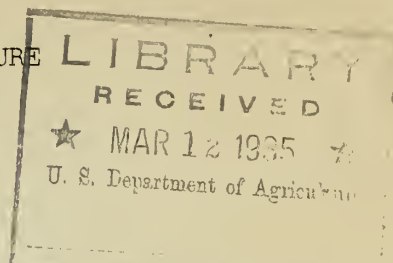


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.



COOKING IN STEAM PRESSURE COOKERS

Instructions for the operation and care of a pressure cooker should be obtained from the manufacturer. Different kinds or makes of pressure cookers vary in some of the details of construction. For this reason the special directions of the manufacturer for the operation and care should be followed for each. Booklets of recipes and menus are also generally issued by the manufacturers.

This Bureau has no data comparing the cost of cooking in a steam pressure cooker with other methods of cooking.

Pressure cookers may be used to advantage for foods which require long slow cooking, such as dried legumes and cereals. This Bureau advises against the use of these utensils for the cooking of green vegetables because of increased losses in flavor, color, and vitamins resulting from the higher temperatures used. Cooking under steam pressure is one of the ways of making tough meat tender. There is greater loss when cooking meat in steam under pressure than in ordinary pot-roasting, but, when the drippings are made into gravy and served with the meat there is probably no loss of flavor.

Steamed puddings, steamed breads, or fruit cakes may be cooked in a steam pressure cooker. These products will be somewhat more dense and moist than if other methods of cooking were used. For pressure cooking the cakes or puddings may be placed in tin cans or pans which can be covered to keep out the steam. Grease the utensils, cut paper to fit the bottoms, and fill about three-fourths full with the dough mixture and cover. Place on a rack in a pressure cooker which contains enough water to allow for evaporation. Steam for one-half hour without clamping on the cover, then clamp the cover, exhaust the air from the cooker, close the petcock, and cook for 1 hour at a few pounds pressure. (The range of pressure used for this kind of cooking varies from 5 to 10 pounds.) Then allow the pressure to reach zero, remove the product from the cooker, take off the lid, and place in a slow oven, 300° to 325°F., for half an hour or until well dried on top.

The pressure cooker may be used as a steamer without pressure by starting with enough water to allow for evaporation during the cooking period and leaving the lid unclamped during the entire time. The period required for steaming fruit cakes is 3 hours. The cakes should be dried in an oven after steaming.

Directions for the canning of nonacid vegetables and meats in steam pressure cookers are given in Farmers' Bulletin 1471 and supplementary mimeographed material. These may be obtained from this Bureau upon request.

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