



# Tefal®

## 8in1 cooker

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Recipe book

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#### About your 8in1 rice cooker recipes

For best results, we recommend using the ingredients specified in the recipe. Amending the type of rice, grain or recipe program may give different results.

The cooking times stated in each recipe are only approximate and the actual cooking time may vary slightly.

If the quantities in the recipe are reduced or increased the cooking time may need adjustment.

The abbreviations used are **tsp** = teaspoon (5 ml) and **tblsp** = tablespoon (15 ml).

Eggs used are medium size unless stated otherwise.

Serves **4**Preparation time: **15 min**Cooking time: about **28 min**

## Smoked Haddock Kedgeriee

<b>250 g</b>	basmati white rice
<b>300 g</b>	smoked haddock, skinned and boned
<b>½</b>	large onion, finely chopped
<b>400 ml</b>	hot fish or chicken stock
<b>Pinch</b>	of turmeric
<b>Pinch</b>	of ground ginger
<b>½ tsp</b>	medium curry powder
<b>¼ tsp</b>	ground nutmeg
<b>Salt and freshly ground black pepper</b>	
<b>1 tblsp</b>	finely chopped fresh parsley
<b>3</b>	hard-boiled eggs, quartered

Rinse rice under running cold water to remove the excess starch. Cut smoked haddock into 2-cm pieces. Place rice, pieces of haddock, chopped onion, hot stock and all the spices into rice cooker bowl.

Close lid, set to **white rice program** and press start. Leave to cook and stir twice during cooking.

When the appliance beeps twice, after about 28 min, season to taste with salt and pepper and stir in chopped parsley. Serve on warmed plates garnished with quartered hard-boiled eggs and a few sprigs of parsley.

## Chicken & Pea Risotto

Heat oil in a frying pan; cook onion, garlic and red pepper for about 5 min or until soft.

Place rice, onion mixture, sliced mushrooms, wine, stock and tarragon in rice cooker bowl. Season with salt, if desired. Close lid, set to **white rice program** and press start. After 20 min cooking time, open lid and stir in diced chicken and peas. Close lid and continue cooking.

When the appliance beeps twice, after about 28 min, serve on warmed plates. Sprinkle with chopped parsley and garnish with parmesan shavings.

Serves **4**Preparation time: **20 min**Cooking time: about **28 min**

<b>1 tblsp</b>	olive oil
<b>1</b>	large onion, finely chopped
<b>2</b>	garlic cloves, crushed
<b>1</b>	small red pepper, de-seeded and chopped (optional)
<b>300 g</b>	Arborio risotto rice
<b>150 g</b>	small button mushrooms, sliced
<b>3 tblsp</b>	white wine
<b>650 ml</b>	hot chicken stock
<b>½ tsp</b>	dried tarragon
<b>Salt and freshly ground black pepper</b>	
<b>250 g</b>	cooked chicken, skinned and diced
<b>75 g</b>	frozen peas
<b>1 tblsp</b>	finely chopped fresh parsley
<b>4 tblsp</b>	freshly grated parmesan shavings





Serves **4**

Preparation time: **15 min**

Cooking time: about **28 min**  
+ **5 min**

2	large pinches saffron strands
500 ml	hot fish stock
300 g	paella rice
1	onion, finely chopped
1	garlic clove, crushed
75 g	frozen peas
¼ tsp	smoked paprika
250 g	fresh mixed seafood (prawns, mussels, squid)
3	tomatoes, peeled, de-seeded and finely chopped (optional)
3 tblsp	finely chopped fresh flat leaf parsley
<b>Salt and freshly ground black pepper</b>	
1	lemon, cut into wedges (optional)

## Seafood Paella

Sprinkle saffron in the hot stock and infuse for a few minutes. Rinse rice under running cold water to remove the excess starch. Place rice, chopped onion, garlic, frozen peas and paprika in rice cooker bowl. Add the stock with the saffron and stir well.

Close lid, set to **white rice program** and press start. Leave to cook and stir twice during cooking.

When the appliance beeps twice, after about 28 min, stir in seafood, tomatoes and 2 tablespoons parsley and leave for 5 min to heat through. Season to taste with salt and pepper. Serve immediately on warmed plates garnished with the lemon wedges and sprinkled with remaining chopped parsley.



### Variation:

To make paella (as shown in photograph), use 115 g peeled large cooked prawns with tails on and 75 g cooked squid rings. Proceed as recipe above. Rinse 300 g fresh mussels, remove beards and discard any that do not close when tapped. In a saucepan bring 75 ml white wine, 75 ml water and 2 crushed garlic cloves to the boil; add mussels. Cook on a high heat for 3–5 min until shells open (discard any that remain closed); serve on top of paella.



