

RV Cooking: Micro Convection Oven & Instant Pot

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Micro Convection Oven – Microwave

We have a Sharp in our RV.

Use the microwave just like you would at home. Always use a microwave safe container. Do not use metal racks.

Microwave use:

Enter cooking time, press start.

To adjust power level: enter cooking time, press power level then the start button.

To clean: Microwave one cup water with one cup vinegar for 5-7 minutes, depending on how dirty it is. Carefully remove water dish and wipe the inside clean.

Micro Convection Oven – Oven

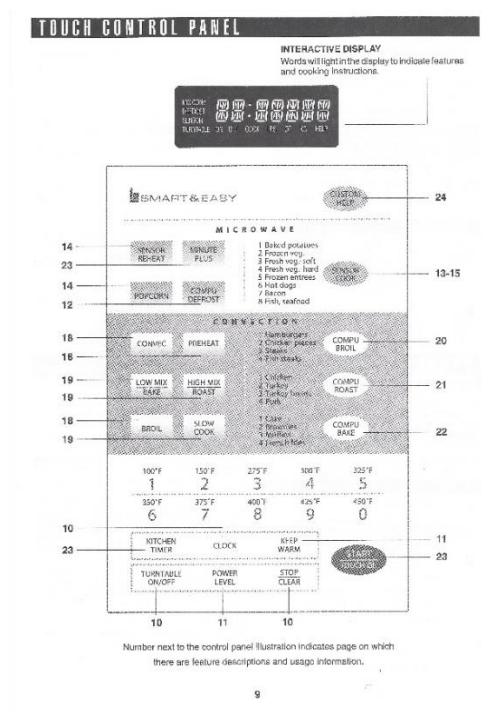
It's more like your oven at home than you think. The glass plate remains while using the oven.

You may have two metal racks. I use the low rack most of the time. I use the high rack when broiling or baking with two racks.

I keep the turntable ON for round and square pans and turn OFF for larger pans.

Glass, metal, silicon & disposable foil pans are all okay.

Sharp Touch Pad



We use Convection with and without preheat the most.

Without Preheat: Press Convection. Press Temperature (6=350°). Enter Cooking Time. Press Start.

With Preheat: Press Preheat. Press Temperature (6=350°). Press Start. Then Press Convection, Temperature, Time and Start.

Combination Microwave + Convection

No need to preheat. Use taller rack. Use glass or silicon dish; no metal.

Low-Mix: 10% Microwave + Temperature

High Mix: 30% Microwave + Temperature

If cooking time is less than 15 minutes, convection only is fine. If longer than 15 minutes, a combo may suit you.

Low or High Mix – no preheat

Press High or Low Mix. Press 2nd time for another temperature. Enter time. Press start

Low or High Mix with preheat

Press Preheat. Press Temperature (6=350°). Press low or high mix, press again for temperature, then time then start.

Honey Butter Potatoes

Recipe Credit: Cooking Classy

2 1/2 lbs. sweet potatoes or yams, peeled and diced into 3/4-inch to 1-inch pieces

5 Tbsp unsalted butter, diced into 1 Tbsp pieces and melted

3 Tbsp honey

1 tsp cinnamon

1/2 tsp salt, or to taste

Preheat oven to 350 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray.

In a small mixing bowl whisk together melted butter, honey, cinnamon and salt.

Place sweet potatoes in baking dish, pour honey butter mixture over top and toss well to evenly coat.

Spread into an even layer (they will overlap) and bake in preheated oven until soft, tossing at 17 minutes and again at 34 minutes (twice during baking), about 50 - 55 minutes total.

Pesto Chicken

Recipe Credit: Kiddielicious Kitchen

4 chicken breasts

6 Tablespoons Pesto

1/4 cup grated Parmesan

Preheat oven to 400. Place chicken in an oven safe baking dish. Top with pesto and Parmesan. Bake 20-25 minutes depending on size of chicken.

Quick Apple Crisp

12 Granny Smith apples

1 cup flour

1/2 cup packed brown sugar

1 stick (1/2 cup) butter or margarine, cold

Peel, core and slice the apples. Place in pie stone. Sprinkle with cinnamon/sugar if desired.

Blend flour, sugar and butter with fork or pastry blender until crumbly. Sprinkle over apples.

