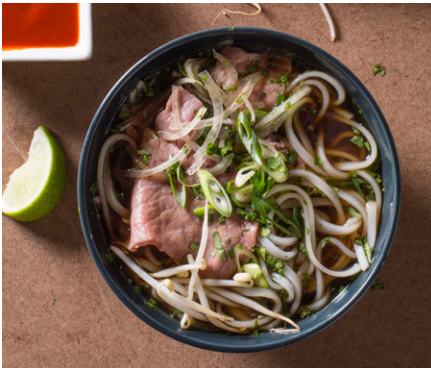


— AMERICA'S —
TEST KITCHEN

MULTICOOKER PERFECTION

Cook It Fast or Cook It Slow—You Decide



Extract maximum flavor from meat and bones for great soups



Cook a large roast (and sauce) for company without the fuss



Make healthy, complete meals with minimum hands-on time



Achieve tender, smoky barbecue ribs without a grill



Get creamy risotto minus the constant stirring



Guarantee perfectly cooked fish every time

• A TEST KITCHEN HANDBOOK •



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ANY MULTICOOKER. ANY SETTING. ANY TIME.

Multicookers like the Instant Pot® are hugely popular, yet most recipes are unreliable—and most often, they use only the pressure cook setting. In *Multicooker Perfection*, America's Test Kitchen helps cooks make better use of these appealing, set-it-and-forget-it appliances by putting our rigorous testing process to work: Our thoroughly vetted, kitchen-approved recipes guarantee you'll get perfect results every time. We also went one step further to allow home cooks to choose the setting that works best for them: Make any recipe on either the pressure cook setting or the slow cook setting.

A UNIQUE APPROACH THAT PUTS YOU IN THE DRIVER'S SEAT

Need to get dinner on the table ASAP? Choose the pressure cook instructions. Prefer to prep in advance so your food cooks while you're out? Opt for the slow cook setting. Our recipes work around your schedule, not the other way around. Plus, nearly everything happens right in the multicooker—no additional pots and pans to wash.

RIGOROUS TESTING, FOOLPROOF RECIPES

These appliances can be tricky to use—once you put the lid on, it's often impossible to know what's happening in the pot. We put all our recipes through their paces to make sure they would work every time, in any brand or size of multicooker.

FROM EASY DINNERS TO IMPRESSIVE ROASTS

You'll find plenty of appealing, family-friendly recipe options here: soups and stews like Chicken Noodle Soup and Italian Vegetable Stew; easy weeknight meals like Meatballs and Marinara and Braised Chicken Thighs with Pancetta, White Beans, and Rosemary; and company-worthy roasts like Cider-Braised Pork Pot Roast and Braised Lamb Shoulder with North African Spices. You'll also find flavorful and creative side dishes that allow you to focus your attention on other parts of the meal.

UNEXPECTED RECIPES TO UP YOUR GAME

Did you know you can make fried chicken in a multicooker? What about cheesecake? Our curated collection of unexpected recipes will appeal to those who want to push the boundaries of this appliance.

AN EXTENSIVE INTRODUCTION EXPLAINS EVERYTHING YOU NEED TO KNOW ABOUT MULTICOOKING

ATK has hacked through the various models to tell you which multicooker to buy (and which to avoid), what really happens when you cook under pressure, and how to troubleshoot your recipes.

