 minutes, then add in the onion, carrot, and celery. Sauté for 5 more minutes and add garlic and sauté for 1 additional minute.

02 Add the ground meat, stir and allow it to sauté for 5 minutes with the vegetables until it crumbles and you can see juices in the pot.

03 Pour red and white wine and stir with meat and vegetables, allowing them to simmer for 10 minutes.

04 Add the crushed tomatoes, broth, seasoned salt, kosher salt, nutmeg, oregano and Italian seasoning. Stir everything together thoroughly.

INGREDIENTS

- 1/4 cup of extra virgin olive oil
- 1 large Spanish onion, diced
- 1 large carrot, peeled and diced
- 2 stalks of celery, diced
- 1.5 lbs of a ground meat of your choice
- 1 tbsp of crushed or minced garlic
- 3/4 cup of dry red wine
- 1/4 cup of dry white wine
- 28 oz can crushed tomatoes
- 2 cups of beef broth
- 1 tsp of kosher salt
- 1 tsp of seasoned salt
- 1 tsp of Italian seasoning
- 1 tsp of oregano
- 1/4 tsp of nutmeg
- 1 lb (1 box) of ziti rigati
- Optional: 1/2 cup of heavy cream/half & half, 5.2 oz of boursin cheese or 5 oz of a brick of cream cheese

05 Finally, add the pasta without stirring. Instead, simply press and smooth the pasta down with a spoon so it's submerged in the broth.

06 Secure the lid and cancel the sauté. Manually pressure cook for 6 minutes at High Pressure. Use the quick pressure release function and stir everything together thoroughly.

07 Optional: Add in cream and the Boursin cheese (or cream cheese) and stirring for another minute or two until melted into sauce.

CHICKEN NOODLE SOUP



INGREDIENTS

- 2 tbsp butter - unsalted
- 1 large onion - chopped
- 2 medium carrots - chopped
- 2 stalks celery - chopped
- 1 - 1 ½ tsp salt or to taste
- 1 - 1 ½ tsp pepper or to taste
- 1 tsp thyme dry; 1 tbsp if fresh
- 1 tbsp parsley fresh - chopped
- 1 tbsp oregano fresh – chopped; 1 tsp if using dry
- 4 cups chicken broth – no sodium added
- 2 lbs chicken with skin and bones with an additional chicken breast
- 4 cups of water
- 5 oz egg noodles - uncooked

PROCEDURE

- 01** Using the Sauté setting, add butter and cook until melted. Add onion, carrots, and celery and sauté for 3 minutes until the onions soften and are translucent.
- 02** Next, season with salt and pepper. Then stir in thyme, parsley, and oregano. Pour in chicken broth, add the chicken pieces, and add another 4 cups of water.
- 03** Close the lid and use the soup setting for 7 minutes.
- 04** Once complete, naturally release pressure for about 10 minutes.
- 05** Remove the chicken pieces from the soup and shred with forks.
- 06** Add noodles to the soup and use the sauté setting for another 6 minutes uncovered, or until the noodles are cooked.
- 07** Turn off the Pressure cooker and add the shredded chicken back to the pressure cooker, taste for seasoning and adjust as necessary.

BEEF STEW



PROCEDURE

01 Season beef with salt and pepper, to taste.

02 Set pressure cooker to high sauté setting. Melt butter. Working in batches, add beef and cook until evenly browned for about 2-3 minutes.

03 Stir in potatoes, carrots, celery, onion, garlic, beef broth, tomato paste, Worcestershire, thyme, rosemary, paprika, caraway seeds and until well combined. Season with salt and pepper to taste.

04 Select manual setting, adjust pressure to high, and set time for 30 minutes. When finished cooking, use a quick pressure release.

05 In a small bowl, whisk together flour and $\frac{1}{2}$ cup stew broth.

INGREDIENTS

- 1 $\frac{1}{2}$ pounds stew meat, cut into 1-inch cubes
- 2 TBSPs unsalted butter
- 1 pound baby dutch yellow potatoes, cut into 1-inch chunks
- 4 carrots, cut diagonally into $\frac{1}{2}$ -inch-thick slices
- 4 stalks celery, cut into $\frac{1}{2}$ -inch-thick slices
- 3 cloves garlic - minced
- 4 cups low sodium beef broth
- 2 TBSPs tomato paste
- 1 TBSP Worcestershire Sauce
- 1 tsp dried thyme
- 1 tsp dried rosemary
- $\frac{3}{4}$ tsp smoked paprika
- 4 TBSPs all-purpose flour
- 1 cup frozen petite peas
- Kosher salt and freshly ground black pepper, to taste
- 2 TBSPs chopped fresh parsley leaves

06 Select high sauté setting. Bring to a boil; stir in flour mixture and cook, stirring frequently, until slightly thickened, about 3-4 minutes. If the mixture is too thick, add more beef broth as needed until desired consistency is reached.

