



## VERSA 8-in-1 Multi-Cooker Recipe Book





# Introduction

Thank you for purchasing the Fagor Versa 8-in-1 Multi-Cooker. The Versa 8-in-1 Multi-Cooker has been designed to provide you with the convenience of having a pressure cooker, slow cooker, rice cooker and yogurt maker all-in-one! Additional cooking assist functions available are brown, simmer, sauté, steam, keep warm and time delay, truly making this Multi-cooker a one-pot cooking vessel.

The delicious recipes provided in this cookbook will become some of your favorites in no time. Tested and mastered by Fagor trusted chefs, these recipes have been created to provide you with a wide assortment of dishes that can be prepared in this all-in-one unit. The functionality of the Versa 8-in-1 Multi-Cooker is exceptionally convenient and perfect for any lifestyle. Simply set the Versa 8-in-1 Multi-Cooker and let it create a delicious meal for everyone to enjoy.

Please be sure to refer to the user's manual included with the Multi-Cooker for specific use and care recommendations. If you require technical assistance with this product, please email us at [info@fagoramerica.com](mailto:info@fagoramerica.com) or, to speak with a Fagor Representative please call: 1-800-207-0806.



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## SPICY CHILI CON CARNE

### SERVES: 4

Pressure Cooking Time:  
HIGH Pressure – 15 minutes  
OR

LOW Pressure – 28 minutes

### INGREDIENTS

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 3 cloves garlic, minced
- 1 ½ pounds ground beef
- 2 tablespoons chili powder
- Salt to taste
- 1 ½ cups crushed tomato
- 1 cup beef stock
- 1 ½ cups pinto or red kidney beans
- 1 green bell pepper
- 1 jalapeño pepper
- Sour cream, garnish
- Shredded cheddar cheese, garnish

### DIRECTIONS

1. In the removable cooking pot with the lid off, heat the olive oil and sauté the onion and garlic until the onion is wilted using the SAUTÉ function.
2. Add the ground beef and cook until it is browned. Mix in the chili powder and salt.
3. Stir in the crushed tomato, beef stock, peppers and beans.
4. Close and lock the lid of the Multi-cooker and turn the regulator knob to PRESSURE. Set the timer for 15 minutes on pressure cook HIGH (or for 28 minutes on pressure cook LOW).
5. Once the cook time is done, release the pressure and remove the lid.
6. Cook uncovered for 5 minutes on the SIMMER function. Serve in a bread bowl and garnish with sour cream and shredded cheddar cheese.

# MACARONI AND CHEESE

## SERVES: 6

Pressure Cooking Time:  
HIGH Pressure – 7 minutes

## INGREDIENTS

- 2 ½ cups elbow macaroni
- 2 cups vegetable or chicken stock
- 5 tablespoons butter
- ⅔ cup milk
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 ¼ cups milk
- 6 oz. shredded sharp cheddar cheese
- 6 oz. American cheese

## DIRECTIONS

1. Heat the 5 tablespoons of butter in the cooker using the SAUTÉ function. Add the macaroni, stock, 2/3 cup of milk, salt and pepper.
2. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the timer for 7 minutes on pressure cook HIGH.
3. When the high pressure function is finished, quick release the pressure.
4. Open the lid and select the SIMMER function. Add the remaining milk and cheeses to the cooker, stirring constantly until cheese has melted. Serve immediately.

# BEEF STEW

## SERVES: 6

Pressure Cooking Time:  
HIGH Pressure – 30 minutes

## INGREDIENTS

- 2 pounds cubed beef stew meat
- 4 carrots, peeled and cut into ½-inch pieces
- 1 medium onion, diced
- 2 garlic cloves
- 4 medium potatoes, cut into 1 ½-inch pieces
- 3 cups beef broth
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 2 celery stalks cut into 1-inch pieces
- 1 teaspoon of dried thyme leaves
- 2 teaspoons of salt
- Pepper to taste

## DIRECTIONS

1. Press the BROWN setting on the Multi-Cooker. Add in the olive oil and let the removable inner pot heat until ready.
2. Once ready, add the onions, garlic and meat and continue stirring until the meat is browned on all sides. Add the rest of the ingredients except for the all-purpose flour and shut off the BROWN setting.
3. Close and lock the lid of the pressure cooker and set the regulator knob to PRESSURE. Set the cooker to 30 minutes on pressure cook HIGH. When the high pressure function is complete, use the quick release method to release the pressure.
4. Once the lid is open on the multi-cooker, add in the all-purpose flour until thoroughly mixed into the stew and then serve.

