



Russell Hobbs



DUALChef

PRESSURE COOKER AND AIR FRYER RECIPE BOOK

21
FUNCTIONS

2
LIDS

AIR FRYER
1530W

UP TO
70%
FASTER
COOKING*

DIGITAL
TOUCH
CONTROL

18
COMBINED
SAFETY
FEATURES

PRESSURE
COOKER
1000W

UP TO
24h
TIME DELAY*

YOGHURT
FUNCTION



1
YEAR
WARRANTY

*1 year when you register your product on our website within the first 12 months of purchase



11 PRESET PRESSURE COOKER
FUNCTIONS



10 PRESET AIR FRYER
FUNCTIONS



DUALCHEF INSERTS:
NON-STICK INNER POT,
STEAM RACK AND
AIR FRYING BASKET





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- Orange Marmalade
- Basil Soup
- Vegetable Risotto
- Yoghurt
- Braised Lamb Shank
- Beef Pot Roast
- Seafood Paella
- Chicken Stew
- Chicken and Broccoli Stir fry
- Chilli Rubbed Pulled Pork

AIR FRYER RECIPES

- Pepperoni Pizza
- Loaded Fries and Bacon and Cheddar Ranch
- Dried Citrus
- Lava Cakes
- Sweet chilli Asian Shrimp
- Roast Full Chicken
- Steak bites with Mushroom
- Air Fryer Salmon



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DUALChef PRESSURE COOKER RECIPES



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Time



55mins

BASIC BLUEBERRY JAM

Function: CANNING

Ingredients

600g firm blueberries
400g white sugar
1 tbsp fresh lemon juice
2x 450ml jars

Place two saucers in the freezer before canning cycle

Method

1. Wash the blueberries.
2. Place the blueberries, sugar and lemon juice into the **Russell Hobbs DualChef** pot.
3. Select the CANNING function, as the sugar crystals slowly dissolves, start stirring with a wooden spoon from time to time.
4. As the sugar starts to melt and the fruit warms up, take a potato masher to mash the blueberries, leaving some whole if desired.
5. Once the sugar has completely dissolved, allow the mixture to come to a boil, while continuing to stir.
6. Remove the pot and test with a few drops of the jam on a frozen saucer and place in the fridge for a minute. Push your finger through the jam to see if it forms a crinkle and is gel like, this indicates it is ready. Otherwise, boil for another couple of minutes and repeat the process until ready.
7. Pour the jam in a sterilised hot jar using a small ladle or jam funnel.
8. Place lid and refrigerate for 2 hours or longer before serving. Then enjoy with your favourite bread.

CHEF'S TIP: Serve with pancakes or any bread of your choice

Sterilise the jars by washing in hot soapy water or take straight from dishwasher, fill with boiling water, empty the jar, place it in the oven for 20 minutes at 140°C then leave in oven until jam is ready. Washed lids should be sterilised with boiling water and then left to drain.



Time



105mins

ORANGE MARMALADE

Function: CANNING

Ingredients

3 ripe oranges
1L water
4 cups white sugar
3x 500ml jars
1x medium sized bowl
1x cheesecloth

Place two saucers in the freezer before canning cycle

Method

1. Wash and dry the oranges. Using a sharp vegetable peeler, carefully remove the brightly coloured zest (only the brightly coloured zest) from the oranges.
2. Roughly chop the zest. Keep bigger pieces for a chunkier marmalade, and ribbon-like strips for a more spreadable result. Set the zest aside.
3. Cut the ends off the zested oranges and then, working with one orange at a time, cut off the thick white pith from around each orange. Throw away the ends and white pith.
4. Working over a bowl to catch the juices, hold a fully peeled orange and use a sharp knife to cut out each segment between the membranes that hold the sections together.
5. Once you've cut out all the fruit, squeeze any juice out of the membranes into the bowl of segmented fruit. Set the membrane aside, along with any seeds (the pectin in these will help "set" the marmalade later).
6. Select the CANNING function and combine the zest, fruit, juice, water, and sugar in the **Russell Hobbs DualChef** pot and bring to a boil. Stir just until the sugar dissolves, then stop stirring.
7. Lay a double layer of cheesecloth in a bowl and put the membranes and seeds on top. Lift up the corners and tie the cheesecloth into a bag to hold the membranes and seeds. Add to the **Russell Hobbs DualChef** pot.
CHEF'S TIP: Add cinnamon and star anise for more depth in flavour.
8. Meanwhile, bring the marmalade to 104°C and hold it there for 5 minutes, do not stir.
9. Put a drop of the mixture on a cold plate. Swirl the saucer to spread the mixture a bit and drag a spoon through the mixture. If the marmalade is set, the spoon will leave a trail, and you'll still be able to see the plate where you dragged the spoon.
10. Remove the cheesecloth, squeeze any marmalade out and back into the pot then discard the content. Remove the pot and let it sit for 5 minutes. Use a ladle to pour into your sterilised jars, put the lids on and refrigerate for 2 hours or longer before serving.

