

# Instant Pot®

## RECIPE BOOKLET



*Singapore Dishes*  
**1ST EDITION**

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# Cooking with Pressure

## FAST

The contents of the pressure cooker cooks at a higher temperature than what can be achieved by a conventional boil — more heat means more speed. Pressure cooking is about twice as fast as conventional cooking (sometimes, faster!)

## HEALTHY

Pressure cooking is one of the healthiest cooking methods. According to a study published in the Journal of Food Science, pressure cooking preserves 90-95% of vitamins. The extra speed and heat of pressure cooking practically flash-cooks vegetables, allowing them to retain more vitamins than boiling, (which only retains 40-75%), or even conventional steaming (75-90%!)

## GREEN

Pressure cookers require less energy/electricity to operate during the cooking process. Less heat and time translates to up to 70% energy savings in comparison to conventional cooking.

## EASY

Pressure cooking isn't complicated at all. Simply push a button to reach pressure and then easily release it. It's really as easy as 1, 2, 3, and 4!

## CLEAN

No more spill-overs in the oven or splatters on your stove-top. Pressure cooking contains all of the splatters that you would ordinarily experience when conventionally boiling food.

## SAFE

Modern pressure cookers have additional safety systems to ensure that if one should fail, another will kick-in.



Add ingredients & liquid to Instant Pot®



Select a cooking program



Continue your daily life until it beeps



Release pressure & serve!

Have a question about Instant Pot®?

Visit us at:

[instantpot.com.sg](https://instantpot.com.sg)

# Venting Methods

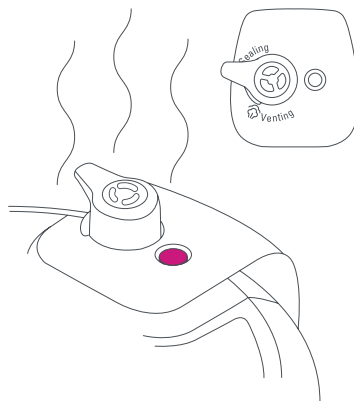
Once cooking is complete, there are 2 methods to release pressure:

## Natural Release (NR)

Leave the steam release handle in the Sealing position. The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.

**Note:** Depressurisation time will vary based on volume of food and liquid. May take 10-40 minutes or longer.



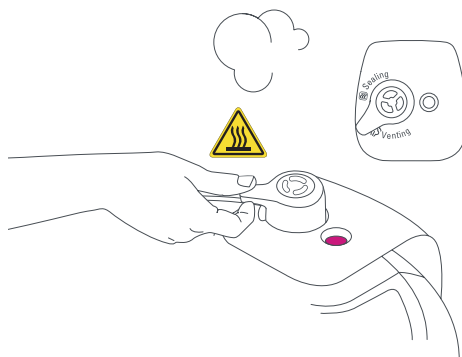
## Quick Release (QR)

Quickly and carefully turn the steam release handle from Sealing to Venting.

A continuous stream of steam will release through the top of the steam release handle until the float valve drops into the lid.

**Note:** It will be loud!

If spatter occurs, move the steam release handle back to Sealing and try again after a few minutes. If spatter continues, use NR to vent remaining pressure.



### ⚠ WARNING

Do not lean over or touch the steam release handle.

Do not place unprotected skin over the steam release handle.

Do not cover the steam release handle.

### ⚠ CAUTION

Float valve will drop when cooker has depressurised. **Do not attempt to open the lid while the float valve is still popped up.**



# Instant Pot Functions Cooking Time

## Functions

## Cooking Time

### SOUP/BROTH

Less (meatless soup)	00:20
Normal (soup with meat)	00:30
More (bone broth)	04:00
Time Range	00:00-04:00

### MEAT/STEW

Less (soft texture)	00:20
Normal (tender texture)	00:35
More (fall off the bone)	00:45
Time Range	00:00-04:00

### BEAN/CHILLI

Less (firmer texture)	00:25
Normal (softer texture)	00:30
More (very soft texture)	00:40
Time Range	00:00-04:00

