



# The Ultimate Instant Pot(r) Cookbook for Two: Perfectly Portioned Recipes for 3-Quart and 6- Quart Models

*Janet A. Zimmerman*

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**The official Instant Pot® Cookbook for every dinner duo.**

Cooking for two is a lot easier with your Instant Pot®—especially when recipes are perfectly portioned for you, too! *The Instant Pot® Cookbook for Two* makes it easier and tastier than ever to spend quality time together over a real homemade meal.

From Artichoke and Spinach Risotto to Teriyaki Chicken with rice, these rich and delicious recipes ensure no leftovers, no waste, and no guesswork when it comes to weekday meals. Plus, most recipes take only ten minutes or less to prep and are table-ready in under an hour, giving you more time to spend enjoying your company.

*The Instant Pot Cookbook for Two* includes:

**A HANDY OVERVIEW** covers Instant Pot® best practices, shopping tips for two, troubleshooting advice, and how to scale recipes up or down. **80+ RECIPES** work with all models of the 3-quart Mini and 6-quart Lux, Duo, and Ultra. **RECIPE TIPS** throughout explain how to double recipes, use up ingredients, modify cooking times (if needed) for Mini and larger Lux models, and divide the labor to speed prep.

Catch up on your day, re-connect or just wind down with a good meal. It's more than just sitting down to eat, it's a chance to really be together.

## **The Ultimate Instant Pot(r) Cookbook for Two: Perfectly Portioned Recipes for 3-Quart and 6-Quart Models Details**

Date : Published February 26th 2019 by Rockridge Press

ISBN : 9781641523882

Author : Janet A. Zimmerman

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## **From Reader Review The Ultimate Instant Pot(r) Cookbook for Two: Perfectly Portioned Recipes for 3-Quart and 6-Quart Models for online ebook**

### **Eva Lorenz says**

I love that this book has recipes geared towards the different Instant Pots (BTW not surprising this book is authorized by Instant Pot) and so if you have any size model, you can really trust the amounts and the settings. I think, even with so many models, it is still difficult to always find the right setting and amounts, so this book definitely takes the guessing out of using the Instant Pot. And if you are like me and late to the game because you heard all these horror stories about exploding devices and kitchen ceilings needing make-overs, you appreciate any bit of security and trust in recipes you can get.

The selection of the recipes overall is great too, from staples such as rice pudding and cheesecake, the book also has a nice section of meatless dishes and uses Quinoa and other ingredients that can be used in recipes made up by the more experienced user. The book is well organized and the images are just the right amount to keep the book in a format that can be easily carried and used, while cooking. Besides a good a number of stews, the book also has a nice selection of chicken dishes, such as sweet and sour chicken. Overall, a good book for the novice instant pot user, but the more experienced user will also find some interesting dishes. I received a free copy from the publisher.

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### **April Braswell says**

#### **Zimmerman Rocks the Instant Pot® AGAIN, now For Two!**

Janet A Zimmerman who has contributed to the For Two section of About for years as well as the author of Instant Pot® Obsession Instant Pot® Obsession: The Ultimate Electric Pressure Cooker Cookbook for Cooking Everything Fast and The Healthy Pressure Cooker Cookbook The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast here combines those two fields of extensive expertise into the modern rendition of pressure cooking via Instant and cooking for two in The Ultimate Instant Pot® Cookbook for Two. This second (I think) of her Instant Pot® cookbooks targets the “For Two” cooking market and the 3-Quart and 6-Quart models and is “Authorized by Instant Pot®” unlike a plethora of cookbooks out there. Zimmerman truly is an IP expert to be trusted in the unique needs of IP cooking.

If you have specific lifestyle or dietary needs for Keto, Vegetarian and Vegan, and Gluten Free, her recipes are very adaptable, and Zimmerman even specifically suggests the variation adjustments to make in many of her recipes. Vegetarians and Vegans may not think to pick up this cookbook because it's not specifically titled as V-Friendly. However, Zimmerman devotes 3 of the non-dessert chapters to recipes which are already vegetarian or easily substituted to make them that way: Vegetables and Sides (just add quinoa to make into a protein or some other easily implemented variation), Beans and Grains (talk about Diet for a Small Planet, they either already are in a vegetarian complete protein combination, or just add 1 ingredient like brown rice to make them so), and Meatless Mains. The Beef and Pork chapter really isn't so adaptable, but only really 2 chapters are not relevant. Zimmerman teaches so much about using your Instant Pot for cooking for 2 that it's still a fantastic V-Friendly cookbook.

