

## Pressure Cooker Bread

***Nalu IV -- Diana and Jim Jessie***

If you don't have an oven or don't want to raise the cabin temperature, you can bake bread in your pressure cooker. The method is simple, and any bread recipe that uses 3-6 cups of flour/grain will work.

Yeast breads need to rise, double their bulk, be punched down, and then allowed to rise again for 30 minutes in the pressure cooker.

For quick breads, mix and pour batter into the pressure cooker directly.

Method:

Grease the pressure cooker generously and then dust with a heavy layer of corn meal.

Place dough/batter in the pressure cooker and seal the lid. **DO NOT USE THE PRESSURE VALVE.**

Place pressure cooker over a low-medium flame on a flame tamer or double the burner rings.

"Bake" the bread per recipe instructions.

Remove the top immediately and tip out the bread. Cool it on a rack. The top of the bread will be soft—perhaps even soggy. Don't worry—it will firm as it cools.

Experiment with this method to find the right combination of flame and time for your equipment.

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*1813 Clement Avenue - Bldg. 24*

*Alameda, CA 94501*

*(510) 769-1547 - [www.waypoints.com](http://www.waypoints.com)*