

It only makes sense that I adore Carrie Bradshaw. You know, SJP from the new series, *And Just Like That...* And HBO's iconic *Sex and the City*.

Like Carrie, I'm a writer, blogger, and fashionista. I married my Mr. Big, and I love my girlfriends to pieces.

One of Carrie's famous lines I can so appreciate today is, "Are you kidding me? I use my oven as storage."

Really girl?

I used to think this kind of thinking was all wrong until I started cooking with Instant Pot.

Welcome to The Soul Food Pod!

The first soul food podcast about Southern soul food.

I'm your host, Shaunda Necole, cookbook author and food and lifestyle blogger. Making life easier plus more soulful, one recipe at a time.

What makes me an expert on authentic soul food?

My heritage dates back to my great-grandmother Florence, a highly esteemed North Carolinian one-woman catering queen.

In honor of my Grandma Florence's legacy, I run the world's number-one soul food website today.

I'm a born and raised Southern girl living my best life in the fabulous entertainment and food capital of the world, Las Vegas.

I'm so proud to share my family's African American soul food recipes representing our beautiful people and a legacy of what we eat.

My mission here on The Soul Food Pod is to provide you with recipes for success.

So join me as I create conversations about how accessible and approachable classic Southern soul food recipes can be.

I'll teach you how these

Shoes in the oven. Do you agree with SJP?

One of the most relatable things about Carrie Bradshaw in both series is that she's a downright awful cook, admitting that she only ever uses her oven for storage, which we all know means a second closet for her shoes. You won't need an oven much when you have an instant pot.

Unless you use an instant pot oven. Yes, that's a thing, but more on that later, though.

Which leads us to today's topic beautiful souls. I want to talk about one of my favorite subjects how to use Instant Pot. So many of my family, friends, and you, beautiful soul readers of TheSoulFoodPot.com are always asking me, is an Instant Pot worth having?

And what does an instant pot actually do?

I love sharing how to cook flavorful and delicious Southern soul food meals with Instant Pot, classic recipes reimaged via Instant Pot, the same Southern comfort food, and season buttery rich flavors in a fraction of the traditional time.

And there's so much to share with you about this revolutionary cooking method. It may seem like I'm kind of obsessed, but I do 97% of my cooking in my Instant Pots. Yes. I said pots, plural. I have six and counting.

I wish everyone knew how easy Instant Pot cooking is for busy households. One Pot, straight to plate. So if you're serious about saving time, money, and feeding your family with high-quality meals that don't require stewing over a hot pot all day, then you're in the right place.

So stay tuned. Right here. I got you with Southern soul food recipes like your grandma used to make. Now, Instant Pot easy enough for anyone to make and everyone to love.

Why do I love cooking with Instant Pot?

The Instant Pot, often mistakenly called Instant Pot, is one of the most famous kitchen appliances of its time. This unique and versatile pressure cooker replaces several appliances and rolls them all into one pot. From rice cooker, Crock Pot to slow cooker. In plenty of situations, whole Instant Pot meals, including a main dish, meat and two sides, are ready to serve in less than 45 minutes. Wowza!

Its instant cook time is because of its pressure cooking function that locks steam produced by liquid excreted from the meats and vegetables, then building pressure and forcing steam back into the foods.

For Southern soul foods, the pressure locking is ideal for intensifying the flavors of the legendary broths, sauces, seasonings, and spices.

But avoid confusing Instant Pot with its old predecessor, the stovetop pressure cooker. Unlike the old pressure cookers, today's Instant Pot removes all safety concerns and issues with a cover that stays locked until the pressure is released.

So one, Instant Pot saves time in the kitchen because you can make a one pot meals straight to plate. For example, Southern green beans or Jamaican coconut rice pressure cooked in four minutes, and spaghetti or homemade Southern mac and cheese in only three minutes.

How about five-minute mini chocolate lava cakes? Or for my Tidewater VA folks (two up, two down - ayyy!), how about chicken yock in three minutes? Or butter garlic lobster tails in 1 minute.

Instant Pot is a multifunctional kitchen appliance. It has a wide variety of cooking functions and settings, including sauteing, steaming, boiling, slow cooking, rice making, yogurt making, bread proofing. And if you're not a baker, bread proofing is an essential step for the final rising of the dough in bread making.

You can make a delicious homemade focaccia loaf in 1 hour with your Instant Pot. Soup and stew setting, oxtails in half the time. And some pots even have a baking setting. And, of course, Instant Pot's primary function - pressure cooking.

How do you use Instant Pot for the first time?

The appliance as a whole is commonly referred to as the Instant Pot. The IP and the inner Pot is the removable stainless steel pot that you place inside the Instant Pot appliance.

