

# **Sharsheret in the Kitchen – Pressure Luck Cooking with Jeffrey Eisner**

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Presented by:



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## Sharsheret in the Kitchen – Pressure Luck Cooking with Jeffrey Eisner

Jessica:

Welcome, we're so excited to have you join us today for a special Pink Day Sharsheret in the Kitchen with Pressure Luck Cooking's Jeffrey Eisner. I'm Jessica Jablon, California Program Coordinator at Sharsheret. For those of you who don't know about Sharsheret, we help women and families facing breast and ovarian cancer, as well as those who are at elevated genetic risk, through free, confidential, and personalized support and resources. We also provide health education throughout the country. One of our goals through COVID is to make sure that we are offering healthy living and cancer prevention information to you during this hard time and giving you what support you need. In addition to our virtual services that can be found on our website or by emailing us, you can also access prior webinars on a variety of cancer related topics and access our calendar of upcoming programs through our website.

Jessica:

Before we begin, a few housekeeping items. Today's webinar is being recorded and will be posted on Sharsheret's website, along with the transcript. Participants' faces and names will not be in the recording, as long as you remain muted. If you would like to remain private, you can turn off your video and rename yourself. You can also call into the webinar and instructions on how to do that are in the chat box for both options. You may have noticed that all participants were muted upon entry. Please keep yourself on mute throughout the call. If you have questions for Jeffrey, put them in the chat box, either publicly or click on Sharsheret in the chat box to submit a private question, and we will ask them throughout the program. We will do our best to get as many of the questions answered as we can. We will also send out a follow-up email with tips and recommendations from today's webinar with the recording in the next week or so.

Jessica:

We are very excited to be continuing with our Sharsheret in the Kitchen series, an initiative in partnership with Cedar Sinai here in Los Angeles, to empower those of us at risk for breast and ovarian cancer to make healthier diet choices. Prior Sharsheret in the Kitchen webinars can be accessed on our website at the link in the chat. You should have received the recipes for today's program in advance, but my colleague is going to put the link in the chat box so you can download it and print it or see it on your screen. We want to thank our generous sponsors, Cedar Sinai, the Cooperative Agreement, DP19-1906 from the Centers for Disease Control and Prevention, Merck, and the Siegmund and Edith Blumenthal Memorial Fund, as well as the Beatrice Milberg Campus Program made possible with support from Sherry and Neil Cohen.

Jessica:

It is because of their generous support that we have been able to continue to provide our series of webinars throughout the pandemic. Today is Sharsheret Pink Day. It's a worldwide initiative, spearheaded by students, communities, and organizations. We wear pink as a way to raise awareness and generate conversations. We engage in tikkun olam, repairing the world through a wide range of educational and fundraising events happening all over the country. Just like breast cancer awareness month, where seeing someone wearing a pink ribbon can be hard for people who have been touched by breast cancer, we want to acknowledge that Pink Day can also be a hard time for some. We want to remind you that our clinical team is here to support you and your loved ones. Ultimately, we believe these conversations save lives. And Pink Day is a great time to be reminded of the signs and symptoms

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of breast and ovarian cancer. So my colleague is going to put the link to our Know the Facts resource in the chat.

Jessica:

I also want to quickly share with you a new resource that we have at Sharsheret for men, supported by a generous grant from the Max and Anna Barron, Ben and Sarah Barron and Milton Barron Endowment Fund of The Jewish Community Foundation of Los Angeles. This resource, a Know the Facts for Men share signs for male breast cancer, melanoma, prostate cancer, pancreatic cancer, and important information regarding genetics and questions to ask your doctor about your risk. You can order hard copies or download it at the link in the chat. Now before we get cooking, I want to introduce you to Karen and her daughter Jordan, who are going to share their story with us.

Karen:

Hi, I'm Karen, and this is my daughter Jordan, 15, and I was diagnosed with breast cancer last March via just a routine mammogram, and randomly the day before I was diagnosed, I was hooked up with Sharsheret whom I'd never heard of, for work purposes, somebody introduced me to them. And it didn't work for work, but the next day I was diagnosed with breast cancer and I find myself calling Sharsheret and basically crying onto whoever was helping me at the time. And they have been... I have no words for how phenomenal Sharsheret is. They were my life source. My lifesaver throughout. They immediately hooked me up with wonderful person, Aimee Sax, who's like my life saver. She was my therapist here, and my helper, of course she went on maternity leave right away, but that's okay. We're still in contact with her. But every day was something new.

Karen:

Sharsheret, I would recommend them. You guys are already a step ahead because you are sitting here on this webinar, so you know of them. But I would highly recommend them to anybody. They let me know what to expect, they were there for me, no matter what. Every day I would come home and... or not come home but come be out of chemotherapy, and a package would arrive. I got a cookbook that I use... I make a lot of things for them now, and a pillow and it was just so, so wonderful when you're sitting there in chemotherapy, and you're sitting there going through this, and you're wondering if anybody else is going through you, Sharsheret, what you're going through, Sharsheret is right there to tell you, "Yes, here we are, and yes, you're not the only one."

Karen:

They were also a really wonderful resource for my 15 year old daughter. I can let her tell you a little bit about her and her experience, but she's really stepped up with them and I'm so proud of Sharsheret and my daughter and everything that they're doing together.

Jordan:

Yeah. Sharsheret definitely impacted my mother greatly. Every night she would come home or out of chemotherapy to a package and it would just brighten her day. She would... obviously she was affected mentally because of the disease, and her spirits were always brought up. When she's having a bad day, suddenly she'd be happy again, and it was just really nice. And since we've now been in contact with Sharsheret, it's made me want to help and reach out more and I've had some big sales, just trying to raise money and do anything like that, and I've been motivated to help out and to learn more about breast cancer and ovarian cancer, because I think a lot of people don't realize how difficult it is for the

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patient and friends of the patient, and there was just so much that we've learned and grown from it, and it wouldn't be possible without Sharsheret. So it's amazing. Yeah.

Karen:

Yes. We love Sharsheret, they're the best. That was really-

Jordan:

It's amazing.

Karen:

And again, I can't say enough about my therapist, Aimee. And they're all wonderful, because I have spoken to others and... but they are just such a wonderful, caring, wonderful crowd. I can't say more about them.

Jordan:

Yeah.

Karen:

Yes. So, thank you.

Jessica:

Thank you. Oh, it's so heartwarming to hear how Sharsheret was able to help you when you needed it and now you're giving back to us. And Jordan, you're giving back to us as well. It's just so inspiring and we're really grateful for you and all that you do.

Jessica:

So now I'm going to turn it over to Jeffrey. I'm going to... Jeffrey Eisner is the creator of Pressure Luck Cooking, a leading, acclaimed and easy to follow instant pot recipe video blog, featured on the Food Network, Good Morning America and frequently on Rachel Ray, he creates his famously flavorful recipes at his home in Queens, New York. His first cookbook, The Step by Step Instant Pot Cookbook, which was released at the height of the COVID pandemic, became an instantly lauded number one bestseller, hitting numerous charts, including USA Today, The Wall Street Journal and the Toronto Star. He was also the number one selling debut cookbook author of 2020.

Jessica:

In April of 2021, he released his second cookbook, the much anticipated The Lighter Step By Step Instant Pot Cookbook, which became the number one paperback book on USA Today and Publishers Weekly's bestseller list. It features a slew of more health-conscious recipes tailored to those on keto, paleo, gluten-free and diabetic-friendly lifestyles. His third cookbook, The Simple Comfort Step By Step Instant Pot cookbook, already achieved number one bestseller status on Amazon, the day it went on pre-sale for its April 2022 release. I also want to mention, please stay tuned to the end of the webinar, as we're excited to give away one six quart instant pot to a lucky person who filled out today's evaluation. Jeff, thanks so much for being here on Sharsheret in the Kitchen, we're so excited to have you, and the floor is yours.

