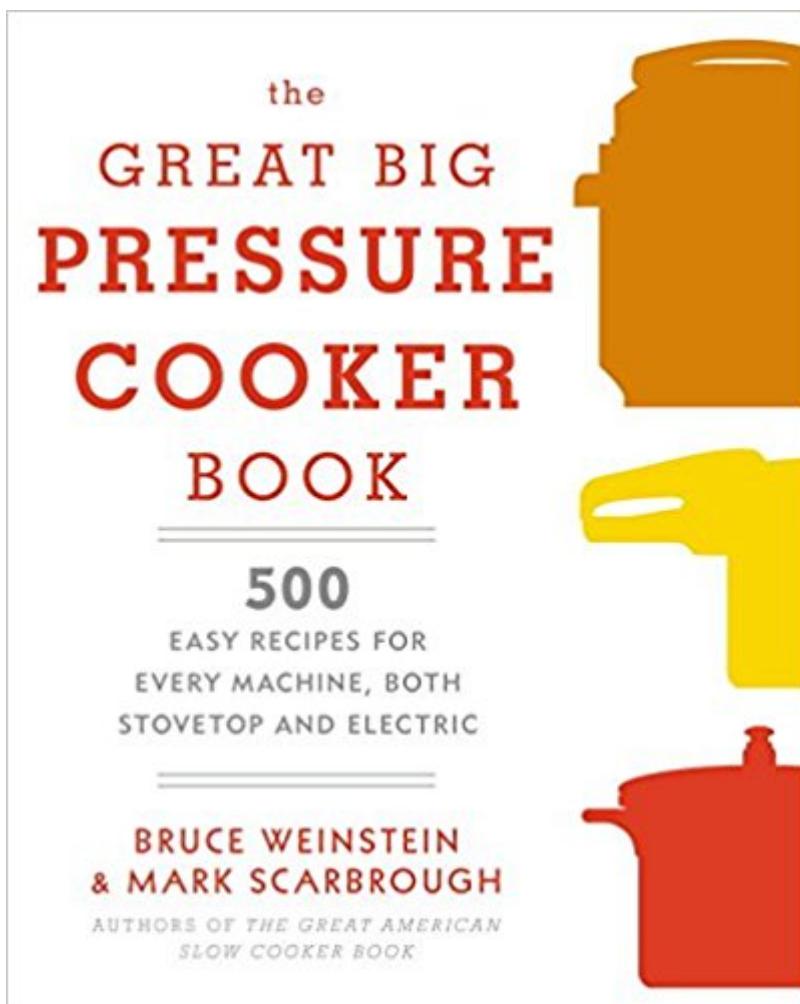


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The Great Big Pressure Cooker Book: 500 Easy Recipes For Every Machine, Both Stovetop And Electric



Synopsis

The ultimate in pressure cooker books--with 500 recipes for breakfasts, soups, mains, grains, vegetables, and desserts--each adapted for stovetop or electric models, such as Instapot. The old-fashioned pressure cooker has been rediscovered by modern home cooks, both for its quick-cooking powers (dried beans are perfectly soft in 35 minutes; risottos are tender in 20 minutes) and for its ability to infuse foods with intense flavor (carrots become sweeter, meat more savory). The Great Big Pressure Cooker Book has recipes for every device, stovetop and electric, no matter the manufacturer. Whether you're seeking an adventurous array of spices, found in dishes such as Cherry Chipotle Pulled Chicken or Smashed Sweet Potatoes with Pineapple and Ginger, or pure comfort food, like French Toast Bread Pudding or Classic Pot Roast and Potatoes, you'll find the perfect recipe--each labeled by level of ease--to feed your family. This is the only pressure cooker book you'll ever need.

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BRUCE WEINSTEIN and MARK SCARBROUGH are the creators of The Great American Slow Cooker Book as well as the bestselling Ultimate Cookbook series (on subjects as diverse as pizza, ham, candy, shrimp, and peanut butter), Goat: Meat, Milk, Cheese, and Grain Mains. They were nominated for a James Beard Award in 2011 and are regular contributors to WeightWatchers.com and Eating Well, Cooking Light, and the Washington Post.

