



Electric pressure cooker recipes



Perfect for beginners!



MECS
Modern Energy
Cooking Services



ACKNOWLEDGEMENT

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Jikoni
Magic

Hello,

I hope you are well. Now, onto some housekeeping!

- ◇ The recipes outlined in this book can be found on YouTube! Just search for Jikoni Magic and you will find them. Subscribe while there!
- ◇ You may notice that some of the recipes require less water than you normally use. That's because the pressure cooker does not allow water to escape hence you don't need as much water when cooking.
- ◇ Whenever you seal the pressure cooker, make sure the valve is in the sealed position to avoid the steam escaping while cooking.
- ◇ Feel free to adjust the recipes to your liking. As with all cooking, it is 'to taste' so feel free to add your spin to the recipes. This also includes the timings.
- ◇ Every recipe is accompanied by meter readings showing you the approximate cost and electricity you'll consume.
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- ◇ Lastly, enjoy!

With love

Jikoni Magic

Beef



Ingredients



1. 1/2 kg of meat on bone
2. 1 bunch dhania / coriander / cilantro
3. 2 large tomatoes
4. 1 tbs finely minced garlic/ginger paste
5. 1 tsp white pepper
6. 1 tsp mixed dry herbs
7. 1 large onion cut into thin slices

Electricity & Cost

0.452 KWH

KES 10.96

Procedure



Start by placing your raw meat in the pressure cooker This is so the meat can brown nicely



This is how your meat should look once browned



Proceed to add your onions



Cook until translucent or until they are cooked to your liking



Add your ginger/garlic mixture
And your dry spices. Cook until the ginger/garlic fragrant



Add your tomatoes, stir them in, add salt to taste and cover. Once covered, go to your menu and set the timer to twenty minutes.

Muthokoi in a pressure cooker!



Ingredients



1. 1 kg mixture of muthokoi maize and yellow beans that were soaked overnight
2. 2 large tomatoes finely diced
3. 15 ml Cooking oil
4. 1 tbs finely minced ginger/garlic paste
5. 1 tbs curry powder
6. 1 large onion finely diced

Electricity & Cost

0.513 KWH

KES 11.79

Procedure



Turn on your pressure cooker and let it heat up then add your oil and onions. Cook until translucent.



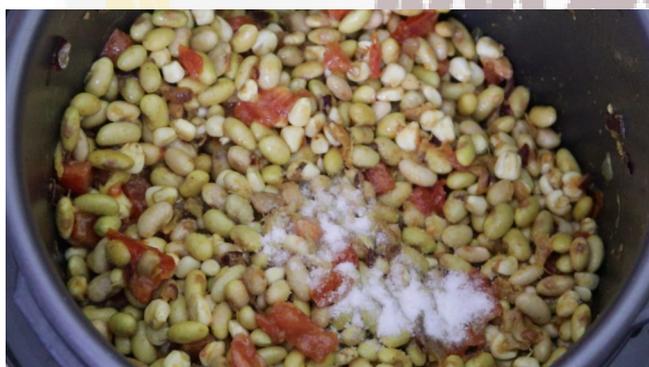
Add your curry powder and cook for 30 seconds to a minute to get rid of the raw spice taste.



Add your ginger/garlic paste and cook for a minute



Add your tomatoes and mix well



Add your muthokoi and salt to taste. Mix the entire mixture thoroughly.



Add hot water until you have just covered the entire mixture. Cover your pressure cooker and set your timer to fifty minutes.

Brown Rice



Ingredients



1. 1/2 kg brown rice
2. Salt
3. 3 garlic cloves
4. Cardamom pods
5. Freshly squeezed coconut cream

Electricity & Cost

0.283 KWH

KES 6.50

Procedure



Add your brown rice to the pressure cooker



Crush your garlic and split your cardamom pods and throw them in the rice. Add salt to taste



Add your coconut milk; measurement of rice to liquid is 1:1



Stir the entire mixture. Make sure the seasoning is to your liking. Proceed to cover your pressure cooker. Set the timer for 25 minutes.

Osso Bucco



Ingredients



1. Dhania / coriander
2. 2 large tomatoes blended
3. 1 large onion finely diced
4. Cherry tomatoes
5. 1 cup all purpose flour
6. 1 tsp freshly cracked black pepper
7. 1/2 Tbsp Soy sauce
8. 1/4 Cup Honey
9. 1 Tbsp Salt
10. 1 Tbsp Curry Powder
11. 1 Tbsp ginger garlic paste
12. 1 tsp Worcestershire sauce
13. 1 Tbsp Dry mixed herbs
14. 3 Beef cubes
15. 1.5 Kg Osso Bucco

Electricity & Cost

0.660 KWH

KES 15.20

Procedure



Divide your dry spices in half and add one half to the flour. Mix well



Coat your Osso Bucco in the spiced flour



Heat up oil in the pressure cooker and place your Osso Bucco to brown



Once browned, take them out of the oil.



