

MASTERPRO
PREMIUM QUALITY

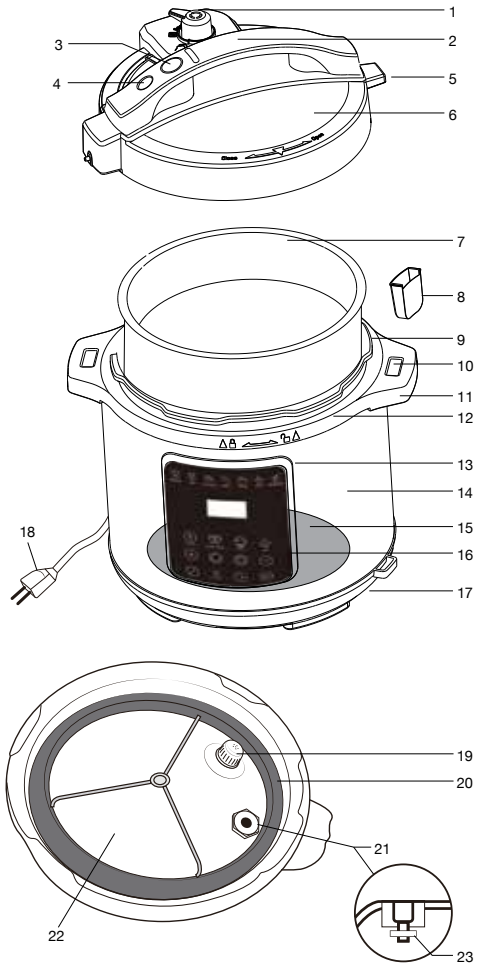
**12-IN-1
6L DIGITAL
MULTI COOKER**

F5100245

Thank you for choosing the MasterPro 12-in-1 6L Digital Multi Cooker. To ensure proper operation and to maintain the lifespan of your appliance, please read these instructions carefully before use.

PRODUCT OVERVIEW

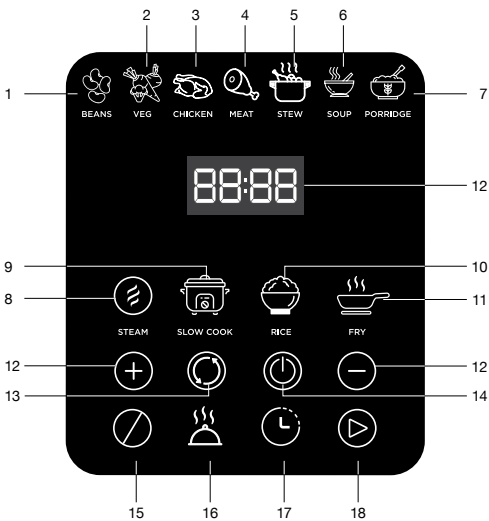
1. Pressure Valve
2. Handle
3. Lid Unlock Button
4. Float Valve (external view)
5. Lid Rest Tab
6. Lid
7. Outer Pot (non-detachable)
8. Condensation Cup
9. Cooking Pot (outer wall)
10. Lid Rest (lid can latch onto either side handle)
11. Main Body Handles
12. Upper Ring
13. Control Panel
14. Main Body
15. Heating Plate
16. Control Panel
17. Base
18. Power Cord
19. Anti-block Filter
20. Silicone Seal Ring
21. Float Valve (internal view)
22. Y-ring
23. Seal Ring for Float Valve



CONTROL PANEL OVERVIEW

1. Beans/Chili
2. Vegetables
3. Chicken
4. Meat
5. Stew
6. Soup/Broth
7. Porridge/Congee
8. Steam
9. Slow Cook
10. Rice/Grains
11. Fry/Sauté
12. Time adjustment buttons
13. Preset selection
14. Power button

15. Cancel
16. Keep Warm
17. Delay Start
18. Start



IMPORTANT SAFETY INSTRUCTIONS

Read all the instructions before operating the appliance and retain for future use.

- This appliance is intended for indoor household use only.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not use this appliance unsupervised. Do not let the cord hang down where children can grab and pull.
- Children should not be allowed to play with the appliance.
- The supply cord should be regularly examined for signs of damage. If the supply cord is damaged, it must be replaced by qualified persons to avoid hazards.
- Do NOT operate any appliance with a damaged cord or plug, or after the appliance malfunctions, is dropped, or has been damaged in any manner.
- The appliance should always be used on a hard and stable surface, such as a table or benchtop.
- Do NOT operate this appliance using an extension cord.
- To protect against the risk of fire, electric shock, or personal injury, do not immerse the cord, plug, or unit in water or other liquids.
- Ensure that the voltage indicated on the rating plate matches your domestic power supply.

