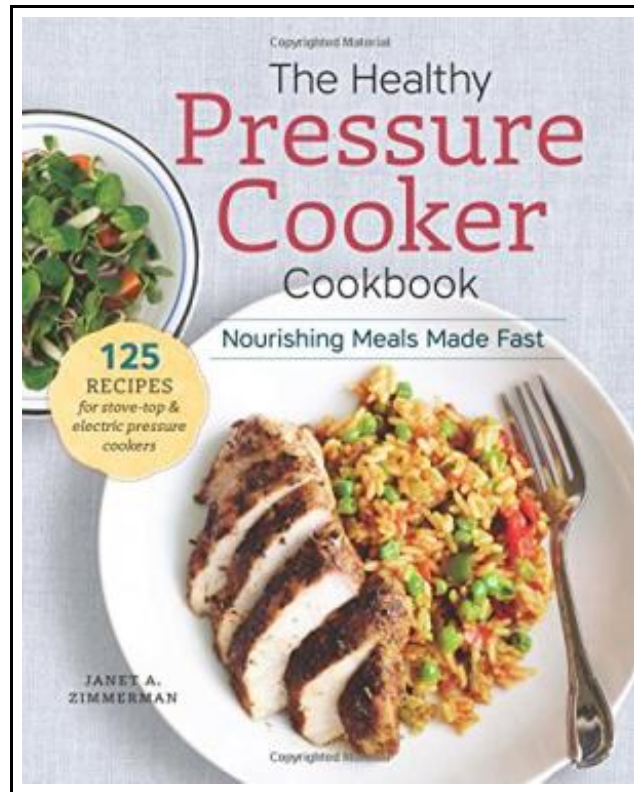


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Reviews

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THE HEALTHY PRESSURE COOKER COOKBOOK: NOURISHING MEALS MADE FAST

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Sonoma Press, United States, 2015. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book. Today s most popular diets run the gamut-Paleo, Mediterranean, clean eating, gluten-free-but they all have one thing in common: they re based on cooking fresh, whole foods from scratch. These diets are precisely the reason why the old school pressure cooker is making a new school comeback. The pressure cooker gives the gift of time back to home cooks. They don t call the most popular pressure cooker on the market the Instant Pot for nothing. Focusing squarely on healthy and fast meals, this cookbook offers: o 125 whole-food recipes, from bone broth to caramelized garlic to Indian curry spareribs, and more. o A serious discussion on the truth about healthy cooking o Advice on how to adapt a stovetop pressure cooker recipe for an electric PC o Recipe cooking times will include specifics for both stovetop and electric pressure cookers o Recipe labels indicating suitability for Paleo, vegetarian, vegan, and gluten-free diets o Nutritional information on every recipe o A chapter of one-pot meals for the ultimate in convenience.

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