

sous vide multi-cooker

From sous vide to sear in one pot

24
RECIPES

RECIPE BOOK



**BAUMANN
LIVING**

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barbacoa shredded beef

8 servings

3 lbs (1.5 kg) beef brisket (beef chuck roast will also work)

2 tsp vegetable oil

3-4 chipotle chilis in adobo

295 ml beef broth

4 tsp minced garlic

1 ½ tbsp ground cumin

1 tbsp dried oregano

¾ tsp salt, to taste

½ tsp ground black pepper

¼ tsp ground cloves

60 ml fresh lime juice



6H 15M
Cook Time

SAUTÉ HIGH 15M

- Set to SAUTÉ HIGH and start preheating.
- Cut beef into large chunks for easier browning. Add oil into the pot and sear the beef on each side.
- Using food processor or blender, add chilis, beef broth, garlic, cumin, oregano, salt, pepper, cloves, and lime juice.
- Blend until all ingredients create a sauce.

SLOW COOK HIGH 6H / LOW 9H

- Set to SLOW COOK mode.
- Pour sauce onto meat.
- Set cooking temperature based upon desired cooking time.
- When done, use two forks to shred beef.
- Serve with rice, taco shells, or wrapped in a burrito.

bbq shredded beef sandwiches

8 servings

3 lbs (1.5 kg) beef brisket or beef chuck roast

2 tsp vegetable oil

1-1/8 cups beef broth

½ cup BBQ sauce

2 tsp Worcestershire sauce

1 tsp ground black pepper

12 buns (halved)

sliced pickles

sliced onion (rings)

1 tbsp brown sugar (optional)

1 tsp liquid smoke (optional)



6H 15M
Cook Time

SAUTÉ HIGH 15M

- Set to SAUTÉ HIGH and start preheating.
- Cut beef into large chunks for easier browning.
- Add oil into the pot and sear the beef on each side.
- Use mixing bowl, combine beef broth, BBQ sauce, Worcestershire sauce, ground black pepper, and optional seasonings.

SLOW COOK HIGH 6H / LOW 9H

- Set to SLOW COOK mode.
- Pour sauce onto meat.
- Set cooking temperature based upon desired cooking time.
- When done, use two forks to shred beef.
- Serve on a bun and top with pickles and onion rings.

beef chilli

8 servings

2.2 lbs (1 kg) ground beef, 80% lean

1 onion, chopped

2 tbsp tomato paste

2 cans (15.5 oz/458 ml) kidney beans drained

1 can (28 oz/828 ml) can crushed tomatoes

1 cup light beer (or water)

4 cloves garlic, minced

1 tbsp chili powder

1 tsp ground cumin

1 tsp dried oregano

½ tsp paprika

½ tsp cayenne pepper (optional)

salt and pepper to taste



4H 10M
Cook Time

SAUTÉ HIGH 10M

- Set to SAUTÉ HIGH.
- Sauté beef and onion until meat is browned.
- Add tomato paste, kidney beans, crushed tomatoes, beer, garlic, chili powder, cumin, oregano, paprika, and cayenne pepper. Season with salt and pepper.

BOIL / STEAM LOW 1H

- Set to BOIL/STEAM LOW for 1 hour.

SLOW COOK HIGH 3H / LOW 6H

- Set to SLOW COOK HIGH for 3 to 4 hours.
or set to SLOW COOK LOW for 6 to 8 hours.

brown rice

servings vary

When cooking rice, always use the measuring cup provided. It is equivalent to 2/3 of a standard cup size.



50M
Cook Time

BROWN RICE

- Use provided measuring cup and add desired amount of rice to inner pot.
- Match the water level to the line for brown rice measured on the inner pot.
- Set to BROWN RICE.
- The cooking program should take around 50-70 min.

