

How to make the most of your pressure cooker

Pressure cooking cuts conventional cooking times to a third. Soups can be ready in minutes. Favourite recipes that traditionally take hours to prepare can be made and enjoyed at the end of a busy day – with no loss of flavour, vitamins, minerals or colour. Plus shorter cooking times mean you'll enjoy lower fuel bills too. Other benefits include:

- Cheaper cuts of meat, which are packed with flavour but normally need long, slow cooking to make them tender, can be cooked quickly
- Less steam is produced so no condensation in the kitchen
- A diversity of delicious dishes that are easy and economical to make
- Ideal for both family meals and cooking for one

Feed yourself and your family quickly and cheaply with Dianne Page's easy-to-prepare, tasty and nourishing recipes – for soups, fish, meat, poultry, puddings and preserves.



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Pressure Cooking Properly Explained

Emilie Sanchez



Pressure Cooking Properly Explained:

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Pressure Cooking Properly Explained** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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