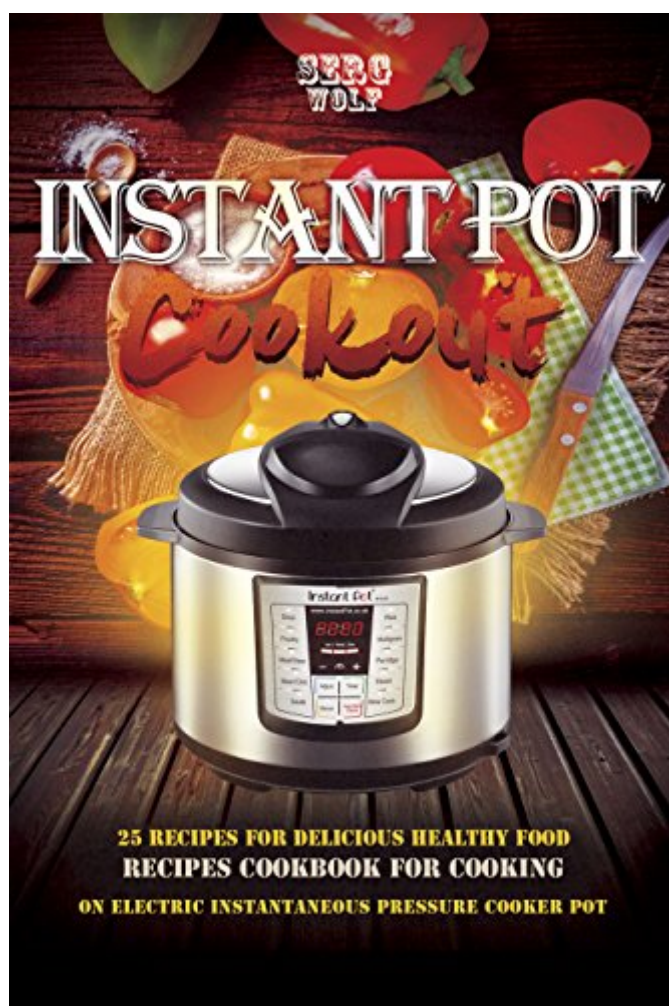


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# Instant Pot Cookout: 25 Recipes For Delicious Healthy Food, Recipes Cookbook For Cooking On Electric Instantaneous Pressure Cooker Pot



## Synopsis

The Instant Pot is one of the greatest culinary inventions of the twenty-first century. It combines an electric pressure cooker, slow cooker, rice cooker and yogurt maker in one handy dandy device. Created in 2010, the Instant Potâ€™s success has continued to grow past its seven-year inception â€” well its current inception. The Pressure cooker was invented in 1679 by a French physician who created an airtight steamer. They become popular in the 1950s and 60s, and the women put up with the loud hiss of the vents and when the pots exploded, and pea soup flew everywhere. They were put in the microwave in the 1970s because they cooked and warmed up food faster than any other kitchen device. Now, the pressure cooker has come back and better than ever. The Instant Pot has pre-programmed buttons for making soups, meats, beans, poultry, rice, grains, porridge, and yogurt. It is great that these devices can be used for more than pressure cooking, but do you know what a pressure cooker is? Pressure cooking prepares food in a sealed container using liquid. A pressure cooker is a pot that contains a seal and a lockable lid. The pot contains a valve that traps and releases steam to control the inner pressure. When the pressure inside the cooker is raised the water is increased past its boiling point. Food can cook faster at this high temperature and energy is saved when the food is cooked more quickly. The best thing about pressure cooking is not only the fact that it saves time and is energy efficient, but that it seals in flavors and nutrients.

## Book Information

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