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*So let's get cooking,
the pressure's on...*

Chefs Recipe Index



Snapper, pinto beans, fennel



*Aaron Carr | Exec Chef Vasse Felix
www.vassefelix.com.au*

Since 1995 Aaron has been delighting diners with his unique culinary creations. He has hosted Vasse Felix dinners in Los Angeles, Hong Kong, Singapore, Kuala Lumpur, Perth, Melbourne and Sydney.

“Margaret River is one of Australia’s leading food and wine destinations, which is blessed with an abundance of fresh produce. At Vasse Felix, we create ‘New Australian Cuisine’ influenced by the multicultural composition of Australian society.”



Ribollita Toscana



*Alessandro Pavoni | Exec Chef Ormeggio
www.ormeggio.com.au*

Contemporary flavours, techniques and textures are the focus at Ormeggio, with Alessandro exploring for himself the current Northern Italian offerings.

“I love to embrace traditional recipes that have been handed down through the families of my region - and in particular my grandmother, who was a tremendous cook. Traditional Italian dishes, flavours and ingredients are reworked in a new and innovative way.”



Oxtail ragu pappardelle



*Anthony Puharich | Owner Vic’s Meats
www.vicsmeatmarketday.com.au*

Founder of Vic’s Meats, Australia’s largest meat wholesaler of premium quality meats, owner of Victor Churchill butcher and the driving force behind Vic’s Meat Market Day.

Anthony is also the voice behind Ask the Butcher, an iPhone application designed to demystify cooking meat at home and TV show. “I have dedicated my career to promoting the people and produce that are the backbone of Australia’s meat industry”.



Asian pulled pork tacos



*Billy Law | A Table For Two
www.atablefortwo.com.au*

Billy Law has been living his food dream since leaving Masterchef in 2011. A Table For Two is his food blog that features some of the most spectacular recipes from both Asian and western cultures.

“Pressure cooking has always been very intimidating, with the hissing noise. Surprisingly the Breville Fast Slow cooker is so quiet! Believe it or not, after 1.5 hours, the pork shoulder was literally falling off the bone tender!”



Baby octopus, tomato, chilli



*Brigid Treloar | Sydney Seafood School
www.brigidtreloar.com.au
www.sydneyfishmarket.com.au*

Brigid Treloar is a food consultant, media presenter, author of 8 cookbooks and an educator at the Sydney Seafood School, Sydney Fish Market for the last 17 years.

Brigid has made many TV appearances, can often be heard discussing food on ABC radio and has presented specialist cooking classes in Sydney, interstate and overseas. She also advises many of Australia's food companies on product and recipe development.



Braised beef cheeks in red wine



*Cameron Cansdell | Head Chef
Manfredi at Bells
www.bellsatkillcare.com.au*

Manfredi at Bells has been honoured with the 2012 Good Living Sustainability Award. More than 15% of the menu comes from the garden and is grounded in core values of simplicity and freshness featuring seasonal dishes inspired by the produce grown and harvested in the estate's now famous vegetable garden.

"Italian cooking is very simple and relies on the quality of the home grown produce - simplicity and seasonality are key."



Barbequed pork ribs



*Corey Costelloe | Head Chef Rockpool
Bar & Grill Sydney
www.rockpool.com*

Corey Costelloe is a top Australian chef, with an uncompromising attitude towards quality produce and food. Having worked in some of Australia's best restaurants, all across the country, he's now at Sydney's Rockpool Bar and Grill - the home of Neil Perry's vision for the finest sustainable produce, world class service and progressive approach to food.

"When I cook, for myself or at work, I usually try to do very little to the produce and let the quality speak for itself."



Pulled pork tortillas



*Dany Angove | Head Chef Leeuwin Estate
www.leeuwinestate.com.au*

With a great passion for fine food and wine, Dany Angove has been in the position of head chef at Leeuwin Estate since June 2007.

As part of a benchmark Margaret River family winery, the restaurant has won numerous gold plate awards, the 2012 Regional Restaurant of the year in the West Australian Good Food Guide and ranked number 4 in NY based Daily Meal's 2013 list of the world's top 20 Winery Restaurants.



Pork carnitas, black beans, salsa



*Ed Halmagyi | Better Homes and Gardens
www.fast-ed.com.au*

One of Australia's influential chefs, radio hosts and food authors, best known for his cooking segments on Better Homes and Gardens TV and radio shows.

"I (and a lot of other people) am trying to eat more legumes for health - hence the beans with the carnitas - and to be able to do them from dried in just 25 minutes is incredible. No soaking, no time wasted. I'm really a major fan of the Fast Slow Cooker."



Pork loin with red cabbage



*Ian Hemphill | Owner Herbie's Spices
www.herbies.com.au*

Herbie has become the nickname of Ian Hemphill. With thirty years working in the industry, he has become one of Australia's foremost culinary herb and spice experts. He now enjoys sharing his extensive experience and knowledge with his customers at Herbie's Spices.

"We fill a need in the community of cooks and food lovers for one central place to access all herbs and spices, of the freshest and best quality."



Banana pecan choc pudding



*Jennene Plummer | Woman's Day
www.womansday.com.au*

Jennene is one of Australia's most respected food directors. Currently with Woman's Day magazine and is the Food Editor of Family Circle, Super Food Ideas, New Idea and Food Director of Australian Table.

She was the presenter of Meals in Minutes on Channel Nine and is co-author of popular cookbook Zest.



Pot roast chicken



Lamb shanks, pomegranate, dukkah



*Teena Ebejer | Taste Tours
www.benevolent.org.au*

Taste Tours are part of the Benevolent Society and are not your typical food tour. They use food to break down stereotypes and build community pride. Every ticket sold supports a local community.

Teena's family have a long history in the food industry. Her great grandfather made candy in Hungary and her grandfather was a chocolatier. Teena has been a Taste Tour Guide since 2011 and is passionate about food.



