

A close-up photograph of a roasted ham on a white platter. The ham is partially sliced, showing a pinkish interior and a dark, glazed exterior. Several slices are arranged in the foreground. The platter is garnished with green leaves. In the background, there are blurred bowls and a knife with a black handle and brass accents.

Instant Brands™
FESTIVE IN AN INSTANT®

RECIPES

Get “festive in an Instant(r)” with these delicious recipes which include starters, mains and desserts! Each recipe has instructions for the Instant Pot and Vortex air fryer range, and they can also be easily adapted for the Duo Crisp!

It’s the most wonderful time of the year!

By choosing an Instant Brands appliance you will save time spent in the kitchen, as well as electricity! Our appliances are up to 80% more efficient than a traditional oven.

Please note: Cooking time = Time in cooker/fryer from start to finish including set pressure release time. Does not include any preparation time or Instant Pot preheating time, or untimed natural pressure release.

DISCOVER AMAZING

STUFFED CHICKEN ROULADE

GAMMON WITH ROOIBOS AND GINGER BEER

VIETNAMESE CARAMEL SALMON

CRISPY BRUSSEL SPROUTS

BOXING DAY RISOTTO

SPEEDY STUFFING BALLS

HONEY BUTTER GLAZED SWEET POTATOES

STICKY MASALA, ONION AND PORCINI HOTPOT

FIG AND CAMEMBERT PHYLLO PARCEL

THE ULTIMATE INSTANT ROAST POTATOES

AIR FRYER BUBBLE & SQUEAK BITES

BUTTERNUT AND DATE VEGAN SWIRL

INSTANT POT CHRISTMAS PUDDING

ESPRESSO MARTINI CUSTARDS

STICKY APPLE PUDDINGS

FESTIVE MINCEMEAT SWIRLS

STUFFED CHICKEN ROULADE

TIME: 15-20 MINUTES (INACTIVE TIME: 1H 20 MINS) | SERVINGS: 4-6 | EQUIPMENT: INSTANT POT, VORTEX AIR FRYER AND / OR DUO CRISP

INGREDIENTS

150-200g Sliced smoked pancetta

(or replace for 2 packets thin cut streaky bacon)

4 Large Skinless Chicken breasts

Stuffing:

1 onion, diced

1/4 cup pecans, roughly chopped (can be replaced for almonds, macadamias or pistachios)

2 Pork Bangers

1/2 tsp each salt and pepper

1/8 cup dried cranberries, roughly chopped

2 Tbsp Fresh Sage, finely chopped

1/8 cup breadcrumbs

For Serving:

Gravy

INSTRUCTIONS

1. Butterfly the chicken breasts. Slice evenly through the middle of the chicken breasts, leaving the outer edge intact, so that the breast meat can open up like a book. Repeat with the remaining chicken breasts. Season the breasts on both sides with a little salt.

2. Open the butterflied chicken breasts up and place them on a chopping board. Using a rolling pin, or meat tenderiser, gently beat the butterflied breasts to ensure they are of an even thickness (roughly about 1 cm). Set the chicken aside until needed.

3. To make the stuffing fry the onion on a medium heat, in a little oil, until golden and caramelized (about 10 minutes). Squeeze the sausages from their casings into a bowl. To the sausage mince add the onions, salt, pepper, cranberries, sage, nuts and breadcrumbs. Stir the stuffing together until well combined. Set aside until needed.

4. Fill the Instant Pot with water, then set it to the Sous Vide function on 63 Degrees, for 1 hour. Note that we will be making two small roulades to ensure they fit.

5. While the Instant Pot Sous Vide water comes to temperature, make your pancetta covering for the chicken roulade. On a large, clean surface place about 40cm of eco-friendly "plastic" wrap (or clingwrap), with the long side of the clingwrap rectangle facing towards you. On top of the bio wrap arrange the slices of bacon/pancetta. Lay a slice of pancetta about 5cm from the short edge of the plastic wrap. Place another slice of pancetta next to this, just overlapping the first. Continue until you have used half of your pancetta and formed a large rectangle of overlapping pancetta within the bio wrap.

6. In the centre of the pancetta, arrange two of the butterflied chicken breasts, so that they form a smaller rectangle within the pancetta. Next arrange half the stuffing on top of the chicken, moulding it down the centre of the chicken breasts to form a log.

