

Instant Pot Quick Start Mini Course

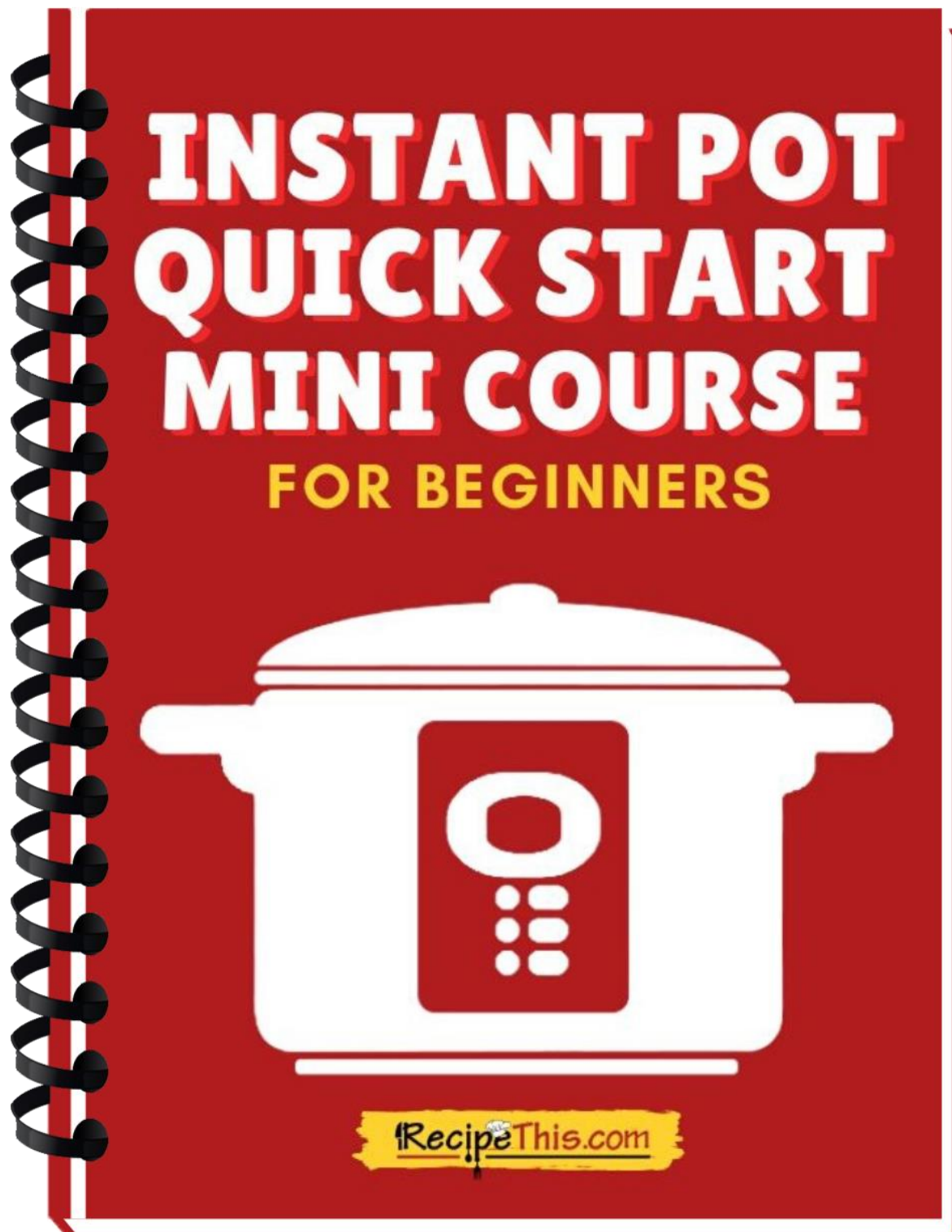


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Introduction

Thank you for downloading our **instant pot quick start mini course**. I wanted to create a free downloadable PDF to go with our quick start email course and this is it.

A place to expand on the information that I have provided in the emails or as a way for you to learn more on the subject and have something that you can print out and save for later.

Included in this mini course is not only what was discussed in the emails, but also the full recipes. It helps if you are a beginner if you have the full recipe to work from as well as photos so you can imagine how your recipe will turn out.

All our ebooks including this one, is inspired by our readers. We love to provide them with what they want, and modifications and updates have been thanks to reader suggestions. So, in a way our ebooks are written by readers like you.

I wish you the greatest success with your instant pot and I hope you like it as much as us. We have been pot heads since 2016 and what started off as a gadget that was on trend and exciting, has become something much greater than that.

We started Recipe This in the November 2015 to catalogue our huge collection of kitchen gadget recipes. It started with air fryer recipes and has now expanded to instant pot, slow cooker, soup maker and so many more. Its amazing how it has now grown to over 1000 recipes and the more recipes I make the more that get added. We look forward to sharing with you more and more of them in the future.

Instant Pot Ebooks

Our quick start mini course is not our first instant pot ebook and I doubt it will be our last. Here are a few more from our ebook library that are worth checking out:

- [101 Instant Pot Recipes For Beginners](#)
- [Instant Pot Freezer Meals](#)
- [Instant Pot Recipe Archives \(all of our instant pot recipes\)](#)



The Instant Pot Quick Start Mini Course

Here is the transcript of the instant pot quick start mini email course:

Lesson #1 – Getting The Instant Pot Out Of The Box + More

As I write this, we have owned instant pots and other brands of electric pressure cookers for the last 3.5 years and I am sure we will use them for many, many, more years.

I was chatting to my husband Dominic and we said that we often blog about particular kitchen gadgets because of what our readers want and are not always our first choice.

If we didn't have RT we would still own instant pots, slow cookers and air fryers. They are our three favourite that never let us down. I doubt we would have soup makers, crisp lids and spiralizers otherwise.

But on that dark cloudy day back in the November of 2016, we sat there with a brand-new instant pot just like you.

- We had not got it out of the box
- We had not tried pressure cooking with it
- We were curious about why everyone thought it was the best thing ever

Dominic being an ex-chef just got on with it. He got it out of the box, he started off [by cooking broccoli](#) and then together we chose recipes and worked our way through a **LOT** of instant pot recipes.

