



Instant Pot[®]

RECIPE BOOKLET

FILIPINO RECIPES

2ND EDITION





Instant Pot[®] Duo
www.InstantPot.co.uk

8:8:88

Low Pressure

High Pressure

Less

Normal

More

Cook Healthy
Meals At Home

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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

SOUP/BROTH

Less (meatless soup)	00:20
Normal (soup with meat)	00:30
More (bone broth)	04:00
Time Range	00:00-04:00

MEAT/STEW

Less (soft texture)	00:20
Normal (tender texture)	00:35
More (fall off the bone)	00:45
Time Range	00:00-04:00

BEAN/CHILLI

Less (firmer texture)	00:25
Normal (softer texture)	00:30
More (very soft texture)	00:40
Time Range	00:00-04:00

POULTRY

Less (firmer texture)	00:05
Normal (softer texture)	00:15
More (very soft texture)	00:30
Time Range	00:00-04:00

SLOW COOK

Default time	04:00
Time Range	00:30-20:00
Less (8 hour cook)	82°C—88.7°C
Normal (6 hour cook)	87.8°C—93°C
More (4 hour cook)	93°C—99°C

SAUTÉ

Default time	00:30
Time Range	00:00-00:30
Less (simmer)	135°C-150°C
Normal (searing)	16°C-176°C
More (browning/stir fry)	175°C-210°C

RICE

Time Default	Auto
Time Range	Auto

Functions

Cooking Time

MULTIGRAIN

Less (firmer texture)	00:20
Normal (normal texture)	00:40
More (soft texture)	01:00 (plus 45-minute warm water pre-soak)
Time Range	00:00-04:00

PORRIDGE

Less (oatmeal)	00:05
Normal (congee)	00:20
More (oatmeal or congee mix with beans)	00:30
Time Range	00:00-04:00

STEAM

Less (vegetables)	00:03
Normal (seafood & fish)	00:10
More (meat)	00:15
Time Range	00:00-04:00

YOGURT

Less (jiu niang)	24:00
Normal (ferment yogurt)	08:00
More (pasteurize milk)	N/A
Time Range (less & normal)	00:30-99:30

PRESSURE COOK

Less	00:20
Normal	00:35
More	00:45
Time Range (less & normal)	00:00-04:00

PRESSURE LEVEL

Low Pressure	5.8 psi—7.2 psi
High pressure	10.2 psi-11.6 psi

DELAY START

Time Default	06:00
Time Range	00:10-24:00

KEEP WARM

Time Default	10:00
Time Range	00:10-99:50

ADOBONG PUSIT



SERVES: 4 - 6
PREP TIME: 10 MINS
PRESSURE COOK: 7 MINS

Ingredients:

1 kg	medium-sized squid (cleaned and ink separated)
1 pc	large white onion, sliced
1/2 cup	dark soy sauce
1/2 cup	cane vinegar
1 head	garlic, minced
1 tbsp	brown sugar
4 pcs	bay leaves
1 tbsp	whole black peppers
2 tbsp	cooking oil

Directions:

1. Press **[Sauté]** function and add oil once **HOT** appears on the screen. Sauté onions and then garlic until soft and slightly translucent.
2. Pour in the dark soy sauce, cane vinegar, brown sugar, and pepper in the Instant Pot. Let simmer for 7 minutes then press **[Cancel]**. Add in the squid and bay leaves.
3. Close the lid and set the pressure valve to **SEALING**. Press **[Pressure Cook]** and set the pressure level to **[High]**. Adjust the time to 7 minutes.
4. Once done, **Quick Release** pressure by turning the pressure valve to **VENTING**.
5. Serve hot with Instant Pot white rice!

ASADO PORK SPARERIBS



Ingredients:

1 kg pork spare ribs,
cut into pieces
2 tbsp oil
4 pcs star anise
2 pcs bay leaves

Marinade:

3 tbsp oyster sauce
2 tbsp dark soy sauce
2 tbsp cane vinegar
2 tbsp ginger, grated
6 cloves garlic, minced

Directions:

1. In a mixing bowl, marinate spare ribs with marinade ingredients for at least 30 minutes or up to overnight in the fridge.
2. Mix marinated ribs with oil, then place in Instant Pot. Try to fill the whole Instant Pot bottom with a single layer of spare ribs. Add 3 cups of pork broth or water, star anise, and bay leaves.
3. Use **[Meat/Stew]** at **[High]** Pressure for 12 minutes, then 10 minutes Natural Release.
4. Open the lid. Mix the ingredients of the slurry in a small bowl and pour in the Instant Pot.
5. Press **[Cancel]** then **[Sauté]** and let the sauce thicken and cook for a few minutes.
6. Transfer to a bowl and garnish with sliced spring onions.
7. Serve and enjoy!

