

Bonus Pressure Cooker Recipes from Your Favorite Cookbook Authors and Bloggers



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BRYANNA'S PRESSURE-COOKED MUSHROOM, BEAN, AND BARLEY "RISOTTO"

Serves 3

The creamy Northern-Italian dish, risotto, is soul-satisfying and versatile. Adventurous modern chefs have been experimenting with different grains to make "risotto", and pearl barley (which has a very low Glycemic Index rating) is a natural. When made in a pressure cooker, no arduous stirring is required, and the barley comes out with just the right amount of "chew" on the inside of the kernel, and the proper amount of creaminess on the outside. NOTE: Italians often use a pressure cooker to make authentic risotto without stirring. In this case, since barley takes longer to cook than rice, it also cuts the cooking time down considerably.

1 large onion, finely-chopped
3 cloves garlic, minced
1 cup pearl barley
3 cups low-sodium vegetarian broth
1 teaspoon dried rosemary
2 ounces thinly-sliced Field Roast Italian "Sausage" (optional)
4 ounces mushrooms, sliced (any kind)
1/4 teaspoon salt
2 tablespoons dry sherry
1 cup canned or well-cooked small red, pinto, cranberry, or borlotti beans, rinsed and drained
1/4 cup nondairy milk
1/4 cup vegan parmesan substitute (such as Galaxy Vegan or Parma!)
salt and freshly-ground black pepper to taste

Stir-fry the onion and garlic in a medium nonstick skillet sprayed with oil from a pump sprayer, or with cooking spray, until soft. OR place in a microwavable dish (such as a Pyrex pie plate), cover with a microwavable plate, and microwave at full power for 4 minutes.

NOTE: If you don't mind some additional fat, you can sauté the onion in a little olive oil or Earth Balance instead of steam-frying without fat.

Heat the pressure cooker over high heat. Add the barley and stir it with a wooden spoon over high heat for about 2 minutes to toast the grains. Add the broth, the cooked onions, dried rosemary, and optional veggie "pepperoni", if using. Attach the cover to the pressure cooker and bring up to pressure. Turn down to hold the pressure steady (according to the directions with your cooker) and cook for 30 minutes.

While the barley cooks, steam-fry the mushrooms in a medium nonstick skillet sprayed with oil from a pump sprayer, or with cooking spray, sprinkling them with the salt and using water, broth, or the optional sherry as the liquid to keep them from sticking. When they are browned, remove from the heat.

When the barley is cooked, cool the pressure cooker off immediately by setting it under cold running water in the sink. Remove from the sink and remove the lid. Set it back on the stove over medium heat and stir in the mushrooms, beans, soy milk, and soy parmesan. Stir the mixture until it is creamy and of the consistency you prefer (some people like it firmer and some people like it "soupy"). Sprinkle with freshly-ground pepper and taste for salt. Serve immediately in flat soup bowls.

Nutrition (per serving): 393.3 calories; 4% calories from fat; 2.1g total fat; 0.0mg cholesterol; 255.9mg sodium; 599.6mg potassium; 75.6g carbohydrates; 15.6g fiber; 3.3g sugar; 16.1g protein. © Bryanna Clark Grogan 2011

Bryanna Clark Grogan is the author of 8 published vegan cookbooks and a has new book, World Vegan Feast, coming out in September 2011 (Vegan Heritage Press). She has been vegan since 1988 and is the mother of 4, stepmother of 2, grandmother of 7 girls and 2 boys. Read more about Bryanna and check out her recipes at <http://veganfeastkitchen.blogspot.com> and <http://www.bryannaclarkgrogan.com>.

