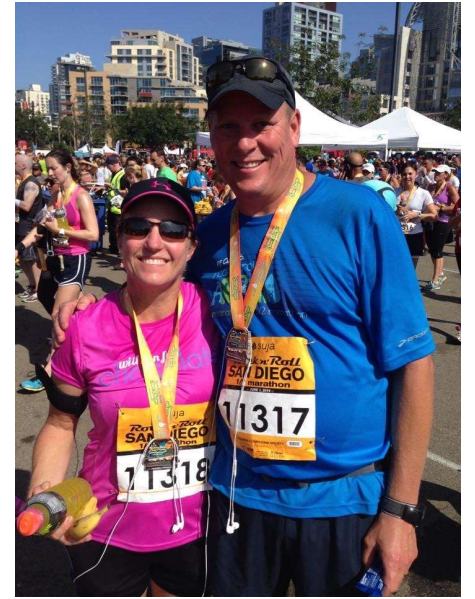




RV Cooking: Micro Convection Oven & Instant Pot

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It's nice to meet you...



Instant Pot Spinach & Artichoke Dip

- Start by adding chicken broth to the pot.
- Add all other ingredients EXCEPT Mozzarella and Parmesan cheeses. Do Not Stir.
- Close lid, set vent on Sealing.
- Press the Manual button and adjust time for 7 minutes. When timer beeps, quick-release the pressure. Once valve drops down, open lid. Stir in mozzarella and Parmesan cheese. Serve warm.



Add Ingredients



Set to Sealing & 7 minutes high pressure



Add cheeses and stir until melted and combined.



Micro Convection Oven - Oven

It's more like your oven at home than you think.

The glass plate remains while using the oven.

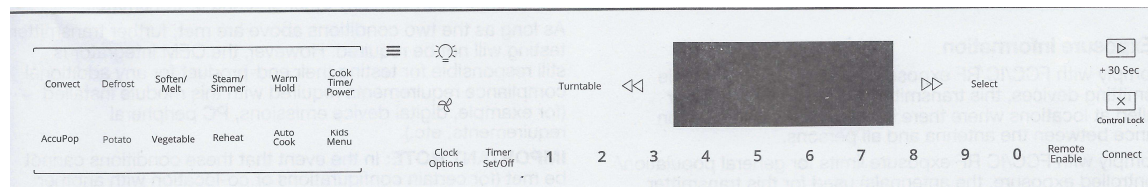
You may have two metal racks. Our Sharp had two round racks and our Whirlpool has one round rack and one large one that fits like a regular oven rack. I use the low rack most of the time. I use the second rack when baking with two racks.

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



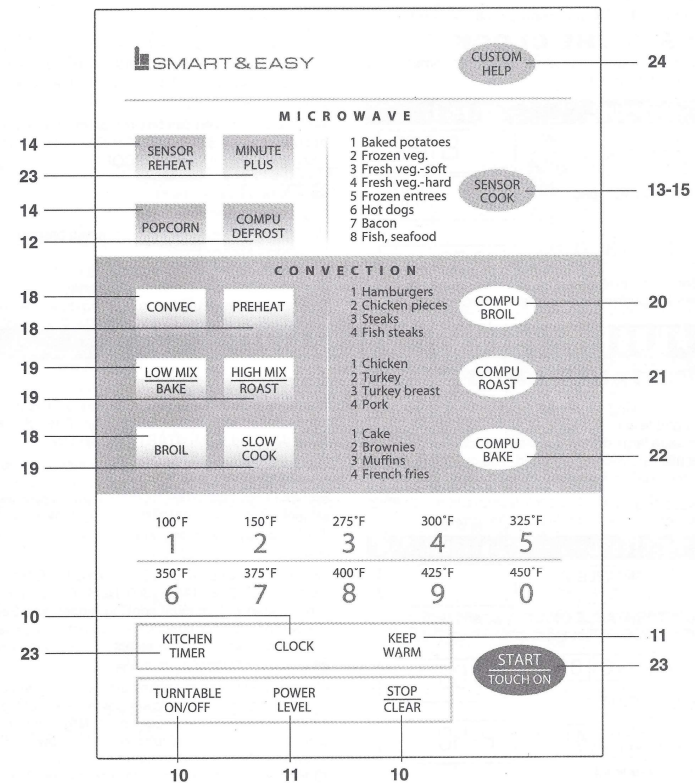
- We use the Manual Convection Bake option the most. Press the CONVECT button then press the arrow button to choose your option: Auto Convection, Manual Convection Bake or Manual Convection Roast. Next, use the number keypad to choose your temperature. Touch COOK/POWER to enter the cook time then press 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.



