

Meals in Minutes



By Brianna Routh, PhD, RDN, Associate Professor and MSU Extension Food and Family Specialist;
Nicolette Paulus, Master's in Montana Dietetic Internship; Lizi Wirak, Master's in Sustainable Food Systems

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INTRODUCTION

Do you have a pressure cooker sitting in your kitchen waiting to be used? Pressure cooking might be the tool for you if you want to:

- **Reduce cooking time**, pressurized, evenly cooking foods in less time to heat foods
- **Keep food safe**, by using high heat and pressure to eliminate germs
- **Tenderize tough foods**, especially tough cuts of meats, dry beans, and whole grains
- **Preserve nutrition**, as quick, sealed pressure cooking helps limit nutrient and moisture loss
- **Cook conveniently**, using one tool for multiple cooking processes like browning, sautéing, or pressure cooking
- **Intensify flavors**, with a searing or sautéing start plus a pressure finish to lock in complex tastes of your food

Electric or stove top pressure cookers are an excellent option for any home chef who wants to cook healthy meals in their kitchen.

Pressure cooking past to present

Stove top pressure cooking, which dates back to the late 1600s, has long been valued for its convenience, energy efficiency, and versatility. These sealed pots build pressure between 5 to 15 pounds per square in (psi). This pressure results in food being cooked at about 250° F, which is hotter than the normal boiling point of 212°F. The pressurized cooking changes liquid to steam both inside and surrounding the food to cook it faster.

Its popularity skyrocketed in 2010 with the launch of an electric pressure cooker that combined multiple cooking functions: pressure cooking, slow cooking, rice cooking, and more into a single appliance. Many tools have added safety features to reduce risk of building too much pressure. This innovation made it incredibly popular with home cooks, leading to widespread adoption and many consumer options. Today, electric pressure cookers are a kitchen staple, providing a fast, energy-saving, and easy-to-use way to prepare meals.

Stay safe with your electric pressure cooker

- Keep basic kitchen safety in mind, wash hands, avoid cross contamination, check internal temperature of cooked foods, and cool foods quickly after cooking
- Refer to the user manual for your specific pressure cooker model for detailed instructions and safety guidelines
- Keep vent, lid, and seals clean of food particles
- Inspect the rubber and seal for wear or stiffening, do not seal when stored
- Close the vent and ensure the lid is locked at the start of pressurizing
- Consider where the steam will go from pressure release valve during natural release (slow, unassisted) or manual (quick, assisted) release, never open cooker when still pressurized
- Include **at least ½-1 cup of liquid** in the recipe, but fill **no more than ⅔ to ½ full** to safely pressurize and steam food
- Set time delay for no longer than 2 hours to avoid increased food borne illness risk
- Consult your manual to see if recipes require an adjustment if you live at altitude
- Note that not all posts on the internet or social media will follow food safety guidelines

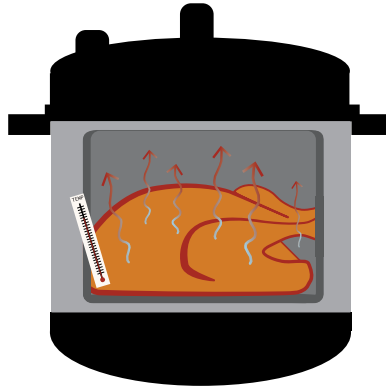
What shouldn't be cooked in a pressure cooker?

Canning is NOT recommended: Pressure cookers are usually not large enough to safely can, and the pressurization isn't tested consistently enough for safe home canning. Alternatively, cooking in a pressure canner is not recommended to keep the canner safe and free from particles.

Frying in oil is NOT recommended: Even if there is an air fryer component of your pressure cooker, - do NOT cook foods in oil as it can damage the equipment.

Science behind how it works

Pressure cookers use steam and pressure to cook food quickly and evenly. Under normal circumstances, water boils at 212°F. However, in a sealed pressure cooker, the increased pressure raises the boiling point to about 250°F. As the cooker heats up, water in the ingredients transforms into steam. Because this steam cannot escape, the internal pressure builds. This combination of higher pressure and temperature effectively cook foods. This method is ideal for recipes with moist heat able to withstand pressure, braised lean meats, stews, soups, beans, whole grains, and boiled eggs for example.



Pressure Cooker

TIPS:

What jobs can an electric pressure cooker do?

- Slow cooker
- Rice cooker
- Steamer
- Yogurt maker
- Sauté/browning pan
- Warming pot
- Air fryer *some specific models, may require additional purchase

Foods ideal for pressure cooking

- **Meat and Poultry:** pot roast, pulled pork, brisket, salmon, chicken breast
- **Grains:** rice, quinoa, barley, buckwheat, farro, couscous, kamut, oats
- **Soups and Stews:** chili, dal, vegetable broths, chicken noodle soup
- **Vegetables:** squash or root vegetables
- **Beans and Legumes:** lentils, black beans, pinto beans, chickpeas
- **Others:** yogurt, hard boiled eggs

Combine foods with common cook times

- Poultry or red meat with carrots, celery, and onions
- Whole grains and beans

Convert your favorite conventional oven or stovetop recipe

- Decrease cook time by $\frac{2}{3}$ to $\frac{3}{4}$ time at pressure
- Decrease liquid by about $\frac{1}{2}$, ensuring there is still $\frac{1}{2}$ -1 cup of liquid
- Find a similar pressure cooker recipe and try it!