

# CLEVERCHEF PRO RECIPE BOOK

The All-in-One Cooking System

drew & cole<sup>®</sup>

NUTRITION MADE EASY





# CONTENTS

Beef & Guinness Stew	4	Cauli & Courgette Curry	62
Classic Bolognese	6	Vegetable Soup	64
Classic Lamb Stew	8	Chicken Dansak	66
Chicken Chasseur	10	Thai Green Curry	68
Beef Bourguignon	12	Chicken Madras	70
Moroccan Lamb Tagine	14	Victoria Sponge	72
Maple glazed sticky BBQ Ribs	16	Rice Pudding	74
Classic Bangers & Mash	18	Porridge	76
Pulled Pork	20	Slow Cooker Chinese Beef & Broccoli	78
Whole Roast Chicken	22	Italian Sausage Gnocchi	80
Lamb Rogan Josh	24	Dim Sum	82
Chilli Con Carne	26	Lemon & Dill Salmon Fillets	84
Beef Joint	28	Fish Tacos	86
Chicken Tikka Masala	30	Vegan Three-Bean Chilli	88
Chinese Style Sea Bass	32	Cottage Pie	90
Lentil, Barley and Butternut Risotto	34	Lemon Cheesecake	92
Chicken & Chorizo Paella	36	Simple Homemade Yoghurt	94
Chicken & Seafood Paella	38	Crusty White Bread	96
Superquick Lasagne	40	Authentic Italian Margherita	98
Macaroni Cheese	42	Carrot Cake	100
BBQ Chicken Wings	44	Apple Pie	102
Veggie Bolognese	46	Nutella Brownie	104
Chicken Burrito Bowls	48	Banana Bread	106
Dal Makhani	50	Sous Vide Thai Chicken	108
Black Bean & Pumpkin/Squash Spanish Stew	52	Sous Vide Pork Belly	110
Chicken and Ginger Noodle Soup	54	Sous Vide Sirloin Steak	112
Sloppy Joes	56	Sous Vide Salmon Fillet	114
Moussaka	58	Sous Vide Cooking Guide	116-119
Moroccan Chickpea Tagine	60		



# BEEF & GUINNESS STEW

Making a beef stew this tender would take hours in a slow cooker. The CleverChef Pro makes this hearty, warming and deep-flavoured stew in under 30 minutes.



**PRESSURE  
COOK**

PREP	COOK	SERVES
<b>5</b>	<b>26</b>	<b>4</b>
mins	mins	

## INGREDIENTS

- 2 tbsp olive oil (or other cooking oil)
- 500g diced beef
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 8 pickling onions or small shallots (skin left on)
- 2 tsp fresh thyme (or 1 tsp dried thyme)
- 1 bay leaf
- 1 tbsp Worcestershire sauce
- 400ml Guinness (or any dark beer of your choice)
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** program, select **BEEF STEAK** and press **START**. Add half the oil and allow to heat. Add the beef in batches and stir regularly for ~3 minutes until browned, then set aside.
2. Add the remaining oil along with the onion, garlic, celery, carrot, thyme and bay leaf and stir regularly for ~3 minutes until the veg begins to soften.
3. Add the Worcestershire sauce, beer, beef, pickling onions, stir to combine, then press the **BACK** button.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function then scroll down and choose **BEEF STEW**. The default cooking time is 20m which is right for this recipe so press **START**.
5. The CleverChef Pro will take a little time to come up to pressure and will then cook for 20 mins. When this has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.



**PRO TIP**  
For an even more complex flavour you could fry off some lardons / pancetta for 5 mins before you add the onion.

**SERVING SUGGESTION**  
Great served with crusty bread or creamy mash, with some extra veggies on the side.



# CLASSIC BOLOGNESE

This iconic dish is made quickly and easily in the Clever Chef Pro, breaking down the ingredients and releasing those wonderful flavours in a fraction of the time. Perfect for batch cooking and freezing for later in the week if you increase the quantities. We make enough here for at least 2 family meals.



PRESSURE  
COOK

PREP  
**10**  
mins

COOK  
**30**  
mins

SERVES  
**8-10**

## INGREDIENTS

- 2 tbsp olive oil
- 1kg minced beef
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 1 tbsp balsamic vinegar
- 1 tbsp tomato purée
- 1 x 400g can chopped tomatoes
- 75ml red wine
- 150ml beef stock
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function and then the **BEEF STEAK** program, adjust time to 15 mins then press **START** add 1 tbsp oil and allow to heat for 1-2mins. Season the mince with salt and pepper then brown the mince in batches and set aside.
2. Add the rest of the oil followed by the onions, garlic, carrots, celery and stir regularly for ~5 minutes until they begin to soften.
3. Add the balsamic vinegar, tomato purée, red wine, stock, chopped tomatoes and mince and stir to combine, then press **BACK** if the program is still running.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function and then the **CHILL BEEF** program and press **START**.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Optional step: depending on how much liquid is in the pot you may wish to reduce in which case select the **SAUTE** function and then the **BEEF STEAK** program and press **START**. When this reaches the desired consistency press **BACK** to stop the cooking program.



**PRO TIP**

The finer you chop your onions, garlic, celery and carrots the better - consider using a food processor in blitz mode if you have one. Or for a bit of post-work therapy get your sharpest knife and start chopping!

**SERVING SUGGESTION**

Serve tossed with cooked spaghetti, sprinkle with grated parmesan and shredded fresh basil.



# CLASSIC LAMB STEW

Making a lamb stew this tender would take hours in a slow cooker. The CleverChef Pro makes this hearty warming stew in less than 30 minutes.



**PRESSURE  
COOK**

PREP	COOK	SERVES
<b>5</b>	<b>26</b>	<b>4</b>
mins	mins	

## INGREDIENTS

- 500g diced lamb
- 3 tbsp plain flour
- 2 tbsp olive or cooking oil
- 1 onion, peeled and diced
- 1 small swede (or other root vegetable), peeled and diced
- 2-3 medium carrots, peeled and diced
- 2 celery sticks, trimmed and finely chopped
- 2 sprigs fresh rosemary
- 1 bay leaf
- 500ml lamb or beef stock
- Salt and pepper (to taste)

## METHOD

1. In a mixing bowl, toss the lamb in the flour until all sides are coated.
2. Select the **SAUTE** program, select **BEEF STEAK** and press **START**. Add half the oil and allow to heat. Add the lamb in batches and stir regularly for ~3 minutes until browned, then set aside.
3. Add the rest of the ingredients, apart from the stock, and continue to stir for a further ~3 minutes, then press **BACK**.
4. Add the stock and stir to combine using a non-metal spoon. Make sure you scrape any of the ingredients off the inner pot.
5. Put the lid on, close the pressure valve then select the **PRESSURE COOK** function, scroll down to **LAMB SHANK** and adjust the time to 20 minutes. Press **START**.
6. When the program has finished allow the pressure to release slowly which is our recommended method for this recipe. Once the pin drops you can open the pressure valve and remove the lid.
7. If you like your gravy a bit thicker, use the **SAUTE** function again to reduce the sauce and stir in some flour for a few minutes to thicken the stew.



**SERVING SUGGESTION**

Best served with crusty bread or creamy mash, with some extra veggies on the side.



# CHICKEN CHASSEUR

Chicken chasseur is a classic French Bistro dish using chicken legs and wine. Here we use red wine for a deeper flavour but you could also experiment with white wine. Cooking under pressure in the CleverChef Pro means this is on the table in a fraction of the usual time.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**30**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tbsp olive oil
- 25g butter
- 4 chicken legs
- 1 onion, chopped
- 2 garlic cloves, crushed
- 200g small button mushrooms
- 225ml red wine
- 2 tbsp tomato puree
- 2 sprigs of thyme
- 500ml chicken stock

## METHOD

1. Select the **SAUTE** program, select **CHICKEN LEG** and press **START**. Add the oil and half the butter and allow to heat. Season the chicken legs then sauté for ~5 mins with the lid off until golden brown, then remove the legs from the pot, drain off any excess fat and set aside. Depending on the size of the legs you may need to do this in batches.
2. Melt the rest of the butter in the inner pot then add the onion, then fry for about 3 minutes until soft.
3. Add the garlic, cook for about 1 minute, add the mushrooms, cook for 2 minutes, and then add the wine.
4. Stir in the tomato purée, let the liquid bubble and reduce for about 5 minutes. Depending on how many batches it takes to sauté the chicken legs you may need to restart the **SAUTE** program.
5. Add the chicken stock to the inner pot, along with the sprigs of thyme.
6. Return the chicken to the pan and press **BACK** if the sauté program is still running.
7. Close the lid, make sure the pressure valve is closed then select the **PRESSURE COOK** program and scroll down to **CHICKEN LEG** and press **START**. If you have particularly large chicken legs you may choose to adjust the time to 20 mins.
8. When the program has finished and pressure has released, remove the chicken from the inner pot.
9. Select **SAUTE** and **CHICKEN LEG**, press **START** and reduce down the sauce until it is syrupy and the flavour has concentrated.
10. Put the chicken legs back into the sauce. Stir to coat and press the **BACK** button.



**SERVING SUGGESTION**

This would pair excellently with roasted sweet potato and green beans.



# BEEF BOURGUIGNON

This rich, winter warmer is perfect for Sunday lunches for the whole family. Balance the amount of stock and wine to make this healthier or more indulgent depending on the occasion. Best served over creamy mashed potato or with boiled potatoes if you are being less indulgent.



PRESSURE  
COOK

PREP	COOK	SERVES
10	30	6
mins	mins	

## INGREDIENTS

- 2 tbsp olive or cooking oil
- 1kg braising steak, chopped
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 1 celery stick, chopped
- 3 carrots, chopped
- 1 star anise (optional)
- 2 sprigs fresh thyme
- 2 bay leaves
- 12 shallots, peeled and left whole
- 200g button mushrooms
- 300ml red wine
- 200ml beef stock

## METHOD

1. Select the **SAUTE** program, select **BEEF STEAK** and press **START**. Add half the oil and allow to heat. Add the beef in batches and stir regularly for ~3 minutes until browned.
2. Then add the onion, garlic, celery and star anise and cook for ~3 minutes until softened then remove the star anise and press the **BACK** button.
3. Add the mushrooms, carrots, shallots, red wine, stock, bay leaves and thyme, and stir to combine.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** program and select **BEEF STEW**, then press **START**.
5. When the program has finished we recommend using the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Add a little water to the cornflour and mix to a smooth paste. Select **SAUTE** and **BEEF STEAK**, press **START** and stir in the cornflour paste for ~3 minutes until thickened, then press **BACK**.





# MOROCCAN LAMB TAGINE

This deliciously fruity tagine is packed with flavour and goodness, and even tastier eaten a couple of days after cooking. Sprinkle with some fresh chopped coriander or parsley and try serving with couscous to make this dish go further. You could use diced lamb or, for a special occasion, some lamb shanks in which case you should choose 30 mins cooking time (default on LAMB SHANK program).



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**25**  
mins

SERVES  
**4**

## INGREDIENTS

- 2 tbsp olive or cooking oil
- 2 onions, finely chopped
- 3 garlic cloves, crushed
- 500g diced lamb
- 1 tsp cayenne pepper
- 1 tbsp paprika
- 1 tbsp ground ginger
- 1 tbsp turmeric
- 2 tsp ground cinnamon
- 2 x 400g cans of chopped tomatoes
- 120g dried apricots, halved
- 4tbsp raisins or 6 dried prunes
- 200ml stock (beef or lamb)

## METHOD

1. In a large bowl mix the cayenne pepper, paprika, ginger, turmeric and cinnamon and toss the lamb in the mixture until coated on all sides, then leave for at least half an hour, preferably overnight.
2. Select the **SAUTE** function then select the **BEEF STEAK** program. Press **START**, add the oil and allow to heat. Add the onion and garlic and stir regularly for ~3 minutes until the onions begin to soften. Add the lamb and stir regularly for a further ~2 minutes until the lamb is nicely browned.
3. Add all the other ingredients and stir to combine, then press the **BACK** button.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function, scroll down to **LAMB SHANK** and adjust the time to 20 minutes. Press **START**.
5. When the program has finished we recommend using the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. If you would like a thicker sauce then you can reduce using the **SAUTE** function.



**PRO TIP**

The sweetness of this tagine is wonderful but calls for a little bit of acidity to cut through. You could serve with harissa and / or add some chopped preserved lemon over the top before serving. Preserved lemons are a traditional North African condiment and available in most major supermarkets.



