

An Instant Pot[®] Christmas



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An Instant Pot[®] Christmas

December 2017

Hello and welcome to our first Christmas eBook,
We're so excited to bring you all of these Christmas recipes,
your Christmas recipes. This eBook is a compilation of
methods, tips and tricks from our community, the Instant
Pot[®] UK Community. Will you find your own recipe in it?

From our home to yours, a very happy Christmas, we can't
wait to hear what you cook in your Instant Pot[®] and see all
your photos,

Maria and Chris, Instant Pot UK

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Editor, art director, designer, content manager, content gatherer, food stylist, photographer, cook,
instantpotter and chief lack of sleep officer: Maria Bravo.

With huge thanks to all our customers who constantly produce amazing Instant Pot[®] recipes,
especially those whose recipes have been included in **An Instant Pot Christmas**.

MAKING SURE EVERYTHING GOES ACCORDING TO PLAN

MARIA BRAVO

No one likes a melted bottom



Photo: Agnes

The most important thing to remember on Christmas Day is
DO NOT PUT YOUR INSTANT POT ON THE HOB .

You just read that and thought ah well I'll skip to the next one as I
have an induction hob, right?

**INDUCTION HOB'S account for 50% of Instant Pot melted
bottoms.**

The last thing you want to be worrying about on Christmas Day is a
broken Instant Pot! If there's no room on the counter. Make it.
Breakfast done? No need for more toast? Move the toaster away.

If you do melt your Instant Pot's bottom. Unplug, put your Instant Pot
away and deal with it after Christmas.

Same goes for lids on hot hobs .

Prep ahead

It's easy to feel the pressure on Christmas Day but there really is no need. Christmas Day is about spending time with your loved ones, it's not a culinary competition. If something doesn't go according to plan, make sure you laugh it off!

Make a list (or two or three)

Write down everything you are planning to cook. What a perfect excuse for a sit-down and a cuppa.

1. List all the ingredients you need, if you have the time, list where you have stored them
2. List all the dishes you are planning on cooking
3. Mark the dishes you could prepare ahead, work out when you could make some time to cook them



Schedule

aka how not to go crazy on the day

A few days or weeks ahead

Cranberry sauce, page 7. Make and freeze ahead. Remember to label.

Red Cabbage, page 10. Make and freeze ahead. Remember to label.

Two days before

Take the **Turkey Crown out of the freezer** so that it has time to defrost fully

Sit down with a cuppa to check exactly what ingredients you already have and what ingredients you need to get. Email them to yourself so that you don't lose the list. Get them.

The day before

Make the *Cheesecake*, pages 12 and 13. Cook the *Ham*, page 16.

Take everything out of the freezer. Write a fresh list for tomorrow. Perfect excuse for nibbles.

On the day

Stay calm. Remember to enjoy the day. Get the Christmas tunes on.

If you haven't cooked the cranberry sauce or the red cabbage, start with them but hopefully you did.

Peel and cut the potatoes and parsnips, parboil them. Get the Turkey Crown in then make the gravy and then the steamed veg while the turkey is resting. Consider investing in insulated containers to keep things warm.

Once you're about to sit down, set up the Christmas Pudding on the trivet with water underneath and heat it up on Manual for 30 minutes. Let it go to Keep Warm at the end and your pudding will be ready when you are.

Most of all, have a great day!

TIP: If you're cooking several dishes in quick succession ALWAYS check your sealing ring hasn't come out of the rack before cooking again

PREP AHEAD

COOK IT NOW SO THAT YOU CAN RELAX LATER

THERE ARE DISHES THAT YOU CAN TOTALLY COOK NOW AND FREEZE FOR THE BIG DAY. JUST MAKE SURE YOU WRITE DOWN WHICH ONES YOU HAVE COOKED AND WHERE THEY ARE STORED, MAKING SURE THEY ARE LABELLED.



ALLI'S CRANBERRY SAUCE

Original recipe by Alli Wiltshire

Photos by Maria Bravo

This cranberry sauce is cooked pot-in-pot (PIP) so you will need a bowl, preferably stainless steel or metallic as it will conduct the heat better, that fits into your Instant Pot.

The maximum diameter of the bowl needs to be 18 cm maximum for the 6 litre models and 20 cm maximum for the 8 litre models.

You will also need the trivet that came with your Instant Pot and very little time (although there's absolutely time for a couple of Christmas tunes of course).