Serves **4**

Preparation time: **10 min**

Cooking time: about **24 min**  
+ **4 min**

<b>2 cups*</b> or 290 g	Arborio risotto rice
<b>3 cups*</b> or 500 ml	cold water
<b>2 cups*</b> or 300 ml	single cream
<b>1</b>	egg
<b>4–6</b>	tablespoons granulated sugar

*\* measured with rice measuring cup filled to the top*

## Traditional Creamy Rice Pudding

Rinse rice under running water at least four times. Place rice in the rice cooker bowl and add cold water.

Close lid, set to **white rice program** and press start. Leave to cook stirring twice. Meanwhile, beat cream and egg together with a whisk.

When the appliance beeps twice, after about 24 min, open lid and stir in cream mixture. Press cancel button and re-set to **steaming program**. Leave lid open and cook for 3–4 min, stirring constantly. If consistency is too thick add a little milk. Switch off at mains supply.

Stir in sugar and adjust sweetness to your taste.  
Serve immediately or chilled accompanied by strawberry jam.



### Variation:

*For a healthier option omit the cream and 1 egg in step 2. Instead mix in 300 ml whole or semi-skimmed milk.*





# Asparagus & Lemon Rice

## with peppered prawns

Rinse rice under running cold water to remove the excess starch. Place rice, chopped onion, chicken and fish stock in rice cooker bowl.

Close lid, set to **quick rice program** and press start. After 15 min cooking, open lid and stir rice then place the steaming basket containing the asparagus in the appliance above rice. Close lid and continue cooking. Meanwhile, mix together 2 teaspoons olive oil, lemon pepper and chopped garlic in a bowl, add prawns and coat well. Heat remaining olive oil in a frying pan; cook prawns for about 3 min on each side or until opaque in colour. Remove to a plate and keep warm.

When appliance beeps twice, after about 24 min, remove steaming basket and cut asparagus into 2.5 cm pieces. Add butter, red peppers, half the lemon zest, lemon juice and half the shredded mint to rice cooker bowl; stir. Gently stir in the asparagus. Close lid and leave to heat through for 3 min. Serve immediately on warmed plates with the prawns on top. Sprinkle with remaining lemon zest mint.

Serves **4**

Preparation time: **15 min**

Cooking time: about **24 min**  
+ **3 min**

<b>300 g</b>	jasmine rice
<b>½</b>	onion, finely chopped
<b>450 ml</b>	hot chicken stock
<b>200 ml</b>	hot fish stock
<b>125 g</b>	fresh fine asparagus spears, trimmed
<b>4 tsp</b>	olive oil
<b>2 tsp</b>	lemon pepper
<b>1</b>	garlic clove, finely chopped
<b>200 g</b>	uncooked shelled tiger or king prawns
<b>15 g</b>	butter, cut into small cubes
<b>30 g</b>	roasted red peppers (from a jar), drained and chopped (optional)
<b>2 tsp</b>	finely grated lemon zest
<b>1 tsp</b>	fresh lemon juice
<b>1 tblsp</b>	finely shredded fresh mint leaves



### Variation:

*½ teaspoon coarsely ground black pepper can be substituted for lemon pepper, if desired.*



Serves **8** as an accompaniment  
Preparation time: **20 min**  
Cooking time: **90 min**

## Brown & Wild Rice Salad

**250 g** brown basmati rice  
**40 g** wild rice  
**¼ tsp** salt  
**600 ml** cold water  
**50 g** walnuts, roughly chopped  
**3** tomatoes, skinned,  
deseeded and finely  
chopped  
**7.5 cm** cucumber (unpeeled),  
deseeded and finely  
chopped  
**½** red pepper, deseeded and  
finely diced  
**1** red dessert apple  
(unpeeled), diced  
**3** spring onions, sliced  
**25 g** raisins

**For the dressing:**

**2 tblsp** extra virgin olive oil  
**2 tsp** balsamic vinegar  
**2 tsp** dry sherry  
**Pinch of salt**  
**2** garlic cloves, finely  
chopped

Rinse the two types of rice under running cold water to remove excess starch. Place the rice, water and salt in rice cooker bowl. Close lid, set to **brown rice program** and press start.

Meanwhile, spread walnuts on a baking tray and bake in a preheated oven at 180°C, fan 160°C, UK gas 4 for about 8 min or until toasted, stirring twice. Set aside to cool. Make dressing by whisking all the ingredients together. Set aside.

