

Welcome,

There's never been a better time to start learning how to make quick, nutritious meals with a pressure cooker. What was popular in the time of your grandmothers day is back with a bang. Gone are the days of the spitting, hissing pot, pressure cookers have a brand new image now and they're sleek, modern and safe. The new generation pressure cookers are widely available from a number of manufacturers and they offer many improvements and safety features that simply weren't around when your grandma hauled out her trusty pressure cooker.

We all want foods that combine freshness and real flavor with elegance and appeal, and we want it fast. We want hearty foods to satisfy our appetites and nutritious foods to keep our children and family healthy. We want to eat right, and watch our budget and not spend hours in the kitchen minding all the pots on the stove. Because we're so busy, we want to have it all cook at breakneck speed so its time to put on the Pressure Cooker!

If you're a pressure cooking novice, or your just aren't comfortable using a pressure cooker then this section is designed for you. Even if you are an old hand at pressure cookery you'll find useful information and some new ideas and confidence to expand your experience.

Pressure cookers are widely used in Europe (especially food-loving France and in Spain where they are called an *olla express*), Asia, South America and India and have been making a resurgence in the U.S. and Canada with over one million in use in the U.S.

Pressure-cooking is a cooking method that uses steam sealed in a pressure cooker, which is a special airtight cooking pot. Sealing a liquid such as water, wine, stock or broth in a pressure cooker traps the vapor that rises from the liquid. This in turn raises the pressure inside the pressure cooker along with the maximum temperature that the liquid can reach. The increased temperature and pressure significantly speed up the cooking process. The pressure infuses the hot steam into the food. Pressure-cooking can cook foods in 1/3 the ordinary time on average and often over 10 times faster. Compared to a microwave, the food tastes considerably better and compared to slow cooker, only takes a fraction of the time.

The section below answers in more detail the question: “how does a pressure cooker work?”

The Higher the Pressure, the Shorter the Cooking Time

In a pot at sea level that doesn't have a cover on it, water boils at 100°C (212°F). The steam that evaporates from this pot is also at 100°C (212°F). No matter how much heat is supplied to the water, it will remain at 100°C (212°F). If a well sealed cover is put on the pot to trap the steam that would otherwise evaporate, the pressure inside the pot goes up. As the pressure rises, the temperature of the water and steam inside the sealed pot (the pressure cooker) also rises above the normal 100°C (212°F) boiling point temperature.



**What's the pressure?
Look for 15 pounds (psi).**

Pressure Inside The Pressure Cooker	Cooking Temperature
0 pounds (psi)	100°C (212°F)
5 pounds (psi)	104°C (220°F)
10 pounds (psi)	113°C (235°F)
15 pounds (psi)	121°C (250°F)

**Cooking temperatures at different pressures:
the higher the pressure, the shorter the cooking time.**

Scientists say climate change is affecting our ability to grow food!

Pressure Cookers save you time, money and reduce energy use.

Unlike first generation pressure cookers that your parents or grandparents may have used (and are still being manufactured and sold), a Fagor Duo new generation pressure cooker has a simple-to-use spring-type pressure selector and pressure regulator. First generation pressure cookers use a noisy “jiggler valve” that make these old style pressure cookers sound like they are about to explode. The pressure regulator controls the amount of pressure inside the pressure cooker. The amount of pressure inside the pressure cooker greatly affects the cooking time (see our [pressure cooker time table](#)).

Simply by turning the pressure selector dial, one of two pressure settings (high or low) can be used to cook your delicious meal. This makes a stainless steel Fagor Duo very easy to use on a daily basis. The dial eliminates the noisy “jiggler valve” (also called a “jiggle top”) found on old-style pressure cookers like the Presto. The “jiggler valve” is the weight that rocks back and forth and is found on top of the “vent tube” (the hole in the lid). The vent tube easily clogs on first generation pressure cookers like the aluminum Presto used by your mother or grandmother.

How to Cut Cooking Stove Energy Use

You don't waste food. Why waste energy by using inefficient cooking technology?

Here's what we cover on this page:

- How much energy does it take to cook food using a cooking stove or range?
- New technology pressure cookers can significantly cut the energy used for cooking.
- Summertime air conditioner costs are lowered because of less heat generated.
- Modern pressure cookers save you money, help cut pollution and fight climate change.
- The new safe pressure cookers also save water.
- Other ways to cut your utility bill.
- Learn more about pressure cookers.

