

EVERYDAY CARIBBEAN

*Taste The Tropics
with Quick Pot*

Monti Carlo

Island Girl Cooks





**Power
QuickPot™**

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MANGO & COCONUT OATMEAL

6 QT. - Serves 4

3 tbsp. butter
1 cup steel-cut oats
1 15-oz can sweetened
cream of coconut
½ cup water
½ tsp. vanilla
¼ tsp. kosher salt
1 ½ cups frozen mango
chunks, thawed, divided

8 QT. - Serves 6

5 tbsp. butter
1 ½ cup steel-cut oats
1 ½ 15-oz cans sweetened
cream of coconut
¾ cup water
1 tsp. vanilla
¼ tsp. kosher salt
2 cups frozen mango
chunks, thawed, divided

10 QT. - Serves 8

6 tbsp. butter
2 cup steel-cut oats
2 15-oz cans sweetened
cream of coconut
1 cup water
1 tsp. vanilla
½ tsp. kosher salt
3 cups frozen mango
chunks, thawed, divided



Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
3. Add the butter to the Inner Pot and cook until the butter is melted and foaming.
4. Add the oats and stir until the oats are evenly coated in butter and smell toasty (about 2 mins.).
5. Add the cream of coconut, water, vanilla, salt, and 1 cup mango* and stir until the ingredients are evenly incorporated.
6. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Vegetable setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 7 mins., and press the Program Dial to begin the cooking cycle.
8. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Top the oatmeal with the rest of the mango.

* Use 2 cups mango for the 10-Qt. Power Quick Pot.

HAM & EGGS EN COCOTTE WITH POTATO HASH

6 QT. - Serves 4

½ tbsp. olive oil
¼ cup diced ham steak
½ Spanish onion, diced
½ cup diced Yukon Gold potato
1 cup water
½ cup shredded Gruyère cheese
4 eggs, room temperature
8 tsp. heavy cream
¼ tsp. salt
¼ tsp. ground black pepper
2 tsp. chopped fresh flat-leaf parsley

8 QT. - Serves 6

1 tbsp. olive oil
⅓ cup diced ham steak
¾ Spanish onion, diced
⅓ cup diced Yukon Gold potato
1 cup water
¾ cup shredded Gruyère cheese
6 eggs, room temperature
3 tbsp. heavy cream
½ tsp. salt
½ tsp. ground black pepper
3 tsp. chopped fresh flat-leaf parsley

10 QT. - Serves 8

1 tbsp. olive oil
½ cup diced ham steak
1 Spanish onion, diced
1 cup diced Yukon Gold potato
1 ¾ cups water
1 cup shredded Gruyère cheese
7 eggs, room temperature
14 tsp. heavy cream
½ tsp. salt
½ tsp. ground black pepper
3 ½ tsp. chopped fresh flat-leaf parsley

Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the olive oil to the Inner Pot and heat the oil.
4. Add the ham and sauté until browned. Remove and reserve the ham and leave the rendered fat in the Inner Pot.
5. Add the onion and potato and sauté in the fat until softened and golden. Remove and reserve the onion and potato.
6. Press the Cancel Button. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot.
7. Spoon the ham, onion, potato, salt, and ground black pepper into four ramekins* top each ramekin with layers of 1 tbsp. Gruyère cheese, 1 egg, 2 tsp. cream, and another 1 tbsp. Gruyère cheese; cover each ramekin tightly with foil; and place the ramekins on the steaming rack.
8. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Egg setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 5 mins., and press the Program Dial to begin the cooking cycle.
10. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Immediately remove the ramekins using tongs and top each ramekin with ½ tsp. parsley.

* Use six ramekins for the 8-Qt. Power Quick Pot and eight ramekins for the 10-Qt. Power Quick Pot.

CHORIZO & CHEESE FRITTATA

6 QT. - Serves 4

1 tbsp. butter
½ cup sliced Spanish chorizo, cut into ¼ in.-thick diagonal slices*
1 shallot, chopped finely
1 tsp. minced garlic
salt, to taste, divided
ground black pepper, to taste, divided
4 eggs, beaten
2 tbsp. buttermilk
1 red pepper, diced small
¼ cup shredded manchego cheese
1 ½ cups water
avocado, diced, for garnish
cilantro, chopped, for garnish

8 QT. - Serves 6

2 tbsp. butter
¾ cup sliced Spanish chorizo, cut into ¼ in.-thick diagonal slices*
2 shallots, chopped finely
2 tsp. minced garlic
salt, to taste, divided
ground black pepper, to taste, divided
6 eggs, beaten
3 tbsp. buttermilk
1 ½ red peppers, diced small
½ cup shredded manchego cheese
2 cups water
avocado, diced, for garnish
cilantro, chopped, for garnish

10 QT. - Serves 8

2 tbsp. butter
1 cup sliced Spanish chorizo, cut into ¼ in.-thick diagonal slices*
2 shallots, chopped finely
2 tsp. minced garlic
salt, to taste, divided
ground black pepper, to taste, divided
8 eggs, beaten
4 tbsp. buttermilk
2 red peppers, diced small
½ cup shredded manchego cheese
3 cups water
avocado, diced, for garnish
cilantro, chopped, for garnish

** Be sure to use Spanish chorizo—not Mexican chorizo!
Alternatively, you can use your favorite breakfast sausage.*



Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the butter and cook until the butter is melted and foaming.
4. Add the chorizo and cook for until browned (2 mins.).
5. Add the shallot and garlic and sauté until they are translucent.
6. Press the Cancel Button. Add the salt and ground black pepper to finish the sausage mixture. Remove the sausage mixture from the Inner Pot, clean the Inner Pot, and return the Inner Pot to the Power Quick Pot.
7. Combine the eggs and buttermilk in a bowl and mix to combine.
8. Add the sausage mixture, red pepper, and manchego cheese to the bowl; mix to combine; and add the salt and ground black pepper to finish the egg mixture.
9. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot. Pour the egg mixture into a greased baking dish, cover with foil, and carefully place the dish on the steaming rack using a foil sling.
10. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
11. Press the Pressure Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (20-min. cooking time).
12. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
13. Use the foil sling to remove the pan from the Inner Pot, remove the frittata from the pan, and garnish with the avocado and cilantro.

