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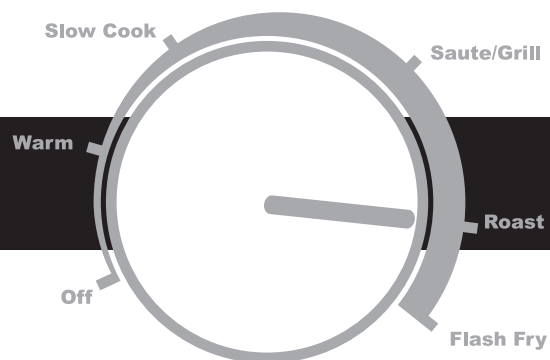
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30 easy recipes for your

WonderCooker™



The enclosed WonderCooker™ recipes, originally formulated for the US market,
have been extensively tested and received with critical acclaim.

All weights, measures and, where unavailable, ingredients have been modified for the UK market.

WonderCooker™

Congratulations on your purchase of the amazing WonderCooker™.

It's the ultimate kitchen helper with 6-products-in-one allowing you to slow cook, steam, sauté, grill, roast and flash fry.

An entire universe of food preparation is now available at your fingertips with so many different ways to create fabulous meals. Breakfast, lunch and dinner, even appetizers, soups & stews – the only limit is your imagination.

We have provided these 30 delicious, simple recipes to help get you started.

Keep an eye out for our new web site at www.wondercooker.co.uk for even more tasty recipes coming in the near future along with up-to-date information about WonderCooker™, related items and accessories as well as all the other amazing products in our range.

Enjoy your meals!

IMPORTANT INFORMATION

Carefully read all of the safety instructions and guidelines in your product user manual prior to operating this appliance.

Note: Your WonderCooker™ 6-in One Cooker is equipped with a red LED thermostatic indicator light below the temperature setting dial. When the desired temperature is achieved at any setting, the LED light will switch off. Wait until the light turns off to indicate that your WonderCooker™ has achieved the proper temperature setting before you start cooking. You may notice that the indicator light switches on and off as the thermostat maintains the heating cycle. This is normal.

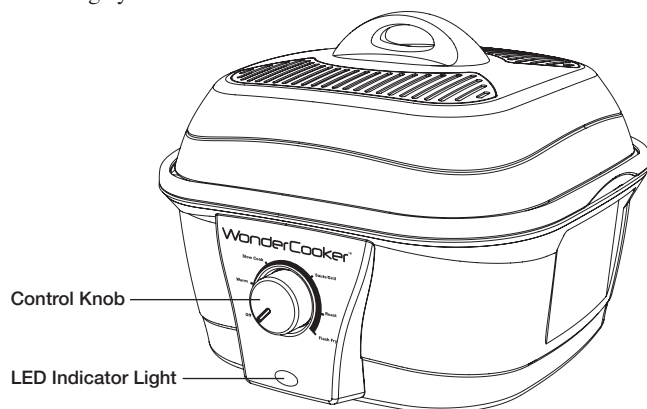


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FONDUE

Chili Con Queso

You can use spicy or mild products for this easy appetizer. Take your pick!

INGREDIENTS:

1kg (2 1/2 lb) of Mild Cheese Slices or “Monterey Jack” Cheese
250g (8 oz) canned Chunky Salsa
125g (4 oz) canned Chopped Green Chilis, drained
1/4 teaspoon of Pepper
1 pack of 24 small Flour or Corn Tortillas

PREPARATION:

Combine all the ingredients in your WonderCooker™ 6-in One Cooker. Cut tortillas into 6 triangles and place on the stackable steam rack. Place the rack on the WonderCooker™ above the cheese mixture. Cover and cook on the **Slow Cook** setting for 20–25 minutes or until the cheese is melted and all ingredients are blended. Stir twice during cooking. Set to **Warm** and serve hot right from your WonderCooker™. 8–10 servings.

Chocolate Supreme Fondue

INGREDIENTS:

500g (2 packs) of Milk Chocolate Chips or Cooking Chocolate (Milk)
250g (1 pack) of Semi-Sweet Chocolate Chips or Cooking Chocolate (Plain)
700ml (2 cans) of Evaporated Milk
Optional: 250g (12 oz) of White Corn Syrup or Golden Syrup

PREPARATION:

Combine chocolate and evaporated milk in your WonderCooker™ 6-in One Cooker. Set to the **Slow Cook** setting, stirring occasionally until chocolate is melted and mixture is smooth, then set to **Warm**.