UNCOOKED RICE (CUP)	WATER NEEDED	COOKED RICE SERVING
2	3.2	4
4	6.25	8
6	9	12
8	12	16

*All measurements are based on measuring cup size.

chicken garlic parmesan pasta (no drain)

4 servings

1 tsp cooking oil

salt and pepper to taste

1 lb (1.5 kg) chicken breast, sliced into ½ inch cubes

30 ml butter

6 cloves garlic, minced

2 cups chicken broth

1 cup milk

8 oz/227 g fettuccine noodles, uncooked

½ cup shredded parmesan cheese

2 tbsp chopped parsley



16M
Cook Time

SAUTÉ HIGH 8M

- Set to SAUTÉ HIGH.
- Sauté chicken breast cubes and season with salt and pepper to taste.
- Remove chicken from the pot. Melt butter and lightly sauté garlic.
- Press and hold CANCEL to stop SAUTÉ function. Add chicken broth and milk.
- Break fettuccine in half to fit in pot and place dry noodles making sure liquid covers all of the pasta.

BOIL / STEAM LOW 8M

- Set to BOIL/STEAM LOW for 8 minutes. Cook until countdown.
- Open lid and stir pasta. Add chicken from previous step back into the pot and stir in parmesan cheese in batches.
- Top with parsley.

chicken noodle soup

6 servings

- 1 tbsp butter
- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ lb (226 g) chicken breast, diced
- 1 cup carrots, sliced
- 8 cups chicken broth
- 2 cups vegetable broth
- ½ tsp dried basil
- ½ tsp dried oregano
- salt and pepper to taste
- 1 ½ cup egg noodles, dried



6H 16M
Cook Time

SAUTÉ HIGH 6H

- Set to SAUTÉ HIGH. Melt butter. Sauté onion and celery until just tender, about 3 min.
- Add chicken, carrots, chicken broth, vegetable broth, basil, oregano, salt and pepper.
- Press and hold CANCEL to stop SAUTÉ function.

BOIL / STEAM LOW 10M

- Set to BOIL/STEAM LOW for 10 minutes.
- Add egg noodles.
- Let device cook until countdown.

OR SLOW COOK LOW 6H

- Set to SLOW COOK LOW for 6 to 8 hours.
- About 20 minutes before cooking time is done, add egg noodles to pot and cook covered.

chicken penne pasta with red wine tomato sauce (no drain)

4-6 servings

1 lb (½ kg) chicken breasts, sliced into ½ inch cubes

2 tbsp olive oil

4 cloves garlic (pressed and minced)

¼ tsp crushed chili flakes (optional)

½ cup red wine

¼ cup chopped fresh basil

1 (28 oz) can crushed tomatoes

2 cups low-sodium chicken broth

salt and pepper to taste

¼ cup shredded parmesan cheese

1 lb (½ kg) penne pasta



25M
Cook Time

SAUTÉ HIGH 13M

- Set to SAUTÉ HIGH. Add olive oil and chicken to pot. Season with salt and pepper. Sauté for 10 minutes, until chicken is fully opaque inside.
- Transfer to a plate and cover with foil to keep warm
- Add garlic, chili flakes to pot and cook for 1 minute.
- Add red wine and cook for 1 minute.
- Press and hold CANCEL to stop SAUTÉ function.
- Add chicken broth, pasta and tomatoes.
- Stir and close lid.

BOIL / STEAM LOW 12M

- Change setting to BOIL/STEAM LOW. Cook for 10 minutes or until pasta is cooked to your liking.
- Add fresh basil and cook for 1 minute.
- Taste sauce and adjust seasoning with salt & pepper.
- Add sautéed chicken from previous step.
- Serve immediately.
- Top with shredded parmesan cheese.

creamy chicken tomato pesto pasta (no drain)

4 servings

1 tsp cooking oil

salt and pepper to taste, divided

1 lb (½ kg) chicken breasts, sliced into ½ inch cubes

2 tbsp butter

4 cloves garlic, minced

2 cups chicken broth

¾ cup heavy cream

8 oz (226 g) fettucine noodles, uncooked

6 oz cherry tomatoes, halved

1/3 cup shredded parmesan cheese

3 oz pesto sauce



18M
Cook Time

SAUTÉ HIGH 10M

- Set to SAUTÉ HIGH. Sauté chicken breast cubes and season with salt and pepper to taste. Remove chicken from pot.
- Melt butter and lightly sauté garlic.
- Press and hold CANCEL to stop SAUTÉ function.
- Add chicken broth, heavy cream, salt, and pepper.
- Break fettuccine in half to fit in pot and place dry noodles in, making sure liquid covers all of the pasta. Add cherry tomatoes on top of pasta.