# MAPLE GLAZED STICKY BBQ RIBS

Nothing beats fall-off-the-bone sticky ribs. It's a family classic that everyone can enjoy. And it is easy-as-you-like in the CleverChef Pro. Compared to a slow smoker or cooker these are ready in a fraction of the time.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**36**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 2 tbsp olive oil
- 2 medium onions, finely sliced
- 1.2kg pork ribs
- 150ml maple syrup
- 2 garlic cloves, finely diced or 1  
tbsp garlic powder
- 2 tbsp soy sauce (\*use gluten  
free tamari)
- 2 tbsp cider vinegar
- 4 tbsp tomato puree
- 1 tbsp mustard powder
- 2 tbsp sweet chilli sauce
- 250ml water or stock

## METHOD

1. In a large bowl mix together the maple syrup, garlic, soy  
sauce, cider vinegar, tomato purée, ginger, mustard powder and  
sweet chilli sauce
2. Add the ribs to the bowl and mix well to coat evenly.
3. Select the **SAUTE** function and then the **BEEF STEAK**  
program and press **START**. Add the oil and allow 1-2 mins to  
heat then add the onions. Fry for approx. 6 mins until starting  
to brown. The browner the onions the richer and deeper the  
finished sauce.
4. Put the ribs into the inner pot and add the water if required.
5. Close the lid and make sure the pressure valve is closed.  
Select the **PRESSURE COOK** function and then the **PORK RIBS**  
program and press **START**.
6. When the program is finished we recommend a **SLOW  
RELEASE** before opening the lid. Remove the ribs with a slotted  
spoon.
7. If you want to have a thick, sticky sauce then select the  
**SAUTE** function and then the **BEEF** program, press **START** and  
cook until the sauce has reduced down.
8. Pour the sauce over the ribs.



**PRO TIP**

This recipe uses a great BBQ spice rub and sauce, but feel free to experiment with your own like  
chilli and ginger or honey and mustard. The combinations are limitless!

If you want to speed up the caramelisation of the onions add a pinch of baking soda. It raises the  
pH of the onions allowing them to brown far quicker!



# CLASSIC BANGERS & MASH

Bangers and mash is a Great British favourite and the CleverChef Pro makes the dish even easier.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**19**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tsp olive or cooking oil
- 8 good quality sausages
- 250ml milk
- 65g butter
- Salt and pepper
- 1 onion, sliced into rings
- 5-6 baking potatoes, peeled and diced
- 2 tbsp sour cream
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function, and select the **BEEF STEAK** program and press **START**. Add the oil and allow to heat for 2 mins. Pierce the skins of the sausages and stir regularly for ~5 minutes until browned, then press the **BACK** button and remove and set aside.
2. Add the potatoes along with the milk and butter. Cover with foil and then place the sausages and onions on top.
3. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function, scroll down to the **VEG POTATO** option and press **START**.
4. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid. Remove sausages from liquid and set aside.
5. Plate up the sausages, remove the foil and add the soured cream and mash the potatoes, seasoning to taste.



**SERVING SUGGESTION**

To make this more comforting and indulgent, try mashing in some grated cheese with the potatoes and serve alongside some garden peas.



# PULLED PORK

Pulled pork is awesome in CleverChef Pro - so moist - and is done in a fraction of the time it takes in an oven or slow cooker. Step 1 is to prep the pork so make sure you have time to do this in advance. For step 6, it is best to carefully remove the pork and set aside, then re-introduce once the liquid has been discarded.



PRESSURE  
COOK

PREP  
**10**  
mins

COOK  
**1 5**  
hr mins

SERVES  
**8-10**

## INGREDIENTS

Step 1 is to prep the pork so make sure you have time to do this in advance. For step 6, it is best to carefully remove the pork and set aside, then re-introduce once the liquid has been discarded.

- 2 tbsp olive or cooking oil
- 2 onions, peeled and thinly sliced
- 1 shoulder of pork ~1.6kg
- 250ml stock (vegetable or chicken)
- Pinch of baking soda (optional)

For the BBQ Sauce:

- 1 tbsp smoked paprika
- 2 tbsp cider vinegar
- 2 tbsp honey
- 3 tbsp soy sauce
- 3 tbsp tomato purée
- 4 garlic cloves, peeled and crushed
- 60ml white wine
- 2 tsp mustard powder (or mustard)

## METHOD

1. Mix all the ingredients for the BBQ sauce together and coat the pork shoulder with it. Leave to marinate in the fridge for at least 1 hour, preferably overnight.

2. Select the **SAUTE** function and scroll down to the **BEEF STEAK** program. Press **START**, add the oil and allow to heat. Add the onions and stir regularly for ~5 minutes until they begin to caramelise, then press the **BACK** button.

3. Place the pork on top of the onions and add the stock ensuring it covers the pork (add more water if needed). Put the lid on by lining up the arrows and twisting into place.

4. Put the lid on, make sure the pressure valve is closed and select the **PRESSURE COOK** function. Scroll down to **PORK PULLED** and press the **START** button.

5. When the program has finished let the pressure release using the **SLOW RELEASE** method before opening the pressure valve and removing the lid.

6. Drain the liquid, leaving just enough to keep the pork moist. Shred the pork with two forks, mix everything together and serve. If you want you can reduce the cooking liquor down, thickening it up as an optional step.

7. Serve as above.



PRO TIP

If you add a pinch of baking soda to the onions while on SAUTE mode then this causes a chemical reaction which starts to brown and caramelise them. It's a tip that is all the rage with pro chefs right now!

SERVING SUGGESTION

This dish is amazing served with coleslaw in soft white bread rolls.



# WHOLE ROAST CHICKEN

Great for Sunday lunches, get creative with this recipe by experimenting with your own rubs and marinades before cooking.



PRESSURE  
COOK

PREP  
**5**  
mins

COOK  
Varies -  
see opposite

SERVES  
**4-6**

## INGREDIENTS

- 2 tbsp olive or cooking oil
- 1 whole chicken up to approx 1.8kg (4.7L is c. 1.4kg max)
- 250ml chicken stock (or water)
- 4 whole garlic cloves (optional)
- Salt and pepper (to taste)

## METHOD

- Season the chicken with salt and pepper. Select the **SAUTE** function, scroll down and select **CHICKEN BREAST** add the oil and allow to heat.
- Add the chicken breast side down, and brown as much of the surface area as possible for 4-6 minutes.
- Turn the chicken over and add the stock and garlic cloves (if using), then press the **BACK** button.
- Put the lid on and close the pressure valve then select the **PRESSURE COOK** function, scroll down to **CHICKEN WHOLE** and adjust the time to suit the size guide below and then press **START**:
  - 900g - 1.2kg - 25 minutes
  - 1.2kg - 1.4kg - 35 minutes
  - 1.4kg - 1.8kg - 45 minutes
  - 1.8kg - 2kg - 50 minutes
- When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid. Test with a thermometer to make sure the temperature is at least 75 °C in the thickest part and the juices run clear.



**PRO TIP**  
Save the juices for making gravy and serve with veggies of your choice.



# LAMB ROGAN JOSH

A classic Kashmiri curry, lamb rogan josh is rich, highly spiced and wonderfully decadent. Don't be put off by the long list of spices - they are very quickly assembled.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**25**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 2 tbsp oil
- 750g diced lamb
- 2 onions, finely sliced
- 3 cloves garlic, finely sliced
- 2cm fresh ginger, grated
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 tsp garam masala
- 1/2 tsp turmeric
- 1 tsp cinnamon (or 1 cinnamon stick)
- 2 dried red chillies (ideally Kashmiri chillies), finely chopped
- 2 good dollops of tomato puree
- 300ml stock or water
- 100g plain yoghurt
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function and the **BEEF STEAK** program, adjust the time to 12 mins and press **START**. Add 1 tbsp oil and allow to heat for 1-2 mins.
2. Add the lamb and fry for 4-5 mins until nicely browned. Remove from the pot.
3. Add the rest of the oil and then add the onion slices and fry for 2 mins until starting to soften.
4. Add the garlic and ginger and sauté for a further 1-2 mins.
5. Add the spices, including the chillies and fry for a further 2 mins so the spices start to toast and a nice paste forms.
6. Add the lamb, tomato purée, stock (or water) and yoghurt. If the program is still running press **BACK** to stop the cooking.
7. Put the lid on, check the pressure valve is closed then select **PRESSURE COOK** function and the **CURRY BEEF** program and press **START**.
8. When the program has finished allow a **SLOW RELEASE** and open the lid.
9. Serve as above.



**SERVING SUGGESTION**

Serve as you would any favourite curry - with basmati rice, some pickles and, for a special meal, some peshwari naan.



# CHILLI CON CARNE

This smoky chilli recipe is the perfect casual sharing experience for the family or guests. Go all out for a fully-loaded chilli by adding cheese, guacamole and soured cream in addition to rice and wedges.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**27**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 2 tbsp olive or cooking oil
- 500g minced beef
- 3 garlic cloves, finely chopped
- 1 tbsp garlic powder
- 1 tbsp cumin seeds
- 1 tbsp dried oregano
- 2 tbsp chilli powder
- 2 tbsp smoked paprika
- 1 tbsp tomato purée
- 1 red pepper, finely chopped
- 1 x 400g can chopped tomatoes
- 2 x 400g cans of kidney beans
- 250ml beef stock (GF)
- 1 tsp cocoa powder (optional - see Pro Tip)
- Salt and pepper (to taste)
- Soured cream (to serve)

## METHOD

1. Select the **SAUTE** function then choose the **BEEF STEAK** program and press **START**. add the oil and allow to heat. Add the mince and stir regularly for 5 minutes until browned.
2. Add the garlic, cumin, oregano, chilli powder and paprika and stir to combine for a further 1 minute.
3. Add the tomato purée, pepper, tomatoes, kidney beans and stock and stir well to combine, cooking for a further minute until the program ends.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function, choose the **CHILLI BEEF** program.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.



**PRO TIP**

A teaspoon or so of cocoa or cacao (raw cocoa) powder in this can give an amazing depth of taste and is actually an authentic addition to Mexican ground beef dishes.

**SERVING SUGGESTION**

Wonderful served with white rice and a dollop of soured cream.



# BEEF JOINT

Cooking times will vary depending on the size, thickness and weight, cut (if you choose a differently to silverside) of your beef joint as well as how well done you like it. Timings are approximate and you should adjust according to how you like your beef done. You should use the internal temperature guide below to help you choose how well done you like your beef joint. Based on a 1.5kg joint cooking for 50 mins this should come out medium but we suggest taking a temperature reading to be sure.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**50**  
mins

SERVES  
**6-8**

## INGREDIENTS

- 1.5kg silverside beef
- 1 large onion peeled and studded with 5 cloves
- 1 orange cut in half
- 2 tbsp malt vinegar
- 2 tbsp brown sugar
- 1 bay leaf
- 3500ml beef stock (or water)
- 2 tbsp olive oil
- Salt and pepper to season

## METHOD

1. Press the **SAUTE** function, select **BEEF STEAK** then press the **START** button and add the oil taking a couple of minutes for this to heat up. Season the joint with salt and pepper and sear for 5 minutes turning regularly.
2. Add the onion, orange, vinegar, brown sugar, bay leaf and stock. Press **BACK**.
3. Close the lid and set the pressure release valve to closed. Select the **PRESSURE COOK** function, scroll down to **BEEF SHANK** and adjust the cooking time to 50 minutes for medium (rare, reduce by approx. 5 minutes and well done, add an extra 5 minutes).
4. When cooking has finished allow a **SLOW RELEASE**. If you have one then use a meat thermometer to check the internal temperature of the beef once done
5. Serve with mashed potatoes, white sauce, cabbage and carrots.



### **BEEF COOKING TEMPERATURE GUIDE**

No-one ever agrees how they best like their beef done! At our family table this varies from well done to really rare. Here is our guide to the internal temperature for different levels of done-ness:

Rare - 50-55°C

Medium Rare 55-60°C

Medium 60-65°C

Well Done 65-75°C



# CHICKEN TIKKA MASALA

What is not to like about Britain’s favourite curry. This is our own “fakeaway” take on the nation’s most popular dish.



