

Pressure Cooking

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The pressure pan was the convenience forerunner to the microwave oven. It is still a handy piece of cookware for fixing quick dinners. The recipes on this sheet are just a few ideas. Use your own imagination to come up with other tasty ideas.

Guidelines to Follow

1. Follow specific manufacturer's directions and cautions for using pressure pan.
2. Never fill the pressure pan more than 2/3 full
3. Combine foods that have common cooking times or slice foods so cooking time will equal other foods being cooked.
4. Separate foods from each other by a cooking rack or custard cups. If foods touch each other or stand in the same juice the flavors will blend. Keeping foods apart will allow the food to keep its own distinct flavor.
5. Prepare the pressure pan in the following order.
 - Brown meat and place on bottom of pan. Add 1/2 to 3/4 cup water or other liquid of similar consistency – dilute thick juices with 1/2 cup water. Place cooking rack on top of meat.
 - Place prepared vegetables on cooking rack.
 - Arrange dessert in custard cups and wrap with aluminum foil. Place cups among vegetables to be cooked.
 - Place lid and pressure regulator on pressure pan, build up pressure, time for appropriate time.
 - Cool pan quickly by running cool water over the top.

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Pressured Menu Suggestions

From the following choose a meat (season to taste), vegetable, and a dessert.

3 Minute Cooking Time

Meats

- Cube Steak
- Liver, Bacon, and Onions
- Swedish Meatballs (small)

Vegetable

- Potatoes (1/2 inch thick or less)
- Carrots (1/2 inch thick)
- Green Beans
- Brussel Sprouts
- Turnips (1 inch cubes)
- Lima Beans (fresh not dry)
- Broccoli (florets)
- Cabbage (2 inch wedge)

Dessert

- Bread Pudding
- Baked Apples
- Custard

5 Minute Cooking Time

Meats

- Veal Steak (1/2 inch thick)
- Chicken (breast, thigh, drumstick)
- Pork Chops (1/2 inch thick)

Vegetable

- Potatoes (3/4 inch thick)
- Carrots (1 inch thick)
- Cauliflower (florets)
- Sweet potato (1 inch thick)
- Onions (whole 2 inch thick)
- Cabbage (3 1/2 inch wedge)

Dessert

- Stuffed pears
- Stuffed Baked Apples
- Apple Betty

Recipes in a Pressure Pan

Meat Balls (for 2)

1/2 lb ground meat
1 egg
1/4 cup bread or cracker crumbs
2 Tbs. milk
1 Tbs. minced onion
1 tsp. Bouillon granules
Salt, Pepper, or other spices as desired.
1 Tbs vegetable oil

Combine all ingredients except oil and shape into six meatballs. Brown meatballs in a small amount of oil. Add 1/2 cup liquid and pressure cook for 3 minutes. Cool pan immediately.

Custard (for 2)

1 cup milk
1 egg
3 Tbs sugar
1/8 tsp. salt (optional)
1/4 tsp. vanilla
nutmeg

Beat egg; combine all other ingredients and mix well with egg. Pour into two custard cups. Cover with aluminum foil. Place in pressure pan with 1/2 to 3/4 cup water and pressure 3 minutes. Cool immediately.

Apple Betty (for 2)

2 small tart apples, cored and thinly sliced
1/2 cup dry bread crumbs
2-3 Tbs. brown sugar
1/2 tsp. cinnamon
2-3 Tbs. melted margarine
1/8 tsp. nutmeg

Combine crumbs, sugar, cinnamon, nutmeg, margarine and mix. Place about 1-2 tablespoon mixture in each of two custard cups, patting on bottom and sides of the cup. Add sliced apples, cover with remaining mixture and cover cups with aluminum foil. Place in pressure pan with 1/2 to 3/4 cup water. Pressure 5 minutes. Cool immediately.

Bread Pudding (for 2)

1 egg beaten
2 Tbs. molasses
2 tsp. sugar
1/8 tsp. salt
1/8 tsp. nutmeg
1 slice soft bread
3/4 cup milk

Tear bread into bite size pieces and place in 2 custard cups. Combine remaining ingredients and mix well. Pour mixture over bread. Cover cups with aluminum foil, place in pressure pan with 1/2 to 3/4 cup water. Pressure 3 minutes. Cool immediately.

Pressured Vegetables

Prepare vegetable slices or pieces according to appropriate thickness. Season to taste with salt, pepper, butter, onion, or favorite seasonings. Place in pressure pan with 1/2 to 3/4 cup water and pressure.

Stuffed Apples or Pears (for 2)

2 apples or pears
brown sugar, maple syrup, or molasses
dates, raisins, or other dried fruit
4 tsp. margarine

Wash, cut in half, and core apples or pears. Fill indentation of fruit with dates, raisins, or other dried fruit. Sprinkle with brown sugar or drizzle with syrup. Top each half with 1 teaspoon margarine. Wrap each half with aluminum foil and place in pressure pan on rack with 1/2 to 3/4 cup water. Pressure 5 minutes. Cool immediately.

Apricot Chicken (for 2)

2 chicken breasts boneless skinless
2 Tbs. dry onion soup mix
1 cup apricot nectar

Place all ingredients in bottom of pressure pan and pressure 5 minutes. To reduce time brown chicken first and pressure for 3 minutes.

Chicken with Raspberry Vinegar

2 chicken breasts, skinless, boneless
Salt and pepper
2 to 3 tablespoons olive oil or vegetable oil
1 onion cut into large pieces
1 cup chicken broth
3 tablespoons raspberry or red wine vinegar
3/4 cup quick cooking rice
1/2 cup fresh or frozen raspberries

Sprinkle chicken with salt and pepper. In pressure cooker; add oil and brown chicken breasts. Add onions, chicken broth, and vinegar. Pressure for 3 minutes. Cool cooker at once. Remove chicken and keep warm. Return pan to heat and bring liquid to a boil. Stir in rice; remove pan from heat. Let stand 5 minutes. Gently stir in raspberries. Serve with chicken. Makes 4 servings.