

# cook's essentials<sup>®</sup> Microwave Pressure Cooker

## User Guide

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# cook's essentials®

## Microwave Pressure Cooker

### Introduction

Thank you for purchasing cook's essentials® product!

This Cooker is designed for pressurized cooking with a microwave at home.

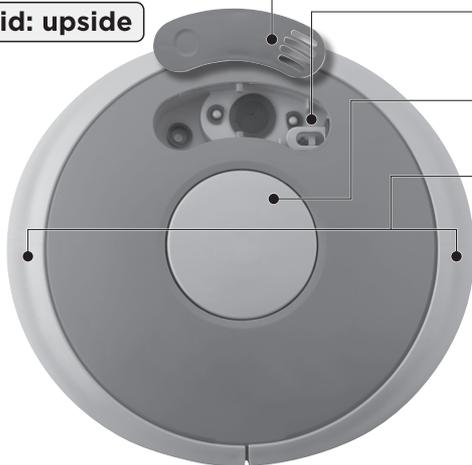
Please be sure to read this **User Guide carefully and keep it, for correct and safe use of the Cooker.**

**A pressure cooker contains high pressure and high temperature after heating. Incorrect use of the cooker could result in burns or other injuries.**

This product is made of polypropylene, which has high heat resistance. This material can create some linear patterns on the product's surface. This is not an indication of any problem or fault. Just use the product with such patterns, if any, as it is.

## Parts and their names

Lid: upside



**Safety mechanism's cover**

**Safety mechanism**

Contains the pressure adjustment valve, lock pin, and other safety parts.

**Pressure indicator button**

This comes up as the Cooker's internal pressure rises, to indicate the Cooker is gaining higher pressure.

**Lock handles**

These hold down the lid onto the Cooker's main body to seal it.

The handles lock the lid, which cannot be removed while locked.

Main body

Handle



2/3 of full  
(approximately 1.6L)  
1/2 of full  
(approximately 1.2L)  
1/3 of full  
(approximately 0.8L)

Lid: downside



**Mesh**

Prevents the pressure adjustment valve's clogging

**Mesh packings**

Hold the mesh in its place

**Cap**

Used to let the pressure indicator button move up/down and to hold down the lock handles

**Packing**

Seals up the space between the main body and the lid, to enable the inside pressure to rise

**Lock pin**

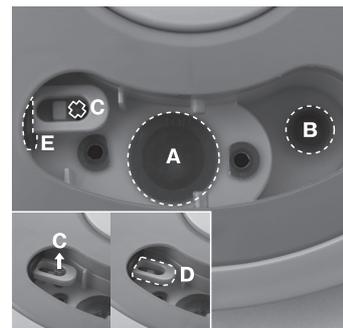
Holds down the lock handles, so they will not loosen up as the Cooker's inside pressure rises

## Explanations to parts

### Safety mechanism

The mechanism's cover hides the pressure adjustment valve, safety valve, lock pin, and others.

- A Pressure adjustment valve:** Adjusts the internal pressure while cooking
- B Safety valve:** In case the pressure adjustment valve is clogged with foods or other substance and the internal pressure rises abnormally high, this safety valve works to bring down the internal pressure.
- C Lock pin:** As the Cooker's internal pressure rises higher, this pin mover upwards to enter into the groove of the lock handle arm, to lock up the lid. When the internal pressure comes down equal to the external pressure, the lock pin comes down. Then, press the pressure indicator button, to release the lock handles. Now, you can take the lid off.
- D Lock handle arm:** When both of the right and left lock handles are fastened up, the lock pin works into this arm's groove.
- E Lock handle arm's cover:** This covers up the space between the lock handle arm and the lid. Never remove this cover.



### Pressure indicator button

As the Cooker's internal pressure rises, this button comes upward to show the internal pressure is on the rise. After the cooking is done and the internal pressure comes down equal to the external, the button comes back to the normal, lowest position. Then, you can take the lid off the Cooker safely.



### Mesh and mesh packings

The mesh prevents the pressure adjustment valve's clogging. The mesh packings hold down the mesh in its place. Though the packings have "dents" in them, they work fine regardless of the orientations of these dents. Before use, be sure to attach the two packings into their holes in the lid, and then apply the mesh to the packings' holes firmly.



