

## QUICK MEALS! PRESSURE COOKING




**Presented by:**  
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FCS Extension Agent




## Why pressure cook . . .

- **Saves Time**
  - 3 to 10 times faster
- **Saves Work**
  - prepare in minutes
- **Saves Energy**
  - reduced cooking times conserve energy






## Why pressure cook . . .

- **Saves Money**
  - lower fuel bills
  - less tender cuts of meat
- **Save Nutrients**
  - small amount of liquid
  - retains nutrients





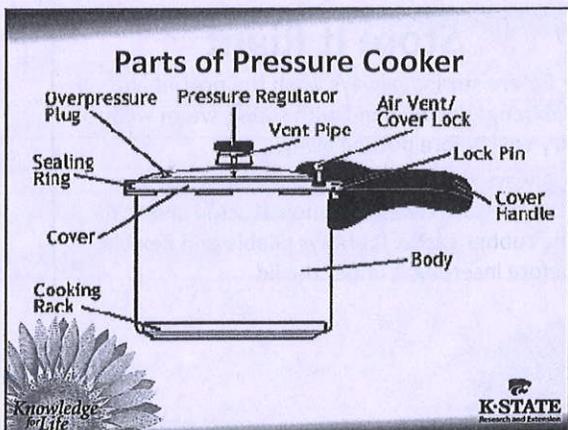


## Why pressure cook . . .

- **It's Simple**
  - Here's how pressure cooking works.
    - produces steam
    - traps this steam
    - builds pressure
    - cooking temperatures raised higher
    - higher temperatures cooks foods quickly, evenly, deliciously





## Which Do I Want?

- **Aluminum**
  - lighter in weight and
  - significantly less expensive
- **Stainless steel**
  - heavier
  - more expensive






### Which Do I Want?

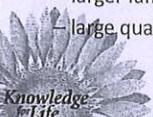
- **Electric**
  - Convenient
  - Preprogrammed
  - Multi-Function





### What size pressure cooker is right for you?

- **4-QUART:**
  - singles or couples
  - one course food
- **6-QUART:**
  - most popular size families
- **8-QUART:**
  - larger families
  - large quantity recipes


### Terms to Know

- NPR---Natural Pressure Release
- QPR---Quick Pressure Release



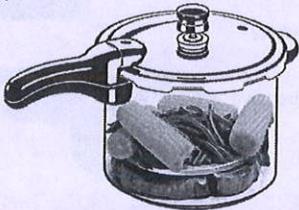

### Canning

- No!
- Even if it has a canning button?---No!
- Why can't I?---It has not been tested for safety. In western Kansas it does not get to enough pressure.
- But I really want to!---I can not provide you with supported materials to do so.




### Whole Meal Magic!

1. Cook Chicken Breasts in bottom
2. Quick cool
3. Place corn and green beans on cooking rack
4. Quick Cool
5. Serve

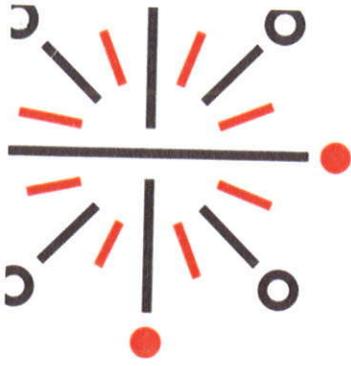




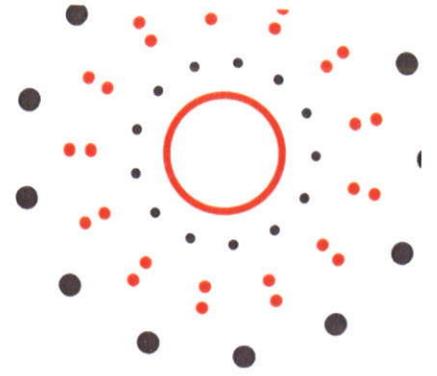
### Store It Right

- Before storing, always wash the pot, lid and rubber gasket by hand with soapy, warm water; dry well before putting away.
- Always check the safety valves to make sure that they are clean and unobstructed and that the rubber gasket is always pliable and flexible before inserting it under the lid