BOIL / STEAM LOW 8M

- Set to BOIL/STEAM LOW for 8 minutes. Cook until countdown.
- Open lid and stir pasta. Add chicken from previous step back into the pot and stir in parmesan cheese and pesto sauce in batches.

dark chocolate pot de creme

6 servings

- 1 ½ cup heavy whipping cream
- 1 cup whole milk
- 5 oz dark chocolate (at least 70%)
- 7 large egg yolks
- 1/3 cup sugar
- ¼ tsp salt

EQUIPMENT: 12 canning jars (4 oz/125 ml)



SOUS VIDE 72°C 1H 50M

- In a saucepan, combine milk and cream until steaming. Turn off heat.
- Add chocolate and salt. Whisk until melted and smooth.
- In a separate bowl, combine egg yolks and sugar and whisk well.
- Pour cream mixture into egg mixture, whisking well.
- Pour into the jars and screw the lids on the jars until they are finger tight, basically until you feel medium resistance when tightening using only your fingertips. This will allow some air to escape during the sous vide process and help prevent breakage.
- Fill pot with room temperature water up to the MIN level.
- Set to SOUS VIDE and set temperature to 72°C.
- Add jars to water bath and cook for 1 hour 50 minutes.
- Remove from water.
- Serve warm, or cool in refrigerator for at least 4 hours to serve cold.

kimchi fried rice

4-6 servings

- 6 slices thick cut bacon, sliced into ¼ inch pieces.
- 1 small onion, chopped
- 2 cups (6 oz) roughly chopped kimchi (save the juice)
- 6 cups left-over cooked white rice
(must be cooled, preferably overnight in refrigerator)
- 3 tbsp soy sauce
- 2 tsp sesame oil
- 1 tbsp vegetable oil
- ¼ cup chopped cilantro
- 3 scallions, white and green parts, sliced thinly
- 4 eggs
- 2 tsp sesame seeds



SAUTÉ HIGH 30M

- Set to SAUTÉ HIGH. Add bacon and cook until lightly browned.
- Add onion and cook for 2 minutes.
Add kimchi and kimchi juice and cook for about 2 minutes.
- Break up rice with damp fingers. Add to pot and stir well to combine.
- Cook, stirring occasionally for 5 minutes. Add soy sauce and sesame oil, stir well.
- Taste and adjust flavor with soy sauce if necessary. Add scallions and cilantro.
- Cook for 5 more minutes and transfer to a large platter or bowl.
- Add the vegetable oil to the pot. Gently crack eggs into the pot two at a time and cook until whites are set, about 3 minutes.
- Use a spatula to place eggs on top of fried rice.
- Top with sesame seeds and serve.

lasagna

8 servings

- 1.5 lbs (680 g) lean ground beef
- 1 onion, chopped
- 2 tsp minced garlic
- 1 can (28 oz/858 ml) tomato sauce
- 1 can (5 oz/148 ml) tomato paste
- 1 ½ tsp salt
- 1 tsp dried oregano
- 12 oz (about 16 pieces) lasagna noodles, cooked
- 15 oz (425 g) ricotta cheese
- 2 cups shredded mozzarella cheese, divided
- ½ cup grated parmesan cheese, divided
- 1 tsp dried basil
- ½ cup water



5H15M
Cook Time

SAUTÉ HIGH 15M

- Set to SAUTÉ HIGH and start preheating.
- Sauté ground beef, onion, and garlic until brown.
- Add tomato sauce, tomato paste, oregano, and salt. Transfer to a bowl.
- In another bowl, combine ricotta cheese, grated parmesan cheese, mozzarella, basil, and water. Set aside some basil, mozzarella cheese, and parmesan cheese for topping.

