

NATIONAL BESTSELLER

THE  
**STEP-  
BY-  
STEP**  
**INSTANT  
POT**

COOKBOOK

**100**  
Simple Recipes for  
Spectacular Results—  
*with Photographs  
of Every Step*

**Jeffrey Eisner**

Creator of Pressure Luck Cooking



THE  
STEP-BY-  
STEP  
INSTANT POT  
COOKBOOK

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Jeffrey Eisner

PHOTOGRAPHY BY ALEKSEY ZOZULYA



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LITTLE, BROWN AND COMPANY  
NEW YORK / BOSTON / LONDON

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Voracious  
Little, Brown and Company  
Hachette Book Group  
1290 Avenue of the Americas, New York, NY 10104  
[littlebrown.com](http://littlebrown.com)  
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First ebook edition: April 2020

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Photographs by Aleksey Zozulya  
Food styling by Sarah Constantino  
Interior design by Laura Palese

ISBN 978-0-316-46085-9

E3-20200312-JV-NF-ORI

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**ACKNOWLEDGMENTS**

**DISCOVER MORE**

**ABOUT THE AUTHOR**

**To MOM AND DAD for believing  
in me from day one;**

**To RICHARD for being my loving  
guinea pig, sampling every new  
recipe I create;**

**And to EACH AND EVERY ONE  
OF YOU for trusting, trying, and  
sharing my recipes. You've all  
made me one happy and "full"  
filled fella.**

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*A vision's just a vision  
If it's only in your head.  
If no one gets to see it,  
It's as good as dead.  
It has to come to light!*

—STEPHEN SONDHEIM

## Introduction

Let's get one thing out of the way. **I am NOT a professional chef.** I'm not fancy, I cook with the most basic ingredients (while standing over the stove in sweatpants and messy hair), and if you told me two years ago I'd be writing a cookbook, I'd have checked the calendar to make sure it wasn't April 1st.

In fact, I've had zero professional training—everything I've learned was from my Grandma Lil (with a little help from my mother). Grandma Lil was a remarkable and hilarious woman who could have easily headlined among the likes of Jackie Mason and Don Rickles in the Catskills, but in our family, she was famous for her cooking. My grandma never cooked with a recipe—she did it all by eye, memory, and creativity.

Enter me in 2017. I wasn't happy in my career and needed a way to express my own creativity. Then I discovered the Instant Pot, which was on its way to becoming the “must-have” kitchen appliance. Like so many others, I was at first intimidated by my new magic pot. The idea of locking my food inside, not being able to taste and adjust it as it cooked, was totally alien to how I learned to cook at my grandma's side. But I took it upon myself to learn the ins and outs of this revolutionary device. Once I had it figured out, I created my first how-to video so that everyone else who felt intimidated by it could see just how easy it is. The next thing I knew, I was developing my own recipes for the Instant Pot and posting personable step-by-step videos for each one on my website, Pressure Luck Cooking. Suddenly I was a full-time recipe creator and blogger. And now you're reading this book I wrote. Surreal!

But remember, *I am NOT a professional.* I'm just a nice Jewish boy from Long Island who loves to make delicious, home-cooked meals. So trust me on this one: *If I can cook in an Instant Pot, you can too.* If you've

never cooked before but desperately want to make a great meal to impress your family (or yourself), this cookbook's for you. If you're a seasoned cook but this is your first foray into pressure cooking, this cookbook's for you. And if you're already an Instant Pot pro and just want to dig into fast, easy recipes ranging from light, vegetable-centric dishes to rich and creamy comfort food, from international to down-home favorites, and everything in between, this cookbook's for you.

I want everyone who reads this book to be able to cook along with me, just like I did beside Grandma Lil. Every recipe in this book has photographs showing you exactly what to do in each step (more than 750 of them). There are no surprises: no fancy or hard-to-find ingredients, no frilly extra steps, nothing even the most reluctant pressure cooker user can't master in moments. With me, what you see is literally what you get. And if you don't like an ingredient, just leave it out! This is cooking, not brain surgery—make what you love, and don't let anyone say you must do otherwise.

Now let's get started!

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## So, How Do I Use This Thing?

What I hear most often from people who just bought an Instant Pot is that they're terrified to use it. Like, to the point of leaving it in the box to gather dust (or become a perch for their cat) because they'd rather stare at it than use it.

