

What better way to enjoy our brand new model than with a whole recipe eBook dedicated to a 'combination' cooker giving you 31 recipes to try at home. Thats one recipe for every day of the month!

From air frying to pressure cooking, and lots in between - we have all the culinary inspiration you need to use your new Duo Crisp with Ultimate Lid every day - whether thats lunch, dinner or desset!

Please note: Cooking time =
Time set on Instant Pot or Air
Fryer from start to finish. Does
not include any preparation
time, preheating time or
natural pressure release.

A recipe for every day of the month!



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CHOCOLATE CAKE

STICKY TOFFEE PUDDINGS

HONEY PUMPKIN CHEESECAKE

SOUS VIDE CREME BRULEE



ROAST PEPPER, TOMATO AND SPINACH FRITTATA

Cooktime: 17 minutes Serves: 4

INGREDIENTS

6 eggs

100g cherry tomato, sliced

3 roasted red peppers, drained of oil & sliced into strips

Handful of spinach, washed

Salt and pepper

100g feta cheese, crumbled

- 1. In a mixing bowl, whisk the eggs, then add the tomatoes, roast peppers, spinach, and a pinch of salt and pepper.
- 2. Pour the egg mixture into a greased 18cm baking dish/cake pan and crumble half the feta on top.
- 3. Add 500ml water to the inner pot, then place the dish on the air fryer basket and lower it inside.
- 4. Ensure the pressure cooking cover is in place and secure the lid.
- 5. Select Pressure Cook and set the time to 10 minutes with a natural pressure release.
- 6. Once the cooking program finishes, and 'OK to open lid' appears on display, open the lid carefully, and using a heat-proof glove, remove the pressure cooking cover to reveal the Air Fryer element.
- 7. Lock the lid and select Grill. Set the time for 7 minutes, and temperature to 205°C and grill until golden brown.
- 8. Once cooked, cut into 4 slices, and serve topped with the remaining feta.



TURMERIC LATTE PORRIDGE

Cooktime: 33 minutes Serves: 2-3

INGREDIENTS

Oats

400ml coconut cream, shaken

350ml water

160g Rolled Oats

60g brown sugar

1 tsp salt

Turmeric Roasted Pears

2 ripe pears

½ tsp turmeric

3 tbsp Maple Syrup

1 good pinch of black pepper

1 tsp freshly grated ginger

For serving

Nuts and seeds, of choice

INSTRUCTIONS

 Place 300ml of the coconut cream, oats, salt, coconut sugar, and water in a bowl and set aside. Reserve 100ml of coconut cream for serving.

2. Peel, core, and halve the pears then place on 2 sheets of tin foil.

3. Combine the turmeric with the maple syrup, pepper, and freshly grated ginger, then pour the glaze over the pears, and seal the tinfoil into two pouches.

4. Place the pears into the air frying basket inside the inner pot and remove the pressure cooking cover.

5. Secure the lid and select Roast and set the temperature to 195°C and time to 30 minutes. Cook until the pears are soft and cooked through (start checking at 22 mins as times will vary depending on the size of the pear).

6. Once cooked, remove the pear pouches and the air frying basket and place the prepared oats into the inner pot.

7. Using a heat-proof glove, attach the pressure cooking cover and secure the lid.

8. Select Pressure Cook and set the time to 3 minutes, with a pulse pressure release.

9. Once the cooking program finishes and 'OK to Open Lid' appears on display and stir the oats. Add more water and salt until the porridge is seasoned and to the consistency you enjoy.

10. To serve, ladle your porridge into bowls, top with a pear half, some sticky pear juice, coconut cream, and any additional toppings you'd like such as nuts or seeds.



NAAN BACON BUTTIE

Cook time: 8 minutes Serves: 6

INGREDIENTS

Naan ingredients

200ml warm water

1 tbsp castor sugar

7g fast action yeast

500g white bread flour, plus more for dusting and rolling

150ml plain Greek yogurt

2 tbsp melted butter

2 tsp salt

For serving

180g Philadelphia cheese

12 rashes of bacon

1 jar of tomato chilli jam or chutney

30g coriander, washed

INSTRUCTIONS

1. Place the water, sugar, and yeast into a bowl, then mix them until well combined. Set aside for 5 minutes.

2. Add the bread flour in a large mixing bowl, then make a well in the middle and add the yogurt, yeast mixture, salt, and melted butter. Mix the dough with a spoon until it becomes super thick, then turn it out onto a work surface and knead for about 10-12 minutes by hand (or you can use a stand mixer with the dough attachment.) Knead until the dough is smooth and stretchy.

3. Lightly oil the inner pot and place the dough into the pot, attach the pressure-cooker cover, then lock the lid. Select the Proofing function and set the temperature to 32°C and time to 30 minutes.

4. Once the dough has proved, knock it back down, and cut it into 6 equal balls. Flour a work surface and roll out your dough balls to just under 1 cm thick.

5. Turn the hob on and place a large non-stick or oiled frying pan on high heat, and let it heat until smoking. Add the naan and cook on one side until the surface bubbles and the underside is a little black and blistered, then flip the naan and cook for a further 1 minute on the other side. Place the cooked naans in a clean tea towel until ready to serve.

6. While the naans cook, place the bacon into the air frying basket and put into the inner pot. Remove the pressure cooking cover to reveal the Air Frying element and secure the lid. Set the temperature to 160°C and time to 6 minutes. Cook until crispy to your liking (you may need to work in batches)

7. When the bacon has cooked, smear the naan with cream cheese, top with the bacon, chilli jam, and coriander, then serve immediately.



SOUS VIDE EGGS BENEDICT

Cooktime: 30 minutes Serves: 4

INGREDIENTS

4 large eggs

Hollandaise Sauce

3 large egg yolks

6tbsp salted softened butter

1tbsp lemon juice

2tbsp water

Pinch of cayenne pepper or mustard powder.

4 English muffins and bacon, for serving

- 1. Fill the inner pot to just below maximum with hot water and make sure the pressure cooking cover is attached.
- 2. Select Sous Vide at 75°C and set the time for 30 minutes.
- 3. Place the hollandaise sauce mixed ingredients into a sous vide compatible zipper-type bag, remove as much of the air as you can by lowering the bag into a bowl of water, using the water to push the air out of the bag, and be careful not to allow any water into the bag. Seal while immersed or use a vacuum sealer.
- 4. Once the water bath is up to temperature, lower the bag into the inner pot and lock the lid.
- 5. After 18 minutes, carefully open the lid and gently lower the eggs (unbroken, shell intact) into the water with a large, slotted spoon, and close the lid.
- 4. Once the programme finishes, remove the eggs and place them in a bowl of ice water for one minute, before gently breaking the shells and turn out the eggs.
- 7. Remove hollandaise sauce ingredients from the bag and blend until smooth, then spoon onto eggs.
- 8. Perfect served with fresh buttered muffins on top of smoked bacon.





