

Pressure cooking - definitely the cooking method for the 80's

If you think pressure cookers went out with grandma's homemade jam and highbutton shoes, think again! Pressure cooking was invented over 300 years ago, but it's definitely become the cooking method for the 80's.

Pressure cooking is ideal for preparing fast food, party food, even cooking frozen foods almost instantly. Just about anything can be cooked to perfection and you can unleash your creative spirit, if you wish, to adapt your favorite recipes to this unique cooking method.

More than any other single cooking appliance, the pressure cooker answers the needs of the contemporary cook. In addition to great food, the pressure cooker:

•SAVES TIME — Foods cook three to 10 times faster than with ordinary

cooking methods.

Extension News



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AGRICULTURAL
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SERVICE
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•SAVES ENERGY — Reduced cooking time helps conserve energy and lower fuel bills. •SAVES MONEY — Super-fast cooking retains valuable nutrients and turns budget cuts of meat into succulent, tender, tasty fare.

•SAVES WORK — With pressure cooking's convenience and versatility, you can prepare everything

from the simplest entree to a complete gourmet dinner in a matter of minutes.

Discover pressure cooking and you'll discover a world of fast, easy, delicious meals — a perfect fit for today's contemporary lifestyles.

IT'S THE SIMPLEST METHOD, TOO!

Pressure cooking is really simplicity itself. Here's how it works: When water (or any cooking liquid) boils, it produces steam. A tightly-sealed pressure cooker traps this steam, which then builds pressure inside the cooker.

Under pressure, cooking temperatures can be raised significantly higher than possible under normal conditions. The super-heated steam created by these higher temperatures cooks foods quickly, evenly, deliciously.

By cooking foods faster, at higher

temperatures than ordinary methods, pressure cooking conserves both personal and fuel energy.

And, because foods cook in an almost airless environment with just a little water, flavors don't intermingle and precious nutrients aren't boiled away. It's that simple!

PRESSURE POINTERS

Conventional recipes can be converted for usage in the pressure cooker. Experience is the best teacher. A good rule of thumb to follow is to decrease the length of cooking time for a conventional recipe by two-thirds.

The amount of liquid used may also have to be adjusted because there is very little evaporation from the pressure cooker. Generally, decrease the amount of liquid so there is only about one-half cup more than desired in the finished product.

Remember, however, there must

always be water or some other liquid in the pressure cooker to form the necessary steam.

Several foods or a "meal-in-one" can be prepared in the pressure cooker because flavors stay separated. Flavors of foods are blended when they are cooked in the same liquid.

When using a pressure cooker, only a small amount of cooking is required. So, a cooking rack can be used to hold some foods out of the liquid. This permits the cooking of several different foods at the same time without the intermingling of flavors.

Many different cooking liquids can be used in a pressure cooker. You're only limited by your imagination! Wine, beer, bouillon, fruit juices and of course, water, all make excellent cooking liquids in the pressure cooker.

Quick cooling of the pressure cooker is usually used for delicate foods such as custards and fresh vegetables. To quick cook a pressure cooker, simply place the cooker under cold running water or place in a pan or sink full of cold water.

For other foods, like roasts and stews, it is usually recommended that you let the pressure cooker cool of its own accord by setting it aside until the pressure drops.

Glass, metal and earthenware molds can be used in the pressure cooker. Beautiful desserts and dishes can be prepared in the pressure cooker, using individual small molds, glass custard cups, 4-ounce metal or tin gelatin molds, earthenware souffle dishes. Fill molds two-thirds full to allow for expansion of food, and fit the loosely into the pressure cooker the cooking rack.

Haste, Thach honored

The American Heart Association of North Carolina has recently recognized Mrs. Erie Haste, Jr. and Mrs. Ben Thach for their continued dedicated service to the programs of the Heart Association.

Mrs. Thach, president and fund chairman for Perquimans County, along with Mrs. Haste, business days chairman for Perquimans County, each received a certificate and heart pin for their efforts to promote contributions to the Heart Fund here in Perquimans County.

Miller graduates

Maureen Miller Nixon of Virginia Beach recently graduated summa cum laude with a Master of Arts in Communication from Norfolk State University. She was selected as a member of the National Register of Outstanding College Graduates for 1983.

Ms. Nixon is the daughter of Doris and the late Edward W. (Ned) Nixon of Hertford.

She is also the owner of Pegasus Enterprises, a Virginia Beach advertising agency.

Local hospital accredited

The Albemarle Hospital has received a three-year accreditation from the Joint Commission on Accreditation of Hospitals, according to hospital administrator Robert G. Jeffries.

The hospital was recently surveyed by the Chicago-based peer review commission, a voluntary process which evaluates all aspects of hospital operation, including safety, building requirements and departmental procedures.

"The JCAH accreditation is a mark of excellence for the hospital," Jeffries said.

Stomach upsets can indicate serious illness

Ever get "sick to the stomach" and throw up?

Likely the cause is simple stomach upset that will soon pass. But sometimes vomiting is a sign of some more serious ill, says the North Carolina Medical Society.

Vomiting is common with virus infections such as a cold or the flu, overeating, too much beverage alcohol and emotional upsets.

Vomiting may be present with more serious conditions, such as appendicitis, bowel obstruction, asthma, animal bites, allergic reactions to insect stings, black widow or brown recluse spider bites, marine life bites, scorpion stings, snake bites, withdrawal from drugs, heart attack, heat exhaustion, shock due to injury, diabetic coma, food poisoning and head injuries.

Any vomiting that is severe or lasts longer than a day or two needs medical attention.

Dehydration or chemical imbalance can occur. This is especially true in infants, the elderly or chronically ill persons.

Treat simple vomiting with replacement of lost fluids by frequent sipping of liquids such as carbonated beverages, tea, juice, bouillon. Avoid solid food for a day or two.

Vomiting is common in infants and children. In newborns and infants, spitting up food after eating is common and is not the same as vomiting. It is usually not serious, but be sure the infant does not choke.

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The plastic check which lets you use your checking account instead of credit. Accepted at 31 million shops, hotels, and restaurants all over the world, and Plus System banking machines across the country. 75¢/mo. No charge with DeLuxe Banking.

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