### Lock pin

This pin holds down the lock handles firmly when the Cooker's internal pressure rises. Never take this pin off. Doing so can result in a breakdown of the Cooker.



### Cap

The cap is there to let the pressure indicator button move up and down. Never take this cap off. Doing so can result in a breakdown of the Cooker.

## Basic use

### 1 Confirm the pressure indicator button moves



Confirm that the pressure indicator button moved up and down.

### 2 To open up the lid



Press on the pressure indicator button in the middle of the lid.

### 3 To fasten the lid



Press down the lid with your two thumbs, while pressing the two lock handles, right and left, towards the middle.

### 4 Confirm the pressure indicator button comes moves up



Heat the Cooker in a microwave oven. After a while, the pressure indicator button in the middle moves upward, showing the cooker's internal pressure is rising.

### 5 Confirm the pressure has fallen



Confirm that the pressure indicator button has come down to the same level with the lid. (In case the button does not come down to the same level for a while after the heating is over, just touch the button gently.)

### 6 Beware of the steam



The whole Cooker can be very hot. Before you take the Cooker out of the microwave, be sure to put on mittens or the like and take it out carefully. Move it horizontally.

### In case you need to remove the lid soon



**① Let the internal pressure down before opening**  
Press down the circular marking on the safety mechanism's cover with a finger, and then release it. This makes the safety valve work to let the internal pressure come down. Be careful with steam coming out of the Cooker.



**② Let it cool down, before opening it**  
Pour tap water onto the lid gently, to let the Cooker cool down. Keep the water away from the pressure indicator button and the safety mechanism's cover, to prevent water entering into the Cooker through them.

## The right steps

### 1 Put in the ingredients



Place ingredients evenly within the Cooker. Be sure to add in some water (or broth) as well, before heating.

### 2 Cover with the lid



Press down the lid firmly with thumbs, and fasten the lock handles securely.

### 3 Put the Cooker in the microwave



Place the cooker in the middle of the microwave oven, and manually set the wattage and time length of heating.

### 4 Take it out of the microwave



The whole Cooker can be very hot. So, be sure to put on mittens or the like when you take the Cooker out of the microwave.

### 5 Confirm the pressure indicator button



While this button is up, heating is in progress.

### 6 Steam



Leave the Cooker alone with lid on, to let the ingredients inside cook in the residual steam, until the pressure indicator button comes down.

### 7 Take the lid off



After the pressure indicator button has come down, lift up the "outer" (away from your body) side of the lid to take the lid off. Beware of steam.

### 8 Confirm the cooking is done



Confirm how well the cooking is done. If more heating is necessary, add in 15 ml to 20 ml of water and repeat Steps 2 through 7.

## Before use

- **This product is meant for use in a microwave oven alone. Never use it with an induction heater, traditional oven, gas stove, electric heater, etc.**
- **Never set the microwave oven to a cooking mode like “auto menu” or “auto heating.” Those settings can turn on the (non-microwave) heater or oven, which can cause overheating. Such overheating can make the Cooker’s surface turn white and/or deform / melt it. Be sure to set up the microwave manually, every time you use the Cooker.**
- **Be sure to follow your microwave’s user guide and safety instructions.**
- **This product is a pressure cooker. An incorrect use of it can result in a burn or an explosion.**
- With this product, be sure to use a microwave oven having the cooking space specified below. If it has a flat (non-rotating) table, place the Cooker in the middle of the table. If it has a rotating table, make sure the Cooker does not come into contact with any of the side walls of the cooking space. In case such a contact stops the Cooker’s rotation, overheating can result in part of it, which can damage the Cooker or even start a fire.