BREAKFAST COOKIE

Cooktime: 10 minutes Serves: 1

INGREDIENTS

½ banana, mashed

2 tbsp peanut butter

1 tsp vanilla extract

1 tbsp maple syrup

1/2 tsp baking powder

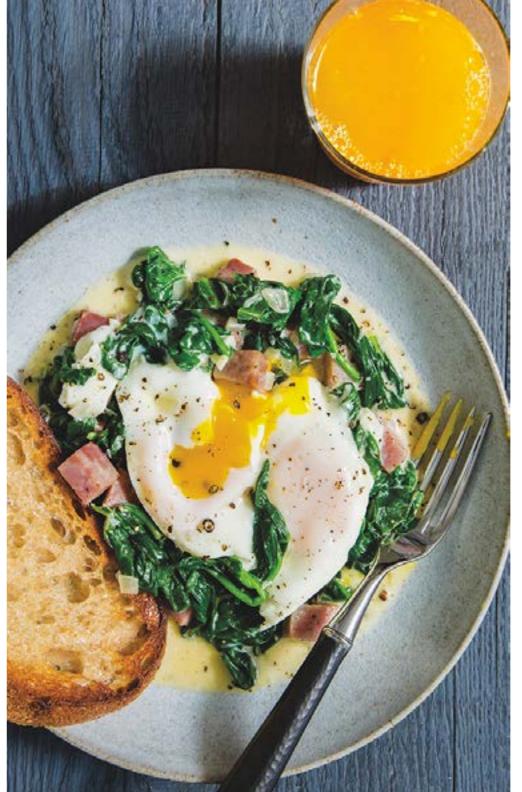
50g oats

Handful of dark chocolate chips

Greek yogurt and maple syrup, for serving

INSTRUCTIONS

- 1. Mash half a banana in a bowl, then add the peanut butter, vanilla extract, maple syrup, baking powder, and oats. Mix to combine.
- 2. Add half the dark chocolate chips and form the mix into a ball.
- 3. Press into a cookie shape, then press the remaining chocolate into the top and place into a dish that fits inside your Duo Crisp with Ultimate Lid.
- 4. Select Air Fry and set the temperature to 190°C and time to 10 minutes.
- 5. When the display prompts to 'Add Food', place the cookie mix inside.
- 6. Once cooked, serve topped with Greek yogurt and extra maple syrup.



BAKED EGGS WITH SPINACH AND HAM

Cooktime: 11 minutes Serves: 2

INGREDIENTS

4t bsp butter

1/2 shallot, finely diced

115g sliced ham, cut into 1/2-inch pieces

450g baby spinach

80ml double cream

Salt & pepper

4 large eggs

Chopped fresh flatleaf parsley for serving, optional

Crusty bread, for serving

- 1. Select Sauté and add 2 tablespoons of the butter to the inner pot.
- 2. Once melted, add the shallot, and cook until just softened.
- 3. Add the ham, stirring occasionally, then add the remaining butter and spinach and cook until the spinach is wilted.
- 4. Add the cream and a bit of salt and cook until most of the liquid has been reduced, then season with more salt and some pepper.
- 5. Press the Cancel button, carefully make four wells in the spinach and crack one egg into each well.
- 6. Ensure the pressure cooking cover is not attached, then secure the lid and select Bake. Set the temperature to 180°C and time to 5 minutes.
- 7. Once the programme finishes and 'OK to Open Lid' appears on display, unlock the lid.
- 8. Transfer each egg on a bed of spinach to a plate, top with parsley, if using, and more pepper, and serve with a slice of crusty bread.





KEEMA BEEF COTTAGE PIE

Cooktime: 10 minutes Serves: 4

15g coriander, chopped

120g frozen peas

Cook lime: 10 minules Serves: 4		
	INGREDIENTS	INSTRUCTIONS
	Cooking oil, as needed	1. Select Sauté and add the oil and onions to the inner pot.
	1 onion, chopped 1tbsp ginger paste	2. Sauté until the onions begin to brown slightly and soften. Then add the ginger and garlic and fry unti fragrant.
	Itbsp garlic paste	3. Add the rest of the spices, followed by the mince, and cook until golden brown.
	2tbsp mild curry powder	4. Add the tomato paste and saute for 1 minute, then add the cinnamon stick, water/stock and coconut milk and stir everything together.
	1tsp mild chilli powder	5. Scatter the drained and rinsed lentils on top of the browned mince, but do not stir. Then select Cance
	1tsp garam masala 500g beef mince	6. Place the trivet into the inner pot, over the curry mixture. Place a suitably sized bowl for the cut potate covered in boiling water that will fit into the inner pot, on top of the trivet.
	2tbsp tomato paste	7. Ensure the pressure cooking cover is in place, then secure the lid.
	1 cinnamon stick	8. Select Pressure Cook and set the time for 12 minutes, with a quick pressure release.
	250ml water or chicken stock	9. Meanwhile, melt the butter in the microwave with the curry powder, then add the milk and warm the mixture gently.
	125ml coconut milk 400g tin lentils, drained and rinsed	10. Once the pressure cooking program finishes and pressure has released, open the lid, and remove the bowl of potatoes and the trivet.
	800g potato, peeled and cut into chunks	11. Drain the potatoes and mash them in the bowl along with the warm spiced butter and milk, then
	30g butter	season to taste.
	½ tsp curry powder	12. Stir the coriander through the mince mixture, along with the frozen peas.
	110ml milk	13. Top the meat with the mashed potato and carefully remove the pressure cooking cover, then secur

14. Select Air Fry and set the temperature to 190°C and time for 12 minutes and cook until

the lid again.

the potato is crisp and golden.

15. Garnish with more coriander and serve.

Instant Discover Amazing*



ULTIMATE BEEF STEW

Cook time: 40 minutes Serves: 4

INGREDIENTS

1.3kg stewing beef

2 medium yellow onions, cut into wedges

5 cloves garlic, crushed

1L beef stock

400g tin tomatoes

1 tbsp fresh thyme leaves

500ml red wine

1 bay leaf

1 tbsp Worcestershire sauce

5 large carrots

400g baby potatoes

4 tbsp cornflour + 4 tbsp water

1 tsp honey

5g, chopped fresh parsley for serving, optional

Oil, salt and pepper, as needed

INSTRUCTIONS

1. Select Sauté and once hot, drizzle some oil into the base of the inner pot until it lightly covers the base.

2. Add the beef and fry until golden brown on all sides. Do this in batches without overcrowding the inner pot to get a good, golden-brown sear on the beef. Once the beef has browned, remove it from the pot and set

3. Add the onion chunks to the inner pot along with 1 tablespoon of oil, then sauté until slightly softened, then add the garlic.