Ingredients

- 400 g frozen cranberries (from Tesco)
- 1 tbsp sugar to start with and more to add to taste
- Zest and juice of one orange
- 20 ml port or red wine

Method

Place all ingredients in a stainless steel bowl. Pour 250 ml of water into the inner pot. Place the trivet in place. Stainless steel bowl on the trivet. Lock the lid in. Steam release handle pointing to Sealing. Press Manual and use the - and + buttons to programme 3 mins, high pressure. At the end do a 5 minute natural pressure release, this means doing absolutely nothing at the end (even if your IP is going to Keep Warm automatically) and then, 5 minutes into the natural pressure release, all you need to do is release the rest of pressure (if any) by moving the Steam Release Handle from Sealing to Venting.

Take the bowl out and stir in extra sugar to taste. I added 2 extra tablespoons. The sugar will melt as the sauce is hot. As you stir try to mash the cranberries a bit. Store in the freezer.





Store your
Cranberry Sauce
in a freezer-
friendly container.

Label it.

Take out on
Christmas Eve.

You're winning
already

Photo: Alli Wiltshire

Julia's Red Cabbage

Original recipe by Julia Levy-Twomey
Photos by Maria Bravo



Julia's Red Cabbage



Ingredients

- 2 small Cox apples or other tart apples
- 2 small red onions, 1 large or white is fine.
- 1 tbsp Balsamic vinegar (use red wine if you don't have balsamic handy)
- Half a red cabbage
- Some orange peel in strips
- 2 tsp of Chinese 5 Spice
- 200 ml cider

Method

Place everything in the inner pot. Stir. Press Manual and programme 10-12 minutes, depending on how soft you like the cabbage. Do a natural release at the end. Do not worry if it goes to Keep Warm, let it be, get on with things.

Taste and add salt to taste.

Press Sauté and let it bubble with the lid off at the end if you want to reduce at all.

Starter for 10 or twelve...



Photo and recipe: Simonette Blech Chaffanjon

Savoury Cheesecakes are brilliant for a different treat and they will look amazing at your dinner table. They are very rich so you only need a little bit. Even better, you can prepare them a day or two ahead, they need the time to set anyway. They can even be frozen. If you freeze them, you could slice them first as the slices won't take very long to defrost.

Simonette's Savoury Tomato Pesto Cheesecake

1. For the biscuit base

150g grissini (bread sticks)
2 tablespoons pesto
100g butter

Crush the grissini and mix with the butter and pesto.

Put in cake tin press down to make the crust. Place in freezer while making filling.

2. For the filling

400g cream cheese
10 basil leaves, finely chopped
4 garlic cloves, whole and unpeeled
3 eggs
20g flour
1 tablespoon olive oil
Salt and pepper

Pour 250 ml water in the inner pot, place garlic in a steamer basket and cook on Manual for 1 min, QR. Mix the basil with the other ingredients until you have a smooth mixture. Pour onto prepared base. Put 250 ml water in the inner pot and place cake tin on trivet. Cover cake tin with foil. Steam 25 minutes, steam release handle pointing to Sealing and 10 minutes NPR. Cool. Place in fridge.

3. For the topping

4 tomatoes
2 tablespoons tomato purée
2g agar agar

Then mix in blender / kitchen robot: 3 peeled tomatoes with the tomato purée. Dissolve agar agar in a little cold water. Then add to tomatoes / purée in a pan and simmer for 5 mins. Pour on cold cheesecake and refrigerate for minimum 1 hour. Always best to chill overnight to give the cheesecake a chance to set.



Photo and recipe: Andrew Lancaster

Ingredients

- 170 g gluten free oatcakes, crushed
- 50 g butter

- 500 g cream cheese
- 2 small Boursin cheeses
- 50 g parmesan cheese, shaved
- 1 tablespoon sour cream
- 4 eggs
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon dill, chopped
- 1/2 tablespoon chives, chopped

- 225 g smoked salmon, chopped
- Juice of one lemon

Andrew's Smoked Salmon Cheesecake (gluten free)

Method

1. Make the base with 170 g crushed gluten free oatcakes and 50g melted butter, press into a parchment lined loose bottomed cake tin.
2. Place all of the cheeses, sour cream, eggs and herbs into food processor and whizz briefly until mixed. Add the lemon juice and chopped smoked salmon and whizz briefly - you want the salmon to still to have some texture so you could just slice it.
3. Pour into the cake tin (the mixture is very liquid). Use the Instant Pot long handled trivet or make a long with foil folded a few times over to make it sturdy, this will help you lift the cheesecake in and out. 250 ml of water in the inner pot, trivet in place with cheesecake on top. Lock the lid, steam release handle pointing to Sealing. Press Manual, use the - and + buttons to set 30 minutes, do a quick release at the end. Blot the water off the top and leave to cool then place in the fridge overnight.



Turkey Crown

A huge thank you to Louise Finch for her extensive testing and details last year. Thanks to her we have your Turkey Crown timings all sorted.

