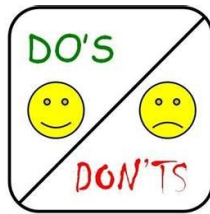


A Dozen Do's and Don'ts



1. Read the instruction for the model of Pressure Cooker you are using.
2. Always use liquid in pressure cooking because it forms the steam necessary to build pressure.
3. Use the cooking rack for steaming foods and for cooking several different foods at the same time without an intermingling of flavors. Do not use the cooking rack when it is desirable to blend flavors.
4. Never fill the pressure cooker over 2/3 full. If you are cooking rice or dried vegetables do not fill it over 1/2 full. Many foods expand while cooking and if the pressure cooker is too full the vent pipe could become clogged. If this should occur, pressure could not be released normally. The excess pressure would build and would eventually force the overpressure plug out of its cover opening.
5. Do not cook foods that tend to sputter and froth such as applesauce, cranberries, rhubarb, pearl barley, split peas, oatmeal or other cereals, noodles, macaroni, or spaghetti. They could block the vent pipe.
6. Hold the cover up to a light and make sure the vent pipe is clear before closing the cover.
7. Close the cover completely so the pressure cooker can seal and pressure can build. Cover handle must be directly over body handle.
8. Monitor the pressure regulator. When it starts rocking rapidly adjust the heat to maintain a slow, steady rocking motion.
9. Begin counting the cooking time when the pressure regulator begins to rock. Always use a timer. Even an extra minute can overcook some foods - especially vegetables.
10. Follow recipe instructions for reducing pressure. Quick cooling is usually used for custards and vegetables. For dense foods such as roasts and most stews, the pressure cooker is set aside and pressure is allowed to drop of its own accord.
11. Never remove the pressure regulator or open the pressure cooker until the pressure has been completely reduced. Always remove the pressure regulator before opening the cover.
12. When experimenting with recipes to adapt them for pressure cooking, check a similar recipe in the instruction book for cooking time, amount of liquid, and method of reducing pressure. Keep in mind that the cooking time will be reduced by approximately two-thirds of the time. Use at least one cup of liquid when adapting a recipe for the first time.

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Feeling the Pressure "Pressure Cooking"

*Always read the instruction
for the model
of Pressure Cooker
you are using*



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Bringing the University to You

DRIED BEANS

Dried beans have always been popular as an inexpensive option to meat. They have become even more appealing by the need for low-fat meals, complex carbohydrates, and more fiber-rich diets. Beans are also high in protein and supply good amounts of vitamins and minerals as well. Beans are a great source of soluble and insoluble fiber.



Soaking beans is optional. However, beans are soaked not only to soften them and to hasten cooking time but also to remove some of their indigestible sugars. The California Dry Bean Association has developed a method of hot soaking that increases the hydration of the beans and also removes 75% of the indigestible sugars (cause of flatulence).

Put 8 ounces of dried beans in the pressure cooker along with 5 cups of water and 2 teaspoons of salt. The salt increases the beans' ability to absorb water and cook evenly, but it can be omitted for low-sodium diets. Heat until a low pressure of 5 pounds is reached, remove the cooker from the heat and release the pressure. Uncover and let stand for 4 hours. Dried beans double in volume when soaked. Drain and discard the soaking liquid.

After soaking the beans by the hot soak method, drain them and add 3 cups of water for every 8 ounces of beans. Do not add salt. Bring up to full pressure (15 pounds), then reduce the heat and cook for the listed time. For all beans cooking, always reduce the pressure by holding the top of the pressure cooker under cold running water. If the beans are not cooked to your liking, simply replace the lock and cover and cook them a little while longer.

Oklahoma Cooperative Extension Service

Hoppin' John Soup

- 1/2 package black-eyed peas
- 1 medium onion, about 4 ounces
- 2 medium ribs celery
- 4 slices bacon cut into small pieces
- 1/4 cup long grain rice
- 4 cups chicken broth
- 1/2 teaspoon dried thyme
- 1/8 teaspoon cayenne pepper
- Dash red pepper sauce
- 1 cup peeled, seeded, and diced tomatoes (use fresh or well-drained canned)
- 1 small jalapeno or serrano pepper, minced
- 1/2 cup minced cilantro leaves
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper



1. Soak the peas as directed on package. Drain well.
2. Dice onion and celery. Brown the bacon in pressure cooker. Remove it with slotted spoon and set aside. Pour off all but 2 tablespoons fat from pan. Add onion and celery and cook over medium heat until softened, about 5 minutes.
3. Add soaked peas, rice, broth, thyme, cayenne, and pepper sauce. Cover pressure cooker and bring up to full pressure (15 pounds). Reduce heat to stabilize pressure and cook for 8 minutes. Release pressure. Add tomatoes, as much of the hot pepper as needed to suit your taste, cilantro, and salt and pepper. Heat briefly, if necessary, and serve with bacon crumbled over the top.

Makes 4 servings.