GARLIC BREAD

6 QT. - Serves 6

¼ cup olive oil, divided
1 ²/₃ cups all-purpose flour
1 tsp. baking soda
½ tsp. salt
1 cup buttermilk
1 ½ cups water
1 stick butter
3 cloves garlic

8 QT. - Serves 12

¼ cup olive oil, divided
3 ½ cups all-purpose flour
2 tsp. baking soda
1 tsp. salt
2 cups buttermilk
3 cups water
2 sticks butter
6 cloves garlic

10 QT. - Serves 18

¼ cup olive oil, divided
5 cups all-purpose flour
3 tsp. baking soda
2 tsp. salt
3 cups buttermilk
4 cups water
3 sticks butter
12 cloves garlic

Instructions

1. Lightly grease a baking pan with 2 tbsp. olive oil.
2. Combine the flour, baking soda, and salt in a mixing bowl, stir with a fork, and make a well in the center.
3. Pour about $\frac{2}{3}$ cup buttermilk* into the well in the bowl and stir lightly to incorporate, adding the rest of the buttermilk if needed.
4. Turn the dough out onto a lightly floured surface and lightly knead the dough. The dough should be soft and not sticky or wet.
5. Place the dough in the greased baking pan, brush the top of the dough with the rest of the olive oil, and cut a cross on the top of the bread.
6. Make 1-in. pleats in the middle of a sheet of aluminum foil and cover the baking pan with the foil.
7. Place the Inner Pot in the Power Quick Pot.
8. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot. Place the baking pan on the steaming rack.
9. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Pressure Button and then the Program Dial to confirm the Custom setting. Press the Timer Button, scroll to set the cooking time to 25 mins., and press the Program Dial to begin the cooking cycle.
11. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
12. Remove the bread from the Inner Pot and slice the bread. Wipe the Inner Pot clean.
13. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
14. Add the butter and garlic to the Inner Pot and heat the butter and garlic.
15. Add the bread slices and pan fry to add texture and soak up the garlicky butter.

* Use $1\frac{1}{3}$ cups buttermilk for the 8-Qt. Power Quick Pot and 2 cups buttermilk for the 10-Qt. Power Quick Pot.

COCONUT GREEN BEANS

6 QT. - Serves 8

1 tbsp. extra virgin olive oil
½ cup finely diced pancetta
1 yellow onion, sliced thinly into half moons
4 cloves garlic, grated
½ tbsp. toasted & ground cumin seeds
¼ tsp. red pepper flakes
salt, to taste
2 tsp. sherry vinegar
8 cups fresh haricot verts, trimmed & cut into ½-in. pieces
ground black pepper, to taste
½ cup shredded unsweetened coconut, toasted

8 QT. - Serves 12

1 ½ tbsp. extra virgin olive oil
½ cup finely diced pancetta
1 ½ yellow onions, sliced thinly into half moons
6 cloves garlic, grated
½ tbsp. toasted & ground cumin seeds
½ tsp. red pepper flakes
salt, to taste
3 tsp. sherry vinegar
12 cups fresh haricot verts, trimmed & cut into ½-in. pieces
ground black pepper, to taste
½ cup shredded unsweetened coconut, toasted

10 QT. - Serves 16

2 tbsp. extra virgin olive oil
1 cup finely diced pancetta
2 yellow onions, sliced thinly into half moons
8 cloves garlic, grated
1 tbsp. toasted & ground cumin seeds
½ tsp. red pepper flakes
salt, to taste
4 tsp. sherry vinegar
16 cups fresh haricot verts, trimmed & cut into ½-in. pieces
ground black pepper, to taste
1 cup shredded unsweetened coconut, toasted



Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
3. Pour the olive oil into the Inner Pot and heat the oil.
4. Add the pancetta and cook until crispy. Remove and reserve the pancetta, leaving the renderings in the Inner Pot.
5. Add the onion and cook until translucent.
6. Add the garlic, cumin, red pepper flakes, and salt and cook until fragrant.
7. Press the Cancel Button. Add the sherry vinegar, haricot verts and pancetta, toss, and season with the salt and ground black pepper.
8. Plate the haricot verts and top with the coconut.

PUERTO RICAN BLACK BEANS

6 QT. - Serves 4

¼ cup olive oil
½ cup diced smoked ham steak
1 onion, diced small
1 green pepper, seeds & membrane removed & pepper diced small
1 cup finely chopped cilantro
4 garlic cloves, minced
1 lb dry black beans
8 cups chicken broth
1 ½ tbsp. salt
cilantro leaves, for garnish

8 QT. - Serves 6

½ cup olive oil
½ cup diced smoked ham steak
1 ½ onions, diced small
1 ½ green pepper, seeds & membrane removed & pepper diced small
1 ½ cups finely chopped cilantro
6 garlic cloves, minced
1 ½ lb dry black beans
12 cups chicken broth
2 tbsp. salt
cilantro leaves, for garnish

10 QT. - Serves 8

½ cup olive oil
1 cup diced smoked ham steak
2 onions, diced small
2 green pepper, seeds & membrane removed & pepper diced small
2 cup finely chopped cilantro
8 garlic cloves, minced
2 lb dry black beans
2 qts. chicken broth
2 tbsp. salt
cilantro leaves, for garnish



Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the olive oil to the Inner Pot and heat the oil.
4. Add the ham and sauté until the fat has rendered.
5. Add the onion and sauté until translucent.
6. Add the green pepper, cilantro, and garlic and sauté until fragrant.
7. Add the beans, broth, and salt and bring to a boil.
8. Press the Cancel Button. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Beans setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (20-min. cooking time).
10. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Garnish with the cilantro leaves.

RICE WITH PIGEON PEAS (CARROZ CON GANDULES)

6 QT. - Serves 4

2 cups medium-grain rice
1 tbsp. olive oil
1/3 cup small-diced salt pork
1/2 yellow onion, diced small
1/2 cup finely diced green bell pepper
2 tbsp. minced garlic
1/2 cup finely chopped cilantro
1 1.41-oz packet sazón cilantro and achiote seasoning
1/2 tbsp. adobo seasoning
2 tbsp. sliced Spanish olives with pimento
2 tsp. capers
2 tbsp. tomato sauce
1 15-oz can pigeon peas, drained & rinsed
2 cups chicken broth
1/4 tsp. salt
1/4 tsp. ground black pepper
cilantro, for garnish

8 QT. - Serves 6

3 cups medium-grain rice
1 1/2 tbsp. olive oil
1/2 cup small-diced salt pork
3/4 yellow onion, diced small
3/4 cup finely diced green bell pepper
3 tbsp. minced garlic
3/4 cup finely chopped cilantro
1 1/2 1.41-oz packets sazón cilantro and achiote seasoning
3/4 tbsp. adobo seasoning
3 tbsp. sliced Spanish olives with pimento
1 tbsp. capers
3 tbsp. tomato sauce
1 1/2 15-oz cans pigeon peas, drained & rinsed
3 cups chicken broth
1/2 tsp. salt
1/2 tsp. ground black pepper
cilantro, for garnish

