

References:

Hip Cooking by Lisa Pazzaglia of hippressurecooking.com

Meals in Minutes Using a Pressure Cooker by Cathy Merrill, USU Extension

Pressure Cooking the Easy Way by Maureen B. Keane and Daniella Chace

Pressure Cooking by Pauline Williams Ingols, USU Extension/Salt Lake County

Quick Meals for Hectic Households by D. Pauline Williams, USU Extension

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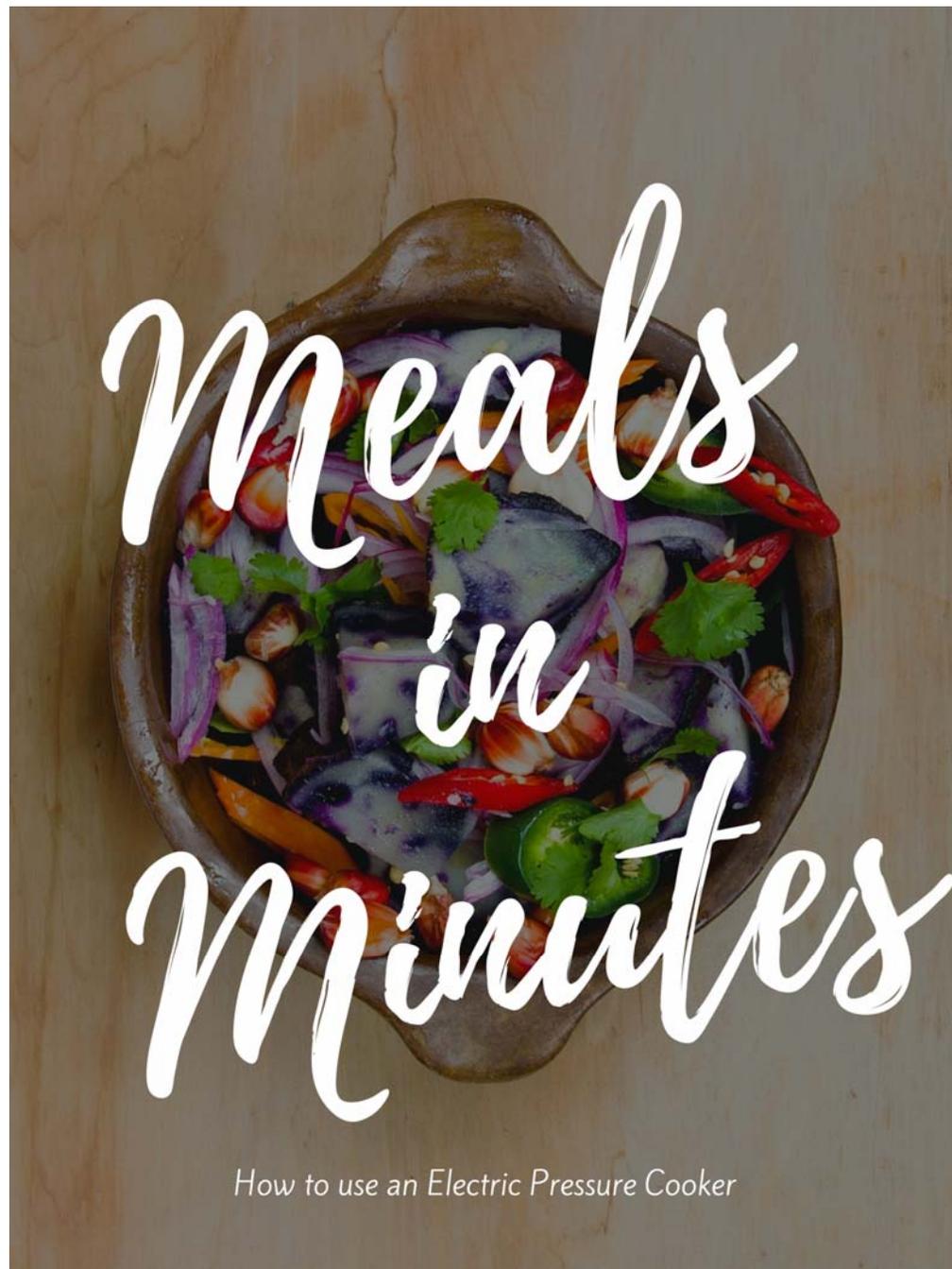
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Salted Caramel Cheesecake

Crust

1 ½ cups finely crushed Ritz crackers, about 1 ½ sleeves
4 Tbsp butter, melted
2 Tbsp sugar

Cheesecake

16 ounces cream cheese, room temperature
½ cup light brown sugar
¼ cup sour cream
1 Tbsp flour
½ tsp kosher salt
1 ½ tsp vanilla
2 eggs

Topping

½ cup caramel sauce
1 tsp flaked sea salt

Spray a 7- inch springform pan lightly with cooking spray. Cut a piece of parchment paper to fit the bottom of the pan and spray again. Set aside. In a large bowl combine the Ritz crumbs, butter and sugar thoroughly. Press the mixture firmly into the bottom and up the sides of the prepared pan. Set aside. In the bowl of your stand mixer, beat the cream cheese and sugar until combined and smooth. Add in the sour cream and mix for 30 more seconds until smooth. Add in the flour, salt and vanilla, scraping the sides of the bowl as necessary. Finally, add in the eggs and mix until just smooth. Don't overmix. Pour the cream cheese mixture into the prepared crust. Pour 2 cups of water into the bottom of pressure cooker. Place the trivet into the bottom. Cut a piece of aluminum foil the same size as a paper towel. Place the foil under the paper towel and put the springform pan on top of the paper towel. Wrap the bottom of the pan in the foil, with the paper towel as a barrier. Next take another piece of foil about 18 inches long folded into thirds lengthwise. Place this under the springform pan and use the two sides as a "sling" to place the cheesecake into the pot. Close and lock the lid in place. Pressure cook on high setting for 50 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Using a paper towel, blot off any liquid.

Remove the cheesecake. Place on a wire rack to cool the cheesecake for an hour. Cover the cheesecake in the pan with foil and place in the refrigerator to chill for at least 4 hours or overnight.

Top the cheesecake with the caramel sauce and sprinkle with sea salt. Serve immediately or store in airtight container in refrigerator for up to 5 days.

Meals in Minutes Using a Pressure Cooker

The electric pressure cooker is ideal for people who need to prepare low cost, nutritious meals in a relatively short amount of time. Individuals are rediscovering the use and advantages of pressure cooking in preparing delicious meals. Often, it can be faster and tastier than using a microwave oven and everything can be prepared in one dish.

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MSU Extension is pleased to serve the citizens of Montana in a variety of ways. Through food and nutrition classes, we strive to help people save money and eat more nutritiously by preparing food safely, easily and quickly at home. Our foods classes cover cooking techniques, safe use of equipment and food safety information to help reduce food borne illnesses. Foods classes incorporate nutritional concepts including those found at ChooseMyPlate.gov. We encourage people to reduce sodium and sugar to prevent and manage chronic diseases. Label reading and grocery-shopping tips and techniques are used throughout our classes. Menu planning and food preparation can help people eat more wholesome foods at a reduced cost, benefiting both health and wealth. MSU Extension is one of the ingredients to lifelong learning in your community.

MSU Extension and YOU – A recipe for success.

Principles of Pressure Cooking

The pressure cooker is a sealed pot in which pressure builds and is maintained between 5 and 15 pounds per square inch (psi). This pressure results in food being cooked at about 250° F, which is hotter than the normal boiling point (212° at sea level). Check the elevation where the pressure cooker will be used and make necessary changes. This elevated pressure converts liquid to steam which cooks the food faster. 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. This also results in retention of more vitamins and nutrients in food during the cooking process.

Guidelines and Tips:

- Not everything on the Internet and/or Pinterest will turn out or follow proper food safety guidelines.
- Frozen meats may produce undesired results: the outside of the meat may be overcooked and the inside meat may be uncooked.
- Timed delay for the pressure cooker option should not exceed 2 hours. Microorganisms grow rapidly between 41°F-141°F, thus increasing the possibility of food borne illnesses.
- Double check that the cooker is in sealing mode, otherwise, pressure cannot be achieved.

