

References:

Pressure Cooking by Pauline Williams Ingols, USU Extension/Salt Lake County Office.

Quick Meals for Hectic Households by D. Pauline Williams, USU Extension Agent.

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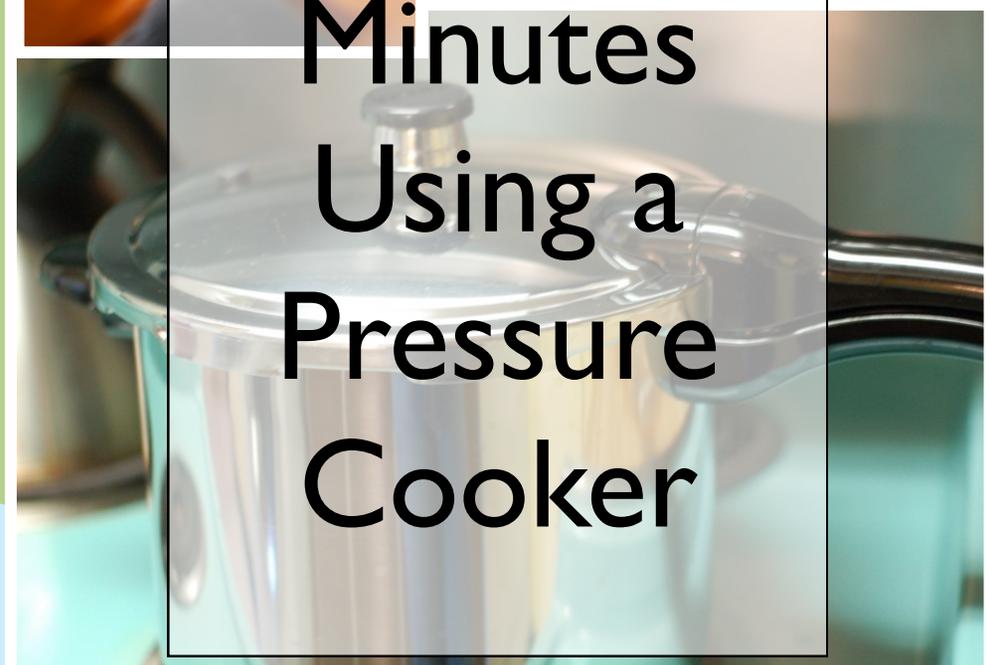
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Meals in Minutes Using a Pressure Cooker



Ginger Steamed Pears with Vanilla Bean Mascarpone Cream

1 cup medium dry sherry, or orange or pineapple juice
¼ cup granulated sugar
2 strips lemon zest (about 2 ½ inches each)
1 T fresh lemon juice
4 to 5 slices fresh ginger
4 pears, about 8 to 10 ounces each
½ whole lemon

- Prepare Vanilla Bean Mascarpone Cream (recipe to follow) and refrigerate until ready to use; remove approximately 30 minutes before serving.
- Place sherry (or juice), sugar, lemon zest, lemon juice, and ginger in the bottom of your pressure cooker and simmer, stirring occasionally, until the sugar is dissolved. Remove a slice from the bottom of each pear and use a melon baller to remove the core. Peel the pear vertically, leaving strips of peel on the pear. Rub cut surfaces with lemon half.
- Place trivet/rack in cooking pot and arrange the pears on it. Bring to high pressure and cook for 3 to 4 minutes. Quick cool under cold water and remove pears and trivet. Let pears cool, then cover and refrigerate until ready to serve. Return pot to a simmer and cook the liquid for 20 to 25 minutes until it is reduced by half. Strain and cool.

Vanilla Bean Mascarpone Cream

½ vanilla bean
8 ounces mascarpone cheese, softened to room temperature
1 T powdered sugar
2 tsp. milk
½ tsp. pure vanilla extract

Split vanilla bean in half lengthwise and scrap out the seeds with the back of a knife. Place vanilla seeds, cheese, sugar, milk and vanilla in a small bowl. Mix until smooth. Refrigerate until ready to use. Remove from refrigerator 30 minutes before using to soften.

Adapted from Cuisinart Electric Pressure Cooker Recipe Booklet.

