
SOUTHERN STYLE RICE PUDDING

2 tablespoons unsalted butter
1 ½ cups uncooked long-grain rice
2 cups milk
2 cups water
½ cup raisins or other dried fruit
1/8 teaspoon fine sea salt
1 teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon freshly grated nutmeg
½ cup firmly packed brown sugar
1 tablespoons sorghum or molasses
1 teaspoon pure vanilla extract
1 teaspoon lemon or orange zest

Heat the butter in the cooker and stir in the rice, stirring well to make sure all of the grains are coated with butter. Immediately stir in the milk, water, raisins, salt, spices, sugar, and sorghum. Lock the lid in place and bring to high pressure. Adjust the heat to maintain high pressure and cook for 3 minutes. Let the pressure drop naturally for 7 minutes. Quick-release any remaining pressure. Stir in the vanilla and lemon zest. Serve warm.



CREAMY CHOCOLATE CHEESECAKE

¾ c Chocolate Graham cracker Crumbs OR
¾ c Graham cracker crumbs OR
¾ c Chocolate wafer crumbs
12 oz Cream cheese; softened
½ c Sugar;
1 tb All-purpose flour
3 Eggs
1 ts Vanilla
4 oz Semisweet chocolate; melted
2 c Water;

Garnishes:

whipped cream

Shaved chocolate

Grease a 6 or 7 springform pan on sides and bottom. Coat bottom of pan with crumbs. Set aside. Crisscross two pieces of heavy, folded foil inside cooker to make it easy to lift the pan out. In blender or food processor place cream cheese, sugar, eggs, and vanilla and process until smooth. Pour into prepared pan and cover with foil. Place rack and water in pressure cooker. Use the foil strips to transfer pan into cooker. Fold ends of foil strips over the top of the pan. Lock lid in place. Place the pressure regulator on the vent pipe (if you have a first-generation cooker). Over high heat, bring cooker up to pressure. Reduce the heat just enough to maintain pressure and pressure regulator rocks gently; cook for 30 minutes for the 6" pan or 25 minutes for the 7" pan. Allow pressure to come down naturally. Carefully remove lid. Using foil strips, carefully lift cheesecake out of the cooker. Remove foil. Place on a wire rack and cool 15 minutes; loosen sides of cheesecake. Cool to room temperature, and remove pan. Cover and chill for 2 - 24 hours. Garnish with whipped cream and shaved chocolate, if desired. Make 8 servings

GOLDEN CAKE PUDDING

1 package yellow cake mix
¾ cup milk
1 egg
¼ cup Golden Syrup, Corn syrup OR
Maple Syrup

Place syrup in bottom of pudding mold before adding batter. Prepare the cake mix with the egg and milk according to directions on package. Pour into a greased 2 to 2 ½ qt pudding mold and cover with a lid, foil or greased double wax paper.

NOTE: When cooking for smaller numbers, make up the whole cake mix as directed, put pour only half the cake batter into a 1 ½ qt mold and steam for 1 hour. Alternately, fill individual molds and steam for 20-25 minutes. Bake remaining cake batter in cupcake pan.

CHOCOLATE CAKE PUDDING

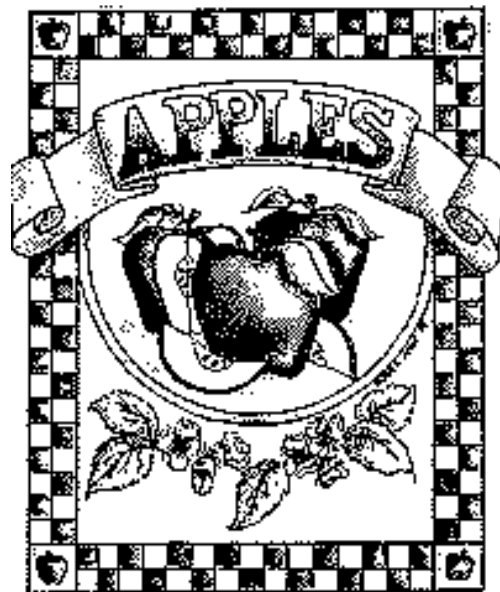
1 package chocolate cake mix
1 egg
¾ cup milk

Prepare the cake mix with the egg and milk or water according to directions on package. Pour into a greased 2 to 2 ½ qt pudding mold and cover with a lid, foil or greased double wax paper. Place the mold in a sauce pan of boiling water and the level of the water half way up mold during cooking. Steam for 1 ½ hours. Unmold the pudding while hot and serve with whipped cream, ice cream.

