

Instant Pot® Recipe Booklet



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Time Inc.



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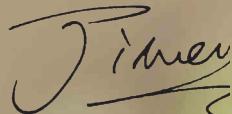
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Thank you for selecting an Instant Pot® smartcooker! Our vision for Instant Pot® is to provide you with the right tools to enhance your food preparation experience. Our smartcookers are designed to save you time, replace a number of appliances and prepare healthy and tasty meals in a safe, convenient and dependable way.

We partner with chefs, authors, and bloggers to compile a collection of recipes that we hope you enjoy! As well, for over 500+ additional recipes, videos and more, download the Instant Pot® Recipe App.

Happy Instant Pot® Cooking!



Robert J. Wang
Founder, CEO



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CHEF AJ

www.eatunprocessed.com

Chef AJ, the author of the wonderful book “UNPROCESSED”, is a great educator of plant-based whole food cuisine. Check out the many videos and recipes on her website.



LAURA PAZZAGLIA

www.hippressurecooking.com

Pazzaglia is an undisputed expert on pressure cookers and pressure cooking. You'll enjoy her fresh perspective on European and American cuisine.



TIME INC.

www.timeinc.com

Time Inc. has partnered with Instant Pot® to create more than 100 delicious recipes, specifically tailored to the products' state-of-the-art versatility.



JILL NUSSINOW

www.theveggiequeen.com

Nussinow, known as the “Veggie Queen”, specializes in the creation of vegan meals made quick and easy in your pressure cooker.



MAOMAO MOM

www.maomaomom.com

Maomao Mom is known for her Chinese and Western recipes for which she provides step by step guides that can be reproduced by everyone.



BARBARA SCHIEVING

www.pressurecookingtoday.com

Schieving enjoys both pressure cooking and baking. Her website features many recipes for every meal of the day.

CREAM OF BUTTERNUT SQUASH & GINGER SOUP



SERVES 4-6

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

2 kg (4 lb) butternut squash
peeled, seeded, & cubed

1 sprig of sage

1 large onion, *roughly chopped*

1/2 inch piece (2 cm) fresh ginger, *peeled & roughly sliced*

1/4 tsp (1 mL) nutmeg

4 cups (1 L) vegetable stock

Olive oil

Salt & pepper (to taste)

1/2 cup (125 mL) toasted pumpkin or squash seeds, *for garnish*

1. In the pressure cooker, with the top off, over medium heat soften onions with the sage, salt and pepper.
2. When the onions are soft, scoop onions aside and tumble in enough squash cubes to cover the base of the pressure cooker, let brown for about 10 minutes stirring infrequently.
3. Add the rest of the squash along with the ginger, nutmeg, and stock.
4. Close and lock the lid of the pressure cooker. Cook for 15 minutes at high pressure.
5. When time is up, open the cooker by releasing the pressure.
6. Fish out the woody sage stem and discard.
7. With a stick immersion blender purée the contents of the pressure cooker and serve!
8. Garnish with salty, toasted pumpkin seeds.



INSTANT TIP: 3 Ways to Release the Pressure

QUICK RELEASE: Release pressure instantly, by pressing [Cancel] and then position the steam release handle on the lid to "Venting" position.

NATURAL RELEASE: Continue cooking using the pressure cooker's residual heat and steam, by pressing [Cancel] and waiting for the pressure to come down on its own and the lid to unlock—this will take about 20 minutes (or more if the pressure cooker is very full).

10-MINUTE NATURAL RELEASE: Let the pressure cooker go into "Keep Warm" mode and count up to 10 minutes. Then, press [Cancel] and position the steam release valve on the lid to the "Venting" position.

15 MINUTE NEW ENGLAND CLAM CHOWDER



SERVES 4-6

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

By: Laura Pazzaglia

www.hippressurecooking.com

12-24 fresh clams (or 300 g (11 oz) strained frozen or canned clams)

2 cups (500 mL) clam juice

1 cup (250 mL) smoked and cured bacon (or pancetta), *cubed*

1 medium onion, *finely chopped*

1 tsp (5 mL) salt

1/4 tsp (1 mL) pepper

1/2 cup (125 mL) tarty white wine

2 medium potatoes, *cubed skin on*

1 bay laurel leaf

1 sprig thyme

1 pinch cayenne pepper (or red pepper flakes)

1 cup (250 mL) milk

1 cup (250 mL) cream

1 tbsp (15 mL) butter

1 tbsp (15 mL) flour

1. Prepare the clams and make your own clam juice as detailed, below.
2. In the cold pressure cooker, with the top off, add the bacon and turn on the heat at a low flame. When the bacon releases its fat and it begins to sizzle, add the onion, salt and pepper and raise the heat to medium.
3. When the onions have softened, add the wine and scrape all of the brown delicious bits off the bottom of the pan to incorporate into your sauce.
4. Let the wine evaporate almost completely and then add the diced potatoes, clam juice (if you do not have 2 cups of juice, compensate the rest with water), Bay Leaf, Thyme, and Cayenne Pepper.
5. Close and lock the lid of the pressure cooker.
6. Cook for 5 minutes at high pressure.
7. When time is up, open the cooker by releasing the pressure.
8. While the potatoes are pressure cooking, make a roux to thicken the chowder by blending equal amounts of butter and flour over low heat and stirring constantly with a small wooden spoon until they are both well blended.
9. To the open pressure cooker add the clam meat, cream, milk and roux.
10. Stir well, and simmer all of the ingredients in the pressure cooker, with the top off, at medium-low heat for 5 minutes.
11. Serve garnished with soup crackers or inside a bread bowl.

15 MINUTE NEW ENGLAND CLAM CHOWDER

(continued)

By: Laura Pazzaglia
www.hippressurecooking.com



How to prepare the clams and save their “juice”:

1. Fresh Calms – Prepare your pressure cooker by putting in one cup of water, and the steamer basket. Clean the shells of the clams, then place them in the steamer basket. Close and lock the lid of the pressure cooker and turn the heat to high. When the pan reaches pressure, lower the flame to minimum heat and count 5 minutes cooking time under pressure. When time is up, release pressure through the valve. Open the clams over the pan (to keep the juice dribbling in there) and set the clam meat aside. Discard clam shells and unopened clams – the liquid at the bottom of your pan is the clam juice!
2. Frozen Clams – If they are frozen in their open shells, follow the instructions for fresh clams, above. If they are un-shelled simply let them defrost in your refrigerator overnight or immediately in your sink by running cold water over the unopened package. Then, put a strainer over a bowl and carefully open the package over the strainer. Strain the clams. The liquid in the bowl is your clam juice.
3. Canned or Jarred Clams – Put a strainer over a bowl, pour the contents of the can or jar into the strainer. The liquid in the bowl is your clam juice.

MINI-MEATBALL BROTH



SERVES 4-6

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

By: Laura Pazzaglia

www.hippressurecooking.com

Miniature Meat Balls:

1 lb (500 g) ground veal

¼ cup (50 mL) ground Parmiggiano Reggiano

½ cup (125 mL) plain bread crumbs

1 egg, *beaten*

Salt and pepper

Vegetable Stock:

6 cups (1.5 L) water

1 celery stalk, *cut in half*

2 medium potatoes, *whole*

2 carrots, *peeled*

1 onion, *halved*

3 tomatoes, *halved*

2 tsp (10 mL) salt

2 tbsp (30 mL) olive oil

2 tbsp (30 mL) balsamic vinegar

8 oz (250 g) pastina

1. In a large mixing bowl mix the veal, cheese, breadcrumbs, egg, salt and pepper.
2. Using a melonballer, dose out the right amount of meat mixture and make little meat balls. Make them smaller than you think you will need because they will almost double in size when pressure cooked.
3. In the pressure cooker make the vegetable stock by adding all of the vegetables, water and salt in the pot. Close and lock the lid of the pressure cooker and turn the heat to high. When the pan reaches pressure, lower the flame to minimum heat and count 7-10 minutes cooking time.
4. When time is up, open the cooker by releasing the pressure.
5. Delicately remove out all of the vegetables and place on a serving dish except for the tomatoes (leave those in). If you see any tomato skins floating around, you can remove and discard those.
6. Taste the broth and adjust salt and pepper according to taste.
7. Gently add the miniature meat balls into the still hot vegetable broth.
8. Close and lock the lid of the pressure cooker and turn the heat to high. When the pan reaches pressure, lower the flame to minimum heat and count 5-7 minutes cooking time under pressure.
9. When time is up, open the cooker by releasing the pressure.

MINI-MEATBALL BROTH

(continued)



By: Laura Pazzaglia
www.hippressurecooking.com

9. When time is up, open the cooker by releasing the pressure.
10. Put the pressure cooker, with the top off, back on the heat and add the pastina. Boil the pastina in the time indicated on the package (minus one minute). Don't worry, the pastina will keep cooking while you serve the dish.
11. In the meantime, make a vinaigrette with the olive oil and balsamic vinegar by putting them in a small vase and shaking vigorously and pour on the vegetables you previously pulled out of the pressure cooker -- they are now your side dish!
12. When the pastina is one minute away from being cooked, turn off the heat and serve your miniature meatball soup!