Meals in Minutes Using a Pressure Cooker

Today's economy illustrates the need to prepare low cost, nutritious meals in a relative short amount of time. Many people are rediscovering the use and advantages of pressure cooking in preparing delicious meals. Often it can be faster and tastier than using a microwave oven and is an energy saver.

Principles of Pressure Cooking: The pressure cooker is a sealed pot in which pressure builds and is maintained between 5 and 15 pounds per square inch (psi). This pressure results with food being cooked at about 250° F which is hotter than the normal boiling point (212° at sea level and about 204° F at our Utah altitude). This elevated pressure converts liquid to steam which cooks the food faster. Most foods are cooked three to ten times faster than conventional cooking. Very little moisture is lost so less liquid is required, which results in more intense flavors. This also allows you to retain more vitamins and nutrients in your food during the cooking process.

Guidelines and Tips:

- Follow specific manufacturer's directions and cautions for using the pressure cooker.
- Never fill the cooker more than two-thirds full (never more than half-way full for soups and stews).
- Choose recipes with five or fewer ingredients.
- Find recipes that require little preparation time but long cooking times.
- Combine foods that have common cooking times or slice foods so cooking time will equal other foods being cooked.
- Separate foods from each other by a cooking rack or custard cups. If foods touch each other or stand in the same liquid the flavors will blend. Keeping foods apart will allow the food to keep its own distinct flavor.
- Basic preparation guidelines:
 - Brown meat and place on bottom of pan. Add ½ to ¾ cup water or other liquid of similar consistency - dilute thick juices with ½ cup water. Place cooking rack on top of meat.

- Place prepared vegetables on cooking rack.
 - Arrange desserts in custard cups and wrap with aluminum foil. Place cups among vegetables to be cooked.
 - Place lid on pressure regulator on pressure cooker, build-up pressure, and time for appropriate time.
 - Cool pan quickly by running cool water over the top or do a “quick-release” recommended by the manufacturer.
- Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
 - Do not store the pressure cooker with the lid on tightly. This saves on gasket wear and tear.
 - To adapt your own recipe, find a similar recipe and use it as a guide. In general, cooking time will be at least one-third to one-half of the traditional cooking time. Reduce your cooking liquid by at least half.
 - Add at least 1 cup of liquid when pressure cooking meats for 45 minutes or less and 1½ cups if cooking for longer amounts of time.
 - Brown most meats and poultry first for added flavor and better results.
 - Brown onions, leeks, garlic, etc., for a more intense flavor.

General Guidelines taken from *Pressure Cooking the Easy Way* BYU Maureen B. Keane and Daniella Chace

Crème Brulee

1 quart heavy cream
 ¾ cup granulated sugar
 1 vanilla bean, halved lengthwise and scraped
 8 egg yolks, or 4 egg yolks and 2 whole eggs
 8 T sugar, brown or white as desired

Pour cream into medium saucepan and add vanilla bean and vanilla bean scrapings. Heat on medium-low heat until hot but not boiling.

In a separate bowl, whisk the egg yolks and sugar until it is at the ribbon stage. Slowly add hot cream to the egg yolk mixture, stirring constantly.

Coat 6-ounce ramekins with nonstick spray and fill ⅔ full. Cover securely with aluminum foil or wax paper. Add 1 cup water to your pressure cooker and place trivet on top. Place cups in prepared cooker. Bring to high pressure and cook 4 minutes and allow to reduce pressure naturally. Refrigerate several hours or over night.

Before serving, sprinkle 1 tablespoon sugar over top of custard and melt using a food torch. Custards are delicious without burnt sugar topping.

Variations

Skinny Custard

Substitute: skim or low-fat milk for heavy cream

Substitute: whole eggs or egg whites for egg yolks

Caramel Custard

Coat custard cup with nonstick spray. Press 1 ½ tablespoons brown sugar into the bottom of each custard cup before adding custard. After cooking and cooling, place plate on top of ramekin and flip over, allowing custard to release. The sugar will form a caramel sauce that cascades down the sides of the custard.

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace and Le Cirque's Crème Brulee recipe.

