

# Pressure Cooking

**The pressure cooker . . .**

**Saves Time:** Foods cook three to ten times faster than with ordinary cooking methods.

**Saves Money:** Superfast cooking means lower fuel bills and more for your money at the supermarket. It preserves the flavors, colors and valuable nutrients of the foods you buy, plus it turns budget cuts of meat into tender, tasty meals.

**Saves Nutrients:** Because foods cook quickly in an almost airless environment with just a little liquid, precious vitamins and minerals aren't boiled away.

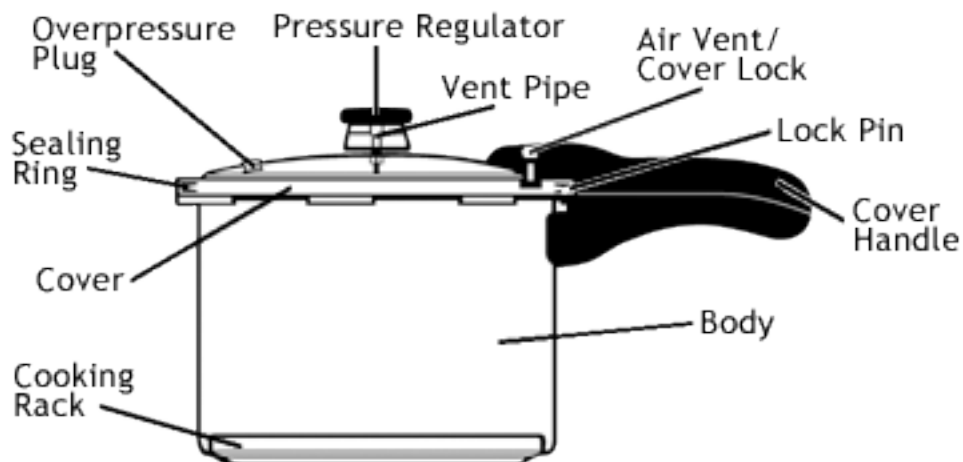
**Saves Work:** Convenience and versatility mean you can prepare everything from a simple entree to a complete gourmet meal in minutes.

**Saves Energy:** It's even good for the environment, because reduced cooking times conserve energy.

**And it's simple, too!** Here's how pressure cooking works. When water (or any liquid) boils, it produces steam. A tightly-sealed pressure cooker traps this steam, which then builds pressure inside the cooker. Under pressure, cooking temperatures can be raised significantly higher than possible under normal conditions. The super-heated steam created by these higher temperatures cooks foods quickly, evenly, deliciously. It's that simple!

## Getting To Know Your Pressure Cooker

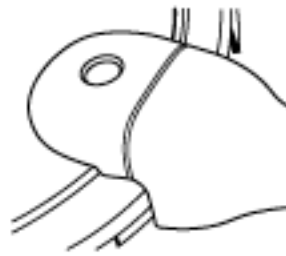
Since all pressure cookers work on this same simple principle, there are few fundamental differences among them. The following diagram illustrates the basic features of most newer pressure cookers. Of course, you'll also want to study your own model and get acquainted with exactly how it works.



Air Vent/Cover lock in DOWN position indicates no pressure in unit.



Air Vent/Cover lock in UP position indicates pressure in unit.



**PRESSURE REGULATOR** Controls and maintains pressure inside the cooker and indicates when the ideal cooking pressure - usually 15 pounds - is reached.

**VENT PIPE** The pressure regulator fits on the vent pipe and allows excess pressure to be released.

**AIR VENT/COVER LOCK** Automatically exhausts air and serves as a visual indicator of pressure within the cooker. When pressure begins to build, it slides up, causing the LOCK PIN to lock the cover on.

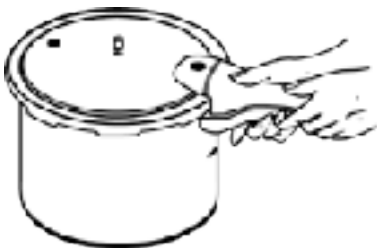
**SEALING RING** Forms a pressure-tight seal between the cover and the pressure cooker body during cooking.

**OVERPRESSURE PLUG** Automatically releases pressure in case the vent pipe becomes clogged and pressure cannot be released normally.

**COOKING RACK** Holds foods out of the cooking liquid. The rack also allows several different foods to be cooked at the same time without an intermingling of flavors. When a blending of flavors is desired, the rack is not used.

**COVER HANDLE** The top of the air vent/cover lock can be seen through a hole in the cover handle, enabling you to tell at a glance if there is pressure inside the unit.

**The Pressure Cooking Method** These easy steps serve as a simple guide to using a pressure cooker. They are not intended, however, to be a substitute for the manufacturer's instructions which accompany your pressure cooker model.



1. Check recipe for specific cooking method and cooking time. Pour required amount of liquid into the pressure cooker, then add food. Use the cooking rack, if desired.



2. Hold cover up to light and look through the vent pipe to make certain it is open and unclogged. Then, place cover on pressure cooker and close securely (cover handle should be directly above the body handle).

