

Receta de Croquetas de gallina y huevos
Ingredientes (6 personas):
Para la fórmula:
2 huevos
1 cebolla
1 zanahoria
100 ml de leche
agua
sal
perejil

Realización:
Entra en presión con agua y sal, pon a cocer la gallina con la papa, la zanahoria y la zanahoria. Cierra con la tapa y cocina durante 20-25 minutos. Cuando la gallina esté tierna, limpia de huesos y pélica y pica fina. Para a cocer los huevos en un bol con agua y una cuchara de aceite y agua medio. Arroja la harina y remueve con una varilla, hasta que se done un poco. Echa 1/2 taza de leche y remueve bien y agrega la misma cantidad de codo, sin dejar de remover. Trasladar a la otra parte del vaporizador y cocinar durante 10 minutos. Agregar la carne cocida y mezclar bien para que queden bien picados. Mezcla bien y cocina a fuego suave durante 20-25 minutos. Vierte la salsa a una fuente, y dejá la mezcla en una sartén con aceite muy caliente. Cierre y déjalo cocinar. Deja enfriar las croquetas, enharinadas, pasadas por huevo y pan rallado y frietas en una sartén con aceite muy caliente. Servir.

Bizcocho en olla a presión
Ingredientes (8 personas):
1 kg de harina
1 huevo
1 cucharada de extracto de vainilla
Para el glaseado:
200 g de azúcar glass

Realización:
Pone el doble de la vainilla en una taza y añade agua y aceite. Mezcla bien y agrega una preparación suave y sin grumos. Agregar la esencia de vainilla. Verter en el vaporizador y cocinar durante 15-20 minutos. Colocar el molde en el interior de la olla a presión y poner la tapa y dejar a fuego durante 2 minutos, luego bajar la intensidad del calor y dejar que se cueza durante 40-45 minutos. Trasladar a la otra parte del vaporizador y cocinar la masa con un cuchillo, si este seco es lista, sacar y desmoldar sobre una rejilla. Espolvorear con azúcar glass y dejar que se asiente. Mezclamos el agua con el azúcar y revolvemos hasta que esté completamente integrado. Una vez que la mezcla esté bien integrada, ponla sobre el glaseado. Agregar el glaseado sobre una rejilla y deja secar. Servir.

Tarta de queso en olla a presión
Ingredientes:
4 huevos
4 cucharadas de azúcar
100 gr. de queso crema
200ml de queso cremoso
Caramelo líquido para caramelizar
Mazapán negro y rojo
Chocolate líquido

Realización:
Ponemos todos los ingredientes en un bol y los batimos hasta que queda una mezcla homogénea. Cerramos la tapa y ponemos en la mesa. Cerramos el molde con una tapa o papel de aluminio, ajustándolo bien al molde para que no nos entre agua al cocerlo. Los batimos con fuerza y dejamos reposar unos diez segundos. Cerramos la tapa a presión y una vez que hayan subido los animos, la dejamos a fuego 15 y 20 minutos. Colocamos los mazapanes en tartas aptas para el horno, vierte encima la bechamel de verduras y horneamos a 200 grados durante 5 minutos. Servir.

Servir:
Desmoldamos sobre la fuente. Decoramos con chocolate líquido, mazapán negro y rojo.

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Fig.12

Receta de Panache de verduras
Ingredientes (4 personas):
250 g de judías
1 calabacín
1 cebolla y calabaza
8 espárragos verdes
100 g de puerco ibérico
agua
aceite de oliva extra
sal

Realización:
Pela y trocea las patatas y ponlas a cocer en la olla a presión con agua. Coloca en la cesta de vapor las judías limpias y cortadas en juliana. Cierra la olla y deja que se cocine a fuego moderado durante 4 minutos. Reserva las judías al vapor y ponlas en la mesa. Corta el puerco gruesos y colábellalos y la calabaza. Unta verduras, junta los espárragos en aceite, ponlos en la olla y tapa. Pica la puerco y déjala en la olla. Cubre el fondo de un plato con la crema de patata y coloca las judías cocidas al vapor y las verduras asadas en la olla. Servir.