SLOW COOK HIGH 4H / LOW 7H

- Set a thin layer of meat sauce into the bottom of the pot.
- Add a layer of lasagna noodles by breaking them apart to fit.
- Spread a layer of cheese mixture on top.
- Add another layer of noodles. Spread a layer of meat sauce on top.
- Repeat layering of noodles with meat and cheese mixture. End with the meat as the topmost layer.
- TIP: Alternate the direction of noodles for each layer.
- Set to SLOW COOK mode and set to desired temperature and cook time.
- Top with the remaining basil, mozzarella and parmesan cheeses at the last 15 minutes of cooking.

lemon chicken thighs with bell peppers

6 servings

2 bone-in chicken thighs (3 to 3.5 lbs/1 to 1.5 kg)

salt and pepper to taste

2 tbsp butter

¼ cup chopped shallots

1/3 cup white wine (Pinot Grigio or Chardonnay)

1 cup low-sodium chicken broth

2 tsp grated lemon zest

1/3 cup fresh lemon juice

10 lemon slices (thinly sliced with seeds removed)

1 cup red & yellow bell peppers (sliced into 2-inch strips)

2 tbsp chopped parsley



30M
Cook Time

SAUTÉ HIGH 10M

- Set to SAUTÉ HIGH setting. Season chicken with salt and pepper.
- Working in batches, add chicken thighs skin side down and cook.
- Turn after 5 minutes or until browned; about 10 minutes per batch. Transfer to a plate.
- Add shallots to the pot and cook until they begin to turn translucent, about 1 minute.
- Add the wine and bring to a boil for 1 minute.
- Add the chicken broth, lemon juice, and lemon zest.
- Place largest chicken pieces in, followed by the smaller pieces. Top with lemon slices.

BOIL/STEAM LOW 10M

- Change the setting to BOIL/STEAM LOW and set cook time for 25 minutes.
- Close the lid and cook until chicken is cooked.
- Transfer chicken pieces to a platter and cover with foil to keep warm. Leave juices in pot.

SAUTÉ HIGH 10M

- Set to the Sauté HIGH setting.
- Add bell peppers and cook until the juices are reduced by ½.
- Turn off multi-cooker and allow sauce to stop boiling. Stir in butter and parsley.
- Taste and adjust the seasoning with salt and pepper.
- Pour sauce over chicken and use lemon slices as garnish.

mexican chicken & quinoa

4-6 servings

- 1 lb (½ kg) chicken breast, sliced into 1" cubes
- 2 tbsp olive oil
- 1 medium sized onion, chopped
- 2 small red bell peppers, seeded and chopped
- 2 jalapeno peppers (optional, seeded and chopped)
- 1 tsp ground cumin & ½ tsp ground coriander
- 2 cloves of garlic, peeled and minced
- 1 can (15 oz/443 ml) diced tomatoes, with juices
- 1 can (15 oz/443 ml) black beans, rinsed and drained
- 1 cup vegetable broth or water
- ½ tsp kosher salt and ¼ tsp black pepper
- ¼ cup fresh cilantro, chopped, plus more as garnish
- Salt and pepper to taste

GARNISH: 1 ripe avocado (sliced), 2 stalks scallions (chopped),
1 lime (sliced into wedges), 2 sprigs cilantro



SAUTÉ HIGH 15M

- Set to SAUTÉ HIGH setting.
- Add first 15 ml olive oil and chicken to the pot. Season with salt and pepper.
- Cook for 10 minutes or until chicken is fully opaque inside.
- Transfer to a plate and cover with foil to keep warm.
- Add remaining 1 tbsp olive oil to the pot.
- Add onions, peppers, cumin, and coriander.
- Cook, stirring occasionally, until onions are translucent, 4-5 minutes.
- Stir in garlic and cook for 30 seconds.
- Press and hold CANCEL to stop SAUTÉ function.
- Add in tomatoes, black beans, corn kernels, quinoa, vegetable broth/water, salt & pepper.
- Mix well, then close the lid.