Cooking space capacity:	20 liters or larger
Space above the flat table:	30 cm D x 30 cm W x 22 cm H, or larger
Space above the rotating table:	27 cm D x 27 cm W x 19 cm H, or larger
Diameter of the rotating table:	27 cm or larger

- **Make sure that the Cooker does not contain any aluminum, foil, a spoon, or any other metal in it, before you put it in a microwave. It can result in overheating, deforming, or ignition.**
- **Never use the product for frying. Overheated oil can deform/melt the Cooker, and even cause ignition.**
- **Confirm the pressure adjustment valve contains no dirt and is free of clogging or twisting. Then, attach it firmly to its place.**
- **Confirm that the pressure indicator button moves up and down.**
- **Attach the pressure adjustment valve firmly in its hole inside the safety mechanism’s cover, with the side carrying the TOP marking up. After attaching it, confirm that the TOP side is up. Then, take the mesh off the inside of the lid and confirm the adjustment valve’s flange is not twisted.**
- **To cover the Cooker with its lid, first make sure that the lid’s packing is in its place. Then, place the lid on the Cooker and press both of the lock handles, right and left, towards the inside to lock up the lid. This way, the handles hold down the lid firmly and the lid cannot be removed.**
- Never use the product for any use other than the one it is designed for.
- After you have opened up the package of this product, confirm all the necessary items are in there. Then, wash the product well with neutral detergent and soft sponge or cloth, and wipe off the water.

## Cautions on opening and closing the lid

- **Even a little pressure inside the Cooker can blow out the lid and/or some ingredients inside, which can hurt you badly. Before taking the lid off, confirm that the pressure indicator button has come down fully. Then, place the cooker on a level table top or the like, and remove the lid.**
- **For your safety, never try to take the lid off too soon. After the cooking is done, the Cooker still has some high internal pressure. Confirm that the pressure indicator button has come down fully, before trying to remove the lid.**
- After the heating (and pressuring) time is over, leave the Cooker inside the microwave for a while and see that no more steam is coming out of it. Then, take the Cooker out of the microwave. The Cooker and its lid are very hot. Be careful not to get a burn. Put on mittens or the like to hold the Cooker.
- Confirm the pressure indicator button is fully down, and push it to release the lock handles. Confirm no more steam comes out from between the lid and the Cooker. Then, lift up the outside (away from your body) of the lid to take it off. Do not lift up the inside (closer to your body). This can result in steam coming out of the “inside” space thus created giving you a burn.
- When you press down the pressure indicator button, the lock pin might catch the lock handle arm to hold the handles halfway. In such a case, close and open the handles several times, and try pressing the button again.
- **If the pressure indicator button is resistant when you press it down, the Cooker can still have high internal pressure. In such a case, do not try to take the lid off, to avoid danger. Let the cooker cool down five minutes. If the button still does not come down fully, gently pour tap water onto the lid to cool it down further. If this does not bring down the button fully, some ingredients inside might have attached to the button and are disturbing the button’s motion. In such a case, press down the circular marking on the safety mechanism’s cover to reduce the internal pressure. The safety valve works to reduce the pressure. When you do this, watch out for steam coming out of the Cooker.**
- **Never try to take the lid off while the Cooker is still in the microwave.**
- **After taking the lid off to see how the ingredients are cooking, if you try to fasten the lid again while the Cooker is still hot, the lid might be resistant thanks to the internal pressure. Confirm that the lock handles “click” when you lock them up. This is a sign that the lid is fastened all right.**

## Safety of the pressure cooker

This Cooker's internal pressure does not rise, unless the lid is firmly fastened. With the lock handles firmly locked, the lock pin works and the internal pressure rises. **Therefore, make sure that, when you lock up the lock handles, they "click," which is a sign that the lid has been firmly fastened.** While the Cooker's internal pressure is high, the Cooker's structure locks up the lid and you cannot open it. After cooking is done and the internal pressure comes down equal to the outside pressure, you can take the lid off. In case you put more than the maximum amount of ingredients, or some clogging of the safety mechanism, the internal pressure can rise above the normal range. In such a case, the safety valve works to bring down the pressure. If the safety valve too is clogged up, the internal pressure pushes the valve out and steam comes out of the Cooker immediately. In this case, depending on the types of ingredients, some bubbles can come up and/or boiling over can result.

