

TurboTronic
Kitchen Electronics

Recipe Book



ELECTRIC PRESSURE COOKER

TT-DFC9

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TurboChef Pot
DIGITAL PRESSURE COOKER

Congratulations

**on purchasing your new TURBO CHEF POT 6L digital pressure cooker
by TURBOTRONIC**

With this recipe book, you will discover and taste the true possibilities of your new appliance. You'll be amazed at how quick and easy these recipes are to prepare. We're confident you'll find cooking with your new Digital Pressure Cooker fast, easy and, above all, fun.

Happy Cooking!





Adapting favourite recipes for the **TurboChef pot**:

Even though the TurboChef pot is best suited for cooking foods that require long cooking times (soups, stews, beans etc). You can cook almost anything in it. The following are a few hints for adapting conventional recipes for the **TurboChef pot** cooker;

- Prep ingredients as required for in the conventional recipe.
- Make sure you are using enough liquid to create steam when using the pressure cook function (up to the MIN level on the inner pot). Some recipes within the book don't add liquid but create steam and pressure using some of the ingredients added, like tomatoes.
- Try and match any conventional recipe to a specific pressure cooker version, either within this recipe book or from other sources and adjust the ingredients and cooking time accordingly.
- Remember, you can always go back and cook food for longer if need be. Overcooked mushy food cannot be saved.

Adapting the portion sizes for the **TurboChef pot** recipes:

Even though you can reduce the size of the portions you cook in the **TurboChef pot**, you should never use less than the recommended minimum amount of liquid when using the pressure cook function (up to the MIN level on the inner pot).

If you use less you run the risk of boiling your food dry or burning it, since the level of heat to maintain the pressure may increase.

Please refer to the instruction manual before using any of the following recipes, for the correct use of the pressure release valve and recommended liquid levels.

NEVER COOK WITHOUT THE INNER POT. DO NOT PUT WATER IN THE OUTER POT.

Meat cooking times. Times based on Meat mode

Liquid volume should always be filled to the minimum level of the inner pot.

Meat / Poultry	Approximate cooking time (minutes)
Beef (25mm cubes, 700g)	10-15
Beef meatballs (450g-900g)	4-9
Beef shanks (40mm wide)	25-30
Beef steak	20-25
Beef stew meat (40mm cubes)	15
Chicken breasts on the bone (900-1400g)	8-10
Chicken fillet	8
Chicken cubes	5
Chicken drumsticks (legs or thighs)	10-15
Chicken liver	2
Chicken whole (1.4-1.8kg)	20-30
Lamb (25mm cubes, 700g)	10-18
Lamb leg	35-40
Lamb stew meat	12-15
Pork or ham shank (900g)	20-25
Pork or ham pieces	20-25
Pork roast	40-45
Turkey (breast and boneless)	20
Turkey (breast whole on the bone)	20-30
Turkey drumsticks (leg)	12

Rice and Grain cooking times

Times based on Rice mode

Rice / Grains Based on 250ml	Approximate water quantity	Approximate cooking time (minutes)
Barley (Pearl)	950ml	15-20
Barley (Pot)	750ml	20
Couscous	500ml	2-3
Oats (quick cooking)	400ml	6
Oats (steel-cut)	400ml	11
Rice (Basmati)	350ml	5-7
Rice (Brown)	350ml	12-15
Rice (White)	350ml	5-6
Rice (Wild)	750ml	22-25

Fish cooking times

Times based on Fish mode

Liquid volume should always be filled to the minimum level of the inner pot.

Seafood and Fish	Approximate cooking time (minutes)
Crab	2-3
Fish fillet	2-3
Fish steak	3-4
Fish whole (gutted)	5-6
Fish soup or stock	5-6
Lobster (700-900g)	2-3
Mussels	2-3
Prawns	1-2

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Meat

BOLOGNESE

Cooking time: 20 minutes

Ingredients:

- 500g lean minced beef
- 1 tbsp olive oil
- 1 red onion, peeled and diced
- 2 cloves garlic, crushed
- 400g can chopped tomatoes
- 4 tbsp tomato paste
- 1 tbsp Italian dried herbs
- 2 tsp Balsamic vinegar
- 1/2 tsp salt
- cracked black pepper
- 50ml beef stock

Instructions:

1. With the lid off, press SAUTE FUNCTION and heat oil in the TurboChef Pot.
2. Add the beef mince and cook until brown. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
3. Add garlic and onions. Saute for 5 minutes uncovered.
4. Add chopped tomatoes, tomato paste, herbs, salt, pepper, beef stock and balsamic vinegar. Press CANCEL.
5. Close the lid and set the pressure release valve to closed. Press MEAT FUNCTION and adjust timer to 20 minutes.
6. Spaghetti should be made separately as per the cooking instructions on the packet.



