



GETTING STARTED
WITH YOUR ELECTRIC
PRESSURE COOKER

TERMINOLOGY

QR--Quick Release: Opening vent valve at the top of the pressure cooker as soon as time goes off.

NPR--Natural Pressure Release: Waiting 10-15 minutes for the cooker to depressurize naturally before you open the vent.

UNBOXING

Check your manual for all the parts.
Attach the condensation collector to the back of 7-in-1.

WATER TEST

1 cup of water.
High pressure.
5 minutes.
QR.
Pot reaches pressure when the silver button rises to the top and seals the pot.
(This is also a good way to sterilize the pot before making yogurt)

SAFETY FEATURES

The IP has a ton. It keeps itself from being able to be opened while under pressure. To be safe, don't mess w/ the vent valve when the machine is under pressure.

NEVER try to pressure fry (using oil in place of water). You can use oil in a recipe as it's called for, but you still need water.

General rule of thumb: you need at least 1 cup of liquid to get the machine up to pressure. This can be sauce, broth, water, or even beer, I've read. But not oil alone. Sauces tend to scorch and stick if they aren't watered down.

TIPS & TRICKS

You need 1 cup of liquid to make the pot reach pressure.
The time spent getting up to pressure is not included in the recipe time.

TROUBLESHOOTING

If the pot doesn't come to pressure, check the sealing ring inside.
If that doesn't help, repeat the water test.
If steam is coming up around your lid (not out the hole with the silver float valve), it isn't sealed.
Check the sealing ring inside and try again.

RESOURCES

Join InstantPot Community on FB. They have a wealth of knowledge, tons of files, and the group is searchable, so you can look up whatever you want to know before asking.

Hip Pressure Cooking <http://www.hippressurecooking.com/>

Great Food Fast by Bob Warden

http://www.amazon.com/gp/product/1934193798?creativeASIN=1934193798&linkCode=w00&linkId=E2Q3DCSV67I3WRFE&ref=as_sl_pc_tf_til&tag=myma032-20

Keep an eye on Amazon. Oftentimes digital copies of pressure cooker books come up for free.

RECIPES

HARD-BOILED EGGS

6-6-6 Method

1 cup of water

Add all the eggs you want (I do a dozen with no problems, some people report doing two dozen)

Set it for manual high for 6 minutes.

Let it NPR for 6 minutes.

Transfer to an ice bath for 6 minutes.

Then peel.

<http://mymacrotools.com/that-instantpot-though/>

TACO SOUP

2 lbs ground beef (either buy super lean or drain the fat off the less lean cuts)

1 can chili beans

1 can corn, drained

1 can diced green chiles

1 can diced tomatoes (I prefer the ones without added salt)

1 can tomato paste

1 tbsp minced garlic

200g diced onion

100g diced peppers

chopped cilantro

1/2 packet of dry ranch mix (check my Spice It Up eBook for recipe to make your own)

1 packet of taco seasoning (check my Spice It Up eBook for recipe to make your own)

Sauté garlic, onions, and ground beef.

Drain beef.

Add all canned items and at least 2 cups of water (you may want more).

Press "Soup"

QR or NPR.

<http://mymacrotools.com/taco-soup/>

POT ROAST

3 lb chuck roast
400g carrots (either baby or peeled and cut into 3 inch pieces)
665g sweet potatoes, washed and quartered
210g onions, quartered
1 tbsp Dale's low sodium seasoning
1 tbsp butter
4 beef bouillon cubes
2 tbsp dry onion soup mix (check my Spice It Up eBook for recipe to make your own)
1 tbsp Worcestershire sauce
1 tbsp balsamic vinegar
1 tbsp minced garlic

Sauté garlic, bouillon, and onion in butter.
Cut roast in half.
Sear both sides.

Click "meat."
NPR.
Leave roast in pot and add veggies on top.
Manual high for 8-10 mins. NPR.
<http://mymacrotools.com/pot-roast/>

SHRIMP

½ cup apple cider vinegar
½ cup water
generous helping of creole seasoning
28 oz frozen shrimp

Manual high 2 mins. QR.

<http://mymacrotools.com/that-instantpot-though/>

WEEKLY CHICKEN

5lbs boneless, skinless chicken breasts
1 tbsp butter
100g onions, diced
1 tbsp minced garlic
1 cup water

Sauté butter, garlic & onion.
Add trivet & water.
Line out chicken breasts on trivet as flatly as possible.
Press "poultry."
NPR.

Can be used in salads, soups, chicken salad, chicken parmesan, etc. It's super customizable from this point and will make throwing dinner together really quick and easy.

<http://mymacrotools.com/weekly-chicken/>

SPAGHETTI SQUASH

1 medium spaghetti squash
1 cup water

Place water and trivet in pot. Add squash on trivet. Close lid and be sure valve is set to seal. Set on Manual high for 17 minutes. QR. Check for doneness of squash. Once cool enough to touch, remove squash and cut horizontally. Remove seeds and shred with fork to create spaghetti-like noodles. Serve as a pasta substitution or as a side dish on its own.

THANKS!

If you're interested in purchasing an electric pressure cooker like the ones we used in class, you can find the 7-in-1 Instant Pot (with yogurt function) here: <http://tinyurl.com/z92nqkb>

Or the 6-in-1 Instant Pot (without yogurt function) here: <http://tinyurl.com/grwpb5p>

I appreciate you spending your time with me. If you have questions or concerns, please contact me at hello@mymacrotools.com or www.mymacrotools.com. Thank you!