4. Add the beef stock to the inner pot and deglaze the base, by scraping the bottom of the pot.

5. Add the fresh picked thyme, then layer the following ingredients in order - On top of the onions, place the beef cubes, tinned tomatoes, red wine, bay leaf, Worcestershire sauce, and salt and pepper. Do not stir.

6. Attach the pressure cooking cover and lock the lid. Select Pressure Cook and set the time to 30 minutes with a quick pressure release.

7. While the beef cooks, peel the carrots and dice them into bite-sized chunks. Wash and halve the baby potatoes.

8. Once the program finishes and 'OK to Open Lid' appears on display, open the lid carefully, then add in the carrots and halved baby potatoes. Lock the lid again, and reselect Pressure Cook and and set the time to 5 minutes, with a quick pressure release.

9. Mix the corn flour with water to make a slurry, then when the pressure cooking program finishes again, pour the slurry into the stew, along with the honey.

10. Select Sauté and cook the stew until thickened. Season to taste with salt and pepper, then serve with freshly, chopped parsley.

SOUS VIDE STEAK AND BROCCOLI

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Cooktime: I how
INGREDIENTS
4 x 200g Fillet Steak, at room temperature
Oil, salt, and pepper, as needed
6 garlic cloves, crushed
2 sprigs rosemary
2 sprigs thyme
1 large broccoli, broken into florets
120g bag rocket
Blender Béarnaise
3 egg yolks
Dash of hot sauc
1 tsp vinegar
115g butter, hot
2g tarragon
Salt nannar and

cooking oil as

needed

INSTRUCTIONS

1. Season 4 x steaks well on both sides with salt and freshly ground black

2. Transfer steaks to sous vide compatible zipper-type bag, and arrange them side by side, along with the crushed garlic cloves, rosemary, and thyme. If you need to use a bag per steak then divide your seasoning /herbs between the

3. Remove as much of the air from the bags as you can, then seal and set to one side at room temperature.

4. Fill the inner pot with hot water to just under maximum level, then select Sous Vide and set to 154°C and time to 1 hour, and bring up to temperature.

5. When temperature has reached, place the bags of steaks into the inner pot of water, secure the lid and cook for 1hour.

6. While the steaks cook, make the béarnaise sauce by blending the egg yolks, hot sauce, vinegar, and salt until smooth. Slowly drizzle the hot butter over the yolks, blending well as you go until the sauce emulsifies and thickens, then stir in the chopped tarragon. Season to taste.

7. Wash the broccoli, then break it into florets into a large bowl and cover with cold water and set aside.

8. Once the Sous Vide programme finishes, open the lid carefully and remove the steaks from the bag, patting dry with a kitchen towel and empty the inner pot of water.

9. Remove the pressure cooking cover to reveal the Air Fryer element. Place the air fryer basket into the inner pot and add the florets. Secure the lid and select Air Fry, setting the temperature to 200oC and time to 6 minutes.

Salt pepper, and 10. While the broccoli air fries, prepare to finalise the steak. Sear quickly on the edges and then cut into medallions.

11. Plate up with the broccoli, rocket, and drizzle the béarnaise on top.



STICKY & CRISPY VIETNAMESE PORK BELLY

Salad

sliced

30g mint

30g coriander

250g cucumber

60g peanuts

2 spring onions, thinly

400g cherry tomatoes

Cooktime: 34 minutes Serves: 4

INGREDIENTS

½ brown onion, thinly sliced

1 garlic clove, thinly sliced

100g brown sugar

120ml water + 360ml water

1 tbsp fish sauce

½ tbsp soy sauce

1-star anise

1kg pork belly

1 lime

½ tsp baking powder

Oil and salt, as needed

Onion Pickle

1 red onion, thinly sliced

1 red chilli, finely chopped

1 lime

1 tbsp sugar

1 tbsp fish sauce

- 1. Add a little oil to the inner pot and select Sauté. When hot, add the onion and garlic and cook for a few minutes until softened, then remove the onion and set aside.
- 2. Add sugar to the inner pot with 120ml water and continue to cook until the sugar turns into a dark caramel. Add 360ml water, then press cancel and add the fish sauce, soy sauce, star anise, and cooked onions.
- 3. Cut the pork belly into 6 pieces (to fit the pot) then add to the liquid, making sure the skin is not submerged.
- 4. Ensure the pressure cooking cover is in place and select Pressure Cook. Set the time for 19 mins (2,5cm thick pork belly) to 22 minutes (4cm thick pork belly) with a quick pressure release.
- 5. While the pork cooks, make the onion pickle. Add the red onion and thinly sliced chilli to a bowl. Squeeze over the juice of 1 lime, then add your fish sauce and sugar. Toss the onions to coat them in the dressing and set them aside to soften and pickle.
- 6. When 'Ok to Open Lid' displays, remove the pork from the broth, then press Cancel and select Sauté again until the sauce reduces.
- 7. Thinly slice the skin of the pork making sure not to score into the flesh, then pat dry with a paper towel.
- 8. Brush the pork belly with a little oil, then mix the salt and baking powder, and rub the mixture into the skin of the pork belly.
- 9. Using a heat-proof glove, ensure the pressure cooking cover is removed then place the pork back into the inner pot.
- 10. Select Grill and set the time for 10-12 minutes and temperature to 205°C, cooking until the skin is puffed and crisp.
- 11. Toss the salad ingredients together along with the onion pickle, and when your crispy pork is ready, serve on top.



