

Beginners' Guide

Buying an Instant Pot® is just the start of our journey together



Instant Pot®

A DIFFERENT WAY OF COOKING

Welcome to the world of Instant Pot®

You're about to embark on an amazing journey. Your Instant Pot® not only helps you cook, it also helps you have more time for other things.

The beauty of pressure cooking with your Instant Pot® is that you can programme it and walk away, you don't have to babysit it. Stove-top pressure cookers need to first reach pressure then the heat on the stove needs to be adjusted so you have to hang around waiting for that to happen. Not with your Instant Pot®, it does it all for you.

Pressure cooking locks in flavours and nutrients.

Your Instant Pot is packed with safety features to give you peace of mind so there is absolutely no need to be scared.

Whenever you see this symbol , it means that there is a useful video to watch. Just click or tap on it and it'll take you to it. Some videos will be in our Instant Pot UK for Beginners YouTube channel (see page 36) and some on our Facebook group, the Instant Pot® UK Community.

Let's get you started

Our email: support@instantpot.co.uk

New to Instant Pot?

The first thing to do is not to leave your Instant Pot in the box, get it out as soon as you can. If you leave it in the box, panic and fear might set in and your Instant Pot will sense this, making it feel sad and disappointed because it's full of safety features for your peace of mind.

So, go on, first thing to do:

Take it out of the box

The longer you have it in the box, the more any nerves, anxieties or fears will set in. The key is to use it straight away so we're going to get it out on the counter and we're going to get you using it regularly. The more you use/do something, the more familiar and second nature it becomes and, before you know it, you will be using your Instant Pot without thinking and it will be giving you time for other things, like browsing for new recipes to try.

Once it's out of the box, admire it. Isn't it shiny?

Do not worry about all the buttons just yet, above all if they are making you anxious. We're going to make it super easy for you to start using your Instant Pot. We will tackle the buttons later.





2

INSIDE THE BOX

Contents may vary in design.
Model shown is a LUX

Inside the box
you will find:

1. Cooker base

2. Removable **inner pot**, a cooker with a removable stainless steel inner pot. You must always have the inner pot in place when cooking. Always.

3. Lid

4. Two removable **power cables** with two different plugs, one is three pin for the UK and the other is schuko two pin for use in Europe. If you're in a 220–240v country that uses a different plug, take the cable to a DIY / hardware shop and ask for the same cable with the right plug for your country.

5. **Instruction Manual**, boring we know but it is important to read it because pressure cooking and the Instant Pot way of cooking come with a learning curve and there are things you need to know. We have made the cooker as safe as we can and so it's important to understand how it works. Like most manuals it will make little sense at the beginning but, as you get using your Instant Pot more, you'll read it a few more times and find that it all magically starts to make sense. Please pay special attention to the warnings and the safety and filling rules. You can also download the manual on pdf from our website so that you never lose it.

This Beginners' Guide does not replace the instruction manual that comes with your Instant Pot.

6. **Cookbook**, ok so it may not be the most inspirational or it may not cater to your personal tastes, but it has a brilliant sidekick in the shape of our Facebook group: the Instant Pot® UK Community, which is loaded with recipes with familiar ingredients and measurements. At the back of the cookbook there is a super handy table with timings.

Your Instant Pot comes with a few accessories:

7. A **spoon** and a **ladle**, which are handy for cooking rice. The ladle in particular is super handy.

8. A **measuring cup**, your Instant Pot can cook rice and so this cup is designed to help you do just that. Basically it's designed to help you work out water to rice ratios. It'll come in handy. It's not the same as the measuring cups that a lot of American recipes use

9. A **steam rack** (you'll also see it called **trivet**), to lift the food up from the bottom of the inner pot.

10. (not shown) if it's a DUO: a **condensation collector** that you will attach at the back. The DUO model has a gap on the lid to hook the lid upright. When the lid stands this way, the condensation runs down and the resulting liquid is collected. Click here to watch how to attach the condensation collector on our Instant Pot UK for Beginners YouTube Channel 

THE LID

A happy Instant Pot lid makes for a happy Instant Pot owner. The lid has the all-important:

Sealing Ring: an intrinsic part of your Instant Pot, the sealing ring works very hard. It expands under pressure to create a sealed chamber, that seal is what helps your Instant Pot cook under pressure.

Float Valve: the steam generated inside the Instant Pot helps the float valve literally float up. Once it's up, your Instant Pot lid is locked in place. You should never ever force the lid open while the float valve is up. This would be extremely dangerous.

