

Good Food Pressure Cooker Favourites

Why spend 2 hours cooking when you could make dinner in a quarter of the time? Everyone is looking for fast, healthy, stress-free meal prep. When you just need to get dinner on the table quickly, the multicooker, instant pot or electric pressure cooker is like having an extra pair of hands in the kitchen, and these are the recipes that you need to get the best from whatever brand you own. Grab a handful of ingredients, throw them into the cooker, flick the switch and let it magic up family favourites such as Lamb korma, Meatballs in ragu, Tomato pasta sauce, Minestrone soup or Thai green chicken curry.

The ultimate in pressure cooker books--with 500 recipes for breakfasts, soups, mains, grains, vegetables, and desserts--each adapted for stovetop or electric models, such as Instapot. The old-fashioned pressure cooker has been rediscovered by modern home cooks, both for its quick-cooking powers (dried beans are perfectly soft in 35 minutes; risottos are tender in 20 minutes) and for its ability to infuse foods with intense flavor (carrots become sweeter, meat more savory). The Great Big Pressure Cooker Book has recipes for every device, stovetop and electric, no matter the manufacturer. Whether you're seeking an adventurous array of spices, found in dishes such as Cherry Chipotle Pulled Chicken or Smashed Sweet Potatoes with Pineapple and Ginger, or pure comfort food, like French Toast Bread Pudding or Classic Pot Roast and Potatoes, you'll find the perfect recipe--each labeled by level of ease--to feed your family. This is the only pressure cooker book you'll ever need.

With over 50,000 subscribers on her YouTube channel, Flo Lum has 3 years of experience creating simple and delicious Instant Pot recipes that have helped and inspired thousands of

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viewers. Did you buy an Instant Pot because everyone seems to have one? Is it sitting idle in your cupboard? Whether you are new to pressure cooking or a seasoned cook, you will enjoy making these flavourful recipes for your family. These easy recipes are just some of our family favourites and we hope they will be yours too. It brings me great joy to teach and inspire people to make simple and delicious meals!"You make the THE BEST Instant pot videos! You actually season your food and use more advanced techniques, instead of throwing it all in and making a bland mess. Please keep sharing them. I'm getting one for Christmas and I'm watching all of your videos to prepare.?" - bizaeralkia, YouTube subscriber"Have made several of your instant pot recipes and a big thumbs up to you. Well done. We are enjoying them and look forward to many more.?" - Doris Powell, YouTube subscriber"Thanks so much for sharing your story. I started watching your instant pot videos and have learned a lot, been entertained, and reminded of Grandma wisdom I had forgotten over the years. So many practical and sensible recipes and ideas from such a young couple. Please keep sharing your story!?" - Starla Manley, YouTube subscriber"Flo and Dude, thank you so much for sharing your delicious recipes! Though I have Instant Pot cook books, I often cook from your YouTube videos. Thank you again!!?" - Randy Fukuda, YouTube subscriber"LOVE your channel! Thanks for sharing :) I watched all of your instant pot videos, after 2 months of having one I finally found the confidence to open it and cook something. I've never looked back :)" - Virginia Perkinson, YouTube subscriber

Imagine being able to prepare a Chickpea and Mixed Vegetable Stew in 14 minutes or a Creamy Rice Pudding with Sun-Dried Cranberries in only 7 minutes. That's a complete meal in less than half an hour! Enjoy these recipes and more in this outstanding cookbook. Fast food

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preparation, versatility and convenience are just some of the benefits you will enjoy with your pressure cooker. Whether you are new to pressure cooking or an experienced cook looking for great vegetarian pressure cooker recipes, this is a must-have for your cookbook collection. With this cookbook, you will be able to create these delicious vegetarian dishes: Eggplant Caponata, Moroccan Harira Soup with Chickpeas, Biryani, Warm Gigandes Bean Salad, Spanish Potatoes and Chickpeas, Roasted Garlic Risotto with Asiago, Black Bean Chili, Poached Winter Fruit Compote, Lemon Cheesecake, Mixed Berry and Red Fruit Jam. This guide to pressure cooking also includes: * What food is best prepared in a pressure cooker * How to adapt your conventional vegetarian recipes for the pressure cooker * Important steps to successfully preparing pressure cooker meals * Extensive section providing tips for preparing beans for pressure cooking * A wide variety of vegetarian recipes, from starters to entrees to desserts, and more! So gather up your courage and crank up your pressure cooker. Once you have served a perfect risotto after work, you will be hooked. And you will never get tired of this versatile piece of kitchen equipment. In fact, you won't know what you did without it. Tasting Table calls the Instant Pot "the hottest kitchen tool since George Foreman's pint-size grill" and everyone from Ruth Reichl to top food bloggers rave about its efficiency, convenience, and affordability. Now, with this licensed cookbook—one of the most comprehensive published to date—you can discover exactly how much this miracle appliance can do. This full-color cookbook features recipes for all the functions of the Instant Pot, from everyday staples to surprising new dishes. You'll find more than 175 recipes for everything from breakfast to dessert, including delicious soups and stews, vegetable mains and sides, jams and yogurts—even an entire cheesecake. This must-have cookbook is the perfect

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companion to the best-selling kitchen appliance to come along in decades.