7. Using the plastic wrap to help you, roll the chicken and pancetta into a cylinder shape, with the stuffing running through the centre. Cover the ends of the roulade with the excess pancetta. Roll the roulade to fully cover it in the plastic wrap (there should be no plastic wrap inside the roulade, only on the outside) and tie the plastic wrap tightly at either end (as shown in the video ...insert link), to ensure the roulade maintains its log shape while cooking. Repeat the process again with the remaining ingredients to make your second roulade.

10. Once the Instant Pot Sous Vide setting has come to temperature, place the roulades into a very large resealable plastic bag, or silicone bag. Lower the bag into the water, making sure the open seal stays above the waterline. As the bag is lowered any air in the bag will be displaced. Once the water is close to the seal, seal the bag. This is called the diffusion method. Roll the seal of the bag over a few times and secure it with a peg or clip to ensure no water accidentally enters into the bag while cooking. Sous Vide the chicken for 1 hour.

11. Once the chicken has cooked, you can place it in the fridge to finish on Christmas day (it can be prepared 2 days in advance). Once ready to crisp the chicken heat the Instant Pot Vortex to 200C on Air Fry mode. Remove the chicken from the bag and remove the plastic wrap. Place the chicken into the air fryer basket and air fry for 15 minutes, turning half way to ensure even browning. If you do not have a Duo Crisp or Vortex, simply pan fry the roulades until the pancetta on the outside is crisp.

12. Allow to rest for 5 minutes, then slice, and serve immediately with gravy and our delicious sides.



COOKING UNDER PRESSURE RESULTS IN A SUPER SUCCULENT GAMMON. FOR A GORGEOUS FINISH, THE GAMMON IS CRISPED UP IN THE VORTEX AIR FRYER OR DUO CRISP. A REAL CROWD PLEASER!



GAMMON WITH ROOIBOS AND GINGER BEER

TIME: 15 MINUTESS PREP TIME, PLUS 15 MINUTESS PER 500G PRESSURE COOK TIME | SERVINGS: 8-10 | EQUIPMENT: INSTANT POT AND VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

1 large smoked gammon approx 1.5kg - 2.5kg

4 rooibos tea bags

750ml strong ginger beer

2 celery stalks

2 medium carrots

1 small white onion

1 tsp all spice berries, crushed

½ tsp black peppercorns

½ tsp cloves

3 bay leaves

Glaze:

1.5 cups of cooking broth

¼ cup of honey

2 tsp Dijon mustard

Pinch of cloves

INSTRUCTIONS

1. Bring the gammon to room temperature and remove all the outer casings including string. Boil the kettle.

2. Heat 1 cup (250ml) of the ginger beer in a jug in the microwave until hot and then add a cup of boiling water. Add the 4 Rooibos teabags to the liquid and allow it to infuse for at least 10 minutes. Remove the teabags.

3. Roughly chop the celery, onion and carrots and place at the bottom of the Instant Pot. Put the gammon on top of the vegetables and then add the bay leaves and spices. Pour the 2 cups of tea mixture and the remaining 500ml of ginger beer over the gammon and adjust the vent to the sealing setting. Push Pressure Cook (otherwise known as manual mode) on the Instant Pot, check it is on High Pressure and change the time based on the size of gammon. Allow 15 minutes per 500gms of gammon, so 2 kgs of gammon will cook for 60 minutes.

4. Cook the gammon and then allow for a natural release of pressure. Remove and set aside. Strain the solids out of the cooking broth.

5. To make the glaze, put 1.5 cups of the strained cooking broth back into the stainless steel inner pot and switch to Sauté mode, once simmering, add the cloves and honey. Turn Sauté mode to 'Less' and leave for around 30 minutes or longer to allow it to thicken. Add the mustard around half way through and stir to ensure it is incorporated. The glaze should thicken even more once it's off the heat.

6. When you are ready to serve / glaze the gammon, remove the thick outer fat layer from the gammon and cut a criss-cross pattern into the fat. Place it on an oven tray under a hot grill ensuring that it is not too close to the element. Drop the oven rack to low if necessary. Once about half of the fat has started to render off, start brushing the glaze over the gammon and return to the grill. Keep a close eye and keep basting it a couple more times. Remove and set aside to serve either straight away or at room temperature a little later. Serve the leftover glaze on the side.

