

POWERED BY *Optimum*

# INDUCTION | PRO PRESSURE-COOK

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*Advanced Induction Heating Technology*

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*Welcome to the world of fuss-free  
meals bursting with flavour.*

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Congratulations on your purchase of the Optimum Induction Pressure-Cook Pro. You have found the perfect sous chef to do all the heavy lifting in the kitchen for you. Be prepared to have your family and friends swooning over your delish meals, tasting like it took you double the time and effort to prepare!

The Optimum Induction Pressure-Cook Pro was created with busy mums and hectic professionals in mind. We understand the constraints urban living places on our food choices. However, a busy lifestyle does not mean you need to be stuck with sandwiches or takeouts. The Induction Pressure-Cook Pro is going to be your life-saver, ensuring you get your nourishment in a tasty, quick and effortless way.

*A godsend kitchen aid you can't live without.*

#### **Nutritious, Quick and Flavourful**

The Induction Pressure-Cook Pro's advanced induction heating technology is more energy efficient than standard heating technologies, results in more even cooking and at the same time hastens the cooking process through raised temperatures from the pressurised environment. This means savings in terms of time and money for you. Cooking in a pressurised and sealed vessel also allows the nutrients of each ingredient to be preserved during cooking, while ensuring the aromatics fully penetrate the ingredients for great tasting results. The Induction Pressure-cook Pro truly gives you the best of both worlds.

#### **Foolproof Preset Programs and Design**

The large digital display and preset programs of the Induction Pressure-Cook Pro enables you to make meals with minimal hassle. Choose from 16 preset functions: slow cook, white rice, stew, steam, deep fry, roast, cake, braise, meat, soup, porridge, pizza, pasta, defrost, yoghurt and simmer; or customise the cooking to your desired settings. The Induction Pressure-Cook Pro also allows you to start or adjust pressure at any time during the cooking process and comes with a text-to-speech function that announces your selection, provides usage guidance, warns you before pressure is being released and informs you when cooking is complete. Basically, it is going to be a stroll in the park.

#### **Convenient Multitasker**

You can now free up more space on your kitchen counter with a multitasker like the Induction Pressure-Cook Pro, where you can place all your ingredients in the cooker, select a preset program and wait for the beautiful aroma of your meal to waft from the kitchen. The Induction Pressure-Cook Pro features a digital timer capable of delaying cooking time for up to 24 hours, automatically cooking once the timer runs out so you can plan your meals ahead of time. Of course, the best part about your Induction Pressure-Cook Pro is it's practically a one-pot meal. We say the less dishes to clean, the merrier!

Wait, there's more...

#### **Safety First**

Did you know that certain types of bacteria survive even at water's boiling point of 100°C? With your Induction Pressure-cook Pro, you can ensure all harmful bacteria is eliminated under the pressurised environment which translates to higher temperatures and increased boiling point. You can even double up your cooker as a steriliser for feeding bottles, needles, syringes, etc. Now you can have a peace of mind and a satisfied palate.

#### **Adapting Recipes**

We would suggest reducing the amount of liquid used in a stovetop recipe by 10%-20% when adapting it for your Induction Pressure-Cook Pro. Since the closed lid environment would prevent loss of liquid through evaporation, you will not need to use as much liquid as with a traditional recipe designed for cooking with an open lid. While there is no definite formula and it may take you a few tries to get your desired results, we think the shortened time and better taste will be well worth the effort!

Can't wait to put your Induction Pressure-Cook Pro to good use? Let's get cooking!

*ABBREVIATIONS*

ml	millilitre	1000 ml = 1 litre
cl	centilitre	1 cl = 10 ml
C	cup	1 C = 250 ml (EU), 240 ml (US)
g	gram	
pinch	pinch	
tsp	teaspoon	1 tsp = 5 ml
tbsp	tablespoon	1 tbsp = 20 ml (AU), 15ml (US/UK)

*LIQUIDS*

tsp	tbsp	C	ml	fl oz
1 tsp			5 ml	
2 tsp			10 ml	
3 tsp			15 ml	0.5 fl oz
4 tsp	1 tbsp		20 ml	0.7 fl oz
6 tsp	1 ½ tbsp		30 ml	1 fl oz
12 tsp	3 tbsp		60 ml	2 fl oz
		¼ C	63 ml	2.2 fl oz
	4 tbsp	⅓ C	84 ml	3 fl oz
		½ C	125 ml	4.4 fl oz
		⅔ C	167 ml	6 fl oz
		¾ C	188 ml	6.6 fl oz
		1 C	250 ml	8.8 fl oz
		2 C	500 ml	16.9 fl oz
		3 C	750 ml	25.4 fl oz
		4 C	1000 ml	33.8 fl oz

*DRY*

oz	g
0.2 oz	5 g
0.35 oz	10 g
0.7 oz	20 g
1 oz	28.3 g
2 oz	56.7 g
3 oz	85 g
4 oz	113.4 g
5 oz	141.7 g
6 oz	170.1 g
7 oz	198.5 g
8 oz	226.8 g
9 oz	255.2 g
10 oz	283.5 g
15 oz	425.2 g
20 oz	567 g

**HINTS:**

In the USA, one cup measures 240ml, in Europe 250ml. If all ingredients of a recipe are measured in cups, a scale is unnecessary, as it is only about the ratio between ingredients – just use the same cup for all!

Most liquids weigh 240 / 250 ml per cup. Solid ingredients differ a lot more: the weight depends on their density, e.g. whether almonds are whole, chopped or ground.



## ASIAN PULLED PORK

*Serves 6*

- 1.5 kg pork neck / collar butt**
- 1 knob ginger, grated**
- 2 cloves garlic, chopped or grated**
- ½ lime, juiced**
- ¼ cup tamari sauce / coconut aminos**
- 2 tsp Chinese five spice**
- 1 cup chicken stock**
- 2 tbsp maple syrup, for searing (optional)**

1. Cut pork into 2-3 large chunks.
2. Sear pork in your Optimum induction pressure cooker.
3. Keep lid open and turn knob to 'close'
4. Select "roast" and set temperature to 185°C.
5. Turn the chunks to brown on all sides.
6. Mix all marinade ingredients in a bowl or jug. Pour marinade over the pork in the pot.
7. Cancel "roast" turn knob to "Open".
8. Close lid and turn knob to "close" then select "slow cook low" and set the time to 3 hours (or until very tender).
9. Once cooked remove the pork from the liquid and shred/pull apart. You can then put it back into the sauce or just serve the pork and pour the sauce over the top.

*Recipe by Annabel Bateman  
www.whatannabelcooks.com.*

## APRICOT CHICKEN

*Serves 8*

1.5 kg chicken, thighs or breasts  
1 ¼ cups dried apricots, preservative free  
1 cup chicken broth / stock or water  
2 carrots, finely diced  
¼ cup spring onion, diced  
1 tsp fresh ginger, grated  
1 tsp garlic, crushed or minced  
4 tbsp apricot jam, preservative free, with low sugar content

1. Pour cooking oil into the inner pot of your Optimum induction pressure cooker.
2. Keep the lid open and set pressure knob to “close”.
3. Select “Deep Fry” and set temperature to 185 ° to heat up the oil.
4. Once the oil is hot, pan fry spring onion, garlic, carrot and ginger together until soft.
5. Cancel “Deep Fry”, turn pressure knob to “Open”.
6. Add remaining ingredients.
7. Stir well so everything is mixed together.
8. Close lid, turn pressure knob to “Close”.
9. Select “Slow Cook”.
10. Set timer to 3 hours on high or 6 hours on low.
11. Press “Start”.
12. Serve with rice and steamed greens.

*Recipe by Jen Shaw*  
[www.barefootkitchens.com.au](http://www.barefootkitchens.com.au)





## BEEF CURRY

*Serves 8*

- 2 cheeks beef or 700g chuck steak or cheap sinewy meat, diced
- 1 large sweet potato, roughly diced
- 2 large carrots, cut into rounds
- 1 brown onion, thinly sliced
- 400 ml coconut cream
- 4 leaves kaffir lime
- 1 tsp cumin, ground
- 1 tsp coriander, ground
- 1 stick cinnamon
- ¼ tsp cloves, ground
- ¼ tsp cinnamon, ground
- ¼ cup fish sauce
- ¼ cup coconut aminos \*
- ½ lime, juiced
- 1 tbsp coconut oil
- 1 handful green beans, trimmed and cut into half

1. Pour a dash of coconut oil into inner pot of your Optimum induction pressure cooker.
2. Keep the lid open and set pressure knob to “close”. Select “Deep Fry” and set temperature to 185 °.
3. Once oil is hot, brown the meat in the oil.
4. Cancel “Deep Fry”, turn pressure knob to “Open”.
5. Add all the remaining ingredients except the green beans. Close lid, turn pressure knob to “Close”. Select “Slow Cook”.
6. Set timer to 4 hours on high or 7 hours on low. Press start.
7. 15 minutes before serving, add your trimmed green beans. Select “Simmer”.
8. Cancel once ready to serve.
9. Remove cinnamon stick, serve with cauliflower rice or potatoes.
10. Garnish with some fresh coriander.

