

# Instant Pot™

## Recipe Booklet

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The recipes included within this booklet have been developed to the product specifications of the Instant Pot 6 & 8 Quart format.

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# CREAM OF BUTTERNUT SQUASH & GINGER SOUP



By: Laura Pazzaglia  
[www.hippresurecooking.com](http://www.hippresurecooking.com)

2 kg (4 lb) butternut squash  
*peeled, seeded, & cubed*  
 1 sprig of sage  
 1 large onion, *roughly chopped*  
 1/2 inch piece (2 cm) fresh ginger, *peeled & roughly sliced*  
 1/4 tsp (1 mL) nutmeg  
 4 cups (1 L) vegetable stock  
 Olive oil  
 Salt & pepper (to taste)  
 1/2 cup (125 mL) toasted pumpkin or squash seeds, *for garnish*

**SERVES 4-6**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 15 MINUTES**

1. In the pressure cooker, with the top off, over medium heat soften onions with the sage, salt and pepper.
2. When the onions are soft, scoot onions aside and tumble in enough squash cubes to cover the base of the pressure cooker, let brown for for about 10 minutes stirring infrequently.
3. Add the rest of the squash along with the ginger, nutmeg, and stock.
4. Close and lock the lid of the pressure cooker. Cook for 15 minutes at high pressure.
5. When time is up, open the cooker by releasing the pressure.
6. Fish out the woody sage stem and discard.
7. With a stick immersion blender purée the contents of the pressure cooker and serve!
8. Garnish with salty, toasted pumpkin seeds.



## INSTANT TIP: 3 Ways to Release the Pressure

**QUICK RELEASE:** Release pressure instantly, by pressing [Cancel] and then position the steam release handle on the lid to “Venting” position.

**NATURAL RELEASE:** Continue cooking using the pressure cooker’s residual heat and steam, by pressing [Cancel] and waiting for the pressure to come down on its own and the lid to unlock—this will take about 20 minutes (or more if the pressure cooker is very full).

**10-MINUTE NATURAL RELEASE:** Let the pressure cooker go into “Keep Warm” mode and count up to 10 minutes. Then, press [Cancel] and position the steam release valve on the lid to the “Venting” position.

## MINI-MEATBALL BROTH



**SERVES 4-6**  
**PREP TIME: 10 MINUTES**  
**COOKING TIME: 10 MINUTES**

By: Laura Pazzaglia  
[www.hippresurecooking.com](http://www.hippresurecooking.com)

### *Miniature Meat Balls:*

1 lb (500 g) ground veal  
 ¼ cup (50 mL) ground Parmiggiano Reggiano  
 ½ cup (125 mL) plain bread crumbs  
 1 egg, *beaten*  
 Salt and pepper

### *Vegetable Stock:*

6 cups (1.5 L) water  
 1 celery stalk, *cut in half*  
 2 medium potatoes, *whole*  
 2 carrots, *peeled*  
 1 onion, *halved*  
 3 tomatoes, *halved*  
 2 tsp (10 mL) salt  
 2 tbsp (30 mL) olive oil  
 2 tbsp (30 mL) balsamic vinegar  
 8 oz (250 g) pastina

1. In a large mixing bowl mix the veal, cheese, breadcrumbs, egg, salt and pepper.
2. Using a melonballer, dose out the right amount of meat mixture and make little meat balls. Make them smaller than you think you will need because they will almost double in size when pressure cooked.
3. In the pressure cooker make the vegetable stock by adding all of the vegetables, water and salt in the pot. Close and lock the lid of the pressure cooker and turn the heat to high. When the pan reaches pressure, lower the flame to minimum heat and count 7-10 minutes cooking time.
4. When time is up, open the cooker by releasing the pressure.
5. Delicately remove out all of the vegetables and place on a serving dish except for the tomatoes (leave those in). If you see any tomato skins floating around, you can remove and discard those.
6. Taste the broth and adjust salt and pepper according to taste.
7. Gently add the miniature meat balls into the still hot vegetable broth.
8. Close and lock the lid of the pressure cooker and turn the heat to high. When the pan reaches pressure, lower the flame to minimum heat and count 5-7 minutes cooking time under pressure.
9. When time is up, open the cooker by releasing the pressure. Put the pressure cooker, with the top off, back on the heat and add the pastina. Boil the pastina in the time indicated on the package (minus one minute). Don't worry, the pastina will keep cooking while you serve the dish.
10. In the meantime, make a vinaigrette with the olive oil and balsamic vinegar by putting them in a small vase and shaking vigorously and pour on the vegetables you previously pulled out of the pressure cooker -- they are now your side dish!
11. When the pastina is one minute away from being cooked, turn off the heat and serve your miniature meatball soup!