Lemon Pudding

1/3 cup sugar
2 T flour
1/8 tsp. salt
1 T butter
3 T fresh or frozen lemon juice
Grated rind of 1 lemon, or 2 teaspoons dried lemon zest
2 egg yolks, beaten
2/3 cup nonfat milk
2 egg whites, beaten

Combine sugar, flour, salt, and butter. Add lemon juice, grated zest, egg yolks, and milk. Mix well. Fold in beaten egg whites. Coat 6-ounce custard cups with nonstick spray. Fill cups about 2/3 full (4 to 4.5 ounces) with mixture and cover securely with aluminum foil or wax paper. Add 1 cup water to your pressure cooker and place trivet on top. Place cups in prepared cooker. Bring to high pressure and cook 6 to 8 minutes and then cool quickly under cold water.

Serves 4

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.

General Guidelines for Cooking Meats

Red Meats

Chuck roast, 3 lbs	35 minutes
Round steak, 1/4 inch thick	4 minutes
Beef stew meat, 1 inch cubes	15 to 20 minutes
Short ribs	25 minutes
Venison, 3 to 4 inches thick	30 to 40 minutes
Ham, picnic shoulder, uncooked 3 to 6 pounds	30 minutes
Ham shank, uncooked, 3 to 5 pounds	35 to 45 minutes
Lamb chops, 1/4 inch thick	2 minutes
Leg of lamb, 3 pounds	35 to 45 minutes
Lamb stew meat, 1 inch cubes	10 minutes
Pork chops, 1/2 inch thick	5 minutes
Port butt roast, 3 pounds	55 minutes
Pork loin roast, 3 pounds	60 minutes
Pork steak, 1/4 inch thick	2 minutes
Veal roast, 3 pounds	45 minutes

Poultry

Whole chicken, 4 to 5 pounds	25 to 30 minutes
Parts with bone, 3 pounds	9 to 11 minutes
Boneless parts, cut into pieces	2 minutes
Boneless half breast	3 to 5 minutes
Legs	8 minutes
Thighs	5 to 7 minutes
Frozen boneless thighs or breasts	5 to 7 minutes
Ground, 1 pound	2 to 3 minutes
Whole Cornish hen	8 to 10 minutes
Pheasant, cut into pieces	7 to 10 minutes
Turkey, half breast with bone	25 to 30 minutes
Turkey parts, cut into pieces	2 to 3 minutes
Turkey, boneless half breast	15 to 20 minutes

Seafood

Clams	3 minutes
Crab legs	2 minutes
Whole fish	5 to 6 minutes per pound
Lobster tail, 6 to 8 ounces	5 minutes
Scallops, small	1 minute
Shrimp, medium	2 minutes

General Guideline for Cooking Vegetables

Frozen - add 3 to 5 minutes when cooking in a separate container

Asparagus		2 minutes
Beans, green or wax		1 to 3 minutes
Broccoli		2 to 3 minutes
Brussels sprouts		2 to 2 1/2 minutes
Cauliflower		1 to 2 minutes
Corn on the cob		2 minutes
Corn, kernels		1 minute
Lima beans		2 to 4 minutes
Mixed vegetables		2 minutes
Peas		1 minute

Fresh - add 3 to 5 minutes when cooking in a separate container and add 1 to 4 minutes when steaming on the trivet. Cook vegetables shorter times if you prefer them crisp and longer times if you like them well done.

Artichoke, globe	Whole	9 to 11 minutes
Asparagus	Spears or 1-inch pieces	0 to 2-1/2 minutes
Beans, green or wax	Whole or cut	1 to 3 minutes
Beets	Small, whole	11 to 13 minutes
	Large, whole	15 to 18 minutes
Broccoli	Spears	2 to 4 minutes
Carrots	Whole	3 to 5 minutes
	Slices	2 minutes
Cauliflower	Whole	6 to 8 minutes
	Florets	2 to 3 minutes
Greens	Whole leaves	1 to 4 minutes
Onions	Whole	6 to 9 minutes
	Sliced	3 minutes
Potatoes	Whole, medium	12 to 15 minutes
	1/2 inch slices	2 to 3 minutes
	Halves	8 to 10 minutes
Potatoes, sweet	Whole, medium	10 to 11 minutes
	Halves	8 to 10 minutes
Pumpkins	Wedges	8 to 10 minutes
Turnips	1/2 inch slices	3 to 5 minutes
Squash, acorn	halves	6 to 7 minutes
Squash, hubbard	1 inch cubes	8 to 10 minutes
Squash, summer	1 inch slices	2 to 3 minutes
Sweet peppers	whole	1 to 3 minutes
Tomatoes	Whole	2 to 3 minutes