## Cautions

- **Never try to take off the cap or the lock pin. This can result in a breakdown of the Cooker.**
- Keep children away from the Cooker, while heating or soon after heating. They can suffer from a burn or an injury.
- **Place the Cooker in the middle of the cooking table of the microwave oven. If it has a rotating table, make sure the Cooker does not come into contact with any of the side walls of the cooking space. In case such a contact stops the Cooker's rotation, overheating can result in part of it, which can damage the Cooker or even start a fire.**
- Some steam might come out of the safety mechanism's cover. When you take the Cooker out of the microwave, be careful with such steam. It can give you a burn.
- Never put the Cooker in a microwave with no water in it or with nothing in it. Always put a correct amount of ingredients and broth (water) in it.
- Never put in the Cooker an amount of ingredients over the maximum.
- When you try a recipe for the first time, set the microwave's heating time shorter than specified. After the cooking, if the ingredients are undercooked, give them more heating according to taste.
- Though this User Guide specifies internal pressure and heating time, they can differ depending on the rated output of the microwave oven you use.
- **Every time you lock up the lock handles, confirm they "click." This is a sign that the lid has been fastened firmly.**
- When you try to fasten up the lid, make sure the lid is level on the Cooker's main body. If it is not level, confirm whether or not the lock handles are completely open and the packing correctly attaches onto the lid's downside.
- Manually set the wattage and time length of heating of your microwave oven. Never set the microwave oven to a cooking mode like "auto menu" or "auto heating." Those settings can turn on the (non-microwave) heater or oven, which can cause overheating. Such overheating can make the Cooker's surface turn white and/or deform / melt it.
- As the Cooker's internal pressure rises, the lid's pressure indicator button begins to come up. When the internal pressure rises high enough, the pressure adjustment valve lets the pressure out, little by little. This is a normal function, to let excessive steam out. Though you hear the "ptttt" noise in such a case, nothing is wrong.
- When you try to re-heat undercooked ingredients, you might find the lid hard to fasten. In such a case, close and open the handles several times, and try again.
- **When you try to take the Cooker out of the microwave soon after heating, the heat conducted from the ingredients can make the main body and/or the lid very hot. Be careful not to get a burn. Put on mittens or the like on your hands.**

## Tips for good cooking

- Cut meat and vegetables into small, even-sized pieces, for even cooking done in a short time.
- **Never cook an egg with its shell on. It will explode in the oven.**
- **Never cook anything that contains a lot of oil or baking soda in the Cooker. The ingredients swell up or the oil can become extremely hot, resulting in an accident or a fire.**
- **In cooking curry or stew, add in spices and seasonings after the ingredients cook, and then keep heating without the lid.**
- Follow the table to put in the Cooker's main body your ingredients and the right amount of broth (water). Confirm that the pressure adjustment and safety valves are attached correctly, with no dirt on them.

• Never put more than the maximum amount of ingredients.

• Boiling rice or food with a lot of broth in the Cooker can result in a boil over, which defiles the cooking space of the microwave. If a big boil over happens, reduce the water in the Cooker.

• Depending on what you cook, set the microwave's heating time appropriately. When you try a recipe for the first time, set the microwave's heating time shorter than specified. After the cooking, if the ingredients are undercooked, give them more heating according to taste. When you set the cooking time longer, add in more water accordingly. For every extra minute of heating, add in 15 ml to 20 ml more of water, depending on the rated wattage of your microwave.

• Confirm if the ingredients are cooked to your taste. If you find them undercooked, add in the right amount of more water, as described above, and heat more.

• If the recipe requires you to add in some more ingredients or stir what is cooking, apply additional heating. To do so, add in 15 ml to 20 ml more of water for every extra minute of heating, depending on the rated wattage of your microwave.

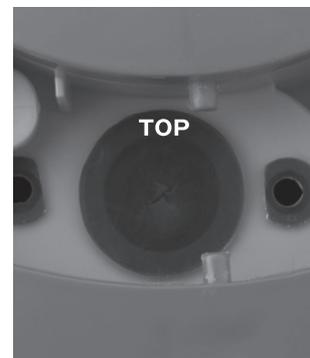
• Keep the mesh in its place on the lid, even when you steam something in the Cooker. In case the microwave's heating time is too long or its output is too large, steam coming out of the Cooker can fill up the microwave's cooking space.