### **NOTES:**

- \* Coconut aminos can be substituted with ½ cup of tamari plus 1 tbsp of coconut sugar)

*Recipe by Alisha Lynch*

[www.naughtynaturopathmum.com.au](http://www.naughtynaturopathmum.com.au)



## CHEESY SPINACH DIP

*Serves 8*

225 g cream cheese, diced  
 1 cup full fat Greek yogurt  
 300 g fresh baby spinach, chopped  
 350 g marinated artichokes, drained, chopped, then flaked  
 1 cup mozzarella, shredded  
 1 handful fresh flat leaf parsley  
 salt and freshly ground black pepper, to taste  
 1 handful baby spinach leaves, to serve

1. In a large bowl stir all of the ingredients – except the handful of spinach leaves and parsley – together thoroughly.
2. No need to spray the inner pot of your Optimum induction pressure cooker with non-stick spray.
3. Tip everything from the bowl in and give it a stir before starting the cooking process.
4. Close the lid, set pressure knob to “Close”.
5. Select function “slow cook low”.
6. Set timer to 1 hour.
7. Just before serving sprinkle over the extra spinach and parsley.
8. Best served warm with crackers, also great at room temperature.

*Recipe by Belinda*  
[www.thehungrymum.com](http://www.thehungrymum.com)

## CINNAMON SCROLLS

*Serves 6 to 8*

500 g dough (see pizza dough)  
 1 stick unsalted butter  
 1 tbsp cinnamon  
 2 tbsp sugar  
 2 tbsp cocoa powder, sifted  
 1 tsp ground nutmeg  
 ½ cup chocolate chips (optional)  
 ½ cup chocolate sauce (optional)

1. Roll dough to a rectangle.
2. Mix soft butter, sugar cocoa and spices together.
3. Rub the dough with the spicy butter mix and sprinkle chocolate chips if used.
4. Roll dough to a cylinder then cut to 7 or 8 cinnamon buns. Place them in your Optimum induction pressure cooker. Close lid.
5. Turn pressure knob to “close”. Select “Slow cook high” and set timer for 1 hour.
6. When done cancel “Slow cook” then select “Cake” for 40 min.
7. Open the lid once the cooking process is completed.
8. Drizzle with chocolate sauce, if desired.

*Recipe by Muriel Nawfal*





## LAMB SHANKS

Serves 4

**6-8 shanks lamb (or shoulder/leg of lamb – bone in or out both work)**

**2 tbsp butter/ghee/duck fat/coconut oil**

**10 dates, pits removed**

**1 onion, cut in half**

**3-5 cloves of garlic**

**½ cup red wine**

**1 cup bone broth (chicken, lamb or beef)**

**½ tsp turmeric**

**½ tsp sweet paprika**

**salt and pepper, to taste**

**1 small sprig rosemary (optional)**

1. Pour your cooking fat of choice into the inner pot of your Optimum Induction Pressure Cooker.
2. Keep the lid open and set pressure knob to “close”.
3. Select “Roast” to heat up the oil. Once the oil is hot, pop in the lamb to brown on both sides. (You can do this in batches)
4. Remove the lamb from the pot and set aside. Add the bone broth, wine and all

of the other ingredients. Give it a small stir and let it sit on the heat for a minute. Please don’t ask me about the alcohol content – I have no idea but the end result doesn’t have any taste of alcohol.

5. Add the lamb back into the pot.
6. Cancel “Roast”, turn pressure knob to “On”.
7. Close lid, turn pressure knob to “Close”.
8. Select function “Slow cook High”.
9. Set timer to 2: 30 hours.
10. Press “Start”.
11. When done serve with a heap of raw or cooked veggies and a small serve of fermented veggies on the side.
12. Spoon over some of the sauce to serve.

### TIPS:

- Medjool dates work best. You can also use preservative-free dried prunes or apricots.

Recipe by Monique Phipps  
[www.thenourishedpsychologist.com](http://www.thenourishedpsychologist.com)

## BOOZY BEEF CHEEKS

Serves 4 - 5

### Beef cheeks

**½ onion, finely diced**

**1 garlic clove, minced**

**½ chorizo, diced**

**1 kg beef cheeks**

**½ cup port wine or red wine**

**½ cup beef stock**

**1 bay leaf**

**1 pinch salt and pepper**

### Mash

**½ head cauliflower**

**½ head broccoli**

**¼ onion, diced**

**1 tbsp oil, e.g. macadamia, coconut or ghee**

**¼ cup sour cream or coconut cream**

**½ tsp chicken stock concentrate**

**1 pinch salt and pepper**

### Beef cheeks:

1. Pour the cooking oil into the inner bowl of your Optimum Induction Pressure Cooker.
2. Keep the lid open and turn the pressure knob to “close” position. Select the preset function “roast” on the digital display panel to heat the oil.
3. Once the oil is hot, brown the finely diced onion and diced chorizo in your Optimum Induction Pressure Cooker.
4. Add the beef cheeks, beef stock, wine and bay leaf with a pinch of salt and pepper.
5. Cancel the “roast” function and turn the pressure knob to the “on” position.
6. Close the lid and turn the pressure knob to the “close” position.
7. Select the preset function “meat” on the



digital display panel. Set the timer to 40 minutes. Press “start/reheat”. Cook until beef cheeks are tender.

### Mash:

1. Cut the cauliflower and broccoli heads into florets. Place the florets into your Optimum blender and pulse into small pieces.
2. Pour the cooking oil into the inner bowl of your Optimum Induction Pressure Cooker. Keep the lid open and set the pressure knob to “close” position. Select the preset function “braise” to heat the oil.
3. Once the oil is hot, add the diced onions and cook for a few of minutes.
4. Add the blended cauliflower and broccoli mixture, stir continuously for 15 minutes or until cooked.
5. Return to the Optimum blender with the sour cream or coconut cream, chicken stock concentrate and a pinch of salt and pepper. Blend until the ingredients are smooth and creamy.
6. Serve the mash with the braised beef cheeks and a spoonful of sauce. Finish the dish with a crispy sweet potato garnish.

Recipe by Annabel Bateman  
[www.whatannabelcooks.com](http://www.whatannabelcooks.com)



## BEEF OSSO BUCO

Serves 8

1 kg beef shins  
 500 g stewing beef or chuck beef, diced  
 1-2 tbsp cooking oil  
 1 brown onion, diced  
 2 cloves garlic, finely grated  
 250 g bacon, diced  
 2 carrots, diced  
 3-4 stalks celery, diced  
 400 g tomatoes, diced  
 1 tsp rosemary  
 1 tsp sage  
 1 tsp thyme  
 1 tsp marjoram  
 1 pinch salt and pepper  
 2 tbsp balsamic vinegar  
 ½ cup beef broth (optional)  
 ¼ cup tapioca, arrowroot or corn flour  
 Chopped parsley and finely grated lemon  
 zest, to serve (optional)

1. Mix the beef shins and steak with tapioca or corn flour in a bowl and set aside.
2. Pour the cooking oil into the inner bowl of your Optimum Induction Pressure Cooker. Keep the lid open and set the pressure knob to the “close” position.
3. Select the preset function “deep fry” on the digital display panel to heat the oil.
4. Once the oil is hot, pan fry the diced onion, garlic and spices together until translucent and aromatic.
5. Add the diced carrots, tomatoes, celery, bacon, balsamic vinegar and beef broth.
6. Cancel the “deep fry” function and turn the pressure knob to the “on” position.
7. Close the lid and turn the pressure knob to the “close” position. Select the preset function “simmer” on the digital display panel.
8. Allow the ingredients to simmer.
9. Cancel the “simmer” function, open the lid and stir through the sauce.
10. Place the beef shins into the pot and ladle the sauce on top of the meat until completely covered.
11. Close the lid and set the pressure knob to the “close” position. Select the preset function “meat” on the digital display panel. Set the timer to 1:45 hours. Press “start/reheat”.

### TIP:

- Sprinkle dish with chopped parsley and lemon zest, if using, and serve with mashed vegetables and steamed greens.

Recipe by Alisha Lynch  
[www.naughtynaturopathmum.com.au](http://www.naughtynaturopathmum.com.au)





## MANGO STICKY RICE

Serves 4

- 1 cup glutinous rice
- 1 ½ cups water
- 1 can coconut milk, full fat and refrigerated
- 2 tbsp sugar
- ½ tsp salt
- 2 whole Thai or Indian mangos, ripe

1. Place the rice and water into a bowl. Carefully open the can of coconut milk and scoop off the fatty cream from the top. Place the cream into the inner bowl of your Optimum Induction Pressure Cooker.
2. Add the watery liquid to the rice and water. Let the rice soak for one hour.
3. Add the sugar and salt to the coconut cream in the inner bowl of your Optimum Induction Pressure Cooker.
4. Keep the lid open and turn the pressure knob to “close” position. Select the preset function “deep fry” on the digital display panel. Set the temperature to 185°C. Push “start/reheat”. Bring to a boil and cancel the “deep fry” function.