Fast Favorites Under Pressure by Blue Jean Chef Meredith Laurence is written with the smaller household in mind. These days, so many pressure cooker recipes are written for bigger pressure cookers and designed to serve 6 to 8 people. When you're dealing with pressure-cooking, however, cutting a large recipe back to feed just 2 to 4 people is not always straight-forward. Fast Favorites Under Pressure does all the work for you, with every recipe guaranteed to work in a 4-quart pressure cooker. The recipes also double very easily so if you're cooking in an 8-quart cooker, you'll have no trouble making twice as many "fast favorites." Fast Favorites Under Pressure also includes tips and tricks for pressure cooking so you can be even more successful with your pressure cooker. Blue Jean Chef Meredith Laurence has created more than 100 recipes for the 4-quart Pressure Cooker that are sure to become family favorites, including Chicken Alfredo Rotini, Red Wine Braised Short Ribs, Lime Shrimp with Spicy Tomato Grits, and Mint Chocolate Fudge Cake with Ganache. From soups to pasta, meat to seafood, grains, vegetarian and dessert, all types of appetites will have choices to get a meal on the table in a fraction of the time.

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the

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most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Delicious Under Pressure, The Blue Jean Chef Meredith Laurence's second pressure cooker cookbook is full of easy, flavorful, and unexpected pressure cooker recipes, making a pressure cooker a must-have appliance. The book covers the basics of pressure-cooking as well as offers more advanced recipes for more experienced cooks. The result is delicious and the bonus is time, with all these recipes taking one third of the time of traditional cooking methods. Recipes include Tortilla soup, Spinach and Three Cheese Manicotti, Hunter's Beef Stew, Pork Carnitas, Thai Coconut Mussels, Portobello Mushroom and Zucchini Moussaka, Beets and Potatoes with Bacon, Blueberry Polenta with Bananas and Maple Syrup, and Brown Sugar Bourbon Bread Pudding, including all-new chapters on Vegetarian Main Courses and Breakfast Dishes. Don't settle for the same old pressure cooker foods. Get Delicious Under Pressure.

With over 90,000 subscribers on her YouTube channel, Flo Lum has 4 years of experience creating simple and delicious Instant Pot recipes that have helped and inspired thousands of viewers. My recipes are simple, using ordinary ingredients that your whole family will enjoy. However, I often use techniques that will elevate the flavours, going beyond a "dump and go" type of recipe. They are never fussy or complicated. The recipes in this cookbook should work with other

electric pressure cookers with similar features to the Instant Pot. If your electric pressure cooker does not have a sauté/browning function, you can sauté on the stovetop and transfer the ingredients to your pressure cooker. All the recipes are written to work optimally in a 6 quart pressure cooker. "You make the THE BEST Instant pot videos! You actually season your food and use more advanced techniques, instead of throwing it all in and making a bland mess. Please keep sharing them. I'm getting one for Christmas and I'm watching all of your videos to prepare." - bizaeralkia, YouTube subscriber "Nice that it is available for download on my Kindle. Flo has a great way of presenting her tasty recipes for making it easy and simple to use your Instant Pot daily." - E. Stevens, Amazon Verified Purchase "Flo has done a great job of guiding the reader to take their electric pressure cooker skills from basics into culinary diversity. She gives you easy comfort foods like One-Pot Pasta Bolognese, Easy Pot Roast, chili and others. But before you know it you are making delicious multi-cultural wows like Chicken Shawarma, Carnitas, Bouillabaisse, Korean Braised Beef Short Ribs, Posole and more. If you like visuals to go with your recipes (or just want to spend an enjoyable few minutes with a great cook, stunning visuals and education) you can see her prepare these foods on her YouTube Channel 'Flo Lum'. I love having this book on my phone's Kindle app so that when I'm out shopping I've got

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Flo with me to get the right ingredients to make super-tasty meals. I highly recommend this cookbook!" - Geminidream, Amazon Verified Purchase "I have been following you for some time and waited weeks until your cookbook was available for purchase on Amazon. There are many instant pot cookbooks available, but there are very few with 100% recipes that actually turn out as promised. Many "simple" instant pot recipes are so simple that they taste awful. The recipes in this cookbook are straightforward, tried and true, appeal to many, and in a pleasant format to read." - Nancy Johnson, Amazon Verified Purchase "An excellent cookbook from Flo Lum! I follow her on YouTube, and love her recipes . This book is well written, and her ingredients are not hard to find, even in my small town!" - F. Hawver, Amazon Verified Purchase

Fast, Satisfying Keto Meals to Keep You on Track This versatile collection of recipes from Dr. Karen S. Lee, author of Paleo Cooking with Your Air Fryer, helps you enjoy all the benefits of the Keto diet, without time-consuming meal prep and planning. Whether your goal is to lose weight, boost your energy or adopt an allaround healthier lifestyle, make your life easier with low-carb, high-fat, sugar-free dishes that the whole family will love. Plus, all of the recipes are made with common, affordable ingredients found in any well-stocked pantry. Use your Instant Pot® to throw together nourishing Keto dishes any night of the week.

