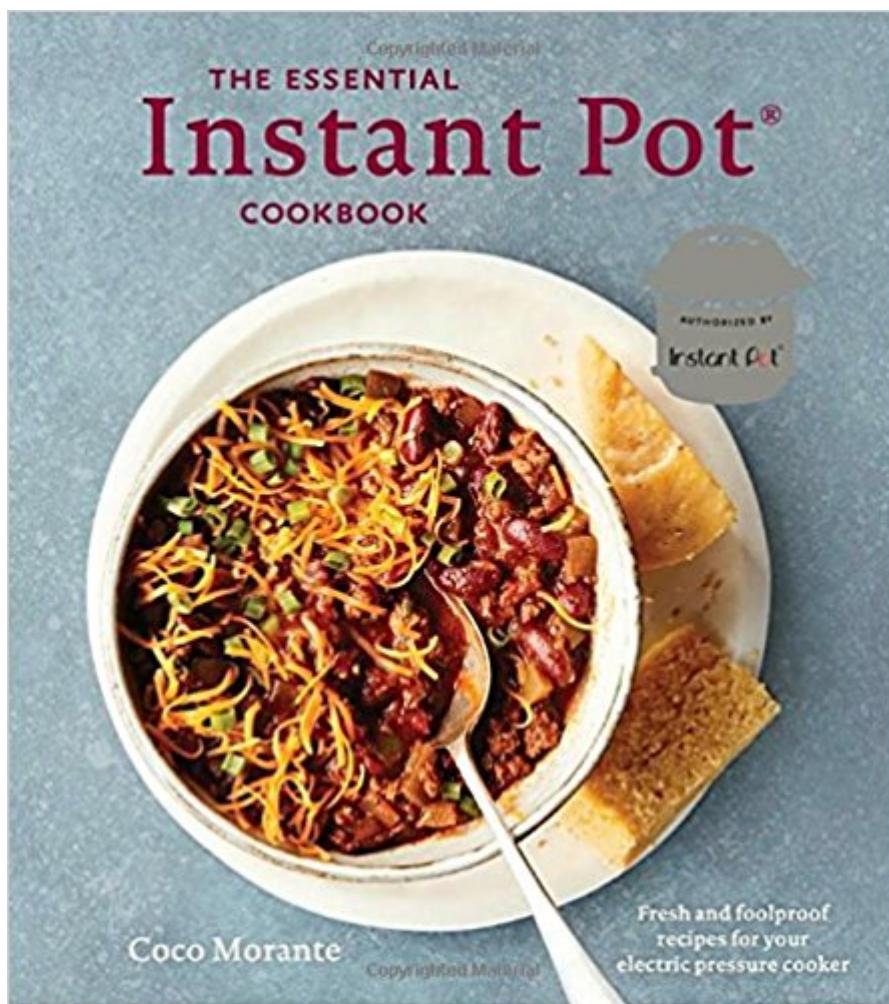


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# The Essential Instant Pot Cookbook: Fresh And Foolproof Recipes For Your Electric Pressure Cooker



## Synopsis

Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have.

## Book Information

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Best Sellers Rank: #687 in Books (See Top 100 in Books) #6 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #7 in Books > Cookbooks, Food & Wine > Special Diet > Paleo #15 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

[View larger](#) Korean Braised Beef Short Ribs (Galbijjim) I like to make galbijjim, the popular Korean comfort-food dish, with boneless beef short ribs. It's less traditional than using bone-in ribs, but hey, so is cooking the ribs in a pressure cooker! This recipe requires no browning step, since the sauce has plenty of deep flavor from the garlic, ginger, and soy sauce. Recipe (serves 6 - 8) Pat the ribs dry with paper towels. Cut crosswise into 3-inch pieces and add them to the Instant Pot. In a blender or food processor, combine the onion, pear, garlic,