- Follow specific manufacturer's directions and cautions for using the pressure cooker.
- Do not fill the cooker more than two-thirds full and no more than half-way full for soups and stews.
- To save time, find recipes that require little preparation time but long conventional cooking times.
- Combine foods that have common cooking times or slice foods so cooking time will equal other foods being cooked.
- Separate foods from each other by a cooking rack or custard cups. If foods touch each other or stand in the same liquid the flavors will blend. Keeping foods apart will allow the food to keep its own distinct flavor.
- Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
- Do not store the pressure cooker with the lid on tightly. This reduces the wear and tear on the gasket (sealing ring).
- To adapt your own recipe, find a similar recipe and use it as a guide. In general, cooking time will be at least one-third to one-half of the traditional cooking time. Reduce your cooking liquid by at least half.
- Use at least 1 cup liquid for stovetop pressure cookers and 1.5 cups liquid for electric pressure cookers. If cooking for longer amounts of time, increase liquid.
- Brown most meats and poultry first for added flavor, better results and aesthetic appeal.
- Brown onions, leeks, garlic, etc., for a more intense flavor.
- Change out different gaskets (sealing rings) to avoid transferring pungent flavors, such as sweets, savory, spicy, etc.
- Always test the temperature of meats, fish, poultry and egg dishes after cooking to ensure the minimum internal temperature is reached throughout the dish. Test several locations within the dish since pressure cookers cook unevenly.

USDA Recommended Safe Minimum Internal Temperatures

Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F, allow to rest for at least 3 minutes
Fish & Shellfish	145°F
Ham , fresh or smoked (uncooked)	145°F, allow to rest for at least 3 minutes
Ground meats	160°F
Eggs & egg dishes	160°F
All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165°F

Chocolate and Coconut Rice Pudding

2 Tbsp butter or margarine
2 cups water
14 oz. coconut milk
½ cup sugar

1 cup Arborio or Calrose rice
½ tsp vanilla extract
1 cup shredded coconut
Chocolate syrup

Using the Sauté feature, heat butter until melted. Pour the rice in the cooker, and sauté 1 minute. Add the water and vanilla extract. Close and lock the lid in place. Pressure cook on high setting for 6 minutes cooking time. Perform a quick release. Carefully open lid. Stir in coconut milk, shredded coconut, and sugar. Place in serving bowls, drizzle each with chocolate syrup. Serve warm.

Lemon Pudding

½ cup sugar
⅛ tsp salt
3 Tbsp fresh or frozen lemon juice
¾ cup nonfat milk
Grate rind of 1 lemon or 2 tsp dried lemon zest

2 Tbsp flour
1 Tbsp butter
2 egg yolks, beaten
2 egg whites, beaten

Combine sugar, flour, salt and butter. Add lemon juice, grated zest, egg yolks, and milk. Mix well. Fold in beaten egg whites. Coat 6-ounce custard cups with nonstick spray. Fill cups about 2/3 full (4-4.5 oz) with mixture and cover securely with aluminum foil or wax paper. Add 1 cup water to pressure cooker and place trivet on top. Place cups in pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 8 minutes cooking time. Perform a quick release. Carefully open lid. Serve immediately.

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.

Vanilla Custard

2 cups low-fat milk
2 eggs, slightly beaten
½ cup sugar
¼ tsp salt

½ tsp vanilla
Nutmeg
1 cup water

Combine milk, eggs, sugar, salt and vanilla. Pour into individual custard cups. Should only fill custard cups ¾ full. Sprinkle nutmeg on custards. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close and lock the lid in place. Pressure cook on high setting for 8 minutes cooking time. Perform a quick release. Carefully open lid. Chill custard prior to serving.

Peanut Butter Cup Cheesecake

1 cup crushed Oreo cookie crumbs

2 Tbsp butter melted

Filling:

12 oz. cream cheese, room temperature

½ cup sugar

½ cup smooth peanut butter

¼ cup heavy cream

1 ½ tsp vanilla extract

1 Tbsp all-purpose flour

2 eggs, room temperature

1 egg yolk, room temperature

¾ cup semisweet chocolate chips

Topping:

½ package semi-sweet choc. chips

⅓ cup heavy cream

⅔ cup coarsely chopped peanut butter cups

Prepare a 7-inch springform pan by coating it with a non-stick spray. In a small bowl, combine the Oreo cookie crumbs and butter. Spread evenly in the bottom and up the side of the pan. Place in the freezer for 10 minutes. In a mixing bowl, mix cream cheese and sugar at medium speed until smooth, blend in peanut butter, heavy cream, vanilla, and flour. Mix in eggs one at a time just until blended; don't over mix. Stir in chocolate chips. Pour batter into the springform pan on the top of the crust. Cover top of springform pan with aluminum foil.

Pour 1 cup of water into the pressure cooking pot, and place the trivet in the bottom with handles and lower the cheesecake into the pressure cooking pot. Close and lock the lid in place. Pressure cook on high setting for 50 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Remove cheesecake. Using a paper towel, blot off any liquid. Check the cheesecake to see if the middle is set. If not, cook the cheesecake an additional 5 minutes.

Remove the springform pan to a wire rack to cool. Remove aluminum foil. When cheesecake is cooled, cover it with plastic wrap and refrigerate for at least 4 hours or overnight.

When cheesecake is chilled, prepare ganache topping. Place half of the chocolate in a mixing bowl. Heat heavy cream on medium high heat until it comes to a boil. Remove from heat and immediately pour cream over chocolate and stir until chocolate is completely melted. Add remaining chocolate and stir until chocolate is completely melted. Cool until ganache is thickened but still thin enough to drip down the sides of the cheesecake. Spoon chocolate ganache on top of the cheesecake, spreading to edges and letting ganache drip down the sides. Pile coarsely chopped peanut butter cup chocolates on top. Refrigerate until ready to serve.

General Guidelines for Cooking Meats

Red Meats

	<u>Cooking Time</u>
Chuck roast, 3 lbs	35 minutes
Round steak, ¼ inch thick	4 minutes
Beef stew meat, 1 inch cubes	15 to 20 minutes
Short ribs	25 minutes
Venison, 3 to 4 inches thick	30 to 40 minutes
Ham, picnic shoulder, uncooked, 3 to 6 pounds	30 minutes
Ham shank, uncooked, 3 to 5 pounds	35 to 45 minutes
Lamb chops, ¼ inch thick	2 minutes
Leg of lamb, 3 pounds	35 to 45 minutes
Lamb stew meat, 1 inch cubes	10 minutes
Pork chops, ½ inch thick	5 minutes
Pork butt roast, 3 pounds	55 minutes
Pork loin roast, 3 pounds	60 minutes
Pork steak, ¼ inch thick	2 minutes
Veal roast, 3 pounds	45 minutes

Poultry

	<u>Cooking Time</u>
Whole chicken, 4 to 5 pounds	25 to 30 minutes
Parts with bone, 3 pounds	9 to 11 minutes
Boneless parts, cut into pieces	2 minutes
Boneless half breast	3 to 5 minutes
Legs	8 minutes
Thighs	5 to 7 minutes
Frozen boneless thighs or breasts	5 to 7 minutes
Ground, 1 pound	2 to 3 minutes
Whole Cornish hen	8 to 10 minutes
Pheasant, cut into pieces	7 to 10 minutes
Turkey, half breast with bone	25 to 30 minutes
Turkey parts, cut into pieces	2 to 3 minutes
Turkey, boneless half breast	15 to 20 minutes

Seafood

	<u>Cooking Time</u>
Clams	3 minutes
Crab legs	2 minutes
Whole fish	2 to 3 minutes/pound
Lobster tail, 6 to 8 ounces	5 minutes
Scallops, small	1 minute
Shrimp, medium	2 minutes

General Guideline for Cooking Vegetables

Frozen - add 3 to 5 minutes when cooking in a separate container

Asparagus	2 minutes
Beans, green or wax	1 to 3 minutes
Broccoli	2 to 3 minutes
Brussels sprouts	2 to 2 1/2 minutes
Cauliflower	1 to 2 minutes
Corn on the cob	3-4 minutes
Corn, kernels	1 minute
Lima beans	2 to 4 minutes
Mixed vegetables	2 minutes
Peas	1 minute

Fresh - add 3 to 5 minutes when cooking in a separate container and add 1 to 4 minutes when steaming on the trivet. Cook vegetables shorter times to achieve firmer texture and longer times for softer texture.