BLACK BEAN SOUP



By: Jill Nussinow
www.theveggiequeen.com

1½ cups (375 mL) dry black beans, *soaked overnight or all day*

1 tbsp (15 mL) oil

1 cup (250 mL) onion, *coarsely chopped*

3 garlic cloves, *minced*

1 tbsp (15 mL) ground cumin

¼ tsp (1 mL) chipotle powder or smoked paprika

6 cups (1 ½ L) vegetable broth

1 large bay leaf

2 tsp (10 mL) fresh oregano leaves or
2 tbsp (30 mL) dried

½–2 tsp (3 - 10 mL) salt, *to taste*

Soy yogurt or sour cream

Cilantro, *chopped for garnish*

SERVES 4-6

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

1. Drain the soaking liquid from the beans and set the beans aside.
2. Heat the oil in the Instant Pot® by selecting Sauté. Add the onion and sauté for 2 minutes. Add the garlic, cumin, and chipotle powder. Add the beans, broth, bay leaf, and oregano. Stir well.
3. Turn the heat up high. Lock the lid in place. Turn the steam valve to “sealed”. Select the [Manual] key and reduce the time to 7 minutes. When the 7 minutes is up, let the pressure come down naturally.
4. When done, carefully remove the lid, tilting it away from you.
5. Remove the bay leaf.
6. At this point, you can either mash the beans with a potato masher, use an immersion blender, or keep the soup as is.
7. Add salt to taste.
8. Garnish with a dollop of soy yogurt or sour cream and a sprinkle of cilantro. Enjoy!



CHEF'S NOTE:

“I love the flavors in black bean soup. This recipe is quite simple and a case of ingredient synergy.” - Jill Nussinow

RED LENTIL CHILI



SERVES 6-8

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

By: Chef AJ
www.eatunprocessed.com

1 lb (500 g) red lentils

8 cups (2 L) of water

2 x 14 ½ oz cans of salt-free diced tomatoes (fire roasted preferred)

1 x 6 oz can of salt-free tomato paste

10 oz of chopped onion (approximately one large)

1 lb (500 g) red bell pepper, *pureed*

3 oz of pitted dates (approximately 12 Deglet Noor)

8 cloves of garlic

4 tbsp (60 mL) apple cider vinegar

1 ½ tbsp (23 mL) parsley flakes

1 ½ tbsp (23 mL) oregano

1 ½ tbsp (23 mL) chili powder

2 tsp (10 mL) smoked paprika

½ tsp (3 mL) chipotle powder (to taste)

½ tsp (3 mL) crushed red pepper flakes (to taste)

1. Blend the dates, garlic, red bell pepper and tomatoes in a blender until smooth.
2. Place all remaining ingredients in the Instant Pot® and cook on high pressure for 10 minutes.
3. Let pressure release naturally or enjoy immediately and enjoy immediately. Serve over a baked potato and sprinkle with some faux parmesan, this absolutely rocks!



CHEF'S NOTE: Faux Parmesan Recipe

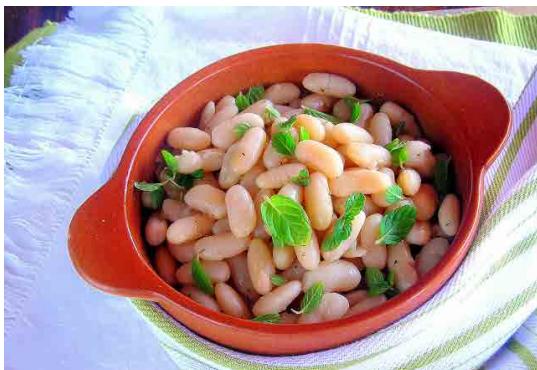
1 cup (250 mL) nuts or seeds (or a combination, such as: walnuts, almonds, sunflower seeds)

1 cup (250 mL) nutritional yeast

1 tbsp (15 mL) salt-free seasoning

In a food processor fitted with the "S" blade, or in a blender, combine all ingredients until a powdery texture is achieved. If you prefer a more chunky result, process less.

ITALIAN CANNELLINI & MINT SALAD



By: Laura Pazzaglia

www.hippressurecooking.com

1 cup (250 mL) dry cannellini beans,
soaked

4 cups (1 L) water

1 garlic clove, *smashed*

1 bay laurel leaf

1 sprig fresh mint

1 dash vinegar

1 generous swirl of olive oil

Salt & pepper (to taste)

SERVES 4

PREP TIME: 1 MINUTE

COOKING TIME: 8 MINUTES

1. To pressure cook, add soaked beans, water, garlic clove and bay leaf to the Instant Pot.
2. Close and lock the lid. Select [Pressure Cook] or [Manual] and then adjust the [+] or [-] button to set 8 minutes of pressure cooking time.
3. When time is up, open the lid using Natural Release.
4. Strain the beans and mix with mint, vinegar, olive oil, salt, and pepper.

INSTANT TIP: Half Full for Beans & Grains

Never fill the Instant Pot® more than half-way with beans or grains and their cooking liquid – they need room to expand!



INSTANT TIP: Don't Spray Foam - Go Natural

Whenever possible, use the **Natural Release** when pressure cooking beans and grains. These foods generate lots of foam when cooking, and releasing pressure through the steam release may cause the foam to splatter out.

If you're in a hurry, use **Quick Release** but do it slowly and stop immediately when foam exits the steam release – then begin again after waiting 30 seconds.

SPICY CAULIFLOWER & CITRUS SALAD



SERVES 2-4

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

By: Laura Pazzaglia

www.hippressurecooking.com

1 small cauliflower, *florets divided*

1 small romanesco cauliflower, *florets divided*

1 lb (500 g) broccoli

2 seedless oranges, *peeled & sliced thinly*

Vinaigrette:

1 orange, *zested & squeezed*

4 anchovies

1 hot pepper (fresh if possible), *sliced or chopped according to preference*

1 tbsp (15 mL) of capers conserved in salt & un-rinsed

4 tbsp (60 mL) of extra virgin olive oil

Salt & pepper (to taste)

1. In the vinaigrette container add the orange zest and juice, anchovies, hot pepper, capers, olive oil and salt and pepper. You can either chop them finely or leave them all whole (except for the hot pepper) depending on the preferences at your dinner table.
2. Give the container a good shake and set aside.
3. Peel the oranges either by hand or with a knife, removing all the little hanging white piths. Then, slice it thinly cross-wise.
4. If your oranges are not seedless, pick the seeds out of the slices and set aside.
5. Prepare your pressure cooker by adding one cup of water to the bottom, and placing the steamer basket, inside.
6. Add all of the florets into the steamer basket.
7. Close and lock the lid of the pressure cooker. Turn the heat up to high and when the cooker reaches pressure, lower to the heat to the minimum required by the cooker to maintain pressure. Cook for 6 minutes at LOW pressure.
8. When time is up, open the cooker by releasing the pressure.
9. Transfer the florets to a serving dish, interleave with orange slices, give the vinaigrette another good shake and pour on top.

INSTANT TIP: Save the Nutritious Cooking Liquid



Vegetables release plenty of water when pressure cooked – this water is filled with vitamins and minerals too.

Save it and then use it in another recipe in place of stock.

CILANTRO LIME CHICKEN TACO SALAD



By: Barbara Schieving

www.pressurecookingtoday.com

Salad:

1 tbsp (15 mL) extra virgin olive oil

½ cup (125 mL) onion, *finely chopped*

4 large chicken breasts, *diced into bite size pieces*

1 tsp (5 mL) salt

1 tsp (5 mL) cumin

½ tsp (3 mL) black pepper

1 can (14.5 oz) diced tomatoes with green chilies

1 can (15 oz) black beans, *drained & rinsed*

3 tbsp (45 mL) cilantro leaves, *finely chopped*

Cilantro lime rice

Shredded lettuce, diced fresh tomatoes, shredded cheese, avocado, tortilla chips for serving

SERVES 8

PREP TIME: 10 MINUTES

COOKING TIME: 7 MINUTES

1. Preparing the Dressing: In a blender jar, combine mayonnaise, buttermilk, salsa, cilantro, lime juice, garlic, garlic powder, onion powder, salt, pepper, and red pepper flakes. Pulse until well combined. Refrigerate for several hours or overnight.
2. Select Sauté function on the Instant Pot. When hot, add oil and onion to pot. Sauté onion for 3 minutes.
3. Add chicken and sauté for 2 minutes. Add tomatoes, salt, cumin, and black pepper.
4. Lock the lid in place. Select Manual on the Instant Pot and adjust to high pressure. Set to 2 minutes cook time. When timer beeps, use a quick pressure release to release the pressure.
5. Remove the lid. Select sauté and cook stirring frequently, until liquid has cooked off. Stir in black beans and cilantro.
6. Serve over lettuce topped with chicken, cilantro lime rice, cheese, avocado, crushed tortilla chips, and cilantro lime dressing.

