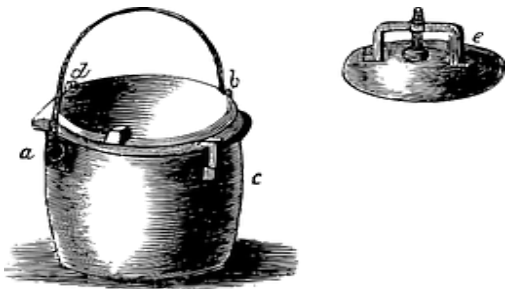




## PRESSURE COOKERS AND RECIPES



Hopefully your pressure cooker is slightly newer than the one above. However, no matter what type of pressure cooker you have or intend to buy, one thing is for certain, they save time and gas. On a rough passage having a large pot with a sealable lid is also of great importance, it doesn't matter how rough it gets, the lid stays on.

### EVERYTHING YOU NEED TO KNOW

One of the most common reasons that boat owners buy pressure cookers is that they save time, thus save gas. On any passage, ensuring that you have sufficient gas is a must, this becomes more important the further afield you sail. Some foods also taste better pressure cooked, then there is also the time saved toiling over a hot stove.



Pressure cooking saves water - the amount of liquid desired plus 1/2 cup is required as there is very little evaporation. With an ordinary saucepan, no matter how long you boil your water for, it's still boiling water. In a pressure cooker boiling water is covered and the steam is captured inside, thus it is possible to raise the temperature above 212° F. The pressure regulator on the cooker controls and maintains the amount of steam buildup at 13 to 15 pounds of pressure depending on the brand of pressure cooker, this can raise it to 250° F. As a result, food is cooked in about a third of the time that is needed in a conventional pan. Pressure is created initially by boiling a liquid such as water or broth inside the closed pressure cooker. The trapped steam increases the internal pressure and

temperature. After use, the pressure is slowly released so that the vessel can be safely opened.

**TIPS:**

It is possible to cook dry beans, but first Fill the cooker a maximum of half full before beginning to cook. Dried foods froth and foam so much that the pressure regulator/vent pipe can become clogged if the cooker is filled more than half way. Pressure cookers must have a minimum of 1/2 cup of liquid in order to operate correctly. Beans, soaked or unsoaked, normally will require much more than 1/2 cup of liquid to cover the beans.

**NEVER ALLOW A PRESSURE COOKER TO COOK DRY IT WILL DAMAGE IT.**

Tests have shown that when oil and salt are added to the traditional cold soak water, dry beans keep their shape and exterior skin intact, and froth and foam less during the pressure-cooking. Try adding 1–4 tablespoons of oil and up to 1 tablespoon of salt to one pound, 2 cups of beans during the soaking or cooking period.

Allow the pressure to drop. This can add up to 20 minutes of cooking and finishes the process. Most pressure cookers have an automatic locking device that prevents opening once the pressure begins to build. Pressure cookers also have a secondary relief device(s) that automatically release pressure in case the vent pipe becomes clogged and pressure cannot be released normally. Not all pressure cookers are the same, read the manual!

**Pre-frying ingredients**

The flavor of some foods, such as meat and onions, can be improved by gently cooking with a little pre-heated cooking oil, butter or other fat in the open pressure cooker over medium heat (unless the manufacturer advises against this) before pressure cooking. It is important both not to overheat the empty pressure cooker and never to heat the empty cooker with the lid and gasket in place. Overheating can cause warping and other damage. The pressure cooker needs to cool briefly before adding liquid; otherwise some of the liquid will evaporate instantly, possibly leaving insufficient liquid for the entire pressure cooking time; if deglazing the pan, this has to be taken into account.

**Is it possible to place food containers in a pressure cooker?**

Small containers such as plastic pudding containers, can be used in a pressure cooker, provided that the containers (and any covering used) can withstand temperatures of 130 °C (266 °F) and are not placed directly on the interior base. The containers can be used for cooking foods that are prone to burning on the base of the pressure cooker. A lid for the container may be used, provided that the lid allows some steam to come into contact with the food and the lid is securely fitted; an example is foil or greaseproof paper, pleated in the center and tied securely with string. Containers that are cracked or have otherwise sustained damage are not suitable. Cooking time is longer when using covered

containers because the food is not in direct contact with the steam. Since non-metal containers are poorer heat conductors, the type of container material stated in the recipe cannot be substituted without affecting the outcome. For example, if the recipe time is calculated using a stainless steel container and a plastic container is used instead, the food at the bottom of the container may be under-cooked, unless the cooking time is increased. Containers with thicker sides, e.g., oven-proof glass or ceramic containers, which are slower to conduct heat, will add about 10 minutes to the cooking time. Liquid can be added inside the container when pressure cooking foods such as rice, which need to absorb liquid in order to cook properly.

