



**Salbree**<sup>®</sup>  
Traditional Quality. Modern Design.

# Salbree's Instant Pot Recipes

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## INTRODUCTION

Thinking of which delicious meals you can prepare for the family or your guests in an instant during the holiday season? Our latest collection of Instant Pot recipes will help you get food on the table in no time. Scroll down to see the recipes we have in stock for you.

## Entrees

### Turkey Breast

#### Ingredients:

- 4 lbs. turkey breast thawed
- 1 tbsp olive oil
- 1 tbsp smoked paprika
- 1 tbsp Italian seasoning
- 1 tsp tarragon
- 1 tsp salt
- 2 tsp pepper
- 2 cloves garlic minced
- 2 tbsp butter unsalted
- 2 tbsp olive oil

#### For Gravy

- 2 tbsp butter unsalted
- 2 tbsp all-purpose flour
- 1/2 cup chicken broth
- 1/2 cup half and half

#### Directions:

1. Drizzle the tablespoon of olive oil everywhere throughout the turkey breast and rub it in. I as a rule do this with the goal that the flavors stick to the turkey breast. Rub the turkey thoroughly with the smoked paprika, Italian flavoring, tarragon, salt, and pepper. Complete with the minced garlic.
2. Turn the Instant Pot to the high sauté setting. (See your manufacturer's guide for comprehensive guidelines on the most proficient way to utilize your instant pot). Include the 2 tablespoons margarine and oil and once your instant pot achieves the coveted temperature (the clock will begin to count down) include the turkey breast. Roast the turkey breast on all sides. Should take around 5 to 8 minutes. Move the breast to a plate or a cutting board.
3. Add the Salbree Egg-Rack trivet and place the turkey breast on top. Seal the lid (follow the manufacturer's guide for guidelines on the most proficient method to close the instant pot top). Set the Instant Pot to the Manual setting and set the clock to 25 minutes on high pressure.
4. As soon as the Instant Pot cycle is complete, hold up until the point that the normal discharge cycle is complete, should take around 10 to 15 minutes. Follow the manufacturer's guide for fast discharge, if in a rush. Carefully open and expel the lid from the instant pot. Move the breast to a cutting board, cover totally with aluminum foil and let it rest for 10 to 15 minutes before cutting into it. Try to remove the butcher twine before cutting it. For a crispier skin, sear it in the stove for an extra 5-10 minutes.

### For the Gravy

1. Turn the Instant Pot to the high sauté setting (don't dispose of the turkey drippings). Include the 2 tablespoon of butter and cook until the point when the butter is liquefied. Whisk in the flour with the butter and cook for a few minutes, mixing or whisking continually, until the point that the flour loses its crude smell.
2. Whisk in the chicken broth and cook and half and half and cook for an extra 3 minutes or until thickened. You can preclude the half and half and simply utilize 1 cup of chicken broth or turkey broth. I utilized half and half for a creamier sauce. Season with salt and pepper as desired.

### Spiral, Bone-In Ham

#### Ingredients:

- ¼ cup water
- 1 bone-in spiral cut 6.5-pound ham\*

#### Glaze:

- 1 cup coconut sugar or brown sugar
- ½ cup honey

#### Optional Ingredients for Glaze:

- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- Big pinch freshly grated nutmeg
- Pinch of ground cloves

#### Directions:

- Pour ¼ cup water into the steel bowl of the Instant Pot.
- Put in your Salbree Egg-Rack trivet and on top, put in the ham with the cut side facing down. In the event that the ham is too big, you may need to cut a bit of it off in order for everything to fit.
- Mix the sugar and honey alongside the optional coating ingredients if using together in a bowl. Pour this coating over the ham.
- Secure the cover, close the pressure valve and cook for 10 minutes at high temperature.
- Naturally discharge pressure (if after 10 minutes the valve doesn't drop, open the valve to discharge any remaining pressure).
- Drain the fluid from the pot into a bowl and set aside. \* Allow the ham to rest for somewhere around 10 minutes, at that point remove the ham to a platter.

- Press sauté and add the fluid back to the pot. Cook until the point when the fluid has decreased to your liking. Pour this sweet sauce over the ham cuts when serving.