Buckwheat Vegetable Stew (Vegan)

Serves 6



- 1 teaspoon extra-virgin olive oil
- 1/2 red onion, coarsely chopped
- 4 medium carrots, sliced medium
- 1 zucchini, cut into 1" slices
- 1 bay leaf
- 1 Tablespoon oregano
- 2 teaspoons cumin
- 1 teaspoon dried chipotles
- 4 cups water*
- 1/2 to 1 cup buckwheat
- 1 cup pre-soaked black beans, or pinto beans
- 1 cup macadamias, coarsely chopped (optional)
- 1 bunch Swiss chard, leaves and stems separated - leaves coarsely chopped and stems cut into 1/2" slices (using the stems are optional)
- 1 tomato, seeds removed, coarsely chopped
- 1 Tablespoon tomato paste
- 2 vegetable bouillon cubes (or veg bouillon powder)
- 1 teaspoon sea salt, and freshly ground black pepper to taste

1. Heat olive oil in the pressure cooker. Add onion, carrots, zucchini, and Swiss chard stems (if desired). Cook for 7 minutes. Add bay leaf, oregano, cumin, chipotles, salt and pepper. Cook, stirring for a few minutes.

2. Add water, buckwheat, pre-soaked black beans, and macadamias (if using). Lock lid into place and bring to high pressure. Cook at high pressure for 8 minutes. Remove from heat and let pressure come down naturally (10-15 minutes). Carefully remove lid.

3. Add chopped Swiss chard leaves, tomatoes, tomato paste, and bouillon cubes. Cover, and heat until the chard is tender and wilted. Season with salt and pepper. Stir well.

4. REMOVE BAY LEAF.

5. Ladle into bowls, and sprinkle with nutritional yeast (optional, but recommended).

* Since I use water and vegetable bouillon cubes to make my veg stock, you will notice I cook the beans in the water and THEN add the veg cube after the beans are cooked. Alternatively, you can use the water or no-sodium vegetable stock and nix the bouillon cubes.

Patty "Sassy" Knutson is a Nutritional Consultant, Vegan Chef and Author, who has been vegan since 1994. Her website, VeganCoach.com, was created to teach her fellow vegans (and veg-curious) the secret to balanced vegan nutrition and easy vegan cooking without recipes. Pop on in for a visit. ;O)

Cauliflower and Carrot Curry by Rick Rodgers

Makes 4 to 6 servings

1 minute at high pressure, quick release

This recipe makes an almost instant vegetarian dinner. It is great spooned over basmati rice. Madras-style curry powder is a mild blend, and the one most likely to be found in supermarkets. If you buy curry powder at a spice shop, be sure it is not too hot for your taste.

1 tablespoon vegetable oil
4 medium carrots, cut into 1/2-inch thick rounds
1 large onion, chopped
1 garlic clove, finely chopped
2 teaspoons Madras-style curry powder
1/2 teaspoon ground cumin
1/4 teaspoon salt
1 medium (1 3/4 pounds) cauliflower, broken into 1 1/2-inch florets
1 cup vegetable broth
1/2 cup canned unsweetened coconut milk
1 cup thawed frozen petite peas
1 teaspoon cornstarch
1 tablespoon water
Hot cooked rice, for serving
Lime wedges, for serving
Chopped fresh cilantro, for garnish (optional)

1. In a 6-quart pressure cooker, heat the oil over medium-high heat. Add the carrots, onion, and garlic. Cook, stirring often, until the onions begin to soften, about 2 minutes. Add the curry, cumin, and salt and stir until fragrant, about 20 seconds. Add the cauliflower, broth, and coconut milk.
2. Lock the lid in place. Bring to high pressure over high heat. Adjust the heat to maintain the pressure. Cook for 1 minute. Remove from the heat and quick-release the pressure. Open the lid, tilting it away from you to block any escaping steam.
3. In a small bowl, sprinkle the cornstarch over the water and stir to dissolve. Stir the dissolved cornstarch and peas into the cooking liquid. Bring to a boil--the sauce will be lightly thickened. Let stand for a few minutes for the peas to heat through. Serve immediately, spooned over the rice with the lime wedges, sprinkling with cilantro, if desired.

Rick Rodgers is an award-winning cooking teacher, and the author of over forty cookbooks on a host of subjects. He wrote *Pressure Cooking for Everyone*. Rick often works behind the scenes as a recipe tester, co-author, and consultant on cookbooks by other well known authors, including Patti Labelle, Alfred Portale, Oprah Winfrey's former chef Art Smith, and more. Rick's recipes have appeared in *Bon Appétit*, *Cooking Light*, *Men's Health*, *Food and Wine*, and *Fine Cooking*, among other magazines. He has been guest chef on such shows as *Today* and *CBS Good Morning*. You can find out more about Rick on his website <http://www.rickroddgers.com/>.

