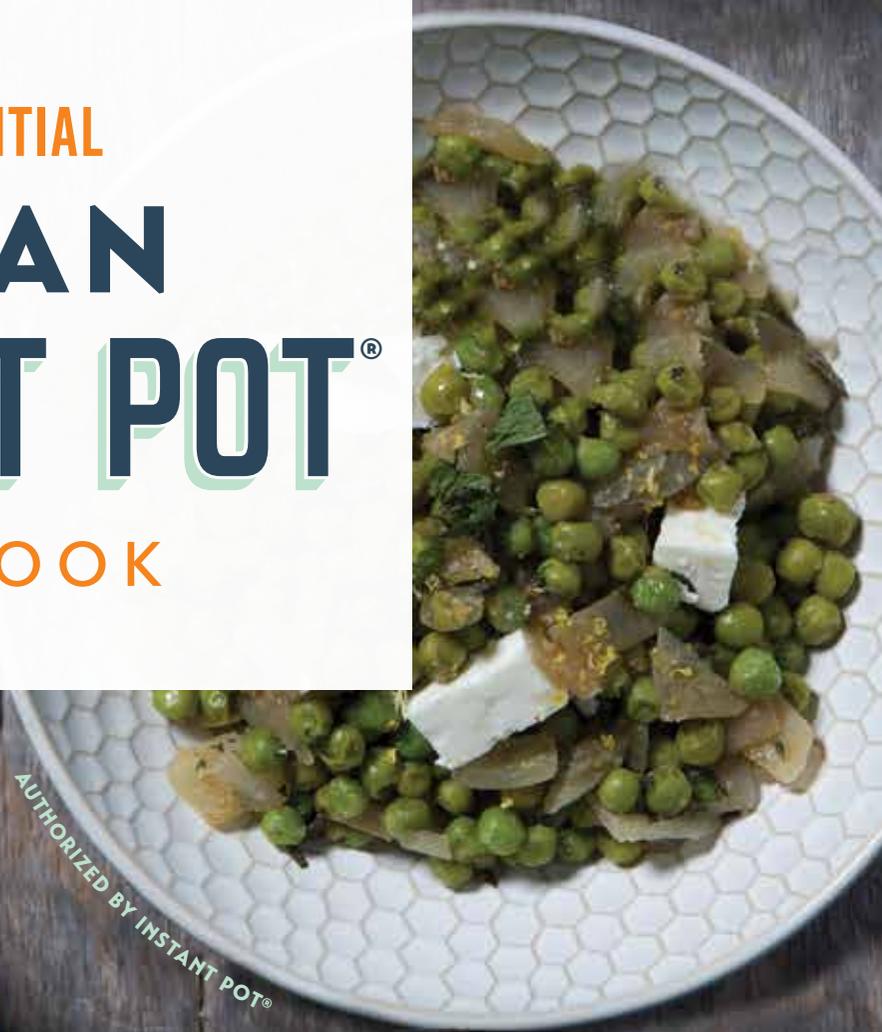




125
TRADITIONAL
& MODERN
RECIPES

THE ESSENTIAL
INDIAN
INSTANT POT®
COOKBOOK

AUTHORIZED BY INSTANT POT®



CHANDRA RAM

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INTRO

WHY INDIAN FOOD IS PERFECT FOR THE INSTANT POT (AND VICE VERSA)

The first thing people unfamiliar with Indian food say is that they are too intimidated to cook it. When you think about the unfamiliar spice blends, the need to remember to soak your lentils, chickpeas and rice, the time it takes to braise meats into fork-tender bites, and the fear of using a “will-it-blow-up” stovetop pressure cooker, I get it.

I didn’t grow up intimidated by Indian cooking, but had to find my own way to truly feel comfortable with it. I grew up in America, the daughter of an Indian father and Irish mother. Although Indian food was a regular part of our lives, I wasn’t as well versed in it as the family we visited in India for several weeks every year or two. As an adult, even though I went to culinary school and cooked in restaurants, my Indian cooking repertoire was limited to a few fallbacks I knew I could pull off when a craving hit. I just didn’t have the bandwidth to explore regional cuisines and many of our family favorites.