When the appliance switches to keep warm, after 90 min, empty rice into a large salad bowl and while still warm mix in 2 or 3 tablespoons of dressing. Allow it to cool and then mix in all the remaining ingredients. Add a little more dressing or adjust seasoning. Keep refrigerated until required.



## Brown Rice, Chilli & Courgette Pancakes

Rinse rice under running cold water to remove excess starch. Place the rice, onion and water in rice cooker bowl. Close lid, set to **brown rice program** and press start. Meanwhile prepare the dip by combining all the ingredients in a bowl. Season with salt and pepper. Set aside in fridge.

When the appliance switches to keep warm, after 90 min, empty rice into a large salad bowl and mix with courgettes, chopped chilli, mint, ground coriander and plenty of seasoning. Mix in the flour and then the eggs to make a thick batter. Set aside for 10 min.

Heat 1 tablespoon oil in a frying pan, ladle heaped tablespoonfuls of batter into pan. Cook for 2–3 min on each side or until crisp, golden and cooked through. Keep warm in the oven while cooking the rest. Serve with minty dip. Makes about 24.

Serves **6**  
Preparation time: **25 min**  
Cooking time: **90 min**

**200 g** brown rice  
**450 ml** cold water  
**1** onion, finely chopped  
**2** large courgettes,  
coarsely grated  
**1** large green chilli,  
finely chopped  
**2 tsp** ground coriander  
**1 tblsp** finely chopped mint  
**200 g** self raising flour  
**4** eggs, beaten  
**Sunflower oil, for frying**

**For the minty yoghurt dip:**

**300 g** natural yoghurt  
**4 tblsp** finely chopped mint  
**1** garlic clove, crushed  
**Salt & freshly ground black pepper**



Serves **4** as a main dish and  
**6** as an accompaniment  
Preparation time: **15 min**  
Cooking time: **90 min**

2 tsp	sunflower oil
1	onion, finely chopped
¼ tsp	ground ginger
¼ tsp	ground cinnamon
250 g	brown basmati rice
600 ml	cold water
100 g	ready-to-eat dried apricots, chopped into 5 mm pieces
50 g	sweetened dried cranberries
75 g	whole cashews, split in half lengthwise
2 tblsp	finely chopped fresh coriander

## Cashew Fruited Rice

Heat oil in a frying pan and cook onions until soft without browning them. Stir in ginger and cinnamon; cook for 1 min stirring constantly. Rinse rice under running cold water to remove excess starch. Place rice, onion, 600 ml water, apricots and cranberries in rice cooker bowl.

Close lid, set to **brown rice program** and press start. Meanwhile, spread cashews on a baking tray and bake in a preheated oven at 180°C, fan 160°C, UK Gas 4 for 8–10 min or until evenly golden brown, stirring twice. Set aside.

When the appliance switches to keep warm, after 90 min, stir the rice and fluff with a fork. Stir in toasted cashews and chopped coriander. Serve as a vegetarian main dish or to accompany roast chicken.



Serves **4**

Preparation time: **25 min**

Cooking time: about **30 min**  
+ **5 min**

200 g	bulgur wheat
400 ml	cold water
$\frac{3}{4}$ tsp	ras el hanout spice
50 g	pine nuts
1	sweet potato (weighing about 250 g), peeled
1	onion, finely sliced
2	garlic cloves, crushed
2 tblsp	olive oil
2	large tomatoes, deseeded and diced
410 g	can chick peas, rinsed and drained
2 tblsp	chopped fresh coriander

## Moroccan Spiced Bulgur Wheat

### with Sweet Potato & Chick Peas

Place the bulgur wheat, water, ras el hanout spice, garlic and  $\frac{1}{2}$  tablespoon oil in rice cooker bowl. Close lid, set to **grains program** and press start. Stir once during cooking.

Meanwhile, spread pine nuts on a baking tray and bake in a preheated oven at 180°C, fan 160°C, UK Gas 4 for 4–6 min or until golden brown, stirring twice. Set aside. Cut sweet potato in quarters and then cut each piece in 5 mm thick slices. Cook in boiling water for 8–10 min or until almost tender; drain. Heat remaining oil in frying pan, cook onions and crushed garlic without browning until tender.

When the appliance beeps twice, after about 25 min, stir in onions, sweet potatoes, tomatoes and chick peas. Close lid and leave to heat through for 3–5 min. Add pine nuts and 1 tablespoon chopped coriander. Serve immediately and sprinkle with remaining coriander.



