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**PRESSURE COOKING**  
**SCHOOL**  
**PROGRAM**

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# Introduction

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There's never been a better—or more necessary—time to put on the Pressure Cooker than right now! If one of today's slogans is “having it all,” nowhere is that more true than in the kitchen. Today, we want foods that combine freshness and real flavor with elegance and appeal. We want hearty foods to satisfy our appetites and healthy foods to satisfy our need to feel fit, trim, and attractive. We want to eat right, eat light, and eat lean. Because we're so busy, we want to have it all, and cook it all at breakneck speed.

The key to survival (as well as satisfaction) in this fast-paced environment is . . . pressure cooking! Even with all the newfangled, high-tech kitchen gadgets on the market, the Pressure Cooker is still the fastest, most efficient, and most satisfying way to cook many foods. Plus, it's ideally suited to today's emphasis on eating for health and well being.

To help educators familiarize students with pressure cooking and how well it fits in with contemporary lifestyles and concerns, National Presto Industries, Inc. has developed this school program. It contains a variety of materials that emphasize pressure cooking's advantages. The materials are designed to help students learn to use a Pressure Cooker with ease and confidence and to recognize all the ways pressure cooking can help them eat right, as well as save time, money, and energy.

This program was created for use with Pressure Cookers utilizing rocking regulators. For use of this program in conjunction with a Pressure Cooker utilizing a different regulator, please consult the operating instructions accompanying the Pressure Cooker to examine differences in parts and functions.

This program provides five days of lesson suggestions and creative classroom activities you can incorporate into a teaching unit on pressure cooking. By incorporating these lessons and materials in your curriculum, your students will:

- Get to know the Pressure Cooker
- Use a Pressure Cooker properly
- Adapt traditional recipes for faster, easier, healthier preparation in the Pressure Cooker.
- Apply the “survival strategy” of pressure cooking to meeting the challenges of contemporary lifestyles and nutritional concerns.

# etting to know the Pressure Cooker

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**Objective:** Students will be able to explain how a Pressure Cooker works, identify the parts of the Pressure Cooker, explain their functions, and describe how to care for and store the Pressure Cooker.

**Equipment and Supplies:** A Pressure Cooker • Instruction manual that comes with the Pressure Cooker • Copies of the following information sheets and worksheets: “The Pressure Cooking Method” (pg. 3), “Pressure Pointers” (pg. 4), “Getting to Know the Pressure Cooker: How it Works” (pg. 5), “Getting to Know the Pressure Cooker: Worksheet” (pg. 6), “Getting to Know the Pressure Cooker: Answer Key” (pg. 7), and “Getting to Know the Pressure Cooker: Parts” (pg. 8).

**The Lesson:** Before class, read the instruction manual that accompanies the Pressure Cooker(s) you will be using in your class. It is very important that anyone using a Pressure Cooker becomes fully familiar with it before using it for the first time. This is done by carefully studying the instruction manual that comes with the Pressure Cooker. Since your students do not have individual copies of the instruction manual, hand out the information sheets “The Pressure Cooking Method” (pg. 3) and “Pressure Pointers” (pg. 4). Although these worksheets do not hold complete instructions, they do serve as a basic guide to understanding and using a Pressure Cooker. This lesson is designed to help you provide them with a clear understanding of the Pressure Cooker.

Begin the lesson by showing the class the demonstration Pressure Cooker. Relate the pressure cooking method and its advantages for the way we live and cook today. Explain how a Pressure Cooker utilizes steam and

pressure to raise the cooking temperature. Hand out the worksheet “Getting to Know the Pressure Cooker: How it Works” (pg. 5). Emphasize how to use a Pressure Cooker safely. Direct students to read over the important safety information at the bottom of the information sheet. Go over each safety point and explain the reasoning behind each rule.

Point out and explain the function of each part of the Pressure Cooker. Be sure to describe the proper method for cleaning and storing as described in the instruction manual.

Play “Pass the Pressure Cooker”. Pass the Pressure Cooker around so students can examine it. As each student receives the Pressure Cooker, review the main points you have made. Have the first student identify a part, the next one explains its function, the third student describe special care required. Continue until all parts have been reviewed.

Distribute copies of the worksheet “Getting to Know the Pressure Cooker: Worksheet” (pg. 6), and ask students to complete the sheet. (Remember, you may have to adjust the worksheet or assist the students if your lesson has been based on a different type of Pressure Cooker.) When students are finished with their worksheets, hand out the information sheet “Getting to Know the Pressure Cooker: Parts” (pg. 8) and discuss their answers.

**Follow Up:** Ask students who have Pressure Cookers at home to bring them to class. How do the Pressure Cookers vary with regard to features outlined in this lesson? How have the Pressure Cookers held up under prolonged use?



# the Pressure Cooking Method

The steps illustrated on this page serve as a basic guide for using a Pressure Cooker. They are not intended to be a substitution for manufacturer's instructions for different Pressure Cooker models.

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**1** Check instruction booklet for recipe, specific cooking method, and cooking time. (If food requires browning before cooking, add oil and brown thoroughly on all sides.)

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**2** Pour required amount of liquid in Pressure Cooker.

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**3** Add food, using rack if needed.

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**4** Check vent pipe to make certain it is open.

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**5** Close cover securely, according to manufacturer's instructions.

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**6** Place pressure regulator firmly on vent pipe.

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**7** Heat Pressure Cooker until pressure regulator is rocking gently.

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**8** Set timer and adjust heat to maintain gentle rocking motion of pressure regulator.

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**9** At the end of cooking time, cool Pressure Cooker at once or let pressure drop of its own accord as instructed in recipe.

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**10** When the pressure is completely reduced, the air vent/cover lock and over-pressure plug are down, remove the pressure regulator.