### POULTRY

Less (firmer texture)	00:05
Normal (softer texture)	00:15
More (very soft texture)	00:30
Time Range	00:00-04:00

### SLOW COOK

Default time	04:00
Time Range	00:30-20:00
Less (8 hour cook)	82°C–88.7 °C
Normal (6 hour cook)	87.8°C–93°C
More (4 hour cook)	93°C–99°C

### SAUTÉ

Default time	00:30
Time Range	00:00-00:30
Less (simmer)	135°C-150°C
Normal (searing)	16°C-176°C
More (browning/stir fry)	175°C-210°C

### RICE

Time Default	Auto
Time Range	Auto

## Functions

## Cooking Time

### MULTIGRAIN

Less (firmer texture)	00:20
Normal (normal texture)	00:40
More (soft texture)	01:00 (plus 45-minute warm water pre-soak)
Time Range	00:00-04:00

### PORRIDGE

Less (oatmeal)	00:05
Normal (congee)	00:20
More (oatmeal or congee mix with beans)	00:30
Time Range	00:00-04:00

### STEAM

Less (vegetables)	00:03
Normal (seafood & fish)	00:10
More (meat)	00:15
Time Range	00:00-04:00

### YOGURT

Less (jiu niang)	24:00
Normal (ferment yogurt)	08:00
More (pasteurize milk)	N/A
Time Range (less & normal)	00:30-99:30

### PRESSURE COOK

Less	00:20
Normal	00:35
More	00:45
Time Range (less & normal)	00:00-04:00

### PRESSURE LEVEL

Low Pressure	5.8 psi–7.2 psi
High pressure	10.2 psi-11.6 psi

### DELAY START

Time Default	06:00
Time Range	00:10-24:00

### KEEP WARM

Time Default	10:00
Time Range	00:10-99:50



## HAINANESE CHICKEN RICE

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, PRESSURE COOK

**PREP TIME:** 15 MINUTES

**COOK TIME:** 30 MINUTES

**Ingredients:** 6 servings

### CHICKEN

3 lbs whole chicken (1.3 - 1.4 kg)  
1/4 cup kosher salt (60 g)  
1 pc ginger cut in slices (3cm)  
1 bunch fresh scallion  
2 tbsp sesame oil  
cold water

### RICE

1/4 cup sesame oil (60 ml)  
2 tbsp chicken fat (chopped)  
2 cloves garlic (minced)  
1 tbsp fresh ginger (minced)  
1 tsp kosher salt  
2 cups long grain rice (rinsed and drained)  
2 cups chicken broth

### CHILI SAUCE

6 fresh chilli  
4 cloves garlic  
3 cm ginger  
1 pc lime  
salt + sugar

### GARNISHINGS

#### Finishing Sauce

sesame oil, soy sauce, and chicken stock  
2 pcs cucumbers (thinly sliced, for serving)  
1 bunch fresh cilantro (for serving)



## Directions:

1. Clean chicken by rubbing a handful of salt, getting rid of any loose skin. Rinse the chicken well inside and out. Pat dry with paper towels. Remove any excess fat from the chicken and set aside for later. Stuff the chicken cavity with the ginger slices and scallions.
2. Place the chicken in the inner pot and fill with water till maximum mark. Add some salt and cover the lid. Seal the valve and press **[Pressure Cook]** in pressure level **HIGH** for 20 mins.
3. Quick release pressure and open lid. Press **[Sauté]** and turn chicken to make sure it is evenly cooked. Press **[Cancel]**.
4. Remove the chicken from the pot, reserving the stock for later, and transfer to an ice bath for 5 minutes to stop the cooking process and to keep the chicken skin springy. Discard the ginger and green onion.
5. After it's cooled, pat the chicken dry with paper towels and rub all over with sesame oil. This will help prevent the chicken from drying out. If you have 2 inner pots, remove the earlier inner pot and change to a new pot. If you only have one inner pot, transfer the stock into another pot.
6. In a dry inner pot, press **[Sauté]** to heat up the pot. Add 1/4 cup (60 ml) of sesame oil, 2 tablespoons of reserved chopped chicken fat, garlic, ginger and salt. Fry until aromatic, about 10 minutes.
7. Reserve about 1/4 of the fried garlic mixture, then add the washed rice to the remaining fried garlic and stir to cook for a few minutes.
8. Add 2 cups of chicken broth to rice. Press **[Rice]**. While the rice is cooking, carve the chicken for serving.
9. Pour finishing sauce over the chicken and serve with rice, sliced cucumbers and fresh cilantro.
10. For the chilli sauce: remove seeds and white piths of chillies to lessen the spiciness. Then, blend chillies, ginger and garlic together. Add lime juice or calamansi lime juice to ease the blending. Add salt and sugar to taste. Chilli sauce can be kept for up to 2 weeks if refrigerated.