Sterilise the jars by washing in hot soapy water or take straight from dishwasher, fill with boiling water, empty the jar, place it in the oven for 20 minutes at 140°C then leave in oven until jam is ready. Washed lids should be sterilised with boiling water and then left to drain.



Servings



4

Time



70mins

BASIL SOUP

Function: VEGETABLE

Ingredients

50g butter
½ cup leeks, roughly chopped
2 celery sticks, roughly chopped
600ml vegetable stock
Half a lemon (zest and juice)
1 large bunch fresh basil (plus extra to garnish)
100ml double cream (10ml to serve)

Method

1. Select the VEGETABLE function and heat the butter in the **Russell Hobbs DualChef** pot, add the leeks and celery, and cover with pressure cooker lid to sweat over for 5 minutes.
2. Remove the lid, add the stock, lemon zest and lemon juice and bring to a boil.
3. Select keep warm function and simmer for 10 minutes.
4. Remove from the heat and allow to cool. Add the basil, blend in a blender until smooth.
5. Chill for an hour.
6. Serve chilled, with a swirl of a 10ml cream and garnished with basil leaves

CHEF'S TIP: Serve with a crispy parmesan chip



Servings



4

Time



70mins

VEGETABLE RISOTTO

Function: RICE/RISOTTO

Ingredients

25g butter	1 chopped red pepper
15ml vegetable oil	100g mushrooms, sliced
1 onion, chopped	100g peas, frozen
1 clove garlic, crushed	700ml white/ vegetable stock
4 stalks celery, thinly sliced	½ tsp Salt
225g Risotto rice	½ tsp Pepper
1 chopped green pepper	150ml Edam cheese, grated

Method

1. Select the RICE/ RISOTTO function and heat the butter and oil in the **Russell Hobbs DualChef** pot, add the onion and fry for 4 minutes, stirring occasionally.
2. Add the garlic and celery and fry for 2 minutes. Add the rice and stir to coat the grains thoroughly with oil, add the peppers, mushrooms and peas.
3. Pour 500ml of the stock and bring to the boil, stirring occasionally.
4. Close the pot with the pressure cooker lid.
5. Add more stock (remaining 200ml) if rice dries while cooking
6. Stir in the half cheese and stir until it has melted.
7. Plate the risotto into a heated serving dish and sprinkle the remaining cheese. Garnish with the parsley.



Servings



4

Time



4-8hrs

YOGHURT

Function: YOGHURT

Ingredients

1 litre milk
45ml plain yoghurt
Honey / Jam (flavouring)
1 tsp Vanilla extract

Method

1. Prepare an ice bath: filling a large bowl or sink with ice and water.
2. Attach a candy thermometer to the **Russell Hobbs DualChef** pot and add the milk. Select the SAUTÉ function over moderate heat and heat the milk until it reaches at least 82°C or boils, stirring occasionally to prevent a skin from forming and making sure the milk doesn't scald or boil over. Alternatively, place the milk in a large microwave-safe bowl or a large glass measuring cup with a spout (for easy pouring) and microwave it in 2-to-3-minute intervals, until it reaches 82°C or boils.
3. Remove the milk from the heat and allow it to cool to 43°C- 46°C. To speed the cooling process, place the pot in the prepared ice bath and stir the milk occasionally. If the milk temperature drops too low, return it to the heat.
4. In a small bowl, combine about 1 cup of warm milk with the yoghurt and stir to combine. Add the yoghurt-milk mixture to the remaining warm milk and stir until completely incorporated, do not stir vigorously. Select the YOGHURT function for 6 hours.