One of the keys to cooking Indian food is a pressure cooker. Stovetop pressure cookers can be found in kitchens all over India; they allow you to cook even if the power goes out, which is key for people in both large cities and rural parts of the country. Indian expats who grew up using stovetop pressure cookers use them regularly. They have also tried to adapt their family recipes for slow cookers, which are more accessible here, but that takes an investment of time and planning that is hard to maintain.

So when I heard about the Instant Pot®, I was intrigued. An electric pressure cooker meant I could explore — and pull off — cooking traditional recipes without ever having to feel comfortable with a stovetop

pressure cooker or taking the time to watch over it. Once I had the epiphany of making butter chicken in 20 minutes instead of an hour, I knew I had found the key to making Indian cooking manageable. Here was a way to feel connected to my family and our food traditions, even while living a whiplash-fast American life. I could cook channa masala on a Tuesday night starting with dried chickpeas, make rasam at the first sign of a cold and look my visiting auntie in the eye and tell her that I was making — not buying — my lime pickle.

The Instant Pot® replaces a pressure cooker, slow cooker, rice cooker, yogurt maker, bread proofer and steamer. Even better, it seems to do the impossible, by giving us room in our lives to breathe. Suddenly, time-consuming cooking endeavors like making yogurt, leavening bread dough, or braising meats and vegetables are doable on a weeknight, without taking hours or having to babysit your dinner as it cooks. It is a lifesaver for anyone, but for Indian-Americans and anyone interested in cooking Indian food, it’s a game-changer that makes traditional and modern Indian cooking fast and easy. Dried lentils and chickpeas cook in minutes, even when they haven’t soaked for hours or even days. Rice is perfectly done in 12 minutes. Homemade yogurt can be made to the particular tanginess and texture of a not-forgotten grandmother’s standards.

This book was created to help other cooks — Indian or not — have their own epiphany, and make cooking Indian food as approachable as any other cuisine. The recipes come from all over India, and meld Indian ingredients and American sensibilities to create dishes for novices and experts alike, made simple in the Instant Pot®. Enjoy! —**CHANDRA**

CHAPTER ONE

GHEE YOGURT *and* CHEESE

GHEE	000
PLAIN YOGURT	000
COCONUT MILK YOGURT	000
MANGO-LIME-ROSEWATER LASSI	000
(Yogurt Smoothies)	
STRAWBERRY LEMON LASSI	000
BANANA CARDAMOM LASSI	000
SALT LIME LASSI	000
CHAI LASSI	000
GINGER TURMERIC LASSI	000
RAITA	000
(Cool Yogurt Sauce)	
TOMATO CUCUMBER HERB RAITA	000
POMEGRANATE RAITA	000
BEET RAITA	000
LEMONY ONION RAITA	000
CUCUMBER RAITA SOUP	000
PANEER	000
SAFFRON-HONEY PANEER	000
BLACK PEPPER-CORIANDER PANEER	000
SPICED PANEER	000
CILANTRO PANEER	000
SAFFRON-HONEY PANEER	000



PREP
5 MIN

SAUTÉ
5 MIN

MANUAL
5 MIN

RELEASE
QUICK

TOTAL
25 MIN

MAKES
2 CUPS
(500 ML)

VEG V GF CHERRY TOMATO
CHUTNEY

Traditional Indian tomato chutney is a smooth purée, but I prefer to make mine chunkier, more like a salsa. If you can't find fresh or frozen curry leaves, basil is an acceptable substitute here; the flavor will have more of an herbaceous Italian vibe, but it will still be delicious. You can serve this chutney alongside vegetables, rice, meat or fish, or spoon it atop fresh naan for an Indian take on bruschetta.