PRESSURE  
COOK

PREP	COOK	SERVES
5	20	4-6
mins	mins	

## INGREDIENTS

- 2 tbsp olive oil
- 1 onion, finely chopped
- 4 garlic cloves, crushed and chopped
- 1 tbsp fresh ginger, peeled and grated
- 1 tbsp cumin
- 1 tsp coriander seeds
- 1½ tsp chilli powder (more or less to taste)
- 1 tsp turmeric
- 2 x 400g cans of chopped tomatoes
- 300g fresh spinach (optional)
- 4 tbsp lemon juice
- 4 chicken breasts, diced
- 125ml chicken stock

## METHOD

1. Select the **SAUTE** function, scroll down to **CHICKEN BREAST**, press **START**, add the oil and allow 2 mins for this to heat up. Add the onions, garlic and ginger, and cook for ~3 minutes until the onion begins to soften.
2. Add the cumin, paprika, half the coriander, turmeric, cayenne pepper and stir to combine. You want a nice paste to form.
3. Add the chopped tomatoes, spinach (if using), chicken, chickpeas and stock, stirring regularly for ~2 minutes until the spinach begins to wilt, then press **BACK**.
4. Put the lid on and close the pressure valve then select **PRESSURE COOK**, scroll down to **CURRY CHICKEN** and press **START**.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Before serving stir in the cream and lemon juice until the sauce has thickened.
7. Serve with rice, topped with chopped fresh coriander.



**PRO TIP**  
For better flavour (and a cheaper dish) use tins of whole tomatoes and mash up once they go into the inner pot.



# CHINESE STYLE SEA BASS

Serve with steaming rice and a delicious vegetable stir fry.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**4**  
mins

SERVES  
**2**

## INGREDIENTS

2 x 100g sea bass fillets

1 red chilli, de-seeded and finely chopped

1 tsp finely chopped ginger

300g green cabbage, finely shredded

2 tsp sunflower, rapeseed or vegetable oil

1 tsp toasted sesame oil

2 garlic cloves, thinly sliced

2 tsp soy sauce

## METHOD

**1.** Sprinkle the fish with the chilli, ginger and a little salt.

**2.** Pour 100ml water into the CleverChef Pro then set up the steamer tray.

**3.** Add the cabbage on top of the tray then put the fish fillets on top, skin-side down.

**4.** Close the lid and set the pressure release valve to closed. Choose the **PRESSURE COOK** function, then scroll down to **FISH** and press **START**.

**5.** Meanwhile, heat the oil in a small pan, add the garlic and quickly cook, stirring until lightly browned.

**6.** When the program has finished we recommend the **QUICK RELEASE** method (the fish is very delicate and you don't want to overcook). Then open the pressure valve and remove the lid.

**7.** Open the lid slowly and transfer the cabbage and Sea Bass to serving plates. Sprinkle each with the garlic oil and soy sauce.



# LENTIL, BARLEY AND BUTTERNUT RISOTTO

Pearl Barley is usually cheaper than traditional risotto rice, and more interesting in texture too. It should be slightly chewy so don't worry if you think it's underdone - the texture is meant to be different. The colourful squash brings this dish to life but feel free to sprinkle with some grated parmesan and rocket leaves for a little something extra.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**25**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 1 red onion, diced
- 2 garlic cloves, crushed
- 1 butternut squash, peeled and cut into 1cm cubes
- 150g pearl barley, rinsed
- 150g green lentils, rinsed
- 750ml vegetable stock
- 150ml white wine
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function and scroll down to **VEG ASPARAGUS** then press **START**. Add the oil and allow to heat up for 2 mins.
2. Add the squash, onion and garlic and stir regularly for ~3 minutes until the onion and other vegetables begin to soften.
3. Add the rest of the ingredients and stir to combine then press the **BACK** button.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function and **MULTIGRAIN** program, and then adjust the time to 20 minutes. Press **START**.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.



# CHICKEN & CHORIZO PAELLA

A tasty alternative paella recipe if seafood isn't your thing. This dish works best served in the middle of your dinner table so everyone can dive in. Serve scattered with chopped parsley and lemon wedges around the side.



PRESSURE  
COOK

PREP  
**5**  
mins

COOK  
**20**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 1 red pepper, diced
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 chorizo sausages, sliced into discs
- 2 chicken breasts, chopped into small cubes
- 250g paella rice
- 1 x 400g can chopped tomatoes
- 1 tbsp paella seasoning
- 1L chicken stock
- 125g frozen peas
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function, scroll down to **CHICKEN BREAST**, press **START** then add the oil and allow to heat. Sear the chorizo for ~2 minutes then drain on some kitchen roll.
2. Add the chicken, red pepper, onion and garlic and stir for ~3 minutes until the pepper and onion begins to soften, then add the rice and stir to toast slightly.
3. Add the tomatoes, stock and paella seasoning and stir to combine, then press **BACK** to cancel the **SAUTE** mode.
4. Put the lid on and close the pressure valve then select **PRESSURE COOK** and **RICE WHITE** and press **START**.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Select the **SAUTE** function again, then **CHICKEN BREAST** and press **START**. Add the peas and chorizo and cook for a further 4 minutes, stirring regularly. Then press **BACK** to end cooking.



# CHICKEN & SEAFOOD PAELLA

This traditional paella dish works best served in the middle of your dinner table so everyone can dive in. Serve scattered with chopped parsley and lemon wedges around the side.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**15**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 4 chicken breasts, diced
- 1 green pepper, sliced into strips
- 150g baby plum tomatoes, halved
- 100g paella rice
- 200ml chicken stock
- ½ tsp oregano
- 1 pinch saffron threads (optional)
- 200g shell-on prawns (or 125g shelled prawns)
- 12 mussels in their shells
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function, select **CHICKEN BREAST**, press **START** then add the oil and allow to heat for a couple of mins. Add the onion and garlic and stir regularly for ~2 minutes until the onion begins to soften.
2. Add the chicken and stir regularly for ~3 minutes to brown on all sides.
3. Add the pepper, tomatoes, rice, stock, oregano and saffron (if using) and stir to combine, then press **BACK** to cancel cooking.
4. Put the lid on and close the pressure valve then select **PRESSURE COOK** and **RICE WHITE** and press **START**.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Add the prawns and mussels and stir to combine. Put the lid on and close the pressure valve then select **PRESSURE COOK** and **FISH** and press **START** so this cooks for a further 2 minutes.
7. When the program has finished press **BACK** to cancel the Keep Warm mode. We recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.



# SUPERQUICK LASAGNE

Lasagne is usually an hours-long labour of love. But not with the CleverChef Pro which cuts cooking time in half.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**7**  
mins

SERVES  
**6-8**

## INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely diced
- 500g minced beef
- 1L jar tomato pasta sauce
- Salt / Pepper to taste  
(depending on salt content of the sauce)
- 60ml cold water
- 900g ricotta
- 2 large eggs
- 50g cold parmesan, grated
- 2 tsp garlic, minced
- 1 tsp Italian seasoning
- 200g lasagne sheets
- 1 pack of mozzarella, shredded

## METHOD

1. With lid off, choose the **PRESSURE COOK** function and then the **BEEF STEAK** program, press **START** and add the oil, waiting for 1-2 mins for it to heat up.
2. Add the onions, minced beef, salt and pepper and continue cooking until the onions become translucent and the beef has browned approx 5-6 mins.
3. Add the pasta sauce and water to the beef and onions. Stir and press **BACK** to cancel cooking. Carefully remove from heat into a large bowl.
4. In another bowl, mix ricotta, eggs, parmesan, garlic, seasoning, and some more salt and pepper (to taste).
5. Fill the bottom of the cooled CleverChef Pro with ¼ inch of water. Ladle a fifth of the beef and sauce into the bottom then top with lasagne sheets. Cover the sheets with a third of the cheese. Cover the cheese with another layer of sauce, then sheets. Repeat until all layers have been used. The final layer should be sheets topped with sauce.
6. Close the lid and set the pressure release valve to closed. Choose the **PRESSURE COOK** function and then the **BEEF STEW** program and adjust timer to 7 minutes. Press **START**.
7. When the program has finished allow a **SLOW RELEASE**. If lasagne needs to be browned, carefully remove from the pan into a dish, sprinkle with remaining cheese and grill for 10 minutes until you have a lovely golden brown topping.
8. Serve as above.



**SERVING SUGGESTION**

Serve with some crisp, cold lettuce and some deliciously buttery garlic bread.



# MACARONI CHEESE

This creamy indulgent recipe is the perfect cheat-day treat. Try reducing the cream in favour of more milk or stock to make this healthier. Best sprinkled with crunchy breadcrumbs and served with a side salad.



PRESSURE  
COOK

PREP  
**5**  
mins

COOK  
**7**  
mins

SERVES  
**6-8**

## INGREDIENTS

- 2 garlic cloves, crushed
- 1 small knob of butter
- 300g macaroni
- 200ml milk
- 400ml vegetable stock
- 170ml double cream
- 300g cheddar cheese, grated
- 1 tsp mustard powder or mustard (optional)
- Salt and pepper (to taste)

## METHOD

1. Select **SAUTE** and scroll down to **BEEF STEAK** and press **START**. Add the garlic and butter, then stir until the melted butter begins to bubble.
2. Add the macaroni, stock, milk and mustard (if using), briefly stir to combine then press **BACK** to stop cooking.
3. Put the lid on and close the pressure valve then select **PRESSURE COOK** and scroll down to **MULTIGRAIN**. Adjust the time down to 6 minutes and press **START**.
4. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
5. Add the cream and grated cheese and stir until the cheese has fully melted.



**PRO TIP**  
If serving as a family meal you may want to omit the mustard depending on how adventurous the kids are!



# BBQ CHICKEN WINGS

This indulgent recipe is a great weekend treat and is easy to scale up for the whole family without needing to add extra sauce.



PRESSURE  
COOK

PREP  
**5**  
mins

COOK  
**22**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 2tbsp olive or cooking oil
- 10-20 chicken wings
- 150ml BBQ sauce
- 80ml water

## METHOD

1. Select the **SAUTE** function, scroll down to the **CHICKEN THIGH** program and press **START**. Add the oil and allow to heat for 2 mins.
2. Add the chicken and cook for ~5 minutes, turning regularly to ensure the chicken wings are browned all over. When they are nicely brown press the **BACK** button.
3. Add the **BBQ** sauce and water and stir to combine.
4. Put the lid on and close the pressure valve then select **PRESSURE COOK**, scroll down to the **CHICKEN THIGH** and press **START**.
5. For this recipe we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Optional step: to get a lovely sticky finish we recommend reducing the sauce further. Select the **SAUTE** function and scroll down to **CHICKEN THIGH**, press **START** and cook until the sauce reaches the desired consistency (approx 5 mins) then press **BACK**.



**SERVING SUGGESTION**  
Serve with sides of your choice like slaw and salad.



# VEGGIE BOLOGNESE

This veggie take on our classic Bolognese recipe is just as tasty and yet cheaper and less hassle than the beef original.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**30**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 500g Quorn Mince
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 carrot, chopped
- 1 celery stick, chopped
- 1 tbsp balsamic vinegar
- 1 tbsp tomato purée

## METHOD

1. Select **SAUTE** and scroll down to the **CRISPY** function and press **START**. Add the oil and allow to heat for 2 mins. Add the onions, garlic, carrots, celery and stir regularly for ~3 minutes until they begin to soften.
2. Add the balsamic vinegar, tomato puree, red wine, stock, chopped tomatoes and mince, mix together then press **BACK** to stop cooking.
3. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function, select **CHILLI VEG** adjust the cooking time to 10 mins and press **START**.
4. When the program has finished we recommend the **QUICK RELEASE** method before opening the pressure valve and removing the lid.
5. Select the **SAUTE** then **CRISPY** program, press **START** and stir in the olives for ~2 minutes until they begin to soften, then press **BACK**.
6. Serve as enjoy!



**SERVING SUGGESTION**

Serve tossed with cooked spaghetti and sprinkle with grated parmesan and shredded fresh basil.



# CHICKEN BURRITO BOWLS

This Mexican-inspired one pot recipe is so tasty and quick to make.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**12**  
mins

SERVES  
**4-6**

## INGREDIENTS

500g chicken breast, sliced  
1 packet taco seasoning  
500ml chicken stock  
1 x 400g can black beans,  
drained and rinsed  
1 x 325g can sweetcorn, drained  
1 x 300g jar salsa  
1 green chilli, chopped  
250g long-grain rice  
100g cheese, grated  
Salt and pepper (to taste)

## METHOD

1. Add all the ingredients, apart from the cheese, and stir to combine.
2. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function and then the **RICE WHITE** program and press **START**.
3. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
4. Stir in the cheese and season to taste before serving.



### **SERVING SUGGESTION**

A burrito bowl would not be complete without a toasted burrito on the side to serve! Take your burrito bowl to the next level by adding some guacamole and soured cream on the side.



