

Pressure-Cooker Lamb and White Bean Stew, Pépin Pressure cook

Recipe Rating: X

Makes 6 servings. This stew has a lot of liquid, which makes it an ideal vehicle for dunking bread or serving with boiled rice or Cous-cous (page 107). Don't reduce the amount of water in the recipe; the beans will not cook properly if there is too little water.

4 shoulder lamb chops (about 2 pounds total), trimmed of fat

1 1/2 cups (about 1/2 pound) dried white beans, such as navy or great northern, picked over and washed under cold running water

2 cups canned diced tomatoes

1 cup diced (1-inch) onion

1 cup diced (1-inch) trimmed and washed leek

2 tablespoons coarsely chopped garlic

1 sprig fresh thyme and

1 sprig fresh sage

OR 1 teaspoon herbes de Provence

1 1/2 teaspoons salt

1 teaspoon freshly ground black pepper

2 teaspoons Worcestershire sauce

3 cups cold water

Put all the ingredients in a pressure cooker, cover tightly with the pressure-cooker lid, and cook over high heat until the gauge indicates that the stew is cooking on **high pressure**. Reduce the heat to low and cook the stew for **40 minutes**.

Decompress the pressure cooker according to the manufacturer's instructions (I do mine in the sink so that the steam is contained somewhat as it is emitted). [This indicates a quick-release.]

Open the pressure cooker and let the stew rest for a few minutes until the fat rises to the surface. Spoon off and discard as much fat as possible and taste the stew for seasonings, adding more salt and pepper as needed. Serve hot.

MENU IDEAS.

About pressure cookers

The pressure cooker is an essential piece of equipment at my house. My wife, Gloria, often cooks dried beans and makes stews in it. There are several makes and models on the market, all with slight differences, so follow the manufacturers' instructions when using them.

A pressure cooker is especially helpful at **high elevations**, where water boils at lower temperatures. A couple of degrees are lost per 1,000 feet of elevation. In Aspen, for example, water boils at around 196 degrees, a temperature that is often not high enough to break down the cellulose in beans and meat. A pressure cooker raises the boiling temperature to 250 degrees, rather than 212 degrees, the temperature at which water boils at sea level. This softens the fibers of meat, beans, and other foods, cooking and tenderizing the food much faster than conventional cooking methods. — Jacques Pépin

Source: Pépin, Jacques. *"Fast Food My Way"* (c) 2004 Houghton Mifflin, ISBN: 0618393129 (page 170)

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(Beef/Lamb)

Lamb and White Bean Stew, Pepin (Pressure Cooker)

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