



Recipes Volume 1









GOVISEUSA®

PRESSURE COOKER

Thank you for purchasing the GoWiseUSA pressure cooker. This pressure cooker is equipped with easy to use, pre-programmed cooking preset times. It also has Pressure(-/+) buttons to set up pressure cook times manually. Other great features include a delay timer, and low or high pressure modes. Included are the steam rack, removable pot, spoon and measuring cup.

In this recipe book, you will find some creative, delicious recipes to help you get started with your pressure cooker. Additional accessories like the GoWiseUSA cake pan and more can be purchased at www.gowiseproducts.com

For more information on pressure cook settings, please refer to the user manual.

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Cilantro Lime Rice

SERVES 3-4 PEOPLE

- 2 Cups basmati rice
- 21/2 Cups of water
- 3 Tbsp Vegetable oil
- 2 Limes
- 1/2 Cup of fresh chopped Cilantro

- Add the rice, water, oil, salt, and juice of one lime to the pressure cooker pot and stir.
- 2 Lock lid in place, and with the Pressure(-/+) buttons, set the cook time for 6 minutes(The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature).
- 3 After the cooking cycle is over, let the pressure drop before you release the steam.
- 4 Empty rice into a mixing bowl and add chopped fresh cilantro, juice of one lime, and mix thoroughly.





Beef Pot Roast

SERVES 3-4 PEOPLE

- 1 (3 lb.) Boneless beef chuck roast
- 5 Red potatoes
- 4 Carrots chopped
- 1 Medium onion
- Black pepper/Salt
- 1 (14.5 oz) Can beef broth
- 2 Tbsp Vegetable oil
- 1¹/₂ Tbsp Worcestershire Sauce



- Use the Brown/Saute preset to heat oil and brown roast on all sides. Season with pepper and salt.
- Pour in beef broth and Worcestershire sauce, chop onion into 4 quarters and add to pot. Seal the lid and cook for 30 minutes.
- Release steam and lid, and carefully add chopped carrots and potatoes. Place on lid again and with the Pressure(-/+) buttons, manually set cook time for an additional 15 minutes.
- (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.



Vegetarian Chili

SERVES 2-3 PEOPLE

What you'll need:

- 1 (12 oz.) Pack Veggie hot dogs, sliced
- 2 Cups Pinto beans
- 1 Tbsp Vegetable oil
- 1 Cup lentils
- 2 Cups Carrots, peeled and sliced
- 2 Cups Red Potatoes peeled and diced
- 3 Chipotle chillies in adobo sauce, sliced

Black pepper/Salt Garlic powder



- $\mathbf{1}$ Wash beans and lentils with water, rinse, then set them aside.
- Use the Brown/Saute preset to heat oil and saute the veggie dogs.
- 3 Add beans, lentils, carrots, potatoes, chillies, and 8 cups of water. Season with pepper, salt and garlic powder.
- 4 Lock lid in place, and with the Pressure(-/+) buttons, manually set cook time for 55 minutes.
- (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.



Classic Spaghetti

SERVES 4 PEOPLE

- 1 Pound spaghetti
- 1 (8 oz.) Jar spaghetti sauce
- 1 Cup of water
- 4 Tsp dried Oregano
- 1/2 Cup grated Parmesan cheese

- 1 Pour spaghetti sauce and water into pressure cooker pot.
- Stir in oregano, grated Parmesan, and any additional ingredients you'd like.
- Break spaghetti in half and spread throughout the pot. Use a wooden or plastic spoon to make sure all the spaghettis is covered in sauce.
- 4 Lock lid in place, and with the Pressure(-/+) buttons, manually set cook time for 8 minutes.
- (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.





Penne in Cheesy Meat Sauce

SERVES 4 PEOPLE

What you'll need:

- 1 Pound Ground beef
- 1 Pound Dry Penne
- 1 (8 oz.) Jar spaghetti sauce
- 1 Cup of water
- 1 Cup of ricotta cheese
- 2 Cups shredded mozzarella cheese

Black pepper/Salt

Top with shredded mozzarella for extra

- Use the Brown/Saute preset to heat oil in pot and cook ground beef until meat is brown.
- Pour sauce and water into pot and mix in ricotta cheese, shredded mozzarella, and season with salt and black pepper.
- Mix dry penne into the sauce. Lock lid in place, and with the Pressure(-/+) buttons, manually set cook time for 8 minutes.
- 4 (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.



Chicken Tinga Tacos

SERVES 4 PEOPLE

What you'll need:

- 4 Chicken breasts
- 1 Large onion
- 3 Chipotle chillies in adobo sauce
- 10 Roma Tomatoes
- 2 Cups Chicken broth

Black pepper/Garlic Salt

Corn Tortillas Chopped Cilantro



- Place skinless chicken breasts in pressure cooker, and pour in just enough water to cover them. With the Pressure(-/+) buttons, manually set cook time for 8 minutes. When they are done cooking, set aside to cool down. Once the chicken has cooled down, shred the chicken and set aside.
- 2 Discard water from the pot.
- 3 Using a blender, blend the onion, Roma tomatoes, chillies, and 2 cups of chicken broth. When mixed well, pour into the pressure cooker pot(there should be no water in the pot) and bring to a boil.
- 4 Once the salsa is boiling, add the shredded chicken and simmer for 10 minutes. Season with black pepper and garlic salt.
- Serve onto corn tortillas, add chopped cilantro to desired taste.