Ingredients

1 Turkey Crown, frozen or fresh. Fully defrosted for 24-36-48 hours, check packaging

250 ml water, cold

Mixed herbs or herbs of your choice

1 stock cube

2 bay leaves

2 cloves

A few peppercorns

8 bacon slices

Equipment

Apart from your Instant Pot, you will need a trivet. The long-handled silicone trivet will be particularly handy to get the crown out later.

Method

1. Pour 250 ml water in the inner pot. Sprinkle with herbs, a stock cube, two bay leaves, two cloves and a few peppercorns.

2. Trivet in place. Turkey Crown on trivet. Lock the lid in, steam release handle pointing to Sealing. Press Manual and use the - and + buttons to programme the relevant minutes (see chart), at the end allow a 10 minute natural release (check it is over 74°C/165°F all the way through) then wrap in foil to rest a little further. Do not discard the juices, you will want them for the gravy (see the next page).

You can cover with *bacon slices* and place in a very hot oven to brown/crisp up, you can also do this without the bacon slices of course. I used too few bacon slices so don't do like me, use more. The bacon adds so much to the taste and, let's face it, everyone at the table will want a bit of bacon with their turkey!

Tried and tested Turkey Crown Timings

1.9 kg - 37 min, NPR

2.1 - 40 minutes, NPR

2 kg - 39 minutes, NPR

2.2 - 42 minutes, NPR

Note: The Turkey Crown we used was a 2.2 kg frozen Turkey Crown, fully defrosted. This is about the maximum weight you can fit in the 6 litre models. You can fit bigger Turkey Crowns in the 8 litre model

Gravy

When you finish cooking the Turkey Crown, sieve the juices left in the Instant Pot, pour them back in and reduce on Sauté with lots of red wine (we used Aldi's Animus Douro, £4.99). You could thicken with gravy granules

Bread Sauce

Don't be shocked but it came from a packet. Remember how I said not to put pressure on yourself? Well, it's good to have a few things that are easy peasy.



Ham

To calculate the total time you should cook your ham all you need to know is that you should cook it between 11 and 15 minutes per 500 g. One thing to take into account with bigger joints like the ones we all like to cook at Christmas is that, if the shape is a bit awkward, you may need to increase the time.

To the left is an example. This is Kate's 2.9 kg gammon cooked for 75 minutes on a bed of onion and carrot with bay leaf and peppercorns and topped up with water to about 4 litre mark on pot. NPR. Glazed with Earl Grey tea and demerara sugar (pour a little boiling water over an Earl Grey tea bag and add some demerara sugar), at 200°C for 30 mins and then rested for another 30 minutes. Kate tells us it was delicious and very tender.

More information about cooking gammon on the Feisty Tapas blog, [click here](#) to take you there.



Photo: Kate Hart

And all the trimmings

Brussels Sprouts

Brussels Sprouts
250 ml water, cold
80 g smoked diced pancetta

Add 250 ml water to the inner pot

Place the brussels sprouts in a steaming basket

Place the basket in the inner pot

Close the lid

Steam release handle pointing to Sealing

Press the Manual button, use the - and + buttons to programme 5 minutes.

Do a quick release at the end. Remove the sprouts, discard the liquid, quickly rinse and dry the inner pot .

With the inner pot back in place, press Sauté and fry the pancetta in extra virgin olive oil until crispy.

Stir in the cooked sprouts. Ready.

Note: you can double layer it and cook chantenay carrots at the same time like we did. Same amount of water. Same timings.





Roast Potatoes and Parsnips

Cook them at the same time and maximise the power of your Instant Pot
Preheat oven to 220°C / 200°C fan / gas mark 7.

Peel and cut the potatoes (we used Maris Piper) in halves or quarters depending on their size (halves if medium, quarters if large and in fact leave whole if quite small).

Slice the parsnips lengthways in 4 or 6 depending on how big they are.

Place on steamer basket. 250 ml cold water in the inner pot (don't be tempted to start with hot water). Manual, 4 minutes. Quick Release. Shake gently to roughen and put in oven dish with plenty of oil to coat. Place in oven for 45 minutes or until golden brown and crispy. Turn half way through.

If you just want to cook potatoes or just parsnips, same timings apply.



5 ALTERNATIVE MAIN DISHES

Whole Chicken, without any risk of it burning in the oven. This Healing Gourmet recipe works really well and is so easy. It has been tried and tested many times. Of course you could try the Feisty Tapas Lemony Chicken but I am totally biased there.

The now world famous **4 Minute Beef** (page 25) that the lovely gentleman that is Andy Brown has so kindly perfected. This is such a success story. It was Rita who brought the idea into the Instant Pot UK® Community and Andy who took it upon himself to try, test and perfect it because his wife loves Roast Beef. How many joints has it been now Andy?

