

The benefits of pressure cooking

Pressure cooking offers multiple benefits: meals are ready faster, take less time and energy to prepare and are healthier and more flavorful.



Pressure cooking is sustainable: every time this method is used in the kitchen, the amount of time and energy saved adds up, meaning that buying a modern pressure cooker pays off with every use.

Foods such as potatoes or rice can be fully cooked in a pressure cooker in a matter of minutes. This is an unbeatable benefit when cooking in a hurry. Even one-pot dishes can be quickly prepared and are very popular with many people. The shorter cooking times make pressure cooking particularly efficient. It also saves time and energy and is healthier than conventional cooking.

PRESSURE COOKING IS HEALTHY

Food cooks particularly gently when using pressure and retains more water-soluble and fat-soluble vitamins than with conventional cooking methods. Scientific studies (Justus Liebig University Giessen and the University of Koblenz, 2012; IPI Institute für Produkt-Markt-Forschung and the University of Hohenheim, 2022) prove that vegetables prepared in a pressure cooker score measurably better with regard to nutrient content: broccoli contains 63% vitamin C after being boiled and as much as 91% when cooked in a pressure cooker. Similar results were found when comparing potatoes (92% vitamin C when pressure cooked compared to just 71% when conventionally cooked) and carrots (88% vitamin C when pressure cooked compared to 49% when conventionally cooked). The differences recorded for thiamine and provitamin A in these three types of vegetables are also similar. The results can be attributed to the

shorter cooking times, the displacement of atmospheric oxygen in the pot and the lower amount of liquid required for cooking. Vitamins and minerals have less time to break down or degrade. The nutrients remain in the food instead of transferring to the cooking water. Pressure cooking also preserves colors and flavors more successfully; vegetables come out of the pot with wonderfully fresh colors and a more intense natural taste.

PRESSURE COOKING SAVES TIME

Depending on the ingredients, huge amounts of time can be saved when pressure cooking, which is a major benefit for people for whom time is of the essence. Mixed vegetables or rice dishes such as paella and risotto are done in just 5 minutes – and without having to be stirred. As shown in the table on the right, cooking times are reduced by up to 70%.

This is particularly noticeable for foods that take a long time to cook, such as legumes (dried beans, lentils, chickpeas) or sinewy meat (beef brisket). Vegetables such as squash or cabbage also benefit from pressure cooking and are done far quicker than when steamed without pressure or boiled. Even more time can be saved by layering multiple dishes or meal components on top of each other and cooking them at the same time. What's more, cooking the main and sides in the same pot also saves on water for cleanup.

PRESSURE COOKING SAVES ENERGY

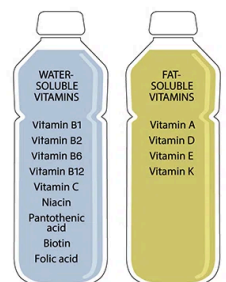
Efficient cooking uses less energy and helps to reduce costs. Cooking with pressure in a pressure cooker is far superior to conventional cooking in this regard as the shorter cooking times make it possible to reduce energy usage by up to 50%, sometimes even more.

Once the cooking valve indicates that the pressure for the desired cooking setting has been reached, the heat can be reduced to a minimum or the stove can be completely switched off to use the residual heat, which again saves a great deal of energy.

This is also made possible by the patented, energy-efficient, encapsulated base on the Fissler pressure cookers, which enable optimum, even heat distribution. Multilevel pressure cooking saves huge amounts of gas or electricity as only one heat source is needed rather than two or three rings.

The Healthy Cooker® is quicker than conventional cooking methods and excludes nearly all oxygen. This preserves vitamins and minerals as well as the color, texture and natural taste of the food more effectively.

PRESSURE COOKING PRESERVES VITAMINS AND MINERALS



Vitamins are either water-soluble or fat-soluble. Some are also sensitive to oxygen and/or heat. When briefly cooking food in gentle steam with barely any oxygen, vitamins and water-soluble minerals are optimally preserved.

TIME SAVINGS WITH PRESSURE COOKING (food/cooking time in min.)

