



Electric Pressure Cooker Recipes

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In collaboration with

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Chef AJ.



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Foreword

Thank you for your purchase of the Instant Pot, a state of the art cooking appliance that is designed to replace several appliances in your kitchen and produce the tastiest, most nutritional food possible in a safe, convenient and dependable way.

Since electric pressure cookers are a relatively recent invention, recipes for this miracle appliance can be rather scarce. Chefs and authors are just beginning to develop and publish recipes that are tailor made for the awesome advantages of cooking with an electric pressure cooker.

To help with that matter, we have invited five pioneer chefs and authors who have created a wide variety of delicious recipes in various cuisines specifically designed for your Instant Pot.

In this booklet, we will introduce you to:

- Laura Pazzaglia is an undisputed expert on pressure cookers and pressure cooking. You'll enjoy her fresh perspective on European and American cuisines at www.HipPressureCooking.com.
- Maomao Mom is a scientist at National Research Council Canada and a food lover. She has turned traditional Chinese recipes into step-by-step guides that may be reproduced by everyone. You can find a huge collection of recipes on her bilingual site at www.MaomaoMom.com.
- Jill Nussinow, known as the "Veggie Queen", specializes in vegetarian whole food meals. She recently published a popular book "The New Fast Food" which can be found at www.TheVeggieQueen.com.
- Barbara Schieving loves both pressure cooking and baking. Her site www.PressureCookingToday.com has recipes for every meal of the day.
- Chef AJ, the author of a wonderful book "UNPROCESSED", is a great educator of plant-based whole food. You can find more of her videos and recipes at www.EatUnprocessed.com.

We hope you enjoy the recipes they have been kind enough to provide for this booklet and we encourage you to visit their websites to explore a growing number of new recipes.

All recipes here assume the cooking pressure being in the range of 10.15~11.6 psi, applicable to Instant Pot IP-CSG, IP-LUX and IP-DUO at "High Pressure" setting.

Happy Pressure Cooking!

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With this booklet we hope to introduce you the many ways to use Instant Pot.

Pressure cooking is...

FAST!

The contents of the cooker cook at a higher temperature than what can be achieved at a conventional boil—so more heat means more speed. Pressure cooking is about twice as fast as conventional cooking (sometimes, faster!)

HEALTHY

Pressure cooking is one of the healthiest cooking methods. According to a study published in the Journal of Food Science, pressure cooking preserves 90-95% of the vitamins. The extra speed and heat of pressure cooking practically flash-cooks vegetables allowing them to retain more vitamins than say.. boiling (which only keeps 40-75%), or even conventional steaming (75-90%)!

GREEN

Pressure cookers need less energy/electricity to operate during the cooking process. Less heat and less time translate to a 70% energy savings over conventional cooking.

EASY

Pressure cooking isn't complicated at all. Push a button to reach pressure and flip a switch to release it. It's really is easy as 1, 2, 3 and 4!

CLEAN

No more spill-overs in the oven or splatters on your cooktop. Pressure cooking contains all of the splatters you would ordinarily get from conventionally boiling food.

SAFE

Modern pressure cookers have redundant safety systems to ensure that if one should fail, another will kick-in. They are absolutely fool-proof!

1

Add ingredients and liquid to Instant Pot.

2

Select cooking program.

3

Continue your daily life until it beeps.

4

Release pressure and serve!

Conversions:

1 US Cup = 240ml

1 US Fl Ounce = 30ml

1 US Ounce = 30 gms

Got a question about Instant Pot and pressure cooking?

Visit us at: www.InstantPot.com
or: www.instantpot.co.uk

Ginger & Butternut Squash Soup By [Laura Pazzaglia](#)



2 kilo (4 lbs.) butternut squash, peeled, seeded and cubed
1 sprig sage
1 large onion, chopped
2 cm (3/4") fresh ginger
1/4 tsp, nutmeg
1l vegetable stock
olive oil
salt and pepper to taste
70gm toasted pumpkin (or squash) seeds, for garnish

Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display add the onions sage, salt and pepper and saute. When the onions are soft, scoot onions aside and add handful of squash cubes to cover the bottom, let brown for about 5 minutes stirring infrequently. Next, add the rest of the squash, ginger, nutmeg, and stock.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] buttons to choose 10 minutes pressure cooking time.

When time is up, open the cooker using Quick Release (see, below).

Fish out the woody sage stem. With an immersion blender puree the contents of the cooker.

Garnish with a few toasted pumpkin seeds.

INSTANT TIP: Three Ways to Open the Cooker

Quick Release - Release pressure instantly, by pressing [Cancel] and then twisting the steam release handle on the lid to "Venting" position.

Natural Release - Continue cooking using the cooker's residual heat and steam, by pressing [Cancel] and waiting for the pressure to come down on its own and the lid to un-lock—this will take about 20 minutes (more if the cooker is very full).

10-minute Natural Release - Let the cooker go into "Keep Warm" mode and count 10 minutes. Then press [Cancel] and twist the steam release handle on the lid to "Venting" position.

Find more recipes by Laura at www.HipPressureCooking.com

New England Clam Chowder By [Laura Pazzaglia](#)



In the cold pressure cooker, with the top off, add the bacon. Then press [Saute] and then [Adjust] until the selection goes to "Less". When the bacon releases its fat and it begins to sizzle, add the onion, salt and pepper.

Raise the heat by pressing [Cancel] and then [Saute].

When the onions have softened, add the wine and scrape all of the brown delicious bits off the bottom of the cooker to incorporate into your sauce. Let the wine evaporate almost completely and then add the diced potatoes, clam juice (if you do not have 2 cups of juice, compensate the rest with water), Bay Leaf, Thyme, and Cayenne Pepper.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 5 minutes pressure cooking time.

When time is up, open the cooker using Quick Release (see page 5).

While pressure cooking, make a roux to thicken the chowder by blending equal amounts of butter and flour over low heat and stirring constantly with a small wooden spoon until they are both well blended.

To the uncovered cooker add the roux, milk, cream and strained clams. Press [Saute'] and simmer all of the ingredients in the pressure cooker for about 5 minutes or until thickened to the desired consistency.

Serve garnished with soup crackers or inside a bread bowl.

Serves 4 -6

- 300 g (11 oz) strained frozen or canned clams
- 480ml clam juice (or liquid from packaged clams plus water)
- 70gm, smoked and cured bacon cubed
- 1 onion, finely chopped
- 120ml of white wine
- 2 medium potatoes, cubed
- 1 bay leaf
- 1 sprig thyme
- 1 pinch, cayenne pepper (or red pepper flakes)
- 240ml of milk
- 240ml of cream
- 1 tbsp butter
- 1 tbsp flour

Laura has a growing collection of electric pressure cooker recipes at www.HipPressureCooking.com

Black Bean Soup

By [Jill Nussinow](#)



I love the flavors in black bean soup. This one is quite simple and a case of ingredient synergy.

Cooking Method: 7 minutes soup program;
Natural pressure release

Directions:

Drain the soaking liquid from the beans and set the beans aside.

