



Instant Pot

Instant VORTEX[™]
AIR FRYER

Instant Pot
DUO CRISP[™] + AIR FRYER

Instantly FESTIVE

Ultimate Festive Recipes for Air Fryers and Pressure Cookers

**QUICK, EASY
DELICIOUS!**

- ✓ **Crowd-pleasers**
- ✓ **Mains**
- ✓ **Sides**
- ✓ **Desserts**
- ✓ **Smart tips**

WIN

Choose an
Instant Pot Duo or
Vortex 4-in-1 Air Fryer
- whichever works
best for you!

**LESS TIME COOKING,
MORE TIME CELEBRATING!**

30 recipes to
make entertaining
a breeze

Festive
Fruit Cake
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FOR MORE INSIDER SECRETS



SHOP NOW



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FESTIVE IN A FLASH

3 quick snacks a la Instant Vortex Air Fryer

1 MINI SALMON ROSTIS
Air Fry Woolworths Potato Rosti or McCain Hash Browns at 200°C for 15 minutes (shake once). Top with a dollop crème fraîche, smoked salmon and a caper berry.

2 PUFF PASTRY CHEESE 'CRACKERS'
Roll out puff pastry and cut out star shapes. Place in Instant Vortex Air Fryer basket, brush with butter and dust with herbed salt. Select Air Fry 190°C for 5 minutes. Shift browned stars to edge and less cooked to middle and Air Fry for 5 minutes more.

3 BAKED BRIE
Place whole brie in a suitable ceramic container and select Bake for 8 minutes, 180°C. At Add Food command, place brie in Instant Vortex Air Fryer basket and Bake. Top with fruit compote and/or chopped nuts.



Instant Bliss

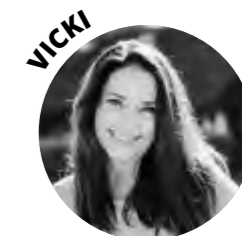
What do you want - for yourself - this festive season, dear Village?

Hmm... Let's see. How about hours and hours on very hot days slaving over a sweaty stove, while your family and friends frolic outside in the fresh air and splash in the sea? Doesn't that sound ... just marvellous? All our parental dreams come true! Thanks, Santa Baby, more stress and hard grind is just what we all want for our holidays.... Village, I don't know about you, but I feel like I have to recover from TWO years of very hard emotional, physical and intellectual work. I really need my holiday. And a break. Just getting through to December 2021 means all of us deserve all the gifts from Santa's grotto, in my humble opinion.

It's struck me, as I grow older, that the most precious gift anyone can receive is time, to do with as they please. And if spending your time cooking pops your champagne cork, then... we're so delighted to introduce *Instantly Festive* to you! But you know what? If you live to eat and kick back, not cook... *Instantly Festive* will deliver for you too.

Because the real heroes of the festive season are the Instant Pot and Vortex Air Fryers. They make all your cooking easier. Almost effortless. Who needs Santa's elves and fairy helpers when you have these amazing gadgets to make the whole challenge of feeding your hoards a tasty, budget-friendly, EASY, breeze? In our first *Instantly Festive* Digizine, you'll find only our favourite, tried-and-tested recipes. If you haven't got these lifesavers in your kitchen cupboards already, you should mark them as your "Most Wanted" on your Xmas list. And if you're not celebrating Christmas, gift them to yourself anyway! You deserve them - and a lovely, peaceful break filled with the most delicious food.

*Enjoy, with our love!
Vanessa and the Instantly Festive team*



DID YOU KNOW?
The first Instant Pot was released in 2010 and there are now six Instant Pot smart cooker and fryer models available in SA. [CLICK HERE](#) to learn more and to buy.

VANESSA'S FAVE FESTIVE RECIPE



"We all know that nothing nails a cheesecake quite like an Instant Pot can and this year I have got my sights set on this magnificent White Chocolate and Amarula Cheesecake. I love the proudly South African twist and those shards of chocolate are guaranteed to have everyone falling over themselves at your baking prowess". [For the full recipe and method click here](#)

Have you seen our first **COOK** Instant Pot recipe-zine? [Click here](#) to download



At-a-Glance Guide

Why the *INSTANT VORTEX AIR FRYER* will change your life

Rectangular drawer design fits more in and makes cleaning so easy. The air fryer tray is removable and dishwasher safe. Drawer just requires a soak and wipe down.

Touchscreen smart programs allow you to customise how you cook by saving your favourite times and temperatures.



Compact with impressive capacity - shape and size takes up minimal kitchen counter space

Easy-slide drawer ensures no contact with hot element and makes turning and shaking food a breeze.

Which Instant Vortex works for you?



Instant Vortex 4-in-1 Air Fryer

- Excellent value + large capacity
- Intuitive and easy to use - Bake, Roast, Air Fry, Bake functions
- Set and forget - accurate cooking times



Instant Vortex Plus 6-in-1 Air Fryer

- Extra Grill and Dehydrate functions
- Stainless steel finish, stylish and finger print resistant
- Latest EvenCrisp air fryer technology



Instant Vortex 7-in-1 Air Fryer Oven

- 9.5L capacity, multi-tray design, fits more in
- 7 functions including Grill, Rotisserie and Dehydrate
- Ideal for scaling down or student digs

Also has 3 cooking levels + 2 cooking trays

5 Amazing Hacks

DO Lightly spray uncooked fries with oil and add seasoning before cooking.

DO Give a tray bake (like potato wedges or veggies) a shake midway through cooking.

DO Use silicone moulds to make fried eggs cups or muffins.

DON'T Overfill the basket - otherwise your cooking will be uneven.

DON'T Use metal implements - rather use silicone to protect the non-stick coating.

Great buys

Available from [Yuppiefchef](#)

Mini loaf pans are perfect for sweet or savoury bakes. **R229 for 2**



Silicone mitts: designed for Instant Pot, but also ideal for shifting hot contents around your air fryer during cooking. **R159**



BRIGHT IDEA

Make your self-catering holiday easier - pack your Vortex Air Fryer!

CROWD-PLEASERS

A mouth-watering medley of party platter essentials



Initial cooking can be done ahead - then sear just before serving.

Reverse Sear Steak

Thanks to [Mariam from @cooked.inc](#) for teaching us how to perfect this famous ribeye recipe

Prep time: 5 minutes
Cook time: 55 minutes, plus rest time
Makes: 6
Tools: Vortex Air Fryer

Ingredients

700g ribeye steak (thickness 13mm) at room temp, pat dry with kitchen towel, 1 Tbsp olive oil, sea salt and cracked black pepper

Method

Put steak into Instant Vortex Air Fryer. Set temp to 82° C for medium. Set timer for 50 min. If you prefer medium rare, reduce time to 40 min. Remove from Air Fryer. Get a pan (or your Instant Pot using Sauté) searingly hot.

Place steak into the pan. Leave it for 2-3 mins until it forms a crust. Flip. Cook for another 2 min. At this stage you can brush with basting sauce or finish with a knob of garlic butter if you would like. Let meat rest for 8 min, then slice. Sprinkle with flakes of sea salt.