# PULLED PORK

## SERVES: 4 to 6

Pressure Cooking Time:  
HIGH Pressure - 1 hour  
+ 40 minutes

## INGREDIENTS

- 3 pounds Boston butt
- ½ teaspoon ground cumin
- ½ teaspoon ground fennel seed
- ½ teaspoon ground coriander
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- 2 cups chicken broth
- 1 cup BBQ sauce + ¼ cup

## DIRECTIONS

1. Mix the spices together and rub the pork butt with the mix.
2. Season with salt and place in a pressure cooker with the broth and 1 cup of BBQ sauce.
3. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the multi-cooker for an hour and 40 minutes on pressure cook HIGH.
4. Release pressure using natural release method. Uncover. Shred the meat by putting it in a separate bowl and removing all the excess fat from the pork.
5. Using oven mitts lift the removable cooking pot out from the multi-cooker and pour the reserved liquid into a tempered measuring cup. Remove and discard the excess fat from the liquid as it rises to the top of the measuring cup.
6. Place the removable cooking pot back into the multi-cooker and then pour the liquid and meat back into the removable cooking pot. Stir in a ¼ cup of BBQ sauce into the pulled pork and serve.

# CORNERD BEEF AND CABBAGE

## SERVES: 6 to 8

Pressure Cooking Time:  
HIGH Pressure – 60 minutes +  
2 minutes

## INGREDIENTS

- 1 corned beef brisket, about 4 pounds
- 1 onion, quartered
- 1 tablespoon pickling spice water
- 1 medium head cabbage, cut into 6-8 wedges
- 6 carrots, cut into 1-inch pieces
- 6-8 small red potatoes, cut in half
- 2 turnips, cut into 1-inch dice
- 1 rutabaga, cut into 1-inch dice

## DIRECTIONS

1. Place corned beef, onion and pickling spice in cooker. Add water, about 12 cups to cover brisket, making sure water doesn't fill the cooker more than 2/3rd full.
2. Close and lock the lid of the pressure cooker and set the regulator knob to PRESSURE. Set the cooker to 60 minutes on pressure cook HIGH. When the high pressure function is complete, quick release. Open the lid and remove corned beef to a platter and tent with foil.
3. Add all the vegetables to the cooker. Close and lock the lid of the multi-cooker and set the regulator to PRESSURE. Set the cooker to 2 minutes on pressure cook HIGH. When the high pressure function is finished, quick release the pressure. Slice corned beef against the grain and serve with vegetables.

# SHRIMP SCAMPI

## SERVES: 4

Pressure Cooking Time:  
LOW Pressure – 2 minutes

## INGREDIENTS

- 8 oz. linguine
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 pound jumbo shrimp (26-30), shelled and deveined
- 1 tablespoon chopped garlic
- 1 pinch red pepper flakes (optional)
- ½ cup white wine
- 2 tablespoons lemon juice
- Salt and pepper, to taste
- 1 tablespoon parsley, chopped

## DIRECTIONS

1. Cook the pasta as directed on package.
2. Using the SAUTÉ function, heat the oil and melt the butter until the butter melts. Add the garlic and red pepper flakes and cook for 1 minute. Add the white wine, lemon juice and shrimp.
3. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the cooker to pressure cook LOW for 2 minutes. Quick-release the pressure when the function has ended and remove the lid.
4. Season with salt and pepper and stir in the parsley. Add the pasta, toss and serve.

# SALMON WITH SPINACH & LEMON SAUCE

## SERVES: 4

Pressure Cooking Time:  
HIGH Pressure – 3 + 7 minutes

## INGREDIENTS

- 1 ½ teaspoons salt, divided
- 20 oz. of fresh spinach leaves, cleaned and rinsed
- 2 tablespoons olive oil
- 1 medium onion, cut in half and sliced
- 2 garlic cloves, minced
- 2 tablespoons minced fresh broad leaf parsley
- 1 cup bottled clam juice
- ¼ cup fresh lemon juice
- ¼ teaspoon white pepper
- 1 ½ teaspoons dried crumbled dill
- 4 (6-8 oz.) salmon steaks at least 1-inch thick
- 1 teaspoon cornstarch dissolved in 1 tablespoon cold water
- 2 large egg yolks
- Zest of lemon

