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PRESSURE COOKER

Recipes

USE WITH MODELS GPC400, GPC600, GPC800, GPC1000, GPC1200

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YIELD 4-6 SERVINGS
PREP TIME 10 MINUTES
COOKING TIME 50-60 MINUTES
INACTIVE COOKING TIME 10 MINUTES
TOTAL TIME 1 HOUR, 10 MINUTES

INGREDIENTS

For the barbecue ribs

1/2 LB RAW SMOKED BACON
DICED 2 LARGE CARROTS
DICED 23 STALKS CELERY
DICED 1 MEDIUM WHITE ONION
DICED 3 CLOVES GARLIC, MINCED
1 TABLESPOON TOMATO PASTE
2 CUPS DRIED GREAT NORTHERN BEANS
1 BAY LEAF
4 CUPS CHICKEN STOCK
1 CUP WATER

Smoky Bacon and Bean Soup

Directions

Set the pressure cooker to “Saute” and add the bacon. Cook until it starts to crisp, then reserve two tablespoons of grease and drain the rest. Add the bacon and reserved grease to the pot. Stir in the remaining ingredients, including the chicken stock and water.

Close and lock the lid, making sure the pressure gauge is set to “Airtight”. Cook on the “Beans” setting and allow the pressure to release naturally before removing the lid. Check to make sure the beans are thoroughly cooked; if not, close the lid and cook a further 10 minutes, again allowing the pressure to release naturally before removing the lid. Remove bay leaf and serve hot.



YIELD 4 SERVINGS
PREP TIME 15-20 MINUTES
COOKING TIME 15 MINUTES
NON-ACTIVE COOKING TIME 10 MINUTES
TOTAL TIME 45 MINUTES

INGREDIENTS

2 TABLESPOONS OLIVE OIL
1 LB BONELESS SKINLESS CHICKEN THIGHS
2 TEASPOONS SALT
2 LARGE CARROTS, DICED
23 STALKS CELERY, DICED
1 MEDIUM ONION, DICED
23 CLOVES GARLIC, MINCED
1 JALAPENO, DICED
8 OZ TOMATILLOS (ABOUT 34), SKINS REMOVED AND DICED
1/4 CUPS FRESH LIME JUICE
2 TABLESPOONS CILANTRO, MINCED
1 AVOCADO, PEELED, CORED AND DICED
4 CUPS CHICKEN STOCK

Spicy Chicken Soup

Directions

Set the pressure cooker to “Saute” and add the olive oil to the bottom of the pot. Pat dry the chicken thighs and salt them. When the oil is simmering, add the chicken thighs and brown, turning once or twice. Add the carrots, celery, onion, garlic, jalapeno and tomatillos and toss to combine. Add the chicken stock, then close and lock the lid. Make sure the pressure gauge is set to “Airtight”.

Cook the soup for 5 minutes and let the pressure release naturally. Once the pressure has released, remove the chicken thighs. When they are cool enough to handle, chop into a large dice and add back to the soup. Stir in the lime juice. Serve the soup with the fresh cilantro and diced avocado on top.



YIELD 4-6 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 5 MINUTES
TOTAL TIME 20 MINUTES

INGREDIENTS

1/2 HEAD CAULIFLOWER
23 LARGE CARROTS, PEELED AND THE ENDS DISCARDED
1 LARGE SWEET POTATO, PEELED AND THE ENDS DISCARDED
2 TABLESPOONS BUTTER
2 TABLESPOONS HONEY
1 TEASPOON BALSAMIC VINEGAR

Honey Balsamic Glazed Vegetables

Directions

Break the cauliflower into florets and add them to the pot. Slice the carrots into coins about 1" thick and add them to the pot. Chop the sweet potatoes in a large dice, each piece about 1" in diameter, and add them to the pot. Add just enough water to cover the vegetables, about 3 1/2 cups. Close and lock the lid and make sure the pressure gauge is set to "Airtight". Cook for 3 minutes. When the time is up, carefully quick release the pressure gauge, using tongs or another utensil to move it to "Exhaust", making sure to keep any exposed skin away from hot steam being released.

Remove the vegetables from the pot and drain off any excess water. Turn the pressure cooker to "Saute" and melt the butter in the bottom of the pot. Stir in the honey and balsamic vinegar until smooth, then toss the sauce with the vegetables. Serve hot.



