

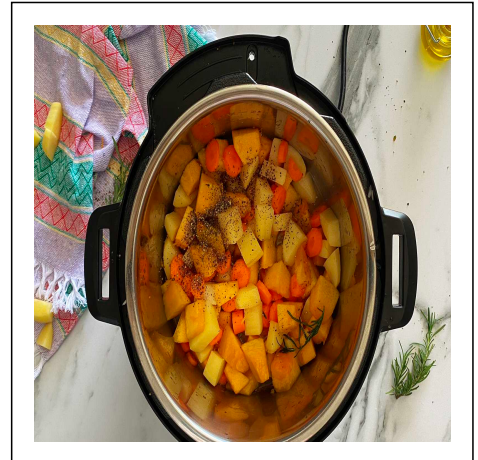
Recipe Name: How to Cook Root Vegetables like Potatoes using a Pressure Cooker

Diet Type: Vegetarian

Course: Main Course

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Potatoes	300
• 1/4 cup Water	

Preparation

- To begin pressure cooking the potatoes, first thoroughly clean them under running water.
- You can lightly scrub them too, to remove all the excess soil and grime that is usually present on the peels of potatoes and other underground spuds.
- Next, you can either cut the potatoes into half or place the whole potato into the pressure cooker.
- Add 1/4 cup of water into the cooker.
- Place the lid over it along with the weight.
- Cover and cook on a high heat until you hear the about two whistles.
- After the first two whistles, turn the heat to low and simmer for three minutes, after which you can turn the heat off.
- Once you turn the heat off, wait for the pressure to release naturally as the steam present inside continues to cook the potatoes for a while longer.
- This may take up to 10 minutes.
- Once the pressure has released, you will be able to lift the weight easily and open the lid of the cooker.
- You can test the potatoes for done-ness by inserting a knife into them.
- If the knife passes in easily, the potatoes are cooked.
- Cool them completely to make peeling them easier for you.
- Once peeled, you can either use as is, or mash them up for recipes like Rajma Galouti Kebab or other even other spuds like Arbi/Colocasia used in Arbi Ke Kebab or yams, as used in this Jimikand Ke Kebab.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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