



**Multifunctional Intelligent
Pressure Cooker
Recipes**



SAMSPARTY SL
CL CABAÑA 78, 45210 YUNCOS ,
TOLEDO,ESPAÑA
B45824786
WWW.AIGOSTAR.COM



CODE: 8433325504014

ENABLE THE WHOLE FAMILY TO ENJOY
HEALTHY FOODS

MENU



MEATS ----- 01-20

BEEF / CHICKEN etc.



SEAFOODS ----- 20-34

FISH / SHELLFISH etc.



DISHES ----- 35-54

PASTA / RICE etc .



VEGETABLES ----- 55-58

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MEATS / VEGETABLES etc.



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SOUPS ----- 81-91

WESTERN SOUPS / TRADITIONAL CHINESE SOUPS etc.



CARNES

COMBINANDO DIFERENTES PLATOS PARA LA ELABORACIÓN, CADA PLATO REPRESENTA EL AMOR.



INGREDIENTS:

(4 PEOPLE)

| | |
|---|------------------------------|
|  | 1 clean chicken of 1500 kg. |
|  | 1 teaspoon of sweet paprika. |
|  | roast chicken seasoning |
|  | salt and fresh ground pepper |



1 lemon 4 potatoes

ROAST CHICKEN WITH POTATOES

PREPARATION:

Season and properly spread the spices inside and outside the chicken. Place the lemon inside.

Leave the chicken (with the breast facing down) in the tray, select the **Fry** menu, and let it brown properly for about 5 minutes (uncovered) before turning it over. Put the chopped potatoes on the top of it, each of them cut into 4 pieces and seasoned. Cancel the current menu and select the **Oven** menu for about 50 minutes, close the pot leaving the valve open.

When the menu is finished, make sure that the chicken is well done and remove it from the pot, serve it in a tray with the potatoes.

INGREDIENTS:

(4 PEOPLE)

| | |
|---|--|
|  | 1 chicken of 1,500 gr. chopped into big pieces. |
|  | 1 tablespoon of butter or margarine without salt |
|  | 1 chopped big onion |
|  | 1 clove of garlic |
|  | 1 tablespoon of grated fresh ginger |
|  | 1 tablespoon of tumeric |
|  | 1 teaspoon of ground coriander |
|  | 1 teaspoon of mustard power |
|  | 1/2 teaspoon of cinnamon |
|  | 1/2 teaspoon of cumin |
|  | 1/2 teaspoon of ginger powder |
|  | 1 cayenne pepper |
|  | a bit of ground black pepper |
|  | 1 can of coconut milk |
|  | fresh coriander to decorate |

COCONUT CURRY CHICKEN

PREPARATION:

Put the butter or margarine in the tray and push the **Fry** menu. When it starts to melt, add the finely-chopped onion and stir-fry it uncovered until it is soft and almost transparent. Then add the garlic and the fresh ginger and stir it a bit. Keep adding the different dry spices (turmeric, coriander, mustard, cinnamon, cumin, ginger, cayenne pepper) and cook for a few seconds, taking care not to burn them.

Add the coconut milk and the chicken, stir it well. Cancel the current program. Close the pot and select the **Meat** menu, medium texture. When it's finished, allow it to depressurise naturally. Open it, remove the chicken and mash the curry in another bowl. Once mashed, add it to the tray, and press the **Fry** menu and let it thicken, uncovered, until it is to your taste. Serve the chicken with the sauce and basmati rice and sprinkle some leaves of fresh coriander on top.

INGREDIENTS:

(4 PEOPLE)



800 gr. of mixed minced meat (beef/pork)



1 egg



salt, pepper



1 teaspoon of garlic powder



cumin powder (to taste)



1 teaspoon of curry powder



1 tablespoon of dried oregano



1 big onion



1 leek



1 garlic clove



1 piece of red pepper



1 green pepper



1 carrot



2 tablespoons of tomato sauce



1 measure of white wine or beer



1 measure of water



1 tablespoon of bovril



bread crumbs with garlic flavour and parsley



olive oil



MEATBALLS IN SAUCE

PREPARATION:

Put the meat in a big bowl, season it. Add all the spices. Add the beaten egg. Mix it with your hands and start creating the meatballs and then roll them in the bread crumbs. Pour enough oil to cover the bottom of the tray. Select the **Fry** menu and cook them in batches (as many as can fit in the tray). While they are cooking, prepare the next batch and repeat the process until all the meatballs are fried.

After that, in the same oil (if necessary, add a bit more) put the chopped vegetables and stir-fry them for a couple of seconds. Cancel the current menu and add the beer, the water and stir it a bit. Close the pot and select the **Vegetable** menu, medium texture.

When the time is done, cancel the menu, quickly depressurise it by pressing the decompression button. Open it and pour the vegetables into a bowl or food processor and mash them until you get a sauce with a soft texture. After that, add the sauce to the tray again, together with the meatballs, and select the **Meat** menu for about 5 minutes and leave it uncovered so that everything mixes. Serve hot.

INGREDIENTS:

(4 PEOPLE)

| | | |
|---|---|---|
|  |  |  |
| 4 beef cheeks (1 per person) | 4 tablespoons of tomato sauce | 1 big leek or 2 small ones |
|  |  |  |
| 2 onions | 3 carrots | 1 green pepper |
|  |  |  |
| 4 garlic cloves | 300 gr. of chopped mushrooms | 1/2 litre of good red wine |
|  |  |  |
| salt, pepper and cumin | 3/4 cup of virgin olive oil | 50 ml. of pedro ximénez |
| sesame | | |

BEEF CHEEKS IN RED WINE

PREPARATION:

Clean the cheeks and season them. Cut all the vegetables finely. Pour the olive oil into the tray and select the **Fry** menu, then stir-fry the vegetables, starting with the garlic, adding the onion, the leek, the pepper and finally the carro. When it is done, pour the wine in. Cancel the current program. Add the cheeks, the chopped mushrooms and the tomato sauce, season it and add the spices, close the pot and select the **Meat** menu, for about 35 min.

When it is finished, allow it to depressurise naturally. Open it, remove the meat and place it in a pot or platter. Put all the base in a blender and blend it to create the sauce that will dress the cheeks. When serving the plate, sprinkle some toasted sesame, which adds a special taste. The best accompaniment is pilaf or white rice.

INGREDIENTS:

(4 PEOPLE)

| | | | | |
|---|---|---|---|---|
|  |  |  |  |  |
| 2 ham hocks of around 1000 gr. each | 1 big onion | 2 carrots | 1 celery stick | 1 bay leaf |
|  |  |  |  |  |
| 4 tablespoons of tomato sauce | 1 cup of white wine | salt | 5 or 6 coriander seeds | 2 cloves |
|  |  |  | | |
| a teaspoon of peppercorns | 4 garlic cloves | 1/2 litre of water | | |

HAM HOCK STEWS

PREPARATION:

Put all the ingredients in the cooker and select the **Meat** menu for about 50 minutes. When it's finished, allow it to depressurise naturally and remove it. Thicken the sauce and leave it uncovered with the **Fry** menu selected. Remove the fat and serve hot, together with boiled or mashed potatoes.



INGREDIENTS:

(4 PEOPLE)



1 chopped rabbit 1 tomato

1 onion a spring of fresh rosemary oregano

thyme ground garlic curry powder ginger parsley 4 cloves salt

RABBIT IN SAUCE

PREPARATION:

Select the **Fry** menu and pour the olive oil. When hot, add the chopped rabbit. If it is necessary do it in two turns. Brown it well, add the sliced onion and tomato and fry lightly for a couple of minutes.

Add the spices, a glass of white wine and the salt, let the alcohol evaporate, close the lid and cancel the menu.

Select the **Meat** menu for about 20 minutes. When the time is done, allow it to depressurise naturally.

Note: The sauce can be served as it is or processed by the blender or food processor, as you prefer.

INGREDIENTS:

(4 PEOPLE)



1,5 kilo of pork ribs



1/2 cup of white vinegar



1 cup of natural orange juice



SWEET AND SOUR RIBS

PREPARATION:

When buying the ribs, ask the butcher to cut them into small pieces.

Clean and cut the onion finely.

Add three spoons of oil to the tray, press the **Fry** menu and brown the onion. Add the seasoned ribs and lightly fry them in the oil. Then add the vinegar.

Cover the pot, select the **Meat** menu, medium texture.

When the program finishes, depressurise in a quicker way.

Open the pot, add the juice and the sugar. Press the **Fry** menu and cook for some minutes uncovered, until the sauce thickens.

Serve together with white rice or as you prefer.



INGREDIENTS: (4 PEOPLE)

a loin of 1,3 kg.
800 ml. virgin olive oil

2 bulbs of purple garlic
2 chilies

12 black peppercorns
2 bay leaves

a spring of fresh thyme
some leaves of marjoram



a rosemary branch
a cinnamon stick
half a lemon peel (without the white part)

CONFITED IBERIAN LOIN WITH HERBS

PREPARATION:

Cut the loin into slices of about 4 fingers and put it inside the tray with all the ingredients. Cover it with olive oil.

