

Instant Pot®

Recipe Booklet

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Time Inc.



4th Edition





**Cook healthy
food fast.**

The recipes included within this booklet have been developed to the product specifications of the Instant Pot® 6 & 8 Quart format.

www.InstantPot.com

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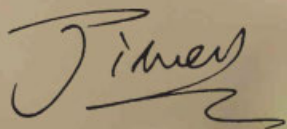
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Welcome to the World of Instant Pot®

"Thank you for purchasing Instant Pot®! My vision for our products is to provide our consumers with versatile tools covering most regular needs of cooking. These state of the art cooking appliances are designed to save you time in cooking, replace several appliances in your kitchen and produce the tastiest, most nutritional food possible, in a safe, convenient and dependable way.

We have partnered with the top chefs, authors and bloggers to compile a collection of recipes that we hope you enjoy.
As always, happy pressure cooking!"



Robert J. Wang
Founder, CEO



Cooking with Pressure

FAST

The contents of the pressure cooker cooks at a higher temperature than what can be achieved by a conventional boil — more heat means more speed. Pressure cooking is about twice as fast as conventional cooking (sometimes, faster!)



Add ingredients & liquid to Instant Pot®

HEALTHY

Pressure cooking is one of the healthiest cooking methods. According to a study published in the Journal of Food Science, pressure cooking preserves 90-95% of vitamins. The extra speed and heat of pressure cooking practically flash-cooks vegetables, allowing them to retain more vitamins than boiling, (which only retains 40-75%), or even conventional steaming (75-90%!).



Select a cooking program

GREEN

Pressure cookers require less energy/electricity to operate during the cooking process. Less heat and time translates to up to 70% energy savings in comparison to conventional cooking.



Continue your daily life until it beeps

EASY

Pressure cooking isn't complicated at all. Simply push a button to reach pressure and then easily release it. It's really as easy as 1, 2, 3, and 4!



Release pressure & serve!

CLEAN

No more spill-overs in the oven or splatters on your stove-top. Pressure cooking contains all of the splatters that you would ordinarily experience when conventionally boiling food.

SAFE

Modern pressure cookers have additional safety systems to ensure that if one should fail, another will kick-in.

Have a question about Instant Pot®?

Visit us at:

www.InstantPot.com

Have a question about pressure cooking?

Have a look at:

www.hippressurecooking.com



BARBARA SCHIEVING

www.pressurecookingtoday.com

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



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.



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.



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.



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.



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.



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GINGER & BUTTERNUT SQUASH SOUP



By: Laura Pazzaglia
www.hippressurecooking.com

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

1 sprig sage

1 large onion, *chopped*

1" (2 ½ cm) fresh ginger

¼ tsp (1 mL) nutmeg

4 cups (1 L) vegetable stock

Olive oil

Salt & pepper (to taste)

½ cup (125 mL) toasted pumpkin or squash seeds, *for garnish*

SERVES 4-6

PREP TIME: 15 MINUTES

PRESSURE COOK: 10 MINUTES

1. Select **[Sauté]** to pre-heat the pressure cooker. When the word "Hot" appears on the display, add the onions, sage, salt, and pepper. Sauté until the onions are soft.
2. Scoot onions aside and add a handful of squash cubes to cover the bottom.
3. Let brown for about 5 minutes stirring infrequently. Next, add the rest of the squash, ginger, nutmeg, and stock.
4. Close and lock the lid of the Instant Pot®.
5. Select **[Pressure Cook]** or **[Manual]** and then use the **[+]** or **[-]** buttons to set 10 minutes of pressure cooking time.
6. When time is up, open the lid using **Quick Release** (see below).
7. Remove the woody sage stem.
8. With an immersion blender, purée the contents of the pressure cooker.
9. Garnish with a few toasted pumpkin seeds.



INSTANT TIP: 3 Ways to Release the Pressure

QUICK RELEASE: Release pressure instantly, by pressing **[Cancel]** and then turning 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.

NEW ENGLAND CLAM CHOWDER



SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 5 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

300 g (11 oz) strained frozen or canned clams
2 cups (500 mL) clam juice (or liquid from packaged clams plus water)
1 cup (250 mL) smoked bacon, *cured & cubed*
1 onion, *finely chopped*
½ cup (125 mL) white wine
2 medium potatoes, *cubed*
1 bay leaf
1 sprig thyme
1 pinch cayenne pepper (or red pepper flakes)
1 cup (250 mL) milk
1 cup (250 mL) cream
1 tbsp (30 mL) butter
1 tbsp (15 mL) flour

1. In the cold Instant Pot®, with the lid off, add the bacon. Select **[Sauté]** and then switch to 'Less' mode or 'Low' temperature.
2. When the bacon releases its fat and it begins to sizzle, add the onion, salt, and pepper.
3. Raise the heat by selecting **[Cancel]** and then **[Sauté]** on 'High' mode or 'High' temperature.
4. When the onions have softened, add the wine and scrape all of the brown delicious bits off the bottom of the inner pot to incorporate into your sauce. Let the wine evaporate almost completely and then add the diced potatoes, clam juice (if you do not have 2 cups (500 mL) of juice, compensate the rest with water), bay leaf, thyme, and cayenne pepper.
5. Close and lock the lid of the Instant Pot®. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 5 minutes of pressure cooking time.
6. When time is up, use **Quick Release** (see page 7). Once pressure has released, open the lid.
7. While 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 blended thoroughly.
8. To the uncovered pressure cooker, add the roux, milk, cream, and strained clams. Select **[Sauté]** and simmer all of the ingredients in the inner pot for about 5 minutes or until thickened to the desired consistency.
9. Serve garnished with soup crackers or inside a bread bowl.

MINI-MEATBALL BROTH



SERVES 4-6
PREP TIME: 25 MINUTES
PRESSURE COOK: 15 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*
- ½ tsp (3 mL) salt
- ¼ tsp (1 mL) pepper

Vegetable Stock:

- 6 cups (1.5 L) water
- 1 celery stalk, *halved*
- 2 medium potatoes, *whole*
- 2 carrots, *peeled*
- 1 onion, *halved*
- 3 tomatoes, *halved*
- 2 tsp (10 mL) salt
- 2 tbs (30 mL) olive oil
- 2 tbs (30 mL) balsamic vinegar
- 8 oz (225 g) pastina

1. In a large mixing bowl, mix the veal, cheese, breadcrumbs, egg, salt, and pepper. 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. Meanwhile, make the vegetable stock by adding all of the vegetables, water and salt into the cooker.
2. Close and lock the lid. Set the valve to pressure cooking position. Select **[Pressure Cook]** or **[Manual]** and cook for 10 minutes at **[High]** pressure. When time is up, open the pressure cooker by using **Quick Release** (see page 7).
3. Lift out the veggies and gently add the miniature meat balls into the still hot vegetable broth.
4. Close and lock the lid. Set the steam release handle to 'Sealing' position. Select **[Pressure Cook]** or **[Manual]** and cook for 5 minutes on **[High]**. When time is up, open the pressure cooker by using **Quick Release** (see page 7).
5. Keep the contents to a boil by selecting **[Sauté]** and add the pastina. Boil the pastina in the meatball broth for the time indicated on the package (minus 1 minute) - the pastina will keep cooking while you serve the dish. When the pastina is 1 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 (1½ L) vegetable broth

1 large bay leaf

2 tsp (10 mL) dried oregano leaves or

2 tbsp (30 mL) fresh

½–2 tsp (3–10 mL) salt, *to taste*

Soy yogurt or sour cream

Cilantro, *chopped for garnish*

SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 5 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. Close and lock the lid in place. Select **[Soup / Broth]** and cook for 7 minutes. When the 7 minutes is up, let the pressure come down naturally (**Natural Release** — see page 7).
4. 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.



