

CUBAN BLACK BEANS AND SAUSAGE (JEIJOADA)

1 lb. dried black beans
1 lb. hot sausages (not breakfast sausages)
OR chorizo
1 lb. Polish kielbasa sausage, cut in 3 inch lengths
6 cloves garlic, smashed with flat of knife
1 poblano or pasilla pepper, seeded and coarsely chopped
1/2 cup packed, finely chopped cilantro, stems and leaves
1 onion, chopped fine
1 tablespoons chili powder
1 teaspoon cumin
Clean and soak the beans a minimum 4 hours. Remove from heat and use the natural release method before opening the lid. If necessary remove the casings from the sausages. Heat the pressure cooker and brown the hot sausage until crumbly. Pour off excess grease and set aside on paper toweling to absorb the grease. Sauté the kielbasa sausage, onion and garlic until the onions are soft. Rinse the soaked beans and add them to the cooker. Return the crumbled sausage to the cooker. Cover with water by at least 2 inches. Lock the lid in place. Bring to 15psi over high heat, immediately reduce the heat to the lowest possible setting to stabilize and maintain that pressure. Cook 10 minutes. Remove from heat and use the natural release method before opening the lid. Serve hot, over steamed white rice.
Cooks Note: Beans will be soupy, if you want thicker, creamier beans purée 1/4 the beans and return them to pot the pot to thicken the beans.

STUFFED GREEN PEPPERS (AJIES RELLENOS)

4 large green peppers
1 tablespoon olive oil
1 onion, chopped
1 pound lean ground beef
1 (16-ounce) can chopped tomatoes with juice
1 (8 ounce) tomato sauce
3 tablespoons minced garlic
1 cup chopped cilantro leaves
1 tablespoon salt
1/2 teaspoon pepper
1 teaspoon ground cumin
2 cups day old bread cubes
2 -3 cups day old bread cubes (use a dense, finely textured bread)
Cut the tops off the bell peppers and removed the seeds. Heat the oil in a large pressure cooker, sauté the onion and brown the meat until nicely crumbled. Stir in tomatoes, tomato sauce, garlic, cilantro, salt and pepper and cumin. Remove from heat and stir in bread cubes and allow the mixture to rest about 10 minutes for the bread crumbs to absorb some of the tomato sauce. Divide the mixture between the bell peppers, mounding the tops slightly. Place the rack in the pressure cooker and add one half cup water. Arrange the stuffed bell peppers in a steaming tray or pan for easy removal after cooking. Place the pan on the rack. Lock the lid in place. Bring to 15psi over high heat, immediately reduce the heat to the lowest possible setting to stabilize and maintain that pressure. Cook 5 minutes. Remove from heat and use the natural release method before opening the lid.

CUBAN COCOA CARAMEL CUSTARD (CARAMELO FLAN DE COCO)

Step One - El Caramelo

1/2 cup sugar

You will need a metal cake pan that fits easily inside your pressure cooker. Heat a small heavy skillet over high heat and add the sugar. Stir with a wooden spoon as the sugar begins to melt and starts to bubble and caramelize. Work quickly, but be careful not to drip or splash the caramel, it is extremely hot at this stage. Pour the caramel into the cake pan. Use oven mitts to tilt the pan and evenly distribute the caramel on the bottom and about half way up the side of the pan before it sets and hardens.

Step Two - El Flan

3 eggs, separated

1/2 cup sugar

1 teaspoon Vanilla extract

1 (10 ounce) can sweetened condensed milk

1 (10 ounce) can evaporated milk

1/2 cup of regular milk

1/4 cup dry cocoa powder

With an electric mixer set towards high speed, beat egg whites until thick, stiff peaks form. Slowly little add sugar little by little and then mix in the egg yolks. Using a wooden spoon, fold all remaining ingredients together by hand, saving the coco for last. Reduce the speed and mix well. Fill the pan 2/3 full and seal tightly with a sheet of aluminum foil. Depending on the size of the pan, you may have enough flan mixture for a second pan or custard cups. These "bonuses" can be cooked all at once if your cooker is tall enough to accommodate the stacked layers. Other alternatives are to use a second pressure cooker, or cook the flan pans in batches. Place the rack in the pressure cooker and add enough water to cover the rack by about 1/2 inch, the water level needs to cover the

bottom of the pan, but make sure it cannot get into the flan! Use foil Helper Handles to position the pan in the cooker. Lock the lid in place. Bring to 15psi over high heat, immediately reduce the heat to the lowest possible setting to stabilize and maintain that pressure. Cook 10 minutes. Remove from heat and use the cold water re release method before opening the lid. Gently and carefully take the pan out and remove foil. The flan should be a rich, deep golden brown color and appear somewhat firm. It will thicken as it cools and become firm and creamy. If the color is light yellow or you think it needs to cook a little more, re-cover and return to pressure for an additional 5 minutes. When the flan is cooked to your satisfaction, put the covered pan in the refrigerator and chill completely. If you can wait, it's best to prepare the flan a day in advance so the flavors mingle and the caramel seeps into the flan.

Step Three - El Grande Unveiling

Take the uncovered flan pan and gently bump in on the countertop a few times to loosen the bottom, cut around the edges to loosen the sides. Assemble dessert plates, spoons, and a pot of dark-roast coffee and demitasse cups. Don't miss the opportunity for high drama, invite everyone to the table and ask for a drum roll. Place a serving plate face down on top of the flan pan and quickly flip it over. Give it a couple shakes, and you should hear the lovely sound of the flan loosening and dropping down to the plate. Remove the pan and unveil your masterpiece as everyone marvels at the golden caramel slowly dripping down the sides of the flan. Cut small pie-shaped wedges, it will be so rich only those with the heartiest of appetites will ask for seconds.