Serve up Perfect Pot Roast or Korean-Style Braised Short Ribs in under an hour. Simmer an amazing variety of soups, from Vietnamese Beef “Noodle” Soup to Low-Carb New England Clam Chowder without even watching the pot. With comforting dishes like Grain-Free Lobster Mac and Cheese and incredible desserts like Chocolate Lava Cake, it’s easy to indulge in the foods you love, without breaking the diet that makes you feel your best.

Winner of the IACP Health & Special Diet Award Delicious, nutritious, quick, and easy recipes from bestselling author Dr. Andrew Weil's own kitchen. These days, fewer people than ever are cooking meals at home. Convincing ourselves that we don't have time to cook, we've forgotten how fast, simple, and wonderfully satisfying it can be to prepare delicious meals in our own kitchens for the people we love. In FAST FOOD, GOOD FOOD, bestselling author Dr. Andrew Weil reminds us, with more than 150 easy-to-prepare recipes for delectable dishes that are irresistibly tasty and good for you. These recipes showcase fresh, high-quality ingredients and hearty flavors, like Buffalo Mozzarella Bruschetta, Five-Spice Winter Squash Soup, Greek Style Kale Salad, Pappardelle with Arugula Walnut Pesto, Pan-Seared Halibut with Green Harissa, Coconut Lemon Bars, and Pomegranate Margaritas. With guidance on following an anti-inflammatory diet and mouth-wateringly gorgeous photographs, FAST FOOD, GOOD FOOD

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will inspire the inner nutritionist and chef in every reader.

If you have little time to cook, but want delicious and hearty meals then a pressure cooker is the perfect way to enjoy tender and wholesome dishes. With only a short amount of prep time you can tuck in to tasty homemade meals. Good Food: Pressure Cooker Favourites is crammed with tender casseroles, satisfying soups and mouth-watering stews. In Pressure Cooker Favourites you will find a whole range of seafood, chicken, game and vegetarian dishes and with each recipe triple-tested by the experts at Good Food you are guaranteed success every time. Both speedy and delicious these recipes are the perfect companion to a busy lifestyle.

Over 100,000 copies in print--from the publisher of the bestselling Instant Pot® Electric Pressure Cooker Cookbook comes Instant Pot® Obsession, the latest Instant Pot® Cookbook for making ANYTHING. Your Instant Pot® has completely changed how you get food on the table.... so what are you going to make next? In the pages of Instant Pot® Obsession--the most complete Instant Pot® cookbook yet--simplicity goes one step further to create more meals, and save even more time, than ever before. Use this Instant Pot® cookbook to make EVERY meal, ANY day of the week, with: More than 120 creative recipes like French toast cups, baked potato soup, and orange chicken Variations on

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selected recipes to make your favorite go-to's new again that you won't find in any other Instant Pot® cookbook Tasty options for breakfasts, lunches, snacks, and desserts?many of which take 30 minutes or less Expert Instant Pot® guidance from Janet Zimmerman, author of the popular Healthy Pressure Cooker Cookbook This Instant Pot® cookbook will show you how to make the most of your perfect pot. With Instant Pot® Obsession, you finally have an Instant Pot® cookbook you can indulge in again and again. "Best Instant Pot cookbook so far! Very helpful. I find the recipes practical and they've turned out well for us. Really appreciate the cooking charts in back of the book."--AMomWhoReads, Verified Customer Review "Excellent Instant Pot cookbook...it's full of recipes and provides information on using the Instant Pot that didn't come with the pot itself."--Anne B. Depalma, Verified Customer Review

With [this book], you'll explore an inspiring variety of healthy, easy-to-make pressure cooker recipes-- from savory breakfasts to hearty stews to decadent desserts, and more. Packed with nutritious, family-friendly pressure cooker recipes-- plus vegetarian, gluten-free, and Paleo-friendly options-- [this book] is your go-to guide for fuss-free, all-in-one cooking.

The Electric Pressure Cooker Cookbook is your resource for learning all the shortcuts to make a delicious meal in a fraction of the usual time—with over 200

new family-friendly recipes from the world's leading blogger on pressure cooking Barbara Schieving (of PressureCookingToday.com). These recipes are big on flavor, imaginative in their variety, and easy to make, featuring fresh, natural, and nutritious ingredients. The Electric Pressure Cooker Cookbook features loads of tips and tricks that help you get the most from your pressure cooker, no matter what brand you own. If you're a busy parent or can't find time to make dinners after work, then you will love the Shortcut Dinners and 30-Minute Meals sections. With the terrific weeknight meals on the fly, you'll also adore the Sunday Suppers perfect for special weekend gatherings. Find recipes for every taste and diet: Robust meat and chicken dishes Vegetarian mains and sides Healthy breakfasts Tasty sandwiches, wraps, and tacos Soothing soups and stews And a big chapter full of quick and easy desserts Whether you're an experienced pressure cooker user or completely new to this time-saving device, you will return to this cookbook again and again for recipes your whole family will love. Quick and Hearty Instant Pot® Favorites for the Whole Family Making nutritious meals that fit into your hectic schedule and satisfy the entire family just got a whole lot easier. Busy mom of five, Lisa Burns, shares a slew of family-friendly meals that can be ready in a flash with the help of your Instant Pot®. Breakfast is a cinch with quick and easy dishes like Make-Ahead Egg Casserole and Warm