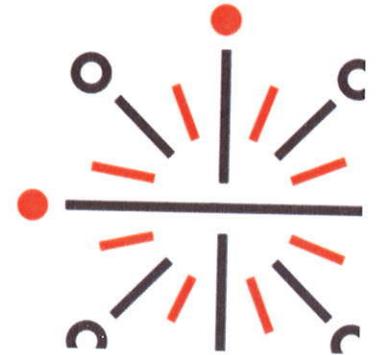
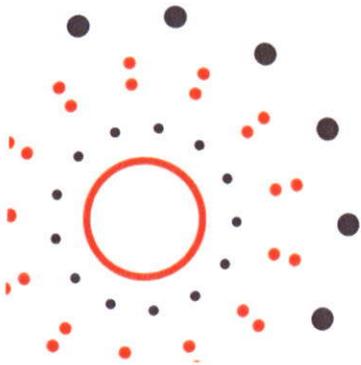



*Delicious*



# *Instant pot*

*Recipes*



**Erin Petersilie, FCS Agent  
Walnut Creek Extension District**

**November 2017**

## Adapting a Recipe For the Pressure Cooker

<b>Mom's Old Time Beef Stew</b>	<b>Mom's New Fangled Beef Stew</b>
2 lbs. beef chuck, cut into 1 ½" cubes 2 T oil 4 cups boiling water 1 T lemon juice (opt) 1 tsp. Worcestershire sauce 1 clove garlic 1 medium onion, sliced 1 to 2 bay leaves 1 T salt 1 tsp. sugar ½ tsp. pepper ½ tsp. paprika Dash allspice or cloves 6 carrots 1lb. small white onions	2 lbs. beef stew chunks 1 clove garlic, minced 1 medium onion, diced 2 cups beef broth 1 ½ cups water 1 – 2 tsp. Worcestershire sauce 1 to 2 bay leaves ½ to 1 T. salt 1 tsp. sugar ½ tsp. pepper ½ tsp. cayenne (red pepper flakes) Dash allspice or cloves 6 carrots 2 cups sliced celery 4 medium potatoes, cut into cubes
<p>Thoroughly brown meat on all sides in hot oil; add water, lemon juice, Worcestershire sauce, garlic, sliced onion, bay leaves, and seasonings. Cover; simmer 2 hours, stirring occasionally to keep from sticking. Remove bay leaves and garlic. Add carrots and onions (cubed potatoes may be added, too). Cover and cook 30 minutes more or until vegetables are tender. Remove meat and vegetables and thicken liquid if desired.</p>	<p>Spray pan with nonstick cooking spray and brown meat with onions and garlic. Add broth, additional water, Worcestershire sauce and bay leaf. Bring to pressure over medium heat and cook for 6 minutes. Quick-cool under water (or quick-release), open and add seasonings and vegetables. Bring to pressure and cook another 3 minutes. Quick cool. Remove bay-leaf and thicken with a flour mixture if desired.</p>

### TIPS:

- Cut vegetables into medium to large pieces with celery pieces slightly larger than usual and carrots and potatoes slightly smaller than usual.
- Bringing to pressure over medium heat reduces risk of liquids boiling up and clogging the vent.
- Do not fill pressure cooker more than ½ full.
- Add additional vegetables if you prefer, but keep pieces approximately the same size.

## APPLESAUCE

### Ingredients

2 pounds (4 large) Granny Smith apples – peeled, cored and roughly chopped  
 2 pounds (4 large) Honey Crisp apples – peeled, cored and roughly chopped  
 1 cup water  
 1 teaspoon lemon zest  
 ½ teaspoon ground cinnamon  
 ¼ teaspoon kosher salt

### Directions

Combine all ingredients and toss to mix in the bowl of the pot. Close your Instant Pot, set to high pressure and cook for 8 minutes. NPR for 15 minutes, then QR,  
 Once the Instant Pot has complete cooking, transfer the applesauce to a bowl and let cool completely. Stir to combine, then serve or store in a sealable container in the refrigerator.

