



Cook's Essentials®

The best meals start with the essentials.

Cook's Essentials® Kitchenware. Only at QVC.



4Qt. Electric Pressure Cooker

Model K43547

INSTRUCTION MANUAL

Before operating your new appliance,
please read all instructions carefully and keep for future reference.

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IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

1. Read all instructions before operation.
2. Do not operate while unattended.
3. Do not touch hot surfaces. Use handles or knobs.
4. Close supervision is necessary when the pressure cooker is used near children.
5. DO NOT allow children to operate under any circumstance.
6. Do not place the pressure cooker in a heated oven.
7. Extreme caution must be used when moving a pressure cooker containing hot liquids.
8. Do not use pressure cooker for other than intended use.
9. Never immerse product in water or other liquids.
10. This appliance cooks under pressure. Improper use may result in scalding injury.
11. Make certain unit is properly closed before operating. See Operating Instructions.
12. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. Failure to follow this procedure can result in injury to person(s) and/or damage to the unit.
13. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
14. When the normal operating pressure is reached, turn the heat down so all the liquid which creates the steam does not evaporate.
15. Always check the pressure release devices for clogging before use.
16. Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can be hazardous. See Operating Instructions.
17. Do not use this pressure cooker for pressure frying with oil.
18. DO NOT place the product near flammable materials or use in a humid environment.
19. DO NOT damage the Seal Belt and DO NOT replace it with anything other than the replacement belt designated for this unit.
20. DO NOT tamper with the Steel Ring in the Lid (2) with any tools or external forces. If the Steel Ring is damaged, please stop using immediately and replace the Lid.
21. Clean the Filter (12) regularly to keep the cooker clean.
22. NEVER use additional weight on the Pressure Limiting Valve (1) or replace the Pressure Limiting Valve (1) with anything not intended for use with this unit.
23. The surface of contact between the Inner Pot (4) and the Electronic Heater at the interior of the base unit (6) should always be clean. DO NOT use the Inner Pot with other heating sources. DO NOT replace the Inner Pot with a container other than what is recommended by the manufacturer.
24. The Inner Pot consists of a non-stick layer surface. To avoid scratching the non-stick surface, please use wooden or plastic utensils.

25. Food should not be kept warm for more than 4 hours in order to maintain the freshness of the food. The pressure cooker should not be used for more than 6 hours continuously. Serious Injury and/or damage may occur if any safeguards are ignored.
26. If steam releases around the Lid (2) during the cooking process, please unplug from the power supply immediately, let cool, remove contents and return the product to the manufacturer for exchange or repair. The Pressure Discharging Device has activated. This is a safeguard to alert the user that the Pressure Limiting Device is malfunctioning.
27. If there is any malfunction of the cooker during the cooking process, please stop using the device and return to the manufacturer for repair or exchange.
28. Do not let cord hang over edge of table or counter, or touch hot surfaces.
29. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
30. Do not operate this appliance with a damaged cord or plug or after it malfunctions or has been damaged in any manner. Bring it to a qualified technician for examination, repair or electrical or mechanical adjustment.
31. DO NOT disassemble the product, or replace parts with parts not intended for this unit.
32. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to off, then remove plug from wall outlet.
33. Do not use outdoors.
34. Do not place on or near a hot gas or electric burner, or in a heated oven.
35. Any other servicing should be performed by an authorized service representative.
36. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
37. Some countertop and table surfaces, such as Corian®, wood and / or laminates, are not designed to withstand prolonged heat generated by certain appliances. It is recommended by countertop manufacturers and by Maxi-Matic that a hot pad or trivet be placed under your appliance to prevent possible damage to the surface.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

Safety Warning

- There is a potential risk of fire, electric shock or injury to persons if the product is not used as instructed. Protection against electric shock is assured only if the main power cord is connected to a properly grounded 120V | 60Hz power receptacle.
- This product is to be used in an indoor environment only and is not intended for commercial use. Dry locations only.
- All parts and accessories for this appliance must be used properly according to the instructions. All parts and accessories must be the original provided from manufacturer. All other parts or accessories that is not intended for use with this appliance is strictly prohibited.
- The use of an extension cord, power adapter or other electric devices is highly not recommended.

Additional Safety Tips

- Always keep hands and face away from Pressure Release Device when releasing pressure.
- Use extreme caution when removing the lid after cooking. Always tilt the lid away from you, so any remaining steam is away from your face.
- Never attempt to open lid while cooking, or before float valve (4) has dropped. Do not attempt to defeat this safety feature by forcing lid open.
- Do not cover or block the pressure valves.
- Do not touch the pot or lid except for the handle immediately after using.
- To avoid burns, allow food to cool before tasting. The temperature of the food gets considerably hotter than with conventional cooking.

LED Error Indicator

- If any of the below error codes appear on the pressure cooker display, unplug the power cord and re-plug after 10 minutes. If the error code remains, contact the manufacturer for a replacement part.
- See Troubleshooting on page 21 for instructions regarding an E4 error.

Indicator Code	Problems/Causes
E1	Open Circuit of the Sensor
E2	Short Circuit of the Sensor
E3	Overheating
E4	Signal Switch Malfunction

ABOUT YOUR PRESSURE COOKER

This digitally controlled and automatic pressure cooker uses advanced technology so you and your family can enjoy the benefits of better, faster and healthier cooking. Your Cook's Essentials' Pressure Cooker seals in steam to cook hotter and faster while maintaining important nutrients for healthier meals. Cooking fast and with less water saves vital natural resources and energy! The unit features easy touch-button settings, a countdown timer, and a cooking pot big enough for family gatherings! It's the easiest pressure cooker to use on the market. It may seem like a complicated unit but rest assured, this pressure cooker is simple to use, makes meals quick and easy, and overall it saves you money! Please accept our thanks for purchasing a Cook's Essentials' Pressure Cooker and Enjoy!

PRESSURE COOKER WITH MULTIPLE FUNCTIONS:

- Multiple functions for cooking, stewing, braising, simmering, and roasting.
- Cooking will be done automatically by selecting the different menu choices on the unit. When the food has completed its cooking cycle, there will be a beep indicator, followed by the unit automatically switching to the Keep Warm mode.
- A delay timer allows the user to delay the start of cooking by up to 24-hours. When the timer is set, the count-down will start. At the end of the countdown, the cooker will start to heat up.
- The pressure cooker also has its own memory. During interruptions such as a power failure, the unit will automatically renew the cooking cycle where the unit left off when the power resumes.

RAPID COOKING; TIME & POWER SAVING:

- By using high pressure (high temperature), food will be cooked much more rapidly. This will reduce the cooking time and consumption of power. For example: when cooking rice, this pressure cooker will save up to 20% of the electricity and up to 15% of the time when compared to a conventional rice cooker. When cooking stew, soups or braising meats, this cooker will save more than 40% of time and more than 45% of power as compared to a conventional slow cooker. Cooking can also be done at high altitudes.

PRESERVES NUTRIENTS & PROMOTES HEALTHY EATING:

- Airtight cooking methods preserve nutrients and original flavor of food.

SHORT CORD PURPOSE

NOTE: A short power cord is provided to reduce the risk of personal injury resulting from becoming entangled in or tripping over a longer cord.

Longer power-supply cords or extension cords are available and may be used if care is exercised in their use.

If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the product; (2) the extension cord should be arranged so that it will not drape over the countertop or tabletop where it can unintentionally be pulled on or tripped over by children or pets.

POLARIZED PLUG

If this appliance is equipped with a **polarized plug** (one blade is wider than the other), please follow the below instructions:

To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If you are unable to fit the plug into the electrical outlet, try reversing the plug. If the plug

still does not fit, contact a qualified electrician. Never use the plug with an extension cord unless the plug can be fully inserted into the extension cord. Do not alter the plug of the product or any extension cord being used with this product. Do not attempt to defeat the safety purpose of the polarized plug.

STOP

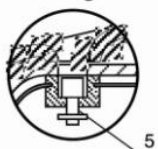
This is NOT a Stovetop Pressure Cooker.

Under NO circumstances should this Pressure Cooker or any of its parts or components be placed ON or NEAR a Stovetop, Range, or Open Flame.

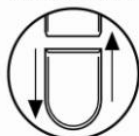
Doing so will cause serious damage to the Pressure Cooker and/or injury to person.

