



365 Pressure Cooker Recipes



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Pressure Cooker: 365 Days of Pressure Cooker Recipes

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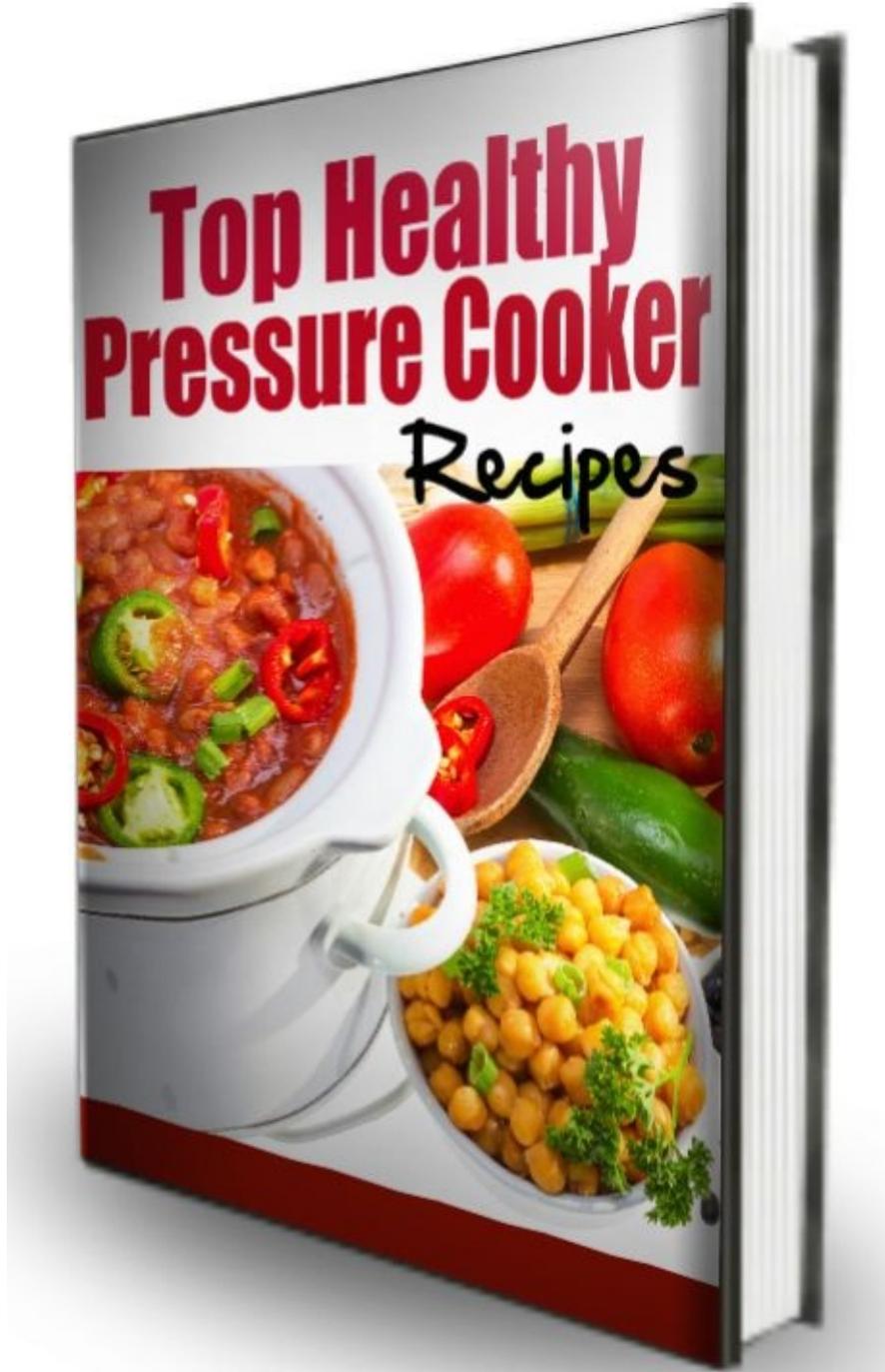
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Introduction

Congratulations and Thank You!

I want to start by thanking you for downloading the book, "*Pressure Cooker: 365 Days of Pressure Cooker Recipes*" I am honored to be helping you on this journey to create quick & easy Pressure Cooker Recipes!

When we hear about pressure cooking, many of us think that there are only so many things we can do with that mode of preparation. Rice and maybe some meat are the most common foods we know to be prepared in a pressure cooker, along with an array of vegetable dishes. But the reality is that there is a wide variety of meals that can be cooked using this method! Pressure cooking, as you may very well know, is a healthy and energy-efficient way to prepare delicious meals in half the time of traditional cooking. And what many people do not realize is that most of their favorite meals can be prepared in a pressure cooker. All you have to do is follow the recipes that are listed in this book, and you will be well on your way to unlocking all of the benefits offered by your pressure cooker.