Try dipping strawberries, pretzels, nuts, marshmallows, or fruit! Have with a side of whipped cream, yum! Serves 10. To increase volume or to serve more, add the optional white corn/Golden syrup.

SLOW COOK

WonderCooker™ Turkey

INGREDIENTS:

1 Large Turkey Breast
750ml (3 cups) of Turkey Broth or mixed Turkey Stock
450g (1 lb) of Cranberry Sauce
1 packet of Dry Onion Soup or Sauce Mix

PREPARATION:

Remove turkey skin and place in your WonderCooker™ 6-in One Cooker set to **Roast** and sear both sides until browned. Then add all the ingredients into the WonderCooker™ and cover. **Slow Cook** for 4–5 hours until turkey is thoroughly cooked.

Slice tender turkey breast and serve with sauce. 6 servings.

Chili Dip

Great party favorite!

INGREDIENTS:

1kg of chili mix (no beans)
2 portions (triangles) of Soft Cream Cheese
450g (1 lb) of Grated Cheddar Cheese
2 tablespoons of Tabasco® Sauce

PREPARATION:

Place all the ingredients into your WonderCooker™ 6-in One Cooker set to **Slow Cook** and give it a stir.

Once heated thoroughly, reduce to **Warm** and break out the chips.

SLOW COOK

Oatmeal

Throw these ingredients into your WonderCooker™ before you go to bed and wake up to a hot, ready-made breakfast waiting for you.

INGREDIENTS:

350g (12 oz) of Steel-Cut (Pinhead) Oatmeal
100g (3.5 oz) of Dried Cranberries
160g (5.5 oz) of Chopped Dates
1.25L of Water or Milk
125ml of Single Cream

PREPARATION:

Place all ingredients into the WonderCooker™ 6-in One Cooker, stir well, cover and **Slow Cook** for 7–8 hours.

Wonder Chili

INGREDIENTS:

1kg (2 lb) of Minced Beef
2 Onions, chopped
375ml of Tomato Juice
800g canned Chopped Tomatoes with Green Chilis, un-drained
1 tablespoon of Chili Powder
1 teaspoon of Ground Cumin Powder
750g canned Red Kidney Beans, rinsed and drained

PREPARATION:

Brown ground beef in your WonderCooker™ 6-in One Cooker set to **Roast**. Then add the remaining ingredients. Cover and cook on **Warm** for 6–7 hours until beans are tender. 6–8 servings.

SLOW COOK

Slow Cooked Baby Back Ribs

Take 5 minutes to prepare this meal in the morning and have dinner waiting for you when you come home in the evening.

INGREDIENTS:

2, 1.5kg (3 lb) Racks of Baby-Back Ribs
1L (38 oz) of BBQ Sauce
750ml of Red Wine

PREPARATION:

Pour the BBQ sauce and the red wine into the WonderCooker™ 6-in One Cooker. Blend thoroughly. Smother ribs in the BBQ sauce and set your WonderCooker™ to **Slow Cook**. Cover and cook for 7–8 hours.

SLOW COOK (STEAM)

Balsamic Artichokes and Asparagus

INGREDIENTS:

2 bunches of Asparagus (trim 2 inches from the bottom)
450g (1 lb) Fresh or Frozen Peppers and Onions
400g of canned Artichoke Hearts in Water
Balsamic Vinegar

PREPARATION:

Steam the asparagus on the WonderCooker™ stackable steam rack for 5–10 minutes (adjust cooking time dependent on the thickness of the asparagus stems).

Drain quartered artichoke hearts and toss with peppers and onions in medium bowl. Drizzle with balsamic vinegar to taste.

Place asparagus in bowl with mixture. Serve cool with more drizzled balsamic vinegar.