Strawberries & Cream Millet, and even the pickiest eater will love it when you serve Sausage & (Secret) Sweet Potato Macaroni or Zesty Ranch Chicken Roll-Ups for dinner. Each recipe is made without processed ingredients, so you can be sure your meals are packed with nutrients, making them just as nourishing as they are tasty. You can make healthier, homemade versions of all your restaurant favorites, like Simple Egg Drop Soup and One-Pot Chicken Marsala Pasta, and even make Late-Night Fudgy Brownies, Georgia Peach Cobbler and other naturally-sweetened desserts to wrap up your meal. Whether you're cooking for picky preschoolers or prepping for a weeknight dinner with the whole family, Lisa's recipes are sure to provide mouthwatering meals that will be loved by all. 300 easy, healthy Mediterranean recipes for the most popular kitchen appliance—the Instant Pot—perfect for anyone following the Mediterranean diet! The Mediterranean diet is celebrated all over the world for its fresh and healthy ingredients, vibrant flavors, and complex recipes. Following this diet can help you reduce inflammation, avoid disease, and lose weight, making it popular for anyone looking to live a healthier lifestyle. The Everything Mediterranean Instant Pot Cookbook shows you how to recreate classic Mediterranean meals in under an hour using the much-loved multi-cooker, the Instant Pot. With more than 300 recipes for delicious meals, snacks, and even desserts, you'll have everything you need to create healthy, fresh, and fast meals every day of the week.

With over 150,000 subscribers on her YouTube channel, Flo Lum has years of experience

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creating simple and delicious recipes that have helped and inspired thousands of viewers. I am so excited to share this cookbook with you. It is filled with many childhood favourites and dishes I've recreated over the years that were influenced by my Chinese heritage and using modern cooking techniques. This cookbook is almost 200 pages, complete with beautiful full-page photos for almost every recipe. My recipes are simple and never fussy or complicated. With the basic Asian sauces in your pantry, you will be able to handle all the recipes in this cookbook. Each recipe has been created using the best tool for the job. Sometimes it's a wok, an electric pressure cooker, air fryer or the humble stove. When possible, I have included alternative cooking methods. I hope these recipes will evoke some feelings of nostalgia and I hope they become some of your family favourites as well. "I love all of your recipes but especially the Asian ones." - P. Owen, YouTube Subscriber "Please stop making my taste buds drool... Your food is to die for ???" - D. Apps, YouTube Subscriber "Hey Flo! Thanks for sharing this recipe! I love Chinese veggies but I don't know how to prepare them. I am definitely going to try this. Thanks!" - X. Guiot, YouTube Subscriber "Love your Chinese air fry recipes, can not wait to try this one. I made your air fry sweet and sour chicken and it was fantastic, way healthier than take out." - MrsSam888, YouTube viewer "This was phenomenal like all your other recipes I have tried. Thank you for the simplicity of your meals and the humor. I had my instant pot for an entire year and never took it out until last month. I'm in love with my instant pot now. Also your Chinese roots makes me even more in love with your recipes. Thanks!" - E. Yee, YouTube viewer

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with

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fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin *The Pioneer Woman Cooks* meets *100 Days of Real Food*, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, *The Prairie Homestead Cookbook* shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

By cooking food at temperatures that are far higher than conventional ovens pressure cookers drastically reduce cooking times enabling us to cook in a cheaper, healthier and greener way. Pasta and rice can be made from scratch in less than 10 minutes; thrifty cooks can tenderise flavoursome cheap cuts in just 20 minutes and pulses can be cooked without having to soak

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them. As a busy working mother, Guardian writer Catherine Phipps is wholly reliant on her pressure cooker to produce quick and easy one-pot meals for her family. Her authoritative guide is aimed at those who are new to pressure cookers as well as established fans.

