

Instant Pot®

GEM MULTICOOKER RECIPE BOOKLET



Welcome to the World of Instant Pot[®] Cooking!

Cooking just got a whole lot smarter! The Gem 8-in-1 Multicooker is built with Instant Pot[®] Advanced Microprocessor Technology, the same technology behind the number one bestselling electric pressure cooker in North America. It features a variety of different functions including roasting, stewing, baking, and steaming. You can also slow cook, sear/sauté, cook rice, and warm...all in one pot! With 8 built-in smart programs, your favorite dishes can be cooked to perfection, simply by pushing a button. The best part? The inner pot is dishwasher safe, so cleanup is just as quick and easy as your meal prep!

We have prepared a delicious collection of recipes for you from breakfasts and appetizers to main courses and desserts to help get you started with your Gem Multicooker. As with any appliance, make sure you read through your User Manual before you begin. Not sure where to start? Here are a few frequently asked questions:

Why is the Gem 8-in-1?

The Gem has 8 high-in-demand features in just 1 device.

What are the Smart Built-In Programs?

The 8 Smart Programs are "Stew," "Slow Cook," "Sear/Sauté," "Rice," "Steam," "Bake," "Roast," and "Keep Warm."

How do the Smart Programs work?

The Instant Pot[®] Gem Multicooker is built with an embedded microprocessor which carefully controls the time and temperature to ensure consistent cooking results. You can customize these settings using the operation buttons +/- to adjust cooking time and temperature,

allowing you to achieve your preferred cooking results.

How long after selecting the settings will the cooker Start?

After **10 seconds**, the cooker will beep 3 times and begin the cooking process. "ON" is displayed when the cooker preheats to the set cooking temperature, with the exceptions of the "Slow Cook H" and "Slow Cook L" programs, for which the cooking time countdown starts immediately.

How long is the Delay Start time?

The "Delay Start" can be set for a maximum of **24 hours**. This program is not recommended for porridge, oatmeal, or other foamy and thick liquids.

What temperatures and times does the Gem Multicooker default to for the different functions?

See page 5 of this booklet for the table.

What are the temperature and time ranges of the different functions for the Gem Multicooker?

See page 5 of this booklet for the table.

Can I make cooking adjustments after the cooking process has started?

The Gem Multicooker allows you to easily adjust settings even after the cooking is in progress.

How many temperature settings does the Automatic Keep Warm have?

The default "Keep Warm" temperature is 150–163°F (66–73°C). The "Sear/Sauté", "Bake", and "Roast" functions do not have an automatic "Keep Warm" function. For the "Roast" function, the user needs to manually activate it.

What is the Default Keep Warm time?

The default "Keep Warm" time for "Stew", "Slow Cook (L)", and "Slow Cook (H)" functions is 10 hours. For the

"Steam", "Roast", and "Rice" functions, it is 2 hours.

How does the Cancel key work?

The "Cancel" function ends a cooking program at any time or returns the cooker to the standby mode displaying "OFF." It can also be used to reset the cooker to factory default.

Note: To reset ALL the cooking programs back to factory default, just press the "Cancel" button when the cooker is in standby mode and hold for 5 seconds until the cooker beeps.

How do I know which Controls and Settings to use for my dish?

Please check the User Manual provided with the Gem Multicooker. If working with an Instant Pot® recipe, please follow the instructions indicated.

How full (of food and liquid) can the inner pot be?

To avoid spill or splatter, do not fill the inner pot beyond three-quarters full.

How do I change from Fahrenheit to Celsius?

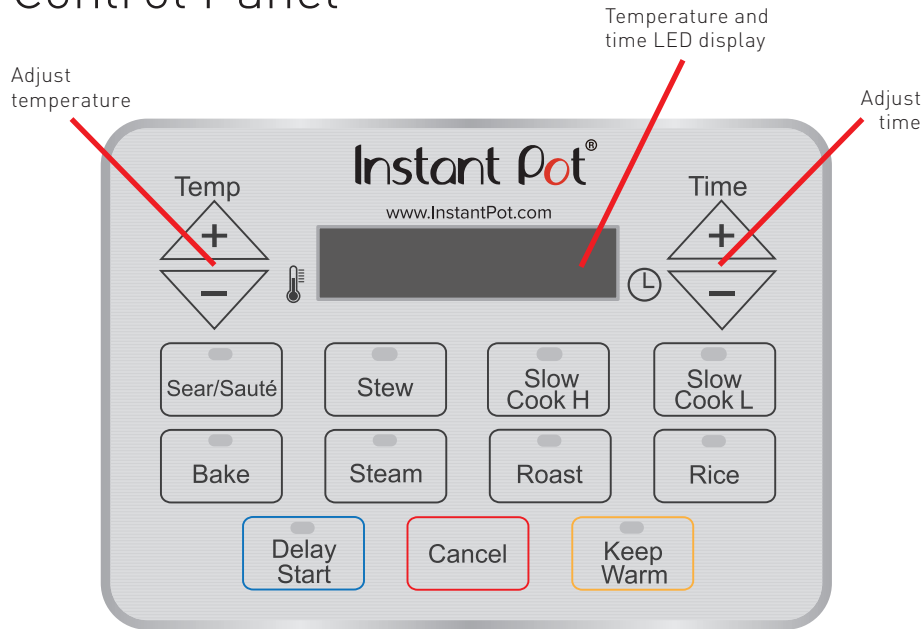
Under "Temp," press and hold the "+" and "-" buttons together for 5 seconds to switch between them.