Artichoke, globe	Whole	9 to 11 minutes
Asparagus	Spears or 1-inch pieces	0 to 2-1/2 minutes
Beans, green or wax	Whole or cut	1 to 3 minutes
Beets	Small, whole	11 to 13 minutes
	Large, whole	15 to 18 minutes
Broccoli	Spears	2 to 4 minutes
Carrots	Whole	3 to 5 minutes
	Slices	2 minutes
Cauliflower	Whole	6 to 8 minutes
	Florets	2 to 3 minutes
Greens	Whole leaves	1 to 4 minutes
Onions	Whole	6 to 9 minutes
	Sliced	3 minutes
Potatoes	Whole, medium	12 to 15 minutes
	1/2 inch slices	2 to 3 minutes
	Halves	8 to 10 minutes
Potatoes, sweet	Whole, medium	10 to 11 minutes
	Halves	8 to 10 minutes
Pumpkin	Wedges	8 to 10 minutes
Turnips	1/2 inch slices	3 to 5 minutes
Squash, acorn	Halves	6 to 7 minutes
Squash, hubbard	1 inch cubes	8 to 10 minutes
Squash, summer	1 inch slices	2 to 3 minutes
Sweet peppers	Whole	1 to 3 minutes
Tomatoes	Whole	2 to 3 minutes

Perfected Pulled Pork

1 (4-5 pound) pork shoulder or butt	2 Tbsp light brown sugar
1 Tbsp chili powder	2 tsp paprika
2 tsp salt	1 tsp pepper
1 tsp dry mustard	1 Tbsp vegetable oil
1 ½ cups chicken stock or broth	2 Tbsp cider vinegar
1 tsp liquid smoke	
1 (16 oz.) bottle prepared barbecue sauce	

Cut pork into 2-inch thick slices (to speed up the cooking process). Combine brown sugar, chili powder, paprika, salt, pepper, and mustard to create a dry rub. Rub onto the surface of all cuts of pork. Using the Sauté feature, sizzle the oi. Place the rubbed pork in the cooker and brown on sides. Add chicken broth, vinegar, and liquid smoke to the cooker. Close and lock the lid in place. Pressure cook on high setting for 40 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Using tongs, remove pork from the cooker and drain all liquid. Using the Sauté feature, simmer barbecue sauce. Pull or shred pork on cutting board then place pork into the simmering sauce prior to serving.

Beef Stroganoff

2 lbs. beef stew meat-1-inch pieces
2 Tbsp flour
2 Tbsp shortening
2 4-oz. cans, mushrooms, drained
(reserve liquid)
2 tsp salt

½ tsp pepper
¼ tsp ground marjoram
4 tsp dry mustard
6 Tbsp catsup
1 cup sour cream

Roll beef in flour. Brown in hot shortening in cooker. Add enough water to reserved mushroom liquid to measure 1½ cups. Add mushrooms, mushroom-water mixture and remaining ingredients except sour cream to cooker. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Mix in sour cream. Serve over favorite pasta.

Two Can Cola Pork Roast

1 (2 to 3 pound) pork loin, shoulder or butt
2 (12 oz) cans regular cola (you know, the one in the red can)
1 packet powdered onion soup mix
2 Tbsp cornstarch
2 Tbsp water

Place roast and all ingredients, except cornstarch, into pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 40 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Check roast for tenderness, and an internal temperature of 145°. If not fork-tender, re-secure the lid, pressure cook on high setting for 10 additional minutes with a 10 minute natural release. Remove roast and allow to rest on serving platter. To thicken gravy, use the Sauté feature to simmer cooking juices. Mix cornstarch with 2 tablespoons water and slowly add to simmering juices, stirring constantly until thick. Carve roast and serve with plenty of gravy.

Guidelines for Cooking Fruits

Generally speaking, the softer the fruit, the shorter the cooking time and a timer is an absolute must! Balance the fruit on a trivet in order to steam-poach.

<u>Fruit</u>	<u>Cooking Time</u>
Apples	4 to 6 minutes
Apricots	4 to 6 minutes
Berries	3 to 5 minutes
Cherries	5 to 6 minutes
Cranberries	4 to 6 minutes
Peach halves	3 minutes
Pears	6 to 8 minutes
Plum halves	4 to 6 minutes

Guidelines for Cooking Beans and Legumes

Completely cover the beans in liquid (suggestions: chicken broth, beef broth, vegetable broth, wine, beer, juice). Use the high setting on the pressure cooker and allow the pressure to release naturally. A quick release can be used for lentils and split peas.

<u>Bean or legume</u>	<u>Cooking Time</u>
Black beans	20 minutes
Black-eyed peas	8 minutes
Cannelloni beans	35 minutes
Chick-peas (garbanzo beans)	35 minutes
Great Northern	25 minutes
Kidney	22 minutes
Lentils	8 minutes*
Lima	12 minutes
Navy	20 minutes
Peanuts, raw	75 minutes
Pinto	22 minutes
Scarlet runner	16 minutes
Split peas	6 minutes*

**A quick release can be used for lentils and split peas.*

Guidelines for Steaming Grains

Add 1 ½ cups water to cooker and place trivet inside. Place a heat-proof bowl with 1 cup grain on the trivet, adding 4 to 4 ½ cups water to the bowl. After cooking, drain any remaining liquid.

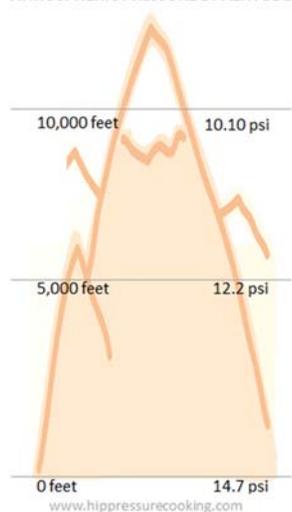
Grain	Cooking Time
Barley, pearled	17 to 20 minutes
Millet	5 to 8 minutes
Oats, groats	5 to 8 minutes
Quinoa	4 to 7 minutes
Rice, white	5 to 7 minutes
Rice, brown	25 to 35 minutes
Rice, wild	25 to 30 minutes
Wheat, bulgur	5 minutes
Wheat, berries	35 to 45 minutes

Timing Adjustments for High Altitude Pressure Cooking

Increase pressure cooking processing time by 5% for every 1000 feet above 2000 feet elevation. Multiply recommended cooking time by the number on the table. If the result is a decimal value, round up to the next minute.

above...	increase by..	or multiply by..
3,000 feet	5%	1.05
4,000 feet	10%	1.1
5,000 feet	15%	1.15
6,000 feet	20%	1.2
7,000 feet	25%	1.25
8,000 feet	30%	1.3
9,000 feet	35%	1.35
10,000 feet	40%	1.4

ATMOSPHERIC PRESSURE BY ALTITUDE



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Porcupine Meatballs-continued

Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. When complete, allow pressure to release naturally for 5 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.

Check for doneness by splitting open a meatball and making sure that the rice on the inside is thoroughly cooked. If not, lock the lid back in place and let the meatballs steam in the residual heat for a minute or two. Lift the meatballs from the pot with a slotted spoon and set on a warm platter. If the sauce is too thin, use the Sauté feature to boil vigorously over high heat until reduced to desired consistency. Pour over the meatballs. If desired, garnish with parmesan cheese prior to serving.

Texas Venison

2 pounds venison steaks, cubed	2 beef bouillon cubes
1 ½ tsp. seasoning salt, divided	½ tsp dried Mexican oregano
1 cup all-purpose flour	1 bay leaf
4 Tbsp vegetable oil	2 dried red chili peppers
½ tsp ground cumin	2 cups water
½ cup onion, halved and sliced	

Lightly season the venison steaks with ½ teaspoon of seasoning salt. Cut the steaks into bite sized pieces. Mix the flour with 1 teaspoon of seasoning salt; reserve 1 tablespoon of the flour mixture and set aside. Toss the cubed meat in the seasoned flour.

Using the Sauté feature, heat oil. Add meat cubes in batches and cook until browned on all sides. Remove the meat and set aside. Stir the reserved tablespoon of seasoned flour and ground cumin into the pan drippings. Cook and stir until the flour is lightly browned, about 5 minutes. Add the sliced onion and cook until the onion has softened, stirring frequently, about 5 minutes. Return the meat to the pan, along with the beef bouillon cubes, Mexican oregano, bay leaf, and chili peppers (remove the stems, but leave them whole). Pour in the water. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Remove the chili peppers and bay leaf; squeeze the pulp from the peppers, returning the pulp to the pan and discarding the skins and the bay leaf. Serve immediately.

