



## Pressure Cooker Release

**Pressure cooking**<sup>1</sup> was a frequent method in my home growing up. Before microwaves it was necessary to cook more on top of the stove. Pressure cookers are a handy way to cook both meat and vegetables more quickly while using less energy.

Liquid placed inside the pressure cooker with the contents releases steam inside the sealed container. A weight-operated “jiggly” valve<sup>2</sup> placed on the top allows some steam and pressure to be released to avoid explosion. The dancing of the valve weight makes a sound as it dances in the steam release.

**Great care must be taken in handling the pressure-filled container once the cooking is done.**<sup>3</sup> The built-up steam could hurt people or destroy the home as well as the long awaited dinner if steps were not followed. Both the jiggly weight and the lid must stay sealed and in place throughout the cooling to evade a blast of boiling liquid.

**This can be safely done through three pressure-release methods:**<sup>3</sup>

1. Cooling the container with the weight still intact with water,
2. Very carefully releasing steam by bumping the weight while all sealed in short, multiple pushes aside by the finger. This is very dangerous for possible accidental removal of the weight could elicit an eruption of scalding food and steam.
3. Allowing the pressure cooker to naturally sit to cool off for pressure to dissipate. Then remove the weight when no steam escapes from gently touching, open the lid at proper time and serve.  
This method takes the longest but has the least danger.

**Likewise, relationships sometimes build to a pressure point. If we do not release the boiling within our emotions to Jesus an eruption of angry words may proceed.** Unfortunately, harsh words can be forgiven but not taken back from being heard. To avoid damage in our relationships with family and close friends we must be aware of the need to keep love in our hearts. We need Jesus’ help to keep the extra pressure covered and contained until the heat can recede before reopening conversation on the difficult topic.

1. Sometimes we can ask the Holy Spirit to give us wisdom and place gentle words<sup>4</sup> ([Proverbs 15:1](#)) in our mouth to talk through the issue calmly, listening between speaking<sup>5, 6</sup>. ([James 1:19-20](#), [Proverbs 29:11](#))

Praying as we do this, and praising quietly for Jesus to be victorious as He loves them through us, can be like running the cold water over the pressure cooker. We keep the weight on and hold our tongue with a few ideas offered calmly as we listen.

2. Taking breaks in processing an issue can be like releasing the “jiggly” weight steam a little at a time. Calmly discussing and allowing each person to release their thoughts shared in love a little at a time could bring a heated topic into an unruffled discussion. <sup>7, 8, 9</sup> ([Colossians 4:6](#), [Colossians 3:8](#), [Ephesians 4:29-32](#))
3. Setting the issue aside for a while as both parties cool off over a stretch of time is also helpful. Being aware of those times when we’re overly tired, stressed, or disappointed can also help us invite Jesus to love the other person through us. Walking away for a period of time to allow for reasonable expression in a quieter approach later can be good. We just need to be sure to resolve the dissension before we go to bed, <sup>10</sup> ([Ephesians 4:26-27](#)) even if it is hearing each other out and agreeing to disagree in love.

Times of travel and increased demands, like the holidays, can create pressure cookers in our homes and families. Jesus is ready to help us cool tensions and walk in great love. <sup>11</sup> ([John 13:34](#))

God wants us to avoid an explosion of words that could injure those nearby. He is an ever present help in the time of trouble. <sup>12</sup> ([Psalm 46:1](#))

We are encouraged to count it all joy when we are in difficult situations <sup>13</sup> ([James 1:2-4](#)) because Jesus can turn them into miracles in ways we never imagined. The Bible tells us in Romans 8:28 that all things work together for good <sup>14</sup> ([Romans 8:28](#)) for those who love God and are called according to His purposes.

**Rest in Jesus and let Him release the pressure as you transfer your concerns into His hands.**

**He is able.**

From the heart with all praise to the Father, Son and Holy Spirit,  
Donna Turpin  
In Christ Alone

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<sup>1</sup> **Pressure cooking:** [https://en.wikipedia.org/wiki/Pressure\\_cooking](https://en.wikipedia.org/wiki/Pressure_cooking)

**Pressure cooking** is the process of [cooking](#) food, using water or other cooking liquid, in a sealed vessel, known as a *pressure cooker*. Pressure cookers are used for cooking food faster than conventional cooking methods, which also saves energy.

Pressure is created initially by boiling a liquid such as water or broth inside the closed pressure cooker. The trapped steam increases the internal pressure and temperature. After use, the pressure is slowly released so that the vessel can be safely opened.

Pressure cooking can be used for quick simulation of the effects of long [braising](#). Almost any food which can be cooked in steam or water-based liquids can be cooked in a pressure cooker.

<sup>2</sup> **Weight-modified or “jiggly” valve in First Generation Pressure Cookers,**

[https://en.wikipedia.org/wiki/Pressure\\_cooking#First\\_generation](https://en.wikipedia.org/wiki/Pressure_cooking#First_generation)

Also known as “old type” pressure cookers, these operate with a weight-modified or “jiggly” valve, which releases pressure during operation. Some people might consider them loud or very loud because the weight-modified valve operates similarly to the [piston](#) in a [steam engine](#). They typically offer only one pressure level – with the exception of some newer “old style” pressure cookers that allow the operator to change the weight of the weight-modified valve.

