Owner’s Manual
For Models #EPC640, EPC650, EPC660, EPC640D, EPC650D & EPC660D

IMPORTANT: Do Not Use This Pressure Cooker Until You Have Read This Entire Manual Thoroughly!

Warranty information inside.
Healthier Cooking Begins Here...

As a new owner of the Living Well Pressure Cooker, you are about to discover what so many other food aficionados have known for years. Simply, that meals prepared properly in a good pressure cooker, taste better, and cook faster than those prepared using conventional cooking methods.

We have taken the art of cooking with pressure to the next level. Our culinary design division tested numerous materials, metals and cooking surfaces before deciding on the combination that would work best with the latest digital electronics to create The Living Well Pressure Cooker.

Once familiar with the system, you’ll find that many of your favorite family recipes can be cooked perfectly in a fraction of the time. The sealed cooking chamber builds up heat and pressure... the result ... more flavor stays locked within the food and less energy is wasted in a shorter cooking time. The “sealed” cooking process eliminates messy stove top spills while “trapping” heat, making for cooler kitchens and easier cleanups.

The Living Well Pressure Cooker has been designed to provide you and your family with many years of delicious meals and memories around the dinner table... but before you begin it is very important that you read this entire manual making certain that you are totally familiar with its operation and precautions.

Index

| Important Safeguards | 1 - 3 |
| Special Features | 4 |
| Operating The Control Panel | 5 - 6 |
| Built In Safety Features | 6 |
| Instructions For Use | 7 - 10 |
| Care and Cleaning | 11 |
| Pressure Cooking Guide | 12 |
| Frequently Asked Questions | 13 |
| Limited Warranty | 14 |
Important Safeguards

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read and follow all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electric shock do not immerse or rinse cords or plugs in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. 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.
13. Do not use appliance for other than intended use.
14. Do not place the pressure cooker in a heated oven.
15. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See Instructions For Use.
16. Never fill the unit above the MAX LINE in the Inner Pot (fig.1, page 8). When using foods that expand during cooking such as rice or dried beans, follow the recipe for "pressure cooking" those products, and as a rule of thumb, do not fill the unit above the "halfway" point. Over filling may cause clogging, allowing excess pressure to develop. See Instructions For Use.

SAVE THESE INSTRUCTIONS
Important Safeguards (continued)

31. NEVER FORCE OPEN THE PRESSURE COOKER. If you need to open the pressure cooker, press the “KEEP WARM/CANCEL” button and carefully slide the Rapid Release Button (fig. 4, page 8) to the open position to fully release the building pressure inside the cooker. Make sure that all the steam has dissipated from the cooker and the Float Valve (fig. 6, Page 8) fully settled back into the lid shell. Carefully turn the handle counter clockwise. Always open the lid away from you to avoid skin contact with any remaining heat or steam.

32. CAUTION: TO REDUCE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE REMOVABLE CONTAINER. Do not immerse the housing or base in water. Before use, clean the bottom of the inner pot and the surface of the heater plate… insert the inner pot, turning it slightly clockwise and counterclockwise until you are sure it is sitting correctly on the heater plate. Failure to do so will prevent proper operation and may cause damage to the unit.

33. CAUTION HOT SURFACES. This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of personal injury, fires, and damage to property.

SHORT CORD INSTRUCTIONS
A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Do not use an extension cord with this product.

PLASTICIZER WARNING
CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top. Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

ELECTRIC POWER
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a dedicated electrical circuit.

Note: This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY

Special Features

1. The Digital Display on your Living Well Pressure Cooker offers a wide range of choices including Browning, Slow Cooking, Stewing and Steaming.

2. Cooking Time and Pressure Levels may be adjusted to suite any recipe or personal preference. At the completion of the cooking cycle, the unit will automatically shift to the Keep Warm mode.

3. Cooking Electronically with Pressure saves time and energy. For example, rice dishes cook 20% quicker and save 25% on energy. Most other dishes average a 40% time saving and 45% on energy.

4. Digital Pressure Cooking utilizes temperatures up to 248° F (120° C) creating a more sterile and healthier environment when compared to traditional cooking methods.

5. The Living Well Pressure Cooker creates a “sealed environment” that preserves flavor and “locks in” valuable vitamins and nutrients.

6. Hot kitchens, messy spills and “boil-over’ are a thing of the past.

7. The Living Well Pressure Cooker has a BROWN MODE that allows you to sear or brown food using the inner pot before cooking under pressure.

8. The Rapid Release Feature allows you to lower pressure quickly and completely. To do so, carefully slide the Rapid Release Button (fig 4., page 8) forward in short bursts at first. After initial short bursts, leave the button in the full forward position until all pressure has escaped and the digital pressure indicator does not register. CAUTION: During this process protect your skin from any contact with escaping steam.

