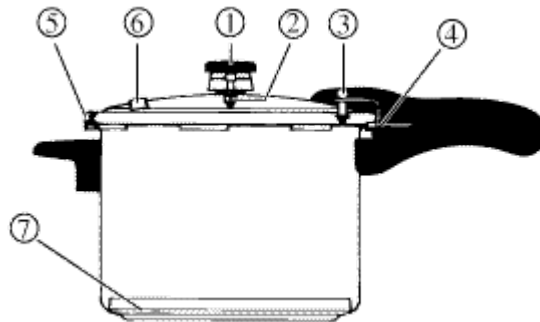


The Pressure Cooker

Getting Acquainted

Material adapted from Presto's Pressure Cooker School Lessons
<http://www.gopresto.com/information/school/parts.php>



The pressure cooker is a special saucepan with unique parts not found on ordinary pots and pans. Each part has a special function that enables the pressure cooker to safely build up steam pressure and cook foods quickly. While the parts of a pressure cooker may vary between models, the diagram above shows many of the parts found on a typical, modern pressure cooker.

In the space provided, name each part as numbered in the diagram and describe its function.

1.

2.

3.

4.

5.

6.

7.

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Time and Compare

Instructions: Below is a chart with various cooking times of foods typically cooked in a pressure cooker. Pick one or two items and calculate the time you would save making that item in a pressure cooker rather than on a stove-top or in an oven or slow cooker.

Food	Minutes to Cook	Release Method
Chicken breast, boneless	4	4 min natural release, then quick release
Chicken thighs, bone in	8	4 min natural release, then quick release
Pork chops	4 - 5	Natural release
Beef rump roast, 3-4 pounds	45 - 55	Natural release
Brown rice	15	Quick release
Dry pinto beans, presoaked	9 - 11	Natural release
Beets, small whole (3-4 ounces)	11 - 13	Quick release
Artichokes, large (8-9 ounces)	10 - 11	Quick release
Carrots, baby-cut	4 - 5	Quick release
Russet potatoes, 1" chunks	7 - 8	Quick release
Sweet potatoes, 2" chunks	9 - 10	Quick release
Winter squash; acorn squash, half	6 - 7	Quick release

Write down item and time saved below:

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Cooking Under Pressure!

Learning to use a pressure cooker can help you make quick, delicious, fast-paced meals. Foods cooked in a pressure cooker retain more nutrients, are lower in fat, are more tender, and cook at record pace!! Most recipes cook in $\frac{1}{3}$ the time when using a pressure cooker.

Honey Glazed Chicken

6 chicken thighs, trimmed off skin and fat
2 tablespoons cooking oil
 $\frac{1}{4}$ cup honey

1 tablespoon reduced sodium soy sauce
 $\frac{1}{2}$ cup water

Heat pressure cooker; add oil and brown chicken. Combine honey and soy sauce; brush on chicken. Pour water and remaining sauce in pressure cooker. Close lid securely. Place pressure regulator on vent pipe and cook 12 minutes with regulator rocking gently. Cool pressure cooker at once. Crisp chicken under broiler if desired.

Yield: 4-6 servings

Chili

$\frac{3}{4}$ to 1 pound ground beef
1 tablespoon cooking oil
2 cups diced onion
2 $\frac{1}{2}$ cups tomato juice
1 large clove garlic, minced
1 tablespoon chili powder

1 teaspoon cumin
1 teaspoon sugar
Salt and Pepper
1 (10 $\frac{1}{2}$ oz.) can kidney beans, drained and rinsed

Heat pressure cooker; add oil and brown ground beef. Add remaining ingredients and mix well. Close cover securely. Place pressure regulator on vent pipe and cook 15 minutes with regulator rocking gently. Let pressure drop of its own accord. Garnish with cheese slices if desired.

Yield: 4-6 servings

Safety Tips

1. Read instructions which accompany the model of pressure cooker you are using.
2. Never overfill the pressure cooker. Never fill the pressure cooker more than $\frac{2}{3}$ full for most foods or $\frac{1}{2}$ full for dry rice, beans, vegetables or soups.
3. Always look through the vent pipe before closing cooker to make sure it is clear.
4. Never open the pressure cooker until internal pressure is completely released (most new models will not even allow you to).
5. Caution must be used when cooking sputtering foods such as applesauce, cranberries, rhubarb, split peas, dry beans, pearl barley, oatmeal, or other cereals, noodles, macaroni, or spaghetti. Be sure to use a pressure cooker specific recipe for this.
6. Replace the sealing ring and/or overpressure plug when they become hard or soft and sticky.

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