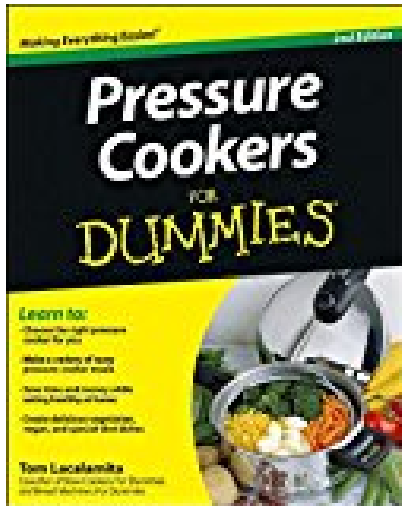


Pressure Cookers For Dummies



BOOK DETAILS

- Author : Tom Lacalamita
- Pages : 288 Pages
- Publisher : For Dummies
- Language : English
- ISBN : 1118356454

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BOOK SYNOPSIS

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; 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.

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