PARTS IDENTIFICATION

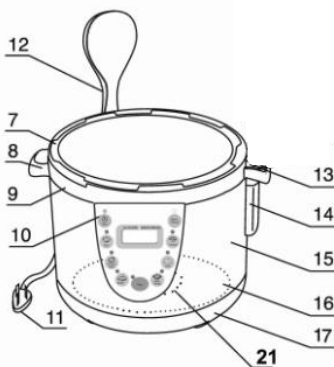
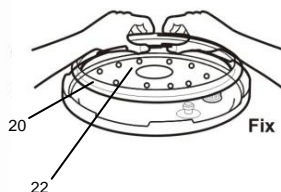
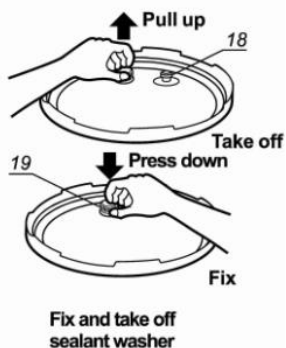
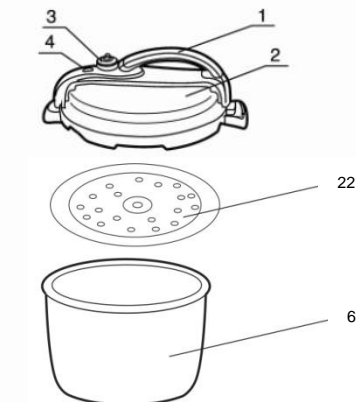
Floating valve



Dismantling of water collector



Control panel



Accessories



- | | | |
|--------------------------------|---------------------|-------------------------------|
| 1. Handle | 9. Upper Ring | 16. Electronic Heater |
| 2. Lid | 10. Control Panel | 17. Bottom Ring |
| 3. Pressure Limiting Valve | 11. Power Cable | 18. Seal Ring for Float Valve |
| 4. Float Valve (external view) | 12. Scoop | 19. Filter |
| 5. Float Valve (internal view) | 13. Handle | 20. Rubber Seal Ring |
| 6. Inner Pot | 14. Water Collector | 21. Sensor |
| 7. Outer Pot | 15. Main Body | 22. Gasket Plate |
| 8. Handle | | |

NOTE

The Inner Pot (6) consists of a non-stick surface. To avoid scratching the non-stick surface, please use wooden or plastic utensils.

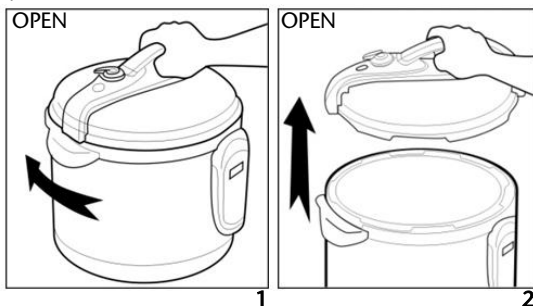
BEFORE FIRST USE

Working Pressure	PSI	Maximum Pressure	Keep Warm Temperature	Delay Timer
0~70kPa	12 PSI	90kPa	140°F ~ 175 °F	0.5~24 Hours

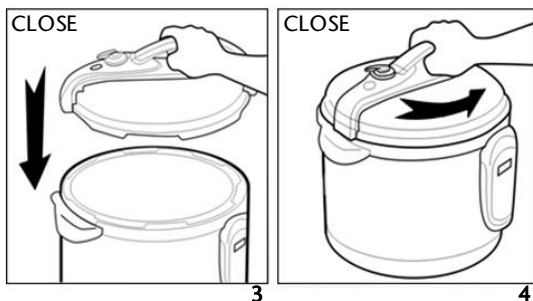
1. Remove all packaging materials such as cardboard, plastics, Styrofoam and literature.
2. Clean all parts by wiping with a soft, damp cloth or sponge and dry thoroughly.

LID ASSEMBLY:

1. **How to open the lid:** Hold the handle (1) firmly, turn the lid (2) clockwise until it loosens and lift vertically (Figures 1-2).
Note: For new units, the seal of the lid (2) may be slightly stronger than normal and may be slightly difficult to unlock. Once the lid (2) has been opened and closed several times, it will loosen.



2. **How to close the lid:** Hold the handle (1) and close it downwards at the Opened Lid position (Figure 3). Turn counter-clockwise until you reach the Closed Lid position (Figure 4).



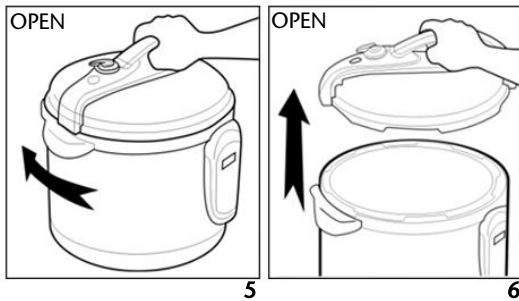
3. **How to Remove the Gasket Plate (22):** Be very careful when removing the Gasket Plate (22) as the sides of the Lid (2) Interior can be sharp. To remove the Gasket Plate, pull upwards by grasping the sides of the Gasket Plate (22) or by pulling upwards on the knob located in the center of the Gasket Plate (22).

4. **To Install the Gasket Plate (22):** Simply line up the Gasket Plate (22) with the rubber knob in the center and push downwards until you hear a "Click."
5. **How to Remove and Install the Rubber Seal Ring (20):** In order to remove the Rubber Seal Ring (20), the Gasket Plate (22) must first be removed. Then simply remove the Rubber Seal Ring (20) from around the edge of the Gasket Plate (22). To Install the Rubber Seal Ring (20) onto the Gasket Plate (22), place the Rubber Seal Ring (20) onto the edge of the Gasket Plate (22) until it is securely attached to the Gasket Plate (22). The Rubber Seal Ring (20) should fit around the outside of the entire Gasket Plate (22).

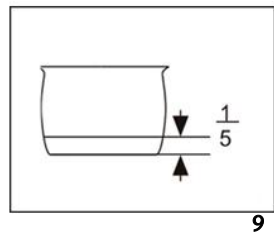
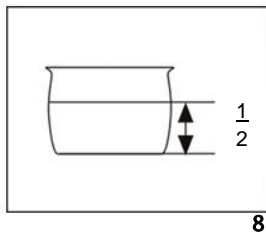
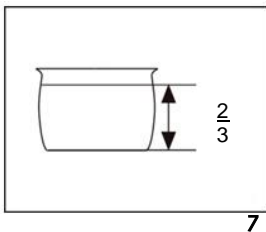
***Note:** Make sure the Rubber Seal Ring (20) is firmly attached to the Gasket Plate (22) before re-installing the Gasket Plate (22) onto the Lid (2).

PREPARING YOUR PRESSURE COOKER

1. **Opening the lid:** Hold the handle (1) firmly, turn the lid (2) clockwise until it loosens and lift vertically (See Figures 5-6).



2. Remove the inner pot (6) and add desired ingredients. The amount of water and food should not exceed $\frac{2}{3}$ of the height of the Inner Pot (6) (Figure 7); this is indicated by the MAX marking on the Inner Pot (6). For food that will expand in water, the level should not exceed $\frac{1}{2}$ of the Inner Pot (6) (Figure 8). The minimum level for cooking is $\frac{1}{5}$ of the Inner Pot (6) (Figure 9).



Cooking Rice

When cooking rice, the maximum amount of rice allowed for this 4 quart pressure cooker is 8 cups of uncooked rice.

Normally one cup of rice requires one cup of water. This may vary according to taste. Only measure rice with the included measuring cup. For best results rinse measured rice until the water becomes relatively clear.

Place rinsed rice in the pot, add water. For 6 cups of uncooked rice (yields 12 cups of cooked rice), use 6 full scoops of rice to the line indicated on the measuring cup and add to inner pot.

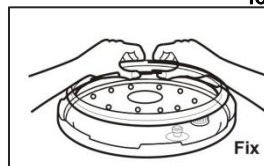
Add water to the 6 cup line on the markings inside the pot. Always add the rice to the pot BEFORE adding water to the pot. The water level marked on the inner pot is based upon having rice already added.

3. Be certain the inner receptacle, where the Electronic Heater is located, is clean and dry before inserting the Inner Pot (6) into the pressure cooker and adjust the pot left and right to ensure optimal contact between the Inner Pot and the Electronic Heater (Figure 10).



