Instant Pots with Scott 2: Electric Pressure Cooker Boogaloo

Traverse Area District Library
March 14, 2024
My name is Scott and I love instant pots...

- I also love my dog, Sam
- 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
- This is my second time presenting on instant pots at the library
- I’m a computer dude, not a performer. Have mercy 😊
Raise your hand if you have an instant pot at home?
Raise your hand if you use it on a regular basis?
Agenda

• Instant Pot 101
• Cooking Demo – Part 1
• Tips & Tricks!
• Cooking Demo – Part 2
• 3 Amazing Recipes
• 2 Samples
• Where to learn more
• Time for Questions at End
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.

• Release the pressure: manual release vs. natural release
Instant Pot 101: Safety Dance

- Instant pots have built in safety features that make them 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 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.
Cooking Demo – Part 1
Dump & Go Swedish Meatballs

• Can I please get a couple volunteers?
• Round of applause for our brave new instant pot chefs.
• This is a VERY simple recipe. Perfect for a last-minute meal.
• Also, EVERYONE loves meatballs.
Cooking Demo – Part 1
Dump & Go Swedish Meatballs

- **Ingredients:**
  - 1 lb frozen meatballs
  - 2 1/2 cups beef broth
  - 1 tablespoon Worcestershire sauce
  - 1 teaspoon minced garlic
  - 1 teaspoon dried parsley
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 3 cups extra wide egg noodles
Cooking Demo – Part 1
Dump & Go Swedish Meatballs

- Dump meatballs into pot.
- Pour in beef broth
- Add Worcestershire sauce
- Add garlic
- Add spices
- Stir!
Cooking Demo – Part 1
Dump & Go Swedish Meatballs

• STOP STIRRING!
• Add even-ish layer of noodles on top of dish
• You may:
  • Spread
• You may not:
  • Stir
• One more time:
  • DO NOT STIR NOODLES
Cooking Demo – Part 1
Dump & Go Swedish Meatballs

• Flight Check
  • Double check recipe
  • Examine sealing ring
  • Test float valve
  • Words of affirmation
  • Make sure the steam release is set to seal
Cooking Demo – Part 1

Dump & Go Swedish Meatballs

• Let’s get it started
• Pressure cook for 3 minutes
• It will take ~10 minutes to reach pressure
• After 3 minutes under pressure we will allow a natural release for 5 minutes
• Then a quick release
• Thanks to our chefs!
• While we are waiting...
Scott’s Tips & Tricks

Become the Master of the Pot
Scott's Tips & Tricks

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.
• Sautéeing 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.
“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.
HE THINKS I SLAVED ALL DAY OVER THE STOVE
GLAD I HID THE INSTANT PO'T

THREE MORE AMAZING RECIPES

Make Friends and Influence People with Delicious Food
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. 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.

• Sweet option: Add condensed milk.

• 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 at least 8 hours. The longer you let it sit the tangier it will be. I find 10-12 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.

• Store in fridge for 1 – 2 weeks

• Use the yogurt you just made as starter for next batch

• Never-ending yogurt!
Blue Ribbon BBQ
Rib Chili

• First place this year’s chili cook off
• Is it spicy?
• Is it easy to make?
• Can you share this recipe?
• Let’s get started!
Blue Ribbon BBQ Rib Chili Ingredients

• ~3lbs baby back pork ribs
• 1.5 cups beef broth
• 2 cans diced tomatoes
• 1 can tomato paste
• 2 cans black beans
• 2 cans kidney beans
• 1 cup BBQ sauce
• ¼ cup apple cider vinegar
Blue Ribbon BBQ Rib Chili Ingredients

- 1 onion diced
- Chopped peppers
  - 2 large plabano
  - 2 medium jalapeno
  - 2 small habanero
- 2 tablespoons of garlic
Blue Ribbon BBQ Rib Chili Ingredients

- 4 tablespoons coco powder
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon smoked paprika
- 1 tablespoon salt
- Liquid smoke (~2 caps)
Blue Ribbon BBQ Rib Chili Instructions

- Remove membrane from ribs, cut into 3 chunks and cover in rib seasoning.
- Set the instant pot to sauté mode and wait to heat up
- Put a little oil in the pot and brown the ribs one chunk at a time
- Remove ribs from pot and set aside when done
Blue Ribbon BBQ Rib Chili Instructions

• Add onions
• Use wooden spoon to deglaze the bottom of the pot
• Add garlic
• Sauté until caramelized
• Turn off sauté
• Add ½ cup of beef broth
• IMPORTANT: deglaze one more time
Blue Ribbon BBQ Rib Chili Instructions

- Add ribs!
- Cover ribs in BBQ sauce
- Add peppers
- Add 1 can of each type of beans
- Add diced tomatoes
- Add apple cider vinegar
- Add spices
- Add 1 cup of beef broth
- Pat down spices into liquid
- Do not stir!
Blue Ribbon BBQ Rib Chili Instructions

• Add 2 caps of liquid smoke.
• Pressure cook for 24 minutes
• Let naturally release for 15 minutes
• Release pressure
• Remove ribs from pot
Blue Ribbon BBQ Rib Chili Instructions

• Set instant pot to sauté mode (low or medium)
• Mix in one can of each bean and a can of tomato paste
• Remove bones from rib meat
• Shred and put ribs back into pot
• Stir! Sauté until chili has thickened. Taste and then season further as needed.
Cooking Demo – Part 2
Dump & Go Swedish Meatballs

• DO NOT WORRY ABOUT DRY LOOKING NOODLES
• You can stir the noodles in now.
• Set pot to sauté mode
• Make a slurry to thicken sauce
  • 1/2 cup half and half
  • 1 tablespoon corn starch
• Mix slurry into pot and stir
• Continue to stir and sauté until sauce has thickened
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.
Where to Learn More
Where to Learn More

• You can find a ton of great Instant Pot Cooking Videos on YouTube.
• Jeffery Eisner’s “Pressure Luck” channel is by far my favorite. Also excellent cookbook series.
• 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.
• Reddit.com/r/instantpot – 528,000 members
Your Library!

• Go to https://catalog.tadl.org and do a search for “instant pot” to see the library’s full collection.

Where to Learn More
Questions?  
Comments?

Thank you!  
Thanks to Kelly!