Pressure Cooking 101: Using Electric Pressure Cookers for Healthy Family Meals

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A little history...

Denis Papin – French Physicist “Steam Digester” 1679

Airtight cooker that used steam pressure to raise the water’s boiling point to cook food faster.

1939 Pressure Cooker at New York State Fair – Presto!
World War II era advertisement

60's era pressure cookers
How do they work?

1. Higher temperatures
   The tight-fitting lid prevents steam from escaping. Pressure builds, allowing inside temperatures to rise above normal boiling point of 212°F.

2. Direct contact
   The steam's heat is transferred directly to the surface of the food.

COOKING TIMES (approximate)
- Whole chicken: 60 min.
- Brown rice: 50 min.
- Black beans: 60 min.

IMPROVED SAFETY
- Locking handle cannot be opened when under pressure.
- Multiple valves release pressure.
If not used correctly or unit is faulty...
Out with the old?
Basics:

- You always have to have a liquid on the pot – at least ½ a cup or more, depending on the size of your pot.
- Cream sauces do not do well – tend to scorch on the bottom.
- "Pot in Pot" method – different size pressure cooker and different size springform or baking pans are needed.
- Soak rubber seal from electric pressure cooker in a vinegar/water mixture to get rid of odors.
- Use a wooden spoon to “quick release” pressure, when required.
10 Proven Safety Mechanisms

- Pressure Regulator Protection
- Anti-Blockage Vent
- Leaky Lid Protection
- Extreme Temperature & Power Protection
- Excess Pressure Protection
- Safety Indicator & Lid Lock
- Lid Close Detection
- Automatic Pressure Control
- Automatic Temperature Control
- High Temperature Warning
Pressure CANNERS

Do NOT use electric pressure cookers or smaller, stovetop units to pressure can – just DON’T!

USDA guidelines strongly advise against using electric pressure cannners, even though many of them have instructions for food preservation.
Here’s what we tried:

Whole Chicken – worked great – only takes about 45 minutes
Pulled Pork – Leaves a STRONG smell in lid
Beef Stew – Great! Size of veggies is important
Boiled Eggs – Best thing since sliced bread!
Baked Potatoes - OMG
Corn on the Cob - OMG
Brussel Sprouts
Dump Cake – Not pretty, but lots of flavor – more like a cobbler than a cake
Chicken, Rice & Vegetables – laying is KEY!
Red Beans & Sausage
White Rice – equal parts rice & water
Baby Back Ribs – WOW! I don’t think I’ll ever put them on the grill again!
Today, to taste:

- Cinnamon Roll Bread Pudding
- New York Style Cheesecake
- Italian Wedding Soup