Veal osso bucco 'alla milanese', gremolata



*Luca Ciano | Chef Consultant
www.lucaciano.com*

Luca's career includes the famous 2 Michelin-starred restaurant "Il Luogo di Aimo e Nadia" in Milan and international experience at London's Millennium Gloucester Hotel, and in Australia at the Sheraton on the Park, The Westin and Cypress Lakes Resort.

Luca is a consultant for restaurants, magazines and Italian brands in Australia and around the world, providing guidance and assistance in their daily operations.



Red braised pork with egg noodles



*Marion Grasby | Marion's Kitchen
www.marionskitchen.com.au*

Marion Grasby is the creator of Marion's Kitchen Asian food range, which has become one of the most highly regarded gourmet food brands in the Australian market. Marion is also a TV presenter, cookbook author and food journalist.

"The food we eat tells a very personal story about the people we love and the places we go. I'm inspired by one simple passion of bringing the best flavours of Asia to home kitchens around the world."



Beef cheek risotto with persian eggplant relish



*Michael Rantissi | Kepos Street Kitchen
www.kepostreetkitchen.com.au*

With a string of local awards including one hat from SMH Good Food Guide and glowing media reviews, Kepos Street Kitchen has emerged as a popular eatery in Sydney's newly gentrified Redfern.

Owner and chef Michael grew up in Tel Aviv and arrived in Australia where he joined the fine dining restaurant Bathers' Pavilion as Sous Chef. His dishes have a strong Mediterranean influence with a Middle Eastern twist.



Crab & prawn congee



*Mitch Orr | Head Chef Dukes Bistro
www.dukebistro.com.au*

Mitch Orr is lauded as one of Australia's brightest young chefs and his culinary expression draws inspiration from his professional training in Italian cuisine.

Having worked at Buzo Trattoria and Wine Library in Woollahra Sydney he is now head chef at Dukes Bistro.

"At Dukes Bistro expect seasonal menus and a left-of-centre approach to gastronomy."



Paprikash rice



*Monday Morning Cooking Club
www.mondaymorningcookingclub.com.au*

Monday Morning Cooking club is made up of six woman who have been cooking together every Monday morning since 2006. Their directive was to put together a cookbook to raise money for charity. It was then their mission to take it one step further, and to actually try to find the best recipes from the best cooks in Sydney's Jewish Community.

"We wanted to share with the world our community's unusually strong, somewhat obsessive, connection with food."



Veal shank barley soup



Greek style lamb shanks with eggplant

*Phoodie | Food Blogger
www.phoodie.com.au*

Phoodie is a cookbook, restaurant, food blogger and regular contributor to Australia's largest women's website, Mamamia.

"My culinary obsession began when cooking, recipe writing and eating, with both my Greek and Lebanese grandmothers." After the world famous Le Cordon Bleu cookery school in London, then working with some of UK and Europe's top chefs, she then started her food blog.



Snapper, pinto beans, fennel

Snapper, pinto beans, fennel



SERVES

4

PREP

15

minutes

COOK

25

minutes

Ingredients

1 leek, white part only, sliced
4 cloves garlic, crushed
4 anchovy fillets (optional)
Extra virgin olive oil
2 cups chicken stock
1 cup pinto beans (soaked overnight and drained)
1 fennel bulb, cut into 8 wedges
4 x 250g pink snapper fillets, (or white fish fillets of choice) skin on
Salt and pepper

Crumbs

3 cups fresh breadcrumbs
½ cup roughly chopped parsley
Juice and zest of 1 lemon
2½ tablespoons anchovy oil

Method

1. Select SAUTÉ/SEAR function and set the timer for 7 minutes. Add the leek, garlic, anchovy (if using) and a little olive oil. Press START and sauté for 7 minutes.
2. Add chicken stock, beans and fennel. Select PRESSURE COOK and Medium pressure. Set the timer for 17 minutes. Place lid on cooker and close the valve. Press START. Preheat oven to 220°C.
3. Once cooking time is complete open the valve to release all the steam before opening. Select WARM to keep the beans hot while preparing the fish.
4. Combine all the crumb ingredients in a medium bowl.
5. Heat a large heavy based frypan over high heat. Add a little olive oil and place the fish skin side down in the pan. Cook for 3–5 minutes until the skin is crisp. Turn the fish and sprinkle a quarter of the crumb mix on each fillet. Place in the preheated oven for 3–4 minutes or until the fish is cooked through.
6. To serve, divide the beans between 4 plates and top each with a piece of fish. Drizzle with olive oil.

Note

If the beans are not tender return to the cooker and cook under pressure for an additional 3–4 minutes.



Ribollita Toscana

Ribollita Toscana

SERVES

8

PREP

15

minutes

COOK

40

minutes



Ingredients

- 1 onion, diced
- 1 stalk celery, diced
- 1 carrot, diced
- 1¼ cups dried borlotti or cannellini beans, soaked and drained (see note)
- 100g tinned tomatoes
- 1 potato, diced
- 250g Tuscan cabbage, cut into thin strips
- 250g savoy cabbage, cut into thin strips
- 250g silverbeet, white stalk discarded and leaves cut into thin strips
- 150g stale bread without crusts, cut into large chunks
- 50g good quality parmesan, grated

Method

1. Select SAUTÉ/SEAR function and set the timer for 10 minutes. Add 2½ tablespoons olive oil, onion, celery and carrot. Press START and sauté for 10 minutes, stirring frequently.
2. Add the beans, tomato, potato, 4 cups of water and 4 large pinches of salt. Select PRESSURE COOK and Medium pressure. Set timer for 15 minutes. Place lid on cooker and close the valve. Press START.
3. Once cooking time is complete open the valve to release all the steam before opening. Add the Tuscan and savoy cabbages and the silverbeet. Select PRESSURE COOK and High pressure. Set timer for 15 minutes. Place lid on cooker and close the valve. Press START.
4. Once cooking time is complete open the valve to release all the steam before opening the lid. Season to taste. Add the bread and stir through. Transfer to a large bowl, cover and refrigerate overnight to allow flavours to develop.
5. To serve, reheat and serve topped with grated parmesan cheese and a drizzle of extra virgin olive oil.