Steamed Fish and Rice

INGREDIENTS:

750g (1 1/2 lb) of Frozen Salmon or Speckled (Spotted) Sea Trout
300g of Rice
250ml (1 cup) of Chicken Broth or Mixed Chicken Stock
350ml of Water
225g (8 oz) of Frozen Peas
50g of Slivered Almonds

PREPARATION:

Pour the chicken broth and the water into your WonderCooker™ 6-in One Cooker, set to **Slow Cook** and add the rice, peas and almonds.

Place the frozen fish on the stackable steam rack adding a pat of butter onto each fillet. Cover and cook for 20–22 minutes. Serve hot.

SLOW COOK (STEAM)

Steamed Spring Rolls

INGREDIENTS:

2 teaspoons of Toasted Sesame Oil
250g (8 oz) of Tempeh (Tofu), cut into strips
1/2 Chinese Cabbage, shredded
1 Red Bell Pepper, chopped
Juice of 1 Lemon
8 Spring/Egg Roll Wraps

PREPARATION:

Heat the sesame oil in your WonderCooker™ 6-in One Cooker preset to **Sauté**. Cook the tempeh (tofu) in the oil turning until golden brown on all sides. Drain and set aside.

Combine green onions, cabbage, and bell pepper with lemon juice in a medium bowl.

Place one egg roll wrapper on a work surface diagonally (at 45 degrees). Fill with approx. 3 tablespoons of the vegetables, and add a strip of tempeh (tofu) close to the middle of the wrapper. Fold over the corner nearest to you, then fold in the two side corners. Gently roll toward the remaining corner. Moisten the edges with water to seal the roll.

Repeat for all wraps and place all the filled rolls on the WonderCooker™ stackable steam rack and set the temperature to **Roast** to keep water boiling for 10 minutes.

SLOW COOK (STEAM)

Red Pepper Bean Medley

Great tossed and served with your choice of Soy Sauce, Tamari Sauce, French Dressing or spicy Italian Vinaigrette Dressing.

INGREDIENTS:

500g (1 lb) of Fresh Green Beans, trimmed
2 large Sweet Red Peppers, cut into thin strips
2 Green Onions, sliced
300g of Brown Rice
1L of Filtered Water
2 tablespoons of Lemon Juice
2 tablespoons of Olive Oil
Salt and Pepper to taste

PREPARATION:

Throw all ingredients into your WonderCooker™ 6-in One Cooker and set the temperature to **Slow Cook** and simply walk away for 20–22 minutes.

Return to a delicious bean medley.

SAUTÉ

Chicken Veggie Stir Fry

INGREDIENTS:

2 tablespoons of Vegetable or Walnut Oil
450g (1 lb) of boneless, skinless Chicken Breasts or Thighs
500g of assorted Chopped Vegetables (Green Beans, Asparagus, Mushrooms, Zucchini)
1 Clove of Garlic, finely chopped
150ml of Stir Fry Sauce

PREPARATION:

Cut the chicken into 25mm (one inch) cubes. Prepare vegetables. Heat the oil in your WonderCooker™ 6-in One Cooker. Add the chicken and stir fry thoroughly until the meat is golden brown on **Sauté** setting for approx. 7–10 minutes.

Add the garlic and vegetables and stir fry for an additional 5–7 minutes until crisp and tender. 4 servings.

Shrimp Sauté

INGREDIENTS:

225g of Butter
2 large Cloves of Garlic, finely chopped
750g–1.25kg of Raw Jumbo Shrimps, shelled and de-veined
2 tablespoons of Dry Sherry or White Wine
250ml Double Cream
Salt and Pepper to taste

PREPARATION:

Heat the butter and cook the garlic until soft in your WonderCooker™ 6-in One Cooker set to the **Sauté** setting. Add the shrimps and cook until they turn pink. Add the sherry or wine and simmer for another minute. Add the cream and salt and pepper to taste.

Great with rice or try steaming some veggies on the stackable steam rack while the shrimp is cooking.

SAUTÉ

Spinach Eggs

INGREDIENTS:

350g (12 oz) of Baby Spinach Leaves
2 tablespoons of Olive Oil
50g of Onion, finely chopped
3–4 tablespoons of Cream
5 Eggs, beaten
Salt and Pepper to taste

PREPARATION:

Coarsely chop the baby spinach leaves. Heat the oil in your WonderCooker™ 6-in One Cooker and **Sauté** the onion until tender. Add the chopped spinach and cook, stirring occasionally, until the spinach is tender, about 5–7 minutes. Add the cream gradually while the spinach is cooking as needed to keep the mixture moist.

