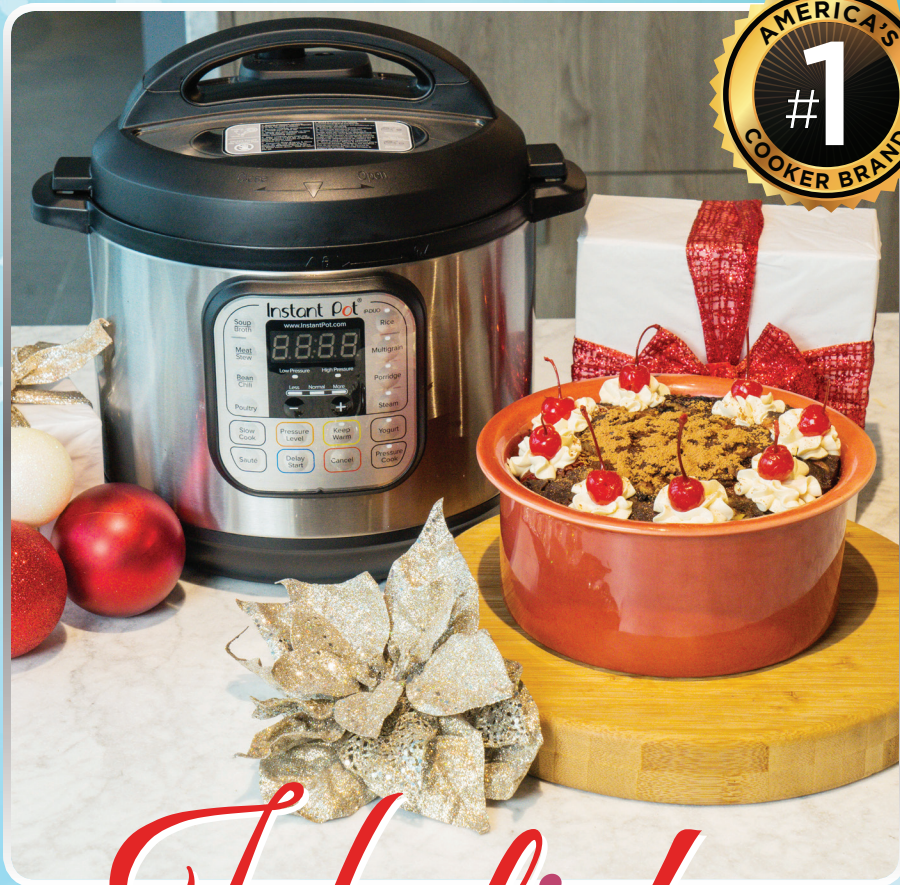


Instant Pot®

RECIPE BOOKLET



Holiday

EDITION

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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

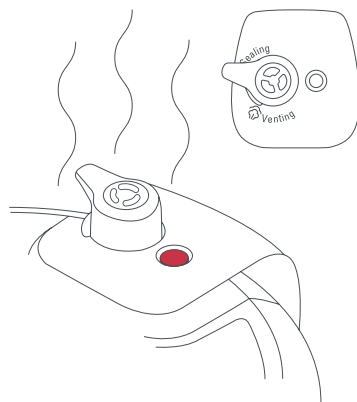
Once cooking is complete, there are 2 methods to release pressure:

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.

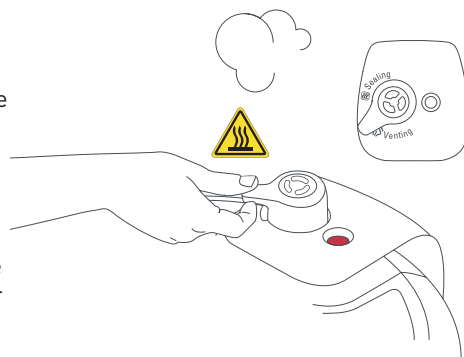
Note: Depressurisation time will vary based on volume of food and liquid. May take 10-40 minutes or longer.