- Do not place appliance or cord on hot surfaces such as stoves, hotplates or near open gas flames.
- Only use parts, attachments and accessories provided with this product.
- Switch off appliance and disconnect from supply when not in use and before changing accessories, fitting, approaching moving parts, and cleaning.
- Disconnect the appliance from the power outlet by grasping the plug. Do not pull on the cord.
- Never leave appliance unattended.
- The surface of this appliance may become hot during operation. Always use the handles to lift or move appliance while in operation.
- Do NOT fill the cooker beyond two-thirds full when cooking foods that expand during cooking such as rice, dried vegetables, etc. as this may increase the risk of clogging the vent pipe resulting in excessive pressure in the cooker. Failure to abide by this can result in injury.
- Do NOT attempt to open the lid until the float valve has dropped, indicating all pressure has been released. Do not force the lid open. The container must not be opened until pressure has decreased sufficiently.
- Do not move the appliance or force the lid open while in use. Ensure the lid is properly closed before operating.
- Do not cover or obstruct any of the valves (pressure valve, float valve).
- The pressure valve and floating valve should be checked regularly to ensure they are not blocked.
- Do not attempt to deep fry foods in this appliance when using Fry mode.
- Exercise extreme caution if moving appliance while containing hot liquids.
- Do not use this appliance for anything other than its intended use.
- This appliance cooks under pressure. Improper use may result in scalding injury.
- Certain foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter and clog the pressure valve. These foods should not be cooked in the appliance.
- For new units, the seal of the lid may be slightly stiffer than normal and slightly difficult to unlock. Once the lid has been opened and closed several times, it will loosen up.
- A mild odour may be emitted on initial opening. This is normal for first use.
- If the silicone seal ring is damaged, do not use the cooker. Contact your retailer to repair or replace.
- This unit has a built-in safety feature that prevents all functions from activating if the lid is not properly locked/secured into place. The control panel display will flash LID and continuously beep until the lid is properly closed. This is to prevent the unit from cooking without the lid being properly secured.

Pressure valve warning

WARNING: Hot steam will escape from the pressure valve while rotating. Keep hands and face away to avoid serious injury. Always use tongs or a long kitchen tool to set the valve to 'venting' (Figure 1).

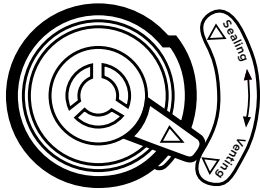


Figure 1

PACKAGING AND RECYCLING

The materials used for this product's packaging can be reused, recycled, and disposed of through specific waste streams.

- **REUSE:** Keep packaging to safely store or transport your appliance, preventing damage.
- **RECYCLE:** Look for recycling symbols on packaging components to identify if they are recyclable. Check with your local authority to find out what materials are accepted for recycling in your area.
- **DISPOSE:** Look for symbols on packaging components and dispose of materials accordingly.

TECHNICAL INFORMATION

Power supply	220-240V~, 50-60Hz
Input Power	1000W

BEFORE FIRST USE

1. Remove packaging materials such as cardboard, plastics and discard appropriately.
2. Clean all parts by wiping with a soft damp cloth or sponge and dry thoroughly.
3. Thoroughly clean cooking pot in the dishwasher or with warm soapy water. Rinse, towel or air-dry, and place in the cooker.

ASSEMBLY INSTRUCTIONS

Silicone seal ring assembly

Always ensure the silicone seal ring is securely fitted onto the metal Y-ring in the interior of the lid. Make sure the crease in the silicone seal ring aligns with the outside of the Y-ring all the way around. Then place the Y-ring and silicone seal ring back into the lid making sure the hole in the centre of the Y-ring's cross-section is lined up with the metal pin in the centre of the lid. Press down firmly until the Y-ring is secured onto the lid (Figures 2-3).

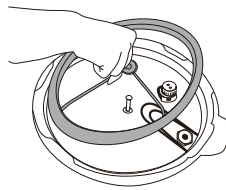


Figure 2

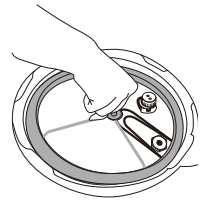


Figure 3

Condensation cup assembly

The condensation cup is a clear plastic piece that slides and snaps into the rear of the cooker. Place condensation cup in rear of the unit until it locks into place, as shown in (Figure 4).

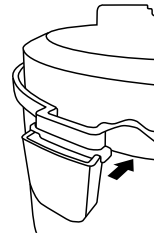


Figure 4

OPERATING INSTRUCTIONS

1. To open lid hold the handle firmly while pushing down on the red lid unlock button. Turn the lid anticlockwise until it loosens and lift vertically. The lid can then be conveniently placed on the lid rest (Figure 5).

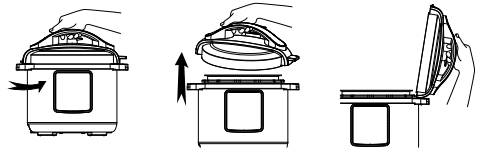


Figure 5

2. Make sure the inside of the main body, especially the area around the heating plate, is clean and dry before placing the cooking pot inside the main body. Adjust the pot left and right to ensure optimal contact between the cooking pot and heating plate.
3. Add your desired food to the cooking pot.
4. To properly close and secure the cooker lid, ensure the silicone seal ring is fitted onto the lid all the way around. Align the OPEN and CLOSE markings on the lid and main body as instructed above. Remove any food residue from the rim of the upper ring to ensure proper seal. Then take the lid off the lid rest, hold the handle and close it downwards at the opened lid position (Figure 6). Turn clockwise until you reach the closed lid position, and a clamping sound can be heard (Figure 7).

