COSORI
2-QUART PRESSURE COOKER
C3120-PC

Recipes
Thanks for purchasing our Original 2-Quart Cosori Pressure Cooker! This top-of-the-line kitchen appliance is designed to take the hassle out of preparing quality food. Not to mention, it’s safer and more convenient than traditional cooking methods. Save time in the kitchen while still enjoying the same tasty dishes you love. Share these pressure-cooked plates with friends and family, or whoever’s hungry (trust us, you’ll be making more food than you know what to do with).

These recipes are simply here to serve as a starting point. You’ll be inspired to create your own culinary masterpieces in no time! We also have a professional chef waiting to hear from you. Send an email to recipes@cosori.com with your questions, concerns, or to share your cooking joy.
# Table of Contents

## Tips & Tricks
- Tips & Tricks
- Cheat Sheet

## Breakfast
- Cinnamon Oats
- Oatmeal with Berries & Almonds
- Pork & Ginger Congee
- Plain Yogurt
- Maple Vanilla Yogurt

## Entrées
- Baby Back Ribs
- Mongolian Beef
- Pork Chops with Mushroom Gravy
- General Tso’s Chicken
- Chicken Cacciatore
- Chicken Plov
- Lemon Herb Tilapia
- Salmon with Lemon Dill Sauce
- Swedish Meatballs
- Italian Meatballs
- Beef Stew
- Southern Indian Beef Curry
- Chicken Tacos
- Spring Veggie Risotto

## Appetizers
- Steamed Artichoke
- Quick Deviled Eggs
- Baba Ganoush
- Hummus

## Soups
- Classic Chicken & Vegetable Soup
- Chicken Tortilla Soup
- Simple Southern Chili
- Pasta Fagioli
- Corn & Coconut Soup

## Sides
- Lemon Saffron Basmati Rice
- Coconut-Scented Quinoa
- Mixed Veggies
- Pearled Barley Mediterranean Salad
- Mexican Rice
- Cilantro Lime Rice
- Mexican Black Beans
- Healthy Fried Rice
- Mushroom Brown Rice Pilaf
- Garlic Broccoli
- Orange & Maple Glazed Carrots
- Potato Salad
- Red Mashed Potatoes
- One Pot Mac & Cheese
- Creamy Polenta
- Sautéed Mushrooms
- Corn Sauté

## Dessert
- Salted Caramel Dessert
- Crème Brûlée
- Coconut Rice Pudding
- Rich & Decadent Hot Chocolate
- White Chocolate Fudge
Tips & Tricks

This handy cookbook will illustrate how to get the most out of your Cosori Pressure Cooker. Pressure cooking has many advantages over other cooking methods:

QUICK COOK TIME
Pressure cookers use pressure to cook food at a higher temperature than what can be achieved with conventional stovetop boiling, allowing food to be cooked very quickly. In fact, pressure cooking is about twice as fast (sometimes even faster!) as conventional cooking.

MORE NUTRITIOUS FOOD
The problem with cooking food using conventional methods, such as frying or boiling, is that vital nutrients tend to be lost during cooking. Pressure cooking, however, is one of the healthiest methods because it preserves 90-95% of the vitamins contained in food, according to a study published in the Journal of Food Science. The increased speed and heat produced by pressure cooking essentially flash-cooks vegetables, retaining more vitamins than boiling (40-75% vitamin retention rate) or even steaming (75-90% retention rate).

ECO-FRIENDLY EFFICIENCY
Pressure cookers require less energy to operate than other cooking methods. Because pressure cookers need less heat and time than methods like stovetop boiling, you can enjoy an impressive 70% energy savings.

EFFORTLESS COOKING
Using a pressure cooker couldn’t be easier—add your ingredients and liquid, select a cooking program, and release the pressure once it’s done cooking. Best of all, you don’t have to hover over it while your gourmet food is being prepared, so you’ll have more free time to relax after long, stressful days.

LESS MESS, LESS STRESS
Sully your pristine countertops with messy oil droplets no more—pressure cookers contain all of the splatters that you’d normally accrue from conventionally boiling or frying food. Big plus: the inner pot is quick and easy to clean.

SAFE OPERATION
Pressure cookers employ a comprehensive network of safety systems designed to prevent user injuries or product damage. One such safeguard that the Cosori Pressure Cooker uses is that it shuts off if it begins to overheat in order to protect the unit from a circuit overload or potential fire.

GIVE IT TIME TO BUILD UP PRESSURE
Recipe cooking times for pressure cookers do tend to be conveniently short, but before you shut the lid and immediately start counting down, please first let the pressure cooker build up the right pressure and give out a beep (approximately 5-20 minutes). Thus, for your planning, include enough time for not only the prep and the cooking time listed in the recipe, but an additional 5-20 minutes for the cooker to get its momentum going.

RICE MEASURING CUP
The included rice measuring cup is not the same size as a US cup. Don’t use it for the measurements in these recipes! The rice measuring cup is traditionally used to measure about 1 adult serving of rice, and holds 160 mL (a US cup holds 236-240mL). Similarly, do not use the “RICE CUP” water line for measurements in these recipes. Use a standard US measuring cup instead.
QUICK RELEASE

Quick Release is when you open the valve and allow the steam to release quickly. Turn the valve from sealed to vent to release the pressure. DO NOT hover face or other exposed skin over pressure release valve.

NATURAL RELEASE

Natural Release is when you let the pressure release naturally by not opening the release valve when cooking is done. This usually takes about 10-15 minutes. When cooking is done, unplug your pressure cooker or press Start/Cancel. Then wait 10-15 minutes until the pressure float valve comes down.

CLEANING THE SEALING RING

To clean your sealing ring, fill the Cosori Pressure Cooker pot with 2 cups of white vinegar or 2 cups of water and a lemon rind. Secure the lid, select Steam, Adjust to "Less/Low", and press Start/Cancel. After the timer has completed, remove the ring from the lid and let it air dry completely. Once it is clean, dry, and odor-free, replace the ring into the lid.

CLEANING A DIRTY POT

Burnt or food stuck on the bottom of your pot? No problem! Add some water to your inner pot, select Sauté, press Start/Cancel, and boil the water until the food on the bottom softens. Then scrape the bottom of the pot with a wooden spatula or metal spoon. You can also use a powdered detergent and abrasive scrubber (such as steel wool) for hard-to-remove ingredients.

WATER TEST

The purpose of the water test is to familiarize yourself with the machine and make sure the Cosori Pressure Cooker works as intended.

1. Add 1 cup water to the Cosori Pressure Cooker.
2. Secure the lid and make sure the pressure release valve is in the locked position.
4. The preheating cycle will start and, once pressurized, the timer will count down on the display.
5. When the timer is complete, the pressure cooker will automatically switch to Keep Warm Mode. You can release the pressure using a quick release or a natural release.

WHAT TO EXPECT:

- It will take approximately 5-8 minutes for your machine to pressurize.
- Steam will be released from the float valve during the pressurizing stage.
- Once pressurized, there should be no steam released or hissing coming from the pressure release or float valves.
- Steam should not be coming out of the side of the lid. If this happens, unplug your machine and release any pressure. Then carefully remove the lid and make sure the rubber sealing ring is placed properly and not damaged.
- When cooking time is complete, the pressure cooker will alert you with 3 beeps to let you know that it is done.
# Cheat Sheet

<table>
<thead>
<tr>
<th>RICE/BEANS/GRAINS</th>
<th>Ingredient to Water Ratio</th>
<th>Time</th>
<th>Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans, soaked*</td>
<td>1:3</td>
<td>10-12 minutes</td>
<td>Beans</td>
</tr>
<tr>
<td>Chickpeas, soaked*</td>
<td>1:3</td>
<td>11-13 minutes</td>
<td>Beans</td>
</tr>
<tr>
<td>Pinto Beans, soaked*</td>
<td>1:3</td>
<td>5-7 minutes</td>
<td>Beans</td>
</tr>
<tr>
<td>Lentils</td>
<td>1:2</td>
<td>10-15 minutes</td>
<td>Multigrain</td>
</tr>
<tr>
<td>Old Fashioned Oats</td>
<td>1:2</td>
<td>3-4 minutes</td>
<td>Multigrain</td>
</tr>
<tr>
<td>Lentils</td>
<td>1:2</td>
<td>25-30 minutes</td>
<td>Multigrain</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1:2</td>
<td>6 minutes</td>
<td>Multigrain</td>
</tr>
<tr>
<td>Steel Cut Oats*</td>
<td>1:4</td>
<td>15-20 minutes</td>
<td>Multigrain</td>
</tr>
<tr>
<td>Brown Rice, medium grain*</td>
<td>1:1¼</td>
<td>15-20 minutes</td>
<td>Rice</td>
</tr>
<tr>
<td>Wild Rice*</td>
<td>1:2/4</td>
<td>30-35 minutes</td>
<td>Rice</td>
</tr>
<tr>
<td>White Rice*</td>
<td>1:1</td>
<td>4 minutes</td>
<td>Rice</td>
</tr>
<tr>
<td>Basmati*</td>
<td>1:1</td>
<td>5-6 minutes</td>
<td>Rice</td>
</tr>
<tr>
<td>Jasmine Rice*</td>
<td>1:1</td>
<td>3-4 minutes</td>
<td>Rice</td>
</tr>
<tr>
<td>Congee, thick*</td>
<td>1:4</td>
<td>15-20 minutes</td>
<td>Porridge</td>
</tr>
<tr>
<td>Congee, thin*</td>
<td>1:7</td>
<td>15-20 minutes</td>
<td>Porridge</td>
</tr>
</tbody>
</table>

*It is recommended to use a natural release of at least 10-15 minutes.

