InstantPot 70 Delicious Dishes 七十道美味菜

MaomaoMom/毛毛妈

Instant Pot

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By MaomaoMom/毛毛妈

Busy, no time to cook?! Then follow the 70 easy step-by-step Instant Pot recipes from MaomaoMom.com to enrich your family dinner table and have a great family mealtime.

Enjoy!

太忙、太累，没有时间煮晚餐？那从这本 MaomaoMom.com 里70道美味 Instant Pot 电高压锅菜谱开始吧，伴有一步步详细的做法，可以让您与您的家人不论在世界何地都能享受到美味又健康的晚餐。

Table of Contents 目录

Introduction/关于毛毛妈

Hi, I am MaomaoMom and I share my recipes with step-by-step instructions in both English and Chinese at my website **http://MaomaoMom.com**. Since 2012, my website has reached more than 39 million total views.

大家好! 我是毛毛妈, **毛毛妈厨房**是我与大家分享如何做健康又美味家常菜肴的网站。2012年以来，我的中英文双语的网页点击量已经超过3千9百万。

I am a senior scientist (PhD in chemistry) working at a research institute. My interest in food and cooking started at a young age. I learned from my grandma how to make noodles and Chinese buns by helping in the kitchen. I always enjoyed cooking, but only took it on seriously after my son Maomao (a popular Chinese nickname, just like "sweetie" in English) was born. He was a fussy eater when he was little, and I made a great deal of effort trying different recipes. Now at 6 feet tall and graduating from university this summer, my son enjoys cooking, eats well and is conscious of making healthier food choices.

我的职业是加拿大国家科学院的资深科学家（化学博士），在业余时间喜欢做菜，享受温馨的家庭生活。记得小时候我就喜欢在厨房帮忙，跟着奶奶学做各种面食。在儿子出生后，为了让他健康快乐的成长，我更是钻研菜谱，变着花样的做饭菜。儿子今年从大学毕业，高高的个子也很健康。他很喜欢美食也会自己做饭，而且懂得选择健康食品。

In today's fast paced life, people have less time to prepare wholesome and tasty dishes. As a chemist, I bring lab techniques and skills into my kitchen. I've made a mission to bring together the healthy eating and the traditional Chinese cuisine by choosing high quality ingredients, simplifying procedures, and using healthier cooking methods. This eBook collects 70 easy to follow Instant Pot recipes that you can make for your family.

在节奏越来越快的今天，你我都没有太多的时间来为家人准备健康而有营养的晚餐。作为一个在化学领域工作的科学家，我自然会把实验室里的技术也带进厨房。我致力于将新鲜健康的食材与简明的烹调方法结合，做出美味的家常菜。这本电子书收集了70道 Instant Pot 高压锅菜谱，让您和您的家人也能在工作之余享受温馨进餐时刻。

Note that 1 cup is about 240 ml in the recipes unless specified otherwise. 请注意菜谱里用的1杯是约240毫升的量。

Happy cooking! 快乐我煮张，家庭喜洋洋!

MaomaoMom, May 2018 毛毛妈 2018年5月

1.【Chinese Turnip Cake 萝卜糕】

If you go to a Chinese restaurant for dim sum, you will love this mouth-watering dish made with shredded Chinese turnip (daikon), sausage and dry shrimps. This dish used to take hours to prepare at home because of the long steam time that is required. Now with the electric pressure cooker, this dish can be made in 45 minutes.

去广东馆子饮茶的时候，总是要点一盘萝卜糕。许多年前一位广东伯母给过我萝卜糕的方子，自己也做过，就是要蒸很长时间，比较费事而且弄得满屋子都是味道。这次用电压力锅来蒸，就会很方便。萝卜糕的味道非常棒，不妨试试。

Prepare Time: 25 minutes
Cook time: 45+10 minutes
Stand time: 4 hours
Level: Easy
Serves: 10 servings

Ingredients/用料:

1) 2 small Chinese turnips (daikon) about 750 g/白萝卜2条850克;

2) 1 ½ Chinese sausages, ¼ cup dry shrimps /腊肠1.5根，虾米1/4杯;

3) 2 tablespoons olive oil, 1 teaspoon minced ginger, 2 tablespoons chopped green onion, 1.5 teaspoons salt, ½ teaspoon sugar, ¼ teaspoon chicken broth mix; /橄榄油2大匙，姜蓉1茶匙，葱花2大匙，盐1.5茶匙，糖1/2茶匙，鸡精1/4茶匙;

4) Half package of rice flour (about 1.5 cups, 200 g), 1 cup water (240 g); /粘米粉半包、约1.5杯200克，水1杯240克;

5) 2 tablespoons olive oil/橄榄油2大匙.

Directions/做法：

1: Soak dry shrimps in cold water for one hour until soft, drain and dice. Peel daikon and cut into thin matchstick-sized strips. Dice Chinese sausage and set aside.

虾米提前用冷水泡软后切小粒，白萝卜去皮洗净切成细丝，腊肠切小粒备用。

2: In a large non-stick deep sauté pan, heat 2 tablespoons olive oil over medium-high heat. Sauté chopped green onion and minced ginger for a half minute (Picture 1). Add sliced sausage and diced dry shrimp, cook for another minute (Picture 2). Add shredded Chinese turnips and sauté for 1~2 minutes (Picture 3). Add the rest of ingredients of Ingredient 3). Reduce to medium-low heat, cover and simmer for 5 minutes (Picture 4). Set aside.

不粘锅置炉上开大中火，放入2大匙橄榄油，炒香姜蓉和葱花（图1），下切碎的腊肠和虾米炒出香味（图2）。然后放入萝卜丝翻炒（图3），再加3料里的盐、糖和鸡精炒匀。盖上盖子（图4），用中火焖煮5分钟至萝卜丝软身，离火待用。

3: In a bowl, mix rice flour and water of Ingredient 4) (Picture 5). Pour into the cooked turnips and mix well (Picture 6). Pour the cooked turnip batter to a medium size Glasslock container that fits inside Instant Pot (Picture 7).

粘米粉加水1杯调成面糊（图5），倒入萝卜丝里拌匀（图6）。将米粉萝卜丝糊倒入中号长方形的玻璃盒里（图7）。如果有多余，放入一小碗里同蒸。

4: Add water to the inner pot of Instant Pot to the 2-cup mark and place the rack inside. Place the Glasslock container on the steam rack (Picture 7). Cover the lid and turn the

pressure valve to the Seal position. Press the "Steam" button and set 45 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛放萝卜糕坯的玻璃盒放在支架上（图7），盖上盖子，排气阀放置密封位置，选【蒸】档45分钟。

5: When it is done, wait for another 10 minutes. Slowly release the pressure then open the lid. Take out the steamed turnips cake and set aside to cool (Picture 8). Cover and refrigerate a couple of hours.

程序完成后，先冷却10分钟，再慢慢移动排气阀排气。取出萝卜糕（图8），冷凉后玻璃盒盖上盖子，在冰箱里放几小时。

6: Use a small knife to loosen the turnip cake along the edges of the container. Flip the container and pry out the turnip cake. Slice 1/3 of the cake and pan fry (Picture 9) in medium heat with 2 tablespoons oil, until both sides turn light brown.

用小刀将萝卜糕四周剥开，反扣在案板上，用力震下来。然后将1/3的萝卜糕切片，不粘锅放入橄榄油2大匙，用中火将萝卜糕两面煎微黄（图9），就可以上桌了。

2.【Taro Cake 芋头糕】

Taro is a root vegetable and can be cooked in a similar fashion as potato, but taro has better dietary nutrition. Taro has a low Glycemic Index (GI) and almost three times the dietary fiber, meaning that it affects blood sugar levels more gradually. Eating a diet of low GI foods can help prevent diabetes. Taro is an excellent source of potassium, which is an essential mineral for many bodily functions. Taro also contains calcium, vitamin C, E and Bs, as well as magnesium, manganese and copper.

This delicious taro cake was inspired by the Cantonese turnip cake. Hope that you will love it as much as I do.

芋头富含营养，又是碱性食物，是老幼皆宜的素食佳品，平时应多吃点。这次买的大芋头非常好，做了芋头糕，煎几块做早餐很棒的噢。

Prepare Time: 25 minutes
Cook time: 45+10 minutes
Level: Easy
Serves: 10 servings

Ingredients/用料:

1) 1 medium taro root about 450 g (Picture 1); / 大芋头去皮，得净肉450克;

2) 1 ½ Chinese sausages, ¼ cup dry shrimps; / 腊肠1.5根，虾米1/4杯;

3) 1 tablespoons olive oil, 1 teaspoon minced ginger, 3 tablespoons freshly chopped green onion; /橄榄油1大匙，姜蓉1茶匙，葱花3大匙;

4) 1 and 1/3 teaspoons salt, ½ teaspoon sugar, ¼ teaspoon chicken broth mix; /盐1又1/3茶匙，糖1/2茶匙，鸡精1/4茶匙;

5）1 and 1/3 cups rice flour (about 180 g), 2 cups water (475 g); / 粘米粉半包、约1又1/3杯共180克，水2杯共475克;

6) 2 tablespoons olive oil. / 橄榄油2大匙。

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Directions/做法:

1: Soak dry shrimps in cold water in one hour until soft, drain and dice. Peel taro (Pictures 1 and 2), rinse with water and cut into thin matchstick-sized strips. Dice Chinese sausage and set aside.

虾米提前冷水泡软后切小粒。大芋头是这样的（图1），里面有紫色的丝（图2），去皮洗净切成细丝。腊肠切小粒备用。

2: In a large non-stick deep sauté pan, heat 1 tablespoon olive oil over medium-high heat. Sauté chopped green onion and minced ginger for a half minute. Add diced sausage and dry shrimp, cook for another minute (Picture 3). Add shredded taro root and cook for 1~2 minutes (Picture 4). Then add all ingredients of Ingredient 4) and cook for 2 minutes. Set aside. 不粘锅置炉上开大中火，加1大匙橄榄油，炒香姜蓉和葱花，下腊肠和虾米炒出香味（图3）。然后放入芋头丝翻炒，再加4料炒匀（图4），用中火炒至芋头丝有些软身离火。

3: In a bowl, mix rice flour and 2 cups water (Picture 5). Then pour into the taro pan and combine well (Picture 6). Pour the batter into a medium sized Lock & Lock glass container (Picture 7). 粘米粉加2杯水调成面糊（图5），倒入芋头丝里拌匀（图6）。将芋头糊倒入中号的长方形玻璃盒里（图7），如果有多余，放入一小碗里同蒸。

4: Add water to the inner pot of Instant Pot to the 2-cup mark and place the rack inside. Place the taro batter container on the steam rack (Picture 8). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 40 minutes of cooking time. 取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛放芋头糕坯的玻璃盒放在支架上（图7），盖上盖子，排气阀放置密封位置，选【蒸】档40分钟。

5: When it is done, wait for another 10 minutes. Slowly release the pressure then open the lid. Take out the container. Set aside to cool, then cover and chill for a few hours. 程序完成后，先冷却10分钟，再慢慢移动排气阀排气。取出芋头糕，冷凉后玻璃盒盖上盖子，在冰箱里放几小时。

6: Use a knife to loosen the taro cake along the edges of the container. Flip the container and pry out the cake. Slice 1/3 of the cake (Picture 9) and pan fry (Picture 10) in medium heat with 2 tablespoons oil, until both sides turn light brown. 用小刀将芋头糕四周剥开，反扣在案板上，用力震下来。然后1/3的芋头糕切片（图9），不粘锅放入橄榄油2大匙，用中火将芋头糕两面煎微黄（图10），就可以上桌了。

3.【18 Treasure Congee 十八宝粥】

Chinese people love their congee; often prepare them for breakfast and/or dinner. With an Instant Pot, this multigrain congee can be prepared every day with minimum effort. This eighteen-treasure congee recipe is my family's favorite.

几年前开始，我和毛毛爸晚餐的主食只吃杂粮粥了，当然有客人的时候除外。今天就和大家分享我们家的十八宝粥，数一数，真的有十八种原料噢。由于杂粮粥煮起来比较费时，快煲电压力锅就成了我生活中的必须品，用它来煮杂粮粥快捷又方便。

Prepare time: 15 minutes
Cook time: 30 minutes
Level: Easy
Serves: 6 servings

Ingredients/用料:

1) 1.5 tablespoons romano beans, 1 tablespoon Gordon Euryale seeds; /花皮豆1.5大匙，芡实1大匙;

2) 1 tablespoon pearl barley, 1 tablespoon millets, 1.5 tablespoons buckwheat, 2 tablespoons brown rice; /珍珠麦1大匙，黄小米1大匙，荞麦仁1.5大匙，糙米2大匙;

3) 1 tablespoon dried lily bulb, 1 tablespoon red beans, 2 tablespoons dried lotus seeds; 1 tablespoon mung beans, 1 tablespoon black-eyed peas, 1 tablespoon dry crushed corn, 3-4 Chinese dates; /干百合1大匙，红豆1大匙，莲子2大匙，绿豆1大匙，眉豆1大匙，玉米碎粒1大匙，红枣3-4粒;

4) 200 g purple yam or sweet yam; /紫薯或红薯半个、约200克;

5）2 small eddoes (200 g); /小芋头2个、约200克;

6) 1 tablespoon chia seeds, 1 tablespoon quinoa, 2 tablespoons oats. /奇雅子1大匙，藜麦1大匙，燕麦2大匙。

Directions/做法:

1: Soak romano beans and Gordon Euryale seeds in cold water (Picture 1) in the morning. Add all ingredients of Ingredient 1) to 3) to the Instant Pot (Picture 2). Rinse and drain, then fill the inner pot with cold water to 5-cup mark (Picture 3).

花皮豆比较难煮，早上上班前将1料放水里泡上（图1）。下班后将所有1-3料放入电压力锅的内锅里（图2），冷水淘洗干净，加水至5杯线（图3）。

2: Eddo looks like this (Picture 4). Peel eddo and yam, rinse then cut into small cubes (Picture 5). Add to the Instant Pot. 毛芋头是这样的（图4），其貌不扬但很好吃。去皮洗净切小丁，将紫薯或红薯去皮洗净切小丁（图5），将它们放入内锅里。

3: Add all ingredients of Ingredient 6) (Picture 6), cover the lid and place the pressure valve to "Seal" position. Press "Pressure cook" button and set 30 minutes of cooking time (Picture 7). 最后放入6料（图6），盖上盖子，排气阀放置密封位置，选【高压煮】档30分钟（图7）。

4: When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid. Sever congee warm. 程序完成后冷却10分钟，放气打开盖子。好吃又养生的粥就煮好了。

4.【Walnut Millet Congee 核桃蜜枣小米粥】

This is an easy to digest comfort food and best for ladies during the period or after child birth.

小米（Millet）富含维生素 B1、B12等，具有防止消化不良及口角生疮的功效。小米具有防止泛胃、呕吐的功效。还具有滋阴养血的功能，可以使产妇虚寒的体质得到调养，帮助她们恢复体力。小米还具有减轻皱纹、色斑、色素沉着的功效。我经常在做杂粮粥时加些小米进去。正好天冷了，来碗核桃蜜枣小米粥滋补又营养。

Prepare time: 5 minutes
Cook time: 35 minutes
Level: Easy
Serves: 6 servings

Ingredients/用料:

1) ½ cup millets, ¼ cup sweet rice; / 小米 1/2杯，糯米1/4杯;

2) 3-4 dates, ¼ cup walnuts. /蜜枣 3-4个，生核桃仁1/4杯。

Directions/做法:

1: Rinse rice and millets (Picture 1) with cold water and drain. Add both to the Instant Pot, then add walnuts and dates. Add water to 6-cup mark (Picture 2).

将1料（图1）冲洗干净放入压力锅里，放入蜜枣和核桃仁，然后加水到6杯的线（图2）。

2: Cover the lid and place the pressure valve to "Seal" position. Press "Porridge" button and start the program.

盖上盖子，排气阀放置密封位置，选【粥】挡，正常程序共35分钟即可。

3: When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid. Sever congee warm.

程序完成后冷却10分钟，放气打开盖子。好吃又养生的核桃小米粥就煮好了，可以吃了。

5.【Soft and Tender Brown Rice 软 Q 糙米饭】

Brown rice is unmilled or partly milled rice, a kind of whole, natural grain. It is chewier and more nutritious than white rice. I am keen on the health benefits of the brown rice. With the help of a pressure cooker, you can prepare soft and tender brown rice in 40 minutes.

一直想用不费事的方法做出软 Q 的糙米饭，这次 快煲电压力锅派上用场了。米洗后不用泡，直接放入锅内，选高压档压了40分钟，很软 Q，口感非常好。

Prepare time: 5 minutes
Cook time: 40 minutes
Level: Easy
Serves: 6 servings

Ingredients/用料：

1) 2 cups brown rice (here cup refers to the cup that comes with the Instant Pot, 1 cup=180 ml); / 糙米360毫升，如果用快煲电压力锅附送的那种杯，一杯是180毫升，需要2杯。

2) ½ teaspoon olive oil. / 橄榄油 1/2茶匙。

Directions/做法：

1: Rinse and strain brown rice. Put rice into the Instant Pot cooker. Fill water to the 2-cup mark and stir in ½ teaspoon olive oil (Picture 1).

糙米洗净后放入快煲电压力锅里，加水到锅内胆两杯的线，然后放入橄榄油（图1），搅拌均匀。

2: Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 40 minutes of cooking time (Picture 2).

加盖选【高压煮】档，设置40分钟，启动程序（图2）.

3: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Sever the rice warm.

电压力锅完成程序后，再等5分钟，放气减压打开盖子，就可以开饭了。

6.【Chicken and Potato Rice 土豆鸡肉焖饭】

Try this flavourful, quick and easy recipe. It can be done in Instant Pot. This is my family favourite rice dish and I make this dish almost every week. It is also well loved by my friends at parties. The tender chicken meat and flavourful rice make you want more! Umm yummy!

这次用快煲电压力锅【煮饭】档的功能做了这个土豆鸡肉焖饭，主食、肉与蔬菜一锅搞掂，方便快捷。

Prepare time: 15 minutes
Cook time: 20 minutes
Level: Easy
Serves: 6 servings

Ingredients/用料:

1) 400 g boneless and skinless chicken thighs; / 鸡腿肉400克；

2) Marinade ingredients: 1 tablespoon Kikkoman light soy sauce, 1 tablespoon dark soy sauce, ¼ teaspoon salt, 1/8 teaspoon white pepper powder, 1 teaspoon sesame oil, 1 tablespoon corn starch, 2 tablespoons water; / 腌汁：万字牌生抽酱油1大匙，老抽酱油1大匙，盐1/4茶匙，白胡椒1/8茶匙，香油1茶匙，生粉1大匙，水2大匙；

3) 2 tablespoons olive oil, 1 green onion cut into 1-inch length, 1 small piece of fresh ginger sliced, 1 star anise, 2 cloves; / 橄榄油2大匙，葱1条洗净切段，姜片3-4片，八角1粒，丁香2粒；

4) 2 cups (360 ml) long grain rice (here cup refers to the cup that comes with the pressure cooker, 1 cup=180 ml), 420 ml water, 1 tablespoon Kikkoman light soy sauce, 1 tablespoon dark soy sauce, ½ teaspoon salt; /大米2杯、360毫升（用快煲电压力锅的自带杯，1杯是180毫升），水420毫升，万字牌生抽酱油1大匙，老抽酱油1大匙，盐1/2茶匙；

5) 2 large yellow potatoes peeled and dice into 1 cm pieces; / 土豆大个2个，去皮切小丁；

6) 1 tablespoon finely chopped green onion and 2 tablespoons sesame oil. / 葱花1大匙，香油2茶匙。

Directions/做法：

1: Cut chicken meat into small pieces and combine with all marinade ingredients. Store in a container with a lid and refrigerate overnight.

提前一天把鸡肉切小块，放入所有2料，拌匀，封口放冰箱腌过夜。

2: Press "Sauté" button, add all ingredients of Ingredient 3), sauté for a minute. Then add marinated chicken, stir and cook for a few minutes (Picture 1). Then press "Cancel" button.

电压锅选【煎炒】档，放入3料炒1分钟，加腌过的鸡肉（图1），再炒几分钟后按【取消】键。

3: Rinse rice with cold water and drain well. Add rice and the rest of ingredients of Ingredient 4) to the Instant Pot (Picture 2). Add diced potatoes and cooked chicken meat (Picture 3).

米洗净淘干后放入快煲电压力锅里（图2），然后放入剩余4料，再加入土豆丁拌匀（图3）。

4: Cover the lid and turn the pressure valve to the Seal position. Select "Rice" function and start. When the cooking is done, wait for another 5 minutes. Slowly release the pressure then open the lid. Stir in finely chopped green onion and sesame oil before serving.

加盖选【煮饭】档，启动程序。电压力锅完成程序后，再等5分钟，放气减压打开盖子，放入6料的葱花及香油拌匀，就可以开饭了。

7.【One-Pot Sticky Rice 干贝油饭】

This is a traditional Chinese dish for celebration of a child's birth. This one-pot dish is easy to make and very yummy!

先生傍晚一进门，就大声问：你在做什么，这么香？ 答案是干贝油饭，今天用电压力锅的"煮饭"的功能做了这个油饭，真是很方便快捷、油饭超好吃。

Prepare time: 15 minutes

Cook time: 20 minutes
Level: Easy
Serves: 6 servings

Ingredients/用料:

1) 5 big dried scallops and 1.5 tablespoons dried shrimps;/ 大干贝5粒，干虾米1.5大匙；

2) 4 dried Chinese mushrooms; / 干香菇4朵；

3) 1 Chinese sausage; / 白油腊肠1根切薄片；

4) 1 tablespoon olive oil, 1 green onion or ¼ shallot chopped, 1 tablespoon Chinese rice wine; / 橄榄油1大匙，葱1根切碎（有的话最好用红葱头¼个切丁），绍酒1大匙；

5) 2 cups sticky (glutinous) rice, 1 cup long grain rice, (here the cup refers to the cup that comes with the Instant Pot, 1 cup=180 ml); / 糯米2杯360毫升，大米1杯180毫升（用快煲电压力锅附送的那种杯，1杯=180毫升）；

6) 2 tablespoons Kikkoman light soy sauce, 2 tablespoons dark soy sauce, ½ teaspoon salt, 550 ml/g water. /万字牌生抽酱油2大匙，老抽酱油2大匙，盐1/2茶匙，水550毫升/克。

Directions/做法:

1: Soak dried shrimps, scallops and mushrooms in cold water for 3 hrs until soft (Picture 1), drain and set aside. Cut the sausages and mushrooms into thin slices.

早上上班前, 将1和2料里的干贝，虾米和香菇分别用水泡上（图1）。下午回来将香菇洗净切丝。干贝和虾米沥去水，将干贝揉捏成丝备用。

2: Plug in the Instant Pot, press "Sauté" button, and add 1 tablespoon oil. Sauté chopped green onion or shallot for a minute, then add all ingredients in Ingredients 1) and 2). Stir for a minute, then add sliced sausage and cook for one to two minutes (Picture 2). Press "Cancel" button.

电压锅选【煎炒】档，放入4料里的油，炒香葱花或红葱头丁，放入虾米、干贝、腊肠炒1分钟，然后放入香菇丝炒1分钟 (图2)，加1大匙绍酒兜匀后按保温键。

3: Rinse rice with cold water and drain well. Add rice and all ingredients of Ingredient 6) to the Instant Pot (Picture 3), stir to mix well.

米洗净后放入快煲电压力锅里，然后放入6料拌匀（图3）。

4: Cover the lid and turn the pressure valve to the Seal position. Select "Rice" function and start. When the cooking is done, wait for another 5 minutes. Slowly release the pressure then open the lid. Stir before serving.

加盖选【煮饭】档，启动程序。电压力锅完成程序后，再等5分钟，放气减压打开盖子，拌匀就可以了。

8.【Rice with Bok Choy and Shredded Pork 金钩肉丝菜饭】

I loved this dish very much as a youngster and still have a fond memory today. It used to be a family treat when my mom cooked this one-pot dish.

菜饭是小时候吃的美味，那时候食物品种少，肉类更是难得。这个菜饭连毛毛都很喜欢，正好荤素搭配有营养。

Prepare time: 15 minutes

Cook time: 20 minutes
Level: Easy
Serves: 6 servings

Ingredients/用料:

1) 150 g pork loin centre cut, ¼ teaspoon salt, 1.5 tablespoons water, 2 teaspoons corn starch;/ 里脊肉150克，盐1/4茶匙，水1.5大匙，生粉2茶匙；

2) 1 tablespoon olive oil, 1 teaspoon finely chopped green onion, 1 teaspoon freshly minced ginger, 1.5 tablespoons dried shrimps; / 橄榄油1大匙，葱花1茶匙，姜丝1茶匙，盐1/2茶匙，虾米1.5大匙；

3) 2 cups long grain rice, (here the cup refers to the cup that comes with the Instant Pot, 1 cup=180 ml); / 大米2杯、360毫升（用快煲电压力锅附送的那种杯，1杯=180毫升）；

4) Bok choy 500 g, washed and cut into small pieces; / 小青菜500克，洗净切小段；

5) 2.5 tablespoons olive oil, 1 teaspoon finely chopped green onion, ½ teaspoon freshly minced ginger, 1/3 teaspoon salt, 1/6 teaspoon white pepper, ¼ teaspoon chicken broth mix. / 橄榄油2.5大匙，葱花1茶匙，姜丝1/2茶匙，盐1/3茶匙，白胡椒粉1/6茶匙，鸡粉1/4茶匙。

Directions/做法:

1: Slice and shred the pork loin, then mix well with the rest of Ingredient 1) (Picture 1). Store in a small container, cover the lid and place in the fridge overnight. Presoak 1.5 tablespoons dried shrimps in cold water until soft and drain.