# DAL MAKHANI

Dal Makhani, or buttered black dal is traditionally a slow-cooked creamy dal originating from the Punjab region of Northern India.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**25**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 1 onion, finely chopped
- 4 garlic cloves, finely chopped
- 3cm fresh ginger, peeled and grated
- 1-2 green chillies, finely chopped
- 2 tsp ground cumin
- 1 tsp turmeric
- 2 tsp garam masala
- 300g black (or green) lentils (if using dried then soak overnight)
- 1 x 400g can kidney beans
- 1 x 400g can chopped tomatoes
- 900ml water
- 50g butter (or yoghurt)
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function, scroll down to **BEEF STEAK** and press **START**. Add the oil and allow to heat up for 2 mins. Add the onion, garlic, ginger and chilli and stir regularly for ~3 minutes until the onion begins to soften.
2. Add the cumin, turmeric and garam masala, and stir for 1-2 mins until a paste begins to form.
3. Add the lentils, kidney beans, tomatoes and water. Stir to combine then press **BACK**.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** then **VEG BEANS** and adjust the time to 20 minutes. Press **START**.
5. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
6. Stir in the butter or yoghurt and season to taste before serving.



**PRO TIP**

If you can't track down urad dal then green lentils are a good substitute and are usually easier to find. This is best drizzled with double cream and a sprinkle of fresh coriander or mint.



# BLACK BEAN & PUMPKIN/SQUASH SPANISH STEW

A fabulously healthy stew - vegetarian - that’s also delicious and redolent with the taste of Spain, heady with garlic and paprika. If you wanted to add meat then some sliced cooking chorizo would be a perfect addition.



**PRESSURE  
COOK**

PREP	COOK	SERVES
<b>10</b> mins	<b>12</b> mins	<b>6</b>

## INGREDIENTS

- 1 tbsp oil
- 1 butternut squash, peeled and chopped into 1cm cubes (use pumpkin at Halloween!)
- 2 onions, finely sliced
- 4 cloves garlic, finely diced
- 1 tbsp smoked paprika
- 1 tsp chilli powder (optional)
- 1 red pepper - sliced
- 100g baby plum tomatoes, halved
- 1 x 400g tin black beans (or dried equivalent, soaked overnight)
- 250ml vegetable stock or water
- 1 tsp salt
- 1 tbsp lemon juice (to taste)
- 1 tbsp chopped flat-leaf parsley leaves (to garnish)

## METHOD

1. Select the **SAUTE** function and then the **VEG CAULIFLOWER** program and press **START**. Add the oil and allow to heat for 1-2 mins.
2. Add the onion slices and garlic and fry for 5 mins until soft and starting to brown.
3. Add the smoked paprika and chilli powder and fry for a further 2 mins so the spices start to give off a lovely aroma and a nice paste forms.
4. Add the squash and stir to coat. Add the red pepper, tomatoes, black beans, stock and salt and stir to combine. Press **BACK** to stop the program.
5. Put the lid on, check the pressure valve is closed then select **PRESSURE COOK** function and then the **CURRY VEG** program and press **START**.
6. When the program has finished allow a **SLOW RELEASE** and open the lid.
7. Taste and add lemon juice if the stew needs a hint of sharpness and adjust seasoning.
8. Serve with a generous sprinkling of parsley.



**SERVING SUGGESTION**  
Wonderful with white rice or, for lunch, on its own with some bread.



# CHICKEN AND GINGER NOODLE SOUP

This wonderfully fragrant soup is a perfect pick-me-up when feeling flat, ideal for Monday nights.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**15**  
mins

SERVES  
**4**

## INGREDIENTS

- 3L chicken stock
- 800g chicken, cut in to strips
- 2 tbsp soy sauce
- 3cm fresh ginger, peeled and finely sliced (or 1 tbsp ground ginger)
- 3 garlic cloves, crushed
- 1 tbsp oyster sauce
- 1 tbsp Chinese cooking wine (or dry sherry)
- 1 star anise
- 4 spring onions, finely sliced
- 2 red chillies, finely sliced
- 100g pak choi, shredded (or spinach)
- 250g egg noodles
- Sesame oil (optional)

## METHOD

1. Add the stock, chicken, ginger, chillies, garlic, star anise, oyster sauce, Chinese wine/sherry and half the soy sauce into the inner pot.
2. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function then **SOUP MEAT** and adjust the time to 10 minutes. Press **START**.
3. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
4. Select the **SAUTE** function and select **BEEF STEAK** and press **START**. Add the pak choi, noodles and spring onions and stir for 3 minutes, then press **BACK**.
5. Optional steps - serve drizzled with sesame oil and soy sauce.



### **SERVING SUGGESTION**

There is room in this recipe to add a little more ginger to suit your taste - if you like it fiery then dial it up! Best served drizzled with sesame oil and soy sauce.



# SLOPPY JOES

This Sloppy Joe recipe from across the pond is as tasty as it is messy! Serve in lightly toasted burger buns with plenty of napkins at the ready.



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**10**  
mins

SERVES  
**6**

## INGREDIENTS

- 2 tbsp olive or cooking oil
- 600g beef mince
- 1 onion, chopped
- 1 green (or red) pepper, chopped
- 3 garlic cloves, crushed
- 200ml tomato ketchup
- 1 tbsp tomato puree
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp brown sugar
- 1 tsp mustard
- 50ml water
- Salt and pepper (to taste)
- 6 burger buns - to serve

## METHOD

1. Select the **SAUTE** function, scroll down to **BEEF STEAK** and press **START**. Add half the oil and allow to heat for 2 mins. Add the mince and onion and stir regularly for ~3 minutes until the onion begins to soften and the beef is slightly browned.
2. Add the rest of the ingredients and stir to combine.
3. Put the lid on and close the pressure valve then select **PRESSURE COOK** and the **CHILLI BEEF** program and adjust the time to 10 minutes. Press **START**.
4. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
5. Season to taste and depending on the consistency, use the **SAUTE** then the **BEEF STEAK** function again to reduce the sauce.



# MOUSSAKA

Moussaka is to Greece what lasagne is to Italy. This wonderful recipe is a hearty complete meal on its own with spiced lamb, aubergines and creamy cheesy sauce.



**PRESSURE  
COOK**

PREP  
**35**  
mins

COOK  
**10**  
mins

SERVES  
**4**

## INGREDIENTS

- 2 medium aubergines, thinly sliced lengthways (3-4mm)
- 3 medium sized potatoes, peeled and sliced
- 4 tbsp olive or cooking oil
- 1 red onion, sliced
- 500g lamb mince
- 2 garlic cloves, crushed
- 1 tsp mixed spice
- 500g carton passata
- 300ml crème fraiche
- 100g cheddar cheese, grated

## METHOD

1. Fill the inner pot with water up to the **MIN** line, insert the steamer tray, then lay the potato slices on the top.
2. Put the lid on and close the pressure valve then select the **STEAM** function and choose the **VEG POTATOES** program. Adjust the timer and press **START**.
3. When the program has finished remove the steamer tray and leave it to one side. Empty and dry the inner pot.
4. Select the **SAUTE** function and the **BEEF STEAK** program, add half the oil and allow to heat. Add the onion and stir regularly for ~3 minutes until it begins to soften.
5. Add the garlic and lamb and continue to stir for ~3 minutes until the mince begins to brown.
6. Add the mixed spice and passata and stir to combine, then press **BACK**.
7. Empty the mince mixture to a bowl and set aside, then wash and dry the inner pot.
8. Add the rest of the oil then add a layer of potato followed by a layer of aubergine and then a layer of mince. Repeat this once more, then finish with a layer of aubergine.
9. Add the crème fraiche then top with grated cheese. Put the lid on and close the pressure valve then select **PRESSURE COOK** function and the **BEEF STEW** program then press **START**.
10. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.



# MOROCCAN CHICKPEA TAGINE

Traditionally cooked in an earthenware pot, we've adapted this classic Moroccan dish. A great-tasting healthy meal that's packed with naturally sweet spices and goodness.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**15**  
mins

SERVES  
**4-6**

## INGREDIENTS

2 tbsp olive or cooking oil  
1 red onion, diced  
3 garlic cloves, crushed  
1 red pepper, chopped  
1 courgette, cut in to chunks  
1 aubergine, cut in to chunks  
5 tomatoes, chopped (or 1 tin of tomatoes)  
1 red chilli, finely chopped  
1 tsp cumin  
1 tsp coriander  
½ tsp cinnamon  
1 x 400g can chickpeas  
400ml vegetable stock  
4 prunes, pitted and sliced (optional)  
1 tsp salt (or to taste)

## METHOD

1. Select the **SAUTE** function and the **CRISPY** program, press **START** then add the oil and allow to heat for 1-2 mins. Add the pepper, courgette, aubergine, onion, garlic and chilli and stir regularly for ~3 minutes until the veg begins to brown.
2. Add the cumin, coriander, cinnamon, chickpeas and prunes and stir for ~1 minute. Add the tomatoes, salt and stock, then press **BACK** to cancel the program.
3. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function and the **CURRY VEG** program and adjust the time to 10 minutes. Press **START**.
4. For this recipe we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
5. Taste and adjust the seasoning to taste.
6. Serve as above.



### **SERVING SUGGESTION**

Best served with couscous, sprinkled with chopped parsley or mint. If you have any preserved lemon and/or some harissa make this sing even more.



# CAULI & COURGETTE CURRY

This recipe is great for using up those odds and ends of leftover veggies. Carrot, pepper, mushrooms, broccoli and butternut squash are all good additions or substitutions for cauliflower and courgette. The more the merrier!



**PRESSURE  
COOK**

PREP  
**5**  
mins

COOK  
**15**  
mins

SERVES  
**4**

## INGREDIENTS

2 tbsp olive or cooking oil

2 onions, chopped

4 garlic cloves, crushed

3cm fresh ginger, peeled and grated

½ tsp turmeric

1 tsp chilli powder

1 tsp dried curry leaves

1 tsp cumin

1 tsp coriander (the spice, not the herb)

1 whole cauliflower, cut into bite-size florets

1 courgette, diced

2x 400ml cans of coconut milk

Chopped coriander (to serve - optional)

## METHOD

1. Select the **SAUTE** function and the **CRISPY** program, press **START** add the oil and allow to heat for 1-2 mins. Add the onion, garlic and ginger and stir regularly for ~3 minutes until the onions begin to soften.
2. Add the spices and stir until a paste forms, 1-2 mins.
3. Add all the remaining ingredients and stir to combine. Then press **BACK** to cancel the program.
4. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function and the **VEG CURRY** program and press **START**. If you want slightly firmer veg then adjust the cooking time to 2 mins.
5. When the program has finished we recommend the **QUICK RELEASE** method before opening the pressure valve and removing the lid.
6. Optional step: if you want to thicken the sauce then select the **SAUTE** then **CRISPY** function, press **START** and stir regularly for ~3 minutes until the sauce begins to reduce, then press **BACK** to stop cooking.



### **SERVING SUGGESTION**

This is best served with fluffy rice, mouth-watering pickles and a naan on the side.



# VEGETABLE SOUP

This wonderful, creamy soup is tasty, healthy and perfect for using up those leftover veggies in the back of the fridge.



**PRESSURE  
COOK**

PREP	COOK	SERVES
<b>10</b>	<b>15</b>	<b>6</b>
mins	mins	

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 1 onion, chopped
- 1 garlic clove, crushed and chopped
- 1 green pepper, deseeded and chopped
- 2 sticks of celery, chopped
- 1 baking potato, peeled and chopped
- 150g sugar snap peas (or frozen)
- 500g carrots, peeled and chopped
- 1L vegetable stock
- 1 tsp herbs de provence
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function and the **VEG BROCCOLI** program, press **START** then add the oil and allow to heat. Add the onion, garlic, celery and pepper and stir regularly for ~5 minutes until the onion begins to soften, then press **BACK**.
2. Add the rest of the ingredients then close the lid and select the **PRESSURE COOK** function and the **SOUP VEG** program, then press **START**.
3. When the program has finished use the **SLOW RELEASE** method then open the lid and leave to cool slightly then either liquidise using a hand blender or transfer to a blender until as smooth (or chunky) as you like.



**SERVING SUGGESTION**  
Serve with warm crusty bread and a sprinkle of fresh coriander leaves.

**PRO TIP**  
This is an easy recipe to increase quantities and do a big batch cook for the week.



# CHICKEN DANSAK

This is a wonderful, family curry recipe and a great entry point for kids into curry especially if you omit the chilli powder (some kids like a bit of spice, some really struggle!) This is very simple and quick despite using quite a few ingredients.



