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Instant Pot[®]

RECIPE BOOKLET



Home Chef's Edition

Featuring recipes from Instant Pot
HOME CHEFS AND CHEF JACKIE ANG PO

Didi Tiu Tang, Ditas Tolentino, Karla Apuan,
Mary Chris Karunungan, Peggy Almoite, Roxanne Cabile,
Sherel Lobrador, Pandelokarb, Yen Corpuz

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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:

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Venting Methods

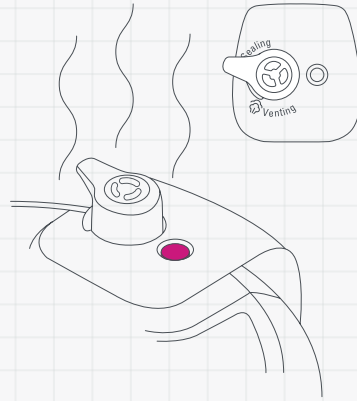
Once cooking is complete, there are 2 methods to release pressure:

Natural Release (NR)

Leave the steam release handle in the Sealing position. The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.

Note: Depressurisation time will vary based on volume of food and liquid. May take 10-40 minutes or longer.

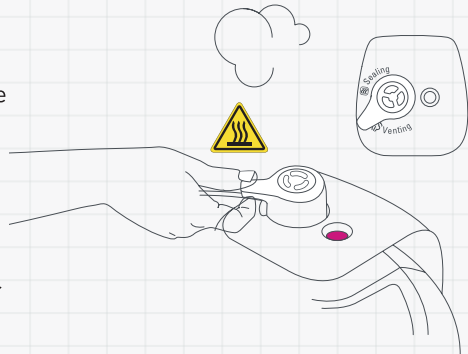


Quick Release (QR)

Quickly and carefully turn the steam release handle from Sealing to Venting. A continuous stream of steam will release through the top of the steam release handle until the float valve drops into the lid.

Note: It will be loud!

If spatter occurs, move the steam release handle back to Sealing and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.



⚠ WARNING

Do not lean over or touch the steam release handle.

Do not place unprotected skin over the steam release handle.

Do not cover the steam release handle.

⚠ CAUTION

Float valve will drop when cooker has depressurised.

Do not attempt to open the lid while the float valve is still popped up.

Instant Pot

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)	160°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



Breakfast Rice

BY YEN CORPUZ

SERVES: 4

COURSE: BREAKFAST

PREP TIME: 15 MINUTES

COOK TIME: 12 MINUTES

Ingredients:

3 cups rice, washed well	1/2 green bell pepper, diced
3 cups chicken broth, prepared by dissolving	3 cheesy franks, sliced diagonally
2 chicken cubes in 3 cups hot water	2 tbsp olive oil
1 medium onion, minced	1 tsp salt
1 head garlic, minced	1 tbsp fish sauce
2 tomatoes, diced	2 tsp black ground pepper
1 cup tomato sauce	1 cup leftover meat from dinner,
1/2 cup peas	chunked (optional)
1/2 cup button mushrooms, sliced	
1/2 cup whole corn kernels	

Directions:

1. Put all the ingredients in the Instant Pot. Mix well. Close the lid and set the steam release handle to the **Sealing** Position. Press **[Rice]**.
2. Once done, turn the pressure release handle for **Quick Release** of pressure. Either use mittens or a wooden spoon to do this.
3. Open the lid carefully. Stir contents to prevent scorching at the bottom. Serve alone or with your choice of egg (scrambled, boiled, sunny side up, etc).



