

## GERMAN STYLE RED CABBAGE

- 1 head red cabbage
- 2 red apples, cored but not peeled
- 2 tablespoon oil
- ½ teaspoon salt
- 1/8. black pepper
- ¾ cup. water
- 3 tablespoon cider vinegar
- 1 tablespoon flour

Remove outer leaves of cabbage and discard. quarter, core, and shred cabbage into cooker. Slice unpeeled apples and add to cabbage. Add oil, salt & pepper. Pour in water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Use the cold water release method to drop the pressure and open the lid. Drain, reserving liquid. Place cabbage in a heated serving dish. Mix vinegar, sugar & flour. Stir in liquid from cooker. return to heat and thicken. Add cabbage and reheat.

*Cooks Note: Add 3-4 slices bacon, cut small and browned in cooker. Then add the cabbage and water. Also we enjoy adding spices in a little cheesecloth packet: 1 bay leaf, 5 whole cloves, and 8 whole peppercorns, and ¼ teaspoon. Red pepper flakes).*

## RED CABBAGE WITH SOUR-CREAM SAUCE)

- 3 lbs red cabbage, cut into quarters, cored and coarsely shredded
- ½ cup of coarsely chopped onions
- 1 teaspoon of finely chopped garlic
- 2 tablespoons of tomato paste
- 2 teaspoons of salt
- 6 tablespoons of butter, cut into small pieces
- 3 tablespoons of fresh lemon juice, strained
- 1 tablespoons of sour cream

Combine the shredded cabbage, chopped onions and garlic. Add tomato paste, 1 cup water, salt - pepper and butter, stirring well. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Use the cold water release method to drop the pressure and open the lid. Drain well, reserving about 1 cup of the broth. Return the 1 cup of broth to the cooker, stir in the lemon juice, the sour cream and adjust for seasoning. Return cabbage to pot and toss to coat with the sour cream sauce. Serve directly from the casserole or mound the cabbage in the center of a large serving bowl.

*Cooks Note: Makes an excellent accompaniment to pork, lamb, veal or beef.*

## SWEET & SOUR RED CABBAGE

- 6 cup shredded red cabbage
- 2 tart apples, peeled, chopped
- ½ cup chopped onion
- 3 tablespoon brown sugar
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup. vinegar
- 1 tablespoon margarine
- 1 tablespoon cornstarch

Combine cabbage, apple and onion in pressure cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 3 minutes. Use the quick or cold water release method to drop the pressure and open the lid. Drain well. Reserve 1 cup liquid, bring to a simmer and add brown sugar, salt and pepper, vinegar, margarine. Thicken by mixing cornstarch in ¼ cup cold water. Return cabbage to pot to coat with sauce and heat through.

## CABBAGE PORK CASSEROLE

1 lb. lean pork  
1 onion, coarsely chopped  
1 head cabbage, coarsely chopped  
2 med. Apples, peeled and chopped  
1/3 cup vinegar  
salt and pepper to taste  
Place the pork and onion in the pressure cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure before opening the lid. Drain off any fat, and crumble the ground pork. Add the rough-cut cabbage, vinegar, salt and pepper. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure before opening the lid. Drain well and serve.



## MINESTRONE SOUP

2 bacon slices, chopped  
2 medium onions, chopped  
2 cloves garlic, peeled and minced  
3 carrots, peeled and chopped  
2 leeks, white part only, halved & thinly sliced  
½ head cabbage, chopped  
2 ribs celery, chopped  
1/3 cup sun-dried tomatoes, chopped  
1 teaspoon fresh rosemary, chopped  
1 teaspoon parsley, chopped  
1 teaspoon fresh oregano, chopped  
1 beef shank (about 1.5-2 pounds)  
8 cups chicken stock  
Salt and freshly ground pepper to taste  
½ cup elbow macaroni  
½ cup arborio rice  
½ cup grated Parmesan cheese, for garnish  
In a large pressure cooker, heat bacon over medium high heat, sauté in onion. Add garlic, carrots, leeks, cabbage, celery, tomatoes, rosemary, parsley, oregano, beef shank, stock, salt and pepper. Stir to mix. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 15 minutes. Use the quick or cold water release method to drop the pressure and open the lid. Remove beef shank. When cool enough to handle, carve meat off bone and cut beef into bite-size pieces. Return beef to soup. Add macaroni and rice. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 7 minutes. Let pressure drop of its own accord before opening the lid. Garnish with Parmesan cheese.

## QUICK BORSCHT

2 tablespoon. butter  
1 onion, chopped  
5-1/2 cup. beef stock  
One 28 oz. can of chopped tomatoes  
1-1/4 lb. beets, cut into 1/4-inch slices with peel  
1/2 lb. shredded cabbage  
4 carrots, cut into chunks  
3 bay leaves  
1-1/2 tablespoon. caraway seeds  
1 teaspoon orange zest  
2 tablespoon. cider vinegar  
Salt and pepper, to taste  
Sour cream (garnish)  
Orange zest strips (garnish)  
Melt butter in the pressure cooker over medium heat and sauté the onion. Add stock, beets, tomatoes, cabbage, carrots, and bay leaves. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 10 minutes. Use the quick or cold water release method to drop the pressure and open the lid. Stir in caraway seeds and cider vinegar. Season with salt and pepper to taste, garnish with sour cream and orange zest, and serve.