PERFECT PEPPER SAUCE

Heat 250ml cream + 1 tbsp roughly crushed black pepper + 1 tbsp sherry



Risotto Balls

The Duo Crisp brings the best of both worlds: the renowned no-stir risotto – ready in 4 min on Pressure Cook; then finished into ravishing risotto balls with a quick swap to the Air Fry lid

Prep time: 30 minutes **Cook time:** 15 minutes **Makes:** 18 balls **Tools:** Duo Crisp, or Instant Pot & Vortex Air Fryer

Ingredients

Spicy tomato dipping sauce: 1 Tbsp butter, 1 small onion, finely diced, 2 cloves garlic, minced, 1 tsp chilli flakes, 1 x 400g tin crushed tomatoes, salt and pepper, to taste, lemon wedges, for serving

Risotto balls:

1 Tbsp olive oil, 1 Tbsp butter, 1 onion, finely diced, 4 cloves garlic, minced, ¼ tsp chilli flakes (or more to taste), 1 cup Arborio rice, 2 cups (500ml) chicken stock, zest of 1 lemon, 50g (½ cup) finely grated Parmesan, 18 small cubes of mozzarella cheese, 3 eggs, beaten, 2 cups panko breadcrumbs, ½ cup all-purpose flour, olive or canola oil, for spraying

Method

Dipping sauce:

Melt butter in saucepan. Add onion, garlic and chilli flakes. Sauté until soft. Add tomatoes, stir and simmer. Continue to cook uncovered until it has thickened. Season with salt and pepper. Blend until smooth.

Risotto balls:

Set Instant Pot to Sauté on Low. Add olive oil, butter, onion, garlic and chilli flakes. Sauté until tender. Add Arborio rice. Mix well and toast, stirring occasionally, until grains become translucent. Add stock and stir well while simmering, ensuring there are no bits stuck on the bottom. Press Cancel. Seal the pot and Pressure Cook on High Pressure for 4 minutes. Quick Release. Add lemon zest and Parmesan to risotto and stir through thoroughly. Scrape risotto onto a baking tray and place in the freezer to cool and firm up. Scoop and roll into ±18 little balls. Make a little well in each ball with your thumb and press a cube of mozzarella into the centre. Close up and roll into balls again. Roll each ball in seasoned flour, then egg and finally breadcrumbs. Spray the air fryer basket and risotto balls lightly with olive or canola oil. In two batches, Air Fry the risotto balls for 10 min at 202°C. Rotate the ones on the bottom of the basket with those on top halfway through. Serve hot with tomato dipping sauce and lemon wedges.



Air Fryer Flatbreads

Simply add your favourite toppings, push the button and relish!

Prep time: 10 minutes **Cook time:** 20 minutes **Makes:** 4 **Tools:** Vortex Air Fryer

Ingredients

Dough:

250g Greek-style yoghurt, 150g self-raising flour, pinch sea salt, olive oil, for brushing

Method

Combine yoghurt, flour and salt and mix well. Place on lightly floured surface and knead then divide dough into four. Roll and stretch each piece into an oval flatbread. Brush with a little olive oil and sprinkle with

salt. Air Fry for 7 min at 199°C, rotating halfway through.

Toppings

½ large head cauliflower, 1 free-range chicken breast, 2 Tbsp olive oil, 2 tsp medium-hot curry powder, salt and pepper, 2 cups mozzarella, grated, ¼ cup pickled red onions, fruit chutney, fresh coriander, to serve

Method

Break cauliflower into florets. Drizzle with olive oil, sprinkle with 1 tsp curry powder and season with salt and pepper. Toss well to coat. Arrange cauliflower in Vortex Plus and select Air Fry for 5 min at 199°C until almost cooked through

and is beginning to get crispy edges. Set aside. Season the breast with olive oil, salt, pepper and remaining curry powder. Air Fry at 199°C for 10-12 min, depending on size, flipping halfway. Shred while still warm.

Assembly

Mix half the mozzarella with the chicken and the other half with the cauliflower. Top two flatbreads with chicken mixture and two with cauliflower. Air Fry flatbreads two at a time for 2 min at 199°C until the cheese is bubbling and golden brown. Top each flatbread pizza with chutney, pickled onions and fresh coriander.



Air Fryer Tandoori Kebabs

Thanks to Naqiyah Mayat for this wonderful air fryer recipe. You'll find more of her inspiring recipes here: naqiyahmayat.com

“It isn't a holiday if you don't have a Vortex Air Fryer!”

JUST ADD Flat breads, minted yoghurt and chopped coriander.

Prep time: 10 minutes, plus basting time (1 hour +) **Cook time:** 12 minutes **Makes:** 6 **Tools:** Vortex Air Fryer

Ingredients

500g chicken fillet cut into 2cm cubes, 1 onion cut into chunks, 1 green pepper cut into chunks

Marinade:

3 Tbsp double thick yoghurt, 1 tsp garam masala, 1 tsp ground garlic, ½ tsp ground ginger, ½ tsp black pepper, 1 tsp cumin powder, 1 tsp

coriander powder, ½ tsp turmeric, 1 Tbsp lemon juice, 1 tsp red chilli powder, 1 tsp salt, 3 Tbsp oil, 1 tsp of red chilli paste (if more heat required)

Basting sauce:

125g butter, 1 Tbsp chaat masala, 1 tsp red chilli powder, 1 tsp dried fenugreek leaves, 1 tsp garam masala, 1 tsp salt, squeeze of lemon

Method

Mix ingredients together and baste the chicken cubes for at least 1 hour beforehand. Place

on to wet wooden skewers alternating pieces of onions and green peppers. Place basting sauce ingredients into saucepan and allow to simmer for a few seconds to melt the butter and combine the spices. Set the Vortex to Air Fry at 200°C for 12 minutes. Let the pre-heat cycle finish, baste the skewers and add them when prompted. The Vortex will prompt when to turn halfway, turn them, baste again, and continue until you achieve the charred effect.

HOSTING A DRINKS PARTY?  For catering, work on 10 bites or canapés per person and three drinks.

Marinated Spiced Lamb Chops

Fabulous foodie Di, from Bibby's Kitchen, shares her recipe for yummy lamb chops with a zippy herb yoghurt

Prep time: Overnight marinating **Cook time:** 2 hours 15 minutes **Serves:** 4-6 **Tools:** Instant Pot Duo Plus or Duo Crisp for Sous Vide

Ingredients

Marinade:

60ml olive oil, 45ml fresh lemon juice, zest of 1 lemon, 2 cloves garlic, bruised, 5ml dried oregano, 10ml ground coriander, 7.5ml smoked paprika, ½ tsp dried red chilli flakes, 5ml sea salt flakes, ¼ tsp freshly ground black pepper, 2 sprigs rosemary, 3 bay leaves, 8-10 lamb chops, olive oil, for grilling, lemon cheeks, to serve, herbed yoghurt

Herbed yoghurt:

250ml double cream plain yoghurt, 15ml lemon juice, handful fresh mint, flat leaf parsley and dill, roughly chopped, salt, to taste

Method

Mix marinade ingredients together in a small bowl. Rub over chops and place in shallow dish. Cover and chill overnight. Bring meat to room temperature before cooking Sous Vide. Place in a Stasher Bag or Ziplock bag. Extract as much air as possible, then press the seal closed. Place

the steam rack on the base of the Duo Plus or Duo Crisp inner pot and fill with warmish tap water, up to the ¾ line. Place the lid on and secure to close. Select Sous Vide Function. Set temperature to 60° C. Press the Sous Vide Function again and set the cooking time to 2 hours. Once the cooker beeps, the water is at the correct temperature. Open lid and place the Stasher or Ziplock bag in the water, ensuring the seal is just above the water level. Place the lid on. Once the

cooking time is up, open carefully and remove the bag. Allow to cool in the bag for 10 min before removing the chops, reserving the marinating juices for later. Pat meat dry with kitchen towel and season lightly with salt. Heat 1 Tbsp olive oil in a wide-based pan until hot. Brown chops over high heat. Deglaze with reserved marinade and reduce until sticky. Alternately, brush the chops with olive oil and grill over hot coals, while basting with reserved marinade. Serve with herbed yoghurt and lemon cheeks.