Meatballs and Marinara

Meatballs:

½ cup panko bread crumbs
 ¼ cup whole milk
 1 oz. Parmesan cheese, grated (1/2 cup)
 3 Tbsp minced fresh parsley
 1 large egg (beaten)
 1 lb meat mix (ground beef & pork combo)
 Sugar
 2 (28 oz.) cans crushed tomatoes
 ¼ cup fresh basil (as a garnish)

Sauce:

2 Tbsp olive oil
 1 onion, minced
 Salt and pepper
 2 tsp dried oregano
 6 tsp garlic cloves, minced
 ¼ tsp red pepper flakes

Using the Sauté feature, simmer olive oil. Add onion and ¼ teaspoon salt, cook until softened, about 5 minutes. Stir in oregano, red pepper flakes and 4 tsp garlic and cook until fragrant, about 30 seconds. Stir in crushed tomatoes, scraping up any browned bits from sauté to prevent burning during later cooking.

Simmer gently, stirring occasionally, until tomatoes no longer taste raw, about 10 minutes. Season with sugar, salt and pepper to taste.

Meanwhile: Mash panko and milk into paste in medium bowl with a fork. Gently mix in meatball mix, Parmesan, parsley, egg, remaining garlic, ¾ teaspoon salt and ½ teaspoon pepper with hands until thoroughly combined. Shape mixture into 12 even-sized meatballs. Gently nestle meatballs into sauce. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid. Before serving, stir in basil and season with additional sugar, salt and pepper to taste.

Porcupine Meatballs

To cook the rice properly, the meatballs must sit in a single layer directly in the tomato sauce; make them in two separate batches if necessary. Avoid using a tomato sauce that has bits of mushroom or sausage in it, as they have a tendency to stick to the bottom of the cooker and get scorched.

1 ½ lbs. ground beef or a combination of ¾ lb. ground pork	¼ cup finely chopped fresh parsley
½ cup uncooked long-grain white rice	½ tsp salt, or to taste
½ cup finely chopped onion	3 cups tomato sauce
1 large clove garlic, minced	1 cup water
	Garnish: grated Parmesan cheese

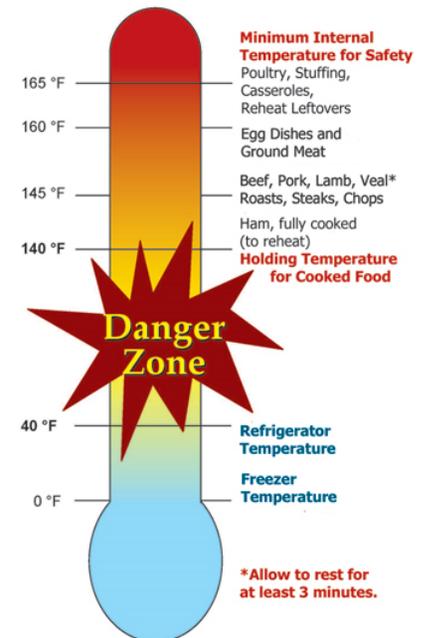
In a large bowl, combine all ingredients except the tomato sauce, water and Parmesan cheese. Roll into about 17-18 meatballs, each about 2 inches in diameter. Pour the tomato sauce into the cooker and thin by stirring in the water. Set the meatballs side by side in the sauce; don't stack them on top of each other. Make meatballs in two separate batches if necessary.

Adapting a Recipe for the Pressure Cooker

- Adjusting a recipe can take trial and error. Start by reducing the oven cook time to 1/3 of the time needed in the oven.
- Convert foods that can be boiled, steamed or braised. Crispy foods cannot be achieved in a pressure cooker.
- Use at least 1 cup liquid for stovetop pressure cookers and 1.5 cups liquid for electric pressure cookers. Experiment with different liquids other than water, such as chicken broth, beef broth, vegetable broth, fruit juice, beer or wine.
- Start with pressure cooking times for the ingredient that requires the longer amount of time to cook. Then, add food with less cooking time and pressurize the cooker again.
- Add thickeners after the food is processed, and the pressure has been released. Adding them before may result in liquid being absorbed and not producing enough steam to pressurize cooker.
- Adjust the food size. Root vegetables, such as potatoes and carrots, should be cut in slightly smaller pieces. Fruit and stock vegetables, such as celery, should be slightly larger than usual.
- Do not fill the cooker more than two-thirds full and not more than half-way full for soups and stews.
- Add additional vegetables if you prefer, but keep pieces approximately the same size.
- Naturally release the pressure with soups and more liquid-based food products. All other dishes can be quick-released.
- Do not cover the valve when releasing pressure.

Keep Food Out of the "Danger Zone"

- Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.
- Keep hot food hot - at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold - at or below 40 °F. Place food in containers on ice.



Warning:

It is not safe to pressure can in a Pressure Cooker, even if the manufacturer says it is.

The National Center for Home Food Preservation states the following:

“We do not know if proper thermal process development work has been done in order to support the canning advice that is distributed with these multi-cooker appliances. The way the USDA, National Center for Home Food Preservation and University of Georgia process development work has been done would not yield results expected to be transferable to these electric cookers.

“Our process directions for low-acid foods, for example, were developed for stovetop pressure canners which hold four or more quart-size jars standing upright. Even if there are referrals to the National Center for HFP in the instructions for canning in the manufacturer’s directions, we do not currently support the use of the USDA canning processes in electric, multi-cooker appliances. If you are canning low-acid foods and the proper amount of heat is not delivered to all parts of the food in the jars during the process, then the risk is botulism food poisoning in under-processed foods.”

-National Center for Home Food Preservation. (2015, February 12).

Can I Can in Multi-Cooker? Preserving Food at Home. [Blog post]. Retrieved from <https://preservingfoodathome.com/2014/11/25/can-i-can-in-a-multi-cooker/>

For more information about canning in pressure cookers, please read “Burning Issue: Canning in Pressure Cookers” from the National Center for Home Food Preservation: <http://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html>

Coffee-Braised Roast with Balsamic Vinegar

1 ½ Tbsp peanut oil	2 Tbsp balsamic vinegar
1 large yellow onion, halved and thinly sliced into half-moons	1 Tbsp finely grated orange zest
½ tsp cumin seeds	½ tsp ground allspice
2-pound boneless beef chuck roast	½ tsp salt
1 cup very strong coffee	½ tsp pepper

Heat the oil in a 6-qt stovetop pressure cooker set over medium heat or in a 6-qt electric pressure cooker turned to the browning mode. Add the onion and cumin seeds; cook, stirring quite often, until the onion begins to brown a bit at the edges, about 7 minutes. Push the onion and seeds to the sides of the cooker; add the beef and brown on both sides, turning once, about 8 minutes. Pour in the coffee and vinegar; sprinkle in the zest, allspice, salt, and pepper. Close and lock the lid in place.

Electric: Pressure cook on high setting for 75 minutes.

Stove top: Raise the heat to high and bring the pot to high pressure. Once this pressure has been reached, reduce the heat as much as possible while maintaining this pressure. Cook for 50 minutes.

Perform a quick release. Carefully open lid. Transfer the roast to a cutting board; use a slotted spoon to transfer the onions to a small serving bowl. Defat the sauce, either by using a fat separator or skimming it with a small spoon. Bring the sauce to a simmer in the stovetop pot by setting it over medium-high heat or use the Sauté feature with the electric pressure cooker. Boil, stirring once in a while, until the sauce has reduced to half its original volume, about 7 minutes. Slice the roast into 2-inch thick, irregular chunks, then serve with the sauce and onions.

Recipe from The Great Big Pressure Cooker Book by Bruce Weinstein & Mark Scarbrough

Stuffed Green Peppers

8 green peppers	2 eggs
1 ½ lbs. ground beef	¾ cup onions, chopped
2/3 cup rice, cooked	2 10 3/4-oz. can tomato soup
1 ½ tsp salt	1 ½ cups water
¼ tsp pepper	

Remove seeds and wash peppers. Mix beef, rice, salt, pepper, eggs, onion and ¾ cup soup. Stuff peppers lightly and place on rack in cooker. Top each pepper with 1 tablespoon soup. Mix remaining soup and water; pour into cooker. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 5 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Serve immediately.

Turkey Lentil Taco Filling

1 Tbsp vegetable oil	1 tsp paprika
1 lb ground turkey	1 ½ tsp salt
2 onions, diced	½ tsp onion powder
4 garlic cloves, minced	½ tsp red pepper flakes
2 Tbsp chili powder	1 cinnamon stick
1 Tbsp ground cumin	3 cups vegetable or chicken broth
1 tsp dried Mexican oregano	1 lb dried lentils (green or brown)

Using the Saute feature, heat oil in pot. Sauté turkey, onion, and garlic until onion is tender, about 5 minutes. Stir in remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. If necessary, select sauté and cook taco filling, stirring frequently, until all the liquid has evaporated. Serve immediately.

