

# Speedy Cooking Under Pressure

(NAPSA)—For speed, nothing beats the pressure cooker. Dishes cook in about one-third the time it takes with conventional methods—faster, in most cases, than the microwave, and with far tastier results.

Since foods prepared under pressure are cooked in a sealed environment with a little water and for short periods of time, they retain more vitamins and nutrients.

The pot quickly tenderizes meats and poultry, the various ingredients mingle together and the resulting infusion produces mouth-watering flavors the whole family will love.

T-Fal's Sensor 2 stainless steel pressure cooker is engineered with a spring-valve pressure regulator with two pressure settings, one for delicate foods and one for meats and defrosting, plus a quick-release setting for reducing pressure effortlessly and safely in little more than a minute.

Here are two delicious recipes from Tom Lacalamita's *The Ultimate Pressure Cooker Cookbook*:

## Mixed Vegetable Stew 4 servings

- 3 tablespoons olive oil
- 1 large onion, chopped fine
- 2 cloves garlic, peeled and minced
- 8 small, baby artichokes, stem and tough outer leaves removed until center or heart is visible, top ¼-inch trimmed, cut in half
- 2 medium red or white potatoes, peeled and cut into ½-inch dice
- 2 large carrots, peeled and cut into ¼-inch dice
- 1 cup peas, fresh or frozen
- 1 pound fava beans, shelled
- ½ pound string beans, trimmed and cut in half
- 2 teaspoons flour



Photo: Lou Manna

## Fast, delicious, nutritious dishes in minutes.

- 1 cup chicken or vegetable stock or canned broth
- 2 tablespoons minced parsley
- Salt and pepper to taste

1. Heat olive oil in pressure cooker over medium high heat. Add onion, garlic, and sauté 4 to 5 minutes. Add the vegetables and cook 2 minutes, stirring constantly. Sprinkle the vegetable mixture with flour, salt and black pepper and stir. Add stock.

2. Lock lid. Raise heat and bring to high pressure. Adjust heat to stabilize pressure, and cook 4 minutes. Turn off heat and release pressure. Remove cover. Stir in parsley; add salt and pepper to taste.

## Loin Of Pork With Bitter-Orange Sauce 4 servings

- 3 tablespoons olive oil
- 2 pounds boneless pork tenderloin, trimmed of all visible fat and cut into 1 ½-inch cubes
- 1 large onion, peeled and thinly sliced
- 4 large cloves garlic, peeled and minced

- ¾ cup freshly squeezed orange juice
- 2 tablespoons freshly squeezed lime juice
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 bay leaf, crumbled

1. Heat oil in the pressure cooker over high heat. Brown pork on all sides in two batches. Place the browned pork in a large dish and set aside. Lower the heat. Add the onion and garlic and sauté 4 to 5 minutes. Add orange and lime juices and remaining ingredients. Bring to a boil. Add the browned pork along with any collected juices.

2. Lock lid. Bring to pressure over high heat. Adjust the heat to stabilize the pressure and cook 12 minutes. Turn off heat and release pressure. Open and remove cover. Over high heat, bring the cooking liquid to a boil and let reduce until thick. Add salt and pepper to taste.

For more recipes, visit [www.t-fal.com](http://www.t-fal.com).