

DINNER IN AN INSTANT!

Awesome recipes using an Electric Pressure Cooker!

Basics

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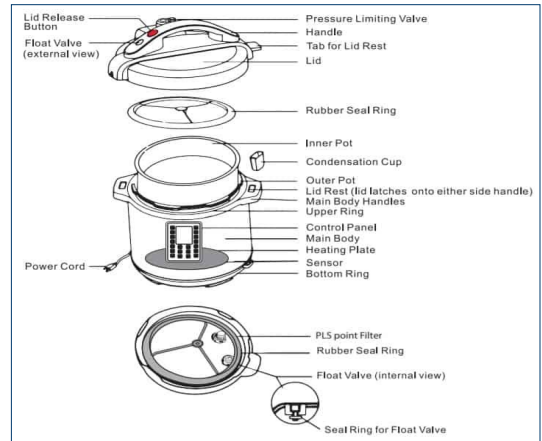
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The electric pressure cooker is a popular kitchen tool, but it takes time to learn how to use it properly. Electric pressure cookers, like the popular Instant Pot, cook food three to ten times faster than a conventional oven. This quicker cooking time saves time and energy and can lower your fuel bills. Electric pressure cookers can save you money by allowing you to buy less-tender cuts of meat. Faster cooking times allow foods to retain more moisture and nutrients. On the other hand, it can be difficult to cook a variety of different foods at the same time with an electric pressure cooker. Different foods cook at different rates, so you have to pay close attention to timing to have all of your dishes ready at the same time. It can be easy to overcook foods because you can't monitor their doneness during the cooking process. It is difficult to add or adjust seasonings during the cooking process.

Parts of an electric pressure cooker



Terms

- **HP** - High-pressure mode.
- **LP** - Low-pressure mode.
- **Manual or pressure cook** - Use these to set custom time and/or pressure level.
- **Natural pressure release** - Allows the cooker to cool down naturally until the float valve drops (NR or NPR) down. Can take up to 40 minutes or longer, depending on the amount of food in the cooker.
- **Quick pressure release** - Turn the steam release handle or press the QR button to the venting (QR or QPR) position to let out steam until the float valve drops down. QR is not suitable for foods with a large liquid volume or high starch content such as oatmeal, beans, starchy soups, etc.
- **Steam rack (trivet)** - Place inside the inner pot to elevate food above the water.
- **Burn** - May not have enough water/broth in the inner pot, and your food may stick to the bottom of the inner pot.
- **Cooker base** - Contains the microprocessor and the heating element. Never place anything in the base without the inner pot.
- **Delay start or timer** - Allows you to set the unit to start at a certain time.
- **Float valve (pin)** - Pin inside the steam valve; when it is up, the cooker is fully pressurized, and when it drops, it is no longer pressurized and the cooker may be opened.
- **Pot-in-pot (PIP)** - Placing a pot or container inside the inner pot for cooking. This allows you to cook more than one food at a time or smaller servings.
- **Sealing ring** - Fits into the pressure cooker's lid and must be in place when using the cooker.

- Source: <https://instantpot.com/faq/instant-pot-glossary/>