



Pressure Cooker

Capacity 5.0L / 6 Quarts

Model No. JA79UL



Instruction manual and recipe book

- ◆ Please read carefully before use and save for later reference
- ◆ Unpack your pressure cooker carefully
- ◆ Remove packing pieces, labels and stickers

Benefits of Pressure Cooking

Congratulations on purchasing a Judge Pressure Cooker. Pressure cooking will enable you to produce healthy meals in a fraction of the time normally taken. Pulses do not need overnight soaking. The quick cooking in a minimum of water retains vitamins. 'Tough' meat is a thing of the past. Full meals can be cooked in one pan - only one pan to wash up!

Before use/Hob Suitability

Your Pressure Cooker was quality checked before leaving the factory. Please check that you have all the correct parts. Your model is suitable for all conventional hob types.



Your Pressure Cooker is not suitable for Induction Hob, Oven or Dishwasher use.

Principles of Pressure Cooking

Under normal conditions, water boils at a temperature of 100°C (212°F). This temperature is dictated by atmospheric pressure and cannot increase no matter how long boiling continues.

The weight on your Pressure Cooker increases the pressure inside the cooker which in turn raises the temperature at which the liquid boils. The result is faster cooking times because of the higher temperature obtained and at the same time the steam is forced through the food, cooking and tenderizing it.

If you have any difficulty in using your Pressure Cooker or if you require spare parts, please contact: customerservice@horwood.co.uk

General rules for pressure cooking

Safety notice

- △ Close supervision is necessary when the pressure cooker is used near children, keep children away when in use.
- △ Do not put the Pressure Cooker into a heated oven.
- △ Move the Pressure Cooker under pressure with the greatest care, especially when contents includes hot liquids.
- △ Do not touch hot surfaces. Use the handles and knobs. If necessary, use protection.
- △ Do not use the Pressure Cooker for purposes other than the one for which it is intended.
- △ This appliance cooks under pressure. Scalds may result from inappropriate use of the Pressure Cooker.
- △ Make sure that the cooker is properly closed before applying heat. See “To fit the lid on the cooker” on page 7.
- △ Do not open the pressure cooker until the unit has cooled and all internal pressure has been completely released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized- do not force it open. Any pressure in the cooker can be hazardous. See “Releasing pressure after cooking” on page 8.
- △ Never use the Pressure Cooker without adding water, this would seriously damage it.
- △ Do not fill the cooker beyond $\frac{2}{3}$ of its capacity. When cooking foodstuffs which expand during cooking, such as rice or dehydrated vegetables, do not fill the cooker to more than half of its capacity. Over filling may cause a risk of clogging the vent pipe and developing excess pressure.
- △ Use the appropriate heat source(s) according to the instructions for use.

- △ After cooking meat with skin (e.g. ox tongue), which may swell under the effect of pressure, do not prick the meat while the skin is swollen; you might be scalded.
- △ Be aware that certain foods, such as apple sauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (Steam Vent). These foods should not be cooked in a pressure cooker.
- △ When cooking doughy food, gently shake the cooker before opening the lid to avoid food ejection.
- △ Before each use, check that the Weight valve/Valve pin are not obstructed. "Cleaning the lid" on page 9.
- △ Never use the Pressure Cooker in its pressurised mode for deep or shallow frying of food.
- △ Do not tamper with any of the safety systems beyond the maintenance instructions specified in the instructions for use.
- △ Only use manufacturer's spare parts designed for the relevant model. In particular, use a body and a lid from the manufacturer indicated as being compatible.
- △ Regularly check all removable parts and if necessary, re-tighten
- △ Do not use the pressure cooker for pressure frying with oil.
- △ When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
- △ Always ensure that the handles are fastened properly before use. Cracked, broken or charred handles should be replaced.
- △ **KEEP THESE INSTRUCTIONS.**
- △ **CAUTION:** You must read the above instructions carefully before using your Pressure Cooker.

DO NOT OVERFILL THE PRESSURE COOKER

Remember there are different maximum filling levels for different foods. Follow these guidelines:

Cereals and pulses, dried peas, beans and lentils	The cooker should not be more than $\frac{1}{3}$ full. This includes liquid.
Liquid foods: soups, stews, rice, pasta and beetroot	The cooker should not be more than $\frac{1}{2}$ full. This includes liquid.
Solid foods: vegetables, one-pot meals, joints	The cooker should not be more than $\frac{2}{3}$ full. This includes liquid.

