



NEWWAVE
KITCHEN APPLIANCES

5-in-1 Multi-Cooker

Instruction Manual



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Introduction

We hope that you enjoy your new 5-in-1 Multi-Cooker. Please find below important information about your new appliance.

Characteristics

- 5 in 1 Multi-Cooker
- NW 700
- Voltage: 220-240V 50Hz
- Power consumption: 900W

Description

- 5 cooking appliances in 1 :
Pressure Cooker
Slow Cooker
Rice Cooker
Steamer
Soup/Saute
- 7 Safety Protection measures
- 6L capacity
- 2 pressure levels, high and low
- Stainless steel finish
- Non-stick removable inner bowl
- Digital timer with countdown
- Slow cook times in hours
- Fast cook times in minutes
- Automatic keep warm setting
- **12 month warranty**

Other items in the Newwave
Kitchen Appliances range



Important Safeguards

When using electrical appliances, basic safety precautions should always be followed. Please read the safeguards below before using your Multi-Cooker.

- Read all instructions before operating and keep them for future reference.
- Remove any promotional stickers or labels before using the appliance for the first time.
- Always make sure your appliance is assembled before use.
- Do not touch hot surfaces. Use the handles to move the appliance.
- Do not place the appliance near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
- Children being supervised should not to play with the appliance
- Close supervision is necessary when any appliance is used by or near children.
- Do not place the appliance on or near a hot gas or electric burner, or where it can touch a heated oven. Keep away from walls.
- Always provide adequate space above and on all sides for air circulation.
- Always switch the appliance off at the wall, then unplug and allow to cool before cleaning and attempting to move the appliance for storage.
- This appliance requires cleaning after use and not to be immersed in water for cleaning.
- Unwind the cord before use.
- Do not immerse cord, plug or appliance in water or any other liquid.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.
- Do not use the appliance if the power supply cord, plug or appliance becomes damaged in anyway. Return the appliance to an authorised service centre for examination and or repair.
- Any maintenance, other than cleaning, should be performed at an authorised service centre.
- This appliance is intended to be used in households and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments
 - farm houses
 - by clients in hotels, motels and other residential type environments
 - bed and breakfast type environments
- This appliance is for household use only. Do not use this appliance for anything other than its intended use.
- Do not use in moving vehicles or boats.
- Do not damage the seal belt and do not replace it with any other rubber belly or tensile belt.
- Please ensure that the ducts in the pressure regulator allowing the escape of steam are checked regularly to ensure that there are no blockages
- The lid must not be opened until the pressure has decreased sufficiently .
- Please turn the lid left after the pressure has released to ensure safety when opening the lid.
- Do not move the seal ring in the lid with any tools or external forces. If the ring breaks off the lid, stop using the cooker and replace the whole lid with a new one.
- Clean the filter regularly to keep the cooker clean.
- Do not open the lid with external force when the floating valve has not sunk.
- Never add any additional weight on the Pressure Limiting valve or replace the Pressure Limiting valve with another object.
- Never use the inner bowl if damaged as this will cause air leakage.
- Food should not be kept warm for more than 12 hours.
- If steam is released around the lid during the cooking process, please stop using the device and contact an authorised repair centre.
- Never plug in or switch on your appliance without the inner bowl placed inside the cooker.
- Only use the removable inner bowl supplied. Do not use any other bowl inside the cooker.
- Never operate the cooker without food or water in the inner bowl.
- Do not place the removable inner bowl when hot on any surface that may be affected by heat.
- Avoid scalding from escaping steam when opening the lid.
- Do not place the inner bowl in the dishwasher.



Using Your Multi-Cooker



First time use

When using your Multi-Cooker for the first time, please read the instructions contained in this manual.

Make sure you remove all promotional stickers and labels and that the outside of the inner bowl is clean and is not damaged.

Check to see if the outer pot is free from any objects prior to inserting the inner pot.

When adding any food into the inner pot make sure that the food is spread evenly across the bottom of the bowl and not heaped on one side.

Select the required cooking function and revert to the appropriate recipe guide.

When preparing meat and poultry, try to select the leaner cuts of meat and trim off any visible fat as this will reduce any excess liquid. Vegetables should be cut into small, even-sized pieces to ensure even cooking. When cooking meat and vegetables together, it is important to remember that meat cooks at a slower rate than vegetables.

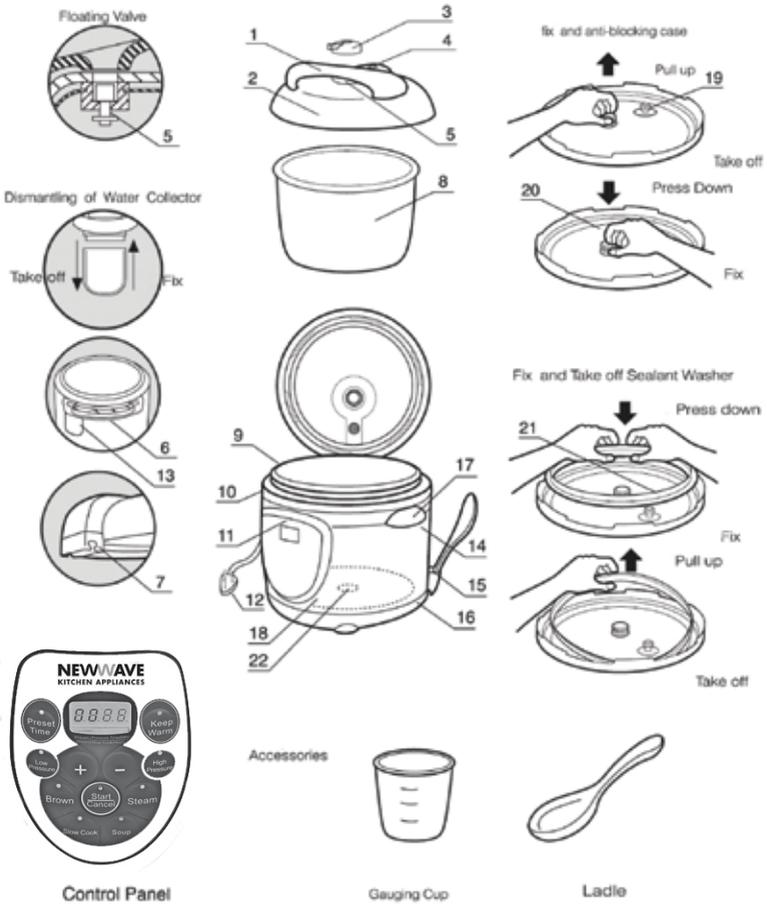
Please be careful if you have cooked with the lid closed to avoid any scalding from escaping steam. Lift the lid carefully and keep your face clear when opening.



Product Structure



- | | | |
|----------------------------|-----------------------------------|----------------------------------|
| 1. Handle | 9. Outer Pot | 17. Side Handle |
| 2. Lid | 10. Upper Body | 18. Electronic Heater |
| 3. Pressure Limiting Valve | 11. Control Panel | 19. Seal Ring for Floating Valve |
| 4. Floating Valve | 12. Power Cable | 20. Filter |
| 5. Floater | 13. Steam Water Storage | 21. Seal Belt |
| 6. Slideway | 14. Body Cover/Structure | 22. Sensor |
| 7. Sliding Valve | 15. Detachable Spoon/Ladle Holder | |
| 8. Inner Pot | 16. Lower Body | |