## BRAISED PORK BELLY

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, MEAT/STEW

**PREP TIME:** 15 MINUTES

**COOK TIME:** 30 MINUTES

### Ingredients:

1 kg	pork belly with skin (in one large piece)
1/2 tsp	five-spice powder
2 cup	water

#### SPICES

1 large	onion (peeled and diced)
5 cloves	garlic
1 medium	cinnamon stick
1 pc	star anise
five spice powder for marinating	

#### SEASONING

1/4 cup	soy sauce
1/3 cup	dark soy sauce
1/3 cup	rock sugar
1/4 tsp	ground white pepper

#### OPTIONAL

cilantro leaves for garnish





## Directions:

1. Pat the pork belly dry with a kitchen towel. Rub the pork belly with five-spice powder and set aside for 30 minutes
2. Searing the meat (optional).
3. Press **[Sauté]** Mode, add about 1 tbsp of cooking oil and sear the whole pork belly until golden brown.
4. Press **[Meat/Stew]** function and place the pork belly inside the pot. Add water, spices, and seasonings. Cover the lid, turn to seal, press **[Pressure cook]** and set timer to 45 minutes.
5. **Natural Release** pressure and gently remove pork belly to a chopping board and let it rest for 10 minutes before slicing.
6. Slice pork belly into serving pieces (large or bite-size is up to you). You can serve this with noodle, rice, steamed buns, taco, or salad.



## STEAMED SHRIMP GLASS VERMICELLI

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, STEAM

**PREP TIME:** 5 MINUTES

**COOK TIME:** 2 MINUTES

### Ingredients:

#### CONDIMENTS

500 g	prawns (whole with shell) / Chicken (julienne)
160 g	<b>glass vermicelli</b> (Thai Tanghoon)
4 cloves	garlic - 4 cloves (chopped)
4 pcs	spring Onions (cut into 6cm long)
8 slices	ginger (julienne)
250 ml	chicken stock

#### SAUCE

1/2 tsp	soy sauce
1/2 tsp	fish sauce
1 tbsp	<b>chinese wine</b>
1 g	pepper
1 tbsp	sesame / shallot oil

#### GARNISH

3 pcs	spring onions (sliced)
2 pcs	red chilli (sliced)



### Directions:

1. Press **[Sauté]** and pour 1-2 tablespoons of oil and add the chopped garlic and sliced ginger to fry.
2. Cancel **[Sauté]** and place glass vermicelli, spring onions and prawns in the inner pot (in sequence). Add 250ml chicken stock into the pot.
3. Pour the mixed sauce over the prawns.
4. Cover the lid and press **[Steam]**, setting time to 2 minutes.
5. Once done, **Quick Release** pressure and open the lid to mix the cooked food evenly.
6. Serve with garnish.







# CURRY CHICKEN

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, POULTRY

**PREP TIME:** 15 MINUTES

**COOK TIME:** 30 MINUTES

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## Ingredients:

1 kg	whole chicken (cut into pieces)
8 pcs	potatoes medium size (cut into halves)
1 packet	curry paste (230g)
100 ml	coconut milk
500 ml	water
15 g	curry leaves (rinsed with water) (optional)

salt to taste

## Directions:

1. Press **[Sauté]** and 1 tbsp of oil and fry the curry paste until fragrant.
2. Add in chicken pieces.
3. Pour in water and potatoes (optional: curry leaves). Press **[Poultry]** and set the time to 20 minutes. **Natural Release** the pressure, open the lid and stir in the coconut milk. Add salt to taste.
4. Serve with rice or french loaf.