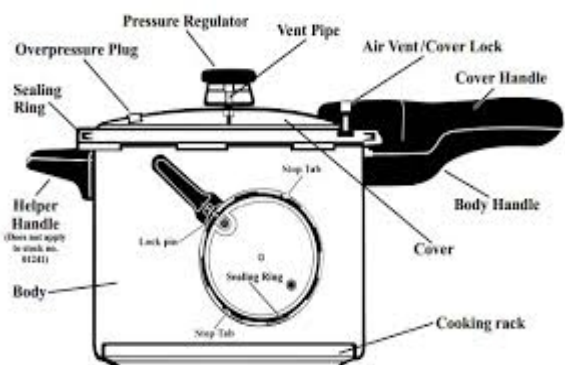
## Canning

Large pressure cookers are often called pressure canners in the United States because of their capacity to hold jars used in canning. Pressure canners are specifically designed for home canning, whereas **ordinary pressure cookers are not recommended for canning** due to the risk of botulism poisoning, because pressure canners hold heat and pressure for much longer than ordinary pressure cookers and these factors are a critical part of the total processing time required to destroy harmful microbes. oxygen content. This is a normal change during refrigerator storage.

## Parts

If you've ever wondered what all those bits and pieces were that you have flying around your cupboards here are the answers.

Portable pressure cookers consist of all or most of these basic component parts, depending on the manufacturer and model of pressure cooker:



## Pan

- Metal pan body
- Pan handles, usually one each on opposite ends, for carrying the cooker with both hands

## Lid

- Lid handle, usually with a locking device button or slider which "clicks" shut and prevents removal while cooking
- Gasket (also known as a "sealing ring") which seals the cooker airtight
- Steam vent with a pressure regulator on top (either a weight or spring device) which maintains the pressure level in the pan

- Pressure indicator pin, for showing the presence or absence of any pressure, however slight
- Safety devices on the lid (typically over-pressure and/or over-temperature pressure release valves)
- Pressure gauge (usually absent but included on some costlier models)

### Accessories

- Steamer basket
- Trivet for keeping the steamer basket above liquid
- Metal divider, for separating different foods in the steamer basket e.g. vegetables

Pressure cookers are typically made of aluminum (aluminum) or stainless steel. Aluminum pressure cookers may be stamped, polished, or anodized, but all are unsuitable for the dishwasher. They are cheaper, but the aluminum is reactive to acidic foods, whose flavors are changed in the reactions, and less durable than stainless steel pressure cookers.

Higher-quality stainless steel pressure cookers are made with heavy, three-layer, or copper-clad bottoms (heat spreader) for uniform heating because stainless steel has lower thermal conductivity. Most modern stainless steel cookers are dishwasher safe, although some manufacturers may recommend washing by hand. Some pressure cookers have a non-stick interior.

A gasket or sealing ring, made from either rubber or silicone, forms a gas-tight seal that does not allow air or steam to escape between the lid and pan. Normally, the only way steam can escape is through a regulator on the lid while the cooker is pressurized. If the regulator becomes blocked, a safety valve provides a backup escape route for steam.

To seal the gasket there are several main methods used. Each determines the design of the pressure cooker:

- The **twist-on** design has slots on the lid engaging with flanges on the body, similar to a lid on a glass jar, that works by placing the lid on the pot and twisting it about 30° to lock it in place. A common modern design, it has easily implemented locking features that prevent the removal of the lid while under pressure.
- The **center screw** design has a bar that is slotted in place over the lid and a screw tightened downward to hold the lid on. Though an older design, it is still produced due to its ease of construction and simplicity.
- The **bolt-down** design has flanges on both its lid and its body for bolts to be passed through, and usually uses wingnuts that hinge on the body and so are never fully removed from the cooker; this sealing design is typically used for larger units such as canning retorts and autoclaves. It is very simple to produce, and it can seal with simple and inexpensive gaskets.
- The **internally fitted lid** design employs an oval lid that is placed inside and presses outward; the user inserts the lid at an angle, then turns the lid to align it with the pot opening on top because the lid is larger than the opening. A spring arrangement holds the lid in place until the pressure forms and holds the lid tightly

against the body, preventing removal until the pressure is released.