7. Decorate the serving platter with fresh bay leaves, rosemary, pomegranates or grilled peaches.

VIETNAMESE CARAMEL SALMON

TIME: 14 MINUTES | SERVINGS: 4 | EQUIPMENT: VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

1 Tbs olive oil
½ cup + 2 Tbsp light brown sugar
3 Tbsp fish sauce
1 Tbs + 2 tsp (25ml) Soy sauce
1 thumb size piece of ginger, peeled and finely grated (1tsp)
Finely grated zest & juice of 1 lime
¼ tsp freshly ground white pepper
3 Tbsp water
3 garlic cloves very finely slices
½ - 1 red chilli finely sliced (optional)
4 middle cut salmon fillets (skin on or off) 180gm - 230gms each, pin-boned
Chopped spring onions to serve
Fresh coriander to serve
Extra wedges lime

INSTRUCTIONS

1. You can either leave the skin on the salmon or take it off. If you leave it on and want to pre-cook it first, heat a large non-stick skillet and when it's smoking hot, add a little olive oil and sear the salmon fillets skin side down for 1 minute.
2. Alternatively, proceed straight to the Instant Pot cooking stage.
3. Set the Instant Pot to Sauté. Add the olive oil, sugar, fish sauce, soy sauce, ginger, pepper, lemon zest and juice and the water cook for about a minute until the sugar is dissolved and bubbling. Add the garlic and chilli and cook for a further 30 seconds. Push Cancel to turn the Instant Pot off.
4. Place the fillets of salmon with the skin side facing up and spoon some sauce over. Put the lid of the Instant Pot on and set it to Sealing. Select Pressure Cook and change the level to Low Pressure for 1 minute (remember to take it off the Keep Warm setting). Allow a 5-minute natural release of pressure and then turn the sealing vent down to manually release the remaining pressure. If your salmon is underdone, cook it to your preference using the Sauté function.
5. Remove the pieces of salmon carefully and arrange flesh side up on a platter. Put the inner pot with the sauce back into the Instant Pot and heat on the Sauté function. Cook the sauce for a minute and until the sauce has thickened. Spoon this over the salmon and garnish with sliced spring onions, fresh coriander and additional lime wedges.
6. Serve with steamed jasmine or basmati rice and any other cooked Asian greens such as bok choy.



CRISPY BRUSSEL SPROUTS

TIME: 15 MINUTES | SERVINGS: 4 | EQUIPMENT: VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

450g brussel sprouts
1 tbs olive oil
1/2 tsp salt
1/2 small onion, minced
2 tbsp butter

INSTRUCTIONS

1. Trim and halve the brussel sprouts and place into a bowl with olive oil and salt, and toss to cover the sprouts evenly.
2. Select Air Fry and set the temperature to 190°C and the time to 13 minutes.
3. When prompted to 'Add food,' place the brussel sprouts in the basket in a single layer. Give them a shake at halfway.
4. When the cooking program finishes, add the minced onion and butter to the basket, and select Air Fry again for 2 minutes to melt the butter.
5. When the program finishes again, give everything a shake to move the melted butter and onion in and around the sprouts before serving.



BOXING DAY RISOTTO

TIME: 15 MINUTES | SERVINGS: 4 | EQUIPMENT: INSTANT POT

INGREDIENTS

- 1 tbsp oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 400g Arborio rice
- 950ml stock
- Salt and pepper
- A few handfuls of leftover vegetables, diced - e.g. carrots, brussel sprouts,
- Leftover cooked meat - turkey, ham, pigs in blankets - cut into small pieces
- Leftover stuffing
- 2 tbsp butter
- Parmesan, optional

INSTRUCTIONS

1. Set the Instant Pot to Sauté and set the time for 5 minutes.
2. When the display indicates hot, add the oil, onion and garlic to the inner pot, stirring occasionally until soft.
3. Add the rice and cook until it turns translucent, then pour a little bit of stock to the pot and using a wooden spoon, deglaze the base of the inner pot and scrape it down well so nothing is sticking.
4. Press Cancel, add the remaining stock, salt and pepper, plus your leftover veg and meats.
5. Secure the lid, select Pressure Cook and set the time for 8 minutes.
6. When the cooking program finishes, allow the pressure to release naturally for 2 minutes then quick release the remaining pressure.
7. Remove the lid and add the leftover stuffing and butter, stirring through for a couple of minutes.
8. Serve topped with parmesan (optional) and enjoy!



