

Instant Pot Resources

Instant Pot Terminology

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Abbreviations & Terms used in the [“Instant Pot Community” Facebook Group](#)

IP = Instant Pot

PC = Pressure Cooker

EPC = Electric Pressure Cooker

QR = Quick Release
Open valve & release steam quickly

NR = Natural Release
Leave valve closed & allow pressure to drop on it's own.

NPR = Natural Pressure Release
(same as Natural Release)

10 min NPR = Let pressure drop on it's own for 10 minutes,
then open valve to release remaining steam.

HP = High Pressure

Lux, Duo, DuoPlus, Smart, Ultra = Instant Pot Models

Mini = 3 quart Instant Pot

Water Test = Initial Test Run. A trial run using just water to familiarize you with how the Instant Pot works.

Trivet = the metal rack that goes in the bottom of your pot to keep food out of the liquid.

Seal / Ring = Silicone sealing ring for lid.

Pin = Float Valve. Silver or Red (8qt) pin in lid that pops up when the pot pressurizes.

Handle / Vent / Knob = Steam Release. Handle on lid that you turn to either Sealing or Venting.

Shield = Anti-Block Shield. Metal cover over the steam release valve (inside the lid).

Condensation Collector = Plastic cup that attaches to the back of the pot to collect liquid that drips off the lid when using the lid holder. The Lux model doesn't have one since it doesn't have a lid holder.

PIP = Pot In Pot. Food is put in pan/bowl before putting in Instant Pot.

Sling = Aluminum foil strip used to remove pans when using the Pot-In-Pot method.

Deglaze = Add liquid to pot after you saute & scrape all the food bits off the bottom of the pot.

HBE = Hard Boiled Egg

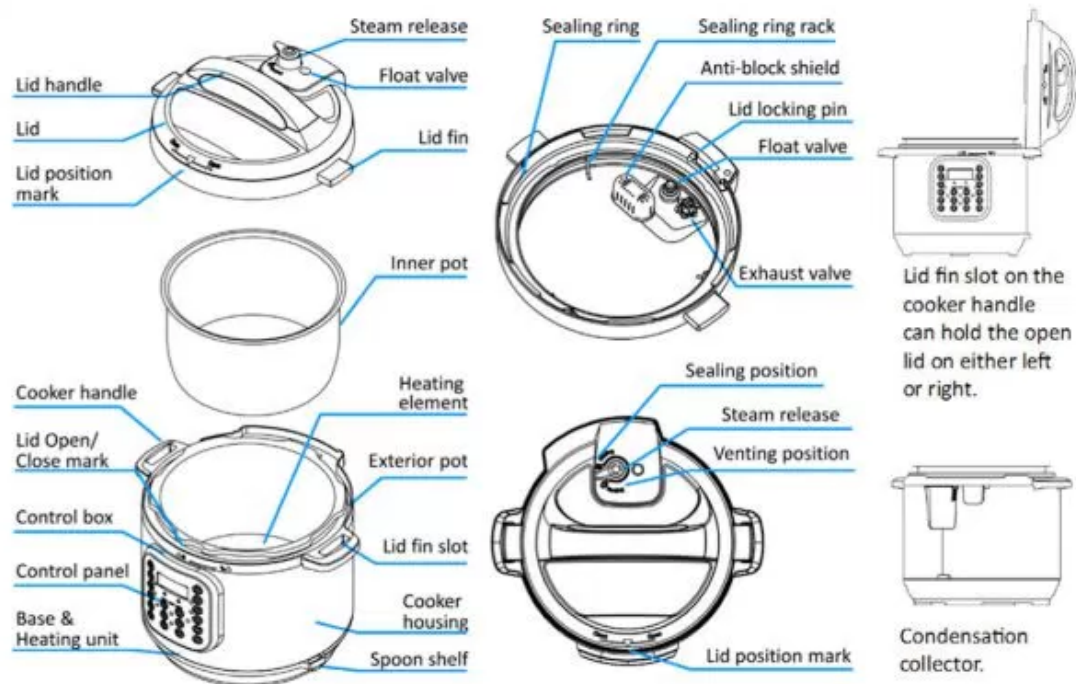
6-6-6 = method for cooking hard boiled eggs. 6 minute cook time-6 minute natural pressure release-6 minutes in ice bath.

Fat Daddio = Brand name for springform & push pans.

Grifiti Bands/Big Ass Bands = Brand of large rubber bands used to remove pans when using Pot-In-Pot method.

Nut Bag = Reusable Nylon mesh bag for straining yogurt.

Pothead = Instant Pot user



A Few Helpful Links:

[Instant Pot Basics](#)

[Pot-in-Pot Cooking](#)

[Info For IP Beginners](#)

[Instant Pot Accessories](#)

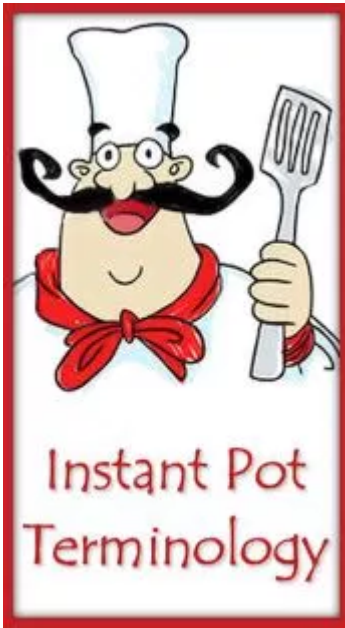
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