Liquids you can use for cooking under pressure

- ◆ Any liquid which produces steam can be used in the cooker e.g. water, stock, wine, milk etc.
- ◆ Never use oil or melted fat as a cooking liquid. However, they may be used in small quantities for browning ingredients, before cooking under pressure.

To remember when using your Pressure Cooker

- ◆ Ensure that your cooker is suitable for the heat source that you are using.
- ◆ Always follow the hob manufacturer instructions.
- ◆ Match the size of your Pressure Cooker base to the size of the heated area on your hob.
- ◆ Do not allow gas flames to spread up the side walls of your cooker.
- ◆ Never cook dumplings under pressure or the dough will rise and could block the safety outlets. Place the dumplings in the hot stew and cover with the cooker lid but do not close.
- ◆ Take care not to damage the rim of the cooker. e.g. by tapping a utensil on the edge as this may cause the cooker to leak.
- ◆ To minimise scratching on glass top hobs always lift pans, do not drag.

Using your own containers/ heatproof dishes

- ◆ If you use your own containers for cooking, make sure they can withstand 130°C (262°F).
- ◆ Do not place containers on top of foods which may swell up or froth e.g. rice, pasta, pulses and cereals.
- ◆ Ensure container covers e.g. greaseproof paper or foil are securely fastened with string and cannot come off during cooking.
- ◆ Do not use containers with metal or plastic lids.

Features of your Pressure Cooker

Nominal operating pressure (N.O.P)	103kPA/15 psi
Maximum operating pressure (M.A.P)	180kPA/26 psi
Weight	15lb weight supplied

Gasket

A rubber seal which fits inside the lid.

The Weight Valve

This device ensures that pressure is maintained and not exceeded inside the appliance while cooking. Once the pressure inside the cooker reaches nominal cooking pressure, the weight assembly releases steam (there will be a slight hissing sound), thus ensuring that excess pressure does not build up inside the cooker.

The weight valve features three positions:

- I - Up to 8 PSI pressure (55kPa)
- II - 15 PSI pressure (15 kPa)
- III - Steam release - see quick release for further details

VPI - Visual Pressure Indicator

As the name suggests, this is a visual guide as to whether the pressure cooker is up to the desired pressure, as the pressure increases the grey indicator will rise from the handle recess, as the pressure reduces the indicator will slowly drop back flush with the cover.

Safety Features

Your Judge pressure cooker comes with 3 safety features:

1. Weight Valve

When pressure builds the weight will raise and release excess pressure. If this becomes damaged and is unable to rise an additional safety valve has been fitted:

2. SSD

Secondary Safety device (green valve), this will automatically release if the pressure exceeds the nominal operating pressure, (between 15 to 25 psi).

3. Gasket Release System (GRS)

In the highly unlikely event that both the weighted valve and the SSD are damaged or fail, a final safe guard has been designed. The Gasket Release System will automatically relieve pressure above 26 psi, as the gasket is designed to expand through the slot on the lid rim (opposite the handle).

IMPORTANT

Please note that the gasket and SSD should be replaced every 12 months. Failure to do so may result in boil dry, prolonged cooking times, personal injury or damage to property.

These rubber parts will perish, irrespective of usage, unless replaced regularly. Using old parts leads to the cooker boiling dry and prolonged cooking times, as it takes the cooker longer to come to pressure.