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 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 10 MINUTES

By: Chef AJ
www.eatunprocessed.com

1 lb (500 g) red lentils
7 cups (1 L, 750 mL) 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, (approximately 2 large)
3 oz of pitted dates (approximately 12 Deglet Noor or 6 Medjool)
8 cloves of garlic, *finely minced*
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) salt-free 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 (**Natural Release** or **Quick Release** see page 7). Serve over a baked potato and sprinkle with some faux parmesan.



CHEF'S NOTE: Faux Parmesan Recipe

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

½ cup (125 mL) natural 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 4-6

PREP TIME: 15 MINUTES

PRESSURE COOK: 8 MINUTES

1. Add the soaked beans, water, garlic, 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** (see page 7).
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.

CAULIFLOWER & CITRUS SALAD



SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 7 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

- 1 small cauliflower, *cut into florets*
- 1 small romanesco cauliflower, *florets divided*
- 1 lb (500 g) broccoli florets
- 1 cup (250 mL) water
- 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. Add the cauliflower and broccoli florets to the Instant Pot®.
2. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 7 minutes of pressure cooking time.
3. In the meantime, make the vinaigrette by combining the anchovies, hot pepper, capers, olive oil, salt, and pepper. When time is up, open the lid using **Quick Release** (see page 7).
4. Strain out the vegetables and mix with the vinaigrette and orange slices.

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



SERVES 8
PREP TIME: 10 MINUTES
PRESSURE COOK: 2 MINUTES

By: Jill Nussinow
www.theveggiequeen.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 tbsp (15 mL) salt
- 1 tbsp (15 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*
- 4 tbsp (60 mL) cilantro leaves, *finely chopped*

Cilantro lime rice

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

Cilantro Lime Dressing:

- ½ cup (125 mL) mayonnaise
- ½ cup (125 mL) buttermilk
- ½ cup (75 mL) jarred 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. Prepare Cilantro Lime Dressing: In a blender, combine mayonnaise, buttermilk, salsa, cilantro, lime juice, garlic clove, garlic powder, onion powder, salt, pepper, and red pepper flakes. Pulse until well combined. Refrigerate for several hours or overnight.
2. Select **[Sauté]** and when hot, add oil and onion to Instant Pot®. Sauté onion for 3 minutes. Add chicken and sauté for 2 minutes. Add tomatoes, salt, cumin, and black pepper. Lock the lid in place. Select **[High Pressure]** and set 2 minutes cooking time.
3. When timer beeps, use a **Quick Release** (see page 7) to release the pressure. Remove the lid. Select **[Sauté]** and cook stirring frequently, until liquid has cooked off. Stir in black beans and cilantro.
4. Serve over lettuce topped with chicken, cilantro lime rice, cheese, avocado, crushed tortilla chips, and cilantro lime dressing.

1-MINUTE QUINOA



By: Laura Pazzaglia
www.hippressurecooking.com

1 cup (250 mL) quinoa (any color), *rinsed well*

1 pinch of salt

1 ½ cups (375 mL) of water

1 lime, *zested & squeezed*

Seasonal vegetables

SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 7 MINUTES

1. Rinse quinoa well under water until it runs clear (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.
2. In the Instant Pot®, add the quinoa, lime zest, salt, and water.
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then use the **[+]** or **[-]** buttons to set 1 minute of pressure cooking time.
4. When the time is up, open the pressure cooker using **10 Minute Natural Release** (see page 7).
5. Mix with lime juice, seasoning, and with any additional salt to taste.
6. Serve at room temperature or chilled with seasonal vegetables.

INSTANT TIP: Measure the Grains



To keep your pressure cooked grains from getting mushy, pay very close attention to the liquid to grain ratios in the recipe – they should be measured exactly!

This can also be done without a measuring cup – just be sure to use the same glass or container to measure both the grain and the liquid.

PORCINI MUSHROOM PÂTÉ SPREAD



SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 12 MINUTES

By: Laura Pazzaglia
www.hippresurecooking.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) white 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) olive oil

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

1. In a 1 cup (250 mL) heat-proof measuring cup add dry porcini up to the $\frac{3}{4}$ mark. Then, pour the boiling water into the inner pot. Cover tightly and set aside.
2. Select **[Sauté]** to pre-heat the Instant Pot®. When the word “Hot” appears on the display add the butter and olive oil. Then, sauté the shallot until it begins to soften.
3. Add the fresh mushrooms and sauté until at least one side is golden brown.
4. Pour in the wine and let it evaporate completely. Then, add the porcini mushrooms and their soaking liquid, salt, pepper, and bay leaf.
5. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then use the **[+]** or **[-]** button to choose 12 minutes of pressure cooking time.
6. When time is up, open the pressure cooker using **Quick Release** (see page 7).
7. Remove and discard the bay leaf. Add the olive oil and purée the contents using an immersion blender.
8. Spread blend onto crackers or toast and serve.

PERFECT BASMATI RICE

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

1. Rinse the rice in a fine-mesh strainer and soak covered in fresh water for 15 minutes.
2. Strain the rice and add to the Instant Pot® – be careful to remove any stray grains from the top edge of the inner pot. Add water.
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 4 minutes of pressure cooking time.
4. When time is up, open the lid using the **10-Minute Natural Release** (see page 7).

PERFECT JASMINE RICE

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

1. Rinse the rice in a fine-mesh strainer and soak covered in fresh water for 15 minutes.
2. Strain the rice and add to the Instant Pot® – be careful to remove any stray grains from the top edge of the inner pot. Add water.
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 4 minutes of pressure cooking time.
4. When time is up, open the lid using the **10-Minute Natural Release** (see page 7).



PERFECT BROWN RICE

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

1. Rinse the rice in a fine-mesh strainer and soak covered in fresh water for 15 minutes.
2. Strain the rice and add to the Instant Pot® – be careful to remove any stray grains from the top edge of the inner pot. Add water.
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 4 minutes of pressure cooking time.
4. When time is up, open the lid using the **10-Minute Natural Release** (see page 7).