Chilli con Carne. Now, bear with me, this might not sound Christmassy at all but what is more Christmassy than having time to spend with your family? Enjoy opening gifts together, giving them the gift of time. Your time. Make this **Easy Instant Pot Chilli**, leave it on Keep Warm and it'll be ready when you're ready to it. No stress. Of course, you can use it for any Christmas parties you may have been invited to or are hosting. New Year's Eve?

Sous Vide Duck Breast in your Instant Pot electric pressure cooker or, of course, in your Accu SV800 Immersion Circulator (for about 2h30 at between 54 and 57°C).

Leg of Lamb, Dad Cooks Dinner's recipe works perfectly every time, find it **here**.

Maria Bravo



Photo: Cathy Green

Cathy's Mulled Wine

2 oranges

Plenty of cloves to stud one of the oranges all over + a few more to throw in the inner pot

2 cinnamon sticks

2 bay leaves

1 star anise

3 bottles of red wine

A slug of brandy

2 tablespoons dark brown soft sugar

Stud an orange all over with cloves (Cathy finds it easier to stick the tip of a knife into the rind where she wants the cloves to go before she inserts them). Place the whole studded orange in the Instant Pot.

Cut another orange in half and then thinly slice, add to the Instant Pot. Then add 2 cinnamon sticks, 2 bay leaves, a star anise and some cloves.

Add 3 bottles of red wine and a slug of brandy, add a couple of tablespoons of dark brown soft sugar. Press Keep Warm and leave for 30 mins, stirring occasionally.

Leave on Keep Warm until all gone. Enjoy with friends and family.



Turkey, Leek and Sage Pie made in a jiffy, perfect fare after a brisk Boxing Day walk with the family, the dogs or just yourself for company

Leftover Turkey and Ham Pie

Ingredients

2 leeks

Butter

Leftover turkey Meat

Leftover ham

A heaped teaspoon of English mustard,
then more to taste at the end

1 tablespoon dried sage

Stock (we used vegetable stock)

Butter

1 sheet shortcrust pastry

Method

Preheat oven to 200°C (180°C fan, gas mark 6).

Slice leeks quite thinly and wash well to make sure any soil is released. Press Sauté on your Instant Pot and melt a good chunk of butter, add the leek and stir to coat. Season with salt and lots of freshly-ground black pepper. Lock the lid in. Steam release handle pointing to Sealing. Press Manual and use the - and + buttons to set 10 minutes. Quick release at the end.

Switch to Sauté. Add the meat, mustard, sage and stir in stock little by little, to make up a lovely sauce, thicken with a bit of plain flour, add more if necessary. Have a taste and add more mustard, salt and pepper if necessary. Place in a pie dish.

Remove pastry from packaging, cover pastry dish with it, roll in the edges. With a brush, give the pastry an egg wash with the beaten egg. Place in oven for a about 15 minutes. Enjoy!



Breakfast or dessert, you choose

Chris' Panettone Bread and Butter Pudding

Panettone to use up? We're here to help

Ingredients

About 6 slices of panettone

3 large eggs

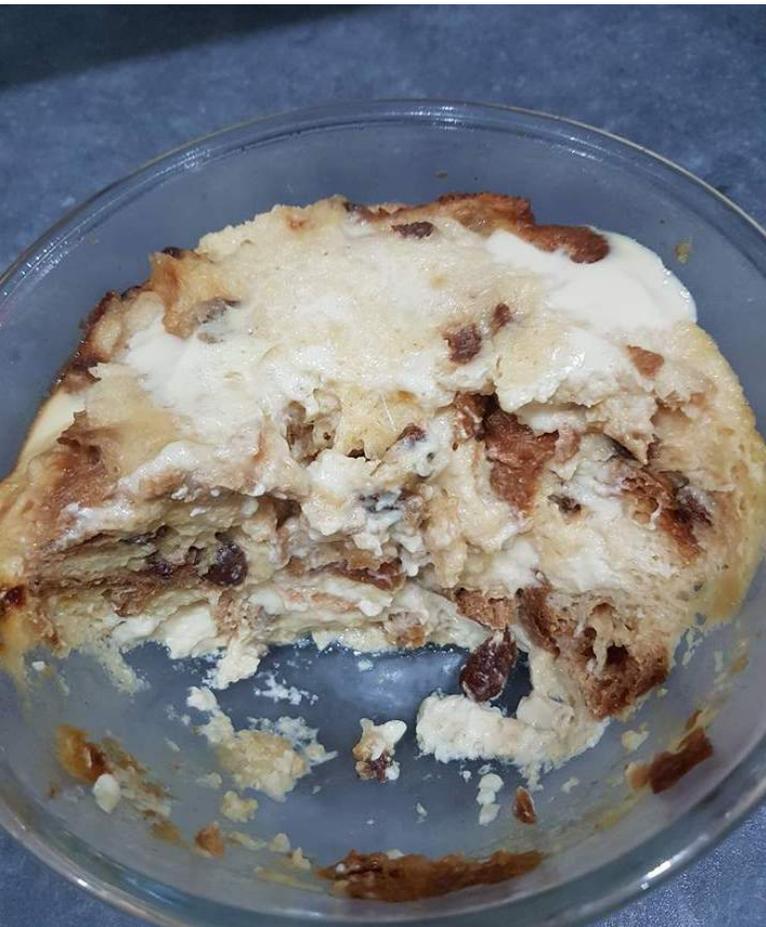
A mixture of milk and cream, probably about 500 ml