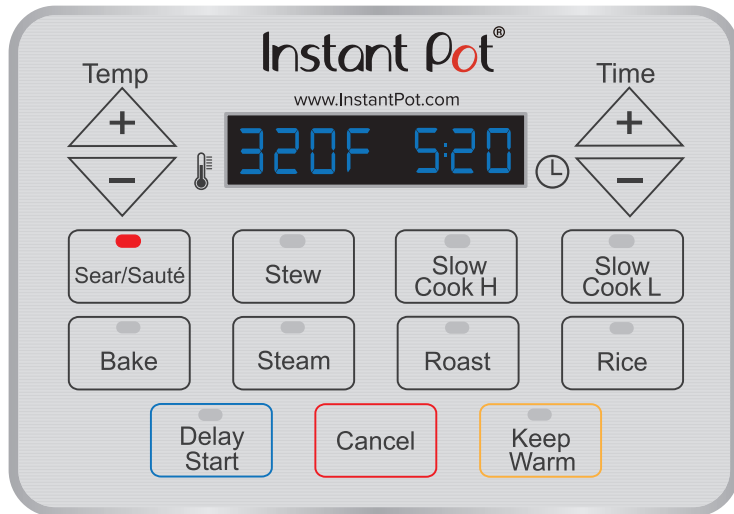
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Control Panel



Display



Cooking Program Options

MODE	TEMPERATURE		COOKING TIME	
	Default	Range	Default	Range
Sear/Sauté	400°F	250°F - 425°F	00:30	00:02 - 01:00
	205°C	120°C - 220°C	00:30	00:02 - 01:00
Stew	195°F	175°F - 210°F	02:00	00:15 - 04:00
	90°C	79°C - 99°C	02:00	00:15 - 04:00
Slow Cook (H)	93°C - 99°C/ 200°F - 210°F	N/A	04:00	00:30 - 10:00
Slow Cook (L)	88°C - 93°C/ 190°F - 200°F	N/A	06:00	00:30 - 10:00
Bake	350°F	250°F - 425°F	01:00	00:10 - 04:00
	175°C	120°C - 220°C	01:00	00:10 - 04:00
Steam	212°F	N/A	00:15	00:10 - 02:00
	100°C	N/A	00:15	00:10 - 02:00
Roast	350°F	250°F - 425°F	00:45	00:10 - 04:00
	175°C	120°C - 220°C	00:45	00:10 - 04:00
Rice	Automatic	N/A	Automatic	N/A

The Gem Multicooker remembers your most recently used settings for each cooking program, for a more personalized cooking experience. You can experiment and fine-tune the cooking settings for each program to achieve optimal cooking results.

Rice-to-Water Ratio

SUGGESTED RICE/WATER PROPORTION ON RICE COOKING			
Rice (cups)	Water (cups)	Rice (cups)	Water (cups)
2	3¼	6	8
3	4½	7	9
4	6	8	10
5	7	9	11

Use the included rice measuring cup when measuring rice-to-water ratio.

Keep Warm Function Applicability

FUNCTION	AUTO KEEP WARM	DEFAULT KEEP WARM TIME (HOURS)
Sear/Sauté	N/A	N/A
Stew	√	10
Slow Cook (H)	√	10
Slow Cook (L)	√	10
Bake	N/A	N/A
Steam	√	2
Roast	No, press "Keep Warm" manually to activate	2
Rice	√	2

The default "Keep Warm" temperature is 151–163°F (66–73°C). The user can turn ON/OFF the automatic "Keep Warm" function according to the above table by pressing the "Keep Warm" button as needed.

Steam

YIELD:

4 servings

PREP TIME:

5 minutes

COOK TIME:

20 minutes

Tex-Mex Oatmeal

Ingredients

4 cups (1 quart, or 950 ml)
water

¼ teaspoon kosher salt

1 cup (80 g) steel-cut oats

¾ cup (90 g) shredded extra-
sharp Cheddar cheese

4 large eggs, cooked as
desired

½ cup (130 g) fresh salsa

Chopped fresh cilantro,
for serving (optional)

- 1 Add the water to the Instant Pot®, press [Steam], and adjust the timer to 30 minutes.
- 2 Once the water is boiling, stir in the salt, followed by the oats.
- 3 Cover with the lid and cook (the oatmeal should be simmering), stirring occasionally, for 15 minutes. Uncover and continue cooking until the oatmeal is tender and thickened, about 5 minutes more. Press [Cancel].
- 4 Sprinkle the cheese over the oats and stir to combine.
- 5 Spoon the oatmeal into bowls and top with the eggs, salsa, and cilantro (if using).





Bake

YIELD:

6 servings

PREP TIME:

15 minutes

COOK TIME:

1 hour 25 minutes

Ham and Cheese Breakfast Bake

Ingredients

8 large eggs
1½ cups (350 ml) whole milk
1 tablespoon (15 g) Dijon mustard
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
12 ounces (340 g) sourdough bread, torn into pieces
½ small red onion, thinly sliced
6 ounces (170 g) sliced ham, torn into pieces
4 ounces (113 g) Gruyère or Swiss cheese, coarsely grated
Mixed green salad, for serving (optional)

- 1 Line the interior of the Instant Pot® with parchment paper.
- 2 In a large bowl, whisk together the eggs, milk, mustard, salt, and black pepper. Add the bread to the bowl and let sit, tossing occasionally, until nearly all the egg mixture is absorbed, 5 to 8 minutes.
- 3 Fold the onion, ham, and cheese into the bread mixture.
- 4 Transfer the mixture to the prepared pot, cover with the lid, and press [Bake]. Adjust the temperature to 350°F (175°C) and the timer to 2 hours. Cook until the mixture is set, about 1½ hours. Press [Cancel].
- 5 Use the parchment to transfer the entire egg bake to a serving platter. Serve with a green salad (if using).