Steam Release Handle: the steam release handle has two positions, Sealing and Venting. For pressure cooking to take place, the steam release handle has to be pointing to Sealing.

The sealing ring, the float valve and the steam release handle work together.



The all-important sealing ring



6 litre **float valve in place**, the **silicone plug needs to stay in place** for it to be able to float as steam is generated



In the above photo you can see a **float valve** taken apart. The float valve's silicone plug is in on the left. The float valve's pin is in the middle. The black **steam release handle**

The Duo 8 litre float valve is red. The 6 litre float valve is silver.



The Basics of Pressure Cooking



Since steam surrounds the food, foods are not oxidised by air exposure at heat, so asparagus, broccoli and other green vegetables retain their bright colours and phytochemical properties. The cooked food keeps its original flavour.

Meat will be tenderised in a fraction of the time. Pulses can be cooked in no time.

If you bear in mind the fact that in the pressure cooking mode your Instant Pot always needs liquid to reach pressure and bear in mind the **Golden Rules of the Instant Pot Way of Cooking** (next page), you'll be off to a great start.

Your Instant Pot electric pressure cooker consists of three parts: the lid, the removable inner pot and the housing. The key internal components are the safety valves and the smart control box.

It's important to understand how pressure cooking works.

The most important thing to know about pressure cooking is that it's necessary to add liquid (water, stock, wine...) as the whole key to pressure cooking is to generate steam, this steam will help cook the ingredients as well as help the sealing ring expand to create a sealed chamber where your ingredients will cook at a temperature of about 120°C.

This all means that food will cook much faster by pressure

cooking than by other methods.

Typically your Instant Pot can reduce cooking time by up to 70% when compared with other methods.

The steam will circulate evenly, deeply and quickly so it is not necessary to immerse the food in water, retaining more nutrients, vitamins and minerals as they will not leach or dissolve away in the water.

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** or **BURN**) 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.

THE PRESSURE COOKING process

Reaching Pressure

Whether you start from cold or have sautéed your products using the Sauté function, once you press one of the pressure cooking buttons and programme the cooking time your Instant Pot will need to heat up to create steam. Steam rises and so it will push the float valve up. This is why you may see the float valve trying to pop up and coming back down again until it stays up. Steam will leak during this time while the right amount of steam is generated, this is totally normal.

Cooking

Once the float valve is up, your Instant Pot has reached pressure. Now it just needs to reach the right internal temperature which means that there is a delay between the float valve rising and the countdown starting.

When the countdown is done, your Instant Pot enters the Keep Warm cycle automatically (unless you have cancelled it at the start, which is possible in some versions). The Keep Warm cycle counts up, not down, this way you know how long it has been on Keep Warm, starting with L00:00 then L00:01 and so on. Up to a total of 10 hours.



Releasing Pressure

QPR = Quick Pressure Release (sometimes called Quick Release or QR) 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.

NPR = Natural Pressure Release (sometimes called Natural Release or NR) 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. Natural release WILL happen during Keep Warm so go live your life, put your feet up.

GET TO KNOW YOUR INSTANT POT

Instant Pot® How to



The Water Test

Once your Instant Pot is out of the box, don't let it intimidate you. It really is super easy to use. We're going to show you how with the Water Test.

We also use the Water Test for diagnostics. It's a very handy little test.

Its nickname is the "Water Test" but your instruction manual calls it "Initial Test Run". It's designed to get you to know your Instant Pot in no time and all you need is water so make sure you don't skip it.

We have a video of the Water Test for you right here, with the lovely Jenny Tschiesche, also known as the Lunchbox Doctor, which might make it a bit easier to follow if you prefer. She'll hold your hand through it.

Jenny has an Instant Pot book coming out in September 2018, **The Modern Multi-cooker Cookbook: 101 Recipes for your Instant Pot®**, look out for it on Amazon. [Click here to open up the link to order from Amazon.](#)

Before starting, make sure the pressure release handle and float valve are in place and that the sealing ring is properly inserted.

Step 1.

Add 3 measuring cups of water to the inner pot OR at least 1 litre of water if it's the 8 litre model or v3 of the DUO, i.e. if your DUO was delivered from June 2018.

Step 2.

Lock the lid in. Make sure that the steam release handle is pointing to "Sealing" on the lid.

Step 3.

