

# Cooking It Up!

FRIENDLY ONE-POT MEALS FROM YOUR PRESSURE COOKER



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## COOKING IT UP! FRIENDLY ONE-POT MEALS FROM YOUR PRESSURE COOKER

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Pressure cookers work on a simple principle: in a tightly sealed pot, the boiling point of liquid is higher. As the pot heats up, pressure builds. The pressure makes it more difficult for water molecules to turn to vapor – therefore raising the boiling point and making food cook faster.



# Welcome to Pressure Cooking

Almost everyone has heard horror stories about old-fashioned pressure cookers, exploding pots of food, and steam burns. Many people remember the noisy jiggle-top models in their grandmothers' kitchens that hissed, spit, sputtered, and blew hot steam. Maybe that's why most cooks have never used one.

Those intimidating jiggle-top aluminum ones have been replaced by high-tech stainless steel models that don't rattle or whistle. Explosions are a thing of the past.

Cooking with a pressure cooker is a good choice for Wyoming and the West, where higher altitudes and lower air pressure mean the boiling temperature of water is lower. For example, at sea level, water boils at 212°F but at 7,000 feet it boils at 199.8°F.

In range-top cooking, water and liquids come to a boil faster at higher altitudes and evaporates more quickly. Because a pressure cooker stays closed tight, cooking requires less time and liquid, and flavors concentrate. And a pressure cooker lets you prepare an entire meal at one time in only one pot.

Thank you for using *Cooking it Up! Friendly One-Pot Meals from Your Pressure Cooker*. This cookbook takes you from initial purchase to one-pot pro, with tested recipes we think will go over big. Special sections on food safety and high altitude cooking are included to help ensure mealtime success.

## DON'T FEAR THE PRESSURE COOKER!

Pressure cooker designs changed in the mid-1980s, and today's pressure cookers are safer than their older counterparts.

New safety features include a double-locking lid that can be opened only when the pressure inside the pot has returned to normal. A weight release valve automatically releases any excess vapor pressure. A gasket release system ensures that if the weight release valve malfunctions, a portion of the gasket is pushed through an opening in the lid to release the steam.

An indicator clearly shows when the cooker is under pressure. It shows the drop in pressure when the pressure cooker is removed from heat and when it cools to normal and is safe to open.

Are you new to pressure cooking? Before you use your pressure cooker for the first time, read the manufacturer's instructions from beginning to end. The guidelines and safety instructions

## PAYOFFS OF PRESSURE COOKING

1. Healthy home-cooked meals can be prepared easily from scratch.
2. Nutrient retention is better because direct contact of food with the cooking water is reduced.<sup>1, 2</sup>
3. It's versatile – a wide variety of foods can be cooked in a pressure cooker.
4. Cooking is simple and uncomplicated.
5. An entire meal can be cooked at one time in only one pot.
6. Cooking time is 70 percent less than with conventional methods.
7. Steam pressure breaks down the fibers in food, making it moist and succulent with an intense intermingling of flavors.
8. Less-expensive cuts of meat can be used for lower food costs.
9. Saves energy – yours – by reducing cleanup.

are specific to your model and include recommendations for the amount of liquid to use.

## WHAT TO KNOW BEFORE YOU BUY

### Range-top or electric?

In the end, it all boils down to what features you consider most important. Choose your pressure cooker carefully and match both size and shape to the kind of cooking you're most likely to do.

### Size

Most pressure cookers are sold by total liquid capacity even though the actual usable capacity may be a third to one half less, depending on the food being cooked. The extra space is necessary to allow the steam to build inside in the cooker.

Range-top pressure cookers come in sizes from small 2-quart to large 12-quart models. The 6-quart size is popular for families of two or more because it can accommodate most foods, and most recipes are developed for a 6-quart pressure cooker. The 8-quart size is good for larger families.

Electric pressure cookers usually come in only a 6-quart size. Electric pressure cookers are bulky and tall, making them more difficult to store in a cupboard. Also, when in use, the cooker should not be placed under an overhead cupboard.

### Maximum pressure and pressure settings

Most range-top pressure cookers have two pressure settings. High is 13–15 pounds per square inch (psi), and low is 6–8 psi.

Different electric pressure cooker models have different maximum pressures. They may have one pressure setting or two.

### Heat regulation

With a range-top model, turn the heat on high until the cooker reaches pressure, then lower the heat to the lowest setting that stabilizes and maintains that pressure. When you're first learning to use a pressure cooker, it may take a few tries to discover the exact heat settings to keep the cooker from losing pressure or becoming over-pressurized.

Electric pressure cookers are completely automated. You select the pressure or program then the cooking time and hit Start.

### Timer and scheduling features

Most range-top pressure cookers do not have an integrated timer, so you have to keep track of cooking time while the cooker is at pressure. Range-top pressure cookers have no cooking programs.

Electric pressure cookers have an integrated timer that keeps track of cooking time. Once the cooker reaches pressure, the timer automatically counts down the cooking time. Most allow scheduling and delayed start for up to 12 hours. For meals that do not contain meat or dairy, you can set the function and walk away.

### Heat source and time to pressure

Range-top pressure cookers can be used on gas, electric, halogen, induction, ceramic and glass cooktops. They take about 11 minutes to reach pressure, depending on the heat source and fill level.

Electric pressure cookers have an integrated electric coil that turns on and off in response to an electronic thermostat. They generally take about 14 minutes to pressure, though times may vary, depending on the wattage of the electric heat coil and fill level.

### Pressure release methods (see page 11 for more information)

Range-top pressure cookers achieve cold-water release in about 30 seconds, quick release in about 2 minutes, and natural release in about 10 minutes.

Electric pressure cookers achieve normal release in about 3 minutes and natural release in about 25 minutes. They do not have a quick release option. The natural pressure release takes longer because the base cannot be removed from the heat source and the electric coil needs time to cool. Plus, the double-walled construction insulates against heat loss, making release time longer.

Many electric pressure cookers switch to "keep warm" mode after cooking. The downside of this feature is many recipes call for a quick release of pressure to stop cooking. This means you have to be near the



cooker when cooking is done to vent steam and manually shut off the heat or food will overcook.

### Safety

A lid-locking system prevents the range-top pressure cooker from being opened while it is at pressure. A primary overpressure release valve releases excess pressure should you forget to reduce the heat. A back-up pressure release valve releases pressure should the primary fail. Some cookers may have additional safety features.

Electric pressure cookers have a lid closure detection sensor. A lid-locking system prevents the cooker from being opened while it is at pressure. A primary overpressure release valve releases excess pressure if something happens to the sensor to prevent it from reducing the heat. An emergency gasket pressure release activates if the primary pressure release fails. Power to the cooker will disconnect if the temperature gets extremely high or the cooker is drawing too much electricity. Automated temperature control prevents excessive pressure from building in the cooker.

### Multiple uses

Range-top pressure cookers can be used without the lid as a normal cooking pot.

Electric pressure cookers cannot be used for regular cooking, although some newer models allow browning in the cooker without the lid. Many electric pressure cookers also include slow-cooker and other multi-cooker functions.

### Materials

Range-top pressure cookers are available in aluminum and stainless steel. Stainless steel cookers are extremely durable, difficult to damage, and often last 20 years or more. Over the course of use, gaskets and other silicone parts may need to be replaced.

The outer casing of all electric pressure cookers is made of heat-resistant plastic. Some have stainless steel and anodized aluminum interiors, although most are aluminum with a non-stick coating. If your cooker has a non-stick coating, be careful with utensils, accessories, and food with bones that can scratch the interior. Use silicone steamer baskets and forms.

Over the course of use, gaskets and other silicone parts may need to be replaced. Non-stick inserts might occasionally need to be replaced.

## FEATURES TO LOOK FOR

### Range-top

- Stainless steel construction (18/10) with a 3-ply base
- Pressure indicator (pop-up rod, dial, etc.)
- Quick pressure or steam release valve position
- Range-top pressure cookers have three pressure release methods (cold water, quick or automatic, and natural).

### Electric

- A non-stick liner finish can scratch, so consider stainless steel and anodized aluminum
- Electric pressure cookers have two release methods (quick or automatic and natural).

### Both

- 15 pounds per square inch (psi); some offer more than one pressure setting
- Enhanced safety features: interlocking lid, lid lock, safety vent, overpressure plug
- 6-quart minimum, because the cooker can only be filled two-thirds full for most foods and half full for dried beans
- Two heat-resistant handles
- Long warranty: 10 years or more
- Manufacturer replacement parts and accessories

## GETTING STARTED

First, study your pressure cooker and get acquainted with how it works. Begin by reading the manufacturer's instructions specific to your model. Before using it to cook, consider taking it for a trial run using half a cup of water to get a feel for how quickly it

comes to full pressure and how much heat is needed to maintain that pressure.

## PARTS OF A PRESSURE COOKER

Since all pressure cookers work on the same principle, there are few fundamental differences.

### Pressure regulator

Controls and maintains pressure inside the cooker and indicates when the ideal cooking pressure – usually 15 pounds – is reached.

### Vent pipe

The pressure regulator fits on the vent pipe and allows release of excess pressure.

### Air vent/cover lock

Automatically exhausts air and serves as a visual indicator of pressure within the cooker. When pressure begins to build, it slides up, causing the lock pin to lock the cover on.

### Sealing ring

Forms a pressure-tight seal between the cover and the pressure cooker body during cooking.

### Overpressure plug

Automatically releases pressure if the vent pipe becomes clogged and pressure cannot be released normally.

### Cooking rack

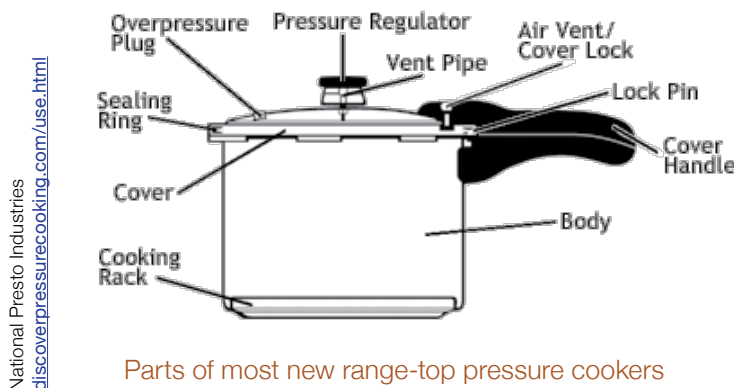
Holds foods out of the cooking liquid. The rack also allows several different foods to be cooked at the same time without intermingling flavors. Don't use the rack if you want a blending of flavors.

### Cover handle

On many pressure cookers, the top of the air vent/cover lock can be seen through a hole in the cover handle so you can tell at a glance if there is pressure inside.

## HOW TO ACHIEVE AND MAINTAIN PRESSURE

1. Center the cooker on a burner that is slightly smaller than the diameter of the base.
  2. DO NOT use an oversized heating element or super-high Btu setting.
  3. Read your range instructions for specific restrictions, if any, on using a pressure cooker.
  4. Bring the pressure cooker to high pressure (15 psi) over high heat until the pressure indicator shows it is pressurized. Depending on your model, the pressure regulator may rock slowly, a button may pop up, or a slow, steady release of steam can be seen or heard.
  5. Once pressure is achieved, lower the heat to the lowest setting that maintains that pressure. Begin timing at this point and set a timer for the recipe length.
- 5 pounds = 228°F internal temp
  - 10 pounds = 240°F internal temp
  - 15 pounds = 250°F internal temp



Parts of most new range-top pressure cookers

## PRESSURE RELEASE METHODS

To open the pot and prevent overcooking, release the pressure at the end of the recipe timing. There are three ways to release cooking pressure.

### Cold water release

This is the fastest method. Use it for tender foods with a short cooking time or when it is essential to stop the cooking process quickly (e.g. vegetables). This method cannot be used with electric models.

Carry the pressure cooker tilted at a slight angle away from you to the sink and place it so cold water flows over the outer edge and across the top of the lid but does not flow directly over the vent. Another option is to set the pressure cooker in a sink filled with a couple inches of cold water until the pressure drops.

### Quick or automatic release

Many pressure cookers have a special valve that allows you to release pressure quickly. This method drops the pressure without lowering the temperature of the food.

Quick or automatic release is best when you want to interrupt cooking to add ingredients or check food for doneness. This method should not be used for foods that increase in volume, froth, foam, or are mostly liquids.

### Natural release

Use the natural release method for foods that increase in volume, expand, froth, foam, or are mostly liquids. Examples include soup, broth, dried beans or peas, pasta, rice, grains, and some varieties of fruit. This is the preferred method if you are cooking beans, potatoes, or other foods with a skin you wish to remain intact. Most meats and other long-cooking

#### NOTE TO ELECTRIC RANGE USERS

Since the burner of an electric range stays hotter longer, food may become overcooked after the burner is turned down for simmering. To compensate, turn on two electric burners, one with high heat to bring the cooker up to pressure, the other with low heat for simmering. Move the cooker to the low heat to start the cooking time.

recipes are finished with the natural release method to complete the cooking process.

Remove the pressure cooker from the heat and let the pressure drop naturally. Be patient! With a range-top cooker, if not released after 20 minutes, use the cold water release method to finish.

## CARE, CLEANING, AND STORAGE

Before first use, remove label and any adhesive with vegetable oil. Then wash, rinse, and dry the cooker.

