

prepology™

Microwave Pressure Cooker User Guide & Recipes

CONTENTS

User Guide

- Microwave Pressure Cooker Important Safeguards 3
- Description of Parts 5
- Lid Assembly 5
- User Instructions 6
- Safety Features 8
- How to maintain your Microwave Pressure Cooker 10
- Trouble Shooting 11
- Why use a Microwave Pressure Cooker? 12
- Tips and suggestions 13

Recipes

Soups

- Vegetable Barley Soup 14
- Carrot Ginger Soup 14
- French Onion Soup 15
- Hearty Beef Minestrone 15
- Borscht 16

Vegetarian

- Brussel Sprouts Balsamico 17
- Spicy Bean Stew with Tomatoes and Cilantro 17
- Smashed Parsley Red Potatoes 18
- Basmati Rice 18
- Rice Pilaf 19
- Quick Mexican Rice and Beans 19
- Sesame Broccoli with Almonds 20
- Corn on the Cob with Cilantro Butter 20
- Beets with Oranges and Parsley 21
- Apple Cider Sweet Potato Mash 21
- Quick Marinara 22

Beef & Lamb

- Beef Stew 23
- Beef Goulash 24
- Pot Roast 24
- Irish Stew with Lamb and Stout 25
- Chili con Carne 26
- Beef Curry 26
- Beef Short Ribs 27

Chicken

- Apricot Chicken with Broccoli 28
- Chicken Cacciatore 28
- Coq au Vin 29
- Smothered Chicken with Mushrooms 30
- Whenever Wings 30
- Whenever Sauce 31
- Buffalo Wings 31
- Margarita Wings 32
- Lemon and Basil Chicken 32

Pork

- Baked Ham 33
- Country Spare Ribs 33
- Pork Chops with Couscous 34
- BBQ Pulled Pork 35

Sea food

- Quick Low Country Boil 36
- Salmon with Soy Orange Sauce 36
- Salmon with Dill and Capers 37
- Tilapia with Almond Pesto 38
- Flounder with Garlic Butter over Pasta 38
- Buffalo Shrimp 39
- Shrimp Mojito 39
- Mussels Marinara 40
- Mussels Fra Diavolo 41

Pasta / Rice Dishes

- Basic Risotto with Cream 42
- Basic Risotto with Red Wine 42
- Pasta with Ham And Peas 43

Desserts

- Poached Pears in Red Wine 44
- Chocolate Rice Pudding 44

Quick Reference

- Cooking Guide Meat 45
- Cooking Guide Vegetables 46

MICROWAVE PRESSURE COOKER

IMPORTANT SAFEGUARDS

Important: - Please read all instructions carefully before using your Microwave Pressure Cooker.

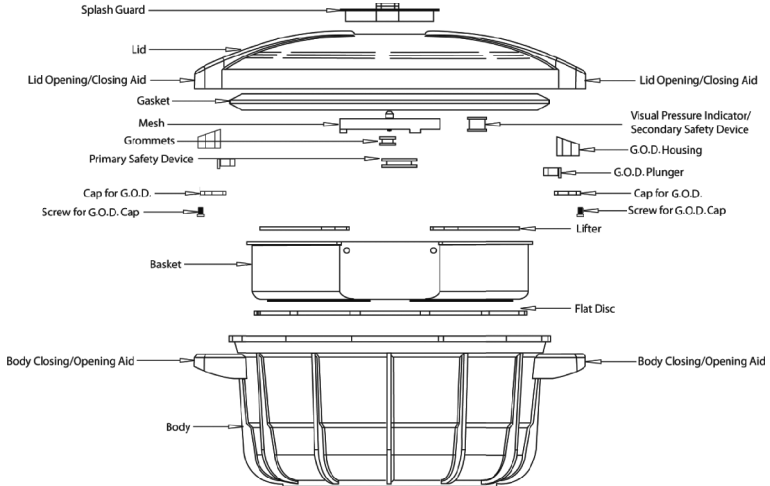
GENERAL RULES FOR PRESSURE COOKING – SAFETY NOTICE.

- This appliance cooks under pressure. Scalds may result from inappropriate use of the pressure cooker.
- This Microwave Pressure Cooker is intended for use in Microwave Ovens of 21 Quart capacity or higher (minimum inner cavity dimension of 11.85 inches length and 11.85 inches breadth and a minimum height of 6.30 inches above the tray).
- Match the size of the Microwave Pressure Cooker to the size of the Microwave Oven.
- Always follow the Microwave Oven Manufacturer's instructions. Before using a new microwave oven, always follow manufacturer's installation and operating and safety precautions.
- Always ensure Microwave oven is clean and dry before use.
- The Cooker is for Microwave oven use only.
- DO NOT PLACE ON ANY OTHER HEATING SOURCE.
- USE ONLY MICROWAVE OPTION IN YOUR MICROWAVE OVEN WHILE USING MICROWAVE PRESSURE COOKER. DO NOT USE GRIL OR OTHER OPTIONS. Failure can lead to melting of the Cooker or even a fire hazard.
- Extreme caution must be used when moving the appliance containing hot liquids.
- Do not let children operate or near the pressure cooker when in use under power.
- Do not place dry / empty cooker in Microwave oven. Always ensure correct amount of ingredients with liquid in the cooker (see User Instructions).
- Do not over fill the cooker. (Refer Table in User Instructions).
- Ensure the mesh is firmly pressed in its position and not clogged before use.
- Do not pressure cook dumplings.
- Do not use the pressure cooker for frying.
- Do not use the pressure cooker for purposes other the one for which it is intended for.
- For quick and even cooking, cut meat and vegetables in standard small bits.
- Ensure the safety devices and mesh are clean / clear and are positioned correctly.

