

ROMMELSBACHER

Mein **Hans**

THE COOKBOOK



Foreword

A new era is dawning!

Pressure cooking – not such a new invention after all, as the first pressure cookers, which were considered modern for their time, found their way into German kitchens a good 90 years ago. However, the appliance required constant monitoring to keep the pressure under control.

Today, we cook in a relaxed, safe, personalised and quick way. Because ‘MeinHans’ keeps everything under control, helping you to serve up a delicious and healthy meal in no time at all – whether you’re using steam pressure or not, and with its multifunctional features.

All the dishes and recipes you know for a two-stage pressure cooker will work with “MeinHans”, as that was the basis for our development.

Blogger Janina Lechner has created a whole host of delicious, creative recipes for us, both using and without a pressure cooker – from breakfast to dinner, and even cakes to go with coffee. Indeed – a whole new era.

Come and see for yourself!

Sigrid Klenk – Managing Director of ROMMELSBACHER ElektroHausgeräte GmbH



For me, this cookbook is special in many ways. On the one hand, it was incredibly enjoyable to be part of the process, from the initial ideas and recipe development right through to the creation of the photographs.

On the other hand, it was a challenge for “MeinHans” to select and prepare the right recipes. After all, I’d never worked with a machine like that before.

I cook almost every day and absolutely love doing so. That doesn’t mean, however, that I’m not always on the lookout for ways to make certain recipes quicker, easier or less fiddly.

And that’s where ‘MeinHans’ has proved to be an absolutely reliable companion. It makes so many things a breeze and goes a long way towards easing the stress of everyday life.

For me, ‘MeinHans’ has become an indispensable part of my kitchen, and I hope you’ll enjoy using it just as much. Give the recipes a go, adapt them to your own taste, and try something new! I hope you’ll be just as enthusiastic about it as I am!

Janina Lechner – Food blog: Kleines Kulinarium



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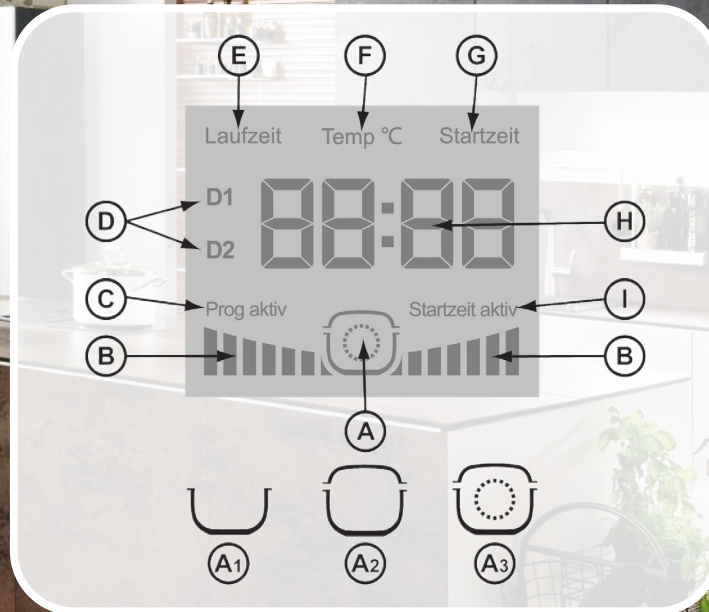
Control panel

Multi pressure cooker
MD 1000



1. Rotary switch for programme selection
2. LEDs for display the programmes
3. Button to starting the keep-warm function
4. Button for setting the time delay pre-selection
5. Button for changing the temperature setting
6. Button for changing the duration
7. Display
8. Button for increasing the temperature/duration
9. Button for manual operation
10. Button for reducing the temperature/duration
11. Button for start/pause/stop

Display



Mein Hans

A	<p>Specification for the operation</p> <ul style="list-style-type: none"> • A1: cooking without lid • A2: cooking with lid – without steam pressure • A3: cooking with lid – with steam pressure
B	<p>Status bar</p> <ul style="list-style-type: none"> • continuously running bars: appliance is heating up • illuminated bars: temperature reached • flashing bars: appliance in "Pause" mode
C	<p>Display "Prog aktiv" (prog. active)</p> <ul style="list-style-type: none"> • illuminated when a programme has been started
D	<p>Display of 'selected steam pressure level'</p> <ul style="list-style-type: none"> • D1 illuminated: programme is working with pressure level 1 • D2 illuminated: programme is working with pressure level 2

E	<p>Display "Laufzeit" (duration)</p> <ul style="list-style-type: none"> • illuminated when the duration is shown on the display • illuminated when the duration gets modified
F	<p>Display "Temperatur" (temperature)</p> <ul style="list-style-type: none"> • illuminated when the temperature is shown on the display • illuminated when the temperature gets modified
G	<p>Display "Startzeit" (time delay)</p> <ul style="list-style-type: none"> • illuminated when the time delay pre-selection is displayed • illuminated when the time delay pre-selection gets modified
H	<p>Display for duration - temperature - note - error</p> <ul style="list-style-type: none"> • shows the current duration/temperature
I	<p>Display "Startzeit aktiv" (activated time delay)</p> <ul style="list-style-type: none"> • illuminated when the time delay pre-selection has been activated

Breakfast and brunch



*Homemade
Yoghurt*
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*Rice pudding with
fruit*
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*Bread pudding with
blueberries*
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Dulce de Leche
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Large pancake
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Baked beans
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*Broccoli and cheese
quiche*
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*Spinach, tomato and
egg muffins*
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Homemade yoghurt

INGREDIENTS for 4 people:

1 litre of milk
50 g natural yoghurt,
preferably organic

PREPARATION:

1. Pour the milk and yoghurt into the inner pot of the pressure cooker, stir, and then close the lid.
2. Start the **Joghurt** programme (lid closed, pressure release valve open) and leave it to run for 9–11 hours at 40 °C.
3. Then pour the yoghurt into jars, seal them and store them in the fridge.



ROMMELSBACHER *Tip*

If you are using fresh milk (pasteurised) rather than UHT milk, you must first heat the milk to over 90 °C, then leave it to cool to 42 °C, and only then stir in the yoghurt. Then prepare **the yoghurt** as described in the programme.

The yoghurt must contain live cultures and must not be pasteurised. Most 500 g – 1000 g tubs are pasteurised, so it's best to opt for smaller pots instead.

If you like thick yoghurt, leave it to set for up to 15 hours at 42 °C.



Rice pudding with fruit

INGREDIENTS for 4 people:

1 litre of milk
220 g rice pudding
50 g sugar
1 tsp vanilla extract
1 pinch of salt

In addition

1 tbsp butter

PREPARATION:

1. Grease the bottom of the saucepan with butter.
2. Place all the ingredients in the saucepan, stir, and select the **Milchreis** programme (lid closed, pressure release valve open). Set the cooking time to 25 minutes.
3. Once the time has elapsed, remove the lid, give the contents a thorough stir, then select the **Milchreis** programme again (lid closed, pressure release valve open) and set it for a further 10 minutes.
4. Then switch off the appliance, open the lid and give the contents a good stir.
5. Put the lid back on and leave the rice pudding to soak for a further 15–20 minutes.
6. Serve with fresh fruit and honey, apple compote or cinnamon sugar.





Bread pudding with blueberries

INGREDIENTS for 4 people:

150 g yeast plait
 2 eggs (medium)
 200 ml cream
 100 ml milk
 50 g sugar
 150 g blueberries
 1 tsp vanilla extract

In addition

1 tbsp butter

PREPARATION:

1. Place the eggs in a bowl together with the milk, cream, vanilla extract and sugar, and whisk thoroughly.
2. Cut the yeast plait into slices, then into cubes of approx. 2 x 2 cm, and add them to the egg and milk mixture. Gently fold them in and leave to soak for a short while.
3. Grease the soufflé ramekins with butter. Divide half of the yeast bread cubes evenly among the ramekins. Then add half of the blueberries on top.
4. Divide the remaining bread cubes between the ramekins, then pour the egg mixture over them and garnish with the remaining blueberries.
5. Place the rack in the inner pot of the pressure cooker, pour in 250 ml of water and arrange the ramekins on the rack.
6. Close the lid and cook for 10 minutes on the **Dampfdruck 2** setting (lid and pressure release valve closed). Once the time is up, allow the pressure to release naturally for 5 minutes, then release the pressure using the pressure release valve.
7. Leave the bread pudding to cool in the pan for a few more minutes, then lift it out and serve either warm or cold.
8. Dust with icing sugar before serving.





Dulce de Leche

INGREDIENTS for 4 people:

- 1 tin of sweetened condensed milk
- 1 tsp vanilla extract
- 1/2 tsp sea salt flakes

PREPARATION:

1. Remove the label from the tin and open it.
2. Seal the tin tightly with a piece of aluminium foil.
3. Place the rack in the inner pot of the pressure cooker, set the tin on top, and pour in enough water so that the tin is submerged a little more than halfway.
4. Close the pot and set it to the **Dampfdruck 2** programme for 35 minutes (with the lid and pressure release valve closed).
5. Once the time is up, allow the steam to escape naturally, then open the pot, remove the tin and leave it to cool for about 15 minutes.
6. Now stir the caramel cream together with the vanilla extract and salt.
7. Pour the spread into jars and seal them.



ROMMELSBACHER *Tip*

If you prefer your dulce de leche a little lighter in colour and softer, reduce the cooking time to 25–30 minutes.

If you don't want to add vanilla extract or salt, you can also pour the sweetened condensed milk straight into small jars (filling them to no more than 1 cm below the rim) and prepare it directly in the jar. To do this, place the lid on top and screw it on very loosely; the jar must not be tightly sealed under any circumstances. Place on the rack in the pressure cooker and follow the same procedure as for the version with salt and vanilla.