Receta de Sopa de lentejas al curry
Ingredientes (5 personas):
1 kg de lentejas pardas
1 cebolla
1 zanahoria
2 dientes de ajo
1 lata de 400 gr. de tomates enteros
1 cucharadita de curry
1 yogur natural
agua
aceite de oliva virgen extra
sal

Realización:
Pon a pochar la cebolla y la zanahoria cortada en dados y el puerco picado en una olla a presión con aceite. Afunda los ajos y la zanahoria bien y añade el resto de los sofres. Incorpora las lentejas, cubrelas con agua y agrega la cuchara de curry. Tapa la olla y cocina durante 7 minutos. Una vez cocinadas las lentejas, añade los tomates cortados en dados y dejé que cuezan otros 2-3 minutos.

Receta de Sopa de cebolla con queso gratinado
Ingredientes (4 personas):
8 rodajas de cebolla
2 puerco
400 g de garbanzos
100 gr. de queso emmenthal
aceite de oliva virgen extra
sal

Realización:
Pon los garbanzos a remojo de agua. Cuela la cebolla partida por la mitad, los garbanzos escaldados, los ajos de puerco, las uvas de puerco y una pizza de sal. Cocida la cebolla, las uvas y el puerco y deje que comience a salir el vapor. Pasado este tiempo, retira la carne, y pon la carne y el puerco finalmente en la olla y ponlas a cocinar en una cacerola con aceite. Sazona y cocinalas hasta que se cueza. Coloca la carne y el puerco finalmente en la olla y ponlas a cocinar en una cacerola con aceite. Sazona y cocinalas hasta que se cueza. Pela el puerco, añadele perejil y dejalo cocinar un poco. Vierte el caldo y cocina todo durante 10 minutos aproximadamente. Bate con un batidor de mano y sirve.

Servir:
Sirve la sopa de garbanzos con el queso y gratinado todo en el horno. Sirve y espolvorea las tasas con un poco de perejil picado. Sirve la ensalada de tomate y cardenjos con las costillas de cerdo.

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Fig.14

Arroz con pollo en olla a presión
Ingredientes (3 personas):
1 pollo
250 g de arroz
1 cebolla
8 espárragos verdes
100 g de puerco ibérico
agua
aceite de oliva extra
sal

Realización:
Ponemos un poco de aceite en la olla a presión. Cuando está caliente ponemos el pollo y lo ponemos a dorar bien en el momento, reservar. Ponemos el arroz y el puerco y dejamos cocinar a fuego moderado durante 5-6 minutos. Como el agua ya es bastante, ponemos directamente a fuego bajo. 10 minutos. Agregamos y dejamos unos 5 minutos más, y desfiamos. Servir caliente.

Fig.8

Receta de Canelones de hongos y castañas
Ingredientes (4 personas):
250 g de hongos
8 ajos frescos
150 g de agua
80 gr. de harina
100 g de puerco ibérico
aceite de oliva virgen extra

Realización:
En la olla a presión coloca las castañas. Colocan con agua, sal y aceite de oliva y cocinan durante 5 minutos. Cuando empieza a hervir, saltea y agrega las láminas de canelón. Cubrelas con la salsa de almendras y dejá que cueza durante 8-10 minutos. Pica los ajos y los coloca sobre el vaporizador. Mezcla y cerramos la olla. Una vez que estén cocidos, rellena los canelones. Cubrelos si quieren con el resto de la bechamel, espolvorean con el queso y gratinados durante 3 minutos. Servir.

Fig.9

Receta de costilla de cerdo con ensalada
Ingredientes (4 personas):
1/2 kg de costilla de cerdo
3 huevos de ternera
3 dientes de ajo
75 gr. de pan del día anterior
100 gr. de queso emmenthal
aceite de oliva virgen extra
sal

Realización:
Pon los garbanzos a remojo de agua. Limpia la costilla partida por la mitad, los garbanzos escaldados, los ajos de puerco, los huevos, las ramas de perel y una pizza de sal. Coloca la carne y el puerco finalmente en la olla y ponlas a cocinar en una cacerola con aceite. Sazona y cocinalas hasta que se cueza. Coloca la carne y el puerco finalmente en la olla y ponlas a cocinar en una cacerola con aceite. Sazona y cocinalas hasta que se cueza. Pela el puerco, añadele perejil y dejalo cocinar un poco. Vierte el caldo y cocina todo durante 10-12 minutos.

Servir:
Sirve la costilla de cerdo con la ensalada y el pan del día anterior.