Savory Quinoa and Tomatoes

1 leek, chopped
 1 tsp. minced garlic
 1 ½ cups chicken broth
 1 can (28 ounces) plum tomatoes, drained
 1 cup quinoa

Coat pan with nonstick spray and brown leek and garlic. Add remaining ingredients, bring to high pressure quickly and cook for 1 minute. Let pressure fall on it's own for 10 minutes. Remove cover and serve.

Serves 4

Vegetable Casserole

- 1 to 2 cups water
- ½ cup fresh broccoli or cauliflower florets
- ½ cup sliced carrots or zucchini
- ½ cup large frozen peas
- ½ cup onions, sliced
- 2 ¼ cup sliced red or green bell pepper
- ¼ teaspoon pepper
- ½ to 1 teaspoon mixed herbs
- 2 tablespoons chopped fresh parsley

Pour recommended water into your pressure cooker and place trivet inside. In buttered or sprayed casserole dish, combine all ingredients except parsley, cover securely, and place on top of trivet. Bring to high pressure quickly and cook for 2 minutes. Quickly reduce pressure with cold water, remove casserole, and sprinkle with parsley.

Serves 4

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.

Guidelines for Cooking Fruits

Generally speaking, the softer the fruit, the shorter the cooking time and a timer is an absolute must! Balance the fruit on a trivet in order to steam-poach.

Apples	4 to 6 minutes
Apricots	4 to 6 minutes
Berries	3 to 5 minutes
Cherries	5 to 6 minutes
Cranberries	4 to 6 minutes
Peach halves	3 minutes
Pears	6 to 8 minutes
Plum halves	4 to 6 minutes

Guidelines for Cooking Legumes

Before pressure cooking, place beans (except lentils and split peas) in cooker with 2 cups of water for every 1 cup of dried beans and 2 teaspoons of salt (this will help prepare beans for cooking). Bring water and beans to high pressure for 5 minutes, remove from heat and let pressure fall on its own. Drain off salted water and cook according to table. If you prefer, soak beans overnight and add 3 to 4 minutes to cooking times. Avoid adding salt to the cooking water.

Adzuki beans	2 to 3 minutes
Black-eyes peas	10 minutes
Black beans	5 to 8 minutes
Cannelloni beans	5 to 8 minutes
Chick-peas (garbanzo beans)	10 to 13 minutes
Great Northern	4 to 9 minutes
Kidney beans	4 to 8 minutes
Lentils	9 to 12 minutes
Navy beans	3 to 5 minutes
Pintos	1 to 3 minutes
Split peas	6 to 10 minutes

Guidelines for Steaming Grains

Add 1 ½ cups water to cooker and place trivet inside. Place a heat-proof bowl with 1 cup grain on the trivet, adding 4 to 4 ½ cups water to the bowl. After cooking, drain any remaining liquid.

Barley, pearled	17 to 20 minutes	3 ½ cups
Millet	5 to 8 minutes	3 cups
Oats, groats	25 to 30 minutes	2 cups
Quinoa	4 to 7 minutes	2 ½ cups
Rice, white	5 to 7 minutes	2 cups
Rice, brown	25 to 35 minutes	2 to 2 ½ cups
Rice, wild	25 to 30 minutes	3 ½ cups
Wheat, bulgur	5 minutes	2 ½ cups
Wheat, berries	35 to 45 minutes	2 cups

