

CROCK·POT®

EXPRESS CROCK **MINI**
MULTI-COOKER

Recipe Book



INTRODUCTION



THE FAST PRESSURE COOKER WITH SLOW-COOKER CONVENIENCE

In today's fast-paced world, you need a Multi-Cooker that can keep up with your lifestyle. Let the Crock-Pot® brand handle the pressure of mealtime with the Express Crock Mini Multi-Cooker. **Express Crock can cook meals up to 70% faster than traditional cooking**, so you can spend less time in the kitchen and more time with family.

PROMPT OR PATIENT

When you're in a hurry, choose from multiple pressurized settings for the same slow-cooked taste you love in under an hour. Of course, if you're not ready to eat now, you can choose the **SLOW COOK** setting – just set the cook time and come back later to a delicious, hot meal that's ready to eat when you are.

INSPIRED FAMILY MEALS

In this user-friendly recipe book, we walk you through some of the many flavor-packed meals that are easy to make in your Express Crock. To make this recipe book simple to use, we color-coded each dish so that you can quickly see which function is being used (pressure cook, slow cook, steam, brown/sauté, or yogurt). We have also grouped the dishes according to meal type, so you can easily search for the dish that you are craving. We hope that you and your loved ones enjoy these recipes as much as we have!

VERSATILITY & CONVENIENCE

Easily prepare any recipe on the menu – whether it's slow cooked, steamed, sautéed or pressure cooked – using one convenient appliance. The non-stick cooking pot resists stuck-on food and is dishwasher safe, making clean-up a breeze.

TRUSTED

For over 35 years, the Crock-Pot® brand has been your trusted brand for cooking convenience. We strive to provide you with the most innovative and dependable products to make your life easier. The Crock-Pot® brand is a leader in one-pot cooking, and we're confident that Express Crock will be the perfect addition to your kitchen.

Let's eat!

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MATCH COLORS WITH COOKING FUNCTIONS:

pressure	slow cook
brown/sauté	steam
yogurt	

QUICK START GUIDE*

HOW TO USE YOUR EXPRESS CROCK



1. Add ingredients to the Cooking Pot and secure the Lid.
2. Press the function you would like to use.
3. Adjust Temperature or Pressure, if needed.
4. Use the Time Selection Buttons to set the desired cook time.
5. Rotate the Steam Release Valve into the position needed for the chosen function (see chart).
6. Press **START/STOP**.
7. Once cooking is complete, wait at least 10 minutes, allowing pressure to release naturally.
8. Use a kitchen utensil to rotate the Steam Release Valve into the "Release"  position.

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE VALVE POSITION
MANUAL PRESSURE	Yes	Yes	Seal
MEAT/POULTRY	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/GRAINS	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
DESSERT	Yes	Yes	Seal
SOUP/STEW	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
STEAM	Yes	Yes	Seal
BROWN/SAUTÉ	No	No	Do Not Use Lid
BOIL	No	No	Do Not Use Lid
SIMMER	No	No	Do Not Use Lid



Note: Optional Glass Lid accessory may be used for any NON-pressure functions.

ASSEMBLY

- Place Cooking Pot into the Heating Base.
- Place Lid onto Multi-Cooker, and align  with . To lock, twist counterclockwise, aligning  with .

DELAY TIMER

If you want your Express Crock to start cooking later, use the **DELAY TIMER** function, and select the amount of time you want your Multi-Cooker to wait before beginning the cooking cycle (not available on **BROWN/SAUTÉ**, **KEEP WARM**, **BOIL**, **SIMMER** or **YOGURT** settings).

Hummus

Steamed Shrimp with Chimichurri

COURSE:
APPETIZER

PREP TIME:
10 MINUTES

COOK TIME:
45 MINUTES

YIELDS:
5 CUPS

COURSE:
APPETIZER

PREP TIME:
15 MINUTES

COOK TIME:
2 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

6 cups water
2 cups dried chickpeas
1 cup olive oil
3 cloves garlic, peeled
¼ cup tahini
½ cup water
Juice of 2 lemons
1 tbsp soy sauce
Salt and freshly ground
black pepper, to taste

DIRECTIONS:

Place chickpeas and water in the Cooking Pot. Secure the lid. Make sure the steam release valve is in the “Seal” (closed) position. Press **BEANS/CHILI**, set the pressure to HIGH, and adjust the time to 45 minutes. Press **START/STOP**.

Once cooking is complete and the pressure is released, set aside to cool. Drain. Place all remaining ingredients in food processor and process to form a smooth paste. Season to taste with salt and pepper.

Store in a clean, covered container in the refrigerator for up to one week.

INGREDIENTS:

SHRIMP:
1 lb peeled, deveined,
tail-on shrimp (16/20 count)

CHIMICHURRI SAUCE:

1 cup finely chopped
fresh parsley
3 tbsp olive oil
2 tbsp red wine vinegar
2 cloves garlic
½ tsp salt
¼ tsp freshly
ground pepper
Pinch hot pepper flakes
1 ½ cups water

DIRECTIONS:

SHRIMP:
Add 1½ cups water to Cooking Pot. Place Steaming Rack inside Cooking Pot. Add shrimp. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 2 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, allow to cool.

CHIMICHURRI SAUCE:

Meanwhile, in food processor, combine parsley, oil, vinegar, garlic, salt, pepper and hot pepper flakes; pulse until finely chopped and almost smooth. Serve with shrimp.