YIELD 4-6 SERVINGS
PREP TIME 10 MINUTES
COOKING TIME 6 MINUTES
TOTAL TIME 16 MINUTES

INGREDIENTS

3 TABLESPOONS OLIVE OIL
1 MEDIUM WHITE ONION, MINCED
2 CUPS ARBORIO RICE
1/2 CUP DRY WHITE WINE
4 CUPS CHICKEN STOCK
2 LARGE LEMONS
1/2 CUP GRATED PARMESAN
1/2 TEASPOON SALT

Lemon Parmesan Risotto

Directions

Set the pressure cooker to “Saute” and add the olive oil to the bottom of the pot. Heat the oil until simmering, then add the onion. Cook until the onion has softened and is starting to brown. Add the rice and stir until the oil is absorbed, then stir in the white wine. Let the wine simmer for 12 minutes, then add the chicken stock. Zest the lemons and set the zest aside, then juice the lemons and add the juice to the pot. Close and lock the lid, making sure the pressure gauge is set to “Airtight”. Cook for 6 minutes. When the time is up, carefully quick release the pressure gauge, using tongs or another utensil to move it to “Exhaust”, making sure to keep any exposed skin away from hot steam being released. Remove the risotto from the pot immediately and scrape into a large bowl. Add the lemon zest, grated parmesan and salt stir to combine. Serve hot.

Brown 1 cup onion in 3 TB olive oil. Add 2 cups rice and stir until oil is absorbed. Add 1/4 cup white wine until liquid is absorbed. Add juice of 2 large lemons (about 1/4 cup), reserved zest, and 4 cups chicken stock. Pressure cook on high for 6 minutes and quick release- turn valve to open and, leaning lid away from you, remove carefully with dish towels. Remove rice immediately to keep from overheating. Stir in 1/2 cup grated parmesan and the zest.



YIELD 4 SERVINGS
PREP TIME 5 MINUTES
COOKING TIME 5 MINUTES
TOTAL TIME 10 MINUTES

INGREDIENTS

1 LB CHICKEN BREAST, DICED
2 CUPS PENNE PASTA
4 TABLESPOONS BUTTER
1/2 CUP HEAVY CREAM
1 CUP GRATED PARMESAN

Chicken Alfredo Over Penne Pasta

Directions

Add the chicken and penne to the pressure cooker pot and top with just enough water to cover, about 3/4 cups. Close and lock the lid, making sure the pressure gauge is set to "Airtight". Cook for 5 minutes. When ready, move the pressure gauge to "Exhaust", using tongs or another utensil and taking care to keep any exposed skin away from hot steam being released. Check to make sure the pasta is done. If it's not al dente to your liking, turn the pressure cooker to "Saute" and let the pasta and chicken simmer together until the pasta is done. Drain the water and set the chicken and pasta aside.

With the "Saute" setting on, add the butter to the empty pot and heat until melted. Whisk in the heavy cream, then stir in the parmesan until creamy and thick. Add the chicken and pasta to the sauce and toss to coat. Season to taste with salt and pepper. Serve hot.



YIELD 4-6 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 25 MINUTES
TOTAL TIME 40 MINUTES

INGREDIENTS

1/2 TSP SESAME OIL
5 TABLESPOONS OLIVE OIL, DIVIDED
3.54 LB WHOLE CHICKEN
2 TABLESPOONS WHITE MISO PASTE
2 TABLESPOONS SESAME SEEDS

Miso and Sesame “Roasted” Chicken

Directions

In a small bowl, combine the sesame oil and 2 tablespoons olive oil. Pat the chicken dry with a paper towel and rub liberally with the oil mixture. Heat a stainless steel pan over medium heat and, when hot, add the chicken and brown, turning occasionally. Once browned, turn off the heat but do not remove the pan from the stovetop.

While the chicken is browning, whisk the remaining 3 tablespoons olive oil with the miso paste until smooth. Set aside. Using tongs, transfer the chicken to the pressure cooker. Drizzle the chicken with the miso paste mixture, then close and lock the lid on the pressure cooker. Make sure the pressure gauge is set to “Airtight.” Cook for 25 minutes. When the time is up, move the pressure gauge to “Exhaust”, using tongs or another utensil. Make sure to keep any exposed skin away from hot steam being released. While the chicken is cooking, heat the stovetop pan on medium heat and add the sesame seeds. Toast until very lightly browned and fragrant, about 2 minutes. Remove from the heat and set aside. When the chicken is done, carefully remove it from the pressure cooker pot using tongs, and set on a serving platter. Scatter with the toasted sesame seeds and carve as desired before serving.