Chicken & Seafood Paella

BY DITAS TOLENTINO

SERVES: 6

COURSE: LUNCH

PREP TIME: 10 MINUTES

COOK TIME: 75 MINUTES

Ingredients:

4 cups Jasmine rice	4 tbsp olive oil
6 pcs medium cut chicken	2 teaspoon salt
2 pcs chorizo	2 slice lemon
1 1/4 shrimp	1 1/2 cup green peas
1/4 squid, slice into rings	2 tsp ground pepper
2 pcs bell pepper, slice into cubes	2 boiled eggs, slice 1 onion chopped
1/2 cup tomato paste	4 cloves garlic, chopped

Directions:

1. Cook Jasmine Rice, set aside
2. Heat the pan, pour the olive oil. **[Sauté]** the onion and garlic, stir until it is done. Put the chicken, let it fry until it golden brown. Next, fry the chorizo, shrimp and squid. Season with salt and pepper. Set aside the chicken, shrimp, and squid. Add the tomato paste, bell pepper, stir until the ingredients spread well. Pour the rice into the mixed ingredients, add salt and pepper to taste, stir well.
3. Put all the ingredients into the baking dish pan. Decorate on top the chicken, shrimp, squid and the sliced eggs.
4. Cook into the oven for 25 minutes in 350 degrees F.
5. For extra richness, finish the dish by stirring a good knob of butter before serving.



Adlai Paella Mixta

BY CHEF JACKIE ANG PO

SERVES: 4-6

COURSE: LUNCH

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

Ingredients:

1/4 cup Olive Oil
4 cups Beef stock
2 cups Adlai
100 grams Shrimp
2 pcs Chicken thigh fillet
2 tsp Paprika
1 pc Red bell pepper/green
6 slices chorizo (optional)
Salt and Pepper

Directions:

1. Season chicken with salt and pepper
2. Press **[Sauté]** function and add olive oil, when it's hot - sear the chicken skin side first.
3. Remove the chicken and add the adlai and the stock. Place the chicken back carefully on top of the adlai.
4. Press **[Rice]** function
5. After the cooking time is finished, open the Instant Pot and add the shrimp and the peppers
6. Press **[Rice]** function again, once countdown is done, let it keep warm for 10 mins.



Cornd Beef + Meat Loaf Paella

BY ROXANE MONTIERRO

SERVES: 4
COURSE: LUNCH

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

Ingredients:

4 cups of rice (cooked)
1 can of cornd beef 260g
1 can of meat loaf 170g (cut into cubes)
4 tbsp. of olive oil
1 tbsp. of annatto seeds
1/2 cup of green peas
1 big red bell pepper (cut into strips)
1 big green bell pepper (cut into strips)

10 pcs of cherry tomatoes (cut in halves)
1 medium sized onions (chopped)
4 cloves of garlic minced (minced)
1/4 teaspoon of sea salt
1/4 teaspoon of crushed pepper
1 whole lemon (cut into 8 parts)
basil leaves (optional)

Directions:

1. Using the Instant Pot Duo 60 7-in-1 Pressure Cooker with Silicone Lid and 6QT Ceramic Inner Pot, cook your rice. Choose **[Rice]**.
2. While your rice is cooking, prepare the other ingredients:
 - a. Steep the annatto seeds in boiling water for 5-8 minutes, sift, and set aside the colored water.
 - b. Slice/cut all your ingredients.
 - c. Your rice can be cooked in a shorter period of time because Instant Pot speeds up the cooking by 2-6 times.
 - d. Once the rice is cooked, put it in a separate bowl.
5. Using your Instant Pot, choose **[Sauté]**.
 - a. Put the oil and [Sauté] the onions, garlic, green peas, red and green peppers, and the cherry tomatoes.
 - b. Put the meat loaf, and cook for 1 minute.
 - c. Add the cornd beef, and cook for 2 minutes.
4. Change the setting of your Instant Pot, choose **[Porridge]**.
 - a. Add the annatto water, then add the rice. Mix well.
 - b. Seasoned with sea salt and pepper, then mix.
 - c. Plate with basil leaves and lemon.
 - d. Serve hot and enjoy!



