

MULTI-COOKER

made to

PERFECTION

savor



- 1 Chicken Gnocchi Soup**
- 2 French Onion Soup**
- 3 Shrimp & Cheesy Grits**
- 4 Instant Pot Twice Baked Potatoes**
- 5 Chicken Parm Pasta**
- 6 Sour Cream Pork Chops with Mashed Potatoes**
- 7 Chicken Enchilada Casserole**
- 8 Mason Jar Cheesecakes**
- 9 Vanilla Bean Yogurt**
- 10 Homemade Ricotta**

There are many multi-purpose cookers to use. Here are a handful of the many cookers available on the market that can be used to create our delicious recipes; Instant Pot, Farberware Digital Pressure Cooker, Breville Multi-Function Cooker, Ninja Foodi Pressure Cooker & Black and Decker Electric Pressure Cooker.

** The Savor Recipes team used an Instant Pot to make these recipes.*

CHICKEN GNOCCHI SOUP

Serves: 6-8 | Prep Time: 15 minutes | Cook Time: 15 minutes

INGREDIENTS

| | |
|---|--|
| 2 tablespoons butter | 1/4 teaspoon black pepper |
| 1 onion, chopped | 1/4 cup all-purpose flour |
| 3 large carrots, peeled and chopped | 1 bay leaf |
| 2 celery stalks, chopped | 4 cups chicken stock |
| 5 cloves garlic, minced | 3 small boneless, skinless chicken breasts |
| 1 tablespoon fresh rosemary, chopped | 1 (16-ounce) package dried prepared gnocchi |
| 1 tablespoon Italian seasoning | 1 cup grated parmesan cheese |
| 1/2 teaspoon salt | 2 cups baby spinach |
| | 1 cup heavy cream |

PREPARATION

1. Turn on the Instant Pot to the Sauté setting. Melt the butter and then add onions, carrots, and celery. Sauté for approximately 5 minutes or until vegetables are tender. Add the garlic and cook for an additional minute or until fragrant.
2. Stir in the rosemary, Italian seasoning, salt, and pepper. Turn off the Sauté function. Dust the flour on top of the vegetables and stir to make sure everything is evenly coated.
3. Add the bay leaves and chicken stock. Stir until all ingredients are combined.
4. Add the chicken. Secure lid on the Instant Pot and seal the valve. Cook at manual HIGH pressure for 10 minutes. When cooking is complete, allow for 10 minutes of natural release, then vent the valve to release any additional steam.
5. Remove the lid and take out the chicken breast and discard the bay leaf. Shred the chicken.
6. Turn the Instant Pot back to Sauté mode. Stir in the gnocchi and place a saucepan lid on top. Cook the gnocchi for about 2-3 minutes or until the gnocchi float to the top.
7. Turn off the Instant Pot. Stir in the parmesan cheese, chicken, and spinach. Then stir in the heavy cream.
8. Serve warm.





FRENCH ONION SOUP

Serves: 8 | Prep Time: 10 minutes | Cook Time: 35 minutes

INGREDIENTS

| | |
|--|---------------------------|
| 3 tablespoons butter | <i>For the toasts:</i> |
| 3 medium Vidalia onions, thinly sliced | 8 slices of baguette, |
| 2 shallots, thinly sliced | cut into 1-inch slices |
| 1 tablespoon brown sugar | 1 teaspoon Dijon mustard |
| 1 teaspoon salt | 1 1/2 cups shredded |
| 1/4 cup dry red wine (or beef broth) | Gruyere cheese |
| 6 cups low-sodium beef broth | 1/2 cup parmesan cheese |
| 2 teaspoons Worcestershire sauce | 1/2 teaspoon black pepper |
| 1/2 teaspoon dried thyme | |
| 2 bay leaves | |