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Fig.10

Receta de costilla de cerdo con ensalada
Ingredientes (4 personas):
1/2 kg de costilla de cerdo
3 huevos de ternera
3 dientes de ajo
75 gr. de pan del día anterior
100 gr. de queso emmenthal
aceite de oliva virgen extra
sal

Realización:
Pon los garbanzos a remojo de agua. Cuela la costilla partida por la mitad, los garbanzos escaldados, los ajos de puerco, las uvas de puerco y una pizza de sal. Coloca la carne y el puerco finalmente en la olla y ponlas a cocinar en una cacerola con aceite. Sazona y cocinalas hasta que se cueza. Coloca la carne y el puerco finalmente en la olla y ponlas a cocinar en una cacerola con aceite. Sazona y cocinalas hasta que se cueza. Pela el puerco, añadele perejil y dejalo cocinar un poco. Vierte el caldo y cocina todo durante 10-12 minutos.

Servir:
Sirve la costilla de cerdo con la ensalada y el pan del día anterior.

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Fig.11

Fig.12

Fig.13

Fig.14

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Fig.16

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Fig.107

Fig.108

Fig.109

Chicken and egg croquettes
Ingredients (4 people):
For 6-8 people:
2-3 eggs
1 kg flour
1 spring onion
100 gr. milk
Water
Salt
Parsley

Instructions
Cook the chicken with water first. Cut the chicken into pieces in the water. Cook the chicken in the pressure cooker with leek, onion and carrot. Close the lid and cook for 20-25 minutes. When chicken is tender, separate from bones and skins and mince.
Boil the eggs in a separate pot with water and salt for 10 minutes. Drain and stir with a whisk until lightly browned. Take 1/2 l. of milk and stir well and add the same amount of butter, stirring constantly. Work the dough over low heat. Sprinkle with grated cheese and mix well. Roll the dough into balls with chopped eggs. Mix well and cook over heat for 20 minutes. Pour batter to a source and allow it to cool down. Once the dough is cold, cut and shape into croquettes, roll them in flour, then in eggs and breadcrumbs and fry in a pan with hot oil. When they are done, remove them from the pan to a plate covered with absorbent (or a tissue) to drain the excess oil.

Cake in a pressure cooker
Ingredients (6 people):
1 flour
1 cup sugar
1 cup oil
1 cup milk
For the glaze:
100 g onions of water (about 75 ml)

Instructions
Put eggs in a mixer and mix until smooth and frothy with as much air as possible. Mix with milk until smooth and lump-free. Add the vanilla essence.
Put the flour in a bowl. Mix the eggs with sugar and oil, slowly add flour alternately with milk until smooth and lump-free. Add the vanilla essence.
Place the mixture inside of the pressure cooker and put the lid on and leave at high heat for 2 minutes, then lower the intensity. You are done if it cook for 40-45 minutes.
Leave for 10 minutes, then take the lid off. If the cake is baked with a knife, if it comes out dry, the cake is ready. Remove and unmold on a wire rack.

Pumpkin cream soup
Ingredients (4-6 people):
1 kg Pumpkin
1 cup water
1 medium onion
2 ripe tomatoes
100 g oil
1 package of cream (200 ml.)
Oil
Salt
3 boiled eggs

Instructions
Peel the pumpkin and cut it pieces.
Clean the onion and cut it in half and do the same with tomato.
Mix everything together in the pressure cooker with some olive oil. Add enough water to cover, a little oil and salt. Cover the lid and cook for 20-25 minutes. When the steam coming out cook it for 10 minutes and lower heat slightly. After some time remove the lid and mash potato, onion and tomato as it were passed through the blender.

Sole fish with Mushroom Sauce
Ingredients (4 people):
200g fish
1 small beet and finely chopped onion
600g fillets of sole fish, well-seasoned
1 l of white wine
1 ripe tomatoes
3 tablespoons of cooking cream
1 tablespoon of Parsley, chopped finely

Instructions
Melt the butter in the pressure cooker and fry the mushrooms until golden brown. Add the tomatoes and the wine.
Put the sole fillets on top of the onion and sauté.
Pour the fish into a plate with some cream and add the parsley.

Cheesecake in a pressure cooker
Ingredients:
4 eggs
4 tablespoons of sugar
1 can of condensed milk
200g cream cheese
Caramel or sugar to caramelize
Blackberries and berries
Liquid Chocolate

Instructions
Put all the ingredients in a bowl and beat until blended.
Caramelize the sugar in a small pot with water until it has dissolved. Pour water into the mold so that no water gets in during cooking. Put the mold into the pressure cooker with two fingers height of water. Close the pressure cooker and cook for 15-20 minutes.
Serve hot.

