

# Pressure Cooker Garlicky Cuban Roast Pork



Pressure Cooker

## Garlicky Cuban Pork

This cumin-scented, garlic-laced pork is marinated with grapefruit, lime, and fresh oregano for a flavor that's earthy and garlicky, yet bright from the citrus. The meat itself is as tender as can be, falling to shreds with the touch of a fork. Serve it over rice, or tuck it into tortillas along with some salsa and avocado to create tacos.

## Ingredients

- 8 garlic
- Juice of 1 grapefruit (about 2/3 cup)
- Finely grated zest and juice of 1 lime
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons light brown sugar
- 1 tablespoon fresh oregano leaves
- 2 teaspoons ground cumin
- 1 ½ tablespoons kosher salt
- 1 4- to 5-pound boneless pork shoulder

1 bay leaf

Chopped fresh cilantro leaves

Lime wedges, for serving

Hot Sauce, for serving

Tortillas, for serving (optional)

Fresh tomato salsa, for serving (optional)

#### Method

In a blender or mini food processor, combine the garlic, grapefruit juice, lime zest and juice, 2 tablespoons of the oil, brown sugar, oregano, cumin, and salt; process until blended. Transfer to a large bowl and add the pork and bay leaf; toss to combine. Marinate, covered, at room temperature for 1 hour (or refrigerate for up to 6 hours).

Using the sauté function set on high if available, heat the remaining 1 tablespoon oil in the pressure cooker (or use a large skillet). Remove the pork from the marinade, reserving the marinade, and shake the meat to remove any excess liquid. Cook until it is browned on all sides, about 12 minutes (you will need to do this in batches, transferring the browned pork pieces to a plate as you go).

When all the pork is browned, return the pieces to the pot along with any juices from the plate. (If you used a skillet, add 1 tablespoon water and use a wooden spoon to scrape the skillet well to include all the browned bits stuck to the bottom.) Add the reserved marinade to the pot. Cover and cook on high pressure for 80 minutes. Let the pressure release naturally.

Remove the pork from the cooking liquid (jus). Taste the jus, and if it seems bland or too thin, boil it down either in the pressure cooker on the sauté setting or in a separate pot on the stove until it thickens slightly and intensifies in flavor, 7 to 15 minutes. Remove the bay leaf and add a bit of salt if necessary. If you'd like to degrease the jus, use a fat separator to do so, or just let the jus settle and spoon

the fat off the top.

Shred the meat, using your hands or two forks. Toss the meat with the jus to taste (be generous—1 1/2 to 2 cups should do it), and serve with cilantro, lime wedges, and hot sauce.

Prep

- Marinate: 1 Hour
- Ready in: 2 Hours 30 Minutes

Source: New York Times Cooking (Servings: 8 | Yield: Approx 4.5 ounces per serving)

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## [Instant Pot Steel Cut Oats with Maple Syrup and Currants](#)



### **Instant Pot Steel Cut Oats with Maple Syrup and Currants**

Steel cut oats cook perfectly in the Instant Pot in these Instant Pot Steel Cut Oats with Maple Syrup.

## Ingredients

1 tablespoon unsalted butter  
1 cup steel-cut oats  
 $\frac{1}{4}$  cup dried currants or raisins  
1 tablespoon maple syrup  
 $\frac{1}{4}$  teaspoon kosher salt

## Method

Turn the Instant Pot to the Saute function. Add the butter. When it's melted, stir in the oats, currants, syrup and salt. Stir until the oats are toasted about 3 minutes.

Stir in 3  $\frac{1}{4}$  cups water. Lock on the lid and set the valve to sealing. Using the manual button, set to high pressure for 10 minutes. When finished, allow the pressure to release naturally for 10 minutes, then do a pressure release.

Stir and then serve with additional butter or maple syrup if you wish.