PRESSURE  
COOK

PREP  
**5**  
mins

COOK  
**25**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tbsp oil
- 500g chicken
- 2 onions, finely sliced
- 2 cloves garlic, finely diced
- 1 tsp ginger (died or fresh)
- 1 tsp garam masala
- ½ tsp turmeric
- 1 tbsp cumin
- 1 tbsp coriander
- 6 cardamom pods
- 1 tsp chilli powder (none if kids don't like spice, more if you like it a bit hotter)
- 1 red pepper - chopped
- 2 good dollops of tomato puree
- ½ cup red lentils (masoor dal) - approx 100g
- 500ml chicken stock or water
- 1 tsp salt
- 1 tbsp lemon juice (to taste)
- 1 tbsp chopped coriander leaves (to garnish)

## METHOD

1. Select the **SAUTE** function and the CHICKEN BREAST program and press **START**. Add the oil and allow to heat for 1-2 mins.
2. Add the onion slices and fry for 5 mins until soft and starting to brown.
3. Add the garlic and the spices (ginger, garam masala, cumin, coriander, cardamon seeds, chilli) and fry for a further 3 mins so the spices start to toast and a nice paste forms.
4. Add the chicken and stir to coat. Cook for a further 2 mins. Press **BACK** to stop the cooking.
5. Add the red pepper, tomato puree, lentils, stock and salt and stir to combine.
6. Put the lid on, check the pressure valve is closed then select **PRESSURE COOK** function and the **CURRY CHICKEN** program and press **START**.
7. When the program has finished allow a **SLOW RELEASE** and open the lid.
8. Taste and add lemon juice if the curry needs a hint of sharpness.
9. Serve as above.



**SERVING SUGGESTION**

Wonderful with basmati rice (which you could also make in the CleverChef Pro and keep warm while the curry is cooking), a dollop of yoghurt and some pickles.



# THAI GREEN CURRY

This wonderful fragrant dish is a great way to impress dinner party guests. Make this extra special by serving over sticky coconut rice and scattered with chopped chillies.



**PRESSURE  
COOK**

PREP	COOK	SERVES
<b>10</b>	<b>25</b>	<b>6</b>
mins	mins	

## INGREDIENTS

- 2 tbsp olive or cooking oil
- 1kg chicken breast, sliced
- 1 tbsp green curry paste
- 5 garlic cloves, chopped
- 3cm fresh ginger, peeled and chopped (or 2 tbsp ground ginger)
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 2 shallots, peeled and sliced
- 1 red pepper, cut in to slices
- 2 carrots, chopped in to match-sticks
- 250g green beans, trimmed and cut in half
- 350ml chicken stock
- 2 lemongrass sticks, sliced
- 1 x 400ml can coconut milk
- 50g fresh coriander, chopped
- Fresh chillies, chopped (to serve - optional depending on how hot you like it!)

## METHOD

1. Select the **SAUTE** function and the **CHICKEN BREAST** program, press **START** then add the oil and allow to heat. Add the chicken and brown for ~3 minutes, then add the lemongrass, shallots, garlic, ginger and curry paste and stir regularly for a further 2 minutes.
2. Add the fish sauce, soy sauce, sugar, pepper, carrots, stock, coconut milk and half the coriander, stir to combine, then press **BACK** to stop cooking.
3. Put the lid on and close the pressure valve then select the **PRESSURE COOK** function and the **CURRY CHICKEN** program and press **START**.
4. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
5. Select the **SAUTE** function and the **BEEF STEAK** program then press **START** and add the green beans and combine, then cook for ~5 minutes until the beans begin to soften, then press **BACK** to stop the program.
6. Serve as above.



# CHICKEN MADRAS

This classic curry is perfect for those Saturday nights in front of the TV and will give your local takeaway a run for its money. Using hot chilli powder gives this a Madras hot taste but dial up or down to suit your own taste.



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**28**  
mins

SERVES  
**4**

## INGREDIENTS

- 2 chicken breasts, chopped into cubes
- 3 small green chillies, chopped (with the seeds)
- 2 tbsp olive or cooking oil
- 3 cloves
- 2 cardamom pods
- 2 onions, finely chopped
- 3cm fresh ginger, peeled and grated
- 4 garlic cloves, finely chopped
- 2 tsp hot chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- 1 tsp ground nutmeg
- 1 x 400g can chopped tomatoes
- 100ml chicken stock or water
- Handful coriander leaves, chopped (to serve)
- 1 tsp garam masala (to serve)

## METHOD

1. Select the **SAUTE** function and the **CHICKEN BREAST** program, press **START** then add the oil and allow to heat for 2 mins.
2. Add the cloves and cardamom pods followed by the onions and stir regularly for ~5 minutes until they begin to brown.
3. Add the chillies, ginger and garlic and continue to stir for a further 1-2 minutes until these ingredients have softened.
4. Add the chicken, chilli powder, cumin, coriander, turmeric, nutmeg, tomatoes and water / stock and stir to combine, then press **BACK** to cancel.
5. Close the lid, make sure the valve is closed select the **PRESSURE COOK** function and the **CURRY CHICKEN** program and then press **START**.
6. When cooking has finished we recommend a **SLOW RELEASE**.
7. Open the lid and stir in the garam masala and coriander leaves.



**SERVING SUGGESTION**  
Serve sprinkled with chopped coriander with rice and naan bread on the side.



# VICTORIA SPONGE

This classic cake is so easy in the CleverChef Pro. And with the non-stick inner pot it's easier to clean up than any other method!



**PRESSURE  
COOK**

PREP  
**10**  
mins

COOK  
**45**  
mins

SERVES  
**8-10**

## INGREDIENTS

- 4 eggs
- 200g caster sugar
- 200g butter (plus more for greasing)
- 200g self-raising flour
- 2 tsp baking powder
- 1 tsp vanilla essence
- For the filling:**
- 100g butter
- 140g icing sugar
- ½ jar of strawberry jam

## METHOD

1. Crack the eggs into a mixing bowl and beat together with the sugar and butter until you have a thick pale mixture.
2. Add the flour, baking powder and vanilla essence and mix to combine.
3. Grease the inner pot with some extra butter then pour in the mixture.
4. Close the lid and with the pressure release valve open, select the **PRESSURE COOK** function and then the **BAKE CAKE** program then press **START**.
5. When the program has finished, carefully tip out your cake and transfer to a cooling rack.
6. While your cake cools, mix together the butter and icing sugar to make your butter cream filling.
7. Once cooled, carefully slice in half and generously spread the jam on one half, cream on the other, then put back together to complete your cake.
8. Enjoy with a cup of afternoon tea!



**PRO TIP**

It's worth letting the butter come up to room temperature so it's easier to work with. Top with a dusting of icing sugar and some chopped strawberries to decorate



# RICE PUDDING

Rice pudding is a tasty treat for the kids, made in minutes in the CleverChef Pro. This is so much tastier than anything you can get from a tin. Take your rice pudding to the next level by topping it with either nutmeg, chopped strawberries, sultanas or chunks of chocolate.



**PRESSURE  
COOK**

PREP  
**2**  
mins

COOK  
**15**  
mins

SERVES  
**8**

## INGREDIENTS

1 cup pudding rice (as an alternative long grain white rice is fine)

300ml water

450ml whole milk

Pinch of salt

1 can sweetened condensed milk

1 vanilla pod, split and seeds scraped

Sprinkles: ground cinnamon, nutmeg, strawberries or chocolate chunks (optional)

## METHOD

**1.** Rinse the rice under running water until clear. This step, although minor, is important if you want to achieve a slightly firmer texture - otherwise the excess starch can make the rice pudding a little stodgy.

**2.** Add the rice, milk, salt, vanilla and water to the inner pot. Select **PRESSURE COOK** and scroll down to **RICE WHITE**. Adjust the cooking time to 15 mins and then press **START**. Note: it is **REALLY** important that you DO NOT add the can of sweetened condensed milk at this point.

**3.** When the program has finished we recommend the **SLOW RELEASE** method before opening the release valve and removing the lid.

**4.** Pour the condensed milk into the inner pot and stir to combine. You should have a lovely, familiar rice pudding consistency at this point. If you are using them, add the sprinkles and serve.



**PRO TIP**

For a very special treat, spoon some sugar on top and caramelize under a grill.



# PORRIDGE

This is a quick, healthy and high energy way to start the day.



## PRESSURE COOK

PREP  
**2**  
mins

COOK  
**11**  
mins

SERVES  
**4**

## INGREDIENTS

- 100g porridge oats
- 300ml water
- 400ml semi skimmed milk

## METHOD

1. Add the oats, water and milk and stir to combine
2. Put the lid on and close the pressure valve then select **PRESSURE COOK** function, scroll down to **MULTIGRAIN** and press **START**.
3. When the program has finished we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid. (Alternatively, wait 10 minutes and use the **QUICK RELEASE** method before opening the pressure valve and removing the lid.)
4. Spoon into bowls and top with cream or yoghurt, fresh or dried fruit, and a sweetener of your choice such as maple syrup.
5. Optionally you could choose to use the Time Delay function on this recipe. Put everything in the CleverChef Pro the night before and then time delay until an hour before you get up in the morning. That way you get up to wonderful, steaming hot porridge.



**SERVING SUGGESTION**  
Try topping with cream or yoghurt, fresh or dried fruit, and a sweetener of your choice such as maple syrup.



# SLOW COOKER CHINESE BEEF & BROCCOLI

A classic Chinese takeaway dish adapted for a “fakeaway” which has the added bonus of being super easy to prepare. Simply put all the ingredients (except for the broccoli) in CleverChef Pro and let it do the rest for you!



**SLOW  
COOKER**

PREP  
**5**  
mins

COOK  
**~4**  
hrs

SERVES  
**4**

## INGREDIENTS

- 1 tbsp groundnut oil (or similar)
- 2 onions, thinly sliced
- 4 cloves garlic, crushed and chopped
- 600g stewing steak
- 250ml beef stock
- 60 ml soy sauce
- 3 tbsp oyster sauce
- 1 tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1 head broccoli, cut into small florets
- 4 shiitake mushrooms, halved (optional)
- 1 tbsp Chinese rice wine (optional)

## METHOD

- Optional first step: select the **SAUTE** program, select **BEEF STEAK** and press **START**. Add oil and allow to heat. Add the beef in batches and stir regularly for ~3 minutes until browned. Then add the onion and soften for a further 3 mins. Press the **BACK** button.
- Select the **SLOW COOK** function and scroll down to **BEEF STEW**. Adjust the cooking time to 4 hours, add all the rest of the ingredients apart from the broccoli and press **START** (see note above about the broccoli).
- When the cooking program has finished, assuming you did not add the broccoli in step 2 then add the broccoli, press the **BACK** button and select the **SAUTE** function, select **BEEF STEAK** and press **START**. This will boil the broccoli for 7 mins and it should be nicely cooked with a little bit of crunch.



### PRO TIP

If you are in a hurry then feel free just to put all the ingredients in the pot. However, if you do have time then browning the meat at the start is a game-changer and will really intensify the flavour of the final dish. Also if you cook a lot of Chinese food and you have shiitake mushrooms and Chinese rice wine on hand then add these for an extra level of complexity and flavour. The broccoli can get added at the start but if you want to retain a little bit of crunch, like you would get in a stir fry, then add the broccoli at the end and cook for 5 mins.



# ITALIAN SAUSAGE GNOCCHI

This gnocchi recipe is so comforting and tasty, and cooks in under 10 minutes! Serve with shredded fresh basil and grated parmesan sprinkled over the top.



## STEAM

PREP  
**5**  
mins

COOK  
**8**  
mins

SERVES  
**4**

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 1 onion, sliced
- 2 garlic cloves, crushed
- 400g sausage meat
- 1 tsp chilli flakes
- 1-2 tsp Italian herbs
- 250g chicken stock
- 1 x 400g can chopped tomatoes
- 500g gnocchi
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function and then the **BEEF STEAK** program and press **START**. Add the oil and allow to heat for 2 mins. Add the onion and garlic and stir regularly for ~3 minutes until the onion begins to soften.
2. Add the sausage and stir to combine. Continue to cook for a further ~2 minutes so the sausage begins to brown then press **BACK** to cancel the cooking program if it has not stopped automatically.
3. Add the rest of the ingredients apart from the gnocchi and stir to combine.
4. Place the gnocchi on top without stirring it in.
5. Put the lid on and close the pressure valve then select the **STEAM** function and then the **VEG CAULIFLOWER** program. Press **START**.
6. When the program has finished press **CANCEL**. For this recipe we recommend the **SLOW RELEASE** method before opening the pressure valve and removing the lid.
7. Give your gnocchi a good stir and season to taste before serving.