1 tsp vanilla extract

2 tbsp caster sugar



Photos and recipe: Chris Dean



1. Butter the bowl you're going to use for PIP (remember, 18 cm max diameter for the 6 litre models and 20cm max for the 8 litre DUO).

2. Rip up the panettone and put in the bowl.

3. Whisk together all the other ingredients and pour over the top

4. Cover with foil and make a foil sling. 500 ml of water in the inner pot and trivet in place with the pudding on top. Press Manual, high pressure, and programme 25 minutes. Natural release or quick release depending on how much of a hurry you're in. It will also do nicely on Keep Warm until you're ready to eat.

More leftover ideas

One of the dishes that your Instant Pot excels at is stir-free **Risotto** and it will make you the most amazing leftovers dish. Follow **this** base recipe and just add any cooked ingredients at the end. From leftover turkey to Brussels sprouts, anything goes.

Scrambled Eggs. You probably think I've gone mad but the day after cooking the feast you see on the cover, I had a delicious breakfast of scrambled eggs with Brussels Sprouts with Pancetta and I added goat's cheese. It was so good!

Cottage Pie, make a quick tomato sauce with chopped onions, garlic, chopped tomatoes, a good glug of any wine you have left from the big day then stir the cooked leftovers at the end. Make mash in your Instant Pot while you do that: 250 ml water in the inner pot, a good heaped teaspoon of sea salt, the potatoes (halved or quartered), 10 minutes, QR. Mash with lots of butter and a bit of milk. Put the tomato sauce mix in an oven dish, cover with the mash, top with any cheese you have left over and grill until golden.

Curry, everyone has their favourite curries so I'm not going to tell you which one but Boxing Day Curry can be very welcome!

Sandwiches or wraps, the easiest option. Pack them to take with you on a National Trust walk. Put hot drinks in thermal mugs. Wrap up very warm. Enjoy.

Have a great Christmas! We hope you get a bit of a break after all the cooking!

4 Minute Beef

A big thank you to Andy for testing this method until he perfected it, and to Rita for planting the idea back in February 2017. The 4 Minute Beef has become really popular!

What beef joint to use?

Top rump and topside work great (that's round if you're in the US)



1. Use Sauté mode and sear the joint all over (tip from Julia and Evelyn: dust the joint with salt, pepper and mustard powder first)
2. Remove joint and deglaze the pot with some water (important if bits of the joint have stuck to the bottom)
3. Put trivet in and add additional water so it just about touches the base of the trivet (this water makes gorgeous gravy so make sure you keep it!)
4. Put joint on trivet
5. Manual, high pressure, for 4 mins (slightly longer for large joints over 1.5kg)
6. NPR and keep warm from between 30 mins to 2 hours depending on how pink you like it and how big the joint is
7. Turn of keep warm and let rest for at least 30 mins

Note from Andy: Step 6 is the tricky part to time. I've done .5kg joint on keep warm for 45 mins and that was slightly more cooked than I like it. I did a 2kg for 8 mins HP, 2 hours keep warm and 1 hour resting and it was slightly over again. I'd do that again on 5 mins, 1 hour keep warm, 1 resting I think

Instant Pot®

Penny's Savoury Rice

Instant Pot®

- 500g easy cook rice
- 1 red pepper,
- Bowl full of Peas,
- Tin Sweetcorn
- 450g Mushrooms
- 2 Medium Onions
- Optional: pork sausage (or chorizo/pepperoni/salami/pancetta)
- 650ml hot chicken stock
- 1/4 teaspoon of ground pepper

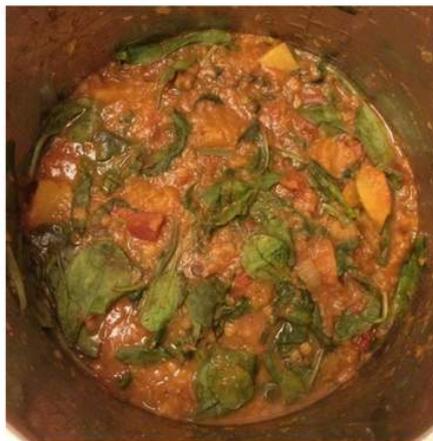
1. Chop it all up, place everything in IP.
2. Rice setting. QPR.
3. Stir, serve.