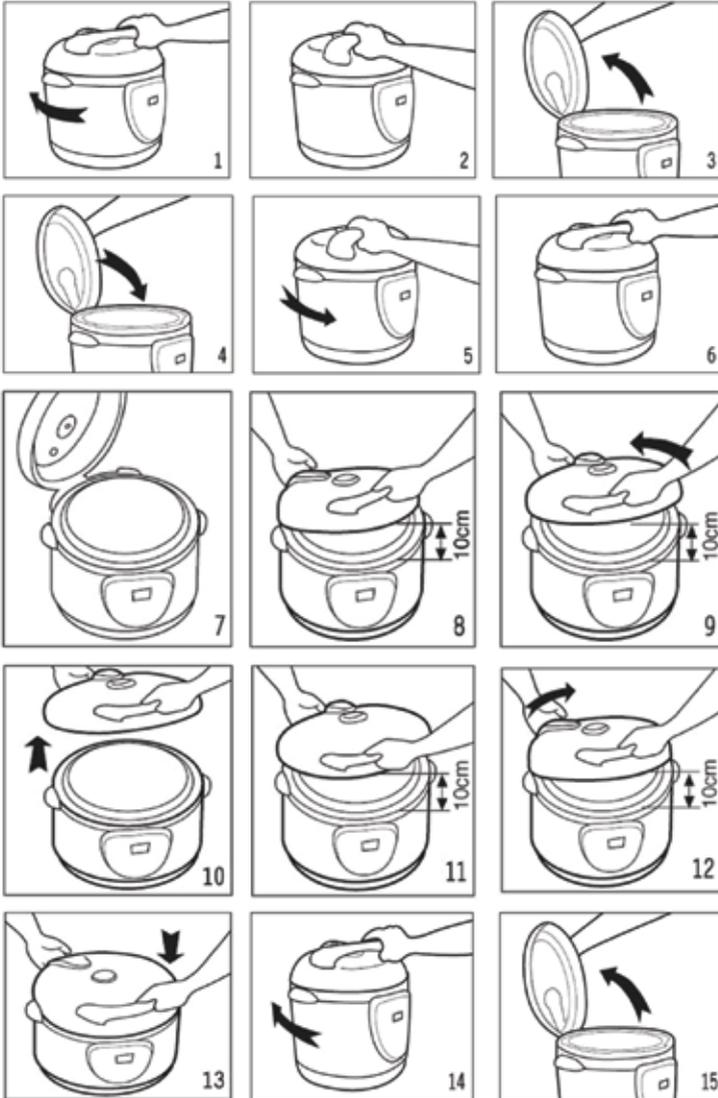


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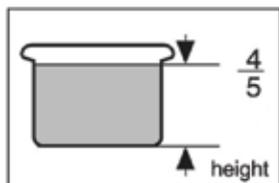


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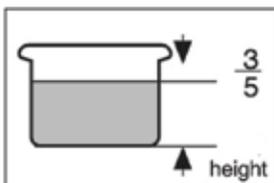
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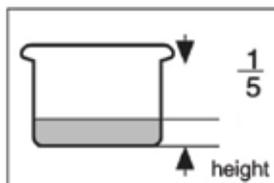
Assembling Instructions



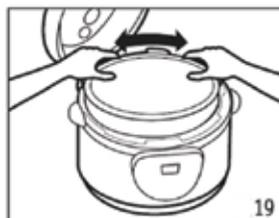
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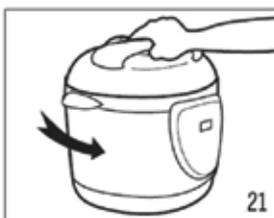
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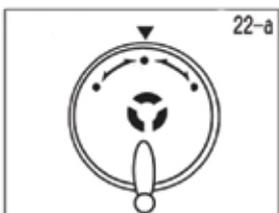
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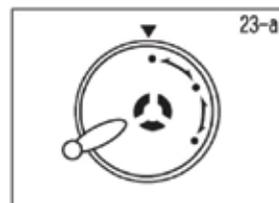
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22-a



22-b



23-a



23-b



Assembling Instructions

Assembling Instructions :

1. **To open the lid** - When the lid is closed, hold the handle and turn in an clockwise direction until the lid can be lifted up. See figures 1-3.

2. **To close the lid** - When the lid is open, hold the handle and pull down. Once down, turn anti-clockwise until the lid reaches the closed position. See figures 4-6.

3. **To dismantle the lid** - When the lid is open, hold the lid with both hands and adjust the height between the lid and the upper edge of the cooker to around 10cm. Then, turn anti-clockwise until the lid reaches the closed position. See figures 7-10.

4. **How to install the lid** - Hold the lid with both hands at the closed position and pull upwards until there is around 10cm between the lid and the upper edge of the cooker. Buckle the lid's sliding valve to the cooker's sideways and turn clockwise until you reach the opened lid position. See figures 11-13.

5. **Pressure Limiting Valve** - this valve is designed to sit loosely on the lid of your 5 in 1 appliance. It will rotate 360deg and will not lock into place when placed into position. The valve will tighten during the cooking process and then once released will return to a loose valve fitting.

Usage Instructions :

To open the lid - When the lid is closed, hold the handle and turn in an clockwise direction until the lid can be lifted up. See figures 14-15.

Adding the food - Take out the inner bowl and place in the food and water. The amount of food and water should not exceed 4/5 of the height of the inner bowl. For food that will expand, the level should not exceed 3/5 of the inner bowl. The minimum allowable level is 1/5 of the bowl. See figures 16-17.

Clean the outer pot - Before placing the inner pot inside the outer bowl, make sure to wipe clean the outer surface of the inner bowl and the surface of the electronics heater. Once clean, turn the inner bowl left and right inside the outer bowl to ensure a firm contact between the inner bowl and the Electronics heater. See figure 19.

Close the lid - Ensure the seal belt is fitted into the inner part of the lid. Follow the assembly instructions for details. See figures 20-21. Adjust the Pressure Limiting Valve -Adjust to the Airtight position and ensure that the floater sinks. See figures 22a - 23b.

Turn on the power supply - Once the power is turned on, the LCD Screen will display "0000". The first red digit indicates the time of the Preset Timer, while the first two red digits show the self selected Pressurized Cooking Time.

Configure the parameters and Start the heating process - Set the Preset Time. Press Timer once to increase the timer by one hour. The maximum preset timer period is 9.5 hours. After 9.5 hours, the timer will start a new cycle again.



Quick User Guide To Using Your 5-In-1 Multi-Cooker



Brown

This function is ideal for starting your recipes when sautéing, browning or frying is required. For example, when making a Bolognese sauce you can sauté your onion, celery and carrot as well as brown your meat. Once ready you can then choose your Slow Cook or Pressure cook function.

- Always Brown with the lid open.
- There is no time feature available when using this function.
- The temperature range for this function is 160°C to 180°C.
- The Browning function will turn off if there is too little food in the bowl.

- Plug the unit in
- Press the Brown button
- Press the Start button
- The unit will start heating to the desired temperature range
- When Browning is complete, press cancel

Slow Cook

The Slow cook function has a delayed timing start of up to 9.5 hours and a slow cooking time of up to 9½ hours. The slow cooking timer is in 30 minute intervals e.g. 1.5 is 1½ hours. The temperature range for this feature is 95°C to 100°C. As a safety precaution, when cooking with the lid closed, you will need to lower the heat once the food is cooked before the lid can open.

- Plug the unit in
- Select the Delay cooking time if required
- Select the Brown button if required
- Press Cancel once the Browning has finished
- Press the Slow button
- Adjust the slow cooking time in 30 minute intervals
- Press the Start button
- Cook with the lid closed but keep the exhaust valve open
- The Keep Warm function will automatically activate once the allotted cooking time is completed



Quick User Guide To Using Your 5-In-1 Multi-Cooker



Soup

The Soup function has a timer that will default to 25 minutes, which is ideal for cooking watery soups. You have a delayed timing start of up to 9.5 hours and a cooking timer of up to 99 minutes. The temperature range on this setting is 110°C to 121°C. You can adjust the cooking time to suit your recipe.

- Plug the unit in
- Select the Delay cooking time if required
- Press the Soup button
- Adjust the cooking time in minutes by pressing the + and - buttons
- Press the Start button
- Cook with the lid closed and keep valve closed or airtight
- The Keep Warm function will automatically activate once the allotted cooking time is completed

Steam/Rice

This feature allows you to cook rice or steam food by adding the steam rack/tray and/or steam basket into the Multi-Cooker. You have a delayed timing start of up to 9.5 hours and a cooking timer of up to 99 minutes. The temperature range on this setting is 103°C. You can adjust the cooking time to suit your recipe.

- Plug unit in
- Select the Delay cooking time if required
- Press the Steam button
- Adjust the cooking time in minutes by pressing the + and - buttons
- Press the Start button
- Cook with the lid closed and keep the exhaust valve open
- The Keep Warm function will automatically activate once the allotted cooking time is completed



Quick User Guide To Using Your 5-In-1 Multi-Cooker



Pressure Cooking

With the Pressure feature on your new Multi-Cooker, you are able to use low and high pressure cooking. The psi for low pressure cooking is 7psi and 13psi for High pressure cooking. If you decide to cook using the Pressure Cooker function it is recommended that you use one of the other functions first e.g. Brown to start off your recipe, as this will allow the Multi-Cooker to heat the food throughout and will speed up the pressure cooking time.

Before using this function make sure you have read the pressure valve function. Please refer to the food and cooking chart.

