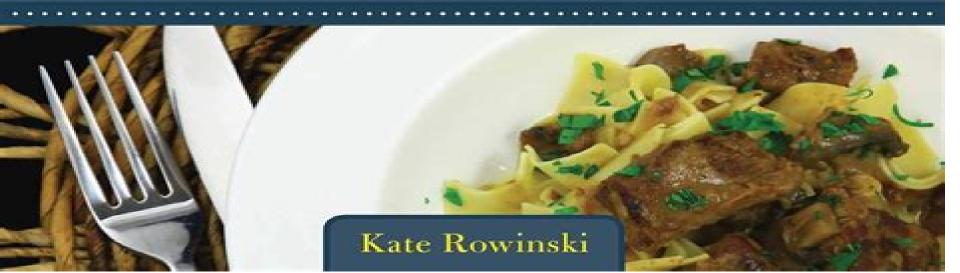






The Pressure Cooker Cookbook

How to Cook Quickly, Efficiently, Healthily, and Deliciously



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The Pressure Cooker Cookbook Laura Washburn Hutton, 2023-02-28 Create delicious slow cooked flavours with affordable ingredients using minimal energy with over 50 pressure cooker recipes Pressure cookers enable the preparation of delicious meals cheaply quickly and efficiently because the food is cooked in liquid at temperatures far higher than in a conventional saucepan shortening cooking time by up to 70 per cent After years in the culinary doldrums the popularity of brands such as Instant Pot has propelled all types of pressure cooking gadgets back into favour and fashion John Lewis says that purchases of pressure cookers have risen by 110 per cent and their popularity is only set to continue with the current rises in energy prices and food costs The pressure cooking method is brilliant at sealing in flavour so cheaper ingredients can be used to great effect and since the cooking time is shorter you save on energy too making it one of the most eco friendly cooking methods available Time savings are impressive braising beef takes just 30 minutes a chicken casserole can be ready in 15 minutes Pulses and grains cook in a fraction of the time so it s great news for veggies too A John Lewis spokesman said The cooking method often used by our parents and grandparents to tenderise cheaper cuts of meat is once again popular as thrifty time poor cooks rediscover the time and fuel saving benefits of these marvellous machines Daily Mail October 2022 Choose from over 50 recipes covering all tastes and occasions including Soups Stocks hearty Meat dishes lighter Poultry

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