INSTRUCTIONS FOR PROPER USE AND CARE

Electric 4 Qt. Pressure Cooker

INSTRUCTIONS FOR PROPER USE AND CARE

Model #99450, 99452, 99453

IMPORTANT!
Please keep these instructions and your original box packaging.
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When using this electrical appliance, safety precautions must always be observed, including the following:

A Pressure Cooker is very safe when used properly.

- **READ ALL OF THE INSTRUCTIONS BEFORE USE.**
- Close adult supervision must be provided when this appliance is used by or near children. Keep pressure cooker out of the reach of children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The pressure cooker has a polarized AC (Alternating Current) plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way, as a safety feature. Reverse the plug if the plug does not fit fully in the outlet. Contact a qualified electrician if it still does not fit. Do not attempt to defeat this safety feature.
- Short power cord should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. If a longer extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
- Do not operate with a damaged cord or plug. If the appliance is not working as it should, has been dropped or damaged, left outdoors or dropped into water, do not use it and return it to the manufacturer for proper service, repair, or replacement.
- Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
- Do not place near hot gas or electric burner, or in a heated oven.
- Always use in a well ventilated area.
- For indoor use only.
- The pressure cooker is for household use only. The pressure cooker should not be used for other than the intended use.
- Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like when in operation.
- Do not cover the pressure valves with anything. An explosion may occur.
- Do not use without the removable cooking pot in place. This will reduce the risk of electrical shock.
Do not fill the pressure cooker more than \( \frac{1}{2} \) full with food or \( \frac{2}{3} \) full with liquid. When cooking foods that expand during cooking do not fill the unit over \( \frac{1}{2} \) full.

When cooking food under pressure, at least \( 1 \frac{1}{2} \) cup (12 oz.) of liquid must be used.

Foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles and pasta, or rhubarb should not be cooked under pressure in the pressure cooker. These foods tend to foam, froth and sputter, and may block the floating valve.

The exterior and the lid become hot during use. Do not touch hot surfaces. Use handles or knobs.

**WARNING:** Keep hands and face away from pressure regulator knob when releasing pressure.

While the unit is in operation, never remove the lid.

Do not pick up regulator knob when inner tank full of steam pressure.

To reduce the risk of electric shock, cook only in removable container.

After cooking, use extreme caution when removing the lid. Serious burns can result from steam inside the unit.

**CAUTION:** When removing the lid, there could be a suction created between the inner pot and lid.

Extreme caution should be used when moving any appliance containing hot food or liquid.

Do not attempt to dislodge food when the appliance is plugged in.

**CAUTION:** Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F). When cooking these foods, do not set the delay time function for more than 1-2 hours.

**DANGER:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire and serious damage.

Using attachments not recommended or sold by the manufacturer may cause hazards.

Make sure appliance is off before unplugging from wall outlet.

Always unplug before cleaning. Allow to cool before putting on or taking off parts.

To protect against electrical shock, do not immerse plug, cord or housing in water or any other liquid.

Servicing or repair should only be completed by a qualified technician.

**DANGER:** Do not lift the unit with cover handle, use side handles only.

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## Stadium Chili

**Servings:** 10-12  
**Prep Time:** 25 minutes, plus bean presoaking time  
**Cooking Time:** 15 minutes under pressure

### Ingredients
- 2 cups (1 lb.) pinto beans, picked over
- 4 tbsp. olive oil
- \( 1 \frac{1}{2} \) cups onion, chopped
- 2 cloves garlic, minced
- \( 1 \frac{1}{2} \) cups green bell pepper, cored, seeded and chopped
- \( 1 \frac{1}{2} \) cups red bell pepper, cored, seeded and chopped
- 1 jalapeno pepper, cored, seeded and chopped (adjust as needed)
- \( 1 \frac{1}{2} \) cups carrots, peeled and chopped
- \( 1 \frac{1}{2} \) cup celery, chopped
- \( 2 \frac{1}{2} \) tbsp. chili powder
- 4 tsp. ground cumin
- 2 tsp. ground oregano
- \( 2 \frac{1}{2} \) lbs. lean ground beef
- 1 can (28 oz) crushed tomatoes
- 2 large bay leaves
- \( 1 \frac{3}{4} \) cups water
- Salt to taste
- 4 cups cooked white rice for serving
- Shredded cheddar cheese for serving

