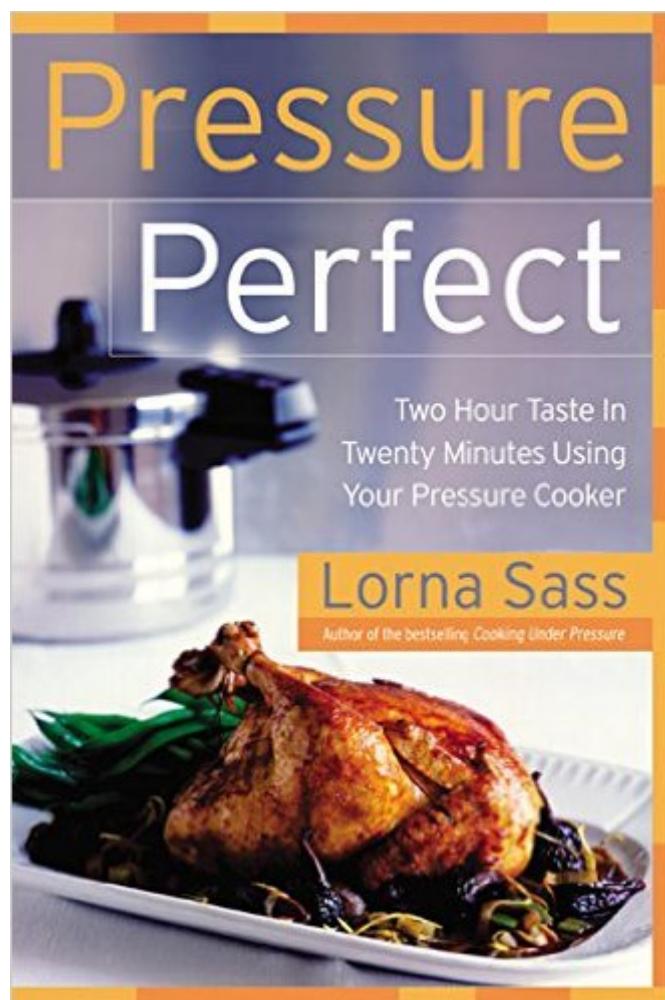


The book was found

# Pressure Perfect: Two Hour Taste In Twenty Minutes Using Your Pressure Cooker



## Synopsis

Under pressure to get a tasty, nutritious dinner on the table in a flash? Like the idea of preparing fork-tender beef stew in thirty minutes and pot roast in under an hour? All this and more is made possible by the pressure cooker, a magical appliance that produces soul-satisfying, homemade food in one-third (or less) the standard cooking time. In *Pressure Perfect*, Lorna Sass, the country's leading authority on pressure cooking, distills her two decades of experience into one comprehensive volume. First learn everything you need to know about buying and using today's 100% safe cookers. Then enjoy more than 200 recipes for preparing soups, meats, poultry, grains, beans, vegetables, and desserts in record time. How about whipping up a savory risotto in 4 minutes, chicken cacciatore in 12 minutes, or a delectable chocolate cheesecake in 25 minutes? Because the pressure cooker tenderizes tough cuts of meat quickly, you can prepare fall-off-the-bone beef short ribs or lamb shanks on weekday nights instead of waiting for a special occasion. The pressure cooker also allows you to make delectable one-pot meals in minutes. Among the many innovative recipes and techniques, you'll learn to cook meatloaf and potatoes simultaneously in 10 minutes, and meatballs, pasta, and sauce at the same time in only 5 minutes. Many recipes also suggest Cook-Along ideas for preparing vegetables and grains along with the entrée. To further help those cooking under pressure (and who isn't nowadays?), each chapter contains timing charts for quick reference. Tips and Pressure Points in every recipe ensure optimum results. This ultimate guide to pressure cooking is a must for all busy cooks, boaters, brides, college students, and anyone looking for a great way to make irresistible, healthy, home-made food fast.

## Book Information

Hardcover: 368 pages

Publisher: William Morrow Cookbooks; 1 edition (January 6, 2004)

Language: English

ISBN-10: 0060505346

ISBN-13: 978-0060505349

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (423 customer reviews)

Best Sellers Rank: #20,349 in Books (See Top 100 in Books) #24 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #117 in Books > Cookbooks, Food & Wine >