Chef's tip:

1. For flavoured yoghurt, add 15ml of honey/crushed fruit to every cup of yoghurt.
2. In summer, yoghurt can be ready in as little as 4 hours while in winter it can take as long as 6 to 8 hours at room temperature.



Servings



4

Time



8-12hrs

BRAISED LAMB SHANK

Function: SLOW COOK

Ingredients

4 lamb shanks	3 cloves garlic, crushed
1 tsp salt	2 tbsp tomato paste
1 tsp Freshly ground black pepper	500ml beef stock
2 tbsp olive oil	125ml tomato sauce
3 tbsp butter, divided	2 sprigs rosemary
1 onion, chopped	250ml red wine (dry and bold reds wines, such as Cabernet Sauvignon)
2 medium carrots, peeled & finely chopped	

Method

1. Season lamb shanks with salt and pepper in the **Russell Hobbs DualChef** pot, select the SAUTÉ function and heat oil. Add 2 lamb shanks at a time and cook until golden all over, about 7 minutes per side. Remove lamb from the pot and place on a plate.
2. In the pot, melt 30ml butter over medium heat. Add onion and carrots and cook until soft for 4 minutes. Add garlic and cook until aromatic, 1 minute more, then add tomato paste and stir until vegetables are coated.
3. Pour in stock and tomato sauce, then return the lamb shanks into the pot. Add rosemary and bring to a boil. Cover and select SLOW COOK function and cook until lamb shanks are completely tender, 8-12 hours.
4. Remove lamb from pot and place on a cutting board. Tent with foil to keep warm. Discard rosemary.
5. For red wine jus, select SAUTÉ function; over medium heat, add wine and bring to a boil. Reduce heat and let it simmer until thickened for about 10 minutes. Stir in remaining 15ml butter.
6. Serve while warm.

Chef's tip:

1. Refrain from using expensive red wine for slow cooking.
2. If you'd prefer to use white wine rather than red, the quantity isn't limited.



Servings



2-4

Time



8hrs

BEEF POT ROAST

Function: SLOW COOK

Ingredients

2.5kg beef chuck roast, rolled
1 tsp salt
1 tsp pepper
1 tbsp olive oil
1 largely diced onion
5 garlic cloves, smashed
5 carrots diced

3 celery stalks
250ml dry red wine
750ml beef stock
50g flour
1 tsp dried rosemary
1½ tsp dried thyme
750g potatoes, peeled and cut into 2.5cm

Method

1. Pat the beef dry with paper towels. Sprinkle generously with salt and pepper all over.
2. Heat the beef in the **Russell Hobbs DualChef** pot (SAUTÉ function). Brown all over - a deep dark brown crust. Remove and place on a plate.
3. In the same pot, add onion and garlic. Cook for 2 minutes until onion is browned.
4. Add wine, reduce by half. Select the SLOW COOK function and cook for 3 hours.
5. Mix flour and about 1 cup of the broth. Lump is fine. Pour into pot.
6. Add remaining broth, carrots, celery, rosemary and thyme into the pot.
7. Cover and slow cook on LOW for 5 hours (45 min pressure cook on HIGH).
8. Add potato, slow cook on LOW for 3 hours (10 min pressure cooker on HIGH).
9. Remove beef. Rest for 5 minutes, then slice thickly.
10. Adjust salt and pepper of sauce to taste.
11. Serve beef with vegetables and plenty of sauce.

Chef's tip: the natural release portion of electric pressure cooking is an important step. We have found that if you release the pressure immediately after cooking, your beef may toughen up. Letting the pressure cooker sit for 15 minutes during the natural release stage produces a more tender result.