07 Stir in peas for about 30 seconds or until heated through.

08 Serve immediately, garnished with parsley, if desired.

LEMON CHICKEN

INGREDIENTS

- 6-8 boneless chicken thighs
- Sea salt and pepper - to taste
- ½ tsp garlic powder
- 2 TBSPs olive oil
- 3 TBSPs butter - divided
- ½ small onion - chopped
- 4 garlic cloves - sliced or minced
- 1½ TBSPs Italian seasoning
- Juice and zest of one lemon
- ⅔ cup homemade or low sodium chicken broth
- Chopped fresh parsley and lemon slices for garnish, if desired

PROCEDURE

- 01** Season chicken with salt, pepper and garlic powder.
- 02** Press the Sauté function on the Pressure cooker and add the olive oil to the pot.
- 03** Add chicken and allow to sear on each side for 2 minutes, or until golden brown. Once browned, remove from the pressure cooker and set aside.
- 04** Melt butter in pressure cooker and stir in the onions and garlic. Add lemon juice to deglaze pan. Cook for 1 minute then add Italian seasoning, lemon zest, and chicken broth..
- 05** Place the chicken back into the pressure cooker, lock the lid, and turn the seal the valve.
- 06** Manually pressure cook for 7 minutes.
- 07** It will take about 5-10 minutes to come to pressure and start counting down.
- 08** When done, allow to naturally release for 2-3 minutes, then remove your pressure cooker lid.
- 09** Sprinkle with chopped parsley and serve hot with your favorite sides. Spoon sauce over chicken and garnish with lemon slices, if desired.

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YOGURT MADE EASY



INGREDIENTS

- 1 gallon milk
- ¼ cup plain yogurt

PROCEDURE

- 01** Add milk, close the lid and set pressure release valve to venting. Use the yogurt function that should bring the milk to a boil.
- 02** Ensuring that the release valve is still venting, open the lid and use a food thermometer to check the milk's temperature. It should be 180 F or higher. If it's not, press Sauté button and give the pressure cooker 5-10 minutes to heat the milk further. Check again.
- 03** Remove inner pot with milk and let it cool down either on a counter (3-4 hours) or in a sink filled with cold water (15 minutes) until food thermometer reads 110 F and lower. Remove the milk skin on top.
- 04** Add yogurt and whisk to combine without touching the bottom (disturbing sticky milk). Close the lid and leave pressure release valve in either position. Use the non-boiling Yogurt function and adjust time to 10 hours.
- 05** After 10 hours, the pressure cooker will shut off. Insert a spoon in the yogurt and if it's standing, your yogurt is ready. Remove the inner pot and chill in the fridge for 6 hours or overnight. To make yogurt completely smooth, whisk it without touching the bottom.

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PERFECT WHITE RICE



INGREDIENTS

- 2 cups long grain white rice
- 2 ½ cups water
- 1 tsp Diamond Crystal kosher salt or ½ tsp table salt

PROCEDURE

- 01** Pour the rice, water, and salt into the pressure cooker pot and stir.
- 02** Lock the lid and pressure cook on high pressure for 4 minutes.
- 03** Turn off warming mode and let pressure come down for 10 minutes, then quick release any remaining pressure in the pot.
- 04** Fluff the rice with a fork and serve.

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BROCCOLI WITH SEASONING



INGREDIENTS

- 2 1/3 cups of raw Broccoli florets cut into medium pieces
- 1 cup water
- Seasoning to taste

PROCEDURE

- 01** After washing the broccoli, add the water to the pressure cooker.
- 02** Place the steamer basket inside the pressure cooker and then add the broccoli florets on top.
- 03** Manually pressure cook and set the timer to 0 minutes. As soon as the pressure cooker comes to pressure it will stop cooking. Perform a quick pressure release. When complete, remove the lid.
- 04** Season to taste.