NOTE: When cooking for smaller numbers, make up the whole cake mix as directed, put pour only half the cake batter into a 1½ qt mold and steam for 1 hour. Alternately, fill individual molds and steam for 20-25 minutes. Bake remaining cake batter in cupcake pan.

APPLE CRUMBLE

4 cups yellow delicious apples—sliced
1 tablespoon lemon juice
1 cup quick cooking rolled oats
1/3 cup flour
1 teaspoon cinnamon
½ teaspoon salt
¼ cup diet margarine—melted
Non-stick cooking spray
2 cups water
Artificial sweetener—to taste
Sprinkle apples with lemon juice. In separate bowl, combine oats, flour, cinnamon, salt and margarine. Spray a metal bowl that will fit loosely into pressure cooker with non-stick spray. Place alternate layers of apples and oat mixture into bowl, beginning and ending with apples. Cover bowl firmly with aluminum foil and place on rack in cooker. Add the 2 cups of water. Secure cover, and make sure pressure gauge is in place. Bring cooker to pressure according to instructions with cooker, then time cooker for 20 minutes. Cool cooker at once by placing under running water. Sprinkle with sweetener just before serving.



EXTRAVEGANT EGNOGG BREAD PUDDING

7-8 slices day-old white bread
¼ cup butter, softened
3 eggs, beaten
4 cups eggnog OR
half each whole milk AND eggnog
¼ cups packed brown sugar
¼ cup granulated sugar
2 teaspoons vanilla
¼ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
½ cup raisins OR
chopped dates

Slather butter on one side of each of the bread slices. Stack the slices in a buttered baking dish of a size that will fit in your cooker, leaving enough space for steam to move freely. Beat the eggs, mix together sugar, salt and cinnamon and stir into the eggs, then slowly whisk the milk into this mixture until well-blended. Add vanilla and raisins or dates. Pour this over the bread, letting it soak through and adding more, pushing the bread down into the milk mixture, repeating until the bread is soaked. Let this sit for about 15 minutes. Cover tightly with a lid or use foil. Rub butter in a circle on the inside of the foil; make it large enough to cover the top of the baking dish so the bread will not stick. Place the rack in the cooker and add 2 cups of water. Using foil helper handles lower the dish into the cooker and bring to a boil, uncovered. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 15 minutes. Remove the cooker from the heat and let the pressure drop naturally then open the lid. Remove the dish and serve with Orange-Pineapple Sauce, or your choice from my [Pudding Sauces Recipes](#)

CINNAMON RAISIN BREAD PUDDING

4-5 cups French bread, cut into 1-inch cubes
1 cup raisins
1 cup low-fat evaporated milk
1 cup milk
2 large eggs
1 egg yolk
¼ cup granulated sugar
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
½ tablespoon butter
2-1/2 cups water

Generously butter a baking dish of a size (about 1 ½ quarts) that will fit in your cooker, leaving enough space for steam to move freely. Add the bread, and then carefully work the raisins throughout. In a separate mixing bowl, combine evaporated milk, milk, eggs, sugar and spices. Whip with a whisk until frothy and pour over bread. Push down on the bread in a few places to make sure the custard mixes well with the bread. Let this sit for about 15 minutes. Cover tightly with a lid or use foil. Rub butter in a circle on the inside of the foil; make it large enough to cover the top of the baking dish so the bread will not stick. Place the rack in the cooker and add 2 cups of water. Using foil helper handles lower the dish into the cooker and bring to a boil, uncovered. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 15 minutes. Remove the cooker from the heat and let the pressure drop naturally then open the lid. Remove the dish and serve with Orange-Pineapple Sauce, or your choice from my [Pudding Sauces Recipes](#)