## TEOCHEW BAK KUH TEH

**SERVES:** 4

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, MEAT/STEW

**PREP TIME:** 5 MINUTES

**COOK TIME:** 45 MINUTES

### Ingredients:

15 pcs	button mushrooms (1 can)
600 g	pork ribs
1.2 liter	water
1 tsp	whole black peppercorns (pounded)
2 bulbs	garlic
4 tbsp	whole white peppercorns (pounded)
A pinch	salt

### OPTIONAL

coriander leaves  
kecap manis  
Thai chilies

### Directions:

1. Remove the membrane off the pork ribs. Pour 700ml of water in the Instant Pot and let it boil by pressing the [Sauté] function and setting it to More. Once the water is boiling, dunk the ribs in the pot and let them boil for around 5 minutes to remove the scum off the meat. Take pork ribs out of the Instant Pot and discard the remains.
2. Add all the listed ingredients in the Instant Pot.
3. Close the lid and set the [Meat] function to HIGH for 45 minutes.
4. Once cooking is done, wait 10 minutes for Natural Release pressure, open the lid and serve soup in bowls garnished with coriander leaves (optional). Serve with rice and a side of Kecap manis and Thai chilies for dipping.



## MUSHROOM & SCALLOP RISOTTO

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, PRESSURE COOK

**PREP TIME:** 5 MINUTES

**COOK TIME:** 2 MINUTES

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### Ingredients:

1 1/3 cups	arborio rice
2 tbsp	olive oil (divided)
3 tbsp	unsalted butter (divided) (57g)
2 3/4 cups	(1000ml) stock (3/4 cup mushroom soaking liquid + 2 cups unsalted chicken stock)
3 pcs	dried shiitake mushrooms (rehydrated & sliced)
400 g	scallops
70 g	oyster mushrooms (sliced)
1 pc	small onion (finely diced)
3 cloves	garlic (minced)
1/2 cup	white wine
13 g	Parmesan cheese (finely grated)
2 tbsp	regular soy sauce (45ml)

kosher salt & ground black pepper to taste  
garnish with chopped parsley





## Directions:

1. Rehydrate dried shiitake mushrooms in 1 1/2 cups of hot water for 20-30 minutes. Strain out the mushrooms and set the mushroom soaking liquid aside.
2. Press the **[Sauté]** button. Wait until the indicator says **HOT**.
3. Pour 1 tbsp olive oil and 1 tbsp unsalted butter in the Instant Pot. Add in sliced shiitake mushrooms and oyster mushrooms. Let the mushroom broth evaporate completely then season with 2 tbsp (30ml) regular soy sauce and stir occasionally until mushrooms are slightly crisped and browned.
4. Combine 1 tbsp (15ml) regular soy sauce, 3 cups (750ml) unsalted chicken stock, and 1 cup (250ml) of the mushroom soaking liquid together.
5. Sauté onions & garlic: add diced onions & shallots, then saute until softened and fragrant. add in minced garlic, then sauté until fragrant.
6. Add rice and season: add 1 tbsp (15ml) olive oil & another 2 tbsp (29g) unsalted butter to the empty half of the pot. Add 2 cups (400g) arborio rice in the oil. Stir until the rice is evenly coated with the oil. Add sliced shiitake mushrooms and mix well with the rice.
7. Deglaze: pour in 1/2 cup (188ml) white wine, fully deglaze the bottom of the pot with a wooden spoon. Stir and let the wine boil for roughly a minute allowing the alcohol to evaporate.
8. Pressure Cook risotto: pour 4 cups (1L) mushroom chicken stock in the pressure cooker. Now is a good time to make sure no rice or onion pieces stick to the sides of the pot. Close lid and pressure cook at **HIGH** Pressure for 5 minutes + **Quick Release**. Open the lid carefully.
9. Reduce risotto: your pressure cooked risotto should look runny. Stir to combine with a silicone spatula to form a creamy and smooth consistency. If it is too runny, stir and cook for another few minutes over medium heat (Instant Pot: press **[Sauté]** button). Add in 20g Parmesan cheese. Mix well. Taste and season with kosher salt and black pepper.
10. Serve: garnish with freshly chopped parsley. Serve immediately with more Parmesan cheese.