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Zimmerman really is THE go-to Cooking-For-Two SME Subject Matter Expert and she gives a wonderful overview of applying that style of cooking to Instant Pot® pressure cooking.

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\* Instant Pot® 101: for the IP novices like me. If an IP newb like I am you look upon the Instant Pot® Centerfold as an example of everything you’ll get in purchasing a basic IP, you won’t. Zimmerman includes the two page spread to demonstrate both the Instant Pot® and some of the accessories you might want to purchase additionally depending on what recipes you most want to pursue and in what order. I do seek after the mini-cheesecakes, but steaming veggies and rapidly cooking beans are greater priorities for our needs.

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A discussion of the different styles and sizes of Instant Pots®, as well as different food elements and managing them for IP cooking, ingredients and shopping to best cultivate a “For Two” cooking method, fridge, and pantry.

Zimmerman also includes both ways to use “leftovers” of ingredients which you’ll have to purchase in portions larger than 1 dish suggestions to use the remainder on other recipes, ways to marrying up your cooking with your partner or dinner mate (great both for well-established couples and new couples looking to do more life activities together and not just dinners out during courtship.), as well as ways to increase the yield of the recipe for having it for more than 1 meal, stocking your freezer, or entertaining guests. Throughout the recipes, she provides various accommodations for different food allergies, diets, and lifestyles, without, of course, being exhaustive on the subject. You will need to think up some of your adaptations for some needs. She includes a guide to scale the dishes up and down as well.

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## 3 Vegetables and Sides

Oh yippie skippie! Multiple options with Beets which are so super good for both men (ahem, on the virility side) and women.

## 4 Beans and Grains

This whole chapter was written for me, because we are endeavoring to do more complex carbs like brown rice, wild rice, and quinoa and legumes for meals. Without our wanting to go full vegetarian, we’re aiming to eat Meatless at least a handful of meals per week and to eat high fiber each day. So much of the world eats great beans and grains per day, Americans would do well to do more of this, too, with all of the fantastic health benefits.

One note, in Jamaican Rice and Peas, she cites using Allspice. I just ran across this as an ingredient recently in another cookbook, and both I and another review faltered at bit at that ingredient being included in a savory dish. Turns out this is Allspice, a peppery herb, used in Jamaican, Caribbean, and some Middle Eastern dishes, not the clove-like tasting spice, All Spice. Who knew? Many of you might already. For us newbs to this herbs like me, this was a novel thing. Just, FYI. Secondarily on this dish, she’s suggesting long-grain rice. I’m sure we low-carbing folks would looking into a long-grain brown rice or cauliflower rice as alternatives.

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And, drum roll please, Ricotta Cheesecakes! I have had this only in the Italian district of Boston. Articles have been written as poetic tribute odes to this dessert. I have been waiting for my sister who lives in Boston to come visit me again to bring me a whole one. I need no longer wait! I could attempt my own now with an Instant Pot and Zimmerman's recipe! This dish is so amazing (I'd omit the strawberry topping, but I'm a purest that way, you might not be.), it's worth the whole price of this cookbook just to attempt that!

#### 9 Kitchen Staples

##### Instant Pot Pressure Cooking Time Charts

See what I mean about her being so helpful with her years of Pressure Cooking expertise conjoined with Instant Pot® cooking? She teaches so much to her readers about becoming more adepts with cooking with your Instant Pots®.

I'm kind of lost in a sea of bliss thinking about how to play with different legumes and grains all from Chapter 4. In all likelihood, a few of those will be what I'll be attempting first in the next few weeks. As I do so, I'll be sure to come back here and update my review with some cooking anecdotes and images. I really appreciate how she used a number of different kinds of legumes so we can enjoy some variety in dishes as well as in the nutrients. One of the joys of cooking legumes in an Instant Pot® is the cooking dry beans can be done super rapidly without the need of an overnight soak. Cooks can get a better value working from the dried legumes and massively reduce the sodium in most of the canned beans readily available to use. We both cut down on cost at purchase and processed food intake, but buying dry reduces our kitchen's garbage production as well.