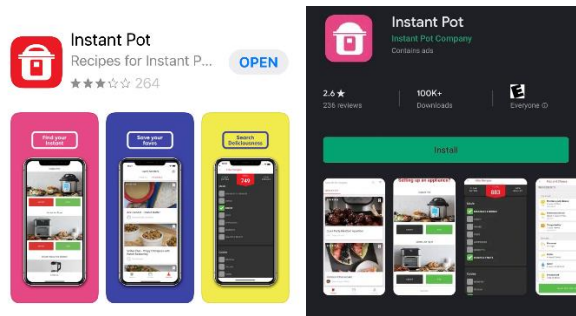
Bake at 350 degrees for 30-40 minutes.

The Instant Pot

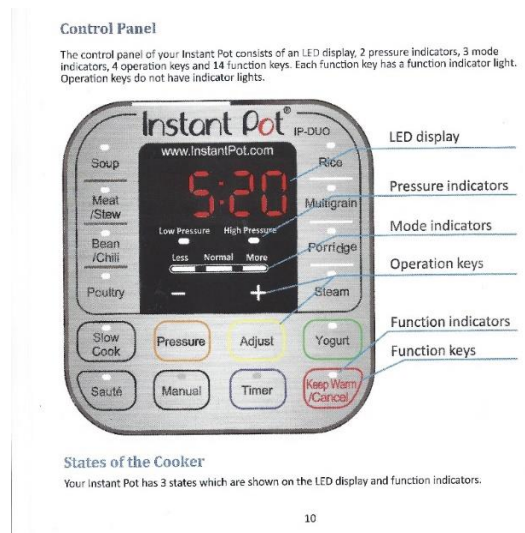
The super hot, super moist pressure filled pot speeds cooking.
Use plenty of liquid – most recipes start with one cup
Any oven safe dish can be used in the Instant Pot.

Instant Pot App

App can be found in the App Store for iPhone and Google Play Store for Android.



Control Panel



The display will show ON when you've set your cooking time then start counting down when it's up to pressure. The timer will ding when it counts down to zero the count up as the pressure releases.

Press Manual to set your cooking time and use the + and – signs to select your cooking time. You can toggle back and forth from high to low pressure by pressing the Pressure button.

Use the Sauté button when you want to brown/sear meat before cooking. Press specialty buttons (rice, soup, etc.) for those items. You can change the time and it will be the new default cooking time the next time you use that function.

Instant Pot Tips

Use plenty of liquid - Pressure cooking is all about steam, so your food needs plenty of moisture to heat up. The Instant Pot works well for soups and sauces. While not much moisture will be lost during cooking, it's not a dry heat. You won't get a crust or crispiness from the Instant Pot.

Food cooks by surface area rather than volume. Big foods like a roast or a large potato will cook slower than foods cut into small pieces. The steam and pressure must reach the inside of each piece of food, so if you want to speed up your cooking time, cut food into smaller pieces.

Be sure to read through recipes before getting started. Some recipes call for extra supplies like a spring-form pan, different sealant rings (for use with different foods) or a steamer insert, which you'll need to purchase separately.

Set the Pot to "sealing" rather than "venting." Save venting for slow cooker recipes.

Don't overfill - Keep in mind, heat and liquid can cause some foods to swell and expand. Only fill your Instant Pot up to the fill line and leave plenty of room to accommodate for expanding rice, beans, quinoa, and other legumes and grains. For slow cooker recipes, you'll want to keep the liquid to 1-2 cups (no less than 1).

You can adjust presets, push the button and change the time. That way you'll be able to make presets for the kind of rice or the kind of chicken you typically make.

You can use a steaming insert for vegetables, fish, eggs and quicker cooking foods. You can add quicker cooking foods later (you just need to depressurize your Instant Pot before opening it). Use the steamer insert or a heat-safe ceramic, metal or glass bowl. You can also add food wrapped in foil. If you open the Instant Pot to add an ingredient, it will reheat much faster.

Use caution with dairy and cheese unless you're making yogurt. The Instant Pot works great for making yogurt but it doesn't always do as well with creamy sauces and cheese. While pasta cooks fast, making it great for pasta recipes, milk can scald and cheese gets gloppy and watery. The rapid heat can also cause milk to curdle in some cases. When making a creamy recipe, add dairy such as milk, cream and soft cheeses after the pressure cooking process.

Thicken after cooking - Because there isn't much liquid lost during the cooking process, you may need to add a slurry (cornstarch whisked with water) or another thickener to sauces after the meal is finished cooking. Another option is to remove a portion of the liquid after cooking and set the Instant Pot to sauté. This works well with "meat and sauce" based dishes.