5. Remove 1/4 of the cream from the inner bowl and set aside. Add the soaked rice and soaking water into the inner bowl.
6. Close the lid and turn the pressure knob to the “close” position. Select the preset function “rice” on the digital display panel. Set the timer to 20 min. Press “start/reheat”.
7. Peel the mangos and cut into cubes. Chill until ready to serve.
8. Once the cooking process is complete, divide the rice between plates. Arrange mango cubes on top and drizzle with the coconut sauce.

### TIP:

- Glutinous rice is also known as sweet rice or sticky rice and is available at Asian grocery stores. Alternatively, you can also use arborio or basmati rice.

Recipe by Lisa Mattes  
www.rohtopia.com



## RISOTTO

Serves 4 - 6

- 4 tbsp olive oil, extra virgine
- 1 whole onion, peeled and chopped
- 2 cups arborio rice
- ½ cup dry white wine
- 4 cups broth - chicken or vegetable
- 1 tbsp butter, softened
- 1 tbsp parmesan
- salt and pepper, to taste

1. Keep lid open, turn pressure knob to “close”. Select “deep fry”. Set temperature to 185 °. Push “start”.
2. Add olive oil to inner pot. Once oil is hot, add onion. Fry until onion is translucent - around 5 minutes.
3. Stir in rice to toast it - around 2-3 minutes.
4. Add white wine and stir to remove any rice grains sticking to the pot. Add broth, stir briefly.
5. Cancel “deep fry”. Close lid. Turn pressure knob to “close”. Select “Rice”. Press “start”.
6. Once the cooking process is completed, remove inner pot to avoid overcooking.
7. Stir through so the rice can absorb any extra liquid. Stir in butter and grated parmesan just before serving.
8. Sprinkle with freshly ground black pepper.

### TIPS:

The best ratio for perfect risotto is 1 part arborio rice, 2 parts broth, i.e.:  
½ cup rice - 1 cup broth  
1 cup rice - 2 cups broth

### RISOTTO VARIATIONS:

#### Mushroom Risotto:

- Add 2 cloves of garlic when frying the onion.
- Mix in ½ cup dried mushrooms when adding the broth.

#### Pea and Ham Risotto:

- Mix in ½ cup peas and ½ cup diced ham when adding the broth.

#### Lemon Risotto:

- Swap wine for freshly squeezed lemon juice.
- Mix in the zest of ½ lemon when adding the broth.

Recipe by Lisa Mattes  
www.rohtopia.com



## STOUT CHICKEN RICE

*Serves 4*

- 4 chicken breast, boneless**
  - 1 tbsp soy sauce**
  - 1 clove garlic, minced**
  - 2 cm ginger, peeled and minced**
  - 2 tbsp cooking oil**
  - 4 white mushrooms**
  - ¼ onion**
  - 2 cups rice, uncooked**
  - 330 ml stout beer (1 can)**
  - 1 cup water**
  - ½ bunch chives, chopped or rosemary**
1. Cut chicken into small pieces. Place into bowl, mix with soy sauce, garlic and ginger. Let it marinate for 20 minutes.
  2. Shred onion. Slice mushrooms.

3. Pour enough cooking oil into inner pot of your Optimum induction pressure Cooker to cover the surface. Keep lid open, turn pressure knob to “close”. Select “deep fry”. Set temperature to 185°C. Push “start”.
4. Once oil is hot, add the onion and chicken to brown. Cancel “deep fry”.
5. Add rice and sliced mushrooms.
6. Top with stout beer and water.
7. Close lid. Turn pressure knob to “close”. Select “Rice” then “Start”.
8. Open the lid once the cooking process is completed.
9. Stir through, divide onto plates, sprinkle with chopped chives or leaves of rosemary.



## LAZY CHICKEN

*Serves 4*

- 700 g passata (or 2 tins chopped tomatoes)**
  - ½ cup red wine**
  - ½ kg chicken thighs**
  - 1 brown onion, largely diced**
  - 2 small sweet potato (or 1 large, peeled and chopped into large chunks)**
  - 200 g olives, pitted**
  - 1 tbsp oregano, dried**
  - 2-3 sprigs fresh thyme or 1 tbsp dried**
  - 1 tbsp dijon mustard**
  - to taste salt and pepper**
  - 2 zucchini, chopped into rounds**
  - ½ leek, chopped into rounds**
1. Place everything except zucchini and leek in the inner pot of your induction pressure cooker. Close lid, turn pressure knob to “close”. Select function “Stew”, set timer to 1 hour.

2. When 40 min have passed press “Release Steam” and wait for all the steam to be re-released.
3. Turn knob to “Open” open lid and add the zucchini and leek. Close lid and turn again knob to “close” then the machine will automatically continue the program already chosen (cooking the added veggies for 20 minutes).
4. If the knob doesn't turn to “Open” DON'T FORCE press once more “release steam” so all the pressure has gone and it will turn easily to add the veggies.
5. Serve with rice, potatoes or cauli rice and top with lots of fresh parsley and a dollop of sour cream if partial to that kind of thing.

*Recipe by Alisha Lynch  
www.naughtynaturopathmum.com.au*



## FISH CHOWDER

*Serves 4*

**500 g firm white fish fillets, boneless**  
**100 g smoked ham, roughly chopped**  
**3 large potatoes, peeled and diced into 1 cm cubes**  
**2 whole leeks, white parts only, thinly sliced**  
**2 cloves garlic, crushed**  
**2 cups fish stock**  
**2 cups salt reduced chicken or vegetable stock**  
**1 whole bay leaf**  
**2 sprigs thyme**  
**¾ cup thickened cream**  
**2 tbsp fresh lemon juice**  
**2 tbsp chopped parsley**  
**1 pinch salt and pepper to taste**  
**4 rolls bread**

1. Cut fish filets into 2cm cubes and thoroughly check for and remove all bones. Cover and place in the fridge until needed.
2. Place the ham, potato, leek, garlic, stock, bay leaf and thyme in the inner pot of your pressure cooker. Close the lid, rotate pressure knob to "close". Choose function "stew", set the timer to 45 minutes. Press "start".
3. Once 20min have passed cancel "stew". Turn knob to "open" once the steam has been released, open lid and add the fish and cream. Close the lid, rotate pressure knob to "close". Choose function "soup", set the timer to 15 minutes.
4. Stir through the lemon juice and parsley.
5. Pre-heat the oven to 180°C. Place bread rolls on a baking tray and bake for around 10 minutes or until the outside of each roll is crispy.
6. Slice the top of the bread rolls off and pull out around half of the bread inside. You want to leave enough to pad out the bowl so it doesn't leak.
7. Spoon the warm chowder into the bowls. Sprinkle the adult's version with salt and pepper and enjoy.

*Recipe by Allie Gaunt + Jessica Beaton*  
[www.onehandedcooks.com.au](http://www.onehandedcooks.com.au)

## CHICKEN STOCK

- 1 kg chicken neck / carcass
- 1 onion, roughly chopped
- 1-2 carrots, chopped
- 1 stick celery, chopped
- 1 handful mushrooms, sliced
- 1-2 cloves of garlic, chopped
- 1 bunch of herbs (parsley and thyme work well)
- 2 bay leaves
- 1 tbsp salt
- ½ tbsp peppercorns
- 2 tbsp apple cider vinegar

1. Put the chicken carcass in your Optimum Induction Pressure Cooker pot, add apple cider vinegar & cover with water.
2. Toss in the vegetables & herbs. Season.
3. Soak for about an hour before cooking to help the ACV start to break down the connective tissue – this will make for a more gelatinous broth/stock which is great for our joints.
4. Close lid and turn knob to “Close”. Choose “Soup”, set time for 1 hour and “adjust pressure” to 7. (You can Cook on “slow cook low” for 6 to 8 hours also.)
5. Let it cool, remove the carcass and any big chunks of vegetables/herbs.
6. Strain the rest into a large jar/container.
7. Store in the fridge for up to about a week (or even better, use it for a soup whilst it's still hot!)



### TIPS:

#### To make chicken stock concentrate:

- After straining, transfer all the remains into your Optimum blender or ThermoCook.
- Add a ladle full or 2 of the liquid stock.
- Add an extra tablespoon of salt - this will help the chicken stock concentrate last longer in the fridge.

**Blender:** blend on high for 45-60 seconds. Scrape down sides and repeat until smooth and no chunks of bone are left.

**ThermoCook:** Blend on speed 8 for 20 seconds, scrape down sides and repeat until no chunks of bone are left. Transfer into jars and store in the fridge. You can also store in containers in the freezer.

#### To store for more than a week:

- Pour into silicone muffin moulds, freeze, pop out of moulds once frozen and keep in a bag in the freezer – then you can just grab 1 or 2 for a recipe when needed.

Recipe by Annabel Bateman  
[www.whatannabelcooks.com](http://www.whatannabelcooks.com)

## EASY TOMATO SOUP

Serves 12

- 1 tsp garlic, minced
- ½ onion, finely diced
- 1 splash olive oil
- 2 tins tomatoes, crushed
- 2 tbsp tomato paste
- ½ - 1 cup vegetable stock
- 1 tbsp soy sauce
- salt and pepper, to taste
- vegan yogurt, to serve
- fresh parsley, to serve

1. Pour oil into inner pot of your Optimum Induction Pressure Cooker.
2. Keep lid open, set pressure knob to “close”. Select “deep fry” and set Temperature to 185 to heat up the oil.
3. Once hot, add onion and garlic, and fry until they are starting to colour.
4. Stir in crushed tomatoes and paste.
5. Add stock and soy sauce.
6. Cancel “deep fry”. Turn knob to “open”.
7. Close lid and turn knob again to “close”. Select “soup”. Set timer to 15 minutes and set Pressure to “3”
8. Once cooking process is completed, add salt and pepper to taste.
9. Blend in your Optimum blender.
10. Ladle into bowls to serve. Add parsley to each bowl and yogurt if desired.