Serves

4

CLASSIC LAMB STEW

Cooking time: 30 minutes

Ingredients:

- 450g diced lamb
- 1 medium onion, peeled and diced
- 1 small swede, peeled and diced
- 2 medium carrots, peeled and diced
- 50g dried red lentils, rinsed
- 1 lamb stock cube
- water to cover
- salt and black pepper
- 450g small potatoes, quartered

Instructions:

1. Prepare all ingredients - peeling and dicing into medium sized chunks.
2. Press the SAUTE FUNCTION and start by browning the lamb with the lid off. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further browning is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
3. Place all ingredients and seasoning in the TurboChef Pot with enough water to just cover everything.
4. Mix well, close the lid and pressure release valve. Press the SOUP FUNCTION.
5. Serve alone or with some cooked or pickled red cabbage, and maybe some crusty bread to soak up the juices.



Serves

4

BEEF STROGANOFF

Cooking time: 18 minutes

Ingredients:

- 600g lean beef, cut into 1 inch pieces
- salt and cracked black pepper
- 1 tbsp olive oil
- 1 medium onion , peeled and chopped
- 200ml dry white wine
- 1 tbsp Dijon mustard
- 1 tbsp plain flour
- 200ml beef stock, using 1 stock cube
- 450g chestnut mushrooms, sliced
- 2 medium carrots, cut into 1 cm chunks
- 2 medium celery stalks, chopped
- 75g Creme Fraiche
- 30g fresh parsley, roughly chopped



Serves

4

BEEF JOINT

Cooking time: 30 minutes

Ingredients:

- 750 - 850g silverside joint
- 1 medium onion, peeled and studded with 3 cloves
- 1 orange cut in half
- 1 tbsp malt vinegar
- 1 tbsp brown sugar
- 1 bay leaf
- 250ml water
- 1 tbsp olive oil
- salt and pepper to season

Instructions:

1. Press the SAUTE FUNCTION and add the oil. Season the joint with salt and pepper and brown for 2-3 minutes.
2. Add the onion, orange, vinegar, brown sugar, bay leaf and water. Press CANCEL.
3. Close the lid and set the pressure release valve to closed. Select the MEAT FUNCTION and adjust the cooking time to 35 minutes for medium (rare, reduce by approx. 5 minutes and well done, add an extra 5 minutes).
4. Serve with mashed potatoes, white sauce, cabbage and carrots.
5. The remaining juice can be thickened with cornflour for a delicious gravy.

Serves

3-4



CHINESE BELLY PORK

Cooking time: 20 minutes

Ingredients:

- 1 kg pork belly, rind removed, cut into 5cm pieces
- 2 tsp dark soy sauce
- 50 ml rice wine
- 1 tsp vegetable oil
- 2 garlic cloves
- 1 1/2 cm of root ginger, peeled and cut into matchsticks
- 1/4 tsp chilli flakes
- 2 tbsp Chinese black or Balsamic vinegar
- 50g soft brown sugar
- 225ml vegetable stock
- 1 red chilli, sliced and soaked in rice wine for 1 hour, then drained.
- Toasted sesame seeds and spring onions to serve



Serves
2-3

Instructions:

1. Toss the pork with the soy and 50ml of the rice wine. Leave to marinate in a bowl for at least 1 hour or overnight in the fridge.
2. Press the SAUTE FUNCTION and add vegetable oil. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
3. Brown the pork, in batches with the lid off. Set aside.
4. Add the garlic, ginger and chilli for 2-3 minutes until golden.
5. Press CANCEL.
6. Dissolve a vegetable cube in 225ml of boiled water.
7. Pour the vinegar, remaining rice wine, sugar and stock into the inner pot, press the SOUP FUNCTION and bring to the boil. Press CANCEL.
8. Add the pork.
9. Close the lid and set pressure release valve to closed.
10. Press SOUP FUNCTION and adjust timer to 20 minutes.
11. Press CANCEL.
12. Remove the lid, leave it open, press the SOUP FUNCTION and adjust timer to 20 minutes.
13. Bubble down until you have a thick and syrupy sauce.
14. Tip into a serving dish and scatter with the sliced chillies, spring onions and sesame seeds.

LAMB MEATBALL TAGINE

Cooking time: 20 minutes

Serves

4

Ingredients:

- 2 medium onions, finely chopped
- 500g minced lamb
- 1 whole lemon, quartered
- Zest and juice of 1 lemon,
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- Pinch of cayenne pepper
- Small bunch flat-leaf parsley, chopped
- 2 tbsp olive oil
- 3cm of piece of ginger, peeled and grated
- 1 red chilli, de-seeded and finely chopped
- Pinch saffron strands
- 250ml of lamb stock
- 1 tbsp tomato purée
- 100g pitted black olives
- Small bunch coriander, chopped



Instructions:

1. Place the lamb, lemon zest, spices, parsley and half the onions in a large bowl and season.
2. Combine together, and shape into 12 small balls.
3. Press the SAUTE FUNCTION and add the oil to the TurboChef Pot.
4. Add the remaining onions, the ginger, chilli and saffron.
5. Cook for 5 minutes with lid off until the onion is softened and starting to colour. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
6. Press CANCEL.
7. Add the lemon juice, stock, tomato purée and olives, then bring to the boil and add the meatballs.
8. Press CANCEL.
9. Close the lid and set pressure release valve to closed and select the MEAT FUNCTION and adjust to 10 minutes.
10. Press CANCEL.
11. Release pressure and open lid. Add the coriander and lemon wedges, between the meatballs.
12. Press the MEAT FUNCTION and adjust to 10 minutes. Leave uncovered until the liquid has reduced and thickened slightly.
13. Great served with couscous.

