

MEN'S JOURNAL

Fissler Vitavit Premium Pressure Cooker



Peter Matlashewski

Many home cooks shy away from pressure cookers because of the intimidating nature of how they operate, but when properly used, these devices are extremely safe and can produce incredibly tasty and healthy meals. After spending the past few weeks testing Fissler's all-new [Vitavit Premium Pressure Cooker](#), it has become my go-to for putting together quick and easy one-pot recipes. The German brand definitely put an emphasis on safety, quality of materials and ease of use as the foundation of its design.

The Vitavit comes in five sizes from 2.5 liters all the way up to 8 liters so you can select the perfect option for your household. This model has four cooking levels that can reach a PSI far beyond your traditional electric pressure cooker which makes a significant difference when breaking down larger proteins. There is also a multistage safety valve and sturdy locking system that makes using this device feel very safe. Its analog-like pressure indicator uses a simple color scheme—yellow, green and red—so you can easily monitor pressure levels without needing a screen or electricity.

It's worth noting that the Vitavit isn't a "set it and forget it" appliance like a rice cooker or sous-vide machine, however it's as easy as bringing it up to temperature and pressure, adjusting the heat to simmer and let it cook in the green zone with minimal attention required. If pressure ever builds up too high, the cooker automatically releases steam, so you never have to worry about any malfunctions.

Pressure cookers are not only great for tenderizing tough cuts of meat by containing the moisture, but they also preserve the nutrients in your food more effectively by reducing its exposure to air. Another game-changing feature of pressure cookers is their ability to drastically reduce cook times by at least 50 percent if not more. For instance, you can bake potatoes in 5 to 15 minutes instead of an hour in the oven or braise beef to fall-off-the-bone perfection in just 35 to 45 minutes compared to hours in a Dutch oven.

The Vitavit is also great for making soups and broths, but I can't get enough of making stews and curries which have been great during these colder months. This new model comes with a 15-year warranty that you'll likely never have to use because it's built from top-of-the-line 18/10 stainless steel. If you're a home cook who loves compounding flavors in dishes while minimizing cleanup by using a single pot, the Vitavit from Fissler is the ultimate cooking gadget to get.—*Peter Matlashewski, contributor*

[\$320; [fissler.com](https://www.fissler.com)]