EASY 5 INGREDIENT RIBS

Cook time: 30 minutes Serves: 4

INGREDIENTS

130g tomato sauce

2 tbsp chipotle paste

500ml water

85ml honey

70ml light soy sauce

2kg pork ribs

INSTRUCTIONS

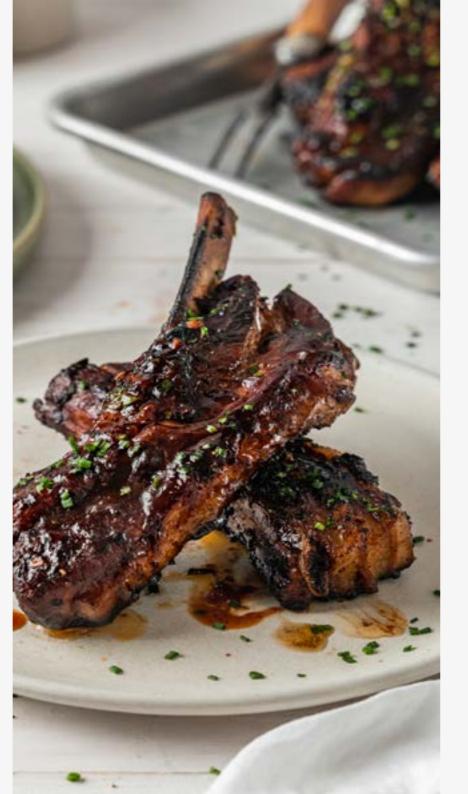
1. Make the marinade by mixing the tomato sauce, chipotle, water, honey, and soy. Toss the ribs in the marinade, then place them into the inner pot.

2. Ensure the pressure cooking cover is in place and lock the lid.

3. Select Pressure Cook and set the time for 25 minutes, with a quick pressure release.

4. When the cooking programme finishes, open the lid and carefully remove the pressure cooking cover.

5. Select Grill and set the time to 5 minutes and temperature to 205° and cook the ribs until slightly crisp, then serve with your choice of sides.



IN A FLASH FAJITAS

Cooktime: 13 minutes Serves: 4

INGREDIENTS

2 peppers

2 red onions

1 sachet Old El Paso fajita spice mix

1 tomato

Fresh coriander. chopped

2 chicken breasts

400g tin black beans

For Serving

8-12 Wraps

1 Lime

Avocado, optional

Sour Cream, optional

Cheese, optional

- 1. Slice the peppers into strips and remove the seeds. Peel the onions, saving half for your salsa, and cut the rest into wedges. Place the onions and peppers into a bowl, drizzle over a little oil, and sprinkle over half the fajita seasoning.
- 2. Tip the veggies into the base of your Duo Crisp with Ultimate Lid and spread them out into an even layer. Ensure the pressure cooking cover has been removed.
- 3. Select Air Fry and set the time to 7 minutes and the temperature to 190°C.
- 4. While the peppers cook, dice the remaining onion and the tomato. Toss them together in a bowl, along with a little, chopped coriander, and salt to taste. Set aside for serving.
- 5. Slice the chicken breasts into 1cm strips and season with the remaining fajita spice then cover with a little oil to evenly coat the strips.
- 6. Once the Air Fry programme has finished, add the strips on top of the veg in an even layer, covering the veggies as best possible, select Grill, and set the time to 5 minutes and temperature to 205°C.
- 7. While the fajitas finish cooking, drain, and rinse the beans then warm your wraps. Cut the lime into wedges and get the remaining toppings ready.
- 8. When the Grill programme has finished, put the chicken, and veg in a serving dish with the black beans, and squeeze over the lime juice and some chopped coriander.
- 9. Spoon the fillings into the warmed wraps, along with the tomato and onion salsa and toppings of choice and serve immediately.



WHITE LASAGNE SOUP

Cooktime: 27 minutes Serves: 4

INGREDIENTS

2 onions, finely chopped

2 tbsp oil

30g porcini mushrooms

1kg turkey thigh mince

4 garlic cloves

240ml white wine

4L chicken stock

10 sheets of lasagne

2 tsp chilli flakes (optional)

2 tbsp picked thyme leaves

300ml double cream

120g Parmesan

2 balls of Mozzarella

120g pesto to serve, optional

- 1. Select Sauté and add the onion and oil, cooking until the onion is soft and beginning to colour.
- 2. While the onion cooks, pour 400ml of boiling water over the porcini and set it aside.
- 3. Add the turkey mince to the inner pot and brown the mince all over. If liquid accumulates while the mince is cooking, lift out the inner pot, tip out the liquid (reserve it) and continue browning the mince.
- 4. Once brown, add the garlic and cook for 1 more minute.
- 5. Add the white wine and continue sautéing for a further 2-3 minutes, until the alcohol has cooked off. Add the stock and porcinis in their liquid into the pot and press cancel.
- 6. Deglaze the base of the inner pot and ensure the pressure cooking cover is in place, then secure the lid.
- 7. Select Pressure Cook and set the time to 20 minutes with a quick pressure release.
- 8. When the cooking programme finishes, remove the lid. Roughly break 10 lasagne sheets into the pot, then add the thyme and chilli flakes (optional).
- 9. Lock the lid again, select Pressure Cook, set the time for 1 minute, with a quick pressure release.
- 10. When the cooking programme has finished, open the lid and test the pasta sheets -they should be just al dente at this point. Finally, stir in cream, and parmesan and season to taste with salt and pepper. Select cancel, then select sauté to warm through.
- 11. Ladle into bowls, then tear up and divide the mozzarella between the bowls and top with pesto. Garnish with more chilli flakes if desired. Serve immediately.



MISO, GARLIC & HONEY ZERO MINUTE CHICKEN

Cook time: 28 minutes Serves: 4

INGREDIENTS

1.3kg whole chicken

1 tsp sea salt

3 large garlic cloves

2 bay leaves

Miso Honey Basting Sauce

½ tbsp miso

1 tbsp honey

3 tbsp butter, melted

Green Goddess Sauce, for serving

60g full-fat yogurt

2 tbsp mayonnaise

5g basil

4g chives

¼ clove garlic, grated

INSTRUCTIONS

- 1. Place the chicken on a trivet, sprinkle over the salt and cover completely in water, making sure not to exceed the maximum volume line. Add the garlic, and bay leaves to the water.
- 2. Ensure the pressure cooking cover is in place then lock the lid. Select Pressure Cook, and set the time to 0 minutes, and choose a natural pressure release.
- 3. While the chicken cooks, make your green goddess sauce, by blending all the ingredients until the sauce is nice and smooth. Season to taste with salt and pepper. Set aside.
- 4. After 19 minutes of NPR on the chicken, change to a quick pressure release for the remaining steam, then remove the chicken from the inner pot and set it aside.
- 5. Squeeze the cooked garlic out of their cloves, and add to a bowl along with the miso, honey, and butter. Stir to combine.
- 6. Place the chicken back into a cleaned inner pot in the air frying basket. Brush over the miso honey sauce and using a heat-proof glove remove the pressure cooking cover and lock the lid.
- 7. Select Air Fry and set the temperature to 195°C and the time to 9 minutes. Cook the chicken, basting a few more times, until golden brown. Add more time, as needed until the chicken is browned to your liking.
- 8. Once cooked, carve, and serve immediately alongside your remaining miso sauce and green goddess sauce.