MEDITERRANEAN CHICKEN

Cooking time: 8 minutes

Ingredients:

- 100ml plain yogurt
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, crushed
- 1/2 tsp finely chopped tarragon
- 1/4 tsp salt and cracked black pepper
- 6 bone in chicken thighs, skin removed
- 1 medium fennel bulb, sliced
- 1 medium red onion, diced
- 300ml dry white wine
- 1 lemon cut into wedges
- 200g of pitted olives
- 3 sprigs thyme
- 1 tbsp Dijon mustard
- 1/4 tsp chilli flakes

Instructions:

1. Mix together the yoghurt, lemon juice, 1 tbsp olive oil, garlic, tarragon, salt and pepper. Place chicken in a glass dish or plastic bag and toss with marinade. Marinate for 45 minutes to an hour.
2. Remove chicken from marinade; wipe off any excess, reserving for later.
3. With the lid off, press the SAUTE FUNCTION and heat 2 tbsp of olive oil. Brown the chicken, a few pieces at a time and set aside. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
4. Add the fennel and onion and saute until translucent. Add the white wine and scrape any browned bits off the bottom of the pan.
5. Return the chicken to the TurboChef Pot and add the remaining marinade, olives, lemon wedges, thyme, mustard, salt, pepper and chilli flakes. Press CANCEL.
6. Close the lid and set the pressure release valve to closed. Press MEAT FUNCTION and adjust the timer to 8 minutes.
7. Can be served with rice or bread for soaking up the sauce.
8. Feta cheese can be added afterwards for added taste.

Serves

3-4



CLASSIC BANGERS & MASH

Cooking time: 20 minutes

Ingredients:

- 8 good quality sausages
- 1 tsp sunflower oil - optional
- 250ml milk
- 65g butter
- Salt and pepper
- 1 onion, sliced into rings
- For the potatoes
- 5-6 baking potatoes, peeled and diced
- 2 tbsp sour cream
- 25g parmesan cheese

Instructions:

1. Press the SAUTE FUNCTION and heat pot for 2 minutes, add the oil if using and the sausages, fry for 2 - 3 minutes to brown sides of the sausages. Press CANCEL and remove sausages from pot, wipe clean.
2. Add the milk. Slice tabs off the butter and place them over the potatoes.
3. Carefully lay a sheet of foil over the potatoes and put all the sausages onto the foil. Make sure they do not risk rolling off. Top the sausages with the onions.
4. Close the lid and set pressure release valve to closed. Press MEAT FUNCTION and adjust timer to 15 minutes.
5. After the 15 minutes, remove the sausages and the foil.
6. Mash the potatoes carefully. Add sour cream, parmesan cheese and more milk, salt or butter to taste.



Serves

4

CHICKEN TIKKA MASALA

Cooking time: 15 minutes

Ingredients:

- 2 tbsp unsalted butter or 2 tbsp of olive oil
- 1 medium onion, finely diced
- 4 cloves garlic, crushed
- 1 tbsp grated fresh ginger
- 1 tbsp ground cumin
- 1½ tsp paprika
- 1½ tsp ground coriander or 1 bunch of chopped coriander leaves
- 1 tsp ground turmeric
- ¼ tsp cayenne pepper
- ½ tsp ground black pepper
- 400g can chopped tomatoes
- 250 - 300g fresh spinach leaves, trimmed
- 4 tbsp lemon juice
- 800g chicken thighs, boned
- 100ml chicken stock using 1/2 stock cube
- 2 x 400g cans chickpeas, drained
- 125ml double cream
- Salt



Serves

4

THAI GREEN CHICKEN CURRY

Cooking time: 20 minutes

Ingredients:

- 2 tbsp vegetable oil
- 3 medium cloves garlic, crushed
- 3 Thai green bird's eye chillies, halved
- 1-inch piece fresh ginger, peeled and sliced 1/8 inch thick
- ¼ tsp ground coriander
- 1/8 tsp ground cumin
- 2 tbsp Thai green curry paste
- 400g can coconut milk
- 400g butternut squash, cubed, skin removed
- 1 medium aubergine, cubed
- 1 kg chicken thighs, skins removed
- Salt
- 1 tbsp fish sauce
- 100g spinach, roughly chopped
- 1 bunch of chopped coriander leaves
- 1 bunch Thai basil, chopped
- Freshly ground black pepper
- Cooked rice, barley, or other grain, for serving
- Lime wedges, for serving



