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# Cooking Under Pressure

*A food safety program developed by Purdue Extension Health and Human Science Educators*

|                          |                              |
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## Benefits of Cooking Under Pressure



- ✓ Healthy
- ✓ Fast
- ✓ Green
- ✓ Easy



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Reference to commercial products or trade names is made with the understanding that no discrimination is intended of those not mentioned and no endorsement by Purdue University or Purdue Extension is implied for those mentioned.

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## Delicious Foods




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### How the Pressure Cooker Works

- 1 Lid seals tightly, trapping steam
- 2 Trapped steam builds pressure & temp
- 3 Higher temp & moisture cooks food fast



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### Considering an Electric Programmable Pressure Cooker ?

- ✓ Brands
- ✓ Size
- ✓ Cost
- ✓ Vent Type
- ✓ Features & Accessories




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### What size is for YOU?

**4-QUART**  
*singles or couples  
one course food*

**6-QUART**  
*most popular size  
for families*

**8-QUART**  
*larger families  
large quantity recipes*




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### Basic Programmable Features



- Slow Cooker
- Pressure Cooker
- Rice Cooker
- Steamer
- Sauté/Browning
- Yogurt Maker
- Warmer



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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual



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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual

2. Inspect the Parts



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### Electric Programmable Pressure Cooker Parts to Know

- Inner Pot
- Base
- Trivet (if used)
- Lid(s)
- Silicone Sealing Ring
- Exhaust Valve
- Anti-Block Shield



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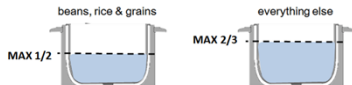
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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual
2. Inspect the Parts
- 3. Don't Overfill**



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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual
2. Inspect the Parts
3. Don't Overfill
- 4. Secure Lid & Position Valve**



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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual
2. Inspect the Parts
3. Don't Overfill
4. Secure Lid & Position Valve
- 5. Choose Cooking Program & Time**



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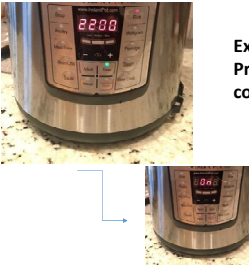
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**Example:**  
Programming pressure cooker to 22 minutes



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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual
2. Inspect the Parts
3. Don't Overfill
4. Secure Lid & Position Valve
5. Choose Cooking Program & Time

**6. Cooker Vents Steam as Pressure Builds**



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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual
2. Inspect the Parts
3. Don't Overfill
4. Secure Lid & Position Valve
5. Choose Cooking Program & Time

**7. Displayed Cooking Time - Counts Down**



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**Example:**  
The Electric Pressure Cooker was set at 5 minutes.

When the cooking time is complete, most cookers will automatically shift to a warm setting.

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### Using the Electric Programmable Pressure Cooker Safely

1. Read the Manual
2. Inspect the Parts
3. Don't Overfill
4. Secure Lid & Position Valve
5. Choose Cooking Program & Time
6. Cooker Vents Steam as Pressure Builds
7. Displayed Cooking Time - Counts Down

**8. Use Proper Pressure Release Method**



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For pressure cooking, release pressure in one of 3 ways according to recipe:

- Quick Release
- Natural Release
- Time Specific – Natural Release



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Reduce risk of injury, Lift lid with opening away from body.



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### How to Clean & Store Properly

- ✓ Inner Pot and Steam Rack are dishwasher safe
- ✓ Cooker can be cleaned with damp towel
- ✓ Remove and clean anti-block shield after each use
- ✓ Remove ring and clean
- ✓ Don't forget the Condensation Collector
- ✓ Ensure everything is dry before storing away.



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# just do it.

- ✓ Follow Directions
- ✓ Trial Run with Water
- ✓ Use EPPC Recipes
- ✓ Ask Questions



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### Canning in an Electric Pressure Cooker is **NOT RECOMMENDED.**

According to the National Center for Home Food Preservation (NCHFP):

- "food may end up under processed. Under processed foods are unsafe and can result in foodborne illness, including botulism poisoning, if consumed."
- A pressure cooker should not be confused with a pressure canner.



