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| **Dalton – Countertop Cooking** |
| **LESSON PLAN**TOPIC: CookingTITLE: Using an Instant Pot Multi Cooker**LESSON GOAL/EXPECTED OUTCOME**Individual will: 1. Use an Instant Pot Multi Cooker to safely prepare food for a meal.
2. Safely and thoroughly clean cooker after use.
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| **TEACHING METHOD/TECHNIQUES**1. With appliance unplugged, orient student to the Instant Pot and allow him/her to explore all of the components, including the lid, inner pot, condensation collector and cooker base.
2. Point out the handles, steam release valve, and demonstrate how all of the items fit together.
3. Go over all of the program keys indicated on the Control Panel and discuss their function (Refer to user manual). Tactilely label primary keys as needed. (Or prepare a template of the control panel to include large print or braille labels.)
4. Discuss safety issues for operation: Areas that will get hot when cooking (use only handles for carrying or moving), don’t use near water or flame, be cautious of steam valve, do not immerse, and keep on a stable surface.
5. Review the Cooking Time Table that is provided with Instant Pot for various food items (Adapt the information into a format readable by the student.)
6. Present options for recipes to your student, keeping it simple to start. Possibly a basic soup recipe using pre-cut vegetables. For more experienced cooks, allow for more variety.
7. When you have decided on a recipe, have all items needed prepared ahead of time, organized and easily accessible.
8. Remove the inner pot and place on tray on counter. Add ingredients. (Do not fill more than 2/3 full. For food that expands such as rice or dried vegetables, no more than ½ full.)
9. Wipe the outside of the inner pot dry. Make sure there is no food debris on the bottom side. Put the inner pot back into the cooker. Rotate slightly to ensure that it is seated correctly.
10. Place lid on the cooker, align the arrow mark on the lid with the (unlock) mark and turn clockwise to the arrow (lock) mark.
11. Make sure the steam release valve and float valve are clean and free of debris. Install condensation collector at rear of cooker if using pressure cooker.
12. Position steam release handle to “sealing.”
13. Connect the power cord. The LED will display OFF, indicating that the cooker is in standby mode.
14. Select a pressure cooking program (Soup/Broth, Meat/Stew, etc.) Change the time, cooking pressure if needed.
15. 10 seconds after choosing the settings, the cooker beeps 3 times and displays “On” to indicate that the cooker is preheating. \*Depending on the amount of food and its temperature, the preheating cycle can last from a few minutes to 40 minutes or more.
16. When cooking cycle has finished, the cooker beeps and enters keep warm mode if selected.
17. Allow to release pressure naturally until the float valve drops down. \*This may take 10 to 40 minutes, depending on the amount of food in the cooker.
18. When done, press “Cancel” and open lid. Discuss techniques for safely cleaning appliance once it has cooled down and have student clean the item and work area.
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| **\*TEACHING NOTES**The pressure can be released faster by using the “Venting” position. This can be tricky and the steam is hot and can cause scalding, so this will require more skill and precautions. Tilt lid facing away from you so steam doesn’t go toward your face.This lesson can be done in two sessions – one for just learning the appliance, one for cooking a recipe. |
| **SUPPLIES NEEDED**Instant PotTrayFood items pre-prepared for recipeDry cloth  |
| **COMPLIMENTARY TASKS TO REINFORCE LEARNING**Choose a recipe that requires multiple tasks such as sauté and cook.Prepare food for cooking including chopping, measuring, seasoning. |