

STEAMED NEW POTATOES

12 to 16 small new potatoes
Salt and black pepper to taste
parsley flakes as garnish
Peel a band of skin from the middle of each potato. Place rack in cooker and enough water to jut reach the top of the rack, add potatoes. Bring water to a boil. 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 6 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Remove the potatoes to a pre-warmed serving dish and season with salt and pepper to taste, sprinkle parsley over the top. Serve immediately. Serves 4 to 6

MASHED POTATOES

6 large potatoes, peeled, cut 1 1/2 cubes
1 1/3 c. milk, scalded
1/4 c. butter melted
salt & pepper
Place the rack in the cooker and add enough water to reach the top of the rack. Add potatoes and bring to boil. 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 8 minutes. Remove the cooker from the heat and use the natural release method and drop the pressure on its own. Open the lid and drain off liquid. Break up with potato ricer, or use a fork, then add milk, continue mixing and add butter and season to taste. Remove the potatoes to a pre-warmed serving dish. Serves 4 to 6

Cooks Note: For Garlic Mashed Potatoes Sauté 2 tablespoons minced garlic in 1 tablespoon butter and add to potatoes before mashing.

WHIPPED YAMS IN ORANGE CUPS

4 oranges
1/2 cup margarine
6 yams
1 Tbs. vanilla
1 tsp. salt
3/4 cup brown sugar
1/4 cup orange juice concentrate
1/2 cup plumped raisins
Marshmallows
Cut oranges in half. Juice the halves and remove the pulp, mix in orange juice concentrate and reserve. Peel yams and cut into chunks. Add enough water to reserved orange juice and pulp to equal 1 1/2 cups and add to cooker. Add yams, 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 8 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure and open the lid. Preheat the oven to 350°F. Drain well, reserving liquid. Combine yams, sugar, butter, and vanilla. Using a hand blender or mixer beat until smooth. Add reserved liquid in small amounts to make the mixture light, but not runny. Fold in raisins. Arrange orange shells in a glass baking dish. Mound the yam mixture high in orange shells. Bake 30 minutes. Remove from oven and press one marshmallow into the top of each of the stuffed orange shells. Turn on broiler and return baking dish to oven, broil until the marshmallows are lightly browned. Serves 8.



RANCH POTATOES (PIP)

1 sheet heavy duty aluminum foil
1 small onion, thinly sliced
4 med. red potatoes, cut in bite-size pieces
1 medium green bell pepper, diced
½ cup ranch salad dressing
salt and pepper to taste
Spray foil with nonstick cooking spray.
Center onion on a sheet of foil. Combine potatoes, green pepper, salad dressing, salt and pepper. Layer mixture evenly on top of onion. Fold and seal the packet, leaving room for heat expansion. Place rack in cooker and add only enough water to barely reach the top of the rack, you want to steam the packet, not boil them. 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 10 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Serves 4.

MAPLE PECAN SWEET POTATOES

1 cup orange juice
1 1" piece lemon peel
½ cup brown sugar, firmly packed
¼ teaspoon salt
3 medium sweet potatoes; peeled, sliced ½-inch thick
¼ cup butter
1 cup pecans, coarsely chopped
¼ cup maple syrup
1 tablespoon cornstarch
A few whole pecans for garnish, if desired
Pour orange juice into pressure cooker and add lemon peel, brown sugar, and salt. Stir in sweet potatoes. 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 4 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the

pressure and open the lid. Transfer sweet potatoes to a serving dish with a slotted spoon. Drain liquid from cooker and reserve. Melt butter; heat until bubbly. Stir in pecans. Add syrup and cornstarch, stirring to blend. Add reserved liquid to cooker and cook over medium heat until thickened. Spoon over sweet potatoes. Garnish with whole pecans.