提前一天将里脊肉切丝，放入所有剩余1料拌匀，封口在冰箱里腌过夜 (图1)。早上上班前，将2料里的虾米用水泡上。下午回来将虾米沥去水备用。

2: In a small non-stick frying pan, heat 0.5 tablespoon olive oil over medium-high heat. Sauté the rest ingredients in Ingredient 2) for two minutes (Picture 2), then add 1 cup water. Mix well and set aside.

不粘锅里放0.5大匙橄榄油，置炉上开大中火，炒香2料里的葱花和姜丝，下虾米炒香（图2），加1杯水拌匀后离火。

3: Rinse and strain the rice, then add to the Instant Pot. Transfer cooked shrimp mixture to the inner pot, add water up to the 2-cup mark (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Select "Rice" function and start.

米洗净后放入快煲电压力锅里，倒入炒好的虾米及水，加水到锅内胆两杯的线（图3）。盖上盖子，排气阀放置密封位置，选【煮饭】档，启动程序。

4: Meanwhile, wash the bok choy, drain and cut into small pieces. Heat 1 tablespoon olive oil in a non-stick frying pan over medium-high heat. Add marinated shredded pork, stir fry until meat turns white (Picture 4). Remove the cooked pork and keep warm. Heat another 1 tablespoon olive oil over high heat, add chopped bok choy and stir fry for a minute. Add the rest of Ingredient 5) and mix well, strain liquid then set aside (Picture 5).

小青菜洗净沥水切小块。不粘锅里放1大匙橄榄油，置炉上开大中火，放入肉丝炒至变白捞出（图4）。原锅再加1大匙油，下小青菜翻炒，然后下剩余5料兜匀，菜断生后离火盛出沥去多余的汁备用（图5）。

5: When the program is done, wait for another 5 minutes. Slowly release the pressure then open the lid. Transfer cooked pork meat and strained Bok Choy into the pressure cooker (Picture 6). Mix well with the rice. Cover the lid and keep warm for another 5 minutes. Use a spoon to fluff the rice before serving.

电压力锅完成程序后，等5分钟，放气减压打开盖子，放入炒好的肉丝和青菜拌匀（图6）。盖上盖子，再保温焖5分钟就可以开饭了。

9.【Oat Rice with Sausage and Yucca Root 香肠木薯燕麦米饭】

We are familiar with oats and its health benefits. Recently, one of my friends introduced me to oat rice. I find it has very nice texture. Today, I used the oat rice to prepare this one-pot dish and my family liked it very much.

最近朋友给我介绍了一款加拿大的燕麦米，煮粥做饭都好，健康美味，血糖高的人可以吃。燕麦米的口感是 QQ 的，我们一家人都很喜欢。

Prepare time: 10 minutes
Cook time: 20 minutes
Level: Easy
Serves: 8 servings

Ingredients/用料:

1) 2 tablespoons dried shrimps, 2 lean Chinese sausages;/ 干虾米2大匙，瘦肉肠2根；

2) 175 g yucca root; / 木薯175克；

3) 1 cup long grain rice, 1 cup oat rice, 2 cups cold water; / 普通长米1杯，燕麦米1杯，水2杯;

4) 1 tablespoon avocado oil or other cooking oil, 1.5 tablespoons freshly chopped green onion; / 牛油果油 或其它炒菜油1大匙，葱花1.5大匙；

5) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, 1/3 teaspoon salt, 1/8 teaspoon ground white pepper, 1/6 teaspoon chicken broth mix; / 生抽酱油 2大匙，老抽酱油1大匙，头抽酱油1大匙，盐1/3茶匙，白胡椒粉1/8茶匙， 鸡粉1/6茶匙；

6) 1 tablespoon fresh chopped green onion; / 葱花1大匙.

Directions/做法：

1: Presoak dried shrimps in cold water until soft (Picture 1), drain and set aside. Cut the sausages into thin slices. Peel off skin of yucca root (Picture 2), rinse and then dice into small pieces. Rinse long grain rice and oat rice (Picture 3) under cold water then drain well.

干虾米提前用水泡软（图1），香肠切薄片，木薯去皮（图2）切小丁待用，大米，燕麦米（图3）洗好沥水待用。

2: Add 1 tablespoon avocado oil into Instant Pot. Press "Sauté" then "Adjust" button to set temperature to "More", and sauté chopped green onion for a minute (Picture 4). Add sausages and soaked dried shrimps, stir and cook for a minute (Picture 5). Add both rice and diced yucca root, combine well (Picture 6).

电压力锅内胆放1大匙油，按【煎炒】键，选高温档。放入4料里的葱花炒香（图4），然后加入香肠和虾米炒至变色出香味（图5），再放入米和木薯丁翻炒几下（图6）。

3: Add 2 cups water and all ingredients of Ingredient 5) (Picture 7), mix well. Cover the lid and place the pressure valve in the "Seal" position. Press "Rice" to start the program (Picture 8).

放入2杯水，然后依次放入5料（图7）搅拌均匀。盖上盖子，排气阀放置密封位置，选【煮饭 Rice】档（图8）。

4: When the Instant Pot program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Add 1 tablespoon chopped green onion and mix well before serving.

【煮饭】程序完成，等5分钟，再放气打开盖子，放入1大匙葱花拌匀就可以了。

10.【One-Pot Noodles with Pork Ribs 豆芽排骨焖面】

This is a family recipe passed on by my grandma. I loved this dish very much as a child. It brings back memories of childhood that was lack of material possessions but abundant in happiness.

我从很小的时候就跟着奶奶在厨房帮忙，奶奶做面食的手艺很高，这个黄豆芽排骨焖面是记忆中奶奶做的美味。她用的是手擀面加五花肉，为了健康起见我将五花肉换成了小排骨。

Prepare time: 25 minutes
Cook time: 35 minutes
Level: Medium
Serves: 8 servings

Ingredients/用料:

1) 1000 g pork ribs, cut into small pieces between bones;/ 肋排1000克，切成条，洗净沥水；

2) 650 g soybean sprouts; / 黄豆芽650克，洗净沥水；

3) 2 green onions chopped into 1-inch pieces, 5 g fresh ginger sliced, 1 star anise, 1 clove, 1 tablespoon Chinese cooking wine, 4 tablespoons Kikkoman light soy sauce, 2 tablespoons dark soy sauce, 1/2 teaspoons salt, 2 teaspoons sugar, 1/3 teaspoon thirteen spices powder; / 葱2根切段，姜5克切片，八角1粒，丁香1粒，料酒1大匙，万字牌生抽酱油4大匙，老抽酱油2大匙，盐1/2茶匙，糖2茶匙，十三香粉1/3茶匙；

4) 2 cups all purpose flour (320 g), 1/3 teaspoon salt; / 中筋面粉2杯320克，加1/3茶匙盐拌匀；

5) 1 egg beaten and add water to 2/3 cup, total 160 g. / 鸡蛋一只打散加水到2/3杯，共160克。

Directions/做法:

1: In a large pot, fill with water to half mark. Bring water to a boil on high heat, add soybean sprouts (Picture 1) and cook for 2 minutes. Spoon out bean sprouts and set aside. Add pork ribs to the boiling water and cook for 2 minutes and drain.

大锅放大半锅水，置炉上大火烧开，放豆芽烫2分钟（图1）捞出。接着放入排骨烫两分钟捞出备用。
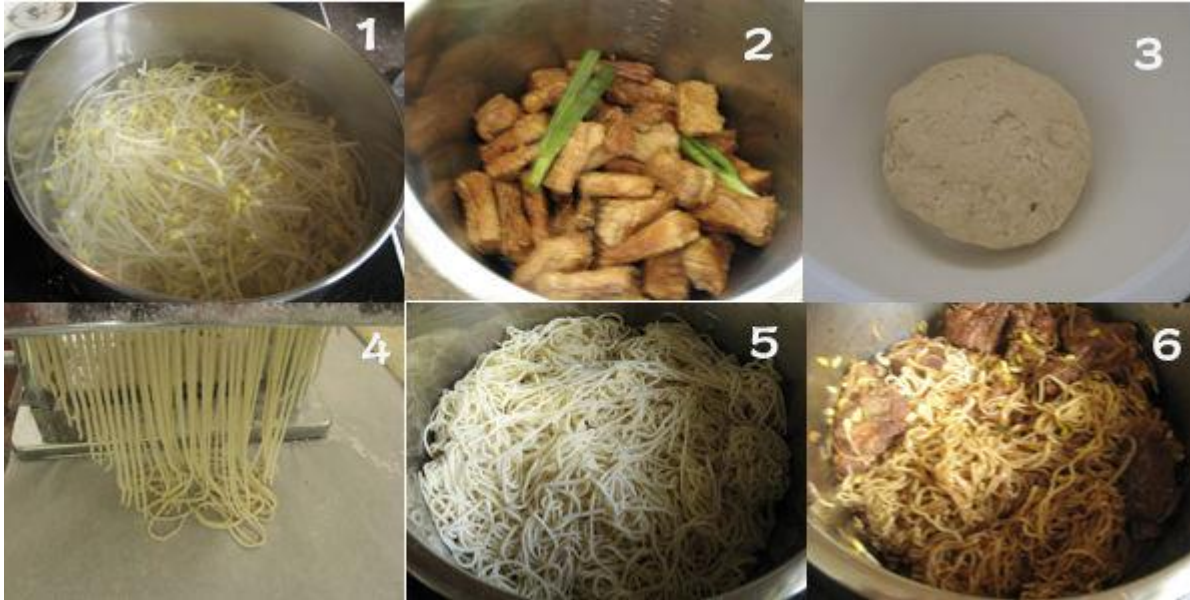
2: Transfer pork ribs into the Instant Pot, add all ingredients of Ingredient 3) and mix well (Picture 2), then add soybean sprouts. Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 28 minutes of cooking time.

将排骨倒入电压力锅内胆里，放上3料拌匀（图2），将烫好的豆芽放排骨上面，盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档28分钟，启动程序。

3: Meanwhile, put all ingredients of Ingredient 4) in a small mixing bowl. Mix well then add Ingredient 5) to form hard dough (Picture 3). Cover and let it stand for 10 minutes. Divide the dough into 4 equal portions. Dust with flour and shape one to a long piece and press to flatten it. Use a pasta machine to roll each dough a few times with increased setting each time. In the last step, pass through cutting slit to make noodles (Picture 4).

乘烧排骨的空档，盆内放入2杯面粉及1/3茶匙盐拌匀，加入5料蛋液揉成硬面团（图3）。盖上保鲜膜醒10分钟，然后将面团分成4小块，每块依次揉成长条，用压面机压成面片，最后切成细面（图4），间中撒点干面粉防粘。

4: When the Instant Pot program is done, wait 5 minutes. Slowly release the pressure then open the lid. Mix cooked ribs and bean sprouts, then place noodles on top (Picture 5). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 5 minutes of cooking time.

电压力锅完成程序后，冷却5分钟，放气减压打开盖子。将排骨和豆芽拌匀，放上面条（图5），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档5分钟，启动程序。

5: When the program is done, wait 5 minutes. Slowly release the pressure then open the lid. Mix cooked ribs, bean sprouts and noodles (Picture 6). Cover the lid again and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 2 minutes of cooking time.

电压力锅完成程序后，冷却5分钟，放气减压打开盖子。将面条与排骨和豆芽再次拌匀（图6），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档2分钟，再次启动程序。

6: When the program is done again, wait 2 minutes. Slowly release the pressure then open the lid. Mix well, then spoon into serving bowls. Add chilli sauce if desired.

电压力锅完成程序后，冷却2分钟，放气减压打开盖子。爱吃辣的放点香辣酱，就可以开吃了。

11.【Noodles with Pork Ribs and Green Beans 四季豆排骨焖面】

This is another delicious one-pot noodle dish that my family loves.

很久没有做焖面了，毛毛想吃，做了四季豆排骨焖面，非常香。

Prepare time: 25 minutes
Cook time: 35 minutes
Level: Medium
Serves: 8 servings

Ingredients/用料:

1) 1000 g pork ribs;/ 肋排1000克，切成条，洗净沥水；

2) 1.5 tablespoons olive oil, 2 green onions chopped into 1-inch pieces, 5 g fresh ginger sliced, 1 star anise, 1 clove; / 橄榄油1.5大匙，葱2根切段，姜5克切片，八角1粒，丁香1粒；

3) 1 tablespoon Chinese cooking wine, 3 tablespoons Kikkoman light soy sauce, 2 tablespoons dark soy sauce, 1 teaspoon sugar, 1/4 teaspoon thirteen spices powder; / 料酒1大匙，万字牌生抽酱油3大匙，老抽酱油2大匙，糖1茶匙，十三香粉1/4茶匙;

4) 750 green beans, 2/3 teaspoon salt; / 四季豆750克，盐2/3茶匙;

5) 2 cups all purpose flour (320 g), 1/3 teaspoon salt; / 中筋面粉2杯320克，加盐1/3茶匙拌匀；

6) 1 egg beaten and add water to 2/3 cup, total 160 g; / 鸡蛋一只打散加水到2/3杯，共160克.

Directions/做法:

1: Rinse ribs and cut between the bones into small pieces. Remove ends of green beans, rinse and cut into 1-inch length, set aside.

排骨洗净沥水，切成小块待用。

2: Plug in Instant Pot, press "Sauté" and select "more". Add 1.5 tablespoons olive oil and all the rest ingredients of Ingredient 2), stir and cook for a minute. Add ribs (picture 2), stir and cook for a few minutes.

电压力锅内胆里放1.5大匙油，选【煎炒】高档，放入所有2料炒香（图1），然后放入排骨翻炒至肉变色（图1）。

3: Add all ingredients of Ingredient 3), cover the lid. Press "Pressure cook" and select 20 minutes of cooking time.

依次放入所有3料，盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档20分钟，启动程序。

4: Meanwhile, put all ingredients of Ingredient 4) in a small mixing bowl. Mix well then add Ingredient 5) to form hard dough (Picture 3). Cover and let it stand for 10 minutes. Divide the dough into 4 equal portions. Dust with flour and shape one to a long piece and press to flatten it. Use a pasta machine to roll each dough a few times with increased setting each time. In the last step, pass through cutting slit to make noodles (Picture 4).

乘烧排骨的空档，盆内放入2杯面粉及1/3茶匙盐拌匀，加入5料蛋液揉成硬面团（图3）。盖上保鲜膜醒10分钟，然后将面团分成4小块，每块依次揉成长条，用压面机压成面片，最后切成细面（图4），间中撒点干面粉防粘。

4: When the Instant Pot program is done, wait 5 minutes. Slowly release the pressure then open the lid. Stir cooked ribs then add chopped green beans and 2/3 teaspoon salt (Picture 5). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 8 minutes of cooking time.

电压力锅完成程序后，冷却5分钟，放气减压打开盖子。放入四季豆和盐2/3茶匙拌匀（图5）。盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档8分钟，启动程序。

5: When the program is done, wait 5 minutes. Slowly release the pressure then open the lid. Mix cooked ribs and beans, then place noodles on top (Picture 6). Cover the lid

again and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 5 minutes of cooking time.

程序再次完成后，冷却5分钟，放气减压打开盖子。放上面条（图6），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档5分钟，启动程序。

6: When the program is done again, wait 5 minutes. Slowly release the pressure then open the lid. Mix well, then spoon into serving bowls.

电压力锅完成程序后，冷却5分钟，放气减压打开盖子，将面和菜拌匀即可。

12.【Chicken and Sticky Rice in Lotus Leaves 糯米鸡】

If you go to a Chinese restaurant for dim sum, you should try this lovely chicken and sticky rice in lotus leaves. Now you can make your own at home with this recipe.

家里买了粽叶包粽子，还有剩下的，就用它做了糯米鸡，毛毛很喜欢。

Prepare time: 20 minutes
Cook time: 35 minutes
Stand time: 8 hours
Level: Medium
Serves: 4 servings

Ingredients/用料:

1) 2 chicken drumsticks 220 g;/ 鸡腿2根220克;

2) Marinade ingredients: 3 g ginger sliced, 2 teaspoons dark soy sauce, 2 teaspoons Kikkoman light soy sauce, 1/3 teaspoon salt, 1 teaspoon sugar, 1 tablespoon corn starch, 1 tablespoon water; / 姜两片，老抽酱油2茶匙，万字牌生抽酱油2茶匙，盐1/3茶匙，糖1茶匙，生粉1大匙，水1大匙;

3) 4 dried Chinese mushrooms soaked and diced, 1.5 tablespoon dried shrimp soaked; / 香菇4朵泡软去蒂切丁，干虾米2大匙泡软;

4) 1 cup glutinous (sticky) rice soaked for 8 hours and drained; / 糯米1杯洗净，水中泡8小时沥水备用;

5) 4 lotus leaves or 16 bamboo leaves. / 荷叶4张或粽叶16片。

Directions/做法:

1: De-bone drumsticks, rinse and then cut into small pieces. Place in a small container and add marinade ingredients 2). Mix well (Picture 1), cover and refrigerate overnight.

鸡腿剔去骨头，切小块，连同所有2料放入塑料盒里（图1）拌匀，放冰箱过夜。

2: In the morning, soak glutinous rice, Chinese mushrooms and dried shrimps in cold water, separately. In the afternoon, drain rice and set aside (Picture 2). Wash mushrooms and dice. Soak bamboo leaves in boiling water for 2 minutes, then rinse with water and cut the ends. Place a quarter of sticky rice on the leave, add a quarter of shrimps, mushroom and chicken (Picture 3). Wrap it tightly (Picture 4) and tie with twine (Picture 5). Repeat for the remaining and place them on a shallow bowl.

早上泡上糯米。当天下班回来，将干粽叶在开水中烫2分钟后洗净，剪去顶端，糯米沥水（图2）备用。取1条打横放最下面，3条粽叶并排放上面，加1/4份糯米，1/4份鸡肉、香菇和泡软的虾米（图3），再加1.5大匙的米，包成方块状（图4）。然后用线十字系上，放入一浅碗中（图5）。

3: Plug in Instant Pot, add cold water to 2-cup mark, place rack inside and place the bowl on top (Picture 6). Cover the lid, Press "Steam" and select 35 minutes of cooking time. 取出快煲电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛放糯米鸡的碗放在支架上（图6），盖上盖子，排气阀放置密封位置，选【蒸】档35分钟。

4: When the program is done, wait 10 minutes. Slowly release the pressure then open the lid, take out the lotus leaf wrap and serve warm.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子（图5）。取出蒸好的糯米鸡，就可上桌了。

13.【Hard Boiled Eggs and Egg Sandwich 水煮蛋及鸡蛋三明治】

My son loves egg sandwich. He brings it for lunch at least once a week. I found with use of Instant Pot to cook eggs, it is easy to peel off egg shell.

我们家毛毛很喜欢鸡蛋三明治，每周总有一天要带它做午餐。不知道是因为 Costco 的鸡蛋储存的不同，每次用平常的锅煮的，即使立刻冲冷水，蛋壳也不是很容剥掉。自从买了这个电压力锅，图省事啥都拿它来试试。煮过的蛋，冲冷水后非常容易剥掉蛋壳，LD 说以后都用它来煮鸡蛋。

Prepare time: 5 minutes
Cook time: 3 minutes
Level: Easy
Serves: 2 servings

Ingredients/用料:

1) 2 extra large eggs;/ 大号鸡蛋2只；

2) 1/5 teaspoon salt, 1/8 teaspoon black pepper, 2 tablespoons mayonnaise; / 盐1/5茶匙，黑胡椒1/8茶匙，蛋黄酱2大匙；

3) Prosciutto ham 35 g finely chopped; / 午餐火腿肉35克切小小丁；

4) Whole wheat bread 4 slices; / 全麦面包4片.

Directions/做法:

1: Plug in Instant Pot, place two eggs in the Instant Pot and add cold water to 3-cup mark (Picture 1). Place the lid on and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 3 minutes of cooking time.

鸡蛋放入电压力锅内锅里，加冷水到3杯线（图1），加盖选【手动】或【高压煮】档，3分钟，启动程序。

2: When the program is done, wait for 5 minutes. Slowly release the pressure then open the lid. Rinse eggs with running cold water and shells are easily peeled off (Picture 2).

电压力锅完成程序后，等5-6分钟，放气减压打开盖，鸡蛋冲冷水后，剥去壳（图2），壳特好剥。

3: In a small bowl, mash boiled eggs with a fork. Mix well with all ingredients of Ingredient 2) and 3) (Picture 3).

剥好的鸡蛋放入小碗里，用叉子把鸡蛋压碎成小丁，然后放入所有2和3料（图3）拌匀。

4: Spread half of the egg mixture on one bread slice, and cover with another. Cut diagonally before serving.

鸡蛋馅分别均匀涂到两片面包上，盖上另外两片面包，对角切成三角即可。

14.【Soy Milk 香醇豆浆自己做】

I like soy milk a lot. Before I bought the Instant Pot, it was quite troublesome to boil the soy milk with a regular pot. You need to monitor it continuously and turn down the heat right away when it reaches the boiling point, otherwise it will overflow and create a huge mess on the stove top. Instant Pot makes it easy to boil the soy milk. You simply plug it in, set the program and 35 minutes later you can enjoy the homemade soy milk.

我一直喜欢自己做豆浆，吃起来放心。豆浆煮的时间要久一点，才有利健康。因为豆浆中含有一些有害物质，如胰蛋白酶抑制素，会抑制胰蛋白酶分解消化蛋白质的活性，使蛋白质不能充分吸收，只有经过充分煮沸才能破坏这些有害物质。过去煮豆浆时，都是要站在炉子边。豆浆煮到滚开时，一不小心就会溢出溅的到处都是，很多次煮完豆浆都要清洁炉台。自从有了快煲电压力锅，煮粥很方便，所以就大胆的试试用这个锅来煮豆浆。哇，真是很棒，豆浆煮好后，锅盖还很干净，锅底沾上些沉淀物，也非常好清洗，这下以后煮豆浆不用愁了。

Prepare time: 15 minutes
Cook time: 35 minutes
Level: Low
Serves: 8 servings

Ingredients/用料:

1) 1 ¼ cups dried soybeans;/ 黄豆 1.25杯；

2) 8 cups water. / 水8杯。

Directions/做法:

1: Soak soybeans overnight. Rinse and drain.

黄豆泡过夜，将泡好的黄豆用清水冲洗后，沥去水。

2: Drape a large piece of cheesecloth across the inner pot. Add half of the soybeans and 2 cups water into a blender (Picture 1). Grind for 1.5 minutes. Pour the soy milk mixture slowly onto the cheesecloth. A large part of the soy milk will automatically be strained into the inner pot (Picture 2). Give the bean pulp one more squeeze, then put the remaining paste back into the blender. Add another 2 cups water and grind for one minute. Pour the mixture through the cheesecloth again into the inner pot. Squeeze the bean pulp one more time.

Repeat for the other half of soybeans.

取一半黄豆，加2杯水用粉碎机打1分半钟（图1），用纱布过滤掉渣留汁，豆渣加2杯水再打1分钟，同样过滤掉渣留汁。

另一半黄豆同样如上操作。

3: Plug in the Instant Pot, place the lid on and turn the pressure valve to the Seal position. Press the "Soup" button and select the short program (35 minutes).

将所有的豆浆汁放入电压力锅里（图2），盖上盖子，选【汤】档之短程序 (35分钟)，启动程序。

4: When the program is done, wait for 10 minutes. Slowly release the pressure then open the lid (Picture 3). Serve warm.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子（图3），就可以盛出豆浆喝了。

15.【Tofu Custard 咸甜豆腐花】

Chinese love tofu and have developed many delicious tofu dishes. This traditional tofu custard with rich flavour chilli/sweet sauce is one of the best known tofu dishes.

自从有了这个电压力锅煮豆浆方便又省心，最近豆浆喝的也多了，今天顺带做豆腐花解解馋。

Prepare time: 20 minutes

Cook time: 35 minutes
Level: Medium
Serves: 8 servings

Ingredients/用料：

Tofu custard: /豆腐花:

1) 1 cup dried soybeans;/ 黄豆1杯洗净，加3杯水泡24小时；

2) 8 cups water; / 水8杯;

3) 2 teaspoons gypsum powder, 3 tablespoons corn starch, 1 cup warm boiled water; / 2茶匙熟石膏粉，3大匙生粉，温开水1杯拌匀；

Chilli sauce: /咸调味汁:

4) 1 tablespoon olive oil, 2 tablespoons chopped green onion, 1.5 tablespoons freshly minced garlic, 1 teaspoon freshly minced ginger; / 橄榄油1大匙，葱花2大匙，蒜蓉1.5大匙，姜蓉1茶匙；

5) 3 tablespoons Kikkoman light soy sauce, 2 tablespoons thick soy sauce, ½ teaspoon salt, 1/8 teaspoon white pepper, 1 tablespoon sesame oil, 1 tablespoon chilli oil, 1 tablespoon Chinese chili sauce, 2 tablespoons water; / 万字牌生抽酱油3大匙，金兰酱油膏2大匙，盐1/2茶匙，白胡椒1/8茶匙，香油1大匙，辣油1大匙，香辣酱1大匙，水2大匙;

6) 2 fresh cilantro, rinsed and finely chopped; / 香菜2根洗净切末;

Sweet sauce: /甜调味汁:

7) Maple syrup. / 枫糖浆适量。

Directions/做法:

1: Soak soybeans overnight. Rinse and drain.

黄豆泡过夜，将泡好的黄豆用清水冲洗后，沥去水。

2: Drape a large piece of cheesecloth across the inner pot. Add half of the soybeans and 2 cups water into a blender (Picture 1). Grind for 1.5 minutes. Pour the soy milk mixture slowly onto the cheesecloth. A large part of the soy milk will automatically be strained into the inner pot (Picture 2). Give the bean pulp one more squeeze, then put the remaining paste back into the blender. Add another 2 cups water and grind for one minute. Pour the mixture through the cheesecloth again into the inner pot. Squeeze the bean pulp one more time.