# DIM SUM



## STEAM

PREP  
**15**  
mins

COOK  
**5**  
mins

SERVES  
**10**  
as a  
starter

## INGREDIENTS

- 1 large porcini or shiitake dried mushroom
- 200ml boiling water
- 100g minced pork
- 100g prawns, shelled, deveined and chopped fine
- 2 tbsp water chestnuts, chopped fine
- 2 spring onions, white parts finely diced (retain greens)
- 2 tsp soy sauce
- 1 tsp dry sherry
- 1 tsp sesame oil
- 1 tsp cornflour
- ½ tsp sugar
- 1 pinch Chinese pepper
- 20 3½” size round wonton wrappers (available at a Chinese supermarket)

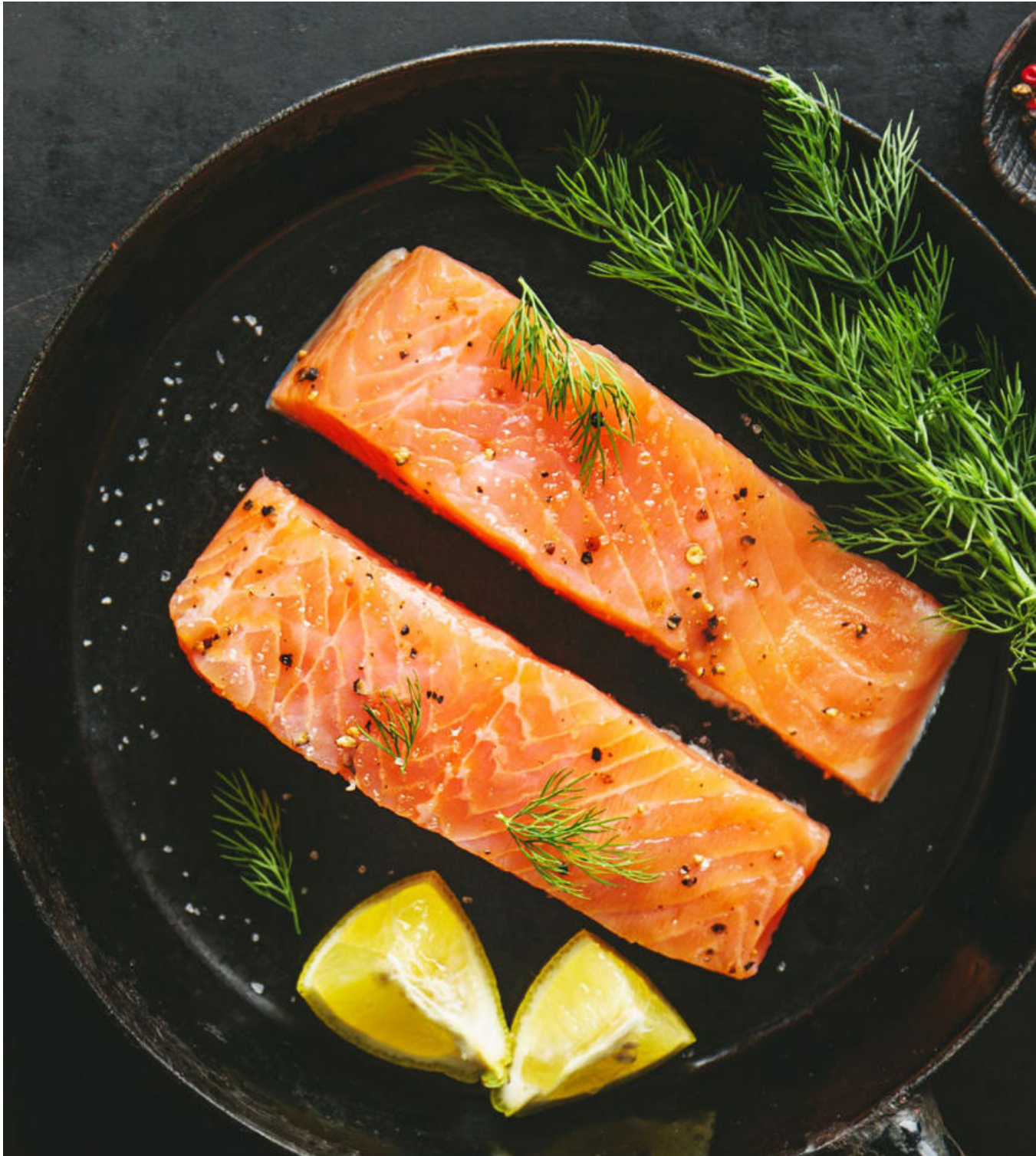
## METHOD

1. Soak the mushroom in the boiling water until softened (about 20 minutes). Drain. Remove and discard the stem and the tough centre. Chop very finely.
2. Mix the mushroom, pork, prawns, water chestnuts, spring onions, soy sauce, sherry, sesame oil, cornflour, sugar, salt and pepper together. Place a generous tsp of the mixture on the centre of each wonton wrapper.
3. Bring the sides of the wrappers up around the filling. Pinch the tops together to form bundles around the filling. Press down lightly on the filling. Tie top with strips of the green spring onion.
4. Fill the inner pot water up to the minimum line and place the trivet and steamer tray into the pot. Place the dim sum on the tray (this may have to be done in batches). Close the lid and set the pressure release valve to closed. Select the **STEAM** function and scroll down to the **VEG MIXED FRESH** program and press **START**.
5. Open the lid, remove the dim sum, check in the middle of one that the pork is cooked and then keep them warm while additional batches are cooked.
6. Serve warm with a sweet chilli, hoisin, soy or (for a special treat) XO sauce.



# LEMON & DILL SALMON FILLETS

This light healthy fish dish has wonderful sweet flavours and is great for a quick lunch.



## STEAM

PREP  
**10**  
mins

COOK  
**15**  
mins

SERVES  
**2**

## INGREDIENTS

- 2 x 125g salmon fillets
- ½ lemon, zest and juice
- 1 tsp freshly chopped dill
- 3 tbsp white wine
- Salt and pepper (to taste)

## METHOD

1. Sprinkle the salmon with the dill and lemon zest and leave to one side.
2. Add the wine and lemon juice as well as 1 cup of water. Place the steaming rack in the inner pot and put the fish on top then close the lid, leaving the pressure release valve in the **OPEN** position and select the **STEAM** function and then the **POACH FISH** program. Press **START**.
3. When cooking is finished open the lid (it is not a pressure cook function) and carefully remove the hot salmon.
4. Serve as above.



**SERVING SUGGESTION**  
Best served with fresh vegetables like asparagus and tender stem broccoli.



# FISH TACOS

This fish taco recipe is so easy to make and you can be really creative with your sides and extras.



## SAUTE

PREP  
**2**  
mins

COOK  
**5**  
mins

SERVES  
**4**

## INGREDIENTS

- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 garlic cloves, crushed
- 4 white fish fillets, sliced into fish finger sized strips
- 8 corn tortilla wraps (to serve)
- 1 avocado, sliced (to serve)
- Iceberg lettuce, shredded (to serve)
- 1 lime (to serve)
- Hot sauce (to serve)

## METHOD

1. In a small bowl, mix the olive oil, cumin, paprika and garlic together.
2. Select the **SAUTE** function and then the **CRISPY** program, press **START** and allow to heat for 3 minutes.
3. Meanwhile dip each piece of fish in the spice mix oil then add to the inner pot. Pour the rest of the oil into the inner pot.
4. Sautee for ~4 minutes, stirring regularly until they become golden on all sides
5. Check one to make sure they are cooked through, then press **BACK**.
6. Serve before they cool as suggested above or better still come up with your own serving magic and share your creations with us on our social media!



### SERVING SUGGESTION

These are best served in warm tortillas with sliced avocado, lettuce, your favourite hot sauce and a squeeze of lime juice.



# VEGAN THREE-BEAN CHILLI

A hearty, wholesome chilli perfect for vegans and meat-free Monday carnivores alike. A diet high in pulses is common amongst the world's longest lived populations so it's super healthy. Try adding in some of that leftover veg, like butternut squash for a slightly sweeter taste.



## DIY

PREP	COOK	SERVES
10	30	6
mins	mins	

## INGREDIENTS

- 1 tbsp olive or cooking oil
- 2 garlic cloves, crushed
- 1 red onion, chopped
- 1 red pepper, chopped
- 2 tsp ground cumin
- 2 tsp paprika
- 1 tsp chilli powder (or ½ fresh red chilli, chopped)
- 1 x 400g can kidney beans, drained
- 1 x 400g can butter beans, drained
- 1 x 400g can adzuki beans, drained
- 1 x 400g can chopped tomatoes
- 25ml red wine (optional)
- Dash of Worcestershire sauce (optional)
- Salt and pepper (to taste)



**SERVING SUGGESTION**  
Best served on fluffy rice or crispy wedges, with sliced avocado and some vegan cheese and soured cream.

## METHOD

1. Select the **SAUTE** function and the **BROCCOLI** function and press **START**, then add the oil and allow to heat for 1-2 mins. Add the onion, garlic and pepper and stir regularly for ~5 minutes until the onion begins to soften.
2. Add the cumin, paprika and chilli powder and allow to cook for another minute.
3. Add the beans and stir before adding the chopped tomatoes, red wine and Worcestershire sauce (if using) and stir to combine then press **BACK** to stop cooking.
4. Close the lid and select the **DIY** function. Adjust the time to 30 minutes, then press **START**.
5. This will simmer away for 30 mins but check occasionally and stir as you would a saucepan on the hob. At the end of cooking the lid can be removed immediately as this is not cooking under pressure.
6. Serve as above.



# COTTAGE PIE

This classic dish is a family favourite and is great for batch freezing for later in the week.



## DIY

PREP  
**15**  
mins

COOK  
**50**  
mins

SERVES  
**4-6**

## INGREDIENTS

- 1 tsp olive or cooking oil
- 500g beef mince
- 1 red onion, finely chopped
- 2 carrots, finely chopped
- 150g frozen peas
- 2 sticks of celery, finely chopped
- 600ml beef stock
- 2 garlic cloves, crushed and finely chopped
- ½ tsp dried thyme
- ½ tsp dried rosemary
- 1kg white potatoes, peeled and chopped in to 2cm cubes
- 25g butter
- 125ml milk
- Salt and pepper (to taste)

## METHOD

1. Select the **SAUTE** function and the **BEEF STEAK** program and press **START**, then add the oil and allow to heat. Add the onion and stir regularly for ~3 minutes until the onion begins to soften. Add the garlic, celery, carrots and herbs and cook for a further 1 minute.
2. Add the mince, season with salt and pepper and stir regularly until the program ends and the mince is nicely browned.
3. Add the peas and stock and stir to combine.
4. Insert the steamer tray and evenly spread the potatoes then close the lid.
5. Select the **DIY** function, adjust the time to 40 minutes, then press **START**. Close the lid but make sure the pressure valve is not closed (this is not a pressure cook program).
6. When cooking has finished, open the lid, remove the potatoes and mash in a bowl with some butter, milk and seasoning.
7. Add the mince to a serving dish and spread evenly before topping with the mashed potatoes.
8. Optional step: put the dish under the grill for 3-4mins to brown the potatoes and get that restaurant finish.



### SERVING SUGGESTION

Serve with extra veggies to make it go further and plenty of lovely thick gravy.



# LEMON CHEESECAKE



DIY

PREP  
**15**  
mins

COOK  
**20**  
mins

SERVES  
**8**

## INGREDIENTS

200g shortbread biscuits

75g butter, melted

### Filling

400g cream cheese

35g granulated sugar

50g sour cream

1 tbsp lemon juice

2 tsp lemon zest

½ tsp vanilla extract

2 large eggs, beaten

### To Decorate

Icing sugar and raspberries to decorate

## METHOD

**1.** Crush the biscuits in a food processor or sealed bag, place in a bowl and add the melted butter, combine together. Press crumb mixture into the base of a 7”, 18cm or 7.5”, 19cm springform tin.

**2.** In a large mixing bowl mix the cream cheese and sugar until smooth, add the sour cream, lemon juice and zest and vanilla extract and beat together with a wooden spoon.

**3.** Add in the eggs one at a time and mix to combine, Pour the batter into the springform pan on top of the crumb base.

**4.** Pour 500ml of water into the inner pot and place in an upturned bowl, place the cheesecake onto the bowl. Close the lid and set the pressure release valve to closed.

**5.** Select the **DIY** function then adjust the temperature to 95C and the timer to: 15 minutes for a creamy cheesecake, 20 -25 minutes, depending on tin size for a firm denser cheesecake. Close the lid, leaving the pressure release valve in the **OPEN** position, and press **START**.

**6.** Carefully open the lid (there will be steam inside) and using oven gloves remove the tin to a wire rack to cool. When cheesecake is completely cool, refrigerate for at least 4 hours.