Add your onion and the other half of the dried spices and cook for a minute



Add your ginger/garlic paste and cook for a minute



Add your tomato and sauces and stir

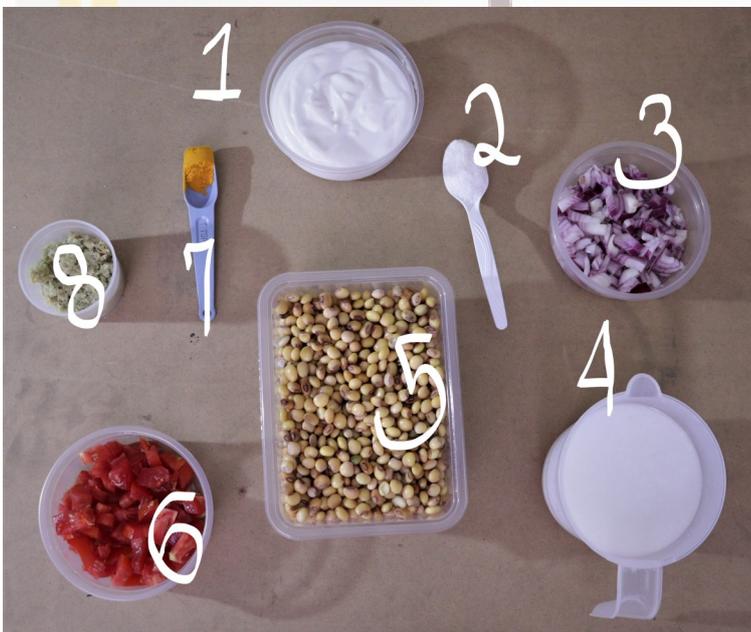


Add your Osso Bucco. Add enough water to cover everything. As you add dhania stalks and salt to taste. Cover and set your timer for an hour. Once done, garnish with dhania and the cherry tomatoes.

Mbaazi



Ingredients



1. 150 ml Coconut cream
2. Salt
3. 1 large onion finely diced
4. Freshly squeezed coconut cream
5. 1/2 kg mbaazi that was soaked overnight
6. 2 large tomatoes finely diced
7. 1 tsp turmeric
8. Finely pounded ginger/garlic paste

Electricity & Cost

0.498 KWH

KES 11.45

Procedure



Add all your ingredients except the coconut cream to the pressure cooker



Stir the contents to make sure everything mixes in well. Set your pressure cooker to cook for 20 minutes.



Once the 20 minutes are up, release the pressure and open the pressure cooker. If there's more liquid than you would like, set the pressure cooker to sauté mode and allow the food to cook down. Proceed to add your coconut cream and let it cook for about 2 minutes and you're done!

Chicken Biriani



Ingredients



1. Caramelized onions
2. 4 chicken legs divided into half (8 pieces) - thighs and drumsticks marinated overnight
3. Slightly fried potatoes
4. 1 bunch dhania
5. 1/2 kg rice
6. Oil
7. Mixture of dry herbs
8. Salt
9. Turmeric

*Refer to index for more information

Electricity & Cost

1.98 KWH

KES 45.54

Procedure



Layer your chicken, half of your onions and potatoes. Make sure to spread them out evenly. Let it rest as you prep your rice.



Meanwhile, add your dry spices and oil to water and bring to a boil. Let the mixture boil for some time for the flavours to develop



Fish out as much of the spices as you can



Add your rice and only boil it 3/4 way. There should be a snap when you break a grain.



Fish the rice out and layer it in the pressure cooker



Mix the turmeric in some water and decorate randomly. Sprinkle remaining onions and dhahia. Once done, cover the pressure cooker and set it to 25 minutes.

Beans Curry



Ingredients



1. 1 tsp Curry powder
2. 1 Tbsp Finely pounded ginger/garlic paste
3. 2 large finely chopped potatoes
4. 1 bunch dhania
5. 1 large finely diced onion
6. 20 ml Oil
7. 1/2 kg beans soaked overnight
8. Salt
9. Turmeric

Procedure



Once the pressure cooker heats up, add your onions and curry powder and cook for a minute.



Add your ginger garlic paste and cook for a minute



Add your tomatoes, turmeric and beans. Stir everything



Add enough water to just cover the beans. Add salt to taste then cover the pressure cooker. Set your timer for 50 minutes.

Electricity & Cost

0.441 KWH

KES 10.143

Sticky Chicken Wings



Ingredients



1. Chicken wings
2. 1 Tbsp Sesame seeds
3. Finely pounded ginger/ garlic paste
4. 1/2 Tbs dried herbs
5. 30 ml tamarind sauce
6. 1/2 tsp black pepper
7. Mixture of 1 tsp each of soy. Worcestershire and oyster sauces
8. Oil
9. 10 ml Sesame oil
10. 30 ml honey

Procedure



Place your steaming rack in your pressure cooker. Make sure there is water at the bottom. If it can't hold the wings proceed to place a lid on top of the rack then arrange the chicken wings. Cover the pressure cooker and set the timer for 15 minutes. Once the time is up, release the pressure and take the wings out and place the broth aside.



Add oil to your pressure cooker and then add your ginger/garlic paste. Cook for a minute.