And I get it! For some, the thought of pressure cooking *is* a bit scary. If your last memory of using a pressure cooker is from back in Grandma Lil's day, you may remember something that looked like a torture device and was liable to blow its lid off, embedding it in the kitchen ceiling. But with today's modern technology, the Instant Pot has made pressure cooking safe—and fun!

And if your Instant Pot is still in its box because you're not sure what to cook with it, here's the scoop. This appliance is a stovetop (with the sauté function) *and* an oven (when it pressure cooks). It sautés, braises, stews, and even makes yogurt, all in record time. I'm a New Yorker, so I'm always wary when things sound too good to be true (I've walked through Times Square enough to know the truth behind those “free comedy” shows), but this is one of the rare exceptions when “too good” is indeed true.

Still not convinced? Here's a quick summary:

## WHY INSTANT POT?

- The cooking's done all in one pot. This means no sautéing veggies or meat in a separate pot, no straining pasta before serving, and no transferring from your stovetop to the oven to bake. Even better? Less cleanup!
- Under pressure, your food is done in a fraction of the time of regular cooking. Gone are the days of waiting 6–8 hours for a fork-tender roast from the oven or feeling nervous about leaving your slow cooker plugged in for a whole day at work. Pressure cuts that cook time down to minutes on the hour.
- Unlike ovens, which can vary from home to home, the Instant Pot is all electric and every unit cooks consistently—so if you follow the directions to a tee, you never have to worry about something being over- or underdone.
- It's mobile. Going on a trip? Take it with you! The Instant Pot comes in especially handy when camping. As long as you'll have access to a power source, you'll turn camping into glamping with the meals you'll prepare!
- It's a durable warrior. In the 20-day photoshoot for this book, I made nearly all 100 recipes in the same pot (a 6-quart Duo Plus) with *zero* issues in any regard. Not to mention, I've been using the same pot for nearly two years on the regular. If that doesn't prove reliability and quality, I don't know what does.

## **KNOW YOUR POT**

Icebreakers can be awkward, so let's make sure you and your pot can become best buds in a relaxed way.

### **What Size Instant Pot Should I Get?**

An excellent question. Regardless of the model you choose, the 6-quart model is the most popular and the one I recommend the most. It can cook for families of 4–8 and has room to fit a decent 5- or 6-pound roast. Even if it's just one or two of you at home, the 6-quart may prove useful for that alone, or if you wish to freeze leftovers and have enough meals prepared for a few weeks. All the recipes in this book were made in a 6-quart, but you can absolutely make all of them in the 8-quart, and most can be halved and made in the 3-quart.

If you have a larger family, are entertaining 8–12 people, or wish to make a really large 10-pound roast or even a small, whole turkey in your Instant Pot, the 8-quart is likely the one for you.

The 3-quart is perfect for making sides and for people who live solo or with one other person. While you can halve nearly any recipe to fit in there, don't expect to fit in a roast unless it's cut into small chunks.

### **Is There a Difference Between Instant Pot Sizes and Models?**

Every Instant Pot model has slightly different preset features and displays, but they are all equipped with the important and necessary buttons I'll elaborate on shortly. Therefore, every model can make every recipe in this cookbook.

In terms of size, the smaller the pot, the quicker it will take to come to pressure as there's less volume to fill. Expect the 8-quart Instant Pot to take longer to come to pressure than the 6-quart. Also, because the 8-quart liner pot has more volume and a wider circumference, I always suggest adding in an extra cup of liquid when making a recipe in the 8-quart versus the 6-quart.

## What Do the Icons on My Display Mean?

The Lux, Viva, SV, Duo, and Duo Crisp + Air Fryer models simply have a red or blue LED. However, the Duo Plus, Duo Nova, Duo Evo Plus, and Ultra have a blue digital screen.

On the top of the Duo Plus and Duo Nova's display, you'll see four icons that may light up at various times:

**ICON:**  Flame under a pot

**WHAT IT MEANS:** The pot is currently heating—this will turn on and off intermittently as it heats up and pressure cooks

**ICON:**  "P" in a pot

**WHAT IT MEANS:** The pot is in Pressure Cooking mode

**ICON:**  Thermometer

**WHAT IT MEANS:** The pot is in Keep Warm mode

**ICON:**  Speaker with an X beside it

**WHAT IT MEANS:** The beeping sounds are turned off

On the Ultra and Duo Evo Plus, you'll also have a graph/timeline that displays where in the cooking process you are, either Preheating, Cooking, or Keeping Warm.