Adapting a Recipe For the Pressure Cooker

Mom's Old Time Beef Stew	Mom's New Fangled Beef Stew
2 lbs. beef chuck, cut into 1 ½" cubes 2 T oil 4 cups boiling water 1 T lemon juice (opt) 1 tsp. Worcestershire sauce 1 clove garlic 1 medium onion, sliced 1 to 2 bay leaves 1 T salt 1 tsp. sugar ½ tsp. pepper ½ tsp. paprika Dash allspice or cloves 6 carrots 1lb. small white onions	2 lbs. beef stew chunks 1 clove garlic, minced 1 medium onion, diced 2 cups beef broth 1 ½ cups water 1 – 2 tsp. Worcestershire sauce 1 to 2 bay leaves ½ to 1 T. salt 1 tsp. sugar ½ tsp. pepper ⅛ tsp. cayenne (red pepper flakes) Dash allspice or cloves 6 carrots 2 cups sliced celery 4 medium potatoes, cut into cubes
Thoroughly brown meat on all sides in hot oil; add water, lemon juice, Worcestershire sauce, garlic, sliced onion, bay leaves, and seasonings. Cover; simmer 2 hours, stirring occasionally to keep from sticking. Remove bay leaves and garlic. Add carrots and onions (cubed potatoes may be added, too). Cover and cook 30 minutes more or until vegetables are tender. Remove meat and vegetables and thicken liquid if desired.	Spray pan with nonstick cooking spray and brown meat with onions and garlic. Add broth, additional water, Worcestershire sauce and bay leaf. Bring to pressure over medium heat and cook for 6 minutes. Quick-cool under water (or quick-release), open and add seasonings and vegetables. Bring to pressure and cook another 3 minutes. Quick cool. Remove bay-leaf and thicken with a flour mixture if desired.

TIPS:

- Cut vegetables into medium to large pieces with celery pieces slightly larger than usual and carrots and potatoes slightly smaller than usual.
- Bringing to pressure over medium heat reduces risk of liquids boiling up and clogging the vent.
- Do not fill pressure cooker more than ½ full.
- Add additional vegetables if you prefer, but keep pieces approximately the same size.

Old Fashioned Cream of Chicken Soup

2 T butter
 2 ribs celery, chopped
 1 medium onion, finely chopped
 1 to 1¾ pounds boneless, skinless chicken, cut into ½-inch pieces
 3 cups chicken broth
 ½ tsp. dried thyme
 1 tsp. salt
 ¼ tsp. black pepper
 1 cup shelled fresh peas
 1 cup heavy cream

- Melt butter in pressure cooker over medium heat and add the celery, carrot, and onion. Cook until soft, about 2 minutes.
- Stir in chicken pieces, broth and seasonings.
- Lock lid in place and bring to pressure. Reduce heat to medium and cook for 2 minutes. Remove from the heat and sit for 5 minutes to finish cooking.
- Release any remaining pressure, remove lid and add the peas. Stir in the cream.
- Serve immediately.

Adapted from The Pressure Cooker Gourmet by Victoria Wise.

Cajun Black Bean & Sausage Gumbo

2 cups dried black turtle beans
7 cups water
½ cup vegetable oil
½ cup flour
2 pounds Italian sausage, casings removed, meat crumbled
6 cloves garlic, minced
4 onions, chopped
4 stalks celery, chopped
1 red bell pepper, chopped
2 tsp. dried thyme
4 cups chicken broth
3 T Worcestershire sauce
½ cup parsley, minced
½ cup chopped green onions
Salt and pepper to taste
3 cups cooked white rice
½ cup seeded chopped tomato

- Soak beans overnight in water to cover or use the quick soak method.* Drain.
- Combine the beans and water in a pressure cooker. Lock lid in place and bring to pressure. Reduce heat to medium-low and cook for 10 minutes. Remove from heat and allow pressure to drop naturally. Drain beans and set aside.
- Wipe cooker clean and heat oil over medium-low heat; sprinkle in flour and cook, stirring constantly, until the roux turns golden brown, about 12 minutes. Reduce heat to low. Stir in sausage, garlic, onions, celery, red pepper and thyme. Cook for about 10 minutes or until vegetables are very tender, stirring. Stir in beans, stock and Worcestershire sauce.
- Lock lid in place and bring to pressure. Reduce heat to medium and cook for 8 minutes. Remove from heat and allow pressure to drop naturally. Stir in green onions and parsley; season to taste with salt and pepper.
- Serve over rice. Garnish with chopped tomato.

Adapted from 125 Best Pressure Cooker Recipes by Cinda Chavich.