## DIRECTIONS

1. Place one cup water, 1 teaspoon of salt and the spinach leaves in the cooker. Close and lock the lid of the multi-cooker and set the regulator knob to Pressure. Set the timer for 3 minutes at HIGH pressure. When done, release the pressure and open the cooker.
2. Remove the spinach from the cooker, drain thoroughly and place on a platter. Cover and keep warm in a low temperature oven. Dry the cooker with a paper towel.
3. Use the BROWN setting to sauté the onions, garlic and parsley for about 2 minutes. Turn off the BROWN setting. Stir in the clam juice, lemon juice, remaining salt, pepper and dill.
4. Add salt, pepper and lemon zest to the salmon. Place the salmon in the cooker in a single layer. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE and set the timer for 7 minutes at HIGH pressure. When done, release the pressure and open the cooker.
5. Using a slotted spatula, transfer the salmon to the warmed platter and cover to keep warm. Pour off all but ½ cup of the cooking liquid in the cooker and use the BROWN setting to warm the liquid.
6. Stir in the egg yolks and cornstarch mixture. Stir until it begins to thicken. Turn off the BROWN setting.
7. To serve, arrange a portion of spinach on each of 6 individual plates. Top each with a salmon steak and spoon sauce over the salmon. Garnish with sprigs of fresh parsley or thin lemon slices.

# CHEESECAKE

## SERVES: 4 to 6

Pressure Cooking Time:  
HIGH Pressure – 23 minutes

## INGREDIENTS

- Non stick oil spray
- ½ cup graham cracker crumbs
- 2 tablespoons butter, melted
- 16 oz. softened cream cheese
- 3 tablespoons sour cream
- ½ cup plus 2 tablespoons granulated sugar
- 4 eggs
- 1 teaspoon vanilla extract
- Zest of 1 orange

## DIRECTIONS

1. Place 3 cups water on the bottom of the removable cooking pot; place a rack down into the water.
2. Use an 8-inch spring form pan wrapped with aluminum foil. Spray the spring form pan with the non-stick oil spray. Combine the butter and graham cracker crumbs, place in the bottom on the pan.
3. Using a hand mixer, blend the cream cheese, sour cream, sugar and orange zest all together. One by one add the eggs, stir in the vanilla extract.
4. Pour the filling on top of the graham cracker crumbs, cover the top with foil. Use the trivet to raise the spring form pan above the water level. Tie the foil cover over the pan with kitchen string.
5. Lower the cheesecake into the cooker with a wire or piece of foil, carefully.
6. Close and lock the lid of the multi-cooker set the regulator knob to PRESSURE. Set the timer for 23 minutes on pressure cook HIGH. When cooking time is done, release pressure and uncover. Carefully remove the pan.

# SPICED IRISH OATS WITH FRUIT

## SERVES: 2

Pressure Cooking Time:  
HIGH Pressure – 7 minutes

## INGREDIENTS

- 2 teaspoons butter
- 1 teaspoon cinnamon
- ⅛ teaspoon fresh grated nutmeg
- 1 teaspoon ground clove (optional)
- ½ cup steel cut oats
- 1 cup water
- ¼ teaspoon salt
- 1 large apple or firm pear, coarsely chopped

## DIRECTIONS

1. Melt butter in the multi-cooker using the SAUTÉ setting. Add spices and oats and sauté 2 minutes stirring occasionally. Add water, salt and the apple.
2. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the timer for 7 minutes on pressure cook HIGH.
3. Let the pressure release naturally. Serve with your favorite sweetener (maple syrup, agave, honey etc.) and milk if desired.





## SPINACH ARTICHOKE DIP

**SERVES:** 6 to 8

Cooking Time:  
Slow Cook HIGH - 2 to  
2 ½ hours

### INGREDIENTS

- 1 cup shredded cheese
- ½ pound Monterey Jack, cubed
- 1 (10 oz.) frozen spinach, thawed, drained and chopped
- 1 cup sour cream
- 1 can artichoke hearts, drained, rinsed and finely chopped
- ½ yellow onion, chopped and sautéed
- 1 tablespoon minced garlic
- ½ teaspoon pepper
- ⅛ teaspoon salt
- 2 oz. pimento peppers, drained
- Cooking spray

### DIRECTIONS

1. Spray the inside of the EMC with cooking spray.
2. In a large mixing bowl, combine all ingredients and pour into EMC.
3. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 2- 2 ½ hours on slow cook HIGH, until hot and bubbly.
4. Stir well. Serve with tortilla chips, bread, crackers or vegetables.

# CORN CASSEROLE

## SERVES: 8

Cooking Time:  
Slow Cook HIGH - 2 to  
4 hours

## INGREDIENTS

- 1 can whole kernel corn, drained
- 1 can cream style corn
- 1 cup sour cream
- 1 package jiffy cornbread mix
- 4 tablespoons butter, melted

## DIRECTIONS

1. Spray the inside of the EMC with cooking spray.
2. In a bowl, combine all the ingredients together and pour into EMC.
3. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 2 to 4 hours on slow cook HIGH, while checking occasionally.