SPEEDY STUFFING BALLS

TIME: 13 MINUTES | SERVINGS: 6 | EQUIPMENT: VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

- 1 tbsp olive oil
- 1 medium white onion, finely diced
- 1 clove garlic, finely diced
- 2 tsp mixed herbs
- 1 tsp fresh sage or dried sage
- Salt and pepper
- 180g fresh breadcrumbs
- 1 egg, beaten

INSTRUCTIONS

1. Gently heat the oil in a medium saucepan. Add the garlic and onion, and fry for 30 seconds on medium heat. Cover with a lid and allow the onion to soften for 4-5 minutes in low heat.
2. Turn off the flame and allow it to cool down for 5 minutes.
3. Add the mixed herbs, sage, salt, pepper and bread crumbs, and mix together.
4. Add the beaten egg slowly and stir the stuffing mixture until well combined, then roll the mixture into walnut-sized balls.
5. Select Air Fry on your Vortex and set the temperature to 180°C and the time to 7 minutes.
6. When prompted to add food, place the stuffing balls into the basket and turn at halfway.
7. Once cooked, enjoy warm!



HONEY BUTTER GLAZED SWEET POTATOES

TIME: 10 MINUTES PRESSURE COOK, 10 MINUTES AIR FRY (DEPENDING ON SIZE) | SERVINGS: 4-6 (AS A SIDE)

EQUIPMENT: INSTANT POT, VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

1 Kg Orange Sweet Potatoes

3 Tbsp Honey

1 ½ Tbsp Butter

¼ Cup Roasted Hazelnuts

2 Tbsp Coriander

¼ Cup Feta cheese or Goats cheese

Cooking oil, Salt and Pepper as needed

*Chefs Tip:

Add a pinch of smoked chili flakes or 1tsp or Sriracha to your honey butter for an addictively spicy kick.

*Important note:

The sweet potatoes used to test this recipe were roughly 6cm in diameter. Larger or smaller sizes will need different cooking times. If your potatoes are slightly underdone, they can either be roasted (if using an oven) or air fried for a little longer, or reset the timer and pressure cook them until soft.

INSTRUCTIONS

1. Prick the sweet potatoes all over with a fork.

2. **Pressure Cook phase:** Place the steamer insert into the inner pot, add 1 cup of water and place the sweet potatoes on top. Set to Pressure Cook on hHgh for 5 minutes. Once complete, allow a Natural Release for 10 minutes.

3. While the sweet potatoes cook melt the honey and butter together in the microwave or in a pot on the stove. Set aside until needed.

4. Release the remaining pressure and when the valve drops, open the lid. Carefully remove the potatoes and cut them in half lengthways.

5. **Air Fry phase with Duo Crisp or Vortex:** Massage a little cooking oil over the potatoes. Place the 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 minutes. After 10 minutes, spoon over some of your honey butter (reserve roughly half for serving) and return them to the air fryer for 5 minutes. The sweet potatoes should be golden and crisp, however if you like them crispier, simply air fry for a little longer (watch the honey doesn't burn)

6. Plate up the glazed sweet potatoes, and drizzle over the remaining honey butter. Add the chopped roasted hazelnuts, fresh coriander and crumble over the cheese. Serve and enjoy!