By the end of 2017 (13 months later) we didn't give it much thought and felt like a model that had built up their portfolio.

It was great fun and reminded me of when your parents or other family members teach you how to cook. There is excitement but also fear that you are not going to be very good at it.

I see many, many people that are terrified of the instant pot and still have it sat in the box. I felt like that about the stovetop pressure cookers and would not even entertain them.

But the instant pot feels different.

It is like an all in one pot that reminds me of how you dump it all into the slow cooker.

I too did not want to touch the instant pot and was grateful that Dominic did it for me. I watched him and eventually I did it on my own. I touched the sealing and moved it to venting to remove pressure.

That felt like a great thing and OMG not scary at all.

I then used it a **LOT** and now Dominic hardly uses it and asks me for tips before cooking something that I regularly make.

I say to anyone that is just starting out with the instant pot to think of it like baking. Its often an act of science i.e. 1 cup of water to one trivet of fresh broccoli. Goes to pressure perfectly, you release the pressure and hey presto you have amazing broccoli.

But when you start baking as a kid you start with something easy like shortbread and then progress to cheesecakes. By taking baby steps you are not running before you can walk.

Of course, making cheesecake will always be a goal when you get an instant pot as that is all what people talk about.

What I wanted to talk to you about today is two things that will help you get started with the instant pot and introduce you to something truly **MAGICAL**.

#1 The Water Test

Newbies to the instant pot are like what is the water test and what on earth has it got to do with me?

Well the water test is your test to make sure your instant pot is working properly. It is testing to make sure your instant pot goes to pressure and is so **EASY**.

Think of it like boiling the kettle.

When you buy a kettle, you will load it with water and click it on ready for your first cup of tea with your new kettle.

Yet with the instant pot, you are loading it with water, switching it on and making sure it goes to pressure.

You release the pressure and have an instant pot loaded with warm water.

That is it!

Isn't that simple?

The no frills, simple talk for the instant pot water test goes like this:

- Plug in your instant pot
- Pour 3 cups of water into the inner pot of your instant pot
- Add the lid
- Set the valve to sealing
- Press the steam button
- Press the minus button down to 2 minutes
- When it beeps the cycle will start
- When the Instant Pot goes to pressure the countdown will begin
- When it is done it will beep and you move it to venting to release pressure
- Remove the lid and you are **DONE**

I do not think it helps with all the different jargon when you are just getting started. I would prefer it that instead of venting and sealing that we simply had on and off.

Though before we finish today's lesson, I wanted to share with you the next step up from the water test that is an actual recipe! A recipe that I wish everyone would do first with the instant pot.

#2 Instant Pot Caramel

You know those old school cans of sweet condensed milk you buy when grocery shopping. Well let us turn it into caramel.

I know you can buy it for more money as caramel, but it never tastes as good and making condensed milk into caramel is the best instant pot beginner recipe.

If you think when you cook condensed milk on the stove, you remove the packaging, load an unopened can into a pan of water until it submerged. It takes approximately 4 hours to turn it into caramel. You then wait until it is cool enough to touch and it can be used for desserts.

Also known as dulce de leche, it is most famous in Spanish cookery, as well as old school British and Italian. We use it to make [caramel popcorn](#) and dulce de leche ice cream.

Transfer the exact same stovetop recipe to the instant pot and you have reduced the cook time from 4 hours to 40 minutes. A key example of how recipes for the instant pot can be much quicker.

It's like doing your water test again (don't use the same hot water) but getting some yummy caramel at the end of it.

The no frills, simple talk for the instant pot caramel goes like this:

- Remove packaging from your condensed milk and place into the inner pot
- Cover with water until it is submerged (approx. 4 litres)
- Add the lid
- Set the valve to sealing
- Press the pressure cook button
- Set the time to 40 minutes
- When it beeps the cycle will start

- When the Instant Pot goes to pressure the countdown will begin
- When it is done it will beep and you move it to venting to release pressure
- Remove the lid and it is done

Then just wait for the can to be cool enough to touch. You can ice bath it if you want your caramel straight away.

Don't be worried the caramel will explode. Or that you need to remove the can lid. You really don't. It's about it being a quick entry to using the instant pot and just **HOW SIMPLE** the instant pot can be.

Lesson #2 – The Instant Pot Jargon

When you are a beginner to the instant pot, all the crazy jargon can feel like you are learning a new language for the first time.

I know that because that is how us Milner's often feel. We swapped England for Portugal back in 2008 and even now it never feels like I know enough Portuguese.

Kyle knows the lot and at 18 years old has gone through the Portuguese school system and has better English than Portuguese.

But for me as a working mum, I have spent all my time working with Americans and learnt a lot of American culinary jargon, but as I am not with Portuguese people on a daily basis, my Portuguese has not had the practice I would have liked.

Though I know enough to get around.

What I want to start with today, is enough instant pot jargon for you to get around. For you to feel confident using the instant pot and not feel like you are drowning in words and phrases.

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

Though the thing that is most confusing and I get asked about the most is manual button vs pressure cook button.

This is the button you press if you don't want to use a pre-set. I.e. if you just want to cook something for 10 minutes on high pressure you would press it. In the older instant pot models (the ones we have) call it manual. But the more modern or more expensive models call it pressure cook.

Next time you see a recipe for the instant pot, and it says 10 minutes on manual, you know exactly what it means and to use the pressure cook button on your instant pot model.

Many of these words are used in many instant pot recipes. It will stop you having to Google it each time you try a new recipe.

Lesson #3 – Let's Talk Instant Pot Vegetables

Most instant pot users will find that vegetables will become their go to food.

In fact, the first thing we ever cooked in our instant pot was instant pot broccoli. You can guarantee that unless we are making a one pot meal in the instant pot, that it will be loaded with vegetables.

Our favourite is to use the [instant pot to steam broccoli](#), then transfer it to the air fryer to make it crispy like roasted broccoli. We will then combine this with the instant pot to cook a whole chicken.

It gives us a quick healthy family lunch of chicken and broccoli.

Or we might be having honey glazed carrots. Or we might be pressure cooking a whole butternut squash to serve with Bolognese.