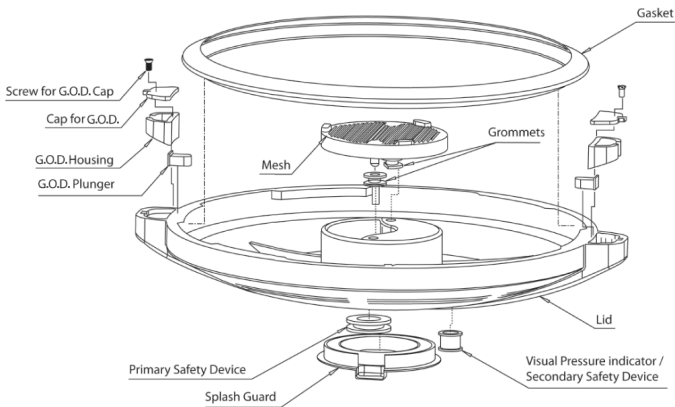
- Always, for the first time under estimate the cooking time for each recipe. If the food is not cooked as per your requirement, increase the time until food is cooked to your satisfaction (you can always cook it for more time if required).
- The operating conditions such as pressure reached inside the Microwave Pressure Cooker and the cooking time, stated in the manual are for Microwave Oven of a rated power of 900 Watt.
- Operating condition for Microwave oven with lower or higher wattage, may lead to slight variations in cooking times.
- Always ensure the cooker is properly closed before placing into the microwave oven.
- Food items that tend to foam, froth and sputter may clog the safety devices. Some examples are foods such as apples, cranberries, pearl barley, oatmeal and other cereals, noodles, macaronis, spaghetti, rhubarb or split peas.
- Potatoes, vegetables, apples and eggs have to be pricked to prevent them from bursting due to build up of steam pressure inside.
- When cooking doughy food, gently shake the cooker before opening the lid to avoid ejection of food.
- Do not thicken when cooking under pressure.
- Move the pressure cooker under pressure with the greatest care.
- The Microwave Cooker may get warm, due to transfer of heat from the cooked food, in the cooking process. Always use gloves / mittens when the cooker is hot or when the cooker is taken out after cooking.
- Never force open the pressure cooker. Do not open before making sure that its internal pressure has completely dropped (see User Instructions).
- After cooking meat with a skin (e.g. ox tongue), which may swell under the effect of pressure, do not prick the meat while the skin is swollen; you might be scalded.
- It is better to keep the Microwave Pressure cooker inside the Microwave Oven for a specified period after the set / cooking time is over, as per the manufacturer 's instructions.
- Do not attempt to open the Cooker inside the Microwave Oven.
- Avoid striking rim of the body with anything which causes nicks. Discontinue use of the cooker if it is dropped or damaged.
- Do not tamper with any of the safety systems beyond the maintenance instructions specified. (See User Instructions).
- Always use only genuine spare parts. Failure to do so may cause damage or injury.

**This produce is for household use only.
Please keep these instructions.**

DESCRIPTION OF PARTS



LID ASSEMBLY



CAUTION : Fire is common to all Microwave Ovens even with any microwave safe utensil used in the Microwave oven with inadequate water cooked for abnormally long time without personal attention to the cooking process.

In such a case, always follow the Microwave oven manufacturer's instructions contained in their instruction book.

These are some of the web sites which give / explain Microwave Oven Cooking

<http://www.docstoc.com/docs/4992636/microwave-cookware>

http://www.fsis.usda.gov/FactSheets/Microwave_Ovens_and_Food_Safety/index.asp

USER INSTRUCTIONS

1. Before you start using the cooker for the first time, check if all the parts are included and wash all the parts with hot soapy water, rinse and dry thoroughly. Please check all parts are included. Read Instructions.
2. Place the ingredients in the cooker with the correct amount of liquid as below. Examine lid to check if all safety systems are clean and in place.

Contents	Cooker fill level not more than
Cereals and pulses, dried peas, beans, lentils, rice and pasta	$\frac{1}{3}$ full including liquid
Liquid foods, soups, stews	$\frac{1}{2}$ full including liquid
Solid foods, vegetables, one pot meal joints	$\frac{2}{3}$ full including liquid

Note:

- a) If you overfill, the ingredients may touch the mesh assembly which may lead to malfunctioning of the safety system. Ensure mesh assembly is firmly pressed in position, and is not clogged.
- b) The amount of water that is added for cooking in the Microwave Pressure Cooker is important. If excess water is added for cooking, the pressure cooker is so designed that the gasket may release the excess water inside the Microwave Oven. While this is not dangerous, it still will make a mess inside the Oven.

If the recipe calls for excess water like soups, it is advisable to cook with less water in the Microwave Pressure Cooker and add the water subsequently.

3. Place the gasket in position. Close the lid by aligning the arrows on the lid opening / closing Aid and body opening / closing Aid, turn the lid clockwise until the lid opening / closing Aid comes above the body opening / closing Aid. Ensure the splash guard is pressed firmly in position. The large plunger ensures perfect placement of gasket each time you use the cooker and avoids gasket from getting wedged.
4. While closing the cooker, if you find any resistance, ensure that the gasket is positioned inside the lid correctly and press top of the lid firmly holding opening / closing Aids and rotate the opening / closing Aids clockwise together. See Fig A.
5. Set the cooking time as desired. When cooking for the first time always under estimate the cooking time. If the food is not cooked as per your requirement, increase the time until food is cooked to your satisfaction. Add water for extra cooking times, this will vary from 0.51 ounces to 0.68 ounces per minute of extra cooking time, depending on power rating of the Microwave Oven.

6. The Visual Pressure Indicator (VPI) rises when the cooker develops pressure. When the cooker is fully pressurised, the primary safety device releases pressure gently. This action is normal and allows excess steam to escape. You may also hear hissing sound, which is normal.
7. After the set time is over, and the microwave oven beeps, wait before opening the microwave oven door as per manufacturer 's instructions.
8. The microwave pressure cooker becomes warm during cooking due to heat being transferred from the food. Always use pot holder / gloves / mittens to remove the cooker from your microwave oven. See Fig B.
9. It is safe to open the lid, after the VPI drops. Do not attempt to open the cooker until VPI drops. If VPI has not dropped down after 2-3 minutes, used a spoon to press the VPI down. If the VPI pops up again, repeat the procedure after waiting for more time. See Fig C.
10. Turn the Lid anticlockwise using the opening / closing aids and lift the lid off the body. See Fig D.
11. Check if the food is cooked to your satisfaction. If not follow instructions given above adding water as per the Table.
12. If your recipe calls for addition of more ingredients / stirring, and further cooking, follow instructions given above.
13. For steaming food, you can remove the Mesh.

Fig: A

How to close the Microwave Pressure Cooker using the opening / closing aids

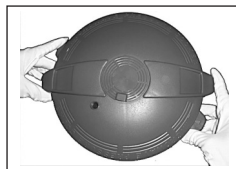


Fig: B

Removing the Microwave Pressure Cooker from the microwave oven



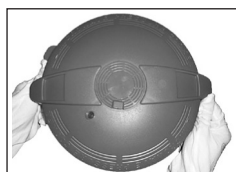
Fig: C

Push the VPI down with a spoon if needed



Fig: D

How to open the Microwave Pressure Cooker using the opening / closing aids.



