

# SHAQ<sup>TM</sup>

## ShaqPot Pressure Cooker



# Recipe Book

# TABLE OF CONTENTS

Mac & Cheese.....	4	Chicken Provençal.....	18
New England Clam Chowder.....	6	Baby Back Ribs.....	20
Beef Chili.....	8	Short Ribs.....	21
Butternut Squash Soup.....	10	Pot Roast.....	22
Rice Pilaf.....	11	Pulled Pork.....	24
Quinoa Pilaf.....	12	Pork Carnitas Tacos.....	26
Spring Pea Risotto.....	14	Sous Vide Steak.....	28
Irish Stew.....	15	Paella Valenciana.....	30
Grandma’s Meatballs.....	16	Bread Pudding.....	32
Chicken Roaster.....	17	Pecan Toffee Cheesecake.....	34



MAC &  
CHEESE  
serves 8

### Ingredients

- 2 cups water
- 3 cups heavy cream
- 3 cups shredded cheddar cheese
- 2 tbsp. butter
- 4 cups elbow macaroni
- 1 tsp. sea salt

### Directions

1. Place the Inner Pot in the appliance.
2. Add all the ingredients to the Inner Pot and stir.
3. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
4. Press the Pressure Button and then the Program Dial to confirm the Custom setting. Scroll to the Low setting and press the Program Dial to begin the cooking cycle (10-min. cooking time).
5. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

NEW ENGLAND  
**CLAM  
 CHOWDER**  
 serves 8

### Ingredients

- 1 medium onion, diced
- 3 celery stalks, diced
- ½ red pepper, seeded & diced
- 2 large white potatoes, peeled & diced
- 3 tbsp. butter
- 3 tbsp. flour
- 25 littleneck clams, rinsed in cold water
- 6 cups clam broth
- ½ lb bacon, diced
- 2 bay leaves
- 1 sprig thyme
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- ¾ cup heavy cream

### Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the onion, diced celery, diced red pepper, diced white potatoes, and butter to the Inner Pot and cook for 10 mins.
4. Add the flour and cook for 2 mins.
5. Press the Cancel Button.
6. Add the clams, clam broth, diced bacon, bay leaves, thyme, salt, and ground black pepper and stir well.
7. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
8. Press the Pressure Button, scroll to the Fish Setting, and press the Program Dial. Scroll to the High setting and press the Program Dial to begin the cooking cycle (10-min. cooking time).
9. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Keep Warm/Cancel Button to Cancel. Let the appliance sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
10. Stir in the cream and serve.

# BEEF CHILI

serves 6

## Ingredients

2 tbsp. grapeseed oil  
 2 lb 85% lean ground beef  
 1 large onion,  
 peeled & diced  
 1 tsp. ground coriander  
 1 tbsp. sea salt  
 1 tbsp. crushed red pepper flakes  
 ¼ cup chili powder  
 1 tsp. cumin  
 1 tbsp. sugar  
 4 cups crushed tomatoes  
 ½ cup beef stock  
 ⅓ cup red beans, dried  
 ⅓ cup black beans, dried  
 ⅓ cup navy beans, dried

## Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Pour the grapeseed oil into the Inner Pot.
4. Sauté the ground beef and diced onion for 8–10 mins.
5. Add the ground coriander, salt, crushed red pepper flakes, chili powder, and cumin and cook for 3 mins.
6. Add the sugar, crushed tomatoes, beef stock, red beans, black beans, and navy beans. Press the Cancel Button.
7. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
8. Press the Pressure Button, scroll to the Beef setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
9. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Keep Warm/Cancel Button to Cancel. Let the appliance sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

## BUTTERNUT SQUASH SOUP

serves 8

### Ingredients

2 lb butternut squash,  
peeled, cubed & seeded  
2 cloves garlic,  
peeled & coarsely chopped  
1 large yellow onion,  
peeled & finely chopped  
3 tbsp. olive oil  
1 tbsp. chopped fresh sage  
4 cups chicken stock  
1 cup apple cider or juice  
¼ tsp. sea salt  
¼ tsp. ground black pepper  
1 cinnamon stick  
1 bay leaf  
¼ cup sour cream

### Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the butternut squash, chopped garlic, chopped onion, and olive oil to the Inner Pot and cook for 10 mins.
4. Add the sage, chicken stock, apple cider or juice, salt, ground black pepper, cinnamon stick, and bay leaf. Press the Cancel Button.
5. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
6. Press the Pressure Button and then the Program Dial to confirm the Custom setting. Press the Timer Button, scroll to set the cooking time to 20 mins., and press the Program Dial to begin the cooking cycle.
7. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Keep Warm/Cancel Button to Cancel. Let the appliance sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
8. Let cool for 20 mins. with the Lid off and then remove the bay leaf. Blend the soup with the sour cream in a blender until puréed.