Recipe by Belinda TheHungryMum  
[www.thehungrymum.com](http://www.thehungrymum.com)



## MEXICAN BEAN SOUP

Serves 6

- 1 tsp garlic, fresh or from a jar
- ½ red capsicum, diced
- 1 jar medium spicy salsa - go hotter if you dare or try a mild salsa when cooking for kids
- 1 fresh corn on the cob, kernels removed with a sharp knife
- 1 litre vegetable stock
- 425 g fresh black beans, soaked overnight
- 1 avocado, diced and sprinkled with lemon juice (to stop it from going brown)
- 1 handful natural corn chips per bowl, to serve

1. Place soaked beans into the inner pot. Cover with water. Close lid, set pressure knob to "close". Select "simmer". Set timer to 1:30 hours.
2. Once cooking process is completed, strain beans and set aside.
3. Wipe pot dry, add enough olive oil to cover the surface of the inner pot.
4. Keep lid open, turn pressure knob to "close". Select "deep fry". Set temperature to 185 °. Push "start".
5. Once oil is hot, add garlic and capsicum. Fry until just soft.
6. Stir in salsa and stock. Add in beans and fresh corn kernels.
7. Cancel "deep fry". Close lid and turn knob to "close". Select "Soup". Set timer to 15 minutes. Press "start".
8. To serve, ladle into bowls and top with avocado and serve corn chips standing up right in the side of the bowls.

Recipe by *Belinda TheHungryMum*  
[www.thehungrymum.com](http://www.thehungrymum.com)



## MUM'S CHICKEN SOUP

Serves 6

- 2 litres chicken stock
- 1 whole chicken, cooked, de-boned, shredded \*
- 2 large zucchinis, finely grated
- 2 large carrots, finely grated
- 2 tsp thyme, dried
- 2 tsp basil, dried
- 2 cups rice or quinoa
- salt and pepper, to taste

1. Place stock, zucchinis and carrots into inner pot of your Optimum induction pressure cooker. Add rice or quinoa. Close lid.
2. Turn pressure knob to "close". Select "Soup". Set timer to 20 minutes.
3. Open the lid once the cooking process is completed.
4. Add in chicken and heat through by selecting "Deep Fry" for a few minutes\* (don't forget to adjust temperature).
5. Cancel function. Serve.

### NOTES:

- \* Either use the chicken that was used to make the stock, or roast / buy a pre-cooked one.



## OAT PORRIDGE

*Serves 4*

- 1 cup rolled oats
- 2 cups milk or water
- 1 pinch salt

**To serve (optional):**

- 2 tbsp butter
- 2 tbsp honey, maple syrup or sugar, to taste
- 1 pinch cinnamon
- Fresh or dried fruit or nuts

1. Place the rolled oats, milk or water, salt and butter into the inner bowl of your Optimum Induction Pres-sure Cooker.
2. Close the lid and turn the pressure knob to the “close” position.
3. Select the preset function “porridge” on the digital display panel. Set the timer to 6 minutes. Press “start/reheat”.
4. Once the timer ends open the lid, stir through the porridge while adding the optional ingredients before serving.

**TIPS:**

- Replace regular milk with soy milk, rice milk, 50% water and 50% coconut milk, fruit juice or broth.

**RATIOS:**

**Per 1 cup cereal, add:**

- oat groats: 1 cup liquid
- whole oats: 1 cup liquid
- old-fashioned oats: 2 cups liquid
- rolled oats: 2 cups liquid
- quick oats: 2-3 cups liquid
- oat bran: 3 cups liquid
- steel-cut oats: 3 cups liquid
- stone-ground oats: 3 cups liquid

*Recipe by Lisa Mattes  
www.rohtopia.com*



## GLUTEN-FREE BREAD

*Serves 6*

- 3 large eggs, whisked until light and fluffy
- 1 ½ cups almond meal
- ½ cups linseed meal
- 1 ½ tsp baking powder or bicarb soda
- 1 pinch salt
- 1 tbsp whole linseed

1. Add all ingredients except whole linseed to whisked eggs. Combine well.
2. Line inner pot with baking paper.
3. Pour into the inner pot of your Optimum induction pressure cooker.
4. Sprinkle with whole linseed.
5. Close lid.
6. Turn pressure knob to “close”. Select “Steam”. Set timer to 25 minutes.
7. Once cooking process is completed, allow to cool to prevent crumbling.
8. Remove from inner pot. Enjoy.

*Recipe by Danielle Wicks  
www.daniellewicks.com*



STEAM

## EXOTIC VEGGIE SALAD

Serves 4

- 1 small broccoli, cut to florets
- 1 handful string beans, cut in halves
- 3 big carrots, cut to fingers
- 5 small potatoes, cut in half
- 1 handful mushrooms, peeled
- 2 cooked beets (or 1 can)
- ¼ red, yellow and green capsicum, diced
- 1 can Palmettos, cut to rounds
- 1 avocado, cut to cubes
- ½ red onion, cut julienne
- 2 tbsp corn kernels, canned
- Chunks feta cheese, to taste

### Dressing

- 4 lemons, juiced
- 4 tbsp olive oil
- 1 tbsp mustard
- 1 tbsp soy sauce
- 1 tsp sesame oil
- Salt and pepper, to taste

1. Place carrots, string beans, potatoes and broccoli into steamer basket.
2. Add 2 tbsp water.
3. Close lid, turn pressure knob to “close”. Select “Steam”. Set timer to 10 min. Press start.
4. When done you can soak for 2 minutes in icy water to stop the cooking process.
5. Meanwhile prepare all other veggies and put in a dish, then add the steamed ones sprinkle on top cheese crumbles and serve with the dressing.

### TIPS:

- Serve without dressing, just a squeeze of lemon juice, if desired.
- Put your veggies in steam basket considering potatoes and broccoli on top and carrots and string beans at the bottom.
- Store any leftover dressing in the fridge for 3 days.

Recipe by Muriel Nawfal

## STEAMED TAHINI FISH

Serves 6

- 3 fish fillets
- 1 pinch sea salt and pepper to rub the fish
- 1cm piece of ginger, cut into rounds (optional)
- 1 tbsp Lemon juice
- 2 tbsp water

### Sauce

- 1 tsp coconut oil
- 2-3 cloves garlic, crushed
- ½ cup coriander, chopped finely
- ½ cup water
- 1 tbsp soy sauce
- 1-2 tbsp tahini paste
- Juice of ½ lemon
- ¼ cup of each diced green and red capsicum
- 2 tbsp pine nuts
- 2 tbsp walnuts, chopped
- 1 tsp paprika
- 1 pinch salt and pepper

1. Marinate the fish with the salt and pepper, ginger and lemon juice for 30 minutes.
2. Place the water the steam rack and the fish in the inner pot of your Optimum induction pressure cooker.
3. Close lid, set pressure knob to “close”. Select “Steam”. Set timer to 5 minutes adjust pressure to 3.
4. Once this time is up, remove from the pot, set aside and clean the pot.
5. Remove the ginger rounds and set aside.
6. Place the coconut oil, crushed garlic and chopped coriander in the inner pot of your Optimum pressure cooker.
7. Keep the lid open and set pressure knob to “close”. Select “Deep Fry” set temperature to 180 °.
8. Cook for 2 minutes then add the capsicums, walnuts and pine nuts and stir. Try to colour a little the pine nuts during the frying process.
9. Mix all the rest of the ingredients in a bowl and pour over in the pressure cooker while stirring.
10. Keep stirring for 2 to 3 minutes until sauce well combined. Don't over cook the tahini paste!
11. Cancel “Deep Fry”, turn pressure knob to “Open”. Serve on top of the fish fillets and enjoy.

Recipe by Muriel Nawfal



STEAM





## STEAMED VEGETABLES

### Green vegetables and carrots

1. Thoroughly wash your vegetables before steaming them.
2. Keep the skin on - it contains the most nutrients.
3. Cut into desired shape and size.
4. Place into steamer basket.
5. Add 2 tbsp water.
6. Close lid, turn pressure knob to "close".
7. Select "Steam". Press start.

### Starchy vegetables (potato, pumpkin, sweet potato, squash)

1. Thoroughly wash your starchy vegetables before steaming them.
2. Keep the skin on - it contains the most nutrients.
3. Cut them in half, place into steamer basket.
4. Add ¼ cup of water.
5. Close lid, turn pressure knob to "close".
6. Select "Steam" set timer to 5 minutes. Press start.