SAFETY FEATURES

1.0 All components of your Microwave Pressure Cooker have been manufactured with microwave permeable materials which are food compatible. No metal parts are used in the assembly. All components pass all the necessary global standards as,

- LFGB (EU Framework Directive (EC) No. 1935/2004 and §§ 31 LFGB, published in the Bundesgesetzblatt (Federal Law Gazette) No. 55 dated 06.09.2005
- REACH (Regulation on Registration, Evaluation, Authorisation and Restriction of Chemicals-EC Regulation 1907 / 2006)
- RoHS (Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2008. These Regulations implement EU Directive 2002/95)

2.0 Your Microwave Pressure Cooker is perfectly safe to use.

3.0 Your cooker comes with 6 safety features

- a. Primary safety device.
- b. Visual Pressure Indicator. (VPI) cum
- c. Secondary safety device integrated with the VPI.
- d. Gasket Offset Device. (G.O.D.)
- e. Mesh
- f. Edge Lock Mechanism

a. Primary Safety Device

Your Cooker is equipped with a Primary Safety device. This operates at around 3.911 Pounds/sq inch.

This may vary slightly depending on power of the Microwave oven.

As the pressure builds up inside the cooker, after an initial emission of steam for a while, the VPI will lift up indicating the pressure build up. When the cooker reaches the designed pressure, the primary safety device will release the steam. The Primary safety device acts as both an excess pressure releasing device and a pressure controlling device.

b. Visual Pressure Indicator (VPI) Cum Secondary Device

Your Cooker is equipped with a VPI cum Secondary safety Device. When Pressure starts building inside the cooker, the Visual Pressure Indicator is pushed up and will rise above the top surface of the lid. This indicates that your cooker is under pressure. Similarly, after cooking is over the cooker is taken off from the Microwave oven, the VPI will drop below when the pressure inside the cooker drops to "zero", giving you visible indication that you can safely open the cooker. Please see User Instructions (Point 9) on how to check if pressure has dropped to zero.

- c. If the primary safety device fails to function due to overload or blockage, the pressure inside goes above the normal level and the secondary safety device (integrated in Visual Pressure Indicator) will operate at around 6.401 Pounds/ sq inch allowing excess steam to escape. If this also gets clogged the Visual Pressure indicator is pushed out by excess pressure and the hole is exposed rapidly diffusing the steam. This may be accompanied by foaming / frothing on the nature of ingredients.

d. Gasket Offset Device (G.O.D.)

- This safety device ensures that the cooker will not build pressure if the lid is not properly closed.
- Always make sure the lid is fully closed before using, by aligning the arrow on the lid opening / closing aid with the body opening / closing Aid.

e. Mesh

This device ensures the primary safety device does not get clogged. This cooker will not build pressure if the Mesh is not firmly fitted into the cooker.

f. Edge Lock Mechanism

The cooker body and lid are designed with a unique locking mechanism. When you close the cooker completely, you can hear a click when the locking mechanism has engaged. When the assembled cooker is even under little internal pressure, the interlocking engagement prevents the opening of the cooker. Only when the internal pressure falls to completely safe levels, can the cooker be opened.

HOW TO MAINTAIN YOUR MICROWAVE PRESSURE COOKER

- a. It is important to keep all safety devices / mesh, clear and free from food debris.
- b. Wash the cooker in warm soapy water after cooling and dry immediately.
- c. Remove the gasket, splash guard and the mesh and wash the lid as described above. Replace the gasket every year.
- d. Never use bleach to clean the cooker.
- e. Never use metal scrubber or Steel wool.
- f. Should food become baked on, soak in soapy water. Cleansing pads made especially for Non-stick finishes may be used. If severe staining occurs, clean with a Non-Abrasive cleaner only. Wash with soapy water, rinse and dry.
- g. When not in use, clean the cooker with warm soapy water and dry immediately. Ensure all the parts are clean and store in closed condition, preferably inside the microwave oven.
- h. Turmeric or other food colours tend to discolour plastics. This does not in any way interfere with the performance of the cooker.
- i. When a dish washer is used for cleaning of the Microwave Pressure Cooker, please remove the visual pressure indicator cum secondary safety device.

TROUBLE SHOOTING

ENQUIRY	CAUSE	HELP / ADVICE
Cooker will not build pressure	<p>Gasket leaking.</p> <p>Visual Pressure Indicator is blown out.</p> <p>Lid is not closed properly.</p> <p>Mesh is not fitted properly in place.</p>	<p>Clean and retry, also see "Gasket Leakage" below.</p> <p>Put back the Visual Pressure Indicator.</p> <p>Close the lid properly.</p> <p>Fit the mesh firmly.</p>
Gasket Leakage	<p>Dirty gasket or food particles on the rim.</p> <p>Worn Gasket.</p> <p>Damaged body or lid.</p>	<p>Wipe the cooker rim and clean the gasket.</p> <p>Replace the new gasket.</p> <p>Ensure careful handling and storage.</p> <p><i>Note: Lids and bodies cannot be repaired.</i></p>
Visual pressure indicator does not rise.	Gasket Leaking. Lid not properly closed.	See "Gasket Leakage" above. Close the lid properly.
Visual Pressure Indicator Blows Off	Primary safety device and the secondary safety did not function correctly.	Check quantity of food is overfilled. Clean the Mesh, Primary safety device and the secondary safety device and retry.
Cooker Boils Dry	<p>Gasket Leaking.</p> <p>Visual Pressure Indicator is blown Off.</p> <p>Insufficient liquid for the cooking time.</p>	<p>See "Gasket Leakage"</p> <p>See "Visual Pressure Indicator Blows Off"</p> <p>See instructions "How to Use" and table under user instructions to know the quantity of water to be used.</p>

WHY USE A MICROWAVE PRESSURE COOKER?

When cooking food on the hob, in the oven or microwave, water boils at 212°F and will stay at this temperature during the cooking process. This is because the lids of normal pans allow steam to escape. If a tight seal is formed then pressure inside a pan is increased and the contents will actually reach higher temperatures and consequently cook food much faster.

The *prepology*™ Microwave Pressure Cooker is a sealed vessel that does not permit air or liquids to escape during cooking until the designed internal pressure is reached, allowing temperatures to rise above 212°F. During cooking, the pressurised steam inside keeps the lid tightly in place, preventing accidental removal. Flavours are sealed in by the pressure and shorter cooking times. With less liquid to heat and higher cooking temperatures, cooking times are much faster and energy savings are therefore considerable. It's also possible to cook several foods together, adding those that require less time later in the cooking process. A steamer basket is included to allow foods to be layered yet kept separate. You can even cook a savoury dish and steam a pudding at the same time! However, the Microwave Pressure Cooker should never be filled to more than 2/3 its height with solid food or half full with foods that foam and froth eg rice, dried beans, pasta etc. A tablespoon of cooking oil can be added to minimise foaming.

As the food is cooked at above 212°F, bacteria and viruses are killed, and heat is very evenly and quickly distributed meaning no hot or cold spots. Unlike conventional microwave cooking, standing time and stirring is not required.

In the *prepology*™ Microwave Pressure Cooker, it is not necessary to immerse foods in water as one would do when boiling on the hob. Only enough water (or other cooking liquid) as outlined in the recipes on the following pages is required. This means that it is a healthy way to cook as vitamins and minerals are not dissolved so readily by the water. Never be tempted to use less liquid than indicated though and never use oil in place of water.