Large pancake

INGREDIENTS for 4 people:

220 g plain flour
 360 ml milk
 2 eggs (large)
 50 g sugar
 3 tsp baking powder
 1 pinch of salt
 1 tsp vanilla extract
 1 pinch of ground cinnamon

In addition

1 tbsp butter
 Fruit and honey to serve with

PREPARATION:

1. Put the wheat flour, baking powder, sugar, pinch of salt and cinnamon into a bowl and mix together.
2. Add the milk, eggs and vanilla extract and mix until the batter is smooth.
3. Grease the appliance's cooking pot thoroughly with butter and pour the batter into the pot.
4. Put the lid on, select the **Backen 1** programme (lid closed, pressure release valve open) and leave to bake for 25 minutes.
5. Open the pan, check with a skewer, then turn the pancake out onto a plate.
6. Serve with fruit and honey.



Vegan






Baked beans

INGREDIENTS for 4 people:

350 g dried white beans
1.5 tsp salt

1 onion, finely diced
1 clove of garlic, finely chopped
500 ml strained tomatoes
150 ml apple juice
100 ml vegetable stock
4 tbsp apple cider vinegar
1 tsp mustard
1 tsp sweet paprika
2 bay leaves
1 dash of Worcestershire sauce
Salt
Pepper
2 tsp vegetable oil

PREPARATION:

1. Place the beans in a bowl with 1 litre of water and the salt, and leave them to soak overnight, or for at least 8 hours.
2. Select the **Anbraten** programme (without a lid, without steam pressure). Heat the oil and sauté the onion and garlic until translucent. 
3. Drain the beans and add them to the pan along with the remaining ingredients, stir, put the lid on and close it.
4. Cook for 17 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
5. Then allow the steam to escape naturally for about 10 minutes. Release the remaining pressure using the pressure release valve.
6. If the beans are not yet soft enough, replace the lid and cook for a further 2–3 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
7. Then release the steam immediately using the pressure relief valve.
8. Season to taste with salt and pepper.

ROHMELSBACHER *Tip*

Older beans often take longer to cook. So if you think your beans are a bit old, you can add a few minutes to the cooking time right from the start.



Broccoli and cheese quiche

INGREDIENTS for 4 people:

7 eggs (medium)
125 ml cream
175 g broccoli florets, chopped as
finely as possible
2 spring onions, finely sliced

125 g cheddar, coarsely grated
Salt
Pepper

PREPARATION:

1. Grease a 20 cm springform tin thoroughly.
2. Place two strips of aluminium foil crosswise over one another, place the springform tin in the centre, and then wrap the foil around it so that the tin is tightly sealed.
3. Place the eggs in a bowl with the cream, salt and pepper, and whisk thoroughly.
4. Now stir in the cheddar, broccoli and spring onions.
5. Pour the mixture into the prepared tin.
6. Place the rack in the appliance's cooking pot, pour in 300 ml of water and place the dish on the rack.
7. Close the lid, cook the quiche for 25 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).
8. Allow the steam to escape naturally for 10 minutes, then release the remaining steam using the pressure release valve.
9. Blot up the water that has collected on the quiche with a piece of kitchen paper.
10. Leave the quiche to cool for 5 minutes, then serve.





Spinach, tomato and egg muffins

INGREDIENTS for 4 people:

6 eggs
 50 ml cream
 30 g baby spinach
 200 g cherry tomatoes
 30 g Parmesan, finely grated
 Salt
 Pepper

PREPARATION:

1. Cut the tomatoes in half, wash the spinach and dry it.
2. Place the eggs in a bowl with the cream, salt and pepper, and mix thoroughly.
3. Divide the spinach and tomatoes evenly between 4 greased soufflé ramekins, then pour the egg mixture over the top.
4. Divide the Parmesan between the soufflé ramekins and cover loosely with aluminium foil.
5. Place the rack in the pressure cooker, pour 250 ml of water into the pot and place the soufflé ramekins on the rack.
6. Close the lid. Cook the egg muffins for 5 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).
7. Allow the steam to escape naturally for 5 minutes, then release the remainder using the pressure relief valve.
8. Remove the cases from the tin, take off the foil and serve the muffins.



Soups and stews



*Broccoli and Cheese
Soup*
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Italian chickpea stew
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*Tomato soup with
basil*
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*Carrot and
ginger soup*
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Red lentil soup
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*White runner beans in
tomato sauce with feta*
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Indian chickpea stew
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Potato and leek soup
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Broccoli and cheese soup

INGREDIENTS for 4 people:

30 g butter
 2 onions, finely diced
 2 cloves of garlic, finely chopped
 850 ml vegetable or chicken stock
 300 g broccoli florets
 2 carrots, diced
 400 ml cream
 30 g cornflour
 60 ml cold water
 200 g grated Cheddar
 Salt
 Pepper

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure) and add the butter to the pan. Sauté the onions and garlic in the butter until translucent. Add the diced carrots and sauté for 2–3 minutes.
2. Deglaze with the stock. Add the broccoli and salt, stir, and put the lid on.
3. Cook for 1 minute on **Dampfdruck 2** (with the lid and pressure release valve closed), then release the steam immediately using the pressure release valve.
4. In a small bowl, mix the cornflour with the cold water and add it to the soup. Select the **Manual setting** at 120 °C and leave the soup to simmer until it thickens.
5. Now stir in the cream and add the grated cheese. Wait until the cheese has melted, season with salt and pepper to taste, and serve.





Italian Chickpea stew with pesto

INGREDIENTS for 4 people:

For the pesto

2 pots of fresh basil
40 g pine nuts
70 g Parmesan, freshly grated
2 cloves of garlic, finely chopped
175 ml olive oil
Salt
Pepper





For the stew

400 g dried chickpeas
1 litre of water
1.5 tsp salt
2 tbsp olive oil
1 onion, finely chopped
1 clove of garlic, finely chopped
2 carrots, peeled and finely diced
1 tin of chopped tomatoes (400 g)
2 tbsp tomato purée
1 litre of vegetable stock

In addition

60 g Parmesan, freshly grated

PREPARATION:

1. To make the pesto, toast the pine nuts in a frying pan without any oil. Place the pine nuts in a food processor or blender along with the basil leaves, garlic and a little olive oil, and blend until smooth.
2. Stir in the Parmesan and the remaining olive oil, then season to taste with salt and pepper.
3. Place the chickpeas in a bowl with the salt and water and leave to soak for 8–12 hours.
4. Select the **Anbraten** programme (without a lid, without steam pressure) and heat the olive oil in the pan. Sauté the garlic and onion until translucent. Add the tomato purée and sauté briefly.  
5. Now add the chickpeas, diced carrots, chopped tomatoes and vegetable stock, put the lid on and seal it.
6. Cook the chickpea stew on the **Dampfdruck 2** setting (with the lid and pressure release valve closed) for 8 minutes. Allow the steam to escape naturally for 8 minutes, then release the remaining steam using the pressure release valve.  
7. Season with salt and pepper and serve with pesto and Parmesan.





Tomato soup with basil

INGREDIENTS for 4 people:

2 carrots, finely diced
1 onion, finely diced
2 sticks of celery, finely diced
2 tbsps olive oil

2 tins of whole tomatoes (400 g each)
550 ml vegetable stock
1 tbsp tomato purée
1 slice of ciabatta, approx. 60 g, roughly diced
1 small handful of fresh basil
Salt
Pepper

PREPARATION:

1. Select the **Anbraten** programme (without the lid, without steam pressure), heat the olive oil in the pan, then sauté the diced carrots, onions and celery for approx. 10–15 minutes. 
2. Add the tinned tomatoes and their juice to the pan. Add the stock, the tomato purée, the bread cubes, the basil and a little salt.
3. Close the lid and cook the soup for 5 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
4. Allow the steam to escape naturally for 10 minutes, then release the remainder using the pressure release valve.
5. Blend the soup until smooth using a hand blender, then season with salt and pepper.

RÖMMELSBACHER *Tip*

If you prefer a creamier soup, you can add 100 ml of cream before blending.






Carrot and ginger soup

INGREDIENTS for 4 people:

600 g carrots, peeled and roughly chopped
 1 parsnip (approx. 250 g), peeled and diced
 20 g fresh grated ginger
 1 onion, peeled and diced
 1 litre of vegetable stock
 200 ml cream
 1 tbsp curry powder
 1 tbsp clarified butter
 Salt
 Pepper

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure) and heat the clarified butter. 
2. Sauté the onion until translucent, then add the diced carrots and parsnips, the ginger, the curry powder and the stock. Stir everything together thoroughly.
3. Close the lid and cook for 13 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).  
4. Once the time has elapsed, allow the steam to escape naturally for 3 minutes, then release the remaining steam using the pressure release valve.
5. Add the cream and blend the soup. If necessary, add a little more stock or cream until the desired consistency is achieved.
6. Season to taste with salt and pepper.

ROMMELSBACHER *Tip*

If you'd prefer the soup to be vegan, you can replace the clarified butter with vegetable oil and the cream with coconut milk.






