

GRASS-FED BEEF USING A PRESSURE COOKER

Up until 18 months ago, the only image I had of pressure cookers was created by Lucille Ball. And it wasn't a pretty picture at all: chicken fricassee plastered to walls and ceiling because the cooker exploded. Who needs that?!



Fast forward to today, and I'm using my modern, stainless steel stove top model about once a week for all kinds of dishes: chicken with garlic, chicken mole, short ribs in a rich wine sauce, beef roasts of all kinds, 9-bean soup, and more.

I started with a 6-quart model and quickly moved to a 10-quart because the results were delicious and well worth freezing for future meals.

Before buying my first cooker, I wondered, researched* and learned:

- Are they safe? Yes. The new, redesigned pots have heavier bottoms and better controls. If you can operate an oven, you can use a pressure cooker.
- Would I lose nutrients because of the high pressures used? No. Nutrient losses are about the same as for regular cooking.
- Would sauces and gravies be thin and tasteless due to the fast cooking? A big NO. I've found that sauces are thick, silky smooth and very full flavored because of the higher pressures used.
- Would I really save time? Yes. I save considerable cooking time, but there is still a fair amount of prep time required. I've found it well worth it.

I highly recommend the America's Test Kitchen cookbook, *Pressure Cooker Perfection*. It's a terrific teacher if you're unfamiliar with pressure cookers. That said, pressure cookers are easy to use.

When it comes to grass-fed beef, what I've done is modify their recipes by **adding 10-15 minutes** to their time recommendations. I've done the same for pastured chicken and pork.

*Cooks Illustrated magazine, America's Test Kitchen, Consumers Reports, Mark Bittman;s *How to Cook Everything*.