

## Get Cooking: Instant Pot (AKA Electric Pressure Cookers) Cook-Along Class

# To get the best experience, please take time to do the following prior to class.

### Before the Class:

- Shop and gather the following ingredients:
  - 1 cup Water
  - 1 pound baby carrots
  - 2 tablespoon butter
  - 1 tablespoon fresh thyme
  - 1 tablespoon finely chopped fresh parsley
  - 1/4 teaspoon kosher salt
  - 1/3 cup honey
  - Additional fresh thyme for garnish
- Set out the following equipment prior to class:
  - Electric Pressure Cooker (Instant Pot, etc.)
  - Steamer basket that can fit in EPC (metal or silicone)
  - Mixing Utensil
  - Measuring Cups and Spoons
  - Knife and Cutting board

### During the Class:

• Follow along with Taylor Conner, FCS Educator, and we'll work through preparing the recipe together. Feel free to talk and ask questions as we make the dish.

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# Honey Herb Glazed Carrots

Serves 6-8 Time: 15 minutes Recipe from Instant Pot Website

#### **Ingredients:**

- 1 cup Water
- 1 pound baby carrots
- 2 tablespoon butter
- 1 tablespoon fresh thyme
- 1 tablespoon finely chopped fresh parsley
- 1/4 teaspoon kosher salt
- 1/3 cup honey
- Additional fresh thyme for garnish



#### Instructions:

- 1. Pour one cup of water in the EPC and insert the steam rack. Place carrots in the steamer basket and lower steamer basket onto the steam rack.
- 2. Secure the lid, making sure the vent is closed. Using the display panel select the MANUAL or PRESSURE COOK function\*. Use the +/- keys and program the EPC for 3 minutes.
- 3. When the time is up, quick-release the pressure and carefully remove the carrots.
- 4. Drain the liquid from the pot. Add remaining ingredients to the pot and stir to combine. Add in cooked carrots and stir to coat.
- 5. Turn the pot off by selecting CANCEL, then select the SAUTE function. Cook and stir for 2-4 minutes to desired consistency.
  6. Serve hot garnished with additional fresh thyme.

\*The MANUAL and PRESSURE COOK buttons are interchangeable

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