

PRESSURE COOKING

Wasatch County Cooking Class

EXTENSION 

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How does a pressure cooker work?

- A pressure cooker works on a simple principle: Steam pressure. A sealed pot, with a lot of steam inside, builds up high pressure, which helps food cook faster.
- Programmable Pressure Cookers speeds up cooking by 4 to 6 times with up to 70% less energy.
- It is safe.
- Uses moist heat.



How do I start?

- Take it out of the Box!
- Read your manual. Learn about the settings and how to use them.
- Do an initial water test.

Tips and Tricks:

- Use at least 1 cup of liquid.
- Do not add flour or cornstarch to thicken until after the pressure release.
- Do not add any dairy until after the pressure release.
- Do not dredge meat in flour to brown.
- Use high altitude adjustments.
- Never can in an Electric pressure cooker – the psi is not high enough for our altitude.
- If you want to cut cooking time, cut the meat into smaller pieces.
- If you want to have ingredients cook at the same time, cut meat into smaller pieces.
- Think about the TIME. It does take longer than you think – 10 to 25 minutes to come up to pressure. Depressurizing time up to 20 minutes.
- It may not be the best method for some Vegetables and Pasta.
- Cooking meat from a frozen state tends to make the meat tough and rubbery.
- Do not over fill. No more than 2/3 full for food and no more than 1/2 full for legumes and grains
- Never quick-release thick foods like beans or grains.
- Take notes of cooking times – what works and doesn't work.
- The Silicone Ring does absorb flavors, consider buy an extra for sweet dishes.

Converting a Recipe for the Pressure Cooker:

1. The first step is picking a recipe that is well suited to the pressure cooker. The pressure cooker requires liquid to achieve pressure. So ideally the recipe will have some liquid in the recipe already. Slow cooker recipes, soups, meats, legume and grain recipes are generally easily adapted to the pressure cooker.
2. If you want a crispy, fried coating on your meat or veggies, pressure cooking is not the best method. If you're cooking meat that's very lean, or expensive and tender already, the pressure cooker is probably not the best method for cooking that meat.
3. The next step is determining cook time. Ideally, you can find a similar recipe online or in a cookbook and use the cook time used in that recipe. Then, change the ingredients to use the ingredients from the recipe you're adapting. If you can't find a similar recipe, then use a reliable chart to find the cook time for the main ingredient in your recipe.
4. As a starting point when adapting a recipe, reduce the cooking time of meat recipes cooked in the oven or on the stove by two thirds. For pasta, reduce the cook time by one half. If it is a dish with meat, the size and shape of the meat matters more than the volume of the meat. A big 3 lb. whole roast will take much longer to cook than 3 lbs. of the same roast cut into bite size pieces. Cut the meat so the cook time matches the cook time for other ingredients? For example, small bite size pieces of chicken breast have the same cook time as white rice. So cutting the chicken into bite size pieces lets you cook the chicken and rice at the same time.

Converting Slow Cooker recipes:

Slow cooker recipes are generally easy to convert to the Instant Pot. In the crock pot, no liquid is needed to cook, it is a different story in the pressure cooker. Make sure that there is at least 1 cup of liquid in the pot. Since liquid doesn't evaporate in a pressure cooker, this added cup will still be there when you're done cooking your food. If you're worried about that creating a watered-down version of your favorite recipe, you can set your ingredients up on the steamer insert to keep them above the water line. Or, use the Sauté function after you've pressure cooked to boil off the excess liquid.

If you wanted to, you could fill a slow cooker to the brim with ingredients. Not so much with the Instant Pot, which won't pressurize if it's too full. If it doesn't pressurize, the food won't cook properly, so make sure you're scaling back your recipes. In general, you'll need to keep the ingredients level **below the 2/3 full "MAX FILL" line**. If you're cooking ingredients that expand (like beans, pasta or grains), only fill the Instant Pot to the halfway mark.

There are a few ingredients that don't work well under pressure. The Instant Pot gets too hot too quickly for dairy (like milk, sour cream and cream of mushroom soup) which means they can scorch. Modify your recipe so you're adding these ingredients after you've finished the pressure cooking setting.

Similarly, thickening ingredients (like arrowroot, cornstarch or flour) also cause problems by preventing the Instant Pot from building pressure correctly. If your recipe calls for flour-coated chicken, sauté the chicken without the flour to avoid any problems. You can add any thickening agents at the end and simmer them in using the Sauté function.

