

The Essential Cookbook

*Quick & Carry*<sup>TM</sup>



# THE ESSENTIAL STARTER COOKBOOK

10 RECIPE BEGINNER GUIDE TO  
PRESSURE COOKING

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# 10 Recipe Beginner Guide

If your shiny new electric pressure cooker is still sitting in the box, or if you need a little extra help to get started, this recipe collection is just for you!

We have put this cookbook together using specific recipes and some easy techniques that will help you become comfortable with YOUR Instant Pot.

Once you have used your Instant Pot five times, you will be an expert! There is a learning curve for every new idea or device, and, with all the stories out there about pressure cookers, many users have had some hesitation starting out.

Enjoy this step-by-step tutorial of recipes that will take you from easy to more complicated. By the time you finish this cookbook, you will feel like a pro!



# Easy Rice

HEALTHY /// QUICK // BEGINNER

**Serves:** 5 (1 cup rice)

**Time:** 30 minutes

Rice is one of the main reasons to own an Instant Pot! Truly, this is a wonderful way to eliminate an appliance from your household - you will never need a rice cooker again. The texture of this rice is wonderful!

Some cooks get the 3 quart Instant Pot so that it can serve as a rice maker when another dish is occupying the larger IP, so they are replacing the rice cooker, not eliminating!

This quick and easy recipe works with either brown or white rice. Just make sure you are using real rice, not quick cooking rice or minute rice.

The ratio of rice to water is always 1:1. If you make 3 cups of rice, use 3 cups of water, etc.

## **DIRECTIONS:**

1. Measure 1 cup of rice into a fine mesh sieve and rinse under cold running water until the water runs clear under the rice. DO NOT skip this step as it is important for the texture of the rice.
2. Put the rinsed rice into the liner of the Instant Pot, and add one cup of water. Mix well.
3. Lock on the lid of your Instant Pot, and make sure the toggle is set to sealing.
4. Set manual/pressure cook for 15 minutes. When the cooking is done, allow for a ten minute natural pressure release. Take off the lid and fluff the rice with a fork. It is now ready to serve.



# Hardboiled Eggs

BREAKFAST/// QUICK // HEALTHY

Eggs are another food that is so easy to make in the Instant Pot that you will never go back to making them any other way. They are a good first or second recipe to try, because they are inexpensive, and, you cannot ruin them. There is a lot of healthy debate, however, about just how to best cook hard boiled eggs in the Instant Pot. We will provide for you both our favorite Quick and Carry way, which is 5-5-5, and, a great alternative.

## You will need:

1 dozen, or a few more, fresh eggs  
1 cup water

## Optional:

A trivet, or, the special egg trivet made for the Instant Pot

1. Put the one cup of water in the liner of your Instant Pot. If you have an egg trivet, place it in the liner, too. If you don't have a trivet, you can bunch up a piece of tin foil and place it in the bottom, but you do not need to do any of this - you can simply put all the eggs in one basket, so to speak, as you gently stack them in the bottom of the liner.
2. Lock on your lid, and then set manual/pressure cook for 5 minutes. When the beeper lets you know that the eggs are done cooking, allow for a 5 minute natural pressure release and then quick release the rest of the pressure. Remove the eggs to a bowl of ice water, and leave them in the cold water bath for five minutes. Peel and eat! Peel and use in any recipe! You will be amazed at how easy they are to peel, as the shell will often come off in one piece!



## Here is a cool alternative:

If you have a cake pan, or a bowl, that goes into your Instant Pot, lightly grease the surface of that pan or bowl and then crack a few eggs into it, to fill it. Place the pan on your trivet or a couple of balls of aluminum foil, with the one cup of water, and pressure cook for 5 minutes. You will now have hard boiled eggs - all you have to do is mash them up for egg salad and you are good to go!

We like the 5-5-5 method, but, once you try it, if you like your eggs a little softer or runnier, go with 4-4-4. If you like them harder, go with 6-6-6. As with everything else Instant Pot, once you have done it a couple of times, you will know exactly how you like it!