Because of the forces that pressure cookers must withstand, they are usually heavier than conventional pots of similar size.

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## PRESSURE COOKING TIMINGS

### BEANS

Adzuki	8
Black beans	12
Black Eyes Peas	10
Fava	13
Butter Beans	13
Chick Pes	17
Flageolet	12
Haricot	12
Kidney	11
Lentils	4
Lima	6
Mung	4
Peas	5
Soy	15

### VEGETABLES

	MINUTES	LEVEL
Artichoke, large whole, without leaves	9 to 11	High
Artichoke, medium whole, without leaves	6 to 8	High
Artichoke, small whole, without leaves	4 to 5	High
Artichoke, hearts	2 to 3	High
Asparagus, fine, whole	1 to 1 1/2	High



Asparagus, thick, whole	1 to 2	High
Beans, green, whole (fresh or frozen)	2 to 3	High
Beets, 1/4" (5 mm) slices	5 to 6	High
Beet greens	1	High
Beans, yellow, whole (fresh or frozen)	2 to 3	High
Broccoli, flowers	2	High
Broccoli, stalks	5 to 6	High
Broccoli, stalks, 1/4" (5 mm) slices	3 to 4	High
Brussel sprouts, whole	4	High
Cabbage, red or green, in quarters	3 to 4	High
Cabbage, red or green, 1/4" (5 mm) slices	1	High
Carrots, 1/4" (5 mm) slices	1	High
Carrots, 1" (25 mm) chunks	4	High
Cauliflower flowers	2 to 3	High
Celery, 1" (25 mm) chunks	3	High
Collard	5	High
Corn, kernels	1	High
Corn on the cob	3	High
Eggplant, 1/4" (5 mm) slices	3	High
Eggplant, 1/2" (10 mm) chunks	3	High
Endive, thickly cut	1 to 2	High
Escarole, coarsely chopped	1 to 2	High
Green beans, whole (fresh or frozen)	2 to 3	High
Kale, coarsely chopped	2	High
Leeks (white part)	2 to 4	High
Mixed vegetables, frozen	2 to 3	High
Okra, small pods	2 to 3	High
Onions, medium whole	2 to 3	High
Parsnips, 1/4" (5 mm) slices	1	High
Parsnips, 1" (25 mm) slices	2 to 4	High
Peas, in the pod	1	High
Peas, green	1	High



Potatoes, cut into 1" (25 mm) cubes	5 to 7	High
Potatoes, new, whole small	5 to 7	High
Potatoes, whole large	10 to 12	High
Pumpkin, 2" (50 mm) slices	3 to 4	High
Red beet, in 1/4" (5 mm) slices	4	High
Red beet, large, whole	20	High
Red beet, small, whole	12	High
Rutabaga, 1/2" (10 mm) slices	4	High
Rutabaga, 1" (25 mm) chunks	5	High
Spinach, fresh	1	Low
Spinach, frozen	4	High
Squash, acorn, halved	7	High
Squash, butternut, 1" (25 mm) slices	4	High
Sweet potato, 1 1/2" (40 mm) slices	5	High
Swede, 1" (25 mm) slices	7	High
Swiss chard	2	High
Tomatoes, in quarters	2	High
Tomatoes, whole	3	High
Turnip, small, in quarters	3	High
Turnip, in 1 1/2" (40 mm) slices	3	High
Yellow beans, whole (fresh or frozen)	2 to 3	High
Zucchini, 1/4" (5 mm) slices	2	High

## MEAT AND POULTRY

	MINUTES	LEVEL
Beef, 1" (25 mm) cubes, 1 1/2 lb (700 g)	10 to 15	High
Beef, dressed, 2 lb (900 g)	10 to 15	High
Beef, frozen	not advisable	-