10 QT. - Serves 8

4 cups medium-grain rice
1/4 cup olive oil
2/3 cup small-diced salt pork
1 yellow onion, diced small
1 cup finely diced green bell pepper
1/4 cup minced garlic
1 cup finely chopped cilantro
2 1.41-oz packets sazón cilantro and achiote seasoning
1 tbsp. adobo seasoning
1/4 cup sliced Spanish olives with pimento
1 tbsp. capers
1/4 cup tomato sauce
2 15-oz cans pigeon peas, drained & rinsed
4 cups chicken broth
1/2 tsp. salt
1/2 tsp. ground black pepper
cilantro, for garnish

Instructions

1. Rinse the rice under cold running water until the water runs clear.
2. Place the Inner Pot in the Power Quick Pot.
3. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
4. Add the olive oil to the Inner Pot and heat the oil.
5. Add the pork and sauté until the fat has rendered.
6. Add the onion and sauté until translucent.
7. Add the bell pepper and garlic and sauté until fragrant.
8. Add the sazón cilantro and achiote seasoning, adobo, olives, capers and tomato sauce and cook until fragrant.
9. Press the Cancel Button. Add the rice, beans, and broth.
10. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
11. Press the Pressure Button, scroll to the Quinoa setting, and press the Program Dial. Scroll to the Low setting and press the Program Dial to begin the cooking cycle (6-min. cooking time).
12. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
13. Fluff the rice with a fork and garnish with the cilantro.

ARROZ CON POLLO

6 QT. - Serves 6

Sofrito

½ onion
1 green pepper
1 bunch cilantro leaves
& stems
6 cloves garlic

1 ½ lb boneless chicken
thighs, sliced into ½-in.
strips
1 tsp. adobo with cumin
1 tsp. sazón with annatto
1 cup chicken stock
½ cup unsweetened
coconut milk
3 tbsp. extra virgin olive oil
2 tbsp. tomato sauce
1 ½ cups jasmine rice
1 roasted red pepper
½ cup Spanish olives
with pimento
½ cup green peas
2 tbsp. small capers
fresh cilantro, for garnish

8 QT. - Serves 9

Sofrito

½ onion
1 ½ green peppers
1 ½ bunches cilantro
leaves & stems
9 cloves garlic

2 ½ lb boneless chicken
thighs, sliced into ½-in.
strips
2 tsp. adobo with cumin
2 tsp. sazón with annatto
1 ½ cups chicken stock
½ cup unsweetened
coconut milk
½ cup extra virgin olive oil
½ cup. tomato sauce
2 cups jasmine rice
1 ½ roasted red peppers
½ cup Spanish olives
with pimento
½ cup green peas
3 tbsp. small capers
fresh cilantro, for garnish

10 QT. - Serves 12

Sofrito

1 onion
2 green peppers
2 bunches cilantro
leaves & stems
12 cloves garlic

3 lb boneless chicken
thighs, sliced into ½-in.
strips
2 tsp. adobo with cumin
2 tsp. sazón with annatto
2 cups chicken stock
1 cup unsweetened
coconut milk
½ cup extra virgin olive oil
½ cup tbsp. tomato sauce
3 cups jasmine rice
2 roasted red peppers
1 cup Spanish olives
with pimento
1 cup green peas
½ cup small capers
fresh cilantro, for garnish



Instructions

1. Combine the sofrito ingredients in an electric mixer and puree.
2. Combine the chicken thighs, adobo, and sazón in a bowl and toss.
3. Place the Inner Pot in the Power Quick Pot.
4. Add all the ingredients to the Inner Pot with the chicken thighs on top.
5. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
6. Press the Pressure Button, scroll to the White Rice setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 7 mins., and press the Program Dial to begin the cooking cycle.
7. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
8. Carefully remove the arroz con pollo from the Inner Pot.

RICE WITH LONGANIZA SAUSAGE (CARROZ CON LONGANIZA)

6 QT. - Serves 4

1 tbsp. olive oil
8 oz longaniza sausages,
casings removed
½ yellow onion, diced small
½ cup finely diced green
bell pepper
2 tbsp. minced garlic
½ cup finely chopped
cilantro
1 1.41-oz packet sazón
cilantro and achiote
seasoning
½ tbsp. adobo seasoning
2 cups medium-grain rice
4 cups low-sodium chicken
broth
¼ tsp. salt
¼ tsp. ground black pepper
cilantro, for garnish

8 QT. - Serves 6

2 tbsp. olive oil
14 oz longaniza sausages,
casings removed
¾ yellow onion, diced small
¾ cup finely diced green
bell pepper
3 tbsp. minced garlic
¾ cup finely chopped
cilantro
1 ½ 1.41-oz packets
sazón cilantro and achiote
seasoning
¾ tbsp. adobo seasoning
3 cups medium-grain rice
5 cups low-sodium chicken
broth
½ tsp. salt
½ tsp. ground black pepper
cilantro, for garnish

10 QT. - Serves 8

3 tbsp. olive oil
1 lb longaniza sausages,
casings removed
1 yellow onion, diced small
1 cup finely diced green
bell pepper
¼ cup minced garlic
½ cup finely chopped
cilantro
2 1.41-oz packets sazón
cilantro and achiote
seasoning
1 tbsp. adobo seasoning
4 cups medium-grain rice
6 cups low-sodium chicken
broth
½ tsp. salt
½ tsp. ground black pepper
cilantro, for garnish

Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the olive oil to the Inner Pot and heat the oil.
4. Add the sausage and break it apart as it browns.
5. Add the onion and sauté until translucent.
6. Add the bell pepper, garlic, and cilantro and sauté until softened and fragrant.
7. Add the sazón cilantro and achiote seasoning, adobo, and rice and sauté for 2 mins.
8. Press the Cancel Button. Add the broth and stir.
9. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Pressure Button, scroll to the White Rice setting, and press the Program Dial. Scroll to the Low setting and press the Program Dial to begin the cooking cycle (6-min. cooking time).
11. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
12. Fluff the rice with a fork and garnish with the cilantro.

