



Recipes for multifunctional pressure cooker

# ECG MHT 1661 Pressione Nuovo

*from FoodMillBlog*



I have prepared several recipes as an inspiration for you that can be easily prepared using the ECG MHT 1661 Pressione Nuovo multifunctional pressure cooker. The pot provides several functions that you can combine freely. You don't have to have a fully equipped kitchen at home, as the ECG MHT 1661 Pressione Nuovo will easily perform many tasks.

Personally, I appreciate it as an assistant in cooking various broths or stews, but also in case that I need to maintain a constant temperature of food - it substitutes excellently, for example, a microwave oven. The preparation of broths in it is a real pleasure. You only have to make a minimal effort and the pot will boil an incredible broth almost without your intervention, which astound any guest.

You can judge for yourself with one of the following recipes. You can easily make a wide range of dishes. All you need are good quality ingredients and, of course, a little culinary imagination.



**FOODBLOGGER MILAN**

 [@foodmillblog](https://www.instagram.com/foodmillblog)

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# Phở bò

## Ingredients:

300 g beef brisket or ribs  
250 g beef marrow bones  
1 onion, 1 carrot, 1 celery stalk  
a handful of fresh soybean sprouts  
1 red onion  
spring onion  
150 g rice flat noodles  
fresh herbs (coriander, perilla)  
chili, ginger, shallots  
1 star anise, 3 sprigs of cloves,  
a pinch of coriander seeds  
1 lime, 1 lemon  
salt  
3 l water



Cooking  
time:  
40 min.



## **Program: SOUP**

### **Pressure setting: yes**

Place the washed meat and soup bones in the pot and add water. Add a halved onion, two slices of ginger, whole shallots, peeled carrots, celery stalk. Then add a teaspoon of salt, one whole star anise, cloves, a little chili to taste and a clove of garlic. Coriander fans can throw in its stems at this stage, but leave the leaves for serving. Close the lid and select the „SOUP“ program for 40 minutes, set the pressure valve to the „closed“ position and press START. At the end of the program, carefully let out the steam from the pot, open the lid and, if necessary, season with lemon and fish sauce. Strain the soup and cut or tear the meat in pieces. Cook rice noodles according to the instructions, which we prepare in a bowl together with meat and soy sprouts. Then pour hot broth over everything. Add chopped coriander, chili and perilla and serve with lemon.



# Beef Bourguignon

## Ingredients:

500 g chuck roast beef  
200 g bacon  
250 g of mushrooms  
1 medium size carrot, 1 medium onion  
1 clove of garlic, bay leaf, allspice, parsley  
300 ml red wine (Pinot Noir or Ruland blue)  
150 g pickled white onions in brine  
2 tablespoons tomato paste  
1,2 l beef broth  
salt, pepper  
two cubes of butter  
Fresh herbs (thyme, bay leaf, rosemary)  
frying oil

Cooking  
time:  
12+35 min.





## **Program: FRY + STEW + Keep warm about 15 min**

### **Pressure setting: no/yes**

#### **1) Program FRY**

Switch on the pressure cooker to the „FRY“ program and set the maximum temperature to 180 °C. Fry salted and peppered meat cubes with bacon on a little oil. Once you have the meat fried on all sides, set it aside. Then fry the chopped onion, garlic and carrot until golden, add fresh herbs, bay leaf and spices and add the fried meat and bacon to this mixture. After stirring for a while, add 2 tablespoons of tomato paste. As soon as the mixture starts to burn a little, add red wine to a pot and let it boil for a while. Then pour in the broth. Then end the „FRY“ function by pressing the Cancel button.

#### **2) Program STEW**

Switch the pot to the „STEW“ program and set the time to 35 minutes. Close the lid and slide the pressure valve to the „closed“ position. At the end of the program, carefully let out the steam from the pot, open the lid, mix and put the fried mushrooms and pickled onions in the pot. Switch the pot to the „KEEP WARM“ program and stir everything once more. Add a cube of butter and mix again after a while. Serve with mashed potatoes, rice or roasted potatoes.