CURRIED YAMS AND POTATOES

½ cup finely chopped onion
3 cloves garlic finely chopped
5 ½ tablespoons curry paste
3 cups diced yams
1 cup diced potatoes
2 tablespoons sake
1 cup frozen peas
¼ cup mango chutney
1 cup plain yogurt
cucumber peeled and sliced
In a pressure cooker sauté onion, garlic and curry paste over medium heat until onion is translucent. Stir in yams and potatoes. Let them sizzle for 1 minute or until the bottom of the pan is sticky and slightly burned. Add sake. 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 3 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Accompany each serving with dollops of yogurt and mango chutney and several cucumber slices.



**GARLICKY GREEN BEAN-AND
POTATO SALAD**

1 ½ pounds red potatoes, cut in ½ slices
¾ cup chicken broth
2 cups cut green beans cut in 2" pieces
10 garlic cloves, peeled
2 tablespoons rice vinegar
2 tablespoons extra-virgin olive oil
2 tablespoons chicken broth
2 teaspoons Dijon mustard
salt and pepper
Pour ¾ cup broth into bottom of a pressure cooker; layer the potatoes, green beans, and garlic in cooker. 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 5 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Drain potato mixture in a colander, reserving garlic cloves; place potato mixture in a large bowl. Combine reserved garlic cloves, vinegar, and remaining ingredients in a blender, and process until smooth. Drizzle the garlic dressing over potato mixture; toss gently to coat. Yield: 6 servings

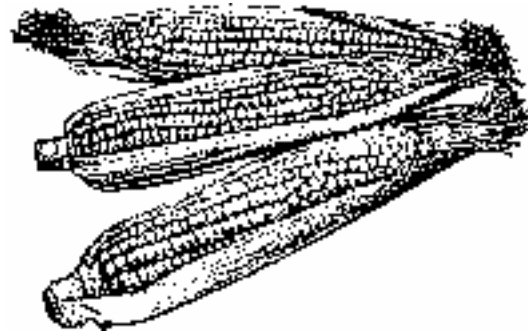
BREAKFAST CORN PUDDING (PIP)

¾ cup milk
2 Tablespoons cornmeal
¼ cup light molasses
1 Tablespoon oil
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
1 egg
Place milk in a heat proof dish that fill fit inside the cooker. Whisk in egg and spices, oil and molasses. Carefully stir in the cornmeal; whisk until lump free. Make foil helper handles and place rack in the bottom of the cooker. Using foil helper handles place dish in the cooker. Fill water to half

way up the dish. Bring to a boil over high heat and then use a regular lid, or keep the pressure weight off the vent pipe and steam uncovered for 15 minutes. Stir briefly and carefully with a long handled spoon. Lock the lid in place and bring to high pressure over high heat. When 15 psi is reached lower the heat to maintain it and cook for 5 minutes. Let the pressure drop naturally. Serve warm with butter, jam and milk.

SCALLOPED CORN (PIP)

1 (16 oz) can creamed corn
1 (16 oz) can niblets/whole kernel corn, drained
2 sticks butter, melted
4 eggs, beaten
2 small boxes cornbread mix
2 cup sour cream, divided
Mix above ingredients together using 1 cup sour cream. Pour into ungreased 1 ½ quart dish that will fit inside your cooker. Swirl remaining 1 cup sour cream throughout the mixture. Make foil helper handles and place rack in the bottom of the cooker. Using foil helper handles place dish in the cooker. Add enough water to reach half way up the side of the dish. Lock the lid in place and bring to high pressure over high heat. When 15 psi is reached lower the heat to maintain it and cook for 15 minutes. Let the pressure drop naturally. Yield: 8 Servings



CORN PUDDING CASSEROLE (PIP)

1 small onion, chopped fine
½ cup green pepper, chopped
2 eggs, slightly beaten
2/3 cup shredded cheddar cheese
½ cup crushed saltines or bread crumbs
2 tablespoons flour
salt & pepper to taste
1½ cups milk
1 can cream-style corn (14 oz)
1 can niblet corn, drained (14 oz)
2 tsp. baking powder
4 TB butter or margarine (melted)
Mix together all ingredients. Add 1 ½ cups water to cooker and place rack inside. Butter the inside of a 1 ½ quart, round, straight-sided baking dish. Make sure you have a dish that fits properly inside your cooker, leaving at least a finger-breath of distance between the dish and the side of the cooker. Add corn mixture to baking dish and close the top with a square of aluminum foil, crimping along the rim to seal tightly. Using foil helper handles lower the baking dish into the cooker. 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 20 minutes. Remove the cooker from heat and use the natural release method to drop the pressure and then open the lid. Use the foil handles to carefully remove the casserole to a trivet and remove the foil cover being mindful of hot steam. Serves 6.