# BLACK BEAN SOUP



By: Jill Nussinow  
[www.theveggiequeen.com](http://www.theveggiequeen.com)

1½ cups (375 mL) dry black beans, *soaked overnight or all day*

1 tbsp (15 mL) oil

1 cup (250 mL) onion, *coarsely chopped*

3 garlic cloves, *minced*

1 tbsp (15 mL) ground cumin

¼ tsp (1 mL) chipotle powder or smoked paprika

6 cups (1 ½ L) vegetable broth

1 large bay leaf

2 tsp (10 mL) fresh oregano leaves or

2 tbsp (30 mL) dried

½–2 tsp (3 - 10 mL) salt, *to taste*

Soy yogurt or sour cream

Cilantro, *chopped for garnish*

**SERVES 4-6**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 10 MINUTES**

1. Drain the soaking liquid from the beans and set the beans aside.
2. Heat the oil in the Instant Pot® by selecting Sauté. Add the onion and sauté for 2 minutes. Add the garlic, cumin, and chipotle powder. Add the beans, broth, bay leaf, and oregano. Stir well.
3. Turn the heat up high. Lock the lid in place. Turn the steam valve to “sealed”. Select the [Manual] key and reduce the time to 7 minutes. When the 7 minutes is up, let the pressure come down naturally.
4. When down, carefully remove the lid, tilting it away from you.
5. Remove the bay leaf.
6. At this point, you can either mash the beans with a potato masher, use an immersion blender, or keep the soup as is.
7. Add salt to taste.
8. Garnish with a dollop of soy yogurt or sour cream and a sprinkle of cilantro. Enjoy!



## CHEF'S NOTE:

“I love the flavors in black bean soup. This recipe is quite simple and a case of ingredient synergy.” - *Jill Nussinow*



# RED LENTIL CHILI



By: Chef AJ  
[www.eatunprocessed.com](http://www.eatunprocessed.com)

- 1 lb (500 g) red lentils
- 8 cups (2 L) of water
- 2 x 14 ½ oz cans of salt-free diced tomatoes (fire roasted preferred)
- 1 x 6 oz can of salt-free tomato paste
- 10 oz of chopped onion (approximately one large)
- 1 lb (500 g) red bell pepper, *pureed*
- 3 oz of pitted dates (approximately 12 Deglet Noor)
- 8 cloves of garlic
- 4 tbsp (60 mL) apple cider vinegar
- 1 ½ tbsp (23 mL) parsley flakes
- 1 ½ tbsp (23 mL) oregano
- 1 ½ tbsp (23 mL) chili powder
- 2 tsp (10 mL) smoked paprika
- ½ tsp (3 mL) chipotle powder (to taste)
- ½ tsp (3 mL) crushed red pepper flakes (to taste)

SERVES 6-8  
PREP TIME: 10 MINUTES  
COOKING TIME: 10 MINUTES

1. Blend the dates, garlic, red bell pepper and tomatoes in a blender until smooth.
2. Place all remaining ingredients in the Instant Pot® and cook on high pressure for 10 minutes.
3. Let pressure release naturally or enjoy immediately. Serve over a baked potato and sprinkle with some faux parmesan, this absolutely rocks!



