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packed brown sugar 1-1/2 teaspoons ground cinnamon pinch salt 1 cup orange juice 1-1/2 tablespoons butter 1. Place the Removable Cooking Pot in the Pressure Cooker. 2. Place orange peel in bottom of pot. Add sweet potato slices in layers, sprinkling each layer with brown sugar and cinnamon, and with a final layer of brown sugar and cinnamon. Sprinkle with salt and drizzle with the orange juice. Dot with butter. 3. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position. 4. Turn the Pressure Regulator Knob to PRESSURE. 5. Press the PRESSURE MODE Button for LOW PRESSURE. 6. Press COOK TIME Button until 8 minutes appears on the Display. 7. Press the START/STOP Button until the green START Indicator Light appears. The green LOW PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 8 minutes, the Pressure Cooker will beep three times. Press and hold the START/STOP Button until it beeps. 8. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. 9. Carefully remove the sweet potatoes with a spatula to a serving bowl. Pour any accumulated syrup over the sweet potatoes. If the sweet potatoes are not tender, leave in the Pressure Cooker. Press KEEP WARM Button and let food remain covered with the lid for 5 to 10 minutes. Season with salt to taste. Makes 6 servings 40 Stuffed Artichokes 1 cup water 1/2 teaspoon salt 1 bay leaf 4 medium-sized artichokes 2 extra-large eggs, beaten 3 tablespoons grated Pecorino Romano cheese 1 clove garlic, peeled and minced 1 tablespoon minced parsley pinch black pepper 1 tablespoon olive oil 1. Place Removable Cooking Pot in Pressure Cooker. Add the water, salt, and bay leaf. 2. Cut off stems from artichokes. Tear off and discard the top two or three layers of tough, outer leaves. Cut off 1/2-inch to 1 -inch from the tops of the artichokes. Carefully open and expose the removable leaves and choke. Pull out and remove any thorny leaves. With a teaspoon, scoop out and discard any fuzzy matter from the center choke. Place artichokes in Removable Cooking Pot, standing upright. 3. Combine the eggs, grated cheese, garlic, parsley, and black pepper in a small mixing bowl. Drizzle an equal amount of egg mixture over each artichoke. Drizzle with the olive oil. 4. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position. 5. Turn the Pressure Regulator Knob to PRESSURE. 6. Press the PRESSURE MODE Button for HIGH PRESSURE. 7. Press COOK TIME Button until 7 minutes appears on the Display. 8. Press the START/STOP Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 7 minutes, the Pressure Cooker will beep three times. Press and hold the START/STOP Button until it beeps. 9. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. 10. Carefully remove the artichokes with a slotted spoon to small bowls. Pour some cooking liquid over each artichoke. Makes 4 servings 41 Risotto 3 tablespoons unsalted butter 1 small onion, finely chopped 1 cup Italian arborio or other short grain rice 2-1/4 cups chicken or vegetable stock or canned, low-sodium broth 1/3 cup grated Parmesan cheese black pepper 1. Place Removable Cooking Pot in Pressure Cooker. Add butter. 2. Press the COOK MODE Button for BROWN. Press the START/STOP Button. 3. Add the chopped onion and sauté until soft. Add the rice and sauté 2 minutes. Pour in the stock or broth and stir to mix. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position. 4. Turn the Pressure Regulator Knob to PRESSURE. 5. Press the PRESSURE MODE Button for HIGH PRESSURE. 6. Press COOK TIME Button until 10 minutes appears on the Display. 7. Press the START/STOP Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the START/STOP Button until it beeps. 8. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. Stir in the Parmesan cheese and black pepper to taste. Makes 4 servings 42 Golden Spanish Rice 3 tablespoons olive oil 1 large onion, chopped 2 large red peppers, cored, seeded and chopped 5 cloves garlic, minced 15 ounces yellow rice mix, available in the Latin food section of most supermarkets 2 (14.5-ounce) cans diced tomatoes with garlic 1 (14-ounce) can artichoke hearts, drained 1-1/2 cups frozen green peas water (amount called for on rice mix package), plus 1/2 cup Optional: 1 pound cooked shrimp 1. Place Removable Cooking Pot in Pressure Cooker. Add oil. 2. Press the COOK MODE Button for BROWN. Press the START/STOP Button. Add the chopped onion, red pepper, and garlic and sauté until soft. Add the dry rice mix, tomatoes, artichokes, and peas. Pour in the amount of water called for on the rice mix package. Stir to mix. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position. 3. Turn the Pressure Regulator Knob to PRESSURE. 4. Press the PRESSURE MODE Button for HIGH PRESSURE. 5. Press COOK TIME Button until 25 minutes appears on the Display. 6. Press the START/STOP Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 25 minutes, the Pressure Cooker will beep three times. Press and hold the START/STOP Button until it beeps. 7. Release the pressure using the natural release feature. Slide the Safety Lock to UNLOCK position and remove the Lid. Add the optional cooked shrimp, if desired, and stir. Makes 6 servings 43 Stuffed Apples 6 large firm apples like Rome, Jonagold, Cortland or Winesap 1/2 cup packed brown sugar 1/3 cup chopped walnuts 1/2 teaspoon cinnamon 2 tablespoons unsalted butter 1 cup apple juice or cider 1. Place Removable Cooking Pot in Pressure Cooker. 2. Core apples, cutting to, but not through the bottoms. 3. Combine the sugar, walnuts, and cinnamon in a small bowl. Spoon mixture into the apples and place in the Removable Cooking Pot. Dot the apples with the butter. Sprinkle any remaining sugar mixture over apples. Pour the apple juice or cider into the Removable Cooking Pot. 4. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position. 5. Turn the Pressure Regulator Knob to PRESSURE. 6. Press the PRESSURE MODE Button for LOW PRESSURE. 7. Press COOK TIME Button until 12 minutes appears on the Display. 8. Press the START/STOP Button until the green START Indicator Light appears. The green LOW PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 12 minutes, the Pressure Cooker will beep three times. Press and hold the START/STOP Button until it beeps. 9. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. 10. Carefully remove the apples with a slotted spoon to small bowls. Drizzle with some of the cooking liquid. If necessary, leave apples in the Pressure Cooker on KEEP WARM program 5 to 10 minutes, covered with the Lid. Makes 6 servings 44 rlr NOTES ...4 11: 1 NOTES r1p, r 1 cook's essentials' is a registered trademark of GVC, Inc. P/N 61719 Printed in China 6/05 M Updated on ... July 28, 2016

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