Do not leave food or water in the cooker for long periods. Chemicals and natural salts in the water and decomposing food can pit the metal.

Always use genuine replacement parts to ensure safety and long life of the cooker.

Do not hit the rim of the cooker body; protect the edge of the lid from dents that could affect the seal.

### Handles

Protect plastic handles from breakage.

Do not attempt to adjust the “play” or movement provided for the lid handle bar where it is attached to the lid.

### Rubber sealing ring

Do not stretch the sealing ring, particularly when it is hot.

Check that the sealing ring is sitting flush in the lid curl and that the lid is properly centered.

Sometimes moving or inverting the sealing ring can stop leakage.

The sealing ring may need to be replaced every couple of years. It should be replaced when it no longer seals or becomes hard, cracked, worn, deformed, or pitted.

### General cleaning

Read the manufacturer’s directions for cleaning.

Always wash and dry every surface of the cooker soon after use. Food can corrode the metal over time if not removed. Aluminum can become pitted if left wet.

Wash all parts in hot water with a mild soap or detergent and a dishcloth or sponge. Rinse and wipe dry.

Remove the sealing ring carefully from the lid. Wipe or wash and rinse the sealing ring gently without stretching it.

Check the vent pipe after rinsing. If it is clogged or has food buildup, clean by carefully pushing a wire or pipe cleaner through the vent. Rinse with running water. A needle or toothpick can be used to remove food from the steam vent nut.

The pressure regulator can be cleaned with a jet of water to clear the holes inside.

#### **Baked-on stains**

A thin layer of food or grease may remain if the pressure cooker is not cleaned thoroughly after each use. When the cooker is heated next, this food or grease becomes “baked on” and more difficult to remove. To avoid baked-on stains, wipe any fat or food from the cooker before placing it on the burner. Make sure the surface of the range is also free of spilled food or fat.

If you get stains cooked onto the base (the surface in contact with the heat), remove them while they are fresh. Soak pot in hot water. Make a thick paste of a chlorine-based kitchen cleanser and apply it to the surface. Wait 5 to 10 minutes then scour with steel wool using a circular motion. Wash and wipe dry.

If food is stuck to the inside or outside of the cooker, remove it with a plastic scrubber and a non-abrasive cleanser or an aluminum cleanser. If food is badly stuck or burned to the inside, pour enough water into the cooker to cover it (but not above half full). Close cooker. Bring to full pressure on high heat. Reduce heat for 5 minutes. Allow to cool naturally. Open cooker, and wash and wipe dry. Do not use abrasive powders or bleach. For stubborn spots, a fine soap-impregnated steel wool pad may be used sparingly, knowing it may damage the cooker surface.

#### **Loss of shine**

With use over time, the aluminum cooker body and lid may lose their shine. This is normal.

#### **Stains caused by chemicals in the water**

The inside of the cooker body may darken from minerals in the water. This does not affect food safety, taste, or quality.

#### **Storage**

Range-top pressure cookers can be stored with regular pots and pans.

Allow the cooker and all parts to dry completely before storing.

The sealing ring should be stored dry within the lid curl.

Store the lid of the pressure cooker separately or invert it on top to preserve the elasticity of the sealing ring and eliminate food odors.

## COOKING AT HIGH ALTITUDES

Recipes in this cookbook have been Wyoming-tested but may need to be adjusted for your elevation. Sea-level recipes often require adjustment for high-altitude success. Here are guidelines for increasing cooking times and liquid for pressure cooking at altitudes above 3,000 feet (which includes all of Wyoming).

### Increase cooking time and liquids

For pressure cooking at altitude, increase cooking time by approximately 5 percent for every 1,000 feet above 2,000. For example, if a sea-level recipe calls for 60 minutes and you live at 4,000 feet, add 6 minutes to the cooking time. That same recipe may need 15 minutes longer (total) at 7,000 feet.

More cooking liquid may also be needed to compensate for increased altitude and cooking time. Try increasing the cooking liquid by approximately half the percentage of additional cooking time. For example, if you live at 4,000 feet, the increase in liquids is half the 10% for cooking time (5%), so 5% of 16 ounces (2 cups) is .8 ounces (1 ounce = 2 tablespoons). You would then add approximately 1½ tablespoons of additional liquid. That same recipe may need an additional 4 tablespoon or ¼ cup of liquid at 7,000 feet.

## INCREASES IN COOKING TIMES AND LIQUIDS AT HIGH ALTITUDES

Elevation	Increase cooking time, per 20 minutes	Increase liquid, per 16 oz. (2 cups)
3,000 feet	5% or 1 minute	1 tablespoon
4,000 feet	10% or 2 minutes	1½ tablespoons
5,000 feet	15% or 3 minutes	2 tablespoons or ⅛ cup
6,000 feet	20% or 4 minutes	3 tablespoons
7,000 feet	25% or 5 minutes	4 tablespoons or ¼ cup
8,000 feet	30% or 6 minutes	5 tablespoons

## ALTITUDES IN WYOMING

County or Entity	Town or Community	Altitude
<b>3,000 feet</b>		
Sheridan	Sheridan	3745
Big Horn	Basin	3870
Washakie	Worland	4061
Goshen	Torrington	4104
Hot Springs	Thermopolis	4326
Weston	Newcastle	4334
Campbell	Gillette	4544
Johnson	Buffalo	4645
Platte	Wheatland	4733
Crook	Sundance	4750
Converse	Douglas	4815
<b>5,000 feet</b>		
Niobrara	Lusk	5015
Park	Cody	5016
Natrona	Casper	5123
Fremont	Lander	5357
Wind River Reservation	Ethete	5354
	Ft. Washakie	5571
Laramie	Cheyenne	6062
Sweetwater	Green River	6100
Teton	Jackson	6209
Uinta	Evanston	6748
Carbon	Rawlins	6755
Lincoln	Kemmerer	6927
<b>7,000 feet</b>		
Albany	Laramie	7165
Sublette	Pinedale	7175
Yellowstone National Park	Grant Village	7825

## **GOLDEN RULES**

- Before cooking, make sure the lid rim, rim of the pot, and vent pipe are clean.
- Check that the rubber sealing ring is flexible. Replace it if deformed, hard, brittle, cracked, worn, or pitted.
- Never use less than the minimum amount of liquid recommended by the manufacturer or as required for the cooking time.
- DO NOT exceed the one-half or two-thirds full required for most recipes.
- Use high heat to establish the desired pressure, reduce heat to stabilize level, and then begin timing.
- Use a pressure cooker recipe or cooking time charts. Consider altitude and cooking time adjustments.
- Set a timer and DO NOT leave pressure cooker unattended.
- Never use more than one-fourth cup of fat or oil or exceed maximum recommended by the manufacturer.
- Use the natural release method for foods that increase in volume, froth, foam, or are mostly liquids. Examples are soups, broth, rice, grains and pasta. Finish meats

and long-cooking recipes with the natural release method to complete the cooking process.

- When using the cold-water release method, do not allow water to run directly over the vent pipe system.
- Be sure the pressure has dropped to normal before opening the locked lid.
- When removing the lid, tilt it away from yourself to protect from the escaping steam.

## **HOW TO CONVERT RECIPES**

Always start with a recipe that uses moist heat, such as boiling, braising, stewing, poaching, steaming, steam roasting, or baking. Also, determine if a rack or other cooking accessories are needed.

The best way to convert a traditional recipe is to use a similar pressure cooker recipe as a guide. In addition to giving the amount of liquid, the pressure cooker recipe provides the cooking time, cooking method, and pressure release method to use. Also keep in mind increases in cooking time and liquids may be necessary at high altitudes. (See high altitude chart.)

## **SUCCESSFUL COOKING STEPS**

1. Plan the entire meal and how to prepare it.
2. Use a tested pressure cooker recipe or adapt your own.
3. Arrange and prepare ingredients first. Measure and cut the ingredients at the same time. (Use frozen vegetables or chopped fresh vegetables to save time.)
4. Cut meat into smaller portions. For example, cutting a roast into several pieces will reduce cooking time.
5. Brown meat to add flavor.
6. If the approximate cooking time is 10 minutes or more, use at least 2 cups of water or liquid.
7. Use the appropriate pressure release method.

Here are the key elements to successfully converting a recipe:

### Amount of liquid

In adapting a traditional recipe for the pressure cooker, the amount of water or other liquid can usually be reduced, because liquids do not evaporate as they do in regular cooking. This is because the pressure cooker is a tightly closed system and loses very little liquid.

Refer to the instruction manual of your cooker for the minimum liquid required, and never use less than the recommended amount. Also remember that as foods are pressurized, they add their own juices to the liquid.

### Timing

At the high (15 psi) pressure setting, the time required to cook food is usually one-third the cooking time of the traditional oven or range-top recipe.

### Pressure release method

Whether you cool the cooker immediately or let pressure drop on its own depends on the type of food being prepared. Use a similar pressure cooker recipe as a guide to determine the best pressure release method for the recipe you are converting.

## HOW TO PREPARE A ONE-POT MEAL

One of the handiest advantages of pressure cooking is preparing an entire meal at one time in only one pot. By using a cooking rack to separate and keep certain foods out of the cooking liquid – whether it's an entree, side dish, or dessert – each retains its individual flavor. This technique works best with a range-top cooker.

When planning a one-pot pressure cooker meal, you can select foods that require about the same cooking time, then simply adjust the size of the pieces you're cooking. For instance, half-inch slices of potato cook in 3 minutes, while 3/4-inch slices take 5 minutes. Adjust cooking times by cutting your foods into larger or smaller pieces. Refer to your instruction manual to find cooking times for each food.

If the foods you select for your one-pot meal require widely different cooking times, you can adapt the cooking sequence. For example, when the menu features barbecued chicken (8 minutes) with corn-on-the-cob (2 minutes) and green beans (2 minutes), follow this basic cooking schedule:

- Place chicken in pressure cooker with desired amount of cooking liquid. Close cover securely. Bring cooker to 15 pounds pressure and cook for 6 minutes.
- Cool cooker under cold water until pressure is completely reduced. Remove the pressure regulator and then the cover. Place corn and green beans on cooking rack in pressure cooker.
- Close cover securely. Bring pressure back to 15 pounds and cook 2 minutes longer.
- Cool cooker under cold water until pressure is completely reduced, remove the regulator and cover, and dinner is served.

You can adapt this pressure cooker method make to a variety of one-pot recipes and combinations.

## FOOD SAFETY FUNDAMENTALS

While taste and nutrition are important, food safety must be front and center. Foodborne illnesses can be serious – even life threatening – but you can prevent most cases by adopting a few simple practices.<sup>3,4,5</sup>

**Wash your hands!** Washing hands greatly reduces the risk of illness. Nothing replaces washing with soap and warm water, but if soap and water are not available, use an alcohol-based hand sanitizer. Always wash your hands after using the restroom or handling potentially hazardous foods like meat or eggs. The bottom line: wash your hands before, during, and after handling food products.

### Keep hot foods hot and cold foods cold.

Bacteria multiply quickly under the right conditions. Their numbers can double every 15 minutes! Potentially hazardous foods should not remain in the danger zone (40°-140°F) longer than two hours. Although the

maximum time food should be left out for serving is two hours, when the weather is hot and temperatures are higher than 90°F, perishable food must be refrigerated or thrown out after only one hour.

**Separate – don't cross-contaminate.**

Use a separate cutting board for raw foods like meat, poultry, and fish and another for cooked foods, salads and ready-to-eat foods like salads. Use a clean plate and utensils to serve foods. If you transport meat in a cooler, make sure it is well wrapped and use plenty of ice. Coolers should be washed and sanitized regularly.

**Know safe temperatures.** Different types of meat need to be cooked to different temperatures to be safe to eat. Because you can't tell if meat is done by looking at it, use a calibrated thermometer. For correct temperatures and how to use a meat thermometer, visit [www.IsItDoneYet.gov](http://www.IsItDoneYet.gov).

**Wash your produce** – even fruits like cantaloupe and watermelon. If a melon hasn't been properly washed, a knife can carry germs from the outside to the inner part that will be eaten. Fresh water and a good scrub brush will clean these foods.

**WE'RE HERE FOR YOU**

We want to hear from you! Do you need further help or wish to share your thoughts? UW Extension nutrition and food safety educators serve every Wyoming county and the Wind River Reservation. Find us at <http://www.uwyo.edu/uwe/>. To learn about nutrition, health, and food safety programs and find cooking classes and recipe ideas, visit [www.uwyo.edu/foods](http://www.uwyo.edu/foods).



# Soups

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# BEEF BARLEY SOUP

**Servings: 4**

**Timing: 20 minutes pressure cooking**

3 tablespoons olive oil

1½ pounds beef, cut into ½-inch cubes

Salt and ground black pepper, to taste

1 onion, chopped

2 carrots, chopped

4 ribs celery, chopped

1 cup parsnips, chopped

1½ cups cremini mushrooms (or baby bella, mini bella, or baby portobello mushrooms), chopped

2 cloves garlic, chopped

1 tablespoon fresh rosemary, chopped or 1 teaspoon dried rosemary

2 tablespoons tomato paste

1 cup red wine\*

1 cup uncooked pearl barley

6 cups low-sodium beef broth

1 tablespoon fresh thyme, chopped or 1 teaspoon dried thyme

\*Dry red wine substitutes per 1 cup: beef stock, nonalcoholic red wine, unsweetened grape juice (same varietal if possible).

- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Season the beef cubes with salt and pepper. Brown the beef in the oil for 5 minutes. Set the beef aside and drain off any excess oil from the cooker.
- 3** Add the onion, carrots, celery, parsnips, mushrooms, garlic, and rosemary to the pressure cooker; sauté for 8 to 10 minutes. Add the tomato paste; stir, and deglaze with red wine.
- 4** Return the beef to the pressure cooker, and add the barley and beef broth.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly, or when a slow, steady release of steam is seen or heard, or a button pops up. Once pressure is achieved on a stovetop pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6** Begin timing and cook for 20 minutes.
- 7** Turn off heat or remove cooker from heat. Use the natural release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Cook to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 9** Adjust seasoning to taste with salt, pepper, and sprinkle in the fresh thyme.

*Source: The Blue Jean Chef, Meredith Laurence*

# CHEESEBURGER SOUP

**Servings: 4–6**

**Timing: 5 minutes pressure cooking**

3 tablespoons unsalted butter

1 large yellow onion, chopped

1 medium yellow pepper, seeded and chopped

2 tablespoons all-purpose flour

3 cups chicken broth

¼ cup dry white wine (optional)

1 teaspoon dried thyme

½ teaspoon dried marjoram

½ teaspoon salt

½ teaspoon ground black pepper

1 pound lean (93%) ground beef

½ cup heavy cream, light cream, or half-and-half

2 cups (8-ounces) shredded cheddar cheese, preferably sharp cheddar

- 1** Preheat a 6-quart range-top pressure cooker over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the butter to the cooker and briefly heat to melt it. Add the onion and pepper; cook, stirring often, until the onion softens, about 4 minutes.
- 3** Whisk in the flour and cook for 1 minute, whisking all the while, just until the vegetables are thoroughly coated but not until the flour browns. Pour the broth in a slow, steady stream, whisking constantly to dissolve the flour. Add the wine, if using, and whisk until bubbling and thickened, about 2 minutes. Stir in the thyme, marjoram, salt, and pepper. Crumble in the ground beef, leaving it in little chunks.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly, or when a slow, steady release of steam is seen or heard, or a button pops up. On a range-top pressure cooker, once pressure is achieved, lower the heat to the lowest setting that stabilizes and then maintains that pressure.
- 5** Begin timing and cook for 5 minutes.
- 6** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 8** Set the range-top pot over medium heat or turn the electric cooker to its browning function. Stir in the cream or half-and-half; simmer for 1 minute, stirring all the while. Add the cheese and stir just until it melts.

*Source: Vicki Hayman*

# CHICKEN AND TOMATO RICE SOUP

**Servings: 6**

**Timing: 8 minutes pressure cooking**

1 tablespoon olive oil

3 boneless skinless chicken breasts, cut into bite-sized pieces

Salt and ground black pepper, to taste

1 onion, finely chopped

3 carrots, peeled and sliced ¼-inch thick

2 ribs celery, sliced ¼-inch thick

3 cloves garlic, minced

1 teaspoon dried thyme

1 cup long-grain rice, such as basmati

4 cups chicken stock

1 (28-ounce) can diced tomatoes

¼ cup fresh parsley, chopped or  
2 teaspoons dried parsley

- 1** Preheat a 6-quart range-top pressure cooker over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Season the poultry with salt and pepper. Brown the poultry in the oil.
- 3** Add the onion, carrots, celery, garlic, and thyme; sauté for another 2–3 minutes.
- 4** Stir in the rice, stock, and tomatoes. Season with salt and pepper and lock the lid in place.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that stabilizes and then maintains that pressure.
- 6** Begin timing and cook for 8 minutes.
- 7** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Cook to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 9** Stir in the parsley.

*Source: The Blue Jean Chef, Meredith Laurence*

# CRAB AND CORN BISQUE

**Servings: 4**

**Timing: 4 minutes pressure cooking**

4 tablespoons butter

1 onion, diced

4 carrots, peeled and sliced into 1/8 discs

2 cups chicken stock

½ pound lump crab meat

1 tablespoon lemon juice

¼ cup dry sherry (optional)

½ teaspoon paprika

1 (14-ounces) creamed corn

½ cup heavy cream

Salt and ground black pepper, to taste



- 1** Preheat a 6-quart range-top pressure cooker over medium heat or an electric pressure cooker turned to the browning function.
- 2** Heat the butter in the pressure cooker with lid off until melted. Add onion and carrots; sauté 3 minutes until onions begin to turn translucent. Cover with remaining ingredients, except for creamed corn and heavy cream.
- 3** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that stabilizes and then maintains that pressure.
- 4** Begin timing and cook for 4 minutes.
- 5** Turn off heat or remove cooker from heat. Allow the pressure to drop naturally. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 8** For a smooth bisque, use a slotted spoon to spoon out and transfer carrots, crab meat, and onions to a blender or food processor. Blend until smooth. Return mixture to the pot.
- 9** Stir in creamed corn and heavy cream.
- 10** If bisque cools down too much, bring it back to a simmer with the lid off. Salt and pepper to taste.

*Source: Bob Warden's Slow Food Fast, Bob Warden*

# MEXICAN SOUP WITH PORK AND HOMINY

**Servings: 6**

**Timing: 30 minutes pressure cooking**

2 tablespoons vegetable oil, divided

Coarse salt

1¼ pounds boneless pork shoulder, trimmed and cut into 4-inch pieces

1 medium white onion, chopped

4 garlic cloves, minced

1–2 tablespoons chili powder

4 cups chicken broth, divided

2 (29-ounces) cans hominy, drained and rinsed

2 tablespoons cornstarch

¼ cup cold water

Diced avocado and lime wedges, for serving

- 1** Preheat a 6-quart range-top pressure cooker over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the 1 tablespoon oil to the cooker and briefly heat. Season pork with salt. Add the pork to the hot oil in the pressure cooker, and cook until pieces are browned on all sides. When browned, remove to a large bowl.
- 3** Add 1 tablespoon oil to the cooking pot. When hot, add the onion, garlic, and chili powder; sauté until soft, 4 minutes. Add 2 cups broth and cook, stirring and scraping up browned bits with a wooden spoon. Add remaining 2 cups broth and pork to cooker.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that stabilizes and then maintains that pressure.
- 5** Begin timing and cook for 30 minutes.
- 6** Turn off heat or remove cooker from heat. Allow the pressure to drop naturally for 10 minutes then do a cold water or quick/automatic method release. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 8** Remove pork from cooking pot and using two forks, shred pork.
- 9** Whisk together corn starch and cold water; add to broth in cooker. Sauté and stir until broth thickens. Stir in shredded pork. Add the drained and rinsed hominy. Season to taste with salt.
- 10** Serve immediately with avocado and lime.

## NOTE

Squeeze lime juice onto avocados after chopping to prevent browning.

*Source: Pressure Cooking Today*



# THREE-BEAN TURKEY CHILI

**Servings: 6**

**Timing: 4 minutes pressure cooking**

1 tablespoon olive oil

2 cups onions, coarsely chopped

1 teaspoon whole cumin seeds

2 to 4 tablespoons chili powder

¼ teaspoon ground cinnamon

½ cup beer, broth, or water

1 to 1½ pounds turkey sausage (sweet or hot; casing removed)

1 pound boneless turkey breast, skinned and cut into 1-inch chunks

1 medium green pepper, seeded and finely chopped

1 (15-ounces) can kidney beans, rinsed and drained

1 (15-ounces) can black beans, rinsed and drained

1 (15-ounces) can chickpeas, rinsed and drained

1 (15-ounces) can diced tomatoes with green chilies

¼ cup fresh cilantro, chopped, plus more for garnish

Salt and ground black pepper, to taste

½ cup toasted pumpkin seeds (pepitas), for garnish (optional)

- 1** Preheat a 6-quart range-top pressure cooker over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Stir in the onions, cumin seeds, 2 tablespoons of the chili powder, and the cinnamon; cook over medium-high heat, stirring frequently, for 1 minute. Stir in the liquid (beer, broth, or water.) Taste the mixture, and if the chili flavor is not pronounced, add more chili powder to taste.
- 3** Stir in the turkey sausage, turkey chunks, pepper, beans, and chickpeas. Break up any large pieces of sausage. Pour the tomatoes and their liquid on top. Do not stir after adding the tomatoes.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that stabilizes and then maintains that pressure.
- 5** Begin timing and cook for 4 minutes.
- 6** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 8** Add the cilantro, plus the salt and pepper to taste.
- 9** Serve immediately in bowls with pumpkin seeds and cilantro sprinkled on top.

## VARIATIONS

- Stir in 1 cup frozen corn after pressure release. Simmer until corn is defrosted, about 1 minute.
- After cooking, add 1 large roasted pepper, seeded and chopped.

## NOTE

If using a 4-quart cooker, stir in beans after cooking and simmer until they develop some flavor, 3 to 5 minutes.

*Source: Pressure Perfect, Lorna Sass*

# BROTH

**Servings: 1-1/2 quarts**

**Timing: 25–60 minutes pressure cooking**

6 cups water, plus more as needed

1 large onion, quartered (no need to peel)

A few leek greens (optional)

1 carrot, cut into chunks

1 rib celery, cut into chunks

2 large bay leaves

¼ teaspoon whole black peppercorn

Meat or poultry (see chart)

MEAT OR POULTRY	WATER	MINUTES HIGH PRESSURE NATURAL OR QUICK RELEASE
3 pounds beef neck bones or other meaty beef bones	6 cups minimum	60
3 pounds veal neck bones or other meaty veal bones	6 cups minimum	45
3 pounds turkey wings and necks (or 1 meaty turkey carcass, broken into pieces)	6 cups minimum	45
3 pounds lamb neck bones or other meaty lamb bones	6 cups minimum	35
3 pounds chicken wings, backs and necks	6 cups minimum	30

- 1 Select meat or poultry (choose from the chart above). Pour the water into a 6-quart or larger cooker and bring to a boil over high heat as you add the onion, leek greens (if using), carrot, celery, bay leaves, peppercorns, and meat or poultry. Add more water, if needed, to just barely cover the ingredients.
- 2 Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that stabilizes and then maintains that pressure.
- 3 Cook for the recommended time.
- 4 Turn off the heat. If time permits, allow the pressure to come down naturally. Otherwise, use the natural release or cold water release method to reduce the pressure. Remove the lid, tilting it away from you to allow steam to escape.
- 5 Allow the broth to cool.
- 6 Strain into one or more storage containers. Press the solids to release all the liquid into the containers. Discard the solid ingredients. Chill the broth, and then remove congealed fat. For a more concentrated flavor, boil the broth vigorously until reduced. Refrigerate for up to 4 days or freeze for up to 4 months.

*continues page 25*



## VARIATIONS

- **After-Dinner Chicken Broth.** Instead of choosing a meat from chart page 24, use leftover bones from 3 to 4 pounds cooked chicken. Use a small onion and add just enough water to cover. Makes 2 to 3 cups.
- **Chicken Broth with Poached Whole Chicken.** Reduce water to 2 cups. Instead of choosing meat from chart, set a whole 4-pound chicken in cooker, breast side up. Add neck, if available. Cook for 20 minutes high pressure. Allow pressure to come down naturally. Transfer chicken to a carving board. When cool enough to handle, carve off meat and reserve for another use. Return bones to cooker and add 2 additional cups water. Cook for 20 minutes high pressure. Makes about 4 cups cooked chicken and about 1 quart broth.
- **Fish Broth.** Instead of using a meat from chart page 24, use 3 pounds thoroughly rinsed fish heads and bones. Omit carrots. Reduce cooking time to 8 minutes high pressure.
- **Shrimp Broth.** Instead of using a meat from chart page 24, use peelings from 1 pound shrimp (about 2½ cups) and just enough water to cover. Omit carrots. Reduce cooking time to 5 minutes high pressure. Makes 2 to 3 cups.