## BEEF BORSCHT

1 teaspoon oil  
2 cups coarsely chopped onion  
3 1/2 to 4 cups vegetable or chicken stock  
4 med. beets, trimmed, cut in 1/2 in chunks  
4 red potatoes  
1 head cabbage, cored and thinly shredded  
2 tablespoons tomato paste  
2 large bay leaves  
2 teaspoons dried dill seeds or dill weed  
salt and pepper  
3 or 4 tablespoons freshly squeezed lemon juice  
sour cream for garnish  
1 cucumber, diced  
1/2 cup minced fresh dill  
Heat oil, cook onions over medium for about a minute. Add stock, beets, potatoes cabbage, tomato paste, bay leaves and dill seeds. Bring the mixture to the boil and place lid on the pressure cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 10 minutes. Use the cold water release method to drop the pressure and open the lid. Test the beets for doneness and replace the lid (but do not put under pressure) until they are tender. (Beets will vary depending on size and age) Remove bay leaves. Salt and pepper to taste. Puree the soup with a stick blender or blend in batches in a food processor or blender. Garnish with the cucumber, yogurt and fresh dill. Serve hot or chilled.

*Cooks Note: Cut the beets smaller than the potatoes as they are a more dense vegetable and take longer to cook. You can choose to peel or not peel either vegetable. Just be sure to scrub them well to remove dirt.*

## GERMAN ROTE KRAUT

4 tablespoon bacon fat  
1 small onion, chopped fine  
2-1/2 lb. head of red cabbage, shredded  
1 apple, pared and quartered  
1/4 cup vinegar  
1/4 cup water  
2 tablespoon sugar  
Brown onion in bacon fat, sauté onion, add cabbage and apples. Mix and vinegar, water, sugar, season with salt and pepper to taste. Mix everything in the pressure cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the quick or cold water release method to drop the pressure and open the lid.

## CABBAGE CARAWAY SOUP

2 tablespoons butter or oil  
1 cup coarsely chopped onions  
1 tablespoon caraway seeds  
2 bay leaves  
2 cups apple cider  
2 cup vegetable stock  
2 cups cold water  
1/4 cup cider vinegar  
2 tablespoons tomato paste  
1 28 oz can tomatoes & juice, coarse chopped  
2/3 cup raw white rice  
1 medium head cabbage, shredded  
salt, pepper to taste  
Heat the butter in the cooker. Sauté the onions and caraway seeds until the onions are soft, about 3 minutes. Add the remaining ingredients and stir to combine. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Use the quick or cold water release method to drop the pressure and open the

lid. Discard the bay leaves. Adjust seasonings and serve.

## POLISH STUFFED CABBAGE

1 head cabbage  
1 lb. lean ground beef  
2/3 cup bread crumbs  
1 egg  
salt & pepper  
1 onion, chopped fine  
1/2 to 1 cup cooked rice  
1/2 teaspoon garlic powder  
1 tablespoon lemon juice  
1 teaspoon sugar  
1 jar favorite Italian Ragu sauce  
Precook cabbage in boiling water for about 10 minutes or until leaves come loose easily. Drain. Mix beef, bread crumbs, egg and salt and pepper, garlic lemon juice, sugar, and rice. Roll about 2-3 tables of meat filling into each cabbage leaf. Place rack in the pressure cooker, put some tomato sauce to cover bottom of pot. Stack cabbage rolls in loose layers in pressure cooker. Pour remainder of ragu sauce over cabbage and 3/4 cup water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 6 minutes. Let pressure drop of its own accord before opening the lid.



### **LANCASTER PEPPERPOT**

- 1 can chicken broth
- 2 lbs pork shoulder with excess fat removed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound cabbage, shredded
- 1 cup chopped onion
- 1/2 cup chopped fresh tomato
- 2 teaspoons paprika
- 1 (4-ounce) can sliced mushrooms, & liquid
- 4 cups water

Place chicken broth, salt, pepper, and cooking rack or steamer basket in pressure cooker. Place pork on rack or in basket. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 30 minutes. Meanwhile, prepare DUMPLINGS. Use the cold water release method to drop the pressure and open the lid. Remove pork and cooking rack or basket and set aside, reserving liquid. When meat is cool, remove from bones and add to reserved liquid. Add cabbage, onion, tomato, paprika, mushrooms, and water to meat mixture. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Add dumplings and cook as directed in dumpling recipe.

### **CARAWAY DUMPLINGS**

- 1 1/2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon caraway seeds
- 1 tablespoon shortening
- 2 tablespoons chopped fresh parsley
- 1 egg, beaten
- 1 (8-ounce) carton plain yogurt

Mix flour, baking powder, baking soda, salt, and caraway seeds in mixing bowl; cut in shortening. Add chopped parsley. Mix together egg and yogurt; add to flour mixture and mix until just moistened. When soup is finished, drop mixture by rounded tablespoonful onto top of simmering soup. Do not use pressure cooker cover. Steam, uncovered, for 25 minutes over medium heat. Serve 1 dumpling in each bowl of soup. Accompany with extra yogurt, if desired.

### **GREEK CABBAGE AND RICE PILAF**

- 1 can chicken broth
  - 1 tablespoon butter
  - 1 cup chopped onions
  - 1 cup long grain white rice
  - 1 small head green cabbage, thinly shredded
  - 1lg. can plum tomatoes with juice, chopped
  - 1/3 cup dried currants or raisins
  - 1 teaspoon salt, or to taste
  - 1 tablespoon dried oregano leaves
  - 1/4 teaspoon ground cinnamon
  - 1-2 tablespoon freshly squeezed lemon juice
  - 2 tablespoon minced fresh parsley
- Sauté onions in butter. Stir in the rice then the cabbage. Add remaining ingredients except lemon juice and parsley. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Stir in the lemon juice to taste and the parsley as you fluff up the rice and thoroughly distribute all the ingredients before serving.