

UBER UBER APPLIANCE



Electric Pressure Cooker Quick Start and Recipe Guide

Model: UB-CK1

Please read all instructions carefully before using



Uber Appliance Uber Cook Quick Start Guide

Let's start with the first button all the way to the left. This button displays a green "P". This is the pressure button. This button is used to control the amount of pressure you desire when you are using a function that utilizes pressure during the cooking cycle (Hint: The chicken/meat, soup and steam options all utilize pressure. The Stew, oven and deep fry option do not use pressure.). This button is used after you choose which function you need, so we will get back to that when I am explaining the other buttons.

All the way on the right is a larger red "T". This is the temperature button. It is similar to the pressure button, as it controls the desired temperature of the function you choose. I will also cover this when I go over each function separately.

Now, let's go over the functions:

Adjusting time, pressure and temperature:

To add or decrease time, you can use the two large buttons near the LCD display. The button to the left will decrease the time, the button to the right will increase the time. Next, to increase pressure, press the green "P" button. Each press will increase the pressure setting by one increment. You can monitor the pressure setting level using the bottom of the LCD screen. There is a green meter with 3 levels of pressure. These levels correspond to low, medium and high pressure. You can keep pressing the green "P" button till you reach the desired pressure. If you keep pressing the button, you will cycle between low, medium, high then back to low again. Once you select the desired pressure setting, now you can set the temperature. Setting the temperature is very similar to setting the pressure. You press the red "T" button till you reach the desired temperature. You can monitor the temperature setting using the red meter at the top of the LCD screen. This meter will read out the temperature setting in degrees. Keep pressing the "T" button to cycle through the temperature ranges. Similar to the pressure button, the temperature button will keep cycling through the readings until you reach the max level, then it will start over again from the lowest level. Once you select your desired temperature and pressure, you can press the large "cooking" button in the center to start cooking. To Cancel cooking, press the "Cancel" Button to the left of the LCD screen. Once a cooking function is canceled, you can choose any other cooking functions and set the desired specifications.

Chicken/meat function:

The first function from the left hand side is the Chicken/Meat function. This function is the basic pressure cooker function for meats and chicken. When you press the function, the temperature, pressure and time will all be pre-set. You can change all of these parameters as you wish.

Soup Function:

The second function from the left hand side is the soup function. This function is a pre-set function optimized for the cooking of soups. You can adjust the pressure, temperature and time of this function using the instructions above.

Steam Function:

The third function from the left hand side is the steam function. This function is a pre-set function optimized for steaming foods. This function is best used for cooking steamed rice or vegetables. You can adjust the pressure, temperature and time of this function using the instructions above.

Stew:

The fourth function from the left hand side is the stew function. This function is a pre-set function optimized for cooking stew. This function is best used to slow cook stew of meats and vegetables. You can adjust the temperature and time settings of this function using the instructions above.

Oven:

The fifth function from the left hand side is the oven function. This function is a pre-set function optimized for baking foods, or for foods that would traditionally use an oven. For example, you can back anything from chicken to a cake using this option. You can adjust the temperature and time settings of this function using the instructions above.

Deep Fry:

The sixth and last option from the left hand side is the deep fry option. This function is a pre-set function optimized for deep frying foods. Please see the instruction set below to learn more about this function:

The Uber Cook is capable of both normal deep frying and low-oil frying (air-frying). Below are instructions on how to go about doing each type of frying.

Regular Deep Frying:

1. Remove the lid of the Uber Cook and fill the pot with the appropriate amount of cooking oil.
2. Use the "Deep Fryer" option on the control panel and set the desired temperature and time depending on your frying needs.
3. Allow time for the oil to heat to the desired temperature before placing food in the hot oil.
4. Fry the foods till they are fully cooked then remove the food carefully from the hot oil.
5. Cancel the cooking program and allow enough time for the oil to cool before properly disposing of the oil.