## The Best Classic Meatloaf Recipe

### Ingredients:

- 1 lb. 90% lean ground beef
- 1 cup dried bread crumbs
- 1/2 cup diced yellow onion
- 1/2 cup milk
- 1 large egg beaten
- 2 tbsp. ketchup
- 1 tbsp. Worcestershire sauce
- 1 tsp. dried parsley leaves
- 3/4 tsp. salt
- 1/2 tsp. garlic powder
- 1/4 tsp. ground black pepper

### For the Topping:

- 1/4 cup ketchup
- 2 tbsp. packed light brown sugar
- 1 tbsp. red wine vinegar

### Directions:

1. In a large bowl, add the beef, bread crumbs, onion, milk, egg, 2 tablespoons ketchup, Worcestershire sauce, parsley, salt, garlic powder, and pepper. Mash and mix the ingredients together using your hands until thoroughly combined
2. Fill the cups in the Salbree Egg-Bite Mold with the meatloaf mixture.
3. In a small bowl, add 1/4 cup ketchup, the brown sugar, and vinegar. Stir to combine. Top meatloaf with the sauce, spread it into a uniform layer.
4. Cook in the Instant Pot on high pressure for 35 minutes and use a quick release.
5. You may need to let the meatloaf rest for 8-10 minutes before serving (or it may fall apart).

## Savory Pork Ribs

### Ingredients:

- 1-2 racks pork ribs (\*see note below)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon light brown sugar
- 1 cup water
- 1/2 cup apple juice
- 1 teaspoon liquid smoke (optional)
- 1 cup barbecue sauce

### Directions:

1. Remove membranes from the back of ribs, if needed.
2. Rubs seasonings over both sides of ribs.
3. Place your Salbree Egg-Rack trivet in the bottom of the instant pot.
4. Add water, apple juice (or apple cider vinegar) and liquid smoke (optional, but recommended for that great smokey flavor).
5. Place the ribs upright, with the meat side facing out. In the even that you're utilizing one huge rack of ribs, then circle them around the pot.
6. Secure lid and close vent.
7. Press "manual" or "pressure cook" and cook on high pressure for 25 minutes.
8. When the timer beeps, allow the pressure to naturally release for 15 min, then turn the valve to quick release.
9. Carefully remove ribs to a large, foil-lined baking sheet and slather them in BBQ sauce.
10. Optional: broil them in the oven for 2-3 minutes to caramelize the BBQ sauce.

## Juicy Roasted Whole Chicken

### Ingredients:

- 1 (3 pound) whole chicken, giblets removed
- Salt and black pepper to taste
- 1 tablespoon onion powder, or to taste
- ½ cup margarine, divided
- 1 stalk celery, leaves removed

#### Directions:

1. Season chicken liberally inside and out with salt and pepper. Sprinkle onion powder inside and out. Put 3 tablespoons margarine in the chicken cavity. Organize dollops of the leftover margarine around the chicken's outer parts. Chop the celery into 3 or 4 pieces, and put in the chicken cavity.
2. Place into the Instant Pot, Salbree's Egg-Rack trivet with chicken on top.
3. Depending on the size of the chicken, adjust time as follows.
  - 3-pound chicken: 18 minutes on high pressure
  - 4-pound chicken: 24 minutes on high pressure
  - 5-pound chicken: 30 minutes on high pressure
  - For every pound add 6 minutes, for every half a pound add 3 minutes to total cooking time for whole chickens.
4. Release pressure naturally and serve.

#### Simple Chicken Thighs

##### Ingredients:

- 4 garlic cloves, chopped
- 6 chicken thighs
- 1 yellow onion, sliced
- A pinch of rosemary, dried
- 1 cup chicken stock
- 1 tablespoon soy sauce
- Salt and black pepper to the taste
- 2 tablespoon cornstarch mixed with 2 ½ tablespoons water
- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter

##### Directions:

1. Mix garlic with onion, rosemary and stock in your instant pot. Add Salbree's steamer basket, put chicken inside, cover pot, cook on High for 10 minutes, transfer to a bowl and reserve cooking liquid.
2. Clean the pot, set on sauté mode, add oil and butter, heat them up, add chicken pieces, season with salt and pepper, stir, brown for 5 minutes on each side and transfer to a platter.
3. Add reserved liquid, also add soy sauce and cornstarch, stir and cook until it thickens
4. Drizzle sauce all over and serve.



