

Instant Pots with Scott

Traverse Area District Library

February 28, 2023



My name is Scott and I love instant pots...



- I also love my dog, Sam
- This is my partner, Jennifer
- I work at the library. Not affiliated with the Instant Pot company in anyway.
- Food makes people feel happy, so I like making food
- Instant pots make cooking easy

Agenda



- Instant Pot 101
- Tips & Tricks
- Recipes that Will Change Your Life
- Where to Learn More
- Time for Questions at End

Let's make some chili!

- **Chicken Delicious Chili - Ingredients**
 - 2lbs boneless skinless chicken breast
 - 2 cans black beans
 - 1 can of corn
 - One large onion
 - 4-6 poblano peppers
 - Minced garlic
 - Chicken broth
 - 2 can Rotel Tomatoes
 - 1 ½ packs of Cream Cheese
 - Ranch seasoning packet
 - Mexican style cheese
 - Chili Powder
 - Cumin
 - Tony's Creole Seasoning
 - Salt

But first...

Let's make some chili!

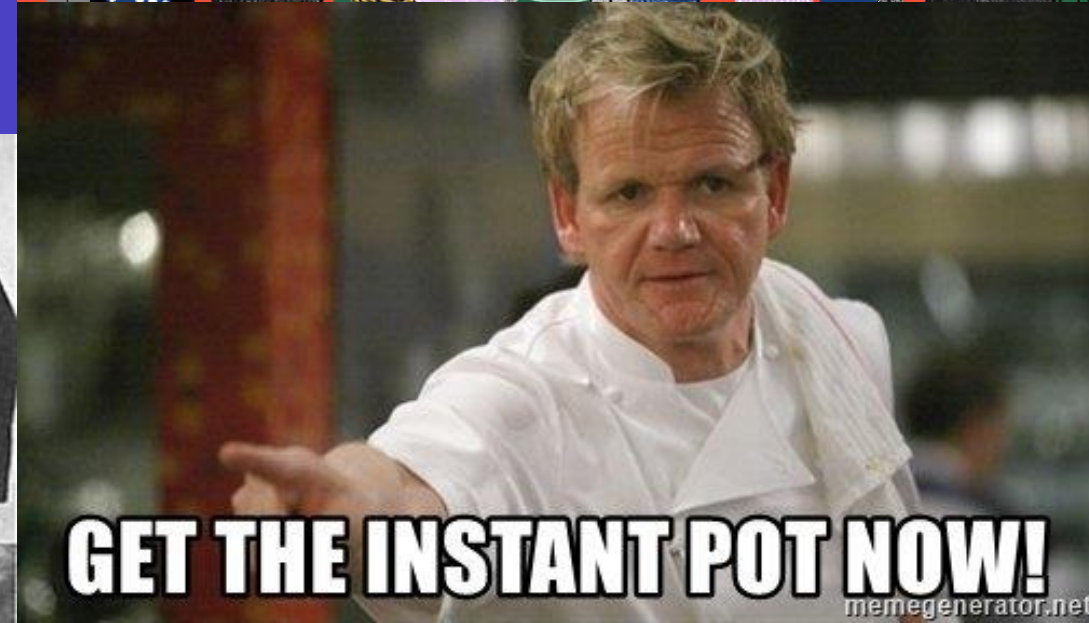
- **Chicken Delicious Chili - Instructions**

- Set instant pot to sauté function and add butter when warm.
- Then toss in onions and peppers and sauté for about a minute.
- Next put in garlic and cook for about 30 seconds stirring frequently.
- Use half the chicken broth to deglaze pan and then add corn, beans, tomatoes, and spices. Stir lightly.
- Next add chicken breast and sprinkle ranch package on top.
- Cut cream cheese into cubes and place them on top
- Put on lid and make sure the pressure release valve is set to seal.
- Pressure cook on high (the default) for 10 minutes.
- It will take ~15 minutes for the pot to come to pressure
- After cooking has complete, allow an 8-minute natural release, and then open the pressure release valve.
- Remove chicken with tongs, shred, and then mix back into chili
- Add cheese, stir, wait a couple minutes and enjoy!

