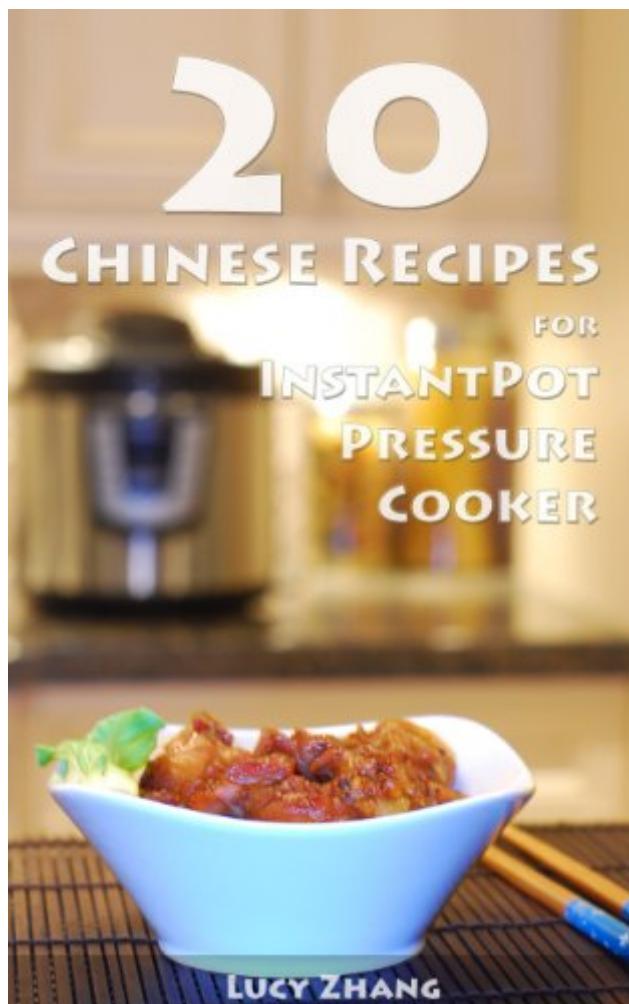


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# 20 Chinese Recipes For Instant Pot Pressure Cooker



## **Synopsis**

The Chinese recipes included in this booklet are traditional to Northern China and are nutritious and well balanced. The booklet includes well-tested recipes for cooking rice, pork, beef, chicken and vegetables in the Instant Pot. I hope you enjoy them as much as I do. Chinese Ginger Orange Chicken, Beef with Red Wine, Chinese Beef Stew, Broccoli and Shrimp, Shiitake Mushroom with Chicken, Pumpkin Goji Porridge, Fried Rice with Eggs and Vegetables, Millet Porridge, Oxtail soup, Pork with stir-fry vegetables, Sweet and Sour Pork Ribs, Braised Pork, Ribs in Tomato Sauce, Ribs with Noodles, Brown Rice with Chicken & Mushrooms, Chinese Eight Treasure Rice, Spiced Beef, Steamed Ribs with Black Bean Sauce, Rice with Napa Cabbage, Chicken Corn Soup. The above recipes are designed for today's modern Instant Pot Programmable Pressure Cooker. The Instant Pot Pressure Cooker in its 3rd generation is safe, fully programmable and designed for North American consumers whose busy life styles demand quick but wholesome and delicious food. Using this pressure cooker you can reduce your cooking time and at the same time you can greatly reduce your energy consumption.

## **Book Information**

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## **Customer Reviews**

I just downloaded this ebook to my Kindle reader and skimmed through the 20 recipes. I have to say that I am very disappointed that the recipes do not match my expectations from reading the book title and introduction. My specific comments: The introduction to the book says that "The Chinese recipes included in this booklet are traditional to Northern China....". In my view, many of the 20 recipes would barely qualify from that point of view. For instance: \* the first recipe - Chinese Ginger Orange Chicken - requires orange marmalade, which is hardly a Chinese ingredient, let alone a traditional Northern Chinese one. \* the second recipe - Beef with Red Wine - suggests using "the red wine of your choice". Perhaps the author was thinking about Chinese red rice wine (which is traditionally Chinese, though I'm not too sure it is a traditional Northern Chinese thing) but my impression was that popular consumption of grape wines in China is a relatively recent thing (unless this is a Bronze Age recipe, which the Wikipedia entry on Wine in China says was the last time grape wine was popular in China). More seriously though, this recipe requires the use of olive oil - in fact, a good many of the recipes in this book call for olive oil. I found this surprising given the generally strong, characteristically un-Chinese flavour of olive oil - I haven't tried the recipe yet though and it might be that cooking in a pressure cooker destroys the olive-ish smell and taste. It is puzzling though and there is no explanation in the book why the author recommends using olive oil.

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