## NOTES

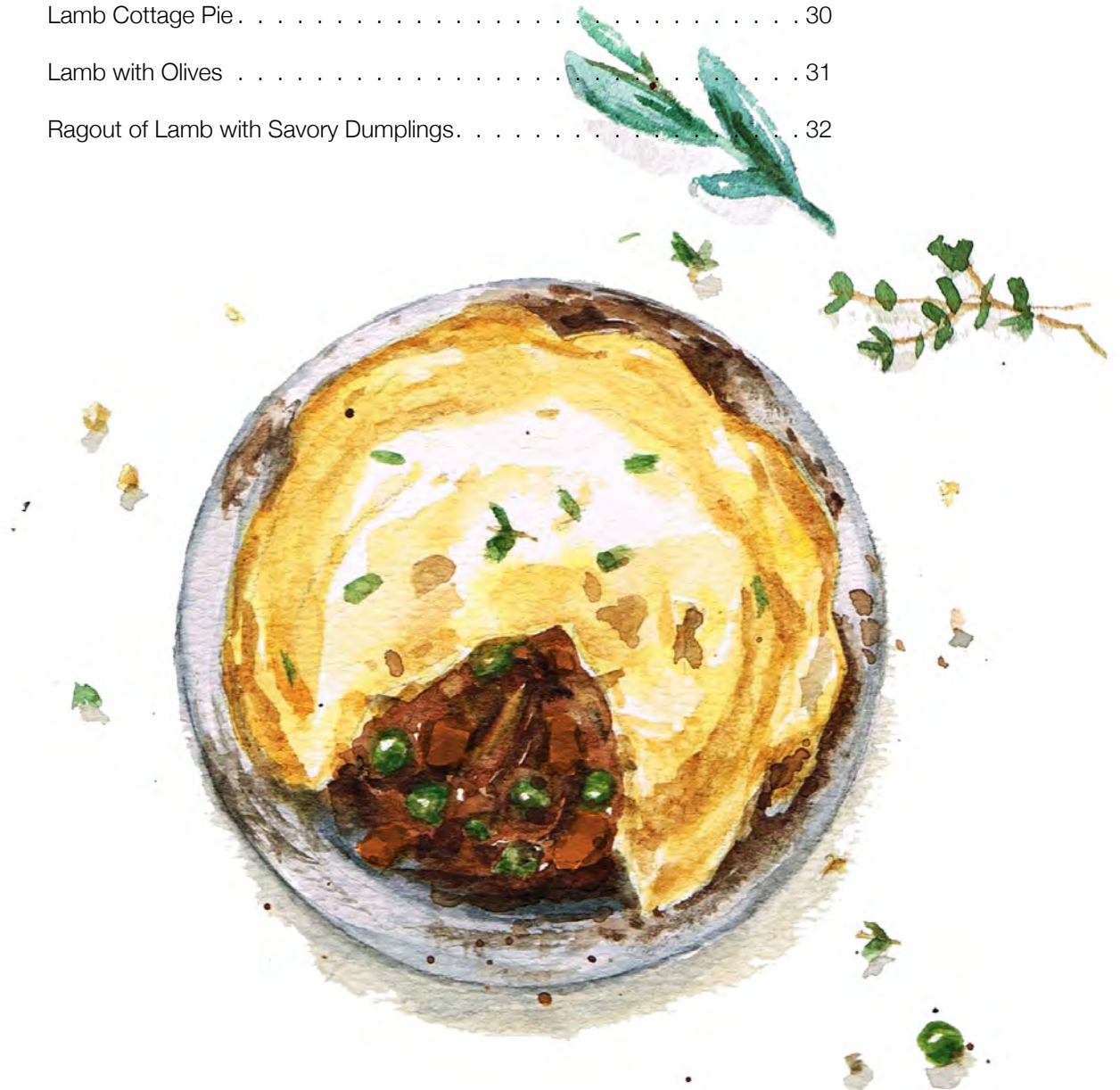
- Optional: Roast bones before pressure cooking. This extra step will darken the broth and intensify flavor.
- If using a 4-quart cooker, use 2 pounds meaty bones and just enough water to cover.
- If using an 8-quart cooker, include up to 4 pounds meaty bones and add an extra carrot and celery rib.
- The flavors of parsley stems and dried herbs get lost under pressure, so there is no point in including them in broth.

*Source: Pressure Perfect, Lorna Sass*



# Lamb

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# LAMB AND MUSHROOMS

**Servings: 6**

**Timing: 20 minutes pressure cooking**

2 pounds boned lamb shoulder or beef chuck, fat-trimmed, cut into 1½-inch chunks

2 tablespoons vegetable oil

½ pound white or brown button mushrooms

½ pound fresh shiitake mushrooms (or other fresh mushroom)

¾ pound onions, peeled and coarsely chopped

1 cup carrots, thinly sliced

4 cloves garlic, minced

2 ounces thin-sliced pancetta or bacon, chopped

1 cup dry red wine\* or beef broth

3 tablespoons minced fresh basil leaves or 1 teaspoon dried basil

1 tablespoon minced fresh rosemary leaves or 1 teaspoon dried rosemary

5 whole cloves

1 (10-ounce) package frozen peas

1 tablespoon cornstarch

Salt and ground black pepper, to taste

Mashed potatoes or hot cooked rice

- 1** Preheat a 6-quart range-top pressure cooker over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Brown the lamb on all sides; stir frequently. With a slotted spoon, transfer lamb to a bowl.
- 3** Meanwhile, rinse button mushrooms, trim stem ends, and quarter mushrooms. Rinse shiitakes, discard stems, and slice caps.
- 4** In cooker, stir in button mushrooms, shiitake mushrooms, onions, carrots, garlic, and pancetta until onions are lightly browned, about 10 minutes. Add lamb and juices, wine or broth, basil, rosemary, and cloves.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6** Begin timing and cook for 20 minutes. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** If desired, discard cloves. Add peas to the cooker. Mix cornstarch with 2 tablespoons water and stir into mixture, then stir stew over high heat until boiling. Season to taste with salt and pepper.
- 8** Serve with mashed potatoes or cooked rice.

\*Dry red wine substitutes per 1 cup: beef stock, nonalcoholic red wine, or unsweetened grape juice (same varietal if possible).

Source: My Recipes at <http://www.myrecipes.com/recipe/lamb-mushroom-stew>

# LAMB AND WHITE BEANS

**Servings: 6**

**Timing: 40 minutes pressure cooking**

4 shoulder lamb chops (about 2 pounds), trimmed of fat

1½ cups dry white beans, washed and picked over

1 (14-ounce) canned diced tomatoes

1 cup onion, diced

1 cup leek, diced

2 tablespoons garlic, coarsely chopped

1 sprig fresh thyme and 1 sprig fresh sage (1 teaspoon dried thyme and sage), or 1 teaspoon Herbes de Provence (use a commercial blend or make your own)

1½ teaspoons salt

1 teaspoon ground black pepper

2 teaspoons Worcestershire sauce

3 cups cold water

- 1** Place all ingredients into the pressure cooker.
- 2** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 3** Begin timing and cook for 40 minutes. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 4** Let the stew rest for a few minutes until the fat rises to the surface. Spoon off and discard as much fat as possible. Add more salt and pepper as needed.

*Source: Circular Input Products Ltd., owner of the web site fastcooking.ca at [https://fastcooking.ca/pressure\\_cookers/beef\\_roasts\\_pork\\_lamb\\_recipes\\_pressure\\_cookers.htm#lamb\\_and\\_white\\_bean\\_stew](https://fastcooking.ca/pressure_cookers/beef_roasts_pork_lamb_recipes_pressure_cookers.htm#lamb_and_white_bean_stew)*

# LAMB COTTAGE PIE

**Servings: 6**

**Timing: 10 minutes pressure cooking. 20 minutes at 400°F**

## Meat Filling

3 tablespoons unsalted butter, divided

1 large yellow onion, diced medium

1½ pounds ground lamb

2 whole large carrots, roughly diced

1 tablespoon tomato paste

1 tablespoon Worcestershire sauce (optional)

1 teaspoon salt (if using salt-free stock)

¼ teaspoon ground black pepper

1 sprig fresh thyme leaves or  
1 teaspoon dried thyme leaves

1 cup stock, any kind

½ teaspoon apple cider vinegar

1 cup frozen peas

## Mashed Potato Topping

1½ pounds (4 medium) potatoes, sliced into 2-inch pieces

½ cup milk

½ teaspoon salt

2 tablespoons chopped butter

- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Melt 1 tablespoon of butter in the cooker. Add onion and sauté until onion is soft. Push the onion aside and drop in the ground meat; break it up with a spatula and cook for about 3 minutes. Add in the carrots, tomato paste, Worcestershire sauce, salt, pepper, thyme, stock, and vinegar; mix well.
- 3** Place sliced potatoes in a steamer basket and put basket on the meat.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 10 minutes. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Preheat oven to 400°F.
- 7** Remove the steamer basket from the pressure cooker and toss a cup of frozen peas into the pressure cooker and mix-into the meat.
- 8** Remove the thyme sprig, if used, and let the cooker stand uncovered while you work on the potatoes.
- 9** Place the potatoes into a small mixing bowl. Pull on the corners of the potato skins (with fingers or tongs) and peel off the potato skin and discard. Add the milk and sprinkle with salt; mash until fluffy.
- 10** Pour the contents of the pressure cooker into a prepared deep 9 x 13" oven-safe dish.
- 11** Using a fork, drop mounds of potatoes over the meat mixture starting at the edge of the dish and working your way into the center. Then flatten with the back of the fork into an even layer.
- 12** Sprinkle the top with 2 tablespoons of chopped butter.
- 13** Bake, uncovered for 20 minutes or until the potatoes are browned. Let casserole stand for 5 minutes before serving.

Source: *Hip Pressure Cooking* Laura Pazzaglia,  
[www.hippressurecooking.com/comfy-cottage-pie-speedy-brit-comfort-food/](http://www.hippressurecooking.com/comfy-cottage-pie-speedy-brit-comfort-food/)

# LAMB WITH OLIVES

**Servings: 6**

**Timing: 12 minutes pressure cooking**

1 tablespoon olive oil

2 garlic cloves, minced

1 large onion, halved and cut into ½-inch slices

2½ pounds boneless lamb shoulder, trimmed and cut into 2-inch cubes

4 medium thin-skinned potatoes, scrubbed and quartered

2 whole large carrots, peeled

1 cup pimiento-stuffed green olives, divided

½ cup beef broth or bouillon

½ cup dry red wine\*

1 teaspoon ginger

½ teaspoon ground cinnamon

½ teaspoon ground cumin

½ teaspoon ground cardamom

½ teaspoon ground turmeric

½ teaspoon ground crushed red pepper flakes

Salt and ground black pepper, to taste

⅓ cup fresh cilantro, minced

Juice of ½ large lemon

\*Dry red wine substitutes per 1 cup: beef stock, nonalcoholic red wine, or unsweetened grape juice (same varietal if possible).

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Sauté the garlic and onion until the onion is lightly browned, stirring occasionally, about 3 minutes.
- 3** Add the lamb, potatoes, carrots, ½ cup of olives, broth, wine, spices, and salt and pepper to taste.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 12 minutes. Turn off heat or remove cooker from heat. Allow the pressure to drop naturally. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Cook lamb to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 7** Chop the carrots with a knife. Stir in the cilantro, lemon juice, and remaining ½ cup olives.
- 8** Serve over cooked noodles, couscous, or rice.

*Source: Cooking Under Pressure, Lorna Sass*

# RAGOUT OF LAMB WITH SAVORY DUMPLINGS

**Servings: 6**

**Timing: 5 minutes pressure cooking**

3 pounds lamb, fat-trimmed, cut into 1½-inch chunks

½ cup flour

1 teaspoon dry mustard

2 tablespoons vegetable oil

1 teaspoon salt

1 (10-ounce) can canned beef consommé

2 cups hot water

¼ teaspoon dried rosemary

2 teaspoons lemon juice

½ cup celery, sliced

6 small onions, peeled

8 small potatoes, peeled

1 cup frozen peas and carrots

3 tablespoons flour

¼ cup cold water

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Roll lamb lightly in flour mixed with the dry mustard.
- 3** Add the oil to the cooker and briefly heat. Add meat and brown in oil, turning several times.
- 4** Add salt, consommé, hot water, rosemary, and lemon juice.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6** While the stew cooks, prepare the dumplings by combining the baking mix, milk, butter, and spices in a medium bowl. Do not over-mix the batter. Set aside.
- 7** Add celery, onions, and potatoes to cooker.
- 8** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized.
- 9** Begin timing and cook for 5 minutes.
- 10** Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 11** Add frozen peas and carrots; continue to cook without lid. As soon as stew comes to boiling point, thicken with a smooth mixture of flour and water.
- 12** Use a tablespoon to measure out the dough and drop the spoonful into the ragout; cover. Continue to cook without pressure for approximately 15 minutes or until the dumplings are cooked though and fluffy.

## Dumplings

1½ cups all-purpose baking mix

⅔ cup milk

2 tablespoons butter, melted

1 tablespoon fresh chives, chopped

1 teaspoon dried parsley

1 teaspoon dried garlic powder

1 teaspoon dried onion powder

½ teaspoon paprika

½ teaspoon thyme



# Pork

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# GARLIC-STUDDED PORK LOIN WITH VEGETABLES

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**Servings: 4**

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**Timing: 5 minutes pressure cooking**

2 pounds boneless pork loin top roast, well-trimmed

4–5 small cloves garlic

Salt and ground black pepper, to taste

2 tablespoons vegetable oil

2 cups water or vegetable broth

1 bay leaf

1 medium onion, quartered

3 carrots, 1-inch diameter, cut into 2-inch pieces

2 celery stalks, cut into 1-inch pieces

3 medium russet potatoes, cut into quarters



- 1** Cut 1½-inch-deep slits into the top of the loin with a paring knife. Cut one hole about every inch, depending on your preference for garlic. Insert a garlic clove into each hole and push completely into the meat.
- 2** Season loin with salt and pepper, adding a pinch in the garlic holes as well.
- 3** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 4** Add the oil to the cooker and briefly heat. Brown roast well on all sides. Drain off excess oil.
- 5** Pour water in cooker; be sure cooker has cooled down and is not excessively hot. Add bay leaf. Place browned meat on cooking rack or in steamer basket. Be sure that the meat doesn't exceed the two-third full marking in the cooker.
- 6** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 7** Begin timing and cook for 30 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Remove meat. Place the potatoes on cooking rack or in steamer basket. Return meat on top of vegetables, making sure it does not extend beyond the two-third marking. Add butter.
- 9** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized.

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- 10** Begin timing and cook for 5 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 11** Cook pork to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 12** Remove pork and vegetables. Allow meat to rest for 5 minutes before slicing. The remaining cooking liquid makes a great sauce, either as is or lightly thickened.