Cilantro Lime Dressing:

½ cup (125 mL) mayonnaise

½ cup (125 mL) buttermilk

½ cup (75 mL) chunky salsa verde

½ cup (75 mL) cilantro, *chopped*

1 tbsp (15 mL) lime juice

2 garlic cloves, *pressed*

½ tsp (3 mL) garlic powder

½ tsp (3 mL) onion powder

½ tsp (3 mL) salt

¼ tsp (1 mL) ground black pepper

¼ tsp (1 mL) red pepper flakes

1-MINUTE QUINOA

By: Laura Pazzaglia
www.hippressurecooking.com



SERVES 4-6

PREP TIME: 1 MINUTE

COOKING TIME: 1 MINUTE

1 cup (250 mL) black quinoa, *rinsed*
1 pinch of salt
1 ½ cups (375 mL) of water
1 lime, *zested & squeezed*
1 bunch cilantro or parsley, roughly chopped
1 large roma tomato, *finely diced*
1 yellow bell pepper, *finely diced*
1/2 cup (125 mL) green olives, *chopped*
1 cucumber, *seeded and finely diced*

1. In the Instant Pot, add the quinoa, lime zest, salt and water.
2. Close and lock the lid. Turn the heat to high and when the cooker reaches pressure lower the heat and cook for 1 minute at HIGH pressure. When time is up, continue cooking the quinoa with the residual heat and steam of the pressure cooker by opening the cooker using the natural method - turn off the heat and don't do anything (about 10 minutes). If after 10 minutes, the cooker has not released all of the pressure, let out the remaining pressure by opening the valve.
3. Tumble out the cooked quinoa into a mixing bowl to cool.
4. Then, add the chopped tomato, pepper, olives, cucumber and Cilantro.
5. Mix with Lime juice and season with any additional salt to taste.
6. Serve at room temperature or chilled.

INSTANT TIP: Rinse the Quinoa, No Need to Soak



Rinse quinoa well under water until it runs clear (for a few minutes) before cooking so that you can remove the "saponin", a natural insect repellent. It is not necessary to soak quinoa before cooking.

PORCINI MUSHROOM PÂTÉ SPREAD



SERVES 4-6

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

$\frac{3}{4}$ cup (175 mL) dry porcini mushrooms,
rinsed

1 cup (250 mL) water, *boiling*

1 tbsp (15 mL) unsalted butter

1 tbsp (15 mL) olive oil

1 shallot, sliced

1 lb (500 g) fresh cremini or white button mushrooms, *thinly sliced*

$\frac{1}{4}$ cup (50 mL) dry white wine

1 $\frac{1}{2}$ tsp (7 mL) salt

$\frac{1}{2}$ tsp (3 mL) white pepper

1 bay leaf

1 tbsp (15 mL) extra-virgin olive oil (or
white truffle oil)

3 tbsp (45 mL) parmesan reggiano
cheese, *finely grated*

1. In a heat proof measuring cup, add dry porcini mushrooms. Then, pour boiling water over mushrooms. Cover tightly and set aside.
2. Press [Sauté] to pre-heat the cooker. When the word "hot" appears on the display, add the butter and olive oil. Then sauté the shallot until it begins to soften. Add fresh mushrooms and sauté until at least one side is golden brown.
3. Pour in the wine and let it evaporate completely. Then, add in the porcini mushrooms and their soaking liquid, salt, pepper, and the bay leaf.
4. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] or [-] button to set 12 minutes of pressure cooking time. When time is up, open the cooker using Quick Pressure Release.
5. Remove and discard the bay leaf. Add the olive oil and puree the contents of the pot using an immersion blender.

PERFECT BASMATI RICE

2 CUPS (500 ML) BASMATI RICE | 2 ½ CUPS (625 ML) WATER

1. Rinse the rice in a fine-mesh strainer.
2. Tap the rice into the Instant Pot, being careful to remove any stray grains from the top edge of the inner pot.
3. Pour in the water and mix.
4. Close the lid, set the valve to "sealing" on the lid, and choose the Manual Program, adjust the pressure cooking time to 3 minutes at high pressure.
5. When time is up, open the Instant pot using the 10-minute Natural Pressure Release.

PERFECT JASMINE RICE

3 CUPS (750 ML) JASMINE RICE | 3 CUPS (750 ML) WATER

1. Rinse the rice in a fine-mesh strainer.
2. Strain the rice and add to the Instant Pot - being careful to remove any stray grains from the top edge of the inner pot.
3. Add water. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [-] button to set 1 minute of pressure cooking time at high pressure.
4. When time is up, open the Instant Pot using the 10 minute Natural Pressure Release.



PERFECT BROWN RICE

2 CUPS (500 ML) BROWN RICE | 2 ½ CUPS (625 ML) WATER

1. Add rice to the Instant Pot - being careful to remove any stray grains from the top edge of the inner pot.
2. Add water. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [-] button to set 22 minutes of pressure cooking time.
3. When time is up, open the Instant Pot using the 10 minute Natural Pressure Release.



INSTANT TIP: Perfect Timing

Carefully follow the cooking times and opening methods indicated in the rice recipes for best results.

RE-FRIED BEANS

All the Flavor without the Frying!



By: Laura Pazzaglia

www.hippressurecooking.com

1 tbsp (15 mL) vegetable oil

1 onion, *chopped*

1 bunch of cilantro (or parsley), *stems & leaves divided & chopped*

¼ tsp (1 mL) chipotle powder

½ tsp (2 mL) cumin

2 cups (500 mL) dry borlotti (or pinto) beans, *soaked*

2 cups (500 mL) water

1 tsp (5 mL) salt

SERVES 6-8

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

1. In the pre-heated pressure cooker, on medium heat without the lid, add the oil and saute the onion, parsley stems chipotle and cumin until the onions just begin to soften.
2. Add the beans and water.
3. Close and lock the lid. Turn the heat up to high and when the cooker reaches pressure, lower to the heat to the minimum needed to maintain pressure. Cook for 7-10 minutes at high pressure.
4. Open with the Natural release method - move the pressure cooker to a cool burner and wait for the pressure to come down on its own (about 10 minutes).
5. Remove a heaping spoonful of beans (for garnish) and sprinkle the rest in the cooker with salt, and mash using a potato masher to the desired consistency.
6. Serve sprinkled with whole beans, parsley and an optional dollop of sour cream (or plain whole-milk yogurt).

INSTANT TIP: Forgot to Soak the Beans?

Get the same benefits of an overnight soak (less gas and better looking beans) by quickly pre-cooking the beans. Put rinsed dry beans in the Instant Pot®. For each cup of beans add 4 cups (1 L) of water and 1 tsp (5 mL) of salt. Pressure cook for 4 minutes and do not open the lid until the "keep warm" timer has reached 10 minutes. Strain and rinse the beans (discard the liquid). They may look a little wrinkled but can be used in recipes calling for "soaked" beans.



SICILIAN VEGETABLE MEDLEY



SERVES 2-4

PREP TIME: 45 MINUTES

COOKING TIME: 10 MINUTES

By: Laura Pazzaglia

www.hippressurecooking.com

- 1 large eggplant, cubed
- 1 tsp (5 mL) salt
- ¼ cup (50 mL) olive oil
- 1 medium pepper (red or yellow), *cut into strips*
- 2 medium zucchinis, *cut into rounds*
- 1 onion, *cut into thin wedges*
- 2 medium potatoes, *cubed*
- 10 cherry tomatoes, *halved*
- 1 tbsp (15 mL) capers, *strained & rinsed*
- 2 tbsp (30 mL) pine nuts (one for cooking, one for garnish)
- 1 tbsp (15 mL) raisins, *re-hydrated & squeezed*
- ¼ cup (50 mL) olives, *pitted*
- 1 bunch basil, chopped (half for cooking, half for garnish)
- Salt & pepper (to taste)

1. Put the eggplant in a strainer and sprinkle the cubes with salt. To get all of the bitter liquid out: add a plate on top of the cubed eggplant and some kind of weight on top of that to push it down (I use my full tea kettle) and leave them to rest for about half an hour.
2. In the meantime, wash and slice the other vegetables as indicated.
3. In the pre-heated pressure cooker, on high heat without the lid, add the olive oil and brown the vegetables, adding them in the following order, stirring them constantly with a wooden spoon.
4. First, add the eggplant and potatoes (wait 3 minutes but keep stirring), peppers and onions (wait another 3 minutes and keep stirring), Zucchini (stir for another 3). Your cooker will begin to get quite full, so stir carefully!
5. Finally, add half the chopped basil, pine nuts, raisins, olives, capers, salt and pepper to taste.
6. If you're using an electric pressure cooker, that requires more than $\frac{1}{2}$ cup of water to reach pressure, add one cup of water. Close the lid and set the valve to pressure cooking position. Electric pressure cookers and stove top pressure cookers: Cook for 4 minutes at high pressure.
7. When time is up, open the pressure cooker with the Normal release - release pressure through the valve.
8. Transfer the contents of the pressure cooker to a serving dish immediately (so the vegetables can cool) and the caponatina come to room temperature before mixing in the cherry tomatoes and dressing with a little fresh olive oil, balsamic vinegar (if needed - check to taste the acidity first - the tomatoes if not fully ripe may have contributed enough acid).
9. Sprinkle with fresh basil and pine nuts.

CLASSIC MASHED POTATOES



By: Laura Pazzaglia

www.hippressurecooking.com

6-8 medium potatoes, *any kind*

2 cups (500 mL) water

1 tsp (5 mL) coarse rock salt

1/3 cup (75 mL) full cream or milk

Salt & pepper (to taste)

SERVES 4-8

PREP TIME: 2 MINUTES

COOKING TIME: 20 MINUTES

1. Wash and scrub your potatoes well, even though you are taking the skin off, you don't want the stuff that is stuck on it to float around in your pressure cooker and cooking water - you will be using it later for the mash.
2. Place the washed potatoes inside the pressure cooker, with the largest potatoes in the bottom and the smaller on top, and add the water. Then, put the salt on top (it will melt and combine with the water during cooking). Never put salt in direct contact with a cold stainless steel pressure cooker as it may discolor the metal.
3. Close and lock the lid of the pressure cooker.
4. Cook for 18 minutes at high pressure.
5. When time is up, open the cooker by releasing the pressure through the valve- each pressure cooker does this differently so consult your manual for specific instructions!
6. Transfer potatoes to mixing bowl, reserving the cooking water, and while they are as hot as you can handle, remove the skins (or leave them on if you prefer).
7. Begin mashing with a potato masher and add two tablespoons of cooking water. Then two tablespoons of cream. Continue adding and mashing until you have reached the desired consistency - chunky is what my family likes so it only takes a couple of rounds of mashing and adding liquid for my potatoes to be finished.
8. Taste before adding additional salt as they might already be salty enough! Then, add any additional salt and pepper to taste.

