



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

Lorna J. Sass

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Under pressure to get a tasty, nutritious dinner on the table in a flash? Like the idea of preparing fork-tender beef stew in thirty minutes and pot roast in under an hour? All this and more is made possible by the pressure cooker, a magical appliance that produces soul-satisfying, homemade food in one-third (or less) the standard cooking time.

In *Pressure Perfect*, Lorna Sass, the country's leading authority on pressure cooking, distills her two decades of experience into one comprehensive volume. First learn everything you need to know about buying and using today's 100% safe cookers. Then enjoy more than 200 recipes for preparing soups, meats, poultry, grains, beans, vegetables, and desserts in record time. How about whipping up a savory risotto in 4 minutes, chicken cacciatore in 12 minutes, or a delectable chocolate cheesecake in 25 minutes?

Because the pressure cooker tenderizes tough cuts of meat quickly, you can prepare fall-off-the-bone beef short ribs or lamb shanks on weekday nights instead of waiting for a special occasion. The pressure cooker also allows you to make delectable one-pot meals in minutes. Among the many innovative recipes and techniques, you'll learn to cook meatloaf and potatoes simultaneously in 10 minutes, and meatballs, pasta, and sauce at the same time in only 5 minutes. Many recipes also suggest Cook-Along ideas for preparing vegetables and grains along with the entrée.

To further help those cooking under pressure (and who isn't nowadays?), each chapter contains timing charts for quick reference. Tips and Pressure Points in every recipe ensure optimum results.

This ultimate guide to pressure cooking is a must for all busy cooks, boaters, brides, college students, and anyone looking for a great way to make irresistible, healthy, home-made food fast.

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