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## CAJUN ALFREDO

### Ingredients

4 cups chicken broth  
 4 cups uncooked penne pasta  
 1 cup heavy whipping cream  
 12 oz. beef sausage, cut in chunks  
 6 oz. (weight) shaved parmesan cheese  
 1 tbsp oil  
 1 tbsp Cajun Seasoning

### Directions

1. Turn your pressure cooker on to sauté function. Add oil. Once it is hot, add cut sausage and brown some.
2. Because the sausages are already fully cooked, this is to “crisp” them and increase flavor.
3. Remove from pan. Add chicken broth and stir to remove the drippings from the bottom of pan. Add pasta and stir to make sure it is covered.
4. Place the lid on and turn to manual for 8 minutes. Quick release (QR). Do NOT drain!
5. Add whipping cream, cheese, seasoning, and sausage to pan.
6. Turn your pressure cooker back to sauté. Keep stirring until cheese has melted and sauce thickens.

### Alternatives

- \*Chicken could be used instead of sausage or in addition to
- \*Mozzarella cheese could be used or in addition to

## CAVATINI

In inner pot, brown one pound ground beef.

Add 3 cups water and 4 cups Penne Noodles.

Add jar favorite spaghetti sauce.

Secure lid and program – manual on high pressure for 7 minutes.

When finished, QR, stir, place 1 – 2 cups shredded mozzarella cheese on top (cooker should be on warm mode) and replace lid with release valve open. Allow to sit until ready to eat.

## CHEESY JALAPENO BREAD

### Ingredients

2 1/4 cups all-purpose flour

2 tsp baking powder

1/2 tsp baking soda

2 tsp sugar

1 tsp salt

1 T. dried Italian herb blend

2 T. dried parsley

1/2 tsp coarsely ground pepper

2 large eggs

1 1/4 cups buttermilk

2 tbsp oil or butter

1 cup (4 ounces) shredded cheddar cheese

1 or more (to taste) jalapenos, chopped

### Directions

1. In a large bowl, combine flour, baking powder, baking soda, sugar, salt, herbs, and pepper.
2. In a small bowl, whisk eggs, buttermilk, and oil.
3. Stir into dry ingredients just until moistened. Fold in cheese and jalapenos.
4. Prepare (Grease/butter/spray) a pan of your choice. I use my 7" cheesecake pan with removable bottom.
5. Line the bottom w/parchment paper. Pour in batter. Pour 1-2 cups water into IP liner. Place cake pan on trivet, using foil sling, close and lock lid, seal vent, manual—high pressure, 30 min., 10 min. Natural Pressure Release (NPR), then QR.
6. Remove pan carefully from IP liner. Cool 10 minutes before removing from pan to wire rack. When bread has cooled, wrap tightly and wait a day, so it has time for the flavors to mellow.

(Inspired by a recipe Sun-Dried Tomato Provolone Bread on TasteofHome.com)

## CHICKEN POT PIE

### Ingredients

5 boneless skinless chicken breasts  
1 cup sliced celery  
½ cup diced onion  
2 (14.5 ounce) cans of low sodium cream of chicken soup  
¼ tsp celery seed  
½ tsp poultry seasoning  
1 (12 oz) bag frozen mixed vegetables  
1 (16.3 oz) can buttermilk biscuits

### Directions

Place all ingredients in pressure cooker except biscuits. Cook on high pressure for 20 minutes. Natural Release for 5 minutes the quick release. Shred chicken. Serve over cooked biscuits

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## CHOCOLATE WALNUT BLONDIES

### Ingredients

80 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

### Directions

1. Place the rack in the Instant Pot and press [Bake].
2. Adjust the temperature to 350°F (175°C) and the timer to 2 hours, and let heat.
3. 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.
4. In a medium bowl, whisk together the flour, baking powder, and salt.
5. 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.