#### Tip:

*Ras-el-hanout adds an authentic Moroccan flavour to this dish. To make your own ras-el-hanout in frying pan heat up 2 tsp coriander seeds, 2 tsp cumin seeds, 1 tsp turmeric, 1 tsp ground cinnamon,  $\frac{1}{2}$  tsp cardamom seeds,  $\frac{1}{2}$  tsp fennel seeds,  $\frac{1}{2}$  tsp black peppercorns,  $\frac{1}{2}$  tsp ground cloves,  $\frac{1}{2}$  tsp cayenne,  $\frac{1}{4}$  tsp ground nutmeg,  $\frac{1}{4}$  tsp ground ginger and  $\frac{1}{4}$  tsp fine salt. Dry fry until aromatic for 2-3 minutes. Cool, then process in a spice mill or grind with a pestle and mortar until smooth. Store in an airtight container for up to a month.*



## Bulgur Wheat, Cherry Tomato & Feta Salad

Place the bulgur wheat, water and cumin in rice cooker bowl. Close lid, set to **grains program** and press start. Stir once during cooking.

Meanwhile, dice feta cheese and quarter tomatoes. Chop chives or snip into tiny pieces using kitchen scissors.

When the appliance beeps twice, after about 24 min, empty bulgur wheat into a large salad bowl and leave to cool completely. Add the feta cheese, tomatoes, basil leaves and chopped chives. Toss well. Divide between 4 plates and drizzle with a little olive oil and lime juice.

Serves **4**

Preparation time: **10 min**

Total cooking time: about **24 min**

300 g	bulgur wheat
500 ml	cold water
1 tsp	ground cumin
200 g	feta cheese, diced
200 g	vine ripened cherry tomatoes, quartered
4 tblsp	chopped chives
A handful of small basil leaves	
Extra virgin olive oil	
Juice of 1 lime	



Serves **4**

Preparation time: **15 min**

Total cooking time: about **26 min**

280 g quinoa  
450 ml cold water  
15 g dried wild mushrooms,  
snipped into thin slices  
½ tblsp olive oil  
15 g butter  
2 large leeks, thinly sliced  
1 tblsp finely shredded mint  
leaves  
60 g goat's cheese, crumbled  
**Fresh mint leaves, to garnish**

**For the dressing:**

1½ tblsp red wine vinegar  
1½ tblsp olive oil  
1 garlic clove,  
finely chopped

**Salt & freshly ground black pepper**

## Quinoa with Goat's Cheese, Leeks & Wild Mushrooms

Rinse the quinoa under running cold water. Place the quinoa, water and dried mushrooms (no need to soak first) in the rice cooker bowl. Close lid, set to **grains program** and press start. Stir twice during cooking.

Meanwhile make the dressing, whisk together all the ingredients until well blended. Heat oil and butter in a frying pan, add leeks and cook 8–10 min until just tender. Set aside and keep warm.

When the appliance beeps twice, after about 26 min, stir in leeks, mint and 2 tablespoons dressing. Season to taste. Serve immediately hot or warm, sprinkled with crumbled goat's cheese and garnish with mint sprigs. Drizzle over more dressing if desired.

# Traditional Porridge (2 or 4 bowls)

Place the porridge oats, milk and water in rice cooker bowl. Stir well. Close lid, set to **oatmeal / porridge program** and press start.

When the appliance beeps twice, after about 22 min, stir well and serve immediately. If desired, sprinkle with sugar to your taste and serve with extra milk.

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FOR **2 BOWLS** AND **4 BOWLS**

Preparation time: **5 min**

Cooking time: about **22 min**

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## 2 bowls

**1 cup\*** porridge oats  
(not instant type)  
**2 cups\*** whole or semi-skimmed  
milk  
**½ cup\*** cold water  
**Extra milk to serve**  
**Sugar, to serve**

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## 4 bowls

**2 cups\*** porridge oats  
(not instant type)  
**3 cups\*** whole or semi-skimmed  
milk  
**2 cups\*** cold water  
**Extra milk to serve**  
**Sugar, to serve**

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*\* measured with rice measuring cup filled to the top*





Serves **2**

Preparation time: **5 min**

Cooking time: about **22 min**  
+ **3 min**

**1 cup\*** porridge oats  
(not instant type)  
**1 cup\*** whipping cream  
(35 % fat content)  
**1½ cups\*** cold water  
**75 g** fresh blueberries  
**½ tsp** vanilla extract  
**2–3 tblsp** soft light brown sugar  
**Extra milk to serve**

*\* measured with rice measuring cup filled to the top*

## Blueberries & Cream Porridge

Place the porridge oats, cream and water in rice cooker bowl. Stir well. Close lid, set to **oatmeal / porridge program** and press start.

