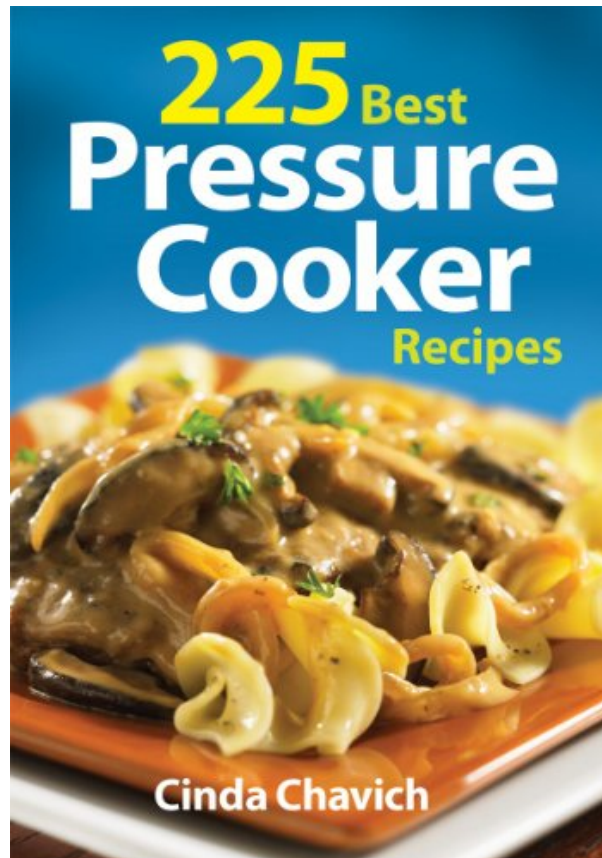
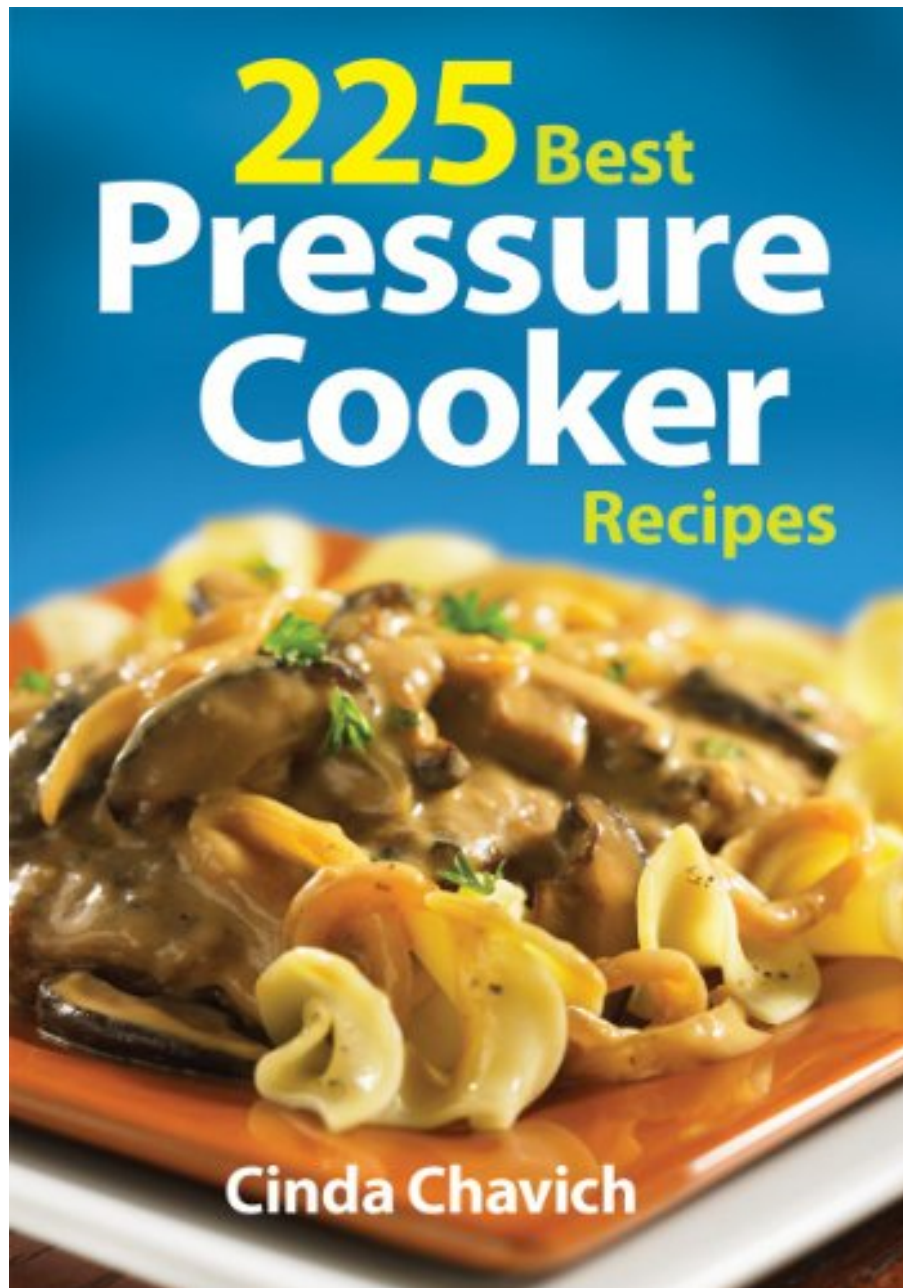


