



Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker

Lorna J. Sass

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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 entree.

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.

Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker Details

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From Reader Review Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker for online ebook

Debby says

I'm having a renewed love affair with my pressure cooker. I decided to re-read this cookbook, that I've owned for several years. It's a very thorough cookbook, and ideal for PC beginners. I did learn a few more tricks and tips. I especially liked the information on converting cooking times from stovetop to the newer digital PC. Very helpful. Alas, I find that a lack of photographs is something I find disappointing. I'm so visual. I also didn't find any recipes that jumped out and said "make me!. Back to the lack of photographs... a well done photograph will seduce me into trying a recipe. I don't dislike the book, but am now reading a new publication on Pressure Cooking from Cook's Illustrated-- which has plenty of color photographs.

Travel Writing says

I got on a wicked kick of pressure cooking, for no apparent reason. When I was a kid I hated the pressure cooker. It was this squat, hissing, clanking beast that made me fearful of going into the kitchen in case the lid shot off and I died in a bath of steam and green beans, while the lid stuck in the ceiling. I had a very good imagination as a kid, but what I did not have was this amazing cookbook.

If you are new to pressure cooking- this book is great to start. It walks you through all the vocabulary and how to choose a PC. If you are an old hand at PC, then the recipes will delight you with the variations and the transformations. Variations are suggestions that will bring you the same dish only slightly varied, the transformations will bring you an entirely new recipe. It is brilliant how Sass made this so clear.

Pretty much, I am have two PC bibles: anything written by Lorna Sass or Jill Nussinow.

Jen Jen says

My pressure cooker is my new favorite gadget. We are trying to eat more vegetarian dinners and a pressure cooker works wonders with dry beans. I made a tasty black bean soup yesterday in 50 min (25 min at high pressure and 25 min natural release) that normally takes two hours cooking over the stove with poorer results.

Lorna Sass's book is perfect for beginners who are trying to understand the basics of using a pressure cooker. I admit that I was frightened to use a machine that could blow up on my stove. Pressure Perfect walks the reader through every step of using a pressure cooker. There are great time reference tables and many basic dishes that can be expanded to more difficult meals. I have used this book to adapt several of my own recipes. The recipes in the book are good but not out of this world amazing. I mostly use the book as a reference guide.

Michele says

This is a great book for those just figuring out how to use a pressure cooker. I love the tables of cooking times for different meats/vegetables. The recipes I've tried so far are just so-so, but the information on how to use the cooker more than makes up for that! She even gives adjustments for those who have an electric pressure cooker (like me!)

Jill Myers says

As always, I intend to start cooking more. But, when I get off work I'm STARVING so I'll grab something on the way home or have some cereal when I get home. But now, I hope to try some of these recipes. They sound delicious and FAST! Time to bring out the pressure cooker!

Pixie says

This is a book that is shaped like a book. There are no sleek pictures. But inside you will find treasure. If you only had one book to use with your pressure cooker, this would be the one. All of the recipes come with "transformations" and "cook alongs," giving you endless variety. I checked my library to see if they had anything else by this superb cookbook author, and she also has a lot of vegetarian/vegan/whole grain titles. I think other cookbook writers with similar themes regard her as a queen, and well they should. This particular book had a large chapter on meats, which is fine with me, because pressure cooking can come up with excellent results. So far I have made bone-in chicken breasts that have the best texture and produced the best broth of any method I have ever tried.

Angelica says

I got a pressure cooker this Christmas, and reviews on Amazon steered me away from the ATK cookbook and toward Lorna Sass. After trying many recipes in this book, I haven't made anything that came out better than just okay.

I made myself follow the directions even when my gut told me she was wrong (browning meat not necessary??) and usually ended up disappointed. The best thing to come out of this book was the one-pot pasta dinner, but even so I prefer the other sauce recipes I have; it was nice and quick and only dirtied one pot though. The fig sauce was good, but the meat I served it with would have been much better browned, maybe with sautéed onions as well. We liked the wild mushroom orzo risotto as a side dish, but it could've used a flavor boost.

I don't want to take short cuts when it leads to a blander dish. I'll have to keep looking for a good pressure cooking resource.

Giselle says

Cooking times include natural release estimates to give more realistic finish times. Haven't tried the recipes but several look like good fits for my family of picky eaters.

Deodand says

This book was recommended by the seller of my new pressure cooker, now wending its way toward me. I am a complete novice to this type of cooking so I'll need all the help I can get. I am particularly interested in Asian cooking, as I understand that a pressure cooker is found in many more kitchens in Asia than it is here.

The advice and beginner's guide are very good, but the recipes are...I don't want to say "boring", they're not....how about "classic"?

I also think that this book could use a new edition.

Monica Willyard says

Do you have a pressure cooker but don't know what you can do with it beyond canning or making soups? This cookbook changes the game. This book contains recipes for all kinds of foods from chicken cacciatore to cheesecake that are delicious and easy to prepare. Most of the recipes take less than 10 minutes of cooking time. With a pressure cooker, you don't have to prepare a lot of things ahead of time. You can cook dried beans to perfection in about 35 minutes and can even cook frozen chicken breasts perfectly. This book has made me fall in love with my pressure cooker.

Rosanne says

This is a really great book to begin pressure cooking which has great cooking charts for everything! I love my pressure cooker!! I am getting better everyday. Thirty minute meals in about 30 minutes with frozen chicken. Yeah!!

Lesli says

Mostly the same info I keep reading. Interesting take on recipe methodology. Sass uses one recipe and then provides variations (cooking sides with mains, changing and/or adding ingredients, etc) and transformations. (Goulash w/ potatoes becomes Chicken Paprikash w/ potatoes).

Penny says

A comprehensive guide to cooking with a pressure cooker.

Numerous recipes provide tasty, tantalizing options and include hearty traditional recipes as well as world flavors.

Beyond meat and stew, this book guides you through desserts, grains, vegetables and more.

Highly recommend!

(The back of the book includes resources and charts for supplies, cooking times and converting recipes for use in the pressure cooker. Excellent!)

Brianna says

Best book I have read so far about pressure cooking.

Leigh says

Entertaining reading and some good recipes. However, the book was published in 2004 and both the technology and directory information is hopelessly out of date. The author invites your comments but asks for a SASE if you want a response. (A SASE is a Self Addressed Stamped Envelope)