There are so many different vegetables that you can cook in the instant pot and learn one and you have mastered them **ALL**.

Then once you have mastered all the instant pot vegetables you have taken your instant pot knowledge to the next level.

Firstly, here is the baby steps to cooking vegetables in the instant pot:

- Place a cup of water into your instant pot inner pot.
- Add your steamer basket of choice
- Add vegetable(s)
- Season with salt and pepper
- Place the lid on the instant pot
- Set the valve to sealing
- Select your cooking time
- Pressure cook
- Serve

The time can vary from vegetable to vegetable. Root vegetables take longer, and soft vegetables are superfast. Whilst cooking a whole butternut squash will take the longest.

For example:

- 1) Broccoli takes 2 minutes
- 2) Cauliflower takes 2 minutes
- 3) Carrots takes 3 minutes
- 4) Sprouts take 3 minutes
- 5) Butternut squash takes 15 minutes

The best way to cook your instant pot vegetables is to start with your favourite vegetable and work your way through the rest. Select the correct cooking time and you are all good.

You can also follow the same system with frozen vegetables. We live in super-hot Portugal and buying fresh vegetables can be a balancing act. Instead we buy frozen vegetables, then they can cook from frozen without any food waste.

Most frozen vegetables will cook in the instant pot from frozen in **JUST** zero minutes. That means that as soon as the instant pot goes to pressure you click for quick pressure release and they are **DONE**.

Lesson #4 – Instant Pot Soups + Sauces

Writing this Instant Pot Mini Course was something I always wanted to do, but I felt like what was hardest was to choose 5 topics that I can share the basics on.

You see there are **LOTS** of different things that you can cook in the instant pot for beginners and many I know struggle where to start.

But rather than just 5 quick emails talking about 5 topics I have covered more than one thing in each lesson.

- I showed you the water test and making caramel
- I showed you lots of different instant pot jargon
- I showed you lots of instant pot vegetables
- Tomorrow I will be sharing with you frozen meat favourites

Today is another example of this and today is all about using the simple logistics of the way the instant pot cooks food to convert it to your favourite soups and sauces.

You can also use these methods to make a curry in the instant pot too.

Instant Pot Soup

Going back to the lesson about instant pot vegetables. Broccoli takes **JUST** 2 minutes to cook. However, cook instant pot broccoli for longer without the steamer basket and you have broccoli mush.

Add to that stock and seasoning and cheese after cooking and you have instant pot broccoli cheese soup.

Works with frozen vegetables or fresh and so easy.

Think of it like this:

- Load vegetables into your instant pot inner pot
- Add 4 cups/1l stock
- Add seasoning
- Pressure cook for 5 minutes
- Blend after releasing pressure

That is soup in the instant pot in simple terms. It takes just 5 minutes for veggie soup and so easy.

You can convert this for butternut squash soup, cauliflower soup, cabbage soup and the list goes on and on.

I even use this method for making [potato corn chowder and make it with frozen cauliflower and potatoes](#). After 5 minutes and after blending I will stir in frozen corn. Tastes delicious and our kids favourite instant pot soup.

You might have a favourite soup you want to convert to the instant pot, well this is how it is done.

Instant Pot Sauces

I love to make a [cauliflower-based cheese sauce](#). Instead of flour and butter I use frozen cauliflower. It is loaded with coconut milk, is low carb and so yummy. The same rule applies here as soup.

The vegetables cook until mushy, blend and add extras. Those extras might be cheese for a cheese sauce, or white wine for a French sauce.

Instant Pot Curry

You can also tweak the same soup idea to make a delicious homemade curry. Instead of adding stock, add coconut milk instead and your favourite curry seasonings.

Cook like you would with an instant pot soup and blend 1/5 of the curry once cooked. This partial blend will make the sauce creamier and give a look of a traditional curry.

The secret thing to note is that seasoning needs to be increased when pressure cooking. This is because the pressure reduces flavour. I will normally season many things after pressure cooking because of this. I would normally add 1tsp of Red Thai Curry Paste if making a curry in the wok. But in the instant pot for the same level of spice I add 1tbsp.

I hope you have enjoyed this lesson and that you are full of ideas of your favourite curries, soups, and sauces that you can now cook in the instant pot.

In my opinion, sauces, soups, and curries are three food types that are much quicker to prep and cook in the instant pot. You can also transfer your cool inner pot to the fridge afterwards with leftovers and reheat the leftovers the next day.

Lesson #5 – Cooking With Frozen Meat In The Instant Pot

Just like that lesson #5 is upon us.

In today's lesson I wanted to talk about cooking frozen meat in the instant pot. Its another easy part of the instant pot and one that is fantastic for experimenting with.

Even though I have had my first instant pot since the 25th of November 2016, it wasn't until 2019 that I became obsessed with frozen meat in the instant pot.

I had cooked frozen chicken breasts before and it was okay, but it never quite had the wow factor. Neither did frozen taco meat. In my opinion, they are in demand, so I have shared them on my blog, but I don't feel like they are **AMAZING**.

But what I do find **AMAZING** is the recent ways that I have taught myself to cook frozen meat in the instant pot.

#1 Instant Pot Frozen Hamburgers

Up there with the best hamburgers I have ever eaten, and I just don't want to stop at one. They are lifechanging, that is how good they are. The hamburger patty is tender, and it is perfectly cooked.

You can even teach a three year old to do it.

I got Jorge & Sofia (three and five) to make this recipe.

You load already made hamburgers into silver foil packets and season with salt, pepper, and oregano. Seal them up and load them onto your instant pot trivet.

Add the water to the bottom of the inner pot, seal and cook.

You now have yummy hamburgers.

You can also do the advanced version and sauté an onion in the inner pot first with olive oil, then add your water. You then have fried onions ready to go over your hamburger. Then use an air fryer crisp lid or your air fryer if you have one, to melt cheese on top of your hamburgers.

[Click here for the full recipe on the blog including photos](#)

#2 Instant Pot Frozen Steak

A close second to frozen hamburgers is frozen steak. It's a case of tucking in and asking yourself how can steak taste so good when it is cooked from frozen?

You fry an onion first on sauté and then load in frozen steak and some stock. Pressure cook and you have delicious steak. Even better use the liquid in the bottom to make a steak sauce.