Heat the oil in the cooker with Instant Pot [Sauté] function. Add the onion and sauté for 2 minutes. Add the garlic, cumin and chipotle powder. Add the beans, broth, bay leaf and oregano and stir well.

Lock on the lid in place and set the cooker to "Soup" for 7 minutes. When the 7 minutes is up, let the pressure come down naturally.

When you are able, carefully remove the lid, tilting it away from you. Remove the bay leaf. At this point, you can mash the beans with a potato masher or use an immersion blender, or just keep the soup, as is. Add salt, to taste.

Garnish with a dollop of soy yogurt or sour cream and a sprinkle of cilantro.

Serves 4-6.

Ingredients:

200gms dry black beans,
soaked overnight or all
day

1 tbsp oil

1 coarsely chopped onion

3 cloves garlic, minced

1 tsp ground cumin

¼ tsp chipotle powder or
smoked paprika

1.5l vegetable broth

1 large bay leaf

2 tsp dried oregano leaves or
2 tbsps fresh

½–2 tsp salt, to taste

Soy yogurt or sour cream

Chopped coriander
(garnish)

Jill recently published a popular book "The New Fast Food" available in print from Amazon. You can find more recipes at www.TheVeggieQueen.com

Red Lentil Chili by [Chef AJ](#)

Preparation:
Blend the dates, garlic, red bell pepper and tomatoes in a blender until smooth.

Place all remaining ingredients in Instant Pot and cook on high for 10 minutes.

Let pressure release naturally or quick release and enjoy immediately. Served over a baked potato and sprinkled with some faux parmesan, this absolutely rocks!!!

Faux Parmesan

This is much more economical than the store bought version

Ingredients:

1 - cup raw nuts or seeds or a combination (e.g. walnuts, almonds, sunflower seeds)

1/2 cup nutritional yeast

1 Tablespoon salt-free seasoning (I prefer Benson's Table Tasty)

Preparation:

In a food processor fitted with the "S" blade or in a blender, combine all ingredients until a powdery texture is achieved. If you like it more chunky, process less.

Chef AJ's Note:

You can also use store bought almond flour in place of the almonds. We use this on everything from air popped popcorn to potatoes to steamed veggies and as a topping on chili and soups.

You can find more Chef AJ's recipes and videos at www.EatUnprocessed.com.



Ingredients:

450gms of red lentils

1.5l of water

2 400gms cans of salt-free diced tomatoes (fire roasted preferred)

1 170gms can of salt-free tomato paste

1 large chopped onion

2 large red bell peppers

12 Deglet Noor or 6 Medjool Dates

8 cloves of garlic, finely minced

4 Tablespoons Apple Cider Vinegar

1.5 Tablespoons Parsley Flakes

1.5 Tablespoons Oregano

1.5 Teaspoons Salt-free Chili Powder

2 teaspoons smoked paprika (different than regular paprika)

½ teaspoon chipotle powder (or more to taste)

¼ teaspoon crushed red pepper flakes (or more to taste)



1-Minute Quinoa

By [Laura Pazzaglia](#)



Rinse quinoa well under water until it runs clear (a few minutes) before cooking so that you can remove the "saponin", a natural insect repellent. It is not necessary to soak quinoa before cooking.

240gm quinoa (any color), rinsed well

1 pinch of salt

260ml of water

1 Lime, zested and squeezed

In the pressure cooker add the quinoa, lime zest, salt and water.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 1 minute pressure cooking time.

When time is up, open the cooker using 10-minute Natural Pressure Release (see page 5).

Mix with Lime juice and season with any additional salt to taste.

Serve at room temperature or chilled with seasonal vegetables.

Serves 4 -6

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INSTANT TIP: Measure Grains

To keep your pressure cooked grains from getting mushy, pay very close attention to the liquid to grain ratios in a recipe—they should be measured exactly! This can also be done without a measuring cup—just be sure to use the same glass or container to measure both the grain and the liquid.

Perfect Basmati Rice

By [Laura Pazzaglia](#)

Rinse the rice in a fine-mesh strainer and soak covered in fresh water for 15 minutes.

Strain the rice and add to the Instant Pot—being careful to remove any stray grains from the top edge of the inner pot. Add water.

2 cups Basmati Rice

3 cups Water

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [-] button to choose 4 minutes pressure cooking time.

When time is up, open the cooker using the 10-minute Natural Pressure Release (see page 5). Serves 4.

Perfect Jasmine Rice

By [Laura Pazzaglia](#)

Rinse the rice in a fine-mesh strainer.

Strain the rice and add to the Instant Pot—being careful to remove any stray grains from the top edge of the inner pot. Add water.

3 cups Jasmine Rice

3 cups Water

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [-] button to choose 4 minutes pressure cooking time.

When time is up, open the cooker using the 10-minute Natural Pressure Release (see page 5). Serves 4-6.

Perfect Brown Rice

By [Laura Pazzaglia](#)

Add rice to the Instant Pot—being careful to remove any stray grains from the top edge of the inner pot. Add water.

2 cups Brown Rice

2.5 cups Water

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [-] button to choose 22 minutes pressure cooking time.

When time is up, open the cooker using the 10-minute Natural Pressure Release (see page 5). Serves 4.

INSTANT TIP: Perfect Timing

Carefully follow the cooking times and opening methods indicated for the rice recipes for best results.

Laura writes recipes that can be used both in stove top and electric pressure cookers. Find more recipes at www.HipPressureCooking.com

Italian



- 1 cup dry Cannellini Beans, soaked
- 4 cups water
- 1 Garlic clove, smashed
- 1 Bay Laurel Leaf
- 1 sprig Fresh Mint,
- 1 dash Vinegar
- 1 generous swirl of Olive Oil
- Salt and Pepper

To the pressure cooker add the soaked beans, water, garlic clove and bay leaf. Close and lock the lid of the Instant Pot. Press [Manual] and then use the [-] button to choose 8 minutes pressure cooking time.

When time is up, open the cooker using Natural Pressure Release (see page 5).

Strain the beans and mix with mint, vinegar, olive Oli, salt and pepper.

INSTANT TIP: Half full for Beans and Grains!

Never fill the Instant-pot more than half-way with beans or grains and their cooking liquid—they need room to expand!

INSTANT TIP: Don't Spray Foam—go Natural

Whenever possible, use the natural release when pressure cooking beans and grains—they generate lots of foam, and releasing pressure through the valve may spray that foam out! If you're in a hurry use Quick release but do it slowly and stop immediately when foam exits the pressure release valve—then begin again after waiting 30 seconds.

Laura writes recipes that can be used both in stove top and electric pressure cookers. Find more recipes at www.HipPressureCooking.com

Not Re-Fried Beans! By [Laura Pazzaglia](#)



- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 bunch cilantro (or parsley), stems and leaves divided and chopped
- ¼ tsp chipotle powder
- 1/2 tsp cumin
- 400gms dry borlotti, pinto or kidney beans, soaked
- 500ml water
- 1 tsp salt

Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display add the oil and saute the onion, cilantro stems, chipotle and cumin until the onions just begin to soften. Add the beans and water.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 10 minutes pressure cooking time.

