
TERIYAKI SPARERIBS

3 pounds ribs
water, about 10 cups
1/2 cup light brown sugar
1/3 cup dark soy sauce
1/3 cup catsup
1/4 cup hoisin sauce
2 T. dry sherry

-Cooking ribs is almost always a two-step preparation. First, they're boiled to remove some of the fat and to tenderize them. Then, they're grilled to finish them off with a smoky flavor. The pressure cooker does a marvelous job of tenderizing the ribs, quickly bringing them to the fall-off-the-bone stage. Then, while still warm, they're placed in an Oriental marinade until you're ready to put them on the grill. Preparation Time: 5 minutes plus 12-24 hours marinating time. Pressure cooking time: 15 minutes. Grilling time: 10 minutes

Yield: 3-4 servings

Cut the ribs into serving-size pieces. Place in the pressure cooker and add enough water to cover them, making sure the water does not go beyond the recommended level of the pressure cooker and bring up to full pressure (15 pounds). Reduce heat to stabilize pressure and cook for 15 minutes. Release pressure and remove ribs from pan to cool slightly. Combine sugar, soy sauce, catsup, hoisin sauce, and sherry in a large plastic food bag. Add ribs and turn them over several times so they are well coated with the marinade. Refrigerate for 12-24 hours. Prepare a hot grill, preferably with a mix of charcoal and mesquite wood. Remove ribs from marinade and let excess drip off. Place ribs around outer edge of coals so they do not cook too fast. Grill until they are browned on both sides, brushing several times with the reserved marinade.

SWISS STYLE PORK CHOPS

2 tablespoons mustard
3 center-cut pork chops, about 1 1/2 pounds
3 tablespoons corn or canola oil
1. Spread both sides of each pork chop with mustard.
2. In a 2-quart Pressure Frypan, heat oil over high heat.
3. Add pork chops and cook until browned on one side. Use a splatter screen or conventional lid to cover pork chops while browning.
4. Turn pork chops.
5. Close lid and bring pressure to first red ring over high heat.* Adjust heat to stabilize pressure at first red ring. Cook for 7 minutes.
6. Remove from heat and use Touch Release Method.
7. Place pork chops on paper towels to absorb extra oil.

ORIENTAL CHOPS

12 Pork Chops
4 tbsp oil
3/4 cup rice -- uncooked
3/4 cup green pepper -- chopped
12 slices onion
2 cups water
4 tsp. salt
Brown chops on both sides in hot oil in cooker. Place a tbsp. of uncooked rice on top of each pork chop. Place a tbsp. of chopped green pepper on top of rice and a slice of onion on top of green pepper. Add water and salt. Cover, set control and cook for 12 minutes after control jiggles. Cool cooker normally for 5 minutes than place under faucet.



PORK IN BEER AND ONIONS

2 tsp finely minced garlic
1 tbsp soy sauce
2 tbsp brown sugar, packed
1/4 tsp ground allspice
1/4 tsp cayenne
1/2 tsp salt, or to taste
4 to 4 1/2 lbs picnic shoulder, rind removed (trimmed weight)
2 1/2 cups beer
2 bay leaves

6 cups tightly packed, sliced onion

2 tbsp cornstarch dissolved in 3 tbsp water

In a small bowl, make a paste by mashing together the garlic, soy sauce, sugar, allspice, cayenne, and salt. Rub into the picnic shoulder. Pour the beer into the cooker and add the bay leaves. Set the rack in place.

Place half the onions on the rack and set the pork on top. Spread the remaining onions over the pork. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 55 minutes. Let the pressure drop naturally or use a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. Check the pork for doneness with a meat thermometer inserted into the center. It should register 170 degrees. If not, lock the lid back in place and return the pork to high pressure for a few more minutes. Remove pork to a platter and set aside in a warm place. Remove the rack. If there is more than 2 cups of sauce, boil vigorously over high heat to reduce. Whisk in just enough of the cornstarch solution to thicken the gravy hile cooking at a low boil for 2 to 3 minutes. Remove the bay leaves, carve the pork, and pour over the gravy. Serves 4 to 6.

