



Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker

Jill Nussinow

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Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker

For the growing number of people who eat vegan, a pressure cooker is a blessing when it comes to saving time and enjoying a wider variety of foods on a regular basis. The pressure cooker drastically shortens the cooking times of healthful vegan staples such as dried beans and ancient grains: suddenly hummus from scratch and braised artichokes become weeknight fare. In *Vegan Under Pressure*, Jill Nussinow shows how to use the appliance safely and effectively, and reveals the breadth of vegan fare that can be made using a pressure cooker, including Roasted Pepper and White Bean Dip, Harissa-Glazed Carrots with Green Olives, Pozole Chili, Farro Salad with Tomatoes and Arugula, Thai Summer Vegetable Curry, a chapter of veggie burgers, Cornbread, Pear-Almond Upside Down Cake, and DIY soy milk and seitan.

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Date : Published January 12th 2016 by Houghton Mifflin Harcourt

ISBN : 9780544464025

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Format : Paperback 320 pages

Genre : Food and Drink, Cookbooks, Nonfiction, Cooking, Food, Reference

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Kim says

The section explaining how to use your pressure cooker is the best I have seen. Though I wouldn't call it a "recipe" per se, I appreciate the guidance on cooking grains and legumes and addressing common issues in cooking them. I haven't tried any of the more complex recipes yet - but they are similarly clear and straightforward. And the knowledge I have gained about the cooker and how to work it has given me the confidence to move ahead and try more things.

jeanmarie says

Really, really thoughtful introduction (honestly, worth buying the book just for that!) that was great orienting myself to the pressure cooker. The recipes were a bit fussy and didn't seem worth the extra effort to me. I only tried a few, so maybe I tried the wrong ones. But the book just seemed underwhelming.

Allie says

I bought this after I visited my best friend in December. So many really great pressure cooker recipes, that work regardless of whether you have a stove-top or electric pressure cooker. I've made a bunch of things from this cookbook, and they've all been lovely. And there are lots of tables and tips to help the novice pressure cooker user with cooking times and methods.

Samantha says

The information regarding getting started with your IP and the cooking times is invaluable, but the recipes themselves weren't all that interesting to me. Not all of the ingredients are readily found or financially feasible in my area. I still think it's worth it for the cooking time charts and information!

Tatjana says

I use this book almost every day. It's amazing.

Pamela says

I received a pressure cooker a few years ago for my birthday. In all that time, I only used it twice and with horrific results. I decided it was time to use it or donate it, and so my search for pressure cooker cookbooks

began. The first few chapters of this book inspired me to purchase my own copy. The step-by-step instructions on how to use my pressure cooker were invaluable. The recipes, however, are not at all inspiring so I will need more time to evaluate them. There are only a few photos and they are in the center of the book. I am now using my pressure cooker, and for that I thank this author.

Alicia Bayer says

I got this as a treat for myself and am sorry to say I was really disappointed. I never splurge on myself and it's nearly useless for me.

I ordered this book to see if I could find some good vegetarian/vegan recipes to use my new Instant Pot. I already have a stovetop pressure cooker and am very comfortable with it, but I was fairly disappointed with my Instant Pot and wanted to find some recipes to make it worth the huge price tag. I'm basically using the thing for artichokes and dried beans, and I frankly did that for years with my cheap stovetop model.

When I ordered the book, I figured I could just return it if I hated it. Amazon promises free full refunds and I've returned things with no hassles in the past. It turns out you have to pay shipping now unless it's defective, which comes to half the price I paid for the cookbook.

I cook for an omnivore hubby and 5 kids. They are not in the least bit interested in the bizarre flavor combinations in these recipes and I'm not interested in buying bizarre foods in order to cook them (and this is coming from a cook who has three freezers, an entire pantry of home canned foods and three additional pantries, cooks everything from scratch, grows a garden and takes part in CSAs and farmers' markets, forages and preserves, and grinds her own flours -- I do not say bizarre lightly and it's not like I don't appreciate variety in foods). I love to use seasonings, and I still didn't have at least one spice for half the recipes.

Also, we are gluten free and there are a ton of recipes that call for gluten grains like bulgar, kamut, spelt, etc. or seitan and other gluten ingredients.

What I was looking for was a simple, tasty cookbook for vegan pressure cooker meals. There are some recipes I was looking for, but then they're all made into something exotic and/or just plain weird. I really wanted plain good cooking -- with lots of flavor but simple and tasty. I don't want black bean soup that calls for cacao nibs and raisins and peanut butter, refried beans that call for kombu and epazote, or sloppy joe filling with apples and mung beans.

Honestly, how often am I going to flip through this cookbook to find a good dish to make for my husband and 5 kids and whoever else is over for dinner and go, "Hmmm... I should make Freekeh with Eggplant and Tomato tonight"? (Plus, freekeh is apparently wheat too.)

In addition, I have serious doubts about her times listed for pressure cooking. She claims that foods will take the same amount of time to cook in the Instant Pot as in the stovetop pressure cooker (once they come up to pressure) and this is NOT what anybody else will tell you -- not the pressure cooker guides or any cooking chart I've ever seen. Electric pressure cookers cook at lower pressure and take longer to cook. All of her recipes call for only one time, whether you're using an electric or stovetop pressure cooker. I really suspect that the times are going to be seriously off.