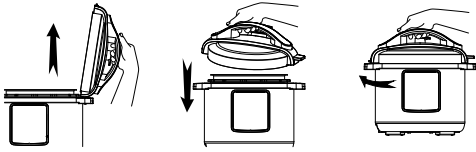


Figure 6

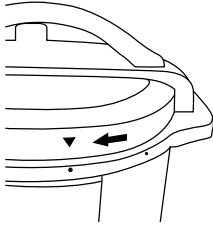


Figure 7

- Adjust the pressure valve to 'Sealing' position (Figure 8) and ensure the float valve sinks.

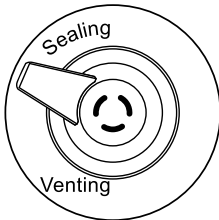


Figure 8

- Plug the power cord into the cooker and then into the wall outlet. Press the power button to switch on the cooker. The indicators on the control panel will light up and the LED display will show 00:00.
- Press the Menu (mode selection) button to cycle between the Beans / Fish / Stew / Chicken / Meat / Steam / Soup / Slow Cook / Vegetables / Rice / Fry cook modes. The selected indicator will flash, and the LED display will show 00:XX (XX being the default cook time for the selected setting in minutes).
- Alternatively, set the desired custom cook time using the time adjustment buttons to increase or decrease.
- Once the desired setting or cook time is selected, press Start. After sufficient pressure has built, the LED display will change to P:XX and begin counting down till cook time lapses.
Note: The Slow Cook and Fry modes do not use pressure and will display 00:XX.
- Once the timer runs out, the cooker will beep and automatically enter the Keep Warm state. The Keep Warm button will illuminate and show 'bb' on the LED display.
- Release pressure naturally or turn the pressure valve to the Venting position (see instructions to right).

- Once pressure is released completely, press the red lid unlock button to open the lid – your food is ready!
- To reset or cancel the selected cook, press Cancel any time during the cooking process. The display will revert to 00:00.

LID RELEASE OPTIONS

Natural Release: Once the cooker enters the Keep Warm button stage, pressure within will begin to drop naturally. The time taken for pressure to drop depends on the amount of liquid in the cooker and the cook time; this can take between 15-30 minutes. Food will continue to cook during pressure release, so this method is recommended for certain cuts of meats, soups, rice and some desserts. Once pressure is fully released the float stopper will drop (Figure 9) and the lid can be unlocked. Do not force the lid open. If the lid feels tight, please allow additional time for pressure to fully release before attempting to open the lid.

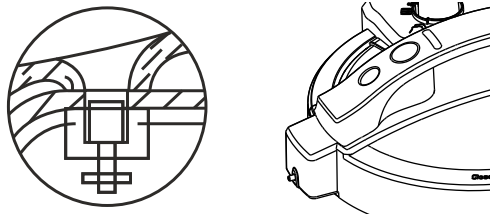


Figure 9

Quick Release: This method is recommended for foods that require a medium or medium rare cook. Once the cooker enters the Keep Warm button stage, press Cancel button and revert the display to 00:00. Using tongs or an oven mitt, carefully turn the pressure valve to the Venting position to release pressure until the float stopper sinks. Always ensure the float stopper sinks before attempting to open the lid.

OPERATING TIPS

- If the cooker is left in the Keep Warm button state for more than 4 hours, it may alter the texture of the food.
- The pressure valve cannot be adjusted immediately after operating the cooker with the Soup/Broth or Porridge/Congee program settings. For these settings, use the Natural Release method (see Operating Instructions) to open lid once cooking is complete. Turning pressure valve to the venting position may cause soup or porridge to release with the steam and block the vent.
- Please avoid filling the cooking pot above the marked lines on the inner wall. When cooking, ensure that the total amount of food and liquid together does not go beyond two-thirds of the pot's capacity. For foods like dried vegetables, beans, rice, and grains, the total volume should not surpass half the pot's capacity. Overfilling might block

the pressure valve, leading to excessive pressure buildup in the cooker. Remember to include at least half a cup of liquid for every cooking session.

PROGRAM SETTINGS

Cook Mode	Pressure Cooking	Default Cook Time	Adjustable Time Range
Beans/Chili	Yes	30 mins	1–4 hours
Vegetables	Yes	15 mins	1–4 hours
Chicken	Yes	15 mins	1–4 hours
Meat	Yes	35 mins	1–4 hours
Stew	No	30mins	1–4 hours
Soup/Broth	Yes	30 mins	1–4 hours
Porridge/ Congee	Yes	20 mins	15–30 mins
Steam	No	10 mins	5 min– 1 hour
Slow Cook	No	4 hours	30 min– 24 hours
Rice/Grains	Yes	12 mins	1min–1 hour
Fry/Sauté	No	30 mins	5–30 mins
Keep Warm (60–80°C)	No	Up to 24 hours	24 hours

PRESSURE COOKING PROGRAMS

BEAN/CHILI

- Use this function to cook your beans – or make great lentil curries, chillies and homemade baked beans. Follow your favourite recipe for chilli con carne or make a simple bean dish.
- Ensure lid is locked securely in place and pressure valve is in sealing position. Follow the below guidelines for recommended cooking times.
Tip: cook beans in bulk, portion out in containers and freeze to store.