BARBECUED SPARERIBS

2-3 T. oil
5 pounds ribs
2/3 cup cider vinegar
1/4 cup soy sauce
1/2 up dry sherry
1 cup water
1 cup catsup
1 T. dry mustard
1/3 cup brown sugar
1 T. minced garlic
1/2 tsp. salt, or to taste
3/4 tsp. freshly ground pepper
1 green pepper, seeded and diced

1 cup coarsely chopped onion

Heat 1 T. of oil in the cooker. Over high heat, brown the spareribs well in several batches, about 3-5 minutes on each side.

Add more oil as needed. In a bowl, combine the remaining ingredients for the sauce. When the ribs are browned, drain off any excess fat and our the sauce into the cooker, taking care to scrape up any browned bits that are sticking to the bottom of the pot. Add ribs, and stir to coat well with the sauce. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 12 minutes. Reduce pressure with a quick-release method.

Remove the lid, tilting it away from you to allow any excess steam to escape. Check the ribs for doneness by seeing in the meat can easily be separated from the bone when poked with a fork. Transfer the ribs to a serving platter. If the sauce is too thin, boil vigorously over high heat until it reaches a glazing consistency. Adjust the seasonings and pour over the ribs. Serve immediately.

PORK CHOPS, ONIONS & APPLES

2 lbs. pork chops, cut about 1/2 inch thick
2 tablespoons good quality prepared mustard
1/2 cup apple juice
1 tablespoon olive oil
1 large onion, sliced thick
1-2 small tart apples, cored and sliced
Spread both sides of each pork chop with mustard and sprinkle salt and pepper to taste. Heat oil in bottom of cooker and brown the meat on both sides. Add the onion and apples on top of the chops. Add the apple juice. Lock the lid in place and bring to 15psi over high heat. Adjust heat lower to maintain pressure. Cook 10 minutes. Remove from heat and use the natural release method. Serve with the onions and apples on top of the chops.

RIBS AND POTATOES IN RED SAUCE

One pound of pork ribs
Four big potatoes, old and wrinkled
Some garlic
Pimenton or sun dried red peppers.
Oil or pork scraps.
Fry the pork scraps (bacon without smoke or salt, chicharron, typersty) with garlic and the ribs, or use olive oil instead. When the ribs are more or less brown add a spoonful of pimenton or the pepper's pulp. Cover with water and a cube of broth and let cook till tender. If you use a pressure cooker (pck) it will be faster. After half an hour of pck or more in a conventional pan, add the potatoes. At medium heat they should be ready in fifteen minutes or so. Follow always the first commandment of the home made basque cooking. Stir. Bon appetite

DIM SUM PORK AND SHRIMP DUMPLINGS

Mushroom 1 tsp Dry Sherry
-HOT Water 1 tsp Sesame Oil
4 oz Lean Pork, Ground 1 tsp Cornstarch
4 oz Shrimp, Shelled, 1/2 tsp Sugar
Deveined and Chopped 1/4 tsp Salt
Fine 1 Pinch Pepper, Ground
2 Tbls Water Chestnuts, 36 3 1/2" Round
Won Ton
Chopped Fine Wrappers
2 small Green Onions, White 1 1/2
Cups Water
Parts Only, Minced
Soak the mushroom(s) in the HOT water until softened (about 20 minutes). Drain. Remove and discard the stem and the tough center. Chop very fine. Mix the mushroom(s), pork, shrimp, water chestnuts, green onion(s), soysauce, sherry, sesame oil, cornstarch, sugar, salt and pepper together. Place a generous teaspoon of the mixture on the center of each won ton wrapper. Bring the sides of the wrappers up around the filling. Pinch the tops together to form bundles around the filling. Press down lightly on the filling. Place the cooking rack and the measured amount of water in the pressure cooker. Place the dumplings on the rack (this may have to be done in batches). Close the cover securely. Place the regulator on top of the vent. Cook for 5 minutes at 15 POUNDS - start timing when the pressure regulator begins to rock. Immerse the pressure cooker in or under running cold water to stop the Cooking immediately. Remove the dumplings - keep them warm while additional batches are cooked. Serve warm with a dipping sauce such as Sesame So Dipping Sauce.