**THE PERFECT VEGAN
DISHERS TO ADD TO
YOUR FESTIVE MENUS
THIS SEASON.**

**WHETHER IT'S FOR
THE WHOLE TABLE,
OR JUST FOR YOUR
PLANT-BASED
GUESTS - THESE ARE
FULL OF FESTIVE
FLAVOUR!**



STICKY MASALA, ONION AND PORCINI HOTPOT

TIME: 55 MINUTES | SERVINGS: 4 | EQUIPMENT: INSTANT POT + VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

900g onions, thinly sliced
1 small bulb garlic
2 large carrots, diced
1 Celery stick, diced
300g oyster mushrooms
1 tin Lentils (1/2 cup dried)
2 bay leaves
1 tbsp picked thyme
1 tbsp tomato paste
300ml masala wine
400ml veg stock
2 tbsp corn flour + 3 tbsp water
2-3 potatoes, peeled and sliced 1mm thick
Vegan butter, for brushing
Oil, salt and pepper, as needed

INSTRUCTIONS

1. Select Sauté on the Instant Pot and set the time to 15 minutes. Add a little oil and the onions and cook until sticky.
2. While the onions cook, trim the top quarter off the garlic bulb to reveal the cloves. Drizzle in oil, then wrap it in tinfoil. Select Air Fry and set the temperature to 200°C and time to 15 minutes and place the garlic inside.
3. When the onions are cooked, remove them from the pot and wipe down the inner pot. Reselect Sauté and set the time to 20 minutes. Add some oil, the carrots and celery and cook until softening.
4. When the garlic has cooked, toss the mushrooms in a little oil, then place them in the Vortex Air Fryer. Select Air Fry again, and set the temperature to 203°C and the time to 8 minutes. Check the mushrooms from 4 minutes and remove once crispy.
5. When the onions are crisped, place them in the inner pot with the veg, and add the lentils, bay leaves, thyme, tomato paste and squeeze out the garlic. Cook for a couple minutes, stirring regularly.
6. Add the masala wine and cook for a further 3-5 minutes, until it has reduced and the alcohol has cooked off.
7. Pour the vegetable stock into the inner pot and stir through the vegetables.
8. In a small bowl, mix the cornflour and water together, then add the cornflour slurry to the inner pot and continue sautéing until thickened.
9. Season the mushroom lentil ragu with salt and pepper to taste, then remove and discard the bay leaves.
10. Spoon the ragu into a pie dish big enough to fit into the base of your Vortex Air Fryer, then layer the thinly sliced potatoes on top of the ragu. Brush the slices of potatoes with melted vegan butter and sprinkle the potatoes with a pinch of salt.
11. Select Air Fry, and set the temperature to 190°C and time to 25 minutes. When prompted, place the hot pot dish inside.
12. When display indicates 'Turn food,' check the crispiness of the hot pot. Continue cooking, checking every few minutes until the potatoes are golden and crisp, and cooked through.
13. Serve immediately alongside your favourite side dishes.

**IF YOU LIKE
CAMEMBERT, YOU
ARE GOING TO LOVE
THIS FESTIVE PHYLLO
PARCEL FILLED WITH
FIG AND CAMEMBERT.
PERFECT TO WOW
YOUR GUESTS - IF YOU
CAN GET YOURSELF
TO SHARE IT!**

FIG AND CAMEMBERT PHYLLO PARCEL

TIME: 15 MINUTES | SERVINGS: 4 | EQUIPMENT: VORTEX OR DUO CRISP

INGREDIENTS

1 camembert round
2 TBSP fig jam
5 sheets phyllo pastry
½ cup melted butter
Preserved figs and flaked
almonds to serve

INSTRUCTIONS

1. Score the top of the camembert then top with fig jam.
2. Brush each sheet of phyllo pastry with butter, and lay the 3 pieces one on top of another.
3. Wrap the camembert in the pastry.
4. Brush the remaining 2 sheets of phyllo with butter and tear into strips.
5. Arrange in rosettes on top of the camembert.
6. Bake at 160°C for 10 mins until golden.
7. Remove from the Vortex / Duo Crisp and serve with preserved figs and lightly drizzle with fig syrup.



THE ULTIMATE INSTANT ROAST POTATOES

TIME: 35 MINUTES (+BOILING TIME) | SERVINGS: 4-6 | EQUIPMENT: VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

600-700g roasting potatoes, peeled

60ml melted duck fat

1 tsp salt

Freshly ground black pepper

5 cloves garlic

2 sprigs rosemary

For serving:

More fresh rosemary

5g chopped parsley

INSTRUCTIONS

1. Cut the potatoes into quarters or eighths depending on their size.

2. Place the steamer insert into the Instant Pot and add 1 cup boiling water.

3. Pour the potatoes into the pot. Secure the pressure cooking lid on the Instant Pot. Press the pressure cook button, and press it once more to program it to cook at "Hi". If the Instant Pot is already set to cook on high pressure, omit this step. Set the timer for 5 minutes.