HOT TIP
Don't rush the marinate! The longer you leave, the more the flavours develop

JEWELLED ICE 

Pop berries into an ice tray, top with water and freeze. Add to drinks for a fun festive finish.

EASIEST CHRISTMAS EVER

Less mess. Less fuss. More time to join in the fun. Thank you, Jess Levin from Culinary Cartel – this Christmas spread is genius!

MAIN CHICKEN ROULADE

Filled with deliciousness

Cook time: 15-20 minutes **Prep time:** 1 h 20 minutes **Serves:** 4-6
Tools: Instant Pot Duo Plus & Vortex Air Fryer, or Duo Crisp for Sous Vide

Ingredients

150-200g sliced smoked pancetta (or replace with 2 packets thin cut streaky bacon), 4 large skinless chicken breasts

Stuffing:

1 onion, diced, 2 pork bangers, ½ tsp each salt and pepper, ⅓ cup dried cranberries, roughly chopped, 2 Tbsp fresh sage, finely chopped, ¼ cup pecans, roughly chopped (can be replaced with almonds, macadamias or pistachios), ⅓ cup breadcrumbs

Method

Butterfly the chicken breasts and season. Open up

breasts on a chopping board and gently beat until they are an even thickness (about 1 cm). Fry the onion on medium heat, in oil, until golden and caramelized. Squeeze the sausages from casings into a bowl. Add onions, salt, pepper, cranberries, sage, nuts and breadcrumbs. Stir then set aside. Fill Instant Pot with water, set to the Sous Vide function on 63°C for 1 hour. (We are making two small roulades to ensure they fit.) While the Instant Pot Sous Vide water reaches desired temperature, make a pancetta covering for the chicken roulade. Open out 40cm of clingwrap with the long side of

the clingwrap rectangle facing towards you. Lay a slice of pancetta about 5cm from the short edge of the plastic wrap. Place another slice, just overlapping the first. Continue until you've used half the pancetta and formed a large rectangle of overlapping pancetta within cling wrap rectangle. In the centre of the pancetta, arrange two of the butterflied breasts, to form a smaller rectangle. Arrange half the stuffing on top of the chicken, moulding it down the centre of the breasts to form a log. Using the plastic wrap, roll the chicken and pancetta into a cylinder shape, with the stuffing running through the centre. Cover ends of the roulade with excess pancetta. Cover in plastic wrap and tie ends. Repeat to create second roulade. Once the Instant Pot Sous Vide setting has reached desired temperature, place the roulades into a very large resealable plastic, or silicone, bag. Lower bag into water, making sure the open seal stays above the waterline. Seal the bag. Sous Vide the chicken for 1 hour. To crisp, heat the Instant Pot Vortex to 200°C on Air Fry mode. Remove chicken from bag and remove plastic wrap. Place chicken into the air fryer basket and Air Fry for 15 min, turning halfway to ensure even browning. You can also pan fry. Allow to rest for 5 min, then slice, and serve immediately.

See how it is done - [CLICK HERE](#) to watch.



Prep time: 5 minutes **Cook Time:** 20 minutes **Serves:** 4-6

Ingredients

1 kg orange sweet potatoes, 3 Tbsp honey, 1½ Tbsp butter, ¼ cup roasted hazelnuts, 2 Tbsp coriander, ¼ cup feta cheese or goats cheese, cooking oil, salt and pepper

Method

Prick sweet potatoes all over. Place the steamer insert into the inner pot, add 1 cup water and place sweet potatoes on top. Set to Pressure Cook on High for 5 min. Once complete, allow a Natural Release for 10 min. While sweet potatoes cook, melt honey and butter and set aside. Release the remaining pressure and when the valve drops, open the lid. Carefully remove potatoes and cut in half lengthways. Massage a little cooking oil over potatoes. Place sweet potatoes cut side up in the Instant Pot Vortex (or back into your Instant Pot Duo Crisp) and Air Fry at 200°C for 10 min. Spoon over honey butter (reserve half for serving) and return sweet potatoes to air fryer for 5 min. They should be golden and crisp. Drizzle remaining honey butter over glazed sweet potatoes. Add chopped roasted hazelnuts, fresh coriander and crumble over cheese.



Method

Pour 1 cup water into the inner pot. Add pinch of salt. Add Brussels sprouts. Set to Steam for 3 min and once time is up, do a Quick Pressure Release. When pin drops, open lid and drain, then flush with cold water. Toss sprouts in a little cooking oil, then season with salt. Place sprouts in the Instant Pot Vortex or Duo Crisp and air fry for 12-16 min or until golden brown. While the sprouts get crispy, make dressing. Add ingredients to a bowl and whisk. Season to taste. Once the sprouts are crisp, toss them in dressing and serve immediately.

SIDES

Tools: Instant Pot & Vortex Air Fryer, or Duo Crisp (if you only have an air fryer, increase cooking time for each dish by 5-7 mins)

HONEY-GLAZED SWEET POTATOES

Move over roast potatoes, there's a new favourite in town!

CRISPY BRUSSELS SPROUTS

Give this Christmas favourite an extra special twist

Prep time: 5 minutes **Cook time:** 13 minutes **Serves:** 4-6

Ingredients

800g Brussels sprouts, water, salt
Sauce: 3 Tbsp honey, 1 Tbsp smoked chilli flakes, 3 Tbsp lime juice, 1 tsp zest, 2 tsp sesame oil, salt



DESSERT MOLTEN CHOC POTS

A decadently elegant finale to your festive feast

Prep time: 15 minutes
Cook time: 10 - 15 minutes (depending on ramekin size) **Serves:** 6 **Tools:** Vortex Air Fryer or Duo Crisp

Ingredients

200g dark chocolate, 100g butter, 100g castor sugar, 3 eggs, 2 Tbsp flour, 4-6 Tbsp Caramel Treat/ dulce de leche (optional), pinch of flaked sea salt, crème fraîche/ice cream/cream for serving

Method

Melt butter and chocolate together in microwave, stirring every 30 seconds then set aside. Whisk together eggs and sugar. Drizzle hot chocolate mixture into eggs, whisking constantly to stop eggs from scrambling. Add flour and mix. Once well combined, divide mixture between 4 or 6 oven-safe ramekins. If adding dulce de leche, spoon into the middle of each pudding, cover with batter. Sprinkle a little flaked sea salt over top of pots. Preheat the Instant Pot Vortex or Duo Crisp to 190°C on the Bake setting. Bake the molten pots for 9-10 min (small ramekins) or 13-14 min (larger ramekins) until the top is set, but the middle is still gooey. Serve immediately with creme fraîche, cream or ice cream.

At-a-Glance Guide

The wonders of the *INSTANT POT* and why it could work for you

Why the Instant Pot wins!

Consistently voted as the very best Smart Cooker on the market



Which Instant Pot works for you?



