



InstantPot 70 Delicious Dishes 七十道美味菜

MaomaoMom/毛毛妈



Instant Pot

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By MaomaoMom/毛毛妈

Busy, no time to cook?! Then follow the 70 easy step-by-step [Instant Pot](#) recipes from [MaomaoMom.com](#) to enrich your family dinner table and have a great family mealtime.

Enjoy!

太忙、太累，没有时间煮晚餐？那从这本 [MaomaoMom.com](#) 里70道美味 [Instant Pot](#) 电高压锅菜谱开始吧，伴有一步步详细的做法，可以让您与您的家人不论在世界何地都能享受到美味又健康的晚餐。

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Introduction/关于毛毛妈



Hi, I am MaomaoMom and I share my recipes with step-by-step instructions in both English and Chinese at my website <http://MaomaoMom.com>. Since 2012, my website has reached more than 39 million total views.

大家好! 我是毛毛妈, [毛毛妈厨房](#)是我与大家分享如何做健康又美味家常菜肴的网站。2012年以来, 我的中英文双语的网页点击量已经超过3千9百万。

I am a senior scientist (PhD in chemistry) working at a research institute. My interest in food and cooking started at a young age. I learned from my grandma how to make noodles and Chinese buns by helping in the kitchen. I always enjoyed cooking, but only took it on seriously after my son Maomao (a popular Chinese nickname, just like “sweetie” in English) was born. He was a fussy eater when he was little, and I made a great deal of effort trying different recipes. Now at 6 feet tall and graduating from university this summer, my son enjoys cooking, eats well and is conscious of making healthier food choices.

我的职业是加拿大国家科学院的资深科学家 (化学博士), 在业余时间喜欢做菜, 享受温馨的家庭生活。记得小时候我就喜欢在厨房帮忙, 跟着奶奶学做各种面食。在儿子出生后, 为了让他健康快乐成长, 我更是钻研菜谱, 变着花样的做饭菜。儿子今年从大学毕业, 高高的个子也很健康。他很喜欢美食也会自己做饭, 而且懂得选择健康食品。

In today's fast paced life, people have less time to prepare wholesome and tasty dishes. As a chemist, I bring lab techniques and skills into my kitchen. I've made a mission to bring together the healthy eating and the traditional Chinese cuisine by choosing high quality ingredients, simplifying procedures, and using healthier cooking methods. This eBook collects 70 easy to follow [Instant Pot](#) recipes that you can make for your family.

在节奏越来越快的今天, 你我都没有太多的时间来为家人准备健康而有营养的晚餐。作为一个在化学领域工作的科学家, 我自然会把实验室里的技术也带进厨房。我致力于将新鲜健康的食材与简明的烹调方法结合, 做出美味的家常菜。这本电子书收集了70道 [Instant Pot](#) 高压锅菜谱, 让您和您的家人也能在工作之余享受温馨进餐时刻。

Note that 1 cup is about 240 ml in the recipes unless specified otherwise. 请注意菜谱里用的1杯是约240毫升的量。

Happy cooking! 快乐我煮饭, 家庭喜洋洋!

MaomaoMom, May 2018 毛毛妈 2018年5月

24. 【Steamed Baby Ribs with Glutinous Rice 糯米蒸排骨】

This is a wonderful traditional Chinese dish in southern China. The dish is well loved by my family. The electric pressure cooker steams quickly and efficiently.

有一次回国在南京的饭店吃团圆饭，结果毛毛和爷爷几乎将整碗的糯米蒸肉包圆了。今天自己在家做了这个糯米蒸排骨，用电压力锅来蒸的，真方便，蒸菜的过程中不会有蒸汽味道漏出。不像用平常的锅蒸，蒸汽飘散的到处都是。



Prepare time: 15 minutes

Cook time: 55 minutes

Stand time: 24 hours

Level: Low

Serves: 4 servings

Ingredients/用料:

- 1) 750 g baby back ribs;/ 肉部位厚些的肋骨750克，洗净沥水；
- 2) Marinade ingredients: 1 tablespoon dark soy sauce, 1 tablespoon Kikkoman light soy sauce, 1 tablespoon Chinese cooking wine, 1/4 teaspoon chicken broth mix, 1/2 teaspoon salt, 1 teaspoon sugar, 1 green onion cut into 1-inch length, 1 small piece fresh ginger sliced, 1 tablespoon water, 1.5 tablespoons corn starch;
/ 腌汁：老抽酱油1大匙，万字牌生抽酱油1大匙，绍酒1大匙，鸡粉1/4茶匙，盐1/2茶匙，糖1茶匙，葱1根切段，姜3~5片，水1大匙，生粉1.5大匙；
- 3) 1/2 cup glutinous rice. / 糯米1/2杯。

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Directions/做法:

- 1: Clean ribs the night before, cut between the bones into pieces. Place ribs and marinade ingredients in a Ziploc bag (Picture 1), seal and shake well. Set aside in the fridge overnight.

排骨沿縫隙切開，放一塑料袋里，加入所有2料拌勻（圖1），封口在冰箱里腌过夜。



- 2: The next morning, soak glutinous rice with 2 cups water for 8 hours. Drain the rice and cover marinated ribs with rice. Place in a shallow bowl (Picture 2).

第二天上班之前，將糯米洗淨用水泡上。下午下班回來，糯米瀝水，然後將腌好的排骨均勻裹上糯米，放入一淺盤子里（圖2）。

3. Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark (Picture 3). Place the bowl with baby ribs on the steam rack. Cover the lid and turn the pressure valve to the Seal position. Press the “Steam” button and set 55 minutes of cooking time.

取出電壓力鍋附帶的支架，放入內胆里，加水到2杯的線（圖3）。然後放上盛糯米排骨的盤子，蓋上蓋子，排氣閥放置密封位置，選【蒸】檔55分鐘，啟動程序。

- 4: When the program is done, wait another 5 minutes. Slowly release the pressure then open the lid. Take out the steamed ribs with glutinous rice and serve.

電壓力鍋完成程序後，再等5分鐘，放氣減壓打開蓋子。取出蒸好的排骨，就可以上桌了。

45. 【Five-Spice Braised Beef 五香牛肉】

Very delicious dish and your family will love it too.

这个五香牛肉大家要试试，很好味道，毛毛都很喜欢。



Prepare time: 15 minutes

Cook time: 40 minutes

Level: low

Serves: 8 servings

Ingredients/用料:

- 1) 1300 g beef stew meat; / 牛肉 1300克;
- 2) 1.5 tablespoons olive oil, 2 green onion chopped to 1-inch length, 8 g fresh ginger sliced, 2 star anise, 2 tablespoons soybean paste; / 橄榄油1.5大匙，葱2条洗净切段，姜3-4片，八角2粒，豆瓣酱2大匙;
- 3) 2 tablespoons light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon premium soy sauce, 1 tablespoon Chinese cooking wine, 1/3 teaspoon salt, 4 teaspoons sugar, 1/3 teaspoon Chinese five-spice. / 万字牌生抽酱油2大匙，老抽酱油1大匙，头抽酱油1大匙，料酒1大匙，盐1/3茶匙，糖4茶匙，五香粉1/3茶匙。

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Directions/做法:

1. Soak beef in cold water for 1 hour, rinse and drain. Put beef in the boiling water for 2 minutes, drain and set aside.

牛肉在清水里泡1小时，捞出洗净沥水。然后再用滚水烫2分钟后，沥水备用。



- 2: Plug in Instant Pot and select “Sauté” function. Add chopped green onions, sliced ginger, star anise and Chinese five spice, stir and cook for a minute (Picture 1). Add beef, stir and cook for a few minutes (Picture 2).

电压力锅内胆里放1.5大匙油，选【煎炒】高档，放入2料里的葱，姜，八角，豆瓣酱炒香（图1），然后放入牛肉翻炒3分钟（图2）。

- 3: Add all ingredients of Ingredient 3) (Picture 3). Cover the lid and turn the pressure valve to the Seal position. Press the “Manual” or “Pressure cook” button and set 35 minutes of cook time.