COLLARD GREENS 'N' HAM

1 large bunch Collard greens cut up
Ham hocks
6 cups Ham hock liquid
Salt and pepper to taste
¾ teaspoon Sugar
Put ham hocks in large pressure cooker with 4 cups of water. 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 20 minutes. Remove from the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Meanwhile, clean greens thoroughly and cut the leaves off each side of the main stem, then cut the leaves into whatever size you like. Place the greens in a large pressure cooker with the add ham hock liquid, ham hocks, salt, pepper and sugar. 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 10 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Correct for seasonings. When done remove ham from the bones and stire back into greens. Serve with hot pepper sauce.
Cooks Note: Substitute salt pork of bacon for ham hock. If your cooker isn't large enough to accommodate the green all at once cook in batches and keep warm in the oven until all are cooked.

GRANDMA MYRTLE'S POT 'O'GREENS

1 smoked ham hocks
2 garlic cloves, minced
2 tablespoons cider vinegar
2 teaspoon sugar
½ teaspoon crushed red pepper
1 large bunch collard OR turnip greens,
Salt and pepper to taste
1 med. onion
4 strips bacon, and drippings
Place the ham hock in a pressure cooker
with 2 cups of water. 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 45 minutes.
Remove from the cooker from the heat and
use the quick or cold water release method
to drop the pressure and open the lid.
Reserve 2 cups of liquid and discard the
remainder. Remove the hocks to cool.
Clean the greens, rinse well and trim off the
thick stems. Roll up the greens and cut
crosswise into ½-inch-thick strips, then cut
across the strip to make smaller pieces.
Sauté the bacon in the pressure cooker with
the chopped onion and then add garlic. Add
the sugar and the seasonings and the ham
hock liquid. Add the collards and stir well,
When ham hock is cool enough to handle,
cut the meaty parts off and add to the pot of
greens. 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 10 minutes.
Remove the cooker from the heat and use
the quick or cold water release method to
drop the pressure and open the lid. Servings:
4-6.

MARINATED GREEN BEANS

1 pound fresh green beans
½ cup Bermuda onion, chopped very fine
1 Tablespoon minced garlic
¾ teaspoon salt
2 Tablespoon olive oil
¼ cup lemon juice
¼ water
½ cup diced red pepper
garnish with
Snap beans and break into 2 inch pieces.
Add 1 tablespoon oil to cooker and sauté
beans lightly, then and add liquid. 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 exactly 3
minutes. Remove the cooker from heat and
immediately use the cold water release
method to drop the pressure and open the
lid. Test for tender crispness, and if
necessary bring to a boil without pressure
and simmer a minute or two until done to
your taste. Drain and dish green beans to a
pre-warmed serving bowl. Add remaining 1
tablespoon oil to cooker and lightly sauté
onions, garlic and red pepper. Toss with
green beans , and season to taste with salt.
Serves 4.



GREEN BEANS AND TOMATOES

2 tablespoons butter
2/3 cup vegetable stock or water
5 cloves garlic minced
2 ½ pounds green beans diagonal, 1 ½” pcs
4 small tomatoes peeled, cut in 1/8th
2 ½ tablespoons dried basil
salt and pepper
Melt butter in cooker. Add garlic and stir for a few seconds, add remaining ingredients and mix well. 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 2 minutes. Remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Serve hot.