4. Once cooked, allow 10 minutes for the pressure to release naturally. Remove the potatoes and place them into a bowl.

5. Drizzle over the duck fat, salt and pepper, and toss to combine.

6. Place the multi level fryer basket into the Instant Pot, tip in half the potatoes into the bottom section, add 2 garlic cloves and a sprig of rosemary. Repeat the process with the remaining potatoes, rosemary and garlic on the upper level of the fryer basket.

7. Secure the air frying lid on the Instant Pot, press air fry set the temperature to 200 and set the timer to 10 minutes. Cook the potatoes until deep and golden brown, turning halfway through cooking. Remove the garlic and set it aside. Discard the rosemary. If the potatoes are not browned to your preference repeat this step for a further 10 minutes, without the garlic, and cook until they reach your desired crispy/brownness.

8. Once the potatoes are cooked place them in a serving dish and remove the garlic. Squeeze the garlic from their skins into a small bowl, add 1 Tbsp water and use a spoon to smush the garlic and water together to form a paste.

9. Serve the potatoes with the garlicky sauce, fresh rosemary and chopped fresh parsley.



AIR FRYER BUBBLE & SQUEAK BITES

TIME: 20 MINUTES | SERVINGS: 4 | EQUIPMENT: VORTEX AIR FRYER

INGREDIENTS

500g leftover potatoes

200g leftover vegetables

Salt & pepper, to taste

INSTRUCTIONS

1. Put the potatoes and vegetables into a food processor and blend until it is a mix of being slightly chunky, yet smooth enough to hold together.

2. Roll into 8 equal sized balls, then flatten and shape into patties.

3. Select Bake on the Vortex Air Fryer, and set the temperature to 190°C and the time to 20 minutes.

4. When prompted to 'Add Food', place the patties into the air fryer and bake until golden brown and crispy. (If you have a smaller air fryer, you may need to work in batches.)

5. Once cooked, serve with leftover cold meats, or a fried egg for a boxing day breakfast.



BUTTERNUT AND DATE VEGAN SWIRL

TIME: 40 MINUTES | SERVINGS: 4-6 | EQUIPMENT: VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

300g butternut squash, peeled and diced into bite sized chunks

400g tin chickpeas

3 onions, peeled and thinly sliced

70g almonds

4g mint

4g parsley

80g dates, chopped

1 clove garlic, crushed

6 sheets filo pastry

50g vegan butter, melted

Oil, salt & pepper as needed

INSTRUCTIONS

1. Place your butternut squash chunks and chickpeas into the Instant Vortex basket. Drizzle over a little oil and salt, then close the air frying drawer.

2. Select Air Fry, set the temperature to 190°C and the time to 15 minutes.

3. While the butternut squash & chickpeas cook, caramelize your onions by sautéing them on a medium low heat, stirring occasionally until golden brown and sticky.

4. When the butternut squash and chickpeas are cooked, and the onions caramelized, combine them in a bowl with the almonds, mint, parsley, dates and garlic. Mix everything together until well combined, then season to taste with salt and pepper.

5. On a clean work surface, place a piece of filo pastry with the long edge facing away from you. Brush the filo lightly with melted butter. Place another sheet of filo down overlapping the first by about 5cm to create a longer wide rectangle. Layer the remaining 4 sheets of filo, on top of the first two, brushing melted vegan butter between the layers as you go.

6. Spoon the butternut filling along the long edge of the rectangle, forming a long sausage shape about 4cm thick. Squish the filling together with your hands to make it compact, and remove any large air pockets.

7. Roll the filo around the filling into a large long snake shape, then work quickly to roll the snake of pastry into a snail shape and brush it with vegan butter. Place the spiral pastry into a pie dish that can fit into your air fryer. (It is possible to cook the spiral without the pie dish, however the dish helps maintain the spiral shape.)

8. Select Air Fry and set the temperature to 170°C and time to 25 minutes.

9. Add the pie dish to the basket when prompted and ignore when display indicates 'Turn food.'

10. Cook the swirl until the pastry is a deep golden brown. (The spiral can be made in advance, and cooked, and reheated in the Vortex using the reheat function on day of serving.)