## What Is the Trivet?

The trivet, which comes with most Instant Pots, is a little wire rack typically used only to rest roasts, eggs, or inner pots on while pressure cooking.



## **Your Lid Can Stand Upright in the Pot**

See those two tabs on the sides of your lid and the two open rectangles on the sides of your Instant Pot? The tabs on the lid slide into those rectangles, allowing you to keep your lid in an upright position while sautéing or when keeping your food warm instead of placing it on your countertop. This is a huge space saver and very convenient!





Just be sure to remember that the lid doesn't have a hinge; you must always pull the lid up to remove it from the resting position before you secure it on the pot. If you try to close it down as if it were on a hinge, you might snap off the plastic tab, damaging the lid.

*\*This is the case on all models except the Lux, which has a slightly different lid design.*

## THE BUTTONS

Depending on your model of Instant Pot, you may see a number of buttons and settings, such as Multigrain, Poultry, or Porridge, to name a few. The control panel can appear overwhelming at first glance, and each model has its own configuration, but don't worry: I'll walk you through it all. The truth is, most of these presets are just bells and whistles, and you don't need to touch them to cook any of the recipes in this book. There are just a few universal buttons you need to pay attention to (the labels vary between models, but I give both names whenever applicable).

## Sauté

This feature essentially turns your Instant Pot into an electric skillet or a pot on the stove and allows you to brown veggies and sear meats at three different temperatures: Less or Low, Normal or Medium, and More or High. Depending on your model, you can switch between the temperatures by either hitting the Adjust button or the Sauté button again (if your model doesn't have an Adjust button) until you reach your desired temperature.

On nearly all models, you can only sauté for a maximum of 30 minutes at a time before the Instant Pot will turn off (the Duo Evo Plus allows you 60 minutes max). Most recipes won't have you sautéing for more than 10–15 minutes, but if you do need more time, simply hit the Sauté button again to restart the cycle. Once you hit the Sauté button, give it a few seconds and it will beep with the display indicating On. That means it is heating up. (If your pot is a Duo Crisp, Duo Evo Plus, or Ultra model, you'll need to hit Start to begin the function.) When it reads Hot, that means the pot has reached the temperature you've selected. I find you do not have to wait until it reads Hot before the oil's heated—just allow about 3 minutes for the oil to heat and the butter to melt and bubble. I always sauté with the lid off, but you can put the lid on to simmer sauces or stews—just make sure the valve is in the venting position so steam can escape, or the pot can accidentally come to pressure due to the steam.

## Manual or Pressure Cook

Depending on your model, there are buttons labeled either Manual or

Pressure Cook, but they do the exact same thing: bring the pot to pressure. This function is not to be confused with the Pressure or Pressure Level buttons, which simply adjust the level from Low Pressure to High Pressure (all my recipes call for High Pressure, so don't worry too much about this). When you hit Manual or Pressure Cook, the display should indicate High, but if it doesn't, hit either Pressure or Pressure Level to change it.

On some models, you'll also see Less or Low, Normal or Medium, and More or High options displayed when pressure cooking. This is confusing to many (myself included). Therefore, I always use the default Normal or Medium setting.

## Setting the Cook Time

Once you hit Manual or Pressure Cook, select the cooking time using the + (plus, for more time) or – (minus, for less time) buttons.

A few moments after you set the time, the pot will beep and the display will say On. This means the pot is going to begin to build pressure. (For the Duo Evo Plus model, after hitting the Pressure Cook button, select Custom with the push knob and set your cook time. And like the Evo Plus, if you have an Ultra model, scroll with the knob to set the time and then hit Start to activate the function.) The timer will not immediately begin to count down, since the On phase means it's building pressure. Once the pot comes to pressure, the pin will pop up, and a few moments later (sometimes immediately, sometimes after a few minutes) the time will appear on the display and begin to count down. Also, once the pin is up, the lid will be securely locked so you shouldn't be able to remove it until all the pressure is released and the pin drops. This is a terrific safety feature.

Speaking of which, on some Lux and earlier Duo models, the time you set will simply be the number of minutes you set it for. So if you want 8 minutes, the screen will just read 8. But if you're on later-version Duo models and any other model in the line, the minutes are on the right of the colon and hours are to the left. So 8 minutes will read as 00:08 and 8 hours will read as 08:00 (you'll never pressure cook anything for that long, and only the Duo Evo Plus can go that high in terms of pressure cook time).

**KEY BUTTONS OF USE**