

# INSTANT POT COOKING

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# COOKING DEMONSTRATION



# INSTANT POT COOKING BASICS



What is the  
Instant Pot?



Instant Pot  
Safety features



Instant Pot  
Controls



Instant Pot  
Terminology



Recipes



Care and  
Cleaning

# WHAT IS THE INSTANT POT?



Slow Cooker



Pressure Cooker



Rice Cooker



Steamer



Sauté / Browning



Yogurt Maker

# INSTANT POT FEATURES



FASTER

COOK FOOD UP TO  
70% FASTER



EASY

ONE TOUCH  
CONTROLS



SMART

REMEMBERS THE  
WAY YOU COOK



COOKING POT

NO CHEMICAL  
COATING

# SAFETY FEATURES - LID



## Lid Close Detection

If the lid is missing or not closed properly pressure will not be activated.



## Leaky Lid Protection

If the lid has pressure leakage, the cooker will not reach preset pressure levels.



## Lid Lock Under Pressure

If the cooker is pressurized, the lid will be locked to prevent accidental opening.



## Anti-Blockage Vent

Vent shield prevents food particles from jamming the steam release.

# SAFETY FEATURES - TEMPERATURE



## **Automatic Temperature Control**

Thermostat under the inner pot regulates the temperature based on the type of food being cooked.



## **High Temperature Warning**

If there is insufficient water or moisture, Instant Pot will stop heating when the temperature is over a certain limit.



## **Extreme Temperature & Power Protection**

A special fuse disconnects power at excessive temperatures and extremely high electrical current.

# SAFETY FEATURES - PRESSURE



## Automatic Pressure Control

Pressure sensor keeps pressure between 10.12psi ~ 11.6 psi.



## Pressure Regulator Protection

If pressure exceeds 15.23 psi. steam regulator will push up to release steam.



