

“It Ain’t Your Mama’s Pressure Cooker”

Included in this packet:

Leader guide

Handouts:

- **Welcome to your Instant Pot**
- **How to convert recipes to Instant Pot (2 separate pages)**
- **Great Web Sites**
- **Evaluation Sheet**

“It ‘ain’t’ Your Granny’s Pressure Cooker!”

Electronic Pressure Cooking

- 1. Have the components of one of the pots laid out on the table for discussion.**
- 2. As each person arrives, give them two index cards. On one ask them to list on one side their most pressing concern or fear they have about using an electric pressure cooker. If they do not have an Instant Pot or other electric pressure cooker have them write down what they feel they need to know before purchasing or using one. These questions and concerns will be used as a basis for the workshop. The other index card can be used to take notes or jot down anything they find useful. There will be handouts available.**

Disclaimer: For the purpose of this presentation I will be using the “Instant Pot” name even though there are many types of electric pressure cookers.

ASK: What do you think of when you think of a pressure cooker?

If your first memory of a Pressure Cooker is of your grandma, or Mama, canning fruits, vegetables and meat, or maybe fixing a meal of ham-hocks and beans; you may remember the pot on the stove with a little knob jiggling madly on top of the pot and the instructions “Do Not Touch That”! If you do, then you may be approaching the use of an Instant Pot or other electronic countertop pressure cooker with some trepidation, maybe even a little fear.

This workshop is to help alleviate some of your hesitation and help you understand how easy the appliance is to use.

If you’re unfamiliar with this genius kitchen tool, you’re not alone—many people either have misconceptions about what an Instant Pot is or are intimidated by how to use it. The Instant Pot is a multi-use, programmable cooker that features the functions and capabilities of other kitchen tools like a pressure cooker, slow cooker, rice/porridge cooker, cake maker, yogurt maker, steamer, warmer and sterilizer. It also has sautéing and searing capabilities.

Go over the parts of the Instant Pot and explain each one

Knowing the parts of your Instant Pot is essential to understanding how your new device works. **Read the user manual before assembling or using your Instant Pot.** Different models have different capabilities and accessories, but most, if not all, include the main unit, a stainless steel cooking pot, a steamer rack, a sealing ring, glass lid, the lid to the main unit with a pressure and steam valve and a condensation collector.

Sealing Ring

This is the silicone ring that helps seal steam inside of the pot. The sealing ring is replaceable—if yours tears or breaks, you can buy a new one on the Instant Pot website or other sites like

Amazon. It can be removed for easy cleanup, too and can even be washed in the dishwasher! Many people recommend having an extra seal; one for savory foods and one for regular foods.

Inner Pot

The inner pot is the part of the Instant Pot that you cook the food in, and it's removable, which makes for easy cleaning!

Outer Pot

This is the outer part of the Instant Pot. It's the part of the Instant Pot that heats up and hosts the control pad on the outside. The inner pot is placed inside—don't cook anything in the Instant Pot without inserting the inner cooking pot first!

Steam Rack

The steam rack can be placed directly into the pot for when recipes call for the food not to be completely submerged in liquid. Many metal steaming baskets fit in the inner pot and are useful for several items.

Steam Release Handle

The steam release handle controls whether the Instant Pot releases steam naturally (which means you don't have to do anything) or the manual, quick-pressure release, which the user flips to quickly stop the cooking process.

Manual

We mentioned this before, and we'll say it again: Make sure you read your Instant Pot manual before you start cooking. The Instant Pot is an awesome device, but at times not completely intuitive. It may take some practice to get the hang of things! But if you're armed with the manual and this article, you are well on your way to becoming a pro.

Extras

There are additional optional accessories that you can purchase as you begin to get comfortable with your appliance. The inner cooking pot that comes with the Instant Pot can be swapped out for a non-stick ceramic pot that's easy to clean. If you're using your Instant Pot regularly, it's beneficial to have two inner pots to use. It's also a good idea to purchase an extra sealing ring or two as this particular part tends to absorb odors and needs frequent washing. Another popular item that helps with Instant Pot cooking is a glass lid that fits over the inner pot. The glass lid will allow you to see what's happening when you use the "Saute," "Keep Warm" or "Slow Cooker" functions. I use a glass lid I got with another frying pan and it works very well.

