

CREAMY MOCHA CHEESECAKE

two 8 oz. Packages cream cheese
1 cup packed light brown sugar
4 large eggs
3 tablespoons double strength coffee, cooled
½ cup sour cream
2 tablespoons flour
1 teaspoon pure vanilla extract
2 cups water
Chocolate shot (jimmies), if desired
Melt the chocolate in the top of a double boiler or in a microwave oven. Set aside to cool. Mix the cream cheese and brown sugar in a food processor until completely smooth. Add the eggs and mix 2 minutes, stopping several times to scrape down the sides of the bowl with a rubber spatula. Add sour cream, coffee, flour, vanilla and melted chocolate and mix for 1 minute longer or until mixture is completely smooth. Transfer to a 7 inch springform pan. Wrap completely in aluminum foil so no water can get inside. Put 2 cups water in bottom of the pressure cooker. Add the springform pan and close pressure cooker and bring up to full pressure. Reduce heat and cook for 40 minutes. Release pressure. When properly cooked, the cake should be set at the edges, though still slightly soft in the center. Cool to room temperature, then refrigerate at least 6 hours before serving. Remove from the pan and press chocolate shot onto the sides of the cake, if desired.
Optional Topping: To make a topping, combine ½ cup sour cream with 2 tablespoons sugar and 1 teaspoon vanilla; mix until smooth. Spread over the top of the cheesecake when cool. Cover and refrigerate at least four hours before serving.

BANANA PUDDING CAKE

¾ cup whole wheat pastry flour
¾ cup unbleached flour, white
1 teaspoon baking soda
1 teaspoon baking powder
1/8 teaspoon salt
1/2 cup raisins
2 large ripe bananas, cut into 1/2 inch slices
1/2 cup apple juice
1/2 cup maple syrup
2 teaspoons vanilla extract
Butter and flour a 1 qt (6 cup) bundt pan. Mix dry ingredients in a bowl, add bananas, ensuring that they are coated with flour on both sides. Combine liquids, add to flour, mixing evenly. Pour into bundt pan, and cover tightly with foil. Using trivet in pressure cooker, bring 3 cups of water to a boil. Lower bundt pan into cooker, cover, lock, and bring to high pressure. Cook for 35 minutes. Use quick release pressure, remove bundt pan, and place on wire rack to cool. Unmold and serve.

OATMEAL APPLE CRISP

4 cups apples, peeled and sliced
1 tablespoon lemon juice
1 cup quick cooking oats
1/3 cup flour
½ cup brown sugar
1 teaspoon cinnamon
½ teaspoon salt
1/3 cup melted margarine
Sprinkle apples with lemon juice. Combine oats, flour, brown sugar, cinnamon, salt and margarine. Place alternate layers of apples and oat mixture, beginning and ending with apples, in a buttered metal bowl that fits loosely in the cooker. Cover with aluminum foil and place in rack in cooker. Pour 1 cup water into cooker. Lock the lid and cook 20 minutes. Cool cooker at once.

DOUBLE CHOCOLATE CHIP PUDDING

¼ cup Butter, softened
¾ cup Sugar
¼ cup Brown sugar, firmly packed
2 large Eggs, plus 1 egg yolk
2 tbsp Cornstarch
3 tbsp Cocoa powder
1 ½ tsp. Vanilla
1 ¼ cup Half and half
½ cup Semisweet or milk chocolate -chips
2 cup -Water Whipped Cream, to serve
Chocolate shavings, garnish
Butter bottom and sides of 6 ramekins or custard cups. Using an electric mixer, cream ¼ cup butter and sugars together in a bowl 2 mins. Add eggs, 1 at a time, and beat until well blended. Sift cornstarch and cocoa together. Gradually add to creamed mixture, beating thoroughly. 6. Blend in vanilla and half and half. Pour a scant ½ cup cocoa batter into each prepared cup. Top each with heaping tbsp of chocolate chips. Cover each cup with foil. Pour water into pressure cooker. Place steam basket in cooker. Arrange cups, pyramid style, in basket, beginning with three cups at the bottom. Secure lid. Over high heat, develop steam to med-high pressure. 15. Reduce heat to maintain pressure and cook 9 mins. Release pressure accdg. To manufacturers directions. Remove lid. Remove covered custard cups and place on wire rack to cool. Remove foil. Refrigerate 4 to 6 hrs. 22. Serve with dollops of whipped cream and garnish with shaved chocolate.