Creamy Adzuki Beans from Radiant Health, Inner Wealth

How often do you hear a resounding response of "yummm!" when serving up a pot of beans?

As often as you make this dish, my friend! This is delicious enough to serve to guests, yet simple enough for a casual meal alongside a salad and some bread or rice. Yummmmm...

Serves 4-6

1½ cups dry adzuki beans
3-inch piece of kombu (seaweed)
2 cups water
½ cup diced onion
2½ teaspoons cumin powder
14.5 oz. can diced tomatoes
14 oz. can coconut milk

- ¼ cup plus 1 teaspoon fresh lemon juice
- 2 tablespoons creamy peanut butter
- 4 medium-large cloves garlic, pressed
- 2½ teaspoons sea salt (or less)

Optional Garnish:

- ¼ -½ cup chopped fresh cilantro

1. In a pressure cooker, combine the beans, kombu, water, onion, cumin, tomatoes, and coconut milk. Lock on the lid of the pressure cooker. Bring to high pressure over high heat.

2. Reduce the heat to low and pressure cook for 25 minutes. Let the pressure come down naturally. Remove the lid carefully. Taste to be sure that the beans are cooked through. Remove the kombu and stir in the remaining items (all but the cilantro). Serve plain or garnished with cilantro.

Quintessence ("Tess") Challis began her holistic health journey in her late teens. She found that a vegan diet along with an "inner wellness regime" of meditation and visualization literally made a world of difference. In 1994, she began sharing this knowledge through cooking classes, catering, meditation classes, and workshops.

In 2009, Tess published the 2nd edition of *Radiant Health, Inner Wealth*, a vegan cookbook and complete holistic health resource. Tess's latest book, *The Two-Week Wellness Solution: The Fast Track to Permanent Weight Loss and Vitality*, was released June 2010 and includes a foreword by Dr. Neal Barnard. Her next book, *Radiance 4 Life: The 4 Cornerstones of Ultimate Vitality*, is due out in June 2011. She works as a wellness coach, cooking class instructor, author/speaker, and personal trainer. You can find out more about Tess at

<http://www.radianthealth-innerwealth.com/>

Creole Black-eyed Peas by Susan Voisin

1 large onion, chopped
1 green bell pepper, chopped
1 rib celery, chopped
3 cloves garlic, minced
2 cups dried black-eyed peas, picked over and rinsed
5 cups water
15 ounce can diced tomatoes
1 teaspoon dried oregano
1 teaspoon salt (or to taste)
1/8 teaspoon cayenne (or more to taste)
1 tablespoon hot sauce (or to taste)
1/2 teaspoon black pepper
1 teaspoon smoked paprika

Spray the bottom of a large pressure cooker with a light film of oil. Over high heat, sauté the onion until it begins to brown; add the bell pepper, celery, and garlic and cook for another 2 minutes. Add the black-eyed peas and water, seal the cooker, and bring to high pressure. Cook at high pressure for 10 minutes. Remove from heat and allow pressure to come down naturally.

Once the pressure is down, open the cooker and add all remaining ingredients. Cook for 15-30 minutes, until peas are completely soft and sauce has thickened. Check the seasonings and add more to taste; cook for another 5 minutes. Serve hot over rice with more hot sauce on the table.

Susan Voisin writes the blog [FatFree Vegan Kitchen](http://blog.fatfreevegan.com), which was voted the most popular vegan blog by VegNews magazine in 2007, 2009, and 2010. A vegan for over 17 years, she enjoys cooking for her husband and daughter in Jackson, Mississippi. Her electric pressure cooker is her favorite appliance. If you want to read more about Susan and see her recipes, visit her at <http://blog.fatfreevegan.com>.

Creamy Favamole Soup by Debra Daniels-Zeller

(Serves 4)

Look for fava beans at farmers' markets in the spring and no matter what you've heard about double peeling favas, if you get them fresh when they have just been harvested, you don't have to double peel them. Two pounds fresh fava beans in pods will give you about 1 1/2 cups of beans. Don't worry about exact measurements for this soup.

- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 fresh jalapeño, minced
- 1 to 1 1/2 cups fresh shelled fava beans
- 1 medium white potato, diced
- 2 heaping tablespoons green salsa
- 4 cups stock or water
- 1 teaspoon agave nectar
- 1/2 teaspoon salt
- 2 tablespoons fresh lime juice
- 1 large avocado, peeled, pitted and diced
- 1/4 cup chopped cilantro
- 1 cup crushed tortilla chips (optional)

Heat the oil in the pressure cooker over medium heat. Sauté onion and jalapeño in oil for a few minutes, until onion is transparent. Add fava beans, potato, green salsa, water and agave nectar. Lock the lid on and bring to high pressure. Lower heat to maintain high pressure for 2 to 3 minutes. Carefully remove lid by tilting away from you.

Puree soup with an immersion blender until smooth and creamy. Add salt to taste. Gently blend avocado and lime in a small bowl; add a portion to each serving, and stir gently. Garnish with chopped cilantro and chips, if desired.

Debra Daniels-Zeller created recipes and taught vegetarian cooking classes at PCC Natural Markets and community colleges in Seattle for 16 years. She has written articles about food, farms and agriculture for over a decade. Debra's second book, *The Northwest Vegetarian Cookbook: 200 Recipes that Celebrate the Flavors of Oregon and Washington* (2010, Timber Press), contains profiles of 22 farmers from Oregon and Washington and lists a vast array of fruits, vegetables, beans and grains cultivated in the Northwest. You can read her writing at <http://foodconnections.blogspot.com>

JL's Refried Beans

My love affair with the pressure cooker began shortly after going vegan. As I increased beans, legumes and grains into my diet I noticed I was spending more time in the kitchen (cooking grains) and more money on canned goods (the beans). The pressure cooker changed everything! Dry beans and wholesome grains cooked up beautifully in minutes. One lazy Sunday afternoon, while watching football with my husband, I decided I needed to have nachos. For dinner. Fast. I pulled out the pressure cooker, got the beans going and while they were coming to pressure I tossed a couple sprouted tortillas into the oven (with olive oil and each side) and 30 minutes later we were enjoying a delicious plate of nachos.

*2 T olive oil

*1/2 a medium yellow onion, diced

*4 cloves of garlic, minced

*1 jalapeno, diced

*1 cup of dry pinto beans, soaked 12 hours

*Salt and pepper to taste

*Saute the onion, garlic and jalapeno pepper in olive oil in the pressure cooker on medium heat.

*Add drained and rinsed soaked pinto beans and enough water to cover beans, plus 1/2 an inch.

*Lock the lid and bring to pressure, cook for 6 minutes at pressure, the release pressure naturally.

*Drain any remaining water from beans. Set aside 1/2 cup of cooked beans to a small bowl and transfer remaining beans to a bowl appropriate to use with an immersion blender (I used a 2-cup glass measuring cup).

*Blend beans until smooth.

*Transfer blended beans to the bowl with whole beans.

*Salt and pepper to taste.

*Mash together so there are a few chunks of beans in the refried beans

From JL of JL Goes Vegan

Post-40 JL Fields became a marathoner and triathlete, changed careers and transitioned from vegetarian to vegan. She now blogs about vegan cooking (and wine!) and fitness. JL is a community college administrator and teaches nonprofit management at a local university. She holds a B.A. and M.S. and is currently enrolled in an advanced graduate program on Adult Learning. You can find JL at [JL goes Vegan: Food & Fitness with a side of Kale](#).

Steamed Pear Pudding from Christina Pirello

I love this pudding...it's rich and moist...and oh, so comforting.

Makes 8 servings

3 tablespoons unsweetened raspberry preserves
2 cups whole wheat pastry flour
2 teaspoons baking powder
½ teaspoon baking soda
1/8 teaspoon sea salt
Generous pinch ground cinnamon
Scant pinch nutmeg
¼ cup avocado or olive oil
½ cup brown rice syrup
1 teaspoon pure vanilla extract
Unsweetened almond milk
1 ripe pear, halved, cored, diced; do not peel
¼ cup coarsely chopped walnut pieces

Lightly oil a 2-quart pudding basin and lid. Be sure to oil all the little crevices so the pudding doesn't stick. Spoon raspberry preserves evenly into the bottom of the basin.

