

PRECISION  
*NuWave*<sup>TM</sup>  
PRESSURE COOKER



NuWave Pressure Cooker Recipes

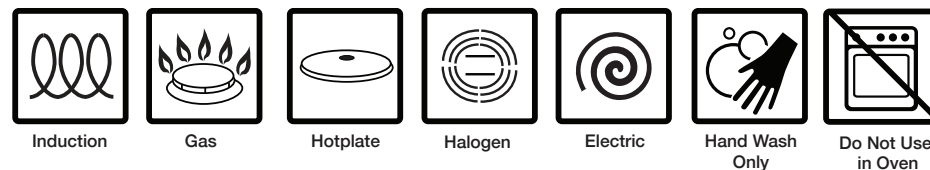
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## Product Information

Model No.	31201
Body Diameter	9-inch
Nominal Capacity	6.5 qt (6 Liters)
Working Pressure (PSI)	7.3 - 13
Material (body)	Stainless Steel
Material (handle)	Phenolic (PF2A2)
Weight	6.45lbs (2.6kg)

- Never use the pressure cooker without liquid, as this could result in damage. Adhere strictly to the following content limitations:  
Minimum: 0.26 qt (1/4 liter) liquid, 2 cups  
Maximum: 4.2 qt (4 liters) liquid, 17 cups
- Your NuWave Precision Pressure Cooker is only suitable for use with the following heating sources: induction, gas, hotplate, halogen, electric, and ceramic. Do not attempt to use other sources.



- The recipes are specifically designed to work with the NuWave Precision Induction Cooktop. Cooking times may vary when using other heat sources.

# Cooking Chart

## Pressure Cooker Tips

- Liquid filled to maximum capacity takes longer to reach full pressure. To reduce cooking time, bring the liquid to a boil and then lock the lid.
- When chopping foods to be cooked together, make sure they are the same size to ensure they cook in the same time.
- If you do not have fresh vegetables, use frozen.
- Do not overcook. Cooking time depends on the size of the food, not the quantity.
- Do not use the Pressure Cooker as a pressure fryer or for frying oil.
- When combining ingredients that have different cooking times, the rule to follow is to cut foods that cook more quickly into larger pieces and cut foods that cook slowly into smaller pieces to ensure that everything will cook in the same time.
- Brown meats before pressure cooking to seal in flavor. This both improves the taste and look of the meat.
- Add cooking oil when pressure cooking beans and pasta to minimize foam.
- If you change the portion size of a recipe, do not change the cooking times.
- When combining ingredients that have different cooking times, make sure ingredients that have shorter cook times are cut into larger pieces, while ingredients with longer cook times are in smaller pieces.

Cooking times are based off of a cooking temperature of Medium (275°F) pre-set on the NuWave Precision Induction Cooktop.

Rice, Beans & Pasta	Cooking Time***
White Rice* [dried, short & long grain] [1 cup rice, 2 cups water]	15-20 minutes
Brown Rice [dried, short & long grain] [1 cup rice, 2 cups water]	15-20 minutes
Bulgur Wheat [1 cup wheat, 3 cups water]	8-12 minutes
Black Eye Peas [dried]	15-20 minutes
Cannellini Beans [dried]	20-25 minutes
Great Northern Beans [dried]	25-30 minutes
Kidney Beans [dried]	35-40 minutes
Navy Beans [dried]	35-40 minutes
Pinto Beans [dried]	35-40 minutes
Lentils [dried]	6-9 minutes
Pasta** [any type, 8 oz]	4-8 minutes

\*Short grain rice includes regular white & Arborio. Long grain rice includes regular white & Basmati.

\*\*Bring water to boil, then add pasta.

\*\*\* Cook times may vary.

# Cooking Chart

Beef, Chicken, Turkey, Pork & Seafood	Cooking Time
Beef Brisket [3-4 lbs]	15-18 mins per lb
Beef Chuck [2-3 lbs]	10-12 mins per lb
Beef Ribs	8-10 mins per lb
Beef [Stew Meat, 1-inch cubes]	20-25 minutes
Chicken [breast, boneless]	12-16 minutes
Chicken [breast, bone]	14-18 minutes
Chicken [whole]	6-8 mins per lb
Turkey [breast, boneless]	18-22 minutes
Turkey [breast, bone]	20-26 minutes
Pork Roast [1-3 lbs]	20-22 mins per lb
Pork Ribs	8-10 mins per lb
Pork Chop [thicker than 1-inch]	5-7 minutes
Pork Chop [thinner than 1-inch]	4-6 minutes
Pork Sausage	5-8 minutes
Lobster Tail [6-8 oz]	5-8 minutes
Scallops	5-8 minutes
Shrimp [medium]	5-8 minutes
Haddock [1-inch fillet]	5-8 minutes