Ingredients	Amount to cook (height from the Cooker's bottom)
Beans, peas, cereal, pasta, etc.	Up to 1/3 of the maximum (approximately 0.8L), including the broth
Soup, stew, etc.	Up to 1/2 of the maximum (approximately 1.2L), including the broth
Vegetables, "hot pot" recipes, etc.	Up to 2/3 of the maximum (approximately 1.6L), including the broth

**\* The maximum that can be cooked is 1.6L**

## Maintenance

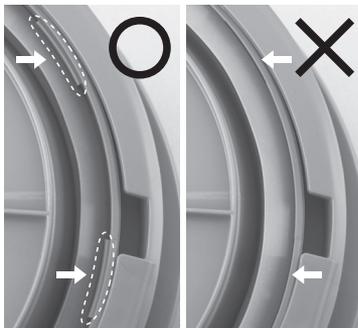
- **Do not wash lid in dishwasher.** Instead, take the safety mechanism cover, pressure adjustment valve, safety valve, the mesh, and the packing off the lid, and wash the lid well manually with neutral detergent and soft sponge or cloth, and wipe off the water. We recommend you to replace the packing with a new one once every year.
- In case you use a dishwasher machine, do not wash lid in dishwasher. This can result in some water contained inside lid and it is hard to remove such water.
- To wash the lid's inside, take the safety mechanism cover, pressure adjustment valve, safety valve, the mesh, and the packing off the lid, and pour in tap water into the spaces beside the pressure indicator button and/or the lock handles, to rinse dirt off. After washing, spread the lock handles and let the lid stand leaning against a wall or somewhere, with the safety mechanism facing upward, to let the inside water run out. Note that the lid's cover is not removable. **Do not try to take it off. This can break down the lid.**
- **With neutral detergent and soft sponge or cloth, wash the safety mechanism cover, pressure adjustment valve, safety valve, the mesh, and the packing taken off the lid. Keep them clean, free of dirt and ingredient debris.**
- Attach securely the pressure adjustment valve securely in its hole in the safety mechanism's cover, with the side carrying the TOP marking up. After attaching it, confirm that the TOP side is up. Then, take the mesh off the inside of the lid and confirm the adjustment valve's flange is not twisted.
- **Confirm that the pressure indicator button can move up and down.**
- To clean up the mesh, leave it immersed in lukewarm water for 15 minutes or so, to moisten and remove dried food debris. Then, rinse it out with tap water and confirm it is not clogged. To attach it onto the lid, first attach the mesh packings in their holes. Then, attach the mesh in the packings' holes firmly.
- To wash the Cooker's main body, let it cool down first and then wash it well with neutral detergent and soft sponge or cloth. After washing, wipe off the water.
- With a recipe with a strong smell, the smell can remain on the main body and/or the lid. To remove such a smell, leave the body and/or the lid immersed in water with some vinegar added in it for some time. Then, wash it/them with neutral detergent and soft sponge or cloth. This should alleviate the residual smell.
- Colors of some ingredients can migrate onto the main body's plastic. In such a case, wash it with neutral detergent and soft sponge or cloth, soon after use. Let it dry well, and put it in your storage. There is no need to worry about such a color migration, since it does not affect at all the performance of the Cooker.
- Do not use a bleach to wash the main body. This can result in some decoloration.
- Do not use wire wool or gritty cleanser. These can scratch and hurt the surface.
- If some ingredients stick to some parts of the main body, leave it immersed in water containing some neutral detergent for some time. Then, wash it with soft sponge. Even if the dirt sticks very persistently, avoid using any detergent containing an abrasive. Any abrasive can scratch and hurt the Cooker's surface.
- When you do not use the Cooker for long, wash it with neutral detergent and soft sponge or cloth, and let it dry well. Then, keep it in your storage.
- Be careful not to hit an object with the main body's edge. In case you dropped or otherwise damaged the Cooker, do not use it any more.
- Do not decompose or reconstruct the product. This can result in an accident or an injury.