Note

The dried beans should be soaked for a minimum of 8 hours in the fridge with at least three times the volume of water.



Oxtail ragu pappardelle

Oxtail ragu pappardelle

SERVES

4

PREP

20

minutes

COOK

1¼

hours



Ingredients

1.5kg oxtail, trimmed of excess fat

Olive oil

1 onion, roughly chopped

3 cloves garlic, peeled and crushed

2 medium carrots, peeled and cut into 1 cm slices

2 stalks celery, cut into 1 cm slices

1 bunch fresh herbs (e.g. rosemary, thyme), chopped

2 cups stock, beef or vegetable

1 x 440g can crushed tomatoes

¼ cup red wine

Handful pitted kalamata olives

Zest of 1 orange

400g pappardelle

Parmesan, to serve

Method

1. Select SAUTÉ/SEAR function and set the timer for 10 minutes. Press START. Add the oxtail and a little olive oil and cook, turning over, until browned. Remove the oxtail from the cooker.
2. Select PRESSURE COOK and High pressure. Set the timer for 60 minutes. Add the onion, garlic, carrot, celery, herbs, oxtail, stock, tomato, wine, olives and orange zest. Place lid on cooker and close the valve. Press START.
3. Once cooking time is complete open the valve to release all the steam before opening the lid.
4. Remove the oxtail and set aside covered with foil until cool enough to handle. Remove the meat from the bones and return the meat to the ragu mixture, discarding bones.
5. Meanwhile cook the pappardelle in a large saucepan of boiling salted water until al dente. Drain and toss through oxtail ragu. Serve with grated parmesan.

Note

If a thicker sauce is preferred remove the oxtail, select SAUTÉ/SEAR function and set timer for 10 minutes. Press START and cook until desired consistency is reached.



Asian pulled pork tacos

Asian pulled pork tacos



SERVES

4

PREP

30

minutes

COOK

1½

hours

Ingredients

1.5kg pork shoulder, skin and excess fat removed

¼ cup light soy sauce

2 tablespoons dark soy sauce

¼ cup apple cider vinegar

½ cup smoked barbeque sauce

1 cup dark brown sugar

1 tablespoon smoked paprika

1 teaspoon cayenne pepper

1 teaspoon chilli flakes

5 star anise

5 cloves

3 cloves garlic, chopped

1 carrot, peeled and thickly sliced diagonally

1 x 375ml bottle beer or apple cider

To serve

1 cucumber, thinly sliced

1 teaspoon salt

1 tablespoon sugar

1 tablespoon cornflour

⅓ cup water

1 bunch of coriander

20g roasted peanuts, finely chopped

1 carrot, cut into matchsticks

Sriracha hot sauce (optional)

12 tortillas (3 per person)

Method

1. Cut the pork shoulder into 4 equal pieces and place in a large bowl. Add all ingredients except the carrot and beer. Using your hands rub the mix into the pork coating well. Cover the bowl and set aside to marinade in the fridge for at least 1 hour.
2. Place the carrot in the base of the cooker, place the pork on top and pour over the beer.
3. Select PRESSURE COOK and Medium pressure. Set the timer for 90 minutes. Place lid on cooker and close the valve. Press START.
4. Place the cucumber, salt and sugar in a bowl and mix well. Cover and refrigerate for 1 hour.
5. Once cooking time is complete open the valve to release all the steam before opening the lid.
6. Check pork, it should be soft when pierced with a knife. Transfer meat to a baking tray, pour and strain 500ml of the stock into a saucepan, then pour the remaining stock into the tray with the pork. Once the pork is cool enough to handle, pull the meat into large shreds and chunks, using two forks.
7. To make the sauce, simmer the stock in saucepan on medium heat and reduce it down to 200ml. Add cornflour into water, mix well and pour into the stock. Keep stirring until thickens. Pour the sauce into a bowl and let cool.
8. To assemble, place a mound of pulled pork in the centre of a tortilla, top with carrot and pickled cucumber, add sauces and sprinkle with peanuts. Wrap it up and serve.



Baby octopus, tomato, chilli

Baby octopus, tomato, chilli



SERVES
4-6

PREP
15
minutes

COOK
20
minutes

Ingredients

- 1 tablespoon olive oil
- 2 red onions, peeled and cut into thin wedges
- 1 red capsicum, seeded and diced
- 1 small eggplant, diced
- 2 small red chillies, finely chopped (optional)
- 2 cloves garlic, crushed
- 1.5kg cleaned baby octopus, cut in half
- 1/3 cup pitted black olives, halved

Sauce

- 1 x 440g can diced tomatoes, or 500g fresh tomatoes, skinned and diced
- 1/2 cup red wine
- 2 tablespoons balsamic vinegar
- 1 tablespoon tomato paste
- 1/4 cup chopped fresh oregano or thyme, plus extra for garnish
- 2 sprigs fresh rosemary, leaves only, chopped
- 1/2 teaspoon sugar

Salt and pepper to taste

Method

1. Select SAUTÉ/SEAR function and set the timer for 10 minutes. Press START and allow to heat for 3 minutes.
2. Add the oil, onion, capsicum, eggplant, chilli and garlic and sauté, stirring occasionally, until the onion is soft. Add the sauce ingredients, octopus and olives.
3. Select PRESSURE COOK and Low pressure. Set the timer for 10 minutes. Place lid on cooker and close the valve. Press START.
4. Once cooking time is complete leave for 10 minutes before releasing the valve to release the remaining steam before opening.
5. Season to taste and serve garnished with extra herbs.

Note

If a thicker sauce is preferred remove the octopus, select SAUTÉ/SEAR function and set timer for 10 minutes. Press START and cook until desired consistency is reached.