Add the eggs to the mix in your WonderCooker™ and cook for about 4-5 minutes longer stirring continuously so that the eggs scramble with the spinach. Season with salt and pepper to taste. 3 servings.

SAUTÉ

Tofu Stir Fry

INGREDIENTS:

1 pack of Pressed Tofu or Extra Firm Tofu
500g of Mixed Vegetables (Carrots, Broccoli, Garlic, Onions, Mushrooms, etc.)
25–35g of Roasted Unsalted Peanuts or Cashew Nuts
1 tablespoon of Vegetable Oil
2 tablespoons of Soy Sauce

PREPARATION:

Cut the tofu into cubes and add to the heated oil in your WonderCooker™ 6-in One Cooker set to **Sauté** until it reaches a golden color. Add and sauté the mixed vegetables until heated through.

Drizzle with the soy sauce or alternatively a few sprays of Bragg's Aminos™ which tastes great! Then simply toss in the nuts and you're ready to serve. 4 helpings.

GRILL

French Fries

INGREDIENTS:

5 large Floury Potatoes (King Edward, Maris Piper, Romano, Desirée etc.)
Salt & Pepper
Olive Oil

PREPARATION:

Peel the potatoes and cut them into approximately 6mm (1/4 inch) strips.

Apply a fine coating of oil to the non-stick heating pan of your WonderCooker™ 6-in One Cooker. Add the sliced potatoes and cook on the **Grill** setting until golden brown.

Grilled Summer Steak and Veggies

INGREDIENTS:

50–60g of Honey Dijon Mustard
1 teaspoon of Chopped Fresh Oregano
1 teaspoon of Chopped Fresh Thyme
1 teaspoon of Pepper
2 Cloves of Garlic, finely chopped
4 Boneless Top Sirloin Steaks

PREPARATION:

Sear the steaks in your WonderCooker™ 6-in One Cooker set to the **Roast** setting until browned. Move the steaks onto the stackable steam rack and place all other ingredients into the WonderCooker™ non-stick heating pan. Cover and cook for 10–12 minutes, allow more time for thick to medium steaks. Turn steaks once during rack grilling. 4 servings.

GRILL

Chicken over Pasta Marinara

INGREDIENTS:

Chicken
225g (8 oz) pasta
700ml of Marinara Sauce
225ml Water
Mixed Vegetables

PREPARATION:

Set your WonderCooker™ 6-in One Cooker to the **Grill** setting. Pre-heat the chicken until brown all over. Pour the marinara sauce and water into the non-stick heating pan and add the pasta. Bring to a simmer with the WonderCooker™ set to **Sauté**.

Place the vegetables onto the stackable steam rack above the pasta, cover and cook for 15 minutes. Then place buttered garlic bread on steam rack next to – or on top of – the vegetables. Cover and cook for a further 4–5 minutes. Serve hot. Yummy!

Beef Fajitas

INGREDIENTS:

650g (1 1/2 lb) Beef Strips
450g (1 lb) Frozen Fajita Veggies
Seasoning
6 Flour Tortillas

PREPARATION:

Place beef strips in your WonderCooker™ 6-in One Cooker set to **Grill** and continuously turn until evenly browned – no need for oil with the amazing WonderCooker™ non-stick surface.

Add veggies after 4–5 minutes and stir continuously until warmed and sautéed. Fan the tortillas out on the stackable steam rack and steam for an additional 3 minutes. Place the beef strips and veggies into the folded tortillas and serve with sour cream, salsa and guacamole sides. 6 servings.

GRILL

Pork Chops

INGREDIENTS:

4 Frozen Pork Chops
Italian Seasoning
250g (8 oz) of Frozen Potatoes, quartered
250g (8 oz) bag of Frozen Vegetable Mix (Sweetcorn, Red and Green peppers etc.)
200ml of White Wine or Filtered Water
1 tablespoon of Butter

PREPARATION:

Set your WonderCooker™ 6-in One Cooker to **Grill**. Add the seasoned pork chops and sear until evenly brown turning frequently. Remove the meat and place the vegetables and potatoes into the WonderCooker™ along with the wine and butter. Place the browned pork chops onto the stackable steam rack above. Cover and **Grill** for 18–20 minutes or until done (the meat near the bone will appear pale pink).