How do I clean the Instant Pot?

Proper cleanup and regular maintenance is the key to any long-lasting appliance. Before wiping down or thoroughly cleaning, make sure that it is unplugged from the electrical outlet. Then remove the lid and inner pot from the main unit; using a damp cloth, wipe down the exterior of

the appliance to remove any residue. **Remember, the main unit of your Instant Pot has electrical parts in it so you should never submerge it in water or put it in the dishwasher.**

Once you've wiped down the exterior of the appliance, use a small brush or Q-tip to get in any crevices where food debris may be hiding. Then you can move on to washing the lid with warm, soapy water. You don't have to do this every time—usually you can just wipe down the lid with a dry cloth since it will likely only have condensation on it.

To wash the inner pot and steam rack, you can also do this with warm, soapy water. Both of these parts can be washed in the dishwasher as well.

Those steps should be taken each time you use your Instant Pot, but you should also conduct a more thorough cleaning and inspection regularly to ensure the longevity and efficiency of your appliance. Periodically, you should remove the steam-release handle (not the steam valve—the steam valve should not be removed), the anti-block shield, the float valve and the sealing ring. Check for food debris, wipe down the individual parts and securely reattach the pieces to the appliance.

Be sure to inspect each part on a regular basis, especially the silicone sealing ring. The sealing ring is an important safety measure during pressure cooking so you should inspect to make sure there isn't any cracking or leaking. The sealing ring can also be put into the dishwasher but be sure to place it on the top rack if you choose to do so.

If any of your Instant Pot parts become unusable, the Instant Pot website has an online store where you can order replacement parts individually. **(taken from the Betty Crocker website article on Instant Pots)**

Start the demonstrations (tell participants they can come up and look if they want)

1. Demo Lentil and ham soup

2. Demo hard boiled eggs

DISCUSSION about some of the fears, concerns, and or failures you have about/with the Instant Pot. (From the cards we gave them when they first came in)

Distribute the participant's handout packet.

Let's go over the handouts and please, if you have any questions as we go ask them, if you wait you may forget!!

1. Welcome to your Instant Pot!
2. Instant Pot Cooking times
3. Instant Pot Recipe Cheat Sheet

4. Conversion info

Just a few reminders and cautions!!!!

****Always respect the filling guidelines – not following them could affect the pressure cooker's safety mechanisms! This rule applies to both electric and stove top pressure cookers.**

Max 1/2 Full for Beans, Rice, Grains, Dehydrated Foods and Fruit – These foods either expand during cooking or generate lots of foam (or both). Beans can swell to twice their size during cooking and some grains even more. They also generate lots of foam and bubbles – which climb up the sides of the cooker to block or spray out of the valves.

Max 2/3 Full for Everything Else – Foods that don't generally get any larger during cooking, bubble or foam are in this category and this includes meats, vegetables, soups and stocks.

If your recipe has lots of *different* ingredients, say a soup with vegetables and some beans, then you can go up to 2/3 full but if you're cooking only one primary ingredient, say a bean chili, then you should respect that ingredient's maximum capacity – 1/2 full .

****If you are cooking a thick soup like split pea, lentil chili etc., ALWAYS let the pot NPR until completely de pressurized. THEN before opening give the pot a shake or two and check the pressure. Then open the pot with the lid toward you, many thick soups may have a bubble under the top layer and when the lid is depressurized the soup may erupt with steam or the soup itself.**

**** If a recipe doesn't turn out, don't give up, try again with some modifications!**

Most importantly **ENJOY** your Instant Pot or electronic pressure cooker and get the full benefit from your appliance.

Questions?

Welcome to your Instant Pot!!

(Thank you to the "Instant Pot for Beginners" Face Book page for the information as Contributed by Lana Raven)

I've decided to put together this handy guide to help anyone who might be a little lost or intimidated by a new purchase, or who may still be on the fence about purchasing one.