3. Place pressure regulator firmly on the vent pipe. Heat the pressure cooker until the pressure regulator begins to rock slowly. Adjust heat to maintain a slow, steady rocking motion. Cooking time begins at this point.

4. Cook for the length of time specified in recipe, then reduce pressure as specified. When recipe states "let pressure drop of its own accord," set the cooker aside to cool. When recipe states "cool cooker at once," cool immediately under a water faucet or by pouring cold water over it.

5. Pressure is completely reduced when the air vent/cover lock has dropped. Remove the pressure regulator. Then, remove pressure cooker cover and serve food.

## FAQ

**Q. How do I convert conventional recipes for use in a pressure cooker?** A. Experience is the best teacher. A good rule of thumb to follow is to decrease the length of cooking time for a conventional recipe by two-thirds. The amount of liquid used may also have to be adjusted because there is very little evaporation from the pressure cooker. Generally, decrease the amount of liquid so there is only about 1/2 cup more than desired in the finished product. Remember, however, there must always be water or some other liquid in the pressure cooker to form the necessary steam.

**Q. Won't flavors intermingle when several foods are cooked at the same time in the pressure cooker?** A. Not if you use the cooking rack properly. Flavors of foods are blended when they are cooked in the same liquid. When using a pressure cooker, however, only a small

amount of cooking liquid is required so the cooking rack can be used to hold some or all of the foods out of the liquid. This permits the cooking of several different foods at the same time without the intermingling of flavors. Of course, for foods where you do want flavors to blend, don't use the cooking rack.

**Q. Can cooking liquids other than water be used in a pressure cooker?** **A.** Yes. You're only limited by your imagination! Wine, beer, bouillion, fruit juices and, of course, water are all excellent cooking liquids for use in the pressure cooker. Just remember that you always need some cooking liquid in order to produce the steam necessary for the pressure cooker to work.

**Q. What does it mean when a recipe says to cook "0" minutes?** **A.** This is a technique used with delicate foods to prevent overcooking. It indicates that food should be "cooked" only until the pressure regulator begins to rock and then the pressure cooker should be cooled according to recipe instructions. (With Presto Pride® and Presto® Professional units, you should release pressure immediately after pressure cooker reaches cooking pressure.)

**Q. When is it necessary to quick cool the pressure cooker?** **A.** Quick cooling of the pressure cooker is usually used for delicate foods such as custards and fresh vegetables. To quick cool a pressure cooker, simply place the cooker under cold running water or place in a pan or sink full of cold water. For other foods, like roasts and stews, it is usually recommended that you let the pressure cooker cool of its own accord by setting it aside until the pressure drops.

**Q. What types of cookware can be used in a pressure cooker?** **A.** Glass, metal and earthenware molds and other small, heat proof items such glass custard cups can be used in the pressure cooker. These types of containers are especially helpful in preparing beautiful desserts and side dishes. Use individual or small molds, glass custard cups, 4-6 ounce metal or tin gelatin molds or earthenware souffle dishes. Fill molds 2/3 full to allow for expansion of food, and fit them loosely into the pressure cooker on the cooking rack.

**Q. Are there any adjustments that need to be made when pressure cooking at high altitudes?** **A.** When pressure cooking at altitudes over 2000 feet, the cooking time should be increased. Increase cooking times 5% for every 1000 feet above 2000 feet. Increase cooking times as follows:

3000 ft: 5%  
6000 ft: 20%

4000 ft: 10%  
7000 ft: 25%

5000 ft: 15%  
8000 ft: 30%

## Recommended Pressure Cooker Cooking Times

Food	Cooking Time (in Minutes)
Apples, chunks	2
Artichokes, whole	8 to 10
Asparagus, whole	1 to 2
Barley, pearl	15 to 20
Beans, fresh green or wax, whole or pieces	2 to 3
Beans, lima, shelled	2 to 3
Beets, 1/4-inch slices	3 to 4
Beets, whole peeled	12 to 14
Broccoli, florets or spears	2 to 3
Brussels sprouts, whole	3 to 4
Cabbage, red or green, quartered	3 to 4
Carrots, 1/4-inch slices	1 to 2
Cauliflower, florets	2 to 3
Chicken, pieces	8 to 10
Chicken, whole	15 to 20
Corn on the cob	3 to 4
Meat (beef, pork, or lamb), roast	40 to 60
Meat (beef, pork, or lamb), 1-inch cubes	15 to 20
Peas, shelled	1 to 1 1/2
Potatoes, pieces or sliced	5 to 7
Potatoes, whole, small or new	5 to 7
Potatoes, whole, medium	10 to 12
Rice, brown	15 to 20
Rice, white	5 to 7
Spinach, fresh,	2 to 3
Squash, fall, 1-inch chunks	4 to 6
Squash, summer, sliced	1 to 2
Stock	30
Sweet potatoes, 1-1/2-inch chunks	4 to 5
Turnips, sliced	2 to 3

## WEBSITES

GoPresto.com

Hippressurecooking.com

Pressurecookingfordummies.com

Fastcooking.ca/pressure\_cooking