Recipe from Pressure Cooking Today

Pot Roast with Onions and Root Vegetables

3 pounds roast (chuck, loin, round, sirloin), trimmed of visible fat	
2-4 Tbsp barbecue rub	1 onion, sliced into thick rings
1 cup burgundy wine or water	1 cup beef or chicken broth
1 cup water	3 large carrots, cut into 1-inch slices
2 medium white potatoes, peeled and sliced	
2 medium sweet potatoes, peeled and sliced	
2 medium turnips, peeled and sliced	
2 Tbsp olive oil	

Trim roast of all visible fat and cover with barbecue rub. Using the Sauté feature, add olive oil to brown the roast and sauté half of the onions. Add liquids. Close and lock the lid in place. Pressure cook on high setting for 50 minutes cooking time. Perform a quick release. Carefully open lid. Add the remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. Perform a quick release. Serve immediately.

Suggested References

Websites

Amy+Jacky Pressure Cook Recipes www.pressurecookrecipes.com
Hip Pressure Cooking www.hippressurecooking.com
One Good Thing By Jillee www.onegoodthingbyjillee.com
Pressure Cooking Today www.pressurecookingtoday.com
New Generation Pressure Cooking Experts www.fastcooking.ca
Make the Most of Your Pressure Cooker www.craftsy.com

Books

Great Food Fast by Bob Warden

Pressure Cooker Perfection: 100 Foolproof Recipes that Will Change the Way You Cook by America's Test Kitchen

Slow Food Fast by Bob Warden

The Electric Pressure Cooker Cookbook: 200 Fast and Foolproof Recipes for Every Brand of Electric Pressure Cooker by Barbara Schieving

The Essential Instant Pot Cookbook: Fresh and Foolproof Recipes for Your Electric Pressure Cooker by Coco Morante

The Instant Pot Electric Pressure Cooker Cookbook by Laurel Randolph

The Great Big Pressure Cooker Book by Bruce Weinstein and Mark Scarbrough

Disclaimer: MSU Extension does not endorse, nor imply endorsement, of any particular brands or products. Those contained herein are mentioned as reference only.

Buffalo Chicken Wraps

- 2 cups buffalo wing sauce
- 2 Tbsp melted butter
- 2 pounds chicken breasts, halved
- 8 (8-inch) flour tortillas
- 1 cup finely chopped celery, divided
- 8 Tbsp blue cheese dressing

Using the Saute feature, melt butter in the cooker. Add the wing sauce and mix with melted butter. Add chicken breasts and toss to coat. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Leave chicken in the pressure cooker and use two forks to pull the chicken apart. Mix with juices in the pressure cooker.

To assemble the wraps, use a slotted spoon to place 1/8 of chicken mixture on each tortilla. Top each tortilla with 1/8 cup celery, and 1 tablespoon dressing. Fold the wraps and serve.

Quick “Barbecued” Chicken

For a couldn't-be-simpler dinner that no one can resist, try this recipe with your favorite barbecue sauce. Browning the chicken contributes to the barbecued taste, but the dish is still very tasty if you don't want to take the time.

- 2-3 Tbsp oil
- 3-4 lbs. chicken parts, preferably thighs and drumsticks, skinned
- 2 cups prepared barbecue sauce
- 1 ½ cups coarsely chopped onions
- 1 large green pepper, seeded and diced (optional)

Using the Sauté feature, heat 1 tablespoon oil in the cooker. Brown the chicken well on both sides in small batches, adding extra oil as needed. Set browned chicken on a platter. Pour off leftover oil, if desired. Place the sauce, onions and green pepper (if using) in the cooker. Stir well, taking care to scrape up any browned bits sticking to the bottom. Add the reserved browned chicken plus any juices that have collected on the platter, stirring to well-coat the chicken with the sauce. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Place the chicken on individual plates or a serving platter and spoon the sauce on top.

Suggested Recipes

- Read and follow the manufacturer's suggestions and guidelines for the pressure cooker.
- Each electric pressure cooker has different buttons, settings and modes. For the recipes in this book:
 - Use the high setting for pressure cooking unless specified.
 - Use the setting of heating the pan when Sauté or Brown is specified.
 - Follow the directions for releasing the pressure:
 - **Normal or Quick Release:** also known as Quick-release or Fast-release. Pressure is released from the cooker all at once using the valve.
 - **Slow Normal:** Pressure is released from the valve slowly. Or, in short bursts 10 seconds apart to keep food from spraying out the valve.
 - **10-minute Natural Release:** After cooking time, allow the cooker to release pressure naturally for 10 minutes, then manually release the remaining pressure using the valve.
 - **Natural Release:** After cooking, allow pressure is dissipate naturally.

Hard Boiled Eggs

1-6 eggs

Eggs	Electric Cooker	Stovetop Cooker	Pressure Selection	Opening Method
Egg, hardboiled	5 minutes	6 minutes	Low	Normal
Egg, medium-boiled	4 minutes	5 minutes	Low	Normal
Egg, soft-boiled	3 minutes	3 minutes	Low	Normal

Fill the pressure cooker with one cup of cold water. Add the steamer basket, or trivet and steamer basket, egg stand (if using) and egg(s). Close and lock the lid of the pressure cooker. **Electric pressure cookers:** Cook for 5 minutes at low pressure (if your pressure cooker does not have this setting, try do a test egg at the pressure cooker setting it has.) **Stovetop pressure cookers:** Turn the heat up to high and when the cooker indicates it has reached low pressure, lower to the heat to maintain it and begin counting 6 minutes low pressure cooking time.

When time is up, open the pressure cooker with the Normal release - release pressure through the valve. Open the pressure cooker and place the egg(s) in a container filled with cold water. Keep the water cool by bringing the container to the sink and running more cold water into the container for 1 more minute, to serve warm, or 3 minutes to cool down completely. Tap the two ends and the middle of the egg and peel delicately.

Adapted from *Hip Pressure Cooking*, www.hipppressurecooking.com

Tomato Spinach Frittata

12 large eggs
½ tsp salt
1 cup diced seeded tomato
3 cups fresh baby spinach, roughly chopped
4 tomato slices for topping the quiche
¼ cup shredded Parmesan cheese

½ cup milk
½ tsp fresh ground black pepper
3 large green onions, sliced

Put a trivet in the bottom of the pressure cooker pot and add 1 1/2 cups water. In a large bowl whisk together the eggs, milk, salt and pepper. Add spinach, tomato, and green onions to a 1 1/2 quart baking dish and mix well. Pour egg mixture over the veggies and stir to combine. Gently place sliced tomatoes on top and sprinkle with Parmesan cheese. Use a sling to place the dish on the trivet in the pressure cooking pot. Close and lock lid in place. Pressure cook on high setting for 20 minutes cooking time. Use a 10-minute Natural Release, then release any remaining pressure. Carefully open the lid, lift out the dish and if desired, broil in oven until lightly browned.

Adapted from Pressure Cooking Today, www.pressurecookingtoday.com

Easy Oatmeal

2 gala apples, peeled or unpeeled, roughly sliced
1 cup regular steel cut oats
1 Tbsp unsalted butter
2 ½ cups cold water
1 tsp vanilla extract
A pinch of salt

1 cinnamon stick
½ tsp ground nutmeg
½ tsp allspice, ground
½ tsp fresh ginger, grated

Sweetener: Honey, Maple syrup, or Brown sugar

Garnish: 1 gala apple, sliced

Toast Steel Cut Oats: Heat pressure cooker over medium heat (Instant Pot: press Sauté button). Melt 1 Tbsp unsalted butter in the pressure cooker and toast 1 cup steel cut oats until fragrant (about 2 minutes).

Pressure Cook Steel Cut Oats: Add 2 roughly sliced gala apples, 1 tsp (5ml) vanilla extract, 1 cinnamon stick, ½ tsp nutmeg, ½ tsp allspice, ½ tsp grated fresh ginger, and a pinch of salt in the pressure cooker. Give it a quick mix and pour in 2 ½ cups cold water. Make sure all the steel cut oats are submerged in the mixture and nothing is sticking to the bottom. Close lid and pressure cook at High Pressure for 10 minutes. When complete, allow a Natural Release. Open the lid carefully.

Thicken Oatmeal: The oatmeal will look watery when you first open the lid. Give it a few quick stirs with a silicone spatula to break down the apple slices and thicken the oatmeal.

