



Delicious Pressure Cooker Recipes (Paperback)

By Victor Ragnarson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. MASTER YOUR INSTANT POT: Delicious, Nutritious Recipes That Teach you How to Use Your Instant Pot to Its Maximum Potential Join the latest culinary craze and experience the flavourful health benefits and time saving convenience of the instant pot, the seven in one multi-cooker that has become an all-time online best-seller! This instant pot pressure cooker book is filled with nutritious and delicious recipes that also guide and teach you about the many functions of this third generation digital multi-cooker. Here are just some of techniques you will master: Pressure cooking, the new safe, quiet, convenient wayCook perfect rice, EVERY TIMEPrep and cook whole grains, beans and legumes for maximum flavour and nutritionMake your own healthful, organically sourced yoghurtPrepare steel-cut oats for a healthy and convenient morning mealSaute and brown the instant pot wayCook and savour mouth-watering and good-for-you instant pot recipesWhat happens when you pair up a happy-go-lucky chef and a fitness- trainer cook to write a recipe book together? Join our dynamic duo, authors Victor and Nina and find out, as they check and balance one another to create...



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