Sear/Sauté

Steam

YIELD:

4 servings

PREP TIME:

10 minutes

COOK TIME:

15 minutes

Beer-Steamed Shrimp

Ingredients

1 tablespoon (15 ml)
extra-virgin olive oil
2 cloves garlic, smashed
½ small red onion, finely
chopped
1 bottle (12 ounces, or
350 ml) pale lager beer
1 lemon, thinly sliced
1 jalapeño, seeded and thinly
sliced
½ tablespoons (22 g)
Old Bay Seasoning
1 pound (454 g) large easy
peel shrimp (shell-on
shrimp that are deveined)
¼ cup (15 g) fresh
flat-leaf parsley, chopped
Baguette or country bread,
for serving

- 1 Press [Sear/Sauté] on the Instant Pot®. Let heat for 3 minutes, then add the olive oil.
- 2 Add the garlic and onion to the pot, and cook and stir for 4 minutes.
- 3 Add the beer, lemon slices, jalapeño, and Old Bay to the pot, and bring to a simmer. Press [Cancel].
- 4 Nestle the shrimp in the beer mixture in a single layer. Cover with the lid, press [Steam], and steam until the shrimp are opaque throughout, 3 to 5 minutes. Press [Cancel].
- 5 Toss the shrimp with the parsley and transfer to a serving platter.
- 6 Serve with the baguette, for dipping into the broth.





Slow Cook H

YIELD:

6 servings

PREP TIME:

10 minutes

COOK TIME:

4 hours

Beet Hummus

Ingredients

1 cup (200 g) dried chickpeas, rinsed
6 cups (1.4 L) water
2 lemons (finely grated zest of 1 lemon and ¼ cup, or 60 ml, fresh lemon juice), divided
1 clove garlic, peeled
4 ounces (113 g) cooked beets (either canned or cryovaced), drained
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ cup (120 ml) extra-virgin olive oil, plus more for serving (optional)
Pita chips, for serving

- 1 In the Instant Pot®, combine the chickpeas and water. Cover with the lid, press [Slow Cook H], and adjust the timer to 4 hours. Cook until the chickpeas are tender, 3½ to 4 hours. Press [Cancel].
- 2 Reserve ¼ cup (60 ml) of the cooking liquid, then drain the chickpeas, rinse them under cold water, and let them cool completely.
- 3 While the chickpeas are cooling, add the lemon zest and garlic to the food processor and finely chop.
- 4 Add the cooled chickpeas, beets, salt, and black pepper to the food processor. Add the ¼ cup (60 ml) lemon juice and process until a thick paste forms.
- 5 With the motor running, gradually add the ½ cup (120 ml) olive oil, then process until the hummus is smooth and creamy, adding the reserved cooking liquid, 1 tablespoon (15 ml) at a time, to reach the desired consistency.
- 6 Spoon the hummus into a bowl and drizzle with more olive oil (if using). Serve with pita chips.

Sear/Sauté

Rice

YIELD:

4 servings

PREP TIME:

10 minutes

COOK TIME:

35 minutes

Herbed Rice Pilaf

Ingredients

2 tablespoons (30 ml) extra-virgin olive oil

1 medium onion, finely chopped

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

1 large clove garlic, finely chopped

1½ cups (275 g) long grain white rice, rinsed

2½ cups (550 ml) low-sodium chicken broth

6 sprigs fresh thyme

½ cup (30 g) fresh flat-leaf parsley, chopped

- 1 Press [Sear/Sauté] on the Instant Pot®. Let heat for 3 minutes, then add the olive oil.
- 2 Add the onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, until the onion is just tender, 5 to 7 minutes.
- 3 Stir in the garlic and cook, uncovered, for 1 minute.
- 4 Add the rinsed rice to the pot and mix to combine. Add the broth and thyme, and press [Cancel].
- 5 Cover with the lid and press [Rice]. Cook until the rice is tender and the liquid is absorbed, about 25 minutes. Press [Cancel].
- 6 Remove and discard the thyme. Fold in the parsley.
- 7 Spoon the rice pilaf into a serving bowl.





Slow Cook H

YIELD:

4 servings

PREP TIME:

10 minutes

COOK TIME:

4 hours

Garlic and Herb Mashed Potatoes

Ingredients

3 tablespoons (42 g) unsalted butter, divided

6 sprigs fresh thyme

1 sprig fresh rosemary

2 pounds (907 g) Yukon Gold potatoes, peeled and cut into 1½-inch (4 cm) pieces

2 large cloves garlic, smashed

1 cup (235 ml) whole milk, plus more if needed

¾ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

Chopped fresh chives, for serving (optional)

- 1 Using 2 tablespoons (28 g) of the butter, grease the bottom and 2 inches (5 cm) up the sides of the Instant Pot®.
- 2 Tie the sprigs of thyme and rosemary together with kitchen twine, then add the bundle to the pot along with the potatoes, garlic, 1 cup (235 ml) milk, salt, and black pepper.
- 3 Cover with the lid, press [Slow Cook H], and adjust the timer to 5 hours. Cook until the potatoes are very tender, 4 to 5 hours. Press [Cancel].
- 4 Remove and discard the herb bundle. Add the remaining 1 tablespoon (14 g) butter and mash the potatoes (and garlic) in the pot, adding more milk if needed, 1 tablespoon (15 ml) at a time, to reach the desired consistency.
- 5 Spoon the mashed potatoes into a serving bowl and sprinkle with chives (if using).