Number next to the control panel illustration indicates page on which there are feature descriptions and usage information.

Sharp Touch Pad

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

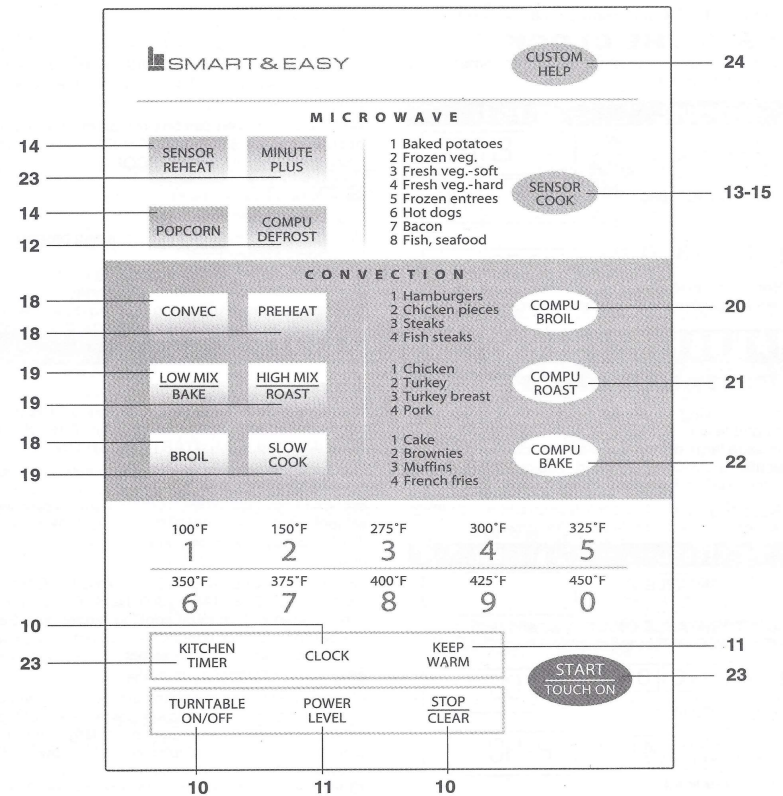
If cooking time is less than 15 minutes, convection only is fine. If longer than 15 minutes, a combo may suit you.

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.



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Parmesan Zucchini Wedges

- Heat oven to 375°. Line a baking sheet with foil then spray with non-stick spray. Wash and quarter zucchini.
- Stir olive oil and mayonnaise together in a small bowl. Stir Parmesan cheese and spices together in flat bowl or plate.
- Brush mayo mixture on all sides then lay on dry mixture and roll until coated well. Repeat with all wedges.
- Cook for 30 minutes, rotating dish at 15 minutes.



Honey Spicy Chicken

- Preheat oven to 400.
- Stir the spices in a small bowl. Pat chicken dry then rub spices on all sides or toss in a zip loc bag.
- Cook for 8-9 minutes then flip over and cook for 8-9 minutes more. Stir honey and apple cider vinegar together then brush on both sides of chicken, cooking for one minute after brushing each side.



Snickerdoodle Blondies

- Whisk the flour and baking powder together. Stir together the cinnamon and sugar for the topping.
- Mix the butter, eggs, brown sugar and vanilla until fully combined.
- Add the flour mixture and beat on low until combined. Batter will be thick.
- Spread in greased 9×13 pan. Sprinkle cinnamon/sugar topping on top.
- Bake for 25-30 minutes until center is set and springs back when touched.



The Instant Pot

The super hot, super moist pressure filled pot speeds cooking.

- **Use plenty of liquid – most recipes start with one cup**

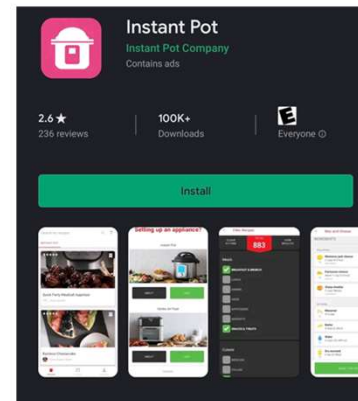
Any oven safe dish can be used in the Instant Pot.

As the saying goes, “There’s an App for that!”