Serve: Sweeten the apple oatmeal accordingly with your choice of sweetener (honey/maple syrup/brown sugar). Serve with thinly sliced apple. Drizzle more honey or maple syrup on the oatmeal if desired.

Adapted from Amy+Jacky Pressure Cook Recipes, www.pressurecookrecipes.com

Ranch Cheese Chicken

½ cup bacon crumbles (not imitation bacon bits)
6 chicken breasts, about 2 pounds
2 Tbsp or 1 packet of ranch dressing mix
8 oz cream cheese
½ cup water
1 cup grated cheese (Colby jack, cheddar, etc.)

Place chicken and cream cheese in pressure cooker. Sprinkle the packet of ranch seasoning over the top. Add half cup water. Place your pressure cooker on manual high pressure for 15 minutes. Do a quick release. Shred chicken using forks or an electric hand mixer. Add grated cheese and stir. Stir in bacon and enjoy. Can be served over mashed potatoes or chilled on crispy salad greens with chopped green onions or jalapenos. If cooking mashed potatoes, layer in bowl on trivet above chicken. Add broth or water to bowl with potatoes. Try with taco seasoning instead of ranch dressing.

Chicken Piccata

6 small boneless, skinless chicken breast halves (about 2 pounds)
½ cup flour, mixed with pinch of salt
2 Tbsp butter
1 Tbsp minced garlic
1 tsp. chicken base mixed with 1 cup water
¼ tsp white pepper
1 Tbsp cornstarch
1 lemon, sliced thin, for garnish

2 Tbsp olive oil
½ red onion, diced
¼ cup lemon juice
1 cup dry white wine
½ tsp Italian seasoning
2 Tbsp capers, canned

Dip chicken breasts in lightly salted flour, until well coated. Using Sauté feature, heat oil and butter. Place chicken breasts into cooker, browning them on both sides. Add onions and garlic, and cook until onions begin to sweat. Add remaining ingredients, except cornstarch, capers and lemon garnish. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid, then remove chicken breasts, and set aside. Thicken cooking liquid by combining cornstarch with 2 tablespoons water in a small dish. Using the Sauté feature, add cornstarch mixture and stir until thick. Place chicken into sauce and fully coat before serving. Serve topped with capers and fresh lemon slices.

Chicken Paprikash

2 Tbsp butter	2 Tbsp Hungarian paprika
1 medium onion, peeled & diced	1 cup chicken broth
1 sm. green pepper, seeded & diced	1 Tbsp flour
4 cloves garlic, minced	¾ cup sour cream
4 skin-on chicken breast halves	½ tsp sea salt
1 large tomato, diced	¼ tsp ground black pepper
¼ cup tomato sauce	

Using the Sauté feature, melt butter. Add onion and green pepper and sauté for 3-5 minutes until onions are translucent. Stir in garlic. Add the chicken breast skin-side down and brown for 3-4 minutes. Sprinkle the diced tomato over the chicken. In a medium bowl, whisk together tomato sauce, paprika, and chicken broth. Pour over chicken. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Transfer chicken to a serving platter. Whisk flour and sour cream into the juices in the pressure cooker. Using the Sauté feature, simmer unidded for 5 minutes until sauce thickens. Season with salt and pepper. Pour sauce over chicken and serve warm.

Chicken Marsala

1 Tbsp olive oil	16 oz mushrooms, cut in half
2 Tbsp butter	Salt and pepper to taste
6 small boneless, skinless chicken breast halves, about 2 pounds	
½ cup flour, mixed with ½ tsp salt and ½ tsp pepper	
1 cup Marsala wine (or similar dry red wine), divided	
1 tsp chicken base mixed into 1 cup water	
2 Tbsp cornstarch	

Using the Sauté feature, heat olive oil and butter. Dip chicken breasts in seasoned flour, until well coated. Add to cooker and brown well on both sides. Pour in ½ cup Marsala wine, chicken base mixture and mushrooms. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Remove the chicken and mushrooms from the pressure cooker. In a separate bowl, whisk together cornstarch and remaining 1/2 cup Marsala wine. Add the cornstarch mixture to the remaining liquid in the pressure cooker. Using the Sauté feature with the lid off, stir constantly until sauce has thickened,. Add salt and pepper to taste. Serve over favorite pasta.

Mediterranean Chickpea Salad

2 quarts water, divided	½ cup chopped celery
6 ounces dried chickpeas	½ cup red onion, sliced
3 Tbsp plus 1 tsp extra-virgin olive oil, divided	1 small tomato, seeded and chopped
2 Tbsp freshly squeezed lemon juice	1 Tbsp minced fresh mint
½ tsp ground cumin	2 Tbsp minced fresh parsley
¼ tsp freshly ground black pepper	
½ cup coarsely chopped red or green bell pepper	
½ cup crumbled feta cheese (optional)	

Soak chickpeas in 1 qt water at room temperature for 8 to 24 hours. Drain and rinse. Add the chickpeas to pressure cooker. Add 1 tsp extra-virgin olive oil, and stir to coat the chickpeas. Add the remaining 1 quart of water. Lock the lid in place.

Electric: Cook at high pressure for 3 minutes. When the timer goes off, turn the cooker off. Do not let it switch to the “warm” setting.

Stove top: Maintain pressure for 3 minutes, adjusting the burner as necessary.

After cooking, use the natural method to release pressure for 3 minutes, then perform a quick release.

While the chickpeas cook, use a small jar with a tight-fitting lid to mix dressing by adding lemon juice, the remaining 3 Tbsp extra-virgin olive oil, cumin, the remaining 1/2 tsp salt, and pepper. Shake to mix until thoroughly combined.

When the pressure has released completely, remove the lid. Drain chickpeas and put them into a large bowl. Immediately pour the dressing over the chickpeas and toss to coat. Cool to room temperature, stirring occasionally. Add red bell pepper, celery, red onion, and tomato to the bowl with the chickpeas. Toss gently. Add the mint and parsley right before serving, toss to combine.

Chicken Stock

2 lbs bone-in chicken parts (backs, wings, and necks)
1 medium onion, peeled and cut in half
1 celery stalk cut in several pieces
1 large carrot, peeled and cut into pieces
2 large sprigs of parsley
6 peppercorns
1 bay leaf
Salt and pepper to desired taste
6 cups water

Combine all the ingredients in the cooker; close and lock the lid. Cook for 30 minutes at high pressure. When done, quick release the pressure and open the cooker. Strain the remaining liquid, pressure with the back of a wooden spoon to extract as much of the liquid as possible. Discard what remains in the sieve. Cool the broth, then refrigerate overnight.

Recipe from Fagor LUX e-recipe book.

Potato Soup with Onions and Cheddar

Pressure cooking makes the act of peeling potatoes obsolete, particularly with the thin-skinned varieties such as russets and new potatoes. Their delicate skins become very tender and infuse the broth with a lovely, full-bodied flavor.

2 Tbsp sweet butter or oil	6 cups beef, chicken or vegetable stock or bouillon
1 clove garlic, finely minced	
4 stalks celery, thinly sliced	½ cup finely minced parsley, divided
3 scallions, thinly sliced	
10 oz. pearl onions, peeled	½ cup milk (optional)
2 lbs. potatoes, scrubbed, halved, and cut into 1/4-inch slices	1 cup grated sharp Cheddar cheese
	Salt and freshly ground white pepper to taste

Using the Sauté feature, melt butter before adding the garlic, celery and scallions. Cook for 1-2 minutes. Stir in the onions and potatoes, tossing to coat with the butter. Add the stock and ¼ cup parsley.

Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. When complete, allow a Natural Release. Remove the lid. Carefully open the lid. Add the remaining parsley and milk (if using). Using the Sauté feature, gradually stir in the grated, simmering until the cheese is melted and the soup is hot, about 2-3 minutes. Add salt and pepper to taste before serving.

Old Fashioned Cream of Chicken Soup

2 Tbsp butter	1 tsp. salt
2 ribs celery, chopped	½ tsp. dried thyme
1 medium onion, finely chopped	¼ tsp. black pepper
3 cups chicken broth	1 cup shelled fresh peas
1 to 1¼ pounds boneless, skinless chicken, cut into ½-inch pieces	1 cup heavy cream

Using the Sauté feature, melt butter before adding celery, carrot, and onion. Cook for 1-2 minutes or until soft. Stir in chicken pieces, broth and seasonings. Close and lock lid in place. Pressure cook on high for 5 minutes cooking time. When complete, use a 10-minute Natural Release, then release any remaining pressure. Carefully open lid and add the peas. Stir in the cream. Serve immediately.