chapter 1 Breakfast Who digs a pressure cooker out of the cabinet on a busy Tuesday morning? Not us— but we do get it out for a Saturday mid-morning breakfast or any time we have weekend guests in from New York City. Or on the holidays when we've got a house full of family. Or during busy photo shoots when we want a hot breakfast. Come to think of it: we've probably pulled out the pressure cooker on a Tuesday morning. Using a pressure cooker for breakfast isn't just about faster cooking; it's also about better cooking. Toast is fast. A pressure cooker layers depths of flavor in breakfast casseroles and compotes, hashes, and even porridges, all without much effort. Take steel-cut oats. Yes, they're done in minutes under pressure, as opposed to a long simmer in a saucepan. But they're also done better: they not only take on the vaunted creaminess that long-cooking affords but also pick up more flavor from the surrounding liquid and dried fruit. Retaining a bit of firmness underneath the velvety luxury, they end up with better texture and a more intense flavor. They're definitely more satisfying than any microwave fare. You may also be surprised at how pressure cooks eggs: the whites stay creamy and delicate; the yolks, set to your preference. At this point, we can't imagine making soft-boiled eggs any other way. Of course, there's a debut or two: pay attention to the stated release in these recipes and follow the instructions carefully. Some grains get foamy under pressure and will spurt out of the pressure valve if you attempt a quick release when a natural one is called for. Others need a bit of time under a natural release so they can absorb moisture and get tender without going gummy. Most whole grains need to be presoaked. And be prepared to eat when breakfast is ready. Many of these dishes aren't forgiving: bread puddings can get dry; eggs can turn tough. So make the coffee, set the table, and prepare the breakfast recipe as the last task in the list. Listen, that's not a bad thing. If ever a meal called for efficiency, it's breakfast. The day awaits! One more thing: we've adjusted the Effort label in this first chapter. That is, recipes that might have been marked a little in a subsequent chapter are labeled a lot of effort here. Given that we stumble around half blind before our second cup of coffee, we sometimes think melting butter in the morning qualifies as heroic. So here are some fine hot cereals, breakfast bread puddings, potato hashes, and fruit compotes. We've even got a fine and fast sausage gravy, a sweet breakfast version of polenta, and an innovative top-of-the-morning risotto for a special treat. You provide the toast and coffee; the pressure cooker will do the rest.

Apple Maple Oatmeal
Effort: Not much **Pressure:** High **Time under pressure:** 12 or 18 minutes **Release:** Natural **Serves:** 4
1/2 cup steel-cut oats
1/2 cup chopped dried apples
1/4 cup maple syrup
1/4 cup sliced almonds
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
Mix everything with 2 1/4 cups water in a 6-quart stovetop or

electric pressure cooker.2Lock the lid onto the pot.STOVETOP: Set the pot over high heat and bring it to high pressure (15 psi). Once the pressure has been reached, reduce the heat as much as possible while keeping this pressure constant. Cook for 12 minutes.ORELECTRIC: Set the machine to cook at high pressure (9â "11 psi). Set the machineâ "s timer to cook at this pressure for 18 minutes.3Reduce the pressure.STOVETOP: Set the pot off the heat and let its pressure return to normal, about 10 minutes.ORELECTRIC: Turn off the machine or unplug it so it Â-doesnâ "t jump to its Â-keep-Â-warm setting. Allow the potâ "s pressure to return to normal, 10 to 12 minutes.If the pressure in the pot Â-hasnâ "t come back to normal within 12 minutes, use the Â-quick-Â-release method to bring it back to normal.4Unlock and open the pot; stir well before serving.

Testersâ " NotesThis is a Â-whole-Â-grain breakfast in minutes! Itâ "s one of the perks of owning a pressure cooker.Use only Â-steel-Â-cut oats (also called Â-œpinhead oatsâ • or Â-œIrish oatsâ •), not rolled oats and not the more ground Scottish oats, and certainly not instant oats.

Â-Steel-Â-cut oats are the whole groats (bran, germ, and endosperm), cut into smaller pieces.Donâ "t even think about using anything but real maple syrup in this recipe.You can substitute chopped dried pears, nectarines, peaches, or apricots for the apples.Serve It Up!â "Warm some milk, Â-half-Â-and-Â-half, or cream in a small saucepan over low heat or in the microwave for a couple of minutes on high (but do not boil). Pour over each serving.

