

Instant Pot buying guide quick reference handout

Instant Pot is defined as a multicooker, able to perform many different cooking functions like pressure cooking, slow cooking, sautéing, and steaming that you might otherwise use a separate device and/or an oven or cooktop to do.

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What is the Instant Pot and what would you use it for?

The Instant Pot is a multicooker small appliance with a variety of common cook features, with some models that have additional unique features.

- 1.High pressure cooking** – cook dishes that might otherwise need to be slow cooked or take a long time in the oven or on the stovetop in a fraction of the time.
- 2.Low pressure cooking** – a viable alternative to boiling something under medium heat, though many opt for reducing the cook time and using high pressure to take full advantage of the Pot's capabilities.
- 3.Slow cooker** – the high temperature slow cook function can take the place of a slow cooker, while the low temperature setting can be used to keep food warm.
- 4.Sauté** – A great option for one-pot meals, sauté right in the Pot before you add liquid and pressure cook a dish.
- 5.Yogurt** – with some models, you can transform a jug of whole milk into homemade yogurt to which you can add your own flavour and toppings to then jar up and put in the refrigerator.
- 6.Sous vide cooking** – place a protein like chicken or fish in a plastic bag, remove air, add liquid, and cook on this mode found in select machines for a nutritious, flavour-packed dish.
- 7.Sterilize** – Rather than boil a pot of water on the stove to sterilize baby bottles and glass jars, or opt for a separate sterilizer machine, use an Instant Pot with this handy mode.
- 8.One-touch cooking** – All Instant Pots have Smart Touch programmed buttons for one-button cooking of dishes like chili, oatmeal, rice, eggs, and even boxed cakes, that each includes the proper preset temperatures and times.

What are the Instant Pot sizes?

Instant Pots come in three main sizes:

- 3-quart** – Good for single individuals, couples, and those who don't need tons of leftovers.
- 6-quart** – The most popular size, ideal for both small families with enough for leftover as well as larger families with up to six mouths to feed.
- 8-quart** – Good for large families, big batches, weekly meal planning, entertaining, but you need counter space to accommodate it.

Advantages of using an Instant Pot

Why would you use an Instant Pot? The reasons are plentiful with many advantages, some of which a lot of buyers don't even consider or realize until they have one in their kitchen.

- 1. Get meals on the table faster** – cook things much faster using high pressure, without having to keep an eye on the cook the whole way through.
- 2. Cook from frozen** – cook meat, poultry, vegetables, and other items right from frozen, with the Pot simply taking longer to come to pressure.
- 3. Keep Warm** – if you're running behind schedule, or using the Pot for side dishes, food that has been cooked will keep warm in the Pot indefinitely.
- 4. Simple to use** – once you get the hang of it, it's really easy to use for beginners who can follow easy-to-find, step-by-step recipes online.
- 5. Creative options for pros** - Experts can experiment with more ambitious projects, from cheesecake to lemon curd, and yogurt.
- 6. Sterilize items** – new parents will appreciate one less appliance on the counter and a simple way to sterilize baby bottles, pacifiers, and other items.
- 7. Generate less heat, save energy** – Save on air conditioning in the summer and electricity all year 'round by firing on the Instant Pot every now and then instead of the stove or oven.
- 8. Replace multiple small appliances** – save counter and cupboard space with one appliance that takes the place of a pressure cooker, slow cooker, steamer, and more.
- 9. Contains smells and spills** – keep pungent smells contained in the Pot through the cook so it doesn't fill the kitchen and entire home with the odour.
- 10. Easy clean up** – do everything in the one inner pot for minimal clean-up at the end.

What are some of the most popular models and their differences?

Instant Brands has launched several Instant Pot models over the years, with each new model replacing older ones that you might still be able to find. But when it comes to the most popular options right now, here's a rundown.

- 1. Instant Pot Duo Plus 9-in-1** – It has most of the features noted above including sous vide, yogurt, and sterilize along with an upgraded lid, secure valve, and 3-, 6- and 8-quart size options.
- 2. Instant Pot Duo V5 7-in-1** – No sous vide or sterilize but this one does have the yogurt button and comes in 3-, 6- and 8-quart sizes.
- 3. Instant Pot Duo Crisp + Air Fryer** – The regular lid is replaced by an air fryer lid and it comes with an air fryer basket for air frying, dehydrating, and more. There's no yogurt nor preset cook buttons but you get six main cook modes, including sous vide.
- 4. Instant Zest Plus Rice and Grain Cooker** – Designed specifically for cooking rice and grains, the pre-programmed buttons are all geared towards these two types of dishes, but there is also a steam and keep warm option. This one isn't a pressure cooker.
- 5. Instant Pot Pro** – Get everything under the sun in this model that comes in 6- and 8-quart sizes and offers faster pre-heating times and new customizable programs along with a larger, easier-to-read display.
- 6. Star Wars Instant Pot** – Ideal for fans of the popular franchise thanks to the *Star Wars*-inspired design featuring The Child from the Disney+ series *The Mandalorian*, it's a version of the Instant Pot Duo with seven functions including yogurt, but no sous vide or sterilize.

What to consider when choosing an Instant Pot for your home

1. How big is your family? Consider both the size of your family as well as how often you have guests and/or entertain and if you like to do weekly meal planning or cook large batches to have loads of leftovers for the week. A 6-quart Pot will suit most families but those who want to cook

large batches and fit larger items (think several racks of ribs) will want to opt for the 8- quart.

2. How busy is your schedule? It's worth getting an Instant Pot if you have busy schedules that leave you little time to make home-cooked meals.

3. How often do you cook? Having an Instant Pot can make daily meal-making easier and/or encourage you to cook more often since you can dump ingredients into the Pot, press a button, and be ready to eat in no time.

4. Do you like to experiment? If you like experimenting with cooking, consider a model with one of the more unique features, like sous vide or yogurt.

What are some use cases for the Instant Pot?

- Rushing to get a meal ready
- Making big batches
- Secondary cooking appliance for big gatherings

The most useful accessories for the Instant Pot

Some of the best accessories you can buy for the Instant Pot include the Air Fryer lid attachment, extra silicone sealing rings, silicone egg bite molds, a non-stick stainless-steel cakepan, and a set of mini baking dishes.