- 1 tablespoon (15 mL) **canola oil**
- 2 teaspoons (10 mL) **mustard seeds**
- 1 teaspoon (5 mL) **cumin seeds**
- 1 teaspoon (5 mL) **nigella seeds**
- 10 **curry or basil leaves**, torn into pieces
- 1 teaspoon (5 mL) ground **turmeric**
- 2 pints (1 L) **cherry tomatoes**
- 1 teaspoon (5 mL) **kosher salt**
- 1 tablespoon (15 mL) **jaggery** or lightly packed **brown sugar**

1 Using the Sauté function on high, add the canola oil to the inner pot and heat for about 1 minute, until shimmering. Add mustard seeds, cumin seeds, nigella seeds and curry leaves; cook for about 2 minutes, until just beginning to crackle and the seeds begin to pop. Add the turmeric and tomatoes; stir to combine. Add the salt and jaggery; stir to combine.

2 Secure the lid and cook on low pressure for 5 minutes.

3 Once the cooking is complete, quick-release the pressure.

4 Remove the lid. Using the Sauté function on high, cook for about 2 to 3 minutes, stirring occasionally and gently mashing half of the tomatoes with the back of a spoon, until about half of the liquid has reduced down. Serve warm or at room temperature, or store in the refrigerator for up to 3 days.

NOTE *The liquid the tomatoes release has loads of flavor. Sometimes I drain the liquid instead of cooking it off so that I can blend it with any leftover tomato chutney to make a spiced tomato soup.*

PREP
10 MIN

YOGURT
1 HR

COOK
20 MIN

TOTAL
1 HR 30 MIN

SERVES
4

NAAN

VEG

One of the most important parts of bread baking is the fermentation process, which you can do in a pressure cooker using the Yogurt function. The dough rises in less time than usual, making a flatbread like naan something you can do even on a weeknight. Searing the naan in a super-hot pan with a little ghee isn't traditional, but it helps the seasonings stick to the dough and chars the exterior of bread nicely. Feel free to play around with seasonings in the dough or the toppings. You can use a spice blend — perhaps mixed with sesame seeds, nigella seeds, toasted garlic chips — or whatever you prefer.

$\frac{3}{4}$ cup (175 mL) warm water

1 teaspoon (5 mL) active dry yeast

2 teaspoons (10 mL) granulated sugar, divided

2 cups (500 mL) all-purpose flour (approx.)

Additional all-purpose flour for shaping

1 teaspoon (5 mL) kosher salt

1 teaspoon (5 mL) cumin seeds, toasted (optional)

$\frac{1}{4}$ cup (60 mL) plain yogurt

$\frac{1}{4}$ cup (60 mL) ghee (approx.)

Additional kosher salt for topping

1 In a medium bowl, add water. Sprinkle yeast and 1 tsp (5 mL) sugar over top. Set aside until foamy, about 10 minutes.

2 In a large bowl, whisk together flour, salt, 1 tsp (5 mL) sugar and cumin seeds (if using).

3 Add yogurt and 2 tbsp (30 mL) ghee to water-yeast mixture; whisk until smooth. Pour the liquids into the flour mixture and fold together with a rubber spatula. Knead the dough for about 3 minutes, until it is soft and sticky.

4 Pour 1 tbsp (15 mL) ghee into a clean metal, ceramic or glass bowl small enough to fit inside the inner pot; add the dough and turn to coat.

5 Place the steam rack inside the inner pot. Place the bowl with dough on the rack. Secure the lid, and using the Yogurt function, proof the dough for 1 hour to 1 hour and 30 minutes, until puffy and doubled in size.

6 Transfer the dough to a well-floured surface, and separate into 8 equal pieces. Shape each piece into a ball, dipping your hands in flour as needed to keep the dough from sticking. Roll or stretch each piece into an oblong shape about $\frac{1}{4}$ -inch (0.5 cm) thick.

7 Heat a cast-iron or nonstick skillet on the stove over high heat for 5 minutes. Add 1 tsp (5 mL) ghee and heat until almost smoking. (I know: Tandoor chefs don't cook naan with any fat. But do you have a tandoor in your house? Me neither. So let's try it this way.) Place one piece of dough into skillet and cook for 1 minute, or until the naan is a little charred, bubbled and blistered on one side. Flip over and cook the other side for 1 minute, until the second side is lightly charred.

8 Transfer to a cutting board and sprinkle with kosher salt. Repeat with remaining pieces of dough, adding more ghee to the pan as needed.