Alongside recipes ranging from pot-roast chicken and seafood risotto to Boston baked beans, pulled pork sandwiches and Scotch eggs, and even cheesecake and chocolate pots, Catherine offers handy tips on how to adapt conventional recipes for the pressure cooker, safety ideas and a guide to using certain ingredients. With colour photography throughout, this is an indispensable partner for every pressure cooker owner.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every

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recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Consummate home cook and magazine editor Suzanne Gibbs shows us how to use a pressure cooker to create slow-cooked flavour in a fast-paced world. Pressure cookers allow us to cook quickly, cheaply and efficiently. The food is cooked in liquid at high temperatures, which shortens cooking time by up to 70 per cent. Because the method seals in flavour and nutrition, cheaper ingredients can be used to great effect. Here Suzanne selects more than 80 of her favourite pressure-cooker recipes, and describes the process from beginning to end. Learn how to cook an osso bucco in 25 minutes, a chicken tagine in 15 minutes and a delicious bread and butter pudding in 20 minutes. Packed with information on practicalities, such as choosing, using and cleaning your cooker, and fully illustrated with beautiful photography. The Pressure Cooker Recipe Book is a must-have guide for anyone balancing the constraints of time and money with a desire to create delicious healthy meals for themselves, their friends and their families.

Eating healthy gets a whole lot easier with this delicious collection of 75 recipes—each one photographed—for nutritious and satisfying meals made quickly in your electric pressure cooker, all developed by a certified nutritionist and cookbook author for maximum health and flavor. In The Fresh and Healthy Instant Pot Cookbook, Megan Gilmore presents recipes that use easy-to-find, whole-food ingredients for simple weeknight meals from morning to night—through the revolutionary cooking power of the Instant Pot, an electric, programmable multicooker. There are gluten-free options for each recipe, and all recipes are free of refined sugar and many of the most common food allergens, yet don't scrimp on flavor. With dishes

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like Korean Chicken Bowls, Eggplant Parmesan Bake, Peanut Butter Crunch Granola Bars, Flourless Banana Oat Bread, and One-Pot Chocolate Cake and Frosting, following a healthy diet while enjoying your favorite whole foods has never been more achievable. Every recipe is photographed in this highly visual and information-rich collection, and also includes nutritional information (calories, fat, carbs, fiber, and protein) and detailed timing for prep, coming to pressure, cook time, and release time.

Get the most out of your time in the kitchen with these 100 fast, instant-classic dinners that everyone will love. For pretty much everyone, life gets busy—but you still want to cook up a good meal, ideally one that's accessible, efficient, and doesn't sacrifice any of the delicious flavors you love. The creators of the popular website The Modern Proper are all about that weeknight dinner, and now, they're showing you how to reinvent what proper means and be smarter with your time in the kitchen to create meals which will bring friends and family together at the table. The Modern Proper will expand your "go-to" list and help you become a more intuitive, creative cook. Whether you're a novice or a pro, a busy parent or a workaholic, this book will arm you with tools, tricks, and shortcuts to get dinner on the table. Every ingredient is easy to find, plus you'll find plenty of swaps and options throughout. Each of the 100 recipes (some all-time fan favorites and many brand-new) includes prep time, cook time, and quick-reference tags. These include: -Stuffed Chicken Breast with Mozzarella and Creamy Kale -Stir-Fried Pork Cutlets with Buttermilk Ranch -Sweet Cider Scallops with Wilted Spinach -Tofu Enchiladas with Red Sauce -And more! With recipes to feed a crowd, an entrée for every palate, a whole chapter of meatballs, and plenty of pantry essentials, The Modern Proper is the new essential cookbook for any and all food lovers.

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Quick Flavorful Plant-Based Dishes Made Easy Manali Singh, founder of the popular blog Cook with Manali, shares her secrets to making your favorite traditional Indian dishes faster and healthier in your Instant Pot® or other multifunction cooker. And the majority of her wonderfully spiced recipes are also vegan— or can be easily made vegan—so it's perfect for specific diets or anyone who wants to include more plant-based meals in the weekly rotation. Enjoy classics like Matar Paneer and Chana Masala, as well as traditional street foods like Pav Bhaji, a medley of spicy mashed veggies eaten with dinner rolls, and Vegetarian Momos—healthy dumplings steamed to perfection. And don't forget dessert! Indulge in Chai Crème Brulee or Kalakand, spiced Indian milk fudge. Whether you're new to the Instant Pot® or it's a staple in your kitchen, Manali's 75 recipes will show you how to easily prepare and enjoy authentic favors of Indian cuisine in your own kitchen.

The Most Delicious Recipes! Great Variety of Recipes Suitable For Everyone. Simple and Easy! Free PDF file with photos available at the end of the book Start Cooking Healthy and Deliciously Now! A variety in the kitchen is a key to successful cooking. In spite of that, no one has time to invent new things yourself. Most people have learned to prepare several dishes in a traditional way, on a kitchen stove or in the oven, and that's it. However, home cooking is much more than that. The only question is: How? The answer is simply - Steam pressure! How does it work? Pressure cooking can simplify meal preparation by using cooking liquid and water. Discover the magic of

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pressure cooking and you'll never get bored preparing the meals for your family. Your favorite dishes that would take hours of cooking in the traditional way, can be ready for several ten minutes in amazing pressure cooker. This cookbook provides you with five hundred absolutely delicious recipes, which is more than enough for a great start. The recipes are written in an easy to follow fashion. Each and every recipe will guide you step by step through the process of pressure cooking so that success is inevitable! The first chapter contains two hundred and fifty recipes for stove top Conventional Pressure Cooker. The second chapter contains two hundred and fifty recipes for Instant Pot Electric Pressure Cooker.

