

# Cooking Under Pressure

FCS Teachers In-service

April 4, 2019

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# What is Pressure Cooking?



- ❖ A food-preparation method using trapped steam
- ❖ Retains the flavors and nutrients of the food
- ❖ Saves energy compared to other cooking methods





# The parts of an electric pressure cooker



## ❖ Inner Pot:

- The inner pot fits inside the base unit
- It is removable for washing
- It is essential for cooking – Do Not operate your Electric Pressure Cooker without the inner pot





# The parts of an electric pressure cooker

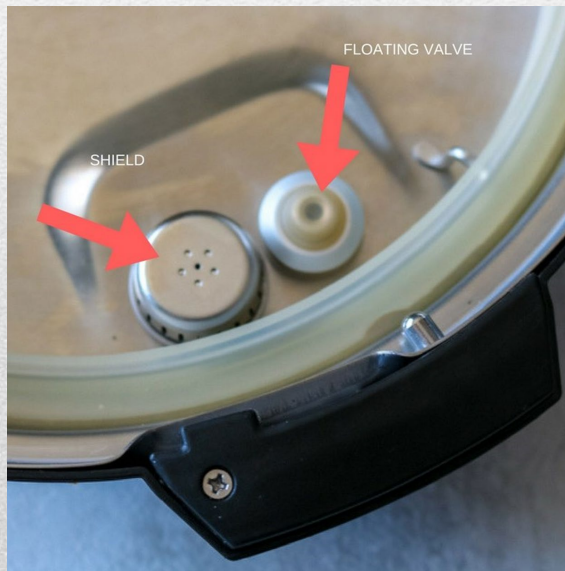


- ❖ Silicon/Inner Ring:
  - This is on the lid of the Electric Pressure Cooker and helps to seal in the pressure
- ❖ Use Different rings for Sweet Dishes vs Savory Dishes





# The parts of an electric pressure cooker



## ❖ Floating Valve and Shield:

- Shield prevents food from getting trapped in the valve
- Float valve pushes up and seals cooker when pressure is sufficient





# How do I use the settings?



- ❖ Some pressure cookers have multiple program buttons
- ❖ Each button refers to a different cooking method with preset cook time





# How to release pressure



- ❖ There are two ways to safely release pressure from an Electric Pressure Cooker: the Natural Release Method (NR) and the Quick Release Method (QR).





# Natural release



❖ Natural Release (NR)  
lets pressure dissipate  
on its own

- 10-30 minutes
- More liquid=longer time to depressurize
- Foods stay intact
- Best for foamy foods or dishes with lots of liquid





# Quick release



- ❖ Quick Release (QR) is manually venting the cooker
  - 1-2 minutes
  - Best for foods that might overcook (seafood or vegetables)
  - Not recommended for high starch foods
  - Wait until all steam is released before taking off the lid of the pressure cooker





# Safety Tips:



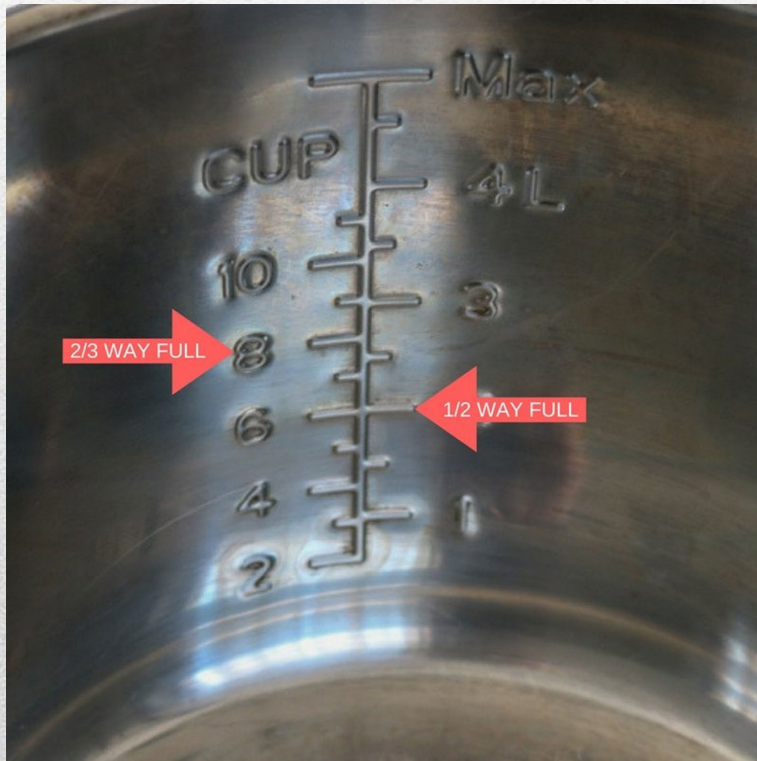
## ❖ How To Safely Remove Lid:

- Always tilt lid away when opening
- Wear waterproof, heat-resistant silicone gloves





# Safety Tips:



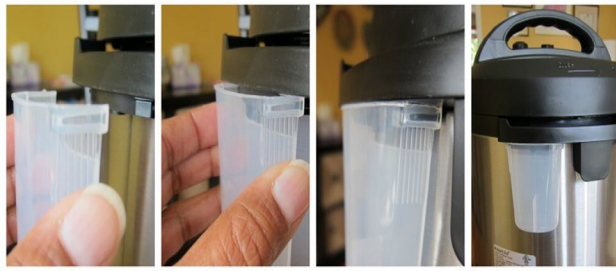
## ❖ Do Not Overfill:

- Max Line printed on Inner Pot is not intended for Pressure Cooking
- For Pressure Cooking: maximum 2/3 full
- For Food that Expands During Cooking (such as grains, beans and dried vegetables): maximum 1/2 full





# How to clean



## ❖ Condensation Collector:

- Remove and hand wash periodically. Dry before replacing
- Check after each use – mold and bugs can collect here—YUCK!





# Canning in and electric pressure cooker?



- ❖ NO!!!!
- ❖ Not designed for canning, cannot safely process food





# Canning in an Electric pressure cooker?



- ❖ According to the National Center for Home Food Preservation (NCHFP):
  - “food may end up under processed. Under processed foods are unsafe and can result in foodborne illness, including botulism poisoning, if consumed.”
  - I love the electric pressure cooker for making dinner, but leave canning to the pressure canner.





# Chocolate Peanut Butter Cheesecake

*\*Recipe adapted from Instant Pot*

## Ingredients:

- 17 vanilla creme-filled chocolate sandwich cookies – *finely crushed, divided*
- 2 Tbsp unsalted butter- *melted*
- 2 ½ pkg low fat cream cheese- *softened, divided*
- 1 pkg BAKER'S semi-sweet chocolate – *melted*
- 2 eggs
- ¼ cup creamy peanut butter
- 1 cup thawed COOL WHIP – *one-third of 8 ounce tub*





# Thank You for Sharing Your Resources

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