# OLD FASHIONED CHICKEN SOUP

## SERVES: 6

Cooking Time:  
Slow Cook LOW - 8 hours

## INGREDIENTS

- 1 ½ cups diced onion
- 1 cup sliced carrots
- 1 cup diced celery
- ½ pound diced boneless skinless chicken
- 6 cups chicken stock
- Salt and pepper, to taste

## DIRECTIONS

1. Combine all the ingredients in the slow cooker.
2. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 8 hours on slow cook LOW.
3. When done, stir in 2 cups cooked rice or 2 cups of cooked noodles if desired.

# PENNE VODKA SAUCE

**SERVES:** 4 to 6

Cooking Time:  
Slow Cook LOW - 4 hours

## INGREDIENTS

- 1 (28 oz.) can plum tomatoes
- 2 tablespoons butter
- 1 medium yellow onion, diced
- 1 teaspoon dried basil
- 2 cloves garlic, minced
- ½ cup vodka
- ½ cup heavy cream
- ½ cup Pecorino Roman and Parmesan blend grated cheese
- 1 cup water
- 1 pound penne pasta
- Salt and pepper, to taste

## DIRECTIONS

1. Cook the onions and garlic on the SAUTÉ setting in butter. Stir in the can of tomatoes, vodka, basil and heavy cream.
2. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 4 hours on slow cook LOW. 35 minutes before the cook time is over, remove the lid of the multi-cooker and add in the penne pasta and water thoroughly mix them together. Place the lid back on and allow the pasta to cook for the remaining time.
3. Once the timer is up, combine the grated cheese and serve warm.

# ASIAN PEANUT PORK

**SERVES:** 4

Cooking Time:  
Slow Cook LOW - 4 hours

## INGREDIENTS

- 2 pounds pork loin, boneless
- 2 large red bell peppers, seeded and cut into 1-inch wide strips
- ¼ cup soy sauce
- 2 tablespoons rice wine
- 2 tablespoons rice vinegar
- 3 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon corn starch
- ½ cup peanut butter
- 1 tablespoon sesame oil
- 1 teaspoon kosher salt
- Juice from ½ of a lime
- 4 scallions, sliced
- ¼ cup chopped cilantro

## DIRECTIONS

1. Cut the pork loin into 4 pieces of equal size.
2. Combine the soy sauce, rice wine, rice vinegar, garlic, red pepper flakes and corn starch in the multi-cooker and stir to combine.
3. Place the pork pieces on the bottom of the cooker and top with the pepper slices.
4. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 4 hours on slow cook LOW.
5. Open cover and remove pork pieces. Shred pork using two forks. Add peanut butter, sesame oil, salt and lime juice to juices in the multi-cooker. Stir all ingredients until sauce is smooth. Return pork to sauce and top with scallions and cilantro. Delicious over rice noodles.

# EASY SWEET AND SOUR CHICKEN

## SERVES: 4

Cooking Time:  
Slow Cook LOW - 6 hours

## INGREDIENTS

- 1 ½ pounds diced boneless skinless chicken
- 1 ½ cups diced bell pepper
- 1 cup diced red onion
- 1 cup pineapple chunks, drained. Reserve juice.
- 1 (8 oz.) can sliced water chestnuts, drained
- ½ cup reserved pineapple juice
- 2 tablespoons Hoisin Sauce
- 1 teaspoon soy sauce
- 1 (16 oz.) can of sweet & sour sauce

## DIRECTIONS

1. In a bowl, combine the sweet & sour sauce, soy sauce, hoisin sauce, and pineapple juice.
2. Place the remaining ingredients in the multi-cooker and pour the sauce over.
3. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 6 hours on slow cook LOW. Serve over hot rice.

# CHOCOLATE BREAD PUDDING

## SERVES: 8

Cooking Time:  
Slow Cook LOW - 5 to 6 hours  
or Slow Cook HIGH - 2 ½ to 3 hours

## INGREDIENTS

- 1 cup butter
- ¼ cup sugar
- 1 teaspoon ground cinnamon
- 4 eggs
- 1 cup chocolate milk
- ¼ cup strong brewed coffee
- ½ cup milk chocolate chips
- 1 cup chopped pecans, toasted
- 4 cups stale white bread cut into bite-sized pieces

## DIRECTIONS

1. In a bowl, beat the butter, sugar and cinnamon with an electric mixer. Add the eggs and beat until fluffy.
2. Mix in the chocolate milk, and coffee. Fold in the chocolate chips, pecans & bread cubes. Pour into multi-cooker.
3. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 5 to 6 hours on slow cook LOW or 2 ½ to 3 hours on slow cook HIGH. Serve with a scoop of vanilla ice cream dusted with cocoa powder.