RED KIDNEY BEAN STEW

6 QT. - Serves 4

¼ cup olive oil
½ cup diced smoked ham steak
1 onion, diced small
1 green pepper, seeds & membrane removed & pepper diced small
1 cup finely chopped cilantro
4 garlic cloves, minced
1 cup peeled & large-diced Yukon Gold potatoes
1 cup large-diced kabocha pumpkin
1 lb dry red kidney beans
8 cups chicken broth
1 ½ tbsp. salt

8 QT. - Serves 6

⅓ cup olive oil
⅓ cup diced smoked ham steak
1 ½ onions, diced small
1 ½ green pepper, seeds & membrane removed & pepper diced small
1 ½ cups finely chopped cilantro
6 garlic cloves, minced
1 ½ cup peeled & large-diced Yukon Gold potatoes
1 ½ cup large-diced kabocha pumpkin
1 ½ lb dry red kidney beans
12 cups chicken broth
2 tbsp. salt

10 QT. - Serves 8

½ cup olive oil
1 cup diced smoked ham steak
2 onions, diced small
2 green pepper, seeds & membrane removed & pepper diced small
2 cup finely chopped cilantro
8 garlic cloves, minced
2 cups peeled & large-diced Yukon Gold potatoes
2 cups large-diced kabocha pumpkin
2 lb dry red kidney beans
4 qts. chicken broth
3 tbsp. salt

Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the olive oil to the Inner Pot and heat the oil.
4. Add the ham and sauté until the fat has rendered.
5. Add the onion and sauté until translucent.
6. Add the green pepper, cilantro, and garlic and sauté until fragrant.
7. Add the potatoes and pumpkin and cook until they start to burn (about 3 mins.).
8. Add the beans, broth, and salt and bring to a boil.
9. Press the Cancel Button. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Pressure Button, scroll to the Beans setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (20-min. cooking time).
11. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
12. Carefully remove the stew from the Inner Pot.

PICADILLO

6 QT. - Serves 4

Sofrito

1 onion
1 green pepper
1 bunch cilantro
4 cloves garlic

1 tbsp. olive oil
½ cup finely diced yellow onion
1 clove garlic, minced
3 tsp. salt, plus more to taste
¼ tsp. freshly ground black pepper

Ground Beef

¼ lb ground short rib
⅛ lb ground brisket
⅛ lb ground sirloin

1 red pepper, diced finely
½ tsp. oregano
½ tsp. sazón
½ tbsp. capers, drained & chopped
coconut green beans (see p. 12)
4 oz pancetta, diced small
¼ cup chopped pimento-stuffed manzanilla olives
⅛ cup raisins
1 tbsp. sherry
½ tbsp. white vinegar
½ cup spicy tomato sauce

8 QT. - Serves 6

Sofrito

1 ½ onions
1 ½ green peppers
1 ½ bunches cilantro
6 cloves garlic

1 ½ tbsp. olive oil
½ cup finely diced yellow onion
2 cloves garlic, minced
1 tbsp. salt, plus more to taste
½ tsp. freshly ground black pepper

Ground Beef

½ lb ground short rib
½ lb ground brisket
½ lb ground sirloin

1 ½ red peppers, diced finely
½ tsp. oregano
½ tsp. sazón
½ tbsp. capers, drained & chopped
coconut green beans (see p. 12)
6 oz pancetta, diced small
½ cup chopped pimento-stuffed manzanilla olives
½ cup raisins
1 tbsp. sherry
½ tbsp. white vinegar
½ cup spicy tomato sauce

10 QT. - Serves 8

Sofrito

2 onions
2 green peppers
2 bunches cilantro
8 cloves garlic

2 tbsp. olive oil
1 cup finely diced yellow onion
2 cloves garlic, minced
2 tbsp. salt, plus more to taste
½ tsp. freshly ground black pepper

Ground Beef

½ lb ground short rib
½ lb ground brisket
½ lb ground sirloin

2 red peppers, diced finely
1 tsp. oregano
½ tsp. sazón
1 tbsp. capers, drained & chopped
coconut green beans (see p. 12)
8 oz pancetta, diced small
½ cup chopped pimento-stuffed manzanilla olives
½ cup raisins
2 tbsp. sherry
1 tbsp. white vinegar
1 cup spicy tomato sauce

Instructions

1. Combine the sofrito ingredients in an electric mixer and puree. Reserve the sofrito.
2. Place the Inner Pot in the Power Quick Pot.
3. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
4. Add the olive oil to the Inner Pot and heat the oil.
5. Add the onion and cook, stirring often, until the onion is translucent.
6. Add the garlic and cook until fragrant.
7. Add the salt, ground black pepper, and ground beef ingredients and cook until the ground beef is browned.
8. Press the Cancel Button. Add the red pepper, oregano, sazón, capers, coconut green beans, pancetta, olives, raisins, sherry, vinegar, tomato sauce, and ½ cup sofrito.
9. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Pressure Button, scroll to the Vegetables setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 1 min., and press the Program Dial to begin the cooking cycle.
11. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
12. Season the picadillo with the salt.

SWEET PLANTAIN LASAGNA & COCONUT GREEN BEANS

6 QT. - Serves 4

4 very dark, ripe plantains
1 cup peanut oil
picadillo (see p. 24)
2 eggs, beaten
1 ½ cups shredded mozzarella cheese
¼ cup grated Parmesan cheese, plus more for serving
1 ½ cups water
microgreens, for garnish
roasted red peppers, for garnish

8 QT. - Serves 6

6 very dark, ripe plantains
1 ½ cups peanut oil
picadillo (see p. 24)
3 eggs, beaten
2 cups shredded mozzarella cheese
½ cup grated Parmesan cheese, plus more for serving
2 cups water
microgreens, for garnish
roasted red peppers, for garnish

10 QT. - Serves 8

8 very dark, ripe plantains
2 cups peanut oil
picadillo (see p. 24)
4 eggs, beaten
3 cups shredded mozzarella cheese
½ cup grated Parmesan cheese, plus more for serving
3 cups water
microgreens, for garnish
roasted red peppers, for garnish

Instructions

1. Peel and slice the plantains longways into 3 in.-long, ¼ in.-thick strips.
2. Place the Inner Pot in the Power Quick Pot.
3. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
4. Add the peanut oil to the Inner Pot and heat the oil.
5. Add the plantain strips in batches and fry the plantains until light golden brown. Remove the fried plantains, reserve on a paper towel-lined plate, and cover with a layer of paper towels.
6. Press the Cancel Button and clean the Inner Pot. Cover the bottom of a 7-in. springform pan with a layer of plantains; add half of the picadillo, half of the beaten eggs, and one third of the mozzarella and Parmesan cheeses; add a layer of plantains perpendicular to the first layer; and top with the remaining picadillo, egg, mozzarella and Parmesan cheeses, and a final layer of plantains.
7. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot. Cover the springform pan with aluminum foil and place the pan on the steaming rack.
8. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Egg setting, and press the Program Dial. Scroll to the High setting and press the Program Dial to begin the cooking cycle (6-min. cooking time).
10. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Let the lasagna cool, slice it into four portions, and garnish with the microgreens, roasted red peppers, and a few sprinkles of Parmesan cheese.