# Beef stew

## Ingredients:

700 g beef for stew (shank or shoulder)

600 g of onions

3 cloves of garlic

2 tablespoons tomato paste

Vegetable oil or lard for frying onions

0.5 l beef broth

2 teaspoons of sweet paprika

1 teaspoon of hot paprika

dried or fresh marjoram, chili for seasoning

salt, coarse pepper

red onion to serve with



**Cooking  
time:**

12+40 min.





## **Program: FRY + STEW + Keep warm about 15 min**

### **Pressure setting: no / yes**

#### **1) Program FRY**

Switch on the pot to the „FRY“ program and set the maximum temperature to 180 °C. Heat the fat well, add the onion and fry. Add the diced meat cubes to the onion and continue to fry. Once the meat is sautéed and the onion is brown, sprinkle with both types of pepper, mix and fry for a while. Then add tomato paste, salt, sprinkle ground pepper, add marjoram, stir and add broth or water (possibly with broth). Then end the „FRY“ function by pressing the Cancel button.

#### **2) Program STEW**

Switch the pot to the „STEW“ position and select time of 40 minutes. Close the lid and set the pressure valve to the „closed“ position. At the end of the program, carefully let out the steam from the pot, open the lid, mix, taste and season if necessary. Let it rest. Serve with dumplings or fresh bread.

# Onion chutney

## Ingredients:

600 g red onion  
100 ml wine vinegar  
250 ml of Ruby Porto port wine (or dessert wine)  
2 cloves of garlic  
3 sprigs of thyme or rosemary  
3 cloves, 1 star anise, 1 bay leaf, fresh chili  
9 tablespoons cane sugar  
or 5 tablespoons maple syrup  
sea salt, freshly ground pepper







## **Program: MULTICOOK + JAM**

**Pressure setting: no**

**Temperature setting: yes, about 110 °C**

### **1) Program Multicook**

Peel the onion, clean it and cut it into circles of the same size approximately 4 mm wide. Also, clean the garlic and cut it into thin slices. Switch on the „MULTICOOK“ function on the pot and move the temperature to the maximum. Pour olive oil into the pot. As soon as it heats up, sauté the onion and garlic on it until they wilt and glaze. Add sugar, thyme, cloves, bay leaf, chili, pepper and salt to the pot, and sauté for a few more minutes. Then add the remaining ingredients, that is port wine and wine vinegar. Stir the mixture and cook to medium power until about half of the liquid evaporates. Then turn off the „MULTICOOK“ function and press the Cancel button to finish.

### **2) Program Jam**

Then switch on the pot to the „JAM“ program and set the timer to 60 minutes. Close the lid and set the pressure valve to the „closed“ position. Carefully let out steam after the program is finished, open the lid, stir and taste. Add spice to taste if necessary and let it rest. Once the chutney has cooled, store it in the refrigerator in a resealable container. Chutney gets even thicker in the fridge. It goes well with cheeses and pâtés served with fresh rolls.



# Oatmeal with apples and fruit

## Ingredients:

1 l milk (whole or semi skimmed)  
50 g (about 1.5 cup) oatmeal  
40 g butter  
1 whole cinnamon  
1 apple (green Golden)  
sugar to taste (about 5 tablespoons)  
fresh blueberries and raspberries



Cooking  
time:  
15 min.



## **Program: PORRIDGE**

### **Pressure setting: yes**

Put all the ingredients in a pot, including a chopped apple without the core and a roll of cinnamon, and mix well. Close the lid and set the pressure valve to "closed" position. Select the "PORRIDGE" program, set the time and press START. At the end of the program, carefully let out the steam from the pot, stir the porridge briefly and serve on a shallow plate. Garnish with fresh blueberries and raspberries.

# Vegetables and Asian steamed dumplings



Cooking  
time:  
6 min.





**Program: STEAM**  
**Pressure setting: yes**

The „STEAM“ steam cooking program is suitable for making vegetable dishes or also heating dumplings, whether you buy them or make the dumplings at home. Pour a minimum amount of water into the inner pot and place there a plastic steamer. Put vegetables or dumplings in it and switch it on to the „STEAM“ program. Close the lid and set the pressure valve to the „open“ position. It is done in about 5–6 minutes. Of course, the cooking time may vary depending on the type of food or vegetable.