Red lentil soup

INGREDIENTS for 4 people:

1 onion, finely diced
 2 cloves of garlic, finely chopped
 2 carrots, diced
 1 stick of celery
 2 tins of chopped tomatoes, 400 g each
 1.5 litres of vegetable stock
 300 g red lentils, dried
 1 tsp cumin
 ½ tsp dried oregano
 60 g baby spinach, roughly chopped
 1 tbsp apple cider vinegar
 2 tbsp vegetable oil
 4 tbsp cream
 Salt
 Pepper

PREPARATION:

1. Select the **Anbraten** programme (without the lid, without steam pressure), heat the olive oil in the pan and sauté the onion, garlic, celery and diced carrots for about 5 minutes. 
2. Add the chopped tomatoes, the stock, the lentils, the cumin, the oregano and a little salt.
3. Put the lid on and cook for 7 minutes on the **Dampdruck 2** setting (with the lid and pressure release valve closed). 
4. Allow the steam to escape naturally for 10 minutes, then release the remaining steam using the pressure release valve.
5. The lentils should be tender; if not, replace the lid and cook for a further 3–5 minutes on the **Dampdruck 2** setting (with the lid and pressure release valve closed). Then release the steam immediately. 
6. Now pour about half a litre of the soup into a tall container and blend until smooth using a hand blender. Return the mixture to the rest of the soup and stir in the spinach and apple cider vinegar.
7. If the soup is too thick, add a little more vegetable stock until the desired consistency is achieved.
8. Season to taste with salt and pepper and serve with a little cream.

White runner beans in tomato sauce with feta




INGREDIENTS for 4 people:

450 g dried giant white beans
1.5 litres of water
1.5 tsp salt
60 ml olive oil
1 clove of garlic, finely chopped
1 onion, finely diced
1 stick of celery, finely diced
2 tins of chopped tomatoes (400 g each)
2 tsp dried oregano
250 ml vegetable stock
Salt
Pepper

In addition

150 g feta
1 bunch of flat-leaf parsley, chopped

PREPARATION:

1. Place the beans in the pot with the water and salt, close the lid, and select the **Hülsenfrüchte** programme (lid and pressure release valve closed). Soaking time: 8–12 hours, followed by a cooking time of 13 minutes. 
2. Once the cooking time has elapsed, switch off the appliance and allow the pressure to release naturally for about 15 minutes, then release the remaining pressure using the pressure release valve.
3. Drain the beans.
4. Dry the pot, put it back in place and select the **Anbraten** programme (without the lid, without steam pressure). 
5. Heat the olive oil, add the garlic, onion and celery, and sauté for about 5 minutes until the onions are translucent.
6. Now add the beans, vegetable stock, chopped tomatoes and oregano, and stir well. Put the lid on and close it.
7. Cook for 5 minutes on the **Dampdruck 2** setting (with the lid and pressure release valve closed), then allow the steam to escape naturally for approx. 15 minutes. Release the remaining pressure using the pressure release valve. 
8. Season to taste with salt and pepper.
9. Garnish the beans with feta and parsley, then serve.



Vegan






Indian Chickpea stew

INGREDIENTS for 4 people:

400 g chickpeas
1 litre of water
1 tsp salt

1 onion, thinly sliced
2 cloves of garlic, finely chopped
20 g fresh grated ginger
1 tbsp tomato purée
1 tin of chopped tomatoes (400 g)
1 tsp garam masala spice mix
1/2 tsp cumin
1/2 tsp ground turmeric
1/2 tsp dried chilli flakes
3 tbsp vegetable oil
100 ml vegetable stock

PREPARATION:



1. Place the chickpeas in the inner pot of the pressure cooker along with the water and salt, and cook for 40 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). Then allow the pressure to release naturally. 
2. If the chickpeas are not yet soft enough, replace the lid, cook for a further 5 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed), then release the steam immediately. 
3. Drain the chickpeas, rinse the pan, dry it and put it back on the hob.
4. Select the **Anbraten** programme (without a lid, without steam pressure) and heat the oil in the pan. Sauté the onion and garlic in the oil for a few minutes until translucent. 
5. Add the ginger and tomato purée and fry for a minute.
6. Then stir in the chopped tomatoes and let the sauce simmer for about 3–5 minutes.
7. Stir in the cumin, turmeric and garam masala, then season with salt and pepper.
8. Stir in the chickpeas. If the sauce seems too thick, stir in a little vegetable stock and season again with salt and pepper.
9. Let the stew simmer for another 5 minutes, then serve with rice or enjoy on its own.

Potato and leek soup

INGREDIENTS for 4 people:

500 g potatoes, peeled and roughly diced
450 g leeks, washed and sliced into rings
2 cloves of garlic, finely chopped
200 ml white wine
800 ml vegetable stock
200 ml cream
1 tbsp clarified butter
Salt
Pepper

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure) and heat the clarified butter. 
2. Sauté the leek and garlic for a few minutes, then add the potatoes and deglaze with the wine.
3. Allow the wine to reduce almost completely. Pour in the stock and add a little salt.
4. Close the lid and cook for 15 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
5. Once the time has elapsed, allow the steam to escape naturally for 5 minutes, then release the remaining steam using the pressure release valve.
6. Purée the soup and stir in the cream.
7. Season with salt and pepper and serve.

ROMMELSBACHER *Tip*

If you'd prefer the soup to be vegan, you can replace the clarified butter with vegetable oil and the cream with coconut milk.



Main courses



Salmon with lime and chilli sauce

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One-pot pasta with chicken and pesto

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Honey and Sesame Chicken

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Chilli con carne

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Sweet and sour chicken

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Macaroni and Cheese

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Bolognese sauce

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Garlic chicken with sundried tomatoes

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Dark beer goulash

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Classic roulades

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Roast pork

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Pulled pork

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Chicken Tikka Masala

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Butter Chicken

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Risotto

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*Sous-vide roast beef
with remoulade and roast
potatoes*

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Stuffed peppers

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*Lentils and spätzle
with sausages*

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Salmon with lime and chilli sauce



INGREDIENTS for 4 people:

2 salmon fillets
Sea salt
Pepper

For the sauce

2 limes, juiced
2 cloves of garlic, chopped
2 tbsp honey
2 tbsp olive oil
2 tbsp hot water
1 tsp sweet paprika
1 tsp cumin
1 chilli, deseeded and finely chopped
Salt
Pepper

PREPARATION:

1. 300 ml of water into the pressure cooker and insert the steaming rack. Place the salmon, seasoned with salt and pepper (skin-side down), into the steaming basket and set it on the rack.
2. Place the lid on, seal it, and select the **Dämpfen** programme (with the lid and pressure release valve closed). Steam for 3 minutes, then release the steam immediately using the pressure release valve. 
3. In the meantime, place the ingredients for the sauce in a bowl and mix them together thoroughly.
4. Remove the salmon and cover it with aluminium foil. Drain the water and wipe the pan dry. Select the **Manual setting** and heat the prepared sauce for 2–3 minutes. 
5. Place the salmon on a plate, drizzle with the sauce and serve on its own or with rice.

If the salmon is frozen, increase the cooking time by 2 minutes.

The sauce also makes a wonderful marinade for meat. Simply leave your chosen meat (e.g. lamb) to marinate for a few hours, then cook as desired.





One-pot pasta with chicken and pesto

INGREDIENTS for 4 people:

30 g butter
 2 cloves of garlic, finely chopped
 500 g chicken breast, diced
 475 ml vegetable stock
 475 ml water
 400 g fusilli
 1 tsp salt

115 g cream cheese
 60 ml milk
 2 tbsp basil pesto
 250 g cherry tomatoes, halved or quartered
 1 handful of fresh basil, chopped
 Salt
 Pepper
 Parmesan, freshly grated

PREPARATION:

1. Select the **Anbraten** programme (without the lid, without steam pressure), heat the butter and sauté the garlic in the pan. 
2. Add the chicken, fry for about three minutes, then add the water, stock, pasta and salt. Stir everything together, then put the lid on and seal it.
3. Cook for 4 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). Allow the steam to escape naturally for 3 minutes, then release the pressure using the pressure release valve. 
4. Stir in the cream cheese, milk and pesto (recipe on page 19).
5. Fold in the tomatoes and basil, season with salt and pepper, and serve with freshly grated Parmesan.



Honey and Sesame Chicken




INGREDIENTS for 4 people:

800 g chicken breast fillet, cut into 3 x 3 cm cubes
 2 tbsp vegetable oil
 1 large onion, finely diced
 2 cloves of garlic, finely chopped
 70 ml soy sauce
 60 g ketchup
 2 tsp sesame oil
 170 g honey
 15 g cornflour
 50 ml cold water

In addition

2 spring onions, finely sliced
 Toasted sesame seeds

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure) and heat half the vegetable oil in the pot. Once the oil is hot, add half the meat to the pot and sear, turning frequently, until it has browned slightly. 
2. Remove the meat from the pan, heat the remaining vegetable oil and repeat the process with the rest of the meat.
3. Remove the meat and sauté the onions and garlic.
4. Deglaze with soy sauce, then add the meat, ketchup, salt and pepper to the pan.
5. Now cook for 2 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
6. Release the steam immediately using the pressure release valve and open the lid.
7. Add the sesame oil and honey and stir in.
8. Mix the cornflour with the water in a small bowl and add to the honey and sesame chicken.
9. Select the **manual function** and set the temperature to 110 °C (without the lid, without steam pressure), then bring the sauce back to the boil until it thickens, stirring constantly. 
10. Season to taste with salt and pepper and serve with rice, spring onions and sesame seeds.

