Instant Pot® Recipe Booklet

FILIPINO RECIPES

1ST EDITION

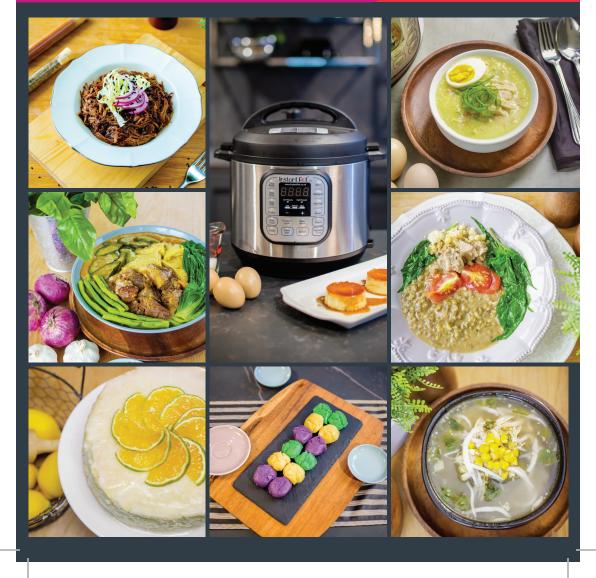




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Cooking with Pressure

FAST

The contents of the pressure cooker cooks at a higher temperature than what can be achieved by a conventional boil — more heat means more speed. Pressure cooking is about twice as fast as conventional cooking (sometimes, faster!)

HEALTHY

Pressure cooking is one of the healthiest cooking methods. According to a study published in the Journal of Food Science, pressure cooking preserves 90-95% of vitamins. The extra speed and heat of pressure cooking practically flash-cooks vegetables, allowing them to retain more vitamins than boiling, (which only retains 40-75%), or even conventional steaming (75-90%!)

GREEN

Pressure cookers require less energy/ electricity to operate during the cooking process. Less heat and time translates to up to 70% energy savings in comparison to conventional cooking.

EASY

Pressure cooking isn't complicated at all. Simply push a button to reach pressure and then easily release it. It's really as easy as 1, 2, 3, and 4!

CLEAN

No more spill-overs in the oven or splatters on your stove-top. Pressure cooking contains all of the splatters that you would ordinarily experience when conventionally boiling food.

SAFE

Modern pressure cookers have additional safety systems to ensure that if one should fail, another will kick-in.



Add ingredients & liquid to Instant Pot®



Select a cooking program



Continue your daily life until it beeps



Release pressure & serve!

Have a question about Instant Pot®? Visit us at: www.InstantPot.com.ph

Instant Pot Duo Functions Cooking Time

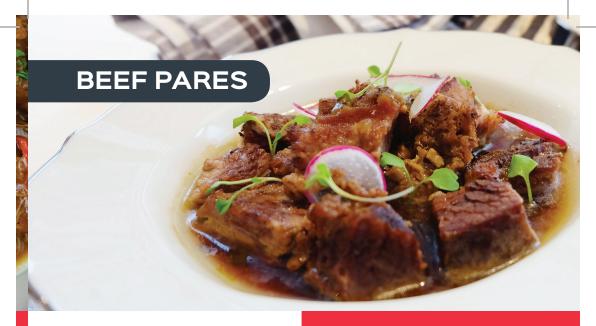
	Functions	Cooking Time	Functions	Cooking Time	
	SOUP/BROTH Less (meatless soup) Normal (soup with meat) More (bone broth) Time Range	ess soup) 00:20 Less (firmer texture) p with meat) 00:30 Normal (normal texture	Less (firmer texture) Normal (normal texture)	00:20 00:40 01:00 (plus 45- minute warm water pre-soak)	
	MEAT/STEW Less (soft texture) Normal (tender texture) More (fall off the bone) Time Range	00:20 00:35 00:45 00:00-04:00	PORRIDGE Less (oatmeal) Normal (congee)	00:00-04:00 00:05 00:20	•••
	BEAN/CHILLI Less (firmer texture) Normal (softer texture) More (very soft texture) Time Range	00:25 00:30 00:40 00:00-04:00	More (oatmeal or congee mix with beans) Time Range STEAM Less (vegetables)	00:30 00:00-04:00 00:03	
	POULTRY Less (firmer texture) Normal (softer texture) More (very soft texture) Time Range	00:05 00:15 00:30 00:00-04:00	Normal (seafood & fish) More (meat) Time Range YOGURT Less (jiu niang)	00:10 00:15 00:00-04:00	
	SLOW COOK Default time 04:00		Normal (ferment yogurt) More (pasteurize milk) Time Range (less & normal)	08:00 N/A	
	Time Range Less (8 hour cook) Normal (6 hour cook) More (4 hour cook) SAUTÉ	00:30-20:00 82°C—88.7°C 87.8°C—93°C 93°C—99°C	PRESSURE COOK Less Normal More Time Range (less & norma	00:20 00:35 00:45	
	Default time Time Range Less (simmer) Normal (searing) More (browning/stir fry)	00:30 00:00-00:30 135°C-150°C 16°0C-176°C 175°C-210°C	PRESSURE LEVEL Low Pressure High pressure	5.8 psi–7.2 psi 10.2 psi-11.6 psi	
	RICE Time Default Auto Time Range Auto		DELAY START Time Default Time Range	06:00 00:10-24:00	····
	-		KEEP WARM Time Default Time Range	10:00 00:10-99:50	5