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Jeffrey:

Thank you Jessica, I really appreciate you having me. It's an enormous honor to be here, especially for a cause that's very important to me. I know people who have been affected by breast cancer and I'm glad to say that those who I know kicked it in the tuchus, so I'm thrilled to be here today for a very important cause. I wore my pink shirt in honor of it, it's the only one I have that fits right now, thank goodness for aprons to cover my paunch. But anyway, we're going to take you back to the Catskills a little bit here, mostly because I'm close to it and because that's my shtick. I like to throw some humor into things. It's always good to find some humor if we can, when it calls it for the most, I believe. So guys, today, you're going to have not one, but two recipes being done within an hour, in two different instant pots. I'll get to the books in a second. I've written three of them, the third one will come out this April, but what I want to focus on now, is first a rice dish.

Jeffrey:

Jessica asked me to do... it's a couple of healthy recipes, the healthier ones. So that would obviously be focused on my Lighter book. However, my rice recipe I'm doing now is actually in my new book, which is Comfort Food, so I adapted it to be lighter for this situation. We're going to do a brown rice with garlic, ginger, scallion oil, that we're going to drizzle on top at the end. It's like this Chinese-inspired delicious oil. It's very light, it's very delicious, and we're going to get going right this moment, I'm going to show you how to do this, all right? Bear with me. You might have questions and please ask them, we'll pause for some moments when we can get to them.

Jeffrey:

So I have my setup here, I'm going to lower my camera down... oh, look at my close-up. Look at this. My hair looks so much better on this camera than it does in person. I swear. I don't know what it is. All right. Let's go down to the pot, here's my instant pot. This is a six quart instant pot, you can have any size instant pot, whether it's a three, six or eight quart, and it can be any model, it doesn't make a difference. The recipe you guys were given calls for two cups of a brown rice, but I'm only using one cup. So I'm going to show how to half this, because it's just me and my partner Richard, eating this. The rice should be rinsed ahead of time if possible, and I'm going to that add one cup of rice, and then it's an equal ratio, and one cup of either water or broth. I prefer broth because it adds more flavor into the rice. It will infuse wonderful flavor in there.

Jeffrey:

For this situation, you can use a vegetable broth, a garlic broth if you want to keep it vegetarian, or you can simply use a chicken broth if you wish. It doesn't matter. Any kind of broth you want.

Jeffrey:

So equal parts there, rice and broth or water, let's just call it liquid, and I'm going to stir it around in the pot. The reason why I rinse my rice ahead of time is so it keeps it a little bit less sticky when it's done being cooked. That's all I did, guys, I just added in literally a cup of brown rice and a cup of broth, that's it, stirred it around, I'm ready to pressure-cook it. All right? All right.

Jeffrey:

Now brown rice takes a little bit... I'm doing everything backwards, so you've got to forgive me here. All right. Here we go. Now a brown rice cooks a little bit longer than white rice, and white rice is usually three minutes at high pressure, and a 10 minute natural release followed by a quick release. And you

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might be saying, "What does that even mean?" And I'll explain that in a second. But brown rice takes longer and there can be a different... it could be a range in time, depending on how al dente you like it. In this situation I'm doing 25 minutes of pressure cooking, with a five minute natural release. It's almost like a reverse of the white rice, but a little more time. It takes a little longer to cook, so what I'm going to do here, I'm going to show you what I'm doing on my instant pot screen, I'm going to lower this. Again, I'm a one-man shop here, so bear with me.

Jeffrey:

I'm going to hit on my pot, the pressure cook button or the manual button, depending on your model, and I want to go on this for 25 minutes like I said, I adjust the time like this, there we go, 25. If your model has a start button on that, you've got to hit it, if it doesn't have a start button, after a few moments of doing nothing, it'll will go into the setting and we're on. We're going to pressure cook and make sure that my lid was sealed and everything like that.

Jeffrey:

Now I'll get back to that whole natural release thing when it's time. All right? So now I'm going to move on to the next pot, because like I said, we're doing a few things at once here, and I want to make sure we're as efficient as possible. Here's my other pot. What we're making here, and I'm very excited about this, it's from my Lighter book, and we're making some chicken cacciatore, which is one of my favorite dishes. It means hunter, cacciatore in Italian. I guess because they like to hunt chickens. I don't know. But it's delicious. It's healthy, it's good for you, and it's loaded with flavor. Loaded with it.

Jeffrey:

In my book, this isn't a Kosher recipe. However, this is a Kosher situation with this demonstration, so we are going to keep it Kosher by simply omitting the ghee or the butter [inaudible 00:14:34] that. I'm just going to add additional olive oil. So here's what we're going to do. I've already started it, got a little bit of a head start. By the way, this is what it's going to look like apparently when it's done, right? Just like this. What you see here is literally what I did. All these pictures in this book, which are all step by step, all of them showing you exactly what to do, I made every single one of these in my apartment, with a photographer and my food stylist. And that was the three of us. So everything you see has been by my own hands, in an instant pot, pretty much always the same instant pot.

Jeffrey:

So to cut down on time a little bit, I have already started and gotten a head start, but I'll explain what I did. I added a quarter of a cup of extra virgin olive oil to my instant pot, you can use any kind of oil you like, I love extra virgin olive oil, especially with an Italian dish like cacciatore, and then I hit the sauté button, different model here. And if it has a start button, you've got to hit that. On high. I made sure that the heat was on high. One of the best things about pressure cooking in an instant pot, that destroys the slow cooker in my opinion, is that you can sauté in it, as if it was a pot on a stove. Not only is it going to all of its cooking in here, it's all truly one pot because I'm sautéing right in this.

Jeffrey:

So I added a quarter of a cup of extra virgin olive oil. If I was doing it non-Kosher, it would've been three tablespoons of extra virgin olive oil and a tablespoon of ghee or butter. But literally, you won't miss it too much. The only reason why I added the ghee in the first place, was it helps the chicken not stick so much when you're sautéing it in the pot. But it's not a big deal. So it's going to take about two or so

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minutes for that to heat up. What I do now, is I got about three to four pounds... it could be if it's... how often do you go to the market and find exactly the amount of pounds of meat that you need? If it's a little give or take, that's fine. And I use bone-in chicken thighs with the skin off, as well as drumsticks or chicken legs, and I peel the skin off these things. All right?

Jeffrey:

Now you can a 100% use boneless, skinless thighs if you wish, you can use chicken breasts if you wish, whatever you prefer, whatever part of the chicken, is totally up to you. But for a cacciatore I like the bone-in situation, so I'm doing that. And it's hard to find bone in chicken thighs sometimes, without the skin on it. So you know what I did by the way, a little tip? Took the skin off, get a spare onion, [inaudible 00:16:57]. I made, look at this, that's with the skins, I made some schmaltz. You've got to have the schmaltz, right? This is going to come in very handy for those matzo balls in a couple months. So I'm very excited about that. Just take the skins, thrown them in a frying pan if it's non-stick, basically cook them with nothing in there, let them reduce to nothing. All the oil and the fat's going to come out, throw in an onion and strain it and then pooh. You have schmaltz.

Jeffrey:

All right, so we're heating up here, I have my chicken, I had a lot more than this, but it's already done most of it, and I'll get to that when we're done with this, I'm going to put it in my pot. I put in a quarter of a cup of extra virgin olive oil. The reason why you see some stuff going on in there is because I've already, previously like I said, did most of the searing of the chicken, and I just seasoned each piece of chicken with some salt and pepper, or Kosher salt, of course. Kosher salt makes everything taste better. And now I'm just going to simply put this inside the instant pot and sauté it, for about... what did I say? 20 seconds I think, on each side, and I think we can go a little longer because it has to get a little hot first.

Jeffrey:

But we don't this to be super, super cooked. It's not going to be cooked at all, frankly. It's going to be very much still uncooked, but just giving a slight browned exterior to the chicken, give it a little bit of some texture there. Notice we're not using any flour or anything like that here, not necessary. All right. And you can give it a little flip if you want, to see? Very nice. It gets brown pretty quickly when you have the salt and pepper on there, it adds to it, which I love. And this is a thing we'll do in batches. So if I have more chicken, which I did, and I'll show you now, I've already done all of these. All right? These are all cooked in that same oil you're seeing right there. All right. Give it another quick little brown, and it smells so good. But it's really like a flash sear. That's really one of the stages, like a flash sear. You know what I mean? All right. All right.