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 (jiu 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



Lemongrass Squash Soup

SERVES: 4 - 6

COURSE: SIDE DISH, SOUP

COOKING TECHNIQUE: PRESSURE COOK, SAUTÉ

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

1 1/2 tbsp	canola oil	1 tbsp	fish sauce
1 piece	small (5 cups)	2 pieces	lemongrass stalks,
	kabocha squash, cubed		root part pounded
1 piece	large yellow onion, diced	1 to 2 tsp	fresh lime to taste
2 pieces	medium carrots, diced		
4 cloves	garlic, minced		
1 piece	2-inch fresh ginger,		
	grated or minced		
3 pieces	long green chili peppers,		
	thinly sliced (seeded for a		
	milder heat or omit entirely)		
4 cups	vegetable broth		
2 pieces	large Fuji apples, unpeeled		
	and roughly chopped		
1 1/2 tsp	salt		
1 1/2 cups	coconut milk		

Optional

Crushed peanuts (garnish)
fresh cilantro chopped (garnish)

Directions:

1. Slice squash into half. You may **[Steam]** with Instant Pot for 5 minutes to soften and make it easier to slice. Scoop out seeds and cut the squash into 1 1/2-inch chunks, making about 5 cups. Select the **[Sauté]** setting on the Instant Pot and, after a few minutes, add the oil. Once the display reads **"HOT,"** add the onion and carrots and cook for 5 minutes, stirring occasionally, until the onion begins to brown.
2. Add the garlic, ginger, and chilis (if using) and cook for 1 minute, stirring frequently.
3. Pour in the vegetable broth to deglaze the pan and use a wooden spoon to scrape up any browned bits on the bottom of the pot. Add the kabocha squash, apples, salt, coconut milk, fish sauce, and lemongrass. Stir to combine well. Select the **[Cancel]** setting.
4. Secure the lid and set the Pressure Release to **Sealing**. Select the **[Soup]** setting at **HIGH** pressure and set the cook time to 12 minutes.
5. Once the cooking cycle is done, allow to **Natural Release** the pressure for 5 minutes and then switch the Pressure Release knob to **Venting** to release any remaining steam.
6. Open the pot and discard the lemongrass stalks. Using an immersion blender, puree the soup for a few minutes until you have a thick and cream soup. (Alternatively, blend the soup in batches in a high-powered blender. Be sure to remove the center cap from the blender lid to vent steam, but cover the hole with a kitchen towel.)
7. Stir in 1 tsp lime juice and taste. Add another tsp of lime juice, if desired, and adjust the seasonings accordingly. Transfer the soup to bowls and garnish as desired.



Honey Mustard Potato Salad

SERVES: 4 - 6

COURSE: SIDE DISH, APPETIZER

COOKING TECHNIQUE: STEAM

PREP TIME: 20 MINUTES

COOK TIME: 8 MINUTES

Ingredients:

5 pieces	large potatoes, peeled and cut into 1-inch cubes	1/4 cup	pure honey
		2 tbsp	mustard
1 piece	chicken breast, skinned and halved	4 cups	water
			salt and pepper to taste
1 piece	medium carrot, peeled and cut into 1/4-inch cubes		
2 pieces	whole eggs, peeled and coarsely chopped		
1/4 cup	crushed pineapple, drained		
1/2 cup	Fuji apple, peel on and cut into 1/4-inch cubes		
1/2 cup	ham, cubed		
1/4 cup	green onions, minced		
3/4 cup	mayonnaise		

Directions:

1. Add potatoes, carrot, water, and 1/2 teaspoon salt to the Instant Pot. Place the chicken breasts on a stainless steel pan or aluminum foil formed into a packet and place on the trivet. Put the trivet over the vegetables and place the eggs on the free spaces of the trivet. Close the lid and set the Pressure Release to **Sealing**, then press **[Steam]** and adjust cook time to 8 minutes.
2. Once cooking is complete, **Quick-Release** pressure. Press **[Cancel]** and open lid. Drain and strain the ingredients. Soak the vegetables and eggs in cold water to stop the cooking. In a bowl, shred the chicken using two forks. Cover and set aside.
3. In a large bowl combine mayonnaise, mustard, honey, salt and pepper and whisk to combine. Add apples, green onions, crushed pineapples, and ham.
4. Next, fold in the carrots, potatoes, and shredded chicken. Season again as needed.
5. Cover with plastic wrap and refrigerate 4 hours or overnight. Serve cold.