### Method

1. Under cold water, rinse beans in a colander. Soak them overnight.
2. Heat olive oil in a large, deep skillet. Add onions; garlic; green, red and jalapeno peppers; carrots and celery. Brown until onion is soft. Stir in chili powder, cumin and oregano. Mix and brown for 1 minute. Add ground beef and brown until no longer pink.
3. In the removable pot of the pressure cooker, add the browned ingredients. Add tomatoes, beans, bay leaves, and water. Mix.
4. Cover and press TIME ADJUST button and set time for 15 minutes. (See Page 7, how to operate).
5. Release the pressure using the quick-release method.
6. Unlock and remove lid. Sample the beans. If still hard, cook under pressure for an additional 2-3 minutes.
7. Season with salt, serving over white rice. Garnish with cheddar cheese on top.
Sweet & Sour Chicken

Servings: 8-10     Prep Time: 15 minutes     Cook Time: 10 minutes under pressure

Ingredients
2 tbsp. vegetable oil
2 cups onion, chopped
2 cups green bell pepper, cored, seeded, diced
2 cups red bell pepper, cored, seeded, diced
4 lbs. boneless chicken thighs, trimmed of fat, cut into 1” pieces
1 tbsp. apple-cider vinegar
4 cups prepared sweet-n-sour or duck sauce
1 1/2 tbsp. fresh ginger, finely minced
2 tbsp. cornstarch
2 cups cooked white rice
3 tbsp. soy sauce
3 tbsp. water
1 tsp. garlic powder
4 scallions, white and green parts, thinly sliced

Method
1. Heat oil in a deep skillet. Add onions, red and green bell peppers, and brown for 2 minutes. Add chicken and soy sauce, 3 minutes.
2. In the removable pot of the pressure cooker, add the skillet ingredients. Add sweet-n-sour sauce, vinegar, water, corn starch and garlic powder. Stir well. Cover and press CHICKEN button and set time for 10 minutes. (See Page 7, how to operate).
3. Let the pressure drop using the quick-release method.
Pressure/ Steam Regulator Knob:  In down position when cooking under pressure, in up position when steaming.

Lid Handle:  Allows you to lock the lid to the pressure cooker.

Removable Cooking Pot:  4 qt. capacity non-stick removable pot provides even heat distribution.

Rubber Gasket:  Creates an air tight seal that is needed for the pressure cooker to operate.

Control Panel Functions:

- **Keep Warm function** reheats or keeps food warm. (140 - 176° F)
- **Brown function** allows you to brown your food before cooking it under pressure.
- **Steam function** quickly brings cooking liquid to a boil for steaming food or cooking rice.
- **Slow Cook function** cooks your food slowly to retain flavor and tenderness (12 hour timer). NOTE: 180°F is the lowest setting on a traditional slow cooker. Most recipes using a slow cooker require 8-9 hours.
- **Delay Time feature** allows you to begin cooking food up to 8 hours later.
  **CAUTION:** Perishable foods cannot be left at room temperature for more than 2 hours. (Or 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.
- **Pressure Setting** allows you to choose 2 different pressure settings: High (15psi) and Low (7.5 psi)

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**Favorite Pot Roast**

**Servings:** 6-8  **Prep Time:** 20 minutes  **Cook Time:** 60 minutes under pressure

**Ingredients**
- 2 tbsp. all-purpose flour
- 2 tsp. salt
- 1/2 tsp. pepper
- 4 lbs. boneless, trimmed chuck
- 2 tbsp. olive oil
- 1 1/2 small onion, sliced
- 1 1/2 cups fresh rosemary or 2 tsp. chopped bay leaf
- 1 1/2 cups beef broth or red wine
- Salt and pepper to taste

**Method**
1. Mix the flour, salt and pepper. Rub all over the roast.
2. Heat olive oil in a deep skillet. Add the roast and brown equally on all sides. Add onions and brown for 1 minute.
3. Add the browned roast and onions to the removable pot of the pressure cooker. Add bay leaf or rosemary and beef broth.
4. Cover and press BEEF button and set time for 60 minutes. (See Page 7, how to operate).
5. Release the pressure using the quick-release method. Unlock and remove lid. Test the roast with a fork. The fork should go through easily. If it is not to your desired doneness, cover and cook under pressure for an additional 10 minutes.
6. Remove the roast. Cover, let stand for 10 minutes before slicing.
7. If the gravy isn’t thick enough, bring to a boil, and cook until thick. Season with salt and pepper. Remove and discard bay leaf. Slice the roast against the grain and serve with gravy.
Ratatouille (Vegetable Stew)

