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Electric pressure pot: recipes and the best of the year. An electric pressure cooker is a very useful tool for cooking many delicious dishes in a short time, thus saving time. Soups, roasts and stews are some of the easiest preparations to make, but there are plenty and to everyone's taste. Many people are afraid of using an electric pressure pot and fear that there are explosions followed by the attached atomic fungus. When used correctly, however, we can assure you that the electrical pressure pot poses no risk. Electric pressure cooker When we talk about Electric Pressure Cooker, we mean a multifunctional and computerized device that serves to perform various cooking programs. This type of multifunctional pot effectively replaces other appliances and tools that are commonly used in the kitchen. This appliance is part of a family of electric pots and descends from a traditional pressure pot. If you want to buy a pot of electric pressure, it is very important to understand the right work. Like a traditional pressure cooker that prepares food using water vapor at high temperatures, this appliance has the advantage of not requiring any control during cooking. All you need is to connect the pressure pot to the current outlet, insert the food inside and install a better program. So you can put in cooking what you want to prepare in the morning, go out and find a dish ready to come back. There are many models of electric pot pressure and the best of them is one with most features, since only one appliance manages to attach the other such as rice cooker, steamer and yogurt maker. To prepare the pasta, then, simply place it in an inner container pot to leave it separated from the water. To prevent the foam from molding during cooking, simply add a tablespoon of oil. At the end of cooking, the quick release function should be used to reduce the pressure, avoiding that you are hit by hot steam when opening the lid. After that, you can open an electric pressure cooker and serve pasta with seasonal vegetables, or with sauces to taste. Electric pressure cooker: Recipes We now see especially some dishes that can be made quickly and easily with an electric pressure cooker. ROASTED, BRAISED, OVERCOOKED: These meats very often have slow and continuous cooking, but thanks to an electric pressure cooker you can get the same result using only one Part of the time that is usually required to cook these particularly leathery pieces of meat. BROTH: All models of electric pot pressure boast a specific function of cooking broth, which can be chicken, vegetables or beef. Preparation takes place in a few minutes and with excellent results. PASTA: although this food is untouchable for the most exquisite flavors you can cook pasta along with the seasoning inside the pressure and electric pot. The glue layer of pasta stays completely unchanged and the processing will be absolutely better for the perfect al dente cooking point. RICE: The electric pressure pot has a certain function for cooking rice. It is not used to make excellent Milanese risotto, but to cook brown rice, or white rice, to season into salads. BOILED EGGS: By steaming under pressure, you can cook boiled eggs perfectly. They are cooked evenly and become easier to clean, compared to boiled eggs, which are cooked inside the water. VEGETABLES: With the function of vaping, you can prepare fresh seasonal vegetables, completely preserving the nutritional properties of food and not using fats and preservatives. YOGURT: The yogurt recipe is perhaps the only one that doesn't get a drastic reduction in cooking time and cooking, so you should plan accordingly. You can cook fresh, healthy and creamy yogurt in about 9 hours. LEGUME AND CEREAL SOUP: This dish is usually a very long cook, but thanks to the electric pressure cooker there will be no more problems. Just soak the legumes the night before and then schedule cooking at your chosen time, go out and go home with a soup ready to enjoy. Best electric pressure cooker If you decide to buy an electric pressure cooker, we can only recommend the pressure Cooker store Kalai. Electric pressure pot is considered the best in its field as speed, benefits, functionality and good value for money. Pressure Cooker allows: Just press the button. Sealed. Cooking for the whole family for a long time. It has 8 programs to choose from that fits your needs. This ensures healthy cooking. It has a timer that you can program. Cooking is homogeneous. The dishwasher is washing. Not only cooks in 9 minutes, but also thaws food. You can program it. In just 15 minutes you can make dishes such as fried or paprika chicken for five people. In addition to meat, you can also cook fish, soups, entrees such as pasta, rice and lasagna all at any time. It has many possibilities with results that satisfy the taste of anyone. Pressure Cooker also has an accurate design that allows you to keep the steam inside. The food is much tastier, enjoying any nutrient. It has an intensity of cooking that allows you to cook at any time without other utensils. Powerful and versatile, perfect for cooking for the whole family at once. For those who want to know more, you can click here or on the following image: Being an original and exclusive product, it is not available in physical stores or e-commerce websites. The only way to purchase it is through