For further details, please contact customerservice@horwood.co.uk

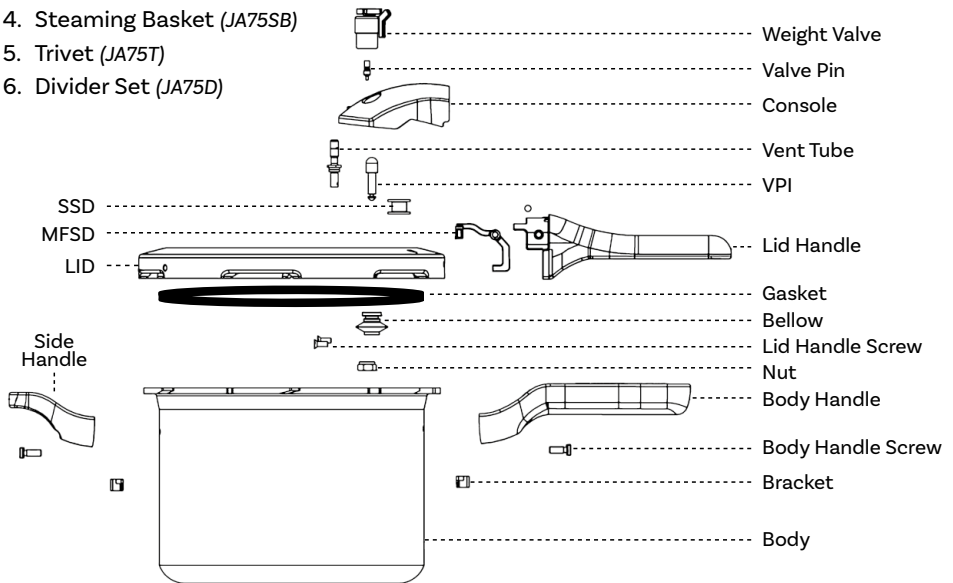
Spares for your Judge Pressure Cooker

All Judge pressure cooker parts are replaceable should they be damaged or lost. Only genuine Judge Pressure Cooker replacement parts should be used. The use of other makes of spares will invalidate the guarantee and may be dangerous. On no account should any of the safety devices included with your cooker be tampered with or altered.

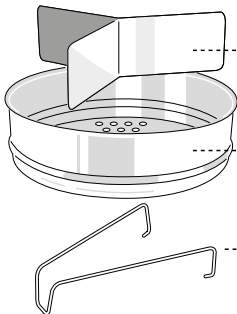
Warning: For repairs other than replacement of spares, contact customerservice@horwood.co.uk.

The following spares are available

1. 15lb Weight (JA75WV)
2. Secondary Safety Device (JA75SSD)
3. Gasket (JA75G)
4. Steaming Basket (JA75SB)
5. Trivet (JA75T)
6. Divider Set (JA75D)



Accessories



Divider Set

This enables you to help separate your ingredients, in 2, 3 or 4 sections within the steaming basket.

Steaming Basket

this can be used with or without the trivet, and is used to steam cook your ingredients.

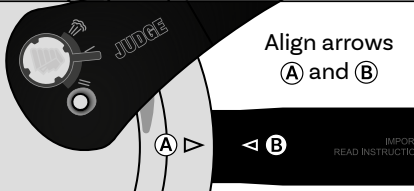
Trivet

This is used to raise the steaming basket or your own container off the bottom of the pressure cooker.

Before using your Pressure Cooker for the first time

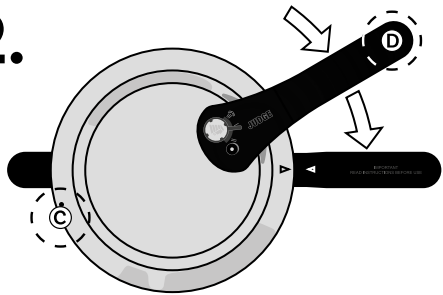
Wash the cooker in hot soapy water, rinse and dry thoroughly. Sometimes a new lid may be a little stiff to fit. To help this, spread a thin coat of cooking oil around the inside rim of the gasket.

To fit the lid on the cooker

1. 

Place the lid on the cooker body, lining up the arrow on the lid (A) with the arrow on the body handle (B).

The lid should drop into the locking teeth around the rim of the pressure cooker body.

2. 

Apply gentle pressure to the lid handle and the opposite side of the lid (positions C and D) while turning the lid handle clockwise to precisely align it with the pan body handle.

- ◆ You may find that after fitting a new gasket the lid maybe a little stiff, but a thin coat of cooking oil will help.
- ◆ Remove the lid by sliding the handles apart anti-clockwise.
- ◆ Check that the weight is fitted correctly.

To use your Pressure Cooker

We recommend that you try a simple recipe to begin with e.g. boiled potatoes (cooking time 4 minutes).

1. Add 300 ml (½ pt.) water to the cooker.
 2. Place 450g (1 lb) of peeled potatoes cut to 25g (1 oz) pieces into the cooker.
 3. Put the lid on and close it.
 4. Set the weight/pressure valve to high pressure “|” setting.
 5. Place the cooker on the heat source and turn the heat to a high setting, ensuring gas flames do not spread up the side walls of your cooker.
 6. Wait for the visual pressure indicator (VPI) to rise.
 7. Wait until there is slight hissing as steam escapes from around the weight regulator. This indicates that the correct cooking temperature has been reached, start timing potatoes for 4 minutes.
 8. Aim to maintain a gentle hissing sound and very gentle escape of steam from around the weight.
- If the heat setting is too high – a loud hissing will be heard**
Lower the heat - you are wasting energy and there is a risk that your cooker may boil dry with extended cooking times.
- If the heat setting is too low – no hissing will be heard.**
Increase the heat setting. (Add a little extra cooking time.)
9. After 4 minutes, turn the heat off.


