

Getting Started with Your Instant Pot

5 Must-Know Rules

① You need a thin liquid (generally at least 1/2 cup) at the bottom of the pot to pressure cook.

② **Quick Release:** Turn the valve from sealing to venting when the cook time is complete.

Natural Release: Let the pressure release on its own, usually about 10-20 minutes.

③ Always deglaze the bottom of the pot after sauteing.

④ You can cook from frozen. Plan for extra time to come to pressure. // You determine the cook time by the size of the meat, not by the quantity.

⑤ Total cook time = time to come to pressure + time under pressure + time to release pressure

Saute

Use to brown meat and saute aromatics/vegetables. Press button and wait until screen reads HOT.

Manual/ Pressure Cook

Press to cook food under pressure. Can switch between low and high.

Cancel/ Keep Warm

Use to switch between functions, or to turn the Instant Pot off. Press to keep food warm.

Adjust/ Pressure

Press to switch between heat settings on saute, yogurt, and pressure cook.

Yogurt

Make homemade yogurt, proof bread, boil/heat milk.