
Cook Slow:

Pressure Cooker Recipes Cookbook

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Introduction

I want to thank you and congratulate you for downloading the book, “Cook Slow: Pressure Cooker Recipes Cookbook”.

This book contains proven steps and strategies on how to understand the proper ways of using the pressure cooker. It provides insights about the differences between slow cooking and pressure cooking methods, including the benefits of the two.

This book contains a variety of pressure cooker recipes – from soups and side dishes to main dishes and desserts. It offers tips on how to make it easier for you to cook using the appliance and to ensure success in your every dish.

Thanks again for downloading this book. I hope you enjoy Cook Slow : Pressure Cooker Recipes Cookbook it!

Chapter 1– Slow Cooking Vs. Pressure Cooking

Do you enjoy cooking? Do you prefer doing it the conventional way, using a stove or do you use other methods, such as pressure cooking or slow cooking? These three methods of cooking have their own advantages and disadvantages, and even when you use the latter two, you will still be required to use the stove to prepare the other ingredients that are needed for certain recipes.

Among the three, many people are confused with the pressure cooking and slow cooking processes. They are not the same. You can get done cooking using a pressure cooker in a matter of minutes, but using a slow cooker takes hours. Both processes produce the same amount of flavors to your food.

The slow cooker is often referred to as a crock-pot, which is actually a trademarked name of a Cook Slow : Pressure Cooker Recipes Cookbook company that produces slow cookers. This method of cooking is ideal for people who are always on-the-go. They will prepare the ingredients in the morning and Cook Slow : Pressure Cooker Recipes Cookbook set the cooker so that the meal will be ready by the time that they get Cook Slow : Pressure Cooker Recipes Cookbook home in the evening.

Aside from coming home to a hot meal, here are the other

essential benefits of slow cooking:

1. **Saves time.** It Cook Slow : Pressure Cooker Recipes Cookbook doesn't require you to check often how the ingredients are getting cooked. You only need to do the initial preparations, like slicing, dicing or cutting the ingredients or Cook Slow : Pressure Cooker Recipes Cookbook cooking certain meats in a pan to brown. Cook Slow : Pressure Cooker Recipes Cookbook Browning, by the way, can already be handled by a pressure cooker and you no longer have to get a separate pan and use a stove for the task. The idea of a slow cooker is Cook Slow : Pressure Cooker Recipes Cookbook that you leave it to cook on its own while you do you get other things done.

2. **Nutritious dishes** All the ingredients, such as Cook Slow : Pressure Cooker Recipes Cookbook vegetables and meats are cooked at a low temperature, hence the duration of the cooking process. The method allows the natural juices and nutrients to be retained.

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