Releasing pressure after cooking

Most recipes will require quick release of steam. However, milk puddings, pulses, and some other foodstuffs require slow release. If steam is released quickly with these foods, the food will either be damaged or may boil up into the cooker Lid, blocking the vents. See individual recipes for guidelines.

Remember if slow release is used the cooking time is increased as the cooker remains at pressure for longer.

Also note that once the pressure cooker has exceeded atmospheric pressure you will not be able to open the pressure cooker, as this could cause great injury. You will need to reduce the pressure before removing the lid, for further details refer to quick or slow release.

Quick-release

Simply turn the weight valve/pressure gauge to the steam release setting .

When the pressure has dropped, the VPI will drop down. This tells you that the cooker can now be opened. Remove the cover by sliding the top handle to the right.

Slow-release

Remove the cooker from the heat source and leave the cooker at room temperature for 10-15 minutes depending on the recipe. Wait for the VPI to drop down. This tells you that the cooker may be opened. Remove the cover by sliding the top handle to the right.

To adapt your own recipes

- ◆ Generally, foods cooked in a Pressure Cooker will take $\frac{1}{3}$ of the normal cooking time.
- ◆ Whatever you cook remember not to overfill the cooker and to use the correct amount of liquid. See “Do not overfill the Pressure Cooker” on page 4.
- ◆ Use liquid that produces steam e.g. water, stock, milk, wine, not melted fat or oil.

- ◆ Remember the maximum filling levels for the type of food you are cooking. See “Do not overfill the Pressure Cooker” on page 4.
- ◆ Remember that cooking times for foods are determined by the size of the individual piece, not by the quantity. e.g. 450g (1lb) potatoes or $1\frac{1}{2}$ (3lbs) potatoes cut up into 25 g (1oz) pieces will both take 4-6 minutes.
- ◆ Joints of meat are timed by the weight e.g. 450g (1lb) joint of topside will require 300 ml ($\frac{1}{2}$ pt) of liquid and will take 15 minutes; $1\frac{1}{2}$ (3lb) joint of topside will require 600ml (1pt) of liquid and will take 45 minutes.
- ◆ Milk and foods which may froth up e.g. rice, pasta, pulses, cereal, beetroot and some soups must be depressurised slowly.
- ◆ Use a medium heat setting for foods like rice, pasta, cereals, pulses and beetroot which may froth up, or when cooking with milk.

Recipe Tips

- ◆ Pre-brown the meat and vegetables in the open cooker, (without lid) before adding any hot stock.
- ◆ Canned soups and “cook-in” sauces may stick on the base so add an additional 150ml ($\frac{3}{4}$ pt.) water to that normally required.
- ◆ Thickening for sauces, soups, stews etc should be added after cooking.
- ◆ To steam foods, simply pour in approx 100ml of water to cover the base of the pressure cooker. Arrange the dividers in the steaming basket (if required) and insert your food into each compartment, then follow the cooking instructions
- ◆ For boil in the bag foods e.g. frozen casseroles, fish in sauce, pierce the bag and stand upright in the cooker. Add 300 ml ($\frac{1}{2}$ pt) water to the cooker and cook for half the recommended cooking time on the packet.

Should the cooker ever boil dry

If you make sure that you always have sufficient liquid, that you do not leave the cooker steaming or cooking for long periods on too high a heat, and you replace the gasket and secondary safety device regularly, your cooker should never boil dry.

If the cooker ever does boil dry, the heat must be turned off and the cooker left to cool before moving.

If your cooker ever does boil dry, the cooker will overheat and the base of the cooker may become distorted. Distortion of the base is not covered by the guarantee.

To Clean your aluminium Pressure Cooker

- ◆ Never leave food in the cooker for long periods. Remove it as soon as possible or pitting of the metal may occur.
- ◆ Wash in hot soapy water and rinse and dry thoroughly after every use.
- ◆ Occasionally food may stick to the interior. To remove use a plastic scrubbing brush or pad.
- ◆ NEVER USE BLEACH, either neat or diluted, as “pitting” may occur.
- ◆ Burnt on residues on the interior may be removed by adding a strong solution of cream of tartar, bringing to the boil and simmering for 20 minutes.