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Review

[Review of previous edition:] The title tells it. A good starting place for easy and nourishing meals that can be made in record time. (Susan Banks Pittsburgh Post Gazette 2010-04-01)

About the Author

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Suddenly, I could make healthy meals reminiscent of my grandmother's kitchen in less time than I could sauté a chicken breast.

This is what really makes the pressure cooker indispensable. It's not for all kinds of cooking, but it's a tool that can save you time and energy without compromising quality.

We are eating more beans and whole grains -- ethnic dishes like Indian curries and Mexican black bean soup on Wednesdays or daube of lamb with niçoise olives and succulent short ribs for dinner parties. This kind of old-fashioned peasant food is back in style, and that's where the pressure cooker shines. So think about savory stew, coq au vin, or rogan josh tonight. Have a healthy grain pilaf with your grilled fish, or simmer a big pot of bean soup for lunch in less than 15 minutes.

Screw up your courage and crank up your pressure cooker. Once you've served a perfect pot roast after work, you'll be hooked. And you'll never get tired of your new toy. In fact, you won't know what you did without it.

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225 Best Pressure Cooker Recipes By Cinda Chavich. It is the moment to enhance and also refresh your skill, knowledge as well as experience consisted of some amusement for you after long period of time with monotone points. Working in the workplace, going to study, picking up from exam as well as even more tasks could be finished and also you should begin new points. If you feel so worn down, why do not you try new point? A quite easy thing? Checking out 225 Best Pressure Cooker Recipes By Cinda Chavich is what we provide to you will understand. As well as the book with the title 225 Best Pressure Cooker Recipes By Cinda Chavich is the reference now.

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225 BEST PRESSURE COOKER RECIPES BY CINDA CHAVICH PDF

This new edition has been redesigned and features a new cover and 25 all-new recipes.

The pressure cooker is indispensable for the busy home cook simply because most foods cook in one-third the time of conventional cooking methods, saving time and energy without compromising the quality of the food. Many food writers and other foodies have embraced it as the kitchen tool of the millennium.

Cinda Chavich provides an incredible variety of recipes that range from everyday meals to dishes for entertaining, and specifically include vegetarian options. For example there is one recipe for hands-free risotto cooked to creamy perfection in 6 minutes. Recipes for almost instant homemade stocks and broths are infused with the flavors usually available only from hours of slow cooking. A tender beef and red wine stew cooks in only half an hour with inexpensive cuts of meats that usually require long, slow cooking that takes hours. The pressure cooker truly shines when it comes to preparing beans and whole grains in these recipes for sumptuous Indian curries or black bean soup.

Here is a sampling of some of the vibrant and flavorful recipes that can be created in minutes:

- Wild Mushroom and Potato Bisque, Cajun Black Bean and Sausage Gumbo
- Beef Short Ribs in Barbecue Sauce, Perfect Pot Roast, Kansas City Pulled Pork Butt
- Wheat Berries Carbonara, Risotto with Mushrooms and Shrimp, Coq au Vin
- Orange Espresso Cheesecake, Sticky Toffee Pudding, Strawberry Jam.

In addition there are great tips throughout the book for pressure cooking essentials, preparing beans and making stocks. There is also a handy table of cooking times for vegetables, fruit, meat and poultry.