NOTE *This recipe doubles nicely (and who doesn't like extra bread?). Try toasting any leftovers in the toaster. I treat it like a bagel and smear it with cream cheese for breakfast. It may not be traditional, but it's undeniably delicious.*



PREP
10 MIN

SAUTÉ
10 MIN

MANUAL
15 MIN

RELEASE
NATURAL /
QUICK

TOTAL
45 MIN

SERVES
8

CARROT GINGER SOUP

VEG V GF

I have been making some version of this soup my whole life, depending on what I have in my kitchen. This is the kind of soup that welcomes change, whether it's a few parsnips mixed in with the carrots, a spoonful of curry powder, or a little extra ginger or lemongrass, if you have some on-hand. The only rule is don't skimp on the coconut milk: full-fat milk gives this soup the creaminess that makes it so good.

- 3 tablespoons (45 mL) **coconut oil, vegetable oil or ghee**
- 1 medium **onion**, diced
- 1 teaspoon (5 mL) ground **cumin**
- 1 teaspoon (5 mL) ground **turmeric**
- 1 teaspoon (5 mL) ground **coriander**
- ½ teaspoon (2 mL) **red chili powder**
- 1 tablespoon (15 mL) minced **ginger**
- 1 pound (500 g) **carrots**, chopped
- 1 teaspoon (5 mL) **kosher salt** (approx.)
- 1½ cups (375 mL) **water**
- 1 can (14 oz/398 mL) **full-fat coconut milk**
- ½ cup (125 mL) fresh **cilantro** leaves

1 Using the Sauté function on high, add the coconut oil to the inner pot and heat for about 1 minute, until shimmering. Add onion and cook, stirring occasionally, for about 5 minutes, until softened and somewhat translucent.

2 Add cumin, turmeric, coriander and chili powder; stir until the onions are evenly coated. Add ginger, stir, and cook for 1 minute. Add carrots, salt and water; stir to combine.

3 Secure the lid and cook on high pressure for 15 minutes.

4 Once the cooking is complete, let the pressure release naturally for 5 minutes, then quick-release the remaining pressure.

5 Remove the lid and let the soup cool until it is slightly warm, then transfer to a blender. Stir in coconut milk and blend on high until smooth. Taste and add more salt if necessary. Serve, garnished with cilantro leaves.

PREP
5 MIN

SAUTÉ
5 MIN

RELEASE
QUICK

TOTAL
15 MIN

SERVES
6

Matar WITH FETA

VEG GF (MODERN STEWED PEAS & CHEESE)

Traditional matar paneer — or peas and cheese as we called it growing up — has a dark, rich tomato gravy and cubes of paneer, a fresh, firm cheese. Think of this dish as traditional matar paneer’s Indian-Greek cousin (or maybe it’s the Indian cousin who spent a summer in Greece?). This version skips the gravy, so you taste more of the clean, sweet flavors of the peas, accentuated by the cinnamon and cloves in the garam masala. Cubed feta adds a little tanginess, and the lemon and mint give it a green brightness, making this a colorful side dish for any meal.

- 2 tablespoons (30 mL) **ghee** or **coconut oil**
- 1 **onion**, finely diced
- 1 tablespoon (15 mL) ground **coriander**
- 1 tablespoon (15 mL) ground **cumin**
- 1 **serrano chili**, finely chopped
- 1 tablespoon (15 mL) chopped **lemon zest** or **preserved lemon** (page xx)
- 20 ounces (600 g) **frozen peas**
- 7 ounces (210 g) **feta cheese**, cubed
- ¼ cup (60 mL) finely chopped **mint** leaves

- 1 Using the Sauté function on high, heat the ghee in the inner pot for about 1 minute, until shimmering. Add onion and stir to combine. Add the coriander and cumin and cook for about 3 minutes, until onion is translucent. Add the chili and cook, stirring occasionally, for 1 minute.
- 2 Stir in the lemon zest and peas. Secure the lid and cook on low pressure for 0 minutes (Yes, really! It’s a nifty trick for cooking vegetables; the peas will cook in the time it takes for the pressure to build).
- 3 Once the cooking is complete, quick-release the pressure.
- 4 Remove the lid, stir in feta and mint leaves; serve.





