



**Pressure Luck Cooking
with Jeffrey Eisner
Follow Up
February 9, 2022**



- Click [here](#) for the Sharsheret Pink Day Sharsheret in the Kitchen webinar – Pressure Luck Cooking with Jeffrey Eisner
- Recipes from this webinar: <https://sharsheret.org/wp-content/uploads/2022/02/SITK-February-2022-Jeffrey-Eisner-Recipes.pdf>

FOLLOW JEFFREY:

- Website: <https://pressureluckcooking.com/>
- Instagram: <https://www.instagram.com/PressureLuckCooking/>
- Facebook: <https://www.facebook.com/PressureLuckCooking/>
- Jeffrey's Cookbooks:
 - *The Step-by-Step Instant Pot Cookbook:*
<https://www.amazon.com/Step-Step-Instant-Pot-Cookbook/dp/0316460834>
 - *The Lighter Step-by-Step Instant Pot Cookbook:*
<https://www.amazon.com/Lighter-Step-Step-Instant-Cookbook/dp/031670637X>
 - *The Simple Comforts Step by Step Instant Pot Cookbook* (pre-order):
<https://www.amazon.com/Simple-Comforts-Step-Instant-Cookbook/dp/0316337455>

JEFFREY'S TIPS:

SCALLION GINGER RICE

- Jeffrey used a 6qt instant pot, but says any make/model/size would work!
- Rice should be rinsed ahead of time if possible. This makes it less sticky once cooked.
- Broth adds more flavor into rice, but water is okay. Any broth works (chicken, vegetable, etc.). Equal parts rice and water, whatever amounts you need.
- Brown rice takes longer to cook than white rice. To change this recipe for white rice is 3 minutes at high pressure, 10 minutes natural release, then quick release.
- Pressure cook or manual button are the same thing depending on your model. If your model has a start button, hit it, if not, it will start automatically.
- If you change the amount of rice, the timing stays the same.
- Use a salad dressing holder to mix your sauce ingredients!

CHICKEN CACCIATORE

- In the book, it's not a kosher recipe, so we'll omit the ghee/butter and use extra olive oil instead.
- Any oil works, but he prefers extra virgin olive oil, especially for Italian dishes.
- He recommends bone-in, skinless chicken, but boneless works too, or even chicken breast. He took the skin off himself, so he made schmaltz with it (reduce them in the frying pan, then add onion, and "poof, schmaltz!" and refrigerated it.
- You can sauté (aka flash sear) the chicken for more than 20 seconds, just looking to brown the exterior, not cook through.
- He sautés the chicken in batches, as many at a time that can fit on the bottom of the Instant Pot.
- The brown bits at the bottom of the pot after cooking the chicken will all get used up and flavor the dish as the vegetables sweat and cook, and even more once you add the wine.
- Sweet or Vidalia onions are his preference, but any onion works.
- You can omit the mushrooms if you don't like them.
- Don't use cooking wine; it doesn't need to be expensive wine, but try to only use wine that you would drink.
- If you don't want to use wine, add in ¼ cup of broth instead.
- He adds half of a 15oz can of crushed tomatoes (so about 1 cup).
- For jarred garlic, 1 teaspoon is equal to 1 clove. 3 cloves = 1 tablespoon
- Cooking time is the same boneless or bone-in.
- He doesn't recommend using frozen chicken because it dries out and doesn't taste as flavorful. Add about 5 more minutes of time depending on the type of chicken.
- If you're allergic to tomatoes, there isn't really a substitute for this recipe. Most recipes you could omit them if it isn't reliant on the tomatoes. For other dishes, someone in the chat box suggested substituting red bell pepper.
- He recommends getting tomato paste out by opening the can on the top AND bottom! Take a spoon to press the metal top or bottom and get the entire contents out! Just don't forget to take the metal top out.

GENERAL INSTANT POT TIPS AND Q&A

- Better than slow cooker because you can sauté directly in it!
- Follow recipes to a T from a trusted source if you have trouble with your pressure cooker!
- Old-school pressure cookers are a lot more work and intimidating! The Instant Pot does so much more than pressure cooking, such as sautés and even makes



yogurt and can proof dough! It is super safe and the lid locks in.

- The pin on top pops up when the pot has come to full pressure.
- Sometimes if you don't balance the liquid ratio correctly, adding sauce can give you a burn error notice.
- He pressure cooks everything on high pressure.
- The time you set it is not exactly how long it takes to cook; first, it has to come to pressure, then it counts down from the time you set it for. In Jeffrey's cookbooks, he gives you the full time (including the time to come to pressure and the time to natural release, if applicable).
- His Step-By-Step books' intro has everything you need to know about the Instant Pot!
- The more volume in the pot, the longer it will take to come to pressure.
- When it's about to come to pressure, there's a lot of steam coming out the top. The pin pops up, meaning there is nowhere for the pressure to go. That is when the time starts counting down.
- He recommends the simple 6qt Instant Pot Duo or Duo Plus. The Instant Pot Max is the one he showed gives the pulses of air at the end.
- He does use the air fryer lid for some dishes and recommends it for making things crispy.
- He loves that the Instant Pot doesn't heat the kitchen up the way the oven or stove can.
- If it's not opening, let it stay closed! Don't try to open until it's ready and the pressure has released.
- If you get a burn notice, it typically hasn't come to pressure. If you can open the lid, you'll probably see burned bits. If you can, add some liquid to scrape it up a bit. If it's VERY burnt, take everything out, scrape it off, and then try adding it back in with more liquid. Sometimes the pot thinks it's burned, but it's not.
- The only reason he'd do a natural release is for rice, grains, beans, red meats, and for baking some desserts (pot-in-pot style). With meat, a quick release could dry it out. You want at least a 5-15 minutes. With chicken, always quick release.
- Jeffrey does use the Instant Pot to make some dog food for his dog, Banjo! He knows that all pets have different dietary needs, so consult your vet.
- Jeffrey doesn't recommend using any of the preset buttons; he only suggests using the manual or high pressure for pressure cooking.

MISCELLANEOUS


- He recommends the already minced garlic you can buy in a jar rather than chopping your own.
- Suggestion from the chat box: To use the Instant Pot on Shabbos, you have to get the glass lid (looks like the lid on a crock pot) because in order to open the




regular IP lid, you are making it "connect" or disconnect - you will notice when Jeff opens or closes the lid, there is an electronic sound.

- You can adapt recipes to be plant-based by using Impossible meat, or another item. He recommends using the recipes as a starting off point once you get comfortable using the Instant Pot. Anything can be substituted.
- Soy sauce can be substituted with Tamari (which is gluten-free) or Coconut Aminos (which is both soy and gluten-free and tastes more like soy/teriyaki combined; doesn't taste like coconut!). From the chat box: Someone uses the gluten free soy/tamari.
- His favorite dish to make for friends and family is spaghetti and meatballs. It's SO easy, no straining or anything! Everything done in one pot! When you do this with gluten-free pasta, it will take less time. If the recipe calls for 8 minutes, go for 5 minutes. If it feels tough, just close the lid back and it can keep cooking because the pot is still warm.
- Jeffrey's first cookbook came out in April of 2020 while he was battling Covid, so he's very thankful for it. His third book is going to print now! You can preorder it and it will release on April 12th.
- When cooking squash, he recommends buying already diced versions should you wish to not have to do it yourself.


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EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.




Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.




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