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**11** Remove cover and serve food.

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# Pressure Pointers

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You can use a Pressure Cooker with confidence if you remember to:

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- 1** Read the instructions which accompany the model of Pressure Cooker you are using.

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  - 2** Always use liquid in pressure cooking because it forms the steam necessary to build pressure.

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  - 3** Use the cooking rack for steaming foods and for cooking several different foods at the same time without an intermingling of flavors. Do not use the cooking rack when it is desirable to blend flavors.

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  - 4** NEVER FILL THE PRESSURE COOKER OVER TWO-THIRDS FULL. If you are cooking rice or dried vegetables do not fill it over ONE-HALF FULL. Many foods expand while cooking and if the Pressure Cooker is too full the vent pipe could become clogged. If this should occur, pressure could not be released normally; the excess pressure would build and would eventually force the overpressure plug out of its cover opening.

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  - 5** Do not cook foods which tend to sputter and froth such as applesauce, cranberries, rhubarb, pearl barley, split peas, oatmeal or other cereals, noodles, macaroni, or spaghetti. They could block the vent pipe.

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  - 6** Hold the cover up to a light and look through the vent pipe to be certain it is open before closing the cover. Keep it clear with a small brush or pipe cleaner.

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  - 7** Be especially careful to close the cover completely. Cover handle must be directly over body handle so the Pressure Cooker can seal and pressure can build.

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  - 8** Keep your eye on the pressure regulator. When it starts rocking rapidly adjust the heat to maintain a slow, steady rocking motion.

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  - 9** When the pressure regulator begins to rock, start to count cooking time. Always use a timer. Foods cook very fast in a Pressure Cooker and even an extra minute can overcook many foods, especially vegetables.

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  - 10** Follow instructions in recipe for reducing pressure. Quick cooling is usually used for delicate foods such as custards and vegetables. For dense foods such as roasts and most stews, the Pressure Cooker is set aside and pressure is allowed to drop of its own accord.

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  - 11** Never remove the pressure regulator or open the Pressure Cooker until you are certain that pressure has been reduced. (See instructions which come with your Pressure Cooker for information on how to tell when pressure has been reduced.) Always remove the pressure regulator before opening the cover.

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  - 12** Experiment with your favorite recipes. To adapt them for pressure cooking, check a similar recipe in the instruction book for cooking time, amount of liquid, and method of reducing pressure. Generally, cooking time will be reduced by about two-thirds. When trying your converted recipe for the first time, use at least one cup of liquid.
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# Getting to know the Pressure Cooker

*How it works*

Cooking under pressure enables you to prepare food quickly, nutritiously, and deliciously. The following points explain how this is possible. Please pay special attention to the Safety Information on the bottom of this page to help use your Pressure Cooker effectively.

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## Pressure

When water (or any liquid) boils, it produces steam. When steam is not allowed to escape, pressure builds inside the cooker. Under pressure, cooking temperatures can be raised significantly higher than possible under normal conditions. At 15 lbs. pressure, for example, the temperature inside the Pressure Cooker reaches 250 degrees.

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## Steam

The super-heated steam created by these heightened temperatures results in high-speed cooking (3 to 10 times faster than other conventional methods). This super-heated steam actually intensifies natural flavors, so you can use less salt, less sugar, fewer additives, fewer heavy seasonings, and still get great taste.

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## Nutrients

Pressure cooking also retains more valuable nutrients than other cooking methods. Because foods cook quickly in an almost airless environment, and with very little liquid, vitamins, minerals, and other nutrients aren't boiled away during cooking.

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## Low-Fat

Pressure cooking is virtually fat-free cooking, as well. Foods are cooked in a steam atmosphere. And using the cooking rack in the Pressure Cooker to keep foods out of the cooking liquid means fats already in foods can be cooked out and drained away.

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## Important Safety Information

To insure safe operation, make sure you always observe the following simple rules whenever you use the Pressure Cooker:

**1. Never overfill the Pressure Cooker.**

Both the overpressure plug, and pressure regulator function to release excess pressure. Neither can perform their function if they are plugged or blocked. Never fill the Pressure Cooker over  $\frac{2}{3}$  full.

**2. Always look through the vent pipe before closing the cooker to make sure it is clear.**

If the vent pipe is plugged, the pressure regulator cannot release excess pressure.

**3. Never fill the Pressure Cooker more than  $\frac{1}{2}$  full for rice, dried vegetables, and soups.**

There are a few foods like rice, dried vegetables, and soups which expand so much when cooking that the cooker should never be more than  $\frac{1}{2}$  full. Also dried vegetables must be presoaked, and rice must be cooked in a bowl. There are some foods that expand so much as a result of foaming, frothing, and sputtering that you should never pressure cook them. Never pressure cook applesauce, cranberries, rhubarb, split peas, pearl barley, oatmeal or other cereals, noodles, macaroni, or spaghetti.

**4. Replace the sealing ring and overpressure plug.**

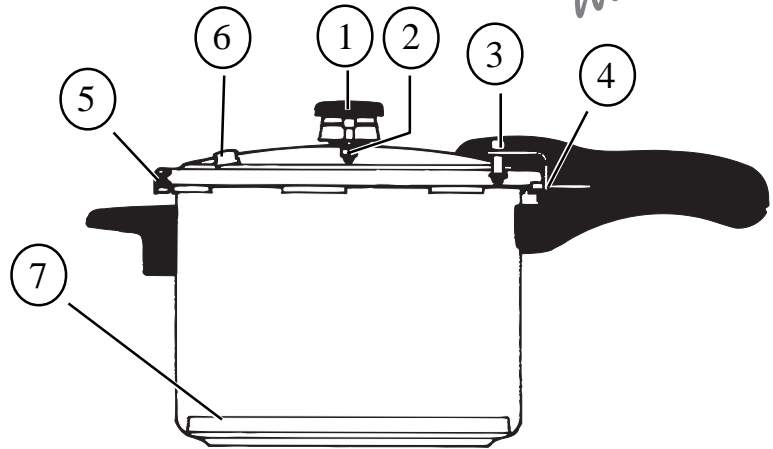
Replace the overpressure plug if it becomes hard or when replacing the sealing ring. Replace the sealing ring if it becomes hard or soft and sticky.