6. 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].
  7. Remove the loaf pan, place it on a wire cooling rack, and let the blondies cool completely in the pan.
  8. Using the overhangs, transfer the blondies to a cutting board and cut into 8 to 10 pieces.
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## CINNAMON ROLL STEEL CUT OATS W/ GRANDMA HOERNER'S BIG SLICE APPLES

### Ingredients

1 Tbsp unsalted butter

1 cup steel cut oats

3 1/2 cups water

1/2 tsp. kosher salt

1 cinnamon stick

### *Brown Sugar Topping*

1/4 cup packed dark brown sugar

1 tsp. cinnamon

### *Cream Cheese Frosting*

1/4 cup cream cheese, softened

2 Tbs. powdered sugar

1-2 tsp. milk

Your favorite variety Grandma Hoerner's Big Slice Apples, warm

### Directions

1. Select sauté setting and add butter to EPC cooker. When butter is melted, add the oats and toast, stirring constantly, until they darken slightly and smell nutty, 3 – 4 minutes.
2. Add water and salt to EPC pot; lock lid into place and choose High Pressure setting for 10 minutes cook time. When timer sounds, turn off EPC and use a natural pressure release for 5 minutes and then perform a quick pressure release to release any remaining pressure in EPC.
3. When valve drops, carefully remove lid and give oats a gentle stir; let oats rest 5-10 minutes until they reach desired thickened consistency.
4. Meanwhile, in a small bowl, mix together brown sugar and cinnamon to create topping. In a separate small bowl, whisk together cream cheese, powdered sugar and milk until mixture reaches a nice thick and creamy frosting consistency.
5. Serve oatmeal in individual bowls topped with brown sugar topping, Big Slice Apples, and a swirl of cream cheese frosting.

<https://chefallisfarmfreshkitchen.com/2017/09/13/cinnamon-roll-steel-cut-oats-with-big-slice-apples-kansas-state-fair/>

## DRUNKEN CHICKEN NACHOS

### Ingredients

3 lbs boneless, skinless chicken thighs, trimmed (may substitute chicken breasts, if preferred)  
1/2 cup all-purpose flour  
1 Tbs. kosher salt  
1 Tbsp granulated garlic  
1 Tbsp thyme leaves  
1 tsp. oregano leaves  
1 tsp. white pepper  
1 tsp. black pepper  
1 tsp. red pepper flakes (or more if you like it spicy!)  
1 tsp. smoked paprika  
1/2 cup vegetable oil  
2 cans diced tomatoes, 15 oz each, with juice  
12 oz. Little Apple Brewery Wildcat Wheat or Prairie Pale Ale beer  
2 Tbs. molasses  
2 bay leaves  
Tortilla chips  
Nacho toppings, such as sour cream, guacamole, sliced olives, tomatoes, shredded cheddar, black beans, etc .

### Directions

1. Set cooker to sauté setting and add flour, salt, and all spices (except bay leaves) to the pot; stir and cook until flour turns a bit tan in color and spices are very fragrant. Stir in oil and combine well; add 1 can tomatoes, beer, molasses and bay leaves; stir well and bring to a simmer; then add chicken thighs to pot and top with remaining can of tomatoes.
2. Lock lid into place and choose High Pressure for 9 minutes. When timer sounds, use a natural release (NPR) for 10 minutes, then a quick release to remove all remaining pressure from the EPC.
3. Remove lid and use a slotted spoon to transfer chicken to a cutting board or shallow bowl. Remove bay leaves from sauce and toss out. Using two forks, shred chicken and return to sauce in pot; let mixture rest for a bit to allow sauce to thicken as it cools slightly. (If sauce cools and still needs thickened, add a bit of cornstarch slurry and simmer until it thickens up.)00A0
4. Sheet Pan Nachos: Preheat oven to 425 degrees F. Spread desired amount of tortilla chips over sheet pan; top chips with desired amount of drunken chicken mixture; top with shredded cheese. Bake 8-10 minutes or until cheese is nicely melted and nachos are hot throughout. Top with more nacho toppings, as desired. Serve at once!
5. Make Skillet Nachos using your favorite cast iron skillet, repeating the steps above for Sheet Pan Nachos. Garnish as desired and serve at once.