Servings: 6-8  Prep Time: 20 minutes
Cooking Time: 5 minutes under pressure

Ingredients
4 tbsp. olive oil
1 1/2 cups onions, chopped
1 cloves garlic, peeled and thinly sliced
1 1/2 cups green bell pepper, cored, seeded, diced
1 1/2 cups red bell pepper, cored, seeded, diced
2 cups zucchini, trimmed, quartered lengthwise, diced
1 1/2 cups eggplant, peeled and cut into 1/2 inch cubes
1 can (14 1/2 oz) diced tomatoes in puree
1/4 cup water
1/2 tsp. dried thyme
1 1/2 tsp. salt
1/4 tsp. black pepper
3 tbsp. shredded basil
3 tbsp. minced flat-leaf Italian parsley
Salt and pepper to taste
3 tbsp. balsamic vinegar

Method
1. Heat olive oil in a deep skillet. Add onions, garlic, green and red bell peppers and brown until onion is soft.
2. Add zucchini, tomatoes, eggplant, water, thyme, 1 1/2 tsp. salt and 1/4 tsp. pepper. Brown for 4 minutes.
3. Place all ingredients in the skillet into the removable pot of the pressure cooker. Cover and press TIME ADJUST button and set time for 5 minutes. (See Page 7, how to operate).
4. Release the pressure using the quick-release method.

The Gasket
The gasket is an essential piece in pressure cooking. The gasket keeps the steam inside the unit. If the gasket is not on correctly, the unit will not reach pressure.

Always wash the gasket and check to make sure that it is clean, flexible, and not cracked or torn.

1. To remove the gasket, turn the lid upside down, lift up and remove the gasket. FIG 1
2. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly.
3. Replace the gasket by pushing it down inside the edge of the lid. FIG 2 The groove in the center of the gasket must be positioned around the metal ring on the inside edge of the lid. FIG 3 Note: If the gasket is not positioned properly, the unit will not work.

1. Remove all packing materials and literature.
2. Wash all removable parts in warm soapy water. Rinse and dry all parts thoroughly. Wipe the outer housing with a clean damp cloth. NEVER immerse the housing in water or any other liquid. NEVER clean any parts in a dishwasher.
3. Make sure the rubber gasket is seated properly inside the lid. See below. To ensure the correct fitting, fill the removable cooking pot with two-thirds water and run on HIGH PRESSURE for 15 minutes.
4. Release the pressure by turning the pressure regulator knob to STEAM. The floating locking valve will drop. Let the appliance cool to room temperature and then empty and clean.
How To Operate Using Pressure Setting

Before using the pressure cooker each time, make sure the rubber gasket and the pressure regulator knob are clean and positioned properly (page 13.)

High=15psi  Low=7.5psi
1. Plug the cord into a wall outlet. The display will show - - - -.
2. Position the removable cooking pot in the appliance.
3. Place food in the cooking pot according to the recipe or chart.
   
   NOTE: When cooking most foods under pressure, 1 1/2 cup (12 oz) of liquid should be added.
   
   Do not fill the pressure cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking do not fill the unit over 1/2 full.

4. Place the lid on the Pressure Cooker and turn it counter-clockwise until it locks into place. (The locking pin will click into place.)
5. Turn the pressure regulator knob to the pressure icon “O” (down).
6. Choose the desired cooking mode by pressing either the HIGH or LOW pressure button on the control panel. The light on the button will flash and the display will show 0:15. (This means 15 minutes of cooking time.)
7. Set the desired time by pressing the +/- button once for each additional minute or by continuously holding the button down. You can select the time to be between 0:01 (1 minute) to 2:00 (2 hours)
8. Press the ON/OFF button to begin cooking. The indicator light will stop flashing.
9. If you forget to select a desired cooking time or forget to press the ON/OFF button, the unit will beep twice and the digital display will read --- --- after 30 seconds.
10. The unit will begin to count down after the pressure has been reached. It may take several minutes to begin counting down. This depends on the fullness of the pot. When the pressure level is reached, only the cooking time will be displayed and the timer will start to count down.

