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# Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef)



## Synopsis

â œBlue Jean Chef: Delicious Under Pressure,â • Meredith Laurence's second pressure cooker cookbook is full of easy, flavorful, and unexpected pressure cooker recipes, making a pressure cooker a must-have appliance. The book covers the basics of pressure-cooking as well as offers more advanced recipes for more experienced cooks. The result is delicious and the bonus is time, with all these recipes taking one third of the time of traditional cooking methods. Donâ™t settle for the same old pressure cooker foods. Get Delicious Under Pressure. Recipes include Tortilla soup, Spinach and Three Cheese Manicotti, Hunter's Beef Stew, Pork Carnitas, Thai Coconut Mussels, Portobello Mushroom and Zucchini Moussaka, Beets and Potatoes with Bacon, Blueberry Polenta with Bananas and Maple Syrup, and Brown Sugar Bourbon Bread Pudding, including all-new chapters on Vegetarian Main Courses and Breakfast Dishes. 121 recipes, over 110 photos, 248 pages w/ index. Copyright 2015. Printed USA.

## Book Information

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## Customer Reviews

I've had Meredith Laurence's latest cookbook, Delicious Under Pressure (from her Blue Jean Chef series) for just over a week. I've made several recipes that were well received by my husband and teenage son, and after making several recipes and reading through the book several times (yes, I "read" cookbooks) I am quite sure this will be a cookbook I will use with my Instant Pot DUO and Smart model electric pressure multi-cookers over and over. Just like Laurence's earlier Comfortable Under Pressure cookbook that I have used many times every week for over a year, Delicious Under Pressure is extremely well organized and easy-to-read while browsing and more importantly, while

cooking. Symbols in the Table of Contents and on the recipe pages denote which recipes are author favorites (BJC FAV), Vegetarian, and/or Super Easy. Pasta seems to be a big favorite in the Instant Pot community on Facebook; while I don't make pasta very often, there is an entire chapter for pressure cooker pasta recipes. My family loves meat, poultry and seafood, which have their own chapters, but the many vegetarian recipes in the non-meat chapters appeal to me as well; there is also a chapter for Vegetarian Main dishes, as well as one for vegetable side dishes. The first recipe I made was a side vegetable dish, Cumin Carrots with Kale. The recipe photo of diagonally sliced bright orange carrots tossed with contrasting green chopped kale was riveting; the preparation was a breeze (I subbed grassfed ghee for the olive oil). My family thought it was delicious. They usually eat kale without much comment, but they don't ever go back for seconds, nor do they often describe anything that includes kale as delicious, but both occurred with that recipe.

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