## CHICKEN VEGGIE MAC AND CHEESE

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, PRESSURE COOK

**PREP TIME:** 5 MINUTES

**COOK TIME:** 5 MINUTES

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### Ingredients:

400 g	chicken thigh fillet (cut into bite sizes)
1 tbsp	butter
1/2 tbsp	cooking oil
4 cloves	garlic (minced)
2 cups	elbow macaroni noodles (340 g)
3 cups	water
1 tsp	mustard powder or 3 tbsp mustard sauce
1 pc	bay leaf
1/2 tsp	salt
1 cup / 250 g	fresh french beans (cut into thin slices)
3/4 cup / 177 ml cup	evaporated milk
1 cup	shredded yellow cheddar cheese (226 g)
1 tbsp	cornstarch (mixed with 1 tbsp water)

### TOOLS

aluminum foil



## Directions:

1. Press **[Sauté]** on the Instant Pot. Wait for the screen to flash **HOT** then add in the cooking oil and butter. When butter is melted, add in the chicken and saute lightly for 1-2 minutes. Add in the garlic and saute for 30 seconds. Press **[Cancel]**.
2. Add in the pasta into a flat, even layer. Pour the water over the top to cover the pasta as much as possible. Sprinkle in the ground mustard and the salt.
3. Create a foil packet by placing sliced baguio beans in the center of a piece of foil large enough to enclose the food one and a half times. Pull over one side, folding the edges to seal. Then fold the remaining two edges. Don't seal too tightly to leave some room for the steam to expand. Place the foil packet on top of the pasta.
4. Cover the Instant Pot and secure the lid. Set valve to **SEALING**. Set the manual/**[Pressure Cook]** button to 4 minutes. When the time is up let the pot sit there for an additional 5 minutes and then move the valve to **VENTING**. Remove the lid, when you can.
5. Use hot pads to open up the foil packet. Stir vegetables into the pot. Stir in the milk and the cheese until it is melted.
6. If the mixture is too liquidy then you can prepare a cornstarch slurry by mixing 1-2 tablespoons of cornstarch with 1-2 tablespoons of cold water until smooth. Stir the mixture into the pot and turn the pot to the **[Sauté]** function. Stir constantly until thick. The mac and cheese will thicken up in a minute or two.
7. Salt and pepper to taste. Serve and enjoy.



## HAINANESE HERBAL MUTTON SOUP

**SERVES:** 4 - 6

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** SAUTÉ, PRESSURE COOK

**PREP TIME:** 10 MINUTES

**COOK TIME:** 50 MINUTES

### Ingredients:

1.2 – 1.5 kg	mutton (front leg) (chopped in small chunks)
10 pcs / 150g	black fungus (soaked in water)
15 square pieces / 100g	bean curd / fried bean curd (tau pok) (optional)
1 small bottle	fermented bean curd cubes
1 pc	ginger (cut into julienne)
Chinese Herbs	
25 g	wai shen
30 g	yu zhu
25 g	dang shen
20 pcs	wolfberries
30 g	red dates

cooking oil  
salt & pepper to taste  
sugar cane (or small amount of rock sugar)

### GARNISH

coriander leaves  
spring onion  
chilli (Optional)