INSTANT TIP: Perfect Timing

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

NOT RE-FRIED BEANS



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, pinto or kidney beans, *soaked*
- 2 cups (500 mL) water
- 1 tsp (5 mL) salt

SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 10 MINUTES

1. Select **[Sauté]** to pre-heat the Instant Pot®. When the word “Hot” appears on the display add the oil and sauté the onion, cilantro stems, chipotle, and cumin until the onions begin to soften. Add the beans and water.
2. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then use the **[+]** or **[-]** button to set 10 minutes of pressure cooking time.
3. When time is up, open the lid using **Natural Release** (see page 7).
4. Remove a heaping spoonful of beans (for garnish) and sprinkle the rest in the pressure cooker with salt. Mash using a potato masher to the desired consistency.
5. Serve sprinkled with whole beans, parsley, and a dollop of sour cream (optional).

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 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 5 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 sprinkling at the end)
- 1 tbsp (15 mL) raisins, *re-hydrated & squeezed*
- ¼ cup (50 mL) olives, *pitted*
- 1 bunch basil, chopped (half for cooking, half for sprinkling at the end)
- Salt & pepper (to taste)

1. Put the eggplant in a strainer and sprinkle the cubes with salt. Leave to purge in the sink for 30 minutes. Close and lock the lid of the Instant Pot®.
2. In the pre-heated pressure cooker, select **[Sauté]** on high heat without the lid, add the olive oil and brown the vegetables. First add the eggplant and potatoes (wait 3 minutes but keep stirring). Add the peppers and onions (wait another 3 minutes and keep stirring). Finally, add the zucchinis (stir for another 3 minutes).
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and adjust the **[+]** or **[-]** button to set 6 minutes of pressure cooking time.
4. When time is up, open the lid using **Quick Release** (see page 7).
5. Transfer the contents of the pressure cooker to a serving dish (to stop the vegetables from cooking).
6. Serve at room temperature with a sprinkle of fresh basil and pine nuts.

CLASSIC MASHED POTATOES



By: Laura Pazzaglia
www.hippressurecooking.com

5-8 medium potatoes
2 cups (500 mL) water
1 tsp (5 mL) salt
½ cup (125 mL) cream
Salt & pepper (to taste)

SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 10 MINUTES

1. Place the washed potatoes in the Instant Pot®. Pour in the water and sprinkle with salt.
2. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** buttons to set 20 minutes of pressure cooking time.
3. When time is up, open the pressure cooker using **Quick Release** (see page 7).
4. Transfer potatoes to mixing bowl, reserving the cooking water. Remove the skins while they are still hot.
5. Add 2 tbsp (30 mL) of the cooking liquid and 2 tbsp (30 mL) of cream and begin mashing with a potato masher. Continue adding small quantities of the cooking liquid and cream until the desired consistency is reached.
6. Add 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.hipppressurecooking.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: 15 MINUTES
PRESSURE COOK: 11 MINUTES

1. Select **[Sauté]** to pre-heat the Instant Pot®. When the words “Hot” appear on the display, add the vegetable oil. Then add the potatoes, garlic, and rosemary. Roll the potatoes around and brown the outside on all sides (8-10 minutes). Then, with a sharp knife, pierce in the middle of each potato (do not stir the potatoes, anymore).
2. Pour in the stock. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** buttons to set 11 minutes of pressure cooking time. When time is up, open the pressure cooker using **Quick Release** (see page 7).
3. Remove the outer skin of the garlic cloves (serve garlic whole or smashed, to taste). Sprinkle with salt and pepper.

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: 15 MINUTES
PRESSURE COOK: 11 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
1 tbsp (15 mL) extra virgin olive oil
½ tsp (3 mL) salt
1 grate of pepper

SERVES 4
PREP TIME: 15 MINUTES
PRESSURE COOK: 20 MINUTES

1. Remove the outer leaves and trim the stems of the washed brussel 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 1 cup (250 mL) of water, and adding the steamer basket. Put the sprouts in the basket.
3. Close and lock the lid. Turn the steam release handle to Sealing Position. Select **[Pressure Cook]** or **[Manual]** and adjust the **[+]** or **[-]** buttons to set 3 minutes of pressure cooking time.
4. When time is up, open the pressure cooker using **Quick Release** (page 6).
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: 25 MINUTES
PRESSURE COOK: 3 MINUTES

1. Add the garlic, peas, asparagus and broth to the Instant Pot®.
2. Close and lock on the lid. Select **[Pressure]** or **[Manual]** and set **[Low]**. Adjust the **[+]** or **[-]** buttons to set 2 minutes of pressure cooking time.
3. When time is up, **Quick Release** the pressure (see page 7). 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: 20 MINUTES
PRESSURE COOK: 35 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

1 ½ lbs (750 g) 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 onions, *roughly sliced*
10 oz or (300 g) prunes, *soaked* (or a mix of dry apricots & raisins)
1 bay leaf
1 cup (250 mL) vegetable stock
1 cinnamon stick
3 tbsp (45 mL) honey
Salt & pepper (to taste)
3 ½ oz (100 g) almonds, *shelled, peeled, & toasted*
Sesame seeds
2 tsp (10 mL) olive oil

1. Mix the ground cinnamon, turmeric, cumin, ginger, and garlic with 2 tsp (10 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. Select **[Sauté]** to pre-heat the Instant Pot®. When the word "Hot" appears on the display add 2 swirls of olive oil and onions and let them cook until softened (for about 3 minutes). Remove the onions and set aside. Add the meat and brown on all sides (for about 10 minutes). Then, de-glaze the inner pot 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. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 35 minutes of pressure cooking time.
5. When time is up, open the pressure cooker using **Natural Release** (see page 7).
6. Add rinsed and drained prunes and honey. Reduce the liquid by selecting **[Sauté]** and simmering everything together (for about 5 minutes) on low heat. Fish out the bay leaf and cinnamon stick.
7. Sprinkle with toasted almonds and sesame seeds and serve.

COCONUT FISH CURRY



SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 5 MINUTES

By: Laura Pazzaglia
www.hippressurecooking.com

750 g (1 ½ lbs) white fish fillets, rinsed & cut into bite-size pieces (fresh, frozen or thawed)

1 heaping cup (250 mL) cherry tomatoes

2 green chiles, *sliced into strips*

2 medium onions, *sliced into strips*

1-2 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

2 tsp (10 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 (about 1 small can)

2 tsp (30 mL) salt (to taste)

1 tbsp (15 mL) olive oil

Lemon juice (to taste)

1. Select **[Sauté]** to pre-heat the Instant Pot®. When the word “Hot” appears on the display add a swirl of oil and then drop in the curry leaves and lightly fry them until golden around the edges (about 1 minute). Then add the onion, garlic, and ginger and sauté until the onion is soft. Add all of the ground spices: coriander, cumin, turmeric, chili powder and fenugreek and sauté them together with the onions until they have released their aroma (for about 1 more minute).
2. Deglaze the inner pot with the coconut milk making sure to lift anything from the bottom and incorporate it in the sauce. Add the green chiles, tomatoes, and fish pieces. Stir to coat the fish well with the mixture.
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 3 minutes of pressure cooking time.
4. When time is up, open the pressure cooker using **Quick Release** (see page 7). Add salt to taste and spritz of lemon juice just before serving.



