USE & CARE

GORDON RAMSAY

6 QT. ALUMINUM LOW PRESSURE COOKER

ECO-GUARD

ADVANCED NON-STICK TECHNOLOGY

LOCK IN FLAVOR • LOCK IN NUTRIENTS

FLAVOR-PRO

FAST COOKING SYSTEM

ECO-FRIENDLY • USER FRIENDLY

SAVE ENERGY • SAVE TIME

SIGNATURE

®
YOUR SET INCLUDES:

1. Lid
2. Pot
2- Coat Enamel Exterior

SAFE TO USE WITH:

- Electric Coil
- Gas Top
- Ceramic Smoothtop
- Induction Safe

Induction Plate
Viewing Window
Gordon Ramsay® Low Pressure Cooking System

The Gordon Ramsay® Low Pressure Cooking System cooks food in less time than conventional cooking, saving time, money and energy.

What is low pressure-cooking?
Low Pressure cooking is a safe and convenient way to quickly prepare everything from delicate vegetables and seafood to complete meals. High-pressure pressure cookers operate at 15psi, while the Flavor-Pro™ low pressure cooker operates between 5 and 8psi thereby making it safe to add ingredients at any time during the cooking process and to prepare delicate foods.

Low Pressure vs. High Pressure Cooking
Flavor-Pro™ low pressure cooker is ideally suited for cooking delicate foods or foods that foam up during the cooking process and in general are not recommended to be cooked in high-pressure cookers. Foods such as spinach, delicate seafood, and sauces need to be prepared at far lower temperatures and pressures than those created by high-pressure cookers. The lower operating pressure of Flavor-Pro™ allows you to cook delicate foods that cannot be prepared successfully in a high-pressure cooker. Flavor-Pro™ solves this problem while at the same time offering the speed and energy savings of cooking under pressure.

Designed With Your Safety in Mind
Flavor-Pro™ Low Pressure Cooking System is designed with safety in mind. The triple safety system utilizes two safety valves to control the Flavor-Pro™ low pressure cooker’s internal pressure and a fail-safe system to ensure proper closure of the lid. The tempered glass window in the lid lets you monitor the food as it cooks without lifting the lid and stopping the cooking process. Flavor-Pro™ can be used to cook anything normally cooked on the stove in less time.

Energy Efficient Meals
The Flavor-Pro™ low pressure cooker is constructed from high-quality aluminum. The aluminum body of the Flavor-Pro™ low pressure cooker heats rapidly and evenly allowing you to turn down the heat sooner, and cook at lower temperatures in less time Flavor-Pro™ low pressure cookers uses less energy compared to conventional cooking.

Flavor-Pro™ low pressure cookers are the perfect way to prepare healthier meals for your family. Low-pressure cooking preserves nutrients and flavors otherwise lost in conventional cooking processes.
Eco-Guard ™ nonstick coating.

PFOA free non-stick coating
Using the most advanced manufacturing techniques available, Eco-Guard ™ non-stick coating is metal utensil safe and is formulated without the use of PFOA.

Enamel Exterior
Exterior of the Flavor-Pro™ low pressure cooker is coated with a double layer of enamel for extra durability and easy cleaning and maintenance. The Flavor-Pro™ body is oven safe up to 350˚F. Never use the Flavor-Pro™ lid in the oven.

Prepare A Complete Meal-In-A-Pot
Because the Flavor-Pro™ low pressure cooker can be opened as necessary to add ingredients and spices, you can prepare a complete meal in one pot. Please note that frequent opening and closing of the lid will slow down the cooking process.

Use the Flavor-Pro™ Low Pressure Cooking System for:
- Express cooking
- Steam cooking
- Stewing and Braising

Low pressure cooker introduction:
1. Over-pressure Plug
2. Spring Valve
3. Auto-Discharge Pressure Release Handle
4. Vent Pipe
5. Fail-safe auto-lock side handles
6. Sealing Ring
7. Cover
8. Glass Window
9. Body-Pot
SAFETY

The Flavor-Pro™ low pressure cooking system has several systems that guarantee perfect safety in operation.