POTATOES, CARROTS AND BRUSSELS SPROUTS

1 red onion, sliced
2 red potatoes, sliced
2 carrots, sliced
2 tablespoon butter
½ cups stock OR
equivalent water and bouillon
salt and pepper to taste
1 bay leaf
1 lb. Brussels sprouts, cut in half
Sauté onions. Cut off the tough bottoms of the sprouts and place all ingredients in the cooker and add, salt and pepper to taste, and a bayleaf. 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 5 minutes. Remove the cooker from heat and immediately use the cold water release method to drop the pressure and open the lid. Drain off the broth, measure a 1/3 cup and return it to the cooker and bring it to a simmer, uncovered over medium heat. Stir veggies to coat as

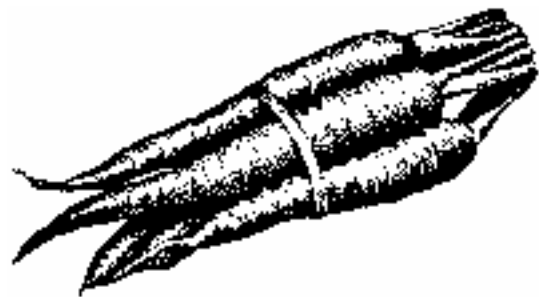
cook until broth is reduce and starting to caramelize on the bottom of the pan.

Cooks Note: Cut the potatoes and carrots smaller than the Brussels sprouts so that everything is cooked at the same.

CAPTAIN CLANCY'S SHERRIED CARROTS (PIP)

1 Tablespoon olive oil
3 cups small baby carrots peeled
1/3 cup sweet sherry, port, or Marsala wine
¼ cup packed brown sugar
1 teaspoon whole fennel seeds
Salt and pepper to taste

This is a PIP recipe and uses a heat proof dish that will fit in your pressure cooker. Add the carrots to the dish and sprinkle with the remaining ingredients. Cover the dish with a lid or a square of aluminum foil, crimping the edges. Assemble Helper Handles of aluminum foil and lower dish into the cooker. Fill water to half way up the dish. Lock the lid in place and bring to pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 5 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Serve hot. Makes 6 to 8 servings.



**BRAISED CARROTS, APPLES
WITH CELERY**

1 teaspoon olive oil
3 carrots; peeled and cut into 2 inch pieces
1 red onion; chopped
3 celery ribs; slice thin
2 granny smith apples; cored, thinly sliced
2 c currants
½ c apple juice
¼ c apple cider vinegar
¼ c honey
2 tablespoon Dijon mustard
2 tablespoon chopped basil
salt and pepper to taste

In a pressure cooker, heat the olive oil until very hot. Add the carrots, red onion and celery and sauté lightly. Stir in the chopped basil and season to taste with salt and pepper. Add the apples, currants, apple juice, vinegar, honey and Dijon mustard and stir gently. 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 6 minutes. Remove the cooker heat and immediately use the cold water release method to drop the pressure and open the lid. Drain the liquid and measure no more than 2/3 cup (less is OK) into a small saucepan and bring to a rolling boil, continue cooking over high heat until sauce is reduced. Pour sauce over veggies and toss gently to coat. Serve at once.

Yield: 8 Servings

PUMPKIN WITH ONIONS & CORN

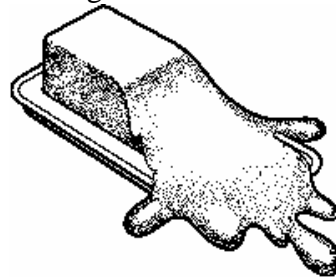
4 cups peeled fresh pumpkin, cut into ½ inch cubes
1 cup chicken broth or water
2 Tablespoons butter
2 large onions, peeled and sliced
1 pkg frozen whole kernel corn
Salt and pepper to taste
Dash of cayenne to taste

Place the rack in the cooker and add enough water to reach the top of the rack. Add the diced pumpkin, broth and butter the sliced onions on top of the pumpkin. 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 6 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure and open the lid. Add the corn, salt, pepper, and optional cayenne and return to heat without pressure and cook an additional 5 to 8 minutes, or until the corn is tender. Serves 6 to 8 as a side dish.