When the appliance beeps twice, after about 22 min, add blueberries and vanilla extract and stir well. Close lid and leave to heat through for 3 min. Serve immediately. If desired, sprinkle with sugar to your taste and serve with extra milk or cream.



### Variation:

*Single or double cream can be substituted for whipping cream.*

Serves **4**

Preparation time: **15 min**

Cooking time: about **6–8 hrs**

## Chilli con Carne

**1 tblsp** sunflower oil  
**1** large onion, chopped  
**2** garlic cloves, crushed  
**500 g** lean minced beef  
**2 tblsp** plain flour  
**100 ml** beef stock  
**400 g** can chopped tomatoes  
**3 tblsp** tomato purée  
**1½ tsp** soft brown sugar  
**2 tsp** mild chilli powder  
**1 tsp** ground cumin  
**1 tsp** ground coriander  
**400 g** can red kidney beans,  
rinsed and drained

Salt and freshly ground black pepper

Heat oil in a frying pan; cook the onion and garlic for about 5 min or until tender. Add mince; cook until browned and well broken up, stirring occasionally. Mix in flour. Gradually stir in stock then add all remaining ingredients. Bring to the boil stirring continuously. Transfer to rice cooker bowl.

Close lid, set to **slow cooking program** then select 6–8 hours cooking time and press start.

At the end of the cooking time the appliance beeps and it switches to keep warm setting. Adjust seasoning. Serve with white rice or in tacos shells with a green salad.



**Tip:**

*Adjust quantity of chilli powder to your taste.*

*For a spicier flavour use ordinary chilli powder.*



## Normandy Pork Casserole

Cut pork into 2.5 cm cubes and trim off any excess fat. Heat oil in a frying pan and fry pork until browned. Transfer to rice cooker bowl. Add onion, celery and apple to the pan and cook for about 5 min or until soft. Add flour and mix well. Gradually stir in cider. Add mustard, chopped thyme and sage. Bring to the boil stirring continuously. Transfer to rice cooker bowl.

Close lid, set to **slow cooking program** then select 6–8 hours cooking time and press start.

At the end of the cooking time the appliance beeps and it switches to keep warm setting. Adjust seasoning. Serve garnished with a few fresh thyme leaves.

Serves **4**

Preparation time: **20 min**

Cooking time: about **6–8 hrs**

**500 g** lean pork loin (fillet)  
**1 tblsp** vegetable oil  
**1** onion, chopped  
**2 or 3** celery sticks,  
sliced 4 mm thick (about  
125 g prepared weight)  
**200 g** peeled & chopped cooking  
apples (such as Bramley)  
**2 tblsp** plain flour  
**300 ml** dry cider  
**1 tblsp** Dijon mustard  
**2 tsp** finely chopped fresh  
thyme leaves  
**1 tsp** dried sage  
**Fresh thyme leaves, to garnish**





Serves **4**

Preparation time: **20 min**

Cooking time: about **7-9 hrs**

## Beef Ragout

- 2 tbsp** sunflower oil
- 500 g** beef braising steak, in 3 cm cubes
- 75 g** thick cut smoked streaky bacon, cut in 2 cm pieces
- 1** onion, thinly sliced
- 2 tblsp** plain flour
- 150 ml** red Burgundy wine
- 150 ml** beef stock
- 1 tblsp** brandy (optional)
- 1 tblsp** tomato purée
- 1** garlic clove, finely chopped
- 2** sprigs fresh thyme
- 1** small dried bay leaf
- 12** small size shallots or pearl onions, peeled
- 150 g** chestnut mushrooms, halved

**Salt and freshly ground black pepper**  
Finely chopped fresh parsley, to garnish

Heat 1 tablespoon oil in a frying pan; brown the beef and bacon. Transfer to a plate and set aside. Heat remaining oil, if required, and cook sliced onion in pan juices for about 5 min or until soft. Return meat to pan, sprinkle over flour and mix well. Gradually stir in wine, stock, brandy and tomato purée; mix until well blended. Add chopped garlic, thyme, bay leaf and seasoning. Bring to the boil stirring continuously. Transfer to rice cooker bowl. Stir in shallots and mushrooms.

Close lid, set to **slow cooking program** then select 7-9 hours cooking time and press start.

About 30 min before the end of the cooking time check if the sauce looks too thin. To thicken add 1 tablespoon of cornflour mixed with a little water to form a paste, stir this in and leave to cook 15-30 min, stirring occasionally. At the end of the cooking time the appliance beeps and switches to keep warm setting. Adjust seasoning. Remove bay leaf before serving and adjust seasoning. Serve with new potatoes sprinkled with chopped fresh parsley.