Repeat for the other half of soybeans.

取一半黄豆，加2杯水用粉碎机打1分半钟（图1），用纱布过滤掉渣留汁，豆渣加2杯水再打1分钟，同样过滤掉渣留汁。

另一半黄豆同样如上操作。

3: Plug in the Instant Pot, place the lid on and turn the pressure valve to the Seal position. Press the "Soup" button and select the short program (35 minutes).

将所有的豆浆汁放入电压力锅里（图2），盖上盖子，选【汤】档之短程序 (35分钟)，启动程序。

4: Meanwhile, in a small non-stick sauté pan, sauté minced garlic, ginger and chopped green onion for 30 seconds (Picture 3) with 1 tablespoon oil on medium heat. Add all ingredients of Ingredient 5) and cook for another 30 seconds then set aside (Picture 4). Add chopped cilantro and mix well for the chilli sauce.

趁着煮豆浆空档来做香辣浇汁：小号不粘锅置炉上开中火，用1大匙油炒香剩余4料（图3），离火放入所有5料拌匀（图4），最后放入香菜末拌匀即为浇汁。

5: When the program is done, wait for 10 minutes. Slowly release the pressure then open the lid. Mix well ingredients of Ingredient 3) (Picture 5) then pour into a clean large container. Pour the soy milk immediately into the container. Cover and set aside for 30 minutes.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子。将3料的石膏生粉水搅拌均匀（图5）后放入一干净容器，然后将刚煮好的豆浆倒入，盖上盖子静置30分钟。

6: Serve tofu custard in small bowls with chilli sauce or maple syrup.

做好的豆腐花盛小碗里，喜欢吃甜的放2~3匙枫糖浆，喜欢吃咸的浇上1.5大匙香辣汁。

16.【Cordyceps Sinensis Chicken and Rib Soup 虫草排骨鸡汤】

Chinese believe in the healing power of foods. Cordyceps sinensis is one of the most precious herbs used in cooking to boost our overall health.

这边的小母鸡（Cornish hen）煮出的鸡汤是很鲜美的。这次放了几根冬虫夏草，还有黑木耳，补补啊。这个 Instant Pot 真是方便好用！煮好香喷喷的一锅汤，锅盖还很干净，省时又省力。

Prepare time: 15 minutes
Cook time: 45 minutes
Level: Low
Serves: 10 servings

Ingredients/用料:

1) 500 g baby back ribs;/ 排骨500克;

2) 1 Cornish hen, fat and skin removed; / 小母鸡一只750克，去掉皮及多余的油;

3) Dried black fungus 10 g, soaked and rinsed; / 干黑木耳一把，用水泡软，洗净备用；；

4) 5 pieces cordyceps sinensis; / 冬虫夏草5条;

5) 1 green onion cut into 1-inch long pieces, 5 g ginger sliced; / 生姜2-3片，葱条1条洗净切段;

6) 2.5 teaspoons salt. / 盐2又1/2茶匙。

Directions/做法:

1: Fill a large pot half full with water and bring to a boil. Rinse ribs and cut between the bones into small pieces. Cook for 2 minutes, drain and rinse, then set aside.

排骨切开洗净，放入大号锅，飞水后洗净备用。小母鸡去掉多余脂肪洗净备用。

2: Place chicken, ribs and ingredients of Ingredient 3) and 4) in the Instant Pot. Fill water to the 10-cup mark (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press "Soup" button and select normal cooking time (35 minutes) (Picture 2).

将所有1-4料放入快煲电压力锅内锅里，加水到10杯线（图1）。加盖选汤档【Soup】，选正常时间35分钟，启动程序（图2）。

3: When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid. Add salt and mix well before serving.

电压力锅完成程序后，等15分钟，放气减压打开盖，放上盐调味就可以了。

17.【Winter Melon and Tofu Soup 冻豆腐冬瓜排骨汤】

Just got this new model of Instant Pot 7-in-1 pressure cooker. It looks very nice and lighter than my previous model. I made a big pot of pork broth using this pressure cooker in just 35 minutes!

收到了最新款七功能的快煲电压力锅很开心，锅底造型更流畅美观，且比旧款的锅轻。正好买了大包猪脊骨用它煮了汤。用了一半的骨头汤做了这个冻豆腐冬瓜排骨汤，很得领导的青睐。

Prepare time: 10 minutes
Cook time: 35+10 minutes
Stand time: 24 hours
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 500 g pork bones, 5 cups water;/ 猪脊骨500克，水5杯；

2) 1 package tofu 700 g; / 豆腐一盒700克；

3) Winter melon 740 g; / 冬瓜740克；

4) 1 tablespoon olive oil, 1 tablespoon chopped green onion, 2-3 slices of fresh ginger; / 橄榄油1大匙，葱花1大匙，姜片2-3片；

5) 2 teaspoons salt, ¼ teaspoon ground black pepper; / 盐2茶匙，黑胡椒1/4茶匙；

6) 2 cilantros rinsed and finely chopped. / 香菜2颗，洗净切丁。

Directions/做法:

1: The day before:

Place tofu in freezer overnight. Soak pork bones in boiling water for a couple of minutes, drain and rinse with cold water. Place bones inside Instant Pot (Picture 1) and add 5 cups cold water. Cover the lid and place the pressure valve to "Seal" position. Press "Pressure cook" button and set 35 minutes of cooking time (Picture 2). When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid. When the pork broth cools to room temperature, cover the inner pot with a lid and place in fridge.

前一天，猪脊骨热水洗净放入电压力锅内胆里（图1），加水5杯，盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟（图2）。程序完成后冷却10分钟，放气打开盖子。将盛排骨汤的内锅小心拿出冷凉，盖上盖子放入冰箱过夜。同时将豆腐放冰冻箱中冻过夜，第二天拿出解冻。

2: Defrost frozen tofu in the morning. Peel off skin of winter melon, rinse and then slice (Picture 3). Cut tofu into small pieces (Picture 4).

冬瓜去皮去瓤切片（图3），解冻的豆腐也切片（图4）。

3: Plug in the Instant Pot, press "Sauté" button, add 1 tablespoon olive oil and sauté chopped green onion and sliced ginger for a minute. Add sliced winter melon and tofu, stir and cook for a couple of minutes. Then press "Cancel" button.

电压锅插上电，选【煎炒】档，放入3料炒1分钟，加冬瓜，豆腐再炒几分钟后取消煎炒.

4: Skim off fat of pork broth and pour into the Instant Pot, then add all ingredients of Ingredient 5). Press "Pressure cook" and select 8 minutes of cooking time.

将排骨汤上面的油脂捞出丢弃，放入去油的排骨汤和5料，选【高压煮】档，8分钟。

5: When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid. Divide winter melon and tofu soup into serving bowls and add chopped cilantro before serving.

电压力锅完成程序后，等10分钟后放气减压打开盖子，盛到小碗里，撒点香菜碎就可以开吃了。

18.【Steamed Long Beans 蒸长豆角】

This is one of my childhood dishes, often made by my grandma in summer time.

小时候，夏天大家都热的吃不下饭，奶奶经常会买老豆角做这个蒸长豆角，让我们胃口大开。蔬菜用蒸的做法，健康又营养，大家不妨试试。

Prepare time: 10 minutes
Cook time: 10+5 minutes
Level: Low
Serves: 4 servings

Ingredients/用料:

1) 250 g long beans, 1/3 cup flour, 1/3 teaspoon salt;/ 长豆角1把250克，面粉1/3杯，盐1/3茶匙；

2) 1 tablespoon olive oil, 2 tablespoons freshly minced garlic, 1 teaspoon chopped red chili pepper, 1 teaspoon chopped green onion; / 橄榄油1大匙，蒜蓉2大匙，切碎小红辣椒1茶匙，葱花1茶匙；

3) 1 tablespoon Kikkoman light soy sauce, 2 tablespoons thick soy sauce, 1/6 teaspoon chicken broth mix, 1 tablespoon sesame oil; /万字牌生抽酱油1大匙，金兰酱油膏2大匙，鸡粉1/6茶匙，香油1大匙。

Directions/做法:

1: Rinse and drain long beans. Snap off both ends, and cut into 1-inch long pieces (Picture 1). Add flour and salt in a clean Ziploc bag, seal it and shake well. Add long bean pieces into the bag (Picture 2), seal it and shake well. Place long beans in a shallow bowl or a plate.

长豆角去头尾，洗净切寸段（图1）。用一塑料袋，放入1料的面粉和盐，封口后摇匀，然后放入切段豆角（图2），封口抖匀让豆角均匀沾上面粉。

2: Place the steam rack inside the Instant Pot. Fill water to the 1.5-cup mark. Place the bowl on the steam rack (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 10 minutes of cooking time (Picture 4).

取出快煲电压力锅附带的支架，放入内锅里，加水1.5杯，然后放上盛豆角的盘子（图3），加盖选【蒸】档，10分钟，启动程序（图4）。

3: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 5). Take out the steamed long beans.

电压力锅完成程序后，等5分钟，放气减压打开盖子（图5），取出蒸好的豆角。

4: In a small non-stick sauté pan, heat 1 tablespoon olive oil over medium-high heat. Add minced garlic and cook for a minute (Picture 6), remove the pan from heat. Then add the rest of ingredients of Ingredient 2) and 3), mix well. Pour the sauce over steamed long beans before serving. Note that this step can also be done with Instant Pot's "Sauté" function.

趁着蒸菜的空档，小号不粘锅置炉上开中火，放入蒜蓉炒香（图6）离火，接着倒入所有剩余2料拌匀成汁，将做好的汁和所有3料倒入蒸好的豆角上，拌匀就可以食用。这一步也可以用 Instant Pot 的【煎炒】档来完成。

19.【Steamed Corns 蒸玉米】

Fresh and sweet corn is one of my family's favour foods. You can steam corns in 12 minutes and keep its sweetness using Instant Pot's Steam function.

几天前在 Farm Boy 蔬菜店里买了刚上市的甜玉米。过去玉米都是煮着来吃，这次用电压力锅来蒸，玉米的营养成分损失的也少，原汁原味的玉米很甜。

Prepare time: 5 minutes
Cook time: 12 minutes
Level: Low
Serves: 6 servings

Ingredients/用料：

1) 6 fresh young corns;/ 新鲜甜玉米 6根；

2) Water. / 水适量。

Directions/做法：

1: Husk and rinse the corns. 玉米剥去外皮，洗净。

2: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Stack corns on the steam rack (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 12 minutes of cook time.

取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将玉米叠放在支架上（图1），盖上盖子，排气阀放置密封位置，选【蒸】档12分钟，启动程序。

3: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed corns and enjoy.

电压力锅完成程序后，冷却5分钟，放气减压打开盖子。蒸好的玉米可以涂点牛油吃，非常香甜。

20.【Five Spices and Tea Flavoured Peanuts 茶香卤水花生】

My husband loves peanuts. This is one of his favourite dishes.

我们家先生很喜欢吃花生。这次做的五香花生加了茶叶进去，更加美味。

Prepare time: 5 minutes
Cook time: 20 minutes
Level: Low
Serves: 8 servings

Ingredients/用料:

1) 300 g peanuts;/ 花生一包300克；

2) 1.25 teaspoons salt, 2 star anise, 1 clove, ½ teaspoon five-spice powder; / 盐1.25茶匙，八角2粒，丁香1粒，五香粉1/2茶匙.

3) 2 teaspoons green tea leaves wrapped in cheese cloth. / 茶叶2茶匙，用纱布包起来。

Directions/做法:

1: Rinse and drain peanuts. Put in the Instant Pot and add water to the 2-cup mark. Add all ingredients of Ingredient 2) and 3) (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 20 minutes of cooking time.

花生冲洗后放入电压力锅内锅里，加冷水到2杯线。然后放入2和3料（图1）。盖上盖子，选【手动】或【高压煮】档20分钟，启动程序。

2: When the program is done, wait for another 10 minutes. Slowly release the pressure then open the lid (Picture 2). Drain off liquid and discard star anise, clove and tea bag before serving.

程序完成后，冷却10分钟，再慢慢移动排气阀排气，放气减压打开盖子（图2）。拣去八角、丁香和茶包不要，捞出花生装盘。

21.【Pasta with Meat Sauce 肉酱意粉】

This is my son's favourite pasta dish. You can make large amount of meat sauce and freeze in freezer bags for later use.

我们家毛毛从小就很喜欢意粉，今天他陪我去买菜时挑了全麦的意面，还建议我做肉酱。自己做的健康又好味，一次可以多做些，分袋装冰冻柜保存，随吃随取。微波炉加热很方便，值得一试。肉酱要用小火慢炖，不仅更有营养且味道好。如果用一般的锅做的话，要时不时搅拌，打开盖还可能被西红柿汁喷溅到。自从买了电压力锅后，我很喜欢用它。用它做意粉酱非常方便，用慢炖功能炖了4小时，干净省事。

Prepare time: 15 minutes
Cook time: 15 minutes+4 hours
Level: Low
Serves: 2 servings

Ingredients/用料:

1) 2 tablespoons olive oil, 1 tablespoon freshly minced garlic, 1 teaspoon paprika, 825 g extra lean ground beef;/ 橄榄油2大匙，蒜瓣4粒切碎，辣椒粉1茶匙，瘦牛肉馅825克，建议买质量好的肉馅;

2) 1 red onion (400 g) peeled and diced, 3 tablespoons red wine, 2/3 teaspoon ground black pepper, 2.5 teaspoons salt, 4 teaspoons sugar, 2 teaspoons dry Italian mix spices, 3 bay leaves; / 紫色洋葱一个400克，去外皮切丁，红酒3大匙，黑胡椒2/3茶匙，盐2.5茶匙，糖4茶匙，意大利混合干香料2茶匙（Costco 有卖），香叶3片;

3) 5 ripe tomatoes (725 g), 1 can of tomato sauce (680 ml); / 西红柿5个725克；西红柿酱1罐680毫升;

4) Whole wheat pasta or regular pasta (150 g for 2 servings), 1 teaspoon salt, 2 teaspoons oil; / 全麦或普通干意面150克（两人份），1茶匙盐，2茶匙油;

5) Parmesan cheese. / 帕尔玛奶酪少许。

Directions/做法:

1: In a non-stick deep sauté pan, sauté minced garlic with 2 tablespoons olive oil for a minute. Add ground beef and paprika (Picture 1), stir frequently until ground beef turns lightly brown. Note that this step can be done in the Instant Pot with the "Sauté" function.

不粘锅置炉上开大火，放入2大匙橄榄油，炒香蒜蓉，放入牛肉馅和辣椒粉（图1）不停翻炒至无水汽、肉糜焦香。这一步也可以用 Instant Pot 的【煎炒】档完成。

2: Add chopped onion (Picture 2) cook until onion turns transparent. Add ingredient 2), mix well and set aside.

放入紫洋葱丁（图2），炒至洋葱软身，依次放入剩余2料炒匀。

3: Put tomatoes in boiling water for 1 to 2 minutes, rinse them with cold water (Picture 3). Peel the skin and chop into small pieces. Add tomatoes pieces and tomato sauce to the browned beef, mix well.

西红柿用滚水烫1~2分钟，沥水（图3）剥皮切小粒后与3料的西红柿酱倒入锅内，与牛肉馅拌匀。

4: Transfer beef, tomatoes and the sauce into the Instant Pot (Picture 4). Cover the lid and turn the pressure valve to the Seal position. Press "Slow cook" button and set 4 hours of cooking time.

将所有材料倒入电压力锅的内胆里（图4），盖上盖子，排气阀放置密封位置。选【慢炖】档，设4小时，启动程序。你可以出去逛逛街，回家煮个意粉再弄个蔬菜沙拉就可以开饭了。

5: When the program is done, wait another 10~15 minutes. Slowly release the pressure then open the lid (Picture 5). 程序完成后，等10-15分钟，放气打开盖子（图5）。

6: Medium sauce pan with 5 cups water, 1 teaspoon salt and 2 teaspoons olive oil on high heat and bring to a boil. Add pasta and cook pasta according to instructions on the package (Picture 6). Divide cooked pasta into two serving plates. Pour 4~5 tablespoons meat sauce on top and sprinkle Parmesan cheese before serving.

中号饭锅放大半锅水、1茶匙盐和2茶匙油，置炉上开大火，水滚时放入意面（图6），再煮开后调中火煮12~15分钟至断生。捞出面条分装到两个盘子里，浇上4~5大匙肉酱，再撒上帕尔玛奶酪，就可开吃啦。

22.【Ribs in Sweet Flour Paste 酱排骨】

I like to use the Instant Pot to cook meat. It is fast and efficient. This is a lovely meat dish with sweet flour paste.

自从有了电压力锅后，我非常喜欢用它。传统的压力锅在上汽喷汽时的声音很大，会吓到人。这个电压力锅无论是煮还是蒸，整个过程都相当安静，非常好用。。

Prepare time: 15 minutes
Cook time: 30 minutes
Level: Low
Serves: 6 servings

Ingredients/用料：

1) 900 g pork back ribs;/ 猪肋排900克，温水洗净，沿骨缝切块备用；

2) 1 green onion cut into 1-inch length, 1 small piece fresh ginger sliced, 1 star anise, 1 small piece of Chinese cinnamon; / 葱一条洗净切段，姜片3~5片，八角一粒，桂皮一小块（指甲大小）；

3) 1 tablespoon Chinese cooking wine, 1.5 tablespoons dark soy sauce, 1.5 tablespoons Kikkoman light soy sauce, 1/4 teaspoon salt, 1.5 tablespoons sugar, 3 tablespoons sweet flour paste, 5 tablespoons water. / 绍酒1大匙，万字牌生抽酱油1.5大匙，金兰老抽1.5大匙，盐1/4 茶匙，糖1.5大匙，甜面酱3大匙，水5大匙。

Directions/做法：

1: Clean ribs and cut into small pieces. Put ribs in boiling water for 1~2 minutes (Picture 1), rinse well and set aside.

排骨沿骨缝切开，开水里烫煮1~2分钟（图1），沥水冲洗干净。

2: Add all ingredients of Ingredient 2) and 3) to the Instant Pot (Picture 2) and then add ribs (Picture 3). Cover the lid and turn the pressure valve to the Seal position (Picture 4). Press "Manual" or "Pressure cook" button and set 30 minutes of cooking time.

电压力锅放入所有2和3料（图2），然后放入排骨（图3）。盖上盖子，选【手动】或【高压煮】档30分钟。中间你可以走开去做别的事，真是很方便。

3. When the program is done, wait another 5minutes. Slowly release the pressure then open the lid (Picture 5). Take out the ribs and place on a serving plate.

电压力锅完成程序后，等5分钟，放气减压打开盖子（图5），捞出排骨放到一大碗中。

4: Pour source into a small sauce pan. Reduce to about ¼ of its volume at medium-high heat (Picture 6). Pour the thickened sauce on the ribs before serving. Note that this step can be done with the Instant Pot "Sauté" function.

剩余汤汁倒入另外一个小锅里（图6），置炉上用中大火收汁至只有原汤汁的四分之一。将浓汁倒在排骨上，就可以上桌了。也可以直接用 Instant Pot 【煎炒】档收汁。

23.【Maomao Mom's Special Pork Tongues 秘制卤猪舌】

This is a recipe passed down from my mom. It is usually served as a cold dish at a family dinner or a Chinese banquet.

这款卤猪舌是从老妈那里学来的方子，秘诀是先腌后卤。猪舌味道非常棒，是下酒的好菜。我们经常从农场买一大盒的猪舌头，分三次做，卤好的猪舌连毛毛都喜欢吃。真要好好赞扬一下电压力锅，煮完猪舌后，内锅和盖子都清清爽爽地好干净！不像我以前用的传统高压锅，锅内壁和盖子上沾的都是干沫，既难看，洗起来又费劲。

Prepare time: 15 minutes
Cook time: 30 minutes
Stand time: 48 hours
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 6 pork tongues;/ 猪舌头6条；

2) ¼ cup Kikkoman light soy sauce, 1 tablespoon sea salt, 1 teaspoon sugar, 1.5 teaspoons peppercorn powder; / 万字牌生抽酱油1/4杯，海盐1大匙，糖1茶匙，花椒粉1.5茶匙；

3) 1 tablespoon dark soy sauce, ½ teaspoon salt, 2 teaspoons sugar, 2 green onion cut into 1-inch length, 1 small piece fresh ginger sliced, 1 star anise, 2 cloves, 3 cups water. / 老抽酱油1大匙，盐1/2茶匙，糖2茶匙，葱2 根切段，姜5片，八角1粒，丁香2~3粒，水3杯。

Directions/做法:

1: Put the salt and peppercorn powder of Ingredient 2) (Picture A) in a small bowl and mix well. Clean pork tongues and place them in a lidded container (Picture B) and combined with all ingredients of Ingredient 2) (Picture C). Set aside in the fridge for 2 days. Turn over pork tongues a couple of times.

将猪舌头洗干净，放入盒内，将海盐和花椒粉拌匀（图 A），均匀撒在上面（图 B）。然后加入2料中的糖和酱油拌匀（图 C），盖上盖子放冰箱里腌2天，中间翻动一下。
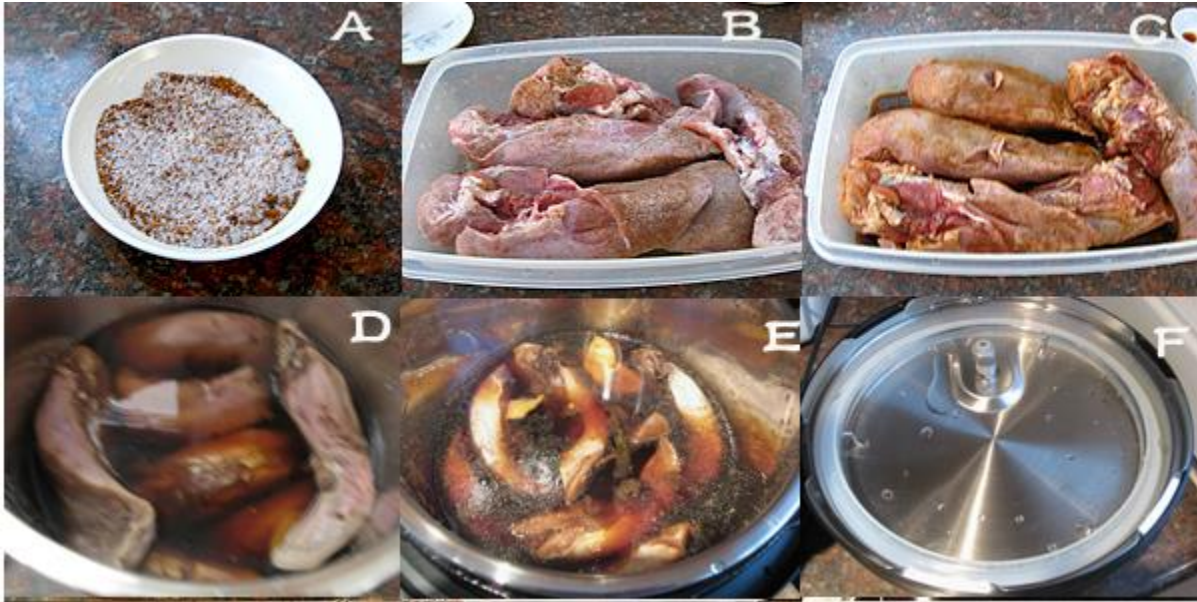
2: Rinse pork tongues with cold water and put in the Instant Pot. Add all ingredients of Ingredient 3) (Picture D). Turn the Instant Pot pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 30 minutes of cooking time.

将腌好的猪舌头冲洗干净放入电压力锅里，再放入3料（图 D），盖上盖子，选【手动】或【高压煮】档30分钟，启动程序。

3. When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid (Picture E). Take out the pork tongues, and peel off the white membrane while they are still hot.

电压力锅完成程序后，等10分钟，放气减压打开盖子（图 E），趁热剥去外面白膜。

4: Chill pork tongues in an airtight container for 4 hours, slice and serve.

入冰箱冷藏几个小时后再切片食用。

24.【Steamed Baby Ribs with Glutinous Rice 糯米蒸排骨】

This is a wonderful traditional Chinese dish in southern China. The dish is well loved by my family. The electric pressure cooker steams quickly and efficiently.

有一次回国在南京的饭店吃团圆饭，结果毛毛和爷爷几乎将整碗的糯米蒸肉包圆了。今天自己在家做了这个糯米蒸排骨，用电压力锅来蒸的，真方便，蒸菜的过程中不会有蒸汽味道漏出。不像用平常的锅蒸，蒸汽飘散的到处都是。

Prepare time: 15 minutes
Cook time: 55 minutes
Stand time: 24 hours
Level: Low
Serves: 4 servings

Ingredients/用料:

1) 750 g baby back ribs;/ 肉部位厚些的肋骨750克，洗净沥水；

2) Marinade ingredients: 1 tablespoon dark soy sauce, 1 tablespoon Kikkoman light soy sauce, 1 tablespoon Chinese cooking wine, ¼ teaspoon chicken broth mix, ½ teaspoon salt, 1 teaspoon sugar, 1 green onion cut into 1-inch length, 1 small piece fresh ginger sliced, 1 tablespoon water, 1.5 tablespoons corn starch; / 腌汁：老抽酱油1大匙，万字牌生抽酱油1大匙，绍酒1大匙，鸡粉1/4茶匙，盐1/2茶匙，糖1茶匙，葱1根切段，姜3~5片，水1大匙，生粉1.5大匙；

3) ½ cup glutinous rice. / 糯米1/2杯。

Directions/做法:

1: Clean ribs the night before, cut between the bones into pieces. Place ribs and marinade ingredients in a Ziploc bag (Picture 1), seal and shake well. Set aside in the fridge overnight.

