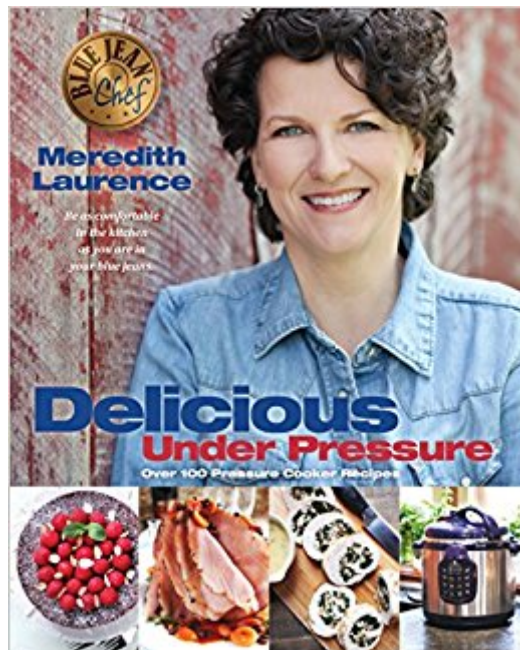




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Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef)



Synopsis

“Blue Jean Chef: Delicious Under Pressure,” Meredith Laurence’s second pressure cooker cookbook is full of easy, flavorful, and unexpected pressure cooker recipes, making a pressure cooker a must-have appliance. The book covers the basics of pressure-cooking as well as offers more advanced recipes for more experienced cooks. The result is delicious and the bonus is time, with all these recipes taking one third of the time of traditional cooking methods. Don’t settle for the same old pressure cooker foods. Get Delicious Under Pressure. Recipes include Tortilla soup, Spinach and Three Cheese Manicotti, Hunter’s Beef Stew, Pork Carnitas, Thai Coconut Mussels, Portobello Mushroom and Zucchini Moussaka, Beets and Potatoes with Bacon, Blueberry Polenta with Bananas and Maple Syrup, and Brown Sugar Bourbon Bread Pudding, including all-new chapters on Vegetarian Main Courses and Breakfast Dishes. 121 recipes, over 110 photos, 248 pages w/ index. Copyright 2015. Printed USA.

Book Information

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Customer Reviews

Meredith Laurence, the Blue Jean Chef, has worked in numerous capacities and settings in the food world. After graduating from the New England Culinary Institute, she first honed her skills in two Michelin-rated restaurants in Les-Baux-de-Provence, France. She then went on to work as a line cook at Zuni Caf  in San Francisco and at Caf  Rouge in Berkeley, California. Meredith set out on a different culinary path when she returned to teach at the New England Culinary Institute in Vermont, instructing professional culinary students during the day and home cooks in the evenings. Having found her real passion for teaching home cooks, she moved back to San Francisco to teach

and manage at two HomeChef® cooking schools (now Viking Culinary Arts Centers). At the same time, Meredith worked in the world of food and product consulting at the Center for Culinary Development, where she acquired an expertise in creating and testing recipes. For the last thirteen years, she has worked as the Blue Jean Chef® on live television doing on air cooking demonstrations, giving QVC customers advice on cooking and equipping their kitchens. Meredith is the author of two cookbooks. The first book, Blue Jean Chef: Comfortable in the Kitchen, has sold over 45,000 copies, received rave reviews, and helped home cooks broaden their repertoire and become more versatile with a variety of cooking techniques in the kitchen. In her second book, Blue Jean Chef: Comfortable Under Pressure, Meredith offered easy-to-read instructions for pressure-cooking and provided a wide variety of recipes for the pressure cooker, along with clear instructions and tips. To date, Blue Jean Chef: Comfortable Under Pressure has sold over 120,000 copies. As the Blue Jean Chef, Meredith's belief is that being comfortable in the kitchen is key to successful and enjoyable cooking. How comfortable? Well, as comfortable as you would be in your blue jeans, relaxing with friends.

I've had Meredith Laurence's latest cookbook, Delicious Under Pressure (from her Blue Jean Chef series) for just over a week. I've made several recipes that were well received by my husband and teenage son, and after making several recipes and reading through the book several times (yes, I "read" cookbooks) I am quite sure this will be a cookbook I will use with my Instant Pot DUO and Smart model electric pressure multi-cookers over and over. Just like Laurence's earlier Comfortable Under Pressure cookbook that I have used many times every week for over a year, Delicious Under Pressure is extremely well organized and easy-to-read while browsing and more importantly, while cooking. Symbols in the Table of Contents and on the recipe pages denote which recipes are author favorites (BJC FAV), Vegetarian, and/or Super Easy. Pasta seems to be a big favorite in the Instant Pot community on Facebook; while I don't make pasta very often, there is an entire chapter for pressure cooker pasta recipes. My family loves meat, poultry and seafood, which have their own chapters, but the many vegetarian recipes in the non-meat chapters appeal to me as well; there is also a chapter for Vegetarian Main dishes, as well as one for vegetable side dishes. The first recipe I made was a side vegetable dish, Cumin Carrots with Kale. The recipe photo of diagonally sliced bright orange carrots tossed with contrasting green chopped kale was riveting; the preparation was a breeze (I subbed grassfed ghee for the olive oil). My family thought it was delicious. They usually eat kale without much comment, but they don't ever go back for seconds, nor do they often describe anything that includes kale as delicious, but both occurred with that recipe. The pages are liberally

