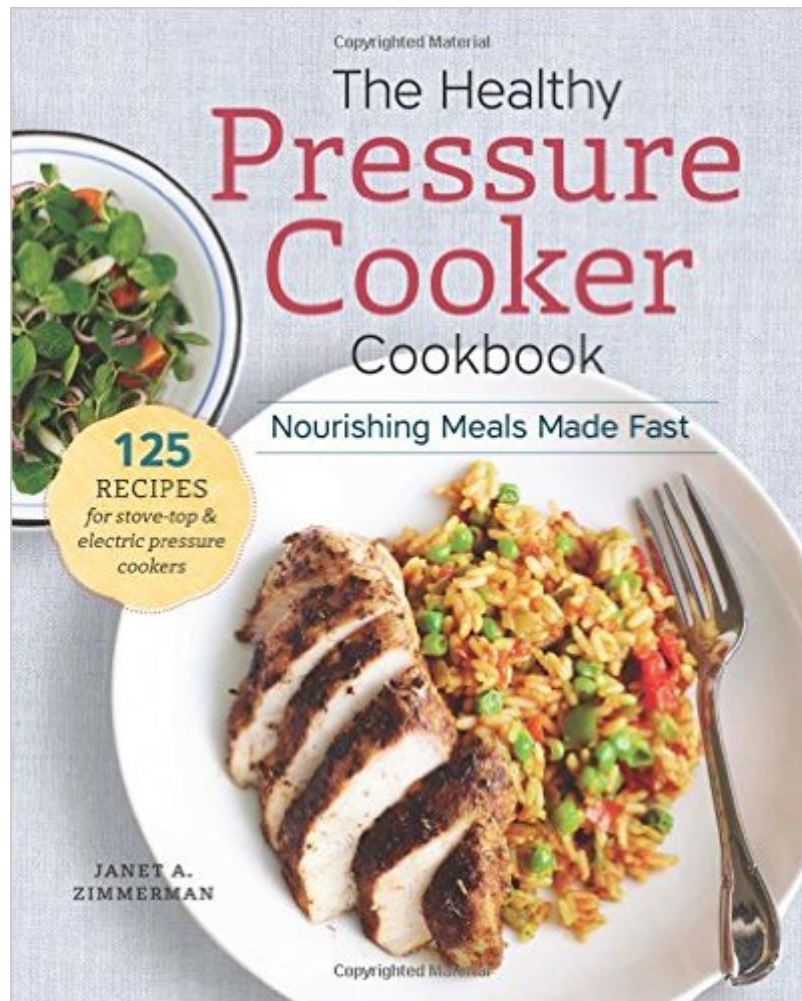


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The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast



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 dos 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

Paperback: 294 pages

Publisher: Sonoma Press (October 21, 2015)

Language: English

ISBN-10: 1942411235

ISBN-13: 978-1942411239

Product Dimensions: 7.5 x 0.9 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (135 customer reviews)

Best Sellers Rank: #81,278 in Books (See Top 100 in Books) #53 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers](#) #1365 in [Books > Cookbooks, Food & Wine > Special Diet](#)

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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 $\frac{1}{2}$ 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

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.

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 RAG 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
MUSHROOMS HONEY-CHIPOTLE CHICKEN WINGS TURKEY TENDERLOIN WITH
SUN-DRIED-TOMATO PESTO CHICKEN THIGHS IN SHERRY VINEGAR SAUCE COQ AU
VIN CHICKEN AND DUMPLINGS PENNE WITH CHICKEN, PEPPERS, AND ARUGULA CURRIED
CHICKEN SALAD TURKEY SLOPPY JOES INDIAN-STYLE CHICKEN IN YOGURT
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SOUP CREOLE WHITE BEAN SOUP SPLIT PEA AND HAM SOUP BUTTERNUT SQUASH
SOUP CHILI CON CARNES SAUSAGE, BEAN, AND KALE
SOUP BROCCOLI-PARMIGIANO-REGGIANO SOUP CHICKEN AND SAUSAGE
GUMBO POTATO-LEEK SOUP ROASTED RED PEPPER AND ONION SOUP CHICKEN NOODLE
SOUP BEEF AND BARLEY SOUP CHAPTER SIX BEANS AND GRAINS RISOTTO WITH PEAS
AND SHRIMP MASOOR DAL RED BEANS AND RICE SPICY CITRUS BLACK
BEANS • BAKED • BEANS FRIJOLES REFritos (REFRIED BEANS) POLENTA WITH
ROASTED RED PEPPERS AND ONION JAM THREE-BEAN VEGETARIAN CHILI QUINOA
• RISOTTO • WITH PROSCIUTTO AND ASPARAGUS ARROZ VERDE WILD AND
BROWN RICE PILAF MEDITERRANEAN CHICKPEA SALAD WHITE BEANS WITH ROSEMARY
AND PROSCIUTTO WILD RICE SALAD WITH WALNUTS, CELERY, AND
APPLES HUMMUS SPANISH RICE SHRIMP AND SAUSAGE JAMBALAYA BLACK BEAN AND
SWEET POTATO TACOS CHAPTER SEVEN VEGETABLES AND SIDES SPICY VEGETARIAN
STUFFED PEPPERS BOW TIE PASTA WITH MUSHROOM SAUCE THAI SWEET POTATO AND