With the air conditioner off, have you ever noticed how hot your kitchen can get after cooking a meal in the summer? Give it a try. That heat is coming from your stove. The less the stove is on while cooking your regular meals, the less heat is generated, and the less it costs to cook. Because an efficient pressure cooker cooks food so quickly, your stove will be on less and generating heat for less time.



Cooking Stoves Use a Considerable Amount of Energy

You might be surprised to learn that the government department in Canada which tracks energy use, the Office of Energy Efficiency at Natural Resources Canada (NRCAN), estimates that a cooking stove accounts for 10 percent

Cooking stoves: 10% of an average home's consumption of electricity. Using a pressure cooker dramatically cuts energy use due to its [fast cooking times](#).

of an average (non-electrically heated) home's consumption of electricity! Most people don't give the energy used by their cooking stove too much consideration, but 10 percent is a significant portion of your energy bill.

If you look at the details of your electric bill, your utility company calculates how much you owe by determining how many kilowatt-hours (kWh) of energy you use.



Using a modern pressure cooker can reduce a stove's energy consumption by 70%! [How does it work?](#) A kWh is a measure of the quantity of energy used. With electric stoves, the energy utility determines how many kWh of energy you use by reading your hydro meter. NRCAN puts the average Canadian household's consumption of energy at 775

kWh annually for their electric cooking stove. To get an idea as to how much energy this is, you would have to leave almost **1300** 60 W light bulbs turned on continuously for 10 hours to use that much energy. You get billed for every kWh of energy you use. **Gas** stoves use even more energy than electric stoves—about 65% more or 1275 kWh/year—because their ovens aren't as well insulated and lose heat through the flue that exhausts the combustion gases from the oven area.

Using something as simple as a modern stainless steel [pressure cooker](#) can reduce energy consumption used by stoves for cooking by **70%**! Pressure-cooking is the easiest and fastest green cooking method.

New Generation Pressure Cookers: Energy Efficient Cooking

Using a reinvented new generation Fagor pressure cooker is the simplest, most cost effective way to cut food preparation energy waste.

Electricity Consumption of Sample Cookware Bringing 1.5 Litres of Water to a Boil (energy savings for pressure cookers are even greater when actually cooking food)	
Cookware	Energy Use in Watt-hours (Wh)
Pressure Cooker	60
Warped Bottom Pot	290
Flat Bottom Pot	190

The Office of Energy Efficiency along with many other government and private energy experts recommend using a pressure cooker in order to cut the amount of money you spend on energy. This is good advice considering today's high energy prices. New generation pressure cookers can reduce your energy consumption for cooking by approximately **70%**.

Using a modern pressure cooker is one of the simplest, easiest, most convenient and cost-effective ways to save energy. Using a fast-cooking new generation pressure cooker saves energy due to its much [shorter cooking times](#) compared to ordinary cooking methods, but make sure the pressure cooker operates at a pressure of 15 psi ([why?](#)). If you use a gas stove, you'll get even greater energy savings compared to electric stoves since gas stoves use more energy. **SAVING ENERGY** cuts your utility bill, **SAVING YOU MONEY**.

The table above shows the huge energy savings when using a pressure cooker—79% less energy than a warped bottom ordinary pot and 68% less energy than a flat bottom pot to heat the same amount of water!! The low energy usage of a [Fagor Duo pressure cooker](#) for heating the water is due to its flat tri-ply aluminum heat-spreading base and sealed lid. In addition, pressure cookers cook food **TWO** or **TEN** times faster than ordinary cooking methods. This significantly cuts the time that your stove is on—saving you money.

The Difference Between Slow Cookers and Pressure Cookers

As the name slow cooker implies, a slow cooker cooks food very slowly, usually taking around 8 hours or so to cook most foods. In contrast, a pressure cooker cooks food extremely quickly, taking only a matter of a few minutes, but it still gives you the same flavourful cooking taste as a slow cooker.

Many people call a slow cooker a crockpot. The name “crock-pot” is actually a name that is trademarked by a particular company that manufactures slow cookers.



Why use a slow cooker when you can use a fast cooker.

A person using a slow cooker or crockpot has to be extremely organized. Meals have to be prepared in the morning before leaving for work, so the meals are cooked by the time they get home in the evening. Because the slow cooker user has to be so organized, many people have purchased a slow cooker only to use it occasionally. Pressure cookers, on the other hand, can cook meals in minutes rather than hours allowing you to quickly prepare a meal in the evening after getting home from work. Unlike a slow cooker, there is no need to rush to prepare the evening meal before running out the door in the morning.

