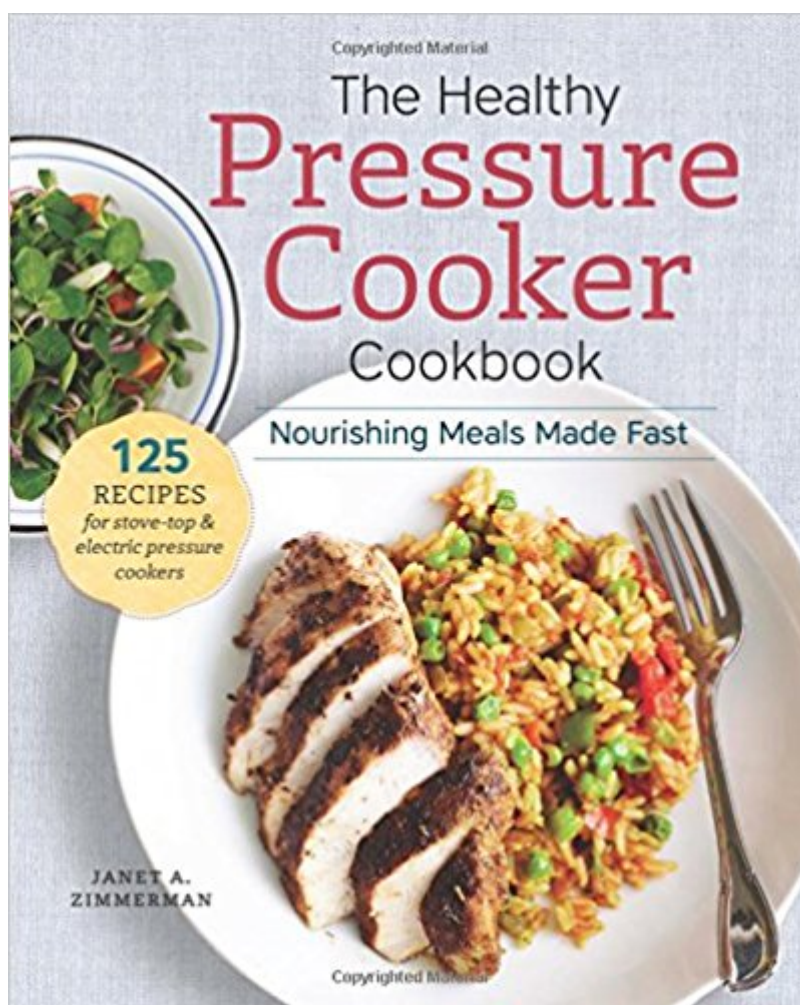


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# The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast



## Synopsis

Tasty, timesaving recipes for busy cooks using stove-top or electric pressure cookers. Pulled pork in 30 minutes. Sweet potato curry in 20 minutes. Steamed mussels in 10 minutes. It's not magic. It's what pressure cooking makes possible. Now that today's modern pressure cookers are safer than ever, there's no need to fear kitchen explosions—and no more excuses for ordering takeout or microwaving frozen dinners. In *The Healthy Pressure Cooker Cookbook*, Janet A. Zimmerman offers a mix of 125 classic, international, and modern pressure cooker recipes for all eaters who want to put whole foods meals on the table, but not spend all day cooking them. Here you'll find:

- The 10 must-know do's and don'ts of pressure cooking
- A step-by-step guide to using your pressure cooker
- Guidance for adapting your favorite recipes for the pressure cooker
- Recipes with pressure cooking times and preparations for both stove-top and electric pressure cookers
- Nutritional information with every recipe and labels for Paleo, gluten-free, vegetarian, vegan, and one-pot meals to help you find the recipe that's right for you

Recipes include: Bone Broth, Smoked Salmon Chowder, Honey-Chipotle Chicken Wings, Asian Pork Sliders, Beef Barbacoa Tacos, Three-Bean Vegetarian Chili, Balsamic-Braised Brussels Sprouts, and more!

## Book Information

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## Customer Reviews

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Roasted Tomato Soup [View larger](#) Serves 2 Pressure: High Time under Pressure: 10 minutes Release: Quick One Pot, Paleo 3 tablespoons olive oil 1/2 cup sliced onion

Kosher salt 1 medium garlic clove, sliced or minced 1/2 cup dry or medium-dry sherry 1 (14.5-ounce) can fire-roasted tomatoes 1 small roasted red bell pepper, cut into chunks (about 1/2 cup) 1/2 cup Chicken Stock (page 262) or low-sodium broth 1/2 teaspoon ground cumin 1/2 teaspoon freshly ground black pepper 1 tablespoon heavy (whipping) cream (optional)

### Roasted Tomato Soup Recipe

Some soups seem as though they should take forever to make, and this is one of them. When I started making it, it was a labor of love, or maybe insanity. It required first roasting tomatoes and peppers, then peeling and seeding them—and that was even before starting to make the actual soup. Then I discovered a shortcut: fire-roasted tomatoes, which meant I could make this soup anytime I wanted. Add the speed of a pressure cooker, and what used to take all day long now takes less than half an hour. You can leave the soup chunky or puree it if you prefer a smooth soup.