9. The STEAM MODE heats cooking liquid in the inner pot to a boil in a matter of minutes, for steaming and cooking an endless variety of foods like vegetables, shellfish and rice.

10. The KEEP WARM MODE holds and keeps cooked food warm for an unlimited period of time. Foods kept at WARM MODE for periods beyond 4 hours may loose their good flavor and texture.

11. Cooker Housing is both attractive and functional.
Operating The Control Panel

1. **KEEP WARM/CANCEL**: The KEEP WARM Mode keeps cooked food warm for extended time periods. When you press the KEEP WARM/CANCEL Button the yellow Indicator Light illuminates. During any operation, you can press the "KEEP WARM/CANCEL" button to clear the current operation. You will know that the operation has been cleared when the background LCD color becomes Green. Select the "KEEP WARM/CANCEL" button again and the background LCD becomes Yellow, indicating that the unit is in the "KEEP WARM" mode.

2. **COOK**: Press the “COOK” Button ... the indicator light will blink for 8 seconds then cooking will begin. The Default COOK TIME is 15min and the default pressure setting is “40kPa”. The default COOK TIME will begin count down when the designated pressure is reached. Press the COOK TIME button to reset the COOK TIME from 10 - 90 minutes.

3. **SLOW COOK**: Press THE “SLOW COOK” button ... the indicator light will blink 8 seconds then SLOW COOKING will begin. The Default time is 6 hours. The default SLOW COOK TIME will begin count down when the designated temperature is reached. Press the COOK TIME button to reset the SLOW COOK TIME from 3-20 hours.

4. **STEW**: Press the “STEW” button ... the indicator light will blink 8 seconds then STEWING will begin. The Default time is 30 minutes and the default pressure setting is “80kPa”. The STEW TIME will begin count down when the designated pressure is reached. Press the COOK TIME button to reset the STEWING TIME from 20-90 minutes.

5. **STEAM/CANNING**: Press the “STEAM/CANING” button, the indicator light will blink 8 seconds then the process will begin. The Default time is 30min. The cooker will count down when proper temperature is reached. Press the COOK TIME button to reset the STEAM TIME from 10-90 min.

6. **BROWN**: Press the “BROWN” button, the indicator light will blink 8 seconds then “BROWNING” will begin. The Default time is 30 min. The cooker will count down when proper temperature is reached. Press the COOK TIME button to reset the BROWN TIME from 10-90min.

7. **PRESSURE ADJUST**: When the “PRESSURE ADJUST” button is selected, the indicator light will blink 8 seconds then pressure will begin to build. The Default time and pressure setting is 15 minutes at 40kPa. To increase or decrease pressure, reselect the Pressure Adjust Button until the desired setting appears on the Control Panel readout. - from 20kPa-80kPa.

8. **COOK TIME**: Press “COOK TIME” button to set the desired cooking time.

9. **DELAY TIME**: This feature can only be activated when selected within 8 seconds after another cooking process has been programmed. Selecting the “DELAY TIME” button gives you the option of delaying the cooking process by 4-12 hours.

### Built In Safety Features

1. **Lid Safety Device**: Prevents pressure build-up if lid is not closed properly and prevents lid from opening until all pressure is released.

2. **Pressure and Temperature Sensor Controls**: Maintain even heat and pressure by automatically activating or deactivating the power supply.

3. **“Back-up” Safety Release Valve**: Should the Temperature/Pressure Sensor device malfunction, causing pressure to build beyond maximum setting, the “Back-Up” will automatically “kick in” and release the built up pressure.

4. **“Clog Resistant” Feature**: Prevents food from blocking the steam release port.

5. **“Spring Loaded” Safety Pressure Release**: Should all safety features listed above fail, this “spring-loaded” device located beneath the heating element will automatically lower the inner pot, causing it to separate automatically from the Rubber Gasket (fig. 3, page 8). This will enable the steam and pressure to automatically escape around the pot lid, avoiding a dangerous situation.

6. **Temperature “Cut-Off” Device**: Should the unit malfunction and cause the internal temperature to rise beyond the “Safe” limit, this device will cut-off the power supply and will not automatically reset.
Instructions For Use

BEFORE THE FIRST USE
1. Before using the Living Well Pressure Cooker for the first time, wash the inner pot (fig.1, page 8), the Lid (fig.2, page 8) and the Rubber Gasket (fig.3, page 8) with warm soapy water. Rinse with clean water and dry thoroughly.