PREP
5 MIN

MANUAL
35 MIN

RELEASE
NATURAL

TOTAL
1 HR

SERVES
6

CHICKPEA CHAAT

VEG GF (CHILLED CHICKPEA SALAD)

Every few weeks, I stalk my friends Zeeshan Shah and Yoshi Yamada of Chicago's Bombay Breakdown on Instagram to find out when they'll be having their next pop-up dinner (good news: they are in the process of opening up a restaurant). This is my take on one of my favorites of their dishes, a chaat-salad hybrid that is the perfect lunch or a light, crispy side to any meal.

- 1 pound (500 g) **dried chickpeas**, picked over and rinsed (see page xx)
- 2 teaspoons (10 mL) **salt**, divided
- Water**
- 6 tablespoons (90 mL) freshly squeezed **lime juice**, divided
- 4 teaspoons (20 mL) **chaat masala**, divided
- 1 **English cucumber**, diced
- 1 cup (250 mL) **pomegranate seeds**
- 1 cup (250 mL) roughly chopped fresh **cilantro** leaves
- ½ cup (125 mL) roughly chopped **mint** leaves
- 1 bunch **green onions**, white and green parts, sliced and divided
- 1 cup (250 mL) **plain yogurt**
- 1 **serrano chili**, minced
- 1 cup (250 mL) roasted **cashews**
- 1 cup (250 mL) fried **bhel chips** or crushed **tortilla chips**
- 1 cup (250 mL) fried **channa dal** or crushed **tortilla chips**
- 1 cup (250 mL) **sev** or **rice krispies**

- 1 In the inner pot, place chickpeas with 1 tsp (5 mL) salt and enough water to cover them by 3 inches (7.5 cm).
- 2 Secure the lid and cook on high pressure for 35 minutes.
- 3 Once the cooking is complete, let the pressure release naturally. Check to make sure the chickpeas are soft enough to your liking (if still too hard, cook on high pressure for another 5 minutes). Drain chickpeas.
- 4 In a large bowl, toss the cooked chickpeas with 2 tbsp (30 mL) lime juice and 2 tsp (10 mL) chaat masala. Add cucumber, pomegranate seeds, cilantro, mint and half the green onions; toss the mixture with 2 tbsp (30 mL) lime juice.
- 5 In a medium bowl, combine yogurt with 2 tbsp (30 mL) lime juice, 1 tsp (5 mL) salt, the remaining green onion and chili.
- 6 Spoon yogurt mixture over chickpeas mixture. Top with cashews, bhel chips, channa dal and sev. Sprinkle 2 tsp (10 mL) chaat masala otopop; serve immediately.

NOTE You can prepare this recipe in advance up to Step 6, but make sure not to add the crunchy components until just before serving. It makes a nice party snack when spooned into Belgian endive spears that double as edible scoops.

CHAPTER NINE

MEAT
and
SEAFOOD

**BUTTER CHICKEN
WITH SPICED CASHEWS 000**

KERALA CHICKEN CURRY 000
(Chicken with Coconut Milk)

CASHEW CHICKEN KORMA 000
(Chicken with Cashew Yogurt Sauce)

CHICKEN JALFREZI FRANKIE 000
(Chicken and Vegetables)

ASSAM DUCK RISOTTO 000
(Tangy Tamarind Rice)

**VINDALOO PULLED PORK PAV WITH
TAMARIND BBQ SAUCE**
(Pulled Pork Sandwiches)

BAFAT PORK RIBS 000
(Spicy Ribs)

TEA-BRAISED LAMB STEW 000

ROGAN GHOSH 000
(Lamb Stew)

COCONUT CILANTRO STEAMED FISH 000

SRI LANKAN CRAB CURRY 000

ORANGE CUMIN SALMON 000

GOAN SHRIMP CURRY 000

PREP
10 MIN

SAUTÉ
15 MIN

MANUAL
8 MIN

RELEASE
NATURAL /
QUICK

TOTAL
45 MIN

SERVES
6

BUTTER CHICKEN

GF WITH SPICED CASHEWS

I'm pretty conflicted about butter chicken: it's a nice gateway dish to get people excited about eating Indian food (and is pretty decadently delicious!), but it's so often poorly cooked and doused with way too much cream to compensate. I cut down the amount of cream so it isn't so heavy, and add some —completely optional and so not traditional but highly recommended— puréed chipotle chilies in adobo sauce for a deeper, more complex, smokier flavor.