PORK SHOULDER ROAST (PERNIL)

6 QT. - Serves 6

1 tbsp. adobo seasoning
1 1.41-oz packet sazón
cilantro and achiote
seasoning
1 tbsp. dried oregano
3 cloves garlic, minced
1 3-lb pork shoulder
¼ cup olive oil
½ cup chicken stock
½ cup orange juice
½ cup fresh lime juice

8 QT. - Serves 9

1 ½ tbsp. adobo seasoning
1 ½ 1.41-oz packets
sazón cilantro and achiote
seasoning
1 ½ tbsp. dried oregano
5 cloves garlic, minced
1 5-lb pork shoulder
1 cup olive oil
1 cup chicken stock
½ cup orange juice
½ cup fresh lime juice

10 QT. - Serves 12

2 tbsp. adobo seasoning
2 1.41-oz packets sazón
cilantro and achiote
seasoning
2 tbsp. dried oregano
6 cloves garlic, minced
2 3-lb pork shoulders
½ cup olive oil
2 cups chicken stock
1 cup orange juice
1 cup fresh lime juice

Instructions

1. Wash and dry the pork shoulder. Use a boning knife to make deep incisions into the flesh all around the pork shoulder.
2. Crush the adobo, sazón cilantro and achiote seasoning, oregano, and garlic into a paste using a mortar and pestle. Rub the paste into the incisions and all over the pork shoulder.
3. Place the Inner Pot in the Power Quick Pot.
4. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
5. Add the olive oil to the Inner Pot and heat the oil.
6. Add the pork shoulder and brown the pork shoulder on all sides.
7. Press the Cancel Button. Add the stock and orange and lime juices.
8. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (30-min. cooking time).
10. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Remove the pork. Reserve the pork on a cutting board and leave the sauce in the Inner Pot.
12. Press the Sauté Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
13. Reduce the sauce in the Inner Pot until it is thick enough to coat the back of a spoon.
14. Shred the pork and serve with rice, beans, and the sauce.

PUERTO RICAN POT ROAST (CARNE MECHADA)

6 QT. - Serves 6

1 3-lb eye of round, trimmed
3 oz chorizo, casing removed & meat chopped
¼ lb ham steak, diced
¼ cup chopped manzanilla olives
1 tbsp. adobo seasoning
4 tbsp. olive oil
3 tbsp. white vinegar
½ tbsp. dried oregano
1 onion, diced small
1 green pepper, seeds & membrane removed & pepper diced small
1 cup finely chopped cilantro
4 garlic cloves, minced
1 cup sherry
1 cup tomato sauce
2 cups beef broth
4 Yukon Gold potatoes, diced large

8 QT. - Serves 9

1 5-lb eye of round, trimmed
5 oz chorizo, casing removed & meat chopped
½ lb ham steak, diced
½ cup chopped manzanilla olives
1 ½ tbsp. adobo seasoning
6 tbsp. olive oil
5 tbsp. white vinegar
1 tbsp. dried oregano
1 ½ onions, diced small
1 ½ green peppers, seeds & membrane removed & pepper diced small
1 ½ cups finely chopped cilantro
6 garlic cloves, minced
1 ½ cups sherry
1 ½ cups tomato sauce
3 cups beef broth
6 Yukon Gold potatoes, diced large

10 QT. - Serves 12

2 3-lb eye of round, trimmed
6 oz chorizo, casing removed & meat chopped
½ lb ham steak, diced
½ cup chopped manzanilla olives
2 tbsp. adobo seasoning
½ cup olive oil
6 tbsp. white vinegar
1 tbsp. dried oregano
2 onions, diced small
2 green peppers, seeds & membrane removed & pepper diced small
2 cups finely chopped cilantro
8 garlic cloves, minced
2 cups sherry
2 cups tomato sauce
2 cups beef broth
8 Yukon Gold potatoes, diced large



Instructions

1. Use a boning knife to puncture the eye of round lengthwise from one end to the other. Stuff the chorizo, ham, and olives into a gallon bag, press the ingredients to one corner to create a piping bag, and snip a 1-in. corner triangle at the end of the bag.
2. Spread open the hole in the eye of round, squeeze tongs into the hole, and use the tongs to widen the hole. Remove the tongs, pipe the chorizo mixture into the hole to fill the roast from end to end, ensuring that the mixture is packed tightly.
3. Massage the adobo into the outside of the eye of round and truss the roast with kitchen twine so the roast keeps its shape.
4. Place the Inner Pot in the Power Quick Pot.
5. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
6. Add the olive oil and heat the oil.
7. Add eye of round and sear the eye of round on all sides. Remove and reserve the eye of round.
8. Add the vinegar, oregano, onion, green pepper, cilantro, and garlic to the Inner Pot and cook until fragrant.
9. Add the sherry and deglaze the Inner Pot, using a wooden spoon to work out all the brown bits at the bottom of the Inner Pot.
10. Add the tomato sauce, stock, and eye of round to the Inner Pot and bring to a boil.
11. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
12. Press the Pressure Button, scroll to the Beef setting, and press the Program Dial.
13. Scroll to the Low setting and press the Program Dial to begin the cooking cycle (15-min. cooking time).
14. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
15. Turn the eye of round over, top the eye of round with the potatoes, and reattach the Lid.
16. Press the Pressure Button, scroll to the Beef setting, and press the Program Dial.
17. Scroll to the Low setting and press the Program Dial to begin the cooking cycle (15-min. cooking time).
18. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
19. Remove the roast and test to see whether it shreds easily with a fork. If it does not shred easily, return the roast to the Inner Pot and cook for an additional 5 mins. If it shreds easily, let the roast rest for 10 mins. and then cut into 1 in.-thick steaks.
20. Serve the roast on a bed of its own sauce with rice and beans.