Whisk together flour, baking powder, baking soda, salt, cinnamon and nutmeg. Mix in oil, syrup and vanilla. Slowly stir in enough almond milk, by ¼ cups, to create a smooth batter. (You should need about ½ cup total.) Fold in pear and walnuts to incorporate. Spoon evenly into prepared pudding basin, filling three-fourths full, and seal the lid.

Place in a pressure cooker deep enough to hold the basin. Add enough water to half cover the basin. Cover loosely and bring to a boil. Seal the lid and bring to full pressure. Reduce heat to low and cook for 1 hour. Allow pressure to reduce naturally. Open the lid and carefully remove the pudding basin and allow to stand, undisturbed, for 5 minutes. Remove the cover and allow to stand for 5 minutes.

Lay a plate on top of the open basin and invert so that the pudding drops gently onto the plate. The raspberry preserves will form a glaze that will run down the sides of the pudding.

Christina Pirello is the Emmy Award winning host of the national public television series, *Christina Cooks* and author of five bestselling cookbooks, including 'Cooking the Whole Foods Way,' named 'Healthiest Cookbook of the Decade' in 2010. She holds her Master's degree in nutrition and is a professor of culinary arts at The Restaurant School at Walnut Hill College in Philadelphia.

Thai Chickpeas by Lorna Sass 18 minutes high pressure

*"It's the best chickpea dish that I've ever eaten," say some vegetarian friends who have tasted their way around the world of chickpeas. The inspiration for this most delicious dish comes from a wonderful cookbook called *Thai Vegetarian Cooking* by Vatcharin Bhumichitr (Clarkson Potter, 1999). I was intrigued to learn that this dish was unusual, even in Thailand, where eating beans is not commonplace. The author discovered this dish in a forest monastery west of Bangkok. I have altered the quantities and proportions and substituted sweet potatoes for white – with exciting results.*

This dish makes a luscious main course when served over brown, Thai jasmine or white rice.

- 1 ½ cups dried chickpeas, picked over, soaked overnight or quick soaked
- 3 cups canned coconut milk
- ¾ pound sweet potatoes, peeled and cut into 1-inch chunks
- 1 cup coarsely chopped fresh, or canned (drained) plum tomatoes
- 1 tablespoon mild curry powder
- ¼ cup minced cilantro
- ½ cup minced fresh basil
- 1 to 2 tablespoons tamari soy sauce

Drain and rinse the chickpeas. Put into the cooker with the coconut milk, sweet potatoes, tomatoes and curry powder.

Lock the lid in place and over high heat and bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 18 minutes. Allow the pressure to come down naturally or use the quick release method. Remove the lid, tilting it away from you, to allow any excess steam to escape. If the chickpeas are not tender, return to high pressure for a few more minutes or simmer on the stovetop until the chickpeas are done.

Add the cilantro, basil and soy sauce to taste, as you break up the sweet potatoes, and stir to create a thick sauce.

This recipe is from *Great Vegetarian Cooking Under Pressure* (1994, William Morrow). Lorna Sass is the "Queen of Pressure Cooking", the author of 15 cookbooks, including her first pressure cooking book *Cooking Under Pressure*, which originally came out in 1989 and was rereleased in 2009. Her other pressure cooking books are *Pressure Perfect* and the *Pressured Cook*. She was the winner of the James Beard Award in the healthy focus category for *Whole Grains Every Day, Every Way*. Her website is <http://www.lornasass.com/>.

Tuscan Minestrone Soup from *The Meal Makeover Moms' No Whine with Dinner* cookbook

Makes 6 servings

7 minutes high pressure; natural pressure release; 30 seconds pressure; quick release

If your kids like vegetable soup and pasta, they'll love this veggie-packed Minestrone soup. The secret to mealtime success with this dish is to dice the zucchini and carrots into small pieces so that they go down with a smile, along with the more familiar elbow pasta. And note, we use whole wheat blend pasta in this recipe, which is just as kid-pleasing as plain pasta but is higher in fiber. Our soup can be a one-dish meal when served with a whole grain roll and sliced fruit on the side.