## Chicken Wings and Celery

### Ingredients:

- 12 chicken wings, cut into 24 pieces
- 1-pound celery, cut into wedges
- ¼ cup honey
- 4 tablespoons hot sauce
- Salt and black pepper to the taste
- 1 cup water
- ¼ cup tomato puree
- 1 cup yogurt
- 1 tablespoon parsley, chopped

### Directions:

- Put the water in your instant pot, add Salbree's steamer basket, add chicken and celery inside, cover and cook on high for 20 minutes.
- Meanwhile, mix tomato puree with hot sauce in a bowl, add salt, pepper, and honey and whisk.
- Add chicken wings to honey mixture and toss them to coat
- Clean the pot, set on sauté mode, heat it up, add chicken pieces and cook them for 5 minutes on each side.
- Mix yogurt with parsley in a bowl and whisk well
- Assemble chicken and celery on a platter and drizzle sauce all around.

## Fancy Chicken Breast

### Ingredients:

- 2 ounces ham, cooked and halved
- 2 chicken breasts, skinless, boneless and butterflied
- 6 asparagus spears
- 1-pound bacon strips
- 4 mozzarella slices
- Salt and pepper to the taste
- 3 cups water

### Directions:

1. Flatten chicken breast with a meat mallet, put them in a bowl, add 2 cups water and salt to the taste, toss and leave aside for 10 minutes

2. Pat dry chicken pieces, arrange them on a cutting board, divide mozzarella slices, ham and asparagus on each chicken breast and roll tight
3. Line half of the bacon side by side on a cutting board, add 1 chicken roll and wrap it in the bacon
4. Repeat with the other chicken roll and the rest of the bacon and pin both with toothpicks
5. Add the rest of the water to your instant pot, add the Salbree steamer basket, add chicken rolls inside, cover and cook on high for 10 minutes
6. Serve these chicken rolls warm

## Soups

### Instant Pot Vegetable Soup

#### Ingredients:

- 2 tsp olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 3/4 tsp dried oregano
- 3/4 tsp dried thyme
- 12 oz. Simple Truth Frozen Organic Mixed Vegetables
- 12 oz. Simple Truth Frozen Organic Green Beans
- 1 (14 oz.) can petite diced tomatoes
- 2 3/4 cups vegetable broth
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/4 cup chopped flat-leaf parsley
- Salt and pepper, to taste

#### Directions:

- Set Instant Pot to the sauté setting. Put the olive oil and heat for about one minute. Add the onion and cook, mixing from time to time, until tender, around 5 minutes. Mix in the garlic, oregano and thyme, and cook for a minute.
- Include the frozen mix vegetables and green beans, vegetable broth, thinly diced tomatoes, salt and pepper, and stir to combine.
- Place the lid on the Instant Pot, shut the steam vent and set to HIGH pressure utilizing the manual setting. Reduce the time to 4 minutes.
- As soon as the time is expired, wait for 5 minutes, after that carefully use the quick release valve to release the steam. Mix in the parsley. Season to taste before serving.

### Instant Pot Hamburger Soup

#### Ingredients:

- 1 lb. ground beef
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 1 medium sweet potato, cubed
- 1 Yukon gold potato, cubed
- 3 bay leaves
- 3 tablespoons Italian seasoning
- 2 teaspoons ground oregano
- 1 15-oz. can diced tomatoes
- 1 15-oz. can tomato sauce
- 6 cups of beef broth\*
- 2 cups frozen veggies
- 2 cups macaroni elbows

Directions:

- Set Instant Pot to the sauté feature and include minced beef to the pot. Sauté for a minute and then include onion. Cook for an extra two minutes using a spatula to scatter the minced beef.
- Next, include the rest of the ingredients, stir well, and put cover over the Instant Pot.
- Shut pressure valve to close, and cook on high pressure for 3 minutes.
- Quick release pressure and expel the top. Serve immediately.

