

COOKING UNDER PRESSURE

By Clara Wicoff



In our busy lives, many of us want to find ways to save time in the kitchen while still being able to make healthy meals for ourselves and our families. One potential answer to this problem is pressure cooking. Pressure cooking can save you time, money, and energy. Plus, it allows you to retain the natural flavor and nutrients of food!

When pressure cooking, most foods are cooked three to ten times faster than conventional cooking. Very little moisture is lost so less liquid is required, which results in more intense flavors. Pressure cooking also allows you to maintain more vitamins and nutrients in your food during the cooking process since the food is cooked more quickly in a sealed environment.



While this is a great option for cooking, it is important to remember that you should never can in a small pressure cooker or in an electric pressure cooker. Even if your electric pressure cooker has a “canning” button on it, you should never use it for pressure canning. Preliminary research suggests electric pressure cookers do not sustain

the proper temperature required to destroy potentially deadly bacteria. So instead of using your electric pressure cooker for canning, you can use it to cook a healthy meal!

To learn more, consider attending our free “Cooking Under Pressure” program at the Chanute Recreation Center on April 7th at 6 PM. Attendees will be able to learn how pressure cookers work, as well as how to ensure food safety while using pressure cookers. Plus, they’ll get to try some tasty samples! For more information about this program or pressure cooking in general, please contact Clara Wicoff, Nutrition, Food and Health Extension Agent, at clarawicoff@ksu.edu or by calling 620-365-2242.