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# Fast Favorites Under Pressure: 4-Quart Pressure Cooker Recipes And Tips For Fast And Easy Meals By Blue Jean Chef, Meredith Laurence (The Blue Jean Chef)





## Synopsis

Fast Favorites Under Pressure by Blue Jean Chef Meredith Laurence is written with the smaller household in mind. These days, so many pressure cooker recipes are written for bigger pressure cookers and designed to serve 6 to 8 people. When you're dealing with pressure-cooking, however, cutting a large recipe back to feed just 2 to 4 people is not always straight-forward. Fast Favorites Under Pressure does all the work for you, with every recipe guaranteed to work in a 4-quart pressure cooker. The recipes also double very easily so if you're cooking in an 8-quart cooker, you'll have no trouble making twice as many "fast favorites." Fast Favorites Under Pressure also includes tips and tricks for pressure cooking so you can be even more successful with your pressure cooker. Blue Jean Chef Meredith Laurence has created more than 100 recipes for the 4-Quart Pressure Cooker that are sure to become family favorites, including Chicken Alfredo Rotini, Red Wine Braised Short Ribs, Lime Shrimp with Spicy Tomato Grits, and Mint Chocolate Fudge Cake with Ganache. From soups to pasta, meat to seafood, grains, vegetarian and dessert, all types of appetites will have choices to get a meal on the table in a fraction of the time.

## Book Information

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## Customer Reviews

Meredith Laurence, the Blue Jean Chef, has worked in numerous capacities and settings in the food world. After graduating from the New England Culinary Institute, she first honed her skills in two Michelin-rated restaurants in Les-Baux-de-Provence, France. She then went on to work as a line cook at Zuni CafÃ© in San Francisco and at CafÃ© Rouge in Berkeley, California. Meredith

set out on a different culinary path when she returned to teach at the New England Culinary Institute in Vermont, instructing professional culinary students during the day and home cooks in the evenings. Having found her real passion for teaching home cooks, she moved back to San Francisco to teach and manage at two HomeChef® cooking schools (now Viking Culinary Arts Centers). At the same time, Meredith worked in the world of food and product consulting at the Center for Culinary Development, where she acquired an expertise in creating and testing recipes. For the last thirteen years, she has worked as the Blue Jean Chef® on live television doing on air cooking demonstrations, giving QVC customers advice on cooking and equipping their kitchens. Meredith is the author of three cookbooks. The first book, *Blue Jean Chef: Comfortable in the Kitchen*, has sold over 45,000 copies, received rave reviews, and helped home cooks broaden their repertoire and become more versatile with a variety of cooking techniques in the kitchen. In her second book, *Blue Jean Chef: Comfortable Under Pressure*, Meredith offered easy-to-read instructions for pressure-cooking and provided a wide variety of recipes for the pressure cooker, along with clear instructions and tips. To date, *Blue Jean Chef: Comfortable Under Pressure* has sold over 120,000 copies. Meredith's third cookbook, *Blue Jean Chef: Delicious Under Pressure* was released in August 2015, sold 75,000 copies in its first month and has sold over 130,000 copies to date. In her latest collection, Meredith makes the pressure cooker a must-have appliance by creating even more easy, flavorful and unexpected pressure cooker recipes. As the Blue Jean Chef, Meredith's belief is that being comfortable in the kitchen is key to successful and enjoyable cooking. How comfortable? Well, as comfortable as you would be in your blue jeans, relaxing with friends.

I have a six qt electric pressure cooker but had recently bought a 4 qt one since most of our meals now are for just two people. This book has some great recipes. The pictures are very appetizing looking and excellent quality. The recipes are well-written and easy to understand and I find myself using my 4 qt pressure cooker a lot more often, now. Highly recommend this book to anyone who uses a pressure cooker!

I like the quality of the good Chef Laurence puts together. She instills confidence in the ease of the recipes, she makes me successful, and her education of her readers, she tells me what to do and why I'm doing it! This one is designed for 4 qt. and it's perfect for a the retired couple or individual.

Since I am new to pressure cooking I needed lots of guidance. This book provides a variety of

recipes that are easy to follow and have been proven.

I have this cookbook and ordered one for my daughter to go with her new pressure cooker. The recipes are easy and I refer to the cookbook quite often. I still can't get over how delicious food cooks in so little time.....like it's simmered all day. It's a hit in my family and I do recommend it.

I have only made two recipes from this cookbook. Both were delicious, and instructions were easy to follow. I also use this cookbook as a reference, because the table of cooking times in the back of the book is excellent. I recommend this cookbook.

A worth while Pressure cook book to have,,,the recipes are good and easy to prepare.

Meredith's books are excellent. They have great tips about cooking general items in the pressure cooker, such as beans, rice, different types of meats and how long each take. The recipes are clear and easy to follow. I have been very impressed and have almost every cookbook she has put out. They're just that good!

This is a great little cookbook for my new 4 qt. pressure cooker. I have made some of the recipes and find them easy and very tasty. BUT it ought to be bound either as a ring bound book or available on Kindle. I can't get the d.... thing to lie flat while using it. I'm alone (widowed) and don't have a 2nd person to sit a read me the recipe. The value of paper back is fine; the utility for this type of information is lousy.

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