Vegetables	Cooking Time
Beets [large, whole]	25-30 minutes
Broccoli [florets, fresh or frozen]	4-6 minutes
Cabbage [red or green, quarter cut]	5-8 minutes
Carrots [whole]	5-8 minutes
Celery [whole]	5-8 minutes
Corn on the Cob [fresh or frozen]	5-8 minutes
Eggplant [1/2-inch chunks]	6-9 minutes
Mustard Greens	5-8 minutes
Collard Greens	6-9 minutes
Mixed Vegetables [frozen]	4-6 minutes
Onion [quarter cut]	5-8 minutes
Bell Pepper [all colors]	5-8 minutes
Red Potatoes [cut in half]	15-20 minutes
Potatoes [1/2-inch cubes]	15-20 minutes
Sweet Potatoes [1/2-inch cubes]	10-12 minutes
Parsnips [1/2-inch cubes]	10-12 minutes
Pumpkin [large dice]	6-8 minutes
Squash [butternut, spaghetti, summer]	6-8 minutes

# NuWave Pressure Cooker Recipes

## for the NuWave Precision Induction Cooktop

### Corned Beef & Cabbage {Serves 4-5}

- 3-4 pound corned beef brisket with spice pack
- 1 medium onion, diced
- 3 stalks celery, including leaves, cut into 2-inch pieces
- 4-5 whole garlic cloves
- 3 cups water
- 1/2 teaspoon black pepper
- 1 1/2 pounds red or yellow potatoes, cut in half
- 6 carrots cut into 2-inch pieces
- 1 small cabbage (1.5 pounds), cut into wedges

#### Directions

1. Place corned beef and spice packet contents, onion, garlic cloves, celery, pepper and water into Pressure Cooker.
2. Cover with lid and lock in push plate.
3. Turn pressure regulator to 2 for high pressure.
4. Place Pressure Cooker on PIC and cook on high (425 degree) for 20 minutes per pound.
5. Release steam by moving pressure regulator to steam release position.
6. Unlock push plate.
7. Remove corned beef and vegetables, saving cooking liquid; keep beef and vegetables covered to hold warm.
8. Add potatoes, carrots and cabbage wedges to cooking liquid in Pressure Cooker.
9. Cover with lid lock in safety plate.
10. Turn pressure regulator to 2 and cook on high (425 degrees) for 16 minutes.
11. Release steam by moving pressure regulator to steam release position.
12. Add beef and vegetables back into Pressure Cooker to warm.
13. Drain liquid from vegetables.
14. Slice beef against the grain.

- Tip: For a twist, use red cabbage for a little color.

### Beef Stroganoff {Serves 4}

- 1 1/2 lb any round cut of beef
- 2 tablespoons olive oil
- 1 large shallot chopped
- 1/2 pound wild mushrooms  
or 1 (10.5-ounce) can cream of mushroom soup
- 1/4 cup dry red wine such as port
- 1 cup beef stock
- 2 1/2 tablespoons tomato paste
- 1/2 cup heavy cream
- Salt & pepper to taste
- 1 pound cooked noodles
- Sweet paprika for garnish

#### Directions

1. In Pressure Cooker, heat 2 tablespoons oil on medium (275°F).
2. Pat beef dry.
3. Brown beef in Pressure Cooker for 5 minutes per side.
4. Remove beef from Pressure Cooker; set aside.
5. Stir in shallots and cook for 1 minute or until it becomes fragrant.
6. Stir in mushrooms, cook for 4 minutes, stirring occasionally.
7. Pour in red wine and cook out alcohol for 1 minute.
8. Add stock, heavy cream and tomato paste. Stir to mix well.
9. Return beef to Pressure Cooker with all juices.
10. Cover and lock push plate.
11. Turn pressure regulator to 2 for high pressure.
12. Cook on medium/high (375°F) for 20-25 minutes.
13. Release steam by moving pressure regulator to steam release position.
14. Release lock on push plate.
15. Allow meat to sit for 10 minutes so it can absorb juices.
16. With a knife, shave meat to desired thickness.
17. Garnish with paprika and serve with your favorite noodles.

- Tip: Save cooking liquid for reheating leftovers.