<table>
<thead>
<tr>
<th>SEAFOOD</th>
<th>Amount of Ingredient</th>
<th>Minimum Amount of Liquid</th>
<th>Time</th>
<th>Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish, ½-inch thick fillet</td>
<td>1-2 fillets</td>
<td>1 cup</td>
<td>1-3 minutes</td>
<td>Bake</td>
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<tr>
<td>Lobster Tails</td>
<td>3-ounce tails</td>
<td>1 cup</td>
<td>3 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Shrimp, large</td>
<td>½ pound</td>
<td>1 cup</td>
<td>1 minute</td>
<td>Steam</td>
</tr>
<tr>
<td>Shrimp, large shell-on</td>
<td>½ pound</td>
<td>1 cup</td>
<td>1 minute</td>
<td>Steam</td>
</tr>
<tr>
<td>Ingredient to Water Ratio</td>
<td>Minimum Amount of Liquid</td>
<td>Time</td>
<td>Setting</td>
<td></td>
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<tr>
<td>--------------------------</td>
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</tr>
<tr>
<td>Chicken, boneless, skinless breast</td>
<td>1-2 pounds</td>
<td>1 cup</td>
<td>8-15 minutes</td>
<td>Poultry</td>
</tr>
<tr>
<td>Chicken, bone-in thighs and drumsticks</td>
<td>1-3 pounds</td>
<td>1 cup</td>
<td>10-15 minutes</td>
<td>Poultry</td>
</tr>
<tr>
<td>Chicken, boneless, skinless thigh</td>
<td>1-3 pounds</td>
<td>1 cup</td>
<td>8-10 minutes</td>
<td>Poultry</td>
</tr>
<tr>
<td>Beef Stew Meat, 1 to 2-inch pieces</td>
<td>1-2 pounds</td>
<td>3 cup</td>
<td>35 minutes</td>
<td>Meat/Stew</td>
</tr>
<tr>
<td>Beef Short Ribs, bone-in</td>
<td>1-3 pounds</td>
<td>1 cup</td>
<td>45 minutes</td>
<td>Meat/Stew</td>
</tr>
<tr>
<td>Beef Meatballs</td>
<td>2 to 3-ounce balls</td>
<td>1 cup</td>
<td>5 minutes</td>
<td>Meat/Stew</td>
</tr>
<tr>
<td>Pork Shoulder/Butt, 1 to 2-inch pieces</td>
<td>1-2 pounds</td>
<td>1 cup</td>
<td>45-55 minutes</td>
<td>Meat/Stew</td>
</tr>
<tr>
<td>Pork, baby back ribs</td>
<td>2½ pounds (2 racks)</td>
<td>1 cup</td>
<td>40-45 minutes</td>
<td>Meat/Stew</td>
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<tr>
<td>Hard Boiled Eggs</td>
<td>2-4 eggs</td>
<td>1 cup</td>
<td>5 minutes</td>
<td>Steam</td>
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<td>Medium Boiled Eggs</td>
<td>2-4 eggs</td>
<td>1 cup</td>
<td>3 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Soft Boiled Eggs</td>
<td>2-4 eggs</td>
<td>1 cup</td>
<td>2 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>VEGETABLES/PRODUCE</td>
<td>Amount of Ingredient</td>
<td>Minimum Amount of Liquid</td>
<td>Time</td>
<td>Setting</td>
</tr>
<tr>
<td>-------------------</td>
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<td>-------------</td>
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<tr>
<td>Large Potatoes</td>
<td>1 large russet</td>
<td>1 cup</td>
<td>25-30 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Small Potatoes</td>
<td>2-3 inches wide</td>
<td>1 cup</td>
<td>10-15 minutes</td>
<td>Steam</td>
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<tr>
<td>Cubed Potatoes</td>
<td>1 to 1½-inch cubes</td>
<td>1 cup</td>
<td>3-5 minutes</td>
<td>Steam</td>
</tr>
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<td>Sweet Potato</td>
<td>1 large</td>
<td>1 cup</td>
<td>25-30 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Beets</td>
<td>2-2½ inches wide</td>
<td>1 cup</td>
<td>15-20 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Artichoke</td>
<td>1 medium whole artichoke</td>
<td>1 cup</td>
<td>15-20 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Asparagus</td>
<td>½ pound</td>
<td>1 cup</td>
<td>1 minute</td>
<td>Steam</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>½ pound</td>
<td>1 cup</td>
<td>3-5 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Cauliflower, florets</td>
<td>½ large head</td>
<td>1 cup</td>
<td>2-3 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Carrots, 1-inch slices</td>
<td>½ pound</td>
<td>1 cup</td>
<td>2-3 minutes</td>
<td>Steam</td>
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<tr>
<td>Corn, on the cob, halved</td>
<td>1 cob</td>
<td>1 cup</td>
<td>3-7 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1-3 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>quartered</td>
<td>1 cup</td>
<td>2-3 minutes</td>
<td>Steam</td>
</tr>
<tr>
<td>Broccoli, florets</td>
<td>½ pound</td>
<td>1 cup</td>
<td>1-2 minutes</td>
<td>Steam</td>
</tr>
</tbody>
</table>
Breakfast
Cinnamon Oats

YIELDS 2 SERVINGS

PREP TIME: 1 minute  
COOK TIME: 25 minutes

½ cup steel-cut oats  
1½ cups water  
1 teaspoon ground cinnamon  
Optional toppings: milk, honey, brown sugar, toasted nuts

1. **ADD** the steel-cut oats, water, and cinnamon into the Cosori Pressure Cooker.
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
4. **NATURAL RELEASE** for 15 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
5. **STIR** oatmeal and portion into bowls.
6. **SERVE** with milk, honey, brown sugar, toasted nuts, or toppings of your choice.
Oatmeal with Berries & Almonds

YIELDS 2-3 SERVINGS

PREP TIME: 1 minute
COOK TIME: 25 minutes

1 cup steel-cut oats
1 ½ cups whole milk
2 tablespoons maple syrup
1/2 teaspoon vanilla extract
A pinch salt
Light brown sugar, for topping
Fresh raspberries, for topping
Fresh blueberries, for topping
Toasted almonds, for topping

1 ADD oats, milk, maple syrup, vanilla, and salt to the Cosori Pressure Cooker.
2 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3 SELECT Porridge, set time for 2 minutes, and press the Start/Cancel.
4 QUICK RELEASE when done cooking and carefully remove lid.
5 STIR oatmeal, portion into bowls, and top with brown sugar.
6 ALLOW the heat from the porridge to melt the brown sugar.
7 TOP with fresh raspberries, blueberries, and toasted almonds.
Pork & Ginger Congee

YIELDS 3 SERVINGS

PREP TIME: 1 minute
COOK TIME: 5 minutes

6 ounces ground pork
1½-inch piece ginger, peeled & grated
2 garlic cloves, minced
1 tablespoon Shaoxing wine
½ teaspoon granulated sugar
1½ tablespoons soy sauce
½ cup uncooked jasmine rice, washed & rinsed
4 cups water
Salt & white pepper, to taste
Peanuts, chopped, for garnish
Scallions, for garnish

1 ADD all the ingredients to the Cosori Pressure Cooker and mix well.
2 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3 SELECT Porridge and press Start/Cancel.
4 NATURAL RELEASE for 15 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
5 SELECT Sauté, press Start/Cancel, and cook until it reaches the desired thickness.
6 SEASON to taste with salt and white pepper.
7 SERVE the porridge in bowls and top with chopped peanuts, scallions, and soy sauce to taste.
Plain Yogurt

YIELDS 3-4 SERVINGS

4 cups whole milk
1½ tablespoon plain yogurt, with active live bacterial cultures

PREP TIME: 10 minutes
COOK TIME: 8 hours 10 minutes

1. ADD the milk to the Cosori Pressure Cooker.
2. SELECT Sauté and press Start/Cancel.
3. COOK the milk until it reaches 180°F, or begins to boil.
4. POUR the milk out of the pressure cooker into a heat-proof container and cool the milk down to 115°F. Clean the inner pot.
5. WHISK in your starter until it is fully incorporated with the milk.
6. TRANSFER the milk and yogurt mixture back to the pressure cooker pot.
7. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
8. SELECT Yogurt and press Start/Cancel. The longer you incubate your yogurt, the thicker and tangier it will be.
9. QUICK RELEASE and carefully open the lid.
10. MIX the yogurt and serve warm or store in the fridge.
Maple Vanilla Yogurt

**PREP TIME:** 1 minute  
**COOK TIME:** 5 minutes

YIELDS 3-4 SERVINGS

4 cups premade yogurt  
3 tablespoons maple syrup  
1 tablespoon vanilla yogurt  
Toppings: granola, fresh raspberries, maple syrup

1. **WHISK** together 4 cups of your Cosori yogurt with the maple syrup and vanilla extract in a large bowl. Mix until well combined.