Low-oil frying (air-frying):

1. Remove the lid of the Uber Cook and fill the pot with the food items to be air-fried.
2. lightly coat the foods with a spray oil, or a thin layer of cooking oil. Make sure all sides are properly and fully coated.
3. re-place the lid onto the Uber Cook and select the "Deep Fry" option. Set the desired temperature and cooking time.
4. Start the program, and allow the food to cook for the selected time. The Cooker will automatically turn off when the timer expires and will keep the food warm.
5. Allow a few minutes for any pressure build up to be released before opening the lid.
6. Carefully open the lid, extract the food, and enjoy!

Tip: The "Deep Fry" option only uses heating to cook the food, if you would like to also use pressure while air-frying, it might be ideal to use the "Chicken/Meats" option. This will cook the foods faster (with heat and pressure), making the chicken or meat tender, while the oil coating providing a crispy exterior.

Another Tip: There are lots of great cooking videos on youtube that provide lots of great hints and tips regarding using an electric pressure cooker to cook foods. I suggest checking a few out as well to get more familiar with how electric pressure cookers work!

Now get to cooking with your new Uber Cook Pressure Cooker!

Uber Cook Honey Sesame Chicken

Makes 6 servings

Ingredients

4 large boneless skinless chicken breasts, diced (about 2 lbs.)

Salt and pepper

1 tablespoon vegetable oil

1/2 cup diced onion

2 cloves garlic, minced

1/2 cup soy sauce

1/4 cup ketchup

2 teaspoons sesame oil

1 cup honey

1/4 teaspoon red pepper flakes

2 tablespoons cornstarch

3 tablespoons water

2 green onions, chopped

Sesame seeds, toasted

Directions

1. Salt and pepper chicken. With the lid off, preheat pressure cooking pot using the Chicken/Meat setting. Add oil, onion, garlic, and chicken to the pot and saute stirring occasionally until onion is softened, about 3 minutes.
2. Add soy sauce, ketchup, and red pepper flakes to the pressure cooking pot and stir to combine. Close the lid, and pressure cook on high pressure for 3 minutes. When timer beeps, turn pressure cooker off and do a quick pressure release by turning the pressure release valve to the release position and letting vent till all pressure is released.
3. Add sesame oil and honey to the pot and stir to combine. In a small bowl, dissolve cornstarch in water and add to the pot. Select Chicken/Meat setting and simmer until sauce thickens. Stir in green onions.
4. Serve over rice sprinkled with sesame seeds.

Uber Cook Braised Chicken

Makes 4 Servings

Ingredients

- 2 tablespoons olive oil, divided
- 1 large onion, minced
- 4 bone-in (or boneless), skin-less chicken breasts
- 1/2 cup minced flat-leaf parsley, plus more for garnish
- 1/3 cup salted capers, soaked well in several changes of water
- 1 can (14.5 oz) chicken broth
- 1/3 cup white wine vinegar
- 1 tablespoon cornstarch
- 1 tablespoon water
- Freshly ground black pepper
- Salt

Directions

1. Generously salt and pepper chicken. With lid off, select Chicken/Meat setting and add 1 tablespoon oil to the cooking pot. When oil is hot, brown chicken on both sides. Work in two batches so you don't crowd the pressure cooker. Remove chicken to a platter when browned.
2. Add remaining tablespoon of oil to pressure cooking pot. When oil is hot, add onion; cook, stirring often, until softened, about 5 minutes.
3. Add parsley and capers to onions in the pressure cooking pot; cook for 1 minute. Stir in broth and vinegar. Add chicken with any accumulated juices.
4. Lock lid in place, select High Pressure and 13 minutes cooking time. When beep sounds, turn off pressure cooker and do a quick pressure release (turn the pressure release valve to the release position and let vent till all pressure is released) to release pressure. When all pressure is released, carefully remove lid.
5. With tongs, remove chicken to a platter and cover with foil to keep warm.
6. In a small bowl, combine cornstarch and water. Add to broth in the cooking pot. Select Chicken/Meat and bring to a boil, stirring constantly until sauce thickens. Turn pressure cooker off.
7. Season sauce with salt and pepper. Spoon sauce over chicken; garnish with parsley.