Press the "Steam" button, and press the "-" button to change the time to 2 minutes.

Step 4. In 10 seconds, your Instant Pot® will go into the preheating cycle and the display will show ON. Within a few minutes, steam will release for a minute or two until the Float Valve pops up to seal the cooker. Once working pressure is

reached, which may take a few minutes or up to 10-13 minutes, the countdown will begin. When the countdown is finished, the Instant Pot® will beep and automatically switch to the "Keep Warm" mode.

At the end you have two options, let the steam: quick pressure release (QPR) or natural pressure release (NPR).

Keep reading the guide or watch our video linked below to find out more.



Click here to watch the water test



GET TO KNOW YOUR INSTANT POT

Instant Pot®



The Community

Buying an Instant Pot is just the start of our journey together

Your Instant Pot comes with the help and support of an awesome online community. There is the global Instant Pot Community run by Instant Pot Canada and there's our group, the **Instant Pot® UK Community** which we (Instant Pot UK) run for our customers.

If your Instant Pot is a 220v, make sure you request to be a member, answer all three questions you are asked and, once you're in, read the all-important pinned post.

The community has a search function and its Files are full of recipes from our members.

Customer Andy has created an index of the files in the recipes, find the **ANDY'S RECIPE INDEX HERE**.

The community is the place to find recipe inspiration, ask questions and find out all the tips and tricks.

We have videos to show you how to use the group. Just click the  to watch them:

- From a computer browser 

- From the Facebook for mobile app 



THE MAIN BUTTONS

Pressure Cook or Manual gives you full control. Just press it followed by the - and + buttons to set the time. You will see it referred to as the **Manual** button in many recipes as that's what previous versions used to call it.

Pressure Level or Pressure (DUO only): the Instant Pot DUO has two pressure levels. High and Low. Called Pressure in previous versions.



Sauté: With three different temperature settings, the Sauté button is perfect for sweating vegetables and browning meat. No need to wait for the display to say HOT. Just add the ingredients when it's warming up as **you would in a pan.**

Delay Start or Timer: It does when it says on the tin. Perfect for your morning porridge. Not recommended with meat or fish that could spoil.

Cancel: Stop a programme in process. In older versions it was called Keep Warm / Cancel but, from June 2018 (launch of v3 of the DUO), these two have been separated into two buttons: Cancel and Keep Warm.

Slow Cook: It does what it says on the tin. Your Instant Pot has 3 Slow Cook settings: Less, Normal and More. Press the Slow Cook button once to set to slow cook then press it again and keep an eye on the Less, Normal and More lights. Most people like to use mainly the Normal setting (low in a conventional slow cooker) and the More setting (High in a conventional slow cooker).

Keep Warm: Your Instant Pot can keep your food warm automatically for you after pressure cooking it or slow cooking it. You can also use it independently, just press it. It's not advised for ingredients that continue cook like rice and pasta as they can go to mush.

In the LUX and v1 and v2 of the DUO. Keep Warm and Cancel are the same button .

Yogurt: Of course perfect for making yoghurt but we'll tell you a little secret.... the Yoghurt Less setting is great for proving dough and there's also an awesome way of making Clotted Cream (ask or search the Instant Pot® UK Community).

THE OTHER BUTTONS

Rice: this is an automatic programme. You press the button and your Instant Pot does its thing according to the volume inside. This means that you cannot set the time in the Rice programme.

Steam: heats at full blast so the food needs to be raised from the bottom of the inner pot. The Steam function can be used with the steam release handle set to Sealing or Venting. If set to Venting your Instant Pot will not reach pressure and will not count down so you will have to time the cooking time from the moment steam comes out. If the steam release handle is set to Sealing, it will reach a higher temperature and cook faster.

Soup/Broth, Meat/Stew, Bean/Chilli, Poultry, Multigrain and Porridge: all give you suggested timings and all have three suggested timings. You can also press these buttons and set the time yourself. Check the instruction manual for more details.

Don't forget that v2 and v3 of the DUO (including the DUO 8 litre) and v3 of the LUX have a built-in memory which can be reset. Check the instruction manual for details. If you bought v2 of the DUO (including the 8 litre) or v3 of the LUX, they would have come with a separate Updated Information Sheet with this information.

The sticker at the back of your Instant Pot tells you what version you have.



**Don't forget to read your manual,
it gives you more details of how to
use these buttons**



DUO v1 & v2



DUO v3

THE *MANUAL* BUTTON IS NOW THE *PRESSURE COOK* BUTTON IN V3 OF THE DUO (RELEASED IN JUNE 2018).

