

Fast Favorites Under Pressure 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef Meredith Laurence The Blue Jean Chef



BOOK DETAILS

- Author : Meredith Laurence
- Pages : 208 Pages
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BOOK SYNOPSIS

Meredith Laurence, the Blue Jean Chefs Fast Favorites Under Pressure cookbook is written with the smaller household in mind. So many pressure cooker recipes are written for 6 to 8 people and work with the bigger pressure cookers, but when you're dealing with pressure-cooking, cutting a large recipe back to feed just 2 to 4 people is not always straight-forward. Fast Favorites Under Pressure does all the work for you, with every recipe guaranteed to work in a 4-quart pressure cooker. However, all of the recipes in Fast Favorites Under Pressure double easily, so if you're cooking in an 8-quart cooker, you'll have no trouble making twice as many "fast favorites." Fast Favorites Under Pressure offers more tips and tricks plus flavorful recipes--even light versions--to be even more successful with your pressure cooker. Blue Jean Chef Meredith Laurence has created over 100 recipes for the 4-Quart Pressure Cooker that will be sure to become family favorites including Chicken Alfredo Rotini, Red Wine Braised Short Ribs, Lime Shrimp with Spicy Tomato Grits and Mint Chocolate Fudge Cake with Ganache. From soups to pasta, meat to seafood, grains, vegetarian and dessert, all types of eaters will have vast choices to get a meal on the table in a fraction of the time. TABLE OF CONTENTS: * Soup and Chili: 14 recipes, such as Italian Wedding Soup, Chicken Tortilla Soup and Chipotle Chickpea Chicken Chili; * Pasta: 8 recipes, including Chicken Alfredo Rotini, Vegetarian Spinach and Squash Lasagna and Rigatoni with Italian Sausage, Sun-dried Tomato and Artichokes; * Chicken: 12 recipes, such as Chicken Breasts Florentine with Mushrooms, BBQ Pulled Chicken and Thai Peanut Chicken and Shrimp; * Beef: 11 recipes, including Osso Bucco, Dijon and Thyme Meatloaf and Red Wine Braised Short Ribs; * Pork: 10 recipes, such as Apple Stuffed Pork Chops, Asian Country-Style Ribs and Braised Pork Shoulder with Sauerkraut; * Fish and Seafood: 7 recipes, including Black Cod with Tomatoes, Potatoes and Spinach, Lime Shrimp with Spicy Tomato Grits and Salmon with Lemon Herbed Rice; * Vegetarian Main Dishes: 9 recipes, such as Red Lentil Bolognese, Chickpea, Cabbage and Tomato Stew and Great Northern Beans with Cauliflower, Fennel and Feta Cheese; * Grains and Beans: 8 recipes, including Baked Beans, Farrow Salad with Hazelnuts, Arugula and Grapes and Quinoa Rice with Almonds; * Vegetables: 13 recipes, such as Maque Choux, Hasselback Potatoes with Cheddar and Bacon and Green Beans and Carrots with Mustard Vinaigrette; * Desserts: 12 recipes, including Mint Chocolate Fudge Cake with Ganache, Reising Poached Peaches and Crème Brûlée

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