



**Instant Pot Ultimate CookBook: The Complete Pressure Cooker Guide with Delicious and Healthy Instant Pot Recipes (Instant Pot Cookbook, Pressure Cooker Recipes Book 1)**

*Kelly Cohen*

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## **Finally... Easy to make, Healthy and Delicious Pressure Cooker Meals**

Welcome to *The Instant Pot Ultimate Cookbook*, you will find a gourmet collection of delicious and healthy electric pressure cooker recipes for your entire family to enjoy. This recipe book will not only provide easy step by step instructions and show you mouth-watering entrée ideas but will also ensure your loved ones will be praising your cooking skills. Take the stress and guesswork out of dinner preparation after a long day of work and make a savory and succulent meal that will leave your entire family happy and satisfied.

Our collection of recipes includes *delicious savory pot roasts, fall-off-the-bone ribs, hearty stews and flavorful pastas to easy and healthy chicken dinners*. Our recipe book will invigorate your family's taste buds and put zest back into your favorite home-cooked meals.

You will find delicious dinner entrees that will make a wonderful pairing with jasmine rice or your favorite pastas and baked breads. No matter how you are feeling, there is a recipe to suit your every appetite and craving.

The recipes in this collection are not only versatile but will save you lots of time and energy on planning countless lunches, weekend dinners and holiday feasts! Your new effortless and tasty meal ideas will surely impress all your friends and relatives. They will be begging you for your secret to these delicious meals.

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**Happy Cooking!**

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# **From Reader Review Instant Pot Ultimate CookBook: The Complete Pressure Cooker Guide with Delicious and Healthy Instant Pot Recipes (Instant Pot Cookbook, Pressure Cooker Recipes Book 1) for online ebook**

**Ami Neiberger-Miller says**

## **Good recipes**

Interesting recipes in this cookbook and good discussion on the mechanics of the instant pot. No on the lemon macaroni and cheese, but several good ones. Maple brisket is delicious.

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## **Elaine says**

Pretty straightforward recipes, and for 99 cents, even just one recipe will be worthwhile. Simple breakdown by main protein, plus a couple sections for curries and stews. There are desserts at the end, which do not use the Instant Pot to prepare. Overall a very short book but seems practical.

I think the uses of "ultimate" and "guide" in the title are a stretch. This is obviously not an exhaustive set of Instant Pot recipes at only 100 pages (including fridge/oven-based desserts). There is also no explanation to using the Instant Pot itself beyond telling you to e.g. put it in sauté mode for a step. So for recipes that tell you to cook under pressure on a timer, you'll need to look elsewhere for guidance on that set-up. I'm also unsure what kind of pressure release the author uses -- I'm assuming automatic, but I know you can do a natural release, too.

However, I am confused by several of the dessert recipes which call for Cannabis Butter or Cannabis-Infused cream. The first time I thought was a typo, intended to be caramel or chocolate, because that's what appeared in the ingredient list. A couple more recipes also called for them, though, so it's probably deliberate. There's a footnote-ish asterisk after each use, but I can't find a corresponding note (a rating ding itself). Nothing in the foreword mentions or explains this, and it's, uh, an unusual enough suggestion, especially in a cookbook that's not marketed as anything other than Instant Pot recipes, that I feel like some kind of explanation is warranted.

On a similar note, the author directs us to an Asian supermarket to find tofu of all things, but throws in (er, as in mentions in the ingredient list) Japanese shichimi powder like it was oregano. Another recipe calls for Trader Joe's Everyday Seasoning (iirc) without any explanation of what's in that blend for those who can't or won't pop by a TJ's for some.

I'm also not sure exactly how "healthy" recipes in here are, though one's definition of healthy can certainly be a matter of perspective (in the sense of: which is healthy, pure fatty butter or artificial margarine) but I'd like to have seen more veggies. Pretty much all the serving suggestions are exclusively starchy carbs: dinner rolls, noodles, rice. Not that I can't come up with my own, but this was a pattern I noticed.

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## **Jennifer says**

### **Short**

The book has a nice variety of recipes that look tasty enough but it is awfully short for an "ultimate" cookbook.

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