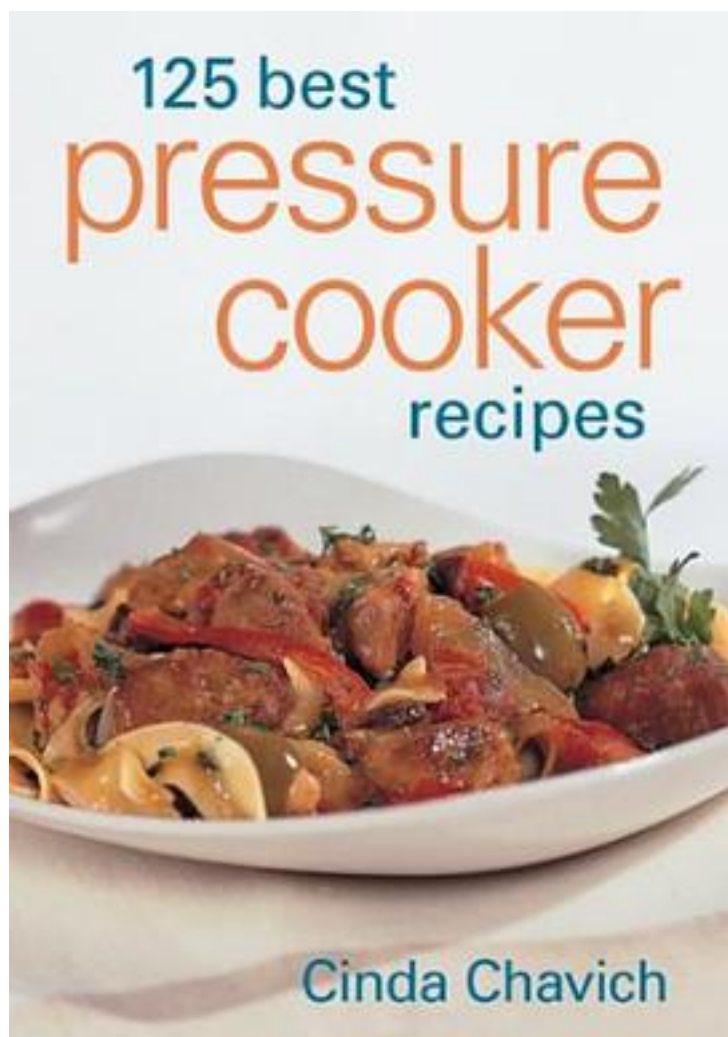


125 Best Pressure Cooker Recipes



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"One million pressure cookers are sold annually in North America." In only thirty

minutes a pressure cooker can prepare a tasty meal for the whole family. Advances in pressure cooker design have made these small appliances safer and more convenient than ever before. Meals cook 75 percent faster, and they are significantly healthier, since the food retains more of its nutrient value while requiring less fat. 125 Best Pressure Cooker Recipes has recipes specially designed to take advantage of what pressure cookers do best. Pressure cookers are amazingly versatile: Starters such as Braised Artichokes with Red Pepper Aioli and Winter Mushroom and Barley Soup Delicious main course offerings include Chicken Stew with New Potatoes and Baby Carrots and Beef Shortribs in Barbecue Sauce Cajun Seafood Gumbo is outstanding when prepared in a pressure cooker as are side dishes like Maple Pork and Beans with Apples and Roasted Garlic Risotto with Asiago Orange Espresso Cheesecake and Cool Lemon Custards with Fresh Berry Compote are winners. There is comprehensive information on all aspects of pressure cooking, including guidelines for adapting your own recipes, compensating for the effects of altitude on pressure cooking, as well as a comparison of the various styles and models of cookers on the market.

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