Jeffrey:

I think we're looking fine, for the sake of this, I'm going to heat it up a bit, add this to all my other chicken, I've gone through all of it. Whoop, I've just got oil on my beautiful pink shirt, because I'm a little bit of a klutz sometimes. There we go. How sad. Look at this. Look at that. Just so sad. The things I do. But it's okay. We're moving on. That's why... it's just funny, because I never wear an apron when I cook, and the time I put an apron on, it splatters all over my arm. Let's keep going. All right. So now we have that oil hot, we have our chicken all nice and quickly seared, set that aside, time to add the veggies to the mix.

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Jeffrey:

I'm adding one sweet of Vidalia onion, my partner Richard's from the south, so I learned... I used to say Vidalia, he goes, "No, it's Vidalia." So I was corrected. I understand now. One of Vidalia onion, two green bell peppers, add that. Everything is diced. And I love mushrooms in this dish. If you don't like them, you don't have to add them. Eight ounces of sliced baby bella mushrooms. Pre-sliced is always nice. And now we're going to sauté the veggies in the oil in the pot, and normally that will take about five minutes or so, so while that's happening I'm going to [inaudible 00:20:33] it up from here, just come up here, and I'm going to let Jessica, if there's any questions so far, feel free to ask me while I do some of this sautéing. Don't be shy guys, ask.

Jessica:

There was a question that came in with the registration, from somebody who said, I made something once, it boiled over and then I put it in my closet. Help.

Jeffrey:

Ever follow my recipes? Or them follow my recipes and that won't happen. I guess that's my answer. My help for you is find a trusted source, like Pressure Luck, or there's a few bloggers out there who know what they're talking about with this thing, and follow one of their recipes to the tee. Make sure the instructions are all written. Or just get one of my books and follow how visual they... look at this. It's impossible to mess up. It shows you what you should be doing with each step. That's my answer.

Jessica:

A question just came in about the bottom. Do you need to scrape the bottom of the pot after taking out the chicken?

Jeffrey:

That's a really good question. As we're doing this, look at this. Right now, the bottom of the pot is a little bit brown, do you see that in there? It's hard to tell. It's a little bit brown and that's all going to come out eventually, because as these veggies are sautéing and getting a little bit soft in these moments, they are sweating. Especially the mushrooms and the onion. And that's good, because they're going to be releasing some juices in there as they cook, and then from that point on, we'll be able to de-glaze or scrape the bottom out, but we're going to have other ingredient coming up soon, which will really get the bottom completely clear.

Jessica:

We've got a number of questions. I see one came in the chat and I was asked a number of times in the registration as well, about the difference between the old fashioned pressure cookers and an instant pot or a similar brand, and whether they're safer? That kind of a question.

Jeffrey:

So I wouldn't go near an old school pressure cooker, I was never interested in it. I'm still not interested in it. It's not that I'm scared of it, it's just that... they just seem like a lot of work and you have to run them under cold water when they're... it's a whole thing. I'm not interested. This thing, well you're going to see for yourself right now what it does. It's literally acting as if this a pot on the stove right now. I'm just sautéing veggies, I just lightly seared some chicken, and then we're going to start pressure cooking.



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This is super safe, it has a lid that you'll see when I start with the rice, it locks in, and once the pot comes to pressure, which it's going to any moment you guys, right now, and you'll see this one come to pressure when the time comes. A pin pops up, keeping the lid completely locked in place, so you don't have to worry about anything. It's very safe. It truly is.

Jeffrey:

Just of course, use your common sense on all this. If something doesn't look right to you, and if something... just be mindful, always. That's my advice there. But it's night and day between this and an old school stove top pressure cooker. This is not scary. It doesn't have scary clamps. This has a nice secure lid.

Jessica:

So true. If a rice recipe is cut in half, does the time need to be adjusted?

Jeffrey:

No. Most recipes do not when you have it. Most will always stay the same. So there you have that. It's really just... maybe if it's a roast, where you're cutting a roast in half. Like a six pound roast or three pound roast. You use a little bit less time. But when it comes down to most of other things like rice, no. Same amount of time if you're having it. Well, I actually just have it. What you guys have is two cups of rice and two cups of broth. I did one cup of each, and I'm using the same amount of time.

Jessica:

Someone was interested in why you call it Pressure Luck Cooking?

Jeffrey:

It plays on words and it's almost like, let [inaudible 00:24:32] "Well, I'm going to press my luck cooking today," then the whole thing with the instant pot is how I really got started doing this. And that's where it came from, as a fun play on words. All right. So we're done pretty much now, with the sautéing, I'm going to speed this up a bit and here we have it. Look at that, you see that? It's a little brown from the bottom, we're getting nice and soft here with our veggies. Don't worry; they don't have to be super tender at this point, that's completely fine.

Jeffrey:

Now we're going to add in, what's going to completely de-glaze the bottom of this pot and make it nice and smooth, a quarter of a cup of a dry red wine, like a Pinot Noir or a Cabernet Sauvignon, never use the store-bought cooking wine. Don't use the wine you wouldn't drink they say. It doesn't have to be expensive, I got this from Costco, a cheap \$8 a bottle, totally fine, add this to the bottom of the pot, and as soon as I add that wine, everything that was stuck on it... did you see this? You said this brown spot right here? I'm trying to mix with the camera you can see it. It's all coming up immediately. It's like magic. And I'll tell you, wine and Worcestershire Sauce, are the magic things that make happen at the bottom of the pot. Now this pot is super smooth. If you don't want to do wine, you can't tolerate it, you don't want it, I understand, just add in at that point, about a quarter of a cup of broth. It will still help you deglaze the bottom of that pot.

Jeffrey:

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The point is, we want the bottom of the pot as smooth as possible, because if it's too caked down with brown bits, it's going to have some trouble coming to pressure when you put that lid on. All right. So let's recap what we've done here. By the way, do you see this pot down here? Do you hear that little steaming sound? That's the pin. It's about to pop up. My rice is about to come to pressure and start cooking. Okay.

Jeffrey:

So what I'm doing now is I've added my wine, we're having fun here, we deglazed, and now what I want to do, is I want to add in my tomato element to this dish, because it's not a cacciatore without some tomatoes. I'm going to add in a 14 and a half ounce can of diced tomatoes. You can use a no-salt added version, or any kind you wish, if you want to watch sodium, no salt added is always a good choice. And a cup of crushed tomatoes. If you also want to do no salt added, go for it. The smallest can I can of these is usually 15 ounces, so just add about half that can in there, all right. I'm going to add in just a half a cup of chicken broth, low sodium chicken broth. Some people say you need at least a cup, that's not true in this situation, I promise you, it will all work out, add that in there, because the chicken and all that jazz is going to emit wonderful rich flavor and sauce and drippings. Even though we have the skin off, it will still find a way.

Jeffrey:

Now let's season it up with one teaspoon each of seasoned salt, black pepper, browned or rub sage or dry sage and dry thyme. A teaspoon each. And those are my seasonings, and I'm just trying to see here... did I totally just miss my... I'm silly. I forgot to put the garlic in the pot. I was supposed to add in six cloves of garlic, right after I sautéed the veggies. And you know what? That's good. I'm glad I screwed up a little bit, because that's not going to make any difference at the end of the day. Just stir it in now, totally fine.

Jeffrey:

And by the way, a little trick about garlic, if you're like me and a little bit lazy, you don't have to take six actual cloves of garlic and chop them up. It's sticky; it's a lot of shenanigans to deal with, right? Just go to the market, I won't tell, you don't have to tell, and just get this stuff that it's already like minced or dry. It's fine. If you don't want to do that, by all means, feel free to chop your own garlic. Some people are very much serious about that. I get it. Fine.

Jeffrey:

But my whole thing is about easy cooking and honestly, in this situation, you're not going to tell the difference. I don't think you will. All right. So look at this. It already smells amazing in here. We have basically at this point what looks like a vegetable stew. Now we're going to layer chicken back in the pot, all that beautiful chicken. I'm so sad that I splashed all that oil on my beautiful pink shirt. Let's do it. Nestle the chicken in, and like I said, you can use really any part of the chicken that you like for this. Try to keep the skin off; especially since it's not going to be crisped, it's not going to be pleasant to have skin that's not crispy, in my opinion. All right, let's get that in there, okay, and there we go, perfect.

