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

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Instant Pot®

FILIPINO
RECIPES

FROM ALL AROUND THE PHILIPPINES

RECIPE BOOKLET



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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

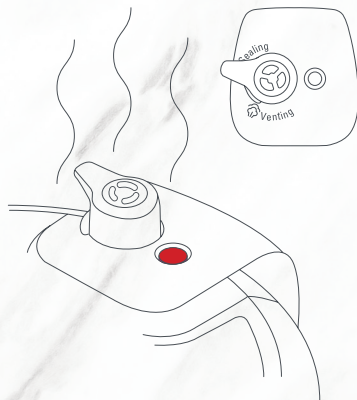
Once cooking is complete, there are 2 methods to release pressure:

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.

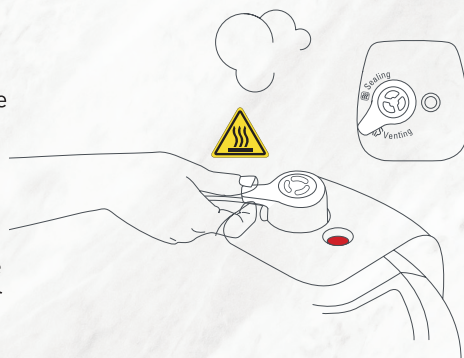


Quick Release (QR)

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	Functions	Cooking Time
SOUP/BROTH		MULTIGRAIN	
Less (meatless soup)	00:20	Less (firmer texture)	00:20
Normal (soup with meat)	00:30	Normal (normal texture)	00:40
More (bone broth)	04:00	More (soft texture)	01:00 (plus 45-minute warm water pre-soak)
Time Range	00:00-04:00	Time Range	00:00-04:00
MEAT/STEW		PORRIDGE	
Less (soft texture)	00:20	Less (oatmeal)	00:05
Normal (tender texture)	00:35	Normal (congee)	00:20
More (fall off the bone)	00:45	More (oatmeal or congee mix with beans)	00:30
Time Range	00:00-04:00	Time Range	00:00-04:00
BEAN/CHILI		STEAM	
Less (firmer texture)	00:25	Less (vegetables)	00:03
Normal (softer texture)	00:30	Normal (seafood & fish)	00:10
More (very soft texture)	00:40	More (meat)	00:15
Time Range	00:00-04:00	Time Range	00:00-04:00
POULTRY		YOGURT	
Less (firmer texture)	00:05	Less (jiu niang)	24:00
Normal (softer texture)	00:15	Normal (ferment yogurt)	08:00
More (very soft texture)	00:30	More (pasteurized milk)	N/A
Time Range	00:00-04:00	Time Range (less & normal)	00:30-99:30
SLOW COOK		PRESSURE COOK	
Default time	04:00	Less	00:20
Time Range	00:30-20:00	Normal	00:35
Less (8 hour cook)	82°C—88.7 °C	More	00:45
Normal (6 hour cook)	87.8°C—93°C	Time Range (less & normal)	00:00-04:00
More (4 hour cook)	93°C—99°C	PRESSURE LEVEL	
SAUTÉ		Low Pressure	5.8 psi—7.2 psi
Default time	00:30	High pressure	10.2 psi-11.6 psi
Time Range	00:00-00:30	DELAY START	
Less (simmer)	135°C-150°C	Time Default	06:00
Normal (searing)	160°C-176°C	Time Range	00:10-24:00
More (browning/stir fry)	175°C-210°C	KEEP WARM	
RICE		Time Default	10:00
Time Default	Auto	Time Range	00:10-99:50
Time Range	Auto		

IGADO

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: MEAT/STEW

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

1 tbsp	Canola oil
500 grams	Beef liver, cut into 1/2 inch strips
500 grams	Pork tenderloin, cut into 1/2 inch strips
1 piece	Small red bell pepper, sliced into strips
1 piece	White onion, peeled, sliced thin
6 cloves	Garlic, peeled and minced
1/2 cup	Vinegar
1/4 cup	Soy sauce
1 cup	Beef broth
1/2 tsp	Ground peppercorns
2 pieces	Bay leaves
1 tbsp	Brown sugar
2 tbsp	Liver spread
1/2 cup	Frozen green peas, thawed
to taste	Salt

Directions:

1. Press the **SAUTÉ** function on the Instant Pot and wait for it to turn **HOT**. Pour in the oil and heat. Add the garlic, red bell pepper, and onion to sauté until soft.
2. Next, add the liver and pork. Lightly sauté for one minute. Pour in the broth, vinegar, soy sauce, brown sugar, bay leaf, salt and pepper.
3. Press **CANCEL** and switch to **MEAT/STEW**. Set Pressure Level to **HIGH** and adjust time to 25 minutes.
4. When the cooking time is done, **QUICK RELEASE** the pressure.
5. Open the lid and press **CANCEL** to set the function to **SAUTÉ** again. Stir in the peas and let cook for 2-3 minutes. Adjust salt and pepper as needed.
6. Transfer to a serving dish and enjoy with Instant Pot white rice.