Chilli con carne





INGREDIENTS for 4 people:

280 g dried kidney beans
750 g minced beef
2 onions, finely diced
3 cloves of garlic, finely chopped
3 tins of chopped tomatoes, 400 g each
1 tin of sweetcorn, 225 g
2 tbsp sweet paprika
2 tsp cumin
175 ml beer
3–5 tbsp vegetable oil
Salt
Pepper

In addition

Sour cream
Tabasco or chilli paste

PREPARATION:

1. Soak the beans in approx. 1 litre of water for 6–12 hours using the **Hülsenfrüchte** programme (with the lid and pressure release valve closed). Then cook for 7 minutes. Allow the steam to escape naturally. Drain and set aside. 
2. Select the **Anbraten** programme (without a lid, without steam pressure) and heat some of the oil in the pan. Brown half of the minced meat in it, remove it, and repeat the process with the remaining meat. 
3. Heat a little more oil in the pan, sauté the onions and garlic until translucent, then deglaze with beer.
4. Add the paprika and cumin, stir in the chopped tomatoes, add the meat and beans to the pan, and season generously with salt.
5. Cook for 15 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
6. Allow the steam to escape naturally for 10 minutes, then release the remainder using the pressure release valve.
7. Open the pot, select the **manual function** and set the temperature to 90 °C (without the lid, without steam pressure), stir in the sweetcorn and heat for a few minutes. 
8. Season to taste with salt, pepper and Tabasco, and serve with a dollop of sour cream.





Sweet and sour chicken




INGREDIENTS for 4 people:

800 g chicken breast fillet, cut into 3 x 3 cm pieces
 2 tbsp vegetable oil
 2 cloves of garlic, finely chopped
 10 g ginger, finely grated
 65 g ketchup
 60 ml apple cider vinegar
 1 tbsp soy sauce
 75 g sugar
 1 tin of pineapple (280 g), cut into pieces; reserve the juice
 125 ml tinned pineapple juice
 2 peppers, one red and one yellow, roughly chopped
 Salt
 Pepper

In addition

15 g cornflour
 60 ml tinned pineapple juice
 2 spring onions, finely sliced
 Toasted sesame seeds

PREPARATION:

1. Select the **'Searing'** programme (without a lid, without steam pressure) and heat half the vegetable oil in the pan. 
2. Once the fat is hot, add half the meat to the pan and fry, turning frequently, until it has browned slightly.
3. Remove the meat from the pan, heat the remaining vegetable oil and repeat the process with the second half of the meat.
4. Remove the meat and briefly sauté the garlic.
5. Meanwhile, place the ginger in a bowl along with the ketchup, apple cider vinegar, soy sauce, sugar and 125 ml of pineapple juice, and stir to combine.
6. Add the mixture to the garlic in the pan, then add the meat, pineapple and peppers, stir, put the lid on and seal it.
7. Cook for 1 minute on the **Steam Pressure 2** setting (with the lid and pressure release valve closed). Then release the steam using the pressure release valve. 
8. Mix the cornflour with the pineapple juice, add it to the pan and stir well.
9. Select the **manual function** and set the temperature to 110 °C (without the lid, without steam pressure), then bring the sauce back to the boil until it thickens, stirring constantly. 
10. Season to taste with salt and pepper and serve over rice with spring onions and sesame seeds.

Macaroni and Cheese – Mac 'n Cheese

INGREDIENTS for 4 people:

50 g butter, at room temperature
500 ml milk
60 ml cream
170 g cream cheese, double cream
1 clove of garlic, finely chopped
225 g grated Cheddar
225 g elbow pasta
1 pinch of freshly grated nutmeg
Salt
Pepper

PREPARATION:

1. Grease the inner pot of the pressure cooker with a little butter.
2. In a blender, blend the milk with the cream, cream cheese, the remaining butter, garlic, salt, pepper and nutmeg.
3. Add the elbow pasta to the pan along with the milk and cream mixture, and stir thoroughly.
4. Cook for 6 minutes on the **Dampdruck** setting (with the lid and pressure release valve closed). Release the steam immediately using the pressure release valve.
5. Stir thoroughly. If the pasta looks a bit dry, stir in a little more milk.
6. Add the grated Cheddar, stir it in and wait a moment until it has melted.
7. Season again with salt and pepper and serve immediately.



ROMMELSBACHER *Tip*

If the pasta is still a little too firm, stir in the cheese and replace the lid, but set the appliance to the **Warmhalten** setting (without the lid and without steam pressure).



Leave the dish to stand for another 5–10 minutes before serving.

This recipe is designed for pasta with a cooking time of around 11 minutes. Depending on the type of pasta, you may need to adjust the time slightly.

Veggie







Bolognese sauce

INGREDIENTS for 4 people:

3 sticks of celery, finely diced
 3 carrots, finely diced
 2 onions, finely diced
 30 g butter
 2 tbsp olive oil

750 g minced meat
 2 cloves of garlic, finely chopped
 500 g tomato purée
 280 ml milk
 150 ml white wine
 1 tbsp dried oregano
 1 tsp dried rosemary
 1 tbsp olive oil
 Salt
 Pepper

PREPARATION:

1. Select the **'Searing'** programme (without a lid, without steam pressure) and add the butter and olive oil to the pan. 
2. Add the diced celery, carrots and onions and cook for about 25 minutes, stirring frequently.
3. Meanwhile, heat a little olive oil in a pan and fry the minced meat over a high heat. Add the garlic and fry briefly as well.
4. Add the meat to the pot with the vegetables, stir, and deglaze with the wine.
5. Bring to the boil briefly, then add the milk and the strained tomatoes.
6. Season with a little salt, the oregano and the rosemary, then put the lid on.
7. Select the **Slow Cook** programme (lid closed, pressure release valve open) and leave to simmer for 5–7 hours at 95 °C. 
8. Season to taste with salt and pepper and serve with pasta and Parmesan.

ROMMELSBACHER *Tip*

The longer the sauce simmers, the better it tastes.




Make double the amount and freeze some of it – that way, you'll always have a delicious meal in the freezer.

Garlic chicken with sun-dried tomatoes

INGREDIENTS for 4 people:

700 g chicken breast fillet, cut into 3 x 3 cm cubes
2 tbsp olive oil
4 cloves of garlic, finely chopped
350 ml vegetable stock
2 tsp oregano
30 ml cold water
15 g cornflour
100 g Parmesan, freshly grated
150 ml cream
60 g baby spinach
60 g sun-dried tomatoes in oil, drained and cut into strips
1 handful of fresh basil, chopped
Salt
Pepper
500 g pasta

PREPARATION:

1. Select the **'Searing'** programme (without a lid, without steam pressure) and heat half the olive oil in the pan. 
2. Once the oil is hot, add half the meat to the pan and fry, turning frequently, until it has browned slightly.
3. Remove the meat from the pan, heat the remaining olive oil and repeat the process with the rest of the meat.
4. Remove the meat and sauté the garlic. Now add the stock, return the meat to the pan and season with a pinch of salt.
5. Close the lid and cook for 3 minutes on the **Dampdruck 2** setting (with the lid and pressure release valve closed). 
6. Meanwhile, cook the pasta al dente according to the instructions on the packet.
7. Once the time has elapsed, release the steam immediately using the pressure release valve and open the lid.
8. Activate the **manual function** at 90 °C (without the lid, without steam pressure). 
9. In a small bowl, mix the cornflour with the cold water and add the mixture to the sauce. Bring to the boil and wait until the sauce thickens.
10. Switch off the appliance and stir in the Parmesan and cream.
11. Then add the spinach, sun-dried tomatoes and fresh basil.
12. Season to taste with salt and pepper and serve with the pasta.











Dark beer goulash

INGREDIENTS for 4 people:

750 g beef stewing meat, cut into 4 x 4 cm cubes
 750 g onions, peeled and roughly chopped
 2 cloves of garlic, finely chopped
 3 tbsp tomato purée
 1 tbsp sweet paprika
 1.5 tsp hot paprika
 1 tbsp mustard
 350 ml beef stock
 350 ml dark beer
 1 bay leaf
 3–4 carrots
 Salt
 Pepper
 clarified butter

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure) and heat a little clarified butter in the pot. Sear half of the meat on all sides, then remove it. Repeat the process with the remaining half of the meat.  
2. Next, add the onions to the pan and cook, stirring, until translucent. Add the garlic, mustard and tomato purée and stir to combine. Then deglaze with beef stock and dark beer.
3. Stir in the paprika, add a little salt and the bay leaf, then return the meat to the pan.
4. Put the lid on and cook the dark beer goulash for 25 minutes using the **Schmoren** programme (with the lid and pressure release valve closed).  
5. In the meantime, peel the carrots and cut them into rough chunks.
6. Once the time has elapsed, allow the steam to escape naturally for 8 minutes, then release the remainder using the pressure release valve.
7. Open the lid, give it a stir, and transfer the meat from the sauce to a bowl. If you like, remove the bay leaf and blend the sauce with a hand blender. This will make it creamier.
8. Add the carrots to the sauce, replace the lid and cook for a further 3 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).  
9. Release the pressure immediately using the pressure release valve. Add the meat to the sauce, heat through, and finally season the goulash with salt and pepper to taste.

ROMMELSBACHER *Tip*

If you don't want to purée the sauce but would still like a creamier consistency, mix 15 g of cornflour with 30 ml of cold water and add it to the goulash. Select the **Manual setting**, bring to the boil, simmer for 5 minutes and serve.

The goulash tastes even better when reheated and is also ideal for freezing to keep in stock.

