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.
As a new owner of a 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 the Living Well Pressure Cooker taste better, cook faster and retain more natural nutrition than those prepared using conventional cooking methods.

We have taken the art of pressure cooking 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.

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

1. Read and follow all instructions carefully.
2. Always be sure the float valve is on correctly before use. Incorrect assembly may prevent the cooker from building pressure or allow steam to come out from the sides of the lid (See page 11 for assembly).
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electric shock do not immerse or rinse cords or plugs in water or other liquid.
5. This appliance should never be operated by children and special care should be taken when the unit is in use in their presence.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
7. 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.
8. Do not use any attachments or utensils that were not recommended or supplied by the manufacturer. The use of attachments not recommended for use by the manufacturer may cause serious hazardous situations including personal injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, set any control to “Off”, then remove plug from wall outlet.
14. Do not use appliance for anything other than its intended use. 
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 (Illustration #2, page 5). 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. Overfilling may cause clogging, allowing excess pressure to develop. See Instructions For Use.
17. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, and spaghetti can foam, froth, spatter, and clog the pressure release device (steam vent). Recipes using these items must be followed carefully to avoid problems.
18. Always check the pressure release devices for clogs before use.
19. Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the unit is difficult to open, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can be hazardous. See Instructions For Use.
20. Do not use this pressure cooker for pressure frying with oil.
21. This appliance has been designed for use with a 3 prong, grounded, 120V electrical outlet only. Do not use any other electrical outlet.
22. The Pressure Cooker generates extreme heat and steam in its operation. All necessary precautions must be taken to avoid fire, burns and other personal injury during its operation.
23. When in operation the Pressure Cooker requires sufficient air space on all sides including top and bottom. Never operate the unit near any flammable materials such as dish towels, paper towels, curtains, paper plates, etc.
24. Always plug the electrical cord directly into the wall outlet. Never use this unit with an extension cord of any kind.
25. Anyone who has not fully read and understood all operating and safety instructions contained in this manual is not qualified to operate or clean this appliance.
26. If this unit falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water!
27. Do not operate this appliance on an unstable surface.
28. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
29. 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 4) 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 4) is fully settled back into the lid shell. Carefully turn the handle clockwise. Always open the lid away from you to avoid skin contact with any remaining heat or steam.
30. 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.
31. 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.
Special Features & Built-In Safety Features

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 suit 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 4) 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.

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

11. Cooker Housing is both attractive and functional.

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 4). 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.

IMPORTANT: Your Living Well Pressure Cooker™ has been shipped with the components shown above. Check everything carefully before use. If any part is missing or damaged do not use this product and contact shipper using the customer service number located on the back of the owner’s manual.
General Operating Instructions

BEFORE THE FIRST USE

Before using the Living Well Pressure Cooker for the first time, wash the Inner Pot, the Lid and the Rubber Gasket/Lid Liner (pictured below #1) with warm soapy water. The Rubber Gasket/Lid Liner should first be removed from the Lid using the small metal knob on its surface. Rinse with clean water and dry thoroughly.

Make sure the Rubber Gasket/Lid Liner is seated properly inside the Lid. To ensure correct fitting of the Rubber Gasket, fill the Inner Pot (pictured below #2) with water about 2/3 full, place the Lid on the cooker (Pictured below #3), then slide the Rapid Release Button to the CLOSED position and run on COOK mode for 15 minutes. Wait 15 minutes, then release pressure by sliding the Rapid Release Button to the OPEN position (Pictured below #4). The Float Valve 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 4), Float Valve (fig.6, page 4), Rapid Release Button (fig.4, page 4), Safety Valve (fig. 7, page 4) and Rubber Gasket/Lid Liner (fig.3, page 4) 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.

For General Use

• Never load Inner Pot above the MAX line. Rotate the Inner Pot to make certain that it is seated properly on the Heating Plate.
• Always be certain the Pressure Valve is free floating and clear of any obstructions.
• Attach the AC Cord to the base of the unit then plug the AC Cord into a dedicated 120V wall outlet.
• 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 (Illustration #4 opposite page) 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.
• 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.

Note: The “cook times” shown in the recipe booklet do not include the additional time needed to pressurize the unit before cooking begins. Full pressurization could take up to 17 minutes.

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.

SPRING LOADED CAKE PAN ASSEMBLY

Not Included With All Models

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.
When the Unit is First Plugged In, the LED background color will be GREEN. When a cooking process is selected such as COOK, the small red indicator light in the COOK panel will blink for 8 seconds, then the LED background color will turn RED. The Panel will remain RED until the cooking process is complete. The Panel will then turn YELLOW, indicating that the unit is in the KEEP WARM mode until cancelled. (Fig. A)

Press the COOK Button on the Control Panel (Fig.B). The LED will change to the COOK mode default setting, 15 minutes cook time with a pressure setting of 40 kPa* (Fig.C). The LED screen will change color from GREEN to RED.