Beef, heart, 3 to 4 lb (1.4 to 1.8 kg)	50 to 75	High
Beef, kidney	8 to 10	High
Beef, liver	5	High
Beef, meatballs, 1 to 2 lb (450 to 900 g)	4 to 9	High
Beef, meatloaf, 2 lb (900 g)	10 to 15	High
Beef, oxtail	40 to 45	High
Beef, pot roast, rump, round, chuck, blade or brisket, 1 1/2 lb to 2 lb (700 to 900 g)	35 to 40	High
Beef, ribs, short, grilling	15	High
Beef, ribs, short, stewing	20	High
Beef, shanks, 1 1/2" (40 mm) wide	25 to 30	High
Beef, steak, rump, round, chuck or blade, 1 to 2" (25 to 50 mm)	20 to 25	High
Beef, stew meat, 1 1/2" (40 mm) cubes	15	High
Chicken, breasts, with bone in, 2 to 3 lb (900 to 1400 g)	8 to 10	High
Chicken, cubes	5	High
Chicken, drumsticks (legs) or thighs	5 to 7	High
Chicken, ground	4	High
Chicken, frozen, breasts or thighs, boneless	7 to 10	High
Chicken, liver	2	High
Chicken, strips, boneless	5 to 6	High
Chicken, whole, 2 to 3 lb (900 to 1400 g)	12 to 18	High
Chicken, whole, 3 to 4 lb (1.4 to 1.8 kg)	18 to 25	High
Chicken, whole, frozen	not advisable	-
Cornish Hen, whole	8 to 10	High
Duck, pieces	8 to 10	High
Duck, whole 3 to 4 lb (1.4 to 1.8 kg)	25 to 30	High
Lamb, 1" (25 mm) cubes, 1 1/2 lb (700 g)	10 to 18	High
Lamb, chops, 1" (25 mm) thick	10	High
Lamb, leg	35 to 40	High
Lamb, stew meat	12 to 15	High
Pheasant	15 to 20	High
Pork, frozen	not advisable	-
Pork, ham shank, 2 lb (900 g)	20 to 25	High
Pork, ham, pieces	20 to 25	High
Pork, hocks, smoked (cover completely w/liquid)	40 to 50	High
Pork, ribs, 2 lb (900 g)	15	High
Pork, roast	40 to 45	High
Turkey, breast, boneless	20	High
Turkey, breast, whole, with bone in	20 to 30	High
Turkey, drumsticks (leg)	12	High

Having got the pressure cooker, now is the time to really get stuck into to easy but tasty cooking. Below are a few recipes to get you started, but as you progress with it and understand it, then it really is a case of just chucking stuff in, and ending up with a great meal!

## Recipes



### Short Ribs

Serves: 2-3

1 inch (2.5 cm) ginger  
2 cloves garlic  
1 large onion  
1 carrot  
1 scallion/green onion  
1  $\frac{3}{4}$  lb (800 g) boneless short ribs  
salt  
Freshly ground black pepper  
1 Tbsp. oil

#### Seasonings

2 Tbsp. brown sugar  
4 Tbsp. soy sauce

#### PREPARATION

1. Thinly slice the ginger and crush garlic cloves in a garlic press (or simply mince them).
2. Cut the onion in half and cut the halves into 5 wedges.
3. Peel the carrot and cut into bite sizes.
4. Cut the scallion/green onion into thin rounds and save them for garnish.
5. Cut the short ribs into 1 inch (2.5 cm) pieces.

6. Pat all sides of the short ribs dry with paper towels so the steak will sear easily.
7. Season with salt and freshly ground black pepper.
8. Place the ribs into a hot pot to sear, using a small amount of oil so they don't stick and burn. If you have more than specified amount of short ribs for the recipe, you might need to do this step in 2 batches.
9. Until the meat is nicely seared, do not turn or toss the meat.
10. Add the onion and sauté until they are tender. You don't need to caramelize onions, but this extra step adds more flavors.
11. Add 2 Tbsp. brown sugar and 4 Tbsp. soy sauce.
12. Mix the seasonings and carrot. Mix all together and throw in the pot.
13. Cover and lock the lid. Cook under pressure for 35 minutes.
14. When it is finished cooking, let the pressure release naturally (takes about 15-20 mins). Unlock the lid and transfer to a serving dish. Garnish with scallion/green onion.

#### Notes

**Short ribs:** Alternatively, beef brisket or chuck roast works. Cook for about 45-50 minutes.

\*\*\*

## Brazilian Stew

It doesn't get much easier than this!