Steam

Sear/Sauté

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

15 minutes

Buffalo Chicken Sandwiches with Celery Slaw

Ingredients

3 boneless, skinless chicken breasts (6 ounces, or 170 g, each)
¼ cup (60 g) sour cream
2 tablespoons (30 ml) white wine vinegar
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 ounces (57 g) crumbled blue cheese
2 stalks celery, thinly sliced
2 scallions, thinly sliced
¼ head iceberg lettuce, cored and sliced
¼ cup (60 g) ketchup
¼ cup (65 g) buffalo wing sauce
1 tablespoon (15 ml) water
4 rolls, split and toasted

- 1 Place the rack in the Instant Pot®, add 1 inch (2.5 cm) of water, press [Steam], and adjust the timer to 20 minutes.
- 2 Once the water is boiling, place the chicken on the rack, cover with the lid, and steam until the chicken is cooked through, 10 to 12 minutes. Press [Cancel].
- 3 Transfer the chicken to a plate and let rest until cool enough to handle. Shred the chicken into large pieces.
- 4 While the chicken cools, make the celery slaw. In a medium bowl, whisk together the sour cream, vinegar, salt, and black pepper. Stir in the blue cheese. Toss with the celery and scallions, then fold in the lettuce.
- 5 Carefully remove the rack and rinse out the pot. Add the ketchup, buffalo wing sauce, and water to the clean pot, and mix to combine. Press [Sear/Sauté] and bring to a simmer. Press [Cancel].
- 6 Add the shredded chicken to the pot and toss in the sauce to coat.
- 7 Pile the buffalo chicken on the bottom half of the rolls, then top each sandwich with the celery slaw and roll tops.





Sear/Sauté

Stew

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

30 minutes

Chicken Curry

Ingredients

1½ pounds (680 g) boneless, skinless chicken breasts, trimmed and cut into 2-inch (5 cm) pieces
1½ tablespoons (22 ml) curry powder, divided
1 teaspoon kosher salt, divided
1 teaspoon freshly ground black pepper, divided
2 tablespoons (30 ml) extra-virgin olive oil, divided
1 large onion, chopped
2 large cloves garlic, finely chopped
1 jalapeño, finely chopped
1½ tablespoons (12 g) grated fresh ginger
¼ teaspoon ground cinnamon
1 can (28 ounces, or 794 g) whole peeled tomatoes
½ bunch fresh cilantro (half kept as whole sprigs and half chopped), divided
Cooked rice, for serving (optional)
Plain yogurt, for serving (optional)

- 1 Press [Sear/Sauté] on the Instant Pot® and adjust the timer to 40 minutes.
- 2 Season the chicken with ½ tablespoon (7 ml) of the curry powder and ½ teaspoon each of the salt and black pepper.
- 3 Add 1 tablespoon (15 ml) of the olive oil to the pot and let heat for 1 minute. Add the chicken, and cook until golden brown, about 3 minutes per side. Transfer the chicken to a plate.
- 4 Add the remaining 1 tablespoon (15 ml) olive oil to the pot along with the onion and remaining ½ teaspoon each salt and black pepper. Cover with the lid and cook, stirring occasionally, until the onion is very tender, 8 to 10 minutes.
- 5 Uncover the pot. Stir in the garlic, jalapeño, and ginger, and cook and stir for 1 minute. Stir in the cinnamon and remaining 1 tablespoon (15 ml) curry powder, and cook and stir for 1 minute. Stir in the tomatoes and their juices. Press [Cancel].
- 6 Nestle the chicken pieces among the vegetable mixture in the pot and add the cilantro sprigs to the pot, keeping them as together as possible for easy removal later. Press [Stew], adjust the temperature to 175°F (79°C) and the timer to 15 minutes, and cook until the chicken is just cooked through, 10 to 12 minutes. Press [Cancel].
- 7 Remove and discard the cilantro sprigs. Gently fold in the chopped cilantro.
- 8 Spoon the chicken and vegetables over rice (if using) and top with a dollop of yogurt (if using).

Sear/Sauté

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

15 minutes

Spinach and Artichoke–Stuffed Chicken

Ingredients

2 ounces (57 g) low-fat cream cheese, at room temperature
1 teaspoon grated lemon zest
3 tablespoons (45 ml) fresh lemon juice, divided
2 tablespoons (10 g) grated Parmesan cheese
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1 jar (6 ounces, or 170 g) artichoke hearts, drained, rinsed, patted dry, and chopped
½ cup (15 g) baby spinach, chopped
2 scallions, 1 finely chopped and 1 thinly sliced, divided
4 boneless, skinless chicken breasts (6 ounces, or 170 g, each)
3 tablespoons (45 ml) extra-virgin olive oil, divided
6 cups (120 g) spinach, arugula, or other leafy green

- 1 In a large bowl, combine the cream cheese, lemon zest, 1 tablespoon (15 ml) of the lemon juice, Parmesan, and ¼ teaspoon each of the salt and black pepper. Fold in the artichoke hearts, baby spinach, and chopped scallion.
- 2 Slice a 2-inch (5 cm) pocket in each chicken breast: Insert a thin, sharp knife into the thickest part of each chicken breast and push it three-quarters of the way through, down to the thin end, being careful not to pierce the outside of the breast. Move the knife from side to side to form a wide pocket with a narrow opening.
- 3 Stuff one-quarter of the artichoke mixture into each chicken breast (about ¼ cup, or 70 g). Season the chicken with ½ teaspoon each of the salt and black pepper.
- 4 Press [Sear/Sauté] on the Instant Pot®, adjust the temperature to 375°F (190°C) and the timer to 30 minutes, and let heat for 2 minutes. Add 1 tablespoon (15 ml) of the olive oil to the pot, followed by the chicken breasts.
- 5 Cover with the lid and cook for 6 minutes. Increase the heat to 400°F (204°C), and cook the chicken, uncovered, until golden brown, 2 to 3 minutes more. Flip the chicken and cook, uncovered, until golden brown and cooked through, 5 to 7 minutes more. Press [Cancel].
- 6 While the chicken is cooking, toss the arugula and sliced scallion with the remaining 2 tablespoons (30 ml) each olive oil and lemon juice and remaining ¼ teaspoon each salt and pepper.
- 7 Serve the salad with the chicken.





