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# Comfortable Under Pressure: Pressure Cooker Meals: Recipes, Tips, And Explanations (The Blue Jean Chef)



## Synopsis

If your pressure cooker has been collecting dust, then you need to get Comfortable Under Pressure! Meredith Laurence, the Blue Jean Chef, has been cooking on live television on QVC for over ten years. By sharing tips, tricks and techniques with the QVC customers while equipping their kitchens with QVC's professional Technique™ and Blue Jean Chef™ cookware, Meredith has helped people become comfortable in their kitchens. Now, in this cookbook, Meredith gives you a wide variety of delicious recipes for the pressure cooker, so you can get meals on the table in one third of the time it would normally take. Her recipes, tips, and techniques will help make any cook more Comfortable Under Pressure. With 125 recipes and over 100 tips and explanations, Blue Jean Chef: Comfortable Under Pressure will help you create delicious meals while becoming more versatile and at ease with your pressure cooker. Don't let the pressure get to you! Get Comfortable Under Pressure!

## Book Information

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## Customer Reviews

Meredith Laurence was born in Canada, but has made Philadelphia her home since 2001. She is a graduate of the New England Culinary Institute and has worked in numerous capacities and settings in the food world, from restaurants in France to California, cooking schools across the USA, and a culinary consulting test kitchen. Meredith's belief garnered from her diverse experience is that being comfortable in the kitchen is the key to successful and enjoyable cooking. How comfortable? Well, as comfortable as you would be in your blue jeans, relaxing with friends. Meredith currently cooks on live television for QVC as the Blue Jean Chef, with appearances ranging from two to twelve per

week.

The recipes I've tried are good and I appreciate the extra tips, but all in all the book is not what I expected. I bought my electric pressure cooker for one pot meals and ease of use. This cookbook doesn't really serve that purpose. Far too many of the recipes require a number of steps prior to putting ingredients into the pressure cooker, and/or finishing steps afterward. Pressure cookers are usually sold on the basis of cutting down cooking time considerably. That shortened time isn't quite as dramatic as presented because the demonstrators never include the time needed to build up the pressure to begin with or the time needed to release the pressure after cooking is done. If you're cooking a rice dish, for example, the rice may need only 12 minutes under pressure, but it may take easily twice that long from setting the cooker to start and retrieving the finished product. I'm willing to put up with that as long as that's all the time needed, but if I'm expected to spend another 15 to 30 minutes pre-cooking ingredients, I'm not so happy. And that says nothing about additional pots to clean and a dirty stove top to deal with. This is a good book with a good variety of dishes and if you don't mind that the pressure cooking portion of the recipe is just one part of the preparation, you're likely to be satisfied. It's also nice that the book is geared to any type of pressure cooker as the info included is pretty generic. But if you're looking to use your pressure cooker for easy one pot meals, i.e. putting in all the ingredients, setting the cooker and walking away till it beeps, there are very few recipes here that meet that need.

Heard about this on TV and it is great. If you have a pressure cooker or want to get one this is the companion to get. I modify her recipes to my liking and everything so far has been great. Made a leg of lamb tonight and it is Wonderful. Made the rice pudding and it was a crowd pleaser. Love the format: easy to read and follow

I bought 2 of Meredith's electric pressure cooker cook books together. This book "Comfortable under Pressure" just seemed to be the right companion for her other book, "Delicious under Pressure" Which I love. This book has added couple new categories such as fruits, sauces and Desserts, such as Rice puddings, bread puddings, fruit compotes and cheesecakes. Take your time and read all the sections in the books. Be familiar with your appliance. so you can be able to apply what you learn to your cooking unit. Great books Must haves.

This book has more delicious sounding recipes than others I have bought. The Manhattan Clam

Chowder is fantastic. I don't see that the ingredients are too different or hard to find like some have complained about. I am glad I bought the book.

I luv Meredith's cookbooks 'n recipes; her style of cooking is simple but delicious. This cookbook is great; I do, however, have to adjust cooking times for my pressure cooker, example: cookbook says cook some veggies 5 mins @ high psi -- 2 to 3 mins works in my pc; 5 mins and I get mush. Apparently psi levels are not created equal in all electric pressure cookers. The book has lots of tips, pics, etc. all of which I luv.

I bought a digital pressure cooker and was very happy with the cookbook by Meredith Laurence, so I ordered several more. There have been some duplication of recipes with 4 cookbooks, but I've also found additional recipes that I loved. Very good results with her seasonings.

So far I have made the Chicken Paprikash, the chicken curry and a cheesecake in my Instant Pot. I ended up making the beef bourguignon recipe conventionally as my yogurt was taking too long and the pressure cooker was not available, it was delicious! I'm looking forward to trying more recipes, The recipes are easy but a little more sophisticated than what I've been finding online. However, if you are looking for recipes based on cream of mushroom soup and frozen vegetables this is not the cookbook for you.

A great second book but not as good as the first. Where her first book gave more basic recipes this book has a few too many recipes that include various wines and personally I'm not fond of wine in my food, but rather in a glass! The book is broken down into categories of Quick, Quicker, Quickest as well charts that tell you cooking times for meats fresh, frozen and how much liquid is needed and the release method that works best. She has a lot of tips in the back that I found useful.

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