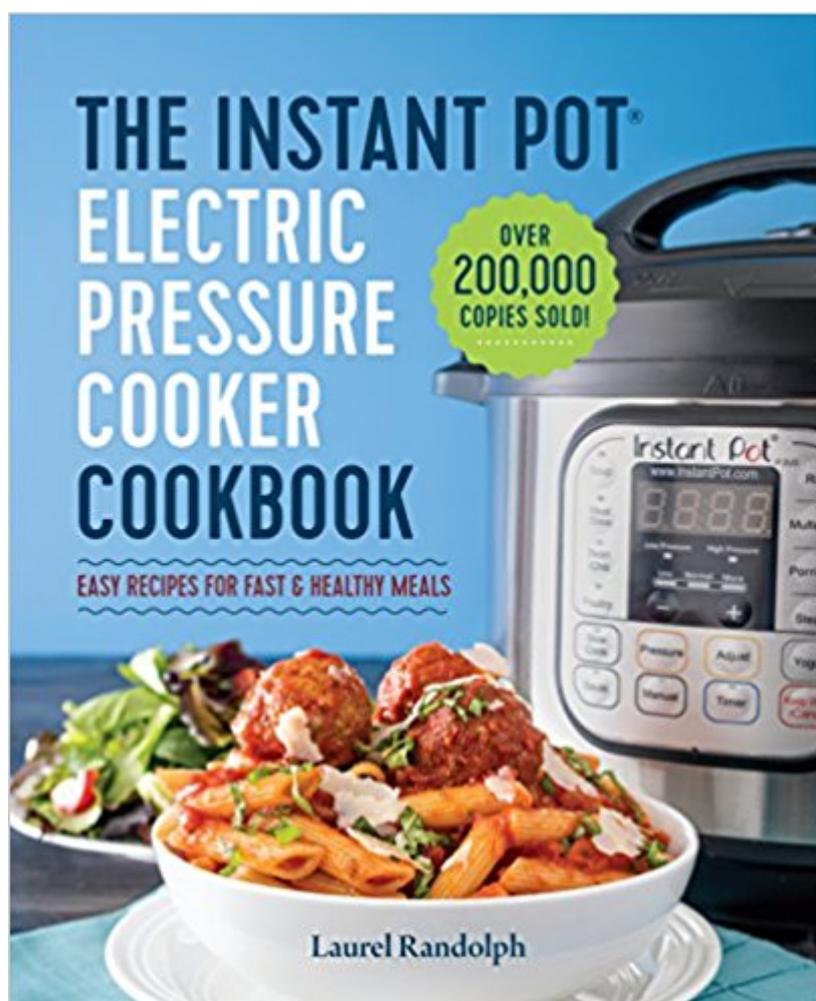


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# The Instant Pot<sup>®</sup> Electric Pressure Cooker Cookbook: Easy Recipes For Fast & Healthy Meals



## Synopsis

With over 200,000 copies sold, enjoy more than 100 easy, healthy, customizable recipes offered in the most popular Instant Pot® cookbook available. If you own an Instant Pot®, you already know how amazing it is, and you are READY for an Instant Pot® cookbook that pairs perfectly with your favorite pot. With *The Instant Pot® Electric Pressure Cooker Cookbook*, you will learn to create an inspiring variety of healthy, easy-to-make pressure cooker recipes. For family-friendly, all-in-one cooking, this Instant Pot® cookbook offers: 100+ no-fuss meals that use only wholesome ingredients plus options for vegetarian, gluten-free, and Paleo-friendly diets. Low-maintenance recipe guidelines including pressure levels and cooking times. Handy prep time labels that range from super-fast meals (20 minutes or less) or longer (45+ minutes), as well as kid-friendly dishes. Perfect for beginners or long-time enthusiasts, this Instant Pot® cookbook is your A-Z guide for all things Instant Pot®. "More than just fabulous recipes. Helpful information about the parts of the pot, the presets and what they're used for, conversion charts, and more. Once you have *The Instant Pot Electric Pressure Cooker Cookbook*, you won't need any other." **Customer Review, Verified Purchase** "Finally an eBook for the Instant Pot that is great. Good variety in the recipes, no typographical errors, and a pleasure to use." | This Instant Pot cookbook has thought put into it. Thank you, Laurel Randolph. **Customer Review, Verified Purchase**

## Book Information

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## Customer Reviews

[View larger](#)    **Classic Chicken Wings**    You'll wow everyone on the next game day when you whip up these wings. The pressure cooker quickly cooks the chicken wings until tender before they're fried or broiled, depending on your preference. Use your favorite sauce, such as barbecue, buffalo, or teriyaki.    Serves 4 to 5 / Prep time: 5 minutes / Pressure time: 10 minutes / Total time: 40 or 1 hour 40 minutes (if frying) / Pressure level: High / Release: Natural.

**Family-Friendly**    1. Add the chicken wings and water to the Instant Pot and season with salt. Secure the lid.    2. Select Manual and cook at high pressure for 10 minutes.    3. Once cooking is complete, use a natural release for 10 minutes and then release any remaining pressure. Remove the wings to a cooling rack to drain.    4. To broil the wings: Preheat the oven to broil. In a large bowl, toss the wings in the sauce. Place on a baking sheet and broil for about 5 minutes, until crispy. Flip the wings and repeat.    5. To fry the wings: Place the cooling rack with the wings on a baking sheet and refrigerate for 1 hour.    6. In a large pot or Dutch oven, heat the oil to 385°F (use a cooking thermometer).    7. Once hot, carefully lower 7 or 8 wings into the oil and fry for 3 minutes until crispy. Remove and place back on the rack. Repeat with the remaining wings.    8. Toss the wings in sauce and serve immediately.    **Cooking Tip:** Refrigerating the wings before frying ensures that they are dry, making them easier to fry.    **Per Serving:** Calories: 746; Total Carbohydrates: 8g; Saturated Fat: 7g; Trans Fat: 0g; Fiber: 0g; Protein 98g; Sodium 2091mg.    **Ingredients**    3 pounds chicken wings    1 cup water    Kosher salt    2 cups wing sauce    8 to 10 cups vegetable oil (depending on the size of your pot), if frying

