

Pressure Cooker

Written by W.J.Pais

HTML clipboard [Pressure cooker](#) is a modern cooking tool. Under pressure, food cooks faster, with less liquid. The liquid in which one cooks meat, retains the nutrients, and can be used in the food preparation.

The pressure cooker base vessel can be of different sizes. Large one for cooking different foods at the same time. The standard size is for cooking regular foods. The pan model, is to cook smaller quantities of meat, or Vegetable.

Follow the recommendation regarding the amount of water to be put in the vessel for cooking, which comes with the Instruction Manual. The top lid has a rubber gasket, which might require replacement from time to time. If a gasket, which lets out steam is folded, and shows cracks, then it is to be replaced. If it is flexible, it should be good. The gasket should fit properly, if the steam has to be retained. So always use the original gasket, supplied by the manufacturer. On the lid there is a nozzle which is used to fit the weight, that comes with the Pressure Cooker. Read carefully about the weight in the manual. It should fit snugly and again, the original weights supplied by the Manufacturer should be used, lest duplicates allow steam to escape. There is also a safety valve, which with blow off, if excess pressure is built in the cooker. Once it has blown off, a new one from the Manufacturer should be used.

Prepare the pressure cooker, with sufficient water, and ingredients. and close the lid with gasket on, but without the weight. Start cooking, and when the steam starts escaping from the nozzle, place the required weight on the nozzle, and wait, for the first whistle. Now the flame should be reduced, and time the cooking according to the times recommended in the Instruction Manual. Meat takes longer than vegetables.

When the time is reached, put the stove off and wait for it to cool. After some time, slightly bend the weight with the tongs, without removing it, and see if there is still pressure and the steam escapes fast. Allow it to cool more. When done, you will notice that the pressure escapes gently. Then you can remove the weight, and unscrew the lid. It is better to allow the normal course, as the ingredients continue to cook in the pressure. But if you are in a hurry, you can place the pressure cooker under a running tap, and allow the top to cool, and the pressure is neutralized, and by the same method of slanting the weight, you will know if all the pressure has escaped or not. When it is safe, you can open the lid.

You may continue to cook in the same liquid as it contains all the nutrients of the ingredients. Use the spices recommended in your recipe.