PREPARATION

1. Set the Instant Pot to Sauté mode. Melt the butter and add the onions shallots, brown sugar, and salt. Stir to incorporate ingredients, cover with a saucepan pot lid, and cook for 10 minutes.
2. Remove the lid. Wearing an oven mit, hold the rim of the inner pot and stir onions. Continue to stir every 2 minutes, scraping the brown bits from the bottom for 20 minutes, or until onions are caramelized and golden brown.
3. Add the red wine. Use a wooden spoon to thoroughly scrape any brown bits stuck to the bottom of the Instant Pot.
4. Stir in the broth, Worcestershire sauce, thyme, and bay leaves. Secure lid and seal valve. Cook on manual HIGH for 5 minutes.
5. Allow natural pressure release for 15 minutes, then vent any remaining steam. Discard the bay leaves.
6. Preheat the oven to broil. Line a baking sheet with parchment paper.
7. Spread slices of bread with a thin layer of Dijon mustard. Top with Gruyere and parmesan cheese. Sprinkle with pepper.
8. Place under the broiler for 3-5 minutes, until the cheese is bubbly and beginning to brown.
9. To serve, pour soup into a bowl and top it with cheesy bread.

SHRIMP AND CHEESY GRITS

Serves: 4 | Prep Time: 10 minutes | Cook Time: 20 minutes

INGREDIENTS

For the shrimp:

- 1 pound shrimp, peeled and deveined
- 1 tablespoon Old Bay seasoning (or creole seasoning)
- 2 slices thick cut bacon, diced
- 1 small yellow onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 2 tablespoons dry white wine (or chicken broth)
- 1 (28-ounce) can crushed tomatoes
- 2 tablespoons lemon juice

- 1/4 cup low-sodium chicken broth
- 1/2 teaspoon hot sauce
- Salt and pepper, to taste
- 1/3 cup heavy cream
- 2 tablespoons chopped fresh parsley

For the grits:

- 1 1/2 cups grits
- 2/3 cup milk (or heavy cream)
- 1/2 cup low-sodium chicken broth
- 1 cup shredded cheddar cheese
- 1 tablespoon butter

PREPARATION

1. Pat shrimp dry with a paper towel. Add shrimp to a bowl and sprinkle with Old Bay seasoning. Toss together, then set aside.
2. Set Instant Pot on Sauté mode. Add bacon and cook until crisp. Use a slotted spoon to remove bacon, and place on a plate lined with a paper towel. Set aside.
3. With the residual bacon fat, sauté the onions and peppers, until translucent, about 2-3 minutes. Add the garlic and saute for an additional minute, or until fragrant.
4. Add the white wine to deglaze, removing any browned bits. Turn off the Sauté mode. Stir in crushed tomatoes, lemon juice, chicken broth, and hot sauce.
5. Place a 2-inch trivet in the Instant Pot above the tomato mixture.
6. In a medium glass bowl (that will fit into the Instant Pot), stir together the grits, milk, chicken broth, and cheddar cheese. Place the bowl on the trivet.
7. Place the lid on top and seal the valve. Cook on manual HIGH pressure for 10 minutes. Allow the pressure to release naturally. Open the lid and remove the lid and remove the grits and trivet; set aside.
8. Stir in the shrimp to the tomato mixture. Put the lid back on to allow the shrimp to cook with the residual heat for 10 minutes. Turn the Instant Pot on the Keep Warm setting.
9. While the shrimp is cooking, stir in the butter and fluff grits with a fork.
10. Add the heavy cream to the shrimp mixture and stir. Season with salt and pepper, to taste. Serve grits topped with parsley.





4

INSTANT POT TWICE BAKED POTATOES

Serves: 4 | Prep Time: 10 minutes | Cook Time: 20 minutes

INGREDIENTS

- 1 teaspoon olive oil
- 4 medium russet potatoes
- 2 tablespoons butter
- 1/4 cup sour cream
- 1/4 cup milk
- 2 tablespoons chives, chopped
- 1 1/2 cups shredded cheddar cheese, divided
- 1/2 cup cooked bacon, crumbled (optional)