Chicken Stock

COURSE:
SOUP

PREP TIME:
5 MINUTES

COOK TIME:
1 HOUR

YIELDS:
4 CUPS

INGREDIENTS:

1 small chicken carcass
4 cups water
1 onion, roughly chopped
1 celery stalk, roughly chopped

DIRECTIONS:

Place all ingredients inside Cooking Pot. Secure the lid. Press **SOUP/STEW**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, set aside to cool. Strain stock. Place stock in storage containers and freeze for up to 3 months.

French Onion Soup

COURSE:
SOUP

PREP TIME:
10 MINUTES

COOK TIME:
25 MINUTES

YIELDS:
4 CUPS

INGREDIENTS:

4 large white onions, evenly sliced
½ cup butter
5 cups vegetable stock
4 sprigs fresh rosemary
2 bay leaves
Salt and pepper

TO SERVE:

4 thick slices of french bread
4 slices of gruyere cheese
Fresh thyme sprigs

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat.

Add the butter and onions, and sauté, stirring regularly until the onions are evenly browned and softened. Add the remaining ingredients to the Cooking Pot and stir. Press **START/STOP**.

Secure the lid. Press **SOUP/STEW**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is set to the "Seal" (closed) position. Press **START/STOP**.

Top the French bread slices with the cheese and pre-heat your broiler. Once cooking is complete and the pressure is released, remove rosemary and bay leaves. Ladle soup into ovenproof soup bowls, placing a slice of the bread and cheese on top. Carefully place the bowls under the broiler until golden and melted. Alternatively, you can grill the bread and cheese separately, placing onto the soup before serving.

Garnish with the thyme sprigs and serve warm.

Thai Pumpkin Soup



COURSE:
SOUP

PREP TIME:
15 MINUTES

COOK TIME:
4 HOURS, 5 MINUTES

YIELDS:
4-6 SERVINGS

INGREDIENTS:

1 tbsp oil
1 ½ tbsp butter
2 medium onions, chopped
2 cloves garlic, crushed
¼ cup red curry paste
1 cup coconut cream
1 ½ cups vegetable stock
2 lbs pumpkin, peeled, chopped,
seeds removed
Salt and freshly ground black
pepper, to taste
Fresh cilantro, to serve

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add butter and allow Multi-Cooker to preheat. Add onion and garlic. Sauté for 4-5 minutes or until tender. Add curry paste, sautéing for one minute or until fragrant. Press **START/STOP**.

Add remaining ingredients to the Cooking Pot. Secure the lid. Press **SLOW COOK**, set temperature to HIGH, and adjust time to 4 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press **START/STOP**.

Once cooking is complete, allow to cool. Purée with immersion blender until smooth. Season to taste with salt and pepper. Reheat before serving. Serve with fresh cilantro.

Creamy Avocado Soup



COURSE:
SOUP

PREP TIME:
10 MINUTES

COOK TIME:
15 MINUTES

YIELDS:
8 SERVINGS

INGREDIENTS:

1 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, minced
1 tsp ground cumin
10 oz can cream of chicken
condensed soup
4 cups chicken broth
2 ripe avocados, mashed
¼ cup lime juice
2 tbsp chopped fresh cilantro
¼ cup sour cream
2 tbsp 35% whipping cream

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow to preheat. Add oil to cooking Cooking Pot; add onion, garlic and cumin. Sauté, stirring, for 5 minutes or until onion starts to soften.

Add cream of chicken condensed soup. Whisk in chicken broth. Press **START/STOP**. Press **SIMMER**, set temperature to HIGH, then press **START/STOP**. Bring to simmer for 10 minutes.

Once cooking is complete, allow to cool. Stir in avocados. Purée with immersion blender until smooth. Stir in lime juice and cilantro. Combine sour cream and whipping cream; drizzle evenly over soup. Reheat before serving.

Chicken, Chorizo and Kale Soup



COURSE:
SOUP

PREP TIME:
15 MINUTES

COOK TIME:
25 MINUTES

YIELDS:
4 SERVINGS

INGREDIENTS:

½ lb chorizo, remove the casing and dice
2 large onions, diced
4 large cloves of garlic, finely chopped
¾ lb boneless, skinless chicken fillets
1 tbsp smoked paprika
3 bay leaves
1 cup red lentils, rinsed
4 tbsp tomato puree
15 oz can diced tomatoes
6 oz shredded kale
4 cups hot chicken stock
15 oz chickpeas, drained and rinsed
Salt and pepper, to taste
Parsley, chopped (optional)
Sour cream (optional)
Chili seeds (optional)

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow to preheat. Add the chorizo into the Cooking Pot and sauté, stirring regularly for about two minutes.

Add the onions, garlic, chicken and paprika, continue to sauté, and stir for another 10 minutes. Add the remaining ingredients except the chickpeas and stir well. Press **START/STOP**. Secure the lid. Press **SOUP/STEW**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, stir well. Press **START/STOP** and stir in the chickpeas. Press **SIMMER**, set temperature to HIGH, and press **START/STOP**. Allow the soup to simmer for a few minutes. Season to taste with salt and pepper.

Garnish with some chopped parsley, a dollop of sour cream and a sprinkle of chili seeds.

White Chili with Double-Smoked Bacon



COURSE:
SIDE

PREP TIME:
20 MINUTES

COOK TIME:
3 HOURS, 12 MINUTES

YIELDS:
4-6 SERVINGS

INGREDIENTS:

4 slices double-smoked bacon, chopped
1 onion, chopped
1 jalapeño pepper, seeded and finely chopped
2 cloves garlic, minced
1 tbsp chopped fresh thyme
1 tsp ground cumin
1 tsp Cajun seasoning blend
19 oz can kidney beans, drained and rinsed
19 oz can black beans, drained and rinsed
2 tbsp all-purpose flour
2 cups chicken broth
½ cup sour cream
2 cups shredded aged white cheddar cheese
2 green onions, finely chopped
Whole grain bread, for serving (optional)

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow to preheat. Add bacon to Cooking Pot. Brown, stirring occasionally, for 5 minutes or until bacon starts to crisp.

