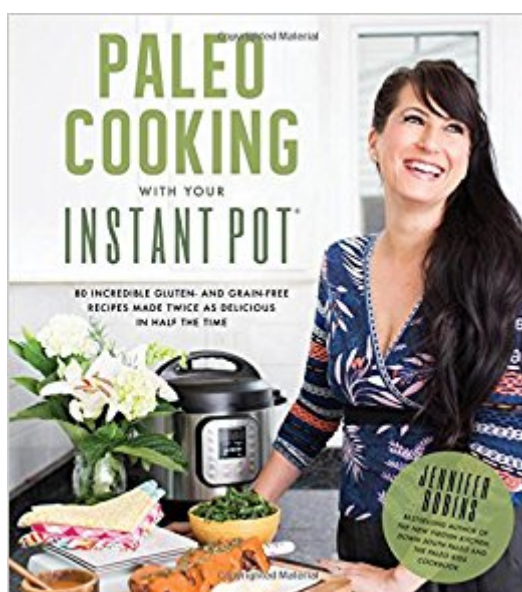


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# Paleo Cooking With Your Instant Pot: 80 Incredible Gluten- And Grain-Free Recipes Made Twice As Delicious In Half The Time



## Synopsis

Make Delicious Paleo Meals From Scratch in Half the Time! Slow cook, steam, sauté and pressure cook all with one pot. Jennifer Robins, creator of Predominantly Paleo and bestselling author, will show you how to drastically cut cooking time for your Paleo dishes in your Instant Pot®. Recipes include Decked-Out Omelet, Legit Bread Under Pressure, Honey Sriracha Chicken Wings, Pressure-Cooked Sirloin Steak and Hidden Spinach Bundt Cakes. Whether you're new to the Instant Pot® or a seasoned pro, Paleo Cooking with Your Instant Pot® will show you everything this cooker is capable of and help you prepare healthy, delicious meals in no time.

## Book Information

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## Customer Reviews

• We are amazed by the creativity and new ideas for delicious, quick and easy recipes in this book! • Stacy Toth and Matthew McCarry, Paleo Parents, international bestselling authors

• When I discovered the Instant Pot®, I was completely smitten. You can make fast meals all in one pot, without the scary steam situation of a normal pressure cooker. Just one thing...what the heck should I cook in it? Thanks to Jennifer, I actually know what to cook in this magnificent thing. • Liz Wolfe, New York Times bestselling author of Eat the Yolks • Jennifer is here to make something very clear: the Instant Pot® is not just for making broth and the occasional stew. Her genius collection of recipes will make your life easier, and time spent in the kitchen shorter without sacrificing one iota of flavor. • Simone Miller, bestselling author of The Zenbelly Cookbook and The New Yiddish Kitchen

Jennifer Robins is the creator of the wellness blog Predominantly Paleo and bestselling author of Down South Paleo, The New Yiddish Kitchen and The Paleo Kids Cookbook. She lives in Arlington, Virginia.