## SUPER EASY SHORT RIBS – BARBECUE STYLE

### SERVES: 4

Cooking Time:  
Slow Cook LOW - 8 hours

### INGREDIENTS

- 3 pounds boneless beef short ribs
- 1 large onion, thinly sliced
- 1 cup barbecue sauce
- 1 cup water
- 1 teaspoon garlic powder
- Salt and black pepper, to taste

### DIRECTIONS

1. Season the meat with salt and pepper and brown on all sides using the BROWN setting. It may be necessary to do this in 2 batches.
2. Return all of the meat to the multi-cooker and stir in onion and garlic powder.
3. Combine the barbecue sauce and water and add to the slow cooker. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 8 hours on slow cooker LOW.

## CHICKEN AND QUINOA – SOUTHWESTERN STYLE

### SERVES: 4

Cooking Time:  
Slow Cook LOW - 4 ½ hours

### INGREDIENTS

- 1 pound of chicken breast, trimmed and cut into 1-inch chunks
- 1 (15 oz.) can of cream style corn
- 1 (15 oz.) can of pinto beans, rinsed and drained
- 1 (15 oz.) can of diced tomatoes
- 1 teaspoon dried oregano
- 2 tablespoons dehydrated onions
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- 1 cup uncooked quinoa
- ½ cup fresh cilantro
- Juice of one fresh lime

### DIRECTIONS

1. Place chicken breast, cream style corn, pinto beans, diced tomatoes, dried oregano, dehydrated onion, garlic powder and chili powder into the removable cooking pot.
2. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 4 ½ hours on slow cook LOW.
3. Add the quinoa after 4 hours. It will soak up the remaining liquid during the final 30 minutes of cooking. Mix in lime juice and cilantro and serve.



## BROWN RICE AND EDAMAME

### SERVES: 4

Cooking Time:  
Brown Rice - 12 + 10 minutes

### INGREDIENTS

- ¾ cup long grain brown rice
- 1 ½ cups of water
- 1 ¼ cups frozen shelled edamame
- 1 tablespoon lime juice
- 1 tablespoon rice vinegar
- 1½ teaspoons sesame oil, toasted
- ½ teaspoon sugar
- 3 scallions, thinly sliced on the diagonal
- Salt and pepper
- Crushed red pepper flakes (optional)

### DIRECTIONS

1. Place rice and water into multi-cooker. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the timer for 12 minutes on BROWN RICE.
2. Quick release the pressure, open the lid and add edamame. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE.
3. Set back to BROWN RICE for 10 additional minutes. Quick release the pressure.
4. In a small bowl, stir together lime juice, vinegar, oil, chili flakes (if using) and sugar until sugar is dissolved. With a fork, stir in lime juice mixture and scallions into rice; season with salt and pepper.

# FAGOR NEVER FAIL RISOTTO

## SERVES: 4

Cooking Time:  
Risotto - 7 minutes

## INGREDIENTS

- 2 tablespoons olive oil
- ¼ cup diced onion or shallot
- 1 cup Arborio rice
- 2 cups chicken broth
- ¼ cup white wine
- 1 teaspoon saffron threads
- ¼ cup grated Parmesan cheese
- 1 tablespoon freshly minced Parsley

## DIRECTIONS

1. In the removable cooking pot with the lid off, use the SAUTÉ setting to sauté the onions and rice until the onion is translucent, about 5 minutes. Turn off the SAUTÉ setting.
2. Add the broth, wine and saffron. Close and lock the lid of the Multi-cooker and turn the pressure regulator knob to PRESSURE. Set the Multi-cooker to RISOTTO function for 7 minutes.
3. When done, use the quick release method to release pressure and open the cooker. Stir in the cheese and parsley and serve.