Drain half of the fat. Add onion, jalapeño, garlic, thyme, cumin and seasoning blend. Brown for 4-5 minutes or until vegetables start to soften. Add kidney beans and black beans. Sprinkle flour over top. Cook for 2 minutes. Slowly stir in broth.

Press **START/STOP**. Secure the lid. Select **SLOW COOK**, set temperature to LOW, and adjust time to 3 hours. Make sure Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Once cooking is complete, stir in cream; heat through. Stir in cheddar cheese.

Garnish with green onions. Serve with bread (if using).

Warm Potato Salad



COURSE:
SIDE

PREP TIME:
10 MINUTES

COOK TIME:
5 MINUTES

YIELDS:
8 SERVINGS

INGREDIENTS:

3 lb baby potatoes, halved
½ cup olive oil
3 tbsp white wine vinegar
1 tbsp grainy mustard
1 clove garlic, minced
½ tsp salt
¼ tsp pepper
½ cup sliced fresh basil
½ cup sliced sun-dried tomatoes
¼ cup minced red onion
3 cups water

DIRECTIONS:

Add potatoes to Cooking Pot with 3 cups of water. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 5 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, drain in colander; let cool slightly.

Meanwhile, whisk together oil, vinegar, mustard, garlic, salt and pepper. Stir in basil. Toss in sun-dried tomatoes and onion. Drizzle dressing over warm potatoes. Toss gently.

Vegetable Medley



COURSE:
SIDE

PREP TIME:
10 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

2 tbsp olive oil
1 ½ cups sliced carrots
1 large red bell pepper, sliced
2 cups broccoli florets
1 clove garlic, finely chopped
2 tsp chopped fresh parsley (optional)
Salt and pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add olive oil and allow Multi-Cooker to preheat. Sauté carrots for 8-10 minutes, stirring occasionally. Add the red peppers and broccoli, continue to cook, stirring occasionally, for 6-8 minutes or until crisp-tender.

Stir in garlic and cook for 30 seconds. Add in parsley and heat through. Once cooking is complete, season to taste with salt and pepper.

Lamb Shanks with Rosemary & Lemon



COURSE:
ENTRÉE

PREP TIME:
10 MINUTES

COOK TIME:
50 MINUTES

YIELDS:
4 SERVINGS

INGREDIENTS:

4 lamb shanks
¼ cup plain flour, seasoned
with salt and pepper
¼ cup olive oil
2 cloves garlic, crushed
1 medium onion, chopped
2 rosemary sprigs, bashed
1 cup chicken stock
1 lemon, zest and juice
Salt and freshly ground
black pepper, to taste
Fresh rosemary, to serve

DIRECTIONS:

Dust lamb shanks in flour. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add half of the oil and allow Multi-Cooker to preheat. Add lamb and brown for 3-4 minutes or until golden.

Remove lamb from Cooking Pot. Add remaining oil, garlic and onion. Sauté for 4-5 minutes or until tender.

Press **START/STOP**. Add shanks, stock, rosemary sprigs, lemon juice and zest to the Cooking Pot. Secure the lid. Press **MEAT/POULTRY**, set the pressure to HIGH, and adjust the time to 40 minutes. Make sure the steam release valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Garnish with fresh rosemary.

Express Paella



COURSE:
ENTRÉE

PREP TIME:
10 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
4-6 SERVINGS

INGREDIENTS:

2 tbsp olive oil
1 lb chorizo, sliced
3 cloves garlic, crushed
1 onion, chopped
1 red bell pepper, seeds
removed, diced
1 cup chicken stock
1 cup whole green peas
1 ½ cups long grain rice
2 tbsp freshly chopped parsley
1 lb shrimp, peeled, deveined
14 oz can crushed tomatoes
Salt and freshly ground black
pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and allow Multi-Cooker to preheat. Add chorizo and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add garlic, onion and bell pepper. Cook for 4-5 minutes or until tender.

Press **START/STOP** and add remaining ingredients to the Cooking Pot, including shrimp. Secure the lid. Press **RICE/GRAINS**, set the pressure to LOW, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Serve hot.

Chicken Provencal



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
35 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

1 tbsp olive oil
2 cloves garlic, crushed
2 onions, sliced
1 red bell pepper, deseeded, sliced
1 yellow bell pepper, deseeded, sliced
1 cup white wine
15 oz can chopped tomatoes
1 cup chicken stock
1 cup black olives, pits removed
8 chicken thighs, boneless and skinless
8 sprigs fresh thyme
2 anchovies, chopped
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and allow Multi-Cooker to preheat. Add garlic, onions and bell peppers. Cook for 4-5 minutes or until tender.

Add wine and allow to reduce by half. Press **START/STOP**. Add remaining ingredients to Cooking Pot. Secure the lid. Press **MEAT/POULTRY**, set the pressure to HIGH, and set time to 30 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Thicken the sauce, if required, with a little cornstarch and water. Serve hot.

Sticky Spare Ribs



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
4-6 SERVINGS

INGREDIENTS:

3 lbs pork spare ribs
2 tbsp vegetable oil
3 tbsp soy sauce
2 tbsp sweet chili sauce
1 tbsp brown sugar
2 garlic cloves, finely chopped
1 red chili, finely chopped
2 tbsp ginger, finely chopped
3 tbsp tomato ketchup
2 tbsp Worcestershire sauce
2 tbsp honey
1 bunch spring onions, shredded
1 cup water

TO SERVE:

Toasted sesame seeds
Spring onions, shredded
Cilantro, chopped

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow to preheat.