TORTILLA SOUP

serves 6 to 8

pressure cook total time 50 minutes

slow cook total time 3 hours 30 minutes

why this recipe works This light yet deeply flavorful soup is a celebration of colors, tastes, and textures, overflowing with garnishes and tender shredded chicken. We wanted ours to have authentic flavor with a streamlined method, and the multicooker was the perfect ally. To replicate the traditionally deep, roasty, smoky notes of the broth, typically achieved by charring the vegetables, we used the sauté function to brown some of the vegetables and aromatics. Using chipotle chile in adobo sauce (which are dried, smoked jalapeños in a spicy chile sauce) also added some smokiness along with a spicy kick, and a bit of tomato paste gave the base deep, savory flavor. Since the tortillas are an essential component of the soup, we decided to add some tortilla pieces right to the pot to give the soup better body; the tortillas softened during cooking, and a vigorous whisk at the end ensured the pieces broke down. Since the base already had so much flavor, we found that making our own broth wasn't necessary, so we used store-bought broth and quicker-cooking boneless chicken; tasters preferred thighs over breasts for their richer flavor. Since the multicooker gave the soup great long-cooked flavor, we amped up the freshness and spice by stirring in additional aromatics after cooking. Different brands of corn tortillas may vary in thickness; the cooking time for the tortilla strips may need to be adjusted based on how thick yours are. Don't skip the garnishes—they are an essential component of the dish. If you can't find Cotija cheese, substitute farmer's cheese or feta. The tortilla strips are best prepared the day of serving.

2 tablespoons vegetable oil
2 tomatoes, cored and chopped
1 onion, chopped fine
2 jalapeño chiles, stemmed, seeded, and minced
6 garlic cloves, minced
1 tablespoon minced canned chipotle chile in adobo sauce

1 tablespoon tomato paste
6 cups chicken broth
10 (6-inch) corn tortillas (4 cut into ½-inch pieces, 6 halved and cut crosswise into ½-inch wide strips)
1½ pounds boneless, skinless chicken thighs, trimmed
Salt and pepper

8 ounces Cotija cheese, crumbled (2 cups)
1 avocado, halved, pitted, and cut into ½-inch pieces
½ cup sour cream
½ cup minced fresh cilantro
Lime wedges

1 Using highest sauté or browning function, heat 1 tablespoon oil in multicooker until shimmering. Add tomatoes, onion, and half of jalapeños and cook until softened, about 5 to 7 minutes. Stir in garlic, 2 teaspoons chipotle, and tomato paste and cook until fragrant, about 1 minute. Stir in broth and tortilla pieces, scraping up any browned bits. Season chicken with salt and pepper and nestle into multicooker.

2A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 5 minutes. Turn off multicooker and quick-release pressure. Carefully remove lid, allowing steam to escape away from you.



2B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until chicken is tender, 2 to 3 hours. (If using Instant Pot®, select high slow cook function.) Turn off multicooker and carefully remove lid, allowing steam to escape away from you.

3 Meanwhile, adjust oven rack to middle position and heat oven to 425 degrees. Toss tortilla strips with remaining 1 tablespoon oil and bake on rimmed baking sheet until crisp and deep golden, 8 to 12 minutes, stirring occasionally. Transfer strips to paper towel-lined plate and lightly season with salt to taste; set aside for serving.

4 Transfer chicken to cutting board, let cool slightly, then shred into bite-size pieces using 2 forks. Whisk soup vigorously for 30 seconds to break down tortilla pieces. Stir in chicken, remaining jalapeños, and remaining 1 teaspoon chipotle and let sit until heated through, about 2 minutes. Season with salt and pepper to taste. Serve, passing toasted tortilla strips, Cotija, avocado, sour cream, cilantro, and lime wedges separately.

EASY BEEF STEW

serves 4 to 6

pressure cook total time 1 hour slow cook total time 8 hours 20 minutes

why this recipe works We wanted a beef stew that we could make on a weeknight—one that would be mostly hands-off but would still produce tender meat and a thick, luxurious gravy. We started with a beefy chuck-eye roast. The moist heat effortlessly tenderized the tough cut, and we found we could skip the time-consuming browning of the beef by sautéing our aromatics to create plenty of fond and adding a hefty amount of savory soy sauce and tomato paste. Flour helped thicken the stew to give it good body. To keep the potatoes and carrots tender but distinct through cooking, we cut them into large 1-inch pieces. Peas are a classic addition to beef stew, but the intense pressure or extended cooking would cause them to disintegrate; instead, we simply stirred them into the hot stew after cooking so they could warm through. If using Instant Pot®, avoid choosing the slow cook function; the beef and vegetables will not cook through properly.