- Sales Rank: #223633 in Books
- Brand: Cinda Chavich
- Published on: 2013-01-23
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .75" w x 7.00" l, 1.50 pounds
- Binding: Paperback
- 336 pages

Features

- Imagine being able to prepare a wonderful beef stew in only 15 minutes, or a rich, creamy chees...
- 368 pages, softcover
- Dimensions: 10"H × 7"W

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Most helpful customer reviews

50 of 51 people found the following review helpful.

Crystal clear recipes, exotic dishes and delicious results

By Tilda

This is my favorite of all the pressure cooker books I own, especially for exotic dishes. Cinda Chavich's recipes are clear, mise-en-place orderly and precise. Ingredient measurements are also offered in metric units. Steps are laid out in an easy-to-follow way that will delight beginners and experienced cooks. Most recipes fit on one page max and most involve only 3 to 5 cooking steps.

The title says it all as these really are some of the best recipes you'll find for the pressure cooker. While many tasty basic dishes are here, this is not a recipe book for the timid diner or a poorly stocked kitchen. Chavich works miracles with exotic spices and ingredients that even a novice pressure cook can easily learn to master - cardamom, garam masala, chili and curry pastes, coconut milk and more. The recipes take inspiration from North African, Mediterranean, pan-Asian, Latin American and other world cuisines with incredibly delicious results. Best of all, every recipe I've tried has been easy to prepare and fuss-free. Ms. Chavich put her skills as a journalist and food editor to good use, giving us a recipe book that's written with uncommon clarity.

The book includes many basic recipes for perfect pot roast, hummus, Sloppy Joe's, roast chicken, stews and fantastic vegetarian dishes that are healthful, easy and full of flavor. A section on beans and grains offers 29 can't-wait-to-try recipes that range from basic risotto to paella and wheat berries carbonara.

Not only can this woman cook, she can teach too as every section and recipe is accompanied by tips or serving/shopping suggestions. No garbage ingredients here, either - everything screams fresh and fantastic, including desserts from orange espresso cheesecake to lemony lavender creams.

The few pages of introductory text and cooking time tables are probably adequate for the beginner, though a PC novice will also want to absorb Lorna Sass' instructions and pressure cooking basics. As a decent home cook who's only been using a Kuhn Rikon (excellent!) pressure cooker for a few months, I found Chavich's tips and recipes more than adequate to follow and master on first try. Last night's curried chicken thighs with (whole wheat) couscous was a total home run, a one-pot dish/one-bowl meal that was fragrant, satisfying and full of low-fat nutrients. Seconds went to both a meat-and-potatoes diner and a professional chef at the table.

Get this book. The recipes are almost too good to be true. Every one I've tried has turned out restaurant-quality perfection. Whether you try basic or the more adventuresome world-cuisine dishes, you'll be amazed at how Chavich's book will make it a breeze and a pleasure for you to whip up some of the most sophisticated, delicious and unusual meals in your pressure cooker.

49 of 51 people found the following review helpful.

Good cook book

By MaryAnn

I recently purchased my first pressure cooker and was looking for a good cookbook to go along with it. I purchased this book and The Everything Pressure Cooker book.

The recipes I have tried so far have been good and the layout and basic information in the book are very good. The recipes are easy to read and follow and there are a good set of general cooking tables in the beginning of the book.

The only thing I did not like about it, and it is mostly personal tastes, is that there are a lot of ethnic recipes, most of which I would not cook. I also found some of the recipes a bit fussy or with ingredients that I would not ordinarily have on hand. If you like a more diverse range of foods or have time for fancier fare than this book would be good fit. Overall I'm happy with the purchase and find it a good book for pressure cooker

recipes.

36 of 37 people found the following review helpful.

Tasty, Interesting Recipes Including Vegetarian!

By Garden Gal

This is probably the best pressure cooker recipe book I've found for my needs. I'm a vegetarian, and I prefer foods that have lots of flavor. This book offers 34 pages of 'Vegetarian Dishes' in addition to others in the 'Appetizers,' 'Soups', and 'Beans and Grains' sections. The recipes include Mediterranean, Caribbean, Chinese, Japanese, Thai, TexMex and Indian flavors and are anything but bland. I bought a book of pressure cooker recipes for vegetarians, but the recipes were for the most part quite dull.

If you're a meat & fish lover, there are 48 main dish 'Meat' pages, 26 'Poultry' pages and 18 'Fish' pages. I imagine these recipes are as creative and tasty as the vegetarian ones. There are also recipes for puddings, jams, cakes and sauces. I haven't tried the desserts, since I've had to give up sweets.

See all 35 customer reviews...

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