*Source: Miss Vickie's Big Book of Pressure Cooker Recipes, Vickie Smith*

# ITALIAN TORTELLINI STEW

**Servings: 6**

**Timing: 5 minutes pressure cooking**

1 tablespoon olive oil  
1 onion, chopped  
1 clove garlic, sliced  
1 red pepper, seeded and chopped  
8 ounces mushrooms, sliced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 bay leaf  
1 teaspoon salt  
1 tablespoon tomato paste  
1 (28-ounce) can diced tomatoes  
2 cups chicken stock  
1 pound hot Italian sausage, crumbled  
¾ pound cheese tortellini  
2 carrots, sliced  
2 zucchini, sliced  
¼ cup fresh parsley, chopped or  
1 teaspoon dried parsley

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Add the onion, garlic, red pepper, mushrooms, oregano, basil, bay leaf, salt, and tomato paste; cook for a few minutes, stirring well.
- 3** Add the tomatoes, stock, sausage, tortellini, carrots, and zucchini; stir to combine.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 5 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Serve with parsley sprinkled on top.

*Source: The Blue Jean Chef, Meredith Laurence*

# PORK CHOPS À LA KING

**Servings: 6**

**Timing: 9 minutes pressure cooking**

6 pork chops, ½-inch thick

2 tablespoons oil

2 cups uncooked long-grain rice

2 (14-ounce) canned diced tomatoes, undrained

1 green pepper, seeded and chopped

4 tablespoons onion, chopped

2 teaspoons salt

½ teaspoon ground black pepper

½ teaspoon chili powder

2½ cups water

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Brown pork chops in hot oil in pressure cooker. Remove pork chops from cooker to a plate.
- 3** Place rice in hot oil in cooker. Stir constantly until browned. Add tomatoes, green pepper, onion, seasonings, and water; stir well. Add pork chops to the cooker.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly, or when a slow, steady release of steam is seen or heard, or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 9 minutes. Turn off heat or remove cooker from heat.
- 6** Allow the pressure to come down naturally, about 15 minutes. Unlock and open the pressure cooker. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook pork chops to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.

*Source: Recipe Goldmine*

# PORK CHOP MEAL

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**Servings: 2**

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**Timing: 6 minutes pressure cooking**

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## Pecan Broccoli

8 ounces (1½ cups) broccoli florets

2 teaspoons olive oil

Salt and ground black pepper, to taste

1 tablespoon toasted chopped pecans

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## Marmalade Apples

2 tart cooking apples such as Granny Smith, Braeburn, Crispin or Pink Lady

1 tablespoon butter, softened

1 tablespoon packed brown sugar

2 tablespoons orange marmalade

2 tablespoons toasted slivered almonds

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## Seasoned Pork Chops

2 boneless pork chops

1 tablespoon pork seasoning blend

1 teaspoon vegetable oil

1 tablespoon vegetable oil

1 cup water

- 1** Place broccoli on aluminum foil. Drizzle with olive oil; sprinkle with salt and pepper to taste. Wrap aluminum foil around broccoli to create a packet. Set aside.
- 2** Core apples, cutting to but not through the bottoms to create a cavity. Mix butter and brown sugar until well blended. Spoon 1 tablespoon mixture into center of each apple. Spoon marmalade over the butter mixture and top with almonds, dividing evenly. Set aside.
- 3** Season both sides of pork chops evenly with pork seasoning blend. Rub pork chops with 1 teaspoon oil.
- 4** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 5** Add 1 tablespoon oil to the cooker and briefly heat. Brown chops on both sides and remove to a plate.
- 6** Place greased cooking rack or steamer basket and 1 cup water in pressure cooker. Place chops on rack or in basket.
- 7** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard, or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 8** Begin timing and cook the pork chops for 3 minutes. Turn off heat or remove cooker from heat.
- 9** Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 10** Arrange apples on rack with chops; place foil packet of broccoli on top of chops.
- 11** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows it is pressurized.
- 12** Begin timing and cook the pork chops for 3 minutes. Turn off heat or remove cooker from heat.
- 13** Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.

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- 14** Cook pork chops to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 15** Arrange pork chops on serving plate. Sprinkle broccoli with pecans. Place apples in shallow dishes.

### HOW TO TOAST NUTS

Toasting nuts makes them crunchier and intensifies their flavor. In the case of thin-skinned nuts like hazelnuts or peanuts, it also makes removing their skins easier.

**To toast a small amount:** Place nuts in a skillet over medium-high heat and cook, stirring frequently, until they smell fragrant and turn a light shade of golden brown.

**To toast larger batches:** Spread the nuts in a single layer in a shallow baking pan and toast in a 375° oven for 5 to 15 minutes until the nuts are lightly browned and smell nutty.

**To remove skins after toasting:** Place them in a kitchen towel and rub vigorously. Most of the skins will fall right off.

*Source: National Presto Industries, Inc.*



# PORK WITH APPLES

**Servings: 6**

**Timing: 35 minutes pressure cooking**

3½ pound pork shoulder roast

3 tablespoons Dijon mustard

1 tablespoon vegetable oil

½ cup dry white wine\*

2 tart apples, peeled and quartered  
(such as Granny Smith, Braeburn,  
Crispin or Pink Lady)

5 cloves garlic, peeled

Salt and ground black pepper, to  
taste

3 sprigs fresh rosemary or 1  
teaspoon dried rosemary

Additional rosemary for garnish

\*Dry white wine substitutes per  
1 cup: 1 cup of mirin (sweet  
cooking rice wine), stock (chicken,  
vegetable, fish, veal) or ¾ cup white  
grape or apple juice plus ¼ cup  
lemon juice or vinegar.



- 1** Cut the pork roast in half to reduce cooking time and achieve even cooking throughout.
- 2** Spread the pork roast with mustard.
- 3** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 4** Add the oil to the cooker and briefly heat. Brown roast well on all sides. If it begins to smoke, reduce heat to prevent burning. Remove the roast and set aside.
- 5** Pour out excess fat. Deglaze cooker with wine, scraping up brown bits of meat.
- 6** Add apple, garlic cloves, salt, and pepper. Replace roast on top of apples and scatter with rosemary.
- 7** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 8** Begin timing at this point and cook for 35 minutes. Turn off heat or remove cooker from heat. Allow the pressure to drop naturally. Remove the lid, tilting it away from you to allow steam to escape.
- 9** Cook pork to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 10** Remove roast from cooker. Puree the apples and garlic with a hand blender or transfer solids to a blender or food processor to puree. Gently ladle sauce onto individual plates. Slice roast and place one slice on sauce on each plate; garnish with additional rosemary.

*Source: Quick Cuisine, Kuhn Rikon*

*continues page 40*



# PORK CHOPS AND CABBAGE

**Servings: 4**

**Timing: 7 minutes pressure cooking**

1 head cabbage (about a pound)

4 pork chops (¾-inch thick)

1 teaspoon fennel seeds (optional)

1 teaspoon salt

1 teaspoon ground black pepper

1 tablespoon vegetable oil

1 cup chicken or beef stock

2 tablespoons flour

- 1** Slice the cabbage in half and then into ¾-inch thick pieces; set aside.
- 2** Season pork chops with fennel seeds, salt, and pepper.
- 3** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 4** Add the oil to the cooker and briefly heat. Brown all the chops on one side only and set aside on a plate.
- 5** Add the cabbage slices to the empty pressure cooker. On top of the cabbage, arrange the pork chops with the brown side up, overlapping as needed. Pour any juice from the chops and the stock around the inside edge of the cooker.
- 6** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15psi) over high heat until the pressure indicator shows it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard, or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 7** Begin timing and cook for 7 minutes. Turn off heat or remove cooker from heat. Allow the pressure to drop naturally. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Cook pork chops to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 9** Using tongs, move the cabbage and pork chops to a serving platter and cover with foil while preparing the gravy.
- 10** Bring the leftover juices in the pressure cooker to a boil and whisk in the flour. Stir continuously until the sauce has thickened. Pour the sauce over the cabbage and pork chops.

*Source: Hip Pressure Cooking: Fast, Fresh, and Flavorful, Laura D.A. Pazzaglia*



# Poultry

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# CHEESY CHICKEN, BROCCOLI AND RICE

**Servings: 4**

**Timing: 6 minutes pressure cooking**

1 tablespoon vegetable oil

1 pound boneless, skinless chicken breasts, cubed

1 yellow onion, diced

1⅓ cups long-grain white rice, rinsed

2 cups chicken broth

¾ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon garlic powder

1½ tablespoons all-purpose flour

½ cup milk

1½ cups cheddar cheese, shredded

2 cups broccoli florets or green beans, thawed if frozen

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Add the cubed chicken and onion; sauté until chicken is lightly golden and onion is translucent.
- 3** Add rice, chicken broth, salt, pepper, and garlic powder.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 6 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Cook chicken to a minimum internal temperature of 165°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 180°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 165°F.
- 7** Whisk together the flour and milk.
- 8** With the cooker's lid off, set to high or brown and add flour mixture. Simmer for 2 minutes.
- 9** Stir in cheddar cheese and broccoli florets or green beans, and let simmer for 2 more minutes or until combined and broccoli florets or green beans are warm throughout.

*Source: Pressure Cooking Today*

# CHICKEN WITH ALMONDS AND RAISINS

**Servings: 4**

**Timing: 10 minutes pressure cooking**

2 tablespoons vegetable oil

3–3½ pound chicken, cut up, skin removed

1 small onion, diced

½ red or green pepper, seeded and diced

1 ½ teaspoons curry powder

½ teaspoon dried thyme

1 clove garlic, minced

1 (15-ounce) can tomatoes, chopped, undrained

½ cup water

3 tablespoons raisins, chopped

Salt and ground black pepper, to taste

Toasted blanched almonds  
(See page 39, How to Toast Nuts)

Hot cooked rice

- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Brown chicken, a few pieces at a time, and remove to a plate.
- 3** Add onion, pepper, curry powder, thyme, garlic, tomatoes, water, and raisins to cooker. Return chicken to pressure cooker.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 10 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Cook chicken to a minimum internal temperature of 165°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 180°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 165°F.
- 7** Season to taste with salt and pepper. Sprinkle chicken with almonds.
- 8** Serve with rice.

*Source: National Presto Industries, Inc.*

# CHILI-RUBBED DRUMSTICKS WITH ROASTED RED PEPPER QUINOA

**Servings: 6**

**Timing: 8 minutes pressure cooking**

2 teaspoons chili powder

1 teaspoon smoked paprika

2 teaspoons salt

12 chicken drumsticks

2 tablespoons vegetable oil, divided

1 onion, finely chopped

1 cup jarred roasted red pepper strips, chopped

½ teaspoon dried thyme

1½ cups quinoa

2½ cups chicken stock

1 teaspoon salt

Ground black pepper, to taste

¼ cup fresh parsley, chopped or green onions, thinly sliced

- 1** Combine the chili powder, paprika, and salt in a zipper lock plastic bag. Add the chicken drumsticks and shake around until evenly coated. If you have time to leave the chicken in the rub for up to 30 minutes, do so. Otherwise, proceed with the recipe.
- 2** Preheat a 6-quart range-top pressure cooker over medium-high heat or an electric pressure cooker turned to the browning function.
- 3** Add 1 tablespoon of the oil to the cooker and heat briefly. Add the drumsticks and cook until well browned on all sides. Remove to a side plate and reserve.
- 4** Add the remaining oil to the cooker and cook the onion until tender. Add the roasted red pepper strips and thyme; stir. Add the quinoa and stir to coat with the oil. Add the chicken stock, salt, pepper and then return the chicken legs to the cooker, placing them on top of the rice.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6** Begin timing and cook for 8 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook chicken to a minimum internal temperature of 165°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 180°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 165°F.
- 8** Remove the chicken to a side plate and fluff the quinoa with a fork. Serve the chicken and quinoa together and sprinkle with chopped parsley.

*Source: The Blue Jean Chef, Meredith Laurence*

# SUN-DRIED TOMATO-BASIL STUFFED PEPPERS WITH MARINARA SAUCE

**Servings: 6**

**Timing: 35 minutes pressure cooking**

1 tablespoon olive oil

½ onion, finely chopped

1 clove garlic, minced

1 (14-ounce) can diced tomatoes

1 (14-ounce) can tomato purée

Salt and ground black pepper, to taste

6 large bell peppers

1 pound ground turkey

1½ cups cooked rice (brown or white)

½ cup sun-dried tomatoes packed in oil, sliced

2 teaspoons dried basil

¼ cup milk

1½ teaspoons salt

½ teaspoon pepper

½ cup Swiss cheese, grated

¼ cup fresh basil leaves, shredded

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add oil to the pressure cooker and cook onion and garlic for 2 to 3 minutes. Add the tomatoes, season with salt and pepper and let the mixture come to a simmer while you prepare the peppers.
- 3** Slice off the tops of the peppers and chop the pepper tops. Set aside. Hollow out the bottoms of the peppers, removing the seeds and veins.
- 4** Meanwhile, combine the chopped peppers, turkey, cooked rice, sun-dried tomatoes, dried basil, milk, salt, and pepper in a bowl. Gently spoon this mixture into the pepper bottoms.
- 5** Place a steamer basket or rack in the pressure cooker. It's okay if the basket or rack touches the sauce. Place the stuffed peppers on top of the rack.
- 6** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 7** Begin timing and cook for 15 minutes. Turn off heat or remove cooker from heat. Use the natural release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Sprinkle the cheese on top of the peppers and return the lid to the turned off cooker for 2 minutes to let the cheese melt. Remove the peppers to a serving platter, add the basil to the sauce and pour the sauce over the top of the peppers.