1 tablespoon vegetable oil
1 onion, chopped fine
Salt and pepper
¼ cup all-purpose flour
¼ cup tomato paste
1 teaspoon minced fresh thyme or ¼ teaspoon dried

2½ cups beef broth, plus extra as needed
¼ cup soy sauce
2 pounds boneless beef chuck-eye roast, pulled apart at seams, trimmed, and cut into 1-inch pieces

1½ pounds red potatoes, unpeeled, cut into 1-inch pieces
1 pound carrots, peeled and sliced 1 inch thick
2 cups frozen peas, thawed
2 tablespoons minced fresh parsley

1 Using highest sauté or browning function, heat oil in multicooker until shimmering. Add onion and ½ teaspoon salt and cook until onion is softened, 3 to 5 minutes. Stir in flour, tomato paste, and thyme and cook until fragrant, about 1 minute. Slowly whisk in broth and soy sauce, scraping up any browned bits and smoothing out any lumps. Season beef with salt and pepper and stir into multicooker along with potatoes and carrots.

2A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 20 minutes. Turn off multicooker and quick-release pressure. Carefully remove lid, allowing steam to escape away from you.

2B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until beef is tender, 7 to 8 hours. (Do not use Instant Pot® to slow cook this recipe.) Turn off multicooker and carefully remove lid, allowing steam to escape away from you.

3 Stir in peas and let sit until heated through, about 2 minutes. Adjust consistency with extra hot broth as needed. Stir in parsley and season with salt and pepper to taste. Serve.



EASY BEEF STEW WITH BACON AND MUSHROOMS

Omit potatoes and peas. Using highest sauté or browning function, cook 5 slices chopped bacon until browned and crisp, 5 to 7 minutes. Using slotted spoon, transfer bacon to bowl; set aside. Substitute bacon fat left in multicooker for 2 tablespoons oil in step 1. Add 1 pound quartered white mushrooms to multicooker with onion and cook until vegetables are softened and lightly browned, 10 to 12 minutes; continue with recipe as directed. Stir reserved bacon into stew with parsley.

EASY BEEF STEW WITH TOMATOES, OLIVES, AND ORANGE ZEST

Omit carrots. Add 1 (2-inch) strip orange zest to multicooker with flour. Substitute 2 teaspoons herbes de Provence for thyme, two 15-ounce cans chopped tomatoes, drained, for carrots, and 1 cup pitted and halved kalamata olives for peas. Discard zest before serving.



INDIAN VEGETABLE CURRY

serves 4 to 6

pressure cook total time 1 hour **slow cook total time** 5 hours 40 minutes

why this recipe works We wanted a recipe for the ultimate vegetable curry, with a wide variety of perfectly cooked vegetables and a deeply flavorful Indian-inspired curry sauce. Curries are especially well suited to the multicooker: The closed environment means that none of the spices' volatile flavors can escape, resulting in a bold-tasting dish with plenty of complexity. To cut down on the lengthy list of spices included in many curries, we turned to flavor-packed store-bought curry powder and garam masala. We found that sautéing the spices and aromatic ingredients bloomed their flavors so they didn't taste raw in the finished dish. Choosing our curry ingredients carefully was important to making sure everything would cook through at the same time without breaking down too much. Cubed sweet potatoes and hearty cauliflower florets worked perfectly. Convenient canned chickpeas held their shape through cooking and soaked up some flavor from the sauce. We found it was necessary to hold a few ingredients out of the multicooker until after pressure or slow cooking: Green beans inevitably overcooked if added at the beginning; coconut milk maintained a brighter, fresher flavor when stirred in at the end.