Cajun Pork Chops

BY KARLA NICOLE L. APUAN

SERVES: 4

COURSE: LUNCH

PREP TIME: 17 MINUTES

COOK TIME: 35 MINUTES

Ingredients:

4 pcs pork chops

4 tsp salted cajun seasoning

2 tbsp extra virgin olive oil

2 tbsp butter

10 cloves garlic, crush slightly but do not peel

1/2 cup chicken stock

1 tbsp flour

2 tbsp white wine

1/2 cup milk

Salt and Pepper, to taste

Parsley (garnish)

Directions:

1. Dry the pork chops using paper towels. Coat the pork chops in cajun seasoning. Set the chops aside to rest for at least 15 minutes.
2. Heat up the Instant Pot by pressing **[Sauté]**, then choose the function **More**. When the pot is hot, add extra virgin olive oil and butter. As soon as the oil is hot and shimmering, add the chops and garlic (the skin will prevent the garlic from burning). Sear the chops on one side, without moving them at all, until they are nice and golden brown on the first side, about 3-5 minutes. Wait until the chops easily release from the pot before turning. If you have to pry them off, they aren't seared enough yet. Flip and sear the other side until browned.
3. Add chicken stock, close the lid and turn the steam valve to **Sealing**. Press **[Pressure Cook]** function and set the pressure level to **High**. Adjust time to 3 minutes. **Natural Release** for 10 minutes.
4. Transfer pork chops to a serving platter. Peel the cooked garlic then put them on top of the chops. Cover the plate loosely with aluminum foil.
5. Press **[Sauté]** function and set it to **More**. Boil the cooking liquid until it is reduced by half. Add the flour into the pot. Let the flour brown a bit then add the wine, whisking vigorously to dissolve the flour into the liquid. Scrape up any bit stuck at the bottom of the pan. Bring to a simmer then slowly add milk. Taste then adjust the seasoning with salt and pepper.
6. Spoon some of the sauce on top of the pork chops then garnish with chopped parsley.



Crispy Pork Belly

BY KARLA NICOLE L. APUAN

SERVES: 9

COURSE: LUNCH

PREP TIME: 15 MINUTES

COOK TIME: 50 MINUTES

Ingredients:

1500g pork belly slab
6 cups water
2 tbsp rock salt
2 tsp black peppercorns
2 garlic cloves, smashed

4 pcs. bay leaves
Granulated salt to taste
Granulated garlic to taste
Ground pepper to taste

Directions:

1. In the inner pot, add pork belly, water, rock salt, black peppercorns, garlic and bay leaves.
2. Close the lid and turn the steam valve to **Sealing**. Press **[Pressure Cook]** function and set pressure level to **High**. Adjust time to 20 minutes.
3. Let the pressure release naturally. Remove the pork from the inner pot. Discard the peppercorns, garlic cloves and bay leaves. Discard the liquid or save it as broth for other recipes.
4. Transfer the pork on a rack to slightly cool. When cool enough to handle, prick tons of holes in the skin using a fork, then pat dry with paper towels.
5. Season pork with salt, granulated garlic and ground pepper to taste.
6. Let the pork cool completely, then refrigerate with no cover for at least 1/2 a day.
7. Air fry the pork for 30 minutes at 190°C or until the skin is bubbly and crispy. You can also deep fry the pork instead of air frying.
8. Serve whole or chopped. Enjoy!



Chinese Braised Pork Ribs

BY MARY CHRIS KARUNUNGAN

SERVES: 4

COURSE: DINNER

PREP TIME: 5 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

1 Thumb Ginger (minced)

3 stalks green onion

1/2 teaspoon cinnamon

1 teaspoon rice win

1/2 cup soy sauce (adjust to taste)

1 teaspoon brown sugar

2-3 cups water

500 grams Pork ribs

Onion Spring for garnish

Directions:

1. **[Sauté]** Ginger & Green onion.
2. Add Pork ribs and **[Sauté]** for a few minutes.
3. Add the cinnamon and the rest of the ingredients.
4. **[Pressure Cook]** for 20 minutes, pressure level **High**.
5. **Quick Release**. Then, season (salt & pepper) to taste. Garnish with spring onions



