

Cooking Under Pressure

FCS Teachers In-service

April 4, 2019

Susan Zies M. Ed.

Extension Educator, Family & Consumer
Sciences



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
FAMILY AND CONSUMER SCIENCES
OHIO STATE UNIVERSITY EXTENSION
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

What is Pressure Cooking?



- ❖ A food-preparation method using trapped steam
- ❖ Retains the flavors and nutrients of the food
- ❖ Saves energy compared to other cooking methods



The parts of an electric pressure cooker



❖ Inner Pot:

- The inner pot fits inside the base unit
- It is removable for washing
- It is essential for cooking – Do Not operate your Electric Pressure Cooker without the inner pot



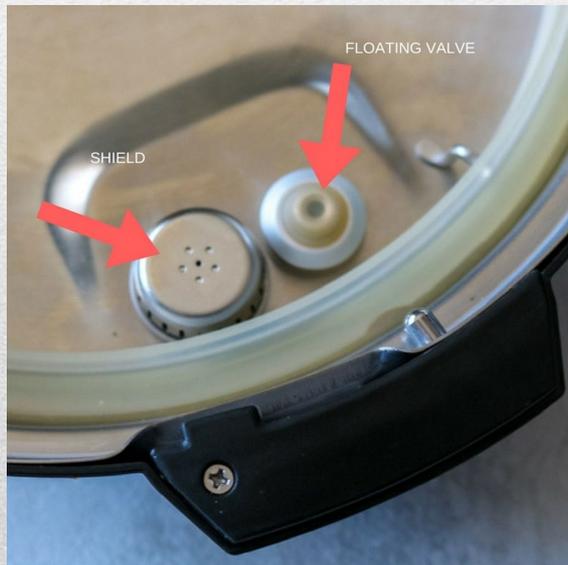
The parts of an electric pressure cooker



- ❖ Silicon/Inner Ring:
 - This is on the lid of the Electric Pressure Cooker and helps to seal in the pressure
- ❖ Use Different rings for Sweet Dishes vs Savory Dishes



The parts of an electric pressure cooker



- ❖ Floating Valve and Shield:
 - Shield prevents food from getting trapped in the valve
 - Float valve pushes up and seals cooker when pressure is sufficient

How do I use the settings?



- ❖ Some pressure cookers have multiple program buttons
- ❖ Each button refers to a different cooking method with preset cook time



How to release pressure



- ❖ There are two ways to safely release pressure from an Electric Pressure Cooker: the Natural Release Method (NR) and the Quick Release Method (QR).



Natural release



❖ Natural Release (NR) lets pressure dissipate on its own

- 10-30 minutes
- More liquid=longer time to depressurize
- Foods stay intact
- Best for foamy foods or dishes with lots of liquid



Quick release



- ❖ Quick Release (QR) is manually venting the cooker
 - 1-2 minutes
 - Best for foods that might overcook (seafood or vegetables)
 - Not recommended for high starch foods
 - Wait until all steam is released before taking off the lid of the pressure cooker



Safety Tips:



- ❖ How To Safely Remove Lid:
 - Always tilt lid away when opening
 - Wear waterproof, heat-resistant silicone gloves



Safety Tips:

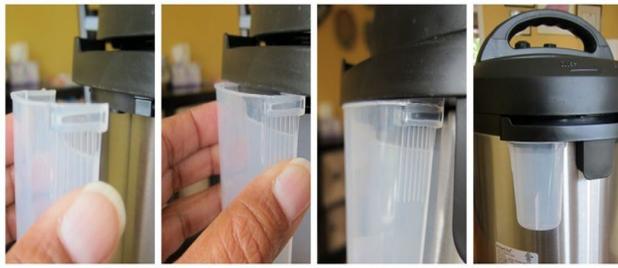


❖ Do Not Overfill:

- Max Line printed on Inner Pot is not intended for Pressure Cooking
- For Pressure Cooking: maximum 2/3 full
- For Food that Expands During Cooking (such as grains, beans and dried vegetables): maximum 1/2 full



How to clean



❖ Condensation Collector:

- Remove and hand wash periodically. Dry before replacing
- Check after each use – mold and bugs can collect here—YUCK!



Canning in and electric pressure cooker?



- ❖ NO!!!!
- ❖ Not designed for canning, cannot safely process food



Canning in an Electric pressure cooker?



- ❖ According to the National Center for Home Food Preservation (NCHFP):
 - “food may end up under processed. Under processed foods are unsafe and can result in foodborne illness, including botulism poisoning, if consumed.”
 - I love the electric pressure cooker for making dinner, but leave canning to the pressure canner.



Chocolate Peanut Butter Cheesecake

**Recipe adapted from Instant Pot*

Ingredients:

- 17 vanilla creme-filled chocolate sandwich cookies – *finely crushed, divided*
- 2 Tbsp unsalted butter- *melted*
- 2 ½ pkg low fat cream cheese- *softened, divided*
- 1 pkg BAKER'S semi-sweet chocolate – *melted*
- 2 eggs
- ¼ cup creamy peanut butter
- 1 cup thawed COOL WHIP – *one-third of 8 ounce tub*



Thank You for Sharing Your Resources

Becky Hutchings

FCS & 4-H Youth Development Extension Educator
University of Idaho Extension, Minidoka County

