

What is pressure cooking

- Steam inside a sealed pot, builds up to high pressure, which helps food cook faster.
- It won't replace everything in your kitchen and is not good for some things
- Saves time
 - 3 parts to process - coming up to pressure, cooking under pressure and releasing pressure
- Types of pressure cookers
 - Sizes
 - 6-in-1 Does not do yogurt and does not have a low pressure setting
 - 9-in-1 also sterilizes and has an egg and cake program
 - Bluetooth Instant Pot
 - Ultra 10-in-1 memory for specific modes
- Must use at least 1 cup of water or liquid (thick sauce might not work)
- Vocabulary:
 - NR - letting food cook a bit longer - about 20 min.,.
 - QR - ends cooking of food, hot pad?
- Instant Pot app with intro. videos, recipes, etc.

Parts and functions

- Lids
- Venting position for keep warm or slow cook
- Pot - max line, how full to fill it
- Trivets
- Manual
- Rice - white rice, fully automated, will adjust cooking time based on the amount of water and rice in the pot, 2 cups - 10 min.; Adjust key does nothing, Quinoa (2-1) also works well on this setting
- Soup - controlled so it never goes to a heavy boil
- Meat - Adjust to more setting if for fall off the bone
- Bean - Adjust to more for well cooked
- Poultry -
- Porridge - do not QR or it will splatter
- Multigrain - brown rice, wild rice, etc. (more has 45 min of warm water soaking and 60 or pressure - normal and low are just pressure. More is for things like dry split corn.)

- Steam - Use QR, NR will probably over cook food, 1-2 min with 1-2 cups of water is enough to steam fresh or frozen vegetables. This heats continuously, so things touching the bottom could burn. Make sure to use the trivet.
- Slow Cook - Adjust time and heat
- Saute - open lid, browning or simmering, adjust changes the temp
- Yogurt - making yogurt, pasteurizing milk (Make sure to check temp to make sure it gets up to 185.), in pot itself or mason jars
- Timer - Delayed cooking
- ***Press adjust for 3 seconds to go back to factory settings***

Pot in pot

- You can use any heatproof container made of metal, heatproof glass, or ceramic container.
- Sling
- Stacking

Converting recipes

- Is it a good recipe for a pressure cooker?
 - Does it have enough liquid?
 - Does it need to be crispy or fried? (pressure cooker uses steam)
 - Type of meat - only slow cook meat (not steak, port tenderloin, etc)
- Ingredients to leave out under pressure:
 - dairy (cheese, milk, etc.)
 - wine or really strong vinegar - don't evaporate under pressure like they would on the stove - can add at the end and simmer if you want
 - Thickeners - mix in at the end (cornstarch, flour, etc)
- How long to cook - cook for the one ingredient that needs the longest - split into stages if there is a big gap in times
- Meats, grains, beans - first stage; vegetables - second (Can cook in stages - cook, open and add more, cook again)
- 8 hours on low 4 hours on high - 25 minutes or so in a pressure cooker
- Might need to reduce the amount of liquid because you won't lose any during cooking

Reheating

- Steam, Keep Warm, Slow Cook, Sautee, Pressure
- Add fat to dryer things (1-2 T)
- Liquid
- Freeze in bag in container that fits in Instant Pot

Cleaning

- Baking soda
- Soak with vinegar to clean rainbow spots