Arroz Stuffed Bell Peppers

SERVES: 4

COURSE: MAIN COURSE

COOKING TECHNIQUE: SAUTÉ, STEAM

PREP TIME: 20 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

1 cup	glutinous rice, rinsed and drained	4 pieces	large bell peppers, seeded and tops removed
2/3 cup	chicken or seafood broth	4 pieces	bell pepper tops (from above ingredient), chopped
1 cup	water		
1/4 cup	mussels, shelled		
1/4 cup	shrimp, peeled and chopped	1/4 cup	parsley, chopped
1/4 cup	salmon fillet, chopped into cubes		juice of one lemon
1/4 cup	white wine		
2 tbsp	olive oil		
2 tbsp	butter		
1/4 cup	red onions, chopped		
1 cup	tomatoes, diced		
1 tsp	garlic, minced		
1/3 cup	sweet peas		

Seasoning and Spices

1/2 tsp	turmeric
1/2 tsp	paprika
	Patis (fish sauce) to taste
	Salt and pepper to taste

Directions:

1. Prepare the rice: Add 1 cup (250ml) cold water and a steamer rack in Instant Pot. Add 1 cup (200g) glutinous rice in a stainless steel bowl. Place the stainless steel bowl on the steamer rack. Pour 2/3 cup (167ml) cold water in the stainless steel bowl. Ensure all the rice is submerged in the water. Close the lid immediately, then turn pressure valve to **Sealing** Position. **[Pressure Cook]** at **HIGH** Pressure for 12 minutes + **Natural Release** (roughly 5 – 7 minutes). Open the lid carefully. Empty the pot and set aside the cooked rice.
2. Prepare the stuffing: Press **[Sauté]** and add olive oil once **HOT** appears on the screen. Add the tomatoes and cook until soft. Add onions and let them caramelize. Add garlic, bell pepper, turmeric and paprika. **[Sauté]** for about 2 minutes.
3. Pour in the white wine to deglaze the pot, scraping its bottom as the wine scent is reduced.
4. Add the seafood and cook until tender quickly for a minute, mixing throughout.
5. Season with fish sauce then add the cooked rice and sweet peas. Fold the ingredients until the rice is coated well. Turn off the pot and mix in the butter.
6. Take out the cooked arroz stuffing from the pot and let it cool.
7. Mound arroz mixture into peppers. Do not pack tightly. Mixture should be slightly higher than the top of the pepper
8. Pour one cup of water in the Instant Pot and insert the steam rack. Place peppers onto the rack. Secure the lid, making sure the vent is closed.
9. Select **[Pressure Cook]** on **HIGH** for 9 minutes.
10. When the time is up, **Quick-Release** the pressure.
11. Carefully remove the peppers, garnish with additional chopped parsley and drizzle of lemon. Serve warm.



Asian-Style Ragu Pasta



SERVES: 8

COURSE: MAIN COURSE

COOKING TECHNIQUE: PRESSURE COOK, SAUTÉ

PREP TIME: 10 MINUTES

COOK TIME: 60 MINUTES

Ingredients:

Sauce			
1 kilo	beef brisket, or other slow cooking beef cut, cut into 3-inch cubes	1 cup 700g	green pitted olives, sliced
1/2 cup	red bell pepper seeded, medium diced		pappardelle, or preferred pasta
1/2 cup	carrots, peeled, medium diced		
1/2 cup	celery stalks, medium diced		
4 cloves	garlic, minced		
1 piece	onion, finely chopped		
3 tbsp	tomato paste		
3 pieces	bay leaves		
4 cups	water		
800g/28oz	crushed canned tomatoes		
1/2 cup	liver spread or liver pate		
2 cubes	beef bouillon, crumbled		
Garnish			
3/4 cup	freshly grated parmesan cheese or regular cheddar cheese		
	fresh parsley, finely chopped (optional)		
	shoestring potato chips		
Seasoning and Spices			
3/4 tsp	dried thyme or 3 sprigs fresh thyme		
1 tsp	chili, crushed (or 2 pcs bird's eye chilli, minced)		
	salt and pepper to taste		