OLD FASHIONED BREAD PUDDING WITH CARMEL SAUCE

4 slices day old white bread
4 tablespoons unsalted butter
1 cup packed light brown sugar
1 tablespoon brandy
1 ½ cups half and half
2 large eggs
2 large egg yolks
1 teaspoon pure vanilla extract
A pinch of salt
2 cups water
Butter the bread with 2 tablespoons of butter, then cut into cubes. Put the brown sugar in an even layer at the bottom of a 6 baking dish that fits comfortably inside the pressure cooker. Press any lumps from the sugar with the back of spoon. Cut the remaining 2 tablespoons butter into small pieces and dot over the sugar, then sprinkle with brandy. Add the cubed bread but do not stir. Whisk the half and half with the eggs, egg yolks, vanilla and salt. Pour over the bread, again without stirring. Cover the baking dish with aluminum foil so that no water can get inside. Pour 2 cups water into the bottom of the pressure cooker. Place the baking dish in the steamer basket and add to pan. Close pressure cooker and bring up to medium pressure. Reduce heat to stabilize pressure and cook for 25 minutes. Release pressure and remove baking dish. Pour off any water that has accumulated on top of the foil, then



PUMPKIN BREAD PUDDING

2/3 cup canned pumpkin
5 slices day old cinnamon-raisin bread
Unsalted butter, about 2tablespoon
1/2 cup + 2 tablespoon sugar
1 cup of milk
1 tablespoon brandy or cognac
2 large eggs
4 large egg yolks
1 teaspoon pure vanilla extract
1/8 pinch of salt
2 cups water
Freshly grated nutmeg to taste
pressure cooking time: 20 minutes line a strainer with paper toweling or cheesecloth. add pumpkin and let drain at least 30 minutes. butter a 6 cup pudding mold or baking dish that will easily fit inside the pressure cooker. spread one side of each slice of bread with butter. stack the slices and cut into cubes. place them in the baking dish. whisk the sugar, eggs and egg yolks until light. add milk, pumpkin, brandy, vanilla, salt and nutmeg to taste, and mix well. pour over bread. gently push the bread into liquid to moisten it. cover baking pan with aluminum foil so no water can get inside. add 2 cups water to the pressure cooker. put the baking dish in the steamer basket and place in the pressure cooker. close pressure cooker and bring up to full pressure. reduce heat to stabilize pressure and cook for 20 minutes. release pressure and remove steamer basket from pressure cooker. carefully pour off any water that has accumulated on top of the foil, then remove the foil. serve warm or at room temperature bread pudding can be refrigerated for several days. let stand at room temperature for about 15 minutes before serving.

RICE PUDDING

4cups whole milk or half-n-half
3 cups water 1/2 cup sugar, or more to taste
1/8 teaspoon salt
1 1/2 cups extra long grain white rice
1 tablespoon unsalted butter
1/2 teaspoon ground cinnamon (optional)
1 teaspoon vanilla extract, or to taste
few gratings of nutmeg ground cinnamon
Place the milk, water, sugar, salt, rice, butter and cinnamon, if using in the cooker. Stir once or twice. Lock the lid in place. Over high heat, bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 8 minutes. Quick-release the pressure by setting the cooker under cold running water. Remove the lid, tilting it away from you to allow excess steam to escape. Stir well as you add vanilla and nutmeg to taste. Add more sugar, if needed. Cook, uncovered, over low heat at a gentle boil, stirring frequently, for 5 minutes. For a thicker pudding, cover and let sit for about 30 minutes. Reheat before serving. If you wish, dust with cinnamon and/ or sprinkle toasted almonds on top. After just 15 minutes of cooking in a pressure-cooker you'll be rewarded with a rice pudding that's as creamy as the traditional stovetop version that takes more than an hour to prepare. To keep the rice from foaming as it cooks, add a tablespoon of butter. Although the pudding may seem soupy at first, it will quickly thicken as it sits. You can serve it straight from the pot or spoon steaming-hot portions into individual ramekins.
Serves 6 to 8..