Dijon Pork Stew

Servings: 6-8  Prep Time: 20 minutes  Cooking Time: 15 minutes

Ingredients
Salt and pepper 3/4 chicken or beef broth
4-5 lbs. pork shoulder, cut into 1" cubes
4 tbsp. olive oil
2 1/2 cups onion, chopped
2 cloves garlic, chopped
1 tbsp. all purpose flour
3/4 cup dry red wine

Method
1. Liberally salt and pepper the pork shoulder. Set aside.
2. Heat olive oil in a deep skillet. Add onions and garlic, browning until onion is soft. Add the pork and brown the outside until golden brown. Dust with flour. Stir well.
3. In the removable pot of the pressure cooker, add the browned ingredients from the skillet. Add red wine, broth, and sage. Cover.
4. Press TIME ADJUST button for 10 min. (See Page 7, how to operate).
5. Let the pressure drop using the quick-release method.
7. Cover and set to high pressure for 8 minutes.
8. Let the pressure drop using the quick-release method.

BBQ Ribs

Servings: 6  Prep Time: 20 minutes  Cooking Time: 18 minutes

Ingredients
3-4 pounds pork baby back ribs (or country style ribs)
1 16-oz bottle barbecue sauce
1/4 cup water, to thin barbecue sauce
Salt and pepper

Method
1. Cut the ribs in sections to fit inside the pot and position so they stand on edge. Add the barbecue sauce and water.
2. Lock the lid in place and press BEEF button and set time for 20 minutes for chewey or 35 for fall off the bone texture (go to page 7 for instructions). Let the pressure release naturally.
Double-Up Chocolate Cheesecake

Servings: 6-8
Cooking Time: 20 minutes under pressure
Prep Time: 15 minutes

Ingredients
- ¾ cup chocolate wafer cookie crumbs
- 2 tbsp. butter, melted
- 2 packages (8 oz each) cream cheese, softened
- ½ cup sweetened condensed milk
- 3 eggs
- 2 cups semisweet chocolate chips, melted
- 1 tsp. vanilla
- 2 ½ cups water

Method
1. Lightly grease a small spring form pan (that fits in pressure cookers removable pot). Cover the outside of the pan with aluminum foil.
2. Combine cookie crumbs and butter. Press into bottom of pan and up the sides about 1 inch.
3. In a large bowl, mix cream cheese and condensed milk, with a mixer on medium speed, until fluffy. On low speed, add eggs one at a time. Insert melted chocolate and vanilla. Mix until well blended. Pour into crust. Cover tightly with aluminum foil.
4. Place a metal rack in the removable cooking pot of the pressure cooker. Pour in water.
5. Fold a 24 inch length of foil in half lengthwise, making it narrow. Center the pan on the foil and lower into the pressure cooker. (The foil is used as a swing to lower the pan.) Fold the ends of the foil down on top of the foil covered pan. Note, the foil should be on the smooth sides of the pan so it does not rip. Place lid on unit.
6. Press TIME ADJUST button, set time for 20 minutes. (See Page 7, how to operate).
7. Let it sit for an undisturbed 10 minutes after cooking time has elapsed. Release left over pressure using the quick-release method.
8. Unlock and remove the lid. Remove cheesecake from the pressure cooker by pulling up the ends of the foil swing. Remove and discard foil. Let cool to room temperature before refrigerating overnight.
11. When cooking is finished, the unit will beep. Let the pressure drop on its own (also called the natural release method), or release immediately by turning the pressure regulator knob towards STEAM in short bursts (also called the quick release method) until the pressure is reduced.

CAUTION: When turning the knob to release pressure, hot steam/liquid will be ejected. USE A POTHOLDER.

NOTE: Press the “ON/OFF” button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to KEEP WARM for 8 hours.

WARNING: Do not hold the pressure regulator knob. Hot steam/liquid will be ejected. Keep hands and face away from steam vents, use pot holders when removing the inner pot or touching any hot items, and never force the lid open. The lid will only open once the pressure is released. Remove the lid by lifting it away from you to avoid being burned by the steam.

