

ONE POT PRESSURE COOKER RECIPES

These are some recipes developed for the Instant Pot pressure cooker by Scotland's National Chef, **Gary Maclean**.

To help you get to know the Instant Pot pressure cooker you can watch Gary using it to cook an [easy roast chicken dinner](#) and an [easy soup](#).

There are lots more recipes, some frequently asked questions, tips and hints at the [Instant Pot](#) website.

Happy cooking!



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Instant Pot Tagine

4 Portions

Ingredients

| | |
|----------|---|
| 400g | lamb shoulder, Beef or Chicken Thighs evenly diced |
| 1 tin | chickpeas |
| 1 | red onion (sliced) |
| 400g tin | chopped tomatoes |
| 8 | cherry tomatoes (halved) |
| 1 | red pepper (cut into large dice) |
| ½ tsp | garlic (chopped) |
| 2 tsp | curry powder |
| ½ tsp | ground coriander |
| ½ tsp | ground cumin |
| 1 | bay leaf |
| | small dried chilli flakes (optional) |
| | sprinkle of plain white flour |

Method

1. This is a super easy recipe, once you have chopped all the vegetables pop them into a large bowl
2. Add the diced meat and the spices
3. Next add the tin of tomatoes, rinse out the tomato tin with 150ml of water and add to the base mix
4. Add the chick peas make sure you drain and rinse them before adding to the mix.
5. Dust with a teaspoon of flour
6. Give the whole lot a really good mix
7. Place all the ingredients into the Instant Pot, pop on the lid and set to Meat/Stew setting for 35 minutes
8. Once the timer is up, double check that the meat is nice and tender

Enjoy

Instant Pot Butter Chicken

4 portions

Ingredients:

| | |
|--------|--|
| 1 | onion, chopped |
| 3 cm | root ginger |
| 400g | chicken breast |
| 1 tin | tomatoes |
| 125g | chicken stock, a cube works perfectly for this |
| 60g | butter or Margarine |
| 2 tbs | curry powder |
| 120 ml | double cream |

Method

1. Pre-heat the inner pot to Sauté - normal
2. Once hot add the tinned tomato, chicken stock, chopped onion, butter, curry powder, ginger and salt to the pot
3. Cook until melted, keep stirring for 2 minutes
4. Next add the diced chicken breast, stir until everything has been coated
5. Pop the lid on and set the machine to meat/stew high for 15 minutes
6. Once the timer has gone off press the pressure release button
7. Remove the lid, next remove the chicken and put to one side
8. Set the pot to sauté, and simmer the sauce for a few minutes until it has thickened slightly
9. Next add the double cream and cook until the sauce is a nice coating consistency
10. Pop the chicken back into the sauce and heat back up

Enjoy

Instant Pot Spiced Carrot & Apple Soup

4 Portions

Ingredients

| | |
|-------|------------------------|
| 500g | carrots |
| 2 | apples |
| 2 | potatoes |
| 750ml | milk |
| 1tsp | curry powder, optional |
| 1 | stock cube, optional |
| 1 | onion, optional |
| | seasoning |
| | oil |

Method

1. First job is to peel and chop your vegetables. The potatoes in this soup help thicken and also make it silky smooth
2. Pre heat the Instant pot onto sauté
3. Once the pot is hot, pop the vegetables with little oil and slowly soften the vegetables
4. Next $\frac{1}{4}$ and core the apple chop and add to the vegetables. You are probably thinking why put apple in a soup, what the apple does in this recipe it adds a bit of zing and freshness, it's worth giving it a go
5. If you are adding spice now is the time, I have used curry powder but carrots go well with loads of different spice, ground cumin, chilli powder, Cajun spice or ground coriander are all amazing
6. Next add your milk and crumble in the stock cube if you are using one
7. Next pot the lid on and set the pot to soup/broth for 30 minutes
8. Once the timer has gone off, push the pressure release button
9. Use a potato masher to blend your soup. You might need to add more liquid, you can add a little water or more milk if needed

Enjoy

Instant Pot Cottage Pie

4 portions

Ingredients

| | | | |
|--------------|----------------|---------------|------------------|
| 500g | minced beef | 3 or 4 | carrots |
| 1 | onion, chopped | 3 tbs | gravy powder |
| 1 tin | peas | 500g | potatoes |
| 100ml | milk | 25g | butter or spread |

Method

1. First things first start with the mash; I feel the secret to great mashed potatoes is following some very simple rules. Don't cut the potatoes up too small for cooking as they tend to break up and make the mash watery and starchy
2. Place potatoes into the Instant Pot with cold water to cover and a pinch of salt. Pop the lid on and set on Pressure cook, high for 15 minutes
3. Once the timer has gone off, push the pressure release button and wait until you can remove the lid. Double check that the potatoes are cooked
4. Drain the potatoes in a colander and allow to steam out for a few minutes, place back into pot
5. Now mash until smooth then add butter and milk making sure you do not allow the potatoes to cool down
6. Taste for seasoning
7. Whilst your potatoes are cooking you can make a start on the carrots, peel and chop the carrots any way you like as long as they are even sizes
8. Next rinse the inner pot and place back into the machine, set to sauté
9. Once hot pop in the mince and the chopped onion. Cook until the mince is browned, browning the mince will help create loads of flavour.
10. Next add 700ml of water and the carrots. Pop on the lid and set to meat/stew setting for 20 minutes
11. Once the timer has gone off, press the pressure release button, and open the lid when you can
12. Next set the machine back onto the sauté setting and bring the mince mixture to the boil whisk in the gravy powder until it thickens up
13. Next add the peas now you can put the mixture into a casserole dish, spoon the mashed potatoes on top and serve

Enjoy