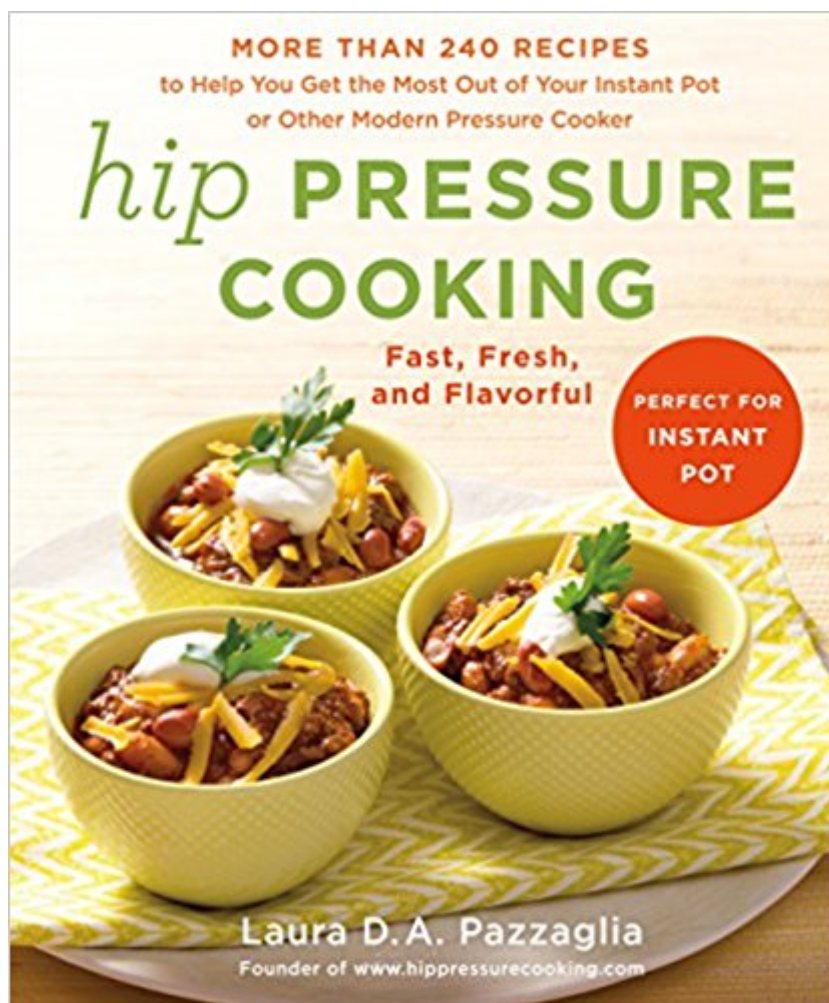




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# Hip Pressure Cooking: Fast, Fresh, And Flavorful



## Synopsis

Laura Pazzaglia's Hip Pressure Cooking offers over 200 surefire recipes designed to work in the Instant Pot, electric pressure cookers, multi-cookers with pressure programs, and stove top pressure cookers, too! In fact, the recipes were tested across multiple pressure cookers - Instant Pot, Fagor, WMF and Kuhn Rikon - to ensure delicious results no matter what you have in your kitchen. That's right, the once-lowly and maligned pressure cooker is making a comeback! This relic of your grandparents' kitchen is not only improved and safer than ever before, but it saves time, creates more flavor, and conserves energy. Laura Pazzaglia wasn't thinking of all this when she tried pressure cooking for the first time, but after watching a friend make dinner in 10 minutes, Pazzaglia knew she had found the solution to her time-crunched life. In fact, she cooked so much she began offering recipes and advice on a website she created. At the time, pressure cooking recipes didn't emphasize aesthetics; while the food might be delicious, it was often unappealing in presentation. But Pazzaglia not only figured out how to make pressure cooked food appealing, she gained a large following for her recipes and techniques while doing it! A culmination of Pazzaglia's experience, Hip Pressure Cooking offers everything from tasty recipes featuring fresh ingredients to special cooking techniques perfected over the years to basic tips on operating your pressure cooker where she walks you through every step of the process. The secret is out - and now you too can discover the potential of this super appliance with this revolutionary guide to cooking with pressure!