Sliced Pork loin

BY PEGGY ALMOITE

SERVES: 6

COURSE: DINNER

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

1 kilo pork loin (skin on)

Dry rub (mix of spices)

Dried rosemary leaves

Flour slurry

Directions:

1. Marinate for at least 30 minutes the pork loin with the dry rub.
2. Press **[Sauté]** and melt butter.
3. Sear the pork loin on all sides.
4. Transfer the pork in the trivet, add 1 cup of water to deglaze.
5. **[Cancel]** Sauté.
6. **[Pressure Cook]** set to **High** set to 30 minutes.
7. **Natural Release** for 10 minutes, then **Quick Release** the rest of the pressure.
Take out the pork.
8. Add flour slurry to the pot to make gravy. Stir until thick.
9. Serve with mashed potatoes.



Didi's Foolproof Korean Beef Stew

BY DIDI TIU TANG

SERVES: 6

COURSE: LUNCH

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

Ingredients:

1 Kilo Beef Brisket or Beef Short Ribs (I prefer brisket)	10 Tablespoons Lee Kum Kee Premium Soy Sauce
2 Whole Carrots (cut any way you like)	2 Tablespoons Mirin
2 Whole Potatoes (peeled and cut any way you like)	2 Stalks Onion Leeks (cut to 1 inch pieces)
1 Whole Round Pear or Apple (grated)	1 Medium or Large White Onion (grated)
4 Shitake Mushroom (sliced into strips)	Spring Onion thinly sliced for garnishing
1 Head of Garlic (minced or grated)	Sesame Seeds for garnishing
4 Tablespoons Brown Sugar	
1 Tablespoon Sesame Oil (You may add more after)	

Directions:

1. Grate onions, garlic and apple/pears.
2. Put everything together in the IP except for the Carrots, Potatoes and Shitake Mushrooms.
3. Place them in the Instant Pot, mix them around, seal and press **[Pressure Cook]** for 35 minutes.
4. When the time is done, do manual **Quick Release**, open it and put the carrots, potatoes and shitake mushrooms inside.
5. Close, seal again and **[Pressure Cook]** for 5 to 10 minutes.
6. When it's done, you may opt for the manual pressure release, or as I always do the manual **Quick Release**.
7. Serve it and garnish with sesame seeds & spring onions.



Japanese Beef Curry

BY PEGGY ALMOITE

SERVES: 8

COURSE: DINNER

PREP TIME: 10 MINUTES

COOK TIME: 28 MINUTES

Ingredients:

1 tbsp garlic

1 tbsp onions

500 grams beef cubes

Carrots (cubed)

Potatoes (cubed)

Bell peppers

Japanese beef cubes (can be bought in asian lanes of supermarkets)

4 cups water

Flour slurry (1 tbsp flour:1 tbsp water)

Parsley (for garnishing)

Directions:

1. Arrange beef with garlic and onions in the inner pot.
2. Add water, potatoes and carrots.
3. Add whole bouillon cubes on top.
4. **[Pressure Cook]**. Adjust to **High**. Cook for 28 minutes. **Quick Release**.
5. Adjust taste to your liking. If it gets too watery add the flour slurry.
6. Close the lid and let the sauce thicken.
7. Garnish with parsley.
8. Serve with hot rice.