## Prep

- Prep: 5 Minutes
- Cook: 30 Minutes
- Total Time: 35 Minutes

Source: Adapted from Melissa Clark (Servings: 4 | Yield: Approx 1 cup per serving)

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# Pressure Cooker Indian Butter Shrimp



**Pressure Cooker**

## **Indian Butter Shrimp**

A play on the classic Indian chicken makhani, in this recipe yogurt and lime juice-marinated shrimp are cooked in a buttery, gently spiced tomato mixture. The key here is to cook the sauce under pressure, but to use the sauté function to quickly cook the shrimp so they don't turn rubbery. Serve this over rice to catch every drop of the fragrant, creamy sauce. If you're a fan of Indian pickles—lime, lemon, mango, and the like—a spoonful of one or all three on the side would not be out of place.

### **Ingredients**

#### **FOR THE MARINADE**

- ¼ cup plain whole-milk yogurt
- 2 teaspoons ground cumin
- 2 teaspoons sweet smoked paprika
- 2 teaspoons garam masala
- 2 teaspoons fresh lime juice
- 1 ½ teaspoons kosher salt
- 1 teaspoon freshly grated peeled ginger
- 1 garlic clove, grated on a Microplane or minced
- 2 pounds large shrimp, peeled and deveined

## FOR THE SAUCE

4 tablespoons (1/2 stick) unsalted butter

2 shallots, minced

2 garlic cloves, grated or minced

1 ½ teaspoons grated peeled fresh ginger

¼ to ½ teaspoon crushed red pepper flakes, to taste

¼ teaspoon kosher salt, plus more as needed

1 28-ounce can diced tomatoes and their juices

1 cup heavy cream

½ teaspoon finely grated lime zest

Cooked basmati rice, for serving

Chopped fresh cilantro, for serving

## Method

1. In a large bowl, mix together the yogurt, cumin, paprika, garam masala, lime juice, salt, ginger, and garlic. Stir in the shrimp, cover the bowl, and refrigerate until needed, at least 15 minutes and up to 1 hour.

2. Prepare the sauce: Using the sauté function, set on low if available, melt 2 tablespoons of the butter in the pressure cooker. Stir in the shallots and a pinch of salt; cook until golden brown, 4 to 8 minutes. Then stir in the garlic, ginger, red pepper flakes, and the 1/4 teaspoon salt, and cook until golden, another 1 to 2 minutes.

3. Stir in the tomatoes, cream, and a pinch of salt. Raise the sauté heat to high if available, and bring to a boil. Then cover and cook on high pressure for 8 minutes. Release the pressure manually.

4. Remove the lid, and using the sauté function, simmer the sauce, stirring often, until thickened, 3 to 7 minutes.

5. Stir in the shrimp and the liquid in the bowl, remaining 2 tablespoons butter, and lime zest, and simmer until the shrimp are pink and cooked through, 2 to 5 minutes. Serve over basmati rice, sprinkled with fresh cilantro.

## Prep

- Marinate: 60 Minutes

- Start to finish: 45 Minutes

Source: New York Times Cooking (4 servings)

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## [Instant Pot Peri Peri Chicken](#)

# Instant Pot Peri Peri Chicken

This delicious instant pot recipes chicken is a crowd pleaser!

## Ingredients



- 1 lb. boneless skinless chicken thighs
- 1 teaspoon House Seasoning Blend
- 1 lemon zested and juiced
- 1 orange juiced

- $\frac{1}{4}$  cup olive oil
- 3 cloves of garlic minced
- 2 teaspoons paprika
- 1 teaspoon dried oregano
- $\frac{1}{2}$  teaspoon crushed red pepper flakes
- 1 tablespoon fresh parsley chopped

## Method

1. Season both sides of the chicken with House Seasoning Blend.
2. Place chicken in pressure cooker.
3. Mix together, lemon juice and zest, orange juice, olive oil, garlic, paprika, dried oregano and red pepper flakes.
4. Pour mixture over chicken.
5. Cook on manual setting/high pressure for 13 minutes.
6. Allow to naturally release for 5 minutes, then quick release any remaining pressure.
7. Remove chicken from pot and set pot to "saute".
8. Saute for 5 minutes to reduce sauce.
9. Place chicken on serving platter and drizzle with reduced sauce; Garnish with chopped parsley.

