



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

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A little history...



Steam Digester

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!

An Hour Ago
SHE WAS
BUILDING A BOMBER



but thanks to
Presto
COOKING

SHE CAN STILL SERVE
A WONDERFUL
MEAL
On Time!



When modern Presto's speed
pressure cooking is done,
you get a meal of top quality in a shorter
time than it takes to cook a whole lot of it
the old-fashioned way. Presto's cooking saves
time and energy and brings you
delicious meals in a hurry.

When you get a Presto Cooker, you
get a wonderful meal in a hurry. It's
the only pressure cooker that's
made to serve in a hurry. It's the only
one that's made to serve in a hurry.
It's the only one that's made to
serve in a hurry. It's the only one
that's made to serve in a hurry.

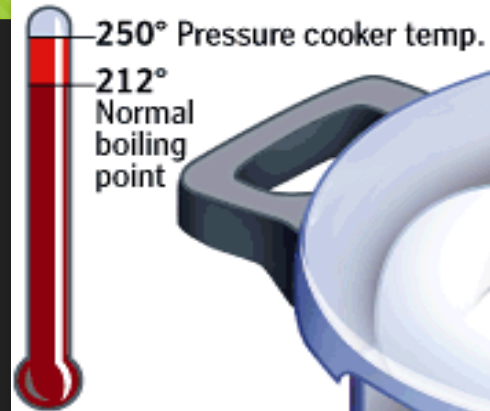
Remember... get the Presto Cooker!

World War II era
advertisement



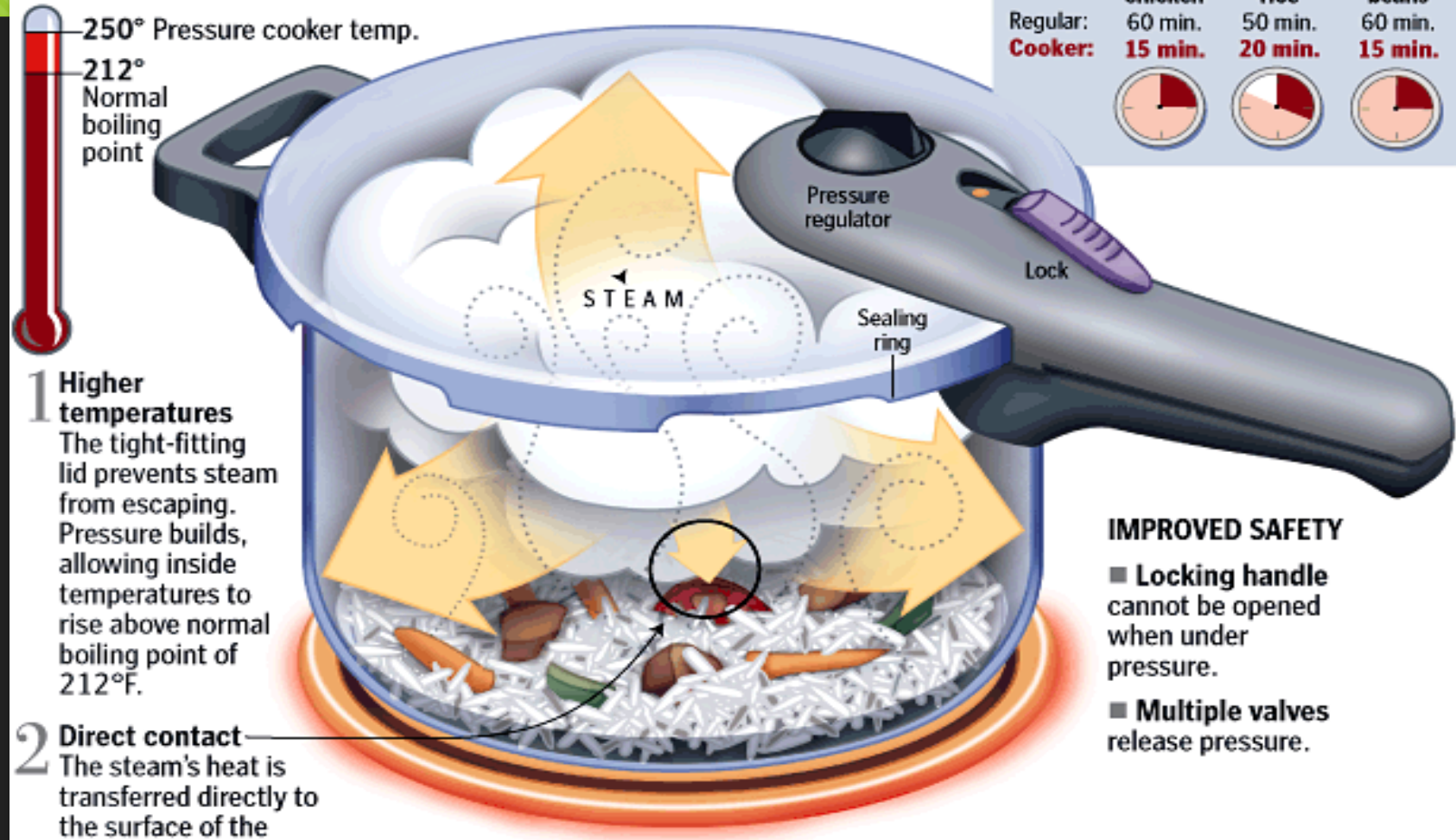
60's era pressure cookers

How do they work?



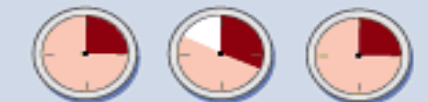
1 Higher temperatures
The tight-fitting lid prevents steam from escaping. Pressure builds, allowing inside temperatures to rise above normal boiling point of 212°F.

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



COOKING TIMES (approximate)

	Whole chicken	Brown rice	Black beans
Regular:	60 min.	50 min.	60 min.
Cooker:	15 min.	20 min.	15 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.

Safety First



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 canners, 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