TIPS AND SUGGESTIONS

- Pressure-cooking in a microwave is a new and unique method of cooking. You will enjoy the speed of a microwave without the rubbery textures you may associate with microwave cooking. The following recipes were developed using a 900W microwave. Microwave wattages vary greatly. Please check your wattage prior to use. Cooking times will need to be adjusted slightly depending on the wattage of your microwave.
- While not essential, searing or browning meats on the stove top in a skillet prior to pressure-cooking adds flavor to your dishes that can't be duplicated with spices. It's well worth the extra step.
- Some sauces benefit from being thickened after the cooking process in the microwave is complete. This can be done by stirring a slurry (water and cornstarch) into the hot cooking liquid. This is a simple process and will result in a richer sauce that more evenly coats the food. Combine two tablespoons of cold water and two tablespoons of cornstarch. Mix well and add to the hot cooking liquid sauce. Stir until well incorporated. If the sauce does not thicken right away, put the Cooker back in the microwave for thirty seconds to re-heat the sauce and stir again.

NOTE: If the slurry is too thick just add an extra teaspoon of water until it is loose enough to pour in.

VEGETABLE BARLEY SOUP

Serves 4

- 4 cups vegetable stock
- 1 onion, diced
- 1 teaspoon vegetable oil
- ½ pound mixed vegetables (carrots, celery, turnip, etc...)
- 1 ounce dried barley
- 1 bay leaf
- 3 sprigs fresh thyme
- salt and pepper

Directions

- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 16 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, remove the bay leaf and thyme sprigs, season to taste and serve.

CARROT GINGER SOUP

Serves 4

- 4 cups chicken or vegetable stock
- 1 ounce all-purpose flour
- 1 onion, diced
- 1 teaspoon vegetable oil
- 1½ pounds carrots, diced
- 1 tablespoon fresh ginger, finely minced
- ¼ cup heavy cream
- salt and pepper

Directions

- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 20 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, let the soup cool and then purée with a blender or an immersion blender. Stir in cream, season to taste and serve.

FRENCH ONION SOUP

Serves 4

2 large sweet onions, julienned
2 tablespoons butter
1 cup of chicken or beef stock
1 cup of dry white wine
1 tablespoon Cognac
1 clove of garlic, peeled and crushed
3 sprigs fresh thyme
salt and pepper
¼ cup grated Swiss or Gruyère cheese

Directions

- Place all of the ingredients, except for the cheese into the *prepology*™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 25 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste, garnish with the grated cheese and serve.

HEARTY BEEF MINESTRONE

Serves 4

½ pound lean ground beef
¼ pound of bacon, diced
1 – 14-ounce can of diced tomatoes
4 cups beef stock
1 teaspoon olive oil
1 small onion, diced
1 small zucchini, diced
1 carrot, diced
1 rib celery, diced
1 cup of dried pasta, such as ditalini or elbow macaroni
1 cup canned navy beans or chickpeas, drained
3 sprigs of thyme
fresh chopped fresh parsley or basil
salt and pepper

Directions

- Place all of the ingredients, except for the parsley or basil into the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 20 minutes. • Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste, garnish with the chopped herbs and serve.

BORSCHT

Serves 4

3 large or 6 small beets, peeled and diced
1 carrot, grated
1 onion, julienned
1 rib celery, diced
1 tomato, peeled, seeded and diced
2 cups of vegetable stock or beef stock
1 cup of white wine
3 sprigs of thyme
1 teaspoon of dried dill
salt and pepper
2/3 cup of sour cream

Directions

- Place all of the ingredients, except for the sour cream into the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 24 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and serve, garnished with sour cream.

BRUSSEL SPROUTS BALSAMICO

Serves 4

1 pound Brussels sprouts, halved
½ cup sun-dried tomatoes in oil
½ cup cooked bacon or pancetta, chopped
3 tablespoons balsamic vinegar
4 tablespoons extra virgin olive oil
¼ teaspoon garlic powder
¼ teaspoon onion powder
½ teaspoon dried oregano
salt and pepper

Directions

- Combine and toss all ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 7 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and serve.

SPICY BEAN STEW WITH TOMATOES AND CILANTRO

Serves 4

1 – 15-ounce can butter beans or cannellini beans
2 tablespoons olive oil
1 small onion, chopped
1 – 14-ounce can chopped tomatoes
1½ cups vegetable stock (made with a bouillon cube is fine)
½ tablespoon dried ground coriander
2 teaspoons ground cumin
½ Jalapeño pepper, chopped
4 tablespoons chopped fresh cilantro
salt and pepper

Directions

- Drain the beans and place into the **prepology™** Microwave Pressure Cooker with all the other ingredients, except for the fresh cilantro. Place the lid on top and seal.

- Place the Cooker into the microwave and cook on HIGH for 8 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, stir in the cilantro, season to taste and serve.

SMASHED PARSLEY RED POTATOES

Serves 4

- 1 pound baby red potatoes, quartered
- 1 cup chicken stock
- 1 cup milk
- 2 tablespoons butter
- 1/8 cup chopped fresh rosemary
- 1/2 teaspoon dried thyme salt and pepper
- 1/2 cup sour cream (optional)
- 1/4 cup chopped fresh parsley

Directions

- Place all ingredients except optional sour cream and parsley into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook for 13 minutes on HIGH.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, smash the ingredients with a potato masher until well blended, incorporating sour cream, parsley, salt and pepper at the end.

BASMATI RICE

Serves 4

- 1 1/2 cups rice
- 1 1/2 cups chicken stock
- 1 tablespoon butter or extra virgin olive oil
- salt and pepper to taste

Directions

- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook for 10 minutes on HIGH.
- Remove the Cooker from the microwave and allow the pressure to drop.
- When the pressure has dropped, remove the lid, fluff the rice with a fork and serve.

RICE PILAF

Serves 4

1½ cups basmati rice
2½ cups chicken stock or water
½ pound bacon, chopped into ½-inch strips
1 onion, chopped
2 ribs celery, chopped
4 tablespoons chopped fresh parsley
2 ounces pine nuts, toasted
salt and pepper

Directions

- Place all of the ingredients except for the parsley and pine nuts into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH For 12 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, add the parsley and pine nuts, season to taste and stir. Serve.

QUICK MEXICAN RICE AND BEANS

Serves 4

1½ cups rice
1 cup chicken stock
1 tablespoon butter or extra virgin olive oil
1 cup salsa
1 - 15-ounce can red beans (drained and rinsed)
¾ cup shredded cheddar or Colby jack cheese
¼ teaspoon ground cumin
¼ teaspoon chili powder
salt and pepper

Directions

- Place all of the ingredients except the cheese into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 10 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and sprinkle with cheese.