Braised beef cheeks in red wine

Braised beef cheeks in red wine

SERVES

4

PREP

20

minutes

COOK

6½

hours



Ingredients

3 tomatoes

½ cup extra virgin olive oil

4 x 300g beef cheeks trimmed

1 small onion, finely chopped

1 small carrot, peeled and finely chopped

1 stick celery, finely chopped

6 cloves garlic, finely chopped

1 sprig sage, finely chopped

1 small sprig rosemary, finely chopped

1 sprig thyme, finely chopped

2 cups red wine

¾ cup beef or chicken stock

Salt and freshly ground black pepper

To serve

⅓ cup chopped parsley

1 bunch baby carrots, trimmed and peeled

1 tablespoon extra virgin olive oil

50g green peppercorns, fresh or canned

Method

1. Core the tomatoes and place in a bowl. Cover with boiling water and leave for 10 seconds. Drain and peel off the skins. Halve, remove seeds and finely chop.
2. Select SAUTÉ/SEAR function and set the timer for 20 minutes. Press START and allow to heat for 3 minutes. Add 2 tablespoons of olive oil and brown the beef cheeks all over in batches and set aside. Add the remaining oil and the vegetables and cook for 4 minutes, stirring occasionally. Add the garlic and herbs and cook for another minute.
3. Add the red wine and cook for 8–10 minutes to reduce, then add the beef cheeks, stock and tomatoes. Season with salt and pepper.
4. Select SLOW COOK. Set the timer for 6 hours. Place lid on cooker and press START.
5. Once cooking time is complete remove the lid. Remove the beef cheeks and set aside.
6. Select SAUTÉ/SEAR function and set the timer for 10 minutes. Press START. Allow to simmer until the liquid is reduced by half.
7. Cook the carrots in a saucepan of boiling water for 3–4 minutes or until tender. Drain, drizzle with a little olive oil and season.
8. Return the beef cheeks to the sauce to reheat and stir through the parsley.
9. Serve the beef cheeks with the sauce and a few peppercorns sprinkled over alongside the carrots.



Barbequed pork ribs

Barbequed pork ribs

SERVES

4

PREP

10

minutes

COOK

24

minutes



Ingredients

- 1.2kg pork ribs cut American style
- 1 brown onion, peeled and chopped roughly
- 2 apples, cut into quarters and seeds removed
- 4 peeled garlic cloves
- 3 tablespoons smoked paprika
- 1 teaspoon yellow mustard seeds or powder
- 3 cloves
- 1 bay leaf
- 1 teaspoon ground cinnamon
- ½ cup Worcestershire sauce
- ½ cup brown sugar
- ½ cup tinned tomatoes
- 1 tablespoon Dijon mustard
- 1 tablespoon tamarind puree
- 2 teaspoons salt

If you like a chilli hit, add a tablespoon of your favourite hot sauce or chilli powder/flakes.

Method

1. Lightly sprinkle your ribs with salt and pepper and set aside.
2. Combine all ingredients and blend till very smooth.
3. Place the ribs into the fast slow cooker and pour the sauce over the ribs.
4. Select PRESSURE COOK and High pressure. Set timer for 22 minutes. Place lid on cooker and close the valve. Press START.
5. Pre-heat your BBQ or indoor grill while ribs are pressure cooking.
6. Once cooking time is complete open the valve to release all the steam before opening the lid. Remove ribs onto a tray ready for the BBQ or grill.
7. Select SAUTÉ/SEAR function and set the timer for 2 minutes to reduce sauce. Leave the lid sitting on top as when the sauce is reducing as it may spit boiling hot sauce.
8. Once sauce has reduced a little, remove half and use it for basting your ribs. The other half of the sauce can be either used as a condiment for a side dish or refrigerated and used for another batch of ribs or another cut of meat.
9. Char grill ribs on the BBQ or grill and brush with your reduced BBQ sauce. Turn them over and brush the other side but be careful not to burn them as the sauce will burn easily with the amount of sugar it contains.
10. Cut into individual rib pieces and serve with a wedge of lemon and extra salt and pepper if desired.



Pulled pork tortillas

Pulled pork tortillas

SERVES

6

PREP

45

minutes

COOK

1½

hours



Ingredients

1.5kg Pork shoulder, bone in,
skin on free range
500ml orange juice
1 x 400g tin whole peeled tomatoes
100ml Worcestershire sauce
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon Szechuan pepper
½ teaspoon smoked paprika
¼ teaspoon turmeric
1 brown onion – diced
2 chipotle peppers

Tortillas

2 cups masa flour
Pinch sea salt
1 cup water
1 teaspoon extra virgin olive oil

Tortilla salad

20g cactus strips
20g fresh jalapeno
20g homini
½ red onion – sliced thin
½ radish – sliced thin
½ cup combination pick of parsley,
coriander and chervil

Guacamole

2 avocado
¼ teaspoon toasted cumin
½ teaspoon tabasco sauce
1 lime, juiced
2 teaspoons fresh coriander picked
½ red onion, diced
1 tomato, deseeded cut into fine dice

Method

1. Place pork into Fast Slow Cooker, put all remaining ingredients into a food processor and blitz until smooth, pour over pork.
2. Select PRESSURE COOK function and High pressure. Set the timer for 45 minutes. Please note cooking time will vary according to meat size and weights. Place lid on cooker and close the valve. Press START.
3. Once pork is falling off bone remove the skin and flake coarsely with a fork, set aside.
4. Return pork to removable cooking bowl to warm through. Once heated, place into a small dish to serve.
5. Serve guacamole into a 2nd small dish.
6. To make the salad, toss all salad ingredients into a bowl and place into a 3rd small dish.
7. Serving suggestion is to use a large plate for tortillas adding 3 small dishes onto the plate for self-serve.
8. To eat, place pulled pork onto tortilla, adding guacamole and top with salad.