INSTANT POT CHRISTMAS PUDDING

TIME: 115 MINUTES | SERVINGS: 8-10 | EQUIPMENT: INSTANT POT

INGREDIENTS

200g dried fruit, soaked in 90ml Frangelico or fruit juice for 24 hours

50g finely chopped dried dates

50g finely chopped pecans

4 balls of finely chopped Stem Ginger

75g soft butter

75g dark muscovado sugar

2 tsp mixed spice

Zest of 1 orange

Zest of 1 lemon

70g fresh breadcrumbs

2 large eggs

150g grated carrot

1 tbsp treacle

70g self-raising flour

INSTRUCTIONS

1. Beat the butter and sugar until light and fluffy, then beat in the eggs, then mix in everything else apart from the flour.
 2. Once mixed, lightly fold in the flour and then scrape into a well greased pudding basin. Take a piece of baking parchment and grease one side to cover the pudding, then cover with a larger piece of foil (not too tight) and secure with an elastic band or string.
 3. Lower onto the trivet in the inner pot and pour boiling water to about an inch below the rim of the pudding basin.
 4. Secure the lid on and leave the steam release valve Venting. Set to Steam and begin the timer for 15 minutes as soon as you hear steam coming out the pot. (Note that as the pot is not steaming under pressure when the vent is open, it will not start its own timer countdown)
 5. When the 15 minutes is up, change the steam release to Sealing, select Pressure Cook and set the time for 45 minutes.
 6. When the cooking program finished, allow the pressure to release naturally for 15 minutes, then quick release the remaining pressure.
 7. Carefully remove the pudding from the pot and allow to cool completely, then dry the top of the pudding with kitchen roll and re-cover with fresh paper and foil, and store in a cool dark place until required.
- To cook on Christmas Day:**
8. When ready to cook, place the pudding on the trivet in the inner pot and pour boiling water up to one inch below the rim of your basin.
 9. Put the steam release to Sealing, and select the Steam function. Set the time for 40 minutes and press start. When the cooking program finishes, quick release the pressure and remove the lid.
 10. Invert onto a plate, slice and serve with rum or brandy butter, custard or cream.

**A DECADENT SPIN
ON AN ESPRESSO
MARTINI - THESE
VELVETY COFFEE
INFUSED CUSTARDS
ARE SURE TO BRING
THE PARTY THIS
CHRISTMAS!**

ESPRESSO MARTINI CUSTARDS

TIME: 22 MINUTES +(45MINS INFUSING TIME) | SERVINGS: 3 JARS | EQUIPMENT: INSTANT POT

INGREDIENTS

60g coffee beans

500ml double cream

150g sugar

8 egg yolks

45ml coffee liquor

125ml cream, for serving

INSTRUCTIONS

1. Very coarsely grind the coffee using a pestle and mortar or food processor. (Espresso or pre ground coffee will not strain out with your average sieve, so coffee beans are a must here!)

2. Select Sauté on the Instant Pot and set the time to 3 minutes.

3. Add the double cream, sugar and coffee, and sauté until warm. (Do not let it boil.)

4. Whisk the eggs, then gently stream the coffee cream into the yolks, whisking constantly to prevent the eggs scrambling.

5. Add the coffee liquor, then pour the whole mixture into a large dish, and set it aside to infuse for a minimum of 45 minutes.

6. After 45 minutes, pour the coffee cream through a sieve (you can line the sieve with muslin for an extra smooth finish) and discard the coffee grounds.

7. Divide the coffee cream between 6 heat safe jars (we used 120ml), filling them to about 80% full. Close the jar lids, enough to stop moisture, but not too tight as air needs to release during cooking.

8. Clean the inner pot from excess cream, then place the trivet inside. Fill the pot 1/5 of the way up with warm water.

9. Select Sous Vide, set the temperature to 83°C and the timer to 1 hour. Once the water is at the correct temperature, lower in the jars, making sure the water line is just below the jar lids. Sous vide the custards until just set. Start checking the custards around 30 minutes. To know they are set, give them a tap and they should wobble slightly.