依次放入3料（图3），盖上盖子，排气阀放置密封位置，选【手动】或【高压煮】档35分钟。

- 4: When it is done, wait another 5 minutes. Slowly release the pressure then open the lid (Picture 4). Select “Sauté” function to reduce the sauce before serving.

程序完成后冷5分钟，放气打开盖子（图4）。选【煎炒】高档收汁即可。

55. 【Steamed Egg Custard 嫩滑鸡蛋羹】

This is a nutritious but low calorie dish that kids and elderly love. The steamed egg is tender and smooth, well worth the effort.

蒸蛋羹在我们家是有安慰作用的，有时大小领导看牙医后，往往会个蒸蛋羹给他们。



Prepare time: 2 minutes

Cook time: 10 minutes

Level: low

Serves: 1 serving

Ingredients/用料:

- 1) 1 large egg / 大号鸡蛋1个;
- 2) 1/3 teaspoon salt, 1/6 teaspoon chicken broth mix, 150 ml lukewarm water (about 1/2 cup + 2 tablespoons); / 盐1/3茶匙, 鸡粉1/6茶匙, 温水150毫升 (大约1/2杯加2大匙);
- 3) 1 teaspoon premium soy sauce, 1/2 teaspoon sesame oil, 1 teaspoon freshly chopped green onion. / 头抽酱油1茶匙, 香油1/2茶匙, 葱花1茶匙。

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Directions/做法:

1. Crack an egg into a small bowl, add 1/3 teaspoon salt and 1/6 teaspoon chicken broth mix (Picture 1), beat with a fork (Picture 2). Slowly add 150 ml lukewarm water (Picture 3) and mix well (Picture 4).

鸡蛋加盐1/3茶匙和1/6茶匙的鸡粉（图1），用叉子打散（图2），然后慢慢加入温水（图3）打均匀（图4）。



- 2: Slowly pour the egg and water mixture through a strainer into a serving bowl (Picture 5). Place the steam rack inside the Instant Pot. Fill water to the 1-cup mark. Place the bowl on the steam rack and cover with a small plate (Picture 6). Cover the lid and turn the pressure valve to the Seal position. Press the “Steam” button and set 10 minutes of cooking time.

蛋汁过滤慢慢倒入小碗中（图5）。取出电压力锅附带的支架，放入内胆里，加水到1杯的线。将盛放鸡蛋的碗放在支架上，碗上再盖一个小碟子（图6）。盖上盖子，排气阀放置密封位置，选【蒸】档10分钟。

- 3: When the program is done, wait for another 3 minutes. Slowly release the pressure then open the lid (Picture 7). Sprinkle chopped green onion and add 1/2 teaspoon sesame oil before serving.

电压力锅完成程序后，冷却3分钟，放气减压打开盖子（图7）。取出蒸好的鸡蛋，撒上点葱花和香油就可上桌了。

61. 【Sous Vide Duck Breast 低温嫩鸭胸】

Google "Sous vide" (French for "under vacuum") and you will find 10 million search results. It involves cooking food in sealed plastic bags in a water bath at a lower temperature (50~70C) and keep it constant for long period of time. This technique was used by French chefs in the 1960s-70s. It has become increasingly popular at gourmet restaurants because it yields much higher succulence and avoids overcooking. Even Iron Chefs use this technique on TV shows. There is even an expensive water-oven SousVide Supreme apparatus for this purpose. Since I have an electric pressure cooker with a "Keep Warm" function which maintains temperature around 65C, I decided to try this technique out. Results are pretty good.