排骨沿缝隙切开，放一塑料袋里，加入所有2料拌匀（图1），封口在冰箱里腌过夜。

2: The next morning, soak glutinous rice with 2 cups water for 8 hours. Drain the rice and cover marinated ribs with rice. Place in a shallow bowl (Picture 2).

第二天上班之前，将糯米洗净用水泡上。下午下班回来，糯米沥水，然后将腌好的排骨均匀裹上糯米，放入一浅盘子里（图2）。

3. Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark (Picture 3). Place the bowl with baby ribs on the steam rack. Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 55 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯的线（图3）。然后放上盛糯米排骨的盘子，盖上盖子，排气阀放置密封位置，选【蒸】档55分钟，启动程序。

4: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed ribs with glutinous rice and serve.

电压力锅完成程序后，再等5分钟，放气减压打开盖子。取出蒸好的排骨，就可以上桌了。

25.【Steamed Pork Ribs with Crushed Rice 粉蒸排骨】

This is one of the most well-known dishes you can find in many parts of China. The ribs are so tender with lots of rich flavours.

这个粉蒸排骨，是用快煲电压力锅来蒸的，省时间又省事。味道非常好，吃了还想吃，大家不妨试试。

Prepare time: 30 minutes
Cook time: 45 minutes
Level: Low
Serves: 4 servings

Ingredients/用料:

1) 750 g baby back ribs;/ 肋排骨750克；

2) Marinade ingredients: 1 tablespoon Kikkoman light soy sauce, 1 tablespoon dark soy sauce, 1/3 teaspoon salt, ½ teaspoon sugar, 2 g fresh ginger shredded, 1 tablespoon freshly minced garlic, 1 tablespoon chili soybean paste, 1 small piece fermented bean curd, 2 tablespoons water; / 腌汁：万字牌生抽酱油1大匙，老抽酱油1大匙，盐1/3茶匙，糖1/2茶匙，姜丝1.5茶匙，蒜蓉1大匙，辣豆瓣酱1大匙，红腐乳一小块，水2大匙；

3) ½ cup glutinous rice, ½ cup long-grain rice, ½ teaspoon peppercorns; 1 star anise, 1 small piece Chinese cinnamon; / 糯米1/2杯，大米1/2杯，花椒1/2茶匙，八角1粒，桂皮一小段约手指长；

4) 2 tablespoons water, 1 teaspoon fresh chopped green onion. / 水2大匙，葱花1茶匙。

Directions/做法:

1: Rinse back ribs and cut between the bones into pieces. Put ribs and marinade into a Ziploc bag, seal and shake well (Picture 1). Set aside the fridge for 2 hours.

排骨沿骨缝切开，放入一塑料袋里，加入所有2料拌匀（图1），封口放冰箱里腌2小时。

2: In a small non-stick frying pan, heat all ingredients of Ingredient 3) over medium heat. Stir and cook until rice turns slightly golden. Set aside to cool. Discard peppercorns, star anise and Chinese cinnamon. Put cooked rice in a blender and pulse a few times until it breaks into cornmeal size.

中号锅置炉上开中火，放人所有3料，炒香至米粒微黄离火。冷却后拣去花椒、八角及桂皮不用，分几次用粉碎机将米打碎备用。

3. Coat back ribs evenly with crushed rice and place in a shallow bowl. Mix the leftover marinade with 2 tablespoons water and pour onto ribs (Picture 2).

将腌好的排骨均匀裹上米粉，放入浅盘子里，加2大匙水到腌排骨的塑料袋子里，再将腌汁均匀撒到裹了米粉的排骨上（图2）。

4: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl with back ribs on the steam rack (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 45 minutes of cooking time.

快煲电压力锅附带的支架放入内胆里，加水到2杯的线。放上盛米粉排骨的盘子（图2），盖上盖子，排气阀放置密封位置，选【蒸】档45分钟，启动程序。

5: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 3). Take out the steamed ribs and decorate with 1 teaspoon chopped green onions before serving.

电压力锅完成程序后，冷却5分钟，再慢慢移动排气阀排气，打开锅盖（图3）取出排骨，撒上少许葱花，就可以上桌了。

26.【Steamed Ribs in Black Soybean Sauce 蒜香豆豉蒸排骨】

This is a wonderful traditional Chinese dish from southern China. It is well loved by my family as well.

去广东馆子饮茶的时候，我总要点一盘豆豉蒸排骨。这个菜式自己也可以做，味道同样很棒。

Prepare time: 15 minutes
Cook time: 6 minutes
Stand time: 24 hours
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 650 g pork ribs;/ 猪肉排650克；

2) Marinade ingredients: 1.5 tablespoons Kikkoman light soy sauce, ½ tablespoon dark soy sauce, 1/3 teaspoon salt, 1 teaspoon sugar, 2 tablespoons water, 1.5 tablespoons corn starch; / 腌汁：万字牌生抽酱油1.5大匙，老抽酱油1/2大匙，盐1/3茶匙，糖1茶匙，水2大匙，生粉1.5大匙；

3) 1 tablespoon olive oil, 1.5 tablespoons freshly minced garlic, 1 tablespoon minced Chinese salted fermented black beans, 1 small fresh chili pepper finely chopped; / 橄榄油1大匙，蒜蓉1.5大匙，豆豉1大匙斩蓉，小红辣椒1个切碎；

4) 1 teaspoon freshly chopped green onion for decoration. / 葱花1茶匙。

Directions/做法:

1: Clean ribs the night before, cut between the bones into pieces. Place ribs and the marinade Ingredient 2) in a Ziploc bag, seal and mix well (Picture 1). Place the ribs in the fridge overnight.

排骨洗净切小块，连同所有2料放一塑料袋里拌匀（图1），封口放冰箱过夜，这样肉会很嫩。

2: In a small non-stick sauté pan, add 1 tablespoon olive oil on medium heat. Sauté the rest of Ingredient 3) for 30 seconds (Picture 2). Mix well with the marinated ribs in a shallow bowl.

第二天下午下班回来，小号不粘锅置炉上开中火，放橄榄油1大匙，炒香蒜蓉、豆豉和辣椒蓉（图2）。放入腌好的排骨里拌匀，放入一浅碗里。

3. Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl on the steam rack (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 6 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛放排骨的碗放在支架上（图3），盖上盖子，排气阀放置密封位置，选【蒸】档6分钟。

4: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed ribs and decorate with 1 teaspoon chopped green onions.

电压力锅完成程序后，冷却5分钟，放气减压打开盖子。取出蒸好的排骨，撒上点葱花就可上桌了。

27.【Soy Sauce Braised Pork Hock 红烧蹄髈】

This dish is a meat lover's dream. Pork hock meat is so tender with sweet and savory sauce.

很久没有烧蹄髈了，今天用电压力锅做了红烧蹄髈，一样软糯好吃。

Prepare time: 15 minutes
Cook time: 45 minutes
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 1400 g pork hock;/ 蹄髈1400克；

2) 2 green onions cut into long pieces, 1 small piece fresh ginger sliced; / 葱2根切段，姜5片；

3) 3 tablespoons Kikkoman light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon cooking wine, 1.5 tablespoons Chinese dark vinegar, 1/4 teaspoon salt, 2.5 tablespoons sugar. / 万字牌生抽酱油3大匙，金兰老抽酱油1大匙，绍酒1大匙，镇江香醋1.5大匙，盐1/4茶匙，糖2.5大匙。

Directions/做法:

1: Clean pork hock and remove bones. Cut into 1-inch size pieces (Picture 1). Place in boiling water for 2 minutes then rinse and drain.

蹄髈剔去骨头，切小块（图1）。放开水里烫2分钟，沥水冲洗干净。

2: Put pork meat and all ingredients of Ingredient 2) and 3) into the Instant Pot, mix well (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 45 minutes of cooking time.

洗净的蹄髈放入电压力锅里，然后放入所有2和3料，拌均匀（图2）。盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档45分钟。

3. When the program is done, wait another 5~10 minutes. Slowly release the pressure then open the lid (Picture 3).

电压力锅完成程序后，等5~10分钟，放气减压打开盖（图3）。

4. Press "Sauté" and select "More" to reduce the sauce to about ¼, transfer to a serving bowl and serve with rice.

选【煎炒】档【高火】收汁到1/4量，盛出蹄髈就可上桌了。

28.【Su Style Braised Pork 苏式红烧肉】

This dish is very easy to make with use of an Instant Pot.

这次用电压力锅先将肉压熟，然后收汁。快速简单容易做，红烧肉味道很好。

Prepare time: 15 minutes
Cook time: 40+10 minutes
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 1000 g pork belly or hock meat; /
   五花肉或去骨蹄髈1000克；

2) 3 tablespoons Kikkoman light soy
   sauce, 2 tablespoons dark soy
   sauce, 1 tablespoon cooking wine,
   2 teaspoons Chinese dark
   vinegar, rock sugar 25 g. / 万字牌
   生抽酱油3大匙，老抽酱油2大
   匙，绍酒1大匙，镇江香醋2茶
   匙，冰糖25克。

Directions/做法:

1: Cut meat into 1-inch size pieces then soak meat in cold water for 20 minutes and drain. Put meat and all ingredients of Ingredient 2) into the Instant Pot (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 40 minutes of cooking time.

肉洗净切成1.5厘米方块后放水里泡20分钟后沥水。将洗净沥水的肉放入电压力锅里，然后放入所有2料，拌均匀（图1）。盖上盖子，选【手动】或【高压煮】档40分钟，启动程序。

2: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 2).

电压力锅完成程序后，等5分钟，放气减压打开盖（图2）。

3. Press "Sauté" and select "More" to reduce the sauce to about ¼, transfer to a serving bowl and serve with rice.

选【煎炒】档【高火】收汁到1/4量，盛出蹄髈就可上桌了。

29.【Steamed Meatballs in Sticky Rice 珍珠丸子】

This Peral Meatballs dish is one of Maomao's favored, you can make it for your family. 在华人超市能买到很新鲜的山药，放点在肉馅里做珍珠丸子，不仅丸子软嫩，还富有营养。

Prepare time: 15 minutes
Cook time: 8 minutes
Level: Low
Serves: 4 servings

Ingredients/用料:

1) 225 g extra lean ground pork;/ 瘦猪肉馅半磅225克；

2) 40 g Chinese yam (Dioscorea polystachya), peeled and finely chopped; / 山药一小节40克，去皮切小丁；

3) 1 tablespoon chopped green onion, ½ teaspoon fresh minced ginger, 1 teaspoon Chinese cooking wine, 1/8 teaspoon white pepper, 1/6 teaspoon chicken broth mix, 1/3 teaspoon salt, 1/6 teaspoon sugar, 2 teaspoons sesame oil, 2 teaspoons corn starch, 2 tablespoons water; / 葱花1大匙，姜末1/2茶匙，绍酒1茶匙，白胡椒粉1/8茶匙，鸡精1/6茶匙，盐1/3茶匙，糖1/6茶匙，香油2茶匙，生粉2茶匙，水2大匙；

4) ½ cup glutinous rice. / 糯米1/2杯。

Directions/做法:

1. In the morning, soak glutinous rice in water for 8 hours. Drain off water and place in a plate. In a mixing bowl, add all ingredients of Ingredient 1~3), stir in one direction for 5 minutes (Picture 1).

    早晨将糯米洗净，放入1杯水泡8小时后，将水滗去。准备晚饭时将肉馅、山药丁及所有3料放一碗里拌匀，再用筷子搅拌上劲（图1）。

2: Dip a spoon in cold water. Scoop out about 2 tablespoons meat and shape into a ball using the spoon and the palm. Roll the meat balls in the rice plate until they are coated with the rice (Picture 2). Place the meat balls on a shallow bowl or a plate, and place a small piece of parchment paper under each ball.

    用小勺沾一下水，取大约2大匙的馅，在左手掌和勺间团成球状。放入泡好的糯米里，均匀沾上一层糯米（图2），放到铺了小块烤盘纸的盘子上。

3: Place the steam rack inside the Instant Pot. Add water to the 2-cup mark. Place the bowl with meat balls on the steam rack (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 8 minutes of cooking time.

    取出电压力锅附带的支架，放入内胆里，加水到2杯的线。然后放上盛珍珠丸子的盘子（图3），盖上盖子，排气阀放置密封位置，选【蒸】档8分钟，启动程序。

4: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed pearl meat ball. You can decorate with finely chopped green onion when serving.

    电压力锅完成程序后，冷却5分钟，放气减压打开盖子。取出蒸好的珍珠丸子，就可以了。

30.【Sweet and Sour Ribs 糖醋排骨】

This dish is everyone's favored dish, you can make it at home for your family.

大热天懒得起油锅，用电压力锅煮糖醋排骨，方便也好吃。

Prepare time: 15 minutes
Cook time: 30+10 minutes
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 750 g pork baby ribs;/ 猪小排750 g;

2) 1 green onion chopped into 1-inch long pieces, 10 g ginger sliced; / 葱1根切段，姜5片;

3) 1 tablespoon light soy sauce, 1.5 tablespoon dark soy sauce, 1 tablespoon Chinese cooking wine, 1.5 tablespoons Chinese vinegar, ½ teaspoon salt, 3 tablespoons sugar, 1 tablespoon water; / 万字牌生抽酱油1大匙，老抽酱油1.5大匙，绍酒1大匙，镇江香醋1.5大匙，盐1/2茶匙，糖3大匙，水1大匙;

4) 1 teaspoon corn starch, 1 tablespoon water, mix well; / 生粉1茶匙，加水1大匙拌匀;

5) 1 teaspoon roasted sesame seeds. / 1茶匙炒熟的白芝麻。

Directions/做法:

1. Cut ribs between the bones and wash with warm water. In a large pot add 6 cups of boiling water, add ribs and let it stand for 2 minutes (Picture 1). Drain and rinse with cold water.

   猪小排温水洗净，斩成块。大汤锅放半锅刚煮开的水，下排骨烫1~2分钟（图1），沥水洗净备用。
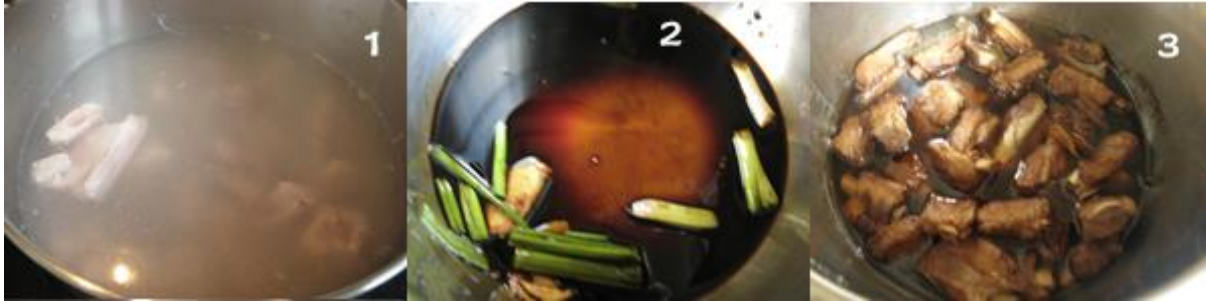
2: Add all ingredients of Ingredient 2) and 3) into the Instant Pot (Picture 2). Then add ribs and mix well. Cover the lid and turn the pressure valve to the Seal position. Plug in and press "Manual" or "Pressure cook" button and set 27 minutes of cooking time.

   所有2和3料放入电压力锅内胆里（图2），放入排骨拌匀，盖上盖子。插上电源，排气阀放置密封位置，选【手动】或【高压煮】档27分钟。

3. When the program is done, wait another 5~10 minutes. Slowly release the pressure then open the lid (Picture 3).

   电压力锅完成程序后，冷却5~10分钟，放气减压打开盖子（图3）。

4. Press "Sauté" and select "More" to reduce the sauce to about 1/3, add mixed ingredients of Ingredient 4), stir and cook until sauce thicken. Transfer to a serving bowl and sprinkle roasted sesame seeds before serving.

   选【煎炒】档【高火】收汁到1/3量，放入4料搅拌一下煮滚，就可以盛出，撒上白芝麻就可以了。

31.【Braised Pig's Trotters 红烧猪蹄】

This is a dish that ladies should eat frequently. The pig's trotters contain collagen that beautifies you skin.

猪蹄中的胶原蛋白对皮肤非常好，姐妹们时时可以做点猪蹄来吃啊。我做的红烧猪蹄用香醋和红糟，味道特别好。

Prepare time: 15 minutes
Cook time: 40+10 minutes
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 3 pig's trotters 1200 g, cut into small pieces and rinsed;/ 猪蹄3只1200克，请卖家切成小块，洗净备用；

2) 1 tablespoon olive oil, 1 green onion cut to 1-inch in length, 10 g fresh ginger sliced, 1 star anise, 2 cloves, 1.5 tablespoons anka sauce; / 橄榄油1大匙，葱1根切段，姜10克切片，八角1粒，丁香2粒，红糟1.5大匙；

3) 1 tablespoon light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, 2 teaspoons dark vinegar, 1.5 tablespoons rock sugar, ¼ teaspoon salt, 4 tablespoons water. / 万字牌生抽酱油1大匙，老抽酱油1大匙，头抽酱油1大匙，镇江香醋2茶匙，冰糖1.5大匙，盐1/4茶匙，水4大匙。

Directions/做法:

1: Place the diced pig's trotters in the Instant Pot, and fill with boiling water (Picture 1). Press "Sauté" function on "High", boil for 2 minutes, drain and rinse off.

电压力锅选【煎炒】档，放入猪蹄后注入大半锅开水，烫煮2分钟（图1），捞出用冷水冲洗干净。

2: Select "Sauté" function "High", add 1 tablespoon olive oil and sauté green onion, ginger, star anise and cloves for 1 minute. Then add anka sauce, and sauté for a minute (Picture 2). Put pig's trotters back into the Instant Pot, and sauté for 1-2 minutes (Picture 3). Add all ingredients of Ingredient 3) and mix well (Picture 4). Cover the lid and place the pressure valve to "Seal" position. Press "Manual" or "Pressure cook" button and set 40 minutes of cooking time.

压力锅内胆洗干净，选【煎炒】档，放橄榄油1大匙，炒香葱、姜、八角和丁香，放入红糟（图2）炒半分钟，然后放入洗净的猪蹄（图3）翻炒1-2分钟。依次放入所有3料拌匀（图4），加盖选【手动】或【高压煮】档40分钟，启动程序。

3. When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 5). Press "Sauté" function on "High" stir and cook until the sauce is reduced to half. Place the braised pig's trotters into to a serving bowl, serve warm with rice.

电压力锅完成程序后，等5分钟，放气减压打开盖子（图5），再选【煎炒】档，收汁至浓稠即可。

32.【Braised Pork with Bamboo Shoots 冬笋干烧肉】

Not only giant pandas love bamboo shoots, Chinese love them as well. Bamboo shoots have always been a popular ingredient in Chinese dishes. Winter shoots are harvested just before spring time. They are smaller in size compared to the spring shoots. Winter shoots flesh is tender and more palatable, making them commercially more valuable. This yummy dish of braised pork with winter bamboo shoots goes well with rice or noodles.

冬笋是立春前还没有出土的南竹的幼笋，新鲜的冬笋是淡黄色的。相对于立春后出土的春笋，冬笋肉质更细嫩，营养更丰富，味道也更鲜美，素有"金衣白玉，蔬食第一品"之美誉。毛毛爸在皖南旅游时买的干冬笋尖，质量非常好，嫩的很，拿来烧蹄髈是一道好菜。

Prepare time: 15 minutes
Cook time: 45 minutes
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 750 g boneless pork hock, diced into 1-inch cubes;/ 去骨蹄髈750克；

2) 75 g dried winter bamboo shoots; / 干冬笋尖75克；

3) 1 tablespoon olive oil, 2 green onions rinsed and chopped to 1-inch length, 5 g fresh ginger sliced, 1 star anise, 2 cloves. / 橄榄油1大匙，葱2根切段，姜3片，八角1粒，丁香2粒；

4) 2 tablespoons light soy sauce, 1.5 tablespoons dark soy sauce, 1 tablespoon premium soy sauce, 1 tablespoon cooking wine, ½ teaspoon salt, 2 teaspoons sugar. / 万字牌生抽酱油2大匙，老抽酱油1.5大匙，头抽酱油1大匙，绍酒1大匙，盐1/2茶匙，糖2茶匙。

Directions/做法:

1: Soak dried bamboo shoots in cold water for 24 hours (Picture 1). Wash well, drain and set aside. 笋干用淘米水泡24小时（图1），洗净沥水待用。

2: Place the meat inside Instant Pot, fill with boiling water (Picture 2). Press "Sauté" then "Adjust" button to set temperature to "More". Boil for 2 minutes then rinse under cold water and drain. Select "Sauté" and set temperature to "More", add 1 tablespoon olive oil and all ingredients of Ingredient 3), sauté for a minute (Picture 3). Add the meat and bamboo shoots to the Instant Pot, sauté for another minute (Picture 4). Add all ingredients of Ingredient 4) (Picture 5), mix well.

蹄髈肉切小块，放开水里烫2分钟后（图2），沥水冲洗干净。电压力锅按【煎炒】键，选高温档，放橄榄油1大匙，炒香所有3料（图3）。然后放入蹄髈肉和笋尖翻炒1分钟（图4）。依次放入所有4料拌匀（图5）。

3. Cover the lid and place the pressure valve to "Seal" position. Press "Manual" button and set 38 minutes of cooking time.

盖上盖子，排气阀放置密封位置，按【高压煮】键，时间设置为38分钟，启动程序。

4. When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 6). Select "Sauté" and set temperature to "More". Stir the meat until the sauce is reduced to about 1/3. Transfer cooked meat into to a serving bowl, serve with rice immediately. Yummy!

电压力锅完成程序后，等5分钟，放气减压打开盖子（图6），按【煎炒 Sauté】键，选高温档，收汁至浓稠即可。

33.【Braised Pork Hock with Potatoes 土豆烧蹄髈】

This is a very tasty meat and potato dish that my family loves.

这个土豆烧蹄髈当天煮好就很美味，第二天带便当就更加入味下饭。儿子毛毛一顿能吃很多块。

Prepare time: 20 minutes

Cook time: 40-45 minutes
Level: Medium
Serves: 6 servings

Ingredients/用料:

1) 1100 g boneless pork hock, cut into 1-inch cubes and rinse under cold water;/ 去骨蹄髈肉1100克，切成小块，洗净待用；

2) 7 small potatoes 300 g; / 小土豆7个300克；

3) 1 tablespoon olive oil, 1 green onion cut into 1-inch length, 10 g fresh ginger sliced, 1 star anise, 2 cloves, 1 tablespoon anka sauce (can be substituted with cooking wine). / 橄榄油1大匙，葱1根切段，姜10克切片，八角1粒，丁香2粒，红糟 1大匙（没有红糟可以用酒酿或厨酒代替）；

4) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce (can be substituted with light soy sauce), 1 teaspoon dark vinegar, 1/3 teaspoon salt, 1.5 teaspoons sugar. /万字牌生抽酱油2大匙，老抽酱油1大匙，头抽酱油1大匙，镇江香醋1茶匙，盐1/3茶匙，糖1.5茶匙；

5) 1 tablespoon olive oil. / 橄榄油1大匙。

Directions/做法:
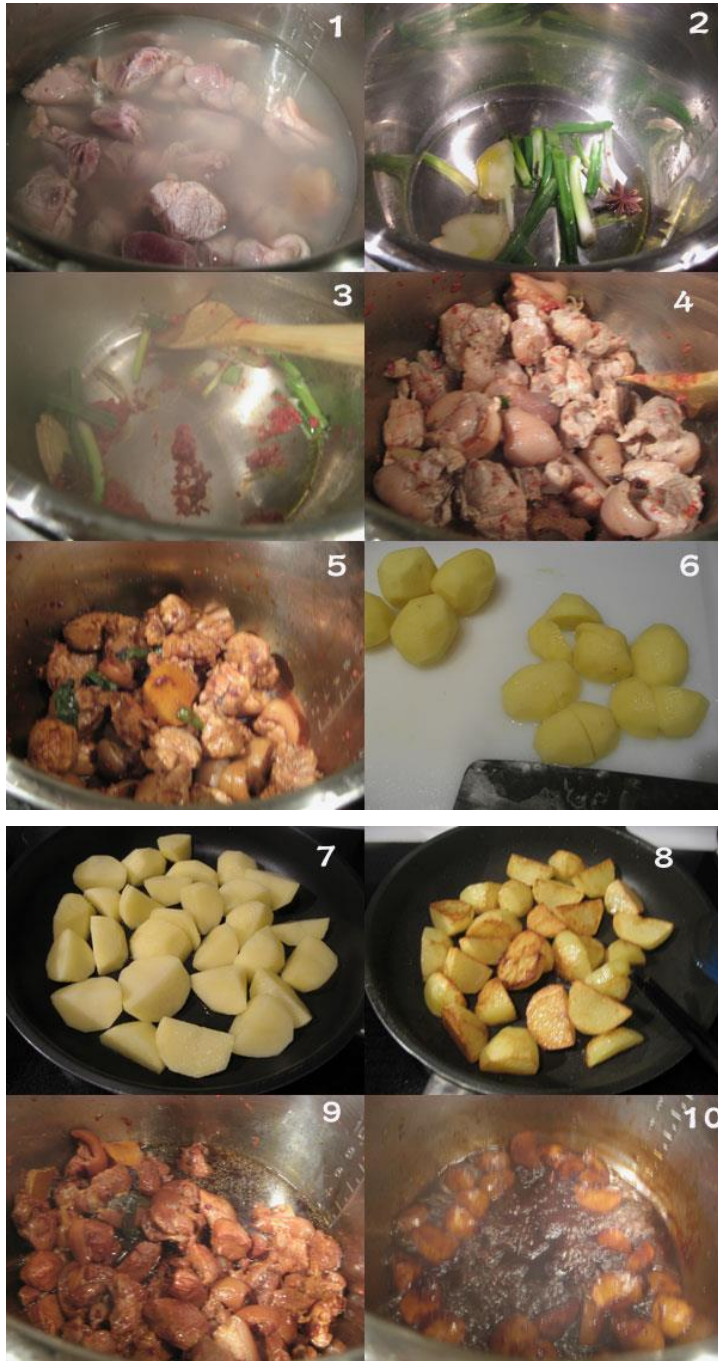
1: Place the pork meat inside the Instant Pot, and fill with boiling water (Picture 1). Press "Sauté" then "Adjust" button to set temperature to "More". Boil for 3-5 minutes then rinse under cold water and drain.

