

## Ethnic Kitchen with Fagor



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Media Contact: Jennifer Park / Agnes Csomos

[jennifer@fagoramerica.com](mailto:jennifer@fagoramerica.com)

[acsomos@fagoramerica.com](mailto:acsomos@fagoramerica.com)

201.804.3900

### Fagor Pressure Cookers: The Ethnic Kitchen Staple

It's no secret that ethnic and regional cuisines have been steadily gaining popularity in the US over the few past decades. Most people look forward to spending a weekend evening at their favorite restaurant - enjoying flavors and spices that vastly differ from a traditional "meat and potato" fare.

Once outside the restaurant we often wonder, "could I prepare this type of meal myself at home?" The answer to this question is undoubtedly yes. Surprisingly, many of the most popular ethnic dishes are far less complicated than you might imagine. The key is simply in using the freshest ingredients, a few key spices and believe it or not - *a pressure cooker!*

In fact, Latino, Indian, Asian and African cuisines (just to name a few) all rely heavily on the pressure cooker for their unique intermingling of flavors. The pressure-cooking method naturally lends itself to the infusion of a recipe's distinctive flavors and spices. Pressure-cooking also ensures that even cheaper cuts of meat are cooked perfectly tender every time.

In addition to meats- legumes and grains are prepared fast in a pressure cooker and, unlike traditional cooking- often require little or no pre-soaking. Both nutritious and hearty; lentils, couscous and rice are the perfect accompaniment and often the main ingredient of many regional cuisines.

Fast, Easy and Healthy - Fagor Pressure cookers offer a user-friendly operating system to all cooks- from the novice to even the most seasoned chef. With a wide range of safety features and a pressure indicator and release system- you can be well on your way to preparing favorite ethnic dishes at home in no time at all.

Fagor also offers a variety of other products such as commercial specialty cookware, cookbooks and accessories. Read more about Fagor products at [www.fagoramerica.com](http://www.fagoramerica.com).

**About Fagor:** Fagor America Inc, headquartered in Lyndhurst, NJ, USA is a wholly owned subsidiary of Fagor Electrodomesticos, Spain. Fagor is currently present in 100 countries, employs more than 12,000 people in 17 countries and operates 16 factories in 3 continents.

The Fagor brand name has been previously most visible in the United States since 1992 with high-quality stainless steel cookware as the core product offering, Fagor is currently positioned as a top cookware brand, sold at major retailers nationwide. Fagor America products can be found at **Macy's, Bloomingdale's, Bed Bath & Beyond, Linens 'n Things, Sur La Table, Cooking.com, Amazon.com** and many other department, housewares, specialty stores, direct mail and home shopping clubs.

Fagor has upheld major appliance private label operations in the US since 2001. In 2005, Fagor America Appliances Division was created, anticipating that US consumers will perceive the quality of products and category expertise that Fagor has to offer.

For media inquiries please contact: Carmen Costa @ 201.804.3900 Phone 201.804.9898 Fax or Email: [jennifer@fagoramerica.com](mailto:jennifer@fagoramerica.com)