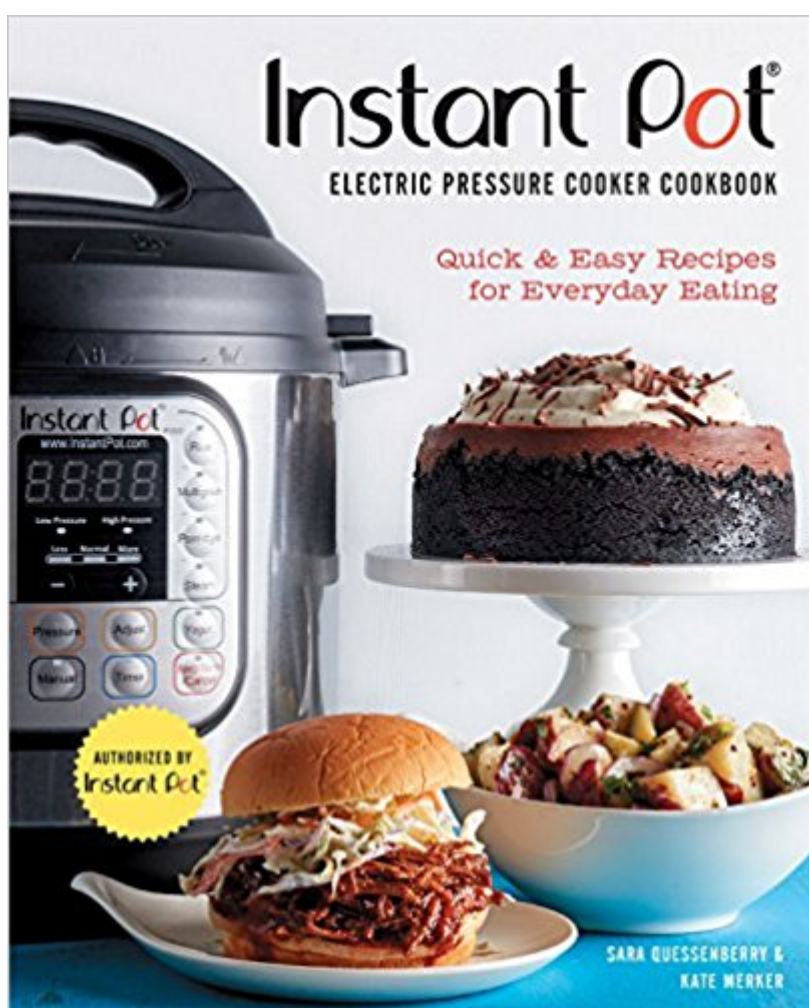


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# Instant Pot<sup>®</sup> Electric Pressure Cooker Cookbook (An Authorized Instant Pot<sup>®</sup> Cookbook): Quick & Easy Recipes For Everyday Eating



## Synopsis

The Instant Pot<sup>®</sup> Electric Pressure Cooker Cookbook -- an authorized Instant Pot<sup>®</sup> cookbook -- will help you feel comfortable using all the convenient features of your Instant Pot<sup>®</sup>, from cooking fluffy rice and vegetarian meals, to making homemade yogurt and pressure cooking meats like beef and chicken, in a fraction of the time of conventional cooking methods! Features more than 75 delicious, family-friendly recipes, including: Spinach and Herb Lasagna, Balsamic Beef Short Ribs, Pulled Pork Sandwiches, Vegetable Green Thai Curry, Spice-Rubbed Cauliflower Steaks, Bone Broth with Fresh Ginger, Double Chocolate Cheesecake. From healthy breakfasts and sides, to scrumptious soups and dinners, to decadent desserts, these low-maintenance recipes will help you get a meal on the table every night of the week! With easy-to-follow instructions, tips on using your Instant Pot(r), and full-color photos throughout, discover all that your Instant Pot<sup>®</sup> can achieve with this go-to pressure cooking cookbook.