Servings



6

Time



40mins

SEAFOOD PAELLA

Function: FISH

Ingredients

500g prawns / shrimp peeled & deveined
250g calamari
250g half-shell mussels
1 onion finely chopped
4 garlic cloves crushed
400g chopped tomatoes
1 tsp smoked paprika

500ml short grain rice
1 litre chicken / fish stock
2 tsp salt
1 tsp pepper
lemon wedges for serving
chopped parsley for serving

Method

1. Pat the shrimp and calamari dry with paper towels.
2. In the **Russell Hobbs DualChef** pot Select the FISH Function, drizzle the calamari and shrimp with olive oil and season with salt then sear in the pot until a little colour develops but the seafood isn't fully cooked yet.
3. Remove the seafood from the pot and set aside.
4. In the same pot, Select the SAUTÉ function and add olive oil and cook the onion and garlic until translucent and fragrant. Add the tomatoes and cook for a few minutes until most of the liquid has evaporated.
5. Pour in the rice and smoked paprika and stir to combine. Season with salt and pepper.
6. Pour in the stock then reduce the heat, cover and allow to cook for 7-10 minutes or until most of the liquid has been absorbed and the rice is almost cooked.
7. Tuck in the seafood, trying not to disturb the bottom layer of rice. Cover again then cook for another 5-7 minutes until the seafood and rice are fully cooked.
8. Season to taste and serve with lemon wedges and chopped parsley.

Chef's tip: Chardonnay is one of the more perfect white wine pairings with this paella as its rounded and silky texture blends seamlessly with the rice.



Servings



5-6

Time



95mins

CHICKEN STEW

Function: STEW

Ingredients

1 tbsp olive oil	4 celery stalks, cut into 2cm chunks
6-8 pieces bone in, skin on chicken thighs & drumsticks	½ cup (125ml) lightly flavoured white wine (or water)
1 tsp Salt	3 tbsp flour
1 tsp pepper	3 cups (750ml) chicken stock
2 onions, halved and cut into wedges	2 tbsp (30ml) tomato paste
2 garlic cloves, minced	2 tsp (30ml) Worcestershire sauce
3 large carrots, cut thick end into 1.5cm pieces	3 sprigs thyme, or 1 tsp dried thyme
2 bay leaves (dried or fresh)	600g baby potatoes, halved

Method

1. Heat oil in the **Russell Hobbs DualChef** pot (SAUTÉ function) over high heat. Brown chicken on both sides until light golden, sprinkle with salt and pepper. Remove from pot. (Do in 2 batches if pot is not big enough). If there's too much oil in the pot, discard some of it then add onion and garlic. Cook for 2 minutes until onion is translucent, add carrots and celery then cook further for 1 minute.
2. Add wine, Stir, gently scraping the bottom of the pot to dissolve the brown bits into the liquid. Cook for 1 minute until liquid is mostly gone. Sprinkle flour across surface, then continue to stir.
3. Add broth, tomato paste, Worcestershire sauce, thyme and bay leaves. Stir to dissolve tomato paste.
4. Place chicken on top, keeping the skin above the liquid level as much as you can. Select STEW function and bring to simmer then cover. Cook for 45 minutes.
5. Remove pressure cooker lid, add potatoes, pushing them into the liquid and rearranging chicken so they sit on top (for lovely crispy skin).
6. Return to the pot without the lid for a further 40 minutes until the chicken skin is deep golden and super crispy, the potatoes are soft and the sauce is thickened. Taste the sauce and adjust salt and pepper to taste.

Chef's tip: Serve with warm crusty bread. Optional: garnish with extra fresh parsley



Servings



4

Time



25mins

CHICKEN AND BROCCOLI STIR FRY

Function: SAUTÉ

Ingredients

500g chicken breasts, cut into 2.5cm pieces
Sea salt and black pepper as needed
1-2 tbsp coconut oil or olive oil
3 ½ cups broccoli florets
½ cup very thinly sliced or grated carrots
1 tbsp cornstarch
2 tbsp water (more as needed for thinning)

OPTIONAL INGREDIENTS

Red pepper chilli flakes
Toasted sesame seeds
1 green onion thinly sliced

SAUCE AND MARINADE

6 tsp coconut oil
1 ½ tsp oyster sauce
1 ½ tsp toasted sesame oil
1 tsp coconut sugar
½ tsp Mirin Chinese cooking wine or Dry Sherry
½ teaspoon fresh minced ginger
2 cloves garlic minced
⅓ - ½ cup water OR chicken broth