Each Instant Pot comes with a trivet rack that's useful in cooking several dishes when you don't want the food directly on the surface of the pot because it might boil when you just want to cook.

No worries about that, though, if you're following one of the Soul Food Pot Instant Pot recipes. I'll always tell you when to use the trivet rack so you can always feel confident about IP cooking.

How do you know when the Instant Pot is done?

At the end of the pressure cooking time, the pressure must be released to unlock and open the Instant Pot's lid.

And for your safety, the lid will not unlock until the pressure is released.

What is a natural pressure release? When the pressure cooking time finishes, the Instant Pot will chime to let you know the cooking time is complete. Note it will also sound to let you know when the cooking time begins.

Should the Instant Pot valve be up or down for IP Model Duo, the Instant Pot that started it all, if you cannot open the lid, position the pressure valve down. The simple pressure valve can be found on top of the lid.

For the Instant Pot Models Duo Novo and above, press the steam release button on the lid. This will release any last pressure and steam, and in just a few seconds you can open the pot.

Safety tip: Never make skin or face contact with the steam release from the pressure valve. And my pro tip here when I'm doing a pressure release, I usually cover the valve with a dish towel.

Do you want to make the most flavorful and delicious vegetables and meats?

Do you have the most flavorful seasonings in your pantry or on your spice rack?

No worries if you don't have the answers to these questions.

I've gotchu with my step-by-step digital printable guides to take your taste buds to new heights!

I put together a collection of the best African American seasonings and spices recipes passed along from my grandma to mom to me.

And now to you in my easy step-by-step cookbooks and guides of all that's flavorful with these ultimate lists for soul food seasonings and how to season Southern fried chicken. Grab them from ShaundaNecoleShop.com Also linked for your convenience in the episode description.

What are the other Instant Pot family appliances?

Instant Pot, air fryer lid, instant pot, air fryer. The Instant Pot Omni Plus toaster oven and air fryer, which is my personal fave.

The Instant Pot Max, the Instant Pot Ace blender, the Instant Pot Dutch oven. And then there's even an Instant Pot Star Wars themed pot, Instant Pot Mickey Mouse Pot, and again, my favorite Instant Pot - Pioneer Woman decorated pot.

And on my wish list is one day an Instant Pot designed by The Soul Food Pot!

Now, here are some of your Instant Pot frequently asked questions.

Can you overcook in the Instant Pot?

Yes. So to avoid overcooking or food burns, always cook with liquid (i. e., water, stock, or broth.)

Do you always have to use a liquid while cooking with an electric pressure cooker (the Instant Pot)?

Yes. At minimum, pressure cook with a half a cup of liquid. Most Instant Pot recipes will call for one cup of liquid.

Can you put frozen meat in the Instant Pot?

Traditional cooking Appliances alert against cooking protein from frozen, but not the Instant Pot. Long gone are the days of spoiling dinner because you forgot to take the meat out of the freezer. With the Instant Pot, you can cook from a frozen steak.

Do instant pots use high heat?

Instant Pot cooks food so fast, thus the name. It makes sense that you might think these devices use extraordinarily high heat. However, you might be surprised that oven baking or grilling utilizes a much higher flame than Instant Pot or any other pressure cooker. Also, instant Pot pressure cooking is a healthier way to prepare traditional foods. The shorter cooking times lend to better-preserving vitamins and minerals while intensifying each recipe's flavors and enhancing the texture and taste. Yum. So whether you're new to IP or already have an Instant Pot, it's always a good day to cook with this revolutionary appliance.

So start here with my Southern Instant Pot recipes for beginners. For your convenience, I've linked the Soul Food Pot's most helpful IP Easy recipes, guides, gadgets, and resources in this episode's description.

My goal is that these IPT's (Instant Pot tips) enhance how you cook with this versatile appliance in your kitchen.

Now I want to know, do you have an Instant Pot?

What's your favorite dish to cook in it?

Until next time, you beautiful souls, remember that Cooking with Love provides food for the soul.

Thank you for joining me for this episode of the Soul Food Pod. Did you enjoy today's conversation and recipe?

If you want more easy to make soul food recipes and Southern food for the soul, then follow me for ideas that make your life easier plus more soulful.

Subscribe here to the Soul Food Pod and subscribe to my food blog TheSoulFoodPot.com

On the Instagrams - follow me [@ShandaNecole](https://www.instagram.com/ShandaNecole)

Have you had today's recipe?

Would you make it?

Comment below and let me know.

And make sure you rate this podcast Five Stars and subscribe for all the soul food!