



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?



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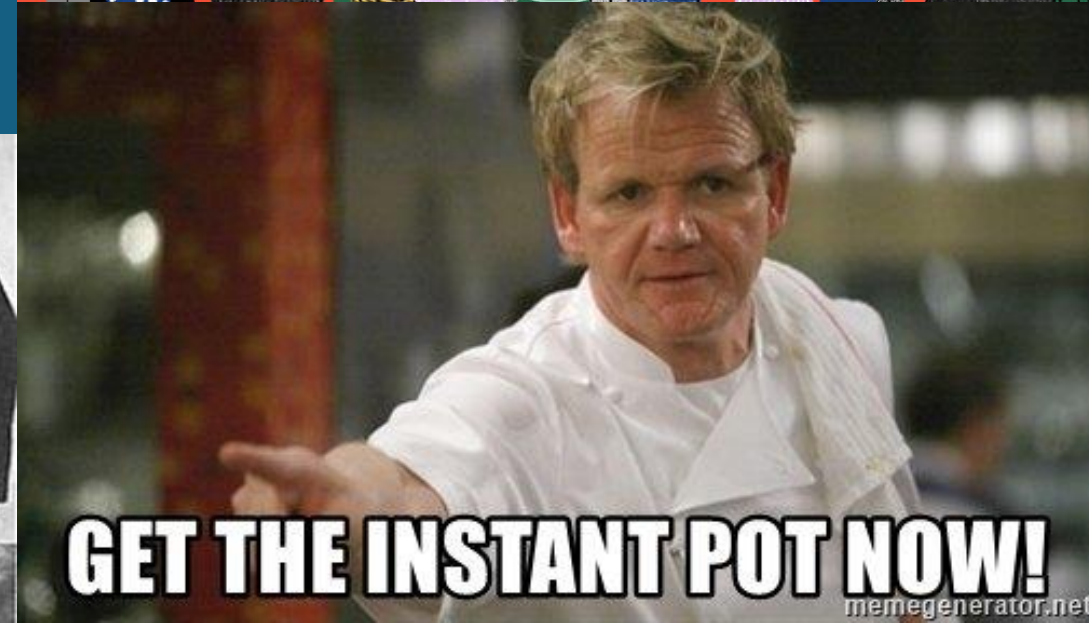
Agenda

- 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!