Method

1. In a medium bowl, combine the soy sauce, oyster sauce, sesame oil, coconut sugar (if using), Mirin (if using), ginger and garlic for the sauce. Set aside.
2. Season chicken with salt, pepper and 1 tablespoon of the sauce/marinade. Allow to sit while you chop and prep your vegetables.
3. Select the SAUTÉ function then add coconut oil in the **Russell Hobbs DualChef** pot. Once oil is hot, add the chicken and allow it to cook for 1-2 minutes. Pour in the remaining sauce along with ½ cup water (or chicken broth). Cover with lid.
4. Once all the pressure is released, carefully unlock the lid. Press the SAUTÉ button, then whisk the cornstarch with 2 tablespoons of water until combined and stir into the pot.
5. Add the broccoli and carrots and cook for 4-5 minutes or until the vegetables are crisp-tender and the sauce has thickened up. Adjust seasonings with salt, pepper or red pepper chilli flakes and / or add more water as needed to thin out sauce.

Give everything a final tossing to coat well and serve.

Chef's tip: If you have a coconut allergy, opt for olive oil or avocado oil.



Servings



6

Time



4-9hrs

CHILLI RUBBED PULLED PORK

Function: SLOW COOK

Ingredients

1.5 kg boneless pork rump or shoulder
2 tbsp chilli powder
1 tbsp smoked paprika
¼ tsp cayenne pepper

22.5ml garlic powder
½ tsp onion powder
½ tsp salt
¼ tsp freshly cracked black pepper

Method

1. Combine the chilli powder, smoked paprika, cayenne pepper, garlic powder, onion powder, salt, and some freshly cracked pepper in a bowl.
2. Cut the pork into 2-3 inch cubes. Place the pork cubes in a large bowl, sprinkle the prepared spice mix over the top, then stir to coat the meat in the spices.
3. Place the seasoned meat in the **Russell Hobbs DualChef** pot (SLOW COOK function), secure the lid and cook on high for 4-5 hours, or low for 8-9 hours.
4. After cooking, use a fork to check if the meat shreds. If it's not tender enough to fall apart, return the lid and cook for an additional 30 minutes and try again.
5. After shredding the meat, it is now ready to serve, or portion and refrigerate or freeze until ready to use. Keep the shredded meat in the juices from the slow cooker until ready to serve for the best flavour.

Chef's tip: Create tacos and serve the chilli rubbed pulled pork in corn tortillas with sliced jalapeños, pickled red onions and a cumin lime coleslaw on the side.



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DUALChef AIR FRYER RECIPES



AIR FRYER RECIPES

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Servings



1

Time



12mins

PEPPERONI PIZZA

Function: PIZZA

Ingredients

100ml Mozzarella
Pizza dough
2 tsp olive oil
2 tsp tomato sauce
100g pepperoni / salami sliced

OPTIONAL TOPPINGS TO FINISH

Fresh basil
Cheese
Pepper

Method

1. Prep: Preheat the **Russell Hobbs DualChef** air fryer to 180°C. Spray air fryer basket well with oil. Pat mozzarella dry with paper towels (to prevent a soggy pizza).
2. Assemble: Roll out pizza dough to the size of your air fryer basket. Carefully transfer into the air fryer basket, then brush lightly with a teaspoon of olive oil. Spoon a light layer of tomato sauce and sprinkle with mozzarella cheese and pepperoni.
3. Select PIZZA function for about 7 minutes until crust is crispy and cheese has melted. Optionally top with basil, grated parmesan, and pepper flakes just before serving.

Chef's tip: vegan option: replace the mozzarella with seasoned diced tofu.



Servings



6

Time



25mins

LOADED FRIES with BACON and CHEDDAR RANCH

Function: FRENCH FRIES

Ingredients

1kg package frozen French fries
1 cup ranch dressing
4 slices bacon
½ cup cheddar cheese
1 stalk diced green onions

Method

1. Start by adding your bacon strips in a single layer in your **Russell Hobbs DualChef** Air Fryer basket.
2. Set your air fryer temperature to 180°C for 5 minutes, or until the bacon is browned and reaches your desired crispiness. Transfer the bacon strips to a plate covered with paper towel. Once the bacon is cool, break into small pieces and keep aside.
3. Next, add your french fries in a single layer in your **Russell Hobbs DualChef** Air Fryer basket. You may have to do two batches.
4. Set your air fryer temperature to 200°C for 12 minutes. Pause your air fryer after 6 minutes and toss your french fries to ensure evenly cooking.
5. Once the fries start browning, add the cheese and ranch dressing and air fry for an additional about 45 seconds.
6. Remove from heat, sprinkle the crushed bacon on top, along with the diced spring onions.
7. Plate, serve and enjoy!