Also perfect for you if you struggle to get your steak spot on. Or very good for pressure cooking cheap cuts of beef that is normally way too tough.

[Click here for the full recipe on the blog including photos](#)

When I am cooking meat in the instant pot its always about the perfect cook time. Too long and it is ruined, not long enough and you have unsafe meat.

What we have also included in the PDF is the ideal cook times for frozen meat. Then you have a quick list to work from.

Well there you have it. Our instant pot quick start mini course has come to an end. If you browse through the next few pages you will also see each of the recipes that we have mentioned. Then you can print them off and cook with them in your instant pot.

The Instant Pot Water Test

So, you have jumped in and taken the Instant Pot out of its box, read everything about it and finally have it plugged in.

After taking delivery of your Instant Pot you are reading that you must do a water test on your new Instant Pot and you're already feeling overwhelmed by this point.

But this water test is easier than you think. I watched Dominic unpack ours and set it up like a pro. He has always been good with electrics and if a chef can't set one up what is the hope for the rest of us?

Here are the step by step instructions for doing a water test on your new Instant Pot:

- Turn your Instant Pot on
- Make sure your seal is seated properly in the lid
- There is no obstruction of the valve going out of the Instant Pot
- Make sure your condensation connector is connected at the back
- Add water up to the 3 cup line
- Place your lid on so that the lid is successfully seated
- Make sure the valve at the top is pointing at the sealing
- Press the steam button
- Press the minus button down to 2 minutes
- When it beeps the cycle will start
- When the Instant Pot hits its temperature, the countdown will begin
- When it is done it will beep and enter keep warm mode

Here are some extra water test notes:

- The valve pointing at the sealing means that it is sealed and the pressure won't come out
- When the cycle starts it will heat the water up and then the pressure will build up to the correct cooking temperature. You will

know this because there will be a little valve that will push up next to the sealing valve.

- When it is finished and hits keep warm mode it will have another 10 minutes before you can release the lid (due to the pressure inside) or you can manually using the sealing valve, flick it over to release, but be warned it will be very hot steam and you need to move quickly to stop yourself having an accident.
- The instructions state to fill it up to 3, please note that this is cups not litres

Instant Pot Caramel

Prep Time

2 Mins

Cooking Time

40 Mins

Total Cook Time

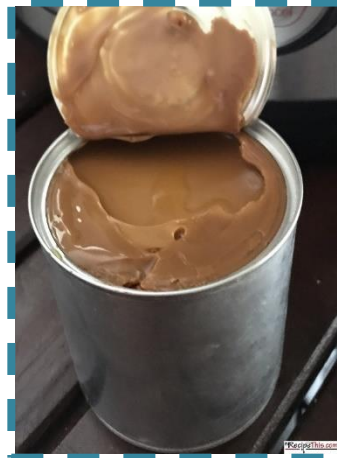
42 Mins

Servings

4

Ingredients:

397g Condensed Milk



Method:

1. Remove the packaging from a can of condensed milk and place into the instant pot inner pot.
2. Pour warm water over the can of caramel until it is submerged.
3. Place the lid on the instant pot, set the valve to sealing and cook for 40 minutes on manual pressure cook.
4. Use quick pressure release and pour cold water over the can to cool it down quicker.
5. Once the can of condensed milk is cool enough to handle remove the lid, stir and eat.

Notes:

Many of our readers have cooked several cans of condensed milk at the same time with great success. Just as long as they all fit and are all submerged you are good!

Instant Pot Caramel Popcorn

Prep Time

1 Mins

Cooking Time

5 Mins

Total Cook Time

6 Mins

Servings

1

Ingredients:

½ Cup Corn

2 Tsp Coconut Oil

60g/ Butter

50g/1.76 oz White Sugar

100ml/0.42 Cups Whole Milk

Method:



1. Place the coconut oil and half the butter into the bottom of the Instant Pot. Turn it onto the saute function and allow the oil and the butter to melt.
2. Once it has melted add the corn and stir well. Press the adjust on the saute and this will bring the temperature up to hot. Wait until it starts popping and then place the lid on top of your Instant Pot and wait until it has not popped for 2-3 minutes.
3. While the corn is popping make your caramel sauce.
4. Add your sugar into a saucepan along with 2 teaspoons of water.
5. Place it on a medium heat and leave it until it starts going light brown.
6. Though don't mix it as it will crystalise. Once it goes light brown add your butter (be cautious of the heat of the pan though) and when the butter has melted, mix it in and turn the heat down to low.
7. Then gradually add your milk until the sauce coats the back of your wooden spoon. Leave to one side to cool.
8. Take the Instant Pot out and discard of any hard bits of corn.
9. Place the corn in a mixing bowl and toss in the caramel sauce thoroughly so it is well coated. Place in the fridge for an hour and coat again so that all the popcorn is like amazing caramel popcorn.
10. Serve.

Instant Pot Broccoli

Prep Time

2 Mins

Cooking Time

2 Mins

Total Cook Time

4 Mins

Servings

2

Ingredients:

1 Medium Broccoli
Salt & Pepper



Method:

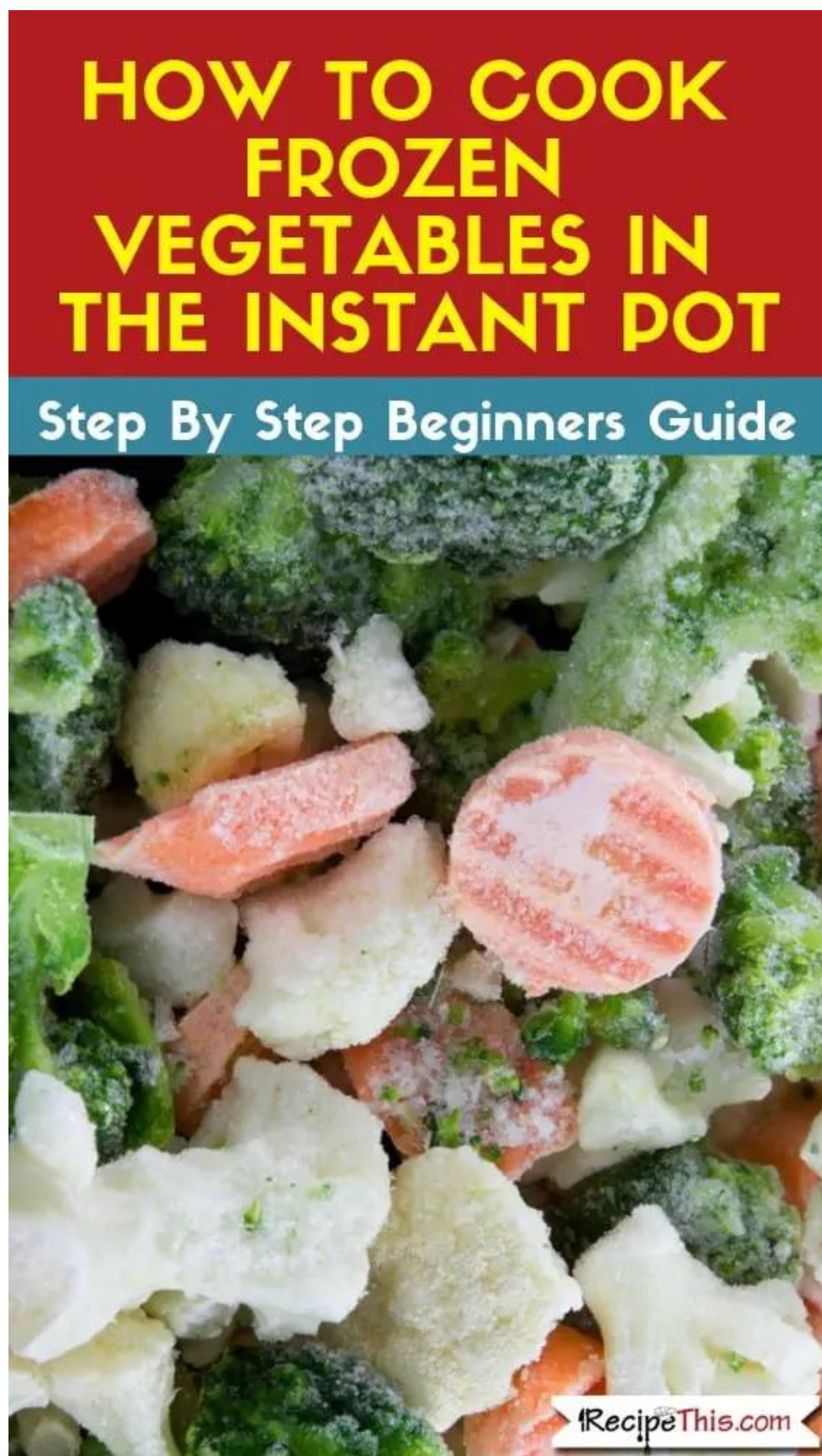
1. Chop your broccoli into florets and place it on the steamer basket on top of the steamer shelf (trivet).
2. Season with salt and pepper.
3. Pour $\frac{1}{2}$ a cup of water over the broccoli or use vegetable stock.
4. Place the lid on your Instant Pot and set the valve to sealing and press steam for 2 minutes
5. Use quick pressure release (QPR) to quickly release pressure.
6. Serve immediately before it has chance to get cold.

Notes:

See my guide above for cooking times based on individual taste. Though 2 minutes in my opinion is perfect for steamed broccoli in the Instant Pot. A good tip is to add an extra minute and do 3 minutes for a broccoli soup.

I use $\frac{1}{2}$ a cup of liquid in this Instant Pot broccoli recipe as it then takes less time to go to pressure and means that your broccoli will not come out like mush, which can happen if it takes too long to go to pressure.

How To Cook Frozen Vegetables



How To Cook Frozen Vegetables In The Instant Pot

Instant Pot Frozen Vegetables is a fantastic idea when it comes to cooking in your Instant Pot Pressure Cooker. You can grab frozen vegetables from the freezer, steam them in the Instant Pot and like MAGIC you have delicious Instant Pot steamed vegetables.

Depending on the vegetable that you're cooking from frozen in the Instant Pot, the time can differ between 0 minutes at pressure and 1 minute. It is so much quicker than cooking with fresh vegetables and so convenient too.

Testing Instant Pot Frozen Vegetables

Can I confess until now that every vegetable I have ever cooked in the Instant Pot Pressure Cooker has been fresh vegetables. It's not that I HATE frozen vegetables, it is just that fresh has always been there for me.

My grandad (and my aunt), had their own allotment so fresh vegetables was everywhere and why pay for frozen vegetables when you can get fresh for free?

Over the years the only frozen vegetables that I would buy, would be frozen peas and frozen spinach. Just for the convenience. There is no messing around with pea pods and I hate how little spinach you get from a fresh bag.

But I decided to see what it was like to cook frozen vegetables in the Instant Pot and to see what the quality was like.

We tested out:

- Frozen Brussel Sprouts

- Frozen Broccoli
- Frozen Cauliflower
- Frozen Carrots
- Frozen Leeks

Instant Pot Frozen Brussel Sprouts



**INSTANT POT
FROZEN BRUSSEL
SPROUTS**



Instant Pot Frozen Brussel Sprouts is my all time favourite. That is because for US it is a very seasonal and often expensive vegetable to source. Growing up in England they were always cheap and readily available but here in Portugal it is a different story.

Normally, we buy them just for Christmas, but now looking at the price frozen it is worth thinking about for the rest of the year.

How To Cook Frozen Brussel Sprouts In The Instant Pot? We cooked half a bag of frozen Brussel Sprouts in the Instant Pot.

It took **just 1 minute**, and we cooked them inside of our steamer basket. We also included a cup of water into the bottom of the inner pot.

RecipeThis.com Opinion: They were perfect, and the taste was



**INSTANT POT
FROZEN
LEEKES**



just as good as fresh Brussel Sprouts. We will be buying them every week now and it is nice to have an all year-round supply.

Instant Pot Frozen Leeks

Instant Pot Frozen Leeks is one of those vegetables in my opinion that gets forgotten about. It just isn't as popular as the likes of carrots, broccoli or cauliflower. BUT it is an amazing vegetable and cheap for grabbing a freezer bag of them for cooking with later.