Throughout this book, you will find a little something for everyone no matter who you are cooking for or what event you are trying to cater. From simple and quick dinners to delicious lunches and more, there are 365 recipes listed throughout this book that will satisfy any type of eater! Discover how easy it is to make light and tasty meals using only one pot (the pressure cooker). You will be surprised at the intense flavor this adds to your food. With this e-book, you will be set for nights on end with the most scrumptious recipes for your kitchen!

This book contains proven recipes and tips on how you can make quick, easy Pressure Cooker recipes. It will provide you with everything you need to know from tools, ingredients, and recipes to storage. It doesn't just offer the standard recipes, it contains 365 recipes help making dinner a piece of cake!

Thanks again for downloading this book, I Hope You Enjoy It

What is Pressure Cooking?

Of all the cooking fads that have emerged in recent years, pressure cooking continues to be one of the easiest, quickest, and most effective methods. This type of cooking has been around for generations, and has maintained its popularity in kitchens across the world. Essentially, pressure cooking relies on what its name entails: pressure. It is a culinary process that was invented by Denis Papin, a Frenchman who sought to combine what he knew about the science of pressure and cooking. He thought that combining steam pressure from his heavy lidded pot could reduce the amount of time it took him to cook something. After years of trying to make the pot and valve combo safe for use, pressure cooking was introduced to the world. From start to finish, pressure cooking is a simple way to prepare food in a delicious and easy method.

To start the process, a small pot with a seal is filled with either water or broth to flavor the dish. Real pressure cookers have a valve-type handle on the top, which allows the steam either to stay in the pot or escape depending on the position of the valve. It is important that the valve be placed in the closed position when the cooking begins. Before closing the lid, food is put in the pot with the water or the broth, and then it is sealed tight. When the liquid is brought to a boil, an intense amount of steam is created, and therefore causes a buildup of pressure. The food on the inside cooks quickly, since the time that it normally takes the liquid to boil is actually cut in half thanks to the steam pressure.

Pressure cooking is different from steam cooking, however, due to the fact that steaming does not offer the high-intensity pressure that is created only when the pot is sealed air-tight and the steam from the liquid is allowed to rise, but to not escape. One surprising result of pressure cooking is that the food can actually caramelize and take on the appearance of having been seared, which gives a profound flavor to the ingredients that are being prepared.

Pressure Cooker Benefits

One method of cooking that has always provided inherent benefits is pressure cooking. Designed centuries ago to combine steam pressure and cooking, this mode of preparation cuts average cooking time in half. It relies on the steam pressure created from sealing boiling water in a pot with its contents, cooking all of the ingredients on the inside. A fundamental benefit to pressure cooking is the time it saves from start to finish. Due to the fact that the temperature inside the pot is so high, the food cooks in nearly half the time, yet does not sacrifice any taste or flavor. Not only does it save people time, pressure cooking also saves them money. With the decreased use of the stove, people have reported a dip in their energy bills thanks to this quick one-pot cooking method.

The flavor of food is also exquisitely preserved in pressure cooking. While cooking food in a conventional way can have the flavor either evaporate with the steam or remain in bits at the bottom of a pan, the flavor of pressure cooked food stays within the pot at all times. This delivers a robust burst of flavor that otherwise would have been lost. One rule of thumb to preserving the scrumptious tastes of meat, for example, is to cook it in oil, remove to a plate, and then pressure cook it again with broth to conserve all of the flavors.

Pressure cooked meals are also extremely healthy, seeing as water and steam heat is really all that is needed to cook the food through and through. No fattening oils and deep-frying are needed to create well-rounded family favorites. Vegetables and other vitamin-rich foods also maintain their highest level of nutritional value. The longer vegetables cook, the more nutrients they lose; therefore the pressure cooker allows them to stay as vitamin-packed as possible. The cleanup is another attraction to the pressure cooker; since the meals are normally prepared only in the cooker, there is just one pot left to clean when dinner is through.

Pressure Cooker Tips

Since their invention in the 1600s by a Frenchman, pressure cookers have been known for around the world to prepare quick, healthy meals that rely on steam pressure to cook, caramelize, and sear various types of foods. Yet in using the pressure cooker there are different tricks that you can tuck into your pocket to help you make the most of your pressure cooking experience.

The first rule of thumb is not to add too much liquid to the pot. When normally boiling liquid, the pot is kept open or a light lid is placed on top with the expectation that some of the water will evaporate. This is not so for the pressure cooker: because the lid is sealed shut, no water can evaporate out of the pot. It is therefore recommended that you use less liquid than you would when you usually cook. That said, if too much water is added to the pot and you have already put the food in, you can simply decrease the amount of liquid by boiling it without the lid on.