Tortillas

Mix in a bowl, cover and rest for 1 hour in the fridge. Then roll into 40g balls and between grease proof paper press in a tortilla press or roll with a rolling pin until thin in a circular shape.

To make the tortillas, heat a large char-grill pan over medium high heat. Place tortillas into pan and cook both sides until they puff up and are charred. Remove and place onto a large plate.

Guacamole

Blend all ingredients until smooth except the tomato and onion. Place into a bowl and stir through tomato, onion, salt and pepper.

Note

Pulled pork means to pull away the pork meat softly from the bone.



Pork carnitas, black beans, salsa

Pork carnitas, black beans, salsa



SERVES

8

PREP

30

minutes

COOK

2

hours

Ingredients

Black Beans

- 1 onion, finely diced
- 1 carrot, finely diced
- 1 stick celery, finely diced
- 3 cloves garlic, thinly sliced
- 2 bay leaves
- 2 tablespoons extra virgin olive oil
- 1 cup black beans
- 2 cups chicken stock
- Salt flakes and freshly ground black pepper

Pork

- 2 teaspoons smoked paprika
- 2 teaspoons fine salt
- 1 teaspoon ground white pepper
- 1 teaspoon ground cumin
- 1 teaspoon celery seeds
- ½ teaspoon chilli powder
- 2.2kg boneless pork shoulder, excess fat removed
- 3 cups chicken stock
- 3 chipotle chillies in adobo sauce
- ½ bunch oregano
- 6 parsley stalks
- Juice of 1 lemon
- Juice of 1 orange

To serve

- Toasted white corn tortillas*
- Pico de gallo salsa*
- Guacamole*
- Sour cream*

Method

1. Select SAUTÉ/SEAR function and set the timer for 10 minutes. Press START and allow to heat for 3 minutes. Add the onion, carrot, celery, garlic, bay leaves and oil and cook for 6–7 minutes stirring frequently. Add the beans, stock and 3 cups of water.
2. Select PRESSURE COOK and High pressure. Set the timer for 27 minutes. Place lid on cooker and close the valve. Press START.
3. Once cooking time is complete open the valve to release all the steam before opening the lid. Pour the beans and any remaining liquid into a bowl and set aside.
4. To make the pork, combine the spices in a bowl, then rub all over the pork. Roll the pork up and tie securely with cooking twine. Select SAUTÉ/SEAR and 15 minutes cooking time. Add the pork and cook, turning often for 15 minutes. Add the remaining ingredients.
5. Select PRESSURE COOK and Medium pressure. Set timer for 60 minutes. Place lid on cooker and close the valve. Press START.
6. Once cooking time is completed open the valve to release all the steam before opening. Allow the pork to cool for 10 minutes in the liquid before removing from the liquid, cutting the twine and shredding with two forks.
7. Serve piled on corn tortillas with guacamole, pico de gallo and sour cream

Note

If the pork is not tender enough to shred return it to the cooker and cook under pressure for an additional 10–15 minutes.



Pork loin with red cabbage

Pork loin with red cabbage



SERVES

2

PREP

15

minutes

COOK

25

minutes

Ingredients

- 400g pork loin fillet
- 1 tablespoon black sesame or vegetable oil
- 1 onion, thinly sliced
- 2 cups finely shredded red cabbage
- 1 teaspoon garam masala
- 1 granny smith apple, peeled, cored and cut into 8 wedges
- 1 cup dry white wine

Spice mix

- 2 teaspoons sweet Hungarian paprika
- ½ teaspoon chipotle chilli powder
- 1 teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground native pepperberry

Method

1. To prepare the spice mix combine all ingredients in a small bowl. Rub the spice mix over the pork.
2. Select SAUTÉ/SEAR function and set the timer for 8 minutes. Press START and allow to heat for 3 minutes. Add the pork and oil and brown on one side for 1 minute before turning and browning the other side for 1 minute. Remove the pork and set aside.
3. Add the onion, cabbage and garam masala and cook stirring for two minutes. Add the apple and wine and place the pork on top.
4. Select PRESSURE COOK and Medium pressure. Set the timer for 15 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete open the valve to release all the steam before opening the lid.
6. Remove the pork and vegetables separately, cover and rest in a warm place.
7. To reduce the sauce select SAUTÉ/SEAR function and set the timer for 3 minutes. Press START.
8. Slice the pork and serve on top of the cabbage mixture with the sauce spooned over.



Banana pecan choc pudding

Banana pecan choc pudding



SERVES

8

PREP

20

minutes

COOK

24

minutes

Ingredients

- 150g butter, softened
- $\frac{3}{4}$ cup caster sugar
- 2 eggs
- $\frac{3}{4}$ cup self raising flour
- 2 tablespoons cocoa powder
- 1 cup mashed ripe bananas, (about 3 small bananas)
- $\frac{1}{2}$ cup chopped pecans
- 1 tablespoon brandy or rum

Custard or ice cream to serve

Method

1. Grease 8 x $\frac{1}{2}$ cup capacity dariole moulds. Place the butter and sugar in a medium bowl and beat with a mixer until pale and creamy. Add eggs one at a time beating well after each. Sift the flour and cocoa into the mixture and use a large spoon to mix until just combined. Add banana, pecans and brandy, stir to combine.
2. Spoon even amounts of the mixture into the prepared moulds leaving a little space in each to allow for rising. Cover each with a piece of foil which has been greased. Pleat the foil in the centre to allow for expansion.
3. Place the trivet in the Fast Slow Cooker and arrange 4 puddings on top. Add enough water to come a quarter of the way up the sides of the moulds.
4. Select PRESSURE COOK and Low pressure. Set timer for 12 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete open the valve to release all the steam before opening the lid. Repeat with remaining 4 pudding moulds.
6. Remove puddings from cooker. Uncover and invert onto serving dishes. Serve warm with custard and/or ice cream.