## Notes



### House Seasoning Blend

#### Ingredients

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder

#### Instructions

Combine all ingredients in a bowl and mix until combined.  
Store in an air tight container.

Source: It's a Keeper! (4 servings)

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## Instant Pot New York Cheesecake #17

### Instant Pot New York Cheesecake #17

Easy New York Style Instant Pot Cheesecake Recipe: Pamper yourself & impress guests with your choice of smooth/creamy or rich/dense pressure cooker cheesecake with crisp crust.

#### Ingredients

##### Crust

10 (120g) graham crackers, finely ground

3 – 4 tablespoons (42g – 56g) unsalted butter, melted

Pinch of sea salt

2 teaspoons – 1½ tablespoon (8.3g – 19g) brown sugar (depending on your desired sweetness)

Optional: ¼ cup all-purpose (32g) flour (If you are blind-baking the crust)

##### Cheesecake Batter (7 inches x 3 inches)

16 ounces (454g) cream cheese, room temperature

2 large egg, room temperature

⅔ cup (133g) white sugar

½ cup (120g) sour cream, room temperature

2 tablespoons (16g) cornstarch

2 teaspoons (10ml) vanilla extract

Pinch of sea salt

#### Method

1. Make the Crust:

2. Ground the Graham Crackers: Finely ground 120g graham

crackers in a food processor. Or place the graham crackers in a Ziploc bag and roll them with a rolling pin.

3. Mix the Crust Mixture: In a small mixing bowl, mix finely ground graham crackers, a pinch of sea salt, 2 tsp – 1½ tbsp (8.3g – 19g) brown sugar together with a fork.

4. Optional Perfectionist's Step – Add Flour (if blind-baking for firmer & crisper crust): mix in ¼ cup (32g) all-purpose flour.

5. Add Melted Unsalted Butter: Mix in roughly 3 – 4 tbsp (42g – 56g) unsalted butter until the mixture is sticking together.

6. Optional Perfectionist's Step – Line the Pan (for smoother sides & easier release): Line the side & bottom of cheesecake pan with parchment paper. \*Note: We did not use any butter to line the parchment paper.

7. Form the Crust: Pour in the graham cracker crumbs mixture. Gently press down the crumbs with a ramekin or Mason jar to form an even layer. You can also use a spoon for the edges.

8. Firm the Crust:

9. Method #1: Place the cheesecake pan in the freezer while you make the cheesecake batter.

10. Perfectionist's Method #2 – Blind-Bake Cheesecake Crust (for firmer & crisper crust): Place the crust in a 325°F oven for 15 minutes.

11. Make the Dense Cheesecake Batter

12. Mix the Sugar Mixture: Mix 2 tbsp (16g) cornstarch, a pinch of sea salt, and ⅔ cup (133g) white sugar together in a small mixing bowl.

13. Briefly Beat the Cream Cheese: In a medium mixing bowl, briefly break up the 454g cream cheese by beating it for 10 seconds with a hand mixer using low speed.

14. Mix in the Sugar Mixture: Add in half the sugar mixture and beat until just incorporated using low speed (roughly 20 – 30 seconds). Scrape down the sides and the hand mixer with a silicone spatula every time a new ingredient is added. Add the remaining sugar mixture and beat until just incorporated using low speed (roughly 20 – 30 seconds).

15. Add Sour Cream & Vanilla Extract: Add ½ cup (120g) sour

cream and 2 tsp (10 ml) vanilla extract to the cream cheese mixture. Beat until just incorporated using low speed (20 – 30 seconds).

16. Blend in the Eggs: Blend in the two eggs using low speed, one at a time. Mix until just incorporated (about 15 – 20 seconds with a hand mixer & less time if you are using a powerful stand mixer). Try not to overmix on this step. Scrape down the sides and the hand mixer with a silicone spatula and fold a few times to make sure everything is fully incorporated.