A pressure cooker can cook the same types of delicious recipes that a slow cooker can and so much more, but cook them substantially faster ([click for pressure cooker recipes](#)). How about making a cheesecake in a slow cooker? Or hearty [oatmeal](#) for breakfast? Can't be done. Click for our [pressure cooker time charts](#) to see just how fast a pressure cooker is compared to a slow cooker.

To get the maximum flavour when cooking beef, the beef should be browned. This browning is called the Maillard reaction which is named after the French physician, Louis Camille Maillard, who discovered it around 1910. When using a slow cooker to cook beef, this requires using an extra pan to brown the meat. With a pressure cooker, the beef can be browned right in the pressure cooker saving the washing of an extra pan. This means more convenience and time for you.

Similarly, the browning reaction of sugars in, for example, an onion is called caramelization. Once again, onion must be caramelized in a separate pan before slow cooking in order to get the maximum flavour. With a pressure cooker this can be done directly in the pressure cooker saving the washing of an extra pan.

Pressure-cooking: A Delicious and Convenient Alternative to Eating Out

Don't have time to spend hours in the kitchen? Who does these days?!

Our busy lives seem to hardly ever allow us to have a sit-down meal, much less the time to cook a delicious (and healthy) dish. Wouldn't it be great to have the time. Fortunately, there is a long overlooked tool that can help.



Healthy Cooking

Cooking with a pressure cooker is TWO to TEN times faster than other cooking methods. A pressure cooker is a highly versatile kitchen utensil that can be used to cook a [variety of delicious and healthy meals](#) quickly and easily. A Fagor pressure cooker gives you the time to cook delicious homemade meals fast.

Due to our time-strapped schedules, many of us often resort to prepared meals from the grocery store, fast food drive-through windows or pizza delivery. We all know that these foods aren't healthy, are high in calories, saturated fats and salt. They add to our waistlines as well as contributing to high cholesterol and high blood pressure. We eat these foods anyway, because they taste good and are convenient. There is a practical alternative though: use a pressure cooker.

We also often buy processed foods (frozen or otherwise) available at the grocery store, attracted by their convenience and sometimes by the belief that these foods are healthy because the manufacturers claim they are. However, these processed foods are packaged in plastic that leaches chemicals, and the foods are often full of preservatives and additives in order to make them artificially taste good.

When using a pressure cooker, you get to control what you eat. **Food Fast, Without the Guilt.**^T

The [Fagor Duo](#) is made from stainless steel, not aluminum, and **does not** have a non-stick coating. Perfluorooctanoic acid (PFOA) which is used to manufacture non-stick coatings on cookware has been associated with serious long-term health problems. It is probably wise to use cookware that does not have a non-stick coating.

Before You Begin

All pressure cookers have the same principles of operation. Heat produces steam in an a closed container which raises the boiling point to cook foods faster. A pressure cooker cooks food in superheated steam, it is not a boiler so there is no reason to [submerge](#) foods in water.

There are two basic types of pressure cookers. The old style, [first generation](#) pressure cooker with some type of weighted, or "jiggle top" pressure regulator which sits atop the vent pipe on the lid, or the newer style, the [second generation](#) which is a closed system and uses spring [valves](#).

Every time you use any pressure cooker it should be thoroughly inspected. The cooker should be clean, inside and out, with no food particles or debris on the rim of the pot, or the lid. There should be no sign of warping, dents or dings, or any other damage to the rim of the cooker or lid. Remove and examine the gasket. The gasket should be in good condition with no signs of cracking, tears or other deterioration such as gumminess or brittleness. Replace the rubber/silicon [parts](#) at the first sign of deterioration. The gasket should fit snugly in its place in the lid. If using a jiggle top pressure cooker always check the vent pipe to make sure it is clear and open. On a valve type cooker, lift or turn the valve to make sure it moves freely and the inside connecting screw is tight. Periodically check the handles and tightened the screws as necessary. Read more about the [care and cleaning](#) for your pressure cooker, the lid and gasket.

