



# **So Fast, So Easy Pressure Cooker Cookbook: More Than 725 Fresh, Delicious Recipes for Electric and Stovetop Pressure Cookers**

*Beth Hensperger, Julie Kaufmann*

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What's not to love about the pressure cooker? Using pressure created by super-heated steam, the pressure cooker can cut cook times by 70 percent, meaning dinner is on the table faster, and with significantly less energy use. Your dinner will be more nutrient-rich because vitamins and other good things won't be lost in evaporating steam. And it will taste delicious and succulent because none of the food's moisture has been allowed to escape. Finally, today's modern pressure cooker has been re-engineered for safety and ease of use, including the development of the electric pressure cooker.

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