

# power

## PRESSURE COOKING

*easiest  
homemade  
eating*

BY SUSAN TETON CAMPBELL

**W**e all have those days when we need to get dinner on the table in a hurry. I wonder if it was that way though back in 1679 when Denis Papin, the French physicist, invented an airtight steam pressure cooker to speed up the time it took to cook his food. Papin went to England to present his findings to the Royal Society of London, which treated them as a scientific experiment before granting him membership.

### MULTICULTURAL COOKING PHENOMENON

Pressure cooking's next change in Germany at a Stuttgart industrial design plant was where Georg Gutbrod lent tinned cast iron to the concept in 1864. Spain in 1919 saw José Alix Martínez patent "olla exprés" or "express cooking pot." The first pressure cooking recipe book was published in Spain five years later called 360 Recipes for Cooking with a Pressure Cooker. The pressure cooker technology moved into the US in 1938 to New York City where Alfred Vischer saw something no one else had before. His pressure cooker was the first for home-bound vixens who longed for free time. Vischer had applied his invention to the home

to delight a frazzled frau with his Flex-Seal Speed Cooker. American cooks became competitors to the Europeans.

### THIRD E GENERATION

In 1991, the next generation of pressure cookers was born using electricity, providing a well regulated heating intensity, pressure and time. This led to programmable pressure cookers and pre-set cooking times. Making life easier some brands include digital programming but I found only one with one-touch preset buttons with smart settings that also offers slow cooking and—what I liked--the canning option. Other models offer Bluetooth connectivity but with power pressure cooking one doesn't really need to be away while cooking. In fact, the whole point is it's so quick, you can enjoy a succulent roast melting off your fork in 25 minutes..



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I see the power pressure cooking movement as just beginning. Just as getting used to the microwave took time to liberate us from the stove and oven and save time, people are going to start using their third generation power pressure cookers much the same way. I see power pressure cooking as liberating creative cuisine, but much healthier and of a higher quality than microwave.

## 7 REASONS TO POWER PRESSURE COOK

1. Easy - even your man can throw in 2-5 ingredients
2. Healthy whole foods eating
3. Less expensive meats come out succulent and tender
4. Retains nutrients better than boiling
5. Taste mimics the effect of long cooking
6. Savings on shopping and eating out
7. Saves energy
8. No ovens, stoves or pots to clean
9. No hot kitchen
10. Warmth of cooking in your house