Check occasionally during cooking. Add small amounts of water or wine to keep the mixture moist. Season to taste during cooking.

GRILL

Grilled Sandwiches (Grilled Rueben's and Grilled Cheese)

INGREDIENTS:

Kaiser Rolls, Whole Grain or Rye Wheat Bread Slices
Fresh Sliced Corned Beef Sandwich Meat
Sauerkraut, drained
Swiss Cheese or Aged Cheddar Cheese
Mayo, Horseradish Spread, or Thousand Island Dressing
Butter

PREPARATION:

Turn the WonderCooker™ to the **Grill** setting, place lightly buttered bread or split Kaiser rolls onto the cooking surface to toast.

Set aside and pile your chosen ingredients to make your personal “Dagwood” sandwich. Example: Toasted Kaiser roll with mayo and horseradish, layered corned beef sauerkraut, topped with Swiss cheese.

Grill in your WonderCooker™ 6-in One Cooker for 2 minutes, or until cheese melts.

For the kids, prepare the same way with just the cheese and the bread rolls. **Grill** until cheese melts. Traditional can be yummy!

ROAST

Pesto Pasta

INGREDIENTS:

150–200g of Penne Pasta
450g (16 oz) of Frozen Vegetable Mix (Bell Peppers and Onions)
150–200g (10 oz) of Basil Pesto

PREPARATION:

Cook the pasta in boiling salted water in your WonderCooker™ 6-in One Cooker on the **Roast** setting to desired tenderness. Drain. Set pasta aside and stir fry bell peppers and onions on the **Roast** setting with 1 tablespoon of water until heated through and crispy tender. Stir in the cooked, drained pasta and pesto and cook on the **Sauté** setting, stirring until thoroughly heated, 2–3 minutes. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

Pot Roast

INGREDIENTS:

1.4kg (3 lb) of Boneless Beef Roast
1 pack of Onion & Mushroom Soup Mix, diluted in 350ml of Water
1 can of Whole Tomatoes, un-drained
2 large Carrots; peeled and cut into wedges
3 large Potatoes; peeled and cut

PREPARATION:

Roast the meat on all sides in your WonderCooker™ till browned. Add the prepared soup and water mixture and the tomatoes. Bring to the boil, reduce heat to **Sauté**, cover and simmer for 1 1/2 hours, turning meat over at least once. Add the vegetables. Simmer for a further 40 minutes or until meat and vegetables are tender when pierced. Slice meat across the grain. Serve with vegetables.

ROAST

BBQ Rib Roast

INGREDIENTS:

1.5–2kg (3-5 lb) of Cross Rib Roast
1 bottle of BBQ Sauce
1 pack of Dry Onion Soup or Sauce Mix
1 medium sized Onion, chopped
375ml of Filtered Water
2 Whole Potatoes

PREPARATION:

Cut the cross rib roast into large chunks, trimming off any excess fat. Add the dry onion soup mix into your WonderCooker™ 6-in One Cooker. Add the chopped onion. Pour in a full bottle of BBQ sauce of your choice. Stir ingredients until semi blended. Cook the roast pieces and potatoes with the BBQ sauce in the WonderCooker™ set to **Roast** for 1.5–2 hours depending on the size of roast. Stir once, then set to **Slow Cook** for approx. 4 hours. Serve and enjoy!

Roast Beef

INGREDIENTS:

2.5kg (6 lb) of Sirloin Roast
3 large Potatoes, quartered
Seasoning
2 Carrots, sliced and chopped into 5cm (2") lengths
5 Whole Radishes
4 Baby Purple Onions
2 Celery sliced and chopped into 5cm (2") lengths
2 cans of Beef Broth

PREPARATION:

Liberally season beef roast and brown all sides in your WonderCooker™ 6-in One Cooker set to **Roast**. Add all the ingredients and **Slow Cook** for approx. 5–6 hours.