## Warnings and prohibitions

Please be sure to follow the instructions below:

### The packing



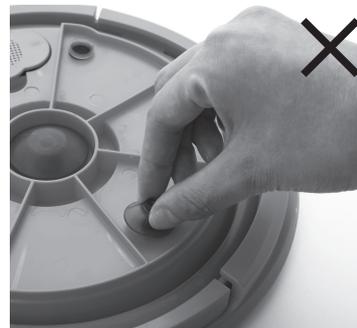
Be sure to attach the packing, free of dirt and twisting, inside the six projections on the lower side of the lid. Unless this packing is attached correctly, steam can leak out of the Cooker, preventing the internal pressure from rising enough and/or loosening of the packing. Do not expose the Cooker to sunlight when you dry it.

### Do not do this to the cap



Never try to take the cap off the lid. It can break the cap and/or the lid.

### Do not do this to the lock pin



Never try to take the lock pin off the lid. It can break the pin and/or the lid.

### Warning when you open the lid - 1



Never press down the pressure indicator button while it is up soon after cooking. The Cooker still has high internal pressure.

### Warning when you open the lid - 2



To open the lid, be sure to lift up its "outside" (the side away from your body), to prevent the steam coming out of the Cooker from giving you a burn.

### Warning when you close the lid



Be sure to lock up the two lock handles, right and left, firmly. Otherwise, the internal pressure cannot rise high enough.

## When you think something is wrong

The problem	Possible cause	What to do
The Cooker's internal pressure does not rise high enough	Too much ingredients	Reduce the amount of ingredients to appropriate
	Steam leaking through the packing	Wash the packing clean and try again
	The safety valve is off	Attach the valve back to its place
	The pressure adjustment valve does not work right	Confirm the amount of ingredients inside the Cooker does not exceed the maximum. Wash the mesh, pressure adjustment valve, and safety valve and try again
	The lock handles are not locked up fully	Lock up the lock handles fully
Steam leaks through the packing	The packing has dirt or the Cooker's edge has some food debris stuck to it	Wipe the Cooker's edge clean and wash the packing
	The packing is worn out	Replace it with a new one
	Either the main body or the lid is broken	Handle this Cooker with care <b>Note: there is no way to repair the lid or the main body, once either of them is broken</b>
The pressure indicator button does not come up	Too much ingredients	See "Too much ingredients" above
	Steam leaking through the packing	See "Steam leaking through the packing" above
	The lock handles are not locked up fully	Lock up the lock handles fully
The food runs out of water	Steam leaking through the packing	See "Steam leaking through the packing" above
	The water is insufficient for the heating time set	Read the instructions at "Tips for good cooking" and find the right amount of water to add in
It is hard to fasten the lid when heating the Cooker again	Some high internal pressure still remains	Let it cool down for a while and then fasten the lock handles

## Quality indications

Materials	Main body Lid Safety mechanism's cover Mesh	Polypropylene (The bottom is 4.0 mm thick.) Heatproof temperature: 140°C Cold-proof temperature: -10°C
	Packing Pressure adjustment valve Safety valve	Silicon rubber Heatproof temperature: 140°C Cold-proof temperature: -10°C
	Lock pin	Polyetherimide plastic
Dimensions		18.7 cm (Inner diameter), 26 cm (width), 23 cm (depth), 15 cm (height)
Full Capacity		3.0QT

1. Never heat the cooker with nothing in it.
2. After use, wash the Cooker well and dry it.
3. The handles can become very hot.
4. Do not preserve food in the Cooker.
5. Do not use wire wool, gritty cleanser, or the like.
6. Do not use any hard object of metal to remove food burned and sticking onto the Cooker.
7. Do not fry any food in the Cooker.
8. Do not apply a shock to the Cooker. In case you heat it with nothing in it by mistake, do not try to cool it down by pouring water on it.
9. Do not use the Cooker on a stove.
10. Do not put food in the Cooker beyond 2/3 of its full capacity. (with beans, beyond 1/3)
11. Do not use baking soda in the Cooker.
12. Do not use the Cooker with a lot of oil in it.
13. Do not apply a shock to the cooker while it is heated.
14. Do not try to open the lid while the Cooker is being heated or still is hot after heating.
15. Keep the Cooker away from fire.

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