Roast

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

2 hours 15 minutes

Classic Pot Roast with Root Vegetables

Ingredients

1½ cups (350 ml) low-sodium beef or chicken broth

1 cup (235 ml) dry red wine

2 tablespoons (32 g) tomato paste

1 tablespoon (15 g) Dijon mustard

2 teaspoons Worcestershire sauce

1 teaspoon freshly ground black pepper, divided

8 small new potatoes, halved

6 medium carrots, peeled and halved crosswise

4 small parsnips, peeled and halved crosswise

2 small onions, cut into ½-inch-thick (13 mm) wedges

2 sprigs fresh rosemary

¾ teaspoon kosher salt

1 chuck or rump roast (2 pounds, or 907 g), tied if desired

Chopped fresh flat-leaf parsley, for serving (optional)

- 1 In the Instant Pot®, whisk together the broth, wine, tomato paste, mustard, Worcestershire, and ½ teaspoon of the black pepper.
- 2 Add the potatoes, carrots, parsnips, onions, and rosemary to the pot, and toss to combine.
- 3 Season the beef with the salt and remaining ½ teaspoon black pepper.
- 4 Nestle the beef into the vegetables in the pot. Cover with the lid, press [Roast], and adjust the temperature to 300°F (149°C) and the timer to 2 hours 30 minutes. Cook until the beef is very tender, about 2 hours 15 minutes. Press [Cancel].
- 5 Remove and discard the rosemary. Transfer the beef to a cutting board, remove the string (if using), and slice thinly.
- 6 Arrange the beef and vegetables on a serving platter or plates, spooning any remaining liquid over the top. Sprinkle with parsley (if using).

Sear/Sauté

Slow Cook H

YIELD:

4 servings

PREP TIME:

20 minutes

COOK TIME:

6 hours

French Onion Beef and Mushroom Stew with Croutons

Ingredients

1 tablespoon (15 ml) extra-virgin olive oil, plus more if needed

20 ounces (567 g) small cremini mushrooms, quartered, divided

½ teaspoon kosher salt, divided

½ teaspoon freshly ground black pepper, divided

2 tablespoons (28 g) unsalted butter

2 large sweet onions (about 2 pounds, or 907 g), thinly sliced

2 tablespoons (30 ml) all-purpose flour

1½ cups (350 ml) dry white wine

1 pound (454 g) lean beef stew meat, cut into ½-inch (5 cm) pieces

4 cups (1 quart, or 950 ml) low-sodium beef broth

10 sprigs fresh thyme, divided

½ baguette, cut into ½-inch-thick (5 cm) slices

2 ounces (57 g) Gruyère cheese, coarsely grated

- 1 Press [Sear/Sauté] on the Instant Pot®, adjust the temperature to 425°F (218°C) and the timer to 1 hour, and let heat for 5 minutes.
- 2 Add the olive oil, followed by half the mushrooms and ¼ teaspoon each of the salt and black pepper. Cook, stirring occasionally, until golden brown, 6 to 8 minutes. Transfer the mushrooms to a plate. Repeat this step with the remaining mushrooms and remaining ¼ teaspoon each salt and black pepper, adding more oil, if needed. Set the mushrooms aside.
- 3 Reduce the temperature to 350°F (175°C). Add the butter and onions to the pot, cover with the lid, and cook, stirring occasionally, until very tender, 12 to 15 minutes. Uncover, increase the heat to 400°F (205°C), and continue cooking until the onions turn golden brown, 10 to 15 minutes more.
- 4 Sprinkle the flour over the onions in the pot and cook and stir for 1 minute. Add the wine, increase the heat to 425°F (220°C), and simmer until the liquid has reduced by half, about 8 minutes. Press [Cancel].
- 5 Add the beef to the pot along with the broth and all but 2 thyme sprigs. Cover with the lid, press [Slow Cook H], and adjust the timer to 5 hours. Cook until the beef is tender, 4½ to 5 hours. Press [Cancel].
- 6 Remove and discard the thyme sprigs from the pot. Stir in the mushrooms and let sit until heated through, about 3 minutes.

- 7 Make your croutons 10 minutes before serving. Heat the broiler of your oven and line a broiler-proof baking sheet with nonstick aluminum foil. Remove the leaves from the remaining 2 thyme sprigs.
- 8 Arrange the baguette slices on the prepared baking sheet and broil until crisp, but not brown, 1 minute per side. Sprinkle the slices with the Gruyère and thyme leaves, and broil until the cheese is melted and beginning to brown, about 1½ minutes.
- 9 Ladle the stew into bowls and top with the croutons.



