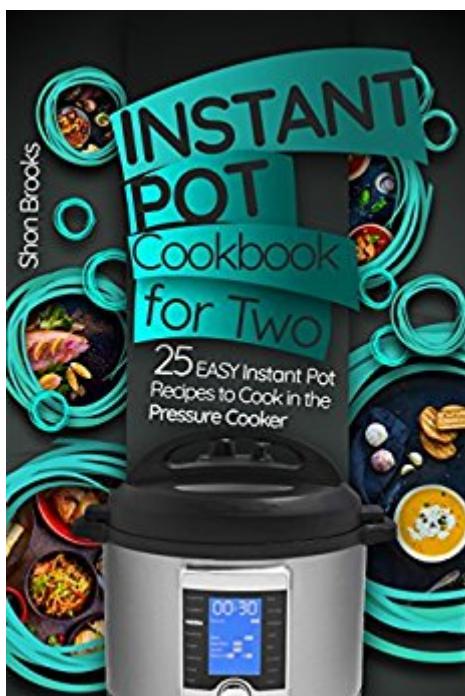


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# Instant Pot Cookbook For Two: 25 Easy Instant Pot Recipes To Cook In The Pressure Cooker



## **Synopsis**

The instant pot is the unique machine that can help you every day. It is very easy to cook with this kitchen equipment. There is the wide variety of the cookbooks that suggest variants of the meals for the instant pot. This book is special. It was created with love. All the recipes are different and designed for the diverse of the cooking levels. It is easy to find recipes as for the beginners or freshmen in the cooking process as the recipes for the chefs and for those who just search for the inspiration in the cooking books. This cookbook was created especially for cooking for 2 persons. Sometimes it is complicated to count the needed amount of the ingredients if you are going to cook for the small family or romantic meal. There are recipes for  
â ¢Breakfastâ ¢Dinnerâ ¢Lunchâ ¢Dessertsâ ¢SnacksAll of them are nutritious and light. There are many recipes for the snacks that will amaze you with its easy cooking way and so delicious taste. Get your copy and discover 25 Top Instant Pot recipes for Two!

## **Book Information**

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## **Customer Reviews**

This book needs to be edited. First, by someone who can write standard English. Second, by

someone familiar with recipes and the normal way to format them. The list of ingredients is, happily, before the directions, but the order in which they are listed has little to do with the order in which they are used. A good number of the recipes call for small amounts of fairly uncommon ingredients. (Is there even such a thing as coconut flour?) A few of the recipes look interesting enough to try after retranslating and reformatting. So, for the price of the book, I think I'll bump it up to 3 stars.

Wow. Not sure how this little booklet has gotten such good reviews. I love cookbooks and snatched this one up because I cook for two and just got an instant pot. I was SO disappointed. The person who wrote this clearly does not speak English as a first language. I could deal with that except that it winds up making some of the directions confusing, to say the least. I also have to wonder about some of the cooking times. Cook shredded potato, chopped broccoli, chopped onion and shredded carrot for 25 minutes undr pressure? You can do a three pound pot roast in that time. The vegetables in this case would be mush. Sad.

Instant Pot Cookbook for Two: 25 Easy Instant Pot Recipes to Cook in the Pressure Cooker by Shon Brooks We have one of the these and use it daily if not more often than that. This book has a lot of choices but I did not think they were healthy as the nutritional information at the end does not break up the fat content nor list sodium. Also some recipes call for up to 20 ingredients. It's going to take a lot of time to gather it all up, even if you don't have to dice the products required. Each recipe starts with a sitle and a short summary of the dish. Prep and cook time along with servings is included. Ingredient list and you should be able to substitute for a healthier option due to your dietary needs (low fat, low sodium). Directions are numbered in steps. The language is a bit different than American english as they want you to churn the mass. That means to mix the ingredients til a good consistency. Also it states to close the lid on a saute cook. Also tells you to cook at pressure mode. what temperature or level is that? The nutritional information at the end does not state if it's for the whole dish or just one of the two servings. It includes calories, fat, not broken up into good or bad, fiber, carbs and protein. I do like the variety of dishes to make but don't think I will be making any from this book.

I have never seen such poor grammar in a cookbook before, it is so bothersome I can't even read through the recipes, most of which don't even sound good. This book was a waste of \$1, there are much better instant pot cookbooks out there.

As another reviewer said, it's not quite written in English. Instructions are unclear, and the ingredient lists are far too long. Too bad, as I could really use a good simple cookbook for my mini Instant Pot.

Do not buy. Appears to be a practical joke. Horrible broken English. Instructions that are odd..."chop the lemon wedges finally." ....yes, finally. Several recipes tell you to "poach" a mixture. Not sure how that works in an IP. Only burned \$2.99, but this appears to be a scam that you should stay away from.

OK, not my favorite.

Commercialized foods are often unnatural and could be harmful to our health. That's why it's better to prepare our own. We have to be mindful of what we eat and choose natural ingredients for our meals. These recipes are established high-fat, low carb diet that helps our body to lower blood sugar and cholesterol level. They're really easy instant pot recipes to make and tastes good too.

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