2. **TOP** with granola, fresh raspberries, and some more maple syrup for added sweetness.
Entrées
Baby Back Ribs

**PREP TIME:** 24 hours 5 minutes

**COOK TIME:** 40 minutes

1. **MIX** all of the dry rub ingredients until well combined. Set aside.

2. **SEASON** the ribs with about 1 tablespoon of dry rub, until all the ribs are covered.

3. **WRAP** the ribs with plastic wrap and store in the fridge overnight.

4. **SELECT** Sauté on the Cosori Pressure Cooker and press Start/Cancel. Allow the pressure cooker to heat up.

5. **ADD** the oil and allow to heat up for 30 seconds.

6. **BROWN** your ribs in the hot oil meat-side down, about 5 minutes. Remove them from the pressure cooker. You may need to work in batches.

7. **PLACE** a rack along with 1 cup water to the pressure cooker inner pot and arrange the ribs atop the rack.

8. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.


10. **QUICK RELEASE** when done cooking and carefully remove the lid.

11. **REMOVE** the ribs carefully from the pressure cooker and onto a foil-lined baking sheet.

12. **BROIL** the ribs in a broiler with some barbecue sauce of your choice and some more of the rub until a nice crust forms, about 5 to 10 minutes.

**YIELDS 1-2 SERVINGS**

**DRY RUB**
- 1 tablespoon kosher salt
- 2 tablespoons paprika
- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon chili powder
- ½ tablespoon white sugar
- ½ tablespoon dark brown sugar
- ½ tablespoon ground mustard
- ½ teaspoon cayenne pepper
- ½ teaspoon cumin
- ½ teaspoon ground celery seed
- ½ teaspoon dried oregano

**RIBS**
- 1 rack (3-4 pounds) baby back ribs, quartered
- 1 tablespoon oil
- Barbeque sauce of choice
Mongolian Beef

YIELDS 2 SERVINGS

PREP TIME: 8 minutes
COOK TIME: 26 minutes

1 tablespoon olive oil
1 pound top sirloin or flank steak, quartered
½ teaspoon ginger, grated
1 garlic clove, minced
¼ cup water
½ cup soy sauce
¾ cup brown sugar
1 tablespoon cornstarch
1½ tablespoons cold water
Scallions, chopped, for garnish
Sesame seeds, toasted, for garnish

1. **SELECT** Sauté on the Cosori Pressure Cooker and press Start/Cancel. Allow the pressure cooker to heat up.

2. **ADD** the olive oil and meat to the pot and allow to brown for 1 minute.

3. **ADD** the ginger, garlic, water, and soy sauce to the pot. Mix well and press Start/Cancel.

4. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.


6. **QUICK RELEASE** when done cooking and carefully remove the lid.

7. **SELECT** Sauté, add the dark brown sugar, mix well, and press Start/Cancel. Allow the pressure cooker to heat up.

8. **MAKE A SLURRY** by mixing the cornstarch and cold water in a small bowl until well combined. Add the slurry to the pot and mix well.

9. **COOK** the beef until the sauce thickens to your desired consistency.

10. **GARNISH** with chopped scallions and toasted sesame seeds.
Pork Chops with Mushroom Gravy

YIELDS 2 SERVINGS

**PREP TIME:** 5 minutes  
**COOK TIME:** 20 minutes

2 pork chops, boneless, 1-1½ inches thick  
1 teaspoon kosher salt  
½ teaspoon freshly ground black pepper  
1 tablespoon olive oil  
1 tablespoon butter  
4 ounces cremini mushrooms, sliced  
1 shallot, minced  
1 garlic clove, minced  
½ cup chicken stock  
½ cup beef broth  
1 tablespoon dry sherry wine  
1 teaspoon fresh tarragon  
1½ tablespoons cornstarch  
1 tablespoon heavy cream

1. **SEASON** the pork chops with salt and pepper. Set aside.  
2. **SELECT** Sauté the Cosori Pressure Cooker. Allow the pressure cooker to heat up.  
3. **ADD** the oil and butter and allow to heat up for 1 minute.  
4. **BROWN** the pork chops on each side for 2 minutes. Set aside.  
5. **ADD** the mushrooms and cook until reduced in size by about half, about 5 minutes.  
6. **ADD** the shallot and garlic. Cook for about 2 minutes, until the garlic is fragrant.  
7. **ADD** the pork chops back into the pressure cooker, along with the chicken stock, beef broth, sherry, and tarragon.  
8. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.  
9. **SELECT** Meat/Stew, set the time for 1 minute, and press Start/Cancel.  
10. **QUICK RELEASE** when done cooking, carefully remove the lid, and remove the pork chops.  
11. **MIX** together the cornstarch and heavy cream in a separate bowl.  
12. **WHISK** the cornstarch slurry into the pressure cooker.  
13. **SELECT** Sauté and press Start/Cancel. Cook until sauce is the desired consistency.
General Tso’s Chicken

PREP TIME: 5 minutes
COOK TIME: 15 minutes

1 pound chicken breast, cubed
3 tablespoons rice wine vinegar
3½ tablespoons soy sauce
2 tablespoons hoisin sauce
1½ tablespoons brown sugar
1/8 teaspoon ginger, grated
1 garlic clove, minced
½ teaspoon crushed red pepper
1 tablespoon cornstarch
1 green onion, chopped

1. **ADD** cubed chicken, vinegar, 3 tablespoons soy sauce, hoisin sauce, brown sugar, ginger, garlic, and red pepper to the Cosori Pressure Cooker, and stir well.

2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.

3. **SELECT** Poultry, Adjust to “Less”, and press **Start/Cancel**.

4. **QUICK RELEASE** when done cooking and carefully remove the lid.

5. **SELECT** Sauté and press **Start/Cancel**.

6. **WHISK** together the cornstarch and ½ tablespoon of soy sauce in a small bowl and add it to the pot. Mix well.

7. **COOK** until mixture becomes thick and bubbly, about 2 minutes.

8. **SERVE** with chopped green onions.

YIELDS 2 SERVINGS
Chicken Cacciatore

PREP TIME: 10 minutes
COOK TIME: 35 minutes

2 chicken thighs, skin-on, bone-in
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 tablespoons all-purpose flour, for dredging
1 tablespoon olive oil
¼ large red bell pepper, sliced
¼ medium onion, diced
5 ounces mushrooms, sliced
1 garlic clove, minced
¼ cup dry white wine
¼ cup (14 ounces) diced tomatoes, with juice
½ cup chicken stock
2 tablespoons black olives, pitted
½ tablespoon capers, drained
½ teaspoon dried oregano
1 sprig fresh thyme
Fresh basil leaves, for garnish

1. DRY the chicken thighs with paper towels and season them with salt and pepper.
2. DREDGE the chicken thighs in flour and remove any excess. Set aside.
3. SELECT Sauté, set the time to 20 minutes, and press Start/Cancel. Allow the pressure cooker to heat up.
4. ADD in ½ tablespoon olive oil and allow to heat up for 30 seconds.
5. COOK the chicken skin-side down until the skin is golden brown, about 8 to 10 minutes.
6. COOK the chicken on the other side, skin-side up, for 5 minutes. You may need to work in batches of two. Set chicken aside.
7. ADD the remaining olive oil, red bell pepper, onion, and mushrooms. Cook for 6 to 8 minutes, or until the vegetables have reduced in size.
8. ADD the garlic and white wine. Cook for 2 minutes.
9. ADD in the canned tomatoes, chicken stock, olives, capers, oregano, thyme, and the chicken, along with any juices, to the pressure cooker. Mix well.
10. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
12. NATURAL RELEASE for 10 minutes when done cooking, and season with salt and pepper.
13. GARNISH with fresh basil leaves and enjoy with some soft, creamy polenta.
Chicken Plov

