

# cook's essentials®

**Congratulations on purchasing the Cook's Essentials 4-piece Silicone Pressure Cooker Insert Set.  
Please read these instructions, and retain them for future reference.**

**In this set, you will find the following items:**

Silicone Solid Insert - 1pc

Silicone Steaming Insert - 1pc

Silicone Lid - 1pc

Silicone Steam Rack - 1pc

## **SPECIAL FEATURE**

- The extra-long handles on the silicone inserts allow you to easily move foods into and out of the pressure cooker. Let the handles rest on the lid inside the pressure cooker during the cooking process.
- The silicone steam rack is reinforced with a metal ring for support, and the high feet allow enough water to sit below the rack for perfect steaming of vegetables, fish or chicken.
- The silicone inserts are also reinforced with metal rings for support. These inserts can be stacked on top of each other to cook foods simultaneously, or used separately with or without the lid.
- Withstands temperature range of -40°F to 450°F.
- FDA Grade silicone.
- Dishwasher-safe.
- Measurements:
  - Inserts - diameter 7-3/4" x 2-1/4" H
  - Lid - diameter 7-1/4" x 1/3" H
  - Steam Rack - diameter 7-3/4" x 1" H

## **CARE & HANDLING**

### ***WHEN USING IN A PRESSURE COOKER***

1. Make sure to use the minimum amount of liquid specified by your pressure cooker.
2. Place the silicone steam rack into the pressure cooker.
3. Cook your favorite vegetables, fish or meat directly on the rack, or in one of the silicone inserts, resting on the rack. Cover the insert(s) with the lid if desired.
4. Cook for the required time according to your recipe.

## **CLEANING**

- Wash in hot, soapy water using a nylon, sponge or cloth cleaner if needed, then rinse and dry. NEVER use metal, such as scouring pads, steel wool or abrasive cleaners.
- Dishwasher safe.

## **CAUTION**

- Do not place the silicone inserts on a hot stove top.
- Use nylon, plastic or wooden utensils to remove or cut foods - NEVER use sharp metal objects.
- Do not squeeze, bend or fold the silicone inserts as the metal reinforcement ring inside can then be bent and distorted.