NB: Your Pressure Cooker is not suitable for the dishwasher

Cleaning the lid

- ◆ If food has boiled up and the inside of the lid is dirty, remove the gasket and wash the lid in hot soapy water, then wipe lid and gasket with a cloth.
- ◆ Do not wash the gasket more than necessary in detergent – it shortens its life.
- ◆ Remove the weight and check the centre hole of the vent tube is clear. If blocked wash in hot water and leave to drain. Replace when dry.
- ◆ To prevent discolouration, add a little lemon juice or vinegar to the water when cooking in containers.
- ◆ If discolouration does occur, don't worry, it is harmless. Remove either with a nylon pad or by simmering without the lid for 20 minutes with a strong solution of water and either cream of tartar, vinegar, lemon juice or apple peelings.

NB: The aluminium will lose its appearance by using soda for cleaning or if it is left in hot soapy water for long periods.

Storage

Make sure that the cooker is thoroughly dry before storing otherwise the metal may discolour and pits may appear

When not in use, Leave the cooker open to allow air to circulate. Do not reverse the cooker lid into the base without protection as it may become damaged. Take care not to drop the weight.

Take care in use and storage not to damage the top rim of the body by heavy contact with cooking utensils. Damage to the metal can prevent the gasket from sealing completely and the cooker will not function correctly.

Troubleshooting

What to do if the cooker will not come to pressure

Possible Cause	Action	Advice
Lid gasket leaking		What to do if the Gasket is leaking (see below)
The lid is not closed properly	Ensure the cooker lid is aligned/positioned correctly	See “To fit the lid on the cooker” on page 7
Weight assembly not fitted correctly	Press the weight assembly onto the vent tube.	
Can see leakage of steam from weight valve assembly	Check for loose weight valve assembly (vent tube nut loose)	Check and tighten
SSD becomes dislodged.	Press the SSD back into the position ensuring it moves up & down freely.	The Pressure Cooker will not come to pressure if the SSD is missing, damaged or dislodged.
SSD lost/missing	Replace with new SSD	The SSD should be replaced every 12 months regardless of use. Ensure all parts purchased are original Judge replacement parts.

What to do if the Gasket is leaking

Possible Cause	Action	Advice
Dirty gasket or food particles on the rim.	Wash the gasket, wipe cooker rim and gasket.	See “Cleaning the lid” on page 9
Worn or hardened gasket.	Replace with a new gasket.	The gasket should be replaced every 12 months regardless of use.
Damaged body or lid.	New Pressure Cooker has to be purchased.	Ensure careful handling and storage. Lids and bodies cannot be repaired.
Non-original gasket used.	Remove / Dispose	Ensure all parts purchased are original Judge replacement parts.

What to do if the VPI - Visual Pressure Indicator does not rise

Possible Cause	Action	Advice
Visual pressure indicator sticking.	Gently tap the lid handle.	
Lid gasket leaking.	See "Gasket leakage".	
The lid is not closed properly	Ensure the cooker lid is aligned/positioned correctly	See "To fit the lid on the cooker" on page 7

What to do if there is excess steam from the pressure regulator

Possible Cause	Action	Advice
Heat is too high.	Turn down / reduce heat.	When reduced make sure the visual pressure indicator remains up.
Weight assembly not fitted correctly.	Press the weight assembly into position.	Always use protection "an oven glove/mitt" or wait until the cooker is cool.
Weight assembly is loose	Remove from heat source & wait until the cooker is cool.	When cool, remove the lid and tighten (loose vent tube nut)

What to do if the Pressure Cooker boils dry

Possible Cause	Action	Advice
Insufficient liquid for the cooking time.	Ensure that the cooker has sufficient liquid.	The general rule for liquid quantity is ½ pint up to the first 15 minutes and a further 1/4 of a pint for every 15 minutes thereafter.
The vent tube is blocked.	Clean vent tube	See "Cleaning the lid" on page 9
Cooking on too high a heat for too long.	Check cooking times and liquid quantities.	Once VPI has risen reduce heat "Aim to maintain a gentle hissing sound & a very gentle escape of steam from the weight. CAUTION - If the cooker boils dry it will overheat. If the base becomes bulged or warped, this cannot be repaired and is excluded from the Judge Quality Guarantee.

Why aren't foods cooked within the recommended times?

Possible Cause	Action	Advice
Steam may be escaping through the gasket.	See "Gasket leakage".	The gasket should be replaced every 12 months regardless of use. Ensure all parts purchased are original Judge replacement parts.
Meat & vegetables are not cut to the correct sizes for the stated cooking time.	Always follow recipe recommendation for sizes of food & cooking times.	See www.horwood.co.uk for further recipe suggestions.

Why does liquid spurt out of the cooker up through the vent?