LEFTOVER CHICKEN SOUP

Cooktime: 3.5 hours Serves: 4

INGREDIENTS

For the Bone Broth

1 or more chicken Carcasses

2L chicken stock

1 bay leaf

4g thyme

4g parsley

1 onion halved, skin on

2 carrots, cut into chunks

2 celery sticks

1 garlic head, top removed

1 tbsp whole black peppercorns

1 tbsp apple cider vinegar

For the Soup

2 celery sticks

2 carrots, chopped into chunks

1tbsp ginger

100g orzo pasta

260g cooked shredded chicken

2tbsp chopped parsley

Salt and pepper, to taste

- 1. Start by making the enriched chicken bone broth by adding the chicken carcass to the inner pot, along with the stock and rest of the bone broth ingredients.
- 2. Ensure the pressure cooking cover is in place and lock the lid.
- 3. Select Pressure Cook and set the time to $3\frac{1}{2}$ hours with a quick pressure release. Once the programme has finished, drain off the broth, discarding the bones and aromatics and place the drained broth back in the pot.
- 4. Select sauté and bring to a simmer. Then add in the celery, carrots and ginger.
- 5. Press cancel and secure the lid again.
- 6. Select Pressure Cook again, and set the time to 0 minutes with a quick-pressure release. When 'OK to Open Lid' appears, open the lid and add the orzo and using sauté, cook the orzo until al dente. Add the shredded chicken, fresh parsley, salt and pepper to taste.
- 7. Serve immediately.





MIDDLE EASTERN LAMB PILAF

Cooktime: 10 minutes Serves: 4

INGREDIENTS

400g basmati rice, washed

Oil, as needed

1 onion, diced

500g lamb mince

6 garlic cloves, minced

1 tsp cumin

2 cardamom pods, crushed to open

1 cinnamon stick

500ml vegetable stock

100g dried apricots, diced

70g honey roasted cashews,, chopped

Salt and pepper, as needed

Herb dressing

1½ garlic cloves, minced

15g fresh coriander

¼ tsp ground cardamom

⅓ tsp ground cumin

75ml extra virgin olive oil

- 1. Soak the washed rice for 15 minutes while you prep and cook the vegetables and lamb.
- 2. Select Sauté and add some oil to the inner pot. When hot, add the diced onion and sauté until soft.
- 3. Add the lamb mince and cook until browned. Add the garlic, spices, and drained soaked rice, and sauté for 2 more minutes.
- 4. Add a generous pinch of salt to the inner pot along with the stock, this should cover the rice mixture.
- 5. Cancel the Sauté function and secure the lid with the pressure cooking cover in place.
- 6. Select Pressure Cook and set the time to 3 minutes and choose natural pressure release.
- 7. While the lamb and rice cook, combine all the herb dressing ingredients then season with salt and pepper, and set aside.
- 8. After 18 minutes of natural release, quickly release the remaining pressure then open the lid.
- 9. Stir the lamb pilaf, season to taste, and add the diced dried apricots and herb dressing. Top with the honey-roasted cashews and serve.





LAMB KLEFTIKO

Cooktime: 45 minutes Serves: 4

INGREDIENTS

4 lamb shanks, about 2kg

1 head garlic, peeled and cloves smashed

60ml lemon juice

1 tbsp tomato paste

4 large red tomatoes, roughly diced

4 bay leaves

10g fresh oregano

500ml water

500g waxy baby red skin potatoes

'0g feta

Salt pepper and oil, as needed

INSTRUCTIONS

- Select Sauté and add a drizzle of oil into the inner pot and add the lamb shanks. Brown the shanks on all sides until golden. You may need to work in batches.
- 2. Once the lamb is brown, press cancel and add the garlic, lemon juice, tomato paste, tomatoes, bay leaves, oregano (reserve some for serving), and water into the inner pot. (If you browned your lamb in a saucepan, add them to the inner pot)
- 3. Ensure the pressure cooking cover is in place, then lock the lid. Select Pressure Cook and set the time to 30 minutes, with a quick pressure release.
- 4. Once the programme finishes, remove the lid and add the potatoes to the inner pot, around the lamb then lock the lid again.
- 5. Select Pressure Cook and set the time to 4 minutes with a quick pressure release. Once the time is up, test if the potatoes are cooked through by piercing them with a knife. Add another minute of pressure cooking if they are still a little hard.
- 6. Season the Greek lamb to taste with salt and pepper, and sprinkle over half the feta.
- 7. Remove the inner pot and pour out as much of the cooking liquid as possible. This will expose more of the lamb and veg for crisping.
- 8. Using a heat-proof glove, remove the pressure cooking cover and lock the lid again.
- 9. Select Air Fry, set the time to 8 minutes, and the temperature to 205°C. Cook until the potatoes and the top of the lamb is a little golden brown.
- 10. Spoon the dish onto a serving platter, add the remaining feta and scatter over a little more picked oregano then serve immediately.



SPEEDY GYROS

Cook time: 10 minutes Serves: 2

INGREDIENTS

250g Frozen chunky chips

1 garlic clove

1 tbsp lemon juice

½ large cucumber

150g tomato

½ small red onion

200g leftovers from our Lamb Kleftiko Recipe

2g fresh mint and a couple of leaves

125ml full-fat Greek yogurt

2 large flatbreads or pitas

Salt and pepper, as needed

Picked fresh mint and dill, for serving

- 1. Place the chips into the air frying basket and secure the lid.
- 2. Select Air Fry and set the temperature to 195°C and time to 10 minutes.
- 3. Make the garlic yogurt sauce by grating the garlic into a small bowl and pour over the lemon juice and set aside for 5 minutes.
- 4. Dice the cucumber and tomatoes into bite-sized chunks and thinly slice the red onion. Sprinkle the veggies with a pinch of salt and toss them together.
- 5. When there is 5 minutes remaining on the timer, unlock the lid and add the lamb, broken into chunks into the fryer baske, then lock the lid again.
- 6. Pick the mint leaves from the tough stems, and thinly slice the leaves. Add the yogurt and mint to the lemon and garlic and stir to combine. Season to taste with salt.
- 7. For the final 1-2 minutes of cooking your chips, pop in the flatbread/pitas on top of the chips and lamb to warm slightly.
- 8. Once the programme finishes, plate up the gyros! Smear the flatbread/pita with yogurt sauce, then top with lamb, diced tomato, cucumber, and red onion. Add a few extra mint leaves and fresh dill if you like then roll them up and enjoy.