#### Ingredients

- 4 large potatoes, peeled and cut into 1- to 2-inch chunks
- 1 large onion, sliced into 1/4-inch slices (about 1 1/2 cups)
- 4 medium beefsteak tomatoes, cut into 1- to 2-inch chunks (about 3 cups)
- 1 whole chicken, back removed, cut into 8 pieces (about 4 pounds), or 4 whole chicken legs, cut into thighs and drumsticks
- 2 bay leaves
- salt and freshly ground black pepper

#### Directions

Combine potatoes, onion, tomato, chicken pieces, bay leaves, and a large pinch of salt in a pressure cooker. Toss with hands to combine. Seal lid and cook under high pressure for 25 minutes. Release pressure, remove lid, season to taste, and serve.

\*\*\*

This soup is a bit more involved than 'just chucking' everything in and waiting for the pressure cooker to do its thing, but it's well worth the effort, it might take up to about 45 mins.

# Corn Soup

## Ingredients

- 2 tablespoons unsalted butter
- 2 medium leeks, white and pale green parts only, finely chopped (about 1 1/2 cups)
- 2 medium cloves garlic, thinly sliced
- 6 ears of corn, kernels cut off from cobs, cobs split in half and reserved
- 2 bay leaves
- 4 sprigs tarragon, leaves minced, stems reserved separately
- Up to 1 litre of chicken stock (stock cubes are great here)
- Salt and freshly ground black pepper
- 1 tablespoon minced fresh chives
- Extra-virgin olive oil, for serving

## Directions

1.

Melt butter over medium heat in a pressure cooker. Add leeks and garlic and cook, stirring frequently, until softened but not browned, about 4 minutes.

2.

Add corn with cobs, bay leaves, tarragon stems, and enough chicken stock to barely cover corn (the cobs might still be sticking out a bit). Stir to combine. Seal pressure cooker and bring to high pressure. Cook for 15 minutes. Release pressure using quick-release method and uncover. Discard corn cobs, bay leaves, and tarragon stems.

3.

Working in batches, transfer mixture to the jar of a blender. Start blender slowly and gradually increase speed to high. Blend until completely smooth, adding more chicken stock or water as necessary. Season to taste with salt and pepper and press through a fine-mesh strainer into a clean pot. Repeat with remaining soup.

4.

Serve soup with minced tarragon leaves and chives and a drizzle of olive oil.

\*\*\*

# Chicken and Bean Stew

## Ingredients

- 1 tablespoon vegetable oil
- 8 ounces smoked sausage, sliced into 1/4 inch disks
- 1 medium onion, diced
- 2 teaspoons ground cumin
- 2 (4-ounce) cans diced green chilies
- 8 ounces dried beans (any variety will do)
- 12 stems cilantro, leaves roughly chopped, stems tied together with a piece of kitchen twine
- 4 chicken legs, divided into thighs and drumsticks (about 2 pounds)
- 1 quart homemade or store-bought low-sodium chicken stock
- Salt and freshly ground black pepper
- Sour cream, for serving
- Lime wedges, for serving

## Directions

1.

Heat oil in a pressure cooker over medium-high heat until shimmering. Add sausage and cook until starting to crisp around edges, about 2 minutes. Add onions and cook, stirring, until softened, about 3 minutes longer. Add cumin and cook until fragrant, about 30 seconds. Add chilies, dried beans, cilantro stems, chicken, and broth. Season gently with salt and pepper and stir to combine.

2.

Seal pressure cooker and bring to high pressure. Cook for 40 minutes. Cool pressure cooker under a cold running tap, and open. Using tongs, transfer chicken pieces to a bowl. Discard cilantro stems. Return beans to high heat and continue cooking, stirring, until reduced to a thick, stew-like consistency, about 5 minutes. Meanwhile, shred chicken from bones and discard skin.

3.

Stir chicken into beans, season to taste with salt and pepper, stir in half of chopped cilantro, and serve, passing sour cream, lime wedges, and remaining cilantro at the table.

\*\*\*

# Lentil, Bacon and Carrot Stew

## Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for serving
- 8 ounces slab bacon cut into 1/2-inch lardons
- 1 medium onion, diced
- 2 medium carrots, peeled and roughly chopped
- 8 ounces dried lentils
- 12 sprigs parsley, or dried will do just as well
- 2 bay leaves
- 2 1/2 pounds bone-in, skin-on chicken pieces (a mix of thighs and drumsticks for best texture, though breasts will work as well)
- 1 litre chicken stock
- Salt and freshly ground black pepper
- 2 teaspoons vinegar, plus more to taste

## Directions

1.