## Book Information

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## Customer Reviews

Fast, Fresh, and Flavorful: Hip Pressure Cooking!

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â œThe hip pressure cooking website has done much to elevate pressure cooking. Laura has done a tremendous job in making pressure cooking approachable and easy to understand. She has brought the 'fun' back into pressure cooking with her easy and delicious recipes. Her understanding of the differences between conventional and pressure cooking produces new and classic dishes in a fraction of the time. This book is packed with all of her knowledge and will turn you into a true pressure cooker expert.â • â •Anne-Mari Kelly, Director Sales & Marketing WMF Americas Group Inc.â œOne of my favorite kitchen tools is the humble pressure cooker. It is an amazing tool for rapidly turning tough foods tender and maximizing flavor. Sadly, pressure cooking is often misunderstood, but Laura Pazzaglia does a fantastic job in explaining the hows and whys of this invaluable cooking method.â • â •Chris Young, cofounder of [www.ChefSteps.com](http://www.ChefSteps.com) and coauthor of *Modernist Cuisine: The Art and Science of Cooking*â œAuthoritative, concise, and creative, *Hip Pressure Cooking* is the final word on using your pressure cooker to full effect. This isn't just your grandmother's cooking tool. The harried, modern home cook can benefit immensely from a pressure cooker's ability to get an elegant and delicious meal on the table in short order...â • â •John Becker (Irma Rombauer's grandson) and Megan Scott, Joy of Cooking editorial teamâ œIf you haven't yet discovered the magic of pressure cooking, this book will make you want to rush out and buy a cooker. *Hip Pressure Cooking* is a treasure trove of imaginative recipes and ingenious techniques that will quickly convince you that there's no better way to prepare healthy, delectable, contemporary meals in minutes.â • â •Lorna Sass, author of *Pressure Perfect* and *Great Vegetarian Cooking under Pressure*â œDue to their safety and convenience, electric pressure cookers are rapidly replacing age-old stove-top pressure cookers. However, no one has tackled writing quality recipes for them until now. This is the only book that covers this appliance with new knowledge in a practical and lively manner. Highly recommended. â • â •Robert J. Wang, CEO, Instant Pot Companyâ œLaura Pazzaglia is one of the most knowledgeable pressure cooker experts we know. . . This book is a comprehensive guide to pressure cookery for everyone--from the beginner to the chef.â • â •RenÃ© ab Egg, head marketing & product management, Kuhn Rikon AG, pressure cooker manufacturersâ œIt is exciting to see a creative handbook that we can reach for as a resource rather than guesstimating a starting point in the kitchen.â • â •H. Alexander Talbot & Aki Kamoza, culinary consultants and authors of *Ideas in Food* and *Maximum Flavor*â œHip Pressure Cooking not only teaches eaters how to prepare easy, nutritious meals, but it's also a

how-to guide for environmentally conscious consumers who want to waste less food without skimping on taste. • •Danielle Nierenberg, President, Food Tank, [www.foodtank.com](http://www.foodtank.com)

LAURA PAZZAGLIA picked up her first pressure cooker after seeing a friend make dinner in ten minutes flat. She quickly realized that the flavor of pressure cooked food is like tasting food in high definition! In 2010 Laura launched [hippressurecooking.com](http://hippressurecooking.com) to share her discoveries, recipes, reviews and tips. Today Laura is considered one of the world's top experts. She lives in Italy, near Rome, and travels frequently to the U.S. and Europe to share her passion for pressure cooking.

I waited to try out some recipes before posting my review, so although I haven't had a chance to cook a lot from this book, I can share some first impressions. I was looking for a pressure cooker cookbook because I checked out some from the library (including Lorna Sass) but wasn't inspired by them. I found Laura's blog and liked her ideas and actually used the information from her product reviews to select a pressure cooker, but the recipes on her site are not iPad friendly, so I was determined to try the book.1. The book is very well made, colorful pictures, nice organization, lots of tips. I actually spent a few evenings reading it for fun and selecting recipes I'd like to try.2. So far I tried risotto (and her tips on how veggies count as liquid are priceless), paella, and a chocolate dessert and everything turned out great.3. I like the variety of recipes (lots of Italian inspired, but also Spanish and Asian, and I suppose American) which is nice4. there are handy pictures on top of each recipe to show a visual of what you'd need to make it (i.e. a pot, and a steamer, and a bowl, or just a pot). So that's very helpful depending on your mood, maybe certain days you don't want to deal with extra bowls and/or steamer basket, so you can dismiss a recipe just by glancing at the list of needed supplies.5. There are suggestions of how to make food look like it didn't just come out of the pressure cooker. Perhaps broiling or browning will take 5 extra minutes, but sometimes it's worth it. I'd highly recommend this book. Again, in comparison to the other books I checked out from the library, this one has so many options for different tastes and time commitments, beautiful pictures, and lessons on how to maximize your cooker's potential :)