## BBQ Style Brisket Sandwich {Serves 8}

3 1/2 pounds flat, cut beef brisket  
1 onion, chopped  
1 tablespoon canola oil  
1 1/2 cups beef stock  
1/4 cup red wine  
BBQ Sauce  
Soft hamburger buns  
Sliced red onions  
Pickle slices

### Directions

1. Dry meat with paper towel.
2. Cut brisket into pieces small enough to fit inside Pressure Cooker.
3. Generously brush brisket with your favorite BBQ sauce, then set aside.
4. In Pressure Cooker, heat oil on medium (275° F).
5. Add onions and sauté for 1-3 minutes or until soft.
6. Stir in stock and red wine.
7. Put brisket pieces on top, making sure all pieces are covered with BBQ sauce.
8. Cover and lock push plate.
9. Turn pressure regulator to 2 for high pressure.
10. Cook on high (425°F) for 60 minutes.
11. Release steam by moving pressure regulator to steam release position.
12. Release lock on push plate.
13. Remove meat and let it rest for 5 minutes before carving.
14. Slice meat across the grain.
15. Serve on hamburger buns and garnish with onions and pickles.

- Tip: For extra flavor, save cooking liquid and pour over meat.

## Texas Style Chili {Serves 6}

3 pounds beef chuck, cut into 1-inch cubes	1 teaspoon ground cinnamon
2 tablespoons olive oil	1 teaspoon ground coriander
1 yellow onion, finely chopped	1 teaspoon oregano leaves
2 celery stalks, finely chopped	1 bay leaf
1 red bell pepper, finely chopped	1 cup cannellini bean, pre-soaked overnight
3 cloves garlic, finely minced	2 cups diced tomatoes with juice
3 tablespoons ground chili powder	1/4 cup tomato paste
1 tablespoon sweet paprika	1/2 cup beef broth
2 teaspoons ground cumin	Salt to taste

### Directions

1. Pat meat dry.
2. In Pressure Cooker, heat olive oil on medium (275°F).
3. Also in Pressure Cooker, brown meat in batches for 2-3 minutes per side, adding more oil if necessary. Set aside.
4. Inside Pressure Cooker, add onions, celery and bell pepper. Cook for 2-3 minutes or until soft.
5. Stir in garlic and cook for 30 seconds.
6. Add dry spices.
7. Pour in beef broth, diced tomatoes and paste. Stir to combine.
8. Cook for 2 minutes on medium (275°F).
9. Add meat along with juices. Mix well.
10. Cover and lock push plate.
11. Turn pressure regulator to 2 for high pressure.
12. Cook on high (425°F) for 25 to 30 minutes.
13. Release steam by moving pressure regulator to steam release position.
14. Release lock on push plate.
15. Let chili stand for 5 minutes to settle flavors.

- Tip: For extra flavor, garnish with sour cream, cheddar cheese and green onion.
- Tip: You must pre-soak beans so they can thoroughly cook in Pressure Cooker.

## Chicken with Chipotle Sauce {Serves 6}

3 chipotle chilies or chili flavored bouillon cubes  
1/2 cup boiling water  
1 cup chicken stock  
2 tablespoons olive oil  
3 onions, cut in half and sliced lengthwise  
(perpendicular to root)  
3 boneless chicken breasts  
salt and black pepper  
fresh oregano or parsley to garnish

### Directions

1. In Pressure Cooker, heat olive oil on medium (275°F).
2. Sauté onions for 4 minutes or until they become semi-translucent.
3. Arrange a single layer of chicken on top of onion slices.
4. Sprinkle chicken with salt and black pepper to taste.
5. Add chipotle chilies or bouillon cubes.
6. Add boiling water and chicken stock.
7. Cover and lock push plate.
8. Turn Pressure Cooker regulator to 2 for high pressure.
9. Cook on high (425 °F) for 12-14 minutes.
10. Release steam by moving pressure regulator to steam release position.
11. Release lock on push plate.
12. Reduce liquid to create sauce.
13. Serve with your favorite rice or as a sandwich filler.

## Honey Mustard Chicken {Serves 6}

2 tablespoons olive oil  
3 boneless, skinless chicken breasts  
1 finely chopped scallion  
1 cup chicken stock  
2 tablespoon spicy mustard  
Salt and black pepper to taste  
2 tablespoons honey

### Directions

1. In Pressure Cooker, heat oil on medium (275°F).
2. Add small batches of chicken pieces and brown for 3 minutes per side.
3. Remove pieces and reserve for later use.
4. Add mustard, salt and black pepper.
5. Stir to mix well.
6. Return chicken to Pressure Cooker.
7. Cover and lock push plate.
8. Turn pressure regulator to 2 for high pressure.
9. Cook on medium/high (375°F) for 9-12 minutes.
10. Release steam by moving pressure regulator to steam release position.
11. Release lock on push plate.
12. Transfer chicken to serving platter. Reserve cooking liquid in Pressure Cooker.
13. Add honey to cooking liquid.
14. Cook sauce on medium/low (175°F) for 10 minutes or until sauce reduces and thickens.
15. Add chicken to sauce, basting and turning until it caramelizes.