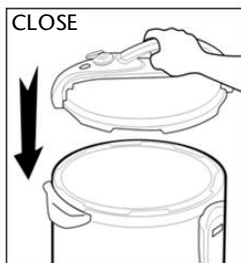
10

4. **Closing the Lid:** Make sure the Rubber Seal Ring (20) is fitted properly onto the inner part of the lid (2). Observe the Rubber Seal Ring (20) inside the lid (2) and ensure that it is evenly fitted onto the Gasket Plate (22) (Figure 11). (**Caution: If the rubber seal ring is damaged, do not use the pressure cooker. Contact Customer Service to repair or replace.**)

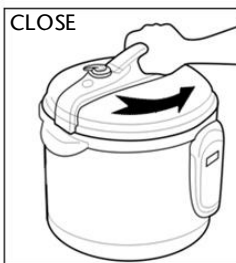


11

5. Close the lid (2). Hold the handle (1) and turn it Counter-Clockwise to the "LOCKED" position. (A clamping sound can be heard; See Figures 12-13).



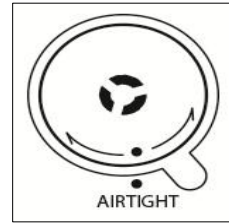
12



13

Note: To ensure you are properly closing the lid (2), please make sure the pressure limiting valve (3) is on your left side when you are facing the front of the pressure cooker (when facing the control panel (10)).

6. Adjust the Pressure Limiting Valve (3) to the "Air Tight" position, and ensure that the Float Valve (5) sinks.
7. When adjusting the Pressure Limiting Valve (3) to either the "Airtight" or the "Exhaust" positions, line up the marking (•) on the Pressure Limiting Valve (3) with the "Airtight" marking (•) on the Handle (1) as shown in Figure 14.



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NOTES & TIPS #1:

Please note that the Pressure Limiting Valve (3) will be loose when you are not using the unit for cooking. It will rock slightly and turn 360° manually. Once the pressure cooker is in operation and the pressure has built up to its capacity, the Pressure Limiting Valve (3) will tighten but on the surface it will resemble a bobble-head, only allowing itself to be turned to "Exhaust". Once all the pressure has released, it will become loose again.

NOTES & TIPS #2:

During the Pressure Building process, you may notice steam or pressure escaping from the Pressure Limiting Valve (3). Carefully adjust the valve by moving it gently or turning it side to side gently using tongs or similar utensil until it seals properly.

If any steam is escaping around the lid, it means that the Rubber Seal Ring (20) may not have completed a tight seal when the lid was locked. Cancel the cooking process, release pressure manually or naturally, remove the lid and check the Rubber Seal Ring (20). Reposition the lid and ensure that it is secure. Start the cooking process again.

Please note that steam escaping from the Valve (3) or around the lid is normal for the first 5 minutes or so of the cooking process. If it continues beyond 10 minutes, please press the **KEEP WARM/CANCEL** button and follow the instructions to release all the pressure before removing the lid to check the Valve or the Rubber Seal Ring.

NOTES & TIPS #3:

At any point during the selection process or the cooking process, you can press the **CANCEL button to cancel your selection or to cancel the cooking process.

OPERATING INSTRUCTIONS

HOW TO USE THE **MENU BUTTONS**:

There are 6 **MENU BUTTONS** pre-programmed for your pressure cooker. They are **RICE, CHICKEN, SOUP/STEW, FISH/VEGETABLES, BEANS & MEAT**. The default times are pre-set for quick and easy cooking for small portions of food. (When cooking food that is more than 3lbs. or more than 6-cups, please use the **PRESSURE COOK TIME BUTTON**. Each of the default times is programmed to detect the weight of food being cooked and how much liquid is inside the pot during the cooking cycle. The unit will automatically build up the pressure, cook the food and go to **KEEP WARM** when cooking is complete.

MENU BUTTONS	DEFAULT COOKING TIME	COOKING TIME RANGE
RICE	10 MIN	8-20 MIN
CHICKEN	25 MIN	10-30 MIN
SOUP/STEW	30 MIN	20-60 MIN
FISH/VEGETABLES	12 MIN	1-20 MIN
BEANS	40 MIN	20-60 MIN
MEAT	15 MIN	10-25 MIN

1. Prepare desired food and place into cooking pot.
2. Secure the Lid (2) onto the unit, turn it Counter-clockwise to lock it properly in place.
3. Make sure the Pressure Limiting Valve (3) is set to the "Airtight" position.
4. Plug the power cord into a 120V power outlet.
5. The LED screen will display **0000**.
6. Choose the desired **MENU BUTTON**. The Default Cook Time will display for the selected setting. For example, if **RICE** is selected, the display will show **P10**. **There is no need to press any other button.**
7. The **RICE** Indicator will blink five times and then illuminate solid once it begins operation.
 - While the unit is building up pressure the display will show **0010**. **The unit may take between 5-20 minutes to build up pressure depending on weight of contents inside.**

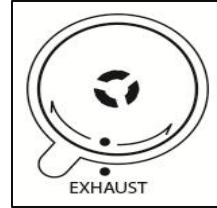
NOTES & TIPS #4:

When pressing a **MENU BUTTON**, the LED screen will not immediately change until the pressure has built up to capacity. This may take approximately 5-10 minutes depending on the quantity of food you are cooking.

8. The pressure cooker will begin to operate based on a cooking time of 10 minutes. When proper pressure is achieved, the display will show **P:10** and the cooking time will begin to countdown. (The time displayed will depend on the selected **MENU BUTTON** and the **DEFAULT COOKING TIMES CHART**).
9. When the unit has pressurized, it will begin to pressure-cook the food. You may

hear quiet hissing or sizzling sounds coming from inside of the unit during this time.
**See Notes & Tips #2 if there is steam escaping from the Lid (2) or the Pressure Limiting Valve (3).

10. When cooking has completed, the pressure cooker will beep and automatically go to **KEEP WARM**. The display will show **bb** during **KEEP WARM**.
 11. The **KEEP WARM** indicator light will illuminate and the Pressure Cooker will begin naturally releasing the pressure. (See Notes & Tips #6). This will take approximately 10-15 minutes.
 12. You may also Quick Release the pressure. To use Quick Release, move the Pressure Limiting Valve (3) to the "Exhaust" position to release the pressure until the Float Valve (4) sinks (Figure 15).
- **CAUTION: Use an oven mitt or long utensil. Keep hands and face away from Pressure Limiting Valve (3) while in the Exhaust position. Failure to comply may cause serious injury.**



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NOTES & TIPS #5:

When cooking soups or stews with other hearty ingredients such as potatoes or meat, as much as 5 or 6 cups of liquid must be used to prevent ingredients from over-cooking or burning.

13. Always be certain the pressure is released completely before unlocking the lid (2) and opening it.
14. Press **CANCEL** to end operation and remove food to serve immediately or allow the unit to remain in **KEEP WARM** mode. (It is not recommended to keep food warm for over 4-hours).

NOTES & TIPS #6:

- a. NATURAL RELEASE is recommended when cooking foods that will not have the tendency to overcook such as Beans/Potatoes or Soups & Stews. During the Natural Release time period, the pressure cooker may still be heated and cooking the food slightly. In Natural Release, you do not move the Pressure Limiting Valve (3) to EXHAUST immediately after cooking. Approximately 10-20 minutes after cooking is completed, you can check the Valve (3) by gently tapping it right or left. If it is loose and turns easily and no steam is released from the Valve (3), then all the pressure has now been released.
 - b. QUICK RELEASE is recommended when cooking foods that you wish to be Medium or Medium-Rare such as Beef Roasts or Lamb. This will release the pressure quickly and prevent the food from over-cooking.
- **CAUTION: Use an oven mitt or long utensil. Keep hands and face away from Pressure Limiting Valve (3) while in the Exhaust position. Failure to comply may cause serious injury.**

HOW TO USE THE **PRESSURE COOK TIME** BUTTON:

Setting your own cook time is ideal for cooking meat or poultry that weighs more than 3-pounds. It is also suggested for slow-cooking certain recipes that require cooking for more than 30-minutes. The programmed cook time can be set up to 60-minutes.