### CHILLI

fermented bean curd cube  
lime





## Directions:

1. Blanch the mutton chunks in hot water and drain away excess water.
2. Press **[Sauté]** on the Instant Pot. When **HOT** appears on the screen, pour a little oil and add in the ginger slices to fry till fragrant. Add in the mutton chunks and fry till the meat is almost dry, about 15 minutes. Add in the fermented beancurd cubes into the mutton and continue to fry together till almost dry.
3. Press **[Cancel]**. Add black fungus, Chinese herbs (except wolfberries), sugar cane into pot and fill with water to maximum level or 2/3 of the inner pot. Close lid, seal and press **[Pressure Cook]**, Pressure Level **HIGH**, and adjust time to 35 minutes. **Quick Release** pressure and open lid.
4. Press **[Cancel]** the **[Sauté]**.
5. Add Tau Pok (square fried bean curds), wolfberries, salt and pepper on **[Sauté]** mode for 10 minutes.
6. Serve the soup and garnish with coriander and spring onion.
7. For the Mutton Soup Chilli (Optional): Pound or blend fresh chilli. Add fermented Beancurd cubes and lime juice and mix into the chill paste above.



## STICKY RICE DUMPLINGS

**SERVES:** 10-12 DUMPLINGS

**COURSE:** BREAKFAST, AFTERNOON SNACK

**COOKING TECHNIQUE:** SAUTÉ, PRESSURE COOK

**PREP TIME:** 10 MINUTES

**COOK TIME:** 50 MINUTES

### Ingredients:

24-30 pcs dried bamboo leaves  
1 ball natural-fiber string

#### FOR THE RICE

500 g glutinous rice  
2 tbsp cooking oil  
10 cloves garlic (peeled and finely chopped)  
1 tbsp soy sauce  
2 tbsp oyster sauce  
1 tsp salt

#### FILLING

500 g lean pork belly or boneless skinless chicken thighs (cut into 2-inch chunks)  
4 tbsp cooking oil  
6 cloves garlic (peeled and finely chopped)  
50 g dried shrimp (soaked and drained off water)  
10 pcs shiitake mushrooms (soak and keep water and slice into 1/2-inch strips)  
12 pcs dried chestnuts  
2 pcs Chinese sausage (remove casing and slice at angle)

6 pcs	salted egg yolks (cut in halves)
1/2 cup	fried shallot crisp - optional

### MARINADE FOR MEAT

3 tbsp	dark soy sauce
1 tbsp	soy sauce
2 tbsp	oyster sauce
1/4 tsp	ground white pepper
1 tsp	Chinese Five-Spice powder
1 tsp	sugar

## Directions:

1. The day before: soak the bamboo leaves in water and then discard the water. Wipe the leaves dry the next day when you are ready to use them. Marinate the meat and ingredients overnight. Soak the dried chestnuts and remove any red membrane with a toothpick.
2. Soak the mushrooms in water separately until soft. Cut the mushrooms into small pieces. Soak the dried shrimp in water separately until soft.
3. Cook the meat: select **[Sauté]**. Add cooking oil and stir fry the garlic until fragrant. Add dried shrimp and stir fry for another minute. Add the meat and stir fry until the meat turns color. Add chestnuts and mushrooms. Continue to stir fry until everything is thoroughly mixed. Add more soy sauce or salt to taste. Stir in the fried shallots. Dish out and set aside.
4. Fry the rice: wash rice and drain all water. Select **[Sauté]**. Add cooking oil and stir fry garlic until fragrant. Add the rice and seasonings. Stir fry the rice with seasonings till the rice turns slightly sticky. Remove from the heat and let it cool down before using it to wrap.
5. Wrapping the rice dumplings: prepare the rice, meat filling and salted egg yolks ready for wrapping. Stack 2 leaves on top of each other. If the leaves are ragged, use the other leaf to cover by overlapping them so there won't be any leakage (The smooth side of the leaves facing you). Fold into a cone shape. Fill it up with about 2 tbsp of rice and use the back of the spoon to pack it in and slightly create an indentation in the middle for the filling.
6. Then add chestnut, mushrooms, sausage, and a few pieces of the meat into the cone. Top with more sticky rice till almost full. Press the rice down so that the dumpling will be tight. Fold the top part down. Fold on both sides. You'll have this extra piece on top now. Simply fold it down to either one of the side. Tie with a string. Repeat with the rest of the filling and rice.
7. Cook with Instant Pot: fill half the inner pot with water. Press **[Sauté]** and bring water to a boil. Add 1/2 tsp of salt. Place the bak chang (rice dumplings) in the inner pot. (12 dumplings should be able to fit in a 6-quart instant pot). Fill up with water to make sure it covers the rice dumplings (do not exceed the max level). **[Cancel]** sauté.
8. Cover the lid. Turn the steam release valve to **SEALING**. Press **[Pressure Cook]** and pressure level **HIGH**. Set the timer to 40 minutes. **Quick Release** pressure once cooking cycle is done.
9. Open the lid and let the rice dumplings cool down before eating them.