FROZEN SHRIMP STEW

6 QT. - Serves 5

seeds of ¼ annatto
2 cups coconut milk,
divided
½ cup frozen recaito
6 cups water
½ cup alcaparrado
½ lb yucca, diced large
½ lb orange yams, diced
large
½ lb taro roots, diced large
1 green plantain, diced large
salt, to taste, divided
1 lb U10 frozen shrimp
1 avocado, sliced into ¼ in.
thick moons
cilantro, chopped,
for garnish
2 radishes, sliced into
thin circles
2 cups arugula
1 cup watercress
2 kiwis, peeled & diced
1 mango, peeled & diced
3 tbsp. extra virgin olive oil
1 tbsp. distilled white
vinegar
1 tbsp. lime juice
lime zest, for garnish
ground black pepper,
to taste

8 QT. - Serves 6

seeds of ½ annatto
3 cups coconut milk,
divided
½ cup frozen recaito
9 cups water
½ cup alcaparrado
½ lb yucca, diced large
½ lb orange yams, diced
large
½ lb taro roots, diced large
1 green plantain, diced large
salt, to taste, divided
1 ½ lb U10 frozen shrimp
1 ½ avocados, sliced into
¼ in. thick moons
cilantro, chopped,
for garnish
3 radishes, sliced into
thin circles
3 cups arugula
1 ½ cups watercress
3 kiwis, peeled & diced
1 ½ mangos, peeled & diced
5 tbsp. extra virgin olive oil
1 ½ tbsp. distilled white
vinegar
1 ½ tbsp. lime juice
lime zest, for garnish
ground black pepper,
to taste

10 QT. - Serves 8

seeds of ½ annatto
4 cups coconut milk,
divided
1 cup frozen recaito
12 cups water
1 cup alcaparrado
1 lb yucca, diced large
1 lb orange yams, diced
large
1 lb taro roots, diced large
1 green plantain, diced large
salt, to taste, divided
2 lb U10 frozen shrimp
2 avocados, sliced into
¼ in.-thick moons
cilantro, chopped,
for garnish
4 radishes, sliced into
thin circles
4 cups arugula
2 cup watercress
4 kiwis, peeled & diced
2 mangos, peeled & diced
6 tbsp. extra virgin olive oil
2 tbsp. distilled white
vinegar
2 tbsp. lime juice
lime zest, for garnish
ground black pepper,
to taste

Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Fish setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (20-min. cooking time).
3. Add the annatto seeds and ½ cup coconut milk* to the Inner Pot and cook until the milk turns bright red. Strain the red milk and return the milk to the Inner Pot.
4. Add the recaito and the rest of the coconut milk to the Inner Pot and bring to a simmer.
5. Add the water, alcaparrado, yucca, yam, taro, plantain and salt and bring to a boil until the timer reaches 0.
6. Press the Cancel Button. Add the shrimp. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Fish setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (3-min. cooking time).
8. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Garnish the stew with the cilantro.
10. Combine the avocado, radishes, arugula, watercress, kiwi, and mango in a bowl and toss to make the salad.
11. Combine the extra virgin olive oil, vinegar, and lime juice in a separate bowl and whisk together to make the vinaigrette.
12. Add the vinaigrette to the salad and toss to combine. Season the stew and salad with the salt and ground black pepper.

* Use ¾ cup coconut milk for the 8-Qt. Power Quick Pot and 1 cup coconut milk for the 10-Qt. Power Quick Pot.

BREAD PUDDING (BUDIN)

6 QT. - Serves 4

3 eggs
1 cup raisins
1 cup milk
2 tbsp. honey
8 oz butter, melted
2 tsp. vanilla extract
zest & juice of 1 orange
1 tsp. cinnamon
1 pinch nutmeg
1 pinch salt
3 cups crustless & cubed
stale bread
1 ½ cups water

8 QT. - Serves 6

5 eggs
1 ½ cups raisins
1 ½ cups milk
3 tbsp. honey
14 oz butter, melted
3 tsp. vanilla extract
zest & juice of 1 orange
1 ½ tsp. cinnamon
1 pinch nutmeg
1 pinch salt
5 cups crustless & cubed
stale bread
2 ½ cups water

10 QT. - Serves 8

6 eggs
2 cups raisins
2 cups milk
½ cup honey
1 lb butter, melted
4 tsp. vanilla extract
zest & juice of 2 oranges
2 tsp. cinnamon
2 pinches nutmeg
2 pinches salt
6 cups crustless & cubed
stale bread
3 cups water

Instructions

1. Combine the eggs, raisins, milk, honey, butter, vanilla, orange zest and juice, cinnamon, nutmeg, and salt to a large bowl.
2. Add the bread cubes, let soak for 5 mins., stir, and let soak for another 5 mins. to finish the bread mixture.
3. Place the Inner Pot in the Power Quick Pot.
4. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot. Pour the bread mixture into a baking dish, ensuring that the bread cubes are submerged, and place the dish on the steaming rack.
5. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
6. Press the Bake Button and then the Program Dial to confirm the default setting. Press the Timer Button, scroll to set the cooking time to 15 mins., and press the Program Dial to begin the cooking cycle.
7. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

FLAN

6 QT. - Serves 6

½ cup sugar
2 tbsp. water
1 cup sweetened
condensed milk
1 cup heavy cream
2 tsp. vanilla extract
1 pinch salt
4 large eggs
½ cup water

8 QT. - Serves 9

½ cup sugar
3 tbsp. water
1 ½ cups sweetened
condensed milk
1 ½ cups heavy cream
3 tsp. vanilla extract
1 pinch salt
5 large eggs
½ cup water

10 QT. - Serves 12

1 cup sugar
½ cup water
2 cups sweetened
condensed milk
2 cups heavy cream
4 tsp. vanilla extract
1 pinch salt
8 large eggs
1 cup water

Instructions

1. Place a saucepan on the stove top. Add the sugar and water, cover the saucepan with a glass lid, and heat over medium-high heat until the caramel begins to darken. Remove the caramel from the heat and divide the caramel evenly between six ramekins and clean the saucepan.
2. Return the saucepan to the stove top. Warm the sweetened condensed milk, heavy cream, vanilla extract, and salt over medium heat, stirring gently not to create air bubbles, until the milk begins to steam. Remove the saucepan from the heat.
3. Beat the eggs lightly in a bowl, being careful not to create air bubbles. Add the milk from the saucepan to the bowl 1 tbsp. at a time, mixing thoroughly between additions to bring up the temperature of the eggs without scrambling them. Once the eggs have warmed, add the rest of the milk and mix gently but thoroughly to finish the flan mixture.
4. Pour the flan mixture through a strainer into the ramekins. Rake a fork over the surface of the mixture to remove any air bubbles. Cover each ramekin with aluminum foil, ensuring that the foil is pressed tightly around the sides.
5. Place the Inner Pot in the Power Quick Pot.
6. Pour the water into the Inner Pot, place four ramekins in the Inner Pot, place a steaming rack over the ramekins, and place two ramekins on the rack.
7. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
8. Press the Bake Button and then the Program Dial to confirm the default setting. Press the Timer Button, scroll to set the cooking time to 9 mins., and press the Program Dial to begin the cooking cycle.
9. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
10. Remove the ramekins and refrigerate them for at least 6 hrs. When ready to serve, hold a butter knife under hot running water until it has warmed. Run the knife along the inside rims of the ramekins to release the flans. Invert the ramekins onto a serving plate.