# Quick Potatoes

FAMILY FAVORITE /// EASY // SIDE DISH

The humble potato becomes a thing of beauty in the Instant Pot. This is a sure fire first recipe to make as it is easy, you cannot make a mistake or mess it up in any way, and potatoes are cheap! The texture of the spuds cooked this way is excellent...they are soft, but still hold their shape if you need them to, or, they can easily be mashed with butter, milk, salt, pepper, etc.

For potato salad, shepherds pie, or whatever you need potatoes for, this is the way to cook them!

## **You will need:**

6-8 large Russet or Idaho potatoes  
1 cup water

## **Optional:**

A trivet for the bottom of the liner - this is helpful but not necessary.

1. Scrub the potatoes clean and remove any eyes or dark parts.
2. Cut into halves or thirds.
3. Place 1 cup water in the liner of the Instant Pot. Put in the trivet if you have one - if you don't, do not worry at all as the spuds will still come out great!
4. Place the potatoes into the liner. They can be stacked on top of each other.
5. Lock and seal your lid, and set manual/pressure cook for 12 minutes.
6. When the beeper tells you that your potatoes are cooked, give them a five minute natural pressure release and then quick release the rest of the steam.
7. The potatoes can now be mashed in the liner of the IP, or take them out and serve or use them in a recipe.

// SPAGHETTI

# Spaghetti

QUICK /// LUNCH // ITALIAN

Serves: 6

Time: 30 minutes

## INGREDIENTS

- 1 pound ground beef or turkey
- 1/2 cup onion, diced
- 1 teaspoon garlic, minced
- 2 24 oz. jars spaghetti sauce
- 1 jar water
- 1 package pasta noodles, broken up in the bag
- 1 tablespoon olive oil
- salt and pepper to taste

1. Set the Instant Pot to sauté. When hot, add the olive oil. When oil is shimmering, add onion and cook for 2-3 minutes. Add garlic and stir for one minute.
2. Add the meat and cook long enough to brown the meat thoroughly. Turn cooker off
3. Add both jars of sauce, and one jar of water. Only stir the water in a little, not stirring all the way down to the meat.
4. Add the broken up noodles, and push down into the liquid but do not mix.
5. Place lid, set toggle to sealing. Set manual/pressure cook to 10 minutes, high pressure. You can do a quick release when the cooker is done cooking. Stir well. Serve hot.



# Mom's Meatballs

PARTY TIME /// FAMILY FAVORITE // EASY

Serves: 10

Time: 20 minutes

## INGREDIENTS

- 1 64 oz. bag bite-sized meatballs or 120 small home made ones
- 1 15 oz. can whole berry cranberry sauce
- 1 15 oz. can cranberry sauce, jelled
- 2 12 oz. jars Heinz chili sauce - save the jars and tops
- 1 30 oz. jar sauerkraut or frozen, home made, etc.

1. Put the sauerkraut in the bottom of the liner of the Instant Pot. Then add both cans of the cranberry products.
2. Dump in the two jars of chili sauce, then fill the jars with water and shake well. Add both jars of water to the pot.
3. Stir everything together, breaking up the cranberry sauces as you go. It does not have to be perfectly mixed.
4. Add the meatballs, and push them down into the mix so they are mostly submerged.
5. Lock and seal your lid, and make sure your toggle is in the sealing position. Set manual/pressure cook for 9 minutes.
6. Allow for a 15 minute natural pressure release. This is a huge pot of hot liquid, so be careful! A NPR is better for most meat recipes, as the moisture goes back into the meat.



## // POLENTA

# Breakfast Polenta

BREAKFAST /// LUNCH // QUICK

Serves: 4

Time: 15 minutes

## INGREDIENTS

- 4 cups water or broth
- 1 cup polenta or cornmeal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 Tablespoons butter, optional
- 1/2 cup parmesan or Romano cheese, optional

1. Set Instant Pot to sauté. Add water, butter if you are using it, and salt and pepper. Bring to nearly a boil.
2. While whisking constantly, add polenta in a stream...whisk in one constant direction so the cornmeal does not clump.
3. Turn off Instant Pot, lock on the lid, and make sure the toggle is set to sealing.
4. Set manual/pressure cook for 9 minutes. When done cooking, let natural pressure release for five minutes and then do a careful quick release. Remove lid.
5. If adding butter or cheeses or herbs, do it now, and then stir well. There may be a little moisture sitting on the top of the polenta, and a good stir will blend everything together.
6. Carefully spoon hot polenta into a well buttered shallow dish. Once it sits, it will harden up and then you can use cookie cutters to make shapes, or just cut into squares or slices. Frying these in a little butter adds a wonderful taste and texture. Serve with maple syrup or jam.



