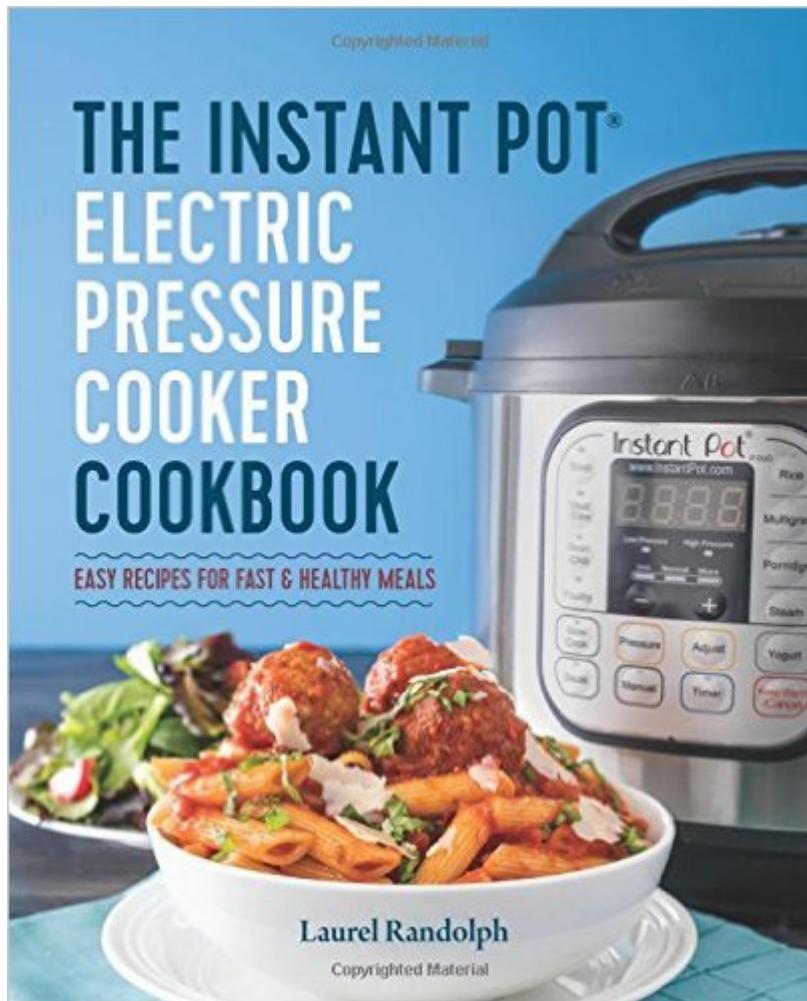


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# The Instant Pot® Electric Pressure Cooker Cookbook: Easy Recipes For Fast & Healthy Meals



## Synopsis

Make Meal Planning A Cinch With Healthy, Family-Friendly Pressure Cooker Recipes Maybe you already own an Instant Pot®•but do you realize all that your pressure cooker can achieve? Are you ready for the perfect electric pressure cookbook companion for your Instant Pot®? With The Instant Pot® Electric Pressure Cooker Cookbook, you'll explore an inspiring variety of healthy, easy-to-make pressure cooker recipes•from savory breakfasts to hearty stews to decadent desserts, and more. Packed with nutritious, family-friendly pressure cooker recipes•plus vegetarian, gluten-free, and Paleo-friendly options•The Instant Pot® Electric Pressure Cooker Cookbook is your go-to guide for fuss-free, all-in-one cooking. Unlock the endless possibilities for creating a wide range of delicious one-pot dishes, with: No-fuss meals: discover 100+ pressure cooker recipes using only wholesome, healthy ingredients Low-maintenance: prep times, pressure levels, and cooking times accompany each recipe Handy prep labels: from super-fast meals (20-minutes-or-less) to longer prep times (45-minutes-or-less to one-hour-or-longer) to kid-friendly dishes No pressure pressuring tips: Instant Pot® tips and techniques help you master your skills

## Book Information

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## Customer Reviews

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!\*

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 specific 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!

Book is OK but a lot of recipes had ingredients that were not so common to have around and multiple steps to prepare recipes which defeats the purpose of having an instant pot. Found much better recipes online for free.

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've been using my Instant Pot very frequently for over two years, and I still learned some new techniques from Laurel's book. Her recipes are appealing, offer a lot of variety for different households, and are delicious without being overly elaborate. Many of them could be adapted to a stove top pressure cooker, though I like how Laurel fully utilizes some of the features specific to Instant Pot electric pressure cookers (such as the adjustable heat levels of the saute function). I'd especially recommend this cookbook to anyone who uses an Instant Pot as their primary cooking device, since nearly all of the recipes are made in the Instant Pot start to finish. This book is a great investment, and offers trustworthy recipes that, as a pressure cooking expert, I feel are of much higher quality than a lot of what you'll find floating around on many websites. -Sara Bir, chef and culinary educator

This book was helpful in learning how to use the Instant Pot. I appreciated that the instructions were simple and the recipes were basic, understandable and easily followed. Great for family dining. One complaint - there are no pictures. Photos of the steps in using the pot as well as the completed dishes would have been very, very helpful and made the book much more enjoyable! Thus causing a person to make more use of it.

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