PREPARATION

1. Brush olive oil over potatoes, just enough to lightly coat. (this will help the potato skins not break in the Instant Pot)
2. Add 1 cup of water in the bottom of the Instant Pot. Place the steamer basket with the potatoes into the Instant Pot, or stack the potatoes onto an inserted trivet.
3. Lock lid and steam release knob to close. Cook on manual HIGH pressure for 15 minutes. Once finished cooking, allow natural pressure release for 5 minutes, then release all pressure. Carefully remove potatoes from the Instant Pot and allow to slightly cool.
4. Cut potatoes in half. Gently spoon out the inside of the potato into a bowl. Repeat with all potato halves. Set potato skins aside.
5. Add the butter, sour cream, and milk to the potatoes. Using a potato masher, mash the potatoes until ingredients are incorporated.
6. Fold in the chives, 1 cup cheddar cheese, and bacon, if using. Carefully fill up the potato skins with the potato mixture and place on a baking sheet, lined with parchment paper. Sprinkle with remaining 1/2 cup cheddar cheese.
7. Place under the broiler for a few minutes, until the cheese has melted to desired doneness.

Notes: If potatoes are larger, increase cook time by 5 minutes.

CHICKEN PARM PASTA

Serves: 4 | Prep Time: 8 minutes

Cook Time: 4 minutes

INGREDIENTS

| | |
|--|------------------------------------|
| 1 pound boneless and skinless chicken breasts, diced | 1 tablespoon Italian seasoning |
| 3 cloves garlic, minced | 1 cup parmesan cheese |
| 8 ounces penne pasta | 1 cup shredded mozzarella cheese |
| 1 (28-ounce) can crushed tomatoes | Salt and pepper, to taste |
| 1 cup marinara sauce | 2 tablespoons fresh basil, chopped |
| 1 tablespoon tomato paste | |

PREPARATION

1. Pour 1 cup of water in the Instant Pot liner. Start with adding the chicken in an even layer. Next layer the garlic, followed by the pasta.
2. Add the crushed tomatoes, marinara sauce, tomato paste, and italian seasoning; covering the pasta. Be sure to have layered the previous ingredients to the edge of the Instant Pot so the sauce does not seep down to the bottom of the Instant Pot, which may cause it to burn.
3. Do not mix. Secure lid and seal the valve. Set to manual HIGH for 4 minutes. Place a towel over the valve and release pressure when done cooking.
4. Carefully remove the lid and add the parmesan cheese and stir. Then add the mozzarella cheese. Place the lid back on the Instant Pot for 2 minutes and the residual heat will melt the cheese.
5. Stir again and season with salt and pepper, to taste. Serve and top with basil, to garnish.





6

SOUR CREAM PORK CHOPS WITH MASHED POTATOES

Serves: 6 | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- | | |
|-------------------------------|--|
| 4 tablespoons butter, divided | 4 russet potatoes, peeled and chopped into 1-inch pieces |
| 4 boneless pork chops | 1/2 cup milk |
| 1/2 teaspoon salt | 1 1/2 cup sour cream, divided |
| 1/4 teaspoon black pepper | 2 teaspoons cornstarch |
| 2 Vidalia onions, sliced | 1/4 cup water |
| 1 1/2 cups beef stock | 1 teaspoon Worcestershire sauce |

PREPARATION

1. Set the Instant Pot on Sauté mode. Melt 1 tablespoon butter. Pat the pork chops dry and sprinkle both sides with salt and pepper. Sear pork chops on both sides until golden brown (you may have to do this in stages depending how large the pork chops are). Remove pork chops and set aside.
2. Melt another 1 tablespoon of butter. Add the onions and saute for approximately 5 minutes or until onions are tender and translucent. Turn off the Instant Pot.
3. Pour in the beef stock and scrape any browned bits on the bottom with a wooden spoon. Return the pork back to the Instant Pot, adding any juices left on the plate. Cover the pork chops with onions.
4. Place potatoes in a steamer basket and place on top of the pork shops. Put the lid on the Instant Pot and seal the valve. Cook on manual HIGH for 8 minutes. When completed, allow natural pressure release for 5 minutes. Then open the valve and release any remaining steam.
5. Remove potatoes to a bowl. Add the remaining 2 tablespoons of butter, milk, and 1/2 cup sour cream. Using a potato masher, mash potatoes until desired consistency. Season with salt and pepper, to taste.
6. Remove pork chops. In a small bowl, whisk together the cornstarch and water to make a slurry. Stir into the broth and onion mixture. Then add remaining sour cream, stirring to incorporate. Add the Worcestershire sauce; stir.
7. Serve sauce over pork chops alongside mashed potatoes.