## 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)

### Directions

1. Line the interior of the cooking 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).

YIELD: 6 servings

PREP TIME: 15 minutes

COOK TIME: 1 hour 25 minutes

<http://instantpot.com/wp-content/uploads/2017/07/InstantPot%C2%AE-MulticookerRecipeBook.pdf>

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## 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

### Directions

1. Place the rack in the Instant Pot and press [Bake].
  2. Adjust the temperature to 350°F (175°C) and the timer to 2 hours, and let heat.
  3. 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.
  4. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
  5. 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.
  6. 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].
  7. Remove the loaf pan, place it on a wire cooling rack, and let cool for 5 minutes.
  8. While the cake cools, make the glaze. In a small bowl, combine the confectioners' sugar and lemon juice.
  9. 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.
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## PHILLY CHEESE STEAK SOUP

### Ingredients

3 cups beef stock  
2 cups milk  
1 lb. roast beef, cut into bite sized pieces  
2 medium sized green peppers, diced  
1 medium sized sweet onion, diced  
2 tbsp. butter  
1/2 cup flour  
2 tbsp. minced garlic  
1 tsp salt  
1 tsp pepper  
1/2 tsp Italian seasoning  
1/2 tsp garlic powder  
1/2 tsp onion powder  
2 1/2 cups Monterey jack cheese

### Directions

Turn your Instant Pot on to sauté and add butter. When Butter is melted, add garlic, green peppers, and onions. Cook until the onions start to become translucent (about 3-5 minutes). Add roast beef, beef stock, and seasonings.

Place lid on Instant Pot and cook on manual high pressure for 10 minutes. When timer is up, allow for a 10 minute natural pressure release. After 10 minutes, release all of the remaining pressure.

Turn Instant Pot on to sauté and stir in the milk/flour mixture. Cook on sauté until soup starts to thicken (about 3-5 minutes). When soup is thick, add cheese and stir until well combined. Serve with crusty bread and enjoy!

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## MONKEY BREAD

### Ingredients

1 can (8 count) Grands biscuits  
1/2 cup sugar  
1 1/2 tsp cinnamon  
1/2 stick butter  
1/2 cup light brown sugar  
1 piece foil

### Directions

1. In a large bowl or plastic Ziploc bag, add sugar and cinnamon. Combine well.

2. Cut 8 biscuits in quarters, and to sugar mixture, and coat thoroughly.
  3. Place sugar coated biscuit pieces into a spring form pan.
  4. Add butter and brown sugar into a small bowl, and place in the microwave for 45 seconds. Once butter is melted, stir thoroughly with a fork. Evenly distributed your caramel sauce you made over the biscuits.
  5. Add 1 ½ cup of water to your IP. Place 2 medium sized ramekins in the bottom of your IP (face up) to keep the pan off the bottom, or use the rack provided with the Pot.
  6. Lower the pan into the pressure cooker using a foil sling.
  7. Place on Manual High Pressure for 21 minutes, and NPR for 5 minutes...then do a QR.
  8. Take out and serve!
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## POT ROAST

### Ingredients

- ¾ tsp black pepper
- ¾ tsp table salt
- ¼ tsp garlic powder (not garlic salt)
- 1 beef chuck roast (about 3 pounds), boneless
- 2 tbsp canola oil
- 1 medium onion, chopped fine
- 1 small carrot, diced
- 1 small rib celery, diced
- 1 cup low-sodium chicken broth
- 3 medium red potatoes, peeled and cut into eighths
- 4 medium carrots, peeled and cut into 2-inch chunks

