



PRESSURE LUCK COOKING

with Jeffrey Eisner

February 9, 2022



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SCALLION GINGER RICE

FROM *THE SIMPLE COMFORTS STEP-BY-STEP INSTANT POT COOKBOOK* (releasing April 12, 2022)

THE RICE

2 cups brown rice, rinsed for 90 seconds and drained

2 cups garlic broth (e.g., Garlic Better than Bouillon) or water

THE GINGER-SCALLION OIL

4 inches ginger, peeled and roughly diced

1 bunch scallions, sliced and roughly diced, white parts (lower one-third of the scallions) separated from green parts

2/3 cup vegetable oil

2 teaspoons low-sodium soy sauce, tamari, or coconut aminos

1/2 teaspoon kosher salt

1. Add the rice and broth to the Instant Pot and stir until well combined.
2. Secure the lid and move the valve to the sealing position. Hit Cancel followed by Manual or Pressure Cook on High Pressure for 25 minutes. When done cooking, allow a 5-minute natural release followed by a quick release.
3. In a food processor or blender, combine the ginger and white parts of the scallions (reserving the very green tops for garnish) and pulse until very finely minced and slightly pureed. (NOTE: you can also finely chop the ginger and scallions with a knife but the food processor will make this so much easier.) Transfer the finely minced scallions and ginger to a bowl or salad dressing shaker and add the oil, soy sauce, and salt. Stir (or shake) until well combined.
4. Once the lid is off the pot, stir the rice up. Enjoy in a bowl drizzled with the ginger-scallion oil to taste and the green portions of the scallions, if desired. Mix it all together and enjoy.

Supported by:



CHICKEN CACCIATORE

SERVES 6

FROM *THE LIGHTER STEP-BY-STEP INSTANT POT COOKBOOK*

PREP TIME: 5 Minutes | SAUTÉ TIME: 15 minutes | PRESSURE BUILDING TIME: 10-15 minutes | PRESSURE COOK TIME: 6 minutes | TOTAL TIME: 40 minutes

3 tablespoons extra-virgin olive oil

3 pounds bone-in, skinless chicken thighs and drumsticks (I pull the skin off the drumsticks), seasoned with a little salt and pepper

1 Vidalia (sweet) onion, diced

2 green bell peppers, seeded and diced

8 ounces baby Bella mushrooms, sliced

6 cloves garlic, minced or pressed

1/4 cup dry red wine (like a pinot noir) or additional broth

1 cup canned no-salt-added crushed tomatoes

1 (14.5 ounce) can no-salt-added diced tomatoes, with their juices

1/4 cup low-sodium chicken broth

1 teaspoon seasoned salt

1 teaspoon black pepper

1 teaspoon dried sage

1 teaspoon dried thyme

1 (6-ounce) can no-salt-added tomato paste

2 tablespoons red wine vinegar

1 teaspoon raw honey (optional)

1/4 cup Spanish olives, pitted and sliced (optional)

1/4 cup Kalamata olives, pitted and sliced (optional)

Oh, Chicken Cacciatore, how I love you. The tomato sauce in this super hearty Italian stew is loaded with flavor and peppered with goodies from the pantry and garden.

JEFF'S TIP: If olives aren't your salty style, add some roasted red peppers instead.