### Tip:

*To peel shallots or pearl onions easily, place in a bowl and pour over boiling water. Leave for a few minutes, then drain and the skins will slip off.*

# Farmhouse Chicken Casserole

Heat the oil in a large frying pan and brown the chicken on all sides. Transfer to rice cooker bowl. Add onion, carrots and celery to frying pan and cook for about 5 min or until soft. Add flour and mix well. Gradually stir in stock. Add tomato purée and herbs. Bring to the boil stirring continuously. Transfer to rice cooker bowl.

Close lid, set to **slow cooking program** then select 5–7 hours cooking time and press start.

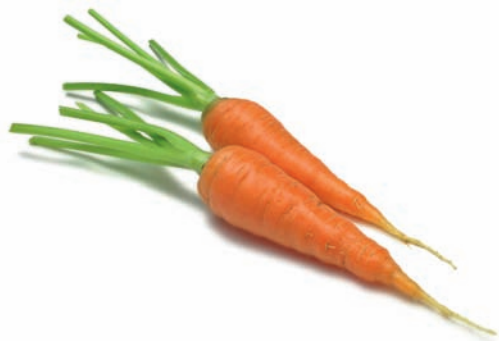
About 30 min before the end of the cooking time check if the sauce looks too thin. To thicken add 1 tablespoon of cornflour mixed with a little water to form a paste, stir this in and leave to cook 15–30 min stirring occasionally. At the end of the cooking time the appliance beeps and switches to keep warm setting. Adjust seasoning before serving.

Serves **4**

Preparation time: **20 min**

Cooking time: about **5–7 hrs**

1 tblsp	vegetable oil
4	chicken breasts, skinned and boned
1	onion, chopped
2	carrots, cut in 1 cm dice
2	sticks celery, cut in 1 cm thick slices
2 tblsp	plain flour
350 ml	chicken stock
2 tblsp	tomato purée
1 tsp	dried mixed herbs





Serves **4**  
Preparation time: **15 min**  
Cooking time: **25 min**

## Tuscan Tomato & Basil Soup

1 tblsp olive oil  
1 large onion, chopped  
2 or 3 garlic cloves, crushed  
2 x 400 g cans chopped tomatoes in natural juice (undrained)  
650 ml vegetable bouillon or chicken stock  
2 tsp sugar  
1 dried bay leaf  
1 large sprig fresh thyme  
Freshly ground black pepper  
2 tblsp finely shredded fresh basil  
100 g fresh Parmesan shavings

Heat oil in a frying pan; cook onion and crushed garlic for about 5 min or until soft. Remove steaming basket and transfer onion to rice cooker bowl. Add the canned chopped tomatoes, stock, sugar, bay leaf and thyme.

Close the lid, set to **steaming program** and cook for 25 min. If the consistency is too thin continue cooking for an additional 5–10 min. Remove bay leaf and thyme. Adjust seasoning.

Ladle into warmed bowls. Sprinkle with shredded basil leaves and garnish with Parmesan shavings. Serve accompanied by foccacia bread.



### Variation:

To make **Parmesan Dumplings** combine 100 g full fat soft cream cheese or ricotta cheese, 25 g finely grated Parmesan, 1 lightly beaten egg white, salt and pepper. Add 75 g plain flour, stir until just mixed. Add heaped tablespoonfuls to the rice cooker bowl 5 min before the end of the cooking time. Spoon some soup over the top of the dumplings. Close lid and cook for about 5 min.

Serves **4**

Preparation time: **10 min**

Cooking time: **20–25 min**

- 4** salmon fillet pieces (about 120g), skinned
- 2** carrots, peeled
- 1** large courgette, unpeeled
- 1 tblsp** finely chopped fresh parsley

**For the yakitori marinade:**

- 5 tblsp** light soy sauce
- 5 tblsp** fish stock
- 5 tblsp** dry white wine
- 3 tblsp** dry sherry
- 1** garlic clove, crushed



## Salmon Yakitori with Vegetable Ribbons

Place the salmon in a shallow dish. Mix all the marinade ingredients together and pour over the salmon. Leave to marinate for 4–6 hours in the refrigerator. Cut the carrots and courgette lengthways into long thin ribbons using a vegetable peeler, but do not use the inner part of the courgette with seeds. Add salmon to steaming basket; top with the vegetable ribbons.

