

NEW!

A I R F R Y E R



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Recipes

P R E S S U R E C O O K E R

SEASONAL RECIPES

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3 Bean chili w/ Pesto



WHAT YOU NEED

OLIVE OIL

1 SMALL YELLOW ONION
(CHOPPED)

2 CARROTS DICED

14.5 OZ CAN DICED TOMATOES
(INCLUDING LIQUID)

15.5 OZ CAN CHICKPEAS
(RINSED & DRAINED)

15.5 OZ CAN KIDNEY BEANS
(RINSED & DRAINED)

15.5 OZ CAN CANNELLINI BEANS
(RINSED & DRAINED)

1 CLOVE GARLIC
(FINELY CHOPPED)

3 TBSP PINE NUTS
(CHOPPED)

1 CUP FRESH PARSLEY
(CHOPPED)

1 TSP SALT & PEPPER

2 CUPS WATER

DIRECTIONS

- 1 With the pressure cooker pot uncovered, press the “Saute” to heat the pot. Then pour in about a tablespoon of olive oil. add the chopped onions and carrots and stir until tender.
- 2 Add the diced tomatoes and liquid, water, salt & pepper, and stir.
- 3 Bring to a boil, stirring continuously, then add the beans and stir for about 2 mins. Switch to “warm/cancel”.
- 4 In a small mixing bowl, add the chopped garlic, pine nuts, fresh parsley, olive oil, salt, and mix well. Serve over the chili.

Rice Pudding



WHAT YOU NEED

- | | |
|----------------------------|------------------------|
| 2 CUPS MEDIUM GRAIN RICE | 1 TSP CINNAMON |
| 3 CUPS WATER | 2 CINNAMON STICKS |
| 4 CUPS ALMOND MILK | 1½ TSP VANILLA EXTRACT |
| 1 CUP STEVIA | 1 CUP RAISINS |
| 1 CUP STEVIA + ½ CUP SUGAR | |

DIRECTIONS

- 1 Add water and rice to the pressure cooker pot. Lock on the lid, turn the regulator knob to pressure and cook on high pressure for 6 mins.
- 2 When cooking is done, switch to “warm/cancel”, carefully release the pressure, and open the lid. Then, add cinnamon/cinnamon sticks, stevia+sugar mix, raisins, almond milk, & vanilla extract.
- 3 Press “Saute” and bring to a boil while stirring continuously, then switch to “warm/cancel”. Continue stirring until it reaches a pudding texture.

Caramel Popcorn



WHAT YOU NEED

3/4 CUPS POPCORN KERNELS

2 TBSP AGAVE NECTAR

3/4 CUPS VEGAN BUTTER
(Earth Balance)

OLIVE OIL SPRITZER OR SPRAY

1 CUP BROWN SUGAR

1 TSP SALT

1 TSP VANILLA EXTRACT

1 TSP BAKING SODA

DIRECTIONS

- 1 Preheat your turbo air fryer at 450° for 5 minutes. Prep your rolling cage and un-latch the cage door. Carefully insert the rolling cage into the air fryer and pour in 3/4 cups of popcorn kernels. Using a spritzer or olive oil cooking spray, apply a liberal amount to the kernels in the baking cage. Close the cage and the Air fryer lid. Cook at 450° for 12 minutes, and select the “Roll” function so that the cage rotates while cooking.
- 2 Empty the popcorn into a large mixing bowl and set aside.
- 3 In a sauce pan, over medium-high heat, add the vegan butter and stir until it melts. Mix in the brown sugar, agave nectar, vanilla extract, and once it starts to boil, add the baking soda and salt. stir briefly until it lightens in color, then remove from heat and immediately pour over the popcorn. Stir until most of the

Popcorn is covered with the caramel.

- 4 Spray the base of the air fryer pot* with cooking spray and pour the coated popcorn into the pot. Air fryer for 20 minutes at 210°.

*This recipe was made with the Turbo air fryer, which does not use a fryer basket. If you are using an air fryer with a fryer basket, do not add ingredients into the pot, but instead, onto the foil lined fryer basket or a baking pan.