Add 1 tbsp vegetable oil and brown the ribs in batches. Add more oil if necessary. Once all ribs have been browned, remove the ribs and any excess oil from the Cooking Pot. Add 1 cup of water to the Cooking Pot. Place the Steaming Rack over the water and stack the ribs on the Steaming Rack. Press **START/STOP**. Secure the lid. Press **MEAT/POULTRY**, set the pressure to HIGH, and adjust the time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Separately, mix the remaining ingredients in a small bowl to make the sauce. Once cooking is complete and the pressure is released, carefully remove the ribs and place into a serving bowl. Press **START/STOP**. Add the sauce in to the Cooking Pot to thicken. Press **SIMMER**, set temperature to LOW, press **START/STOP**. Once the sauce has thickened, pour over the ribs. Top with sesame seeds, spring onions and cilantro. Serve warm.

Chili Con Carne



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
4 SERVINGS

INGREDIENTS:

1 tbsp vegetable oil
1 lb ground beef
1 medium onion, diced
2 cloves of garlic, finely chopped
1 red pepper, diced
1 tbsp chili powder, or to taste
2 tsp ground cumin
½ tsp chili seeds
1 tbsp Worcestershire sauce
2 (14 oz) cans of diced tomatoes
3 tbsp tomato puree
2 (14 oz) cans of red kidney beans,
rinsed and drained
1 cup beef stock
Salt, to taste

OPTIONAL:

Steamed rice
Tortilla chips
Guacamole
Salsa
Sour cream

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow to preheat. Add the vegetable oil to the Cooking Pot along with the ground beef and brown, stirring regularly. Transfer the beef to a separate bowl.

Add the onions and garlic to the Cooking Pot, adding a little more vegetable oil if needed. Sauté for 3-4 minutes until softened. Stir in the remaining ingredients, including beef. Press **START/STOP**. Secure the lid. Select **BEANS/CHILI**, set pressure to HIGH, and adjust time to 10 minutes. Make sure Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and pressure is released, season to taste. Recommended to serve with steamed rice, tortilla chips, guacamole, salsa, and sour cream.

Coq au Vin



COURSE:
ENTRÉE

PREP TIME:
10 MINUTES

COOK TIME:
30 MINUTES

YIELDS:
4-6 SERVINGS

INGREDIENTS:

1 leek, halved
5 sprigs fresh flat-leaf parsley
3 sprigs fresh thyme
1 bay leaf
2 tbsp olive oil
All-purpose flour for dusting
3 lbs chicken thighs,
fat removed
2 tbsp butter
7 oz bacon, chopped
7 oz button mushrooms,
halved if large
4 shallots, sliced
3 cloves garlic, crushed
¼ cup plain flour
¼ cup tomato paste
3 carrots, peeled, diced
2 cups red wine
1 cup chicken stock
Salt and freshly ground
black pepper, to taste

DIRECTIONS:

Place one half of the leek, cut side up, onto a flat surface. Place parsley, thyme and bay leaf in the middle of the leek. Cover with other half of leek. Tie leek together so all herbs are incased. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and allow Multi-Cooker to preheat. Dust the chicken thighs in the flour and then in batches, brown the chicken in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add butter and bacon to Cooking Pot, cooking until crisp. Add mushrooms, shallots, and garlic. Cook for 6-8 minutes or until tender.

Stir in flour and tomato paste. Press **START/STOP**. Add remaining ingredients, including the chicken and leek, into the Cooking Pot. Secure the lid. Press **MEAT/POULTRY**, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, season to taste with salt and pepper. Serve hot.

Vegetable Risotto



COURSE:
ENTRÉE

PREP TIME:
10 MINUTES

COOK TIME:
15 MINUTES

YIELDS:
2-3 SERVINGS

INGREDIENTS:

1 tbsp olive oil
¼ cup butter (optional)
1 medium onion, diced
3 cloves of garlic, finely chopped
1 red pepper, finely chopped
1 green pepper, finely chopped
1 tsp paprika
1 cup Arborio rice
2 ¾ cups vegetable stock
½ cup frozen peas defrosted
2 large handfuls of baby spinach leaves
¼ cup Parmesan cheese, grated
Fresh basil leaves

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow to preheat.

Add vegetable oil and butter (if desired) to the Cooking Pot, along with the onions, garlic and peppers. Sauté for 5 minutes, stirring often. Add the paprika and rice and stir well. Pour in the stock. Press **START/STOP**. Secure the lid. Press **RICE/GRAINS**, set pressure to HIGH, and adjust time to 8 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and pressure is released, season to taste. Stir in peas and spinach. Serve with grated parmesan and basil.

Italian Meatballs in Marinara Sauce



COURSE:
ENTRÉE

PREP TIME:
20 MINUTES

COOK TIME:
2 HOURS, 15 MINUTES

YIELDS:
4-8 SERVINGS

INGREDIENTS:

MEATBALLS:

2 tbsp of chopped fresh parsley
1 ¼ lb ground beef
½ cup bread crumbs
2 tbsp grated Parmesan cheese
1 egg
1 clove garlic, minced
1 tsp dried oregano
½ tsp each salt and pepper
1 tbsp olive oil
1 lb spaghetti, cooked according to package directions
½ cup shaved Parmesan cheese, to serve

MARINARA SAUCE:

1 tbsp olive oil
1 medium onion, chopped
2 cloves garlic, sliced
½ tsp hot pepper flakes or to taste
¼ cup tomato paste
28 oz can diced tomatoes
¼ cup fresh basil, chopped, to serve

DIRECTIONS:

MEATBALLS:

Mix together ground beef, bread crumbs, parsley, cheese, egg, garlic, oregano, salt and pepper until combined; roll into 24 1-inch meatballs.

