



Pressure Cooking 1950's Style

My grandmother had a secret like many women of her time.

Some of you some may remember the scary monster that crouched, hissing steam and making loud noises in the kitchen. You were forbidden to enter incase it unleached it's fury and contents onto you, or the ceiling! Some of you will remember that same monster for the good old fashioned casseroles it provided on cold winter evenings, tender, with rich warming flavours and enticing aromas. I remember it fondly for the wonderful sticky date puddings and hearty winter soups which appeared from the kitchen, with very little fuss, in what seemed like only minutes.

In the 70's, microwaves changed the way a lot of us thought about cooking, everything was zapped, re heated, defrosted and cooked, in some cases, beyond recognition.

We wanted the speed they offered but the cost in quality was high.

My grandmother didn't pass her secret on to me but recently I discovered, for myself, a whole new generaion of pressure cookers.

PRESSURE COOKING 2010 STYLE

Why should I stand for 30-40 minutes stirring rice risotto slowly adding the stock, when I can throw everything into the pressure cooker and be eating creamy risotto with in 10minutes. How simple is that!

Why should I use 12 hours of expensive power to cook corned beef slowly, when I can cook it in 30 minutes with minimum energy, retaining flovour, moisture and nutrition. Makes so much sense!

After some researching, my husband and I were so impressed with the performance of modern pressure cookers, the savings made in time, money and energy that we have had one designed especially for New Zealand cooking styles. Just for you!

We have worked with top food writer and author Lisa Loveday to provide you with many easy nutritious, and tempting receipes.

Myth Buster

All pressure cookers are dangerous

FALSE

Modern pressure cooking is no longer a dangerous secret!



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For more information, recipes and other pressure cooking help, please visit www.steelfern.co.nz