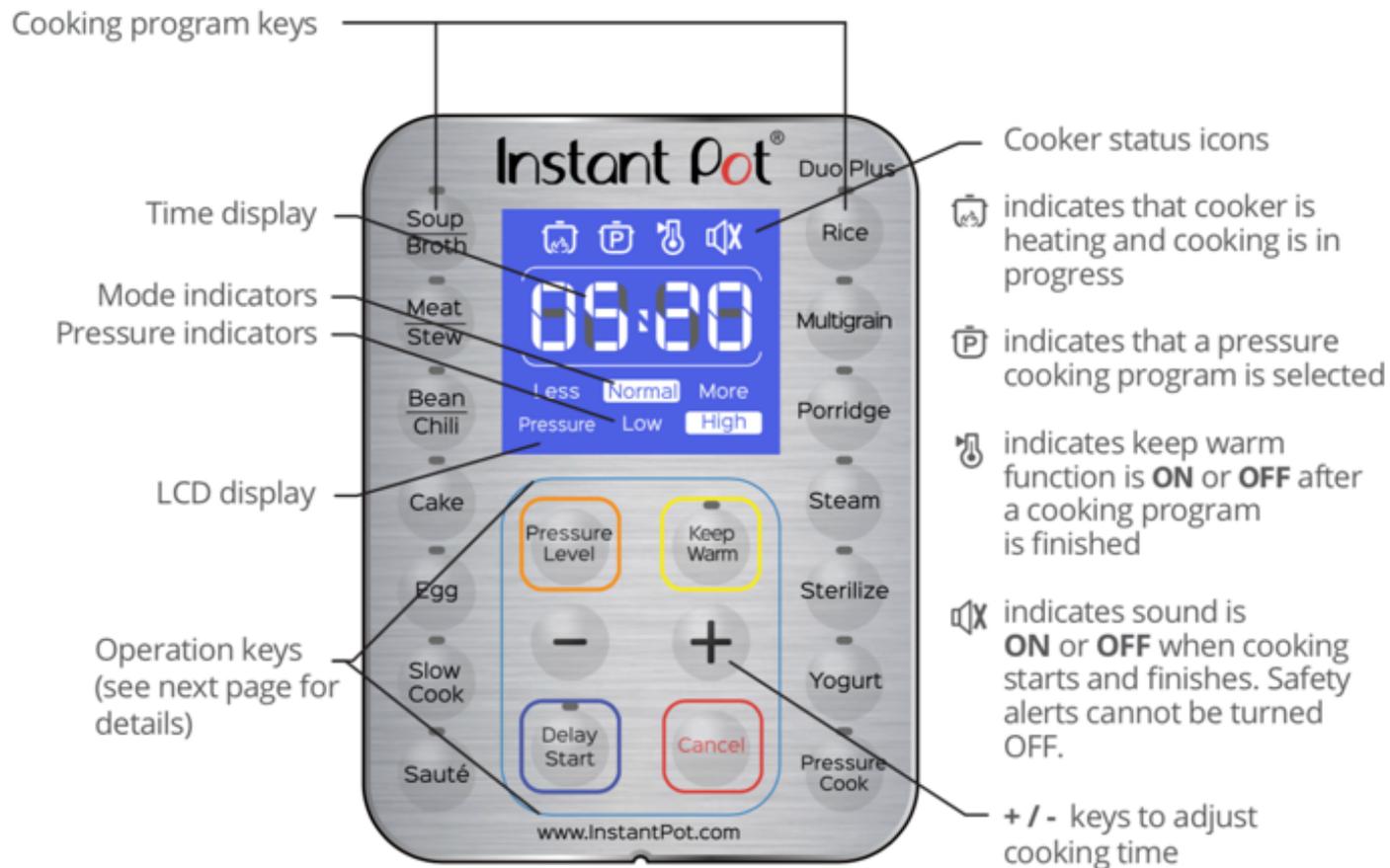
## Excess Pressure Protection

The inner pot is pressed downward, creating a gap between the lid and the inner pot. Steam will be released and heating stopped.