PREP TIME: 5 minutes  
COOK TIME: 30 minutes

1 tablespoon olive oil  
½ pound boneless chicken thighs, skin on  
2 tablespoons butter  
½ large onion, diced  
1½ cups medium grain brown rice, rinsed & drained  
1 tablespoon salt  
¼ teaspoon black pepper  
¼ teaspoon ground cumin  
¼ teaspoon ground paprika  
¼ teaspoon ground coriander  
1 bay leaf  
1½ cups chicken stock  
1 large carrot, thickly julienned  
2 garlic cloves, minced

1. SELECT Sauté on the Cosori Pressure Cooker and press Start/Cancel. Allow the pressure cooker to heat up.
2. ADD the olive oil and allow it to heat up for 30 seconds.
3. BROWN the chicken thighs skin-side down, until the skin is golden brown, about 10 minutes. Set aside. You may need to work in batches.
4. ADD the butter and onion and cook until the onions are slightly translucent, about 3 minutes.
5. ADD in the rice, salt, black pepper, cumin, paprika, coriander, and bay leaves. Mix well. Cook for 2 minutes, until the rice is slightly toasted.
6. ADD the chicken stock and carrot. Mix well and add the minced garlic on top along with the chicken and all its juices.
7. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
8. SELECT Rice, adjust time to 25 min, and press Start/Cancel.
9. NATURAL RELEASE for 20 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid. Mix well.
10. SERVE in bowls.
Lemon Herb Tilapia

YIELDS 2 SERVINGS

PREP TIME: 15 minutes  
COOK TIME: 5 minutes

2 tilapia fillets, ½ to ¾-inch thick  
Salt & pepper  
4 sprigs fresh thyme  
4 thin slices of lemon, no seeds  
2 tablespoons extra-virgin olive oil  
2 garlic cloves, thinly sliced  
16 cherry tomatoes, halved  
2 teaspoons bottled capers, drained

1. CREATE a foil square that is slightly larger than the inner pot, then fold up the edges to create a lip, similar to a small pan.
2. SEASON both sides of fish with salt and pepper, then place fish on the foil tray. Top each fillet with 2 sprigs of thyme and 2 slices of lemon.
3. SELECT Sauté the Cosori Pressure Cooker, set time to 3 minutes, and press Start/Cancel. Allow the pressure cooker to heat up.
4. ADD the oil and allow to heat up for 2 minutes. Add garlic to pot, stirring occasionally until pale gold and fragrant, about 30 seconds. Add tomatoes and capers and sauté until cook time finishes.
5. POUR the tomato mixture evenly over the fish.
6. FILL the pressure cooker with 3 cups of water, then top with wire rack and foil pan with fish.
7. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
9. QUICK RELEASE when done cooking, and carefully remove the fish from the pressure cooker.
10. SERVE fish on a plate and top with tomatoes and juices.
Salmon with Lemon Dill Sauce

YIELDS 1 SERVING

PREP TIME: 5 minutes
COOK TIME: 2 minutes

SALMON
1 salmon fillet (8 ounces)
¼ teaspoon salt
⅛ teaspoon black pepper
2 sprigs thyme
3 thin slices of lemon, no seeds

LEMON DILL SAUCE
3 tablespoons sour cream
3 tablespoons mayo
⅛ tablespoon fresh lemon juice
⅛ teaspoon lemon zest
⅛ tablespoon fresh dill, finely chopped
Milk to thin, as needed
Salt & pepper, to taste

1. ADD 1 cup water to the Cosori Pressure Cooker along with the steamer rack.
2. SEASON the salmon fillet with salt and pepper and place it on the steamer rack.
3. ADD 2 sprigs of thyme along with 3 lemon slices to the salmon fillet.
4. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
5. SELECT Steam, Adjust to “Low”, and press Start/Cancel.
6. WHISK together the lemon dill sauce ingredients in a small bowl. Use milk to thin the sauce to your desired consistency.
7. QUICK RELEASE when done cooking, remove the lid, and remove fish carefully from the pressure cooker.
8. DISCARD the lemon and thyme sprigs and top with lemon dill sauce.
Swedish Meatballs

PREP TIME: 10 minutes
COOK TIME: 15 minutes

YIELDS 2 SERVINGS

8 ounces ground beef
½ cup breadcrumbs
½ cup onion, minced
1 garlic clove, minced
¼ teaspoon parsley, chopped
¾ teaspoon ground allspice
¼ teaspoon ground nutmeg
½ tablespoon black pepper
1 teaspoon salt
1 egg
½ tablespoon olive oil
1 tablespoon butter
2 tablespoons all-purpose flour
1 cup beef broth
½ tablespoon Worcestershire sauce
½ teaspoon Dijon mustard
¼ cup heavy cream
Salt & pepper, to taste
1 tablespoon parsley, freshly chopped

1. MIX the ground beef, breadcrumbs, onion, garlic, parsley, allspice, nutmeg, black pepper, salt, and the egg until well combined.
2. ROLL the meat into 6 meatballs. Set aside in the fridge to cool.
3. SELECT Sauté on the Cosori Pressure Cooker, set time for 20 minutes, and press Start/Cancel. Wait until the pressure cooker has heated up.
4. ADD the oil and ½ tablespoon of butter, and allow to heat up for 30 seconds.
5. BROWN the meatballs for 5 minutes on each side. Work in batches. Set aside.
6. ADD the other ½ tablespoon of butter and flour to the pressure cooker. Whisk until flour is fully combined and cook for 2 minutes.
7. WHISK in the beef broth a little at a time making sure there are no lumps. Mix in the Worcestershire sauce and Dijon mustard.
8. PLACE the meatballs back in the pressure cooker.
9. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
10. SELECT Meat/Stew, set time to 5 minutes, and press Start/Cancel.
11. QUICK RELEASE when done cooking and carefully remove the lid. Mix in the heavy cream until well combined.
12. SEASON with salt and pepper and mix in the freshly chopped parsley.
13. SERVE on top of egg noodles or with a side mashed potatoes.
Italian Meatballs

PREP TIME: 10 minutes
COOK TIME: 20 minutes

¼ pound ground pork
¼ pound ground beef (75/25)
3 tablespoons panko breadcrumbs (soaked in milk)
2 1/3 tablespoons whole milk (for soaking breadcrumbs)
1 garlic clove, minced
½ teaspoon black pepper
1 egg, beaten
2 tablespoons fresh oregano, chopped
2 1/3 tablespoons Parmesan cheese, grated (plus more to serve)
2 tablespoons extra-virgin olive oil
2 tablespoons white wine
½ can (14.5 ounces) tomato sauce
Salt & pepper, to taste
2 tablespoons parsley, chopped

1. **COMBINE** the ground pork and beef, breadcrumbs, minced garlic, black pepper, egg, oregano, and Parmesan cheese in a large bowl. Mix until well combined.

2. **ROLL** the meat mixture into medium sized meatballs. Set aside.

3. **SELECT** Sauté on the Cosori Pressure Cooker and press Start/Cancel. Allow the pressure cooker to heat up.

4. **ADD** the oil to the preheated pressure cooker and allow to heat up for 30 seconds.

5. **BROWN** meatballs for 5 minutes on each side. You may need to work in batches.

6. **DEGLAZE** the pan by adding the white wine and scraping the bottom. Add in the tomato sauce and bring to boil. Mix well.

7. **ADD** the meatballs back to the pot along with any juices from the meat.

8. **BOIL** the sauce for 5 to 10 minutes until you achieve desired sauce consistency. Carefully remove the meatballs and set aside.

9. **SEASON** the sauce to taste with salt and pepper and mix in the freshly chopped parsley.

10. **SERVE** the sauce and meatballs on top of spaghetti or by itself.
Beef Stew

**PREP TIME:** 10 minutes  
**COOK TIME:** 40 minutes

1 tablespoon oil  
½ pound beef stew meat, 1 to 1½-inch pieces  
½ tablespoon flour  
1 teaspoon salt  
½ teaspoon pepper  
½ tablespoon tomato paste  
½ onion, chopped  
1 carrot, chopped  
1 celery stalk, chopped  
1 garlic clove, finely chopped  
¼ cup red wine  
1 bay leaf  
1 sprig thyme  
½ cup potato, cubed  
½ teaspoon Worcestershire sauce  
1 cup beef stock

**YIELDS 1-2 SERVINGS**

1 **SELECT** Sauté on the Cosori Pressure Cooker and press Start/Cancel. Add oil to the pot. Allow the pressure cooker to heat up.

2 **DREDGE** the beef in flour, salt, and pepper until well coated in flour.

3 **ADD** half of coated beef mixture into the preheated pot in an even layer and brown.

4 **BROWN** the meat on each side for 5 to 7 minutes, allowing the meat to develop a crust on each side. You may need to work in batches.