Pulse type	Soaked – Quick Release (mins)	Soaked – Natural Release (mins)	Unsoaked – Quick Release (mins)
Pinto beans	1–3	4–6	22–25
Red kidney beans	5–8	10–12	20–25
Cannellini beans	6–8	10–13	30–40
Soybeans, beige	16–18	9–12	28–35
Soybeans, black	6–8	20–22	35–40
Chickpeas	9–14	13–18	30–40
French green lentils	-	-	10–12
Green, brown lentils	-	-	8–10
Red, split, yellow lentils	-	-	4–6
Split, green, yellow peas	-	-	6–10

VEGETABLES

- Use this function to cook tender potatoes, pumpkin, broccoli, asparagus, or your favourite root vegetables. Also ideal for mash or roasted potatoes in butter and fresh herbs.
- Use the time keys to adjust cooking time depending on recipe and quantity. Ensure lid is locked securely in place and pressure valve is in sealing position.

CHICKEN AND MEAT

- These versatile functions allow you to cook at the temperature your recipes require, creating tender meats and chicken. Try the pulled chicken, BBQ pork ribs and Bolognese recipes to eat immediately or save for sandwiches the next day.
- Use time keys to adjust cooking time depending on type and quantity of meat. Ensure lid is locked securely in place and pressure valve is in sealing position.

SOUP/BROTH/PORRIDGE/CONGEE

- Adjust cooking time as necessary for your recipe. Ensure lid is locked securely in place and pressure valve is in the sealing position.
- Note:** It is recommended to use the Natural Release lid opening method (see Operating Instructions) to remove lid once cooking is complete. Turning pressure valve to the venting position may cause soup or porridge to release with the steam and block the vent.

RICE/GRAINS

- Refer to table below for recommendations for brown and white rice variations. For fluffier rice add a little extra water; reduce water for firm rice.
- Wild rice is not recommended to cook in the multi-cooker as it requires a significant amount of water.
- Ensure that rice is evenly spread across the bottom of the bowl and not heaped to one side. Always wash both white and brown rice before cooking, this removes excess starch preventing clumping and results in a fresh taste.

White rice including jasmine and basmati

Uncooked rice (cups)	Cold water (cups)	Cooked rice (cups)	Cooking time (mins)
2	2	5	10–12
4	4	9	12–15
6	6	15	15–20
8	8	16	20–25
10	10	27	25–30

Brown rice including sushi, Arborio and quinoa

Uncooked rice (cups)	Cold water (cups)	Cooked rice (cups)	Cooking time (mins)
2	3	5	25-30
4	6	10	30-40
6	9	15	40-45

NON-PRESSURE-COOKING PROGRAMS

SLOW COOK

- Slow cooking is designed to layer flavours and enhance taste.
- Use appliance as a slow cooker for meals such as lamb shanks and curries.
- Chicken or small pieces of meat will have the best results when cooked for 3-4 hours. Larger pieces such as lamb will have best results when cooked for 6-8 hours.

Note: Cooking times are approximate only, times can vary depending on ingredients and quantities.

FRY/SAUTÉ

- This setting allows you to pre-fry food over high heat without the lid before slow cooking. Use this mode for foods that require a golden-brown colour and to add a richer flavour upon cooking.

Method:

1. Open the lid and add a little oil or butter to the inner pot before adding food.
2. Switch on the cooker and press menu button to select Fry mode, adjust the timer, and press Start.
3. Stir or turn food as needed until it achieves your desired colouration or consistency.
4. Press Cancel to end the frying process any time while the timer is counting down.

STEAM

- This setting allows you to steam vegetables or meat for your desired length of time for an even cook with plenty of moisture.
- When using the Steam function pour ½ cup water into inner pot and secure steam rack.
- When steaming fish, ensure the fillet is seasoned prior to steaming. Lay fillets so they do not overlap, cook for 8-10 minutes or until the fish is flaky and opaque in colour.
- Chicken can also be steamed, making sure all pieces are a similar size with visible fat and skin removed. Lay so there is no overlapping, and cook for 18-20 minutes for thigh, 20-25 for breast, and 30-35 minutes for drumstick. Pierce the thickest part if juice runs clear the chicken is cooked. For a browned appearance, sear with Fry function before steaming.
- Fresh or frozen dumplings and buns can be steamed. Place on pieces of baking paper to avoid sticking to the pot. Fresh buns and dumplings will take approximately 10-15 minutes and frozen dumplings approximately 10-20 minutes.