Serves

4

Instructions:

1. With the lid off, press SAUTE FUNCTION heat the butter or oil and add the onions, garlic and ginger. Cook, stirring frequently, until pale brown, about 5 minutes. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add cumin, paprika, coriander, turmeric, cayenne pepper and black pepper and cook, stirring frequently, for about 30 seconds. Add chopped tomatoes and spinach. Cover and cook, stirring occasionally, until spinach is wilted, about 2 minutes.
3. Add half of the coriander leaves or ground coriander, chicken stock, and chicken pieces. Stir to combine. Press CANCEL.
4. Close the lid and set the pressure release valve to closed, press MEAT FUNCTION and adjust time to 15 minutes.
5. Remove lid, and add double cream, drained chickpeas, 2 tbsp lemon juice, stirring frequently, until sauce is thickened. Stir in remaining lemon juice and season to taste with salt. Serve immediately, garnished with remaining coriander leaves (optional).
6. Serve with pilau rice and naan bread.

Instructions:

1. With lid off, press SAUTE FUNCTION, heat oil until simmering and brown off the chicken pieces. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add garlic, chillies, ginger, coriander, and cumin and cook, stirring, until aromatic (about 1 minute). Add curry paste and cook, stirring, until paste has darkened slightly, about 3 minutes.
3. Stir in coconut milk, bring to a simmer, and cook for 1 minute. Season chicken pieces with salt. Add half the squash and aubergine and season with salt.
4. Add chicken and top with the remaining squash and aubergine. Season with salt. Press CANCEL.
5. Close the lid and set the pressure release valve to closed. Press MEAT FUNCTION and adjust the timer to 20 minutes.
6. Release pressure, remove lid, and stir in fish sauce, spinach, half of the coriander and basil. Season with salt and pepper.
7. Ladle the curry into serving bowls and scatter remaining coriander and basil on top. Serve with optional rice and lime wedges.

ROGAN JOSH LAMB CURRY

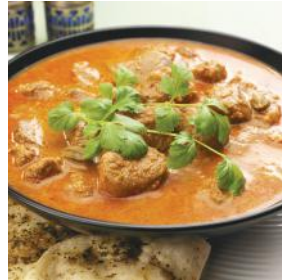
Cooking time: 18 minutes

Serves

2

Ingredients:

- 1 tbsp vegetable oil
- 1 medium onion, peeled and sliced
- 1 red pepper, deseeded and sliced
- 2cm fresh ginger, peeled and grated
- 1/2 tsp cumin seeds
- 1 1/2 tsp coriander seeds, crushed
- 350 - 400g lamb shoulder , diced
- 1 tbsp plain flour
- 2 - 3 tbsp Rogan Josh curry paste
- 200g canned chopped tomatoes
- 150g baby new potatoes, cubed
- 75ml vegetable or lamb stock
- Natural Greek Yogurt and coarsely chopped fresh coriander to serve



Instructions:

1. With the lid off, press SAUTE FUNCTION and add the oil, gently fry the sliced onions, red pepper and ginger until tinged with brown 3 minutes, remove and set aside. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add the cubes of lamb, crushed coriander seeds and cumin and fry until lightly browned on all sides, add the flour and stir.
3. Add in the paste, and fry for a further 1-2 minutes, return the cooked onions, pepper and ginger to the pan with the tomatoes, diced potato and stock, stir well.
4. Press CANCEL. Close the lid and set pressure release valve to closed. Press MEAT FUNCTION and adjust time to 18 minutes.
5. To serve: Top each serving with a lovely dollop of yogurt and sprinkle with chopped coriander.
6. Accompany with basmati rice, naan and pickles.

CHILLI CON CARNE

Cooking time: 20 minutes

Serves

4

Ingredients:

- 400g minced beef
- 2 tbsp olive oil
- 1 medium onion, chopped
- 400g can kidney beans
- 400g canned chopped tomatoes
- 125ml beef stock
- 50ml red wine
- 2 garlic cloves, finely chopped
- 1 bay leaf
- 1 tsp tomato purée
- 1 tsp salt
- 1 tbsp chilli powder
- 1 tsp dried oregano
- 1/2 tsp ground cumin



Instructions:

1. With the lid off, press SAUTE FUNCTION and heat the oil. Add the minced beef and cook, stirring occasionally until browned. Add the onion, garlic, chilli powder, cumin, oregano and salt. Stir together and cook for 3-4 minutes. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add the stock and wine, tip in the tomatoes, stir in the tomato purée and bay leaf.
3. Mix together, close the lid and set the pressure release valve to closed. Press MEAT FUNCTION and adjust timer to 20 minutes.
4. Once cooked, carefully release the pressure.
5. Stir in the washed and drained kidney beans.
6. Replace the lid and set the pressure release valve to closed.
7. Serve with rice or crusty bread.

For serving 2, halve quantities.