Press the SLOW COOK Button on the Control Panel (Fig.D). The LED will change to the SLOW COOK mode default setting, 6 Hours cook time (Fig.E). The LED screen will change color from GREEN to RED.

Press the STEW Button on the Control Panel (Fig.F). The LED will change to the STEW mode default setting, 30 minutes cook time with a pressure setting of 80 kPa (Fig.G). The LED screen will change color from GREEN to RED.

Press the STEAM/CANNING Button on the Control Panel (Fig.H). The LED will change to the STEAM/CANNING mode default setting, 30 Minutes (Fig.I). The LED screen will change color from GREEN to RED.

Press the BROWN Button on the Control Panel (Fig.J). The LED will change to the BROWN mode default setting, 30 Minutes (Fig.K). The LED screen will change color from GREEN to RED.

Press the PRESSURE ADJUST Button on the Control Panel (Fig.L). The LED will change to 15 minutes cook time with a pressure setting of 40 kPa. Continue holding the PRESSURE ADJUST button until the desired kPa setting is reached (20kPa - 80kPa). Once the Preset Pressure is reached, the cook time will countdown. When cook time reaches “0” the unit will automatically go to KEEP WARM. It will stay warm until you select CANCEL.

Press the COOK TIME Button to change the default time (Fig.M), in any mode ... the time will start from the default setting for that mode, run up to maximum minute or hour setting, then begin again at a lower setting.

Press the DELAY TIME Button - and your meal will cook at a later time (Fig.N).

Pushing the KEEP WARM / CANCEL Button (Fig.O) - while the unit is in a cooking cycle KEEP WARM/CANCEL will stop the cooking cycle. When a cooking cycle runs its full course, the unit automatically goes into the KEEP WARM mode. When the unit is in the KEEP WARM mode, pressing the KEEP WARM/CANCEL button will CANCEL the KEEP WARM operation. Pressing the KEEP WARM/CANCEL button when the unit is in neutral (Green LED) mode will reset the unit to the KEEP WARM mode.
Pressure Cooking Guide / Specifications

NOTE: All pressure cooking modes 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 Slow Cook, Brown, Steam/Canning modes. Never fill inner pot above MAX line. Always use Rapid Release button to lower pressure quickly.

Meats Liquid / Cups Approximate Minutes Pressure Setting

<table>
<thead>
<tr>
<th>Meat</th>
<th>Liquid / Cups</th>
<th>Approximate Minutes</th>
<th>Pressure Setting</th>
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<tbody>
<tr>
<td>Beef/veal, roast or brisket</td>
<td>3-4</td>
<td>35-40</td>
<td>High</td>
</tr>
<tr>
<td>Beef / Meatloaf, 2 lbs</td>
<td>1</td>
<td>5-10</td>
<td>Medium</td>
</tr>
<tr>
<td>Beef, Corned</td>
<td>4</td>
<td>50-60</td>
<td>High</td>
</tr>
<tr>
<td>Pork, roast</td>
<td>1</td>
<td>40-45</td>
<td>High</td>
</tr>
<tr>
<td>Pork, ribs, 2 lbs</td>
<td>3</td>
<td>15</td>
<td>High</td>
</tr>
<tr>
<td>Leg of Lamb</td>
<td>2-4</td>
<td>35-40</td>
<td>High</td>
</tr>
<tr>
<td>Chicken, whole, 2-3 lbs.</td>
<td>3-4</td>
<td>15-20</td>
<td>High</td>
</tr>
<tr>
<td>Chicken, pieces, 2-3 lbs.</td>
<td>3-4</td>
<td>15-20</td>
<td>High</td>
</tr>
<tr>
<td>Cornish Hens, two</td>
<td>1</td>
<td>15</td>
<td>High</td>
</tr>
<tr>
<td>Meat/Poultry Soup/Stock</td>
<td>4-6</td>
<td>10-15</td>
<td>High</td>
</tr>
</tbody>
</table>