电压力锅按【煎炒】键，选高温档，放入蹄髈肉，然后注入大半锅开水，烫3-5分钟（图1），捞出用冷水冲洗干净待用。

2: Clean and dry the inner pot. Select "Sauté" then set temperature to "More". Add 1 tablespoon olive oil and sauté the rest of Ingredient 3) for 1 minute (Picture 3). Put the meat back into the Instant Pot, and sauté for 1-2 minutes (Picture 4).

电压力锅按【煎炒】键，选高温档，放橄榄油1大匙，炒香所有3料（图3）。然后放入蹄髈肉翻炒1-2分钟（图4）。

3: Add all ingredients of Ingredient 4) and mix well (Picture 5). Cover the lid and place the pressure valve to "Seal" position. Press "Manual" or "Pressure cook" button and set 35 minutes of cooking time.

依次放入所有4料拌匀（图5），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟，启动程序。

4: Meanwhile, peel and rinse potatoes then cut into 4 portions (Picture 6). Rinse under cold water, then pat dry with paper towel. Non-stick sauté pan on high heat, add 1 tablespoon olive oil. Sauté the potato (Picture 7) until golden brown (Picture8).

趁着烧蹄髈的空档，将小土豆去皮洗净，切为4等份（图6），冷水冲洗后沥水。不粘锅加1大匙油，置炉上开大火，放入土豆块（图7），四面煎黄后（图8）捞出。

5: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 9). Remove cooked meat into a bowl and cover to keep warm. Press "Sauté" button on "Normal" temperature. Cook the potato pieces with meat sauce for 7-8 minutes (Picture 10).

电压力锅完成程序后，等5分钟，放气减压打开盖子（图9），捞出蹄髈肉放入碗里保温。压力锅再按【煎炒】键，放入煎好的土豆块与肉汁同煮7-8分钟至汁浓稠（图10）。

6: Put the cooked meat back into the pot and gently stir for 1 minute. Transfer to a serving bowl and serve immediately with rice.

最后将煮好的蹄髈肉倒回锅里，轻轻拌匀即可出锅食用。

34.【Braised Pork Hock with Dried Mushrooms 姬松茸烧蹄髈】

This is a very tasty pork dish that goes well with rice. Maomao said: "Mommy, the meat is so tender and tasty"

这次回国带了盒姬松茸，用它烧蹄髈，味道非常棒，儿子都说好吃。

Prepare time: 20 minutes
Cook time: 40-45 minutes
Stand time: 4 hours
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1000 g boneless pork hock, diced into 1-inch cubes;/ 去骨蹄髈1000克，切成小块，洗净待用；

2) 20 dried agaricus mushrooms; / 干姬松茸20个；

3) 1 tablespoon olive oil, 1 green onion chopped to 1-inch length, 10 g fresh ginger sliced, 1 star anise, 2 cloves, 1 tablespoon anka sauce (can be substituted with cooking wine). / 橄榄油1大匙，葱1根切段，姜10克切片，八角1粒，丁香2粒，红糟1大匙 （没有红糟可以用酒酿或厨酒代替）；

4) 1 tablespoon light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce (can be substituted with the light soy sauce), 1 teaspoon dark vinegar, ½ teaspoon salt, 1 teaspoon sugar. /万字牌生抽酱油1大匙，草菇老抽酱油1大匙，头抽酱油1大匙，镇江香醋1茶匙，盐1/2茶匙，糖1茶匙。

Directions/做法:

1: Soak dried agaricus mushrooms in cold water for 4 hours (Picture 1), rinse and set aside.

干姬松茸放冷水中泡大约4小时（图1）至软，洗净待用。

2: Place the diced pork inside Instant Pot pressure cooker, fill with boiling water (Picture 2), Press "Sauté" then "Adjust" button to set temperature to "More". Boil for 2 minutes then rinse under cold water.

电压力锅按【煎炒】键，选高温档，放入蹄髈肉，再加大半锅开水，烫煮2分钟（图2），捞出用冷水冲洗干净待用。

3: Clean and dry the inner pot. Press "Sauté" then "Adjust" button to set temperature to "More". Add 1 tablespoon olive oil and sauté green onion, ginger, star anise and cloves for 1 minute. Then add anka sauce, and sauté for half minute (Picture 3). Put the pork hock meat back into the Instant Pot, and sauté for 1-2 minutes (Picture 4). Add agaricus mushrooms and stir well (Picture 5).

电压力锅内胆洗干净，按【煎炒】键，选高温档，放橄榄油1大匙，炒香葱姜、八角和丁香，放入红糟（图3）炒半分钟，然后放入洗净的蹄髈（图4）翻炒1-2分钟，再加姬松茸（图5）翻炒均匀。

4: Add all ingredients of Ingredient 4) and mix well (Picture 6). Cover the lid and place the pressure valve to "Seal" position. Press "Manual" or "Pressure cook" button and set 35 minutes of cooking time (Picture 7).

依次放入所有4料拌匀（图6），选【手动】或【高压煮】档35分钟，启动程序（图7）。

5: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 8). Select "Sauté" and set temperature to "More", stir until the sauce is reduced to 1/3. Place the cooked meat into to a serving bowl, serve immediately over rice.

电压力锅完成程序后，等5分钟，放气减压打开盖子（图8），再按【煎炒】键，选高温档，收汁至浓稠即可。将煮好的蹄髈盛到碗里，即可上桌食用。

35.【Braised Pork Ribs in Soy Sauce 红烧排骨】

I started to prepare dinner late on Sunday afternoon and my son Maomao came and told me that he wanted to have meat for dinner. Quickly I took out my favorite new Instant Pot 7-in-1 pressure cooker and in just 40 minutes, this lovely dish was ready. Maomao had quite a few pieces of braised pork ribs. It was 'finger lickin' good!

下午有点事，晚饭就做的晚了。我们家毛毛是没有肉不行的，赶紧将我的最新款七功能的快煲电压力锅拿了出来，前后45分钟，这道好吃的红烧排骨就上桌了。

Prepare time: 10 minutes
Cook time: 30 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1100 g spareribs;/ 猪小排或肋排1100克；

2) 1 tablespoon olive oil, 1 green onion rinsed and chopped into 1-inch length, 3-4 slices of fresh ginger, 1 star anise, 2 cloves, 1.5 tablespoons anka sauce (or 1 tablespoon red yeast rice); / 橄榄油1大匙，葱1条洗净切段，姜2-3片，八角1粒，丁香2粒，红糟酱1.5大匙（或红曲米1大匙）；

3) 1.5 tablespoons dark soy sauce, 1 tablespoon light soy sauce, 1 tablespoon premium soy sauce, 1 tablespoon cooking wine, ½ teaspoon salt, 1.5 tablespoons honey, 4 tablespoons water. /老抽酱油1.5大匙，生抽酱油1大匙，头抽酱油1大匙，厨酒1大匙，盐1/2茶匙，蜂蜜1.5大匙，水4大匙。

Directions/做法:

1: Wash the ribs with warm water and cut between the bones into small pieces. Soak ribs in boiling water for 2 minutes (Picture 1), rinse and drain.

将排骨切开用温水洗净，然后放入开水烫2分钟（图1），再洗净沥水待用。

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2: Add 1 tablespoon oil to Instant Pot, select "Sauté" function and on "High", sauté green onion, ginger, anise and cloves (Picture 2) for 1 minute. Then add anka sauce and ribs, stir and cook for 2-3 minutes (Picture 3).

电压力锅加1大匙橄榄油，按【煎炒】键，选高温档，放入葱段，姜片，八角，丁香炒香（图2）。然后放入洗净的排骨和红糟（图3），再翻炒2-3分钟。

3: Add cooking wine and stir a few times, then add all ingredients of Ingredient 4) (Picture 4). Cover the lid and place the pressure valve to "Seal" position. Press "Manual" or "Pressure cook" button and set 28 minutes of cooking time. (Picture 5).

接着放入厨酒翻炒几下，然后依次放入所有剩余3料（图4）。盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档28分钟（图5）。

4: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 6). Select "Sauté" and set temperature to "high", stir occasionally until the sauce is reduced to 1/4.

程序完成后冷5分钟，放气打开盖子（图6）。再按【煎炒】键，选高温档，收汁至浓稠。

36.【Braised Pork Ribs and Dried Long Beans 干豆角烧排骨】

It is very easy and quick to make this tasty dish using Instant Pot.

在淘宝网上买了包干豆角带回来，今天用它做了干豆角烧排骨，满满是儿时的记忆啊。领导说下次回去要多买几包。今天用电压力锅煮的，很方便快捷.

Prepare time: 10 minutes
Cook time: 28 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 850 g pork baby ribs;/ 猪小排或肋排850克；

2) 125 g dried long beans; / 干豆角半包125克；

3) 1 tablespoon olive oil, 1 green onion cut to 1-inch length, 10 g fresh ginger sliced, 2 star anise; / 橄榄油1大匙，葱1根切段，姜10克切片，八角2粒；

4) 1 tablespoon light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, ½ teaspoon salt, 1 tablespoon brown sugar. / 生抽酱油1大匙，老抽酱油1大匙，头抽酱油1大匙，盐1/2茶匙，红糖1大匙。

Directions/做法:

1: Soak dried long beans in cold water for 2 hours (Picture 1), rinse and cut into 1-inch long pieces. Wash the ribs with warm water and cut between the bones into small pieces. Plug in Instant Pot, add 1 tablespoon oil. Select "Sauté" function "High", sauté green onion, ginger and star anise for 1 minute. Then add baby ribs and sauté for 2-3 minutes (Picture 2).

提前将干豆角用冷水泡软（图1），洗净切寸段。将排骨切开用温水洗净，沥水待用. 电压力锅选【煎炒】档，放橄榄油1大匙，炒香葱姜、八角、丁香，然后放入洗净的排骨（图2）翻炒2-3分钟。

2: Add all ingredients of Ingredient 4) and mix well. Add long beans and mix well (Picture 3), cover the lid and place the pressure valve to "Seal" position. Press "Manual or Pressure cook" button and set 28 minutes of cooking time.

依次放入所有4料拌匀，再放入切段的长豆角拌匀（图3），加盖选【手动】或【高压煮】档28分钟，启动程序。

3: When the program ends, wait another 5 minutes. Slowly release the pressure then open the lid and gentle mix (Picture 4). Serve warm with rice. Yummy!

电压力锅完成程序后，等5分钟后，放气减压打开盖子，用勺子轻轻拌匀（图4）即可。

37.【Braised Pig's Trotters and Peanuts 猪脚花生】

It is very easy and quick to make this tasty dish using Instant Pot.

今天用电压力锅煮了这款猪脚花生，真好吃，亲们要试试，都是胶原蛋白啊。

Prepare time: 15 minutes
Cook time: 35 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 3 pig's trotters 1350 g, cut into small pieces;/ 猪蹄3只1350克，请卖家切成小块；

2) 1.5 cups peanuts; / 花生1.5杯；

3) 1 tablespoon olive oil, 1 green onion cut to 1-inch length, 10 g fresh ginger sliced; / 橄榄油1大匙，葱1根切段，姜10克切片；

4) 2 tablespoons Italy balsamic vinegar, 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, ¾ teaspoon salt, 1.5 tablespoons brown sugar, ½ cup water. / 意大利葡萄醋2大匙，生抽酱油 2大匙，老抽酱油1大匙，头抽酱油1大匙，盐3/4茶匙，红糖1.5大匙，水1/2杯。

Directions/做法:

1. Ahead of time, soak peanuts in cold water for 2 hours and drain. Place the diced pig's trotters inside Instant Pot, and fill with boiling water. Press "Sauté" function on "High", boil for 2 minutes, drain and rinse off.

    提前将花生在冷水中泡2小时，沥水待用。电压力锅选【煎炒】档，放入猪蹄后注入大半锅开水，烫煮2分钟，捞出用冷水冲洗干净。

2: Select "Sauté" function "More", add 1 tablespoon olive oil and sauté green onion and ginger, for 1 minute. Then add pig's trotters and sauté for 1-2 minutes (Picture 1).

压力锅内胆洗干净，选【煎炒】档，放橄榄油1大匙，炒香葱、姜，然后放入洗净的猪蹄（图1）翻炒1-2分钟。

3: Add all ingredients of Ingredient 4) and mix well (Picture 2). Add peanuts and mix well (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 35 minutes of cooking time (Picture 4).

依次放入所有4料拌匀（图2），再放入花生米拌匀（图3），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟，启动程序（图4）。

4: When the program ends, wait another 5 minutes. Slowly release the pressure then open the lid and gentle mix (Picture 5). Press "Sauté" function on "High" until the sauce is reduced to 1/4 (Picture 6).

电压力锅完成程序后，等5分钟，放气减压打开盖子，用勺子轻轻拌匀（图5），再选【煎炒】档，收汁至浓稠即可（图6）。

38.【Braised Ribs with Fermented Bean Curd 南乳排骨】

I made this braised pork ribs with fermented bean curd for dinner. Both my husband and my son Maomao loved it. It goes very well with rice, perfect as lunch leftovers.

今天这个南乳排骨是咸甜味的，香味浓郁，下饭好吃。

Prepare time: 15 minutes
Cook time: 30 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1000 g baby back ribs;/ 猪肋排1000克；

2) 1 tablespoon olive oil, 3-4 slices of fresh ginger, 2 green onion rinsed and cut into 1-inch length; / 橄榄油1大匙，葱2条洗净切段，姜2-3片；

3) 1 tablespoon cooking wine, 2 fermented bean curds, 2 tablespoons fermented bean curd sauce, 1 tablespoon light soy sauce, 2 tablespoons dark soy sauce, 2 tablespoons sugar; / 厨酒1大匙，南乳（红腐乳）2块研碎，南乳汁2大匙，生抽酱油1大匙，老抽酱油 2大匙，糖2大匙；

4) 1 teaspoon sesame oil. / 香油1茶匙。

Directions/做法:

1. Remove membrane from the back of the ribs, wash and cut between the bones, rinse and drain.

   将排骨背面的筋膜撕掉，排骨切开洗净待用。

2: Select Instant Pot "Sauté" function on "High", add 1 tablespoon olive oil and sauté green onion and ginger for 1 minute. Add ribs and sauté for 1-2 minutes.

   电压力锅选【煎炒】档，放橄榄油1大匙，炒香葱姜，然后放入洗净的排骨翻炒1-2分钟。

3: Add all ingredients of Ingredient 3) and mix well. Cover the lid and place the pressure valve to "Seal" position. Press "Pressure cook" button and set 30 minutes of cooking time.

   放入1大匙厨酒翻炒几下，然后依次放入所有剩余3料，盖上盖子，排气阀放置密封位置，选【高压煮】档30分钟。

4: When the program ends, wait another 5 minutes. Slowly release the pressure then open the lid and gentle mix. Press "Sauté" on "High" until the sauce is reduced to 1/4. Stir in 1 teaspoon sesame oil before serving.

   电压力锅完成程序后，等5分钟，放气减压打开盖子，用勺子轻轻拌匀，再选【煎炒】档，收汁至浓稠。淋下香油兜匀就可以出锅了。

39.【Sweet and Sour Baby Ribs 糖醋排骨】

This is a very popular Chinese dish. I used Instant Pot to precook the ribs without deep frying the ribs.

这款糖醋排骨是免炸版，用电压力锅先把排骨压熟，比较快捷的一个菜，适合上班的妈妈们。

Prepare time: 15 minutes
Cook time: 30 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 900 g baby back ribs, ½ cup water; / 猪小排或肋排900克，水1/2杯；

2) 1 tablespoon olive oil, 1 green onions washed and chopped to 1-inch long, 2-3 slices of ginger, 2 tablespoons ketchup; / 橄榄油1大匙；葱1条洗净切段，姜2-3片，番茄酱2大匙；

3) Sweet and sour sauce: 2 tablespoons dark vinegar, 1 tablespoon light soy sauce, 1 tablespoon premium soy sauce, 1/3 teaspoon salt, 3 tablespoons sugar, 3 tablespoons water, 1 teaspoon corn starch; / 糖醋汁：米醋或镇江香醋2大匙，生抽酱油1大匙，头抽酱油1大匙，盐1/3茶匙，糖3大匙，水3大匙，生粉1茶匙；

4) 1 teaspoon sesame oil. / 香油1茶匙。

Directions/做法:

1. Remove membrane from the back of the ribs, cut between the bones into small pieces, rinse and drain (Picture 1). Place all ingredients of Ingredient 3) in a bowl, mix well and set aside (Picture 2).

   将排骨背面的筋膜撕掉，排骨切开用热水洗净待用（图1）。将3料的调味汁料放一小碗里拌匀待用（图2）。

2: Add baby ribs and ½ cup cold water to Instant Pot (Picture 3). Cover the lid and place the pressure valve to "Seal" position. Press "Pressure cook" button and set 22 minutes of cooking time. When the program finishes, wait for 5 minutes, then release the pressure and open the lid (Picture 4). Take out the ribs, drain and set aside.

将排骨放入电压力锅内胆里，加1/2杯水（图3），盖上盖子，排气阀放置密封位置，选【高压煮】档22分钟。程序完成后等5分钟，放气打开盖子（图4），捞出排骨待用。

3: Heat 1 tablespoon olive oil in a non-stick sauté pan over medium-high heat. Sauté chopped green onion, sliced ginger and ketchup for 30 seconds (Picture 5). Add cooked pork ribs (Picture 6), stir and cook for 3-4 minutes until outside is a little brown.

不粘锅置炉上开大中火，加1大匙橄榄油，放入2料里的葱段、姜片、番茄酱炒30秒（图5），放入排骨（图6）炒至焦香。

4: Add premixed sweet and sour sauce (Picture 7), gentle stir and cook until sauce thickens (Picture 8). Stir in 1 teaspoon sesame oil. Transfer to a serving plate and serve immediately.

然后放入拌匀的3料糖醋汁（图7），翻炒至汁浓（图8）。淋下香油兜匀就可以出锅了。

40.【Red Wine Sauce Braised Beef Ribs 红酒牛排】

This is another dish that my family loves. This recipe uses Instant Pot to reduce cooking time.

今天在 Farm Boy 看到新鲜肉厚的牛排，做了这个红酒牛排配米饭、面包都好吃。

Prepare time: 15 minutes
Cook time: 90 minutes
Level: low
Serves: 8 servings

Ingredients/用料:

1) 1650 g beef grilling ribs; /牛排两包1650克；

2) 1/2 cup all-purpose flour, 2 teaspoons salt, ½ teaspoon black pepper; / 面粉1/2杯，盐2茶匙，黑胡椒1/2茶匙；

3) 3 tablespoons olive oil; / 橄榄油3大匙；

4) 1 purple onion 400 g peeled and sliced, 3-4 cloves garlic crushed, 1 small ripe tomato chopped, 3 tablespoons ketchup;/ 紫皮洋葱1个400克去皮切丝，蒜瓣3-4粒拍碎，西红柿1个100克，番茄酱3大匙；

5) ½ bottle red wine (400ml), 1 teaspoon dried parsley, ½ teaspoon dried thyme, ½ teaspoon dried rosemary, 1.5 teaspoons salt, 1 teaspoon sugar, ½ cup water. / 红酒大半瓶400毫升，1茶匙干香菜片，1/2茶匙干百里香，1/2茶匙干迷迭香，盐1.5茶匙，糖1茶匙，水1/2杯。

Directions/做法:

1. Place all ingredients of Ingredient 2) into a Ziploc bag and mix well. Then place beef ribs (Picture 1) in the bag to evenly coat with flour mixture. Shake off excess flour.

   牛排洗净沥水（图1）。用一塑料袋放入所有2料封口抖匀，再放入排骨，封口抖匀。

2: In a non-stick deep sauté pan, brown beef ribs with 3 tablespoons olive oil on medium-high heat (Picture 2). Transfer beef ribs into Instant Pot.

   不粘锅放3大匙橄榄油，置炉上开大中火，牛排先抖掉多余面粉，两面煎焦黄（图2），再将牛排放入电压力锅的内胆里。

3: Add chopped onion and garlic into the same sauté pan and cook until onion turns transparent. Add chopped tomato and ketchup to sauté for a minute (Picture 3). Then add all ingredients of Ingredient 5) and mix well (Picture 4).

   原不粘锅放入洋葱丝和蒜瓣炒至洋葱软倒（图3），放入剩余4料兜匀拌炒1分钟，依次放入5料，拌匀离火（图4）。

4: Transfer cooked onions and its sauce into the Instant Pot (Picture 5). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 60 minutes of cooking time.

   将炒好洋葱及所有汁水倒入盛牛排的电压力锅内胆里（图5），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档60分钟，启动程序。

5: When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid. Remove beef ribs into a serving bowl. Pour braising liquid into the deep sauté pan (Picture 6) and spoon off excess fat on the surface. Reduce the sauce at medium-high heat to about half the volume. Pour sauce onto the beef ribs before serving. Note that you can use the "Sauté" function of Instant Pot to reduce the sauce as well.

   电压力锅完成程序后，冷却10分钟，放气减压打开盖子。捞出煮好的牛排保温。将汁水倒入不粘锅里，开大中火收汁到一半的量（图6），将汁倒在牛排上就可以了。也可以用 Instant Pot【煎炒】档收汁。

41.【Braised Beef Shank in Soy Sauce 茶香酱牛肉】

This is a wonderful cold dish popular in many areas of China. This dish is well loved by my family. This recipe uses Instant Pot to cook the beef efficiently.

这款茶香酱牛肉先腌后卤，味道超好的。用电压力锅煮省时又省事，大家不妨试试。

Prepare time: 15 minutes
Cook time: 35 minutes
Stand time: 48 hours
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1000 g beef foreshank; /金钱牛腱 4条1000 g;

2) Marinate ingredients: 2 teaspoons peppercorns, 2 teaspoons salt, 1 teaspoon sugar, 3 tablespoons Kikkoman light soy sauce; / 花椒2茶匙，盐2茶匙，糖 1茶匙，万字牌生抽酱油3大匙;

3) ½ cup Kikkoman light soy sauce, 4 tablespoons dark soy sauce, 2 teaspoons salt, 2 teaspoons sugar, 2 star anises, 3 clovers, 1.5 teaspoons cumin, 2 bay leaves, 1 tablespoon jasmine green tea, 2 teaspoons sesame oil, 2 chopped green onion, 5 g fresh ginger shredded, 5 cups water. /

万字牌生抽酱油1/2杯，金兰老抽酱油4大匙，盐2茶匙，糖2茶匙，八角2粒，丁香3粒，小茴香1.5茶匙，香叶2片，花茶1大匙，香油2茶匙，葱2根切段，姜5片，水5杯。

Directions/做法:

1. Put beef foreshank and all ingredients of Ingredients 2) into a Zip-Lock bag or a lidded container, seal and shake well (Picture 1). Set aside in fridge for 2 days, occasionally turn over.

   金钱牛腱放入塑料盒里，用2料的花椒、盐、糖和酱油拌匀（图1），在冰箱中腌两天。

2: Rinse off peppercorns and place beef shank into Instant Pot. Add all ingredients of Ingredient 3) (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 35 minutes of cook time.

   牛肉洗去花椒等腌料，放入电压力锅内胆里，放入所有3料（图2），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟，启动程序。

3: When it is done, wait another 10 minutes. Slowly release the pressure then open the lid (Picture 3). Take out the cooked beef foreshank and place in a clean container. Chill for 4 hours, slice and serve. The sauce can be frozen for future use.

   电压力锅完成程序后，冷却10分钟，放气减压打开盖子（图3），捞出卤好的牛肉，放入保鲜盒冰箱过夜。老卤可以放冷冻室冻起来以后用。

42.【Beef Stew in Beer Sauce 啤酒牛肉】

This dish is very popular at parties. This recipe uses Instant Pot to reduce the cooking time.

周末家里来了几个朋友，做了这个啤酒牛肉，朋友们一致要求我写出方子。

Prepare time: 15 minutes
Cook time: 35+10 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1050 g beef stew meat; / 牛肉 1050克；

2) 1.5 tablespoons olive oil, 2 green onion chopped to 1-inch length; 10 g ginger sliced; / 橄榄油1.5大匙，葱2根洗净切段，姜1小块10克去皮切片；

3) 1 small ripe tomato 110 g, chopped. / 西红柿1个110克，切小块。

4) 1 bottle of beer, 2 tablespoons Kikkoman light soy sauce, 1.5 tablespoons dark soy sauce, ½ teaspoons salt, 2 tablespoons sugar. /啤酒1瓶375毫升，万字牌生抽酱油2大匙，老抽酱油1.5大匙，盐1/2茶匙，糖2大匙。

Directions/做法:

1. Cut beef into cubes and soak in cold water for ½ hour, rinse and drain. In a non-stick deep sauté pan, sauté green onion and ginger for 30 seconds with 1.5 tablespoons olive oil on high heat. Add beef stew meat and cook until outside turns light brown. Add chopped tomato and cook for another minute (Picture 1), then add beer, soy sauces, salt and sugar. Mix well then turn off the heat. Note that this step can be done with Instant Pot's "Sauté" function.