- Plug the unit in
- Use Brown function to start off your recipe.
- Once the recipe is ready to be pressure cooked, close the lid
- Turn the pressure valve on top of the lid to air tight
- Press the desired Pressure cooking button
- Adjust the cooking time in minutes by pressing the + and - buttons
- Press the Start button
- The red light on the left will indicate when the pressure is at the correct level
- Once timer has finished turn valve to Exhaust, this will release pressure.
- This will take a few minutes for the pressure to reduce.
- Once pressure is fully released you may open the lid.
- The Keep Warm function will activate once cooking time is completed
- Please note, as a safety precaution the lid will not open until the pressure is fully released



A Beginners Guide To Slow Cooking



Unlike other cooking methods, slow cooking allows you to cook delicious meals with simple and easy preparation. By simply leaving even the toughest cuts of meat to cook with seasoned liquid, the slow cooker requires minimal involvement from the cook apart from the initial preparation.

The main benefits of slow cooking are that it promotes tenderness, concentrates flavours, is convenient and can also be economical.

With this great function, poultry pieces will absorb and flavour the liquids surrounding them and the meat will fall off the bone at a mere touch of a fork. Vegetable flavours intensify and become delicate, even beans will stay whole while becoming smooth and rich.

Handy Tips

- When food is cooked using the Slow Cook function, most of the moisture is retained. As a precaution, when using traditional recipes it is advised to use less liquid. However, after cooking, if the liquid quantity is excessive, open the lid and continue cooking further until the liquid reduces to the desired amount.
- Stirring the food as little as possible or even not stirring at all is best when slow cooking.

Make sure you adapt your cooking times to suit the slower method of cooking. Use the table below as a guide. Please note that these times are approximate and can vary depending on ingredients and quantities.

Traditional recipe times	Slow Cook recipe times
15 - 30 minutes	2 - 3 hours
60 minutes	4 - 6 hours
1 - 3 hours	6 - 8 hours



Suitable Meat Cuts For Slow Cooking



Suitable	Meat cut for Slow Cooking
Beef	Chuck, skirt, round steak, shin or gravy, Osso Bucco
Lamb	Lamb shanks, drumsticks, chops, neck chops, boned-out, forequarter or shoulder
Veal	Diced leg, shoulder/forequarter chops and steak, neck chops, knuckle (Osso Bucco)
Pork	Leg steaks, diced belly, diced shoulder, boneless loin chops
Poultry	Skinless pieces such as thighs and breasts

Browning Before Slow Cooking

Pre-browning meat and poultry prior to slow cooking seals in the moisture, intensifies the flavours and provides tender results, whilst also producing richer flavors in the other ingredients such as onions, capsicum etc.

Pot Roasting

Additional liquid is required for pot roasting. Ensure there is sufficient liquid into the cooking pot to cover roughly 1/3 of the meat. Remember that the meat will not brown during the pot roasting process. For browner results use the brown function to seal the roast dish, before cooking.



A Beginners Guide To Pressure Cooking



Pressure Cookers have been around for years and have become popular again due to greater work commitments and busier schedules. By using steam under pressure, temperature is produced which is considerably greater than a conventional oven. This ensures decreased cooking times without sacrificing the great taste and flavour. Aside from these great benefits, Pressure Cookers also ensure vegetables retain more vitamins and minerals.

Handy Tips

- Far less liquid is needed than for traditional cooking methods.
- Never exceed the maximum fill amount of the pressure cooker – 4/5 high on your pot.
- **If starting with cold food, it will take longer for the pressure count down timer to start.**
- When the cooking time is complete and quick pressure release is required, make sure you turn the valve to exhaust immediately, otherwise foods will continue to cook and may overcook.
- Use the High Pressure setting when cooking meat.
- When cooking just vegetables or beans use the Low Pressure setting.

The general rule is that you use half the liquid used in slow cooking recipes. You may need to play with your recipe to get it right.

Cooking Times

Cooking times may vary slightly due to your cut of meat and whether you have either chunks, slices etc.,. Use the table on the next page as a guide. Please note that these times are approximations and can vary depending on ingredients and quantities.



Suitable Meat Cuts For Pressure Cooking



Food	Cooking Time in Minutes	Pressure Function
Chicken - whole / breast / thighs / leg	24-28 / 5-6 / 9-12 / 8-10	High pressure
Beef - pot roast / shanks / stew	35-40 / 25-30 / 10-14	High pressure
Lamb - shanks / shoulder	25-30 / 20-25	High pressure
Veal - shoulder / osso bucco	10 per shoulder / 40	High pressure
Pork - chops / ribs / roast	9-11 / 18-22 / 40	High pressure
Vegetables - broccoli / potatoes / beans / carrots	3-4 / 6-8 / 2-3 / 4-5	High pressure
Rice - arborio / white / soaked beans / lentils	6-8 / 7-8 / 28-35 / 6-8	High pressure

Traditional recipe times	Pressure recipe times
15 - 30 minutes	7 - 15 minutes
60 minutes	15 - 25 minutes
1 - 3 hours	25 - 40 minutes

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A Beginners Guide To Soup Making



Soups are a delicious meal option as either a starter or as a meal in itself. They are easy to make, retain most the essential minerals and vitamins found in the ingredients and ensure a nourishing and healthy meal. Soup generally involves cooking/boiling meat or vegetables in water or broth. The soup function is ideal for making clear and thick style soups.

Handy Tips

- When sautéing is required by the recipe use the Brown function.
- The lid must be closed when using the Soup function and the keep valve closed or airtight.
- The Soup function works similarly to the low pressure function. The cooking timer will start when the internal temperature has reached the automatic setting level.
- The timer defaults to 25 minutes which is suitable for most clear soup recipes. Thicker style soups many need around 35 minutes to cook. Please note these cooking times are only an indication and that times may vary according ingredients etc.
- Make sure that you do not overfill the inner cooking pot.
- The maximum level when making a soup should be level 3/5 in your pot.

Cooking Times

Make sure you adapt your cooking times to suit the slower method of cooking. Use the table below as a guide. Please note that these times are only approximate and can vary depending on ingredients and quantities.

Soup style	Cooking time
Clear soup	15 - 20 minutes
Vegetable minestone soup	25 minutes
Thicker style soup	30 minutes



A Beginners Guide To Steaming



Steaming can be used for most foods and a surprising variety of recipes, and has great advantages over other cooking methods. Steaming does not immerse foods in water into which nutrients, particularly in vegetables, can escape. Therefore a far higher level of nutrients, vitamins and minerals are retained than by other cooking methods. Steaming reduces Vitamin C in vegetables by 40% whereas boiling reduces it by 70% because of the loss in the cooking water.

There are two main methods of steaming :

1. By suspending the exposed food over boiling water in a closed container.
2. A longer method of wrapping the food in a parcel e.g. foil and placed over boiling water.

Handy Tips

- Cut across the grain for extra tenderness.
- Never allow the liquid to touch the food or the food will boil and not steam.
- Liquid levels in the base should be maintained for constant cooking.
- Arrange food in a single layer or adjust cooking times accordingly.
- Arrange food on the steaming rack and/or steaming basket with space in between to allow steam to circulate and cook more efficiently.
- Always defrost frozen meats, fish and poultry before steaming.
- When serving, steamed vegetables they can be drizzled with a light sauce of butter or olive oil to compliment the tender nature of the vegetables.
They can also be sprinkled with lemon juice or balsamic vinegar for a tangy twist.



A Beginners Guide To Steaming



Cooking Times

Place the indicated amount of water into the inner cooking pot. The amount needed will vary according to the type and method of food being cooked. More time will be needed for tender/softer vegetables and less time for crispier vegetables.

Always cook with the lid closed and ensure the exhaust valve is always in the open position. For all food items start with 2 cups of water in the bottom of the inner cooking pot.

Food	Weight	Slicing	Cooking Time
Asparagus	240g	Whole	9-11 minutes
Broccoli/zucchini	240g	35-50mm floweretts half lengthwise	11 minutes
Carrots	240g	6mm slices	15 minutes
Green beans	120g	Whole	8-9 minutes
Snow peas	120g	Whole	11 minutes
Potatoes	240g	Quarter	24 minutes
Chicken	240-450g	Similar size pieces	15-20 minutes
Scallops	Up to 500g	Season as desired	10-15 minutes
Fish fillets	Up to 500g	Wrapped in a parcel	10-15 minutes
Whole fish	Up to 500g	Wrapped in a parcel	15-25 minutes



A Beginners Guide To Rice Cooking



Handy Tips

- Measure out the rice and rinse it thoroughly under running water in a sieve until the run off water becomes clear. (Do not rinse Arborio rice).
- Always add the rice first then add in the water.
- Then place the rice into the bowl before adding cold water.
- Make sure the rice is distributed around the whole surface of the bowl, in order to allow even cooking.
- Add salt if required. Allow about half a teaspoon of salt for 4 cups of rice.
- Stock may be substituted for water if desired.
- Make sure the lid is closed and that the exhaust valve is set to the open position.
- Press the Steam button.
- On completion of cooking, select the Keep Warm function, open the lid and stir the rice and leave it for a few minutes longer in order to get perfect rice.

