

The Instant Pot User Guide

For more help or troubleshooting, please visit our online documentation:

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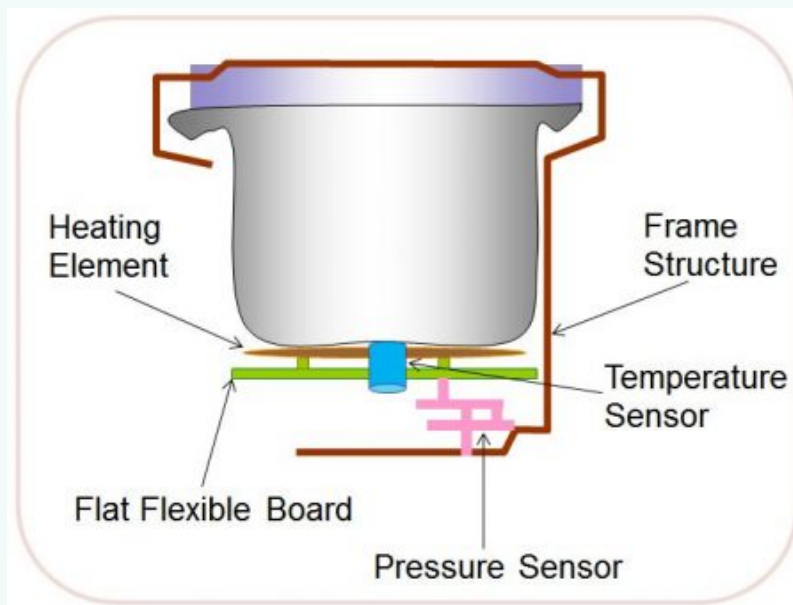
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Getting Started

The Instant Pot explained

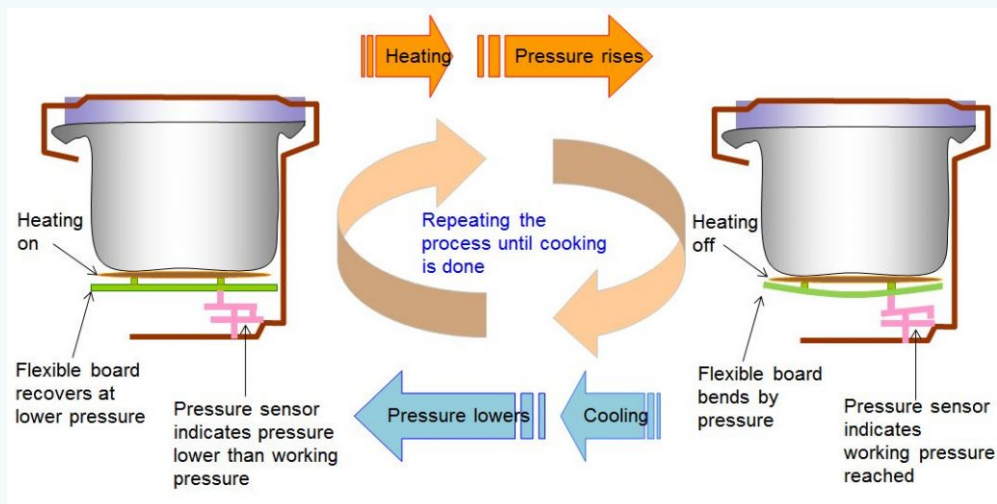
1. The inner pot

- A removable vessel for cooking. When heated, the liquid inside the inner pot boils and turns into steam. Without an escape route, the build-up of steam creates pressure.
- The official Instant Pot inner pot is made using high quality 304 food grade (18/8) stainless steel, and features a sturdy three-ply base with an aluminum core for even heat distribution.
- Also available for purchase, a ceramic non-stick inner pot, Teflon, PTFE and PFOA-free.



