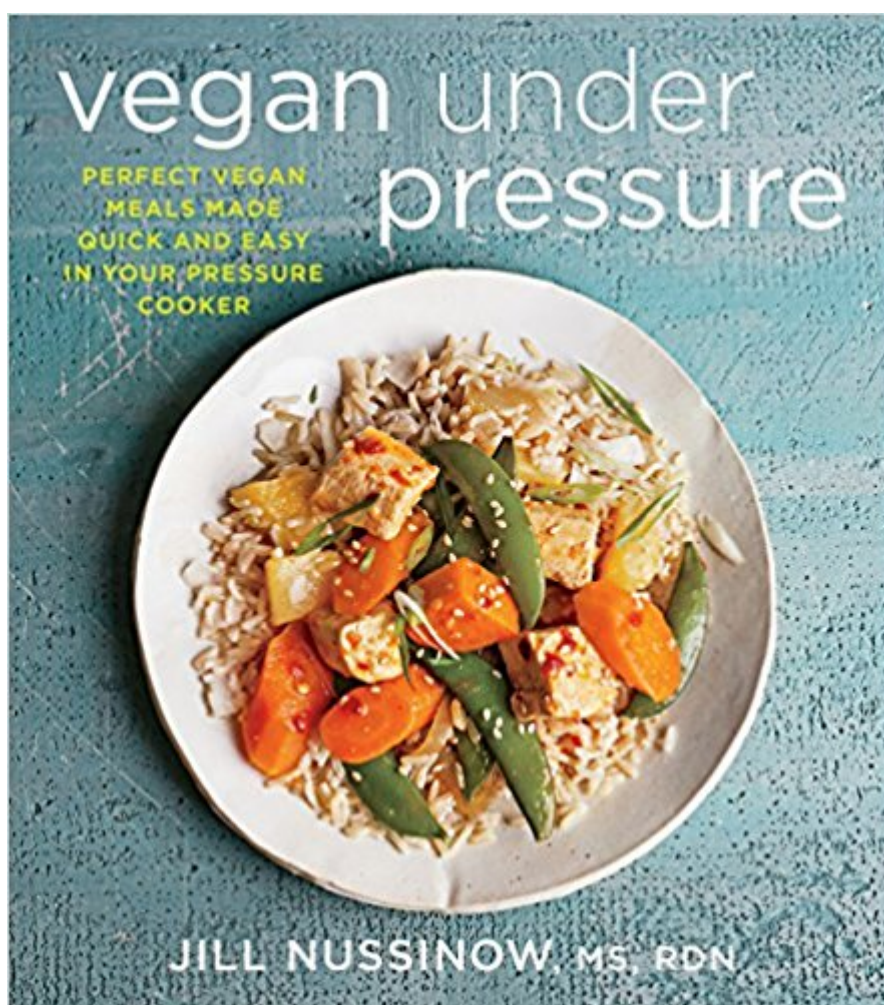


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# Vegan Under Pressure: Perfect Vegan Meals Made Quick And Easy In Your Pressure Cooker



## Synopsis

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker For the growing number of people who eat vegan, a pressure cooker is a blessing when it comes to saving time and enjoying a wider variety of foods on a regular basis. The pressure cooker drastically shortens the cooking times of healthful vegan staples such as dried beans and ancient grains: suddenly hummus from scratch and braised artichokes become weeknight fare. In *Vegan Under Pressure*, Jill Nussinow shows how to use the appliance safely and effectively, and reveals the breadth of vegan fare that can be made using a pressure cooker, including Roasted Pepper and White Bean Dip, Harissa-Glazed Carrots with Green Olives, Pozole Chili, Farro Salad with Tomatoes and Arugula, Thai Summer Vegetable Curry, a chapter of veggie burgers, Cornbread, Pear-Almond Upside Down Cake, and DIY soy milk and seitan.

## Book Information

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## 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 you'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 can'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 sautÃƒÆ'Ã Ć©. Add the onion and dry sautÃƒÆ'Ã Ć© for 1 minute. Add the garlic and chile and cook 1 minute longer. 2. Add the chana dal, galangal, lime leaves, Ãƒâ Ć Ć 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 jalapeÃƒÆ'Ã Ć o; or Ãƒâ Ć Ć teaspoon crushed red pepper Ãƒâ Ć Ć cup chana dal or split red lentils 2 pieces dried galangal slices 2 kaffir lime leaves 1Ãƒâ Ć Ć cups vegetable stock Ãƒâ Ć Ć 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

JILL NUSSINOW, aka The Veggie QueenÃƒâ ĆĆ –â •has been teaching plant-based, whole-foods cooking for more than 25 years at Santa Rosa Junior College and elsewhere, and has been teaching people about the joys of pressure cooking since 1996. Ã Ć Jill has written three previous books, TheNew Fast Food, Nutrition CHAMPS, andÃ Ć The Veggie Queen: Vegetables Get the Royal Treatment.Ã Ć

I'm strict vegetarian, I'm new to pressure cooking (hello,Ã Ć 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 incorporate 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 a 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 with 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 bought *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.

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