1 kg 3 cups 1 pc	bottom round roast, cut into 2-inch cubes chicken broth red onion, sliced into	PREP TIME: 15 MINUTES PRESSURE COOK: 30 MINUTE	
1 head 1 pc	quarters garlic, roughly minced green bell pepper, sliced into quarters	3 pcs 2 pcs	potatoes, peeled cut into 2-inch cubes carrots, cut into 2-inch cubes
1 cup	tomato sauce	4 pcs	bird's eye chilli, sliced thinly
1 cup	tomato paste	½ tsp	salt
1 cup	unsweetened pineapple juice	½ tsp	ground black pepper
1½ cup	liver spread	1 tbsp	cooking oil
4 pcs	bay leaves	1 cup	green peas, canned or frozen

SERVES: 4 - 6

- 1. Select [Saute] to preheat the Instant Pot®. When the word "Hot" appears on the display, add half of the oil and saute the beef until slightly brown.
- Remove the beef from the Instant Pot®. Add and heat the rest of the oil
 then saute the garlic and onion until slightly soft. Add the cubed carrots and
 potatoes, toasting them a little. Add the tomato paste and stir until vegetables
 are well-coated.
- 3. Next, add the tomato sauce, chicken broth, and browned beef. Scrape the bottom of the pan with a wooden spoon until no food bits are stuck.
- 4. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 30 mins.
- 5. When time is up, do not open the lid and let the pressure come down on its own through Natural Release.
- 6. Once pressure is released, carefully open the lid and stir in the peas in the Instant Pot®. Let the residual heat cook it.
- 7. Serve.



SERVES: 4 - 6

PREP TIME: 15 MINUTES

PRESSURE COOK: 20 MINUTES

Ingredients:

2 tbsp cooking Oil
2 tbsp ginger, grated
4 cloves garlic, minced
1 bulb white onion, sliced

1 kg beef brisket, cut into 2-in cubes

% cup soy sauce % cup brown sugar

1 tsp. ground black pepper 6 tbsp chives, chopped

4 cup beef Broth 2 tsp salt

4 pcs star anise 2 tsp ground black pepper

- Select [Sauté] to preheat the Instant Pot®. When the word "Hot" appears on the display, add cooking oil and heat until shiny. Saute the garlic and onion until soft and translucent.
- 2. Add the cubed beef and cook until slightly brown on all sides.
- 3. Add the beef broth, soy sauce, sugar, and star anise. Scrape the bottom of the pan with a wooden spoon until no food bits are stuck.
- 4. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 25 mins.
- 5. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 6. Serve the Pares in a bowl and garnish with green onions.



SERVES: 4 - 6

PREP TIME: 10 MINUTES

PRESSURE COOK: 35 MINUTES

Ingredients:

1 kg beef shank, cut into 2-in

thick pieces

1 head garlic, minced1 bulb white onion, sliced1 tbsp black peppercorns

1/8 cup fish sauce

2 pcs yellow corn, chopped into thirds

100 g pechay, roots removed

1 pc small cabbage head, quartered

2 tsp salt

5 cups beef broth

- Select [Sauté] to preheat the Instant Pot®. When the word "Hot" appears on the display, add cooking oil to heat until shiny. Saute the garlic and onion until soft.
- 2. Add the beef shanks, whole black peppers, fish sauce, broth, and yellow corn. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 35 mins.
- Once done, turn the pressure release valve for Quick Release of pressure. Either
 use mittens or a wooden spoon to do this. Open the lid and keep the contents to
 a boil by selecting [Cancel] then [Sauté]. Add the pechay and cabbage, cooking
 until tender.
- 4. Serve.



