



## Instant Pot 101 – Fab Food Lab Video Class

### Instant Pot Hard Boiled Eggs

12 - 18 eggs

Place the Instant Pot trivet into the bottom of the pot; add 1 cup water. Stack the eggs onto the trivet, then lock the lid into place. Using high pressure, set the timer for 5 minutes; when the timer sounds, perform a quick release to remove all pressure from Instant Pot as quickly as possible. Carefully unlock and remove the Instant Pot. Pour the content of the Instant Pot in a large bowl of ice water. lid and immediately pout contents of EPC into a large bowl of ice water. Let the eggs cool for a minute or two in the ice bath. Working one at a time, lift an egg from the ice water, tapping it on the counter to crack the shell a bit; submerge the egg under water again, using your fingers to remove the shells. Repeat with the remaining eggs. Tah dah! You can have perfect hardboiled eggs every time!

### Instant Pot Mac and Cheese with Kielbasa Bites

1 lb. Kielbasa sausage, sliced into 1/2" coins (may use any type of fully cooked sausage)

1 Tbs. vegetable or canola oil

1 lb. small shell pasta (any type of pasta actually works fine)

4 cups broth

1 Tbs. spicy brown mustard

12 oz. evaporated milk

8 oz. sharp cheddar cheese, grated

¾ cup grated parmesan cheese

2 Tbs. unsalted butter

¼ tsp nutmeg, optional

Using the sauté setting, add the oil to the Instant Pot. When the oil is hot, add the sausage coins. Work in batches to brown the coins on each side, taking care not to overcrowd the pot; remove the sausage to a plate as you work; keep warm.

Add the pasta to the sausage drippings in the pot; stir to combine, then add the broth. Carefully lock the Instant Pot lid into place. Using high pressure, set the timer for 5 minutes; when the timer sounds, perform a quick release to remove all pressure from Instant Pot as quickly as possible. Carefully unlock and remove the Instant Pot lid. Give the pasta a stir, then add the evaporated milk, cheese, butter and nutmeg; gently stir the ingredients until the cheese has fully melted and the sauce is smooth. Season to taste with salt and pepper, then fold in the reserved sausage coins

**Let's Get Cookin',  
Chef Alli**

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