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 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 55 MINUTES

By: Laura Pazzaglia
www.hippresurecooking.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 (or water)

4 oz (115 g) black gourmet salt-cured olives (Taggiasche, 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. Select **[Sauté]** to pre-heat the Instant Pot®. When the word “Hot” appears on the display add a swirl of olive oil and brown the chicken pieces on all sides for about 5 minutes and set aside.
4. Deglaze the inner pot with the wine until it has almost all evaporated (for about 3 minutes).
5. Add the chicken pieces back in - this time being careful with the order. Put all dark-meat (wings, legs, thighs) first, and then delicately drape the chicken breasts on top so that they do not touch the bottom of the pressure cooker. Pour the marinade left in the dish and stock on top.
6. Close and lock the lid of the Instant Pot®. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 12 minutes of pressure cooking time.
7. When time is up, open the pressure cooker using **Quick Release** (see page 7).
8. Take the chicken pieces out of inner pot and place covered on a serving dish. Reduce the liquid in the inner pot (by selecting **[Sauté]**) to ¼ of its amount or until it becomes thick. Pour over chicken.
9. To serve, sprinkle with 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) thick 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 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 55 MINUTES

1. Select **[Sauté]** to pre-heat the Instant Pot®. 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. Select **[Pressure Cook]** or **[Manual]** and then use the **[+]** or **[-]** button to set 45-50 minutes pressure cooking time (depending on the thickness).
4. When the time is up, open the pressure cooker using **Quick Release** (see page 7).
5. Add the potatoes and place the whole carrots on top - work quickly.
6. Close and lock the lid of the Instant Pot®. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 10 minutes of pressure cooking time.
7. When the time is up, open the pressure cooker using **Quick Release** (see page 7).
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 by pressing **[Sauté]**.
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



By: Maomao Mom
www.maomamom.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) kikkoman light soy sauce
- ¼ tsp (1 mL) chicken bouillon powder
- ½ tsp (3 mL) salt
- 1 tsp (5 mL) white 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

SERVES 4
PREP TIME: 15 MINUTES
PRESSURE COOK: 20 MINUTES

1. One day ahead, clean the ribs and cut into pieces between bones. Put ribs and marinate ingredients into a Zip-Lock bag, seal it, shake well and place in a fridge over night.
2. On the day of making this dish, in the morning soak glutinous rice in 2 cups (500 mL) of water for 8 hours. Drain the rice, coat the baby ribs with soaked rice and place into a shallow heat-resistant bowl.
3. In your Instant Pot®, add 2 cups (500 mL) of water and place steaming rack inside the inner pot. Place the bowl containing rice and baby ribs on top of the steaming rack. Place the lid on and make sure your steam release handle is in the Sealing Position. Select **[Steam]** and set for 55 minutes.
4. When it's done, wait for 10 minutes and then release the pressure and open the lid. Take out the steamed baby ribs with glutinous 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



By: Laura Pazzaglia
www.hippressurecooking.com

1 tbsp (15 mL) olive oil
2 garlic cloves, *smashed*
2 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 tbsp (15 mL) extra virgin olive oil

SERVES 4-6
PREP TIME: 25 MINUTES
PRESSURE COOK: 6 MINUTES

1. In the cold (not-pre-heated) Instant Pot®, on low heat [**Keep Warm**] setting (without the lid), 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). Allow the ingredients to infuse into the oil at low heat until you hear the garlic cloves sizzle and turn lightly golden.
2. Pour in the pasta, the tomato puree, and just enough water to cover the farfalle pasta. It's ok if a few points stick out here and there. Add the salt (do not omit this step since you would ordinarily add salt to the pasta cooking water). Stir everything together and flatten the pasta out in an even layer with your wooden spoon or spatula, to make sure as many farfalle or pasta are immersed as possible.
3. Close and lock the lid. Set the steam release handle to the Sealing Position. Select [**Pressure**] or [**Manual**] at [**Low**] pressure and adjust the [**+**] and [**-**] buttons to set for 6 minutes of cook time. When time is up, open the pressure cooker by using **Natural Release** (see page 7).
4. 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.
5. Top each bowl with a small swirl of fresh extra virgin olive oil.

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

SPRING ASPARAGUS RISOTTO & MICROSTOCK



By: Laura Pazzaglia
www.hippresurecooking.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
¼ cup (50 mL) dry white wine
2 tsp (10 mL) salt
1 lemon wedge, *squeezed*
about ½ tsp (3 mL) of juice
1 tbsp (15 mL) extra virgin olive oil
(garnish)

SERVES 4-6
PREP TIME: 25 MINUTES
PRESSURE COOK: 20 MINUTES

1. Trim the asparagus by removing the woody stems - wash them well and set aside. Slice the rest of the tender stems in rondels, setting aside the tips. To the Instant Pot® add the woody stems and water.
2. Close and lock the lid. Set the steam release handle to the Sealing Position. Select **[Pressure Cook]** or **[Manual]** and cook for 12 minutes at **[High]** pressure. When time is up, open the pressure cooker by using **Natural Release** (see page 7).
3. Lift out the woody stems and discard. Pour the cooking liquid into a heat-safe measuring cup and measure 4 cups (1 L) with a little extra (about ¼ cup or 50 mL). This is your microstock.
4. In the heated pressure cooker base, add the onion and olive oil and swish everything around until the onions have begun to soften. 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. Splash in the wine and stir until all of the wine has evaporated. Add the asparagus microstock, asparagus rondels and tips and salt. Mix everything gently scraping the base of the inner pot, to ensure the contents don't stick to the bottom.
5. Close and lock the lid. Set the steam release handle to the Sealing Position. Select **[Pressure]** or **[Manual]** and cook for 6 minutes on **[High]** pressure. When time is up, open the pressure cooker by using **Natural Release** (see page 7).
6. Add a squeeze of lemon juice and mix well. Serve with a swirl of your best extra virgin olive oil.

CHICKEN & POTATO RICE



By: Maomao Mom
www.maomamom.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*
½ tbsp (7 mL) dark soy sauce
1 tbsp (15 mL) Kikkoman 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

SERVES 8
PREP TIME: 15 MINUTES
PRESSURE COOK: 40 MINUTES

Marinade ingredients:

1 tbsp (15 mL) dark soy sauce
1 tbsp (15 mL) Kikkoman light soy sauce
¼ tsp (1 mL) white pepper powder
2 tbsp (30 mL) water
1 tbsp (15 mL) corn starch
2 cups (500 mL) low-sodium chicken stock or water

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. Add green onion, ginger, and star anise and cook for 1 minute. Then add marinated chicken meat, stir frequently for about 3 - 4 minutes or until outside turns light brown, set aside.
3. Take out your Instant Pot®, transfer all cooked chicken with liquid into the inner pot. Add chicken stock (or water), soy sauce, salt, rice, potatoes, onion, and sesame oil. Cover the lid, ensure the Steam Release Handle is in the Sealing Position. Select **[Rice]**.
4. When it is done after 35 minutes, wait for another 10 minutes then use the **Quick Release** (see page 7) and open the lid. Stir in finely chopped green onion and sesame oil. Cover with the lid and let the rice sit for 5 minutes before serving.