SESAME BROCCOLI WITH ALMONDS

Serves 4

1 cup water
½ pound broccoli, cut into florets
2 teaspoons toasted sesame oil
¼ cup sliced almonds, toasted
salt and pepper

Directions

- Pour the water into the **prepology™** Microwave Pressure Cooker. Place the broccoli into the steamer basket and place it in the Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 4 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and remove the broccoli from the cooker. Season to taste, drizzle the sesame oil over the top and sprinkle with the toasted sliced almonds.

CORN ON THE COB WITH CILANTRO BUTTER

Serves 4

4 ears of corn, broken or cut in half
1 cup water
1 stick butter, room temperature
½ cup fresh cilantro leaves
1 teaspoon salt
freshly ground black pepper

Directions

- Pour the water into the **prepology™** Microwave Pressure Cooker. Place the steamer plate and steamer basket into the cooker. Place the ears of corn on top of the steamer basket. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 4 minutes.
- While the corn is cooking, mash the butter, cilantro, salt and pepper together in a bowl or using a food processor.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, remove the corn from the cooker and top with the cilantro butter.

BEETS WITH ORANGES AND PARSLEY

Serves 4

- 4–6 medium to large beets, peeled and sliced ¼-inch thick
- 1 cup orange juice
- 1 orange, peeled and cut into segments
- 3 tablespoons chopped fresh parsley
- 2 tablespoons extra virgin olive oil
- salt and pepper

Directions

- Pour the orange juice into the **prepology™** Microwave Pressure Cooker. Place the steamer plate and steamer basket into the cooker. Place the beet slices into the steamer basket. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 10 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, remove the beets from the cooker and place in a bowl or a platter. Scatter the orange segments amongst the beets, season to taste and sprinkle with the olive oil and fresh parsley.

APPLE CIDER SWEET POTATO MASH

Serves 4

- 3 medium to large sweet potatoes, peeled and cubed
- 1 cup apple cider
- 1 tablespoon chopped fresh thyme
- ½ cup sour cream
- 2 tablespoons butter
- salt and pepper

Directions

- Pour the apple cider into the **prepology™** Microwave Pressure Cooker. Place the steamer plate and steamer basket into the cooker. Place the sweet potato chunks into the steamer basket. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 10 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, remove the sweet potatoes from the cooker and place in a bowl. Mash the sweet potatoes with the fresh thyme, sour cream and butter. Add a little of the apple cider from the Cooker until the desired consistency is reached. Season to taste and serve.

QUICK MARINARA

Serves 4

- 8 ripe beefsteak tomatoes
- 2 cloves garlic, peeled and smashed
- ½ cup vegetable stock
- ¼ cup chopped fresh basil or parsley
- 1 tablespoon balsamic vinegar
- salt and pepper

Directions

- Place all of the ingredients, except for the basil (or parsley) and balsamic vinegar into the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH For 12 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, add the basil (or parsley) and season to taste. Stir in the balsamic vinegar and serve over pasta

BEEF STEW

Serves 4

- 1 pound stewing beef salt and pepper
- 1 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- 3 to 4 fingerling potatoes, diced
- 1 large carrot, peeled and thinly sliced
- 1 rib celery, diced
- ½ large onion, diced
- 1 clove garlic, minced
- 3 sprigs fresh thyme
- 1 bay leaf
- 1 ounce of pearl barley
- 1 cup of stout (or other rich beer)
- 1 cup of beef stock
- 1 cup frozen peas

Directions

- Remove any excess fat from the meat and cut into bite-sized pieces. Season with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the meat in the skillet with the vegetable oil. Transfer the beef to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients except the peas into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, add the peas, adjust the seasoning and serve.

BEEF GOULASH

Serves 4

2 pounds stewing beef
salt and pepper
1 tablespoon vegetable oil
2 tablespoons all-purpose flour
1 onion, finely chopped
½ pound bacon, cut into ½-inch strips
2 cloves garlic, peeled and crushed
4 tablespoons paprika
1 – 14-ounce can diced tomatoes
¾ cup beef stock
2/3 cup sour cream

Directions

- Remove any excess fat from the meat and cut into bite-sized pieces. Season with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the meat in the skillet with the vegetable oil. Transfer the beef to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients except the sour cream into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 25 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and stir the sour cream into the stew. Season to taste and serve with rice or egg noodles.

POT ROAST

Serves 4

1½ pound rump, chuck or brisket, divided into 4 pieces
salt and pepper
1 tablespoon vegetable oil
2 cups beef stock (from a bouillon cube is fine)
½ cup red wine
½ onion
2 ribs celery, chopped
1 carrot, chopped
1 bay leaf
3 sprigs fresh thyme

Directions

- Season the beef with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the meat in the skillet with the vegetable oil. Transfer the beef to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 40 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and serve the beef. Use the remaining liquid for soups or stews.

IRISH STEW WITH LAMB AND STOUT

Serves 4

- 1 pound lamb shoulder or leg
- salt and pepper
- 1 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- 2 medium or 1 large Russet potato, diced
- 1 large carrot, peeled and thinly sliced
- 1 rib celery, diced
- ½ large onion, diced
- 1 clove garlic, minced
- 3 sprigs fresh thyme
- 1 bay leaf
- 1 ounce of pearl barley
- 1 cup of stout (or other rich beer)
- 1 cup of beef stock

Directions

- Remove any excess fat from the meat and cut into bite-sized pieces. Season with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the meat in the skillet with the vegetable oil. Transfer the lamb to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker in the order listed above. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 20 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, adjust seasoning and serve.

CHILI CON CARNE

Serves 4

½ pound lean ground beef
1 – 14-ounce can of crushed tomatoes
1 cup beef stock
1 teaspoon olive oil
1 small onion, diced
1 bell pepper, diced
1½ cups canned red kidney beans
1 teaspoon ground cumin
1 teaspoon mustard
1 teaspoon chili powder
½ teaspoon coriander
1 tablespoon chili sauce
fresh chopped oregano and parsley

Directions

- Place all of the ingredients, except for the oregano or parsley into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 20 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and garnish with the chopped herbs and serve over rice.

BEEF CURRY

Serves 4

1 pound stewing beef
salt and pepper
1 tablespoon vegetable oil
1 small apple, peeled, cored and chopped
1 medium onion, diced
1 – 2 tablespoons curry paste
1 tablespoon tomato paste
2 tablespoons unsweetened dried shredded coconut
1 tablespoon raisins
1 cup beef stock (made from a bouillon cube is fine)

Directions

- Remove any excess fat from the meat and cut into bite-sized pieces. Season with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the meat in the skillet

with the vegetable oil. Transfer the beef to the **prepology™** Microwave Pressure Cooker.

- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook for 15 minutes on HIGH.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and serve over rice.

BEEF SHORT RIBS

Serves 4

1 pound beef short ribs
salt and pepper
1 tablespoon vegetable oil
1 onion, julienned
1 carrot, thinly sliced
1 rib celery, sliced
1 ½ cups of beef stock
1 cup red wine
1 tablespoon of tomato paste
3 sprigs thyme and bay leaf

Directions

- Season the short ribs with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the meat in the skillet with the vegetable oil. Transfer the beef to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 30 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, adjust the seasoning and serve.

APRICOT CHICKEN WITH BROCCOLI

Serves 4

- 4 skinless chicken legs (thighs and drumsticks)
- salt and pepper
- 1 tablespoon vegetable oil
- 1 cup water
- 4 ounces dried apricots
- 3 tablespoons brandy
- ½ pound broccoli, cut into florets

Directions

- Season the chicken with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the chicken in the skillet with the vegetable oil. Transfer the chicken to the *prepology*™ Microwave Pressure Cooker.
- Place all of the ingredients for the chicken into the *prepology*™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. Remove the lid and place the steamer plate on top of the chicken. Put the broccoli into the steamer basket and place the steamer basket on top of the steamer plate, replace the lid, seal and cook on HIGH for 5 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and serve.

CHICKEN CACCIATORE

Serves 4

- 4 skinless chicken legs (thighs and drumsticks)
- salt and pepper
- 1 tablespoon vegetable oil
- 1 onion, diced
- ½ pound mushrooms, quartered
- 1 bay leaf
- 3 sprigs fresh thyme
- 2/3 cup chicken stock
- 1 – 14-ounce can diced tomatoes
- ¼ cup chopped fresh parsley

Directions

- Season the chicken with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the chicken in the skillet with the vegetable oil. Transfer the chicken to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients except the parsley into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, add the parsley, season to taste and serve over rice or egg noodles.

COQ AU VIN

Serves 4

4 skinless chicken legs (thighs and drumsticks)
salt and pepper
1 tablespoon vegetable oil
1 onion, diced
1 bay leaf
3 sprigs fresh thyme
2 cups red wine
1 tablespoon all-purpose cornstarch
2 tablespoons water
¼ cup chopped fresh parsley

Directions

- Season the chicken with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the chicken in the skillet with the vegetable oil. Transfer the chicken to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients, except the cornstarch, water and parsley into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, whisk together the cornstarch and the water and stir this into the liquid. Add the parsley, season to taste and serve over rice or mashed potatoes.

SMOTHERED CHICKEN WITH MUSHROOMS

Serves 4

- 8 chicken thighs (not to exceed 3 pounds)
- salt and pepper
- 1 tablespoon vegetable oil
- ½ pound mushrooms, sliced
- 1 bay leaf
- 3 sprigs fresh thyme
- 1 cup chicken stock
- 1 cup heavy cream
- ¼ cup chopped fresh parsley

Directions

- Season the chicken with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the chicken in the skillet with the vegetable oil. Transfer the chicken to the **prepology**™ Microwave Pressure Cooker.
- Place all of the ingredients except the parsley into the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 20 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, add the parsley, season to taste and serve over rice or egg noodles.

WHENEVER WINGS

Makes 1 pound of wings

- 1 pound chicken wings, trimmed and separated
- ½ stick of butter
- 6 ounces of “Whenever Sauce” (recipe below)

Directions

- **OPTIONAL:** Searing the chicken wings in a skillet with oil prior to microwaving will yield a tastier end result.
- Toss all ingredients in the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 13 minutes

- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, allow the wings to cool slightly and serve.

WHENEVER SAUCE

1 cup ketchup
½ cup soy sauce
½ cup orange juice
½ cup maple syrup
¼ cup apple cider vinegar
1 tablespoon garlic powder
½ teaspoon black pepper
½ teaspoon salt

Directions

- Place all of the ingredients into a mixing bowl and whisk until well blended.
- Use this as a sauce or marinade whenever you like goes nicely with fish, beef, pork, or just about anything.

BUFFALO WINGS

Makes 1 pound of wings

1 pound chicken wings, trimmed and separated
½ stick of butter
6 ounces of your favorite hot sauce

Directions

- **OPTIONAL:** Searing the chicken wings in a skillet with oil prior to microwaving will yield a tastier end result.
- Toss all ingredients in the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on **HIGH** for 13 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, serve with ranch or blue cheese dressing and celery sticks.

MARGARITA WINGS

Makes 1 pound of wings

- 1 pound chicken wings, trimmed and separated
- ½ stick of butter
- 6 ounces of your favorite liquid margarita mix (tequila optional)
- ¼ cup cilantro (chopped)

Directions

- **OPTIONAL:** Searing the chicken wings in a skillet with oil prior to microwaving will yield a tastier end result.
- Toss all ingredients (except cilantro if using) in the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 13 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, allow the wings to cool slightly, sprinkle with fresh cilantro and serve.

LEMON AND BASIL CHICKEN

Serves 4-6

- 3½ to 4 pound Chicken
- 2-4 Tablespoons Olive Oil
- ¼ cup Lemon Juice, or juice of 1 lemon
- 1 cup Chopped Basil
- 1 cup Chicken Stock
- 1 Medium Onion, diced
- 1 teaspoon Black Pepper
- Salt and Pepper
- 2 tablespoons fresh parsley

Directions

- Place all of the ingredients in the Pressure Cooker and cook in the microwave on HIGH for 35 minutes. Add half of the squeezed lemon for fragrance and garnish.
- Remove the Cooker from the microwave and allow the pressure to drop. Allow the chicken to rest for 10-15 minutes. Remove the lid, garnish with more fresh basil and serve. Pairs nicely with our basic Risotto recipe.

BAKED HAM

Serves 4

- 1½ - 2 pound boneless ham
- 4 cloves
- ½ onion
- 6–8 peppercorns
- 1 cup water, chicken stock or apple cide
- salt and pepper

Directions

- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal
- Place the Cooker into the microwave and cook on HIGH for 20 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, season to taste and serve the ham. Use the remaining liquid for soups or stews.

COUNTRY SPARE RIBS

Serves 4

- 2 pounds country-style pork ribs, separated
- salt and pepper
- 1 tablespoon vegetable oil
- 1 cup apple cider 2 cups sauerkraut
- 1 apple, sliced
- 1 cup beer
- ½ teaspoon celery seed
- ½ cup Whenever Sauce or your favorite BBQ sauce

Directions

- Season the ribs with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the ribs in the skillet with the vegetable oil. Transfer the ribs to the **prepology™** Microwave Pressure Cooker.
- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 20 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, and serve.

