



# COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



# WHAT A POT I GOT

## Appliance for less time innie kitchen

BY FARZANA KUMANDAN

HELLO Everyone!

It's that time of year where we look forward to the big days and all the festivities, and of course new and tantalising recipes to try.

Today we feature an appliance that will make prep on these big days effortless and result in less time in the kitchen and more time catching up and making memories with our loved ones.

The Instant Pot is the world's best-selling multi-cooker that combines seven kitchen appliances in one.

It is perfect for everyone, from the beginner cook, home cooks wanting to cook up a storm or aiding the chefs in the hustle and bustle of their kitchens.

This all-rounder pressures cooks, slow cooks, makes rice, steams, sautés, keeps food warm, makes desserts and it even makes yoghurt.

With Instant Pot you have endless variety and can cook your favourite meals up to 70% faster, lock in all the nutrients and cut down on energy costs.

It is the ideal appliance for today's fast-paced lifestyle.

I have cooked the juiciest, most tender, ribs, lamb shanks, leg of lamb and corned beef in under

an hour, but my favourite is making soup in my Instant Pot. Just add all your pulses, veggies, seasoning and protein, top up with water and you have a hearty bowl of soup in no time.

What sets Instant Pot apart is the advanced microprocessor technology and one-touch controls that ensure perfect results every time – it even remembers the way you cook!

Plus, it is food grade stainless steel, which is strong and durable, while you can choose between the 6L and 8L model.

For more info on Instant Pot, visit their website [www.instant-pot.co.za](http://www.instant-pot.co.za) or @instantpotsa on Instagram and Facebook.

Happy Cooking.  
Love, Your Cooksister.

TASTY: Chocolate lava cake  
Recipe Credit Farzana Kumandan @sprinklesandspicect



## INSTANT POT CHOCOLATE LAVA CAKE

### Ingredients

- 2 large eggs
- 2 large egg yolks
- 1/2 cup (125g) unsalted butter
- 1 Tbsp (9g) all-purpose flour
- 1/4 cup (52g) granulated sugar
- 100g - 113g bittersweet dark chocolate
- 1/2 tsp (2.5ml) vanilla essence
- A pinch salt
- Powdered sugar for topping

### Method

Melt 100g-113g 70% cacao dark chocolate with 1/2 cup (125g) unsalted butter.

\* Pro Tip: use the double boiler method or the microwave (30-secs interval & mix).

In a large mixing bowl, add 2 large eggs, 2 large egg yolks, 1/4 cup (52g) granulated sugar, and a pinch of salt. Mix

ingredients for 1 minute with a hand mixer using medium speed.

Slowly pour in and mix the chocolate-butter mixture with the egg mixture.

\*Pro Tip: the chocolate-butter mixture can be hot, so you don't want to pour them all in at once.

Add 1/2 tsp (2.5ml) vanilla extract. Then sift in 1 Tbsp (9g) all-purpose flour. Mix everything together with a spatula until everything is well mixed.

If you are planning to remove the lava cakes from the ramekins to serve, spray the

ramekins with cooking spray. Carefully pour the lava cake mixture into 4 x 6oz ramekins.

Then tap the ramekins against the counter a few times to remove air bubbles.

Add 1 cup (250ml) cold water into the inner pot. Place the trivet inside, then stack the ramekins on top.

Choose manual Pressure Cook at High Pressure for 7 - 9 minutes + Quick Release\*

\*Pressure Cooking Times: -Thicker Pyrex Glass Ramekins: High Pressure 8 - 9 minutes + Quick Release -Standard Ramekins: High Pressure 7 minutes + Quick Release

Carefully open the lid (avoid dripping the condensation on the lava cakes!)

Quickly place the ramekins on a cooling tray, then serve immediately once the ramekins are cooled to touch.

Sift powdered sugar on the chocolate lava cake, then decorate the cake with a strawberry.

You can also serve with a scoop of ice-cream on your lava cake.

Serve and dive into your luxurious show stopping chocolate lava cake.

## INSTANT POT PULLED BEEF TACOS

### Ingredients

- 700g chuck or blade beef (cut into 5cm stew pieces)
- In a measuring jug add the following:
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 cloves of crushed garlic
- 1 tsp paprika
- 1/2 tsp chilli powder or crushed chillies
- 1/2 tsp black pepper
- 1/2 tsp dried oregano
- 2 Tbsp tomato sauce
- 2 Tbsp olive oil
- 1 tsp salt



to 40-50 minutes, depending on the quality of your meat. Once the cooking time is up, allow your pot to do a full Natural Pressure Release.

Then, remove your meat and slice it up. Select Sauté - 'more' (press Sauté again until it says More) and let your sauce reduce until it's thick like a gravy (no lid on).

Add your sliced meat to the sauce. Serve with tortilla shells, wraps, or tacos.

Accompaniments include corn salsa, sour cream, guacamole, and some tomato salsa from a jar.

### Method

Mix it all together and top it up with water to make 1 cup of liquid.

Put the meat into your IP, pour your sauce over the meat. Seal your pot.

Select pressure cook - high pressure. Set your timer

## INSTANT POT CRÈME CARAMEL

### Ingredients

- For the Caramel
- 3/4 cup (150g) white sugar
- 80ml water
- For the Flan
- 1 cup (250ml) full cream milk
- 1 cup (250ml) cream
- 1/4 cup (50g) sugar
- 2 tsp (10ml) vanilla extract
- 2 rooibos tea bags
- 1 pinch sea salt
- 3 extra large eggs, lightly beaten



### Method

Set to Sauté mode and wait until it says "hot".

