



## Idiot's Guides: Pressure Cooking

By Tom Hirschfeld

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### Idiot's Guides: Pressure Cooking By Tom Hirschfeld

Pressure cookers have been around for generations, but are making a big comeback. Not to be confused with a pressure canner, the modern pressure cooker can be an automated all-in-one device, or a stove top cooker. Regardless of the technological advances, people are still intimidated by the pressurized contents and the possibility of having hot food explode out of the cooker. *Idiot's Guides: Pressure Cooking* gives you the tools you need to get the most from your pressure cooker-- all while feeling safe. This book covers:

- \* A comparison of pressure cooker types
- \* Detailed instructions and full-color photography on how to use stovetop and electric pressure cookers
- \* 120 pressure-cooker recipes, including family favorites, fast and easy international classics, one-pot meals, and paleo dishes
- \* Easy-to-scan details for each recipe, including pressure level, temperature, prep and cook times, ingredients, and nutrition
- \* Tools and techniques for converting favorite recipes to pressure cooker recipes
- \* Charts for cooking common foods, and time to add for frozen ingredients

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