Duo Plus 9-in-1 Smart Cooker 6L

- Includes advanced programs like Sous Vide
- Easy seal lid and upgraded control panel

Try Sous Vide for gourmet style steak and fish



Duo 7-in-1, 6L & 8L size

- Vast cooking repertoire
- Versatile, easy to use and dependable
- 8L for larger family size or batch cooking



Duo Crisp & Air Fryer, 8L

- Interchangeable pressure cook and air fry lids
- One pot meal wonder
- Ultimate kitchen convenience

Know your methods

QUICK PRESSURE RELEASE

How? Release pressure from the pot by turning pressure release knob, or pushing button down, to "steam" or "vent" as soon as cooking time is up.

Why? Stops contents cooking immediately and ensures foods don't overcook.

NATURAL PRESSURE RELEASE

How? Food continues cooking in residual heat as the pressure drops.

Why? To soften tougher cuts of meat and intensify flavours.

Great buys

Available from [Yuppichef](#)



Extra stainless steel inner pot. You've made your casserole, now swap in a fresh pot to cook your rice, **R699**



Silicone egg bites pan - perfect for savoury egg bites and for making poached eggs too, **R289**



Silicone Steamer Basket - for everything from salmon to sweet and crunchy mealies, **R299**

SIMPLE STARTERS

Serve your first course family style with a mix of delicious treats



1 STELLAR SKEWERS

Thread veggie and meat skewers the day before and marinate overnight then roast or air fry up to 3 hours before guests arrive. Serve at room temperature with a variety of dips.

• **Roast Peppers and Mushrooms.** Thread yellow and red pepper chunks with red onion and mushrooms. Marinate well. Roast 20 minutes at 180° C in Instant Pot Vortex, turning once.

• **Roast Chicken Skewers.** Slice a large chicken breast lengthways into three pieces and marinate. Thread meat onto skewers and Air Fry in Instant Pot Vortex for 15 minutes on 190° C.

• **Lamb Steak Sticks.** Slice lamb or beef steak lengthways and marinate overnight. Place flat side down in Instant Pot Vortex basket and Air Fry at 200° C five minutes a side.

EASY MARINADE

Ingredients

10 tbsp olive oil, 6 cloves crushed garlic, 3 lemons, juiced 2 handfuls rosemary, crushed, 1 small chilli, salt, pepper

Method

Blend together well and store in the fridge.

2 SLICED & ROASTED AUBERGINE

Slice large aubergine lengthways into ½ cm wide 'steaks'. Sprinkle over salt and allow to draw out bitterness for 20 minutes. Brush with olive oil, season and place in Instant Pot Vortex basket - Air Fry for 10 minutes. Turn, brush and season again. Serve with chopped fresh mint and parsley, tzatziki and pomegranate seeds.

3 SPICED RED PEPPER DIP

YOU'LL NEED 2 red peppers, deseeded and roughly chopped, 1 cup walnuts, 1 tsp lemon juice, 1 tsp ground cumin, 1 tsp salt flakes, 1 tsp red pepper flakes, ¼ cup olive oil.

MAKE IT Toss peppers in a bowl with 1 tsp olive oil. Place in Instant Pot Vortex basket and

Air Fry at 200° C for 10 minutes, shaking once. At the 10 minute mark, add walnuts and roast for another 5 minutes. Remove from basket and allow to cool, covered. Blitz together with remaining ingredients. Serve with toasted pita quarters or bruschetta.

4 5-MINUTE COUSCOUS

2 cups **couscous**, 1 tsp **salt**, 3½ cups **water**, 2 Tbsp **butter** Set Instant Pot to Sauté and add butter and allow to melt. Add couscous and stir to coat. Add water and salt. Set Instant Pot to Manual High Pressure for 5 minutes, sealed vent. Use Quick Release and fluff with a fork.

Serve with chopped fresh herbs, dried cranberries and toasted nuts. **Bonus:** Keeps in the fridge for 3 days!

THE MAIN EVENT

These versatile dishes are fit for a festive feast



INSTANT FEAST
Ready in less than one hour!

Festive Stuffed Roast Chicken

With orange, sage and garlic, this zesty roast chicken is full of festive flavours

Prep time: 20 minutes **Cook time:** 30 minutes, depending on size **Serves:** 4-6 **Tools:** Duo Crisp, or Instant Pot & Vortex Air Fryer

Ingredients
1 free-range chicken (± 1.3kg), 1 tsp ground cinnamon, salt and pepper, olive oil, 150ml chicken stock, 150ml orange juice

Stuffing:
1½ cups chunky breadcrumbs, 3 Tbsp butter, cubed, 1 onion, finely diced, 2 cloves garlic, minced, 125g streaky bacon (or macon), cooked, zest of 1 orange, 1 Tbsp sage leaves, chopped, 1 XL egg, beaten

To serve:
400g baby carrots, peeled, 80ml

orange juice, 1 Tbsp butter, 1 Tbsp honey, 280g fine green beans, olive oil, salt and pepper

Method
Stuffing:
Combine all stuffing ingredients and mix well.

Chicken:
Rub chicken with olive oil, salt, pepper and cinnamon. Put stuffing into cavity. Pour chicken stock and orange juice into the inner pot. Place stuffed chicken on the trivet and insert into the inner pot. Pressure Cook for 17 min on High pressure. Quick Release. Remove chicken and pour out cooking liquid into a saucepan. Return chicken to inner pot. Switch the Duo Crisp to the air fry lid, or transfer the roast chicken to the Vortex air fryer. Set to Roast for 15 min at 200°C. While the chicken is roasting, skim the fat off the sauce and keep warm.

Carrots:
Place carrots, orange juice, honey and butter in a pan and simmer. Cover with a loose lid. Toss carrots occasionally until well glazed and just tender. Remove from heat, and season.

Green beans:
Heat a griddle pan on high heat. Toss green beans with olive oil, salt and pepper. Cook until they get charred spots all over, but retain a good bite. Carve chicken and serve with a spoonful of stuffing, carrots and green beans. Drizzle everything with orange sauce.

Veggie Nut Roast

Rich and satisfying, this nut loaf won't just be enjoyed by the vegetarians at your table

Prep time: 30 minutes
Cook time: 45 minutes
Serves: 6 **Tools:** Vortex Air Fryer, or Duo Crisp

Ingredients
1 onion, chopped, 1 Tbsp butter or oil, 2 cups finely chopped mushrooms, 2 cloves garlic, finely chopped, 1 tsp dried thyme, 1 tsp dried marjoram, 1 tsp dried basil, 1 tsp dried tarragon, 1 tsp dried sage, stock or wine / red sherry for deglazing, 2 cups cooked brown rice, 2 cups walnuts, finely chopped, 1 cup cashews or almonds, 5 eggs, 1 cup cottage cheese, 375g grated cheese: Parmesan, Gruyere, Cheddar, Fontina, smoked or any combination, ½ cup mixed fresh chopped herbs like parsley, oregano, thyme, salt and pepper to taste

Method
Sauté onion in oil until soft. Add the mushrooms and salt and pepper, and cook until mushrooms release juices. Add garlic and dried herbs. If pan dries out, add splash of



“
If you only get one gift this Christmas make sure it's an Instant Vortex Air Fryer!
”

HOT TIP
Adjust the flavour by choosing different cheeses

stock (or wine) and cook until it is reduced. The contents should be moist, but not swimming in liquid. Remove from the heat and allow to cool. Grease and line a 23cm x 13cm loaf pan. In a bowl, toss brown rice and nuts together. In a separate bowl, beat eggs and cottage cheese. Add to rice mixture, then stir in the cooled mushrooms mix,

grated cheese and fresh herbs. Mix well. Fill the loaf pan and drop gently onto counter to get rid of air bubbles. Decorate with slices of mushrooms, slices of bell pepper, or whole walnuts. Place loaf pan in the Vortex drawer. Set to Bake at 180°C for about 45 min or until the loaf is firm. Leave to cool slightly, remove from tin and serve.