INSTANT TIP: Save Time by Pressure Cooking



To make mashed potato, don't boil potatoes in water for 50 minutes leaching nutrients into the water; steam them in Instant Pot® for just 15-20 minutes.

ROAST BABY POTATOES



By: Laura Pazzaglia

www.hippressurecooking.com

5 tbsp (75 mL) vegetable oil

2 lbs (1 kg) baby or fingerling potatoes

1 sprig of rosemary

3 garlic cloves (outer skin on)

1 cup (250 mL) stock

Salt & pepper (to taste)

SERVES 4-6

PREP TIME: 1 MINUTE

COOKING TIME: 20 MINUTES

1. Press [Sauté] to pre-heat the Instant Pot. When "hot" appears on the display, add the vegetable oil.
2. Add in the potatoes, garlic, and rosemary. Roll the potatoes around, browning the outside on all sides (roughly 8-10 minutes).
3. With a sharp knife, pierce the middle of each potato (do not stir the potatoes anymore). Pour in the stock.
4. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] or [-] button to set 11 minutes of pressure cooking time.
5. When time is up, release pressure and open the Instant Pot using Quick Pressure Release.
6. Remove the outer skin of the garlic cloves and serve the garlic whole or smashed with the potatoes.
7. Sprinkle everything with salt and pepper and serve!

STEAMED CORN

By: Maomao Mom

www.maomaomom.com

6 fresh corn

1. Husk and rinse the corn.

2. Place the steam rack inside the Instant Pot®. Fill the inner pot with 2 cups (500 mL) of water. Stack corn on the steam rack. Close the lid and turn the steam release handle to the Sealing Position. Select [Steam] and adjust the [+] or [-] to set 12 minutes of cooking time. Steam corn.
3. When it is done, wait another 5 minutes. Open the pressure cooker using Natural Release (see page 7).
4. Take out the steamed corn and enjoy.

SERVES 4-6

PREP TIME: 5 MINUTES

PRESSURE COOK: 12 MINUTES



RED, WHITE & GREEN BRUSSEL SPROUTS



By: Laura Pazzaglia

www.hippressurecooking.com

1 lb (500 g) brussel sprouts

¼ cup (50 mL) pine nuts, *toasted*

1 pomegranate

Olive oil

Salt & pepper (to taste)

SERVES 4

PREP TIME: 10 MINUTES

COOKING TIME: 3 MINUTES

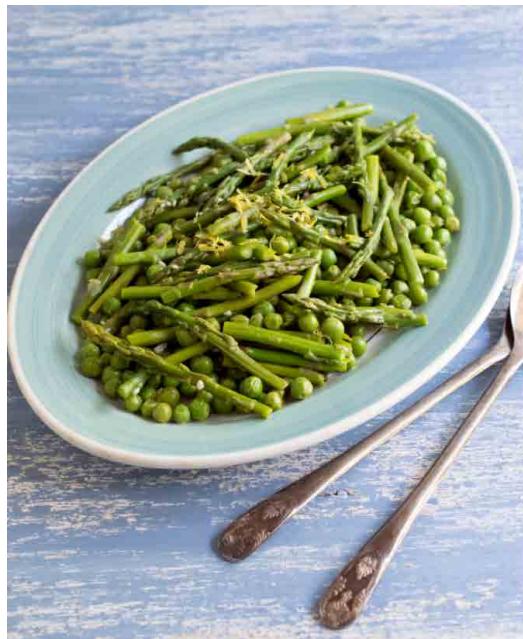
1. Remove the outer leaves and trim the stems of the washed Brussels Sprouts. Cut the largest ones in half to get them to a uniform size for even cooking.
2. Prepare the Instant Pot by pouring in one cup of water, and adding the steamer basket. Put the sprouts in the basket.
3. Close the lid and set the valve to pressure cooking position. Cook for 3 minutes on Manual at high pressure.
4. When time is up, open the Instant Pot by releasing pressure through the valve.
5. Move the sprouts to a serving dish and dress in olive oil, salt and pepper prior to sprinkling with toasted pine nuts and pomegranate seeds.
6. Serve warm or room temperature.

INSTANT TIP: How do Smart Programs work?



Instant Pot® is built with an embedded microprocessor. The microprocessor carefully runs lab-tested algorithms to control the time, cooking pressure and temperature to ensure consistent cooking results. Users can customize these settings with the operations keys to control pressure level, +/- to adjust cooking time and a cancel button, allowing one to achieve their preferred cooking results.

LEMONY ENGLISH PEAS & ASPARAGUS



By: Jill Nussinow
www.theveggiequeen.com

1-2 cloves garlic, *minced*

2 cups (500 mL) fresh or frozen English peas (unthawed)

2 cups (500 mL) asparagus, cut into 1-2" (2 ½-5 cm) pieces

½ cup (125 mL) vegetable broth

1 lemon, *zested & juiced*

2-3 tbsp (30-45 mL) pine nuts or slivered almonds, *toasted*

SERVES 4

PREP TIME: 1 MINUTE

COOKING TIME: 2 MINUTES

1. Add the garlic, peas, asparagus and broth to the Instant Pot.
2. Lock on the lid. Cook on Manual at low pressure for 2 minutes. When time is up, quick release the pressure.
3. Add the lemon zest and juice, stir.
4. Transfer to a bowl or plate. Garnish with nuts.

CHEF'S NOTE:



"I think that spring vegetables might be my favorites. After a long winter of greens, squash and some root vegetables, I find that the sweetness of spring veggies to be rejuvenating. I make use of citrus that still lingers in the marketplace. If you can't find fresh peas, use frozen peas but cook for 1 minute less." - Jill Nussinow

MOROCCAN LAMB TAJINE



SERVES 4-6

PREP TIME: 10 MINUTES

COOKING TIME: 50 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

2 ½ lbs (1.2 kg) lamb shoulder, *cut into pieces*

1 tsp (5 mL) cinnamon powder

1 tsp (5 mL) ginger powder

1 tsp (5 mL) turmeric powder

1 tsp (5 mL) cumin powder

2 garlic cloves, *crushed*

2 medium onions, *roughly sliced*

10 oz or (300 g) prunes, *soaked* (or a mix of dry apricots & raisins)

1 laurel leaf

1 cup (250 mL) vegetable stock

1 cinnamon stick

3 tbsp (45 mL) honey

1 ½ tsp (8 mL) salt

1 tsp (5 mL) pepper

3 ½ oz (100 g) almonds, *shelled, peeled, & toasted*

1 tbsp (15 mL) sesame seeds

3 tbsp (45 mL) olive oil, *divided*

1. Mix the ground cinnamon, turmeric, cumin, ginger, and garlic with 2 tbsp (30 mL) of olive oil to make a paste, cover the meat with this paste and set aside.
2. Put the dried prunes in a bowl, cover with boiling water cover and set aside.
3. In the preheated pressure cooker, with the lid off on medium heat, add a swirl of olive oil (about a tablespoon) and onions and let them cook until softened (about 3 minutes). Pour out the onions, and set aside. Add the meat, and brown on all sides (about 10 minutes). Then, de-glaze the pressure cooker with the vegetable stock, ensuring to scrape the bottom well and incorporating any brown bits into the rest of the sauce. Then, add the onions, bay leaf and cinnamon stick.
4. Close and lock the lid of the pressure cooker.
5. Cook for 30 minutes at high pressure.
6. When time is up, open the pressure cooker with the Natural release method - move the cooker off the burner and wait for the pressure to come down on its own (about 10 minutes). Disengage the "keep warm" mode or unplug the cooker and open when the pressure indicator has gone down (20 to 30 minutes).
7. In the pressure cooker, with the lid off on medium heat add the salt, rinsed and drained prunes, honey and reduce the liquid (about 5 minutes). Fish out the bay leaf and cinnamon stick.
8. Sprinkle with toasted almonds and sesame seeds and serve.

COCONUT FISH CURRY



SERVES 4

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

By: Laura Pazzaglia

www.hippressurecooking.com

500-750 g (1-1 ½ lbs) fish steaks or fillets, *rinsed and cut into bite-size pieces (fresh, frozen or thawed)*

1 chopped tomato or a heaping cup of cherry tomatoes

2 green chiles, *sliced into strips*

2 medium onions, *sliced into strips*

2 garlic cloves, *finely chopped*

1 tbsp (15 mL) freshly grated ginger, or

½ tsp (3 mL) ginger powder

6 curry leaves, bay leaves, kaffir lime leaves or basil

1 tbsp (15 mL) ground coriander

1 tsp (5 mL) ground cumin

½ tsp (3 mL) ground turmeric

1 tsp (5 mL) chili powder or 1 tsp (5 mL) of hot pepper flakes

½ tsp (3 mL) ground fenugreek

OR

3 tbsp (45 mL) of curry powder mix (instead of the 5 spices noted above)

2 cups (500 mL) un-sweetened coconut milk

Salt to taste

Lemon juice (to taste)

1. In the preheated pressure cooker on medium-low heat without the lid, add a swirl of oil and then drop in the curry leaves and lightly fry them until golden around the edges (about 1 minute).
2. Then add the onion, garlic, and ginger and saute until the onion is soft.
3. Add all of the ground spices: Coriander, Cumin, Tumeric, Chili Powder and Fenugreek and sautee them together with the onions until they have released their aroma (about 2 minutes).
4. De-glaze with the coconut milk making sure to un-stick anything from the bottom of the cooker and incorporate it into the sauce.
5. Add the Green Chiles, Tomatoes and fish pieces. Stir to coat the fish well with the mixture.
6. Close the lid and set the valve to pressure cooking position.
7. Cook for 5 minutes at LOW pressure.
8. When time is up, release pressure using the Normal method - release vapor through the valve.
9. Add salt to taste and spritz with lemon juice just before serving.
10. Serve alone, or with steamed rice.