Adapted from The Pressure Cooker Gourmet by Victoria Wise.

Coconut Curry Chicken

4 half chicken breasts, boneless and skinless, cut into 1-inch chunks	
1 red onion, thickly sliced	1 green bell pepper, thickly sliced
2 Tbsp minced garlic (about 6 cloves)	2 cups water
1 Tbsp fresh ginger root, finely chopped	1 Tbsp soy sauce

Using the Sauté feature, simmer chicken with onion, bell pepper and garlic. Add water, ginger root and soy sauce. Close and lock the lid in place. Pressure cook on high setting for 6 minutes cooking time. Perform a quick release. Carefully open lid. Remove chicken and vegetable over rice or riced cauliflower.

While the chicken is cooking, combine the following ingredients for the sauce and heat over medium heat, stirring until thickened.

Sauce:

½ cup unsweetened coconut milk	2 tsp. Chinese chili sauce (optional)
2 Tbsp curry powder	1 tsp hot chili sesame oil (optional)
1 Tbsp cornstarch mixed with 2 Tbsp cold water	
1 Tbsp soy sauce	

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.

Speedy Dijon Chicken

2 lbs. boneless, skinless chicken breasts	2 Tbsp olive oil
1 small onion, minced	3 Tbsp Dijon mustard
1 Tbsp mustard	1 Tbsp honey
½ cup chicken stock	½ cup sour cream
¼ cup apple juice or dry white wine	1 Tbsp all-purpose flour

Using the Sauté feature, brown chicken in batches in olive oil. In a small bowl, mix the mustards and honey. Whisk in the stock and apple juice. Pour over the chicken. Close and lock the lid in place. Pressure cook on high setting for 8 minutes cooking time. Perform a quick release. Carefully open lid. Place chicken on serving platter. Pour the sour cream mixture in pressure cooker and simmer for 2-3 minutes or until thickened. Pour sauce over chicken and garnish with fresh herbs.

Adapted from 125 Best Pressure Cooker Recipes by Cinda Chavich.

Messy Lasagna

1 pound lean ground beef	1 tsp garlic, minced
1 onion, chopped	1 tsp oregano
1 (16 oz.) package bow tie pasta	1 tsp Italian seasoning
1 (15 oz.) can tomato sauce	water to cover
1 (15 oz.) can stewed tomatoes	1 (15 oz.) container ricotta cheese
1 (10 oz.) package frozen spinach, thawed	
1 cup shredded mozzarella cheese	

Using the Sauté feature, brown ground beef, about 3 to 5 minutes. Stir in onion and cook until translucent, 1 to 2 minutes. Stir in pasta, tomato sauce, stewed tomatoes, spinach, garlic, oregano and Italian seasoning. Mix well. Add water to cover and stir again. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid, and stir ricotta cheese into pasta mixture. Could use cottage cheese or cream cheese as substitute. Using the Sauté feature, simmer until pasta is tender, 2 to 5 minutes. Sprinkle with mozzarella cheese over pasta mixture.

Spaghetti Sauce

2 pounds ground beef or sausage	1 small onion, chopped
4 garlic cloves, minced	2 (14 oz.) cans diced tomatoes
2 (6 oz.) cans tomato paste	1 cup water
2 (15 oz.) cans tomato sauce	3 tsp basil
2 tsp dried parsley flakes	1 ½ tsp brown sugar
1 tsp salt	¼ cup red wine
¼-½ tsp crushed red pepper flakes	Parmesan cheese for garnish
¼ tsp fresh coarse ground black pepper	Spaghetti noodles

Using the Sauté feature, brown sausage or hamburger. Add onions and continue to cook, stirring occasionally until onions are softened. Drain any fat. Place remaining ingredients except for noodles in pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. Perform a quick release. Carefully open lid. Portion out the sauce to serve now and freeze remaining for use later. Boil water, add noodles and cook until tender. Drain and mix with spaghetti sauce. Garnish with parmesan cheese.

Broccoli-Parmigiano-Reggiano Soup

2 lbs. broccoli, ends trimmed and tough bits peeled
3 Tbsp olive oil
2 large garlic cloves, peeled and sliced
½ tsp kosher salt, plus additional for seasoning
4 cups chicken stock or low-sodium broth (or vegetable stock/broth)
½ cup chopped fresh parsley
1 Tbsp freshly squeezed lemon juice
Freshly ground black pepper
¾ cup grated Parmigiano-Reggiano or similar cheese, divided

Cut the broccoli stems into 1" pieces and break the heads into florets. Reserve 1 cup of the smallest florets (finger-tip-sized). In a stove-top pressure cooker set over medium heat, or use the Sauté feature of the electric cooker, to heat the olive oil. Add the garlic. Cook for 2-3 minutes, until it begins to brown. To the cooker, add just enough of the large broccoli florets to cover the bottom in a single layer. Toss to coat with the olive oil and garlic, and sprinkle with 1/2 tsp salt. Cook the broccoli, undisturbed, for 2-3 minutes, or until browned in spots. Stir and cook for 2-3 minutes more while more surfaces brown. Add the remainder of the large pieces of broccoli (not the cup of reserved small florets) and the stock or broth to the pressure cooker. Lock the lid in place and bring to high pressure.

Electric: Cook at high pressure for 5 minutes.

Stovetop: Bring to high pressure and maintain pressure for 5 minutes, adjusting the burner as necessary.

Use the quick method to release pressure. Unlock and remove the lid. Add the parsley and lemon juice. Using an immersion or regular blender, blend the soup. If using a regular blender, be careful of the steam; work in small batches. Place the stop-top pressure cooker over medium heat, or use the Sauté feature of the electric cooker. Return the soup to a simmer. Season to taste, adding pepper and more salt, if necessary. Add the cup of reserved broccoli florets, and simmer for 2-3 minutes or until just tender. Stir in 1/2 cup of cheese, and ladle the soup into 4 bowl. Top each with 1 Tbsp of the remaining cheese, and serve.

Recipe adapted from The Healthy Pressure Cooker Cookbook by Janet A. Zimmerman

Cream of Tomato Soup

- | | |
|---|-------------------------------------|
| 1 Tbsp vegetable oil | 2 tsp. chopped fresh thyme or basil |
| 1 Tbsp butter | 1 tsp. salt |
| 1 large onion, finely chopped | ¼ tsp. freshly ground black pepper |
| 3 pounds tomatoes, peeled, seeded
and coarsely chopped with juices | ¾ cup heavy cream |
| ½ cup vegetable broth or water | Herbed croutons for garnish |

Using the Sauté feature, oil and melt butter. Add onion and cook about 5 minutes. Stir in tomatoes with juices, seasonings and broth. Lock on the lid and bring to pressure over high heat. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Use a 10-minute Natural Release, then release any remaining pressure.

Transfer soup to a food processor and puree or use an immersion blender. If the soup will be served immediately, stir in the cream and gently reheat using the Sauté feature. If the soup will be served later, store in fridge until ready to serve and then blend in the cream, heat and serve.

Variations: Substitute sour cream for the heavy cream or omit the cream altogether. Use oregano, tarragon, or marjoram instead of thyme or basil.

Adapted from The Pressure Cooker Gourmet by Victoria Wise.

Minestrone Soup with Tortellini

- | | |
|--------------------------------------|--------------------------------------|
| 2 Tbsp olive oil | 1 jar spaghetti sauce |
| 1 white onion, chopped small | 1 (14 oz.) can diced tomatoes |
| 2 stalks celery, sliced ¼-inch thick | 1 ½ Tbsp Italian seasoning |
| 2 carrots, sliced ¼-inch thick | 1 tsp sugar |
| 1 Tbsp minced garlic | ¼ tsp ground black pepper |
| 4 cups vegetable broth | Shredded parmesan cheese,
garnish |
| 1 (8 oz.) package cheese tortellini | |

Using the Sauté feature, heat oil. Place onions, celery, carrots, and garlic in pressure cooker and cook until onions begin to sweat. Add remaining ingredients and stir. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid, check tortellini for tenderness. Using the Sauté feature, heat the soup until desired tenderness is achieved in pasta. Serve topped with parmesan cheese.

Pressure Cooker Brown Rice

- | | |
|----------------|------------------|
| 1. 5 cup water | 1 cup brown rice |
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Option 1: Place ingredients into pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.

Option 2: Use a stainless steel or tempered glass bowl that will fit inside pressure cooker. Pour 1 cup of water on bottom of pressure cooker. Place the trivet in bottom. In bowl, add brown rice. Put enough water in bowl to cover rice and have ½-¾ inch of water higher than the rice. Place bowl with rice and water on trivet. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally. Use hand-protection to remove the bowl, fluff rice with fork. If any extra water, drain off.

