

### **Pot Roast—New England Style**

3 lbs. boneless chuck roast	½ teaspoon minced fresh thyme
Freshly ground pepper	1 bay leaf
1 tablespoon all-purpose flour	2 cups beef broth
1/2 teaspoon extra-virgin olive oil	12 pearl onions
1 small white onion, minced	12 baby carrots
1/2 teaspoon whole cloves	12 small red-skinned potatoes
1/2 cup chopped fresh parsley	

Season roast with salt and pepper, dust in flour. Heat oil over high heat in pressure cooker. Brown roast on both sides, 6 minutes total. Add minced onion, celery seeds, cloves, parsley, thyme and bay leaf. Pour in broth. Lock on lid and bring to high pressure over high heat. Reduce heat to maintain pressure and cook for 45 minutes. Remove from heat and let stand for 10 minutes. Quick-release any remaining pressure. Unlock lid and remove bay leaf. Add onions, carrots and potatoes. Lock on lid and bring back to high pressure. Maintain pressure and cook for 5 minutes. Quick-release pressure. Transfer meat to cutting board, cover with foil, and let rest 10 minutes. Transfer vegetables to platter and cover. Boil liquid until thick, about 5 minutes. Season to taste. Cover meat, arrange with vegetables, and spoon on sauce.

### **Chicken Thighs with Potatoes**

8 (5 -7 oz.) bone-in chicken thighs	Salt & pepper
1 tablespoon vegetable oil	1 onion, chopped fine
3 garlic cloves, minced	2 tablespoons all-purpose flour
½ cup dry white wine	¾ cup chicken broth
2 pounds small red potatoes, halved	1 tablespoon minced fresh tarragon

Season thighs with salt and pepper. Heat oil in pressure cooker. Brown half of the thighs, skin side down until golden, about 6 minutes. Remove from pot and discard skin from all thighs. Pour all but 1 tablespoon fat from pot. Add onion and cook over medium heat until softened. Stir in garlic and cook about 30-45 seconds. Stir in flour and cook 1 minute. Whisk in wine, smoothing out any lumps and cook until slightly reduced, about 1 minute. Stir in broth. Place thighs into pot along with accumulated juices. Top with potatoes. Lock on lid and bring to high pressure over medium-high heat. Stabilize pressure and cook for 20 minutes. Quick-release pressure and remove thighs and potatoes to serving dish, tent with foil. Skim excess fat from surface of sauce. Stir in tarragon and season with salt and pepper. Pour sauce over thighs and potatoes and serve.

*Yields: 8 servings*

### **Sweet and Sour Red Cabbage**

2 tablespoons vegetable oil	1 large red onion, chopped
½ cup apple cider vinegar	1 cup chicken broth
½ cup packed dark brown sugar	¼ teaspoon ground cloves
2 pound head red cabbage, shredded (tough outer leaves discarded)	2 Granny Smith apples, peeled, cored and cut into ½ inch chunks
1 bay leaf	Salt and pepper to taste

Heat vegetable oil in cooker over medium-high heat. Add onion and cook until soft. Add vinegar, chicken broth, brown sugar and cloves. Stir until sugar is dissolved. Add cabbage, apple chunks and bay leaf. Lock on lid and bring to high pressure over high heat. Stabilize pressure and cook 6 minutes. Quick-release pressure. Remove and discard the bay leaf. Season to taste.

*Yields: 6 - 8 servings.*

### French Onion Soup

1½ cups ¾ inch square cubes French bread	4 tablespoons olive oil - divided
6 cups thinly sliced onions	4 cloves garlic, thinly sliced
1 tablespoon dried thyme	⅔ cup dry sherry
4 cups beef broth - divided	Salt & pepper to taste
1 cup grated Swiss cheese	

Toss bread cubes with 2 tablespoons olive oil. Place on baking sheet in preheated oven at 350 degrees, toast until crisp—about 15 minutes. Remove and set aside to cool. Heat 2 tablespoons olive oil in pressure cooker over medium-high heat. Add onions and garlic. Cook for 5 minutes. Add thyme, dry sherry, and 2 cups beef broth. Cover and bring to high pressure over high heat. Stabilize pressure and cook for 6 minutes. Remove from heat. Use quick-release method to lower pressure. Uncover, add 2 cups broth and bring to a simmer. Season with salt and pepper. Ladle soup into heatproof bowls. Add bread cubes and sprinkle with grated cheese. Set under broiler until cheese melts (1 - 3 minutes). Serve immediately.

*Yields 4 - 6 servings.*

### Senate Bean Soup

1 pound navy beans, soaked	2 tablespoons vegetable oil
1 large onion, chopped	1 smoked ham hock
1 carrot, peeled & chopped	1 stalk celery, chopped
6 cups water	Salt & pepper to taste

Heat vegetable oil in a pressure cooker over medium-high heat. Add the onion and cook until soft and golden brown. Add the beans, ham hock, carrot, celery, and water. Cover and bring to high pressure over high heat. Stabilize the pressure and cook for 15 minutes. Remove from heat and use the quick-release method to release pressure. Check beans—if still hard, cook longer. Remove ham hock, chop up meat and return to beans. Roughly mash the beans with a potato masher until soup is thick and lumpy. Season with salt and pepper.

*Yields about 4 cups.*

### Ziti with Three Cheeses

1 cup water	1 cup coarsely chopped onions
½ teaspoon salt	8 ounces ziti
1 can (28 ounces) peeled plum tomatoes with liquid	2 to 4 cloves garlic or 1 teaspoon garlic powder
1 to 1½ teaspoons Italian herb blend	1 cup ricotta
¼ cup grated parmesan	1 cup (6 ounces) shredded mozzarella
Freshly ground pepper	

Combine water, onions and salt in 4-quart or larger cooker. Bring to a boil. Stir in ziti. Pour tomatoes on top. Add garlic. Lock lid in place and bring to high pressure over high heat. Stabilize pressure and cook for 5 minutes. Quick-release pressure. Stir in Italian herb blend, ricotta and parmesan. Distribute half of mozzarella cheese on top. Fold ziti from bottom over top of mozzarella. Add remaining mozzarella on top. Season with salt and pepper. Let the dish rest in cooker 3 to 5 minutes.

*Yield: 3 - 4 servings.*