- 3 tablespoons vegetable oil
- 2 onions, chopped fine
- Salt and pepper
- 4 teaspoons curry powder
- 1½ teaspoons garam masala
- 3 garlic cloves, minced
- 1 serrano chile, stemmed, seeded, and minced
- 1 tablespoon grated fresh ginger
- 1 tablespoon tomato paste
- 2 cups chicken or vegetable broth, plus extra as needed
- ½ head cauliflower (1 pound), cored and cut into 1-inch florets
- 12 ounces sweet potatoes, peeled and cut into ¾-inch pieces
- 1 (15-ounce) can chickpeas, rinsed
- 1 (14.5-ounce) can diced tomatoes
- 8 ounces green beans, trimmed and cut into 1-inch lengths
- ½ cup canned coconut milk
- ⅓ cup minced fresh cilantro

1 Using highest sauté or browning function, heat oil in multicooker until shimmering. Add onions and ½ teaspoon salt and cook until softened and lightly browned, 5 to 7 minutes. Stir in curry powder and garam masala and cook until fragrant, about 1 minute. Stir in garlic, serrano, ginger, and tomato paste and cook until fragrant, about 1 minute. Stir in broth, scraping up any browned bits, then stir in cauliflower, potatoes, chickpeas, and tomatoes.

2A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 2 minutes. Turn off multicooker and quick-release pressure. Carefully remove lid, allowing steam to escape from you.

2B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until vegetables are tender, 4 to 5 hours. (If using Instant Pot®, select high slow cook function and increase cooking range to 6 to 7 hours.) Carefully remove lid, allowing steam to escape away from you.

3 Gently stir green beans into curry and cook using highest sauté or browning function until crisp-tender, 6 to 8 minutes. Turn off multicooker. Stir in coconut milk and adjust consistency with extra hot broth as needed. Stir in cilantro and season with salt and pepper to taste. Serve.



BRAISED CHICKEN THIGHS WITH WHITE BEANS, PANCETTA, AND ROSEMARY

serves 4

pressure cook total time 50 minutes

slow cook total time 3 hours 30 minutes

why this recipe works For a Tuscan-inspired chicken dinner, we combined rich chicken thighs with bold, salty pancetta, woody rosemary, and creamy, mild cannellini beans. We started by browning the chicken thighs to render the fat and give the dish extra richness and savory depth, then used the fat to crisp the pancetta and brown the garlic. Canned beans worked perfectly, softening just enough in the multicooker and absorbing lots of flavor. A couple sprigs of rosemary, added to the pot with the beans, infused the dish with subtle floral notes. This recipe was an ideal fit for the multicooker; whether pressure cooking or slow cooking, we ended up with tender, juicy meat and creamy, savory beans infused with aromatic flavor. Don't be shy with the olive oil drizzle at the end; add at least a tablespoon to boost the creaminess of the bean mixture considerably.

8 (5- to 7-ounce) bone-in chicken thighs, trimmed
Salt and pepper
1 tablespoon extra-virgin olive oil, plus extra for drizzling

2 ounces pancetta, chopped fine
5 garlic cloves, peeled and smashed
2 (15-ounce) cans cannellini beans, rinsed

½ cup water
2 sprigs fresh rosemary
1 tablespoon chopped fresh parsley

1 Pat chicken dry with paper towels and season with salt and pepper. Using highest sauté or browning function, heat oil in multicooker for 5 minutes (or until just smoking.) Place half of chicken skin side down in multicooker and cook until browned, 5 to 7 minutes; transfer to plate. Repeat with remaining chicken; transfer to plate.

2 Add pancetta, garlic, and ¼ teaspoon pepper to fat left in multicooker and cook until garlic is golden and pancetta is crisp and browned, about 3 minutes. Stir in beans, water, and rosemary sprigs. Nestle chicken skin side up into multicooker along with any accumulated juices.

3A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 9 minutes. Turn off multicooker and quick-release pressure. Carefully remove lid, allowing steam to escape away from you.

3B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until chicken is tender, 2 to 3 hours. (If using Instant Pot®, select high slow cook function and increase cooking time to 4 to 5 hours.) Carefully remove lid, allowing steam to escape away from you.