Uber Smokey Beef Brisket

Makes 6 Servings

Ingredients

- 3 lb. beef brisket, flat cut, fat trimmed
- 1 teaspoon seasoned meat tenderizer
- 1/4 teaspoon celery salt
- 1/4 teaspoon Lowry's seasoned salt
- 1/4 teaspoon garlic salt
- 2 tablespoons liquid smoke
- 1 tablespoon Worcester sauce
- 1/2 cup water
- 1 cup BBQ sauce, plus additional for serving

Directions

1. Combine meat tenderizer, celery salt, seasoned salt, and garlic salt in a small bowl. Rub spices into brisket. Put brisket in a large heavy duty Ziploc bag. Add liquid smoke and Worcester sauce. Seal bag and put in the refrigerator to marinate overnight.
2. Put water and BBQ sauce in the pressure cooking pot. Add brisket and any juices in the Ziploc bag. Select Chicken/Meat option on High Pressure and set the timer for 60 minutes. Let the cooker cook, when beep sounds, turn off pressure cooker and let the pressure release naturally for 15 minutes. Quick release any remaining pressure (turn the pressure release valve to the release position and let vent till all pressure is released). When all pressure is released, carefully remove lid. Carefully remove the meat from the pressure cooker to a large platter and slice meat across the grain.
3. Serve with additional BBQ sauce mixed with some of the cooking liquid.

Note: You may have to cut the brisket in half to get it to fit in a 6 qt. pressure cooker.

Uber Chunky Potato Cheese Soup

Makes 6 Servings

Ingredients

- 2 tablespoons butter
- 1/2 cup chopped onion
- 6 cups peeled and cubed potatoes
- 2 14 oz. cans chicken broth
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 tsp red pepper flakes
- 2 tablespoons dried parsley
- 2 tablespoons cornstarch
- 2 tablespoons water
- 3 oz. cream cheese, cut into cubes
- 1 cup shredded cheddar cheese
- 2 cups half and half (can use fat free but soup will be thinner)
- 1 cup frozen corn
- 6 slices crisp-cooked bacon, crumbled

Directions

1. Select Soup setting and add butter to the pressure cooker pot. When butter is melted, add the onion and cook, stirring occasionally until the onion is tender, about 5 minutes. Add 1 can chicken broth, salt, pepper, red pepper flakes, and parsley to the onions.
2. Add the diced potatoes. Lock lid in place, select High Pressure and 4 minutes cook time and start. When timer beeps, turn off pressure cooker, wait 5 minutes, then do a quick pressure release (turn the pressure release valve to the release position and let vent till all pressure is released).
3. In a small bowl, dissolve cornstarch in 2 tablespoons water. Select Simmer and add cornstarch mixture to the pot stirring constantly. Add cubed cream cheese and shredded cheese. Stir until cheese is melted. Add remaining can of chicken broth, half and half, corn, crumbled bacon, and cooked potatoes, and heat through but do not bring to a boil.

Uber Cook Rice Pudding

Makes 8 Servings

Ingredients

- 1 cup Arborio rice
- 1 1/2 cups water
- 1/4 teaspoon salt
- 2 cups whole milk, divided*
- 1/2 cup sugar
- 2 eggs
- 1/2 teaspoon vanilla extract
- 3/4 cup raisins

Directions

1. In pressure cooking pot, combine rice, water, and salt. Lock the lid in place and select Soup Setting on High Pressure and 3 minutes cook time. When beep sounds turn off pressure cooker and use a natural pressure release for 10 minutes. After 10 minutes, release any remaining pressure with a quick pressure release.
2. Add 1 1/2 cups milk and sugar to rice in pressure cooking pot; stir to combine.
3. In a small mixing bowl, whisk eggs with remaining 1/2 cup milk and vanilla. Pour through a fine mesh strainer into pressure cooking pot. Select the soup setting and cook, stirring constantly, until mixture starts to boil. Turn off pressure cooker. Remove pot from the pressure cooker. Stir in raisins.
4. Pudding will thicken as it cools. Serve warm or pour into serving dishes and chill.
5. Served topped with whipped cream, and a sprinkle of cinnamon or nutmeg, if desired.

Notes

The rice will continue to absorb liquid as it cools. Stir in additional milk or cream until your desired consistency is achieved.

*For a richer, creamier rice pudding you can also use half heavy cream.