## CHEF'S NOTE: Faux Parmesan Recipe

- 1 cup (250 mL) nuts or seeds (or a combination, such as: walnuts, almonds, sunflower seeds)
- 1 cup (250 mL) nutritional yeast
- 1 tbsp (15 mL) salt-free seasoning

In a food processor fitted with the “S” blade, or in a blender, combine all ingredients until a powdery texture is achieved. If you prefer a more chunky result, process less.



# CILANTRO LIME CHICKEN TACO SALAD



By: Barbara Schieving  
[www.pressurecookingtoday.com](http://www.pressurecookingtoday.com)

## Salad:

- 1 tbsp (15 mL) extra virgin olive oil
- ½ cup (125 mL) onion, *finely chopped*
- 4 large chicken breasts, *diced into bite size pieces*
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) cumin
- ½ tsp (3 mL) black pepper
- 1 can (14.5 oz) diced tomatoes with green chilies
- 1 can (15 oz) black beans, *drained & rinsed*
- 3 tbsp (45 mL) cilantro leaves, *finely chopped*
- Cilantro lime rice
- Shredded lettuce, diced fresh tomatoes, shredded cheese, avocado, tortilla chips for serving

**SERVES 8**

**PREP TIME: 10 MINUTES**

**COOKING TIME: 7 MINUTES**

1. Preparing the Dressing: In a blender jar, combine mayonnaise, buttermilk, salsa, cilantro, lime juice, garlic, garlic powder, onion powder, salt, pepper, and red pepper flakes. Pulse until well combined. Refrigerate for several hours or overnight.
2. Select Sauté function on the Instant Pot. When hot, add oil and onion to pot. Sauté onion for 3 minutes.
3. Add chicken and sauté for 2 minutes. Add tomatoes, salt, cumin, and black pepper.
4. Lock the lid in place. Select Manual on the Instant Pot and adjust to high pressure. Set to 2 minutes cook time. When timer beeps, use a quick pressure release to release the pressure.
5. Remove the lid. Select sauté and cook stirring frequently, until liquid has cooked off. Stir in black beans and cilantro.
6. Serve over lettuce topped with chicken, cilantro lime rice, cheese, avocado, crushed tortilla chips, and cilantro lime dressing.

## Cilantro Lime Dressing:

- ½ cup (125 mL) mayonnaise
- ½ cup (125 mL) buttermilk
- ½ cup (75 mL) chunky salsa verde
- ½ cup (75 mL) cilantro, *chopped*
- 1 tbsp (15 mL) lime juice
- 2 garlic cloves, *pressed*
- ½ tsp (3 mL) garlic powder
- ½ tsp (3 mL) onion powder
- ½ tsp (3 mL) salt
- ¼ tsp (1 mL) ground black pepper
- ¼ tsp (1 mL) red pepper flakes

## PERFECT BASMATI RICE

2 CUPS (500 ML) BASMATI RICE | 2 ½ CUPS (625 ML) WATER

1. Rinse the rice in a fine-mesh strainer.
2. Tap the rice into the Instant Pot, being careful to remove any stray grains from the top edge of the inner pot.
3. Pour in the water and mix.
4. Close the lid, set the valve to "sealing" on the lid, and choose the Manual Program, adjust the pressure cooking time to 3 minutes at high pressure.
5. When time is up, open the Instant pot using the 10-minute Natural Pressure Release.

## PERFECT JASMINE RICE

3 CUPS (750 ML) JASMINE RICE | 3 CUPS (750 ML) WATER

1. Rinse the rice in a fine-mesh strainer.
2. Strain the rice and add to the Instant Pot - being careful to remove any stray grains from the top edge of the inner pot.
3. Add water. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [-] button to set 1 minute of pressure cooking time at high pressure.
4. When time is up, open the Instant Pot using the 10-minute Natural Pressure Release.



