

Virtual Class Congregation Beth Shalom, Northbrook
February 9, 2021

Peruvian Chicken Soup – Aguadito

HANDS-ON TIME: 9 Minutes

TIME TO PRESSURE: 19 Minutes

COOKING TIME: 5 Minutes

BUTTONS TO USE: Saute and Pressure Cook

RELEASE TYPE: Quick Release

ADVANCE PREP: May be made 2 days in advance

Serves 8

Equipment

Measuring cups and spoons

6 quart Instant Pot

cutting board

knife

sieve

food processor

wooden spoon

silicone spatula

Ingredients

2 tablespoons oil

1 medium onion, chopped into 1/2-inch (1.2cm) pieces

1 large Poblano pepper, chopped into 2-inch (5cm) pieces

1 jalapeno pepper, seeds removed and roughly chopped

4 green onions, divided, 2 halved across and 2 sliced for garnish

4 cloves garlic, chopped

1 1/2 cups (354ml) hot water, divided

5 1/2 cups (1.3 liters) chicken stock

1 medium Yukon gold potato, chopped into 1-inch pieces

2 carrots, peeled and diced into small cubes

1 stalk celery, cut into small Cubes

1/3 cup (65g) rice

1/2 cup (65g) frozen peas

1 teaspoon cumin

1/2 teaspoon salt
black pepper to taste
1 bunch fresh cilantro leaves
2 tablespoons lime juice from
2 limes
2 cups shredded chicken, about half of a small chicken

Press Sauté and when the display reads “Hot,” add the oil, onions, Poblano pepper, jalapeno, 2 halved green onions, and garlic to the inner pot and cook for 4 minutes, stirring often; you do not want the onions to brown. Transfer into the bowl of a food process or blender and set aside.

Add ½ cup (118ml) hot water to the inner pot and bring to a boil. Use a wooden spoon to scrape the bottom of the pan clean. Press Cancel.

Place the chicken stock, remaining water, potatoes, carrots, celery, rice, peas, and cumin into the pot. Secure the lid, ensuring that the steam release handle is in the Sealing position. Press the Pressure Cook button and set the cooking time for 5 minutes. When the cooking time is complete, turn the steam release handle to the Venting position to quickly release the pressure. Press Cancel and remove the lid.

Place a sieve over a bowl and scoop up about 1 cup of the soup from the pot and pour over the strainer into the bowl. Return the solids in the sieve to the pot. Add the strained stock to the food processor bowl. Add salt and pepper to taste, half of the cilantro leaves, and the lime juice and then puree completely. Add the remaining cilantro and purée.

Pour the green pure back into the pot along with the shredded chicken. Add the remaining green onions. If eating immediately, replace the cover, press Warm, and let warm until serving, at least 10 minutes. If reheating later, let the soup cool and then place into a container to refrigerate.

Spicy Ribs with Coffee and Chili Sauce

HANDS-ON TIME: 10 Minutes to soak chilies, 28 Minutes prep

TIME TO PRESSURE: 17 Minutes

COOKING TIME: 40 Minutes

BUTTONS TO USE: Sauté and Pressure Cook

RELEASE TYPE: Quick Release

ADVANCE PREP: May be made 2 days in advance or frozen Serves 6–8

Equipment

Measuring cups and spoons

6 quart Instant Pot

cutting board

knife

citrus juicer

plate

tongs

wooden spoon

food processor

silicone spatula

small bowls

Ingredients

2 large dried red chiles

1 cup (236ml) hot water, divided

1 tablespoon oil

4 1/2–6 pounds (2–2.7kg) flanken, cut in half

1 medium onion, quartered

3 cloves garlic

3 tablespoons maple syrup

2 tablespoons fresh lime juice, from 1–2 limes

1/2 cup (118ml) brewed coffee

2 tablespoons ground or instant coffee

1 1/4 teaspoons chili powder

1/4 teaspoon Aleppo pepper or red pepper flakes

1 teaspoon salt

Place the chiles and 1/2 cup of the hot water into a small bowl and let sit for 10 minutes. Press Sauté and when the display reads “Hot,” add the

oil and ribs to the inner pot 3 or 4 pieces at a time, and sear for 3 minutes per side. Remove to a plate.

Repeat for the remaining meat. Add the remaining hot water and use a wooden spoon to scrape the bottom of the pot clean. Press Cancel.

When the meat is almost done browning, place the chiles and soaking water, onion, garlic, maple syrup, lime juice, brewed and ground coffee, chili powder, Aleppo pepper, and salt into a food processor or blender and process until smooth, for about 1 minute. When all of the meat has been browned, add the sauce to the pan, return the meat to the pan, and turn to coat each piece.

Secure the lid, ensuring that the steam release handle is in the Sealing position. Press the Pressure Cook button and set the cooking time for 40 minutes. When the cooking time is complete, turn the valve to the Venting position to quickly release the pressure. Press Cancel and remove the lid. Remove the meat to a serving dish. Press Sauté and cook the liquid for 5 minutes to reduce. Pour over the meat.

Mocha Lava Cakes

HANDS-ON TIME: 12 Minutes to cook in batches, plus 30 Minutes to cool

TIME TO PRESSURE: 7 Minutes

COOKING TIME: 7 Minutes

BUTTON TO USE: Pressure Cook

RELEASE TYPE: Quick Release

ADVANCE PREP: May be made 4 hours in advance

Equipment

six 6-ounce (175ml) ramekins

stand or hand mixer with whisk attachment

measuring cups and spoons

silicone spatula

rack for instant pot

Ingredients

7 ounces (198g) bittersweet chocolate, chopped

1/2 cup (118ml) coconut oil, margarine, or butter

2 tablespoons plus 1 teaspoon instant coffee granules

2 teaspoons pure vanilla extract

1 tablespoon unsweetened cocoa

2 large eggs plus 2 yolks

1/2 cup (100g) sugar

1/3 cup (56g) potato starch spray oil

1 cup (236ml) plus 2 tablespoons water, divided

You will need six 6-ounce (175ml) ramekins. Place the chocolate and coconut oil into a heatproof bowl and microwave for 1 minute, stir, and then melt for another 45 seconds, stir, and then for 30 seconds if needed, until melted. Add the instant coffee, vanilla, and cocoa and whisk in. Place the eggs, egg yolks, and sugar into a large mixing bowl. Use an electric mixer to mix at low speed to combine and then turn the speed up to high and beat for 3 minutes. Add the potato starch and beat at low speed to just combine. Add the melted chocolate mixture and whisk gently until combined.

Spray the ramekins with spray oil. Divide the batter among the prepared ramekins, a heaping $\frac{1}{2}$ cup (118ml) for each mold.

Place the water into the inner pot and insert the steam rack. Place three of the ramekins in a circle around the rack. Secure the lid, ensuring that the steam release handle is in the Sealing position. Press the Pressure Cook button and set the cooking time for 7 minutes. When the cooking time is complete, press Cancel. Turn the steam release handle to the Venting position to quickly release the pressure.

Carefully remove the ramekins from the pot. Add another 2 tablespoons of water to the pot and cook the remaining three cakes as you did the first batch. It will take about 2 minutes for the Instant Pot® to return to pressure. Let the cakes cool for at least 30 minutes before unmolding. To unmold, run a thin knife or small metal spatula around the edge of the cake, place a plate on top, and turn the cake onto the plate. Dust with confectioners' sugar if desired and serve with fruit.