# Getting to know the Pressure Cooker

*Worksheet*

The Pressure Cooker is a special saucepan with unique parts not found on ordinary pots and pans. Each part has a special function which enables the Pressure Cooker to safely build up steam pressure and cook foods quickly. While the parts of Pressure Cookers may vary between models, the diagram at the right shows many of the parts found on a typical, modern Pressure Cooker.



A. In the space provided, name each part as numbered in the diagram and describe its function.

No.	Part Name	Function
1		
2		
3		
4		
5		
6		
7		

B. Describe any special care required for the parts listed above and explain how to store a Pressure Cooker when not in use. Use the reverse side if necessary.





# Getting to know the Pressure Cooker

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*Answer Key*

**Part A:**

See chart on page 8.

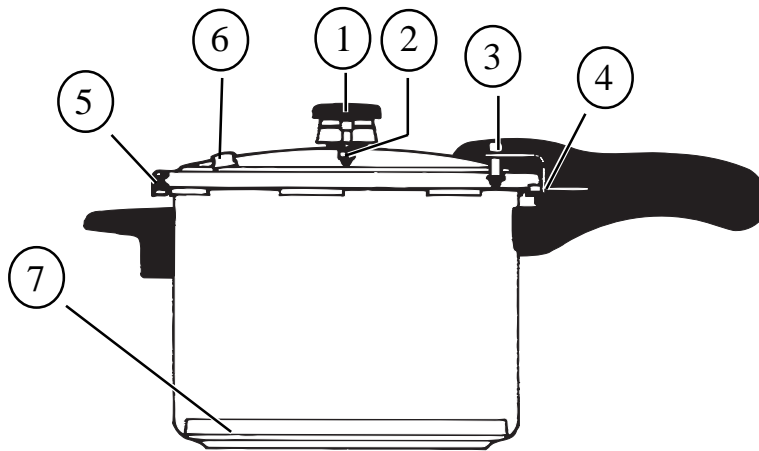
**Part B:**

See the instruction manual of your classroom Pressure Cooker for specifics on care and cleaning. Generally the sealing ring groove should be cleaned periodically and a light coating of cooking oil should be applied to the underside of the Pressure Cooker body lugs. The sealing ring and overpressure plug should be replaced at least every two years (see instruction manual). The vent pipe should be cleaned with a small brush or pipe cleaner. For proper storage, the cover should be inverted on the Pressure Cooker body with the sealing ring out of the groove. Storing a Pressure Cooker with the cover locked on may cause unpleasant odors and may deform the sealing ring.



# Getting to know the Pressure Cooker

*Parts*



No.	Part Name	Function
1	Pressure Regulator	The Pressure Regulator controls and maintains 15 pounds of pressure in the Pressure Cooker. This is the ideal cooking pressure and is obtained when the Pressure Regulator begins a gentle rocking motion.
2	Vent Pipe	The pressure regulator fits on the Vent Pipe and allows excess pressure to be released.
3	Air Vent/ Cover Lock	The Air Vent/Cover Lock automatically “vents” or exhausts air from the Pressure Cooker and acts as a visual indication of pressure in the Pressure Cooker. When the Air Vent/Cover Lock is up, there is pressure in the unit. When it is down there is no pressure in the unit.
4	Lock Pin	The Lock Pin, located on the cover handle, engages with the air vent/cover lock to prevent the cover from being opened when there is pressure in the unit.
5	Sealing Ring	The Sealing Ring fits into the Pressure Cooker cover and forms a pressure-tight seal between the cover and the body during cooking.
6	Overpressure Plug	The Overpressure Plug is located in the cover. It will automatically release steam in case the vent pipe becomes clogged and pressure cannot be released normally.
7	Cooking Rack	The Cooking Rack is placed on the bottom of the Pressure Cooker for steaming foods. It also holds foods such as vegetables out of the cooking liquid which allows the cooking of several different foods at the same time without any intermingling of flavors. When it is desirable to blend flavors, do not use the Cooking Rack.



# Cook & Compare

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**Objective:** Students will be able to demonstrate the proper use of the Pressure Cooker, state the differences between foods prepared in the Pressure Cooker and those cooked by conventional methods, and explain the nutritional advantages of pressure cooking.

**Equipment and Supplies:** Pressure Cookers and pressure cooking instruction manuals (one for each student group) • Various cookbooks • Food • Timers (one for each student group) • Copies of the “Cook and Compare” worksheet (pg. 10).

**The Lesson:** Lead a class discussion on the increasing awareness of nutrition in this country and the connection between diet and health. Have students list the basic rules we now know are important for healthy eating: more fiber, more complex carbohydrates, more fresh and minimally processed foods, less saturated fat, less sugar, less sodium, and less cholesterol.

Ask students to suggest ways they can improve their diet. Do they think they have to give up their favorite foods to eat well? Do they think cooking “healthy” takes more time and effort? Do they think they do eat “right”? If not, why not?

Nutritionists agree that the most successful method for improving eating habits isn’t drastic changes, but a change in the overall approach. A diet based on a wide variety of minimally processed foods affords the best chance of a healthy diet . . . emphasizing whole grain breads and cereals, legumes, fruits, vegetables, low-fat dairy products, fish, skinless chicken, turkey, and lean meats, and cooking them from scratch.