Egg & Prosciutto
Stuffed Portabello



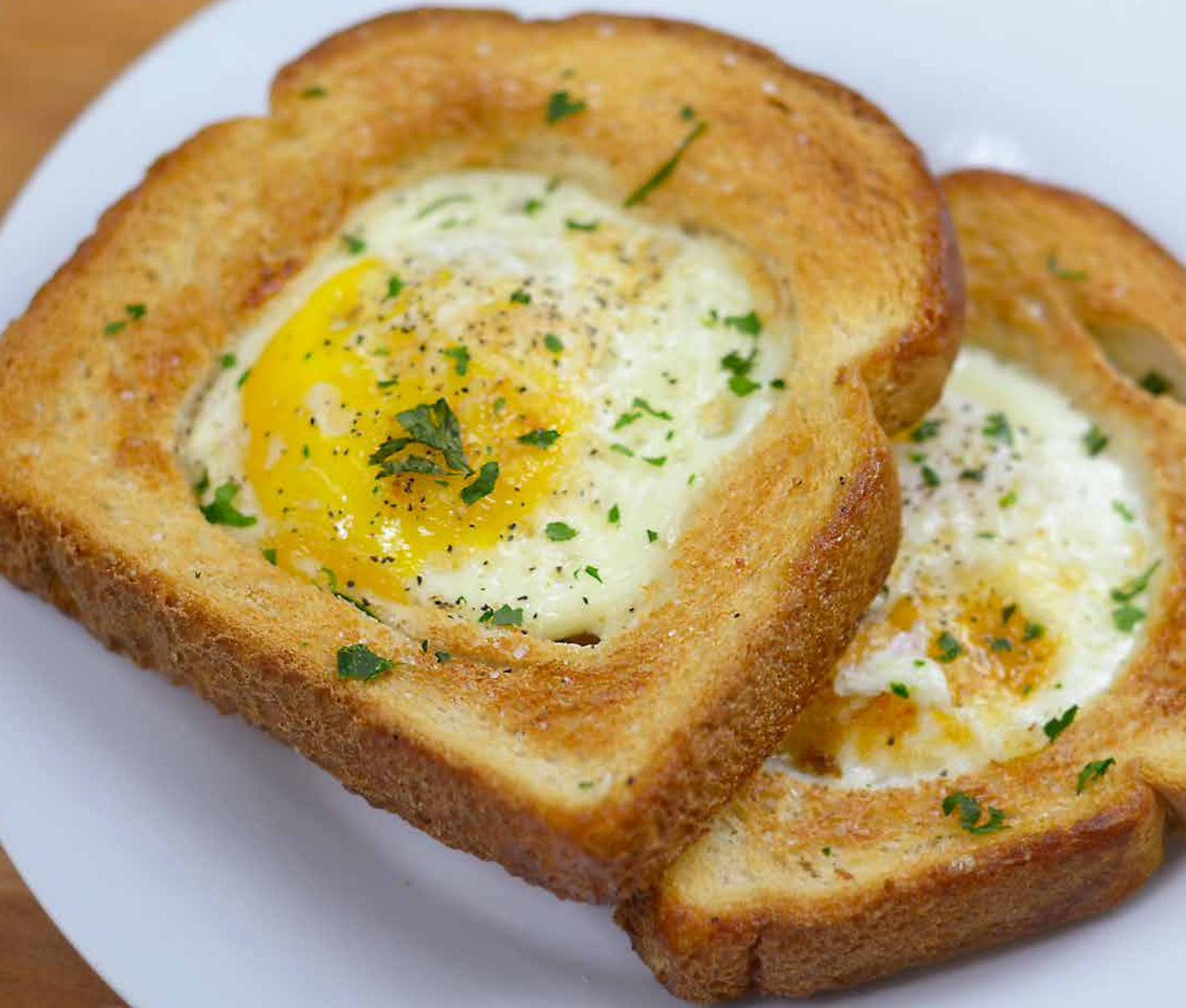
WHAT YOU NEED

- 3 Large Portabello caps
- Olive oil for brushing
- 3 Eggs
- Fresh prosciutto(chopped)
- Fresh parmesan cheese
- Fresh cilantro or parsley(chopped)

DIRECTIONS

- 1 Rinse your mushrooms, then scrape out the brown gills with a spoon. Remove the stems.
- 2 Line the base of the air fryer pot with foil, then using a basting brush, cover the outside of the caps well with olive oil, then place onto the rack. Crack an egg into each cap, then top with fresh grated parmesan, chopped fresh prosciutto, and fresh chopped cilantro or parsley.
- 3 Cook at 390° for 12 mins.