## PERFECT BROWN RICE

2 CUPS (500 ML) BROWN RICE | 2 ½ CUPS (625 ML) WATER

1. Add rice to the Instant Pot - being careful to remove any stray grains from the top edge of the inner pot.
2. Add water. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [-] button to set 22 minutes of pressure cooking time.
3. When time is up, open the Instant Pot using the 10-minute Natural Pressure Release.



### INSTANT TIP: Perfect Timing

Carefully follow the cooking times and opening methods indicated in the rice recipes for best results.



# ROAST BABY POTATOES



By: Laura Pazzaglia  
[www.hippresurecooking.com](http://www.hippresurecooking.com)

- 5 tbsp (75 mL) vegetable oil
- 2 lbs (1 kg) baby or fingerling potatoes
- 1 sprig of rosemary
- 3 garlic cloves (outer skin on)
- 1 cup (250 mL) stock
- Salt & pepper (to taste)

SERVES 4-6  
PREP TIME: 1 MINUTE  
COOKING TIME: 20 MINUTES

1. Press [Sauté] to pre-heat the Instant Pot. When "hot" appears on the display, add the vegetable oil.
2. Add in the potatoes, garlic, and rosemary. Roll the potatoes around, browning the outside on all sides (roughly 8-10 minutes).
3. With a sharp knife, pierce the middle of each potato (do not stir the potatoes anymore). Pour in the stock.
4. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] or [-] button to set 11 minutes of pressure cooking time.
5. When time is up, release pressure and open the Instant Pot using Quick Pressure Release.
6. Remove the outer skin of the garlic cloves and serve the garlic whole or smashed with the potatoes.
7. Sprinkle everything with salt and pepper and serve!

# STEAMED CORN



SERVES 4-6  
PREP TIME: 5 MINUTES  
PRESSURE COOK: 12 MINUTES

By: Maomao Mom  
[www.maomaomom.com](http://www.maomaomom.com)

- 6 fresh corn
- 1. Husk and rinse the corn.
- 2. Place the steam rack inside the Instant Pot®. Fill the inner pot with 2 cups (500 mL) of water. Stack corn on the steam rack. Close the lid and turn the steam release handle to the Sealing Position. Select [Steam] and adjust the [+] or [-] to set 12 minutes of cooking time. Steam corn.
- 3. When it is done, wait another 5 minutes. Open the pressure cooker using Natural Release.
- 4. Take out the steamed corn and enjoy.



## MOROCCAN LAMB TAJINE



By: Laura Pazzaglia  
[www.hippresurecooking.com](http://www.hippresurecooking.com)

2 ½ lbs (1.2 kg) lamb shoulder, *cut into pieces*

1 tsp (5 mL) cinnamon powder

1 tsp (5 mL) ginger powder

1 tsp (5 mL) turmeric powder

1 tsp (5 mL) cumin powder

2 garlic cloves, *crushed*

2 medium onions, *roughly sliced*

10 oz or (300 g) prunes, *soaked* (or a mix of dry apricots & raisins)