Never fear, we are here to help!

Please, feel free to read through what I've written. I've gathered what I feel to be the most important facts about the Instant Pot and pressure cooking, the most commonly asked questions, and as much helpful information as possible to get you started on your journey.

In the meantime, don't forget, that we are your friends in cooking in this group, and we're all here to help answer each other's questions. There's no such thing as a silly question, and you should never be afraid to ask.

This guide is geared to those with an Instant Pot brand pressure cooker, but do not fear! Here in this group, we welcome everyone with all different types of cookers!! There is a way to cook a recipe with any type of pressure cooker! One important thing to note, however: The Instant Pot operates at 11.6 psi (about 242°F), whereas other pressure cookers tend to operate at a higher 15 psi (about 250°F). So when you're adjusting for a recipe that says 15 psi, it's possible that you may need to cook for a few more minutes. In addition, some of the advice in this guide may be specific to the Instant Pot and not your pressure cooker.

First, we start with some common slang, so everyone will think you're a pro ;)

Common Instant Pot Vocabulary and Abbreviations

- **IP** = Instant Pot
- **PC** = Pressure Cooker
- **QR** = Quick Release, meaning to open valve & release steam quickly
- **NR/NPR** = Natural Release or Natural Pressure Release, meaning to leave valve closed & allow pressure to drop on it's own. This usually takes about 20 minutes or so
- **(X amount of mins) NPR** = Let pressure drop on it's own for X amount of minutes, then open valve to release remaining steam
- **HP** = High Pressure
- **PIP** = Pot In Pot cooking. Food is put in an oven safe pan or bowl on top of metal trivet, with water underneath the trivet, then cooked inside the Instant Pot
- **Trivet** = the metal rack that goes in the bottom of your pot to keep food out of the liquid
- **Seal / Ring** = Silicone sealing ring for lid
- **Pin = Float Valve** = Silver or Red (8qt) pin in lid. This is what "drops" when the pressure releases and the lid is ready to open, and pops up when the pot pressurizes
- **Handle / Vent / Knob** = Steam Release handle on lid that you turn to either Sealing or Venting
- **Sling** = handmade Aluminum foil strip that can be used to remove pans when using the Pot-In-Pot method
- **HBE** = Hard Boiled Egg
- **6-6-6** = method for cooking hard boiled eggs (there are many variations to this method, i.e., 5-5-5), 6 minute cook time-6 minute natural pressure release-6 minutes in ice bath

Next, we're going to go through a few steps and hints to make starting a little easier.

Step One - REMOVE YOUR POT FROM THE BOX!! Don't be scared. I promise it won't bite you or eat you! It will not explode from being removed from the packaging. Taking it out of the box is the most exciting part, and the first step to the beginning of what you will soon see is a fabulous new way to cooking in your kitchen!!

Step Two - DON'T BE INTIMIDATED BY ALL THE BUTTONS!! You probably won't use most of them, but you WILL make ALL OF THE THINGS in your Instant Pot!! It's a beautiful thing!! I like to say they're there for decoration :)

Step Three - READ THE MANUAL...OR DON'T. Now, don't let me mislead you. Obviously read to familiarize yourself. Get comfortable. But don't be overwhelmed if you don't understand, or if you're left more confused than when you're started. Confession - Some of us don't use or read the manual at all. So don't be worried about reading it front to back. There are even things in the manual that it says not to cook, that many of us cook ALL THE TIME with ease and success!!

Step Four - Read the recipe you choose carefully. Many get frustrated with failed Instant Pot recipes. It's important to take the time to read the recipe thoroughly, prepare your ingredients, make sure you understand the steps and the processes, and if it's your first attempt, be patient when giving it a go!! Try not to pick out a super complicated recipe for your first try. Work your way up to the masterpieces once you've had a few successes.