Fast Flavours is all about making great meals in minimal time. Full of flavour, these fast and simple recipes will get you cooking every day of the week without spending too much time in the kitchen. Packed with 110 mouth-watering recipes, Fast Flavours gets you through a busy week with simple, speedy meals and shows you how to slow it down when you have more time on your hands. Try Chef Michael's quick favourites such as Grilled Cheddar Bacon Sandwiches or Sunrise Smoothies. Surefire hits include Old School Smashburgers, Three Speed BBQ Pork Stew, Pan-Rushed Chicken Breasts with Grainy Mustard Apple Chutney, Stovetop Mac and Cheese, and easy-to-make desserts that everyone will enjoy like Sweet and Spicy Snowballs and Chocolate Doughnut Pudding. In no time, Chef Michael will show you how to cook as easily and as quickly as possible, so you will be turning out fabulous dishes in your own kitchen.

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The Instant Pot Pressure Cooker is all people want in their kitchens right now and I am sure it is no surprise that we have two of them. We have both the 8 and the 6 litre/quart. They are a fantastic way to produce fast family favourites in an instant. In this Instant Pot Cookbook we will be sharing with you 79 of our all time Instant Pot favourites. Tried and tested and so easy to follow along with at home. This Instant Pot Cookbook includes all of our Instant Pot recipe favourites. It includes pot roast, desserts, cooking vegetables, stews, casseroles, soups and so much more.

A complete guide to the pressure cooker presents a host of delectable recipes to suit any taste--including such treats as Abilene Beef and Bean Chili, Quick Garlic Mashed Potatoes, Jalapeño and Cheese Corn Pudding, and CafT con Leche Flan--as well as helpful tips for the busy cook. Original.

Pressure cooking allows you to create easy, tasty meals that would otherwise require hours of effort. Pressure cooker conforms to today's busy rhythm of life better than many kitchen gadgets, because it combines speed and high quality cooking. These qualities have made pressure cookers an indispensable helper in the kitchen. Useful Features and Benefits of Pressure Cooker. Cooking in a pressure cooker has a lot of advantages compared to ordinary methods of cooking. Here are the main ones: 1. In a pressure cooker, you can boil, simmer, fry, or steam, almost any product. 2. A pressure cooker is a great way to cook fast. For some products, the cooking time is reduced by a quarter. 3. Easy to use. A pressure cooker is very easy to use: just close. Pressure

cookers are equipped with a number of devices that provide both security and ease of use. The automatic safety valve maintains the optimum level of pressure inside during the cooking process.

4. Save energy. When cooking in a pressure cooker, it needs less electricity for cooking.
5. The pan is suitable for cooking dishes that require long and slow cooking such as boiled and stewed meat, goulash, beans, and for foods that require quick and intense cooking such as risotto or steamed vegetables.
6. Pressure cookers allow you to keep the nutritional value of each product by minimizing evaporation of fluid and loss of vitamins and mineral salts.
7. Simple care. The pot can be washed by hand and in the dishwasher.

Pressure cookers are ideal for cooking mouthwatering beef stew, rice, soups, vegetables, and other family favourites. Why not try a pressure cooker recipe tonight? Hope you enjoy it! Here Is A Preview Of What You'll Learn...

Seafood Recipes
Spicy Fish Soup with Tomatoes
Shrimp Soup with Cabbage and Paprika
Clam Chowder
Stewed Calmari
Fillet of Sole on a Bed of Vegetables

Beef Recipes
Beef Stew with Wine and Vegetables
Hungarian Goulash
Lamb Stew
Lamb Vindaloo
Pork, Root Vegetables, and Apples
Pork with Vegetables and Herb Rice

Chicken, Duck, and Turkey Recipes
Chicken with Rice and Vegetables
Lemon Thyme Chicken
Chicken Curry
Duck Soup with Cannellini Beans
Turkey with Gravy
Rice and Soups
Butternut Squash Risotto
Zucchini Risotto
Green Pea Soup with Mint Croutons
Swiss Chard Soup

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Tags: Pressure Cooker Recipes , Power Cooker, Power Pressure Cooker, Electric Pressure Cooker, Pressure

