



**GeekChef**

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# Electric Pressure Cooker Recipes

**FOR YBW60P**



## Beef Brisket Slow Cook

### Ingredients

- 2lbs beef brisket
- 2 potatoes
- 1 tomato
- 1 carrot
- 1/3 onion
- 2 pcs of garlic
- 2 tablespoons of tomato sauce (optional)
- 1/4 tablespoon of black pepper powder

### Instructions

- (1) Cut the beef brisket, carrot, tomato, potatoes into small cubes;
- (2) Select "Sauté" function, then push the key "Temp" and adjust it to 390F;
- (3) Put vegetable oil then place the prepared carrot, tomato, onion and garlics into inner pot once the oil is hot;
- (4) Place beef, potato, stir fry for about 2 minutes and season with light salt;
- (5) Put enough water to cover the food and season the prepared tomato sauce;
- (6) Push the key "Warm/Cancel" and select "function" "Slow Cook" then close the lid, set the valve left to sealed position;
- (7) After cooking approximate 6 hours, open the lid and season with black pepper powder.
- (8) Serve



## Sirloin Steak Sous Vide

### Ingredients

- 0.6pound of an inch thick sirloin steak
- 1 tablespoon butter, 1 small chive and thyme
- Black pepper and vegetable oil
- A vacuum bag

### Instructions

- (1) Season the steak with light salt and black pepper, then put into a vacuum bag;
- (2) Put the prepared butter, chive and thyme into the vacuum bag then seal it;
- (3) Open the lid and put the rack in inner pot, then place the vacuum bag on it;
- (4) Add the water just enough to cover the bag, then close the lid;
- (5) Choose the function "Sous vide" and adjust time to 3hours;
- (6) Open the lid after cooking 3hours, and take out the steak from bag, then season with salt and black pepper;
- (7) Clean and dry the inner pot, then select the function "Sauté" and adjust temp to 390F;
- (8) Adding vegetable oil, fry the steak when oil is hot until both sides brown;
- (9) Take out the steak and let cool for approximate 1 minute, then serve.



## Chicken with Rice

### Ingredients

- One 3.3lbs chicken without internal organ;
- Shallot, ginger, garlic, 2 tbsp. of sauce, 2 tbsp. of oyster sauce, 1 tbsp. of cooking wine, black pepper;
- One bowl of glutinous rice

### Instructions

- (1) Clean the chicken and remove the internal organ;
- (2) Place the glutinous rice, 1 shallot, 1 piece ginger, 2 pieces of garlic inside the chicken and stitch it up;
- (3) Spread the chicken with soy sauce;
- (4) Put the chicken into inner pot and cover with water up to 2/3 of the Chicken body, Then add prepared spices;
- (5) Close the lid and push the key "poultry" , then adjust time to 10mins;
- (6) Season with spices depending on your needs the taste.

## Sweet Rice

### Ingredients

- 5cups of white rice
- Add water to level 2 in marked inner pot

### Instructions

- (1) Add 5 cups of water-washed white rice;
- (2) Add water to level 2 in inner pot;
- (3) Choose the function "Rice" ;
- (4) Serve after the time countdown finished.



## Fried Tomato with Broccoli

### Ingredients

- 1 broccoli, 1 tomato
- Olive oil
- 1 tablespoon of soup-stock

### Instructions

- (1) Cut tomato into lumps
- (2) Cook the broccoli in boiled water for 1min then take out;
- (3) Choose the function "Sauté" and adjust temp to 390F;
- (4) Pour in olive oil and add the tomatoes when oil hot;
- (5) Stir about 2 mins then add broccoli;
- (6) Stir about 1min then season some salt and pour the prepared soup-stock
- (7) Serve after 30 seconds.



## Corn and Pork Chop Soup

### Ingredients

- 1lb of rib, 1 carrot, 1 corn
- Chive

### Instructions

- (1) Clean the rib and cut into pieces, then marinate for 5mins with some salt;
- (2) Cut the carrot and corn into pieces;
- (3) Clean the rib with boiled water for 1 min;
- (4) Put the rib, carrot and corn into inner pot;
- (5) Choose the function "Soup" , then adjust time to 45mins;
- (6) When cooking is finished, wait for 5 mins for automatic steam release;
- (7) Season with salt and chive to serve.



