

# HERE IS THE INSTANT POT JARGON THAT I RECOMMEND EVERY NEW INSTANT POT USER LEARNS FIRST:

- **L001:** The count down when you have finished pressure cooking
- **EPC:** Electric pressure cooker
- **PC:** Pressure cooker
- **IP:** Instant Pot
- **NPR:** Natural pressure release
- **QPR:** Quick pressure release
- **HP:** High pressure
- **LP:** Low pressure
- **SB:** Steamer basket
- **Sealing:** Position for taking your food to pressure
- **Venting:** Position for not taking your food to pressure
- **Inner Pot:** The cooking pot that you cook your food in
- **Sealing Ring:** The ring that goes around the instant pot lid to pressurise your food
- **PIP:** Pot in pot cooking
- **Trivet:** Cooking shelf