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Spanish Plan Recipe
Ingredients (4-6 people):
1 chicken thigh
1 onion
1 carrot
135 gr. flour
Fried egg and breadcrumbs
Extra virgin olive oil
Nutmeg

Instructions
When chicken is tender, separate from bones and skins and mince.
Boil the eggs in a separate pot with water and salt for 10 minutes. Drain and stir with a whisk. Then we add milk and water constantly. When water is mixed well, add 4 tablespoons of sugar in a bowl, beat eggs and whip with a whisk. Then we add 2 tablespoons of sugar in a pan. Add 2 more and mix well and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Stuffed squid
Ingredients:
Squid
Egg
2 medium onions, chopped
Stuffed olives
1 potato
Salt
1 cube of fish broth

Instructions
In a frying pan with olive oil, fry a medium onion, add 1 chopped tomato and some olives. Put the squid in the middle of the pan and stuff it with the onion mixture and let it caramel. Then we add the squid mixture and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Pumpkin cream soup
Ingredients (4-6 people):
1 kg Pumpkin
1 cup water
1 medium onion
2 ripe tomatoes
100 g oil
1 package of cream (200 ml.)
Oil
Salt
3 boiled eggs

Instructions
Peel the pumpkin and cut it pieces.
Clean the onion and cut it in half and do the same with tomato.
Mix everything together in the pressure cooker with some olive oil. Add enough water to cover, a little oil and salt. Cover the lid and cook for 20-25 minutes. When the steam coming out cook it for 10 minutes and lower heat slightly. After some time remove the lid and mash potato, onion and tomato as it were passed through the blender.

Sole fish with Mushroom Sauce
Ingredients (4 people):
200g fish
1 small beet and finely chopped onion
600g fillets of sole fish, well-seasoned
1 l of white wine
1 ripe tomatoes
3 tablespoons of cooking cream
1 tablespoon of Parsley, chopped finely

Instructions
Melt the butter in the pressure cooker and fry the mushrooms until golden brown. Add the tomatoes and the wine.
Put the sole fillets on top of the onion and sauté.

Cauliflower and chicken with bechamel sauce
Ingredients (4 people):
1 kg Cauliflower
2 slices of bacon
100 gr. cheese
1 green pepper
Flour
Water
Oil
Salt
Parsley

Instructions
Separate the florets and the roots. Put the cauliflower in the pressure cooker with water and salt. Let it cook over medium heat for 5 minutes. Drain and set aside.
Cut the bacon in small pieces and add it to a pan with oil. Add green pepper, also chopped. Season and let it brown. Add bacon and diced chicken and sauté.
For the sauce, put the butter melted in a pan, add the flour, season and sauté. Pour the milk gradually and cook for about 5-10 minutes.
Pour the cauliflower florets in a suitable for the oven, pour over the white sauce with vegetables and meat. Bake at 200 degrees for 5 minutes.
Serve hot.

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Vegetable Pancake
Ingredients:
250 g beans
1 zucchini
1 slice of pumpkin
8 green asparagus
100 gr. asparagus bacon
2 potatoes
Water
Extra virgin olive oil
Salt

Instructions
Peel and dice potatoes and cook in the pressure cooker with water. Place beans into steamer basket and cut into strips. Season. Close the pot and let it cook over medium heat for 5 minutes. Keep the beans warm while mashing potatoes first. Cut asparagus in small pieces and add it to the beans. Cook asparagus and bacon in a separate pot and let them be for 6-8 minutes. Cover the bottom of a plate with mashed potatoes and place steamed vegetables and roasted beans on plate.

Lentil Soup with curry
Ingredients (6 persons):
1 kg green lentils
1 seed
1 onion
1 can
2 cloves of garlic
1 can of 400 gr. whole tomatoes
1 potatot
1 spoonful curry
Water
Extra virgin olive oil
Salt

Instructions
Cut onion and carrot into cubes and chop leek and add into pressure cooker with oil. Add garlic, fry and season well. Stir in the lentils, cover with water and add the teaspoon of curry. Cover and cook for 7 minutes.
Once the lentils are done, remove the lid and add the tomatoes. Cover and cook for 3 minutes.
In a frying pan fry peeled potatoes and cut into cubes. Remove it with a slotted spoon and add into the soup.
Serve.