## Steamed Salmon

### Ingredients

- 4 ounce salmon fillets
- 4garlic cloves, pressed
- 2 teaspoons lemon
- Black pepper

### Instructions

- (1) Coat the salmon with some light oil and salt;
- (2) Put the steam rack in inner pot, adding water up to half position of rack;
- (3) Place the dish on rack and select the function "Steam" , adjust time to 5mins;
- (4) Put the rack into inner pot and add water without covering the rack
- (5) Take out the dish when cooking time count down is 0,then season with light lemon and black pepper.
- (6) Serve



## Cream Beans

### Ingredients

- 0.77lbs of cannellini beans, 0.11lbs crumbled feta,10 chopped mint leaves, 4 sliced spring onions, 1 lemon;
- 1 tbs of olive oil, 2 crushed of garlic cloves, 1 pinch of sea salt, 1 pinch of black pepper;

### Instructions

- (1) Clean the beans and soak them in water for 10 mins;
- (2) Put the beans into inner pot and add water just enough to cover the beans;
- (3) Select the function "Bean/Chili" ;
- (4) After cooking is finished, valve the steam then open the lid, take out the beans put into a bowl and season with light salt;
- (5) After the beans have being cooled, add the prepared feta, mint leaves, spring onions, olive oil, garlic cloves, black pepper and season with lemon juice;
- (6) Serve



## Yogurt

### Ingredients 1

- 500ml pure fresh milk;
- 50ml yogurt;

### Instructions 1

- (1) Sterilize all the tools (preservation box, chopsticks) with boiling water, then let it cool;
- (2) Pour 500ml fresh milk into the inner pot, then select function "slow cook", after 15mins for sterilization, push "Warm/Cancel" to stop warming, then let it cool down to 104F;
- (3) Clean the inner pot and dry it;
- (4) Put the sterilized milk and prepared 50ml yogurt into a preservation box, mix it up then place it into inner pot;
- (5) Close the lid and select the function "yogurt";
- (6) Cooking finished after 8 hours, also can season fresh fruits to serve.

### Ingredients 2

- 500ml pure fresh milk;
- 50ml yogurt;

### Instructions 2

- (1) Sterilize all the tools (preservation box, chopsticks) with boiling water, then let cool;
- (2) Put the pasteurized milk and prepared 50ml yogurt into a preservation box, mix it up then place into inner pot;
- (3) Close the lid and select the function "yogurt";
- (4) Cooking finished after 8 hours, and then season fresh fruits before serving

## Yellow Peach Canning

### Ingredients

- 10 yellow peaches
- 3 rock candies
- 500ml high temperature resistance glass jars

### Instructions

- (1) Put rock candy and 2 cups water into inner pot, then select function "Sauté" and adjust temp to 390F, pour it out after boiling;
- (2) Clean the jars with boiling water for sterilization;
- (3) Clean and cut the yellow peaches into small pieces, then pour them into jar;
- (4) Pour the candy water into jar upto 0.4inch from the top of jar;
- (5) Put jars into the inner pot and pour in water just enough to cover the top of jar;
- (6) Close the lid and choice function "Canning", adjust time to 30mins;
- (7) When time is up, valve the steam to open lid, then take out the jars with bottle gripper;
- (8) Cool down and cold storage.



## Chili Pasta

### Ingredients

- 1lbs of spaghetti
- 60ml olive oil
- 6 garlic cloves, peeled; 1 red chili and chopped;
- 2 tsp of tomato sauce

### Instructions

- (1) Put the water into pot, then select function "Sauté" and adjust temp to 390F;
- (2) Add the spaghetti when the water boiling and boil it for 5 mins;
- (3) Dry the inner pot then choose the function "Pasta" , put into olive oil and add prepared garlic cloves, chili and tomato sauce when oil is hot;
- (4) Mix the spaghetti after 30 mins and season light salt;
- (5) Serve after 5mins



## Beef and Potato with Curry Stew

### Ingredients

- 2 lbs beef, sliced into cubes
- 3 tablespoons cooking oil
- 1 onion, chopped
- 0.5lbs chopped celery stalk
- 1 teaspoon dried thyme
- 1 carrot, chopped
- 2 large baking potato, sliced into cubes
- 2 tablespoons cooking starch
- 5 teaspoons of curry powder

### Instructions

- (1) Cook the beef with boiled water to medium well then placed in a bowl;
- (2) Choose function "Sauté" and adjust temp to 390F;
- (3) Heat the cooking oil in inner pot;
- (4) Add onion, celery, potato and stir for 30 seconds;
- (5) Add cooked beef and curry powder then stir together for 1 minute;
- (6) Season some right salt then addwater covering beef;
- (7) Select the function "Meat/Stew" ;
- (8) When time counts down to 0, mixed the starch with 1/4 cup water then pouring into pot;
- (9) Transfer to a serving plate