But first...

Instant Pot 101

Unlock the POWER of the Pot



GET THE INSTANT POT NOW!

Instant Pot 101: Don't fear the buttons

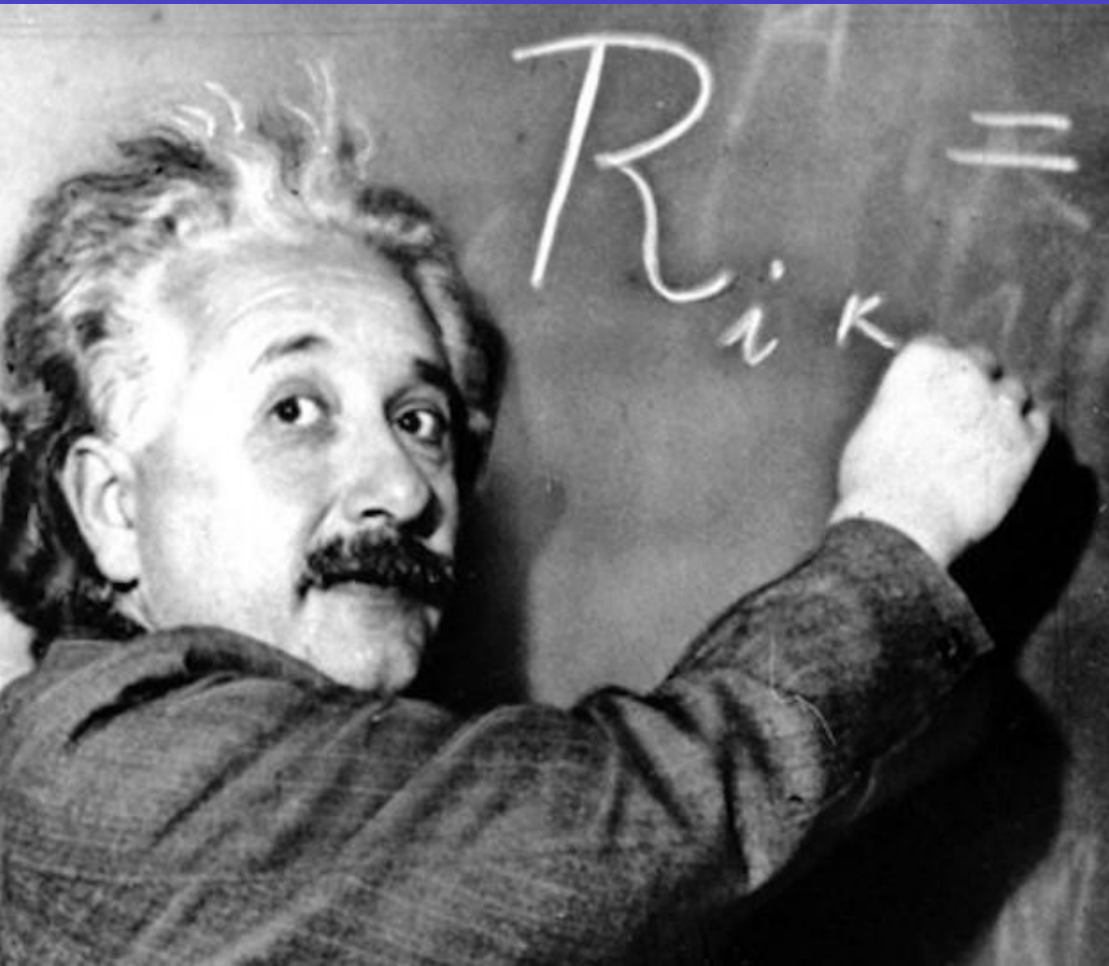


- There are many buttons on the front of the Instant Pot. Do not be afraid. You can safely ignore most of them.
- We are going to focus on where the Instant Pot really shines: PRESSURE COOKING
- The Sauté function can help unlock flavor before pressure cooking and/or help finish dishes.
- These two function will allow you to follow 95.8675309% of recipes you find online
- Note: There are many different version of the instant pot. The one you have may look slightly different.