YIELD 2 SERVINGS AS MAIN, 4 AS AN APPETIZER
PREP TIME 5 MINUTES
COOKING TIME 20 MINUTES + BROILING/GRILLING
NON-ACTIVE COOKING TIME 10 MINUTES
TOTAL TIME 35 MINUTES

INGREDIENTS

For the barbecue ribs

12 LBS SPARERIBS
1 TABLESPOON COARSE SALT
1/2 TABLESPOON FRESHLY CRACKED PEPPER
1 CUP BARBECUE SAUCE

Barbecue Ribs

Directions

Pat the ribs dry and season with the salt and pepper. Cut the ribs so they can lay as flat as possible at the bottom of the pressure cooker pot. Cover with enough water so they are barely submerged, about 4 cups. Close and lock the lid, making sure the pressure gauge is set to "airtight". Cook for 20 minutes and allow the pressure to release naturally. When ready, remove the ribs and pat dry.

Place the ribs on a baking sheet lined with foil and slather them with the sauce. Broil or grill the ribs until the sauce starts to brown, turning once and rebasting as necessary. Serve hot.



YIELD 4 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 10-15 MINUTES
TOTAL TIME 40 MINUTES

INGREDIENTS

For the potatoes

1 LB RED POTATOES,
QUARTERED
2 CUPS WATER
1/2 CUP HEAVY CREAM
2 TEASPOON SALT

For the meatloaf

1/2 LB GROUND PORK
1/2 LB GROUND BEEF
8 OZ WHITE MUSHROOMS, DICED
1 RED PEPPER, CORED AND DICED
1 MEDIUM WHITE ONION, MINCED
2 GARLIC CLOVES, MINCED
1 EGG, BEATEN
1/2 CUP MILK
1 CUP PLAIN BREADCRUMBS
2 TBSP WORCESTERSHIRE SAUCE
1 TEASPOON SALT
1/2 CUP KETCHUP

Mini Meat Loaf With Creamy Mashed Potatoes

Directions

Combine all the meatloaf ingredients except for the ketchup in a large bowl and mix thoroughly, using wet hands. Form the mixture into two or three small loaves. Brush the top of each loaf with ketchup and wrap the loaves in foil. Add the potatoes to the bottom of the pressure cooker and place the wrapped meatloaves on top of the potatoes. Carefully pour the water around the potatoes. Close and lock the lid of the pressure cooker and make sure the pressure gauge is set to "Airtight". Cook for 10 minutes and allow the pressure to come down naturally before opening the lid. Remove meatloaf and check for doneness; the meatloaf is ready when the meat is cooked through, no longer pink inside, and a thermometer inserted into the thickest part reads at least 155°F. If the meatloaf is not fully cooked, the replace the lid, lock it, make sure the pressure gauge is set to "Airtight" and cook another 23 minutes, allowing the pressure to release naturally.

Once the meatloaf is fully cooked, carefully drain the water and remove the meatloaves and potatoes. Set the meatloaf aside and place the potatoes, heavy cream and salt in a large bowl. Mash the potatoes, including the skins, until smooth and creamy. Remove the meatloaves from the foil and serve hot with the mashed potatoes on the side.



YIELD 4 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 15-20 MINUTES
TOTAL TIME 45 MINUTES

INGREDIENTS

For the red sauce

2 TABLESPOONS OLIVE OIL
 1 SMALL WHITE ONION, DICED
 1 GARLIC CLOVE, MINCED
 1/4 CUP DRY WHITE WINE
 1 28 OZ CAN CRUSHED TOMATOES
 1 14OZ CAN TOMATO SAUCE
 2 TBSP TOMATO PASTE
 1 TBSP MINCED FRESH OREGANO
 1 TEASPOON SALT

For the meatballs

1/2 POUND GROUND PORK
 1/2 POUND GROUND BEEF
 1/2 CUP MILK
 2 EGGS, LIGHTLY BEATEN
 1 CUP PLAIN BREADCRUMBS
 3 TBSP MINCED FRESH BASIL
 2 GARLIC CLOVES, MINCED
 1 TSP SALT
 1/2 TSP CRUSHED PEPPER

Meatballs and Red Sauce

Directions

The red sauce: Using the “Saute” setting, heat the olive oil in the SmartPot until shimmering. Add the onion and cook, stirring occasionally, until browned. Add the garlic and toss until fragrant, about 1 minute.