PORK CHOPS WITH COUSCOUS

Serves 4

4 -5-ounce thinly sliced pork chops

salt and pepper

1 tablespoon vegetable oil

2 cups chicken stock

1 cup couscous

1 cup sliced mushrooms

2 tablespoons pesto

¼ cup grated Parmesan cheese

¼ cup fresh chopped basil

Directions

- Season the pork with salt and pepper.
- Pre-heat a skillet over medium-high heat. Brown the pork in the skillet with the vegetable oil.
- Place the couscous into the bottom of the *prepology*™ Microwave Pressure Cooker, and then add the rest of the ingredients except the Parmesan cheese. Place the browned chops on top. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 8 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and set the pork chops aside. Stir the remaining ingredients until well-blended. Serve the pork chops on top of the couscous and sprinkle chopped basil and Parmesan cheese over the dish.

BBQ PULLED PORK

Serves 4

2 pounds pork butt divided into 3 pieces

1 medium onion, julienned

1 cup of chicken stock

1 cup favorite BBQ sauce

1 teaspoon chili powder

1 bay leaf

3 sprigs of fresh thyme salt and pepper

Directions

- Place all of the ingredients into the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 50 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, adjust the seasoning and serve.

QUICK LOW COUNTRY BOIL

Serves 4

- ½ pound fresh mussels
- ½ pound fresh clams
- ½ cup chopped and cooked chorizo or kielbasa
- 1 cob of corn, quartered (if fresh is not available, use frozen)
- 1 teaspoon chopped garlic
- 1 tablespoon crushed red pepper flakes
- 2 tablespoons extra virgin olive oil
- 1 tablespoon butter
- 1 can of sliced potatoes
- 1 lemon, half sliced, half squeezed
- 1 cup of clam juice
- ¼ cup chopped cilantro or parsley (if fresh, add at the end)
- 1 tablespoon Old Bay Seasoning
- salt and pepper

Directions

- Combine all ingredients in the *prepology*™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 12 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, strain the juice out of the cooker and into a bowl, and then pour contents of the Cooker onto newspaper. Serve with crusty bread and butter.

SALMON WITH SOY ORANGE SAUCE

Serves 4

- ½ cup orange juice
- ½ cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons honey
- 4 4-ounces fillets salmon
- salt and pepper
- 1 cup fresh baby spinach
- ¼ cup chopped onions
- 2 tablespoons butter, cut into chunks

Directions

- Whisk orange juice, soy sauce, oil, and honey together in a bowl.
- Place the salmon on the bottom of the *prepology*™ Microwave Pressure Cooker. Season the salmon with salt and pepper. Pour sauce evenly over the salmon fillets. Place the spinach, onions and chunks of butter on top of the salmon. Salt and pepper to taste. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 9 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and serve with sticky rice.

SALMON WITH DILL AND CAPERS

Serves 4

4 4-ounce fillets salmon
¼ cup chopped onions
¼ cup chopped mushrooms
½ cup white wine
1 tablespoon lemon juice
1 teaspoon chopped garlic
1 tablespoon chopped dill
2 tablespoons capers
2 tablespoons butter
salt and pepper

Directions

- Place salmon on the bottom of the *prepology*™ Microwave Pressure Cooker. Distribute all ingredients evenly on top of salmon. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 9 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and serve with Smashed Parsley Red Potatoes (see recipe).

TILAPIA WITH ALMOND PESTO

Serves 4

4 4-ounce fillets tilapia
½ cup whole or sliced almonds
1 cup packed fresh basil OR parsley leaves
1 tablespoon fresh tarragon leaves (or 1 teaspoon dried)
3 garlic cloves, peeled
¼ cup extra virgin olive oil
¼ cup chicken broth
¼ cup white wine
¼ cup Parmesan cheese
salt and pepper

Directions

- Pour the white wine into the *prepology*™ Microwave Pressure Cooker. Add tilapia. In a blender or food processor, combine remaining ingredients to make pesto. Spread pesto mixture evenly over the fish. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 9 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and serve with rice or couscous.

FLOUNDER WITH GARLIC BUTTER OVER PASTA

Serves 4

4 4-ounce fillets flounder
salt and pepper
1 tablespoon extra virgin olive oil
½ cup chicken broth
½ cup white wine
¼ cup sherry
2 tablespoons chopped garlic
2 tablespoons butter
½ cup Parmesan cheese
1 cup chopped parsley, divided
1 pound pasta, cooked, drained and still warm

Directions

- Place all the ingredients except the Parmesan cheese, pasta and half the parsley into the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 9 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid. Flake the flounder and toss the fish and the cooking liquid with the pasta. Sprinkle the remainder of the fresh parsley and Parmesan cheese over the top.

BUFFALO SHRIMP

Makes 1 pound shrimp

1 pound frozen, peeled and deveined shrimp

½ stick of butter

6 ounces of your favorite hot sauce (Feel free to use 8 ounce of your favorite jarred wing sauce and eliminate the butter)

Directions

- Toss all ingredients in the **prepology**™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 9 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and serve with ranch or blue cheese dressing and celery sticks.

SHRIMP MOJITO

Makes 1 pound shrimp

1 pound frozen, peeled and deveined shrimp

½ stick of butter

¼ cup chopped fresh parsley

4 tablespoons fresh lime juice

1 tablespoon sugar

4 ounces rum

4 slices of lime

¼ cup chopped fresh mint

Directions

- Toss all ingredients except mint in the *prepology*™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 9 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and toss in the mint.

MUSSELS MARINARA

Makes 1 pound of mussels

- 1 pound fresh mussels
- 2 cups canned crushed tomatoes
- 1 teaspoon chopped garlic
- ¼ cup chopped onions
- 1 teaspoon chopped fresh oregano
- ¼ cup chopped fresh basil
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 bay leaf
- 1 tablespoon butter (optional)

Directions

- Combine all ingredients in the *prepology*™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 10 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and serve with your favorite pasta and/or bread for dipping.

MUSSELS FRA DIAVOLO

Makes 1 pound of mussels

- 1 pound fresh mussels
- 2 cups canned crushed tomatoes
- 1 teaspoon chopped garlic
- ¼ cup chopped onions
- ½ cup chopped hot peppers (your choice)
- 1 teaspoon chopped fresh oregano
- ¼ cup chopped fresh basil
- 1 tablespoon crushed red pepper flakes
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 bay leaf
- 1 tablespoon butter (optional)
- ¼ cup heavy cream (optional)

Directions

- Combine all ingredients except heavy cream in the **prepology™** Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 10 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and stir in heavy cream (optional). Serve with your favorite pasta and/or bread for dipping.