1 laurel leaf

1 cup (250 mL) vegetable stock

1 cinnamon stick

3 tbsp (45 mL) honey

1 ½ tsp (8 mL) salt

1 tsp (5 mL) pepper

3 ½ oz (100 g) almonds, *shelled, peeled, & toasted*

1 tbsp (15 mL) sesame seeds

3 tbsp (45 mL) olive oil, *divided*

**SERVES 4-6**  
**PREP TIME: 10 MINUTES**  
**COOKING TIME: 50 MINUTES**

1. Mix the ground cinnamon, turmeric, cumin, ginger, and garlic with 2 tbsp (30 mL) of olive oil to make a paste, cover the meat with this paste and set aside.
2. Put the dried prunes in a bowl, cover with boiling water cover and set aside.
3. In the preheated pressure cooker, with the lid off on medium heat, add a swirl of olive oil (about a tablespoon) and onions and let them cook until softened (about 3 minutes). Pour out the onions, and set aside. Add the meat, and brown on all sides (about 10 minutes). Then, de-glaze the pressure cooker with the vegetable stock, ensuring to scrape the bottom well and incorporating any brown bits into the rest of the sauce. Then, add the onions, bay leaf and cinnamon stick.
4. Close and lock the lid of the pressure cooker.
5. Cook for 30 minutes at high pressure.
6. When time is up, open the pressure cooker with the Natural release method - move the cooker off the burner and wait for the pressure to come down on its own (about 10 minutes). Disengage the "keep warm" mode or unplug the cooker and open when the pressure indicator has gone down (20 to 30 minutes).
7. In the pressure cooker, with the lid off on medium heat add the salt, rinsed and drained prunes, honey and reduce the liquid (about 5 minutes). Fish out the bay leaf and cinnamon stick.
8. Sprinkle with toasted almonds and sesame seeds and serve.





## COCONUT FISH CURRY



By: Laura Pazzaglia  
[www.hippresurecooking.com](http://www.hippresurecooking.com)

500-750 g (1-1 ½ lbs) fish steaks or fillets, *rinsed and cut into bite-size pieces (fresh, frozen or thawed)*

1 chopped tomato or a heaping cup of cherry tomatoes

2 green chiles, *sliced into strips*

2 medium onions, *sliced into strips*

2 garlic cloves, *finely chopped*

1 tbsp (15 mL) freshly grated ginger, or

½ tsp (3 mL) ginger powder

6 curry leaves, bay leaves, kaffir lime leaves or basil

1 tbsp (15 mL) ground coriander

1 tsp (5 mL) ground cumin

½ tsp (3 mL) ground turmeric

1 tsp (5 mL) chili powder or 1 tsp (5 mL) of hot pepper flakes

½ tsp (3 mL) ground fenugreek

OR

3 tbsp (45 mL) of curry powder mix (instead of the 5 spices noted above)

2 cups (500 mL) un-sweetened coconut milk

Salt to taste

Lemon juice (to taste)

**SERVES 4**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 5 MINUTES**

1. In the preheated pressure cooker on medium-low heat without the lid, add a swirl of oil and then drop in the curry leaves and lightly fry them until golden around the edges (about 1 minute).
2. Then add the onion, garlic, and ginger and saute until the onion is soft.
3. Add all of the ground spices: Coriander, Cumin, Turmeric, Chili Powder and Fenugreek and sautee them together with the onions until they have released their aroma (about 2 minutes).
4. De-glaze with the coconut milk making sure to un-stick anything from the bottom of the cooker and incorporate it into the sauce.
5. Add the Green Chiles, Tomatoes and fish pieces. Stir to coat the fish well with the mixture.
6. Close the lid and set the valve to pressure cooking position.
7. Cook for 5 minutes at LOW pressure.
8. When time is up, release pressure using the Normal method - release vapor through the valve.
9. Add salt to taste and spritz with lemon juice just before serving.
10. Serve alone, or with steamed rice.



### INSTANT TIP: Coconut Chicken Curry (Variation)

Instead of white fish fillets, use 3 chicken breast fillets. Follow the rest of the procedure as written, but pressure cook for 7 minutes.



## BEEF ROAST WITH POTATOES & CARROTS (1 POT MEAL)



By: Laura Pazzaglia  
[www.hippressurecooking.com](http://www.hippressurecooking.com)