Jeffrey:

Now what I want to do, is I want to clip it on top of the pot, now you're going to see, I'm going to hit the cancel button, and then hit the pressure cook button or manual button, depending on your model, I

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want to go just for six minutes at high pressure, and that is it. Hit start, presto. Okay. So I have that cooking, and we're good to go.

Jeffrey:

Now, while my rice is cooking, what I want to do is, I want to create that ginger scallion sauce. I feel like I'm going constantly back and forth. It's almost like an episode of I Love Lucy. Lots of slapstick here, my friends. Lots of it. Always high jinx. To make this... hang on one second, okay. I am going to... sorry, I had a little technical difficulty there. I am going to take my food processor, I'm going to add to that some scallions, it's a whole bunch of scallions by the way, that I put in there, just the lower part of the scallions that are extra crunchy, as well as about four inches of a knob of garlic that I peeled and chopped up. To that I also want to add in... well actually, I don't want to add anything else, so I'll do the next part of the [inaudible 00:31:26]. Pulse this up in my food processor.

Jeffrey:

Excellent. Just a second. There we go. My other instant pot is having a little bit of an issue there. All right, perfect. Now what I want to do is [inaudible 00:32:04] here, I'm going to simply just take all of my wonderfully completely, basically blended garlic and ginger, and I'm going to take a salad dressing holder, okay, you know one of these things? Get these online, these are very convenient to do it this way. And to that I'm going to add in a two thirds of a cup of vegetable oil, or any kind of oil you really like, that's going to be fine, and then from there, I'm going to take what I've just done here, and add it right into the oil. You can use, as I have said, you can use avocado oil, you can use any oil you want, but I'm using vegetable for this situation. Whatever you choose, whatever is healthiest for you or best for you.

Jeffrey:

And my other instant pot, is giving me some sort of issue, I think... I'm going to have to start my rice over again, because it's saying that... it looks like this instant pot had a technical glitch. So hang on, we'll get back to that in a second. Let me pull that plug out because it's driving me crazy. But we'll get to that rice, don't you worry about it. Here we go, I'll just do it with white rice, so we save some time. Put that in there, all right, excellent, and now I'm going to add in, this is good. You can add as much of this as you want. You don't have to add the entire amount if you added in terms of what you just chopped up, but I like adding as much as possible. I'm going to add in a half a teaspoon of Kosher salt, and two teaspoons of soy sauce. And now I'm going to shake this up in my salad dressing thing. Like this, okay.

Jeffrey:

And I have this amazing, amazing ginger scallion oil that goes wonderfully on that rice, which I'm going to just do again in just a moment, because I don't know what happened here, but we'll fix this. We'll have the other rice. So please, actually, here we go. So I'm going to use my other instant pot, because I'm just loaded with instant pots here. They keep giving me instant pots, and I keep playing with all these different models, so this is what we do in a pinch. Some Jasmine rice, I've got to measure it out, a cup. And again, I'm going to do... normally I would've done for this situation, but it's going to take a little too long and I'm afraid we're going to run out of time, so white is quicker. A cup of that, all right, and then a cup of water or broth, whatever you want, like I said, you can use either one. Broth will make it more flavorful. And then mix that up.

Jeffrey:

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All right. Secure my lid, and set it so that you can plug it in here. And I'm going to go on this, for white rice, hit the pressure cook button for just three minutes and then we'll go on to a 10 minute natural release, and again, I'll explain what that is shortly. Okay. I've done 50 demos at this point; I've never had an instant pot die on me in the middle of one. I've been using that pot... go ahead.

Jessica:

I was just going to say, it's just a reminder that sometimes we have to be flexible, and if anything, COVID has taught us that we need to be flexible. So we understand, and I'm actually excited to be able to have another excited bonus recipe. We get to learn how to cook-

Jeffrey:

Yeah, absolutely. Look, at the end the day, it's food and there's also pizza or something like that. But it's... what can you do. I'm lucky to have extra instant pots around, so... but we'll be fine. But yeah, just in the future, there's nothing to freak out about or worry about if that ever happens. You'll be totally fine. But yeah, we're going to be pressure cooking our white rice and then we'll add that on there. But in the meantime we have our chicken cooking, we have our rice cooking, we've already created our wonderful ginger scallion oil, which is so delicious over pretty much anything, and this rice is very simple. It's literally just going to be the rice with some of this on top. Simple as that. And if we have any other questions, Jessica, feel free. [crosstalk 00:36:42].

Jessica:

Yeah. There's a bunch of activity happening in the chat. Someone had a question. She says, "I have had trouble with my instant pot when I sauté and then cook and after the sauce. I then pressure cook, and then I get the burn setting. Help."

Jeffrey:

Well, it depends. There's a lot of ways to evaluate the situation if you get a burn situation. Typically... would you repeat that in terms of was there a sauce already in the pot?

Jessica:

She says after the sauce. After the-

Jeffrey:

Oh. I guess they mixed sauce in when they pressure cook. Typically, here's the thing. Sometimes when you cook in the instant pot something like a tomato type situation, like I do with cacciatore, if you don't balance it out with the proper amount of liquid, which I did, I put only a half a cup of broth in there. But the chicken is going to release lots of juices, and I was also cooking with some olive oil ahead of time. It balances it out. It will make it... you're going to see, there's going to be a lot more liquid in the pot than when we began. You're okay. It's about the ratios if you want to add sauce in or something before you pressure cook. Make sure you have enough liquid in there. Because if it's too thick, it'll give you that burn notice.

Jessica:

That's good to know. Because I know, I've gotten that burn notice too. If you have an eight quart instant pot, can you make a small amount of something?

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Jeffrey:

Yes, absolutely. All the recipes that I do in my books are made in a six quart instant pot. But if you can do it in a six quart, you can certainly do it in an eight quart. You just double the situation. If you do it again in a three quart, which is the smaller size, you simply you can half it. So, that's how it works.

Jessica:

If you use boneless chicken, does it change the cooking time?

Jeffrey:

No, it'll be the same cooking time.

Jessica:

Somebody has a Zavor with high and low pressure cook options. Do you recommend high or low for the brown rice?

Jeffrey:

I always cook at high pressure for brown rice... for any dish. It's always high pressure for me. But let me also explain something to you really quickly about pressure cooking and time, okay? So I set this chicken dish for six minutes. That doesn't mean when I hit six minutes now from the time I started it's going to be done in those six minutes. That means the pot first has to build pressure. Everything has to get really hot in there, because we have a lid on top where the steam has nowhere to go, and basically at that point, it pushes that pin up, almost like a tea kettle whistling. And then from that moment on, once the pot realizes that the steam has locked in, because it's built up and up a bit in there, that's when it starts to count the time now for.

Jeffrey:

So in my books, I make sure that you're well aware ahead of time ahead of time, that you have a timing bar showing you the prep times, to the sauté times, to the pressure building time, that's the time we're in right now for both the rice and the chicken cacciatore, to factor that into everything. And then the pressure cook time, and if there's a natural release time and then the total time.

Jeffrey:

By the way, I can't really explain everything in just one quick little video. So it's super important if you're really interested in learning how to use an instant pot, which is one of the easiest things you'll ever do, you could've never cooked a day in your life, and this thing will be one of the easiest things you'll ever have cooked in.

Jeffrey:

My book has the introduction; it's a very short, simple read. It tells you everything. Forget the manual that came with these. Read that. It has everything you need to know. So right now, we have some pressure being built up in this instant pot and I can hear it going on. It's like... this is when my rice was cooking in it. So pretty soon... so by the way, let me speak to this, let me speak to this. This is going to come to pressure much more quickly than the chicken will, because the chicken had a lot going on in the pot. The more volume in the pot, the more time it takes to come to pressure and the less volume, like

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the rice, we only have one cup of water and one cup of rice, you see this? That means it's going to take less time for it to come to pressure.

