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## From the Lab

Product news you can use, from the experts at the Good Housekeeping Research Institute



### Sharon Franke, Good Housekeeping Research Institute

Sharon tests every piece of cooking equipment that could possibly find its way into the American kitchen. Everything from a humble wooden spoon, to pots and pans, to coffeemakers, toasters, and mixers, to ranges and refrigerators, fall under her scrutiny. [Full bio](#)  
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## Open Season for Pressure Cooking

January 13, 2009 at 4:55 PM by Sharon Franke, Good Housekeeping Research Institute | [comment](#)

When it's cold and stormy out, like it was in New York City this past weekend, my thoughts turn to pressure cooking. Nothing does a better job of turning out stews, soups, and pot roasts with tender, melt-in your mouth (and never stringy) morsels of meat and vegetables floating in a rich and flavorful sauce or broth than a pressure cooker. And because they cook at temperatures above the boiling point, they cook super fast. Even on a work day or a Saturday or Sunday filled with errands and activities you can treat your family to the comfort of homemade chicken soup or beef stew--from the time you pull the ingredients out of the fridge until you're sitting down to eat, you only need one hour *at the most*. If thoughts of split pea soup on the kitchen ceiling still float in your head, banish them right now. Every model on sale today has numerous safety features to prevent those Eisenhower-era explosions. On Saturday night my husband and I feasted on what I think are the best short ribs in the whole world--follow this link to find the recipe which was adapted from one of my favorite cookbooks for our food pages: [http://www.goodhousekeeping.com/recipefinder/ranch-style-short-ribs-568?click=main\\_sr](http://www.goodhousekeeping.com/recipefinder/ranch-style-short-ribs-568?click=main_sr). When you're shopping for a pressure cooker, look for one that's about six quarts and made of stainless steel with a solid aluminum base to prevent burning on the bottom. The one I used this weekend was this handsome Fagor 8-



quart Duo model, available at [amazon.com](#).



## about this blog

Product testers tell all! Find out what life is like at the Good Housekeeping Research Institute, which products the experts use at home—and how to use them, and how you can make good choices that fit your needs.

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