5 **ADD** all remaining ingredients. Stir until combined, scraping the bottom for any brown bits that may have stuck to the pot.

6 **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.

7 **SELECT** Meat/Stew and press Start/Cancel.

8 **NATURAL RELEASE** for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.

9 **SEASON** with salt and pepper to taste.
Southern Indian Beef Curry

YIELDS 4-6 SERVINGS

PREP TIME: 5 minutes
COOK TIME: 1 hour

2 tablespoons oil
1 pound beef chuck roast, cut into 1-inch cubes
2 garlic cloves, minced
¼ white onion, chopped
¼ cup tomatoes, chopped & drained
½ tablespoon ginger, grated
½ teaspoon garam masala
½ tablespoon ground turmeric
½ tablespoon ground cumin
½ tablespoon chili powder
½ teaspoon coriander
⅛ cup cilantro, chopped
⅛ medium piper potato, chopped
1 cup coconut milk

1. **SELECT** Sauté on the Cosori Pressure Cooker, add the oil, and press Start/Cancel. Allow the pressure cooker to heat up.

2. **SEAR** the meat in small batches for 3 to 5 minutes each side until nicely browned. Take out of pot and set aside.

3. **ADD** in your minced garlic, chopped onion, tomatoes, and ginger. Mix well and cook for 5 minutes.

4. **ADD** in all the spices and mix well. Cook for 10 minutes, creating a paste.

5. **PUT** the beef back in the pot along with the potatoes and coconut milk.

6. **SELECT** Meat/Stew, set time for 35 minutes, and press Start/Cancel.

7. **NATURAL RELEASE** for 15 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.

8. **SELECT** Sauté and press Start/Cancel.

9. **BOIL** the curry until it reaches desired thickness.

10. **SERVE** curry over rice.
Chicken Tacos

PREP TIME: 5 minutes
COOK TIME: 15 minutes

CHICKEN TACO FILLING
1 pound chicken breast
½ yellow onion, chopped
1 garlic clove, minced
1 tablespoon olive oil
1 can (10 ounces) fire roasted diced tomatoes
¼ cup chicken broth
½ tablespoon chili powder
1 tablespoon taco seasoning
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon ground cumin

1 ADD all filling ingredients to the Cosori Pressure Cooker. Mix well.
2 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3 SELECT Poultry on the cooker, Adjust to “Low”, and press Start/Cancel.
4 QUICK RELEASE when done cooking and carefully remove the lid.
5 SHRED the chicken with a fork.
6 SERVE the chicken on a tortilla with pico de gallo, guacamole, or other toppings of your choice.

FINISHED TACO
Tortilla
Pico de Gallo (optional)
Guacamole (optional)

YIELDS 4-5 SERVINGS
Spring Veggie Risotto

**PREP TIME:** 10 minutes  
**COOK TIME:** 12 minutes

- 2 tablespoons butter  
- ½ shallot, finely diced  
- 1 cup Arborio rice  
- 1½ cups mushrooms, sliced  
- ⅛ cup white wine  
- 2 cups chicken broth  
- 1 cup asparagus, cut into 1-inch pieces  
- ¼ cup prosciutto, cut into thin ribbons  
- 1 cup pecorino Romano cheese, grated  
- Salt & pepper, to taste

1. **SELECT** Sauté on the Cosori Pressure Cooker, set time to 6 minutes, and press Start/Cancel. Allow the pressure cooker to heat up.
2. **ADD** butter and allow it to melt, then add shallots. Cook for about 2 minutes, stirring frequently.
3. **MIX** in rice until well-coated in butter. Then add in mushrooms and stir.
4. **ADD** the white wine at the 1 minute mark, and cook until all the wine is absorbed by the rice.
5. **ADD** the chicken broth once time is complete. Mix well.
6. **SECURE THE LID** to the pressure cooker, and make sure the pressure release valve is in the locked position.
7. **SELECT** Rice, set time for 6 minutes, and press Start/Cancel.
8. **BROIL** your asparagus and prosciutto on a sheet pan in a broiler. Cook until asparagus is just softened and prosciutto begins to crisp, about 5 minutes.
9. **QUICK RELEASE** when done cooking and carefully remove the lid.
10. **MIX** in the pecorino Romano cheese and stir until melted.
11. **SEASON** to taste with salt and pepper.
12. **SERVE** the risotto with the broiled asparagus and prosciutto on top.

**YIELDS 2-3 SERVINGS**
Appetizers
Steamed Artichoke

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
COOK TIME: 12 minutes

1 medium artichoke
1 lemon wedge
¼ cup extra-virgin olive oil
1 garlic clove, minced
Salt & pepper, to taste

1. **TRIM** most of the stem of the artichoke and cut about 1 inch off the top of each artichoke.
2. **REMOVE** the lower petals by peeling them away.
3. **RUB** the trimmed artichoke and stem with the lemon wedge to prevent them from browning.
4. **PLACE** artichoke cut-side down on a steamer rack in the Cosori Pressure Cooker with 1 cup water.
5. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
6. **SELECT** Steam, set the time for 12 minutes, and press Start/Cancel.
7. **COMBINE** extra-virgin olive oil, garlic, salt, and pepper in a small bowl while artichoke is cooking. Set aside.
8. **QUICK RELEASE** when done cooking and carefully remove the lid.
9. **SERVE** steamed artichoke with garlic oil for dipping.
Quick Deviled Eggs

**YIELDS 2 SERVINGS**

**PREP TIME:** 5 minutes  
**COOK TIME:** 7 minutes

4 eggs  
1/3 cup hummus  
Salt & pepper, to taste  
A pinch paprika, for garnish  
Chives, chopped, for garnish

1. **PLACE** eggs on top of a steamer rack in the Cosori Pressure Cooker with 1 cup water.  
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.  
4. **QUICK RELEASE** when done cooking and carefully remove the lid. Place eggs in an ice water bath.  
5. **REMOVE** the shell from the cooled egg, cut the eggs in half, and remove yolk.  
6. **MIX** together the cooked egg yolk and hummus until it is smooth.  
7. **SEASON** the yolk mixture to taste with salt and pepper.  
8. **FILL** the hollowed egg white halves with the yolk mixture.  
9. **GARNISH** with paprika and chives.
Baba Ganoush

**PREP TIME:** 5 minutes  
**COOK TIME:** 12 minutes

1 pound eggplant, peeled & chopped  
¼ cup extra-virgin olive oil  
2 tablespoons tahini  
1 garlic clove  
1½ tablespoons fresh lemon juice  
¼ teaspoon ground cumin  
¼ teaspoon smoked paprika  
Salt & pepper, to taste  
Pita bread, for serving

1. **ADD** 1 cup water along with a steamer rack to the Cosori Pressure Cooker.
2. **PLACE** the eggplant atop the steamer rack.
3. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
4. **SELECT** *Steam, Adjust to “More”, and press Start/Cancel.*
5. **QUICK RELEASE** when done cooking and carefully remove the lid.
6. **BLEND** the steamed eggplant and all the ingredients in blender or food processor until smooth.
7. **SEASON** to taste with salt and pepper.
8. **SERVE** with a side of pita bread.

YIELDS 2 SERVINGS
Hummus

PREP TIME: 5 minutes
COOK TIME: 45 minutes

¾ cup dried chickpeas
1½ cups water
1 teaspoon salt
½ teaspoon black pepper
1 garlic clove
¼ teaspoon ground cumin
½ lemon, juiced
2 tablespoons tahini
1 tablespoon extra-virgin olive oil, more for garnish
1½ tablespoons water
¼ teaspoon ground cumin
Salt, to taste
Paprika, for garnish

1 ADD the chickpeas, 1½ cups water, salt, pepper, garlic, and cumin to the Cosori Pressure Cooker.
2 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3 SELECT Beans, set the time to 45 minutes, and press Start/Cancel.
4 QUICK RELEASE when done cooking and carefully remove the lid.
5 DRAIN the chickpeas. Set aside.
6 BLEND the cooked chickpeas and garlic in a food processor or blender along with the lemon juice, tahini, extra-virgin olive oil, 1½ tablespoons water, and cumin. Blend until smooth.
7 SEASON to taste with salt.
8 SERVE with pita chips. Garnish with paprika and a drizzle of extra-virgin olive oil.

