



Tanya Davis
Texas AgriLife Extension Service
County Extension Agent – Family and Community Health
206 S. State Street, Suite A
Decatur, Texas 76234
Ph: 940.627.3341 Fax: 940.627.8070

Wise Notes for Consumers

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Cooking Under Pressure Returns

Fall is in the air.... and in our fast-paced world, whether it's just our usual busy routines or trying to fit in a holiday activity or two, we are constantly trying to find ways to save time in the kitchen and still prevent growing waistlines.

Back by popular demand, Texas A&M AgriLife Extension Service in Wise County is hosting a second Cooking Under Pressure class to utilize the pressure cooker to create nutritious flavor-packed meals in minutes. This newest kitchen gadget must-have goes by a handful of names — from multicooker to programmable pressure cooker — but most people call it by the brand name that first appeared on the shelf: the Instant Pot.

“Cooking Under Pressure” is scheduled for Thursday, November 14, from 5:30 pm – 7:30 pm at the Wise County Extension Office, 206 S State Street, Decatur, Texas. The program will cover different pressure cooker models, appliance features, safety tips and tricks to make cooking a breeze. Participants will be guided through the preparation of 3 recipes utilizing an electric pressure cooker.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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Learning to properly utilize an electric pressure cooker can help you to “have it all when it comes to cooking quick, delicious, healthy meals.

Make plans now to join us for an evening of ‘Cooking under Pressure’. Cost of the program will be \$15 which covers the cost of class materials, recipes and a tasting of foods prepared. Space is limited. You may register by contacting the Extension office at 940/627-341. Spots for the class will be reserved with payment. Deadline to register will be November 12, 2019.

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