



The Gluten-Free Pressure Cooker Cookbook: Quick, Easy and Delicious Recipes to Save YOU Time and Money

Florence Sim

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Gluten-Free Pressure Cooking

“Cooking with a pressure cooker will save you money; you can cook large quantities of food quickly and cheaply... Pressure cooking also preserves a lot of nutrients, so it’s healthy too. I bought my first pressure cooker about 20 years ago, and it was one of the best investments I ever made.” - Digger

Want a simple way to reduce the amount of time, energy and money you’re putting into your meals?

Do you want an approach to cooking that delivers deliciously mouthwatering results in a fraction of the time?

Well let me introduce Gluten-Free Pressure Cooking...

I love slow cooking.

Meltingly tender meat that falls off the bone. Stews and soups flavored with the rich fat and melted sinews from a fine piece of meat. What’s not to love?

There’s only one problem – **slow cooking can be downright inconvenient.**

Slow pulled pork sounds delicious... But I want it **now, not in a day.**

Warm and earthy curries are my favorite, but I want them **tonight, not in 4 hours.**

I love for fork-tender beef brisket, but I can’t go **back in time** to yesterday to start cooking it.

So we’ll just have to change our habits and get better at accommodating slow cooked meals in our life, right?
Wrong.

Pressure-cooking food is the single best way to allow more energy into the cooking process, meaning we can significantly reduce cooking times and have slow food,

- **FAST.**

But What are the Benefits?

Using a pressure cooker can reduce cooking times by up to 70%, opening up a whole new world of possibility when it comes to fitting meals into your schedule.

- Think spicy pulled pork in 40 minutes instead of 3 hours
- Think earthy and wholesome curries in one hour instead of 4
- Think delicious soups and stocks in the time it would take you boil some noodles

You're going to learn

- How to save hours a week cooking delicious gluten-free meals
- How to save money by turning the most flavorsome and thrifty ingredients into feasts
- How you can improve the nutritional content and flavor of your meals using a pressure cooker

Even if you only pick up a couple of recipes from this book that you pressure cook on a regular basis, the pressure cooker (and this book) will easily pay for themselves in terms of the time and energy you're saving when preparing those meals.

I know what you're thinking – 'Pressure cookers – those hissing, snarling contraptions that my mom used to cook with, that could explode at any moment?! No thanks!' But you're wrong. Pressure cookers nowadays are a far cry from what they were in the 80's and are completely safe, and when you've got used to cooking with them you won't look back.

So what are you waiting for?

Dive into the book now and learn everything you know about gluten-free pressure-cooking.

Click on the orange 'Buy it Now' button on your screen to start reading instantly.

FREE GIFTS: This book also comes with two free pressure cooking reference guides as a special gift for readers so don't forget to grab them

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Edward Stevenson:

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Scott Duran:

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