- **Fail-Safe Locking System:** The Flavor–Pro™ low pressure cooker is equipped with a safety system that prevents any rise in pressure if the lid is not completely closed and locked in place.

- **Quick-Release System:** The specially designed handle incorporates an auto-discharge system to ensure complete pressure relief before removing the lid.

- **Pressure Regulator:** During cooking, the pressure regulator maintains a constant pressure in the cooking vessel. In the event that the Pressure Regulator becomes plugged with food the next safety system becomes active.

- **Over-Pressure Plug:** In the event the internal pressure of the pot exceeds the safe limit, the Over-pressure plug will safely release the excess pressure.
BASIC INSTRUCTIONS

1. *Before each use:* Visually examine each of the pressure valves to ensure that they are unobstructed.

   1. Check the spring valve for obstructions
   2. Check the over-pressure valve for obstructions
   3. Check the auto-discharge valve for obstructions.
   4. Check the gasket for flexibility. Discard immediately if stiff or cracked.

2. *Fill the pot:* minimum 8 ounces (250 ml) of liquid, to a maximum of 2/3 of its height or less (depending on type of food and the recipe).

3. *Close the cover* of the low pressure cooker by pushing the side handles in toward the center of the vessel. Flavor-Pro™ low pressure cookers are designed to prevent pressure build-up if the lid is not properly closed and locked.

4. *Cooking:* Heat the Flavor-Pro™ vessel until the pressure regulator releases steam: turn the heat down and start your timer. Please note that it is normal for Flavor-Pro™ to emit steam during the cooking process.

5. When the cooking time has lapsed, turn the heat off. Grasp the handle and squeeze to discharge the steam. When all of the steam has been discharged, unlock the side handles and remove the lid.
CLEANING YOUR LOW PRESSURE COOKER

For all components, hand wash in warm soapy water. The gasket, pressure regulator valve, and safety devices should be cleaned and checked separately after each use to make sure the Flavor-Pro™ low pressure cooker will operate safely during its next use.

COOKING TIPS

*Always use a liquid that gives off steam when boiled, water, stock, wine, beer, cider, or milk.* Accurate timing is essential when using the low pressure cooker. Never use oil or fat. The minimum quantity of liquid required for normal cooking is 8 ounces (250 ml) for the first ¼ hour of cooking. For each additional ¼ hour, or portion thereof, add another 4 ounces (125 ml) of liquid. For example, 45 minutes cooking requires 16 ounces (600 ml) of liquid. However, some foods such as dried beans and steamed puddings may require extra water.

1. LIQUID LEVELS

   *Whatever the size of the low pressure cooker, the maximum filling levels are:*
   
   1.1. Solid foods, vegetables, meat joints: no more than ¾ full
   1.2. Liquids and cereals, soups, stews, rice, and pasta no more than ½ full
1.3. Dried beans and dried peas: no more than ⅓ full
2. For a well-browned juicy roast, first brown the meat in the Le Flame pot then cook the roast under the low pressure.
3. When cooking dried beans note they will swell up and tend to froth up. Use 32 ounce (1.2 liters) water for every 8 oz / 250 g of beans.
4. **When pre-steaming foods before pressure-cooking:**
   4.1. Steamed puddings: Use a minimum of 24 ounces (900 ml) of boiling water for a combined steaming and cooking time of up to 1 hour. For each additional ⅓ hour of cooking, or portion thereof, add another 4 ounces (150 ml) of boiling water.
   4.2. Never cook dumplings with the lid tightly closed, as they could rise and block the safety devices. Cook them at the end of meal preparation without the lid on.
   4.3. The Low Pressure cooking times vary according to the size or thickness of the food not the weight.
   4.4. When steaming foods in the basket add the required quantity of water and rest the basket on top. The water should not come over the base of the basket.
   4.5. Cooking containers must withstand temperatures of 130°C (250°F). Any covering on containers, foil or greaseproof paper, must be securely tied otherwise, they could block the safety devices. Do not use plastic lids as they prevent steam from being in contact with the food, also, they could distort and come off during cooking which could block the safety outlets.
5. **Use of seasoning**

The Low Pressure Cooker, once tightly closed, allows ingredients to preserve their full flavor while concentrating in the flavor of the herbs and various ingredients that have gone into their preparation. Use small quantities of seasoning, about half of what you normally use.

