Contents

03 Chicken Portions

04 Vegetable Soup

05 Full Chicken Roast
**Chicken Portions**

**Ingredients:**

- 6 chicken drumsticks
- 1 chicken breast (Cut in 3 pieces)
- 1 lemon
- 2 segments of fresh garlic
- 3 tbsp natural yoghurt
- 1 tbsp corn oil, olive oil or melted butter
- 1 tbsp tandoori masala (optional), could use herbs as a substitute
- ½ tsp chilli flakes (for adventurous people)
- Salt to taste

1. Thoroughly wash the portions with cold water, and apply 3 shallow cuts to each piece.

2. Squeeze lemon juice and add to the portions along with salt, yoghurt, the tandoori masala or herbs, oil and chilli flakes if feeling brave!

3. Crush the garlic and add to the portions, massage them well in the mixture with hands and refrigerate for 10 minutes.

4. When ready, pour the whole mix into the inner bowl and place in the Multi Cooker. Put the lid on and plug into mains.

5. Press Chicken menu on the control panel, the LED display will show P20. While P20 is flashing press -> DOWN button to reduce the time to 10 minutes, the display will show P.10. It will flash for a little while and then first two digits on display will change to 2 rotating circles, the cooking process has started.

6. When the cycle is complete, wait for the pressure to recede, when safe to open, remove the portions onto a plate. Transfer the juices to a pan, place on high flame hob to reduce. Put a tbsp of cooking oil in a frying pan and heat, put the portions gently on to the hot frying pan to brown on two sides.

7. Decorate on a serving dish; pour reduced juices on to the portion, garnish with fresh herbs. Enjoy the delicious chicken portions; I don’t think you would need any sauce, that’s how tasty these portions will be!
Vegetable Soup

Ingredients:

2 medium size leeks
2 tbsp cooking oil
2 medium size suede
3 carrots
1 medium size green pepper
4 sticks of celery
4 average size potatoes
1 lemon
½ tsp mixed herbs
1 green chilli (if feeling brave) otherwise ½ tsp black pepper
2 vegetable stock cubes
3 cups of water
½ cup of single cream (optional)
Salt to taste

1. Other than leek; wash, peel and dice all vegetables and put them in the inner bowl of the Multi-Cooker.

2. Add water, salt, mixed herbs and crush stock cubes with fingers into the bowl.

3. Wash Leek thoroughly making sure to open up the leaf part and wash soil away. Cut into small pieces.

4. Take a shallow frying pan add the cooking oil and chopped leeks to it. Sauté for 2 minutes or when white parts are slightly golden, then add to inner bowl.

5. Place the lid on the Multi Cooker and plug into mains. Press Soup, the display flashes with P25, after a few seconds first 2 digits in display will start to rotate which indicates that the unit is now cooking.

6. When the cycle has completed wait for the pressure to subside completely, take the inner pot out and place on a trivet, add cream and with a stick blender blend for 30 seconds or until smooth. If you like chunky vegetable soup, thoroughly stir the mixture with wooden or silicon ladle.

7. If you wish to reheat the soup place the inner bowl on gas or electric cooker for a few minutes, carefully pour out the soup in a serving dish, decorate with a sprig of mint.

The above is very basic recipe; one thing I love about cooking is the experiment and results, sometimes a winner and sometime a disaster. So here is a chance to prove your cooking skills, add different vegetables, spices, stock and test your expertise.
**Full Chicken Roast**

1 whole Chicken
1 large onion
2 segment of Garlic
1 fresh lemon
1 large potato
2 tsp butter
2 x Cubes Chicken Stock

Herbs and Spices (Chilli flakes, cumin seed tandoori Masala Roast chicken rub) and salt to taste

Wash and towel dry the Chicken.

Carefully lift the skin from the breast only enough to push a segment of garlic, a small piece of butter and spices and juice of half the lemon on both sides of the breast.

Put a small incision in the skin around the drum stick/thigh joint; with finger make room to insert spices and salt.

Chop the onion in round pieces and arrange in the base of the inner pot, place potato on one side of the pot.
Place chicken in the inner pot pillowing the spud under its back.

![Chicken in pressure cooker](image)

Squeeze the other half of lemon under the skin and around, and place squeezed lemon half in the cavity under the breast.

Sprinkle herbs and spices, hand powder the stock cubes and sprinkle all over.

With chicken placed in the inner pot pour enough water for level to reach $1/5^{th}$.

Place the lid, and plug the unit into mains, press chicken and leave the unit to cook.

When cycle is complete the LED will show ---- four horizontal dashes.

Wait until the pressure has subsided, this process can be speeded by moving the spindle of the pressure valve with a kitchen utensil towards the back of the handle to release the pressure slowly.

Once pressure has gone down, open the lid holding it horizontal as there may be some hot water in the pressure valve so do not tilt as a cooks instinct.

Transfer the chicken to a serving dish, pour the content of inner pot to a frying pan and place on high heat to reduce.

Mash potato and onions to form a thick gravy, with goodness of chicken, aromas of the spices and tanginess of lemon.

Serve with warm **round Pitta bread** (new in town) and salad.