Close the pot and select the **Manual** button for about 4 hours at a temperature of 70 degrees. Once it has finished, let it cool and pack it, pour the oil onto the beef evenly so that all the beef will be covered.

Note: The remaining oil can be used to dress salads or for grilled meat or fish.

INGREDIENTS: (4 PEOPLE)

1 chicken breast (the 2 halves)

1 chicken stock cube

2 branches of rosemary

maldon salt (or salt flakes)

1 spring of thyme

freshly ground black pepper

6 bay leaves

1 cup of water

STEAMED CHICKEN BREASTS PREPARATION:

Pour the water in the basket and add the mashed stock cube and the herbs.

Place the whole breasts in the steam tray and place it inside the pot. Close and select the **Steam** menu, soft texture. When it's finished, allow it to depressurise naturally.

Serve them filleted and sprinkled with the black pepper and the salt flakes, accompanied by a varied salad.



INGREDIENTS: (4 PEOPLE)



500 gr of
minced meat



1/2 cup of
olive oil



1 big onion or
2 small ones



3 garlic cloves



1 carrot



1 can of
tomato sauce



1 teaspoon
of oregano



1 teaspoon of curry powder
1 teaspoon of cumin



salt and pepper.

INGREDIENTS: (4 PEOPLE)



8 chicken
drumsticks



ground black
pepper



garlic powder



oregano



salt

BAKED CHICKEN DRUMSTICKS

PREPARATION:

Season the drumsticks with the salt and the spices.
Place them in the AIGOSTAR tray so that they reach the bottom.

Select the **Oven** menu for about 30 minutes, with the open valve.
After 10 min. Open the lid, turn the drumsticks over, close and let them finish the program.



EXPRESS BOLOGNESE SAUCE

PREPARATION:

Finely chop the onion, the garlic and the carrot.

Place all the ingredients inside the tray of the pot, stir them well, close the pot and select the **Meat** menu. When it's finished, allow it to depressurise naturally and serve.

Note: This sauce is ideal for pasta.

INGREDIENTS:

(4 PEOPLE)



800 gr. of cubes
or strips of beef



1 cup of chopped
almonds (previously
fried or toasted)



1 big onion



4 garlic cloves



1 cup of
red wine



½ cup of
soy sauce



½ cup of
olive oil



salt and
pepper



2 spoons
of flour



INGREDIENTS:

(4 PEOPLE)



a roast beef of around 1 kilo



2 big carrots



2 big onions



160 ml. of
white wine



1 teaspoon of bovril



salt



black pepper



80 ml. of
olive oil

BEEF WITH ALMONDS

PREPARATION:

Pour the oil into the tray and press the **Fry** menu and leave it uncovered. Let it heat a bit, toast the almonds and set them aside.

In the same oil, add the chopped onion and garlic, stir-fry them until the onion is transparent. Add the flour and stir. After that, add the meat, the almonds, the soy sauce, the wine and season it.

Cancel the program, cover the pot and select the **Meat** menu, medium texture.

When the time is done, you have two options: depressurise it quickly by pressing the decompression button or leave it to depressurise naturally which is the most advisable for this dish.

Serve it hot accompanied by a wild rice.

ROAST BEEF IN DARK SAUCE

PREPARATION:

Season the meat on both sides. Add the oil to the tray and select the **Fry** menu. Lightly cook the meat, browning it on all sides. Once this is done, remove it and set it aside.

In the same oil (add more if necessary), stir-fry the onion and the carrot (which will have been cut previously in light slices) until the onion starts to brown. The browner it is, the darker the sauce will be when blended. Cancel the current menu and select the **Meat** menu for 20 minutes, add the meat and pour the wine and the Bovril over it.

Close the pot and when the time is over, allow it to depressurise naturally. Remove the meat and blend the sauce in a bowl. Serve the roast beef cut into slices and pour the sauce over them.

Serve together with mixed salad or mashed potatoes.

INGREDIENTS:

(4 PEOPLE)



2 whole chicken breasts



1/2 teaspoon of ground ginger



1/2 teaspoon of turmeric
1 teaspoon of salt



1/2 teaspoon of ground cumin



2 teaspoons of garam masala



the juice of 1/2 lemon



1 yogurt



2 onions



3 spoons of tomato sauce



400 ml of coconut milk



chopped coriander



soft olive oil

RICE:



2 measuring cups of jasmine rice



2.5 measuring cups of water



1 teaspoon of turmeric



salt and oil



1 teaspoon of ground ginger



3 dried tomatoes

TIKKA MASALA WITH JASMINE RICE

PREPARATION:

Cut the chicken breasts into strips or small pieces, put them in a bowl and add all the spices, the yogurt and the lemon juice, mix it well and let it marinate for at least half an hour. Pour a dash of olive oil into the tray and add the onion previously cut in thin slices. When it starts to brown, add the chicken and the **Meat** tomato, stir it well, close the lid and select the **Fry** menu for about 7 minutes. (As the preparation is very dense, when the steam starts leaving through the valve, you will have to push the lid a bit to allow it to rise and block the lid).

When it's finished, depressurise, open and add the coconut milk, select the menu, for about 5 minutes and let it thicken until you get the right texture.

Rice Preparation:

Pour a dash of oil into the tray. Add the spices and toast them a bit. After that, add the rice and the chopped dried tomatoes, stir it and let them toast for a minute, then cover them with water. Season, stir and close the pot, select the **Rice** menu, al dente texture. If you desire a softer rice choose soft texture. When it's finished, quickly depressurise and stir it to avoid it compacting. Serve it by putting the Tikka Masala Chicken on top of the rice with a bit of chopped coriander on top.



INGREDIENTS: (4 PEOPLE)



12 fresh sausages



½ cup of virgin olive oil



1 cup or white wine



5 finely sliced garlic cloves



1 teaspoon of flour

WHITE WINE SAUSAGES

PREPARATION:

Pour the oil in the tray and select the **Fry** menu, stir-fry the garlic and the sausages. Add the flour, mixed with the wine, stir, cancel the menu and close the pot.

Select the **Meat** menu for about 5 minutes. When it's finished, cancel and quickly depressurise it by pressing the decompression button. Open it and if the sauce is not thick enough, you can select the **Fry** menu, leave it uncovered and let it thicken to your taste.



INGREDIENTS: (4 PEOPLE)



2 turkey sirloin



1 big onion



1 jar of chickpeas



6 tablespoons of tomato sauce



3 tablespoons of olive oil



salt and pepper



roast chicken seasoning.

TURKEY WITH CHICKPEAS AND TOMATO SAUTÉ

PREPARATION:

Cut the onion into slices and the turkey into cubes.

Pour the oil into the tray and select the **Fry** menu. Stir-fry the onion and when it starts to brown, stir it a bit and add the strained chickpeas and the tomato sauce, stir everything well.

Cancel the Fry menu. Cover the pot with the valve open and select the **Oven** menu for about 2 minutes.

INGREDIENTS: (4 PEOPLE)



8 chicken thighs 2 small onions 2 carrots



6 garlic cloves 1 tablespoon of black peppercorns 2 cloves



2 bay leaves salt, pepper 1 measure of olive oil



PICKLED CHICKEN

PREPARATION:

Clean the thighs and season them. Cut the onion and the carrot into thin slices, wash the garlic and add it unpeeled.

Place everything inside the tray and add the bay leaves, the peppercorns, the cloves, the salt, the oil, the vinegar and the wine.

Select the **Meat** menu, medium texture. When it is done, allow it to depressurise naturally.

Let it cool and serve cool.

INGREDIENTS: (4 PEOPLE)



4 chicken breasts 1 big onion 1 big carrot or 2 small ones



1/2 measure of tomato sauce 1 teaspoon of flour



1/2 measure of soy sauce olive oil salt



A TEASPOON OF THE FOLLOWING SPICES AND HERBS:



oregano



grounded bay leaf



black pepper



sweet and spicy paprika



curry powder



cumin

SPICED CHICKEN

PREPARATION:

Cut the meat into cubes, salt and gently spice them with the spices specified in the ingredients section.

Finely cut the onion and the carrots.

Pour olive oil until you have filled the base of the tray and add the vegetables and the meat. Add the tomato and the tablespoon of flour mixed with the soy sauce, stir and close the pot.

Select the **Meat** menu for about 10 minutes and when it's finished, allow it to depressurize naturally and serve.



MARISCOS

ZACHOWANA
ŚWIEŻOŚĆ
PODKREŚLA
WYŚMIENITY
SMAK
POKARMU

INGREDIENTS: (4 PEOPLE)



6 fillets of unsalted cod



1/2 cup of olive oil



2 cans of fried vegetables



1 tablespoon of red pepper pulp



5 chopped garlic cloves



1 cup of chopped parsley



6 piquillo peppers (red peppers)



1/2 cup of wine



salt and fresh ground pepper

INGREDIENTS: (4 PEOPLE)



8 small frozen cuttlefish (previously defrosted and cleaned)



1 big onion or 1 and 1/2 medium size onions



5 tablespoons of tomato sauce



1/2 measure of brandy



1/2 measure of water



a handful of pine nuts



some raisins



a handful of fried almonds



2 garlic cloves



parsley



virgin olive oil



salt



fresh ground pepper

1 teaspoon of sweet paprika (spicy paprika can also be used)

BISCAYAN COD

PREPARATION:

Pour the oil into the tray and select the **Fry** menu. When the oil heats up, stir-fry the garlic and the parsley, add the fillets, turn them over and leave them. Now, add the garlic and the chopped garlics, stir-fry them and add the red pepper pulp and the fried vegetables. Stir it to mix well and place the fillets with the piquillo peppers over them, season and pour wine over it.