# CREAMY GRUYÈRE AND PARMESAN RISOTTO

## SERVES: 4

Cooking Time:  
Risotto - 6 minutes

## INGREDIENTS

- 2 tablespoons of sweet butter
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 ½ cups Arborio rice
- 4 cups chicken stock
- 1 cup grated Gruyère cheese (4 oz.)
- ¼ cup grated Parmesan cheese
- Salt and pepper, to taste
- ½ cup heavy cream

## DIRECTIONS

1. Heat the butter, oil and garlic in the cooker on the SAUTÉ setting. Sauté the garlic until soft, but not brown, about 2 minutes.
2. Stir in the rice, making sure to coat it thoroughly.
3. Pour in the stock and heavy cream. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the cooker to the RISOTTO setting.
4. Once the rice cooker cycle is complete, release pressure but allow the risotto to rest on the warm cycle with the lid on for about 5 minutes.
5. Open the lid, stir in the Gruyère and Parmesan cheese, and add salt to taste. Serve immediately.

# BLACK BEAN CONFETTI RICE

## SERVES: 4

Cooking Time:  
White Rice - 10 minutes

## INGREDIENTS

- 1 cup long grain white rice
- ½ cup chopped red peppers
- 1 scallion, chopped
- ½ cup cooked black beans
- ½ cup frozen corn
- 2 cloves garlic, pressed
- 1½ cups vegetable stock
- ¼ cup packed cilantro leaves, chopped fine
- ½ cup bottled medium salsa

## DIRECTIONS

1. Place rice, peppers, scallion, corn, beans and garlic in the cooker with vegetable stock. Close and lock the lid of the multi-cooker and set the regulator knob to PRESSURE. Set the cooker to the WHITE RICE setting.
2. Once the rice cooker cycle is complete, release pressure and open the lid.
3. Add chopped cilantro and salsa, fluffing gently with a fork to mix. Serve hot.

# VANILLA CINNAMON RICE PUDDING

## SERVES: 4

Cooking Time:  
Risotto - 18 minutes

## INGREDIENTS

- 1 cup medium grain rice
- 3 cups whole milk
- ¼ cup evaporated milk
- ½ cup condensed milk
- ½ cup sugar
- 2 teaspoons vanilla extract
- 2 cinnamon sticks

## DIRECTIONS

1. Add all ingredients to the removable cooking pot.
2. Close and lock the lid of the multi-cooker and set to RISOTTO function for 18 minutes. Be sure to set the pressure regulator knob to PRESSURE.
3. Once the RISOTTO function is complete, use the natural release method to release pressure and then open the lid.
4. Stir until the ingredients are all mixed together. Serve warm or cold.





## STEAMED SALMON WITH ASPARAGUS

### SERVES: 2

Cooking Time:  
Steam - 4 minutes

### INGREDIENTS

- 4 teaspoons olive oil, divided
- 1 pinch crushed red pepper (optional)
- 1 small onion, peeled and diced
- 2 garlic cloves, peeled and minced
- 1 bundle of asparagus
- ½ cup dry white wine
- 2 salmon fillets, 6 oz. each
- ¼ teaspoon Italian seasoning
- Kosher salt and fresh ground pepper

### DIRECTIONS

1. Salt and pepper the salmon. Sprinkle the Italian seasoning evenly over the fillets and drizzle 1 teaspoon of olive oil on each fillet.
2. Heat oil using the SAUTÉ function. Add two teaspoons of olive oil and the crushed red pepper. Heat for a minute before adding onion.
3. Cook onion two minutes and add garlic; cook for another minute. Add asparagus and wine. Season with a sprinkle each of salt and pepper.
4. Carefully lay the salmon on top of the asparagus so the fish is not resting on the bottom of the cooker.
5. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Set the timer for 4 minutes on the STEAM setting. Open the cooker and test fish. It should flake easily with a fork, if not close cooker and steam an additional minute.

# STEAMED SHRIMP

## SERVES: 2

Cooking Time:  
Steam - 2 minutes

## INGREDIENTS

- 1 pound large shrimp
- 1 ½ tablespoons Old Bay Seasoning
- 1 cup chicken broth or water
- Cocktail Sauce
- Lemons

## DIRECTIONS

1. Place the 1 cup of chicken broth or water into the removable cooking pot.
2. Place the shrimp into the steamer basket and place the steamer basket into the removable cooking pot. Season the shrimp with Old Bay Seasoning.
3. Close and lock the lid of the Multi-cooker. Place the regulator knob on STEAM and then select the STEAM function. Set the timer for 2 minutes. The shrimp is cooked when they are the shape of the letter C.
4. Place the cocktail sauce in a ramekin and place the shrimp in a serving dish with slices of lemons.