<sup>3</sup> **The pressure can be safely released to allow opening of the cooker through: Pressure Release Methods,**

[https://en.wikipedia.org/wiki/Pressure\\_cooking#Pressure\\_release\\_methods](https://en.wikipedia.org/wiki/Pressure_cooking#Pressure_release_methods)

#### **Pressure release methods**

After cooking, there are three ways of releasing the pressure, either quickly or slowly, before the lid can be opened. Recipes for pressure cookers state which release method is required at the end of the cooking time for proper results. Failure to follow the recommendation may result in food that is under-cooked or over-cooked. Only one of these release methods is used after timing, as recommended in the recipe.

To avoid opening the pressure cooker too often while cooking different vegetables with varying cooking times, the vegetables that take longer to cook can be cut into smaller pieces and vegetables that cook faster can be cut into thicker pieces.

#### **Cold water quick release**

This method is the fastest way of releasing pressure with portable pressure cookers; it is recommended to read the manufacturer’s instruction book, as some may advise against the cold water release or require it to be performed differently.

The cold water release method involves using slow running cold tap water, over the edge of the pressure cooker lid, being careful to avoid the steam vent or any other valves or outlets and never immersing the pressure cooker under water. It is most suitable for foods with short cooking times. It takes about 20 seconds for the cooker to cool down enough to lower the pressure so that it can be safely opened. This method is not suitable for electric pressure cookers, as they are not “immersible.”

### Manual, normal, regular or automatic release

This method is sometimes called a *quick release*, not to be confused with the cold water release. It involves the quick release of vapor by lifting (or removing) the valve, pushing a button, or turning a dial. It is most suitable to interrupt cooking to add food that cooks faster than what is already in the cooker. For example, since meat takes longer to cook than vegetables, it is necessary to add vegetables to stew later so that it will cook only for the last few minutes. Unlike the cold water release method, this release method does not cool down the pressure cooker. The user must release the steam with caution to avoid being scalded. This release method is not suitable for foods that foam and froth while cooking; the hot contents might spray outwards due to the pressure released from the steam vent. This release method takes about two minutes to release the pressure before the lid can be opened.

### Natural release

The natural release method allows the pressure to drop slowly; this is achieved by removing the pressure cooker from the heat source and allowing the pressure to lower without action. It takes approximately 10 to 15 minutes (possibly longer) for the pressure to disappear before the lid can be opened. On many pressure cookers, a coloured indicator pin will drop when the pressure has gone. This natural release method is recommended for foods that foam and froth during cooking, such as rice, legumes, or recipes with [raising agents](#) such as steamed puddings. The texture and tenderness of meat cooked in a pressure cooker can be improved by using the natural release method...[that] finishes cooking foods or recipes that have longer cooking times because the inside of the pressure cooker stays hot. This method is not recommended for foods that require very short cooking times, otherwise the food overcooks.

<sup>4</sup> Gentle words, *Holy Bible KJV*, BibleGateway.com, [Proverbs 15, v. 1](#), King James Version (KJV), [www.BibleGateway.com](http://www.BibleGateway.com), Scripture taken from the **King James Version (KJV)** by [Public Domain](#). <http://bit.ly/1ZvScU5>

1 A soft answer turneth away wrath: but grievous words stir up anger.

<sup>5</sup> Listening between speaking, *Ibid*, [James 1, v. 19-20](#), <http://bit.ly/1TUWp1U>

19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

20 For the wrath of man worketh not the righteousness of God.

<sup>6</sup> Listening between speaking, *Ibid*, [Proverbs 29, v. 11](#), <http://bit.ly/24hQOQY>

11 A fool uttereth all his mind: but a wise man keepeth it in till afterwards.

<sup>7</sup> could bring a heated topic into an unruffled discussion, *Ibid*, [Colossians 4, v. 6](#), <http://bit.ly/1XcEOGU>

6 Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.

<sup>8</sup> could bring a heated topic into an unruffled discussion, *Ibid*, [Colossians 3, v. 8](#), <http://bit.ly/1TP1coD>

8 But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

<sup>9</sup> could bring a heated topic into an unruffled discussion, *Ibid*, [Ephesians 4, v. 29-32](#), <http://bit.ly/1PgIMLu>

29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

30 And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption.

31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

<sup>10</sup> resolve the dissension before we go to bed, *Ibid*, [Ephesians 4, v. 26-27](#), <http://bit.ly/1sJ99PO>

26 Be ye angry, and sin not: let not the sun go down upon your wrath:

27 Neither give place to the devil.

<sup>11</sup> walk in great love, *Ibid*, [John 13, v. 34](#), <http://bit.ly/1sZoL2q>

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

<sup>12</sup> ever present help in the time of trouble, *Ibid*, [Psalm 46, v. 1](#), <http://bit.ly/25xLtML>

1 God is our refuge and strength, a very present help in trouble.

<sup>13</sup> count it all joy when we are in very difficult situations, *Ibid*, [James 1, v. 2-4](#), <http://bit.ly/1sJICD3>

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

<sup>14</sup> all things work together for good, *Ibid*, [Romans 8:28](#), <http://bit.ly/1UDCtDm>

28 And we know that all things work together for good to them that love God, to them who are the called according to His purpose.