HOT SOUR PORK WITH TOFU

Yields 6 Servings

1 8 oz Pork Tenderloin, Trimmed

2 Tbls Vegetable Oil

8 Mushrooms, Sliced

1 Cup Chicken Stock

1/2 tsp Ginger, Ground

1 Clove Garlic, Minced

1/2 tsp Salt

1 Tbls Pimiento, Chopped

2 tsp White Wine Vinegar

2 tsp Soy Sauce

1 1/2 tsp Sugar

1/2 tsp Crushed Red Pepper

2 tsp Cornstarch

1 Tbls Water

12 oz Tofu, Cut Into 1/2" Cubes

- Rice, Cooked, Hot

Cut the pork into 1 1/2"x 1/4 " strips. Heat the oil in the pressure cooker. Stir fry the pork in the hot oil for 1 minute. Add the mushrooms. Stir fry for 1 more minute. Add the chicken stock, ginger, garlic and salt. Close the cover securely. Place the pressure regulator on the vent. Cook at 15 POUNDS for 5 minutes - start timing when the pressure regulator begins to rock. Cool the cooker in or under running cold water. Add the pimiento, vinegar, soy sauce, sugar and red pepper. Mix the cornstarch with the water. Stir into the pork mixture. Cook, stirring, until the sauce boils and thickens. Gently fold in the tofu. Cook until just hot. Serve over rice.

ROAST PORK

2 tablespoons vegetables oil

1 tablespoon butter

2 1/2 lb. boneless pork loin

1 small onion, sliced

1 small carrot, sliced

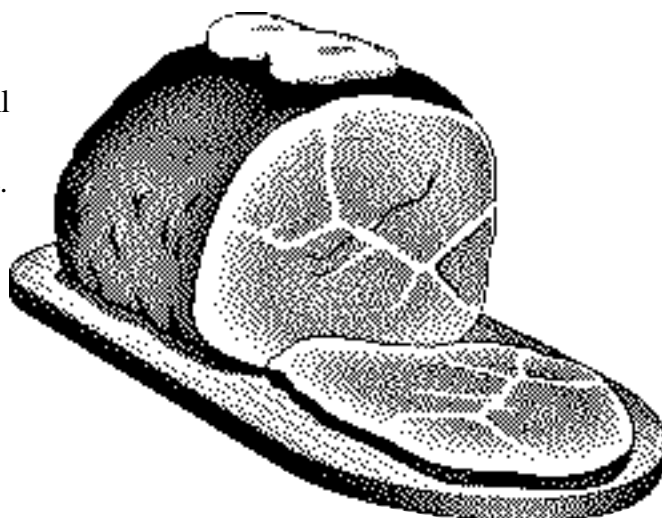
1 cup chicken stock, fat removed

1 teaspoon salt

1/4 teaspoon pepper

1 cup water

Heat oil and butter in cooker for about 2 minutes. Add pork and brown evenly on all sides. Remove pork. Divide the ribs into two batches. Reserve marinade. Heat oil in cooker for about 2 minutes. Brown each batch on all sides and remove. Remove cooker from heat. Add stock and water. Put trivet in cooker. Place pork on the trivet in cooker. Sprinkle salt and pepper over pork. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 37 minutes. Remove cooker from heat. Allow to cool naturally. Open cooker. Place pork on serving dish. Remove trivet. Discard carrots. Return cooker to medium heat and boil till liquid is reduced to half, stirring occasionally. Serve pork hot, accompanied with sauce.



SWISS HOT POT

1.5 pound of pork, cut into pieces of about 3 cm (1.2 inches) in size
1 tablespoon of margarine
3 onions, cut in stripes
1 garlic, hacked
1 teaspoon of cumin
1 teaspoon of salt
1 savoy cabbage (medium size), cut in large pieces
4 to 6 potatoes, peeled, cut in pieces of about 0.5 cm (0.2 inches)
2 to 3 carrots, peeled, cut in pieces of about 0.5 cm (0.2 inches)
½ cup of white wine
1½ cup of water
.Put margarine in a pot and heat, roast meat gently. .Steam onions and garlic until glassy. Add cumin, salt and pepper. .Put half of the savoy onto the meat, add some spices. Add potatoes and carrots, then put the rest of the savoy on top of it. .Again add some spices. .Add white wine, add water and stew for about 25 minutes under pressure. for 4 persons:



SPARERIBS, SAUERKRAUT & POTATOES

3 lbs. country-style pork ribs
1 tbsp. oil
1-1/4 tsp. salt
1/8 tsp. pepper
1 -16 oz. can sauerkraut, drained
1 tbsp. brown sugar
4 med. whole potatoes, peeled
3/4 c. water

In pressure cooker, brown the ribs in oil. Season with salt and pepper. Remove ribs to a bowl. Place sauerkraut in bottom of crockpot; sprinkle with brown sugar. Place ribs and potatoes over sauerkraut. Add water. Cover; set control at 15. Cook for 20 minutes. Cool cooker off heat for 5 minutes; place under running water to cool thoroughly before opening cover. Serves 4.