### TIPS:

- Always use the steamer basket. You will preserve the vegetables' flavour and vitamins better. You will also need minimal water which can later be used as flavourful vegetable stock.
- Use the Low Pressure setting for all vegetables except potato, sweet potato, pumpkin and squash. This will prevent accidentally overcooking your dish. Also keep in mind that vegetables take less time to steam if they are small or cut into small pieces, as opposed to large vegetables which you want to steam as a whole.
- If you want your vegetables to be al dente, place the steamer basket with the vegetables in a prepared ice water bath or run cold water over them to prevent overcooking them.

Recipe by Lisa Mattes  
[www.rohtopia.com](http://www.rohtopia.com)



## GREEN CHICKEN CURRY

Serves 6

- 1 whole onion, red or brown, diced
- 700 g chicken, diced
- 600 g vegetables of choice, i.e. green beans, broccoli or pumpkin
- 2 x 400ml cans coconut milk
- 2 tbsp fish sauce
- 2 tbsp coconut oil
- 1 handful coriander, chopped
- 1 bunch basil, chopped
- 2 tsp dried chili flakes (optional)
- 2 cups brown rice (or cauliflower rice)

1. Place the rice in the inner bowl of your Optimum Induction Pressure-Cook Pro.
2. Add 3-4 cups of water to the rice, depending on cooking instructions stated on the packaging.
3. Close the lid. Turn the pressure knob to the "close" position. Select the preset function "rice" on the digital display panel then press "start/reheat".
4. Once cooking process is completed,

remove the rice from the inner bowl and keep warm until serving.

5. Add oil to the inner bowl. Keeping the lid open, turn pressure knob to the "close" position. Select the preset function "deep fry" on the digital display panel.
6. Once the oil is hot, add onions and cook until translucent. Add the chicken and stir-fry until almost cooked.
7. Select "warm/cancel" to stop the "deep fry" function. Add the vegetables, sauces, herbs and coconut milk.
8. Select the function "braise". Set the timer to 30 minutes and continue cooking with the lid closed.
9. Once the cooking process is complete, open the lid and stir in the rice. Sprinkle with chilli flakes to taste and serve.

Recipe by Danielle Wicks  
[www.daniellewicks.com](http://www.daniellewicks.com)

## BBQ PULLED PORK

*Serves 8*

- 1 shoulder pork
- 1 pinch sea salt and pepper to rub the meat
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 cloves garlic, minced to rub\*
- 1 tbsp cinnamon
- 3-4 whole cloves (optional)
- 1 sprinkle fresh thyme (optional)
- 1 tsp smoked paprika

### Sauce

- 2-3 cloves garlic, crushed / minced
- ½ cup water
- 1 tbsp Dijon mustard
- 1-2 cups tomatoes, crushed / diced
- Juice of ½ lemon
- 3 tbsp Rapadura sugar / coconut sugar / honey
- 1 tbsp apple cider vinegar
- 1 tsp coffee OR 2 ground cloves
- 1 tsp paprika
- 1 pinch salt and pepper

1. Trim the fat off your pork and rub ingredients over your meat. Optional: cut slits into meat, stick peeled garlic and whole cloves into slits. Place all in the inner pot of your induction pressure cooker. Close lid, set pressure knob to “close”. Select “Braise”. Set timer to 8 hours.
2. Once this time is up, remove from the pot, leaving excess liquid in the pot. Remove whole garlic and cloves if you used any.
3. Shred the meat – this will be super easy to do after being in the induction pressure cooker for so long. Set aside.
4. Add all ingredients for the sauce to the excess liquid in the inner pot. Keep the lid open and set pressure knob to “close”. Select “Deep Fry”. Cook until all combined - there will be orange froth on top of the liquid. Cancel “Deep Fry”, turn pressure knob to “Open”.
5. Add pork to the sauce. Close lid, turn pressure knob to “Close”. Select “Braise”. Set timer to 1 hour. Press “Start”.
6. Serve with a simple salad and mashed sweet potato or pop into a burger bun with salad greens.

### TIPS:

- Keep garlic whole, cut slits in the pork and place the whole cloves in.
- Instead of cooking the meat and sauce for another hour, you can also select “Simmer” and cook it until ready to serve.

*Recipe by Jen Shaw  
www.barefootkitchens.com.au*





## CARROT CAKE

*Serves 12*

- 2 cups finely grated carrot**
- 1 red apple, peeled and finely grated - 2 apples for a sweetener free version**
- ½ cup coconut flour**
- ¼ cup coconut oil, measured when melted**
- ¼ cup pure maple syrup or raw honey or coconut nectar**
- 4 eggs, room temperature**
- ½ tsp baking soda (bi-carb soda)**
- ¼ tsp sea salt**
- ½ tsp cinnamon**
- ¼ tsp nutmeg**
- ¼ tsp ground cloves (optional)**

1. Add all ingredients into a large mixing bowl and mix until well combined.
2. Spoon mixture into your Optimum Induction Pressure-Cook Pro's inner bowl and smooth over the top of the mixture with a spoon.
3. Close the lid and turn the pressure knob to the "close" position.
4. Select the preset function "cake" on the digital display panel. Set the timer to 40 minutes or until the cake feels firm (or a skewer through the cake comes out clean).
5. Press "start/reheat".
6. Once the baking process is completed, open the lid and let the cake cool completely.
7. Store the cake in the refrigerator in an airtight container.

### *TIP:*

- This recipe freezes well – You can pop a few slices of the cake into the freezer for a quick after school snack or dessert.

### *ICING:*

- There are plenty of dairy, soy and cashew icing recipes you can use on the internet. If you are unable to take dairy, soy or cashew (author's note: I have yet to find a good recipe that is free from all these ingredients but holds up well) this recipe still tastes great without any icing at all!

*Recipe by Monique Phipps*  
[www.thenourishedpsychologist.com](http://www.thenourishedpsychologist.com)

## CHOCOLATE CAKE

*Serves 12*

**100 g butter, unsalted**

**100 g chocolate chips**

**2 eggs**

**150 g caster sugar**

**170 g milk**

**½ tsp vanilla essence**

**zest of ½ a lemon**

**400 g cake flour**

1. Melt the butter and chocolate chips in a hot water bath: place a small metal pot or bowl over a larger pot half-filled with water over a stove.
2. Separate the egg whites from their yolks.
3. Beat the yolks with an egg beater until the texture thickens and the color lightens.
4. Blend the egg mixture with the melted butter and chocolate mixture.
5. Add the milk, vanilla essence and lemon zest and mix well.
6. Sift flour into the mixture and fold it in with a large spoon or rubber spatula.
7. Clean the egg beater, and beat the egg whites while gradually adding the sugar.
8. Once the egg whites form stiff peaks, fold the egg whites into the chocolate mixture carefully until well combined.
9. Lightly grease the inner bowl of your Optimum Induction Pressure-Cook Pro.
10. Pour the cake batter into the inner bowl and smooth over the top of the mixture with a spoon.
11. Close the lid and turn the pressure knob to the “close” position.
12. Select the preset function “cake” on the digital display panel. Set the timer to 55 minutes. Press “start/reheat”.
13. Open the lid once the baking process is completed. Remove the cake from the bowl after it has cooled down.





## SPONGE CAKE

*Serves 12*

5 eggs  
 150 g caster sugar  
 1 tsp vanilla essence  
 Zest of ½ a lemon  
 180 g self-raising flour  
 ½ tsp oil or butter for greasing

**To serve (optional):**

½ cup jam, e.g. apricot, strawberry or orange, or curd, e.g. lemon or passionfruit, room temperature  
 ½ cup cream, whipped  
 1 cup fresh fruit, e.g. berries, cherries, peaches, apricots, mango, plums, etc., chopped  
 1 tbsp icing sugar for dusting

1. Using an electric beater, beat eggs in a large bowl for 5 minutes, or until it turns pale, thick and increase in volume.
2. Gradually add sugar to the mixture and beat well.
3. Add the vanilla essence and lemon zest and beat well.
4. Sift the flour over the egg mixture.
5. Using a large spoon or rubber spatula, fold in the flour until well combined.
6. Lightly grease the base of the inner bowl of your Optimum Induction Pressure-Cook Pro.
7. Pour the cake batter into the inner bowl.
8. Close the lid and turn the pressure knob to the “close” position. Select the preset function “cake” on the digital display panel. Set the timer to 50 minutes. Press “start/reheat”.
9. Once the baking process is completed, open the lid and allow the cake to cool completely.
10. Serve or fill the cake with jam/whipped cream as outlined below.

**Optional:**

1. Slice the cake horizontally in half.
2. Spread the jam or curd onto the bottom half of the cake with a knife. Pipe the whipped cream over the jam or curd and place the chopped fresh fruit over the cream.
3. Place the other half of the cake over the top.
4. Dust the top of the cake with icing sugar.