Vegetables Liquid / Cups Approximate Minutes Pressure Setting

<table>
<thead>
<tr>
<th>Vegetable</th>
<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>
<td>High</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>1</td>
<td>2</td>
<td>High</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>1</td>
<td>2</td>
<td>High</td>
</tr>
<tr>
<td>Beets, medium</td>
<td>1</td>
<td>10</td>
<td>High</td>
</tr>
<tr>
<td>Broccoli, pieces</td>
<td>1</td>
<td>3</td>
<td>High</td>
</tr>
<tr>
<td>Brussel sprouts, whole</td>
<td>1</td>
<td>4</td>
<td>High</td>
</tr>
<tr>
<td>Carrots, 1-inch pieces</td>
<td>1</td>
<td>4</td>
<td>High</td>
</tr>
<tr>
<td>Corn, on-the-cob</td>
<td>1</td>
<td>3</td>
<td>High</td>
</tr>
<tr>
<td>Onions, whole</td>
<td>1</td>
<td>2</td>
<td>High</td>
</tr>
<tr>
<td>Potatoes, 1 1/2”-chunks</td>
<td>1</td>
<td>6</td>
<td>High</td>
</tr>
<tr>
<td>Potatoes, whole, medium</td>
<td>1</td>
<td>10-11</td>
<td>High</td>
</tr>
<tr>
<td>Squash, acorn, halved</td>
<td>1</td>
<td>7</td>
<td>High</td>
</tr>
<tr>
<td>Squash, summer, zucchini</td>
<td>1</td>
<td>4</td>
<td>High</td>
</tr>
</tbody>
</table>

Seafood / Fish Liquid / Cups Approximate Minutes Pressure Setting

<table>
<thead>
<tr>
<th>Seafood / Fish</th>
<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>
<td>Medium</td>
</tr>
<tr>
<td>Lobster, 1/2 - 2 lbs.</td>
<td>1</td>
<td>2-3</td>
<td>Medium</td>
</tr>
<tr>
<td>Shrimp</td>
<td>1</td>
<td>1-2</td>
<td>Medium</td>
</tr>
<tr>
<td>Fish, Soup or Stock</td>
<td>1-4</td>
<td>5-6</td>
<td>High</td>
</tr>
</tbody>
</table>

Unit Specifications

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>EP6040D</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>EP6060D</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>EP6060</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 immiscible 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.

When cleaning the Lid, the Rubber Gasket/Lid Liner (page 5, Illustration #1) must be removed and washed separately with a sponge or soft cloth and warm, soapy water.

- Unplug and let the Pressure Cooker cool to room temperature before cleaning.
- Wash the removable pot with warm, soapy water and clean with a soft cloth or sponge. Rinse off with clean water and towel dry.
- Remove the Rubber Gasket/Lid Liner (page 5, Illustration #1) from the underside of the self-locking Lid. Wash all with warm, soapy water and clean with a soft cloth or sponge. Rinse off with clean water and towel dry.
- The Rubber Gasket must always be properly positioned on the underside of the Lid. Check periodically to make sure that it is clean, flexible and not torn. If damaged, do not use this unit.
- Wipe the mirror finished outer Housing with a damp soft cloth or sponge (glass cleaner gives it is clean, flexible and not torn. If damaged, do not use this unit.
- Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
- Always check that the Pressure Valve and Float Valve are in good working order and debris free.

Note: The Rubber Gasket must be replaced every year, or sooner if necessary. The Rubber Gasket may also need replacing if Pressure Cooker is not used for a long period of time, as it can harden from disuse, making it unable to form an airtight seal. The Rubber Gasket must be replaced only with another one of the correct type and size for this Pressure Cooker.
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.

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. If the gasket is in place try pushing down on the Lid. This should seal the Lid and the steam should stop coming out. It is also important to be sure the Float Valve is assembled correctly. Incorrect assembly may cause steam to come out the sides or prevent pressure from building. The Float Valve should be able to move up and down freely only stopping when the silicon gasket meets the Lid. It is however normal for condensation to appear in the condensation collector.

   See illustration below for assembly.

   1. Hold the head of the Float Valve and insert the fluted end into the hole in the Lid of the Pressure Cooker. Press and hold the head of the Float Valve tightly in place and reverse the Lid to the stainless steel side.

   2. The fluted end of the Float Valve should be sticking out of the inside of the Lid.

   3. Place the silicon gasket onto the fluted end of the Float Valve so it sits in the groove.

   4. The Float Valve should be able to move up and down freely only stopping when the silicon gasket meets the Lid.

4. HOW DO YOU ASSEMBLE/DISASSEMBLE THE UNIT?
   See Diagram on page 4 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. HOW LONG DOES IT TAKE FOR THE UNIT TO REACH FULL PRESSURE AND FOR THE COOK TIME CLOCK TO START A COUNT DOWN?
   Up to 17 minutes.

8. CAN YOU CHANGE THE COOK TIME, DELAY TIME OR PRESSURE SO THAT IT IS LESS OR MORE THAN THE DEFAULT SETTING?
   Yes! See instructions in the Quick Start Guide supplied with this unit.

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

10. CAN YOU PUT FROZEN FOODS IN WITHOUT DEFROSTING?
    Yes, remember to add an extra 10 minutes for frozen meats.
We are very proud of the design and quality of our

LIVING WELL PRESSURE COOKER™

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

1-973-287-5163

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