3 tbsp cooking oil ⅓ cup garlic, chopped

1head onion, sliced

½ tbsp ginger, sliced into slivers chicken thighs, bone-in 1ka

3 cups coconut cream 2 cups coconut juice

3 stalks lemongrass, pounded

¼ cup chili leaves

1tbsp black peppercorns

4 tbsp fish sauce 2 cups sayote, sliced into 2-in chunks

PREP TIME: 15 MINS **COOK TIME: 25 MINS**

1 cup coconut meat 2 tsp salt

- 1. Select [Sauté] to preheat the pressure cooker on saute mode. When the word "Hot" appears on the display, add cooking oil and heat until shiny. Saute the garlic, onion and ginger until a little brown.
- 2. Put the chicken, coconut cream, coconut juice, sayote, lemongrass, peppercorns, and fish sauce in the pot.
- 3. Close the lid and set the steam release handle to the Sealing Position. Select [Poultry] setting of the Instant Pot® and let it cook.
- 4. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 5. Stir in the chili leaves and coconut meat. Serve.



SERVES: 4 - 5

PREP TIME: 15 MINS COOK TIME: 20 MINS

Ingredients:

2 tbsp cooking oil

1 pc red onion, chopped small

500 g ground pork

200 g pickled relish, chopped small

1tbsp worcestershire sauce

¼ cup raisins3 tbsp cornstarch250 g soft cheese3 pcs whole eggs

1 pc chorizo bilbao, chopped small 2 tsp salt

1 pc carrot, finely chopped 2 tsp ground black pepper

- 1. In a large bowl, mix all the ingredients together until well-combined.
- 2. Spread a sheet of cling wrap on a surface and spoon the embutido mixture on it. Fold the cling wrap over the meat and form into a log. Remove from the cling wrap and roll and wrap into a sheet of aluminum foil.
- 3. Pour in a cup of water in the Instant Pot® and place the steam rack inside. Put the covered embutido on the rack.
- 4. Set the Instant Pot® into [Steam] mode then use the [+] or [-] buttons to set the time to 20 mins.
- 5. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 6. Transfer the embutido on a cooling tray and let rest for 10 minutes before uncovering and slicing to serve.



500 g chicken thighs, bone-in

5 g ginger, minced 5 cloves garlic, minced 1 tbsp onion powder 7 cups chicken broth 1 tbsp fish sauce 1 cup glutinous rice

1tsp salt

3 tsp ground black pepper1 tbsp green onions, chopped

2 tbsp fried garlic bits

calamansi

SERVES: 4 - 6 PREP TIME: 5 MINS COOK TIME: 15 MIN

- Select [Sauté] and when the word "Hot" appears on the display, add cooking oil and heat until shiny. Saute the garlic and ginger until soft and translucent.
- 2. Add the chicken and onion powder. Saute the chicken until slightly brown.
- 3. Pour in the chicken broth, fish sauce, and rice. Using a wooden spoon, scrape the bottom of the pot to make sure nothing sticks.
- 4. Close the lid and set the steam release handle to the Sealing Position. Select [Porridge] then use the [+] or [-] buttons to set the time to 15 mins.
- 5. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 6. Serve with salt and pepper. Garnish with green onions, fried garlic bits and calamansi.



500 grams oxtail, cut into 2-in

thick pieces

500 grams ox tripe

1 head garlic, minced1 bulb red onion, sliced

3 pcs eggplant, sliced thinly,

lengthwise

2 pcs pechay, root removed

150 grams green beans

4 cups beef stock

SERVES: 4 - 6

PREP TIME: 20 MINUTES

PRESSURE COOK: 45 MINUTES

2 cups ground peanut butter

3 tbsp fish sauce 3 tbsp annatto oil

½ tsp salt

1 tsp fermented shrimp paste

3 tbsp cooking oil

- Select [Sauté] to preheat the pressure cooker on saute mode. When the word "Hot" appears on the display, add cooking oil to heat until shiny and smoking. Sear the oxtail on the hot oil, turning every 1-2 mins to brown all sides.
- 2. Remove the oxtail and set aside. Saute the onions and garlic in the Instant Pot®.
- 3. Deglaze the pot by pouring 1 cup of beef broth and scraping the bottom of the pan with a wooden spoon until no food bits are stuck.
- 4. Return the oxtail and tripe and pour the remaining 3 cups of beef stock. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 45 mins.
- Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this. Open the lid and transfer oxtail and tripe into a container.
- 6. Stir in the fish sauce, peanut butter, and annatto oil. Let it thicken then add the vegetables. Press [Cancel] and then [Sauté]. With the lid off, continue cooking the vegetables until all are soft and tender.
- 7. Serve.