17. Pour Batter into the Pan: Pour cream cheese batter into the cheesecake pan.

18. Perfectionist's Optional Step – Remove Air Bubbles for Smooth Surface: Tap the cheesecake pan against the counter to let the air bubbles rise to the surface. Burst the air bubbles with a toothpick or fork. Tap until you are satisfied. Ensure the surface is clear of air bubbles or lines.

19. Pressure Cooking the Cheesecake:

20. Method #1: Pour 1 cup (250 ml) of cold water in the pressure cooker. Place the cheesecake pan on top of a trivet (so, it's not touching the water). Close the lid and pressure cook at High Pressure for 26 minutes and Full Natural Release. Natural release will take roughly 7 minutes. Open the lid gradually. Absorb any condensation on the surface by lightly tapping it with a soft paper towel.

21. Perfectionist's Method #2 – Prevent Surface Dents: Place a trivet and pour 1 cup (250ml) of water in the pressure cooker. Bring water to a boil (Instant Pot users: Press manual and set the time to 28 minutes).

22. When the water begins to boil, place the cheesecake pan on the trivet with a foil sling right away.

23. \*Caution: Don't wait too long to place the cheesecake in pressure cooker, as it'll affect the cooking time. Place it immediately once the water begins to boil. This prevents too much water from evaporating.

24. Immediately close the lid and let it pressure cook at High Pressure for 28 minutes and Full Natural Release. It should go

up to pressure in roughly 1 minute. Natural release will take roughly 7 – 9 minutes. Open the lid gradually. Absorb any condensation on the surface by lightly tapping it with a soft paper towel.

25. Cool, Chill, Serve the Cheesecake:

26. Cooling the Cheesecake: Allow the cheesecake to cool to room temperature with the lid open in the pressure cooker. Or place it on a wire rack to cool to room temperature.

27. Perfectionist's Optional Step – Release the Cheesecake from the Sidewall to Avoid Cracking: After cooling for 10 – 15 minutes, carefully run a thin paring knife between the sidewall and the cheesecake (or parchment paper) to release the cheesecake from the container. Pull the slightly wrinkled parchment paper lightly to straighten it out for a smooth side.

28. Chill the Cheesecake in the Fridge: Once the cheesecake has completely cooled, place it in the refrigerator for at least 4 – 8 hours.

29. Serve: Remove the cheesecake from the refrigerator. The best way to release the cheesecake from the bottom pan is warm the bottom of the pan to melt the butter. You can use a torch or heating pad for this step. Carefully peel off the parchment paper. Enjoy~

## Notes

Smooth & Creamy Cheesecake Option: Remember to adjust the beating time to 1 minute for Part B – Step 2 (cream cheese), Step 3 (sugar mixture), and Step 4 (sour cream & vanilla extract).

For 6 x 3 inches Cheesecake Pan: add 5 mins High Pressure Pressure Cooking Time.

Made for Tom's 18th birthday following steps for blind-baked crust and optional smooth and creamy directions.

## Prep

- Prep: 20 Minutes
- Cook: 40 Minutes

- Total Time: 1 Hour

Source:

<http://www.pressurecookrecipes.com/instant-pot-cheesecake-new-york/#recipe> (Servings: 12 | Yield: One 7-inch cheesecake)

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# Pressure Cooker Crispy Potatoes

## Pressure Cooker Crispy Potatoes

### Ingredients

1 lb. fingerling or Yukon Gold potatoes, peeled and cut into uniform 1 – 1½ inch cubes  
2 tablespoons of ghee or favorite animal fat  
Kosher salt  
Freshly ground black pepper  
¼ cup minced Italian parsley  
½ medium lemon

### Method

1. Add ½ cup of water to the bottom (or the minimum recommended by the manufacturer) of a 6-quart stove top pressure cooker or Instant Pot fitted with a steamer insert. Dump in the potatoes.
2. Cover the pot and cook over high heat until high pressure is reached. Lower the heat to a simmer and maintain high pressure for 5 minutes. (If you're using an electric pressure cooker like an Instant Pot, simply press the Manual button and set it to cook for 5 minutes under high pressure.)
3. Let the pressure release naturally (~10 minutes). Instant Pot users can release the pressure manually at the 10 minute

mark if the pressure hasn't completely dropped by then. You can fry the cooked potatoes right away or refrigerate them in a covered container for up to a week.