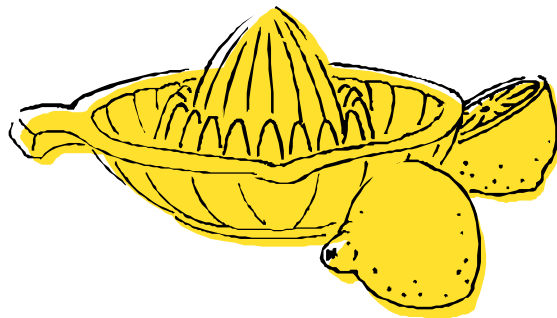


MANDARIAN ORANGE CHEESECAKE

Butter flavored non stick spray
1/4 cup gingersnap crumbs
3/4 cup nonfat ricotta cheese
1/3 cup sugar
3 T plain nonfat yogurt
2 T fat free cream cheese
1 egg
1 T flour
1/2 tsp orange peel
Mandarian orange sections for garnish Coat a heat proof 1 qt dish with spray. It should fit inside the pressure cooker. Tear off a 14x30 inch piece of foil and fold in half lengthwise to make a 7x30 inch strip. Place dish in the center of the foil strip. Press crumbs into bottom of dish. Process all ingredients but orange sections until blended and pour into dish with crumbs. Cover with a second piece of foil. Place a rack or trivet in bottom of pressure cooker and add 2 cups water. Bring the foil strip over the top and fold it over the dish and using the strip lower the dish into the cooker. Leave in place for the cooking Place lid on cooker, lock it into position and place the pressure regulator on the vent pipe (if using a first generation cooker). Bring the pressure up and then lower it to a gentle rocking but maintaining that gentle pressure. Cook for 10 minutes. Let pressure drop naturally for 5 minutes then quick release any remaining pressure. (Under cold water if a first generation cooker). Carefully remove lid. Using the foilstrip carefully transfer custard to a wire rack. Remove foil covering and allow custard to cool to room temp. Cover and refridgerate for at least 3 hours. Serve garnished with orange sections.

LEMON CUSTARD

1 cup milk
1 egg
2 1/2 tablespoons sugar
1/4 teaspoon lemon rind, grated
1/2 teaspoon lemon extract
a pinch of salt
3/4 cup water
Scald reduced quantities, do not reduce water at all. In a bowl, beat egg lightly to mix yolk and white. Add sugar, lemon rind, lemon extract and salt. Stir. Gradually add milk, stirring constantly. Grease two 6 oz. glass custard cups. Pour half the mixture in each cup. Cover cups tightly with aluminum foil securely tied. Close cooker. Bring to full pressure on high heat. Reduce heat and remove for 5 minutes. Remove cooker from heat. Reduce pressure by placing cooker in approx. 4 inches of cold water in a basin or in a sink for 1 or 2 minutes. Open cooker. Take out and uncover cups. Allow to cool to room temperature. Refrigerate. Serve custard chilled. Yields: 2 Servings



CRANBERRY PUDDING

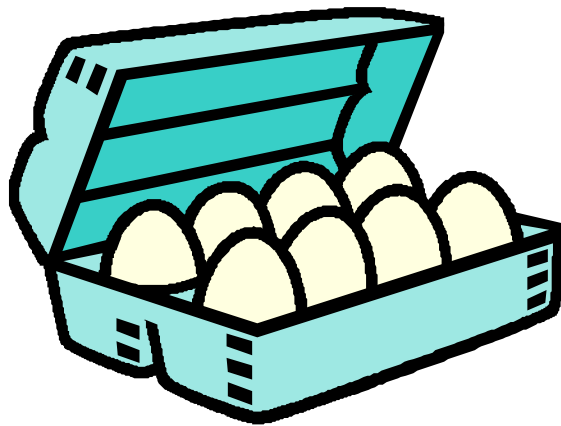
Butter and flour for lining the baking pan
3 3/4 cups fresh cranberries
1/2 cup ground, blanched almonds
1 cup plus 2 tablespoons sugar
3 tablespoons flour
2 tablespoons orange zest
1 tablespoon minced fresh ginger
1 teaspoon ground cinnamon
1/4 teaspoon allspice
3 cups fine bread crumbs
1 1/2 sticks butter, melted and cooled
2/3 cup milk
3 large eggs, beaten lightly
1 tablespoon double acting baking powder
1/2 teaspoon salt
3/4 cup sugar