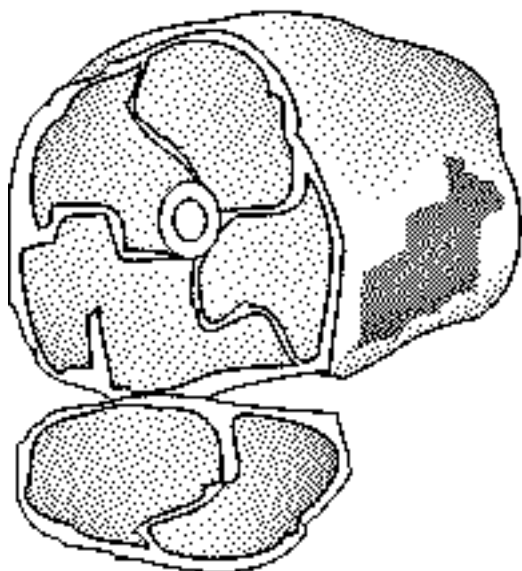
PORK CHOPS & SCALLOPED POTATOES

6 pork chops
1 tablespoon oil
2 ½ cups hot water
1 package scalloped potatoes
salt—to taste
pepper—to taste

Add salt and pepper to meat, then brown in pressure cooker using oil. Pour off excess fat. In a bowl, combine the package of scalloped potatoes and water. Pour this mixture over meat in the pressure cooker. Lock lid onto pressure cooker and bring to pressure. Cook for 10 minutes under pressure Remove from heat and allow pressure to drop naturally as it cools.

SOUTHERN STUFFED HAM STEAKS

1 ½ cups chopped fresh spinach OR 1 (10-ounce) package frozen spinach
1 ½ cups chopped fresh collard greens OR 1 (10-ounce) package frozen collard greens
1 ¼ cups chopped onion
½ cup chopped celery
Crushed dry red pepper, to taste
¼ teaspoon salt
⅓ cup instant mashed potato flakes
2 ham steaks (1 to 1 ½ pounds each, cut about 1-inch thick)
½ cups water
Mix together spinach, greens, onion, celery, red pepper, salt, and potato flakes. If necessary, trim ham steaks to fit into a 6-quart Presto pressure cooker. Pour water into pressure cooker. Place one ham steak on rack in pressure cooker. Spread spinach mixture evenly over the ham steak. Place the other ham steak on top of the spinach mixture. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 5 minutes, at 15 pounds pressure, with regulator rocking slowly. Let pressure drop of its own accord. Remove ham to heated platter and slice. Makes 8 servings



REDBONE SOUP

1 meaty ham bone, or 1 ham hock
1 tablespoon lemon juice
2 tablespoons olive oil
6 to 8 ounces lean ham
1 medium onion
2 large stalks of celery
1 small bell pepper, ripe
4 medium-large carrots
2 very ripe medium tomatoes
2 cups defatted chicken broth
2 medium potatoes
1 small zucchini (optional)
2 tablespoons minced garlic
salt and pepper to taste, if desired
Put ham hock or ham bone in 2 cups of water or enough water to to cover; add the lemon juice and bring to a boil. (Note #2) Either pressure cook for 35 minutes or simmer for two hours. Remove bones, skin, fat and gristle. Skim any floating fat from the broth. The vegetables and ham should be cut into a small dice, about 3/8" to 1/2" cubes. (The smaller the children or the pickier the eaters, the smaller the cubes should be.) Dice the meat and add to broth. Heat olive oil in a heavy soup pot. Sauté diced ham and vegetables until onion becomes transparent. Scrape, trim and dice carrots. Add to pot. Sauté and stir for 5 minutes. Add diced tomatoes and continue to sauté another 5 minutes, stirring often. Add ham broth and chicken broth. Bring to a boil. If you wish to add any other herbs or other seasonings, do it now. Simmer until carrots are tender. Add diced potatoes and zucchini, plus the minced garlic. Simmer until potato cubes are tender. Taste and correct for salt and pepper if desired. Serve with crusty bread or croutons.