- The **PRESSURE COOK TIME** button is used in combination with the **MENU BUTTONS**.
 - **TIP:** Check the chart on page 12 for the "COOKING TIME RANGE" for each **MENU BUTTON**.
1. Prepare desired food and place into cooking pot.
 2. Secure the Lid (2) onto the unit, turn it counter-clockwise to lock into place.
 3. Set the Pressure Limiting Valve (3) to the "Airtight" position.
 4. Plug the power cord into a 120V outlet.
 5. The LED screen will display: **0000**.
 6. Press a **MENU BUTTON** and then quickly press the **PRESSURE COOK TIME BUTTON** to adjust the cooking time. Each incremental press of the button increases the cooking time by 1 minute. Hold the button down for rapid increase of cooking time.
 - Example 1: If you first press **BEANS** and then quickly press the **PRESSURE COOK TIME** button, you will be able to set the cook time between 20 – 60 minutes.
 - Example 2: If you first press **FISH/VEGETABLES** and then quickly press the **PRESSURE COOK TIME BUTTON**, you will be able to set the cook time between 1 – 20 minutes.
 7. Press the **PRESSURE COOK TIME BUTTON** past the maximum time allowed to start over at the beginning of the " COOKING TIME RANGE " for each **MENU BUTTON**.
 - **TIP:** If you cannot adjust the **PRESSURE COOK TIME**, it is because too much time has passed since you first pressed the **MENU BUTTON**. Cancel the cooking process. Press desired **MENU BUTTON** and then quickly press the **PRESSURE COOK TIME BUTTON** continuously until you've reached the desired cook time.
 8. **There is no need to press any other button.**
 9. The Indicator Light will blink five times and then illuminate solid when it begins operation.
 10. When proper pressure is achieved, the display will show the desired cook time and the cooking time will begin counting down.
 11. When cooking has completed, the pressure cooker will beep and automatically go to **KEEP WARM**. The display will show **bb** during **KEEP WARM**.
 12. The **KEEP WARM** indicator light will illuminate and the Pressure Cooker will begin naturally releasing the pressure. (See Notes & Tips #6). This will take approximately 10-15 minutes.

HOW TO USE THE **DELAY TIMER:**

If you wish to Program your pressure cooker to automatically cook prepared food at a later time, you can program the pressure cooker to delay cooking by up to 24-hours. (*See Notes & Tips #7). This setting is used in combination with the **MENU BUTTON SELECTIONS** in the chart shown on page 12 and with the **PRESSURE COOK TIME BUTTON**.

1. Prepare desired food and place into cooking pot.
2. Secure the Lid (2) onto the unit, turn it Counter-clockwise to lock it in place.
3. Make sure the Pressure Limiting Valve (3) is set to the "Airtight" position.
4. Plug the power cord into a 120V power outlet.
5. The LED screen will display **0000**.
6. Press the **DELAY TIMER** button. The LED screen will show **0:30** which is equal to 30 minutes of delay time. Press it again for each additional 0.5-hour or hold for rapid increase. The maximum Delay period is 24-hours in half-hour increments. Pressing the delay timer button again after reaching the 24-hour setting will automatically reset the delay timer to zero. (The time that displays on the LED screen shows how long the user wants the unit to wait before the cooking process begins.)
7. EX: If you wish to program the pressure cooker to automatically turn on in 3-hours, press the **DELAY TIMER** button until the LED screen displays **03:00**.
8. After programming a Delay time of 3 hours, choose a **MENU BUTTON** or customize your **PRESSURE COOK TIME**.

MENU SELECT BUTTONS:

- Select one of the 6 Pre-Set **MENU BUTTONS**.
- Once you have selected your desired function, the pressure cooker will count down the delay time of 3 hours and then start cooking.

PRESSURE COOK TIME:

- Press a **MENU BUTTON** and then quickly press the **PRESSURE COOK TIME** button to reach the desired cook time. Follow the instructions under "HOW TO USE THE PRESSURE COOK TIME BUTTON."
 - Once the desired **DELAY TIME** and **PRESSURE COOK TIME** are selected, the **DELAY TIMER** and the **MENU BUTTON** will illuminate and the unit will begin counting down the delayed time before cooking begins.
9. Once the pressure cooker completes its countdown, the unit will begin to pressurize and follow the cooking sequence for the chosen **PRESSURE COOK TIME** selection.
 10. When cooking is complete, the pressure cooker will beep and automatically go to **KEEP WARM**. The display will show **bb** during **KEEP WARM**.
 11. The **KEEP WARM** indicator light will illuminate. This indicates the Pressure Cooker is Naturally Releasing the pressure. (See Notes & Tips #6). This will take approximately 10-15 minutes.

NOTES & TIPS #7:

During the cooking process, when the pressure cooker enters into the Pressurized Sequence, the first digit on the LED screen will display the letter “P”.

For foods with a high volume of liquid (Stews, soups, porridges, etc.) **IT IS NOT RECOMMEND TO USE QUICK RELEASE.** This is to avoid liquid splatter from the ventilation in the Pressure Limiting Valve (3).

Use NATURAL RELEASE: User should wait for the temperature to drop and the Float Valve to sink on its own prior to opening the lid.

CAUTION: It is not recommended to use the Delay Timer function to cook foods that may spoil. Leaving raw foods inside the pressure cooker for long periods of time prior to cooking may result in the food spoiling. Cook food that can be left out such as rice, beans, grains or other foods that will not spoil.

HOW TO USE THE **KEEP WARM** FUNCTION:

Food can be prepared at an earlier time and kept warm inside the pressure cooker using the **KEEP WARM** function. Food should not be kept warm for more than 4-hours. Additional time may cause a change in flavor, appearance and cause food to spoil.

1. Prepare desired food and place into cooking pot.
2. Secure the Lid (2) onto the unit, turn it Counter-clockwise to lock it in place properly.
3. Plug the power cord into a 120V power outlet.
4. The LED screen will display **0000**.
5. Press the **KEEP WARM/CANCEL** button once. The **KEEP WARM/CANCEL** indicator light will illuminate solid and the display will read **bb**. It is recommended to set the Pressure Limiting Valve (3) to “Exhaust” at this time.
6. To cancel, simply press the **KEEP WARM/CANCEL** button again until indicator light is no longer illuminated.
7. Remove food and serve.
8. Unplug power cord and allow to cool completely before dismantling and cleaning.

HOW TO **BROWN/SAUTÉ** WITH YOUR PRESSURE COOKER:

Certain recipes suggest that you brown meat or sauté vegetables to ensure juices are retained during cooking. It also provides nice coloring when meat or vegetables are cooked and ready to serve. To brown or sauté:

1. Remove the pressure cooker Lid (2).
2. Select the **RICE** setting to manually begin the heating process.
3. Add oil or butter as directed in your recipe and then place food into Inner Pot (6).
4. Stir or turn food as needed until desired color and consistency is reached.
5. Press the **KEEP WARM/CANCEL** button to cancel the **BROWNING** function.
 - Allow the unit to rest 2-3 minutes after cancelling the **BROWNING** function before beginning to pressure cook.
6. Continue your recipe by adding liquid, attaching lid (2) and selecting desired program/cook time.

HOW TO COOK WITH **FROZEN** FOODS:

Cooking frozen food inside a pressure cooker is quick and easy but has certain restrictions. Only cook individual cuts of frozen meats that are up to 1 inch thick, the cooking time does not need to be altered. Pressure will not be achieved until the internal temperature has reached a preset level. If the recipe states the meat should be cooked for 10 minutes after pressure has been achieved, it will still be the same, but it will take longer to reach the required pressure point.

It is not recommended to pressure cook larger cuts of frozen meats such as a whole roast, a block of frozen ground meat or a whole chicken. Larger cuts will require increased cooking times of up to one third more, and the results may not be the same when compared to meats that were thawed (or at least partially thawed) and browned before cooking.

HOW TO USE THE PRESSURE COOKER FOR **CANNING**:

It is recommended to purchase a separate instructional book that is specific to Canning. These books can be purchased at a local book store. This pressure cooker can be used to do basic pressure canning and the water-bath method. Low-Acidic fruits and vegetables and High-Acidic fruits and vegetables are recommended. It is not recommended to can foods such as meat or seafood products in this unit. It is not recommended to use this pressure cooker for canning at high or low altitudes.

Before using this unit for canning purposes, check with the USDA for food preservation guidelines or read the publications listed at http://www.uga.edu/nchfp/publications/publications_usda.html.

1. Always use canning supplies specifically manufactured for canning purposes. It is recommended to use mason jars that are 32-ounces or smaller. Do not stack jars on top of each other.
2. Always inspect your canning supplies to ensure proper function and safety. Avoid using jars with chips, nicks, cracks or other imperfections in the glass, rims or lids.
3. Wash jars thoroughly in hot water according to manufacturer's instructions.
4. Prepare food and fill mason jars and seal according to manufacturer's instructions.
5. Always make sure there is 1-inch of headspace in the jars.
6. Use a thin utensil to release any trapped air between the food and the jar by pressing food firmly to the sides to dislodge any air bubbles.
7. Set jar lids onto the jar and screw on the outer rings until tight, then unscrew ¼ turn.
8. Place jars into the inner pot.
9. If desired, use clean dish towels to tuck around the jars to prevent them from touching each other or the sides of the inner pot.
10. Fill inner pot with 6-cups of water. (Certain canning recipes may require a different amount of water.)
11. Secure the lid onto the pressure cooker, turn it Counter-clockwise to lock it in place properly.