SERVES: 4 - 6
PREP TIME: 10 MINS
MEAT/STEW: 12 MINS

2 tsp sesame oil
2 tsp brown sugar
A pinch ground black pepper

Garnish:

4 stalks green onions, finely sliced
Salt to taste

For slurry:

2 tbsp water
2 tbsp cornstarch

BISTEK TAGALOG



SERVES: 4 - 6
PREP TIME: 10 MINS
MEAT/STEW: 13 MINS

Ingredients:

1 kg	beef sirloin, thinly sliced
5 tbsp	soy sauce
4 pcs	calamansi or 1 lemon, juiced
1/2 tsp	ground black pepper
3 cloves	garlic, minced
3 pcs	yellow onion, sliced into rings
4 tbsp	canola oil
1 cup	beef broth
1 tsp	salt

Directions:

1. Press [**Sauté**] on NORMAL level on the Instant Pot. Once **HOT**, pour in oil and add half of white onions and garlic. Sauté until slightly soft.
2. Add beef slices, calamansi juice, soy sauce, ground black pepper, salt, and beef broth to the pot. Press [**Cancel**].
3. Close the lid, seal the valve to **SEALING**, and press [**Meat/Stew**] function. Set pressure level to [**High**] and adjust time to 13 mins.
4. When the cooking cycle is done, **Quick Release** pressure and open the lid. Pour in the remaining white onions and let the residual heat soften them.
5. Transfer to a serving plate and enjoy!

DINUGUAN



Ingredients:

1 kg	pork belly, cut into 1/2-inch strips
1 cup	pork blood
1 cup	cane vinegar
1 tbsp	canola oil
1 pc	large white onion, sliced
4 cloves	garlic, minced
1 tbsp	ginger, minced / grated
1 tbsp	thai fish sauce
1 cup	pork broth / water
2 tbsps	brown sugar
2 pcs	finger chili (siling haba)

salt & pepper to taste

SERVES: 4 - 6
PREP TIME: 10 MINS
MEAT/STEW: 25 MINS

Directions:

1. Press [**Sauté**] function of Instant Pot and heat oil once **HOT** appears on the screen. Sauté the white onion, garlic, and ginger until soft and translucent.
2. Next, add the cane vinegar, thai fish sauce, and brown sugar. Turn off the Instant Pot and add the rest of the ingredients.
3. Press [**Meat/Stew**] function and set to [**High**] pressure. Adjust time to 25 minutes.
4. Once done, let the pressure release naturally for 10 minutes, then release the rest of the pressure.
5. Serve hot with Puto*!

*Instant Pot Puto recipe available in Instant Pot Filipino Recipe Booklet 1st Ed.

GINATAANG KALABASA



Ingredients:

1 tbsp	canola
1 pc	large white onion, diced
1/2 tsp	salt
4 cloves	garlic, minced
1 tsp	turmeric powder
1 tsp	grated ginger
2 tbsp	shrimp paste
1 tbsp	thai fish sauce
1 cup	vegetable broth
114 oz can	light coconut milk
700 g	kabocha squash, cut into chunks

SERVES: 4 - 6
PREP TIME: 10 MINS
PRESSURE COOK: 5 MINS

1 pc	green chili, sliced thin
200 g	string beans
114 oz can	chickpeas, drained and rinsed
2 tbsp	brown sugar

Garnish:
chopped fresh cilantro

Directions:

1. Set instant pot to **[Sauté]** mode. Add oil and allow to heat. Add onion, turmeric and salt, and cook stirring often until the onion starts to brown, 4 to 5 minutes. Add garlic, shrimp paste, ginger and cook, stirring often until the mixture is fragrant and the spice is starting to darken slightly, about 90 seconds.
2. Pour in the broth, coconut milk, squash, chili, green beans, and chickpeas. Stir to combine.
3. Close the lid and turn the pressure valve to **SEALING**. Press **[Cancel]** to change the setting to **[Pressure Cook]**. Adjust the Pressure Level to **[High]** and set the time for 5 minutes.
4. When the timer goes off, carefully **Quick Release** the steam. Remove the lid and stir.
5. Serve the stew in a bowl and enjoy while hot!

