



Instant Pot® Electric Pressure Cooker Cookbook: Quick & Easy Recipes for Everyday Eating

Sara Quessenberry, Kate Merker

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Let Instant Pot ® handle the dinner pressure so you don't have to!

If you have an Instant Pot® and need a one-stop-shop cookbook for quick and easy meals for beginners, then look no further. *The Instant Pot® Electric Pressure Cooker Cookbook*--an authorized Instant Pot® cookbook--will help you feel comfortable using all the convenient features of your Instant Pot®, from cooking fluffy rice and pressure cooking root vegetables, to making homemade yogurt and slow cooking meats, and features more than 75 delicious, family-friendly recipes, including:

Spinach and Herb Lasagna Balsamic Beef Short Ribs Pulled Pork Sandwiches Vegetable Green Thai Curry Spice-Rubbed Cauliflower Steaks Bone Broth with Fresh Ginger Crème Brûlée Double Chocolate Cheesecake

From healthy breakfasts and sides to scrumptious mains and decadent desserts, these low-maintenance recipes will help you get a meal on the table in a fraction of the time of conventional cooking methods. With easy-to-follow instructions and full-color photos throughout, discover all that your Instant Pot® can achieve with this go-to pressure cooking cookbook.

Instant Pot® Electric Pressure Cooker Cookbook: Quick & Easy Recipes for Everyday Eating Details

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From Reader Review Instant Pot® Electric Pressure Cooker Cookbook: Quick & Easy Recipes for Everyday Eating for online ebook

Melissa Killingbeck says

I own an Instant Pot and found this cookbook helpful for understanding the different functions and uses of the pot. The recipes are ones my family would enjoy and it's nice to have pictures for some of the recipes. The directions are easy to understand and the trouble shooting section is extremely helpful. Complementary copy provided by NetGalley in exchange for an honest review.

Jessi says

I love my Instant Pot and was excited to see this book come up as an option in NetGalley. I was immediately disappointed by the length (75 pages). I was further disappointed by the recipes. Who has millet in their cupboards on a regular basis? There are some with ingredients that I would consider standard but there were enough with some slightly odd ingredients as to make it not worth reading. Also, the large pages made loading on the ereader very, very slow.

Naomi says

I am in the process of evaluating getting a pressure cooker and grabbed this one from my library to evaluate the kinds of meals able to be prepared in one.

I must admit that I was impressed with this book. The recipes were highly appealing to me and easy to fix. Pictures were supplied of each finished dish, as well as step-by-step instructions. As one who will admit that I am slightly intimidated by this type of meal prep, I found that most comforting.

The start of the book listed the do's and don'ts of IP cooking as well as a basic primer. When I grab the cooker, this will definitely be in my cart too.

Julie says

Great recipes

Very creative and diverse recipes. Great pictures. And directions are really clear and easy to understand. Excited to try a lot of these recipes.

Lisa says

This Instant Pot cookbook seems more practical than others I've looked at. It contains more "regular" food recipes with ingredients that I would have on hand. The one thing it lacks that others have included is a chart with cooking times for potatoes, rice and meats that maybe wouldn't necessarily require a recipe in and of themselves.

Shannon says

I was on the fence about using an Instant Pot. For every positive "I couldn't live without this contraption" comment, there was a negative comment. When given the opportunity to review Instant Pot Electric Pressure Cooker Cookbook: Quick and Easy Recipes for Everyday Eating, I asked a friend to borrow her appliance to test out some recipes. I wanted to know if it was hype or legit.

As someone completely new to the Instant Pot phenomenon, I found this book useful. I particularly liked the quick list: What you Absolutely Need to Know Before Using Your Instant Pot and the list of Rookie Mistakes. There's also a chapter on Essential Kitchen Tools and Pantry Items which I thought was a little long and unnecessary.

The strength of this cook book is the recipes themselves. I could see myself making quite a few of the recipes for my family. I tried making the Pulled Pork Sandwiches and they were delicious. In the past, I've made pulled pork in the crock pot and it takes around 8 hours. I used the Pressure Cooker Setting and the pulled pork was completed within an hour. Unlike the slow cooker version, the meat was very flavorful and tender without being soggy. The instructions were very clear and easy to follow, even for me, a first-time Instant Pot user. I look forward to trying more recipes from this collection.

Sara says

Checked this book out from the library hoping to find some practical recipes to make in my Instant Pot. There is a lot of good information in this book about properly using the IP, helpful hints, etc. The recipes look tasty, but for the average cook would not be practical. Many of the recipes have ingredients and spices that most cooks will not have readily available in their kitchen. Also a lot of the recipes have many steps. If you are looking for a cookbook for easy to make recipes in your Instant Pot then you should look elsewhere.

DelAnne Frazee says

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Reviewed For NetGalley and the Publisher

Reviewer: DelAnne

Rating: 4.25 Stars

Slow cookers have come a long way over the years. With the coming of age of this kitchen appliance, Instant Pot, has brought the pressure cooker to the modern cook with new and innovative ways of using it. No longer mostly used for cooking tougher cuts of meats or just speeding up cooking time. Now you can use your pressure cooker for any meal, including breakfast and dessert.

Think French Toast, Banana Bread or even Corn Bread to go with Pineapple and Chipotle Pork Tacos; Top you meal off with a Double Chocolate Cheesecake or a Pumpkin Spice Cake (which came out moist and delicious for me.) The point being The instant Pot with a few new recipes and tips provided by this cookbook can change your cooking habits and time spent chained to the kitchen.