Cups	Weight	Water level (+rice)	Serves	Cooking Time
For white rice - Long grain, basmati, thai				
2	300g	2 cup mark	3-4	10-14 minutes
4	600g	4 cup mark	5-6	20-25 minutes
4	900g	6 cup mark	8-10	23-27 minutes
6	1200g	8 cup mark	11-14	25-30 minutes
Brown Rice				
4	600g	4.5 cup mark	5-6	35-40 minutes
Wild Rice				
4	400g	3.5 cup mark	4-5	40 minutes
Risotto rice/ arborio				
4	600g	4 cup mark	4	14-23 minutes

Measuring And Maximum Capacity

The graduated markings on the inside of the inner bowl are given in litres and cups and are used for measuring the amount of water when cooking rice.

- The plastic cup provided can also be used to measure rice.
- The table above states the approximate quantity of rice required for the number of servings. (1 cup is approximately 150g)
- For 1 cup of rice add 1½ measuring cup of water.
- Make sure that the total rice and water level does not exceed the 3/5 level.

**For smaller quantities of rice (for example 2 cups or less) white rice can be cooked under high pressure for 7-8 minutes.*





12 Month Limited Warranty

Date of Purchase

Name of Retail Outlet

Address of Retail Outlet

Multi-Cooker Serial No.

Customer Name

Customer Address

Email Address

Please return this copy to Wild Appetite to receive a 12 month limited warranty on your Multi-Cooker or log onto wildappetite.co.nz and fill out your warranty online.

Wild Appetite Ltd

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North Harbour

Auckland 0751

NEW ZEALAND

Ph: + 64 9 448 2313

Warranty Conditions

1. Warranty void if unit tampered with
2. Warranty does not cover any broken parts
3. Warranty does not cover postage returned cookers

Please retain a copy of the Warranty and the purchase receipt as proof of purchase. We will guarantee this product against defects caused by faulty workmanship and materials for twelve months domestic use. During this Warranty period Wild Appetite will REPLACE any defective product. However, if the product includes a number of accessories, only the defective part of the accessory will be replaced. Wild Appetite reserves the right to make minor adjustments instead of replacing the product or accessory. Packaging instructions will not be replaced unless faulty.

Subject to your statutory rights as to the merchantable quality of the product or accessory. In the event of a product or accessory being replaced during the Warranty, the Warranty on the replacement will expire at the original date i.e. 12 months from the original purchase date. This Warranty excludes defects caused by the product not being used in accordance with the instructions, accident damage, misuse or being tampered with by unauthorised persons. The replacement Warranty also excludes breakages and consumable items. This Warranty covers only units sold in New Zealand.



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THERMOCHEF
NATURA

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Care And Cleaning



- Before cleaning, switch off the Multi-Cooker at the power outlet and then unplug.
- Always allow the appliance to cool before cleaning.
- Clean the outer stainless steel housing with a soft damp cloth and then dry thoroughly.
- Remove the inner bowl and clean the inside of the cooker, including the sealant washer, pressure discharging valve, anti-blocking case, steam relief pipe, floating valve with water and a damp cloth.
- Clean the pressure release valve and the water drain hole with a small brush, so that water can freely discharge.
- For normal washing of the inner bowl use warm soapy water and rinse thoroughly.
- To remove stubborn, cooked on foods in the removable inner bowl, soften by filling it with warm soapy water and allow to soak for 1 hour. Remove by scrubbing with a soft nylon non-scratch kitchen brush.
- Do not put any part of your 5-in-1 Multi-Cooker in the dishwasher.
- Never use abrasive cleaners, steel wool or metal scouring pads as they can damage the surface of your cooker.
- Do not use metal utensils for stirring in the bowl as they will cause damage.
- Empty the Steam water storage cup and the rear of the unit.



Savoy Cabbage with Pancetta

Ingredients (serves 4)

- 1 large savoy cabbage, thinly shredded
- 185g pancetta, diced
- 1 brown onion, sliced
- 1 garlic clove, chopped
- 60ml dry white wine
- 2tsp caraway seeds
- Salt and fresh ground pepper

Method- Pressure Cook

Apply the same method as with the Slow Cooking until the cabbage has completely wilted and you have pressed cancel on the Multi-Cooker. Close the lid and lock.

Press the High Pressure button, then set the timer to 10 minutes, then press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.

Method - Slow Cook

Open the lid and press the Brown button and Start. Sauté the pancetta until fat is rendered. Add the onions and sauté until soft and then add the garlic. Add the cabbage 1 handful at a time until it has cooked down. Pour in the white wine and caraway seeds and cook for around 5 minutes until the cabbage has completely wilted. Add salt and pepper to taste and press the Cancel button once done.

Next, press the Slow Cook button, set 2 hours on the timer and then press Start.

Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid and add the cabbage which should now be soft and creamy. Ready to serve.



Mushroom Risotto

Ingredients (serves 4)

- 60ml olive oil
- 1 brown onion, finely chopped
- 1 garlic clove, finely chopped
- 600ml chicken stock
- 300g arborio rice
- 200ml dry white wine
- 200g mushroom of your choice, thinly sliced
- 100g fresh parsley
- 200g fresh grated Parmesan cheese
- Salt and pepper

Method - Pressure Cook

To begin using the Pressure Cooking method, press the Browning Function on your Multi-Cooker. Firstly, heat the oil, add the onion and cook until the onion becomes soft and changes colour. This should take around 4 minutes. Next, add the garlic and cook for a minute. Add the Arborio rice and mix together with the onions until the rice is covered in oil. Cook for a further 2 minutes before adding the wine. After cooking for another 2 minutes, press the Cancel button to turn off the Browning function. Add the mushrooms and stock and stir through. Press the High Pressure function and set the time for 7 minutes. Close the lid and press start. Make sure the pressure limiting valve is set on Airtight. After the 7 minutes is up, open the lid and stir through half the Parmesan cheese and parsley. Serve with fresh Parmesan cheese. Please note that you can substitute the mushrooms with your favorite ingredients and follow the process accordingly.

Asparagus With Lemon Butter

Ingredients (serves 2-3)

- 4 bunches fresh asparagus (about 25 spears)
- 90g butter, chopped
- Freshly ground white pepper
- 2tbsp lemon juice
- 1tsp fresh parsley, chopped

Method - Steam

Open the lid and add the steam rack. Add water to just under the level of the steam rack. Press the Steam button, enter in 10 minutes and Start. Place the Asparagus in the foil and add the butter, pepper, lemon juice and fresh parsley. Close the foil to resemble a packet or pouch. You can add some other vegetables if you like. Place the sealed asparagus on the rack. Close the lid making sure the Pressure limiting valve is set on Exhaust. Press the Cancel button once done. Serve with rice.



Curried Pumpkin with Spinach

Ingredients (serves 4)

- 2tbsp olive oil
- 2 medium onions, sliced
- 4 garlic cloves, crushed
- 3tsp fresh ginger, grated
- 3 small chillies, finely sliced
- 1^{1/2} tsp ground coriander
- 1^{1/2} tsp ground cumin
- 1^{1/2} tsp brown mustard seeds
- 1^{1/2} tsp ground turmeric
- 2 cups coconut milk
- 1kg pumpkin, peeled and chopped
- 10 English spinach leaves, shredded
- 10 curry leaves, torn
- Toasted almond flakes
- Kaffir lime leaves

Method - Slow Cook

Open the lid and press the Brown button and Start. Sauté the onions in the oil until they become golden brown. Stir in the garlic, ginger, chillies, coriander, cumin, mustard seeds and turmeric and cook for a minute. Add the pumpkin and coconut milk and gently mix through. Press the Cancel button once done. Next, press the Slow Cook button, set the timer to 3^{1/2} hours and press Start. Close the lid and make sure that the pressure limiting valve is set to Exhaust. Once finished, open the lid and add the spinach, curry leaves and kaffir lime leaves and then cook on for a further ½ hour before closing the lid. Ready to serve with flaked almonds.