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quite understanding of there not being a lot of photographs of the dishes because to do so massively increases the publishing costs. And the publisher does include a few more example photos throughout this cookbook than some of their others. But because I am just such a rank newb with the Instant Pot®, I really would have loved more photographs illustrating the outcomes more. But I'm not dinging them for it. Just, wistful thinking.

All the recipes come with Nutritional Information, so you can manage your own family's needs and requirements, which really is so helpful. This way there are no surprises about sodium or other item which can be a huge health issue for some like it is in our family and for some of my closest friends and their family.

I HIGHLY recommend this cookbook. It's so flexible and adaptable for so many different diets, lifestyles, and dietary needs. I hope my review helps you to better determine Zimmerman's Instant Pot® cookbook is for you and is helpful.

I received a copy of the book from the publisher for an honest review.

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### **Kathleen Kelly says**

The Ultimate Instant Pot Cookbook for two is perfect for us. It is just hubby and I and sometimes I don't want a lot of leftovers cooking the traditional way even though hubby is a leftover king. I perused the book and bookmarked a lot of pages for recipes that look really good to me. There are 80+ recipes that work with the 3 qt and 6 qt. Included in the book are tips for two, troubleshooting advice and how to scale up or down the recipes. Want to use up ingredients and do prep work. Upon reading the recipes, I really like the simplicity and the concise instructions. If you have an Instant Pot, give this cookbook a try. You won't be disappointed.

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### **Sandy Sandmeyer says**

The Ultimate Instant Pot® Cookbook for Two: Perfectly Portioned Recipes for 3-Quart and 6-Quart Models is a great cookbook for those with an Instant Pot. Meals are easy and every meal of the day is covered. There are recipes for breakfast, veggies & sides, beans & grains, meatless main meals, seafood & poultry, beef & pork, desserts, and kitchen staples such as stock, sauce, beans, rice, and yogurt. There's a helpful cooking time chart for each meat and great suggestions for cooking. This is definitely a helpful Instant Pot cookbook for two.

I received this book for free in exchange for an honest review.

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### **Carol Hudson says**

#### **Great recipes!**

Very informative book with lovely recipe ideas for two, but also includes details of how to increase the number of portions. Really useful charts at the back for general cooking times and measurement conversions.

Great addition to my Instant Pot library. Thanks!

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### **Irida Oosthuizen says**

I would like to thank the publisher, Rockridge Press, and Netgalley for providing me with ARC of this book in exchange for my honest review.

I recently bought a 3 quart instant pot to cook for 2, so I really appreciate the effort of the author, Janet A. Zimmerman to help us out. She provides a great introduction of how to use the various instant pots and gives great indication of the quantities of ingredients to use to cook 2 servings or to double up a recipe. She also provides recipes and ideas to use up leftover ingredients ( fresh produce, protein) and leftovers to use in other recipes which are also provided in the book., which helps the reader avoid food waste and save money.

The variety of recipes are great as she covers, breakfast, vegetables and sides, beans and grains, meatless mains, and mains that include seafood, chicken, beef and pork. She also provides recipes for desserts and staples such as chicken stock, marinara sauce and rice and yogurt. She also provides cooking time charts and measurement conversion.

I like a cookbook that also includes a photo of each recipe, this book provides some. I think that this is an excellent instant pot cookbook and I feel more confident now to finally unpack my instant pot. The recipes that will try my hand on are: Steel-Cut Oatmeal with Cranberries and almonds, Beet Salad with Creamy Dill Dressing, Warm Thai-style green bean and tomato salad. Minestrone, curried cauliflower soup, teriyaki chicken and Rice, coconut Vanilla Rice Pudding. and so many more.

I highly recommend this book!

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### **Sharon says**

The book for review is “The Ultimate Instant Pot Cookbook for two” by Janet A. Zimmerman. This falls in the genre of cooking and pressure cooking according to the publisher.

The latest rage, or at least it seems, has been the instant pot. If you are cooking for two making it easier for yourself can make such a huge difference. Life is hectic enough as it is but to cook for two is no small task.