## Pressure Cooked Whole Chicken {Serves 8}

- 1 roaster chicken, cut into eighths
- 1/4 cup olive oil
- 1 cup dry white wine, such as Sauvignon Blanc or Chardonnay
- 1 cup chicken stock
- 1 clove garlic, smashed
- 1 tablespoon olive oil
- 10 scallions
- Salt and pepper to taste

### Directions

1. In Pressure Cooker, heat 1/4 cup olive oil on medium (275°F).
2. Add chicken and sauté for 3-5 minutes, or until it is golden brown on each side.
3. Add salt, pepper, white wine and chicken stock.
4. Cover and lock push plate.
5. Turn pressure regulator to 2 for high pressure.
6. Cook on high (425°F) for 15-17 minutes.
7. Release steam by moving pressure regulator to steam release position.
8. Release lock on push plate.
9. Leave pot covered to hold food warm.
10. Using a non-stick pan like the PerfectGreen Fry Pan\*, heat 1 tablespoon oil on medium (275°F).
11. Add scallions and sauté for 1 minute.
12. Add scallions to chicken.
13. Stir to incorporate ingredients.
14. Serve with your favorite vegetable and sauce.

- Tip: A roaster chicken is any chicken that is younger than 3-5 months old. You can substitute for a capon that is under 8 months old. These types of chickens are prized for their soft, tender meat.
- Tip: Garnish with chopped tarragon for added flavor.

\*The PerfectGreen Fry Pan and other NuWave PIC accessories can be purchased at [www.NuWaveNow.com](http://www.NuWaveNow.com) or 1.888.689.2831.

## Seafood a la King {Serves 4-5}

- 1 pound firm fish fillet, cut into 1 1/2-inch pieces (cod, haddock or whiting recommended)
- 4 ounces frozen shrimp
- 1 (6-ounce) can crabmeat
- 2 lobster tails, shells removed and cut into 1 1/2-inch pieces
- 2 cups frozen mixed vegetables (peas, red bell peppers and onions are recommended)
- 1/4 cup fresh lemon juice
- 1/2 cup fish or seafood stock
- 1 (10-ounce) can cream of broccoli soup

### Directions

1. Place mixture of seafood, vegetables, lemon juice, and broccoli soup in Pressure Cooker.
2. Add stock and gently stir to incorporate.
3. Cover and lock push plate.
4. Turn pressure regulator to 2 for high pressure.
5. Cook on medium/low (175°F) for 8-10 minutes.
6. Release steam by moving pressure regulator to steam release position.
7. Release lock on push plate.



## Beer Steamed Mussels {Serves 4}

### Mussels Ingredients:

- 1 1/2 - 2 lbs. mussels
- 1 (16-ounce) canned beer
- 1/3 cup fresh lemon juice

### Sauce Ingredients:

- 2 tablespoons butter
- 1/4 cup fresh lemon juice
- 2 teaspoon garlic cloves, minced

### Directions

1. Wash mussels several times to remove sand.
  2. In Pressure Cooker, add beer and lemon juice.
  3. Add mussels, making sure most are submerged in liquid.
  4. Cover and lock push plate.
  5. Turn pressure cooker regulator to 2 for high pressure.
  6. Cook on medium/low (175°F) for 12 minutes.
  7. Shake Pressure Cooker to help release shells.
  8. Release steam by moving pressure regulator to steam release position.
  9. Release lock on push plate.
  10. Drain cooking liquid; set mussels aside.
  11. Add butter to the Pressure Cooker, heat on medium-low (175°F)
  12. Once butter is melted, add mussels, lemon juice and garlic.
  13. Gently stir to evenly coat mussels with sauce.
- Tip: Discard and do not eat mussels that are not opened after being cooked.

## Pork Tacos {Serves 6}

- 1 1/2 pound, bone-in pork shoulder roast
- 1 onion, cut in quarters
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 3 cloves garlic, minced
- 2 cups vegetable stock
- Salt to taste

### Directions

1. Cut pork into large chunks and pat dry with paper towel.
  2. In Pressure Cooker, heat olive oil on medium (275°F).
  3. Add pork, then brown 8 minutes per side.
  4. Remove pork and set aside.
  5. Add oil if needed. Sauté onion for 1-2 minutes.
  6. Stir in chili powder, oregano, garlic and stock.
  7. Add pork.
  8. Cover and lock push plate.
  9. Turn pressure regulator to 2 for high pressure.
  10. Cook on high (425°F) for 50-60 minutes.
  11. Release steam by moving pressure regulator to steam release position.
  12. Release lock on push plate.
  13. Test meat for doneness by pulling it with a fork. If meat is done, skip to step 18. If not done, cover and lock push plate.
  14. Turn pressure cooker regulator to 2 for high pressure.
  15. Cook on high (425°F) for an additional 10-20 minutes.
  16. Release steam by moving pressure regulator to steam release position.
  17. Release lock on push plate.
  18. Using 2 forks, shred meat. Discard bones and fat.
- Tip: Garnish with fresh cilantro, red onion, salsa, cheese and lime wedges.