Onion soup with melted cheese
Ingredients (for 4 persons):
3 large onions
2 weeks
400 gr. chickpeas
100 gr. of emmental cheese
Deli's brand lamb chops
Extra virgin olive oil
Parsley

Instructions
Soak the onions in the water first. Cook the leeks in the pressure cooker, one onion half, drained chickpeas peeled garlic, onion, bechamel, some pieces of parmesan and some lamb chops. Place the onions and chickpeas in the pressure cooker and cover with a baking paper. At this time, remove the meat, chickpeas and vegetables. Strain the broth. Put aside.
Preheat the oven to 180 degrees. Remaining onions and put them to fry in a pan with oil. Season and cook until well poached. Chop the lamb meat, add it and stir briefly. Pour the broth and cook everything for about 10 minutes. Beat with a whisk until the broth dissolves.
Serve. Serve the onion soup and sprinkle with cheese and put in the oven all together to melt the cheese. Serve cups and sprinkle with a little chopped parsley.

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Rice with chicken in pressure cooker
Ingredients (4):
1 and 1/2 cup of rice
4 pieces of meat pieces without skin
2 garlic cloves
1 brocolli
1 green pepper
Salt

Instructions
Put rice in a saucpan and salt it by taste.
Add some oil to the pressure cooker. When the oil is hot, add dried bell pepper and garlic. Sauté it until it is brown. Then add the meat, chop the green pepper and add it to the meat. Add rice and water. Close the lid and let it over heat for 10 minutes. Stir and leave for about 5 more minutes and remove the lid.
Serve hot.

Mushroom cannelloni with chestnut
Ingredients (for 4 persons):
200 gr. mushrooms
8 fresh garlic cloves
500 gr. mushrooms
500 gr. chestnut
80 gr. flour
100 gr. grated cheese
Extra virgin olive oil
Parsley

Instructions
Put the mushrooms in the pressure cooker. Cover with water, season, place the lid and cook for 5 minutes after it starts steaming. Peel the meat, chop and add cannelloni sheets. Cook them for 10-12 minutes. Drain, cool and spread them on a clean cloth.
Finely chop garlic and onion and put them. Chop the mushrooms and add them. Sauté briefly. Season. Add the chopped chestnut and mix well. Pour the ricotta cheese over the filling. Mix well.
Fill the bechamel sauce. Fill the cannelloni. Cover them if you want with the rest of the sauce, sprinkle with cheese and bake them for 20 minutes.
Serve.

Lamb ribs with salad
Ingredients (4 people):
1.5 kg Lamb
3 cloves of garlic
75 gr. of dry old bread
Water
Salt

Instructions
Cut the ribs into pieces and place them into the pressure cooker. Add a sprig of rosemary, cover with water and close the lid and cook for 12 minutes from the time the steam begins getting out.

Chicken wings with artichokes
Ingredients:
3 tomatoes
12 black olives (pitted)
Vinegar
1/2 cup of paprika
Pepper

Instructions
Close the lid as per the instruction below picture A and B (Fig.9)
(When closing the lid, press slightly till turn to the position as B shows.)

Artichokes
Ingredients:
3 tomatoes
3 cloves of garlic
Water
Salt

Instructions
Cut the artichokes in the water first. Cook the leeks in the pressure cooker, one onion half, drained chickpeas peeled garlic and bechamel, some pieces of parmesan and some lamb chops. Place the onions and chickpeas in the pressure cooker and cover with a baking paper. At this time, remove the meat, chickpeas and vegetables. Strain the broth. Put aside.
Preheat the oven to 180 degrees. Remaining onions and put them to fry in a pan with oil. Season and cook until well poached. Chop the lamb meat, add it and stir briefly. Pour the broth and cook everything for about 10 minutes. Beat with a whisk until the broth dissolves.
Serve. Serve the onion soup and sprinkle with cheese and put in the oven all together to melt the cheese. Serve cups and sprinkle with a little chopped parsley.