## MEATLOVERS PIZZA

*Serves 4*

### **Pizza dough**

(alternatively, use ready-made base)

150 g bread flour

5 g dry yeast

80 ml warm water

1 tbsp olive oil

¼ tsp sugar

¼ tsp salt

### **Pizza topping**

¼ - ½ cup tomato pasta sauce

¼ onion, shredded

2 white or brown mushrooms, sliced

½ cup mozzarella cheese, shredded

8 slices salami

1-2 slices ham, chopped

1-2 slices crispy bacon, chopped

½ cured chorizo sausage (80g)

1 tbsp Parmesan, whole or grated

2 sprigs fresh oregano or ½ tsp dried

Red pepper flakes, to taste

### **Dough:**

1. In a bowl, mix together the water, dried yeast, sugar and olive oil. Let the mixture rest for 20 minutes for the yeast to activate.
2. Sift the flour into another bowl, stir in the salt. Add the yeast-mix and knead the dough until smooth. Add a pinch of flour to the dough if the mixture is too wet.
3. Cover the bowl with a damp towel and let the dough rise for 2 hours in a warm place. The dough will double in size.

### **Pizza:**

1. Knead the dough once more while shaping it into a circle, gently pushing it until fairly thin and big enough to fit into your Optimum Induction Pressure Cooker.
2. Place the pizza dough onto the base of the inner bowl of your Optimum Induction Pressure Cooker. Brush the dough with the tomato sauce, almost to the edges.
3. Top generously with the onion and mushrooms, followed with the mozzarella, salami, ham, bacon, and chorizo sausage.
4. Grate on the parmesan.
5. Close the lid and turn the pressure knob to the "close" position. Select the preset function "pizza" on the digital display panel. Set the timer to 25 minutes. Press "start/reheat".
6. When done remove the pizza from the inner bowl.
7. Garnish with fresh oregano and red pepper flakes before serving.





## SEAFOOD PIZZA

Serves 4

### Pizza dough

(alternatively, use ready-made base)

150 g bread flour

5 g dry yeast

80 ml warm water

1 tbsp olive oil

¼ tsp sugar

¼ tsp salt

### Pizza topping

½ cup marinara pizza sauce or tomato pasta sauce

½ cup mozzarella cheese, shredded

½ cup fresh baby spinach

12 shrimps, cooked and peeled

½ cup seafood of choice, i.e. scallops, crabmeat, mussels or squid

1 tbsp capers

12 black olives

4 cloves garlic, finely chopped

½ cup fresh basil

½ tsp black pepper, freshly ground

### Dough:

1. In a bowl, mix together the water, dried yeast, sugar and olive oil. Let the mixture rest for 20 minutes for the yeast to activate.
2. Sift the flour into another bowl, stir in the salt. Add the yeast-mix and knead the

dough until smooth. Add a pinch of flour to the dough if the mixture is too wet.

3. Cover the bowl with a damp towel and let the dough rise for 2 hours in a warm place. The dough will double in size.

### Pizza:

4. Knead the dough once more while shaping it into a circle, gently pushing it until fairly thin and big enough to fit into your Optimum Induction Pressure Cooker.
5. Place the pizza dough onto the base of the inner bowl of your Optimum Induction Pressure Cooker. Brush the dough with tomato sauce, almost to the edges.
6. Spread the shredded mozzarella and fresh baby spinach on top of the sauce.
7. Arrange the shrimp, capers and scallops on top of the cheese.
8. Sprinkle the chopped garlic and olives on top. Close the lid and turn the pressure knob to the “close” position. Select the preset function “pizza” on the digital display panel. Set the timer to 25 minutes.
9. Remove the pizza from the inner bowl.
10. Garnish with fresh basil and black pepper before serving.



## PASTA PRIMAVERA

Serves 4

2 cups dried pasta (such as penne)

1 ½ cups broccoli florets

1 cup cauliflower florets

½ cup red capsicum

½ cup yellow capsicum

2 medium zucchini, diced

½ cup corn

1 cup frozen peas and diced carrots

2 cloves garlic, crushed

1 tsp salt

1 tbsp oregano

8 leaves fresh basil

Pinch black pepper

600 ml water

500 ml passata

¼ cup cooking cream

2 tbsp olive oil

sprinkle of Parmesan (optional)

1. Place all the ingredients including the water, pasta, vegetables and spices into the inner bowl of your Optimum Induction Pressure Cooker and stir well.
2. Close the lid and select the preset function “pasta” on the digital display panel. Timer will display 10 minutes. Press “start/reheat”.
3. When the pasta is finished place on a platter and serve.

*Recipe by Muriel Nawfal*

## SPAGHETTI BOLOGNESE

Serves 8

1 kg beef, chicken, pork, lamb or turkey, minced

1 ½ x 700 ml tomato passata (tomato puree with a pinch of salt)

70 g tomato paste

½ cup bone broth (optional)

½ brown onion, diced

2 cloves garlic, finely diced

½ carrot, grated

½ zucchini, grated

¼ red capsicum, finely diced

3-4 button mushrooms, diced

1 handful baby spinach, roughly chopped

2 bay leaves

1 pinch salt and pepper

Oregano and basil, to taste

1 tsp cooking fat, i.e. coconut oil or ghee

1 pinch turmeric (optional)

½ tbsp dulse flakes (optional)

### Bolognese sauce:

1. Pour the cooking oil into the inner bowl of your Optimum Induction Pressure Cooker.
2. Keep the lid open and set the pressure knob to the “close” position. Select the preset function “deep fry” to heat the oil and fry the onion until soft, add the finely diced garlic and stir until fragrant. Set temperature to 185°C.
3. Add in the minced meat to brown.
4. Once the minced meat is cooked add the vegetables and stir.
5. Add the tomato puree, tomato sauce, broth, spices and stir.
6. Cancel the preset function “deep fry” and turn the pressure knob to the “open” position.

7. Close the lid and turn the pressure knob to the “close” position. Select the “simmer” function and set the timer to 1 hour.
8. When done taste and adjust the seasoning if necessary.

### TIPS:

- Serve with regular pasta or zucchini pasta for a grain free/paleo version.
- Remove several portions and store in containers in the freezer.

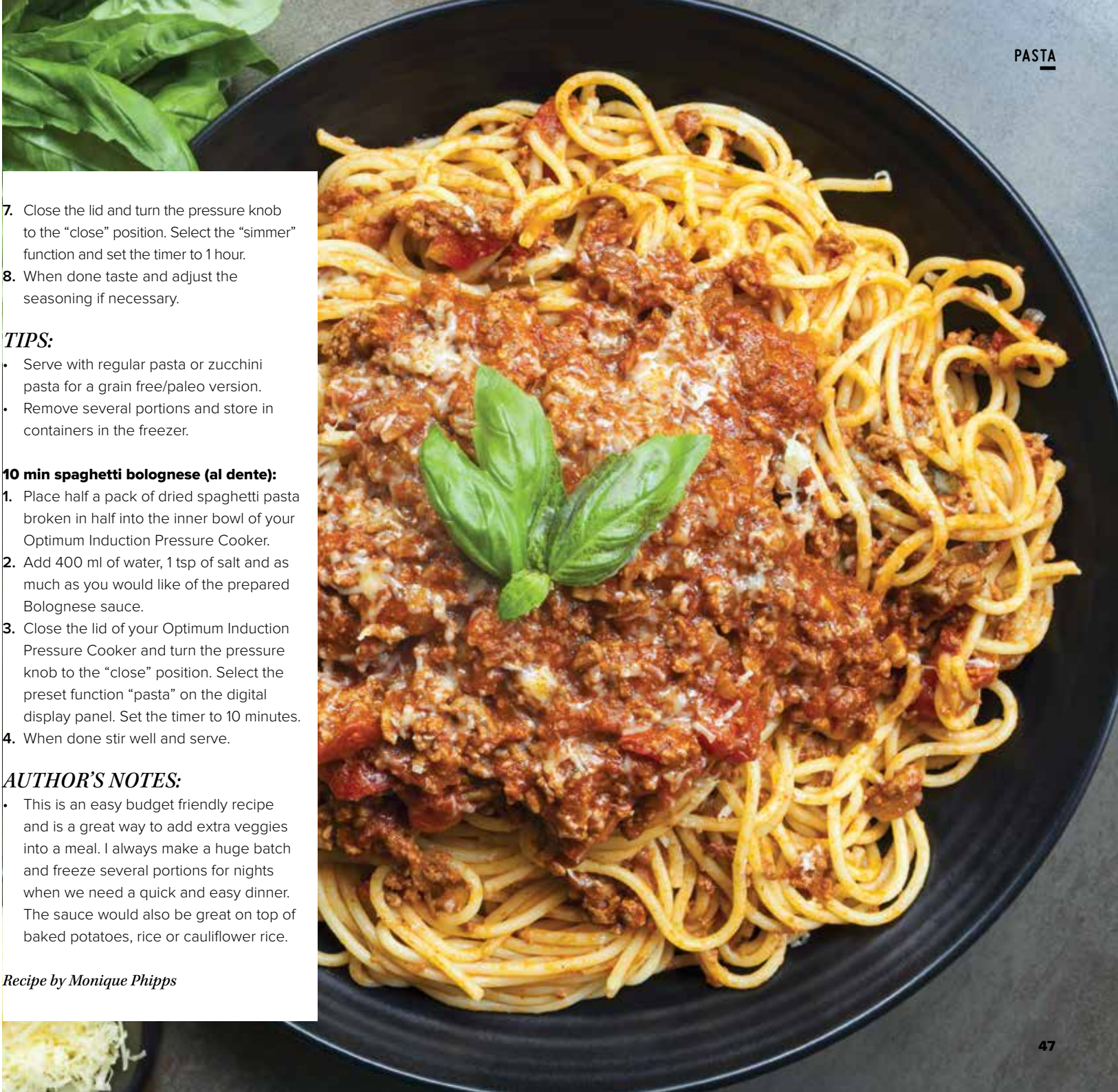
### 10 min spaghetti bolognese (al dente):

1. Place half a pack of dried spaghetti pasta broken in half into the inner bowl of your Optimum Induction Pressure Cooker.
2. Add 400 ml of water, 1 tsp of salt and as much as you would like of the prepared Bolognese sauce.
3. Close the lid of your Optimum Induction Pressure Cooker and turn the pressure knob to the “close” position. Select the preset function “pasta” on the digital display panel. Set the timer to 10 minutes.
4. When done stir well and serve.