PANCIT CANTON



Ingredients:

500 g	canton noodles		
1 cup	medium shrimp, shelled and deveined		
1 cup	chicken liver, cleaned		
1 cup	pork belly, cut into thin slices		
1 cup	snow peas trimmed	1 tsp	grated ginger
1/2 cup	celery / chopped	1 tsp	grated garlic
1 cup	cabbage / thinly sliced	2 tbsp	dark soy sauce
1/2 cup	green onion	1 tsp	sesame oil
1/2 cup	bell peppers / thinly sliced	1 tbsp	cane vinegar
2 pcs	carrots peeled and sliced into matchsticks	1 tbsp	oyster sauce
4 cups	vegetable broth / water	1 tbsp	light brown sugar

SERVES: 4 - 6

PREP TIME: 10 MINS

SAUTÉ/PRESSURE COOK: 5 MINS

Directions:

1. In a medium bowl, add vegetable broth, soy sauce, vinegar, oyster sauce, sesame oil, and brown sugar. Whisk until evenly combined. Taste and adjust as needed.
2. Pour the above sauce into the pot. Spread noodles in the pot. Add ginger, garlic and vegetables on top (except snap peas)
3. Seal your Instant Pot and set to **MANUAL, [High]** pressure, 5 minutes.
4. When Instant Pot is done cooking, do a **Quick Release** (do not do the natural release as it will cause the noodles to overcook).
5. Open the lid and Stir the noodles with tongs several times, breaking up any that may have clumped together during cooking. During this stirring, add in the snow peas and close the lid for 1 minute.
6. Open the lid. Sprinkle some sesame seeds and green onion (optional) and serve.

PINAPUTOK NA ISDA



Ingredients:

1 whole	pompano or tilapia (not larger than 10 inches)
1 pc	medium-sized red onion, diced
4 stalks	green onion, sliced thin
1 thumb	ginger, minced or grated
1 pc	medium-sized tomato, diced
2 tbsp	worcestershire sauce
1 tbsp	fish sauce
1 tbsp	soy sauce
4 tbsp	calamansi juice or lemon, juiced

SERVES: 4 - 6
PREP TIME: 20 MINS
PRESSURE COOK: 12 MINS

salt and pepper to taste

Garnish:
chopped fresh cilantro
japanese mayo

Tools:
Aluminum foil

Directions:

1. Prepare the aluminum foil by cutting a sheet large enough to wrap the fish in securely. Place the fish in the center of the foil and create "walls" by folding up the foil by the sides of the fish.
2. In a medium sized bowl, mix all the ingredients except the lemon juice.
3. Pour the mixture over the fish and wrap and fold the foil to secure the juices.
4. Add one cup of water in the Instant Pot and place the trivet in. Set the wrapped fish on the trivet.
5. Close the lid and press the **[Steam]** function. Set to **[High]** and adjust the time to 12 minutes.
6. Once the cooking cycle is complete, **Quick Release** the pressure and open the lid.
7. Carefully, take out the fish and place on a plate.
8. Unwrap the foil and drizzle the fish with lemon juice and garnish with cilantro. Serve and enjoy!.

PININYAHANG MANOK



Ingredients:

1 kg	chicken thighs (cut into 1-2 inch pieces)		
1 cup	all purpose cream		
2 cups	canned pineapple chunks	1/4 cup	bacon, cut into 1/2 inch pieces
1 pc	small green bell pepper, sliced	4 strips	orange zest
1 pc	small red bell pepper, sliced		
1 tbsp	garlic, minced		
1 tbsp	ginger, grated		
1/2 cup	chicken broth		

SERVES: 4 - 6
PREP TIME: 5 MINS
POULTRY: 12 MINS

Cornstarch Slurry:

2 tbsp pineapple juice
2 tbsp cornstarch

Directions:

1. Press **[Sauté]** and add bacon when **HOT**. Let its fat render and add minced garlic and ginger. Stir fry in the fat then add the chicken thighs, chicken broth, orange zest and pineapple chunks. Scrape the bottom of the pot to remove stuck bits.
2. Press **[Cancel]**. Close the lid and turn the pressure valve to **SEALING**. Select the **[Poultry]** function and adjust the time to 12 minutes on **[High]** Pressure.
3. One cooking cycle is done, **Natural Release** pressure for 10 mins. Release the remaining pressure by turning the steam valve to **VENTING**.
4. Open the lid. Select the **[Sauté]** function and set on **LOW**.
5. In a small bowl, combine 2 tablespoons of cornstarch with 2 tablespoons of pineapple juice, whisk until all combined with no lumps.
6. Add the mixture, bell peppers, and all-purpose cream to the Instant Pot and gently stir to combine. Cook on **[Sauté]** function for a few more minutes, stirring gently, until the sauce thickens.
7. Let the chicken stand for 5-7 minutes, the sauce will thicken more.
8. Serve over rice and enjoy!

G

1 t
1 t
1 t
1 p

POCHERO



Ingredients:

1 kg	pork shoulder / pork butt, cut in 2 inch chunks		
3 pcs	medium tomatoes, quartered		
1 pc	medium red onion, quartered		
2 tsp	garlic, minced		
1 cup / can	whole tomatoes in tomato sauce	1 cup	chickpeas (garbanzos)
1 tsp	salt (to season pork)	1 large	plantain banana, ripe and quartered
1 tsp	pepper (to season pork)	2 pcs	medium sized potato, quartered
2 tbsps	canola oil	400 g	long green beans
1 tbsps	chili powder	1 bunch	pechay
1 tsp	ground cumin	3 cups	chicken broth, low sodium
1 tsp	ground oregano		
1/2 tbsps	paprika		

SERVES: 4 - 6
PREP TIME: 10 MINS
MEAT/STEW: 25 MINS

Directions:

1. Select the **[Sauté]** function on the Instant Pot. Heat the oil once **HOT** appears on the screen. Sauté tomatoes until soft then add the onions and garlic. Next, add the spices.
2. Pour in the chicken broth and canned tomatoes with tomato sauce. Stir well to make sure nothing sticks at the bottom of the pot. Add the pork and place the plantain, chickpeas, and potatoes on top of the meat.
3. Press **[Cancel]** to turn off the **[Sauté]** function and press the **[Meat/Stew]** button. Adjust time to 25 minutes.
4. When the cooking cycle has ended, let the pot sit undisturbed for 25 minutes while it naturally releases pressure. Then manually release the remaining pressure by turning the steam release knob to the **VENTING** position.
5. Open the lid and skim off the fat on the surface of the stew. Press **[Cancel]** and select **[Sauté]**. Add the green beans and pechay and let cook for a few minutes.
6. Transfer to a serving bowl and enjoy!

SINIGANG NA BAKA



SERVES: 5 - 6
PREP TIME: 10 MINS
PRESSURE COOK: 45 MINS

Ingredients:

1 kg	beef short ribs		
2 large	tomatoes, sliced	10 pcs	string beans, cut into 3-inch length
1 cup	radish, peeled and sliced into half-inch thick	2 pcs	finger chili (siling haba)
5 pcs	taro, peeled and halved	1 cup	tamarind concentrate
1 pc	large red onion, sliced	5 cups	beef broth
1 bunch	kangkong	2 tbsps	fish sauce
2 pcs	eggplants, cut into 1-inch thick slices		salt and pepper to taste

Directions:

1. Add beef short ribs, half of tomatoes, half of red onions, taro, tamarind concentrate, finger chilies, beef broth, and fish sauce in the Instant Pot.
2. Secure the lid and set the pressure valve to **SEALING**. Press the [Pressure Cook] function and set to **[High]**. Adjust the time to 45 minutes.
3. When the cooking cycle is complete, **Quick Release** pressure and open the lid.
4. Press **[Cancel]** and set the function to **[Sauté]**. Mix in the kangkong, string beans, eggplants, and the remaining onions and tomatoes. Let cook for 5-6 minutes.
5. Serve hot and enjoy!