Directions:

1. Pat beef dry and sprinkle with salt and pepper.
2. Press **[Sauté]** on the Instant Pot. Once **HOT**, heat 1 tbsp of olive oil and sear all sides of the beef cuts. Remove from the inner pot and set aside.
3. Add remaining olive oil. Add garlic and onion and sauté for 2 minutes. Then add the carrots and celery and sauté slowly for 5 minutes. Sprinkle in thyme and crushed chilli flakes and stir in the tomato paste, cook for another minute.
4. Add remaining sauce ingredients and return the beef to the pot. Scrape the bottom of the pot to remove stuck bits.
5. Press **[Cancel]** and then press **[Meat/Stew]** function. Adjust the time to 60 minutes. Close the lid and turn the pressure valve to **Sealing**.
6. Once the cooking cycle is done, **Quick Release** the pressure and take out the inner pot.
7. Coarsely shred the beef with 2 forks and return the inner pot to the Instant Pot. Add the sliced olives and press **[Sauté]**. Simmer until the sauce thickens.
8. Serve the sauce over warm pappardelle and garnish with cheese, parsley and shoestring potatoes.



Creamy Parmesan Chicken & Mushrooms

SERVES: 4 - 6

COURSE: MAIN COURSE

COOKING TECHNIQUE: PRESSURE COOK, SAUTÉ

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

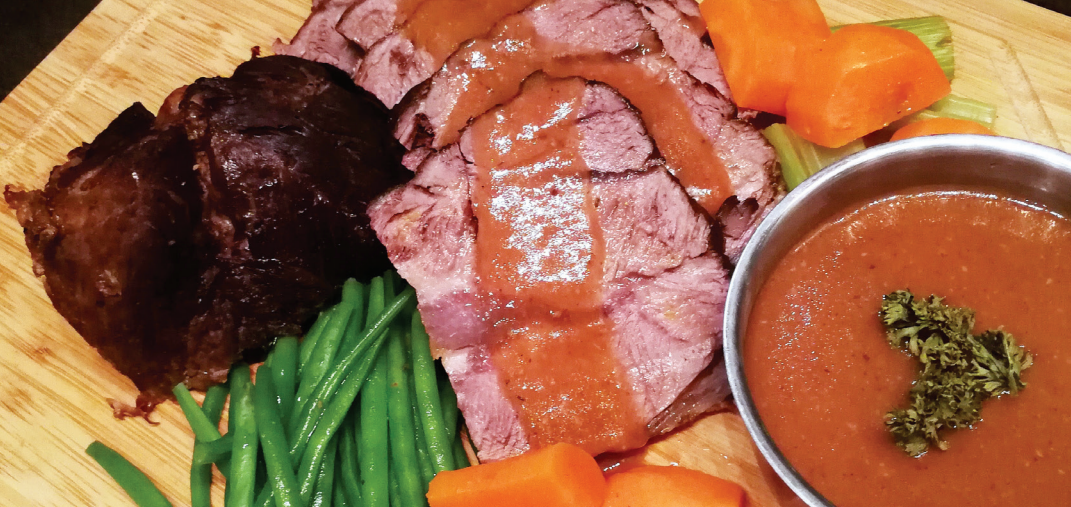
Chicken		1 1/2 cups	all purpose cream
1 kg	boneless, skinless chicken breasts or about 2-3 pieces	1/4 cup	freshly grated Parmesan cheese
1/4 cup	medium chicken breasts	2 tbsp	fresh herb of choice (optional)
1/2 cup	smoked bacon, sliced		
4 tbsp	evaporated milk		
2 tbsp	unsalted butter		
2 tbsp	olive oil		
2 tbsp	butter		
2 cups	sliced portabella, cremini, or button mushrooms		
1/4 cup	yellow onion, minced		
3-4 cloves	garlic, minced		