Classic roulades




INGREDIENTS for 4 people:

6 beef roulades
6 strips of bacon
8 gherkins, finely diced
6 tsp medium-hot mustard
2 onions, finely diced
Salt
Pepper

In addition

300 ml red wine
500 ml beef stock
2 carrots, peeled and roughly chopped
2 parsley roots, peeled and roughly chopped
1/2 celeriac, peeled and roughly diced
2 bay leaves
30 g crème fraîche
20 g cornflour
30 ml cold water
Salt
Pepper
2 tbsp clarified butter

PREPARATION:

1. Season the roulades with salt and pepper, then spread 1 teaspoon of mustard on each one. Place a slice of bacon on top and scatter the diced onion and gherkin over them.
2. Fold the edges inwards, roll up the roulades and secure them with kitchen string or toothpicks.
3. Select the **Anbraten** programme (without a lid, without steam pressure), heat half the clarified butter and sear the three roulades on all sides. Remove them from the pan, then repeat the process with the remaining clarified butter and the three remaining roulades. 
4. Pour the red wine into the pan and bring to the boil briefly. Pour in the beef stock, add the root vegetables and bay leaf to the pan, and place the roulades on top.
5. Close the lid and cook on the **Schmoren** setting for 25 minutes (with the lid and pressure release valve closed). Allow the steam to escape naturally for 8–10 minutes, then release the pressure using the pressure release valve. 
6. Remove the roulades from the pan, strain the sauce through a sieve and return it to the pan.
7. Stir in the crème fraîche. In a small bowl, mix the cornflour with the water and add to the sauce.
8. Switch to the **manual setting** (without the lid, without steam pressure) and simmer at 100 °C for 5–8 minutes, returning the roulades to the sauce. 
9. Season with salt and pepper and serve.







Roast pork

INGREDIENTS for 4 people:

1.5 kg roast pork, e.g. from the shoulder
 3 tbsp medium-hot mustard
 3 onions, peeled and halved
 2 cloves of garlic, finely chopped
 3 carrots, peeled and roughly chopped
 1/2 celeriac, peeled and roughly diced
 2 tbsp tomato purée
 1 slice of bread, dry and roughly diced
 250 ml wheat beer
 500 ml beef stock
 2 tsp marjoram
 2 tbsp clarified butter
 Salt
 Pepper

PREPARATION:

1. Rub the roast pork thoroughly with mustard and season all over with pepper.
2. Select the **Anbraten** programme (without the lid, without steam pressure) and heat the clarified butter. Sear the meat on all sides, then remove it. 
3. Add the onions, garlic, diced carrots and celery to the pan along with the tomato purée and sauté for a few minutes.
4. Deglaze with beer, bring to the boil briefly, then add the stock.
5. Add the bread, marjoram and a pinch of salt, place the meat on top and cover the pan.
6. Cook for 45 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). Then allow the steam to escape naturally for 10 minutes. Release the remaining pressure using the pressure release valve. 
7. Remove the meat from the pan, pass the sauce through a fine sieve and use the back of a spoon to press the vegetables through the sieve. This will make the sauce thicker.
8. Return the sauce to the pan, bring to the boil briefly, and season to taste with salt and pepper.
9. Slice the roast, add it to the sauce and heat through briefly. Serve immediately.




Pulled pork

INGREDIENTS for 4 people:

1 tbsp brown sugar
1 tsp hot paprika
1 tsp ground mustard seeds
1/2 tsp cumin
Salt
Pepper

1.5 kg pork, preferably neck
3 tbsp clarified butter
100 ml apple cider vinegar
3 tbsp tomato purée
200 ml water
2 tbsp brown sugar
150 ml apple juice

PREPARATION:

1. Place the sugar, paprika, ground mustard, cumin, salt and pepper in a small bowl and mix thoroughly.
2. Cut the meat into 3 equal-sized pieces and rub the spice mixture thoroughly into each piece.
3. Select the **Anbraten** programme (without a lid, without steam pressure), add a tablespoon of clarified butter to the pan and heat it up. Sear the first piece of meat on all sides, remove it, and repeat the process with the other two pieces. 
4. Pour the water into the pan, add the tomato purée, vinegar, sugar and apple juice, and stir thoroughly. Then place the meat in the stock.
5. Close the lid and cook the meat for 1 hour on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). Then allow the steam to escape naturally for 15 minutes, before releasing the remaining pressure using the pressure release valve. 
6. Remove the meat and wrap it in aluminium foil. While the meat is resting, select the **Manual setting** at 105 °C and allow the stock to reduce by half. 
7. Season the stock with salt and pepper.
8. Now shred the pork using two forks, add the cooking liquid and mix well.
9. Serve with burger buns and BBQ sauce.





Chicken Tikka Masala

INGREDIENTS for 4 people:

For the marinade

125 g yoghurt, 10% fat
 2 cloves of garlic, finely chopped
 ½ teaspoon of turmeric
 1/2 tsp hot paprika
 1 tsp salt
 1 tsp garam masala
 750 g chicken breast, roughly diced

For the sauce

1 onion, roughly chopped
 1 tin of chopped tomatoes (400 g)
 1 carrot, roughly chopped
 2 cloves of garlic, finely chopped
 2 tsp finely grated ginger
 1 tsp hot paprika
 2 tsp garam masala
 1 tsp cumin
 100 ml cream
 1 tbsp clarified butter
 Salt
 Pepper

PREPARATION:

1. For the marinade, place all the ingredients in a large bowl, mix thoroughly, then add the meat. Mix everything together thoroughly once more, cover the bowl and, if possible, leave the meat to marinate for a while.
2. Place the onion, chopped tomatoes, diced carrots, garlic, ginger, paprika and cumin into the inner pot of the pressure cooker and stir thoroughly. Then add the chicken and yoghurt on top. **Do not stir any further.**
3. Put the lid on and seal it. Cook the chicken tikka masala for 8 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).
4. Then release the steam immediately using the pressure relief valve.
5. Remove the chicken, blend the sauce with a hand blender, stir in the cream and garam masala, and season to taste with salt and pepper.
6. Return the meat to the sauce. Serve with rice.









Butter Chicken

INGREDIENTS for 4 people:

1 tin of chopped tomatoes (400 g)
3 cloves of garlic, finely chopped
2 tsp finely grated ginger
1 tsp hot paprika
2 tsp garam masala
1 tsp cumin
750 g chicken breast, roughly diced
115 g butter
125 ml cream
Salt
Pepper

PREPARATION:

1. Place the tomatoes in the pressure cooker pot along with the garlic, ginger, paprika, cumin and a teaspoon of garam masala, and mix thoroughly.
2. Place the chicken on top of the sauce, put the lid on, seal it, and cook for 8 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).  
3. Allow the steam to escape naturally for 8 minutes, then release the remainder using the pressure release valve.
4. Carefully remove the meat and blend the sauce with a hand blender. Leave the sauce to cool for 10 minutes.
5. Add the cubed butter to the sauce, then stir in the cream and a teaspoon of garam masala.
6. Return the chicken to the sauce, select the **manual setting** and heat for a few minutes at 90 °C (without the lid, without steam pressure).  
7. Season with salt and pepper and serve with rice.






Veggie

Risotto

INGREDIENTS for 4 people:

1 tbsp olive oil
 1 shallot, finely diced
 375 g risotto rice
 120 ml white wine
 1 litre of vegetable stock
 90 g Parmesan, finely grated
 1 tbsp butter
 Salt
 Pepper

PREPARATION:

1. Pour the vegetable stock into a small saucepan and bring to the boil briefly.
2. Select the **Anbraten** programme (without a lid, without steam pressure), heat the olive oil and sauté the diced shallots until translucent. 
3. Add the rice to the pan, stir thoroughly and fry for 2–3 minutes.
4. Deglaze with white wine and simmer until the wine has almost completely evaporated, stirring frequently.
5. Pour the warm vegetable stock over the rice, put the lid on, seal it, and cook for 3 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). Then release the steam immediately using the pressure release valve.  
6. Carefully lift out the inner pot and place it on a heatproof surface so that the risotto does not continue to cook.
7. Now stir in the butter and cheese, season with salt and pepper, and serve immediately.

ROHMELSBACHER *Tip*

The longer the risotto stands, the more it loses its creamy texture. Serve immediately. The risotto can be served, for example, with grilled asparagus, oven-roasted tomatoes or prawns cooked in garlic butter.



Sous-vide roast beef

served with remoulade and fried potatoes

INGREDIENTS for 4 people:

2 rump steaks, 250 g each
Salt
Pepper
Olive oil





For the remoulade

300 ml sunflower oil
2 egg yolks, very fresh
1 tbsp apple cider vinegar
1 tbsp mustard
1 tbsp lemon juice
1 tsp salt
4 gherkins, finely diced
1/2 onion, finely chopped
1 tbsp capers, finely chopped
1 tbsp finely chopped parsley
2 tbsp chives, finely chopped
100 g yoghurt or crème fraîche

For the fried potatoes

Waxy potatoes
clarified butter
Salt

PREPARATION:


1. For the fried potatoes, it is best to cook the potatoes the day before. To do this, place the potatoes in the pressure cooker, add 200 ml of water and cook for 5–7 minutes (depending on size) on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).  
2. Then allow the steam to escape naturally for 3 minutes, and release the remaining pressure using the pressure release valve. If the potatoes are not yet cooked, replace the lid and cook for a further 2–3 minutes.
3. Leave the potatoes to cool slightly, then peel them. Cover the potatoes and leave them to rest for a few hours (ideally overnight).
4. Season the meat with salt and pepper and place it in a vacuum-sealing bag with a little olive oil. Seal the bag using the vacuum sealer.
5. Add enough water to the pressure cooker to cover the meat completely. Select the **Sous Vide** programme (lid closed, pressure release valve open) and cook for 2 hours until the core temperature reaches the desired level (50–54 °C for medium rare, 54–56 °C for medium).  
6. In the meantime, make the remoulade.
7. To do this, place the egg yolks in a tall, narrow mixing bowl along with the vinegar, mustard and lemon juice, and whisk until creamy using a hand blender on a medium setting for 3–5 minutes.
8. Now gradually add the oil. Season with salt to taste. Add the diced cucumber and onion, stir in the capers, and fold in the yoghurt along with the herbs. Season with salt and pepper to taste.
9. Slice the potatoes thinly and fry them in plenty of clarified butter in a frying pan over a medium-high heat.
10. Remove the meat from the bain-marie, take it out of the bags and pat it dry. Sear it in a little clarified butter in a frying pan for 1 minute on each side.
11. Serve the steak with the remoulade and the fried potatoes.