We go through phases when it comes to buying leeks and tend to buy them more when we have plans for a stew or a veggie bake, but they are fantastic for day to day cooking.

How To Cook Frozen Leeks In The Instant Pot? We cooked half a bag of frozen leeks in the Instant Pot. We placed a cup of water into the bottom of the Instant Pot inner pot and placed the leeks in a steamer basket on top of the trivet. We then cooked the leeks on the steam setting for 0 minutes.

RecipeThis.com Opinion: They were delicious and shout out QUICK. You could load up some leeks into your Instant Pot and then when done, smother them with Philadelphia soft cheese and then lightly season with salt and pepper.

You then have an addictive cheesy side dish for dinner to serve with your favourite meat or fish.

Instant Pot Frozen Broccoli



Instant Pot Frozen Broccoli is my most eaten vegetable. It is just always there and so easy to cook with in a range of dishes. I always worried about buying broccoli frozen that it would lose its flavour or come out like mush once cooked.

Broccoli is not always in season, making it a good plan B for having in your freezer when you have a craving for it.

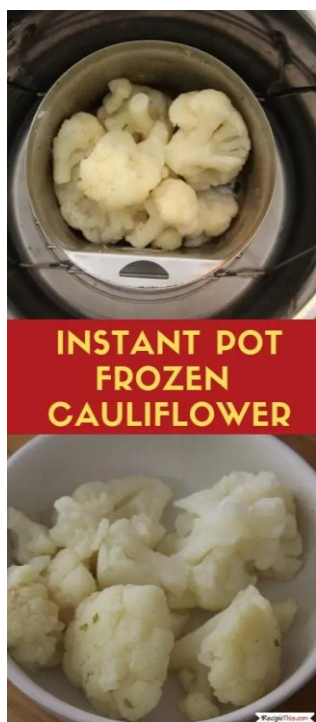
How To Cook Frozen Broccoli In The Instant Pot?

We cooked half a bag of frozen broccoli in the Instant Pot. We placed a cup of water into the bottom of the Instant Pot inner pot and placed the broccoli in a steamer basket on top of the trivet. We then cooked the broccoli on the steam setting for 0 minutes.

RecipeThis.com Opinion: They were NOT mushy, as that was my biggest worry. 0 Minutes was the perfect setting and they had a delicious flavour to them. A little salt and they are perfect for the dinner table.

My only complaint is that from brand to brand the shape of broccoli can alter and when steaming there is a worry that some pieces will be overcooked and some undercooked.

Instant Pot Frozen Cauliflower



Instant Pot Frozen Cauliflower is fantastic for cooking from frozen under pressure. It saves looking for fresh cauliflower and chopping it up and is perfect for using in a lot of different dishes.

If you follow Paleo, or similar diets then it is perfect for you, as how often do you see a recipe that uses cauliflower to make something unusual.

One evening I was making **Pressure Cooker Corn Chowder**, was out of potatoes and subbed the potatoes for frozen cauliflower. It was delicious and made me realise what a good backup frozen cauliflower is.

How To Cook Frozen Cauliflower In The Instant Pot? We cooked half a bag of frozen cauliflower in the Instant Pot. The cooking time and method is the same for doing frozen cauliflower as it is frozen broccoli.

You simply, place a cup of water into the bottom of the Instant Pot, add your trivet and add your steamer basket that is loaded up with frozen cauliflower.

Set the Instant Pot to 0 minutes on the steam setting and let the Instant Pot do its magic.

RecipeThis.com Opinion: Cauliflower is the BEST for last minute cooking plans. It can be used in so many dishes and it allows you to be a lazy cook. I love how flavoursome it is for a frozen vegetable.

Instant Pot Frozen Vegetables Medley



**INSTANT POT
FROZEN
VEGETABLES**



Instant Pot Frozen Carrots is something I really don't see the need in buying. After all, I pay such a small amount for fresh carrots, to buy them frozen seems like a waste of money. In fact, I noticed that frozen carrots are 3 times the price of fresh carrots.

But you can also consider how much time is spent on peeling and slicing carrots.

Instead you can just throw them into the Instant Pot and job DONE.

Though I should mention instead of just pressure cooking frozen carrots, we went with a medley of cauliflower, carrots and

broccoli. A great idea too as most people have a mixture of these vegetables on the dinner plate at some point during the week.

How To Cook Frozen Carrots In The Instant Pot? We cooked $\frac{3}{4}$ of a bag of frozen cauliflower, carrots and broccoli. We we're concerned that cooking carrots which is a hard root vegetable with soft vegetables like broccoli and cauliflower would be a problem.

We adjusted it by overloading the basket so that there was less breathing space for the broccoli and also put it on for just 1 minute.

This means that after placing the mixed carrot, broccoli and cauliflower into the steamer basket and cooking them on steam, that we cooked them for 1 minute.

RecipeThis.com Opinion: When I tried them, the broccoli was not mush and the carrots were soft. That's an achievement! All three of the vegetables were delicious and with a little salt and pepper were perfect. It also makes a fantastic side for some frozen fish that you're eating.

What Instant Pot Frozen Vegetables Would I Buy?

After my experiment with frozen vegetables in the Instant Pot, I am sure you want to know which ones I would buy and recommend to you for cooking in the Instant Pot?

- Frozen Brussel Sprouts
- Frozen Cauliflower
- Frozen Leeks
- Frozen Peas
- Frozen Corn

This is because for price, taste and ease of use, these are the nicest in the Instant Pot. They only require a little bit of salt and you can use them in a lot of Instant Pot recipes.

Apart from Brussel Sprouts that require a minute to cook, the rest of them require 0 minutes and are perfect for bulking up a dish.

The above I wrote after first trying frozen vegetables in the instant pot. A few years on, I have to say that frozen vegetables is still my thing and not just something I wrote to encourage other people.

Our outside freezer is full of frozen vegetables and have found that my veggie food waste has dropped to zero.

Instant Pot Frozen Vegetable Tips



#1 The Overloading Method

If you want to cook vegetables that require different cooking times, then place the longest at the bottom and the shortest at the top and overload it.