2-4 lb (1-2 kg) beef roast, *no longer than the width of the pressure cooker*

1 ½ cup (375 mL) chicken stock

1 tbsp (15 mL) olive oil

2 lb (1 kg) potatoes, *roughly cubed*

1 lb (500 g) carrots, *peeled*

1 bunch of parsley, *chopped*

1 cup (250 mL) red wine

4 tbsp (60 mL) unsalted butter

2 tbsp (30 mL) fresh thyme

4 tbsp (60 mL) pistachio, *chopped*

**SERVES 6-8**

**PREP TIME: 10 MINUTES**

**COOKING TIME: 55 MINUTES**

1. Press [Sauté] to pre-heat the cooker. When the word "Hot" appears on the display, add a swirl of olive oil and sear the roast well on all sides.
2. Deglaze the inner pot with chicken stock.
3. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] button to set 45-50 minutes of pressure cooking time (depending on the thickness).
4. When time is up, open the Instant Pot using Quick Pressure Release.
5. Add the potatoes and place the whole carrots on top - work quickly.
6. Close and lock the lid of the Instant Pot. Press [Pressure Cook] and then use the [+] or [-] button to set 10 minutes of pressure cooking time.
7. When time is up, open the Instant Pot using Quick Pressure Release.
8. Remove the carrots to a serving platter and slice them. Remove the potatoes with a slotted spoon and place on the serving platter. Take out the roast, and place on a plate tented with aluminum foil to rest.
9. Filter the cooking liquid through a fine sieve and put it back in the Instant Pot. Add the wine and butter and reduce the liquid in the pressure cooker, without the lid, to about half using the [Sauté] function.
10. Slice roast and serve on platter with carrots and potatoes. Drizzle with the reduced cooking liquid and sprinkle with thyme and nuts.

### Optional Crust:

4 ounces pistachio nuts crushed,  
shelled and salted

1 tablespoon black pepper

2 tablespoons fresh thyme





## STEAMED RIBS WITH GLUTINOUS RICE



By: Maomao Mom  
[www.maomaomom.com](http://www.maomaomom.com)

26 oz (750 g) back ribs

### *Marinate Ingredients:*

- 1 green onion cut into big pieces
- 1 small piece of fresh ginger, *sliced*
- 1 tbsp (15 mL) dark soy sauce
- 1 tbsp (15 mL) light soy sauce
- ¼ tsp (1 mL) chicken bouillon powder
- ½ tsp (3 mL) salt
- 1 tsp (5 mL) sugar
- 1 tbsp (15 mL) water
- 1 ½ tbsp (23 mL) corn starch

### *Others:*

- ½ cup (125 mL) glutinous rice
- 2 cups (500 mL) water

**SERVES 4**  
**PREP TIME: 15 MINUTES**  
**COOKING TIME: 55 MINUTES**

1. One day ahead, clean the ribs and cut into pieces between the bones. Put ribs and marinade ingredients into a sealable plastic bag. Seal the bag, shake well and place in the fridge overnight.
2. On the day of making the dish, soak the glutinous rice in 2 cups of water for 8 hours. Drain the rice, coat the ribs with the soaked rice and place into a shallow heat resistant bowl.
3. In the Instant Pot, add 2 cup of water and place the steaming rack inside the pot. Place the bowl containing the rice and ribs on top of the steaming rack.
4. Close and lock the lid of the instant Pot, making sure the valve is in the sealing position. Choose the Steam function and set for 55 minutes. When time is up, open the Instant Pot using quick pressure release.
5. Take out the steamed baby ribs and rice and enjoy!

### CHEF'S NOTE:



"This is a wonderful traditional Chinese dish popular in Nanjing, China. Using Instant Pot, this dish can be cooked quickly and efficiently to achieve a rich taste and melt-in-your-mouth results." - Maomao Mom







## SPICY PASTA BUTTERFLIES



By: Laura Pazzaglia  
[www.hippressurecooking.com](http://www.hippressurecooking.com)

2 tbsp (30 mL) olive oil  
2 garlic cloves, *smashed*  
2 tsp (10 mL) fresh hot chili peppers,  
*chopped*  
or 1 tsp (5 mL) of hot pepper flakes  
1 pinch of oregano, *dry*  
16 oz (500 g) farfalle or bow-tie pasta  
2 cups (500 mL) tomato puree  
3 cups (750 mL) water  
2 tsp (10 mL) salt