Step Five - THE INSTANT POT IS NOT A MAGIC TIMEPIECE. The name is "Instant," but it's not a magic fairy tale. Here is an extremely helpful hint. A recipe's cook time reads for the amount of time that the recipe is under pressure, AKA cooking for. It does not include the amount of time it will take the cooker to come to pressure. Depending on the amount of food that is in the pot, the amount of time for the pot to come to pressure can vary anywhere from 5 to 30 minutes BEFORE the actual cook time starts. The more liquid in your pot, the longer it will take to come to pressure. The beauty is that while the Instant Pot is doing its thing, YOU can be doing ANYTHING ELSE!! The point is, it allows the dinner to fully and completely cook while you get to walk away and forget about it.

Step Six - MOST IMPORTANTLY. *Don't give up.* Don't be so quick to throw in the towel if you can't figure it out right away, or if you have a failed recipe or two. I see a LOT of people post in the groups, exasperated and "ready to return" the Instant Pot because they tried it maybe two times and didn't get it right. If you truly feel it's not for you, we respect that. But there's a learning curve with anything, and there are so many resources available, that it's really easy for us to help each other succeed with the Instant Pot! We never want to see someone give up and return their pot, and no, none of us work for the company, we just love ours so much that we hate to see someone not love theirs, too!

- If your recipe failed, post in the group and give us details so we can help figure out why. Then try a new one! Make sure you're not trying one that's too overwhelming or has too many ingredients the first time
- Don't forget that it's not "Instant". Don't plan on your first recipe being immediate!
- Search the groups for the most popular and successful recipes to try out first
- Don't worry about what others say. If this is something you enjoy, let it be your experiment until you get it right! Ignore the negative comments about how it "doesn't work". You'll be wowing them in no time!

Next, I have some frequently asked questions, answered to the best of my ability

Do I need to buy XYZ.... accessories for my Instant Pot?

The answer to this is really up to you. Every different person will recommend different items. There are highly suggested items, but there are also always some thrifty alternatives as well. For example:

- **Glass Instant Pot brand lid** (for yogurt making, steaming, and slow cooking) - many people have found that they already have a lid from their regular pot and pan sets that fit the Instant Pot perfectly, so there's no need for an additional purchase
- **Additional stainless steel or nonstick inserts** - almost all people agree that these are very useful to have on hand, especially the more you cook with your Instant Pot. The preference for nonstick versus stainless depends on the person, but the stainless is very easily cleaned (will also address this later)
- **Steamer baskets/Cooking inserts** - there are many items like this available for purchase specifically for the Instant Pot, but many have found great valued items in local stores like Aldi, Marshall's, etc., or on Amazon. Others have found ways to multipurpose a stainless steel strainer (i.e., breaking off the handles) and using it as a steamer basket! When using an item for "pot in pot" cooking, you can really use anything in your kitchen as long as you double check that the item is oven safe (for example, older Pyrex dishes typically are oven safe and say so on the bottom, whereas newly manufactured ones are not usually oven safe)
- **Extra silicone rings** - You can buy these directly from Instant Pot, to have extras on hand. Many people like to have duplicates and keep one for "savory" foods and one for "sweet" foods to avoid having to deal with issues with food smells and cleaning. There are also off brands that fit the Instant Pot perfectly, sold online. Many will scold you for purchasing them as it's supposedly said that using them will void your Instant Pot warranty. However, if your one year warranty is already up, I suppose you could purchase whichever kind you want! If you don't want to purchase an extra ring, stay tuned for cleaning methods for the siliconering.

I've heard the Instant Pot doesn't work well as a slow cooker. I prefer to slow cook my food!

Many of us are set in our ways after having cooked for so long in a certain manner, and sometimes it's hard to learn there can be a different or (gasp!) better, way to do things! The beauty of a pressure cooker is that it can do what a slow cooker does in a fragment of the time, while still sealing in all those slow-cooked flavors we love, not to mention all the nutrients!! Many people think that pressure cooking a roast, chilli recipe, soup, stew, bone broth/stock or any other slow cooker recipe just won't turn out the same because it wasn't cooked for 8 hours, and it's simply not true. A pressure cooker will produce the exact same results while saving 75% of the electricity used, cooking the same dish in 25% of the time, all the while preserving nutrients and keeping the food smells out of the house while cooking!