12. Make sure the Pressure Limiting Valve (3) is set to the “Airtight” position.
13. Plug the power cord into a 120V power outlet.
14. Follow canning recipe for the type of food you are canning and program the **PRESSURE COOK TIME** for the specified time frame for the size of jars and type of food recipe you are using by following the directions under **How to use the Menu Buttons** and **How to Set Pressure Cook Time** in this manual.
15. When the unit has reached optimum pressure, it will begin to pressure-seal the mason jars. The programmed time will begin to count down until it reaches zero.
16. When time has expired, the pressure cooker will beep and automatically go to Keep Warm.
17. The Keep Warm indicator light will illuminate. This indicates the Pressure Cooker is Naturally Releasing the pressure. (See Notes & Tips #6)
18. Open lid once pressure has completely released.
19. Carefully remove jars using special canning utensils or tools. **CAUTION: Jars are hot!**
20. Set jars on a towel or cooling rack and allow to cool completely in a draft-free location.
21. Follow recipe instructions on cooling and storage.

NOTES & TIPS #8:

While the jars are cooling, a small “click” sound will come from the lids to indicate the lids are sealing properly.

After approximately one hour, check to be sure the flat lids have obtained a good seal by pressing down with your thumb; the lid should remain stiff with no movement.

If you have not achieved a good seal within 2 hours, the canning did not work properly and the ingredients will need to be refrigerated and used within 3 days or frozen in a freezer container.

NOTES & TIPS #9:

If recipes require the use of a trivet, riser (wire rack), foil, or heat-resistant/pressure-resistant oven-safe cookware, you may use these accessories in this pressure cooker.

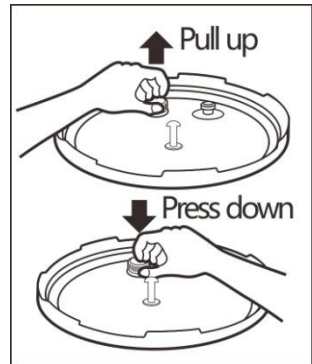
If you do not have a wire rack that will fit, simply use 3-4 mason jar lids or regular jar lids for a simple 1-inch riser.

CLEANING AND CARE

1. Always make sure the Pressure Cooker is unplugged, depressurized and completely cooled down before dismantling.
2. Use a non-abrasive sponge or damp wash cloth to clean the exterior of the outer body (15). **NEVER** immerse the pressure cooker in any liquids.
3. Remove the Water Collector (14) and rinse it thoroughly and let dry. Clean the Upper Ring (9) with a damp sponge or wash cloth.
4. Clean the Lid (2) with warm soapy water, including the Rubber Seal Ring (20), Pressure Limiting Valve (3), Filter (19), Vent, Float Valve (5) and let dry thoroughly.
 - The Pressure Limiting Valve (3) pops off easily by reaching underneath it and gently prying upwards. Be careful not to damage the thin wire spring under it.
 - On the underside of the lid below the Pressure Limiting Valve (3), is a small metal filter cap that can easily be removed for cleaning.
5. Let parts dry completely before reassembling.
6. Wash the Inner Pot (6) with a non-abrasive sponge and allow to air dry or use a towel. It is not recommended to use any type of scouring pad that can scratch the non-stick surface of the Inner Pot (6).
7. Clean the Pressure Limiting Valve (3) and the holes with a small brush to ensure smooth flow of steam during the release cycle.
8. Store the inner pot inside of the Pressure Cooker. Store Pressure Cooker in a cool, dry location.
 - **NOTE:** Any servicing required shall be performed by an authorized service representative or from the original manufacturer or distributor.

How to Clean the Filter:

If you wish to clean the filter (19), you may remove it by pulling vertically. To re-attach, simply line up the filter (19) and press down to secure the filter (Figure 16).



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TROUBLESHOOTING

PROBLEM	SOLUTION
<p>Is the Airtight/Exhaust Pressure Limiting Valve (3) on the top of the lid supposed to be loose?</p>	<p>If you are not cooking or using the unit, the Valve (3) will be loose. It will turn 360 degrees and may even come off if you pull on it. Once you start using the pressure cooker and the pressure has built up and the Valve is set to "Airtight" properly, it will resemble a bobble head.</p> <p>Sometimes during cooking and pressurizing, steam may escape from the Valve. This indicates the Valve is not seated properly/securely. Simply use tongs or similar utensil and gently/carefully adjust it so it is seated properly.</p>
<p>When I choose a Menu Button (ex: Chicken), nothing happens? What's wrong?</p>	<p>Nothing is wrong. Make sure the Valve (3) on top is set to Airtight and the Lid (2) is locked securely. Once you have selected the Menu Button, simply leave the unit alone and it will start to heat up and build up pressure. This sometimes may take up to 5-10 minutes depending on what you're cooking.</p> <p>Once the unit has built up enough pressure, the display will change to a countdown timer that displays your desired cooking time of the Menu Button you selected. This is the time the unit will start cooking the food. Pressurizing can take anywhere from 5 minutes up to 20 minutes depending on the quantity of food you are cooking.</p> <p>The unit will then start to cool down and de-pressurize on its own. It will beep, the countdown timer will change to bb and the Keep Warm light will illuminate.</p> <p>During this time, the food inside is still cooking. Depending on if you want your food to be cooked longer, you can allow the unit to naturally release the pressure by letting the unit sit. (Some meats will keep cooking once the pressure is released, so if you prefer your meat to be Medium or Medium-Rare, we suggest the quick release.)</p> <p>Once the pressure has completely released, the floating valve (4) will drop down. You can unlock the lid and open to check on your food.</p>
<p>When I set the pressure using the Preset Menu Buttons, it will begin to build pressure and heat up, but in about 5-minutes the unit beeps and goes to Keep Warm and my food did not cook completely. What is happening?</p>	<p>The unit is detecting that not enough liquid has been added to your recipe. The pressure cooker has an automatic over-heat protection sensor that will automatically set itself to OFF or Keep Warm when it detects that not enough liquid is present so that it does not over-heat. Make sure all pressure is released, open the lid and add in increments of 1/2 cups of liquid until the unit will properly build up pressure and cook.</p> <p>The unit is detecting that there is a leak in the pressure and that it is not sealed properly. Firmly push down on the lid to help the seal form or release any built up pressure and safely remove the lid to check the unit thoroughly. Make sure the rubber gasket ring is in place, the lid is securely locked, and that the Valve on top of the lid is set to the "Airtight" position. Reset the unit by unplugging it. Wait 10-seconds and plug it back in. Program the unit again.</p> <p>Both of the above solutions will cause some liquid to have evaporated and it is recommended to add back in any liquid that has evaporated otherwise you will keep encountering the same issue.</p>