The process of pressure cooking should always begin with very high heat. Then, when the liquid boils, the heat is turned down to a low level. That way, the pressure is regulated and maintained while the food continues to cook, and will not exceed unsafe levels on the inside.

Timing is also an essential component to pressure cooking. When following directions, it is recommended to time the cooking according to the exact instructions on the package and not much longer. Overcooking food can happen quite easily with this method, so it is crucial to be as accurate as possible. The harder and more dense the food, the longer it will take to cook.

Finally, an important rule when it comes to pressure cooking is the size of the food. If your recipe calls for ingredients that are chopped or cubed, be sure that all of the pieces are roughly the same size. This ensures that all of the food is cooked to the same degree of completion, and that nothing comes out either under- or overcooked. And with all modes of using your pressure, it is imperative to open the valve and the lid slowly to account for the pressure buildup.



365 Pressure Cooker Recipes

Here you will find fun and easy Pressure Recipes Have Fun!!

Pressure Cooker Soup & Stews

Lamb Chop and Bean Stew

INGREDIENTS:

- 4 shoulder lamb chops
- 1 1/2 cups (about 1/2 lb.) white beans, washed and picked over
- 2 cups canned diced tomatoes
- 1 cup onion, diced
- 1 cup leek, diced 2 tablespoons garlic, coarsely chopped
- 1 sprig fresh thyme and 1 sprig fresh sage, or
- 1 teaspoon herbes de Provence
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 3 cups cold water

INSTRUCTIONS:

- Combine all the ingredients in your cooker.
- Put on the lid, bring to pressure and cook for the suggested time.
- Cool down slowly, and remove the lid when safe.
- Leave the stew to cool for a few minutes.
- Remove the fat that comes to the surface.
- Season to taste and serve.

Irish Lamb Stew

INGREDIENTS:

4 lbs. boneless leg of lamb, cubed
1 cup flour, for dusting
20 pearl onions, peeled
16 baby red potatoes
6 large carrots, cut into large pieces
8 cloves garlic, peeled and minced
2 sprigs rosemary
4 cups beef stock
1 cup red wine
6 tbsp. olive oil
2 bay leaves
4 tbsp. tomato paste
Sea salt & freshly ground black pepper to taste

INSTRUCTIONS:

- With the salt and black pepper, season the lamb well.
- Put some flour into a bowl or tray and toss the lamb in it until it is covered.
- Put the inner pot in the cooker, put the oil in and press chicken/meat button.
- Put in the lamb until golden on all sides, once done remove and put to one side.
- Combine all the vegetables in the inner pot and cook for 5mins.
- Place in the tomato paste for 1min and add the rest of the ingredients.
- Put the lamb back in, place the lid on and switch to close and press warm/cancel.
- Press slow cook and press cook time until it reaches 6hrs.
- When it reaches 0, it will keep warm, open the valve.
- When it is safe, open and serve.

Original French Onion Soup

INGREDIENTS:

- 4 medium onions, peeled and sliced
- 1 qt. beef stock
- 2 sprigs thyme
- 1/2 cup sherry
- 8 slices Swiss cheese
- 6 slices of Italian bread toasted
- 1 tsp. sea salt
- 1 tsp. Freshly ground black pepper
- 1 bay leaf
- 3 tbsp. butter

INSTRUCTIONS:

- Put the inner pot into the cooker, place in the butter and melt.
- Put the onions in and cook until they caramelize.
- Next put in the herbs, seasoning and sherry, cook for 1hr, then add the stock.
- Place the lid on, set the release valve to close, time for 12mins.
- Once the time is up, release the steam.
- Put the toasted bread on the top, then a layer of cheese.
- Replace the lid, close the steam valve, when it reaches 0, it will go to keep warm.
- Open the release valve, when safe open the lid.
- Serve.

Seafood Stew

INGREDIENTS:

2 lbs. smoked sausage, cut into 4 pcs
2 lbs. extra large shrimp
1 lb. red baby potatoes
3 corn on the cobs cut in half
1 lb. mussels
20 clams
4 cups water
1/2 cup seafood seasoning
2 bay leaves

INSTRUCTIONS:

- Put the inner pot in the cooker, and all the ingredients in the pot.
- Put the lid on, lock and close the valve.
- Press beans and lentil, and select 15mins cook time.
- When it reaches 0 and goes to keep warm, release the pressure valve.
- Once it is safe open the lid.
- Serve.

Ossu Bucco

INGREDIENTS:

4 medium onions, peeled and sliced
1 qt. beef stock
2 sprigs thyme
1/2 cup sherry
8 slices Swiss cheese
6 slices of Italian bread toasted
1 tsp. sea salt
1 tsp. Freshly ground black pepper
1 bay leaf
3 tbsp. butter

INSTRUCTIONS:

- Put the inner pot in the cooker, add the olive oil and heat.
- Add the seasoned veal shanks and seal on both sides, take out and keep on one side.
- Place in the pot the celery, onions, carrots and garlic, and cook for 3-4mins.
- Mix in the tomato paste and cook for a further 2mins.
- Re-add the shanks, with the rest of the ingredients.
- Put the lid on, lock and close the valve.
- When it reaches 0, it will go to keep warm, open the valve.
- Once safe open and serve.