IF A RECIPE SAYS TO USE THE *MANUAL* BUTTON, JUST USE THE *PRESSURE COOK* BUTTON IN V3 OF THE DUO.

.....

Instant Pots are made in US quarts. 6 quarts = 5.67 litres (5.67812 to be exact). It was always rounded up but in v3 of the 6 litre DUO it has been rounded down so now it says **5.5 L. The inner pot is exactly the same as before.**

5.67812 L just wasn't very catchy.

Instant Pot® DICTIONARY

volume 01 | Beginners' Guide



HIGH PRESSURE (HP)

LOW PRESSURE (LP)

The DUO 7 in 1 has two pressure settings: high pressure and low pressure.

The LUX 6 in 1 only has one pressure setting: high.

When recipes specify HP (High Pressure), make sure the red High light is illuminated in your DUO 7 in 1. Likewise when recipes specify low pressure.

When recipes don't specify anything, presume it's high pressure.

In the LUX 6 in 1 there is no need to adjust anything.

The photo on this page shows an Instant Pot Duo v1 cooking on Steam at high pressure, with 1 minute of cooking time to go.

Instant Pot[®] IP-DUO

www.InstantPot.co.uk

0:01:00

Low Pressure High Pressure

Less Normal More

+

Pressure

Adjust

Manual

Timer

Yogurt

Keep Warm / Cancel

Rice

Multigrain

Porridge

Steam

POT IN POT (PIP)

Pot in Pot means 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

So basically you would have 250 ml water in the inner pot or whatever dish you want to cook, a curry for example, and then you could have PiP rice. So essentially you would be cooking your main dish and your side dish together.

Or cottage pie mix in the inner pot and the potatoes for the mash PiP.

For an example of a Pot in Pot (PiP) recipe check Rachel's Carrot Cake Porridge recipe card at the back of this guide

QUICK PRESSURE RELEASE (QPR)

Also known as Quick Release (QR) or Fast Release.

Quick pressure release 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. Never quick release porridge. Supermarket-own pasta works best, avoid more expensive pastas that are dusted in flour. Soups are best naturally released.

A jet of steam will shoot up, be very careful to step away while this is happening, do not place your hands, arms, face anywhere near it. It will hurt.

Once all steam has been released, the float valve will pop back down and the lid will unlock.

Never force the lid open.

Watch our handy Quick Pressure Release video



NATURAL PRESSURE RELEASE (NPR)

Also known as Natural Release (NR) or Slow Release.

Natural pressure release means letting the pressure (and the float valve) come down on their own, i.e. doing nothing at the end (other than putting your feet up). No need to even cancel the automatic Keep Warm feature.

You won't see any steam being released. The steam dissipates inside the Instant Pot and, when the float valve pops back down, the lid will unlock.

During natural release, the food keeps cooking so it's handy for meat, like beef which could otherwise toughen up with a quick release. Not so handy for pasta or rice which would otherwise overcook, for those you can let things settle inside for a few seconds and then do a quick release (see left column).

As a rule of thumb, you can release the rest of the steam after 15 minutes of natural release. You may want to wait longer in the case of soup as the higher liquid volume means more steam will come out.



Maintenance



GET THE MOST OUT OF YOUR INSTANT POT



How to store your Instant Pot

Try to store your Instant Pot with the lid upside down so that it can breathe. Let the sealing ring breathe too. Remove it (but promise us not to stretch it!) and drape it over the upside-down lid as shown in this photo.



How to look after the sealing ring

The key to your sealing ring living a long and happy life is to not to overstretch or damage it. It is an integral part of your Instant Pot.

Always make sure the sealing ring is properly in place, press it down following its circumference. When closing the lid, never force it on. If you feel a bit of resistance, check the sealing ring. Forcing the lid on can damage the sealing ring.

When removing the sealing ring for cleaning, try not to stretch it. Remove it a bit at a time following the entire circumference rather than grabbing it and pulling it out. This video is really handy to get to know your sealing ring a bit better.

Press 



How to get rid of sealing ring smells

TRIED-AND-TESTED IDEAS FROM OUR INSTANTPOTTERS

After cooking something savoury like a curry, the sealing ring can discolour (turmeric) which is not a problem but it can also retain some of the smell from your lovely meal... Here's what to do to avoid this:

Have you got a tip to keep sealing ring smells at bay?