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Cooking, Best Pressure Cooker, Cuisinart Pressure Cooker, Electric Rice Cooker, Pressure Cooker Chicken, Pressure Cooker Recipes for Electric Pressure Cookers, Great Food Fast, Delicious Chicken Recipes, Delicious and Healthy Recipes, Pressure Cooker Recipes for Electric Pressure Cookers, Delicious Pressure Cooker Recipes, Pressure Cooker Dessert Recipes, Dinner In 30 Minutes, Delicious And Mouthwatering Recipes, Healthy And easy To Make Recipes, Homemade Meals in Minutes, Cookbook, Delicious, Recipes for Beginners, Vegetarian Recipes, Recipes, Quick Recipes, Easy Recipes, Main Dishes, Soups, Salads, Delicious, Healthy, Healthy Living, Noodle, Breakfast, Vegetable, Simple Recipes, Health, Energy Easy, healthy Instant Pot recipes from popular Pressure Luck blogger and YouTube star Jeffrey Eisner—lightening up comfort-food favorites for wholesome everyday eating Jeffrey Eisner's internationally bestselling Step-by-Step Instant Pot Cookbook was the easiest-to-follow set of Instant Pot recipes ever assembled—showing even the most reluctant cooks how to make magic in their pressure cookers. Now, in this new cookbook featuring over 90 new simple and delicious dishes, Eisner shows how the Instant Pot can be a part of your plan to slim down and keep the weight off—without losing any of the flavor. We're talking a trove of lightened-up recipes, many of which fit easily into a variety of lifestyles including: Keto Paleo Gluten-Free Dairy-Free Vegetarian and Vegan Recipes are accompanied by nutrition information and a precise timing bar so you know exactly how long your meal will take from pot to table. Some of

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the light, simple, and delicious recipes you'll find inside are: Butternut Squash Soup Sun-Dried Tomato & Shallot Shells Greek Farro Feta Salad Eggplant Risotto Creamy Avocado Chicken Salt & Vinegar Pork Zucchini Chips & Tzatziki Dip Mug Cakes in Mason Jars & More Building on the wild success of Eisner's popular Pressure Luck Cooking website and YouTube channel, every recipe in this book is illustrated with color photographs showing exactly what to do in each step, along with a beautiful shot of every finished recipe. There are no hard-to-find ingredients or fussy techniques, and each dish takes advantage of the time-saving benefits of the Instant Pot.

Bring the Whole Family to the Table with This Versatile Recipe Collection Don't let allergies get in the way of a good meal. This is your essential resource for feeding your family flavorful, effortless dishes that come together quickly and are free of the top-8 allergens. Author Megan Lavin, an allergy mom herself, has solved the dinnertime dilemma of what to cook when it seems like almost everything is off limits. With smart substitutions and a wide array of flavors, these recipes will have you wondering how you ever got by without them. Dishes like No-Butter Indian "Butter" Chicken and Shellfish-Free Jambalaya recreate your favorite flavors from your pre-allergy days— and thanks to the Instant Pot®, they'll cook faster and taste better than ever before. Gather the family for a comforting Sunday Roast, or whip up some Tomatillo Pork Tacos on a busy weeknight without sacrificing flavor. Each meal is quick, safe and delicious with textures and tastes everyone will love.

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The Instant Pot and other electric pressure cookers provide a perfect way to cook gluten-free meals with a maximum of speed, convenience, nutrition, and flavor. For the millions of people who, by doctor's orders or by choice, must exclude or limit gluten in their diets, finding Instant Pot recipes has been a huge challenge. This timely book, now in an expanded edition with 50 new recipes and color photographs, solves the problem. Its recipes focus on dishes that are the most problematic for gluten-sensitive cooks, such as main-course dinners that typically have a grain component, as well as breakfasts and desserts, which also usually have wheat or gluten. In their place, *The Gluten-Free Instant Pot Cookbook* offers up tasty and creative gluten-free alternatives that cook up fast and delectably in the pressure cooker. Everyone in the household will love these dishes, even those who are not eating gluten-free. From hearty breakfast dishes like Creamy Poblano Frittata or Caribbean Breakfast Burritos, through substantial and warming soups like a Creamy and Spicy Butternut Squash Soup or a Pumpkin Black Bean Chili, and crowd-pleasing dinner dishes like Mom's Old-Fashioned Pot Roast, Gluten-Free Lasagna with Meat Sauce, and Pork Tenderloin Marsala with Wheat-Free Pasta, these are spectacular recipes that cook up lightning-fast in the electric pressure cooker. The Instant Pot and its cousins are also surprisingly powerful tools for making desserts, and the offerings here—all completely gluten-free—including Apple Cinnamon Bread Pudding, New York Style Cheesecake, Double Chocolate Fudge Cheesecake, and a scrumptious Mexican Chocolate Pound Cake. Add the power and convenience of the Instant Pot and its cousins to your gluten-free diet with *The Gluten-Free Instant Pot Cookbook*.

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're

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planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

Good Food: Pressure Cooker Favourites Random House

The stress-free way to cook under pressure In today's "hurry-up" society, pressure cooking is an attractive means of preparing consistent, convenient everyday meals. Increasing health concerns coupled with a continuously rising cost of living have made pressure cooking more popular as a way to save money and eat healthier at home. This revised edition of *Pressure Cookers For Dummies* includes all new recipes and refreshed content. *Pressure Cookers For Dummies* gives you the lowdown on the different pressure cooker options that are available to make sure you get the pressure cooker best equipped to suit your needs. It includes delicious recipes for dishes such as soups, chilis, and stews; roasts and poultry; rice dishes; beans;