SALMON TAGLIATELLE

Cooktime: 15 minutes Serves: 4

INGREDIENTS

2 tbsp butter

1 small onion, finely diced

120ml dry white wine

750ml vegetable stock

300ml double cream

1tsp salt

Itbsp fresh dill or I tsp dried, plus additional for garnish

450g dried tagliatelle, broken in half

400g cherry tomatoes, halved

200g smoked salmon, sliced and cut into bite-sized pieces

Freshly ground pepper

- 1. Add the butter to the inner pot and select Sauté.
- 2. When butter is melted, add onion to the pot and sauté until soft, then pour in the wine and deglaze the base of the inner pot.
- 3. Add the stock, cream, salt, and herbs, stirring to combine.
- 4. Carefully fan the pasta in the pot (this helps prevent clumping) and ensure it is completely submerged, then add the halved cherry tomatoes in a single layer on to, but do not stir.
- 5. Press cancel and ensure the Pressure Cooking cover is attached, then lock the lid.
- 6. Select Pressure Cook, choose natural pressure release, and set the time for 5 minutes.
- 7. When the pressure releases naturally for 5 minutes, switch to quick release for the remaining pressure and then open the lid when prompted.
- 8. Gently stir the pasta, breaking up any clumps, then fold in the smoked salmon pieces and serve immediately garnished with freshly ground pepper and additional herbs.



CRISPY FISH AND MINTY PEAS

Cooktime: 12 minutes Serves: 4

INGREDIENTS

4 x 170g cod fillets

100g flour

100g panko crumbs

80g mayonnaise

2tsp paprika

4 cloves garlic, minced

2 lemons

10g mint

400g peas

- 1. Pat the cod fillets dry and set up for dredging with flour in one bowl and panko breadcrumbs in another.
- 2. In a third bowl, mix the mayonnaise with one tablespoon of water, paprika, one minced garlic clove, and the zest of ½ lemon and mix.
- 3. Dip the fillets into the flour, then the mayonnaise "batter", then finally dip them into the panko crumbs.
- 4. Place the breaded fish fillets into the air fryer basket and secure the lid.
- 5. Select Air Fry on your Duo Crisp with Ultimate Lid, set the temperature to 200°C and time to 12 minutes. Cook until the fish flakes easily when pressed and the crumbs are golden brown. Do not turn the fillets as they can break apart.
- 6. While the fish cooks, chop the mint finely and place the peas in a bowl, cover with boiling water and drain after 5 minutes.
- 7. Add the remaining ½ lemon zest to the peas and grate the second garlic clove into the peas then add 2 teaspoons of lemon juice and set aside for 3 minutes.
- 8. When your fish is nearly ready, mash the peas with the zest and grated lemony garlic. Season to taste.
- 9. Remove the fish from the air fryer and serve with your minty lemony peas.



STICKY MISO ONIONS WITH BUTTER BEANS

Cooktime: 12 minutes Serves: 2

INGREDIENTS

Miso onions

500ml water

50g miso paste

120g butter

4 brown onions, halved and peeled

For the beans

2 x 400g tin cooked butter beans in water, drained and rinsed

Pesto and crispy onions for serving

INSTRUCTIONS

 Select Sauté and add the water, miso, and butter to the inner pot. Warm through and stir everything until combined.

2. Place the onions cut side down on top of miso liquid, then secure the lid.

3. Select Pressure Cook and set the time to 2 minutes with a quick pressure release.

4. When 'Ok to Open Lid' displays, unlock the lid and remove the onions and half of the liquid and set to one side.

5. Select Sauté again, and cook the miso liquid until sticky. Place the onions back on top of the sticky sauce with the cut side facing up then lock the lid with the pressure cooking cover removed.

6. Select Air Fry and set the time for 10 minutes and temperature to 195°C.

7. Plate up the beans and top with the misoglazed onions, the sticky miso sauce, pesto and crispy onions.



PEANUT BUTTER AND SWEET POTATO CURRY

Cook time: 35 minutes Serves: 4

INGREDIENTS

230g Jasmine rice

250ml cold water

1 tbsp oil

1 onion, diced

2 garlic cloves, minced

1 tbsp ginger finely, chopped

2 tbsp Thai red curry paste

2 heaped tbsp smooth peanut butter

400g can chickpeas, rinsed and drained

2 large, sweet potatoes, peeled and chopped

1 red pepper, chopped

400ml can coconut milk

300ml vegetable stock

Chopped peanuts and fresh coriander, to garnish

- 1. Place the rice and water into the inner pot and lock the lid with the pressure cooking cover in place.
- 2. Select Pressure Cook and set the time to 3 minutes with a natural pressure release.
- 3. After 10minutes of natural release, quick release the remaining pressure and when 'Ok to Open Lid' is displayed, unlock the lid and fluff the rice with a spoon, and set it to one side.
- 4. Select Sauté, then add the oil and onion, and sauté until it has softened and started to brown.
- 5. Add minced garlic and ginger and cook for 1-2 mins, then add the red curry paste and peanut butter and mix well, frying for about 30 seconds.
- 6. Next add the chickpeas, sweet potato, pepper, coconut milk, and stock, mixing well and deglaze the base of the inner pot.
- 7. Ensure the pressure cooking lid is in place then lock the lid.
- 8. Select Pressure Cook, choose natural pressure release and set the time for 10 minutes.
- 9. After 10 minutes of natural pressure release, quickly release the remaining pressure. When all the steam has released, remove the lid and give the curry a stir.10. Serve on top of the rice, garnished with fresh coriander and chopped peanuts.





REMYS RATATOUILLE

Time: 10 minutes Serves: 4

INGREDIENTS

1 onion, diced

1 red pepper, diced

400g tin of tomatoes

3 cloves of garlic, grated

2 aubergines

2 courgettes

2 yellow squashes

5 tomatoes

Handful of basil, washed and chopped

Handful of parsley, washed and chopped

Parmesan to finish, optional

Oil, salt and pepper, as needed

- 1. Select Sauté and add some oil to the inner pot, with the onion and pepper and sauté until softened, then deglaze the base of the pot.
- 2. Add the tinned tomatoes and grated garlic but do not stir. Ensure the pressure cooking cover is in place and lock the lid.
- 3. Select Pressure Cook, choose quick pressure release, and set the time for 10 minutes.
- 4. While the tomato sauce is cooking, thinly slice the aubergines, courgette, yellow squash, and fresh tomatoes into round disks.
- 5. When the cooking programme finishes, open the lid and assemble your ratatouille by arranging the vegetable slices on top of the sauce in a spiral pattern, alternating aubergine, tomato, yellow squash, and courgette until the sauce is covered.
- 6. Carefully remove the pressure cooking cover and lock the lid. Select Air Fry and set the time to 20 minutes and temperature to 170°C.
- 7. While the ratatouille cooks, combine the parsley and basil in a bowl and mix in a little olive oil until it becomes a 'pesto-like' consistency. Once the ratatouille finishes cooking, spoon the herby oil on top.
- 8. Serve your ratatouille straight from the pot, or channel your inner Remy, and use a ring mould to plate up your dish like a Michelin Star chef!