When time is up, open the cooker using Natural Pressure Release (see page 5).

Remove a heaping spoonful of beans (for garnish) and sprinkle the rest in the cooker with salt, and mash using a potato masher to the desired consistency.

Serve sprinkled with whole beans, parsley and an optional dollop of sour cream.

Serves 6-8.

INSTANT TIP: Forget to soak beans?

Get the same benefits of an overnight soak (less gas and better looking beans) by quickly pre-cooking the beans.

Put rinsed dry beans in the Instant Pot. For each cup of beans add four of water and one tsp of salt. Pressure cook in manual mode for 4 minutes and then do not open until the "keep warm" timer has reached 10 minutes. Strain and rinse the beans (discard the liquid). They may look a little wrinkled but can be used in recipes calling for "soaked" beans.

Laura writes recipes that can be used both in stove top and electric pressure cookers. Find more recipes at www.HipPressureCooking.com

Cauliflower and Citrus Salad

Both recipes by [Laura Pazzaglia](#)



To the pressure cooker add the cauliflower and broccoli florets.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 7 minutes pressure cooking time. In the meantime, make the Vinaigrette by combining the anchovies, hot pepper, capers, olive oil, salt and pepper. When time is up, open the cooker using Quick Pressure Release (see page 5). Strain out the vegetables and mix with the vinaigrette and orange slices.

1 Small Cauliflower, cut into florets

1 Small Romanesco Cauliflower, florets divided

500g (1lb.) Broccoli Florets

240ml water

2 Seedless Oranges, peeled and sliced thinly

For the Vinaigrette :

1 Orange, zested and squeezed

4 Anchovies

1 Hot Pepper (fresh if possible), sliced or chopped according to preference

1 Tbsp of Capers conserved in salt and un-rinsed

4 Tbsp of Extra Virgin Olive Oil
Salt and Pepper to Taste

Porcini Mushroom Pate' Spread

In a one-cup heat-proof measuring cup add dry porcini up to the 3/4 mark. Then, pour boiling water . Cover tightly and set aside.

Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display add the butter and olive oil. Then, saute the shallot until it begins to soften. Add the fresh mushrooms and saute until at least one side is golden brown.

Pour in the wine and let it evaporate completely. Then, the porcini mushrooms and their soaking liquid, salt, pepper and bay leaf.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 12 minutes pressure cooking time. When time is up, open the cooker using Quick Pressure Release (see page 5).

Remove and discard the bay leaf. Add the olive oil and

30 grams (3/4 cup) dry porcini mushrooms, rinsed

240ml water, boiling

1 Tbsp un-salted butter

1 Tbsp olive oil

1 shallot, sliced

500g (1 lb.) white mushrooms, thinly sliced

60ml dry white wine

1 1/2 tsp salt

1/2 tsp white pepper

1 bay leaf

1 Tbsp olive oil

3 Tbsp Parmigiano Reggiano cheese, finely grated

Sicilian Vegetable Medley By [Laura Pazzaglia](#)



Put the aubergine in a strainer and sprinkle the cubes with salt. Leave to purge in the sink for 30 minutes.

In the pre-heated pressure cooker (in Saute mode), on high heat without the lid, add the olive oil and brown the vegetables. First add the aubergine and potatoes (wait 3 minutes but keep stirring), peppers and onions (wait another 3 minutes and keep stirring), courgettes (stir for another 3).

Finally, add half the chopped basil, pine nuts, raisins, olives, capers, salt and pepper to taste.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 6 minutes pressure cooking time.

When time is up, open the cooker using Quick Pressure Release (see page 5).

Transfer the contents of the pressure cooker to a serving dish to stop the vegetables from cooking.

Serve at room temperature with a sprinkle of fresh basil and pine nuts.

- 1 large Aubergine, cubed
- 1 tsp salt
- 60ml olive oil
- 1 medium pepper (red or yellow), cut into strips
- 2 medium Courgettes, cut into rounds
- 1 onion, cut into thin wedges
- 2 medium potatoes, cubed
- 10 cherry tomatoes, halved
- 1 tbsp Capers (strained and rinsed if in oil, rinsed if in salt)
- 2 tbsps pine nuts (one for cooking, one for sprinkling at the end)
- 1 tbsps raisins, re-hydrated and squeezed
- 30gms olives, pits removed
- 1 bunch basil, chopped (half for cooking, half for sprinkling at the end)
- salt and Pepper to taste

INSTANT TIP: Save the Nutritious Cooking Liquid

Vegetables release plenty of water when pressure cooked—this water is filled with vitamins, and minerals too. Save it, and then use it in another recipe in place of stock.

Roast Baby Potatoes

Both recipes by [Laura Pazzaglia](#)



5 Tbsp vegetable oil
1 k (2 lbs) baby or fingerling potatoes
1 sprig, rosemary
3 garlic cloves (outer skin on)
240ml stock
salt and pepper to taste

Press [Sauté] to pre-heat the cooker. When the words "Hot" appear on the display add the vegetable oil. Then add the potatoes, garlic and rosemary. Roll the potatoes around and brown the outside on all sides (8-10 minutes). Then, with a sharp knife, pierce in the middle of each potato (do not stir the potatoes, anymore). Pour in the stock.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 11 minutes pressure cooking time.

When time is up, open the cooker using Quick Pressure Release (see page 5).

Remove the outer skin of the garlic cloves (and serve garlic whole or smash, to taste). Then, sprinkle everything with salt and pepper and serve! Serves 4-6.

Classic Mashed Potatoes

Place the washed and cut up potatoes in the Instant Pot, pour on the water and sprinkle with salt.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 20 minutes pressure cooking time.

5-8 medium potatoes
500ml water
1 tsp salt
100 ml. (4 oz.) cream
salt and pepper to taste

When time is up, open the cooker using Quick Pressure Release (see page 5).

Transfer potatoes to mixing bowl, reserving the cooking water remove the skins while they are still hot.

Add two tbsps of the cooking liquid and two of cream and begin mashing with a potato masher. Continue adding small quantities of the cooking liquid and cream until the desired consistency is reached. Add any additional salt and pepper to taste.

Cranberry Braised Turkey Wings By [Laura Pazzaglia](#)



- 2 Tbsp Butter
- 2 Tbsp Oil
- 4 Turkey wings (2-3 lbs or 1 to 1 ½ kilos)
- Salt and Pepper, to taste
- 150gm Dry Cranberries (soaked in boiling water for 5 minutes) or 200gm Fresh Cranberries
- 1 med Onion, roughly sliced
- 150gm shelled Walnuts
- 240ml Freshly Squeezed Orange juice (or prepared juice with no added sugar)
- 240ml vegetable stock
- 1 bunch Fresh Thyme

Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display melt the butter and swirl the olive oil. Brown the turkey wings on both sides adding salt and pepper to taste (working in batches, if needed). Make sure that the skin side is nicely colored. Remove the wings briefly from the cooker and add the onion, then on top of that add the wings (pretty browned skin side, pointing up), cranberries, walnuts, a little bundle of Thyme. Pour the orange juice and stock over the turkey.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 20 minutes pressure cooking time.