Sausage and Lentils

SERVES 4 PEOPLE

- 1/3 Pound Bacon chopped
- 1 Pound Italian sausage
- 1 Pound lentils
- 1/2 Cup tomato paste
- 1/4 Cup chopped fresh parsley
- 1 Tsp ground cumin
- 1 Medium onion
- 1 Clove garlic, minced
- 4 Cups of water
- 4 Cups of chicken stock
- Black pepper/Salt



- Use the Brown/Saute preset to brown the bacon, onion, garlic, and Italian sausage for about 10 minutes.
- Add cumin, lentils, water, chicken stock, tomato paste, salt, black pepper, and fresh parsley.
- 3 Lock lid in place, and with the Pressure(-/+) buttons, manually set cook time for 45 minutes.
- 4 (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.



Easy Vegetable Soup

SERVES 2-4 PEOPLE What you'll need:

- 2 Large Russet Potatoes, peeled & diced
- 1 Medium Carrot, peeled and diced
- 1 Cup Peas, fresh or frozen
- 1 Large ear yellow corn cut into 6 pieces
- 1 1/2 quarts vegan or no chicken base stock
- 1/4 Cup minced fresh cilantro leaves
- 1 Celery stick, diced

Black pepper/Salt



- Place potatoes, peas, corn, celery and vegetable stock into pressure cooker and seal the lid. Using the Pressure(-/+) buttons, set cook time for 15 minutes.
- 2 (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.
- Once the pressure drops and steam is released, Remove cooker lid and switch pressure to low and bring to a simmer. Using a plastic whisk, crush some of the vegetables to thicken the soup. Season with Black pepper and salt to taste. Top with fresh cilantro when serving.



Hard-Boiled Eggs

SERVES 2-4 PEOPLE What you'll need:

- 2 Cups water
- 8 Eggs
- 4 Cups cold water
- 4 Cups of ice

- Pour 2 cups of water into pressure cooker pot and place steam rack inside.
- Place eggs onto steam rack(above water), and seal the lid. Set the pressure cooker to low pressure(high pressure will make the eggs crack) and with the Pressure(-/+) buttons, set cook time for 6 minutes.
- Once cooking is complete, let the pressure drop before releasing the steam. In a separate large bowl, combine the cold water and ice.
- 4 Remove cooker lid and transfer all the eggs to the cold water. Allow to fully cool in the water for 25 minutes before peeling.





Spanish Flan

SERVES 8 PEOPLE

What you'll need:

- 1 Cup white sugar
- 1 (12 oz.) Evaporated milk can
- 1 (14 oz.) Sweetened condensed milk can
- 3 Eggs
- 1 Tbsp Vanilla extract

Pinch of salt

2 Cups of water(for pot)



- In a saucepan, melt the sugar on medium heat until it is liquefied.
- Transfer the melted sugar to a small non-stick bake dish that fits in your pressure cooker and set aside to cool down.
- 3 In a mixing bowl, beat eggs, vanilla extract, evaporated milk, condensed milk, and pinch of salt. Pour the flan mixture evenly on top of the cooled, liquefied sugar.
- 4 Pour 2 Cups of water into pressure cooker pot and place steam rack inside. Carefully place flan dish onto steam rack.
- Lock lid in place, and with the Pressure(-/+) buttons, manually set cook time for 40 minutes(The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.
- Remove flan and allow to cool. Refrigerate for at least 2 hours, then carefully separate flan from dish and flip upside down onto a plate and serve cold.



Rice Pudding

SERVES 4 PEOPLE

- 2 Cups of water
- 3/4 Cup uncooked white rice
- 1 Cup of milk
- 1 (12 oz.) Evaporated milk can
- 1/2 Tsp Vanilla extract
- 2 Cinnamon sticks



- Put the rice, water and cinnamon sticks in the pressure cooker pot. Lock lid in place, and with the Pressure(-/+) buttons, manually set cook time for 5 minutes.
- 2 (The pressure cooker will heat up and begin cooking cycle when it reaches pressure temperature). Once cooking is complete, let the pressure drop before you release the steam.
- Once rice is cooked, remove lid and add condensed milk, vanilla extract, and milk. Stir ingredients.
- 4 With the lid still removed, press saute and bring mixture to a boil. With a wooden spoon(to prevent scratching the pot), stir for 10 minutes until pudding begins to bubble.
- Remove pot from the pressure cooker and set aside to avoid rice from sticking to the pot. Can be served warm or chilled.



Key Lime Cheesecake

SERVES 4 PEOPLE What you'll need:

Crust

- 1 Cup Graham Cracker Crumbs
- 2 Tbsp Sugar
- 3 Tbsp Unsalted Butter, melted
- 1 Baking dish To fit your pressure cooker

Cheesecake

- 1 (8 oz.) cream cheese room temperature
- 1 Tsp Vanilla extract
- 1 Egg
- 1 Cup condensed milk
- 1/4 Cup Lime juice



Try it with a dollop of sour cream and a bit of lime zest.

- In a large bowl, mix in Graham cracker crumbs, butter and sugar. Spread over baking dish, evenly.
- With an electric mixer, on medium speed, mix cream cheese, egg, vanilla extract, condensed milk, and lime juice until smooth and creamy.
- Pour the cheesecake mix into the dish over the graham cracker crust and smooth out the top of the cheesecake with a spatula. Cover dish tightly with aluminum foil.
- Pour 2 cups of water into cooker pot and place set in steam rack. Place the cheesecake dish onto the rack and seal the cooker lid. With the Pressure(-/+) buttons, manually set cook time for 35 minutes.
- After the cooking cycle is over, let the pressure drop before you release the steam. Remove from cooker and refrigerate for 2 hours before serving.



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