牛肉放冷水里泡半小时，捞出洗净沥水。不粘锅放1.5大匙橄榄油，置炉上开大火，炒香葱姜，下牛肉炒至焦香，放入西红柿块翻炒几下后（图1），依次倒入4料离火。这一步也可以用新款的 Instant Pot 的【煎炒】档来完成。

2: Transfer to the Instant Pot (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 35 minutes of cook time.

将牛肉及汤汁倒入电压力锅的内胆里，盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟，启动程序

3: When it is done, wait another 10 minutes. Slowly release the pressure then open the lid (Picture 2). Pour the sauce to a non-stick pan and reduce the sauce to about 1/3 on medium heat (Picture 3). Put the cooked meat back into the pot and mix well. Note that this step can be done with Instant Pot's "Sauté" function.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子（图2）。捞出煮好的牛肉保温。将汁水倒入原不粘锅里，开大中火收汁到三分之一的量（图3）。将牛肉倒入锅里拌均匀，即可盛出上桌了。这一步也可以用新款的 Instant Pot 的【煎炒】档来完成。

43.【Braised Beef in Vinegar Soy Sauce 高升牛肉】

Newer models of Instant Pot have Sauté function, very convenient to use it for reducing the sauce.

近期推出的 Instant Pot 都有 Sauté 的功能，用起来非常方便，肉压好后还可以用这个功能收汁，不用换锅。

Prepare time: 15 minutes
Cook time: 35+5 minutes
Level: low
Serves: 8 servings

Ingredients/用料:

1) 1400 g beef stew meat or roast; / 牛后腿或牛肩肉1400克；

2) 1.5 tablespoons olive oil, 2 green onion chopped to 1-inch length; 10 g ginger sliced; / 橄榄油1.5大匙，葱1条洗净切段，姜3-4片；

3) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, 1 tablespoons cooking wine, 2 tablespoons dark vinegar, 3 tablespoons sugar. / 万字牌生抽酱油2大匙，老抽酱油1大匙，头抽酱油1大匙，料酒1大匙，黑醋2大匙，糖3大勺。

Directions/做法:

1. Cut beef into cubes and soak in cold water for 1 hour, rinse and drain. Plug in Instant Pot and select "Sauté" function, add chopped green onions and sliced ginger, stir and cook for a minute (Picture 1). Add beef and cook for a few minutes until outside turns light brown (Picture 2).

   牛肉切块在清水里泡1小时，捞出洗净沥水。电压力锅内胆里放1.5大匙油，选【煎炒】档，放入2料里的葱和姜炒香（图1），然后放入牛肉翻炒至肉变色（图2）。

2: Add all ingredients of Ingredient 3) (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 35 minutes of cook time.

   依次放入3料（图3），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟。

3: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 4). Select "Sauté" function again to reduce the sauce before serving.

   程序完成后冷却5分钟，再放气打开盖子，选【煎炒】高档收汁即可（图4）。

44.【Braised Beef Tendon 干烧蹄筋】

Although beef tendon is not common in North American cuisine, it is low fat, low carb, and high protein food. The protein in beef tendon is mostly collagen, very good anti-aging food.

蹄筋中含丰富的胶原蛋白质，脂肪含量也比肥肉低，并且不含胆固醇。能增强细胞生理代谢，使皮肤更富有弹性和韧性，延缓皮肤的衰老。去超市买菜，LD 看到牛蹄筋想吃。用压力锅压了1小时，加料快速炒干，很好吃。

Prepare time: 15 minutes
Cook time: 60+5 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 850 g beef tendon; / 新鲜牛蹄筋一包850克；

2) 1.5 tablespoons olive oil, 1 green onion chopped to 1-inch length; 5 g ginger sliced, 2 cloves of garlic crushed; / 橄榄油1.5大匙，葱1条洗净切段，姜3-4片，蒜2粒去皮切片；

3) 2 tablespoons light soy sauce, 1.5 tablespoons dark soy sauce, 1 tablespoons cooking wine, ¼ teaspoon salt, 1 tablespoon sugar, 2 teaspoons dark vinegar; /万字牌生抽酱油2大匙，老抽酱油1.5大匙，料酒1大匙，盐1/4茶匙，糖1大匙，黑醋2茶匙；

4) 1 teaspoon sesame oil. / 香油1茶匙。

Directions/做法:

1. Rinse beef tendon and drain. Plug in Instant Pot, add beef tendon (Picture 1) and fill with cold water to cover the beef tendon. Select "Manual" or "Pressure cook" and set of 60 minutes of cooking time.

   将冲洗干净的牛蹄筋放入电压力锅内胆里（图1），加水没过蹄筋，盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档60分钟。

2: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid. When cool, cut beef tendon into small pieces (Picture 2).

   程序完成后冷5分钟，打开盖子，捞出煮好的蹄筋剪小块（图2）待用。

3: Heat 1.5 tablespoons olive oil in a non-stick pan, sauté chopped green onion, sliced ginger and crushed garlic for a minute (Picture 3). Add beef tendon, stir for a minute.

   不粘锅放1.5大匙橄榄油，置炉上开中大火，下剩余2料炒香（图3），倒入小块蹄筋翻炒几下。

4: Add all ingredients of Ingredient 3), stir and cook for a couple of minutes (Picture 4). Add sesame oil, stir to mix. Transfer to a serving plate and serve immediately.

   依次加入3料兜匀（图4），炒到汁浓，然后淋下4料里的香油，兜匀出锅。

45.【Five-Spice Braised Beef 五香牛肉】

Very delicious dish and your family will love it too.

这个五香牛肉大家要试试，很好味道，毛毛都很喜欢。

Prepare time: 15 minutes
Cook time: 40 minutes
Level: low
Serves: 8 servings

Ingredients/用料:

1) 1300 g beef stew meat; / 牛肉 1300克；

2) 1.5 tablespoons olive oil, 2 green onion chopped to 1-inch length, 8 g fresh ginger sliced, 2 star anise, 2 tablespoons soybean paste; / 橄榄油1.5大匙，葱2条洗净切段，姜3-4片，八角2粒，豆瓣酱2大匙；

3) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, 1 tablespoon Chinese cooking wine, 1/3 teaspoon salt, 4 teaspoons sugar, 1/3 teaspoon Chinese five-spice. /万字牌生抽酱油2大匙，老抽酱油1大匙，头抽酱油1大匙，料酒1大匙，盐1/3茶匙，糖4茶匙，五香粉1/3茶匙。

Directions/做法:

1. Soak beef in cold water for 1 hour, rinse and drain. Put beef in the boiling water for 2 minutes, drain and set aside.

   牛肉在清水里泡1小时，捞出洗净沥水。然后再用滚水烫2分钟后，沥水备用。

2: Plug in Instant Pot and select "Sauté" function. Add chopped green onions, sliced ginger, star anise and Chinese five spice, stir and cook for a minute (Picture 1). Add beef, stir and cook for a few minutes (Picture 2).

   电压力锅内胆里放1.5大匙油，选【煎炒】高档，放入2料里的葱，姜，八角，豆瓣酱炒香（图1），然后放入牛肉翻炒3分钟（图2）。

3: Add all ingredients of Ingredient 3) (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 35 minutes of cook time.

   依次放入3料（图3），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟。

4: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 4). Select "Sauté" function to reduce the sauce before serving.

   程序完成后冷5分钟，放气打开盖子（图4）。选【煎炒】高档收汁即可。

46.【Braised Beef Shank in Soybean Paste 酱烧牛肉】

I made this braised beef shank in soybean paste for dinner. With Instant Pot, this dish can be done in 45 minutes. The meat is so tender and full of flavour.

上次在附近农场买了很大块的牛腱，还剩一块做了这个酱烧牛肉，很受毛毛和 LD 的喜欢。

Prepare time: 10 minutes
Cook time: 45 minutes
Level: low
Serves: 7 servings

Ingredients/用料:

1) 1000 g beef shank or beef stew meat; / 牛肉或牛腱1000克；

2) 1.5 tablespoons olive oil, 1 tablespoon soybean paste, 1 tablespoon sweet flour paste, 2 green onion chopped to 1-inch length, 10 g fresh ginger sliced, 5-6 cloves of garlic crushed; / 橄榄油1.5大匙，豆瓣酱1大匙，甜面酱1大匙，葱2条洗净切段，姜3-4片，蒜瓣5-6粒去皮拍碎；

3) 1 tablespoon light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon Chinese cooking wine, 1/3 teaspoon salt, 2 teaspoons sugar, 3-4 tablespoons water. /万字牌生抽酱油1大匙，老抽酱油1大匙，料酒1大匙，盐1/3茶匙，糖2茶匙，水3-4大匙。

Directions/做法:

1. Cut beef into cubes and soak in cold water for 1 hour, rinse and drain. Put beef in the boiling water for 2 minutes, drain and set aside.

牛肉切块在清水里泡1小时，捞出洗净沥水。然后再用滚水烫2分钟后，沥水备用。

2: Plug in Instant Pot and select "Sauté" function, add all ingredients of Ingredient 2), stir and cook for a minute (Picture 1). Add beef, stir and cook for a few minutes (Picture 2).

电压力锅内胆里，放1.5大匙油，选【煎炒】高档，放入2料里的葱姜，豆瓣酱，甜面酱及蒜瓣炒香（图1），然后放入牛肉翻炒几分钟（图2）。

3: Add all ingredients of Ingredient 3) (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 35 minutes of cook time.

依次放入3料（图3），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟。

4: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 4). Select "Sauté" function again to reduce the sauce before serving.

程序完成后冷5分钟，放气打开盖子。选【煎炒】高档收汁即可（图4）。

47.【Braised Beef in Red Fermented Rice Paste 红糟牛肉】

It is very quick to make this tasty dish using Instant Pot.

上次国内带回来的红糟质量真好，味美香醇。今天用电压力锅煮了红糟牛肉，深受欢迎。

Prepare time: 10 minutes
Cook time: 45 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 2150 g beef shank; / 牛腱2150克；

2) 1.5 tablespoons avocado oil, 1 green onion cut to 1-inch length, 10 g fresh ginger sliced, 2 tablespoons red fermented rice paste;/ 牛油果油1.5大匙，葱1根切段，姜10克切片，红糟2大匙；

3) 2 tablespoons light soy sauce, 2 tablespoons dark soy sauce, 2 tablespoons premium soy sauce, 2 tablespoons cooking wine, ½ teaspoon salt, 2 tablespoons brown sugar. /生抽酱油2大匙，老抽酱油2大匙，头抽酱油2大匙，料酒2大匙，盐1/2茶匙，红糖2大匙。

Directions/做法:

1. Wash beef in cold water and then drain. Cut beef into cubes (Picture 1). Soak beef in cold water for 1 hour, rinse and drain. Put beef in the boiling water for 2 minutes, drain and set aside.

   牛肉洗净沥水切块（图1），放清水里泡1小时，捞出洗净沥水。然后再用滚水烫2分钟后，沥水备用。

2: Plug in Instant Pot and select "Sauté" function, add all ingredients of Ingredient 2), stir and cook for a minute (Picture 2). Add beef, stir and cook for a few minutes.

   电压力锅内胆里，放1.5大匙油，选【煎炒】高档，放入2料炒香（图2），然后放入牛肉翻炒几分钟。

3: Add all ingredients of Ingredient 3) (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 40 minutes of cook time.

   依次放入3料（图3），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档40分钟。

4: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 4). Select "Sauté" function again to reduce the sauce before serving.

   程序完成后冷5分钟，放气打开盖子（图4）。选【煎炒】高档收汁即可。

48.【Steamed Chicken in Garlic Sauce 蒜蓉豆豉蒸鸡球】

This is a wonderful traditional Chinese dish popular in many parts of China. It is well loved by my family. It cooks in quick and easy fashion and results in a very tender chicken in savoury garlic sauce, yummy~~

蒜蓉豆豉蒸鸡球很容易做，嫩滑好吃而且不油腻。我们家毛毛和毛毛爸都很喜欢。这次用快煲电压力锅来蒸的，好方便。

Prepare time: 15 minutes
Cook time: 12 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 9 chicken drumsticks (950 g); / 鸡腿9根950克；

2) Marinade ingredients: 1 tablespoon Kikkoman light soy sauce, 1 tablespoon dark soy sauce, 2/3 teaspoon salt, 1.5 tablespoon corn starch, 2 tablespoons water;/ 腌汁：万字牌生抽酱油1大匙，老抽酱油1大匙，盐2/3茶匙，生粉1.5大匙，水2大匙；

3) 1 tablespoon olive oil; / 橄榄油1大匙；

4) 2 tablespoons freshly minced garlic, 1 tablespoon minced Chinese salted fermented black beans; / 蒜蓉2大匙，豆豉1大匙斩蓉；

5) 1 tablespoon freshly chopped green onion. / 葱花1大匙。

Directions/做法:

1. Clean chicken drumsticks the night before, remove bones (Picture 1) and cut into pieces. Add all the marinade ingredients (Picture 2) and mix well. Store in a lidded container and place in the fridge overnight (Picture 3).

   鸡腿剔去骨头切小块（图1），放入所有2料（图2）拌匀（图3），加盖冰箱保湿过夜，这样鸡肉会很嫩。

2: In a small non-stick sauté pan, heat olive oil over medium-high heat. Add 1 tablespoon olive oil, sauté minced garlic and minced Chinese salted fermented black beans for a minute (Picture 4). Set to cool, then add to the marinated chicken (Picture 5) and mix well.

第二天下午下班回来，小号不粘锅，置炉上开中火，放橄榄油1大匙，炒香蒜蓉和豆豉（图4）离火。放入腌好的鸡块里（图5），拌匀。

3: Add 2 cups water in the Instant Pot, put the steam rack inside the pot and add 1.5 cups water (Picture 6). Transfer chicken to a shallow bowl and place it on the rack (Picture 7). Cover the pot lid and make sure the valve is at the "sealing" position. Choose "Steam" function and set cooking time for 12 minutes (Picture 8).

取出 快煲电压力锅附带的支架，放入内锅里，加1.5杯水（图6），将鸡肉放到一浅碗里，放入锅内的支架上（图7），加盖选【蒸】档12分钟，启动程序（图8）。

4: When it is done, wait for 5 minutes then release the pressure and open the lid. Take out the bowl and add in chopped green onion, mix well before serving.

电压力锅完成程序后，等5分钟，放气减压打开盖，取出蒸好的鸡球，放上葱花拌匀，即可食用。

49.【Three-Cup Chicken 三杯鸡】

The name of "three-cup chicken" comes from its traditional recipe that uses one small cup for each of the three main ingredients: Chinese cooking wine, soy sauce and sesame oil. Today this dish has evolved to include more ingredients.

三杯鸡是江西名菜，名字的由来是用米酒、酱油、香油各一小杯来煮的，味道很好。今天三杯鸡有更多的做法，在这三种调料的基础上还加了其他的东西，如九层塔。我直接用快煲电压力锅压的，也很不错。

Prepare time: 15 minutes
Cook time: 15 minutes
Level: low
Serves: 4-5 servings

Ingredients/用料:

1) 700 g chicken drumsticks; / 鸡腿1包700克;

2) 4 cloves of garlic, 10 g fresh ginger sliced，3~4 red chilli pepper;/ 蒜瓣4粒，姜5片，小辣椒3-4个;

3) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 2 tablespoons Chinese cooking wine, ¼ teaspoon salt, 1 teaspoon sugar, 1/6 teaspoon white pepper, 1 tablespoon sesame oil; /万字牌生抽酱油2大匙，金兰老抽酱油1大匙，绍酒2大匙，盐1/4茶匙，糖1茶匙，胡椒粉1/6茶匙，香油1大匙;

4) Fresh basil 20 g; / 九层塔20克。

Directions/做法:

1. Rinse chicken drumsticks and chop into small pieces.

   鸡腿斩小块，洗净沥水。

2: Plug in Instant Pot, add all ingredients of Ingredient 2) (Picture 1). Then add chicken and all ingredients of Ingredient 3) (Picture 2), mix well. Cover the lid and turn the pressure valve to the Seal position. Press "Pressure cook" button and set 15 minutes of cooking time.

   姜蒜辣椒放入 快煲电压力锅内锅里（图1），然后放入洗净沥水鸡块和所有3料，拌均匀（图2），加盖选【高压煮】档15分钟，启动程序。

3: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 4). Select "Sauté" function again to reduce the sauce to about ¼.

   程序完成后冷5分钟，放气打开盖子。再选【煎炒】高档，收汁到1/4量。

4: Add fresh basil (Picture 3), mix well. Cover the lid for 1 to 2 minutes. Mix well before serve.

   将九层塔放到烧好的鸡上（图3），拌匀盖盖焖1-2分钟，就可盛出上桌了。

50.【Chicken in Savoury Spicy Sauce 香辣凉拌鸡】

This is a very nice party dish that can be prepared in advance.

我们这小村不容易买到走地鸡。西人店可以买到小母鸡，味道也很鲜美。

Prepare time: 10 minutes
Cook time: 3+15 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1 cornish hen (750 g), 1 green onion chopped to 1-inch long pieces, 5 g fresh ginger sliced; / 小母鸡一只750克，葱一条切段，姜2-3片；

2) 1 tablespoon olive oil, 1 tablespoon freshly minced garlic, 1 tablespoon finely chopped green onion, 2 teaspoon freshly minced ginger, 1/3 teaspoon Chinese thirteen-spices, 2 teaspoons sweet flour paste;/ 橄榄油1大匙，蒜蓉1大匙，葱花1大匙，姜末2茶匙，十三香粉1/3茶匙，甜面酱2茶匙；

3) 1 tablespoon Chinese chili sauce, 1 tablespoon Kikkoman light soy sauce, 2 teaspoons Chinese vinegar, ¼ teaspoon chicken broth mix, ½ teaspoon salt, 1 teaspoon sugar,

2 tablespoons sesame oil, 1 tablespoon chili oil, 1 tablespoon water; / 1大匙风味香辣酱，万字牌生抽酱油1大匙，镇江香醋2茶匙，鸡精1/4茶匙，盐1/2茶匙，糖1茶匙，香油2茶匙，辣椒油1大匙，冷开水1大匙；

4) 1 fresh cilantro finely chopped. / 香菜1颗洗净切小粒。

Directions/做法:

1. Rinse the hen and remove excess fat. Add the hen and rest of Ingredient 1) to the Instant Pot. Fill water to 7-cup mark (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and select 3 minutes of cooking time.

   小母鸡去掉多余油和1料里的葱姜，放入快煲电压力锅内锅里，加水到7杯线（图1）。加盖选【手动】或【高压煮】档3分钟，启动程序。

2: While waiting for the chicken to be cooked, we can prepare the sauce. In a small non-stick sauté pan, sauté minced garlic, ginger and green onion for 30 seconds with 1 tablespoon olive oil on medium heat (Picture 3). Add the rest ingredients of Ingredient 2) and cook for another 30 seconds. Remove the pan from the heat. Add all ingredients of Ingredient 3) and 4), and mix well (Picture 4).

   煮鸡的空档，来做香辣汁：小号不粘锅置炉上开大火，加油1大匙，炒香蒜蓉，葱花和姜末（图3），然后放入剩余2料炒半分钟，关火。放入3-4料拌匀成汁待用（图4）。

3: When the program is done, wait another 15 minutes. Slowly release the pressure then open the lid. Drain the liquid and place the chicken in ice water for 20 minutes (Picture 2). Place the pot in the fridge for 1-2 hours. Remove the chicken and cut into small pieces. Pour the spicy sauce on top before serving.

   电压力锅完成程序后，等15分钟，放气减压打开盖，滗去汁水，将鸡放入冰水中（图2）晾凉20分钟。连锅一起放冰箱冰1-2小时，捞出鸡斩块浇上香辣汁即可。

51.【Poached Chicken in Ginger Scallion Dip 白切鸡】

This is a very nice cold dish and can be prepared in advance, great as a party dish.

我们这里不容易买到走地鸡，西人店可以买到小母鸡，味道也很鲜美。

Prepare time: 10 minutes
Cook time: 3+15 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1 cornish hen (750 g), 1 green onion chopped to 1-inch length, 5 g fresh ginger sliced; / 小母鸡一只750克，葱一条切段，姜2-3片；

2) 2 green onions, 10 g fresh ginger, ¾ teaspoon salt, ¼ teaspoon chicken broth mix, 1 tablespoon water;/ 葱2条，姜10克，盐3/4茶匙，鸡粉1/4茶匙，冷开水1大匙；

3) 2-3 tablespoons olive oil. / 橄榄油2-3大匙。

Directions/做法:

1. Remove excess fat of hen, rinse and then add the hen and rest of Ingredient 1) to the Instant Pot. Fill water to 7-cup mark (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and select 3 minutes of cooking time.

   小母鸡去掉多余油脂, 连同1料里的葱姜放入快煲电压力锅内锅里，加水到7杯线（图1），加盖选【手动】或【高压煮】档3分钟，启动程序。

2: While waiting for the chicken to be cooked, we can prepare the ginger and green onion dip. Use a blender to grind all ingredients of Ingredient 2) (Picture 3) into paste. Then transfer the mixture to a small bowl (Picture 4).

   将所有2料放入粉碎机打成蓉，倒入小碗里。

3: In a small sauté pan, heat oil at medium heat. Pour hot oil into the green onion and ginger mixture, mix well (Picture 5).

   小号不粘锅置炉上开大火，加油2-3大匙，烧热浇到葱姜蓉上，拌匀成汁（图5）。

4: When pressure cooker's program is done, wait another 15 minutes. Slowly release the pressure then open the lid. Drain the liquid and place the chicken in ice water for 20 minutes (Picture 2). Place the chilled chicken in the fridge for 2 hours. Cut chicken into small pieces and pour the sauce on top before serving.

   电压力锅完成程序后，等15分钟，放气减压打开盖，滗去汁水，将鸡放入冰水晾凉20分钟，然后连锅一起放冰箱里冰2小时。捞出鸡斩块浇上葱姜汁即可上桌了。

52.【Steamed Chicken in Anka Sauce 腐乳红糟蒸鸡】

这次用红糟做了腐乳红糟蒸鸡给 LD 解解馋。

Prepare time: 15 minutes
Cook time: 6 minutes
Stand time: 24 hours
Level: low
Serves: 4 servings

Ingredients/用料:

1) 5 chicken drumsticks about 550 g; / 鸡腿5根550克;

2) Marinade ingredients: 2 teaspoons dark soy sauce, 5 g fresh ginger sliced, 1 tablespoon anka sauce, 1 red fermented bean curd, 1/3 teaspoon salt, 1 teaspoon sugar, 1 tablespoon corn starch, 1.5 tablespoon water;/ 腌汁：老抽酱油2茶匙，姜3片，红糟1大匙，腐乳一小块，盐1/3茶匙，糖1茶匙，生粉1大匙，水1.5大匙;

3) 1 teaspoon finely chopped green onion. / 葱花1茶匙。

Directions/做法:

1. Clean and debone the drumsticks then cut into small pieces. Add chicken and the marinade ingredients in a container (Picture 1). Mix well and cover the lid. Place the container in the fridge overnight.

   鸡腿剔去骨头切小块，连同所有2料放入塑料盒里（图1）拌匀，冰箱过夜。

2: Transfer marinated chicken into a shallow bowl (Picture 2).

   第二天将鸡肉连同汁放入一浅碗里（图2）。

3: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl on the steam rack. Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 6 minutes of cooking time (Picture 3).

   取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛放鸡肉的碗放在支架上，盖上盖子，排气阀放置密封位置，选【蒸】档6分钟（图3）。

4: When the program is done, wait for another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed chicken. Sprinkle chopped green onion before serving.

   电压力锅完成程序后，冷却5分钟，放气减压打开盖子。取出蒸好的鸡肉，撒上点葱花就可上桌了。

53.【Steamed Chicken with Dried Mushrooms 香菇蒸鸡】

This is a delicious and savory chicken dish.

这个香菇蒸鸡简单易做，嫩滑好吃，吃不完的可以第二天当午餐。

Prepare time: 15 minutes
Cook time: 6 minutes
Stand time: 24 hours
Level: low
Serves: 4 servings

Ingredients/用料：

1) 5 chicken drumsticks about 550 g; / 鸡腿5根550克；

2) Marinade ingredients: 1 teaspoon light soy sauce, 1 teaspoon dark soy sauce, 1 tablespoon oyster sauce, 5 g fresh ginger sliced, 1/3 teaspoon salt, 1 teaspoon sugar, 1 tablespoon corn starch, 1.5 tablespoon water;/ 腌汁：万字牌生抽酱油1大匙，老抽酱油1大匙，蚝油1大匙，姜3片，盐1/3茶匙，糖1茶匙，生粉1大匙，水1.5大匙；

3) 1 teaspoon sesame oil, 4 Chinese dried mushrooms; / 香油1茶匙，香菇4朵；

4) 1 teaspoon finely chopped green onion. / 葱花1茶匙。

Directions/做法:

1. Clean and debone the drumsticks then cut into small pieces. Add chicken and the marinade ingredients in a container. Mix well and cover the lid. Place the container in the fridge overnight.

   鸡腿剔去骨头肉切小块，连同所有2料放入塑料盒里拌匀，冰箱过夜。

2: Soak mushrooms and finely chopped. Transfer marinated chicken into a shallow bowl, add chopped mushrooms and 1 teaspoon sesame oil, mix well.

   第二天将香菇泡软去蒂切丁。将鸡肉连同汁放入一浅碗里，然后放上香菇丁和香油拌匀。

3: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl on the steam rack (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 6 minutes of cooking time.

   取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛放鸡肉的碗放在支架上（图1），盖上盖子，排气阀放置密封位置，选【蒸】档6分钟。

4: When the program is done, wait for another 5 minutes. Slowly release the pressure open the lid. Take out the steamed chicken. Sprinkle chopped green onion before serving.