# COOKING PROGRAM KEYS

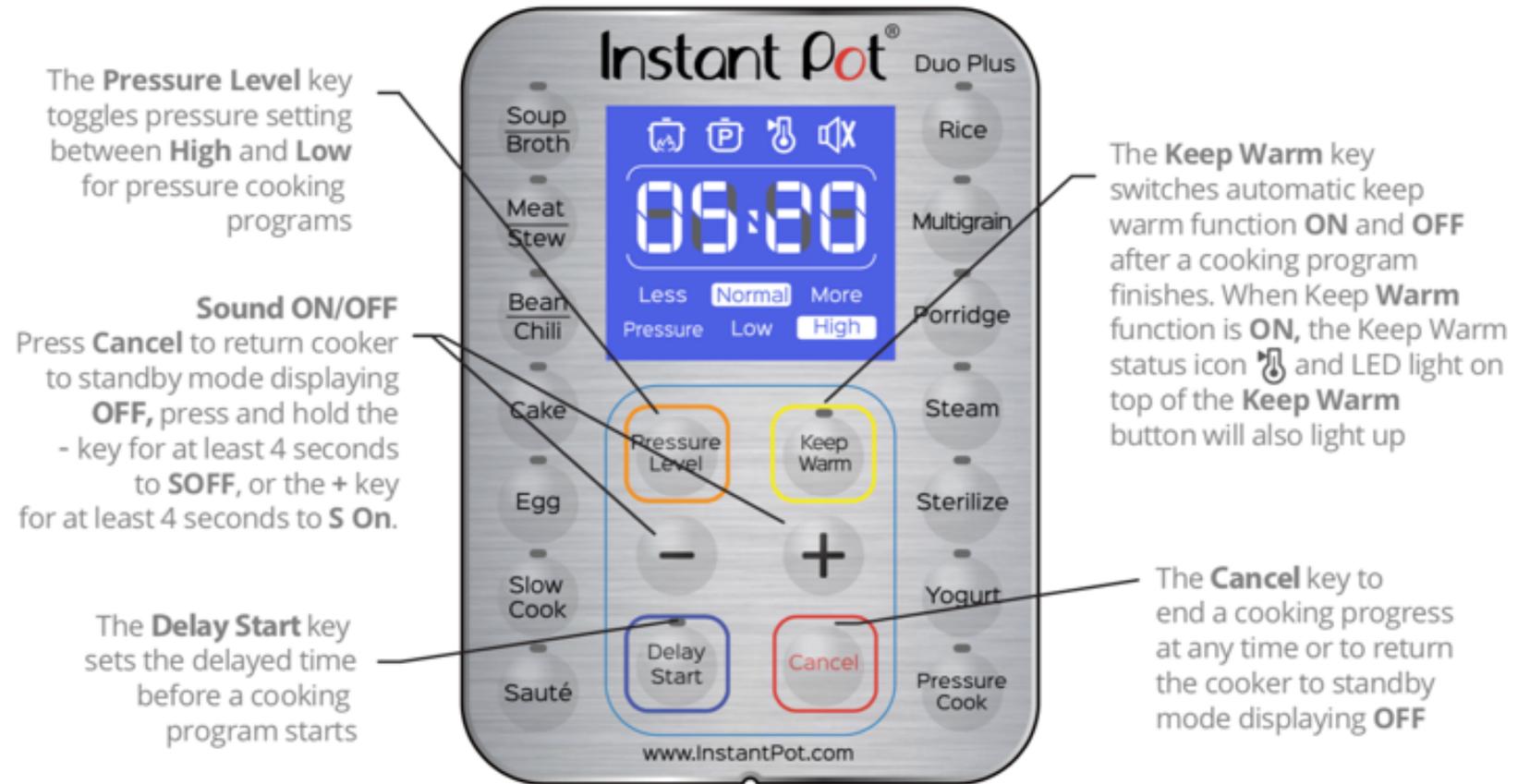
## Control Panel

The control panel of your Instant Pot® Duo Plus 60/80 consists of a large LCD display, cooking program keys, operations keys to control pressure level, + / - to adjust cooking time and a **Cancel** button.



# OPERATION KEYS

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# TERMINOLOGY

## Natural Release - NR

Allow the cooker to cool down naturally until the float valve drops down. Place a wet towel on the metal part of the lid to speed up cooling (do not cover the steam release).

## Quick Release - QR

Turn the steam release handle to the Venting position to let steam out until the float valve drops down. Quick Release should ALWAYS be closely attended.

# FINDING RECIPES

Instant Pot <http://instantpot.us/recipes/>

Amy+Jacky <https://www.pressurecookrecipes.com/>

6 Sisters <https://www.sixsistersstuff.com/food-type/instant-pot/>

This Old Gal <https://thisoldgal.com/>



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# RECIPE CAPTURE APPS



<https://www.bigoven.com/>



<https://www.paprikaapp.com/>



<https://www.copymethat.com/>

# CLEANING



Clean the product after each use. Wipe the black inner housing rim and slot dry with cloth to prevent rusting on the exterior pot rim.



Remove the lid and take out the inner pot, wash them with detergent, rinse with water and then wipe dry with a soft cloth. The stainless steel inner pot is also dishwasher safe.



Use water to clean the lid, including the sealing ring, pressure release, anti-block shield, and wipe them clean with a soft dry cloth.



Clean the cooker base with a clean damp cloth. Do not immerse the cooker into water. Do not use a wet cloth to clean the pot while the power cord is plugged into the power outlet.