4 Transfer chicken to serving dish and discard skin, if desired. Tent with aluminum foil and let rest while finishing beans.

5 Cook beans using highest sauté or browning function until liquid is thickened slightly, about 3 minutes. Discard rosemary sprigs. Stir in parsley and season with pepper to taste. Drizzle individual portions of beans with extra oil before serving with chicken.

BUFFALO CHICKEN WINGS

serves 6 to 8

pressure cook total time 1 hour

slow cook total time 3 hours

why this recipe works Great wings should boast juicy, tender meat and a crisp coating. You might not consider making them in your multicooker, but this appliance turned out to be the perfect all-in-one vessel for this crowd-pleasing bar snack. Both pressure and slow cooking the wings did a great job rendering excess fat and producing perfectly tender, fall-off-the bone meat. Using hot sauce as our cooking liquid infused the wings with great flavor from the outset. But while our wings were emerging amazingly juicy and flavorful, they lacked the hallmark crisp exteriors of truly great wings. Frying is the best way to get the crunch we were after, but monitoring the temperature of the oil can be difficult. Then it occurred to us that the multicooker has a temperature regulator built right in: The heating element is designed to reach a specific temperature on each setting. It reaches this temperature very quickly, then self-regulates to maintain the heat—which means there’s no need for the cook to babysit a thermometer or fuss with stove burners. With this in mind, we set aside the parcooked wings and used the highest sauté or browning function to heat just enough oil to submerge the wings in batches. Once the oil had come up to temperature, we fried the wings, and were happy to find that the high sides of the pot also prevented the oil from splattering and making a mess. Finally, we tossed our hot, golden-brown wings with a classic Buffalo sauce that we quickly stirred together, using a combination of Frank’s RedHot Original Sauce and Tabasco for extra kick. We deepened the sauce’s flavor by adding brown sugar and cider vinegar. With a homemade blue cheese dressing served alongside, our foolproof multicooker wings were complete. Serve with celery and carrot sticks.

creamy blue cheese dressing

2½ ounces blue cheese, crumbled (½ cup)

3 tablespoons buttermilk

3 tablespoons sour cream

2 tablespoons mayonnaise

2 teaspoons white wine vinegar

Salt and pepper

wings

3 pounds chicken wings, cut at joints and trimmed, wingtips discarded

1 cup hot sauce, preferably Frank’s RedHot Original Cayenne Pepper Sauce

4 cups vegetable oil

4 tablespoons unsalted butter, melted

2 tablespoons Tabasco sauce or other hot sauce

1 tablespoon packed dark brown sugar

2 teaspoons cider vinegar

1 for the creamy blue cheese dressing Mash blue cheese and buttermilk in small bowl with fork until mixture resembles cottage cheese with small curds. Stir in sour cream, mayonnaise, and vinegar and season with salt and pepper to taste. Cover and refrigerate until ready to serve. (Dressing can be refrigerated for up to 4 days.)

2 for the wings Combine chicken wings and ½ cup hot sauce in multicooker.

3A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 5 minutes. Turn off multicooker and quick-release pressure, then carefully remove lid, allowing steam to escape away from you.



3B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until wings are tender, 1 to 2 hours. (If using Instant Pot®, select high slow cook function.) Carefully remove lid, allowing steam to escape away from you.

4 Adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet. Using slotted spoon, transfer wings to prepared rack and pat dry with paper towels. Discard cooking liquid and wipe multicooker clean with additional paper towels.

5 Using highest sauté or browning function, heat oil in now-empty multicooker until it registers between 325 to 350 degrees. Carefully place one-third of wings in oil and cook until golden and crisp, 8 to 10 minutes, turning halfway through cooking. (If using Instant Pot®, increase cooking time to about 15 minutes.) Using slotted spoon, return wings to prepared sheet and keep warm in oven. Return oil to 325 to 350 degrees and repeat with remaining wings in 2 batches.