This slows down the cooking time of the top vegetable and the long vegetable is in the lowest part and getting more exposure to the pressure.

Also, because it is overloaded it makes it harder for the top vegetable to cook.

#2 Change The Water

Often with the Instant Pot you will cook one meal and then another. You might be cooking [Instant Pot Rotisserie Chicken](#) and then planning to cook broccoli straight after.

By replacing the water at the bottom of the Instant Pot and adding a cool 1 cup of water, it slows down the process. Otherwise your broccoli will go to pressure too fast and be done too soon.

#3 Easy Recipe Adjustment

Do you have Instant Pot Recipes that you want to try that call for fresh vegetables and you want to use your frozen? Then just adjust the time they call for with the vegetable to these new frozen times.

For example:

If you have a recipe for [Instant Pot Broccoli](#) that uses fresh broccoli and takes 2 minutes, then swap it for frozen broccoli and cook for 0 minutes instead.

#4 Run A Price Comparison

Before deciding what you will be/won't be cooking from frozen in the Instant Pot, then think about how much they will cost you and how much your family likes them.

That is how we decided what to cook in the Instant Pot from frozen.

- Frozen Brussel Sprouts – 80% cheaper buying frozen
- Frozen Cauliflower – Same price when its in season, but rest of the time much cheaper.

- Frozen Leeks – Slightly cheaper but suits us. When you want a small amount of leek in a dish you can just grab a handful.
- Frozen Corn – 20% cheaper than canned corn and just grab as much as you need.

Final Thoughts!

I feel like I have completely educated myself in frozen vegetables. I have always stayed away from the freezer section of the supermarket and never realized what an amazing range of frozen vegetables are available to us.

Or the health benefits associated with frozen vegetables. This is because like canned food, the food is time locked at that moment when it is at its best nutritionally. Making it often healthier to opt for frozen carrots over buying carrots from the supermarket.

Plus, as we all know, when we buy vegetables from the supermarket, they are often loaded with chemicals to make them last longer.

From this point forward, I am sure our freezer will be loaded with our favourite frozen vegetables ready to be cooked in the Instant Pot Pressure Cooker.

Pressure Cooker Cauliflower Corn Chowder

Prep Time

5 Mins

Cooking Time

8 Mins

Total Cook Time

13 Mins

Servings

12

Ingredients:

1 Kg/35.27 oz White Potatoes
3 Back Bacon Rashers
3 Cups/710ml Shredded Chicken **optional**
2 Small Cans Sweetcorn
Leftover Vegetable Scraps **see notes**
1 Tbsp Olive Oil
2 Tbsp Mixed Herbs
Salt & Pepper



Method:

1. Dice the bacon and cook on the sauté setting in the Instant Pot inner pot with the olive oil. When the bacon is cooked cancel the sauté setting. As the Instant Pot takes a while to get hot you can start doing your prep while you wait for the bacon to cook.
2. Peel and dice the carrots and potatoes and add them to the bacon, clean and slice the celery and add this too.
3. Add the seasoning, the sweetcorn (including the water from the cans) and 250ml/1.06 Cups of water.
4. Place the lid on the Instant Pot, set the valve to sealing and cook for 8 minutes on manual.
5. When it beeps manually release pressure. If you have any cooked food, you want to add i.e. cooked vegetables or cooked shredded chicken then add it now.
6. Give it a stir and using a hand blender, blend half the Instant Pot contents and stir in between until you have a creamy cauliflower corn chowder.

Notes:

I have listed leftover vegetable scraps because that's what this cauliflower corn chowder recipe is all about. Raiding the bottom of your fridge for vegetables that need using up FAST. In my cauliflower corn chowder, I used ½ medium cauliflower, 7 medium carrots and 4 sticks of celery. You can SWAP this for whatever you have in that needs using up.

If your potato skins are good, then just quarter them without peeling as it's a waste of good potato skin otherwise. [We love Butcher Box](#) and when you sign up, they give you [FREE BACON](#) that you can use in this cauliflower corn chowder. We also added leftover shredded chicken to this recipe. If you have spare chicken, turkey or pork that needs using up, then throw it in before blending. The Pressure Cooker can strip flavour from your dish. If this is the case, taste it and then add more seasoning if needed at the end.

Instant Pot Flourless Cheese Sauce

Prep Time

3 Mins

Cooking Time

4 Mins

Total Cook Time

7 Mins

Servings

4

Ingredients:

1 Kg Frozen Cauliflower Florets
1 Red Onion
3 Garlic Cloves
4 Tbsp Coconut Milk
1 Tbsp Extra Virgin Olive Oil
200g/7.05 oz Soft Cheese
200g/7.05 oz Cheddar Cheese
1 Tbsp Oregano
Salt & Pepper



Method:

1. Place a cup of cold water into your instant pot inner pot. Lower your steamer basket and load it up with your frozen cauliflower. Place the lid on the instant pot, set the valve to sealing and cook for 2 minutes on manual pressure.
2. Once it is done and beeps, drain it in the sink in a sieve. Also remove the excess liquid from the bottom of the instant pot.
3. Put the instant pot on sauté and while it warms up peel and thinly slice fresh garlic and a red onion. Sauté for about 2 minutes or until the onion and garlic have softened.
4. Turn off the sauté and add back in the drained cauliflower.
5. Add in seasonings, coconut milk and keep stirring until the cauliflower is nice and mushy.
6. Using a hand blender, blend until smooth.
7. Add in cheese and stir until the cheese is mixed in and the cheddar has melted.

Notes:

We used frozen cauliflower florets in this recipe. You can use fresh or frozen but note to add in 2 more extra minutes of pressure cook time if using fresh cauliflower.

When the cheese sauce is done and if it is too thick add in a little skimmed milk. Or if it is not thick enough add in a little more coconut milk. I also like to add in a little white wine as it gives it a much better flavour.

