

This book will help you make the most of this invaluable and fuel-efficient kitchen appliance so that you can create really tasty meals in a fraction of the time with conventional methods. The result is that you'll save money, time and energy. But that's not all. Because pressure cooking is effectively steaming, it keeps in so much more of the natural goodness content of foods and is therefore much healthier too. In *Making the Most of Your Pressure Cooker* you'll discover how to pressure-cook complete meals, soups, desserts, vegetables and even preserves in double quick time.

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