PARTY FAVOUR



A small potted herb at every place setting adds natural pretty to your table and doubles as a tasty take home gift for guests

MAIN
EVENT



Glazed Gammon

Ginger beer and rooibos give Sam Linsell of Drizzle & Dip's gammon a local twist

Prep time: 10 minutes
Cook time: 2 hours 30 min, depending on gammon size
Serves: 6 **Tools:** Instant Pot & Vortex Air Fryer, or Duo Crisp

Ingredients

1,5 - 2kg gammon, 4 rooibos teabags, 1 cup water, 750ml strong ginger beer, 2 celery stalks, 2 medium carrots, 1 small white onion, 1 tsp allspice berries, crushed, ½ tsp black peppercorns, ½ tsp cloves, 3 bay leaves

Gammon glaze:

1½ cups cooking broth, ¼ cup honey, 2 tsp Dijon mustard, pinch of cloves

Method

Bring gammon to room temperature and remove string. Heat 1 cup (250ml) of the ginger beer in the microwave and then add a cup of boiling water. Add rooibos teabags to the liquid and allow to infuse for at least 10 min. Remove teabags. Roughly chop celery, onion and carrots and place

at the bottom of the Instant Pot. Put gammon on top of vegetables, then add bay leaves and spices. Pour 2 cups of tea mixture and the remaining 500ml of ginger beer over gammon and adjust the vent to the Sealing setting. Push Pressure Cook on the Instant Pot, check it is on High Pressure and adjust the time based on the size of gammon. Allow 15 min per 500g of gammon, so 2kg of gammon will cook for 60 minutes. Cook the gammon, then allow for a Natural Release of pressure. Remove and set aside. Strain solids out of cooking broth.

Glaze:

Put 1½ cups of strained cooking broth back into the inner pot and switch to Sauté mode. Once simmering, add cloves and honey. Turn Sauté mode to Less and leave for around 30 min to allow it to thicken. Add mustard halfway through and stir. The glaze should thicken even more once it's off the heat.

When you are ready to glaze the gammon, remove thick outer fat layer and cut a criss-cross pattern into fat. Set the air fryer (or oven) to Grill or temp 202°C for 10-15 mins. After 5 mins, once the fat has started to render off, brush glaze over gammon and return to the air fryer or grill for another 5 mins, then repeat and turn the gammon as you go.

YUMMY LEFTOVERS || *Wrap 3 spears of asparagus in a slice of gammon and hold together with a strip of puff pastry. Brush with egg wash and pop in 190°C air fryer for 10-15 min.*

MAIN
EVENT



Roast Leg of Lamb and Potatoes

A delicious meal in less than one hour? Yes, please!

Prep time: 20 minutes
Cook time: 25-30 minutes
Serves: 4 **Tools:** Vortex Oven for rotisserie, or Vortex / Duo Crisp for roast

Ingredients

Lamb: ± 700g leg of lamb, deboned, 125g butter, softened, 1 Tbsp fresh parsley, 1 Tbsp fresh rosemary, 1 Tbsp lemon zest, 1 Tbsp anchovies, chopped, 2 cloves garlic, finely grated, salt and pepper to taste

Vegetables:

12 baby potatoes, scrubbed, dried and halved, 4 pearl

onions or shallots, quartered, handful fresh thyme sprigs, 100g mixed olives, pitted, olive oil, salt and pepper, to taste

Method

In a bowl combine the butter, parsley, rosemary, lemon zest, anchovies, garlic, salt and pepper. Mix well. Spread out deboned leg of lamb so the inside is facing up. Brush with half of the seasoned butter to completely coat the inside. Roll the leg of lamb around the rotisserie rod and secure with butcher's twine. Secure the ends of the lamb with the rotisserie forks and tighten the screws. Brush remaining

seasoned butter on the outside of the lamb. In a bowl combine potatoes, onions, thyme sprigs and olives. Season with salt, pepper and olive oil. Toss to combine. Spread out on the solid Vortex Oven baking tray. Set the Vortex Oven to Roast for 25 minutes at 160°C. Allow to preheat then add potatoes on the bottom layer and secure the lamb rotisserie. Close the oven, select rotate and check to see the rotisserie is rotating. Once cooked allow the lamb to rest for 10 minutes before removing the rotisserie attachments, carving and serving alongside the potatoes.

CLEANING TIP 

Vortex Air Fryer trays are dishwasher safe. The drawer/oven just needs a wipe clean with mild detergent. So easy!

COOK IN AN INSTANT

Shop and save on Instant Pot appliances at @home

There's no doubt that the bestselling Instant Pot brand has revolutionised our time spent in the kitchen. The Instant Pot Smartcooker saves you so much hassle and allows you to create everything from casseroles to cheesecakes while the Instant Vortex Air Fryer makes everything faster, tastier and healthier! Batch cooking, gourmet meals, easy eats and snacks on-the-go are all so achievable with any of the models in the Instant Pot range.

Leading national homeware brand @home is also one of SA's foremost stockists of iconic kitchenware appliance brand Instant Pot. From the Instant Pot Smartcooker in varying sizes to the ever popular Instant Vortex Air Fryer (now available in three models), you can shop online or in store or pay them off on your TFG store card.



Instant Pot appliances are designed to bring joy back to your daily cooking.



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Instant Pot Duo Plus 7-in-1 Smart Cooker 8L



Instant Pot Duo 7-in-1 Smart Cooker, 6L



Instant Pot Duo Plus 9-in-1 Smart Cooker 6L



Air Fry in an Instant Pot!

Instant Pot Duo Crisp + Air Fryer



Instant Vortex 4-in-1 Air Fryer



CLICK TO SHOP!



Instant Vortex Plus 6-in-1 Air Fryer



Instant Vortex 7-in-1 Air Fryer Oven

SENSATIONAL SIDES

Showstopper sides to take your meal to the next level



Vegan-friendly!

Roast Cauliflower with hummus and pomegranate

Guaranteed to tantalise all taste buds

Prep time: 5 minutes
Cook time: 7 minutes **Serves:** 4
Tools: Instant Pot & Vortex Air Fryer or Duo Crisp

Ingredients
1 head cauliflower, 2 Tbsp olive oil, salt and pepper, 1 red onion, thinly sliced, juice of 1 lemon, 1 tub hummus, pitted green olives, 1 Tbsp capers, drained,

flat leaf parsley, chopped, 3 Tbsp pomegranate seeds

Method
Drizzle cauliflower head with olive oil and season with salt and pepper. Place cauliflower in the Instant Pot with 1 cup water and set to Pressure Cook on High Pressure for 2 min. To brown, set the Vortex/Duo Crisp to Roast at 180°C for 5 min.

Place the cauliflower in the drawer or basket and turn halfway through cooking. Mix the red onions and lemon juice and allow to marinate until required. To serve, spread the hummus over a serving plate and place the cauliflower in the centre. Top with marinated onions, olives, capers and parsley. Sprinkle with pomegranate seeds and serve.

ROAST CAULI AS A MAIN

For a veggie feast, serve with Honey-glazed Sweet Potatoes (see Easiest Christmas Ever) and a green salad.



