

# RV Cooking: Micro Convection Oven & Instant Pot

## Maureen & Mark, MandMHitTheRoad.com

### Micro Convection Oven – Microwave

We've had a Sharp and a Whirlpool Micro-Convection oven in our RV.

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

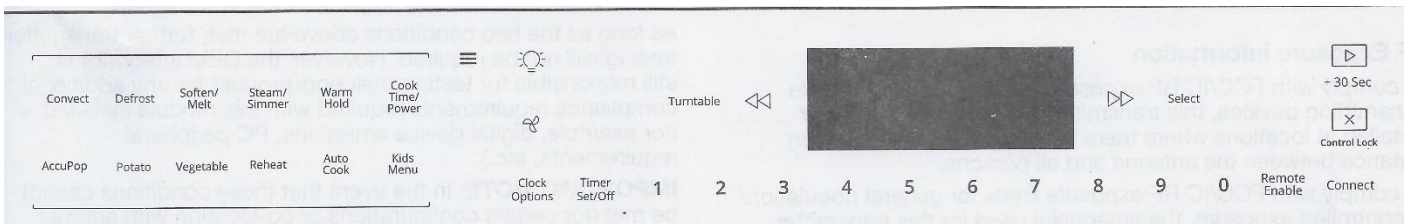
### Micro Convection Oven – Oven

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. Our Sharp had two round racks and our Whirlpool has one round rack and one large rack that fits like a regular oven rack. I use the low rack most of the time. I use the second rack when baking with two racks.

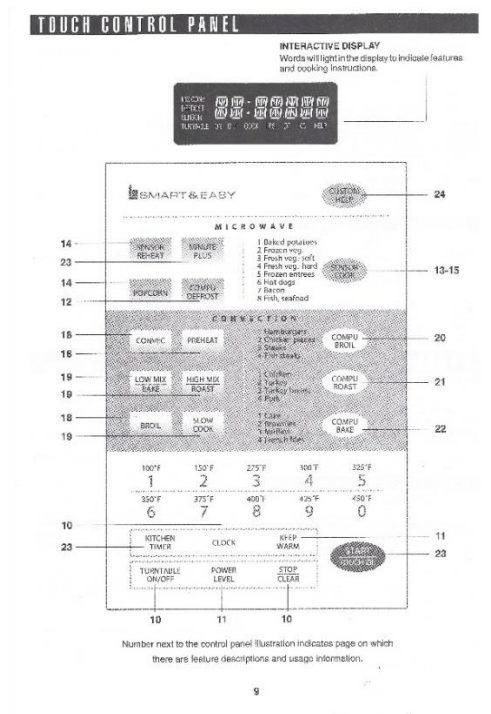
I keep the turntable ON for round and square pans and turn OFF for larger pans. Glass, metal, silicon & disposable foil pans are all okay.

### Whirlpool Touch Pad



- We use the Manual Convection Bake option the most. Press the CONVECT button then press the arrow button to choose your option: Auto Convection, Manual Convection Bake or Manual Convection Roast. Next, use the number keypad to choose your temperature. Touch COOK/POWER to enter the cook time then press start. It will beep when preheat is done. Put your food in then press START to begin.
- Use the Auto Defrost function by pressing the DEFROST button then pressing the arrows button to scroll through the options, like meat or poultry. Then select the weight and press start.
- Use the Auto Reheat function for leftovers. Reheating pizza is a dream. Press the REHEAT button then scroll to the item you want to reheat then press START.

# 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. Cook on oven setting first then finish with microwave setting. Make sure to use microwave safe cookware.

## 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.

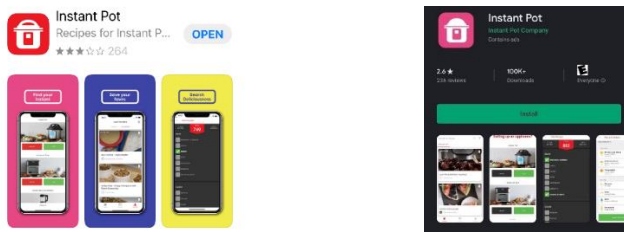
**All recipes shown today are available at [MandMHitTheRoad.com](http://MandMHitTheRoad.com)**

## The Instant Pot

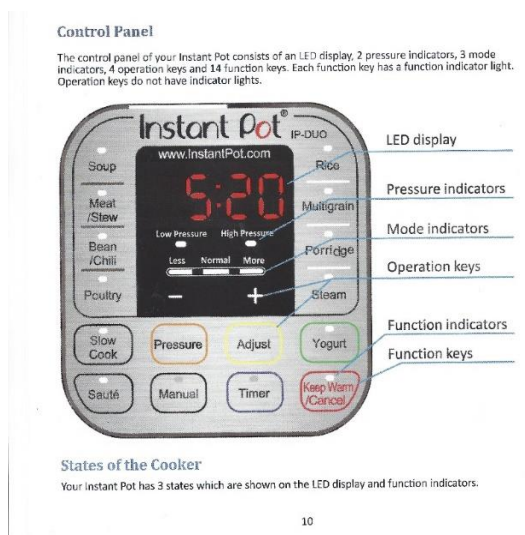
The super-hot, super moist pressure filled pot speeds cooking. Any oven safe dish can be used in the Instant Pot.

## 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.

To use as a slow cooker, press the SLOW COOK button. Press ADJUST to change heat setting.

LESS = keep warm      NORMAL = Low on Crock-Pot      MORE = High on Crock-Pot

When using the MORE function, add 15 minutes to every hour the Crock-Pot recipe calls for when cooking on HIGH.

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.

To make yogurt, cook the milk until it reaches 180° then let it cool on the counter for one hour. Add your yogurt starter, put the inner pot back into the IP and press the YOGURT button (which sets at 8 hours). I found the best instructions at [AMindfulMom.com](http://AMindfulMom.com). Her blog post about the whole process for making yogurt, including detailed instructions, was the best I found. She says it doesn't matter if you set it to sealing or venting.

## Instant Pot Tips

Use plenty of liquid - pressure cooking is all about steam, so your food needs plenty of moisture to heat up.

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 use a steaming insert for vegetables, fish, eggs and quicker cooking foods. You can use any heat-safe ceramic, metal or glass bowl. You can also add food wrapped in foil.

Thicken after cooking. Because there isn't much liquid lost during cooking, you may need to add a slurry (cornstarch whisked with water) or another thickener to sauces after it has finished cooking. Another option is to remove a portion of the liquid after cooking and set the Instant Pot to sauté. We do this when making potato soup in the Instant Pot.

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.

You can wash most of the inner pot and accessories in the dishwasher, including the lid!

**All items shown today were purchased on Amazon.**

**Steamer basket:** Original Salbree Steamer Basket for 6qt Instant Pot Accessories, Stainless Steel Strainer and Insert fits IP Insta Pot, Instapot 6qt, Other Pressure Cookers and Pots, Premium Silicone Handle

**Silicone bakeware sling:** Instant Pot Official Bakeware Sling, Compatible with 6-quart and 8-quart cookers, Red

**Silicone steam diverter:** House Again Cupboards/Cabinets Savior, Original Steam Release Accessory for Instant Pot or Pressure Cooker - 360° Rotating Design to Adjust Direction Freely, Blue

**Glass dish:** Simax Glassware 2 Quart Glass Soufflé Dish | Borosilicate Glass, Microwave and Dishwasher Safe, Measures 7.8" x 3.5"

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