2. Make sure the Rubber Gasket (fig.3, page 8) is seated properly inside the Lid. To ensure correct fitting of the Rubber Gasket, fill the inner Pot (fig.1, page 8) 2/3 full with water and run on Stew Mode for 15 minutes. Wait 15 minutes, then release pressure by pressing on the Rapid Release Button (fig.4, page 8) in short bursts. The Float Valve (fig.6, Page 8) will drop. Let the appliance cool to room temperature. Pour out the water. Rinse and towel dry the inner Pot. The Pressure Cooker is now ready for use.

BEFORE EACH USE
For best results, always check that the Pressure Valve (fig.5, page 8), Float Valve (fig.6, page 8), Rapid Release Button (fig.4, page 8), Safety Valve (fig.7, page 8) and Rubber Gasket (fig.3, page 8) are in good working order and that there are no foreign particles blocking the Valve openings on the underside of the Lid. See CARE & CLEANING INSTRUCTIONS.

POWER SURGE PROTECTION FEATURE
The Living Well Pressure Cooker has a back-up feature to prevent malfunction in the event of a power surge. In the event of a system shut down caused by a power surge, unplug the cooker allow it to “clear” for 1 hour before plugging it back into the outlet.
Instructions For Use (continued)

For General Use

1. Place Inner Pot into the main housing and load food. Never load Inner Pot above the MAX line. Rotate the Inner Pot to make certain that it is seated properly on the Heating Plate.

2. Check for proper placement of Rubber Gasket (underside Lid rim) then, place Cooker Lid on Cooker with Lid Handle and Pressure Valve pointed to the “10:00 O’clock” position (fig. A). Rotate Lid counter clockwise until you feel a click and the symbols on the Lid and Support Ring are properly aligned (fig. B).

3. Before cooking, make certain that the Rapid Release button is in the Closed position (fig. C) and the Pressure Valve is free floating and clear of any obstructions.

4. Plug the AC cord into a dedicated 120V wall outlet.

5. You may now program the unit for cooking using the Control Panel and this manual as a guide. When the cooking process is finished the TIME Clock will return to zero. The unit will be in the Keep Warm Mode until Cancelled or unplugged.

6. Steam and Pressure must be released completely from the Cooker before the Lid will open. To do this, carefully slide the Rapid Release Button forward (fig. D) in short bursts at first. After initial short bursts, leave the button in the forward position until all pressure has escaped and the digital pressure indicator does not register.

CAUTION: During this process protect your skin from any contact with escaping steam.

7. Press down gently on Lid and turn clockwise until Lid meets resistance... lift carefully and place aside. Avoid personal injury resulting from hot unit surfaces and dripping liquids.

8. Press Cancel and unplug cooker from AC outlet.

SPRING LOADED CAKE PAN ASSEMBLY

Step 1 Place the cake pan on its base. (Make sure the pan’s latch is open and fits securely into its base.)

Step 2 Secure the latch.

Step 3 Cover with lid.

Specifications

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>EPC640D</td>
<td>AC 120V 60Hz</td>
<td>1000W</td>
<td>4 LITRES</td>
<td>10-80 kPa</td>
<td>96-110 kPa</td>
</tr>
<tr>
<td>EPC650D</td>
<td>AC 120V 60Hz</td>
<td>1000W</td>
<td>5 LITRES</td>
<td>10-80 kPa</td>
<td>96-110 kPa</td>
</tr>
<tr>
<td>EPC660D</td>
<td>AC 120V 60Hz</td>
<td>1000W</td>
<td>6 LITRES</td>
<td>10-80 kPa</td>
<td>96-110 kPa</td>
</tr>
</tbody>
</table>
**Care and Cleaning**

**CLEANING THE SAFETY DEVICES:** In addition to the gasket, the other safety devices on the pressure cooker must also be cleaned after each use.

**THE PRESSURE VALVE:** To remove the Pressure Valve, simply pull up and valve will release from it's spring lock mechanism. Apply mild detergent and wash it under warm running water. After cleaning, check to see that the interior spring-loaded part moves freely by pressing down on it. Put the Pressure Valve back in place by pushing it down onto the spring-loaded mechanism. This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Contact customer service for qualified repair information.

**TO CLEAN:** After use, unplug unit and allow to cool completely before cleaning. The Pressure Cooker must be cleaned thoroughly after each use in order to avoid staining caused by a build-up of food or cooking residue.

**DO NOT POUR COLD WATER INTO A HOT PRESSURE COOKER.**

**NOTE:** To ensure safe operation of this pressure cooker, strictly follow the cleaning and maintenance instructions after each use, should a tiny fragment of food (such as a grain of rice or pea shell) remain in the unit, it could prevent the safety devices from operating during subsequent use.