BOIL/STEAM LOW 10M

- Change the setting to BOIL/STEAM LOW.
- Cook for 10 minutes or until quinoa is cooked to your liking.
- Add sautéed chicken from the previous step and stir evenly.
- Spoon mixture into bowls and garnish with avocado slices, scallions, cilantro sprigs, and fresh lime wedges.

new orleans crab and lobster boil

6-8 servings

- 4 liters water
- 1 medium yellow onion (peeled)
- 1 lemon (quartered)
- 6 garlic cloves
- 1 box Zatarain's crab boil bag, or spice mixture (see next page)
- ¼ cup kosher salt
- 2 lbs (1 kg) small red potatoes, unpeeled
- 3 ears of corn (shucked & cut into 4 pcs each)
- 2 lbs (1 kg) large shrimps, peeled and deveined
- 2 to 4 lobster tails
- 1 lb (½ kg) smoked sausages such as Andouille or Kielbasa, sliced into 1/2 inch pieces
- 1 lb (½ kg) king crab legs, chopped into 5-inch sections



40M
Cook Time

BOIL/STEAM HIGH 40M

- Add water to pot. Set to BOIL/STEAM HIGH. Add the onions, lemons, garlic, crab boil or spice mix, and salt.
- Add the potatoes and boil for 15 minutes. Add the lobster tails and boil for 8 minutes.
- Add the shrimps, corn, and sausages and boil for 5 minutes.
- Turn off cooker and allow to rest for 5 minutes.
- Pour the contents of the pot into a large colander to drain the seafood and vegetables.
- Can also be served chilled with melted butter and lemon wedges.

SPICE MIXTURE

- 4 tbsp mustard seeds
- 2 tbsp allspice
- 2 tbsp coriander seeds
- 2 tbsp dill seeds
- 1 tsp whole cloves
- 1 tbsp crushed red pepper flakes
- 4 bay leaves

Combine all ingredients and place in the center of a muslin square. Gather corners & tie tightly.

polenta crusted salmon

4 servings

- 1 tsp parsley
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- 1/3 cup polenta (corn meal)
- 1/3 cup flour
- 1 egg
- 1 tbsp cooking oil
- 4 salmon fillets



SAUTÉ HIGH 7M

- For the crust, combine parsley, garlic powder, salt, pepper, polenta, and flour on a plate and mix well. Beat egg in a separate shallow dish.
- Dip salmon fillets in the egg first, then coat with the polenta mixture.
- Set to SAUTÉ HIGH. Wait two minutes for multi-cooker to heat.
- Add oil to pot and carefully place fillets in to cook for 3 minutes on each side until polenta is browned. Remove with a spatula.

pulled pork sandwiches

6 servings

- 2 lbs (1 kg) boneless pork loin or shoulder
- 1 tsp vegetable oil
- ½ onion (sliced or finely diced)
- 1 tbsp paprika
- 2 cloves garlic (minced or pressed)
- 1 tsp black pepper
- 2 tsp salt
- 1 bottle (8 oz/226 g) BBQ sauce
- ½ cup water



4H 15M
Cook Time

SAUTÉ HIGH 15M

- Set to SAUTÉ HIGH and start preheating.
- Cut pork into large chunks for easier browning. Add oil into the pot and sear the pork on each side.
- In a mixing bowl, combine paprika, garlic, black pepper, salt, BBQ sauce, and water to create a sauce.

SLOW COOK HIGH 4H / LOW 8H

- Set to SLOW COOK mode.
- Pour sauce onto meat.
- Add onions.
- Set cooking temperature to desired cooking time.
- When done, use two forks to shred pork.
- Serve on a bun.

quinoa power bowls

4-6 servings

- 1 cup raw rinsed quinoa
- 2 cups low-sodium chicken broth
- 1 cup broccoli
- ½ cup red or yellow bell peppers, chopped
- ¼ lb (227 g) cooked skinless chicken breast fillet, diced
- salt and pepper to taste



BOIL/STEAM LOW 30M

- Place quinoa in pot.
- Add chicken broth, vegetables and diced chicken.
- Set to BOIL/STEAM LOW and cook for 30 minutes.