// ZUPPA TOSCANA

# Zuppa Toscana

SOUP /// LUNCH // ITALIAN

Serves: 6

Time: 37 minutes

## INGREDIENTS

- 3 Tablespoons olive oil or avocado oil
- 1 large yellow onion, diced
- 4 cloves garlic, pressed or chopped
- 1 pound Italian sausage cut into small pieces
- 3 large Russet potatoes, diced
- 4 cups chicken broth (1 box) or, use home made
- 1 cup water
- 1 Tablespoon dried basil
- 1 teaspoon dried fennel
- 2 cups kale, chopped into small pieces
- 1 can coconut milk (can use cream or half-n-half)
- 1 teaspoon red pepper flakes - use more to taste
- salt and pepper to your taste

1. Turn Instant Pot onto sauté, and when hot add oil.
2. Add the onions and cook for 2 minutes, stirring occasionally. Then add the sausage and cook for 5 minutes. During the last minute, add the garlic.
3. Deglaze the bottom of the pan with a little of the broth and then scrape all the browned bits off the bottom with a spoon.
4. Add the rest of the broth, the water, and the potatoes. Put in the basil and fennel. Close the lid and make sure your toggle is on sealing.
5. Manual/pressure cook for 12 minutes. Do a quick release at the end of the cooking time. Carefully remove your hot lid.
6. Turn the sauté button on. Add the chopped kale and stir until it is wilted, usually about 2 minutes. Turn off the sauté button, and then add the coconut milk. Depending on how thick you like your soup, you do not have to use the entire can, but I did and it was delicious.
7. Season with the red pepper flakes and salt and pepper. Serve hot. This soup keeps well and is actually better the second day!

//TOMATO SOUP

# Tomato Soup

SOUP /// COMFORT // EASY

Serves: 10

Time: 15 minutes

## INGREDIENTS

- 1/3 cup olive oil
- 1 cup onions, diced
- 1 cup carrots, diced
- 1 Tablespoon dried basil
- 3 28 oz. cans Italian tomatoes, in puree
- 1 cup chicken stock/broth
- 1 1/2 cups heavy cream, half and half, or coconut milk
- 1 teaspoon sea salt, or to taste
- 1/2 teaspoon black pepper or, to taste
- basil leaves, julienned for garnish

1. Heat the Instant Pot on sauté, normal. Add the oil when the IP is hot, and let it sit until shimmering.
2. Add the vegetables and sauté for 8-10 minutes, until onions and carrots are soft and browning.
3. Add the tomatoes, basil and chicken stock. Lock on the lid, and set to manual/pressure cook for 5 minutes.
4. Allow for at least ten minutes of Natural Pressure Release. (NPR)
5. Blend with an immersion blender, right in the pot. Season with salt and pepper - check for your personal taste and add more if needed.
6. Serve with fresh basil as a garnish. Serve with toast, grilled cheese sandwiches or some kind of bruschetta.





# Asian Short Ribs

PARTY TIME /// FAMILY FAVORITE// RIBS

Serves: 10

Time: 100 minutes

## INGREDIENTS

- 5 pounds English style short ribs - bone in or out
- 1-2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 cup coconut aminos - can use soy sauce or tamari
- 1 Tablespoon rice vinegar - can use white balsamic
- 2 teaspoons fish sauce - if Whole30, watch for sugar
- 1 medium Asian pear or apple, cored and chopped
- 6 cloves garlic, peeled and chopped
- 3 stalks scallions, roughly chopped
- 1 hunk fresh ginger, peeled and cut in two or three pieces
- 1 handful cilantro, chopped, for garnish