Possible Cause	Action	Advice
The cooker has been overfilled so the liquid boils up through the vent.	Reduce the amount of liquid used. Turn off heat source & unblock / clean vent tube.	See "Cleaning the lid" on page 9
Volatile foods e.g. rice, pasta, pulses etc.	Do not overfill the Pressure Cooker.	See "Different filling levels table" on page 3

Why is food sticking to the bottom of the cooker causing burning during cooking?

Possible Cause	Action	Advice
The heat has been left too high after pressure has been reached.	Reduce heat source	Once VPI has risen reduce heat "Aim to maintain a gentle hissing sound & a very gentle escape of steam from the weight.
Insufficient liquid added	Always add sufficient water	General rule for liquid quantity is ½ pint up to the first 15 minutes and a further ¼ of a pint for every 15 minutes thereafter.
There is a tendency to stick if high heats are used.	Use low - medium heat	At low - medium heat make sure the visual pressure indicator remains up.
Meat has been coated in flour before pre-browning which has made the liquid too thick, causing sticking.	Thicken soups & casseroles after cooking.	See "Recipe Tips" on page 8

Why does liquid seep out while releasing pressure?

Possible Cause	Action	Advice
Over-filled with liquid	Always follow recipe recommendation for liquid content, release of pressure & thickening dishes after cooking.	See “Releasing pressure after cooking” on page 8
Steam was released quickly when slow release was required.	Always follow recipe recommendation for liquid content, release of pressure & thickening dishes after cooking.	See “Releasing pressure after cooking” on page 8
Flour has been added at the beginning of cooking making the liquid frothy or viscous forming a syphoning effect.	Thicken soups & casseroles after cooking.	See “Recipe Tips” on page 8

Orange Chicken and Chermoula Chili

with vegetables and noodles (4 portions)

Total cooking time 15 Minutes

Ingredients

- ◆ 12g Cornflour
- ◆ ¼ tsp. ground cinnamon
- ◆ ¼ tsp. ground ginger
- ◆ ¼ tsp. garlic salt
- ◆ ¼ tsp. Coriander leaf
- ◆ 1 tsp. salt
- ◆ 4 boneless chicken breasts
boneless cut into ½ cm pieces.
- ◆ 25 ml sesame oil
- ◆ 10g fresh ginger, grated
- ◆ 2 cloves fresh garlic, thinly sliced
- ◆ 1 teaspoon chermoula chilli
pepper flakes, optional
- ◆ 2 Spring onions, chopped
- ◆ 100g Red onion, thinly sliced
- ◆ 50g Broccoli, cut into small pieces
- ◆ 1 red pepper, cut into medium pieces
- ◆ zest and juice of 2 medium oranges
- ◆ 50ml Dark Soy sauce
- ◆ 50ml Water
- ◆ 100g Dried Chinese noodles
- ◆ Sesame seeds to garnish (optional)

Method

1. Place the cut chicken into a large bowl, add the ground cinnamon, ground ginger, garlic salt, coriander leaves, salt and cornflour and mix well together.
2. Heat the sesame oil in the Pressure Cooker. Add the chicken mix and fry for 3-4 minutes, stirring well to avoid burning.
3. Add the rest of the ingredients (except for the sesame seeds). Put on the lid. Set the pressure gauge to low (i), bring up to pressure then cook for 5 minutes.
4. Remove from the heat and follow the “quick release” guide. Stir and leave for a minute, garnish with the sesame seeds then serve.

Quinoa and Mixed Bean Chili

(8-10 portions)

Total Cooking time - 30 Minutes

Ingredients

- ◆ 500ml hot vegetable stock (water & cubes) *I used garlic and thyme stock pots for a special taste*
- ◆ 200g quinoa
- ◆ 200g red onion, large dice
- ◆ 2 peppers, deseeded and cut into large dice
- ◆ 1litre Passata tomato
- ◆ 30-50g green chillies, chopped
- ◆ 1-2 tsp. chilli powder
- ◆ 400g can black beans, drained
- ◆ 400g can Cannellini Beans, drained
- ◆ 400g pinto beans, drained
- ◆ 400g Borelli Beans
- ◆ 2 tsp. Vegemite
- ◆ Salt and pepper, to taste
- ◆ 100g Grated cheddar cheese to garnish
- ◆ Serve with rice, guacamole and tomato salsa

Method

1. Place the quinoa directly into the pressure cooker and pour over the hot stock, leave for 10 minutes.
2. Meanwhile prepare the rest of the ingredients. Once prepared place everything into the Pressure Cooker and stir well.
3. Secure the lid, select high pressure setting (ii) and bring up to pressure.
4. Remove from the heat and follow the "quick release" guide. Stir well, correct the seasoning and serve.