Beef Brisket

BY KARLA NICOLE L. APUAN

SERVES: 4

COURSE: DINNER

PREP TIME: 62 MINUTES

COOK TIME: 118 MINUTES

Ingredients:

500g beef brisket	1/4 tsp cumin seed, ground	2 tbsp apple cider vinegar
Dry spice rub:	1/8 tsp cayenne pepper powder	1/2 cup tomato ketchup
1 1/2 tbsp brown sugar	Cooking liquid/barbecue sauce:	1/4 cup banana ketchup
1 1/2 tsp black pepper, ground	1 tbsp cooking oil	2 tbsp mustard
1 1/2 tsp chili powder	6 cloves garlic, crushed	1 tbsp brown sugar
1 tsp garlic powder	1 small red onion, minced	1 tbsp soy sauce
3/4 tsp table salt	1/2 cup chicken stock	Salt and pepper to taste
3/4 tsp cinnamon powder	4 drops liquid smoke	
1/4 tsp five spice powder	2 tbsp honey	

Directions:

1. In a small bowl, mix the dry rub ingredients together. Rub the mixture on the beef then let it marinate inside the refrigerator for at least 1 hour, preferably overnight.
2. Heat up the Instant Pot by pressing **[Sauté]**, then choose the function **More**. When the pot is hot, add oil. As soon as the oil is hot and shimmering, **[Sauté]** garlic and onion until fragrant. Add chicken stock, liquid smoke, honey and apple cider vinegar. Mix well, then add the marinated beef with its juices.
3. Close the lid and turn the steam valve to **Sealing**. Press **[Pressure Cook]** function and set the pressure level to **High**. Adjust time to 75 minutes. **Natural Release** for 15 minutes.
4. Remove the brisket from the pot, place it on a baking sheet lined with foil, then set aside. Press **[Sauté]** function, and adjust the heat level to **Normal**. Add the tomato ketchup, banana ketchup, mustard, brown sugar, and soy sauce into the pot. Mix well and simmer uncovered, until the sauce has thickened and reduced in half, about 10 minutes. Taste and adjust the seasoning with salt and pepper. Remove the barbecue sauce from heat.
5. Preheat convection oven to 190°C. Brush the barbecue sauce generously on the brisket. Place the baking sheet at the bottom rack of oven. Broil for 10-12 minutes or until the sauce has caramelized.
6. Transfer the brisket to a chopping board, let the meat rest for 15-20 minutes. Slice the brisket against the grain to maximize tenderness. Serve with barbecue sauce, buttered vegetables and rice.



Beef Siomai

BY YEN CORPUZ

SERVES: 4
COURSE: DINNER

PREP TIME: 15 MINUTES
COOK TIME: 10 MINUTES

Ingredients:

500 grams ground beef
1 medium onion, minced
1 head garlic, minced
1 medium carrot, minced
2 tbsp cornstarch
1 large egg
2 tbsp soy sauce

2 tsp black ground pepper
1 tsp salt
2 large packs siomai/molo wrapper
1 cup hot water
Oil for greasing

Directions:

1. In a big bowl, combine ground beef, onion, garlic, carrot, cornstarch, egg, soy sauce, pepper, and salt. Mix evenly.
2. Place a piece of wrapper on one hand. Lightly brush both sides with water. Scoop a teaspoon of the beef mixture, place in the middle of the wrapper. Bring all the corners of the wrapper together, covering 90% of the contents. Arrange wrapped siomai in a lightly greased steamer basket. Leave spaces in between siomai to allow expansion.
3. In the Instant Pot, pour 1 cup of hot water and place the steam rack. Place the basket on the rack. Close the lid and set the steam release handle to the **Sealing Position**. Select **[Steam]**, **Pressure Level** at **High**, then use the **[+]** or **[-]** buttons to set the time to 10 mins.
4. Once done, turn the pressure release handle for **Quick Release** of pressure. Either use mittens or a wooden spoon to do this.
5. Open the lid carefully and remove the basket. Serve siomai with lemon and chili garlic.