SNAP PEA CURRY • SAUTÉED MUSHROOMS • STANGY GARLIC MASHED POTATOES • MASHED SWEET POTATOES WITH ROSEMARY AND PARMESAN • STEAMED ARTICHOKE WITH TWO DIPPING SAUCES • RATATOUILLE • BALSAMIC-BRAISED BRUSSELS SPROUTS • BEETS AND GREENS WITH HORSERADISH SAUCE • BEET SALAD WITH MINT AND FETA CHEESE • BRAISED CELERY AND TOMATOES • CURRIED CAULIFLOWER • BRAISED RED CABBAGE AND APPLES • GLAZED ONIONS • CARROTS • ESCABECHE • WARM FRENCH POTATO SALAD • CHAPTER EIGHT • BREAKFAST AND DESSERT • SOFT-BOILED EGG • EGG • SEGG AND CHEESE BREAKFAST SANDWICHES • BREAKFAST GRITS WITH CRANBERRIES AND ALMONDS • STEEL-CUT OATMEAL WITH APPLES AND CINNAMON • CRUSTLESS QUICHE CUPS WITH BACON AND ONIONS • INDIVIDUAL SPINACH AND FETA STRATA • CINNAMON FRENCH TOAST • BREAD PUDDING • BLUEBERRY AND PEACH COMPOTE • COCONUT RICE PUDDING WITH DATES • VANILLA-GINGER CUSTARD • LEMON CUSTARD • POACHED PEARS IN PORT BRANDY • SPICED APPLES • CHOCOLATE BROWNIE CAKE • BOURBON-MAPLE BREAD PUDDING • BLUEBERRY CLAFOUTIS • MOLTEN GINGERBREAD CAKE • CREAMY ORANGE CHEESECAKE • CHAPTER NINE • STOCKS AND SAUCES • SCHICKEN STOCK • 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 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 1/2 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: 4G**Zimmerman, 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 can't explain why pressure cookers have virtually disappeared from American kitchens; they've been a staple in Cuban kitchens since their introduction. At a time when Americans wish to eat less meat and processed foods but are more pressed for time, a pressure cooker actually seems more essential to busy working mothers in American suburbs than for housewives in a lesser developed country. That said, whether you're a novice to pressure cookers or an old hand, Janet Zimmerman has written a fabulous cookbook. Newbies or old hands will find dozens upon dozens of recipes to love amongst the 125 that pack *The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast*. No other cookbook, be it pressure cooker, slow-cooker, or conventional, has ever tempted me to make my own stock, but Janet Zimmerman's has! And so many of the recipes are a cut above what you'd expect: Short Ribs with Porter and Onions, Garlic-Rosemary Baby Back Ribs, Chicken Thighs in Sherry Vinegar Sauce, Steamed

Mussels in Porter Cream Sauce, Poached Salmon in Dill Sauce, Bow Tie Pasta with Mushroom Sauce, Warm French Potato Salad, Blueberry and Peach Compote – the list goes on and on! At a mere 99 cents in the Kindle format, you’d be crazy not to buy Zimmerman’s book! You’ll make that back many times over by the time you’ve used this gem of a cookbook once or twice. A pressure cooker allows you to cook dried beans in a trice. Here’s a tip Zimmerman doesn’t provide but that I will. You never, ever have to presoak beans. Ever. Simply rinse and pick them over to find the stray pebble or deformed bean, then increase the time under high pressure to 45 minutes. No having to soak overnight or any other such nonsense! A one-pound bag of beans is equivalent to four cans; you can do the math on your savings. Save time. Save money. Save hassle. Buy *The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast*.

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