## Pork Chops {Serves 4}

1 teaspoon smoked sweet paprika  
Salt and freshly ground pepper to taste  
1/2 teaspoon dried sage  
4 boneless pork loin chops  
1 tablespoon sherry vinegar  
1 clove garlic, pressed  
1 tablespoon olive oil  
2/3 cups vegetable stock  
1 tablespoon mustard

### Directions

1. In a bowl, mix dry ingredients together.
2. Rub mixture over chops. Set aside.
3. In Pressure Cooker, heat olive oil on medium (275°F).
4. Add pork chops, brown for 4 minutes per side. Only cook 1 or 2 at once, depending on their size.
5. Remove pork chops from pan. Set aside.
6. Deglaze pan with vinegar.
7. Sauté garlic in Pressure Cooker until aromatic is present.
8. Add vegetable stock and mustard.
9. Place chops back into Pressure Cooker, overlapping if needed.
10. Cover and lock in push plate.
11. Turn pressure regulator to 2 for high pressure.
12. Cook on high (425°F) for 5 minutes.
13. Release steam by moving pressure regulator to steam release position.
14. Release lock on push plate.

## Italian Sausage with Peppers & Onions {Serves 8}

1 tablespoon olive oil  
3 pounds Italian sausage (hot or sweet)  
2 medium onions, sliced  
4 garlic cloves, sliced  
2 large green bell peppers, sliced  
2 large red bell peppers, sliced  
1 (15-ounce) can diced tomatoes  
1 1/2 tablespoons of dried Italian seasoning  
1/2 teaspoon ground black pepper  
1/2 teaspoon sugar  
1/2 cup beef or chicken stock

### Directions

1. In Pressure Cooker, heat olive oil on medium (275 degrees).
2. Brown links of sausage, 1 pound at a time, on both sides, about 4 minutes per side.
3. Remove each batch of browned sausage and reserve on platter.
4. Add onions to pot and sauté on medium (275°F) for 1-2 minutes.
5. Add garlic and peppers. Sauté for 3-4 minutes, stirring.
6. Add tomatoes, Italian seasoning, black pepper and sugar. Mix well.
7. Return sausage to pot of vegetables and add stock. Stir carefully to prevent breakage of casing on sausage.
8. Cover and lock push plate.
9. Turn pressure regulator to 2 for high pressure.
10. Cook on high (425°F) for 5 minutes.
11. Release steam by moving pressure regulator to steam release position.
12. Release lock on push plate.
13. Serve over warm pasta, or on your favorite bun.

## Mustard Greens with Pork {Serves 4}

1 pound mustard greens  
1 onion, chopped  
5 ounces ham or bacon, finely diced  
2 tablespoons olive oil  
1/2 teaspoon dried thyme leaves  
1/2 teaspoon mustard seeds  
1 1/2 cups chicken stock  
Salt & pepper to taste

### Directions

1. Cut stems from greens and discard.
2. Stack leaves and cut crosswise into strips.
3. Rinse strips and remove any dirt.
4. Shake leaves dry and remove excess water; set aside.
5. In Pressure Cooker, heat oil on medium-low (175° F).
6. Add onion and ham, then sauté for 5 minutes.
7. Stir in thyme and mustard seeds. Heat until aromatic.
8. Add chicken stock, then heat until steam escapes.
9. Add mustard greens.
10. Cover and lock push plate.
11. Turn pressure regulator to 2 for high pressure.
12. Cook on medium/low for 5-6 minutes.
13. Release steam by moving pressure regulator to steam release position.
14. Release lock on push plate.
15. Stir greens and let rest for a few minutes.

- Tip: Garnish with red pepper flakes and parmesan cheese for added zest.
- Tip: If you use bacon, you can omit olive oil. Cook bacon first to render fat, then add onions.