Enter the Instant Pot. A way to cook delicious home cook meal for two may be the ticket for you.

Like any cookbook the recipes follow the everyday recipe categories you see in other cookbook. This one includes breakfast, vegetables and sides, beans and grains, meatless mains, seafood and poultry, beef and pork and desserts.

Each recipe comes with how long it takes to prep, how long it takes to cook depending on what way it is being cooked,

If you are not familiar with this equipment or just received one the book includes Instant Pot 101, terms to know, how to plan meals for two, supporting equipment and go to ingredients just to name a few.

There are recipe tips throughout such as how to double recipes, how to use up ingredients, how to modify cooking if you need to and more.

I don't have an instant pot but I know someone who does so I requested this book for her. Even though I don't have one the information inside was explained well and laid out to where it was easy to implement. The pictures are lovely and the instructions like it takes little time to get the recipes going to where you can go on your day with whatever that is. This was really nicely designed.

I received this book for free from Callisto Publishers for an honest review.

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### **Sascha says**

Well, if I needed a book to almost (yeah, I know that's a qualification because I can't commit ? ) convince me to get an Instant Pot®, The Ultimate Instant Pot Cookbook for Two by Janet A. Zimmerman might just do the job.

The Ultimate Instant Pot Cookbook for Two goes well beyond being just a cookbook. It tells you about useful accessories for your Instant Pot® without going overboard; it provides a trouble-shooting section; and there's a handy little guide with each recipe that's almost like a little hand-holding for those of us who think maybe the Instant Pot® could go ballistic. Also, it just may well help you decide on the size of your Instant Pot®.

read more: <http://saschadarlington.me/2019/03/24...>

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### **Lucy C. Burton says**

#### **WOW---Really!!**

I purchased my first instant pot and this recipe book is exactly what I was looking for. Zimmerman defines terms relative to an IP and her recipes are really for two people. She has suggestions on how to use up the rest of the can of whatever in other recipes so I don't feel like I'm wasting food!

The Kindle version I'm using on my tablet is in color and I can touch a recipe title in chapter listings and go straight to said recipe. There are some color photos, ( I wish there were more!). The recipes aren't difficult or long and I appreciate that the format is consistent throughout. Zimmerman has an easy, conversational style that everyone can appreciate. In the back of the book are a whole series of easy-to-read measurement, temperature & weight conversions to make recipes easy, no matter where you are on the globe.

Can't wait to try these recipes!

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## **Shannon Binegar-Foster says**

I found this cookbook delightful. Even after 23 years of marriage I sometimes find it hard to cook for just the two of us. This book is loaded with hearty recipes. My husband especially liked the rice pudding. I look forward to trying out many of the recipes in this book.

I voluntarily reviewed an Advanced Reader Copy of this book provided by the publisher.

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I HIGHLY recommend this cookbook. It's so flexible and adaptable for so many different diets, lifestyles, and dietary needs. I hope my review helps you to better determine Zimmerman's Instant Pot® cookbook is for you and is helpful.

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### **Nora St Laurent says**

This cookbook is the first I've used for an Instant Pot. It's also the first time I've used the Instant Pot we got for Christmas. Yes, I'm a newbie.

All the recipes I tried were yummy. I made the Shrimp and grits, Congree with eggs and Spinach, Steel-Cut Oatmeal with Cranberries and almonds and ginger-oatmeal muffins. The problem I ran into was not completely understanding the instructions.

The meals I made were delicious, but they would have been more incredible if I didn't burn my Steel Cut Oatmeal because I didn't understand how regulate the sauté button. The rice dish would have been amazing if I worked the timer correctly. Instead the rice in the Congee with Eggs and Spinach was over cooked. I also didn't understand fully how to use the extra bowl inside the instant pot so the grits (cooked correctly) would have been great with the shrimp. The ginger -oatmeal muffins tasted great but would have been wonderful if they were cooked all the way through. Again, I know it was a timer issue. I did read the Manuel the instant pot came with, but I think it's a learn as you go thing.