## TEOCHEW BRAISED DUCK

**SERVES:** 6 - 8

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** POULTRY

**PREP TIME:** 10 MINUTES

**COOK TIME:** 45 MINUTES

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### Ingredients:

1 whole	duck (rinsed and dried, skin on)
1/2 tsp	five-spice powder
2 inches	galangal (peeled and sliced)
1 tbsp	rock sugar (powdered)
3 cloves	garlic (chopped)
2 pcs	star anise
1 pc	cinnamon stick
2 tbsp	dark soy sauce
2 tbsp	light soy sauce

### FOR GARNISH:

4 stalks	green onion (sliced thin)
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### Directions:

1. Press **[Sauté]** on the Instant Pot on Less and add powdered rock sugar and 2 tbsp water.
2. Increase heat to **NORMAL** and boil without stirring until medium caramelised. Press **[Cancel]** and add 1 cup of water (mixture will spit). Stir over heat until smooth.
3. Add 5-spice powder, garlic, galangal, soy sauces, star anise and cinnamon. Then place in the whole duck. Add enough water to cover about halfway up the duck pieces.





4. Press **[Sauté]** again and bring to simmer for 5 minutes, skimming any scum and access oil that comes to the surface.
5. Press **[Cancel]** and close the lid. Press **[Poultry]** and select pressure level **HIGH**. Adjust time to 40 minutes.
6. Once done, **Natural Release** pressure and take out the duck from the Instant Pot.
7. Serve the duck with rice and enjoy!





## CHICKEN CENTURY EGG CONGEE

**SERVES:** 4

**COURSE:** LUNCH, DINNER

**COOKING TECHNIQUE:** PORRIDGE

**PREP TIME:** 5 MINUTES

**COOK TIME:** 20 MINUTES

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### Ingredients:

3 pcs	chicken breast (600 grams)
6 cups	water
5 slices	fresh ginger
3 pcs	scallions (halved crosswise and smashed with flat side of a heavy knife)
1/2 tsp	salt
1 cup	long-grain rice (rinsed)
4 pcs	century eggs (sliced)

### GARNISH

fresh ginger (fine julienne)  
thinly sliced scallions  
sesame oil

### Directions:

1. Put all the ingredients into Instant Pot.
2. Press **[Porridge]** and set the timer 20 mins.
3. **Natural Release** pressure.
4. Take out the cooked chicken breast and tear into shreds.
5. Season congee with salt. Serve topped with chicken shreds, century egg slices and garnishes.



## PULOT HITAM

**SERVES:** 4

**COURSE:** DESSERT

**COOKING TECHNIQUE:** PORRIDGE

**PREP TIME:** 10 MINUTES

**COOK TIME:** 30 MINUTES

### Ingredients:

150 gm	black glutinous rice
1500 ml	Water
100 gm	palm sugar/ gula melaka
3 pieces	pandan leaves (knotted)

### FOR THE COCONUT SAUCE

200 ml	coconut cream
1/4 tsp	salt

### Directions:

1. Soak the rice in water overnight.
2. Put in the pandan leaves, rice and water in the Instant Pot.
3. Close the lid and turn the pressure valve to **SEALING**. Press **[Porridge]** function and set on **HIGH** pressure for 30 minutes.
4. When the cooking cycle is completed, **[Natural Release]** the pressure.
5. Open the lid and add in sugar for sweetness.
6. Serve the pulut hitam hot in bowls and pour the coconut sauce drizzled on top.
7. Optional: served with avocado ice cream, perfect indulgence.