Cooking meat in the slow cooker usually takes 6-8 hours, but it will only take about 30 minutes in the Instant Pot. If you include the time it takes to build pressure and release pressure, that means your meat will be cooked in about an hour. When it comes to vegetables, they only take under five minutes on the Manual pressure setting, so you certainly won't need to let the recipe cook away all day!

To find the best cooking times, there are a few cheat sheets available out there). I recommend keeping a record of what timings worked and what didn't. Or, if you're not one for record keeping, you can cross-reference other recipes with similar ingredients to find the Instant Pot cooking times.

Since meat and vegetables cook at different times, you may not want to add cook them at the same time like you do in your slow cooker. If your meat is cut into 1-inch or smaller pieces, it should be safe to toss them in together. But, if you're using a larger chunk of meat (like pot roast or pork shoulder), make the recipe in stages. Start by cooking the meat first and releasing the pressure. Then, add the vegetables and either simmer using the Sauté function or cook under pressure for an additional 1 to 5 minutes.

“Cooking time under pressure should be increased by 5 percent for every 1,000 feet after 2,000 feet above sea level.” – Anderson, B. M. (1980). *New High Altitude Cookbook*.

3,000 FT. = 5%

4,000 FT. = 10%

5,000 FT. = 15%

6,000 FT. = 20%

7,000 FT. = 25%

8,000 FT. = 30%

9,000 FT. = 35%

10,000 FT. = 40%

11,000 FT. = 45%

12,000 FT. = 50%

Quick & Easy Pressure Cooker Tortilla Soup

Ingredients

2 medium sized chicken breasts (frozen or raw)
1 carton Pacific Foods Roasted Red Pepper and Tomato Soup
1 can fire-roasted tomatoes
1 (4 oz. or 7 oz.) can mild green chilies
2 teaspoons chili powder
2 teaspoons cumin
1 teaspoon oregano
1 teaspoon kosher salt
Couple cracks black pepper
1 chicken bouillon cube
1-2 Tablespoons Lime Juice
1 cup frozen corn
1 can black beans (or any beans) drained and rinsed

Toppings if desired

Sour cream or plain Greek yogurt
Tortilla chips
Crumbled or shredded cheese
Avocado

Directions

Place all ingredients EXCEPT corn and beans in pressure cooker. Close pressure cooker and cook on high pressure for 15 minutes if using frozen chicken and for 8 minutes if thawed. You can do a quick pressure release if you are in a hurry, or let it naturally release for about 10 and then release the rest. Open pressure cooker and remove chicken and place on cutting board. Add corn and beans and stir to heat through. Shred chicken and then add back into pot. Add lime juice. Add salt and pepper or other seasonings to taste.



Instant Pot Corned Beef

Ingredients:

- 2-3 lb. package corned beef with seasoning packet
- 1 onion, sliced
- 3 cloves garlic, minced
- 2 cups beef broth

Directions:

1. Put sliced onions in the bottom of Instant Pot.
2. Rinse corned beef in cold water.
3. Place on top of onions or rack.
4. Sprinkle corned beef with seasoning packet and minced garlic.
5. Pour in beef broth.
6. Pressure on High for 90 minutes.
7. Natural Release for 15 minutes and then quick release.



French Dip Sandwiches

Ingredients

3 pounds beef chuck roast
1 Tablespoon olive oil
1/3 cup reduced sodium soy sauce
1 cup Coke (not diet)
2 (10.5 oz.) cans beef consommé
¼ cup dry minced onions
1 Tablespoon beef bouillon
1 teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried oregano
¼ teaspoon pepper
¼ teaspoon dried thyme
1 bay leaf



Directions

Using Sauté function, heat olive oil in a pressure cooker. Using two forks or tongs to hold roast, sear on all sides until lightly browned. Add all remaining ingredients. Cook 70 minutes on high in pressure cooker when ready to serve remove roast and shred. Strain fat from broth for dipping. Place meat on warm or toasted rolls, can add cheese, and/or sautéed onions and peppers. Serve with remaining broth for dipping.