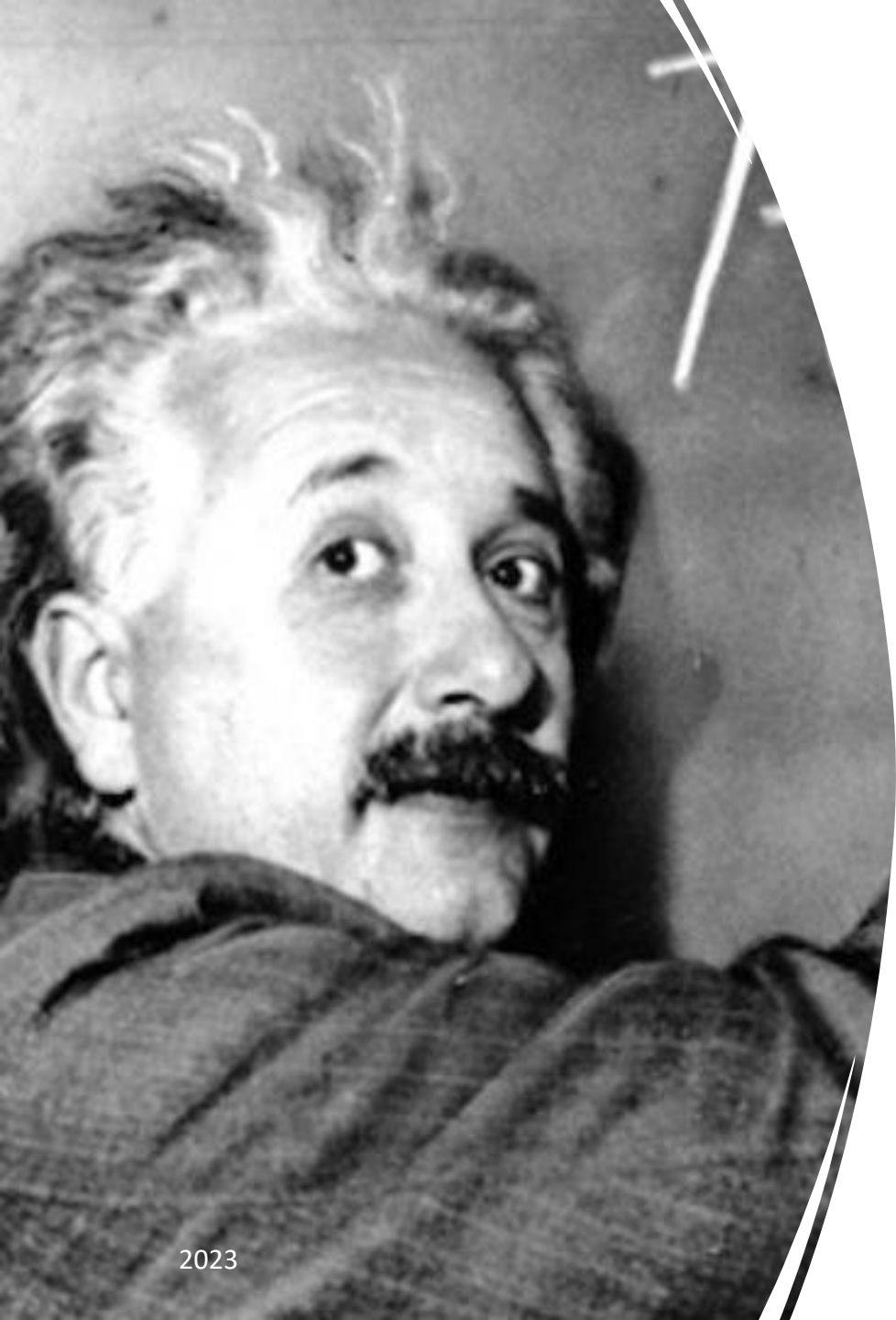
Instant Pot 101: Don't fear the buttons

- 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:**
 - 1lb 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



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



Scott's Tips
& Tricks

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.



Scott's Tips
& Tricks

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.



Scott's 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.



Scott's Tips
& Tricks

**HE THINKS I SLAVED
ALL DAY OVER THE STOVE**

GLAD I HID THE INSTANT POT

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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! Sautee 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!

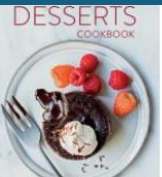
- Place trivet in the bottom of Instant Pot (or buy a fancy egg holder).
- Add eggs (most I've done is a dozen at a time).
- Add ~1.25 cups of water.
- Cook on high pressure for 5 minutes
- Natural release for 5 more minutes (or 3 if you want a softer boil) and then release pressure.
- Let eggs soak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



Where to Learn More

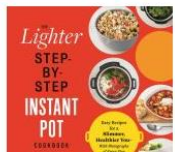


2 available in district



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. 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](https://www.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.

The Instant Pot cookbook

2 available in district

The Instant Pot desserts cookbook

Taste Of Home Instant Pot cookbook.

The keto reset instant pot cookbook

Instant Pot for two cookbook : easy, healthy instant Pot recipes for 2

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Instant Pot CookBook: 550 recipes for every day

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

The lighter step-by-step instant pot cookbook

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Mediterranean Instant Pot : easy, inspired meals for eating well

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

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

The simple comforts step-by-step Instant Pot cookbook

Milk Street instant pot : bold, fast, fresh—a revolution of flavor

The Instant Pot® Kosher cookbook : 100 recipes to nourish body and soul

What can I cook in my...Instant Pot, air fryer, waffle iron & more.

The instant pot Bible : more than 350 recipes and strategies : the only book you need for every

Instant Pot Bible Copycat Recipes

1 available in district

Instant family meals : delicious

Where to Learn More

Questions?
Comments?

Thank you!

Thanks to Kelly!