When time is up, open the cooker using Natural Pressure Release (see page 5).

Remove the thyme bundle and carefully remove the wings to a serving dish (they may be so tender they could fall apart). Slide the serving dish under the broiler for about 5 minutes or until the wings are sufficiently caramelized.

In the meantime, reduce the contents of the cooker to about half by keeping the cooker uncovered and pressing [Saute']. Pour the reduced liquid, walnuts, onions and cranberries over the wings and serve.

Serves 6-8.

Note: Turkey wings can be fully cooked in 20 minutes while the legs (almost 6" across) require 30 minutes and boneless turkey breasts only needs about 7 . Use only the same cut of turkey for this recipe to ensure even cooking.

Laura has a growing collection of electric pressure cooker recipes at www.HipPressureCooking.com

Moroccan Lamb Tajine By [Laura Pazzaglia](#)



Mix the ground cinnamon, turmeric, ginger, garlic with 2 spoons of olive oil to make a paste, cover the meat with this paste and set aside.

Put the dried prunes in a bowl, and cover with boiling water cover and, set aside.

Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display add two swirls of olive oil and onions and let them cook until softened (about 3 minutes). Pour out the onions, and set aside. Add the meat, and brown on all sides (about 10 minutes). Then, de-glaze the pressure cooker with the vegetable stock, ensuring to scrape the bottom well and incorporating any brown bits into the rest of the sauce. Then, add the onions, bay leaf and cinnamon stick.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 35 minutes pressure cooking time.

When time is up, open the cooker using Natural Pressure Release (see page 5).

Add rinsed and drained prunes, honey and reduce the liquid by pressing [Saute'] and simmering everything together (about 5 minutes). Fish out the bay leaf and cinnamon stick.

Sprinkle with toasted almonds and sesame seeds and serve.

Serves 4-6.

(1 to 1 ½ kgs lamb shoulder, cut into pieces)

1 Tsp cinnamon powder

1 Tsp ginger powder

1 Tsp turmeric powder

1 Tsp cumin powder

2 garlic cloves, crushed

2 onions, roughly sliced

300g prunes, soaked (or a mix of dry apricots and raisins)

1 bay leaf

240ml vegetable stock

1 cinnamon stick

3 Tbsp honey

salt & pepper to taste

100g Almonds, shelled, peeled and toasted

sesame seeds

olive oil

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www.HipPressureCooking.com

Coconut Fish Curry

By [Laura Pazzaglia](#)



Press [Sauté] to pre-heat the cooker. When the words "Hot" appear on the display add a swirl of oil and then drop in the curry leaves and lightly fry them until golden around the edges (about 1 minute). Then add the onion, garlic and ginger and sauté until the onion is soft. Add all of the ground spices: Coriander, Cumin, Turmeric, Chili Powder and Fenugreek and sauté them together with the onions until they have released their aroma (about 1 more minute).

De-glaze with the coconut milk making sure to un-stick anything from the bottom and incorporate it in the sauce. Add the Green Chiles, Tomatoes and fish pieces. Stir to coat the fish well with the mixture.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 3 minutes pressure cooking time.

When time is up, open the cooker using Quick Pressure Release (see page 5).

Add salt to taste and spritz with lemon juice just before serving.

Variation: Coconut Chicken Curry

Instead of white fish filets use three chicken breast filets. Follow the rest of the procedure as written, but pressure cook for 7 minutes.

750g white fish fillets, rinsed and cut into bite-size pieces (fresh or frozen and thawed)

200gm cherry tomatoes

2 green chiles, sliced into strips

2 medium onions, sliced into strips

2 garlic cloves, finely chopped

1 Tbsp freshly grated ginger, or 1/8 tsp ginger Powder

6 curry leaves, or bay leaves, or kaffir lime Leaves, or basil

1 Tbsp ground coriander

2 tsp ground cumin

1/2 tsp ground turmeric

1 tsp chili powder, or 1 tsp of Hot Pepper Flakes

1/2 tsp ground fenugreek

OR

3 Tbsp of curry powder mix. (instead of the 5 spices noted above)

500ml un-sweetened coconut milk (about 1 small can)

2 tsps salt to taste

Lemon juice to taste

Find more recipes like this at www.HipPressureCooking.com

Ligurian Lemon Chicken By [Laura Pazzaglia](#)



Prepare the marinade by finely chopping together the garlic, rosemary, sage, and parsley. Place them in a container and add the lemon juice, olive oil, salt and pepper. Mix well and set aside.

Place the chicken in a deep dish and cover well with the marinade. Cover with plastic wrap, and leave to marinate in the refrigerator for 2-4 hours.

Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display add a swirl of olive oil and brown the chicken pieces on all sides for about 5 minutes and set aside

De-glaze the cooker with the wine until it has almost all evaporated (about 3 minutes).

Add the chicken pieces back in - this time being careful with the order. Put all dark-meat (wings, legs, thighs) first, and then delicately drape the chicken breasts on top so that they do not touch the bottom of the pressure cooker. Pour the marinade left in the dish and stock on top.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 12 minutes pressure cooking time.

When time is up, open the cooker using Quick Pressure Release (see page 5).

Take the chicken pieces out of cooker and place covered on a serving dish. Reduce the liquid in the pressure cooker, by pressing [Saute] to 1/4 of its amount or until it becomes thick and pour over chicken.

To serve, sprinkle with fresh rosemary, olives and fresh lemon slices. Serves 4-6.

For Marinade:

4 Lemons, three juiced and one for garnish

2 Garlic Cloves

3 sprigs of Fresh Rosemary (two for chopping, one for garnish)

2 sprigs of Fresh Sage

1/2 bunch of Parsley Leaves and stems

4 Tbsp Extra Virgin Olive Oil

salt and pepper

1 Chicken, cut into 8 parts or package of bone-in chicken pieces,

120ml cup of Dry White Wine

240ml stock (or water)

100g Black Gourmet Salt-Cured Olives (Taggiasche, French, or Kalamata)

Find more electric pressure cooker recipes at www.HipPressureCooking.com

Beef Roast with Potatoes & Carrots One Pot Meal

By [Laura Pazzaglia](#)



Press [Saute] to pre-heat the cooker. . When the words "Hot" appear on the display add a swirl of olive oil and sear the roast well on all sides.

De-glaze the cooker with chicken stock.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] button to choose 45-50 minutes pressure cooking time (depending on the thickness).

When time is up, open the cooker using Quick Pressure Release (see page 5).

Add the potatoes and place the whole carrots on top - work quickly.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [-] button to choose 10 minutes pressure cooking time

When time is up, open the cooker using Quick Pressure Release (see page 5).

Remove the carrots to a serving platter and slice them. Remove the potatoes with a slotted spoon and place on the serving platter. Take out the roast, and place on a plate tented with aluminum foil to rest.