GO VEGGIE
Top with cinnamon glazed nuts and serve as a vegetarian main

Hasselback Butternut

An appealing addition to your roast

Prep time: 15 minutes
Cook time: 22 minutes
Serves: 2-4 **Tools:** Vortex Air Fryer or Duo Crisp

Ingredients
1 small butternut, garlic, thinly sliced, salt and pepper, fresh sage (or rosemary)

Method
Peel the butternut, cut in half and remove the seeds. Place a skewer on either side of the butternut and cut down towards the base. The skewers will ensure you do not cut right through the butternut. Make cuts ½ cm apart. Drizzle with olive oil, season with salt and

pepper. Place pieces of thinly sliced garlic between the slices of butternut. Place the butternut carefully into the drawer or basket. Set the Vortex or Duo Crisp to bake at 180°C for 20 min. Serve garnished with fresh sage or rosemary.

GLAZING VEGGIES

Add a sprinkling of chilli flakes to the melted butter for a spicy kick.



Best Roast Potatoes

Golden and crisp on the outside, silky and soft inside

Prep time: 10 minutes **Cook time:** 25 minutes **Makes:** 6
Tools: Duo Crisp, or Instant Pot & Vortex Air Fryer

Ingredients

600-700g roasting potatoes, peeled, 60ml melted duck fat, 1 tsp salt, freshly ground black pepper, 5 cloves garlic, 2 sprigs rosemary, 1 Tbsp water

For serving:

More fresh rosemary, 5g chopped parsley

Method

Cut potatoes into desired size. Insert steamer into inner pot and add 1 cup water. Add potatoes. Secure lid and set to Pressure Cook on High for 5 mins. Once cooked, allow 10 min for Natural Release. Remove potatoes and place in a bowl. Drizzle over the duck fat and salt and pepper, and toss to combine. Spread the potatoes evenly across the drawer or basket levels and add 2 garlic cloves and a sprig of rosemary across them. Set to Air Fry at 200°C for 10 mins. Cook until deep golden brown, turning halfway. Remove garlic and set it aside, discard rosemary. Squeeze garlic from skins, add 1 Tbsp water and mash the garlic and water together to form a paste. Serve potatoes with garlicky sauce, rosemary and chopped parsley.

Don't overcrowd the basket - there must be room for air to circulate for even browning.

TRUFFLE-LICIOUS

Take roast potatoes, fries and even popcorn to the next level by adding a sprinkling of truffle salt.



Coriander & Lime Rice

This tangy Asian-influenced recipe always delivers



Prep time: 5 minutes
Cook time: 8 minutes
Serves: 3-4
Tools: Instant Pot

Ingredients

1 cup rice, ¼ tsp salt, 1½ cups water, 2 cloves garlic, finely chopped, ⅓ cup chopped coriander, 3 Tbsp olive oil, zest of 1 lime, 1 Tbsp lime juice, 1-2 jalapenos, red chillies or smoked chilli flakes for serving

Method

Select Sauté, add 2 Tbsp oil, and garlic. Cook until the garlic is golden, about 1-2 min, then add water. Bring to a gentle simmer. Rinse rice, place in Instant Pot, and stir, to remove any grains from sides of pot. Secure lid. Select the Rice pre-set and set to Less. The display will read 8 min. Make sure High Pressure is selected. When complete, perform a Quick Pressure Release. Once rice has cooked, fluff it with a fork and place on a serving platter. Toss through lime zest, coriander and cooking oil. Season to taste. Toss through lime juice. Garnish with chopped chilli.

HOT TIP
Prevent rice from sticking by gently coating the sides of inner pot with oil.

ALLADIN'S RICE

Add chopped dried fruit and nuts to cooked rice for an exotic side.



“2021: the year of the Air Fryer!”

Air Fry Asparagus

Crisp, tender and sweet in less than 10 minutes!

Prep time: 3 minutes
Serves: 4 **Tools:** Vortex Air Fryer or Duo Crisp

Ingredients
 Bunch of thin asparagus (enough for 4), parma ham, lemon wedge, lemon butter, salt and pepper

Method
 Wash asparagus well then soak in boiling water for 2 minutes. Drain well and toss with a spray of olive oil. Place asparagus evenly across the drawer or basket. Set Air Fryer to 204°C and allow to pre-heat, then place asparagus evenly across the area. Set

to 3 minutes. Toss and do additional 2 mins of cooking if more charred look is preferred. Remove with tongs, season and wrap with parma ham, then serve immediately with drizzle of lemon and lemon butter.

NEXT LEVEL Add capers to lemon and garlic butter for extra tang.

Air Fryer Cooking Timetables

FOOD	SMART PROGRAM	COOKING TEMPERATURE	COOKING TIME	COOKING NOTES AND TIPS
MEAT				
Bacon, crispy	Air Fry	191°C	8-10 mins	Turn half way
Beef biltong	*Dehydrate	57°C	4-8 hours	
Boerewors	Roast	191°C	10-12 mins	Line tray with foil, turn half way
Chicken breasts, stuffed	Bake	180°C	13-15 mins	Turn half way
Chicken nuggets, frozen	Air Fry	205°C	10-15 mins	Shake half way
Chicken pieces	Roast	191°C	15-20 mins	Turn half way
Chicken schnitzel, fresh	Air Fry	191°C	10-12 mins	Turn half way
Chicken wings, fresh/frozen	Air Fry	205°C	10-15 mins	Turn half way
Chops (beef/lamb/pork)	Roast	191°C	10-12 mins	Turn half way
Meat balls	Bake	191°C	10-12 mins	Turn half way
Pork belly, (pressure cooked first)	Roast	205°C	20-25 mins	Check after 20 mins
Ribs, beef, par cooked	Roast	202°C	10-12 mins	Turn half way
Ribs, pork/lamb, par cooked	Roast	202°C	8-10 mins	Turn half way
Roast lamb (with baby potatoes)	Roast	191°C	25-30 mins	Turn half way, add 5 mins for medium-well
Sausages, fresh	Roast	191°C	10-12 mins	Turn half way
Shepherd's Pie	Roast	180°C	8-10 mins	
SEAFOOD				
Fish fingers, frozen	Air Fry	205°C	10-12 mins	Turn half way
Prawns, fresh	Air Fry	193°C	3-5 mins	Shake half way
Prawns, frozen	Air Fry	205°C	5-7 mins	Shake half way
Salmon, fresh	Roast	205°C	8-10 mins	
White fish fillet	Roast	205°C	3-5 mins	
VEGETABLES				
Asparagus	Air Fry	205°C	3 mins	Turn half way
Aubergine, slices	Roast	185°C	10-12 mins	Turn half way
Baked potato	Bake	185°C	15-20 mins	Medium size potato
Brussels sprouts, crispy	Roast	185°C	10-12 mins	Shake half way
Butternut, hasselback	Bake	185°C	20-25 mins	Turn half way
Butternut, pieces	Roast	185°C	10-12 mins	Shake half way
Butternut, whole	Roast Fry	185°C	18-25 mins	Turn half way
Cauliflower florets	Air Fry	177°C	3 to 6 mins	Turn half way
French fries, frozen	Air Fry	205°C	12-15 mins	Shake half way
Mushrooms, brown, large	Roast	180°C	12-15 mins	
Potato bake	Bake	180°C	45-50 mins	Check after 40 mins
Potato wedges, fresh	Air Fry	180°C	10-12 mins	Turn half way
Roast / "smash" potatoes (par cooked)	Bake	202°C	10 mins	Turn half way
Roast vegetables	Air Fry	185°C	10-12 mins	Cut into 2cm pieces, shake half way
Sweet potato fries, fresh	Air Fry	185°C	10-12 mins	Shake half way
Sweet potato, whole	Bake	177°C	15-20 mins	Medium size potato
Vegetable burgers	Air Fry	191°C	10-12 mins	Turn half way
SNACKS/BAKES				
Bread rolls	Bake	174°C	10 mins	
Brownies, chocolate	Bake	174°C	10-12 mins	
Chocolate pots (puddings)	Bake	191°C	13-15 mins	Check after 12 mins
Churros, donuts	Bake	191°C	10-12 mins	Check after 10 mins, turn half wa
Cookies, biscuits	Bake	174°C	10-12 mins	
Cupcakes / muffins	Bake	185°C	10-12 mins	Use oven-safe tin or silicone holders
Dim sum / pot stickers	Air Fry	191°C	4 mins	Turn half way
Dried fruit	*Dehydrate	60°C	4-8 hours	Longer for juicier type fruit
Frittata / quiche	Bake	180°C	10-12 mins	Check after 10 mins
Fruit leather	*Dehydrate	60°C - 66°C	4-8 hours	
Nachos	Air Fry	205°C	2-4 mins	Use oven proof dish
Nut roast	Bake	174°C	45-50 mins	Check after 40 mins
Pastry snacks, frozen (samosas, spring rolls, sausage rolls)	Bake	185°C	10-12 mins	Turn half way
Pizza, frozen	Air Fry	205°C	4-6 mins	Turn half way
Popcorn chicken, fresh	Bake	205°C	10-12 mins	Shake half way
Risoto balls	Air Fry	202°C	10 mins	Turn half way
Roast stone fruit (apricot, peach etc)	Bake	185°C	5 mins	Turn half way
Spanakopita	Bake	166°C	15 mins	Turn half way