INSTANT TIP: Coconut Chicken Curry (Variation)



Instead of white fish fillets, use 3 chicken breast fillets. Follow the rest of the procedure as written, but pressure cook for 7 minutes.

LIGURIAN LEMON CHICKEN



SERVES 6

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

By: Laura Pazzaglia

www.hippressurecooking.com

1 chicken, *cut into 8 parts or package of bone-in chicken pieces*

½ cup (125 mL) dry white wine

1 cup (250mL) stock

4 oz (115 g) black olives, *salt-cured, Taggiesche, French or Kalamata*

For Marinade:

4 lemons, *3 juiced & 1 for garnish*

2 garlic cloves

3 sprigs of fresh rosemary, *2 for chopping, 1 for garnish*

2 sprigs of fresh sage

½ bunch of parsley leaves & stems

4 tbsp (60 mL) extra virgin olive oil

Salt & pepper (to taste)

1. Prepare the marinade by finely chopping together the garlic, rosemary, sage, and parsley. Place them in a container and add the lemon juice, olive oil, salt, and pepper. Mix well and set aside.
2. Place the chicken in a deep dish and cover well with the marinade. Cover with plastic wrap and leave to marinate in the refrigerator for 2-4 hours.
3. Press Sauté function to heat the Instant Pot. When "hot" appears on the display, add a swirl of olive oil and brown the chicken pieces on all sides (about 5 minutes). When finished set aside.
4. Deglaze the inner pot with the wine until it has almost all evaporated (for about 3 minutes).
5. Add the chicken back in. Put all dark meat (wings, legs, thighs) in first at the bottom of the pot, then delicately drape the chicken breasts on top so that they do not touch the bottom of the pot.
6. Pour in the left over marinade and stock on top of everything.
7. Close and lock the lid of the Instant Pot. Press Manual and adjust the time to 12 minutes pressure cooking. When time is up, open the Instant Pot using quick pressure release.
8. Take the chicken pieces out of the pot and place covered on a serving dish.
9. Reduce the liquid in the pot by using the Sauté function. Reduce until liquid is about 1/4 of its original amount and is thick enough to pour over the chicken.
10. Serve with a sprinkle of fresh rosemary, olives and fresh lemon slices.

BEEF ROAST WITH POTATOES & CARROTS (1 POT MEAL)



By: Laura Pazzaglia

www.hippressurecooking.com

2-4 lb (1-2 kg) beef roast, *no longer than the width of the pressure cooker*

1 ½ cup (375 mL) chicken stock

1 tbsp (15 mL) olive oil

2 lb (1 kg) potatoes, *roughly cubed*

1 lb (500 g) carrots, *peeled*

1 bunch of parsley, *chopped*

1 cup (250 mL) red wine

4 tbsp (60 mL) unsalted butter

2 tbsp (30 mL) fresh thyme

4 tbsp (60 mL) pistachio, *chopped*

SERVES 6-8

PREP TIME: 10 MINUTES

COOKING TIME: 55 MINUTES

Optional Crust:

4 ounces pistachio nuts crushed,
shelled and salted

1 tablespoon black pepper

2 tablespoons fresh thyme

1. Press [Sauté] to pre-heat the cooker. When the word "Hot" appears on the display, add a swirl of olive oil and sear the roast well on all sides.
2. Deglaze the inner pot with chicken stock.
3. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] button to set 45-50 minutes of pressure cooking time (depending on the thickness).
4. When time is up, open the Instant Pot using Quick Pressure Release.
5. Add the potatoes and place the whole carrots on top - work quickly.
6. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] or [-] button to set 10 minutes of pressure cooking time.
7. When time is up, open the Instant Pot using Quick Pressure Release.
8. Remove the carrots to a serving platter and slice them. Remove the potatoes with a slotted spoon and place on the serving platter. Take out the roast, and place on a plate tented with aluminum foil to rest.
9. Filter the cooking liquid through a fine sieve and put it back in the Instant Pot. Add the wine and butter and reduce the liquid in the pressure cooker, without the lid, to about half using the [Sauté] function.
10. Slice roast and serve on platter with carrots and potatoes. Drizzle with the reduced cooking liquid and sprinkle with thyme and nuts.

STEAMED RIBS WITH GLUTINOUS RICE



SERVES 4

PREP TIME: 15 MINUTES

COOKING TIME: 55 MINUTES

By: Maomao Mom
www.maomaomom.com

26 oz (750 g) back ribs

Marinate Ingredients:

1 green onion cut into big pieces
1 small piece of fresh ginger, *sliced*
1 tbsp (15 mL) dark soy sauce
1 tbsp (15 mL) light soy sauce
¼ tsp (1 mL) chicken bouillon powder
½ tsp (3 mL) salt
1 tsp (5 mL) sugar
1 tbsp (15 mL) water
1 ½ tbsp (23 mL) corn starch

Others:

½ cup (125 mL) glutinous rice
2 cups (500 mL) water

1. One day ahead, clean the ribs and cut into pieces between the bones. Put ribs and marinade ingredients into a sealable plastic bag. Seal the bag, shake well and place in the fridge overnight.
2. On the day of making the dish, soak the glutinous rice in 2 cups of water for 8 hours. Drain the rice, coat the ribs with the soaked rice and place into a shallow heat resistant bowl.
3. In the Instant Pot, add 2 cup of water and place the steaming rack inside the pot. Place the bowl containing the rice and ribs on top of the steaming rack.
4. Close and lock the lid of the instant Pot, making sure the valve is in the sealing position. Choose the Steam function and set for 55 minutes. When time is up, open the Instant Pot using quick pressure release.
5. Take out the steamed baby ribs and rice and enjoy!

CHEF'S NOTE:



"This is a wonderful traditional Chinese dish popular in Nanjing, China. Using Instant Pot®, this dish can be cooked quickly and efficiently to achieve a rich taste and melt-in-your-mouth results." - Maomao Mom

SPICY PASTA BUTTERFLIES



SERVES 4-6

PREP TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

2 tbsp (30 mL) olive oil
2 garlic cloves, *smashed*
2 tsp (10 mL) fresh hot chili peppers,
chopped
or 1 tsp (5 mL) of hot pepper flakes
1 pinch of oregano, *dry*
16 oz (500 g) farfalle or bow-tie pasta
2 cups (500 mL) tomato puree
3 cups (750 mL) water
2 tsp (10 mL) salt

1. In the Instant Pot on the Keep Warm Setting, add two swirls of olive oil, the smashed garlic cloves, hot peppers/flakes and oregano (grinding it between your fingers as you sprinkle it in the pan).
2. Allow the ingredients to infuse into the oil at low heat until you hear the garlic cloves sizzle and turn lightly golden.
3. Pour in the pasta, the tomato puree and just enough water to cover the pasta (it's ok if a few points stick out here and there) and the salt (do not omit this). Stir everything together and flatten the pasta out in an even layer with your wooden spoon, or spatula, to make sure as many farfalle are immersed as possible.
4. Close the lid and set the valve to pressure cooking position. Cook on Manual for 6 minutes at low pressure.
5. When time is up, open the pressure cooker by quick releasing pressure through the valve.
6. Give the contents a stir and let the pasta sit for about a minute while you gather the bowls and utensils. The pasta is still cooking from the heat of the pressure cooker so don't leave it longer than that.
7. Top each bowl with a small swirl of fresh extra virgin olive oil. Enjoy!

CHEF'S NOTE:



"You can halve this recipe, but don't pressure cook less than half of this recipe, as it will not provide enough liquid for the cooker to reach and maintain pressure." - Laura Pazzaglia

ASPARAGUS SPRING RISOTTO & MAKING MICROSTOCK



By: Laura Pazzaglia
www.hippressurecooking.com

1 lb (500 g) asparagus
4 cups (1 L) water
1 tbsp (15 mL) olive oil
1 medium red onion, *chopped*
2 cups (500 mL) arborio rice
 $\frac{1}{4}$ cup (50 mL) dry white wine
2 tsp (10 mL) salt
1 lemon wedge, *squeezed*
about $\frac{1}{2}$ tsp (3 mL) of juice
1 tbsp (15 mL) extra virgin olive oil (for garnish)

SERVES 4-6

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

1. Trim the asparagus by removing the woody stems and discarding them. Then slice the stems in small rondelles. Slice away the tips whole, and put aside.
2. To the pressure cooker add the asparagus stems and water.
3. Close and lock the lid of the pressure cooker.
4. Cook for 12 minutes at high pressure.
5. When time is up, open the cooker by releasing the pressure through the valve.
6. Pour the contents of the pressure cooker (asparagus stock and stems) in a heat-safe measuring cup and measure 4 cups (1L) with a little extra (about $\frac{1}{4}$ or 60ml). This is your micro stock.
7. In the heated pressure cooker base add the onion and olive oil and swish everything around until the onions have begun to soften.
8. Add the rice and coat with the oil and onions (the rice will become slightly translucent), and then keep stirring until the kernels start drying and turning white again, about 2 minutes.
9. Splash in the wine and stir until all of the wine has evaporated.
10. Add the asparagus micro stock, asparagus tips and salt and mix everything gently scraping the base of the pressure cooker to ensure nothing is stuck there.
11. Close and lock the lid of the pressure cooker.
12. Cook for 6 minutes at high pressure.
13. When time is up, open the cooker by releasing the pressure through the valve.
14. Add a squeeze of lemon juice and mix well.
15. Serve with a swirl of your best extra-virgin olive oil.