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Add meatballs in batches, allowing enough space in between meatballs to avoid steaming. Brown for 5-6 minutes or until browned; transfer to plate.

MARINARA SAUCE:

Add oil, onion, garlic and hot pepper flakes to Cooking Pot. Sauté, stirring, for 5-8 minutes or until onion starts to soften. Stir in tomato paste and diced tomatoes, stirring to incorporate any browned bits into sauce. Press **START/STOP**.

Return meatballs to Cooking Pot. Secure the lid. Select **SLOW COOK**, set temperature to LOW, and adjust time to 2 hours. Make sure Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Once cooking is complete, serve over spaghetti, and add Parmesan cheese and basil.

Beef & Mushroom Stroganoff



COURSE:
ENTRÉE

PREP TIME:
20 MINUTES

COOK TIME:
4 HOURS, 10 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

2 tbsp olive oil
1 tbsp butter
½ lb sliced cremini mushroom
1 large onion, thinly sliced
1 ½ lb beef sirloin steak, cut into ¼-inch slices
½ tsp each salt and pepper
2 cloves garlic, minced
1 tbsp paprika
¼ cup tomato paste
1½ cups low-sodium beef broth
1 tbsp all-purpose flour
1 tbsp Worcestershire sauce
2 bay leaves
¼ cup fresh parsley, chopped
1/3 cup sour cream
12 oz egg noodles, cooked according to package directions

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add half of the oil. Add mushrooms and onion; cook, stirring, for 5 minutes or until lightly browned. Set aside.

Add remaining oil to Cooking Pot. Toss beef with salt and pepper. Cook, stirring occasionally, for 5 minutes or until well browned. Add garlic and paprika; return onions and mushrooms to Cooking Pot. Add tomato paste; cook for 1 minute. In a separate bowl, whisk ¼ cup of the beef broth with flour. Set aside.

Add remaining beef broth, stirring to incorporate any browned bits into sauce. Add Worcestershire sauce and bay leaves. Add reserved stock and flour mixture.

Press **START/STOP**. Secure the lid. Select **SLOW COOK**, set temperature to LOW, and adjust time to 4 hours. Make sure Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Once cooking is complete, stir in the parsley and sour cream. Serve over egg noodles, which have been cooked separately.

Traditional Beef Stew



COURSE:
ENTRÉE

PREP TIME:
20 MINUTES

COOK TIME:
45 MINUTES

YIELDS:
6-8 SERVINGS

INGREDIENTS:

1 tbsp olive oil
1 ½ lb stewing beef
½ tsp salt and pepper
2 cloves garlic, minced
2 tsp finely chopped fresh thyme
2 tbsp tomato paste
1 ½ cups diced carrots
2 medium onions, diced
2 cups quartered baby red potatoes
1 cup pearl onions, peeled
½ cup red wine
2 cups beef broth
2 bay leaves
1 cup frozen peas, thawed
2 tbsp chopped fresh chives

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Toss beef with salt and pepper; add to Cooking Pot. Cook, stirring occasionally, for 5-7 minutes or until well browned. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste. Stir in carrots, chopped onions, potatoes and pearl onions.

Stir in wine, broth and bay leaves; bring to boil. Press **START/STOP**. Secure the lid. Select **SOUP/STEW**, set temperature to HIGH, and adjust time to 35 minutes. Make sure Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, stir in a little cornstarch mixed with water to thicken. Season to taste and stir through the peas and chives. Remove the bay leaves before serving.

TIP: To **SLOW COOK** this stew instead, cook on HIGH for 4-5 hours.

Thai Green Curry



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
2-3 SERVINGS

INGREDIENTS:

1 ½ lbs skinless, boneless chicken thighs cut into strips
3 shallots, peeled
2 cloves of garlic, peeled
1 green finger chili
2 tbsp of ginger, peeled
1 lime, zest and juice
1 lemon, zest only
1 small bunch of Thai basil
1 tbsp coconut or vegetable oil
13 ½ oz of light coconut milk
1 tsp brown sugar
1 ½ tbsp fish sauce, to taste
Steamed rice (optional)

DIRECTIONS:

Place the shallots, garlic, chili, ginger, lime zest and juice, lemon zest and most of the Thai basil into a food processor. Blend until a paste is achieved.

Press **BROWN/SAUTÉ**, set temperature to LOW, and then press **START/STOP**. Allow to preheat. Add the oil, then stir in the paste and cook for 1-2 minutes until fragrant. Stir in the chicken and continue cooking for a further 2-3 minutes.

Press **START/STOP**. Pour in the coconut milk and sugar, stir well. Secure the lid. Press **MEAT/POULTRY**, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, allow to cool. Season with the fish sauce to taste and thicken slightly with cornflour and water if required. Serve with steamed rice and garnish with the remaining Thai basil leaves.

TIP: This recipe requires the use of a food processor to make the paste; alternatively, you can buy ready-made paste from a local grocery store.

Herbed Salmon Parcels



COURSE:
ENTRÉE

PREP TIME:
5 MINUTES

COOK TIME:
4 MINUTES

YIELDS:
4 SERVINGS

INGREDIENTS:

4 x 7 oz fillets salmon, skin on
1 lemon, finely sliced
1 bunch fresh basil
1 bunch fresh dill
3 ½ tbsp butter, room temperature
Salt and freshly ground black pepper, to taste
2 cups water

DIRECTIONS:

Place each piece of salmon in the middle of a 8" x 8" square of baking paper. Evenly divide lemon, basil and dill, and place over salmon. Dot with butter. Bring corners of baking paper to the center and secure to form a parcel.