Let us know!



- Store your Instant Pot as per our instructions on this guide, let it breathe
- "Cook" a quartered lemon with 250 ml water for 5 minutes on Manual
- If you have a dishwasher, make use of it, the sealing ring likes it
- A lot of customers like to have a spare sealing ring for desserts and yoghurt. You can buy spare sealing rings from Amazon
- Soak the sealing ring in Milton for at least half an hour
- Some people like to keep the sealing ring in a ziplock bag with bicarbonate of soda in between uses
- Sunlight and fresh air, let it breathe outdoors on a sunny day. Grab a drink, keep it company
- Have you got any more sealing ring tips? Make sure you post them in the Instant Pot® UK Community, our Facebook group

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.



recipes



PERFECT RECIPES FOR BEGINNERS

Perfect recipes for beginners (that you'll want to cook over and over again)

SUPER EASY RECIPES TO GET YOU STARTED

You have learnt all the basics. It's time to get cooking!

We have compiled a few of the recipes we are most asked for and a few of the recipe cards created from tried-and-tested customer recipes. We are very lucky to have customers who share their recipes with us daily and their recipes are awesome.



5 frequently requested recipes

WHOLE CHICKEN

Press Sauté, add some oil, brown the chicken (you can skip this step if you prefer). Remove the string and loosen the legs. Add 250 ml (or more) water or stock to the inner pot. Chicken in place Press Manual / Pressure Cook. Programme 6-7 minutes per lb / 450 g. Do a full natural pressure release at the end. Some people like to cook it on the trivet so that it's easier to remove at the end. Save the lovely juices it will release for soup or risotto. You can brown it in a very hot oven at the end. A meat thermometer will be very handy for this.

GAMMON

You can cook your gammon either on the trivet with a minimum of 250 ml water underneath or straight in the inner pot with lots of water (remembering the two thirds filling rule) to make delicious stock for risottos or soups. Calculate 8-15 minutes per 500 g. Lower times like 8 minute per 500 g work best for smaller joints. Bigger joints need the extra time to get through to the middle. A meat thermometer will be very handy for this.

MAC AND CHEESE

This one is so easy. All you need to do is add all the ingredients to the inner pot from cold, lock the lid in, press a couple of buttons and you're done! Just [click here to go to the recipe](#).

LEG OF LAMB

This Dad Cooks Dinner 7 HOUR LEG OF LAMB (IN 90 MINUTES) gives great results, [click here](#).

HARD-BOILED EGGS

We call this the 5-5-5 method. 250 ml water (from the cold tap) in the inner pot, trivet in place, eggs on top (you can use a steamer basket if you have a ton of eggs to do at the same time). Lock the lid in. Steam release handle pointing to Sealing. Press Manual / Pressure Cook. 5 minutes. After 5 minutes or so do a quick release (turn the steam release handle to Venting). Place the eggs in very cold water, let them be for another 5 minutes. Peel to eat immediately or store unpeeled in the fridge.



risotto

STIR-FREE, HASSLE-FREE RISOTTO

Restaurant quality risotto any day of the week. No need to stand over the hob stirring.

The Hip Pressure Cooking website has a well-loved risotto recipe. Make sure you give it a go.



**Click here
to go to the
Hip
Pressure Cooking
recipe**

Instant Pot®



No-boil Yoghurt with UHT Long-Life Milk



This is a particularly easy way of making yoghurt. Long-life UHT milk does not require boiling.

Instant Pot® UK Community member Michelle explains how easy it is in **this video**.

Only the Instant Pot® DUO has the Yoghurt button.

If you'd like to follow the boil method, **this post by Hip Pressure Cooking** explains it really well and has a handy video 



recipe cards



Photo: Emma's
Vegetable Rigatoni

Emma's Sweet Potato, Coconut and Lentil Soup

- * 2 large sweet potatoes (approx 800g)
- * 1 large onion
- * 1 teaspoon cumin seeds
- * 1 teaspoon ground coriander
- * vegetable oil
- * 4 cloves of garlic, minced
- * ½ fresh red chilli
- * 100g dried red lentils
- * 800 ml vegetable stock
- * 1 x 400 ml tin of coconut milk