Warm Setting
This program keeps cooked food warm for a long period of time. You can adjust the timer from 30 minutes to 8 hours and the temperature from 140-176°F.

1. Plug the cord into a wall outlet. The display will show --:--.
2. Position the removable cooking pot in the appliance.
3. Place cooked food in the cooking pot.
4. Place lid on pressure cooker and lock into place.
5. Turn the pressure regulator knob to STEAM (up).
6. Press the WARM button. The digital display will read 158°F. To adjust the temperature, press the +/- buttons to the desired temperature (140-176°F).
7. Press KEEP WARM button again. The display reads 8:00, for 8 hours. Press the +/- to select the desired time.
8. Press the ON/OFF button to begin the program.
9. Press the ON/OFF button to turn the unit off when complete.
Brown Setting

Brown your food before cooking it under pressure for the best flavor and texture, unless otherwise indicated in the recipe. Food should be patted dry with a paper towel before browning. For best results, make sure the oil is hot before adding your meat. Brown in batches to keep the correct temperature. The Brown temperature is 329°F. This setting is also used to make sauces or gravies after your cooking is complete.

1. Plug the cord into a wall outlet. The display will show --:--.
2. Position the removable cooking pot in the appliance.
3. Add the appropriate amount of oil as per recipe.
4. Press the “Brown” button. The lid should remain off.
5. The display will flash 0:30 (this equals 30 minutes of cooking time. The MIN is 1 minute; MAX is 30 minutes).
6. Press the “ON/OFF” button to begin browning. 
   NOTE: Do not leave pressure cooker unattended while browning.
7. Press the “ON/OFF” button to turn the unit off.

Steam Setting

Quickly brings liquid to a boil for steaming food or cooking rice.

1. Plug the cord into a wall outlet. The display will show --:--.
2. Position the removable cooking pot in the appliance.
3. Place a small, heat-resistant rack or basket (not included) in the bottom of the removable cooking pot.
4. Add at least 12 oz. of water so the rack is above the liquid.
5. Add the food. Do not fill the pot more than two-thirds full. Note: If steaming rice, put the rice in a 7” or smaller bowl, place on the rack.
6. Place the lid on the pressure cooker and lock the lid in place.
7. Turn the pressure regulator knob to STEAM (up).
8. Press the “Steam” button. The display will flash 0:15. (15 minutes). Press the +/- to select desired steam time - 0:01 (1 minute) to 2:00 (2 hours).
9. Press the “ON/OFF” button to begin steaming.

Method

1. Liberally salt and pepper the turkey breast.
2. Heat oil in a deep skillet. Insert the turkey breast and brown on all sides. Remove and set aside. Add onion, garlic, carrots, and celery. Brown until the onion is soft. Add broth, wine, thyme, and bay leaf, cooking for 2 minutes. Place the turkey breast and all above ingredients in the pressure cooker. Cover.
3. Press CHICKEN button for 40 minutes. (See Page 7, how to operate).
4. When complete, release pressure using the quick-release method.
5. Unlock and remove lid. Carefully remove turkey and place on a large plate. Cover with foil.
7. Season to taste with salt and pepper. Slice turkey, serve with gravy.

Easy Corn Chowder

Servings: 6-8    Prep Time:10 min.   Cooking Time: 8 min under pressure

Ingredients

- 3 tbsp. vegetable oil
- 1½ cups onion, chopped
- 1½ cups red bell pepper, cored, seeded and diced
- 1½ cups carrots, peeled and cut into ¼ inch rounds
- 1½ cups celery, cut into ¼ inch slices
- 2 cups potatoes, peeled and diced
- 3 tbsp. chopped fresh parsley or snipped dill
- 3 cups cooked diced chicken (optional)
- 3 cups frozen corn kernels
- 1½ cups frozen green peas
- 4 cups chicken or vegetable broth or stock
- 3 cups wide egg noodles, cooked al dente
- Salt and pepper to taste

Method

2. Press SOUP button for 8 minutes. (See Page 7, how to operate).
3. Let the pressure drop using the quick-release method.
4. Unlock and remove lid. Season with salt and pepper.
5. Place the chowder in a large skillet, heat until it boils, using the Stir in noodles, parsley and chicken. Serve hot.
Bar-B-Q Beef
Servings: 6-8                Prep Time: 20 minutes
Cooking Time: 60 minutes under pressure