Pot roast chicken

Pot roast chicken

SERVES

4

PREP

20

minutes

COOK

1

hour



Ingredients

20g butter, plus 20g extra, chopped
1.5kg chicken, trimmed, washed and dried
250g button mushrooms
1 leek, white part only, cut into 2 cm pieces
1 clove garlic, crushed
1 lemon, halved
Half bunch of thyme
12 baby potatoes
1 cup chicken stock
½ cup white wine
1 tablespoon Dijon mustard
2 tablespoons cornflour
¼ cup cream

Steamed broccoli to serve

Method

1. Select SAUTÉ/SEAR function and set the timer for 20 minutes. Press START and allow to heat for 3 minutes. Add the butter and brown the chicken for 4–5 minutes on each side. Remove.
2. Add the mushrooms, leek and garlic and sauté for 3–4 minutes, stirring occasionally.
3. Stuff the chicken cavity with the lemon and thyme. Return to cooker and arrange potatoes around the chicken. Pour over the combined stock, wine and mustard.
4. Select PRESSURE COOK and High pressure. Set timer for 30 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete open the valve to release all the steam before opening the lid.
6. Remove the chicken and vegetables to a serving platter. Cover and rest for 10 minutes.
7. In a jug, whisk cornflour into cream. Add to the sauce in the cooker. Select SAUTÉ/SEAR and set the timer for 6 minutes. Press START. Cook, stirring, until mixture boils and thickens. Simmer for 3 minutes. Serve with the carved chicken and vegetables.



Lamb shanks, pomegranate, dukkah

Lamb shanks, pomegranate, dukkah



SERVES

6

PREP

20

minutes

COOK

6½

hours

Ingredients

4 tablespoons cumin seeds
2 cardamom pods, shells removed
1½ cups pistachio kernels
½ cup sesame seeds
Extra virgin olive oil
3 large onions, cut into half rings
½ teaspoon cracked black pepper
1.2kg small lamb shanks
1 cup plain flour
Salt and freshly ground black pepper
3 cups beef stock
1 tablespoon crushed garlic
1 tablespoon grated ginger
¼ cup pomegranate molasses
1 tablespoon 7 spice mix
2 tablespoons tomato paste
1½ cups (200g) pitted dates, chopped
3 cups cooked couscous
1 cup cooked chickpeas, drained
1 bunch coriander
1 bunch mint
1 bunch parsley
1 small red chilli

Tip: The sauce may be pureed with a stick blender if desired.

Method

1. Select SAUTÉ/SEAR function and set the timer for 5 minutes. Press START.
2. Add 3 tablespoons of the cumin seeds, cardamom seeds, sesame seeds and pistachios. Stir frequently until the mixture just starts to smoke and the cumin seeds start to crackle. Remove from the cooker and allow to cool before crushing in a mortar and pestle.
3. Select SAUTÉ/SEAR function and set the timer for 18 minutes. Press START.
4. Add ⅓ cup of olive oil, the remaining cumin seeds and the black pepper. Cook, stirring until the onions are caramelised then remove and allow to cool.
5. Wipe out the base of the removable cooking bowl with paper towel. Place the lamb shanks in a large plastic bag with the flour and salt and pepper. Shake the bag to coat the lamb with flour.
6. Select SAUTÉ/SEAR function and set the timer for 15 minutes. Press START.
7. Add a little olive oil and half the lamb shanks, brown on all sides then repeat with remaining shanks adding more olive oil if necessary, remove and set aside.
8. Add the stock, 3 teaspoons of the garlic, all the ginger, pomegranate molasses, 7 spice mix, tomato paste, chopped dates and half of the onion. Stir to combine and return the lamb.
9. Select SLOW COOK. Set the timer for 6 hours. Place lid on cooker and press START.
10. To prepare the couscous combine with the remaining onions and the chickpeas, season and keep warm.
11. To finish the Dukkah finely chop the herbs and red chilli and combine with the reserved nut mixture and remaining garlic in a bowl, stir well and season.
12. Serve the lamb shanks and sauce with the couscous and sprinkled with the fresh herb dukkah.



Veal osso bucco 'alla milanese', gremolata

Veal osso bucco 'alla milanese', gremolata

SERVES

4

PREP

20

minutes

COOK

1¼

hours



Ingredients

1.4kg veal osso bucco
100g plain flour
¼ cup extra virgin olive oil
30g unsalted butter
½ onion, finely chopped
½ carrot, finely chopped
½ celery stick, finely chopped
⅓ cup dry white wine
1 cup veal stock
250g tinned whole tomatoes
100g peas, fresh or frozen

Gremolata

¼ bunch parsley, finely chopped
1 clove garlic minced
Zest of 1 lemon
Splash olive oil

Method

1. Dust the veal with the flour, season, and set aside.
2. Select SAUTÉ/SEAR function and set the timer for 20 minutes. Press START and allow to heat for 3 minutes. Add the oil and butter and when hot add the osso bucco in batches and brown on both sides. Set aside.
3. Add the onion, carrot and celery and sauté for 2–3 minutes then add the wine and reduce slightly before adding the stock and tomatoes. Stir well and bring to a simmer. Return the osso bucco to the removable cooking bowl stirring to coat in the liquid.
4. Select PRESSURE COOK and High pressure. Set the timer for 45 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete open the valve to release all the steam before opening the lid.
6. Check that the meat is tender. If not, follow the pressure cooking instructions above for 10–15 minutes. Stir in the peas.
7. To prepare the gremolata combine all ingredients and mix well.
8. Serve the ossobucco with risotto 'alla Milanese' and sprinkled with gremolata.

Note

If a thicker sauce is preferred, remove meat and select SAUTÉ/SEAR function and 10 minutes cook time. Press START and cook until desired consistency is reached.