- When steaming fresh or frozen vegetables, try to ensure they are cut to a standard size for even cooking. When steaming frozen vegetables, no thawing is needed. Adjust cooking time to personal taste.
- It is recommended to use Quick Release lid opening method to release steam and remove the lid once cooking is complete; allowing appliance to cool naturally may overcook your food. Exercise extreme caution when releasing steam using this method. Do not let the cooking bowl dry during the steaming process.

Vegetables	Quantity	Cooking time (mins)
Snow peas	250g	4-5
Frozen peas	250g	4-5
Zucchini	350g	5-6
Broccoli	250g	8-10
Cabbage	500g	10-12
Asparagus	2 bunches	12-14
Beetroot	300g	12-14
Brussels sprouts	375g	17-19
Corn	2 small cobs	20-25

STEW

- Adjust cooking time as necessary for your recipe. Ensure lid is locked securely in place and pressure valve is in the sealing position.
- **Note:** It is recommended to use the Natural Release lid opening method [see Operating Instructions] to remove lid once cooking is complete. Turning pressure valve to the venting position may cause stew to release with the steam and block the vent.

DELAY START

You can delay the start of your cook by up to 24 hours by using the Preset (⌚) button. Switch on the cooker and press Preset (⌚) button; the LED display will show the default delay start time of 30 minutes. Press Preset (⌚) button again to increase the delay time; each button press is a 30-minute increment. Once your desired delay time is reached, press the menu button to cycle between cook modes and follow cooking process as usual.

CLEANING

- Always make sure the cooker is unplugged, depressurized, and completely cooled down before disassembling.
- Use a non-abrasive sponge or damp cloth to clean the main body. DO NOT immerse the main body in any liquids or pour liquid into it.
- Remove the condensation cup and rinse it thoroughly and let dry. Clean the inside of the main body and upper ring with a damp sponge or cloth.
- Remove the pressure valve by gripping and firmly pulling upwards. Rinse with warm water and dry.

- Clean the lid with warm soapy water, including the silicone seal ring, filter, vent, float valve, and dry all parts thoroughly.
- To clean the metal filter, remove it from the underside of the lid below the pressure valve by pulling vertically and rinse thoroughly. To reattach, simply align the filter and press down to secure (Figure 10).

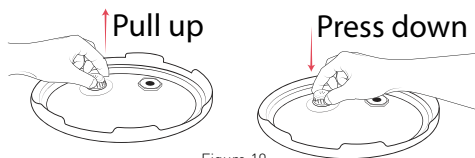


Figure 10

- Let parts dry completely before reassembling.
- Wash the cooking pot, Y-ring rack, and stainless steel lid with a non-abrasive sponge and allow to air dry or use a towel. Do not use a scouring pad or steel wool to clean the cooking pot as this can scratch its inner surface.
- Store the cooking pot inside of the cooker. Store the cooker in a cool, dry location.
- Do not close the lid tightly on the cooker when storing. This prevents gasket wear and tear.

TROUBLESHOOTING

Issue	Fault Description
Lid does not lock.	The silicone seal ring is not properly installed, reinstall.
	The float valve has seized, push down stopper until it moves smoothly.
Lid does not open.	The float valve is still up, simply push it down.
Air leaks from rim of lid.	The silicone seal ring is not properly installed, reinstall.
	The silicone seal ring has accumulated food residue or is worn out, clean or replace the ring.
	Lid not locked properly. Follow assembly instructions to properly lock lid.
Air leaks from the float stopper.	The float valve or silicone seal ring has accumulated food residue or is worn out, clean or replace the valve or ring.
	The float valve hole is clogged with residue so it cannot rise. Clean it with a skewer.
Float valve does not rise.	Not enough food or water – check instructions or recipe for quantity.
	Air escaping from rim of lid or from the pressure valve - check to ensure the silicone seal ring and lid liner are installed correctly and float valve is sealed.
Rice is undercooked and hard.	Not enough water, add a small amount of water once tested and preset time for 2–3 minutes.
	Lid opened prematurely, after cooking cycle is complete leave lid on for 5 more minutes.
Display shows error code E1/ E2/E3 when cord is plugged in.	Return to retailer with receipt.
Display shows error code E3 while cooking.	Food burnt or stuck on the bottom of the pot is affecting heat flow. Gently clean the sticky or burnt food off the pot with a silicone or wooden spatula.
Display shows error code E4 when cord is plugged in.	The power cord may be loose or not connected properly. Plug cord in again to ensure connections with both cooker and outlet are secure. If still not functioning, please return to retailer with receipt.