Ingredients
2 tbsp. vegetable oil       2 bay leaves
4-5 lbs. boneless, rump roast or trimmed chuck
1 1/2 cups onion, sliced
1 1/2 cups celery, finely chopped
1 1/2 cups prepared barbecue sauce
2 tbsp. brown sugar
1 can (12 oz.) beer
1 tsp. chili powder
Dash of tabasco to taste

Method
1. Heat oil in a deep skillet. Add the roast and evenly brown all sides.
2. Add onions and celery and cook for 1 minute. Take out the roast. Put in the barbecue sauce, beer, and chili powder. Mix well. Place the roast and the heated ingredients in the pressure cooker.
3. Cover, press BEEF button for 60 minutes. (See Page 7, how to operate).
4. Release the pressure using the quick-release method. When the pressure has dropped, unlock and remove cover. Test the roast for tenderness with a fork. If not tender, cover and cook under pressure for an additional 10 minutes.
5. Remove the roast and let sit for at least 15 minutes. Slice thin against the grain. Serve with barbecue sauce.

Golden Turkey Breast
Servings: 6-8                Prep Time: 15 minutes
Cooking Time: 40 minutes under pressure

Ingredients
Salt and pepper
5 lb. whole turkey breast, wings removed, rinsed under cold water and patted dry
3 tbsp. vegetable oil
1 1/2 cups onion, thinly sliced
2 garlic cloves, crushed
2 cups carrots, peeled and thinly sliced
2 cups celery, sliced thin
1 cup chicken broth
1 cup dry white wine
2 tsp. dried thyme
2 bay leaves
2 tbsp. cornstarch
2 tbsp. water

Method
1. Heat oil in a deep skillet. Add the roast and evenly brown all sides.
2. Add onions and celery and cook for 1 minute. Take out the roast. Put in the barbecue sauce, beer, and chili powder. Mix well. Place the roast and the heated ingredients in the pressure cooker.
3. Cover, press BEEF button for 60 minutes. (See Page 7, how to operate).
4. Release the pressure using the quick-release method. When the pressure has dropped, unlock and remove cover. Test the roast for tenderness with a fork. If not tender, cover and cook under pressure for an additional 10 minutes.
5. Remove the roast and let sit for at least 15 minutes. Slice thin against the grain. Serve with barbecue sauce.
be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.

1. If pressure cooking, set the pressure per directions on page 7 steps 1-7. (Slow cook - page 10 steps 1-6) (Steam page 9 steps 1-8).
2. Press the “Delay Time”. The delay time will illuminate on the display.
3. The display reads 4:00 (4 hours). Press the +/- to adjust the time you want the cooking to be delayed. (0:30 to 8:00 hours)
4. Press the “ON/OFF” button. The appliance will begin cooking after the set time has elapsed.

NOTE: Do not use the delayed time function when cooking foods that might spoil if left out at room temperature.

**Recommended Cooking Times**
Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>High Pressure (15 PSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, chunks (low pressure)</td>
<td>2 mins</td>
</tr>
<tr>
<td>Artichokes, whole</td>
<td>8-10 mins</td>
</tr>
<tr>
<td>Asparagus, whole</td>
<td>1-2 mins</td>
</tr>
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<td>Beans</td>
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</tr>
<tr>
<td>fresh green or wax</td>
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<tr>
<td>shelled lima</td>
<td>2-3 mins</td>
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<td>Beets</td>
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</tr>
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<td>¼&quot; slices</td>
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<tr>
<td>whole, peeled</td>
<td>12-15 mins</td>
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<td>Broccoli, florets or spears</td>
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<td>Brussel sprouts, whole</td>
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<td>Cabbage, quartered</td>
<td>4-6 mins</td>
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<td>Carrots, ½&quot; slices</td>
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<td>Cauliflower, florets</td>
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<td>Corn on the cob</td>
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<tr>
<td>Eggplant, 1¼&quot;</td>
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<tr>
<td>Peas, shelled</td>
<td>1-1½ mins</td>
</tr>
</tbody>
</table>

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**Arroz con Pollo (Chicken and Rice)**