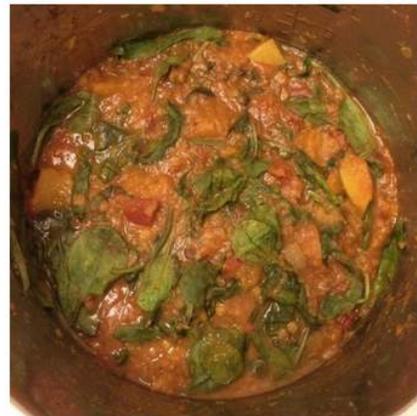
1. Heat oil on Sauté function.
2. Add spices, chilli, garlic, onions. Fry for a few minutes.
3. Peel and cube the sweet potato.
4. Add sweet potato, lentils and stock to the pan.
5. Cook on Manual / Pressure Cook, high pressure, 10 minutes, QPR.
6. Blend with a stick blender (I left mine a bit chunky). Try not to get the blender against the bottom of your inner pot. Don't use on the ceramic non-stick inner pot.
7. Add coconut milk and heat through on sauté function for a couple of minutes.



Julia's Butternut Squash & Red Lentil Curry Instant Pot®

Makes 4 large portions

- * 1 medium onion
- * 1 tin diced tomatoes (400 g)
- * ½ kilogram butternut squash
- * 113 grams red lentils
- * 1-2tbsp yellow thai curry paste
- * 1 bag spinach (optional)
- * 1 stock cube (your choice of stock cube)



1. Press Sauté and 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. Press Manual / Pressure Cook and programme 15 minutes, natural release.
6. Tip in whole bag of spinach, replace the lid to allow to wilt, stir well. Serve.

Marsha's Beef Stew

Instant Pot®

**Use your favourite herbs and spices,
adapt to your taste. Make it your own**

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

1. Add all the ingredients to your inner pot. Lock the lid in.
2. Press the Manual / Pressure Cook 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).



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/Pressure Cook, 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 off Keep Warm and let rest for at least 30 mins

Note from Andy: Step 6 is the tricky part to time so I've created a chart with all the different timings people have given me.

Make sure you ask us for a link to Andy's chart

Instant Pot®

Click
here
for
Andy's
fab
timings
chart

Kirsty's Sausage Casserole

Instant Pot®

Ingredients

- 2 onions, chopped
- 3 sticks celery, sliced
- 5 carrots, sliced
- 1 green pepper, sliced
- Your choice of sausages/meat e.g. pork sausages, chicken sausages, chorizo, bacon rashers...
- 1-2 crushed garlic cloves
- 2 tsp mixed herbs
- 1 tsp parsley
- Black pepper
- 1-2 tsp smoked paprika
- 1 can chopped tomatoes
- 2 thirds can water or stock
- 1 or 2 cans beans eg butter beans (I used 200g dried mixed beans already cooked)
- 2 tsp Worcestershire sauce
- 1 tsp soy sauce
- 1 tbsp red wine vinegar
- 2 tbsp tomato purée

Potato for mash

- Potatoes, peeled and cut into even chunks (half or third for mine)



1. Put all ingredients apart from beans in inner pot, stir well, sit trivet on top, add potato.
2. Set to Manual / Pressure Cook, 10 minutes, steam release handle pointing to Sealing.
3. Do a quick release at the end (i.e. move the steam release handle from Sealing to Venting at the end of the pressure cooking time), remove the cooked potato to mash if you wish. Add cooked or tinned beans, stir.

Serve and enjoy!



Nicola's Lamb Biryani

Instant Pot®

1. In a large bowl, combine the following:

Five cloves crushed garlic
 One inch grated ginger
 1 tsp turmeric
 Two cloves
 1 tsp ground cinnamon
 1/4 tsp chilli powder
 1 tbsp lemon juice
 1 tsp ground coriander
 1/2 tsp ground cumin
 1 tbsp oil.



2. Add your 1.2 kg diced lamb leg, mix really well and allow to marinate.
3. Dice an onion and sauté in 2tbsp oil until soft. Add lamb and fry for a couple of minutes. Add water equal to the amount of rice you are going to use (I added four cups of water as I would be adding four cups of rice later on).
5. Lid on, steam release handle pointing to Sealing. Manual / Pressure Cook, high pressure 10 minutes. 5 minutes on Keep Warm then quick pressure release.
6. Add chopped coriander, and a chopped red pepper, a couple of cinnamon sticks and rice, salt to taste. Stir well. Lid back on and hit Rice button. Quick release at end.



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, steam release handle pointing to Sealing. Set to Manual/Pressure Cook for 7 minutes. Quick release.

