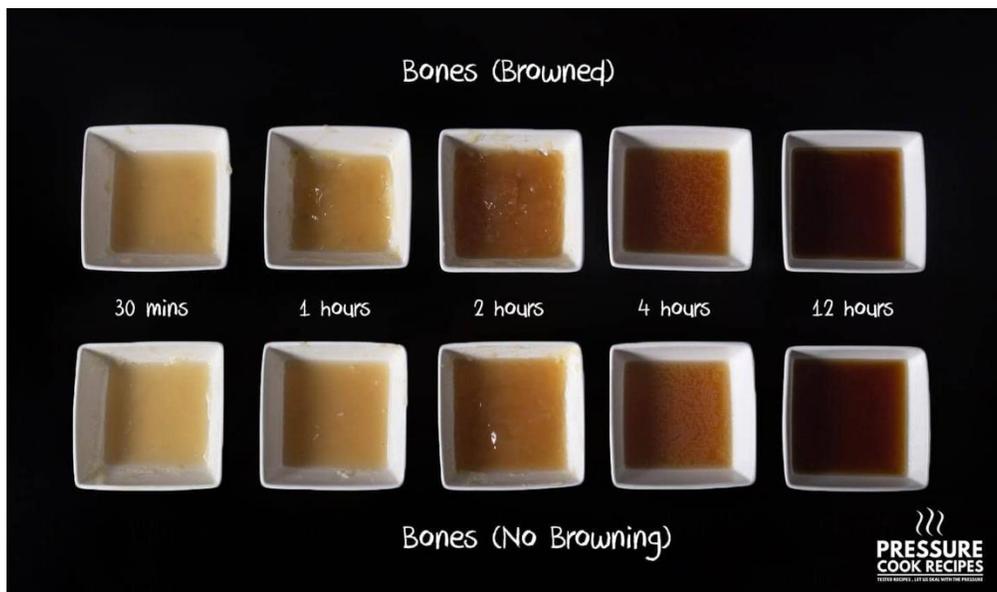


Bouillons d'os



Test #1 - Os sautés à haute pression 30 minutes



Niveau de gel : Petit gel
Couleur : Or clair

Test #2 - Os non sautés à haute pression 30 minutes



Niveau de gel : Liquide, mince
Couleur : Or clair (plus clair que le test #1)

Test #3 - Os sautés à haute pression 1 heure



Niveau de gel : Commencé à gélifier

Couleur : Marron doré clair (légèrement plus foncé que le Test #1 et le Test #4)

Test no 4 - Os non sautés à haute pression 1 heure



Niveau de gel : Commencé à gélifier

Couleur : Marron doré clair (légèrement plus clair que le test #3)

Test #5 - Os sautés à haute pression 2 heures*



Niveau de gel : Meilleure texture gélatineuse (gel plus épais que le test #6)

Couleur : brun doré

Test no 6 - Os non sautés à haute pression 2 heures



Niveau de gel : Joli gel

Couleur : brun doré (légèrement plus clair que le test #5, plus foncé que le test #4)

Conclusions de l'expérience sur le bouillon d'os à l'instant pot:

Un temps de cuisson sous pression plus long ne signifie pas toujours que le bouillon d'os sera meilleur ou aura meilleur goût.

Les os sautés produisent toujours un goût plus riche et une couleur de bouillon plus foncée que les versions non sautées. En pesant les trois facteurs, le résultat désiré pour un bouillon d'os à cuisson sous pression est l'essai no 5. Il a produit la meilleure saveur globale, la meilleure texture gélatineuse et la meilleure couleur.

Sautéed or Roasted					
	Test #1	Test #3	Test #5	Test #7	Test #9
Pressure Cooking Method	HP 30 mins	HP 1 hr	HP 2 hrs	HP 4 hrs	HP 12 hrs
Pressure Release Method	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release
Results	<p>Flavors: light flavored, vegetables are the dominant flavor, more oily than Test #2</p> <p>Color: light gold</p>	<p>Flavors: more chicken flavors & fragrance than Test #1, richer than Test #4, a hint of sweetness from carrots & celery</p> <p>Color: light golden brown, slightly darker than Test #1</p>	<p>Flavors: more chicken flavors than Test #3, Test #4 & Test #6; more well blended/harmonized between the chicken & vegetables, overall richer/more depth than Test #6</p> <p>Color: golden brown; darkest color out of Test #1 - Test #6</p>	<p>Flavors: richer than Test #8; have a little bitter & sour aftertaste from the veggies; flavors not as balanced and harmonized as Test #5</p> <p>Color: dark brown</p>	<p>Flavors: tastes sour & bad - deep roasted flavor (tastes like veggies have turned bad). Test #10 tastes a bit better</p> <p>Color: deep darkest brown</p>
After Chilling in Fridge	Little gel	Started to gel	Best gelatinous texture out of Test #1 Test #6; nice color, thicker gel than Test #6	N/A	N/A

Not Roasted					
	Test #2	Test #4	Test #6	Test #8	Test #10
Pressure Cooking Method	HP 30 mins	HP 1 hr	HP 2hrs	HP 4hrs	HP 12 hrs
Pressure Release Method	Natural Release	Natural Release	Natural Release	Natural Release	Natural Release
Results	<p>Flavors: light flavored, vegetables are the dominant flavor</p> <p>Color: light gold; lightest color out of Test #1 - Test #10; slightly lighter than Test #1</p>	<p>Flavors: more chicken flavors than Test #1 & Test #2, some sweetness from carrots/celery</p> <p>Color: light golden brown, slightly lighter than Test #3</p>	<p>Flavors: not as rich as Test #5, more veggies flavor stands out compared to Test #5</p> <p>Color: golden brown; slightly lighter than Test #5</p>	<p>Flavors: tastes better than Test #7, more well blended & harmonized between the chicken & veggies compared to Test #8; veggies flavors stand out more than chicken flavors - had some sour taste from veggies, but not as much as Test #7; a little sweeter than Test #5</p> <p>Color: dark brown; slightly lighter than Test #7</p>	<p>Flavors: not as strong of a bad veggie taste compared to Test #9; tastes lighter and more blended, but doesn't taste that good either, however, tastes better than Test #9</p> <p>Color: deep darkest brown; slightly lighter than Test #9</p>
After Chilling in Fridge	Liquidy, thin	Started to gel	Most gelatinous/ thickest gel compare to Test #2 & #4	N/A	N/A

. <https://www.pressurecookrecipes.com/instant-pot-bone-broth/>