STEAMED PORK RIBS WITH CRUSHED RICE



By: Maomao Mom
www.maomaomom.com

1.6 lbs (725 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 tsp (5 mL) garlic, *freshly minced garlic*
1 tsp (5 mL) dark soy sauce
1 tsp (5 mL) Kikkoman light soy sauce
⅓ tsp (2 mL) salt
½ tsp (3 mL) sugar
2 tsp (10 mL) water

SERVES 6
PREP TIME: 30 MINUTES
PRESSURE COOK: 45 MINUTES

1. Clean back ribs and cut into pieces between bones. Put ribs and marinade ingredients into a Ziploc 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. Use **Natural Release** method (see page 7) then open the lid.
6. Take out the steamed ribs and decorate with 1 tsp (5 mL) of chopped green onions.

EASY CHILI COLORADO SMOTHERED 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 tsp (10 mL)
beef base

½ cup (125 mL) water

10 -12 burrito-size flour tortillas

2 cups (500 mL) shredded cheese

SERVES 10
PREP TIME: 20 MINUTES
PRESSURE COOK: 5 MINUTES

1. Add beef, 1 cup (250 mL) enchilada sauce, bouillon, and water to the Instant Pot®.
2. Select **[Pressure Cook]** or **[Manual]** and set 30 minutes of cooking time. When beep sounds, turn off pressure cooker and use a **10 Minute Natural Release** (see page 7).
3. Put the tortilla on a rimmed baking tray lined with aluminum foil.
4. Add approximately ½ cup (125 mL) beef to the center of the tortilla, fold in edges, and roll up into a burrito. Repeat with remaining tortillas.
5. Top with enchilada sauce and shredded cheese. Broil until cheese is bubbling (approx. 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 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 90 MINUTES

1. Select [**Sauté**] to pre-heat the pressure 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. Select [**Pressure Cook**] or [**Manual**] and then adjust the [**+**] or [**-**] buttons to set 90 minutes of pressure cooking time. When beep sounds, use a **Natural Release** (page 7) to release pressure (approximately 20 minutes). When float 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
SLOW COOK: 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 (through garlic), ¼ tsp (1 mL) of the salt, and ¼ tsp (1 mL) of the pepper in the inner pot of Instant Pot®.
2. Heat a large nonstick skillet over medium-high heat. Add 2 tsp (10 mL) of the oil to pan; swirl to coat. Sprinkle veal with remaining ½ tsp (3 mL) salt and remaining ¼ tsp (1 mL) pepper. Add half of veal to pan; cook 10 minutes, browning on all sides. Place veal in cooker. Repeat procedure with remaining 2 tsp (10 mL) oil and remaining veal. Add wine to pan, scraping pan to loosen browned bits. Bring to a simmer; cook until reduced to ½ cup (125 mL) for about 2 minutes. Pour wine mixture over veal in cooker. Close and lock the lid. Turn the steam release handle to "Venting" position. Select **[Slow Cook]**, and use **[Adjust]** to select "Less" mode. Adjust **[-]** or **[+]** to choose 4 hours cook time. (Cook additional time, if necessary, until veal is very tender).
3. Remove veal from cooker; keep warm. Skim fat from surface of cooking liquid; pour cooking liquid into a medium saucepan. Bring to a boil over medium-high heat; cook until reduced to 3 cups (750 mL) for about 13 minutes, stirring occasionally.
4. Combine parsley, orange rind, and 1 garlic clove in a small bowl. Divide veal among 6 shallow bowls; top evenly with cooking liquid and parsley mixture.

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
SLOW COOK: 2 HOURS

1. Combine chicken, 2 tbsp (30 mL) of the cornstarch, 1 tsp (5 mL) of the teriyaki sauce, 1 tsp (5 mL) of the garlic, and red pepper in a bowl; toss well. 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 (125 mL) of the broth, scraping pan to loosen browned bits. Transfer chicken mixture to the inner pot.
2. Combine remaining 1 ½ cups (375 mL) broth, peanut butter, remaining 1 tbsp (15 mL) cornstarch, remaining 1 tbsp (15 mL) teriyaki sauce, and remaining 1 tsp (5 mL) garlic in a bowl; pour over chicken mixture.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Venting” position. Select **[Slow Cook]**, and use **[Adjust]** to select “More” mode. Press **[-]** or **[+]** to choose 1 hour 30 minutes cook time. Stir in peas and carrots; repeat slow cook procedure, choosing 30 minutes cook time. When time is up, peas should be crisp-tender.
4. 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. Sprinkle with scallions and peanuts; serve with lime wedges, if desired.

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
PREP TIME: 20 MINUTES
PRESSURE COOK: 10 MINUTES

1. Set-up the Instant Pot® by filling it with 2 cups (500 mL) of water, and the steamer rack (or steamer basket and trivet) and set aside. Prepare the cup by spreading a coat of olive oil on the inside up to the top edge and set aside.
2. 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, and olive oil, and mix vigorously until you have a homogeneous mini-cake batter.
3. Pour into mug. Place the uncovered cup into the pressure cooker.
4. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] or [Manual] and then adjust the [+] or [-] button to set 10 minutes of pressure cooking time.
5. When time is up, **Quick Release** (see page 7) pressure. Carefully lift the cup out of the pressure cooker (using tongs) and serve on a saucer with a teaspoon immediately, or the gooey center will keep cooking (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 tbs (30 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 tidbits, well drained & halved

SERVES 8

PREP TIME: 10 MINUTES

PRESSURE COOK: 3 MINUTES

1. In the inner pot of the Instant Pot®, combine rice, water, oil, and salt. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** on **[High]** and then adjust the **[+]** or **[-]** to set 3 minutes of cooking time.
2. When beep sounds, turn off pressure cooker and use **10 Minute Natural Release** (see page 7).
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.



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 tbsp (15 mL) vanilla extract
4 tbsp (60 mL) raw (demarara) sugar for
caramelizing

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

SERVES 6-10
PREP TIME: 20 MINUTES
PRESSURE COOK: 6-9 MINUTES

1. Prepare the Instant Pot® by adding 2 cups (500 mL) of water, and trivet (or steamer basket).
2. In a mixing bowl, add the egg yolks and sugar, whisk until the sugar is dissolved. Then, add the cream and vanilla and whisk just enough to get everything mixed together well (do not whip). Next, pour the mixture slowly through a strainer into a spouted container (it will make pouring the mixture into the cups or ramekins easy).
3. Pour the mixture into ramekins, cover tightly with foil and arrange on steamer rack so that all are sitting straight.
4. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** buttons to set 9 minutes of pressure cooking time for ramekins and just 6 minutes for espresso cups.
5. When time is up, open the pressure cooker using the **Natural Release** (see page 7).
6. 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.
7. Remove the custards and leave to cool uncovered for about 30-45 minutes. Once the custards are cooled, cover them in plastic wrap and place them in the refrigerator to chill for 3-4 hours or overnight.
8. Before serving, remove the custards from the refrigerator, sprinkle the top with a thin, even layer of raw sugar. Then, either melt the sugar with a culinary torch or slide them under the broiler in your oven to melt and caramelize the sugar.