MAC AND THREE CHEESE

Cooktime: 10 minutes Serves: 4-6

INGREDIENTS

2 tbsp unsalted butter

2 tbsp olive oil

4 tbsp flour

480ml cream

2 tbsp nutmeg powder

2 tbsp paprika

1 tbsp salt

720ml water

400g macaroni pasta

250g feta cheese

720g cheddar cheese

720g mozzarella

100g panko breadcrumbs

- 1. Add butter and olive oil to the inner pot and select Sauté, setting the time to 5 minutes.
- 2. Once the butter has melted, and the oil starts to sizzle, add the flour, and whisk vigorously. Then add the cream and stir, and press Cancel.
- 4. Whisk in the nutmeg, paprika, and salt, then add the water and pasta and deglaze the base of the inner pot.
- 5. Make sure the pressure cooking cover is in place, then lock the lid.
- 6. Select Pressure Cook, and set the time to 5 minutes with a Pulse Pressure Release.
- 7. When the display shows 'OK to Open Lid', unlock the lid and mix the pasta, scraping away any pieces stuck to the bottom.
- 8. Add in the feta, cheddar and mozzarella until melted, then top with the breadcrumbs.
- 9. Remove the pressure cooking cover, and lock the lid again.
- 10. Select Grill and set the temperature to 205°C and time to 5 minutes to crisp the top before serving.





PEA AND MUSHROOM RISOTTO

Cooktime: 12 minutes Servings: 3-4

INGREDIENTS

2 tbsp olive oil

25g butter

1 onion, chopped

2 garlic cloves, finely chopped

350g arborio rice

250g mushrooms, sliced

125ml white wine

1.3L vegetable stock

200g frozen peas

50g parmesan cheese

2 tbsp chopped flatleaf parsley

Salt & Pepper

INSTRUCTIONS

- 1. Select sauté and add the olive oil and butter to the inner pot with the onions and cook, stirring occasionally, until they begin to turn translucent.
- 2. Add the garlic and stir, then add the rice and mushrooms and cook for 2-3 minutes, then pour in the stock and deglaze the base of the inner pot.
- 3. Ensure the pressure cooking cover is in place and lock the lid.
- 4. Select Pressure Cook, choose quick pressure release, and set the time to 7 minutes.
- 5. When 'OK to Open Lid' appears, unlock the lid.
- 6. Add the peas and stir into the risotto, then add the parmesan and half of the chopped parsley and season with salt & pepper.
- 7. Stir everything together until the parmesan melts, then serve with the remaining parsley sprinkled on top.

LEFTOVER RISOTTO ARANCINI

Cook time: 10 minutes

INGREDIENTS

Leftover risotto, cooled

Mozzarella pearls

Plain flour

1-2 eggs, beaten

Panko breadcrumbs

Tomato chutney, for serving

- 1. Roll your leftover risotto into balls around each mozzarella pearl.
- 2. Set up for dredging and put the flour in one bowl, the beaten egg in another and the breadcrumbs in a third.
- 3. Roll each ball in flour, then the egg and finally the breadcrumbs until they are all evenly covered.
- 4. Place the arancini into the air frying basket (you may need to work in batches) and with the pressure cooking cover removed, lock the lid.
- 5. Select Air Fry and set the temperature to 205°C and the time to 10 minutes.
- 6. Turn the balls when prompted and cook until golden brown and hot throughout.
- 7. Once cooked, pour a tomato chutney onto a plate and put the arancini balls on top.



NO WASTE COCONUT CURRY

Cooktime: 20 minutes Serves: 4

INGREDIENTS

350g basmati rice

650ml water

Spice Mix

2 tsp garam masala

1 1/2 tsp mild chili powder

½ tsp turmeric

2 tbsp coconut oil, melted

Veggies

1 cauliflower, broken into florets and leaves

400g tin chickpeas

100g baby spinach

For the Curry

1 tbsp coconut oil

2 onions, thinly sliced

1 tbsp ginger paste

1 tbsp garlic paste

3 tomatoes, diced

400ml coconut milk

Salt and pepper, as needed

- 1. Place the rice and water into the inner pot and put the pressure cooking cover in place and lock the lid.
- 2. Secure the lid and select Pressure Cook, and set the time to 6 minutes, with a natural pressure release.
- 3. Once the rice has cooked and pressure released, open the lid and fluff the rice with a spoon, and set it to one side.
- 4. Mix the spice mix ingredients together and spoon ½ of this over the cauliflower, cauli leaves, and chickpeas, and massage until coated.
- 5. Place the coated veggies into the fryer basket, with the cauliflower leaves on top, and place into the inner pot.
- 6. Remove the pressure cooking cover, and lock the lid. Select Air Fry and set the temperature to 140°C and time for 10 minutes.
- 7. Remove the crisped cauli leaves, then select Air Fry again and increase the temperature to 200°C and set the time to 8 minutes.
- 8. Once cooked, remove the veg and fryer basket and set aside.
- 9. Put the pressure cooking cover back in place and add 1 tbsp of coconut oil to the inner pot.
- 10. Select Sauté and when the oil is hot, add the onions and fry until soft. Then add the ginger and garlic paste.
- 11. Add the remaining spice mix and tomatoes to the inner pot, and sauté for 2 minutes, then add the coconut milk and bring to a simmer.
- 12. Add the cooked vegetables and baby spinach and stir together, then season to taste.
- 13. Serve the curry with the crispy cauliflower leaves as garnish, on top of the cooked rice.