GLAZE:

1 cup cranberry juice
1 cup sugar
Pinch of salt
1 cup cranberries

Butter a 2-quart steamed pudding mold and line it with wax paper and then butter and flour the paper. In a food processor coarsely chop cranberries. Transfer to a bowl and add almonds, sugar, flour, orange zest, ginger, cinnamon and allspice and combine. In another bowl mix bread crumbs, melted butter, milk, eggs, baking powder, sugar and salt. Combine the bread crumb mixture with the cranberry mixture. Spoon the batter into the prepared mold, a little at a time, tapping the mold as it is filled to eliminate any air bubbles. Cover the mold tightly with a lid and tie with a towel wrung out in cold water and floured. Tie a knot at the top of the towel to facilitate removal of the mold from the kettle. Set a rack in the bottom of a kettle and add enough simmering water to reach 3 inches up the sides of the mold. Transfer the mold to the kettle. Keep the water at a brisk but not a rolling boil on the stove top. Cover the kettle with a lid. Steam the pudding for 2 hours, checking occasionally to make certain

the water remains at a boil, adding more water throughout the cooking process as necessary. To test for doneness, insert a skewer in the center of the pudding. It should come out with crumbs adhering to it. Return the lid to the mold and transfer it to a rack. The pudding will stay warm in the mold, covered, for several hours. To make the glaze combine cranberry juice, sugar and salt in a saucepan. Simmer the juice, stirring, until the sugar has dissolved. Bring the mixture to a boil and swirl gently until a candy thermometer reads 250 degrees. Add whole cranberries and remove the pan from the heat. Let the glaze cool and then chill it, covered, until ready to serve. To serve, unmold the pudding onto a serving plate and pour the cranberry glaze over it..



SWEET POTATO PIE

2 cups cooked mashed sweet potatoes
5 egg whites, slightly beaten
1 cup brown sugar (granulated)
1 teaspoon cinnamon
1 teaspoon nutmeg
¼ teaspoon allspice
½ teaspoon vanilla
½ teaspoon salt
1 cup evaporated skim milk

PHYLLO PIE CRUST

4 tsp. sugar (optional)
1 box Phyllo dough

OPTIONAL TOPPING

1 cup chopped roasted chestnuts (optional)
Cinnamon

Preheat oven to 425. Lightly spray 2 pie pans with nonstick cooking spray.

FILLING:

I used a pressure cooker to cook the sweet potatoes until very soft and not stringy. Mash very well. (I used a regular mixer) Combine sugar, spices in a little bowl. Last add vanilla with the spices and then mix into the potatoes. Now, beat your egg whites and mix it in with the potato mixture. Slowly mix in your evaporated skim milk and set aside.

CRUST

I took out the entire stack of phyllo sheets from the box. Turned my pie pans over and cut the entire stack to the appx. circumference of the pan so I had a stack of circular dough. Quickly, (dough dries out very fast and sticks together) layer 1 or 2 sheets of phyllo on each of the pans, spray very LIGHTLY with non-stick cooking spray and sprinkle with sugar and repeat until crust is the thickness you desire. (For 2 pies I used all the phyllo dough in the box) I moistened my fingers to seal the edge of the crust and crimp as with a "normal" crust. Cover edges of crust loosely with foil. Pour filling into the phyllo crust. Sprinkle chopped chestnuts and cinnamon on top if

desired. Bake for 15 minutes at 425. Reduce temperature to 350 and bake for about 30 minutes more.

ANTILLES CAKE

8 oz water
4 bananas
2 eggs (separated)
4 tbsp butter
5 oz sugar
7 oz stale bread
1 pt milk
1 lemon
1 sachet vanilla
tsp. cinnamon
6 oz apricot or red currant jam
2 oz rum