BASIC RISOTTO WITH CREAM

Serves 4

- 2 cups arborio rice
- 4 cups low sodium chicken stock
- 1 teaspoon black pepper
- salt to taste
- 2 ounces butter
- $\frac{3}{4}$ cup parmesan cheese
- $\frac{1}{4}$ cup heavy cream

Directions

- Place the first four ingredients in the Pressure Cooker and cook in the microwave on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop.
- Remove the lid and stir in the Cream, butter and Cheese. Season to taste and serve.

BASIC RISOTTO WITH RED WINE

Serves 4

- 2 cups arborio rice
- 4 cups low sodium beef stock
- 1 medium onion, minced
- $\frac{1}{2}$ cup red wine
- 1 teaspoon black pepper
- salt to taste
- 2 ounces butter
- $\frac{3}{4}$ cup parmesan cheese

Directions

- Place the first five ingredients in the Pressure Cooker and cook in the microwave on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop.
- Remove the lid and stir in the butter and Cheese. Season to taste and serve.

PASTA WITH HAM AND PEAS

Serves 4

- 2½ cups dried pasta such as penne, farfalle or rotini
- 2 cups chicken stock
- 1 cup water
- 1 teaspoon black pepper
- salt to taste
- 1 cup diced ham steak
- 2 ounces butter (or olive oil)
- 1 cup frozen peas
- ½ cup parmesan cheese
- 1 teaspoon dried parsley or mint

Directions

- Place the first six ingredients in the Pressure Cooker and cook in the microwave on HIGH for 15 minutes. Remove the Cooker from the microwave and allow the pressure to drop. Remove the lid and stir in the Frozen Peas, Butter and Cheese. Season with parsley or mint and serve.

POACHED PEARS IN RED WINE

Serves 4

- 4 pears, peeled
- 1 star anise
- 1 cinnamon stick
- 1 teaspoon vanilla extract
- 1 cup red wine
- ¼ cup sugar

Directions

- Place all of the ingredients into the *prepology*™ Microwave Pressure Cooker and place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 15 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid and serve with whipped cream.

NOTE: you can transfer the poaching liquid to a saucepan and reduce it on the stove top for a delicious syrup.

CHOCOLATE RICE PUDDING

Serves 4

- 1½ cups long grain rice
- 1 cup milk
- 1 cup heavy cream, plus 2 tablespoons to serve
- 1 teaspoon vanilla extract
- 4 ounces semi-sweet dark or white chocolate

Directions

- Place all of the ingredients, into the *prepology*™ Microwave Pressure Cooker. Place the lid on top and seal.
- Place the Cooker into the microwave and cook on HIGH for 14 minutes.
- Remove the Cooker from the microwave and allow the pressure to drop. When the pressure has dropped, remove the lid, add more cream, stir and serve.

QUICK REFERENCE COOKING GUIDE MEAT

PRODUCT	LIQUID	1 Pound	2 Pounds	3 Pounds
Pork Sausage Links	1 Cup Chicken Stock	10-1 minutes; high power	20-22 minutes	30-35 minutes
Baby Back Ribs	1 Cup Chicken Stock	10 minutes	20 minutes; high power	30 minutes
Pork Chop [Bone in]	1 Cup Chicken Stock	10-12 minutes	20-24 minutes	40-45 minutes
Chicken Breast, boneless, skinless	1 Cup Chicken Stock	10 minutes	20-minutes	30 minutes
Chicken Pieces, bone-in, Skin-on	1 Cup Chicken Stock	13 minutes	26 minutes	35-40 minutes high power
Whole Chicken [3.5 to 4 lbs]	1 Cup Chicken Stock	_____	_____	35 minutes
Pork Tenderloin cut in half]	1 Cup Chicken Stock	10 minutes	20 minutes	25-30 minutes
Ground Beef [lean]	1 Cup Beef Stock	7-8 minutes	14-16 minutes	28-35 minutes
Stewing Beef / Sirloin [1 in pieces]	1 Cup	8 minutes	16 minutes	22-24 minutes
Chuck, Shoulder Roas [cut in half]	1 Cup Beef Stock	12 minutes	20 minutes	30-35 minutes
Shrimp [frozen]	1 Cup water	7-8 minutes	12-14 minutes	20-22 minutes
Salmon Filet [frozen]	1 Cup water	8-9 minutes	16-18 minutes	22-25 minutes

QUICK REFERENCE COOKING GUIDE VEGETABLES

VEGETABLE/STARCH	LIQUID	QUANTITY	TIME*
Asparagus	1 Cup water	6 oz.	1-2 minutes
Bean, Green	1 Cup water	6 oz.	2-3 minutes
Beets [$\frac{1}{8}$ inch slices]	1 Cup water	6 oz.	5-6 minutes
Broccoli Florets	1 Cup water using flat disc	6 oz.	2 minutes
Broccoli Stalks	1 Cup water- using flat disc	6 oz.	3-4 minutes
Brussels Sprouts	1 Cup water	6 oz.	4 minutes
Cabbage	1 Cup water	6 oz. [$\frac{1}{2}$ head]	3-4 minutes
Carrot [$\frac{1}{16}$ inch slices]	1 Cup water	6 oz.	1-2 minutes
Cauliflower Florets	1 Cup water- using flat disc	6 oz.	3 minute
Celery Hearts	1 Cup water	6 oz.	3-4 minutes
Corn on the Cob	1 Cup water	8 oz. [2 cobs]	4-5 minutes
Corn Kernels	1 Cup Water	6 oz.	1 minute
Leeks [white part only]	1 Cup water	6 oz.	4 minutes
Parsnips [$\frac{1}{16}$ inch slices]	1 Cup water	6 oz.	1-2 minutes
Peas in the Pod	1 Cup water- using flat disc	6 oz.	1 minute
Peas [shelled]	$\frac{1}{2}$ Cup water	6 oz.	1 minute
Pasta [Penne, dry]	3 Cups water	1 Cup	8 minutes
Potatoes [cubed]	$\frac{1}{2}$ Cup water	6 oz.	5 minutes
Potatoes [new]	$\frac{1}{2}$ Cup water	6 oz.	5-6 minutes
Potato [whole, lg.]	None	12 oz.	7-10 minutes
Pumpkin	$\frac{1}{2}$ Cup water	6 oz.	4 minutes
Sweet Potato [$\frac{1}{16}$ inch slices]	$\frac{1}{2}$ Cup water	6 oz.	4-5 minutes
Spinach [fresh]	$\frac{1}{2}$ Cup-using flat disc	6 oz.	1 minute
Swede [$\frac{1}{16}$ inch slices]	$\frac{1}{2}$ Cup water	6 oz.	5 minutes
Turnip [$\frac{1}{8}$ inch slices]	$\frac{1}{2}$ Cup water	6 oz.	5-6 minutes
Zucchini [$\frac{1}{4}$ inch slices]	1 Cup water- using flat disc	6 oz.	2-3 minutes

*High Power

Notes : _____

Notes : _____

5-8-PU2854A