Instant Pot 101: The Anatomy of a Pot



Instant Pot 101: Science of Pressure



- The first pressure cooker was designed by a French physicist named Denis Papin in 1679. He called this cooker the "steam digester".
- Water is a better conductor of heat than air. However, water can only be heated to 212 degrees before it turns to steam.
- However, if water is heated in a contained environment the steam cannot escape and pressure and heat inside the pot will increase.
- The End Result: An extremely energy / time efficient way to cook.

Instant Pot 101: Safety Dance



- Instant pots have built in safety features that make it much safer to use than older pressure cookers.
- Once the instant pot comes to pressure, the lid locks in place until pressure is released. **DO NOT TRY TO FORCE THE LID OPEN** when device is under pressure.
- Always release pressure before opening and wait until the float valve sinks before attempting to the remove the lid.
- If you feel resistance when removing the lid, allow the pot to sit for a while longer so more pressure can be released.
- Never fill beyond on the fill line. Never block the release valve when steam is being released.
- For liquid heavy dishes like soups and chilis, I like to shake the pot a bit to make sure there aren't any bubbles that are lurking under the surface.

Tips & Tricks

Become the Master of the Pot



I DON'T ALWAYS COOK

BUT WHEN I DO, I USE INSTANT POT

makeameme.org

Liquid is Key

- Having the right amount of liquid is very important. Not enough water and the instant pot won't come to pressure. Too much water can result in mushy food.
- A six-quart Instant Pot will need at least one cup of liquid to reach pressure.
- Some ingredients like tomatoes contain lots of water on their own.
- Follow the recipe and when in doubt more liquid is always a safer option.
- Without enough water you may get a burn warning. Do not panic. You may be able to save the dish by releasing pressure and then sautéing

Sauté Function

- Sauteing ingredients before pressure cooking can really enhance a dish by adding flavor and aromatics.
- Many recipes start with sautéing vegetables / spices and/or browning meats. These steps are often optional, but if you have the time, it will enhance the flavor.
- When you sauté, you might get some caramelization and bits of ingredients may get stuck to the bottom on the pot.
- Always make sure to deglaze the bottom of the pot by adding liquid and then using a wooden utensil to thoroughly scrape. Not doing this step could result in a burn warning error.

No Pot is an Island

- You can make many dishes 100% in the Instant Pot, but some dishes can be enhanced by using other kitchen tools.
- For example, Instant Pot ribs are simply amazing. However, using the broiler function of an oven can help make the exterior a little crispy which is especially nice when coated with BBQ sauce.
- Note: Instant Pot does make an air fryer lid, but I haven't heard good things about.
- Sometimes it is best to sauté meats outside the pot as it makes draining grease much easier.
- Just because you can make something in an instant pot doesn't mean you should. Right tool for the job.