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MAC & CHEESE



INGREDIENTS

- 2 cups water
- ½ tsp salt
- 2 cups elbow macaroni
- 2 TBSPs butter - unsalted
- 1 12 oz. can evaporated milk
- 1 large egg
- 1 tsp spicy brown mustard
- ½ tsp hot sauce optional
- 1 ½ cups grated sharp Cheddar cheese
- 1 ½ cups grated Colby-Jack cheese
- Salt and pepper, to taste

PROCEDURE

- 01 Combine water and salt in the pot. Stir to dissolve the salt. Add the pasta and butter. Lock lid in place. Set a 4 minute cook time on high pressure.
- 02 While the pasta cooks, whisk together evaporated milk, egg, mustard, and hot pepper sauce in a bowl.
- 03 Once cook cycle completes, allow pasta to sit for one minute. After one minute, open the machine using a quick pressure release.
- 04 Activate the "keep warm" setting. Pour the milk mixture over the pasta. Stir until it thickens for about two minutes.
- 05 Add 1/3 of the cheese. Stir the macaroni until the cheese melts. Repeat, adding 1/3 of the cheese at a time, until all the cheese had been added.
- 06 Once the cheese has melted, remove the pot from the pressure cooker and immediately pour the macaroni and cheese into a serving dish.
- 07 Season to taste with salt and pepper and serve!

APPLE SAUCE



INGREDIENTS

- 8 apples, your preference on type
- $\frac{1}{2}$ - 1 cup water
- $\frac{1}{8}$ cup granulated sugar optional
- $\frac{1}{2}$ tsp cinnamon optional

PROCEDURE

- 01** Wash and cut the apples so that the apple cores are removed.
- 02** Pour the water into the pressure cooker. The more water used the thinner the apple sauce will be. $\frac{1}{2}$ cup of water yields a very thick apple sauce.
- 03** Add the chopped apple to the pressure cooker.
- 04** Cook on Manual HIGH for 4 minutes.
- 05** Perform a natural pressure release for 5 minutes then finish off with a controlled quick release.
- 06** Use a fork and remove the apple peels out of the pressure cooker.
- 07** Whisk the applesauce and add in sugar and cinnamon if desired.
- 08** You can store this apple sauce in the fridge for up to a week.

CHICKEN & RICE



INGREDIENTS

- 1 pound boneless skinless chicken thighs
- Cooking spray
- 3 small shallots diced
- 1 cup carrots diced
- 1 cup sliced mushrooms
- 2 cloves medium fresh garlic minced
- 1 ½ cups uncooked white jasmine rice rinsed and drained
- 2 cups chicken stock or broth divided
- 2 TBSP fresh thyme leaves chopped and divided (or 2 tsps dried)
- Salt and pepper to taste

PROCEDURE

- 01 Generously salt and pepper your chicken thighs. Spray the inner pot with cooking spray, or add the oil. Using the sauté setting, preheat until hot. Use tongs to put chicken in the pan while being mindful of oil splatter.
- 02 Sear chicken thighs, 4 minutes on each side. Remove and set aside chicken on a plate.
- 03 Add 1/4 cup of the broth to deglaze the pan, scrape the bits with a wooden spoon.
- 04 Add shallot, mushroom and carrots, and cook for 2 to 3 minutes. Add garlic, and continue to cook for another minute. Add remaining chicken stock, rice, thyme and stir together.
- 05 Place the chicken thighs on top of the mixture. Do not stir.
- 06 Place the lid on and lock it while sealing the valve.
- 07 Cook on manual high pressure for 8 minutes, and allow the pressure cooker to release naturally for 10 minutes. Quick release the remaining pressure.
- 08 Once any remaining pressure is fully released, remove the lid carefully. Use two forks to shred the chicken, and stir the pot. Serve immediately.

EASY CHILI

INGREDIENTS

- 1 TBSP olive oil
- 1 Pound ground beef
- 1 Medium onion - diced
- 2 TBSP chili powder
- ½ TBSP garlic powder
- ½ TBSP cumin
- ½ Tsp salt
- ½ Tsp pepper
- 2 14 oz. cans chili beans, do not drain
- 2 14 oz. cans pinto beans, do not drain
- 1 15 oz. can tomato sauce
- 2 Cups beef broth
- 1 TBSP cornstarch
- 1 TBSP water
- Optional: 1 tsp hot pepper sauce

PROCEDURE

- 01 Turn pressure cooker to sauté and add the oil. Once the oil is hot, add the ground beef, onion, and seasonings and cook until meat is no longer pink.
- 02 Drain any excess grease if necessary.
- 03 Turn the Pressure cooker off and add the remaining ingredients. Stir to combine.
- 04 Set the pressure cooker to manual, high pressure for 25 minutes.
- 05 Allow the pressure to release naturally for 10 minutes, then quick release.
- 06 For a thicker chili: In a small bowl mix together the cornstarch and water until smooth and immediately whisk into hot chili. Allow to thicken for 5 minutes before serving.
- 07 Stir and serve.