Beef Roast in the Pressure Cooker

Ingredients:

- 1 Tablespoon steak seasoning (like McCormick Grill Mates Montreal steak seasoning)
- 3-4 lb. beef roast
- 3 Tablespoons extra-virgin olive oil
- 1 cup beef broth
- 1 large onion, sliced
- 8 cloves of garlic, minced
- (1) 1 oz. pkg. onion soup mix

Directions:

1. Cut roast into 4 equally sized pieces.
2. Sprinkle steak seasoning on all sides of roast pieces.
3. Set the sauté or browning setting on the pressure cooker and heat olive oil.
4. Place roast pieces in hot oil and brown on all sides.
5. Add the remaining ingredients.
6. Put on lid and lock into position and pressure cook high for 50-60 minutes.
7. When time is completed, let natural release 10-20 minutes. Then use the quick release if needed to release the remaining pressure..
8. Remove roast from pressure cooker.
9. Serve on rolls for sandwiches or with potatoes and gravy made with the drippings in the pressure cooker.

Pressure Cooker Brown Rice

Ingredients:

- 2 cups brown rice
- 2 ½ cups cold water or broth
- ½ t. salt

Directions:

1. Place the rice, water or broth and salt in the Pressure Cooker.
2. Lock lid and set timer for 24 minutes.
3. After rice has finished cooking, let natural release for 10-15 minutes, then do a quick release if needed.
4. Remove lid, fluff rice and serve.

Lasagna Soup

Ingredients:

1 lb. ground beef or mild Italian sausage
1 onion, chopped
3 cloves minced garlic
1 tsp. thyme
1 Tbsp. brown sugar
1 (32 oz.) container chicken broth or 4 cups water plus 4 tsp. chicken bullion
1 (15 oz.) can tomato sauce
2 (14 1/2 oz.) can petite diced tomatoes
2 tsp. Italian seasoning
1/2 teaspoon salt
2 cups broken (about 4 noodles) whole-wheat lasagna noodles or rotini
1/2 cup shredded reduced-fat mozzarella cheese

Directions:

In pressure cooker sauté ground beef or sausage until almost done. Add the onion and garlic and cook for 2-3 minutes. Add the remaining ingredients except cheeses. Pressure cook on high for 5 minutes. Quick release and served with cheeses.

Café Rio Pork

Ingredients:

3-4 lb. pork roast (boneless)
1 cup salsa
1 cup brown sugar

Directions:

Cut pork roast into quarters. Set Pressure cooker to sauté and brown all sides of the pork pieces. In a bowl, combine salsa and brown sugar. Pour over pork. Pressure cook 50 minutes on high. Pressure release after 10 minutes rest. Remove pork from pressure cooker and shred with two forks. Return to juices in pressure cooker. It will seem like a lot of liquid, but the pork will absorb it. Use pork to make tacos, salads, burritos or enchiladas.

Cilantro Lime Rice

Ingredients:

1 cup uncooked long grain white or brown rice
1 cup chicken broth (for brown rice use 1 ¼ cup) – or 1 cup water plus 1 tsp. chicken bullion
1/4 tsp. salt
1 Tbsp. lime juice
2 Tbsp. butter
1/4 tsp. cumin
¼ cup chopped cilantro

Directions:

Place all ingredients in the pressure cooker. Pressure cook on high for 10 minutes. For brown rice pressure cook for 24 minutes. Let stand for ten minutes and then release pressure.

Creamy Cilantro Lime Dressing

Ingredients:

1-ounce package ranch dressing mix
1 cup mayonnaise
1/2 cup buttermilk (plus more if necessary to thin out the dressing)
1-2 limes (enough for 2 tablespoons of fresh lime juice)
2 cloves garlic, roughly chopped
1/4 cup green salsa
1/2 cup chopped cilantro
Hot sauce, to taste

Directions:

Place buttermilk, mayonnaise, 2 tablespoons of lime juice, and ranch mix in a blender. Add the garlic and cilantro and blend until smooth. Add the cilantro and pulse until the cilantro is well combined. Add hot sauce to taste. Chill for several hours before serving (if possible.)