CHICKEN ENCHILADA CASSEROLE

Serves: 4 | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- | | |
|--------------------------------------|---|
| 1 tablespoon olive oil | 1/2 teaspoon black pepper |
| 1 onion, finely diced | 2 (5-ounce) boneless and skinless pieces chicken breast |
| 1 red bell pepper, finely diced | 6 small corn tortillas |
| 3 cloves garlic, minced | 1 (15-ounce) can black beans, drained and rinsed |
| 1 (4-ounce) can chopped green chiles | 1 cup shredded cheddar cheese |
| 1/2 cup low-sodium chicken broth | 1 cup shredded Monterey Jack cheese |
| 1 (10-ounce) can red enchilada sauce | Chopped cilantro, for serving |
| 1 tablespoon chili powder | Sour cream, for serving |
| 1 1/2 teaspoons ground cumin | |
| 1 teaspoon salt | |

PREPARATION

1. Set Instant Pot to Sauté mode. Heat the olive oil and Sauté the onions and pepper until translucent and tender. Add the garlic and cook for an additional minute or until fragrant. Turn off the saute mode.
2. Stir in the green chiles, broth, enchilada sauce, chili powder, cumin, salt, and pepper. Add the chicken breasts and cover with the sauce mixture. Set the Instant Pot to manual HIGH pressure for 10 minutes.
3. Spray a 7.5x3 inch springform pan with cooking spray. Wrap the outside border of the bottom of the springform pan with aluminum foil to prevent any leaking.
4. When the chicken is done cooking, place a kitchen towel over the vent and quick release the pressure. Remove chicken from the Instant Pot and shred. Put the Instant Pot in saute mode and let the sauce come to a simmer and reduce until the sauce can coat the back of a spoon. Pour over the shredded chicken.
5. Layer a tortilla on the bottom of the springform pan. Layer with chicken in the enchilada sauce, black beans, and cheese. Repeat layering with the remaining ingredients. Gently press down to keep the ingredients compact in the springform pan. If there is any remaining sauce add on the top of the last layer. Cover the top with aluminium foil.
6. Clean the base of the Instant Pot and place 1 cup of water at the bottom, placing a trivet on top. Place the springform pan on top.
7. Set the Instant Pot to manual HIGH for 2 minutes. Quick release when done cooking. Carefully remove the enchilada casserole and let sit for 10 minutes before removing the foil and pan.
8. Cut into 4 equal portions and serve with a sprinkle of cilantro and sour cream.





MASON JAR CHEESECAKES

Serves: 6 | Prep Time: 10 minutes

Cook Time: 10 minutes + 3.5 hours for rest time

INGREDIENTS

For the crust:

3/4 cup graham cracker crumbs (about 6 graham cracker sheets)
2 tablespoons butter, melted

For the cheesecake:

| | |
|---|------------------------------|
| 2 (8-ounce) packages cream cheese, softened | 1/2 teaspoon vanilla extract |
| 2/3 cup granulated sugar | 1/4 cup sour cream |
| 2 teaspoons cornstarch | 1 egg |
| | 1 egg yolk |

