COOKING WITH JAN

RECIPES AT COBORN'S & kokk.com ~ January 17, 2018

"INSTANT POT RECIPES"

INSTANT POT LEMON ROTISSERIE CHICKEN

1 WHOLE CHICKEN (2 1/2 LBS)
2 TBLS OLIVE OIL
1 TSP **EACH** GARLIC POWDER & PAPRIKA
1 CUP CHICKEN BROTH
1 LEMON, CUT INTO 4 WEDGES
1 1/2 TSPS WALT
1/2 TSP BLACK PEPPER

RINSE CHICKEN & PAT DRY; INSERT LEMON WEDGES INSIDE. TURN ON YOUR INSTANT POT; SELECT THE SAUTE OPTION. MIX THE OLIVE OIL, SALT, GARLIC POWDER, PAPRIKA & BLACK PEPPER IN A BOWL. RUB THE TOP SIDE OF THE CHICKEN WITH 1/2 OF THE SPICE MIXTURE; PLACE CHICKEN, BREAST SIDE DOWN, & COOK UNTIL CRISPY, 3-4 MINUTES. RUB REMAINING SPICE MIXTURE ON THE BOTTOM SIDE OF CHICKEN; FLIP OVER WITH TONGS & COOK FOR 1 MINUTE MORE. REMOVE CHICKEN FROM POT; PLACE TRIVET INSIDE THE POT, THEN PLACE CHICKEN BACK INTO THE POT, BREAST SIDE DOWN. ADD THE CHICKEN BROTH; CLOSE & LOCK POT LID. SELECT HIGH PRESSURE ACCORDING TO POT INSTRUCTIONS; SET TIMER FOR 20 MINUTES. ALLOW UP TO 15 MINUTES FOR PRESSURE TO BUILD, THEN RELEASE ACCORDING TO POT INSTRUCTIONS FOR 10 TO 40 MINUTES.

INSTANT POT PULLED PORK SANDWICHES

1 TBLS SMOKED PAPRIKA
1 TSP SALT
1 TBLS OLIVE OIL
1 CUP WATER
2 LBS BONELESS PORK LOIN ROAST, CUT INTO 1" CUBES
1 1/2 TSPS PACKED BROWN SUGAR
1/2 TSP BLACK PEPPER
1 1/2 CUPS BBQ SAUCE, ANY FLAVOR
24 HAWAIIAN ROLLS

WHISK THE SMOKED PAPRIKA, BROWN SUGAR, GARLIC POWDER, SALT & BLACK PEPPER TOGETHER IN LARGE GLASS BOWL. ADD THE PORK CUBES & TOSS TO EVENLY COAT. COVER THE BOWL WITH PLASTIC WRAP; MARINATE IN REFRIGERATOR FOR 30 MINUTES. TURN ON INSTANT POT; SELECT THE SAUTE OPTION. HEAT THE OIL, COOKING THE PORK IN BATCHES UNTIL BROWNED, 5-7 MINUTES. POUR IN THE BBQ SAUCE AND WATER; CLOSE & LOCK THE LID, SELECT MANUAL OPTION AND SET TIMER FOR 60 MINUTES. ALLOW 10-15 MINUTES FOR THE PRESSURE TO BUILD. RELEASE PRESSURE USING THE RELEASE METHOD BASED ON THE POT INSTRUCTIONS, ABOUT 10-40 MINUTES. UNLOCK & REMOVE LID, TRANSFER PORK TO A PLATE. RESELECT SAUTE OPTION AND SIMMER SAUCE UNTIL THICKENED, ABOUT 10 MINUTES. SHRED THE PORK WITH 2 FORKS; MIX WITH THE SAUCE. SLICE ROLLS IN HALF & FILL WITH THE PULLED PORK, COVER WITH TOPS.

INSTANT POT TURKEY BREAST

2 TBLS BUTTER
1 APPLE, CUT INTO CHUNKS
2 CUPS CHICKEN BROTH
3 LB FROZEN BONELESS TURKEY BREAST
1/2 CUP FLOUR
1 ONION, QUARTERED
3 STALKS CELERY, CHOPPED
1 PKG TURKEY GRAVY MIX
1 CUP WATER
SPICE RUB 2 TSPS **EACH** KOSHER SALT, DRIED THYME, DRIED ROSEMARY
1 TSP **EACH** BLACK PEPPER, DRIED SAGE
1/2 TSP GARLIC POWDER

TURN ON INSTANT POT; SELECT SAUTE OPTION. ADD BUTTER; SAUTE THE ONION, APPLE & CELERY UNTIL ONION & CELERY ARE SLIGHTLY TRANSLUCENT, ABOUT 5 MINUTES. ADD THE BROTH; SCRAPE OFF THE BITS FROM THE BOTTOM OF THE POT, THEN ADD THE GRAVY MIX & STIR UNTIL DISSOLVED. COMBINE ALL OF THE SPICE RUB INGREDIENTS & MIX WELL; RUB ONTO THE TURKEY BREAST. LOWER THE TRIVET INTO THE POT; PLACE SEASONED TURKEY ON TOP, CLOSE & LOCK THE LID. SELECT HIGH PRESSURE, SET TIMER FOR 50 MINUTES. ALLOW 10-15 MINUTES FOR PRESSURE TO BUILD. RELEASE PRESSURE ACCORDING TO POT DIRECTIONS, 10-20 MINUTES. MIX WATER & FLOUR TO FORM A SLURRY, STIR UNTIL SMOOTH. UNLOCK THE LID & OPEN THE POT; TRANSFER TURKEY TO PLATE. STRAIN THE LIQUID; RETURN TO POT & SELECT THE SAUTE OPTION. BRING TO A BOIL; STIR IN THE SLURRY MIXTURE UNTIL THE GRAVY IS THICKENED TO YOU SATISFACTION. SLICE TURKEY & SERVE WITH GRAVY.

INSTANT POT FINGER LICKIN' CHICKEN

1 TBLS **EACH** OLIVE OIL, BROWN SUGAR, CHILI POWDER, SMOKED PAPRIKA
1 TSP CHOPPED THYME LEAVES
2/3 CUP CHICKEN BROTH
KOSHER SALT & BLACK PEPPER
3-4 LB CHICKEN, CUT UP

WHISK TOGETHER THE BROWN SUGAR, CHILI POWDER, PAPRIKA & THYME. PAT CHICKEN DRY; SEASON GENEROUSLY WITH SALT & PEPPER THEN RUB BROWN SUGAR MIXTURE OVER CHICKEN. PREHEAT INSTANT POT TO SAUTE; WHEN HOT, ADD OLIVE OIL, THEN THE CHICKEN. LET SEAR UNTIL SKIN IS CRISPY, ABOUT 4 MINUTES. FLIP CHICKEN OVER; CHANGE POT SETTING TO PRESSURE COOKING, LOCK LID & COOK FOR 25 MINUTES. ALLOW POT TO DEPRESSURIZE, THEN UNLOCK, REMOVE CHICKEN & LET REST FOR 10 MINUTES.