4. Melt the ghee or butter over medium high heat in a large skillet. Once it starts sputtering, carefully add the potatoes to the pan.

5. Season generously with salt and pepper. Leave the potatoes undisturbed for 1 minute before flipping to brown the other side for an additional minute.

6. Squeeze on the juice from half a lemon and toss with fresh Italian parsley.

Source: michelle tam (4 servings)

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## Pressured Brat's

### **Pressured Brat's**

My Mom and Dad gave me a 6QT pressure cooker for a birthday gift! Alas, the booklet did not have a recipe for brat's, so I went with the timing for steaks. I did not have beer or wine so it's not any authentic recipe, but pretty much posted for the timing of the Pressure cooking. I will use posted recipe's from other 'Zaar cooks and rate the recipes with notes that I've used a Pressure Cooker. The brat's came out very tender and not overcooked, still time to sear on a grill!

### Ingredients

10 johnsonville bratwursts

1 1½ cups water

1 teaspoon garlic powder

2 -2 1½ teaspoons dried onion flakes

1 teaspoon fresh coarse ground black pepper

4 -5 dashes Worcestershire sauce

## Method

1. Place the steamer tray in the bottom of your Pressure Cooker.
2. Pour in water to the level of the top of the tray.
3. Shake in the Worcestershire Sauce, around so it blends with the water.
4. Place 5 bratwurst on top of the steamer tray.
5. Sprinkle garlic powder, onion flakes and black pepper over the brats.
6. Place the remaining 5 bratwurst on top of the first 5.
7. Sprinkle the garlic powder, onion flakes and pepper over top brats.
8. Place the Pressure Cooker lid on the pot, making sure it is seated and secured, and center the pot on your burner.
9. Put the regulator on the steam tube.
10. Turn your heat on medium high to high, according to your Pressure Cooker directions.
11. When the regulator starts rocking, (it takes a few minutes to build pressure, your indicator button will go up, some sputtering around cooker steam areas is normal) turn down your heat gradually until you get a slow/medium rock from your regulator.
12. Set your timer for 10 minutes.
13. When the timer goes off, turn off the heat and LIFT the cooker to a cool burner, if you use an electric stove. (Try to protect your Pressure Cooker's bottom from scratches).
14. Let the Pressure Cooker cool until no more steam escapes from the holes and the pressure indicator button drops.
15. When you open the lid, please be careful and lift it away from you. The bratwurst will be hot.
16. You may want to adjust the timing to about 8 minutes of pressure and then sear the bratwurst on the grill or in a cast iron skillet. The brats will be tender inside! Mmmm!

Source: [www.food.com](http://www.food.com) (Servings: 5 | Yield: 2 links per serving)

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# Easy Pressure Cooker Pulled Pork

## Easy Pressure Cooker Pulled Pork

### Ingredients

1 – 2 tablespoons vegetable oil  
4 lbs. boneless pork shoulder, cut in two pieces  
2 cups barbecue sauce, divided  
 $\frac{1}{2}$  cup water

### Method

1. Select Browning and add oil to the cooking pot. When hot, brown pork on both sides, about 3 minutes per side. Brown each half of the roast separately. Remove to a platter when browned.
2. Add 1 cup barbecue sauce and  $\frac{1}{2}$  cup water to the cooking pot. Stir to combine. Add browned pork and any accumulated juices to the pot.
3. Select High Pressure and set the timer for 75 minutes. When beep sounds, turn off pressure cooker and use a natural pressure release to release pressure (this took approximately 20 minutes). When valve drops carefully remove lid. Carefully remove the meat from the pressure cooker and shred with two forks, discard excess fat as you shredded. (You can also use your stand mixer to shredded the pork.)
4. Strain cooking liquid, reserving  $\frac{1}{2}$  cup. (I used a fat separator to separate fat from the juices.)
5. Place shredded pork in the cooking pot with remaining 1 cup barbecue sauce and reserved  $\frac{1}{2}$  cup cooking liquid. Stir to combine and bring to a simmer, stirring frequently.
6. Serve on toasted rolls with additional barbecue sauce if desired.

