



Metropolitan
LIBRARY SYSTEM

OKLAHOMA COUNTY
EXTENSION

Get Cooking:
INSTANT POT
AKA ELECTRIC PRESSURE COOKERS

ATTENDANCE

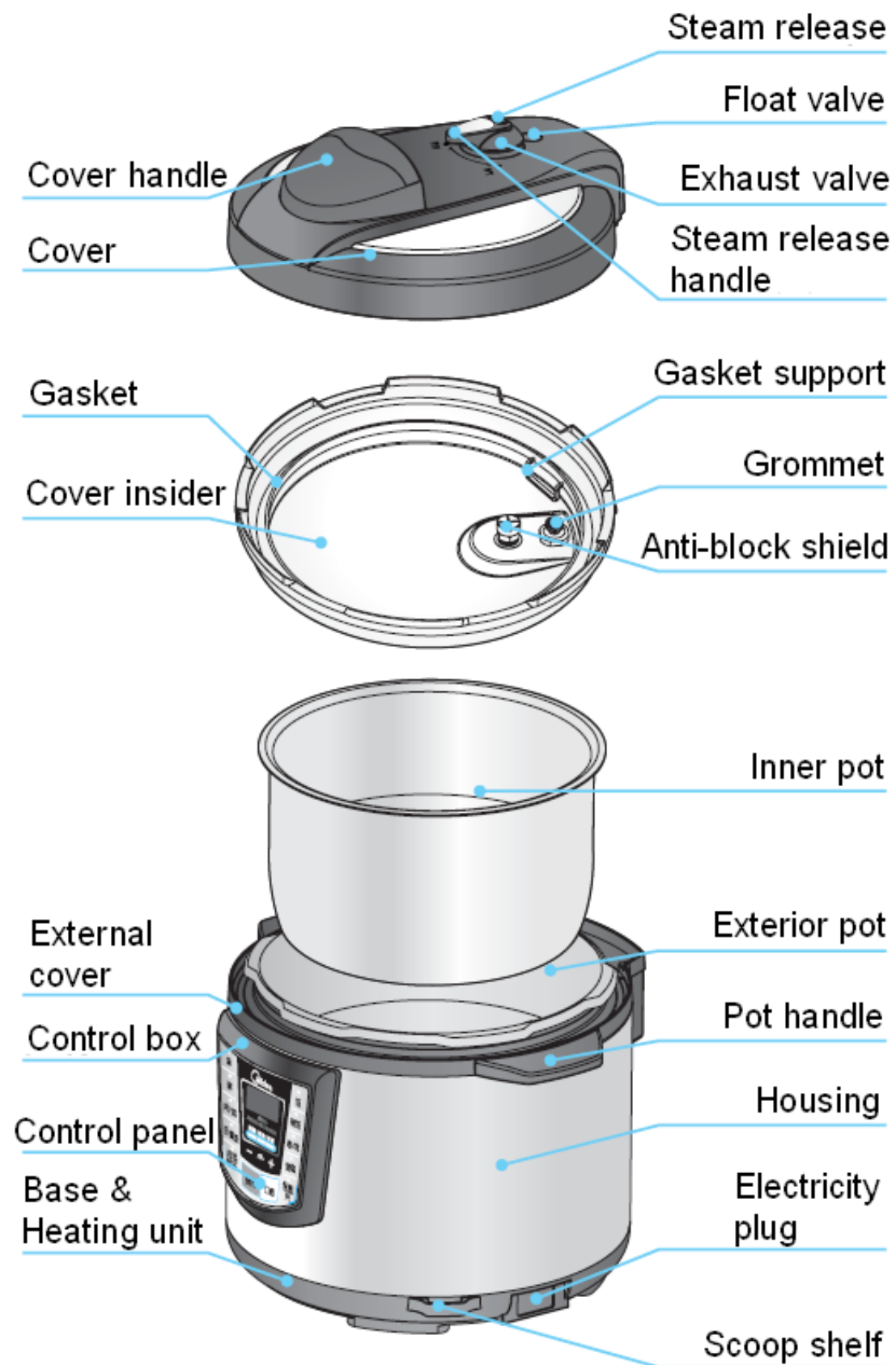


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EPC PARTS

Silicone Rings



**3L/4L/5L
/6L/8L**



PROGRAM SETTINGS

Some pressure cookers have multiple program buttons

- Each button refers to a different cooking method with preset cook time
- Know what you want to use your electric cooker for
- Each brand has different setting
- Instant Pot is just a particular brand
- Shop for a brand that meets your needs



NATURAL RELEASE

- **NATURAL RELEASE (NR) LETS PRESSURE DISSIPATE ON ITS OWN**
 - 10-30 minutes
 - More liquid=longer time to depressurize
 - Foods stay intact
 - Best for foamy foods or dishes with lots of liquid



QUICK RELEASE

- **QUICK RELEASE (QR) IS MANUALLY VENTING THE COOKER**
 - 1-2 minutes
 - Best for foods that might overcook (seafood or vegetables)
 - Not recommended for high starch foods
 - Wait until all steam is released before taking off the lid of the pressure cooker



INNER POT GUIDELINES

- **DO NOT OVERFILL:**

- Max Line printed on Inner Pot is not intended for Pressure Cooking
- For Pressure Cooking: maximum 2/3 full
- For Food that Expands During Cooking (such as grains, beans and dried vegetables): maximum 1/2 full



FOOD SAFETY

- Use a thermometer to make sure your meat is cooked to the right temperature.
- Avoid using the “preset” button. Remember food in the danger zone (as in a preset method) is not good to eat after 2 hours.



LET'S CONSIDER

- Not all electric pressure cookers perform all the functions equally well.
- Most don't slow cook as well as your slow cooker.
- You will have to tweak recipes to get them to work.
- The time it takes for the Electric Pressure cooker to heat up and cool down are not counted in the "recipe time."
- Where are you going to store it?
- How often will you use it?



CANNING IN AN EPC? No!!!

According to the National Center for Home Food Preservation (NCHFP):

- “food may end up under processed. Under processed foods are unsafe and can result in foodborne illness, including botulism poisoning, if consumed.”
- Use the electric pressure cooker for making dinner, but leave canning to the stove top pressure canner.

EXCEPT:

Presto Digital Pressure Canner

- Released August 2020
- Safe to pressure can foods in a jar
- ~\$250
- Presto Website



GET COOKING: INSTANT POT SURVEY



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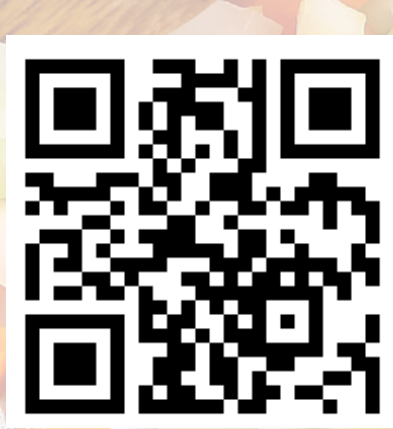
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**OKLAHOMA COUNTY
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WEBSITE



RESOURCES

- <https://www.pressurecookingtoday.com>, Pressure cooking today ☐
- <https://www.yummly.com/recipes/pressure-cooker-chicken>, Yummly ☐
- <https://instantpot.com/>, Instant Pot web site ☐
- <https://www.gopresto.com/recipes/>, Presto web site recipes
- <https://www.hippressurecooking.com/>, HIP Cooking
- <https://www.foodnetwork.com/recipes/photos/pressure-cooker-recipes>, Food Network web site
- National Center for Home Food Preservation: <https://nchfp.uga.edu/>