Cancel the current menu, cover the pot and select the **Fish** menu for about 5 minutes. Quickly depressurise it by pressing the decompression button and serve.

MALLORCAN CUTTLEFISH

PREPARATION:

Pour a bit of virgin olive oil into the tray of the pot and select the **Fry** menu, lightly-fry the cuttlefish and set them aside.

In the same oil, lightly fry the finely-chopped onion and then add the tomato, stir it a bit and add the paprika, the cuttlefish, the brandy, the water, the raisins and the pine nuts; season it and cancel the current program and select the **Fish** menu for about 10 minutes.

In the meanwhile, crush the toasted almonds, the garlic and the parsley with a mortar or in a mincer. When it's finished, depressurise by pressing the decompression button and add the smashed ingredients, stir it and leave it rest for some minutes. Serve it accompanied by basmati rice.

Note: This recipe can be elaborated without a previous sauté, adding all the ingredients at once.

INGREDIENTS:

(6 PEOPLE)



1 kg. of squid rings



2 big onions



4 garlics



salt and pepper



60 ml. of white wine



50 ml. of olive oil



10 teaspoons of homemade tomato sauce.



2 bay leaves

INGREDIENTS:

(2 PEOPLE)



2 frozen monkfish tails (defrosted and cleaned)



1 big onion



½ big red pepper



½ big green pepper



3 garlic cloves



a large pinch of saffron



a shot of dry white wine



a little virgin olive oil



a spoon of butter or margarine



fresh parsley



salt and pepper

SQUID IN ONION

PREPARATION:

Slice the garlic and the onion, pour the oil into the tray and select the **Fry** menu and stir-fry them together with the bay leaves. When it starts to get hot, add the squid rings and cook them until they turn white. Then, add the wine and the tomato sauce, season them and stir them for a couple of minutes so that the alcohol evaporates.

Cancel the current menu; close the pot and select the **Fish** menu for about 5 minutes. When it's finished, allow the pot to lose pressure naturally, open it and if it is too soupy, set the **Fry** menu for a couple of minutes, uncovered, so that it thickens. Add salt to your taste and serve.

MONKFISH WITH ONION AND PEPPERS

PREPARATION:

Pour the oil and the butter into the tray of the pot and select the **Fry** menu. Add the finely-chopped garlic, and the sliced onion, the peppers in thin slices, the strands of saffron and stir-fry.

After that, add the wine and the sliced monkfish tails, not too thick; season and cancel the current menu. Close the pot and select the **Fish** menu for about 5 minutes. Allow it to depressurise naturally and serve the dish sprinkled with finely chopped parsley.

INGREDIENTS:

(4 PEOPLE)



400 gr. of hake fillets



200 gr. of green beans



200 gr. of cauliflower



200 gr. of broccoli



4 medium size potatoes



2 carrots



4 eggs



½ measure of brandy



1 measure of water



balsamic vinegar



dried basil



salt and pepper

HAKE FILLETS WITH STEAMED VEGETABLES

PREPARATION:

Pour the wine and the water into the bottom of the tray. Chop all the vegetables into small pieces, according to the toughness of each of them, and place them in layers in the steam tray, starting with the potatoes. As you place them, salt them.

Clean the eggs well, wrap them in cling film and place them over the vegetables, do the same with the hake fillets and place them over all the food.

Close the lid of the pot and select the **Steam** , menu, al dente texture. Sprinkle the basil and add a dash of balsamic vinegar when serving.

INGREDIENTS:

(4 PEOPLE)



1 fresh octopus



2 salad tomatoes



½ cucumber



1 green pepper



½ onion



1 garlic clove



vinegar, olive oil and salt



dry parsley

OCTOPUS PIPIRRA (SALAD)

PREPARATION:

Freeze the fresh octopus for 48 hours. Place it directly in the tray and select the **Fish** menu for about 12 minutes. When it's finished, quickly depressurise it, press the decompression button and remove the octopus, remove the suckers from the tentacles.

Slice the clean octopus. Let it cool. Once cold, add the vegetables chopped into small pieces. Decorate with dried parsley.

INGREDIENTS:

(4 PEOPLE)

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 octopus | 2 unpeeled potatoes | salt, pepper and olive oil | a bay leaf (optional) | salt flakes | spicy paprika |

GALICIAN OCTOPUS

PREPARATION:

Freeze the octopus for 48 hours. Defrost (it can also be brought frozen) and clean it very well. Place it in the tray together with the clean unpeeled potatoes, add a bay leaf and season.

Select the **Steam** menu for about 7 minutes. When it's finished, cancel the menu and allow it to depressurise naturally.

Peel the potatoes, slice them and place them in a tray and use them as a layer, sprinkle with the salt flakes and a bit of spicy paprika. Slice the octopus' tentacles and place them on top of the potato layer, add a dash of olive oil and sprinkle with paprika and salt flakes.



INGREDIENTS:

(4 PEOPLE)

| | | | |
|---|---|---|---|
|  |  |  |  |
| 1 kg. of clean cuttlefish | 1 big onion | 1 bay leaf | 1 teaspoon of peppercorns |
| | | | |
|  |  |  |  |
| 1 cayenne pepper | 1 teaspoon full of paprika | 1 dash of port wine (or fortified wine) | 1/2 cup of olive oil |
| | | | |
| | | |  |
| | | | 1 tablespoon of corn flour |

CUTTLEFISH WITH SPICY ONION

PREPARATION:

Peel and finely slice the onion. Pour the oil into the tray, and select the **Fry** menu. Stir-fry the onion, add the peppercorns, the bay leaf, the paprika, the cayenne pepper and stir it. Add the cuttlefish that was previously cut into cubes, stir and add the corn flour dissolved in wine. Stir. Cancel the current menu.

Close and select the **Stew** menu. When it finishes, allow it to depressurise naturally.

INGREDIENTS: (4 PEOPLE)

1500 gr.
of squid60 ml.
of olive oil

2 onions



2 garlic cloves



2 bay leaves

100 gr. of
smashed tomatoes160 ml.
white wine2 spoons
of flour4 bags
of squid ink1 teaspoon
of salta teaspoon
of pepper

1 cayenne



SQUID IN ITS INK

PREPARATION:

Wash and clean the squid and cut it into rings. Peel and finely slice the onions.

Peel and chop the garlic. Pour the oil into the pot's tray and stir-fry the onion and the garlic in the **Fry** menu. Next, add the rest of the ingredients and the squid ink mixed with the wine. Cancel the current menu; close the pot and select the **Fish** menu for about 10 minutes for a medium texture.

INGREDIENTS: (2 PEOPLE)

2 portions of
gilthead bream

dried garlic



salt



pepper



chopped parsley



olive oil



BAKED GILTHEAD BREAMS

PREPARATION:

Ask the fishmonger to clean the fish for you. Open it without separating the two parts and remove the tail and the head.

Season it and flavour with garlic and parsley, spread olive oil in them and place them in the base of the tray. Close the pot, select the **Oven** menu for about 10 minutes, with the valve open (decompression button pressed).

After 5 minutes turn them over and let the programme finish.

Accompany them with a varied salad.

INGREDIENTS: (2 PEOPLE)



BAKED SALMON WITH BECHAMEL

PREPARATION:

Sprinkle the fresh ground pepper over the salmon loins, brush the tray of the pot with olive oil, and select the **Oven** menu for about 8 minutes with the valve open (decompression button pressed).

Place the salmon with the skin facing down, close the pot and when half of the time is over, open it and turn the salmon over and close again. Let the time finish and remove the salmon.

With the fat that is left, add the teaspoon of flour, stir it so that it loses the taste of raw flour and add milk while continuously stirring, season it and add the dill, let it thicken a bit.

Serve it with the sauce on the plate and the salmon loin over it.
Serve accompanied by steamed asparagus.



INGREDIENTS: (4 PEOPLE)



HAKE WITH CLAMS AND PRAWNS

PREPARATION:

Soak the clams in water with salt for an hour, so that they lose any sand they may have.

Pour the oil in the tray and select the **Fry** menu. Leave it uncovered and stir-fry the finely-chopped garlic. Stir it and when it browns, add the paprika and stir it a bit, to prevent it from burning. Add the clams, the prawns and after that we add the hake slices, the $\frac{1}{2}$ stock fish cube and pour the white wine. Cancel the current menu and close pot and select the **Fish** menu for about 5 minutes. When it's finished, quickly depressurise it by pressing the decompression button.