8 cups chicken stock
1 tbsp soy sauce
6 cloves garlic, chopped
1 head onion, sliced
1 tbsp brown sugar
3 tbsp hibe (dried shrimp)

200 g pork kasim, cut into 1-in cubes

200 g chicken thigh fillets, cut into

1-in cubes

150 g pork liver, cut into 1-in cubes

500 g miki noodles

2 tsp ground black pepper

SERVES: 3 - 4 PREP TIME: 15 MINS COOK TIME: 35 MINS

Garnish:

1 tbsp chicharron, crushed1 tsp garlic, minced then fried1 tsp spring onions, chopped1 pc egg, boiled and sliced

- 1. Place all ingredients in the Instant Pot® except for the miki noodles.
- 2. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 10 mins.
- 3. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 4. Set all the proteins aside leaving the stock in the pot.
- 5. Add the noodles in with the broth. Select [Sauté] and let the soup simmer for 5-8 mins or until tender.
- 6. Transfer the noodles and broth in a bowl, top with liver, pork, and chicken slices and top with garnish.



1 kg 1 tbsp 1 tbsp 1 stalk	ox tongue rock salt whole peppercorns leeks, sliced	COOK TIME: 15 MINS COOK TIME: 1 HOUR & 20 I	
1 pc	white onion, sliced	¼ cup	whole pitted green olives
3 tbsp	olive oil	1 cup	beef broth
2 tbsp	garlic, chopped	½ cup	green bell pepper, sliced
2 pcs	bay leaves		into quarters
½ cup	carrots, sliced into large cubes	½ cup	yellow bell pepper, sliced
½ cup	mushrooms, halved		into quarters
2 tbsp	tomato paste	100 g	marble potatoes, halved
1½ cup	tomato sauce	3 tsp	salt
2 tbsp	soy sauce	2 tsp	black peppercorns

SERVES: 3-4

INS

- 1. Prepare the ox tongue by rubbing it with salt and then rinsing it.
- 2. Place the ox tongue inside the Instant Pot®. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 40 mins.
- Once done, turn the pressure release valve for Quick Release of pressure. Either
 use mittens or a wooden spoon to do this. Dispose the accumulated liquid in the
 pot. Remove the tongue and carefully peel of its skin. Cut it into cubes and set
 aside.
- 4. Select [Sauté] to preheat the pressure cooker on saute mode. When the word "Hot" appears on the display, add cooking oil and heat until shiny. Saute the onions, garlic, leeks, mushrooms, bell pepper, bay leaves, and carrots.
- 5. Stir in the tomato sauce and cook until darker in color. Add the sauce, broth, salt, and pepper. Scrape the bottom of the pot while stirring.
- Put the lid back on and select [Pressure Cook] and [Low] then use the [+] or [-] buttons to set the time to 10 mins. Repeat the process of removing the lid properly.
- 7. Add the cubed ox tongue to the sauce mixture and serve.



PREP TIME: 10 MINS **COOK TIME: 30 MINS**

Ingredients:

2 cup mung beans 4 cups shrimp broth 4 cloves garlic, chopped 1 head red onion, sliced dried dulona 3/4 CUD ¼ cup chilli leaves 1 cup tomato, diced cooking oil 3 tbsp

500 g pork spare ribs, cut into cubes

⅓ cup fish sauce salt

½ tsp

1tsp ground black pepper

Garnish:

chicharon, crushed 1 cup

- 1. Put all the ingredients in the Instant Pot® except for chicharon. Close the lid and set the steam release handle to the Sealing Position. Select [Bean/Chili] on less for 25 mins.
- 2. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this. Open the lid and stir in the chicharon, toasted dulong, and chili leaves.
- 3. Garnish more chicharon when plating. Serve.



SERVES: 5 - 6

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

3 tbsp cooking oil 4 cloves garlic

1 head onion, sliced6 pcs star anise

1tsp cinnamon powder

1tbsp black peppercorns 1/3 cup white cane vinegar

¼ cupwansoy1500 gpork belly750 mlcola3 pcsbay leaves

250 ml pork stock 1 cup whole raw peanuts

½ cup oyster sauce ½ cup banana blossoms (optional)

- 1. Put all the ingredients in the Instant Pot®.
- 2. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 20 mins.
- 3. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 4. Transfer from pot and serve.