2 tablespoons extra virgin olive oil
1 cup cannellini, or other, white beans, soaked overnight or quick soaked
½ small onion, cut into ¼-inch dice, about ½ cup
2 cloves garlic, minced
1 large carrot, peeled and cut into ¼-inch dice, about 1 cup
1 teaspoon dried Italian seasoning
3 fresh thyme sprigs
4 cups vegetable broth, homemade, boxed or canned
½ cup dried whole wheat blend elbow pasta
1 15-ounce can tomato sauce
2 medium zucchini, about 9 ounces each, cut into ½-inch dice
Kosher salt and freshly ground pepper
½ cup grated soy or regular Parmesan cheese, optional
3 tablespoons chopped fresh basil, optional

Put at least a 6 quart pressure cooker over medium heat for a minute or two. Add the olive oil and let heat for 30 seconds. Add the onion, garlic and carrot and sauté for 2 to 3 minutes until the onion starts to soften and turn translucent. Add the dried seasoning, thyme sprigs, the drained beans, the broth and the pasta. Lock the lid on the cooker and bring to high pressure.

Once the cooker reaches high pressure, set the timer for 7 minutes.

When the timer goes off, remove the pressure cooker from the heat and let the pressure come down naturally. Once the pressure is down, remove the lid, tilting it away from you to avoid hot steam. Taste the beans to be sure that they are cooked through. If they are cooked, add the tomato sauce and zucchini and lock on the lid. Put the cooker back on high heat and bring to high pressure for 30 seconds. Quick release the pressure and carefully remove the lid.

Remove the thyme sprigs and season with salt and pepper. Top each serving with grated cheese, if desired. If you and your family enjoy the flavor of fresh basil, add some chopped fresh basil to each bowl.

Nutrition per serving (1 cup): 160 calories, 6 grams fat (.5 g saturated), 730 mg sodium (with premade broth), 24 grams carbohydrate, 7 grams fiber, 7 grams protein, 60% vitamin A, 50% vitamin C, 10% iron

From *The Meal Makeover Moms*, Liz Weiss, MS, RD & Janice Newell Bissex, MS, RD, authors of *No Whine with Dinner* (M3 Press, 2011) and *The Moms' Guide to Meal Makeovers* (Broadway Books, 2004). You can find out more about what they do at their website, <http://www.mealmakeovermoms.com>, and their Meal Makeover Moms' Kitchen blog and Cooking with the Moms weekly radio podcast.

Faggiolini in Umido - "Wet" Green Beans by hipppressurecooking.com



Serves 4-6

This is a multi-use recipe that can be served as side dish, or used as sauce to be enjoyed with pasta, rice or polenta.

In umido, literally translated to "wet", means *anything* that is cooked in tomatoes or their puree. This dish is particularly indicative of Southern Italy, and is usually served with a dusting of Cacio Ricotta (a tangy, aged, salted, semi-hard ricotta cheese) which is optional.

Usually made in two pans -the tomato sauce in one, while the beans boil in another- you can do *both*, in one pot and faster, by steaming the green beans *with* the tomato sauce in your pressure cooker!

In the summer, use freshly chopped cherry or regular tomatoes, in the winter, canned tomatoes and frozen green beans are perfectly acceptable.

2 cups fresh tomatoes, chopped, or 1 14.5 oz or 400 g. canned (chopped, whole or cherry) tomatoes

1 lb or 500 g green beans (fresh or frozen), ends removed

1 garlic clove, crushed

1 sprig basil, leaves removed

Olive oil

2 pinches salt

In the preheated pressure cooker, without the lid, on medium heat add a swirl of olive oil and crushed garlic clove. When the garlic is golden, add the tomatoes and swirl everything around. Then, add the steamer basket (or trivet and steamer basket) filled with the green beans. Sprinkle two pinches of salt onto the beans.

Close and lock the pressure cooker lid. Select the "low" pressure setting. When the pan reaches pressure count 5-7 minutes cooking time at low pressure.

When the cooking time is up, open the pressure cooker using the cold water quick-release method - bring the pan to the sink and run cold water on the lid making sure not to cover any of the valves. For electric pressure cookers, release pressure using the Automatic Release method - releasing pressure from the top by pushing a button or twisting a lever.