INGREDIENTS:

(4 PEOPLE)



INGREDIENTS:

(4 PEOPLE)



GARLIC WEDGE CLAMS

PREPARATION:

Soak the wedge clams in water with a spoon of sugar the night before so that they lose all the sand that they may have.

Pour oil into the tray, turn on the pot and select the **Fry** menu and leave it uncovered. Stir-fry the garlics and the chopped parsley.

Once the garlic is lightly fried, add the wine. When the alcohol evaporates, pour the wedge clams into the tray. Cancel the current menu.

Cover the pot and select the **Fish** menu for about 1 minute. Once the minute is over, quickly depressurise the pot by pressing the decompression button and they are ready to eat.

MUSSELS IN PICKLED SAUCE

PREPARATION:

Pour the olive oil into the tray of the pot, and select the **Fry** menu. Leave it uncovered and add the onion, the whole garlic with a transversal cut, the peppercorns, and stir-fry it until it begins to colour a bit. Add the paprika and the bay leaf, stir and immediately add the vinegar, the cayenne and the defrosted mussels.

Cancel the current menu, cover the pot and select the **Fish** menu for about 2 minutes. When it finishes, allow it to depressurise naturally. They are eaten cold.

ALIMENTOS BÁSICOS

CONSERVA
TODAS LAS
NUTRICIONES,
PARA
AUMENTAR LAS
FUERZAS CON
EL FIN DE
AFRONTAR LOS
ESFUERZOS.





INGREDIENTS: (8 PEOPLE)



500 gr. of
strong flour



250 ml. of milk



20 gr. of fresh
yeast for bread



10 gr. of salt



2 spoons of olive oil



2 spoons of honey

MILK BREAD

PREPARATION:

In a big bowl, put the flour and the salt. Crumble the yeast with your hands and mix it with the flour.

In a bowl, pour the milk, the honey and the oil and warm it a bit. After that, slowly pour the milk over the flour while mixing it with your hands, until obtaining a smooth and soft dough. It shouldn't be too soft or too hard, it doesn't have to stick to the bowl.

Place the dough on a marble or flat Surface and knead flattening and folding for 10 minutes.

When the dough is ready, create a ball and leave it at the bottom of the tray that is previously greased. Close the lid and select the **Bread** menu and open the valve (decompression button pressed). When it's finished, turn it around and press the **Oven** menu and brown it for around 5 min.

INGREDIENTS:

(4 PEOPLE)



4 cups of rice



4-5 cups of water



1 cuttlefish



4 crab legs



8 mussels



250 gr. of prawns



1 onion



2 garlics

 $\frac{1}{2}$ can of
tomato sauce1 green pepper and
 $\frac{1}{2}$ red pepperfresh peas
(to taste)

salt and pepper



olive oil

SEAFOOD RICE

PREPARATION:

Chop all the vegetables finely.

Pour a dash of olive oil in the tray and select the **Fry** menu. Stir-fry the garlic, the onion and the peppers, then add the tomato and the cuttlefish chopped in small pieces. Stir it a bit, season, add the rice and stir again. Add the peas, the prawns, the crab legs, the mussels, fill with water and stir.

Close the pot and select the **Rice** menu. When it's finished, quickly depressurise.

INGREDIENTS:

(4 PEOPLE)

| | | | |
|---|---|---|---|
|  |  |  |  |
| 3 measures of rice | 3 cans of tuna in olive oil | 1/2 cup of fresh chopped parsley | 1/2 cup of olive oil |
|  |  |  |  |
| 4 spoons of tomato sauce | 2 cups of boiled chickpeas | 5 chopped garlics | salt and pepper |

| | | |
|---|---|---|
|  |  |  |
| a bit of cumin | 1 teaspoon of food colouring | 3 & 1/2 cups of water |

CHICKPEAS AND TUNA RICE

PREPARATION:

Peel and finely chop the garlics. Pour the oil in the tray and select the **Fry** menu, let the oil heat a bit and stir-fry the garlic.

Add the rice together with the chickpeas and stir-fry them. Add the tomato sauce, the tuna, the cumin, season, fill with water and stir it well.

Cancel the current menu, close the pot and select the **Rice** menu. When it's finished, quickly depressurise it. Serve sprinkled with some fresh chopped parsley.



INGREDIENTS:

(4 PEOPLE)

| | | |
|---|---|---|
|  |  |  |
| 4 cups of long rice | 4-5 cups of water | |
|  |  | |
| 4 garlic cloves | 3 carrots | |
|  |  | |
| 50 ml of oil | 1 vegetable stock cube | |
|  |  |  |
| 1 can of sweetcorn | 2 packets of turkey breast cubes | 300 gr of small frozen prawns |
| | | 200 gr of peas |
| | | 2 two-egg omelettes |
| | | 6 surimi |

EGG-FRIED RICE

PREPARATION:

Pour the oil into the uncovered tray and select the **Fry** menu. When the oil gets hot, stir-fry the garlic until brown. Add the rice and stir-fry it. Pour the water and the stock cube, the peas, the peeled carrots cut into small pieces and the frozen prawns. Cancel the current menu. Close the pot and select the **Rice** menu.

When it's finished, quickly depressurise it by pressing the decompression button. Open the lid. Remove the rice and put it in a bowl and add the sweetcorn, the turkey cubes and the sliced surimi. Beat two eggs and season. Select the **Fry** menu. Coat the bottom of the tray with oil and pour the eggs in to make an omelette and, in the same way, do the other one. Once they are cool, cut them into small pieces. Mix the omelettes with the rice, mix everything well and serve.

Note:

This dish can be served both hot and cold, accompanied with soy sauce.

INGREDIENTS:

(4 PEOPLE)

| | |
|---|--------------------------|
|  | 2 chopped chicken thighs |
|  | 200 gr. of chopped ribs |
|  | 2 chopped chuck chops |
|  | 1 onion |
|  | 1 pepper |
|  | 1/2 can of tomato sauce |
|  | 12 cup of water |
|  | 3 cups of rice |
|  | olive oil |



RICE BROTH

PREPARATION:

Wash and finely cut all the vegetables. Pour a dash of olive oil in the tray of the pot. Select the **Fry** menu and stir-fry the vegetables. Season the meat and add it, stir it a bit and add the water. Cancel the current menu and then close the pot and select the **Rice** menu.

When it's finished, depressurise it. Open the pot, add the rice and close again selecting the **Rice** menu for about 1 minute. When it finishes, leave it for 3 minutes and depressurise.

Note:

If it contains a lot of broth it should be depressurized carefully, because the liquid and the rest of the food may leave through the pressure valve.

INGREDIENTS:

(4 PEOPLE)

| | |
|---|------------------------|
|  | 400 gr. of tuna |
|  | aceite de oliva |
|  | 1 big green pepper |
|  | 1 fresh bulb of garlic |
|  | 3 garlic cloves |
|  | 1 tomato |
|  | 3 measures of rice |
|  | 12 measures of water |
|  | saffron |
|  | salt |



TUNA RICE

PREPARATION:

Wash and finely chop the vegetables.

Pour a dash of oil into the pot. Select the **Fry** menu and stir-fry the vegetables. When everything is lightly-fried, add the rice and stir it. Season, add the stock cube and the saffron then add the water. Cancel the menu, and then close the pot and select the **Rice** menu for about 2 minutes. When it's finished, depressurise it.

Open the pot, add the tuna chopped into cubes and select the **Rice** menu and leave it uncovered for about 1 hour (it will be enough to cook the tuna and the rice properly). It is important to take into account that when the rices turns into a soup, it continues cooking.

Note: The dishes which contain a lot of liquid should be depressurised carefully, because the liquid and the rest of the food may leave through the pressure valve.

INGREDIENTS:

(4 PEOPLE)



WHITE RICE

PREPARATION:

Place all the ingredients in the tray and stir them. Close and select the **Rice** menu. When the time is over, quickly depressurise it by pressing the decompression button.

Note: This rice is ideal as a side.



INGREDIENTS:

(4 PEOPLE)



RICE WITH SMALL SCALLOPS

PREPARATION:

Pour the oil in the tray, select the **Fry** menu and stir-fry the garlic cloves and the rice. Add the salt, the pepper, the stock cube and the water. Cancel the menu. Cover the pot and select the **Rice** menu.

When it is over, quickly depressurise by pressing the decompression button, open and add the cans of small scallops, stir it well and let it rest for about a minute before serving.



INGREDIENTS:

(4 PEOPLE)



1 chicken breast
(or boneless thighs)



a bowl of frozen
vegetable stew



2 big garlics



3 and a half cups of
water or chicken broth



3 cups of rice



olive oil



salt, pepper, cumin,
paprika



3 spoons of
tomato sauce



1 chicken
stock cube

INGREDIENTS:

(4 PEOPLE)



4 cups of rice



7 cups of water
(or fish broth)



salt



½ cup of
red wine



4 packets of
squid ink



1 kg of cuttlefish



1 onion



3 garlic cloves



1 green pepper



3 table spoon of tomato
olive oil

CHICKEN AND VEGETABLES RICE

PREPARATION:

Peel the garlics and chop them finely. Chop the chicken breast into small cubes and season it.