## RICE PILAF

serves 6

### Ingredients

2 tbsp. butter  
½ onion, diced small  
3 cups rice  
1 qt. chicken or vegetable stock  
1 bay leaf  
1 sprig thyme

### Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the butter and diced onion to the Inner Pot and cook for 2 mins.
4. Add the rice and coat with the butter.
5. Add the stock, bay leaf, and thyme.
6. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the White Rice setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (6-min. cooking time).
8. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.



QUINOA  
**PILAF**  
serves 8

### Ingredients

- 2 tbsp. butter
- ½ onion, diced small
- 3 cups quinoa
- 1 qt. chicken or vegetable stock
- 1 sprig thyme
- 1 bay leaf

### Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial Button to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the butter and onion to the Inner Pot and cook for 2 mins.
4. Add the quinoa and coat with the butter.
5. Add the stock, thyme, and bay leaf. Press the Cancel Button.
6. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Quinoa setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (4-min. cooking time).
8. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

## SPRING PEA RISOTTO

serves 12

### Ingredients

- ¼ cup olive oil
- 2 shallots, minced
- 4 cloves garlic, minced
- 2 cups Arborio rice
- 8 cups chicken broth
- 1 cup white wine
- 1 tsp. salt
- ½ tsp. ground black pepper
- 1 cup grated Parmesan cheese, divided
- 1 ½ cups frozen peas

### Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to select the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Add the olive oil, shallots, and garlic to the Inner Pot and sauté for 2–3 mins.
4. Add the rice and coat with the olive oil. Press the Cancel Button.
5. Add the chicken broth, white wine, salt, ground black pepper, and ½ cup Parmesan cheese.
6. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Risotto setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (8-min. cooking time).
8. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Stir in ½ cup Parmesan cheese and the peas.
10. Let sit for 5 mins. before serving.

## IRISH STEW

serves 4

### Ingredients

- 1 2-lb boneless leg of lamb, cubed
- 1 tbsp. sea salt
- 1 tbsp. ground black pepper
- 1 cup flour
- 3 tbsp. olive oil
- 10 pearl onions, peeled
- 8 baby red potatoes
- 3 large carrots, cut into large pieces
- 4 cloves garlic, peeled & minced
- 2 tbsp. tomato paste
- 1 sprig rosemary
- 1 cup beef stock
- ½ cup red wine
- 1 bay leaf

### Directions

1. Season the lamb well with the salt and ground black pepper and then dust with the flour.
2. Place the Inner Pot in the appliance.
3. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
4. Pour the olive oil into the Inner Pot.
5. Add the lamb and sear all sides until golden. Remove and reserve the lamb.
6. Add the onions, potatoes, carrots, and garlic and cook for 5 mins.
7. Add the tomato paste and cook for 2 mins.
8. Press the Cancel Button. Add the rosemary, stock, wine, bay leaf, and lamb.
9. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Pressure Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
11. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

## GRANDMA'S MEATBALLS

serves 8

### Ingredients

#### Meatballs

- 4 lb ground beef
- 4 large eggs
- ½ cup milk
- ½ cup Parmigiano-Reggiano cheese
- 1 cup breadcrumbs
- 3 cloves garlic, minced
- 1 onion, minced
- 1 tsp. sea salt
- 1 tsp. freshly ground black pepper

#### Sauce

- ½ onion, diced
- 3 cloves garlic, minced
- 2 tbsp. olive oil
- 1 (28-oz) can crushed tomatoes
- ½ cup water
- 1 tbsp. basil, chopped
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- 1 tbsp. sugar

### Directions

1. Combine the meatball ingredients in a bowl. Roll to form meatballs. Reserve the meatballs.
2. Place the Inner Pot in the appliance.
3. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
4. Add the onion, garlic, and olive oil to the Inner Pot and sauté. Add the crushed tomatoes, water, chopped basil, salt, ground black pepper, and sugar and cook for 5 mins.
5. Press the Cancel Button. Add the meatballs.
6. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Beef Setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
8. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Serve over cooked pasta.