## Book Information

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## Customer Reviews

SARA QUESSNBERRY is a cook, food stylist, recipe developer, and author. Sara cowrote The Good Neighbor Cookbook, which was voted Best Books 2011: Cooking by Library Journal. She also collaborated on the New York Times best-seller The Can't Cook Book. She is currently the food/web director of JessicaSeinfeld.com, a website for beginner cooks. Her next collaboration with Seinfeld is Food Swings: 125+ Recipes to Enjoy Your Life of Virtue & Vice. KATE MERKER is a cook, editor, recipe developer, culinary producer, and author. Throughout her

career, Kate has worked in the kitchens of internationally renowned restaurants as well as in test kitchens for cookbooks, magazines, and television studios. She is currently the Food & Nutrition Director of *Woman's Day* magazine where her ultimate goal is to help readers get dinner on the table efficiently, healthfully, and happily. The author of three *Woman's Day* cookbooks (Easy Everyday Dinners, Easy Everyday Lighter Dinners, and *Recipe Remix*) and the editor of *Best Recipes: Easy, Delicious Meals from Real Simple*, Kate is currently working on her fourth cookbook for *Woman's Day*.

This is one of the better cook books for Instant Pot, because it actually contains photos of the dishes for most of the recipes listed inside. It's also hardcover which is nice. It's easy to follow & great for anyone starting out learning how to cook with an Instant Pot or a similar pressure cooker.

Still learning but the book has a lot of great ideas.

I gave it as a gift and the person I gave it to you likes it

Great book especially for beginners to the Instant Pot. Great section explaining all the parts and functions of the Pot. Also a section to help troubleshoot common failures (like scorched bottom) The recipes are also good for those just getting comfortable with using an electric pressure cooker.

I'm not usually a fan of appliance cookbooks put out by the company that makes the appliance, as they are usually shallow and lacking in many ways. They seem like an afterthought. That is not the case here, with this well-done, well-put-together book. This Instant Pot-sponsored book contains quality recipes. Instructions are straightforward, efficient in their steps and produce tasty results. You will see/read some dorky content at the beginning, in the intro, that sounds like a promotional infomercial, but that gives way to solid advice and instruction. If you just want the basics, this is not the cookbook you are looking for. And there are no timing charts. (Go to the Instant Pot website for the basics and charts. Even though the Instant Pot website is more than a bit ambiguous, you can probably get all the basic info you could possibly want from there.) This is a book of recipes: You will need more than basic ingredients and you will need some room to do prep work. Some recipes will require a cooktop or an oven. Not that any of these requirements are surprising, I just mention it to ward off the potential buyer looking to use this book in conjunction with

an Instant Pot in a dorm room or other tiny place. These are not basic recipes that a busy college student living in a tight place will be able to tackle--space-wise. Would she or he wish they could tackle some of these recipes?? Oh, yes! For instance, I am a home cook, with a regular-sized, well-equipped kitchen, and there are many, many recipes in this book that have made me get my Instant Pot off the shelf and back onto the counter top. But if you don't have the room to store and prep ingredients, these recipes will push your organizational skills beyond the limit. If you do order this particular book, while you are waiting for it to arrive, find yourself a 6" round cake pan and a deep 8" round soufflé or casserole dish, because those are the sizes mentioned. If you want to bake or make casseroles in your Instant Pot, you will need some kind of pan and/or dish. (I have noticed that other recipe books call for different sizes.) I found the recipe instructions to be very straightforward. Of course, as with any recipe, cooking times need slight adjustments per your environment and ingredients, but I have far fewer questions on the recipes in this book, than when working with the Instant Pot website. In other words, less ambiguity with these recipes than the info on the website. Each recipe in this book makes it very clear which buttons to push. Also, cooking times in these recipes are often different from what I find in the website charts. (Like the potato salad recipe: Steaming 2 pounds of baby/new whole potatoes (about 16) takes 1 1/2 C of water in the bottom of the pot, Manual button, high pressure for 8 minutes, quick release. The website chart will tell you 10-12 minutes in 1 C water, but will not tell you which button to push, or give pounds/amount, just saying "small or medium amount of food". (It was ambiguity like that on the website that originally made me put my Instant Pot away in frustration.)