Slow Cook

PLEASE NOTE TO SET THE PRESSURE VALVE TO OPEN DURING ALL SLOW COOK RECIPES



NAVARIN OF LAMB

Cooking time: 4 ½ hours

Serves

6

Ingredients:

- 1 kg boneless shoulder of lamb
- 1 tbsp sunflower oil
- 1 tbsp Demerera sugar
- 2 tbsps plain flour
- 400ml ml lamb or beef stock
- 200g can Italian plum tomatoes in rich juice
- 2 garlic cloves, crushed
- 1 tbsp fresh mint leaves chopped
- 2 sprigs of rosemary
- 1 bay leaf (fresh or dried or either?)
- 16 baby new potatoes, washed
- 12 baby carrots, washed
- Sea salt and freshly ground black pepper



Instructions:

1. Cut the lamb into 2 cm cubes, discarding any fat. Season the lamb, press the SAUTE FUNCTION and add the oil. When the oil is hot saute the lamb in 2 batches, browning the pieces evenly all over and draining them of fat as they are put aside on to a dish. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Sprinkle the sugar into the inner pot and let it caramelize to a deep golden brown. (Take care not to caramelize it too much – it burns easily.) Quickly mix in the flour, then return the meat to the inner pot and mix well; this will let the flour cook a little.
3. Add the tomatoes, garlic, herbs, potatoes and carrots, fry for 2 minutes and then add the stock. Stir gently and bring to the boil. Season to taste. Press CANCEL, place on the lid and set and set to SLOW COOK, set time for 4½ hrs.
4. Serve with peas and green beans.



BRAISED SLOW COOK RED CABBAGE

Cooking time: 8 hours

Serves

8

Ingredients:

- 1 red cabbage, approximately 1 kg, coarsely shredded
- 3 medium onions, 2 white and 1 red, peeled and chopped
- 4 dessert apples, peeled and thinly sliced
- 1 cinnamon stick
- 1 tsp ground allspice
- 3 tbsp soft brown sugar
- 50g butter
- 275ml hot water
- 175ml cider vinegar or red wine
- Salt to taste



Instructions:

1. Combine all the ingredients together in the TurboChef Pot, layering up through the pot.
2. Place on the lid and set SLOW COOK for 8 hours. If too much liquid at the end of cooking, set SAUTE FUNCTION and reduce until required consistency.

Vegetables

RATATOUILLE

Cooking time: 3 minutes

Ingredients:

- 400g can of chopped tomatoes
- 5 tbsp olive oil
- 2 large aubergines, cut into large chunks
- 4 small courgettes, cut into large chunks
- 2 red or yellow peppers, de-seeded and cut into chunks
- Small bunch basil
- 1 medium red onion, peeled and thinly sliced
- 3 garlic cloves, peeled and crushed
- 1 tbsp red wine vinegar
- 1 tsp caster sugar

Instructions:

1. With lid off, heat the 3 tbsp of the olive oil in the TurboChef Pot using the SAUTE FUNCTION and saute aubergines until lightly browned. Set aside. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add the remainder of the oil and fry the courgettes and peppers.
3. Add the onion in the TurboChef Pot for 5 minutes. Add the garlic and fry for a further minutes.
4. Tear up the basil leaves and add half to the pot.
5. Stir in the vinegar and sugar, then tip in the tomatoes.
6. Press CANCEL.
7. Close the lid and set pressure release valve to closed, press the SOUP FUNCTION for 3 minutes.
8. Cool slightly then serve with the remaining basil.

Serves

4



LEMONED BROCCOLI

Cooking time: 2 minutes

Ingredients:

- 900g broccoli
- 4 lemon slices
- 125ml water
- Salt and pepper

Instructions:

1. Remove the tough parts of the broccoli stalks. Score the ends.
2. Pour water in the TurboChef Pot and add the broccoli, sprinkled with the lemon juice.
3. Season with salt and pepper, as desired.
4. Close the lid and set the pressure release valve to closed. Press RICE FUNCTION and adjust timer to 2 minutes or less.
5. Serve with main dish on its own.

Serves

4-6



Fish

STEAMED SALMON WITH MUSHROOMS AND LEEKS

Cooking time: 10 minutes

Ingredients:

- 1 tsp vegetable oil
- 250g shiitake or small portabello, sliced
- 2 leeks or 2 onions, finely sliced
- ¼ tsp fresh black pepper
- 500g salmon fillet, skin removed, cut in 4 pieces
- 1 tbsp fresh ginger, finely chopped
- ½ tsp sesame oil
- 1 garlic clove, finely chopped
- 1 green onion, finely sliced
- 1 lemon, cut in quarters

Instructions:

1. With lid off, press SAUTE FUNCTION and add mushrooms, leeks and pepper and cook about 8 minutes or until veggies have softened. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Put the salmon pieces on the veggies.
3. Meanwhile, in a small bowl, mix ginger, soy sauce, sesame oil and garlic. Spread the mixture on the salmon.
4. Close the lid and set pressure release valve to closed and press RICE FUNCTION. Adjust timer to 10 minutes.