Servings: 3-4
Prep Time: 15 minutes
Cooking Time: 10 minutes under pressure

**Ingredients**
Salt and pepper
One 4 lb. chicken, cut into eighths with the skin removed
1½ tbsp. olive oil
4 oz chorizo sausage
½ cup white wine
¾ cup chopped onion
1 cloves garlic, peeled and minced
1 cups red bell pepper, cored, seeded, and diced
1 cups canned plum tomatoes, seeded and chopped coarsely
1½ cup long-grain white rice, uncooked
¾ cup frozen peas
1½ cups chicken broth or stock
1tsp. salt

**Method**

1. Liberally salt and pepper the chicken.
2. Heat 2 tbsp. of olive oil in a deep skillet. In batches, brown the chicken. Set aside. Add the chorizo and cook for 1 minute. Pour in the wine and cook for 2 minutes. Add the browned chicken, wine and chorizo to the removable pot in the pressure cooker.
3. In the skillet, heat the remaining 1 tbsp. of olive oil. Add onion, and rice and cook for 1 minute. Put in the removable pot of the pressure cooker. Add peas, stock and salt. Mix well.
4. Cover and press the CHICKEN button. (See Page 7, how to operate). Cook for 10 minutes.
5. Release the pressure using the quick-release method.
6. Remove lid.
7. Fluff rice and serve.
## Troubleshooting

**If steam is escaping from around the lid**
1. Push down on the lid, this forces the gasket to make contact with the pot. The pot seals and the pressure is acknowledged by the machine.

Or - If steam is leaking from under the lid because the lid is not properly closed, the gasket isn’t positioned properly, is damaged, or the pressure cooker is over filled, follow these steps:
1. Unplug, release any pressure using the quick release method.
2. Remove the gasket and check for tears or cracks.
3. Check to be sure the gasket is positioned properly.
4. If too full, remove excess liquid and continue cooking.

**If you have not added sufficient liquid** and you notice that the floating valve has not risen, but the timer is counting down, perform the following steps:
1. Stop the pressure cooker by pressing the **ON/OFF** button.
2. Turn the pressure regulator knob to STEAM, using short bursts, until the pressure is fully released.
3. Remove the lid and add approximately 1 1/2 cups of water/stock or any liquid. Stir food to disperse liquid.
4. Replace the lid and lock into position.
5. Set the pressure and time per page 7.
6. Press the **ON/OFF** button to begin cooking again.

**If you can’t open or remove the cover:**
1. Be sure all of the pressure has been released.
2. If you still cannot open it, bring the contents of the cooker up to pressure again.
3. Release the pressure completely.
4. If the cover still won’t come off, call customer service at 1-888-321-5023.