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Stuffed squid
Ingredients:
1 kg or beef
1 l of tomato
Stuffed olives
1 potato
Salt
1 cube of fish broth

Instructions
In a frying pan with olive oil, fry a medium onion, add 1 chopped tomato and some olives. Put the squid in the middle of the pan and stuff it with the onion mixture and let it caramel. Then we add the squid mixture and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Spanish Plan Recipe
Ingredients (4-6 people):
1 chicken thigh
1 onion
1 carrot
135 gr. flour
Fried egg and breadcrumbs
Extra virgin olive oil
Nutmeg

Instructions
When chicken is tender, separate from bones and skins and mince.
Boil the eggs in a separate pot with water and salt for 10 minutes. Drain and stir with a whisk. Then we add milk and water constantly. When water is mixed well, add 4 tablespoons of sugar in a bowl, beat eggs and whip with a whisk. Then we add 2 tablespoons of sugar in a pan. Add 2 more and mix well and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Pumpkin cream soup
Ingredients (4-6 people):
1 kg Pumpkin
1 cup water
1 medium onion
2 ripe tomatoes
100 g oil
1 package of cream (200 ml.)
Oil
Salt
3 boiled eggs

Instructions
Peel the pumpkin and cut it pieces.
Clean the onion and cut it in half and do the same with tomato.
Mix everything together in the pressure cooker with some olive oil. Add enough water to cover, a little oil and salt. Cover the lid and cook for 20-25 minutes. When the steam coming out cook it for 10 minutes and lower heat slightly. After some time remove the lid and mash potato, onion and tomato as it were passed through the blender.

Sole fish with Mushroom Sauce
Ingredients (4 people):
200g fish
1 small beet and finely chopped onion
600g fillets of sole fish, well-seasoned
1 l of white wine
1 ripe tomatoes
3 tablespoons of cooking cream
1 tablespoon of Parsley, chopped finely

Instructions
Melt the butter in the pressure cooker and fry the mushrooms until golden brown. Add the tomatoes and the wine.
Put the sole fillets on top of the onion and sauté.

Cauliflower and chicken with bechamel sauce
Ingredients (4 people):
1 kg Cauliflower
2 slices of bacon
100 gr. cheese
1 green pepper
Flour
Water
Oil
Salt
Parsley

Instructions
Separate the florets and the roots. Put the cauliflower in the pressure cooker with water and salt. Let it cook over medium heat for 5 minutes. Drain and set aside.
Cut the bacon in small pieces and add it to a pan with oil. Add green pepper, also chopped. Season and let it brown. Add bacon and diced chicken and sauté.
For the sauce, put the butter melted in a pan, add the flour, season and sauté. Pour the milk gradually and cook for about 5-10 minutes.
Pour the cauliflower florets in a suitable for the oven, pour over the white sauce with vegetables and meat. Bake at 200 degrees for 5 minutes.
Serve hot.

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Pumpkin cream soup
Ingredients (4-6 people):
1 kg Pumpkin
1 cup water
1 medium onion
2 ripe tomatoes
100 g oil
1 package of cream (200 ml.)
Oil
Salt
3 boiled eggs

Instructions
Peel the pumpkin and cut it pieces.
Clean the onion and cut it in half and do the same with tomato.
Mix everything together in the pressure cooker with some olive oil. Add enough water to cover, a little oil and salt. Cover the lid and cook for 20-25 minutes. When the steam coming out cook it for 10 minutes and lower heat slightly. After some time remove the lid and mash potato, onion and tomato as it were passed through the blender.

Sole fish with Mushroom Sauce
Ingredients (4 people):
200g fish
1 small beet and finely chopped onion
600g fillets of sole fish, well-seasoned
1 l of white wine
1 ripe tomatoes
3 tablespoons of cooking cream
1 tablespoon of Parsley, chopped finely

Instructions
Melt the butter in the pressure cooker and fry the mushrooms until golden brown. Add the tomatoes and the wine.
Put the sole fillets on top of the onion and sauté.

Cauliflower and chicken with bechamel sauce
Ingredients (4 people):
1 kg Cauliflower
2 slices of bacon
100 gr. cheese
1 green pepper
Flour
Water
Oil
Salt
Parsley

Instructions
Separate the florets and the roots. Put the cauliflower in the pressure cooker with water and salt. Let it cook over medium heat for 5 minutes. Drain and set aside.
Cut the bacon in small pieces and add it to a pan with oil. Add green pepper, also chopped. Season and let it brown. Add bacon and diced chicken and sauté.
For the sauce, put the butter melted in a pan, add the flour, season and sauté. Pour the milk gradually and cook for about 5-10 minutes.
Pour the cauliflower florets in a suitable for the oven, pour over the white sauce with vegetables and meat. Bake at 200 degrees for 5 minutes.
Serve hot.