RASPBERRY CHEESECAKE



SERVES 8
PREP TIME: 20 MINUTES
PRESSURE COOK: 25 MINUTES

By: Barbara Schieving
www.pressurecookingtoday.com

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

2 tbs (30 mL) butter, melted

Filling:

16 oz cream cheese (room temperature)

$\frac{1}{4}$ cup (50 mL) sugar

$\frac{1}{2}$ cup (125 mL) seedless raspberry jam

$\frac{1}{4}$ cup (50 mL) sour cream

1 tbs (15 mL) all-purpose flour

2 eggs (room temperature)

Topping:

6 oz. milk chocolate, *finely chopped*

$\frac{1}{2}$ cup (75 mL) heavy cream

Fresh raspberries, *for decoration*

1. Prepare a 7 inch spring-form pan by coating it with a non-stick spray. Line with parchment paper if desired. 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.
2. In a mixing bowl mix cream cheese and sugar at medium speed until smooth. Blend in jam, sour cream, and flour. Mix in eggs one at a time just until blended; don't over mix. Pour batter into the spring-form pan on top of the crust.
3. Pour 1 cup (250 mL) of water into the stainless steel inner pot, and place the trivet in the bottom. Carefully center the filled pan on a foil sling and lower it into the inner pot. Fold the foil sling down so that it doesn't interfere with closing the lid.
4. Lock the lid in place. Select **[Pressure Cook]** or **[Manual]** on **[High]** and then adjust the **[+]** or **[-]** buttons to set for 25 minutes of cooking time. When beep sounds, turn off Instant Pot® use **Natural Release** (see page 7) for 10 minutes, and then do a **Quick Release** to release any remaining pressure. When valve drops carefully remove lid. Remove cheesecake and check the to see if the middle has 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
5. Remove the spring-form pan to a wire rack to cool. When cheesecake is cooled, refrigerate covered with plastic wrap for at least 4 hours or overnight.
6. When cheesecake has chilled, prepare topping. 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. 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.
7. 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 POACHED 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
1 bunch of herbs for decoration, *sage, mint, oregano or basil* (optional)

SERVES 4-6
PREP TIME: 15 MINUTES
PRESSURE COOK: 11 MINUTES

1. Peel the pears but leave the stems attached. Pour the bottle of wine into the Instant Pot®. Add the bay, cloves, cinnamon, ginger, and sugar. Mix well to dissolve. Add the pears to the pressure cooker.
2. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 9 minutes of pressure cooking time .
3. When the time is up, open the pressure cooker using **Quick Release** (see page 7).
4. Pull out the pears carefully using tongs, pulling them from their stems. Set the pears aside and select **[Sauté]**, without the top, to reduce the cooking liquid to about half.
5. Filter and then drizzle spiced wine syrup on pears. Decorate with herbs and serve room temperature or chilled.



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.hippresurecooking.com



SERVES 1
PREP TIME: 20 MINUTES
PRESSURE COOK: 10 MINUTES

4 oz (115 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)
⅓ 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, and cream cheese out of the refrigerator to bring them to room temperature. Prepare the Instant Pot® by adding 2 cups (500 mL) of water and the steam rack, and set aside.
2. Grab a square of softened butter and rub it around the bottom and edges of your jar(s) or heatproof dish. Set aside. In a small pan melt the butter. In the food chopper, crush the biscotti, pour in the melted butter and blend again one last time to incorporate. 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 ¼" or ½ cm. Place the jars in the refrigerator to solidify the crust while you move on to the next steps.
3. 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. Take the jars out of the refrigerator, and delicately pour the cheese mixture over the crust in- a soup ladle a soup ladle will reduce spillage. Cover the jar tightly with tin foil and lower it into the pressure cooker.
4. Close the lid and set the Steam Release Handle to Sealing Position. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 15-20 minutes of pressure cooking time (depending upon size of jar). When time is up, open the pressure cooker with the **10 Minute Natural Release** (see page 7). When cooking time is up count 10 minutes of natural open time. Then, release the rest of the pressure using **Quick Release** (see page 7).
5. Delicately remove the jars and place on a cooling rack, trivet, or other raised platform that will allow the air to circulate around the jar. Remove the tinfoil and let it cool this way for about an hour. Then, close the jar and place in the fridge and let it chill thoroughly for at least 4 hours before serving. Attack a chocolate bar with the vegetable peeler to make hazelnut chocolate "splinters" to garnish the cakes before serving.

STUFFED PEACHES



By: Laura Pazzaglia
www.hippressurecooking.com

2 cups (500 mL) water
8 amaretto or gingersnap cookies, *crumbled*
2 tbsp (30 mL) almonds, *chopped*
2 tbsp (30 mL) butter
1 tsp (5 mL) lemon zest
3 firm peaches, *halved & pitted*
Vanilla ice cream

SERVES 6
PREP TIME: 10 MINUTES
PRESSURE COOK: 4 MINUTES

1. Prepare the Instant Pot® by adding 2 cups (500 mL) of water and the steam rack.
2. Combine the cookie crumbs, almonds, and lemon zest. Stuff the peaches and place on the steam rack (each peach with a pat of butter).
3. Close and lock the lid. Select **[Pressure Cook]** or **[Manual]** and then adjust the **[+]** or **[-]** button to set 4 minutes of pressure cooking time.
4. When time is up, open the pressure cooker using **Quick Release** (see page 7).
5. Serve warm with a scoop of vanilla ice cream.

INSTANT TIP: Steam Cleaning Sealing Rings

The Instant Pot® sealing ring is made from silicone rubber, which is more durable than natural rubber base products. Silicone may pick up food scents during cooking.



To remove the smell, you can “steam clean” your Instant Pot® by adding 2 cups (500 mL) of water or white wine and some cut-up lemon rind, and running the **[Steam]** program for 2 minutes with the sealing ring in place. Then allow the sealing ring to air dry.

Alternatively, you may remove the sealing ring, and clean the ring within your dishwasher. High temperature and strong detergent will remove most smells.

VANILLA YOGURT



By: Maomao Mom
www.maomaomom.com

4 cups (1 L) 2% milk

½ cup (125 mL) vanilla yogurt

1 tbs (15 mL) sugar

SERVES 6
PREP TIME: 10 MINUTES
KEEP WARM: 15 MINUTES

1. Bring milk to boil in a medium size non-stick pot on high heat (cool to near room temperature). Then add yogurt and sugar and stir to mix. Divide the mixture into 4 cups (1 L).
2. Take out your Instant Pot®, add 4 cups (1 L) of water to the inner pot. Close the lid and select **[Keep Warm]** for 15 minutes and then unplug. Let the pressure cooker (with lid on) stand for 10 hours.
3. Open the cover and take out yogurt, cover with plastic wrap and chill a few hours before serving.

INSTANT TIP: Making Yogurt is Easy & Fun!



Try experimenting with various toppings on your yogurt —honey, maple syrup, cinnamon, crushed nuts, homemade jam, chopped fruit, berries, raisins, or chocolate hazelnut spread. The possibilities are endless, use your imagination!

