

Chicken Parmigiana Italian Pressure cooker

1 Small-Medium Yellow Onion (Chopped)
1-2 Cups of Mushrooms (Chopped)
¼ Cup of Red Wine (I used Marsala wine cause that's all I had)
½ Cup of Chicken Stock (Not pictured)
1 Tbsp of Crushed Garlic
3 Cups of Marinara or Spaghetti Sauce (I used spaghetti sauce cause I like to cheat)
1 Cup of Shredded Parmesan Cheese (Not pictured)
4-6 Chicken Breasts
¼ Cup White Flour
¼ Tsp Dried Rosemary
¼ Tsp Dried Basil
¼ Tsp Garlic Powder
Salt & Pepper to taste

Chop up all the mushrooms and onion into small pieces. Throw them all into the main cooking pot of the Pressure Cooker and press START. This will start the Browning function in the machine. Add a bit of olive oil and sauté them until they are slightly cooked though. Press CANCEL to turn the pressure cooker off.

Now take the white flour, rosemary, basil and garlic powder and mix them up in a shallow dish. Dip the chicken breasts into the mixture and coat each breast well. You can choose to mix up one egg and make the batter thicker but I chose not to. It makes my fingers all sticky with batter. Pan fry the chicken breasts with olive oil on a hot pan on the stove. It should be just about 2-minutes on each side to get it nicely browned and a bit crusty. Remember you're not going to "cook" the chicken on the pan, just get it browned. The center of the chicken should still be raw.

While the chicken is browning on the pan. You can go back to the mushroom and onion mixture. Add the marinara sauce, chicken stock, red wine, half of the parmesan cheese and crushed garlic all into the pot. Give it a nice mix. You can now take the chicken breasts from the pan and transfer it into the red sauce in the pressure cooker. Coat each breast with the sauce evenly.

Close the lid of the pressure cooker, turn to lock it. Program the machine to cook for about 8-10 minutes depending on how many chicken breasts you're cooking and how thick they are.

This shouldn't take very long. I took this opportunity to clean up the kitchen. Cause you know, that's how I roll. I just love to clean! (*Throw in sarcastic eye-roll. I love to cook, but I hate to clean*). You can also take this time to prepare some pasta or rice or whatever you want to use as a side to serve the chicken with. I made some spaghetti noodles.

When the pressure cooker has finished the cooking cycle, it will beep and go to Keep Warm. The Keep Warm light will actually be blinking, which means that the pressure cooker is dropping down in pressure on its own. Usually, I get too impatient and I turn the valve to Exhaust right away to release the pressure myself. But for this recipe, I actually let the machine drop in pressure on its own. It will take about 5 minutes or so. The Keep Warm light will stop blinking when the pressure has released. When it's ready, just in case, set the valve to Exhaust to make sure there is no left over pressure. The float valve should've also dropped and the lid can now open freely.