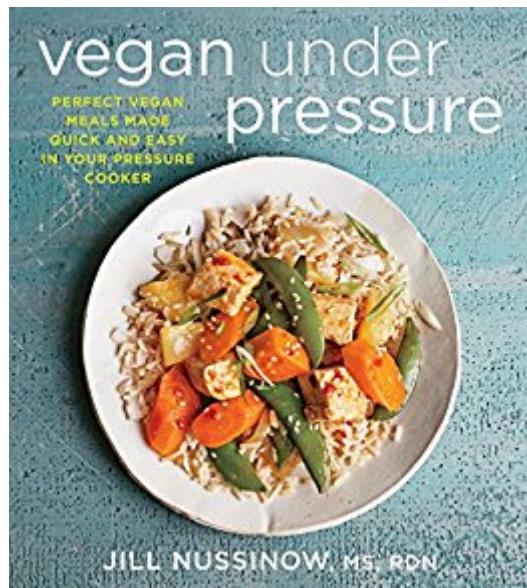


The book was found

# Vegan Under Pressure



## Synopsis

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.Â

## Book Information

File Size: 13171 KB

Print Length: 320 pages

Publisher: Houghton Mifflin Harcourt (January 12, 2016)

Publication Date: January 12, 2016

Sold by:Â Houghton Mifflin Harcourt

Language: English

ASIN: B010KMOPIO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #31,387 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy #48 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #53 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Appliances

## Customer Reviews

Thai Red Curry with Squash, Mushrooms & Broccoli from Vegan Under Pressure Serves 4 to 6 I am wowed by the flavor of this fusion-style dish, where winter squash pairs very well with Thai curry. The mushrooms add earthiness and a lot of texture, while the broccoli (or greens) adds freshness. If you are not familiar with lime leaves, you will likely recognize the flavor if youÃ¢Â™ve eaten Thai food. Store the leaves in your freezer so that they are available when you need them. Galangal is a root, similar to ginger, that is used in Thai cooking. Chana dal is split chickpeas, which are used often in Indian cooking. If you canÃ¢Â™t find them, split red lentils stand in easily. This is a perfect winter dish. Directions 1. Heat a stovetop pressure cooker over medium heat or set an electric cooker to sautÃƒÂ©. Add the onion and dry sautÃƒÂ© for 1 minute. Add the garlic and chile and cook 1 minute longer. 2. Add the chana dal, galangal, lime leaves, Â½ cup of the stock, the coconut milk, and curry paste. Lock the lid on the cooker. Bring to high pressure; cook for 3 minutes.

Let the pressure come down naturally. Remove the lid, carefully tilting it away from you. 3. Add the squash, mushrooms, and remaining 1 cup stock. Lock the lid back on the cooker. Bring to high pressure; cook for 3 minutes. Quick release the pressure. Remove the lid, carefully tilting it away from you. 4. Stir in the broccoli. Lock the lid back on and let sit for 2 minutes. Carefully open the lid. Remove the galangal slices. 5. Transfer the contents to a large bowl. Add lime juice to taste, sprinkle with cilantro, and serve.

Ingredients 1 cup sliced onion 3 cloves garlic, minced 1 teaspoon or more minced hot chile, such as jalapeño; or 1/2 teaspoon crushed red pepper 1/2 cup chana dal or split red lentils 2 pieces dried galangal slices 2 kaffir lime leaves 1 1/2 cups vegetable stock 1/2 cup regular or light coconut milk 2 teaspoons Thai red curry paste 4 to 5 cups (or more) peeled cubed winter squash, such as butternut, kabocha, or acorn (1 pound) 4 ounces oyster mushrooms, sliced 1 cup broccoli florets; or 2 cups thinly sliced kale, collard greens, or Swiss chard 1 to 2 tablespoons lime juice Chopped cilantro, for garnish