ginger, brown sugar, mirin, and soy sauce and process until smooth. Pour the sauce over the short ribs and stir to coat evenly. Arrange the rib pieces in a single layer. Secure the lid and set the Pressure Release to Sealing. Select the Meat/Stew setting for 35 minutes at high pressure. When the timer goes off, you can either perform a quick release by moving the Pressure Release to Venting, or you can let the pressure release naturally, then leave the ribs in the Instant Pot on the Keep Warm setting for up to 10 hours. Open the pot and stir in the carrots and daikon. Secure the lid once again and set the Pressure Release to Sealing. Press the Cancel button to reset the cook-*ing* program, then select the Manual program and set the cooking time for 3 minutes at high pressure. Perform a quick release by moving the Pressure Release to Venting. Open the pot and, using a slotted spoon, transfer the meat and vegetables to a serving dish and keep warm. Use a ladle or large spoon to skim the fat from the sauce. In a bowl, stir together the cornstarch and water. Press the Cancel button to reset the cooking program, then select the Sauté setting. When the sauce comes to a simmer, stir in the cornstarch mixture and let it boil for 1 minute, until the sauce has thickened, then press the Cancel button to turn off the Instant Pot. Spoon the thickened sauce over the meat and vegetables. Sprinkle the sesame seeds and green onions on top and serve.

3 to 3½ pounds boneless beef short ribs    1 yellow onion, cut into 1-inch pieces    1 Asian or Bosc pear (about 6 ounces), peeled, quartered, and cored    8 cloves garlic    1-inch knob fresh ginger, peeled and chopped    1 tablespoon brown sugar    ½ cup mirin (sweet rice wine) or apple juice    ½ cup soy sauce    4 large carrots, peeled and cut into 1-inch pieces    1 small daikon (about 1 pound), peeled and cut into 1-inch pieces    1 tablespoon cornstarch or arrowroot powder    1 tablespoon water    1 tablespoon sesame seeds    2 green onions, white and green parts, thinly sliced on the diagonal

COCO MORANTE is a recipe developer and food blogger who runs the popular Instant Pot Recipes Facebook page and authors the blog [LeftySpoon.com](http://LeftySpoon.com). Her recipes are featured in numerous print and online publications, including Simply Recipes, The Kitchn, and Edible Silicon Valley. A self-taught cook and classically-trained soprano, Coco writes and sings in the San Francisco Bay Area, where she lives with her husband and their beagle.

We got out Instant Pot a week ago, and the included sample recipe I tried just didn't impress. Today, I received Morante's book and just had to make the chili on the cover. Look at it. How could I not? Amiright? It's the Spicy Beef and Bean Chili on page 61. I'm used to chili taking hours when I cook myself. The IP and easy recipe made the whole process take about 45 minutes start to finish,

including opening the cans and chopping veggies. The chili came out thick and yummy. Loved it. Next time I'm making the cornbread too.

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Rating: 5 Stars  
Now you have become comfortable with your new Instant Pot , looking for something different to try and tempt your family and your taste buds. Coco Morante has pulled together some delicious recipes that will tempt the most stringent of dietary needs. There are a variety of courses listed, Soups, Stew & Chowders Poultry, Beef & Pork; Fish & Seafood; Side Dishes; Pasta and Vegetarian, and Sweets. A whole meal from one pot/ What could be easier. My rating of "The Essential Instant Pot Cookbook - Fresh and Foolproof Recipes for Your Electric Pressure Cooker" is 5 out of 5 stars.

I love this cookbook.. I have an Instant pot that I love but I must admist I am not a pro by any means..there was a great chapter in the book on how to use your Instant-pot, what the must have tools are it is very well laid out .. super easy to read and follow along non of the recipes are hard to follow and all use most everything that I already had on hand in my pantry.. Some of the recipes I have tried so far Quinoa Porridge with Pepita and honey, Honey Turmeric Tonic,Unstuffed Peppers,Kale with Apple and Onion and Maple Mashed sweet potatoes ..I see this book being gifted alot for the holiday season

Just received this book and so far I'm a fan! It's easy to follow and the oatmeal recipe I tried came out P-E-R-F-E-C-T. I never want to make oatmeal on the stove again. Pictures are intriguing and lots of vegetarian friendly recipes. Will definitely be trying out more recipes from this book.

I really wanted to be impressed with the recipes in this book. I'm not. The first two recipes I read and wanted to make have ingredients that are not readily available. There is no glossary of unusual ingredients, nor are there suggestions for substitutes. Both would have been helpful. The Herb and Spice Blends paragraph on The Pressure Cooker Pantry page offers little assistance. We live over a thousand miles from the suggested stores and the shop that is supposedly throughout the US is nowhere near us. Our stores do not carry the unusual ingredients and ordering spices online can be

quite costly. This book would have been more useful had it taken into account that IP lovers worldwide would be using the recipes. On the up side, the directions are clear and from the recipes I've read, well-written. I went against my own advice of not getting cookbooks for the IP and getting recipes/information online. I really thought this book would be different and am disappointed.

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