**IMPORTANT:** Always remove the Pressure Valve and clean the opening with pin to remove any blockage that might have occurred during the cooking process. This must be done after each use. The removable cooking pot and lid are immersible for cleaning. Rinse cooking pot and lid under hot running water. Use only a mild liquid detergent and a soft cloth, sponge or nylon scrubber for cleaning. Do not use abrasive powders, bicarbonate of soda or bleach. Do not use scouring pads.

**WIPE BASE AFTER EACH USE WITH A SOFT, DAMP CLOTH OR SPONGE, MAKING SURE ALL FOOD RESIDUE IS REMOVED. DO NOT IMMERSE BASE IN WATER.**

**Vegetables**

<table>
<thead>
<tr>
<th>Liquid / Cups</th>
<th>Approximate Minutes</th>
<th>Pressure Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus, thin whole</td>
<td>1</td>
<td>1 - 1 1/2</td>
</tr>
<tr>
<td>Beans, fava</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Beets, medium</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Broccoli, pieces</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Brussel sprouts, whole</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Carrots, 1-inch pieces</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Corn, on-the-cob</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Onions, whole</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Potatoes, 1 1/2&quot; chunks</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Potatoes, whole, medium</td>
<td>1</td>
<td>10-11</td>
</tr>
<tr>
<td>Squash, acorn, halved</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Squash, summer, zucchini</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

**Seafood / Fish**

<table>
<thead>
<tr>
<th>Liquid / Cups</th>
<th>Approximate Minutes</th>
<th>Pressure Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clams</td>
<td>1</td>
<td>2-3</td>
</tr>
<tr>
<td>Lobster, 1 1/2 - 2 lbs.</td>
<td>1</td>
<td>2-3</td>
</tr>
<tr>
<td>Shrimp</td>
<td>1</td>
<td>1-2</td>
</tr>
<tr>
<td>Fish, Soup or Stock</td>
<td>1-4</td>
<td>5-6</td>
</tr>
</tbody>
</table>

**NOTE:** All pressure cooking modes with the possible exception of BROWN, require the addition of liquid in some form (water, stock, etc.). Unless you are familiar with the pressure cooking process, follow recipes carefully for liquid addition suggestions. A glass lid has been provided to be used during the Cook, Brown, Steam/Canning modes. Never fill inner pot above MAX line. Always use Rapid Release button to lower pressure quickly.
Frequently Asked Questions

1. DOES THE PRESSURE COOKER HAVE LEAD IN IT?
   No!

2. WHAT TYPE OF STEEL IS THE UNIT MADE OF?
   Stainless Steel

3. IS IT NORMAL TO HAVE STEAM COME OUT THE SIDES?
   If there is steam coming out the sides and the button on top of the lid is in the closed position, then the lid has not seated. This sometimes happens when the unit is new or when the Rubber Gasket is not in place around the inside of the rim. If the gasket is in place try pushing down on the lid. This should seal the lid and the steam should stop coming out.

4. HOW DO YOU ASSEMBLE/DISASSEMBLE THE UNIT?
   See Diagram on page 8 of this manual.

5. WHY WOULD THE LID COME OFF WHEN IT SHOULDN’T?
   It would only come off if there was no pressure inside, see answer to question 3 above.

6. WHAT IS THE DEFAULT TIME?
   Each Cooking Mode has a default time that appears as soon as you select that desired Mode button. Before the Default Time “minute count down” clock begins, the unit must first reach the proper pressure and or temperature for that Mode.

7. CAN YOU LEAVE THE UNIT ON WHILE AT WORK?
   Yes!

8. CAN YOU PUT FROZEN FOODS IN WITHOUT DEFROSTING?
   Yes, remember to add an extra 10 minutes for frozen meats.

9. WHY DOES THE DELAY TIME ONLY START AT 4 HOURS?
   This is default time for Delay Time Mode (see page 6). Press the Delay Time button and set desired time ... 4-12 hours.

Manufacturer’s Limited Warranty

The manufacturer warrants that your Living Well Pressure Cooker™ is free of defects in materials and workmanship and will, at its option, repair or replace any defective Living Well Pressure Cooker™ that is returned to it. All parts and components of the Living Well Pressure Cooker™ are warranted for 60 days from the original date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.

3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repairs or Replacement:

If warranty service is necessary, the original purchaser must pack the product securely and send it postage paid with a description of the defect, proof of purchase, and a check or money order for $24.99 to cover return postage and handling to the following address: Living Well Pressure Cooker™, P.O. Box 3007, Wallingford, CT 06492.
We are very proud of the design and quality of our

This product has been manufactured to the highest standards. Should you have any problem, our friendly customer service staff is here to help you.

1-800-718-5135

Distributed By:

Tristar Products, Inc.
Fairfield, NJ 07004

© 2009 Tristar Products, Inc.