Pull out the steamer basket insert and trivet, and then mix the green beans with the tomato sauce. Check for doneness. If the green beans need to cook a little more, cook them together with the sauce on low flame in the pressure cooker, without the top.

When fork tender, move the mixed contents to a serving bowl, sprinkle with basil leaves, and a swirl of your best olive oil before serving warm or room temperature.

By Laura Pazzaglia, the author at the hip pressure cooking website
<http://www.hippressurecooking.com>.

Laura picked up her first pressure cooker five years ago and never looked back! So, she began to adapt her favorite Italian and International classics to the pressure cooker and create her own recipes and publishing them online for everyone to try.

Laura lives in Anzio, outside of Rome in Italy. She is fully fluent in English, Italian and still remembers a little German. Her "cooking laboratory" features a view of the Mediterranean Sea, and over 10 pressure cookers. Find out what else she has been pressure cooking at www.hippressurecooking.com!

Yummy Sourdough Rice Bread **By Leslie Cerier**



Simple to make, this sourdough bread is delicious, moist and chewy. Mix up the dough in the morning, knead it after dinner, and pressure-cook it the next morning.

Makes 1 large loaf of bread

3 cups leftover rice, even better if sour

3 cups whole wheat bread flour

1/2 teaspoon sea salt

Add water to knead about 1/8-1/4 cup

1 teaspoon sesame, sunflower, or light olive oil

Put rice and flour in a large mixing bowl. Rub them together to break up the rice. Add salt and water. Use your hands to knead into dough. Knead for 10 minutes. Cover it with a damp, warm, thin towel. Let it rise for 8 hours.

Knead the dough again for 10 minutes inside the big mixing bowl or on a lightly floured pastry board. Add more wheat flour or another kind of flour, if dough is very sticky. Oil a medium sized ceramic pressure cooker insert. Put the bread dough inside. Cover with a warm damp towel. Let it rise, at least, 8 hours or overnight.

TAKE OFF THE TOWEL! Put the lid back on the insert and put it in the pressure cooker. (A medium insert is the right size and fits into a 6 quart pressure cooker.)

Add 1 quart of water to the pressure cooker to surround insert/rice crock half way up. To save a little cooking time and energy, use warm water, but not boiling, which could shock the stoneware and crack it.

Attach the lid to the pressure cooker. Place over high heat and bring to full pressure. After about a minute, reduce the heat to low.

Pressure-cook the bread in the insert for 1 1/2 hours. Turn off the heat. Wait until pressure comes down to open the pressure cooker. Then take off the lid for the insert. When you look at bread, the top may seem wet, but it will dry out as it cools. Take the insert out of the pressure cooker; let it sit on the counter until it is cool enough to handle. Turn it upside down onto a cooling rack. Bread slides out easily.

The recipe originally appeared in Leslie Cerier's cookbook, *The Quick and Easy Organic Gourmet* (Barrytown, Ltd 1996) copyright Leslie Cerier (1996) used by permission of Leslie Cerier.

Leslie Cerier, "The Organic Gourmet" specializes in local, seasonal, whole foods and organic cuisine with 20+ years experience. Chef, Educator, Environmentalist, Photographer and Author of 5 cookbooks: *Gluten-Free Recipes for the Conscious Cook* (2010), *Going Wild in the Kitchen* (2005), among others. Leslie teaches vegetarian cooking for health, vitality and pleasure nationwide. Leslie's expertise in culinary nutrition has led to her being much sought after by health professionals and private clients to help them translate challenging dietary allergy issues into culinary success and meal satisfaction. www.lesliecerier.com

I want to thank my fellow authors and bloggers for contributing their recipes to this amazing collection. There's nothing else like it anywhere else. If you come across other wonderful pressure cooking recipes, please let me know by sending me an email jill@theveggiequeen.com or jill@pressurecookingonline.com .

Promoting pressure cooking is part of my life's mission to help save us and the earth.

For more pressure cooking, and other recipes, stop by my website at <http://www.theveggiequeen.com> or <http://www.pressurecookingonline.com>

Thank you,

Jill