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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

So glad I ordered this cookbook. Her recipes taste incredible and are very easy to make. There is a cooking time chart at the beginning of each chapter; for instance, the chicken chapter shows the cooking time for whole chickens, chicken thighs, breasts, etc. and the different cooking times between boneless and bone in chicken pieces. Really wonderful resource that is also easy to read with the ingredients listed at the left of the page and the instructions on the right hand side. Almost all of the recipes have a full page photo to go with them. The only odd thing is that the seafood chapter doesn't contain any fish recipes. I was hoping for some.

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.

So i was given a pressure cooker for Christmas, and to be honest i was intimidated by this appliance. I was not sure what i was going to do and needless to say how to even attempt to cook anything on it. Meredith Laurence is amazing, her book provides you with the easiest and yet tastiest recipes. I use this book at least three times a week and my family loves it!!! this is definitely the BEST recipe and instructional book for someone that is new to pressure cooking!! A must have!!!!

I haven't had experience cooking with a pressure cooker so this book has been a great help. I love Meredith Laurence and enjoy watching her on QVC. She makes it look so exciting and her food looks so delicious. Her book makes me feel like she is right in my kitchen guiding me all the way and making me feel "Comfortable Under Pressure"!!! She also gives me little tips and suggestions through her book. Wonderful guide for cooking with a pressure cooker. I find that I'm using it several times a week. Love it!!!!

This book has some good recipes. Still looking for a pressure cooker cookbook with basic recipes without a lot of far out ingredients and steps to prepare. But I do like a lot of the recipes in this book and I can adjust to my taste.

Bought electric pressure cooker. Needed a good cookbook for electric pressure cooker. Bought one for the brand cooker; not enough information about using it. Mostly recipes. No problem with that, but needed the right information that would help ease anxiety about a pressure cooker. Went online to look for books especially for pressure cookers. This one is a good one and I would recommend it.

Awesome easy recipes, easy to follow, provides recipes for multiple cuts of meat, soups beans. Even if you do not have a pressure cooker, the recipes work.

I had purchase this cookbook when I bought my first electric pressure cooker. Unfortunately, the cooker failed and I sent it and the cookbook back. I purchased another pressure cooker and the cookbook that they recommended with it. I did not compare to the Blue Jean Chef: Comfortable Under Pressure! So I ordered it again and love it!

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