Seasoning and spices

2 tsp	garlic powder
2 tsp	oregano or Italian seasoning
	salt and pepper to taste

Directions:

1. Press the Sauté button on the Instant Pot. Heat the oil and add the onion and bacon. **[Sauté]** until translucent then add the mushrooms, cooking for another minute. Stir in the oregano or italian seasoning, and garlic powder.
2. Next, put in the chicken and evaporated milk. Scrape the bottom of the pot to remove stuck bits. Close the lid and set the pressure valve to **Sealing**.
3. Press the **[Pressure Cook]** button and adjust time to 12 minutes. When the timer beeps, let pressure release naturally for 10 minutes. **Quick-Release** any additional pressure until the float valve drops and then unlock the lid.
4. Set the Instant Pot to **[Sauté]**.
5. Stir the cooked chicken and sauce. Add the cream, Parmesan cheese, and herbs. Simmer for 1-2 minutes or until sauce begins to thicken. Taste and add more salt if needed.
6. Transfer to a serving dish. Garnish with parsley and grated Parmesan cheese and serve warm.



Roast Beef with Red Wine Peppercorn Gravy

SERVES: 4 - 6

COURSE: MAIN COURSE

COOKING TECHNIQUE: PRESSURE COOK, SAUTÉ

PREP TIME: 10 MINUTES

COOK TIME: 45 MINUTES

Ingredients:

1 kilo	beef, topblade	4 cups	beef stock (water +
2 tsp	salt		2 pcs beef cube)
1 tsp	pepper	3/4 cup	crushed tomato
2 tbsp	mustard	1/4 cup	worcestershire sauce
1 tsp	thyme	1/4 cup	Japanese soy sauce
1/4 cup	olive oil	100 grams	french beans
50 grams	garlic cloves	3 tbsp	butter
200 grams	onions, quartered	1/3 cup	all purpose flour
200 grams	celery, cut 2 inches	1 tbsp	sugar
400 grams	carrots, cut 1 to 2 inches	2 tsp	peppercorns
1 cup	red wine		



by Chef Jackie Ang Po

Directions:

1. Mix together salt, pepper, mustard and thyme. Rub on the meat.
2. Turn on Instant Pot to **[Sauté]**, add the olive oil and sear on each side for 4 to 5 minutes.
3. Deglaze with the red wine and add the onions, celery, carrots, stock, tomato, worcestershire sauce and soy sauce.
4. Cover Instant Pot and set to **[Meat]** for 1 hour.
5. Remove meat and vegetables to cool. Take out 4 cups of the broth.
6. Make a paste with the butter and flour and add it to the remaining broth and turn on the **[Sauté]** function.
7. Add the sugar and cook until it simmers and has a nice consistency.
8. Strain, add the peppercorns and serve with the Roast Beef.



Black Forest Bread Pudding

SERVES: 4 - 6

COURSE: DESSERT

COOKING TECHNIQUE: PRESSURE COOK

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

4 pieces	whole eggs
1 cup	all-purpose cream
1/3 cup	packed dark brown sugar
9 cups	milk bread, cubed
1/2 cup	frozen cherries
3 tbsp	dark cocoa powder
1/2 cup	chopped dark chocolate
1/4 tsp	salt

Topping

1 cup	sweetened whipped cream
1/2 cup	chocolate shavings (optional)
8-10 pieces	cherries
1/2 cup	dark cocoa powder (for dusting)

Directions:

1. Prepare a round 7 cup heat proof container by greasing it with softened butter.
2. Combine eggs, cream, sugar, cocoa powder, and salt in a mixing bowl and whisk together.
3. Place bread in a shallow bowl and add the egg mixture. Soak for at least 1 hour up to overnight.
4. Fold in the cherries and chopped chocolate, then transfer batter to the greased dish. Cover the dish with a sheet of aluminum foil.
5. Add 1 1/2 cups of water in the Instant Pot inner pot and place the trivet. Place the pan on top.
6. Close the lid, set valve to **Sealing**. Program the Instant Pot to **[Pressure Cook]** on **HIGH** for 25 minutes.
7. Once the cooking cycle is done, allow to **Natural Release** the pressure and open the lid.
8. Take out the bread pudding from the pan and let it cool.
9. Garnish with whipped cream, cherries, chocolate shavings and dust with cocoa powder.