CHICKEN & POTATO RICE



SERVES 8

PREP TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

By: Maomao Mom
www.maomaomom.com

- 2 tbsp (30 mL) olive oil
 - 1 green onion, cut in 2" (5 cm) pieces
 - 1 small piece of fresh ginger, *sliced*
 - 1 star anise
 - 1 lb (400 g) boneless & skinless chicken thighs, *cut to small pieces*
 - 2 cups (500 mL) low-sodium chicken stock or water
 - 1 ½ tbsp (23 mL) dark soy sauce
 - 1 tbsp (15 mL) light soy sauce
 - ½ tbsp (7 mL) salt
 - 1 ½ cups (325 mL) white long rice
 - 3 medium yellow potatoes, *peeled & cut in ¼" pieces*
 - 1 green onion, *finely chopped*
 - 1 tbsp (15 mL) sesame oil
- Marinade ingredients:*
- 1 tbsp (15 mL) dark soy sauce
 - 1 tbsp (15 mL) light soy sauce
 - ¼ tsp (1 mL) white pepper powder
 - 2 tbsp (30 mL) water
 - 1 tbsp (15 mL) corn starch

1. Mix chicken and all marinade ingredients the night before. Store in a container with a lid and place in the fridge overnight.
2. In a large non-stick sauté pan , heat olive oil over medium-high heat (this can also be done in the Instant Pot by using the Sauté function)
3. Add in 1 green onion, anise, ginger, and cloves and cook for a minute.
4. Add the marinated chicken meat, stir frequently for about 3 to 4 minutes until outside of chicken turns light brown, set aside.
5. Transfer all cooked chicken with liquid into the Instant Pot. Add the chicken broth, dark and light soy sauces, salt, rice, and potatoes.
6. Close the lid, make sure the valve is set to "Sealing" position. Select the "Rice" function and allow to cook for 35 minutes by adjusting the time.
7. When time is done, wait for another 10 minutes then quick release the pressure and open the lid.
8. Stir in finely chopped green onion and sesame oil. Cover the pot with the lid and let the rice sit for 5 minutes before serving. Enjoy!

STEAMED PORK RIBS WITH CRUSHED RICE



SERVES 6

PREP TIME: 30 MINUTES

COOKING TIME: 50 MINUTES

By: Maomao Mom
www.maomaomom.com

1.6 lbs (750 g) pork back ribs
½ cup (125 mL) glutinous rice
½ cup (125 mL) white rice
½ tsp (3 mL) peppercorns
1 anise
1 small piece Chinese cinnamon
2 tbsp (30 mL) water
1 tsp (5 mL) green onion, *fresh & chopped*

Marinade ingredients:

2 g fresh ginger, *shredded*
1 tbsp (15 mL) garlic, *freshly minced garlic*
1 tbsp (15 mL) dark soy sauce
1 tbsp (15 mL) light soy sauce
½ tsp (2 mL) salt
½ tsp (3 mL) sugar
2 tbsp (30 mL) water

1. Clean back ribs and cut into pieces between bones. Put ribs and marinade ingredients into a resealable bag, seal and shake well. Put in fridge for 2 hours.
2. In a small non-stick frying pan, add rice, peppercorns, anise, and Chinese cinnamon, and cook over medium heat. Stir and cook until rice is slightly golden. Set aside to cool. Discard peppercorns, anise, and Chinese cinnamon.
3. Put cooked rice in a blender and pulse a few times until it becomes cornmeal size. Coat back ribs evenly with crushed rice and place in a shallow bowl. Mix 2 tbsp (30 mL) water with the leftover marinade sauce and pour onto ribs.
4. Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl with back ribs on the steam rack. Cover the lid and turn the Steam Release Handle to the Sealing Position. Select Steam and adjust the [+] or [-] button to set 45 minutes of cooking time.
5. When it is done, wait another 5 minutes. Slowly release the pressure then open the lid.
6. Take out the steamed ribs and decorate with 1 tsp (5 mL) of chopped green onions.

EASY CHILI COLORADO SMOOTHERED BURRITOS



By: Barbara Schieving
www.pressurecookingtoday.com

3 lbs (1500 g) boneless beef rump roast,
cubed

16 oz (475 mL) enchilada sauce, *divided*

2 beef bouillon cubes or 2 tbsp (30 mL)
beef base

½ cup (125 mL) water

10 -12 burrito-size flour tortillas

2 cups (500 mL) shredded cheese

SERVES 10-12

PREP TIME: 2 MINUTES

COOKING TIME: 30 MINUTES

1. Add beef, 1 cup enchilada sauce, bouillon, and water to the cooking pot. Press [Pressure Cook] and 30 minutes pressure cooking time. When beep sounds, turn off pressure cooker and use a natural pressure release for 10 minutes and then do a Quick Release to release pressure. When valve drops, carefully remove lid.
2. Put a tortilla on a rimmed baking tray lined with aluminum foil, add approximately 1/2 cup beef to the center of the tortilla, fold in edges, and roll up into a burrito. Repeat with remaining tortillas. Top with enchilada sauce and shredded cheese. Broil until cheese is bubbly, about 2-4 minutes.

CHEF'S NOTE:



"Chili Colorado is a very popular, easy slow cooker recipe. The original recipe cooks for 7-8 hours in the slow cooker. The cook time in the pressure cooker is only 30 minutes. I used a rump roast because it's leaner than chuck roast, but you could use chuck or even stew meat if you prefer. If you have time, you could sear the beef before you cook it in the enchilada sauce. You could even cook the roast whole and cut or shred it after it's cooked, just be sure to increase the cooking time."

This recipe is an easy pressure cooker recipe, perfect for a busy night. The beef freezes well, so if I have leftovers, I like to freeze it in Ziploc bags in individual serving sizes for quick lunches too." - *Barbara Schieving*

KĀLUA PORK



By: Barbara Schieving
www.pressurecookingtoday.com

4 lb (2 kg) pork shoulder (pork butt) roast, *cut in 2 pieces*

½ cup (125 mL) water

1 tbsp (15 mL) Hickory Liquid Smoke

2 tsp (10 mL) coarse Kosher salt (or Hawaiian salt)

SERVES 12

PREP TIME: 15 MINUTES

COOKING TIME: 90 MINUTES

1. Press [Sauté] to pre-heat the cooker. When the word "Hot" appears on the display add oil to the cooking pot. Brown each half of the roast separately. Remove to a platter when browned.
2. Turn pressure cooker off and add water and liquid smoke to the cooking pot. Add browned roasts and any accumulated juices to the pot. Sprinkle the salt over the top of the pork roasts.
3. Press [Pressure Cook] and then use the [+] button to set 90 minutes of pressure cooking time. When beep sounds, use a natural release to release pressure (approximately 20 minutes). When valve drops, carefully remove lid.
4. Remove the meat from the pressure cooker and shred with two forks, discarding excess fat as you shred. Add some of the juices from the pressure cooker to moisten the meat. (I used a fat separator to remove fat from the juices.)

CHEF'S NOTE:



"The traditional Hawaiian Kālua Pork is a long process that involves wrapping a pig in banana leaves and burying it in a fire pit lined with stones where it smokes for hours until it's tender and juicy. Of course, for most of us, that's not very practical."