Filling the Pressure Cooker

Before you cook anything in a pressure cooker there must be some sort of liquid inside the pot. For most recipes this will be water. The minimum amount of water for a jiggle top pressure cooker is 1 cup, and for the newer valve type it is 1/2 cup. This amount of water is usually sufficient for approximately 20 minutes of cooking time, but I strongly recommend using the [Test Drive](#) to determine what is best for your brand. If your recipe takes longer, add more water accordingly. See more about [liquids](#), and [infusion](#) to learn about pressure cooking methods and techniques.

The pressure cooker must never be filled more than 2/3 full, the unused space is needed to produce pressure. When cooking [dried beans](#) or other foods that may foam or froth, or liquids such as [broth](#) or stock, do not fill the cooker more than 1/2 full.

Many recipes call for the use of a [rack](#) or trivet. This is usually a metal insert which is placed in the bottom up the cooker to raise the food above the water for steaming. Once you have placed the rack, add water to the cooker. Place the food on the rack.

Achieving Pressure

If you are using a jiggle top cooker, remove the weighted pressure regulator before closing and locking the lid securely. Place the pressure cooker on the correct size burner on your stove. Do

not use a super high heat setting or extra large hobs as found on some stoves. Set the heat on high to bring the cooker to pressure. For the jiggle top models watch for steam to come out of the vent pipe and then replace the pressure regulator on top. Find out more about how to [achieve and maintain pressure](#)

You can tell when your jiggle top pressure cooker reaches cooking pressure when the pressure regulator begins to rock, or jiggle (thus the nickname). The weight should be rocking about 3 to 5 times per minute.

A more accurate means of determining pressure is found on the new valve type cookers. Marks on the valve stem indicate pressure. The first mark to appear as the stem rises is the lowest pressure setting. On standard pressure cookers these marks will indicate 10 PSI and 15 PSI. Depending on your make and model, you might have three pressure settings; this is usually 5 PSI, 10 PSI, and 15 PSI. 15 PSI is the pressure cooker standard, and the majority of pressure cookers and recipes use this setting as the de facto cooking standard. There are some pressure cookers, however, those that do not conform to this standard and use lower PSI settings so you will have to adjust any recipes accordingly. See more information about [pressure settings](#).

How to Release Pressure

You cannot remove the lid from a pressure cooker until all the pressure inside has been released. There are three methods to lower the pressure, and you must not attempt to take off the lid if there is pressure inside. Never try to force open the lid of a pressure cooker as this usually indicates there is still pressure inside.

Pressure cooking recipes will state a particular method to [release the pressure](#) to complete the cooking process. There are three ways to do this. The longest method is called the natural release method which allows longer cooking foods like roasts to continue cooking while the pressure gradually reduces on its own. This could take anywhere from 10 to 20 minutes. The next method is the fastest way of reducing pressure; this is the cold water release, which means taking the cooker to the sink and running a stream of cold water over the lid until the pressure drops. Do not run the water directly over the vent or pressure regulator, and do not use this method if you have an electric pressure cooker. The third method is the quick release method, which is a feature found on some first-generation cookers and all second-generation cookers. This method uses a button located on the lid to manually release the pressure and takes less time than the natural release method, but longer than the cold water release method.

You can easily tell when all the pressure has been removed from inside the cooker. On a jiggle top, if you move the pressure regulator there will be no sound of escaping steam. Once all the pressure has been removed from the pressure cooker it is now safe to open the lid. First remove the weight to avoid dropping it and then open the lid.

On a valve type or second-generation pressure cooker there will be no sound of escaping steam when the valve stem is moved. Once all the pressure has been removed from the pressure cooker it is now safe to open the lid.

Cooking Times WOW!!

Time Table: Rice and Grain Cooking Times for Pressure Cookers

(Rice and grain pressure-cooking instructions are below the time table.)

<u>Grains</u> (1 cup/250 ml)	<u>Approximate Water Quantity</u>	<u>Approximate Cooking Time</u> (minutes)	<u>Pressure Level</u>
Barley, pearl	4 cups (950 ml)	15 to 20	High
Barley, pot	3 cups (750 ml)	20	High
Bulgur	3 cups (750 ml)	8 to 10	High
Couscous	2 cups (500 ml)	2 to 3	High
Kamut, whole	3 cups (750 ml)	10 to 12	High
Learn How to Cook Oatmeal in a Pressure Cooker			
Oats, quick cooking	1 2/3 cups (400 ml)	6	High
Oats, steel-cut	1 2/3 cups (400 ml)	11	High
Quinoa, quick cooking	2 cups (500 ml)	6	High
Rice, basmati	1 1/2 cups (350 ml)	5 to 7	High
Rice, brown	1 1/2 cups (350 ml)	12 to 15	High
Rice, white	1 1/2 cups (350 ml)	5 to 6	High
Rice, wild	3 cups (750 ml)	22 to 25	High
See our pressure cooker Rice Recipes			
Spelt berries	3 cups (750 ml)	15	High
Wheat berries	3 cups (750 ml)	30	High

Time Table: Beef, Pork, Lamb, Turkey and Chicken Cooking Times for Pressure Cookers

(Meat pressure-cooking instructions are below the time table.)

