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COOKING FOR TWO

A VERY QUICK GUIDE

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JANET ZIMMERMAN



All About Cooking For Two A Very Quick Guide

Janet Zimmerman



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The Healthy Pressure Cooker Cookbook Janet A. Zimmerman, 2015-10-21 Tasty timesaving recipes for busy cooks using stove top or electric pressure cookers Pulled pork in 30 minutes Sweet potato curry in 20 minutes Steamed mussels in 10 minutes It's not magic It's what pressure cooking makes possible Now that today's modern pressure cookers are safer than ever there's no need to fear kitchen explosions and no more excuses for ordering takeout or microwaving frozen dinners In *The Healthy Pressure Cooker Cookbook* Janet A. Zimmerman offers a mix of 125 classic international and modern pressure cooker recipes for all eaters who want to put whole foods meals on the table but not spend all day cooking them Here you'll find The 10 must know do's and don'ts of pressure cooking A step by step guide to using your pressure cooker Guidance for adapting your favorite recipes for the pressure cooker Recipes with pressure cooking times and preparations for both stove top and electric pressure cookers Nutritional information with every recipe and labels for Paleo gluten free vegetarian vegan and one pot meals to help you find the recipe that's right for you Recipes include Bone Broth Smoked Salmon Chowder Honey Chipotle Chicken Wings Asian Pork Sliders Beef Barbacoa Tacos Three Bean Vegetarian Chili Balsamic Braised Brussels Sprouts and more

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