Pork shoulder is an inexpensive cut of meat and Kālua pork is often served at church parties and family get togethers. My family loved this pressure cooker version of Kālua pork. I hope you'll give this easy, delicious recipe a try." - Barbara Schieving

EASY OSSO BUCO



SERVES 6

PREP TIME: 10 MINUTES

COOKING TIME: 4 HOURS

By: Time Inc.
www.timeinc.com

- 1 cup (250 mL) onion, *finely chopped*
- ½ cup (125 mL) carrot, *finely chopped*
- ½ cup (125 mL) celery, *finely chopped*
- ¼ cup (50 mL) chicken broth, *fat-free & lower-sodium*
- 1 tbsp (15 mL) fresh rosemary, *chopped*
- 2 tsp (10 mL) fresh thyme, *chopped*
- 1 (14.5 oz) can whole tomatoes, *drained and chopped*
- 4 garlic cloves, *minced*
- ¾ tsp (4 mL) salt
- ½ tsp (3 mL) black pepper, *freshly ground*
- 4 tsp (20 mL) olive oil
- 6 (10 oz) veal shanks (2" or 5 cm thick)
- ¾ cup (175 mL) chardonnay or other dry white wine
- ¼ cup (50 mL) fresh parsley, *finely chopped*
- 1 tsp (5 mL) grated orange rind
- 1 small garlic clove, *minced*

1. Combine first 8 ingredients (onion through garlic), 1/4 teaspoon of the salt, and 1/4 teaspoon of the pepper in the inner pot of a 6-quart Instant Pot.
2. Heat a large nonstick skillet over medium-high heat. Add 2 teaspoons of the oil to pan; swirl to coat.
3. Sprinkle veal with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Add half of veal to pan; cook 10 minutes, browning on all sides. Place veal in cooker. Repeat procedure with remaining 2 teaspoons oil and remaining veal.
4. Add wine to pan, scraping pan to loosen browned bits. Bring to a simmer; cook until reduced to 1/2 cup (about 2 minutes).
5. Pour wine mixture over veal in cooker. Close and lock the lid of the Instant Pot. Turn the steam release handle to "Venting" position. Press [Slow Cook], and use [Adjust] to select "Less" mode. Press [-] or [+] to choose 4 hours cook time. (Cook additional time, if necessary, until veal is very tender.)
6. Remove veal from cooker; keep warm. Skim fat from surface of cooking liquid; pour cooking liquid into a medium saucepan.
7. Bring to a boil over medium-high heat; cook until reduced to 3 cups (about 13 minutes), stirring occasionally.
8. Combine parsley, orange rind, and 1 garlic clove in a small bowl.
9. Divide veal among 6 shallow bowls; top evenly with cooking liquid and parsley mixture. Enjoy!

PEANUT CHICKEN & SUGAR SNAP PEAS WITH NOODLES



By: Time Inc.
www.timeinc.com

1 ½ lb (750 g) chicken breast tenders, *cut into bite-sized pieces*

3 tbsp (45 mL) cornstarch

2 tbsp (30 mL) teriyaki sauce

2 tsp (10 mL) minced fresh garlic

¼ tsp (1 mL) crushed red pepper

1 tsp (5 mL) dark sesame oil

2 cups (500 mL) chicken broth, *fat-free & lower-sodium*

¼ cup (50 mL) peanut butter, *natural-style*

2 ½ (625 mL) cups trimmed sugar snap peas

1 cup (250 mL) matchstick-cut carrots

1 (12 oz) package spaghetti

½ cup (125 mL) scallions, *sliced*

¼ cup (50 mL) peanuts, *chopped unsalted & dry-roasted*

Lime wedges (optional)

SERVES 6

PREP TIME: 11 MINUTES

COOKING TIME: 2 HOURS

1. Combine chicken, 2 tablespoons of the cornstarch, 1 tablespoon of the teriyaki sauce, 1 teaspoon of the garlic, and red pepper in a bowl; toss well.
2. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken mixture to pan; cook 6 minutes, browning on all sides. Stir in ½ cup of the broth, scraping pan to loosen browned bits. Transfer chicken mixture to the inner pot of a 6-quart Instant Pot.
3. Combine remaining 1 ½ cups broth, peanut butter, remaining 1 tablespoon cornstarch, remaining 1 tablespoon teriyaki sauce, and remaining 1 teaspoon garlic in a bowl; pour over chicken mixture.
4. Close and lock the lid of the Instant Pot. Turn the steam release handle to “Venting” position. Press [Slow Cook], and use [Adjust] to select “More” mode. Press [-] or [+] to choose 1 hour 30 minutes cook time.
5. When time is up, open the lid and stir in peas and carrots. Repeat slow cook procedure, choosing 30 minutes cook time. When time is up, peas should be crisp-tender.
6. While peas and carrots cook, cook pasta according to package directions, omitting salt and fat; drain. Add cooked spaghetti to chicken mixture in cooker; toss well.
7. Sprinkle with scallions and peanuts; serve with lime wedges, if desired. Enjoy!

CHOCOLATE, ORANGE & OLIVE OIL MINI LAVA CAKE



By: Laura Pazzaglia
www.hippressurecooking.com

4 tbsp (60 mL) all purpose flour
¼ tsp (1 mL) seasoning (orange zest)
4 tbsp (60 mL) sugar
1 pinch of salt
1 tbsp (15 mL) of bitter cocoa powder
½ tsp (3 mL) baking powder
1 medium egg
4 tbsp (60 mL) of milk
2 tbsp (30 mL) extra virgin olive oil

SERVES 1 LAVA CAKE

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

1. Set-up the pressure cooker by filling it with one cup of water, and the steamer basket (or steamer basket and trivet) and set aside.
2. Prepare the cup by spreading a coat of olive oil on inside up to the top edge and set aside.
3. In a measuring cup, add the flour, orange zest (or preferred seasoning), sugar, salt cocoa and baking powders and mix with a fork. Then, add the egg, milk, olive oil and mix vigorously until you have a homogeneous mini-cake batter. Pour into mug. (all separate steps on other site)
4. Place the uncovered cup into the pressure cooker. If you are making more than one cup, arrange them so that they are all straight and not touching the inside of the pressure cooker.
5. Close and lock the pressure cooker lid and turn the heat to high. When the pan reaches pressure, turn the heat to low and count 10-15 minutes cooking time under high pressure (cook less for a gooey center with cakey top, more for a solid cake consistency).
6. When time is up, release pressure.
7. Open the top and with an oven-glove covered hand remove from the pot and serve on a saucer with a teaspoon immediately for the gooey center -- it will keep cooking so if you let it rest the interior will solidify.

INSTANT TIP: Use Instant Pot® Accessories & Inner Pots



Accessories and parts not branded (or recommended) by Instant Pot® may cause the pressure cooker to malfunction.

Visit our store to purchase the latest Instant Pot® accessories:
<https://store.instantpot.com/>

PIÑA COLADA RICE PUDDING



By: Barbara Schieving

www.pressurecookingtoday.com

1 cup (250 mL) Arborio rice

1 ½ cups (375 mL) water

1 tbsp (15 mL) coconut oil

¼ tsp (1 mL) salt

1 (14 oz) can coconut milk

½ cup (125 mL) sugar

2 eggs

½ cup (125 mL) milk

½ tsp (3 mL) vanilla extract

1 (8 oz) can pineapple crushed, well drained & halved

SERVES 8

PREP TIME: 10 MINUTES

COOKING TIME: 13 MINUTES

1. In the Instant Pot, combine rice, water, oil, and salt. Lock the lid in place and select High Pressure and 3 minutes cook time.
2. When beep sounds turn off pressure cooker and use a natural pressure release for 10 minutes. After 10 minutes, release any remaining pressure with a quick pressure release.
3. Add coconut milk and sugar to rice in pressure cooking pot; stir to combine.
4. In a small mixing bowl, whisk eggs with milk and vanilla. Pour through a fine mesh strainer into pressure cooking pot.
5. Select sauté and cook, stirring constantly, until mixture just starts to boil. Turn off pressure cooker. Stir in pineapple tidbits.
6. Pour into serving dishes and chill. Pudding will thicken as it cools.
7. Served topped with whipped cream, toasted coconut, and a maraschino cherry if desired. Enjoy!

INSTANT TIP: Only Use Arborio Rice



Arborio rice maintains a great firmness and creaminess when making rice pudding. For optimal results, do not substitute with white rice.

CRÈME BRÛLÉE



By: Laura Pazzaglia
www.hippressurecooking.com

2 cups (500 mL) fresh cream
6 egg yolks
5 tbsp (75 mL) white sugar
1 cinnamon stick or 1 tps (5 mL) cinnamon powder
1 orange, zested (or lemon, mandarin, or a little bt of each)
For Garnish:
Few shavings of nutmeg
4 tbsp (60 mL) raw (demarara) sugar for caramelizing

SERVES 6-10
PREP TIME: 35 MINUTES
COOKING TIME: 6-14 MINUTES

This recipe is for 6 ramekins, or for fun you can use espresso cups – this recipe will fill 10.

1. Begin by heating up the cream, citrus zest and cinnamon stick on low heat in the small saucepan and stirring occasionally. When the cream begins to boil (foam) turn off the heat and let the ingredients infuse (about 30 minutes).
2. In the meantime, prepare your pressure cooker by adding two cups of water, and steamer basket. Set aside.
3. In a mixing bowl, add the egg yolks and sugar, whisk until the sugar is dissolved.
4. Then, when the cream has cooled to room temperature (it should feel neither hot nor cold when you stick your finger in it) add the yolks and stir with your whisk just enough to get everything mixed together well (do not whip).
5. Next, pour the mixture slowly through a strainer into a spouted container (if you have one, it will make pouring the mixture into the cups or ramekins easy).
6. Pour the mixture into ramekins, cover tightly with foil and arrange in the steamer basket so that all are sitting straight (otherwise you will get a crooked diagonal crema).
7. If you still have some vertical space and extra cups, you can stack the additional cups on top in a second layer.
8. Close and lock the pressure cooker. Turn the heat up to high and calculate 8 minutes cooking time for ramekins and only 5 minutes cooking time for espresso cups at LOW pressure (the time will vary according to the size and material of the ramekin used).
9. When time is up, open the pressure cooker using the Natural Release method - move the cooker to cold burner and don't do anything. Wait for the pressure to come down naturally (about 10 minutes). For electric pressure cookers, cancel or unplug the cooker to disengage the "keep warm" cycle and count 10 minutes of time and then release the rest of the pressure using the valve.