Stuffing:

Ingredients:

- 1 lb. bread, cut into ½-in cubes
- 1 medium onion, diced
- 4 stalks celery, diced
- 2 cups milk
- ½ cup butter
- 1 can cream of mushroom soup
- 2 teaspoon or 2 cubes chicken bouillon
- 2 Tablespoons dried sage
- 1 teaspoon pepper



Directions:

1. Dry out bread cubes one of two ways:
Place the bread cubes in a large bowl and them sit on the counter covered for 1-2 days to dry out. Stir the bread cubes every once in a while or...
Toast them. Lay bread cubes on baking sheets in a single layer and toast at 250 degrees for 45-60 minutes stirring every once in a while. Transfer bread cubes to a large bowl.
2. Cook onion and celery by either boiling in water or sautéing in a little oil.
3. Heat the milk, butter, cream of mushroom soup and chicken bouillon.
4. Add sage and pepper to the bread cubes.
5. Then, combine the heated milk mixture and cooked celery and onions to the bread cubes.
6. To pressure cook, wrap in a large piece of heavy duty aluminum foil.
7. In pressure cooker, add 1- 1 ½ cups water. Set in wire rack and then place the stuffing wrapped in foil on top.
8. Pressure cook 20 minutes. Let rest at least 5 minutes, then serve.
9. This is a moist stuffing. If a drier stuffing is desired, place in oven before serving to dry out a little.

* This can also be cooked in the oven. Place Stuffing in a 9" x 13" baking pan (Spray with cooking oil) and bake for 45 minutes.

Garlic Mashed Potatoes in the Instant Pot:

Ingredients:

3-4 lbs. red potatoes (scrubbed well and skin left on)

6-8 cloves garlic (peeled and left whole)

2 teaspoons salt

1 ½ cups water

½ cup sour cream

Milk (as needed)

Pepper (optional)



Directions:

1. Cut potatoes into 1 ½" to 2" cubes. Place potatoes on rack in Instant Pot.
2. Add garlic, salt and water.
3. Seal Instant Pot and set timer for 10 minutes.
4. When timer goes off, wait a few minutes and then do a quick release.
5. When the pressure has released, drain water.
6. Using a hand mixer or potato masher, start to mash the potatoes until mostly mashed, then add sour cream (milk, as needed) and pepper. Mash until all the lumps are gone (or leave a few if desired). Do not overbeat or they will become sticky. Garnish with butter, cheese and/or chives.

Pressure Cooker Steel Cut Oats to make a Breakfast Bowl:

Ingredients:

- 2 cups steel-cut oats
- 2 T. butter
- ¼ tsp. salt
- 2 cups water
- 2 cups coconut milk

Directions:

1. Set Pressure cooker to sauté. Melt butter. Then, add steel-cut oats and cook for 2 minutes, stirring occasionally.
2. Add remaining ingredients.
3. Change setting to pressure cook and set timer for 10 minutes.
4. Cook and let naturally release or let sit for at least 15 minutes before doing a quick release.
6. Spoon oats into a bowl. Top with add ins as desired:

- Craisins
- Raisins
- Nuts
- Nut butter
- Coconut
- Berries or fruit (fresh or frozen)
- Bananas
- Yogurt
- Lemon or orange zest
- Cinnamon
- Milk
- Honey
- Brown sugar
- Maple syrup



Bread Pudding with Caramel Pecan Sauce:

Ingredients:

4 tablespoons butter, melted
 1/2 cup packed brown sugar
 3 cups whole milk
 3 eggs, beaten
 1 teaspoon vanilla extract
 1/2 teaspoon ground cinnamon
 1/4 teaspoon salt
 7 (3/4 inch) thick slices cinnamon bread, cubed and toasted*
 1/2 cup raisins
 3/4 cup brown sugar
 1/4 cup corn syrup
 2 tablespoons heavy cream
 2 tablespoons butter
 1/2 teaspoon salt
 1 teaspoon vanilla extract
 1/2 cup pecans, toasted and coarsely chopped

Directions:

In a large bowl, whisk together melted butter, brown sugar, milk, beaten eggs, vanilla, cinnamon, and salt. Mix in cubed bread and raisins. Let rest 20 minutes until the bread absorbs the milk, stirring occasionally.

Pour bread pudding into a buttered 1 1/2-quart glass or metal baking dish. (Be sure it fits in your pressure cooking pot.) Cover dish with foil. Prepare a foil sling for lifting the dish out of the pressure cooking pot by taking an 18" strip of foil and folding it lengthwise twice.

Pour 1 1/2 cups water into the pressure cooking pot and place the trivet in the bottom. Center the dish on the foil strip and lower it into the pressure cooker.

Lock the lid in place. Select High Pressure and set the timer for 20 minutes. When beep sounds, turn off pressure cooker, and do a quick pressure release to release the pressure. When valve drops carefully remove lid.

Remove dish from pressure cooking pot. If desired, put dish in preheated 350° oven for 5 - 10 minutes to crisp up the top.

