

THE Instant Pot[®] WAY OF COOKING

THE GOLDEN RULES

1

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

2

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

Stir to warm up and enjoy.

3

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

4

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

5

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

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