Creamy Banana Oatmeal

Effort: Not much â " Pressure: High â " Time under pressure: 12 or 18 minutes â " Release: Natural â " Serves: 41/2 cup Â-steel-Â-cut oats1/2 cup packed light brown sugar2 ripe bananas, chopped2 teaspoons vanilla extract1/2 teaspoon ground cinnamon1/4 teaspoon salt1/4 cup heavy cream1Mix the oats, brown sugar, bananas, vanilla, cinnamon, and salt with 21/4 cups water in a Â-6-Â-quart stovetop or electric pressure cooker until the brown sugar dissolves.2Lock the lid onto the pot.STOVETOP: Set the pot over high heat and bring it to high pressure (15 psi). Once this pressure has been reached, reduce the heat as much as possible while maintaining this pressure. Cook for 12 minutes.ORELECTRIC: Set the machine to cook at high pressure (9â "11 psi). Set the machineâ "s timer to cook at high pressure for 18 minutes.3Reduce the pressure.STOVETOP: Set the pot off the heat and let its pressure fall to normal naturally, about 10 minutes.ORELECTRIC: Turn off the machine or unplug it so it Â-doesnâ "t flip to its Â-keep-Â-warm setting. Allow the potâ "s pressure to come to normal naturally, 10 to 12 minutes.If the potâ "s pressure Â-hasnâ "t returned to normal within 12 minutes, use the Â-quick-Â-release method to bring it back to normal.4Unlock and open the cooker. Stir in the cream and set aside for 1 minute to warm before serving.

Testersâ " NotesDonâ "t double the amount of oats in any of these porridges: the grains are stocked with a sticky starch that will rise up and clog

the pressure release valve. If you've got more than four persons for breakfast, make two batches. For the best flavor, the bananas should be quite ripe, their skins mottled with plenty of brown spots. Look for the ones just about to be discounted: these are the best candidates. You can substitute light cream, Â·half-Â· and Â·half, regular evaporated milk, or almond milk for the heavy cream.

Bulgur, Oat, and Walnut Porridge

Effort: A little **Pressure:** High **Time under pressure:** 16 or 24 minutes **Release:** Quick **Serves:** 6 to 8

1/2 cup Â· steel-Â· cut oats
1/2 cup bulgur
1/2 cup chopped walnuts
1/2 cup maple syrup
1/2 teaspoon ground cinnamon
1/2 teaspoon salt

Mix everything with 4 cups water in a Â·6-Â· quart stovetop or electric pressure cooker.

2 Lock the lid onto the pot.

STOVETOP: Set the pot over high heat and bring it to high pressure (15 psi). Once this pressure has been reached, reduce the heat as much as possible while keeping the pressure constant. Cook for 16 minutes.

ORELECTRIC: Set the machine to cook at high pressure (9â "11 psi). Set the machineâ "s timer to cook at high pressure for 24 minutes.

3 Use the Â·quick-Â· release method to bring the potâ "s pressure back to normal.

4 Unlock and remove the lid. Set the stovetop cooker over medium heat or turn the electric cooker to its browning function. Bring to a simmer, stirring often. Cook, stirring constantly, until slightly thickened, about 2 minutes.

Testersâ "Notes Because of the way bulgur absorbs water, there may be a little liquid left in the cereal after Â·cookingâ "Â· a good thing, since it can scorch otherwise. So we advise simmering the cereal after cooking under pressure. That said, if you open the pot and find the porridge has a consistency to your liking, thereâ "s no need for that extra work in step 4.

Bulgur is sold by Â·grindsâ "Â· fine, Â·medium-Â· coarse, and Â·extra-Â· coarse. However, those grinds are often not labeled on the packaging except in certain brands sold at Â·health-Â· food or gourmet stores. Any grind will work here, although fine (sometimes labeled â œinstantâ •) is probably the least successful, more like Cream of Wheat.

Maple syrup is sold by grades, with some packagers using letters and others using numbers: A or 1 is the lighter in flavor. Grade A or 1 is further broken down into light amber, medium amber, and dark amber. While many people like Grade A or 1 for pancakes, we prefer Grade B or 2 because of its more assertive flavor, including darkly herbaceous notes to pair against the other intense flavors.

Substitute chopped pecans or pistachios for the walnuts.

Serve It Up! Put a pat of butter and some freshly grated nutmeg on each serving.

Cheesy Grits

Effort: A lot **Pressure:** High **Time under pressure:** 12 or 18 minutes **Release:** Modified natural **Serves:** 4 to 6

1 cup corn grits (not instant)
2 tablespoons unsalted butter, cut into very small bits
1/2 teaspoon salt
1 cup finely grated Cheddar cheese, preferably white (about 4 ounces)
Bottled hot red pepper sauce, such as Tabasco, to taste