## Taco Soup

Ingredients:

- 1 tablespoon Olive oil
- 1 lb. Ground Beef
- 4 Cloves Garlic Minced
- 1 tbsp. Onion Flakes
- 20 oz. Diced Tomatoes
- 32 oz. Beef Broth
- 2 tsp. Cumin
- 2 tbsp. Cumin
- 2 tbsp. Chili Powder
- Salt and Pepper
- ½ cup Heavy Cream
- 8 oz. Cream Cheese

Directions:

1. Set the instant Pot to sauté
2. Pour in the Olive oil
3. Cook the ground beef until brown
4. Drain excess grease using Salbree's Clip N Strain strainer
5. Add the garlic, onion flakes, diced tomatoes, and beef broth
6. Season with cumin, chili powder, and salt and pepper to taste
7. Cover the pot
8. Choose soup setting
9. Cook for 5 minutes
10. Release the pressure naturally
11. Stir in the cream and cream cheese
12. Top the soup with your favorite toppings such as sour cream, shredded cheese, and black olives

## Side Dishes

### Instant Pot Cranberry Sauce

#### Ingredients:

- 12 ounces cranberries
- ¼ cup orange juice
- ¼ cup brown sugar
- Dash of cinnamon

#### Directions:

1. Put ingredients into your instant pot
2. Set to 15 minutes on manual
3. Stir while it cools and thickens

### Instant Pot Mashed Potatoes

#### Ingredients:

- 3 lbs russet potatoes, peeled, cut into 1-inch chunks
- 3 cup water
- 2 tablespoons butter
- 1/3 cup half and half of milk
- Salt and pepper
- Chopped dill, optional
- Chopped chives, optional

- ¼ cup sour cream, optional

Directions:

1. Place potatoes in Salbree’s steamer basket and put into instant pot. Add 1 cup of water
2. Seal the lid and adjust the valve to “sealing”
3. Press MANUAL button. Press the +/- button to set to 7 minutes. The instant pot will start cooking
4. When the pressure cooker beeps, carefully turn the valve to vent and remove potatoes
5. Pour left-over water into a mixing bowl and add half and half, salt and pepper if desired, dill or chives and sour cream. Mash with a potato masher to desired texture

### Instant Pot Deviled Eggs

Ingredients:

- 6-8 large eggs
- 1 cup (250ml) cold water
- Paprika

Dressing:

- 2 tablespoons (30g) full fat mayonnaise
- 1 tablespoon (15ml) extra-virgin olive oil
- 1 teaspoon (15ml) extra-virgin olive oil
- 1 teaspoon (5g) Dijon mustard
- 1 teaspoon (5ml) white vinegar
- ¼ - ½ teaspoon (1.25g – 2.5g) sriracha (set to your own spicy preference)
- Crush black pepper and sea salt to add flavor

Directions:

1. Make Instant Pot Hard Boiled Eggs: Place 1 cup of water. Place 6 - 8 huge eggs into the Salbree Egg-Rack trivet or Salbree steamer basket, shut the lid.
2. Pressure cook at Low Pressure for 5 minutes. Natural release for 5 minutes then place eggs in ice bath water for 5 minutes.
3. Peel the eggs under cold running tap water and stop the cooking process by submerging the eggs in a cold-water bath for roughly 5 minutes.
4. Remove the Yolk: Slice the cooled hard-boiled eggs in half. Carefully expel all the yolks in a little mixing bowl. Smash the yolks with a fork. Set aside the egg whites on a plate.

5. Make the Dressing: Add 2 tbsp (30g) mayonnaise, 1 tbsp (15ml) extra-virgin olive oil, 1 tsp (5g) Dijon mustard, 1 tsp (5ml) white vinegar, and  $\frac{1}{4}$  -  $\frac{1}{2}$  tsp (1.25g – 2.5g) Sriracha to the crushed egg yolks. Mix thoroughly. Taste and add sea salt and crushed black pepper if needed.
6. Pipe the Dressing: Place the dressing mixture in a small Ziploc bag, cut a small corner with a pair of scissors. Afterwards, pipe the dressing mixture into the egg whites.
7. Garnish the Eggs: Sprinkle paprika onto the deviled eggs, season with ground black pepper and sea salt.