1. In a stove-top pressure cooker set over medium heat, or an electric cooker set to 'brown', heat the olive oil until it shimmers and flows like water. Add the onions, and sprinkle with a pinch or two of kosher salt. Cook for about 5 minutes, stirring, until the onions just begin to brown. Add the garlic, and cook for 1 to 2 minutes more, or until fragrant.
2. Pour in the sherry, and simmer for 1 to 2 minutes, or until the sherry is reduced by half, scraping up any browned bits from the bottom of the pan. Add the tomatoes, roasted red bell pepper, and Chicken Stock to the pressure cooker.
3. Lock the lid in place, and bring the pot to high pressure (15 psi for stove top or 9 to 11 psi for electric).
4. Stove top: Maintain pressure for 10 minutes, adjusting the burner as necessary.
5. Electric: Cook at high pressure for 10 minutes.
6. After cooking, use the quick method to release pressure.
7. For a smooth soup, blend using an immersion or standard blender. Add the cumin and pepper, and adjust the salt, if necessary. If you like a creamier soup, stir in the heavy cream.
8. If using a standard blender, be careful. Steam can build up and blow the lid off if the soup is very hot. Hold the lid on with a towel, and blend in batches, if necessary; don't fill the jar more than halfway full.

Per Serving: Calories: 287; Fat: 24g; Sodium: 641mg; Carbohydrates: 16g; Fiber: 4g; Protein: 4g

Mustard-Glazed Spare Ribs [View larger](#) Serves 2 Pressure: High Time under Pressure: 20 minutes Release: Natural Gluten Free [Mustard-Glazed Spare Ribs Recipe](#)

1/2 rack (about 1 1/2 pounds) spareribs 1 teaspoon kosher salt Freshly ground black pepper 1 cup Beef Stock (page 264) or low-sodium broth 3 tablespoons Dijon mustard 3 tablespoons packed brown sugar

"We confess, until we tried this pressure cooker ribs recipe, we'd always been a little scared of

pressure cookers. One of us even thought the dial on her mum's pressure cooker lid looked like a spaceship control. We'd just never imagined you could turn out ribs that are fall-off-the-bone tender in 30 minutes or less. We were wrong. So spectacularly wrong. This pressure cooker ribs recipe made believers out of us. It'll convert you, too." —Renee Schettler Rossi, *Leite's Culinaria*

Janet A. Zimmerman has been teaching culinary classes and writing about food for more than 15 years. She's written for *Martha Stewart Living*, NPR's Kitchen Window blog, and About.com. A recipient of the Bert Greene Journalism Award from the International Association of Culinary Professionals, she is also the author of *All About Cooking for Two: A Very Quick Guide*. Janet and her partner Dave live in Atlanta, Georgia.

It looks like there are some good recipes in this cookbook, but some of the ones I read look like they have missing steps. For example, in "Pork Ragu" the instructions say to brown half the pork and remove to a plate and "You can brown the remaining pork for more intense flavor, but it's not necessary if you want to save time". Then you put Italian sausage and other ingredients in the cooker, cook, and serve over polenta or pasta. Hey... what happened to the pork? According to the instructions it's still sitting on the plate. Similarly, in "Pork Tenderloin with Rice Pilaf", you cook the pork and remove it to a plate or rack. Then you add other ingredients and cook. When you open the pressure cooker you quickly remove the pork to a plate or rack. But wait... it's still on the plate or rack! The instructions never said to put it into the cooker again. I hope at some point the author reviews these recipes and updates this book to make sure all the recipes have complete instructions.

I received an electric pressure cooker for Christmas and being a total newbie to pressure cooking, I went scouring the Internet for some tasty recipes. However, I encountered a surprising lack of diverse pressure cooker recipes online (I was hoping for a little more than just soups and stews). Cue the cookbook search! Looking at the incredible variety of recipes in this cookbook, listed by a very thorough fellow reviewer (thanks!) I decided to give this a go. I received it today and immediately went poring over page after page, drooling over all of the mouthwatering recipes. I just whipped up the super simple yet insanely flavorful "Masoor Daal" (see photo) and am blown away by how delicious and packed with flavor this is for how fast it was to make. I'll definitely be making this recipe again and again and am so excited to work my way through the other 124 recipes. I was

really wary of most of the reviews being from folks saying they received this book for free or discounted (some of them not even having a pressure cooker... uhh, what?!) But I'm glad I risked it. 5 stars, easy!