## STEAMED SUGREE CAKE

**SERVES:** 1 7-INCH CAKE

**COURSE:** DESSERT

**COOKING TECHNIQUE:** STEAM

**PREP TIME:** 15 MINUTES

**COOK TIME:** 30 MINUTES

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### Ingredients:

1 block (220 g)	unsalted butter (diced and softened)
1/2 cup (120 g)	caster sugar
3 tbsp	milk
1/2 cup (100 g)	semolina flour (sugee or suji)
3 pieces	whole eggs
2 pieces	egg yolks
1/2 cup (120 g)	caster sugar
2 tsp	vanilla extract
3/4 cup (80 g)	unbleached all-purpose flour
1 tsp	baking powder
1/4 tsp	salt
1/2 cup (120 g)	ground almonds
50 grams	almonds (finely chopped)
1 cup	water



## Directions:

1. Cream butter and 120g sugar for 1 minute in a mixer. Add milk and semolina flour. Mix well. Set aside covered for an hour (to allow semolina to absorb moisture).
2. Grease sides and bottom of a 7-inch round cake tin. Line bottom of tin with paper.
3. Beat eggs and yolks in a mixer till frothy. Add 120g sugar slowly. Beat for 5 minutes. Add vanilla extract and stir.
4. In another bowl, sift flour, baking powder and salt. Add ground almonds and chopped almonds. Mix well.
5. Add 1/2 of the egg mixture to the butter mixture. Fold gently. Then add 1/2 of the flour mixture to the butter mixture and fold. Repeat above step. Do not overmix or the cake will turn out densely textured.
6. Pour mixture into cake tin and cover with a sheet of aluminum foil.
7. Add 1 cup of water in the Instant Pot and place the steaming rack inside.
8. Close the lid and set the Instant Pot to **[Steam]** mode for 30 minutes.
9. Once cooking is done, remove the lid. Lift out the cake pan using the steamer rack holds. Carefully, remove the foil cover.
10. Let the cake cool before removing from the pan.



## PANDAN CAKE

**SERVES:** 7-INCH CAKE

**COURSE:** DESSERT

**COOKING TECHNIQUE:** PRESSURE COOK

**PREP TIME:** 10 MINUTES

**COOK TIME:** 20 MINUTES

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### Ingredients:

4 pcs	eggs
1/4 cup	vegetable oil (or any neutral-flavored oil)
3/4 cup	granulated white sugar
1/2 cup	coconut milk (or evaporated milk)
1 1/4 cup	unbleached all-purpose flour
2 tsp	baking powder
20 pcs	pandan leaves
2 tbsp	water (for Pandan extract)
1 1/2 cups	water (for Instant Pot)

### Directions:

1. Blend 15 of the pandan leaves with 2 tablespoons of water and 2 tablespoons of coconut milk. Sieve the blended pandan leaves and set aside the extract.
2. Grease a 6-cup bundt pan or 7-inch cake pan.
3. Using a mixer or a whisk, whisk together the eggs, oil, and sugar until the sugar has dissolved and the eggs are whipped. Mix the rest of the coconut milk and pandan extract. Sift in the flour and baking powder and mix the batter.



4. Pour the cake batter into the prepared pan and cover it tightly with aluminum foil. Top it with 6 thick sheets of kitchen towel and weigh them down with a stainless steel butter knife.
5. Pour 1 1/2 cups of water into the Instant Pot and place the steamer rack inside. Place the cake pan on the rack.
6. Close the lid and select **[Pressure Cook]** on **HIGH** for 40 minutes. **Natural Release** pressure for 10 minutes and **Quick Release** remaining pressure.
7. Remove the cake pan and allow it to cool completely before removing the cake.
8. Serve and enjoy!





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