Filter the cooking liquid through a fine sieve and put it back in the Instant Pot. Add the wine and butter and reduce the liquid in the pressure cooker, without the lid, to about half by pressing [Saute].

Slice roast and serve on platter with carrots and potatoes. Drizzle with the reduced cooking liquid and sprinkle with thyme and nuts.

Serves 6-8.

1-2kg Beef Roast, no longer than the pressure cooker is wide!

360ml cup Stock

1 Tbsp Olive Oil

1kg Potatoes, roughly cubed

500g thick Carrots, peeled

1 bunch of parsley, chopped

240ml red wine

4 tbsps unsalted butter

2 Tbsp Fresh Thyme

4 Tbsp chopped pistachio

More of Laura's recipes can be found at www.HipPressureCooking.com

Steamed Ribs with Glutinous Rice by [Maomao Mom](#)



This is a wonderful traditional Chinese dish popular in Nanjing, China. Using Instant Pot, this dish can be cooked quickly and efficiently to achieve a rich and melt in your mouth results.

Prepare Time: 15 min

Cook time: 55 minutes

Serves: 4 servings

Back ribs 750 g

Marinate ingredients:

1 green onion cut into big pieces

1 small piece fresh ginger spliced

1 tbsp dark soy sauce

1 tbsp Kikkoman light soy sauce

¼ teaspoon chicken bouillon powder,

½ tsp salt,

1 tsp sugar

1 tbsp water

and 1.5 tbsp corn starch

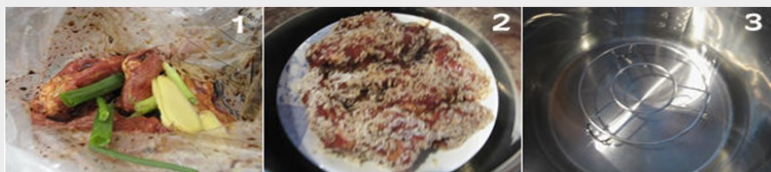
Others:

100gm glutinous rice

2 cups water

Directions

1. One day ahead, clean the ribs and cut into pieces between bones. Put ribs and marinade ingredients into a Zip-Lock bag, seal it, shake well and place in a fridge over night.
2. On the day of making this dish, in the morning soak glutinous rice in 2 cups of water for 8 hours. Drain the rice, coat baby ribs with soaked rice and place into a shallow heat resistant bowl.
3. In your Instant Pot, add 2 cups of water and place steaming rack inside inner pot. Then place bowl containing rice and baby ribs on top of the steaming rack. Place the lid on and make sure your steam release valve is in the "sealing" position. Choose [Steam] function and set for 55 minutes.
4. When it's done, wait for 10 minutes and then release the pressure and open the lid. Take out the steamed baby ribs with glutinous rice and enjoy!



Maomao Mom has more recipes at www.MaomaoMom.com

Braised Beef Shank by [Maomao Mom](#)

This is wonderful cold dish popular in many areas of China.

This dish is well loved by my family. This recipe uses an electric pressure cooker to efficiently cook the meat.

Prepare Time: 15 min

Cook time: 35 minutes

Serves: 6 servings

Directions:

1. Put the beef shank and marinade ingredients into a Zip-Lock bag or food container, seal it, shake well and place in a fridge for one day.

2. Rinse off pepper cones and place beef shank in your Instant Pot along with all ingredients. Close the lid and turn the pressure valve to the "Sealing" position. Press the [Manual] button and set 35 minutes of cooking time.

3. When it is done, wait another 10 minutes. Slowly release the pressure then open the lid. Take out the cooked beef shank and place into a clean container. Chill for 4 hours, slice and serve.



Beef shank 1000 g

Marinate ingredients:

2 tsp pepper cones
1 tsp salt, 1 tsp sugar
3 tbsp Kikkoman light soy sauce

Sauce ingredients:

2 tsp salt
2 tsp sugar
120ml Kikkoman light soy sauce
3 tbsp dark soy sauce
3 cloves
2 anises
1.5 tsp cumin
2 bay leaves
1 tbsp Jasmine green tea
2 tsp sesame oil
5g fresh ginger shredded
2 chopped green onion
1l water



For more Chinese recipes, visit Maomao Mom's bilingual website at www.MaomaoMom.com

Purple Sweet Potato, Barley Porridge by [Maomao Mom](http://www.MaomaoMom.com)

Purple sweet potato (yam) is high in fiber and loaded with antioxidants. Its bright lavender color makes unique exotic porridge.

Prepare Time:
10 minutes

Cook time:
45 minutes

Serves:
12 servings



Ingredients:

Pearl barley: 3 tbsp
Pot barley: 3 tbsp
Buckwheat: 3 tbsp
Glutinous rice: 3 tbsp
Black glutinous rice: 3 tbsp
Black eye beans: 3 tbsp
Red beans: 3 tbsp
Romano beans: 3 tbsp
Brown rice: 3 tbsp
1 purple sweet potato (about 300g)
Baking soda (optional) 1/6 tsp.

Directions:

1. Clean the purple sweet potato, remove the skin and cut into cubes of 1 cm.
2. Wash the barley, rice and beans in the inner pot of Instant Pot.
3. Place the potato cubes and the baking soda in the inner pot.
4. Add water to the 8 mark on the inner pot.
5. Close the lid and put the steam release to the Sealing position. Select the porridge program and press [Adjust] to choose "More" setting for 45 minutes.
6. After the program finishes, let it cool for 10 minutes. Don't try to release the pressure as the starchy porridge will spill out.

Serve plain or with sugar, honey or blue agave syrup.

For more Chinese and English recipes, visit Maomao Mom's bilingual website at www.MaomaoMom.com

Turnip Cake by [Maomao Mom](#)



Ingredients:

2 Chinese turnips 750 g,
peeled and shredded

One and half Chinese sau-
sages cut into small pieces,
100gm cup dry shrimps
soaked, strained and
chopped

2 tbsp olive oil

1 tsp minced ginger,

2 tbsp chopped green onion

1.5 tsp salt

1/2 tsp sugar

¼ tsp chicken bouillon pow-
der

Half package of rice flour
(about 200g)

240ml water

2~3 tbsp olive oil

If you go to a Chinese restaurant for dim sum, you will love this mouth watering dish made with shredded Chinese turnip (daikon), sausage and dry shrimps.

Traditionally, this dish usually takes hours to prepare at home because of the long steaming that is required.

Now with the electric pressure cooker, this dish can be made in 45 minutes.

Prepare Time: 25 minutes

Cook time: 45+10 minutes

Serves: 10 servings

Directions: Please see the next page



Turnip Cake (continued)

Directions:

1: In a large non-stick deep sauté pan , heat olive oil over medium-high heat. Sauté green onion and ginger for a half minute. Add chopped sausage and dry shrimp pieces, cook for another minute. Add shredded Chinese turnips and sauté for 1~2 minutes, then add in rest of ingredients (see picture step 3). Reduce to medium-low heat, cover and simmer for 5 minutes. Set aside to cool.