CHOCOLATE CAKE

Cook time: 10 minutes

INGREDIENTS

lcing

60ml cold water

75g coconut butter

50g soft dark sugar

1½ tsp instant espresso powder

1½ tbsp cocoa

150g 70% dark chocolate, finely chopped

Sponge

180g plain flour

1 1/4 tsp bicarbonate of soda

Pinch of salt

1 1/4 tsp instant espresso powder

60g cocoa

240g soft dark brown sugar

300ml hot water

70ml coconut oil

1 ¼ tsp apple cider vinegar

1 tbsp chopped pistachios

- 1. Line an 18cm baking pan with baking paper. Set aside.
- 2. Make the icing by adding all the ingredients except the chocolate into the inner pot.
- 3. Select Sauté on low and bring the icing to a boil, dissolving all ingredients. Then press cancel and add the finely, chopped chocolate.
- 4. Remove the inner pot and give it a shake to submerge all the chocolate, then leave for a minute to allow the chocolate to melt. Then whisk the icing together and transfer to another bowl to cool and give the inner pot a clean.
- 5. In another bowl, combine the flour, bicarbonate of soda, salt, instant espresso powder, and cocoa, and whisk with a fork until combined.
- 6. Mix the sugar, hot water, coconut oil, and vinegar until the coconut oil has melted, then stir into the dry ingredients.
- 7. Pour the cake mix into the prepared tin, then place the tin into the air fryer basket.
- 8. Remove the pressure cooking cover and lock the lid.
- 9. Select Bake, and set the temperature to 158°C and time to 44 minutes. Bake until a skewer inserted into the cake comes out clean
- 10. Once the cake is baked, transfer the tin to a wire rack and let the cake cool in its tin.
- 11. When the cake is cool, top with the cooled prepared icing and sprinkle the chopped pistachios on top.



STICKY TOFFEE PUDDINGS

Cooktime: 30 minutes Serves: 4

INGREDIENTS

7 large medjool dates, roughly chopped

100ml hot water

2tbsp bourbon

1/2 tsp baking soda

3tbsp butter

2tbsp milk

100g flour

1tsp baking powder

1/2 tsp cinnamon

1/4 tsp salt

Pinch of nutmeg

1 egg, beaten

500ml water

100ml caramel sauce, warmed

Ice cream or cream, for serving

INSTRUCTIONS

1. In a small bowl, combine the dates, hot water, bourbon and baking soda then set to one side.

2. In another bowl, combine the butter and milk, and microwave on low until the butter is melted.

3. Add flour, baking powder, cinnamon, salt and nutmeg to the milk/butter mixture, and stir to combine. Then add the beaten egg and bourbon-date mixture and mix.

4. Coat the insides of four ramekins with non-stick spray and divide the batter evenly amongst the ramekins and cover each ramekin with foil.

5. Place the air fryer basket into the inner pot and pour in the 500ml water. Arrange the ramekins in a pyramid formation - three on the bottom and one on the top.

6. With the pressure cooking cover in place, lock the lid.

7. Select the Steam function, choose natural pressure release, and set the time for 20 minutes.

8. After letting the pressure naturally release for 10 minutes, quick release the remaining pressure.

9. When 'OK to Open Lid' displays, open the lid and carefully remove the ramekins from the pot. Run a knife around the edges to loosen, then invert onto a serving dish.

10. Use a cocktail stick to pierce holes into the top of each pudding then pour the warm caramel sauce.

11. Serve with your choice of cream, ice cream or more caramel sauce!



HONEY PUMPKIN CHEESECAKE

Cook time: 40 minutes (+ 4hrs refrigeration time) Serves: 6-8

INGREDIENTS

Base

135g ginger biscuits, crushed into fine crumbs

15g flour

35g melted butter

Filling

180g honey

60ml water

500g full fat Cream Cheese

80g sour cream

2 eggs + 1 egg yolk

4g salt

2 tsp vanilla

15g corn flour

115g Pumpkin puree

 $\frac{1}{2}$ tsp mixed spice

500ml water

For serving

Whipped cream

Roasted Pumpkin seeds

INSTRUCTIONS

1. Select Sauté and add the honey to the inner pot. When wisps of smoke start to appear and the honey is a deep brown colour, quickly pour in the 60ml water to stop the cooking and stir until the honey dissolves into the water. Press cancel and pour the caramelized honey out the pot and set to one side.

2. In a small bowl, add the ginger snap crumbs, flour and melted butter and mix well to combine. Grease an 18cm springform cake tin with non-stick cooking spray and press the ginger snap mixture into the cake tin and place into the freezer to set.

3. In a large bowl, add the cream cheese, sour cream and caramelized honey and whisk until well combined, then add the eggs, salt, vanilla, and corn flour, mixing again until just combined (don't overmix).

4. Divide the cheesecake mixture in half. In one half, add the pumpkin puree and mixed spice and combine. Spoon the cheesecake batters into the prepared cake tin, alternating the batters as you go to get a nice swirl effect, then cover the cake tin tightly in foil.

5. Place the air fryer basket in the inner pot with 500ml water, then place the cake tin into the basket. With the pressure cooking cover in place, lock the lid.

6. Select Pressure Cook, and set the time to 33 minutes, with a natural pressure release.

7. Once the cooking programme finishes, and 'OK to Open Lid' displays, remove the cheesecake and place it into the fridge to set for 4 hours, or preferably overnight. The cheesecake should be set in the middle with a slight wobble.

8. Once cool, remove the cheesecake from the tin, and serve with, optional whipped cream and pumpkin seeds.



SOUS VIDE CREME BRULEE

Cook time: 70 minutes (+20 minutes cooling time) Serves: 4

INGREDIENTS

450ml double cream

1 vanilla bean

1 cinnamon stick

4 egg yolks

Pinch of salt

60g sugar

Sugar and fresh mint leaves, for serving

- 1. Select Sauté and pour the heavy cream into the inner pot, with the split vanilla bean with seeds.
- 2. Add the cinnamon stick and bring just to a simmer, stirring frequently. Turn off the heat and let it infuse for 10 minutes then strain the cream.
- 3. Whisk together the egg yolks in another bowl, then slowly whisk in the salt and sugar. The mixture should turn glossy and thicken slightly. Slowly whisk in the infused cream then evenly divide the mixture among four ramekins.
- 4. Cover each ramekin with tin foil or cling film, using a rubber band to hold it in place.
- 5. Clean the inner pot and fill with 1L water and make sure the pressure cooking cover is attached.
- 6. Select Sous Vide at 87°C and set the time for 60 minutes.
- 7. When up to temperature, place an upside-down bowl in your water bath and top with a baking sheet or plate with the ramekins in top. You want to make sure the water level comes up two-thirds of the way up the side of the ramekins.
- 8. Once cooked, remove the ramekins from the water bath and let the crème brûlée cool for 15 to 20 minutes. Place in the refrigerator and chill until firm, or preferably overnight.
- 9. To Assemble: Spread a thin layer of sugar a few grains thick on the top of each crème brûlée and quickly torch until the sugar melts and begins to brown. Add a few mint leaves and serve.





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