

[BBQ Ribs with Programmable Pressure Cooker](#)

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By [Instant Pot Staff](#), October 29, 2009



This finger licking food is everybody's favorite but it takes time to cook. It usually takes hours in the oven to have nice soft and juicy ribs. With Instant Pot Programmable Pressure cooker, it is a matter of minutes.

Prepare Time: 30 minutes

Cooking Time: Around 35 minutes with Instant Pot Programmable Pressure cooker

Ingredients: 4 servings

- 2 racks of pork ribs
- 2 cups of your favorite BBQ sauce
- 1 cup of water
- 2 red onions peeled and cut in half
- 4 carrots peeled and cut in desired size

Cooking: There are two parts – Pre-Meal and Ready for Meal.

- Pre-Meal



Cut ribs into half and place them into Instant Pot Programmable Pressure Cooker. If frozen, no need to defrost. Add a cup of BBQ sauce and a cup of water in the cook pot. Close the lid. Then press Meat button and set + to Longer. Let it cook. Once it is done and cool down. Open the lid and ensure the ribs are soaked in the sauce. Close the lid and let it sit for a few hours.

- Ready for Meal

Take the ribs out and place onions and carrots in the Instant Pot Programmable Pressure Cooker with existing sauce. Close the lid and Press Manual button and set to 2 minutes. Then BBQ the ribs with BBQ sauce.

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 [Pork](#) |  [30 Minutes](#), [Bbq Ribs](#), [Bbq Sauce](#), [Carrots](#), [Cook Pot](#), [Favour](#), [Manual Button](#), [Matter Of Minutes](#), [Place Onions](#), [Pork Ribs](#), [pressure cooker](#), [Red Onions](#)

[Multigrain Rice](#)

 [Comments \(0\)](#)

By [Instant Pot Staff](#), October 29, 2009

Whole grains are high in fiber. low in fat, and rich in nutrients. Consumption of whole grains has been consistently linked with a significant decrease in risk factors for [heart](#)



[disease and type II diabetes.](#)

Whole grains are more forgiving than white rice when over cooked. Multiple grains can be mixed together to create large variety of wholegrain meal. They remain pleasantly full of texture after cooking.

Prepare Time: 2 minutes

Cooking Time: about 28 minutes

Ingredients: 6~8 servings


- 3 cups brown rice, wild rice or other whole grains, rinsed
- 2 tablespoon of oil (olive oil preferred)
- 9 cups of water
- 1 ½ teaspoon salt (optional)

Cooking:

- Combine the grains, water, oil and salt (if used) in the inner pot.
- Press the Multigrain key.
- After the cooking is completed, let it steam in the residual heat for 5 more minutes.
- Open the lid, stir to fluff up the grains before serving.

Related articles

- [Salt baked Chicken \(No water added\)](#)
- [Seafood and Fish](#)
- [Safety Features](#)

 [Multigrain, Rice](#) |  [5 More Minutes, Brown Rice, Consumption, Diabetes, Fluff, Heart Disease, inner pot, Nutrients, Olive Oil, Residual Heat, Risk Factors For Heart Disease, steam, Tablespoon, Teaspoon Salt, Texture, Time 2, Type Ii Diabetes, Water Oil, White Rice, Whole Grains, wild rice](#)

[Beer Potato Fish](#)

 [Comments \(1\)](#)

By [Instant Pot Staff](#), June 14, 2009



The Beer Potato Fish would be a challenge for a non-professional cooker. But it is now a different story with Instant Pot Programmable Pressure Cooker. Even people without too much cooking experience can follow the recipe to get this delicious dish done easily. What you need to do is to prepare ingredients, put them into Instant Pot Programmable Pressure Cooker then press fish button to cook in fully automated cooking process, and switch to keep-warm after cooking.

Prepare Time: 15 minutes

Cooking Time: Around 40 minutes with Instant Pot Programmable Pressure Cooker



Ingredients: 6 servings

- 1 pound fish fillet
- 4 medium size potatoes, peeled and diced
- 1 cup beer
- 1 red pepper sliced
- 1 tablespoon oil
- 1 tablespoon oyster flavored sauce
- 1 tablespoon rock candy
- 1 teaspoon salt

Cooking: Put all ingredients into Instant Pot Programmable Pressure Cooker then press the Bean/Chili button. Then that is it! Simple, fast, delicious, retaining flavour and nutrition, consistent results all the time.

Related articles

- [Pineapple and Cauliflower mixed Rice](#)
- [Pork Rib and Lotus Root Soup](#)
- [Chinese Eight Treasure Congee](#)

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[Pork Rib and Lotus Root Soup](#)

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By [Instant Pot Staff](#), June 14, 2009



The Pork side Rib and Lotus Root Soup will provide you a feeling of harmony family. It's delicious and full of nutrition to help make a family's life perfect. What you need to do is to prepare ingredients, put them into Instant Pot Electric Pressure Cooker then press soup button to cook in fully automated cooking process, and switch to keep-warm after cooking.

Prepare Time: 15 minutes

Cooking Time: Around 40 minutes with Instant Pot Electric Pressure Cooker

Ingredients: 6 servings

- 1 pound pork side rib
- 8 ounces fresh lotus root, peeled and sliced in 1/8-inch rounds
- 1 small ginger cut into 3 slices
- 2 teaspoons salt
- 6 cups of water

Cooking: Put all ingredients into Instant Pot Electric Pressure Cooker then press the Soup button. Then that is it! Simple, fast, delicious, retaining flavour and nutrition, consistent results all the time.

Related articles

- [Beer Potato Fish](#)
- [Pineapple and Cauliflower mixed Rice](#)
- [Chinese Eight Treasure Congee](#)

 [Pork, Soup](#) |  [1 Pound, 15 Minutes, Consistent Results, electric pressure cooker, Family Auto, Family Symbol, Flavour, Ginger, Harmony, Inch Rounds, Lotus, Lotus](#)

[Root Soup](#), [Mso](#), [Number Position](#), [Nutrition](#), [Orphan](#), [Paper Source](#), [Pitch](#), [Pork Side](#), [pot](#), [Pound Pork](#), [Teaspoons Salt](#), [Text Decoration](#)

[Chinese Eight Treasure Congee](#)

Comments Off

By [Instant Pot Staff](#), June 14, 2009



The eight-treasure congee is a well known traditional Chinese rice soup, cooked with sticky rice and 8 different beans and nuts. This food has been through several thousand years and spreads the entire nation. The ingredients used in each place are largely identical but with minor differences. The eight-treasure rice congee with Instant Pot Electric Pressure Cooker is so simple to make.

What you need to do is to prepare ingredients, put them into Instant Pot Electric Pressure Cooker then press congee button to cook in fully automated cooking process, and switch to keep-warm after cooking.

Prepare Time: 15 minutes

Cooking Time : Around 45 minutes with Instant Pot Electric Pressure Cooker

Ingredients: 6 servings



- 1/4 cup sticky rice
- 1/4 cup brown rice
- 1/8 cup peanut
- 1/8 cup red bean
- 1/8 cup walnut minced
- 1/8 cup sesame
- 1/8 cup chestnut minced
- 1/8 cup red date

- 1/2 cup rock candy
- 8 cups of water

Cooking: Put all ingredients into Instant Pot Electric Pressure Cooker then press the Congee button. Then that is it! Simple, fast, delicious, retaining flavor and nutrition, consistent results all the time.

Related articles

- [Beer Potato Fish](#)
- [Pork Rib and Lotus Root Soup](#)
- [Pineapple and Cauliflower mixed Rice](#)

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