# CORY'S MOONSHINE



<https://www.sparklestosprinkles.com/instant-pot-root-beer-moonshine/>

**QUESTIONS?**

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# CHILE CHEESE GRITS



## Ingredients

- 1/4 cup minced onion
- 1 teaspoon minced garlic
- 4 tablespoons butter
- 4 ounces canned roasted green chilies diced
- 1 1/4 cups chicken broth (or 1 1/4 cups water and 1 1/4 tsp. chicken bullion)
- 1/2 cup milk
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup Yellow Grits
- 1/2 cup shredded cheese (Cheddar or Monterey Jack)



## Instructions

- Set the Instant Pot to Sauté and melt the butter. Add the onions, sautéing until translucent.
- Add garlic and cook until golden. Add green chilies and cook briefly.
- Add chicken broth, cream, and grits.
- Whisk in grits to prevent lumps.
- Cover and make sure the valve is set to seal.
- Press the Pressure button and set for 10 minutes.
- When finished, allow for 10 minute NPR.
- Stir in cheese and serve.

# OREO CHEESECAKE

## Ingredients

### Crust:

- 3/4 cup Sandwich Cookies
- 2 teaspoons White Sugar
- 2 Tablespoons Butter melted

### Filling:

- 1 pound Cream Cheese room temperature
- 1/2 cup White Sugar
- Tiny pinch Sea Salt
- 1 teaspoon Pure Vanilla Extract
- 1/2 cup Heavy Whipping Cream
- 2 large Eggs room temperature
- 1 large Egg Yolk room temperature
- 8-10 Sandwich Cookies

### Topping:

- 1/2 cup Sour Cream
- 2 teaspoons White Sugar
- 8 Sandwich Cookies

## Instructions

### Crust:

Add Sandwich Cookies and sugar to the bowl of food processor and pulse until small crumbs form. Melt butter and add to cookie mixture. Pulse until just combined.

Pour crust mixture into bottom of greased 6-inch cheesecake pan and press the mixture firmly into the bottom of the pan. Place pan with crust in freezer for 15 minutes.

### Filling:

Blend together cream cheese, sugar, salt, heavy cream and vanilla extract until smooth.

Add eggs and yolk, one at a time, until just combined. Do not over mix the eggs.

Pour half the filling into the pan and top with cookies and then pour the rest of the filling into the pan.

### Cook:

Add 1.5 cups of water to the bottom of your pressure cooker and place a trivet inside the pot.

Cover the cheesecake first with a paper towel and then with a piece of aluminum foil and secure it around the sides. Place cheesecake into pressure cooker using a sling.

Lock lid in place and close the Pressure Cooker Valve. Cook at High Pressure for 35 minutes.

When Beep sounds, allow a 12 minute natural release. After all pressure has been released, open pressure cooker and gently remove the pan.

Remove the foil and paper towel and dab off any liquid that may have accumulated.

The center will be a bit jiggly, but don't worry. The heat that is trapped inside will continue to cook the center while the cheesecake cools.

### Topping:

Whisk the sour cream and sugar and spread on hot cheesecake.

Cool for one hour, cover and place in refrigerator overnight.

Top with whole or crumbled cookies prior to serving.



# BANANA BREAD

## Ingredients

- 2 cups unbleached flour
- 1 cup sugar
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons salad oil
- 3/4 cup milk
- 1 egg
- 1 cup mashed banana

## Instructions

- Grease a 6 cup Bundt Pan.
- Pour in batter and smooth it out so batter is level.
- Add 1.5 cups of water into Pressure Cooker cooking pot. Place Trivet in Pressure Cooker cooking pot.
- Place cake pan on Trivet. Lightly cover the pan with a piece of paper towel and then a piece of foil.
- Lock on lid and close Pressure Valve. Cook at High Pressure for 60 minutes.
- When Beep sounds, allow a 10 minute Natural Pressure Release. Allow cake to cool in pan.



# APPLE CRISP

## Ingredients

4 cups apples cut up

1/2 teaspoon cinnamon

Granola

Whipped Cream or Whipped Topping

## Instructions

Place your washed, peeled cored and cut apples into the Instant Pot and sprinkle with the cinnamon. Twist on the locking lid, set to **Manual or Pressure Cook for 6 minutes.**

When the time is up on the Instant Pot, carefully do a quick release for the pressure and check your apples. Ours were super soft on top and then a little more crisp down towards the bottom. This was a really nice blend when mixed together.

Top the apples with the granola

