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# Fast Favorites Under Pressure: 4-Quart Pressure Cooker Recipes And Tips For Fast And Easy Meals By Blue Jean Chef, Meredith Laurence (The Blue Jean Chef)



## Synopsis

Fast Favorites Under Pressure by Blue Jean Chef Meredith Laurence is written with the smaller household in mind. These days, so many pressure cooker recipes are written for bigger pressure cookers and designed to serve 6 to 8 people. When you're dealing with pressure-cooking, however, cutting a large recipe back to feed just 2 to 4 people is not always straight-forward. Fast Favorites Under Pressure does all the work for you, with every recipe guaranteed to work in a 4-quart pressure cooker. The recipes also double very easily so if you're cooking in an 8-quart cooker, you'll have no trouble making twice as many "fast favorites." Fast Favorites Under Pressure also includes tips and tricks for pressure cooking so you can be even more successful with your pressure cooker. Blue Jean Chef Meredith Laurence has created more than 100 recipes for the 4-Quart Pressure Cooker that are sure to become family favorites, including Chicken Alfredo Rotini, Red Wine Braised Short Ribs, Lime Shrimp with Spicy Tomato Grits, and Mint Chocolate Fudge Cake with Ganache. From soups to pasta, meat to seafood, grains, vegetarian and dessert, all types of appetites will have choices to get a meal on the table in a fraction of the time.

## Book Information

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## Customer Reviews

I have a six qt electric pressure cooker but had recently bought a 4 qt one since most of our meals now are for just two people. This book has some great recipes. The pictures are very appetizing looking and excellent quality, the recipes are well-written and easy to understand and I find myself using my 4 qt pressure cooker a lot more often, now. Highly recommend this book to anyone

who uses a pressure cooker!

Meredith's books are excellent. They have great tips about cooking general items in the pressure cooker, such as beans, rice, different types of meats and how long each take. The recipes are clear and easy to follow. I have been very impressed and have almost every cookbook she has put out. They're just that good!

I like the quality of the good Chef Laurence puts together. She instills confidence in the ease of the recipes, she makes me successful, and her education of her readers, she tells me what to do and why I'm doing it! This one is designed for 4 qt. and it's perfect for a the retired couple or individual.

Since I am new to pressure cooking I needed lots of guidance. This book provides a variety of recipes that are easy to follow and have been proven.

Another great cookbook by Meredith Laurence. Easy to follow, very delicious recipes.

Both books are good!

The 4 quart cooker and this book have changed the way I cook! Love the rigatoni and the curries. Great book!

A worth while Pressure cook book to have,,the recipes are good and easy to prepare.

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