Place 2 cups of water in the base of the Cooking Pot. Place Steaming Rack over water. Place the salmon parcels offset on the rack. For particularly large pieces of salmon, stack the parcels on the Steaming Rack. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 4 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, allow to cool.

Mexican Pulled Pork



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
2 HOURS, 10 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

2 tbsp chili powder
1 tbsp salt flakes
1 tbsp brown sugar
1 tsp ground cumin
½ tsp cayenne
½ tsp turmeric
½ tsp ground oregano
½ tsp onion powder
½ tsp garlic powder
½ tsp cinnamon
2 tbsp of vegetable oil
1 medium onion, sliced
3 lbs boneless pork shoulder,
rind and fat removed
14 oz can of chopped tomatoes
1 cup water
2 tbsp apple cider vinegar
Salt and freshly ground black
pepper, to taste
6" flour tortillas, guacamole, sour
cream and salad, to serve

DIRECTIONS:

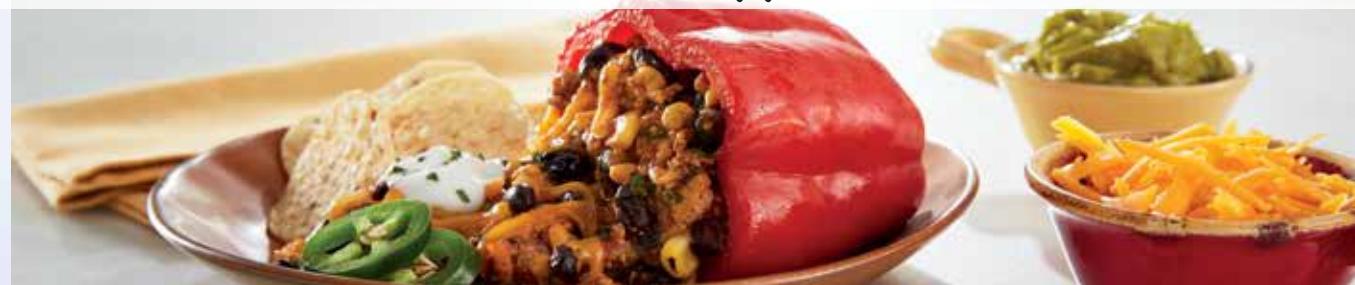
Mix all the ingredients except the onion, pork, oil, tomatoes, water and vinegar, together in a bowl until well blended. Rub the pork with the spice mix ensuring to cover all the pork.

Pour the oil into the Cooking Pot. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat, then place pork into Cooking Pot and brown on all sides. Add the onion to the Cooking Pot and continue to brown for 2 minutes. Add the tomatoes, water and vinegar to the pork. Press **START/STOP**. Secure the Lid. Press **MEAT/POULTRY**, set pressure to HIGH, and adjust time to 2 hours. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, shred pork with two forks. Season to taste with salt and pepper. Stir to combine. Serve in tortillas with guacamole, sour cream and salad.

TIP: If the sauce is too thin, thicken with 2 tbsp corn flour. Bring to a simmer until thickened.

Enchilada-Stuffed Peppers



COURSE:
ENTRÉE

PREP TIME:
20 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
5 SERVINGS

INGREDIENTS:

4 bell peppers (any color)
1 lb ground beef
15 oz can black beans, drained
and rinsed
1 cup shredded pepper jack
cheese
15 oz can of corn, drained
1 small onion, diced
½ cup diced tomatoes
10 oz can enchilada sauce
1 cup white wine
1 tsp of cumin
1 tsp garlic powder
1 tsp salt
1 tbsp olive oil
1 jalapeño pepper, sliced (optional)
1 cup sour cream (optional)

DIRECTIONS:

Cut off the tops of the bell peppers and hollow out the insides, discarding the seeds. Set aside.

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and allow Multi-Cooker to preheat. Brown the beef for about 5 minutes. Do not overcook. Press **START/STOP**.

Drain beef and place in a large mixing bowl. Stir in black beans, corn, cheese, tomatoes, onion, enchilada sauce, cumin, garlic powder and salt until evenly combined. Stuff mixture into each bell pepper.

Insert Steaming Rack into Cooking Pot and then pour in wine. Place stuffed peppers onto rack. Secure the lid. Press **BEANS/CHILI**, set pressure to LOW, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, serve with sour cream and jalapeño, if desired. With any extra stuffing mixture, you can make additional stuffed peppers or use for another recipe later.

Corned Beef Dinner (Pressure)



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
1 HOUR, 30 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

2 lbs corned beef brisket with seasoning packet
4 red potatoes, washed and cut into large chunks
½ lb baby carrots
¼ head of cabbage, sliced into sections ½" wide
15 oz can of Irish Stout
3 cloves garlic, minced
2 tsp sugar
2 tbsp apple cider vinegar
½ tsp ground black pepper

DIRECTIONS TO PRESSURE COOK:

Layer potatoes, carrots and cabbage into the Cooking Pot. Add stout, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press **MEAT/POULTRY**, set pressure to HIGH, and adjust time to 1 hour, 30 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, serve hot.