It's also important to note to those who purchase an Instant Pot with the expectation to use it as a "Crock Pot" replacement, that they might be disappointed. The Instant Pot has a heating element on the bottom only, due to its major function being a pressure cooker. The "Crock Pot" type products heat all around the sides, therefore they do produce different results when being used on the "slow cook function.

But for those of you who may want to still use that function on your Instant Pot. When in "slow cook" mode on the Instant Pot, pressing the "ADJUST" button can control the temperature to change the setting to "HIGH" (210), "MEDIUM" (200), and "LOW (190). Then you would use the plus and minus buttons to adjust your cooking time.

What do I do about the food smell in my silicone ring?

Very often the silicone ring from your Instant Pot lid may “collect” a smell from something you’ve cooked. Here are a few different methods for removing the smell from the ring. The silicone ring **IS** top rack dishwasher safe, but it may not always remove tough smells. Thus, these are the alternate methods that are sometimes tried:

- Putting the ring out in the sun for a few hours
- Putting the ring in the freezer
- Putting the ring in a ziplock bag with Denture cleaner OR White vinegar OR Lemon OR Baking soda AND/OR a combo of some/all
- Hydrogen peroxide and blue Dawn dish soap
- For extremely tough odors (such as cumin or curry), can try multiple of these methods

How do I know which type of pressure release to use?

Typically, the recipe you are using should instruct you on how to release the pressure. The natural release method is meant to be used to allow the pressure to release on its own, which normally takes around 20 to 30 minutes or so, depending on the amount of liquid in the pot. This should be used for almost every single type of meat. If you cook a recipe with meat and it comes out tough, chances are it’s because you used a QR (maybe because the recipe called for it and you didn’t know not to). Always, always, always NPR for recipes with meats. You also want to use NPR for foamy starchy foods like oats/oatmeal and certain grains, pastas (in some cases pasta may require an NPR for a specific time, then a QR in slow spurts), and NPR will be required anytime the pot is filled up to the max line.

The quick release method is meant to be used to release the steam and pressure immediately after cooking by turning the pressure valve, for fast and immediate cooling. This typically would cool down and depressurize the pot within a minute or two. It’s very important to use caution during this process so as not to obtain burns from the hot steam. It’s also important to pay attention to the food in the pot, as mentioned above, certain foods can spatter through the release if they are starchy and foamy, and so in those cases an NPR would need to be used.

Regarding the quick release method, there are two VERY IMPORTANT things to mention. Many Instant Pot users have been recommending to others that they can, or should, drape a kitchen towel over the steam release valve during the quick release process to help dissipate the steam from evaporating in their kitchen. There is a concern of users about the steam damaging their kitchen cabinets. It is EXTREMELY IMPORTANT to note that at no time should any towel or cloth be used to obstruct the steam release valve. Instant Pot manufacturers and customer service has advised that this is dangerous and can damage the Instant Pot. Many users have opted to use a piece of curved PVC pipe over their release valve to redirect the steam from under the cabinets instead, which is actually an approved method by Instant Pot. Other users use a lazy susan type device to turn their pots away from their cabinets, and others simply place their pots away from their cabinets BEFORE starting the cooking process. NEVER MOVE YOUR INSTANT POT AFTER COOKING OR DURING THE VENTING/DEPRESSURIZING PROCESS.

Finally, you will know that the pressure has released when the metal pin on the lid has dropped and the lid will easily twist to remove. If you’re ever certain that the pressure has released or it’s been a while but the pin hasn’t dropped, lightly tap it. Sometimes it can get stuck. If it drops, the lid should open and you’re safe.