That’s where the Pressure Cooker can really help. It’s fast enough to make cooking from scratch a lot less time consuming. And it’s

ideal for cooking up hearty, filling, satisfying meals made from wholesome ingredients.

Divide the class into cooking groups. Assign each group to prepare a food using the pressure cooking method and another cooking method. (If time and budget permit, you might want to conduct a series of comparisons.) Distribute the worksheet “Cook and Compare” (pg. 10) for students to fill in.

Foods you might want to include are:

- Fresh vegetables
- Stews and fricassees using inexpensive cuts of meats\*
- Roasts and poultry\*
- Desserts (crisps, custards, puddings)

*\*Note: Preparation of meat and poultry by other cooking methods may take longer than a class period.*

In order to make fair comparisons in flavor, the recipes should contain similar ingredients. It is suggested that students first consult recipes designed for use with the Pressure Cooker. These have been thoroughly tested. Using the same ingredients, they can adapt the recipe for other cooking methods. They should consult cookbooks to adjust liquid and cooking time.

Each class member should taste and compare all of the foods prepared and discuss their findings. Afterwards, the class can compile a list of the advantages of the pressure cooking method.

**Follow Up:** Students can create a display which compares cooking times of foods prepared in the Pressure Cooker with foods cooked using other methods.



# Cook & Compare

*Worksheet*

Use this worksheet to compare food cooked by pressure cooking with the same food cooked by another method.

**Food:**

	<b>Pressure Cooking Method</b>	<b>Other Cooking Method</b>
<b>Recipe Source:</b>		
<b>Page Number:</b>		
<b>Ingredients:</b>		
<b>Preparation Steps:</b>		
<b>Total Amount of Liquid Used:</b>		
<b>Cooking Time:</b>		
<b>OBSERVATIONS</b>		
Total amount of liquid remaining after cooking:		
Color of cooking liquid:		
Flavor of cooking liquid:		
Color of food:		
Flavor of food:		
Texture of food:		
Other Comments:		



# ast Food

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**Objective:** Students will be able to demonstrate their ability to prepare food in the Pressure Cooker, describe ways a Pressure Cooker saves time and conserves energy, and describe how the Pressure Cooker fits in with contemporary lifestyles.

**Equipment and Supplies:** Ingredients for fast food recipes • Pressure Cookers and pressure cooking instruction manuals (one for each student group) • Timers (one for each student group) • Various cookbooks • Copies of the “Fast Food” worksheet (pg. 12).

**The Lesson:** Discuss the day-to-day lifestyles of your students and their families, bringing current trends (i.e. working mothers) into the discussion. Ask students about their concept of “time.” Do they think they have enough time? Where do they cut corners?

Point out how “convenience” has become a multi-billion dollar industry in our society and ask students to suggest ways people routinely “buy time.” Have them describe what events, activities, etc. are normally going on at their homes during a typical weekday evening while the dinner meal is being prepared. Who prepares it? Who helps? Are convenience foods used? Do they order out or carry in? How often? It won’t take long for your students to realize that “food” is one area where the willingness to pay a higher price for a faster result crosses all income brackets and all the different family configurations represented by the class.

Discuss the concept of “fast food” and have students determine which is better — food that is simply fast or good food that is simple and fast to make. Discuss the time and energy required to prepare food in the

Pressure Cooker as contrasted with other cooking methods.

Distribute the worksheet “Fast Food” (pg. 12). Divide the class into cooking groups, and assign each group a recipe to prepare. Before they begin to cook, you may want to quickly review the pressure cooking method. Make sure they have “The Pressure Cooking Method” (pg. 3) and “Pressure Pointers” (pg. 4) handouts, and the instruction book for the Pressure Cookers they are using.

While the foods are cooking, students should consult a cookbook to discover the time it would take to cook their dish using other methods. If time permits, have some groups prepare recipes using another cooking method to provide time and taste comparisons.

When the foods have been cooked, set up a “buffet” for students to sample each of the foods. Evaluate them for flavor, texture, appearance, and cost. Discuss what other foods should accompany each dish to make a nutritious family meal or party meal.

Discuss the time and energy required to prepare the fast food in the Pressure Cooker as contrasted with other cooking methods.

**Follow Up:** Have the class compile a list of their favorite foods. Examine the list to identify foods which can be cooked in the Pressure Cooker to save time and energy.

Discuss the ways the Pressure Cooker fits into contemporary lifestyles.

Students might create short skits or write newspaper articles about how the Pressure Cooker helps get a meal on the table in minutes.

## Chili

- 2 lbs. ground beef
- 2 tablespoons cooking oil
- 2 cups sliced onion
- 2 ½ cups tomato juice
- 1 large clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon sugar
- Salt and pepper
- 1 10 ½-ounce can kidney beans

Heat Pressure Cooker; add oil and brown ground beef. Add remaining ingredients and mix well. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MIN. with regulator rocking gently. Let pressure drop of its own accord. Garnish with cheese slices, if desired. Serves 6-8.

## Honey Glazed Chicken

- 3 lbs. chicken, cut into serving pieces
- 2 tablespoons cooking oil
- ¼ cup honey
- 1 tablespoon soy sauce
- ½ cup water

Heat Pressure Cooker; add oil and brown chicken. Combine honey and soy sauce; brush on chicken. Pour water and remaining sauce in Pressure Cooker; add chicken. Close cover securely. Place pressure regulator on vent pipe and COOK 12 MIN. with regulator rocking gently. Cool Pressure Cooker at once. Crisp chicken under broiler if desired. Serves 4.