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Stuffed squid
Ingredients:
Seafood
Egg
2 medium onions, chopped
Stuffed olives
1 potato
Salt
1 cube of fish broth

Instructions
In a frying pan with olive oil, fry a medium onion, add 1 chopped tomato and some olives. Put the squid in the middle of the pan and stuff it with the onion mixture and let it caramel. Then we add the squid mixture and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Spanish Plan Recipe
Ingredients (4-6 people):
1 chicken thigh
1 onion
1 carrot
135 gr. flour
Fried egg and breadcrumbs
Extra virgin olive oil
Nutmeg

Instructions
When chicken is tender, separate from bones and skins and mince.
Boil the eggs in a separate pot with water and salt for 10 minutes. Drain and stir with a whisk. Then we add milk and water constantly. When water is mixed well, add 4 tablespoons of sugar in a bowl, beat eggs and whip with a whisk. Then we add 2 tablespoons of sugar in a pan. Add 2 more and mix well and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Pumpkin cream soup
Ingredients (4-6 people):
1 kg Pumpkin
1 cup water
1 medium onion
2 ripe tomatoes
100 g oil
1 package of cream (200 ml.)
Oil
Salt
3 boiled eggs

Instructions
Peel the pumpkin and cut it pieces.
Clean the onion and cut it in half and do the same with tomato.
Mix everything together in the pressure cooker with some olive oil. Add enough water to cover, a little oil and salt. Cover the lid and cook for 20-25 minutes. When the steam coming out cook it for 10 minutes and lower heat slightly. After some time remove the lid and mash potato, onion and tomato as it were passed through the blender.

Sole fish with Mushroom Sauce
Ingredients (4 people):
200g fish
1 small beet and finely chopped onion
600g fillets of sole fish, well-seasoned
1 l of white wine
1 ripe tomatoes
3 tablespoons of cooking cream
1 tablespoon of Parsley, chopped finely

Instructions
Melt the butter in the pressure cooker and fry the mushrooms until golden brown. Add the tomatoes and the wine.
Put the sole fillets on top of the onion and sauté.

Cauliflower and chicken with bechamel sauce
Ingredients (4 people):
1 kg Cauliflower
2 slices of bacon
100 gr. cheese
1 green pepper
Flour
Water
Oil
Salt
Parsley

Instructions
Separate the florets and the roots. Put the cauliflower in the pressure cooker with water and salt. Let it cook over medium heat for 5 minutes. Drain and set aside.
Cut the bacon in small pieces and add it to a pan with oil. Add green pepper, also chopped. Season and let it brown. Add bacon and diced chicken and sauté.
For the sauce, put the butter melted in a pan, add the flour, season and sauté. Pour the milk gradually and cook for about 5-10 minutes.
Pour the cauliflower florets in a suitable for the oven, pour over the white sauce with vegetables and meat. Bake at 200 degrees for 5 minutes.
Serve hot.

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Stuffed squid
Ingredients:
Seafood
Egg
2 medium onions, chopped
Stuffed olives
1 potato
Salt
1 cube of fish broth

Instructions
In a frying pan with olive oil, fry a medium onion, add 1 chopped tomato and some olives. Put the squid in the middle of the pan and stuff it with the onion mixture and let it caramel. Then we add the squid mixture and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

Spanish Plan Recipe
Ingredients (4-6 people):
1 chicken thigh
1 onion
1 carrot
135 gr. flour
Fried egg and breadcrumbs
Extra virgin olive oil
Nutmeg

Instructions
When chicken is tender, separate from bones and skins and mince.
Boil the eggs in a separate pot with water and salt for 10 minutes. Drain and stir with a whisk. Then we add milk and water constantly. When water is mixed well, add 4 tablespoons of sugar in a bowl, beat eggs and whip with a whisk. Then we add 2 tablespoons of sugar in a pan. Add 2 more and mix well and let it caramel. Then you can place the caramel in the bottom of the pan and add the egg mixture which was made.