## Root Vegetable Casserole {Serves 3}

2 cups vegetable stock  
1 (10.5-ounce) can cream of broccoli soup  
1 cup pearl onions  
2 carrots, cut into 1/2 cubes  
2 small parsnips, cut into 1/2 cubes  
1 potato, cut into 1/2 cubes  
1 sweet potato, cut into 1/2 cubes  
1 bay leaf  
Salt and pepper to taste

### Directions

1. Pour stock into Pressure Cooker.
2. Heat stock slowly on medium/low (175°F); bring to a boil.
3. Add vegetables, cream of broccoli and bay leaf to pot.
4. Cover Pressure Cooker and lock push plate.
5. Turn pressure regulator to 2 for high pressure.
6. Cook on medium/high (375°F) for 20 minutes.
7. Release steam by moving pressure regulator to steam position.
8. Release lock on push plate.
9. Serve and enjoy!

## Cheesy Risotto {Serves 3}

2 tablespoons unsalted butter  
1 tablespoon olive oil  
1/2 cup finely chopped onion  
1 cups Arborio rice  
1/2 cup dry white wine  
3 1/2 cups chicken broth  
1/2 cup freshly grated parmesan cheese  
Salt and pepper to taste

### Directions

1. Heat 1 tablespoon butter in Pressure Cooker on medium (275°F).
2. Add onion and sauté, stirring until onion begins to soften, for 2-3 minutes. Be careful not to brown onion.
3. Stir in rice, coating grains with butter and onion mixture. Cook for about 1 minute. Be careful not to brown rice.
4. Add wine and stir until liquid is mostly absorbed into rice.
5. Add 3 cups of broth.
6. Cover Pressure Cooker and lock push plate.
7. Turn pressure regulator to 2 for high pressure.
8. Cook on medium (275°F) for 15 minutes.
9. Release steam by moving pressure regulator to steam position.
10. Release lock on push plate.
11. If needed, add remaining 1/2 cup broth and cook until all liquid is absorbed.
12. To finish, add 1 tablespoon of butter and parmesan cheese and stir well to combine with rice.
13. Season with salt and pepper to taste; serve immediately.

## Red Potatoes with Garlic & Butter Sauce {Serves 4-5}

8 small red potatoes, washed  
4 cups vegetable stock  
3 tablespoons butter  
2 tablespoons minced garlic  
Salt and pepper to taste

### Directions

1. Add stock, butter and garlic, salt and pepper to Pressure Cooker.
  2. Add potatoes.
  3. Cover and lock push plate.
  4. Turn pressure regulator to 2 for high pressure.
  5. Cook on medium (275°F) for 20 minutes.
  6. Release steam by moving the pressure regulator to steam release position.
  7. Release lock on the push plate.
- Tip: Add different flavors by adding dill, onions and different herb mixtures.

## Simple Healthy Brown Rice {Serves 4}

1 cup uncooked, long grain brown rice  
2 cups water  
1 tablespoon butter  
Salt to taste

### Directions

1. Add rice, water, butter and salt to Pressure Cooker.
2. Cover and lock push plate.
3. Turn pressure regulator to 2 for high pressure.
4. Cook on medium (275°F) for 22 minutes.
5. Release steam by moving pressure regulator to steam release position.
6. Release lock on push plate.

## Creamy Mashed Potatoes {Serves 6}

3 large potatoes, peeled and cut into 2-inch cubes  
Salt and pepper to taste  
6 cups vegetable stock  
1/2 cup heavy cream  
2 tablespoons butter  
2 tablespoons garlic

### Directions

1. Combine potatoes, stock, salt and pepper in Pressure Cooker.
2. Cover and lock push plate.
3. Turn pressure regulator to 2 for high pressure.
4. Cook on medium/high (375°F) for 15-20 minutes.
5. Release steam by moving pressure regulator to steam release position.
6. Release lock on push plate.
7. Drain potatoes and let them rest for 2 minutes.
8. In Pressure Cooker, add heavy cream, butter and garlic.
9. Cook on medium (275°F) until steam appears. When this occurs, shut off the NuWave PIC.
10. Add potatoes to liquid and incorporate by mashing.
11. Season with salt and pepper. Serve right away.

- Tip: For extra flavor, add scallions, sour cream, cheddar cheese, chives or fresh cut thyme.