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**Food Safety First**

**REMEMBER**

**CLEAN:** Wash hands and surfaces often.

**SEPARATE:** Keep raw meat and poultry separate from ready-to-eat foods.

**COOK:** Cook foods to the proper internal temperature.

**CHILL:** Get leftovers to the fridge within 2 hours of being cooked.

Image courtesy: [www.fightback.org](http://www.fightback.org), [www.foodsafety.gov](http://www.foodsafety.gov)

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**Food Safety First**

- Use a food thermometer
  - MOST important safety step!
  - Ensure minimum internal temperature has been met, **before** removing from the heat source.
  - ALWAYS place the thermometer in the **thickest** part of the food.
  - Refer to the USDA Safe Minimum Internal Temperature recommendations.
- Delayed start is not recommended

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**Food Safety First**

| Product                                       | USDA Minimum Internal Temperature & Rest Time  |
|---|--|
| Beef, Pork, Veal & Lamb Steaks, chops, roasts | 145 °F (62.8 °C) and allow to rest for at least 3 minutes  |
| Ground meats                                  | 160 °F (71.1 °C)   |
| Ham, fresh or smoked (uncooked)               | 145 °F (62.8 °C) and allow to rest for at least 3 minutes  |
| Fully Cooked Ham (to reheat)                  | Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C). |
| All Poultry                                   | 165 °F (73.9 °C)   |
| Eggs  | 160 °F (71.1 °C)   |
| Fish & Shellfish                              | 145 °F (62.8 °C)   |
| Leftovers                                     | 165 °F (73.9 °C)   |
| Casseroles                                    | 165 °F (73.9 °C)   |

Source: Safe Minimum Internal Temperatures, USDA, <https://www.fsis.usda.gov>

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## Cooking Under Pressure

- ✓ Read your manual before using an EPPC.
- ✓ Read the entire recipe before cooking.
- ✓ Understand recipe timing.
- ✓ Pre-programmed cook times can be used to cook many foods.
- ✓ Consult your user manual for minimum and maximum amounts of liquid recommended.
- ✓ Check internal temperature of foods for safety using a food thermometer.
- ✓ Pressure Canners: Not the Same as Pressure Cookers

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## Family Mealtime:

Much more than just a meal



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### Family Mealtime: Much more than just a meal!

**What is family mealtime?**  
Family mealtime is a time when family members sit together at a table to eat a meal. It is a time to connect, share, and enjoy each other's company. Family mealtime is important for children's physical, emotional, and social development. It helps children learn social skills, such as sharing and taking turns. It also helps children learn about nutrition and healthy eating habits.

**Why is family mealtime important?**  
Family mealtime is important for children's physical, emotional, and social development. It helps children learn social skills, such as sharing and taking turns. It also helps children learn about nutrition and healthy eating habits.

**How can you make family mealtime a positive experience?**  
You can make family mealtime a positive experience by:
 

- Eating together at a table.
- Making mealtime a special time.
- Encouraging children to help with meal preparation.
- Talking to children about the food they are eating.
- Encouraging children to share their thoughts and feelings.

**Resources:**  
[Family Mealtime: A Guide for Parents](#)  
[Family Mealtime: A Guide for Teachers](#)  
[Family Mealtime: A Guide for Children](#)

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### Healthier Eating Habits & Weight

- Meals planned & prepared for family meals are generally more nutritious vs. meals eaten alone or 'on the run'
- Family meals provide an opportunity for parents to model good eating habits & attitudes about food
- Family meals are associated with healthier weights in children & adults
  - Children are 25% less likely to be obese with at least one routine family meal per week

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### Make Meals Nutritious

- Keep it Simple
- Try to include ONE food item from each of the 5 food groups
  - Vegetables, Fruit, Dairy, Grains, and Protein
- Limit foods that are fried or highly refined
- Incorporate high fibrous foods daily



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### Plan For Family Meals

- Look at your schedule and determine the days and times that eating together is possible
- Decide what you will prepare
  - A weekly menu plan prevents last-minute worries about what to cook.
- Shopping for the week saves time & money – and reduces STRESS.
- Use time-saving strategies
  - Cook in bulk - Double a recipe and freeze half for a future meal
  - Consider different cooking methods (slow cooker, EPPC, grilling)

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### Make Family Meals A Priority

- Involve everyone in age-appropriate tasks.
- Prioritize family meals over other activities, as often as possible
- Schedule them on the family calendar, even if its only once a week
- Recognize that eating is an essential activity
  - **Do it together, as a family, rather than apart!**

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### Final Thoughts

At the end of the day, when it comes to pressure cookers, you have to make a note of all of your needs and then compare the models that are most attractive to you in order to see if they have what it takes. The best thing you can do is research and compare before you make a purchase you'll regret!

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**Disclaimer:**  
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