RECIPES

Slow Cooked Lamb Shanks

Ingredients:

- 4 lamb shanks
- Olive oil
- 3 carrots, diced
- 4 celery sticks, chopped
- 3 medium potatoes, diced
- 1 onion, chopped
- 2 garlic cloves, crushed
- ¼ cup tomato paste
- 2 tbsp Worcestershire sauce
- 800g can crushed tomatoes
- 1 cup red wine
- 4 sprigs thyme
- 2 dried bay leaves
- ¼ cup plain flour
- 1 cup water
- 2 beef stock cubes, crushed
- Salt and pepper

Method:

1. Select Fry function on the appliance.
2. While appliance is heating, place flour, salt and pepper and lamb shanks into a plastic bag and shake to coat all over.
3. Once appliance has reached preset temperature, heat olive oil and then sear lamb shanks for approximately 5 minutes, or until browned all over.
4. Switch setting to Keep Warm.
5. Add carrots, celery, potatoes, onion and can of tomatoes to inner pot.
6. In a separate bowl, combine crushed garlic, tomato paste, Worcestershire sauce, red wine, water, and stock. Stir until combined, then pour into inner pot.
7. Season with salt and pepper and stir in thyme sprigs and bay leaves.
8. Select the Slow Cook function on the appliance and adjust time to 8 hours.
9. Serve with mashed potatoes and crusty bread.

Prawn Dumplings

Ingredients:

- 12 uncooked prawns (600g), peeled, de-veined and finely chopped
- 2 tbsp finely chopped water chestnuts
- 2 spring onions, white part only, finely chopped
- 1 tsp finely grated ginger
- 1 tbsp finely chopped coriander
- 1 tbsp oyster sauce
- 1 tbsp vegetable oil
- 1 tsp table salt
- 20 gow gee wrappers
- 6 cups water

Method:

1. Place the prawns, water chestnuts, spring onion, ginger, coriander, oyster sauce, oil and salt in a medium bowl and mix to combine.
2. Place gow gee wrappers on a flat surface and brush the edges with water. Place 1 heaped teaspoon of the prawn mixture in the centre of each wrapper. Firmly fold gow gee wrappers together to seal.
3. Repeat with the remaining wrappers and prawn mixture.
4. Add water to pot and place dumplings to the steaming rack, ensuring they do not touch.
5. Select Steam function and adjust to 15 minutes or until cooked through. Remove from the steamer and keep warm. Repeat with the remaining dumplings.

Chicken & Chorizo Paella

Ingredients:

- 2 skinless free range chicken thighs, diced
- 2 garlic cloves, sliced
- 1 onion, finely diced
- 1 small red capsicum, finely diced
- ½ bunch flat-leaf parsley, finely chopped
- 100g chorizo, sliced
- ½ tsp smoked paprika
- 2 tbsp tomato purée
- 300g paella rice
- 750ml chicken stock
- 100g frozen peas
- Juice and zest of 1 lemon
- Olive oil for frying

Method:

1. Select Fry function, heat oil in inner pot and brown chicken. Remove from pot and set aside.
2. Add garlic, onion, capsicum, finely chopped parsley stalks, chorizo and paprika to inner pot. Sauté for 5 minutes, stirring occasionally. Season to taste.
3. Add chicken back to inner pot along with tomato purée and rice, stirring until rice is translucent.
4. Add stock and stir. Attach lid and select Rice function. Adjust cooking time to 10 minutes.
5. When cooking time has completed, release pressure slowly using pressure valve. Stir through peas, lemon zest, freshly chopped parsley and season again to taste. Serve with a squeeze of lemon.

Mushroom & Truffle Risotto

Ingredients:

- 30g + 1 tsp butter
- 1 small brown onion, chopped
- 1 ½ cups Arborio rice
- ½ dry white wine
- 5 ½ cups chicken stock
- Salt and pepper for seasoning

- 2 tbsp parmesan, grated
- 2 cups small mushrooms, sliced
- 1 tsp truffle oil

Method:

1. Select Fry function on the appliance.
2. Sauté mushrooms in 1 tsp butter until browned. Set aside.
3. Still using the Sauté function, add remainder of butter and onion to the inner pot. Once browned, add rice and stir until coated.
4. Add wine, stock, and seasoning. Secure lid and select Rice function.
5. Once cooking is complete, leave appliance on Keep Warm setting for 5–10 minutes to allow all liquids to fully absorb.
6. Gently stir through cheese, mushrooms, and truffle oil.

Rice

Method:

- Follow rice to water ratio chart. Close lid and select Rice function, adjust to cooking time specified on rice chart.
- For extra flavour add a stalk of lemongrass in with the rice. Once complete remove stalk and serve.
- To create coconut white rice, simply add equal amounts of coconut milk and water.

Chilli Cone Carne

Ingredients:

- 1 tbsp olive oil
- 1 large onion, chopped
- 1 red pepper, chopped
- 2 garlic cloves, crushed
- 1 tsp hot chilli powder
- 1 tsp paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 300ml water
- 400g can chopped tomatoes
- ½ tsp dried marjoram
- 1 tsp sugar
- Salt and pepper for seasoning
- 2 tbsp tomato purée
- 410g can red kidney beans

Method:

1. Select Fry function on the appliance.
2. Add olive oil and onion. Stir frequently for 5 minutes, or until onions are soft and translucent.
3. Add garlic, red pepper, chilli powder, paprika and cumin. Stir well, then allow to cook for another 5 minutes, stirring occasionally.

