

007 COOKING UNDER PRESSURE I

Barley Almond Pilaf

In a 2 l. pressure fry-pan:

Saute together:

2 tbsp. olive oil

½ c. sliced almonds

Add:

1 c. chopped green onions

1 c. pearled barley

½ c. chopped parsley

1 tsp. Herbamere

2 Vegi-cubes

¼ c. Mirin

3 ½ c. water.

Bring up to the second ring of pressure. Maintain pressure for 20 min.

Allow the pressure to drop. Fluff to serve.

(double the recipe for the 5 l. pressure fry-pan)

Black Bean Soup.

In 5 quart pressure cooker:

1 ½ c. black beans

6 c. water

Bring up to the second ring of pressure. Pressure for 2- min.

Allow pressure to drop.

Add:

2 onions, chopped

1 green pepper, chopped

4 cloves garlic, chopped

2 bay leaves

1 tsp oregano

4 tbsp. Vegetable broth powder

1 ½ c. long grain brown rice.

Bring up to the second ring of pressure and maintain for 10 min. Allow

valve to drop before opening. Season with Herbamere to taste.

(½ c. chopped cilantro

12 tbsp vinegar.)

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Split Pea soup with Sweet Potatoes & Mint

Most pressure cooker manufacturers consider split peas a “forbidden food”, as they have a tendency to foam while cooking and can clog the vent. By coating the peas with oil or butter and putting a carefully calculated amount of liquid in the cooker (never filling it above the halfway point), I have experienced no problems whatsoever.

This soup is very thick and can be served as is, or thinned with a few cups of vegetable stock. The sweet potatoes and apples lend a fresh and sweet flavour. Two tsp. Dried mint give the soup a “hint of mint”; three strongly flavour it.

For 10 Minutes under pressure:

2 tbsp sweet butter or oil

1 large onion, coarsely chopped

3 stalks celery, sliced

2 c. dried split pease, picked over & rinsed

4 c. water

2 – 4 c. vegetable or chicken stock or bouillon

2 med. Sweet potatoes (12 oz.) peeled and chunked

1 large sweet apples (i.e. McIntosh) peeled, cored and cut into eighths.

1 bay leaf

2 – 3 tsp. Dried mint.

1 tsp salt, or to taste.

Heat the butter in the cooker. Saute the onion, stirring frequently, until golden brown, about 4 – 5 min. Add the celery and split peas, stirring to coat with the fat.

Add the 4 c. water plus 2 c. stock, making sure to scrape up any bits of onion that are stuck to the bottom of the pot. Add the sweet potatoes, apples, bay leaf and mint.

Lock the lid in place and over high heat, bring to high pressure. Adjust heat to maintain high pressure and cook 10 min.

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Carol's Spaghetti Sauce

Fry 1 lb. Lean hamburger
1 onion, chopped
1 clove garlic minced.
Drain fat
Add:
1 large can tomatoes
1 can tomato paste
2 bay leaves
1 tbsp. worchestershire sauce
2 tbsp. dry mustard
2 tbsp. Oregano
1 tbsp. sweet basil
1 heaping tbsp. pizza sauce mix
Simmer at least ½ hour.

Chicken Cacciatore

Serves 3 – 6
20 minutes, Second red ring, Two litre
2 tbsp. olive oil
6 chicken thighs, skin removed, washed & dried
2 large garlic, minced
1 medium onion, chopped
1 carrot, chopped
1 32 oz. Can Italian crushed tomatoes
¼ tsp. Celery seeds
1 bay leaf
1 tsp. Dried oregano
2 tsp. Dried basil

Brown the chicken thighs in olive oil and remove from the frying pan. Saute the garlic, onion and carrot for 5 min. Add the tomatoes, celery seeds and seasonings. Bring to slow boil and cook on medium high . Add the chicken, close the lid and cook under full pressure for twenty minutes. Remove the pan from the heat and let the pressure drop gradually or run cold water over the lid edge. Serve with Spaghetti or your favourite pasta.

Makes plenty for a pound of pasta