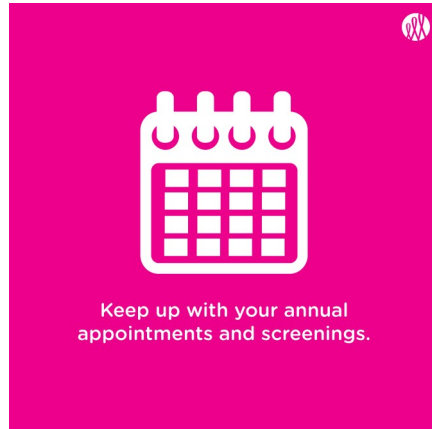
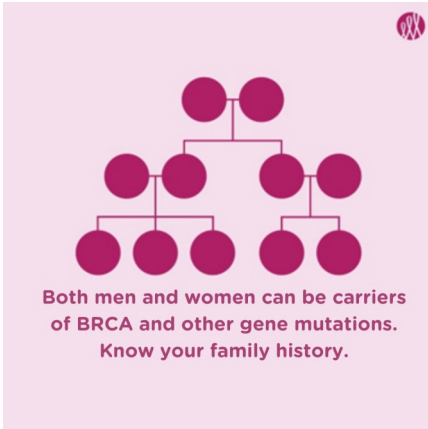
1. Add the oil to the Instant Pot, hit Sauté, and Adjust so it's on the More or High setting. Once the oil's bubbling, add the chicken in batches and flashsear for 20 seconds on each side. Using tongs, transfer the chicken to a plate and set aside.
2. Add the onion, peppers, and mushrooms to the pot and sauté, stirring occasionally, for about 5 minutes, until slightly softened. Add the garlic and sauté for 1 minute.
3. Add the wine to deglaze the bottom of the pot and let simmer for 1 minute. Really make sure the bottom of the pot is as smooth as possible with any browned bits scraped up from the deglazing.
4. Add the crushed tomatoes, diced tomatoes, broth, seasoned salt, pepper, sage, and thyme. Stir until well combined, then return the chicken to the pot.

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CHICKEN CACCIATORE CONTINUED

5. Secure the lid, move the valve to the sealing position, hit Keep Warm/Cancel, and then hit Manual or Pressure Cook on High Pressure for 6 minutes. Quick release when done. Using tongs, transfer the chicken to a serving dish.
6. Add the tomato paste, vinegar, honey (if using), and olives (if using) to the pot. Stir until well combined. Let sit for 5 minutes for the sauce to thicken.
7. Pour the sauce over the chicken and serve.



For more information about Sharsheret, visit [sharsheret.org](https://www.sharsheret.org) or call 866-474-2774.



****BONUS RECIPE: We won't be making this during the presentation, but here's an extra recipe for you!**

RATATOUILLE STEW

SERVES 4-6

**FROM *THE STEP-BY-STEP
INSTANT POT COOKBOOK***

PREP TIME: 15 Minutes | SAUTÉ TIME: 7 minutes | PRESSURE BUILDING TIME: 10-20 minutes | PRESSURE COOK TIME: 2 minutes | TOTAL TIME: 45 minutes

- 1/4 cup extra-virgin olive oil
- 1 large Vidalia (sweet) onion, coarsely chopped
- 1 green bell pepper, cut into medium dice
- 1 red bell pepper, cut into medium dice
- 6 cloves garlic, minced or pressed
- 1 large eggplant, skin on, sliced into 1/2-inch disks and then quartered
- 1 large zucchini, skin on, cut into 1/4-inch disks and then quartered
- 1 medium yellow (summer) squash, skin on,
cut into 1/4-inch disks and then quartered
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 teaspoons Italian seasoning
- 1 1/2 teaspoons herbes de Provence (optional)
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/2 cup vegetable broth or dry red wine (like a cabernet)
- 1 tablespoon Worcestershire sauce
- 1 (6-ounce) can of tomato paste
- Grated Parmesan cheese, for serving (optional)

Vegetarians, rejoice! Ratatouille is a rustic vegetable dish so deep in flavor, you might forget it's made of only veggies! And I've turned it into a luscious stew. This is the perfect side dish—delicious both hot or cold—or a delightful meal in itself. It tastes like a wonderful harvest in your mouth — with zero guilt!

1. Pour the oil into the Instant Pot and hit Sauté and adjust so it's on the More or High setting. Heat about 3 minutes, then add the onion and bell peppers and sauté, stirring for about 3 minutes, until they begin to soften.
2. Add the other vegetables along with the Italian seasoning, herbes de Provence (if using), kosher salt, black pepper, dried thyme, vegetable broth or wine, and Worcestershire sauce.
3. Secure the lid, move the valve to the sealing position, and hit Keep Warm/Cancel, then hit Manual or Pressure Cook on High Pressure for 2 minutes.
4. Stir in the tomato paste. Let stand for about 10 minutes before serving. Don't worry if it looks a little soupy — it will thicken as it cools down and the vegetables continue to absorb the broth. Serve with grated parmesan cheese, if desired.

JEFF'S TIP: It'll feel like you're putting an entire garden into the Instant Pot with little liquid. But veggies release a bunch of water under pressure. This is what causes this dish to cook down and make it such a comforting stew.

