

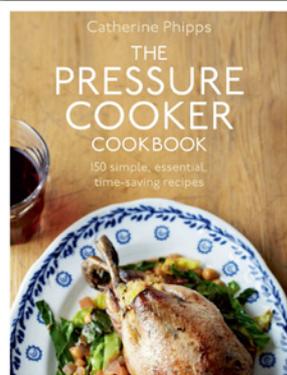
# The Pressure Cooker Cookbook

## Catherine Phipps

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“A few years ago, I had an almost Damascene conversion to cooking with pressure cookers. Until then, I had held quite a negative view of them – were they not old-fashioned, noisy, dangerous beasts, belching out steam and terrorising our mothers and grandmothers with a constant threat of explosion? Well, no. At least, not any more. I started to take them seriously on the day I watched my Brazilian sister-in-law use a pressure cooker to produce a delicious meal of black beans with sausages. The beans were dry and unsoaked, yet the dish was on the table in around half an hour. I now can’t imagine cooking without one. The benefits are enormous. The mere fact that most cooking times are reduced by a huge 70 per cent is enough, but think of what else that means. These days, when we are all short of time, when we are battling with escalating fuel bills and rising food prices, a pressure cooker is an invaluable tool. Most importantly to me as a lover of good food, there is no sacrifice to taste. If there is one myth I would like to dispel about pressure cookers, it would be this.”

- Catherine Phipps



By cooking food at temperatures that are far higher than boiling point, pressure cookers drastically reduce cooking times enabling us to cook in a cheaper, healthier and greener way. Pasta and rice can be made from scratch in less than 10 minutes; thrifty cooks can tenderise flavoursome cheap cuts in just 20 minutes and pulses can be cooked without having to soak them.

As a busy working mother, Guardian writer Catherine Phipps is wholly reliant on her pressure cooker to produce quick and easy one-pot meals for her family. Her authoritative guide is aimed at those who are new to pressure cookers as well as established fans.

Alongside mouthwatering recipes, ranging from pot-roast chicken, dahl and seafood risotto to Boston baked beans, pulled pork sandwiches and Scotch eggs, and even cheesecake and chocolate pots, Catherine offers handy tips on how to adapt conventional recipes for the pressure cooker and a guide to using certain ingredients.

With mouthwatering photography throughout, this is an indispensable partner for every pressure cooker owner.



Catherine Phipps is a columnist for the Guardian’s Word of Mouth food pages and a freelance food writer. She lives in London with her family. Follow Catherine on Twitter @catlilycooks

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