**SERVES 4-6**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 6 MINUTES**

1. In the Instant Pot on the Keep Warm Setting, add two swirls of olive oil, the smashed garlic cloves, hot peppers/flakes and oregano (grinding it between your fingers as you sprinkle it in the pan).
2. Allow the ingredients to infuse into the oil at low heat until you hear the garlic cloves sizzle and turn lightly golden.
3. Pour in the pasta, the tomato puree and just enough water to cover the pasta (it's ok if a few points stick out here and there) and the salt (do not omit this). Stir everything together and flatten the pasta out in an even layer with your wooden spoon, or spatula, to make sure as many farfalle are immersed as possible.
4. Close the lid and set the valve to pressure cooking position. Cook on Manual for 6 minutes at low pressure.
5. When time is up, open the pressure cooker by quick releasing pressure through the valve.
6. Give the contents a stir and let the pasta sit for about a minute while you gather the bowls and utensils. The pasta is still cooking from the heat of the pressure cooker so don't leave it longer than that.
7. Top each bowl with a small swirl of fresh extra virgin olive oil. Enjoy!

### CHEF'S NOTE:



"You can halve this recipe, but don't pressure cook less than half of this recipe, as it will not provide enough liquid for the cooker to reach and maintain pressure." - Laura Pazzaglia





## CHOCOLATE, ORANGE & OLIVE OIL MINI LAVA CAKE



By: Laura Pazzaglia  
[www.hippressurecooking.com](http://www.hippressurecooking.com)

4 tbsp (60 mL) all purpose flour  
 ¼ tsp (1 mL) seasoning (orange zest)  
 4 tbsp (60 mL) sugar  
 1 pinch of salt  
 1 tbsp (15 mL) of bitter cocoa powder  
 ½ tsp (3 mL) baking powder  
 1 medium egg  
 4 tbsp (60 mL) of milk  
 2 tbsp (30 mL) extra virgin olive oil

**SERVES 1 LAVA CAKE**  
**PREP TIME: 5 MINUTES**  
**COOKING TIME: 10 MINUTES**

1. Set-up the pressure cooker by filling it with one cup of water, and the steamer basket (or steamer basket and trivet) and set aside.
2. Prepare the cup by spreading a coat of olive oil on inside up to the top edge and set aside.
3. In a measuring cup, add the flour, orange zest (or preferred seasoning), sugar, salt cocoa and baking powders and mix with a fork. Then, add the egg, milk, olive oil and mix vigorously until you have a homogeneous mini-cake batter. Pour into mug. (All separate steps on other site)
4. Place the uncovered cup into the pressure cooker. If you are making more than one cup, arrange them so that they are all straight and not touching the inside of the pressure cooker.
5. Close and lock the pressure cooker lid and turn the heat to high. When the pan reaches pressure, turn the heat to low and count 10-15 minutes cooking time under high pressure (cook less for a gooey center with cakey top, more for a solid cake consistency).
6. When time is up, release pressure.
7. Open the top and with an oven-glove covered hand remove from the pot and serve on a saucer with a teaspoon immediately for the gooey center -- it will keep cooking so if you let it rest the interior will solidify.

### INSTANT TIP: Use Instant Pot Accessories & Inner Pots



Accessories and parts not branded (or recommended) by Instant Pot® may cause the pressure cooker to malfunction.

Visit our store to purchase the latest Instant Pot® accessories:  
[www.instantpotME.com/](http://www.instantpotME.com/)

# PIÑA COLADA RICE PUDDING



By: Barbara Schieving  
[www.pressurecookingtoday.com](http://www.pressurecookingtoday.com)

- 1 cup (250 mL) Arborio rice
- 1 ½ cups (375 mL) water
- 1 tbsp (15 mL) coconut oil
- ¼ tsp (1 mL) salt
- 1 (14 oz) can coconut milk
- ½ cup (125 mL) sugar
- 2 eggs
- ½ cup (125 mL) milk
- ½ tsp (3 mL) vanilla extract
- 1 (8 oz) can pineapple crushed, well drained & halved