Taiwanese Beef Noodle Soup

BY DIDI TIU TANG

SERVES: 6

COURSE: LUNCH

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

Ingredients:

1 kilo Beef (brisket or any beef part you prefer)
3 slices of Ginger
8 cloves of Garlic pounded
5 1-inch Onion Leeks (you can add as many or as little)
1 large Onion cut to wedges
2 large Tomatoes (wedges)
1-2 Tablespoons of Tomato Paste
2 teaspoons of Sugar (you may add depending on your taste)
1/2 cup Lee Kum Kee Premium Soy Sauce

1/2 cup Shaoxing Wine
1-2 pieces of Beef cubes
4-5 pieces of whole Star Anise
3-4 pieces of big Bay Leaves
1/4 teaspoon Five Spice Powder
1/4 teaspoon Black Pepper
1/4 teaspoon Cinnamon (if you have 1 cinnamon stick, then use it)
2 Tablespoon Cooking Oil
6 cups of Water Guan Miao noodles (or any kind of noodle that's available)

Directions:

1. Turn on your IP on **[Sauté]** and wait for it to turn **Hot** then:
 - b. Add oil, and **[Sauté]** in this order: ginger, garlic, leeks and onions.
 - c. Add the pieces of beef and brown a little.
 - d. Add the tomato, tomato paste, sugar, soy sauce and shaoxing wine.
 - e. Pour the 6 cups of water into the pot with 1 beef cube.
 - f. Add the star anise, bay leaves, five spice powder, black pepper and cinnamon.
 - g. Wait for it to boil (taste the broth and add more beef cubes or sugar to adjust the taste)
 - h. While boiling, press **[Cancel]**
 - i. Put on the lid, make sure it's **Sealed**.
 - j. Press **[Pressure Cook]** and press the time to 40minutes.
 - k. On the 30 minute mark, you may start cooking your noodles in a separate pot. When the 40 minutes has expired, do **Quick Release** and open the pot. Be very careful since the liquid is very very hot. Taste it to check if you need to add salt (because the recipe does not call of salt) You may add chili paste for a 'kick'
 - l. To assemble: Place noodles in a bowl Take beef pieces, leeks, onions, and tomatoes and carefully place on top of the noodles Ladle soup into the bowl and serve.



Steamed Salmon & Vegetables

WITH LEMON GARLIC BUTTER SAUCE

BY YEN CORPUZ

SERVES: 4
COURSE: DINNER

PREP TIME: 7 MINUTES
COOK TIME: 7 MINUTES

Ingredients:

4 pcs salmon fillet, skin on (thaw if frozen)
1 large carrot, sliced batonnet
2 cups whole corn kernels, drained
1 tbsp garlic, minced
1 tsp salt
1 tsp ground black pepper
1 tsp thyme
1 cup hot water

Oil for greasing

For the Sauce:

1/4 cup butter, quartered
1/4 cup minced garlic
Juice of 1/2 lemon
1 tsp salt
1 tsp ground black pepper

Directions:

1. In a small bowl, combine salt, pepper, thyme. Sprinkle spice on both sides of each fillet. Leave for 20 minutes while preparing the steamer.
2. Select **[Sauté]** to preheat Instant Pot on **[Sauté]** mode. When the word **HOT** appears on display, melt butter. **[Sauté]** garlic. Season with salt and pepper. Pour lemon juice. Stir contents for 1-2 minutes. Press **[Cancel]** then remove from pot. Set aside.
3. Without rinsing, pour 1 cup of hot water in the inner pot. Using a wooden spatula, scrape the bottom of the pot until no food bits are stuck. Place the steam rack. Assemble carrots and corn kernels in a stainless steel bowl and place on the steam rack. Assemble fish in a lightly greased steamer basket and place on top of the steel bowl. Do not place fish on top of another. Sprinkle each fillet top with minced garlic just before closing the lid. Set the steam release handle to the **Sealing** Position. Select **[Steam]**, **Pressure Level** at **Low**, then use the **[+]** or **[-]** buttons to set the time to 7 mins.
4. Once done, turn the pressure release handle for **Quick Release** of pressure. Either use mittens or a wooden spoon to do this.
5. Open the lid carefully and remove the basket. Carefully remove the fish from the basket and arrange for plating. Drizzle fish with sauce. Remove vegetables from pot and arrange on plate with fish. Serve warm.