Rice Cake Flan

SERVES: 4

COURSE: DESSERT

COOKING TECHNIQUE: STEAM

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

Ingredients:

Flan

3 pieces	egg yolks
1/2 can	condensed milk
1/2 tbsp	lemon zest, grated

Puto

1/4 cup	salted butter, room temperature
3 pieces	egg whites
1/2 cup	sugar
1 cup	all purpose flour, sifted
1/4 cup	evaporated milk
2 tsp	baking powder
2 cups	warm water for steaming

Directions:

1. For the caramel: In a saute pan (if using Instant Pot Silicone Egg Bites pan), spread 1 tablespoon of white sugar. Place over a stove on low heat. Once it starts melting and caramelizing, tilt the saute pan from side to side to spread caramel and dissolve the remaining sugar. Depending on your preference, remove from heat once your desired caramel color is achieved. Let it cool.
2. For the flan: Mix the eggs, condensed milk and lemon zest in a bowl. Set aside.
3. For the rice cake: Combine the butter, egg whites, sugar, all-purpose flour, baking powder and evaporated milk in another bowl. Set aside.
4. Add 2 cups of water in the Instant Pot and set it to **[Steam]** on **HIGH**. Place the trivet inside.
5. Grease the side of the Instant Pot Silicone Egg Bites pan with melted butter, pour in the flan mixture. Seal with a sheet of aluminum foil. Place into the Instant Pot.
6. **[Steam]** for 5 minutes then pour the mixture on top and continue to **[Steam]** for 15 minutes. Remove from the pot.
7. Let it cool and serve. Enjoy!



Purple Yam Cheesecake

SERVES: 4 - 6

COURSE: DESSERT

COOKING TECHNIQUE: PRESSURE COOK

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

Crust

3/4 cup	graham cracker crumbs	3/4 cup	yam puree
1 tbsp	granulated sugar	1 large	egg, room temperature
3 tbsp	unsalted butter, melted	3 tbsp	yam powder
		1/4 cup	coconut cream

Filling

1 package	cream cheese, softened to room temperature	1 tsp	vanilla
		1 tsp	lemon
1/2 cup	granulated sugar	1/2 tsp	lemon zest
		Optional	
		1/2 cup	whipped cream (topping)

Directions:

1. Grease the sides and bottoms of a 6-inch springform pan. Alternatively, you can also line the sides of the pan with parchment paper.

2. In a food processor, combine graham cracker crumbs, sugar and melted butter and pulse to mix ingredients. Then, press the crust out on the bottom of the pan and 1/2 way up the sides. You can use the bottom of a glass to press down the crust.
3. Place the pan in the freezer while making the filling.
4. Mix the cream cheese and granulated sugar until nice and smooth with a whisk or mixer. Then add in egg while mixing in. Add in the yam puree and mix in.
5. Then, add in the coconut cream, vanilla, lemon juice and lemon zest. Mix to incorporate.
6. Pour the filling into the pan and tap the pan several times on the counter to remove air bubbles. You can also run a fork or knife through the cheesecake filling to remove air bubbles.
7. Cover the cheesecake with paper towels weighed down with a butter knife to prevent the condensation from soaking the cheesecake.
8. Add 1 1/2 cups of water to the inner pot of the Instant Pot.
9. Using the Instant Pot trivet, lower the pan into the inner pot.
10. Close the lid and set for **[Pressure Cook]** on **HIGH** for 30 minutes. Allow to **Natural Release** the pressure when the cooking time has finished.
11. Remove the cheesecake from the Instant Pot. Gently soak up any condensation that has formed on the top of the cheesecake with a paper towel.
12. Let the cheesecake cool on a wire rack for at least an hour before refrigerating for 12 hours or overnight.
13. After 12 hours, remove the cheesecake from the refrigerator and set the pan on top of a large can. Push the sides of the springform pan down, slowly.
14. Remove the cheesecake from the pan bottom, and set on a cake plate or serving tray.



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