Pour a good dash of oil into the tray, select the **Fry** menu and let it heat. Stir-fry the garlic and, when they are brown, add the meat and stir them. Add the paprika, the cumin and the colouring, stir again and add the tomato, the vegetables and the stock cube. Stir and fill with the water or the broth. Cancel the current menu. Close the pot and select the **Rice** menu. When it's finished, quickly depressurise it by pressing the decompression button.

If you like a softer rice, select the Soft Texture. On the other hand, if you like it less cooked, select the Al Dente texture.

BLACK RICE

PREPARATION:

Wash and cut the cuttlefish into small cubes (better if it is a big one). Pour enough oil to cover the bottom of the tray.

Select the **Fry** menu and stir-fry the onion, the pepper, the garlic (all finely chopped) and the tomato. Stir it a bit while you wash, clean and chop the cuttlefish and add it to the tray. Stir it again and add the wine. Let it evaporate for several minutes.

Add the rice and stir it. In the meantime, prepare a bowl with hot water where you can mix the squid ink. Add the ink, fill with water and mix everything well. Cancel the current menu, cover and select the **Rice** menu. When it's finished, quickly depressurise it by pressing the decompression button and serve it.

Note: Do not forget that this rice is served with a soft garlic mayonnaise.

INGREDIENTS:

(4 PEOPLE)



4 measures
of rice



4 and a 1/2 measures of
water or fish broth



1/2 measure of
olive oil



250 gr of
peeled prawns



3 garlic cloves



1 squid



1/2 red pepper



1 green pepper



2 spoons of peas



2 spoons of tomato sauce



1 small onion



2 artichokes

MEDITERRANEAN RICE

PREPARATION:

Chop all the vegetables finely.

Pour the olive oil into the tray and select the **Fry** menu and stir-fry the onion. When it is lightly-fried, add the peppers and keep stir-frying it, then add the squid chopped into small cubes. Stir it a bit and add the clean artichokes cut into four pieces, the peas and let it all cook for several minutes. Add the tomato sauce, season and add the rice, stir and finally add the prawns and fill with water.

Cancel the current menu and choose the **Rice** menu. When the programme is over, quickly depressurise it by pressing the decompression button. Uncover and serve it hot.

Note: This recipe can be done without the previous sauté, adding all the ingredients at once.

INGREDIENTS:

(2 PEOPLE)



250 gr of tagliatelle



200 ml. of cream



water



200 gr. sliced bacon



1 onion



50 gr. of butter



salt and pepper

CARBONARA TAGLIATELLE

PREPARATION:

Pour the butter into the tray and select the **Fry** menu. Fry the finely-chopped onion and the bacon. Next, cancel the current menu and add the tagliatelle, the cream, the water (the water should barely cover the pasta), the salt, and the pepper, stir them and select the **pasta** menu. When it's finished, push the decompression button to depressurise it quickly. Stir well and serve with sprinkled grated cheese.





INGREDIENTS:

(4 PEOPLE)

SPAGHETTI:



300 gr. of spaghetti
cut in half



1 stock cube



salt



a dash of oil



water

BOLOGNESE SAUCE:



300 gr. of
minced meat



½ cup of
olive oil



1 big onion or
2 small ones



3 garlic cloves



1 carrot



1 can of
tomato sauce



1 teaspoon
of oregano



1 teaspoon
of cumin



salt and pepper

SPAGHETTI BOLOGNESE

PREPARATION:

Bolognese:

Finely chop the onion, the garlic and the carrot. Place all the ingredients in the pot, stir them well, close the pot and select the **Meat** menu. When it's finished, quickly depressurise it by pressing the decompression button. Leave it aside for later and continue with the pasta.

Pasta:

Put the pasta in the pot and fill it with water, add the stock cube and select the **pasta** menu. When it's finished, quickly depressurise it by pressing the decompression button.

Strain the pasta, rinse in cold water and put it in a serving platter so that it doesn't stick. Serve together with the Bolognese sauce to your taste and sprinkle with grated cheese.

INGREDIENTS:

(4 PEOPLE)

| | |
|----------------------------|--|
| | |
| ½ measure of olive oil | 1 chicken breast (sliced in cubes) |
| | |
| 1 small onion | 1 carrot |
| | |
| 1 small courgette | 150 gr. of mushrooms |
| | |
| ½ can of tomato sauce | 4 measures of noodles (fideua variety) |
| | |
| 4 measures of salted water | 4 measures of salted water |
| | |
| oregon | pepper |



CHICKEN FIDEUA

PREPARATION:

Wash and finely cut the vegetables.

Pour the oil in the tray and add the rest of the ingredients in order.

Fill it with water (It should be filled to the food level, so that you can see the top of the noodles). Stir it well, close the pot and select the **pasta** menu.

When the program finishes, depressurise by pressing the decompression button. Open it, stir it and let it rest for a minute and uncovering it before serving.

INGREDIENTS:

(4 PEOPLE)

| | | |
|------------------------------|--------------------------|------------------------|
| | | |
| 4 measures of organic quinoa | 6 fresh poultry sausages | 1 onion |
| | | pepper |
| 5 measures of water | 1 stock cube | salt |
| | | |
| 2 garlic cloves | 1 red pepper | extra virgin olive oil |

QUINOA WITH SAUSAGES

PREPARATION:

Remove the darker or greener grains, wash it until the water is clear. Let it soak for 10 minutes and drain it. Pour olive oil in the bottom of the AGIOSTAR tray and select the **Fry** menu, and when the oil is hot, add the onion and the garlic (both sliced beforehand). When they start to brown, add the chopped peppers and stir them. Add the sausages chopped into not very big pieces and lightly fry them. Add the drained quinoa and stir to lightly toast it and absorb its nut smell.

Cancel the current menu and fill with water, add the stock cube, season and stir it.

Close the pot, and select the **Rice** menu with the closed valve. When the cooking time is over, quickly depressurise it (by pressing the decompression button), open and stir it a bit so that the humidity evaporates and the grains do not stick together, as we do with the rice. Serve immediately.

INGREDIENTS:

(8-9 PEOPLE)



250 gr. of
macaroni



12 prawn's tails



1 garlic clove



1 lemon



12 black stoned olives



salt



1 spoon of peeled
and toasted
almonds



1 spoon of
chopped parsley



1 spoon of grated
parmesan cheese



7 spoons of
olive oil



a bit of dry
vermouth

BLACK OLIVE PASTE MACARONI

PREPARATION:

In the blender, add the juice of 1/2 lemon, the garlic clove, the almonds, the cheese, the 4 spoons of oil, a bit of the lemon peel, the olives and a bit of salt. Blend the mixture until you acquire a kind of cream and put it aside. Peel the prawn tails, add 2 spoons of oil to the tray and select the **Fry** menu, and fry them until they change colour. After that, add a bit of salt and the dried vermouth. Let it evaporate and put it aside.

Add the pasta to the tray and cover it with water (just at the level of the food) then add a spoon of oil and the salt. Cancel the current menu, stir it and close the pot. Select the **pasta** menu. When it's finished, depressurise by pressing the decompression button. Put the pasta on a serving tray and season with the olive sauce that we have prepared before. Add the necessary prawns to each dish and sprinkle lightly with chopped parsley.

INGREDIENTS:

(4 PEOPLE)



1 chopped onion



2-3 chopped
garlic cloves



1/2 chopped
green pepper



3 measures
of thick noodles



6 measures
of water



a dash of
white wine



sweet paprika



salt and
colouring
a bit of ras el hanout
(optional)



frozen prawns
(a handful)



1/2 fish soup cube



frozen mussels
(a handful without shells)



some frozen scallops



virgin olive oil

SEAFOOD NOODLES

PREPARATION:

Pour a dash of oil in the tray and select the **Fry** menu. When the oil is hot, stir-fry the vegetables, add the soup cube, the salt, the spices, the colouring and the wine. Let the alcohol evaporate a bit and close the lid while the menu finishes.

Manually depressurise it. Add the frozen seafood; pour the water, stir, add the salt; close the pot and select the **pasta** menu, (if you use my brand of noodles, around 6 minutes). Depressurize manually, slowly and with care.

VERDURAS

DUPLICA EL
SABOR DEL
ALIMENTO,
ALCANZANDO
UN DISFRUTE
DIARIO DEL
ALIMENTO.



INGREDIENTS:

(4 PEOPLE)

| | | | |
|---|-----------------------------|---|----------------------------------|
|  | 1 kg of potatoes |  | 4 carrots |
|  | 3 cans of tuna in olive oil |  | 4 boiled eggs |
|  | pitted green olives |  | pitted black olives |
|  | 10 surimi sticks |  | 1 can of piquillo or red peppers |
| | |  | 1 jar of light mayonnaise |
| | |  | two spoons of salt |



POTATO SALAD

PREPARATION:

Pour two measures of water into the pot. Place the steam tray inside and put the unpeeled and clean potatoes on top (better if they are medium size), the peeled carrots and the eggs, close the pot and select the **Vegetable** menu, for about 15 minutes.