PROBLEM	SOLUTION
Steam is being released around the rim of the lid during the pressurizing sequence. How do I fix this?	See Notes & Tips #2. The Rubber Seal Ring (20) did not make a proper seal. Cancel all the functions. Exhaust any remaining pressure and steam. Open the lid and remove it entirely. Check the Rubber Sealing Ring to make sure it is positioned properly. Rub a wet cloth along it to make sure it is clean of debris and it is smooth. Re-assemble the lid, lock it securely in place and restart the cooking process.
Steam is being released from the Pressure Limiting Valve (3) during the pressurizing sequence. How do I fix this?	See Notes & Tips #2. The Valve (3) may not be positioned properly. Simply use tongs or similar utensil or oven mitt and carefully adjust it so it is seated properly. If the steam continues to release, you may need to Cancel all the functions. Exhaust any remaining pressure and steam. Remove the Pressure Limiting Valve and check the thin wire spring on the underside of it. Make sure it is not bent or loose. If steam still continues to escape, the Valve may be faulty and replacement or repair may be necessary. Please contact the manufacturer.
Pressurized Steam is being quietly released from the Floating Valve (4) area during the pressurizing sequence. How do I fix this?	This may happen during the initial start-up of the Pressurizing Sequence. Simply use tongs or similar utensil or oven mitt and carefully adjust it so it is seated properly. This will help settle the lid and all the valves properly. The pressure will quickly push up on the Floating Valve and seal it properly then finish the pressurizing sequence.
My food is finished cooking and all the pressure is released, but I cannot unlock and open my lid. What is stuck?	Make sure all the pressure and steam has been completely released. Make sure the small Floating Valve (4) is no longer in the up position. It may be stuck in the UP position, simply tap the lid slightly to make it go back down. Then turn the lid clockwise to unlock the lid. If it is still stuck, unplugging the unit may help.
What is the clear, round plastic part that came with my pressure cooker?	It is the Water Collector/Condensation Cup: Refer to part (14) under Parts Identification within this manual to attach the condensation cup to the side of the pressure cooker. This catches the water and steam that drips off the lid when the lid is opened in the upright position.
I've programmed the pressure cooker to cook but it's just sitting there and nothing appears to be happening.	The unit is still building up pressure. Normally this takes between 10-15 minutes. However, if you are cooking a very full pot of food, the pressure build up time can take up to 40 minutes.
The unit is DEAD or has NO POWER.	The fuse in the unit has shorted out. This happens if the unit is cooked without enough liquid in the inner pot or if there is too much electrical current going to the cooker. Please contact customer service at (800) 365-6133 for a replacement fuse.
The LED display shows E4 error.	The E4 error may appear if there is not enough liquid in the inner pot. Unplug the power cord from the wall outlet. Wait approximately 15 minutes. Plug the power cord back into the wall outlet. Press "CANCEL" button on the pressure cooker. Select cooking process to begin cooking. If problem persists, contact customer service at (800) 365-6133 ext. 120/107/105 for a replacement thermofuse.
My food is burned at the bottom of the inner pot.	There is not enough liquid in the inner pot. Add more liquid to your inner pot contents.

COOKING TIME CHART

Courtesy of www.healthfoods.com

*Please note that all the below information is for your reference only and can be adjusted according to the user's preference.

Meat/Poultry

- Always cook meat or poultry with at least 1-3 cups of liquid. If the cooking time exceeds 15 minutes, use 2 cups of liquid. If weight of meat or poultry is 3lbs, use 3 cups of liquid. Preserved or salted meats should be immersed in water.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.
- The cooking times given below are for 3 pounds of meat or poultry unless noted otherwise. Additionally, the denser the cut, the longer the cooking time should be.

Type of Meat	Approximate Cooking Minutes	Pressure Release
Beef/Veal, roast or brisket	38-42	Quick Release
Beef Meatloaf, 2 lbs.	13-18 or use the Meat Button	Quick Release
Beef, meatballs, 1-2 lbs.	7-12 or use the Meat Button	Natural Release
Beef, Corned	55-65	Natural Release
Pork, roast	43-47	Natural Release
Pork, ribs, 2 lbs.	18 or use the Meat Button	Quick Release
Pork, ham shank	25-28	Natural Release
Leg of Lamb	42-45	Natural Release
Chicken, whole, 2-3 lbs.	15-18 or use the Meat Button	Quick Release
Chicken, pieces, 2-3 lbs.	12-15 or use the Meat Button	Quick Release
Cornish Hens, two	12-15 or use the Meat Button	Quick Release
Meat/Poultry soup/stock	15-20 or use the Meat Button	Quick Release

Seafood

- Cooking times may vary according to the type of seafood being cooked.
- Cook seafood on a cooking rack with a trivet on the bottom of the pot (if available), and add at least 3/4 cup of liquid. Lightly grease cooking rack with vegetable oil when cooking fish.

Type of Seafood	Approximate Cooking Minutes	Pressure Release
Clams	3-5	Quick Release
Crabs	3-5	Quick Release
Lobster, 1 1/2 - 2 lbs.	3-5	Natural Release
Mussels	3-5	Quick Release
Shrimp	2-3	Quick Release
Fish, whole, gutted	7-8	Quick Release
Fish, Soup or Stock	7-8	Quick Release

Vegetables

- Always cook with at least 1-2 cups of liquid.
- Add 1-2 additional minutes to cooking time when preparing frozen vegetables.
- Use the quick-release release method at the end of cooking cycle so vegetables will not become soggy. (Below chart is for quantity approximately half a pot).

Type of Vegetable	Approximate Cooking Minutes	Pressure Release
Asparagus, thick whole	2-5	Quick Release
Asparagus, thin whole	1-2	Quick Release
Beans, fava, shelled	5	Quick Release
Beans, green, whole	4-5	Quick Release
Beans, lima, shelled	3	Quick Release
Beets, small, whole	2-3	Quick Release
Beets, large whole	23	Quick Release
Beets, 1-inch slices	5	Quick Release
Broccoli, flowerets	3	Quick Release
Brussel sprouts, whole	5	Quick Release
Carrots, 1-inch chunks	5	Quick Release
Carrots, 1/4-inch slices	1-2	Quick Release
Cauliflower, flowerets	3-5	Quick Release
Corn on-the-cob (4-6)	4	Quick Release
Escarole, coarsely chopped	2-3	Quick Release
Kale, coarsely chopped	2-3	Quick Release
Okra, small pods	3-5	Quick Release
Onions, whole	3	Quick Release
Potatoes, 1 1/2-inch chunks	7	Quick Release
Potatoes, new, small whole	6	Quick Release
Potatoes, sweet and yams, whole, medium	10-12	Quick Release
Potatoes, sweet and yams, 2" chunks	7-8	Quick Release
Spinach, fresh, coarsely chopped	3	Quick Release
Squash, acorn, halved	8	Quick Release
Squash, butternut, 1-inch chunks	5	Quick Release
Squash, summer, zucchini or yellow, 1/2-inch slices	6	Quick Release
Turnips, small quartered	4	Quick Release
Turnips, 1 1/2 inch chunks	4	Quick Release

***Split peas and rhubarb can foam, froth, and sputter, and can clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.**

Dried Beans and Other Legumes

- Place beans or legumes in pressure cooker. Add 3 cups of water for each cup of beans or legumes.
- Add 1 tablespoon of vegetable oil for each cup of water to cut down on foaming. Do not add salt until after cooking.
- Let pressure drop naturally after cooking.
- Cooking times may vary according to the quality of the beans or other legumes. If still hard after recommended cooking times, continue cooking uncovered. Add additional water, if necessary. (Below chart is for quantity approximately half a pot).

Type of Legume	Approximate Cooking Minutes	Pressure Setting
Azuki	7-8	Natural Release
Black Beans	10-12	Natural Release
Black Eyed Peas	11-12	Natural Release
Chick Peas (garbanzo)	11-13	Natural Release
Gandules (pigeon peas)	8-10	Natural Release
Great Northern	10-14	Natural Release
Kidney Beans, Red	12-14	Natural Release
Lentils, green	10-12	Natural Release
Lentils, soup	8-10	Natural Release
Lentils, red	10-15	Natural Release
Lima Beans	7-8	Natural Release

*** Applesauce and cranberries can foam, froth, and sputter and can clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.**

Grains

Before cooking, soak certain grains, such as wheat berries and pearl barley in four times their volume of lukewarm water for at least four (4) hours or overnight if required. Do not add salt to water, since it may toughen the grains and inhibit hydration.

- Do not soak rice.
- Rinse under lukewarm water (this also applies to rice)
- Cook each cup of grain in the amount of water specified.

Type of Grain	Approximate Cooking Minutes	Pressure Setting
Rice, basmati – 1 1/2 cups	7-8	Natural Release
Rice, converted – 1 1/2 cups	7-8	Natural Release
Rice, long grain – 1 1/2 cups	7-8	Natural Release
Rice, brown – 1 1/2 cups	17-22	Natural Release
Rice, wild – 3 cups	25-27	Natural Release
Wheat, berries – 3 cups	1	Natural Release

*** Pearl barley, oatmeal or other cereals can foam, froth, and sputter, and can clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.**

Meat/Poultry (Larger Cuts)

- Always cook meat or poultry with at least 1-3 cups of liquid. If the cooking time exceeds 15 minutes, use 2 cups of liquid. If weight of meat or poultry is 3lbs, use 3 cups of liquid. Preserved or salted meats should be immersed in water.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.