Serves

4

MEDITERRANEAN SALMON

Cooking time: 13 minutes

Ingredients:

- 1 tbsp olive oil
- 3 mixed peppers, de-seeded and sliced
- 1 large red onion, thinly sliced
- 400g baby potatoes, unpeeled and halved
- 2 tsp smoked paprika
- 2 garlic cloves, crushed
- 2 tsp dried thyme
- 400g can of chopped tomatoes
- 4 salmon fillets
- 1 tbsp chopped parsley, to garnish
- Black pepper to season

Instructions:

1. With lid off, press the SAUTE FUNCTION and heat the oil in the TurboChef Pot.
2. Add the peppers, onion and potatoes and cook, stirring regularly, for 7 minutes until golden with lid off. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
3. Add the paprika, garlic, thyme and tomatoes.
4. Press CANCEL.
5. Close the lid and set the pressure release valve to closed. Press STEAM FUNCTION and adjust timer for 5 minutes.
6. Release pressure and open the lid. Season the vegetables and lay the salmon on top, skin-side down.
7. Put the lid back on and set the pressure release valve to closed. Press STEAM FUNCTION.
8. Scatter with parsley.



Serves

4

Soup

STEAMED MEDITERRANEAN STYLE FISH

Cooking time: 8 minutes

Ingredients:

- 2 white fish fillets (any white fish)
- 250g cherry tomatoes, halved
- 2 tbsp fresh chopped oregano and 2 sprigs for garnish
- 100g black or green olives
- 1 tbsp pickled capers
- 1 clove garlic, crushed
- olive oil
- salt and cracked black pepper

Instructions:

1. Line the bottom of the inner pot with half of the cherry tomatoes (to keep the fish from sticking), add oregano (reserve a few sprigs for garnish).
2. Place the fish fillets, over the cherry tomatoes, sprinkle with remaining tomatoes, crushed garlic, olives, capers, a dash of olive oil and a pinch of salt.
3. Insert the dish in the TurboChef Pot. Close the lid and set the pressure release valve to closed.
4. Press the STEAM FUNCTION for 8 minutes.



Serves

2

CHICKEN NOODLE SOUP

Cooking time: 25 minutes

Ingredients:

- 1 tbsp butter
- 1 large onion, diced
- 4 carrots, peeled and cut into ½ cm thick rounds
- 1 celery stalk, diced
- 1.5l chicken stock
- 250g diced chicken
- 1 tsp salt
- Fresh ground pepper
- Egg noodles, cooked according to packaging directions

Instructions:

1. With lid off, press SAUTE FUNCTION and add butter to the pot, when melted add the onion and cook stirring occasionally until the onion starts to soften (about 1-2 mins). Add the carrots and celery and saute for 5 mins stirring occasionally. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add chicken stock and chicken. Close the lid and set pressure release valve to closed and press SOUP FUNCTION and adjust timings to 25 mins.
3. Mix with the cooked noodles and season with salt and pepper.



Serves

4

CARROT & CORIANDER SOUP

Cooking time: 5 minutes

Ingredients:

- 1½ tbsp olive oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, peeled and chopped
- 500g carrots, peeled and chopped
- 1.2l vegetable or chicken stock (2 cubes)
- Handful coriander leaves

Instructions:

1. Add the oil to the TurboChef Pot then add the onion, and fry for 3 minutes using the SAUTE FUNCTION with the lid off. Press CANCEL. Stir in the ground coriander and potato, then using the SAUTE FUNCTION cook for 1 minute. Press CANCEL.
2. Dissolve the stock cubes in 1.2l of boiled water.
3. Add the carrots and stock, close the lid and set the pressure release valve to closed, press SOUP FUNCTION and adjust timing to 5 minutes.
4. Remove the lid and add majority of the coriander leaves, reserving a few sprigs to garnish.
5. Use a hand blender or food processor to blitz until smooth (In the processor you may need to do this in 2 batches).
6. Return to the TurboChef Pot, if necessary add salt to taste.
7. Serve garnished with the reserved coriander.



Serves

4

QUICK LENTIL SOUP

Cooking time: 15 minutes

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 large carrots, peeled and cut into ½ cm half moons
- 2 bay leaves
- 2 sprigs fresh thyme or 1 tsp dried thyme
- 800ml vegetable stock
- 350ml water
- 150g, rinsed green lentils
- 150g red lentils
- 1 medium potato, peeled and diced into 1 cm pieces
- ½ tsp salt
- Fresh ground black pepper to taste
- 25-35g grated parmesan cheese (optional)

Instructions:

1. Press the SAUTE FUNCTION and heat the oil in the TurboChef Pot. Press SAUTE FUNCTION and adjust timer for 3 minutes. Add the onion and carrots and saute with the lid off for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add the bay leaves, thyme, vegetable stock, water, lentils, and potato. Stir well and ensure all ingredients are thoroughly mixed well. Press CANCEL.
3. Close the lid and set the pressure release valve to closed. Select the SOUP FUNCTION and adjust to 15 minutes.
4. Test that the lentils are cooking to your liking. If you would like them softer, put the lid back on the TurboChef Pot and let the soup rest for 5 minutes, off heat.
5. Remove the bay leaves and thyme stems, and add salt and pepper to taste.
6. Top with optional grated parmesan.



