

**PIP** = Pot In Pot - when you place the food in an over-safe Pyrex/Anchor Hocking type dish or Stainless Steel pan - on the trivet or steamer basket to cook indirectly out of the liquid in the bottom liner. typically using 1 cup of water or broth.

**QR or NPR** = Releasing the steam and pressure from inside the Instant Pot with either Quick Release ( QR ) or Natural Pressure Release ( NPR )

When using **Quick Release**, place a washcloth, kitchen towel or pot holder loosely on the pressure release valve so as to avoid steam burns. Easy to use a long handled spoon or tongs to press the release this way. QR is often used to release pressure in a hurry for delicate foods to avoid over-cooking.

**Natural Pressure Release** - just involves letting the pressure and steam inside the pot release slowly for about 10 minutes after the cooking cycle completes. Using NPR for most dishes works well.

**CC** = Condensation Collector - that little plastic cup on the outside back of your unit to catch drips of condensation. Make sure to check it once in while!

**SLING** - made for removing hot dishes from inside the pot - some folks make them from several layers of aluminum foil or purchase pre-made silicone slings for this purpose. Used often with Cheesecake pans or Tarte dishes.



If your Instant Pot displays this (photo at left) means No Pressure – check your Liquids in the liner – and continue to the PRE-FLIGHT CHECKLIST” for troubleshooting PRESSURE issues.

## "Pre-flight checklist" or "Why no pressure?"

DONNA HANEY · WEDNESDAY, SEPTEMBER 16, 2015

Sometimes machines fail us in the modern world, sometimes its user error.

### **Here is a checklist for when "in doubt":**

If cooking a large amount of still-frozen food, temperature, and therefore pressure may take a while to build up, so allowing more time for pressure to build maybe helpful. Enough liquid to build pressure? (about a cup) Sealing ring in place and properly seated? Lid locked in place? Vent in sealing position? Didn't set the delay "Timer" program by mistake? Didn't accidentally press another button after pressing desired cooking program? Cooking "sticky" food may gum-up the float valve, preventing your pot from sealing properly.

**Note:** thick and/or high-sugar sauce (like tomato) is not likely to allow much steam to be produced, and steam is what builds pressure. It may be necessary to use more water than you want to end up with, and reduce the sauce at the end on the "Saute" program. Alternatively, some dishes may work best cooked using the "pot-in-pot" method, in a separate container, on the steam rack, with water below, on the "Steam" setting (like a double boiler). Many have had great success with this method for harder to cook items. Here is a post where a pot was losing steam all around the edges, what could be wrong?

(video): <https://www.facebook.com/groups/InstantPotCommunity/permalink/914824995278156/>

Here is an in-depth video which addresses many conditions:

<https://www.youtube.com/watch?v=Jw5wwBpb8Uc>

If you have checked everything, and cannot get your Instant Pot to come to pressure, please do a "Water Test" (aka "Initial Test Run" in the User Manual), and take notes. Here is a user-made video: (MY suggestion: use about 1 cup of water (rather than "to the #3 line") to make test go quicker):

<https://www.youtube.com/watch?v=LsqYeCX2Q5I>

Should the test fail, send your notes to the Instant Pot Support team for further diagnostic tests: <http://instantpot.com/support/>