Category	Meat	Pressure Cooker Cook Times (Approx)
Beef, fresh	rib roast, bone in (4 to 6 pounds)	42-80 minutes cook time
	rib roast, boneless, rolled (4 to 6 pounds)	
	round or rump roast (2 ½ to 4 pounds)	60-90 minutes cook time
		30-45 minutes cook time
Turkey, fresh unstuffed	4 to 8 pounds (breast)	30-80 minutes cook time
	8 to 12 pounds	35 to 45 minutes cook time
Chicken, fresh	whole roasting hen (5 to 7 pounds)	25 - 35 minutes cook time
	breast, halves, bone-in (6 to 8 ounces)	8-15 minutes cook time or press Chicken button
	breast, halves, boneless (4 ounces)	
	legs or thighs (4 to 8 ounces)	8-20 minutes cook time or press Chicken button
Pork, fresh	loin roast, bone-in or boneless (2 to 5 pounds)	25 - 50 minutes cook time
	crown roast (4 to 6 pounds)	35 - 70 minutes cook time
	tenderloin (½ to 1 ½ pounds)	8-15 minutes cook time
Ham, smoked	fresh, cook-before-eating, bone-in, half (5 to 7 pounds)	45 - 70 minutes cook time
	fully cooked, bone-in, half (5 to 7 pounds)	35 - 60 minutes cook time
	fully cooked, spiral cut, whole or half (7 to 9 pounds)	50 - 85 minutes cook time

RECIPES

LEEK & ASPARAGUS RISOTTO

SERVES 4 -6

Ingredients:

1 1/2 tablespoons olive oil
1 1/2 tablespoons butter
1 1/2 tablespoons water
2 garlic cloves, minced
1 1/2 cups leeks, sliced

1 1/2 cups Arborio rice
4 cups vegetable broth
1/4 lb asparagus, chopped into 1 inch segments
1 1/4 cups parmesan cheese, shredded

Directions:

1. In the pressure cooker, heat the olive oil and butter. (Follow the Browning/Sautéing instructions in this manual.)
2. Add the garlic and leeks, sauté until soft.
3. Add the rice, stir thoroughly and then add broth.
4. Close pressure cooker, and press the **RICE** button.
5. While risotto cooks, steam asparagus in water. Then sauté in olive oil. Season with salt and pepper.
6. When risotto is done cooking, follow instructions to reduce pressure then add the sautéed asparagus, and Parmesan cheese.
7. Serve immediately.

BEEF IN PEPPER SAUCE

SERVES 4

Ingredients:

Pepper Sauce

1 red bell pepper or green bell pepper
1/2 cup baby carrot
1 (8 ounce) can tomato sauce (1 tbsp to use later)
2 garlic cloves
2 teaspoons ground ginger

1 teaspoon turmeric
1 teaspoon salt
1/2 teaspoon black pepper
1/2-1 teaspoon cayenne pepper
1/2 teaspoon ground cardamom

Remaining Ingredients:

2 tablespoons olive oil
2 lbs boneless sirloin steaks; cut into strips
salt & pepper

1 cup water
1/2 teaspoon paprika
1/2 teaspoon cumin
1 medium onion, sliced
1 green bell pepper, sliced

BEEF IN PEPPER SAUCE (CONT.)

Directions:

1. Remove 1 tablespoon of tomato sauce from the can to be used later.
2. Blend the ingredients for the pepper sauce (green pepper through cardamom) in a food processor or blender until there are no chunks left. Set aside.
3. Pour the oil into the pressure cooker, sprinkle the beef with salt & pepper then brown over heat. (Follow the Browning/Sautéing instructions in this manual.)
4. Once brown add the water, reserved tomato sauce, paprika & cumin. Close the lid and press the **MEAT** button.
5. When meat is done, follow instructions to reduce pressure.
6. **AFTER** all pressure is released, open the lid and add the pepper mixture, sliced onions & green peppers, cover with lid and press the **MEAT** button again.
7. When cooking is complete, follow instructions to reduce pressure.

CHICKEN PICCATA

SERVES 4

Ingredients:

4 chicken breast halves	1/4 teaspoon white pepper
1/2 cup all-purpose flour	1/2 cup pimento stuffed olive, minced
1/4 cup olive oil	1/4 cup sour cream
3 shallots	1 tablespoon potato starch or flour
2 garlic cloves, crushed	1/4 cup fresh parmesan cheese or fontinella cheese, grated
3/4 cup chicken broth	1 lemon, thinly sliced, to garnish
1/3 cup fresh lemon juice	1 teaspoon dried basil
1 tablespoon sherry wine	
2 teaspoons salt	

Directions:

1. Lightly dust chicken pieces with flour.
2. In pressure cooker, heat oil. Add chicken breasts, two at a time, and sauté in hot oil until brown on all sides. (Follow the Browning/Sautéing instructions in this manual). Set aside when finished.
3. Add shallots and garlic to pressure cooker and sauté in oil, scraping bottom of pan to loosen browned particles remaining from chicken. Stir in broth, lemon juice, sherry, salt, pepper, basil, and olives. Mix well.
4. Add chicken pieces skin side down back into the pressure cooker with other ingredients.
5. Close the lid and press the **CHICKEN** button.
6. When cooking is complete, follow instructions to reduce pressure.
7. Lift lid. Stir chicken mixture; transfer just the chicken to serving platter, cover to retain heat.
8. Whisk sour cream and starch together. Stir into cooking liquid inside the pressure cooker and cook over manual heat 1 minute, stirring constantly.
9. Spoon sauce over chicken. Sprinkle with cheese and garnish with lemon slices.

ITALIAN POTATO, RICE, & SPINACH SOUP

SERVES 6

Ingredients:

1/4 cup olive oil	1 teaspoon salt
6 leeks, white part only, sliced	1/4 teaspoon pepper
3 garlic cloves, crushed	2 teaspoons dried basil
2 carrots	2 tablespoons fresh lemon juice
1/2 cup Arborio rice	3 tablespoons tomato paste
3 potatoes, cut in large chunks	1 tablespoon light brown sugar
5 cups chicken stock	10 ounces fresh spinach, rinsed,
1/2 cup parsley, chopped	1/4 cup parmesan cheese, grated
1/2 cup celery, chopped	1/4 cup fontinella cheese, grated
1 bay leaf	

Directions:

1. In the pressure cooker, heat oil. Add leeks, garlic, and carrots and sauté in hot oil 2 minutes. (Follow the Browning/Sautéing instructions in this manual.)
2. Add rice and potatoes. Stir well and cook 1 minute.
3. Add broth, parsley, celery, bay leaf, salt, pepper, basil, lemon juice, tomato paste, and brown sugar. Stir well.
4. Secure lid. Press the **SOUP/STEW** function button.
5. When cooking is complete, follow instructions to reduce pressure.
6. Lift lid. Ladle the soup into large serving bowl or individual bowls
7. Combine the cheeses and sprinkle over soup. Serve with hunks of Italian bread.

CHICKEN ADOBO

SERVES 4 -5

Ingredients:

8 chicken thighs	2 tablespoons cooking sherry
2 cups water	1 teaspoon ground black pepper
2 cups low sodium soy sauce	3 tablespoons molasses
1 large onion (cut into rings)	1 tablespoon olive oil
6 garlic cloves (chopped up)	Jasmine rice
3 bay leaves	

Directions:

1. In the pressure cooker, heat olive oil over heat. Brown the chicken thighs on both sides. (Follow the Browning/Sautéing instructions in this manual.) Remove, then set aside.
2. In pressure cooker, combine water, soy sauce, onion, garlic, bay leaves, sherry wine, black pepper and molasses.

CHICKEN ADOBO (CONT.)

3. Add the chicken to the sauce. Stir a bit to get the chicken thighs down into the liquid.
4. Close the lid and press the **CHICKEN** button.
5. Use this time to cook the jasmine rice if desired.
6. When cooking is complete, follow instructions to reduce pressure.
7. Lift lid. Remove the bay leaves. Serve chicken and sauce over jasmine rice.

SWEET-SOUR BEEF SPARERIBS

SERVES 4

Ingredients:

- 3 tablespoons vegetable oil
- 2 – 2 ½ lean short spareribs cut into serving pieces

Sweet-Sour Sauce Ingredients

- | | |
|---------------------------|--|
| 3 tablespoons soy sauce | 2 tablespoons onion, minced |
| 2 tablespoons brown sugar | 2 tablespoons apricot marmalade |
| 3 tablespoons honey | 2 tablespoons cider vinegar |
| 3 cloves garlic, minced | 2 tablespoons dry sherry |
| 1/4 cup ketchup | 1 teaspoon hot pepper sauce, or to taste |

Directions:

1. In a small bowl combine all the sauce ingredients.
2. Heat the oil in the pressure cooker until very hot, add as many ribs at a time as will comfortably fit, and brown well.
3. Pour off all fat, and then stir in the sauce. (Follow the Browning/Sautéing instructions in this manual.)
4. Lock the lid in place and press the **MEAT** button. When cooking is complete, use the Quick or Natural release method and remove the lid.