*Dehydrate program on Vortex Plus and Duo Crisp models

An extra special meal deserves an extra special table! We show you how to create three unique table settings – beachy, traditional and tropical – so you can pick one that suits your style best.



MAKE MERRY!



Pops of white
 Tree toppers and tinsel aren't always necessary for dressing a Christmas tree. Go for stark white on green for a fresh coastal vibe. Attach white flowers (we used artificial magnolias) to branches and wrap a rope from top to bottom for a beachy finish.

COASTAL CHRISTMAS

Create a laid-back summery style with a soft colour palette inspired by the beach



Ocean hues (top left)

For this look combine beachy finds including shells, rope, driftwood and coral with more traditional Christmas decorations in a palette of silver, blue and white. Add netted blue glass buoys for coastal charm.

Nature's gift (top right)

For place settings, use lots of different layers and textures in a mix of calming, muted colours. A small potted succulent with a handwritten place tag doubles as a take home gift.

Centre stage (bottom left)

For a wow centerpiece start with an oval plate and layer with fresh Christmas tree pine needles, seashells, artificial starfish and coral, and shiny bells. Add pillar candles in varying heights for atmospheric lighting.

GET THE LOOK



ADD SOME GLAM WITH GOLD FLECKED CRACKERS. R299 FOR 6, @HOME



A CUT-GLASS CANDLE BALL IS A GORGEOUS GIFT AND TABLE DECORATION. R199 EACH, @HOME



BRING NATURE TO YOUR FESTIVITIES WITH A PAMPAS-LOOK WREATH. R399, @HOME

GET THE LOOK



THE TROPICAL LOOK ALWAYS NEEDS SOME LUXE - LIKE THIS LOTUS VOTIVE HOLDER. **R199, @HOME**



METALLICS MAKE A DECORATIVE DIFFERENCE - THIS CANDLE BALL IS A BEAUTY. **R199, @HOME**



ADD A COUPLE OF DELICIOUS MONSTER LEAVES OR FERNS TO A STYLISH VASE TO GET THE TROPICAL LOOK. **R699, @HOME**

TROPICAL CHEER

Go for a colourful and vibrant alternative to the traditional Christmas theme



Bright out (top left)

A mismatched combo of bright colours in the table linen and dinnerware gives a really fun, playful vibe to the Christmas table - perfect for an outdoor setting. The trick to a cohesive look is to choose only three or four colours and to stick to them.

Island style (top right)

For a quick and fun DIY, cut the top off a pineapple and scrape out the flesh (use it for making fruity cocktails!). Arrange colourful flowers inside, then re-attach the pineapple top using a chopstick.

Delicious trio (bottom right)

Use three glass vases in varying heights on leaf placemats (or the real thing if you have!). Place single stem tropical leaves and scatter shiny ornaments among the vases.



TRADITIONAL TWIST

Try this sophisticated spin on the much-loved red-and-white Christmas setting



Paper power (top left)

Paper decorations hung above the table make an affordable focal point that really packs a punch. We chose varying sizes and stuck to red, as it's a gorgeous contrast against the white walls.

Stripe hype (top right)

Top a white tablecloth with a striped table runner for a cheery introduction of red. For a quick DIY napkin ring, tie two different types of ribbon around a berry or holly spray.

White out (bottom left)

Choose fresh white vases in a variety of shapes, heights and textures to keep things visually interesting. White candle holders among fresh pine foliage is a simple stylish way to style a mantelpiece or buffet table.

GET THE LOOK



YOU CAN'T GO WRONG WITH DARK CHOCOLATE NOUGAT IN A BON-BON DISH OR AS A GIFT FOR THE HOST. **R129, @HOME**



ADD SOME SPARKLE TO YOUR TREE OR TABLE WITH A SILVER BUTTERFLY. **R29, @HOME**



A TRIO OF CHRISTMAS TREE CANDLES SET A FESTIVE SCENE. **R119, @HOME**

CREDIT: ANDREW FINLAYSON/AREMEDIASYNDICATION.COM/AU/MAGAZINEFEATURES.CO.ZA

SWEET CELEBRATIONS

Finish off your meal with a sensational encore

Butterscotch and Caramel Treats

Whip up this rich, creamy dessert in 6 minutes!

Prep time: 20 minutes
Cook time: 6 minutes, plus stirring time
Serves: 4
Tools: Instant Pot

Ingredients
Butterscotch pudding: ¼ cup water, ⅓ cup brown sugar, 1 cup thick cream, 3 egg yolks, whisked, 2 tsp vanilla extract, pinch of salt
Salted caramel: 2 Tbsp butter, ¾ cup cream, ½ cup brown sugar, 1 Tbsp vanilla essence, pinch of salt

Method
Butterscotch pudding: Place saucepan over medium heat and bring water and sugar to a boil. Allow mixture to simmer for a few minutes, then lower heat and stir in cream. Remove saucepan

from stove, then whisk in the egg a little at a time, whisking constantly to avoid scrambled egg texture. Stir in vanilla and salt and divide mixture between 4 glasses or ramekins. Add 1 cup of water to inner pot, add ramekins and select Pressure Cook for 6 mins on High. Once finished, allow to Naturally Release, then put the desserts in the fridge to set.

For the sauce: Melt butter in saucepan, then add sugar and cream. Whisk continuously until sugar has dissolved. Bring mixture to a boil while stirring (about 5 min). Remove mixture from heat and stir in vanilla and salt. Transfer to a jar to cool. Spoon caramel sauce over butterscotch pudding just before serving.

