

From hearty recipes for one-pot stews to new ideas for the season's best ingredients, we have you covered in the kitchen. Stay warm and eat healthy. Please, email SharonS@portlandobserver.com, to request or share a favorite recipe.

# FOOD



## Grace Under Pressure

Today's updated, safe pressure cookers are making a comeback. Modern pressure cookers are safe, quiet, and efficient compared with the gurgling, jiggling pressure cookers your grandmother used. The lids seal up tight so water and air can't escape, creating pressure. Vitamins can be sensitive to heat, air, and water, making methods such as boiling veggies in an open pot on the stove less nutritious. And, food cooks up to 70% faster, due to the intense heat. The ingredients cook in their own juices, guaranteeing a flavorful and nutritious meal.

### Pressure Cooker German Potato Salad



#### INGREDIENTS

- 1/3 cup cider vinegar
- 1/3 cup water
- 2 tablespoons sugar
- 6 bacon strips, diced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 medium onions, thinly sliced
- 1 teaspoon prepared mustard
- 1/4 cup green onions, chopped
- 3 tablespoons minced fresh parsley, divided
- 7 medium unpeeled red potatoes, cubed

"Just fill the pressure cooker, put the lid on, cook for a short time and a wonderful potato salad is done."

#### DIRECTIONS

1. In a pressure cooker, cook bacon over medium heat until crisp; drain. Add potatoes and onions. In a bowl, combine the vinegar, water, sugar, 2 tablespoons of parsley, salt, mustard and pepper; pour over potatoes.
2. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium and cook for 5 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.)
3. Remove from the heat. Immediately cool according to manufacturer's directions until pressure is completely reduced. Just before serving, sprinkle with remaining parsley.



### Pressure Cooker Chicken with Duck Sauce

"This is an easy to make Asian inspired recipe for chicken in a pressure cooker. It has a subtle sweet and sour taste to it. Serve over white rice with a side of stir fried broccoli."

#### INGREDIENTS

- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 teaspoon paprika
- 1/2 teaspoon dried marjoram
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1 (3 pound) whole chicken, cut into pieces

#### DUCK SAUCE:

- 1/4 cup apricot preserves
- 2 tablespoons white vinegar
- 1 1/2 teaspoons minced fresh ginger root
- 2 tablespoons honey

#### DIRECTIONS

1. Heat the olive oil in the pressure cooker with the lid off, over medium-high heat. Add chicken and brown on all sides as evenly as possible. Remove chicken from the cooker, and season with salt, pepper, paprika and marjoram. Drain and discard fat from the cooker, and mix in wine and chicken broth, scraping any bits of food that are stuck to the bottom.
2. Return chicken to the cooker over medium-high heat, secure the lid, and bring to high pressure for 8 minutes, or until the chicken is tender. Reduce pressure before opening the lid. The internal temperature of the chicken meat should be at 180 degrees F (82 degrees C).
3. Remove chicken to a serving dish, and add the apricot preserves, vinegar, ginger and honey to the pot. Bring to a boil, and cook uncovered until the sauce has reduced into a thick and syrupy consistency, about 10 minutes. Spoon over chicken and serve.

### SUNDAY SLOW COOKER COLLECTION

"Maque choux (MOCK shoo) is a Cajun dish of corn smothered with green peppers, onions, and tomatoes. Of course, most versions bring a little Cajun kick to the dish, and this recipe is no exception!"



### Cajun Pot Roast with Maque Choux

#### Ingredients

- 1 2-lb. boneless beef chuck roast
- 1 Tbs. Cajun seasoning
- 1 10-ounce package whole kernel frozen corn
- 1 large green bell pepper, chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tsp. sugar
- 1 tsp. bottled hot pepper sauce
- 1/2 tsp. ground black pepper
- 1 14-ounce can diced tomatoes, undrained

#### Directions

1. Trim fat from meat. Sprinkle Cajun seasoning evenly over all sides of meat; rub into meat.
2. Place meat into a 3-1/2 to 4-1/2 quart slow cooker. Add frozen corn, sweet pepper, onion, garlic, sugar, hot pepper sauce, and black pepper.
3. Pour tomatoes over mixture in cooker.
4. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
5. Remove meat from cooker. Drain vegetables, discarding cooking liquid. Serve meat with vegetables.

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