2. The cooker base

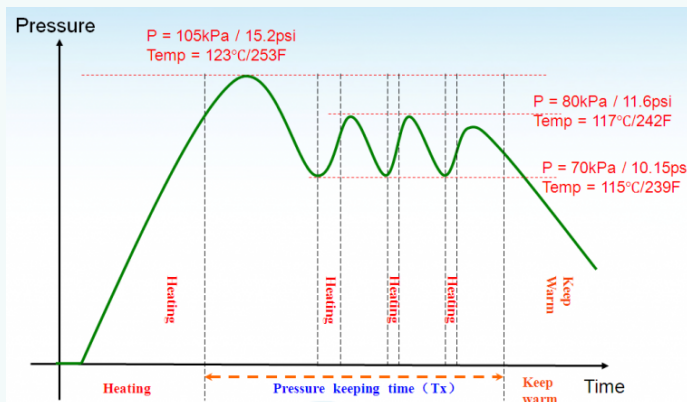
- The cooker base houses the microprocessor, pressure and temperature sensors, a heating element, and the control panel.
- The microprocessor is the heart of the 3rd generation electric pressure cooker, and works with the built-in sensors to monitor and automatically regulate the cooker's pressure & temperature based on the smart program selected.
- Periodically engaging the heating element to maintain a stable temperature and level of pressure creates a 'positive feedback' loop, and results in precise cooking conditions. If any unsafe conditions are detected, the cooker will signal the error with a beep and cut off power to the heating element.



3. The lid

- Instant Pot lids are made of strong 201 food grade stainless steel, and use steel braces as well as a lid locking mechanism to prevent the lid from being opened while the cooker is pressurized. If the lid is not fully closed, the microprocessor detects this and will cut power to the heating element.
- The lid is comprised of several small parts that work in tandem to seal in and regulate pressure:
 - a. **Steam Release:** Although these differ in appearance across models, the steam release has two positions— “Venting”, which allows steam to escape, and “Sealed”, which traps steam in the inner pot in order to build pressure. If pressure increases beyond the safe operating range, the excess steam will physically push up the steam release valve to release pressure.
 - b. **Sealing Ring:** When the lid is closed and the steam release is set to the “Sealed” position, the lid and the inner pot exert pressure on the sealing ring to create an airtight seal. The sealing ring is made from durable silicone rubber, which allows pressure to safely build once heat is applied.
 - c. **Float Valve & Silicone Cap:** When enough pressure builds up in the inner pot, the float valve is pushed up and the silicone cap fully seals the cooker. Once pushed up, the float valve serves as a latch lock and prevents the lid from turning, even when force is applied.

- i. The float valve pin can be destroyed by excessive temperature or pressure. Without the pin, the hole allows pressure to escape. Although in such a case the float valve is permanently damaged and a lid replacement may be required, this is an effective last line of defense from a safety perspective. Instant Pot employs a patented push-down pressure release mechanism to release excess pressure, even in the unlikely event that the float valve cannot be destroyed.
- ii. Anti-Block Shield: This stainless steel cover prevents food particles from clogging the steam release pipe, facilitating the steady release of steam when venting.



Versatility of the Instant Pot

- With the Instant Pot, you can cook a hearty meal for a whole family in less than 30 minutes.
- Dishes like rice and chicken, beef stew, chili and even a whole-roasted chicken cook in 30 to 60 minutes, start to finish. And, yes, you can even bake bread with the Instant Pot.
- Paleo and ketogenic diet followers love the Instant Pot for its ability to "braise" meats in such a short amount of time, but it's also loved by vegetarians and vegans who can quickly cook dishes like butternut squash soup, sweet potatoes, chili, steel cut oats and mac-and-cheese.
- Even dry beans that usually require overnight soaking can be cooked in about 30 minutes for dishes like chili and hummus.
- Want more ideas? Check out the Instant Pot Family recipes.(Click on Image)



22 FAMILY FRIENDLY INSTANT POT MEALS



Features

Cooking with the Instant Pot is easy!