1. Rinse and then dry the short ribs with a paper towel.
2. Lay out a large piece of tin foil or parchment paper and liberally salt and pepper the surface. Place each of the short ribs onto the prepared surface and then liberally sprinkle with salt and pepper again. Let sit while you make the sauce.
3. Add the coconut aminos, vinegar, fish sauce, pear or apple, scallions, garlic and ginger into a high speed blender or a food processor and whir until a smooth consistency.
4. Put the seasoned ribs into the Instant Pot - you can stack them.
5. Pour the sauce over the ribs, and stir/move the ribs around so that the sauce gets down to the bottom of the pot.
6. Lock on the lid and set the toggle to sealing. Press manual/pressure cook, and set for 45 minutes.
7. Allow for a natural pressure release of 25 minutes after the pot is done cooking the ribs. Open and carefully check for doneness. The ribs should be falling apart and very tender. If not done, pressure cook for 5 mins.
8. Place the ribs on a platter, cover with some of the sauce and sprinkle the cilantro over the top.
9. Best if made ahead and then refrigerated so that the flavors can blend. Once cold, the fat will gel at the top of the pot and you can skim that fat off before you heat it up again. You can heat the ribs on manual pressure for 5 minutes to get them back to hot and yummy!

## // THAI CHICKEN

# Thai Chicken Krystn

DINNER /// THAI // HEALTHY

Serves: 4-6

Time: 30 minutes

## INGREDIENTS

- 1 3 pound package skinless, boneless chicken thighs
- 1 box organic chicken broth/stock
- 1 lime, juiced
- 2 tablespoons soy sauce or liquid aminos
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar
- 1 thumb sized knob of fresh ginger, grated
- 3-5 cloves garlic, pressed or chopped fine
- 1 onion, cut in half, sliced into long pieces
- 2 red peppers, sliced long then cut in two, or one bag frozen
- 1 bag frozen broccoli
- 2 tablespoons ghee
- ¼ olive oil
- Peanuts, crushed
- Cilantro, chopped fine

### Prepare the dredging flour:

Put the gluten free flour and spices in a shallow bowl and whisk well.

### Prepare the chicken:

Wash the chicken under cold running water and then dredge well in the gluten free mix. I do this in batches.

### For Dredging:

- 1 cup gluten free flour - I use Bob's Red Mill 1 to 1
- 1 teaspoon salt
- 1 teaspoon black pepper

### Prepare the Instant Pot:

1. Put the ghee and olive oil in the IP and set to sauté, high.
2. Once the pot is hot and the oil shimmering, add three pieces of the dredged chicken. Leave them undisturbed for at least 8 minutes, until the chicken is starting to crisp up and brown.
3. Turn and repeat. If you are in a hurry, you can do the remainder of the chicken in another pan.
4. Place the browned chicken on a plate to cool as you prepare the rest of the dish.
5. Use some of the chicken broth to deglaze the pot, making sure to remove all the little bits from the bottom of the pan.
6. Add the sliced onions and begin to sauté them.



### Prepare the flavoring:

1. Juice the lime, and place the juice in a 2 cup glass measuring cup. Grate the ginger and crush the garlic into the juice. Add the fish sauce, liquid aminos, and sugar, and stir well. Add chicken broth to make 2 cups.
2. Add the red peppers to the pot and sauté for a few minutes, stirring every now and then. They don't have to get real done as they will cook the rest of the way under pressure.
3. Add the flavoring and broth, stir well.
4. Add the bag of frozen broccoli, stir again.
5. Turn the IP off at this point.

6. Chop the chicken into smaller pieces, then add to the top of the ingredients. Do not stir.
7. Cover and lock your lid into place, set the toggle to sealing and set the IP to manual/pressure cook for 8 minutes. When done cooking, let NPR for ten minutes, or more is ok if you are busy. This is a very forgiving dish!
8. Prepare rice or noodles if you would like to eat this over a starch. If not, leave it like it is.
9. Crush peanuts and chop cilantro and offer as garnish.
10. Serve hot. This keeps well and is even better the next day, but, unless you double the recipe...you won't have many leftovers!