   电压力锅完成程序后，冷却5分钟，放气减压打开盖子。取出蒸好的鸡肉，撒上点葱花就可上桌了。

54.【Five-Spice Boiled Eggs 五香茶叶蛋】

This is a very popular dish and well loved by Chinese people in different regions.

自从上次发现用电压力锅煮蛋，蛋壳很容易剥掉后，我们家再做茶叶蛋时就用电压力锅了，很方便。

Prepare time: 2 minutes
Cook time: 2+1 minutes
Stand time: 12 hours
Level: low
Serves: 10 servings

Ingredients/用料:

1) 10 large eggs; / 大号鸡蛋10只；

2) 2 tablespoons Kikkoman light soy sauce, 3 tablespoons dark soy sauce, 3 teaspoons salt, 2 teaspoons sugar, 1 star anise, 2 cloves, 1 teaspoon five-spice powder, 1.5 tablespoons jasmine tea leaves, 3 cups water. / 万字生抽酱油2大匙，老抽酱油3大匙，盐3茶匙，糖2茶匙，八角1粒，丁香2粒，五香粉1茶匙，茶叶1.5大匙，水3杯。

Directions/做法:

1. Place eggs in pressure cooker and add cold water to 3-cup mark (Picture 1). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 2 minutes of cooking time.

   鸡蛋放入电压力锅里，加冷水到3杯的线【图1】，盖上盖子，选【手动】或【高压煮】档2分钟，启动程序。

2: When the program is done, wait for another 5 minutes. Slowly release the pressure then open the lid. Rinse eggs with cold running water and gently crack the shells.

   程序完成后，先冷却5分钟，再慢慢放气减压打开盖子。鸡蛋冲冷水后，将每个鸡蛋的蛋壳敲碎。

3: Place eggs and all ingredients of Ingredient 2) (Picture 2) in the Instant Pot. Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 1 minute of cooking time.

   将鸡蛋和所有2料放入电压力锅里【图2】，盖上盖子，选【手动】或【高压煮】档1分钟，启动程序。

4: When the program is done, unplug the pressure cooker and let stand overnight. Open the lid (Picture 3), take out the eggs then remove shells. You can store the eggs in an airtight container in the fridge. Warm 20-30 seconds in a microwave oven before serving next time.

   电压力锅程序完成后，拔掉插头，让鸡蛋在卤汁里泡一夜。第二天打开盖子【图3】捞出茶叶蛋剥壳后，就可以食用了。吃不完的茶叶蛋放密闭盒子里，放冰箱里冷藏，吃的时候可以微波炉热20到30秒。

55.【Steamed Egg Custard 嫩滑鸡蛋羹】

This is a nutritious but low calorie dish that kids and elderly love. The steamed egg is tender and smooth, well worth the effort.

蒸蛋羹在我们家是有安慰作用的，有时大小领导看牙医后，往往会个蒸蛋羹给他们。

Prepare time: 2 minutes
Cook time: 10 minutes
Level: low
Serves: 1 serving

Ingredients/用料:

1) 1 large egg / 大号鸡蛋1个；

2) 1/3 teaspoon salt, 1/6 teaspoon chicken broth mix, 150 ml lukewarm water (about ½ cup +2 tablespoons); / 盐1/3茶匙，鸡粉1/6茶匙，温水150毫升（大约1/2杯加2大匙）；

3) 1 teaspoon premium soy sauce, ½ teaspoon sesame oil, 1 teaspoon freshly chopped green onion. / 头抽酱油1茶匙，香油1/2茶匙，葱花1茶匙。

Directions/做法:

1. Crack an egg into a small bowl, add 1/3 teaspoon salt and 1/6 teaspoon chicken broth mix (Picture 1), beat with a fork (Picture 2). Slowly add 150 ml lukewarm water (Picture 3) and mix well (Picture 4).

   鸡蛋加盐1/3茶匙和1/6茶匙的鸡粉（图1），用叉子打散（图2），然后慢慢加入温水（图3）打均匀（图4）。

2: Slowly pour the egg and water mixture through a strainer into a serving bowl (Picture 5). Place the steam rack inside the Instant Pot. Fill water to the 1-cup mark. Place the bowl on the steam rack and cover with a small plate (Picture 6). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 10 minutes of cooking time.

   蛋汁过滤慢慢倒入小碗中（图5）。取出电压力锅附带的支架，放入内胆里，加水到1杯的线。将盛放鸡蛋的碗放在支架上，碗上再盖一个小碟子（图6）。盖上盖子，排气阀放置密封位置，选【蒸】档10分钟。

3: When the program is done, wait for another 3 minutes. Slowly release the pressure then open the lid (Picture 7). Sprinkle chopped green onion and add ½ teaspoon sesame oil before serving.

   电压力锅完成程序后，冷却3分钟，放气减压打开盖子（图7）。取出蒸好的鸡蛋，撒上点葱花和香油就可上桌了。

56.【Meat Stuffed Eggs 鲜肉酿蛋】

This is a steamed dish made from egg white and lean ground pork, very delicious and healthy. You want to try this dish with your guests.

这个鲜肉酿蛋是一道快速又美味的菜，你也不妨试试。

Prepare time: 15 minutes
Cook time: 20 minutes
Level: low
Serves: 3 servings

Ingredients/用料:

1) 45 g extra lean ground pork; / 瘦猪肉馅45克;

2) 1/3 teaspoon light soy sauce, 1/3 teaspoon dark soy sauce, 1/3 teaspoon premium soy sauce, 1 teaspoon chopped green onion, 1/8 teaspoon salt, 1/12 teaspoon ground white pepper, 1/4 teaspoon sesame oil, 1/8 teaspoon chicken broth mix, 1 teaspoon corn starch, 4 teaspoons water;/ 生抽酱油1/3茶匙，老抽酱油1/3茶匙，头抽酱油 1/3茶匙，葱花1茶匙，盐1/8茶匙，白胡椒1/12茶匙，香油 1/4茶匙， 鸡粉1/8茶匙，生粉1茶匙，水4茶匙;

3) 3 extra large eggs;/ 特大号鸡蛋3个;

4) ½ baby carrot, 1 teaspoon chopped green onion; / 小胡萝卜半根，葱花1茶匙;

5) 1 tablespoon premium oyster sauce, ¼ cup water. / 特级蚝油 1大匙，水1/4杯。

Directions/做法:

1. Combine all ingredients of Ingredient 1) to 2) in a bowl (Picture 1). Stir with a wooden spoon in one direction for 3 minutes, until the mixture becomes sticky (Picture 2). Peel carrot, rinse with water and chop finely (Picture 3).

   将猪肉馅同所有2料放一碗内（图1），用一勺顺一个方向搅拌至馅上劲待用（图2）。胡萝卜刮去皮，切细粒待用（图3）。

2: Plug in Instant Pot, place 3 eggs in the Instant Pot and add cold water to 3-cup mark (Picture 4). Place the lid on and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 3 minutes of cooking time. When it is done, wait 3 minutes, release pressure and open the lid, rinse eggs with cold water. Remove shells and set aside

鸡蛋放入电压力锅里，加冷水到3杯的线【图4】，盖上盖子，选【手动】或【高压煮】档3分钟，启动程序。程序完成后，等3分钟，放气拿出鸡蛋冲冷水，剥壳备用。

3: Cut egg in half (Picture 5), remove and discard egg yolk. Fill each half with 1.5 teaspoons meat filling (Picture 6). Place stuffed egg halves on a plate (Picture 7).

将煮好的鸡蛋对半切开（图5），小心挖掉蛋黄不用，加1.5茶匙的肉馅在蛋里（图6）。依次做好其他的酿蛋（图7）。

4: Fill water to 1-cup mark in the Instant Pot. Place the plate on the steam rack inside the Instant Pot (Picture 8). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 10 minutes of cooking time (Picture 8).

取出电压力锅附带的支架，放入内胆里，加水到1杯的线。将盛放酿蛋的盘子放在支架上，盖上盖子，排气阀放置密封位置，选【蒸】档10分钟（图8）。

4: When it is done, wait for another 2 minutes. Slowly release the pressure then open the lid. Take out the plate (Picture 9). Transfer egg halves to a clean plate, sprinkle some chopped carrot and chopped green onion.

程序完成后，先冷却2分钟，再慢慢移动排气阀排气。取出蒸好的鲜肉酿蛋（图9），放在另一个干净盘子上，上面撒些胡萝卜丁和葱花。

5: While waiting for steaming the stuffed eggs, add 1 tablespoon oyster sauce and ¼ cup water in a small sauce pan over high heat and bring to a boil. Pour the sauce over the eggs before serving.

趁着蒸蛋的空档，小锅置炉上开大中火，放入5料拌匀煮滚（图10），然后将汁浇到鲜肉酿蛋上，即可上桌。

57.【Chicken Breast Salad 凉拌鸡丝】

This chicken breast salad is a perfect summer treat.

不知你家怎样？我们家经常会煮些鸡汤、骨头汤，分别装盒冻起来，周末中午可以加青菜、西红柿做个汤面，就是简单美味的一餐了。问题是大家都不喜欢吃煮过汤的鸡胸肉，这次我就把它和黄瓜凉拌，不失为夏天可口的一道菜。

Prepare time: 15 minutes
Cook time: 20 minutes
Level: low
Serves: 3 servings

Ingredients/用料:

1) Half chicken breast or one cornish hen breast, 250 g; / 鸡胸肉半付250克，或者小母鸡胸一付；

2) 2 Lebanese cucumbers 220 g;/ 小嫩黄瓜2条（220克）；

3) ½ ts teaspoon p salt; / 盐1/2茶匙；

4) 1 teaspoon white sesame seeds; / 白芝麻1茶匙；

5) 1.5 teaspoons olive oil, 1 tablespoon finely chopped green onion, 1 teaspoon minced ginger, 1/6 teaspoon ground Sichuan peppercorn; / 橄榄油1.5茶匙，葱花1大匙，姜末1茶匙，花椒粉1/6茶匙；

6) 1/6 teaspoon chicken broth mix, 1 teaspoon balsamic vinegar, 1/4 teaspoon sugar, 1 teaspoon sesame oil, 2 teaspoons chili oil. / 鸡粉1/6茶匙，葡萄醋1茶匙，糖1/4茶匙，香油1茶匙，辣椒油2茶匙。

Directions/做法:

1. Rinse chicken breast and put inside the Instant Pot, fill water to 3-cup mark. Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and select 15 minutes of cooking time. When it is done, wait 3 minutes, release pressure and open the lid. Remove chicken breast, place in a container (Picture 1) and chill in fridge for 2 hours. Shred chicken breast by hand.

   鸡胸肉洗净放入电压力锅里，加冷水到3杯的线，盖上盖子，选【手动】或【高压煮】档15分钟，启动程序。程序完成后，等3分钟放气，将鸡肉放入一塑料盒里（图1），冰箱冷藏2小时。

2: Peel cucumbers, rinse with water and cut in half. Cut into thin slices, stack them up and cut into matchstick-sized strips (Picture 2). Place the cucumber strips and the shredded chicken breast in a bowl. Add ½ teaspoon salt (Picture 3), toss to mix.

   黄瓜稍微削皮，切片后切丝（图2），放入一干净碗中，鸡胸肉撕成丝放入（图3），加1/2茶匙盐拌匀。

3: A small non-stick fry pan over medium heat, add sesame seeds, stir and cook until roasted to golden color (Pictures 4). Sprinkle the roasted sesame seeds onto the chicken and cucumber.

   小号不粘锅开中火，放入1茶匙白芝麻，炒至金黄（图4）盛出待用。

4: Heat 1.5 tablespoons olive oil over medium heat. Sauté all ingredients of Ingredient 5) for about a minute (Pictures 5).

   原锅加1.5茶匙橄榄油，开中火。放入葱花，姜末和花椒粉，煎炒30秒钟至有香味离火（图5）。

5: Transfer cooked onion and ginger mixture to the chicken and cucumber bowl. Add all ingredients of Ingredient 6) (Pictures 6) and toss to mix before serving.

   将煎好的葱姜花椒粉连油一起倒入黄瓜碗中，加入炒好的白芝麻和所有6料，翻拌均匀（图6）就可以上桌了。

58.【Braised Duck with Dried Tangerine Peel 陈皮鸭】

Chenpi is also known as sun-dried tangerine peel. It is used in traditional Chinese medicine to treat coughing and improve digestion. Its slightly bitter taste and strong citrus aroma make it a perfect match with strong meaty Chinese dishes, such as braised duck or beef.

今天做了陈皮鸭，LD 很喜欢，还喝了杯啤酒，日子很美好。

Prepare time: 20 minutes
Cook time: 30+10 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) Half duck 1250 g; / 鸭子半只1250克；

2) 3-4 dried tangerine peel (1-inch size), 1-2 star anise, 2 green onion chopped into 1-inch length, 10 g ginger sliced;/ 陈皮3-4小块（7克），八角1-2粒，葱2根洗净切段，姜1小块10克去皮切片；

3) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1.5 tablespoons Chinese cooking wine, 1/3 teaspoon salt, 1.5 tablespoons sugar, 2 tablespoons water. /万字牌生抽酱油2大匙，金兰老抽酱油1大匙，绍酒1.5大匙，盐1/2茶匙，糖1.5大匙，水2大匙。

Directions/做法:

1. Clean the duck, remove excess fat and chop into small pieces. Put the meat in boiling water for 2 minutes, rinse and drain well.

   鸭子斩块洗净。放入开水中烫2分钟，沥水洗净备用。

2: Add all ingredients of Ingredient 2) and 3) to the Instant Pot (Picture 1) and then add duck meat (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 30 minutes of cooking time.

   电压力锅放入所有2和3料（图2），然后放入鸭块（图2）。盖上盖子，选【手动】或【高压煮】档30分钟。

3. When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Press "Sauté" function and adjust to "More" for high temperature to reduce sauce to about ¼.

   电压力锅完成程序后，等5分钟，放气减压打开盖子。然后按下【煎炒】调高档收汁即可。

59.【Nanjing Salted Duck 盐水鸭】

This is a very famous duck recipe from Nanjing, China. It is a great party dish that is well loved by all guests.

跟大家分享盐水鸭的做法。我做盐水鸭是用上好的花椒粉加海盐腌24小时，这样既入味又不会太咸，非常香，很受朋友们的欢迎。

Prepare time: 20 minutes
Cook time: 30+10 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) 1 young duck 2500 g; / 鸭子一只 2500克；

2) 3 tablespoons sea salt, 1 tablespoon ground Chinese peppercorn;/ 海盐3 大匙，花椒粉1大匙；

3) 1 green onion, 10 g fresh ginger sliced, 1 star anise, 2 clovers, 1 tablespoon salt. / 葱一条，姜片5 片，八角一粒，丁香2粒，盐1大 匙。

Directions/做法:

1. Clean duck and trim off excess fat. Drain the duck from the water and thoroughly pat it dry with paper towels, inside and out. Put Ingredient 2) in a small bowl and mix well (Picture 1). Rub the salt and ground Sichuan peppercorns all over the duck, inside and out (Picture 2), and make sure to use all the mixture. Place in a lidded container and store in the fridge for 24 hours.

   鸭子洗净后去掉多余的肥油。先将海盐和花椒粉拌匀【图1】，把花椒盐均匀涂抹于鸭子的里外面【图2】，密封后在冰箱里腌24小时。
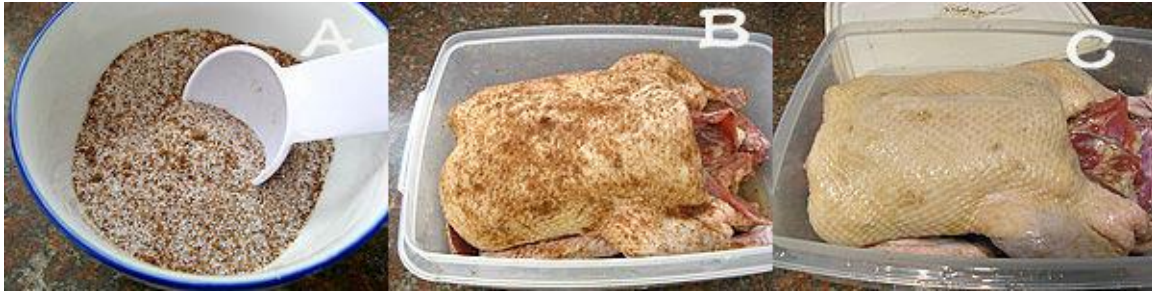
2: Rinse off salt and ground peppercorn (Picture 3). Add the duck and all ingredients of Ingredient 3) to the Instant Pot and fill water to the 10-cup mark. Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 5 minutes of cooking time.

   将鸭子里外用水冲洗干净【图3】，与3料一同放入电压力锅里，加水到10杯的线，盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档5分钟，启动程序。

3: When the program is done, press "Keep Warm" button and wait for 30 minutes. Slowly release the pressure then open the lid. Drain the water and chill the cooked duck in the fridge for 4 hours.

   电压力锅完成程序后，选【保温】档30分钟，然后放气减压打开盖，取出煮好的鸭子，放入干净密闭的容器里，在冰箱里冰4小时后斩块食用。

60.【Beer Braised Duck 啤酒鸭】

This dish is cooked with beer, very tasty.

上次做菜还剩有半只鸭子，今天做了啤酒鸭，很好吃。

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Prepare time: 20 minutes
Cook time: 30+10 minutes
Level: low
Serves: 6 servings

Ingredients/用料:

1) Half duck 1250 g; / 鸭子半只1250克；

2) 1 green onion chopped into 1-inch length, 10 g ginger sliced;/ 葱1根洗净切段，姜10克切片；

3) 2 tablespoons light soy sauce, 1.5 tablespoons dark soy sauce, ½ teaspoon salt, 1.5 tablespoons (15 g) rock sugar; /万字牌生抽酱油2大匙，老抽酱油1.5大匙，盐1/2茶匙，冰糖块1.5大匙（15克）。

4) ½ bottle of beer about 180 ml. / 半瓶啤酒180毫升。

Directions/做法:

1. Clean the duck, remove excess fat and cut into small pieces. Put the meat in boiling water for 1~2 minutes, rinse and drain well.

   鸭子斩块洗净。放入开水中烫1~2分钟，沥水洗净备用。

2: Add all ingredients of Ingredient 2) and 3) to the Instant Pot (Picture 1). Then add duck meat (Picture 2) and half bottle of beer. Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 30 minutes of cooking time.

   电压力锅放入所有2和3料（图2），然后放入鸭块（图2）及啤酒。盖上盖子，选【手动】或【高压煮】档30分钟。

3. When the program is done, wait another 5minutes. Slowly release the pressure then open the lid. Press "Sauté" function and adjust to "More" for high temperature to reduce sauce to about ¼.

   电压力锅完成程序后，等5分钟，放气减压打开盖子。然后按下【煎炒】调高档收汁即可。

61.【Sous Vide Duck Breast 低温嫩鸭胸】

Google "Sous vide" (French for "under vacuum") and you will find 10 million search results. It involves cooking food in sealed plastic bags in a water bath at a lower temperature (50~70C) and keep it constant for long period of time. This technique was used by French chefs in the 1960s-70s. It has become increasingly popular at gourmet restaurants because it yields much higher succulence and avoids overcooking. Even Iron Chefs use this technique on TV shows. There is even an expensive water-oven SousVide Supreme apparatus for this purpose. Since I have an electric pressure cooker with a "Keep Warm" function which maintains temperature around 65C, I decided to try this technique out. Results are pretty good.

如果上网搜索"Sous vide"，你会发现很多的介绍。这种烹饪方法是将肉类放在真空密闭的塑料袋里，用低温水浴（50~70C）花较长时间煮熟，肉类鲜嫩而不会失去水分。这种烹饪方法风行于六七十年代的法国，现今被西餐大厨们广泛应用，铁厨们在电视节目也用过这个烹饪方法。市场上还有专门的水浴器卖，价钱真不便宜。我想试试这个方法，正好家里的电高压锅有保温档，温度可保持在65摄氏度，做个杏子酱鸭胸看看效果。鸭肉很嫩，真不错。

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Prepare time: 10 minutes
Cook time: 35+4 minutes
Stand time: 2.5 hours
Level: Medium
Serves: 2 servings

Ingredients/用料:

1) 2 large boneless duck breast halves 480 g, skin-on; / 带皮鸭胸两块，共480克；

2) 1 teaspoon salt, 2 teaspoons freshly minced garlic, ½ teaspoon freshly ground black pepper, 1/3 teaspoon dried thyme, 1/3 teaspoon peppercorn;/ 盐1茶匙，蒜蓉2茶匙，黑胡椒粉1/2茶匙，干百里香1/3茶匙，花椒粒1/3茶匙；

3) 1 tablespoon vegetable oil; /玉米油或菜油1大匙；

Apricot sauce (optional): / 杏子酱汁：

4) 2 teaspoons sugar, 1 large ripe apricot peeled and cored, 2 tablespoons water. / 糖2茶匙，熟杏子1个去皮去核，加水2大匙碾碎。

Directions/做法:

1. Clean duck breasts then rub on all ingredients of Ingredient 2) (Picture 1). Cover and chill in the fridge for 2 hours. Rinse off and place duck breasts in a Ziploc bag, remove air and seal it (Picture 2).

将2料均匀撒在两片鸭胸上，用手揉匀，盖上保鲜膜，在冰箱里腌2小时（图1）。然后洗掉上面的调味料，将鸭胸肉放入一个 Ziploc 塑料袋里，将袋中空气排出以后，封牢塑料袋口（图2）。

2: Add water to the Instant Pot to 7-cup mark. Leave the lid open, turn on power and press "Keep warm" button. After 20 minutes, place the Ziploc bag in the water bath for 35~40 minutes (Picture 3).

电压力锅内胆里加水到7杯的线，插上电源，不要盖盖子，按下【保温】档。等20分钟后将盛放鸭肉的塑料袋放入水中（图3），保温水浴35～40分钟。

3: Remove the bag from the water and pat dry (Picture 4). Sear skin side of duck breasts in a non-stick frying pan with 1 tablespoon vegetable oil at medium-high heat until golden (Picture 5). Turn over and cook for another 20 seconds.

捞出塑料袋，取出鸭胸肉，用纸擦去水分（图4）。不粘锅置炉上开大中火，加1大匙油，等油热后将鸭胸肉带皮的一面朝下煎黄（图5），翻转一面再煎20秒捞出。

4: Slice the cooked duck breasts and serve with apricot sauce.

鸭肉切片后即可食用，也可配点杏子酱或桃子酱。鸭肉非常的鲜嫩好吃。

5: Apricot sauce: Mash apricot with 2 tablespoons water. Add 2 teaspoons sugar and mix. Bring to a boil in a small pot, then simmer 5 minutes at low heat.

杏子酱做法：将4料放一小锅里煮滚，改小火再煮5分钟即可。

62.【Sweet and Sour Cutlassfish 糖醋酥带鱼】

With a pressure cooker, this sweet and savoury dish can be prepared in less than one hour. Even better, the fish bones are so well cooked that they are edible.

糖醋酥带鱼是补钙佳品，鱼骨酥到可以同鱼肉一起吃下去。如果用一般的锅来做这道菜，费事费时。用电压力锅，只要55分钟就做好了。

Prepare time: 22 minutes
Cook time: 55 minutes
Level: Medium
Serves: 4 servings

Ingredients/用料：

1) 1 cutlassfish 600 g; / 带鱼1条600 克；

2) 2 tablespoons corn oil; / 玉米油2大匙；

3) 2 tablespoons Kikkoman light soy sauce, 2 tablespoons dark soy sauce, 1.5 tablespoons Chinese dark vinegar, 1 tablespoon Chinese cooking wine, 1 green onion cut into 1-inch length, 1 small piece ginger sliced, 1/3 teaspoon salt, 3 tablespoons sugar, 2 tablespoons water. /万字牌生抽酱油2大匙，老抽酱油2大匙，镇江香醋1.5大匙，绍酒1大匙，葱1条切段，姜4-5片，盐1/3茶匙，糖3大匙，水2大匙。

Directions/做法：

1. Clean the fish and cut into 1-inch long pieces (Picture 1).

   带鱼去肠去头洗净，用纸巾擦干，然后切2厘米长段备用（图1）。

2: In a non-stick frying pan, heat 2 tablespoons oil over medium-high heat. Pan fry fish until both sides turn golden brown (Picture 2). Set aside.

   不粘锅置炉上开大火，放入2大匙玉米油，油热后放入鱼块，两面煎黄（图2）捞出。

3: Add all ingredients of Ingredient 3) to the Instant Pot (Picture 3). Add pan fried fish (Picture 4), and turn fish over to coat with sauce. Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 55 minutes of cooking (Picture 5).

将所有3料放入 快煲电压力锅内锅里，然后放入煎好的带鱼（图4），两面都沾上汁。加盖选【手动】或【高压煮】档55分钟（图5），你可以走开去做别的事，不用看着锅。

4: When the program is done, wait another 10 minutes. Slowly release the pressure then open the lid (Picture 6). Take out the fish and place on a serving plate, serve warm or cold.

