

Instant Pot[®]

RECIPE BOOKLET



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COOKING WITH PRESSURE

FAST

The contents of the pressure cooker cooks at a higher temperature than what can be achieved by a conventional boil — more heat means more speed. Pressure cooking is about twice as fast as conventional cooking (sometimes, faster!)

HEALTHY

Pressure cooking is one of the healthiest cooking methods. According to a study published in the Journal of Food Science, pressure cooking preserves 90-95% of vitamins. The extra speed and heat of pressure cooking practically flash-cooks vegetables, allowing them to retain more vitamins than boiling, (which only retains 40-75%), or even conventional steaming (75-90%!).

GREEN

Pressure cookers require less energy/ electricity to operate during the cooking process. Less heat and time translates to up to 70% energy savings in comparison to conventional cooking.

EASY

Pressure cooking isn't complicated at all. Simply push a button to reach pressure and then easily release it. It's really as easy as 1, 2, 3, and 4!

CLEAN

No more spill-overs in the oven or splatters on your stove-top. Pressure cooking contains all of the splatters that you would ordinarily experience when conventionally boiling food.

SAFE

Modern pressure cookers have additional safety systems to ensure that if one should fail, another will kick-in.



Add ingredients & liquid to Instant Pot®



Select a cooking program



Continue your daily life until it beeps



Release pressure & serve!

Have a question about Instant Pot®?

Visit us at:

www.instantpot.com.sg

Venting Methods

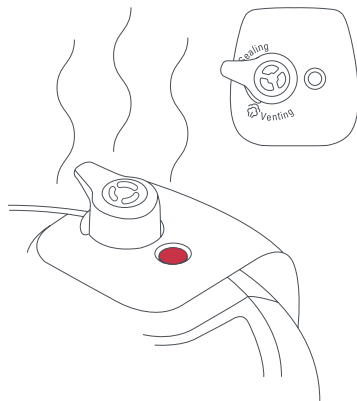
Once cooking is complete, there are 2 methods to release pressure:

Natural Release (NR)

Leave the steam release handle in the Sealing position. The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.

Note: Depressurisation time will vary based on volume of food and liquid. May take 10-40 minutes or longer.

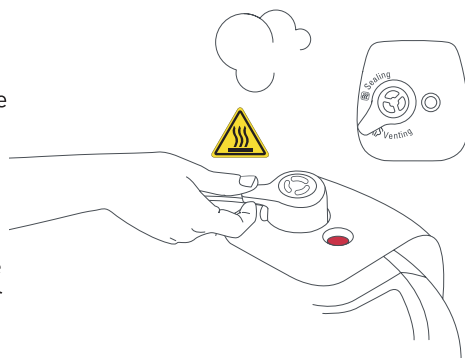


Quick Release (QR)

Quickly and carefully turn the steam release handle from Sealing to Venting. A continuous stream of steam will release through the top of the steam release handle until the float valve drops into the lid.

Note: It will be loud!

If spatter occurs, move the steam release handle back to Sealing and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.



WARNING

Do not lean over or touch the steam release handle.

Do not place unprotected skin over the steam release handle.

Do not cover the steam release handle.

CAUTION

Float valve will drop when cooker has depressurised.

Do not attempt to open the lid while the float valve is still popped up.

Instant Pot Functions Cooking Time

Functions

Cooking Time

SOUP/BROTH

Less (meatless soup)	00:20
Normal (soup with meat)	00:30
More (bone broth)	04:00
Time Range	00:00-04:00

MEAT/STEW

Less (soft texture)	00:20
Normal (tender texture)	00:35
More (fall off the bone)	00:45
Time Range	00:00-04:00

BEAN/CHILLI

Less (firmer texture)	00:25
Normal (softer texture)	00:30
More (very soft texture)	00:40
Time Range	00:00-04:00

POULTRY

Less (firmer texture)	00:05
Normal (softer texture)	00:15
More (very soft texture)	00:30
Time Range	00:00-04:00