6 Whisk melted butter, Tabasco, sugar, vinegar, and remaining ½ cup hot sauce together in large bowl. Add wings and toss to coat. Serve immediately.

PORK LOIN WITH MOLE POBLANO SAUCE

serves 6

pressure cook total time 1 hour slow cook total time 2 hours 45 minutes

why this recipe works Pork loin roasts are perfect blank canvasses for intensely flavored sauces, so we decided to pair ours with a richly flavorful mole sauce. Mole sauces usually require a long simmer to develop their characteristic deep, complex flavors, which means they must usually be cooked separately from the meat. But with the multicooker, we could deepen the flavor of our sauce either quickly using the pressure setting or slowly and gently using the slow setting, which meant that we could cook the pork and the sauce at the same time in only one vessel. We decided to create a mole poblano, which contains dried chiles, spices, cocoa, tomatillos, tomatoes, dried fruit, and nuts and seeds for body. We toasted the chiles right in the multicooker pot, which deepened their flavor and saved us from having to dirty an additional pan. To make sure the roast cooked evenly, we cut it in half (this also helped it fit into smaller, 6-quart multicookers), and we cut the tomatoes and tomatillos into relatively large pieces and placed the pork on top so that it wasn't submerged in liquid. We blended the sauce after cooking to achieve its hallmark velvety consistency. For the best results, we strongly recommend brining the pork in a solution of 2 quarts cold water, ¼ cup salt, and ¼ cup sugar for 1½ to 2 hours before cooking. If only “enhanced” pork is available (the label will state that the pork was injected with a water-salt solution), do not brine the pork. When using the slow cook function, check the pork's temperature after 1 hour of cooking and continue to monitor until it registers 145 degrees.

1 (2½- to 3-pound) boneless pork loin roast, trimmed, halved crosswise, and brined if desired

2-3 pasilla chiles, stemmed, seeded, and torn into ½-inch pieces (1 cup)

1 tablespoon vegetable oil

1 onion, chopped

Salt and pepper

2 garlic cloves, minced

2 teaspoons minced fresh oregano or ½ teaspoon dried

⅛ teaspoon ground cloves

⅛ teaspoon ground cinnamon

1 cup chicken broth, plus extra as needed

1 tomato, cored and quartered

TK ounces tomatillos, husk and stem removed, rinsed well, dried, and halved

3 tablespoons unsalted dry-roasted peanuts

2 tablespoons sesame seeds, toasted

2 tablespoons raisins

1 tablespoon unsweetened cocoa powder

1 Using highest sauté or browning function, toast chiles in multicooker, stirring frequently, until fragrant, 2 to 6 minutes; transfer to bowl.

2 Heat oil in now-empty multicooker until shimmering. Add onion and 1 teaspoon salt and cook until softened, 3 to 5 minutes. Stir in garlic, oregano, cloves, and cinnamon and cook until fragrant, about 30 seconds. Stir in broth, scraping

up any browned bits. Stir in tomato, tomatillos, peanuts, 1 tablespoon sesame seeds, raisins, cocoa, chiles, and ½ teaspoon pepper. Place roasts fat side up on top of tomato-tomatillo mixture so they sit above liquid.

4A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 5 minutes. Turn off multicooker and let pressure release nat-



urally for 15 minutes. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.

4B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until pork is tender and registers 145 degrees, 1 to 2 hours. (If using Instant Pot®, select high slow cook function.) Carefully remove lid, allowing steam to escape away from you.

5 Transfer pork to carving board, tent with aluminum foil, and let rest for 5 to 10 minutes.

6 Process cooking liquid in blender until smooth, 1 to 2 minutes. Adjust consistency with extra hot broth as needed. Season with salt and pepper to taste. Remove twine from roasts, slice into ¼-inch-thick slices, and transfer to serving dish. Spoon 1 cup sauce over pork and sprinkle with remaining 1 tablespoon sesame seeds. Serve, passing remaining sauce separately.