Length: Print, 396 pages. Feel free to leave a comment at the end of the review or to search my profile for more good books or my email contact information. This book is targeted to men and women cooking in the home for themselves, family and friends. Although the author emphasizes "Healthy" what I most appreciate and, for me, what helps ensure these recipes are healthy is that they are full-flavored, with just the right touch of spice to satisfy one's palate. When food tastes genuinely good, without overdoing any particular aspect or flavor, and when it has just the right crunch and imparts that heartiness in one's mouth, it satisfies. At least, that was my experience in my own eatery in Oregon. What was the Kindle Sales Rank when this review was published? 11,730. This book has a myriad of mouth-watering dishes and sauces. Also addressed: chutney and sauces, etc. Several terrific photographs, as in any great cookbook are very helpful. There are 20 meat, 14 poultry, and 10 fish and seafood dishes, plus 16 soups & chilies, 18 bean and grain, and 17 dishes of vegetarian and slider recipes. Is this a book that I can read without having to read others first? With the conversion charts at the back of the book, and due to the vast variety of meals, there is no absolute necessity to read other books first. Still, what cook would not stock a dozen or so cookbooks on their shelves? Are there a lot of typos/misspellings, grammatical errors or other editing failures? I saw none. This is extremely well written and well edited, and exhibits outstanding layout. What sort of language does this writer use to amplify the points made? Standard English. EXCERPTS: Excerpt One is the Table of Contents. Excerpt Two is for Hummus, one of my favorite condiments while I lived for more than a decade in Egypt/Excerpt One "TOC CHAPTER ONE HEARTY, HEALTHY MEALS IN A FLASH CHAPTER TWO MEAT SHORT RIBS WITH PORTER AND ONIONS BEEF BARBACOA TACOS GOULASH TOMATO-GLAZED MEAT LOAF BEEF BOURGUIGNON MUSTARD-GLAZED SPARE RIBS BEEF STROGANOFF CORNED BEEF AND CABBAGE POT ROAST WITH ROOT VEGETABLES GARLIC-ROSEMARY BABY BACK RIBS PULLED PORK WITH MUSTARDY BARBECUE SAUCE ASIAN PORK SLIDERS PORK TENDERLOIN WITH BRAISED APPLES AND ONIONS CHILI VERDE PORK RAGU ITALIAN STUFFED PEPPERS PORK TENDERLOIN WITH RICE PILAF LAMB CURRY LAMB AND BULGUR-STUFFED ACORN SQUASH LAMB SHANKS PROVENÇAL CHAPTER THREE POULTRY BRAISED TURKEY IN RED WINE ONION-THYME SMOTHERED CHICKEN CHICKEN WITH ARTICHOKE HEARTS AND

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VINCHICKEN AND DUMPLINGSPENNE WITH CHICKEN, PEPPERS, AND ARUGULACURRIED  
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*À LA RISOTTO*• WITH PROSCIUTTO AND ASPARAGUSARROZ VERDEWILD AND  
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POTATOESMASHED SWEET POTATOES WITH ROSEMARY AND PARMESANSTEAMED  
ARTICHOKES WITH TWO DIPPING SAUCESRATATOUILLEBALSAMIC-BRAISED BRUSSELS  
SPROUTSBEETS AND GREENS WITH HORSERADISH SAUCEBEET SALAD WITH MINT AND  
FETA CHEESEBRAISED CELERY AND TOMATOESCURRIED CAULIFLOWERBRAISED RED  
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BREAD PUDDING  
BLUEBERRY AND PEACH COMPOTE  
COCONUT RICE PUDDING WITH DATES  
VANILLA-GINGER CUSTARD  
LEMON CUSTARD  
POACHED PEARS IN PORT BRANDY-SPICED APPLES  
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BOURBON-MAPLE BREAD PUDDING  
BLUEBERRY CLAFOUTIS  
MOLTEN GINGERBREAD CAKE  
CREAMY ORANGE CHEESECAKES  
CHAPTER NINE  
STOCKS AND SAUCES  
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BEEF STOCK  
BONE BROTH  
MUSHROOM STOCK  
ONION JAM  
QUICK MARINARA SAUCE  
RED TABLE SALSA  
APPLE SAUCE  
CRANBERRY-APPLE CHUTNEY  
TOMATO RELISH

Pressure Cooking Time Charts  
Measurement Conversion Charts  
The Dirty Dozen & the Clean Fifteen  
About the Author  
Zimmerman, Janet A. (2015-10-21). The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast (Kindle Locations 49-239). Arcas Publishing. Kindle Edition.

