

INSTANT POT

INSTRUCTIONAL

1. Make sure inner pot is fitted into machine – never forget the pot (aka: inner liner)



2. Place ingredients in pot

3. Twist lid into place

4. Turn valve to **SEALING**



5. For most purposes you will be using the **MANUAL** button to pressure cook

6. Use the **PLUS** or **MINUS** signs to adjust to the desired cooking time



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- 7 After 10 seconds the machine will read **“ON”**
- This is letting you know the machine knows your command and it is now bringing itself to pressure. The time it takes for the machine to come to pressure varies and is not counted towards the actual cooking time you just selected.



8. Once pressure is achieved the machine will start counting down the time that you entered.

9. Whenever the machine is at pressure the silver button on the lid will be raised flush with black top.

* 10 mins in this example



10. Once the time has completed the machine will default into a **KEEP WARM** phase and the time will start counting up the minutes since the timer ended.
- * 10 mins since the machine has completed pressure



INSTANT POT INSTRUCTIONAL RELEASING PRESSURE:

NPR – NATURAL PRESSURE RELEASE

This is letting the pressure come down on its own. You can let the machine NPR in either the keep warm setting or you can hit the cancel button to stop the additional heating function. Pressure will release faster if the machine is off completely and no more heat is being generated by the machine. Allowing for NPR is commonly recommended for the food to continue cooking in the residual heat and/or for items that tend to sputter if released too quickly.

MANUAL RELEASE OR QUICK RELEASE

This is letting the pressure out of the machine by opening the valve to VENTING as soon as the time has lapsed. A strong, steady stream of steam will come out of the valve for as long as 2 minutes or so.

NPR + MANUAL/QUICK

This is a combo of both previous options. Most often you would allow for NPR for 10 minutes and then release the rest of the pressure manually.

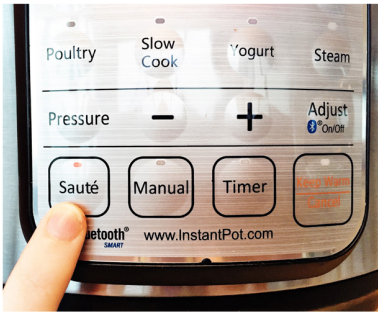


Now that the pressure has been released you can open the lid and serve. Be careful, as contents in the pressure cooker will be much hotter than other cooking methods. If the food is not quite done you can put the lid back on and cook for additional time.

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SAUTÉING:



Press the **SAUTE** button.

You will have 3 options for sautéing temperature:
MORE, NORMAL, LESS.

The machine defaults to **NORMAL**.

Press **ADJUST** to alternate between temperatures.

As you are sautéing, if you want to adjust the temperature, you will need to hit **CANCEL**, then hit **SAUTE** again, and hit **ADJUST** until the temperature you want is shown.



Add the items you want to sauté, such as an onion.

You can sauté with oil, water, stock, or dry sauté.

Add any other items that you want to sauté before bringing to pressure such as garlic, carrot, celery, mushrooms, etc.



When your ingredients have been sautéed:

- *add any other remaining ingredients
- *press the **CANCEL** button
- *put the lid on the machine
- *make sure the valve is set to **SEALING**
- *set the pressure as previously instructed