

THE Instant Pot® WAY OF COOKING

THE FOUR GOLDEN RULES

1

As a rule of thumb, make sure you always have a **cup (250 ml) of water or stock** (if using a stock cube or powder make sure you dilute it first) when pressure cooking.

2

There is hardly any evaporation in pressure cooking so, at the end, your sauce may be more liquid than you would like. Just press the **Sauté** button and then the **Adjust** button to set it to **More**. Leave the lid off so that the sauce can bubble and reduce, it happens quickly so stay nearby and stir every once in a while. If you don't want the veg, etc. to keep cooking, you can remove the solid food and then add it back once you have the consistency you want. Stir to warm up and enjoy.

3

After sauteing, always **deglaze** the bottom of the pot by scraping it with a wooden spoon and a bit of liquid (water, stock, wine).

4

Tomatoes and tomatoey sauces have a habit of catching and making the pot give you an Overheat error (or fail to reach pressure if you have v2 of the DUO). This is also the case of ready-made sauces. There are a few tricks:

- a) add courgettes or mushrooms, they release liquid which in turn creates the necessary steam
- b) remember the rule of thumb of a cup of water or stock always in the pot for pressure cooking (if you add courgettes or mushrooms you can get away with less)
- c) some people place the tomatoes on top of the ingredients without stirring
- d) (for DUO owners) you could use the Low Pressure setting (press the Pressure button to swap between High and Low Pressure) and increase the pressure cooking time.