I am still looking for a good Instant Pot cookbook but from now on I'll check them out in the library first.

Andrea says

Easy and fast recipes, but completely lacking in flavor. Skip this book if you are not comfortable coming up with your own spices to provide flavor.

Lara says

Since I got an Instant Pot for Christmas, I've been trying to figure out what to do with it, and I figured an actual cookbook for it would be an easier place to start than with trying to translate regular cookbook instructions into pressure cooker instructions. So I was excited to find out how many awesome and totally lazy meals I can make in that thing! This book though? It's not the one.

First of all, it's one of those super annoying ones with select photos only in a section in the middle. The meals pictured look about like the one on the cover, which...meh. The photography's boring, I guess.

Also, the recipes are boring and fussy at the same time, and require a lot of weird ingredients. There's too much text and too many personal stories. And just...the recipes didn't appeal to me. The only one I got excited about was the basic risotto recipe because I'm already comfortable with risotto experimentation and really only needed to know how it would work in the pressure cooker.

I dunno. I just found it very underwhelming and I hope that the other pressure cooker book I'm in line for at the library turns out a little better than this one did.

Pat says

I found this book via the Instant Pot Vegans group on Facebook. I was looking for a pressure cooker guide that could teach me how to make perfect from-scratch beans, grains, and healthy one pot meals. My particular interest was learning to prepare grains with legumes in one pot, such as kitchari, and this book delivers. Bonuses are the beautiful photos, ethnic recipes, and recipes with grains such as millet, teff, sorghum, quinoa, polenta, etc. If you have a pressure cooker, get this book - regardless of whether you are vegan or not, it is a great cookbook. The only potential flaw I find is that the book has no photographs of the finished product; nevertheless it remains a good guide.

Rachel says

This is a great book for those new to pressure cooking.

Some of the recipes are overly complicated and include extra steps that are unnecessary.

I will also say that I am in a vegan pressure cooking group on facebook. This author rubs me the wrong way with her comments. She is opinionated and pushy which makes me not want to support her or her book. At this point, I refuse to purchase her book.

Chelsea Madren says

In Chapter 4, Grains, Late Summer or Early Fall Vegetable Quinoa Salad utilizes tomatillos (often used in Mexican cooking) for their tart flavor. I love quinoa, so I knew I would love this salad. It also incorporates zingy garlic, sweet red bell pepper & tomato, and refreshing scallions & cilantro. This would be great for a potluck or picnic. Rating: 5/5

In Chapter 5, Beans, Cannellini Beans with Gremolata is high in protein and has great flavor. The cannellini beans become creamy when pressure cooked which contrasts nicely with the gremolata. It reminds me of a coarsely chopped pesto with a crunch from the almonds and refreshing parsley. Rating: 5/5

In Chapter 6, Vegetables, Brussels Sprouts with Maple-Mustard Sauce are a must for any brussels sprout lover like myself. I've been eating them since I was little. They reminded me of baby cabbages and I used them in my Barbie kitchen to simulate a head of cabbage. Jill and I agree on having brussels sprouts al dente so you have the crispness of the stalk of the brussels sprout contrasting with the tender leaves. The Dijon and maple syrup gave it a nice flavor of earthy sweetness. Rating: 5/5

In Chapter 7, Soups, Lemongrass Cabbage Soup is a hearty yet refreshing soup. The cabbage and potatoes provided heartiness while the lemongrass added a refreshing touch to the creamy coconut milk base. Rating: 5/5

In Chapter 8, Main Courses, Millet and Lentils with mushrooms and seasonal vegetables reminded me of my childhood. In the 1970s, my mom went on a health kick and bought canned cooked millet to use as her meat substitute. I loved it! My dad thought it was so weird that a little girl would like millet. After my mom lost the taste for it, I would ask my dad to buy it occasionally. It was expensive at the time, so it was a treat for me when he could find it on sale. I also love lentils so combining these into one recipe is just amazing! The addition of seasonal vegetables made this into a meal! Rating: 5/5

In Chapter 12, Desserts, Moist Chocolate Cake floored me when I found out it was vegan, gluten-free, and baked in a pressure cooker. It was moist, chocolatey, and not overly sweet. I love desserts but anything overly sweet just turns me off. The addition of raspberry and powdered sugar made the perfect ending to this cookbook tasting. Rating: 5/5

Trevor says

Besides the obvious (i.e. grains and legumes) lots of good ideas of what I can now make much faster in a pressure cooker (in particular garlicky mashed potatoes, seitan, and curries). Also has some interesting techniques to cook things like greens or pasta that normally wouldn't be done in a pressure cooker but not sure if I'll use them although I'll probably try to cook cornbread at least once.

Hanako says

There is so much information in this book - how to use pressure cookers, how to cook almost anything in

them - with convenient charts you can easily refer to. There is even a lot about choosing a pressure cooker, which might be better if I hadn't bought it after getting my instant pot. We have already tried three recipes - all of which were hits for my family. I will get a lot of use out of this book!

Lynne says

Excellent delicious healthy recipes for the pressure cooker.