My rating is 4.25 out of 5 stars.

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GoodReads Link: <https://www.goodreads.com/book/show/3...>

The Reading Room Link: <https://www.facebook.com/permalink.php?>

Twitter Link: <https://twitter.com/DelAnne531/status...>

Pia says

Great book for learning how to use the instant pot, instructions well explained and detailed, good pictures.

Having just bought an instant pot, I felt overwhelmed at the many things my pot can do, so a cookbook that also explains how to use it, is a must.

Great recipes such as eggplant caponata, beef ragú and Italian seafood stew.

I'm still wondering if the rice on the instant pot is better or easier to cook than "normal" rice, though!

I received an ARC of this book in exchange for an honest review.

Sheri says

Essentials of using your Instant Pot are covered including rookie mistakes. Better to learn by reading than by doing! Clear, concise directions presented in a nice layout. Recipes feature some everyday familiar foods as well as some new recipes to keep things fresh and interesting.

Alyssa W says

I am an Instant Pot fanatic, I will gladly admit, and this book was a great primer on some IP questions that I've had for a while. I was amazed that the lid of the pot locks into the handles, saving counter space.

I really liked the creative recipes that the book had - and that a lot of them were Whole30 or easily modified to fit the Whole30 diet (which I follow). Of the 72 recipes in the book, 30 were Whole30 compatible (or could be made compatible with a little substitution).

The recipes that I tried were good, but the ingredients were a bit vague. Thankfully, the beef short ribs I tried came out tasty (but watery). Same for the chicken wings - Ohmygod yum. When I went to make their Garlicky Kale and Bacon and I just couldn't figure out the right amount of ingredients. 6 slices of bacon? Ok, we use stuff from the farmer's market and the slices are HUGE. One large bunch of kale? Uh... they only sell them in one size, so hopefully this is enough. In the end, I ended up with 2 servings of very bacon-y and not so lemon-y or garlicky kale, which my husband loved but made me feel ill.

Then there are the recipes that are just plain strange. I'm probably never going to bake a cake in the Instant Pot, or cook a casserole. Some of the recipes, like Potato Salad and Nachos, barely involve the Instant Pot. I think a better way to present this info would have been a chapter on "Basics" with how to cook Potatos, Spaghetti Squash, Beans, etc - which they kind of have with the broth recipe.

Overall, I give this book 3 stars. It would be a great addition to a gift of an Instant Pot. I definitely recommend checking out the recipes to see if anything strikes your fancy... but in terms of being worth the space on your cookbook shelf, I guess that depends on how much you enjoy baking cakes in your instant pot.

I was given a free copy of this book through NetGalley in exchange for an honest review.

Lara says

This book is designed for the newer Instant Pot owner who is also a less experienced cook. However, it also has good information for those of us who are more comfortable with a variety of cooking methods on specific techniques for the Instant Pot. I say this because the level of detail in the cooking instructions is high, yet many recipes are time-consuming as they are based on a single ingredient that was cooked in the Instant Pot prior to beginning the meal. For example, one of the first recipes is a yogurt parfait in which the yogurt is made from scratch, a process that takes more than a day. Similarly, the bean recipes don't use the Instant Pot other than to cook the beans.

The book begins with detailed information on using the Instant Pot. It then goes into a short discussion of other resources that are helpful and provides some basic recipes for things like stock. Then the recipes are organized by meal type, with pressure cooked recipes first, followed by slow cooked recipes. I made two recipes: Creamy rice with polenta and corn, and Cheesy pasta and kale. They were both simple to prepare

and very tasty.

While I appreciated the inclusion of both slow and pressure cooked recipes, I would have preferred that many of the recipes include directions for both ways of preparation. However, if you own an electric pressure cooker and have been uncertain about using it to make certain types of dishes, this would be a good book to purchase. It provides the detail and tips that will help increase your confidence in making your own yogurt, cakes, or pasta.

I reviewed a digital ARC provided through NetGalley.

Clifford says

Typical of most Instant Pot cookbooks. A few good recipes among a bunch of other stuff. Just because you can make something in your Instant Pot doesn't mean that you should make it in your Instant Pot.

Bridgett says

I very much enjoyed the Instant Pot Electric Pressure Cooker Cookbook. As a working mom, I find it difficult sometimes to put a home-cooked meal on the table after a long day at work and then running the kids around to their activities. I had actually purchased an Instant Pot before reading this book and it sat on the counter in the box for months. I had no idea what types of recipes to use. This cookbook helped me out so much!

We've tried many of the recipes listed, with our favorites being the Enchiladas Rancheras, Pineapple and Chipotle Pork Tacos, and the Spinach and Herb Lasagna. I haven't braved the desserts yet, but I have my eye on a couple I want to attempt.

I thoroughly enjoyed this cookbook and will definitely be recommending it to my friends.

*I received a free copy of this book from the publisher via NetGalley in exchange for an honest review.

Mollie says

I own an Instant Pot but have been afraid to use it. This book dispels the mystery around it and provides irresistible recipes. I will have to conquer my fears in order to eat better!

I had not realized I could bake in it. Banana bread, cakes, etc. I began writing down recipes that sounded tempting and soon ran out of space on the page. The recipes are broad and cover a wide variety of tastes.

The recipes sometimes require additional equipment such as a food processor or broiler.