PINAKBET

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: MEAT/STEW

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

Ingredients:

5-6 tbsp	Fish bagoong
3/4 cup	Seafood/pork broth
5 cloves	Garlic, minced
2 pieces	Tomatoes, chopped
4 stalks	Green onions, cut into 1-inch pieces
1/2 piece	Kabocha squash, cut into 1.5-Inch cubes
1 piece	Medium-sized ampalaya, sliced and brined
12 pieces	Medium okras, cut in half
1 bunch	String beans, cut into finger-length size
2 pieces	Eggplants, cut in half lengthwise, and into 3-inch pieces
250 grams	Bagnet/deep-fried pork belly/chicharon

Directions:

1. Add and layer the ingredients in the Instant Pot in this order: broth, fish bagoong, kabocha squash, chicharon, half the tomatoes, onions, and garlic. Then layer in the string beans, the rest of the tomatoes, onions, and garlic. Finally, layer another handful of chicharon, then the okra, ampalaya and eggplant.
2. Use the **PRESSURE COOK** function on Pressure Level **HIGH** and adjust the time to 5 minutes.
3. When the cooking cycle is done, **NATURAL RELEASE** the pressure for 10 minutes then **QUICK RELEASE** the remaining pressure.
4. Serve hot and enjoy!



BOPIS

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: MEAT/STEW

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

Ingredients:

500 grams	Beef internal organs, diced
1/2 head	Garlic, minced
1 pc	Medium onion, chopped
1 pc	Medium radish, diced
1 pc	Medium carrots, diced
2 tbsp	Ground black pepper
1 pc	Red bellpepper, diced
1 tbsp	Annatto powder
2-3 pcs	Bird's eye chilis
3/4 cup	Vinegar
1/2 cup	Beef broth
1 tsp	Fish sauce
1 tbsp	Canola oil
tt	Salt

Directions:

1. Press the **SAUTÉ** function on the Instant Pot and wait for it to turn **HOT**. Pour in the oil and heat. Add the garlic, red bell pepper, and onion to sauté until soft.
2. Next, add the beef organs and lightly saute for one minute. Pour in the broth, annatto powder, vinegar, fish sauce, bird's eye chilis, salt and pepper.
3. Press **CANCEL** and switch to **MEAT/STEW**. Set Pressure Level to **HIGH** and adjust time to 35 minutes.
4. When the cooking time is done, **NATURAL RELEASE** pressure for 10 minutes. Then carefully **QUICK RELEASE** remaining pressure.
5. Open the lid and press **CANCEL** to set the function to **SAUTÉ** again. Add carrots and radish. Stir gently and let the vegetables cook for 2-3 minutes.
6. Transfer to a serving dish and enjoy with Instant Pot white rice.

BRINGHE

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: RICE

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

Ingredients:

2 tbsp	Olive oil	1/2 pc	Red bell pepper, sliced into strips
2 pcs	Chorizo de bilbao, sliced into 1/2 inch thick	1/2 pc	Green bell pepper, sliced into strips
500 grams	Chicken thighs, bone in	1 cup	Green peas
1 pc	Red onion, sliced	1/4 cup	Raisins
3 cloves	Garlic	2 tsp	Turmeric powder
1 tbsp	Fish sauce	tt	Salt and pepper
2 cups	Glutinous rice, unwashed	2 pcs	Hard-boiled eggs, peeled and sliced
2 cups	Coconut milk		
1 pc	Carrot, peeled and julienned		

Directions:

1. Select the **SAUTÉ** setting on the Instant Pot and add the oil. Add the chicken and sausage and stir to combine. **SAUTÉ** for 5 to 6 minutes, until the chicken has turned opaque and garlic. Stir in the garlic, onion, carrots and bell peppers. **SAUTÉ** until they have softened a little bit for 3 to 4 minutes. Stir in the salt, and **SAUTÉ** for one more minute.
2. Add 1 cup of the coconut milk and use it to scrape up any browned bits that have developed on the bottom of the pan. Stir in the rice, then pour in the rest of the coconut milk with the fish sauce, peas, raisins, and turmeric powder. Push down any grains of rice from the sides of the pot, making sure that everything is submerged in the cooking liquid.
3. Secure the lid and turn the pressure valve to **SEALING**. **CANCEL** the sauté cooking program, then select the **RICE** setting and set the cooking time to 10 minutes at **HIGH PRESSURE**.
4. When the cooking program ends, let the pressure **RELEASE NATURALLY** for 10 minutes, then release the remaining pressure by turning the valve to **VENTING**.
5. When the pressure has fully released, open the pot. Scoop onto plates, garnish with extra vegetables and the hard-boiled eggs.

