Perfect Vegetable Barley Soup

YIELD 8 SERVINGS AS MAIN, 16 AS APPETIZER  
PREP TIME 10 MINUTES  
COOKING TIME 35 MINUTES

INGREDIENTS

2 TABLESPOONS UNSALTED BUTTER OR VEGETABLE OIL  
1 MEDIUM ONION, CHOPPED  
2 MEDIUM CARROTS, PEELED AND CHOPPED  
2 RIBS CELERY, CHOPPED  
1 RUSSET POTATO, PEELED AND CUT INTO 1/4-INCH CUBES  
1 CUP FROZEN CORN  
1 CUP FROZEN CUT GREEN BEANS  
1 (14-OUNCE) CAN LOW-SODIUM DICED TOMATOES, UN-DRAINED  
1 PINT VEGETABLE BROTH  
1 PINT WATER  
1/2 CUP PEARL BARLEY  
1/2 TEASPOON SALT  
1/2 TEASPOON DRY THYME  
1/2 TEASPOON FRESH CRACKED BLACK PEPPER

Directions

In a heavy skillet over medium heat add the oil. Once the oil is hot and starts to shimmer add the onion, carrots, and celery. Cook, stirring often, until the vegetables are tender, about 5 minutes. Transfer the onion mixture to the cooking pot and add the remaining ingredients then plug in the machine and place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Pressure Setting’ button until the display reads ‘15psi’. Press the ‘Pressure Setting’ button again and the display will flash ‘15’. Press the ‘+’ button and set the time to ‘30’ and press the ‘Start/Stop’ button to begin cooking.

Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine. Serve hot.
Smoked Salmon Spread

YIELD 8 SERVINGS AS APPETIZER
PREP TIME 5 MINUTES
SMOKING TIME 20 MINUTES

INGREDIENTS

- 12 OUNCES ICE WATER
- 8 OUNCES SALMON FILETS
- ¼ TEASPOON SALT
- ¼ TEASPOON FRESH CRACKED BLACK PEPPER
- 1 (8 OUNCE) BLOCK CREAM CHEESE, AT ROOM TEMPERATURE
- ½ CUP MAYONNAISE
- 2 TABLESPOONS CHOPPED FRESH DILL
- 2 TABLESPOONS CHOPPED FRESH CHIVES
- 1 TABLESPOON CHOPPED FRESH PARSLEY
- 1 TABLESPOON FRESH LEMON JUICE

Directions

Pour the ice water into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and place half of salmon filets on it skin side down, making sure there is room between each piece, then season each filet with salt and pepper. To smoke spread: Plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘Smoke’ button again and the display will flash ‘00’. Press the ‘+’ button and set the time to ‘:15’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘+’ button once so the display reads ‘Hot’. Press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘:03’ and press the ‘Start/Stop’ button to begin cooking.

Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the salmon to a plate to cool. While the salmon cools prepare the base of the dip. In a medium bowl combine the cream cheese and mayonnaise. With a hand mixer, beat the cream cheese and mayonnaise until they are smooth and well combined, about 1 minute. Add the fresh herbs and lemon juice and mix to combine with a spatula. Once cool enough to handle, flake the salmon, discarding the skin, and transfer the salmon meat to the bowl with the cream cheese mixture. Mix the salmon into the cream cheese, breaking up any bigger pieces, then cover and chill for at least 1 hour, or overnight, before serving.
Smoked Deviled Eggs

**YIELD** 8 SERVINGS AS APPETIZER
**PREP TIME** 15 MINUTES
**SMOKING TIME** 10 MINUTES

**INGREDIENTS**
- 12 HARD BOILED EGGS, SHELLS REMOVED
- ½ CUP MAYONNAISE
- 1 TEASPOON DRY DILL
- ¼ TEASPOON SALT
- ¼ TEASPOON SMOKED PAPRIKA

**Directions**

Fill the charring cup with 4-5 soaked wood chips and cover with the lid. Place 6 eggs on the bottom rack and 6 eggs on the top rack making sure the eggs do not touch. Plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time for ‘:10’ and press the ‘Start/Stop’ button to begin cooking.

Once the timer goes off, turn the pressure knob to STEAM, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the eggs using tongs to a plate, cover with plastic wrap, and chill for 1 hour. Once chilled cut the eggs in half and remove the yolks and place into a medium bowl. Add the mayonnaise, dill, and salt, and with a fork, mash until the mixture is smooth and well combined. Spoon or pipe the yolk mixture into the egg whites, and sprinkle each egg with a pinch of smoked paprika. Chill for 1 hour before serving.
Cold Smoked Cheese

YIELD 16 SERVINGS AS APPETIZER
PREP TIME 5 MINUTES + RESTING TIME
SMOKING TIME 90 MINUTES

INGREDIENTS

1 POUND HARD CHEESE SUCH AS CHEDDAR, GOUDA, PARMESAN, GRUYERE, OR PROVOLONE CUT INTO 1-INCH THICK PIECES
12 OUNCES ICE WATER

Instructions

Before smoking, bring the cheese to room temperature and blot off any excess moisture with a paper towel. Pour the ice water into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and place half of the cheese on top, making sure there is room between each piece, then add the second rack and position the remaining cheese.

Plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘1:30’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, turn the pressure knob to STEAM, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the cheese to a zip top bag, removing as much air as possible, and refrigerate. You can also vacuum seal the cheese. The cheese can be eaten right away, but for best flavor let the cheese chill for at least a week. The longer it rests the better the flavor.
YIELD 8 SERVINGS AS MAIN
PREP TIME 20 MINUTES
SMOKING TIME 20 MINUTES

INGREDIENTS

12 OUNCES WATER
6 MEDIUM RUSSET POTATOES, WASHED AND SCRUBBED WELL, ABOUT 5 POUNDS
1 CUP MAYONNAISE
1 TABLESPOON MUSTARD
1 TEASPOON APPLE CIDER VINEGAR
1 TEASPOON DRY DILL
½ TEASPOON SALT
½ TEASPOON FRESH CRACKED BLACK PEPPER
½ CUP FINELY CHOPPED CELERY
¼ CUP MINCED ONION

Smoked Potato Salad

Directions

Pour the water into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and add three of the potatoes, making sure there is room between each piece, then add the second rack and position the remaining potatoes. To smoke salad, plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘+’ button once so the display reads ‘Hot’. Press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘:20’ and press the ‘Start/Stop’ button to begin cooking.

Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the potatoes to a plate using tongs, and cool until easy to handle, about 1 hour. While the potatoes cool prepare the dressing. In a large bowl combine the mayonnaise, mustard, vinegar, dill, salt, and pepper. Whisk until well combined, then add the celery and onion and fold to combine. Cover and chill until the potatoes are ready. Once cooled, remove the peel and cut the potatoes into ¼-inch cubes. Fold the potato cubes into the prepared dressing. Cover and chill for 2 hours before serving.
YIELD 8 SERVINGS AS MAIN
PREP TIME 20 MINUTES  INACTIVE PREP TIME 8 HOURS
COOKING TIME 35 MINUTES

INGREDIENTS

2 CUPS UNCOOKED PINTO BEANS
4 STRIPS THICK-CUT BACON, CHOPPED
1 MEDIUM ONION, CHOPPED
1 JALAPENO, SEEDED AND MINCED
2 CLOVES GARLIC, MINCED
1 (15-OUNCE) CAN DICED TOMATOES WITH GREEN CHILIES, UN-DRAINED
¼ CUP CHOPPED CILANTRO
1 TEASPOON CUMIN
½ TEASPOON CORIANDER
4 CUPS WATER
1 TABLESPOON VEGETABLE OIL
½ TEASPOON SALT

Tex-Mex Pinto Beans

Directions
Pick over the beans, removing any shriveled beans or rocks. Rinse thoroughly, then place in a bowl, cover with cold water, and refrigerate overnight, or for 8 hours. Once the beans have soaked drain the soaking liquid and give them a quick rinse with cold water. Drain for 10 minutes while you prepare the remaining ingredients. In a heavy skillet over medium-high heat, add the bacon. Cook, stirring constantly, until the bacon has rendered its fat and is crisp, about 8 minutes. With a slotted spoon remove the bacon and transfer to a small bowl and reserve. To the bacon drippings add the onion and jalapeno. Cook, stirring constantly, until the onion is tender, about 3 minutes. Add the garlic and cook until fragrant, about 30 seconds, then remove the pan from the heat.

Transfer the soaked beans, cooked bacon, onion mixture, diced tomatoes with green chilies, cilantro, cumin, and coriander to the cooking pot. Add the water and oil, then plug in the machine and place the lid on the smokey and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Pressure Setting’ button once so the LED display reads ‘15psi’. Press the ‘Pressure Setting’ button again and the display will flash ‘:15’. Press the ‘+’ button and set the time to ‘:30’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine. Check the beans for tenderness (if they are not as tender as you would like reattach the lid and cook under high pressure for 5 minutes more). Stir in the salt and serve hot.
Tender Baby Back Ribs

**Ingredients**

- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon kosher salt
- 1 teaspoon fresh cracked black pepper
- 1 rack baby back ribs, cut into 4 pieces
- 1/2 cup prepared barbeque sauce
- 1 tablespoon bourbon
- 2 teaspoons apple cider vinegar

**Directions**

In a small bowl combine the sugar, chili powder, smoked paprika, cumin, coriander, salt, and pepper. Mix well, then sprinkle the meat with the spice mixture, rubbing the spices into the ribs. Pour the beer into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and place the rib pieces onto the rack.