Add the white wine and cook until the alcohol has dissipated, about 35 minutes.

Add the crushed tomatoes, tomato sauce and tomato paste and stir til combined, then add the oregano and salt. Let the sauce simmer while you make the meatballs. If it starts to boil or splatter, press “cancel” to turn off the saute heat and let the sauce rest until the meatballs are added.

The meatballs: Combine all meatball ingredients together in a large bowl. With wet hands, mix everything together thoroughly. Form into small balls about 23” wide and add to the sauce.

Close and lock the lid, and make sure the pressure gauge is set to “Airtight”. Pressure Cook for 5 minutes, then allow the pressure to naturally release for another 10 minutes. After 10 minutes, carefully finish the natural release by moving the pressure gauge to “Exhaust”, using tongs or another utensil to keep your hands away from hot steam releasing.

Serve the sauce and meatballs as they are, over pasta, or in a sandwich.



YIELD 6-8 SERVINGS
PREP TIME 10 MINUTES
COOKING TIME 28 MINUTES*
NON-ACTIVE COOKING TIME 10 MINUTES + CHILLING
TOTAL TIME 48 MINUTES+ CHILLING

INGREDIENTS

For the cheesecake

- 1 CUP CRUSHED GRAHAM CRACKERS
- 4 TABLESPOONS MELTED BUTTER,
PLUS EXTRA TO BUTTER THE PAN
- 1 POUND CREAM CHEESE
(2 PACKAGES), ROOM TEMPERATURE
- 3/4 CUP SUGAR
- 2 LARGE EGGS, ROOM TEMPERATURE
- 1 CUP HEAVY CREAM
- 1/8 TSP SALT
- 1 TEASPOON VANILLA EXTRACT
- 1 1/2 CUP WATER

For the butterscotch

- 1/2 POUND GROUND PORK
- 1/2 POUND GROUND BEEF
- 1/2 CUP MILK
- 2 EGGS, LIGHTLY BEATEN
- 1 CUP PLAIN BREADCRUMBS
- 3 TBSP MINCED FRESH BASIL
- 2 GARLIC CLOVES, MINCED
- 1 TSP SALT
- 1/2 TSP CRUSHED PEPPER

New York Style Cheesecake With Butterscotch

Directions

Butter the bottom and sides of a clasped and locked 6" springform pan. Combine the graham crackers and melted butter until the mixture looks like wet sand. Press into the bottom of the pan, pressing it up the sides of the pan about 1" high. In a large bowl, blend together the cream cheese and sugar with a hand mixer on a low setting. Add the eggs one at a time, blending well in between each one. Add the heavy cream, salt and vanilla and continue to beat until smooth. Pour the cheesecake batter into the prepared springform pan, smoothing the top if necessary. Make a foil sling: fold about two feet of foil in half, then fold the sides in until they meet in the middle. Lay the foil in the pressure cooker pot, folding down the top edges so the sling fits just inside the pot. Place the metal trivet on top of the sling. Place the cheesecake in the pot on top of the trivet, and carefully pour the water around the pan. Close and lock the lid, making sure the pressure gauge is set to "Airtight." Cook for 28 minutes and allow the pressure to release naturally.

While the cheesecake is cooking, make the butterscotch sauce. Melt the butter over medium heat, then add the brown sugar and whisk until the sugar has melted and is smooth. Slowly add the heavy cream, whisking carefully to keep down any foaming that may occur. Allow the sauce to come to a boil, stirring often. Let the sauce cook, still stirring, for about 3 or 4 minutes. Remove the sauce from the heat and stir in the vanilla and salt. Set the sauce aside and let it cool until the cheesecake is finished cooking. When the cheesecake is done, carefully remove from the pot, using the sling to lift it up. Once the pan is cool enough to handle, open the pan by unbuckling the clasp and carefully opening and removing the side piece. Place the cheesecake on a serving plate and drizzle with the sauce.

*Cooking time may vary between pressure cooker models.