

8 hacks for converting Slow Cooker Recipes to Instant Pot Recipes



Hack 1: Liquid Matters

How much liquid are you planning to use?

This is an important thing to consider because very little water is lost when you cook using a pressure cooker.

But you need some--so, where's the "sweet spot"?

You should definitely use a maximum of 1 cup of broth or water when cooking instant pot recipes.

But, if the item you are going to cook already has high water content, you might have to use $\frac{1}{2}$ cup of water.

For soups, you obviously don't need to change the liquid content for slow cooker to instant pot conversion, but for things like a roast (just as an example), I'd go with 1 cup of broth.



Hack 2: Under Pressure

Use the quick pressure release method if you don't know the type of approach to use.

Just better safe than soggy, right?!

Things that can cook quickly and might need this kind of pressure release include rice, delicate vegetables, pasta, etc.

As for meat, you can opt for the natural release meaning that the pot will beep when its time.

You should let it rest for 10-20 minutes when there is no steam spurting out after turning the valve from “sealing” to “venting.”

But, when in doubt, quick release it out.



Hack 3: Special Buttons

Use the meat stew button to cook meat that might take 4 to 8 hours to cook on a slow cooker.

It'll take approximately 25 -30 minutes to cook a really big cut of meat in a pressure cooker.

Chicken will take about 15 minutes if you use the poultry button.

To avoid overcooked meat, ensure that you set the vent to “sealing” and not to “venting.”

And be sure to do natural release with this one--let that meat rest, just like you would if you grilled it.

If you don't want the liquid to infiltrate the food as much, you can put your food or liquid in a silicon mini-loaf pan to keep things separate.

The instant pot doesn't care where the liquid is--just that it's in there.



Hack 4: No-No Liquids

If you like adding flavor to your food using different liquid, you might need to avoid some of them since not all can cook well in an instant pot.

But you can add them after cooking using the sauté setting with the lid off--kind of using them as a seasoning after the fact.

If you add them to the pressure setting, you might experience an explosion of foam and ewww upon removing the lid.

Such liquids include; cream, wine, beer, milk, butter, hard cheese, and brandy.

Stick with amazing liquids like broths and water—you know, the good stuff.



Hack 5: Thick as Thieves

When cooking something like a stew, you can initially cook it with a thin liquid.

But after you finish cooking it, you can change your pot to sauté and add a thickener.

The same with things that include tomato sauce.

Tomatoes and tomato sauces actually thicken, so you can't really count them as a liquid--but as a thickener.

By adding them at the end, you can avoid getting the "burn" notice.



Hack 6: Flavor Gator

Sometimes cooking under intense pressure can reduce the flavor of a dish.

This happens because when you add more liquid and combine it with pressure, it dilutes the molecules that make flavor.

You will, therefore, need to add more flavor to the food.

Adding flavor mostly applies to meat.

You can add flavor before and after cooking by using broths instead of water, going just a weeeee bit overboard on the seasoning, or just by not overcooking it--experiment with shorter cook times on things like steaks and prime rib.



Hack 7: Safety First

Your pressure cooker needs enough space so that the steam can also build up.

You should avoid filling it more than $\frac{2}{3}$ with food.

If you are cooking grain or legumes, you should also avoid filling it more than $\frac{1}{2}$.

Don't ever quick release solid foods like grains and beans.



Hack 8: Veggies Rule

You might need to add vegetables to meat when cooking slow cooker recipes.

However, you might end up with mushy vegetables when using a pressure cooker.

You can try a quick release halfway through cooking, then adding your veggies, resealing it and setting it to cook the remaining time.