CRUCIAL NEED TO KNOW'S, AKA "Beginner Hack's"

- Always make sure your inner pot is inside the Instant Pot before pouring anything in. You may need to figure out a clever reminder (lid upside down, spoon across the lid, post it note, etc.). It has happened to WAY TOO MANY OF US!!
- Also make sure your SEALING RING is inside the lid before you start cooking if it's been taken out to be cleaned!
- Always make sure your vent is set to SEALING before starting cooking
- Always make sure you have enough liquid in your recipe. The Instant Pot won't come to pressure without a minimum of ½ to 1 cup of water. Usually it's 1 cup, depending on the recipe.
- On the flip side, do not overfill the Instant Pot, or it also will not be able to pressurize.
- When using the saute function, wait for the display to read HOT. Then add your oil, then start cooking your ingredients. By following those instructions, you won't have an issue with food sticking to the insert.
- NEVER, EVER, EVER use your Instant Pot while placed on your stovetop under any circumstances! You always think "it won't happen to me!" Until it does, and your Instant Pot is melted and ruined, or worse, and an electrical fire could burn down your kitchen. Be safe and be smart. Counter, table, or stand.
- DO NOT USE A TOWEL OVER THE RELEASE VENT! Many other Instant Potters may recommend this to you, but please do not listen. The manufacturers of Instant Pot themselves strongly discourage this practice as it can cause harm to you and damage to the Instant Pot.
- Never, Ever use the Instant Pot as a pressure canner

I'm going to end by repeating step 6...

DON'T GIVE UP!!! Don't be so quick to throw in the towel if you can't figure it out right away, or if you have a failed recipe or two. I see a LOT of people post in the groups, exasperated and "ready to return" the Instant Pot because they tried it maybe two times and didn't get it right. If you truly feel it's not for you, we respect that. But there's a learning curve with anything, and there are so many resources available, that it's really easy for us to help each other succeed with the Instant Pot! We never want to see someone give up and return their pot, and no, none of us work for the company, we just love ours so much that we hate to see someone not love theirs, too!

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How to Convert Recipes to Instant Pot

It is never an exact science when trying to convert slow cooker recipes to Instant Pot cooking times and methods, or other recipes either to be honest. Use these tips and tricks to get started; before you know it you'll be a pro and no recipe will be safe from your conversions!

General Tips:

Hold Off On Dairy Ingredients

Cooking dairy ingredients in the *Instant Pot* is a lot different than cooking them on the stove, in the oven, or in a slow cooker.

If a recipe calls for dairy ingredients make sure to add them once you have cooked and depressurized your Instant Pot. This is key when trying to convert recipes to Instant Pot cooking.

The high heat and pressure and cause dairy and milk ingredients to scorch and that's an easy way to ruin dinner.

Scale Recipes to Fit the Instant Pot

When you are working to convert recipes to Instant Pot it's about more than just cooking time and temperatures. You should be mindful of how full the Instant Pot will get.

If you are using anything that expands (think about pasta, rice, beans, etc.) you will need to scale the recipe back to make sure it won't overflow your Instant Pot.

Pressure cookers should never be more than 2/3 full for safety and proper cooking. Full Instant Pot = a pot that won't come to pressure.

Take Advantage of Instant Pot Features

The Instant Pot, unlike *slow cookers* or the oven, can sauté vegetables and sear meat before cooking.

If you are going to convert recipes to Instant Pot cooking times and temperatures be sure to take advantage of the sauté feature to make sure everything is cooking properly and all of the usual flavors come together!

My Favorite Tip: Use Similar Recipes as a Guide

Not all recipes are suitable for the Instant Pot or a pressure cooker. When trying to convert recipes to Instant Pot cook times make sure that the recipe is a) suitable for such a cooking environment and b) similar to another Instant Pot recipe!

Using a similar recipe that contains similar ingredients will help you calculate a cook time and temperature.

For example, when deciding how to cook my *Crock Pot Stuffed Pepper Soup* in the Instant Pot vs the Crock Pot, I looked for similar soups and chilies online to see how they were cooked. That gave me a great starting point for converting my recipe!

How to Convert Slow Cooker Recipes to Instant Pot:

Figure Out the Cook Time

The hardest part to figure out when trying to convert recipes to Instant Pot standards is the cook time.

