

Pressure Cooker Recipes for Every Day

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1. It is holiday time still, with relatives visiting from the UK. Casual eating is the order of the day and for that its spicy pulled pork, pot-roasted in the pressure cooker with a fabulous coleslaw and fresh tortillas, everyone chatting away as they make their own.

2. I grabbed some if those gorgeous fresh apricots while they're so plentiful and cheap, and made enough jam to last the year. The pressure cooker has a thick base which makes it a perfect vehicle for jam making.

3. Kale is the 'in' ingredient and there's plenty of it in all the supermarkets and green grocers. I give it a good wash, pull away the tough stalks, chop it roughly and pop it in the pressure cooker with a little sliced garlic and salt. The water still clinging to the leaves from washing plus a good drizzling of olive oil is all, then lock on the lid and cook on high for about 3 minutes.

4. The only way I ever steam rice is in the pressure cooker. 1 cup of long grain rice, 1 1/2 cups water, lock on the lid and cook on low for 6 minutes. Perfect every time!

5. With so much big family entertaining I felt like a bit of a Middle-Eastern cook up. First used the pressure cooker to cook the chick peas for hummus, then used it to make the fabulous m'jadrah, a lentil and rice dish with fried onions. Stuffed cabbage rolls is my daughter Kate's favourite and the pressure cooks them beautifully so they were on the menu too. We had a feast!