STEWED PORK WITH CREAM AND SPINACH

2 lbs. pork meat - for stewing
1 tbsp. butter
1 tbsp. cooking oil
2 small onions, peeled and minced
1 tbsp. flour
2 cup white wine
2 garlic cloves, peeled and chopped
salt and pepper
1/2 lbs. spinach, washed
1 tsp. butter
2 tbsp. cream

In a pressure cooker, saute pork in butter and cooking oil. Add chopped onions and flour, stir-fry for about 2 minutes. Add wine and chopped garlic, then bring to a boil. Season with salt and pepper. Seal and pressure cook the pork for 20-25 minutes. While waiting, saute spinach in butter for about 3-4 minutes. When the pork is cooked, add the sauteed spinach and cream. Let it cook for about 2-3 minutes. Serve with steamed potatoes.

BBQ PORK SANDWICHES

3 lbs. pork roast (or larger)
1/2 cup chopped onion
1 tsp salt
1 tsp paprika
1/2 tsp pepper
1 tbsp brown sugar
1 tsp mustard
1 tbsp Worcestershire sauce
1 cup ketchup
1 tbsp lemon juice
1 tbsp vinegar

Pressure cook it for about 45 minutes, or

until the meat is falling apart. Shred it into bite-sized pieces. Combine all remaining ingredients in a large pan and stir in the meat. Cover and let simmer about 30 minutes.

PRESSURE-COOKER COOKED HAM

One 3 to 4 lb ham
1 cup water (250 ml)
1/2 to 1 cup apple juice
or orange juice (125-250 ml)
2 whole cloves
1 celery stalk
1 onion, cut in half
1/4 cup brown sugar (62 ml)
1 teaspoon dry mustard (5 ml)
1 tablespoon apple juice (15 ml)
Place ham on a rack in pressure cooker. Add water, 1/2 to 1 cup apple or orange juice, cloves, celery and onion. Close and lock lid according to manufacturer's instructions. Over high heat, bring cooker up to pressure, reduce heat and cook for 40 minutes. Allow pressure to come down naturally. Place ham on a plate, remove skin, if desired. Over low heat, bring to a boil the brown sugar, dry mustard, and tablespoon of apple juice. Boil, stirring constantly, until liquid becomes like a syrup. Spoon syrup over ham until syrup cools and sticks to the ham. Serve hot or cold.

BARBECUE COUNTRY RIBS

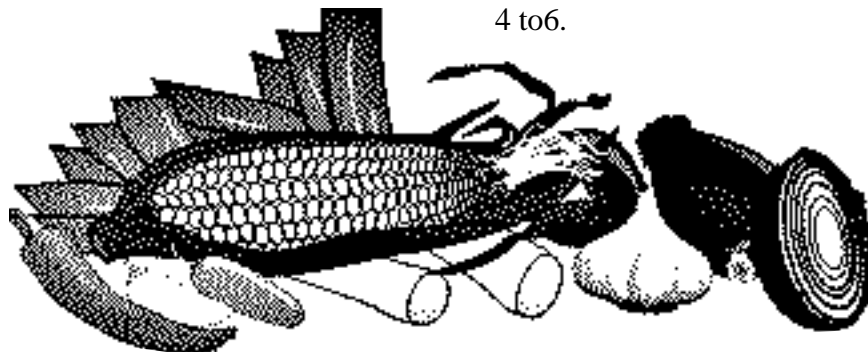
4 lb. country style ribs
water
1 T. salt
1 T. black peppercorns
1 onion, with skin, coarsely chopped
2 carrots, coarsely chopped
2 stalks celery, chopped
2 T. cider vinegar
2 bay leaves
bottled barbecue sauce

Trim excess fat from ribs. Fill the pressure cooker halfway with water, but do not exceed the fill line. Place the steamer basket in pressure cooker and add ribs and remaining ingredients, except barbecue sauce. Bring water to a boil. Seal cooker, bring up to high pressure, reduce heat to stabilize pressure and cook for 20 minutes. Heat broiler. Remove cooker from heat and release pressure. Immediately remove cooked ribs and discard remaining ingredients. Place ribs on a baking sheet fitted with a broiler rack. Brush ribs liberally with barbecue sauce and place under broiler until warmed and browned.

