



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.

Honey Herb Glazed Carrots

Serves 6-8

Time: 15 minutes

Recipe from Instant Pot Website

Ingredients:

- 1 cup Water
- 1 pound baby carrots
- 2 tablespoons 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