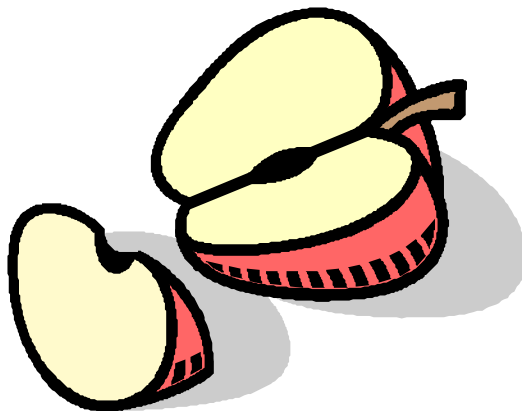
Boil the milk along with the sugar and vanilla extract. Then pour it on the stale bread (broken into pieces). Add the cinnamon, the juice of a lemon and its grated peel, 2 egg-yolks, 4 tablespoons of melted butter, and the bananas cut into thin slices. Beat up the egg-whites into a stiff froth and incorporate them into the preparation. Line a deep cake dish with butter and put the mixture into it. Pour 8 ounces water into the pressure cooker. Put in the metal pannier containing the cake-dish and cover with a plate. Close the lid and cook for 20 min. This dessert dish is better served cold. Present it on an attractive dish covered with jam that has been softened over a low heat and flavored with rum..

BLUEBERRY PUDDING-CAKE

½ Ts. oil and 2 Ts. flour for preparing a 1-quart Bundt pan or heatproof casserole
1 c. unbleached white flour
½ c. cornmeal
1 Ts. baking soda
1 Ts. baking powder
¾ Ts. cinnamon
¼ Ts. nutmeg
1/8 Ts. salt
1 TBSP finely minced lemon peel
2 c. blueberries (fresh or frozen)
½ c. berry or apple juice
½ c. maple syrup
Brush oil on the bottom and sides of the Bundt pan or casserole and dust liberally with flour. Tip out any extra flour and set the pan aside. In a large bowl, combine the flour, cornmeal, baking soda, baking powder, cinnamon, nutmeg, salt, and lemon peel. Gently stir in the blueberries. In a liquid measuring cup, combine the juice and maple syrup. Stir this mixture into the dry ingredients. Pour the mixture into the prepared pan, scraping the sides of the bowl with a spatula. Wrap tightly with a sheet of aluminum foil large enough to tuck the ends under the bottom of the pan. Place the rack and 3 cups of boiling water in the pressure cooker. Lower the pan onto the rack with the aid of a foil strip under the pan. Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 25 minutes (Bundt pan) or 30 minutes casserole. Allow the pressure to come down naturally for 15 minutes. Quick-release any remaining pressure. Immediately remove the foil covering and set the pan on a rack to cool. You may unmold the pudding-cake by running a knife along the edges, turning the pan upside down, and gently rocking it up and down. Serve warm or at room temperature.

STUFFED APPLES

¼ cup golden raisins
½ cup dry red wine
¼ cup chopped nuts
2 tablespoons sugar
½ teaspoon grated orange rind
½ teaspoon ground cinnamon
4 cooking apples
1 tablespoon butter
1 cup water
Soak raisins in wine for at least 30 minutes. Drain, reserving the wine. Combine raisins, nuts, sugar, orange rind, and cinnamon. Core apples, cutting to, but not through, the bottoms. Pare top one-third of apples. Place each apple on square of aluminum foil that is large enough to completely wrap the apple. Fill centers with raisin mixture. Top each with one-fourth of the butter. Wrap foil around apple, pinching firmly together at top. Place cooking rack or steamer basket, reserved wine, and 1 cup of water in 4- or 6-quart pressure cooker. Place apples on rack or in basket. Close cover securely. Place pressure regulator on vent pipe. COOK 10 MINUTES, at 15 pounds pressure. Cool cooker at once.



INDIAN PUDDINGS

butter for greasing ramekins
2 cups milk
1/4 cup finely ground yellow cornmeal
pinch salt
4 large eggs -- lightly beaten
1 teaspoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
1/2 teaspoon ground ginger
1/4 cup molasses
1/4 cup brown sugar -- loosely packed
serves 8