### AUTHOR'S NOTES:

- This is an easy budget friendly recipe and is a great way to add extra veggies into a meal. I always make a huge batch and freeze several portions for nights when we need a quick and easy dinner. The sauce would also be great on top of baked potatoes, rice or cauliflower rice.

Recipe by Monique Phipps







## FETTUCCINI ALFREDO

*Serves 4*

250 g dried Fettuccini pasta  
 1 tbsp salt  
 1 tbsp oregano  
 8 leaves fresh basil  
 1 pinch black pepper  
 400 ml water  
 ¼ cup grated Parmesan  
 1 tsp garlic powder  
 1 cup cooking cream  
 2 tbsp olive oil  
 sprinkle of Parmesan (optional)

1. Place all the ingredients including the water, pasta, cream and spices into the inner bowl of your Optimum Pressure Cooker and stir well.
2. Close the lid and select the preset function “pasta” on the digital display panel. Timer will display 7 minutes. Press “start/reheat”.
3. When the pasta is finished place on a platter and serve.

### TIP:

- You can add any cooked meat including chicken, sausages or bacon to this pasta dish.



## CORDON BLEU ROLLS

*Serves 2 to 3*

500 g Beef fillet  
 4 slices ham  
 4 cuts Babybell cheese (or any that melts keeping together its texture)  
 2 mushrooms, sliced  
 1 tbsp salt  
 1 tsp pepper  
 1 tsp garlic powder  
 1 tsp coconut oil (optional)

1. Put the beef cuts and rub with salt, pepper and garlic powder both sides
2. Lay over each piece a slice of ham and a cut of cheese with some mushrooms.
3. Roll the steak and place 1 or 2 toothpicks to secure it.
4. Rub the inner pot of your Optimum induction pressure cooker with coconut oil. (You can skip this part as the meat

won't stick to the pot. It will just give additional flavour.)

5. Keep lid open and turn knob to “Close”.
6. Select “Roast” set timer to 10 minutes. Set temperature to 180 °, select “Start”.
7. Put the Cordon bleu rolls when the pot is hot and keep them 2 or 3 minutes so the first side browns.
8. Turn knob to “Open” and close lid. Turn knob to “Close” and the “Roast” function will continue doing the work.
9. Open the lid once the cooking process is completed. Note: It should not take more than 4 to 5 min, if you feel that your Cordon bleu rolls are done before the end just “Cancel” and select “Release pressure” to open and check on your meal.
10. Serve with creamy mash or scalloped potatoes on the side.



## FIVE VEGGIE NACHOS

*Serves 4*

- 1 bag corn chips (we love Byron Bay Chili Co. corn chips)
- 1 small broccoli, cut into very small florets
- 1 zucchini, grated
- 1 carrot, grated
- 1 x 400 g can Beans, rinsed (your choice, I use 5 mix beans)
- 250 g organic beef mince (optional)
- 1 clove garlic, crushed
- 1 tsp paprika
- 1 tsp cayenne
- 1 pinch Himalayan salt and ground pepper
- Cheese, grated, to taste (optional)
- 6 large iceberg lettuce leaves
- 4 spring onions, sliced
- 1 tbsp rice bran oil or extra virgin coconut oil

### SALSA

- 1 brown onion, diced
- 4 roma tomatoes, diced (we like roma as they are less acidic)
- 1 tbsp rice bran oil or extra virgin coconut oil

### GUACAMOLE

- 1 clove garlic, crushed
- 1 avocado
- Juice of ½ lemon
- Sweet chilli sauce, to taste

1. Open lid of your Optimum induction pressure cooker, turn knob to "Close". Select "Deep fry", set temperature to 180 ° and press "Start".
2. Put oil in your Optimum cooker pot and brown the mince, add zucchini, carrot, broccoli, beans, cayenne, paprika, garlic, salt and pepper and fry together, put aside.

3. Cancel "Deep fry".
4. In same pot, fry off your salsa ingredients in the oil until soft, put aside.
5. Assemble desired amount of corn chips in your Optimum induction pressure cooker pot add your veggie, bean, mince layer, top with the salsa and add desired amount of cheese.
6. Turn knob to "Open".
7. Close lid and turn knob to "Close".
8. Select "Roast" set temperature at 180 ° for 5 minutes.
9. Once browned, glide to empty into plates and sprinkle with spring onion and finely cut iceberg lettuce all over the top (it is also lovely with fresh coriander leaves sprinkled in this layer).
10. Place a big dollop of guacamole in the middle!

### Guacamole Assembly

1. Whack all ingredients in a bowl, I just mash my avocado with a fork, add lemon juice, crushed garlic and a splash of sweet chilli sauce.

### NOTES:

- This will feed 4 people easily or 2 very gutsy people (ahem).
- So if you want to make it even healthier, you can cut mountain flat bread into triangles and bake for a healthier version of a corn chip, just lightly brush with rice bran oil and lay on a baking tray, they don't take long to bake so keep an eye on them!

*Recipe by Alisha Lynch*

[www.naughtynaturopathmum.com.au](http://www.naughtynaturopathmum.com.au)



## 5 MINUTE PITA PIZZA

*Serves 1*

- 1 slice pita bread or 2 sheets mountain bread**
- 1 tbsp 'no added salt' tomato paste**
- 1-2 tsp olive oil**
- ½ cup grated cheese**

**Pick 'n' mix options:**

**(Choose 3-4 of the following)**

- ½ whole onion, finely diced**
- ¼ cup mushrooms, finely diced**
- ¼ cup zucchini, finely chopped**
- ¼ cup pineapple, finely chopped**
- ½ cup spinach, parsley or basil, finely chopped**
- ½ cup finely diced ham, shredded chicken, smoked salmon or cooked lamb mince**

- 1.** Spread the tomato paste on the pita bread or spread ½ the tomato paste on one slice of mountain bread, layer the second slice of mountain bread on top and spread with the remaining tomato paste.
- 2.** Pour the olive oil in the inner pot of your Optimum induction pressure cooker. Keep the lid open, rotate pressure knob to "close". Choose function "deep fry". Set temperature to 180 °.
- 3.** If you are using any onion, mushrooms, capsicum or zucchini add these to the pot and cook, stirring for 3-4 minutes or until soft. Remove the vegetables from the pot cancel "deep fry" and rinse and dry your pot.
- 4.** Place the inner pot back onto the pressure cooker. Put the pita bread / mountain bread in the inner pot.
- 5.** Top your pizza base with your pick 'n' mix ingredients and sprinkle with the cheese.
- 6.** Close lid, rotate pressure knob to "close". Choose function "Roast" set timer for 5 min. Press "start".
- 7.** Cancel and serve.

*Recipe by Allie Gaunt + Jessica Beaton  
www.onehandedcooks.com.au*

# ROAST CHICKEN

Serves 4

- 1.5 kg whole free-range chicken
- 1 whole lemon, quartered
- 1 tbsp fresh herbs: tarragon, thyme, parsley (optional)
- 5 tbsp olive oil
- 1 pinch salt and pepper, to taste
- 4 cloves garlic
- 4 whole large roasting potatoes, peeled and quartered
- ½ whole butternut pumpkin, seeds removed, chopped
- 1 cup frozen peas

1. To prepare the chicken, rinse thoroughly with water – including in the cavity - and pat-dry with paper towel.
2. Squeeze the juice from the lemon over the chicken using your hands to rub it into the skin. Place the lemon pieces into the chicken cavity together with any optional herbs and tie legs together with oven-proof string.
3. Finally, brush the chicken with 2 tbsp olive oil and season with salt and pepper.
4. Place the whole garlic cloves, potatoes and pumpkin in the inner pot of your Optimum induction pressure cooker. Drizzle with 3 tbsp olive oil, toss to coat.
5. Place the chicken on top of the vegetables, breast side up. Close the lid, rotate pressure knot to “close”. Choose function “roast” set temperature to 180 °. Press “start”.
6. Once cooking process is completed, open lid and let the chicken rest for 10 minutes before carving.
7. In the mean time, bring a small saucepan of water to the boil. Pour in the peas and cook for 1 minute, strain.
8. Serve the chicken with roast vegetables and peas or a side salad.

## NOTE:

- Allow chicken to rest for at least 10 minutes before carving.