如果上网搜索“Sous vide”，你会发现很多的介绍。这种烹饪方法是将肉类放在真空密闭的塑料袋里，用低温水浴（50~70C）花较长时间煮熟，肉类鲜嫩而不会失去水分。这种烹饪方法风行于六七十年代的法国，现今被西餐大厨们广泛应用，铁厨们在电视节目也用过这个烹饪方法。市场上还有专门的水浴器卖，价钱真不便宜。我想试试这个方法，正好家里的电高压锅有保温档，温度可保持在65摄氏度，做个杏子酱鸭胸看看效果。鸭肉很嫩，真不错。



Prepare time: 10 minutes

Cook time: 35+4 minutes

Stand time: 2.5 hours

Level: Medium

Serves: 2 servings

Ingredients/用料:

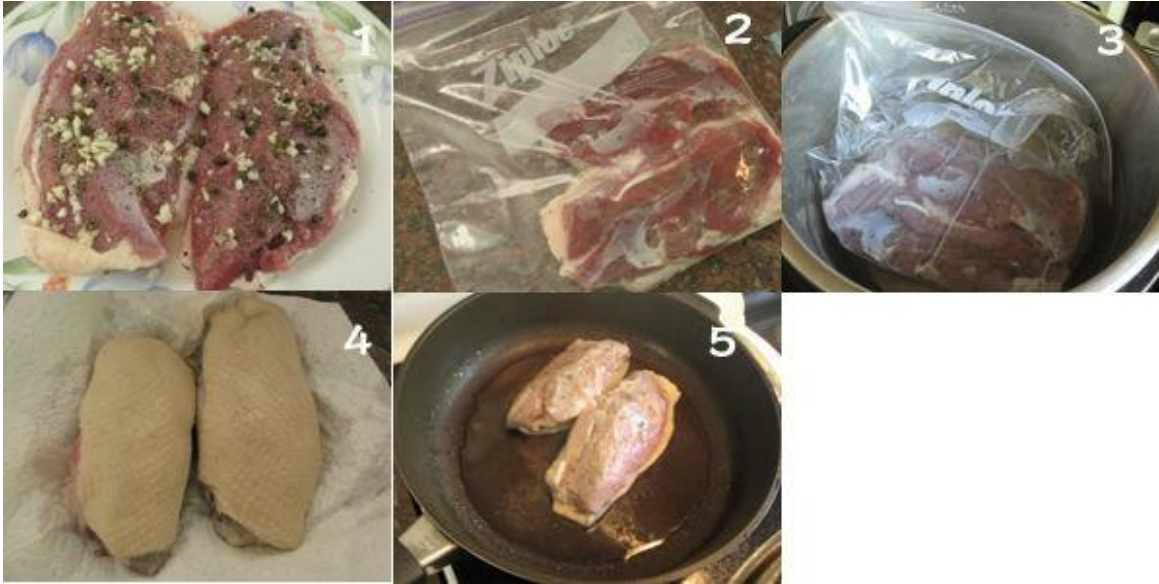
- 1) 2 large boneless duck breast halves
480 g, skin-on; / 带皮鸭胸两块，共
480克；
 - 2) 1 teaspoon salt, 2 teaspoons freshly
minced garlic, 1/2 teaspoon freshly
ground black pepper, 1/3 teaspoon
dried thyme, 1/3 teaspoon
peppercorn; / 盐1茶匙，蒜蓉2茶匙，
黑胡椒粉1/2茶匙，干百里香1/3茶
匙，花椒粒1/3茶匙；
 - 3) 1 tablespoon vegetable oil; / 玉米油或
菜油1大匙；
- Apricot sauce (optional): / 杏子酱汁:
- 4) 2 teaspoons sugar, 1 large ripe
apricot peeled and cored, 2
tablespoons water. / 糖2茶匙，熟杏
子1个去皮去核，加水2大匙碾碎。

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Directions/做法:

1. Clean duck breasts then rub on all ingredients of Ingredient 2) (Picture 1). Cover and chill in the fridge for 2 hours. Rinse off and place duck breasts in a Ziploc bag, remove air and seal it (Picture 2).