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

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 litre).
2. Pour 2 cups water in the inner pot. Place trivet in place with the bowl on top.
3. Press Manual / Pressure Cook and use the - and + buttons to programme 3 minutes. Natural release at the end. Enjoy!

Instant Pot®



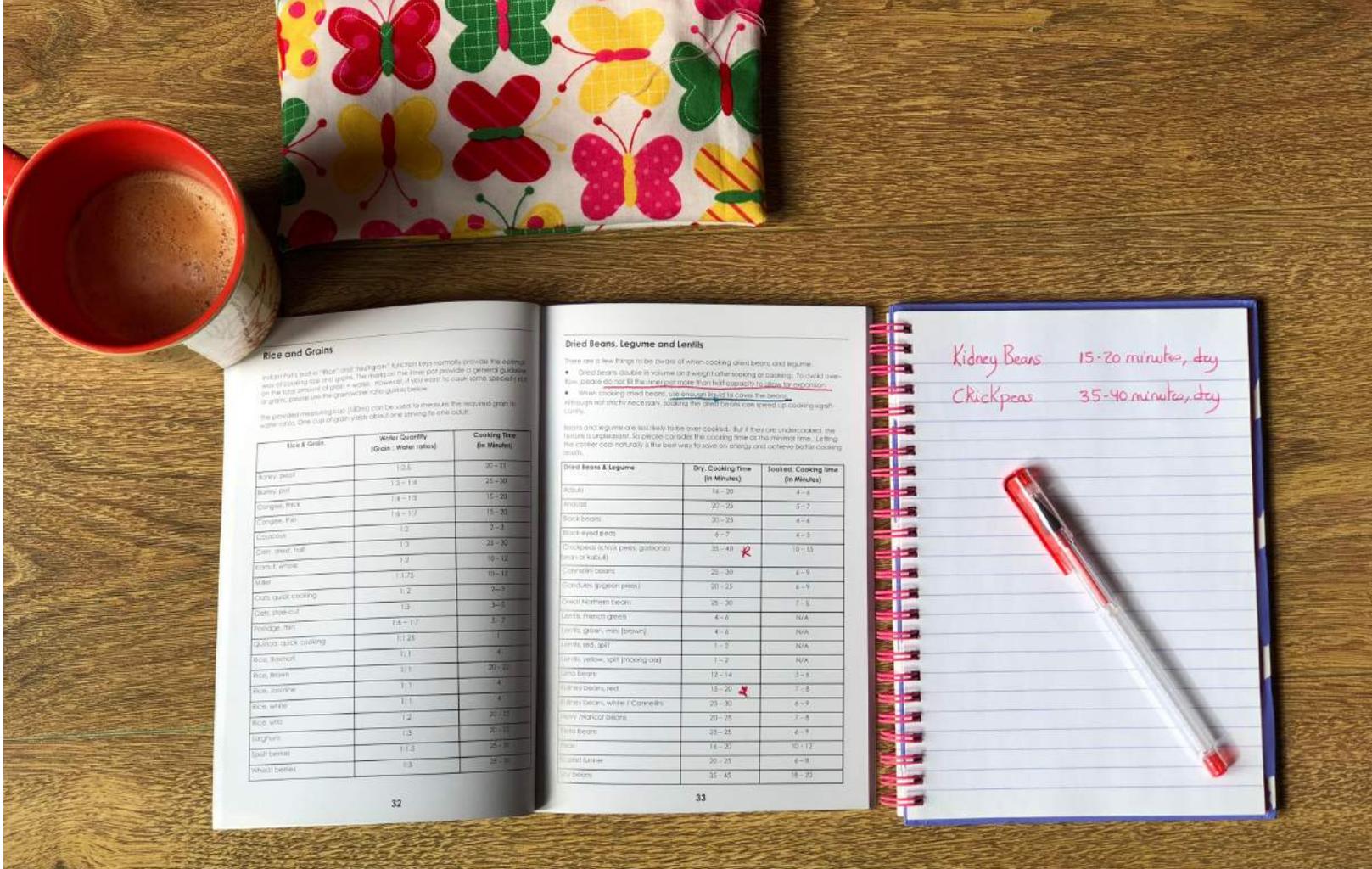
Adapt this porridge method to your own taste

Remember to NEVER quick release porridge

We hope these recipes help get you started. You'll find a lot more of these recipe cards in the Instant Pot® UK Community, our Facebook group.