SERVES 8  
PREP TIME: 10 MINUTES  
COOKING TIME: 13 MINUTES

1. In the Instant Pot, combine rice, water, oil, and salt. Lock the lid in place and select High Pressure and 3 minutes cook time.
2. When beep sounds turn off pressure cooker and use a natural pressure release for 10 minutes. After 10 minutes, release any remaining pressure with a quick pressure release.
3. Add coconut milk and sugar to rice in pressure cooking pot; stir to combine.
4. In a small mixing bowl, whisk eggs with milk and vanilla. Pour through a fine mesh strainer into pressure cooking pot.
5. Select sauté and cook, stirring constantly, until mixture just starts to boil. Turn off pressure cooker. Stir in pineapple tidbits.
6. Pour into serving dishes and chill. Pudding will thicken as it cools.
7. Served topped with whipped cream, toasted coconut, and a maraschino cherry if desired. Enjoy!

## INSTANT TIP: Only Use Arborio Rice



Arborio rice maintains a great firmness and creaminess when making rice pudding. For optimal results, do not substitute with white rice.

## RASPBERRY CHEESECAKE



**SERVES 8**  
**PREP TIME: 20 MINUTES**  
**COOKING TIME: 25 MINUTES**

By: Barbara Schieving  
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1 cup (250 mL) crushed Oreo cookie crumbs  
 (12 Oreos)

2 tbsp (30 mL) butter, melted

### Filling:

16 oz cream cheese (room temperature)

¼ cup (50 mL) sugar

½ cup (125 mL) seedless raspberry jam

¼ cup (50 mL) sour cream

1 tbsp (15 mL) all-purpose flour

2 eggs (room temperature)

### Topping:

¾ cup (6 oz.) milk chocolate, *finely  
 chopped*

½ cup (75 mL) heavy cream

Fresh raspberries, *for decoration*

1. Prepare a 7 inch springform pan by coating it with a non-stick spray. Line with parchment paper if desired.
2. In a small bowl, combine the Oreo cookie crumbs and butter. Spread evenly in the bottom and 1 inch up the side of the pan. Place in the freezer for 10 minutes.
3. In a mixing bowl mix cream cheese and sugar at medium speed until smooth. Blend in jam, sour cream, and flour.
4. Mix in eggs one at a time just until blended; don't over mix. Pour batter into the springform pan on top of the crust.
5. Pour 1 cup of water into the pressure cooking pot, and place the trivet in the bottom. Carefully center the filled pan on a foil sling and lower it into the pressure cooking pot. Fold the foil sling down so that it doesn't interfere with closing the lid.
6. Lock the lid in place. Select High Pressure and set the timer for 25 minutes. When beep sounds, turn off pressure cooker. use a natural pressure release for 10 minutes, and then do a quick pressure release to release any remaining pressure. When valve drops carefully remove lid.
7. Remove cheesecake and check the cheesecake to see if the middle is set. If not, cook the cheesecake an additional 5 minutes. Use the corner of a paper towel to soak up any water on top of the cheesecake.
8. Remove the springform pan to a wire rack to cool. When cheesecake is cooled, refrigerate covered with plastic wrap for at least 4 hours or overnight.
9. When cheesecake is chilled, prepare topping.

## RASPBERRY CHEESECAKE (continued)



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### Topping:

3/4 cup (6 oz.) milk chocolate, *finely chopped*

1/3 cup (75 mL) heavy cream

Fresh raspberries, *for decoration*

### Prepare the Topping

1. Place half of the chocolate in a mixing bowl. Heat heavy cream on medium high heat until it comes to a boil. Remove from heat and immediately pour cream over chocolate and stir until chocolate is completely melted.
2. Add remaining chocolate and stir until chocolate is completely melted. Cool until ganache is thickened but still thin enough to drip down the sides of the cheesecake.
3. Spoon chocolate ganache on top of the cheesecake, spreading to edges and letting the ganache drip down the sides. Decorate top with raspberries. Refrigerate until ready to serve.

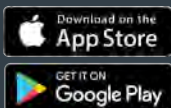
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