2: In a bowl, mix rice flour and water. Pour into the cooked turnips and mix well (picture 5 & 6). Pour into cooked turnips mixture and mix well. Pour the batter to a medium size Glasslock container (picture 7).

3: Add water up to the pressure cooker's 2-cup mark. Place the Glasslock container on the steam rack. Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 45 minutes of cooking time.

4: When it is done, wait for another 10 minutes. Slowly release the pressure then open the lid. Take out the steamed turnip cake. Set aside to cool, then cover and chill for a few hours (picture 8).

5: Use a knife to loosen the turnip cake along the edges of the Glasslock. Flip the container and pry out the turnip cake. Slice 1/3 of the cake and pan fry with oil until both sides turn light brown (picture 9).



For more Chinese recipes in English and Chinese, visit Maomao Mom's website at www.MaomaoMom.com

Three-Minute Steel Cut Oats By [Jill Nussinow](#)

○ ats are
so
good
for you

but most people eat the rolled kind because the steel cut version takes too long. In the pressure cooker, it takes only 3 minutes on manual to cook. You can flavor them any way that you like. My favorite is with half a vanilla bean and a cinnamon stick, raisins and walnuts, plus extra cinnamon. Nondairy milk works better than dairy milk. Dairy milk tends to scorch.



Photo by Alan Bartl

Ingredients:

500ml water
240ml unsweetened, plain or vanilla soy, oat, multigrain or other nondairy milk
Pinch of salt
150gm steel cut / coarse cut oats
½ vanilla bean (optional)
1 cinnamon stick (optional)
raisins, or other dried fruit
1 tsp ground cinnamon
30gm toasted walnuts
1-2 tbsps agave syrup or other sweeteners

Cooking Method: 3 minutes on manual; natural pressure release.

Directions:

Add the water, milk, salt, oats, vanilla bean, cinnamon stick and half the raisins to the pressure cooker. Lock on the lid. Use Instant Pot "Manual" function to cook 3 minutes. When time is up, let the pressure come down and open the pot.

Carefully remove the lid, tilting it away from you. Check to see if the oats are cooked enough. If not, lock on the lid back on and let sit for 5-10 minutes without any heat, during which time it will continue cooking. Then remove the lid.

Remove the vanilla bean and cinnamon stick, if using, and set aside. Stir and add the cinnamon, walnuts, remaining raisins and sweetener to taste. Refrigerate leftovers and eat another morning or two. This will last about 4 days in the refrigerator. You can also freeze this in breakfast-sized portions.

Serves 4.

Jill recently published a popular book "The New Fast Food" available in print from Amazon. You can find more recipes at www.TheVeggieQueen.com

Easy Chile Colorado Smothered Burritos by [Barbara Schieving](#)



Ingredients:

- 1.25kg. boneless beef rump roast, cubed
- 240ml enchilada sauce, divided
- 2 beef bouillon cubes or 2 tps beef stock base
- 120ml water
- 10 -12 burrito-size flour tortillas
- 150gm shredded mature cheese

Chile Colorado is a very popular, easy slow cooker recipe. The original recipe cooks for 7-8 hours in the slow cooker. The cook time in the pressure cooker is only 30 minutes.

I used a rump roast because it's leaner than chuck roast, but you could use chuck or even stew meat if you prefer. If you have time, you could sear the beef before you cook it in the enchilada sauce. You could even cook the roast whole and cut or shred it after it's cooked, just be sure and increase the cooking time.

This recipe is an easy pressure cooker recipe, perfect for a busy night. The beef freezes well, so if I have leftovers, I like to freeze it in Ziploc bags in individual serving sizes for quick lunches too.

Directions:

- 1) Add beef, half the enchilada sauce, bouillon, and water to the cooking pot. Press [Manual] and 30 minutes pressure cooking time. When beep sounds, turn off pressure cooker and use a natural pressure release for 10 minutes and then do a Quick Release to release pressure. When valve drops, carefully remove lid.
- 2) Put a tortilla on a rimmed baking tray lined with aluminum foil, add approximately 1/2 cup beef to the center of the tortilla, fold in edges, and roll up into a burrito. Repeat with remaining tortillas. Top with enchilada sauce and shredded cheese. Broil until cheese is bubbly, about 2-4 minutes.

Barbara has a growing collection of electric pressure cooker recipes at www.PressureCookingToday.com

Kālua Pork by [Barbara Schieving](#)



Ingredients:

2kg Pork Shoulder (Pork Butt) roast, cut in two pieces

120ml cup water

1 tbsp Hickory Liquid Smoke (I used Wright's) if available or other flavouring to suit

2 tps coarse Kosher salt (or Hawaiian salt)

The traditional Hawaiian Kālua Pork is a long process that involves wrapping a pig in banana leaves and burying it in a fire pit lined with stones where it smokes for hours until it's tender and juicy. Of course, for most of us, that's not very practical.

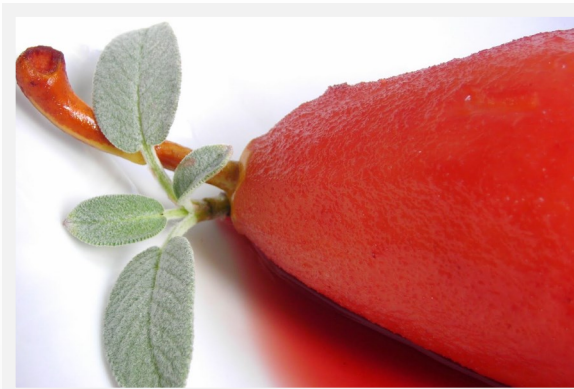
Pork Shoulder is an inexpensive cut of meat and Kālua pork is often served at church parties and family get togethers. My family loved this pressure cooker version of Kālua pork. I hope you'll give this easy, delicious recipe a try.

Directions:

- 1) Press [Saute] to pre-heat the cooker. When the words "Hot" appear on the display add oil to the cooking pot. Brown each half of the roast separately. Remove to a platter when browned.
- 2) Turn pressure cooker off and add water and liquid smoke to the cooking pot. Add browned roasts and any accumulated juices to the pot. Sprinkle the salt over the top of the pork roasts.
- 3) Press [Manual] and then use the [+] button to choose 90 minutes pressure cooking time. When beep sounds, use a natural release to release pressure (approximately 20 minutes). When valve drops, carefully remove lid.
- 4) Remove the meat from the pressure cooker and shred with two forks, discarding excess fat as you shred. Add some of the juices from the pressure cooker to moisten the meat. (I used a fat separator to remove fat from the juices.)

Barbara has a growing collection of electric pressure cooker recipes at www.PressureCookingToday.com

Red Wine Poached Pears By [Laura Pazzaglia](#)



6 firm pears, peeled
1 bottle of Red Wine - a dry, tart, tannic red wine like Sangiovese or Barbaresco
1 Bay Laurel leaf
4 cloves (the spice)
1 stick or 1 tsp of Cinnamon
1 piece of fresh or 1 tsp of Ginger
250gms of sugar
(optional) 1 Bunch of Herbs for decoration - sage, mint, oregano or basil

Peel the pears but leave the stems attached. Pour the bottle of wine in the pressure cooker.