Sear/Sauté

YIELD:

4 servings

PREP TIME:

25 minutes

COOK TIME:

15 minutes

Korean Tacos with Quick Pickled Carrots

Ingredients

Beef

- 1 pound (454 g) sirloin or boneless short ribs, trimmed
- 2 tablespoons (30 ml) low-sodium soy sauce
- 1 tablespoon (15 ml) toasted sesame oil
- 2 teaspoons light brown sugar
- 1 tablespoon (8 g) grated fresh ginger
- 1 large clove garlic, finely grated
- ½ Bartlett pear, coarsely grated
- ¼ small red onion, coarsely grated
- ½ small red chili pepper, finely chopped

Quick Pickled Carrots

- 3 tablespoons (45 ml) fresh lime juice
- 1 tablespoon (15 ml) low-sodium soy sauce
- 1 teaspoon light brown sugar
- 2 teaspoons grated fresh ginger
- ¼ small red onion, thinly sliced

- To make the tacos:** Place the beef in the freezer for at least 25 minutes and up to 1 hour (this will help you slice extra-thin pieces).
- In a large resealable plastic bag, combine the soy sauce, sesame oil, brown sugar, ginger, garlic, pear, onion, and chili pepper.
- Slice the beef very thinly (if it is not firm, pop it back in the freezer). Add it to the plastic bag and shake to combine. Refrigerate for at least 30 minutes and up to overnight.
- In the meantime, make the quick pickled carrots:** In a medium bowl, whisk together the lime juice, soy sauce, and brown sugar. Stir in the ginger, then toss with the onion and chili pepper.
- Using a vegetable peeler, peel the carrot, discarding the peel, then use the peeler to shave the carrot into thin ribbons. Toss the carrot with the soy mixture. Let sit for at least 30 minutes. Fold the pear into the carrot mixture right before serving.
- To make the tacos:** Press [Sear/Sauté] on the Instant Pot®, adjust the temperature to 420°F (215°C), and let heat for 4 minutes. Add 1 tablespoon (15 ml) of the canola oil and heat for 1 minute.

- ½ small red chili pepper, thinly sliced
- 1 medium carrot
- ½ Bartlett pear, cut into matchsticks

Tacos

- 2 tablespoons (30 ml) canola oil, divided
- ½ teaspoon kosher salt, divided
- 8 small tortillas
- ½ teaspoon sesame seeds (optional)
- Chopped fresh cilantro, for serving (optional)
- Lime wedges, for serving

- Remove half the beef mixture from the plastic bag, letting any excess liquid drip back into the bag. Transfer the beef to the pot and arrange it in a single layer. Add ¼ teaspoon of the salt and cook, without stirring, for 3 minutes. Toss and continue cooking until the meat is just cooked through, 2 to 3 minutes more. Transfer the beef to a bowl. Repeat this step with the remaining 1 tablespoon (15 ml) canola oil, beef mixture, and ¼ teaspoon salt. Press [Cancel]. Toss the cooked beef with the sesame seeds (if using) and discard any liquid in the plastic bag.
- Fill the tortillas with the beef, top with the pickled carrots, sprinkle with cilantro (if using), and serve with lime wedges.



Sear/Sauté

Stew

YIELD:

4 servings

PREP TIME:

20 minutes

COOK TIME:

30 minutes

Ravioli with Italian Sausage Ragù

Ingredients

1 pound (454 g) Italian sausage, casings removed
½ cup (120 ml) dry white wine
2 tablespoons (30 ml) extra-virgin olive oil
1 large onion, finely chopped
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
4 cloves garlic, finely chopped
2 cans (28 ounces, or 794 g, each) diced tomatoes, drained
1 sprig fresh rosemary
½ cup (30 g) fresh flat-leaf parsley, chopped
1 pound (454 g) cheese ravioli
Grated Parmesan cheese, for serving (optional)

- 1 In a medium bowl, combine the sausage and wine, making sure that all the wine is incorporated. Let sit for 10 minutes.
- 2 In the meantime, press [Sear/Sauté] on the Instant Pot®, adjust the timer to 30 minutes, and let heat for 2 minutes. Add the olive oil, onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, until tender, 8 to 10 minutes.
- 3 Add the garlic and cook and stir, uncovered, for 1 minute. Add the sausage and cook, uncovered, breaking it up with a spoon into tiny pieces until no longer pink, about 7 minutes. Press [Cancel].
- 4 Using a handheld or regular blender, finely chop the tomatoes. Add them to the pot along with the rosemary sprig and stir to combine.
- 5 Cover with the lid, press [Stew], and adjust the temperature to 175°F (79°C) and the timer to 15 minutes. Simmer, stirring occasionally, for 10 minutes. Press [Cancel].
- 6 In the meantime, cook the ravioli according to the package directions.
- 7 Remove and discard the rosemary sprig from the pot. Stir in the parsley.
- 8 Serve the ragù over the ravioli and sprinkle with Parmesan (if using).



Sear/Sauté

Bake

YIELD:

4 to 6 servings

PREP TIME:

15 minutes

COOK TIME:

20 minutes

Spiced Pork Tenderloin with Barbecued Red Onions

Ingredients

¼ cup (60 g) ketchup

1 tablespoon (20 g) honey

2 teaspoons Dijon mustard

2 tablespoons (30 ml) extra-virgin olive oil, divided

2 pork tenderloins (¾ pound, or 340 g, each), trimmed

½ teaspoon chili powder

½ teaspoon ground cumin

½ plus ⅛ teaspoon kosher salt, divided

½ plus ⅛ teaspoon freshly ground black pepper, divided

2 small red onions, cut into ½-inch-thick (13 mm) wedges

- 1 Press [Sear/Sauté] on the Instant Pot®, adjust the timer to 15 minutes, and let heat for 3 minutes. In a small bowl, combine the ketchup, honey, and mustard. Set aside.
- 2 Add 1 tablespoon (15 ml) of the olive oil to the pot and heat for 1 minute.
- 3 Season the pork with the chili powder, cumin, and ½ teaspoon each of the salt and black pepper. Add the pork to the pot and cook, turning occasionally, until browned on all sides, 5 to 7 minutes total. Press [Cancel].
- 4 Scatter the onions in the pot, drizzle with the remaining 1 tablespoon (15 ml) olive oil, and season with the remaining ⅛ teaspoon each salt and black pepper. Lift the pork and set it on top of the onions. Spoon half of the ketchup mixture over the pork.
- 5 Cover with the lid, press [Bake], and adjust the temperature to 400°F (205°C) and the timer to 15 minutes. Cook until the pork registers 145°F (63°C) on an instant-read meat thermometer, 10 to 12 minutes. Press [Cancel].
- 6 Transfer the pork to a cutting board, spoon the remaining ketchup mixture over the top, and let rest for at least 5 minutes before slicing.
- 7 Transfer the onions to a small dish and serve with the pork.