We received this book a few days ago, and while we actually follow a ketogenic diet rather than paleo, it is a great resource for recipes and ideas that aren't grain-based. I have the crustless quiche recipe in the instant pot as I type for breakfast. Mmmm. [Actually, it finished while writing this review. It's very tasty, and baked in 15 minutes flat!!!]We had ordered a "general" instant pot cookbook prior to this, in November when we got the instant pot, but were disappointed by how many things were rice-and-beans, or noodle, etc based. At least 50% of the recipes were just not even "editable" for Keto or Paleo type diets, as they were very heavily based on grains and how they cooked. Of course, the recipes looked super tasty, great ideas -- but weren't that helpful for us. Enter this cookbook!If you are Keto:Many of the recipes do use honey or syrup, but they seem easily omit-able in many cases (OK, maybe not the brownies... but in most of the main dishes). There are also potatoes, but again, many times they seem easy enough to omit or replace with other vegetables. Lots of recipes with coconut milk, which is great for keto, and the recipes don't steer clear of fats too much. There are also several obvious substitutions if you don't care about avoiding dairy -- many contain non-dairy milks which can be replaced with cream or regular, use butter instead of ghee, it's easy to add cheese on top of something, etc. -- if you are not truly Paleo.Of course, if you are Paleo, then this is even better as the recipes follow it to a T from what I can tell! The author eats Paleo to manage several chronic illnesses/conditions (including Lyme), so it seems like she takes compliance pretty seriously there.I saw a couple comments of "why would I do this in an instant pot?" in prior reviews. It's not always easier or more straightforward, or doesn't necessary make less dishes, etc... but it's WAY FASTER to cook tender, tasty, moist food. Instant pot cooking gives you fall-apart-in-your-mouth beef stew in 35 minutes - rather than 8 hours - if you forgot to set up for the crock pot the night before having to rush out the door at 7AM the next morning. Or chicken breasts in 15 minutes, rather than an hour or more in the oven... Or the BEST hard-boiled eggs I've ever had, consistent and easy. If you get home from a long day at work, need to cook dinner start-to-finish in under an hour, try to go for whole foods rather than pre-prepared store-bought stuff, and have 2 hungry 4-year-olds awaiting you, the instant pot is great, worth it, let's go guys, 100%. Also, while the saute function is helpful, it's definitely an option to just use a pan on the stove for the pre-steps if there's a lot of transferring in and out going on, and that works fine also. This recipe book will give you one potential set of exact steps to follow, and is very clear in the

recipes, which is great for beginners, but it's also pretty easy to figure out edits to fit your own lifestyle, experience level with cooking, and tolerance for dishes, time, etc. While deciding whether to buy, I was disappointed there wasn't a listing of recipes in any review or the "view inside" pages on . So, here you go:

- \*Breakfast\* Decked-Out Omelet, Breakfast Cobbler, Individual Crustless Quiche, Perfectly Peelable Hard Boiled Eggs, Mexi-Egg Cups (egg filling in a red pepper), Paleo Breakfast Porridge, Cinnamon Applesauce, Breakfast Casserole, Cultured Coconut Milk Yogurt, Legit Bread Under Pressure
- \*Proteins\* Easy Grain-Free Meatballs, Shrimp Scampi, Honey Sriracha Chicken Wings, Shrimp Cocktail, Beef Stroganoff, Teriyaki Jumbo Scallops, Bacon Turkey Meatloaf, Veggie Stuffed Eggplant, Zesty Citrus Pulled Chicken, Pressure Cooked Sirloin Steak, Cilantro Chicken Meatballs, Instant Pot Roast, Chicken Tikka Masala, BBQ Beef Short Ribs, Rotisserie Chicken, Parchment-Wrapped Salmon, Carnitas, Lemon Garlic Chicken, Honey Balsamic Port Chops, Salad Topper Turkey Filets, Creamy Buffalo Chicken Legs, Stuffed Cabbage Rolls
- \*Soups, Stews, Sauces\* Chicken Stock, Beef Stock, Cream of Mushroom Soup, Savory Lamb Goulash, Loaded Baked Potato Soup, Cowboy Chili, Creamy Tomato Soup, Butternut Squash Bisque, Italian Wedding Soup, Southern Shrimp Chowder, Vegetable Beef Soup, Egg Roll Soup, Green Fish Curry, Simple Beef Stew, Caulifredo Sauce, Mushroom Pasta Sauce, Bolognese Sauce, BBQ Sauce
- \*Sides\* Garlic Dill Carrots, Smoky Mushrooms + Onions, "Roasted" Rainbow Fingerling Potatoes, Artichokes with Melted Ghee, Stir-Fried Garlicky Green Beans, Picnic Perfect Egg Salad, Potato Salad, Spaghetti Squash, Steamed Greens + Bacon, Pressure-Cooked Cranberry Sauce, "Baked" Sweet Potatoes, Quick Zucchini Noodles, Honeyed Beets, "Canned" Green Beans
- \*Naturally Sweetened Treats\* Strawberry Shortcake Mug Cake, Tapioca Pudding, Chocolate Chip Banana Bread Muffins, White Chocolate Fondue, Lemon Custard, Chocolate Pots de Creme, Grain-Free Blissful Brownies, Fruit-Sweetened Cranberry Orange Loaves, Hidden Spinach Bundt Cakes, Individual Cheesecakes with Graham Crust
- \*Hot Beverages\* Chai Tea Latte, Orange Pomegranate Tea, Hands-Free Hot Chocolate, Mulled Cider, 5-Minute Eggnog, Peppermint Cocoa, Honey Lemon Soother