MASHED BUTTERNUT SQUASH

1 ½ Cups Water
2 teaspoon Dry Sherry
1 2 lb. butternut squash, seeded & quartered
1 teaspoon Dijon Mustard
Salt & Pepper
1 Tablespoon Brown Sugar, Packed
1 Tablespoon Butter

Place the cooking rack in the Add the water. Place the squash on the rack. 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 8 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Remove the squash and let it cool. Remove and discard the skin. Mash the squash with the brown sugar, butter, sherry and mustard. Season to taste. Heat in microwave until hot. Yields 4 Servings



CHEESY SPAGHETTI SQUASH

spaghetti squash about 4 lbs
2 teaspoons butter
¼ cup minced onion
¼ cup diced red peppe
¼ cup diced green pepper
½ teaspoon oregano
¼ teaspoon marjoram
¼ teaspoon basil
¼ teaspoon minced garlic
salt pepper
2 cups shredded Jack Cheese
1 can (2 ¼ oz) sliced black olives
Pierce squash with fork several places. Place rack or steamer basket in the cooker and put whole squash on the rack. Add 2/3 cup water. 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 10 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Using oven mitts remove the squash and when cool enough to handle, cut squash in half. Scoop out and discard seeds. Remove strands with fork. Melt butter in skillet. Sauté onion, green and red peppers until tender. Add squash strands, oregano, basil, marjoram, garlic, salt and pepper to taste, cheese and olives. Toss until cheese is evenly distributed. Place in 1 ½ quart casserole and pop into a hot (400°) oven just until cheese is melted, about 7-10 minutes.

APPLE-STUFFED ACORN SQUASH

2 acorn squash
½ cup maple-flavored syrup
3 tart red apples
¼ cup butter or margarine, melted
dash or two of nutmeg
1 cup broken cashew nuts

Wash squash, cut in half lengthwise. Scoop out seeds and stringy center. Wash and core unpared apples. Combine with remaining ingredients. Fill squash halves with apple mixture. Dot the top with additional butter. Using squares of foil, make two 'dishes' for the squash. Twist two opposite corners of the foil into tails to make it easier to lift the squash when done. Place the rack in the cooker and add 1 cup water. Arrange the squash on the rack and lay a square of foil loosely over the top. 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 10 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Test squash with fork to be sure it is tender. Serves 4-5.

CAPTAIN CLANCY'S BOURBON BRAISED ONIONS

4 tablespoons butter
4 Bermuda onions, sliced 1-inch thick
salt and pepper to taste
1/3 cup beef broth OR bullion in water
¼ cup bourbon
Heat butter in cooker and sauté onions for 2 minutes. Add salt, pepper and broth. 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 3 minutes. Remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Return to heat and cook down, uncovered, to reduce the sauce by half then add the bourbon. Serves 4-6

SWEET AND SOUR RED ONION RINGS

3 large red onions; cut in $\frac{3}{4}$ inch slices
salt and pepper to taste

$\frac{1}{2}$ cup PLUS 1 tablespoon sugar

3 tablespoon balsamic vinegar

1 tablespoon butter

1 tablespoon chopped fresh cilantro

Combine the onions, salt, pepper and water in a pressure cooker. 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 2 minutes. Remove the cooker from the heat and use the quick or cold water release method to drop the pressure and open the lid. Carefully remove lid. Add sugar, vinegar, and butter. Bring to boiling; reduce heat and simmer, stirring constantly, till the vinegar has evaporated, and the onions are glazed, about 5 to 7 minutes. Sprinkle with parsley before serving. Makes 6 servings.

Cooks Note: These are great with ham and pork or as sandwich toppers like on a meatball sub.

GERMAN STYLE RED CABBAGE

1 small head red cabbage

2 red apples, cored but not peeled

2 Tbs. oil

salt and pepper to taste

$\frac{3}{4}$ cup equal parts apple juice and water

3 tbs. cider vinegar

1 tbs. flour

Remove outer leaves of cabbage and discard. quarter, core, and shred cabbage into cooker. Slice unpeeled apples and add to cabbage. Add oil, salt & pepper. Pour in water. 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 5 minutes. Remove the cooker from the heat and use the quick

or cold water release method to drop the pressure and open the lid. Uncover and drain through a colander. Return liquid to cooker and heat to simmering. Mix vinegar, sugar & flour. Slowly stir in the vinegar and flour mixture, continue stirring to thick and bubbly. Add cabbage and toss to coat. Makes 4 servings.