Method - Pressure Cook

Open the lid and press the Brown button and Start. Sauté the onions in the oil until they become golden brown. Stir in the garlic, ginger, chillies, coriander, cumin, mustard seeds and turmeric and cook for a minute. Add the pumpkin and coconut milk and gently mix through. Add the spinach, curry leaves and kaffir lime leaves. Press the Cancel button once done. Close the lid and lock. Press the High Pressure button, then set the timer to 18 minutes, then Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.



Mussels in White Wine

Ingredients (serves 4)

- 2kg black Mussels, cleaned and de-boned
- 80ml olive oil
- 3 garlic cloves, chopped
- 1 fresh chilli, chopped
- 3tbs fresh parsley, chopped
- 1/2 cup dry white wine
- Salt and pepper

Method - Pressure Cook

Open the lid and press the Brown button and Start. Allow to heat. Add the oil, garlic and chilli for about 3-4 minutes. Add the mussels, white wine, fresh parsley. Press the Cancel button once done.

Close the lid and lock. Press the High Pressure button, then set the timer for 4 minutes, then press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.

Fish Stock

Ingredients (Makes 1 litre of stock)

- 500g fish bones and head
- 1 brown onion, sliced
- 1 carrot, sliced
- 1 celery stick, sliced
- 250ml white wine
- 1L water
- 1 bay leaf
- 3 parsley stalks
- 3 black peppercorns
- Salt and pepper

Preparation

Wash the fish heads and bones of any blood and drain.

Method - Soup

Open the lid and add the fish heads and bones, onion, carrot, celery, wine, water, bay leaf, parsley and peppercorns all together and season. Close the lid and press the Soup function. The default time is 25 minutes. Press Start and make sure the pressure limiting valve is set on Airtight. Open the lid and strain the liquid through a strainer and disregard bones and vegetables. Note: This recipe can be substituted with chicken to make chicken stock and beef for beef stock and just vegetables for vegetables stock. Triple the vegetable quantity.



Ginger and Shallot Fish with Coconut Rice



Ingredients (serves 4)

- 1 tbs dry sherry
- 1 tsp caster sugar
- 1 tsp sesame oil
- 1 tbs light soy sauce
- 2 (about 150g each) firm white fish fillets
- 2cm piece of fresh ginger, peeled, cut into matchsticks
- Steamed Asian greens, to serve
- 1 shallot, trimmed, thinly sliced diagonally
- 1 long fresh red chilli (optional), halved, deseeded, thinly sliced
- 2 cups of basmati rice washed
- 1 small can of coconut cream

Method - Steam

1. Combine the sherry, sugar, oil and half the soy sauce in a small bowl
2. Place the fish in a parcel of foil with baking paper underneath, top with the ginger and pour over the sherry mixture.
3. Using your multi cooker measuring cup, measure 2 cups of basmati rice, rinse well. Add this to the bottom of your multi cooker, add in small can of coconut cream. Add extra hot water to your rice until it reaches above the level 2 mark inside your multi cooker bowl
4. Add the rack into the cooker, place the fish parcels into your steamer basket. Add the Asian greens on the sides of the parcel or onto top.
5. Close the lid, press steam function and 10 minutes. Make sure your valve is on exhaust. Once fish is done drizzle over the remaining soy sauce and any juices from the bowl. Top with the shallots and chilli, if desired.



Vegetable, Bacon and Risoni Soup



Ingredients (serves 4)

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 125g bacon, chopped
- 2 garlic cloves, crushed
- 2 carrots, peeled, chopped
- 1 parsnip, peeled, chopped
- 1 celery stick, chopped
- 2 small zucchini, chopped
- 6 cups reduced-salt beef stock
- 400g can diced roma tomatoes
- 1/3 cup dried risoni pasta
- 1/3 cup flat-leaf parsley leaves, roughly chopped

Method - Soup

1. Press brown on your multi cooker, heat oil add onion, bacon and garlic. Cook, stirring, for 5 minutes or until soft. Add carrot, parsnip, celery and zucchini. Cook, stirring, for 5 minutes.
2. Add hot stock and tomatoes and risoni.
3. Press cancel close the lid then press your soup function, your cooker will automatically default to a 25 minute cooking time. Keeping the valve on airtight.
4. When your cooker is done season with salt and pepper and ladle soup into bowls. Serve.



Pea and Ham Soup



Ingredients (serves 4)

- 1 x 500g pkt green split peas
 - 1 tbs olive oil
 - 2 brown onions, coarsely chopped
 - 3 carrots, peeled, coarsely chopped
 - 3 celery sticks, ends trimmed, coarsely chopped
 - 1 large (about 750g) ham hock (see note)
 - 2.75L (11 cups) water
 - Turkish bread, toasted, to serve
- Bouquet garni
- 3 sprigs fresh thyme
 - 2 dried bay leaves
 - 4 black peppercorns

Method - Slow Cook

1. Place the split peas in a large bowl and cover with cold water. Set aside for 6 hours or overnight to soak. Drain.
2. To make the bouquet garni, place the thyme, bay leaves and peppercorns in a small piece of muslin cloth. Wrap up and tie with unwaxed kitchen string to secure.
3. Press your brown button on your multicooker and heat the oil. Add the onion, carrot and celery and cook, uncovered, stirring often, for 2 minutes or until the onion is soft. Add the split peas, bouquet garni, ham hock and hot water.
4. Press cancel, then the slow cooking button press 2 hours and then start.
5. Use tongs to remove the ham hock from the cooker. Set aside until cool enough to handle. Use your hands to pull the ham off the bone. Discard the bone. Shred the ham. Return the ham to the soup. To warm up, leave the lid open and press brown.

Serve with toasted Turkish bread.



Minestrone Soup

Ingredients

- 125ml olive oil
- 1 brown onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 2 garlic cloves, chopped
- 1.5L water
- 1 bay leaf
- 1 medium zucchini, diced
- 200g canned tomatoes, chopped
- 100g broad beans, pre-soaked
- 150g canned cannellini beans, washed
- 2 fresh parsley stalks
- Salt and pepper

Method - Soup

Press the Brown Function. Heat the oil and add the onion and garlic and cook for 2 minutes. Add the carrots, celery and broad beans and cook for a further 3-4 minutes. Press the Cancel button and add the tomatoes, bay leaf, parsley, water and season. Close the lid and press the Soup function. The default time is 25 minutes. Reduce the cooking time to 15 minutes and press Start. Make sure the pressure limiting valve is set on Airtight. Open the lid and add the zucchini and canned beans. Stir through and close the lid. Cook for a further 10 minutes on the Soup function. Serve with fresh parmesan cheese and crunchy bread.

Pumpkin Soup

Ingredients (serves 4)

- 125ml olive oil
- 2 medium leeks, cleaned and halved
- 1 celery stick, diced
- 500g pumpkin, peeled chopped
- 1 small potato, peeled and chopped
- 100ml water
- 400ml chicken stock
- 3 black peppercorns
- 1 tbsp butter
- Salt and pepper

Method - Soup

Press the Brown function. Heat the oil and add the leeks, pumpkin, celery and potatoes and cook for 3-4 minutes. Add the water, black peppercorns and season. Press the Cancel button. Close the lid and press the Soup function. The default time is 25 minutes and press Start. Make sure the pressure limiting valve is set on Airtight.

Once done open the lid and pour the contents into a blender and process until smooth. You can return the soup to the Multi-Cooker and press the Keep Warm Function. Add the butter and allow it to melt and stir through the soup. You can substitute the Pumpkin with another vegetable like zucchini or Asparagus to make your favourite soup following the same process.



Duck Ragu

Ingredients (Serves 6-8) Method – Slow Cook

- 3tbsp olive oil
- 1^{1/2}kg boneless duck breast with skin off
- 1 red onion, finely chopped
- 2 garlic cloves, chopped
- 1tsp chilli flakes
- 1 carrot, diced
- 1 shallot
- 1 celery stalk, diced
- 2 tbsp tomato paste
- 1^{1/2}cups dry red wine
- 875ml tinned tomato
- 1tbsp sugar
- 30g dried porcini mushrooms
- 1tsp dried thyme
- 1^{1/2}tsp fennel seeds
- Salt and pepper

Open the lid and press the Brown button and then Start. Season the duck breasts and heat the olive oil. Add the duck breast skin side down and cook until well browned for 4-5 minutes per side. Remove and set aside. Sauté the onions, shallots and garlic for about 3 minutes and then add the chilli flakes and sauté for a further 30 seconds. Add the carrot, celery, tomato paste, stir and combine and continue to cook for a further 30 minutes. Add the red wine and deglaze the pot, stirring and scraping up the brown bits on the bottom of the pan with a wooden spoon. Stir in the tomatoes, sugar, porcini mushrooms, thyme and fennel seeds, season and bring to boil. Add a little water from rinsing the tinned tomatoes. Press the Cancel button once done. Next press the Slow Cook button, set 7^{1/2} hours on the timer and then Start. Add the duck breasts and cover with the sauce. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid. Transfer the duck breast to a cutting board and shred the meat into bite size pieces. Return the duck to the sauce. Press the Brown button and start. Cook for a further 10 minutes until the sauce is very thick. Serve with fresh egg pasta e.g. Pappardelle, fettuccine.