FLASH FRY

Crispy Fried Chicken

INGREDIENTS:

Chicken Portions
Vegetable Oil
2 Eggs
250ml of Milk
400g of Flour
2 tablespoons of Paprika
1 tablespoon of Powdered Garlic
Salt and Pepper, to taste

PREPARATION:

Pour oil into your WonderCooker™ 6-in One Cooker non-stick heating pan to the fill line. Heat the oil on the **Flash Fry** setting while you prepare the chicken.

Mix the eggs and milk together in a separate bowl. Lightly dredge the chicken in the flour, then dip in the mixture. Re-coat the chicken once more with the flour mixed with paprika, garlic powder and seasoning.

Place the floured chicken into the heated oil for 3–5 minutes. Reduce the temperature to the **Grill** setting and heat for a further 18–20 minutes. Cover with lid as chicken simmers.

At the end of the 20 minutes, flip the heat back to **Flash Fry** and fry turning occasionally for 4–5 minutes. Be careful removing the chicken, it will be extremely hot; avoid burning your fingers. Drain chicken on brown paper for a few minutes.

FLASH FRY

Texas Best Jelly (Jam) Doughnuts

INGREDIENTS:

1 pack Frozen Bread Dough (e.g. Pillsbury Biscuit Dough)
Jam, any flavor
Icing (Powdered) Sugar
200–250ml of Fresh Cream
Vegetable Oil

PREPARATION:

Pour the oil into your WonderCooker™ 6-in One Cooker non-stick heating pan to the fill line. Heat the oil on the **Flash Fry** setting.

Form the dough into small wads about biscuit sized, cut a small hole into each and add a spoonful of jam in the centre of each and firmly press closed.

Place the dough into the heated oil until golden brown and remove with care.

For icing, boil a cup of milk with a dash of pure vanilla extract. Slowly add icing sugar and stir until thickened. Drizzle over the cooked doughnuts and taste a bite of heaven.

FLASH FRY

Onion Rings

INGREDIENTS:

200g of Flour
500ml of Beer, at room temperature
Salt and Pepper to taste
3 large Onions
Oil for deep frying

PREPARATION:

Combine the flour and beer in a large bowl and blend thoroughly with a whisk. Cover the bowl and allow the batter to sit at room temperature for 3 hours.

Cut onions into 7–10mm (1/4") thick slices then separate into rings. Pour the oil into the non-stick heating pan of your WonderCooker™ 6-in One Cooker to the fill line and set the temperature to **Flash Fry**. Using non-scratch cooking tongs, dip a few of the onion slices into the batter. Then carefully place them into the heated oil in your WonderCooker™. Fry the onion rings for about 2 minutes, turning them once or twice until they're an even delicate golden color.

French Fries

INGREDIENTS:

6 large Baking Potatoes, peeled and cut into 10mm (1/3") thick strips
Water, ice cold
Oil for deep frying
Salt

PREPARATION:

Pre-soak the potatoes in the ice cold water for 1 hour. Drain well and pat dry with paper towels. Pour the oil into the non-stick heating pan of your WonderCooker™ 6-in One Cooker to the fill line and set the temperature to **Flash Fry**. Place the potato strips in a single layer in the deep fry basket and fry in the hot oil for about 3–4 minutes, or until golden brown and tender. Drain on paper towels, keeping warm in the oven while frying remaining batches. 4–6 servings

FLASH FRY

Shrimp & Fish with Hush Puppies (Cornbread)

INGREDIENTS:

1kg (2 lb) Breaded Frozen Golden Fish Fillets
20 Breaded Frozen Jumbo Shrimps
Frozen Hush Puppies (Cornbread)
Corn Oil

PREPARATION:

Pour the corn oil into the non-stick heating pan of your WonderCooker™ 6-in One Cooker to the fill line and set to **Flash Fry**. Place frozen hush puppies (cornbread) into the heated oil and fry till golden brown, about 5–7 minutes. Take care not over cook or the crust will become hard. Remove with care and set aside on kitchen paper to drain and keep warm.

Then fry the fish till golden brown, about 5–7 minutes. Remove with care and set aside to drain on kitchen paper and keep warm.

Next fry the shrimp till golden brown, about 3–4 minutes. Make sure to cook the shrimp last because they cook the fastest. Carefully remove and drain on kitchen paper.

Serve with tarter sauce, shrimp cocktail sauce, ranch dressing or tomato ketchup.