Author's note: The cornmeal tends to settle to the bottom, creating a kind of two-tiered dessert with a light custard on top. Good for Thanksgiving, but don't wait until then to try it. Generously butter the ramekins. Set aside. In a food processor, combine the remaining ingredients. Equally divide the liquid among the ramekins. Cover each with aluminum foil so that the foil fits tightly around the sides of each dish, but leaves some room on top for the puddings to expand. Set a trivet or steaming rack on the bottom of the cooker. Pour in 2 cups of water. Set the puddings on the rack, building a pyramid as you go. Avoid leaning any dishes against the side of the cooker. Lock the lid in place and over high heat bring to high pressure. Adjust heat to maintain high pressure, and cook for 8 minutes. Release pressure with a quick release method. Remove the lid, tilting it away from you to allow any excess steam to escape. Check for doneness by cutting a slit in the top of the foil. If the puddings are not set, lock the lid back in place and return to high pressure for an additional minute or two. Let the puddings cool slightly before removing them from the cooker. (Use tongs or wear an oven mitt.) If you are not serving the puddings immediately, cut a slit in each foil top and let the puddings remain warm in the cooker, placing the lid ajar for up to one hour. **note:** To prepare this dish, you will

need eight individual 1/2-cup ramekins. If the ramekins don't stack comfortably (Pyramid fashion) in your cooker, cook in two batches. You can also halve this recipe to serve 4.

PINEAPPLE TIDBITS

3 cups pineapple tidbits, frozen and thawed or can (reserve juice)
3 tablespoons butter
4 tablespoons brown sugar
3 tablespoons dark rum (or more if desired)
1 teaspoon allspice
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon ginger
In pressure cooker melt butter then add sugar. Stir. Add the pineapple, all the juice from the pineapple tidbits and the rum. Close pressure cooker lid, bring to high pressure then lower heat on stove and cook for 3 minutes. Release pressure (cold water or automatic, according to manufacturer's directions), open lid and stir. Excellent served over pound cake, angel food cake, ice cream or by itself, served with whipped cream..



DATE NUT BREAD

1 ¼ Cups all-purpose flour
½ Cup coarsely chopped walnuts
1/3 Cup sugar
1 Tablespoon baking powder
¼ Teaspoon salt
2/3 Cup chopped dates
1 egg
2/3 Cup water
¼ Cup mayonnaise
1 Teaspoon vanilla
3 Cups hot water
Danish or other cream cheese
Mix flour, walnuts, sugar, baking powder, and salt. Stir in dates. Beat egg, 2/3 cup of water, mayonnaise, and vanilla until smooth. Add to flour mixture. Stir just until moistened. Pour into greased 1-quart casserole or soufflé, dish that fits loosely in 6-quart pressure cooker. Cover casserole securely with aluminum foil. Place cooking rack and 3 cups water in pressure cooker. Place casserole on rack. Close cover securely. Place pressure regular on vent pipe. COOK 40 MINUTES, at 15 pounds pressure. Let pressure drop of its own accord. Remove bread and let cool in casserole on wire rack. Remove bread from casserole. Refrigerate until chilled. Cut into thin slices. Serve with cheese. Makes 1 loaf.

POACHED PEACHES

8 peaches
5/6 pt (500 ml) white wine
pinch of ground cinnamon
8 fresh mint leaves
Plunge the peaches into boiling water for a minute. Then place in cold water and peel off skin using a silver or stainless steel knife. Leave in cold water to prevent discoloration. Place all the peaches in the pan. Add sugar, cinnamon and white wine.

Close the lid and bring to full pressure. Cook for 3 min. Release steam quickly. Remove peaches immediately and place in a fruit bowl. Pour over the wine syrup. Sprinkle over the finely chopped mint or decorate each peach with whole mint leaves. Chill in the fridge and serve very cold.

EASY APPLE BUTTER

Tart apples, peeled seeded & cut in large chunks
1 tablespoon fresh lemon juice
¼ cup water (or the minimal liquid recommended by for your cooker)
a blend of sweet spices like cinnamon, nutmeg, allspice, etc. to taste
honey or sugar (white or brown or combination) to taste
Simply peel and core enough apples to fill your pressure cooker half-way to two-thirds full. Stir in fresh lemon juice and water, mix in spices. Bring the pressure cooker to high pressure and maintain the heat for 4 minutes. Use the natural release method. As soon as you can safely open the pressure cooker, taste for desired sweetness and if you want it sweeter and adjust as needed. If you want a smoother apple butter process in small batches in food processor. I do about half and mix it in with the unprocessed half. Store in fridge in covered container to let the flavors mingle for a few hours or refrigerate overnight. Freeze or can if you have enough apples for use throughout the year.