Sear/Sauté

Stew

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

40 minutes

Shrimp and Corn Chowder

Ingredients

6 slices bacon, cut into
½-inch (13 mm) pieces
1 tablespoon (15 ml) extra-
virgin olive oil
1 medium onion, chopped
½ teaspoon kosher salt
½ teaspoon freshly ground
black pepper
1 tablespoon (15 ml)
all-purpose flour
½ cup (120 ml) dry white wine
¾ pound (340 g) red
potatoes, cut into ½-inch
(13 mm) pieces
4 cups (1 quart, or 950 ml)
low-sodium chicken broth
6 sprigs fresh thyme
¾ pound (340 g) medium
peeled and deveined
shrimp
1 package (16 ounces, or
454 g) frozen corn, thawed
½ cup (120 ml) heavy cream
or half-and-half
Chopped fresh flat-leaf
parsley, for serving
(optional)

- 1 Add the bacon and olive oil to the Instant Pot®, press [Sear/Sauté], and adjust the timer to 30 minutes. Cook, stirring occasionally, until the bacon is crisp, 6 to 8 minutes. Transfer 2 tablespoons (10 g) bacon to a paper towel-lined plate and set aside.
- 2 Add the onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, until tender, 8 to 10 minutes.
- 3 Sprinkle the flour over the onion-bacon mixture in the pot. Cook and stir, uncovered, for 1 minute, then stir in the wine and simmer for 1 minute. Press [Cancel].
- 4 Add the potatoes, chicken broth, and thyme sprigs to the pot. Cover with the lid, press [Stew], and adjust the temperature to 175°F (79°C) and the timer to 20 minutes. Simmer for 13 minutes.
- 5 Stir in the shrimp, corn, and cream, and simmer until the shrimp are opaque throughout, 4 to 5 minutes. Press [Cancel].
- 6 Spoon the chowder into bowls and top with the reserved bacon and parsley (if using).





Steam

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

15 minutes

Salmon with Ginger-Scallion Relish

Ingredients

4-inch (10 cm) piece ginger,
peeled
3 cups (700 ml) water
4 center-cut salmon fillets
(6 ounces, or 170 g,
each and 1 inch, or
2.5 cm, thick)
4 tablespoons (60 ml)
grapeseed or canola oil,
divided
¼ teaspoon kosher salt
¼ teaspoon freshly ground
black pepper
2 tablespoons (30 ml)
low-sodium soy sauce
1 tablespoon (15 ml)
sherry vinegar
1 teaspoon honey
4 scallions, finely chopped
Cooked rice, for serving
(optional)

- 1 Grate 3 tablespoons (24 g) of ginger and set aside, then thinly slice the remaining ginger.
- 2 Add the sliced ginger to the Instant Pot®. Place the rack in the pot, then add the water. Press [Steam], adjust the timer to 15 minutes, and bring the water to a boil.
- 3 Brush the salmon fillets with 1 tablespoon (15 ml) of the grapeseed oil and season with the salt and black pepper.
- 4 Place the fish on the rack in the pot. Cover with the lid and steam until the fillets are opaque throughout, 8 to 10 minutes. Press [Cancel]. Transfer the fish to plates.
- 5 While the fish is cooking, make the ginger-scallion relish. In a medium bowl, whisk together the soy sauce, vinegar, and honey. Stir in the grated ginger and remaining 3 tablespoons (45 ml) grapeseed oil. Add the scallions to the bowl and mix to combine.
- 6 Spoon the relish over the salmon and serve with rice (if using).

Bake

YIELD:

4 servings

PREP TIME:

15 minutes

COOK TIME:

30 minutes

Caprese Pizza

Ingredients

All-purpose flour, for the work surface

1 pound (454 g) pizza dough, thawed if frozen

¼ small sweet onion, thinly sliced

1½ cups (225 g) mixed-color grape tomatoes

2 tablespoons (30 ml) extra-virgin olive oil

¼ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

½ cup (130 g) marinara sauce

4 tablespoons (20 g) grated Parmesan cheese, divided

4 ounces (113 g) fresh mozzarella, torn into pieces

¼ cup (10 g) fresh basil leaves, torn if large

- 1 Using parchment paper, create a 5-inch-wide (12.5 cm) sling to fit along the bottom and up the short sides of the inside of the Instant Pot®, leaving 3 inches (7.5 cm) of overhang on each side.
- 2 On a lightly floured surface, shape the pizza dough into an oval and fit it into the bottom of the pot on top of the parchment sling. Cover with the lid, press [Bake], and adjust the temperature to 370°F (188°C) and the timer to 35 minutes. Bake for 15 minutes.
- 3 While the dough bakes, in a medium bowl, toss together the onion and grape tomatoes with the olive oil, salt, and black pepper. Let sit, tossing occasionally, until ready to use.
- 4 Using the overhangs, lift the sling, turn the dough over, and lower it back into the pot. Spread the marinara sauce on top of the dough and sprinkle with 2 tablespoons (10 g) of the Parmesan. Cover with the lid and bake until the bottom of the crust is golden brown and crisp, 12 minutes. Press [Cancel].
- 5 Using the overhangs, transfer the pizza to a cutting board and sprinkle with the remaining 2 tablespoons (10 g) Parmesan.
- 6 Toss the tomato mixture with the mozzarella and basil, and spoon over the pizza.





