

Electric Pressure Cooking

One of the hottest items in cooking right now is electric pressure cooking. You may be wondering how to use it and what can be cooked in this appliance. Here's some general tips:

- *Always read and follow the manufacturer's directions and cautions before use.**
- *Never fill the cooker more than 2 to 2/3 full.**
- *Use five or fewer ingredients.**
- *Combine foods with common cooking times, or slice foods to reduce cooking time.**
- *Hot foods heat up faster than cold foods.**
- *To adapt your favorite recipes, find a similar recipe and use it as a guide. In general, cooking time is 1/3 to 2 of traditional cooking time. Reduce liquid by half.**
- *Brown meats first for added flavor.**

For more, see <http://bit.ly/2jBuZ3G> (<http://bit.ly/2jBuZ3G>)