Julia's Butternut Squash & Red Lentil Curry

Instant Pot®

- 1 medium onion
- 1 tin diced tomatoes (large tin)
- ½ kilogram butternut squash
- 113 grams red lentils
- 1-2tbs yellow thai curry paste
- 1 bag spinach (optional)
- 1 stock cube (veg or chicken)



1. Sauté the onion for five minutes.
2. Add the squash to the onions and sauté a couple of minutes.
3. Stir in the curry paste then add the tomatoes, stock cube and 1 can of water.
4. Tip in the lentils and stir in.
5. Pressure for 15 mins, natural release.
6. Tip in whole bag of spinach replace lid to allow to wilt, stir well and serve.

Emma's Vegetable Rigatoni

Instant Pot®

- 1 tbsp olive oil
 - 1 onion - diced
 - 1 carrot - finely diced
 - 1 stick of celery - finely diced
 - 3 cloves of garlic - minced
 - 1 red, 1 orange + 1 red pepper, chopped
 - 1 diced courgette
 - 4 diced mushrooms
 - Splash of red wine
 - Small carton of passata
 - Tin of chopped tomatoes
 - Handful of spinach - chopped
 - 4 sliced olives
 - Dried mixed Italian herbs
 - Salt and pepper
 - 200ml of veg stock (hot)
 - 250g Rigatoni pasta tubes
- 1. With the Instant Pot on Sauté on medium heat add a tbsp of olive oil and sweat the diced onion, carrot, celery and garlic.
 - 2. Once soft, add the peppers, courgette and mushrooms and soften for a few minutes.
 - 3. Add a splash of red wine to deglaze the pan thoroughly by scraping the bottom of the inner pot with a wooden spoon before the next step.
 - 4. Then add the passata and tomatoes, spinach, olives and dried Italian herbs. Season well.
 - 5. Once simmering add the hot veg stock and the dried pasta and stir well to mix.
 - 6. Cancel Sauté, lock the lid in. Set to Manual for 7 minutes. Quick release.

Kathryn's Spicy Fish Stew Instant Pot®

- 1 onion, chopped
- 1 garlic clove, chopped
- 1 hot fresh chilli, chopped OR 1 tsp dried chilli flakes
- Splash of white wine (optional)
- 1 x 400 g chopped tomatoes
- 2 tsp dried mixed herbs
- 2 cups fish stock
- 6 medium / large new potatoes, diced
- Salt and pepper
- 1 fennel bulb, sliced (optional)
- 1 red pepper, chopped (you can choose to use either the fennel or the red pepper)
- 2 white fish fillets, hake for example, cut into large chunks or even a mix of fish or seafood



1. Sauté the onion with the garlic clove and the chilli. Add a splash of white wine here if you wish.

2. Add the tomatoes, mixed herbs, fish stock and diced potatoes. Season. Add the sliced fennel bulb if using. Bean/Chilli setting (or Manual setting) for 10 min. QPR.

3. Add the red pepper & 2 white fish fillet chunks. Lid back on to cook in residual heat for 5 minutes. Stir gently so you don't break the fish up too much and serve.

Penny's Chicken & Prawn Paella Instant Pot®

- 2 sachets of Tesco Paella seasoning
- 500g paella rice
- 1250ml hot chicken stock
- 600g chicken thighs cut into strips
- 300g chorizo
- 400g raw or cooked king prawns
- Big handful of peas
- 1 red pepper
- 2 medium onions.

1. Sauté chorizo and onion for 5 mins, add chicken, rice and paella seasoning, sauté for further 5 mins.

2. Add red pepper, peas and stock, stir. Pop lid on then cook on Rice setting, quick release at the end. Then stir in prawns, pop lid back on till prawns are cooked in the heat of the rice.

Can be spiced up with chopped chillies, or flakes!