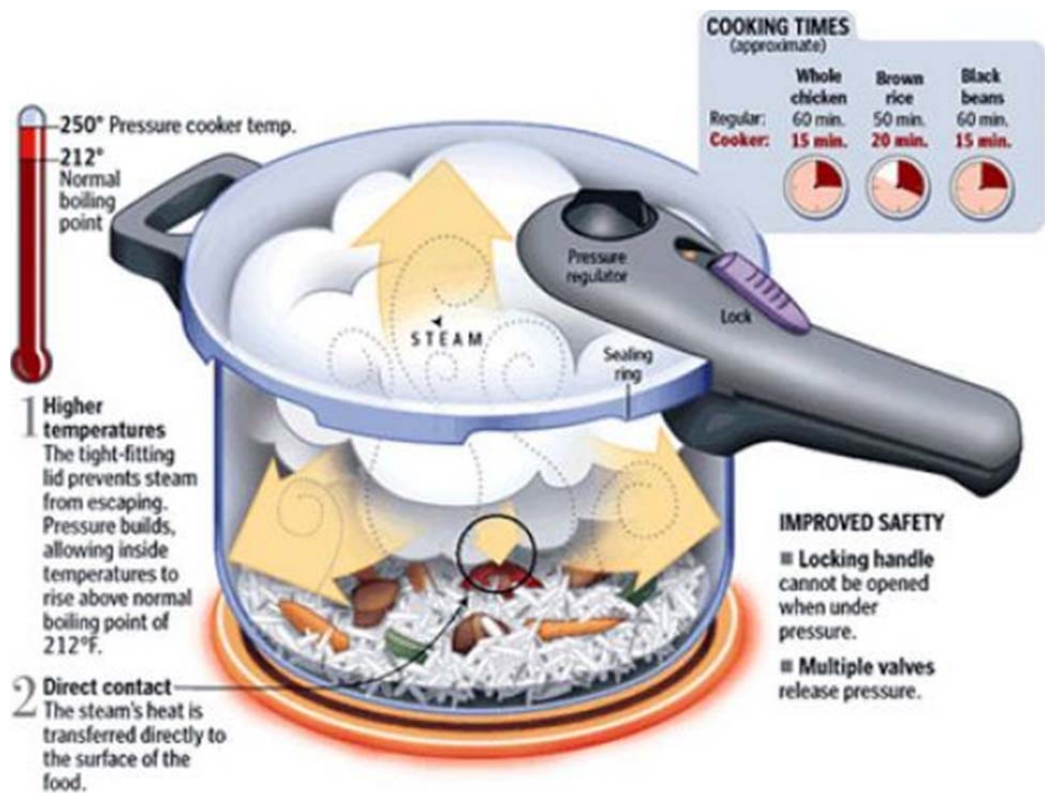
<u>Meat/Poultry</u>	<u>Approximate Cooking Time</u> (minutes)	<u>Pressure Level</u>
Beef, 1" (25 mm) cubes, 1 1/2 lb (700 g)	10 to 15	High
Beef, dressed, 2 lb (900 g)	10 to 15	High
Beef, frozen	not advisable	-
Beef, heart, 3 to 4 lb (1.4 to 1.8 kg)	50 to 75	High
Beef, kidney	8 to 10	High
Beef, liver	5	High
Beef, meatballs, 1 to 2 lb (450 to 900 g)	4 to 9	High
Beef, meatloaf, 2 lb (900 g)	10 to 15	High
Beef, oxtail	40 to 45	High