BICOL EXPRESS

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: PRESSURE COOK

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

Ingredients:

6 cloves	Garlic, minced
2 pcs	Red onion, sliced
2-inches	Ginger, minced
8 pcs	Green chilies, chopped
800 grams	Pork belly, cubed
1 cup	Coconut cream
1 tbsp	Shrimp paste

Directions:

1. Press **SAUTÉ** on the Instant Pot and drizzle in oil when hot.
2. Sauté garlic, onion, ginger until browned.
3. Add pork belly and let it brown.
4. Pour in coconut cream and add chilis. Press **CANCEL** and close the lid. Switch to **PRESSURE COOK** function for 20 minutes, **HIGH PRESSURE**.
5. **QUICK RELEASE** pressure and switch function to **SAUTÉ, LESS**.
6. Mix in shrimp paste. Let the sauce cook until thick.

LAING

SERVES: 4

COURSE: MAIN

COOKING FUNCTION: PRESSURE COOK, SAUTÉ

PREP TIME: 10 MINUTES

COOK TIME: 45 MINUTES

Ingredients:

500 grams	Dried taro leaves
2 cans	Coconut milk
1/4 cup	Dried anchovies (dilis)
1/4 kg	Pork belly, cut in 1-inch thick pieces
1 pc	Taro, peeled and cut into 2-inch thick pieces
1/4 cup	Shrimp paste
1 pc	Red onion, chopped
4 cloves	Garlic, minced
1 piece	Ginger, 1-inch long, minced
2 pcs	Red bird's eye chili, minced
2 tbsp	Canola oil
2 cups	Water

Directions:

1. Press **SAUTÉ** on Instant Pot, **NORMAL** heat. When **HOT**, heat the oil. Add the garlic and let it soften. Sauté in the red onion, ginger and dried anchovies. Let the anchovies crisp. Add the pork belly to brown.
2. Pour in the coconut milk and water. Mix and let it simmer.
3. Add the taro leaves and mix well to rehydrate with the liquids.
4. Mix in the shrimp paste and taro.
5. Close the lid and **PRESSURE COOK** on **HIGH** for 30 minutes. **NATURAL RELEASE** pressure for 10 minutes when done and **QUICK RELEASE** the remaining pressure after.
6. Open the lid and switch mode to **SAUTÉ**. Add another can of coconut milk and let the Laing simmer until the oils separate and appear on the surface. Mix in minced chili if preferred.

LASWA

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: PRESSURE COOK

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES

Ingredients:

1 cup	Kalabasa squash, chopped
1 cup	Alugbati
6 pcs	String beans, cut into 2-inch slices
3 pcs	Okra, sliced diagonally
1 pc	Eggplant, sliced
2 cloves	Garlic, sliced
1/4 kg	Whole shrimps
3 tsp	Fish sauce
3 cups	Water or chicken broth

Directions:

1. Stir together the water, garlic, and fish sauce. Pour in the Instant Pot.
2. Add kalabasa and string beans in one layer then top with the okra and eggplant
3. Close the lid and **PRESSURE COOK** on **HIGH** for 2 minutes.
4. **QUICK RELEASE** pressure and add the shrimp and alugbati.
5. **PRESSURE COOK** on **HIGH** again for 3 minutes. **QUICK RELEASE** pressure when done cooking.

BALBACUA

SERVES: 4-6

COURSE: MAIN

COOKING FUNCTION: PRESSURE COOK

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

Ingredients:

400 grams	Beef brisket, cut into cubes	1 tbsp	Turmeric, minced
600 grams	Oxtail, sliced into 2-inch slices	2 pcs	Bird's eye chili, sliced
3 tbsp	Annatto oil	2 tbsp	Tomato paste
2 pcs	Leeks, chopped, green and white parts separated	1 cup	Canned tomatoes
1 pc	Large red onion, diced	2 cups	Beef broth
2 pcs	Star anise	1/2 cup	Peanut butter
5 cloves	Garlic, minced	1/2 tsp	Salt
		1/2 cup	Black beans or tausi

Directions:

1. Press the **SAUTÉ** function of the Instant Pot to **NORMAL**. Once **HOT**, pour in the oil to heat.
2. **SAUTÉ** the red onion and white part of the leeks until soft. Then add the garlic, turmeric, chili, and tomato paste. Mix and **SAUTÉ** for 2 minutes.
3. Pour in the beef broth and scrape the bottom of the pot with the paddle. Add the whole canned tomatoes, peanut butter, star anise, salt, oxtail, and brisket cubes.
4. Close the lid and set the valve to **SEALING**. Select **MEAT/STEW** and set Pressure Level to **HIGH**. Adjust the time to 35 minutes.
5. Once the cooking cycle is complete, **NATURAL RELEASE** pressure for 10 minutes and **QUICK RELEASE** remaining pressure.
6. Open the lid and press **CANCEL** to switch to **SAUTÉ**. Add the black beans and annatto oil. Let cook for another 5 minutes.
7. Transfer to serving bowls and serve garnished with the green leeks. Enjoy with Instant Pot white rice!