Corned Beef Dinner (Slow Cook)



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
8 HOURS

YIELDS:
6 SERVINGS

INGREDIENTS:

2 lbs corned beef brisket with seasoning packet
4 red potatoes, washed and cut into large chunks
½ lb baby carrots
¼ head of cabbage, sliced into sections ½" wide
15 oz can of Irish Stout
3 cloves garlic, minced
2 tsp sugar
2 tbsp apple cider vinegar
½ tsp ground black pepper

DIRECTIONS TO SLOW COOK:

Layer potatoes, carrots and cabbage into the Cooking Pot. Add stout, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press **SLOW COOK**, set temperature to LOW, and adjust time to 8 hours. Make sure the Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Once cooking is complete, serve hot.

Spaghetti Squash with Bolognese (Pressure)

Spaghetti Squash with Bolognese (Slow Cook)



COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
8 SERVINGS

COURSE:
ENTRÉE

PREP TIME:
15 MINUTES

COOK TIME:
6-8 HOURS

YIELDS:
8 SERVINGS

INGREDIENTS:

- 1 large (approx. 3 lbs) spaghetti squash
- 1 lb ground beef
- 1 small onion, diced
- 3 cloves of garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 28 oz can tomato sauce
- 1 cup beef broth
- 1 bay leaf
- 1 tbsp olive oil
- ¼ cup grated pecorino Romano cheese

OPTIONAL:

If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press **SIMMER**, set temperature HIGH, and then press **START/STOP**. Once complete, press **START/STOP**.

DIRECTIONS TO PRESSURE COOK:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and allow Multi-Cooker to preheat. Brown the beef for about 5 minutes. Do not overcook. Add onion and continue sautéing for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press **START/STOP**.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press **BEANS/CHILI**, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking is complete and the pressure is released, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.

INGREDIENTS:

- 1 large (approx. 3 lbs) spaghetti squash
- 1 lb ground beef
- 1 small onion, diced
- 3 cloves of garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 28 oz can tomato sauce
- 1 cup beef broth
- 1 bay leaf
- 1 tbsp olive oil
- ¼ cup grated pecorino Romano cheese

OPTIONAL:

If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press **SIMMER**, set temperature HIGH, and then press **START/STOP**. Once complete, press **START/STOP**.

DIRECTIONS TO SLOW COOK:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and allow Multi-Cooker to preheat. Brown the beef for about 5 minutes. Do not overcook. Add onion and continue sautéing for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press **START/STOP**.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press **SLOW COOK**, set temperature to LOW, and adjust time to 6-8 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press **START/STOP**. Once cooking is complete, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.

Oatmeal with Sliced Strawberries & Almonds



COURSE:
ENTRÉE

PREP TIME:
5 MINUTES

COOK TIME:
10 MINUTES

YIELDS:
3 SERVINGS

INGREDIENTS:

½ cup steel cut oats
2 cups water
1 tablespoon oil
Salt, to taste
½ cup sliced strawberries
¼ cup sliced almonds
1 teaspoon brown sugar

DIRECTIONS:

Combine oats, water, oil, and salt in the Cooking Pot. Secure the lid. Press **RICE/GRAINS**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, remove from the pot and top with sliced strawberries, sliced almonds, and brown sugar.

Mixed Berry Yogurt



COURSE:
ENTRÉE

PREP TIME:
5 MINUTES

COOK TIME:
8-12 HOURS

YIELDS:
½ GALLON

INGREDIENTS:

½ gallon milk (whole, 2%, 1%
or fat-free)
2 tbsp yogurt starter
1 cup mixed berries

NOTES:

When making yogurt in your Express Crock, first make sure your pot is cold or cool. You will need a thermometer for the cooking process.

YOGURT function does not operate under pressure.

More time = more tangy,
less time = less tangy.

DIRECTIONS:

Pour milk into the Cooking Pot. Press **YOGURT**, set temperature to HIGH. Press **START/STOP**. Whisk frequently. Using a thermometer, check the temperature of the milk. When milk has reached 180°F, press **START/STOP**. Use oven mitts to remove Cooking Pot and place in kitchen sink full of cold water, not allowing water into the Cooking Pot. Cool milk down to 95-105°F, whisking often. Do not add the yogurt starter to the hot milk, as it will kill the bacterial cultures.

Scoop some milk into a separate bowl and stir in yogurt starter. Add this mix to the Cooking Pot and stir until the mixture reaches a uniform consistency. Place Cooking Pot back into the Heating Base. Make sure Steam Release Valve is in the “Release” (open) position. Secure the lid. Press **YOGURT**, set temperature to LOW, and set time to 8-12 hours. Press **START/STOP**. After 8 hours, taste test periodically until desired taste is achieved.

Once the yogurt has reached the desired taste, press **START/STOP**, remove the Cooking Pot, cover with aluminum foil, and place it on a trivet in the fridge to stop the incubating process and allow to sit there for at least 8 hours. The yogurt should thicken slightly as it sits.

Plain yogurt is done. Add mixed berries and serve.

Red Wine Poached Pears



COURSE:
DESSERT

PREP TIME:
5 MINUTES

COOK TIME:
20 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

POACHED PEARS:

6 bosc pears, peeled,
core removed
2 cardamom pods, crushed
2 cloves
1 cinnamon stick
1 tsp vanilla extract
3 cups red wine
1 ¼ cups white sugar
2 tbsp lemon zest

COINTREAU CREAM:

1 ½ cups thickened cream
1 tbsp Cointreau
2 tbsp powdered sugar

DIRECTIONS:

POACHED PEARS:

Place all ingredients except cream into Cooking Pot. Secure lid. Press **DESSERT**, set pressure to LOW, and set time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, remove pears from sauce. Press **SIMMER**, set temperature to LOW, and then press **START/STOP**. Cook sauce until reduced by half. Serve pears with sauce and Cointreau Cream.