Method – Pressure Cook

Open the lid and press the Brown button and then Start. Season the duck breasts. Heat the olive oil. Add the duck breast skin side down and cook until well browned, 4-5 minutes per side. Remove and set aside. Sauté the onions, shallots and garlic for about 3 minutes. Add the chilli flakes and sauté for a further 30 seconds. Add the carrot, celery, tomato paste, stir and combine and continue to cook for a further 32 minutes. Add the red wine and deglaze the pot, stirring and scraping up the brown bits on the bottom of the pan with a wooden spoon. Stir in the tomatoes, sugar, porcini mushrooms, thyme and fennel seeds, season and bring to boil on the brown function. Add a little water from rinsing the tinned tomatoes. Chop the duck breasts into varied size pieces and add them to the sauce. Press the Cancel button when done.



Allspice Duck With Braised Bok Choy

Ingredients (Serves 6-8)

- 2tbsp Canola oil
- 2kg boneless duck breast with skin on
- 2 yellow onions, finely chopped
- 2 garlic cloves, chopped
- 3tsp fresh ginger, grated
- 1^{1/2} tbsp ground allspice
- 1 cinnamon stick, 7.5 cm
- 1 star anise, broken in pieces
- 375ml chicken stock
- 60g dark brown sugar
- 60ml soy sauce
- 1tbsp hoi sin sauce
- 6 baby bok choy, cut into quarters
- Salt and pepper

Preparation

Trim excess fat from the duck breasts.

Method - Slow Cook

Open the lid and press the Brown button and Start. Season the duck breasts and heat the canola oil. Add the duck breast, skin side down and cook until well browned for 4 to 5 minutes per side. Remove and set aside. Saute the onions, garlic, ginger, allspice, cinnamon and star anise until onion softens around 3 minutes. Add the stock and deglaze the pot, stirring and scraping up the brown bits on the bottom of the pan with a wooden spoon. Stir in the sugar, soy sauce, and hoi sin sauce and bring to the boil. Press the Cancel button once browning is completed. Next, press the Slow Cook button, set 4^{1/2} hours on the timer and Start. Add the duck breasts and cover with the sauce. Close the lid and ensure the pressure limiting valve is set on Exhaust. Once finished open the lid. Arrange the bok choy quarters around the duck breast, pushing them slightly into the cooking liquid. Press the Brown button and start. Cook with the lid open for a further 10 minutes until the sauce is very thick. Slice the duck breasts on a diagonal and arrange the slices on top of the bok choy. Pour on the remaining sauce.

Method – Pressure Cook

Follow the Slow Cook instructions but stop after bringing the hoi sin sauce to the boil. Add the duck breasts. Press the Cancel button once browning is completed and close the lid and lock. Press the High Pressure button, and then set the timer for 22 minutes and Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Arrange the bok choy quarters around the duck breast, pushing them slightly into the cooking liquid. Press the Brown button and start. Cook with the lid open for a further 10 minutes until the sauce is very thick. Slice the duck breasts on a diagonal and arrange the slices on top of the bok choy. Pour on the remaining sauce. Ready to serve.



Chicken with Shallots and Balsamic Vinegar

Ingredients (Serves 3)

- 500g shallots, peeled
- 500g Maryland chicken
- 2tbsp unsalted butter
- 2tbsp olive oil
- 30ml dry red wine
- 125ml chicken stock
- 30ml balsamic vinegar
- Salt and pepper

Preparation

Using a paring knife, cut a shallow X in the root end of each shallot.

Method – Slow Cook

Open the lid and press the Brown button and then Start. Season the chicken pieces and melt the butter and oil. Add the chicken in batches, cook until browned around 5 minutes then set aside. Add the shallots until lightly browned. Then add the wine, stock and vinegar and bring to the boil making sure to get the brown bits off the bottom of the pot using a wooden spoon. Press the Cancel button once done. Next press the Slow Cook button, set 5 hours on the timer and then Start. Add the chicken. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid. If there is still a lot of liquid press the Brown button and cook until the liquid thickens. Ready to serve.

Method – Pressure Cook

Open the lid and press the Brown button and then Start. Season the Chicken pieces. Melt the butter and oil. Add the chicken in batches, cook until browned or around 5 minutes and set aside. Add the shallots until lightly browned. Then add the wine, stock and vinegar and bring to the boil making sure to get the brown bits off the bottom of the pot using a wooden spoon. Add the chicken pieces. Press the Cancel button once done. Close the lid and lock. Press the High Pressure button, then set the Timer of 25 minutes, then Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.



Spanish Chicken Stew

Ingredients (Serves 4)

- 1tbsp olive oil
- 1tbsp unsalted butter
- 1kg or 4-6 chicken pieces with skin off
- 1 small white onion, finely chopped
- 1 garlic clove, chopped
- 1 red and yellow capsicum, seeded and chopped
- 400g tin tomatoes
- 400g tin chic peas
- 80g olives
- 1 cup of chicken stock

Method – Slow Cook

Open the lid and press the Brown button and then Start. Season the chicken pieces. Heat the butter and olive oil. Add the chicken pieces and cook until well browned all over, which should be around 10 minutes. Remove and set aside. Sauté the capsicums, onions, until soft, this should take around 3 minutes. Add the garlic and cook for 1 minute. Stir in the tomatoes and paprika and cook for a further 2 minutes. Add the chicken pieces and season. Press the Cancel button once done. Next, press the Slow Cook button, set 5^{1/2} hours on the timer and then press Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid. Add the chickpeas, olives, cover and cook for a further 20 minutes using the Brown Function until the sauce is very thick. Once done, top with the toasted almond flakes.

Method – Pressure Cook

Open the lid and press the Brown button and then Start. Season the chicken pieces and heat the butter and olive oil. Add the chicken pieces and cook for around 10 minutes until well browned all over. Remove and set aside. Sauté the capsicum, onions, until soft or for around 3 minutes. Add the garlic and cook for 1 minute. Stir in the tomatoes and Paprika and cook for a further 2 minutes. Add the chicken pieces, chickpeas and olives. Season and stir through. Press the Cancel button once done. Close the lid and lock. Press the High Pressure button, then set the timer of 28 minutes, then Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Once done, top with the toasted almond flakes.



Chicken with Lemon and Olives



Ingredients (serves 4)

- 1 tbs olive oil
- 4 (about 800g) chicken marylands
- 2 Spanish onions, cut into thick wedges
- 2 garlic cloves, thinly sliced
- 1 lemon, cut into wedges
- 1 cup (175g) kalamata olives
- 1 cup (250ml) dry white wine
- 2 cups (500ml) chicken stock
- 2 tbs fresh oregano leaves

Method - Slow Cook

1. Press the brown function on the multi cooker and heat the oil. Add the chicken and cook, turning occasionally, for 5 minutes or until golden brown. Transfer to a bowl. Add the onion and garlic to the cooker and cook, stirring occasionally, for 2-3 minutes or until lightly golden. Add the lemon and cook for 1-2 minutes.
2. Press the cancel button, then return the chicken to the cooker with the olives, wine, chicken stock and oregano. Close the lid of the cooker then press your slow cooking button set for 2 hours.

Serve with mashed potato and steamed green beans, if desired.



Chicken with Saffron Rice



Ingredients (serves 4)

- 3 shallots
- 1 1/2 tbs lime juice
- 1 tbs fish sauce
- 1 tbs oyster sauce
- 1 tsp sesame oil
- 1 tbs grated ginger
- 2 small chicken breasts trimmed
or one large sliced in half
- 1 tbs toasted sesame seeds
- Basmati rice
- Pinch of Saffron

Method - Steam

1. Finely chop 1 shallot and then slice the remaining shallots thinly on the diagonal. In a small bowl combine the lime juice, fish sauce, oyster sauce, sesame oil, grated ginger and the chopped shallot.
2. Pour over the chicken and marinate for 30 minutes. Place chicken and marinade into parcels using foil and baking paper.
3. Using your multi cooker measuring cup, put 2 cups of basmati rice well rinsed into your cooker, add a pinch of saffron and hot water to cover the rice up to above the level 2 mark inside the bowl
4. Pop your rack into the cooker and place the chicken parcels in the steamer basket. Close the lid, press steam and 10 minutes and press start. Make sure your valve is on exhaust.
5. Slice the chicken on the diagonal and pour over the cooking juices. Top with sliced shallots and toasted sesame seeds.