Caramel Pecan Sauce:

In a small saucepan, combine brown sugar, corn syrup, heavy cream, butter and salt. Cook over medium heat, stirring constantly, until sauce comes to a boil. Reduce heat and simmer until sugar is dissolved and sauce is smooth. Stir in vanilla and chopped pecans.

Notes:

**Cube the bread and toast on a rimmed cookie sheet in 350° oven for 20 minutes stirring occasionally. Cool bread before continuing with recipe. Can be done earlier in the day or the night before.*

Classic Cheesecake Recipe

Ingredients

Crust:

- 1 cup graham cracker cookie crumbs (6 graham crackers)
- 2 Tablespoons butter, melted

Filling:

- 16 ounces cream cheese, room temperature
- ½ cup sugar
- ½ teaspoon vanilla extract
- 2 eggs, room temperature

Directions

Prepare a 7 inch spring form pan by coating it with a non-stick spray. Line with parchment paper if desired. In a small bowl, combine the graham cracker crumbs and butter. Spread evenly in the bottom and 1 inch up the side of the pan. Place in the freezer for 10 minutes. In a mixing bowl mix cream cheese and sugar at medium speed until smooth. Mix in vanilla, and add eggs one at a time just until blended; don't over mix. Pour batter into the spring form pan on top of the crust. Using a piece of heavy duty foil, place pan on top and fold around-place paper towel on top and then fold foil around. Pour 1 cup water of water into pressure cooking pot, and place the trivet in the bottom. Lock the lid in place. Select High Pressure and set the timer for 30 minutes. When beep sounds, turn off pressure cooker, use a natural pressure release for 10 minutes, and then do a quick pressure release to release any remaining pressure. When valve drops carefully remove lid. Remove cheesecake and check the cheesecake to see if the middle is set. If not, cook the cheesecake an additional 5 minutes use the corner of a paper towel to soak up any water on top of the cheesecake. Remove the spring form pan to a wire rack to cool. When cheesecake is cooled, refrigerate covered with plastic wrap for at least 4 hours or overnight.



Tomato Basil Soup

Yield: 8 servings Time: 35 minutes

INGREDIENTS

- 3 Tablespoons olive oil
- 2 cups sweet onion, diced,
- 1 clove garlic, minced
- 2-3 teaspoons salt
- 1/2 teaspoon pepper
- 3 28-oz cans whole peeled tomatoes or 12 cups chopped peeled tomatoes
- 1 quart chicken or vegetable broth
- 1/2 cup fresh basil
- 2 teaspoons oregano, parsley, thyme
- 1 teaspoon sugar
- 1 cup cream or half and half (optional to replace 1 cup broth.
- serve with fresh herbs, greek yogurt or sour cream

DIRECTIONS

1. Set pressure cooker to sauté.
2. Place onions and olive oil and sauté for 5 minutes or until softened.
3. Turn the sauté setting off and add the garlic, salt and pepper.
4. Then, add the chopped tomatoes. If using canned tomatoes, drain the liquid
5. Add 1 cup chicken broth, basil, thyme, oregano, parsley and sugar to the mixture.
6. Place the lid and set the Instant pot to high pressure for 5 minutes.
7. When the timer goes off, let natural release for 15 minutes, then vent releasing the remaining pressure.
8. Remove lid and using an immersion blender, blend the ingredients until smooth.
9. Add remaining broth or cream and stir until combined.
10. Serve warm with fresh herbs, greek yogurt or sour cream.

Wasatch County Cooking Class, September 2021

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Porcupine Meatballs

Yield: 4-5 servings

INGREDIENTS

- 1 lb. ground beef
- 1/4 cup uncooked rice (not minute rice)
- 1 slightly beaten egg
- 2 Tablespoons finely chopped onion
- 1/2 teaspoon salt
- dash of pepper
- (2) 8 oz. cans tomato sauce
- 1/2 cup water
- 1 teaspoon soy sauce

DIRECTIONS

1. Combine ground beef, rice, egg, 1/2 cup tomato sauce, onion, salt and pepper.
2. Shape into about 15-20 balls.
3. Place meatballs in the instant pot.
4. Mix together the remaining tomato sauce, water and soy sauce.
5. Pour tomato sauce mixture over meatballs.
6. Set pressure to high for 15 minutes.
7. When done, let rest for 5-10 minutes and then release the pressure.
8. Serve and enjoy!

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