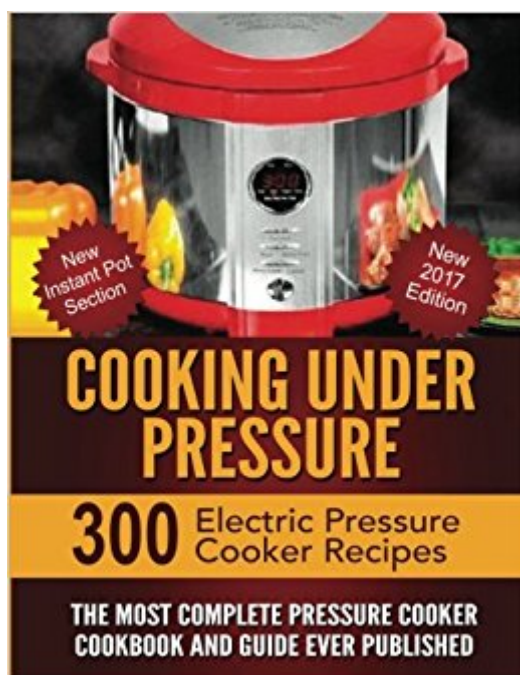


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Cooking Under Pressure: The Most Complete Pressure Cooker Cookbook And Guide



Synopsis

The Ultimate Electric Pressure Cooker Cookbook and Guide, "Cooking Under Pressure" Revised Edition 2017" (now with 300 electric pressure cooker recipes) and a Quick and Easy Dump recipe section, is the most complete electric pressure cooking book and guide ever published for Electric Pressure Cookers. The recipes can be converted for The Instant Pot Pressure Cooker and stove top conventional pressure cookers as well. A Wolfgang Puck Electric Pressure Cooker was used to develop over 200 recipes in this book. There is also an Instant Pot section with Instant Pot recipes and tips on how to convert recipes for Instant Pot use. These digital electric pressure cookers are fast becoming a staple in more and more kitchens every day! Electric Pressure Cooking is easy, but there are a lot of tricks in this book you can use to make your food even better. None of them are very difficult, and they can really enhance both the flavor, and appearance of your culinary creations. "Cooking Under Pressure" is not just another collection of cute pressure cooker recipes. It is an entire instructional to owning and using your electric pressure cooker, with tips on getting the most out of your unit, safety, maintenance, and even some history. It goes far beyond the meager information provided in most Owners Manuals, Learn how easily you can create healthy and nutritious meals in less than half the time and how to convert your favorite recipes for pressure cooker use, This is THE Pressure Cooker Cookbook! Newly updated and now contains 250 Electric Pressure Cooker recipes for electric pressure cookers! If you have just bought an electric pressure cooker, or have one in your kitchen but you're not sure how to use it, this book is a MUST HAVE! If you thought pressure cookers were kind of old fashioned and out of date, you need to look again, especially at the newer self contained plug-in models, which can cook your food for you in a fraction of the normal time (without compromising on nutritional content or taste). 90% of the potential of your pressure cooker is going to waste if you don't learn these imaginative and valuable tips and recipes. You will be producing sumptuous meals and treats for your family in a fraction of the time you would spend on conventional cooking methods! You will be amazed at how easy, time-saving and flavor-enhancing these methods are. This is the Owner's Manual your pressure cooker SHOULD have come with!

Book Information

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Customer Reviews

I am just beginning to learn to use my new pressure cooker, so I thought this cookbook might be helpful. I wanted to make mashed potatoes and wanted to know how long to cook them. The closest recipe I could find was one for potato soup. It used fresh potatoes, but it also used instant. Why would I want to use instant potatoes? I wouldn't! I have managed for years to make a wonderful potato soup without them. I could only surmise the author either did not test his recipes very well, or used too much liquid in the recipe, if he had to resort to using instant potatoes to thicken the soup. I looked over a few more recipes and saw that the author relies heavily on the use of canned soups. I do not use canned soups. They use too much salt, and they use a vast amount of glutamic acid, in the form of M.S.G. or other chemicals. If I am going to go to the trouble to cook, I want real food, not processed foods loaded with chemicals that are going to make me sick! This is not a cookbook I will use in my kitchen, even when I am just learning to use the pressure cooker.

First the printing and editing is very poor, as mentioned in other reviews. I tried a meat recipe from this book and that is the only reason I gave it two stars for the meal was OK. The problem is not the recipes but the electric pressure cooking times are way off for my electric pressure cooker. One example is the Navy bean soup recipe, which includes searing the vegetables, using un-soaked beans and a total 45 minutes cooking time. His cooking time list for legumes on page 91 shows 60 minutes to cook non-soaked navy beans, and does not include a searing time for vegetables. Fifteen minutes extra time in his list compared to his own navy bean soup recipe doesn't make sense. My electric cooker manual for cooking navy beans and two other pressure cooker books shows an average cooking time for non-soaked navy beans to be 22 - 30 minutes. Using my electric pressure cooker, bought from and using the recipe manual that came with it, I used 26 minutes of pressure time for Navy bean soup and it was perfect.

Most of the intro within seems to be almost verbatim from other books. There are recipes that spill

onto other pages, and seem disconnected. It is as if the computer spit out what it thought would fit on the page, without regard to the contents. The rice pudding recipe- I can not tell how much of an ingredient to put in, as it lists 2 measurements, and I do not know which one to use. Typos...A lot of the cooking times for the recipes are left open for you to figure out. My problem is that I bought 2 of these for gifts, and was completely embarrassed to have sent it sight unseen. Going out in my next yard sale

I really enjoyed this book. The author did a great job of explaining how pressure cookers work and gave tips on buying and caring for them. The recipes are great because they are everyday recipes that families can use. No fancy restaurant recipes that are hard to cook. For those that want a no nonsense pressure cooker cookbook this is one of the best I have purchased.

Cooking Under Pressure: The Most Complete Pressure Cooker Cookbook and Guide I just got this book & all I can say is it's going back. It is so far from the description given on the listing. Quoted from the product listing "Edition #3" (now with 175 electric pressure cooker recipes) and a Quick and Easy Dump recipe section, is the most complete electric pressure cooking book and guide ever published for Electric Pressure Cookers". Very inaccurate description. It is not the most complete nor is it even close. First of all it's all in black & white. What few (VERY FEW) photos are in the book are black & white (more like grey) very pale or poor quality including the cover photo which is so blurry you can't see anything clearly. I have self-published 4 books myself that are 100% better quality than this. Part of the attraction about recipes & food is the visual presentation. People want to see what the food looks like & the photos in this book while perhaps the intention was to have good eye appeal perhaps if the photo quality was better & they were in color they would have accomplished that. In most cases it's hard to even identify what the food actually is other than it being on the page with the title of the recipe. This book fails to inspire! Recipe's give you cooking times only, no settings mentioned. Save your money, it's not worth it even if it was half price!

What was worth three stars:- Information on pressure cookers is helpful, especially if you are new to using a pressure cooker.- I have made three or four of the recipes and they were good.- The cooking time charts in the Appendix are good reference guides.- Good explanation of techniques, especially cooking with parchment paper in a pressure cooker. Why only three stars:- Instructions in recipes for electric pressure cookers only. I have stove top cookers.- Poorly published. Obviously not edited by a professional, typos. No color pictures of food. It appears that additional recipes were

thrown in at the end as an afterthought, but no one at the publishers bothered to format the pages (imagine a recipe starting four inches down from the blank top of the page and then having to turn the page to read the last two lines of the recipe) or to number the pages even though the table of contents has numbers for the pages. If this didn't have a publisher listed, I would say it was a self published disaster.

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