the official product website, fill out a form with your data that is processed according to confidentiality and wait for the operator to call to confirm the order. The product is on a seasonal promotion at a price of 95 euros for this pressure cooker instead of 175 euros with free delivery. Payment is made either by credit card or Paypal, but also by marking, that is, cash to the courier at the time of delivery. Disclaimer: On some sites associated in articles in the Offers and Recommendations section, Notizie.it has affiliation and receives a small percentage of income, with no price changes. The pressure cooker was created in the second half of the 1600s by a brilliant Frenchman and has since experienced continuous distribution. The success of this method of cooking is associated with both the speed of cooking, due to the high pressure to which the water will be attached, and with the ease of cooked food. Technology in recent years has developed an important evolution of this type of cooking made through electric pressure cookers that offer more control and practicality in cooking. Let's see the electric pressure pot: what is it and how does it work how it's done? The electric pressure cooker is very similar to an electric stove or multi-cooker: the exterior is made of stainless steel with a plastic finish and is equipped with a display where there are all the programs that you can install. Inside, the pot is equipped with two more layers, one of which is a stainless steel bowl where you can place food. The lid fits perfectly with the bottom side, so you can close the pan tightly to create the right pressure for cooking. In particular, unlike traditional models, electric models have self-regulating security systems that ensure the safe use of the device. Fast, healthy and delicious cooking? Here are the best electric pressure cookers What's the difference with a traditional pressure cooker? Pressure cooker it is a more functional model than a traditional pressure cooker and equally supports the authenticity and taste of finished products. Among the greater advantages compared to traditional models, electric provide the ability to program cooking, as you do not have to wait to be present to activate it. This allows, for example, to set it up in advance to find dishes ready to return home. This is a really convenient solution both for those who come home late from work and have little time to cook, and for those who have teenage children who are not able to cook dinner on their own. With an electric pressure pot they will find food ready to return from school without having to cook it themselves. But the real innovation, in addition to being able to plan cooking in advance, is the speed of cooking: compared to traditional pressure cookers, in fact, an electric pot will allow you to cook your food in less time. What products are suitable? If you are looking for a type of cooking that does not include particular crunchiness and crosticine, then pressure cooker is the right choice. Perfect for boiled and broths and gives the best with boiled eggs. Slightly less suitable for vegetables that are in the pressure cooker waiting for the pressure to be released outwards, they are often usually too soft, but in the past they will be fine. As you use an electric pressure cooker the smiley is simple. It is enough to decide what you want to prepare and choose the cooking mode: pressure, steam, stewing, browning, heating and maintaining heat. The typology of the programs obviously depends on those who are present on the model. Once you have decided what and how to cook it, you can immediately activate the pressure cooker or program it to find a dish already cooked for consumption, for example, in the evening. Thus, going home and returning home for dinner, in fact, ready will become a pleasant custom. Each pressure cooker model contains a more or less rich cookbook that presents recipes that need to be separated depending on the complexity or cooking time. Soon, however, you will be introduced to this handy device and you won't need to resort to a recipe book. Another detail to consider is that an electric pressure pot can be set for a variable number of people: usually one to six. Is it possible to use an electric pressure pot with any type of food? Basically yes: from pasta to rice, from vegetables to legumes, from meat to fish, everything can be prepared with an electric pressure cooker. It is important to learn how to use it assess the cooking time required by each meal. Can you make cakes and sweets? Most models also provide a way of making sweets: in fact, among the accessories that will be purchased separately there is also mold for sweets. What is the average time of an electric pressure cooker? Cooking time varies depending on the amount of food inserted and the chosen mode, but in principle most models are cooked for a time not exceeding 15 minutes. Compared to traditional pots, in fact, at the end of the week you will realize that you have saved many hours. The average price of electric pressure cooker On the market now there are many models of electric pressure cookers, which for convenience can be divided into consecutive price ranges. The range from 75.00 to 100.00 euros included in this price range there are many models with good functionality. It is usually an electric pressure cooker with 5 - 7 cooking modes and a capacity of 1 to 