ITALIAN CANNELLINI & MINT SALAD



INGREDIENTS

- 1 cup dry cannellini beans - soaked
- 4 cups water
- 1 clove garlic - smashed
- 1 bay leaf
- 1 fresh sprig mint
- 1 dash vinegar
- 1 generous swirl olive oil
- Salt and pepper to taste

PROCEDURE

01

Add soaked beans, water, garlic clove and bay leaf to the pressure cooker.

02

Close and lock the lid of the Pressure cooker. Manually pressure cook for 8 minutes. Release pressure using a natural pressure release when finished.

03

Strain the beans and mix with mint, vinegar, olive oil, salt and pepper. Serve!

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BAKED POTATOES



INGREDIENTS

- 5 medium russet potatoes
- 1 cup water

PROCEDURE

01

Add one cup of cold water to insert. Wash and scrub the potatoes clean and then poke with a fork several times all over the surface of each potato.

02

Place wire rack inside the insert and arrange potatoes on the rack.

03

Ensuring the release valve is sealed, manually pressure cook for 14 minutes.

04

Release pressure naturally for 8 to 10 minutes, then switch valve to "venting" position and let any remaining pressure release.

05

Gently remove the potatoes and place on a platter.

06

Serve potatoes with your favorite toppings such as butter, spices, cheddar, sour cream, chives or parsley.

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UMAMI POT ROAST

PROCEDURE

- 01** Heat up your pressure cooker using the sauté button. Make sure your pot is as hot as it can be when you place the chuck roast into the pot. While heating, pat the chuck roast dry with a paper towel. When the pressure cooker is hot, season the chuck roast with generous amount of kosher salt and ground black pepper.
- 02** Add 1 tablespoon of olive oil into the pot. Ensure to coat the oil over the whole bottom of the pot. Add the seasoned chuck roast into the pot, then let it brown for exactly 10 minutes on each side. Remove and set aside.
- 03** Bring the sauté function to a medium heat. Add in the sliced onions and stir. Add a pinch of kosher salt and ground black pepper to season if you like. Cook the onions for roughly 1 minute until soften. Then, add garlic and stir for 30 seconds until fragrant. Add in the mushroom and season with another pinch of kosher salt if you like. Stir and cook for another 2 minutes.
- 04** Pour in a dash of red wine or balsamic vinegar and deglaze the bottom of the pot with a wooden spoon. Add 1 cup of chicken stock, 1 tablespoon of light soy sauce, 1 tablespoon of fish sauce, 1 pinch of dried rosemary, 1 pinch of thyme, and 2 bay leaves into the pressure cooker. Taste the seasoning and add more salt and pepper if desired.
- 05** Place the chuck roast back with all its meat juice into the pot. Close lid and pressure cook at High Pressure for 45 minutes.
- 06** Turn off the heat. Do not touch and let it fully Natural Release for 25 minutes. Open the lid carefully.

INGREDIENTS

- USDA Choice Grade chuck roast/ Canada AAA Grade blade roast - 2 inches (5 cm) thick (can use 1 pound to 3 pounds)
 - 4 cloves garlic - minced
 - 2 small onions - sliced
 - 1 cup unsalted chicken stock
 - 1 tablespoon light soy sauce (not low sodium soy sauce)
 - 1 tablespoon fish sauce
 - 1 tablespoon olive oil
 - 1 pinch of dried rosemary
 - 1 pinch of thyme
 - 2 bay leaves
 - 2 tablespoons red wine or balsamic vinegar to deglaze
 - Kosher salt and ground black pepper to taste
 - 8 white mushrooms sliced
 - 2 carrots - chopped
 - 2 - 4 potatoes - quartered
 - 1 ½ tablespoon cornstarch mixed with 2 tablespoons water
- 07** Remove the chuck roast and set aside. Cover the chuck roast with aluminum foil and let it rest while pressure cooking the vegetables. Submerge the quartered potatoes into the sauce and stack the chopped carrots on top of the potatoes. Close lid and pressure cook at High Pressure for 4 minutes. Turn venting knob to venting position to do a Quick Release. Open the lid carefully.
 - 08** Taste the sauce one final time and adjust the seasoning if necessary. Mix 1 ½ tablespoon of cornstarch with 2 tablespoons of water and mix it into the sauce one third at a time until desired thickness. Serve with the gravy, potatoes & carrots.