RUSTIC ITALIAN BRAISED BEEF SHORT RIBS

serves 4

pressure cook total time 2 hours 10 minutes

slow cook total time 8 hours 40 minutes

why this recipe works Beefy short ribs turn silky and luxurious when cooked in the enclosed environment of the multicooker, so we decided to create a classic braise with an Italian flavor profile. Starting with the aromatics, we softened onions and bloomed tomato paste, garlic, oil, oregano, and red pepper flakes using the sauté function of the multicooker. This developed big aromatic flavor in the sauce in no time at all. We added canned diced tomatoes and a small amount of water before nestling the short ribs into the sauce base. As the short ribs cooked, the tomatoes softened and melded with the aromatic ingredients and the meaty short ribs to create a hearty tomato sauce reminiscent of a traditional Sunday gravy. A generous sprinkling of fresh basil finished the dish on a bright note. The thickness and marbling of boneless short ribs can vary a good deal. Look for lean ribs cut from the chuck. If in doubt, ask your butcher for the cut by its technical designation: NAMP 130A. If you need to buy bone-in English-style ribs, slice off the ribs, cartilage, and excess fat. If your short ribs are a single slab, cut them into 2- to 3-inch-wide strips. Serve with mashed potatoes or polenta.

1 tablespoon extra-virgin olive oil
2 onions, chopped
Salt and pepper
10 garlic cloves, sliced thin
1 tablespoon tomato paste

1 tablespoon minced fresh oregano or 1 teaspoon dried
½ teaspoon red pepper flakes
2 (15-ounce) can diced tomatoes

½ cup water
2½ pounds boneless short ribs, 1½ to 2 inches thick, 2 inches wide, and 4 to 5 inches long, trimmed
¼ cup chopped fresh basil

1 Using highest sauté or browning function, heat oil in multicooker until shimmering. Add onions and ¼ teaspoon salt and cook until softened and lightly browned, 5 to 7 minutes. Stir in garlic, tomato paste, oregano, and pepper flakes and cook until fragrant, about 1 minute. Stir in tomatoes and water, scraping up any browned bits. Season short ribs with salt and pepper and nestle into multicooker.

2A to pressure cook Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 60 minutes. Turn off multicooker and let pressure release naturally for 15 minutes. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.

2B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until beef is tender and knife slips easily in and out of meat, 7 to 8 hours. (If using Instant Pot®, select high slow cook function and increase cooking range to TK to TK hours.) Turn off multicooker and carefully remove lid, allowing steam to escape away from you.

3 Transfer short ribs to serving dish, tent with aluminum foil, and let rest while finishing sauce.

4 Using highest sauté or browning function, cook sauce until slightly thickened, 10 to 15 minutes. Turn off multicooker. Let sauce settle for 5 minutes, then skim excess fat from surface using large spoon. Stir in basil and season with salt and pepper to taste. Spoon 1 cup sauce over short ribs and serve, passing remaining sauce separately.



RICH AND CREAMY CHEESECAKE

serves 8

pressure cook total time

1 hour 30 minutes (plus cooling and chilling time)

slow cook total time

3 hours 30 minutes (plus cooling and chilling time)

