

# Multicookers



Multicookers are electric appliances that perform multiple functions such as pressure cooking, slow cooking, sautéing, browning and steaming.

### Pressure Cooking

Use the PRESSURE cooking on either high or low. High is for cooking at a high pressure and is suitable for tougher meats and vegetables. Low is for cooking at a low pressure and is more suitable for delicate foods such as tender vegetables and certain types of fish.

Many models have pressure cooking programs. Simply select one of the preset options. As you become more comfortable with pressure cooking, try other recipes designed for multicookers.

### The Best Foods for a Pressure Cooker

Since pressuring cooking is a moist-heat cooking method, foods that taste good boiled, braised or simmered work best. Good options include:

- Soups
- Stews
- Stocks
- Dried beans
- Whole grains
- Rice
- Polenta
- Grits
- Dense vegetables (like beets and carrots)
- Less tender cuts of meat (like beef chuck or pork shoulder)
- Chicken parts
- Meat and poultry with bones

### How to Use the Basic Pressure Cooker Function

1. Add the ingredients according to the recipe.
2. Fill the pot no more than 2/3 full with food and liquid. A minimum of 1 cup of liquid is necessary for cooking foods under pressure. (For foods that expand during cooking, do not fill the cooker more than 1/2 full.)
3. Place the lid on the cooker, aligning it properly so that it locks into place
4. Turn the knob to PRESSURE. Choose either the high or the low cooking mode. Set the desired cooking time.
5. Press start to begin cooking. Pressure cookers go through three stages:
6. Pre-heating and Pressurization - During this stage the pot is creating steam. Once enough steam has built up inside the inner pot, the float valve pops up and locks the lid in place.
7. Cooking - Once the required pressure level is reached, cooking begins.
8. Depressurizing- Check recipe instructions to choose a venting method. The natural release method allow the pressure to gradually decrease without turning the pressure knob to steam or switching to vent depending on the model. For the quick release method, pressure is immediately reduced by turning the steam knob or switching to vent.



## Slow Cooking

Slow cooking in a multicooker cooks food slowly for several hours at temperatures of 190 F (**low**) to 212 F (**high**). Slow cooking helps food retain maximum flavor and tenderness. However, the exact temperatures varies among different models.

The slow cooker function in a multicooker is not the same as using a traditional slow cooker. The multicooker heats more rapidly because it pressurizes slightly. A traditional slow cooker may not heat as quickly but tends to heat more evenly. This means your favorite recipes for the slow cooker may have to be adjusted for the slow cooking function of the multicooker.

### The Best Foods for a Slow Cooker

Slow cooking is best for foods that are tougher and take longer to cook. More tender foods and lean meat or poultry can become mushy and/or lose their flavor.

- Cuts of meat that are tough and have a lot of collagen such as beef chuck roast, brisket, stew meat and short ribs
- Pork shoulder, pork butt, pork ribs and country-style ribs
- Whole chicken and chicken thighs
- Soups, stews and chilis
- Root vegetables such as carrots and potatoes

## How to Use the Slow Cooker Function

1. Prepare ingredients such as cutting vegetables or trimming excess fat from meat before adding to the slow cooker. Cutting food into similar size pieces will ensure more even heating. **Thaw meat before adding to any slow cooker.** Frozen food may not reach a safe temperature quickly enough in a slow cooker to prevent the growth of harmful bacteria.
2. Consider browning and seasoning meat and poultry before adding the rest of the ingredients. This creates a more flavorful dish with a richer color.
3. Since the multicooker's heating element is on the bottom of the pot, food can cook unevenly. Be sure to follow the recipe instructions on how to layer foods so that foods that take longer to cook will be on the bottom of the pot. More tender foods may need to be added in the last hour of cooking. Some spices, such as cayenne pepper and hot sauce tend to become bitter if cooked for long periods. Add them near the end of the cooking time.
4. Near the end of cooking time, check to see if ingredients are done. Once they are cooked to your satisfaction, keep the cooker in the warm mode. Food should not be allowed to remain at room temperature (40 F to 140 F) for more than two hours.



### High Slow or Low Slow

Most multicookers have the low or high slow cooking modes. If you want gentle cooking, the low slow mode works better than the high. However, if you find your model cooker does not get hot enough in the low mode, you may prefer the high mode. It usually takes some experimentation to cook your favorite slow cooker recipes just right. As you use your multicooker, you will become used to the way it heats.

## Sauté and Brown

Sautéing is a cooking method that uses a small amount of oil or fat to brown food at a relatively high heat. In a multicooker, it also is used to thicken sauce after pressure cooking by evaporating the liquid or by adding starch or a thickener. It can be used for most anything cooked in a saucepan.

The BROWN function is used to seal in flavor and juice by giving the food a golden brown exterior. Food is not necessarily cooked through.

Using the multicooker for sautéing and browning has several advantages. You do not need to wash a frying pan and you do not need to clean the stovetop. You also do not need a separate pan to thicken sauces. It all can happen in one pot.

### How to Use the Sauté and Brown Function

1. Press the SAUTÉ or BROWN button and let the pot heat before adding ingredients. Some pots may display “hot” when it reaches a high enough temperature and some may not. Some pots may have different temperature levels for regular, darker browning or light browning.
2. Add cooking oil before adding meats or vegetables to the pot. Sauté or brown the meat, vegetables and other ingredients.
3. Sauté or brown as directed in the recipe with the lid off. To sauté, move the food around the pot with a wooden spoon or a spoon that will not scratch the pan’s surface. To brown, do not move the food until the desired brownness is reached, then turn to brown other sides. Browning works best in batches so that the pan is not too crowded.
4. Don’t forget to deglaze. Turn off the SAUTÉ mode and deglaze the pot by pouring in some of the cooking liquid and scraping up any bits from the bottom of the pan. You may need to remove browned meat before deglazing.



## Simmer

This function ensures that your food stays just below the boiling point while still being heating. Soups, stocks, sauces and other foods can be simmered in the multicooker just like saucepans on the stovetop.

### How to Use the Simmer Function

1. Add the ingredients to be simmered in the removable cooking pot.
2. Select the SIMMER function and choose the amount of time needed. Simmer with the lid off.
3. When done simmering, turn the SIMMER function off.

## Steam

The STEAM function is best used for delicate foods such as fish and vegetables.

### How to Use the Steam Function

1. Place about 1-2 cups of water into the bottom of the removable cooking pot. Then add a steamer basket or rack so that the water sits below the basket.
2. Place ingredients into the steamer basket or rack and align and close lid of the cooker.
3. Turn the knob to STEAM. Press the STEAM function and either select a program for the food to be steamed or add the correct amount of time.
4. Turn the STEAM function off when done steaming.



## Warm

The WARM function allows for reheating food or keeping cooked food warm for several hours.

### How to Use the Warm Function to Reheat

1. Place the removable cooking pot into the cooker. Then place the food into the pot to reheat.
2. Place the lid on, align and close the lid. Turn the knob to STEAM.
3. Turn the WARM function on and set the time needed to reheat food.
4. Turn the WARM function off. Check the temperature of the food before serving. It should reach 165 F or higher as measured by a food thermometer.

***Avoid using the delay function of the multicooker if the uncooked food will remain in the danger zone (40 F to 140 F) for more than two hours. In this temperature range, harmful bacteria can grow and cause illness.***