Egg in a hole



WHAT YOU NEED

Bread(any bread of your choice) Vegan butter or regular butter

Eggs(equal to amount of bread)

Salt/Pepper

Fresh Parsley(chopped)

DIRECTIONS

- 1 Preheat your air fryer at 360° for 5 minutes.
- 2 Using a cup(or cookie cutter) with a mid-sized mouth, press the rim into the center of your bread slice to cut out a hole in the center.
- 3 Butter the pan(or a foil lined basket) generously and place the bread slices.
- 4 Carefully crack an egg into each hole, and season with salt & pepper.
- 5 Cook at 360° for 5 minutes. Then remove, butter the pan or foil again, flip the bread, season with salt and pepper and cook at 360° for an additional 3 mins. Top with chopped fresh parsley.

Pressure Cooker
HOT COCOA



WHAT YOU NEED

3/4 CUPS hot water	1 CUP heavy cream
1/2 CUP unsweetened cocoa mix	2 TSP vanilla extract
14 oz. can condensed milk	Pinch of salt
6 CUPS almond milk	2 Cinnamon sticks
1/2 cup stevia	Small bag of marshmallows

DIRECTIONS

- 1 Microwave or boil on a stovetop 3/4 cups water and transfer to a medium size mixing bowl. Mix in the unsweetened cocoa mix, and stir until completely dissolved.
- 2 Transfer the cocoa mix to your pressure cooker pot, and add in all ingredients. Give it a quick stir before sealing the lid and turning the regulator knob to pressure.
- 3 Pressure cook on low for 6 mins.

Spring Pesto
ROLLED CHICKEN BREAST



WHAT YOU NEED

- 2 lbs. Skinless Chicken Breast
- 1/3 CUP Pine nuts
- 3 TBSP chopped fresh basil
- 2 TBSP olive oil
- 3 Cloves chopped garlic
- Salt/Pepper
- 1 Gallon zip seal bag
- 1/2 CUP shredded mozzarella

DIRECTIONS

- 1 Start by making the spring pesto: Chop or process the pine nuts and place in a small mixing bowl. Add the basil, olive oil, chopped garlic, and salt & pepper. Mix well, then set aside.
- 2 Remove any fat from the chicken with a knife, then slice into 1/2 inch thick slivers.
- 3 Place the slivers of chicken in a zip seal bag(1 piece at a time), and using a meat mallet, gently pound the meat to flatten.
- 4 Once you have about 2-3 slivers of chicken, remove and place on a cutting board. Add a couple spoonfuls of the spring pesto onto the chicken, then add some mozzarella, and grabbing one end of the chicken, carefully roll it to the other end. Do this for each chicken sliver. You can add any leftover pesto on top. You

can use a toothpick to hold it in place while cooking(if you don't have toothpicks, you can turn it so it sits on the seam to keep it from unrolling).

- 5 Add foil to the base of the fry basket, coat with cooking spray, then add the rolled chicken breasts and set the air fryer to 380°, for 18-20 minutes.

C O C O A P E C A N B R O W N I E S



WHAT YOU NEED

1/2 CUP vegetable oil

1/2 CUP Butter

2 TSP vanilla extract

2 Eggs

1 1/2 CUPS sugar

1/4 CUP chopped pecans

1/2 CUP all purpose flour

1/3 CUP cocoa powder

1/4 TSP salt

1/4 TSP baking powder

DIRECTIONS

- 1 In a medium mixing bowl, mix the eggs, sugar, vanilla extract and butter until well blended. Slowly mix in the cocoa and flour.
- 2 Mix in the baking powder and salt. Add the pecans last and mix 1 final time.
- 3 Preheat the air fryer to 340° for 5 minutes.
- 4 Spray a small baking pan with cooking spray and pour in the batter. Make sure it is evenly coated. place on rack inside air fryer basket, and Air fry for 18 minutes on 340°.
- 5 After cooking is complete, remove from air fryer and place on heat resistant surface to cool. Allow it to cool before attempting to remove or cut the brownies.

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