Jeffrey:

This model that I have right here is the brand new instant pot Pro Plus, and actually the pin is not visible. But it did just pop up, because you can hear it inside. It's inside the lid, unlike the other models where you have a little silver pin. See, I'll show you this one, this is a little pin, when that pops up, you see this? Like this? It's not giving me a good angle. Okay, there we go. When that thing pops up normally, that's when the pot has come to pressure. This one, you won't see that in this model, the Pro Plus. So that any moment now, this is going to start to count down from three minutes, which is what we set the time for. And then I'll explain that to that the natural release situation. Yeah. You have any other questions, please do that.

Jessica:

Yeah. There are a lot of questions. Somebody was asking about your cookbooks, whether or not... they're most interested in plant-based recipes and can the recipes be adapted?

Jeffrey:

Yeah. Yeah, anytime you see a ground beef situation, you can use a [inaudible 00:41:50] or Beyond meat, anything plant-based there. That's absolutely fine. Any recipe... the way I look at it is, you look at a recipe as a blueprint. You can see how long it takes to cook something, and how many amounts and the right spices to make it the flavors really sing in a dish. But if you're like, "I want it to be more plant based," which is meat based, that's when you get to play with it and do a few different things of your own, and put some touches on it. You can literally do anything. For instance, like what we're doing this dish with the rice, I said, "I want brown rice instead of white rice." I could've done that if my instant pot didn't have a malfunction, but now because we're speeding it along doing white, but you can 100% do that. And normally, by the way, instant pots, that doesn't happen normally, but I literally work these babies day and night, so at some point it's bound to have an issue.

Jeffrey:

So yeah, anything can be substituted. The really short answer to that very long answer I just gave.

Jessica:

There was a question about using frozen chicken or turkey?

Jeffrey:

I don't ever recommend frozen chicken because it tastes dry to me when it's cooked. You can, but just, if you can just let it thaw out in the morning, just let it do that. Put it in the refrigerator the day before. It just makes a difference to me. However, if you absolutely can't and you're really strapped, well, that's completely up to you. You can totally add it. And you just add about five more minutes of time, if that, depending on what kind of chicken. Now look at this. This is where my cacciatore is right now. The pot is about to come to pressure. Do you see all this steam coming out of this pin? It's hard to see unless you're standing in the front of it.

Jessica:

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Yeah. I can see.

Jeffrey:

You see that? Okay. So this, any moment now this is going to pop up. And that means the steam has nowhere to go. From that point on it's going to start counting down in those six minutes. So it's getting close to that at this point, and I would say that this is probably going to be done, I'll estimate within 10 minutes-ish, 10 to 15 minutes. We're going to be done with this chicken. All right. So I want to take a quick moment to also explain about... do you notice in this oil that I made here, you can use any oil, I use vegetable oil, but you can use anything you prefer. I used soy sauce in there. If soy sauce isn't for you, and because there is usually wheat in there, which means there's gluten, you can use something called tamari, which is basically a wheat-free soy sauce. It tastes pretty much exactly the same, I cannot tell the difference, if you're going to give me a blind taste test, I couldn't tell you the difference.

Jeffrey:

Or if you don't want to have wheat in there, or soy, try something called coconut aminos. It tastes like soy sauce and a teriyaki sauce combined. It tastes nothing like coconut, and that's good, because I wouldn't really want it if it had coconut in there. I'm okay with coconut, but not in a soy sauce situation. Try that. So there's always substitutes and I list that in the Lighter book in the introduction.

Jessica:

There were a couple of questions that came in about which instant pot model you would recommend and what your thoughts are about the air fryer combo instant pot.

Jeffrey:

I recommend, if anyone's starting with an instant pot, just get a simple instant pot duo, six quart. They're very affordable in these days, get just the duo six quart. If you find that you really love it, and you'll eventually probably want a second instant pot, so you could do two things at once. The thing that's great about an instant pot also, it doesn't heat kitchen up. I'm schvitzing a little bit right now, but that's just because I am, and that's how I've always been, but I'm also running around. But this doesn't heat kitchen up, it's wonderful that way. So great. Yeah. I think I just answered that. My brain is in 10 places right now, so I apologize.

Jessica:

No, you answered that, and then do you use the air fryer? The instant pot air fryer?

Jeffrey:

Oh, the air fryer. The air fryer. I do have the air fryer lid model as well, which is great, because in that situation, when the dish is done on your pot, it comes with another lid... by the way, this pot just came to pressure, and it's going to do some tss, tss sounds, because this is a different model that has an automatic release. So you have that situation.

Jeffrey:

The air fryer, when you're done cooking, if you want to get something like a cheesy, or obviously we're in a Kosher situation, let's say we're just mac and cheese, there's no meat involved, I want to, when I'm done, give it a... or like a Ritz cracker crust or something on top. I can take some Ritz crackers, smash

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them up, mix them up with a little bit of butter or something like that, and then lay it on top, put the air fryer lid on the top, so I don't have to transfer anywhere, it's a separate lid. It fits right on top like this lid, and it will basically blow hot air on to it and then bake it in there. Gives it a nice little finish. That's always a nice touch to have.

Jeffrey:

All right, so we're moving down here really quickly, I want to show you my situation here. We have one minute remaining on my rice. We have one minute, which is wonderful. When this is done pressure cooking, which is going to be in less than a minute now, you're going to see the screen's going to switch to four zeros, or it's going to say L000, sometimes it has one or the other. All right, there we go. It's four zeros. Normally, if I said the dish would have a quick release, we would release the steam now, which actually I don't want it to do, okay. And this one you have to actually do the release on the screen. It's a brand new model. You don't actually touch the top of the lid to get it to come out. By me angling this back is actually making that happen, so I'm not going to let it do that.

Jeffrey:

Okay. So you see it has four zeros? It's hard to see because it's mirrored, this display, and it's so fancy. I want to wait for that to count to 10. That means 10 minutes have elapsed, and that means it's 10 minutes of the steam naturally releasing on its own. Set a timer for nine minutes, and just hold my watch.

Apple Watch:

Nine minutes starting now.

Jeffrey:

Thank you. You're so fabulous. I'll now know that in that time to come back and get ready-

Apple Watch:

[inaudible 00:48:12] appreciate it.

Jeffrey:

You're very welcome. My watch is so like we're best friends, I guess. I just talk to my hand all the time. All right, so there you go guys. It was a natural release, that's what I just did. You have a specified time, in this case it's 10 minutes, and basically 10 minutes from now, I'll come back and finish with a quick release. If it was a quick release, I would've released the steam as soon as the pressure cooking time was done, which would mean right now. I hope that's clear. Now you see the other pot? This the instant pot Max. It does this when it comes to pressure, it does these little pulses for a little bit, it's the only model that really does it, it just stopped doing it. It's going to start counting down any second now, and then it will be done, the chicken, after about six minutes from there, and yeah, I just try to explain these as best as possible. It's a little more complex when you have two things going at once, but you get the gist.

Jessica:

No, that's great. So someone has asked, she says, "I absolutely love all of your recipes. Which one is your favorite recipe to make for friends?"



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Jeffrey:

Well, keeping a kosher. So, ooh, it's so hard to say, honestly. I think lately one of the ones that are the most impressive to me are spaghetti and meatballs. Because I feel like kids of all ages love that dish, it's so delicious. Of course, you can make your meatballs Kosher and you can cook spaghetti and meatballs all in one pot in the same pot with no straining anything, literally. You add all the ingredients in, you put the lid on your pressure cooker, you set the time, you walk away, you come back, you release, you stir, you serve. All done in one pot, and that's wonderful because who wants to do all that cleaning afterwards? Who wants to deal with it? Not me. So, that's probably my favorite thing. It's a wow factor dish, for sure, because it's spaghetti and meatballs, all in one pot and it's really delicious.

Jessica:

In your cookbook, you mentioned that you have all of the introduction information on how to, what to do and how it works in the instant pot. Do you have that in all of your cookbooks? Or just-

Jeffrey:

All, in every single one of my books. So now it's a good time to share them with you. We have, in the order of appearance, my original Step By Step Instant Pot cookbook, the orange book... by the way, that intro that you read for me, I'm realizing it's way too long at this point. I have to shorten it. Because I was like, "I feel so narcissistic with the way you were introducing me." So thank you for that. It's all good hearing it out loud, so like, "It's really narcissistic."