Heat oil in a pressure cooker over medium-high heat until shimmering. Add bacon and cook until starting to crisp around edges, about 1 minute. Add onions and cook, stirring, until softened but not browned, about 2 minutes longer. Add carrots, lentils, parsley, bay leaves, chicken legs, and chicken stock. Season gently with salt and pepper and stir to combine.

2.

Seal pressure cooker and bring to high pressure. Cook for 20 minutes. Cool pressure cooker under a cold running tap, and open. Using tongs, transfer chicken pieces to a bowl. Return lentils to high heat and continue cooking, stirring, until reduced to a thick, stew-like consistency, about 5 minutes. Meanwhile, shred chicken, discarding bones and skin.

3.

Stir chicken and vinegar into beans. Season to taste with salt and pepper, stir in half of chopped parsley, and serve, passing remaining parsley, sherry vinegar, and olive oil at the table.

\*\*\*



# Chicken and Chickpea Masala

## Ingredients

- 2 tablespoons unsalted butter
- 1 medium onion
- 4 cloves garlic, minced (about 4 teaspoons)
- 1 tablespoon grated fresh ginger
- 1 tablespoon ground cumin
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper (more or less to taste)
- 1/2 teaspoon ground black pepper
- 1 (15 ounce) can crushed tomatoes
- 1/4 cup fresh juice from 2 to 3 lemons
- 1/2 cup chopped fresh cilantro leaves
- 3 pounds chicken drumsticks and thighs (4 to 6 of each)
- 1/2 cup chick stock
- 2 (15-ounce) cans chickpeas, drained
- 1/2 cup heavy cream
- Salt

## Directions

1.

Heat butter in a pressure cooker over medium-high heat until foaming subsides. Add onions, garlic, and ginger. Cook, stirring frequently, until pale brown, about 5 minutes. Add cumin, paprika, coriander, turmeric, cayenne pepper, and black pepper and cook, stirring frequently, until aromatic, about 30 seconds. Add crushed tomatoes. Cover and cook, stirring occasionally, about 2 minutes.

2.

Add half of cilantro, chicken stock, and chicken pieces. Stir to combine. Seal pressure cooker and heat to high pressure. Once high pressure is reached, cook for 15 minutes.

3.

Allow to cool, release pressure, remove lid, add heavy cream, drained chickpeas, 2

tablespoons lemon juice, and simmer, stirring frequently, until sauce is thickened. Stir in remaining lemon juice and season to taste with salt. Serve immediately, garnished with remaining cilantro leaves.

\*\*\*

## Mushroom Risotto

### Ingredients

- 4 cups chicken stock
- 1 1/2lbs mixed mushrooms
- 4 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 4 tablespoons butter
- 1 cup finely chopped onion (about 1 medium)
- 2 teaspoons finely minced garlic (about 2 medium cloves)
- 2 cups risotto rice
- 2 teaspoons soy sauce
- 3/4 cup dry white wine
- 1/4 cup heavy cream
- 1 ounce finely grated Parmigiano-Reggiano cheese, plus more for serving
- 1/2 cup finely minced mixed fresh herbs such as parsley, chervil, tarragon, and/or chives

### Directions

1.  
Roughly chop the mushrooms.

2.  
Heat olive oil in the base of a pressure cooker over high heat until shimmering. Add fresh mushrooms, season with salt and pepper, and cook, stirring occasionally, until excess moisture is evaporated and mushrooms are well browned, about 8 minutes.

3.  
Add butter, onion, garlic, and cook, stirring frequently, until onions are softened and aromatic, about 4 minutes. Add rice and cook, stirring, until rice is evenly coated in oil and toasted but not browned, 3-4 minutes (rice grains should start to look like tiny ice cubes:

translucent around the edges and cloudy in the center). Stir in soy sauce until evenly incorporated.

4.

Add wine and cook, stirring, until raw alcohol smell has cooked off and wine is almost fully evaporated, about 2 minutes.

5.

Pour stock into the pot. Scrape any grains of rice or pieces of onion from side of pressure cooker so that they are fully submerged. Close pressure cooker and bring up to low pressure. Cook at low pressure for 5 minutes, then depressurize cooker by running it under cold water.