I became a pressure cooker expert using the techniques and recipes from Laura Pazzaglia. I had tried recipes from other experts, but these *clicked* for me. Being able to use a pressure cooker so well has helped me to eat better with more healthy and homemade food. I recommend that you get this new book, whether you are new to the pressure cooker or a pro. There are many tips and tricks (I particularly love the vegetable foil packets that are featured in the One

Pot Meals chapter). My other favorites include: polenta (and the suggested variations), the fish chapter (I especially love octopus and will never cook it without a pressure cooker again), the bean chapter (hello cannellini in tomato sage-sauce and the delicious refried beans). Do not miss the egg chapter. After you try this method, you will always use the pressure cooker for soft and hard boiled eggs. Don't miss the easy Hard Boiled Eggs Au Gratin recipe. Especially great for low-carb eaters. If you have ever thought about making jam, do not miss the last chapter in the book on Preserves and Juicing. I love the Peach and Cardamon Preserves. I made the Raspberry Juice and Syrup and use it with the water from the Soda Stream. No chemicals and I know exactly what is in it. There are many, many more recipes in the book. I have tried these recipes with excellent results and they are easy to follow. Maybe this will be the click for you and pressure cooking. These recipes give me the flavors and, most important, the textures and appearances of my stove top cooking, but in a shorter time.

I bought it after buying the Instant Pot electric pressure cooker because I had a lot of trial and error with recipes. The author's blog is a wealth of information and I so happy to have her first cookbook. Hip pressure cooking really gave some invaluable info on what to change and what not to change when adapting a recipe. I just received the book two days ago and have already made four recipes, all of which were great. The Mexican pulled pork was fabulous as was the Polenta.

I just used another recipe in this wonderful book. Laura explains everything about pressure cooking. There are many various do-able recipes in this book. Her tips on each page are fabulously usable. I don't like cook books that are so fru fruy that the simple person can't use them. This book has everything for everyone. She breaks down the time usage for both the stove top and the electric pressure cookers. Oh BTW...i just made a wonderful cake!

Solid, detailed instruction on how to use your pressure cooker. Includes variations for electric and stovetop cookers, and gas, electric, and stovetop ranges. Appendix includes cooking time table for all major types of food: this in and of itself is worth the price of the cookbook. We have made the meatloaf and a loose adaptation of a roast recipe. Both turned out well, and I'm more confident on technique, too. The writing is snappy with lots of personality. You can't help but like the writer. This recipe book should be standard issue with all pressure cookers sold be people younger than 100. Oh wait, that's everyone. Yup, I meant that. Longer version: I received a stovetop pressure cooker as a holiday gift! As thrilled as I was, that pot sat in the box for a while because it was completely

intimidating. If only seen other people make curries in a pressure cooker before. Of course I thought I would just use the cookbook that came with the cooker to get started. That was a fail. The inconsistencies and odd amounts of ingredients worried me. Pinterest just made things worse. Three highly rated recipes had cooking times for meat loaf that varied by more than 30 minutes! That's a lifetime in pressure cooking time. Don't be me. Not worth it. Get a real cookbook. This one is a good choice for starters.

This book is amazing. I purchased several pressure cookbooks from but this is the one that I reach for because the recipes are amazing and foolproof. I am so much more inspired to cook when I can see a photo of what the food looks like, and these photos are gorgeous. Every single thing that I have made turned out well. The BBQ Pork Ribs with Spinach-Bean Salad is a show stopper. The Curry Coconut Poached Fish is incredible. Her tips on pre-soaking and freezing the beans are priceless. If you can only get one cookbook, get this one. You'll be glad that you did.

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