New England's Best Clam Chowder

INGREDIENTS:

25 little neck clams
6 cups clam broth
3 tbsp. butter
3 tbsp. flour
1/2 lb. bacon diced
1 medium onion, peeled
3 stalk celery, diced
1/2 red pepper, seeded and diced
2 large white potatoes, diced
2 bay leaves
1 sprig thyme
Sea salt & freshly ground black pepper to taste
3/4 cups heavy cream

INSTRUCTIONS:

- Put the inner pot in the cooker, add the bacon and cook until crispy.
- Put in the vegetables and butter, cook for 10mins, then add the flour for 2mins.
- Place the remaining ingredients in, but not the cream, blend together well.
- Put the lid, lock, and close the valve.
- When it reaches 0, it will go to warm, open the valve to release the steam.
- Once safe open and remove the lid.
- Mix in the cream and serve.

Seasoned Italian Chicken Soup

INGREDIENTS:

- 1/2 lb. (225 g) Italian sausage, casing removed, crumbled
- 3/4 cup (175 ml) diced onion
- 1/2 cup (125 ml) pearl barley
- 3 cloves garlic
- 12 cups (2.8 l) chicken stock
- 1 cup (250 ml) lentils 1 chicken breast, split with bone
- 1/2 cup (125 ml) parsley, chopped
- 2 cups (500 ml) chickpeas, including juice
- 1/2 to 1 lb. (225 to 450 g) fresh or frozen spinach
- 1 cup (250 ml) mild to medium salsa
- 2 tablespoons (30 ml) canola or olive oil

INSTRUCTIONS:

- In the cooker pour in 1tbs of olive oil or the canola, heat and cook the sausage, then drain.
- Keep the sausage on one side, add 1tbs of oil once more and fry the onions and garlic until clear.
- Next put the barley and sauce, stir in for 1min, then add the sausage, lentils, chicken breast.
- Pour in the stock, to cover the ingredients, put lid on and bring to pressure.
- Lower the heat and cook for the recommended time.
- Take off the heat, cool down rapidly, open when safe.
- Take out the chicken and shred, once done re-add to the cooker.
- Pour in the rest of the chicken stock, beans, spinach and salsa.
- Stir in and heat thoroughly.
- Serve.

Italian Meatball Stew

INGREDIENTS:

- 1 1/2 lb. (700 g) chopped meat - either all beef or a mixture of beef, pork and veal
- 1 egg, lightly beaten
- 2 slices white bread, soaked in water and squeezed dry
- 2 tablespoons (30 ml) minced parsley
- 1/2 teaspoon (2.5 ml) nutmeg
- 1 teaspoon (5 ml) Worcestershire sauce
- 2 cloves garlic, minced
- 1 tablespoon (15 ml) chicken or beef stock Flour for dusting
- 2 tablespoons (30 ml) olive oil
- 3/4 cup (175 ml) fresh or frozen peas
- 2 carrots, cubed or cut into sticks
- 2 medium potatoes, peeled and cut into 1" (25 mm) cubes
- 1/2 cup (125 ml) chicken or beef stock (or a mixture of both)
- 1/4 cup (60 ml) dry white wine
- 1 bay leaf

INSTRUCTIONS:

- Blend together the chopped meat, egg, bread, parsley, nutmeg, Worcestershire sauce, garlic, and 1tsp of stock, do this in a large bowl.
- Once blended roll the mix into 2"balls, then roll in flour.
- In the cooker heat the oil, and place the meatballs in to brown.
- Once done add the peas, carrots, potatoes, stock wine and bay leaf.
- Close the lid, bring to pressure, cook for the recommended time.
- Cool down rapidly, open when safe and take out the bay leaf.
- Dish up with fresh crispy bread.

Fresh Lemon Garlic Lamb Stew

INGREDIENTS:

2 tablespoons olive oil
3 lb. lamb stew meat, with some bone, in 2" slices
Salt and freshly ground pepper 3 garlic cloves
6 tablespoons freshly squeezed lemon juice
6 tablespoons chicken stock

INSTRUCTIONS:

- In the cooker, heat the oil. Place the meat in and seal until golden.
- You have to do this in batches.
- Once sealed, season and mix in the garlic, lemon juice, and stock.
- Put the lid on, bring to pressure and cook for the recommended time.
- Cool down rapidly and take off the lid when safe.
- Dish up with noodles and cover with grated cheese.
- May be served with a green vegetable.