Jeffrey:

Anyway, this is my original book is the orange cookbook. It came out literally in April 2020, as I had COVID. And when it first came out and I was like, "Okay, I have COVID. I don't know, let's hope that I see another day." It was very scary. I'm very grateful and thankful that this made it into the world what it did, because I think a lot of people [inaudible 00:51:08] it, because a lot of people were cooking. Restaurants were really open for a good period of time. And this is my first book. It's my first baby and my pride and joy.

Jeffrey:

Then my second baby along, the Lighter book, which we'll call the blue book, the original we'll call the orange, the Lighter we'll call the blue book, which is exactly where this recipe, the chicken cacciatore I'm making is from. Also, this white rice recipe is in this book as well. So technically both things are. But that ginger scallion oil that I just made, is in the next book coming up. But you see? You have all these things in here. All the books have the same format with the color photos, step by step, the third book is the yellow book, which is The Simple Comforts book. This is actually not an actual copy of my book, they call these books, they all these books.... what do they call these things? It's like a mock-up they send... but this is not how it will look. It's black and white pages right now.

Jeffrey:

It's going to look just like the other ones. They call them galleys, I believe. Yes, galleys is what they call them. Right. Right. And this isn't even the final part, but it's something to have in my hand to show. But it's actually going into print right now, and it's being bound, it's very exciting. I'm told I might have an actual copy in two weeks, so that's the yellow one.

Jeffrey:

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And the sauce that I just made for this rice, is in this book. Except in that book, it's actually called chicken... it's the chicken in the rice as well. So we mix it up together and it's... I just made a variation of it for now. So that's a good way to show you, you can take a recipe and alter into something you see fit. It's very easy once you've done it a couple times.

Jessica:

And I can say that I have your first two cookbooks, and even my kids will eat... like the chicken shawarma is a big, big, hit in my house.

Jeffrey:

Oh, wonderful. I'm so... well, I'm thrilled to hear it. Thank you very, very much.

Jessica:

And somebody was asking with the spaghetti meatballs, would that work with gluten free pasta doing it all at once?

Jeffrey:

So, when you're doing gluten free pasta, you can do it in the instant pot, but typically it takes a little less time because it's more delicate, and you don't want it to become mush. So I would say, if a recipe says eight minutes for the spaghetti, go for five minutes. If the spaghetti is still a little hard when the lid comes off, don't worry about it. The pot is still very... the sauce, everything is still very hot, it will continue to absorb and cook into that pasta, softening it, and it will also thicken the sauce at the same time. Just have a little patience. But as things rest, flavors come together more and sauces thicken, things become more vibrant.

Jessica:

Great. And there was a question about actually cooking vegetables like squash. Are we supposed to pierce it first? It can sometimes make a big mess. What do you recommend when cooking that?

Jeffrey:

So I have a spaghetti and squash recipe in the first book and I basically just take it, I take a good chardonnay, I slice it right down the center, and I just put it right... you could do it either honestly horizontally or vertically, whatever, scoop out the seeds, put it in the instant pot, on the trivet, it comes with a little trivet that rests in the pot, put a cup of water in there and then just set the time, and it steams it to perfection. It really does. It does a wonderful, wonderful job. I also have lots of squash recipes. I have acorn squash, I have butternut squash risotto and a butternut squash soup spread out throughout my books. Squash is one of the easiest, most wonderful things you could do in your instant pot.

Jeffrey:

And also, if you don't feel like cutting into a... probably the most popular of the squash I find in the market is a butternut squash. You don't feel like really cutting into it and doing those things, oftentimes you can go to places like The Market or Costco or something, and it'll be diced up for you. It looks like cantaloupe, you can get very easily confused, and you can just do that.

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Jessica:

Amazing. There's a question about using a regular pressure cooker. Will the details on the amount of cooking time, would that be the same for a regular pressure cooker as it is in your instant pots?

Jeffrey:

I wish I could answer that, but I've never used a regular pressure cooker in my life.

Jessica:

Yeah. And they're asking for a little bit of clarification when you said doubling the situation if you have a six quart recipe going to an eight quart, or halving it go to a three quart, do you mean the cook times? Or do you mean the amount of food that is in the recipe?

Jeffrey:

Cook time stay the same pretty much always. It's just the ingredients. Thank you for clearing that up and asking, because I should've made that more clear.

Jessica:

Great.

Jeffrey:

All right. So our rice is going to be done in just about a minute or so, which is very exciting and you'll see how this makes perfect rice, which is always fun. And I've never made tried that out. My favorite of all these demos and videos and everything I always do, is getting to try everything out. It's always very exciting and very fun. One of my favorite things. So I'm excited to do that.

Jessica:

Dinner.

Jeffrey:

Yes, indeed. We'll just pretend that it's brown rice.

Jessica:

Right. We'll just pretend. In our minds it's brown rice, everybody. Somebody was curious how you got into cooking with the instant pot?

Jeffrey:

I hated my job, it was sucking my soul out of me every single day, and I loved to cook and it was therapy for me to come home and listen to Barbara Streisand and cook. Yes, that's true. And I basically one day said to myself that as a side project and a passion project, to make me happy, let me try starting a food blog. And then the instant pot had just come out. I saw that a lot of people were very confused on how to use it, and I saw it as an opportunity to put myself in front of the camera, because I was working in PR as a video producer behind the camera, and I always feel like I'm better on the camera than behind it, by the way, let me see here, we're just about at 10 minutes, I'll release.

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Jeffrey:

And then at that point, I starred in a video for mac and cheese, just for fun and I put it out there saying, let's see if anybody's interested in this, and I struck at the right time I suppose, and I guess it was beshert, that I got to go into people's homes and I became a very trusted recipe developer and creator and I guess personality for this thing. Which is very exciting.

Jeffrey:

All right. So 10 minutes, you see on the pot, it says 10? All right. That means 10 minutes of a natural release has passed, I'm going to finish this off by releasing my steam now, whatever is left in there, if any. Probably maybe just a little bit of it. And then what I'll do, is I'll come back to my pot. It might have actually... no, there's still some in there. It's supposed to release. Oh, it's supposed to, from this one. This model is also one of the newer ones, and I felt when you hit the screen it's supposed to come off, but I'm afraid to screw with this right now. So I'll [inaudible 00:58:21], I'll let it come down on its own, when it's ready. Let me see here. Am I hitting the wrong button? Give me one sec.

Jessica:

Sure.

Jeffrey:

Wow. I guess it will open at some point. Yeah. By the way, it is a very safe device. Don't try to ever force this thing. If it's not opening, just let it stay there. That's what I always say. Let me try one more thing here. Maybe that will do it. And I'll be honest with you, this is a newer model, and it's very pretty, but I prefer having the release on top of the pot. Because it's just easy, you have to rely on a button on the screen in case something is, "Why aren't you just releasing at this point?" Which right now I'm at the mercy of the screen running at release. And I've used this many times before, a couple times, and I never had any issue with it not releasing, but here we are.

Jessica:

Here we are.

Jeffrey:

This rice Jessica, I don't think it wants to make an appearance tonight. We'll do our best.

Jessica:

It seems that way, but we'll see what happens.

Jeffrey:

Yeah. The irony is that rice is literally... it's two ingredients in there. It's water and rice and it's like, "What's going on here, my friend? What's going here? What did I do?" But I don't know why it's not releasing. Maybe somebody else out there can teach me something right now and explain how on the Instant Pot Pro Plus, to release the steam properly, because I have it on the quick release situation, and it should be going, but alas... and there's no way for me to really-

Jessica:

No, we don't want you to force it. That would be-

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Jeffrey:

I have a little bit of a trick here, see if that worked. There we go. I was able to... don't try whatever I just did. I'm not going to show you, at home. It will come off. There is our rice, it's perfect. Fluff it up. Okay. I want to show you. Look at this. Look at this rice. Just how it should be, nice and fluffy, wonderful. I'll put some of that in a bowl-

Jessica:

And I just want to break, and I know that if anybody has to leave, we are recording this, we will be sending you the recording, along with the recommendations and the tips within the next week or so. So if you have to leave, don't worry, you will get to see the end.