I pre-ordered this cookbook and have been looking forward to receiving it. I love IP and was hoping for a plethora of new grain free recipes to add to my weekly rotation of dinners. Instead, I got a few decent new recipes and a book full of alternative ways to cook using the IP, which I was not really looking for. Example: "bread under pressure" is a bread recipe where you are to use an alternative container (a "coffee canister or other vertically shaped cylinder") covered with foil inside your IP to make bread. Seems to me a loaf pan in the oven would make more sense. Or a recipe for meatloaf

where you wrap it in foil and cook it in the IP. Part of the beauty of IP is the stainless inner pot. I don't cook with aluminum if I can help it because it leaches into my food. There is a full section for warm beverages that is just kind of useless. Most people have other, faster ways of preparing tea and hot chocolate. Who wants to wash a large bowl and non-dishwasher safe lid & seal to have a cup of tea? Overall, I was very disappointed that I will probably only use 4-5 of the "80 recipes" in this book. If I lived in a dorm room and had only the IP to do any of my cooking with, this book might be invaluable to me. Bottom line: If you're looking for a lot of new "set and forget" IP recipes, look elsewhere.

Love this cookbook!! Love the way it lays open, beautiful pictures and easy to follow recipes and directions! All the recipes sound so good and easy which is great when you have to little ones to take care of!! Today I made the cinnamon apple sauce and the beef stew. Both turned out perfect! With the apple sauce I added more cinnamon just because I'm obsessed with it and I didn't use my immersion blender because I prefer chunky apple sauce. Other than that I followed directions! The stew was a winner as well! I left out the worcestershire this time (on a whole30 at the moment) but that's it. Great flavor and was so quick to put together. The only thing I might do is do 5 to 10 minutes less next time. I'm at high altitude so I think things cook slightly faster here. Really everyone should read through an entire recipe before you diving into cooking. And if you know something cooks faster than by all means adjust the time accordingly. It's not rocket science. That being said I always make the recipe as it's written. If I need to change it next time or tweak this or that, I do it the next time I make the dish!! I've had my instant pot for awhile now and it's so nice to have a book to accompany it now!! I highly recommend this cookbook!

I am so pleased with this book! I have been following Jennifer's blog, Predominantly Paleo for about a year and have loved all of the recipes I have tried. So far, this cookbook has been the same. I have made the beef stew, butternut squash bisque and tapioca pudding. The recipes are easy, delicious and quick. I'm looking forward to my weekly meal planning! Also, the lay-flat binding is a fantastic feature!!

My mouth was watering.... I flipped through this book and was blown away by the simple and flavorful recipes that were presented in an easy-to-understand format. The pictures are beautiful. This makes owning an Instant Pot even MORE exciting! This book will not be gathering dust on my shelf. It will be well used. Thank you Jennifer Robins for helping my family be healthy and less

stressed around meal times!

I love PredominantlyPaleo and was intrigued by the instapot, but was looking for a hand to hold while I tried my hand at Paleo "instapotting." I preordered this when Jennifer announced it on IG. I ordered my instapot on black Friday and unboxed it last week. A cold head hit our household and this cookbook helped me make perfect bone broth to assist our healing!! I'm grateful to have her recipes and I'll update when I've made more!

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