



Fond du Lac Public Library

Instant Pot Users' Group

2/7/2018

Homemade Yogurt

Submitted by Crystal Jacoby

1 gallon whole milk

1 single serving of store-bought plain yogurt (such as Oui by Yoplait)

Mesh strainer

Tea towel, cotton pillowcase or nut-milk straining bag

Thermometer



Directions:

1. Pour cold whole milk into your Instant Pot and press the YOGURT function. It will display boil. Let it boil. When it's done it will beep and display yogurt.
2. Remove the inner pot and place it in a cold-water bath (in the sink). Using a thermometer, stir the milk until it drops to 110 degrees Fahrenheit.
3. Whisk in the store-bought yogurt. Place the inner pot back into your Instant Pot, which is still set on YOGURT. Replace the lid and let sit overnight.
4. The next morning, pour the thin yogurt into a strainer covered with the tea towel. Wrap the sides of the towel over the top of the yogurt to keep in moisture. Put the strainer over a bowl or pan and put the whole thing into the refrigerator.
5. Several hours later – end of that day or the next morning – you'll have deliciously thick, rich homemade yogurt.

Chinese Lemon Chicken

Serves 6. Pressurecookingtoday.com, submitted by Crystal Jacoby

4 large boneless, skinless chicken breasts, cut into bite-sized pieces

1/2 cup fresh-squeezed lemon juice

1/4 cup low-sodium soy sauce

1/4 cup water

1/4 cup brown sugar

1/4 cup sugar

2 teaspoons rice vinegar

1/2 teaspoon ground ginger

1/2 teaspoon chili-garlic sauce

3 Tablespoons cornstarch

3 Tablespoons cold water

Zest of one lemon

2 green onions, chopped

Red pepper flakes for garnish, optional

Directions:

1. In the pressure cooking pot, combine the chicken, lemon juice, soy sauce, water, brown sugar, sugar, rice vinegar, ginger and chili-garlic sauce. Stir to combine.
2. Lock the lid in place. Select MANUAL and cook at high pressure for 3 minutes. When the cook time ends, turn off the pressure cooker. Use a quick pressure release. When the valve drops, carefully remove the lid.
3. In a small bowl, whisk the cornstarch and cold water until smooth. Add the slurry to the pot. Select Simmer/Sauté and simmer, stirring constantly, until the sauce is thick and syrupy. Stir in lemon zest. Serve topped with scallions and red pepper flakes (if using).

Whole Chicken

Submitted by Claudia Hawkins-Moise

3-to-4-pound whole organic chicken

1/2 cup chicken or vegetable broth

Sea salt

Pepper

Thyme

Sage

Rosemary

Onion

Apples

Crushed Garlic

Lemon

Directions:

1. Prepare your chicken by removing innards and seasoning inside and out with your favorite seasonings. I use sea salt, pepper, thyme, sage and rosemary. Use liberally and rub into every crevice.
2. Add aromatics and flavorings to the cavity. These add flavor and help the chicken retain moisture. I use half an apple, half an onion, a lemon cut in two and squeezed and crushed garlic.
3. Add 1/2 cup of broth to your Instant Pot Pressure Cooker.
4. Place the trivet inside the pot and set the chicken on top.
5. Put the lid on your Instant Pot and make sure the valve is in the Sealing position.
6. Using the display panel, select the MANUAL pressure cook function. Make sure the pot is on high pressure and use the +/- buttons to select 24 minutes (add 6 minutes for each pound over 4).
7. When the time is up, let the pot naturally release the pressure, which will take about 30 minutes.
8. Using a meat thermometer, the thigh should read a perfect 165 degrees F. If desired, place the chicken under a broiler to crisp up the skin.

Notes

1. Save the chicken innards, bones and skin. Freeze it now and use it later to make Instant Pot Chicken broth.
2. Alternatively, I roast my chicken in the oven at 450 degrees F for 1 hour 15 minutes.

Sunday Pot Roast

Submitted by Claudia Hawkins-Moise

3-pound beef chuck roast

Salt to taste

4 Tablespoons olive oil, divided

2 cups beef broth

1 package onion soup mix

1 white or yellow onion, peeled and quartered

1 pound baby potatoes, washed and halved

1 cup baby carrots

Directions:

1. Sprinkle pot roast with salt and set aside.
2. Add 2 Tablespoons olive oil to Instant Pot and set to SAUTE.
3. When oil becomes hot and shimmery, add pot roast and sear for 4-5 minutes on each side.
4. Add beef broth to Instant Pot.
5. Into a gallon-sized plastic zip bag, put vegetables, remaining 2 Tablespoons olive oil and onion soup mix. Shake until vegetables become evenly coated.
6. Pour veggie-oil mix evenly over and around the roast.
7. Place lid on Instant Pot with steam valve set to the Sealing position.
8. Select MANUAL and use the +/- buttons to set for 60-80 minutes on high (70 minutes works well for a 3-pound roast; add or subtract time depending on the size of your roast).
9. After done cooking, allow a natural release for 10 minutes, then quick release.
10. Remove roast from Instant Pot, slice and serve with vegetables.
11. Use drippings from the Instant Pot to make gravy or au jus.

Eggs Three Ways

Submitted by Claudia Hawkins-Moise

Place whole eggs—as many as you want —down in the Instant Pot steamer basket or on the metal trivet. Pour 1 cup of water into the pot. Close the lid, close the vent valve and set to MANUAL. Leave the pressure on high, and adjust the time based on how like your eggs cooked:

- **Poached:** 1 minute (makes a soft white with a runny yolk)
- **Soft-boiled:** 4 minutes
- **Hard-boiled:** 5 minutes

Once the timer has gone off, use quick release to depressurize (do this very carefully – with handle of wooden spoon or well-covered hand – slide the steam release handle to the venting position). Remove the eggs with gloves or tongs and put them in an ice-water bath to stop the cooking process. Serve immediately or refrigerate.



INSTANT POT COOKING TIMES

- ✓ Use natural release for red meat, and use quick release for everything else.
- ✓ If there is a range of cooking times, choose a time based on the size of the item you're cooking.
- ✓ Everything on this list is meant to be cooked on the manual setting on "high".

Use this cheat sheet to make your next meal an *instant* success!

BEEF ROAST



35-40 MINUTES


DRY BLACK OR PINTO BEANS



Cover beans with water


26 MINUTES

BONELESS RIBS



25 MINUTES

CHICKEN BREASTS



8 MINUTES

CHICKEN THIGHS



9 MINUTES


WHOLE CHICKEN



Use sauté function to brown first with a little oil

6 MINUTES PER POUND

CORN ON THE COB




3-4 MINUTES

FISH FILLET (FRESH)




2-3 MINUTES

FISH FILLET (FROZEN)



3-4 MINUTES

HARD-BOILED EGGS



Add 1 cup water and use metal rack

4 MINUTES

QUICK OATS



Oats : Water
1 : 1.6

5 MINUTES

STEEL-CUT OATS



Oats : Water
1 : 1.6

10 MINUTES


PASTA



Cover noodles with water

4 MINUTES

PORK CHOPS



Use sauté function to brown first with a little oil

5 MINUTES

PORK ROAST



Use sauté function to brown first with a little oil

45-55 MINUTES

WHOLE POTATOES



Add 1 cup water and use metal rack

12-15 MINUTES

BROWN RICE



Rice : Water
1 : 1.25

25 MINUTES

WHITE RICE



Rice : Water
1 : 1

12 MINUTES


WILD RICE



Rice : Water
1 : 1.3

27 MINUTES

VEGGIES (CHUNKS)



Add 1 cup water and use metal rack

1-3 MINUTES