



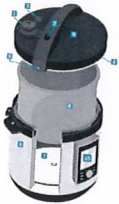
Getting to Know Your Instant Pot

Beginners

Multi-Cookers

- [Instant Pot](#), [Mealthy MultiPot](#), [Power Pressure Cooker](#), [Power Quick Pot](#) are brand names for multi-cookers, which include a pressure cook function.
- Most users will use their multi-cooker as a pressure cooker, more than any other cooking function.
- Make sure you consider the time it takes for a pressure cooker to come up to pressure. It can take 5-20 minutes, depending on the recipe.
- If a recipe has a lot of liquid, like a soup for instance, the time to come up to pressure will be longer. Think of this akin to waiting for your oven to come up to temperature.
- Always check that you have the cooking pot in the housing of the unit before starting. It is a good idea to put a spatula across the top of the pot, while your inner cooking pot is away from the unit you don't accidentally start throwing things into the pot to cook.

- Cooking smells will transfer onto the [silicone gaskets](#), so it is important to own several. For very fragrant food, keep one silicone gasket, and another one for mild recipes, and one for side dishes and dessert recipes
- The [silicone gaskets](#) should be replaced about every six months.
- They should be washed after each use of the [Instant Pot](#), [Mealthy MultiPot](#) or [Pressure Cooker](#).
- Recipes can be cut in half, doubled, tripled, etc., depending on the size of your pot. All recipes can be made in any size pot without any adjustments to cooking directions.



Instantpot.com

- Safety
- <https://youtu.be/ggN9nQVcnpA>
- Paint the Kitchen Red Instant Pot
- <https://www.paintthekitchenred.com/instant-pot-ultra-beginners-quick-start-manual/>



Getting Started

- Getting to Know Your Instant Pot
- Water Test
- <https://youtu.be/3uWX3j4y8Rc>
- **Duo 7-in-1 Quick Start with Laura Passaglia**
- <https://youtu.be/OGNAzJaV9rM>



Instant Pot Functions

- Sauté Function
- <https://youtu.be/j3JxSxskSPg>
- Use Instant Pot as a Steamer
- <https://youtu.be/D6-usQrqqqw>
- How to Use Instant Pot as a Slow Cooker
- <https://youtu.be/tf3fQE2BjeI>



Resources

- Instantpot.com
- <https://instantpot.com/>
- Instant Pot YouTube Channel
- <https://www.youtube.com/user/TheInstantpot/featured>
- Instant Pot Facebook
- <https://www.facebook.com/instantpot/>



Thank You
for Coming