### Cooking Times

<table>
<thead>
<tr>
<th>Food</th>
<th>High Pressure (15 PSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potatoes</strong></td>
<td></td>
</tr>
<tr>
<td>Pieces, slices</td>
<td>5-8 mins</td>
</tr>
<tr>
<td>Whole, small</td>
<td>6-7 mins</td>
</tr>
<tr>
<td>Whole, medium</td>
<td>10-12 mins</td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td></td>
</tr>
<tr>
<td>Brown</td>
<td>12-15 mins</td>
</tr>
<tr>
<td>White</td>
<td>4-7 mins</td>
</tr>
<tr>
<td><strong>Spinach, fresh</strong></td>
<td>2-3 mins</td>
</tr>
<tr>
<td><strong>Squash</strong></td>
<td></td>
</tr>
<tr>
<td>Fall, 1” chunks</td>
<td>4-6 mins</td>
</tr>
<tr>
<td>Summer, sliced</td>
<td>1-2 mins</td>
</tr>
<tr>
<td><strong>Meat and Poultry</strong></td>
<td></td>
</tr>
<tr>
<td>Beef, Pork, Lamb (1-2” cubes)</td>
<td>15-20 mins</td>
</tr>
<tr>
<td>Beef/Veal</td>
<td></td>
</tr>
<tr>
<td>Roast, brisket</td>
<td>50-60 mins</td>
</tr>
<tr>
<td>Shank 1 1/2” thick</td>
<td>25-35 mins</td>
</tr>
<tr>
<td><strong>Meatballs, browned</strong></td>
<td>5 mins</td>
</tr>
<tr>
<td><strong>Lamb, boneless roast</strong></td>
<td>45-55 mins</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td></td>
</tr>
<tr>
<td>Loin roast</td>
<td>25 mins</td>
</tr>
<tr>
<td>Chops</td>
<td>5-6 mins</td>
</tr>
<tr>
<td>Baby Back Ribs</td>
<td>10 mins</td>
</tr>
<tr>
<td><strong>Chicken</strong></td>
<td></td>
</tr>
<tr>
<td>Boneless breast, thigh</td>
<td>6-8 mins</td>
</tr>
<tr>
<td>Pieces</td>
<td>10-12 mins</td>
</tr>
<tr>
<td>Whole- 3-4 lbs</td>
<td>18 mins</td>
</tr>
<tr>
<td><strong>Turkey breast, whole boneless</strong></td>
<td>20-25 mins</td>
</tr>
<tr>
<td><strong>Seafood</strong></td>
<td></td>
</tr>
<tr>
<td>Clams</td>
<td>4 mins</td>
</tr>
<tr>
<td>Crab legs</td>
<td>4 mins</td>
</tr>
<tr>
<td>Lobster Tails</td>
<td>6 mins</td>
</tr>
<tr>
<td>Mussels</td>
<td>4 mins</td>
</tr>
<tr>
<td>Shrimp</td>
<td>3 mins</td>
</tr>
<tr>
<td>White fish 1” thick</td>
<td>5-7 mins</td>
</tr>
</tbody>
</table>
Do not wash any parts of the pressure cooker in the dishwasher. Always wash the pressure cooker thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug and let the unit cool before cleaning.
2. Wash the removable cooking pot with warm soapy water. Rinse and dry thoroughly.
3. Wipe the housing with a clean damp cloth. Do not submerge in water.
4. Remove the condensation reservoir in the back by pulling out. Clean with warm soapy water. Rinse and dry thoroughly. Replace by pushing it back in.
5. Turn the lid upside down, grasp the rubber gasket on either side and pull up. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly. Replace the gasket by pushing it down inside the edge of the lid. The groove in the center of the gasket must be positioned around the metal ring on the inside edge of the lid. Note: If the gasket is not positioned properly, the unit will not work.

NOTE: 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 cracked or torn. (See pg. 7 “Before First Use”, #3.)

6. If the rubber gasket is damaged, do not use the appliance and contact the customer service department at 1-888-321-5023.
7. In order to maintain good performance of your pressure cooker, the bottom of the removable cooking pot, in the area of the sensor pad, must be cleaned after each use. Wipe with a soft damp cloth and be sure to dry thoroughly.
8. Never use abrasive cleaners or scouring pads to clean any of the parts.

Note: Any other servicing should be performed by an authorized service center.

**Cleaning the Pressure Regulator Knob**

Check that the pressure regulator knob is in good working order before each use.

1. After the unit has cooled, remove the lid.
2. Turn the pressure regulator knob to steam. Lift up and remove.
3. Using a brush, check and remove any food or foreign particles that may be lodged in the floating valve.
4. Replace the pressure regulator knob in the lid.

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**Hints and Tips**

- To ensure the best cooking performance when cooking under pressure, always use at least 12 oz. of water or liquid in your recipes to enable enough steam to be created to produce pressure.
- A rule of thumb for converting recipes from oven to a pressure cooker is to decrease the time by 2/3.
- Frozen foods can be cooked in a pressure cooker. Add approximately 10 minutes to every inch of thickness.
- When using the pressure settings, the timer should not begin counting down until there is enough pressure.
- When cooking under pressure, if you are unsure of the cooking time, it is better to under cook and use the quick release method and check for doneness. If not done, continue cooking under pressure.
- Never fill the Pressure Cooker more than half full with food or 2/3 full with liquid. The pressure cooker must have enough liquid to steam or the food will not cook properly.
- If the electric circuit is overloaded with other appliances, your appliance may not operate. The pressure cooker should be operated on a separate electrical circuit.
- Tougher, less expensive cuts of meat are better suited for the pressure cooker because cooking under pressure breaks the fibers down for tender results.
- Do not add thickeners to your recipe (flour . . .). The unit needs liquid to cook under pressure.
- Fresh fruit should be cooked on low pressure.
- Add a tablespoon of oil to the water to reduce the amount of foaming that beans produce.