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vegetables; and desserts, jams, and compotes. It also offers a wealth of recipes for those on vegan, vegetarian, gluten-free, and lactose-free diets. *Pressure Cookers For Dummies* offers tips on adapting your favorite recipes for the pressure cooker plus several comparison recipes made the traditional way. Every recipe includes preparation times, cooking times, and nutritional information. Updated expert advice on choosing the best pressure cooker for your kitchen, including coverage of electric cookers Explanations on how pressure cookers work and tips on adapting your favorite recipes for the pressure cooker Shows you how to use pressure cookers to create vegetarian, vegan, special diet, and sustainable dishes with flavor and zest; and incorporate ethnic dishes into your pressure cooker repertoire Includes fun, tasty, and easy recipes for holidays and other occasions that the whole family will enjoy If you're a new or seasoned cook, *Pressure Cookers For Dummies* gives you everything you need to make the most of this time-saving appliance.

The Best Simple Recipes offers more than 200 full-flavored easy-to-prepare recipes that can be on the table in 30 minutes or less in an easy-to-read paperback format. Just because time is short, it doesn't mean you have to settle for a can of soup or a sandwich for dinner, or making one of the many boring and flavorless fast recipes (which often aren't even as fast as they promise). Our test cooks have created more than 200 recipes that keep the ingredients and cooking time to a minimum and offer tons of flavor and plenty of variety. By combining steps, minimizing pans, and employing a little test kitchen trickery, our test cooks have made naturally fast recipes even faster, and they've made recipes that traditionally take hours ready for the table in half an hour. And while they used a minimum of ingredients, one thing they didn't minimize was flavor.

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A collection of 200 easy, delicious recipes for the incredibly popular Instant Pot, packaged in a gorgeous hardcover format with more than 80 stunning photographs throughout. The well-tested, fully authorized recipes in *The Ultimate Instant Pot Cookbook* cover a range of flavors and occasions, making this the ultimate collection of recipes for the home cook who values the convenience of an electric pressure cooker. This is the only book you'll need when looking for tried-and-true classics like creamy tomato soup, ground beef stroganoff, chicken mushroom casserole, or peach cobbler; international favorites like carnitas, chicken tikka masala, or refried beans; and crave-worthy treats like French toast casserole and triple chocolate cheesecake. There are even easy entertaining recipes, like artichoke-spinach dip, and special occasion recipes such as the classic Thanksgiving favorites of mashed potatoes, creamed corn, and more. With special sections of vegetarian recipes and jams, jellies, and pickles, this collection goes deeper than other Instant Pot books and has something for everyone. And recipes for every meal of the day, from breakfast to dessert, make this book your one-stop source for mouthwatering meals all day long. Printed on high-quality paper and bound in a hardcover format filled with beautiful photographs, this is truly the ultimate book for gifting or self-purchase, and destined to become the beloved Instant Pot cookbook.

Want to make hot, delicious meals without even turning on the oven? You can, using a pressure cooker! Pressure cooking allows you to create easy, tasty meals that would otherwise require hours of effort. A pressure cooker is a great way to cook fast. Simply stated, a pressure cooker works by building up steam in a pot, which creates pressure that cooks the food at a very high temperature, thus reducing the time up to 70%-90%. When the cooker's lid is locked into place and the cooking liquid begins to boil, the steam that is generated is literally trapped

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inside the pot with nowhere to go except through the food. The fibers and molecules in the food are broken down quickly, and as a result, cooking occurs in record time. Other benefits of pressure cooking are that fewer vitamins and nutrients are lost during the process because the steam condenses in the pot instead of escaping into the air, and food remains juicy, tender, and flavorful. Pressure cookers are ideal for cooking mouth-watering stews, roasts, rice, pasta, fish, and other family favourites. Why not try a pressure cooker recipe tonight? Hope you enjoy it! Here Is A Preview Of What You'll Learn...SOUPS RECIPESBroccoli Cream SoupPotato Cream Soup with CornChicken Mushroom Soup with Wild RiceCabbage Soup with Bacon and BeansShrimp Soup VegetablesCream Salmon Soup with Green PeasCHICKEN, BEEF, AND LAMB RECIPESAsian Chicken with GingerChicken with Vegetable StewChicken with Red and Green Bell PeppersMoroccan Lamb with Beans and LentilsBeef Braised in BeerRICE AND VEGETABLES RECIPESBeef stew with Rice and Bell PeppersBrown Rice with VegetablesRice with Dried CherriesRatatouilleBrussels Sprouts with BaconDESSERTSFruit Compote

This authorized collection of 75 simplified Indian classics for the immensely popular electric pressure cooker, the Instant Pot, is a beautifully photographed, easy-to-follow source for flavorful weekday meals. The Essential Indian Instant Pot Cookbook is your source for quick, flavorful Indian favorites and contemporary weekday meals. With 75 well-tested recipes authorized by Instant Pot covering every meal of the day, this is a go-to resource for classic chicken, lamb, and vegetarian curries; daals, soups, and seafood like fennel and saffron spiced mussels; breakfast delights like spicy frittata and ginger almond oatmeal; and sweet treats like rose milk cake and fig and walnut halwa.

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