A lot of people like to start with Marsha's Beef Stew or hard boiled eggs, both in this guide.





Rice and Grains

Instant Pot's built-in "Rice" and "Grain" functions normally provide the optimal way of cooking rice and grains. The marks on the inner pot provide a general guideline on the total amount of grain + water. However, if you want to cook some specialty rice or grains, please use the grain:water ratio guideline below.

The provided measuring cup (180ml) can be used to measure the required grain + water ratio. One cup of grain yields about one serving for one adult.

Rice & Grain	Water Quantity (Grain : Water ratios)	Cooking Time (in Minutes)
Burley pear	1:2.5	30-31
Burley pear	1:3 - 1:4	25-30
Complex, thick	1:4 - 1:5	15-20
Complex, thin	1:4 - 1:7	15-20
Couscous	1:2	2-3
Corn, sweet, half	1:3	20-30
Corn, sweet, whole	1:3	10-12
Millet	1:1.75	10-11
Quinoa, quick cooking	1:2	2-3
Quinoa, standard	1:3	3-5
Quinoa, wild	1:4 - 1:7	3-7
Quinoa, quick cooking	1:1.25	1
Rice, aromatic	1:1	4
Rice, brown	1:1	20-30
Rice, basmati	1:1	4
Rice, jasmine	1:1	4
Rice, white	1:1	4
Rice, wild	1:2	20-30
Sorghum	1:3	20-30
Wheat berries	1:1.5	25-30
Wheat berries	1:3	35-40

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Dried Beans, Legume and Lentils

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

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

Beans and legumes are less likely to be overcooked, but if they are undercooked, the texture is unpleasant. So please consider the cooking time as the minimum time. Letting the cooker cook naturally is the best way to save on energy and achieve better cooking results.

Dried Beans & Legume	Dry, Cooking Time (in Minutes)	Soaked, Cooking Time (in Minutes)
Adzuki	14-20	4-6
Arrozal	20-25	5-7
Black beans	30-35	4-6
Black-eyed peas	6-7	4-5
Chickpeas (Arabic peas, garbanzo beans or Kabuli)	35-40	10-13
Common beans	25-30	8-9
Conjales (pigeon peas)	20-25	8-9
Great Northern beans	35-40	7-9
Lentils, French green	4-6	N/A
Lentils, green, mini (peas)	4-6	N/A
Lentils, red, split	1-2	N/A
Lentils, yellow, split (brooding diet)	1-2	N/A
Lima beans	12-14	3-8
Navy Beans, red	18-20	7-8
Pinto Beans, white & Conchitas	25-30	6-8
Small Maricón beans	20-25	7-8
Pinto beans	23-25	6-8
Peas	16-20	10-12
Split fava	20-25	6-8
Split beans	35-45	16-20

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Kidney Beans 15-20 minutes, dry
 Chickpeas 35-40 minutes, dry



Timings

The recipe book supplied with your Instant Pot has a table of timings. From seafood and fish to rice and pulses to vegetables. Keep it somewhere handy, it's a huge help. You can also download it from our website.

DOWNLOAD

THE COOKBOOK. CLICK
HERE

Let's get you started



Our YouTube channel for beginners



As you will see in this guide, we have created a YouTube channel for beginners: **Instant Pot UK for beginners**.

You will see this symbol  dotted around this guide. That means there is a related video. Click or tap to go to that video.

Often it will lead you to a video on the Instant Pot UK for beginners video channel, sometimes to a video in the Instant Pot® UK Community if it's about using the

community. For privacy reasons, videos about using the Instant Pot® UK Community stay within the community.

We hope the videos and our YouTube channel for beginners are of help!

“

**If at first you don't succeed,
try, try, try again**

”

First recipe didn't go to plan?

Did you try to adapt one of your favourite recipes and it didn't work?

It happens to all of us!

- 1. Brush up on the Golden Rules.**
- 2. Give your Instant Pot some Love.**
- 3. Ask in the Instant Pot® UK Community.**

YOUR TO-DO LIST



Tick when done

1

Find out what's INSIDE THE BOX
(page 4)

2

Learn THE BASICS OF PRESSURE
COOKING (pages 6 and 7)

3

Read up on the PRESSURE COOKING
PROCESS (page 8)

4

Do THE WATER TEST (page 9)

5

GET COOKING!(lots of recipes from
page 24)

6

Join the Instant Pot® UK Community
(page 10)



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