App Store for iPhone



Google Play Store

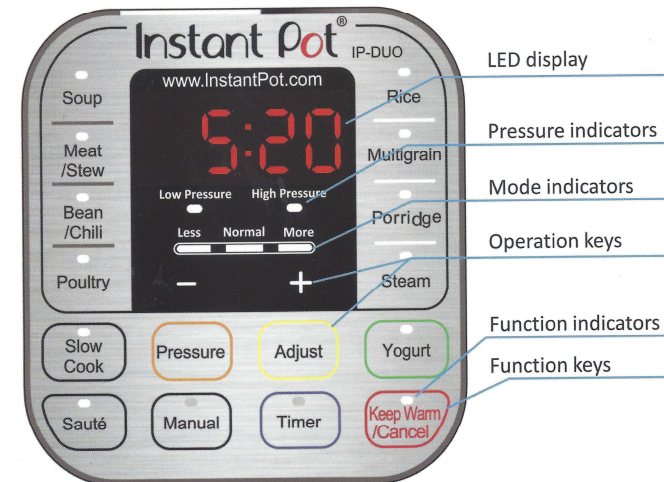


Control Panel

- 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 then count up as the pressure releases.
- Press the Manual button and use the + sign 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. Each one has a default time that you can change. Once changed, it will be the new default cooking time the next time you use that function.

Control Panel

The control panel of your Instant Pot consists of an LED display, 2 pressure indicators, 3 mode indicators, 4 operation keys and 14 function keys. Each function key has a function indicator light. Operation keys do not have indicator lights.



States of the Cooker

Your Instant Pot has 3 states which are shown on the LED display and function indicators.

Instant Pot Helpful Hints

- NPR means natural pressure release which is about 10 minutes.
- MPR means manual pressure release. Use a long handled wooden spoon to push the sealing lever from SEALED to VENT. Be careful here as hot steam will burst out straight up.
- Use plenty of liquid - Pressure cooking is all about steam, so your food needs plenty of moisture to heat up.
- Food cooks by surface area rather than volume. Big foods like a roast or a large potato will cook slower than foods cut into smaller 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 small pieces.

Tips Continued

- Be sure to read through recipes before getting started. Some recipes call for extra supplies like a spring-form pan 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).

Tips Continued

- You can use a steaming insert for vegetables, fish, eggs and quicker cooking foods.
- Hard boil eggs in the basket at high pressure for five minutes, natural release for five minutes then plunged into ice water for five minutes.
- The Instant Pot is easy to clean! You can wipe down the outer pot with a damp sponge with a little vinegar added. You can clean all parts of the inner pot and lid either in soapy water or in the dishwasher!

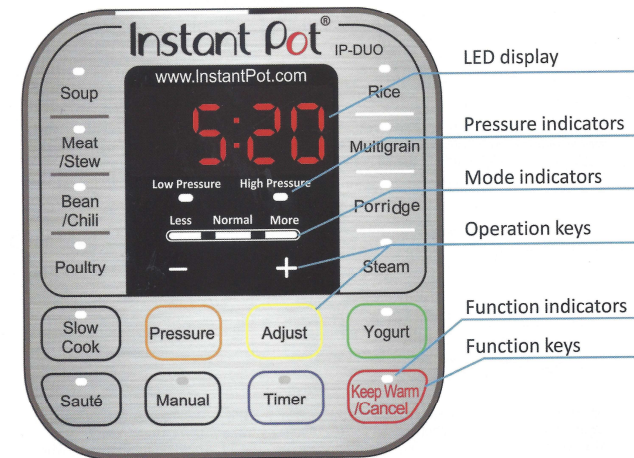


INSTANT POT AS A SLOW COOKER

- You can use it as a slow cooker!
- To use as a slow cooker, press the SLOW COOK button. Press ADJUST to change heat setting.
- **LESS** = keep warm **NORMAL** = Low **MORE** = High
- When using the MORE function, add 15 minutes to every hour the Crock-Pot recipe calls for when cooking on HIGH.
- You can sauté or brown your meat in the IP before adding the rest of your ingredients.

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Instant Pot Green Beans

- Pour water into Instant Pot. Add green beans, butter, garlic and seasoning.
- Close lid, set vent on 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.
- When timer dings, use a long wooden spoon and valve to VENTING to release pressure.
- Carefully lift out the rack with the beans or use tongs to pick out the beans.



IP Slow Cooker Meatball Sandwiches

- Put meatballs and sauce in IP
- Close lid, set vent to VENTING
- Set temperature to Normal or More
- Cook for desired time, stirring occasionally
- When ready, assemble sandwiches



Instant Pot Rib

- Pour water into pot.
- Generously rub ribs with dry rub.
- Stand ribs on trivet, curling if needed.
- Close lid, set vent to Sealing.
- Set pressure for High, time to 20 minutes.
- Use manual release when timer dings.
- Remove ribs to tray. Brush with BBQ sauce and grill or broil for 4-5 minutes.



Thank You!

We've put together a silent auction basket of the items we talked about today.

For today's recipes and many more, please visit www.MandMHitTheRoad.com