### Instructions

1. Rub the salt, pepper, and garlic powder into the roast. Heat oil in pressure cooker over medium-high heat. Put roast in pot and brown thoroughly on all sides, maintaining heat so fat sizzles briskly but does not smoke, about 15 minutes. Transfer the roast to a dish.
2. Add onion, small diced carrot and diced celery to pot and sauté 2 to 3 minutes or until softened. Add the broth and increase heat to high. Lower rack into pot; set browned roast on rack. Cover the cooker and fasten the lid then bring to high pressure. Reduce heat to maintain high pressure and cook 1 hour. Quick-release the pressure according to the instructions for your cooker.
3. When pressure has dropped, carefully remove lid, tilting it away from you, and test the meat. It should be fork-tender. Remove the meat, wrap in aluminum foil and set aside. Remove rack from cooker and reserve vegetables that were cooked with meat. Add potatoes and medium carrots to the cooker. Once again cover cooker and fasten the lid. Bring to high pressure. Reduce heat to maintain high pressure and cook 4 minutes. Quick-release the pressure according to the instructions for your cooker. When pressure has dropped, carefully remove lid, tilting it away from you. Transfer vegetables to large dish; cover with foil. Cut pot roast into thin slices. Arrange on platter and surround with vegetables.

## SWEET 'N SOUR CHICKEN

### Ingredients

1 (3-pound) chicken, cut up  
 1 tbsp vegetable or olive oil  
 1/2 cup sliced celery  
 1 green or red pepper, cut into chunks  
 1 (20-ounce) can pineapple chunks, drained and juice reserved  
 1 cup reserved pineapple juice (add water if necessary)  
 1/4 cup brown sugar  
 1/2 cup vinegar  
 2 tbsp soy sauce  
 1 tbsp catsup  
 1/2 tsp Worcestershire sauce  
 1/4 tsp ground ginger

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 2 tablespoons cornstarch  
 2 tablespoons cold water

### Directions

1. Heat oil in a 4- or 6-quart pressure cooker. Brown chicken a few pieces at a time; set aside. Return all chicken to pressure cooker; add celery and green pepper.
2. Combine pineapple juice, brown sugar, vinegar, soy sauce, catsup, Worcestershire sauce, and ginger; pour over chicken. Close pressure cooker cover securely.
3. Set to high and cook for 8 minutes, then QR. Remove chicken and vegetables to a warm platter.
4. Mix cornstarch with cold water; blend into hot liquid still in the Pot. Cook and stir until mixture boils and thickens. Add pineapple chunks and heat. Pour sauce over chicken. Serve with rice.

## TAPIOCA PUDDING

### Ingredients

2 cups low-fat milk  
 2 tbsp quick cooking tapioca  
 2 eggs, slightly beaten  
 1/3 cup sugar  
 1/2 tsp vanilla  
 1 cup water

Directions

1. Place milk and tapioca in metal or heat resistant bowl. Combine eggs, sugar, and vanilla. Add to milk and tapioca. Cover firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Use manual setting and cook 5 minutes. Use quick release.
2. Chill.

*Nutrition Information Per Serving 6 servings 113 Calories, 3 g Fat, 75 mg Cholesterol*

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**VEGETABLE SOUP**Ingredients

- 1-pound ground beef, browned and drained or leftover roast beef cut into pieces.
- 1 can cut or kitchen sliced green beans with juice from can
- 1 can green peas with juice from can
- 2-3 potatoes, diced
- 1/2 onion, chopped
- 4 carrots, sliced
- 3 stalks celery, sliced
- 1 can beef broth
- 3 cups tomato juice or crushed tomatoes or canned tomatoes

Directions

Put all ingredients into pressure cooker, put lid on and set manual to 10 minutes. At end of time, QR and serve.

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**MIXED VEGETABLE STEW**Ingredients

- 3 tablespoons olive or vegetable oil
- 1 large onion, chopped
- ¼ tsp garlic powder
- 2 medium red potatoes, peeled and diced
- 2 large carrots, peeled and diced
- 1 cup peas, fresh or frozen
- 1 pound lima beans, shelled
- ½ pound fresh green beans, trimmed and cut in half
- 2 teaspoons flour
- 1 cup chicken broth or vegetable stock
- Salt and pepper to taste

### Directions

Heat oil over medium-high heat. Add onion and garlic and sauté 4–5 minutes, or until onion is soft. Stir frequently so that onions do not brown. Add the other vegetables and cook 2 minutes, continuously stirring. Sprinkle in the flour, salt, and pepper and stir; add the stock. Position the lid and lock it in place. Raise the heat to high and bring to high pressure. Adjust the heat to stabilize the pressure and cook for 4 minutes. Remove from heat and lower pressure using the cold water-release method. Open the pressure cooker and add salt and pepper to taste.