Nutrition information:

213 calories; 5g total fat; 2g saturated fat; 5mg cholesterol; 29g total carbohydrate; 4g dietary fiber; 13g protein; 1159mg sodium; 707mg potassium; 60mg calcium; 3mg iron; 17mg vitamin C; 47RE vitamin A; 185mcg folacin

Winter Beef and Vegetable Stew

2 tablespoons flour ¼ teaspoon salt
 ½ teaspoon freshly ground black pepper
 1-1/2 pounds beef stew meat such as chuck, cubed
 2 tablespoons vegetable oil 2 tablespoons red wine vinegar
 1 medium onion, about 5 ounces, diced
 1 cup chicken broth 2 tablespoons tomato paste
 1/2 teaspoon dried basil
 3 medium carrots, peeled and sliced ½-inch thick
 2 small ribs celery, sliced ½-inch thick
 1 large potato, unpeeled and cut in 1-inch cubes
 1 cup tiny frozen peas, thawed
 1 teaspoon Worcestershire sauce
 1 teaspoon Dijon mustard



1. Combine the flour and salt and pepper to taste in a large paper bag. Add meat and shake until well coated with flour. Heat 1 tablespoon oil in the pressure cooker. Add half of the meat and cook over high heat until browned. Remove and set aside. Heat remaining oil and brown the rest of the meat. Set aside.
2. Add the vinegar to the pan and stir up the browned bits from the bottom of the pan. Add the onion and cook 2 minutes, stirring often. Add the meat, chicken stock or broth, tomato paste, and basil. Cover pressure cooker and bring up to full pressure (15 pounds). Reduce heat to stabilize pressure and cook for 15 minutes.
3. After the stew has cooked 15 minutes, release pressure and add the carrots, celery, and potato. Cover pressure cooker and bring up to full pressure (15 pounds). Reduce heat to stabilize pressure and cook for 7 minutes. Release pressure immediately and stir in the peas, Worcestershire sauce, and mustard. The stew can be made in advance and refrigerated or frozen. Reheat on the stove or in the microwave oven to at least 165°F.

Makes 4 servings.

Nutrition information: 471 calories; 22g total fat; 7g saturated fat; 94mg cholesterol; 25g total carbohydrate; 5g dietary fiber; 41g protein; 597mg sodium; 1435mg potassium; 65mg calcium; 5mg iron; 27mg zinc; 1569RE vitamin A; 58mcg folacin

SOAKED BEAN COOKING TIMES

BEAN	Minutes after High Pressure is Reached
Adzuki	5 to 7
Black turtle	7 to 9
Black-eyed peas	3 to 4
Bolita	6 to 8
Calypso	4 to 6
Chickpeas	10 to 12
Cranberry	8 to 10
Great Northern	7 to 9
Kidney	7 to 9
Brown or green lentils*	9 to 11
Red lentils*	3 to 4
Large limas	3 to 4
Small limas	3 to 5
Pigeon peas	5 to 7
Pinto	5 to 7
Navy peas	3 to 5
Rattlesnake	4 to 6
Red	4 to 6
Scarlet Runner	10 to 12
Soybeans	10 to 12

*No soaking is required for lentils. Add 1 tablespoon vegetable oil to the cooking water.

Pork Chops or Small Roast With Onions and Apples

- About 2 pounds pork chops or small center cut boneless roast
- 2 tablespoons good quality prepared mustard
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon olive oil
- 1 onion, sliced
- 2 cooking apples, sliced



1. Spread both sides of each pork chop or the roast with mustard. Sprinkle with seasonings.
2. Heat oil in bottom of pan, and then brown the meat on both sides. Add onion slices. When meat has browned, add the apple slices.
3. Close lid and bring to medium pressure (10 pounds). Adjust heat to stabilize pressure. Cook 10 minutes. Remove from heat and use the "Cool of its' own accord" to remove pressure. Serve.

Makes 6 servings.

Nutrition information:

279 calories; 16g total fat; 5g saturated fat; 74mg cholesterol; 9g total carbohydrate; 2g dietary fiber; 24g protein; 300mg sodium; 513mg potassium; 35mg calcium; 1mg

Mexican Meatball Stew with Vegetables

- | | |
|------------------------------------------|------------------------------------------------|
| 1 slice soft white bread | 3 tablespoons fat-free milk |
| 2 tablespoons finely diced onion | $\frac{3}{4}$ teaspoon cumin seeds |
| $\frac{1}{4}$ teaspoon salt | 1 pound ground turkey |
| 2 tablespoons flour, plus more if needed | |
| $\frac{1}{4}$ cup chicken broth | 1 14 1/2-ounce can tomatoes,
chopped coarse |
| $\frac{1}{2}$ teaspoon chili powder | 2 large carrots |
| 2 medium ribs celery | 1 ear sweet corn |
| Fresh minced cilantro, if desired | |

1. Break the bread into small pieces and put in a mixing bowl with the milk, onion, $\frac{1}{4}$ teaspoon cumin seeds, and salt. Let stand 5 minutes. Stir with a spoon to break up the bread as much as possible. Add the turkey and mix well.
2. Shape the meat mixture into eight equal-sized meatballs, using floured hands if the meat is too soft to handle easily.
3. Stir the chicken broth and 2 tablespoons flour together to make a smooth paste. Add to pressure cooker along with tomatoes, chili powder and remaining $\frac{1}{2}$ teaspoon cumin seeds.
4. Peel carrots and cut in half crosswise. Cut each half lengthwise into quarters. Bias-cut each celery rib into four pieces. Cut the corn into four pieces. Add the vegetables and meatballs to pressure cooker.
5. Cover pressure cooker and bring up to full pressure (15 pounds). Reduce heat to stabilize pressure and cook for 10 minutes. Release pressure. Add cilantro, if desired.

Makes 3 to 4 servings.

Nutrition information:

268 calories; 10g total fat; 3g saturated fat; 90mg cholesterol; 21g total carbohydrate; 4g dietary fiber; 24g protein; 517mg sodium; 791mg potassium; 92mg calcium; 3mg iron; 22mg vitamin C; 1105RE vitamin A; 42mcg folacin