4. Add mince and break it up with a wooden spoon or spatula. Stir for 5 minutes, or until mince is uniformly broken up and browned.
5. Crumble the stock cube into water and add to the mince mixture. Add chopped tomatoes, marjoram, sugar, salt and pepper and tomato purée. Stir well, then allow to cook for another 5 minutes, stirring occasionally.
6. Add drained beans and stir well.
7. Secure the lid and select Bean function. Adjust time to 10 minutes.
8. Once cooking is complete, leave multicooker on Keep Warm setting for 5–10 minutes to allow all flavours to fully absorb.
9. Serve with rice and sour cream.

Bacon Baked Breakfast Beans

Ingredients:

- 200g dried haricot beans, soaked overnight in water
- 400ml water
- 100g tomato paste
- 40g molasses
- 40g brown sugar
- 1 garlic clove, finely chopped
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 tsp salt
- Pinch of pepper
- 1 brown onion, finely diced
- 200g speck, diced
- 2 tbsp apple cider vinegar

Method:

1. Add water, tomato paste, molasses, brown sugar, garlic, Worcestershire sauce, Dijon, salt and pepper to inner pot. Stir to combine.
2. Add drained, soaked beans, brown onion and speck to pot.
3. Select Bean function and adjust cooking time to 30 minutes.
4. When cooking time has completed, do not depressurise. Re-select Bean function and adjust cooking time to a further 30 minutes.
5. When cooking time has completed, release pressure slowly using pressure valve.
6. Using the Fry function, simmer beans for a further 10 minutes until sauce thickens and reduces by half.
7. Serve beans on toast with eggs of your choice.

Tip: Omit speck if you'd prefer vegetarian chilli.

Pulled Chicken

Ingredients:

- 1–2 tbsp vegetable oil
- 2kg chicken breast
- 2 cups BBQ sauce
- ½ cup water

Method:

1. Select Fry function and add oil to the inner pot. When hot, brown chicken on both sides, approximately 3 minutes on each side. Brown each separately. Remove to a platter when browned.
2. Add 1 cup of BBQ sauce and ½ cup water into the pot, stirring to combine. Add browned chicken and any accumulated juices.
3. Select Chicken function and set timer for 75 minutes. Once cooking time has completed, use the natural release method. Once valve is dropped, carefully remove lid. Remove chicken from the pot and shred with two forks, discard excess fat as you shred.
4. Strain cooking liquid, reserving ½ cup.
5. Place shredded chicken in the pot with remaining 1 cup of BBQ sauce and ½ cup of cooking liquid. Stir to combine and bring to a simmer, stirring frequently. Serve on toasted rolls with additional BBQ sauce.

BBQ Pork Ribs

Ingredients:

- 2kg baby pork ribs, sinew removed
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tbsp brown sugar
- 500ml chicken stock
- 250ml tomato puree
- ¼ cup molasses
- ¼ cup apple cider vinegar

Method:

1. Combine salt, pepper, garlic powder and brown sugar in a small bowl; mix to combine. Rub dry mixture into ribs then portion into three bone sections.
2. Add chicken stock, tomato puree, molasses, and apple cider vinegar to inner pot; stir to combine.
3. Add ribs. Attach lid and select Meat function, adjusting cooking time to 30 minutes.
4. When cooking time has completed, allow unit to release pressure slowly using pressure valve.
5. Remove ribs and place in a flat layer on a lined baking tray.
6. Skim the surface of the cooking liquid to remove scum. Select Fry function and bring to the boil, reducing sauce until thickened (approximately 20 minutes).
7. Baste the cooking sauce over ribs and place under hot grill for 10 minutes. Turn ribs over, baste again with sauce and return to grill for 5 minutes.
8. Allow ribs to rest for 5 minutes then cut into single bone portions. Serve ribs with coleslaw and baked potatoes.

Traditional Bolognese Sauce

Ingredients:

- Olive oil for frying
- 1 onion, finely diced
- 2 garlic cloves, sliced
- 1 carrot, finely diced
- 1 celery stick, finely diced
- 100g bacon, diced
- 800g beef mince
- 500ml red wine
- 2 x 400g cans whole tomatoes, roughly chopped
- 2 sprigs fresh thyme, chopped

Method:

1. Select Fry function, heat oil and add onion, garlic, carrot, celery, and bacon. Season to taste and cook for 15 minutes, stirring occasionally until caramelised.
2. Add beef mince and cook until well coloured.
3. Add red wine, bring to the boil, then simmer until reduced by half.
4. Add tomatoes and thyme, attach lid and select Meat function, adjusting cooking time to 30 minutes.
5. When cooking time has completed, release pressure slowly using pressure valve.
6. Select Fry function. Simmer Bolognese for a further 12 minutes, reducing sauce by half.
7. Serve immediately over hot pasta or cool and portion into snap-lock bags and freeze.
8. Frozen Bolognese will keep for up to 6 months.

Tip: Use for lasagna, baked potato toppings, moussaka, shepherd's pie, or as toasted sandwich filling.