TIP: Sauté the chicken first for even more flavor.

sausage, potato and kale soup

6-8 servings

- 1 lb (½ kg) bulk Italian sausage (mild or spicy)
- 1 medium onion, chopped
- 3 cups red potatoes (sliced 1/4-inch thick)
- 4 cups whole milk
- 2 cups half & half
- 2 cups low-sodium chicken broth
- ½ tsp dried oregano
- ¼ tsp ground black pepper
- ¼ tsp red chili flakes or more to taste
- 2 cups kale leaves, cut into 2-inch pieces



35M
Cook Time

SAUTÉ HIGH 10M

- Set to SAUTÉ HIGH and add sausage to pot.
- Break up the sausage into smaller pieces with a wooden spoon and cook until browned. Drain and discard extra oil.
- Add onion and cook for 2 minutes.

BOIL/STEAM LOW 25M

- Change the setting to BOIL/STEAM LOW. Add milk, half & half, chicken broth, dried oregano, chili flakes and potatoes.
- Bring to a boil, keeping lid open. Simmer until potatoes are tender, about 15 minutes.
- Taste and adjust seasoning with salt and pepper. Add kale and stir into soup.
- Simmer until kale is tender, about 10 minutes.

sous vide chicken

chicken breast, thighs, etc.
rosemary (optional)
thyme (optional)
garlic (optional)
1 tsp butter (optional)
salt and pepper to taste (optional)



1H 2M
Cook Time

SOUS VIDE 1H

- Set to SOUS VIDE mode.
- Place chicken along with small amounts of optional seasonings, salt or pepper into vacuum sealer plastic bag. Vacuum seal bag to lock in flavors. (If no vacuum sealer is available, use a zipper-locked bag and water displacement method to force all the air out from the bag.)
- Place bag into the pot with water level between MIN and MAX levels.
- Close lid. Set temperature according to desired doneness, and cooking time according to thickness of chicken.

SAUTÉ HIGH 2M

- Set to SAUTÉ HIGH and start preheating. Remove chicken from plastic bag.
- Pat dry with paper towels to get a better sear.
- Sear each side for about 45 seconds to 1 minute.

THICKNESS	54°C	60°C	63°C	65°C
1"	2H	1H 15M	30M	45M
1.25"	2H 30M	1H 45M	1H 15M	1H
1.5"	3H 15M	2H 30M	2H	1H 45M
2"	4H 15M	3H 15M	2H 30M	2H 30M

sous vide egg bites

12 servings

12 eggs

1 cup grated cheddar cheese

½ cup cottage cheese

½ tsp salt

6 slices cooked bacon, sliced in half or chopped into bits

cherry tomatoes, halved

basil leaves for garnish

EQUIPMENT: 12 canning jars (4 oz/125 ml)



SOUS VIDE 78°C 1H

- Fill the pot with room temperature water up to MIN level.
- Using a whisk or in a blender, combine eggs, cottage cheese and salt until smooth.
- Place 1 piece of bacon (or evenly divide bits) at the bottom of each jar.
- Divide grated cheddar evenly among the jars.
- Pour the egg and cottage cheese mixture into the jars.
- Screw the lids on the jars until they are finger tight, basically until you feel medium resistance when tightening using only your fingertips. This will allow some air to escape during the sous vide process and help prevent breakage.
- Set to SOUS VIDE and set temperature to 78°C.
- Place the jars in the water bath and cook for 1 hour.
- Remove from the bath and eat straight from the jar.
(If desired, you may run a butter knife around the jars, pushing gently in at the bottom to loosen the base. Turn the bites out onto an oven safe tray and place in a 132 °C oven under the broiler to warm and brown them.)
- Top with halved cherry tomatoes and basil for taste.