sprinkled with great tips and suggestions (and variations) in the sidebars and margins near relevant recipes (yet they don't crowd the recipe text). 120+ recipes include a nice variety of recipes for every meal of the day, ranging from updated American and Canadian classics to streamlined international dishes, busy day meals-in-a-hurry to impressive looking special occasion meals, all with mouthwatering photographs. A few ingredients for a handful of recipes might not be staple items in everyone's pantry, but I don't recall seeing ingredients so exotic that they aren't likely to be available in reasonably well stocked supermarkets (such as quinoa, whole cumin seeds, shiitake mushrooms, etc.). In remote areas with limited shopping options, some recipes might require some substitutions, or ordering non-perishable ingredients online (for instance, farro, an heirloom grain used in Ancient Rome). But mostly the ingredients in the recipes are either quite mainstream or increasing in popularity with Americans and Canadians and similar populations. Cooking timetable charts for commonly cooked single foods/ingredients are quick and easy to reference on the last page and inside the back cover. Nearly all the recipes are written for 6QT electric pressure cookers, so current Instant Pot 6 QT models are perfectly suited for these recipes without any need to adjust the times or steps. A few recipes are written for 8QT electric pressure cookers, but Laurence provides suggestions if using a smaller than specified cooker. The soft cover of the book is durable enough to withstand typical kitchen messes and the thick pages seem sturdy, too. The book stays open reasonably well. I use the flaps on the covers for bookmarks when going back and forth between two recipes I'm preparing at the same time. Cooks who already have the standard recipes for everyone's well-worn pressure cooker favorites (pot roast, whole chicken, pork chops, beef stew, chili, bean /lentil soup, applesauce, rice, beans, oatmeal, etc.), and are looking for added recipe and flavor variety, inspiration, and more ways to use a pressure cooker to its full potential every day, all year long, will find this new cookbook very appealing.

Since I'm not new to the kitchen I can honestly say I will enjoy cooking some recipes from this book. I always love cooking with my pressure cooking. I've been using pressure cookers since the early 80's on the stove top. I still have a 10Qt stove top pressure cooker but the newer models are quiet, safe and easy to operate. Having a good cook book will make pressure cooking easier and eliminates guessing. Not to mention that I have seen Meredith on TV and I like how she presents herself. So if you are new to pressure cooking or just feel the need like I did, to have some help with newer recipes, get this book. Read through it before you plug in your pressure cooker. I think you'll be happy with the results.

This is her best book. It has more of basic recipes and gives easy instructions. It's a good first book with lots of added information. It's my go to book for easy basic ingredients recipes. I use my cooker 2x a week so she has plenty of recipes for me so far and ones that I will make again. Couple recipes were just okay to us but majority of the book is great.

First of all the Blue Jean Chef is an amazing lady full of very great ideas and simple recipes that most of us can do.... this book takes my pressure cooker to a whole other level... I am able to make great meals that I never thought I could with simple fresh ingredients and step by step directions... she's a great chef and she is someone I watch on QVC very often I would highly recommend that you purchase her line called Cooks Essentials as well.

This cookbook works well with the pressure cooker I bought. The instructions are clear and precise, along with pictures of the finished dish. I'm a novice at using a pressure cooker and will be using the cookbook as often as I use the pressure cooker. One thing I did learn, was that I don't like mushy veggies.

I had previously purchased Meredith's books on Pressure Cooking and I loved them. They are realistic recipes that most people will enjoy The directions are simple to follow and the dish comes out perfectly' During severe flooding last winter we sustained significant damage and loss of property and my books were a part of our loss. I had to have my books back so I purchased them again. They are worth the second purchase!

I bought a digital pressure cooker about 2 months ago and the book that came with it was by Meredith Laurence. I was so happy with some of the recipes that came with it, I ordered at least 4 more of her cookbooks.

Wonderfully diverse recipes, utilizing pressure cooker in the most unexpected ways. I made the blueberry lemon cheesecake and it was terrific. I have issues with cheesecake coming out too dry when baked in the oven (especially since I live at altitude) but this turned out wonderfully moist and dense, like cheesecake should be. Looking forward to trying other recipes in this volume.

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