- 2 tablespoons (30 mL) **ghee or vegetable oil**
- 2 cups (500 mL) finely diced **onion**
- 1 teaspoon (5 mL) **kosher salt**
- 1 tablespoon (15 mL) minced **ginger**
- 1 tablespoon (15 mL) minced **garlic**
- ½ teaspoon (2 mL) ground **turmeric**
- 4 teaspoons (20 mL) **red chili powder**, divided
- 1 teaspoon (5 mL) **garam masala**
- 2 tablespoons (30 mL) **tomato paste**
- 2 tablespoons (30 mL) **chipotle chilies** in adobo sauce, pureed or finely chopped
- 1 can (14 oz/398 mL) **diced tomatoes**, with juice
- 2 pounds (1 kg) **boneless skinless chicken thighs**, cut into 2-inch (5 cm) pieces
- Water**
- ½ cup (125 mL) **raw cashew pieces**
- ¾ cup (175 mL) **heavy or whipping (35%) cream**
- ½ cup (125 mL) chopped fresh **cilantro**, divided

- 1** Using the Sauté function on high, heat the ghee in the inner pot for about 1 minute, until shimmering. Add onion and salt; cook, stirring occasionally, for about 3 minutes, until onions are soft and translucent. Add ginger, garlic, turmeric, 3 tsp (15 mL) red chili powder, garam masala and tomato paste; cook, stirring constantly, for about 2 minutes, until fragrant. Add chipotle chilies, tomatoes (with juice) and chicken. Stir to coat chicken in sauce and add ½ cup (125 mL) water; you need about 1 cup (250 mL) total liquid so add more water as necessary.
- 2** Secure the lid and cook on high pressure for 8 minutes.
- 3** Meanwhile, in a small dry skillet, heat the cashews on medium heat for 3 minutes, until lightly toasted. Transfer cashews to a medium bowl. Add 1 tsp (5 mL) red chili powder and toss to coat. Set aside.
- 4** Once the cooking is complete, let the pressure release naturally for 5 minutes, then quick-release the remaining pressure.
- 5** Remove the lid. If the sauce is watery, using the Sauté function, simmer for 5 to 10 minutes, until thickened. Stir in the cream and ¼ cup (60 mL) cilantro. Transfer the chicken and sauce to a serving dish, garnish with the remaining cilantro and cashews and serve.

NOTE *Make this vegetarian by using paneer instead of chicken or vegan by swapping the chicken for firm tofu and the heavy cream for coconut milk.*





PREP
5 MIN

SAUTÉ
6 MIN

MANUAL
1 MIN

RELEASE
NATURAL /
QUICK

TOTAL
25 MIN

SERVES
4

ORANGE CUMIN GF SALMON

I learned that cumin is an ideal seasoning for fish while eating grouper with an orange cumin sauce at Hartwood, a wonderful restaurant in Tulum, Mexico. I wanted to Indian-fy it, and immediately thought of using salmon instead of grouper; it's firmer texture holds up to pressure cooking a bit better. The coriander lends a floral note that really works with the sweet-tart orange sauce.

- 1 tablespoon (15 mL) ground **cumin**
- 1 tablespoon (15 mL) ground **coriander**
- 2 teaspoons (10 mL) **garam masala**
- 1 teaspoon (5 mL) **kosher salt** (approx.)
- 4 **salmon fillets** (each about 6 oz/175 g and 1-inch/2.5 cm thick), skin removed
- 1 tablespoon (15 mL) **ghee** or **vegetable oil**
- ¼ cup (60 mL) **orange juice**
- 3 tablespoons (15 mL) **jaggery** or **brown sugar**
- 2 teaspoons (10 mL) freshly ground **black pepper**
- 2 teaspoons (10 mL) freshly squeezed **lime juice**
- ¼ cup (60 mL) fresh **cilantro** leaves