sous vide steak

steak

1 tsp butter or olive oil (optional)

rosemary (optional)

thyme (optional)

garlic (optional)

salt to taste (optional)

pepper to taste (optional)



1H 15M
Cook Time

SOUS VIDE 1H

- Set to SOUS VIDE mode.
- Place steak along with a small amounts of optional seasonings, salt or pepper into vacuum sealer plastic bag. Vacuum seal bag to lock flavors. (If no vacuum sealer is available, use a zipper-locked bag and water displacement method to force all the air out from the bag.
- Close lid. Place bag into pot with water level between MIN and MAX levels.
- Set temperature according to desired doneness, and cooking time according to thickness of steak.

SAUTÉ HIGH 2M

- Set pot to SAUTÉ HIGH and start preheating. Remove steak(s) from plastic bag.
- Pat dry with paper towels to get a better sear.
- Sear each side for about 45 seconds to 1 minute.

THICKNESS

1"

1.25"

1.5"

2"

COOK TIME

1H 15M

1H 45M

2H 15M

3H 30M

white rice

servings vary

When cooking rice, always use the measuring cup provided.

It is equivalent to 2/3 of a standard cup size:



35M
Cook Time

WHITE RICE

- Use provided measuring cup and add desired amount of rice to inner pot.
- Match the water level to the line for brown rice measured on the inner pot.
- Set to WHITE RICE.
- The cooking program should take around 35-50 min.

UNCOOKED RICE (CUP)	WATER NEEDED	COOKED RICE SERVING
2	3.3	4
4	6.25	8
6	9.3	12
8	12	16
10	15	20

wild mushroom risotto

4-6 servings

1 tbsp unsalted butter

2 tbsp ml olive oil

12 oz (340 g) wild mushrooms (brushed clean, cut into bite-size)

2 shallots or ½ yellow onion (finely chopped)

1-½ cup arborio rice

½ cup dry white wine or vermouth

4 cups low-sodium vegetable or chicken broth

½ cup grated Parmesan cheese

shaved Parmesan cheese, for garnish

salt to taste



20M
Cook Time

SAUTÉ HIGH 10M

- Set to SAUTÉ HIGH. Add butter and 1 tbsp of olive oil.
- Add mushrooms and cook, stirring occasionally, until browned, 5-7 minutes.
- Add remaining 1 tbsp of olive oil.
- Add shallots and saute until translucent, about 2 minutes.
- Add rice and cook, stir for about 1 minute.
- Add wine and boil until it evaporates.
- Press and hold CANCEL to stop SAUTÉ function.
- Add 2 cups of broth and stir.

BOIL/STEAM LOW 15M

- Change setting to BOIL/STEAM LOW.
- Close the lid & cook for 7 minutes, open lid and add the remaining 2 cups of broth.
- Stir the rice and taste for doneness; it should be tender yet have a firm center, and the liquid should be not fully absorbed. If the rice is not done, stir in about ½ cup broth and continue to boil until the rice is cooked.
- Stir in grated Parmesan cheese.
- Garnish with shaved Parmesan cheese and serve immediately.

yogurt

4 servings

2 cups milk

(Increasing milkfat content will result in a more firm, dense, and creamy yogurt.)

yogurt starter/culture

(A plain yogurt with live active cultures can be used as a starter.)

TIP: Make the yogurt directly in mason jars.



8H 25M
Cook Time

YOGURT HIGH 25M

- Pour milk into pot. Set to YOGURT HIGH mode and let program automatically complete. Remove inner pot from multi-cooker and let milk cool to 46°C. Use an ice or cold water bath to cool down milk faster.
- Take a small amount of milk and mix with the yogurt starter.
- Pour this mixture in with all the milk.

YOGURT LOW 8-24H

- Set to YOGURT LOW mode.
- (Usually, a minimum of 8 hours is needed for milk to fully set and become yogurt. Longer times will result in a yogurt that is more tart.)



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