SCALLOPED POTATOES AND HAM

1/2 cup onion, chopped
1/4 teaspoon garlic powder
2 tablespoons margarine
1/4 teaspoon white pepper
dash salt
1 1/4 cups milk
3 medium potatoes, thinly sliced
1 cup ham, large dice

*Grease a 1 1/2-quart casserole dish or heatproof glass bowl. *Cube ham. *Heat milk in microwave safe measuring cup. *Saute onion in butter until tender but not browned. Stir in flour, salt and pepper. Add hot milk all at once and whisk over medium heat until thickened and bubbly. *Thinly slice potatoes. Place half of potatoes in prepared casserole dish. Top with cubed ham. Cover with half of sauce. Cover with remaining sliced potatoes and sauce. *Cover top of casserole dish with aluminum foil. *Fold a strip of aluminum foil to fit around bottom of, and up sides, of casserole dish. Place rack into pressure cooker. Pour 1 1/2 cups water into pressure cooker. Place casserole dish with foil handle surrounding bottom and sides of dish. Cover and set pressure cooker control at 15 lbs. and cook 18 to 20 minutes. Remember to adjust cooking time, according to elevation. *Cool cooker normally for 5 minutes and then cool under faucet. *Carefully remove dish from pressure cooker using foil handle. Serves 4 to 6.



STUFFED MUSHROOM CAPS

18 lg mushroom caps (abt 3/4 lb)
1/2 lb ground extra lean pork
2 green onions; finely chopped
2 tb rice wine; or
sherry
2 tb cornstarch
1 tb soy sauce
1 tb sesame oil
2 ts sugar
1 clove garlic; minced
1 c water
hot mustard

serves 18 Remove stems from mushrooms. Finely chop stems. Combine chopped stems, pork, green onions, rice wine, cornstarch, soy sauce, sesame oil, sugar and garlic. Stuff mushroom caps with mixture. Place cooking rack and 1 cup water in 4- or 6-quart pressure cooker. Place single layer of mushrooms on rack. Close cover securely. Place pressure regulator on vent pipe. Cook 5 minutes, at 15 pounds pressure, with pressure regulator rocking slowly. Cool cooker at once. Repeat above procedure to cook remaining mushrooms. Serve mushrooms with hot mustard.

HAM STEAKS SOUTHERN STUFFED

1 1/2 cups chopped fresh spinach OR 1 (10-ounce) package frozen spinach
1 1/2 cups chopped fresh collard greens OR 1 (10-ounce) package frozen collard greens
1 1/4 cups chopped onion
1/2 cup chopped celery Crushed dry red pepper, to taste
1/4 teaspoon salt
1/3 cup instant mashed potato flakes

2 ham steaks (1 to 1 1/2 pounds each, cut about 1-inch thick) 1 1/2 cups water Mix together spinach, greens, onion, celery, red pepper, salt, and potato flakes. If necessary, trim ham steaks to fit into a 6-quart Presto pressure cooker. Pour water into pressure cooker. Place one ham steak on rack in pressure cooker. Spread spinach mixture evenly over the ham steak. Place the other ham steak on top of the spinach mixture. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 5 minutes, at 15 pounds pressure, with regulator rocking slowly. Let pressure drop

PORK WITH CREAM AND SPINACH

2 lbs. pork meat - for stewing
1 tbsp. butter
1 tbsp. cooking oil
2 small onions, peeled and minced
1 tbsp. flour
2 cup white wine
2 garlic cloves, peeled and chopped
salt and pepper
1/2 lbs. spinach, washed
1 tsp. butter
2 tbsp. cream

In a pressure cooker, saute pork in butter and cooking oil. Add chopped onions and flour, stir-fry for about 2 minutes. Add wine and chopped garlic, then bring to a boil. Season with salt and pepper. Seal and pressure cook the pork for 20-25 minutes. While waiting, saute spinach in butter for about 3-4 minutes. When the pork is cooked, add the sauteed spinach and cream. Let it cook for about 2-3 minutes. Serve with steamed potatoes.