To make Greek yogurt, simply strain plain yogurt in the refrigerator for approximately 4-6 hours, depending on the desired thickness. The temperature is critical when making yogurt. If the milk is too hot, it will destroy the culture; too cold, the culture won't grow properly.

Before making yogurt, ensure you have a good thermometer to check the temperature of the milk before adding the yogurt culture. It's important that the yogurt culture is at room temperature to more easily blend with the milk.



Cooking Time Tables

As with conventional cooking, cooking with the Instant Pot® is full of personal choices, creativity, a lot of science, and little experimentation. No two people have exactly the same tastes, preferences of tenderness and texture of food. The purpose of the Cooking Time Tables is to provide you with a reference, however you are encouraged to experiment and find the time settings that best suit your personal preferences.

There are other factors that may affect the cooking time. Different cuts of meat and diverse types of rice, for example, may require different cooking times to yield the same tenderness or texture.

When cooking frozen food, there is no need to defrost the food in the microwave first. However, frozen food will prolong the pre-heating time and cooking time by a few minutes, depending on the amount of food.

The timing indicated within the Cooking Time Tables are based on the cooking pressure within the range of 10.15~11.6 psi.

SEAFOOD & FISH

The cooking time for seafood is typically short. The best result is achieved with the original juice being retained in the food. Steaming is the ideal cooking method, however stewing the food will also produce great results.

When steaming seafood, you will need at least one 1 cup (250 mL) of water, and an ovenproof or steel bowl on a trivet. When seafood or fish are over-cooked, their texture becomes tough. Unless that's the intended result, you should control the cooking time precisely. Normally, you'll need to use the steam release handle to release the pressure and stop cooking as soon as the programmed cooking period is over. An alternative is to take the natural cooling time (7 – 10 minutes) into consideration.

Seafood & Fish	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Crab, whole	2 – 3	4 – 5
Fish, whole	4 – 5	5 – 7
Fish, fillet	2 – 3	3 – 4
Fish, steak	3 – 4	4 – 6
Lobster	3 – 4	4 – 6
Mussels	2 – 3	N/A
Seafood soup or stock	7 – 8	8 – 9
Shrimp or Prawn	1 – 3	2 – 4

RICE & GRAINS

If you would like to cook some specialty rice or grains, please use the following grain : water ratio.

The provided **Rice Measuring Cup (180 mL)** can be used to measure the required grain to water ratios. One cup of grain yields about one adult serving.



Rice & Grains	Water Quantity Ratio (grain : water)	Cooking Time (minutes)
Barley, pearl	1 : 2 ½	20 – 22
Barley, pot	1 : 3 ~ 1 : 4	25 – 30
Congee, thick	1 : 4 ~ 1 : 5	15 – 20
Congee, thin	1 : 6 ~ 1 : 7	15 – 20
Couscous	1 : 2	2 – 3
Corn, dried / halved	1 : 3	5 – 6
Kamut, whole	1 : 2	10 – 12
Millet	1 : 1 ¾	10 – 12
Oats, quick cooking	1 : 1 ½	2 – 3
Oats, steel-cut	2 : 2 ½	3 – 5
Porridge, thin	1 : 2	10 – 15
Quinoa, quick cooking	1 : 1 ¼	1
Rice, Basmati	1 : 1	4
Rice, Brown	1 : 1	22 – 25
Rice, Jasmine	1 : 1	4
Rice, white	1 : 1	4
Rice, wild	1 : 1	20 – 25
Sorghum	1 : 3	20 – 25
Spelt berries (<i>unsoaked</i>)	1 : 1 ½	25 – 30
Wheat berries (<i>unsoaked</i>)	1 : 3	20 – 25



INSTANT TIP: Use the Smart Programs

Instant Pot®'s built-in **[Rice]** and **[Multigrain]** Smart Programs provide the optimal method of cooking rice and grains.

DRIED BEANS, LEGUMES, & LENTILS

There are a few things to be aware of when cooking dried beans and legumes:

- Dried beans double in volume and weight after soaking or cooking. To avoid overflow, please do not fill the inner pot more than half capacity to allow for expansion.
- When cooking dried beans, use enough liquid to cover the beans.

Beans and legumes are less likely to be over-cooked, but if they are undercooked the texture is typically unpleasant. Please consider the cooking time as the minimal time.

Dried Beans, Legumes, & Lentils	DRY Cooking Time (minutes)	SOAKED Cooking Time (minutes)
Adzuki / Azuki / Aduki	16 – 20	4 – 6
Anasazi	20 – 25	5 – 7
Black beans	20 – 25	6 – 8
Black-eyed peas	10 – 15	4 – 5
Chickpeas (chickpeas, garbanzo bean, or kabuli)	35 – 40	10 – 15
Cannellini beans	30 – 35	8 – 10
Great Northern beans	25 – 30	8 – 10
Kidney beans, red	25 – 30	8 – 10
Kidney beans, white / Cannellini	30 – 35	8 – 10
Lentils, green	10 – 12	N/A
Lentils, brown	10 – 12	N/A
Lentils, red, split	5 – 6	N/A
Lentils, yellow, split (moong dal)	18 – 20	N/A
Lima beans	12 – 14	8 – 10
Navy beans	20 – 25	7 – 8
Pinto beans	25 – 30	8 – 10
Peas	6 – 10	N/A
Scarlet runner	20 – 25	8 – 10
Soy beans	35 – 45	18 – 20



INSTANT TIP: Save Time, Soak the Beans

Although not strictly necessary, soaking the dried beans can speed up cooking significantly. Immerse the beans in 4 times their volume of water for 4-6 hours.

MEAT (POULTRY, BEEF, PORK, & LAMB)

There are a few things to be aware of when cooking meat:

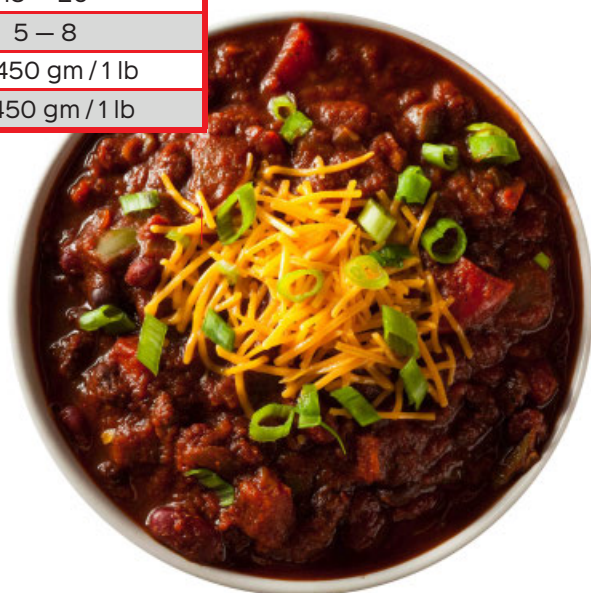
- Raw meat is perishable and should not be left at room temperature for more than 2 hours (or 1 hour if room temperature is above 32°C / 90°F). When using the [Delay Start] program, do not set time for more than 1-2 hours. We recommend to pre-cook the meat and select the automatic [Keep Warm] or [Warm] program to maintain the food at serving temperature.
- Do not try to thicken the sauce before cooking. Corn starch, flour or arrow-root may deposit on the bottom of the inner pot and block heat dissipation. As a result, the pressure cooker may overheat.