SLOW COOK

Default time	04:00
Time Range	00:30-20:00
Less (8 hour cook)	82°C—88.7 °C
Normal (6 hour cook)	87.8°C—93°C
More (4 hour cook)	93°C—99°C

SAUTÉ

Default time	00:30
Time Range	00:00-00:30
Less (simmer)	135°C-150°C
Normal (searing)	160°C-176°C
More (browning/stir fry)	175°C-210°C

RICE

Time Default	Auto
Time Range	Auto

Functions

Cooking Time

MULTIGRAIN

Less (firmer texture)	00:20
Normal (normal texture)	00:40
More (soft texture)	01:00 (plus 45-minute warm water pre-soak)
Time Range	00:00-04:00

PORRIDGE

Less (oatmeal)	00:05
Normal (congee)	00:20
More (oatmeal or congee mix with beans)	00:30
Time Range	00:00-04:00

STEAM

Less (vegetables)	00:03
Normal (seafood & fish)	00:10
More (meat)	00:15
Time Range	00:00-04:00

YOGURT

Less (ju niang)	24:00
Normal (ferment yogurt)	08:00
More (pasteurize milk)	N/A
Time Range (less & normal)	00:30-99:30

PRESSURE COOK

Less	00:20
Normal	00:35
More	00:45
Time Range (less & normal)	00:00-04:00

PRESSURE LEVEL

Low Pressure	5.8 psi—7.2 psi
High pressure	10.2 psi-11.6 psi

DELAY START

Time Default	06:00
Time Range	00:10-24:00

KEEP WARM

Time Default	10:00
Time Range	00:10-99:50

ASSAM FISH

SERVES: 4

COURSE: MAIN DISH

COOKING TECHNIQUE: SAUTÉ, STEAM

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

Ingredients:

Sambal: A

30 grams	Dried chillis
10 grams	Chilli Padi
2 stalks	Lemongrass
10 grams	Yellow ginger
20 grams	Shallots
30 grams	Garlic
20 grams	Buah Keras
20 grams	Lengkuas
20 grams	Ginger

Ingredients: B

25 grams	Toasted Belacan Powder
1 tsp	Salt
30 grams	Sugar

1 stalk	Ginger Flower
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Ingredients: C

60 grams	Assam Pulp
700 ml	Water

Ingredients: D

600 grams	Batam fish
80 grams	Onion
80 grams	Tomato
80 grams	Pineapple
80 grams	Lady Fingers
60 grams	Brinjal
3 pcs	Green Chillies

Directions:

1. Mix C well, strain, and set aside. Marinate fish with 1 tsp salt and set aside.
2. Blend A in a food processor until fine. Heat 3 tbsp oil in the Instant Pot inner pot using the **[Sauté]** function. Stir fry A until aromatic, add in B stir-fry a while. **[Cancel]** sauté mode.
3. Pour C into the inner pot and mix well. Followed by onions, tomato, and pineapple,
4. Add the lady fingers, brinjal & green chillies. Place fish on top of the vegetables. Cover with the lid. Select **[Steam]** mode on **Low Pressure** for 5 mins. **Quick Release** pressure when done cooking.



PEN CAI

Ingredients: A

150 grams	Lotus Roots
50 grams	Dried Fish Maw
200 grams	Radish
300 grams	Chinese Cabbage
200 grams	Broccoli

Ingredients: B

200 grams	Yam
12 pcs	Large prawns, unshelled
10 pcs	Fresh Beancurd Pau
8 pcs	Chicken Wings

Ingredients: C

12 pcs	Braised Flower Mushrooms
12 pcs	Dried Scallops

Ingredients: D

1 can	Small Abalone
20 grams	Wolfberries
600 ml	Superior Stock
150 ml	Dried Scallop Stock

Thickener:

2 tbsp	Cornflour
4 tbsp	Water

Directions:

1. Marinate chicken wings with 1 tsp chicken seasoning powder, 1 tsp light soya sauce, and 1 tsp pepper for 1 hr. Deep-fry until golden brown.
2. Place lotus roots, dried fish maw, radish & Chinese cabbage in order in the inner pot. Pour in 600ml superior stock. Cover and select **[Soup/Broth]** for 10 min. **Quick Release** pressure when done cooking. Open the lid.
3. Arrange the rest of ingredients on top, pour in 600ml superior stock, & dried scallop stock, cover with glass lid. Select **[Sauté]** mode to bring to a boil. Add in thickener ingredients and continue to boil until thick. Serve it hot.

SUPERIOR STOCK

Ingredients:

900 grams	Old Mother Hen	20 grams	Dried Conch
250 grams	Chicken Legs	1/2 tsp	White peppercorn
30 grams	Jin Hua Chinese Ham	2 Litres	Water

Directions:

1. Wash mother hen. Remove all the skin and cut into big pieces.
2. Press **[Sauté]** on the Instant Pot and Pour 3/4 of the inner pot with water. Let it boil and blanch in the chicken for 10 mins. Rinse and drain.
3. Press **[Sauté]** again and toast the white peppercorn until fragrant. Remove and set aside.
4. Wash Jin hua Chinese ham and cook in the inner pot without oil, letting the fat render.
5. Put all ingredients in the Instant Pot. Select **[Soup/Broth]**, **More**. Close the lid and **Quick Release** the pressure when done.
6. Let the stock cool and strain.
7. Excess stock can be freezed for 3 months.

FRAGRANT YAM & PUMPKIN RICE

SERVES: 4

COURSE: MAIN DISH

COOKING TECHNIQUE: RICE

PREP TIME: 25 MINUTES

COOK TIME: 5 MINUTES

Ingredients:

300 grams	Rice
150 grams	Yam, cut into cubes
150 grams	Pumpkin, cut into cubes
30 grams	Dried Prawns, fried
15 grams	Dried Cuttlefish, fried
15 grams	Dried Mushrooms, soaked and drained
1/2 tbsp	Garlic, chopped
1 tbsp	Shallot, chopped

Seasonings:

1 tsp	Chicken powder
1 tbsp	Oyster sauce
1 tsp	Sugar
1/2 tsp	Pepper
375 ml	Water

Directions:

1. Wash then soak the rice for 20 mins. Drain then set aside.
2. Slice the rehydrated mushrooms into cubes. Marinate with 1/2 tsp sugar and 1 tsp oyster sauce.
3. Press **[Sauté]** on the Instant Pot. Heat 2 tbsp of oil and sauté the garlic and shallots until fragrant. Add in the marinated mushrooms and stir fry. Add in the yam, pumpkin, and rice. Fry and stir in the rest of the ingredients.
4. Cover the Instant Pot with the lid. Select the **[Rice]** function.
5. **Naturally Release** pressure for at least 10 minutes. Serve and garnish with shallots crisps and diced spring onions.

QUICK & EASY STEAM YAM CAKE

SERVES: 4

COURSE: MAIN DISH

COOKING TECHNIQUE: SAUTÉ, STEAM

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

Ingredients: A

200 grams	Yam, peeled and cut into cubed
50 grams	Dry Prawns, chopped
100 grams	Chinese Sausage, cubed small
5 grams	Dry Mushrooms, soaked
1/2 tbsp	Garlic, chopped
1/2 tbsp	Shallot, chopped

Ingredients: B

150 grams	Rice flour
10 grams	Tapioca flour
10 grams	Wheat starch
1/2 tsp	Salt
1/2 tsp	Sugar
400 ml	Water

Seasonings: C

1/2 tsp	5-spice powder
1/2 tsp	Pepper
1/4 tsp	Salt

Garnish:

Mushrooms
Spring Onions
Shallot Crisps
Sesame Seeds, toasted
Chillies, chopped

Directions:

1. Combine all the ingredients of B in a mixing bowl. Strain and set aside for 1 hour.
2. Squeeze dry the soaked mushroom and dice them in small cubes.
3. Heat 2 tbsp. of oil in the Instant Pot. Press **[Sauté]** and sauté the chopped garlic and shallots. Stir fry the mushrooms, dry prawns, and lap cheong until fragrant. Remove half for the toppings and set aside.
4. Add the yam into the inner pot. Stir fry then add in batter B. **[Sauté]** on **Low** and keep stirring until slightly thickened. Press **[Cancel]**.
5. Transfer the batter into an oiled 7-inch stainless steel or bakesafe container. Level the surface.
6. Cover the lid and select **[Steam]** mode on **High Pressure** and **High Heat** for 15 minutes. **Naturally Release** pressure when done cooking.
7. Let the yam cake cool before transferring into a plate. Garnish and serve.

DRIED COD FISH & PEANUT CONGEE

SERVES: 4

COURSE: SOUP

COOKING TECHNIQUE: AIR FRY, BEAN, PORRIDGE

PREP TIME: 1-3 HOURS

COOK TIME: 20 MINUTES

Ingredients:

120 grams	Rice
30 grams	Glutinous Rice
500 ml	Chicken Stock
300 ml	Water
50 grams	Dried Scallops
100 grams	Peanuts
50 grams	Cha Yu (Dried Cod Fish)

Garnish:

1 cup	Fried Bee Hoon
1/4 cup	Spring Onions, chopped
2 tbsp	Shredded Ginger
tt	Pepper
tt	Sesame Oil

Directions:

1. Wash and drain the rice. Pour in 1 tsp oil and massage for 3 mins. Pour 200ml water and soak for 1- 3 hrs. Soak dry scallop in 150 ml water.
2. Air-fry Cha Yu until crispy. When cool, tear into smaller pieces using your hands
3. Soak peanuts in hot boiling water for 30 mins then drain. Transfer the nuts to the inner pot. Pour in 500ml water. Select **[Bean], High Pressure, High Heat** for 10 mins. **Natural Release** pressure.
4. Open the cover, add in the rice and scallops with their soaking water. Add the chicken stock (500ml) and Water (300ml), 2 slices of ginger and Cha Yu. Cover the pot and Select **[Porridge], High Heat, High Pressure time: 10 mins, Natural Release** pressure when done cooking.
5. Ladle congee into bowls, garnish & serve.
6. Can keep warm using the **[Keep Warm]** mode for several hours.

BRAISED MUSHROOMS

SERVES: 4

COURSE: SIDE DISH

COOKING TECHNIQUE: MEAT/STEW

PREP TIME: 2 HOURS

COOK TIME: 35 MINUTES

Ingredients:

80 grams	Dry Mushrooms
30 grams	Spring Onions
50 grams	Ginger
500 ml	Chicken Superior Stock

Directions:

1. Soak the dry mushrooms in hot water for 2 hours until soft. Then, remove the stems; Rinse and squeeze dry.
2. Select **[Sauté]** mode. When **"HOT"**, add in 2 tbsp oil then stir-fry the ginger and spring onions until fragrant. Next, add in the mushrooms and **[Sauté]**.
3. Pour in the superior stock and cover the lid. Turn the pressure valve to **Sealing**.
4. Select **[Meat/Stew]** on **Normal**. Let the mushrooms cook and **Natural Release** the pressure when ready.