Red braised pork with egg noodles

Red braised pork with egg noodles



SERVES

6

PREP

20

minutes

COOK

45

minutes

Ingredients

- 1 tablespoon tomato paste
- ½ cup chinese cooking wine (shaoxing)
- ¼ cup dark soy sauce
- ¼ cup light soy sauce
- ¼ cup brown sugar
- 1 tablespoon vegetable oil
- 1kg pork shoulder, trimmed of excess fat and cut into 4cm cubes
- 4 cm piece ginger, peeled and sliced into matchsticks
- 4 cloves garlic, roughly chopped
- 2 star anise
- 1 cinnamon stick
- 2 brown cardamom pods, bruised
- 350g fresh thin egg noodles
- 2 small bok choy, thinly sliced
- ½ cup coriander leaves
- 2 long red chillies, thinly sliced

Method

1. Place the tomato paste, cooking wine, soy sauces and brown sugar in a bowl and whisk to combine. Set aside.
2. Select SAUTÉ/SEAR function and set the timer for 15 minutes. Press START and allow to heat for 3 minutes. Add oil then a third of the pork. Brown for 2–3 minutes on all sides, remove and repeat with remaining pork.
3. Add the ginger and garlic and cook, stirring for 20 seconds. Return the pork to the removable cooking bowl with any juices, the prepared sauce mix, spices and 1 cup of water. Stir to combine.
4. Select PRESSURE COOK and High pressure. Set timer for 30 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete open the valve to release all the steam before opening the lid.
6. Cook the egg noodles according to packet instructions and divide between 6 serving bowls topped with the bok choy. Divide the pork between bowls and ladle over the broth. Top with coriander leaves and chilli.



Beef cheek risotto with persian eggplant relish

Beef cheek risotto with persian eggplant relish

SERVES

8

PREP

30

minutes

COOK

60

minutes



Ingredients

Beef cheeks

1/3 cup olive oil

600g (2) beef cheeks, cut in half

1.5 litres chicken or beef stock

Persian eggplant relish

2 eggplants, peeled and cut into 2 cm cubes

2 tablespoons coriander seeds

2 tablespoons cumin seeds

1 tablespoon caraway seeds

Vegetable oil for frying

1/3 cup olive oil

1 large onion, peeled and finely diced

1 large red chilli, finely diced (including seeds)

6 cloves garlic, crushed

1 tablespoon paprika

1 tablespoon turmeric

3 large tomatoes, diced

1 large bunch coriander, leaves, and root, chopped

1/4 cup lemon juice

Risotto

1/3 cup olive oil

1 onion, finely diced

4 cloves garlic, crushed

350g arborio or carnaroli rice

1 cup dry white wine

2 1/2 cups prepared eggplant relish

1 litre chicken or beef stock

Prepared beef cheeks, drained and broken into large pieces

1 tablespoon butter

Method

1. Select SAUTÉ/SEAR function and set the timer for 10 minutes. Press START and allow to heat for 3 minutes. Add the oil and beef cheeks and sear until golden on all sides. Add the stock
2. Select PRESSURE COOK and High pressure. Set timer for 40 minutes. Place lid on cooker and close the valve. Press START.
3. Once cooking time is complete open the valve to release all the steam before opening the lid.
4. Allow beef cheeks to cool before adding to the risotto.

Persian eggplant relish

1. Place the eggplant in a colander and sprinkle with salt. Set aside for 40 minutes. Rinse under cold water, drain and use paper or a tea towel to pat dry.
2. Meanwhile place the coriander, cumin and caraway seeds in a frypan and dry roast over medium heat for 2 minutes or until fragrant. Use a mortar and pestle to lightly crush.
3. Pour vegetable oil into a frypan. It should be about 1/3 full. Fry the eggplant in batches until golden. Drain on paper towel.
4. Heat the olive oil in a medium saucepan and add the onion, chilli and garlic and cook until translucent. Add the toasted spices, paprika and turmeric and fry for 30 seconds or until fragrant.
5. Add the tomatoes and 1/4 cup of water and simmer gently for 15 minutes. Add the eggplant and simmer for another 5 minutes. Season and add the coriander and lemon juice.

Risotto

1. Select SAUTÉ/SEAR function and set the timer for 15 minutes. Press START and allow to heat for 3 minutes. Add the olive oil and heat for 1 minute.
2. Add the onion and garlic and sauté for 3 minutes until soft. Add the rice and mix well. Sauté for 2–3 minutes until the rice is opaque. Add the wine and continue to simmer until the wine has been absorbed. Select START/CANCEL.
3. Add the eggplant relish and stir to combine. Add the stock and beef.
4. Select PRESSURE COOK and High pressure. Set timer for 10 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete rest for 5–10 minutes before opening the valve to release all the steam.
6. Season, add the butter and stir through. Serve immediately.



Crab & prawn congee

Crab & prawn congee

SERVES

8

PREP

1

hour

COOK

2

hours



Ingredients

4 raw blue swimmer crabs
12 raw crystal bay prawns
2 tablespoons olive oil
6 eschallots, chopped
3 cloves garlic, chopped
1 tablespoon tomato paste
½ bunch thyme
2 bay leaves
1 cup white wine
¼ cup vermouth
3 tomatoes, chopped
¼ teaspoon fennel seeds
¼ teaspoon juniper berries
¼ teaspoon coriander seeds
¼ teaspoon white peppercorns
1 cinnamon quill
2 star anise

Congee

1¼ cups (275g)
carnaroli rice
Prepared crab and
prawn stock
100g butter
Garnishes:
Soft boiled eggs
Cime di rappa:
Salt
Sugar

Prawns and crab

150ml grapeseed oil
Cornflour
Reserved prawn meat
Reserved crab

Fried eschallots

6 eschallots, finely
sliced

Pangratatto

100g butter
2 anchovies, chopped
1 chilli, chopped
1 clove garlic, chopped
2 handfuls fresh
breadcrumbs

Lemon wedges to serve

Stock

1. Clean the crabs, reserving the brown meat and head shell. Set aside the claws and body for serving.
2. Shell and devein the prawns reserving the shells and heads for the stock. Chop the prawn meat.
3. Select SAUTÉ/SEAR function and set the timer for 30 minutes. Press START and allow to heat for 3 minutes. Add the oil to the cooker with the reserved crab and prawn shells. Sauté until golden.
4. Add the eschallots and garlic and cook, stirring, until golden. Add tomato paste and stir through for 1 minute then add thyme, bay leaves, wine, vermouth, tomatoes and spices. Simmer until the liquid has reduced by half. Add water up to the max line.
5. Select PRESSURE COOK and High pressure. Set timer for 15 minutes. Place lid on cooker and close the valve. Press START.
6. Once cooking time is complete open the valve to release all the steam before opening the lid.
7. Strain the stock into a clean bowl and discard the solids. You will have about 3 litres of stock.