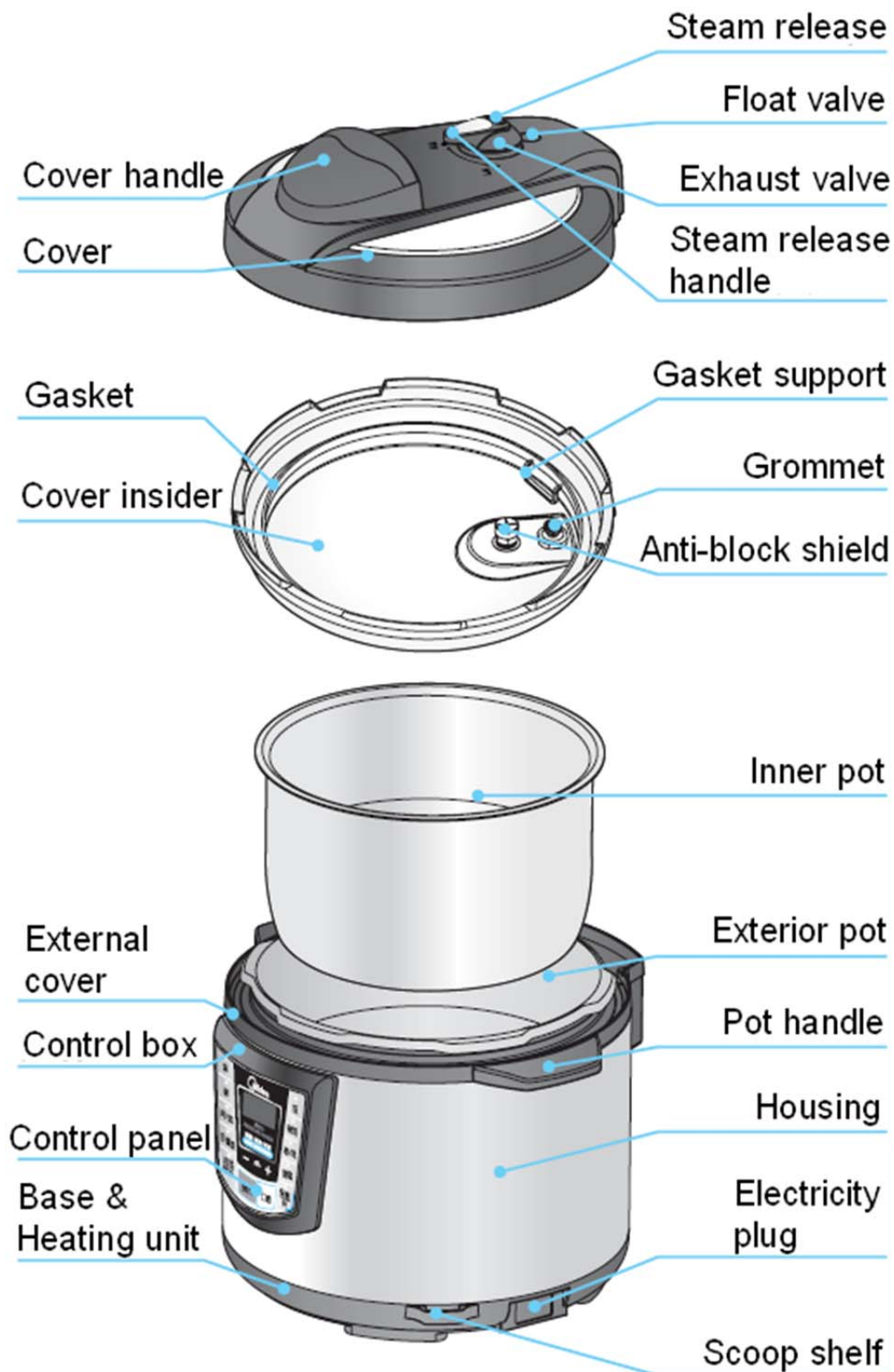
Beef, pot roast, rump, round, chuck, blade or brisket, 1 1/2 lb to 2 lb (700 to 900 g)	35 to 40	High
Beef, ribs, short, grilling	15	High
Beef, ribs, short, stewing	20	High
Beef, shanks, 1 1/2" (40 mm) wide	25 to 30	High
Beef, steak, rump, round, chuck or blade, 1 to 2" (25 to 50 mm)	20 to 25	High
Beef, stew meat, 1 1/2" (40 mm) cubes	15	High
See our pressure cooker Beef Recipes		
Chicken, breasts, with bone in, 2 to 3 lb (900 to 1400 g)	8 to 10	High
Chicken, cubes	5 [Notes: 2 , 3]	High
Chicken, drumsticks (legs) or thighs	5 to 7 [Notes: 2 , 3]	High
Chicken, ground	4 [Notes: 2 , 3]	High
Chicken, frozen, breasts or thighs, boneless	7 to 10	High
Chicken, liver	2 [Notes: 2 , 3]	High
Chicken, strips, boneless	5 to 6 [Notes: 2 , 3]	High
Chicken, whole, 2 to 3 lb (900 to 1400 g)	12 to 18	High
Chicken, whole, 3 to 4 lb (1.4 to 1.8 kg)	18 to 25	High
Chicken, whole, frozen	not advisable	-
See our pressure cooker Chicken Recipes		
Cornish Hen, whole	8 to 10	High
Duck, pieces	8 to 10	High
Duck, whole 3 to 4 lb (1.4 to 1.8 kg)	25 to 30	High
Lamb, 1" (25 mm) cubes, 1 1/2 lb (700 g)	10 to 18	High
Lamb, chops, 1" (25 mm) thick	10 [Notes: 2 , 3]	High
Lamb, leg	35 to 40	High
Lamb, stew meat	12 to 15	High
Pheasant	15 to 20	High
Pork, frozen	not advisable	-
Pork, ham shank, 2 lb (900 g)	20 to 25	High
Pork, ham, pieces	20 to 25	High
Pork, hocks, smoked (cover completely w/liquid)	40 to 50	High
Pork, ribs, 2 lb (900 g)	15	High
Pork, roast	40 to 45	High
See our pressure cooker Pork Recipes		
Turkey, breast, boneless	20	High
Turkey, breast, whole, with bone in	20 to 30	High
Turkey, drumsticks (leg)	12	High