Add the sugar and water and stir once to combine.

Allow the sugar to caramelize and then gently swirl until everything is an even dark golden brown. Push Cancel and remove the inner pot.

Quickly pour the caramel equally across six 177 ml ramekins. Then, allow the caramel syrup to cool.

Either wipe down the inner pot or replace it with a second inner pot.

Set to Sauté and heat up 1 cup (250ml) full cream milk and 1 cup (250ml) cream.

Add 1/4 cup (50g) sugar, 2 tsp (10ml) vanilla extract, the rooibos tea bags and a pinch of sea salt to the hot milk, then stir until the sugar fully

dissolves.

Remove from the heat and strain the tea bags after 5 minutes.

Beat 3 extra large eggs lightly in a medium bowl.

Slowly bring the eggs' temperature up by pouring the warm milk mixture into the eggs little by little.

Continue to whisk and pour the remaining milk mixture into the eggs. Pour the mixture in the caramel-filled ramekins through a strainer.

Then, remove all the bubbles on the surface using a spoon or a blowtorch. Cover each ramekin tightly with aluminium foil.

Add 1 cup cold water to inner pot. Insert the steamer rack and put the covered ramekins on the rack. Secure the lid and move the vent to Sealing Position.

Set to Pressure Cook on High for 9 minutes then allow a Natural Release.

Once the valve drops, open the lid carefully to ensure the moisture doesn't land on the ramekins.

Remove ramekins from Instant Pot and aside to cool, then refrigerate overnight. When ready to serve, run a knife around the ramekins and invert onto a plate.

Serve with a sprig of mint and summer berries.

## INSTANT POT CHICKEN TIKKA MASALA

### Ingredients

- 2 Tbsp butter
- 1 small onion (finely cut)
- 3 large cloves garlic (roughly chopped)
- 3 curry leaves
- Marinade 1kg chicken with
- 1 Tbsp garlic and ginger
- 1 Tbsp lemon juice
- 1 1/2 Tbsp garam masala
- 1 tsp tikka spice
- 1 tsp jeera (cumin)
- 1 tsp turmeric
- 1/2 tsp koljana (coriander)



- 1 heaped cup double cream yoghurt
- ADDITIONAL INGREDIENTS
- 1x 240g tomato puree
- 1/4 cup tomato sauce
- 1 cup fresh cream
- Freshly chopped chillies and coriander

### Method

Marinate the chicken for at least an hour.

On sauté function, braise the onion, garlic and curry leaves in butter until golden brown (about 4 minutes).

Add in the marinated chicken and sauté for 4 minutes.

Add in the tomato puree and tomato sauce, stir and cook on High Pressure for 10 minutes.

After 10 minutes, quick release, add the cream and sauté until the sauce thickens (about 4 minutes).

Garnish with freshly chopped coriander and chillies and serve.

## INSTANT POT PRAWN PAELLA

### Ingredients

- 2 Tbsp olive oil, divided
- 1 onion, finely chopped
- 4 cloves garlic, finely chopped
- 15cm (125g) piece of chorizo, chopped
- 400g prawns (cleaned and deveined)
- 1 red pepper, chopped into thin strips
- 1 tsp turmeric
- 1 tsp smoked paprika
- Pinch of saffron threads, 1 bay leaf
- 1 tsp lemon zest
- 2 cups risotto rice
- 1L stock
- Chopped coriander
- Lemon pieces to serve
- Salt and black pepper

For the prawn marinade: 1 Tbsp olive oil

2 cloves garlic, grated

1 Tbsp smoked paprika

zest of 1 lemon (about 1 Tbsp)

handful chopped coriander

1 tsp chilli flakes

### Method

For the prawn marinade - combine all the ingredients together in a large bowl.

Add the prawns and toss to coat. Place in the fridge for 15 minutes while you prep the rest of your paella ingredients.

Set Instant Pot to Sauté mode and

change to More (the hottest setting) by pushing Sauté again.

When the display says HOT, add 1 Tbsp of olive oil and allow it to heat up.

Add prawns and sear for a minute. Set aside. Change the Sauté mode to Normal and add the remaining oil.

Then stir in the onion and garlic and cook gently for 2-3 minutes.

Add chorizo and sauté until the chorizo releases all its flavour.

Add the peppers and spices and stir well.

Add in risotto rice and stir well. Add 1/3 cup stock water, deglaze the inner pot ensuring nothing is sticking to the bottom or sides of the pot. Pour in the hot stock and stir.

Press CANCEL. Secure lid and seal the vent. Set to PRESSURE COOK for 5 minutes.

Once complete, do a Quick Release.

Once the vent has dropped, open the lid and stir the paella.

Return the prawns to the pot and stir gently.

Allow to stand for 5 minutes before serving.

Season to taste and serve with a squeeze of lemon and coriander.

Voice

## STAND A CHANCE TO WIN AN Instant Pot

To enter, tell us your favourite meal that you would make in your new instant pot.

SMS your name + answer to 33258

COMPETITION LINE CLOSING ON FRIDAY MIDNIGHT

Terms and conditions apply:

Collect the 3 puzzle pieces marked Day 1, Day 2 and Day 3 in the Daily Voice newspaper from 8 - 10 December 2021.

DAY 1