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Janet A. Zimmerman is the author of the bestselling cookbook Instant Pot® Obsession. She has been pressure cooking almost as long as she's been cooking for two. She lives in Atlanta with her partner, Dave, and three Instant Pot® multicookers. --This text refers to the paperback edition.

The Ultimate Instant
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two individuals have exactly the same taste, texture or preference of tenderness of food. The 'Cooking Time Tables' provide a general guideline on the length of time various foods are cooked under pressure.

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Place the berries, 1/2 cup of the water, and the chia seeds in the

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Instant Pot. Seal the lid, close the valve, and set the Manual/Pressure Cook button to 1 minute . Use a quick pressure release .

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Instant pot beef roast for two, made in the Instant Pot mini! This is a small batch recipe for beef roast made in the Instant Pot mini that serves 2-3 people.

While it feels a little sacrilegious to convert the beef roast recipe of my youth into something for the Instant Pot mini, I couldn't resist the thrill of shaving down the cooking time.

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Scaling down recipes for the instant pot mini:

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I adapted this recipe from Melissa Clark's version, and I have to say that when you're converting a recipe for the big Instant Pot for the Instant Pot Mini, it's not just a matter of scaling down the ingredients. The cooking time usually needs to be reduced by a ton. The first time I made her recipe, I followed the cooking times and had mushy

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