Pour cold water into the rice cooker bowl up to the 2 cup level mark. Place steaming basket in rice cooker bowl. Close the lid, set to **steaming program** and cook for 20–25 min or until the salmon is cooked to your taste.

Serve salmon on warmed plates accompanied by the vegetable ribbons. Sprinkle with chopped parsley



**Tip:**

*Choose narrow width salmon fillets about 4 cm wide so they fit easily in the steamer basket.*

## Italian Green Vegetable & Macaroni Soup

Heat oil in a frying pan; cook onion and crushed garlic for about 5 min or until soft. Cut green bean in 2 cm pieces. Cut courgette lengthways in quarters; then cut widthways into 1 cm thick slices. Remove steaming basket and transfer vegetables to rice cooker bowl. Add hot stock, macaroni and cannellini beans.

Close the lid, set to **steaming program** and cook for about 15–20 min or until macaroni and vegetables are cooked. Stir in pesto. Adjust seasoning.

Ladle into warmed bowls. Sprinkle with chopped parsley and a mound of grated parmesan in the centre. Serve accompanied with slices of ciabatta.

Serves **6**

Preparation time: **15 min**

Cooking time: about **15–20 min**

- ½ tblsp** olive oil
- ½** onion, chopped
- 1** garlic clove, crushed
- 100 g** fine green beans, trimmed
- 200 g** courgettes (unpeeled), trimmed
- 850 ml** hot vegetable bouillon or vegetable stock
- 50 g** short cut macaroni
- 300 g** can cannellini beans (175 g drained weight), rinsed and drained
- 2 tblsp** ready made green basil pesto
- Salt and freshly ground black pepper**
- Finely chopped flat leaf parsley**
- 45 g** fresh Parmesan, finely grated



Serves **4**

Preparation time: **10 min**

Cooking time: about **35 min**

<b>350 g</b>	small size new potatoes
	washed
<b>125 g</b>	baby sweetcorn
<b>1</b>	large carrot,
	cut in 5 mm thick slices
<b>125 g</b>	sugar snap peas
<b>40 g</b>	butter
<b>1 tblsp</b>	finely chopped fresh mint

## Medley of Summer Vegetables

Pour cold water into the rice cooker bowl up to the 2 cup level mark. Place the prepared new potatoes in the steaming basket and put in the rice cooker.

Close the lid, set to **steaming program** and cook potatoes for 15 min. Then add the rest of the vegetables on top and cook for additional 15–20 min. The exact cooking time of the potatoes will depend on the variety and their size.

Gently melt the butter in a saucepan. Add the chopped mint and pour hot glaze over the vegetables. Serve immediately.



# Extremely Chocolatey Puddings

Pour cold water into the rice cooker bowl up to the 2 cup level mark and fit steaming basket. Melt the chocolate and butter in a bowl over a pan of simmering water. Leave to cool slightly. Beat in eggs, sugar and sieved flour until well combined using an electric hand mixer. Pour mixture into 4 well greased ramekins. Cover each one with greased foil. Place in steaming basket.

Close lid, set to **steaming program** and cook for about 25–30 min until set on the outside but still molten and gooey in the centre. If desired, cook longer until the centres are set.

At the end of the cooking time, switch off rice cooker at mains supply. Serve puddings with a spoonful of whipped cream or crème fraîche on top or accompanied by vanilla ice cream.



**Tip:**

*For a less intense chocolate taste, use half milk chocolate and half plain chocolate.*

Serves **4**

Preparation time: **10 min**

Cooking time: **25–30 min**

<b>100 g</b>	plain chocolate (minimum 70% cocoa solids), broken into pieces
<b>50 g</b>	unsalted butter
<b>2</b>	eggs, beaten
<b>100 g</b>	caster sugar
<b>65 g</b>	plain flour
<b>Extra butter, for greasing</b>	
<b>4 x 8 cm</b>	diameter ramekin dishes (check they fit in steaming basket with lid closed)





Serves **8**

Preparation time: **20 min**

Cooking time: **40–45 min**

- |                                    |                                                  |
|------------------------------------|--------------------------------------------------|
| <b>135 g</b>                       | soft tub margarine<br>(do not substitute butter) |
| <b>135 g</b>                       | caster sugar                                     |
| <b>3</b>                           | eggs                                             |
| <b>190 g</b>                       | self raising flour                               |
| <b>1 tbslp</b>                     | milk                                             |
| <b>¾ tsp</b>                       | vanilla extract                                  |
| <b>Vegetable oil, for greasing</b> |                                                  |
| <b>½ jar</b>                       | strawberry jam or<br>seedless raspberry jam      |
| <b>50 g</b>                        | unsweetened desiccated<br>coconut                |

**Decorate with glacé cherries**

## Coconut Jam Sponge

Place margarine, sugar, eggs, flour, milk and vanilla extract in a mixing bowl. Beat together using electric hand mixer until smooth and thoroughly mixed.