This *Instant Pot Cooking Times* printable and these *cook time charts* are lifesavers if you don't have a similar recipe that you can use for that information. (Included in handouts)

They'll help you determine the base cooking time that is necessary for your ingredients—save them to your phone!

Match Up Your Ingredients

If you don't want to cook in stages, make sure the ingredients you are using have similar cook times. Determine your cook times using the charts linked above (included with handouts) and then make sure you alter the ingredients so that they have similar cook times.

If that means pre-cooking a few of the items or cutting up meat so it is in smaller chunks you may have to do some trial and error in this process the first few times around!

Determine How Much Liquid to Use

Another big part of Instant Pot cooking that is not so important in other recipes is the amount of liquid you need to use.

A good general rule of thumb when trying to convert recipes to Instant Pot cooking is to use at least 1 cup of water.

There will be very little water lost when cooking with a pressure cooker so adjust this accordingly if you have a lot of wet vegetables or chicken in your recipe. Items that have high water content already won't need a full cup of water or liquid to cook properly in the Instant Pot.

Select the Proper Pressure Release

If you are not sure which pressure releases to use just do the quick release method. While meat can usually benefit from a natural pressure release, things like rice, pasta, and delicate vegetables can overcook quickly at the end and do better with the quick pressure release.

Keep Track of What Works / What Does Not Work

The best way to figure out how to convert recipes to Instant Pot cooking methods is by trial and error.

There will be very little water lost when cooking with a pressure cooker so adjust this accordingly if you have a lot of wet vegetables or chicken in your recipe. Items that have high water content already won't need a full cup of water or liquid to cook properly in the Instant Pot.

You might get a couple flops but the best way to learn is to try and then keep track of what works and what does not. Jot down times and temperatures next to your recipes so you know what to use the next time around!

(This information was taken from the 'Instant Pot for Beginners' Face Book page.

Great Web Sites!

<https://www.bettycrocker.com/how-to/tipslibrary/cooking-tips/how-to-use-an-instant-pot>

<https://www.hippressurecooking.com/pressure-cooking-times/>

<http://orlando.citymomsblog.com/instant-pot-crash-course/>

<https://www.thecentsableshoppin.com/15-things-you-need-to-know-about-your-instant-pot/>

<https://www.pressurecookrecipes.com/instant-pot-cleaning/>

<http://www.dummies.com/food-drink/cooking/pressure-cooker/pressure-cookers-for-dummies-cheat-sheet/>

<http://www.forkly.com/food/things-you-need-to-know-about-the-instant-pot/>

https://www.buzzfeed.com/whitneyjefferson/instant-pot-tips-for-beginners?utm_term=.wu7mQgveO#.hxxQ400Kj

<http://ovens.reviewed.com/features/what-are-the-differences-between-all-the-types-of-instant-pots>

<https://www.paintthekitchenred.com/16-reasons-why-instant-pot-not-sealing/>

<https://onceamonthmeals.com/blog/series/instant-pot/instant-pot-tips-tricks-101/>

<https://traditionalcookingschool.com/q-a/how-to-clean-your-instant-pot-naturally-easily-askwardee-087/>

<https://www.paintthekitchenred.com/instant-pot-how-to-quick-start-guide/>

<https://www.letmegiveyousomeadvice.com/instant-pot-vs-crockpot/>

Join one of the many Facebook groups!

I personally like

<https://www.facebook.com/groups/InstantPotCommunity>

and












<https://www.facebook.com/groups/instantpotforbeginners>



INSTANT POT COOKING TIMES

- ✓ Use natural release for red meat, and use quick release for everything else.
- ✓ If there is a range of cooking times, choose a time based on the size of the item you're cooking.
- ✓ Everything on this list is meant to be cooked on the manual setting on "high".

Use this cheat sheet to make your next meal an *instant* success!

