



**Pressure cooker: Best 200 electric pressure cooker
cookbook recipes(Pressure Cooker, Pressure
Cooker Recipes, Pressure Cooker Cookbook,
Electric Pressure Cooker, Instant Pot Pressure
Cooker Cookbook)**

Anna Scott

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We live in an age of speed, an era in which we learn to give up everyday small pleasures in favor of daily obligations that, as we all know, take more time and energy. Even cooking has become a luxury that not many people can afford.

A freshly cooked food can also be framed easily, in the "small everyday pleasures." But who has the time to cook? Housewife status is endangered, if not nonexistent. Women have to go to work daily so they don't have any time left for cooking. However, there is nothing that can compare to home cooked food.

So, what to do?

Lovers of culinary delights found a handy way to successfully face the challenges of modern society. One of the most common tools in any housewife's kitchen nowadays is the pressure cooker.

Brief history of the pressure cooker

If we talk about the first version of such an equipment, the merit belongs to Denis Papin, a French physicist and mathematician. In 1679 he created the mold of an iron pot with a resealable lid. This has resulted in

increasing the boiling point of water, the temperature at which the bones soften and the meat is cooked in a very short time.

Later, in 1945, the housewives were in the situation of having some bombs under pressure in the kitchen, due to the poor quality of the pot and/or inappropriate use. These stories quickly spread, and people have become increasingly reluctant to purchase such accessories.

With the advent of the microwave oven in the USA, the art of cooking was about to disappear. But Europeans and Asians have put their heads together and decided to reinvent the old model, improving safety procedures and methods used in the past. So in the 90s, they "broke" the US market with safe and effective products. For the busy lifestyle of the American consumer, it has become a fast, economical, efficient and healthy way of cooking.

Currently, pressure cookers with new systems of steam release and safety procedures are a godsend for housewives with a busy schedule (demanding jobs, family), and little free time.

Advantages

Made of stainless steel, of different sizes and models, this kitchen equipment is widely used, primarily to reduce the cooking time by approximately 75%. Why would anyone hesitate in buying it when we know that it also has, as a result, a decreased consumption of electricity or gas so the bills will be smaller? What we used to cook in four hours before, we can now prepare in just 45 minutes.

Another great advantage the electric pressure cooker brings is keeping the foods' nutrients and flavors. Although some of the nutrients are lost after any thermal process, nutritionists believe that fruits and vegetables prepared this way should not be avoided. And if we reduce the cooking time to 75% we get a healthy meal of vegetables and herbs that will retain some of their flavor and freshness.

Currently you can find a wide range of models for the electric pressure cooker. We recommend that you study them beforehand to see which model suits you better. Unlike the simple pressure cooker, the electric one has a lot of functions that can help you

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