## Corn on the Cob

### Ingredients:

- 6-8 ears of corn, silks and husks expelled and cut in half (if desired)
- 1 cup water
- 1 stick of butter

### Directions:

1. Put 1 cup of water into your Instant Pot
2. Place the corn on the cob into a Salbree steamer basket
3. Steam corn, on high pressure for 1-2 minutes.
4. Use quick release and service with butter, if desired.

## Instant Pot Potato Salad

### Ingredients:

- 2 pounds red skin potatoes chopped
- 2 eggs
- 1 celery stalk diced
- 4 scallions diced (only the white and light green areas)
- $\frac{1}{3}$  cup organic mayonnaise
- 2 tsp red wine vinegar
- 1 tsp stone crushed mustard or your favorite type
- salt and pepper to taste
- fresh chives for garnish

### Directions:

1. Pour a cup of water into the Instant Pot, then add the Salbree's steamer basket to the pot. Put the eggs and chopped potatoes in the steamer basket. Adjust the Instant Pot to 4 minutes on manual high pressure. As soon as it's done cooking, do a quick release and expel the steamer basket from the pot with a pot holder.
2. Place the potatoes in a large bowl, and put the eggs in a bowl of cold water to cool a bit. Afterwards, peel each egg, cut in half, and expel the yolks to a little bowl. Mash the egg yolks with a fork. Add the mayonnaise, red wine vinegar, and mustard. Stir to combine evenly.
3. Chop the egg whites and place them in the large bowl with the potatoes, along with the chopped celery and scallions.
4. Pour the dressing onto the potato mixture. Stir gently to coat evenly. Sprinkle with salt and pepper to taste. Serve warm or refrigerate until ready to serve.

### Instant Pot Sweet Potatoes Recipe

#### Ingredients:

- 1 cup water
- 4 medium sweet potatoes

#### Directions:

1. Place Salbree's steamer basket in Instant Pot and add 1 cup water.
2. Scrub sweet potatoes until skins are clean. Place on top of the steamer basket.
3. Cover and place vent on lid to "Sealed".
4. Set on "Steam" program and set time for 10 minutes.
5. When finished cooking, don't open lid. Allow pressure to reduce naturally, about 25 minutes.
6. Remove lid and serve.

### Carrots and Peas Rice

#### Ingredients:

- 2 cups basmati rice
- 1 cup mixed carrots and peas
- 2 cups water
- ½ teaspoon green chili, minced
- ½ teaspoon ginger, grated
- 3 garlic cloves, minced
- 2 tablespoons olive oil

- 1 tablespoon cumin seeds
- 2 bay leaves
- 1 tablespoon cumin seeds
- 2 bay leaves
- 1 tablespoon sugar
- Salt and black pepper to the taste

Directions:

- Put the water in your instant pot, add rice, carrots, peas, chili, grated ginger, garlic cloves, oil, cumin seeds, bay leaves, salt, pepper and sugar, stir, cover and cook on High for 15 minutes.
- Divide among plates and serve

## Mashed Sweet Potatoes

Ingredients:

- 3 tablespoons butter
- 2 pounds sweet potatoes, roughly chopped
- ¼ teaspoon nutmeg
- 2 tablespoons maple syrup
- 1 cup water
- Salt to the taste

Directions:

- Put the water in your instant pot, add Salbree's steamer basket, add potatoes, cover and cook on High for 8 minutes
- Transfer potatoes to a bowl, mash using a potato masher, add salt, maple syrup, nutmeg and butter, whisk well and serve

## Deserts

### Instant Pot Pumpkin Pie Bites

Ingredients:

For the crust:

- 3 tbsp Graham Cracker Crumbs
- 2 tablespoons melted butter



- Canola Oil Blend Spray

For the filling:

- 2 eggs
- 1 15-ounce pumpkin puree
- 1 12 ounce can evaporated milk
- ½ cup sugar
- ½ teaspoon salt
- 2 tsp pumpkin pie spice
- Shot glass for pressing graham cracker crumbs
- 1 cup water

Directions:

For the crust:

1. Put 3 tbsp. graham cracker crumbs in a small bowl. Add in melted butter, stirring to combine. You have sufficient butter when your crumbs will hold shape when pressed down.
2. Spray Salbree's Egg-Bite Molds with canola oil spray. Pour about 1/2 tbsp. graham cracker crumbs into egg molds, push down with a shot glass to make the crumbs solid.