* *Quick soak method: Place the beans and water in a pot and bring them to a full, rolling boil. Simmer the beans for 2 minutes, then remove the pot from the heat, cover it, and let the beans soak for 1 hour. Drain.*

Stew Variations:

Chicken Stew

Substitute: 1 lb. boneless, skinless chicken thighs and breasts for beef,
dry white wine for water, mushrooms for celery and leeks for carrots.

Beef and Bean Stew

Use 1 lb. stew beef. Omit potatoes. Include ½ to 1 tsp. chili powder and substitute 2 medium tomatoes, chopped, for carrots. Add 1 cup canned red kidney beans, drained, along with the other vegetables and 1 green bell pepper, diced.

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace

Pot Roast with Onions and Root Vegetables

3 pounds roast (chuck, loin, round, sirloin), trimmed of visible fat
2 to 4 tablespoons barbecue rub
1 onion, sliced into thick rings
1 cup burgundy wine or water
1 cup beef or chicken broth
1 cup water
3 large carrots, cut into 1-inch slices
2 medium white potatoes, peeled and sliced
2 medium sweet potatoes, peeled and sliced
2 medium turnips, peeled and sliced

Trim roast of all visible fat and cover with barbecue rub. Coat cooker with nonstick spray and brown roast and half of the onions. Add liquids, bring to high pressure and cook 50 minutes. Cook quickly under cold water and add the rest of the onions and root vegetables. Bring to high pressure again and cook 10 more minutes. Quick cool.

Serves 6 to 8

Speedy Dijon Chicken

2 lbs. boneless skinless chicken breasts
1 T olive oil
1 small onion, minced
3 T Dijon mustard
1 T mustard
1 T honey
½ cup chicken stock
¼ cup apple juice or dry white wine
½ cup sour cream
2 T all-purpose flour

- In a pressure cooker, heat oil over medium-high heat. Add chicken in batches and cook for about 5 minutes until browned.
- In a small bowl, mix the mustards and the honey. Whisk in the stock and apple juice. Pour over the chicken.
- Lock the lid in place and bring cooker up to full pressure over high heat. Reduce heat to medium low and cook chicken for 8 minutes. Remove from heat and release pressure quickly.
- Transfer chicken to a serving platter and tent with foil to keep warm. In a small bowl, mix sour cream with flour; whisk into cooker. Simmer over low heat for 2 to 3 minutes or until thickened. Pour sauce over chicken and garnish with fresh herbs.

Adapted from 125 Best Pressure Cooker Recipes by Cinda Chavich.

Navy Bean and Ham Hock Soup

1 ½ cups dried small white (navy) beans
5 cups water
1 bay leaf
¼ teaspoon dried thyme
¼ cup chopped celery leaves
¾ pound piece smoked ham hock
¾ pound smoked ham shank
1 small onion, halved
2 whole cloves, stick into onion halves
1 teaspoon salt
Freshly ground black pepper to taste

- Place beans, water, bay leaf, thyme, celery leaves, ham hock, ham shank and clove-stuck onion halves in the pressure cooker. Lock on the lid and bring to pressure over high heat, about 8 minutes. Reduce heat to medium-low and cook for 20 minutes. Remove from heat and let sit for 15 minutes to finish cooking.
- Release any remaining pressure. Discard bay leaf and onion. Remove ham shank and hock, cut off meat and return the meat to the pot. Stir in the salt.

Adapted from The Pressure Cooker Gourmet by Victoria Wise.

Cream of Tomato Soup

1 T vegetable oil
1 tablespoon butter
1 large onion, finely chopped
3 pounds tomatoes, peeled, seeded and coarsely chopped with juices
2 tsp. chopped fresh thyme or basil
1 tsp. salt
¼ tsp. freshly ground black pepper
½ cup vegetable broth or water
¾ cup heavy cream
Herbed croutons for garnish

- Heat oil and butter in the pressure cooker over medium-high heat until the butter melts. Add onion and cook about 5 minutes. Stir in tomatoes & juice, seasonings and broth. Lock on the lid and bring to pressure over high heat. Reduce heat to medium-high and cook for 15 minutes. Remove from heat and let sit for 10 minutes to finish cooking.
- Gently release any remaining pressure.
- Transfer soup to a food processor and puree or you may use a stick blender.
- If the soup will be served immediately, stir in the cream and gently reheat, avoid boiling. If the soup will be served later, store in fridge until ready to serve and then blend in the cream, heat and serve.