# POTATO SALAD WITH CHIVES

## SERVES: 8

Cooking Time:  
Steam - 20 minutes

## INGREDIENTS

- 2 pounds skinned potatoes, peeled and cut into ½-inch thick slices
- 2 tablespoons white vinegar
- 2 tablespoons Dijon mustard
- ½ cup mayonnaise
- ½ cup chopped fresh chives
- 2 cups water or chicken broth
- Salt and pepper

## DIRECTIONS

1. Fill removable cooking pot with 2 cups of water or chicken broth.
2. Place the potatoes equally into two steamer baskets and place the steamer basket within the removable cooking pot. Close and lock the lid of the multi-cooker and set the regulator knob to STEAM. Press the STEAM function and set the timer to 20 minutes.
3. After 20 minutes, remove the potatoes from the lower steamer basket and transfer them to a serving bowl. Sprinkle the potatoes with white vinegar.
4. Stir gently with a spatula so the potatoes absorb the vinegar. In a small bowl, mix the salt, pepper, mayonnaise and mustard. Add the chives and stir. Add as much dressing as you would like to the potatoes, gently tossing the mixture.
5. Cover and refrigerate for up to 2 hours before serving.

# Yogurt Making

You only need two ingredients to make yogurt at home: any type of milk and plain store-bought yogurt (with live active cultures) or starter yogurt.

## Choosing the Milk:

The following types of milk may be used:

1. Pasteurized milk of any fat content (full, 2%, 1% or skim milk)
2. Powdered milk
3. Long-life UHT sterilized milk
4. Soy Milk. Be sure to use UHT soy milk, which contains one of the following ingredients: fructose, honey or malt. These ingredients are necessary for fermentation and you will not succeed if none are available in the milk.

## Live Active Cultures-Unflavored Yogurt:

All you need is a small amount of plain, unflavored yogurt with live active cultures, often called probiotics. The plain yogurt can either be purchased from a store or used from a previous batch of homemade yogurt. Homemade yogurt can only be used a maximum of 2 times as starter yogurt. If you use the store bought yogurt and prefer a particular brand, try using that one as a starter.



The Live & Active Culture seal, from the National Yogurt Association (NYA), helps you recognize those products containing significant amounts of live and active cultures. The seal is a voluntary identification available to all manufacturers of yogurt whose products contain at least 100 million cultures per gram at the time of manufacture. Since the seal program is voluntary, some yogurt products may have some live cultures but not carry the seal.

**NOTE:** For 5 cups of milk use ½ cup of plain yogurt or 1 packet starter culture. For 1 cup of milk use about one tablespoon of plain yogurt.

**NOTE:** You can make yogurt either directly in the removable cooking pot or using glass jars in the removable cooking pot by placing them on a steamer basket.

## Yogurt Making Process:

1. Take the starter yogurt from the refrigerator so that it has time to get closer to room temperature while you heat the milk.
2. Place the amount of milk desired in the removable cooking pot. Leave the lid off and heat the milk to 180-185°F by pressing the SLOW COOK LOW function. Use a thermometer to make sure that proper temperature has been reached.
3. Remove the removable cooking pot from heat and allow the milk to cool to lukewarm (100°F-110°F). To accelerate the cooling down process, place the removable cooking pot in cold water. Do not let it cool below 90°F.
4. Stir in the plain yogurt or starter culture packet and use a silicone whisk to mix it with the milk until the consistency is smooth with no lumps remaining. Do NOT use a metal whisk as it will scratch the non-stick surface of the removable cooking pot.
5. Place the lid on the Multi-cooker; align the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to STEAM when using the yogurt program. Press the YOGURT button. The preset cooking time is 8 hours. Depending on the flavor of yogurt you like best, you can choose how long to cook the yogurt for by pressing the + or - button once for each additional

half hour or to decrease by a half hour. To fast advance, hold the button down until you reach the desired cooking time. The longest cooking time is 24 hours. The preparation time impacts the yogurt taste. With longer cooking time, the yogurt will have a more tart flavor. With shorter time, the yogurt will have a milder flavor.

6. Press the START/STOP button to begin the yogurt function. The unit will begin to count down in 1 minute increments once the correct temperature has been reached.
7. When the yogurt is ready, remove the lid. There may be some yellowish liquid, whey, on top of the yogurt. This is normal, whey contains nutrients and protein. Mix it back into the yogurt.
8. If you prefer regular yogurt, cover and place in the refrigerator for 2 to 3 hours before serving, or until yogurt cools down. If you prefer making Greek yogurt, please refer to page 39.

**Note:** the multi-cooker should remain perfectly still during the cooking process. Do not move the appliance; do not remove the removable cooking pot or the lid as this will affect the firmness of the yogurt. Do not add any flavoring before completing the yogurt making process.