TRES LECHES

6 QT. - Serves 8

¾ cup all-purpose flour,
sifted
½ tsp. baking powder
¼ cup unsalted butter,
room temperature
½ cup white sugar
¾ tsp. vanilla extract,
divided
3 eggs
1 ½ cups water
1 cup whole milk
1 cup sweetened
condensed milk
1 cup evaporated milk
1 cup heavy whipping cream
3 tbsp. honey
berries, for garnish

8 QT. - Serves 14

1 ½ cups all-purpose flour,
sifted
½ tsp. baking powder
½ cup unsalted butter,
room temperature
½ cup white sugar
1 tsp. vanilla extract, divided
5 eggs
2 ½ cups water
1 ½ cups whole milk
1 ½ cups sweetened
condensed milk
1 ½ cups evaporated milk
1 ½ cups heavy whipping
cream
5 tbsp. honey
berries, for garnish

10 QT. - Serves 16

1 ½ cups all-purpose flour,
sifted
1 tsp. baking powder
½ cup unsalted butter,
room temperature
1 cup white sugar
1 ½ tsp. vanilla extract,
divided
6 eggs
3 cups water
2 cups whole milk
2 cups sweetened
condensed milk
2 cups evaporated milk
2 cups heavy whipping
cream
6 tbsp. honey
berries, for garnish

Instructions

1. Grease and flour a springform pan.
2. Combine the flour and baking powder in a bowl and mix thoroughly.
3. Combine the butter and sugar in a separate bowl and whisk together until the butter becomes fluffy and lightens in color.
4. Combine the flour mixture and the butter and mix thoroughly.
5. Add ½ tsp. vanilla extract* and incorporate the eggs into the mixture one at a time to finish the batter. Pour the batter into the springform pan and cover tightly with aluminum foil.
6. Place the Inner Pot in the Power Quick Pot.
7. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot. Place the springform pan on the steaming rack using a foil sling.
8. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Bake Button and then the Program Dial to confirm the default setting. Press the Timer Button, scroll to set the cooking time to 9 mins., and press the Program Dial to begin the cooking cycle.
10. While the cake cooks, combine the whole milk, condensed milk, and evaporated milk in a bowl.
11. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
12. Remove the springform pan. Let the cake cool and remove it from the springform pan. Place the cake in a serving dish with sloped sides.
13. Pierce the cake a dozen times with a fork and pour the milk mixture over the top of the cake.
14. Combine the heavy cream, honey, and the rest of the vanilla extract in a bowl and whip until stiff peaks form. Spread the mixture over the top of the cake, garnish with the berries, and refrigerate for at least 6 hrs. before serving.

* Use $\frac{2}{3}$ tsp. vanilla extract for the 8-Qt. Power Quick Pot and 1 tsp. vanilla extract for the 10-Qt. Power Quick Pot.

MANGO MARMALADE

6 QT. - Serves 6

1 lb frozen or fresh mango
chunks*
¼ cup honey
zest & juice of 1 lemon
1 vanilla bean

8 QT. - Serves 9

1 ½ lb frozen or fresh mango
chunks*
½ cup honey
zest & juice of 1 lemon
1 vanilla bean

10 QT. - Serves 12

2 lb frozen or fresh mango
chunks*
½ cup honey
zest & juice of 2 lemons
2 vanilla beans

** If using frozen mango chunks, be sure to thaw them first.*

Instructions

1. Place the Inner Pot in the Power Quick Pot.
2. Add all the ingredients to the Inner Pot.
3. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
4. Press the Pressure Button, scroll to the Vegetable setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 1 min., and press the Program Dial to begin the cooking cycle.
5. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
6. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
7. Cook the jam until most of the liquid has evaporated and the jam has thickened, stirring occasionally to prevent scorching.
8. Remove the vanilla bean, split the bean, scrape the inside, and stir the seeds into the mango jam until incorporated.
9. Store the jam in an airtight container and refrigerate for up to two weeks.

PUERTO RICAN SWEET RICE PUDDING (CARROZ CON LECHE)

6 QT. - Serves 4

1 ½ cups rice, rinsed well
6 cups water, boiling,
divided
½ tsp. salt
2 12-oz cans evaporated
milk
2 cups whole milk
2 cinnamon sticks
1 vanilla bean
1 15-oz can sweetened
coconut cream
1 cup raisins

8 QT. - Serves 6

2 cups rice, rinsed well
9 cups water, boiling,
divided
½ tsp. salt
2 12-oz cans evaporated
milk
3 cups whole milk
3 cinnamon sticks
1 vanilla bean
1 ½ 15-oz cans sweetened
coconut cream
1 ½ cups raisins

10 QT. - Serves 12

3 cups rice, rinsed well
12 cups water, boiling,
divided
1 tsp. salt
4 12-oz cans evaporated
milk
4 cups whole milk
4 cinnamon sticks
2 vanilla beans
2 15-oz cans sweetened
coconut cream
2 cups raisins



Instructions

1. Combine the rice and 3 cups water* in a large bowl and let sit for 15 mins.
2. Drain the rice using a fine-mesh sieve, rinse well, return the rice to the bowl, add the remaining water, let sit for 15 mins., and drain and rinse again.
3. Place the Inner Pot in the Power Quick Pot.
4. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
5. Add the salt, evaporated milk, whole milk, cinnamon sticks, and vanilla bean to the Inner Pot, mix, and bring the mixture to a boil. As soon as the mixture reaches a boil, add the drained & rinsed rice.
6. Press the Cancel Button. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the White Rice setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 15 mins., and press the Program Dial to begin the cooking cycle.
8. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Remove the cinnamon sticks and vanilla bean. Split the vanilla bean, scrape the inside, and add the seeds to the rice. Stir the rice and add the coconut cream and raisins.
10. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
11. Cook the rice pudding until the pudding starts to boil. Press the Cancel Button.†

* Use 4 ½ cups water for the 8-Qt. Power Quick Pot and 6 cups water for the 10-Qt. Power Quick Pot.

† You can serve this pudding right away or chill it in serving dishes. It will thicken considerably as it chills, so add a touch of cream to loosen it before serving.