## Barbecued Ribs

- 3 lbs. spareribs, cut into 2½-inch pieces
- Salt, pepper, and paprika
- 1 tablespoon cooking oil
- 1 large onion, sliced
- ½ cup barbecue sauce
- 1 cup water

Season ribs with salt, pepper, and paprika. Heat Pressure Cooker; add oil and brown ribs. Place onion slices between ribs. Combine barbecue sauce and water; pour over ribs. Close cover securely. Place pressure regulator on vent pipe and COOK 17 MIN. with regulator rocking gently. Cool Pressure Cooker at once. If desired, crisp ribs under broiler and garnish with lemon slices. Serves 4.

## Hot Beef Sandwiches

- 2 lbs. round steak, 1½-inch thick
- 1 tablespoon cooking oil
- 1½ cups water
- Salt and pepper
- 1 onion, sliced
- Sesame seed buns or hard rolls

Heat Pressure Cooker; add oil and brown meat. Place water, cooking rack, and meat in Pressure Cooker. Season meat with salt, pepper, and onion. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MIN. with regulator rocking gently. Let pressure drop of its own accord. Thinly slice meat diagonally, and serve on buns or rolls. If desired, thicken gravy, or serve with catsup. Serves 6-8.

**Notes:** \_\_\_\_\_

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# Meal-In-One

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**Objective:** Students will be able to plan a three part meal which can be cooked in the Pressure Cooker at one time, adjust recipes so that cooking times for all parts of the meal are the same, and describe ways the Pressure Cooker saves time and energy.

**Equipment and Supplies:** Pressure cooker instruction manuals • Pressure cooker cookbooks • Copies of the worksheet “Meal-in-One” (pg. 14).

**The Lesson:** One of the handiest advantages of pressure cooking is being able to prepare an entire meal at one time, in only one pot. By using the cooking rack to keep certain foods out of the cooking liquid, each food retains its own individual flavor.

Ideally you should select foods which require the same cooking time when planning a Pressure Cooker meal-in-one. Have the class consult Pressure Cooker recipes to compile a list of foods in each category—entree, vegetable, and dessert—which require the same pressure cooking time.

Also discuss various ways foods can be prepared in order to adjust the cooking time. The size of the food pieces, for example, will affect the cooking time. One-half inch slices of potato cook in 3 minutes, while three-quarter inch slices take 5 minutes. So, you can adjust cooking times by cutting foods into larger or smaller pieces.

It’s also possible to quick cool a Pressure Cooker at a strategic point during the cooking process and add additional foods to the cooker. Just be sure pressure is completely

reduced before opening the cover. Add the new foods, replace the cover and pressure regulator. Bring the Pressure Cooker back up to pressure with the regulator rocking slowly. Time the remaining cooking time from this point.

Distribute copies of the handout, “Meal-in-One” (pg. 14). Have the students study the handout, then ask them to plan their own meal-in-one (see pg. 15 for a menu option). Ask them to compute the total cooking time for the meal using the pressure cooking method, then compare it with the time it would take to prepare the meal by other cooking methods. They should estimate the number of minutes surface burners and ovens are in use with each method, counting the minutes for each heat source separately and adding them together for the total. Discuss the implications of fuel conservation in preparing meals-in-one.

**Follow Up:** If time and budget permit, students should select meals to prepare in class.

Create posters which explain ways to save time using the pressure cooking method.

The Pressure Cooker is especially suited for cooking where fuel is limited. For example, camping and boating enthusiasts often cook on alcohol stoves. They have also found the meal-in-one facility of pressure cooking a real asset because it eliminates the need for carrying and storing additional pots and pans. Have students prepare meal-in-one menus for camping or boating.





**Chicken with Fruit Sauce**  
(Whole Meal In The Pressure Cooker)

\*Chicken with Fruit Sauce  
\*Assorted Vegetables

Hot Dinner Rolls  
Strawberry Compote

Milk, Coffee, or Tea

***Chicken with Fruit Sauce***

5	tablespoons unsweetened pineapple juice		***
1	tablespoon dried cranberries	1	tablespoon vegetable oil
1/8	teaspoon crushed red pepper	1	chicken breast, skinned & boned, cut in half lengthwise
1	small clove garlic, minced	1	cup water
2	tablespoons red current jelly		

Servings: 1, *Per Serving* —Calories: 267, Fat: 7 g, Sodium: 66 mg, Cholesterol: 73 mg

***Assorted Vegetables***

1	ear of corn, frozen	1	cup brussel sprouts, frozen
1	red potato, cut into wedges		

Servings: 1, *Per Serving* —Calories: 195, Fat: 0 g, Sodium: 37 mg, Cholesterol: 0

**How to Prepare:**

1. *Chicken with Fruit Sauce*: Combine the first five ingredients in a small saucepan. Bring mixture to a boil; COOK 7 MINUTES or until mixture is thick and syrupy. Keep warm. Pour oil into 4-quart Pressure Cooker. Brown chicken on all sides. Remove chicken. Place cooking rack and water in Pressure Cooker. Place chicken on rack. Spoon half of fruit sauce over chicken.
2. *Assorted Vegetables*: Place corn, potato wedges and brussel sprouts on cooking rack.
3. Pressure Cook: Close cover securely. Place pressure regulator on vent pipe. COOK 4 MINUTES, at 15 pounds pressure, with pressure regulator rocking slowly. Cool Cooker at once.
4. To Complete: Remove chicken and vegetables from Cooker. Spoon remaining fruit sauce over chicken. Season vegetables as desired.



# Presto Party!

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**Objective:** Students will be able to demonstrate how to prepare party foods in the Pressure Cooker, while saving time and effort.

**Equipment and Supplies:** Pressure Cookers and Instruction Manuals (One for each student group) • Timers (One for each student group) • Copies of “Presto Party: Recipes” (pgs. 17-22) • Various cookbooks.