BIBINGKA



Ingredients:

1 cup	rice flour
1/4 cup	glutinous rice flour
1/2 tbsp	baking powder
1 tsp	salt
1/2 cup	granulated sugar
1/3 cup	unsalted butter, melted, plus more melted butter for topping, and butter for greasing pan
3/4 cup	coconut milk
2 pcs	eggs lightly beaten
1 pc	banana leaf, heated to soften, cut to fit the pan

YIELD: 1 7-INCH RICE CAKE
PREP TIME: 10 MINS
PRESSURE COOK: 30 MINS

1 pc	salted egg, sliced
1/2 cup	grams grated queso de bola or Cheddar cheese
1/4 cup	grated coconut, for topping
3 cups	water

Tools:
7-inch Cake Pan
Aluminum Foil

Directions:

1. Pour the 3 cups of water into the Instant Pot. Press **[Sauté]** function to **MORE** to bring the water to simmer.
2. Meanwhile, line the cake pan with the banana leaf, making sure it extends beyond the rim to 1-2 inches. Grease the banana leaf with the melted butter.
3. In a large mixing bowl, make the batter by mixing the rice flours, baking powder, salt, sugar, and eggs. Pour the batter into the prepared pan and cover it tightly with a sheet of aluminum foil.
4. Lower the pan into the inner pot by using the trivet. Close the lid and set the pressure valve to **SEALING**.
5. Change the Instant Pot function to **[Steam]** and set the pressure level to **[High]**. Adjust the time to 30 mins.
6. Once done, wait for the pressure to **naturally release** for 10 minutes then instant release the remaining pressure.
7. Carefully lift out the pan with the trivet and remove the foil. Let the bibingka rest for 20 minutes and lift off the pan by pulling it up with the banana leaf.
8. Garnish with the salted egg, grated cheese, and coconut. Serve and enjoy!

CHAMPORADO



SERVES: 5
PREP TIME: 10 MINS
PORRIDGE: 15 MINS

Ingredients:

1 cup glutinous white rice
3 cups water

A pinch of salt

1/2 cup cocoa powder

1/2 cup brown sugar

1 cup evaporated milk

Directions:

1. Rinse glutinous white rice under water, then pour into the Instant Pot together with the cocoa powder, 3 cups of water, salt, and brown sugar. Mix slowly until dry ingredients are distributed.
2. Close the lid and turn the steam valve to **SEALING**. Press [**Porridge**] function and set pressure level to [**High**]. Adjust time to 15 minutes.
3. Let the pressure release naturally (or **Quick Release** after 7-10 minutes of **Natural Release**). Stir in the evaporated milk and adjust the creaminess to your liking.
4. To make the champorado thicker, change the cooking mode to [**Sauté**] to simmer and wait to thicken. But note that the champorado will thicken as it cools.
5. Serve and enjoy!

SAPIN-SAPIN



Ingredients:

4 cups	glutinous rice flour
2 cans	(13.5 fl. oz) coconut milk
1 1/2 cup	white sugar
1/4 cup	jackfruit, chopped finely
1/2 cup	macapuno
1/2 cup	ube halaya
1/4 tsp	violet liquid food color
1/4 tsp	yellow liquid food color

SERVES: 4 - 6
PREP TIME: 10 MINS
STEAM: 17 MINS

For the latik:

2 cans (13.5 fl. oz) coconut cream /
milk

Tools:

7-inch round cake pan
aluminum foil

Directions:

1. Make the latik by using the **[Sauté]** function on Normal level. Pour in the coconut cream when HOT appears. Stir from time to time until curds separate from the oil and they turn to light brown. Press **[Cancel]** and separate the oil from the latik. Set aside.
2. In a bowl, mix together the glutinous rice flour, coconut milk, and sugar until smooth.
3. Divide the mixture into three equal parts and place each in a smaller bowl.
4. Add the macapuno to one bowl. The ube halaya and violet food color on the other bowl. Lastly, the jackfruit and yellow food color to the last bowl.
5. Grease the cake pan with the coconut oil from the latik. Pour the yellow mixture and cover the pan tightly with aluminum foil.
6. Pour 2 cups of water into the inner pot and place the trivet with the cake pan.
7. Press the **[Steam]** function and set to **[High]**. Adjust time to 5 mins. **Quick Release** pressure once done cooking. Now, pour the purple mixture on top of the yellow layer and steam again for 5 minutes, repeating step number 7. Lastly, pour the white mixture on top and this time cook for 12 mins.
8. Once done, **Quick Release** pressure and remove the pan from the Instant Pot. Let it cool completely.
9. Remove the foil and run an oiled knife around the sides to remove. Place a plate, lightly greased with coconut oil, on top of the pan and turn it over to transfer the Sapin-Sapin. Sprinkle with Latik on top and serve.



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