Delay your cooking start time using the timing feature to get dishes ready when you want them. You can use the delay timing feature to start the Instant Pot at any time or to keep food warm after cooking. Because the Instant Pot is so fast, you don't have to wait for meals to defrost or plan so far in advance. Most meals, even roasts, are ready in less than an hour. Some are ready in 10 minutes or less!

Use separate sealing rings. One of the only areas of the Instant Pot to take on odor are the inner seal rings. You can use different sealing rings for savory foods, like curry, garlic or spiced foods, and for sweet or mild foods like fruits, desserts and oatmeal. This will prevent the rings from taking on or transferring food scents.

One slightly tricky feature to keep in mind is the Instant Pot seals as soon as pressure begins. So, if you forget an ingredient or need to add ingredients in stages, give it time to depressurize and let off the steam. This can be a problem if you suddenly realize you forgot to add onions to the soup or spices to your tomato sauce. Plan by prepping all the ingredients before you start cooking.

Instant Pot Spinach Artichoke Dip

Recipe Credit: Mix Cooking School

1/2 cup chicken broth
1 container frozen spinach (about 1 cup)
1/2 cup sour cream
1/2 cup mayonnaise
1 teaspoon garlic powder
1/2 teaspoon salt
1 7-ounce jar artichokes, drained and chopped
1 8-ounce brick cream cheese
1.5 cups shredded mozzarella cheese
1/4 cup grated or shredded Parmesan cheese

Pour broth into Instant Pot. Add spinach, sour cream, mayonnaise, garlic, salt, artichokes and cream cheese.

Pour broth into Instant Pot. Add spinach, sour cream, mayonnaise, garlic, salt, artichokes and cream cheese. **DO NOT STIR.**

Click lid closed. Press Manual button and set for 7 minutes.

When timer beeps, use a wooden spoon to quick-release pressure. Open lid.

Stir in mozzarella and Parmesan cheese.

Serve warm.

Instant Pot Green Beans

1-pound fresh green beans, ends trimmed
1 cup water
2 Tablespoons butter
1 clove minced garlic
3 pieces cooked bacon, diced (a delicious option)
Salt, pepper or any other spice to taste

Pour water into Instant Pot. Add green beans, butter, garlic and seasoning.

Place lid on in lock position with valve set to sealing.

Cook to your desired firmness on Low Pressure: 0 for firm and crunchy or 2 for soft but still a little firm or 4 for soft but not mushy.

Once timer dings, use a long wooden spoon and move the sealing valve to release pressure. Yours may say Manual Release or Quick Release on the unit.

Carefully lift out the rack with the beans using pot holders. Or use tongs to pick out the beans.

Instant Pot Ribs

Recipe Credit: Kitchn

Serves 4-6 - We half this

2 baby back ribs, about 4 pounds

1 cup water

Dry rub of choice

1 cup BBQ sauce

Place trivet and one cup water into Instant Pot.

Generously rub all sides of ribs with dry rub.

Place ribs on trivet standing up, curling if needed. If doing full recipe, start with one rack making a circle around the inside of the pot and making a tighter circle for the second rack.

Close lid, set vent to sealing. Select high pressure manual cook for 20 minutes. Depending on how much you're cooking, it may take 15 minutes to come to pressure.

When timer dings, do a manual pressure release, remove ribs and place flat on a large plate or baking sheet.

Brush with BBQ sauce and cook 4-5 minutes on broiler or grill until done to your liking.

Easy Instant Pot Dump Cake

Recipe Credit: Meatloaf & Melodrama

2 15-ounce cans of peaches in juice (I drain all juice)

1 teaspoon cinnamon

1/2 cup chopped pecans (optional)

1/2 box French vanilla cake mix

1/4 cup cold butter

1 cup water

Spray baking dish with cooking spray then pour peaches into dish. Cut peaches into smaller pieces, stir in cinnamon. If you're including pecans, add them here.

Pour cake mix over peaches, swirl knife through to lightly stir. Dot with butter.

Pour water into Instant Pot. Place trivet in pot then baking dish. Lightly cover dish with foil.

Place lid on Instant Pot, turn vent to Sealing and set cook to Pressure for 25 minutes.

When timer dings, allow 5-minute natural release then do a quick release.

Remove lid and carefully lift baking dish out of Instant Pot using trivet handles.

Remove foil and place baking dish in oven under the broiler for 3-5 minutes until top is golden brown.