Tips & Tricks

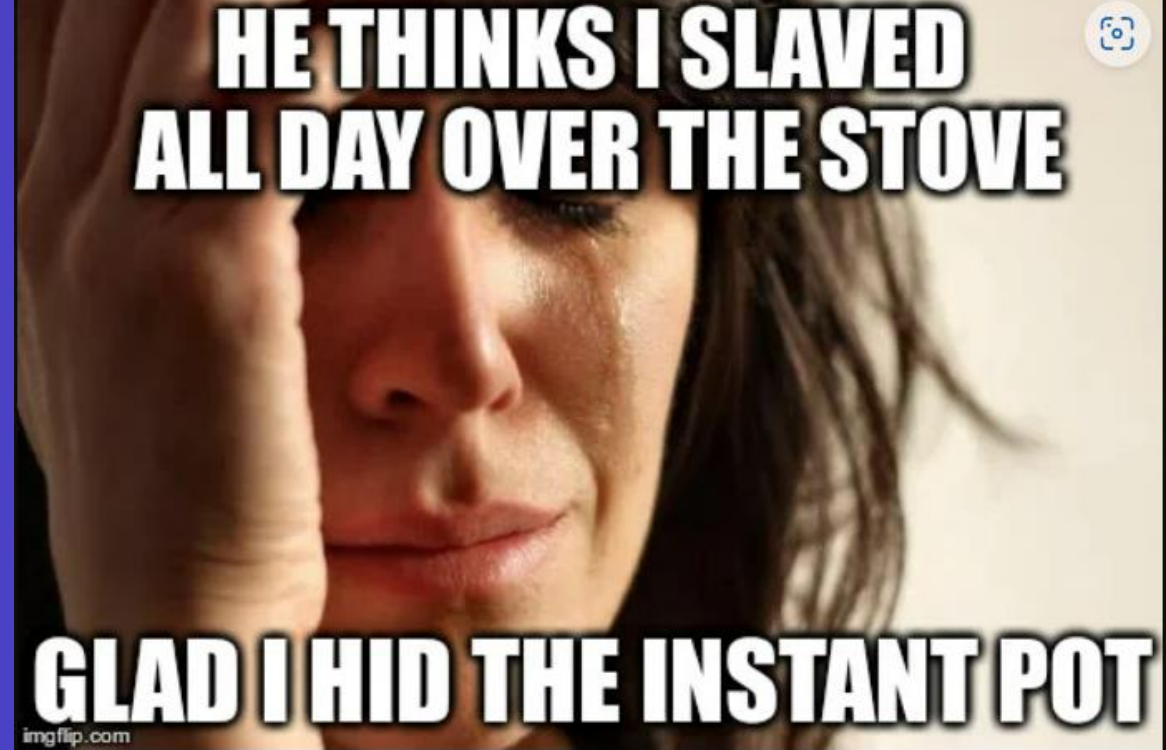
Misc. Tips

- “Pot in Pot” technique can allow you to cook two different components of a dish at the same time.
- Use different sealing rings for different dishes (one for savory and one for sweet).
- Remember that it takes time for the instant pot to come pressure. Often recipes claim a dish only takes X minutes to cook, but don’t include the time it takes to reach pressure in that total.
- Always check your sealing ring and float valve before sealing the pot.
- Be kind to yourself. Mistakes happen. You can usually rescue most dishes if something goes wrong.

Tips & Tricks

Recipes That Will Change Your Life

Make Friends and Influence People with Amazing Food



5-5-5 Hard Boiled Eggs!



- Place trivet in the bottom of Instant Pot (or buy a fancy egg holder).
- Add eggs (most I've done is a dozen at a time).
- Add ~1.25 cups of water.
- Cook on high pressure for 5 minutes
- Natural release for 5 more minutes (or 3 if you want a softer boil) and then release pressure.
- Let eggs soak in an ice bath for 5 minutes
- Easy to peel and perfectly cooked.



Instant Pot BBQ Baby Back Ribs

- Pat down ribs with paper towel and remove membrane from the back of ribs if present.
- Use your favorite dry rub mix (or make your own) and cover the ribs thoroughly.
- The brisket rub at Maxbauer's is amazing!
- Add 1.25 cups of water, 3 tablespoons of apple cider vinegar, and ½ teaspoons of liquid smoke to Instant Pot.
- Put in trivet, place ribs in pot, and then cook on high pressure for 25 minutes.
- Let pressure release manually for 5 minutes
- Remove from pot, put on foil lined baking sheet and lightly brush on your favorite BBQ sauce.
- Place in oven and use your stoves broil function to crisp the ribs up. Don't allow sauce to start burning.



The World's Best Mashed Potatoes

- Wash but do not peel 3lbs of Yukon Gold Potatoes. Cut them into quarters and place them in the Instant Pot.
- Fill the Instant Pot up with enough water to barely cover the potatoes. Make sure not go over the pots fill line.
- Secure lid and cook on high pressure for 10 minutes.
- Then do a manual pressure release and drain water from pot using a colander.
- Mash the potatoes in the pot using a hand mixer or a potato masher.
- Add half a stick of butter (cut up in 4 pieces), a pack of dry ranch dressing mix, ½ cup of cream or milk, and salt and pepper to taste.
- Mix thoroughly and then add some chopped chives to enhance the flavor and appearance.