Photo by Stephanie

Gareth's Spicy Sweet Potato and Butternut Squash Soup with Coconut Milk and Lime

Instant Pot®

- 2 red onions, cut into chunks
- 1 butternut squash, cut into chunks
- 2-3 sweet potatoes, cut into chunks
- 2 garlic cloves
- 3 teaspoons of vegetable bouillon powder
- 1 tbsp of curry powder
- 500 ml of hot water
- 400 g tin of coconut milk
- Zest and juice of a lime (optional)



1. Press Sauté and sauté 2 red onions cut in to chunks with some oil. Deglaze base with a little water
2. Add one butternut squash cut in to chunks and 2/3 sweet potatoes cut in to chunks plus couple of garlic cloves.
3. Mix 3 teaspoons of vegetable bouillon powder with a good tablespoon of curry powder and 1/2 litre of hot water, mix well and then add to pot. Put lid on. Steam release handle pointing to Sealing.
4. Press Soup and programme 20 minutes. At the end do a 20 minute natural release (or just let it be on Keep Warm until you are ready to eat). Take lid off blitz with hand blender added almost a full tin of coconut milk but add as much or as little as you like, depending on taste and the thickness you like soup.
5. Add salt and pepper to taste, and lime juice or zest for your own taste (optional)

Drina's Spicy Lentil Soup

Instant Pot®

- 1 tbsp vegetable oil
- 150g red lentils
- 100g carrots, 1cm dice
- 150g potatoes, 1cm dice
- 1 onion
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 2 tsp ground coriander
- 2 pints of chicken stock
- Small bunch coriander finely chopped



1. Wash and drain the lentils.
2. Press the Sauté button, add the oil and the onion and cook until transparent. Add the spices and cook for 2 mins stirring constantly, if the spices start to catch, add a splash of water.
3. Add the carrots and potatoes, lentils and stock and stir.
4. Press Keep Warm / Cancel to turn off the Sauté mode, close the lid, make sure the steam release handle points to Sealing. Press Manual and set to 3 minutes. Once the Instant Pot has completed use quick release.
5. Garnish with coriander and serve with crusty bread & butter. Delicious!

Marsha's Beef Stew

- 500 g lean diced beef
- onions
- potatoes
- carrots (or any other root veg you like)
- herbs and spices
- 200 ml beef stock

*A very easy recipe
for beginners*

1. Add all the ingredients to your inner pot. Lock the lid in. Press the Manual button followed by the + and - buttons to set your Instant Pot to 25mins. At the end do a natural release (i.e. let the float valve pop back down on its own).

2. When finished remove lid, press Sauté and thicken the liquid (Marsha sprinkles in some bisto granules).

Instant Pot[®]

Hod's Chicken Madras

Instant Pot[®]

- 3-4 tablespoons of oil
- 4 medium onions roughly chopped
- 4 dried red chillies
- 4-6 cloves of garlic roughly chopped
- 1.5-2" cube of fresh root ginger roughly chopped
- 4 large chicken breasts cleaned and cubed
- 3 large garlic cloves crushed
- 2 green chillies sliced lengthways (deseed if you want a milder curry)
- 6 teaspoons of cumin
- 2 teaspoons of ground coriander
- 2 teaspoons of turmeric
- 1-2 teaspoons of chilli powder (depending on heat required)
- 1.25 teaspoons of salt flakes
- 2 teaspoons of garam masala
- 1 400g tin of chopped tomatoes
- 1 bunch of fresh coriander chopped

1. Heat half of the oil in your Instant Pot on Sauté (best to use non-stick pot).
2. Sauté the onions, chopped garlic, dried red chillies and ginger until the onions are soft and golden brown.
3. Remove mixture and blend with half of the tin of chopped tomatoes including juice. Reserve.
4. Heat the remainder of the oil in your Instant Pot on Sauté.
5. Sauté the crushed garlic and sliced green chillies until the garlic is golden brown.
6. Add the remainder of the chopped tomatoes and sauté for a further 3 minutes.
7. Add the cumin, ground coriander, turmeric and chilli powder to the pot and sauté for a further 5-6 minutes.
8. Add the cubed chicken to the pot and sauté until the chicken changes colour.
9. Add the blended mixture to the pot from stage one with half of the chopped coriander and the salt flakes and stir to blend the mixture and chicken.
10. Put the Instant Pot lid on. Steam release handle pointing to Sealing. Press Keep Warm / Cancel and then press Poultry mode and pressure cook for 20 mins.
11. Quick release pressure and leave on Keep Warm.
12. Remove lid. Add remainder of the chopped coriander and the garam masala and stir well.

Rachel's Carrot Cake Porridge

Serves 2

- 1 cup porridge oats
- 2 cups/250ml of semi skimmed milk
- Squeeze of agave (to own taste)
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- Raisins
- 1 small carrot, finely grated

Instant Pot®
Perfect Christmas Day
Breakfast

1. Mix all the ingredients in a bowl that will fit in your Instant Pot (i.e. 18 cm diameter maximum if it's a 6 litre Instant Pot and 20 cm diameter maximum if it's an 8 litres)
2. Pour 2 cups water in the inner pot. Place trivet in place with the bowl on top.
3. Press Manual and use the - and + buttons to programme 3 minutes. Natural release at the end.