Congee

1. Place the rice and 3 litres of stock into the cooker removable cooking bowl.
2. Select PRESSURE COOK and Medium pressure. Set timer for 60 minutes. Place lid on cooker and close the valve. Press START.
3. Once cooking time is complete open the valve to release all the steam before opening the lid.
4. The congee should be creamy and smooth. If there is too much liquid or if the rice has not broken down enough select the SAUTÉ/SEAR function and simmer until the correct consistency is reached. If it is too dry add a little stock or water until the correct consistency is achieved.
5. Add the butter and season with salt and white pepper.
6. Serve with garnishes and a squeeze of lemon.

Garnishes

1. For the cime di rappa, wash and roughly chop, sprinkle with a little salt and sugar. Mix well and set aside to pickle.
2. For the saffron oil, toast saffron in a small frypan then pour in enough grapeseed oil to cover the base of the pan. Season and set aside to infuse.
3. For the prawns and crabs, heat the oil in a medium frypan. Coat the prawns and crab pieces in cornflour and fry in the oil until golden. Drain on paper towels. Reserve oil.
4. For the fried shallots, fry the eschallots in the same oil used for the prawns and crab until golden. Drain on paper towels. Reserve oil.
5. For the pangratatto, add butter, anchovies, chilli and garlic to reserved oil in frypan. Sauté until garlic is soft then add the breadcrumbs and cook, stirring until golden and crunchy.



Paprikash rice

Paprikash rice

SERVES

6

PREP

20

minutes

COOK

60

minutes



Ingredients

- 1/3 cup olive oil
- 1kg veal shin, cut into large cubes
- 3 large onions, very finely chopped
- 1/4 cup white wine
- 2 cloves garlic, crushed
- 1 red capsicum, seeded and sliced
- 1 heaped tablespoon sweet Hungarian paprika
- 1/4 teaspoon cayenne pepper (or to taste)
- 1 cup long grain rice
- 2 carrots, peeled and cut into chunks
- 1 small tomato, chopped

Method

1. Select SAUTÉ/SEAR function and set the timer for 20 minutes. Press START.
2. Add half the olive oil and brown the veal in batches. Set veal aside. Add the onion and remaining oil and cook for 10 minutes or until golden. Return the veal to the removable cooking bowl with 2 cups of boiling water, wine, garlic, capsicum, paprika and cayenne pepper.
3. Select PRESSURE COOK and High pressure. Set the timer for 20 minutes. Place lid on cooker and close the valve. Press START.
4. Once cooking time is complete open the valve to release all the steam before opening the lid. Add the rice, carrots and tomato.
5. Select PRESSURE COOK and High pressure. Set the timer for 15 minutes. Place lid on cooker and close the valve. Press START.
6. Once cooking time is complete leave for 10 minutes before releasing the valve to release the remaining steam before opening the lid. Season to taste.



Veal shank barley soup

Veal shank barley soup

SERVES

6-8

PREP

15

minutes

COOK

60

minutes



Ingredients

2 tablespoons olive oil
1.5kg veal shank, cut into 3
1 onion, finely chopped
3 sticks celery, finely chopped
4 carrots, peeled and finely diced
2 potatoes, peeled and cubed
1.5 litres chicken stock
250g pearl barley

Method

1. Select SAUTÉ/SEAR function and set the timer for 20 minutes. Press START.
2. Place 1 tablespoon of olive oil in the cooker and add the veal shank. Brown on all sides, remove and set aside.
3. Add the remaining oil, onion and celery and cook, stirring occasionally, for 10 minutes or until translucent. Add the carrots and potato, stock, barley and reserved shanks.
4. Select PRESSURE COOK and Medium pressure. Set the timer for 40 minutes. Place lid on cooker and close the valve. Press START.
5. Once cooking time is complete open the valve to release all the steam before opening the lid.
6. Check that the meat is falling off the bone. If not repeat step 4 for 10 minutes. Allow to cool for 30 minutes before removing the meat from the bones and shredding. Discard the bones.
7. Return the shredded meat to the soup and warm if necessary.

Note

This soup will thicken upon standing – simply add more stock before serving.



Greek style lamb shanks with eggplant

Greek style lamb shanks with eggplant



SERVES

6

PREP

20

minutes

COOK

8½

hours

Ingredients

- 2 tablespoons olive oil
- 6 small lamb shanks
- 1 brown onion, diced
- 2 large cloves garlic, minced
- 500g beef stock
- 1 tablespoon salt
- 2 teaspoons pepper
- 2 tablespoon oregano, dried
- 1 x 420g can diced tomato
- 700g tomato passata
- 2 eggplants, diced into large, even chunks (approx. 3cm each)
- 2 lemons, juice only

Serve with mashed potato and fresh parsley

Method

1. Select SAUTÉ/SEAR function and set the timer to 10 minutes. Add half the oil and brown shanks in 2 batches.
2. Remove shanks and set aside.
3. Add remaining oil and sauté onions and garlic for 4 minutes.
4. Add stock, salt, pepper, oregano, tinned tomato, passata, eggplant and lemon juice into the removable cooking bowl. Return shanks back in and mix well.
5. Select SLOW COOK function and set the timer to 8 hours. Press START.
6. Remove when finished and serve on a bed of mashed potato. Garnish with parsley.

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