## CHICKEN ROASTER

serves 4

### Ingredients

- 1 5-lb whole chicken
- 2 cups stuffing
- 1 tbsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. dried oregano
- 1 tbsp. sea salt
- 1 tbsp. ground black pepper
- ½ cup chicken broth

### Directions

1. Stuff the cavity of the chicken with the stuffing.
2. Combine the garlic powder, onion powder, oregano, salt, and ground black pepper in a small bowl to make the spice blend.
3. Rub the spice blend into the chicken.
4. Place the Inner Pot in the appliance.
5. Pour the chicken broth into Inner Pot and then lay the chicken in the Inner Pot.
6. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Poultry setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
8. Preheat the oven to 400° F.
9. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
10. Transfer the chicken to a roasting pan, place the roasting pan in the oven, and roast the chicken at 400° F for 15 mins.

# CHICKEN PROVENÇAL

serves 4

## Ingredients

- 2 tbsp. olive oil
- 1 5-lb whole chicken, cut into 8 pieces
- 1 shallot, peeled & diced
- 2 cloves garlic, cleaned & sliced
- 1 sprig rosemary
- ½ cup diced figs
- 1 tsp. lemon zest
- ½ cup chicken stock
- ¼ cup white wine
- 1 tbsp. Dijon mustard
- 1 tsp. sea salt
- 1 tsp. ground black pepper

## Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to select the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Pour the oil into the Inner Pot.
4. Brown the chicken in the Inner Pot. Once the chicken is browned, remove and reserve the chicken.
5. Add the diced shallot and sliced garlic to the Inner Pot and cook for 2 mins.
6. Stir in the remaining ingredients. Press the Cancel Button.
7. Add the chicken.
8. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Poultry Setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
10. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Serve with rice.

## BABY BACK RIBS

serves 6

### Ingredients

4 tbsp. granulated garlic powder  
 2 tbsp. onion powder  
 1 tbsp. cumin  
 1 tbsp. coriander  
 3 racks baby back ribs,  
 cut in half  
 ½ cup of water  
 1 small onion,  
 peeled & diced  
 2 cups smoky BBQ sauce,  
 plus more for basting & serving

### Directions

1. Combine the garlic powder, onion powder, cumin, and coriander in a small bowl to make the seasoning blend.
2. Season the ribs with the seasoning blend.
3. Place the Inner Pot in the appliance.
4. Pour the water into the Inner Pot. Add the ribs side by side.
5. Add the diced onion and then evenly pour the BBQ sauce over the ribs.
6. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Pressure Button, scroll to the Pork setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
8. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Brush the ribs with the BBQ sauce and broil in the oven for extra crispiness if desired.

## SHORT RIBS

serves 4

### Ingredients

8 short ribs, trimmed  
 1 tbsp. sea salt  
 1 tbsp. ground black pepper  
 2 tbsp. olive oil  
 2 carrots, peeled & diced  
 1 medium onion,  
 peeled & diced  
 2 stalks celery, diced  
 8 red potatoes, small  
 3 cloves garlic,  
 peeled & minced  
 2 tbsp. tomato paste  
 2 cups beef stock  
 1 sprig thyme  
 1 sprig rosemary  
 1 bay leaf

### Directions

1. Season the ribs with the salt and ground black pepper.
2. Place the Inner Pot in the appliance.
3. Press the Sauté Button and then the Program Dial to confirm the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
4. Pour the oil into the Inner Pot.
5. Brown all sides of the ribs in the Inner Pot. Once the ribs are browned, remove and reserve the ribs.
6. Add the carrots, onion, celery, potatoes, and garlic and sauté for 4 mins.
7. Add the tomato paste and sauté for 2–3 mins.
8. Press the Cancel Button. Add the ribs, stock, thyme, rosemary, and bay leaf.
9. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Pressure Button, scroll to the Beef setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 40 mins., and press the Program Dial to begin the cooking cycle.
11. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

# POT ROAST

serves 4



## Ingredients

- 1 3-lb chuck roast
- 1 tbsp. salt
- 1 tbsp. ground black pepper
- 2 tbsp. vegetable oil
- 1 medium onion,  
peeled & thinly sliced
- 1 carrot, peeled & cut into 3-in. pieces
- 1 celery stalk, diced small
- 8 baby red potatoes
- 3 cloves garlic,  
peeled & minced
- 1 tbsp. tomato paste
- 1 bay leaf
- 1 sprig rosemary
- ¼ cup of red wine
- 1 ⅓ cups beef broth