Stuffed peppers

INGREDIENTS for 4 people:

4 peppers, small to medium-sized
500 g minced beef
1 onion
1 egg
1 clove of garlic
1 tsp sweet paprika
100 g rice, cooked and cooled
2 tins of chopped tomatoes (400 g each)
1 tbsp chopped parsley
Salt
Pepper


PREPARATION:

1. Wash the peppers, cut off the tops and remove the white membranes.
2. Knead the minced meat together with the onion, garlic, egg, paprika, parsley and rice. Season with salt and pepper.
3. Fill the pods with the mixture and replace the lid.
4. Add the chopped tomatoes to the inner pot of the pressure cooker along with a little salt and pepper, and stir.
5. Place the peppers inside, put the lid on and select the **Slow Cook** programme (lid closed, pressure release valve open). Cook at 95 °C for approx. 2.5 hours. 
6. Season the sauce with salt and pepper and serve the stuffed peppers with rice.

ROMMELSBACHER *Tip*

If you're short on time, you can also cook the stuffed peppers using the **Dämpfen** setting:

Season the chopped tomatoes with salt and pepper, add them to the pan, insert the rack and place the steaming basket on top.

Place the peppers inside, close the lid and cook for 12 minutes on the **Dämpfen** setting (with the lid and pressure release valve closed). 

Then leave the steam to escape naturally for 15 minutes.








Lentils and spaetzle with sausages

INGREDIENTS for 4 people:

2 carrots, finely diced
 1/2 leek, finely diced
 150 g celeriac, finely diced
 1 onion, finely diced
 2 cloves of garlic, finely chopped
 30 g brown sugar
 2 tbsp tomato purée
 150 ml dry red wine
 500 ml vegetable stock
 200 g lentils
 1 bay leaf
 1 tsp dried marjoram
 1/2 tsp dried savory
 1 tbsp sweet paprika
 4 tbsp apple cider vinegar
 1 tbsp clarified butter
 Salt
 Pepper

4–8 Vienna sausages

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure), heat the clarified butter and sauté the diced onions and garlic until translucent. 
2. Add the sugar and tomato purée and stir in. Add the diced vegetables.
3. Deglaze with red wine, bring to the boil, then pour in the vegetable stock and apple cider vinegar.
4. Add the lentils and the bay leaf to the pot, put the lid on and seal it, then cook for 10 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
5. Allow the pressure to escape naturally for 5 minutes, then release it using the pressure relief valve.
6. Mix everything together well, then add the savory, marjoram and paprika and stir in.
7. Select the **manual setting** at 90 °C and add the Vienna sausages to the sour lentils. Heat until the sausages are thoroughly cooked. 
8. Season to taste with salt and pepper and serve with spaetzle.

Desserts and Baking



Eggnog cake

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*Yeast and cinnamon
roll*

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Mole cake

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*Lemon and Poppy
Seed Cake*

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Crème brûlée

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*Chocolate Pots
de Crème*

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*New York
Cheesecake*

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Steamed dumplings

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Egg nog cake

INGREDIENTS for 4 people:

For the dough

185 g butter, melted and cooled
 90 ml egg liqueur
 3 eggs
 120 g sugar
 1 pinch of salt
 1 tsp vanilla extract
 185 g plain flour
 40 g ground almonds
 3 tsp baking powder

In addition

1 cup of cream
 1 tsp vanilla extract
 75 g chocolate chips
 3 tbsp egg liqueur

PREPARATION:

1. Thoroughly grease the inner pan of the appliance with butter and set it aside.
2. Place the eggs in a bowl together with the sugar, a pinch of salt and the vanilla extract, and beat with a food processor or hand mixer for 3–5 minutes until frothy.
3. Mix the melted butter with the egg liqueur. Add this mixture to the egg mixture and stir in gently.
4. Mix the flour with the almonds and baking powder, then fold into the egg and butter mixture.
5. Now place the dough into the prepared inner pot and smooth it out.
6. Place the pot in the appliance, close the lid and bake the cake for 30–35 minutes on the **Backen 1** setting (140 °C) (lid closed, pressure release valve open).
7. Once the time is up, remove the lid and lift out the inner pan. Leave the cake to cool for a few minutes, then turn it out onto a wire rack and leave it to cool completely.
8. Pour the cream and vanilla extract into a tall bowl and whip until stiff. Fold in the chocolate chips.
9. Spread the cream over the cake and then drizzle the egg liqueur over it.





Yeast cinnamon roll

INGREDIENTS for 4 people:



415 g plain flour
160 ml milk
18 g fresh yeast
50 g sugar
60 g butter, at room temperature
1 egg (medium)
1 pinch of salt
1/2 lemon, the zest

In addition

115 g butter, at room temperature
115 g sugar
1–2 tsp cinnamon, to taste

150 g icing sugar
3–4 tbsp water
½ tsp vanilla extract

PREPARATION:

1. Warm the milk until it is lukewarm and dissolve the yeast in it.
2. Place the flour, sugar, butter, egg yolk, lemon zest and a pinch of salt in a bowl. Add the yeast mixture and then knead thoroughly for 10 minutes, either by hand or using a food processor.
3. Leave the dough to rise at room temperature for about 1–1.5 hours. It should have doubled in size.
4. Grease the inner pan with butter and set aside.
5. Roll out the dough on a lightly floured work surface into a rectangle measuring 30 x 20 cm.
6. Spread the softened butter evenly over the top using a spatula, then sprinkle the cinnamon-sugar mixture over the butter.
7. Using a pizza cutter, cut the dough lengthways into 4 equal strips. Loosely roll up the first strip, then arrange the remaining strips around it in a spiral.
8. Place the cinnamon roll in the prepared pot, insert the pot into the appliance and close the lid. Bake the roll for 25–30 minutes on the **Backen 1** setting (140 °C) (lid closed, pressure release valve open). Remove the pot and allow it to cool slightly, then carefully turn the roll out onto a wire rack.  
9. For the glaze, mix the icing sugar with the water and vanilla extract, then pour it over the cinnamon roll.

Mole cake



INGREDIENTS for 4 people:

240 g plain flour
55 g cocoa powder (baking cocoa)
240 g sugar
1.5 tsp baking powder
1 tsp bicarbonate of soda
2 eggs (medium)
185 ml buttermilk
65 g butter, melted and cooled
125 ml hot water
1 tsp vanilla extract
1 pinch of salt

In addition

3–4 bananas
450 ml cream
250 g low-fat quark
80 g icing sugar
2–3 sachets of cream stiffener
1 tsp vanilla extract

PREPARATION:

1. Thoroughly grease the inner pan of the appliance with butter and set it aside.
2. Put the flour, cocoa powder, bicarbonate of soda, baking powder and sugar into a bowl and mix them together.
3. In a second bowl, whisk together the egg, buttermilk, butter, hot water, vanilla extract and a pinch of salt.
4. Add the dry ingredients to the wet ingredients and mix well. A whisk will do the job.
5. Pour the batter into the prepared pan and smooth the surface.
6. Place the pot into the appliance, put the lid on and bake the cake for 35–40 minutes using the **Backen 1** programme (lid closed, pressure release valve open). Insert a skewer to check whether the cake is cooked through.  
7. Lift out the inner pan, leave the cake to cool for a few minutes, then turn it out onto a wire rack.
8. Hollow out the cooled base to a depth of about 2 cm, leaving a 2 cm rim all the way round. Set the cake scraps aside in a bowl.
9. Peel the bananas, cut them in half lengthways and place them in the hollow.
10. Whip the cream with the icing sugar, vanilla extract and whipping cream stabiliser until stiff. Then fold in the quark. Spread the mixture over the cake base in a dome shape.
11. Crumble the leftover cake between your fingers and scatter it over the cream. Press down firmly if necessary.
12. Place the cake in the fridge for 2–3 hours to allow the cream to set, then serve.





Lemon and Poppy Seed Cake



INGREDIENTS for 4 people:

3 eggs (large)
250 g yoghurt
150 g sugar
30 g ground poppy seeds
1 lemon, the zest
40 g butter, melted and cooled
250 g plain flour
2 tsp baking powder
1 pinch of salt

In addition

1/2 lemon, juiced
150 g icing sugar

PREPARATION:

1. Thoroughly grease the inner pan of the appliance with butter and set it aside.
2. Place the eggs in a bowl, beat them thoroughly, then add the yoghurt, sugar, poppy seeds, lemon zest and butter, and mix vigorously.
3. In another bowl, mix the flour with the baking powder.
4. Add the dry ingredients to the wet ingredients and mix well.
5. Now pour the batter into the prepared pan and smooth the surface.
6. Place the pot in the appliance, put the lid on and bake the cake for approx. 30 minutes using the **Backen 1** programme (lid closed, pressure release valve open).  
7. Once the time is up, test with a skewer. If the cake isn't quite done yet, bake for a few minutes longer.
8. Remove the pan from the appliance and leave it to cool slightly, then turn the cake out onto a wire rack and leave it to cool.
9. Mix the lemon juice with the icing sugar, pour over the cooled cake and serve.