Add a sprinkling of edible glitter!



TIME-SAVER Your Instant Pot lid doesn't contain any electronics, so it's safe to pop in the dishwasher.

Festive Fruit Cake

Your festive preparations just got simpler and sweeter with this one-pot fruit cake. Thanks to Taryne Jakobi

Prep time: 30 minutes
Cook time: 60 minutes (plus 2-3 weeks maturation)
Makes: 2 x 18 cm springform tins
Tools: Instant Pot

Ingredients
800g cake mix, 100g cherries, 160g candied mixed peel, 100g slivered almonds, 175g chopped dates, ¾ cup brandy or sherry or substitute with apple juice, ¼ cup water, 320g brown sugar, 250g soft butter, 4 eggs, beaten, 350g self-raising flour, ¼ tsp bicarbonate of soda, ¼ tsp salt, 5g ground cinnamon, 5g ground allspice, 2-3 Tbsp brandy or sherry, extra, 1 Tbsp almond liqueur, apricot jam

Method
Place fruit mix, cherries, mixed peel, almonds and dates in the inner pot and pour over brandy (or apple juice) and water and allow to stand while you measure out remaining ingredients. Switch on Sauté mode and bring mixture in pot to the boil, then simmer for 5 min, stirring continually. Add butter and sugar, stirring occasionally to dissolve sugar. Cancel Sauté function, remove inner pot and set aside to



HOT TIP Fold the handles of the trivet flat on top of each other to make the tin fit.

cool for 10 minutes, then stir in beaten eggs. Mix dry ingredients and spices in a large bowl; pour in fruit mixture. Rinse out inner pot, and return to Instant Pot. Grease and line springform tins with baking paper. Pour mixture into tins and level with spatula. To "bake" the cake, pour 1 cup of water into the inner pot and insert the trivet. Lower cake into the pot. Close lid and set to Cake function (Duo Plus) for 60 min or Pressure Cook on High (other models). When the cook cycle is complete, let the pressure Naturally Release for 15 min.

Manually Release the rest of the way and once the pin has dropped, open the lid carefully. Leave cake to cool in tin. Remove from tin (leaving on parchment paper). Pour over 1 Tbsp of brandy or sherry (optional). Wrap layers of clingfilm around cake in its paper, then cover with foil. Store in airtight container in a cool place. Feed cake weekly with 1 Tbsp of brandy or sherry. Re-wrap and store as before. After 2 to 3 weeks of maturing, prick the top of cake all over with a skewer. Sprinkle over almond liqueur and brush with warm apricot jam.

TREASURE SEEKER Hide a porcelain trinket in your cake (make sure it isn't too small!)... the person who is served it is declared the King or Queen of Christmas!



FESTIVE FINISH Top with a mix of fresh berries.

Basque Burnt Cheesecake

No fuss, just perfect results - every time!

Prep time: 15 minutes **Cook time:** 33 minutes **Serves:** 8-10
Tools: Vortex Air Fryer

Ingredients
750g full fat cream cheese, 200g castor sugar, 4 eggs, 1 egg yolk, 1½ cups cream, ½ tsp sea salt, 1tsp vanilla extract, 30g cake flour, zest of 1 orange (optional)

Method
Lightly butter a 23 cm cake tin. Cut two large squares of baking paper, big enough to hang over the sides of the tin. Line the tin

with the 2 overlapping pieces of baking paper, making sure it comes at least 5cm above the top of the cake tin on all sides. Push the parchment into the corners of tin. The creases of the baking paper will result in the edges of the cheesecake being a little pleated - but don't worry about this. Place cream cheese and sugar into a bowl and beat until smooth and sugar has dissolved. Turn the mixer to medium and add eggs and egg yolk one at a time, beating well between each addition. Scrape sides of bowl and beat again

on medium. Add cream, salt, vanilla, and beat until combined. Sift flour over cheesecake batter and beat one final time until the flour is just incorporated into the batter - don't over beat. Pour batter into lined cake tin. Set the Vortex Air Fryer to 191°C, for 33 minutes on the bake function. Once preheated, place the cheesecake into the basket, and cook until the top is a deep dark brown. At 28 minutes check the cheesecake, it should be jiggly in the centre, as if undercooked. Once cooked, remove the cheesecake and allow it to cool to room temperature. The set of the cheesecake will be custardy, with a very loose centre even once cool. It should just hold a cut. Serve at room temperature. If making the cheesecake in advance, store it wrapped in the fridge, then remove it from the fridge 2 hours before serving.

EASY-PEASY DESSERT Soften a tub of vanilla ice cream and stir through frozen berries. Serve topped with berry coulis.

WIN an Instant Pot Duo or Vortex 4-in-1 Air Fryer

We're giving away an Instant Pot OR a Vortex Air Fryer!



You may be a card carrying member of the Instant Pot family - or maybe you're looking for another to add to your collection? Or perhaps you're lusting after a Vortex Air Fryer? Either way The Village and Instant Pot South Africa would love to help your dream become a reality.

INSTANT POT
Aside from the fact it can make risotto in 6 minutes, the best chicken bryani ever and perfectly fluffy rice dishes, this dream machine is also capable of making yoghurt, steaming veggies and making the silkiest cheesecake imaginable. It's every cook's new best friend.

Choose from:
Instant Pot Duo 7-in-1, 6L or 8L version
VORTEX AIR FRYER
Was there life before this marvel of modern technology was invented? We think not. Not only can the Vortex air fry chicken wings better than anyone you know, it makes the crispiest potato fries, reheats leftovers, bakes cakes and cupcakes, roasts veggies and whole chickens... in fact, anything an oven can do the Vortex can do much better. There are currently three Vortex models in the SA market. Choose the:
Instant Vortex 4-in-1 Air Fryer

TO ENTER

Do these 3 steps:

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- Follow Instant Pot SA on [Facebook](#) and [Instagram](#)
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Leave a comment on The Village Facebook post that features this Instantly Festive digizine. (*no comment, no entry)

The giveaway runs from 15 - 25 November 2021. Open to SA residents only. T&C's apply. Choice is of the Instant Pot Duo 6L or 8L or Instant Vortex 4-in-1 Air Fryer

TERMS AND CONDITIONS
Winner will be chosen by random selection and by checking they have fulfilled entry criteria. Prize is one Instant Pot appliance of choice and including delivery anywhere in South Africa. Competition runs from 15 November 2021 to 25 November 2021. Competition open to SA residents, The Village members and FOMO subscribers only. Allow 14 working days (post announcement) for delivery of the prize. Organisers reserve the right to change the draw date at their own discretion. It is the responsibility of entrants to ensure that their entry contact details are correct. If the organisers are unable, for any reason, to make contact with the winning entrant within 12 hours after the draw taking place, they reserve the right to draw an alternative winner. Employees, agents or consultants to Instant Pot® South Africa and The Village SA any of their partners, their immediate family members (parents, children, brothers and sisters), spouses(s), life partners, business partners and associates are not eligible to enter or win this competition. Subject to these terms and conditions, the determination of the winner is final. No correspondence will be entered into after the winner has been announced. The prize is non-transferable, cannot be refunded, and cannot be exchanged for cash or other products. By participating in this competition, entrants accept and agree to be bound by these Terms and Conditions. Failure to comply with any of the above will result in immediate forfeiture of the prize. This promotion is in no way sponsored, endorsed or administered by, or associated with Facebook or its affiliates.