Chef's tip: French fries can be served with your favourite burger or ribs.



Servings



4

Time



4hrs

DRIED CITRUS

Function: DEHYDRATE

Ingredients

4 oranges

4 lemons

Method

1. Line the **Russell Hobbs DualChef** air fryer basket with parchment paper and set aside.
2. Use a mandolin or a very sharp knife to slice the citrus into slices no more than 6mm in width. If the slices are thicker, they will take longer to cook.
3. Place the citrus slices onto the parchment lined tray and select the CITRUS function and bake 80°C for 1½-2 hours.
4. After about 1 hour of baking, flip the citrus so the side facing the parchment paper is now exposed.
5. Once the citrus has no more moisture and is brittle to the touch, remove from the oven and let it cool completely.
6. Use as a topping on a baked good, or blend into a citrus sugar. Enjoy!

Chef's tip: Lemons dry quicker than oranges. Oranges dry quicker than grapefruits. Dried citrus can be added to your favourite cocktails for a more bitter taste and coloured presentation.



Servings



2

Time



30mins

LAVA CAKES

Function: BAKE

Ingredients

175ml semi-sweet chocolate chips
60ml butter
2 eggs
1 tsp vanilla essence
¼ tsp salt
3 tbsp flour
175ml powdered sugar

FILLING

2 tbsp chocolate spread
1 tbsp butter, softened
1 tbsp powdered sugar

Method

1. Preheat your **Russell Hobbs DualChef** air fryer to 180°C.
2. In a medium microwave-safe bowl, add the chocolate chips and butter and heat on 30-second increments until completely melted and smooth, stirring during each interval.
3. Add the eggs, vanilla, salt, flour, and powdered sugar to the bowl and whisk to combine.
4. In a separate bowl, mix the chocolate spread, softened butter, and powdered sugar.
5. Prepare the ramekins by spraying them with oil and fill each one-half full with the chocolate chip mixture. Add half of the chocolate spread filling in the centre of each ramekin, then top off with the remaining chocolate chip mixture making sure the chocolate spread is covered.
6. Carefully place the lava cakes into the **Russell Hobbs DualChef** air fryer basket and cook for 13-15 minutes.
7. Carefully remove the lava cakes from the air fryer and allow them to cool for 5 minutes. Take a butter knife and run around the outside edges of the cake and flip out onto a serving plate.

Chef's tip: Top lava cakes with ice cream, chocolate syrup and/or other toppings and enjoy!



Servings



2

Time



29mins

SWEET CHILLI ASIAN SHRIMP

Function: SHRIMP

Ingredients

400g prawns, peeled and deveined (the tail may be left on)
1 tsp garlic salt, to taste
1 tsp onion powder, to taste
½ tsp sweet paprika, to taste
50ml sweet chilli sauce
15ml sesame seed oil

TO FINISH:

200ml sweet chilli sauce for dipping
As needed sesame seeds to garnish
15ml chopped coriander

Method

1. Place the prawns in a large mixing bowl.
2. In separate large mixing bowl, combine the garlic salt, onion powder, paprika, sesame seed oil and sweet chilli sauce and mix well.
3. Coat the prawns in the sweet chilli marinade and place into the **Russell Hobbs DualChef** Air Fryer basket.
4. Set the **Russell Hobbs DualChef** Air Fryer on the default SHRIMP function (12 minutes at 160°C) and cook the prawns until the flesh is white in colour.
5. Remove the cooked prawns and serve with a side dish of sweet chilli sauce for dipping and a sprinkle of Sesame seeds to garnish.

Chef's tip: Before cooking the marinade prawns, coat with Japanese Panko crumbs for a crisp, golden brown result.