Serve with steamed rice on a banana leaf if desired.



Chicken cacciatore

Ingredients (Serves 4)

- 8 chicken varied pieces
- 3 tbsp olive oil
- 1tbsp fresh lemon juice
- 2 garlic cloves, chopped
- 1tbsp thyme, chopped
- 2tbsp unsalted butter
- 1 white onion, sliced thinly
- 250g button mushrooms, quartered
- 875ml canned roma tomatoes
- 3tsp mini capers, rinsed
- 1tsp anchovy paste or chop 2-3 anchovies
- 60ml chicken stock
- Salt and pepper

Preparation

Combine and season the chicken pieces with the salt, pepper, olive oil, lemon juice, garlic and thyme. Cover and place in the refrigerator for at least 1 hour or even overnight.

Method – Slow Cook

Open the lid and press the Brown button and then Start. Melt the butter and oil. Add the chicken in batches, cook until browned 5 minutes then set aside. Sauté the onions in oil until softened. Add the anchovies until they dissipate. Add the mushrooms, capers, tomatoes and stock. Bring to boil and mix thoroughly and make sure you scrape the bottom of the pot with a wooden spoon. Add the chicken pieces and press the Cancel button once done. Next, press the Slow Cook button, set the timer to 6 hours and then Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid and remove the chicken pieces. Set aside and cover. Press the Brown Function and cook off the remaining sauce uncovered until thickened. Plate up the chicken and spoon on the thickened sauce.

Method – Pressure Cook

Open the lid and press the Brown button and then Start. Melt the butter and oil. Add the chicken in batches, cook until browned 5 minutes then set aside. Sauté the onions in oil until softened. Add the anchovies until they dissipate. Add the mushrooms, capers, tomatoes and stock. Bring to boil. Mix thoroughly and make sure you scrape the bottom of the pot with a wooden spoon. Add the chicken pieces. Close the lid and lock. Press the High Pressure button, then set the timer to 30 minutes, then Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid.



Chilli Verde

Ingredients (Serves 6)

- 2tbsp olive oil
- 1kg boneless pork shoulder, cut into -cubes
- 1 small white onion, finely chopped
- 2 garlic cloves, chopped
- 1tsp ground cumin
- 1tbsp dried oregano
- 1 large jalapeno chili
- 400g cans of diced, roasted mild chillies

Method – Slow Cook

Open the lid and press the Brown button and then Start. Season the pork pieces. Heat the canola oil. Add the pork pieces and cook for 2 minutes. Add the mild green chillies, tomatillos, onion, garlic, jalapeno, stock, tomatoes, oregano and cumin and stir briefly to combine. Cook for a further 4 minutes. Press cancel when finished browning. Next press the Slow Cook button, set 4 hours on the timer and then Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Garnish and serve with corn Tortillas.

Method – Pressure Cook

Open the lid and press the Brown button and then Start. Season the pork pieces. Heat the canola oil. Add the pork pieces and cook for 2 minutes. Add the mild green chillies, tomatillos, onion, garlic, jalapeno, stock, tomatoes, oregano and cumin and stir briefly to combine. Cook for a further 4 minutes. Press the cancel when finished browning. Close the lid and lock. Press the High Pressure button, and then set the timer to 20 minutes and press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Garnish and serve with corn Tortillas.



Roasted Pork With Apricots

Ingredients (Serves 4-6)

- 1/4 cup plain flour
- 1 1/4 kg boneless pork loin roast
- 2tbsp olive oil
- 1 garlic clove, chopped
- 1 white onion, sliced thinly
- 250ml chicken stock
- 450g dried apricots
- 125ml fresh orange juice
- 2tsp fresh chopped thyme
- 2tbsp dijon mustard
- Salt and pepper

Preparation

Season and flour the pork loin and shake off any excess flour.

Method – Slow Cook

Open the lid and press the Brown button and then Start. Heat the oil add the pork loin until browned and sealed for 5 minutes then set aside. Sauté the onions until softened- 2-3 minutes. Add the garlic and sauté for 1 minute. Pour in the stock and mix thoroughly and make sure you scrape the bottom of the pot. (Do not use any metal utensils). Add the pork loin, apricots, orange juice and thyme. Press the Cancel button when browning is complete. Next press the Slow cook button, set 5-6 hours on the timer and then press Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid and remove the pork and cover with foil and set aside. Remove the apricots and set aside. Press the Brown function. Bring the remaining sauce to the boil uncovered until thickened. Stir in the mustard and add the apricots. Slice the pork loin across the loin and arrange. Serve with the sauce.

Method – Pressure Cook

Open the lid and press the Brown button and then Start. Heat the oil add the pork loin until browned and sealed for 5 minutes then set aside. Sauté the onions until softened- 2-3 minutes. Add the garlic and sauté or 1 minute. Pour in the stock and mix thoroughly and make sure you scrape the bottom of the pot. (Do not use any metal utensils). Add the pork loin, apricots, orange juice and thyme. Close the lid and lock. Press the High Pressure button, and then set the timer to 20 minutes and press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Remove the pork and cover with foil and set aside. Remove the apricots and set aside. Press the Brown function. Bring the remaining sauce to the boil uncovered until thickened. Stir in the mustard and add the apricots. Slice the pork loin across the loin and arrange. Serve with the sauce.



Ossobuco

Ingredients (Serves 4)

- 4 veal shanks (approx. 1 1/2kg)
- 1tbsp olive oil
- 60g prosciutto
- 125ml dry white wine
- 250ml chicken stock
- 2 sprigs of fresh thyme
- 1 large carrot, diced
- 1 onion
- 2 garlic cloves
- 1 celery, diced
- 375g canned roma tomato
- 2tsp dried oregano
- Salt and pepper

Method – Slow Cook

Open the lid and press the Brown button and then press Start. Season the shank pieces. Heat the oil and add the veal in batches, cook until browned or around 5 minutes then remove and set aside. Add the onion and garlic and sauté for 2-3 minutes. Then add the carrots, celery and prosciutto and cook for a further 5 minutes. Add the wine and stir, making sure to get the brown bits off the bottom of the pot. (Do not use any metal utensils when cooking). Add the canned tomato and heat for another 5 minutes. Add the shank pieces, stock, thyme and oregano and stir gently. Bring to boil and press the Slow Cook button, set 6 hours on the timer and then Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid. Let the food sit in the cooking pot for another 15 minutes to cool. Ready to serve.

Method – Pressure Cook

Open the lid and press the Brown button and then press Start. Season the shank pieces. Heat the oil and add the veal in batches, cook until browned 5 minutes then remove and set aside. Add the onion and garlic and sauté for 2-3 minutes. Add the carrots, celery and prosciutto and cook for a further 5 minutes. Add the wine and stir making sure to get the brown bits off the bottom of the pot. (Do not use any metal utensils when cooking). Add the canned tomato and heat for another 5 minutes. Add the shank pieces, stock, thyme and oregano and stir gently. Bring to boil. Close the lid and lock. Press the High Pressure button, then set the Timer of 30 minutes, and press Start. Make sure that the pressure limiting valve is set to Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.



Springtime Veal Stew

Ingredients (Serves 8-12) Method – Slow Cook

- 3kg boneless veal shoulder, cut into cubes
- 2tbsp unsalted butter
- 1tbsp olive oil
- 6 shallots, minced
- 60g prosciutto
- 125ml dry white wine
- 250ml chicken broth/stock
- 3 sprigs fresh thyme
- 2 large carrots, diced
- 1 bunch asparagus, cut into 2^{1/2} cm pieces
- 185g frozen baby peas
- 250ml thickened cream
- Salt and pepper

Open the lid and press the Brown button and then press Start. Season the veal pieces. Melt the butter and oil and add the veal in batches, cook until browned then set aside. Add the shallots and prosciutto and sauté for 2 minutes. Then add the wine and bring to the boil making sure to get the brown bits off the bottom of the pot using a wooden spoon. Add the veal pieces, stock, thyme springs and stir gently and bring to boil. Press the Cancel button once done. Next, press the Slow Cook button, set 5^{1/2} hours on the timer and then press Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid and add the carrots and cook for a further 20 minutes. Then add the peas and asparagus and cook for a further 10 minutes. Finally add the cream and cook for a further 5 minutes. Ready to serve.