How you use your Instant Pot depends on what you're cooking. But, many recipes, especially those involving meat, tend to follow this formula:

1. Set the Instant Pot to Saute mode. Add oil (or other fat) and brown your protein, like beef or chicken. Aromatics, like garlic and onion, are browned in this step, too.
2. Hit the Cancel button. Now tap Manual, followed by Pressure. Tap it again to go into High Pressure mode (which most recipes require.) Use the plus and minus buttons to set the cook time.
3. Place the lid on the Instant Pot and lock it into place. You should hear a lovely little sound letting you know it's locked.
4. Make sure the valve built into the lid is in the Sealing position.
5. When the Instant Pot builds enough pressure, the red button will pop up. Now the cook time will officially begin.
6. The above steps can vary quite a bit, depending on the recipe, but most of what I cook in my Instant Pot follows that sequence.

Safe Pressure Release

There are two ways the pressure can be released; *Natural or Manual*

- With natural pressure release, the valve on the lid stays in Sealing position and the pressure dissipates naturally over time. This can take anywhere from 20 minutes to more than an hour, depending on what you were cooking. Low-liquid meals (like chicken drumsticks) take much less time than high-liquid meals, like soup or chili.
- The other option is manual pressure release (also known as Quick Release). Here, you'll carefully move the valve into Venting position and watch as steam shoots out of it, releasing the pressure. This method is much faster, but very high-liquid meals, like soup, can still take about 15 minutes to release pressure manually.

So which one should you use? Consider that with natural pressure release, the Instant Pot is still full of pressure, so the food will continue cooking (albeit increasingly slower) while the Instant Pot is in Sealing mode.

Manual pressure release is useful, and necessary, when you've built in enough cooking time and cooking needs to be stopped as fast as possible.

If the goal is to cook a meal quickly, set enough time on the Instant Pot to cook your food and release the pressure manually when the time is up.



Cooking Modes

PRESSURE COOK/MANUAL - This is the setting you're likely to use the most. The temperature, pressure levels, and cooking times can be controlled through the operation keys on the control panel. Here, press the Pressure Level key to adjust the pressure level and the +/- keys to change the cooking time

SOUP/BROTH - Brings soups to a slow simmer, and results in a clear broth. For meatless soups, use the Less mode; for soups with meat, use the Normal mode; for soups that requires longer cook times, such as rich bone broth, use the More mode.

MEAT/STEW - Best for cooking large cuts of meat at high pressure. For a soft texture, use the Less mode; for a very tender meat texture, use the Normal mode; for fall-off-the bone texture, use the More mode

BEAN/CHILI - Using this program results in different doneness levels for beans. For a firmer bean texture, use the Less mode; for a softer bean texture, use the Normal mode; for a very soft bean texture, use the More mode.

CAKE - This high-pressure mode creates a very moist, dense cake. For a lighter, moister cake, use the Less mode; for a denser cake, use the Normal mode; for a really dense cake, such as a New York Style cheesecake, use the More mode

EGG - This program is designed for cooking extra-large eggs, so you may need to adjust the time for smaller eggs. For a soft-cooked egg, use the Less mode; for a medium cooked egg, use the Normal mode; for a hard-cooked egg, use the More mode

SAUTÉ - Yes, you can sauté food in your Instant Pot® just as you would in a pan.

Use Less mode for simmering, thickening, reducing liquids and for foods that may burn easily; use Normal mode for searing; use More mode for browning and stir-frying. Remember, the maximum time for sauté is in 30 minute intervals as a safety precaution

SLOW COOK - Use the Less to correspond to a low (8 hour) slow cooker setting; use the Normal mode to correspond to a medium (6 hour) slow cooker setting; use the More mode to correspond to a high (4 hour) slow cooker setting

RICE - This program cooks on low pressure, and is best used for white rice. For rice with a firmer texture, use the Less mode; for rice with a normal texture, use the Normal mode; for rice with a softer texture, use the More mode.