6 servings. They are included in this range of pots with different cooking temperatures and automatic heating from 100.00 to 200.00 euros. In this range there are pressure cookers really taken care of in design and characterized by the ability to independently choose the type of cooking based on products that are introduced For example, economical electric pressure pen As to choose an electric pressure cooker: that to evaluate before buying As all household appliances, electric pot pressure must also be selected according to the specific needs of the buyer. For frequent use, it's probably best to choose a more equipped model. Let's take a look together at some of the features to keep in mind in the selection. Capacity This function should be taken into account depending on the number of people in the family. For 3 - 4 people it is better to choose a model that consives up to 6, so you can use it without problems in case of guests. In fact, in case you want to cook a dish for a few people just reduce the amount of water. Power and cooking speed Cooker have power that varies depending on the models: there are some that stop at 500 W, and others that reach up to 1500 watt. Power goes hand in hand with the speed of cooking: the more powerful the pan, the faster it will cook food. Without exaggeration, for a large family pot with 1200 watts is good, while for those who have one or a couple you can stop at 800 Watts.Cooking mode In our view, it is always preferable to choose a model of electric pressure pot that includes different cooking modes so as not to discourage innovation and experimentation. To use it, in fact, you are honing your culinary skills and so it will be nice to improve yourself and experiment with new recipes and different cooking methods. Basically, however, you can recognize two types of cooking settings: Just press a button according to the food you're going to cook, and the rest will think all about potSemiautomatics: programs are partially programmable, in which you can set the time, temperature and level of internal pressureThe models offer accessory features such as home-cooked yogurt. This option is very useful for those who have children in the house, and for those who like real yogurt. However, almost all models, however, have the ability to set a timer, temperature and pressure level.However, all models on the market are multifunctional and adapt well to a wide variety of needs. However, in our opinion, the function of maintaining heat should not be a disadvantage, so as not to spoil the dishes, and the possibility of delaying the ignition to be able to return home in search of ready meals. Finally, some models are really cutting edge: we're talking about those pressure cook-ups related to apps directly to your smartphone. So you can install cooking and control it whenever you want, remotely. The ease of cleaning Is all the dishwasher is safe. For the external structure, however, cleaning with a non-atovagible deregator and soft fabric is enough not to undress the structure if it is made of metal and does not interfere with the electric buttons. The best models of the electric pressure cooker When we talk about an electric pressure cooker it is impossible not to name Instant Pot, a reference model born in the United States, which was an immediate success. Over the years, the number of brands that have dedicated themselves to the production of pressure cookaxes has increased. Among the most reliable, in connection with the purchase, we emphasize: Moulinex, Russell Hobbs and Agostar.Other frequently asked questionsWhat is the average consumption of an electric pressure cooker? Being a device that cooks very quickly even a significant amount of food, energy consumption is not the lowest. Typically, most models range from 800 to 1,500 watts. It is important to note, however, that the ignition has a very limited time and therefore does not affect the electricity bill. Is there a difference between a slow cooker and an electric pressure cooker? The difference between these two types of appliances is precisely in the cooking mode: in fact, if the pressure cooker prepares food at a very high temperature (usually about 115 degrees Celsius), the slow cookers reach a maximum of 98 degrees Celsius, for slower cooking and Lower temperature. Is it better to buy a multi-cooker or a pot of electric pressure? These two appliances, on the other hand, are very similar: the significant difference is that the cook pressure cook pressure cook pressure, exactly, while the multi-cooker does not have this function. To decide which of the two is best to keep in mind the time you want to devote to the stove: electric cook pressure for a long time and, moreover, programmable, so that those who are looking for a kitchen at speed, the pressure cooker is the correct remarriage. Accessories the electric pressure pots have accessories that can be useful in some situations. Among them: a rice bowl: for those who love rice cooked at the point, it is a very useful accessory extra pots to be able to cook two dishes at the same time: in this case less food will have to be used, but it can still be an interesting opportunity to cook yogurt: a really valid proposition for both those who have children at home and for those who loves yogurt. So every day you can eat fresh and absolutely authentic

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