Add your liquids and seeds at this point. Keep stirring and tasting for the balance in flavors. If you feel the liquid is not enough, add a little chicken broth.



Add your wings and keep tossing until they are all covered in the sticky sauce.

Electricity & Cost

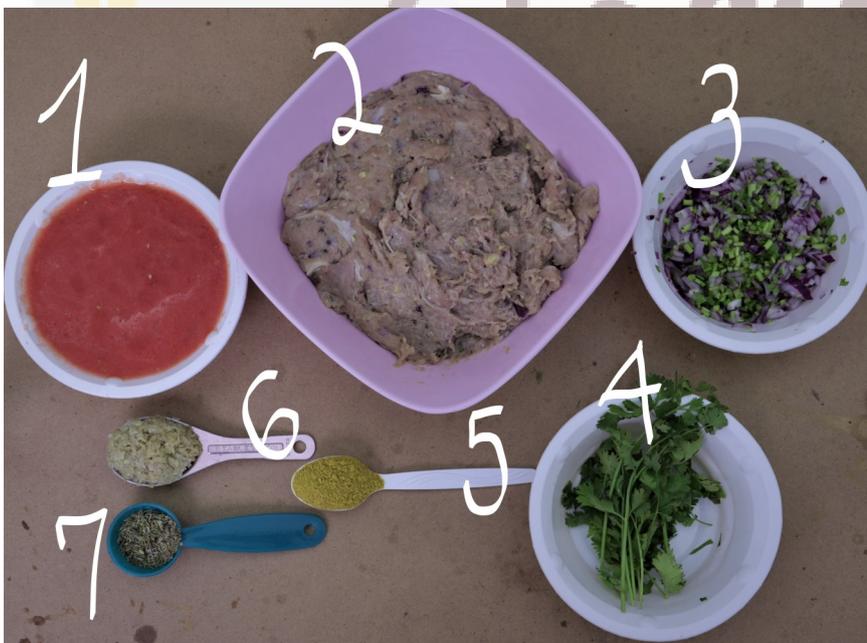
0.401 KWH

KES 9.30

Chicken Balls



Ingredients



1. 2 large tomatoes blended
2. 4 Minced chicken legs mixture *refer to index
3. Mixture of 1 large onion finely diced and dhania stalks
4. 1 bunch dhania
5. 1 tsp curry powder
6. 1 Tbs Finely pounded ginger/garlic paste
7. 1/2 tsp freshly cracked black pepper

Electricity & Cost

0.544 KWH

KES 12.52

Procedure



Add some oil to the pressure cooker to heat up. Roll the ground chicken into balls and place them in the pressure cooker. Once browned, take them out



Add oil to your pressure cooker and sauté your onion/dhania stalks mixture.



Add curry powder and black pepper is and cook for a minute



Add your ginger/garlic paste and cook for a minute.



Add your blended tomatoes and cook down. Add salt to taste and more water if you feel the liquid is not enough.



Proceed to add your chicken balls in the mixture. Cover your pressure cooker and set your timer for ten minutes.

White Rice



Ingredients



1. 1/2 kg white rice
2. Chicken broth from the previous chicken wings recipe
3. 15 ml vegetable oil
4. 3 Beef cubes

Electricity & Cost

0.208 KWH

KES 4.79

Procedure



Add some oil to your pressure cook and to fry your rice for about two minutes. This will coat the rice grains and give a better flavour



Crush your beef cubes and throw them in. Make sure you stir them in well.

Add your broth. Make sure the ratio of liquid to rice is 1:1. If you feel the need to add salt, go ahead. Cover your pressure cooker and set it for 25 minutes.

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For foods that produce their own juices like beef, chicken, etc, it's always advisable to add at most ¼ cup water for pressurization. Once the food is cooked add water to the desired level. Only exception I've made in the book is osso bucco where I've used more water. This is because of the flour that coated the meat was going to make the stew very thick and burn.

Rice is cooked in the ratio of 1 part water : 1 part rice because no steam is escaping throughout the cooking process.

Pulses and cereals that have been soaked overnight require just enough water to cover them. If they are dry straight from the sack (gunia), add 1 part pulses to 2 or 2.5 parts water.

It's always good to add hot water to your foods to cut down on electricity consumption. Only exception is rice, always start off with cold liquids.

Ingredients used in the chicken marinade: 1 Tbs dried herbs, 5 cloves of garlic, ginger size of a thumb, salt to taste, 1 bunch dhania, 1 medium sized onion, 1 Tbsp curry powder.

Biryani Ingredients:

Ingredients used in the chicken marinade: 500 ml fermented milk, 1 cup raw pawpaw, 2 Tbs biryani masala, 1 tsp turmeric powder, ¼ cup vegetable oil.

The potatoes were tossed in turmeric powder and shallow fried to form a golden crust but not cook all the way through

The onions were deep fried until they turned brown and set aside on a kitchen towel to soak excess oil.

Minced chicken thighs

Ingredients; 1 medium sized onion, ¼ tsp dried herbs (basil, parsley, oregano, marjoram) , 1 bunch of dhania leaves, garlic (5 cloves), ginger (half a thumb), salt to taste.