10. Once cooked, place in the fridge to set and cool for 2-3 hours.

11. When ready to serve, whip the 125ml cream to soft peaks and spoon over the custards.





STICKY APPLE PUDDINGS

TIME: 18 MINUTES | SERVINGS: 6 | EQUIPMENT: VORTEX AIR FRYER OR DUO CRISP

INGREDIENTS

70g dates

60ml milk

1 tbsp vinegar

60g vegan butter

130g brown sugar

10g treacle

30g aquafaba or 30ml egg replacer
mixed with water

125g Gluten free flour

1/2 tsp bicarb soda

1 tsp baking powder

Chopped roasted nuts, for serving

Toffee Apple Caramel Sauce:

90g vegan butter

1 large apple, peeled and diced

180g dark brown sugar

125ml coconut cream

INSTRUCTIONS

1. Remove the pits from the dates, then finely chop. Heat the milk, then pour over the dates, along with the vinegar, and set to one side for the dates to soften.
2. In a mixing bowl, add the vegan butter, sugar and treacle and cream until light and fluffy. Beat in the aquafaba/egg replacer for 1 minute, then stir in the softened milky dates.
3. Sift the flour, bicarb and baking powder over the wet ingredients, then fold all the ingredients together until well combined
4. Divide the pudding mix between 6 greased non-stick pudding pots.
5. Select Bake on your Vortex Air Fryer and set the temperature to 160°C and time to 18 minutes.
6. When prompted to 'Add Food', place the 6 pudding pots into the Air Fryer to bake.
7. While the puddings cook, make the caramel apple sauce. Heat the butter in a pan on a low heat, and add the diced apples and sauté until just starting to soften. Add the brown sugar and coconut cream, and continue cooking until the sugar has dissolved and the sauce thickened.
8. Once the puddings have finished cooking, prick them all over with a tooth pick, then spoon some of your caramel sauce (reserving the apple pieces for the top) over the puddings. Once the sauce has absorbed, and before the puddings cool, turn them out onto a serving plate.
9. When ready to serve, drizzle more caramel sauce over the top, along with some sticky toffee apple pieces and sprinkle with nuts if desired.

FESTIVE MINCEMEAT SWIRLS

TIME: 13 MINUTES (+35 MINUTES PREP + PROVING TIME) | SERVINGS: 12 | EQUIPMENT: VORTEX OR DUO CRISP

INGREDIENTS

Dough:

125ml warm milk

12g dried yeast

50g sugar

350g strong white bread flour

1/4 tsp salt

1 beaten egg

40g melted butter

Filling:

150g mincemeat

1 tbsp orange juice

1/4 tsp ground cinnamon

Icing:

30g cream cheese

1 tbsp orange juice

15g softened butter

90g icing sugar

INSTRUCTIONS

1. Add 1 tsp sugar to the milk and whisk in the yeast, then set aside for 5 minutes so a froth forms.
2. Add the remaining dough ingredients into a large bowl, give the yeast mixture another quick whisk and add to the dry ingredients. Then mix into a soft dough.
3. Once mixed, knead the dough on a lightly floured surface for 5 minutes, then put in a warm place, covered whilst it proves.
4. Once the dough has doubled in size, remove it from the bowl onto a lightly floured surface and knead it lightly for another minute before rolling into an oblong shape. (approx. 12 x 15 inches.) The dough will be quite springy but can be gently pulled into shape between rolling.
5. Mix the filling ingredients together, and then spread evenly over the dough.
6. Starting with one of the longer sides carefully roll the dough keeping it as tight as possible wrapping the filling inside then cut the dough into 12 equal portions.
7. Line the Vortex basket with baking paper and arrange the swirls directly onto the paper leaving a small gap between each.
8. With the Vortex turned off, put the basket back in and leave to prove for 25 minutes.
9. Once the dough has doubled again, turn the Vortex on and select Bake, setting the temperature to 171°C and the time for 13 minutes, and press Start
10. When the cooking program finishes, remove the basket and carefully lift the swirls out, keeping them on the baking paper.
11. In a bowl, mix the icing ingredients together until smooth, then glaze the swirls whilst they're still hot, then enjoy!



Instant Pot

MAKE MEALTIMES AMAZING



instantpot.co.za



InstantPotSA