*Source: The Blue Jean Chef, Meredith Laurence*

# LEMON ROSEMARY CHICKEN WITH RICE AND BROCCOLI

**Servings: 4**

**Timing: 6 minutes pressure  
cooking**

1 tablespoon olive oil

Juice of half lemon

1 teaspoon fresh rosemary,  
chopped or ¼ teaspoon dried  
rosemary

1 clove garlic, sliced

4 boneless skinless chicken  
breasts, cut in half

Salt and ground black pepper, to  
taste

1 tablespoon olive oil

1 onion, chopped

1 sprig fresh rosemary or 1  
teaspoon dried rosemary

1 teaspoon salt

½ cup white wine\*

1½ cups white or brown rice

2½ cups chicken stock

3 to 4 cups broccoli florets

1 teaspoon lemon zest, finely  
chopped

1 to 2 tablespoons fresh lemon juice

¼ cup fresh parsley, chopped, or 2  
teaspoons dried parsley

- 1** Combine 1 tablespoon oil, juice of half lemon, rosemary, and sliced garlic. Marinate the chicken for at least 30 minutes, or as long as 4 hours.
- 2** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 3** Season the chicken breasts with salt and pepper.
- 4** Add 1 tablespoon oil to the cooker and briefly heat. Sear the chicken until nicely browned on both sides, about 3 minutes each side. Remove and set aside.
- 5** Add the onion, rosemary, and salt; cook for 4 minutes.
- 6** Add the wine and simmer for 30 seconds to a minute. Stir in the rice and then pour in the chicken stock. Nestle the broccoli into the liquid and rice and return the chicken to the cooker, placing it on top of the other ingredients.
- 7** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 8** Begin timing and cook for 6 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 9** Cook chicken to a minimum internal temperature of 165°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 180°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 165°F.
- 10** Stir in the lemon zest, lemon juice, parsley.

\*Dry white wine substitutes per 1 cup: 1 cup of mirin (sweet cooking rice wine), stock (chicken, vegetable, fish, veal) or ¾ cup white grape or apple juice plus ¼ cup lemon juice or vinegar.

*Source: The Blue Jean Chef, Meredith Laurence*



# CHICKEN À LA KING

**Servings: 6**

**Timing: 8 minutes pressure cooking**

1 tablespoon olive oil

3 leeks, cleaned and sliced into 1-inch slices

3 carrots, peeled and sliced ¼-inch thick

3 ribs celery, sliced ¼-inch thick

3 cloves garlic, minced

8 ounces button mushrooms, quartered

1 bay leaf

1½ teaspoons dried thyme

6 boneless skinless chicken breasts, chopped into ½-inch cubes

2 cups chicken stock

2 tablespoons butter, room temperature

3 tablespoons flour

2 cups frozen peas

¾ cup half-and-half (or heavy cream)

1 tablespoon lemon zest

2 teaspoons salt

Ground black pepper, to taste

¼ cup fresh parsley, chopped or 2 teaspoons dried parsley

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the olive oil to the cooker and briefly heat. Cook the leeks, carrots, celery, and garlic for 5 minutes.
- 3** Add the mushrooms, bay leaf, thyme, chicken, and chicken stock to the pressure cooker. Stir to combine.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 8 minutes.
- 6** While the chicken is cooking, combine the butter and flour in a small bowl and mix into a paste. Set this aside.
- 7** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Cook chicken to a minimum internal temperature of 165°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 180°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 165°F.
- 9** Heat the range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function and add the frozen peas.
- 10** Stir the butter and flour paste into the stew and bring the mixture to a boil to thicken the sauce. Turn off the heat. Add the half-and-half and season with the lemon zest, salt, and pepper. Stir in the parsley.
- 11** Serve as a stew over mashed potatoes, pasta, or rice; or serve in a bowl with a biscuit or baked circle of puff pastry on top.

*Source: The Blue Jean Chef, Meredith Laurence*



# Beef

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# BEEF AND BROCCOLI

**Servings: 6**

**Timing: 12 minutes pressure cooking**

1½ pound boneless beef chuck roast, well-trimmed and sliced into thin strips

Salt and ground black pepper

2 teaspoons vegetable oil

1 medium onion, finely chopped

4 cloves garlic, minced

¾ cup beef broth

½ cup soy sauce or reduced sodium soy sauce

⅓ cup brown sugar

2 tablespoons sesame oil

⅛ teaspoon red pepper flakes

1 pound broccoli florets

3 tablespoons water

3 tablespoons cornstarch

Toasted sesame seeds for garnish, optional (See page 39, How to Toast Nuts)



- 1** Season beef with salt and pepper.
- 2** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 3** Add the oil to the cooker and briefly heat. Brown meat in batches until all meat is browned—do not crowd. Transfer meat to a plate when browned.
- 4** When all meat is browned sauté chopped onion to the cooker for 1 to 2 minutes until onion starts to soften. Add garlic, and sauté for 1 more minute.
- 5** Add beef broth, soy sauce, brown sugar, sesame oil, and red pepper flakes to the cooker. Stir until sugar is dissolved.
- 6** Add browned beef and any accumulated juices.
- 7** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 8** Begin timing and cook for 12 minutes. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 9** Place broccoli in microwave-safe bowl with ¼ cup water. Microwave 3–4 minutes until broccoli is tender.
- 10** In a cup combine cornstarch and water; stir until smooth. Add to cooker. Stir well to combine. Heat range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function. Stir until sauce comes to a boil and thickens. Add steamed broccoli.
- 11** Serve over hot, cooked rice and garnish with sesame seeds.

## ALTERNATIVE WAYS TO COOK THE BROCCOLI

- Steam the broccoli in a steamer basket over boiling water (not in the pressure cooker) for 5–8 minutes before browning the beef.
- Add the broccoli to the pressure cooking and let it steam in the sauce with the lid on and with the pressure cooker on the keep warm setting (electric) or turned off (range-top).

# BEEFY RICE

**Servings: 4**

**Timing: 10 minutes pressure cooking**

1 tablespoon olive oil  
1 onion, chopped  
1 clove garlic, minced  
1 pound ground beef  
2 carrots, sliced  
1 green pepper, seeded and chopped  
1 can cream of mushroom soup  
1 tablespoon Worcestershire  
2 cups beef stock  
1 cup brown rice  
1 cup cheddar cheese, shredded

- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Add onions and garlic; cook for a few minutes.
- 3** Add beef and cook until browned. Remove excess fat. Add remaining ingredients except cheese.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 10 minutes. Use the natural release method for 10 minutes then use cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Cook casserole to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until tests at 165°F.
- 7** If rice isn't done, turn to simmer and cook a few minutes longer. Stir in cheese.

Source: Cuisinart at <https://www.cuisinart.com/recipes/newlyweds/8459.html>

# CLASSIC BEEF STEW

**Servings: 6**

**Timing: 16 minutes pressure cooking**

1 tablespoon olive oil

1½ cups onions, coarsely chopped

¾ cup celery, finely diced

¾ cup carrot, finely diced

½ cup red wine\*

2 tablespoons tomato paste

1 cup beef broth

2 large bay leaves

½ teaspoon salt (omit if broth is salty)

3 pounds beef chuck, cut into 1 or 1½ inch chunks

1 to 2 teaspoons fresh thyme or ½ to 1 teaspoon dried thyme

Ground black pepper, to taste

2 to 3 teaspoons balsamic or other red wine vinegar (optional)

2 tablespoons cornstarch (optional)

1 cup frozen peas

2 tablespoons fresh parsley, chopped, for garnish

\*Dry red wine substitutes per 1 cup: beef stock, nonalcoholic red wine, or unsweetened grape juice (same varietal if possible).

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Stir in the onions, celery, and carrot. Cook over medium-high heat, stirring frequently, for 1 minute. Stir in the wine and tomato paste; cook until the liquid is reduced by half. Stir in the broth, bay leaves, and salt. Add the beef.
- 3** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 4** Begin timing and cook for 16 minutes. Turn off heat or remove cooker from heat. Allow the pressure to drop naturally. Remove the lid, tilting it away from you to allow steam to escape.
- 5** Cook beef to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 6** Skim off any fat that rises to the surface or degrease the broth in a fat separator. Discard the bay leaves. Stir in the thyme; salt and pepper to taste. Add a little vinegar to intensify the flavors.
- 7** If you wish to thicken the stew, blend the cornstarch into the 2 tablespoons water. Bring the stew to a boil, then lower the heat and stir in the cornstarch mixture. Cook at a gentle boil, stirring frequently, until the stew reaches the desired consistency, usually 1 to 2 minutes. Stir in the peas. Let the stew rest for 3 to 5 minutes before serving.

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### **COOK-ALONG CARROTS**

- Wrap 3 large, peeled carrots in a foil-packet and add along with the beef. After cooking, cut into chunks and stir into stew.

### **COOK-ALONG POTATOES**

- Set 4 to 6 medium potatoes, scrubbed or peeled, on top of stew. After cooking, serve potatoes either alongside stew or cube and stir into stew. Potatoes will quickly absorb much of the liquid and thicken stew, eliminating need for cornstarch.

### **VARIATIONS**

- Season stew with 1 to 2 teaspoons horseradish instead of balsamic vinegar.
- After degreasing broth, stir in 8-ounces frozen small whole onions or 12-ounces frozen cut string beans. Simmer until tender, 3 to 5 minutes.

*Source: Pressure Perfect, Lorna Sass*



# MEATLOAF WITH CHEDDAR SMASHED POTATOES AND CARROTS

**Servings: 6**

**Timing: 10 minutes pressure cooking**

## MEATLOAF

Cooking spray or oil for preparing steaming basket

2 large eggs

1 pounds meatloaf mixture or 8 ounces each ground beef, veal, and pork

1 cup onion, finely chopped

½ cup fresh flat-leaf parsley, finely chopped or 1 tablespoon dried parsley

¾ cup rolled oats (old-fashioned or quick-cooking)

½ cup catsup or chili sauce, plus 1 to 2 tablespoons additional to coat top of meatloaf

1 teaspoon salt

½ teaspoon granulated garlic or garlic powder

Ground black pepper, to taste

1 tablespoon fresh flat-leaf parsley, chopped, for garnish

- 1 Coat the bottom and sides of the steaming basket lightly with cooking spray or oil.
- 2 Beat the eggs in a large bowl. Add the ground meat, onions, parsley, oats, catsup, salt, garlic, and pepper. Mix with your hands until blended. The mixture may be fairly moist.
- 3 Transfer to the steaming basket and press into a disc of uniform thickness. If your steaming basket has a central lifting pole, either remove it or shape the loaf around it. Spread a very thin coating of catsup on top.
- 4 Pour 2 cups of water into a 6-quart or larger cooker. Place the potatoes in the water. Set the steaming basket with the meatloaf on top of the potatoes. Wrap the carrots tightly in foil and set them on top of the meatloaf.
- 5 Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6 Begin timing and cook for 10 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7 Use tongs to lift the foil-wrapped carrots.
- 8 Check the meatloaf for doneness: an instant-read thermometer inserted into the center should read at least 155°F. If the meatloaf requires more cooking, nestle (but do not lock) the lid in place and steam over high heat for another few minutes.
- 9 Lift the meatloaf basket from the cooker, garnish with parsley, and let rest in the basket for at least 5 minutes before slicing.

*continues page 57*



- 10** Meanwhile, prepare the potatoes: Drain the potatoes and return them to the empty cooker.
- 11** Set over very low heat. Add the cheese and milk. Use a masher to coarsely smash the potatoes. For a moister mixture, stir in additional milk. Add salt and pepper, to taste. Unwrap and slice the carrots.
- 12** To serve, either unmold the meatloaf or slice it right in the basket. Serve the potatoes and carrots alongside.

*Source: Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker,  
Lorna Sass*

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## CARROTS

5 large carrots, peeled or scrubbed, and trimmed (leave them whole)

## CHEDDAR-SMASHED POTATOES

3 pounds russet potatoes, scrubbed or peeled, cut into 2-inch chunks

1½ cups loosely packed (4 ounces) sharp cheddar cheese, shredded

½ cup milk, plus more if needed

Salt and ground black pepper, to taste

# CORNERED BEEF AND CABBAGE

**Servings: 6**

**Timing: 90 minutes pressure cooking**

3 pound flat cut cornered beef brisket with seasoning packet

4 cups beef broth

1 large onion, quartered

8 cloves of garlic

6 medium red potatoes, quartered

3 large carrots, cut into 2-inch pieces

1 small cabbage, cut into 6 wedges

- 1** Rinse the cornered beef under cold water to remove excess salt and gel.
- 2** Put the seasoning packet, beef broth, onion and garlic in to the pressure cooking pot. Put a rack in the pressure cooking pot. Place cornered beef on rack.
- 3** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 4** Begin timing and cook for 90 minutes. Turn off heat or remove cooker from heat. Use a natural pressure release for 10 minutes, and then do a cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 5** Cook beef to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F. Remove the rack and brisket from the pressure cooking pot. Cover the cornered beef with aluminum foil until ready to serve.
- 6** Add the potatoes, carrots, and cabbage to the broth in the pressure cooker.
- 7** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Begin timing and cook for 3 minutes. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8** Check the potatoes and if they're not tender enough, close cooker and cook an additional 3–5 minutes or simmer without the lid until done.