YIELDS 3 SERVINGS
Soups
Classic Chicken & Vegetable Soup  YIELDS 3-4 SERVINGS

PREP TIME: 5 minutes  
COOK TIME: 25 minutes

1 cup leeks, chopped  
½ cup carrot, chopped  
½ cup celery, chopped  
1 garlic clove, minced  
3 sprigs thyme  
½ tablespoon salt  
½ teaspoon pepper  
1 pound boneless, skinless chicken thighs, cubed  
½ cup white wine  
4 cups chicken broth  
½ cup zucchini, chopped  
1 teaspoon fresh lemon juice  
½ cup parsley, chopped

1 ADD the leeks, carrot, celery, garlic, thyme, salt, pepper, chicken, wine, and broth in the Cosori Pressure Cooker.
2 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3 SELECT Soup and press Start/Cancel.
4 QUICK RELEASE when done cooking, carefully remove the lid, and discard the sprigs of thyme.
5 ADD the zucchini, lemon juice, and parsley to the soup. Mix well.
6 SEASON the soup to taste with salt and pepper.
Chicken Tortilla Soup

YIELDS 3 SERVINGS

PREP TIME: 5 minutes
COOK TIME: 15 minutes

2 cups chicken broth
1 cup vegetable broth
3 ounces tomato paste
½ packet of taco seasoning
1 teaspoon chili powder
½ tablespoon ground cumin
½ teaspoon salt
1 garlic clove, minced
½ large onion, diced
12 ounces cooked chicken breast, cubed
2 teaspoons fresh lime juice
Tortilla strips (optional)
1 avocado, sliced (optional)

1. **ADD** the chicken broth, vegetable broth, tomato paste, taco seasoning, chili powder, cumin, salt, garlic, and onion into the Cosori Pressure Cooker. Mix well.
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
3. **SELECT** Soup, **Adjust** to “Less”, and press Start/Cancel.
4. **QUICK RELEASE** when done cooking and carefully remove the lid.
5. **SELECT** Sauté and press Start/Cancel. Allow the pressure cooker to heat up.
6. **ADD** the pre-cooked chicken and lime juice into the cooker. Stir, and cook for 2 to 3 minutes.
7. **SERVE** with avocado and tortilla strips, and enjoy.
Simple Southern Chili

YIELDS 3-4 SERVINGS

PREP TIME: 5 minutes
COOK TIME: 25 minutes

1 tablespoons oil
12 ounces ground beef
¾ teaspoon baking soda
½ tablespoon water
1½ teaspoons seasoning salt
¾ teaspoon lemon pepper seasoning
½ large onion, chopped
2 garlic cloves, minced
1 can (14.5 ounces) crushed tomatoes
1 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon dried oregano
¼ teaspoon garlic powder
¼ teaspoon crushed red pepper
½ cup beef broth
8 ounces pinto beans, canned & drained
8 ounces black beans, canned & drained
Black pepper, to taste
Scallions, chopped (optional)

1. SELECT Sauté on the Cosori Pressure Cooker, add the oil, and press Start/Cancel. Allow the pressure cooker to heat up.
2. ADD the ground beef, baking soda, water, ¼ teaspoon seasoning salt, and lemon pepper to the preheated pressure cooker. Mix and break apart the ground beef evenly, distributing the seasonings. Cook for 10 to 15 minutes.
3. ADD the onion and garlic to the mixture, mix well, and cook for 2 more minutes.
4. ADD the canned tomatoes, remaining spices, salt, crushed red pepper, broth, and beans. Stir only slightly.
5. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
7. QUICK RELEASE when done cooking and carefully remove the lid.
8. MIX the chili for a few minutes, adding pepper to taste.
9. SERVE with chopped scallions on top.
Pasta Fagioli

**PREP TIME:** 10 minutes  
**COOK TIME:** 4 hours

- ½ tablespoon olive oil
- ½ pound ground beef
- 1 whole carrot, diced
- 1 celery stalk, diced
- ½ medium red onion, diced
- 1 garlic clove, minced
- 1 can (14 ounces) crushed tomatoes
- 1 cup beef broth
- 1 bay leaf
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon dried thyme
- 1 can (8 ounces) cannellini beans, drained
- ½ cup gomiti pasta, uncooked
- Salt & pepper, to taste

1. **SELECT** Sauté on the Cosori Pressure Cooker and press Start/Cancel. Allow the pressure cooker to heat up.
2. **ADD** the olive oil and ground beef to the pressure cooker. Cook for 10 minutes until browned and no longer pink. Press Start/Cancel.
3. **ADD** the rest of the ingredients except for the beans and pasta.
4. **SELECT** Slow Cook and set the time for 4 hours. Cover with glass lid and press the Start/Cancel.
5. **STIR** in the pasta and beans when 30 minutes remain on the timer. Cook for the remaining time.
6. **DISCARD** the bay leaves when done cooking.
7. **SERVE** in bowls with slices of french bread.

**YIELDS 3-4 SERVINGS**
Corn & Coconut Soup

PREP TIME: 15 minutes
COOK TIME: 35 minutes

CORN & COCONUT SOUP
½ tablespoon coconut oil
½ sweet onion, diced
1 jalapeño, seeded & chopped
½ cup cilantro stems, chopped
1 teaspoon paprika
1 lime, zested & juice reserved for relish
3 corn cobs, cut in half crosswise, kernels cut off, reserve kernels of 1 corn cob for salsa
3 cups chicken broth
1 can (14 ounces) coconut milk
1 teaspoon salt
½ teaspoon pepper

CORN SALSA
Kernels from 1 corn cob (see above)
1½ tablespoons lime juice
1½ tablespoons cilantro, chopped
1-2 jalapeños, seeded & finely chopped
½ tablespoon shallot, finely chopped
½ tablespoon olive oil
Salt & pepper, to taste

1 SELECT Sauté on the Cosori Pressure Cooker and add coconut oil. Set the time for 15 minutes and press Start/Cancel. Allow the pressure cooker to heat up.
2 ADD onions and stir to coat them in the oil. Stir onions occasionally, about every 3 minutes, to allow them to caramelize.
3 ADD jalapeño, cilantro, paprika, and lime zest in the last 2 minutes of cooking. Stir occasionally until the time is done.
4 ADD the corn cobs, kernels from 2 cobs, chicken broth, coconut milk, salt, and pepper. Stir until well combined and press Start/Cancel.
5 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
7 QUICK RELEASE when done cooking, and carefully remove the lid.
8 DISCARD corn cobs and blend soup until smooth.
9 SEASON the soup to taste with salt and pepper.
10 COMBINE all salsa ingredients in a separate bowl. Season to taste with salt.
11 SERVE the soup in bowls and top with corn salsa.
Sides
Lemon Saffron Basmati Rice

YIELDS 3 SERVINGS

PREP TIME: 1 minute
COOK TIME: 7 minutes

1 tablespoon butter
1 small shallot, minced
A pinch saffron threads
1 cup basmati rice, washed & rinsed
½ teaspoon lemon zest
1 lemon, juiced
1 cup chicken stock or water

1. SELECT Sauté on the Cosori Pressure Cooker, then press Start/Cancel.
2. COOK the aromatics by melting the butter in the pot, then adding the shallot and saffron. Cook for 3 minutes, stirring occasionally.
3. ADD the rice to the pot. Stir the rice to coat in the aromatic mixture, then add the lemon zest, lemon juice, and chicken stock.
4. SECURE THE LID to the pressure cooker, making sure the pressure release valve is in the locked position.
5. SELECT Rice and press Start/Cancel.
6. FLUFF the rice using a fork.
Coconut-Scented Quinoa

YIELDS 6 SERVINGS

PREP TIME: 1 minute
COOK TIME: 6 minutes

ADD the quinoa, coconut milk, and water to the Cosori Pressure Cooker. Mix well.

SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.

SELECT Multigrain, set time for 6 minutes, and press Start/Cancel.

NATURAL RELEASE for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.

FLUFF the quinoa with a fork and garnish with toasted coconut chips.

1 cup quinoa
1 cup full fat coconut milk
1 cup water
3 tablespoons toasted coconut chips, for garnish
**Mixed Veggies**

YIELDS 2-3 SERVINGS

**PREP TIME:** 1 minute  
**COOK TIME:** 2 minutes

1 cup carrots, chopped  
1 cup broccoli florets  
1 tablespoon butter  
Salt & pepper, to taste

1. **ADD** 1 cup water and steamer rack to the Cosori Pressure Cooker.
2. **PLACE** the carrots and broccoli atop the steamer rack.
3. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
4. **SELECT** Steam, set time for 2 minutes, and press Start/Cancel.
5. **QUICK RELEASE** when done cooking and carefully remove the lid.
6. **PLACE** the veggies and butter in a bowl and allow the butter to melt and coat them evenly.
7. **SEASON** to taste with salt and pepper.
Pearled Barley Mediterranean Salad

PREP TIME: 45 minutes
COOK TIME: 30 minutes

BARLEY SALAD
½ cup pearled barley, washed & rinsed
2 cups water
½ tablespoon olive oil
½ teaspoon salt
1 garlic clove, minced
½ cup cherry tomatoes, halved
½ cup seedless cucumber, chopped

DRESSING
1 tablespoon olive oil
1 tablespoon red wine vinegar
½ lemon, juiced
½ tablespoon fresh basil, finely chopped
½ tablespoon fresh oregano, finely chopped
Salt & pepper, to taste

1. **MIX** together all dressing ingredients and set aside.
2. **ADD** the barley, water, olive oil, salt, and garlic to the Cosori Pressure Cooker.
3. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
4. **SELECT** Multigrain function, set the time for 30 minutes, and press Start/Cancel.
5. **NATURAL RELEASE** for 10 minutes when done cooking. Release any residual pressure that may still be left in the pressure cooker and carefully remove the lid.
6. **DRAIN** the barley from the pressure cooker and allow to cool down for 10 minutes.
7. **TOSS** the dressing into the barley, making sure the the barley is well coated, and allow to marinate for 30 minutes.
8. **MIX** the cherry tomatoes and cucumber with the marinated barley.