**The Lesson:** Busy lifestyles leave little room for lavish entertaining. Pressure cooking can help harried hosts make entertaining elegant, yet easy; fancy, yet fast. Pass out copies of the handout, “Presto Party: Recipes” (pgs. 17-22). Since regional and ethnic foods are one of today’s most exciting entertainment trends, have students each choose a regional menu that they would like to build a party around.

Assign each student the task of planning a complete party around the menu they select.

Include decorations, music, table settings, and centerpieces. Have them prepare a time table, estimating how long each phase of the preparation will take and listing tasks in order of when they should be done.

Next, have students consult various cookbooks to discover the time it would take to cook similar dishes using other cooking methods. Lead a discussion on how much time and effort can be saved by using the Pressure Cooker for entertaining.

**Activity:** Have students choose a menu for an in-class party to celebrate the completion of the pressure cooking study unit. Divide the students into groups. Assign several groups the task of cooking the various dishes on the menu (adjust quantities for class size). Assign other groups to provide decorations, music, table settings, and centerpieces to create a festive and authentic atmosphere for the party.

# resto Party *Recipes*

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Today, one of the most exciting trends in American entertaining is rediscovering the festive spirit found in our unique heritage. Every region of the country has its own style of cooking, its own “native” recipes, and its own delightful entertaining traditions. Now modern Americans are taking new pride in presenting these regional specialties to their guests at everything from classic sit-down dinners to informal family-style suppers.

Whatever the occasion, whatever the menu, hosts and hostesses from coast to coast have one thing in common. They all want creative ways to make entertaining easy, yet elegant. And nothing answers the need better than pressure cooking. When the pressure’s on, pressure cooking is the busy entertainer’s best friend!

All kinds of authentic crowd-pleasing recipes cook to perfection in the Pressure Cooker. And they do it quickly - three to ten times faster than with ordinary cooking methods. Plus, with pressure cooking’s versatility, it’s easy to prepare several dishes or a complete party menu at one time.

No matter what state you hail from or call home, there’s an American favorite that is sure to please your party guests. Here are just a few stateside specialties for you to try next time you entertain. Each recipe is based on traditional, historical American cooking styles. But these new renditions have all been modified and tested to represent the tastes, techniques, and refinements of contemporary cuisine.

So, rediscover the festive spirit of celebrating USA style with these great all-American recipes and menus. It’s easy with quick and convenient pressure cooking - the secret to elegant entertaining under pressure!

# Celebrating Coast to Coast!

## Southwest

Today's informal barbecue (from the Spanish *barbacoa*, meaning a "frame") is a miniature counterpart of the huge outdoor feasts popularized by cowboys, campaigning politicians, and cattle ranchers in the early days. Texans in particular were famous for roasting great quantities of beef on green wood frames over open fires. During the slowroasting, an equally impressive amount of spicy, tomato-spiced barbecue sauce was used to baste the meat.

### Texas Barbecue Pot Roast

½	cup catsup	4-4 ½	pound, eye of round,
½	cup apricot preserves		bottom round,
¼	cup dark brown sugar		boneless chuck roast
¼	cup white vinegar		or pork loin roast
½	cup Teriyaki or Soy sauce	1 ½	cups water for beef or
1	teaspoon crushed dry red pepper	2	cups water for pork
1	teaspoon dry mustard	1	large onion, sliced
¼	teaspoon pepper		

Prepare barbecue sauce by mixing together catsup, preserves, brown sugar, vinegar, Teriyaki, red pepper, mustard, and pepper. Place roast and barbecue sauce in a large plastic bag, or glass dish. Refrigerate overnight. Place water and cooking rack in a 6-quart Presto® Pressure Cooker. Cover rack with half of the sliced onions. Remove roast from sauce (reserve sauce). Put roast on onions and cover with remaining onions. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook at 15 pounds pressure, with regulator rocking slowly, for the following doneness: 8 to 10 minutes per pound for rare; 10 to 12 minutes for medium; at least 12 to 15 minutes per pound for well-done meat. Cook pork 15 minutes per pound until well done. Let pressure drop of its own accord. Meanwhile, place reserved barbecue sauce in a saucepan and simmer, until reduced by about one-half, stirring occasionally. Remove roast and keep warm. Discard cooking water or use for making soup. Puree onions in a blender or food processor and add to reduced barbecue sauce. Serve sauce with sliced roast. Makes 8 to 10 servings.

MENU SUGGESTION: Barbecue Pot Roast, Butternut Squash, Cole Slaw, Jalapeño Corn Bread, Texas Pecan Cake

## Gulf Coast

Down in the bayou, a uniquely American cooking style was born - Creole cuisine. An outstanding example of the American "melting pot," Creole cookery was the ingenious creation of descendants from the original French and Spanish settlers in Louisiana. They spiced it up with influences from the Choctaw Indians and Africa, devising savory new recipes. Creole Cod reflects both the careful use of seasonings characteristic of French cooking and the love of hot, spicy flavors that is typically Spanish.

### Creole Cod

¼	cup vegetable or olive oil	2	(1-pound) packages
2	cups chopped onion		(blocks) frozen cod fillets
1	large green pepper, chopped	2	bay leaves
1	cup chopped celery	1	tablespoon Paprika
2	cloves garlic, minced	½	teaspoon cayenne pepper
1	(28-ounce) can tomatoes, chopped	1	teaspoon salt
¼	cup white wine		

Sauté onion, green pepper, celery, and garlic in oil in a 4- or 6-quart Presto® Pressure Cooker. Remove vegetables from pan and reserve. Drain juice from tomatoes (about 1 cup). Place the tomato juice, wine, and cooking rack in Pressure Cooker. Put 2 frozen blocks of fish on rack in a criss-cross fashion. Do not allow fish to extend above the ⅔ full level in the Pressure Cooker. It may be necessary to break fish up slightly. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 5 minutes, at 15 pounds pressure, with regulator rocking slowly. Cool Pressure Cooker at once. Remove fish and reserve. Add sautéed vegetables, tomatoes, bay leaves, paprika, cayenne pepper and salt to juices in Pressure Cooker. Break reserved fish into large chunks and place in Pressure Cooker. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 0 minutes at 15 pounds pressure. Cool cooker at once. Remove fish. Pour sauce over fish, discarding bay leaf. Serve in bowls with a portion of cooked rice in the center.  
Serves 8.