Source: Pressure Cooking Today, [www.pressurecookingtoday.com](http://www.pressurecookingtoday.com)

# UKRAINIAN-STYLE BEEF STEW WITH BEETS AND PICKLES

**Servings: 6**

**Timing: 20 minutes pressure cooking**

1 tablespoon vegetable oil

3 slices of bacon, chopped

1 large yellow onion, halved and thinly sliced into half-moons

3 pounds boneless beef chuck, cut into 1½-inch pieces

2 (15-ounce) cans diced beets, drained or 3 medium beets, peeled and sliced

2 small dill pickles, diced

1 tablespoon fresh dill, minced or 1 teaspoon dried dill weed

1 teaspoon garlic, minced

1 teaspoon ground black pepper

½ teaspoon caraway seeds

1 (14-ounce) can diced tomatoes

1 cup beef broth

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Add the bacon; cook, stirring often, until lightly browned, about 2 minutes. Add the onion; cook, stirring often, until translucent, about 4 minutes.
- 3** Add the beef; cook, stirring occasionally, just until the pieces lose their raw color, about 3 minutes. If using fresh beets, stir them in along with the pickles, dill, garlic, pepper, and caraway seeds. If using canned beets, you will stir them in later! Cook, stirring often, for 1 minute, until aromatic.
- 4** Stir in the tomatoes and broth, scraping up the browned bits on the bottom of the cooker as the sauce comes to a simmer.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6** Begin timing and cook for 20 minutes. Turn off heat or remove cooker from heat. Allow the pressure to drop naturally. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook beef to a minimum internal temperature of 145°F, as measured with a food thermometer, and allow to rest for at least 3 minutes or up to 160°F for well done. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until meat tests at 145°F.
- 8** Stir stew well. If using canned beets, add them to the stew; heat through before serving.

*Source: The Great Big Pressure Cooker Book: 500 Easy Recipes for Every Day and Every Machine, Both Stovetop and Electric, Bruce Weinstein and Mark Scarbrough*



# Pasta

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# BEEF AND MACARONI

**Servings: 6**

**Timing: 5 minutes pressure cooking**

1 tablespoon vegetable oil

1 pound lean ground beef

1 onion, finely chopped

1 green pepper, seeded and chopped

1 red pepper, seeded and chopped

1½ teaspoons dried oregano

1½ teaspoons dried basil

1 teaspoon paprika

1 teaspoon salt

Ground black pepper, to taste

1 (28-ounce) can diced tomatoes in juice

1 cup beef stock

¼ cup ketchup

½ pound dried elbow macaroni

1½ cups Parmesan cheese, grated  
or 1½ cups cheddar cheese, grated

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Brown the beef. Avoid breaking up the beef too much, but let it cook in larger chunks. Add the onion, chopped peppers, herbs, spices, salt, and pepper; cook for a few minutes, stirring well.
- 3** Add the tomatoes, stock, ketchup, and elbow macaroni.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 5 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Cook casserole to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 7** Stir the ingredients, season to taste with salt and pepper.
- 8** Serve with grated Parmesan cheese or for a cheesy dish, stir in the grated cheddar cheese.

*Source: The Blue Jean Chef, Meredith Laurence*

# CHEESY TUNA CASSEROLE

**Servings: 6**

**Timing: 4 minutes pressure cooking**

3 cups egg noodles, uncooked  
3 cups vegetable or chicken stock  
2 cans white tuna, drained well  
½ red pepper, seeded and finely diced  
2 tablespoons butter  
1 tablespoon Parmesan cheese, grated  
1 cup sharp cheddar cheese, shredded  
2 ounces cream cheese  
1 cup frozen peas, thawed  
Salt and ground black pepper, to taste

- 1** Add egg noodles, stock, tuna, pepper, and butter to the pressure cooker.
- 2** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 3** Begin timing and cook for 4 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 4** Cook casserole to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 5** Slowly stir in the Parmesan cheese, cheddar cheese, cream cheese, and peas until cheese are melted and cream. Salt and pepper to taste.

*Source: Bob Warden's Slow Food Fast, Bob Warden*

# LAMB PAPRIKASH WITH NOODLES

**Servings: 4**

**Timing: 8 minutes pressure cooking**

2 tablespoons olive oil

2 pounds leg of lamb, cut into 1-inch cubes

1 onion, chopped

2 tablespoons garlic, minced

1 tablespoon paprika

2 teaspoons chili powder

2 teaspoons dried parsley flakes

½ teaspoon ground black pepper

1 (28-ounce) can chopped tomatoes

3 cups uncooked wide egg noodles

1 cup sour cream

Paprika (optional)

- 1** Preheat a 6-quart range-top pressure cooker over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Add the meat, cook until browned on all sides, and set aside.
- 3** Add the onions and garlic to the cooker; cook, stirring, until slightly softened, about 3 minutes. Add the paprika, chili powder, parsley, and pepper, frying until the spices begin to sizzle.
- 4** Return the meat to the cooker. Add the tomatoes and egg noodles, and pour in enough water to barely cover the ingredients; stir to mix.
- 5** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6** Begin timing and cook for 8 minutes. Turn off heat or remove cooker from heat. Use the natural release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Cook casserole to a minimum internal temperature of 145°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 145°F.
- 8** Stir in the sour cream and heat through over medium heat. If wish, dust with paprika.

*Source: Miss Vickie's Big Book of Pressure Cooker Recipes, Vickie Smith*



# ONE-POT SPAGHETTI

**Servings: 4–6**

**Timing: 7 minutes pressure cooking**

2 tablespoons olive oil

1 pound hamburger

1 cup onion, chopped

1 clove garlic, mashed

2 (8-ounce) cans tomato sauce

1 cup dry red wine\*

2½ cups water or vegetable broth

1 pound spaghetti, uncooked,  
broken in half

1½ teaspoons Italian spice

1 teaspoon salt

¼ cup Parmesan cheese, grated

\*Dry red wine substitutes per 1 cup:  
beef stock, nonalcoholic red wine,  
unsweetened grape juice (same  
varietal if possible), soaking liquid  
from dried mushrooms or sun-dried  
tomatoes.

- 1** Preheat a 6-quart range-top pressure cooker set over medium-high heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Lightly brown hamburger, onion, and garlic, stirring occasionally to separate meat. Add all remaining ingredients except Parmesan cheese. Toss uncooked spaghetti in liquid so it separates. If spaghetti is too long, break strands in half.
- 3** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 4** Begin timing and cook for 7 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 5** Cook casserole to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 6** Stir cheese into mixture before serving.



# TORTELLINI ALFREDO WITH HAM

**Servings: 4**

**Timing: 4 minutes pressure cooking**

1 bag (13-ounces) cheese tortellini, dry (sold in pasta aisle)

1½ cups ham, cubed

2½ cups water

3 tablespoons butter

½ teaspoon garlic powder

¼ teaspoon ground black pepper

⅛ teaspoon nutmeg

¾ cup Parmesan cheese, grated

¾ cup milk

4 ounces cream cheese

Salt to taste

- 1** Add the tortellini, ham, water, butter, garlic powder, pepper, and nutmeg to a 6-quart range-top or electric pressure cooker.
- 2** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 3** Begin timing and cook for 4 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 4** Cook casserole to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 5** Slowly stir the Parmesan cheese, milk, and cream cheese until melted and creamy. Salt to taste.

*Source: Bob Warden's Slow Food Fast, Bob Warden*

# TURKEY TETRAZZINI

**Servings: 6**

**Timing: 4 minutes pressure cooking**

4 cups egg noodles, uncooked

3 cups chicken stock

2 cups cooked turkey, chopped or cubed

2 tablespoons butter

8 ounces mushrooms, sliced

1 cup Swiss cheese, shredded

¼ cup Parmesan cheese, grated

1 cup sour cream

¾ cup frozen peas, thawed

Salt and ground black pepper, to taste

1 cup butter crackers, crumbled

- 1** Add egg noodles, chicken stock, turkey, butter, and mushrooms to a 6-quart range-top or electric pressure cooker.
- 2** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 3** Begin timing and cook for 4 minutes. Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 4** Cook casserole to a minimum internal temperature of 165°F, as measured with a food thermometer. If undercooked, close cooker and cook an additional 3–5 minutes or simmer without the lid until food tests at 165°F.
- 5** Stir in Swiss cheese, Parmesan cheese, sour cream, and peas until cheeses are melted and mixture is creamy. Salt and pepper to taste. Serve topped with cracker crumbs.

*Source: Bob Warden's Slow Food Fast, Bob Warden*



# Seafood

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# FISH FILLETS

**Servings: 4**

**Timing: 4–7 minutes pressure cooking**

1 pound cherry tomatoes, halved and divided

4 white fish fillets (any white fish)

1 clove of garlic, pressed

Olive oil, divided

1 bunch of fresh thyme, divided

Salt and ground black pepper, to taste

1 cup black salt-cured olives (Kalamata)

2 tablespoons pickled capers

- 1** Line the bottom of the heat-proof bowl with half of the cherry tomato halves which keeps the fish filet from sticking, add thyme—reserve a few springs for garnish.
- 2** Place the fish fillets over the cherry tomatoes, sprinkle with remaining tomatoes, crushed garlic, a dash of oil, and a pinch of salt. Insert the dish in the pressure cooker; if your heat-proof dish does not have handles construct them by making a long aluminum sling.
- 3** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to low pressure (6–8 psi), if not available use high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 4** Begin timing and cook for 7 minutes at low pressure or 4 minutes at high pressure.
- 5** Turn off heat or remove cooker from heat. Use the quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 6** Distribute fish into individual plates, top with cherry tomatoes, and sprinkle with olives, capers, fresh thyme, pepper, and a little swirl of fresh oil.

*Source: Hip Pressure Cooking*

# FISH IN A PACKET

**Servings: 4**

**Timing: 10 minutes pressure cooking**

Parchment paper

3 small potatoes, thinly sliced

1 white onion, shaved into rings

Olive oil, divided

Salt and ground black pepper, to taste

4 fillets of grouper,\* fresh or frozen (thawed and drained)

4 sprigs of thyme or 2 teaspoons dried thyme

4 sprigs of parsley or 2 teaspoons dried parsley

1 lemon, sliced

\* Substitute fish with a firm texture, white meat with large flake, and a mild flavor such as sea bass,



- 1 Cut a long piece of parchment paper, lay the parchment paper over your pressure cooker, and fold it to fit about one inch from each side. Use the creases as folding “guidelines” so they fit in the cooker.
- 2 Use a mandoline on the thinnest setting to slice the potatoes and onions really thin. Lay out the parchment paper, and layer the ingredients in the following order: swirl of oil, single layer of thin potato slices, sprinkle of salt and pepper, swirl of oil, fish fillet, sprinkle of salt and pepper, swirl of oil, thyme and parsley, a couple of onion rings, lemon slices, and another swirl of oil.
- 3 Fold the paper packet. Next, cut a long piece of aluminum foil and wrap the paper packet snugly inside the tin foil.
- 4 Prepare pressure cooker by pouring in two cups of water, and inserting the steamer basket. You can cook about two fillets at a time or, if you have a tall pressure cooker, you can make a second layer using another steamer basket or trivet—just make sure that the packets have space all around for the steam to come in contact with them and heat them.
- 5 Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 6 Begin timing and cook for 10 minutes.
- 7 Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 8 Take out the packets and slide the parchment paper packet out of the foil onto individual plates. Open the packet with a pair of scissors or tear the paper open right before eating.

*Source: Hip Pressure Cooking*

# JAMBALAYA

**Servings: 6**

**Timing: 5 minutes pressure cooking**

1 tablespoon olive oil

1 pound Andouille sausage, cut into chunks

2 boneless skinless chicken breasts, cut into ½-inch pieces

1 onion, finely chopped

2 ribs celery, finely chopped

1 green pepper, seeded and finely chopped

4 cloves garlic, minced

1 teaspoon paprika

¼ teaspoon cayenne pepper

½ teaspoon dried oregano

½ teaspoon dried thyme

1 bay leaf

1½ cups long-grain rice

2 cups chicken stock

1 (14-ounce) can chopped tomatoes

1 tablespoon tomato paste

6 ounces smoked ham, diced

2 teaspoons Worcestershire sauce

1 teaspoon salt

12 large raw shrimp, peeled and deveined

4 scallions, sliced

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- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Brown the Andouille sausage and chicken pieces in batches. Set the browned meats aside.
- 3** Add the onion, celery, green pepper and garlic, and cook for 3 to 4 minutes.
- 4** Stir in the spices and rice and cook for a minute or so, stirring to coat the rice with the oil.
- 5** Add the stock, tomatoes, tomato paste, ham, Worcestershire sauce, and salt. Return the sausage and chicken to the cooker.
- 6** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 7** Begin timing and cook for 5 minutes.
- 8** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 9** Add the shrimp to the cooker, tucking them into the other ingredients and return the lid to the cooker. Let this sit for 8 minutes or until all the shrimp has cooked and turned bright pink. Stir everything together and scatter the scallions over top before serving.