Crème brûlée

INGREDIENTS for 4 people:

475 ml cream
75 g sugar
6 egg yolks (medium or large)
1.5 tsp vanilla extract
1 pinch of salt

In addition

75 g sugar, brown or white

PREPARATION:

1. Place all the ingredients in a large bowl and whisk thoroughly.
2. Now pass the mixture through a fine sieve into a large jug. Depending on their size, divide the mixture between 4–6 soufflé ramekins and carefully cover each one with aluminium foil.
3. 300 ml of water into the inner pot of the pressure cooker, place the rack inside and arrange the ramekins on top, stacking them if necessary.
4. Close the lid and cook the crème brûlée for 8 minutes on the **Dampfdruck 2** setting (with the lid and vent closed).
5. Allow the steam to escape naturally for 10 minutes, then release the remaining steam using the pressure release valve.
6. Remove the ramekins from the pan and leave to cool at room temperature for an hour. Then place them in the fridge for at least 2 hours, preferably overnight.
7. Before serving, divide the sugar evenly among the ramekins, caramelize using a kitchen blowtorch, and serve immediately.





Chocolate Pots de Crème



INGREDIENTS for 4 people:

150 g dark chocolate coating (70%)
 65 g sugar
 4 egg yolks (medium)
 230 ml cream
 115 ml milk (3.8% fat)
 1 tsp vanilla extract
 1 pinch of salt

In addition

whipped cream
 Grated chocolate

PREPARATION:

1. Finely chop the chocolate coating and place it in a large bowl.
2. Pour the milk and cream into a saucepan, bring to the boil briefly, then pour over the chopped chocolate. Leave to stand for 2–3 minutes, then stir until smooth.
3. Place the egg yolks in a bowl together with the sugar, vanilla extract and a pinch of salt, and whisk vigorously.
4. Now pour the chocolate mixture into the eggs in a thin stream, stirring constantly.
5. Divide the mixture between 4–6 small jars, place the lids on top and screw them on loosely. Under no circumstances should the jars be sealed tightly. Alternatively, cover with aluminium foil.
6. Place the rack in the pressure cooker and pour 250 ml of water into the pot.
7. Place the jars on the rack. Close the pressure cooker.
8. Set the **Dämpfen** programme for 5 minutes (with the lid and vent closed).  
9. Allow the steam to escape naturally for 5 minutes, then release the remaining steam by opening the pressure relief valve.
10. Remove the jars from the pan and leave them to cool at room temperature for about 1 hour, then store them in the fridge.
11. Serve with whipped cream and chocolate sprinkles.

New York Cheesecake

INGREDIENTS for 4 people:

For the floor

65 g butter biscuits
25 g sugar
30 g butter, melted and cooled



For the filling

450 g cream cheese (double cream),
at room temperature
60 ml cream
100 g sugar
1 tsp vanilla extract
2 eggs (large), at room temperature
1 egg yolk (large), at room temperature

In addition

150 g sour cream
1 tbs icing sugar

PREPARATION:

1. For the base, grind the biscuits finely in a food processor or, alternatively, place them in a freezer bag, seal it tightly and crush them finely using a rolling pin.
2. Line the base of a 20 cm springform tin with baking paper and grease the tin thoroughly.
3. Now mix the crumbled biscuits thoroughly with the sugar and melted butter, then press the mixture evenly into the base of the springform tin. Place the tin in the fridge and leave the base to set for at least 30 minutes.
4. For the filling, place the cream cheese, vanilla extract and sugar in a bowl and mix thoroughly using a hand mixer.
5. Now briefly fold in the cream, eggs and egg yolks, taking care not to incorporate too much air. Mix just until everything is well combined.
6. Take the springform tin out of the fridge. Place two strips of aluminium foil on top of each other in a cross shape, place the springform tin in the middle and wrap the base in the aluminium foil.
7. Take two more strips of aluminium foil, cut each one into thirds lengthways, and arrange them in a criss-cross pattern on top of one another. Place the baking tin in the centre of the foil.
8. Pour the filling onto the prepared base.
9. 350 ml of water into the inner pot of the pressure cooker, insert the rack and lift the springform tin into the pot using the aluminium foil loops.
10. Place the lid on and seal the pot. Cook for 27 minutes on the **Dampfdruck 2** (with the lid and pressure release valve closed). Then allow the steam to escape naturally for 20 minutes.  
11. In the meantime, mix the sour cream with the icing sugar and set aside.
12. Lift the cake out of the tin using the aluminium foil loops and leave to cool for a few minutes. The cake will shrink back considerably. Gently dab away any condensation that has formed on the surface with a piece of kitchen paper.
13. Now spread the sour cream over the surface and smooth it out.
14. Leave the cake to cool for a few hours, then leave it in the fridge to set for at least 12 hours.





Steamed dumplings

INGREDIENTS for 4 people:

For the dough

260 g plain flour
125 ml lukewarm milk
10 g fresh yeast
35 g sugar
40 g butter, melted and cooled
1 egg yolk (medium)
1 pinch of salt
½ tsp vanilla extract



In addition

25 g butter
30 g sugar
100 ml milk

For the vanilla sauce

300 ml whole milk
200 ml cream
40 g sugar
2 large egg yolks or 3 medium egg yolks
2–3 tsp vanilla extract
7 g cornflour

PREPARATION:

1. Add the yeast and sugar to the milk and stir until the yeast has dissolved.
2. Now place all the dough ingredients in a large bowl and knead them using a food processor or by hand until you have a smooth, slightly sticky dough. This will take a few minutes.
3. Cover the dough and leave it to rise until it has doubled in size. This takes about 1–1.5 hours.
4. Place the butter, sugar and milk in the inner pan of the pressure cooker and bring to the boil once at 100 °C using **the manual setting** (without the lid, without pressure). Then switch off the appliance. 
5. In the meantime, knead the dough again and divide it into 4 equal portions on a lightly floured work surface. Shape the dough balls into rounds on the work surface.
6. Leave to rise for a few more minutes with the seam facing downwards, then carefully place it in the saucepan containing the milk mixture.
7. Put the lid on and seal it. Then cook for 15 minutes on the **Backen 1** setting (lid closed, pressure release valve open). The valve must be open to prevent pressure from building up. 
8. Meanwhile, pour the cream and milk into a saucepan along with the sugar and vanilla extract, and bring to the boil.
9. Meanwhile, mix the egg yolks with the cornflour.
10. Once the milk has come to the boil, add 5–6 tbsp of the hot milk mixture to the egg yolk mixture, stirring constantly to bring the temperatures together. Then add the egg yolk mixture to the milk, stir it in and bring it back to the boil briefly.
11. Pass the sauce through a fine sieve and set aside.
12. Remove the lid from the pressure cooker and take the steamed dumplings out using a plastic spatula.
13. Serve with vanilla sauce and icing sugar.

Preserves, sauces and homemade gifts



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Blackberry jam

INGREDIENTS for 4 people:

650 g blackberries
 650 g sugar
 1 tsp vanilla extract
 1 tsp lemon zest
 75 ml lemon juice

PREPARATION:

1. Place the blackberries in a bowl with the sugar, lemon zest and vanilla extract, and mash them gently but thoroughly with a potato masher. Stir everything together, then transfer to the inner pot of the pressure cooker.
2. Cook for 1 minute on **Dampfdruck 2** setting **2** (with the lid and pressure release valve closed), then allow the pressure to release naturally for 20 minutes.  
3. Remove the lid and stir in the lemon juice.
4. Select the **manual function** (without the lid, without steam pressure) and simmer for approx. 20–25 minutes at 95 °C.  
5. The jam can then be poured straight into sterilised jars and sealed tightly.

ROMMELSBACHER *Tip*

If you don't want any seeds in your jam, you can pass it through a sieve right at the end, bring it to the boil again briefly, and then bottle it.

This recipe also works wonderfully with redcurrants.



Lemon Curd

INGREDIENTS for 4 people:

150 g sugar
80 g butter
4 egg yolks (large)
125 ml freshly squeezed lemon juice
2 tsp lemon zest
1 pinch of salt

PREPARATION:

1. Place the egg yolks and sugar in a glass or ceramic bowl (which must fit inside the pressure cooker) and whisk thoroughly.
2. Now add the lemon juice, lemon zest and a pinch of salt to the egg mixture and stir thoroughly.
3. Carefully cover the bowl with aluminium foil.
4. Place the rack in the inner pot of the pressure cooker, pour in 300 ml of water and place the bowl on the rack.
5. Close the lid and cook for 8 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).
6. Allow the steam to escape naturally for 15 minutes, then release the remaining steam using the pressure release valve.
7. Remove the cling film, whisk the lemon curd thoroughly, fold in the butter in two stages, and then pass the mixture through a fine sieve.
8. Pour into jars, leave to cool to room temperature and store in the fridge.



ROMMELSBACHER *Tip*

If you prefer your lemon curd a bit firmer, add another egg yolk.

The lemon curd can be kept in the fridge for up to a week without any problem.



Hummus





INGREDIENTS for 4 people:

225 g dried chickpeas
 1.5 tsp salt
 1 lemon, juiced
 2 cloves of garlic, finely grated
 1/4 tsp ground cumin
 85 g tahini (sesame paste)
 2 tbsp olive oil

In addition

Olive oil
 Paprika powder, sweet or hot

PREPARATION:

1. Place the chickpeas in the inner pot of the pressure cooker with a teaspoon of salt and add 500 ml of water.
2. Close the lid and cook for 50 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).  
3. Allow the pressure to release naturally for about 15 minutes. Release any remaining steam using the pressure release valve. The chickpeas should be very soft. If they are still too firm, reseal the pot and cook for a further 5 minutes on the **Dampfdruck 2** setting.  
4. Meanwhile, place the lemon juice, cumin, the remaining salt, the tahini and the garlic in a food processor. Blend until you have a thick paste.
5. Now add 1 tbsp of cold water and blend again. Repeat this until the paste has the consistency of a sauce.
6. Drain the chickpeas, add them to the tahini mixture along with the olive oil, and blend. Stop the blender from time to time and use a spatula to scrape the hummus down the sides.
7. If the hummus is too thick, add cold water a tablespoon at a time until the desired consistency is achieved.
8. Season with salt to taste and serve with olive oil and paprika.