YIELDS 2 SERVINGS
Mexican Rice

PREP TIME: 4 minutes
COOK TIME: 8 minutes

2 tablespoons olive oil
1 onion, chopped
1 cup white rice
1 cup chicken broth
½ cup tomato paste
4 garlic cloves, minced
2 tablespoons ground cumin
Salt, to taste

1. SELECT Sauté on the Cosori Pressure Cooker and press Start/Cancel. Allow the pressure cooker to heat up.
2. ADD the oil and the chopped onions in the pot and cook for 5 minutes.
3. ADD the rest of the ingredients to the pot and mix well. Press Start/Cancel.
4. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
5. SELECT Rice, set the time for 3 minutes, then press Start/Cancel.
6. NATURAL RELEASE for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
7. FLUFF the rice with a fork.

YIELDS 2-3 SERVINGS
Cilantro Lime Rice

**YIELDS 3 SERVINGS**

**PREP TIME:** 3 minutes  
**COOK TIME:** 4 minutes

1 cup long grain white rice, washed & rinsed  
1 cup water  
2 tablespoons olive oil  
1 garlic clove, minced  
1 teaspoon salt  
3 tablespoons fresh cilantro, chopped  
½ lime, juiced

1. **ADD** the rice, water, oil, garlic, and salt to the pressure cooker pot and mix well.  
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.  
3. **SELECT** Rice on the Cosori Pressure Cooker, set time for 3 minutes, press Start/Cancel.  
4. **NATURAL RELEASE** for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.  
5. **ADD** the chopped cilantro and squeeze the ½ lime on top. Mix well.
Mexican Black Beans

**YIELDS 4-6 SERVINGS**

**PREP TIME:** 5 minutes  
**COOK TIME:** 45 minutes

2 cups dry black beans  
1 onion, chopped  
2 teaspoons olive oil  
4 garlic cloves, chopped  
1 tablespoon chili powder  
1 teaspoon smoked paprika  
½ teaspoon ground cumin  
1 tablespoon salt  
3½ cups water  
1 lime, juiced

1. **ADD** the beans, onion, olive oil, garlic, chili powder, smoked paprika, cumin, salt, and water to Cosori Pressure Cooker.
2. **SECURE THE LID** on the cooker, making sure the pressure release valve is in the locked position.
4. **NATURAL RELEASE** for 15 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid. Add the juice of 1 lime and mix well.
5. **SELECT** Sauté and press Start/Cancel. Cook to reduce the liquid as desired, stirring occasionally.
6. **TASTE** and adjust seasonings if desired.
Healthy Fried Rice

YIELDS 3 SERVINGS

PREP TIME: 10 minutes
COOK TIME: 25 minutes

1 cup brown rice
1¾ cups water
1 tablespoon soy sauce
1 teaspoon sesame oil
1 egg
1 cup frozen peas & carrots
1 garlic clove, minced
Salt & pepper, to taste

1. **ADD** rice, water, and soy sauce to the Cosori Pressure Cooker.
2. **SECURE THE LID** to the pressure cooker, making sure the pressure release valve is in the locked position.
3. **SELECT** Rice, set time for 20 minutes, and press Start/Cancel.
4. **HEAT** a pan over medium heat while the rice is cooking.
5. **WHISK** the eggs together with salt and pepper. Pour sesame oil into the pan, then add eggs. Stir until eggs scramble. Set aside.
6. **NATURAL RELEASE** for 10 minutes when rice is done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
7. **MIX** in the frozen veggies and add soy sauce to taste.
8. **SEASON** to taste with salt and pepper.
Mushroom Brown Rice Pilaf

**YIELDS 3 SERVINGS**

**PREP TIME:** 10 minutes  
**COOK TIME:** 20 minutes

1 tablespoon olive oil  
½ cup onion, diced  
3 ounces mushrooms, sliced  
1 cup brown rice, washed & rinsed  
1½ cups chicken stock  
1 tablespoon butter  
¼ cup Parmesan cheese, grated

1. **SELECT** Sauté on the Cosori Pressure Cooker, add in your oil, and press Start/Cancel. Allow the pressure cooker to heat up.
2. **ADD** the onions and mushrooms, and sauté for 3 minutes.
4. **SECURE THE LID** to the pressure cooker, making sure the pressure release valve is in the locked position.
5. **SELECT** Rice, set time for 20 minutes, and press Start/Cancel.
6. **NATURAL RELEASE** for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
7. **TOSS** in the butter and Parmesan cheese, mix thoroughly.
Garlic Broccoli

PREP TIME: 5 minutes
COOK TIME: 2 minutes

YIELDS 1-2 SERVINGS

1 bunch broccoli
3 garlic cloves, minced
1 tablespoon olive oil
Salt & pepper, to taste

1. **ADD** 1 cup water to the Cosori Pressure Cooker along with a steamer rack and place the broccoli on top.
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
3. **SELECT** Steam, set time to 1 minute, and press Start/Cancel.
4. **QUICK RELEASE** when done cooking and carefully remove the lid and broccoli. Clean the inner pot.
5. **SELECT** Sauté and press Start/Cancel. Allow the pressure cooker to heat up.
6. **PLACE** remaining ingredients into the clean inner pot. Stir for 30 seconds.
7. **ADD** the broccoli and cook for an additional 30 seconds.
8. **SEASON** to taste with salt and pepper.
Orange & Maple Glazed Carrots

PREP TIME: 1 minute
COOK TIME: 7 minutes

¾-1 pound of 5-inch long young carrots, rinsed & scrubbed clean, patted dry, carrot greens cut to 1 inch above top of carrot
1 tablespoon unsalted butter
¼ teaspoon salt
2 tablespoons maple syrup
3 tablespoons orange juice
¼ teaspoon orange zest, grated
A pinch cinnamon
Toasted walnuts, for garnish

1. ADD 1 cup water to the Cosori Pressure Cooker along with the steamer rack. Place the carrots atop the steamer rack.
2. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3. SELECT Steam, set time for 2 minutes, and press Start/Cancel.
4. QUICK RELEASE when done cooking and carefully remove the lid. Remove carrots and set aside. Clean the inner pot.
5. SELECT Sauté and press Start/Cancel. Allow the pressure cooker to heat up.
6. ADD the butter, salt, maple syrup, orange juice, orange zest, and cinnamon until it boils, about 5 minutes. Press Start/Cancel.
7. ADD the carrots to the pot and coat with the glaze.
8. SERVE glazed with toasted walnuts on top for garnish and crunch.

YIELDS 2 SERVINGS
**Potato Salad**

**PREP TIME:** 5 minutes  
**COOK TIME:** 5 minutes

½ pound new potatoes, scrubbed  
1 cup water  
2 tablespoons Greek yogurt  
2 tablespoons buttermilk  
1 garlic clove, minced  
½ teaspoon freshly ground black pepper  
1 teaspoon lemon zest  
1 tablespoon dill, chopped  
½ teaspoon salt

1. **ADD** potatoes and water to the Cosori Pressure Cooker.
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
3. **SELECT** Steam and press Start/Cancel.
4. **MIX** the Greek yogurt, buttermilk, garlic, black pepper, lemon zest, and dill in a large bowl until well combined. Set aside.
5. **NATURAL RELEASE** for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
6. **DRAIN** the potatoes. Slice them in half and toss in yogurt dressing.
7. **SERVE** the potato salad at room temperature.

**YIELDS 2 SERVINGS**
Red Mashed Potatoes

PREP TIME: 5 minutes
COOK TIME: 5 minutes

1 cup water
1 teaspoon salt
1½ pounds red potatoes, quartered
½ cup milk, room temperature
3 tablespoons butter, softened
1 garlic clove, minced
3 scallions, chopped
1 tablespoon parsley, freshly chopped
Black pepper, to taste

1. **ADD** water, salt, and potato chunks to the Cosori Pressure Cooker.
2. **SECURE THE LID** on the pressure cooker, making sure the pressure release valve is in the locked position.
3. **SELECT** Steam, **Adjust** to “More”, and press **Start/Cancel**.
4. **NATURAL RELEASE** for 10 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid. Drain the water from the pot.
5. **MASH** the potatoes and add milk slowly, about 1 tablespoon at a time. Use the milk as desired, less milk for a chunkier mash, more milk and mashing for a smoother texture.
6. **MIX** in remaining ingredients, and continue mashing until desired texture.
7. **SERVE** immediately.

