



**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**

Submitted: 8-23-19

### **Cooking Under Pressure**

In this fast-paced world, whether it's back to school routines or just trying to juggle life schedules in general, we are constantly trying to find ways to save time in the kitchen and still prevent growing waistlines.

Texas A&M AgriLife Extension Service in Wise County has an answer to spice up and speed up family mealtime. The pressure cooker is the answer to our cry for 'help' by making it possible 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, September 19, 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.*

Pressure cooking can save you time and money while producing foods that are ultra-tender, low in fat, and full of flavor. Although pressure cookers have been around for a long time, they are the perfect tool for any modern kitchen. 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 940/627-3341. Spots for the class will be reserved with payment. Deadline to register will be September 17, 2019.

*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.*