1 Set the pressure cooker rack inside a stovetop or electric cooker; pour in 2 cups water. Make an aluminum foil sling (see page 19)

and set a 2-quart, high-sided, round baking or soufflÃ© dish on it. Mix the grits, butter, and salt with 2 1/2 cups water in the baking dish until smooth. 2 Use the foil sling to lower the uncovered dish onto the rack in the cooker. (Do not cover the baking dish.) Fold the ends of the sling so they'll fit inside the cooker. 3 Lock the lid onto the pot. STOVETOP: Set the pot over high heat and bring it to high pressure (15 psi). Once this pressure has been reached, reduce the heat as much as possible while keeping this pressure constant. Cook for 12 minutes. ORELECTRIC: Set the machine to cook at high pressure (9â 11 psi). Set the machine's timer to cook at this pressure for 18 minutes. 4 Turn off the heat and/or unplug the machine. Set aside for 5 minutes, then use the quick-release method to drop the pot's pressure back to normal. 5 Unlock and remove the lid. Lift the baking dish out of the cooker with its sling, steady it as necessary to get it to a cutting board. Stir in the cheese and hot red pepper sauce; set aside for 1 minute to melt the cheese before serving.

Testers' Notes

If you've never had cheese grits from a pressure cooker, you're missing the creamiest cheese grits available. The intense cooking environment forces just the right amount of moisture into the bits of corn, and even without stirring, it's perfect every time. There's no reason to use a run-of-the-mill hot red pepper sauce here. Check out versions with smoky chipotles or even fiery habanero chiles.

Serve It Up

Spoon the grits onto a plate and top each serving with a fried egg; serve bacon on the side.

Apple, Ham, and Grits Casserole

Effort: A lot **â¢ Pressure:** High **â¢ Time under pressure:** 15 or 22 minutes **â¢ Release:** Quick **â¢ Serves:** 4 to 6

2 tablespoons unsalted butter, plus more for buttering the dish

8 ounces Canadian bacon, chopped

1 medium tart green apple, such as Granny Smith, peeled, cored, and chopped

4 medium scallions, green and white parts, trimmed and sliced into thin bits

1 teaspoon dried thyme

3/4 cup quick-cooking or instant grits

2 large eggs, lightly beaten

1/2 cup shredded Cheddar cheese (about 2 ounces)

1 Melt the butter in a 6-quart stovetop pressure cooker set over medium heat or in a 6-quart electric pressure cooker turned to the browning function. Add the Canadian bacon; cook, stirring often, for 1 minute. Add the apple, scallions, and thyme; cook for 1 more minute, stirring constantly. Scrape the contents of the cooker into a large bowl. Wipe out the cooker with a damp paper towel.

2 Set the stovetop model back over medium heat or turn the electric one back to its browning or simmer mode. Add 3 cups water and bring to a boil. Whisk in the grits and cook, whisking all the while, until thickened, about 5 minutes. Scrape the grits into the bowl with the bacon mixture; cool for 10 minutes. Wash and dry the cooker.

3 Set the pressure cooker rack inside the cooker and pour in 2 cups water. Make a foil sling (see page 19) and set a 2-quart, high-sided, round baking or soufflÃ© dish on top of it. Lightly butter the inside of the dish.

4 Stir the eggs and cheese into the grits mixture until uniform and well combined. Spread the mixture in

the prepared baking dish; cover and seal with foil. Lower the dish onto the rack in the cooker with the sling. Fold the ends of the sling so they'll fit inside the cooker. 5 Lock the lid onto the pot. STOVETOP: Set the pot over high heat and bring it to high pressure (15 psi). Once this pressure has been reached, reduce the heat as much as possible while keeping this pressure constant. Cook for 15 minutes. ORELECTRIC: Set the machine to cook at high pressure (9 "11 psi). Set the machine's timer to cook at this pressure for 22 minutes. 6 Use the "quick" release method to bring the pot's pressure back to normal. 7 Unlock and open the cooker. Use the sling to transfer the baking dish to a wire cooling rack, steadying the dish as necessary. Uncover, cool a couple of minutes, and spoon the casserole onto individual plates to serve. Testers' Notes Here's the perfect brunch dish: a creamy, cheesy casserole with big flavors. You just need the mimosas. Be careful: the cooker will be hot as you wipe it out between steps of this recipe. You can make the recipe through step 3 up to 1 hour in advance. Try substituting one ripe Bosc pear for the apple. You can also substitute Monterey jack or Swiss for the Cheddar. Serve It Up! For breakfast, garnish with maple syrup. For lunch, offer a tossed green salad on the side. For dinner, pour a glass of Sauvignon Blanc. Breakfast Polenta with Pine Nuts and Honey Effort: Not much. Pressure: High. Time under pressure: 8 or 12 minutes. Release: Quick. Serves: 6