Add the bay, cloves, cinnamon, ginger and sugar. Mix well to dissolve. Add the pears to the pressure cooker.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 9 minutes pressure cooking time .

When time is up, open the cooker using Quick Pressure Release (see page 5).

Pull out the pears carefully using tongs and pulling them from their stems. Set the pears aside and put the pressure cooker on [Saute], without the top, to reduce the cooking liquid to about half. Filter and then drizzle spiced wine syrup on pears, decorate with herbs and serve room temperature or chilled.

Stuffed Peaches By [Laura Pazzaglia](#)

Prepare the Instant pot by adding two cups of water and adding the steaming rack.

Combine the cookie crumbs, almonds and lemon zest. Stuff the peaches and place on the rack—top each peach with a pat of butter.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 4 minutes pressure cooking time.

When time is up, open the cooker using Quick Pressure Release (see page 5). Serve warm with a scoop of vanilla Ice cream.

500ml water
8 Amaretto or Gingersnap Cookies, crumbled
2 tbsps almonds, chopped
2 tbsps butter
1 tsp lemon zest
3 firm peaches, halved and pitted

Creme Brulee By [Laura Pazzaglia](#)



This recipe is for 6 ramekins or, for fun, you can use espresso cups – this recipe will fill 10.

500ml fresh cream

6 egg yolks

5 Tbsp white sugar

1 Tbsp vanilla extract

4 Tbsp raw (demarara) sugar for caramelizing

Prepare the Instant Pot by adding two cups of water, and trivet (or steamer basket).

In a mixing bowl, add the egg yolks and sugar, whisk until the sugar is dissolved. Then, add the cream and vanilla and whisk just enough to get everything mixed together well (do not whip).

Next, pour the mixture slowly through a strainer into a spouted container (it will make pouring the mixture into the cups or ramekins easy).

Pour the mixture into ramekins, cover tightly with foil and arrange in steamer basket so that all are sitting straight.

Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 9 minutes pressure cooking time for ramekins and just 6 minutes for espresso cups.

When time is up, open the cooker using Natural Pressure Release (see page 5).

Open the pressure cooker and carefully lift out the custards. Open the first and jiggle it a bit. It should be nearly solid, but not liquid (this means they have set)- they will solidify further when chilled. If they are still very liquid, pressure cook for an additional 5 minutes with the same opening procedure noted above.

Remove the custards and leave to cool uncovered for about 30-45 minutes. Once the custards are cooled, cover them in plastic wrap and place them in the refrigerator to chill for 3-4 hours or overnight.

Before serving, remove the custards from the refrigerator, sprinkle the top with a thin, even layer of raw sugar. Then, either melt the sugar with a culinary torch or slide them under the broiler in your oven to melt and caramelize the sugar.

More of Laura's recipes can be found at www.HipPressureCooking.com

Cooking Time Tables

As with conventional cooking, cooking with Instant Pot is full of personal choices, creativity, a lot of science and experimentation. No two people would have exactly the same tastes, preferences of tenderness and texture of food. The cooking time chart provided in this recipe booklet is for reference purpose. The user is encouraged to experiment and find your own time setting for the best result to the user's own liking.

There are other factors that may affect the cooking time. Different cuts of meat and different types of rice, for example, may require different cooking time to yield the same tenderness or texture.

When cooking frozen food, there is no need to defrost the food in the microwave first. However frozen food will prolong the pre-heating time and cooking time by a few minutes depending on the amount of food.

All timing here is based on the cooking pressure being in the range of 12 psi , applicable to Instant Pot IP-CSG, IP-LUX, IP-DUO and IP-SMART at "High Pressure" setting.

Seafood and Fish

Cooking time for seafood is typically short. The best result is achieved with the original juice being retained in the food. Again steaming is the ideal method. Of course stewing will also work great.

When steaming seafood, you need at least one cup of water (250ml), an ovenproof or stainless steel bowl on a trivet. When seafood or fish are over-cooked, their texture turns tough. Unless that's the intended result, you should control the cooking time precisely. Normally, you'll need to use the steam release to quick release the pressure and stop cooking, as soon as the programmed cooking period is over. An alternative is to take the natural cooling time (7~10 minutes) into consideration.

Seafood and Fish	Fresh, Cooking Time (in Minutes)	Frozen, Cooking Time (in Minutes)
Crab	2 – 3	4 – 5
Fish, whole (trout, snapper, etc.)	4 – 5	5 – 7
Fish fillet,	2 – 3	3 – 4
Fish steak	3 – 4	4 – 6
Lobster	2 – 3	3 – 4
Mussels	1 – 2	2 – 3
Seafood soup or stock	7 – 8	8 – 9
Shrimp or Prawn	1 – 3	2 – 4

Rice and Grains

Instant Pot's built-in "Rice" and "Multigrain" function keys 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 guides below.

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

Rice & Grain	Water Quantity (Grain : Water ratios)	Cooking Time (in Minutes)
Barley, pearl	1:2.5	20 – 22
Barley, pot	1:3 ~ 1:4	25 – 30
Congee, thick	1:4 ~ 1:5	15 – 20
Congee, thin	1:6 ~ 1:7	15 – 20
Couscous	1:2	2 – 3
Corn, dried, half	1:3	25 – 30
Kamut, whole	1:2	10 – 12
Millet	1:1.75	10 – 12
Oats, quick cooking	1: 2	2—3
Oats, steel-cut	1:3	3—5
Porridge, thin	1:6 ~ 1:7	5 – 7
Quinoa, quick cooking	1:1.25	1
Rice, Basmati	1: 1	4
Rice, Brown	1: 1	20 – 22
Rice, Jasmine	1: 1	4
Rice, white	1: 1	4
Rice, wild	1:2	20 – 25
Sorghum	1:3	20 – 25
Spelt berries	1:1.5	25 – 30
Wheat berries	1:3	25 – 30

Dried Beans, Legume and Lentils

There are a few things to be aware of when cooking dried beans and legume.

- 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 dried beans can speed up cooking significantly.

Beans and legume are less likely to be over-cooked. But if they are undercooked, the texture is unpleasant. So please consider the cooking time as the minimal time. Letting the cooker cool 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	16 – 20	4 – 6
Anasazi	20 – 25	5 – 7
Black beans	20 – 25	4 – 6
Black-eyed peas	6 – 7	4 – 5
Chickpeas (chick peas, garbanzo bean or kabuli)	35 – 40	10 – 15
Cannellini beans	25 – 30	6 – 9
Gandules (pigeon peas)	20 – 25	6 – 9
Great Northern beans	25 – 30	7 – 8
Lentils, French green	4 – 6	N/A
Lentils, green, mini (brown)	4 – 6	N/A
Lentils, red, split	1 – 2	N/A
Lentils, yellow, split (moong dal)	1 – 2	N/A
Lima beans	12 – 14	3 – 6
Kidney beans, red	15 – 20	7 – 8
Kidney beans, white / Cannellini	25 – 30	6 – 9
Navy /Haricot beans	20 – 25	7 – 8
Pinto beans	23 – 25	6 – 9
Peas	16 – 20	10 – 12
Scarlet runner	20 – 25	6 – 8
Soy beans	35 – 45	18 – 20

Meat (Poultry, Beef, Pork and Lamb)

There are a few things to be aware of when cooking meat.