*Source: The Blue Jean Chef, Meredith Laurence*



# SALMON RISOTTO WITH PEAS

**Servings: 6**

**Timing: 6 minutes pressure cooking**

1 teaspoon olive oil

1 medium onion, diced

2 cups Arborio rice (Italian short-grain rice) or medium-grain rice

½ cup dry white wine\*

2 can chicken broth

¾ cup water

½ teaspoon salt

¼ teaspoon ground black pepper

1 cups frozen peas

1½ teaspoons fresh lemon peel, grated

1 pound salmon fillet, skinless

\* Dry white wine substitutes per 1 cup: 1 cup of mirin (sweet cooking rice wine), stock (chicken, vegetable, fish, veal) or ¾ cup white grape or apple juice plus ¼ cup lemon juice or vinegar.

- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Add onion and cook 5 minutes or until golden, stirring occasionally. Stir in rice and cook 2 minutes, stirring frequently. Stir in wine and cook 30 seconds or until evaporated.
- 3** Stir broth, water, salt, and pepper into rice mixture.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 6 minutes.
- 6** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Return the cooker to the burner or switch the cooker to browning. Stir in frozen peas, lemon peel, and salmon. Cover cooker and let stand 5 minutes or until salmon is cooked through.

*Source: Vicki Hayman*



# SHRIMP AND ASPARAGUS RISOTTO WITH MUSHROOMS

**Servings: 4**

**Timing: 6 minutes pressure cooking**

2 teaspoons olive oil

1 small red or yellow onion, diced

1½ cups Arborio, Thai jasmine, carnaroli, or vialone nano rice

1 cup sliced cremini or white button mushrooms

½ cup dry white wine

3½ cups chicken broth, warmed for 1 minute in a microwave

1 tablespoon butter

1 cup asparagus, chopped

¾ pound large shrimp, defrosted if frozen, peeled and deveined

Heaping ¼ cup Parmigiano-Reggiano cheese, grated

½ teaspoon ground black pepper

- 1** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 2** Add the oil to the cooker and briefly heat. Stir in the onion, and cook for 2 or 3 minutes, until the onion is translucent.
- 3** Add the rice and the mushrooms, and cook, stirring, for 4–5 minutes, until the rice is coated with the oil and very lightly browning. Pour in the wine, which will bubble immediately. Stir for 1 minute, until most of the wine has been absorbed. Then add the chicken broth all at once.
- 4** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 5** Begin timing and cook for 6 minutes.
- 6** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 7** Return the cooker to the burner or switch the cooker to browning. Stir in the butter and asparagus. Cook for 1 minute, then add the shrimp.
- 8** Cook, stirring frequently, until the shrimp are pink and cooked through, approximately 3 minutes, and most of the liquid has been absorbed. Vigorously stir in the cheese until it is melted and evenly distributed throughout the risotto.
- 9** Remove the cooker from the heat or turn off the pot, and serve the risotto immediately. Any risotto that sits in the pot will begin to thicken as it cools.

*Source: The Perfect Pantry*

# SHRIMP SCAMPI WITH ASPARAGUS

**Servings: 2**

**Timing: 3 minutes pressure cooking**

8 tablespoons butter, divided

½ cup green onion, minced

2 tablespoons garlic, minced

2 teaspoons lemon juice

Salt and ground black, pepper, to taste

1 pound fresh asparagus, washed and trimmed

1 pound very large or jumbo raw shrimp; shelled and deveined

2 tablespoons parsley, minced

1 teaspoon lemon peel, grated



- 1** Rinse cleaned shrimp and pat dry with paper towels.
- 2** Preheat a 6-quart range-top pressure cooker set over medium heat or an electric pressure cooker turned to the browning function.
- 3** Melt 6 tablespoons butter in the cooker; sauté onion and garlic. Stir in lemon juice, salt, and pepper. Pour mixture into a metal bowl which will fit loosely in cooker. Add shrimp. Loosely cover bowl with a square of waxed paper or foil.
- 4** Trim off the bottoms of the spears and stack them on a doubled square of aluminum foil. Shape the foil into a tray around the spears, but leave the top open. Add two tablespoons butter.
- 5** Place water, rack, and the shrimp bowl in cooker. Place the asparagus tray on top of the shrimp bowl.
- 6** Cover and lock the lid in place. Place pressure regulator on vent pipe, if included. Bring the cooker to high pressure (15 psi) over high heat until the pressure indicator shows that it is pressurized. Depending on the model, pressure is reached when the pressure regulator begins to rock slowly or when a slow, steady release of steam is seen or heard or a button pops up. Once pressure is achieved on a range-top pressure cooker, lower the heat to the lowest setting that will stabilize and then maintain that pressure.
- 7** Begin timing and cook for 3 minutes.
- 8** Turn off heat or remove cooker from heat. Use the cold water or quick/automatic release method to reduce the pressure to normal. Remove the lid, tilting it away from you to allow steam to escape.
- 9** Remove the asparagus to a serving plate. Stir parsley, lemon peel, and hot sauce into the shrimp; pour into a serving dish.

*Source: Miss Vickie*

# Troubleshooting

To ensure best results when using a pressure cooker, read all the instructions and safety tips in the manufacturer's instructions.

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## **No steam is released by the vent pipe or operating valve.**

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Cause	Solution
<ul style="list-style-type: none"><li>• Pressure cooker is not properly locked.</li></ul>	<ul style="list-style-type: none"><li>• Check the lock. Follow the manual instructions to create a tight seal.</li></ul>
<ul style="list-style-type: none"><li>• Not enough liquid in the cooker.</li></ul>	<ul style="list-style-type: none"><li>• Make sure there is at least 1/2 cup or more of liquid in the cooker. Check your pressure cooker's instruction manual.</li></ul>
<ul style="list-style-type: none"><li>• Rubber sealing ring is not in place.</li></ul>	<ul style="list-style-type: none"><li>• Make sure the rubber sealing ring is well positioned.</li></ul>
<ul style="list-style-type: none"><li>• Rubber sealing ring is dirty or deformed, hard, brittle, cracked, worn, or pitted.</li></ul>	<ul style="list-style-type: none"><li>• Clean the rubber sealing ring or replace it if deformed, hard, brittle, cracked, worn, or pitted.</li></ul>
<ul style="list-style-type: none"><li>• Burner heat is not high enough.</li></ul>	<ul style="list-style-type: none"><li>• Turn up the heat until a stream of steam is released from the vent pipe.</li></ul>
<ul style="list-style-type: none"><li>• Vent pipe or operating valve is dirty or obstructed.</li></ul>	<ul style="list-style-type: none"><li>• Clean the vent pipe or operating valve after each use.</li></ul>

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## **A gentle, steady stream of steam is released from the vent pipe or operating valve and small drops of water condensation collect on the lid.**

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### Cause

- This is not a problem; the pressure cooker is operating normally.

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## **A large amount of steam is escaping continuously from the vent pipe or operating valve with or without drops of water condensation.**

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Cause	Solution
<ul style="list-style-type: none"><li>• Burner heat is too high.</li></ul>	<ul style="list-style-type: none"><li>• Lower the heat.</li></ul>
<ul style="list-style-type: none"><li>• Vent pipe is dirty or obstructed.</li></ul>	<ul style="list-style-type: none"><li>• Check the vent pipe for any remaining food particles.</li></ul>
<ul style="list-style-type: none"><li>• Safety valve is malfunctioning.</li></ul>	<ul style="list-style-type: none"><li>• Replace the safety valve according to manufacturer's instructions.</li></ul>

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**Steam is escaping around the edge of the lid.**

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Cause	Solution
<ul style="list-style-type: none"><li>• The pressure cooker is too full.</li></ul>	<ul style="list-style-type: none"><li>• Never fill the pressure cooker more than half or two-thirds full, depending on the type of food being prepared.</li></ul>
<ul style="list-style-type: none"><li>• The pressure cooker was not closed properly.</li></ul>	<ul style="list-style-type: none"><li>• Follow the instructions in the manual to close the cooker so a tight seal is created.</li></ul>
<ul style="list-style-type: none"><li>• The rubber sealing ring is not in place.</li></ul>	<ul style="list-style-type: none"><li>• Make sure the rubber sealing ring is well positioned.</li></ul>
<ul style="list-style-type: none"><li>• The rubber sealing ring is dirty or deformed, hard, brittle, cracked, worn, or pitted.</li></ul>	<ul style="list-style-type: none"><li>• Clean the rubber sealing ring or replace it if deformed, hard, brittle, cracked, worn, or pitted.</li></ul>

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**The pressure cooker cannot be opened after cooking.**

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Cause	Solution
<ul style="list-style-type: none"><li>• The pressure cooker is still under pressure.</li></ul>	<ul style="list-style-type: none"><li>• Use the cold water or quick/automatic release method to release any remaining pressure and try to open it again.</li><li>• Take the operating valve out and clean according to manufacturer's instructions.</li></ul>

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**The food is undercooked.**

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Cause	Solution
<ul style="list-style-type: none"><li>• Cooking time is too short.</li></ul>	<ul style="list-style-type: none"><li>• If you followed the cooking time in the recipe and food is undercooked, simmer without the lid (not under pressure) until desired doneness is reached. Note on recipe to extend the cooking time.</li></ul>
<ul style="list-style-type: none"><li>• The cold water or quick/automatic release method was used instead of the slower, natural method to release the pressure.</li></ul>	<ul style="list-style-type: none"><li>• Use the natural release method so the pressure drops more slowly.</li></ul>

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**The food is overcooked.**

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Cause	Solution
<ul style="list-style-type: none"><li>• Cooking time is too long.</li></ul>	<ul style="list-style-type: none"><li>• If you followed the cooking time in the recipe and food is overcooked, note on recipe to shorten the cooking time by at least 2 minutes next time.</li></ul>
<ul style="list-style-type: none"><li>• The natural method was used to release the pressure.</li></ul>	<ul style="list-style-type: none"><li>• Use the cold water or quick/automatic release method so the pressure drops immediately.</li></ul>

# RESOURCES

200 Best Pressure Cooker Recipes by Cinda Chavich

Bob Warden's Slow Food Fast by Bob Warden

Cooking Under Pressure by Lorna Sass

Cuisinart at <https://www.cuisinart.com/recipes>

Deep Fried...Something blog: Pressure Cooker Spaghetti

[fastcooking.ca](http://fastcooking.ca) at [https://fastcooking.ca/pressure\\_cookers/](https://fastcooking.ca/pressure_cookers/)

Hip Pressure Cooking by Laura Pazzaglia at <https://www.hippressurecooking.com/>

Hip Pressure Cooking: Fast, Fresh, and Flavorful by Laura D.A. Pazzaglia

[ifood.tv](http://ifood.tv) at <http://ifood.tv/>

Journal of Food Science

Miss Vickie at <https://web.archive.org/web/20160208235937/http://missvickie.com/howto/cooking101/lessonframe.html>

Miss Vickie's Big Book of Pressure Cooker Recipes by Vickie Smith

My Recipes at <http://www.myrecipes.com/recipe/lamb-mushroom-stew>

National Presto Industries, Inc. at <https://gopresto.com/recipes/ppc/index.php>

Partnership for Food Safety Education (PFSE), [www.fightbac.org](http://www.fightbac.org).

Plant Foods for Human Nutrition

Pressure Cooking Today at <http://www.pressurecookingtoday.com>

Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker by Lorna Sass

Quick Cuisine by Kuhn Rikon

Recipe Goldmine at <https://www.recipegoldmine.com/>

So Fast, So Easy, Pressure Cooker Cookbook... by Beth Hensperger and Julie Kaufmann

The Blue Jean Chef, Meredith Laurence at [http://www.qvc.com/footers/cd/pdf/K41143\\_K43570\\_K43575\\_Recipes.pdf](http://www.qvc.com/footers/cd/pdf/K41143_K43570_K43575_Recipes.pdf)

The Great Big Pressure Cooker Book: 500 Easy Recipes for Every Day and Every Machine, Both Stovetop and Electric by Bruce Weinstein and Mark Scarbrough

The Perfect Pantry at <http://www.theperfectpantry.com>

The Pressure Cooker Gourmet by Victoria Wise

USDA and the Partnership for Food Safety Education, Be Food Safe, [www.befoodsafe.gov](http://www.befoodsafe.gov).

USDA Food Safety and Inspection Service (FSIS), [www.fsis.usda.gov](http://www.fsis.usda.gov).

## ENDNOTES

- <sup>1</sup>Galgano, F., Favati, F., Caruso, M., Pietrafesa, A., and Natella, S. (2007). *The Influence of Processing and Preservation on the Retention of Health-Promoting Compounds in Broccoli*. Journal of Food Science, 72: S130–S135.
- <sup>2</sup>Yadav S.K., and Sehgal S. (1995). *Effect of home processing on ascorbic acid and beta-carotene content of spinach (Spinacia oleracea) and amaranth (Amaranthus tricolor) leaves*. Plant Foods for Human Nutrition, Feb; 47(2):125-31.
- <sup>3</sup>USDA and the Partnership for Food Safety Education, Be Food Safe, [www.befoodsafe.gov](http://www.befoodsafe.gov).
- <sup>4</sup>USDA Food Safety and Inspection Service (FSIS), [www.fsis.usda.gov](http://www.fsis.usda.gov).
- <sup>5</sup>Partnership for Food Safety Education (PFSE), [www.fightbac.org](http://www.fightbac.org).

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