

# INSTANT POT STEW (Spontaneous Stew)

Serves 8.

By Dennis W. Viau; an original idea.

This is more of a procedure than a recipe. With an Instant Pot counter-top cooker (or other commercial brand) you have the convenience of tossing in ingredients and making a soup or stew quickly. It's a good way to use up some leftovers in your refrigerator. The most important ingredient is the soup base. Start with a good stock or broth and the soup will be delicious. Use any herbs you like.



## **Ingredients I used in the video:**

½ yam

¼ onion

1 carrot

1 stalk celery

About 1½ cups pre-cooked beans\*

2 artichoke hearts

3 canned Roma tomatoes

A handful of bulgur wheat

A handful of brown rice

A handful of wild rice

1 sausage

2 small twigs fresh thyme

Salt and pepper

About 3 cups (700ml) concentrated homemade chicken stock

About 3 (700ml) cups water

About a teaspoon of Red Boat fish sauce (optional)\*\*

## **Directions:**

The vegetables are medium chopped, then tossed in the pot along with the dry ingredients, chopped sausage, and seasoning. Add the liquid, close the pot, and use the **Pressure Cook** function set to high pressure for 15 minutes for really tender vegetables and rice. A shorter cook time, 5 to 10 minutes, can be used for firmer ingredients. You'll need to experiment with cooking times.

\*I knew dry beans wouldn't cook tender in 10 to 15 minutes, so I cooked them in advance using the **Pressure Cook** function, setting it for 15 minutes at high pressure.

\*\* Some chefs refer to sardines or fish sauce (made from sardines) as an "umami bomb" of flavor. It almost disappears into the dish, especially when used sparingly, to add a *je ne sais quoi* depth of flavor that can be detected but not identified.