电压力锅完成程序后，再等10分钟，放气减压打开盖子（图6），取出糖醋酥带鱼装盘上桌。

63.【Haddock with Spicy Sauce 五味鱼片】

有次工作单位里义卖，我做了这个五味鱼片带去，结果西人同事们都非常喜欢。这个五味鱼片做法简单健康，非常鲜嫩好吃，向大家大力推荐。

Prepare time: 20 minutes
Cook time: 4 minutes
Level: Low
Serves: 4 servings

Ingredients/用料:

1) 454 g Haddock fish fillet, ½ teaspoons salt, 1 tablespoon corn starch, 1/8 teaspoon white pepper; / 新鲜鱼柳454克，1/2茶匙盐，1大匙生粉，白胡椒1/8茶匙；

2) 1 tablespoon olive oil, 1 chili pepper, 1 tablespoon freshly minced garlic, 1 tablespoon finely chopped green onion, 1 teaspoon finely chopped ginger; / 橄榄油1大匙，小辣椒1个去籽切末，蒜蓉1大匙，葱花1大匙，姜末1茶匙；

3) 1 tablespoon ketchup, 2 tablespoons Kikkoman light soy sauce, 2 teaspoons Chinese dark vinegar, 1 tablespoon sesame oil, 1.5 teaspoons sugar, 1/6 teaspoon chicken broth mix;

/ 番茄酱1大匙，万字牌生抽酱油2大匙，镇江香醋2茶匙，香油1大匙，糖1.5茶匙，鸡精1/6茶匙；

4) 1 fresh cilantro, finely chopped. / 香菜1根，洗净切小粒。

Directions/做法:

1. Rinse fish fillet with cold water and cut into 1-inch squares. Mix well with the rest of Ingredient 1) in a bowl (Picture 1). Set aside in the fridge for 20 minutes. Place marinated fish in a shallow bowl or on a plate.

鱼片洗净后沥水切片，与剩余1料拌匀（图1），放冰箱里腌20分钟，将腌好的鱼片放入一浅碗里。

2: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl on the steam rack (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 4 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯线。将盛鱼片的碗放上支架上（图2），盖上盖子，选【蒸】档4分钟，启动程序。

3: Meantime, remove seeds and finely chop the chili pepper. Heat 1 tablespoon olive oil in a small non-stick sauté pan over medium-high heat. Add all ingredients of Ingredient 2) to sauté for a minute (Picture 3), then remove from heat. Add all ingredients of Ingredient 3) and 4), mix well.

趁着蒸鱼的空档来做五味汁：小号不粘锅置炉上开大火，加橄榄油1大匙，炒香2料（图3），关火后依次放入3、4料拌匀成汁待用（图4）。

4: When program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed fish and discard excess liquid. Pour the sauce over steamed fish before serving.

电压力锅完成程序后，等5分钟，放气减压打开盖，取出蒸好的鱼片，滗去汁水，浇上做好的五味汁，就可以上桌了。

64.【Hot and Spicy Fish 麻辣鱼片】

虽然毛毛爸不爱吃辣，但他喜欢这个麻辣鱼片，说超级好味道。

Prepare time: 20 minutes
Cook time: 4 minutes
Level: Low
Serves: 4 servings

Ingredients/用料:

1) 454 g Haddock fish fillet, ½ teaspoons salt, 1 tablespoon corn starch, 1/8 teaspoon white ground pepper; / 新鲜鱼柳454克，1/2茶匙盐，1大匙生粉，白胡椒1/8茶匙；

2) 1 tablespoon olive oil, 1 tablespoon freshly minced garlic, 1 tablespoon finely chopped green onion, 2 teaspoons minced ginger, ½ teaspoon ground Chinese peppercorn, 1 tablespoon chili soybean paste, 2 teaspoons sweet flour paste; / 橄榄油1大匙，蒜蓉1大匙，葱花1大匙，姜末2茶匙，花椒粉1/2茶匙（爱麻味的可放1茶匙），辣豆瓣酱1大匙，甜面酱2茶匙；

3) 1 tablespoon chill sauce, 1 tablespoon chilly oil, 2 teaspoons Chinese dark vinegar, 2 teaspoons sesame oil, ¼ teaspoon salt, 1 teaspoon sugar, ¼ teaspoon chicken broth mix, 2 tablespoons water. / 老干妈辣椒酱1大匙（爱辣的加2大匙）或1大匙风味香辣酱，辣椒油1大匙，镇江香醋2茶匙，香油2茶匙，盐1/4茶匙，糖1茶匙，鸡精1/4茶匙，冷开水2大匙。

Directions/做法:

1. Rinse fish fillet with cold water and cut into 1-inch squares. Mix well the fish with rest of Ingredient 1) in a bowl (Picture 1). Set aside in the fridge for 20 minutes. Place marinated fish in a shallow bowl or on a plate.

   鱼片洗净后沥水切片，与剩余1料拌匀（图1），放冰箱里腌20分钟，将腌好的鱼片放入一浅碗里。

2. Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the bowl on the steam rack (Picture 2). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 4 minutes of cooking time.

   取出电压力锅附带的支架，放入内胆里，加水到2杯线。将盛鱼片的碗放上支架上（图2），盖上盖子，选【蒸】档4分钟，启动程序。

3. Meantime, heat olive oil over medium-high heat in a small non-stick sauté pan. Sauté minced garlic, ginger and chopped green onions for a minute (Picture 3). Add the rest of ingredients of Ingredient 2) and sauté for 30 seconds (Picture 4), then remove the pan from heat. Add all ingredients of Ingredient 3) and mix well (Picture 5).

   趁着蒸鱼的空档来做麻辣汁：小号不粘锅置炉上开大火，加油1大匙，炒香蒜蓉、葱花和姜末（图3），然后放入剩余2料炒半分钟（图4），关火。放入3料拌匀成汁待用（图5）。

4. When program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed fish and discard excess liquid. Pour the sauce over steamed fish before serving.

   电压力锅完成程序后，等5分钟，放气减压打开盖，取出蒸好的鱼片，滗去汁水，浇上做好的麻辣汁，就可以上桌了。

65.【Shrimp Stuffed Tofu 鲜虾酿豆腐】

This is a lovely tofu dish, easy to make, delicious and great for parties.

玉子豆腐配上嫩滑的虾茸，味美而且热量又低。

Prepare time: 15 minutes
Cook time: 4 minutes
Level: Medium
Serves: 4 servings

Ingredients/用料:

1) 10 large frozen white shrimps (size 30/40), 1 package egg tofu 245 g; / 大号的冰冻白虾10个，玉子豆腐1袋（245克）

2) 2 teaspoons finely chopped green onion, ¼ teaspoon freshly minced ginger, 1/8 teaspoon ground white pepper, 1/2 teaspoons sesame oil, 1/3 teaspoon salt, 1 teaspoon corn starch, 2 teaspoons water; / 葱花2茶匙，姜末1/4茶匙，白胡椒粉1/8茶匙，香油1/2茶匙，盐1/3茶匙，生粉1茶匙，水2茶匙；

3) 5 Goji berries, ½ teaspoon finely chopped green onion; / 枸杞子5粒，葱花1/2茶匙；

4) 1.5 teaspoons light soy sauce, 1.5 teaspoons premium soy sauce, 1.5 teaspoons oyster sauce, 1.5 teaspoons fish sauce, 1/3 teaspoon sugar, 1/8 teaspoon ground white pepper, 2.5 tablespoons water;/ 万字牌生抽酱油1.5茶匙，头抽酱油1.5茶匙，蚝油1.5茶匙，鱼露1.5茶匙，糖1/3茶匙，白胡椒粉1/8茶匙，水2.5大匙；

5) ½ teaspoons sesame oil. / 香油1/2茶匙。

Directions/做法:

1. Thaw the shrimps, peel and devein, then rinse under cold running water. Dice shrimp (Picture 1) then chop finely (Picture 2). Put finely chopped shrimp in a small bowl with all ingredients of Ingredient 2) (Picture 3). Stir in one direction with a pair of chopsticks for 3 minutes until the mixture becomes sticky (Picture 4).

冰冻白虾放冷水中泡软，剥去皮后洗净切丁（图1），然后斩成茸（图2）。虾茸和所有2料放入盆中（图3），用一双筷子顺一个方向搅拌至少100下，至馅上劲（图4）。

2: Rinse egg tofu under cold water and then slice into 1 cm thick discs. Scoop some tofu out in the center with a small spoon (Picture 5). Spoon 2 teaspoons of shrimp filling on top of each tofu disc (Picture 6). Decorate with half Goji berry and some finely chopped green onion. Place all tofu discs on a plate.

玉子豆腐用凉水冲洗后，切成9片，每片大约1厘米厚。用小勺轻轻将中间挖去稍许（图5），酿入大约2茶匙的虾茸（图6），再用半个枸杞子和几粒葱花装饰。挖出来的豆腐不要丢掉，与剩余的虾茸放到另外一个盘子上。

3: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the plate on the steam rack (Picture 7). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 4 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯线。将盛鱼片的碗放上支架上（图7），盖上盖子，选【蒸】档4分钟，启动程序。

4: Meanwhile, add all ingredients of Ingredient 4) in a small non-stick sauté pan and bring to a boil over high heat (Picture 8). Remove from heat and stir in ½ teaspoons sesame oil.

不粘锅放入所有4料（图8），大火煮滚后离火，放入1/2茶匙香油拌匀。

5: When program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed tofu and discard excess liquid. Pour the sauce over it before serving.

电压力锅完成程序后，等5分钟，放气减压打开盖，取出蒸好的酿豆腐，滗去汁水，将汁倒在酿豆腐上，就可上桌了。

66.【Snow Fungus and Lotus Seeds Soup 红枣银耳莲子羹】

Chinese love the Snow Fungus and Lotus Seeds Soup. It has numerous health benefits and can be consumed as a dessert or a nutritious drink. It is very convenient to make this dessert soup with using Instant Pot's "Slow Cook" function.

毛毛和毛毛爸这次从中国回来带来了非常好的湖南干红莲子、和田特级玉枣、山药干等好东西。用我的7-1 Instant Pot 的慢炖功能，煮了这个红枣银耳莲子羹。早上每人喝一大碗，真是暖人又养颜的。晚上将材料放入锅里，慢炖了11小时，非常方便。

Prepare time: 20 minutes
Cook time: 11 hours
Level: Low
Serves: 8 servings

Ingredients/用料:

1) Dried Snow Fungus (white wood ear mushrooms) 30 g; / 干银耳2-3朵，30克；

2) 1/3 cup (70 g) dried lotus seeds, with bitter-tasting germ removed; / 去芯红莲子1/3杯，70克；

3) 5-6 slices of dried Chinese yam (Dioscuri opposita) 20 g; / 干山药片5-6片，20克；

4) 6 large Hetian dried red dates; / 和田特级玉枣6个；

5) ¼ cup edible dried lily bulbs 20 g; / 干百合1/4杯，20克；

6) 1/2-3/4 cup rock sugar or honey. / 冰糖或者蜂蜜1/2-3/4杯，水适量。

Directions/做法:

1. Soak dried Snow Fungus and dried lily bulbs in cold water separately for about 2 hours (Picture 1). Tear Snow Fungus into small pieces, rinse and drain. Rinse and drain lily bulbs.

干银耳加冷水浸泡2小时（图1），洗净撕成小朵待用。干百合也用冷水浸泡2小时，沥水待用。

2: At night, rinse lotus seeds, dried Chinese yam and dates (Picture 2). Place them with Snow Fungus and lily bulbs inside Instant Pot and fill with cold water to the 10-cup mark (Picture 3). Cover the lid and place the pressure valve to "Seal" position. Press "Slow cook" button and set 11 hours of cooking time (Picture 4).

晚上将发好洗净的银耳、百合，洗净的红莲子、山药片和枣子（图2）放入电压力锅锅内胆里，加水到10杯刻度线（图3），盖上盖子，排气阀放置密封位置，选【慢炖】档11小时（图4）。

3: Next morning, when the program is done, release the pressure of the Instant Pot and open the lid. Add rock sugar or honey and mix well. You can eat the soup without sugar.

第二天早上，放气打开盖子。放入1/2-3/4杯糖，搅拌均匀就可以了，味美又滋补。不想放糖也可以加点蜂蜜调味或吃原味的。材料好，这羹就好吃。

67.【Sticky Rice Zongzi 碱水红豆粽】

Chinese celebrate Duanwu festival, also known as the Dragon Boat Festival, on the 5th day of the 5th lunar month. The focus of the celebrations includes eating Zongzi (sticky rice wrapped in bamboo leaves) and racing dragon boats. This tradition has lasted for two thousand years.

受老妈影响，我也很喜欢吃粽子，这个红豆粽子沾白糖吃很棒。用 Instant Pot 煮的粽子很方便。

Prepare time: 40 minutes
Cook time: 50 minutes
Stand time: 8 hours
Level: Low
Serves: 9 servings

Ingredients/用料:

1) 2 cups glutinous rice; / 糯米2杯；

2) ¼ cup red beans; / 红豆1/4杯；

3) 20 dried or fresh bamboo leaves; / 干粽叶20片；

4) 1 teaspoon baking soda; / 小苏打1茶匙；

5) Sugar or honey to taste. / 蜂蜜或白糖适量。

Directions/做法:

1. Soak red beans for 5 hours and drain (Picture 1). Soak glutinous rice for at least 5 hours and drain (Picture 2). Place dried bamboo leaves in boiling water for 2 minutes (Picture 3), then rinse with cold water. Cut off ends of bamboo leaves. Mix rice with red beans and add 1 teaspoon baking soda and mix well (Picture 4). Set aside for 20 minutes.

   上班之前，分别洗净糯米和红豆，用冷水泡上（图1-2）。下午回来后，粽叶加上开水烫2分钟，然后泡清水里（图3）。将红豆倒入糯米里，与小苏打拌匀，静置20分钟（图4）。

2: Put two leaves together to form a cone. Add about 1/9 portion rice and red bean mixture (Picture 5). Use a chopstick to press rice down, then wrap it tightly with the other end of bamboo leaves (Picture 6-7). Tie with twine (Picture 8).

取两片粽叶，剪去粽叶头上的梗，将两片并拢，靠粽叶头一端卷成一个漏斗状。放入 4-5大匙米，用筷子轻轻捅几下，让米紧实（图5）。手指将漏斗两边的粽叶捏进去，粽叶上端盖下来（图6），捏紧口往左边环绕过去（图7），接着用线捆紧（图8）。

3: Place all Zongzi inside the Instant Pot. Add water up to the 6-cup mark to submerge them (Picture 9). Cover the lid and turn the pressure valve to the Seal position. Press the "Manual" or "Pressure cook" button and set 50 minutes of cooking time.

包好的粽子放入电压力锅的内锅里（图9），加水至6杯线，水没过粽子。加盖选【手动】或【高压煮】档50分钟，启动程序。

4: When the program is done, wait another 30minutes. Slowly release the pressure then open the lid. Remove Zongzi and set aside to cool. Unwrap and serve with sugar or honey.

电压力锅完成程序后，再等30分钟，放气减压打开盖子，取出粽子冷凉后，剥去粽叶沾白糖或蜂蜜吃。

68.【Stuffed Lotus Root with Sticky Rice 桂花糯米藕】

This is a traditional Chinese dessert made from lotus root stuffed with sweet sticky rice.

莲藕全身均可药用，生食凉血止血，除热清胃，熟食有养胃滋阴之功效。这桂花糯米藕是小时候过年才吃上的一款甜品，桂香飘逸，软糯香甜。可惜在本地华人超市很难买到好藕，也就很少做这个了。

Prepare time: 20 minutes
Cook time: 90 minutes
Level: Low
Serves: 12 servings

Ingredients/用料:

1) 2 stems lotus root 750 g; / 鲜藕两节750克，洗净备用；

2) 2/3 cup glutinous rice; / 糯米2/3杯；

3) 1/3 teaspoon baking soda; /小苏打1/3茶匙；

4) 1 tablespoon sugar, 2 tablespoons honey, 1 tablespoon Osmanthus flower jam, ¼ cup water; / 糖1大匙，蜂蜜2大匙，糖桂花1大匙，水1/4杯；

5) 1.5 teaspoons corn starch mix with 1 tablespoon water. / 生粉1.5茶匙，水1大匙拌匀。

Directions/做法:

1. Soak rice for at least 2 hours and drain. Cut one end of the lotus root and save it. Clean lotus root in and out, and rinse well. Fill with soaked glutinous rice with the aid of a chopstick (Picture 1). Put the end back and secure it with toothpicks.

将藕节一端切下留作盖子，用水冲洗干净藕节，将泡好的糯米灌入藕孔，一边灌一边用筷子向内捅，使糯米填满藕孔（图1）。然后将切下的藕节一端原样盖好，用牙签固定。

2: Place the stuffed lotus root into the Instant Pot (Picture 2). Fill water to the 8-cup mark and add 1/3 teaspoon baking soda. Cover the lid and turn the pressure valve to the Seal position. Press "Manual" or "Pressure cook" button and set 90 minutes of cooking time.

将灌满糯米的藕放入电压力锅内胆里（图2），加水到8杯线，加入1/3茶匙小苏打后盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档90分钟，启动程序。

3: When the program is done, wait 10 minutes. Slowly release the pressure then open the lid. Take out the cooked lotus root. After it cools down, slice and place in a plate.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子。捞出糯米藕，切片放盘里。

4: In a small sauce pot, add all ingredients of Ingredient 4) and bring to a boil on medium heat. Reduce to medium-low heat. Add Ingredient 5) and stir until boiling again (Picture 3). Turn off the heat and pour the sauce onto the sliced lotus root.

小锅放入4料，置炉上开中火煮至滚，调小火放5料拌匀再煮滚（图3）。将糖桂花汁淋在藕片上即可食用。

69.【Eight-Treasure Rice 简易八宝饭】

This is a traditional Chinese dessert made from glutinous rice, red bean paste and dry fruits.

在北美要配齐做八宝饭的材料也是不容易，用现有的材料也可以做出很好吃的八宝饭。

Prepare time: 15 minutes
Cook time: 35+25 minutes
Level: Low
Serves: 8 servings

Ingredients/用料:

1) 1 cup glutinous rice, ¼ cup sugar, 2 tablespoons corn oil, 3 tablespoons raisins, 1 cup water; / 糯米1杯，糖1/4杯，玉米油2大匙，葡萄干3大匙，水1杯；

2) 4 dried dates soaked and chopped, 4 dried apricots cut into 12 pieces, 10 dried cranberries, 14 cooked lotus seeds, 2/3 cups red bean paste, 1 tablespoon red and green fruit peels (optional); / 红枣3-5粒去核切条，杏干4个，蔓越莓干10粒，煮熟莲子14粒，红豆沙2/3杯，青红丝1大匙；

3) 2 tablespoons sugar, 1 tablespoon Osmanthus flower tea, ¼ cup water; /糖2大匙，糖桂花1大匙，水1/4杯；

4) 1.5 teaspoons corn starch mixed with 1 tablespoon water. / 生粉1.5茶匙，水1大匙拌匀。

Directions/做法:

1. In a non-stick small sauce pot, add 1 cup water and bring to a boil at high heat, add 1 cup rinsed glutinous rice, stir and cover the lid. Reduce to low heat to simmer for 35 minutes. Note that you can use the "Rice" function of Instant Pot to cook the rice. When rice is done, add the rest of Ingredient 1) and mix (Picture 1).

   小锅放水一杯煮滚，放入洗净糯米1杯搅拌均匀，小火焖煮35分钟。你也可以用 Instant Pot 的【煮饭】档煮饭。趁热拌入1料里的糖、油和葡萄干（图1）。
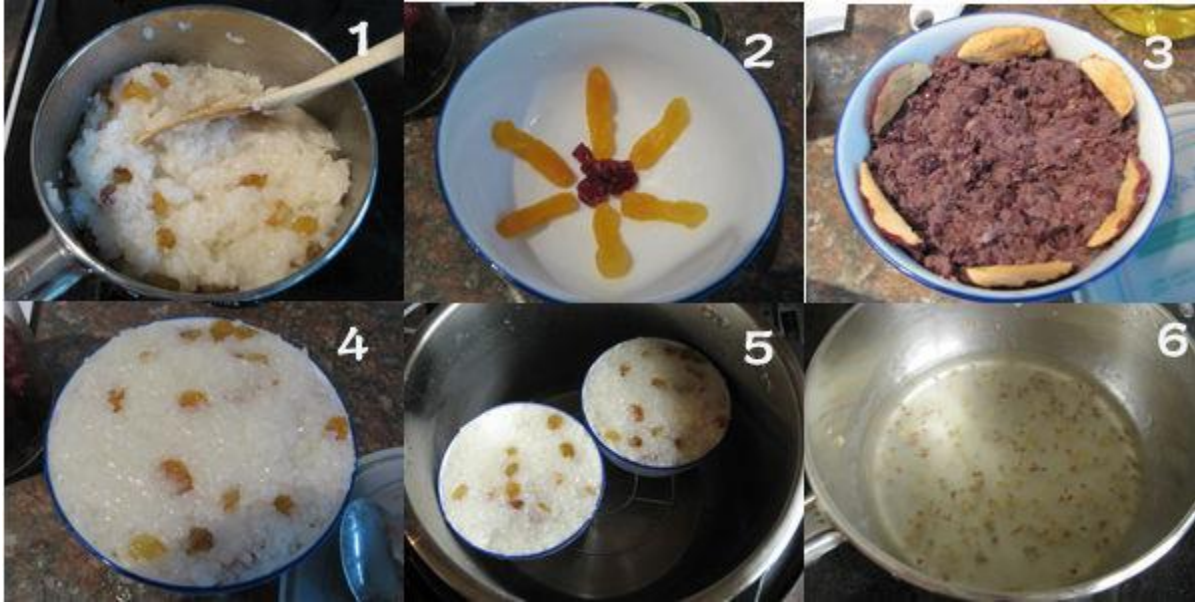
2: Coat two small bowls with corn oil. Place 5 cranberries and 6 apricot slices on the bottom of each bowl (Picture 2). Add a quarter of the cooked rice to each bowl and smooth it. Place 7 lotus seeds, half dates and half red bean paste on top (Picture 3). Then add another quarter of the cooked rice and smooth with a spoon. Sprinkle some red and green fruit peels (optional) and press down with a spoon (Picture 4).

取两个小碗，涂上少许玉米油。每个碗底中心各放5粒蔓越莓干；杏干切成3条，间隔放6条于碗底（图2）；放入1/4份糯米饭铺平；放入7粒莲子和一半红枣；放入1/3杯红豆沙（图3）；再放上1/4份糯米饭压平（图4）；最后撒上半份青红丝（没有就不放了）。

3: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the two bowls on the steam rack (Picture 5). Cover the lid and turn the pressure valve to the Seal position. Press the "Steam" button and set 35 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛八宝饭的碗放在支架上（图5），盖上盖子，排气阀放置密封位置，选【蒸】档35分钟。

4: When the program is done again, wait another 10 minutes. Slowly release the pressure then open the lid. Take out the rice bowls. After they cool down, loosen with a knife. Turn the bowl upside down and pry out the rice on a serving plate.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子。拿出蒸好的糯米饭，稍冷却用小刀剥离八宝饭四围，倒扣到盘子里。

5: In a small sauce pot, add all Ingredient 3) and bring to a boil on medium-high heat. Reduce to low heat. Add Ingredient 4) and stir until boiling again (Picture 6). Turn off the heat and pour the sauce onto the eight-treasure rice.

小锅放入3料，置炉上开中火煮至滚，调小火放4料拌匀再煮滚（图6）。将糖桂花汁淋在八宝饭上即可食用。

70.【Sweet Fermented Rice (Jiu Niang) 酒酿】

All newer models of Instant Pot, such as 7-1, 9-1 and 10-1 have Yogurt function. When use Yogurt+Less (low) function, it is very convenient to make my favorite sweet fermented rice!

新款的 Instant Pot 比如7-1，9-1，10-1都有【酸奶】功能，用【酸奶】的低温档做酒酿，省事省力，亲们试试。

Prepare time: 10 minutes
Cook time: 24-30 hours
Level: Low
Serves: 6 servings

Ingredients/用料:

1) 2 cups sticky rice, 2 cups cold water; / 糯米2杯，水2杯；

2) ½ Shanghai yeast ball or ½ package Anqi yeast powder, 1.25 cups boiled water cooled to room temperature, 1 tablespoon sugar. / 上海甜酒药饼1/2个或安琪甜酒药1/2包，冷开水1.25杯，糖1大匙。

Directions/做法:

1: It is highly recommended to thoroughly wash containers, cups and spoons and then rinse with just-boiled water.

最好将所有用到的容器、杯子、勺子等用洗洁精洗干净，再用开水烫一下。

2: Rinse rice (Picture 1) and drain. Plug in Instant Pot, add rice to the inner pot and then add 2 cups water (Picture 2), close the lid and turn the pressure valve in close position, select "Rice" function and start (Picture 3).

糯米（图1）洗净沥水倒入内锅里，加2杯冷水（图2），盖上盖子，排气阀放置密封位置，选【煮饭】档，程序会自动启动（图3）。

3: When program ends, wait for about 4 minutes, release the pressure and open the lid (Picture 4). Take out the inner pot, stir to mix the rice. Then place the pot in cold water filled sink to cool (Picture 5) for about 10 minutes until lukewarm.

程序结束后，等4分钟，放气打开盖子（图4），拿出内锅，将米饭搅拌开，放入冷水池里（图5），冷晾10分钟至米饭微温。

4: Add half package of yeast powder (Picture 6) to the rice (Picture 7), then add 1.25 cups lukewarm boiled water (Otherwise if you use yeast ball, crush it and dissolve in 1.25 cups lukewarm boiled water). Stir in 1 tablespoon sugar and mix well. Use a clean spoon to make a center hole and smooth out the rice (Picture 8).

将半包酒药（图6）撒到米饭上（图7），倒入1.25杯冷开水及1大匙糖拌匀（如果用上海甜酒药饼的话，先将半个酒药饼溶于1.25杯冷开水）。在米饭中间用干净勺子挖一小孔（图8）。

5: Put the inner pot back to the Instant Pot, close the lid and select "Yogurt" and Less (Low) function with default time of 24 hours, you can adjust to an increased time to 30 hours for better result. Start the program.

盖上盖子，排气阀放置密封位置。选【酸奶】档调到低温档24小时（可以延长时间到30小时，酒酿会发的更好），启动程序。

6: When it is done, take out the fermented rice and store in clean and sealed container, chill for 1-2 days before serving.

程序完成后，将发好的酒酿放冰箱里1-2天后再吃，非常甜。吃不完的酒酿密封，放冰箱里保存。