

COMMON INSTANT POT TERMINOLOGY

IP :: Instant Pot (Instant Pot is a brand name of electric pressure cooker)

PC :: Pressure Cooker

EPC :: Electric Pressure Cooker

DUO :: A model of Instant Pot (also DUO PLUS)

ULTRA :: A Model of Instant Pot

LUX :: A line of Instant Pots that is usually more affordable. This line only has High Pressure, and no Yogurt function.

MINI :: A model of the Instant Pot that is a 3 quart size.

WATER TEST :: An initial test run of your Instant Pot using only water, to confirm it works properly. Also helps new users start to get comfortable with their pot.

INNER LINER :: The actual cooking pot (stainless steel, or ceramic coated) that goes into the Instant Pot Base. This is what you put the liquids and food in and cook in.

QR / QPR :: Quick Release / Quick Pressure Release. When the cooking cycle ends, immediately turn the steam release knob to the Venting position to release the pressure as quickly as possible. Use for foods with a quicker cook time, such as veggies. Never QR a full pot of soup, most meats, or starchy foods (with pastas, you need to QR, but don't do it all at once, do it in small bursts so the starch and liquid doesn't spew out of the steam release knob and all over your kitchen!

NR / NPR :: Natural Release / Natural Pressure Release. When the cooking cycle ends, don't do anything to the pot. The steam will slowly dissipate on its own out of the steam release knob. Often this is attached to a time, such as a 15 minute NPR. The unit will show L0 00 after cooking timer has elapsed, then it will begin counting UP in minutes, L0 01, L0 02, etc., to show you how long it has been Naturally Releasing Pressure. The KEEP WARM light will be lit, indicating it has switched to that mode.

KEEP WARM :: The mode that the pot will automatically switch to when the cooking cycle has ended (unless disabled). The actual warming doesn't begin until the temperature of the contents drops to 140 degrees (F). This is accompanied by a counter. The display will show L0 00, then as the time goes by it will count up in minutes, L0 01, L0 02, L0 03, etc., to show you how long the pot has been Naturally Releasing Pressure.

HP :: High Pressure (all models except the Lux line have both High and Low Pressure).

LP :: Low Pressure (The Lux model does not have Low pressure).

YOGURT BUTTON :: A button that activates the boil, and Incubation functions in the yogurt making process (Lux line does not have this).

SAUTÉ MODE :: This is the setting that you use to brown meat, and sauté onions, etc. It has a default time of 30 minutes, and you can choose the heat level of Less, Normal, More, or Low, Med, High. You can also use this function to warm up the liquid in the pot as you prepare the dish, as the hot liquid will allow the pot to come to pressure faster.

TRIVET / RACK :: The metal rack (often with collapsible handles) that sits on the bottom of the inner liner to keep food off of the bottom of the pot, and out of the liquid. Also used in PIP cooking to set

the dish on.

SEAL / SILICONE RING :: The “gasket” that provides the seal so your pot can come to pressure. A Silicone sealing ring that is seated in the underside of the pressure cooker lid.

PIN :: Also known as the Float Valve. A silver (or red on the 8 quart) metal pin in the lid that pops up when the pot is at pressure, and also locks the lid for safety. Conversely, the pin drops and unlocks when all of the pressure is out of the pot, making it safe to open the lid. NEVER try to force open the lid if the pin is up or locking it. Either manually release the pressure first by turning the steam release knob to Venting, or just wait for the pot to naturally release the pressure, and for the pin to drop.

STEAM RELEASE KNOB :: The wobbly knob that has holes in the top that the steam passes through as the pot is building pressure (turned to Sealing), and as the pot is releasing pressure (turned to Venting). On the ULTRA model, there is a separate button on the lid to push to release the steam, but it still passes through the wobbly knob.

ANTI BLOCK SHIELD :: Removable perforated metal cover that is over the steam release valve (on the underside of the lid). This helps “shield” the valve (Pin) from getting debris in it that could clog it during the building of and releasing of the pressure.

PIP :: Pot In Pot. A method of cooking food that you don’t want watered down (such as a quiche or cheesecake). So you put it in a separate cooking dish and atop the trivet/rack within the inner liner. Water goes directly in the inner pot, then the trivet/rack, then the dish of food sits on the trivet (never directly on the bottom of the inner liner. Resume pressure cooking as normal. PIP method usually requires a longer cook time than if the food was cooked directly in the inner liner.

SLING :: A long (approx. 28” x 3” wide strip of (folded, for strength) aluminum foil (used to remove pans when using the Pot-In-Pot (PIP) method of cooking, such as a cheesecake. The sling ends, much like the stork carrying the baby bundle, becomes the handles.

CONDENSATION COLLECTOR or CUP :: A plastic ‘cup’ that attaches to the outside back of the Instant Pot. Designed to catch liquid that drips into the channel that the lid sits in, as well as condensation coming off of the valve and steam release knob housing area.

6-6-6, 5-5-5, etc :: Times for making hard cooked “boiled” eggs. 6 minutes under pressure, 6 minutes of natural pressure release, then 6 minutes in an ice water bath. Or 5-5-5 is 5 minutes, etc.

FAT DADDIO’S PAN :: Brand name of anodized aluminum cheesecake push pans, cake pans, and springform pans.

BURN MESSAGE :: The contents of the pot are too thick, with not enough thin liquid to bring the pot to pressure. Often the food will scorch the bottom of the pot. Also, there could just be scorched food on the bottom of the pot, often due to not deglazing the pot before setting it to the pressure function.

DEGLAZE :: The method of getting the browned food bits off of the bottom of the pot after browning meat. Usually after browning the meat you use broth or water, onion, etc to deglaze by sautéing it while scraping the bottom of the pot with a wooden spoon, etc.

SEALING :: The pot is coming to or is at pressure, and is “sealed” so no steam escapes. Also the Position on the lid that you turn the Steam Release Knob to so the pot can come to pressure.

VENTING :: The process of steam leaving the pressure cooker through the Steam Release Knob. The position that you turn the Steam Release Knob to so that the steam can be released through the Steam Release Knob.