Method – Pressure Cook

Open the lid and press the Brown button and then press Start. Season the veal pieces. Melt the butter and oil. Add the veal in batches, cook until browned 5 minutes then set aside. Add the shallots and prosciutto and sauté for 2 minutes. Then add the wine and bring to the boil making sure to get the brown bits off the bottom of the pot using a wooden spoon. Add the veal pieces, stock, thyme sprigs, peas, asparagus and cream and stir gently and bring to boil. Press the Cancel button once done. Close the lid and lock. Press the High Pressure button, then set the Timer to 25 minutes, and press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.



Thai Red Curry Beef

Ingredients (Serves 6-8)

- * 1¹/₄kg lean stewing beef
- * 3tbsp oil
- * 1 white onion, chopped
- * 4 garlic cloves, crushed
- * 60g thai red curry paste
- * 420ml coconut milk
- * 2tbsp fish sauce
- * 2tbsp fresh lime juice
- * 2tbsp dark brown sugar
- * 250ml sliced bamboo shoots
- * 3tbsp chopped fresh mint
- * 60g Toasted flaked almonds

Method – Slow Cook

Open the lid and press the Brown button and then press Start. Season the beef pieces and heat the oil. Add the beef pieces in batches, cook until browned or around 5 minutes then set aside. Add the onion and garlic and sauté for 2-3 minutes. Then add the curry paste and stir until fragrant and the onion and garlic are coated, about 30 seconds. Add the coconut milk and stir, making sure to get the brown bits off the bottom of the pot using a wooden spoon. Add the fish sauce, lime juice and brown sugar and heat for another 5 minutes before adding the beef. After the beef has been added, press the Slow Cook button, set 6 hours on the timer and then press Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid and add the bamboo shoots and stir through and allow to sit for 10 minutes. Ready to serve with toasted flaked almonds and chopped fresh mint.

Method – Pressure Cook

Open the lid and press the Brown button and then press Start. Season the beef pieces and heat the oil. Add the beef pieces in batches, cook until browned or around 5 minutes then set aside. Add the onion and garlic and sauté for 2-3 minutes. Then add the curry paste and stir until fragrant and the onion and garlic are coated, about 30 seconds. Add the coconut milk and stir, making sure to get the brown bits off the bottom of the pot using a wooden spoon. Add the fish sauce, lime juice and brown sugar and heat for another 5 minutes before adding the beef. Close the lid and lock. Press the High Pressure button, and then set the timer to 30 minutes, then press Start. Make sure that the pressure limiting valve is set to Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Add the bamboo shoots and stir through. Ready to serve with toasted flaked almonds and chopped fresh mint.



Hungarian Beef Goulash

Ingredients (Serves 4-6)

- 1¹/₄kg lean stewing beef or chuck
- 125g bacon
- 1tbsp oil
- 2 white onions, chopped
- 2 garlic cloves, crushed
- 1tbsp paprika
- 1tsp caraway seeds
- 5 sprigs fresh oregano
- 1tbsp tomato paste
- 250ml dry white wine
- 250ml chicken stock
- 1 red capsicum, seeded and chopped
- 1kg potatoes, quartered
- 125g sour cream
- Salt and pepper

Method – Slow Cook

Open the lid and press the Brown button and then press Start. Cook the bacon remove and set aside. Season the beef pieces and heat the oil. Add the beef pieces in batches, cook until browned for around 5 minutes then remove and set aside. Add the onion and garlic and sauté for 2-3 minutes. Then add paprika, caraway seeds, oregano, tomato paste, wine and stock and bring to boil before adding the beef. After the beef has been added, press the Slow Cook button and set the timer for 6 hours and then press Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid and add the chopped bacon, capsicum and potatoes and stir through. Cook on slow cook for a further 1¹/₂ hour. Ready to serve with sour cream.

Method – Pressure Cook

Open the lid and press the Brown button and then press Start. Follow the slow cook instructions until you have added beef. Cook the bacon remove and set aside. Season the beef pieces and heat the oil. Add the beef pieces in batches, cook until browned, or around 5 minutes then remove set aside. Add the onion and garlic and sauté for 2-3 minutes. Then add paprika, caraway seeds, oregano, tomato paste, wine and stock and bring to boil. Add the beef, chopped bacon, capsicum and potatoes and stir through. Close the lid and lock. Press the High Press button, then set the timer to 30 minutes, then press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve.



Bolognese Sauce

Ingredients (Serves 6-8)

- 2tbsp olive oil
- 250g minced beef
- 250g minced veal
- 250g minced pork
- 1 white onion, finely chopped
- 1 garlic clove, chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 300g tomato paste
- 750ml passata
- 300ml water
- 1 cup dry red wine
- 2-3 bay leaves
- 1tsp mixed Italian herbs
- Salt and pepper

Method – Slow Cook

Open the lid and press the Brown button and then press Start. Sauté the onions, celery and carrots in oil until soft, which should take around 5-6 minutes. Add the garlic and cook for a further 2 minutes. Add the three types of mince and cook until all dark in colour, or around 10-12 minutes. Add the red wine and stir through until evaporated about 5 minutes. Stir in the tomato paste, add the passata, water, bay leaves, herbs and stir once again. Bring to the boil. Press the Cancel button once done. Make sure you do not use any metal utensils when cooking. Next press the Slow Cook button, set 6 hours on the timer and then press Start. Close the lid and make sure that the pressure limiting valve is set on Exhaust. Once finished open the lid. Serve with fresh egg pasta e.g. Pappardelle or Fettuccine.

Method – Pressure Cook

Open the lid and press the Brown button and then press Start. Sauté the onions, celery and carrots in oil until soft, which should take around 5-6 minutes. Add the garlic and cook for a further 2 minutes. Add all the mince and cook until dark in colour or around 10-12 minutes. Add the red wine and stir through until evaporated, or about 5 minutes. Stir in the tomato paste, add the passata, water, bay leaves, herbs and stir once again. Bring to the boil. Press the Cancel button once done. Close the lid and lock. Press the High Pressure button, and then set the Timer of 25 minutes, then press Start. Make sure that the pressure limiting valve is set on Airtight. To open the lid, turn the pressure limiting valve to Exhaust. Wait until the pressure has reduced and the safety release function allows you to open the lid. Ready to serve..



Lamb Curry



Ingredients (serves 4)

- 1/4 cup plain flour
- 800g diced lamb shoulder
- 2 tablespoons olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, crushed
- 4cm piece fresh ginger, peeled, grated
- 1 long red chilli, finely chopped
- 1/4 cup Indian madras curry paste
- 270ml light coconut milk
- 1 teaspoon stock powder
- 1 cinnamon stick
- 1 dried bay leaf

Method - Slow Cook

1. Place flour and lamb in a snap-lock bag. Season with salt and pepper. Seal. Shake to coat. Press brown on your multi cooker and heat oil. Cook lamb, in batches, for 3 to 4 minutes or until browned and remove.
2. Add onion, garlic and ginger to the multi cooker and cook, stirring, for 4 to 5 minutes or until tender. Add chilli and curry paste. Cook, stirring, for 1 minute or until fragrant. Add coconut milk, stock powder and 3/4 cup cold water. Add cinnamon stick and bay leaf. Return lamb and any juices stir to combine.
3. Press cancel, close the lid then press the slow cook button, press 4 hours and start. Make sure your valve is on exhaust. Once done remove and discard cinnamon stick and bay leaf.

Serve with rice, yoghurt, naan and coriander.



AFTER SALES SERVICE

This appliance is built to the very highest of standards. There are no user-serviceable parts. Follow these steps if the unit fails to operate –

1. Check instructions have been followed correctly
2. Check fuse has not blown
3. Check the mains supply is functional

If the appliance will not operate, please call Customer Service on 0800 728 237.

If the appliance is outside the warranty period please return to the Customer Service Department, following the steps below :

1. Pack it carefully (preferably in the original carton) and ensure the unit is clean
2. Enclose your name and address on all correspondence
3. Give the reason why you are returning it
4. Send it to our Customer Service Department at the address below:

Customer Service Department

Wild Appetite Ltd

PO Box 302 294
North Harbour
Auckland 0751
NEW ZEALAND
Ph: + 64 9 448 2313



NEWWAVE

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