**Cooking Times**

The following chart is provided for reference only. All cooking times are approximate, and will vary with stove type, altitude, and personal taste. When cooking with Flavor-Pro™ ALWAYS remember that timing your meal BEGINS when the pressure regulator starts to discharge steam.
LIMITED LIFETIME WARRANTY:

This cookware, manufactured by Tabletops Unlimited, Inc., is warranted to be free of defects in material and workmanship for the lifetime of the cookware. The warranty does not cover the damage to the product resulting from commercial use, misuse, accident, abuse, or alterations to the product. Some states do not permit such exclusion or limitation of incidental or consequential damages, so the foregoing limitations or exclusions may not apply to you.

Tabletops Unlimited, Inc., shall replace any defective cookware part to the original purchaser during the warranty period. In the event the exact piece is not available we will replace it with a similar piece of equal or greater value. Make inquiries by writing to Tabletops Unlimited, Inc., Consumers Relations Department, 23000 S. Avalon Boulevard Carson, California 90745 or call 800.497.4959

In the event that any part of the cookware set needs to be returned for replacement, that part of it should be sent to Tabletops Unlimited, Inc., at the above address, postage prepaid. Return shipping and handling charges will apply.

Cooking Times Chart

<table>
<thead>
<tr>
<th>Type of Food</th>
<th>Water</th>
<th>Quantity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown Rice</td>
<td>32oz.</td>
<td>1lb.</td>
<td>26min</td>
</tr>
<tr>
<td>White Rice</td>
<td>32oz.</td>
<td>1lb.</td>
<td>14-16min</td>
</tr>
<tr>
<td>Wild Rice</td>
<td>32oz.</td>
<td>1lb.</td>
<td>40min</td>
</tr>
<tr>
<td>Dried Beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>64oz.</td>
<td>1lb.</td>
<td>45min</td>
</tr>
<tr>
<td>Black Beans</td>
<td>64oz.</td>
<td>1lb.</td>
<td>45min</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>64oz.</td>
<td>1lb.</td>
<td>45min</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>8oz.</td>
<td>1 bunch</td>
<td>3-5min</td>
</tr>
<tr>
<td>Broccoli</td>
<td>8oz.</td>
<td>2 med crowns</td>
<td>7min</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>8oz.</td>
<td>15 med sprouts</td>
<td>7min</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>8oz.</td>
<td>8” dia. flower</td>
<td>7min</td>
</tr>
<tr>
<td>Potatoes</td>
<td>16oz.</td>
<td>6 med w/skins</td>
<td>15-17min</td>
</tr>
<tr>
<td>Poultry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Chicken</td>
<td>24oz.</td>
<td>4.25lbs.</td>
<td>40-42min</td>
</tr>
<tr>
<td>Chicken Pieces</td>
<td>16oz.</td>
<td>5 med breasts boneless</td>
<td>25-27min</td>
</tr>
<tr>
<td>Meat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Beef</td>
<td>2/3full</td>
<td>5lbs.</td>
<td>2hrs</td>
</tr>
<tr>
<td>Pot roast</td>
<td>2/3full</td>
<td>5lbs.</td>
<td>1.5-1.75hrs</td>
</tr>
<tr>
<td>Sea food</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shrimp</td>
<td>8oz.</td>
<td>30 shrimps</td>
<td>1-2min</td>
</tr>
<tr>
<td>Fish filets</td>
<td>8oz.</td>
<td>two 1” salmon filets</td>
<td>3-5min</td>
</tr>
</tbody>
</table>