Serves

4

Rice & Pasta

BARLEY RISOTTO WITH CHICKEN AND MUSHROOMS

Cooking time: 20 minutes

Serves

4

Ingredients:

- 2 tbsp of olive oil
- 2 large shallots, finely sliced
- 1 garlic clove, chopped
- 3 skinless chicken breasts, cut into chunks
- 300g pearl barley
- 250ml dry white wine
- 400g chestnut mushrooms, left whole or halved if large
- 1 tbsp fresh thyme leaves
- 1 litre chicken stock
- 3 tbsp grated parmesan, thyme leaves and parmesan shavings to serve



Instructions:

1. Press the SAUTE FUNCTION and add the olive oil in the TurboChef Pot.
2. Saute the shallots and garlic with some seasoning for 5 minutes, then stir in the chicken and cook for 2 minutes with lid off. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
3. Add the barley and cook for 1 minutes.
4. Pour in the wine and stir until it is absorbed.
5. Add the mushrooms and thyme.
6. Pour over the stock.
7. Press CANCEL.
8. Close the lid and set pressure release valve to closed. Press RICE FUNCTION and adjust timer to 20 minutes.
9. Stir in the grated parmesan and serve immediately, with thyme leaves and parmesan shavings scattered over.

RISOTTO

Cooking time: 10 minutes

Serves

2

Ingredients:

- 350ml chicken stock
- 2 tbsp olive oil
- 3 spring onions, topped, tailed and sliced
- salt
- 200g Arborio rice
- 3 tbsp white wine
- pinch of saffron or 1/2 tsp dried thyme
- 10g butter
- 125g grated Parmesan, divided into 2
- fresh thyme or parsley to serve



Instructions:

1. Add the olive oil and spring onion, along with a good pinch of salt, to the TurboChef Pot. Saute using the SAUTE FUNCTION with lid off, until the onion is translucent, about 2 minutes. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Add the rice and continue to stir for another 2 or 3 minutes, or until the rice is just slightly toasted.
3. Add the wine to the pot, followed by the saffron or thyme, and stir until it has been absorbed, about 1 minutes.
4. Add the stock.
5. Press CANCEL.
6. Close the lid and set pressure release valve to closed and press the RICE FUNCTION, adjust timer to 10 minutes.
7. If needed, cook the risotto further to absorb the stock or add more stock (or water) if too dry. While the risotto is still a little wet, add the butter and ½ the parmesan. Stir. Taste to see if it needs more salt.
8. Remove from heat and stir in fresh herbs.
9. Serve topped with the remaining parmesan.

SEAFOOD PAELLA

Cooking time: 8 minutes

Serves

4

Ingredients:

- ½ tsp salt
- 2 cloves garlic, crushed
- 200g canned chopped tomatoes
- 1 tbsp olive oil
- 100g long-grain rice, uncooked
- ¼ tsp white pepper
- 1 medium onion, skinned and diced
- 1 medium green pepper, in 1" squares
- 175ml of water
- 680g chicken - skinned and cut into 3 - 4 cm pieces
- 1 chicken stock cube
- 12 mussels in shells, scrubbed
- ¼ tsp marjoram
- 1/8 tsp whole saffron, optional (drained)
- 125g prawns, shelled and deveined



Instructions:

1. Sprinkle chicken with ¼ tsp salt and the white pepper and set aside. With lid off, press SAUTE FUNCTION and add onion and garlic. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time.
2. Saute for 2 minutes. Add chicken and continue saute for 3 minutes longer. Stir in green pepper, tomatoes and rice.
3. Add water, broth mix, marjoram and saffron, if desired, and remaining ¼ tsp salt. Stir to combine. Press CANCEL.
4. Close lid and set the pressure release valve to closed. Press RICE FUNCTION and adjust timer to 5 minutes. Remove lid and using a fork, stir prawns and mussels into rice mixture.
5. Close the lid and set pressure release valve to closed. Press RICE FUNCTION and adjust timer to 3 minutes.
6. Using a fork, fluff rice before serving.