Sear/Sauté

YIELD:

4 to 6 servings

PREP TIME:

15 minutes

COOK TIME:

30 minutes

Three-Bean Chili

Ingredients

1 tablespoon (15 ml) extra-virgin olive oil
1 large onion, chopped
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 poblano pepper, cut into ¼-inch (6 mm) pieces
2 cloves garlic, finely chopped
1 tablespoon (15 ml) chili powder
2 teaspoons ground cumin
1½ teaspoons ground coriander
1 bottle (12 ounces, or 350 ml) pale lager beer
1 can (28 ounces, or 794 g) fire-roasted diced tomatoes
1 can (15 ounces, or 425 g) dark red kidney beans, drained and rinsed
1 can (15 ounces, or 425 g) black beans, drained and rinsed
1 can (15 ounces, or 425 g) refried beans
Sour cream, for serving
Cheddar cheese, for serving
Thinly sliced scallions, for serving (optional)

- 1 Press [Sear/Sauté] on the Instant Pot®, adjust the timer to 30 minutes, and let heat for 3 minutes. Add the olive oil, onion, salt, and black pepper to the pot. Cover with the lid and cook, stirring occasionally, for 4 minutes.
- 2 Add the poblano and cook, covered, stirring occasionally, until the poblano and onion are tender, 6 to 8 minutes more.
- 3 Add the garlic, chili powder, cumin, and coriander, and cook and stir, uncovered, for 1 minute. Stir in the beer and let it come to a simmer.
- 4 Add the tomatoes and their juices and the kidney and black beans, and cook, stirring occasionally, for 10 minutes. Press [Cancel].
- 5 Add the refried beans and stir until fully incorporated and heated through.
- 6 Ladle the chili into bowls and top with sour cream, Cheddar, and scallions (if using).

Bake

YIELD:

8 to 10 servings

PREP TIME:

15 minutes

COOK TIME:

1 hour 30 minutes

Lemon–Poppy Seed Loaf Cake with Lemon Glaze

Ingredients

Cooking spray

1¾ cups (210 g) all-purpose
flour

1½ teaspoons baking powder

¼ teaspoon baking soda

½ teaspoon kosher salt

2 large eggs

1 cup (230 g) sour cream

¾ cup (150 g) granulated
sugar

½ cup (120 ml) canola oil

1½ teaspoons pure vanilla
extract

1 tablespoon (5 g) grated
lemon zest

1 tablespoon (15 ml) poppy
seeds

¾ cup (90 g) confectioners'
sugar

2 tablespoons (30 ml) fresh
lemon juice

- 1 Place the rack in the Instant Pot® and press [Bake]. Adjust the temperature to 350°F (175°C) and the timer to 2 hours, and let heat.
- 2 Coat an 8½ × 4 ½-inch (22 × 11 cm) loaf pan with cooking spray. Line the loaf pan with parchment paper, leaving 2 inches (5 cm) of overhang on both long sides. Spray the parchment.
- 3 In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
- 4 In a large bowl, whisk together the eggs, sour cream, sugar, canola oil, and vanilla extract. Gradually add the dry ingredients to the wet ingredients, stirring until just incorporated. Fold in the lemon zest and poppy seeds.
- 5 Spread the batter in the prepared loaf pan and place the pan on top of the rack. Cover with the lid and bake until a toothpick inserted into the center comes out clean, 1 hour 30 minutes to 1 hour 40 minutes. Press [Cancel].
- 6 Remove the loaf pan, place it on a wire cooling rack, and let cool for 5 minutes.
- 7 While the cake cools, make the glaze. In a small bowl, combine the confectioners' sugar and lemon juice.
- 8 Using the overhangs, remove the cake from the pan and place it on the cooling rack. While the cake is still warm, spoon the glaze over the top. Let cool completely before slicing and serving.





Bake

YIELD:

8 to 10 servings

PREP TIME:

15 minutes

COOK TIME:

1 hour 15 minutes

Chocolate-Walnut Blondies

Ingredients

1½ cups (180 g) all-purpose flour

½ teaspoon baking powder

¼ teaspoon kosher salt

½ cup (1 stick, or 112 g) unsalted butter

½ cup (90 g) firmly packed brown sugar

¼ cup (50 g) granulated sugar

1 large egg

1 teaspoon pure vanilla extract

1 cup (180 g) bittersweet chocolate chips

½ cup (75 g) walnuts, roughly chopped

- 1 Place the rack in the Instant Pot® and press [Bake]. Adjust the temperature to 350°F (175°C) and the timer to 2 hours, and let heat.
- 2 Coat an 8½ × 4 ½-inch (22 × 11 cm) loaf pan with cooking spray. Line the loaf pan with parchment paper, leaving 2 inches (5 cm) of overhang on both long sides. Spray the parchment.
- 3 In a medium bowl, whisk together the flour, baking powder, and salt.
- 4 In a large bowl, add the butter, brown sugar, and granulated sugar, and beat on medium-high with an electric mixer until light and fluffy, about 3 minutes. Beat in the egg and vanilla extract. Reduce the speed to low and gradually add the dry ingredients, mixing just until incorporated. Fold in the chocolate chips and walnuts.
- 5 Spread the batter in the prepared loaf pan and place the pan on top of the rack. Cover with the lid and bake until a toothpick inserted into the center comes out clean, 1 hour 15 minutes to 1 hour 25 minutes. Press [Cancel].
- 6 Remove the loaf pan, place it on a wire cooling rack, and let the blondies cool completely in the pan.
- 7 Using the overhangs, transfer the blondies to a cutting board and cut into 8 to 10 pieces.

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