I recently purchased an electric pressure cooker, and the few recipes and instructions I received with it were pitiful. I was pretty much on my own. I had found some recipes on Pinterest, but someone recommended this book to me, and I right away ordered it. I LOVE this book!!! It's full of 500 recipes, and most of them are fairly easy, with ingredients that you're likely to have on hand. I have a pressure canning group on Facebook, and have recommended it to everyone, as well as shared recipes that I've tried. I've also recommended this book on the reviews for the Power Pressure Cooker. (I wonder if they've seen a spike in sales :P) So far, there has been nothing that hasn't turned out perfect, and surprisingly delicious. I especially love the soup section. 5 to 8 minutes of cook time!! I also love the fact that not only are the ingredients pretty common, they also give you options if you want to change up an ingredient, and they also provide times for both stove top and electric pressure cookers. The book is full of helpful tips and information, as well. I highly recommend this book, especially if you are new to the world of pressure cooking. I think most people start out with the idea that you cook meat or beans in them, but honestly, I've tried it all, including hard boiled eggs!!

So far, I totally love this book. I've tried a number of recipes, and not only did they work, but they

tasted good. Even better, there's instructions for both stovetop and electric models, which is a huge plus. I have both types, and it's great to know exactly what the difference will be if I choose one over the other. Since I live at high altitude, I've needed to add a few minutes of cooking time to the recipes I tried, but that's not a big deal - I'm totally used to that now. With 500 recipes, it's pretty unlikely I'll make every single recipe, but this will be a great resource on the days when I get home later than planned and need to hurry things long. And, an electric pressure cooker is great in the summer, since it doesn't heat up the house as much. I'm looking forward to trying some of the more unusual recipes, like the cheesecake. Edit: I had to come back and say that I tried the cheesecake recipe - I was pretty skeptical that a pressure-cooked cheesecake would work, and even more skeptical that it would work if left uncovered. Shouldn't it be a soggy mess? But no, it came out perfectly. I have no idea what voodoo happens that makes it work, but it does.

The Great Big Pressure Cooker Book by Bruce Weinstein and Mark Scarbrough is filled with five-hundred recipes that are made with electric or stove-top pressure cookers. The book caught my eye because being that I now live in Costa Rica the pressure cooker is a main kitchen tool. Granted, the first time I saw one I had no idea what it was, then when I saw the steam pouring out I thought for sure it was going to explode! Yet, no worries if you're like me and had never seen a pressure cooker which ultimately caused you to fear for your life- or at least for some serious burns; the whole first half of the cookbook is dedicated to people like us. The first half includes an introduction on what a pressure cooker is, the different models that are available, and fantastic advice on making sure to read the instruction manual that comes with your pressure cooker because every model is different. Trust me, after reading the introduction I found myself much more at ease that I could cook with a pressure cooker without burning myself with steam or blowing my house up (maybe a slight exaggeration but hey when you're scared you imagine crazy things). Anyways, once you get that confidence boost from the first half of the introduction you can move on to the practical advice in the second half on cooking. They recommend how much salt, liquid, even how big the vegetable pieces should be cut to make sure they are all evenly cooked. It contains great practical advice which is very specific depending on whether you have a stove-top model or an electric model. The recipes are broken down into seven main sections: Breakfast, Soups, Meat, Poultry, Fish and Shellfish, Vegetables, Beans, and Grains, as well as, Desserts. These main categories are divided further into sub-categories, such as, chicken, turkey, beef, main course soups, and vegetable or grain soups. Overall, a very thorough and practical book on using what should become a main staple kitchen tool. It allows for delicious meals in a much quicker amount of time- think in terms of the

results you would get from using a slow cooker all day but now in the time of about 30 minutes."I received this book from Blogging for Books for this review."

The Great Big Pressure Cooker Book is true to it's title. It is an extremely thorough span of recipes to suit a variety of tastes. There is a short introduction explaining how to use a pressure cooker followed by over 400 pages of recipes for all different kinds of palates. The layout of the book is divided by meal type such as breakfast, soup, meat type, grains, and dessert. Each of the recipes follows an extremely effective template which starts with a category of effort (Not Much, A Little, or A Lot), the type of pressure cooking required and the time to make. This was helpful in immediate decision making on whether to make a recipe or not. Following each recipe and instructions are tester's notes and suggestions for how to serve or garnish the dish where relevant. The Thai-Inspired Potato, Coconut, and Basil Soup caught my attention as the first recipe to try and it was delicious. The book was pretty light on photographs, but the instructions were clear enough that photos weren't needed to follow the recipes. As the book was already pretty lengthy, I actually appreciated getting more recipes rather than photos. I recommend this book to beginning and experienced cooks who own a pressure cooker.

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