why this recipe works Cheesecake may not be the first thing you think of when you think of your multicooker, but in fact, the moist cooking environment is ideal for this notoriously tricky dessert, since it helps prevent the cheesecake from drying out and cracking. We set our sights on developing a foolproof recipe that could be pressure or slow cooked and would boast all the sweet creaminess that we expect from a great cheesecake. A simple graham cracker crust was a snap to make in a food processor and, with the processor already out, we reused it to attain a supersmooth filling. By mixing the cream cheese with sugar, sour cream, and a couple of eggs, we achieved the perfect balance of richness and sweetness. But the crust and the filling were the easy part: When it came time to pressure cook or slow cook, things got trickier. We discovered a few secrets to success: We covered the cheesecake with foil so that any condensation wouldn't drip down and mar the cake's smooth surface. We created a steamy environment by adding some water to the bottom of the multicooker, raising the springform pan above the surface of the water using a simple foil cylinder. When pressure cooking, we found that the low pressure setting produced a cheesecake with a better texture than the high pressure setting, which caused the cake to puff and curdle. Letting the pressure release naturally for a full 30 minutes allowed the cheesecake to gently finish cooking in the residual heat. Similarly, when using the slow cook function, we cooked the cake on the low setting, then let it rest in the covered (but off) multicooker for another hour. Whatever setting we chose, our cheesecake emerged from the multicooker with a perfectly creamy filling and nary a crack. You will need a 6-inch springform pan for this recipe. To make neat slices, dip the knife blade into hot water and wipe it clean with a dish towel after each cut.

6 whole graham crackers, broken into 1-inch pieces

2 tablespoons unsalted butter, melted and cooled

1 tablespoon sugar plus 2/3 cup (4 2/3 ounces)

1/2 teaspoon ground cinnamon

Salt

18 ounces cream cheese, softened

1 teaspoon vanilla extract

1/4 cup sour cream

2 large eggs, room temperature

1 Pulse graham crackers in food processor to fine crumbs, about 20 pulses. Add melted butter, 1 tablespoon sugar, cinnamon, and pinch salt and pulse to combine, about 4 pulses. Sprinkle crumbs into 6-inch springform pan and press into even layer using bottom of dry measuring cup. Wipe out processor bowl.

2 Process cream cheese, vanilla, 1/4 teaspoon salt, and remaining 2/3 cup sugar in now-empty processor until combined, about 15 seconds, scraping down sides of bowl as needed.

Add sour cream and eggs and process until just incorporated, about 15 seconds; do not overmix. Pour filling into prepared pan, smooth top, and cover with aluminum foil.

3 Fill multicooker with 1/2 inch water (about 2 cups). Loosely roll 24 by 12-inch piece foil into 1-inch cylinder, then bend cylinder to form 5-inch circle. Place foil rack in center of multicooker and set pan on top.



4A to pressure cook Lock lid in place and close pressure release valve. Select low pressure cook function and cook for 30 minutes. (If using Instant Pot®, decrease cooking time to TK.) Turn off multicooker and let pressure to release naturally for 30 minutes. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape from you.

4B to slow cook Lock lid in place and open pressure release valve. Select low slow cook function and cook until cake registers 150 degrees, 1 to 2 hours. (If using Instant Pot®, select high slow cook function.) Turn off multi-cooker and let cheesecake sit, covered, for 1 hour.

5 Transfer cheesecake to wire rack and discard foil cover. Run small knife around edge of cake and gently blot away condensation using paper towels. Let cheesecake cool in pan

to room temperature, about 1 hour. Cover with plastic wrap and refrigerate until well chilled, at least 3 hours or up to 3 days.

6 About 30 minutes before serving, run small knife around edge of cheesecake, then remove sides of pan. Invert cheesecake onto sheet of parchment paper, then turn cheesecake right side up onto serving dish. Serve.

RICH AND CREAMY CHEESECAKE WITH STRAWBERRY TOPPING

Crush 8 ounces hulled strawberries with potato masher in bowl. Stir in 12 ounces hulled and sliced strawberries and 3 tablespoons sugar and let sit at room temperature until sugar has dissolved and berries are juicy, at least 30 minutes or up to 2 hours. Spoon over individual slices of cheesecake.



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- Every recipe can be made on the pressure setting or the slow cook setting, so cooks can choose based on their schedule.
- 75 absolutely foolproof, family-friendly recipes, from soups and stews to easy dinners to impressive roasts.
- Recipes have been rigorously tested across multiple brands and sizes of multicookers so they work in any appliance.
- Introduction section pulls back the curtain on the differences between multicookers to set you up for success.

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