- Raw meat is perishable food, which should not be left at room temperature for more than 2 hours (or 1 hour if room temperature is above 32C/90F). When use delayed start do not set the delay for more than 1 ~ 2 hours. We recommend to cook the meat first and use the automatic Keep-warm function to maintain the food at serving temperature.
- Do not try to thicken the sauce before cooking. Corn starch, flour or arrow-root may deposit to the bottom of the inner pot and be burnt to block heat dissipation. This could cause the cooker overheating.

You may want to brown the meat to seal the juices before starting pressure cooking.

Meat	Cooking Time (in Minutes)
Beef, stew meat	20 / 450gm
Beef, meatball	5 / 450gm
Beef, dressed	20 – 25 / 450gm
Beef, pot roast, steak, rump, round, chuck, blade or brisket, large	20 / 450gm
Beef, pot roast, steak, rump, round, chuck, blade or brisket, small chunks	15 / 450gm
Beef, ribs	20 – 25
Beef, shanks 40mm wide	25 – 30
Beef, oxtail	40 – 50
Chicken, breasts bone in	6 – 8
Chicken, whole 2-2.5Kg	8 / 450gm
Chicken, portions with bones	10 – 15
Chicken, dark meat	10 – 15
Cornish Hen/Poussin, whole	10 – 15
Duck, portions with bones	12 – 15
Duck, whole	10 / 450gm
Ham slice	9 – 12
Ham picnic shoulder	8 / 450gm
Lamb, cubes,	10 -15
Lamb, stew meat	12 -15
Lamb, leg	15 / 450gm
Pheasant	8 / 450gm
Pork, loin roast	20 / 450gm
Pork, butt roast	15 / 450gm
Pork, ribs	15 – 20
Turkey, breast, boneless	7 – 9
Turkey, breast, whole, with bones	20 – 25
Turkey, drumsticks (leg)	15 – 20
Veal, chops	5 – 8
Veal, roast	12 / 450gm
Quail, whole	8 / 450gm

Fresh or Frozen Vegetable

When cooking vegetable, fresh or frozen, it's recommended to use steaming to preserve vitamins and minerals to the maximum. Steaming also retains the natural look of the vegetables, adding a visual appeal to your dish.

When steaming vegetables, you need at least one cup of water (250ml), an ovenproof or stainless steel bowl on a trivet. Due to short pressure cooking period, leaving the cooker naturally cooling down without using the steam release will add some extra cooking time to the food and possibly overcook them.

Vegetable	Fresh Cooking Time (in Minutes)	Frozen Cooking Time (in Minutes)
Artichoke, whole, trimmed without leaves	9 – 11	11– 13
Artichoke, hearts	4 – 5	5 – 6
Asparagus, whole or cut	1 – 2	2 – 3
Beans, green/yellow or wax, whole, trim ends and strings	1 – 2	2 – 3
Beetroot, small, whole	11 – 13	13 – 15
Beetroot, large, whole	20 – 25	25 – 30
Broccoli, florets	1 – 2	2 – 3
Broccoli, stalks	3 – 4	4 – 5
Brussel sprouts, whole	2 – 3	3 – 4
Cabbage, red, purple or green, shredded	2 – 3	3 – 4
Cabbage, red, purple or green, wedges	3 – 4	4 – 5
Carrots, sliced or shredded	2 – 3	3 – 4
Carrots, whole or chunked	6 – 8	7 – 9
Cauliflower florets	2 – 3	3 – 4
Celery, chunks	2 – 3	3 – 4
Collard Greens	4 – 5	5 – 6

Vegetable	Fresh, Cooking Time (in Minutes)	Frozen, Cooking Time (in Minutes)
Corn, kernels	1 – 2	2 – 3
Corn, on the cob	3 – 5	4 – 6
Aubergine, slices or chunks	3 – 4	4 – 5
Endive	1 – 2	2 – 3
Escarole/Chicory, chopped	2 – 3	3 – 4
Green beans, whole	2 – 3	3 – 4
Greens (beet greens, collards, kale, spinach, swiss chard, turnip greens), chopped	4 – 5	5 – 6
Leeks	2 – 3	3 – 4
Mixed vegetables	2 – 3	3 – 4
Okra	2 – 3	3 – 4
Onions, sliced	2 – 3	3 – 4
Parsnips, sliced	2 – 3	3 – 4
Parsnips, chunks	3 – 4	4 – 5
Peas, in the pod	1 – 2	2 – 3
Peas, green	1 – 2	2 – 3
Potatoes, in cubes	3 – 4	4 – 5
Potatoes, whole, baby	8 – 10	12 – 14
Potatoes, whole, large	12 – 15	15 – 19
Pumpkin, small slices or chunks	4 – 5	6 – 7
Pumpkin, large slices or chunks	8 – 10	10 – 14
Rutabaga/Swede/Turnip, slices	3 – 5	4 – 6
Rutabaga/swede/Turnip, chunks	4 – 6	6 – 8
Spinach	1 – 2	2 – 3
Squash, acorn, slices or chunks	5 – 7	7 – 9
Squash, butternut, slices or chunks	4 – 6	6 – 8
Sweet potato, in cubes	2 – 4	4 – 6
Sweet potato, whole, small	10 – 12	12 – 14
Sweet potato, whole, large	12 – 15	15 – 19
Sweet pepper, slices or chunks	1 – 3	2 – 4
Tomatoes, in quarters	2 – 3	4 – 5

Fruits

Just like cooking vegetable, fresh or dried fruits are best steamed to preserve the texture and taste as well as vitamins and minerals. Steaming also retains the natural look of the fruit, essential to your fruit dish.

When steaming fruit, you need one cup of water (250ml), and an ovenproof or stainless steel bowl on a trivet. Normally your fruit dish has precise requirement on the texture of the fruit. Instead of leaving the cooker naturally cooling down, you'll need to use the steam release to release the pressure and stop the cooking.

Fruits	Fresh Cooking Time (in Minutes)	Dried Cooking Time (in Minutes)
Apples, in slices or pieces	1 – 2	2 – 3
Apples, whole	3 – 4	4 – 6
Apricots, whole or halves	2 – 3	3 – 4
Peaches	2 – 3	4 – 5
Pears, whole	3 – 4	4 – 6
Pears, slices or halves	2 – 3	4 – 5
Plums	2 – 3	4 – 5
Raisins	N/A	4 – 5

For more pressure cooker recipes,
tips and advice, please visit:

www.HipPressureCooking.com

www.MaomaoMom.com

www.TheVeggieQueen.com

www.PressureCookingToday.com

www.EatUnprocessed.com

www.InstantPot.com

www.InstantPot.co.uk

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