"There has been a lot of commentary about "Instant Pot" books lately, about the many unauthorized uses of the name, and the many free e-books...and some resulting food waste...There have been a couple of books published with permission, and there are some high quality print cookbooks soon to be available, after many long months/years in development. Here is one!"    — Donna Haney, Social Media and Affiliate Coordinator, Instant Pot®  
"The Instant Pot intimidated me. For this busy mom, it was like learning to cook all over again and I didn't really have the time. So in the garage it sat until I got this cookbook. Here I found approachable Instant Pot recipes that the whole family could enjoy. Whether you are new to the Instant Pot or if you are a pressure-cooker pro looking for fresh inspiration, The Instant Pot® Electric Pressure Cooker Cookbook: Easy Recipes for Fast & Healthy Meals needs to be in your kitchen!"-Julie Clark, Tastes of Lizzy T blog  
"The Instant Pot® Electric Pressure Cooker Cookbook is packed with 100+ recipes all

exclusively designed for the Instant Pot. I get some of my best recipe ideas from traditional cookbooks like this one. I like that the pressure cooking times are all set out for me-figuring that out can be the trickiest part!"-Megan Gilmore, Detoxinista blog

Laurel Randolph is a Los Angeles-based food writer and recipe developer who has contributed food articles to Paste Magazine, Wise Bread, and Serious Eats. In her free time, you can usually find her browsing a farmers' market, eating tacos or Vietnamese food, or cooking up a storm at home.

If you were one of the lucky ones who bought an Instant Pot (aka IP) on Prime Day in July, like I did, congratulations. If you found, after taking it out of the box, that it's a little intimidating, join the club. There is definitely a learning curve with the IP but so worth the effort. I immediately went on the hunt for recipes to try and downloaded a bunch of \*free\* Instant Pot cookbooks. Let the buyer beware, \*free\* does not equal \*good\* - many of those books are poorly edited/translated and have serious errors. This is an 'official' Instant Pot cookbook and a very good one. I was warned that unless there is a picture of a real IP on the cover (copyright) it is not sanctioned by Instant Pot - this one is an official cookbook but it's so much more than just recipes. I usually purchase my books for Kindle (and there is an e-book version) but this one I bought in soft-back. For the price, under \$10, it is definitely a must buy. This cookbook has everything you need to know to use your Instant Pot. The beginning of the book is an introduction to the Instant Pot, to pressure cooking and how to care for your pot. Even though a lot of this information may be found in the Instant Pot manual, the manual (which comes with the IP) is in 2 languages and, I think, is difficult to read. The middle of the book has recipes. Some recipes are more involved but many are recipes for cooking basic things (like Chicken Wings) which a newbie like me wanted to learn. Even after cooking for the better part of 45 years, figuring out the settings and times for cooking in the IP makes me feel like a novice. I made the chicken wings this weekend and, from frozen, were fast and delicious. There are recipes for soups, meats, and desserts. The end of the book has the cooking charts for meats, veggies and grains. The index makes it easy to find exactly what you are looking for (like those wings). I highly recommend this book, it has been the best purchase I made since getting my Instant Pot. \*If my review has helped you make a decision, please give me a 'thumbs up' and select Yes, this review was helpful, thanks!\*

Use this book constantly & love it. The recipes & tips are great. I just finished making the Quick

Chicken Tikka Masala (mmmm good) & was looking for something else to try. So far, every recipe made has been outstanding.

I have used a pressure cooker for years, and purchased an Instant Pot model about 4 months ago. Loved it so much bought one for my sister and was looking for a simple cookbook for her that would help her to adjust to using the cooker since she is new at it. This is an ideal choice for the purpose! The beginning reviews some basics of pressure cooking, although not in specific detail other than tips like "thicken at the end" or when converting recipes reduce the water. But, the lack of specificity works for new users in that it simplifies the learning curve. The recipes are by and large excellent for clean eating and do not rely on highly processed food items, consequently you can be assured you are serving up healthy meals wicked fast. Additionally, the recipes offered are not just "redos" of options found everywhere. They are thoughtfully selected for the book, use common ingredients, and well written. They indeed are simply to follow! I love that the author tagged the recipes by cook times- ones done in under 20 minutes, family friendly, work week appropriate options, etc. Recipes look solid and tasty, and cook times look appropriate. Timing charts are available towards the back (use them!). Overall given this is written specifid to the wildly popular Instant Pot pressure cooker it goes a long way to simplifying using it. The price point is appropriate too. You will not find 500 recipes in here, but you will find a solid foundation to work with. Once you get the hang of them too, they are simple to start to tweak yourself for variations. Love that it is available on Kindle Unlimited!

Every recipe I have tried has turned out delicious! I love my Instant Pot and the fact that I can have a "Sunday" pot roast on the dinner table in about 1 1/2 hours. Much less that cooking all day long! Ribs ... delicious! Pulled Pork ... amazing!

Useful tips and conversion charts. Just a little disappointed by lack of pictures of recipes.

Another great recipe book. I liked it so much, I bought both the physical book and the Kindle version!

Good and easy to read book.

Works great! Heats quickly and is a flexible, multi-tasking appliance. It replaced my slow cooker crock pot and rice cooker in addition to being a ppressue cooker.

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