Under Pressure!
Meals in Minutes

Benefits of Pressure Cooking
• Cook Meals in Less Time
• Save Money
• Make Healthier Meals

The History
• Denis Papin
  • 17th century – 1679
  • Papin’s Digester
  • Papin cooking pot

100 years later...
• Nicolas Appert
  • Developed canning process 1790’s
  • “The Book of All Households: or The Art of Preserving Animal and Vegetable Substances for Many Years”

Fast Forward to Today...

How it works
Pros

- 6 quart or 8 quart volume
- Easy cleaning, non-stick coating in liner or stainless steel
- “Keep warm” mode
- Fast
  - Cook in 1/3 to 1/2 of the normal time
- Uses less liquid
- Multi-functional

Cons

- 6 quart volume
- Hard to handle hot liner
- Heating element for browning weaker than stove
- “Keep warm” mode
- Where will you store it?
- Lots of buttons
- In some cases, traditional cooking is better
- Cannot do cold water cool with electric models

Converting Favorite Recipes to Pressure Cooking

- Trial and error!
- Not for all foods
  - Won’t make foods crispy
  - Not for lean, already tender meat
- Need at least 1 cup liquid
- Look for similar recipes
- Start with pressure cooking times for main ingredient
- Don’t add thickeners, wait until done cooking

No Pressure

- Food stuck on bottom of insert
- Sauce too thick
- Vent is plugged up
- Gasket not inserted correctly
- Not enough liquid

“Bells and Whistles”

- Replace multiple other appliances
  - “Appliance graveyard”
- Quick or slow pressure release
- Some memorize cooking time and pressure setting last used
- Detachable cord

Appliance Safety

- READ THE MANUAL!!
- Redundant safety systems
- Follow filling recommendations
- Always use cooking liquid
  - Never use hard liquor in a pressure cooker
- Don’t cover or obstruct the vent
- Replace gasket when needed
- Removing the hot inner pot can be tricky!
- Be mindful of hot steam!
- Be aware of frothy foods
Buying Tips

- What features are important to you?
- Do you have space?
  - If you can’t see it, you won’t use it!
- How many people are you feeding?
- How much do you want to spend?
- May want to buy extra accessories.

A few common features

- Poultry
- Soup/Broth
- Meat/Stew
- Bean/Chili
- Rice
- Multigrain
- Steam
- Porridge
- Pressure cooking – manual

Non Pressure features

- Saute’
- Slow Cook
- Yogurt
- Keep Warm

Can I use frozen meats?

- Yes
- Single layer
- Add 50% or more cooking time
- Cover meat with liquid
- Will take longer to come to pressure
- Not recommended for roasts and frozen meatloaves

Pressure Cooker Vs. Pressure Canner

Food Safety

- No canning in Electric Multi-Cookers!

  “Even if there are instructions for pressure canning in the manufacturer’s directions, we do not support the use of the USDA canning processes in the electric, multi-cooker appliances now containing “canning” or “steam canning” buttons on their front panels. Our pressure process directions have not been developed for that type of appliance, and the canner being used does matter. Our recommendations were determined for stovetop pressure canners which hold four or more quart-size jars standing upright.”

  “We do not know if proper thermal process development work has been done in order to justify the canning advice that is distributed with these pressure multi-cooker appliances. What we do know is that our canning processes are not recommended for use in electric pressure multi-cookers at this time.”

  [http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html](http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html)
Resources

- Electric Pressure Cookers  
  - https://blogs.extension.iastate.edu/answerline/2016/11/21/electric-pressure-cookers/
- Brand Comparison for Electric Programmable Pressure Cookers  
  - http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1764&context=extension_curall
- Safely Canning Foods  
  - https://catalog.extension.oregonstate.edu/em9152/html

And Others....

- Hip Pressure Cooking  
  - https://www.hippressurecooking.com/
- Pressure Cooking Today  
  - http://www.pressurecookingtoday.com/

Resources

- Perfect Meals with Pressure Cooking  
  - http://edis.ifas.ufl.edu/fy1270
- Cooking with a Pressure Cooker  