For the pumpkin pie mix:

1. Pour pumpkin puree into a large bowl. Add in evaporated milk. Add in salt and pumpkin pie spice. Add in eggs and sugar.
2. Blend mixture well. Pour into a cup that has a spout for convenient pouring into the egg bite molds.
3. Pour pumpkin mixture into the Salbree Egg-Bite Molds. Pour right underneath the edge letting enough room so that it does not spill while putting into your instant pot.
4. Place your trivet into your inner pot. Pour 1 cup of water into your pot. Put your egg bites mold on top of your trivet. Shut your lid and set to sealing.
5. Set your pot to manual high pressure for 35 minutes. Do a natural release.
6. Allow pumpkin pie bites to cool before removing them from the egg bite mold. Unless you are serving warm, then remove carefully. Set the egg bite mold over and press down in the center of each mold. Allowing for more convenient removal of your pumpkin pie bites. Serve with whipped cream & Enjoy!

Instant Pot Chocolate Pudding Cake

Ingredients:

- 1 box of chocolate cake mix (15-16 oz)
- 1 box of instant chocolate pudding mix (3.9 oz)
- 2 eggs
- 1/4 c oil

- 1.5 c milk or almond milk (dairy free)
- 1/2 c semi-sweet chocolate chips

Directions:

1. With a mixer on low mix together all of your ingredients (except chocolate chips) well.
2. Fold in chocolate chips.
3. Spray the inside of your Salbree, 7" springform pan with non-stick spray.
4. Spoon half of your chocolate pudding batter inside your pan (this recipe makes two the size you see above) and cover with foil trying to form a dome above so the foil doesn't stick to the top of your cake when it swells.
5. Put 2 cups of water into your Instant pot, and a trivet in the middle.
6. Create a sling out of foil and lower your springform pan inside on to your trivet.
7. Put your lid on and close the steam valve.
8. Set to manual, pressure, high, for 25 minutes.
9. Do a slow release (move valve just slightly so steam comes out slowly) when done and lift pan out of pot.
10. Put pan on cooling rack and remove foil.
11. When cooled release latch on side of your springform pan carefully and lift sides (round part of pan) off cake.
12. Put a plate on the top of your cake and flip over.
13. Carefully lift bottom of pan off cake and serve...with ice cream on top!

## Winter Pumpkin Granola

Ingredients:

- 3 cups water
- 1 tablespoon butter, melted
- 1 cup pumpkin puree
- 1 cup steel cut oats
- ¼ cup maple syrup
- 1 teaspoon pumpkin pie spice

Directions:

Set your instant pot on sauté mode, add butter, heat up, add pumpkin puree, water, maple syrup, oats and pumpkin spice, stir, cover, cook on high for 10 minutes, divide into bowls and serve warm.

## Sweet Apples

### Ingredients:

- 4 big apples, cored
- 2 tablespoon raisins
- 2 tablespoon favorite nuts, chopped
- 4 tablespoons honey
- 1 and ½ cups water

### Directions:

1. Add the water to your instant pot, add the Salbree steamer basket, add apples, stuff with nuts and raisins, drizzle honey all over, cover pot and cook on high for 10 minutes
2. Divide among plates and serve

## Carrot Cake

### Ingredients:

- 5 ounces flour
- 1/3 cup carrot, grated
- ¼ teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon powder
- ½ cup sugar
- 1 egg
- 3 tablespoons yogurt
- ¼ cup pineapple juice
- 4 tablespoons coconut oil, melted
- 1/3 cup pecans, toasted and chopped
- Cooking spray
- 2 cups water

### Directions:

1. In a bowl, mix flour with baking soda and powder and cinnamon and stir
2. In another bowl, mix egg with yogurt, sugar, pineapple juice, oil, carrots and pecans and stir thoroughly
3. Combine both mixtures, stir everything thoroughly and pour this into the Salbree, 7" springform pan greased with some cooking spray
4. Add the water in your instant pot, add steamer basket, add pan inside, cover, cook on high for 30 minutes, and leave cake to cool down, slice and serve.