## Customer Reviews

Having purchased and thoroughly enjoyed Cooking Under Pressure and The Pressured Cook, it was a no-brainer to purchase Lorna Sass's latest offering for the pressure cooker. For persons new to pressure cooking and even for us 'old hands', this may be her best work yet. The first twenty-two pages are a primer for pressure cooking. Ms. Sass demystifies this cooking genre and guides the reader through what she calls, 'The Language of Pressure Cooking'. She reassures the novice of the safety of today's pressure cookers and generally provides all the information that the reader will need to be successful. What I really liked about this book (besides the recipes) are the 'extras': Variations, Transformations and Pressure Points. The variations suggest alternate ingredients, the transformations explain how to modify the recipe to create other dishes and the pressure points provide information, techniques and suggestions specific to different sized cookers. This is particularly useful as electric pressure cookers are now becoming popular and recipes don't always work the same as for stovetop models. But, you buy a cookbook in order to make great food! Pressure Perfect won't disappoint. I admit to being a poultry lover and the pressure cooker can turn out mixed results. The Chicken Cacciatore recipe was my first choice and it was a keeper! Subsequent recipes, all highly recommended were Spanish Rice with Chicken and Sausage, Beef, Mushroom and Barley Soup and Chicken Noodle 'Casserole' with Mushroom Sauce. I'm still experimenting and at least for now, every recipe has been outstanding. If your pressure cooker has been in storage, drag it out and dust it off. Buy this book, read through the first two chapters and get ready for a wonderful culinary experience. You will be very pleased with your results...I know that I am!

Lorna Sass's "Pressure Perfect" really is that, I believe. She starts with a clear, but not stupidly oversimplified guide to pressure cookers and pressure cooking. To me, this section is almost worth the price of the book. I have an older, American made "jiggle top" pressure cooker, and these recipes work flawlessly in my cooker. The dishes range from very standard "American" dishes like chili and pot roast and excellent mashed potatoes that are very nearly as fast as instant, to rissottos, to a really delicious Chicken Biryani. The timing charts for meats, vegetables, and grains are presented twice, which is very handy. They are presented first in each section, and again at the end of the book, before the clear and concise index. None of the ingredients are impossible to find, and even the ones that are not common, can be mail/phone ordered. Sass includes contact information

for stores and pressure cooker manufacturers. Wild rice is one of my favourite grains, and until I got this book, I rarely had wild rice because of the lengthy conventional cooking time. I have it a lot more often. This is a well written, easy to use, friendly book.

I got an electric pressure cooker and Lorna Sass's book for Christmas (yes, yes, I asked for a pressure cooker... ) The electric pressure cooker is great and very easy to use. I really didn't want to spend time watching the pressure cooker on the stove and trying to figure out how high to keep the flame so that the cooker stays at high pressure. My pressure cooker came with this little flimsy booklet and would've been virtually unusable without this book. The book is great for a beginner and explains in great detail how each model (i.e. stove-top or electric) of the pressure cooker operates. The recipes are excellent and each recipe has ideas on replacing ingredients. I think the most valuable parts of the book are the cooking charts. I've been able to modify my regular recipes for use in the pressure cooker just on the charts alone. Overall, this book is a must-have in order to start using your pressure cooker.

Lorna Sass' passion for cooking is in every recipe description and comes through in the resulting food. I was blown away by the Curry in a Hurry and her method of cooking rice in a serving casserole on top of the curry (or other recipe). What a time saver and it's much easier on the clean up too. I took this combo to a pot luck and just had to tell everyone how to do it. Also delicious and quick was the Beef Stew to which I added a bottle of Guinness! Lorna gives so many wonderful variations which entice you to personalize the recipes. It's also a great introduction to using a pressure cooker with so much information on how they work. This book is versatile, organized and imaginative and it's going to get very dirty!

I'm a big Lorna Sass fan, and I fell in love with pressure cookers when I bought my very first cookbook of hers (Vegetarian Cooking Under Pressure). I couldn't believe then how easy it was to use a pressure cooker, and I was bowled over by the results. This cookbook is no exception. We don't eat a lot of meat, so I really like all the variations that this cookbook offers. Each recipe includes any number of variations, and many of the meat recipes have vegetarian versions. It's wonderful to be able to do different things with a single recipe, depending on your mood and what ingredients you have on hand. And the desserts? I was pretty sceptical when I thought about doing a cheesecake in a pressure cooker, but I was blown away by the results. By far the best cheesecake I've ever made. Yum! I'd highly recommend this cookbook, along with any of Lorna

Sass' other cookbooks.

If you are looking for a good cookbook for the pressure cooker, look no further! With charts for cooking meat, and fabulous recipes, this is the one to buy! Every recipe I have used out of this book has been excellent. I have not purchased the author's other books, but they are definitely on my list of possibles... I took this book out of the library, and loved it so much I purchased my own copy!

[Download to continue reading...](#)

Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! Emeril's Cooking with Power: 100 Delicious Recipes Starring Your Slow Cooker, Multi Cooker, Pressure Cooker, and Deep Fryer Electric Pressure Cooker: 365 Quick & Easy, One Pot, Pressure Cooker Recipes For Easy Meals The Big Book of Pressure Cooker Recipes: More Than 500 Pressure Cooker Recipes for Fast and Flavorful Meals Electric Pressure Cooker Cookbook: 25 Best Electric Pressure Cooker Recipes for Busy People Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Taste of Home:Casseroles: A Collection of Over 440 One-Pot Recipes - Straight from the Kitchens of Taste of Home Readers (Taste of Home Annual Recipes) Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes Quick And Easy Cooking Under Pressure: The Most Complete Pressure Cooker Cookbook and Guide Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Comfortable Under