CRÈME BRÛLÉE

(continued)

By: Laura Pazzaglia
www.hippressurecooking.com



10. Open the pressure cooker and carefully lift out the custards. Open the first and jiggle it a bit. It should be nearly solid, but not liquid (this means they have set)- they will solidify further when chilled. If they are still very liquid, pressure cook for an additional 5 minutes with the same opening procedure noted above.
11. Remove the custards and leave to cool uncovered for about 30-45 minutes.
12. Once the custards are cooled, cover them in plastic wrap and place them in the refrigerator to chill for 3-4 hours or overnight.
13. Before serving, remove the custards from the refrigerator, grate a little nutmeg and sprinkle the top of the custard with a thin, even layer of sugar.
14. Then, either melt the sugar with a culinary torch or slide them under the broiler in your oven to melt and caramelize the sugar.
15. Yields 10 Espresso cups, 6 Ramekins or 4-6 cazuelas (depending on their size).

RASPBERRY CHEESECAKE



SERVES 8

PREP TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

By: Barbara Schieving

www.pressurecookingtoday.com

1 cup (250 mL) crushed Oreo cookie crumbs
(12 Oreos)

2 tbsp (30 mL) butter, melted

Filling:

16 oz cream cheese (room temperature)

¼ cup (50 mL) sugar

½ cup (125 mL) seedless raspberry jam

¼ cup (50 mL) sour cream

1 tbsp (15 mL) all-purpose flour

2 eggs (room temperature)

Topping:

3/4 cup (6 oz.) milk chocolate, *finely chopped*

⅓ cup (75 mL) heavy cream

Fresh raspberries, *for decoration*

1. Prepare a 7 inch springform pan by coating it with a non-stick spray. Line with parchment paper if desired.
2. In a small bowl, combine the Oreo cookie crumbs and butter. Spread evenly in the bottom and 1 inch up the side of the pan. Place in the freezer for 10 minutes.
3. In a mixing bowl mix cream cheese and sugar at medium speed until smooth. Blend in jam, sour cream, and flour.
4. Mix in eggs one at a time just until blended; don't over mix. Pour batter into the springform pan on top of the crust.
5. Pour 1 cup of water into the pressure cooking pot, and place the trivet in the bottom. Carefully center the filled pan on a foil sling and lower it into the pressure cooking pot. Fold the foil sling down so that it doesn't interfere with closing the lid.
6. Lock the lid in place. Select High Pressure and set the timer for 25 minutes. When beep sounds, turn off pressure cooker. use a natural pressure release for 10 minutes, and then do a quick pressure release to release any remaining pressure. When valve drops carefully remove lid.
7. Remove cheesecake and check the cheesecake to see if the middle is set. If not, cook the cheesecake an additional 5 minutes. Use the corner of a paper towel to soak up any water on top of the cheesecake.
8. Remove the springform pan to a wire rack to cool. When cheesecake is cooled, refrigerate covered with plastic wrap for at least 4 hours or overnight.
9. When cheesecake is chilled, prepare topping.

RASPBERRY CHEESECAKE

(continued)



By: Barbara Schieving
www.pressurecookingtoday.com

Prepare the Topping

1. Place half of the chocolate in a mixing bowl. Heat heavy cream on medium high heat until it comes to a boil. Remove from heat and immediately pour cream over chocolate and stir until chocolate is completely melted.
2. Add remaining chocolate and stir until chocolate is completely melted. Cool until ganache is thickened but still thin enough to drip down the sides of the cheesecake.
3. Spoon chocolate ganache on top of the cheesecake, spreading to edges and letting the ganache drip down the sides. Decorate top with raspberries. Refrigerate until ready to serve.

RED WINE STEWED PEARS



By: Laura Pazzaglia

www.hippressurecooking.com

6 firm pears, *peeled*

1 bottle of red wine - a dry, tarty, tannic red wine (like Sangiovese or Barbaresco)

1 bay laurel leaf

4 cloves (the spice)

1 stick or 1 tsp (5 mL) of cinnamon

1 tsp (5 mL) of ginger, or 1 piece of fresh ginger

2 cups (500 mL) sugar

1 bunch of herbs for decoration, *sage, mint, oregano or basil (optional)*

SERVES 6 PEARS

PREP TIME: 5 MINUTES

COOKING TIME: 9 MINUTES

1. Peel the pears but leave the stems attached. Pour the bottle of wine in the pressure cooker.
2. Add the bay leaf, cloves, cinnamon, ginger and sugar. Mix well to dissolve.
3. Add the pears to the pressure cooker and close and lock the lid.
4. Turn the heat on to high and when the pan reaches pressure, lower the heat to the minimum and start counting 5-7 minutes cooking time at high pressure.
5. When time is up, open the pressure cooker with the Natural release method - move the cooker off the burner and wait for the pressure to come down on its own (about 10 minutes). When cooking time is up count 10 minutes of natural open time. Then, release the rest of the pressure slowly using the valve.
6. Pull out the pears carefully using tongs or two spoons.
7. Set the pears aside and put the pressure cooker back on the heat, without the lid, to reduce the cooking liquid to a third of the original amount.
8. Drizzle syrup on pears, decorate with herbs and serve either room temperature or chilled.
9. If made ahead-of time, refrigerate pears in the cooking liquid syrup.



INSTANT TIP: Steaming Fruit

When steaming fruit, use at least 2 cups (500 mL) of water and a free-standing vegetable steamer, wire mesh basket or a stainless steel bowl on a steam rack.

Use **Quick Release** (see page 7) to stop cooking.

LIMONCELLO RICOTTA CHEESECAKE-IN-A-JAR

By: Laura Pazzaglia
www.hippressurecooking.com



SERVES 4

PREP TIME: 15 MINUTES

COOKING TIME: 15-20 MINUTES

4 oz (125 g) biscotti
2 tbsp (30 mL) unsalted butter (half melted & half softened)
2 tbsp (30 mL) lemon zest, *grated*
6 oz (170 g) ricotta, drained (room temperature)
8 oz (225 g) cream cheese (room temperature)
½ cup (75 mL) sugar
¼ cup (50 mL) limoncello liqueur (or lemon juice)
1 tbsp (15 mL) vanilla extract (or 1 envelope of vanillin)
2 large eggs, beaten (room temperature)
1 hazelnut chocolate bar, for garnish

1. Begin your recipe about an hour before you think you mean to by pulling the eggs, ricotta, cream cheese out of the refrigerator to get them to room temperature.
2. Prepare the pressure cooker by adding two cups of water, and the steamer basket insert set aside.
3. Then, grab a square of softened butter and rub it around the bottom and edges of your jar(s) or heatproof dish, set aside.
4. In a small pan melt the butter. In the food chopper, pulverize the biscotti, pour in the melted butter and blend again one last time to incorporate.
5. Press the crumbs with the back of your fingers or a spoon to the bottom of the jar, pan or form into a layer no thicker than $\frac{1}{4}$ " inch or $\frac{1}{2}$ cm.
6. Place the jar in the refrigerator to solidify the crust while you move on to the next steps.
7. In a mixing bowl with a hand blender, or with a fork stirring vigorously, break-up and mix the ricotta. Add the cream cheese and sugar. A little at a time, add the limoncello, vanilla, and lemon zest. When everything is mixed together, add the beaten eggs. The result will be the consistency of a very runny pancake batter.
8. Take the jar out of the refrigerator, and delicately pour the cheese mixture over the crust in- a soup ladle a soup ladle will reduce spillage.
9. Cover the jar tightly with tin foil and lower it into the pressure cooker.
10. Close and lock the lid of the pressure cooker. Turn the heat up to high and when the cooker reaches pressure, lower to the heat to the minimum required by the cooker to maintain pressure. Cook for 15-20 minutes at high pressure.



Usage Glossary

Here are some terms that might help you navigate through our contributors' recipes using your Instant Pot® pressure cooker.

1 Selecting High or Low Pressure

- Choose the [Manual] or [Pressure Cook] Smart Program and then use the [+] or [-] keys to set the pressure cooking time.
- Choose Low or High pressure by pressing the [Pressure Level] field to toggle between Low or High.
- For the Instant Pot® Max, this step is completed by touching the [Pressure] key and toggling between Low / High / Max.

2 Cooking "without the lid"

- Indicates that cooking will be done on the [Sauté] or [Sauté/Brown] Smart Programs.

3 Selecting the heat temperature when cooking "without the lid"

- Choose the [Sauté] or [Sauté/Brown] Smart Programs and toggle between the cooking temperatures options Less / Normal / More.
- For the Instant Pot® Max, this step is completed by touching the "Temperature" field and toggling between Low / High / Custom.

4 Cooking using the [Manual] or [Pressure Cook] Smart Program

- If the requested venting method is Natural Release, position the steam release handle or quick release button to "Sealing".
- For the Instant Pot® Max, this step is automated when selecting the venting method.

5 Releasing the Pressure

- Unless otherwise specified in the recipe, use the Quick Release venting method in recipes that direct to "open the cooker by releasing the pressure".
- When Normal Release is specified in recipes, use the Natural Release venting method.
- When directed in a recipe to release pressure by "opening the valve", use the Quick Release venting method.

Other Interesting Terms

Bunch - a grouping of herbs (approx. 55g)

Sprig - the stem of an herb bearing leaves or flowers (approx. 3-4 inches long)

Deglaze - after sautéing and removing food from the pressure cooker, pour liquid into the inner pot and gently scrape up food bits. This liquid will be the base of a sauce or gravy.

Note: "Lower the flame" while pressure cooking

Because the Instant Pot® is self-regulating, please disregard this step and simply set the time indicated in the recipe.

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