Alana's Banana Cake

Instant Pot®

- 140 g softened butter
- 100 g golden caster sugar (Alana uses 140 g but reducing to 100g works great!)
- 2 large eggs, beaten
- 140 g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas, mashed
- Handful of chocolate chips (optional)



1. Mix butter and sugar together, then add flour and eggs, then bananas.
2. Line and butter the tin (18 cm/7 inch)
3. Put in trivet and enough water (straight from the cold tap) to come to the bottom of the trivet (about 500 ml)
4. Set to Sealing. Press Manual. High pressure for 30 minutes with 15 minutes NPR.

THE Instant Pot[®] WAY OF COOKING

THE GOLDEN RULES

1

As a rule of thumb, make sure you always have **250ml of water or stock** when pressure cooking. If using a stock cube or powder make sure you dilute it first. Pressure cooking relies on steam, to generate steam your Instant Pot needs liquid.

2

There is hardly any evaporation in pressure cooking so, at the end, your sauce may be more liquid than you would like. Just set to **Sauté**. Leave the lid off so that the sauce can bubble and reduce, it happens quickly so stay nearby and stir every once in a while. If you don't want the veg, etc. to keep cooking, you can remove the solid food and then add it back once you have the consistency you want.

Stir to warm up and enjoy.

3

Don't use flour before pressure cooking, thicken after.

4

After sauteing and before pressure cooking, always **deglaze** the bottom of the pot by scraping it with a wooden spoon and a bit of liquid (water, stock, wine) to remove any burnt-on or caramelised bits.

5

Tomatoes and tomatoey sauces have a habit of catching and making the pot give an overheat (**OUHT**) error or fail to reach pressure (if you have v2 of the DUO or v3 of the LUX). This is also the case of ready-made and thick sauces. A few tricks:

- a) add ingredients that release liquid as they cook, e.g. vegetables like courgettes or mushrooms. The liquid they release helps create the necessary steam.
- b) remember the rule of thumb of 250ml of water or stock always in the pot for pressure cooking (if you add ingredients that release liquid you can get away with less).
- c) some people place the tomatoes on top of the ingredients without stirring.
- d) (for DUO owners) you can use the Low Pressure setting and increase the pressure cooking time.

Give your Instant Pot® some love

Do not to overfill: maximum two thirds of capacity when pressure cooking and only up to half way when pressure coking ingredients that foam up or need a good amount of room to expand like pasta, rice, grains, etc. This way your lid will usually only get condensation.



The lid: Every once in a while give the lid a thorough clean, **this video** will help guide you. You do not have to do this every time you use your Instant Pot though but it's good to keep an eye on the float valve to make sure it's not sticking, above all if you often cook foods that foam up (porridge or rice for example).

Make sure you inspect the silicone plug on the float valve for damage.

The sealing ring: inspect it for damage, make sure it's not overstretched.

Always remember not to force the lid on, if it feels hard to turn to lock then that means that the sealing ring is not properly in place, open the lid again and make sure it's properly in place pressing it down several times as you follow its circumference a few times.

Likewise when removing the sealing ring, make sure you take it out little by little instead of yanking it out.



The rim of the base: make sure the rim of the base is free of debris. Sometimes little grains or seeds can get in there.

Do not use flour or thickeners during pressure cooking, use them after.



The inner pot: sometimes an invisible layer can develop (above all when using flour or starchy ingredients), pour white vinegar into the inner pot and let it soak for a few hours. Rinse well.

Bonus: you'll end up with a super shiny inner pot.

Don't forget the **Golden Rules**, click [here](#) to download them on pdf. As you will read in the Golden Rules above, the newer models don't reach pressure when they are overheating, if there's something burnt to the bottom triggering the sensors, etc.



Learn the lingo

QR = Quick Release (sometimes called **Quick Pressure Release or QPR**) means venting the steam as soon as the pressure cooking process finishes, i.e. moving the steam release handle from Sealing to Venting. When quick releasing starchy foods, foods that foam up, milk and dairy products, wait a good few seconds for things to calm down inside the Instant Pot.

NR = Natural Release (sometimes called **Natural Pressure Release or NPR**) means letting the pressure (and the float valve) come down on its own, i.e. doing nothing at the end. The food keeps on cooking during natural release, it's particularly handy for meat as doing a quick release can toughen it up, it gives it time to rest. As a rule of thumb, you can release the rest of the steam after 15 minutes of natural release. There is no need to cancel Keep Warm, go put your feet up and enjoy life.

PiP = Pot in Pot, cooking something on the trivet inside a bowl (pot) inside the inner pot with water underneath, or a dish cooking underneath like curry with PiP rice