*Recipe by Allie Gaunt + Jessica Beaton  
www.onehandedcooks.com.au*



## FRENCH FRIES

Serves 4

500 g potatoes

½ cup water

1.5 litres frying oil, e.g. peanut oil,  
rice bran oil, shortening or lard  
(do NOT use olive oil)

2 tbsp salt



1. Peel the potatoes.
2. Square off their tops and bottoms, then trim a thin slice off one side of each potato so they lie flat on the cutting board.
3. Cut the potatoes into 1cm thick slices, then cut lengthwise into 1cm wide sticks.
4. Add ½ cup of water to your Optimum Induction Pressure-Cook Pro.
5. Place the potato sticks in the steamer insert. Close the lid and turn the pressure knob to the “close” position.
6. Select the preset function “steam” on the digital display panel. Set the timer to 5 minutes. Press “start/reheat”.
7. Once the steaming process is completed, remove the potato sticks from the pressure cooker.
8. Allow the pressure cooker to cool down before removing any water leftover from steaming.
9. Pour the oil into the inner bowl.
10. Open the lid and turn the pressure knob to the “close” position.
11. Select the preset function “deep fry” and set the temperature to 185°C. Press “start/reheat”.

12. Once the oil is ready\*, place the potato sticks in the frying basket and lower the basket into the oil to fry until the potato sticks turn golden yellow - this will take 5-10 minutes.
13. Remove the basket, drain off excess oil and press “warm/cancel”. Sprinkle your fries with salt before serving.

### TIPS:

- For extra crispy fries, place the potato sticks in a bowl of salt water and let them soak for 2-3 hours before frying. Drain the potato sticks and dry them thoroughly before proceeding as instructed above.
- For super quick fries, use ready-made fries instead of potatoes, and start with step 12.
- If you are making a larger quantity of chips, cook them in several batches to maintain the temperature of the oil.

### NOTES:

- \* To know if the temperature is right, place a single potato stick in the oil. The oil should start bubbling vigorously.



## GOLDEN PRAWNS

Serves 4

1 litre cooking oil, e.g. canola, rice bran,  
sunflower, peanut or vegetable oil.  
(Do NOT use olive oil).

500 g prawns, peeled and deveined

1 tsp salt

½ tsp black pepper

½ tsp garlic powder

½ cup all-purpose flour

2 eggs, slightly beaten

1 cup panko bread crumbs

1. Pat the prawns dry with a kitchen paper towel. Mix together the salt, pepper and garlic powder in a small bowl. Lightly season the prawns with the spice mix.
2. Place the flour, slightly beaten eggs and panko bread crumbs into separate bowls.
3. Cover the prawns with flour, then dip them into the bowl with the slightly beaten eggs and coat them with the panko bread crumbs.
4. Pour the oil into the inner bowl of your Optimum Induction Pressure Cooker.

5. Keep the lid open and turn the pressure knob to the “close” position. Select the preset function “deep fry” on the digital display panel. Set temperature to 185°C. Press “start/reheat”.
6. When the oil is ready place the prawns into a wire basket and put the basket into the inner bowl to fry. Once the prawns turn golden brown lift the basket out of the oil and drip off the excess oil.
7. Press “warm/cancel” to stop the “deep fry” function on your Optimum Induction Pressure Cooker.

### TIPS:

- Enjoy the prawns with a squeeze of lemon juice, dipping sauce or on top of a salad.
- Panko bread crumbs will make the prawns extra crispy. You can find them at your local grocery store in the same section as regular bread crumbs.
- For quick golden prawns, deep fry ready-made breaded prawns.

## BEEF PIES

*Yields 14 small pies*

2 tbsp olive oil  
 500 g diced beef  
 1 onion, chopped  
 2 cloves garlic, crushed  
 1 tbsp plain all-purpose flour  
 5 small carrots, peeled and chopped  
 ¼ cup red wine  
 ½ cup tomato passata  
 ¼ cup gravy  
 ½ cup beef stock  
 1 heaped tsp tomato paste  
 2 tsp Worcestershire sauce  
 2 bay leaves  
 1 sprig rosemary  
 ½ tsp raw sugar  
 1 cup fresh or frozen peas  
 Salt and pepper, to taste

### Pastry

400 g chilled butter, cut in 2 cm cubes  
 500 g wholemeal plain flour  
 1 cup plain, natural yoghurt  
 Extra butter or olive oil to grease muffin tin  
 Milk for brushing the pastry

1. Keep lid open of your Optimum induction pressure cooker and turn the knob to "Close". Select "Deep Fry" then adjust temperature to 175°C.
2. Pour the oil and heat. Add the meat and cook until sealed then remove and keep warm.
3. Add the onion and garlic to the pot and cook, stirring, for 5 minutes.
4. Add the flour and stir it through and cook for another few minutes.
5. Add the carrots and meat then the remaining ingredients except the peas

- and stir together. Cook on low for 5 hours.
6. Take the lid off and check that the meat is cooked through and falling apart.
  7. Remove the rosemary sprig and the bay leaves and smooch the meat a bit to break it up. Stir through the peas.
  8. Turn the slow cooker to high and cook with the lid off for another 30 minutes then turn the heat off and leave it to cool.
  9. Meanwhile make the pastry. Place butter and flour in the bowl of an electric mixer and beat until it resembles bread crumbs.
  10. Add yoghurt and mix until it comes together in a dough. Shape into a disc, wrap in plastic wrap and refrigerate for 30 minutes.
  11. Take the dough out of the fridge and cut in half. Working with one half, on a floured surface, roll out to about 3mm thick.
  12. Grease 14 holes of 2 12-hole muffin tins with oil or butter. Pre-heat the oven to 180°C (356°F) fan-forced.
  13. Using a round cutter, cut 2 pieces of pastry for each pie. The base will be 4cm wider than the muffin tin and the top 2cm wider. Gently press the base into the muffin tin hole and fill with pie filling.
  14. Brush around the edges of the base with a little milk then place the lid on top. Use a fork to press the lid into the base. Repeat with remaining pastry and filling.
  15. You can re-use the off-cuts of pastry by very gently patting them all together and rolling out. Just don't knead it too much or it will get a bit tough.
  16. Cut a little slit in the top of each pie and then brush with milk. Bake for 25 minutes or until the pastry is golden.
  17. Carefully transfer the baked pies to a wire rack to cool slightly and then devour.



## EASY YOGURT

*Yields 1 litre*

**1 litre milk (cow, goat, sheep)**  
**4 tbsp plain yogurt**  
 (no additives, no sugar)

### To serve (optional):

**Maple syrup or honey or sugar, to taste**  
**½ tsp vanilla extract or**  
**½ pod vanilla, scraped seeds**  
**1 cup fruit (e.g. berries, chopped mango,**  
**peaches, apricots, etc)**

1. Place milk and yogurt into the inner pot of your Optimum Induction Pressure Cooker.
2. Close lid, rotate pressure knot to position "close". Choose function "yogurt". Set timer for 6 hours. Press "start".
3. After 6 hours, open lid remove pot and refrigerate for 1 hour covered so the yogurt sets.
4. Place yogurt in air tight containers to refrigerate until serving stir in optional ingredients if using any.

### TIPS:

- Save 4 tbsp of your yogurt as the starter for your next batch.
- For Greek yogurt, use full fat milk.
- For low fat yogurt, use skim milk.
- For harder yogurt consistency strain for ½ hour in a nut milk bag.
- Vanilla yogurt - add ½ tsp vanilla extract or the seeds of ½ vanilla pod.
- Fruit yogurt - stir in your preferred fruit once yogurt making process is completed.



## DEFROSTING

The defrost function is incredibly helpful if used properly. Here are some tips on how to get the best out of the defrost function on your appliance.

1. Make sure to clean the frozen meat you want to use before placing it in the induction pressure cooker.
2. The smaller the pieces, the quicker the defrosting. Let vegetables and meats thaw in the refrigerator for a bit to make cutting them into smaller pieces easy.
3. Always defrost meats, poultry and pork with a little bit of warm water or broth added to the pressure cooker. One cup of liquid will work perfectly.
4. In general, 100g meat will take 20 minutes to defrost, 500g meat should take 25 minutes.
5. The thicker the meat, the longer the defrosting process. 100g of very thin steak will defrost faster than 100g of a ball of mince.  
 Add 5 minutes to your recipe's overall cooking time for each 2 cm (1 inch) thickness of frozen pork or beef.  
 Add 4 minutes for each 2 cm (1 inch) thickness of a frozen chicken or turkey breast, thigh or leg.
6. When cooking a frozen, whole chicken or turkey, add 1 minute to your recipe's overall cooking time for each 1/2 kg (1 pound).
7. Avoid defrosting very large pieces of meat in the pressure cooker as this could result in unevenly cooked meat.
8. Finally, consider letting vegetables and meats thaw in the refrigerator before placing them in the induction pressure cooker to defrost fully. This will protect their color and flavor as well as their nutrients. Thawing foods in the refrigerator is much safer than placing them in hot water for a few hours or leaving them at room temperature - especially when you want to defrost meats.





# *Optimum*

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*We hope that you enjoy creating  
these delicious recipes in  
your Induction Multifunction  
Pressure Cooker.*

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