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## YOGURT

### Ingredients and Supplies

1 gallon of milk

2 tbsp starter yogurt (The “starter yogurt” is simply already made yogurt. The yogurt that you use for the starter is very important. The first time making yogurt, purchase a high quality container of yogurt containing milk and live active cultures; nothing more).

Vanilla or vanilla bean

Sweeteners

*What you will need:*

Instant Pot

Mesh Strainer or Nut Milk Bag

Digital Thermometer

Bowl

Non-metal Whisk

Glass jars for storing

Once you start making your own yogurt, you can save at least 2 tablespoons of your last batch to add to the new one as your “starter”. I like to freeze some yogurt then I never have to worry about saving some.

### Directions

1. Pour the cold milk into a COLD Instant Pot pan and place the lid on the pot.
2. Press the Yogurt button on the Instant Pot Pressure Cooker and then the “Adjust” button until the display says “boil.” When the boiling cycle is done, a beep will sound and the Instant Pot Pressure Cooker display screen will say “Yogt.” However, keep reading before you get too anxious that you are done with this step.  
\*You can remove the lid at any time; there is no need to wait for pressure to come down. The yogurt making process does not require the machine to come up to pressure.
3. Stir the milk and using a digital thermometer, check the temperature of the milk. You are trying to get the milk temperature up to at least 180 degrees, or if you want a thicker yogurt in the end, 185 degrees. If it is not 180 degrees, you will need to do another boil. It may take a few boil sessions to get it up to temperature. There will be hot spots so stirring prior to taking

the temperature will give a more accurate reading, as well as whisking throughout the boil cycle.

\*If you can't reach 180 degrees after two cycles, hit Sauté and then adjust to low and whisk continuously (scraping the bottom too), until you get to 180 degrees.

4. Remove the cooking pot from the Instant Pot Pressure Cooker and allow the milk to cool down to 110 degrees. Sit the pot on a cooling rack where air can circulate around it; plan for this taking about an hour. If in a hurry, fill the sink with cold water and place the pot in the sink. (Be careful not to get any water in it). Remember to always stir the milk prior to taking the temperature.

When the temperature reaches 110 degrees, you are ready to add your yogurt starter.

5. Get a little bowl and take about a cup of the milk from Instant Pot and whisk the milk into the starter, mixing well. Pour this mixture back into the pot and whisk.
6. Place the cooking pot back into the Instant Pot. If you had it in the sink with water, make sure you dry off the pot before placing it back in the Instant Pot.
7. Push the Yogurt Button, the display will show 8:00. (This is 8 hours). If you prefer a more tart yogurt, adjust the time to 10:00 hours. Be mindful if you press the adjust button twice, the Instant Pot will adjust to 24:00 hours. Make sure you get it to the right time setting. The Instant Pot may reset from the "Normal" function to the "Less" function! You don't want to incubate on the "Less" option. Make sure it is on "Normal".
8. After you set your time, the Instant Pot will start to count up. If you like a thinner consistency, you won't need to strain it. Un-strained Yogurt is just regular Yogurt and strained Yogurt is called "Greek Yogurt." If you want it thicker, pour the yogurt into a strainer with a cheesecloth or Nut Bag. Depending on how much you strain it will determine how much yogurt you have when done.
9. You can save the whey and use it in smoothies, breads, making cheeses, salad dressings, etc. for added probiotic nutrition. Flavorings can be added now; some options can include fruit preserves, honey, sugar, Torani syrups, or vanilla.
10. Make sure you label the jar you put the whey in. You don't want someone thinking this is lemonade or some other beverage. There will usually be a few quarts of whey left over.
11. Place the yogurt into single one cup jars, or other glass containers and store in the refrigerator.

