



# The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast

By Janet A. Zimmerman

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## The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast By Janet A. Zimmerman

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 do's 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!

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### **Bibliography**

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### **Editorial Review**

#### **Review**

"We confess, until we tried this pressure cooker ribs recipe, we'd always been a little scared of pressure cookers. One of us even thought the dial on her mum's pressure cooker lid looked like a spaceship control. We'd just never imagined you could turn out ribs that are fall-off-the-bone tender in 30 minutes or less. We were wrong. So spectacularly wrong. This pressure cooker ribs recipe made believers out of us. It'll convert you, too." —Renee Schettler Rossi, **Leite's Culinaria**

#### **About the Author**

Janet A. Zimmerman has been teaching culinary classes and writing about food for more than 15 years. She's written for Martha Stewart Living, NPR's Kitchen Window blog, and About.com. A recipient of the Bert Greene Journalism Award from the International Association of Culinary Professionals, she is also the author of All About Cooking for Two: A Very Quick Guide. Janet and her partner Dave live in Atlanta, Georgia.

### **Users Review**

#### **From reader reviews:**

##### **Edward Strode:**

Information is provisions for anyone to get better life, information these days can get by anyone with everywhere. The information can be a understanding or any news even a concern. What people must be consider when those information which is inside former life are hard to be find than now could be taking seriously which one is suitable to believe or which one the particular resource are convinced. If you find the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All those possibilities will not happen throughout you if you take The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast as the daily resource information.

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**Violet Murray:**

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