Garden Vegetable Soup

Ingredients:

- 1 tbsp olive oil
- 1 brown onion
- 1 leek, chopped
- 2 stalks celery, chopped
- 3 carrots, chopped
- 4 sprigs thyme
- 8 ripe tomatoes, chopped
- 4 cups water
- 1 vegetable stock cube
- 3 tbsp flat leaf parsley, chopped
- Salt and pepper to taste

Method:

1. Select Fry function on the appliance.
2. Add olive oil, onion and leek and fry for about 3 minutes or until softened.
3. Add celery, carrot, thyme, tomato, water and stock. Stir.
4. Lock appliance lid into place. Select Soup/Porridge function at default time.

- Once cooked, stir through parsley and season with salt and pepper.

Speedy Chicken Stock

Ingredients:

- 2kg chicken wings
- 2L water
- 1 carrot, roughly chopped
- 1 onion, quartered
- 1 celery stick, roughly chopped
- 1 bay leaf
- 5 black peppercorns

Method:

- Select Fry function, adding chicken wings and water to inner pot. Bring to a boil. Skim surface to remove scum then add all remaining ingredients.
- Attach lid, selecting Soup/Porridge function. Adjust cooking time to 45 minutes.
- When cooking time has completed, allow cooker to release pressure naturally.
- Strain stock through a muslin cloth (or use a clean dishcloth lining a sieve) then refrigerate overnight to allow fat to rise to the surface.
- Once cooled overnight, remove fat and discard. Portion stock into snap-lock bags and freeze. Frozen stock will keep for up to 6 months.

Tip: Use frozen stock as the base of risotto, soup, gravy, or absorption-style rice. It can also be used to serve dumplings in a broth.

Stewed Banana and Cocoa Nib Porridge

Ingredients:

- 1 cup rolled oats
- 1 tsp cinnamon
- 1 cup milk
- 2 ½ cups water
- 2 bananas
- 2 tbsp cocoa nibs

Method:

- Add rolled oats, one mashed banana, cinnamon, milk, and water to the inner pot. Stir to combine. Select Soup/Porridge function. Adjust cooking time to 10 minutes.
- When cooking time has completed, turn Keep Warm setting off to prevent scorching. Release pressure slowly using pressure valve.
- Garnish porridge with cocoa nibs and remaining banana, sliced.

Tip: Top porridge with current season fresh fruits.

Baked Jacket Potatoes

Ingredients:

- 3 cups water
- 2 potatoes

Method:

- Place 3 cups of water in pot. Use a fork to puncture top of potatoes and place on steaming rack in pot.
- Close and lock lid, select Vegetables function on pot and set to 15 minutes.
- Once time is complete, use quick release to relieve pressure. Remove potatoes patting dry.
- Coat with olive oil and salt (optional: place in oven for 10–15 minutes to crisp skin). Remove and season with your favourite toppings!

Warm Potato Salad

Ingredients:

- 1 ½ kg baby potatoes, halved
- ⅓ cup olive oil
- 3 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 clove garlic, minced
- Salt and pepper
- ⅓ cup basil
- ⅓ cup sun-dried tomatoes, sliced
- ¼ cup red onion, finely chopped
- 3 cups water

Method:

- Add potatoes to inner pot with 3 cups water. Secure lid and select Vegetables function, adjusting time to 10 minutes.
- While potatoes are cooking, whisk oil, vinegar, mustard, garlic and salt and pepper to taste. Stir in basil, sun-dried tomatoes, and onion.
- Once complete, quick release and drain in colander allowing to slightly cool. Drizzle dressing over warm potatoes, gently tossing.

Stewed Chicken

Ingredients:

- 4 bone-in chicken thighs
- 4 bone-in chicken drumsticks
- Olive oil
- 3 carrots, diced
- 4 celery sticks, chopped
- 3 medium potatoes, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- ¼ cup tomato paste
- 2 tbsp soy sauce
- 1 cup chicken broth
- 1 cup dry white wine
- 4 sprigs fresh thyme
- 2 bay leaves
- ¼ cup all-purpose flour
- Salt and pepper to taste

Method:

1. Coat chicken with flour, salt, and pepper in a bag, then shake to evenly coat.
2. Heat olive oil in a skillet over medium-high heat.
3. Sear chicken until golden brown on all sides, about 4–5 minutes per side; set aside.
4. Sauté carrots, celery, onions, and garlic in the same skillet until softened, about 3–4 minutes.
5. Add tomato paste and soy sauce, cook for 1 minute to blend flavours.
6. Pour in chicken broth and white wine, stir to deglaze, and combine flavours.
7. Season with salt, pepper, fresh thyme, and bay leaves.
8. Transfer mixture to the multi cooker and select the Stew function.
9. Add the seared chicken to the multi cooker, cover and let cook for the default duration of 35 minutes. For a greater tenderness, increase cooking time as required.
10. Remove bay leaves and thyme sprigs before serving hot. Garnish with fresh thyme leaves if desired. Enjoy your flavourful stewed chicken!

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