You may want to brown the meat by selecting the [Sauté] program to seal the juices before pressure cooking.

Meat	DRY Cooking Time (minutes)
Beef, stew meat	20 / 450 gm / 1 lb
Beef, meat ball	8-10 / 450 gm / 1 lb
Beef, dressed	20 / 450 gm / 1 lb
Beef (pot roast, steak, rump, round, chuck, blade or brisket (small chunks)	15 / 450 gm / 1 lb
Beef (pot roast, steak, rump, round, chuck, blade or brisket (large chunks)	20 / 450 gm / 1 lb
Beef, ribs	20 – 25
Beef, shanks	25 – 30
Beef, oxtail	40 – 50
Chicken, breasts (boneless)	6 – 8
Chicken, whole 2-2.5 Kg	8 / 450 gm / 1 lb
Chicken, cut with bones	10 – 15
Chicken, bones for stock	40 – 45
Duck, portions with bones	12 – 15
Duck, whole	10 / 450 gm / 1 lb



Meat	Cooking Time (minutes)
Ham, slices	9 – 12
Ham, picnic shoulder	8 / 450 gm / 1 lb
Lamb, cubes	10 – 15
Lamb, stew meat	12 – 15
Lamb, leg	15 / 450 gm / 1 lb
Pheasant	8 / 450 gm / 1 lb
Pork, loin roast	20 / 450 gm / 1 lb
Pork, butt roast	15 / 450 gm / 1 lb
Pork, ribs	15 – 20
Turkey, breast (boneless)	7 – 9
Turkey, breast (whole)	20 – 25
Turkey, drumsticks (leg)	15 – 20
Veal, chops	5 – 8
Veal, roast	12 / 450 gm / 1 lb
Quail, whole	8 / 450 gm / 1 lb



INSTANT TIP: Seasoning Beef— Try These On Your Next Meal

Beef: (approximately 500 g or 1 lb)

- 50 g (2 oz) butter, 2 cloves crushed garlic, 2 sprigs fresh thyme
- 50 g (2 oz) butter, 2 cloves crushed garlic, 2 sprigs fresh parsley
- 50 g (2 oz) butter, 2 tbsp (30 mL) fresh chives, 1 tbsp (15 mL) grainy mustard
- 1 tbsp (15 mL) olive oil, 2 sprigs fresh thyme, 50 g (2 oz) cooked bacon



VEGETABLES



When steaming vegetables, you will need 1 cup (250 mL) of water and an ovenproof or steel bowl on a trivet.

Due to short pressure keeping period, leaving the pressure cooker naturally cooling down without using the steam release will add some extra cooking time to the food. (Natural Release – see page 7).

Vegetables	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Artichoke, whole & trimmed	9 – 11	11 – 13
Artichoke, hearts	4 – 5	5 – 6
Asparagus, whole or cut	1 – 2	2 – 3
Beans, green, yellow or wax, whole, trim ends and strings	1 – 2	2 – 3
Beetroot, small / whole	11 – 13	13 – 15
Beetroot, large / whole	20 – 25	25 – 30
Broccoli, florets	1 – 2	2 – 3
Broccoli, stalks	3 – 4	4 – 5
Brussel sprouts, whole	2 – 3	3 – 4
Cabbage, red, purple or green, shredded	2 – 3	3 – 4
Cabbage, red, purple or green, wedges	3 – 4	4 – 5
Carrots, sliced or shredded	2 – 3	3 – 4
Carrots, whole or chunked	6 – 8	7 – 9
Cauliflower florets	2 – 3	3 – 4
Celery, chunks	2 – 3	3 – 4
Coliard Greens	4 – 5	5 – 6

INSTANT TIP: Steaming Vegetables Preserves Vitamins & Minerals



When cooking vegetables, fresh or frozen, it's recommended to use steaming to preserve vitamins and minerals to the maximum. Steaming also retains the natural look of the vegetable, adding aesthetic value to your dish.

Vegetables	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Corn (kernels)	1 – 2	2 – 3
Corn (on the cob)	3 – 5	4 – 6
Eggplant (slices or chunks)	3 – 4	3 – 4
Endive	1 – 2	2 – 3
Escarole (chopped)	2 – 3	3 – 4
Green beans (whole)	2 – 3	3 – 4
Greens (chopped)	2 – 3	4 – 7
Leeks	2 – 3	3 – 4
Mixed vegetables	3 – 4	4 – 6
Okra	2 – 3	3 – 4
Onions (sliced)	2 – 3	3 – 4
Parsnips (chunks)	3 – 4	4 – 5
Peas (in the pod)	1 – 2	2 – 3
Peas (green)	1 – 2	2 – 3
Potatoes (cubed)	3 – 4	4 – 5
Baby potatoes (whole)	8 – 10	12 – 14
Large potatoes (whole)	12 – 15	15 – 19
Pumpkin (small pieces)	2 – 3	4 – 5
Pumpkin (larges pieces)	8 – 10	10 – 14
Rutabaga (slices)	3 – 4	4 – 5
Rutabaga (chunks)	4 – 6	6 – 8
Spinach	1 – 2	3 – 4
Acorn squash (slices)	6 – 7	8 – 10
Butternut squash (slices)	4 – 6	6 – 8
Sweet Potato (cubes)	3 – 4	4 – 5
Sweet Potato Large (whole)	12 – 15	17 – 19
Sweet Potato Small (whole)	8 – 10	12 – 14
Sweet Pepper (slices or chunks)	1 – 3	2 – 4
Tomatoes (quarters)	2 – 3	4 – 5

FRUITS

When steaming fruit, you will need 1 cup (250 mL) of water and an ovenproof or steel bowl on a trivet.

Often times, fruit dish recipes have precise requirements of the fruits' texture. Instead of leaving the pressure cooker naturally cooling down, you'll need to open the pressure cooker using the **Quick Release** — to release the pressure and stop cooking (see page 7).



Fruits	FRESH Cooking Time (minutes)	FROZEN Cooking Time (minutes)
Apples (slices or pieces)	1 – 2	2 – 3
Apples (whole)	3 – 4	4 – 6
Apricots	2 – 3	3 – 4
Peaches	2 – 3	4 – 5
Pears (whole)	3 – 4	4 – 6
Pears (slices or halves)	2 – 3	4 – 5
Plums	2 – 3	4 – 5
Raisins	N/A	4 – 5

INSTANT TIP: Steaming Fruit Preserves Vitamins & Minerals



Just like cooking vegetables, fresh or dried fruits are best steamed to preserve the texture and taste as well as vitamins and minerals. Steaming also retains the natural look of the fruit, essential to your fruit dish. Cook fruit of equal size and ripeness together.

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