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Cauliflower and chicken with bechamel sauce
Ingredients (4 people):
1 kg Cauliflower
2 slices of bacon
100 gr. cheese
1 green pepper
Flour
Water
Oil
Salt
Parsley

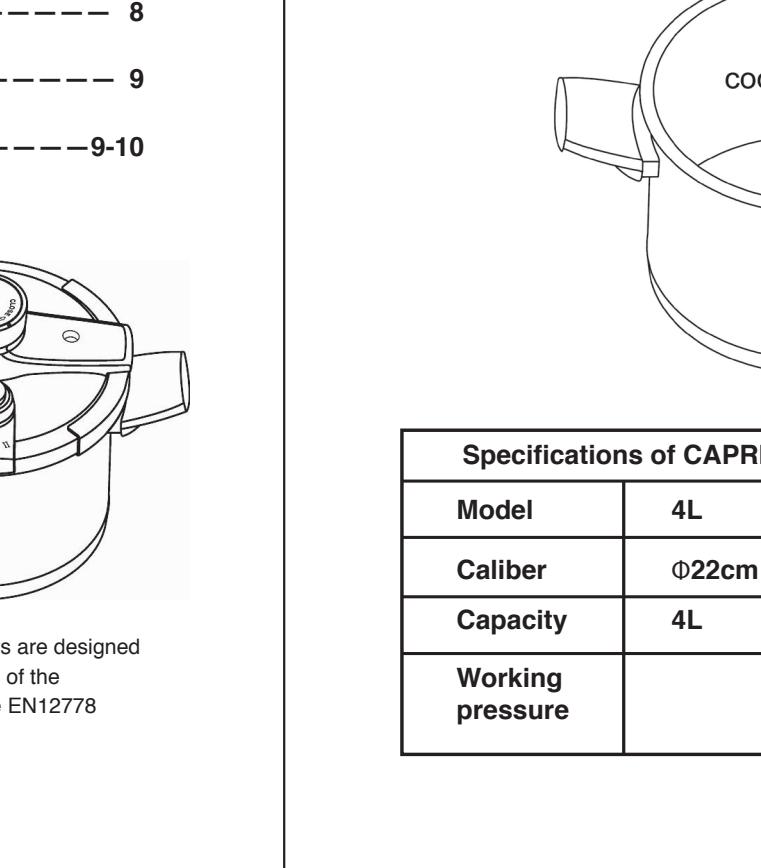
Instructions
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For the sauce, put the butter melted in a pan, add the flour, season and sauté. Pour the milk gradually and cook for about 5-10 minutes.
Pour the cauliflower florets in a suitable for the oven, pour over the white sauce with vegetables and meat. Bake at 200 degrees for 5 minutes.
Serve hot.

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CATALOGUE

BERGNER

CAPRI SERIES STAINLESS STEEL PRESSURE COOKER USER'S MANUAL



I. The structure drawing and the model of products

- a) Keeping points read and understand all about the manual.
- b) By keeping in mind, the user will take the responsibility when an accident occurs due to the operation not following the manual.
- c) It needs person to watch when using, adjusting the fire in time after pressure-limiting valve releasing, keeping the pressure under the limited pressure for a while.
- d) Not use for drying clothes, not use for drying food.
- e) Pressure cooker only can be used as purpose as manual, not for any other purpose.
- f) Because cooker cooks food under the pressure, it can burn food if use improperly. Make the cooker work correctly.
- g) Add chopped onion to the pressure cooker with some olive oil, saute and add 400 g of crushed tomatoes, one sliced potato, one garlic, a piece of meat, some dried beans and add 100 g of white beans.
- h) Cook in a covered pot for about 7 minutes.
- i) Don't eat leftover liquid from the pressure cooker, when it is not pressure release. (See user's manual)
- j) Less than 2/3 of the cooker's capacity for cooking food. Less than 1/4 of the cooker's capacity for cooking vegetables.
- k) Select properly oven according to instruction.
- l) Cooking food like potato (such as oxtongue), don't use steam.
- m) Check if the pressure valve is blocked before using, see user's manual.
- n) Don't fry food under the pressure.
- o) Only use the parts provided by manufacturer, exceptly, use body and lid as per manufacturer's direction.
- p) Don't damage the cooker parts by handling carelessly.
- q) Please keep this manual properly.

- r) The pressure valve of the cooker is a family cookware and can't be used for any other purposes. Juvenile and persons who doesn't know how to use it are advised not to use it.
- s) The pressure-cooker device ensures the lid to be closed properly as well as safety.
- t) The three-degree pressure-reducing device ensures using safely.
- u) Pressure-limiting valve: if pressure inside is greater than range of the pressure