When it finishes, depressurise by pressing the decompression button. Remove the ingredients and let them cool. Peel the potatoes while they are still warm and let them cool before cutting them into small squares, as well as the carrots. Remove the eggshells and cut the eggs into pieces. Crumble the tuna (it is necessary to pour all the oil from the can). Slice some of the olives and leave the rest whole. Place everything in a bowl. Add the mayonnaise and stir with a spoon. Put it on a serving platter and decorate as you prefer, with the olives and the red peppers.

Preparation: (Salad from the frozen bag)

Place the bag of vegetables for the salad directly from the freezer in the pot with at least 1 measure of water.

Close it and select the **Vegetable** menu, Al Dente texture.

When it's finished, depressurise by pressing the decompression button and drain the excess water if there is any. Let it cool and add the rest of the ingredients cut into small pieces, mixing them well. Add the mayonnaise and keep mixing. Place it on a serving platter and decorate it as you like. Serve it cool.

INGREDIENTS:

(4 PEOPLE)



1 kg. of whole mushrooms



1 head of garlic



olive oil



$\frac{1}{2}$ measure of white wine



1 lemon



1 teaspoon of cornflour



salt and pepper

MUSHROOMS WITH GARLIC

PREPARATION:

Pour the olive oil until it covers the base of the pot and select the **Fry** menu.

Stir-fry the finely chopped garlic, add the washed mushrooms with the lemon.

Cancel the current menu. Add a teaspoon of cornflour with the wine, season and close the pot. Select the **Vegetable** menu, for about 5 minutes. Allow it to lose pressure naturally.



SKŁADNIKI: (4 PEOPLE)



225 gr. of
drained tuna



100 gr. of red peppers



4 medium
size eggs



400 ml. of
evaporated milk



3 tablespoons of
tomato sauce



salt and pepper



butter



mould or flan
mould with a lid



TUNA AND PEPPER PUDDING

PREPARATION:

Shred the tuna and slice the peppers into small pieces. Set them aside.

Place the rest of the ingredients in a bowl, and mix them with a whisk or a blender. Add the tuna and the peppers, and mix them with a spatula. Grease the mould with the butter and sprinkle with bread crumbs.

Pour the mixture of the pudding into the mould and cover it. Pour two measures of water into the pot and place inside the covered mould.

Close the pot and select the **Steam** menu, soft texture. When the time is done, turn off the pot and leave it to lose pressure naturally. Remove the mould and let it cool before removing the pudding from the mould.

ESTOFADO

PERMITE UN
ESTOFADO
LENTO Y
DELICADO,
DESPRENDE UN
OLOR
IRRESISTIBLE Y
POSEE UN
SABOR
INCREÍBLE.



INGREDIENTS:

(4 PEOPLE)



1 chicken breast

100 gr. mixed mushrooms
(they can be frozen)

1 onion



2 garlic cloves



30 ml of white wine



olive oil



a handful of spinach



dried or fresh parsley

3 medium size
potatoes1 teaspoon of
sweet paprika

salt and black pepper

CHICKEN STEW

PREPARATION:

Put the oil in the pot and select the **Fry** menu. Add the chopped garlic, onion and parsley. Let it stir-fry and add the pepper, the strained mushrooms, stir them and add the sliced chicken breast. Season it then add the spinach, the white wine, salt, and the chopped potatoes. Cancel the current menu and stir well everything. Close the pot and select the **Stew** menu for about 10 minutes. When it's finished, push the decompression button to depressurise quickly.

INGREDIENTS:

(4 PEOPLE)



500 gr. of chickpeas



2 chorizo sausages



2 potatoes



1 carrot

1 teaspoon of
sweet paprika

salt and pepper



1 black pudding



3 garlic cloves

2 tablespoons of
tomato sauce

olive oil



1 stock cube



water



CHICKPEA STEW

PREPARATION:

Leave the chickpeas to soak in water for at least 8 hours in plenty of cold water with a $\frac{1}{2}$ tablespoon of bicarbonate. Pour a bit of olive oil into the tray of the pot. Select the **Fry** menu and when the oil is hot, stir-fry the finely-sliced garlic. Then add the chopped potatoes, the sliced carrot and the pepper. Stir it and continue by adding the strained chickpeas, the tomato sauce and the stock cube, the salt and the pepper the chorizos and the black pudding.

Cover it in water until it is two fingers above the level of the ingredients. Cancel the current menu. Close the pot and select the **Stew** menu for about 35 minutes. When it's finished, let it lose pressure naturally.

INGREDIENTS:

(4-5PEOPLE)

| | | | |
|---|---|---|---|
|  |  |  |  |
| 300 gr. De garbanzos lechosos | 300 gr. De garbanzos lechosos | 4 contra-muslos sin piel | 250 gr. De costilla de cerdo (4 trozos) |
|  |  |  |  |
| 1 hueso de jamón | 1 hueso blanco | Un trocito pequeño de tocino | 1 chorizo de guisar |
|  |  |  |  |
| 1 morcilla de arroz | 2 zanahorias | 4 patatas | 1 puerro |
| | | |  |
| | | | Sal |

MADRID STEW

PREPARATION:

Soak the chickpeas in warm water the previous night with a teaspoon of bicarbonate.

Strain the chickpeas and put them in the tray, then place the meat and the bones on top. On top of the bones and the meat, place the potatoes, the carrots and the leek. Finally, add the chorizo and black pudding (before adding them, if you wish, you can boil them so that they don't leave much fat in the soup). Add water until you cover all the ingredients and season it.

Cover the pot and select the **Stew** menu, for about 35 minutes. When it's finished, cancel it and it is very important to leave it to depressurise naturally.

Note: The preparations that contain a lot of liquid should not be depressurised manually, because such liquids and the rest of the food may leave through the pressure valve.



FABADA (ASTURIAN BEAN STEW)

PREPARATION:

Leave the beans soak in plenty of cold water the previous night (at least 8 hours). In another bowl, soak the chorizo, the black pudding and the pork shoulder in plenty of water for several hours. Place the strained beans in the tray together with the rest of the ingredients.

INGREDIENTS: (4 PEOPLE)

| | | | |
|---|---------------------------------|---|----------------------|
|  | 500 gr. of asturian beans |  | 3 asturian chorizos. |
|  | 1 asturian black pudding. |  | 1/2 onion |
|  | 3 garlic cloves | | |
|  | 1 piece of smoked pork shoulder |  | water |

COMMENTS:

Remember that the pot does not evaporate all the liquid. Therefore, it is important not to pour too much water into it if we don't want the dishes to be too soupy. If it's too soupy when we open the lid, we can thicken the soup by boiling it with the lid open in the **Fry** menu for several minutes.

INGREDIENTS:

(4-5PEOPLE)



1/2 kale



a piece of pumpkin



200 gr. of boiled chickpeas



4 medium size potatoes



sweet paprika



2 tablespoon of olive oil



1 small onion



3 garlic cloves



salt



water

WINTER STEW

PREPARATION:

Wash and cut the vegetables into big pieces. Select the **Fry** menu and pour the oil into the pot. Add the garlic and the chopped onion and stir-fry it. Next, add the paprika, the potatoes, the kale, the pumpkin and the chickpeas. Cancel the menu. Fill it with water (enough to cover the food) and add salt. Close the pot and select the **Stew** menu.

When it's finished, quickly depressurise it by pressing the decompression button or leaving it to depressurise naturally.

INGREDIENTS:

(4 PEOPLE)

| | |
|---|--|
|  | 300 gr. of pardinas lentils (unsoaked) |
|  | 1 big onion |
|  | ½ italian green pepper |
|  | 1 carrot |
|  | 1 courgette |
|  | 2 garlic cloves |
|  | ½ measure of tomato sauce |
|  | 150 gr. of small cubes of ham |
|  | 50 ml. of olive oil |
|  | water (approx. 5 measures) |
|  | cumin |



LENTILS WITH VEGETABLES AND HAM

PREPARATION:

Chop the vegetables. Select the **Fry** menu and stir-fry the onion, the green pepper and the garlic. After that, add the tomato and the ham and stir-fry lightly. Add the diced vegetables, cumin, bay leaf, paprika and the pardina lentils. Cancel the current menu. Fill with water until it is 2 fingers over the food.

Stir everything well. Close the pot and select the **Stew** menu, for about 20 minutes. When it's finished, allow it to lose pressure naturally.

INGREDIENTS:

(6 PEOPLE)

| | |
|---|--|
|  | 4 measures of pardina lentils (unsoaked) |
|  | 15 measures of water |
|  | 4 air-dried chorizo sausages |
|  | 2 measures of fried vegetables |
|  | 2 carrots |
|  | 2 potatoes |
|  | 100 gr. of frozen spinach |
|  | a bit of cumin |
|  | 1 bay leaf |
|  | salt |

LENTILS STEW

PREPARATION:

Peel and cut the potatoes into cubes and the carrots and the chorizos into slices (but not too thin).

Place everything inside the tray of the pot, fill it with water and close the pot. Select the **Stew** menu.

When it's finished, allow the pot to lose pressure naturally. Open it and serve it hot.