To smoke ribs, plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘+’ button once so the display reads ‘Hot’. Press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘:30’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the pork to a foil lined baking sheet using tongs. Heat your oven’s broiler. In a small bowl combine the barbeque sauce, bourbon, and vinegar and mix well. Brush the ribs on all sides with the sauce, then place the ribs under the broiler and cook, turning the ribs every 3 minutes until the ribs are slightly charred and the sauce is bubbling and sticky, about 15-20 minutes. Serve hot.
Pulled Pork Shoulder

YIELD 8 SERVINGS AS MAIN
PREP TIME 10 MINUTES
COOKING TIME 60 MINUTES

INGREDIENTS

3 POUND BONELESS PORK SHOULDER ROAST
1 TABLESPOON BROWN SUGAR
1 TABLESPOON CHILI POWDER
2 TEASPOONS SMOKED PAPRIKA
1 TEASPOON CUMIN
1 TEASPOON CORIANDER
1 TEASPOON KOSHER SALT
1 TEASPOON FRESH CRACKED BLACK PEPPER
1 (12-OUNCE) PILSNER OR LAGER BEER
1 CUP PREPARED BARBECUE SAUCE

Pulled Pork Shoulder

Directions

Cut the roast into 2-4 smaller pieces. Pat dry with paper towel and set aside. In a small bowl combine the sugar, chili powder, smoked paprika, cumin, coriander, salt, and pepper. Mix well, then sprinkle the meat with the spice mixture, rubbing the spices into the meat. Pour the beer into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and place the pork roast pieces onto the rack.

To smoke shoulder, plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘+’ button once so the display reads ‘Hot’. Press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘1:00’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the pork to a cutting board using tongs. Test to see if the meat easily shreds by pressing on the meat with your tongs. If it does not, return to the pot and cook for 10 additional minutes. Shred all the meat and serve with the barbeque sauce.
Smoked Buffalo Wings

YIELD 8 SERVINGS AS APPETIZER
PREP TIME 10 MINUTES INACTIVE PREP TIME 2 HOURS
COOKING TIME 45 MINUTES

INGREDIENTS

- 18 CHICKEN WING PIECES, ALSO CALLED ‘PARTY WINGS’ OR WINGETTES AND DRUMETTES
- 12 OUNCES WATER
- 1 CUP BUFFALO WING SAUCE
- 3 TABLESPOONS BUTTER, MELTED

Directions

Place a wire cooling rack over a baking sheet. Arrange the wing pieces on the rack, then refrigerate uncovered for 2 hours to dry out the skin. Pour the water into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and place half the wing pieces onto the rack. Add the second and arrange the remaining wing pieces on the rack.

Plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘:20’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, press the ‘Start/Stop’ button , then press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘+’ button once so the display reads ‘Hot’. Press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time to ‘:10’ and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the wing pieces to a foil lined baking sheet using tongs. Heat your oven to 425°F. Bake the wings in the oven until the skin is crisp and browned, about 20 minutes. Remove from the oven and cool slightly. In a large bowl combine the buffalo wing sauce and butter and whisk to mix. Add the wings and toss to coat. Serve warm.
Smoked Ribeye Roast

YIELD 4 SERVINGS AS MAIN
PREP TIME 10 MINUTES
COOKING TIME 15-30 MINUTES

INGREDIENTS

- 2 POUND BONE-IN RIBEYE ROAST
- 2 TEASPOONS KOSHER SALT
- 1 TEASPOON FRESH CRACKED BLACK PEPPER
- 12 OUNCES WATER
- ¼ TEASPOON SEA SALT, FOR GARNISH

Directions

Season all sides of the roast with salt and pepper. Heat a heavy skillet over high heat. Once the skillet is hot lay the roast in the pan and brown each side well, about 3 minutes per side. Pour the water into the bottom of the cooking pot. Fill the charring cup with soaked wood chips and cover with the lid. Add the first cooking rack and place the roast bone side down onto the rack.

To smoke ribeye, plug in the machine, then place the lid on the smoker and slide the locking lever to the left to lock it into place. Turn the pressure regulator knob to PRESSURE. Press the ‘Smoke’ button until the display reads ‘Cold’, then press the ‘+’ button once so the display reads ‘Hot’. Press the ‘Smoke’ button again and the display will flash ‘:00’. Press the ‘+’ button and set the time according to your preferred level of doneness - 10 minutes for medium-rare, 15 minutes for medium, 20 minutes for medium-well, and 25 minutes for well-done and press the ‘Start/Stop’ button to begin cooking. Once the timer goes off, turn the pressure knob to STEAM and allow the machine to vent until the pressure is fully released, then press the ‘Start/Stop’ button. Slide the locking lever to the right to unlock the machine, and transfer the roast to a cutting board using tongs. Tent loosely with foil and allow the roast to rest for 15 minutes before slicing and serving. Garnish slices with flakes of sea salt.