Instant Pot Vegetable Curry

Prep Time

10 Mins

Cooking Time

6 Mins

Total Cook Time

16 Mins

Servings

10

Ingredients:

6 Garlic Cloves
2 cm Fresh Ginger
1 Large White Onion
600g Butternut Squash
300g/10.58 oz Courgette
200g/7.05 oz Red Pepper
250g/8.83 oz Leeks
100g/3.53 oz Celery
100g/3.53 oz Carrots
2 Small Cans Tinned Tomatoes
2 Tbsp Turmeric
2 Tbsp Cumin
1 Tbsp Garam Masala
1 Tsp Coriander
Pinch Chilli Powder
Salt & Pepper



Method:

1. Peel everything that needs peeling. Remove the seeds from the butternut squash. Thinly dice the onion, ginger and garlic. Chop everything else into medium bite sized pieces.
2. Place everything into the Instant Pot Pressure Cooker, including the seasoning and the tinned tomatoes.
3. Refill one of the cans of tinned tomatoes with cold water and add this in too.
4. Place the lid on your Instant Pot Pressure Cooker, set the valve to sealing and cook for 6 minutes on manual.
5. Use quick pressure release after the 6 minutes are complete.
6. Using a hand blender, blend a quarter of the vegetables. This will make the vegetable curry a lot creamier and thicker.

7. Using a ladle transfer the curry into freezer containers, wait until the vegetable curry is cold and then freeze for another day.
8. To reheat, thaw out and cook on 180c/360f for 45 minutes in a preheated oven.

Notes:

If you want to reheat from frozen, then remove the plastic lid of your freezer container and cook on 180c/360f for 1 hour and 15 minutes or until piping hot in the centre. If you feel like your Instant Pot Vegetable Curry needs bulking up a bit, then add a can of chickpeas to it.

Or you can also use it as a base for your curries and add chicken, beef or prawns to it. You can bag the Instant Pot Vegetable Curry for later. Simply place all the ingredients into a freezer bag instead of into the Instant Pot. Then freeze it and cook it later. Just make sure you thaw it out enough for it to come out of its bag.

Instant Pot Frozen Hamburgers

Prep Time

5 Mins

Cooking Time

25 Mins

Total Cook Time

30 Mins

Servings

8

Ingredients:

8 Frozen Hamburger Patties
8 Hamburger Buns
½ White Onion
1 Tbsp Extra Virgin Olive Oil
8 Slices Cheddar Cheese
2 Tsp Oregano
Salt & Pepper



Method:

1. Peel and slice your onion and load into the instant pot. Add extra virgin olive oil and sauté for about 3 minutes or until your onion has softened.
2. Cancel the sauté. Add a cup of water into the instant pot and stir the water with the onions.
3. Add the trivet over the onions.
4. Using silver foil add to each piece of silver foil a frozen hamburger, and a sprinkle of oregano, salt and pepper.
5. Seal each silver foil packet and load the silver foil burger packets on top of the trivet.
6. Place the lid on the instant pot, set the valve to sealing and cook for 20 minutes on manual pressure cook.
7. Manually release pressure and remove the trivet and the silver foil hamburgers.
8. Add the tall trivet and the air fryer crisp lid basket.
9. Load the burgers onto the trivet, add a slice of cheese and some onions and cook for 2 minutes at 240c/460f.
10. Serve with salad garnish.

Notes:

If you don't have an air fryer crisplid, this is the one we recommend. You can also add the hamburger buns and let the air fryer crisplid cook these too.

They come out wonderfully crispy and it saves waiting for them to defrost.

For silver foil I recommend it to be triple the size of your frozen hamburger. As you want to be able to have some padding on it and for it to tightly wrap.

This frozen hamburger instant pot recipe is for 8 burgers. You can adjust it down to 4 or increase it to 10, while keeping the same cooking time.

Instant Pot Frozen Steak

Prep Time

0 Mins

Cooking Time

25 Mins

Total Cook Time

25 Mins

Servings

4

Ingredients:

Instant Pot Frozen Sirloin Steak Ingredients:

4 Medium Frozen Sirloin Steaks

1 Medium Onion

1Tbsp Extra Virgin Olive Oil

50ml/0.42 Cups White Wine

1Tbsp Mustard

[200ml/1.64 Cups Beef Stock](#)

Salt & Pepper

Air Fryer Fries (**optional**)

Instant Pot Onion Gravy:

3 Tbsp Soft Cheese

2 Tbsp White Wine

1 Tbsp Mustard

1 Tsp Parsley

Salt & Pepper



Method:

1. Load your peeled and diced onion into the instant pot and sauté with the extra virgin olive oil and the mustard.
2. When the onion has softened add in the white wine to deglaze the instant pot and press cancel.
3. Add beef stock, mix and load the frozen steak on top. Season the steak with salt and pepper.
4. Place the lid on the instant pot, set the valve to sealing and cook for 20 minutes on manual/pressure cook.
5. When it beeps manually release pressure and do a quick pressure release.
6. Remove the steak and put to one side along with $\frac{3}{4}$ of the stock from the instant pot.

7. Put the instant pot back on sauté. Load in the soft cheese and the other gravy ingredients, stirring until it makes a creamy mustard sauce.

Notes:

We recommend Butcher Box for the best frozen sirloin steak to cook in the instant pot. They also sell other frozen steak too.

For the best beef stock, we recommend Kettle & Fire. Though you can use your own leftover beef broth or beef stock.

If the frozen steak is submerged in the liquid it will come out more like braising steak. But if you don't submerge the steak it will be like a classic steak cooked in the frying pan and have a more crispy texture.

You can see the image below and how one to the left was not submerged and is crispy, compared to the one on the right that was submerged.

Instant Pot Jargon

Well I promised you something that you can print off that is loaded with instant pot jargon explanations and here it is:

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



[RecipeThis.com](https://www.RecipeThis.com)

Instant Pot Water Test Printable

THE INSTANT POT WATER TEST



Here are the step by step instructions for doing a water test on your new Instant Pot:

- ✓ Turn your Instant Pot on.
- ✓ Make sure your seal is seated properly in the lid.
- ✓ There is no obstruction of the valve going out of the Instant Pot.
- ✓ Make sure your condensation connector is connected at the back.
- ✓ Add water up to the 3 cup line.
- ✓ Place your lid on so that the lid is successfully seated.
- ✓ Make sure the valve at the top is pointing at the sealing.

[Click here to read more](#)



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PS: We look forward to getting to know you and hope to see you around our site! If you ever have any questions or comments, feel free to email us at support@recipethis.com.

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