Jeffrey:

Yes. Okay, so here's my rice in a bowl. I love to add some of this wonderful oil, make sure you shake it up, this ginger scallion oil, then put it in there, I love this stuff. And then you can just mix it in. Again, pretend it's brown rice if you want, and I have to always go to my face for this part. The oil, I would put it on cardboard and eat it. It is unbelievably delicious. So, so good. Mm. Ginger scallion oil.

Jeffrey:

This thing has only five ingredients. Vegetable oil, or any oil of your choice, about a bunch of scallions, the crunchier wider part, you can use some of the green part of course too, about four inches of ginger, you need that ginger, a knob, peel it, chop it up roughly, and some soy sauce and Kosher salt. That's it. That's it, done.

Jeffrey:

I need some more of that, it's so good. Any moment now we're going to have our chicken complete, and then from there, you're going to see, we're going to put those finishing touches on that chicken cacciatore. I know we're running a little late and I apologize, but what can I do? I talk a lot sometimes.

Jessica:

Okay. Everybody is loving you in the chat. You're getting a lot of love.

Jeffrey:

Good. Good. Wonderful. Okay. I'm going to move this; you should see this hilarious setup in my kitchen. I'm literally just moving things around. I'm like a hot mess on every level, but it's okay. We keep it real here. All right. How are doing on time here?

Jessica:

Good. We're good.

Jeffrey:

We're just about done with the pressure cooking on this one too, very soon. And if you have any other questions, please feel free to ask.

Jessica:

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Sure. There was a question that came in about giving a dish... well, there were two questions that I got. One was again about the burn notice. If that burn notice comes on, what are we supposed to do? I'll start with that.

Jeffrey:

If the burn notice comes on, typically, it hasn't come to pressure yet. Or if it has come to pressure, release the steam, take the lid off, examine it and see what it is. Chances are, the bottom of the pot is going to have something, sometimes burn on there. Whether it's tomatoes or meats or vegetables, something has burned to the bottom. Take some liquid, add it to the pot, try to scrape the bottom up a little bit, if it's to the point where it's completely caked on and that, I would say literally, just pour everything out of the instant pot into a large bowl or something like that, go to the pot, clean it out, put everything back in and start again, add a little more broth. That's a very extreme situation. That shouldn't happen often if you're following a good recipe.

Jeffrey:

But sometimes it depends on the model of the pot, because I've realized that there is nothing burned on there, because when the little pin pops up and it comes to pressure and it begins to count down, the pot just... I think it's feeling something in there in terms of its reading, in terms of it can feel the pressure itself, which is why it triggers it to start counting down, thinking the pot's at pressure.

Jeffrey:

Sometimes things take a little bit longer and sometimes the pot at that point might feel like it hasn't come to pressure yet, so I'm just going to assume it did, because it's taking longer, because there's more volume in there and it starts to count down when it actually isn't ready yet, and then it triggers a burn warning when it shouldn't. Because oftentimes people will write to me and they'd say, "I got a burn notice on something." Of course, it wasn't my recipe. Now sometimes it was, but it depends on the model sometimes, and I say, "Was there anything actually burned?" They say, "No." I'm like, "It's the model typically of a pot sometimes." So you have to learn your model a little bit. They're all slightly calibrated differently. But for the most part, everything should work exactly as I wrote in my books.

Jessica:

The dish-

Jeffrey:

[inaudible 01:05:12]

Jessica:

It gives the dish... Oh, there was a question about why are some recipes a quick release versus a natural release?

Jeffrey:

Well, excuse me, I'm done eating now. It's rude, right? Are you guys eating? I hope you are. But I saved all my meal up for now, so I'm starving. So the only time I ever natural release anything, is if I'm cooking typically rice or roasts. Meats. Typically, rice needs some more time, because if you let it pressure cook for 13 minutes, versus three minutes of a regular cook time, and a 10 minute natural release, your rice is

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going to get overcooked and mushy. You don't want that to happen. With roast, with meat, if you quick release, sometimes it sucks all the goodness out of the meat very quickly and it can dry it out a little bit. You want to give it at least five to 15 minutes, depending on the range, natural release with most meats. Chicken I never, ever natural release. I just quick release. And the same pretty much goes for pretty much anything else, unless I'm baking something like a desert, which is in a separate pot, because then the instant pot serves as a steamer of it in that situation.

Jeffrey:

So that's really the main difference there. Grains, beans, rice, you'll usually have a natural release, and then meats, like red meats, you will typically natural release.

Jessica:

Somebody said they're allergic to tomatoes and are there any good substitution ideas for that?

Jeffrey:

I don't like tomatoes raw. I hate them raw actually, but I love them cooked. But in terms of... hmm. The answer to that one to me honestly, is not really... there are certain dishes you don't have to add tomatoes to. They're just a small little player. A cacciatore, it's a key player. So I would say there's a million and a half dishes out there, try something different if something is reliant on the tomatoes. Like in this one we had a can of diced tomatoes, we had crushed tomatoes, we're going to be adding some tomato paste right when this is finished any second, and you're going to see, it's reliant here. So look for something different, I would say, in a dish like this. However, in other dishes where tomatoes is a small little factor, is adding a little in there, here and there, don't even worry about it. Just don't even add it.

Jessica:

There a couple of people having conversations about dog foods and we know you have Banjo. Do you ever cook Banjo food in the instant pot?

Jeffrey:

I actually do a recipe for him and when I released it actually, a lot of people... the claws came out, so to speak. People were like... it's a very touchy subject, pet food. People are very touchy about their animals. And I get it. I'm the most neurotic Jewish dog daddy that existed. So I get it. But everyone has an opinion on food. What I make him in the instant pot and my recipe is very nutritious in my opinion, for dogs. My vet said it was fine. So I used it. But every dog is different. I used to use brown rice literally, some carrots, some broccoli and some peas, and that's it. And that's it. And just mix it together. That's literally it. You can eat it yourself. It's very healthy. Very good for you.

Jeffrey:

But it's a touchy subject for some people. Some people will say, "Don't do that. Make sure you give them more nutrients to your animals," and this and that. So, it's all up to you how you want to do it. But the food that I give my dog, he enjoys and he's never had a problem with it. So if he ever did, I would never in a million years feed it to him.

Jessica:

Of course, of course. So-

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Jeffrey:

All right. Oh, there we go. We're done. Let me see, I think we're done. Oh, okay no, we have one more minute. This one... see, like I told you, [inaudible 01:09:22] there's a lot in this pot. This one took a little bit longer to come to pressure and to begin counting down. They're all a little bit different, but at the end of the day, it doesn't make any difference. They're all going to cook, everything's going to come out just fine. Don't worry about that aspect of it.

Jeffrey:

But back to your question about burning in the instant pot, we don't ever want that to happen, and any recipe that I put in my books or on my blog, I make sure that it doesn't happen, at least for me, first. Because if it did, I would never release the recipe that way, obviously. But it's a little different, depending on your pot. I have every of model instant pot that ever existed, and they're all slightly different. But they all give great results, and they all work with a generic recipe, following the same model.

Jessica:

And when you're making... somebody says that they have a duo and that there's buttons for different foods. So she... this you pressure cooked. You did not use the rice function on the-

Jeffrey:

I never use any of the preset buttons on any of my models. I only use the manual or [inaudible 01:10:18]. That scared me. Okay. Can you hear me? So that instant pot is similar to the other one where it automatically releases when it's done, except this one actually did it. The other one didn't. So anyway, here we go, it's releasing its steam. We're in the final steps here.

Jessica:

I have a bunch of people who think you need your own show on the Food Network.