STEW HERBAL CHICKEN

SERVES: 6-8

COURSE: MAIN DISH

COOKING TECHNIQUE: POULTRY

PREP TIME: 8 HOURS

COOK TIME: 15 MINUTES

Ingredients:

1.2 kilogram	Chicken
20 grams	Dried Mushrooms
30 grams	Ginseng
30 grams	Dang Shen
30 grams	Dang Gui
30 grams	Bei Qi
20 grams	Yu Zhu
40 grams	Red Dates
20 grams	Cordyceps

Marinade:

2 tbsp	Light Soya Sauce
1 tsp	Salt
1 tbsp	Cooking Wine

Thickening:

2 tsp	Cornflour
2 tbsp	Water

Directions:

1. Combine the chicken with the marinade ingredients and set aside in the fridge overnight.
2. Soak the dried mushrooms until soft, wash and squeeze dry.
3. Select **[Poultry]** on **High** for 15 mins. **Natural Release** pressure when done cooking.
4. When ready, open the lid, select **[Sauté]** and stir in thickener ingredients. Bring to a boil and stir until thick.

GOLDEN CEREAL PRAWN

SERVES: 2

COURSE: MAIN DISH

COOKING TECHNIQUE: SAUTÉ

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

Ingredients:

Ingredients: A

300 grams Prawns
1 tsp Sugar
1 tsp Tapioca flour

1 tbsp Cooking Oil

Ingredients: B

30 grams Curry Leaves
20 grams Chillies, chopped
15 grams Butter

Ingredients: C

80 grams Nestum
20 grams Milk Powder
1 tsp Sugar
1 tsp Chicken Seasoning Powder
1 tsp Sesame Seeds, fried

Directions:

1. Wash prawns, cut off feelers, pat dry, marinate with 1 tsp sugar and 1 tbsp tapioca flour. Set aside.
2. Press **[Sauté]** on the Instant Pot. Heat 1 tbsp oil and sauté the prawns in batches until golden brown and fragrant. Remove and set aside.
3. Using the same pot and setting, stir-fry Ingredients B until fragrant. Add in C and mix well.
4. Return the cooked prawns and mix well. Serve immediately.

DUCK WITH TANGERINE SAUCE

SERVES: 6

COURSE: MAIN DISH

COOKING TECHNIQUE: PRESSURE COOK

PREP TIME: 10 MINUTES

COOK TIME: 45 MINUTES

Ingredients:

Ingredients: A

2 kilograms Duck, cut into pieces

5 grams Licorice Root (Gan Cao)
4 pcs Wet Sour Plum
30 grams Hawthorn

Ingredients: B

150 grams Large Onions, slices
50 grams Garlic, sliced

Ingredients: E
100 grams Plum Paste
50 ml Orange oil

Ingredients: C

15 grams Dried chillies, whole
4 tsp (4 grams) Szechuan Peppercorns
2 tsp (10 grams) White Peppercorns

Thickener:
1 tbsp Cornflour
2 tbsp Water

Ingredients: D

100 grams Candied Mandarin Orange

Garnish:
1 can Mandarin Orange
1 bunch Parsley, minced

Directions:

1. Wash the duck, blanch in boiling water for 10 mins. Remove , wash and drain. Marinate the duck with 1 tbsp of dark soya sauce.
2. Heat 1 tbsp oil in Instant Pot using the **[Sauté]** function. Sauté B until fragrant, add in C and fry. Add in the duck and D. Pour 700ml water over the duck just to cover it.
3. Select **[Pressure Cook]** on **High** for 30 minutes. **Natural Release** the pressure when done cooking.
4. Open the lid. Add in E and select **[Sauté]** mode. Bring to a boil. Remove the duck onto a plate.
5. Strain the stock and return the stock to the inner pot. Press **[Sauté]** and thicken with 1 tbsp cornflour mixed with 2 tbsp water.
6. Pour the sauce over the duck. Garnish and serve.

