

What is a pressure cooker? Structure, uses and usage of pressure cooker safety you need to know

In essence, what are pressure cookers, how do they use them and are they constructed? Stay tuned for the sharing below to better understand this product line!

With modern features, bringing many outstanding benefits compared to traditional cookers, pressure cookers are gradually becoming familiar in every Vietnamese kitchen. So **what** exactly **are pressure cookers** , how **do** they use them and are they constructed? Stay tuned for the sharing below to better understand this product line!

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Find out what is a pressure cooker? Structure and mechanism of operation of a pressure cooker

Pressure cookers are a device capable of ripening food with water at a higher pressure than conventional cookers.

Structure of pressure cookers is somewhat similar to other stainless steel pot models, but their caps have locking pins and rubber seals that help seal the lid. In addition, there is a pressure relief valve on the lid to help keep the temperature better and ensure safety for users.

Currently, the market of pressure cookers is divided into two types: mechanical pressure cookers and electric pressure cookers.

The principle of operation of the pressure cooker

When cooking, the pot will be screwed tight to prevent steam from escaping at a chosen pressure. The closed lid makes the inside of the pot reach saturated steam and boiling water at a temperature higher than 100 degrees C.

When saturated steam and higher boiling temperature makes water penetrate food faster, helping them to soften to save time and energy.

The use of pressure cookers you need to know

Reduce cooking time

During the cooking process, the pressure cooker will be closed, causing the pressure to rise and never escape. It is the pressure and high temperature that will help the food to cook faster, thereby also helping users to save energy in the most efficient way.

Keep all nutrients in food

As you all know, the longer the food is soaked in water, the more its nutrition and flavor will be lost. However, with wax pot capacity is different. Cooking time is significantly shortened thus limiting the ability of vitamins and minerals in food to be depleted.

Processing of a variety of dishes

Whether it's a mechanical or electric pressure cooker, you can use it to prepare a wide variety of dishes. Now, you will be able to quickly complete nutritious soup, delicious stew dishes, boiled dishes, porridge or soup . easily and simply.

Convenient and safe

Because steam is kept in the pot during cooking, your kitchen space will not smell of food. This will help you not to waste time cleaning up or having to use additional smoke hoods. In addition, the status of water overflowing, or shooting out is also minimized making cleaning after completing the dish easier and faster.

All pots have safety valve, smart so you do not need to worry too much about exceeding the pressure, providing absolute safety when used.



Compare mechanical pressure cooker and electric pressure cooker

Comparison criteria **Mechanical pressure cookers** **Electric pressure cookers** **Pressure** cookers usually have two or more pressure settings. You can choose either high or low pressure or they have a mark showing how the pressure in the pot is (the first bar shows low pressure, the second shows high pressure) The electric pressure cooker is You can be more flexible in adjusting the pressure. Depending on the type of pot, each manufacturer, the pressure level can vary from 0.4atm to 0.9atm. **How to heat the pot** Users need to adjust the temperature to the pressure cooker to the required pressure level set. First, let the high heat let the water in the pot boil, then lower the heat again. In the process of use, you need to test a few times to know how long you need to boil at what temperature to achieve the desired pressure level. The process of heating the electric pressure cooker is completely automatic. You only need to select the pressure, cooking time or arbitrary program then press the "start" button and wait for the finished product. **The time to lower the pressure** Approximately 11 minutes depending on cooking with gas, infrared or magnetic as the selected pressure Approximately 14 minutes depending on the heating coil capacity and cooking mode **Timer, integrated cooking program** The pressure cooker model does not have a built-in timer, so users should take the initiative to control the time. The pot also does not integrate different cooking modes.

When the pot reaches the specified pressure level, the pot's timer will count down the cooking time automatically.

The cooking mode of the pot is also diverse, helping users to freely prepare many different dishes

Material and durability Usually aluminum and stainless steel are very durable and difficult to damage. Pot life can be up to 20 years. Parts such as gaskets, seals, etc. can be replaced as needed.

The shells of electric pressure cookers are usually made of insulating plastic.

The intestine is usually made of aluminum and has a non-stick coating

How to open the pot

You can open the lid of the pot in the following ways:

1. Use cold water to reduce pressure (takes about 30 seconds)
2. Reduce pressure through pressure reducing valve (takes about 2 minutes)
3. Lowering the natural pressure means that the pot will lower its temperature (it takes about 10 minutes)

Do the following to open the pot:

1. Reduce pressure through pressure reducing valve (about 3 minutes)
2. Reduce natural pressure (about 25 minutes)

How to use the pressure cooker safely

Step 1: Prepare the food before cooking

1. For meat, poultry you should marinate before cooking. Need to stir or chop small pieces to taste
2. For dry nuts, soak in water for 4-6 hours for seeds to bloom. When soaking, do not add salt.

Step 2: Put the food in the pot

1. Make water to fit each dish. Note that the amount of water does not exceed 2/3 of the pot capacity.
2. Close tightly and fit properly
3. Cooking with high heat, the pot will begin to turn the water inside into steam. As the pressure increases gradually and reaches its maximum level, the pot starts the cooking process.
4. For dishes that require a long time, you should reduce the fire, this helps to save fuel and not to damage the pot, but the dish is also more delicious.

Step 3: Remove the food from the pot

1. Switch off the stove after the cooking time has ended
2. Reduce the pressure of the pot in 3 ways as mentioned above
3. When all pressure has been released, the lid is opened

Note:

1. For foamy foods such as cereals, beans, etc., you should not reduce the pressure through the pressure reducing valve to avoid clogging.
2. Before cooking, check the pan to make sure it is not cracked, broken, or deformed.

How to use electric pressure cooker safely

The cooking process is the same as when you use a mechanical pressure cooker. However, after preparing the ingredients, put on the lid you need to choose the appropriate temperature, cooking mode or pressure.

Here are a few notes while using electric pressure cookers you need to consider:

1. Check the pot before cooking, especially the wire, the exhaust valve, the rubber washer, the lid is warping or not.

2. Ensure the power source meets the manufacturer's requirements. Avoid using the outlet with other electrical equipment to avoid overloading and short-circuit fire
3. Use ingredients in appropriate amounts
4. Never open the lid suddenly during cooking
5. Foods with foam when cooking such as cereals, beans . you should not reduce pressure through the pressure reducing valve to avoid clogging the valve

Above are the detailed sharing of pressure cookers as well as their structure, uses and how to use them in a safe and effective way. If you have any questions or need advice about the product, please contact us immediately at the hotline below:

1. Hanoi: 56 Duy Tan - Dich Vong Hau - Cau Giay. Hotline: 024.3568.6969
2. Ho Chi Minh City: 716-718 Dien Bien Phu - Ward 10 - District 10. Hotline: 028.3833.3366

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2. Experience choosing to buy mechanical pressure cookers that can be used for induction cookers
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