- 1 In a small bowl, combine cumin, coriander, garam masala and salt. Sprinkle over both sides of salmon.
- 2 Using the Sauté function on high, heat the ghee in the inner pot for about 1 minute, until shimmering. Place the salmon fillets in the inner pot. Pour orange juice around salmon, secure the lid, and cook on low pressure for 1 minute.
- 3 Once the cooking is complete, let the pressure release naturally for 4 minutes, then quick-release the remaining pressure.
- 4 Remove the lid. Using a spatula, transfer salmon to a serving platter. Add jaggery to the inner pot and cook for about 1 minute, until melted. Add pepper and lime juice and cook, stirring constantly, for about 2 minutes, until the jaggery begins to caramelize and thicken. Using the Sauté function, reduce the sauce for about 2 to 3 minutes, until thickened somewhat. Season to taste with salt. Pour the sauce over the salmon, garnish with cilantro and serve.

PREP
10 MIN

SAUTÉ
15 MIN

MANUAL
15 MIN

RICE
12 MIN

RELEASE
NATURAL /
QUICK

TOTAL
90 MIN
+ 30 min to marinate

SERVES
6

SINDHI BIRYANI

GF (RICE WITH SPICY LAMB & DATES)

The Sindhi people originally came from northwest India, which became part of Pakistan in the 1947 partition. Many of them moved south in order to stay in India, where they continue to celebrate their culture through dishes like this biryani. Since many Sindhis are also Muslim, lamb is used in this dish, while saffron, dates and almonds highlight the Persian influence from the Mughal Empire. This dish is rich and full of flavor; it's really nice for a special occasion dinner.

½ cup (125 mL) plain **yogurt**

- 1 tablespoon (15 mL) minced **ginger**
- 2 tablespoons (30 mL) minced **garlic**, divided
- 2 tablespoons (30 mL) **ghee** or **vegetable oil**
- 1 teaspoon (5 mL) **red chili powder**
- 1 teaspoon (5 mL) ground **turmeric**
- 2 teaspoons (10 mL) **kosher salt** (approx.)
- 2 teaspoons (10 mL) freshly ground **black pepper**, divided
- 1 pound (500 g) **boneless lamb shoulder**, cut into 1-inch (2.5 cm) pieces
- 2 tablespoons (30 mL) **vegetable oil**
- 2 medium **onions**, thinly sliced
- 10 **prunes** or **dates**, chopped

Water

1-½ cups (375 mL) **basmati rice**

- 1 teaspoon (5 mL) ground **cloves**
- 8 **green cardamom pods**, cracked
- 1 teaspoon (5 mL) **cumin seeds**
- 1 **cinnamon stick**
- 1 **bay leaf**
- 2 **green chilies**, finely chopped
- 2 medium yellow-fleshed **potatoes**, cut into chunks
- 1 teaspoon (5 mL) **saffron**, crushed and soaked in warm water
- 1 tablespoon (15 mL) chopped fresh **mint**

1 In a large bowl, whisk together yogurt, ginger, 1 tbsp (15 mL) garlic, ghee, chili powder, turmeric, salt and 1 tsp (5 mL) pepper. Add lamb and stir to coat evenly. Cover and transfer to the refrigerator for at least 30 minutes or up to 8 hours.

2 Using the Sauté function on high, add the vegetable oil to the inner pot and heat for about 2 minutes, until shimmering. Add the onion and cook, stirring occasionally, for about 10 to 12 minutes, until evenly browned. Remove half the onion from the pot and transfer to a small bowl. Set aside.

3 Meanwhile, in a small bowl, soak prunes with enough warm water to cover for about 5 minutes.

4 Rinse the rice and then place in a medium bowl with enough warm water to cover for about 20 minutes.



5 To the inner pot, add the cloves, cardamom, 1 tsp (5 mL) pepper, cumin seeds, cinnamon stick, bay leaf and 1 tbsp (15 mL) garlic; stir to combine and cook for 1 minute, until fragrant. Add prunes, green chilies, potato, lamb, yogurt marinade and 1 cup (250 mL) water; stir to combine.