PREPARATION

1. Spray six 8-ounce mason jars with cooking spray.
2. Mix together the graham cracker crumbs with the melted butter. Evenly distribute the crust mixture evenly into all the mason jars. Using the back of a spoon, press the crust to the bottom of the mason jar.
3. With an electric hand mixer or in a stand mixer, beat the cream cheese until light and fluffy, approximately 2 minutes. Slowly add the sugar and cornstarch, beating at medium speed. Stop the mixer and scrape down the sides.
4. Add the vanilla extract and sour cream. Mix again until combined. Put the mixer on low speed, and add egg and egg yolk; beat until just blended.
5. Divide the filling into the prepared cheesecake jars 3/4 of the way full. Place the flat lid on top, no need to secure with the lid ring.
6. Pour 1 cup of water into the bottom of the Instant Pot. Place the shallow trivet at the bottom. Place 3 cheesecakes on the bottom rack. Set a second 2-3-inch trivet on top, creating a second layer. Place the remaining 3 jars, offsetting from the bottom jars to ensure the steam can flow through the Instant Pot.
7. Secure lid and seal the valve. Set Instant Pot to manual HIGH for 3 minutes. Let the pressure naturally release for 10 minutes, then open the valve to release any remaining pressure.
8. Carefully remove the cheesecake jars from the Instant Pot and place on a cooling rack. Allow the cheesecakes to cool for 30 minutes. Then move to the refrigerator for at least 4 hours for the cheesecakes to set.

VANILLA BEAN YOGURT

Serves: 8 | Prep time: 5 minutes

Cook Time: 9 hours + 5 hours rest time

INGREDIENTS

1/2 gallon whole milk

3 tablespoon full fat yogurt (5% fat or higher)

1 vanilla bean pod

PREPARATION

1. Add the milk to the inner pot and lock the lid. You will not use any pressure during the cook time, so the steam release valve can be left in either the sealing or venting position.
2. Select Yogurt (More). The display will read "boil" and the Instant Pot will heat the milk to 185° F to sterilize.
3. When the milk has reached the correct temperature, the display will read "YoGt." Double check with a thermometer to make sure it has reached 185° F. At this time, press Cancel and open the lid. Remove the inner pot from the base and place on a wire rack. Cool until the milk until it reaches 115° F, or is just slightly warm to the touch. This can take 30 to 45 minutes. If a skin forms on the surface of the milk while cooling, skim it off with a spoon and discard.
4. While the milk is cooling, place the yogurt in a small bowl. Slice the vanilla bean pod in half lengthwise. With the edge of the knife, scrape out the vanilla seeds. Place the seeds in the bowl with the yogurt starter.
5. Once cooled to the correct temperature, remove ¼ cup warm milk and whisk it gently into the yogurt and vanilla seeds until smooth. Return the mixture to the inner pot and whisk to combine with the warm milk.
6. Place the inner pot back into the Instant Pot base and lock the lid. Again, you will not use any pressure during the cook time, so the steam release valve can be left in either the sealing or venting position. Select Yogurt (Normal), and set the incubation time to 8 hours.
7. Once the incubation time is complete, remove the inner pot from the base, cover with a lid or plastic wrap, and transfer the inner pot to the refrigerator.
8. Chill the yogurt undisturbed for at least 4 hours.

Note: Yogurt will last up to 2 weeks.





HOMEMADE RICOTTA

Serves: 6 | Prep time: 5 minutes
Cook Time: 30 minutes

INGREDIENTS

- 1/2 gallon whole milk
- 1 cup lemon juice
- 1/2 teaspoon salt

PREPARATION

1. Add the milk into the inner pot and cover with a saucepan lid that fits on top of the Instant Pot. Select Yogurt (More). The display will read "boil." When the cooking time is up carefully remove the lid not allowing any condensation to drip into the pot.
2. Remove the inner pot from the Instant Pot and place it on a cooling rack. Add the lemon juice and stir gently a few times (don't stir too much or it will become a grainy texture) until you begin to see the milk coagulate, meaning there will be a separation between bright white chunks of curd and thin yellowish liquid whey. This will take about 30 seconds. Stop stirring and let the mixture stand for 5 minutes.
3. Line a fine-mesh sieve or colander with a cheesecloth or a thin cotton towel and set it over a large bowl. Carefully pour the cheese and whey into the colander.
4. For moist, creamy ricotta, let the cheese drain for 5 minutes. For firmer ricotta, allow the cheese to drain for up to 4 hours at room temperature. When the cheese is done draining, stir in the salt.
5. Transfer the cheese to an airtight container and refrigerate. The ricotta can be stored in an airtight container in the refrigerator for up to 5 days.