Cheese Tortellini Alfredo with Ham

Tortellini Ingredients

- 1 (13 oz) bag dried cheese tortellini
- 1 ½ cups cubed or diced ham
- 2 ½ cups water
- 3 Tbsp butter or margarine
- ½ tsp garlic powder
- ¼ tsp ground black pepper
- ⅛ tsp nutmeg

Dairy Ingredients

- ¾ cup grated Parmesan cheese
- ¾ cup whole milk
- 4 oz. cream cheese
- Salt to taste

Add tortellini ingredients to pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 4 minutes cooking time. Perform a quick release. Carefully open the lid. Slowly stir in dairy ingredients until melted and creamy. Salt to taste and serve immediately.

Most Excellent Macaroni and Cheese

Macaroni

- 2 ½ cups elbow macaroni
- 2 Tbsp butter or margarine
- 1 cup water
- 1 tsp chicken base mixed into 2 cups water
- 1 Tbsp grated Parmesan cheese

Cheese

- 2 cups shredded cheese
- 2 oz. cream cheese
- 1 tsp yellow mustard

Add all macaroni ingredients to pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 6 minutes cooking time. Perform a quick release. Carefully open lid, and slowly stir in all cheese ingredients until melted and creamy. Serve immediately.

Parmesan Risotto

4 Tbsp butter	3 Tbsp grated Parmesan cheese
1 small onion, peeled and finely diced	½ tsp salt
2 tsp garlic, minced	¼ tsp pepper
1 ½ cups Arborio rice	½ cup chopped fresh parsley
4 cups chicken broth, divided	

Using the Sauté feature, melt the butter. Add the onion and stir-fry for 3-5 minutes until onions are translucent. Add garlic and rice and cook for an additional minute. Add 1 cup broth and stir for 2-3 minutes until it is absorbed by the rice. Add remaining 3 cups broth, Parmesan cheese, salt, and pepper. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Ladle into bowls and garnish each with 1/8 cup fresh parsley. Serve immediately.

Boston “Baked Beans”

Since dried beans absorb varying degrees of water and thicken considerably upon standing, you may need to thin this mixture with a bit of water or drain off some of the liquid at the end of cooking. Make this adjustment before adding the vinegar and remaining seasonings. Try adding some fried sausages or grilled frankfurters to the beans for a hearty entrée.

1 ½ cups dried navy beans, picked over and rinsed	¼ cup molasses
2 bay leaves	¼ cup Dijon-style mustard
1 ½ quarts (6 cups) water	¼ cup tomato paste
2 Tbsp oil, divided	4 cloves garlic
1 large onion, coarsely chopped	One 3-inch stick cinnamon, broken in two
2 large cloves garlic, minced	1 Tbsp cider vinegar
	½ tsp salt, or to taste

Place the beans, bay leaves, water and 1 tablespoon oil in the cooker. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure. Add remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure. Serve immediately.

Wild Rice Under Pressure

2 1/3 cup water	1 1/4 cup wild rice
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Optional seasonings: celery, onion, mushrooms, salt, pepper

Place ingredients in pressure cooker. Add optional seasonings prior to cooking. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.

Italian Farmhouse Vegetable Soup

1 Tbsp olive oil	1 yellow onion, diced
¼ tsp salt	½ long red chili, sliced
2 celery sticks, sliced	2 medium carrots, peeled, halved and sliced
6 large button mushrooms, sliced	1 small zucchini, diced
4 cloves garlic, diced	1 cup canned diced tomatoes or tomato paste
1 cup vegetable or chicken stock	1 bay leaf
Handful of dried porcini mushrooms	
3-4 oz. kale leaves, leaves removed from the hard stems and sliced roughly	
Lemon zest, parsley, parmesan cheese (optional garnishes)	

Using the Sauté feature, add olive oil, onion, salt, celery and carrots, cook for 1-2 minutes. Add the chilies, sliced mushrooms, garlic, and dried porcini mushrooms. Mix well and cook for 2 minutes. Add the kale, zucchini, tomatoes, stock and bay leaf. Mix well. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Serve soup in bowls with grated lemon zest, parmesan cheese and chopped parsley on top.

Split Pea Soup

Caution: Split Pea Soup is one of the items that takes extra care in a pressure cooker. This recipe is not for the first-time pressure cooker user. Many pressure cooker manuals will include a warning against pressure cooking split peas as they can clog the safety valves. Other manuals indicate that if the split pea soup ingredients fill half or less of the pot when starting that they are safe. Do not overfill a pressure cooker with split pea soup ingredients. Only use natural release. Clean pot carefully afterward and check that all valves and gaskets are clean and working properly before next use.

8 cups chicken broth	½ cup chopped carrots
1 lb. dried split peas	1 Tbsp minced garlic
1 ham hock or 1 cup diced ham	1 tsp thyme
½ cup diced onion	

Add seasonings to taste before or after cooking. Suggestions include: black pepper, Cayenne pepper, Curry

Put peas in pressure cooker dry and check for space in pressure cooker. Add chicken broth, vegetables, meat and seasoning. Make sure all ingredients do not fill the pot more than one-half full. Close and lock the lid in place. Pressure cook on high setting for 15-30 minutes. Time difference is dependent on use of a ham hock versus pre-cooked diced ham. When complete, allow a natural release. Carefully open lid. If using a ham hock, carefully use a fork to pull meat from bone to leave in soup. Taste and add desired spices. Soup will thicken as it cools after removing from heat.

Ground Beef Chili

1 Tbsp olive or vegetable oil
1 medium yellow onion, chopped
1 clove garlic, finely chopped
2 Tbsp chili powder
½ tsp oregano
1 (14 oz.) can diced tomatoes
1 (15.5 oz.) can kidney beans, drained and rinsed
2 green onions, sliced thinly, to serve

1 medium green bell pepper chopped
2 ribs celery, chopped
1 pound ground beef (85% lean)
1 ½ tsp salt
3 Tbsp tomato paste
1 cup shredded cheese

Cook the vegetables: Using the Sauté feature, simmer oil. Add the bell pepper, onion, celery, and garlic. Cook until the onions are softened and translucent, about 5 minutes.

Cook the ground beef: Add the ground beef, breaking it up in small pieces. Cook until no longer pink, about 5 minutes.

Stir in the spices and tomato paste. Add the chili powder, salt, oregano, and tomato paste. Stir until the tomato paste is evenly mixed into the other ingredients and no clumps remain.

Add the tomatoes and beans: Strain the tomatoes, then add enough water or broth to make 1 cup total liquid. Add the liquid, the strained tomatoes, and the beans to the pressure cooker.

Cook the chili: Close and lock the lid in place. Pressure cook on high setting for 20 minutes cooking time. Perform a quick release. Carefully open lid. Add the remaining ingredients.

To serve: Top bowls of chili with shredded cheese and green onions, if desired. Serve alone, over rice, or with cornbread.

Savory Quinoa and Tomatoes

1 leek, chopped
1 ½ cup chicken broth
1 can (28 oz) stewed tomatoes, drained

1 tsp minced garlic
1 cup quinoa
2 Tbsp olive oil

Using the Sauté feature, simmer leek and garlic in olive oil. Add remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 1 minute cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Serve immediately.

Vegetable Casserole

1 to 2 cups water
½ cup fresh broccoli or cauliflower florets
½ cup sliced carrots or zucchini
2 ¼ cup sliced red or green bell pepper
2 Tbsp chopped fresh parsley

½ cup large frozen peas
½ cup onions, sliced
¼ tsp pepper
¼ tsp mixed herbs

Pour water into pressure cooker and place trivet inside. Butter an oven-safe dish. Combine all ingredients, except parsley, put in dish and place on trivet. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid. Remove dish and sprinkle with parsley prior to serving.

Adapted from Pressure Cooking the Easy Way by Maureen Keane and Daniella Chace.

Loaded Scalloped Potatoes

6 redskin potatoes, sliced into 1/6-inch sliced
½ cup shredded sharp cheddar cheese
½ cup cooked bacon pieces
2 ounces cream cheese (1/4 regular-size brick)
1 tsp chicken base mixed into 1 cup water
Salt and pepper to taste

Add sliced potatoes, chicken base mixed with water, and bacon pieces to pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid. Slowly stir in cheddar and cream cheese until melted and creamy. Salt and pepper to taste, and serve immediately.