**7.** Remove from tin and serve topped with raspberries and a dusting of icing sugar.



# SIMPLE HOMEMADE YOGHURT

Make your own yoghurt at home for a fraction of the price of shop-bought yoghurt - far more delicious too. Whilst you can make yoghurt without “scalding” the milk first it is recommended that you do this extra step as it will kill any nasty bacteria that may have crept into the milk and will make the end product thicker.



## MULTICOOK

PREP	COOK	MAKES
20	8	2L
mins	hrs	yoghurt

## INGREDIENTS

- 2L full fat milk
- 2 tbsp full fat bio live yoghurt

## METHOD

1. Sterilise the inner pot by adding 1 cup of water and using the SAUTE function and the **CRISPY** program, adjusting the time to 5 minutes. Press **START**. Once finished, discard the water.
2. “Scald” the milk: add the milk to the inner pot and select the **SAUTE** function and the **CRISPY** program, then press **START**. Heat the milk until it reaches 180F / 83C - check with a thermometer or temperature probe. Once the milk hits this temperature press **BACK** to stop heating and allow the milk to drop in temperature to 110F / 43C.
3. Add the yoghurt and stir to combine.
4. Select the **MULTICOOK** function and the **YOGHURT** program. Press the **START** button, close the lid and cook until the program ends - this is very easy if done overnight.
5. Stir the yoghurt well and pour into a sterilised glass jar and store in the fridge where it should keep for 10-14 days. Make sure it is chilled before serving.



- PRO TIPS**
- Save 2 tbsp of your first batch to start your next batch!
  - Strain your yoghurt in muslin cloth to get a thicker set Greek-style yoghurt



# CRUSTY WHITE BREAD

The CleverChef Pro makes baking bread so simple with the Bread Rise and Bake functions. The trick here is to flip your loaf near the end so you get a lovely thick crust all the way around. This loaf is quite similar to a wonderful Italian focaccia. It is perfect with wholesome stews or simply warm with butter and jam.



## MULTICOOK

PREP	COOK	SERVES
40 mins	1 15 hr mins	8

## INGREDIENTS

- 3 tbsp olive or cooking oil
- 500g white bread flour
- 40g butter
- 2 tsp salt
- 1 x 7g dried yeast packet
- 300ml lukewarm water

## METHOD

1. Add the yeast to a jug filled with warm water and give this a stir then leave to stand. In a mixing bowl, add the flour and butter and stir to combine until you have a thick paste.
2. Gradually add the water a bit at a time, stirring continuously until you have a soft dough.
3. Add 1 tbsp of oil to a clean work surface and knead the dough for ~5 minutes until the dough is springy and elastic.
4. Add 2 tbsp of oil to the inner pot and stir so the bottom is coated with oil, then add the dough.
5. Close the lid then select the **MULTICOOK** function, select **BREAD RISE** and press **START**. When the program has finished, open the lid to check on your dough, it should be roughly twice the size it was.
6. Close the lid again, select the **MULTICOOK** function again and scroll down to **BAKE CAKE** and adjust the time to 1 hour, then press **START**.
7. At the end of the program open the lid and tip your bread out. Using oven gloves, put the bread back in the other way around so the crust is now at the top. Select **MULTICOOK** and **CAKE BAKE** program again and adjust the time to 15 minutes then press **START**.
8. When the program has finished open the lid and tip out your bread ready to be sliced. Put the loaf on a wire rack to cool down.



# AUTHENTIC ITALIAN MARGHERITA

Traditional Italian margherita pizza has a thin and fluffy base, rich tangy sauce, slices of mozzarella and a sprinkle of basil to complete 'il Tricolore' (the 3 colours of the Italian flag).



## MULTICOOK

PREP  
**10**  
mins

COOK  
**20**  
mins

SERVES  
**8**

## INGREDIENTS

### For the dough

2 tbsp olive or cooking oil

500g '00' Flour  
(or white bread flour)

1 tsp salt

1 x 7g dried yeast packet

1 tbsp caster sugar

### For the sauce

1 x 400g can chopped tomatoes

3 tbsp tomato purée

1 garlic clove, peeled

1 tsp onion granules

2 tsp oregano

1 tbsp soy sauce

1 tbsp Worcestershire sauce

2 tbsp olive oil

### For the toppings

2 tbsp olive oil

3 mozzarella balls, drained and  
thinly sliced

1 bag fresh basil leaves

## METHOD

**1.** To make your pizza dough, add 325ml warm water to a jug and mix in the yeast, sugar and oil and leave to stand for a few minutes.

**2.** Sieve the flour into a large mixing bowl and make a well in the middle, then pour in the water mixture.

**3.** Gradually bring flour from the outside into the water, mixing in the middle and adding a little more flour at a time until everything has combined.

**4.** Add the dough to the inner pot, then close the lid, leaving the pressure release valve in the **OPEN** position, and select the **MULTICOOK** function and then the **BREAD RISE** program then press **START**.

**5.** For the sauce, add all the sauce ingredients to a food processor and blitz for ~1 minute until the sauce is smooth.

**6.** Take a tennis ball size chunk of dough and roll it out on a clean flour dusted surface until as thin as you like. Use the bottom of the inner pot to measure and cut out a perfect sized pizza base.

**7.** Add 2 tbsp olive oil to the inner pot and stir around until the bottom is fully covered with oil, then place the pot back in the CleverChef Pro.

**8.** Add your base followed by the sauce, cheese, and toppings of your choice.

**9.** Put the lid on, again leaving the pressure release valve in the **OPEN** position, then select the **MULTICOOK** function and then the **CAKE BAKE** program, adjust the time to 20 minutes then press **START**.

**10.** When the program has finished remove the lid. Use a spatula to scoop underneath and remove your pizza. Add more oil every time you make a new pizza.

**11.** Optional step: depending on your choice of toppings and thickness of your cheese you could finish off under the grill for 1-2 mins.



### TIP

Just remember to keep adding more oil between pizzas so they don't get stuck. If you're pushed for time feel free to buy readymade dough and sauce to speed things up, you'll still get great pizzas.



# CARROT CAKE

Carrot cake is such a classic it hardly warrants an introduction. For an extra challenge, you can try slicing your cake in half horizontally and doubling the quantity of icing for the middle.



## MULTICOOK

PREP  
**20**  
mins

COOK  
**1 10**  
hr mins

SERVES  
**10**

## INGREDIENTS

- 85g apple, peeled, cored and grated
- 3 carrots, grated
- 100g raisins
- 1 orange, zest (for the icing) and juice
- 200g dark brown sugar
- 300g plain flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 2 tsp cinnamon
- 1 tsp mixed spice
- 175ml sunflower oil
- 150g ricotta cheese
- 3 eggs, beaten
- For the Icing**
- 250g cream cheese
- 600g icing sugar
- Orange zest
- Walnut pieces for decoration

## METHOD

1. Select the **SAUTE** function and then the **CRISPY** program, press **START**, then add the apple, carrot, raisins and orange juice. Stir regularly for 3~ minutes until the fruit begins to soften, then press **BACK**.
2. Tip into a mixing bowl and set aside to cool, then rinse and dry the inner pot.
3. In another mixing bowl, add all the dry ingredients apart from the walnuts, and stir to combine.
4. In another mixing bowl, add the oil, eggs and ricotta and beat with a whisk to combine.
5. Add the wet ingredients to the dry, along with the cooled fruit and stir to combine, then stir in the walnuts.
6. Use some oil to grease the inner pot and add the cake mixture. Close the lid, leaving the pressure release valve in the **OPEN** position, and select the **MULTICOOK** function and then the **BAKE CAKE** program, then adjust the time to 50 minutes and press **START**.
7. When the program has finished, leave the lid closed for a further 10 minutes before opening.
8. Open the lid and allow the cake to cool for a further 15 minutes.
9. Carefully remove the inner pot and tip the cake out onto a cooling rack.
10. While the cake cools, add the cream cheese, butter, icing sugar and orange zest in a bowl. Mix the ingredients together and when the cake has cooled spread on to the top of the cake.
11. Decorate the cake by sprinkling with walnut halves before serving.



# APPLE PIE

A classic pudding, made even easier in the CleverChef Pro.



## MULTICOOK

PREP  
**15**  
mins

COOK  
**50**  
mins

SERVES  
**6-8**

## INGREDIENTS

250g cooking apples (approx 2 small apples)

5 eggs

200g sugar

180g all-purpose flour

10g baking powder

10g unsalted butter

## METHOD

**1.** Peel the apples and cut the cores out and dice finely.

**2.** In a bowl, beat the eggs with sugar until thick and pale.

**3.** Add flour and baking powder in the egg mixture and stir. Mix until completely smooth.

**4.** Grease the inner pot with butter.

**5.** Pour part of the dough into the inner pot and place the diced apples on top, then pour rest of dough. Close the lid and set the steam release valve to open.

**6.** Select the **MULTICOOK** function and the **BAKE CAKE** program and adjust the time to 50 minutes. Press the **START** button.

**7.** Cook until the end of the program then carefully remove the apple pie from the inner pot and serve hot.



### **SERVING SUGGESTION**

Wonderful on its own or choose from the “Holy Trinity”: custard, cream or ice-cream!



# NUTELLA BROWNIE

Who doesn't love a brownie? Our version has a lovely dash of Nutella to make a gooey, heavenly chocolatey version.



## MULTICOOK

PREP  
**5**  
mins

COOK  
**30**  
mins

SERVES  
**6**

## INGREDIENTS

- 100g plain flour
- 350g Nutella
- 3 eggs
- ½ tsp baking powder
- 6-10 blueberries/raspberries (optional)

## METHOD

1. Combine the Nutella and eggs in a bowl and mix together until smooth.
2. Add the flour until all the ingredients and stir to combine until you have a smooth mixture. If the Nutella is thick, warm up in the microwave for 20 seconds.
3. Add the mixture to the inner pot of the CleverChef Pro.
4. Close the lid, leaving the pressure releae valve in the **OPEN** position, then select the **MULTICOOK** function and then the **BAKE CAKE** program and adjust the time to 30 minutes, then press **START**.
5. When the program has finished, open the lid and using a skewer test the doneness of the brownie. Should you need to you can cook for longer.
6. When cooked to your liking, carefully tip out your brownie and leave to cool.
7. Cut into delicious chunky slices and serve with a handful of blueberries/raspberries or slather with more Nutella!



# BANANA BREAD

Cut down on waste by using up those over-ripe bananas in this simple banana bread recipe.



## MULTICOOK

PREP  
**5**  
mins

COOK  
**50**  
mins

SERVES  
**10**

## INGREDIENTS

- 150g sugar
- 100g butter, softened
- 250g self-raising flour
- 2 eggs
- 1 tsp baking powder
- 3 large overripe bananas, peeled
- 1 tsp vanilla essence
- 2 tbsp milk

## METHOD

1. Add the bananas to a large mixing bowl - they should be sufficiently ripe that you can mash them with a fork or potato masher.
2. Add the rest of the ingredients and mix to combine until you have a smooth mixture.
3. Using some extra butter, grease the inside of the inner pot then pour in the mixture.
4. Close the lid, leaving the pressure release valve in the **OPEN** position, and select the **MULTICOOK** function and then the **BAKE CAKE** program, then press **START**.
5. When the program has finished, open the lid and gently tip out your loaf. Add the banana bread back to the inner pot but this time the other way up so the cooked side is at the top.
6. Close the lid again and select the **MULTICOOK** function and then the **BAKE CAKE** program, adjust the time to 10 minutes then press **START**.
7. Open the lid and carefully remove the inner pot and tip the cake out onto a cooling rack.



### SERVING SUGGESTION

Wonderful lightly toasted and best served sliced topped with chopped almonds and a drizzle of honey or toffee sauce.



# Sous Vide Thai Chicken

Overcooked chicken can be dry and tasteless, but with our sous vide recipe you retain all the moisture giving a wonderfully soft and silky texture. Serve sliced and topped with the dressing with some fresh green vegetables on the side and some rice if you are looking to make a hearty meal.



## Sous Vide

PREP  
**35**  
mins

COOK  
**2**  
hrs

SERVES  
**2**

## Ingredients

2 chicken breasts

### For the Marinade:

1 tbsp fish sauce

1 tbsp brown sugar

1 tbsp coconut milk

1 handful Thai basil, chopped (or coriander)

### Dressing:

1 handful fresh coriander, chopped

1 garlic clove, crushed

1 lime, zest and juice

2 tbsp lemongrass paste

2cm fresh ginger, peeled and grated

1 tbsp fish sauce

1 tbsp soy sauce

1 tbsp brown sugar

## Method

1. In a bowl, add all the marinade ingredients and stir to combine. Toss the chicken in the bowl and leave to marinade for ~30 minutes, or overnight for the best flavour.