BEEF ROAST  35-40 MINUTES	DRY BLACK OR PINTO BEANS  <i>Cover beans with water</i> 26 MINUTES	BONELESS RIBS  25 MINUTES	CHICKEN BREASTS  8 MINUTES	CHICKEN THIGHS  9 MINUTES
WHOLE CHICKEN  <i>Use sauté function to brown first with a little oil</i> 6 MINUTES PER POUND	CORN ON THE COB  3-4 MINUTES	FISH FILLET (FRESH)  2-3 MINUTES	FISH FILLET (FROZEN)  3-4 MINUTES	HARD-BOILED EGGS  <i>Add 1 cup water and use metal rack</i> 4 MINUTES
QUICK OATS  <i>Oats : Water 1 : 1.6</i> 5 MINUTES	STEEL-CUT OATS  <i>Oats : Water 1 : 1.6</i> 10 MINUTES	PASTA  <i>Cover noodles with water</i> 4 MINUTES	PORK CHOPS  <i>Use sauté function to brown first with a little oil</i> 5 MINUTES	PORK ROAST  <i>Use sauté function to brown first with a little oil</i> 45-55 MINUTES
WHOLE POTATOES  <i>Add 1 cup water and use metal rack</i> 12-15 MINUTES	BROWN RICE  <i>Rice : Water 1 : 1.25</i> 25 MINUTES	WHITE RICE  <i>Rice : Water 1 : 1</i> 12 MINUTES	WILD RICE  <i>Rice : Water 1 : 1.3</i> 27 MINUTES	VEGGIES (CHUNKS)  <i>Add 1 cup water and use metal rack</i> 1-3 MINUTES



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Instant Pot Recipe Cheat Sheet

HARD BOILED EGGS

1 cup cold water
6-8 large eggs on trivet
Manual HP 8 minutes
Quick Release

WHITE RICE

1 cup water
1 cup rice, rinsed
Manual HP 4 minutes
NR for 10 minutes

BROWN RICE

1 cup water
1 cup brown rice
Manual HP 15 minutes
NR for 5 minutes

STEEL CUT OATS

1 cup steel cut oats
3 cups milk
Manual HP 3 minutes
Natural Release

MASHED POTATOES

1 cup water
4 russet potatoes on trivet
Manual HP 8 minutes
Quick Release

DRIED BEANS

1 lb beans, rinsed
8 cups water
1 tbs oil
1 tsp salt
Manual HP 30 minutes
Natural Release

FROZEN CHICKEN BREASTS

2 lbs frozen chicken
1/2 cup water
Manual HP 12 minutes
Natural Release

WHOLE CHICKEN

1 4-5 lb whole chicken
1 cup water or broth
Manual HP 30 minutes
NR for 10 minutes

CORN ON THE COB

1 cup cold water
4 ears of corn, husks removed, on trivet
Manual HP 2 minutes
Quick Release

PULLED PORK

2-3 lb pork roast
Sauté in olive oil
2 cups water
Meat/Stew 90 minutes
NR for 10 minutes

PORK RIBS

1 rack baby back ribs
1 cup cold water
Manual HP 22 minutes
Natural Release

BEEF ROAST

3-4 lb beef chuck roast
Sauté in olive oil
2 cups broth
Manual HP 70 minutes
NR for 10 minutes

HP = High Pressure NR = Natural Release

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Lesson/Program Evaluation

Lesson/Program _____

Date Given _____ Participants' Group (Study Group, District, State Conference) _____

County _____

Presenter(s) _____, _____, _____

What did you learn from the lesson/program? _____

How will you use the information? (i.e. what changes will you make in your attitude/approach toward the subject area?) _____

Would you like to have more information on this subject or on another subject?

=====

PARTICIPANTS: DO NOT WRITE BELOW THIS LINE; FOR PRESENTERS ONLY

Leaders: Please use one of the evaluation forms to write your evaluation of the lesson and any comments about improving/adding to the presentation.: _____

Number of FCE members reached with program _____ Non FCE participants _____

Name(s) of presenter(s) _____

Expenses incurred in preparing/teaching the lesson \$ _____

Return these forms to the appropriate member of your County Council.

County Council: Please compile the information from these evaluations and report it to your District Director semi-annually, January 15th and July 15th. Also, send a copy of this information to the Oregon FCE Vice President for Program.