6 Secure the lid and cook on high pressure for 15 minutes.

7 Once the cooking is complete, let the pressure release naturally for 15 minutes, then quick-release the remaining pressure. Check the lamb: it should be fork tender. Cook on high pressure for another 5 minutes if it is still tough. Season to taste with salt.

8 To the inner pot, add rice, saffron and 1 cup (250 mL) water; stir into the lamb mixture. Secure the lid and cook using the Rice function for 12 minutes, releasing the pressure for 5 seconds halfway through the cooking process by using a wooden spoon to move the pressure valve to venting.

9 Once the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release the remaining pressure.

10 Stir the biryani, transfer to a serving platter and top with reserved browned onions and mint; serve.



PREP
15 MIN

MANUAL
15 MIN

RELEASE
NATURAL /
QUICK

TOTAL
90 MIN
+ 4 hr to chill

SERVES
6

ORANGE CARDAMON VEG CHEESECAKE

Cheesecake happens to be one of the best things you can make in an Instant Pot, since the best cheesecakes are cooked in a water bath anyway. Although traditional New York-style cheesecakes can be quite dense, this one is light and creamy with lovely cardamom and orange flavors. Be sure to cover the top and sides of the cheesecake pan with foil otherwise you will have a soggy dessert.

- ¾ cup (175 mL) graham cracker crumbs or spice cookie crumbs** (about 9 graham crackers)
- 5 tablespoons (75 mL) granulated sugar**, divided
- Kosher salt**
- ¼ cup (60 mL) ghee or melted butter**
- 8 oz (250 g) cream cheese**, softened
- 1 teaspoon (5 mL) orange extract**
- 1 teaspoon (5 mL) freshly squeezed lemon juice**
- 2 eggs**
- ½ teaspoon (2 mL) ground cardamom**
- 2 tablespoons (30 mL) orange zest**

1 Preheat the oven to 350°F (180°C).

2 In a large bowl, combine graham cracker crumbs, 1 tbs (15 mL) sugar and a pinch of salt. Pour in ghee and mix until the crumbs are evenly coated. Using the bottom of a glass, press the crumbs in an even layer on the bottom and up the sides of a 7-inch (18 cm) springform pan. Bake in preheated oven for 10 minutes, until a deep golden brown. Transfer to a wire rack to cool completely, about 30 minutes.

3 Using an electric hand mixer, beat the cream cheese and ¼ cup (60 mL) sugar until very smooth and no lumps remain. Beat in orange extract, lemon juice and ¼ tsp (1 mL) salt. Add the eggs one at a time, scraping down the sides of the bowl between additions. Stir in cardamom. Pour the filling into crust then top with orange zest.

4 Carefully enclose the top, sides and bottom of the pan with aluminum foil. Fill the inner pot with ½ inch (1 cm) water, then place a steam rack in the inner pot. Carefully lower the cheesecake onto the steam rack. Secure the lid and cook on high pressure for 35 minutes.

5 Once the cooking is complete, let the pressure release manually for 10 minutes, then quick-release the remaining pressure. Transfer the cheesecake to a countertop and remove the foil. Chill the cheesecake in the refrigerator for at least four hours and up to 2 days in advance.

6 To remove the cheesecake from the pan, run a knife around the sides of the pan, then remove the sides. Transfer to a platter and serve.

NOTE You can use a traditional pressure cooker insert pan for this recipe if you don't have a 7-inch (18 cm) springform pan. Fold a 12-inch (30 cm) piece of aluminum foil in thirds. Line the pan with folded foil, leaving the edges of the foil hanging over the side, before pressing in the crust. Make sure to chill the cooked cheesecake completely before using the foil sleeve to pull it out of the pan.

TRADITIONAL & MODERN INDIAN RECIPES FOR THE HOME COOK

OFFICIALLY AUTHORIZED BY INSTANT POT®!

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CHANDRA RAM is a first-generation American who learned to love cooking from her Irish mother and Indian father. She has a degree in culinary arts from The Culinary Institute of America and spent fifteen years working in restaurants and as a consulting chef before turning to food writing. She is the editor of award-winning food magazine *Plate*

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