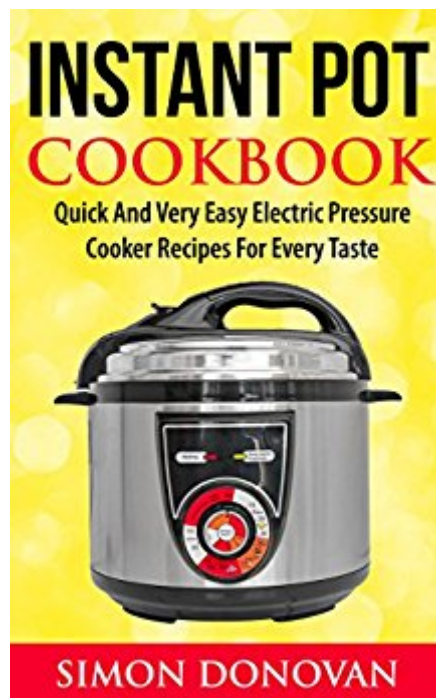


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# Instant Pot Cookbook: Quick And Very Easy Electric Pressure Cooker Recipes For Every Taste (Instant Pot Recipes, Instant Pot Electric, Pressure Cooker, Slow Cooker Book 1)



## Synopsis

Use These Guidelines Of Instant Pot Cookbook And Start Treating Your Body How It Deserves Today! Pressure cooking is a popular way to cook food by means of using water inside a sealed container that is called a pressure cooker. The advantage to pressure cooking over other kinds of cooking methods such as frying, grilling, baking, or boiling, is that pressure cooking cooks the food much faster while simultaneously saving energy. Instant Pot is one of the most effective and versatile kinds of pressure cookers. It serves as an electric pressure cooker, a slow cooker, rice cooker, warmer, sauté pan, and steamer all at the same time. In other words, it combines multiple different appliances into one, which will make things significantly more convenient in the kitchen for you. If you've been on the market for a pressure cooker for some time now, the Instant Pot should definitely be your first option. It's quick, it's convenient, it's effective, and it's versatile. But if you're not yet sold on buying an Instant Pot just yet, then this e-book will be exactly for someone like you. In this e-book, we're going to cover many different things about Instant Pot including many of the most delicious recipes that can be made with it. First, we'll discuss how to use instant pot so that you at least have a basic idea of what it is like and realize its capabilities. You may be intimidated by the idea of using an appliance that essentially combines multiple other kinds of appliances into one, but once we explain how to use the Instant Pot, it will seem a lot less daunting. Next, we'll cover the unique benefits to using instant pot that many other people have found. For example, did you know that all foods you cook in Instant Pot will preserve literally all of their nutrients throughout the cooking process? That's just one of the many pros to the Instant Pot that we will cover. Then, for the rest of this e-book, we will outline and discuss dozens of the best recipes to cook in an Instant Pot machine. We'll cover breakfast, lunch, dinner, dessert, and snack and appetizer recipes to give you the most well rounded list of recipes possible. And since there are so many recipes to choose from, if you don't like one you have numerous other ones to choose from. The primary goal of this e-book is simply to teach you about what Instant Pot is, what it can do, and to provide you with the best recipes to cook in an Instant Pot pressure cooker and how to prepare them. Keep this book as a guide so that you can refer back to it whenever you need to in order to find a new recipe to cook and hopefully enjoy. Here Is A Sneak Peek Of What You Will Learn

How to Use Instant Pot  
Benefits of Using Instant Pot  
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Lunch Instant Pot Recipes  
Dinner Instant Pot Recipes  
Dessert Instant Pot Recipes  
Snack and Appetizer Instant Pot Recipes  
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## Book Information

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## Customer Reviews

There are going to be problems with this book, and that's just looking at the sample! First of all, Instant Pot® is the registered trademark of Double Insight Inc. I don't know what kind of cooker that is on the cover, but it is NOT an Instant Pot®. So just because a book says "Instant Pot" in the title and is repeated over and over in the introduction, doesn't mean it's actually for the Instant Pot® -- and in some cases may not even be for electric pressure cookers. In many instances the instructions and cooking times are probably for stovetop pressure cookers, the author has just changed the title to say it is for electric pressure cookers. Experienced cooks can overlook a lot of things and know what to do to correct a poorly written recipe. My concern is for the newbie who might be trying an electric pressure cooker for the first time and could be easily fouled up by bad information. Always, always, always read the manual that comes with your cooker and get to know how it works. If your cooker comes with a recipe book, read through that as well to get a feel for the steps in cooking with your new device. Start out easy and work your way up. Keep a cooking journal to make notes on what worked, what didn't, or what you would change for next time. Here's some of the problems I encountered in the sample: Section: How to Use the Instant Pot "Only once the lid on the pressure cooker has been locked and secured should you proceed to transport the pressure

cooker over to the stove burner over a high flame. ... Once the food begins to simmer, you will then want to reduce the heat on the pressure cooker. You don't want to reduce too much heat or else you'll reduce too much pressure.

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