SAVORY QUINOA & TOMATOES

INGREDIENTS

- 1 leek – chopped
- 1 tsp garlic – minced
- 1 ½ cups chicken broth
- 1 28 oz. can of plum tomatoes – drained
- 1 cup of quinoa

PROCEDURE

01

Coat pan with a nonstick spray.

02

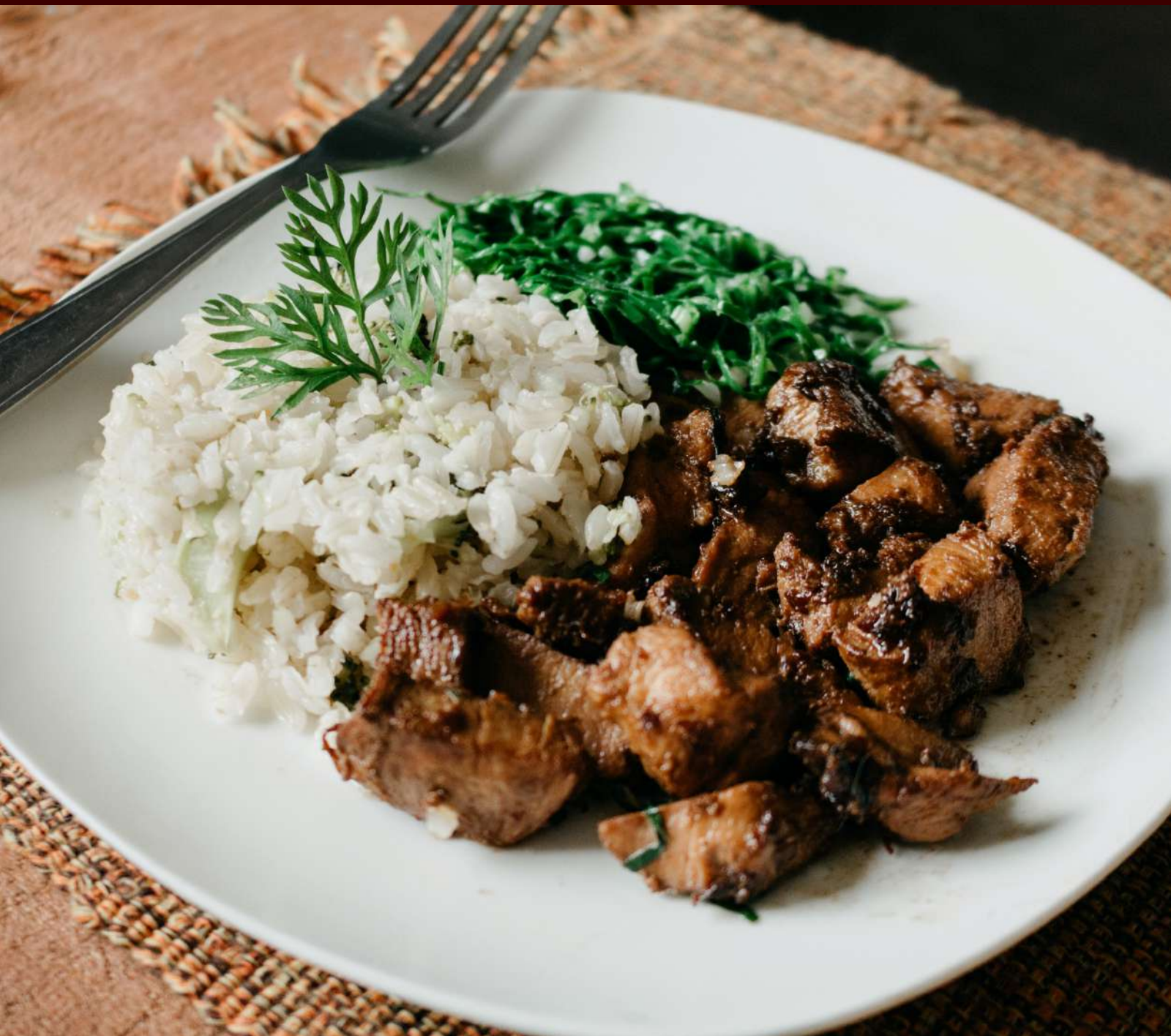
Add in all ingredients and set a manual high pressure cook for 1 minute.

03

Let pressure release naturally for 10 minutes. Remove cover and serve!

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