# Baked gnocchi with tomatoes and mozzarella

## Ingredients:

400 g chilled gnocchi  
200 ml tomato sauce (passata)  
handful of fresh tomatoes  
2 mozzarella packages  
fresh basil  
a little grated parmesan cheese  
salt, pepper, garlic clove  
olive oil



Cooking  
time:  
8+25 min.



## Program: MULTICOOK + CRISPY

### Pressure setting: no

#### 1) Program Multicook

Cook the gnocchi in salted boiling water - really only a maximum of 1 minute - and let it drain. In the pressure cooker fry the chopped tomatoes and garlic in olive oil, add the tomato sauce after a while, stir, season with salt, coarse pepper and add the gnocchi to the pot. Mix everything lightly and add mozzarella chopped to pieces on top. Then turn off the „MULTICOOK“ function and press the Cancel button to finish.

#### 2) Program Crispy

Then switch the pot to baking mode and set the time to 25 minutes. Close the lid and set the pressure valve to “closed” position. At the end of the program, carefully let out the steam from the pot, open the lid, taste it and if necessary, season it with olive oil as needed. Serve with fresh basil.



# Low sirloin using Sous-vide

## Ingredients:

approx. 650–700 g beef steak (low sirloin)  
fresh thyme  
250 g butter  
clove of garlic  
coarse pepper, sea salt  
olive oil

ECG Vacuum  
sealer VS 110 B10

[ecg-electro.eu/ecg-vs-110-b10/](http://ecg-electro.eu/ecg-vs-110-b10/)

+ vacuum sealer bag



Cooking  
time:  
90 min.





## Program: SLOWCOOKING or MULTICOOK

Pressure setting: no

Setting temperature: 56 °C

Sous-vide is a cooking method in which food is prepared in an airtight plastic bag in a temperature-controlled water bath. These vacuum sealed foods (meat, fish or vegetables) are poached at various lengths of time. It mostly takes several hours – sometimes up to 72 – at precisely calculated temperature, which is lower than the boiling point; it ranges most often from 55–60 °C. The aim is to preserve the high quality natural taste, juice and texture of the food when uniformly heated in a water bath whose temperature is precisely controlled.

First, salt the steak nicely from all sides, sprinkle with pepper and coat with oil. Then put it in a sealer bag together with thyme, slices of butter and a clove of garlic. Seal thoroughly.

### 1. Multicook program

Turn on the „MULTICOOK“ function in the pressure cooker and set the cooking time for 1.5 hour at 56 °C temperature. Close the lid set the pressure valve to the “closed” position and press START. Open the lid after an hour and half and take the meat out of the water bath. Remove the meat from the vacuum bag and dry it with a paper towel. Heat the grill pan and grill the steak on each side for about 2 minutes without any oil. Then let the meat rest. You can use the time for making e.g. a salad or other side dishes. Or the meat can be salted with coarse sea salt and sliced.



# Coconut cake

## Ingredients:

2 eggs  
100 ml oil  
250 ml milk  
215 ml (1 cup) of whipping cream  
250 g crystal sugar  
150 g icing sugar  
10 g (1 package) baking powder  
160 g peeled almonds  
360 g (2 cups) semi coarse flour  
fat for greasing the vessel – or baking paper  
30 g grated coconut for the mixture  
or for sprinkling on the greased pot surface.  
fresh raspberries and blueberries as a garnish

Cooking  
time:  
60 min.







## Program: CAKE

### Pressure setting: no

Mix eggs, flour, milk, oil, crystal sugar, baking powder and work with a hand beater or a stick mixer into smooth dough. Wipe the pot with butter / fat and sprinkle with coconut. Otherwise, use baking paper. Spread the dough evenly on the bottom of the pot. Prepare a mixture of icing sugar and coconut (125 g sugar + 125 g coconut) and sprinkle half of this mixture on the dough in the pot. Close the lid and set the „CAKE“ program to 140 °C for 1 hour. Move the pressure valve to the „open“ position and press START. Open the lid after baking. While still hot, cover the cake with whipping cream and the remaining mixture of coconut and sugar and then let them cool - preferably directly in the pot. Finally, remove it carefully.



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