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Views On Pressure cooking

Home cooking is one of the main everyday jobs every household has to cope with, therefore the less time we spend in the kitchen area the more quality time we've got to de-stress after having a hard time at your job as they say. There are various ways of cutting down cooking time, such as; takeaway food delivered to the door, microwave food along with the cooking of food using a Pressure Cooker. Pressure Cookers have been in existence for a long time now, The pioneer version of the pressure cooker was created by a French physicist named Denis Papin, he'd a lifespan of 65 years, (1647-1712). In the year of 1679 he created a large cast iron pot with a securely fitted lid that locked, (the actual way a pressure cooker functions today), His creation increased the boiling point of water, and at a significantly greater temperature, up to 15% more, meat cooked in a short time and had become very tender, additionally bones became soft. Explosions were commonplace, so Papin constructed a safety pressure release valve which got him acclamation with all the Royal Society in 1680.

In the world today pressure cookers can be purchased in different sizes the commonest being a 6 quart pot, the best one's to shop for are manufactured from stainless steel that has a thick bottom, this type will enable you to brown your meat or sauté on top of the stove before you actually use the



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pressure cooker. Several people will like the electric models while others will go for the older type which sits on top of the stove, both work just the same, it is just down to personal preference at the end of the day.

Pressure cooking in the house is simple and easy and quick, just add the water and the food then set the timer and heat by conventional methods, on the stove or if you have an electric product then switch it on and then leave for the allotted time and the pressure cooker will perform the rest, no watching to ensure that the pan won't boil over as you would in ordinary cooking. With pressure cooking you retain most of the goodness in, the natural flavors, vitamins and minerals, producing in a more healthy tastier meal.

The time saved over traditional cooking is up to 70% or even more, as a result less time using gas or electric it is therefore cost effective and less costly to cook with, the kitchen is clean as there is just one single utensil used so washing up is kept to a minimum, (a cooks dream).

For the small family or someone living by themselves the pressure cooking is the perfect solution to prepare food and an essential utensil to have in your kitchen. Cook all your food together meats and vegetables all go in the same pot in numerous areas, nevertheless you must stick to the recipe guide inside your user's guide as over cooking the vegetables

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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will lead to stewing, (the sort of food which you were accustomed to in school meals)

Pressure cookers really have made cooking easier and a lot more convenient. Don't forget these pressure cookers can be dangerous you need to browse the user manual and above all read the safety precautions before you use your pressure cooker for the first time. Never leave a pressure cooker alone when cooking if you have young children at your house.

Author: Joe R Leech

pressure cooker really have made cooking much simpler and a lot more convenient. Don't forget these pressure cookers can be dangerous you should always have a look at the user manual and more importantly read the safety precautions before you use pressure cooker for the first time. Under no circumstances leave a pressure cooker alone while cooking if you have kids at home.

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