COINTREAU CREAM:

Whip all ingredients together until soft peaks form.

Chocolate and Orange Volcano Pudding



COURSE:
DESSERT

PREP TIME:
10 MINUTES

COOK TIME:
3 HOURS

YIELDS:
6-8 SERVINGS

INGREDIENTS:

1 tbsp butter
1 ½ cups self-raising flour
¾ cup white sugar
¾ cup cocoa, sifted
1 tsp baking powder
Zest and juice of 1 orange
Pinch of salt
3 medium eggs
½ cup butter, melted
¾ cup milk
½ cup orange-flavored milk
chocolate, chopped
Whipped cream (optional)
Vanilla ice cream (optional)

SAUCE:

2 ½ cups light brown sugar
½ cup cocoa powder
1 ¾ cups water

DIRECTIONS:

Lightly grease the Cooking Pot with a little butter. In a separate bowl, mix the flour, sugar, cocoa, baking powder, orange zest and a pinch of salt.

In another bowl, whisk together the orange juice, eggs, melted butter and milk. Pour onto the dry ingredients and mix until smooth. Stir in the chocolate chunks then pour into the Cooking Pot.

In a pot on the stovetop, make the sauce by mixing 1 ¾ cups of boiling water with the brown sugar and cocoa powder. Pour the sauce carefully over the mixture in the Cooking Pot. Select **SLOW COOK**, set temperature to HIGH, and adjust time to 3 hours. Secure the lid. Make sure the Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Cook for 3 hours or until firm and risen.

Lemon Cheesecake



COURSE:
DESSERT

PREP TIME:
15 MINUTES

COOK TIME:
25 MINUTES

YIELDS:
6 SERVINGS

INGREDIENTS:

2 tbsp butter, melted
2 cups shortbread biscuits,
crushed to crumbs
16 oz cream cheese
½ cup white sugar
¼ cup sour cream
1 lemon, zest and juice
2 large eggs

TOPPING:

4 tbsp lemon curd
Lemon thyme leaves
Dusting of powdered sugar

TIP:

For this recipe, you will need a 7" springform baking pan, the base lined with baking parchment.

DIRECTIONS:

Prepare a strip of foil roughly 18 inches in length, fold this twice lengthways. This will make a sling that will enable you to remove the baking pan from the Cooking Pot once cooked. In a bowl, combine the melted butter and biscuit crumbs and mix well together. Press crumbs evenly and firmly into the base of the baking pan, refrigerate. Place the cream cheese and sugar into a separate bowl and whisk together until smooth. Add the sour cream, lemon zest and juice, mixing well. Gently mix the eggs into the filling until combined, being careful not to overmix.

Pour the filling onto the cheesecake base. Add 1 cup of water to Cooking Pot. Fit the Steaming Rack into the Cooking Pot and lay the foil strip across the Steaming Rack and up the sides of the Cooking Pot. Ensure the foil strip is clear of the lid. Carefully place the cheesecake pan onto the Steaming Rack. Secure the lid. Press **DESSERT**, set the pressure to HIGH, and adjust time to 25 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, remove the baked cheesecake carefully using the foil sling to lift out the pan. Use gloves or oven mitts when lifting foil sling out of the pan to avoid touching the hot Cooking Pot. Allow to cool. Once completely cool, remove from the pan, peel the parchment from the base and refrigerate for 2-3 hours.

Before serving, spoon the lemon curd into a small bowl and mix well to soften. Swirl over the cheesecake, add lemon thyme and powdered sugar.

Chocolate Chip & Hazelnut Banana Bread



COURSE:
DESSERT

PREP TIME:
15 MINUTES

COOK TIME:
1 HOUR

YIELDS:
12 SERVINGS

INGREDIENTS:

1 ½ cups all-purpose flour
1 ½ tsp baking powder
1 tsp baking soda
½ tsp salt
1 egg
¾ cup granulated sugar
½ cup plain 2% yogurt
½ cup vegetable oil
1 tsp vanilla extract
2 ripe bananas, mashed
¾ cup milk or dark
chocolate chips
¾ cup chopped hazelnuts
1 ½ cups water

DIRECTIONS:

Grease a 7-inch diameter bundt pan and line the bottom and sides with parchment paper. Prepare a long strip of foil, roughly 24 inches long and fold into 3 lengthwise. This will provide a sling to lift out your pan. In a bowl, whisk together flour, baking powder, baking soda and salt. In separate bowl, whisk together egg, sugar, yogurt, oil and vanilla until blended; whisk in bananas until combined. Stir into flour mixture. Fold in ½ cup chocolate chips and ½ cup hazelnuts. Scrape into prepared bundt pan and smooth top. Sprinkle with remaining chocolate and hazelnuts.

Add 1 ½ cups of water into Cooking Pot. Place Steaming Rack over water. Fit the foil sling over the base of the rack, allowing the strips to fit the sides of the Cooking Pot and up to the rim. Place bundt pan on Steaming Rack, ensuring the foil strips are easily accessible to lift out the Cooking Pot. Lightly cover the bundt pan with a piece of paper towel and then a piece of foil. Secure the lid. Press **MANUAL PRESSURE**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete and the pressure is released, remove the bundt pan using the foil sling and place onto a cooling rack. Remove the pan and parchment paper and allow to fully cool before slicing.

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IMPORTANT NOTES:

- Please refer to your Crock-Pot® Express Crock Owner's Manual for directions on using your specific multi-cooker.
 - Cook times are based on the approximate amount of time required to cook the recipe. Always ensure food is cooked thoroughly before consuming.
 - Visit the Crock-Pot® website at www.crockpot.com for additional recipes, hints, tips, and more.
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