Beef and Tomato Penne

Portions: 4-5

Total cooking time 25-27 minutes

Ingredients

- ◆ 50ml Olive oil
- ◆ 100g Onion, finely diced
- ◆ 100g Green pepper, finely diced
- ◆ 4 cloves garlic, finely diced
- ◆ 2 tsp. Dried oregano
- ◆ ½ tsp. crushed red pepper flakes
- ◆ 350g Minced beef steak (95% VL)
- ◆ 250ml Beef stock
- ◆ 2 tbsp. Low salt Soy sauce
- ◆ 250g Penne pasta, dried
- ◆ 500ml tomato passata
- ◆ 400g tinned chopped tomatoes
- ◆ 4 fresh tomatoes, remove the seeds and cut the flesh into thin slices
- ◆ 15g (good handful) of fresh coriander, chopped
- ◆ Freshly ground black pepper and salt to taste
- ◆ 100g mozzarella cheese
- ◆ 40g grated Parmesan cheese

Method

1. With the lid off gradually heat the pressure cooker, pour in the olive oil and lightly brown the onion and the green pepper for 3-4 minutes. Add garlic and cook 1 minute more, stir in the oregano and the red pepper flakes.
2. Add the ground beef and cook using a wooden spoon, to break beef into small pieces. Stir occasionally until the meat is crumbled and cooked through, about 4 minutes.
3. Add beef stock, tomato passata and soy sauce and stir to the boil. Add the penne pasta and mix well.
4. Lock the lid in place. Select High Pressure setting (ii), bring up to pressure and cook for 7 minutes.
5. Remove from the heat and follow the “slow release” guide. Open the lid, stir the penne pasta carefully and add the slices of tomato and chopped coriander. Season with salt and milled black pepper and serve topped with mozzarella and parmesan cheese.

Pressure Cooker Mashed Potatoes

Truly creamy mash Potatoes (6-8 portions)

Total cooking time 15-20 minutes

Ingredients

- ◆ 1kg medium sized potatoes. (King Edwards, Maris pipers, Whites, Roosters)
- ◆ 1 tsp. Ground rock salt
- ◆ 150g Butter
- ◆ 100 ml full fat milk
- ◆ additional salt and pepper to taste

Method

1. Wash and peel the potatoes, cut into small pieces and wash again.
2. Add 250ml of warm water into pressure cooker, place trivet followed by steaming basket. Add the potatoes.
3. Sprinkle with the salt, close and lock the lid of the Pressure Cooker.
4. Select high pressure (ii) bring up to pressure and cook for 10-15 minutes
5. Remove from heat source and follow the “quick release” guide. Remove the trivet and transfer the potatoes to a mixing bowl.
6. Add the butter, cream and any additional salt and white pepper you require. Mash the potatoes until smooth and creamy.
7. Serve with chopped spring onion or chives

Chinese Style Fried Mushroom and Pepper Rice

Portions: 4

Ingredients

- ◆ 50ml Vegetable oil
- ◆ 75g Green pepper, finely diced
- ◆ 60g Spring onion, thinly sliced
- ◆ 2 large garlic cloves, crushed
- ◆ 150g Button mushrooms, diced small
- ◆ 1 heaped tsp. Chinese 5 Spice
- ◆ 200g Long grain rice (quality brand), washed
- ◆ 500ml Vegetable/Chicken stock
- ◆ 15g Coriander, chopped

Method

1. Heat the oil in the Pressure Cooker. Add the peppers, spring onion, mushroom and garlic and sauté for 4-5 minutes. Sprinkle in the Chinese 5 Spice and stir in.
2. Add the washed rice and vegetable stock and stir to the boil.
3. Lock lid in place. Select high pressure setting (ii) bring up to pressure and cook for 5 minutes. Then follow the “slow release” guide.
4. Sprinkle over the chopped coriander, season with salt and pepper and fluff rice with a fork.