将2料均匀撒在两片鸭胸上，用手揉匀，盖上保鲜膜，在冰箱里腌2小时（图1）。然后洗掉上面的调味料，将鸭胸肉放入一个 Ziploc 塑料袋里，将袋中空气排出以后，封牢塑料袋口（图2）。



- 2: Add water to the Instant Pot to 7-cup mark. Leave the lid open, turn on power and press “Keep warm” button. After 20 minutes, place the Ziploc bag in the water bath for 35~40 minutes (Picture 3).

电压力锅内胆里加水到7杯的线，插上电源，不要盖盖子，按下【保温】档。等20分钟后将盛放鸭肉的塑料袋放入水中（图3），保温水浴35~40分钟。

- 3: Remove the bag from the water and pat dry (Picture 4). Sear skin side of duck breasts in a non-stick frying pan with 1 tablespoon vegetable oil at medium-high heat until golden (Picture 5). Turn over and cook for another 20 seconds.

捞出塑料袋，取出鸭胸肉，用纸擦去水分（图4）。不粘锅置炉上开大中火，加1大匙油，等油热后将鸭胸肉带皮的一面朝下煎黄（图5），翻转一面再煎20秒捞出。

- 4: Slice the cooked duck breasts and serve with apricot sauce.

鸭肉切片后即可食用，也可配点杏子酱或桃子酱。鸭肉非常的鲜嫩好吃。

- 5: Apricot sauce: Mash apricot with 2 tablespoons water. Add 2 teaspoons sugar and mix. Bring to a boil in a small pot, then simmer 5 minutes at low heat.

杏子酱做法：将4料放一小锅里煮滚，改小火再煮5分钟即可。

69. 【Eight-Treasure Rice 简易八宝饭】

This is a traditional Chinese dessert made from glutinous rice, red bean paste and dry fruits.

在北美要配齐做八宝饭的材料也是不容易，用现有的材料也可以做出很好吃的八宝饭。



Prepare time: 15 minutes
Cook time: 35+25 minutes
Level: Low
Serves: 8 servings

Ingredients/用料:

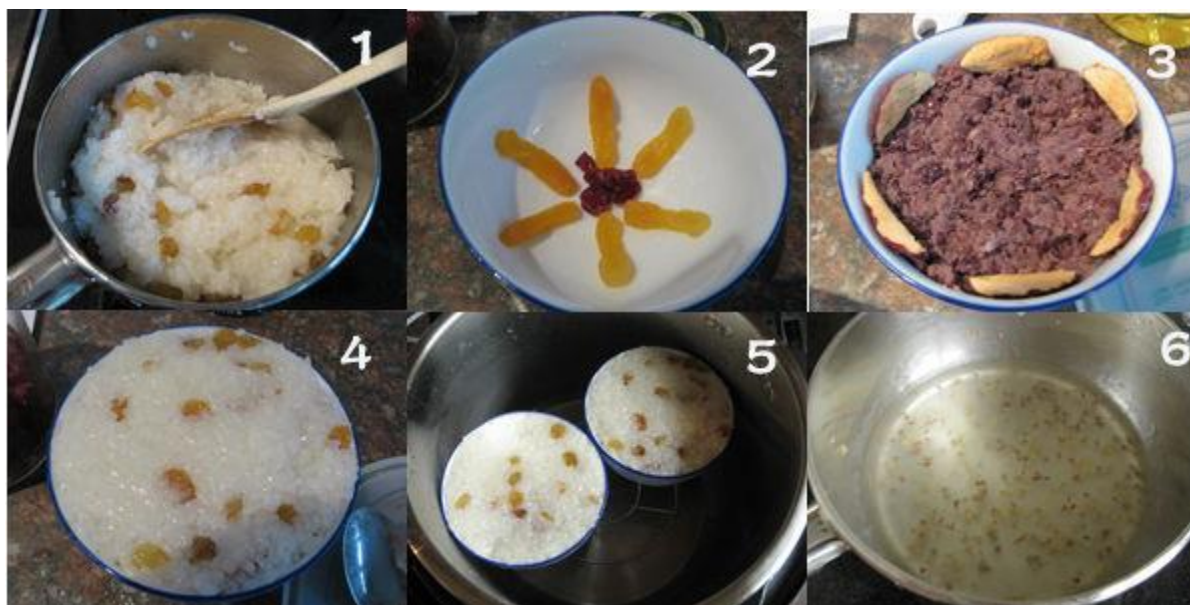
- 1) 1 cup glutinous rice, 1/4 cup sugar, 2 tablespoons corn oil, 3 tablespoons raisins, 1 cup water; / 糯米1杯, 糖1/4杯, 玉米油2大匙, 葡萄干3大匙, 水1杯;
- 2) 4 dried dates soaked and chopped, 4 dried apricots cut into 12 pieces, 10 dried cranberries, 14 cooked lotus seeds, 2/3 cups red bean paste, 1 tablespoon red and green fruit peels (optional); / 红枣3-5粒去核切条, 杏干4个, 蔓越莓干10粒, 煮熟莲子14粒, 红豆沙2/3杯, 青红丝1大匙;
- 3) 2 tablespoons sugar, 1 tablespoon Osmanthus flower tea, 1/4 cup water; / 糖2大匙, 糖桂花1大匙, 水1/4杯;
- 4) 1.5 teaspoons corn starch mixed with 1 tablespoon water. / 生粉1.5茶匙, 水1大匙拌匀。