# Yogurt Making (continued)

## Yogurt Making in Glass Jars:

1. Take the starter yogurt from the refrigerator so that it has time to get closer to room temperature while you heat the milk.
2. When you heat the milk in glass jars, add 1 cup of water into the removable cooking pot, then insert a yogurt making rack and place your glass jars on top of the rack. Place the lid on the Multi-cooker; align the protruding pin on the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to PRESSURE. Select the STEAM function to heat the milk to 180-185°F. Once the process is over, use the Natural Release Method to release the steam.
3. The second step after heating the milk is allowing the milk to cool to lukewarm (100-110°F). To accelerate the cooling down process, take out the jars with the help of a jar lifter. Do not let it cool below 90°F.
4. Stir in the plain yogurt with live active culture and use a spoon to mix it with the milk until the consistency is smooth with no lumps remaining.

5. Place the lid on the Multi-cooker; align the protruding pin on the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to STEAM. Press the YOGURT function. The preset cooking time is 8 hours. Depending on the flavor of yogurt you like best, you can choose how long to cook the yogurt for by pressing the + or – button once for each additional half hour or to decrease by a half hour. To fast advance, hold the button down until you reach the desired cooking time. The longest cooking time is 24 hours. The preparation time impacts the yogurt taste. With longer cooking time, the yogurt will have a more tart flavor. With shorter time, the yogurt will have a milder flavor.
6. Press the START/STOP button to begin the yogurt function. The unit will begin to count down in minutes once the correct temperature has been reached.
7. When the yogurt is ready, remove the lid. There may be some yellowish liquid, whey, on top of the yogurt. This is normal, whey contains nutrients and protein. Mix it back into the yogurt.
8. If you prefer regular yogurt, cover and place in the refrigerator for 2 to 3 hours before serving, or until yogurt cools. If you prefer making Greek yogurt, please refer to page 39.

## Helpful Hints and Tips:

- The probiotics and live active cultures are strongest when the yogurt is fresh. For the best results, only repeat the same starter yogurt 2 times max. After a few days, the probiotics in the previous batch can weaken and the yogurt may contain a liquid consistency.
- You may choose to make flavored yogurt and add sugar, honey, flavorings, fruit, or other ingredients to taste just prior to eating.
- For best results and ease of preparation, use whole or semi-skimmed UHT milk or reconstituted milk powder. They don't need to be heated or cooled down.
- The best before-date for natural yogurts will be the date the yogurts were made plus 7 days, depending on the freshness of the milk. When in doubt, use the expiration date on your milk as a guideline.

## Greek Yogurt:

1. Place the strainer or a cheese cloth inside a container so the strainer doesn't touch the bottom of the container to allow for better drainage.
2. Pour the homemade yogurt into the strainer or cheese cloth and cover with the lid. Put it in the refrigerator to strain and chill for at least 2 hours. The longer the time, the thicker the yogurt becomes.
3. Gently remove yogurt from strainer or cheese cloth by turning the strainer or cheese cloth upside down on a plate or container.
4. Put it back in the refrigerator to chill for another few hours before serving.



## RANCH DRESSING

**SERVES:** 4 to 6

### INGREDIENTS

- ½ cup homemade Greek yogurt
- 3 tablespoons buttermilk
- 3 tablespoons mayo
- 1 teaspoon vinegar
- ¼ teaspoon dill
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 2 tablespoons parsley
- Salt and pepper, to taste

### DIRECTIONS

1. In a mixing bowl, stir in all the ingredients until it has been thoroughly blended together. Make sure to add salt and pepper to taste.
2. Let the dressing chill in the refrigerator until it is ready to serve. This recipe can be used as a dressing or as a dip.

# BUFFALO DIP

**SERVES:** 8

## INGREDIENTS

- 1 cup homemade Greek yogurt
- ¼ cup crumbled blue cheese
- 2 tablespoons chopped parsley
- 2 teaspoons hot sauce

## DIRECTIONS

1. In a bowl, combine the homemade Greek yogurt, blue cheese, parsley and hot sauce.
2. Mix well and chill. Serve with chicken fingers.

# TZATZIKI SAUCE

**SERVES:** 8

## INGREDIENTS

- 1 cup homemade Greek yogurt
- 1 English cucumber, seeded, finely grated and drained
- 2 cloves garlic, finely minced
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh dill
- Kosher salt and freshly cracked black pepper

## DIRECTIONS

1. In a medium bowl, combine the homemade Greek yogurt, cucumber, garlic, lemon zest, lemon juice and dill.
2. Season with salt and pepper. Mix well and chill until ready to serve.



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