INGREDIENTS:

(5-6 PEOPLE)



500 gr of red beans



1 asturian chorizo



1 asturian black pudding



1 bay leaf



½ onion



3 garlic cloves



½ kale



1 carrot



1 teaspoon of sweet paprika



olive oil

salt



1 stock cube



water.

INGREDIENTS:

(4 PEOPLE)



4 boneless big chicken thighs



3 garlic cloves



1 big onion



1 red pepper



1 can of chopped mushrooms



1 lata de tomate triturado (400g)



½ cup of red wine



olive oil



salt and ground pepper



oregon and tarragon as desired

RED BEANS STEW

PREPARATION:

Soak the beans in cold water the day before. Strain the beans and place them in the tray. Add a bit of oil and then add the rest of the ingredients. The vegetables should be finely chopped, except for the onion which needs to be whole (that way will be easier to remove it when the cooking is done). The garlic should be clean and whole. Fill it with water (1-2 fingers above the ingredients), add salt and add the crumbled stock cube. Stir everything and, finally, add the whole chorizo and black pudding. Close the lid and select the **Stew** menu.

When the time is up, allow it to lose pressure naturally.

CACCIATORE CHICKEN

PREPARATION:

Clean, peel and dice all the vegetables. Pour oil into the pot and stir-fry all the vegetables. Use the **Fry** menu, add the tomato, the wine, the seasoned chicken, the spices and the seasoning and stir it.

Cancel the menu and then select the **Slow cook** menu for about 2 hours.

SKŁADNIKI:

(5-6 PEOPLE)



500gr chicken meat



200gr fresh mushrooms



5gr salt



5gr sugar



5 ginger slices



4 onion pieces



1 anise



1 spoon of soy sauce



1 spoon of concentrated soy sauce



1 spoon of cooking wine



30gr of peanut oil



recommended amount of water: 50 ml

CHICKEN AND VEGETABLES STEW

PREPARATION:

1. Clean the chicken meat and the fresh mushrooms and cut them into pieces.
2. Mix the chicken meat with the condiments and marinate the meat for about 15 minutes.
3. Put the marinated chicken meat in the pot and add the adequate amount of water. Select the option **Stew** in the control button and depending on your taste select.
4. After boiling the food, stir it well inside the pot. After that it is ready to serve.



It has a corrective function for malnutrition, cold sensations, persistent fatigue, anaemia, weak body, etc., where it produces a therapeutic effect.

INGREDIENTS:

(5-6 PEOPLE)

SOY CHICKEN DRUMSTICKS



PREPARATION:

Season the drumsticks and flavor them with the lemon and the dried garlic. Put a little oil into the tray of the pot. Place the drumsticks at the bottom and add the rest of the ingredients, then stir it thoroughly.

Close the pressure cooker and select **Slow cook** menu, for about 3 hours.

INGREDIENTS:

(4 PEOPLE)



INGREDIENTS:

(4 PEOPLE)



MILANESE OSSOBUCO

PREPARATION:

Add the butter and the olive oil to the pot and select the **Fry** menu. Brown the meat lightly and coat with flour on both sides.

Add the celery, the onion, the garlic and the carrots, all finely chopped. Add the wine and let the alcohol evaporate. Add the broth cube, let it dissolve in the water and add the tomato concentrate. Cancel the current menu. Cover and select the **Slow cook** menu, for about 4 hours.

When it's finished, add the parsley and the lemon zest, stir and leave it to rest for several minutes.

Note: If you wish, you can separate the meat, mash the vegetables with a blender and add them to the meat later. The ideal accompaniment is pasta, to make the most of the sauce.

MARISCOS

CONSERVA LA
FRESCURA,
DESTACAN EL
SABOR
DELICIOSO DEL
ALIMENTO.



INGREDIENTS:

(4-5 PEOPLE)



RICE PUDDING

PREPARATION:

Put all the ingredients, except the sugar, together into the pot and then select the **Rice** menu.

When it's finished, we should leave it to depressurise naturally. After that we will open it, add the sugar and stir it well. Close it and select the **Rice** menu, for about 2 minutes. Allow it to depressurise naturally and serve it in individual bowls and then sprinkle a bit of cinnamon on top.

INGREDIENTS:

(4-5 PEOPLE)



EGG PUDDING

PREPARATION:

Mix all the ingredients with the blender and pour them into a caramel-coated pudding mould. Pour 3 measures of water into the pot and introduce the pudding mould closed (if we use a pudding mould without a cover, we should make sure to close it very well to prevent water from getting in).

Select **Desserts** menu for about 10 minutes. When it's finished, allow it to lose pressure naturally. Open the tray and leave the pudding to cool for a minimum of 4 hours. It is better to do it overnight.

INGREDIENTS:

(4 PEOPLE)



4 middle sized potatoes



1 small onion (optional)



6 eggs



salt (to taste)



½ measure of virgin olive oil

INGREDIENTS:

(6-8 PEOPLE)



3 eggs



60ml. of brandy



125 ml. of sunflower oil



125 g. of sugar



175 g. of pastry flour



1 packet of yeast



POTATO OMELETTE (WITH OR WITHOUT ONION)

PREPARATION:

Pour the olive oil in the tray and add the finely chopped onion (if desired) and the sliced potatoes. Mix everything gently so that the potatoes get covered in the olive oil. Close and select **Vegetable** menu, for about 10-15 minutes, depending on your taste.

When it's finished, depressurize it (pressing the decompression button), add the well beaten eggs and stir the mixture well.

Close the FusionCook once more and select the **Oven** menu for about 7 minutes, with the valve open. When it is done, remove it with the help of a lid or dish to flip the omelette and serve hot.

NOTE: If you wish to do it without onion, remove this ingredient and proceed in the same way.

MUFFIN CAKE

PREPARATION:

In a bowl, beat the eggs together with the sugar and the brandy with a manual or electric whisk (it must have a creamy texture). Add the sunflower oil, and keep stirring, and finally add the flour together with the yeast.

Baste the tray of the pot with sunflower oil or butter and pour the mix into it, select the **Cake** menu, with the valve open (decompression button pushed). Once the time is over, sprinkle it with sugar.

INGREDIENTS: (8-12 PEOPLE)



600 gr. Of creamy cheese
(similar to philadelphia)



3 eggs



2 natural yogurts



1 yogurt pot full of milk



1 yogurt pot
of cream



2 yogurt pots
of wheat flour



2 yogurt pots
of sugar



1 package of royal
baking powder (16 gr.)

INGREDIENTS: (8 PEOPLE)



230 gr. of flour



6 maria biscuits



50 gr. brown sugar 150 gr. white sugar



1 yogurt



1 packet of yeast



½ spoon of
bicarbonate



a pinch of salt



280 gr. of grated
or sliced carrots



5 eggs



50 gr.
ground almonds



10 ml.
of cointreau



1 measure of
sunflower oil



chocolate chips



JAM CHEESECAKE

PREPARATION:

Blend all the ingredients with a blender, until it is well mixed.

Grease the tray and pour the mix into it. Close the pot, select the **Cake** menu, for about 30 minutes, with the valve open (decompression button pushed).

When the 30 minutes are over, leave it for 10 more minutes while it retains heat. After this time, we will cancel the heat retention. It is advisable to leave the cheesecake inside the tray until it cools because that way it acquires a better texture and does not break when removing it. Place it in the fridge for several hours (better overnight).

You will have a layer on top which you can cover with your favourite jam: blueberries, strawberries, etc. This cake is covered with homemade strawberry jam.

CARROT CAKE

PREPARATION:

Grind the carrot in a robot, (it must be finely grinded or grated but not smashed) and set it aside. Crush the biscuits together with the flour, the yeast, the bicarbonate, the salt, the spices and the sugar.

Beat the eggs with the yogurt, the oil and the liquor. Add the dry ingredients with the help of a rubber spatula. When everything is properly mixed, add the almonds and the carrot that we had already prepared and mix it well with the dough.

Pour the mix into the tray which has previously been greased with sunflower oil or non-sticking spray and close the lid.

Select the **Cake** menu, for about 50 minutes with the valve open (decompression button pushed). When the time is done, we leave it to cool and remove it from the mould over a rack until the cake is completely cool.

Decorate with icing sugar and white orange-flavoured chocolate (or to your own taste).



INGREDIENTS: (6 PEOPLE)



1 plain yogurt



1 strawberry petit suisse

750 ml.
of whole milk

strawberry jam

STRAWBERRY YOGURT

PREPARATION:

Pour all the ingredients (except the jam) into a bowl and mix them with a whisk.

Put 3 spoons of jam at the bottom of each jar and fill it carefully with the mix. Place them, without their lids, in the pot. Close the pot and select the **Yoghurt** menu, for about 8 hours.

When it's finished, remove the jars, cover them with their lids and place them in the fridge for at least 4 hours before eating them.

SOPAS

EXPLOSIÓN DE LA VARIEDAD NUTRITIVA, AUMENTANDO EL SABOR EN SÍ DE LA SOPA.