Raspberry and rhubarb compote

INGREDIENTS for 4 people:

500 g rhubarb, cut into pieces of about 3 cm
500 g raspberries
250 g sugar
1 tsp vanilla extract

PREPARATION:

1. Place the raspberries, rhubarb, sugar and vanilla extract in the inner pot of the pressure cooker, mix together and leave to stand for 15 minutes. By this time, some juice should have formed.
2. Stir well again, put the lid on and cook the compote for 1 minute on the **Dampfdruck 1** setting (with the lid and pressure release valve closed).
3. Then simply let the steam escape naturally. This takes about 15–20 minutes.
4. Transfer the raspberry and rhubarb compote to a heatproof bowl and serve either warm or chilled.



ROMMELSBACHER *Tip*

The compote will keep in the fridge for about 3–4 days.

It tastes delicious with ice cream, rice pudding and semolina porridge.



Apricot chutney

INGREDIENTS for 4 people:

500 g apricots
1 large onion, finely diced
200 g sugar
100 ml white balsamic vinegar
½ tsp salt

PREPARATION:

1. Wash the apricots, cut them in half, remove the stones and then chop them into large pieces.
2. Place all the ingredients in the inner pot of the pressure cooker and mix them together thoroughly.
3. Select the **manual setting** (without the lid, without steam pressure) and simmer the chutney for 45–60 minutes at 100 °C. Stir occasionally during the last 15 minutes.
4. Once most of the liquid has boiled away, pour into sterilised jars. Seal immediately and leave to cool completely.
5. The chutney will keep for about 6 months if stored in a cool, dark place.



ROMMELSBACHER *Tip*

This chutney isn't just delicious with cheese; it's also great with meat or fish.







Vanilla extract

INGREDIENTS for 4 people:

90 g sugar
90 g water
20 g glucose syrup
5–6 vanilla pods, cut into pieces of about 2 cm

PREPARATION:

1. Pour the water, sugar and glucose syrup into the pan. Set **the manual function** (without the lid, without steam pressure) to 100 °C and bring the water and sugar mixture to the boil.  
2. Add the vanilla pods and cover the pan.
3. Cook for 4 minutes on the **Dampfdruck 1** setting (with the lid and pressure release valve closed). Then allow the steam to escape naturally.  
4. Pour the mixture into a blender and blend until you have a smooth vanilla extract with no lumps.
5. Pour into sterilised jars and store in the fridge.
6. The vanilla extract thickens as soon as it has cooled down.

It is important to always use a clean spoon when taking the extract, so that it does not start to go mouldy.

Sterilise the jars beforehand. To do this, either boil them or fill the sink with boiling water, leave them to stand for a few minutes, pour the water away and dry them with a fresh, clean tea towel.





Tomato sauce

INGREDIENTS for 4 people:

2 tins of peeled tomatoes, 400 g each
 1 onion, finely diced
 2 cloves of garlic, finely chopped
 5 tbsp olive oil
 ½ teaspoon of sugar
 1 tsp dried oregano
 1 handful of fresh, chopped basil
 Salt
 Pepper

PREPARATION:

1. Select the **Anbraten** programme (without a lid, without steam pressure) and add 1 tbsp of olive oil to the pan. Sauté the onion and garlic until translucent. 
2. Add the sugar, allow it to caramelize, then add the tomatoes, the remaining olive oil, the oregano and a little salt.
3. Put the lid on and cook for 12 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed). 
4. Allow the pressure to release naturally for 10 minutes, then release the remaining steam using the steam release valve.
5. Stir in the basil and season the sauce with salt and pepper to taste.

ROMMELSBACHER *Tip*

Double or triple the quantity and freeze the rest in an airtight container.

To make an arrabbiata sauce, simply stir in some dried chilli flakes at the end.

If you let the sauce boil vigorously for a few minutes before using it, it makes the perfect base for a pizza.



Chocolate and caramel sauce

INGREDIENTS for 4 people:

- 1 tin of sweetened condensed milk
- 150 ml cream
- 25 g butter, at room temperature
- ½ tsp vanilla extract
- 85 g dark chocolate, finely chopped
- 1 pinch of salt

PREPARATION:

1. Pour the sweetened condensed milk into a heatproof bowl (it must fit inside the pressure cooker) and cover it carefully with aluminium foil.
2. Place the bowl in the inner pot of the pressure cooker and add enough water so that the bowl is submerged up to about halfway.
3. Put the lid on and cook for 50 minutes on the **Dampfdruck 2** setting (with the lid and pressure release valve closed).
4. Allow the steam to escape naturally for 20 minutes, then release the remaining steam using the pressure release valve.
5. Now lift the bowl out of the saucepan. Add the cream, butter, vanilla extract and a pinch of salt to the sweetened condensed milk and blend until smooth using a hand blender.
6. Next, add the chocolate to the sauce, stir it in and leave to stand for 2 minutes. Then whisk until smooth. If necessary, pass through a sieve.
7. Either use the sauce straight away or store it in an airtight container in the fridge. Reheat it before serving to make the sauce runnier.

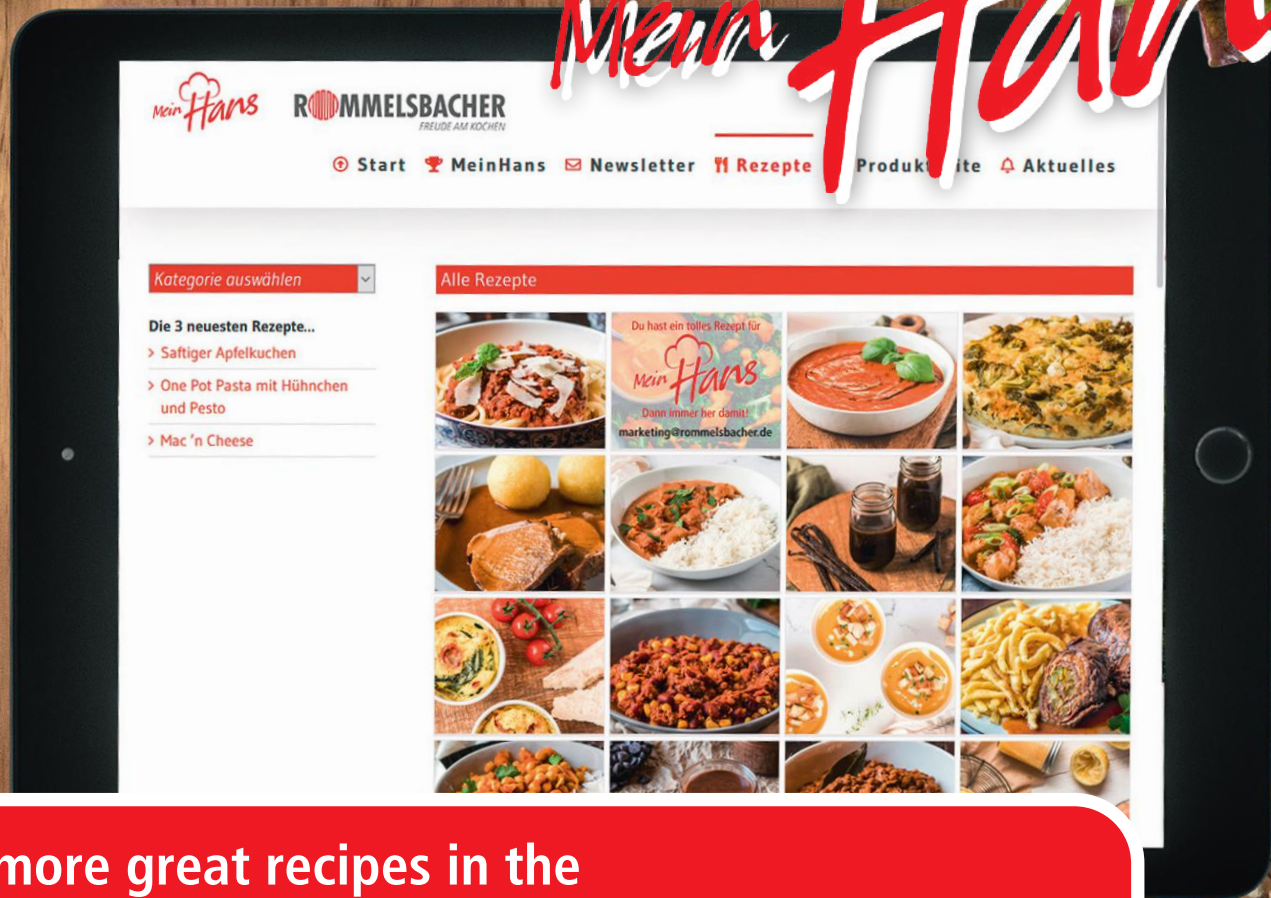


The sauce will keep in the fridge for several weeks.

For a plain caramel sauce, simply leave out the chocolate. For a salted caramel sauce, add a little more salt.

The sauce tastes wonderful with ice cream, semolina pudding, rice pudding and yoghurt. Or you can use it as a dip for fruit or churros.

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