Directions/做法:

1. In a non-stick small sauce pot, add 1 cup water and bring to a boil at high heat, add 1 cup rinsed glutinous rice, stir and cover the lid. Reduce to low heat to simmer for 35 minutes. Note that you can use the "Rice" function of Instant Pot to cook the rice. When rice is done, add the rest of Ingredient 1) and mix (Picture 1).

小锅放水一杯煮滚，放入洗净糯米1杯搅拌均匀，小火焖煮35分钟。你也可以用 Instant Pot 的【煮饭】档煮饭。趁热拌入1料里的糖、油和葡萄干（图1）。

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- 2: Coat two small bowls with corn oil. Place 5 cranberries and 6 apricot slices on the bottom of each bowl (Picture 2). Add a quarter of the cooked rice to each bowl and smooth it. Place 7 lotus seeds, half dates and half red bean paste on top (Picture 3). Then add another quarter of the cooked rice and smooth with a spoon. Sprinkle some red and green fruit peels (optional) and press down with a spoon (Picture 4).

取两个小碗，涂上少许玉米油。每个碗底中心各放5粒蔓越莓干；杏干切成3条，间隔放6条于碗底（图2）；放入1/4份糯米饭铺平；放入7粒莲子和一半红枣；放入1/3杯红豆沙（图3）；再放上1/4份糯米饭压平（图4）；最后撒上半份青红丝（没有就不放了）。

- 3: Place the steam rack inside the Instant Pot. Fill water to the 2-cup mark. Place the two bowls on the steam rack (Picture 5). Cover the lid and turn the pressure valve to the Seal position. Press the “Steam” button and set 35 minutes of cooking time.

取出电压力锅附带的支架，放入内胆里，加水到2杯的线。将盛八宝饭的碗放在支架上（图5），盖上盖子，排气阀放置密封位置，选【蒸】档35分钟。

- 4: When the program is done again, wait another 10 minutes. Slowly release the pressure then open the lid. Take out the rice bowls. After they cool down, loosen with a knife. Turn the bowl upside down and pry out the rice on a serving plate.

电压力锅完成程序后，冷却10分钟，放气减压打开盖子。拿出蒸好的糯米饭，稍冷却用小刀剥离八宝饭四围，倒扣到盘子里。

- 5: In a small sauce pot, add all Ingredient 3) and bring to a boil on medium-high heat. Reduce to low heat. Add Ingredient 4) and stir until boiling again (Picture 6). Turn off the heat and pour the sauce onto the eight-treasure rice.

小锅放入3料，置炉上开中火煮至滚，调小火放4料拌匀再煮滚（图6）。将糖桂花汁淋在八宝饭上即可食用。

End of this ebook sample. / 书尾页.

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