MULTIGRAIN - Includes a presoaking time, and is best for brown rice, wild rice, and tougher whole grains. For a firmer texture, use the Less mode; for a normal texture, use the Normal mode; for a softer texture, use the More mode. The More setting includes the pre-soak prior to pressure cooking

PORRIDGE - Use the Less mode for Oatmeal; use the Normal mode for making rice porridge (congee); use the More mode for a porridge / congee that contains a mixture of beans or tougher grains

STEAM - For steaming vegetables, use the Less mode; for seafood and fish, use the

Normal mode; for meats, use the More mode. Always use the steam rack to elevate food above the water and use the QR (Quick Release) method to prevent overcooking the food

STERILIZE - This program is designed for sterilizing baby bottles, jars, and utensils. Use the Less mode to pasteurize dairy products; use the Normal mode for low pressure sterilization and canning of acidic fruits and vegetables; use the More mode for high pressure sterilization and canning of acidic fruits and vegetables

YOGURT - The Less mode is designed for Jiu Niang, a sweet fermented rice dish; the Normal mode is for fermenting milk when making yogurt, while the More mode is for pasteurizing milk

KEEP WARM - 3 temperatures to maintain food at different serving temperatures

Easy Recipes

These Instant Pot recipes are about to save you from hunger and hefty takeout bills on busy nights. If you own an Instant Pot, you know just how valuable the modern pressure cooker is. It saves you time, money, and tons of effort when preparing everyday dishes. The device can be a bit daunting, though, when figuring out what recipes to make and how to make them.

Classic Roast with Potatoes



Duo Crisp + Air Fryer -

By :Alexis Mersel

Course Dinner , Main Course

Cuisine English , Modern

Difficulty Medium

Browse Category Meat

Duration 1-2 hours

Cooking Technique Air Fry

Main Ingredient Honey , Olive Oil , Peppercorns , Potatoes , Prepared Horseradish , Round Roast

Keyword duo crisp , duo crisp recipes

Cook Time 16-18 minutes per pound

Servings

4-6 servings

INGREDIENTS

1 tbsp loosely packed fresh rosemary leaves

kosher salt

1 tsp black or pink peppercorns

1 eye of round roast 2-3 lb/1-1.4 kg

1/2 - 1 tbsp olive oil

1-2 tbsp unsalted butter

classic roast potatoes

FOR THE HORSERADISH CREAM

1/3 cup sour cream 2 1/2 oz/70 g

1 1/2 tbsp prepared horseradish

kosher salt

1 tbsp honey

instant pot duo crisp recipes

INSTRUCTIONS

In a mortar with a pestle, or in a small bowl using the handle of a wooden spoon, grind together the rosemary, 1 1/2 teaspoons salt, and the peppercorns. The

mixture should be chunky. Pat the roast dry with paper towels. Rub the meat all over with 1/2-1 tablespoon oil (depending on the size of the roast) and sprinkle the seasoning on all sides.

Coat the Instant Pot® air fryer basket with canola oil spray. Place the roast in the center of the basket. Insert the basket into the pot and attach the air fryer lid. Press the Air Fry button and set the cook time for 16-18 minutes per pound of meat at 325°F (165°C) (start with the lower amount of time and add more time if needed), then press Start. Turn the meat when prompted.

Meanwhile, make the horseradish cream: In a small bowl, stir together the sour cream, horseradish, and 1/4 teaspoon salt. Taste and adjust the seasoning with salt. Cover and refrigerate until ready to use.

When the cooking time is up, insert an instant-read thermometer into the center of the meat; it should register 130°-135°F (54°-57°C) for medium-rare and 135°-145°F (57°-63°C) for medium. If the roast is not cooked to the desired doneness, add more cooking time in 2-minute intervals. Use tongs to transfer the roast to a cutting board. Place 1-2 tablespoons butter on top (depending on the size of the roast) and let it melt. Drizzle with the honey, cover loosely with aluminum foil, and let rest for 15-20 minutes.

While the meat rests, cook the potatoes. Cut the roast into thin, round slices and serve with the horseradish cream and potatoes alongside.

Keto-Creamy Keto Chicken Ranch Soup



Duo Crisp + Air Fryer -

By :Instant Pot Culinary Team

instant pot, instant pot recipes, duo crisp recipes

This creamy chicken soup rendition is loaded with veggies, bacon and lots of cheesy goodness.