\*The instructions in this book were developed with the Instant Pot DUO60 V2 (6 quart), so if you have a newer Instant Pot model without that basic "Manual" button, I believe you will be choosing "Pressure Cook". Another example of instructions that work, found in the Spaghetti Squash with Garlic and Sage Brown Butter recipe: One spaghetti squash, about 3 pounds, halved crosswise and seeded, 1 1/2 C water, on the steam rack, manual button, high pressure, 15 minutes, quick release. Or this one for the potatoes in a yummy twice-baked potato recipe: Steam 4 12-ounce russet potatoes: Prick, place on steam rack, 1 1/2 C water, Manual button, high pressure, 25 minutes. You might very well disagree with me, but I get annoyed with pressure cooker books that seem to "force" foods into the pressure cooker method. There are foods that are just as easily cooked in a pan on your cooktop. This

book avoids doing that (for the most part, although there is a recipe for deviled eggs and one for salmon). The Jambalaya recipe makes a lot of sense to me, for instance: The raw shrimp are added after the rest of the ingredients are cooked: Quick release to vent the steam, open lid, stir in shrimp, lock lid and let sit for 10 minutes. Shrimp are not over-cooked. (Many of the seafood recipes are bowl food.) I found the vegetarian main dish chapter too short for me. But the very colorful (and very suitable for the Thanksgiving table), Layered Vegetable Casserole with sweet potatoes, Yukon gold, rutabaga, beets and cannellini beans is a real keeper. And the yogurt recipes give one an idea of how to utilize the yogurt-making feature of this machine. For me, there could have been more grain recipes, (but I have Lorna Sass for that!). There is a dessert chapter, too. And the pictures look yummy, but I don't often make desserts. Some observations:--No exotic or unfamiliar ingredients.--No canned soup, no canned beans (with one exception of canned cannellini in a casserole), not much canned goods at all--maybe tomatoes. (There are a good amount of bean recipes using dried beans.)--I found it necessary to cut down on the amount of salt called for in the recipes. And I increased the pepper or added a different source of spicy heat.--Prep times are accurate for average experience cooks.--Cook times are fairly accurate; maybe some slight adjustments to be made for when you don't follow directions exactly.--There are pictures for most recipes, and they are full-color and pretty--maybe not the best quality, though.....Some terrific recipes:--Orange and Honey-Glazed Carrots with Dill; from opening your bag of carrots to serving is less than 15 minutes.--Chorizo and Pinto Beans; the recipe pairs the mix with nachos, I put it on flour tortillas.--Sweet and Sour Meatballs; ground pork or chicken, bound with an egg white.--A Three-Bean Salad fit for a pot luck: Cannellini, kidney and fresh green beans, with a lemon-y vinaigrette.--Scallion Corn Bread is on the sweet-ish side--just like we like it at our house.--Some of the beef/lamb/pork recipes are for the pot as a slow cooker, some for the pressure cooker. There is a nice representation that will give insight for changing up your own meat recipes. I really enjoyed the Balsamic Beef Short Ribs, prep time 20 minutes, cook time (saute and manual buttons) is an hour.--Lemon Chicken with Green Olives is quick and economical. I often make a similar recipe in the oven. This is quicker and less mess to clean up--a real game-changer for me!--I like the entire chapter of pork recipes. We especially enjoyed the Beer Garden Casserole: Layers of cabbage, apple and sweet Italian sausage meat. (I added onions.) Also Sticky and Sweet Sriracha Ribs, cooked over vinegar and not water. And the Pozole recipe is very good!\*I originally received a temporary download of this cookbook from the publisher. But, as you can see from the "Verified Purchase" tag at the top of this review, I bought a hard copy for myself to put on my library shelf. (And so my neighbor can borrow it: She's a

big Instant Pot fan and she got me started on it!)

The recipe for the pulled pork sandwiches (shown on the cookbook's cover), just itself, is completely worth the Kindle price for this cookbook. Everything else is just icing on the chocolate cheesecake.

Very creative and diverse recipes. Great pictures. And directions are really clear and easy to understand. Excited to try a lot of these recipes.

Would have given it 5 stars if it had nutritional information for the recipes. Overall had a decent amount of recipes I'd use, and also has some additional info with photos on using the Instant Pot, which is helpful.

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