Lentil, Split Pea and Spinach Puree Soup

Servings: 6 - 8

Total cooking time 40 minutes

Ingredients

- ◆ 50ml Vegetable oil
- ◆ 250g onion, roughly chopped
- ◆ 3 cloves garlic, finely chopped
- ◆ 150g carrot, roughly chopped
- ◆ 150g celery stalks, peeled to remove stringy bits and then roughly chopped.
- ◆ 500g Potatoes, (King Edwards, Maris pipers, whites, Roosters), roughly chopped
- ◆ 1 tsp. smoked paprika (optional as it gives smoky bacon taste)
- ◆ 150g red lentils (rinsed)
- ◆ 150g Split yellow peas (rinsed)
- ◆ 1½ litres Vegetable stock
- ◆ 50g Spinach leaf, shredded
- ◆ Salt and pepper (to taste)

Method

1. Heat the oil in the Pressure Cooker on high heat and sauté the onions, garlic, carrots, celery, potatoes and spices for 5-6 minutes, or until onions begin to soften.
2. Stir in the lentils and split peas to combine.
3. Add the vegetable stock and bring to the boil.
4. Lock the lid into place and select the high pressure setting (ii) bring up to pressure and cook for 25 minutes. Remove from the heat and follow the “quick release” guide.
5. Use a stick blender to puree the ingredients.
6. Stir in the shredded spinach, season to taste with salt and pepper, and serve.
7. Season with salt and pepper to taste and serve. If the soup is too thick you can add more stock or milk.

Toffee Crisp Minis and Peanut Butter Cheesecake

(6 - 8 portions)

Ingredients

Base

- ◆ 250g Chocolate hobnobs, crushed
- ◆ 75g Butter, melted
- ◆ Filling
- ◆ 350g Cream cheese
- ◆ 200g Smooth peanut butter
- ◆ 150g Caster sugar
- ◆ 3 medium eggs
- ◆ 1 medium egg yolk
- ◆ 3 tsp. vanilla extract
- ◆ 150g plain flour

Topping

- ◆ 100g Milk chocolate
- ◆ 30ml Double cream
- ◆ 100g toffee crisp bites, chopped
- ◆ Serve with crème Chantilly

Method

1. Prepare a 7inch springform pan by coating it with a non-stick spray.
2. In a bowl, combine hobnob biscuits and butter. Spread evenly in the bottom of the tin and place pan in the fridge for 10 minutes.
3. In a mixing bowl mix the cream cheese and caster sugar at medium speed until smooth, blend in double cream, smooth peanut butter, vanilla extract and flour. Mix in eggs one at a time until blended; don't over mix. Add the chocolate chips and gently combine. Pour batter into the tin. Cover top with aluminium foil.
4. Make a foil sling - take a 20-inch piece of aluminium foil, folded four times length wise to give it strength. Pour enough water into the Pressure Cooker to just cover the trivet and bring to the boil. Carefully centre the filled tin on the foil sling and lower it into the Pressure Cooker. Fold the foil sling down so that it doesn't interfere with closing the lid.
5. Select high pressure (ii) bring up to pressure and cook for 50 minutes. Remove from heat source and follow the "slow release" guide. After 10 minutes follow the "quick release" guide. When the VPI drops carefully remove lid. Remove cheesecake and check to see if the middle is set. If not, cook the cheesecake an additional 10-15 minutes.
6. Remove the tin to a wire rack to cool. Discard the aluminium foil. When cheesecake is cooled, refrigerate covered with plastic wrap for at least 2 hours or overnight.

To make the topping

1. Place the milk chocolate into a bowl and heat over water until melted. Add the cream and mix well. Cool until it begins to thicken but still thin enough to drip down the sides of the cake.
2. Spoon the melted chocolate over the top of the cake, spreading to edges and letting it drip down the sides. Sprinkle over the Chopped toffee crisps and refrigerate until ready to serve.

Judge 25 Year Domestic Guarantee

- ◆ The body and lid of your Judge Pressure Cooker are guaranteed for 25 years from the date of purchase to be free from defects in materials and workmanship under normal household use, providing the Use, Care and Safety Advice is followed.
- ◆ The gasket and SSD are guaranteed for 12 months.
- ◆ The guarantee is invalidated by failure to replace the gasket and SSD and by the use of parts which are not original Judge replacement parts.
- ◆ Normal wear and tear to the fittings and gaskets are not covered under Guarantee.
- ◆ The Guarantee does not cover damage caused by accident, misuse or commercial use. In addition, scratching, staining and damage from overheating are not covered by the Guarantee.
- ◆ **THE PRODUCT IS INTENDED FOR DOMESTIC USE ONLY.**
- ◆ Please keep your Purchase Receipt and contact us directly if you encounter any problems with your product.

Incidental or consequential damages are excluded from this guarantee

Note: Due to the introduction of improvements from time to time, the right is reserved to supply products which differ slightly from those illustrated and described in this publication.

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