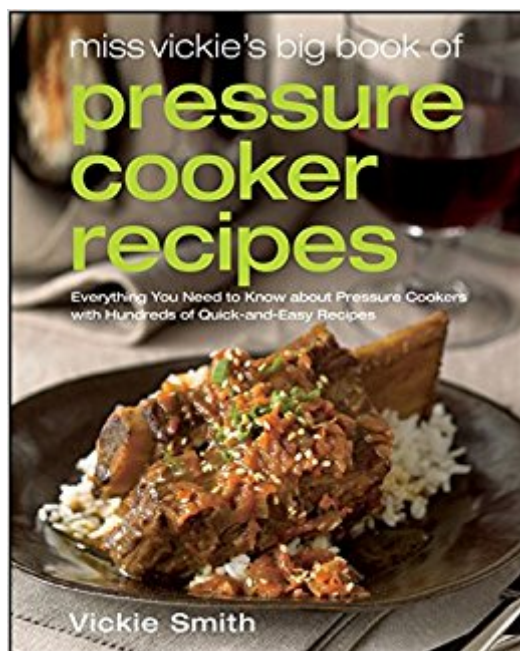


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# Miss Vickie's Big Book Of Pressure Cooker Recipes



## Synopsis

The Ultimate Pressure-Cooker Cookbook Nobody knows more about pressure cookers than Vickie Smith, creator of the leading pressure-cooker Web site, MissVickie.com. Now, at last, Miss Vickie has gathered all of her pressure-cooker wisdom into a book. Whether you're a pressure-cooker newcomer or a longtime fan, you'll find all the recipes, techniques, and tips you need for a lifetime of great pressure-cooker meals. Miss Vickie's Big Book of Pressure Cooker Recipes is jam-packed with nearly 400 fast, tasty, foolproof recipes, ranging from one-pot meals like Chicken and Rice with Mushrooms to Sweet and Sour Pork, Navy Bean Soup, and Chocolate Malt Cheesecake. Miss Vickie's detailed recipe instructions and special techniques, such as "pan in pot" pressure cooking, guarantee that each dish comes out perfectly cooked--and perfectly delicious. But Miss Vickie gives you more than just great recipes. Her book also provides in-depth guidance on every aspect of choosing and using a pressure cooker, including A buyers' guide to modern pressure cookers Step-by-step pressure-cooker instructions Pressure-cooker safety Basic and advanced pressure-cooking techniques Common mistakes in pressure cookery Adapting recipes to the pressure cooker Tips, tricks, and troubleshooting Offering hundreds of recipes that are proven to work--and proven delicious--plus plain-English answers to all of your pressure-cooker questions, Miss Vickie has created the single most useful pressure-cooker book ever published. It's a resource you'll turn to again and again as you explore the world of pressure-cooker possibilities and pleasures.

## Book Information

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## Customer Reviews

Smith, founder of MissVickie.com, a highly trafficked Web site devoted to all things

steam-pressured, compiles her expertise in a single tome, covering the history of pressure cookery from its inception in the 17th century to its resurgence today. Smith extols pressure cooking's benefits, including fuel efficiency, faster cooking time, reduced fats, higher levels of nutrient retention and the ability to create lower-cost one-pot meals. Several pages are devoted to exact cooking times for specific vegetables, meats, fish, beans and even pasta shapes. Though there are a fair number of recipes featuring legumes, for example, this cookbook is mainly geared to a meat-eating audience. As might be expected, a good deal are stewlike creations, but Smith covers eclectic ground with dishes like Italian Seasoned Veal Tortellini Stew; Walnut Chicken Braised in Pomegranate Juice; and Mexican Posole (pork stew with green chile and hominy). Outside of the one-pot meals are ragus, pilafs and pulled meats for sandwich stuffing. Smith even rounds up some intriguing desserts like Sweet Dumpling Flan with Caramel Sauce and a basic bread pudding with six variations. Eminently thorough and enlightening, Smith's cookbook is bound to please the beginner pressure cooker and aficionado alike. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Smith, founder of MissVickie.com, a highly trafficked Web site devoted to all things steam-pressured, compiles her expertise in a single tome, covering the history of pressure cookery from its inception in the 17th century to its resurgence today. Smith extols pressure cooking's benefits, including fuel efficiency, faster cooking time, reduced fats, higher levels of nutrient retention and the ability to create lower-cost one-pot meals. Several pages are devoted to exact cooking times for specific vegetables, meats, fish, beans and even pasta shapes. Though there are a fair number of recipes featuring legumes, for example, this cookbook is mainly geared to a meat-eating audience. As might be expected, a good deal are stewlike creations, but Smith covers eclectic ground with dishes like Italian Seasoned Veal Tortellini Stew; Walnut Chicken Braised in Pomegranate Juice; and Mexican Posole (pork stew with green chile and hominy). Outside of the one-pot meals are ragus, pilafs and pulled meats for sandwich stuffing. Smith even rounds up some intriguing desserts like Sweet Dumpling Flan with Caramel Sauce and a basic bread pudding with six variations. Eminently thorough and enlightening, Smith's cookbook is bound to please the beginner pressure cooker and aficionado alike. (Mar.) (Publishers Weekly, January 7, 2007)