Brush inside of rice cooker bowl with oil; add cake mixture. Replace bowl and close lid. Set to **dessert program** and cook 40–45 min or until a wooden cocktail stick inserted in the centre comes out clean (cake may look a little wet and pale on top). Switch off at mains supply. Using oven gloves immediately remove bowl from rice cooker; let stand 2 min. Invert cake onto a cooling rack. Cool completely.

Split cake in half with a sharp knife. Fill with a layer of jam. Melt 4 heaped tablespoons jam in a saucepan until runny, sieve if using strawberry jam. Brush top with melted jam and sprinkle over coconut. Decorate with halved glacé cherries.



### **Variation:**

*For Jam Sponge Pudding serve the sponge warm with a jam sauce.*

Serves **8**

Preparation time: **25 min**

Cooking time: **40–45 min**

## Rich Chocolate Cake

**125 g** soft tub margarine  
(do not substitute butter)  
**125 g** caster sugar  
**3** eggs  
**150 g** self raising flour  
**½ tsp** vanilla extract  
**20 g** cocoa  
**3 tblsp** water  
**Vegetable oil, for greasing**

**For the chocolate icing:**

**115 g** plain chocolate (at least  
65 % cocoa solids)  
**50 g** butter  
**5 tblsp** (75 ml) double cream  
or soured cream  
**½ tsp** vanilla extract  
**200 g** icing sugar, sifted  
**White chocolate decorations (stars,  
buttons or curls)**

Place margarine, sugar, eggs, flour and vanilla extract in a mixing bowl. Beat using electric hand mixer until smooth and thoroughly mixed. Blend cocoa and water together; stir into cake mixture until well combined.

Brush inside of rice cooker bowl with oil; add cake mixture. Replace bowl and close lid. Set to **dessert program**; cook 40–45 min or until a wooden cocktail stick inserted in centre comes out clean (cake may look a little wet on top). Switch off at mains supply. Using oven gloves immediately remove bowl from rice cooker; let stand for 2 min. Invert cake onto a cooling rack. Cool completely.

To make icing, break chocolate into pieces and melt in a bowl with butter over a pan of simmering water. Leave to cool slightly; stir in cream and vanilla extract. Add icing sugar 2 tablespoons at time, beating until stiff using an electric hand mixer. If the icing is too thin add some more icing sugar. Place cake on plate. Spread over icing in a swirly pattern. Top with white chocolate decorations. Leave a few minutes to set.



**Variation:**

*To make Chocolate Chip Pudding stir 75 g milk chocolate chips into cake mixture. Bake as directed above, serve warm with hot chocolate sauce.*

## Creamy Lemon Mascarpone Cake

In a mixing bowl beat margarine, sugar, eggs, flour, ground almonds, baking powder and vanilla extract and sufficient milk using an electric hand mixer to make a dropping consistency.

Brush inside of rice cooker bowl with oil; add cake mixture. Replace bowl and close lid. Set to **dessert program**; cook for 30–35 min or until a wooden cocktail stick inserted in centre comes out clean (cake may look a little wet and pale on top). Switch off at mains supply. Using oven gloves immediately remove bowl from rice cooker; let stand for 2 min. Invert cake onto a cooling rack. Cool completely.

Beat mascarpone with 8 tablespoons lemon curd until smooth. Split cake in half with a sharp knife. Place base on plate. Fill with 4 heaped tablespoons lemon curd and half the flavoured mascarpone. Cover top with remaining mascarpone in a swirly pattern. Decorate with lemon jelly slices and mint leaves. Chill in refrigerator for 15 min or until required. This cake is best eaten on the day it is made.



**Variation:**

*Serve with ready-made mango coulis as a dessert.*

Serves **8**

Preparation time: **30 min**

Cooking time: **30–35 min**

**110 g** soft tub margarine  
(do not substitute butter)  
**110 g** caster sugar  
**2** eggs, beaten  
**100 g** self raising flour  
**25 g** ground almonds  
**½ tsp** baking powder  
**¼ tsp** vanilla extract

**About 2 tsp milk**

**Vegetable oil, for greasing**

**325 g** jar luxury lemon curd

**375 g** mascarpone

**Lemon jelly slices, to decorate**

**Fresh mint leaves, to decorate**









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