Course Dinner, Lunch, Main Course

Cuisine Modern

Difficulty Easy

Browse Category Soups, Stews & Broths

Duration 30-60 min

Diet Keto

Cooking Technique Pressure Cook, Sauté

Main Ingredient Bacon, Butternut Squash, Cauliflower Rice, Cheddar Cheese, Chicken Broth, Chicken Thighs, Cream Cheese, Heavy Cream, Ranch Seasoning

Prep Time 20 minutes

Cook Time 25 minutes

Servings

4 servings

INGREDIENTS

4 bacon slices chopped

1 onion diced

2 celery stalks diced

2 garlic cloves minced

1 oz ranch dip seasoning mix 1 package

3 cups sodium-reduced chicken broth

1 lb boneless skinless chicken thighs chopped

2 cups chopped butternut squash

1 cup Cauliflower Rice

1 Zucchini chopped

1 cup shredded cabbage

1 cup 35% heavy cream

2 cups shredded Cheddar cheese

4 oz brick-style plain cream cheese cut into cubes

4 green onions thinly sliced

instant pot, instant pot recipes, duo crisp recipes

INSTRUCTIONS

Add bacon to inner pot of Instant Pot Duo Crisp + Air Fryer. With lid off, Select Saute and then set to High Temperature. Cook, uncovered, for 5 to 7 minutes or until fat begins to render and bacon is crispy. Transfer bacon to paper towel-lined plate; set aside.

Stir in onion, celery and garlic; saute for 3 to 5 minutes or until vegetables start to soften. Sprinkle with ranch seasoning mix.

Slowly stir in broth with wooden spoon, scraping up any brown bits from bottom of pan. Add chicken thighs, butternut squash, cauliflower rice, zucchini and cabbage.

Press Cancel. Place lid on pot and lock in place to seal. Select Pressure Cook/Manual setting on High Pressure for 8 minutes.

When pressure cooking is complete, Quick Release the pressure. Once pressure is released, remove the lid.

Stir in cream. With lid off, Select Saute and set to MEDIUM Temperature. Cook for 2 to 3 minutes or until soup is simmering.

Press Cancel. Select Warm setting. Gradually stir in handfuls of Cheddar and cubes of cream cheese until cheese is melted.

Garnish soup with reserved bacon and green onions.

RECIPE NOTES

Recipe Notes: Add shredded kale or spinach along with the cream if desired.

Nutrition Facts

Per 1/4 of recipe

Calories 870

Fat 65g

Saturated Fat 36g

Cholesterol 300mg

Sodium 1650mg

Carbohydrate 26g

Fiber 4g

Sugars 6g

Protein 48g

Vegan-Jamaican Jerk Jackfruit Tacos



By :Vegan Instant Pot Cookbook By Nisha Vora

Course Dinner , Main Course

Cuisine Jamaican, Modern

Difficulty Medium

Browse Category Vegan & Vegetarian

Duration 30-60 min

Diet Vegan, Vegetarian

Cooking Technique Pressure Cook, Sauté

Main Ingredient Avocado, Jackfruit, Mango, Tortillas

Keyword instant pot recipe, instant pot taco recipes, instant pot vegan recipe, instant pot vegetables, instant pot vegetarian recipes, pressure cooker recipes, taco recipes, tacos, vegan, vegan lasagna, vegan recipes

Prep Time 20 minutes

Cook Time 15 minutes

Servings

4 people

INGREDIENTS

MANGO- AVOCADO SALSA

2 cups peeled and diced mango about 2 medium

1 medium ripe avocado diced

3/4 cup diced red onion

1/2 cup diced cucumber

3 tbsp fresh orange juice

3 tbsp fresh lime juice about 1 1/2 limes

1/2 cup loosely packed fresh cilantro finely chopped Kosher salt and freshly cracked black pepper