I'm strict vegetarian, I'm new to pressure cooking (hello, Instant Pot Electric Pressure Cooker!), I'm busy, and I'm chomping at the bit to use the Instant Pot as much as possible. Enter Jill Nussinow's \*fantastic\* cookbook! I recently ordered and reviewed another Instant Pot cookbook, and was \*so\* disappointed in it (gave one of the few 2 star reviews I've ever given of a cookbook!) This book is the antithesis of that book! HOLY COW! This book packs over \*250 pages\* of actual recipes! That's \*excluding\* things like the introduction, chapter overviews, the index, etc.. I'm talking \*actual recipes\*! And oh, what recipes they are! I was pleased as punch that her very first recipe in the whole book was for berbere; I knew right then I was going to love the book. (I've made my own blend for berbere for years, and in fact nervously served my berbere-spiced meal to a fellow student who was from Nigeria - she pronounced it 'excellent'..whew! But that was then - nearly 30 years ago, and this is now, and I digress... .) One of the things that I really like about this book is that she incorporates instructions for both stovetop and electric pressure cookers right into the recipe, as casually as you please. They are just \*there\*, when and where you need them. And, if you \*don't\* need the directions to differentiate between stovetop and electric (say that the directions are "lock on the lid, bring to high pressure, and cook for 4 minutes"), she doesn't bloat the recipe with unnecessary directions! I mean, how simple and obvious is that? The one thing that was a bit disappointing is that the dessert section is rather small (yeah, that's one of the first things I check out in a cookbook...)..but she makes up for it with excellent - and creative - appetizer and topping chapters, plus the desserts that she does have are A-mazing! And speaking of creative, another thing that I

really like about this book is that it's a great mix of old standards and comfort food recipes (steel cut oatmeal, lentil soup, creamy mushroom soup), and creative, interesting and, dare I say it, even trendy ones (Kale, Chard and Dandelion Spread, anyone)? All in all, this plant-based pressure cooker recipe cookbook is a great addition to your pressure cooking cookbook collection, regardless of whether or not you're vegan! One caution I do have to give generally about buying soft-covered books from these days is that has started shipping paperback book in soft, padded envelopes, via the post office, instead of UPS. And, at least where I am, USPS \*rolls them up\* and \*stuffs them in your mailbox\*!! I've had every single soft-covered book that I've ordered from in the past month warped in this way! :~(

I have never reviewed anything on before but this book is so brilliant, I am compelled to do so. I have MANY vegan cookbooks but I have to say I have not purchased a book of this competence about vegan pressure cooking. I read an earlier review that states the person was unhappy with the lay out. I don't understand this. I think this book is beautiful and I like the layout. Each recipe has its own page and is designed with a working cook in mind succinct and flows well as you follow along . Also each recipe has its own irresistible introduction including how and what to serve the dish with as well as variations at the end of the recipe increasing the number of recipes in the book which is large to begin with. It also has lovely photos in the center of the book which I plan to make each one as they look so tempting. I have purchased cookbooks that have a photo with each recipe but having good photos of a dish doesn't always mean it tastes good no matter what it looks like. I think the person who sent this book back should have at least tried one of the recipes before resorting to sending the book back. I think he/she would not have been so hasty after tasting the food. So let me talk about the recipes. I have read through many of the recipes and I am experienced enough to see this book is amazing and the author is a mastermind chef. I cooked the Asparagus, Shitake and Snow Peas recipe and it was easy, quick and UTTERLY delicious. There are so many recipes in this book that are so unique that I really think this cook is a genius. For instance, there is a sausage recipe which can be made gluten free using beans instead of seitan making it low fat and highly nutritious. I unfortunately have to avoid gluten and I no longer have to look longingly at the vegan sausages available and can now make my own. I plan to make this and then a vegan sausage pizza! Also, there is a DIY soy yogurt recipe that has 8 variations to make savory sauces. I don't use vegan yogurts for savory recipes because they are too sweet. Lastly, this brilliant cook has recipes for vegan lemon and pumpkin cheesecakes made in a pressure cooker! Really! Buy this book if you like cooking with a pressure cooker. There are no other

vegan pressure cookbooks available of this caliber. I can see I will be cooking out of this book for YEARS!

I just bought an Instant Pot DUO-60, and got this book to go along with it. It really is so much better than the manual that came with my Instant Pot! Jill walks you through how to use both stovetop and electric pressure cookers in the first few chapters, and she provides extensive tables for how long to cook grains, beans, and veggies. So far, I've made two of her recipes and also followed her instructions for making soy yogurt (which I made withÂ Belle+ Bella - Yogurt Starter 4 x 5g Packets (Pack of 2)), and all have turned out great! I'm attaching photos of the millet-lentil-veggie recipe and of the soy yogurt. Each recipe also includes directions for both types of pressure cookers. (When I bought my Instant Pot, I also boughtÂ Vegan Pressure Cooking: Delicious Beans, Grains, and One-Pot Meals in Minutes, but Fields' book only includes time for stovetop cookers, so I haven't made anything from it yet.) Also, if you're on Facebook, search for "Instant Pot Vegan Recipes" to join a super friendly group that can help answer any questions you have. Both Jill and JL are members of it, and everyone is really helpful in getting you started with your pressure cooker.

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook ) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan

Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)