EGGPLANT-GULASCH

1 eggplant, diced

4 medium sized potatoes, peeled and diced

1 medium onion, diced

$\frac{2}{3}$ cup crushed tomatoes with juice

$\frac{1}{4}$ cup olive oil

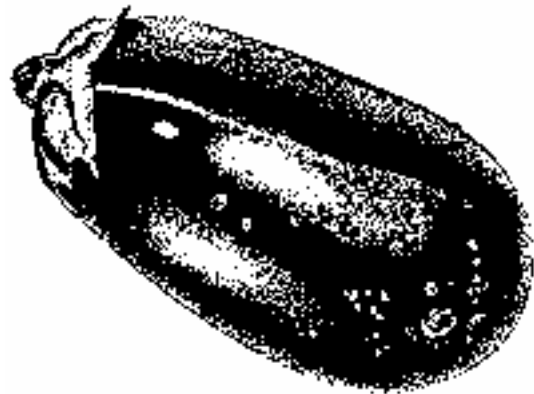
$\frac{1}{2}$ teaspoon paprika

1 tablespoon minced garlic

1 teaspoon basil flakes

salt and pepper to taste

Place the rack in the cooker with $\frac{2}{3}$ cup of water. Add potatoes and eggplant. 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 3 minutes. Remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Drain well. Add oil and spices to cooker, sauté to release aroma then add onions, sautéing until clear. Add tomatoes, potatoes and eggplant and fry until crunchy and soft, stirring often. \Serves: 4-5



MISS VICKIE'S EGGPLANT BOATS

1 medium eggplant
½ cup fine bread crumbs
salt and pepper to taste
¼ cup olive oil
½ onions, sliced thinly
3 garlic cloves, crushed
½ green bell pepper, seeded and sliced
2/3 cup tomato sauce, divided
1/3 cup vegetable broth
3 tablespoons fresh chopped Basil
1 tomato sliced

Slice eggplant in half lengthways and make cross cuts through the meat, but do not pierce skin. Scoop out the eggplant center, leaving about ½ inch thick shell. Dice up the scooped out pieces and sprinkle with salt and pepper, set aside. Sauté the onions, garlic and green pepper in olive oil until softened. Mix half the tomato sauce, diced eggplant, sautéed onions and green peppers, salt and pepper, bread crumbs, vegetable broth and basil. Spoon mixture into the scooped out eggplant halves. Add remaining tomato sauce over the tops of each half. Using two squares of foil, make a 'dish' for each half. Twist two opposite corners of the foil into tails to make it easier to lift the squash when done. Add 2/3 cup water to cooker and place eggplant boats on the rack in the cooker. Cover lightly with a square of foil. 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 4 minutes. Remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Makes 2 servings.

Cooks Note: To make this a complete meal brown ½ lb. of spicy sausage and combine with the eggplant mixture. Top each boat with a sprinkle of grated Cheddar cheese just before serving.

CREAMED SPINACH WITH BACON

2 slices bacon, diced
½ cup chopped onion
2 bunches fresh spinach
¼ cup water
¼ cup cream

Clean spinach, cut off stems and rinse well. Gather leaves in a bunch and make 2 crossways cuts. In the pressure cooker, fry diced bacon and brown onion. Add spinach and water, stirring well. 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 1 minute. Immediately remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Gently stir in cream to coat the spinach. Serves 4-6.

LEMONED BROCCOLI

2 lb broccoli
½ cup water
salt and pepper to taste
Juice of 1 lemon
1 lemon, sliced, divided

Trim the broccoli stalks. Place water, lemon juice and broccoli in the cooker, sprinkle with salt and pepper. Top with lemon slices. 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 3 minutes. Remove from the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Drain and dish the broccoli, top with reserves lemon slices. Serves 4-6.