Chicken Burrito Bowls

- 1.5lbs of boneless skinless chicken breast.
- 1 package of taco seasoning
- 1 can of black beans
- 1 can of corn
- 1 jar of salsa
- 1 can of Rotel
- 1.5 cups of rice
- 1.5 cups of chicken broth



Chicken Burrito Bowls

- Add ingredients in the order listed
- Make sure to drain and wash the black beans and wash the rice
- Cook on high pressure for ten minutes
- Manually release pressure and then let sit for about a minute.
- Remove chicken and fluff (not stir the rice).
- Shred chicken, put back in pot, add some cheese and stir.
- Let sit for another minute or so before serving



Cold Start Yogurt

- First thoroughly clean your Instant Pot. I'd even suggest filling it with a couple cups of water, setting to high pressure for a couple minutes, then releasing the pressure. You can then dump the water from the pot and then leave it and the lid to air dry.
- I would also highly suggest using a different sealing ring for yogurt. You don't want it tasting like chicken.
- Use an ultra pasteurized or ultra filtered milk for this. FairLife is a popular brand that you can find in most grocery stores. It usually comes in a half gallon size.
- Pour the milk in the Instant Pot and then add about 2 tablespoons of yogurt to use as a starter. Whisk thoroughly, put the lid on the instant pot and then click the "Yogurt" button.



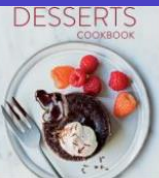
Cold Start Yogurt

- **IMPORTANT:** Make sure the yogurt you use has “ACTIVE BACTERIAL CULTURES” on its ingredient label. Otherwise, this won’t work.
- Let sit undisturbed for 8 to 12 hours. The longer you let it sit the tangier it will be. I find 10 hours to be the sweet spot.
- Remove the inner pot, cover it with a lid or aluminum foil, and then leave it in the fridge for about 6 hours. This will stop the incubation and thicken the yogurt.
- If you want to make the yogurt even thicker, buy a yogurt strainer.

Where to Learn More

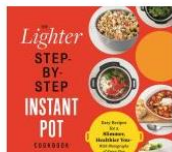


2 available in district

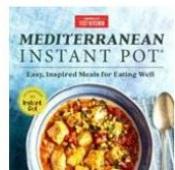


The lighter step-by-step instant pot cookbook

The complete Indian Instant Pot cookbook : 130 traditional & modern recipes



Mediterranean Instant Pot : easy, inspired meals for eating well



The vegan Instant Pot cookbook : wholesome, indulgent plant-based recipes



1 available in district

Instant Pot bible : copycat recipes : 175 original ways to remake your favorite restaurant recipes in your Instant Pot