6.

Open pressure cooker and stir to combine rice and cooking liquid; it should begin to form a creamy consistency. Stir in cream, cheese, and herbs. If risotto is too soupy, cook for a few minutes longer, stirring, until it begins to thicken more; it should look like a smooth creamy sauce. Season to taste with salt and pepper and serve immediately on hot plates, passing extra cheese at the table.

\*\*\*

## Drunk Peas and Bacon

Peas and bacon get a new lift in this great twist on an old favorite, hick!

### Ingredients

4oz bacon

1 onion

1lb peas (fresh or frozen)

1 can beer

Small spoon butter

Sprig mint, chopped

Salt and Pepper

### Preparation

- Cut up your bacon and onion, gently saute in the pressure cooker.
- Add the beer.
- Scrape lightly on the bottom to incorporate the brown juicy bits in the liquid.

- Mix well and then add the peas, put the lid on and cook on high pressure for 2 minutes.
- Release steam by placing pressure cooker under running cold water tap, or emerging in cold water.
- Stir in butter, chopped mint and season to taste.

\*\*\*

## Lamb Shanks

### Ingredients

- 2 tomatoes
- 4 -6 lamb shanks
- $\frac{1}{4}$  cup plain flour
- 8 teaspoons olive oil
- 1 onion, chopped
- 3 carrots, peeled and thickly sliced
- 1 garlic clove, crushed
- 1 tablespoon fresh oregano, chopped or 1 teaspoon dried oregano
- 1 teaspoon lemon rind, finely grated
- $\frac{3}{4}$  cup red wine
- $\frac{1}{4}$  cup beef stock
- salt and pepper
- 4 teaspoons plain flour (optional for thickening gravy)
- 8 teaspoons cold water (optional for thickening gravy)

### Directions

1. Peel the tomatoes and cut into quarters.
2. Toss the shanks in the flour. Discard excess flour.
3. Heat half of the oil in the cooker (no lid) and brown the shanks, two at a time if necessary. Remove and set aside.
4. Add the remaining oil and the onion, carrots and garlic. Fry for 5 minutes, stirring occasionally. Add the tomatoes, oregano, lemon rind, wine and stock. Bring to the boil, stirring well, for a few minutes.

5. Return the lamb shanks to the cooker and season well with salt and pepper. Spoon some of the sauce and vegetables over the meat.
6. Close and lock the lid and cook for 25 minutes.
7. Carefully release pressure from the cooker and check the meat is cooked. The meat should be very tender and almost falling off the bone.
8. If you would like the gravy a little thicker- add the remaining flour to the cold water and stir until smooth. Simmer gravy and add the flour paste in slowly until the gravy is thicker.
9. Now eat!

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## Homemade Corned Beef and Cabbage (tinned style too!)

### Ingredients

- 4 cups water
- 2 ½ lbs point cut corned beef brisket
- 3 garlic cloves, quartered
- 2 bay leaves
- 4 carrots, cut into 3 inch pieces
- 1 head cabbage, cut into 6 wedges
- 6 peeled and quartered potatoes
- 3 peeled and quartered turnips (any additional veggies you enjoy)
- horseradish sauce (optional)

### Directions

1. Pour water into pressure cooker.
2. Add brisket; over high heat, bring water to a rolling boil.
3. Skim residue from surface.
4. Add garlic and bay leaves and secure lid.
5. Over high heat, bring to high pressure.
6. Reduce heat to maintain pressure and cook 1 hr 15 minutes.
7. Release pressure according to manufacturer's directions and remove lid.
8. Add vegetables to brisket and liquid, stirring gently.
9. Secure lid and over high heat, bring steam to high pressure.
10. Reduce heat to maintain pressure and cook 6 minutes.
11. Release pressure according to manufacturer's directions.
12. Remove lid.

So, you don't like the idea of using all that gas, here's the tinned style - using a tin of corned beef, great for long passages in a warm storage galley.