JAMBALAYA

SERVES 4-5

Ingredients:

1 tablespoon vegetable oil	1 onion, chopped
1/2 lb boneless skinless chicken breasts, cut into 1" pieces	3 garlic cloves, minced
1/2 lb fully cooked Andouille or Italian sausage, sliced	1 green bell pepper, chopped
1/2 lb uncooked shrimp, peeled and deveined	3 stalks celery, sliced
2 teaspoons Creole seasoning	1 cup long grain rice
1 teaspoon dried thyme leaves	16 oz canned chopped tomatoes, undrained
1/8 teaspoon cayenne pepper	1 cup chicken stock
	3 tablespoons fresh parsley, minced

Directions:

1. Heat oil in the pressure cooker. Add chicken, sausage and shrimp. Sprinkle meats with half of the Creole seasoning, half the thyme and half the cayenne. Cook for 3-5 minutes uncovered, stirring frequently, until chicken and shrimp are thoroughly cooked.
2. Remove chicken, sausage and shrimp with a slotted spoon and set aside. (Follow the Browning/Saut ing instructions in this manual.)
3. Add onion, bell pepper, celery and remaining Creole seasoning, thyme and cayenne to pressure cooker. Cook for 4-5 minutes, stirring frequently. Add chicken, sauce, shrimp and rice, tomatoes with their juice and stock. (Follow the Browning/Saut ing instructions in this manual.)
4. Lock the lid in place and press the **SOUP/STEW** button. When cooking is complete, use the Quick or Natural release method and remove the lid. Serve with rice if desired.

TORTILLA SOUP

SERVES 6

Ingredients:

1/3 cup vegetable oil	2 Cups Cooked Shredded Chicken
1 medium onion, diced	Tortilla chips
3 cloves garlic, peeled	cilantro, chopped
1 can tomatoes, drained	1 lb grated cheese
2 quarts chicken broth	lime wedges (optional)

Directions:

1. Saut  onions and garlic in the oil in the pressure cooker until they are deep golden brown. (Follow the Browning/Saut ing instructions in this manual.)

TORTILLA SOUP (CONT.)

2. Remove from unit and purée with tomatoes in blender or food processor until smooth.
3. Return to pressure cooker and add broth. Heat to boiling.
4. Lock the lid in place and press the **SOUP/STEW** button. When cooking is complete, use the Quick or Natural release method and remove the lid.
5. Add cilantro and salt to taste. Place cheese and tortilla chips in individual soup bowls and pour hot soup on top. Serve with lime wedges, if desired.

ORANGE-FLAVORED CANDIED YAMS

SERVES 4

Ingredients:

1 cup orange juice	1/2 cup brown sugar
2 large sweet potatoes (yams)	1 teaspoon grated orange zest
Salt, to taste	2 tablespoons butter

Directions:

1. Pour the orange juice into the pressure cooker. Peel the sweet potatoes and cut them in half lengthwise. Arrange in a pressure cooker steamer basket (not included) and sprinkle with salt, brown sugar and orange zest. Dot with butter.
2. Lower the steamer basket into the pressure cooker.
3. Lock the lid in place and set the Pressure Cook time to cook for 12 minutes (cooking time may vary). When cooking is complete, use the Quick or Natural release method and remove the lid.
4. Lift out the sweet potatoes.
5. Boil down the sauce until thickened and pour over the sweet potatoes and serve immediately.

SPICED APPLE CRUNCH

SERVES 3

Ingredients:

1 cup dry bread crumbs (unseasoned)	1 lemon (juice and rind)	3 apples, sliced
1/4 cup sugar	1/4 cup butter, melted	
1/2 teaspoon cinnamon	2 cups water	

Directions:

1. Butter a 15 cm (6") baking dish. Combine bread crumbs (or graham wafer crumbs), sugar, cinnamon, juice and lemon rind. Place alternate layers of apples and crumbs

SPICED APPLE CRUNCH (CONT.)

in baking dish then pour melted butter over ingredients and cover baking dish firmly with aluminum foil.

2. Place water, trivet, and then baking dish in pressure cooker.
3. Lock the lid in place and set the Pressure Cook time to cook for 20 minutes (cooking time may vary). When cooking is complete, use the Quick or Natural release method and remove the lid.
4. If you wish to add more color and crunch, run the dish quickly under the broiler.

CAUTION: Be sure to watch carefully to prevent burning.

CINNAMON APPLE FLAN WITH MAPLE SYRUP

SERVES 6

Ingredients:

5 tablespoons maple syrup	1/4 teaspoon vanilla
1/4 teaspoon cinnamon	6 tablespoons sugar
2 apples, peeled and cut in 1/4" slices	2 1/2 cups milk
3 whole eggs 3 egg yolks	

Directions:

1. In a small saucepan, combine the maple syrup and the cinnamon. Add the apple slices and slowly simmer until the apples are tender.
2. Divide the mixture into 6 greased oven-safe custard cups. In a large bowl, whisk the eggs and egg yolks. Stir in the vanilla, sugar and milk. Pour this mixture slowly into the custard cups. Cover tightly with foil.
3. Fill the pressure cooker with 2 1/2 cups water. Place as many custard cups as will fit in the pressure cooker steamer basket (not included) or trivet and lower into the pressure cooker.
4. Lock the lid in place and set the Pressure Cook time to cook for 10 minutes (cooking time may vary). When cooking is complete, use the Quick or Natural release method and remove the lid.
5. Take out the basket or trivet, loosen the foil and cool the custard.
6. Refrigerate. To serve, loosen the custard from the molds with a knife and invert onto dessert dishes.

PEARS STEWED IN RED WINE

SERVES 4

Ingredients:

2 cups water
1/2 cup sugar
2 slices lemon
2 cinnamon sticks

1/4 teaspoon mace
4 firm pears, peeled but not cored, stems on
3/4 cup red wine
1 cup frozen raspberries
4 tablespoons heavy cream

Directions:

1. In the pressure cooker, combine water, sugar, lemon, cinnamon sticks and mace. Simmer until the sugar is dissolved. (Follow the Browning/Sautéing instructions in this manual.)
2. Place the pears into the pressure cooker, trimming bottoms if necessary so they stand upright.
3. Lock the lid in place and set the Pressure Cook time to cook for 10 minutes (cooking time may vary). When cooking is complete, use the Quick or Natural release method and remove the lid; add the red wine.
4. Lock the lid in place again and program to cook for 10 more minutes. When cooking is complete, use the Quick or Natural release method and remove the lid.
5. Carefully remove only the pears and transfer to a deep container.
6. Boil down the remaining sauce until it is syrupy by using the Browning function. Cool, then pour over the pears and keep at room temperature overnight.
7. To serve, defrost and purée the raspberries in a processor until smooth.
8. Spoon 4 tbsp of the purée on four dessert dishes or shallow bowls. Place a pear upright in the center of each dish. Spoon some syrup over the pears.
9. Dribble 1 tbsp of cream in a circle over the sauce. With the aid of a knife, swirl the cream into the sauce in an attractive design and serve.

OLD FASHIONED RICE PUDDING

SERVES 4

Ingredients:

1 tablespoon butter	1 egg
1/4 cup long grain rice	1/4 cup evaporated milk
2 cups milk	1/2 teaspoon vanilla
1 cup water	Cinnamon
1/3 sugar	1/2 teaspoon salt

Directions:

1. Melt the butter in the pressure cooker and stir in the rice, coating it with the butter. Pour in the fresh milk and water, and then stir in the sugar and salt. (Follow the Browning/Sautéing instructions in this manual.)
2. Lock the lid in place and set the Pressure Cook time to cook for 10 minutes (cooking time may vary). When cooking is complete, use the Quick or Natural release method and remove the lid:
3. While rice is cooking, in a small bowl mix together the egg, evaporated milk and vanilla. When rice is done cooking, use the Quick or Natural release method and remove the lid; stir in a little of the hot liquid from the pressure cooker to the egg and milk mixture, then add the mixture to the pressure cooker.
4. Lock the lid in place again and program to cook for 5 more minutes. When cooking is complete, use the Quick or Natural release method and remove the lid.
5. Cool 10 minutes, stirring occasionally.
6. Transfer to individual dessert bowls, continue cooling, then refrigerate. Serve sprinkled with cinnamon.