2. Put the chicken in a sous vide bag, then vac seal the bag and set to one side. If you don't have a vac sealer then visit the Drew & Cole website for an alternative method.

3. Place the sous vide bag into the inner pot and fill to the PC MAX 2/3 line, making sure the bag is fully submerged, using a small weight if necessary. Close the lid as this will help maintain an even temperature but note that this is not a pressure cook function, so leave the pressure valve open.

4. Select the **SOUS VIDE** function then scroll down and select the **CHICKEN BREAST** function and press **START**. If you have a particularly large piece of chicken then adjust the cooking time up to 3 hours.

5. While the chicken is cooking, combine all the dressing ingredients in a bowl and leave in the fridge for later.



### NOTE ON COOKING TEMPERATURES

Please refer to our Sous Vide cooking guide on page 116-119.



# Sous Vide Pork Belly

Start to sous vide your pork belly the night before for a super slow cooked, out-of-this-world texture and flavour. Although this takes a long time to cook it takes very little time to prepare and the result is well worth the wait! This is perfect for summer if you want to finish the meat off on the BBQ, but also works really well finished off in the PKP.



## Sous Vide

PREP  
**5**  
mins

COOK  
**24**  
hrs

SERVES  
**6-8**

## Ingredients

1.5kg boneless pork belly, skin scored

### For the Marinade:

1 tbsp sea salt

2 tsp black pepper

1 tbsp thyme, chopped

2 garlic cloves, finely sliced

2 tbsp olive or cooking oil

## Method

1. In a bowl, add all the marinade ingredients and stir to combine. Rub the marinade all over the pork. Ideally leave to marinade overnight.
2. Put the pork in a sous vide bag, (or cut in half and use two separate bags), add the oil then vac seal the bag(s).
3. Place the sous vide bag into the inner pot and fill to the **PC MAX 2/3** line, making sure the bag is fully submerged, using a small weight if necessary. Close the lid as this will help maintain an even temperature but note that at this temperature this will not cook under pressure so make sure you leave the pressure valve open.
4. Select the **Sous Vide** function then scroll down and select the **Pork Joint** function. Adjust the temperature to 64°C and the time to 24 hours. Press **START**.
5. When the program has finished, open the lid and carefully remove the bag(s) and cut them open to remove the pork.
6. If you want to sear and brown the port then empty and dry the inner pot. Select the **SAUTE** function, select the **CRISPY** program then press **START**.
7. Add some oil, let this heat up for 2 mins then add the pork and cook for 2-3 minutes before flipping to sear the other side for a further 2 minutes.



### NOTE ON COOKING TEMPERATURES

You can get a range of different results depending on what temperature you choose to cook your pork belly. Please refer to our Sous Vide cooking guide on page 116-119.



# Sous Vide Sirloin Steak

Sous vide is a brilliant function on the CleverChef Pro and it allows you to achieve Michelin-starred results in the comfort of your home. The huge benefit of sous vide is that you can cook steak at an exact temperature so you can perfectly control how you like your steak cooked from blue to well done. This takes the guesswork out of using a frying pan and locks in the moisture for a texture that you can cut through “like butter”. This is very much a weekend treat / luxury dish!



## Sous Vide

PREP  
**5**  
mins

COOK  
**2**  
hrs

SERVES  
**4**

## Ingredients

4 sirloin steaks approx. 170g (6 oz) each for a medium-sized steak

1 tbsp olive oil

**For the Marinade:**

2 tbsp butter

1 tsp salt

Freshly ground black pepper

2 tsp garlic powder (or 1 clove fresh minced garlic)

1 tbsp fresh thyme, finely chopped (or other herb of your choice)

## Method

1. Combine all the ingredients for the marinade in a bowl and mix the butter with a fork until it softens.

2. But the steaks into 2 different sous vide bags and add half the marinade to each of the bags and vac seal the bag. Time permitting put this in the fridge to marinade for min. 30 mins (you can also do this overnight for even more flavour).

3. Place the sous vide bag into the inner pot and fill to the **PC MAX 2/3** line, making sure the bag is fully submerged, using a small weight if necessary. Close the lid as this will help maintain an even temperature but note that at this temperature this will not cook under pressure so make sure you leave the valve open.

4. Select the **Sous Vide** function then scroll down and select the **BEEF STEAK** function. The default temperature is 57° which is medium rare. Adjust the temperature up and down to your taste (see note\*\*). Then press **START**.

5. When the program is finished carefully lift the bag out of the inner pot (although not boiling the water will still be very hot) and cut this open, taking care to reserve the cooking liquid in the vac bag.

6. As a final step you will need to sear the steak (particularly if you have cooked the steak at 60c or less). From a food hygiene point of view this kills any remaining bacteria on the outside of the steak but also gives a nice seared look just like restaurant steak.

7. To do this the water from the inner pot and select the **SAUTE** function and choose the **BEEF STEAK** program then press **START**. Add the oil, wait 2 mins for the inner pot and sear the steak for 1-2 mins on either side, Add the remaining cooking liquid from the sous vide vac bags 30 seconds before the program finishes.

8. Slice the steak and serve.



**TIP**

The marinade here is a classic but you can play around with the marinade to give all kinds of different flavour combinations whether spicy, sweet, smoky.

**NOTE ON COOKING TEMPERATURES**

Please refer to our Sous Vide cooking guide on page 116-119 for a guide to the temperatures to use depending on how you like your steak cooked.



# Sous Vide Salmon Fillet

Sous vide salmon is both moist and flaky and absorbs all the flavours of the marinade. This dish is great served with boiled new potatoes and a fresh crunchy salad on the side



## Sous Vide

PREP  
**2**  
mins

COOK  
**1**  
hr

SERVES  
**4**

## Ingredients

- 4 salmon fillets (~100g each)
- 1 tbsp olive or cooking oil
- For the Marinade:**
- 1 tbsp olive or cooking oil
- 2 slices of lemon
- 2 fennel bulbs, sliced
- 1 tsp salt
- 6 whole black peppercorns

## Method

1. In a bowl, add all the marinade ingredients and stir to combine.
2. Put the salmon fillets in one or two sous vide bags, (depending on the size), then vac seal the bag(s) - see note.
3. Place the sous vide bag into the inner pot and fill to the PC MAX 2/3 line, making sure the bag is fully submerged then put the lid on leaving the pressure valve open because this is not a pressure cook function.
4. Select the **SOUS VIDE** function, scroll down to **FISH** and press **START**. For a particularly large or thick piece of salmon you may want to increase the cooking time up to 1 hour and beyond (for pieces more than 2.5cm thick).
5. When the program has finished, carefully remove the bag(s) and cut them open to remove the fish.
6. You may want to sear the salmon before you serve. In which case empty and dry the inner pot. Select the **SAUTE** function, select **CRISPY** and press **START**, then add the oil and allow to heat for 2 mins.
7. Add the fish skin side down and cook for 2 mins to sear the fillets. Flip the salmon and sear for a further 1 min.



### NOTE ON COOKING TEMPERATURES

You can get a range of different results depending on what temperature you choose to cook your salmon. Please refer to our Sous Vide cooking guide on page 116-119.



# HOW TO CHOOSE SOUS VIDE COOKING TEMPERATURES

This is a guide to cooking times and temperatures for common foods. If your cuts are thicker, then you may need to increase the cooking time and it is strongly recommended you test the internal temperature with a kitchen thermometer or probe, especially if you are using larger cuts of meat & fish.

## BEEF & LAMB

	Approx Thickness	Cooking Temperature	Cooking Time (Min – Max)
<b>Tender Cuts</b> e.g. rib-eye steak, fillet, rump	1-2cm	55°C – Medium-Rare 60°C – Medium 65°C – Medium-Well Done	1h – 4h
<b>Tougher Cuts</b> e.g. short ribs, brisket, flank / skirt steak	2-4cm	55°C – Medium-Rare 60°C – Medium 65°C – Medium-Well Done	24h – 72h

If you are cooking below 62°C then you will need to sear your meat in a hot pan afterwards to kill any bacteria on the outside of the meat, which won't have been killed below 62°C. This can also be done in CleverChef Pro, simply empty out the water, dry the pot and use the Saute function.

Even if you like your steak very rare, we recommend that 55°C is the lowest temperature you cook your steak. This is because the whole steak will be this temperature and level of doneness not just the middle. A whole steak at 50°C, even when quickly seared on the outside, does not have a cooked texture and may be a little chewy. However, feel free to experiment at a range of temperatures to find your favourite way of cooking sous vide steak – everyone is different!

Juicy sous vide steak cooked medium rare

## PORK

	Approx Thickness	Cooking Temperature	Cooking Time (Min – Max)
<b>Tender Cuts</b> e.g. tenderloin or smaller	1-2cm	55°C – Medium-Rare 60°C – Medium 65°C – Medium-Well Done	1h – 4h
<b>Thicker or Tougher Cuts</b> e.g. baby back ribs, belly	2-4cm	55°C – Medium-Rare 60°C – Medium 65°C – Medium-Well Done	24h – 72h

There is a vogue for cooking pork pink in the middle but the sous vide pork settings for the CleverChef Pro reflect current UKFSA guidelines that pork should reach an internal temperature of 71°C for 2 mins.

Sous vide pork chops

## CHICKEN

	Approx Thickness	Cooking Temperature	Cooking Time (Min – Max)
<b>Breast</b> (White Meat)	2-3 cm	62°C – Juicy & moist 69°C – Firm	1h 30 – 4h 1h – 4h
<b>Dark Meat</b> (Thighs, Legs, Drumstick)	2-3cm	71°C – Juicy & moist 71°C – Fall-of-the-bone	1h 30 – 4h 4h – 8h

Like pork, chicken needs to be cooked all the way through and cannot be served pink. If you are nervous about the cooking temperature of chicken then cook everything at 71°C minimum but for white breast meat only cooking for a minimum of 1 hour 30 (for max 3cm thick breast) at 62°C will kill the bacteria associated with chicken. In fact chicken is pasteurised when cooked to 60°C and held there for 30 mins.

## FISH

	Approx Thickness	Cooking Temperature	Cooking Time (Min – Max)
<b>Oily fish</b> e.g. salmon, tuna, mackerel, trout	2-3 cm	43°C – Rare 50°C – Medium-Rare 60°C – Medium	20-30mins
<b>Lean Fish</b> e.g. cod	2-3cm	47-50°C Medium rare	20-30mins
<b>Shellfish</b> e.g. prawns, lobster	1-2cm	52°C	20-30mins

There are fewer safety concerns with fish than with meat (think sushi / sashimi) so you can experiment more at lower temperatures. The guide above gives what we think are the best options. With oily fish this is great cooked at a range of temperatures, depending on taste, however, with lean fish it won't be sufficiently cooked below 47°C but much higher than 50°C and it dries out quickly so the recommended range is smaller. Note that at these temperatures you will not pasteurise the food so if this is a requirement for any reason (e.g. pregnancy) then you will need to cook at 60°C for at least 90 mins.



VEGETABLES

	Approx Thickness	Cooking Temperature	Cooking Time (Min – Max)
<b>Green / Tender Vegetables</b> e.g. peas, broccoli, asparagus	1-2cm	85°C	30m – 2h
<b>Root Vegetables</b> e.g. carrot, beetroot, potato	1-2cm	85°C	1h – 4h

We recommend cutting bigger vegetables into bite sized pieces for quicker, even cooking. Note the above is a general guide. Individual vegetables may benefit from a 1-2°C tweak in temperature either way – CleverChef Pro has specific programs for certain vegetables.w

HOW TO SOUS VIDE WITHOUT A VACUUM SEALER

You don’t need a vacuum sealer to enjoy the incredible results of Sous Vide cooking, here’s how to achieve the same, melt-in-your-mouth tenderness and taste with a regular zip-lock bag.

1. Fill the CleverChef Pro inner pot with cold water up to the MAX 2/3 line.
2. Put your ingredients in a zip lock bag starting with the main ingredient and then the oil, aromatics, and marinades if using.
3. Close the zip almost all the way (about 80-90%), leaving about 2cm open through which the air can escape.
4. Gently lower the bag into the CleverChef Pro inner pot and as you lower it, the air should be forced out by the water pressure – this is called displacement.
5. Just before the bag goes fully under water, close the zip completely.
6. Use a rack, a small weight or a clip to make sure the bag does not move around.
7. Then start the appropriate sous vide cooking program according to your recipe.