SALTED DULCE DE LECHE CHEESECAKE

6 QT. - Serves 6

Brown Butter Almond Crust

4 ½ oz Danish almond butter cookies, crumbled finely in a food processor
1 oz all-purpose flour
4 tbsp. European-style salted butter, browned

Dulce de Leche

2 14-oz cans sweetened condensed milk
⅛ tsp. sea salt
1 tsp. baking soda
⅓ cup water

Dulce de Leche Glaze

6 ¾ oz dulce de leche
2 tbsp. heavy cream
1 pinch sea salt

Whipped Cream

1 ½ cups heavy cream
1 tsp. vanilla paste
1 tbsp. powdered sugar

8 QT. - Serves 9

Brown Butter Almond Crust

6 ¾ oz Danish almond butter cookies, crumbled finely in a food processor
1 ½ oz all-purpose flour
6 tbsp. European-style salted butter, browned

Dulce de Leche

3 14-oz cans sweetened condensed milk
½ tsp. sea salt
1 tsp. baking soda
½ cup water

Dulce de Leche Glaze

10 ⅛ oz dulce de leche
3 tbsp. heavy cream
1 pinch sea salt

Whipped Cream

2 cups heavy cream
1 tsp. vanilla paste
1 tbsp. powdered sugar

10 QT. - Serves 12

Brown Butter Almond Crust

9 oz Danish almond butter cookies, crumbled finely in a food processor
2 oz all-purpose flour
8 tbsp. European-style salted butter, browned

Dulce de Leche

4 14-oz cans sweetened condensed milk
½ tsp. sea salt
1 ½ tsp. baking soda
½ cup water

Dulce de Leche Glaze

13 ¾ oz g dulce de leche
4 tbsp. heavy cream
1 pinch sea salt

Whipped Cream

3 cups heavy cream
2 tsp. vanilla paste
2 tbsp. powdered sugar



Instructions

Brown Butter Almond Crust

1. Combine the cookie crumbs and flour in a bowl and mix.
2. Add the butter and mix until the mixture reaches a sandy consistency.

Dulce de Leche

1. Pour the sweetened condensed milk and salt into a bowl.
2. Combine the baking soda and $\frac{1}{3}$ cup water in a separate bowl and mix until the baking soda dissolves.
3. Add the baking soda mixture to the condensed milk and stir to make the dulce de leche.
4. Place the Inner Pot in the Power Quick Pot.
5. Place a steaming rack inside the Inner Pot and pour enough water into the Inner Pot to reach halfway up two 16-oz mason jars placed on the steaming rack.
6. Divide the dulce de leche evenly between the two mason jars, close the jars tightly, and place them on the steaming rack.
7. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
8. Press the Bake Button and then the Program Dial to confirm the default setting. Press the Timer Button, scroll to set the cooking time to 45 mins., and press the Program Dial to begin the cooking cycle.
9. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
10. Open the jars and stir the dulce de leche. **Continued on p. 47**

SALTED DULCE DE LECHE CHEESECAKE

6 QT. - Serves 6

Tropical Fruit Salad

2 kiwis, cut into half moons
2 mangos, cut into half moons
4 oz raspberries
4 oz blueberries
4 oz sliced strawberries
2 tbsp. passion fruit puree
1 tsp. honey
edible tropical flowers, for garnish

Cheesecake

butter, for greasing
2 tbsp. cornstarch
2 pinches sea salt
3 ½ oz sugar
1 lb cream cheese, room temperature
2 large eggs
2 tsp. vanilla bean paste
5 oz dulce de leche
1 ½ cups water

8 QT. - Serves 9

Tropical Fruit Salad

3 kiwis, cut into half moons
3 mangos, cut into half moons
6 oz raspberries
6 oz blueberries
6 oz sliced strawberries
3 tbsp. passion fruit puree
2 tsp. honey
edible tropical flowers, for garnish

Cheesecake

butter, for greasing
3 tbsp. cornstarch
3 pinches sea salt
5 ¼ oz sugar
1 ½ lb cream cheese, room temperature
3 large eggs
3 tsp. vanilla bean paste
7 ½ oz dulce de leche
2 cups water

10 QT. - Serves 12

Tropical Fruit Salad

4 kiwis, cut into half moons
4 mangos, cut into half moons
8 oz raspberries
8 oz blueberries
8 oz sliced strawberries
½ cup passion fruit puree
2 tsp. honey
edible tropical flowers, for garnish

Cheesecake

butter, for greasing
4 tbsp. cornstarch
4 pinches sea salt
7 oz sugar
2 lb cream cheese, room temperature
4 large eggs
4 tsp. vanilla bean paste
10 oz dulce de leche
3 cups water

Instructions

Dulce de Leche Glaze

1. Place the Inner Pot in the Power Quick Pot.
2. Add all the ingredients to the Inner Pot and whisk until smooth.
3. Press the Keep Warm Button and warm the glaze until the mixture is easily spreadable (about 2 mins.).

Cheesecake

1. Grease the bottom and sides of a 7-in. springform pan with butter, line the bottom and sides of the pan with parchment paper, and press the brown butter almond crust into the bottom of the pan with the flat side of a measuring cup or jar. Reserve the crust in the pan.
2. Combine the cornstarch, salt, and sugar in a small mixing bowl. Reserve the sugar mixture.
3. Break up the cream cheese in a large mixing bowl using a hand mixer on low speed (10–15 secs.), being careful not to overmix.
4. Add half of the sugar mixture to the mixing bowl, mix on low until just incorporated, and scrape down the sides of the bowl and mixer. Repeat with the rest of the sugar mixture.
5. Add the vanilla bean paste and the dulce de leche, mix on low until just incorporated, and scrape down the sides of the bowl.
6. Add one egg at a time, mixing on low until just incorporated and scraping down the sides of the bowl after each addition. Pound the bowl on the counter to release any air bubbles to finish the cream cheese filling.
7. Top the crust with the cream cheese filling. Pound the pan on the counter to release any air bubbles and repeat until no more air bubbles are released.
8. Place the Inner Pot in the Power Quick Pot. Pour the water into the Inner Pot and place a steaming rack inside the Inner Pot. Place the springform pan on top of the steaming rack using a foil sling.
9. Press the Sauté Button, scroll to the Vegetable setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 10 mins.).
10. Once the water reaches a boil, press the Cancel Button. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
11. Press the Pressure Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (30-min. cooking time).
12. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button to Cancel. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid, being careful not to let condensation drip onto the cheesecake. Carefully remove the pan with the foil sling.
13. Let the cheesecake cool to room temperature and then run a paring knife along the sides of the pan to release the parchment paper from the pan. Straighten the paper to prevent wrinkling and let the cheesecake cool in the refrigerator for at least 4 hrs.
14. Remove the cheesecake from the springform pan, spread the glaze over the top of the cheesecake, letting the glaze fall over the edges of the cheesecake, garnish with a 2-in. ring of tropical fruits and flowers around the perimeter of the cake, and serve with the whipped cream and tropical salad.



Power Quick Pot™

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