## Directions

1. Season the roast with the salt and ground black pepper.
2. Place the Inner Pot in the appliance.
3. Press the Sauté Button then the Program Dial to select the Beef setting. Press the Program Dial again to confirm the default setting and start the cooking cycle (340° F/170° C for 20 mins.).
4. Pour the vegetable oil into the Inner Pot.
5. Add the onion, carrot, celery, and potatoes and cook for 2–3 mins.
6. Add the tomato paste and cook for 1 min.
7. Press the Cancel Button. Add the bay leaf, rosemary, red wine, and broth. Return the roast to the Inner Pot.
8. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Beef setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
10. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

# PULLED PORK

serves 10

## Ingredients

### Coleslaw

- ½ green cabbage
- ½ cup shredded carrots
- 2 scallions, sliced thinly on a bias
- ¼ cup rice wine vinegar
- 2 tsp. sugar
- 
- 1 4-lb boneless pork shoulder
- 1 tsp. kosher salt
- 1 medium onion, peeled & chopped finely
- ½ tsp. ground cayenne pepper
- 1 tsp. cumin
- 1 tsp. coriander
- 3 cups water
- 12 oz smoky BBQ sauce, plus more for serving
- 10 soft hamburger rolls

## Directions

### Coleslaw

1. Combine the coleslaw ingredients in a bowl and toss.
2. Refrigerate at least 4 hrs. before serving.

### Pulled Pork Sandwiches

1. Place the Inner Pot in the appliance.
2. Add the pork shoulder, salt, chopped onion, ground cayenne pepper, cumin, coriander, water, and BBQ sauce to the Inner Pot.
3. Place the Glass Lid on the appliance.
4. Press the Slow Cook Button, scroll to the Pork setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 10 hrs., and press the Program Dial to begin the cooking cycle.
5. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Remove the Glass Lid
6. Remove the pork and shred with a fork.
7. Serve the pulled pork on the hamburger rolls with the coleslaw and BBQ sauce.

# PORK CARNITAS TACOS

serves 6

## Ingredients

### Seasoning Blend

- ½ tsp. coriander
- ½ tsp. cumin
- 1 tsp. salt
- 1 tsp. freshly ground black pepper

- 
- 1 2-lb boneless pork shoulder
  - 2 tbsp. olive oil
  - 1 small onion,  
peeled & minced
  - 2 cloves garlic,  
peeled & minced
  - 6 tomatillos
  - 2 cups chicken stock
  - 1 sprig rosemary
  - 1 bay leaf
  - 10 5-in. flour tortillas
  - 1 cup chopped lettuce
  - ½ cup diced tomato
  - ½ cup diced red onion
  - ¼ cup chopped fresh cilantro
  - ½ cup queso fresco

## Directions

1. Combine the seasoning blend ingredients in a small bowl. Rub the pork shoulder with the seasoning blend.
2. Place the Inner Pot in the appliance.
3. Press the Sauté Button and then the Program Dial to select the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
4. Pour the olive oil into the Inner Pot. Add the pork and cook until all sides are browned.
5. Add the onion and garlic and cook for 2 mins.
6. Add the tomatillos and cook for 3 mins.
7. Press the Cancel Button. Add the chicken stock, rosemary, and bay leaf.
8. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the Pork Setting, and press the Program Dial. Press the Program Dial again to confirm the Medium setting and begin the cooking cycle (30-min. cooking time).
10. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Remove the pork and shred with a fork.
12. Lay the pork; then the lettuce, tomato, onion, and cilantro; and finally the queso fresco on the tortillas.

# SOUS VIDE STEAK

serves 4



## Ingredients

- 4 sirloin steaks
- 1 tbsp. salt
- 1 tbsp. ground black pepper
- 4 cloves garlic, divided
- 4 tsp. extra virgin olive oil, divided
- 4 sprigs rosemary, divided

## Directions

1. Generously season the steaks with the salt and ground black pepper.
2. Place each steak into its own vacuum-sealable bag along with 1 garlic clove, 1 tsp. extra virgin olive oil, and 1 sprig of rosemary.
3. Vacuum seal the bags.
4. Place the Inner Pot in the appliance.
5. Pour 10 cups of water into the Inner Pot.
6. Place the sealed bags into the water.
7. Press the Sous Vide Button and then the Program Dial to select the Beef setting. Press the Timer Button and scroll to set the cooking time to 2 hrs. Press the Temp Button, scroll to set the cooking temperature to 136° F, and press the Program Dial to begin the cooking cycle.
8. When the cooking cycle has completed, remove the steaks from the bags and sear both sides of the steaks in a sauté pan over high heat on the stove top.