Buttered Shrimp

BY SHEREL LOBRADOR

SERVES: 6

COURSE: DINNER

PREP TIME: 8 MINUTES

COOK TIME: 6 MINUTES

Ingredients:

1/2 kilo shrimp	1 bell pepper
1 sachet all purpose seasoning granules	black pepper
3 tbsp butter	salt
1 garlic	lemon juice
2 tbsp sugar	oyster sauce
1 tbsp onion	

Directions:

1. Marinate the shrimp in oyster sauce for about 10 minutes.
2. Melt the butter in a pan. Add the garlic and onion then add the bell pepper. Cook in low heat until the color turns light brown
3. Put-in the shrimp. Adjust heat to **High**.
4. Stir-fry until shrimp turns orange.
5. Season with ground black pepper, salt, and lemon juice.
6. Stir.
7. Add parsley.
8. Cook for 30 seconds.
9. Serve hot. Share and Enjoy!



Easy Peasy Yogurt

BY PANDELOKARB

SERVES: 12

COURSE: SNACK

PREP TIME: 20 MINUTES

COOK TIME: 9 - 15 HOURS

Ingredients:

1 Liter fresh milk 3%

2 tbsp plain yogurt

Directions:

1. Using your Instant Pot **[Sauté]** button, heat milk until it reaches 180°F
2. Remove inner pot, and let your milk cool until it reaches 110-115°F
3. Add 2 tbsp plain yogurt, mix well, and put the inner pot back on your Instant Pot
4. Set Instant pot to **[Yogurt]**, adjust time according to your preference (I prefer from 9-15hrs)
5. Cover your instant pot and leave it to ferment.
6. After fermenting, transfer your yogurt to container[s]
7. Refrigerate. Lasts up to a week.
8. Serve with your favorite granola, fruits, honey or sweetener of choice.



Espresso Crème Brûlée

BY CHEF JACKIE ANG PO

SERVES: 12

COURSE: SNACK

PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES

Ingredients:

1 1/4 cup All purpose cream
5 Egg yolks
1/4 cup Sugar
1 tbsp Espresso Powder
2 tsp Vanilla
2 tbsp Sugar

Directions:

1. Heat all purpose cream until warm, add the espresso powder and steep for 15 mins.
2. Strain and add the egg yolks and sugar. Strain again.
3. Divide into 4 ramekins.
4. Place 4 cups of water in the Instant Pot, place the rack and the ramekins.
5. Use the steam function for 7 mins.
6. Remove, cool in the refrigerator and torch with sugar when ready to serve.
7. Serve with cookies or small pieces of chocolate for texture.

ACCESSORIES

SCAN TO BUY



**Stainless Steel
Inner Pot (6Qt)**



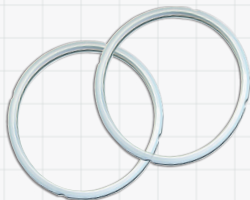
**Ceramic Non-stick
Inner Pot (6Qt)**



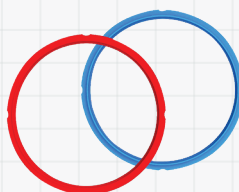
**Tempered
Glass Lid**



**Silicone Lid
Cover**



**2-Pack Sealing Rings
(Clear)**



**2-pack Sealing Rings
(Colored)**



**Silicone
Mini Mitts**



**Yogurt Maker
Cups**



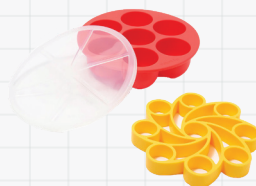
**Silicone Steamer
Basket**



**7-inch Round Pan with
Divider and Lid**



Cook and Bake Set



Silicone Egg Set



**Non-stick 7-inch
Springform Pan**




**Non-stick Mini
Loaf Pans - 2pc**

*Cooking with Instant Pot
is everyday magic!*




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Twenty-four Seven McKinley, 24th Street corner 7th Avenue, McKinley
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