Okay, first thing I have to admit, I have seven pressure cookers. Yep, two giant canners, two electric (4 and 6 quart) A 65 year old Presto model 60 four quart and just bought two brand new Fagor Duo's (okay, 6.5 pressure cookers as the last two share a lid) I had used the canners mostly and

the electric ones a lot for beans. Loved them, but decided I wanted to start doing stove top pressure cooking because it's faster. My first dish was a pot of lovely Christmas Lima beans with ham, in my grandma's old Presto 60. My partner had a fit thinking it was going to blow up and told me to buy a new one. Yah, get to buy a new one! So bought this cookbook along with it. I was at first disappointed that it didn't have any pictures or illustrations. Hence the four stars but after reading through first, the history of the pressure cooker, tips, and all sorts of helpful info in the front (worth it in itself) I then perused the recipes. They are very well written, with descriptions of what pressure setting to use and for how long. I tried "ABC porkchops" and they were out of this world. ABC means (Apples, Balsamic vinegar and Cranberries) So if you are buying a new pressure cooker, or new at pressure cooking you might want to look into this great source of information. It is well worth it!

I wish I'd bought this book long ago. I've been pressure cooking for 20 years and I've learned quite a lot from this book. When I started long ago with my Revere Ware 6 qt pc, I had to figure it out as I went along. I used it for all the basics like baby food, stocks, soups, roasts, and mashed potatoes. I didn't really understand what was going on. I bought a set of new Fagor pcs a few years ago and didn't like them. This book has helped me understand what I was doing wrong. The manuals that come with most pcs leave a lot to be desired and after reading this book I realize most of my problems were operator error. Back in the day, it was hard to find information re the hows of pcing. The book does the best job I've seen of explaining the different forms of cooking and release methods. This book has clarified so much for me. I would highly recommend this book for anyone starting with pressure cooking.

The Best Pressure Cooker Book Ever Written ..... Miss Vickie's contains Fantastic Recipes, Wonderful Chapters full of Cooking Times and Other Detailed Information. In the world of pressure cooking, Miss Vickie is considered to be the Definitive. Everything you will likely ever need to become a Pressure Cooking Expert is in this book..! Whether you are a newbie to pressure cooking or a seasoned expert this book will quickly become your "Go To" book. My favorite recipe? Braised Flank Steak in Mushroom and Onion Gravy on page 132. My husband's favorite is Peppered Beef Marsala on page 118. If you were to buy just one book on pressure cooking, This Should Be that Book....

Vicki Smith is to be commended for her effort on this cookbook. It not only offers ~400 recipes that

are precise but technical information on operation of pressure cooking is also present. I am impressed. This book is far superior to the other "cookbooks" that are offered for electric pressure cooking. After browsing the negative feedbacks on Miss Vickie's book, I'm going to have to say that they are almost 100% sour grapes or from competitor authors. Do yourself a major favor and buy this book. You will not be disappointed. I will be seriously considering buying the follow up book Real Food Real Fast by Miss Vickie. She even has a website which is outstanding IMO. Thank you for your efforts Vickie Smith!

very good book, broken down into 20 chapters of history of pressure cooker, benefits, maintenance, common mistakes, pressure charts, pressure techniques, about using water or other liquids, and more. Then talks about best cuts of meat for cooking in your pressure cooker and that is true because I was raised on a farm and butchered animals and canned. The food we get in our stores today are not like the animals or veggies we raised and grew ourselves. The ones you raised and grew are way much better. But back to the book. You have nice chapters of food in this book from beans, peas, pasta, beef, chicken, pork, ham, lamb, fish, seafood, veggies, dessert, cakes and more.

My mom owned a pressure cooker; I never learned to use one. To be honest, it seemed kind of dangerous. But then I kept reading that 1. they were now safer and 2. you could make things like tender pork chops in less than 10 minutes. Wow-I had to try it! I actually ordered the electric model as it got rave reviews on along with this book. Luckily, the book was the first to arrive. In it, the author recommends getting a traditional gas model as it is easier to control the temperature. So, I refused delivery on the electric model and ordered the Fagor 6 Qt model. Btw, it saved me around \$50. The Fagor gets a "Best Buy" from CI (Cook's Illustrated). The first place model costs \$300 more - so I opted for the Fagor. But I digress.... This book really should be titled "Pressure Cooker Bible" ala "Cake Bible" etc as it is so jammed with information (as well as recipes). The first chapter was extremely helpful in educating me all about the modern pressure cooker. It will answer any and all questions you may have. Of course, the actual recipes is why you should buy this book. So far, I have tried four of them and they have ALL been amazing! The first one I tried was the pork chops with brown sugar raisin sauce. The chops were so tender they literally fell off the bone. My husband said this was the best pork chops he has eaten in a very long time! The Red Asian chicken thighs (cinnamon sticks makes it red) was also delicious. Even my picky children loved them. And the short ribs (with gravy) was divine. On a healthier note, we tried the black-eyed peas with sausage (OK,

not so healthy) and collard greens. Yum, yum, yum! There is even a chapter on dessert. Can't wait to try the cheesecake recipe. I would HIGHLY recommend you purchase this book if you are interested in pressure cooking.

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