PASTA CARBONARA

Cooking time: 9 minutes

Serves

4

Ingredients:

- 250g bacon or pancetta, diced into 1 cm slices
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 500g penne
- 1l water
- 250g parmesan, grated
- 4 eggs
- 100g creme Fraiche
- 1 tbsp fresh crushed black pepper
- Salt and pepper to taste
- Chopped parsley for garnish



Instructions:

1. With lid off, press SAUTE FUNCTION and add olive oil. Once the olive oil is hot, add the bacon. Saute until crisp (you may need to remove some oil/fat during the process. Once the bacon is cooked, add the garlic and stir. Press SAUTE FUNCTION and adjust timer for 3 minutes. If further cooking is required, press CANCEL and press the SAUTE FUNCTION for another 3 minutes of cooking time. Remove the bacon and set aside. Press CANCEL.
2. Add the pasta, water, and salt to taste. Make sure all the pasta is covered in water.
3. Close the lid and set the pressure release valve to closed. Press STEAM FUNCTION and adjust the timer to 9 minutes.
4. While the pasta is cooking, whisk the eggs and creme fraiche in a bowl until beaten. Add the parmesan and incorporate with the whisk. Add crushed black pepper.
5. Once the timer is up, stir the pasta, then fold in the bacon/garlic mixture. Next, fold in the egg mixture. Add salt if needed and garnish with fresh parsley.
6. Serve immediately.

Breakfast

MACARONI CHEESE

Cooking time: 5 minutes

Ingredients:

- 100g uncooked macaroni
- 250ml water
- Salt and cracked black pepper
- ½ tsp dry mustard
- 1/2 tsp salt
- Pinch cayenne pepper
- 175ml evaporated milk
- 50g Mature cheddar cheese, grated
- 50g Monterey Jack cheese, grated
- 200g can chopped tomatoes, drained

Instructions:

1. Mix together the macaroni, water, ½ tsp of salt, the dry mustard and cayenne pepper in the TurboChef Pot. Close the lid and set the pressure release valve to closed. Press the STEAM FUNCTION and adjust the timer to 5 minutes. Allow to go to KEEP WARM FUNCTION.
2. At the end of 5 minutes, immediately release the pressure. Add the evaporated milk and the tomatoes, and continue to simmer for about 3 minutes or until the sauce thickens. Press CANCEL.
3. Stir in the cheeses, one handful at a time to help them melt without being clumpy.
4. For crispy topping, place macaroni cheese into an oven proof serving dish and grill topping for 5 minutes until golden brown.



Serves

2

PORRIDGE

Cooking time: 5 minutes

Ingredients:

- 40g original milled porridge oats
- 175g water
- 100ml semi skimmed milk
- Salt to taste

Instructions:

1. Combine ingredients in TurboChef Pot, close the lid and set pressure release valve to closed. Press the STEAM FUNCTION, change to 5 minutes.
2. Top with cream, natural Greek yogurt, fresh or dried fruit (blueberries, strawberries), chopped nuts or granola, and your favourite sweetener - brown or white sugar, maple syrup, or agave syrup.



Serves

1

PORRIDGE

Cooking time: 6 minutes

Ingredients:

- 80g Original milled porridge oats
- 350ml water
- 200ml semi skimmed milk
- Salt to taste

Instructions:

1. Combine ingredients in TurboChef Pot, close the lid and set pressure release valve to closed. Press the STEAM FUNCTION.
2. Top with cream, natural Greek yogurt, fresh or dried fruit (blueberries, strawberries), chopped nuts or granola, and your favourite sweetener - brown or white sugar, maple syrup, or agave syrup.



DO NOT OVERFILL THE INNER POT AS THE PORRIDGE EXPANDS DURING THE COOKING PROCESS.

Desserts

RICE PUDDING

Cooking time: 12 minutes

Ingredients:

- 25g unsalted butter
- 100g pudding rice
- 50g caster sugar
- 700ml whole milk
- Grated nutmeg

Instructions:

1. Press the SAUTE FUNCTION and melt the butter with lid off.
2. Add the rice and sugar, stir through the milk and bring to a simmer.
3. Press CANCEL.
4. Close the lid and set the pressure release valve to closed. Press RICE FUNCTION.
5. Remove the lid, sprinkle with nutmeg and stir well.
6. Spoon into dishes.



Serves

4

SPICED POACHED PEARS

Cooking time: 8 minutes

Ingredients:

- 1 vanilla pod
- 500ml red wine
- 150g caster sugar
- 1 cinnamon stick, halved
- 1 thyme sprig
- 6 pears worked well as medium sized dessert pears

Instructions:

1. Halve the vanilla pod lengthways, scrape out the black seeds, reserving the pod, and put the seeds in the TurboChef Pot with the wine, sugar, vanilla outer pod cinnamon and thyme.
2. Cut each piece of the vanilla outer pod into thin strips, add to the TurboChef Pot, then place in the pears.
3. Close the lid and set the pressure release valve to closed, press the RICE FUNCTION and adjust to 6 minutes.
4. The cooking time will depend on the ripeness of your pears - they should be tender all the way through when pierced with a cocktail stick; if not, cook for a further couple of minutes. Take out up to 2 days ahead and chill.
5. Take the pears from the inner pot then boil the liquid by pressing the SAUTE FUNCTION and reducing the liquid by half until syrupy.
6. Serve each pear with the cooled syrup, a strip of vanilla, a piece of cinnamon.



Serves

6

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TurbChef Pot
DIGITAL PRESSURE COOKER