MENU SUGGESTION: Creole Cod, Rice, Romaine Lettuce Salad, French Bread, Bread Pudding

## ***Northeast***

Hardworking colonists relied on hearty fare to foil the chill of autumn evenings in New England. So, Yankee ingenuity created the boiled dinner. It's robust, "stick to the ribs" eating that's ripe with history and the bounty of the harvest.

### **Colonial Boiled Dinner**

3	pound beef brisket	3-4	carrots, peeled & quartered
½	cup Teriyaki sauce	2	cups turnips, peeled & sliced
2	cups water	2	large onions, quartered
3-4	small red potatoes, unpeeled and cut in half	1	pound cabbage, cut into 6-8 wedges

Place beef brisket and Teriyaki sauce in a large plastic bag or a glass dish. Refrigerate, turning two or three times, for 1-2 days. Place 1 cup water and cooking rack in a 4- or 6-quart Presto® Pressure Cooker. Remove brisket from sauce and put on rack. (Discard sauce.) Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 40 minutes, at 15 pounds pressure, with regulator rocking slowly. Let pressure drop of its own accord. Remove meat and keep warm. Add an additional 1 cup water to Pressure Cooker. Put vegetables on rack. Do not fill Pressure Cooker over ⅔ full. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 3 minutes, at 15 pounds pressure, with regulator rocking slowly. Cool cooker at once. Serve brisket thinly sliced, surrounded by vegetables. Makes 8 servings.

MENU SUGGESTION: Colonial Boiled Diner, Molded Cranberry Salad, Brown Bread, Pumpkin Custard

## ***Midwest***

Beef emerged as a staple of the American diet when the wide, sweeping ranges of the west and the Great Plains became accessible by railroad in the 1800s. From the Midwestern stockyards, prime, corn-fed beef was transported coast to coast - to the delight of the American palate. This succulent beef dish typifies the creative ways U.S. cooks served the "world's best" beef.

### **Chicago Steak Rollups**

2 ½	pounds round steak, cut 1/2 inch thick	¼	cup chopped green pepper
1	cup flour	¼	cup chopped celery
1	teaspoon salt	1	teaspoon salt
½	teaspoon pepper	1	egg, beaten
1	cup fresh bread crumbs	2	tablespoons margarine, melted
1 ¼	cups chopped onion	•••••	
2	cups finely chopped butternut squash (peeled)	¼	cup margarine
		1	cup water

Cut meat into 8 pieces and pound until ¼ inch thick. Combine flour, 1 teaspoon salt and pepper. Dredge seasoned flour into each piece of meat. Mix together bread crumbs, onion, squash, green pepper, celery, 1 teaspoon salt, egg, and 2 tablespoons melted margarine. Spread squash mixture evenly over each piece of meat, roll, and fasten with a toothpick. Brown meat rolls on all sides in ¼ cup margarine in a 4- or 6-quart Presto® Pressure Cooker. Remove rolls from pan. Place 1 cup water and cooking rack in Pressure Cooker. Put rolls on rack. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 15 minutes, at 15 pounds pressure, with regulator rocking slowly. Cool cooker at once. Remove beef rolls to warm serving platter. Pan juices may be thickened for gravy. Makes 8 servings.

MENU SUGGESTION: Chicago Steak Rollups, Noodles, Baby Carrots, Marinated Cucumbers, Cherry Pie

## ***West Coast***

When the West was settled, many Orientals were numbered among the people who populated this land of milk and honey. Long expert in the art of preparing chicken, they set their Far Eastern cooking skills to work creating tantalizing chicken entrees that capitalized on the coast's cornucopia of fruits and vegetables. San Francisco Chicken combines the delicate flavor of oranges with age-old Oriental touches of ginger and Soy sauce.

### **San Francisco Chicken**

3	pound chicken, cut into serving pieces	2	tablespoons Soy sauce
1	cup water	1/8	teaspoon ginger
1	green pepper, cut into thin strips	1	tablespoon brown sugar
1	onion, cut into thin strips	2	teaspoons margarine
1/2	teaspoon grated orange rind	1	tablespoon cornstarch
1/2	cup orange juice	1/4	cup slivered almonds
2	tablespoons sherry		

Place chicken on rack in a 4- or 6-quart Presto® Pressure Cooker. Add water. Cover with green pepper, onion, and grated orange rind. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook 8 minutes, at 15 pounds pressure, with regulator rocking slowly. Cool Pressure Cooker at once. Meanwhile, prepare orange sauce by mixing together orange juice, sherry, Soy sauce, ginger, brown sugar, margarine, and cornstarch. Cook over medium heat until thickened, while stirring constantly. Remove chicken and vegetables to heated platter. Spoon orange sauce over chicken and sprinkle with slivered almonds. May be garnished with orange slices. Makes 6 servings.

MENU SUGGESTION: San Francisco Chicken, Chinese Noodles, Salad Bar, Sourdough Bread, Fresh Fruit in Wine

## ***South***

One of the chief meat dishes of the early Virginia settlers, ham rapidly became a mainstay of Southern cuisine. It graced the tables of everyone from the humblest farmer to the most genteel landowner. Southern Stuffed Ham Steaks are an updated version of an authentic recipe developed in Charles Country, Maryland over three hundred years ago. For real Southern hospitality, serve it with Hoppin' John, another American favorite featuring black-eyed peas and long grain rice.