# PAELLA

VALENCIANA

serves 6

## Ingredients

- 3 tbsp. olive oil
- 6 chicken thighs, diced large
- 1 small onion, peeled & chopped
- 5 garlic cloves, peeled & chopped
- 1 pinch saffron threads
- 4 cups uncooked white rice
- 1 small jar roasted red peppers, sliced
- 20 clams, cleaned
- 20 mussels, cleaned
- 1 lb large shrimp
- 1 chorizo sausage, sliced
- 1 tomato, chopped
- 1 cup green peas
- 1 cup green beans
- ¼ tsp. sea salt
- 1 tsp. paprika
- 1 sprig fresh thyme
- 1 sprig fresh rosemary

## Directions

1. Place the Inner Pot in the appliance.
2. Press the Sauté Button and then the Program Dial to select the Beef setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (340° F/170° C for 20 mins.).
3. Pour the olive oil into the Inner Pot.
4. Brown the chicken thighs in the Inner Pot. Once the thighs are browned, remove and reserve the thighs.
5. Add the chopped onion and garlic and cook for 3 mins.
6. Add the saffron and rice and cook for 1 min.
7. Add the remaining ingredients. Press the Cancel Button.
8. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the White Rice setting and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 10 mins., and press the Program Dial to begin the cooking cycle.
10. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.

# BREAD PUDDING

serves 6

## Ingredients

### Egg Mixture

4 eggs

2 cups half and half

¼ cup dark brown sugar

½ cup maple syrup, plus more for serving

1 tbsp. cinnamon

1 tbsp. vanilla extract

1 tsp. salt

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½ loaf challah bread, cubed  
vanilla ice cream, for serving

## Directions

1. Whisk together the egg mixture ingredients in a bowl.
2. Toss the bread cubes in the egg mixture.
3. Spoon the bread into six 6-oz ramekins. Pour any leftover egg mixture evenly into the ramekins.
4. Place the Inner Pot in the appliance.
5. Fill the Inner Pot with ½ in. of warm water.
6. Cover the ramekins tightly with foil.
7. Place three ramekins in the Inner Pot, place a Rack over the ramekins, and place the other three ramekins on the Rack.
8. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Pressure Button, scroll to the White Rice setting, and press the Program Dial. Press the Timer Button, scroll to set the cooking time to 18 mins., and press the Program Dial to begin the cooking cycle.
10. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Carefully remove the ramekins (the ramekins will be hot) and allow to rest for 10 mins. before removing the foil.
12. Turn the bread pudding out onto a plate and top with the ice cream and a drizzle of maple syrup.

# PECAN TOFFEE CHEESECAKE

serves 8

## Ingredients

### Crust

1 cup pecan shortbread, crushed finely  
2 tbsp. butter, melted

### Filling

1 ½ lb cream cheese, room temperature  
¼ cup sour cream, room temperature  
3 large eggs, room temperature  
⅔ cup brown sugar  
1 tsp. vanilla extract  
½ tsp. salt  
2 tbsp. flour

### Garnish

¾ cup caramel sauce  
½ cup pecans, chopped

## Directions

1. Combine the crumbled pecan shortbread and the melted butter in a bowl to make the crust.
2. Press the crust into the bottom of a 6-in., high-sided springform pan.
3. Combine the cream cheese and sour cream in a bowl using a stand mixer until fluffy.
4. Add the eggs, brown sugar, vanilla extract, and salt and mix well to combine.
5. Mix in the flour until just combined to finish the filling.
6. Pour the filling over the cookie crust.
7. Cover the springform pan tightly with aluminum foil.
8. Place the Inner Pot in the appliance.
9. Fill the Inner Pot with 1 in. of water.
10. Carefully place the springform pan into the Inner Pot.
11. Place the Lid on the appliance and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
12. Press the Bake Button and then the Program Dial to confirm the Medium setting. Press the Timer Button, scroll to set the cooking time to 30 mins., and press the Program Dial to begin the cooking cycle.
13. When the timer reaches 0, the appliance will automatically switch to Keep Warm. Press the Cancel Button. Slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
14. Carefully remove the cheesecake from the Inner Pot.
15. Remove the foil and cool for 4 hrs. at room temperature.
16. Refrigerate for at least 4 hrs. (preferably overnight).
17. Garnish the cheesecake with a drizzle of caramel sauce and a sprinkling of chopped pecans.

# SHAQ™ ShaqPot Pressure Cooker

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## ShaqPot Pressure Cooker



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