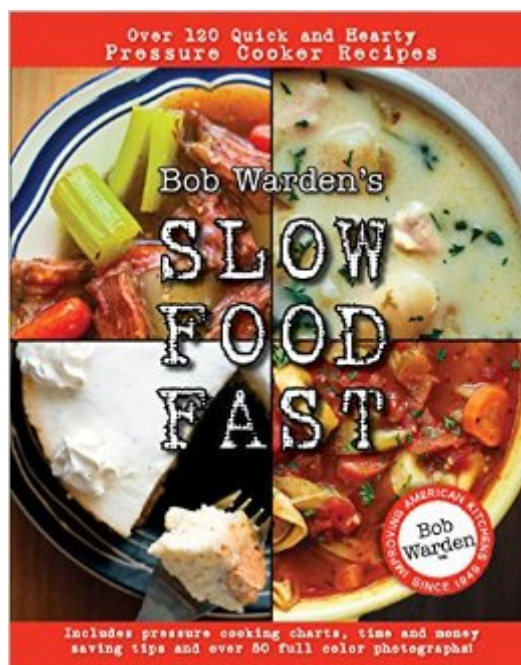


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# Bob Warden's Slow Food Fast



## Synopsis

For those who love pot roast but hate spending hours in the hot kitchen preparing it, Bob Warden's Perfect Pot Roast recipe for the pressure cooker will have them enjoying this slow-cooked comfort food favorite in just 45 minutes. With this smart cookbook, readers learn Bob's secret to making rich, creamy Vanilla Bean Cheesecake in just 25 minutes. He's even got a recipe for Most Excellent Macaroni and Cheese that tastes just like it was oven baked &#x97; but takes only six minutes in the pressure cooker! In all, this cookbook contains 117 time-saving ways for readers to treat loved ones to the goodness of home-cooked food and still have time to sit down and enjoy it with them. Enhanced with over 50 full-page color photos, Smyth sewn binding, and plenty of tips from Bob, this cookbook is a must-have for pressure cooker novices and pros alike.

## Book Information

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## Customer Reviews

well I had seen many reviews re this book in other sites and couldn't wait to get my hands on it and I was NOT disappointed..1. First is a large format book.. so you don't have to strain your eyes to read tiny ingredient lists2. Second LOTS AND LOTS of lovely full page PICTURES... I love cookbooks w Pictures3. Third Clear easy to follow direction with NORMAL ingredients that one might find in your own home today4. Fourth FAST.. nothing is a long drawn out process and lots of prep... the longest thing to make is a roast and the prep is like less than 5 minutes and the pressure cooker does all the hard workI love that Bob adds some personal idea's along with the recipe.. for example he has a recipe for a roast and he said after it is cooked to take it OUT of the pot and then while it is at rest before cutting it to add more veggies into the pot and cook them for like 2-3

minutes in the mean time the roast is ready and now you have the veggies all fresh and not mushed up and over cooked... Of course some of you may have figured that out but for the rest of us it was a Lightbulb Moment !! The book has the expected soup to desserts and one thing he put in that I am anxious to try is some of the sauce recipes... I am making the Penne Alla Vodka tonight..

yum....Made the Redskin Potato Salad with Dill yesterday. Nice surprise for dinner last night with our Grilled burgers..Going to do one of the Cheesecakes this weekend.. Oh I can't wait Now you need to know I have loads of cookbooks .. and this is one NICE BOOK... I started right in making a few things as soon as I read the book through.. and have made a shopping list to make some additional meals later this week.... I have company coming in a few weeks I will be cooking up a storm but only for a few minutes it take for the pressure cooker to do it Magic....Thanks Bob..

Another Good job

From the old school, I was used to a large rocker top pressure cooker for canning. I never even tried to cook a meal in it -- it was simply a work horse for putting up my green beans. I purchased a digital electric pressure cooker and am absolutely amazed at the meals it can turn out. However, the recipes that came with the cooker were few. I saw this book and thought it was a very reasonably priced cookbook. Once it arrived I cooked several of the recipes. They are extremely easy to follow, and complete. The information provided by Bob Warden is educational and takes the "fear" out of the old pressure cooker explosion stories! His list of pantry items to keep on hand are easy to find and are pocket book friendly, as are the choices of meats to prepare. Now, when I meat shop, I truly do look for the cheapest, on sale cuts of beef, pork (even ox tails!) and stock up the freezer. You can't go wrong, and I truly don't think you'll be disappointed with this book. I highly recommend it and thank Mr. Warden for taking the time to take the fear out of and put the fun into cooking with a pressure cooker. Oh, I've also adapted some of my own slow cooker, on the stove top for hours, recipes and they work, following his suggestions.

The vast majority of people will find this cookbook the perfect introduction to pressure cooking, and it will make the difference between another "unused" kitchen appliance and making your pressure cooker an integral part of your culinary expertise.Key things you may want to know:1) This is a wonderful transition if you are often buying and using pre-made dinners or takeout. (They have even more sodium). You control what goes into the cooker, and thus into your family. So this is a BIG step up.2) He does use "Better than Bouillon" in many recipes. This has a lot of sodium... Not a problem if you are comfortable adapting recipes. (I use the low sodium version and still find it a bit

salty).3) Lots of use of spices that have added salt - garlic salt, onion salt. You can adjust, and use (for example) Mrs. Dash for "onion salt," etc. and experiment.4) There is a lot of use of canned and jarred items, such as coke as a liquid, canned peaches, jarred sauce. This really makes it a LOT faster. It doesn't bother most people, but if it does concern you, see 2-b...you need to be comfortable with making changes, such as fresh tomatoes and adjusting the time and liquid.KEY: if you stumble with substitutions and need low salt, you will have more limited use until you get comfortable experimenting and substituting.5) This is a very good mainstream cookbook - lots of meat recipes, and a wide variety of techniques you can learn. This would not be my first choice for a gift for a vegan.6) I am using this with an electric, digital pressure cooker. YMMV for a stove-top, manual model.RECOMMENDATIONS:\* I started by making at least one meal a week in the pressure cooker, from this cookbook, until I got comfortable and proficient with the cooker.\* Then I branched out, and used the tips to adapt those recipes.\* Now, I use the proportions from this one, and adapt for all sorts of variations.\* I have not had to buy another cookbook - I just adapt. (Next step is to adapt some of my crockpot recipes)\* I'm writing this review too late for many of you, but his hints and suggestions to make an awesome stock from the turkey carcass, etc, are great....What used to take me a day in the crockpot took about 25 minutes in the cooker.\* Do not be mislead about the time. For many items, yes, you cook them for 7-10 minutes - but it takes time for the cooker to get up to steam, and you have to either naturally let the pressure release for several minutes (Some recipes require this) or manually quick release. This is not a flaw of the cookbook or your cooker, just something I've seen as a complaint and "dinged" elsewhere on the cookbook and cooker for reviews.\* My overall hints - a) When doing a quick release, I put a dishtowel over it if it spits, and b) I use it on a glass cutting board under my range hood so that any steam release is carried out of the kitchen and also doesn't impact my cabinets.FINAL SUMMARY:This is a wonderful cookbook to be introduced to the pressure cooker, and I will be passing it along to my mom, as well as buying it for others!

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