JACKFRUIT

20 ounces jackfruit brine or water (2 cans see Tip

2 tbsp grapeseed oil or other neutral cooking oil

6 scallions sliced, white and light- green parts only

4 garlic cloves minced

1 1/2 inch piece fresh ginger grated or minced

1 habanero or Scotch bonnet pepper seeded and minced (use only 1/2 pepper for less heat or substitute with a milder pepper such as serrano or jalapeño)

2 tbsp coconut sugar coconut nectar, or agave nectar

2 tbsp tomato paste

1/4 cup reduced- sodium tamari or soy sauce

3 tbsp fresh lime juice about 1 1/2 limes

1/2 tsp liquid smoke optional

Jamaican Jerk Seasoning

1 1/2 tsp onion powder

1 tsp sweet or hot paprika

1 tsp Freshly cracked black pepper

1 tsp dried thyme

1/2 tsp ground allspice

1/2 tsp ground cumin

1/4 tsp cayenne papper to taste (up to 1/2 tsp

1/4 tsp ground cinnamon

1/4 tsp freshly grated or ground nutmeg

FOR SERVING

Vegan sour cream optional

12 Corn tortillas

INSTRUCTIONS

Make the mango- avocado salsa: In a medium bowl, combine the mango, avocado, onion, cucumber, orange juice, lime juice, and cilantro and mix gently. Season to taste with salt and pepper. (Preparing the salsa in advance gives it some time to marinate and will deepen the flavor.)

Prepare the jackfruit: Drain the canned jackfruit and lightly rinse under water, shaking off excess water. Use your fingers to remove any thick cores and pull the pieces apart so that it resembles shredded pork.

Select the Sauté setting on the Instant Pot and, after a few minutes, add the oil. Once the display reads "HOT," add the scallions and cook until browned, 1 to 2 minutes . Add the garlic, ginger, and chile pepper and cook for 1 minute , stirring frequently to prevent burning.

Add all of the Jamaican jerk seasoning, stir to coat, and cook for 30 seconds , stirring constantly, until very fragrant. Select the Cancel setting.

Add the shredded jackfruit, along with the coconut sugar, tomato paste, tamari, lime juice, and liquid smoke (if using). Stir well. Pour in 1/2 cup water and mix again.

Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 4 minutes .

Once the 4- minute timer has completed and beeps, allow a natural pressure release

Open the pot and stir well. Transfer the jackfruit to a serving bowl.

To serve: Heat the tortillas over an open flame (I place them directly on the burner of my gas stove) and use tongs to flip them after 30 to 45 seconds or when small brown spots appear, and cook for another 15 to 30 seconds . Stack them in a clean kitchen towel or in foil to keep them warm.

Serve the jackfruit with the warmed corn tortillas, mango avocado salsa, and vegan sour cream (if using).

RECIPE NOTES

TIP: You can find canned jackfruit at Asian markets, specialty or natural foods stores, Trader Joe's, or online. You want to buy the kind canned in water or brine, not syrup.

Glossary

A

Anti-Block Shield:

The round metal part with 5 holes underneath the lid. It is designed to prevent food particles from interfering with the steam release valve. It should be removed and cleaned after each use, especially following the preparation of foods that may splatter. To remove using your thumb, push the side of the anti-block shield towards the lid rim and lift up. It may take a little effort, but the anti-block shield will pop out.

C

Condensation Collector:

The cup positioned at the rear of your Instant Pot®. It is used to capture any condensation that develops during cooking. Note: The Lux series does not include a condensation collector.

Cooker Base:

Contains the microprocessor and the heating element. Never place anything on the inside of the cooker base without the stainless steel inner pot in position. The cooker base and lid must be kept away from external heat source, as it will damage the base and the lid.

Q

Quick Release (QR or QPR):

Turn the Steam Release handle or press the Quick Release Button to the “Venting” position to let out steam until the float valve drops down. QR is not suitable for food with large liquid volume or

high starch content such as: oatmeal, porridge, beans, sticky liquids, starchy soup, etc. as food content may splatter out, use Natural Release (NR) instead.