8 TREASURE PROSPERITY CAKE

SERVES: 6

COURSE: DESSERT

COOKING TECHNIQUE: PRESSURE COOK

PREP TIME: 12 HOURS

COOK TIME: 40 MINUTES

Ingredients:

Ingredients: A

100 grams Golden Raisins
20 grams Dry Longan
100 grams Orange Peels
30 grams Wolfberries
80 grams Dried Peaches
70 grams Dried Cranberries
60 grams Dried Persimmon
40 grams Walnuts
30 ml Wine

Ingredients: B

75 ml Orange Juice
250 ml Sunflower Oil

Ingredients: C

100 grams Brown Sugar

Ingredients: D

450 grams Plain Slour
1 tsp Baking Powder
1 tsp Mixed Spice

Ingredients: E

3 pcs Eggs
1 tbsp Wine

Directions:

1. Mix Ingredients A in a mixing bowl and leave for 12 hrs. Place A and B in a saucepan and
2. Press **[Sauté]** on the Instant Pot and place Ingredients A mixture with Ingredients B. Bring to boil, add in C mix well. Remove the inner pot from the Instant Pot and set aside to cool.
3. Sift D and add into the cooled fruit mixture. Add in eggs and wine, mix well.
4. Pour the batter into 2 pcs of silver foil container no: 751/54
5. Clean out and return the inner pot. Pour in 600ml water. Place the containers on the steam rack and set inside the Instant Pot
6. **[Steam]** on **High Pressure** for 30 mins.
7. When it is done, leave to **Naturally Release**, open the lid, take out the steamed cake. Drizzle with 1 tbsp wine, leave to cool completely before wrapping in cling wrap.
8. Keep in airtight container for 1 day before slicing .

PEACH GUM OSMANTHUS DELIGHT

SERVES: 4

COURSE: DESSERT

COOKING TECHNIQUE: PRESSURE COOK

PREP TIME: 8 HOURS

COOK TIME: 15 MINUTES

Ingredients:

Ingredients: A

15 grams White Fungus
25 grams Peach Gum
50 grams Dry Longan
1400 ml Water

1 tbsp

Osmathus Flowers

2 tbsp

Candied Osmanthus

Ingredients: B

200 ml Hot Water
120 grams Raw Sugar
30 grams Wolfberries

Directions:

1. Wash and soak white fungus for 1.5 hours until soft. Cut off the hard yellow stalk and rinse. Slice into smaller pieces. Squeeze dry and set aside.
2. Soak the peach gum overnight. Rinse the impurities then drain.
3. Place Ingredients A in Instant Pot, cover with the lid. Select **[Pressure Cook]** on **High Pressure** 5 mins. **Natural Release** pressure when done cooking.
4. When ready, open the lid add in B. Select **[Sauté]** mode to bring to a boil.
5. Serve hot or cold.



STEAM HUAT KUEH

SERVES: 6

COURSE: DESSERT

COOKING TECHNIQUE: PRESSURE COOK

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

Ingredients: A

150 ml Water
175 grams Gula Melaka
4 pcs Pandan Leaves

155 grams Coconut Milk

Ingredients: C

250 grams Self-Raising flour
1/2 tsp Baking Soda

Ingredients: B

Directions:

1. Put water in the Instant Pot inner pot. Add in gula melaka & pandan leaves.
2. Press **[Sauté]** and bring to boil until sugar dissolves. Leave to cool then strain with yield around 255 ml.
3. Add in the coconut milk & mix well.
4. Sift flour & soda, in a mixing bowl. Slowly, add in the cold sugar syrup.
5. Mix into a smooth batter pour into a silver foil container No: 751/54.
6. Pour 700ml water into the cleaned inner pot. Select **[Sauté]** mode and bring water to boil. Press **[Cancel]**. Place the huat kueh container on the steam rack, place inside the inner pot. Cover with glass cover.
7. Select **[Sauté]** Mode, **More. [Steam]** the Huat Kueh until cooked, around 30 minutes. (Traditionally the huat kueh is steamed in wok for 1hr. 10 mins. But with Instant Pot steaming only takes 30 mins.)
8. When cooking ends, leave inside the kueh for 4 mins before opening the cover, as the steam is very hot.



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