## Lentil & Bulgur Wheat Soup {Serves 4-6}

2 tablespoons olive oil	1/4 cup bulgur wheat
2 tablespoons butter	6 cups vegetable stock
1 onion, chopped	2 bay leaves
2 celery stalks, chopped	Juice of 1 small lemon
1 carrot, sliced	2 tablespoons paprika
2 tablespoons paprika	Cayenne pepper or Tabasco sauce to taste
2 tablespoons tomato paste	Salt and pepper to taste
2 garlic cloves, peeled & minced	
1 1/4 cups red lentils	
1/4 cup rice	

### Directions

1. In Pressure Cooker, heat olive oil and butter on medium (275°F).
2. Add onion. Cook for 1-3 minutes, stirring frequently, until onion begins to soften.
3. Stir in celery, carrot, paprika and tomato paste. Stir well.
4. Cook for 5-8 minutes until soft and golden brown.
5. Add garlic and stir to combine for 1 minute to release flavor.
6. Add lentils, rice, bulgur wheat, vegetable stock and bay leaves.
7. Cover and lock push plate.
8. Turn pressure regulator to 2 for high pressure.
9. Cook on high (425°F) for 8-12 minutes.
10. Release steam by moving pressure regulator to steam release position.
11. Release lock on push plate.
12. Remove and discard bay leaves.
13. Add lemon juice, hot sauce, salt and pepper to taste.
14. Blend soup in food processor or blender until smooth.

- Tip: Garnish with toasted croutons or mint.

## Squash Soup {Serves 4}

1 pound pumpkin, peeled  
1 pound butternut squash, peeled & seeds removed  
2 tablespoons olive oil  
1 garlic clove, crushed  
1/4 cup onion, diced  
1 teaspoon ground ginger  
1 teaspoon ground cumin  
1 teaspoon ground cinnamon  
3 cups vegetable stock, near boil  
Salt and pepper to taste

### Directions

1. Using a sharp knife, cut pumpkin into large chunks and remove seeds. Set aside.
2. Using a sharp knife, trim the stem and bottom of squash to create flat surface.
3. Cut squash in half; using a spoon, scrape out seeds.
4. Sit squash on its flat surface, peel it from top to bottom to remove skin, then cut into large chunks. Set aside.
5. Heat olive oil in Pressure Cooker on medium (275°F).
6. When oil reaches temperature so that you can feel the warmth on the back of your hand, add garlic and sauté on medium for 45 seconds or until garlic has reached a light golden color.
7. Add ginger, cumin, and cinnamon to Pressure Cooker and stir ingredients so they can mix with garlic.
8. Add pumpkin and turban; stir ingredients to incorporate.
9. Add vegetable stock and season with salt and pepper.
10. Cover and lock push plate.
11. Turn pressure regulator to 1 for low pressure.
12. Cook on high (425°F) for 6-8 minutes.
13. Release steam by moving pressure regulator to steam release position.
14. Ladle soup in batches into food processor or blender; process until smooth.

• Tip: Serve with different cheeses to spice up the flavor.

## Spiced Tomato Rice Soup {Serves 4}

1 small yellow onion, chopped  
2 tablespoons olive oil  
1 teaspoon ground ginger  
1 teaspoon ground coriander  
1 teaspoon paprika  
Salt to taste  
1/4 teaspoon cayenne pepper  
2 pounds diced tomatoes or 2 (10.5-ounce) cans diced tomatoes  
1/4 cup tomato paste  
4 cups vegetable broth  
1/3 cup white rice  
1 bay leaf

### Directions

1. In Pressure Cooker, heat olive oil on medium (275°F).
2. Add onion and then sauté for 2-3 minutes until golden brown.
3. Stir in ginger, coriander, paprika, salt and cayenne.
4. Cook for 45 seconds or until it becomes aromatic.
5. Add tomatoes, tomato paste and vegetable broth. Mix well.
6. Add rice and bay leaf. Mix well.
7. Cover and lock push plate.
8. Turn pressure regulator to 2 for high pressure.
9. Cook on high (425°F) for 12-16 minutes.
10. Release steam by moving pressure regulator to steam release position.
11. Release lock on push plate.
12. Remove and discard bay leaves.

• Tip: Add color by garnishing with a sprinkle of cilantro or parsley.

## Three Bean Salad {Serves 6}

### Salad Ingredients:

1/2 cup dried navy beans  
1/2 cup dried red kidney beans  
1/2 cup dried pinto beans  
6 cups vegetable stock  
2 cloves garlic, peeled and crushed  
1 bay leaf  
3 tablespoons oil

### Dressing Ingredients:

4 tablespoons olive oil  
2 cloves garlic, peeled and minced  
1 cup fresh parsley leaves, roughly chopped  
1 tablespoon lemon zest  
1 tablespoon fresh squeezed lemon juice  
Salt to taste

## Directions

### Salad Directions:

1. Rinse beans under cold water and remove any that are broken.
2. In Pressure Cooker, combine beans, vegetable stock, garlic and bay leaf.
3. Add oil over beans to prevent a boil-over.
4. Bring beans to a boil uncovered to remove scum that forms.
5. Cover and lock push plate.
6. Turn pressure regulator to 2 for high pressure.
7. Cook on high (425°F) for 35-40 minutes.
8. Release steam by moving pressure regulator to steam release position.
9. Release lock on push plate.
10. Test beans for doneness; if too firm, recover, lock push plate and turn pressure regulator to 2 for high pressure and cook on high (425°F) for additional 10 minutes.
11. Release steam by moving pressure regulator to steam release position.
12. Release lock on push plate.
13. Drain liquid and reserve for dressing.