Time Table: Bean/Legume Cooking Times for Pressure Cookers

(Bean pressure-cooking instructions are below the time table.)

<u>Bean/Legume</u>	<u>Soaked</u>	<u>Soaked</u>	<u>Unsoaked</u>	<u>Pressure</u>
	<u>Natural Release</u>	<u>Quick Release</u>	<u>Quick Release</u>	
	[4] (minutes)	[2] (minutes)	[2] (minutes)	
Adzuki	2 to 3	5 to 9	14 to 20	High
Anasazi	1 to 2	4 to 7	20 to 22	High
Beans, black	3 to 6	5 to 9	8 to 25	High
Beans, garbanzo (chickpeas)	9 to 14	13 to 18	30 to 40	High
Beans, great northern	4 to 8	8 to 12	25 to 30	High
Beans, lima, baby	2 to 3	5 to 7	12 to 15	High
Beans, lima, large	1 to 3	4 to 7	12 to 16	High
Beans, navy or pea or white (haricot)	3 to 4	6 to 8	16 to 25	High
Beans, pinto	1 to 3	4 to 6	22 to 25	High
See our pressure cooker Bean and Chickpea Recipes				
Beans, red kidney	5 to 8	10 to 12	20 to 25	High
Beans, soy (beige)	5 to 8	9 to 12	28 to 35	High
Beans, soy (black)	16 to 18	20 to 22	35 to 40	High
Beans, white kidney (cannellini)	6 to 8		30 to 40	High
Chickpeas (chick peas, garbanzo bean or kabuli)	9 to 14	13 to 18	30 to 40	High
Cranberry (romano or borlotti)	5 to 8	9 to 12	30 to 34	High
Gandules (pigeon peas)	2 to 5	6 to 9	20 to 25	High
Lentils, French green	-	-	10 to 12	High
Lentils, green, mini (brown)	-	-	8 to 10	High
Lentils, red, split	-	-	4 to 6	High
Lentils, yellow, split (moong dal)	-	-	4 to 6	High
Peas, split, green or yellow	-	-	6 to 10	High
Peas, dried, whole	4 to 6	8 to 10	16 to 18	High
Peas, black eyed	-	-	10 to 11	High
Scarlet runner	8 to 10	12 to 14	17 to 20	High





Instant Pot® – Electric Pressure Cooker

List of resources for more information:

<http://www.uaf.edu/ces/> UAF Cooperative Extension

www.missvickie.com Great Website with Recipes and more!

www.amazon.com cook books and pressure cookers purchasing

www.fastcooking.ca sales area for Fagor brand

www.pressurecookerworld.com tons of info, replacement parts etc.

Brands

Cuisinart

WMF

Zoroushi

All American

Fagor

Chef's Design

Kuhn Rikon

Deni

Fissler