### **Southern Stuffed Ham Steaks**

1 1/2	cups chopped fresh spinach, or 1 (10-ounce) package frozen spinach*	1/4	Crushed dry red pepper, to taste teaspoon salt
1 1/2	cups chopped fresh collard greens, or 1 (10-ounce) package frozen collard greens*	1/3	cup instant mashed potato flakes
1 1/4	cups chopped onion	2	ham steaks (1 to 1 1/2 pounds each, cut about 1-inch thick)
1/2	cup chopped celery	1 1/2	cups water

Mix together spinach, greens, onion, celery, red pepper, salt and potato flakes. If necessary, trim ham steaks to fit into a 6-quart Presto® Pressure Cooker. Pour water into Pressure Cooker. Place one ham steak on rack in Pressure Cooker. Spread spinach mixture evenly over the ham steak. Place the other ham steak on top of the spinach mixture. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 5 minutes, at 15 pounds pressure, with regulator rocking slowly. Let pressure drop of its own accord. Remove ham to heated platter and slice. Makes 8 servings.

\*If using frozen products, defrost and press to remove excess water.

MENU SUGGESTION: Southern Stuffed Ham Steaks, Hoppin' John, Lettuce/Tomato/Cucumber Salad, Biscuits, Strawberries and Cream

## ***Pennsylvania Dutch***

In the fertile hills of Pennsylvania, devout Dutch settlers established colonies of farms and small cottage industries dedicated to honest hard work. Here they also nurtured a cuisine that reflected the generosity of the land they lived on. Hearty soups and stews flavored with meats that were butchered and prepared at home were standard fare. Many of them featured light, airy gnepp - dumplings - floating temptingly on the top.

### **Lancaster Soup ‘N Dumplings**

1	(13 <sup>3</sup> / <sub>4</sub> -ounce) can chicken broth or 1 <sup>3</sup> / <sub>4</sub> cups	1	pound cabbage, shredded
2	pounds pork shoulder with excess fat removed	1	cup chopped onion
1	teaspoon salt	<sup>1</sup> / <sub>2</sub>	cup chopped fresh tomato
<sup>1</sup> / <sub>2</sub>	teaspoon freshly ground black pepper	2	teaspoons paprika
		1	(4-ounce) can sliced mushrooms, including liquid
		4	cups water

Place chicken broth, salt, pepper, and cooking rack in a 6-quart Presto® Pressure Cooker. Place pork on rack. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook for 30 minutes, at 15 pounds pressure, with regulator rocking slowly. (Meanwhile, prepare DUMPLINGS.) Cool Pressure Cooker at once. Remove pork and cooking rack and set aside, reserving liquid. When meat is cool, remove from bones and add to reserved liquid. (This may be done a day ahead.) When ready to prepare soup, put meat and reserved broth in Pressure Cooker. Add cabbage, onion, tomato, paprika, mushrooms, and water to meat mixture. Close Pressure Cooker cover securely. Place pressure regulator on vent pipe. Cook 5 minutes at 15 pounds pressure. Let pressure drop of its own accord. Add dumplings and cook as directed in dumpling recipe. Makes 8 servings.

### **Dumplings**

1 <sup>1</sup> / <sub>2</sub>	cups all-purpose flour	1	tablespoon shortening
2 <sup>1</sup> / <sub>2</sub>	teaspoons baking powder	2	tablespoons chopped fresh parsley
<sup>1</sup> / <sub>2</sub>	teaspoon baking soda	1	egg, beaten
<sup>1</sup> / <sub>2</sub>	teaspoon salt	1	(8-ounce) carton plain yogurt
1	teaspoon caraway seeds		

Mix flour, baking powder, baking soda, salt, and caraway seeds in mixing bowl; cut in shortening. Add chopped parsley. Mix together egg and yogurt; add to flour mixture and mix until just moistened. When soup is finished, drop mixture by rounded tablespoonsful onto top of simmering soup. Do not use Pressure Cooker cover. Steam, uncovered, for 25 minutes over medium heat. Serve 1 dumpling in each bowl of soup. Accompany with extra yogurt, if desired. Makes 8 dumplings.

MENU SUGGESTION: Lancaster Soup ‘N Dumplings, Pickled Yellow Beans, Corn Relish, Red Beet Salad, Rolls with Apple Butter, Shoo-fly Pie

# Study Questions

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How much do you know about pressure cooking? On a separate sheet of paper answer each question as completely as you can.

- 1** Why should you always inspect the vent pipe before using the Pressure Cooker?

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  - 2** Why must the Pressure Cooker never be over two-thirds full?

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  - 3** When should the Pressure Cooker be no more than half full?

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  - 4** Why must liquid be used in the pressure cooking method?

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  - 5** Why should you always use a timer for pressure cooking?

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  - 6** What action should you take if the pressure regulator is rocking rapidly?

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  - 7** How can pressure be reduced quickly?

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  - 8** Which foods require quick pressure reduction? Why?

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  - 9** How can pressure be reduced gradually?

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  - 10** Which foods require gradual pressure reduction? Why?

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  - 11** When can different foods be cooked together in a single Pressure Cooker?

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  - 12** What is the cooking rack used for?

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  - 13** Which foods should never be cooked in the Pressure Cooker? Why?

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  - 14** What special care should be given to the sealing ring on the Pressure Cooker?

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  - 15** How can your favorite recipes be adapted for use in the Pressure Cooker?

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  - 16** What are the advantages of pressure cooking?

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  - 17** In what ways does a Pressure Cooker help save money?

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  - 18** How does pressure cooking help to preserve nutrients?

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  - 19** Why should you keep the instruction manual for the Pressure Cooker?
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