## Notes

Don't substitute a leaner cut of meat with this recipe. The pork shoulder will release lots of juices and fat and your meat will be extra tender and flavorful. If you're making it in a stove top pressure cooker you may need to increase the water if your pressure cooker loses a lot of liquid during cooking.

Source: Pressure Cooking (8 servings)

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# Instant Pot Broccoli

## Instant Pot Broccoli

### Ingredients

1 cup water

Broccoli

### Method

1. Pour one cup of water or broth into the liner, place cut-up broccoli into the steamer basket, then place it into the Pot liner.
2. Place the Instant Pot lid onto the pressure cooker and turn until sealed. Make sure that the Steam Release handle is pointed to "Sealing".
3. Now on the front panel, press Steam, then hit the minus "-" button until it shows zero "0" on the display.
4. That is all you do. It will then display "ON", which means that the Instant Pot is now heating up the liquid so that it can build pressure in the pot. Once the little silver pin next to the Steam Release handle has popped up, it will begin the count down.
5. Once the Instant Pot has alerted you that it is done

cooking, release the pressure by turning the Steam Release handle to the “Venting” position. You will know when the pressure is all released when the little silver pin next to the handle drops down and you can easily open the lid. NEVER try to force the lid open! When you open the lid, make sure you open it away from you.

6. To turn off the Instant Pot, hit the “Keep Warm/Cancel” button or unplug the machine.

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## [Barbacoa Beef \(Pressure Cooker or Instant Pot\)](#)

### **Barbacoa Beef (Pressure Cooker or Instant Pot)**

If you like cumin and spicy food, then you’ll love Barbacoa Beef. Spicy shredded beef braised in a blend of chipotle adobo, cumin, cloves, garlic and oregano.

Read [more](http://www.skinnytaste.com/barbacoa-beef/#yC4K7Er9cXWvMBR0.99) at <http://www.skinnytaste.com/barbacoa-beef/#yC4K7Er9cXWvMBR0.99>

### Ingredients

5 cloves garlic

½ medium onion

1 lime, juice

2-4 tablespoons chipotles in adobo sauce, (to taste)

1 tablespoon ground cumin

1 tablespoon ground oregano

½ teaspoon ground cloves

1 cup water

3 lbs. beef eye of round or bottom round roast, all fat trimmed

2 ½ teaspoons kosher salt

black pepper  
1 teaspoon oil  
3 bay leaves

#### Method

1. Place garlic, onion, lime juice, cumin, oregano, chipotles, cloves and water in a blender and puree until smooth.
2. Trim all the fat off meat, cut into 3-inch pieces. Season with 2 teaspoons salt and black pepper. Heat the pressure cooker on high (use saute button for Instant Pot), when hot add the oil and brown the meat, in batches on all side, about 5 minutes. Add the sauce from the blender and bay leaves, cover and cook on high pressure until the meat is tender and easily shreds with 2 forks, about 1 hour. (in my Instant Pot I cooked it 65 minutes). (If you're making this on the stove, simmer it on low at least 4 hours, adding more water as needed to make sure it doesn't dry out.)
3. Once cooked and the meat is tender, remove the meat and place in a dish. Shred with two forks, and reserve the liquid for later (discard the bay leaf). Return the shredded meat to the pot, add 1/2 teaspoon salt or to taste, 1/2 tsp cumin and 1 1/2 cups of the reserved liquid.

#### Notes

Melissa's note – I used the natural release method. Came out great. 2 Tbsp adobo was a good amount of spice for us.

#### Prep

- Prep: 80 Minutes

Source: Skinny Taste (Servings: 9 | Yield: 4 oz per serving)