2 available in district

The simple comforts step-by-step Instant Pot cookbook



YouTube

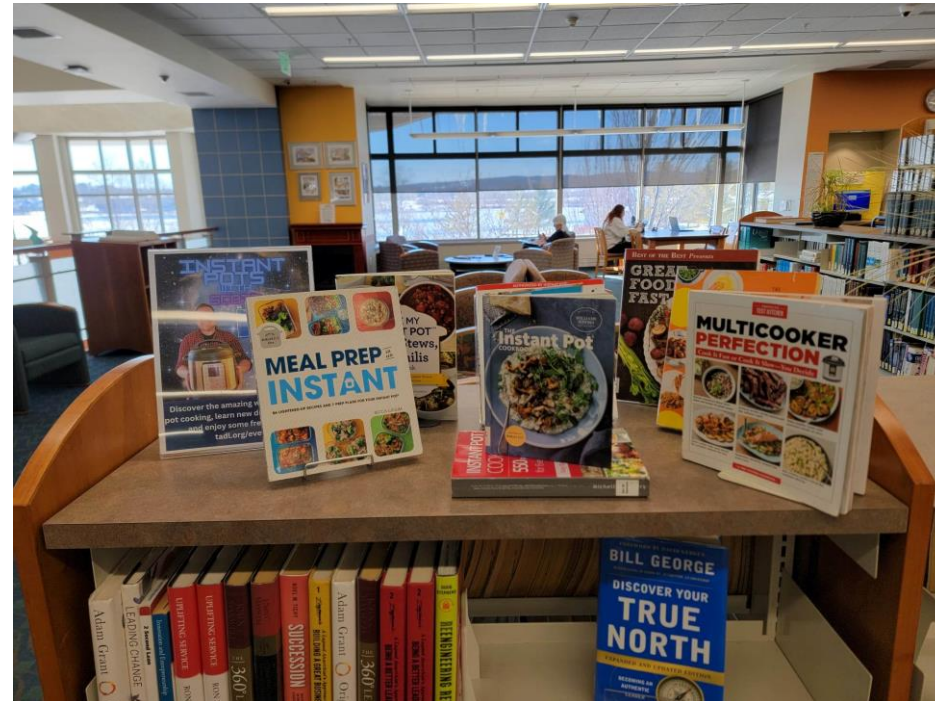
Where to Learn More

YouTube

- You can find a ton of great Instant Pot Cooking Videos on YouTube.
- [Jeffery Eisner's "Pressure Luck"](#) channel is by far my favorite.
- [Amy & Jacky](#) also have an excellent channel.
- If you are looking for more information about using the Instant Pot for meal prepping or cooking for a large family, [Six Sister's Stuff](#) is channel with a lot of great content on that front.

Your Library!









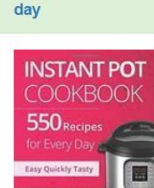

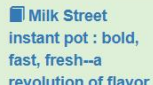
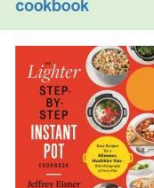
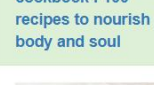


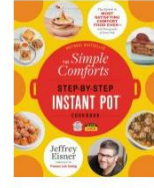

- Traverse Area District Library has MANY instant books in its collection.
- You can find a few in the display we currently have upstairs near the reference desk.



Where to
Learn
More

Your Library!

- You can also go to <https://catalog.tadl.org> and do a search for "instant pot" to see the library's full collection.

<p>The Instant Pot cookbook</p>  <p>2 available in district</p>	<p>The Instant Pot desserts cookbook</p>  <p>1 available in district</p>	<p>Taste Of Home Instant Pot cookbook.</p>  <p>Mediterranean Instant Pot : easy, inspired meals for eating well</p>  <p>1 available in district</p>	<p>The keto reset instant pot cookbook</p>  <p>The vegan Instant Pot cookbook : wholesome, indulgent plant-based recipes</p>  <p>The instant pot Bible : more than 350 recipes and strategies : the only book you need for every</p> 	<p>Instant Pot for two cookbook : easy, healthy instant Pot recipes for 2</p>  <p>1 available in district</p>	<p>Instant Pot CookBook: 550 recipes for every day</p>  <p>2 available in district</p>
<p>The complete Indian Instant Pot cookbook : 130 traditional & modern recipes</p>  <p>Milk Street instant pot : bold, fast, fresh--a revolution of flavor</p> 	<p>The lighter step-by-step instant pot cookbook</p>  <p>The Instant Pot® Kosher cookbook : 100 recipes to nourish body and soul</p> 	<p>What can I cook in my...Instant Pot, air fryer, waffle iron & more.</p> 	<p>The Instant Pot bible : copycat recipes : 175 original ways to remake your favorite restaurant recipes in your Instant Pot</p> 	<p>The simple comforts step-by-step Instant Pot cookbook</p>  <p>Instant family meals : delicious</p> 	

Where to Learn More

Questions?
Comments?

Thank you!

Thanks to Kelly and Jen!