### Dressing Directions:

1. In the PerfectGreen Fry Pan\*, heat olive oil for 30 seconds on medium (275°F).
2. Add garlic; sauté for 1 minute.
3. Add in cooked beans, parsley leaves, lemon zest, lemon juice and 1 cup of reserved cooking liquid.
4. Stir until flavors are blended.
5. Add salt and more lemon juice to taste.

\*The PerfectGreen Fry Pan and other NuWave PIC accessories can be purchased at [www.NuWaveNow.com](http://www.NuWaveNow.com) or 1.888.689.2831.

## Baba Ghanoush Salad {Serves 3}

3 tablespoons olive oil  
2 bell peppers, medium diced  
1 (15-ounce) can tomatoes, peeled and diced  
3 cloves garlic, minced  
2 eggplants, peeled and cut into 1-inch cubes  
3 tablespoons fresh lemon juice  
1/4 cup parsley, chopped  
Salt to taste  
2 tablespoons tahini paste or ground sesame seeds

## Directions

1. In Pressure Cooker, heat olive oil on medium-high (375°F).
2. Add bell peppers, tomatoes and garlic into pot, sauté for 7-8 minutes or until golden brown, stirring occasionally.
3. Add eggplant and sauté for 5 to 8 minutes.
4. Add lemon juice and tahini paste or ground sesame seeds and let sit 4 minutes.
5. Cover and lock in push plate.
6. Turn pressure regulator to 2 for high pressure.
7. Cook on medium-high (375°F) for 8 minutes.
8. Release steam by moving pressure regulator to steam release position.
9. Release lock on push plate.
10. Strain eggplant and garlic, reserve liquid for later use.
11. Add salt and olive oil to taste.
12. Serve in pita bread.

- Tip: If you have leftovers, use the reserved liquid when reheating to add flavor.

## Mixed Green Salad with Simple Vinaigrette {Serves 4}

### Marinade Ingredients:

- 1 tablespoons olive oil
- 2 cloves garlic, mashed
- 1 shallot, diced
- 2 tablespoons parsley, roughly chopped
- 3 ounces white wine vinegar
- 3 ounces fish broth

### Dressing Ingredients:

- 3 tablespoons olive oil
- 1 tablespoons cider vinegar
- 1/2 tablespoon sugar
- Salt and pepper to taste

### Directions

#### Marinade Directions:

1. In Pressure Cooker, heat 1 tablespoon olive oil on medium/high (375°F).
2. Add shallots, garlic and parsley, stirring until it becomes fragrant.
3. Add white wine vinegar and fish broth, stirring until it incorporates.
4. Remove Pressure Cooker contents, spread over tuna and let marinate for 1 hour, rotating if necessary.

#### Salad Directions:

1. Rub beets in olive oil and season with salt and pepper.
2. Add beets to Pressure Cooker.
3. Add enough water to cover beets halfway.
4. Cover and lock push plate.
5. Turn pressure regulator to 2 for high pressure.
6. Cook on high (425°F) for 25-30 minutes.
7. Release steam by moving pressure regulator to steam release position.
8. Release lock on push plate.

### Salad Ingredients:

- 3 raw beets
- olive oil
- salt and pepper to taste
- 3 ounces fresh tuna, cut into slivers
- 1 apple, cut into slivers
- 1 scallion, diced
- 1 1/2 cups mixed greens
- Juice of 1/2 lime

9. Remove beets. Cool, peel and cut into slivers. Reserve for later.
10. In the 9-inch PerfectGreen Fry Pan\*, cook marinated tuna on max/sear for 1 minute per side to achieve medium-rare doneness.
11. Once cool, cut tuna into slivers, and then set aside.
12. Cut apples into slivers, tossing in lime juice.
13. In a mixing bowl, combine tuna, apples, beets, scallion and mixed greens with 1 ounce dressing.

#### Dressing Directions:

1. In a small bowl, combine cider vinegar, sugar, salt and pepper. Use a whisk to mix.
2. Once incorporated, slowly add olive oil. Adding too much will cause dressing to separate.

- Tip: For well-done tuna, cook on medium (275°F) for 2-3 minutes per side.
- Tip: If dressing ingredients separate, use the Whip-It Whisk to reincorporate.

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