INGREDIENTS:

| | |
|---|-----------------------------------|
|  | lotus 300g |
|  | pork ribs 500g |
|  | salt 10g |
|  | recommended amount of water 1,3 L |
|  | ginger 3 slices |
|  | sugar 5g |
|  | cooking wine 1 spoon |



It helps to maintain a fresher body, reduce phlegm, recover body bloods and preserve beauty. It is ideal for people who suffer from anaemia, insomnia and acts as a tranquilizer, helping to calm the nerves.

PORK RIBS AND LOTUS SOUP

PREPARATION:

1. Wash and clean the lotus and the pork ribs and chop them for later use.
2. Once washed, boil the ribs.
3. Add the main ingredients and spices in the pot, add an adequate amount of water, press the function button, select the STEW button and select the **Stew** menu. Depending on the taste you want, select the cooking time, usually the average duration is around 40 minutes, and press the START button to start the soup elaboration process.
4. After boiling the soup, the lid can be opened and it can be served immediately.

INGREDIENTS:

| | |
|---|-----------------------------------|
|  | corn 300g |
|  | ginger 3 slices |
|  | pork ribs (part of the bone) 500g |
|  | salt 10g |
|  | recommended amount of water 1,3 L |
|  | sugar 5g |

According to a theory of Chinese traditional medicine, it helps prevent coronary diseases to a certain extent, controls high cholesterol and high blood pressure.



PORK RIB AND CORN SOUP

PREPARATION:

1. Wash and clean the corn and the pork ribs, and cut them into small pieces for future use.
2. Once washed, boil the ribs.
3. Add the main ingredients and the spices to the pot. Add the adequate amount of water, push the function button and select the **Stew** menu. Depending on the flavour you want, select the cooking time, usually the average duration is about 40 minutes, and press the START button, to start the soup cooking process.
4. After boiling the soup, the lid can be opened and it can be served immediately.

INGREDIENTS:



Increases body temperature, replaces blood, helps mother's breastfeeding, helps metabolism, increases sperm cell activity and improves digestion. It has a low amount of cholesterol and a low level of fat.

LAMB STEW

PREPARATION:

1. Wash the lamb meat and boil it in hot water.
2. Add all the ingredients and the spices in the pot, add the adequate amount of water, push the function button and select the **Stew** menu. Depending on the flavour you want, select the cooking time, usually the average duration is of about 60 minutes, and press the START button, to start the soup cooking process.
3. After boiling the soup, it should be stirred, and this delicious stew can be served immediately.

INGREDIENTS:



Enhances the person's appetite, replenishes energy, and helps to improve chronic deficiencies related to internal organs, and helps to prevent blood deficiency.



SEAWEED WITH STEWED BEEF

PREPARATION:

1. Wash the seaweed and chop it.
2. Wash the beef and slow boil it.
3. Add the main ingredients and the spices in the pot, add the adequate amount of water, push the function button and select the **Stew** menu. Depending on the flavour you want, select the cooking time, usually the average duration is about 60 minutes, and press the START button, to start the soup cooking process.
4. After boiling the soup, it should be stirred, and it can be served immediately.

INGREDIENTS:



Enhances the liver detox process, offering a protective function for the liver and helps extent the prevention of chronic bronchitis in people of advanced age to a certain extent.

| | | | |
|--|---------------------------------------|--|----------------------|
| | tremella fuciformis 50g | | lean meat 500g |
| | salt 10g | | southern apricot 20g |
| | ginger 3 pieces | | sugar 5g |
| | recommended amount of water: 1,300 ml | | |

TREMELLA FUCIFORMIS SOUP

PREPARATION:

1. Soak the tremella fuciformis, wash and chop it with scissors for later use.
2. Wash the lean meat and cut it, boil it in hot water.
3. Add the main ingredients and the spices to the pot, add the adequate amount of water, push the function button and select the **Stew** menu. Depending on the flavour you want, select the cooking time, usually the average duration is about 30 minutes, and press the START button, to start the soup cooking process.
4. After boiling the soup, the lid can be opened and this delicious soup can be served immediately.

INGREDIENTS:

| | | | |
|--|-----------------|--|---------------------------------------|
| | soy 150g | | beef meat 500g |
| | rice liquor 20g | | sugar 5g |
| | ginger 3 slices | | recommended amount of water: 1,300 ml |
| | salt 10g | | dried clementine peel 1 piece |
| | | | black pepper 10 peppercorns |

Recovers strength, helps to nourish and maintain the spleen and the stomach, strengthens bones and reduces phlegm, reduces the cold thirst sensation and excess saliva.



SOY BEEF SOUP

PREPARATION:

1. Clean the soy for future use.
2. Clean the beef and chop it into pieces, boil it in hot water.
3. Add the main ingredients and the spices in the pot, add the adequate amount of water, push the function button and select the **Stew** menu. Depending on the flavour you want, select the cooking time, usually the average duration is about 60 minutes, and press the START button, to start the soup cooking process.
4. After boiling the soup, the lid can be opened and this delicious soup can be served immediately.

INGREDIENTS:

(4 PEOPLE)

| | | | | |
|---|---|---|---|---|
|  |  |  |  |  |
| a fat-free piece of cured ham | 2 carrots | 150 gr. of green beans | 2 leeks | 1 courgette |
|  |  |  |  |  |
| 3 spoons of tomato sauce | 2 celery sticks | 1 and 1/4 stock cubes. | sweet paprika | |
|  |  |  |  | |
| pepper | olive oil | | | |
|  |  | | | |
| salt | parsley | | | |

MINESTRONE SOUP

PREPARATION:

Start by peeling, washing and cutting the vegetables into small pieces for later use.

Pour enough olive oil to cover the bottom of the pot, select the **Fry** menu and stir-fry the leek. Add and stir-fry the ham. Add the pepper (and continue stirring so that it doesn't burn). Finally, add the rest of the chopped vegetables and the tomato, season and cover it with the vegetable stock. Cancel the current menu. Close the pot and select the **Vegetable** menu and cook for 10 minutes.

When it's finished, allow it to lose pressure naturally and serve in bowls, sprinkling with parsley at your taste.

INGREDIENTS:

(4-6 PEOPLE)

| | |
|---|----------------------------|
|  | 1 litre of water |
|  | salt |
|  | 1 spoon of tahina |
|  | 400 gr. of chickpeas |
|  | 1 chicken thigh with bone |
|  | 1 big potato |
|  | 3 spoons of soft olive oil |

CHICKPEAS CREAM

PREPARATION:

Soak the chickpeas in water the night before (12 hours).

Place the strained chickpeas together with the chicken, the potato and two spoons of oil in the pot. Fill with water, close the pot and select the **Stew** menu for about 30 minutes.

When the programme is finished, allow it to lose pressure naturally and then put the chickpeas into another container with the potato, the tahina, the spoon of olive oil and the soup (it is better not to add all at once, until you see the final thickness of the cream, that way it will be possible to add it bit by bit until the desired texture is achieved). Blend it until you acquire a soft cream.

Remove the bone of the chicken thigh and strip the meat which will be served together with the cream, sprinkle with chopped parsley.

Note: Do not strip the meat in the non-sticking tray to avoid damaging it.

INGREDIENTS:

(4-6 PEOPLE)



½ broccoli ¼ cauliflower 1 leek 1 packet of fat-free cream

4 potatoes 1 courgette
 2 carrots 1 piece of pumpkin
 200 gr. of mushrooms 4 mini cream cheeses (in portions)
 salt pepper water

VEGETABLES CREAM

PREPARATION:

Place all the clean, chopped vegetables in the pot. Then, fill with water (two fingers over the vegetables), season it, close the lid and select the **Stew** menu.

When it's finished, depressurise by pressing the decompression button and add the cream cheese and the cream. Pour everything into another bowl or mixer and blend it until you acquire a soft cream. Serve it decorated with a strip of cream over it.

INGREDIENTS:

(4-6 PEOPLE)

500 grams of lentils. a meat stock cube. 1 piece of white leek. 50 grams of quality cured ham. 4 spoons of virgin olive oil. 1 ripe tomato.

3 potatoes 1 teaspoon of paprika
 1 carrot 1/2 packet of cooking cream
 salt water
 1 onion 1 garlic clove



LENTILS CREAM

PREPARATION:

Place all the ingredients together inside the tray. Add the salt, the paprika and the stock cube and mix in a bit of water. Fill it with water leaving it at a height of 3 fingers over the ingredients.

Close the pot and select the **Stew** menu. Allow it to lose pressure naturally and when it has completely depressurised, add the cream.

Pour it into another bowl or food processor to mash it until you obtain a smooth texture. Decorate with a few drops of cream and serve hot.

INGREDIENTS:

(4 PEOPLE)



CHICKEN SOUP WITH NOODLES

PREPARATION:

Mix the oil, the garlic and the parsley. Chop the chicken breast into small pieces.

Season the chicken pieces with the mixture and let it rest for 20 minutes.

Pour oil into the pot and select the **Fry** menu. When the oil is hot, brown the chicken. When it is brown, cancel the current menu, add the noodles and fill it with the chicken soup.

Cover the pot and select the **Pasta** menu for about 3 minutes. When it's finished, switch off the pot and wait a few minutes before depressurizing by pressing the decompression button.