### Ingredients

- 4 cups water
- Large can corned beef
- 3 garlic cloves, quartered
- 1 Onion chopped
- 2 bay leaves
- 4 carrots, cut into 3 inch pieces
- 1 head cabbage, cut into 6 wedges
- 6 peeled and quartered potatoes
- 3 peeled and quartered turnips (any additional veggies you enjoy)
- horseradish sauce (optional)
- Oil for frying

### Directions

1. Fry onion until golden brown, turn off heat, add garlic and bay leaves, then the water, turn heat back on.
2. Add vegetables to the liquid liquid, stirring gently.
3. Secure lid and over high heat, bring steam to high pressure.
4. Reduce heat to maintain pressure and cook 6 minutes.
5. Cool pressure cooker and place un-sliced corned been on top of vegetables, DON'T STIR!
6. Replace lid and allow the heat of the pressure cooker to warm through the corned beef (about 5 mins max)
7. Remove lid, gently remove corned beef from top of vegetables.
8. Serve with Horseradish sauce.

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## Pressure Cooked Pork Chops

### Ingredients

- 8 pork chops
- 1 cup water
- 1 small onion
- 4 -6 medium diced potatoes
- 3 tablespoons steak sauce or 3 tablespoons Worcestershire sauce
- $\frac{1}{4}$  cup butter

- salt and pepper
- carrot

#### Directions

1. brown pork chops in pressure cooker on both sides (use tongs easier) in 1/2 of the butter then salt and pepper well. (NOTE - Do NOT cover pan yet).
2. have your potatoes and carrots already peeled and chunked into healthy meaty portions.
3. have your onion diced into small pieces.
4. Take out pork chops with tongs and set aside for a moment while you add the onions and rest of butter to pork fat. then add potatoes and carrots (if using) then pork chops add the cup of water and the steak sauce. Put lid on and lock bring to high pressure for 15 mins.
5. Let the pressure cooker cool, open and serve.

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## Pressure Cooked Whole Chicken

#### Ingredients

- whole chicken
- 2 tablespoons olive oil
- salt & pepper
- 1 1/2 cups water or 1 1/2 cups chicken broth

#### Directions

1. Rinse chicken & pat dry. Season with salt & pepper.
2. Heat oil in uncovered pressure cooker; brown chicken on all sides in hot oil. Remove chicken.
3. Place rack in pressure cooker and place browned chicken in rack. Add water/broth around chicken.
4. Place lid on cooker, seal, and bring up to pressure.
5. Cook for 25 minutes.
6. Release pressure by quick release method.
7. Remove chicken to platter, pour accumulated juice into bowl & serve with chicken.

If needing some quick veggies with this, after removing chicken from pressure cooker, place potatoes, carrots or your favorite veggies on the rack and return to high pressure to steam for 3-4 minutes. A complete meal in one pot!

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# Jambalaya

There are many ideas and recipes for a Jambalaya, but the basic assumption is to just chuck stuff in and hope for the best. This recipe will however give you a great tasting meal with a hint of Caribbean spice!

## Ingredients

- ½ tablespoon oil
- 8 ounces andouille sausages, sliced
- 8 ounces boneless skinless chicken breasts, cut into 1-inch pieces
- 8 ounces shrimp, peeled & deveined (uncooked)
- 1 teaspoon creole seasoning (or essence spice)
- ½ teaspoon dried thyme leaves
- 1 dash cayenne pepper
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 green bell pepper, chopped
- 1 jalapeno pepper, finely chopped (optional)
- 3 stalks celery, sliced
- 1 teaspoon creole seasoning (or essence spice)
- ½ teaspoon dried thyme leaves
- 1 dash hot sauce (or cayenne pepper)
- 1 cup long grain white rice
- 2 cups canned tomatoes, undrained
- 1 cup chicken broth
- 3 tablespoons fresh parsley, minced (or 3 tsps dried)
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## Directions

1. Brown chicken, sausage & shrimp. Stirring well after each addition.
2. Sprinkle meats with 1st amounts of the creole/essence seasoning, thyme & cayenne. Cook for 3 - 5 mins, stirring frequently, until chicken is cooked & shrimp has turned pink. Remove with a slotted spoon & set aside.
3. To the pressure cooker, add onion, garlic, peppers, celery along with remaining creole/essence seasoning, thyme & cayenne. Cook 4 - 5 mins, stirring frequently until vegetables are crisp-tender.
4. Add rice, tomatoes & broth; secure cover & bring to high pressure. Cook for 8 minutes
5. Release pressure, remove lid, then stir in parsley along with cooked meat/fish. Cover tightly & let stand 5 mins before serving.