Servings



6

Time



65mins

ROAST FULL CHICKEN

Function: CHICKEN

Ingredients

1 whole chicken (giblets removed)
2 tbsp olive oil
1 tbsp salt
1 tsp garlic powder

1 tsp ground black pepper
½ tsp dried basil
½ tsp dried oregano
½ tsp dried thyme

Method

1. Combine all of the seasonings with the oil to make a paste and spread it all over the chicken.
2. Spray the **Russell Hobbs DualChef** air fryer basket with cooking spray. Place the chicken in the basket breast side down, select the FULL CHICKEN FUNCTION and cook at 180°C for 50 minutes. Flip the chicken to breast side up and cook for an additional 10 minutes.
3. Check to make sure the breast meat has an internal temperature of 60-65°C. Carve and serve.

Chef's tip: You can also shred the chicken and use it throughout the week for salads, soups and sandwiches.



Servings



6

Time



28mins

STEAK BITES WITH MUSHROOM

Function: MEAT

Ingredients

200g steaks, cut into strips
150g mushrooms
4 tbsp melted butter
6 tps Worcestershire sauce
4 tps garlic powder

Salt, to taste
Black pepper, to taste
1 tsp parsley
1 tsp chilli flakes

Method

1. Rinse and thoroughly pat dry the steak strips. Combine the steak and mushrooms. Coat with the melted butter and then season with Worcestershire sauce, garlic powder and a generous seasoning of salt and pepper.
2. Preheat the **Russell Hobbs DualChef** air fryer at 190°C for 4 minutes.
3. Spread the steak and mushrooms in an even layer in the air fryer basket, air fry at 190°C (MEAT function) for 13 minutes, flip them according to your preferred doneness.
4. Garnish with parsley, drizzle melted butter and chilli flakes

Chef's tip: Can be enjoyed with your English continental breakfast



Servings



2

Time



15mins

AIR FRYER SALMON

Function: FISH

Ingredients

2 salmon fillets
1 tsp salt
1 tsp ground black pepper
2 tsp extra-virgin olive oil
2 tbsp whole grain mustard

1 tbsp packed brown sugar
1 clove garlic, minced
½ tsp thyme leaves
1 cup green beans

Method

1. Season salmon all over with salt and pepper. In a small bowl, whisk together oil, mustard, sugar, garlic, and thyme. Spread on top of salmon.
2. Arrange salmon in the **Russell Hobbs DualChef** air fryer basket. Set to the FISH function and cook for 10 minutes. Once the salmon is cooked, sauté green beans with same juices for 3 minutes each side.
3. Serve salmon on a bed of green beans to enjoy.

Chef's tip: Serve with garlic herb mashed cauliflower.

Leftover salmon should never be reheated, rather shred it for a healthy sandwich or a salad.



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PRE-SET PRESSURE COOKER FUNCTION CHART

Menu Chart			
Digital Display Button	Default Cooking Times Quick / Medium / Well	Adjustable cooking time range	Temperature (°C)
Delay	—	0 - 24 hours	
Rice / Risotto	6 / 18 / 25 minutes	6 - 25 minutes	109
Fish / Veggies	2 / 4 / 10 minutes	2 - 10 minutes	109
Beef	20 / 40 / 60 minutes	20 - 60 minutes	109
Slow Cook	2 / 6 / 12 minutes	2 - 12 hours	90
Canning	10 / 45 / 120 minutes	10 - 120 minutes	116
Saute	20 / 25 / 30 minutes	1 - 30 minutes	
Chicken / Stew	10 / 30 / 60 minutes	10 - 60 minutes	109
Yoghurt	6 / 12 / 20 minutes	6 - 20 hours	
Keep Warm	—	—	70 (± 10°C)



PRE-SET AIR FRYER FUNCTION CHART

Menu Chart			
Menu Function		Default Temperature (°C)	Default Cook time (mins)
—	Default	190	15
	French Fries	205	15
	Roast	175	25
	Fish	165	15
	Shrimp	160	12
	Pizza	180	15
	Meat	190	40
	Bake	160	30
	Chicken	190	30
	Dehydrate	30	240
	Reheat	115	12

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