Adapted from The Pressure Cooker Gourmet by Victoria Wise.

Variations:

- Substitute sour cream for the heavy cream or omit the cream altogether.
- Use oregano, tarragon, or marjoram instead of thyme or basil.

Coconut Curry Chicken

4 half chicken breasts, boneless and skinless, cut into chunks
1 red onion, thickly sliced
1 large green bell pepper, thickly sliced
2 T minced garlic (about 6 cloves)
1 ½ to 2 cups water
1 T fresh ginger root, finely chopped
1 T soy sauce

Coat cooker with nonstick spray and brown chicken with onion, bell pepper and garlic. Add water, ginger root and soy sauce. Bring to high pressure and cook for 4 to 6 minutes. Quick-cool under cold water. Remove chicken and vegetables and serve generous amounts of sauce.

Serves 4

Sauce

½ cup unsweetened lowfat coconut milk
2 tablespoons curry powder
1 T soy sauce
2 tsp. Chinese chili sauce (optional)
1 tsp. hot chili sesame oil (optional)
1 T cornstarch mixed with 2 tablespoons cold water

Combine ingredients and mix well. Heat gently, stirring until thickened.

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.

Creamy Pork Goulash

2 lbs. boneless pork shoulder roast or pork steaks, trimmed & cubed
1 T olive oil
1 large onion, sliced
2 cloves garlic
1 red or yellow bell pepper, seeded & sliced
1 can chicken broth
¾ c dry white wine (broth may be substituted)
1 oz. dried porcini mushrooms
1 tomato, seeded & chopped
1 tsp. sweet Hungarian paprika
3 T all-purpose flour
¼ cup sour cream
1 (16-oz.) pkg. wide egg noodles, prepared

In a pressure cooker, heat oil over medium-high heat. Add pork in batches and cook until browned. Transfer to a bowl; set aside.

Reduce heat to medium. Add onion and sauté until it starts to brown. Stir in garlic and red pepper; sauté for 2 minutes. Stir in liquids, mushrooms, tomato, paprika and pork.

Lock lid in place and bring to pressure over high heat. Reduce heat to medium-low and cook for 12 minutes. Remove from heat and release pressure quickly. Stir in sliced olives if desired.

In a small bowl mix flour with sour cream; whisk into the stew. Simmer, stirring constantly, for about 5 minutes until thickened.

Serve over prepared egg noodles. Garnish with parsley if desired.

Adapted from 125 Best Pressure Cooker Recipes by Cinda Chavich.

Soups

- The maximum amount of liquid for a 4-quart pressure cooker is no more than 3 quarts or 12 cups.
- Any food product that expands when it cooks or tends to foam, such as grains, beans, split peas or oatmeal. Fill the cooker no more than half full.

Minestrone Soup

1 tablespoon vegetable oil
1½ pounds lean boneless beef, cut into 1-inch cubes
½ pound ground sausage
6 cups water
2 carrots, sliced
1 onion, diced
¼ cup chopped celery
2 tablespoons parsley flakes
2 teaspoons salt
1½ teaspoons dried basil
1 clove garlic, minced
¼ teaspoon pepper
1 bay leaf
1 (16-ounce) can cut green beans, drained
1 (15-ounce) can great northern beans, drained, rinsed
1 (8-ounce) can tomatoes, undrained, coarsely chopped
2 ounces fine noodles or rotini, cooked and drained
Grated parmesan cheese

Heat oil in 6-quart pressure cooker. Brown beef and sausage. Add water, onion, carrots, celery, parsley flakes, salt, garlic, basil, pepper and bay leaf. Close and secure lid. Place pressure regulator on vent port. Cook 15 minutes (15 pounds pressure) with pressure regulator rocking slowly. Let pressure drop of its own accord. Carefully remove lid, add green beans, great northern beans, tomatoes, and cooked noodles. Simmer uncovered for 10 minutes. Serve with Parmesan cheese.

Makes 8 servings

**Adapted from www.gopresto.com/recipes, April 25, 2011.*