This is not a book for beginners like me. I thought I understood the instructions, but I got lost along the way. The author assumes that you have some experience with this machine and level of cooking knowledge. The author goes through an introduction and goes through familiar terms – talks about cooking the insta pot way – all things to make the pressure cooker work and goes through supporting equipment you can use and trouble shooting.

I read all of that but didn't come to a complete understanding until I actually jumped in and made some recipes. I loved not having lots of left overs. There is an adjustment to cooking for two. I also liked the fact that if you do have company over you can easily double the recipes. There are beautiful pictures sprinkled throughout the book. I look forward to trying more recipes from this book as I learn how to use my instant pot.

Disclosure of Material Connection: I received a complimentary copy of this book from the Publisher. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 "Guides Concerning the Use of Endorsements and Testimonials in Advertising"

Nora St. Laurent  
TBCN Where Book Fun Begins! [www.bookfun.org](http://www.bookfun.org)  
The Book Club Network blog [www.psalm516.blogspot.com](http://www.psalm516.blogspot.com)  
Book Fun Magazine <https://www.bookfun.org/page/past-iss...>

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### **Becky says**

I really appreciated the intro and the author's tips/ tricks. I already tried making the small batch yogurt and small batch applesauce. Both came out really well! Next, I plan to try: Chicken Teriyaki and Rice; Korean

Short Ribs, and the Ham & Potato Soup. I really appreciate the author's time in making a cookbook for smaller batches!

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### **Patty says**

I have learned how to make really good rice with my electric pressure cooker - really good rice. But beyond that I haven't done much else with the appliance. I have seen many recipes but they make large quantities of food and with it being just two of us here I sometimes don't want enough food to feed 6 so this cookbook really appealed to me so when Callisto Publishing offered to send me a copy at no charge for an honest review I was quite amenable to seeing if it would help me get along better with my electric pressure cooker.

I have looked through the book and there are recipes in all the familiar categories for making this new appliance work for two person cooking. I'm looking forward to trying many of them - particularly in the dessert category as I am somewhat fascinated by the idea of producing a sweet from an electric pressure cooker.

The recipes use everyday ingredients that most people will have in their pantry and are easy to read and understand. I am sure it will help me move beyond making just rice in my appliance.

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### **Janet says**

I requested a DIGITAL Advance Reader Copy of this book from #NetGalley in exchange for an honest review.

I have yet to be approved but since I bought it I figured that I might as well review the book on Goodreads, Amazon.ca, Amazon.com and Facebook. If you want it on #netgalley, just ask :-)

From the publisher, as I do not regurgitate the contents or story of books in reviews, I let them do it.

The official Instant Pot® Cookbook for every dinner duo.

Cooking for two is a lot easier with your Instant Pot®—especially when recipes are perfectly portioned for you, too! The Instant Pot® Cookbook for Two makes it easier and tastier than ever to spend quality time together over a real homemade meal.

From Artichoke and Spinach Risotto to Teriyaki Chicken with rice, these rich and delicious recipes ensure no leftovers, no waste, and no guesswork when it comes to weekday meals. Plus, most recipes take only ten minutes or less to prep and are table-ready in under an hour, giving you more time to spend enjoying your company.

The Instant Pot Cookbook for Two includes:

A HANDBOOK OVERVIEW covers Instant Pot® best practices, shopping tips for two, troubleshooting advice, and how to scale recipes up or down.

80+ RECIPES work with all models of the 3-quart Mini and 6-quart Lux, Duo, and Ultra.

RECIPE TIPS throughout explain how to double recipes, use up ingredients, modify cooking times (if

needed) for Mini and larger Lux models, and divide the labour to speed prep.

Catch up on your day, re-connect or just wind down with a good meal. It's more than just sitting down to eat, it's a chance to really be together.

I love my Instant Pot® - I use it almost every day (I don't use the stove-top, I even boil things in it on saute setting! This was a great read as I always end up making too much food and freezing it, which works for some people but my freezer is usually full and I don't want to eat the same thing for four days in a row!

The recipes are yummy and the photos are helpful - the recipes are well written and won't be confusing to a new cook or a new Instant Pot® user. My wedding present for everyone from now on will be an Instant Pot® AND this book!

As always, I try to find a reason to not rate with stars as I love emojis (outside of Instagram and Twitter) so let's give it ? ?? ??

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