Excerpt  
Two: Hummus  
MAKES 6 (1 1/2 CUP) SERVINGS  
PRESSURE: High  
TIME UNDER PRESSURE: 3 minutes  
RELEASE: Natural  
GLUTEN FREE, VEGAN  
Hummus is a wonderful condiment to have on hand. High in protein and fiber, it's a delicious addition to sandwiches or an easy and healthy snack. Making your own is simple and lets you add the flavorings you want. While tahini (sesame paste) is a common ingredient in hummus, it's not necessary. If you can't find it or don't want to buy it, the hummus will be fine without it although you may want to increase the olive oil to 3 tablespoons.

2 tablespoons plus 1/2 teaspoon kosher salt, divided  
2 quarts water, divided  
1/2 pound dried chickpeas (garbanzo beans)  
2 tablespoons plus 1 teaspoon olive oil, divided  
1 tablespoon freshly squeezed lemon juice, plus additional as needed  
1 tablespoon tahini (optional)  
1/2 teaspoon ground cumin, plus additional as needed  
1 large garlic clove, minced or pressed  
2 or 3 tablespoons ice water

Note: Because salt softens vegetable cell membranes, the relatively large amount in the cooking water results in chickpeas that are very soft, which is helpful when puréeing them.

1. In a large bowl, dissolve 1 tablespoon of kosher salt in 1 quart of water. Add the chickpeas, and soak at room temperature for 8 to 24 hours. Drain and rinse.
2. To a stove-top or electric pressure cooker, add the chickpeas and 1 teaspoon of olive oil. Stir to coat the chickpeas. Add the remaining 1 quart of water and 1 tablespoon of kosher salt.
3. Lock the lid in place, and bring the pot to high pressure (15 psi for stove top or 9 to 11 psi for electric).  
STOVE TOP: Maintain pressure for 3 minutes, adjusting the burner as necessary.  
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.
4. After cooking, use the natural method to

release pressure.5. Unlock and remove the lid. Drain the chickpeas, and put them in the bowl of a small food processor. Add the remaining 2 tablespoons of olive oil, the remaining ½ teaspoon of kosher salt, the lemon juice, tahini (if using), cumin, and garlic, and process until a coarse paste forms. Stop the machine several times, and scrape down the sides; don't worry if the mixture contains a few chunks, but it should be mostly smooth. Remove the cover from the feed tube, and with the motor running, pour in 2 tablespoons of ice water. Process until the puree is smooth, adding another tablespoon of water if necessary.6. While you can serve this immediately, it improves greatly if refrigerated for several hours or overnight. Place plastic wrap directly on the surface of the hummus so it doesn't dry out. It will keep for about 1 week covered and refrigerated.PER SERVING: CALORIES: 132; FAT: 8G; SODIUM: 105MG; CARBOHYDRATES: 12G; FIBER: 4G; PROTEIN: 4GZimmerman, Janet A. (2015-10-21). The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast (Kindle Locations 3733-3770). Arcas Publishing. Kindle Edition.Bottom line " I love this cookbook and, with my wife, will be cooking several of these dishes in the coming years.

I noticed that many of the reviews were by people who not even used the book but had received it "free" for their review. Well, I have used it so here is my honest review:First off I must address the type, it is way too light. The ingredient list is darker but the print is too small. For some reason the ingredient list print is even smaller than the directions. But then I am 67 and love a little larger font when cooking.I do like that every recipe has the Calories, Fat, Sodium, Carbs, Fiber and Protein. I didn't like that there are directions for both stove top and electric, you have to follow closely to make sure you are using the correct direction. I only have an electric but I guess this book would be good for more people.Recipe that I have made: Short Ribs with Porter/onions was good but at the end the author says to boil the sauce and it will thicken like gravy, Didn't.Indian Style Chicken in Yogurt Sauce was really good and I will make again and again. I did use full fat sour cream because I did not have whole yogurt. Turned out great but again the sauce did not thicken. Coq au Vin was very tasty. Most of her recipes use chicken thighs because they have better flavor and don't dry out like chicken breasts. I always remove the skin after cooking. And once again the sauce did not thicken. I will use a cornstarch paste next time. Also made the Curried Cauliflower and added 1ts. turmeric. It was good but too salty for me, so will reduce salt next time.Overall: I like the book and like with any cookbook you need to tweak it a little and use your own ideas as to adding extras and how to make it more to your taste. I would buy again but knocked off a point for the faint small print.

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