Jeffrey:

Do I? Thank you so much. That would be fun. What am I doing here? I'm like Marilyn Monroe. It's like, "Whoo." It's very fun. You can get a facial while you're here. Don't stand too close to it. You might smell like tomatoes and peppers and chicken in this situation if you do, but to me that says dinner and it's a very romantic smell. All right. What did I just do? Oh, my gosh. I accidentally unplugged the pot, and it shut the thing. Oh, my gosh. This is just hilarious today. All right. Okay, there we go. Now we're doing our thing here. It's almost done releasing its steam. Once it is, then obviously this will be done and then I'll be able to open it. I couldn't open it now because it's still locked, it's in its steaming position. This is what a release looks like, as we saw before. And when this is done, you're going to see that there's going to be more liquid in the pot, because the chicken will have released some drippings in there, and I'm going to put my platter here, and then... here we go.

Jeffrey:

I'm going to show you a really good trick by the way, with tomato paste, in case you don't know. You might know it, you might not, but you're going to see something very life-changing about how to get the stuff out of there really nice and smoothly. You'll see. I was taught that and I'll always, always, always be grateful to the person who told that to me. I love this rice. I love... this oil. I can literally put that on



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everything. I keep talking about it, I love it so much, and it smells so good. Okay, we're just about to drop here, or pin, and then we can get going and finishing this up. Took a little longer due to that little glitch, but some things are worth the wait.

Jessica:

That's cooking for you.

Jeffrey:

It is. It's still very easy and I've been standing here the entire time, talking to you, barely moving. You see how easy this is. Anybody can do this. Anybody. And if I wasn't here with a camera on me with all these lovely folks watching, I would just be in the other room right now, playing WORDLE.

Jessica:

Only for three minutes though, right? Only for a few minutes.

Jeffrey:

Well, you know what? I got my WORDLE, I've been playing 30 days now, my 30th day anniversary, yesterday was my first WORDLE that I got on the second try. And I was hoarse, from my... oh. None of you might have played it yet, it's not... so I'm not going to spoil. But I got it on the second try, and I was very excited about it. This pin has just basically dropped, yes, excellent, let's take this lid off, I know everyone's hungry, me included, and we're going to get the finishing touches here. First thing I want to do, is I want to take this chicken, which is going to be super tender, and put it in a serving dish. Oh my gosh, it's really tender. Look, it's almost falling apart. All right.

Jessica:

Wow.

Jeffrey:

Hoo, yep. Now these tongs, by the way, are not the best. They're very slick and they... pardon my French, suck. So I'm going to put them right here. All right, there's my... I love... you don't need a knife because that's how tender this chicken's going to be. You never have to worry in an instant pot, if you're doing a dish when one is written well, then you'll never have dry chicken ever. You never should. And if you do, find a different recipe. Okay, now there we go. I knew I had one more in there. Okay. Oh, more. I have another drumstick. I think that's everything. Okay, got all the goodies out. Here's my chicken just hanging out. We'll come back to you in a second. All right, let's get the sauce going, and thicken it up just a little bit.

Jeffrey:

First thing I want to do, is I want to add in two tablespoons of a red wine vinegar, gives it a little bit of nicer extra flavor there. And here's the secret to this tomato paste situation. You're going to use a can opener and open not just the top, but also the bottom of the can. What's going on with me. Okay, there we go. Okay. There we go, I've got the top and the bottom, and now what I do is I just take a small spoon here, and then you just press like this, and look at this, right in there it goes. Now the lid went in with it, so just fish that out. But, presto. Whamo. [inaudible 01:16:04]. Everything basically came out

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of... look it there, nothing's stuck in there. That's one of my favorite things. Just one of my favorite things. I'm going to wash my hands because I've got some tomato paste on it.

Jeffrey:

You can also add in about a teaspoon of honey, if you want it a little sweet, you don't have to, it's a nice little touch, that's a nice substitute to adding something like brown sugar. This is a natural honey, and I like my cacciatore with some olives, and I have about a quarter cup each of green olives and some Kalamata or black olives that I'm adding. And you can reserve some for topping if you wish as well. All right, perfect. And now let's just give all this a stir, and what we're going to do, as you normally would do this, the tomato paste is going to melt into the sauce and it's going to give it a little bit of a thicker consistency. Now the longer... oh, don't forget, there's also still some drippings from the chicken in here, which is... when as this cools down, will pull the sauce together even more and congeal a little bit, which is wonderful as this extra flavor and deliciousness to it.

Jeffrey:

Everything in a pressure cooker, by the way, almost tastes better the next day, because all the flavors have really come together when they've cooled. You never want to eat something when it's super, duper hot right out of the pot. You want to rest for a few moments before you serve it, in my opinion, unless it's rice or something like that, or a pasta dish. But for the sake of time, we're going to now take this wonderful sauce, we're going to just drape it over all this chicken, and you're going to have yourself a delicious, wonderful, nutritious, very savory, loaded with flavor, tomatoey, chicken cacciatore. And there we go.

Jeffrey:

Now I have to try some of course, as I always have to. It's a really... it's a pretty dish. It just looks like one of those dishes that you show people like, "Look at that. Look at..." I'm not the best plater or anything like that, but it's a really nice party chicken dish. And I already have some right here.

Jessica:

Do you leave the pot on warm when you're... like now is it on warm? Or is it [crosstalk 01:18:37].

Jeffrey:

It is on warm. It just naturally goes there after it's done pressure cooking. It swaps into the warm position, and it keeps everything in there is warm. So here we go. Here's my chicken cacciatore. Normally I would wait a few more minutes for the sauce to thicken up a little bit, but we're on the clock and I'm just showing you right now. I'm not using a knife. Look at this chicken. Just look at that. Look at it. Right off the bone tender, completely perfectly cooked. Mm. It's so flavorful. It's savory, it's not too salty, you just have that wonderful flavor of... it's tastes like an Italian garden on a chicken. Delicious. I love the olives. If you want a few extra olives to top yours off, do that, for a nice presentation. But this chicken is literally just coming right off that bone. That chicken thigh. I like dark thigh meat for this. Mm. Delicious. Delicious. One of my favorites, for sure. Chicken cacciatore.

Jessica:

Amazing. I think we're all hungry now.

Jeffrey:

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Good.

Jessica:

Good. Well, thank you so much for this presentation. It was amazing; it was so fun, technical glitches and all. We recommend everybody follows Jeff on social media and check out his cookbooks. Again we want to thank Karen and Jordan for sharing their meaningful story with us. Please take a moment to fill out the brief evaluation survey that's linked in the chat. As I mentioned, we are giving away one six quart instant pot to someone who fills out the survey. If you're interested, please fill out the evaluation to enter the giveaway. Evaluations really do inform our programming, so thank you so much for filling that out. Please never forget that our social workers and genetic counselor are here for you and your loved ones. Sharsheret provides emotional support, mental health counseling, and other programs designed to help navigate you through the cancer experience. All are free, completely private one on one.

Jessica:

Our phone number is (866) 474-2774, and you can also email us at [clinicalstaff@Sharsheret.org](mailto:clinicalstaff@Sharsheret.org). Finally, I want to share a couple of the exciting webinars we have planned over the next few weeks. Keeping Your Bones Strong During and After Cancer Treatment is on February 15th at 5:00 PM Pacific, 8:00 PM Eastern. Learn how to keep your bones healthy and strong before and after cancer treatment. This is with Dr. Joy Woo, the associate professor of medicine in endocrinology at Stanford University School of Medicine. Also, save the date for our next Sharsheret In The Kitchen, Shabbat Around The World with Naomi Nachman, who will be sharing some recipes to bring world cuisine to your Shabbat table, on March 10th at 11:00 AM Pacific, 2:00 PM Eastern. And the links to those are both in the chat.

Jessica:

Please check out our website regularly to see what topics are coming up. You can also access the recordings and transcripts of all of our past webinars on our website. From all of us at Sharsheret, thank you so much for joining us tonight. We hope to see you soon.

Jeffrey:

Thank you.

Jessica:

Thanks, Jeff.

Jeffrey:

Bye-bye.

Jessica:

Bye.

## About Sharsheret

## Sharsheret in the Kitchen – Pressure Luck Cooking with Jeffrey Eisner

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

### The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

### Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

## Disclaimer

The information contained in this document is presented in summary form only and is intended to provide broad understanding and knowledge of the topics. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician or other health care Professional. The document does not recommend the selfmanagement of health problems. Should you have any health care related questions, please call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.

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