YIELDS 2-3 SERVINGS
One Pot Mac & Cheese

YIELDS 2 SERVINGS

PREP TIME: 1 minute
COOK TIME: 5 minutes

1 ADD the macaroni, mustard, Worcestershire sauce, butter, hot sauce, salt, and water to the Cosori Pressure Cooker.
2 SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3 SELECT Rice, set the time for 2 minutes, and press Start/Cancel.
4 QUICK RELEASE when done cooking and carefully remove the lid.
5 MIX well, making sure most of the water has evaporated.
6 ADD in the evaporated milk, cream cheese, and all cheeses, and mix well until all the cheese has melted, about 1 minute.
7 SEASON to taste with salt and pepper.

8 ounces elbow macaroni
1 teaspoon yellow mustard
1 teaspoon Worcestershire sauce
1 tablespoon unsalted butter
¼ teaspoon hot sauce
1 teaspoon salt
2 cups water
1 can (6 ounces) evaporated milk
¼ cup cream cheese
½ cup sharp cheddar cheese, shredded
1 cup colby jack cheese, shredded
½ cup Parmesan cheese
Salt & pepper, to taste
Creamy Polenta

PREP TIME: 1 minute  
COOK TIME: 10 minutes

YIELDS 4 SERVINGS

½ cup polenta  
2 cups chicken stock  
2 tablespoons unsalted butter  
½ cup heavy cream  
½ cup Parmesan cheese, grated  
Salt & pepper, to taste

1. ADD the polenta and chicken stock to the Cosori Pressure Cooker.
2. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
3. SELECT Multigrain, set the time for 9 minutes, and then press Start/Cancel.
4. QUICK RELEASE when done cooking, and carefully remove the lid.
5. WHISK the polenta, until it looks homogenous and creamy.
6. ADD in the butter, heavy cream, and Parmesan cheese, and whisk until creamy and cheese is melted.
7. SEASON with salt and pepper and top with more Parmesan cheese.
8. SERVE in bowls and top with sautéed mushrooms.
Sautéed Mushrooms

YIELDS 2-3 SERVINGS

**PREP TIME:** 3 minutes  
**COOK TIME:** 10 minutes

1 tablespoon olive oil  
1 tablespoon unsalted butter  
8 ounces mushrooms, sliced  
½ tablespoon sherry vinegar  
1 tablespoon tarragon, freshly chopped  
Salt & pepper, to taste

1. **SELECT** Sauté on the Cosori Pressure Cooker, and press Start/Cancel. Allow the pressure cooker to heat up.
2. **ADD** the oil and butter and allow it to heat up for 30 seconds. Add the mushrooms and sauté until brown, about 8 minutes.
3. **MIX** in the sherry vinegar and tarragon. Cook for about 1 minute.
4. **SEASON** to taste with salt and pepper.
Corn Sauté

YIELDS 2 SERVINGS

PREP TIME: 2 minutes
COOK TIME: 5 minutes

⅛ tablespoon oil
1 scallion, sliced
1 garlic clove, minced
10-12 ounces frozen corn
2 tablespoons butter, sliced
1 teaspoon seasoning salt
1 teaspoon black pepper
¼ teaspoon chili powder

1. SELECT Sauté on the Cosori Pressure Cooker, add the oil, and press Start/Cancel. Allow the pressure cooker to heat up.
2. ADD the scallions and garlic to the pressure cooker. Cook for 2 to 3 minutes, stirring continually.
3. ADD frozen corn and slices of butter. Stir and cook for 5 to 8 minutes.
4. ADD the chili powder and mix well.
5. SEASON to taste with seasoning salt and pepper.
6. SERVE warm.
Dessert
Salted Caramel Dessert

YIELDS 1 CUP

PREP TIME: 2 minutes
COOK TIME: 5 minutes

25 soft caramels, unwrapped
⅓ cup milk or heavy cream
⅓ cup mini marshmallows
A pinch sea salt

1. ADD caramels, milk, and marshmallows to the pot.
2. SELECT Sauté and then Start/Cancel.
3. COOK until the caramels and marshmallows have melted, about 3 to 5 minutes. Stirring frequently.
4. SEASON to taste with sea salt.
5. STORE in a heat-safe container.

SUGGESTED DIPPERS: apples, pretzels, marshmallows, cookies, strawberries, chocolate
Crème Brûlée

PREP TIME: 2 hours 10 minutes
COOK TIME: 9 minutes

2 egg yolks, room temperature
2 teaspoons superfine sugar
½ cup heavy whipping cream
2 tablespoons whole milk
⅛ teaspoon vanilla extract
½ tablespoon granulated sugar, for brûlée

1. WHISK together the eggs and sugar, until sugar is completely dissolved, in a large bowl.
2. ADD in the heavy cream, milk, and vanilla, and whisk lightly until well combined. Whisking too vigorously may cause your mixture to bubble, which produces a less creamy crème brûlée.
3. POUR the liquid mixture into a 3-inch ramekin and cover tightly with foil.
4. ARRANGE the ramekin on the steamer tray.
5. SECURE THE LID on the pressure cooker, making sure the pressure release valve is in the locked position.
6. SELECT Steam on the Cosori Pressure Cooker, set the time for 9 minutes, and press Start/Cancel.
7. NATURAL RELEASE for 6 minutes when done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
8. REMOVE the crème brûlée from the pressure cooker and remove the foil.
9. COOL the crème brûlée completely, about 1 hour. Then, place in the fridge for about 1 additional hour until chilled.
10. ADD ½ tablespoon of granulated sugar on top of each crème brûlée and caramelize the tops using a kitchen torch.

YIELDS 1 SERVING
Coconut Rice Pudding

PREP TIME: 2 minutes  
COOK TIME: 30 minutes

⅔ cup sweet glutinous rice  
3 cups coconut milk  
1 teaspoon vanilla extract  
1 egg  
⅓ cup white sugar  
1 cup coconut flakes

1. **POUR** your rice in the Cosori Pressure Cooker along with your coconut milk and vanilla extract. Mix well.
2. **SECURE THE LID** to the pressure cooker, and make sure the pressure release valve is in the locked position.
3. **SELECT** Rice, set time for 25 minutes, and press Start/Cancel.
4. **MIX** the egg and sugar until well combined in a small bowl. Set aside.
5. **NATURAL RELEASE** for 15 minutes when rice is done cooking. Release any residual pressure that may be left in the machine and carefully remove lid.
6. **TEMPER** the egg mixture by ladling some coconut milk from the pot into your egg mixture and whisking it. Repeat 3 times.
7. **WHISK** your tempered egg mixture into the pot and stir for 5 minutes.
8. **ADD** in the coconut flakes and mix well.
9. **SERVE** chilled or out of the pot warm.
Rich & Decadent Hot Chocolate

**YIELDS 3 SERVINGS**

**PREP TIME:** 2 minutes  
**COOK TIME:** 10 minutes

- 2 cups whole milk  
- ½ cup heavy cream  
- 4 ounces dark chocolate bar, premium quality, minimum 60% cocoa  
- 1 tablespoon sugar  
- 1 cinnamon stick  
- 1 teaspoon vanilla extract  
- 1 tablespoon cocoa powder  
- A pinch salt  
- Marshmallows, for serving

1. **ADD** all the ingredients to the Cosori Pressure Cooker.  
2. **WHISK** all ingredients until they are well combined.  
3. **SELECT** Sauté, set time to 10 minutes, and press Start/Cancel.  
4. **BRING** the hot chocolate to a boil, about 10 minutes.  
5. **REMOVE** the cinnamon stick.  
6. **SERVE** in cups and top with some marshmallows.
White Chocolate Fudge

PREP TIME: 5 minutes
COOK TIME: 7 hours 10 minutes

9 ounces caramel condensed milk
½ tablespoon vanilla extract
1 tablespoon butter
10 ounces white chocolate chips

1. POUR condensed milk, vanilla, butter, and white chocolate chips into the pot.
2. COVER the pot with the glass lid.
3. SELECT Slow Cook, set the time for 1 hour, and press Start/Cancel.
4. STIR every 15 minutes to ensure even cooking and prevent burning.
5. POUR fudge into a parchment lined tray when done cooking.
6. COOL fudge in the fridge for 5 to 6 hours.
7. REMOVE from the fridge and cut into desired pieces.

YIELDS 8 SERVINGS
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