BINIGNIT

SERVES: 4

COURSE: DESSERT

COOKING FUNCTION: PORRIDGE

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

Ingredients:

1 1/2 cups	Coconut cream
1 cup	Coconut water
1/4 cup	Glutinous rice, washed
1/2 cup	Taro, peeled and cut into 1-inch cubes
1 cup	Purple yam, peeled and cut into 1-inch cubes
1/2 cup	Cooked large tapioca pearls
1/2 cup	Jackfruit strips
1/2 cup	White sugar
1/2 cup	Plantains, cut into 1-inch cubes

Directions:

1. Pour sticky rice, coconut cream, coconut water, sugar, jackfruit, taro, purple yam, and sweet potato in the Instant Pot.
2. Close the lid and press **PORRIDGE** function and set to **HIGH**. Adjust the time to 15 minutes.
3. When the cooking cycle is done, **QUICK RELEASE** the pressure and press **SAUTÉ** function.
4. Add plantains and tapioca pearls in the pot. Stir to combine.
5. Continue to cook for 5 minutes or until the liquid thickens.
6. Serve in bowls and enjoy!

TORTA MAMON CAKE

SERVES: 8 PIECES

COURSE: DESSERT

COOKING FUNCTION: STEAM

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

3 pcs	Egg yolks
1/3 cup	Coconut juice or tuba
1/3 cup	Sugar
1 cup	All purpose flour
1 pc	Star anise
1/2 tbsp	Baking powder
1/4 tsp	Salt
3 tbsp	Butter or lard
2 tsp	Fresh milk
1/4 cup	Sweetened condensed milk

Directions:

1. Brush torta molds with cooking oil.
2. Press **SAUTÉ** on the Instant Pot and pour in the coconut juice, sugar, and star anise. Stir and let simmer on Less to infuse the star anise.
3. Sift the flour, baking powder, and salt in a bowl.
4. In another bowl, whisk the butter until fluffy and mix in the egg yolks. Add the oil, coconut syrup, and condensed milk. Mix until combined.
5. Mix in the dry ingredients. Fold carefully to not overbeat the batter.
6. Divide the batter into the molds. Place the molds on the trivet, pour 2 cups of water in the inner pot and lower down the trivet.
7. Close the lid and **STEAM** for 30 minutes on **HIGH**.
8. **NATURAL RELEASE** pressure for 15 minutes.
9. Take the torta out of the pot. Let them cool then brush with butter lightly on top. Dust with powdered sugar.

DURIAN CHEESECAKE

SERVES: 4 PIECES

COURSE: DESSERT

COOKING FUNCTION: PRESSURE COOK

PREP TIME: 10 MINUTES

COOK TIME: 45 MINUTES

Ingredients:

250 grams	Cream cheese, room temperature and softened
200 grams	Durian flesh
100 grams	Icing sugar
10 grams	Flour
2 pcs	Large eggs
180 ml	All purpose cream, chilled
70 ml	Yogurt
3/4 cup	Cookie crumbs
1 tbsp	White sugar
3 tbsp	Unsalted butter, melted
1 tsp	Oil for the pan

Directions:

1. Make the cheesecake crust by combining all its ingredients in a bowl. Grease the inside of the pan and press down the crust mixture. Leave to chill in the refrigerator.
2. Beat the cream cheese with a whisk or hand mixer until lump-free. Add the icing sugar and beat together.
3. Combine the yogurt and flour in a bowl. Mix until flour is incorporated. Add and mix the mixture to the cream cheese mixture,
4. Beat in the cream until thick. Add and whisk in the eggs one by one.
5. Pour 1 1/2 cups of water in the inner pot.
6. Pour the batter into the prepared crust. Cover and seal with an oiled aluminum sheet foil.
7. Lower the pan into the inner pot using the trivet.
8. **PRESSURE COOK** on **HIGH** for 45 minutes and **NATURAL RELEASE** pressure for 15 minutes when done cooking.
9. Chill for at least 6 hours before serving.

ACCESSORIES

SCAN TO BUY



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



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



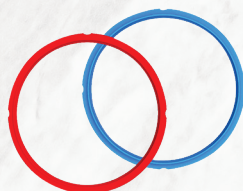
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Twenty-four Seven McKinley, 24th Street corner 7th Avenue,
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 instantpot@focusglobalinc.com