1 kg pork shoulder, fat trimmed

1 head white onion, roughly

chopped

1tbsp garlic powder 3 tbsp sesame seeds ¼ cup sesame oil ½ cup oyster sauce ¼ cup soy sauce ¼ cup brown sugar 3 pcs bay leaves 1 cup pineapple juice 1 pc pork cubes

¼ tsp salt

½ tbsp ground black pepper

SERVES: 6 - 8 PREP TIME: 20 MINUTES COOK TIME: 7 HOURS

Garnish:

bread buns yogurt coleslaw

- 1. Place all the ingredients in the Instant Pot®t and stir. Close the lid and set the steam release handle to the Sealing Position. Select [Slow Cook] and set temperature to [Low] then use the [+] or [-] buttons to set the time to 7 hours. Set the steam release handle to Release.
- 2. When done, serve with the garnish.



For the cake:

198 g all-purpose flour
2 tsp baking powder
¼ tsp baking soda
1 tbsp dalandan zest
150 g granulated sugar

¼ tsp salt

113 g butter, cubed and softened

2 pcs medium-sized eggs

1/4 cup whole milk 1/4 cup dalandan juice

1½ tsp vanilla extract

SERVES: 4 - 6
PREP TIME: 10 MINUTES
PRESSURE COOK: 45 MINUTES

For the glaze:

2 ½ cups confectioners sugar

3 tbsp whole milk 2 tbsp dalandan juice

Tools:

parchment paper

aluminum foil

twine

9-inch cake pan

- 1. Cut a round shape on the parchment paper and place this at the bottom of the cake pan. Grease the pan with a portion of the softened butter. Set aside.
- 2. In a large bowl, combine the flour, baking powder, baking soda, and dalandan zest. Then, in another bowl combine the milk and dalandan juice.
- 3. Whisk in the butter into the bowl of flour mixture then mix in the sugar. Add the milk with the dalandan juice, vanilla, and eggs. Whisk until well-combined.
- 4. Pour the batter into the cake pan. Cover the pan with aluminum foil and secure tightly. Tie the twine from its top to bottom. This would help lift up the pan off the pot later.
- 5. Place the steam rack in the Instant Pot® and pour in 2 cups of water.

- 6. Next, place the pan inside. Close the lid and set the steam release handle to the Sealing Position. Select [Pressure Cook] and [Pressure Level] to [High] then use the [+] or [-] buttons to set the time to 45 mins.
- 7. Once done cooking, open the lid and carefully lift out the cake by the string.
- 8. Remove the foil and the cake from the pan. Peel off the parchment paper and let the cake rest for 30 mins.
- 9. For the glaze, whisk all the ingredients listed and pour over the dalandan cake.
- 10. Garnish with candied dalandan slices on top.

*Note:

Bake two recipes at a time if double-layered cake is desired.



9 pcs egg yolks

300 ml condensed milk

370 ml evaporated milk

1tbsp sugar 1tbsp water YIELDS: 3 PANS PREP TIME: 10 MINS COOK TIME: 30 MINS

- 1. In a bowl, whisk the egg yolks, condensed milk, and evaporated milk. Set aside.
- 2. Make a caramel by dividing the sugar and water into three. Place each third into a mold and heating them until golden brown.
- 3. Pour the egg mixture in the mold.
- 4. Pour 1 cup of water in the Instant Pot®. Place the steam rack and put the leche flan pans inside. Place them on top of each other, stacking them on different directions to keep them stable.
- 5. Close the lid and set the steam release handle to the Sealing Position. Select [Steam] and let cook for 15 mins.
- 6. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this. Remove the pans and let the leche flan cool before serving.



PREP TIME: 5 MINS

COOK TIME: 15 MINS

Ingredients:

2 Cups All-purpose Flour

1½ Cup Sugar

2 Tsp Baking Powder

2 Cups Water 1 Cup Milk

1 Pc Whole Egg

¼ Cup Soya Oil (or any neutral-flavored cooking oil)

250 g Soft Cheese

- 1. In a large mixing bowl, mix all the ingredients together.
- 2. Grease the puto molds with oil or butter and pour batter into each.
- 3. Pour one cup of water in the Instant Pot® and place the steam rack inside.
- 4. Close the lid and set the steam release handle to the Sealing Position. Select [Porridge] then use the [+] or [-] buttons to set the time to 15 mins.
- 5. Once done, turn the pressure release valve for Quick Release of pressure. Either use mittens or a wooden spoon to do this.
- 6. Serve.

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Instant Pot®





*The NPD Group Inc., Retail Tracking Service, Cookers Category, Dollar Sales, USA & Canada, Latest 52 Wks ending Dec, 2017

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