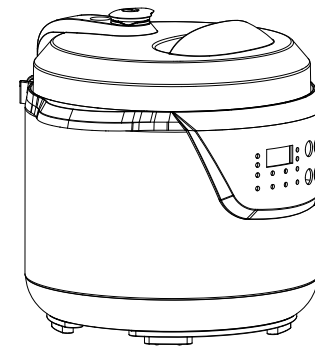




Cook's Essentials®



Electric 4 Qt. Pressure Cooker

INSTRUCTIONS FOR PROPER USE AND CARE

Model #941, 942, 945 and 948

IMPORTANT!

Please keep these instructions and your original box packaging.

TABLE OF CONTENTS

Important Safeguards	2-3
Features	4
Functions	5
How to Operate	
Before First Use	6
The Gasket	6
Pressure Setting	7-8
Warm Setting	8-9
Brown Setting	9
Steam Setting	9-10
Slow Cook Setting	10
Delay Time	10-11
Recommended Cooking Times	11-12
Cleaning/Maintenance	13
Hints and Tips	14
Troubleshooting	15
Recipes	
Arroz con Pollo	16
Bar-B-Que Beef	17
Easy Corn Chowder	18
Rich Cauliflower Soup	19
Dijon Pork Stew	20
Ratatouille	21
Favorite Pot Roast	22
Sweet & Sour Chicken	23
Stadium Chili	24
Carrots in Apricot Glaze wit Pecans	25

Carrots in Apricot Glaze with Pecans

Servings: 4-5

Prep Time: 10 minutes

Cook Time: 7 minutes under LOW pressure

Ingredients

1 1/2 cups orange juice

1 lb carrot, cut julienne style

1/4 cup apricot preserves

1/2 cup golden raisins (if desired)

1 tsp brown sugar

1/8 tsp nutmeg

1 tbsp cornstarch

1/3 cup pecans, roasted and chopped

Method

1. Add in orange juice to the inner pot.
2. Add carrots, preserves, raisins, brown sugar and nutmeg.
3. Cover. Select PRESSURE LOW for 4 minutes. (See Page 7, how to operate)
4. Let the pressure drop using the quick-release method.
5. Unlock and remove lid.
6. Press BROWN setting. Stir slowly. Sprinkle corn starch into the liquid. Stir, mix thoroughly for one minute.
7. Mix in the pecans.

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 and cord 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. Never use with an extension cord. 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. Intended for countertop 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.
- **WARNING:** Spilled foods can cause serious burns.

- **Do not fill the pressure cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expands during cooking do not fill the unit over 1/2 full.**
- When cooking food under pressure, at least 1 1/2 cups (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.

SAVE THESE INSTRUCTIONS

Stadium Chili

Servings: 4-5

Prep Time: 25 minutes, plus bean presoaking time

Cooking Time: 15 minutes under pressure

Ingredients

1 1/2 cups pinto beans, picked over
 3 tbsp olive oil
 1 cup onion, chopped
 1 1/2 cloves garlic, minced
 1 cup green bell pepper, cored, seeded and chopped
 1 cup red bell pepper, cored, seeded and chopped
 3/4 jalapeno pepper, cored, seeded and chopped (adjust as needed)
 1 cup carrots, peeled and chopped
 1 cup celery, chopped
 2 tbsp. chili powder
 3 tsp ground cumin
 1 1/2 tsp ground oregano
 2 lb lean ground beef
 1 can (14 oz) crushed tomatoes, plus 1 tbsp tomato paste
 2 large bay leaves
 1 1/2 cup water
 Salt to taste
 3 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. Select the BROWN setting. Add and heat the oil.
3. 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.
4. Add tomatoes, beans, bay leaves, and water. Mix.
5. Cover. Select PRESSURE HIGH for 15 minutes. (See Page 7, how to operate).
6. Release the pressure using the quick-release method.
7. Unlock and remove lid. Sample the beans. If still hard, cook under pressure for an additional 2-3 minutes.
8. Season with salt, serving over white rice. Garnish with cheddar cheese on top.

Sweet & Sour Chicken

Servings: 4-5

Prep Time: 15 minutes

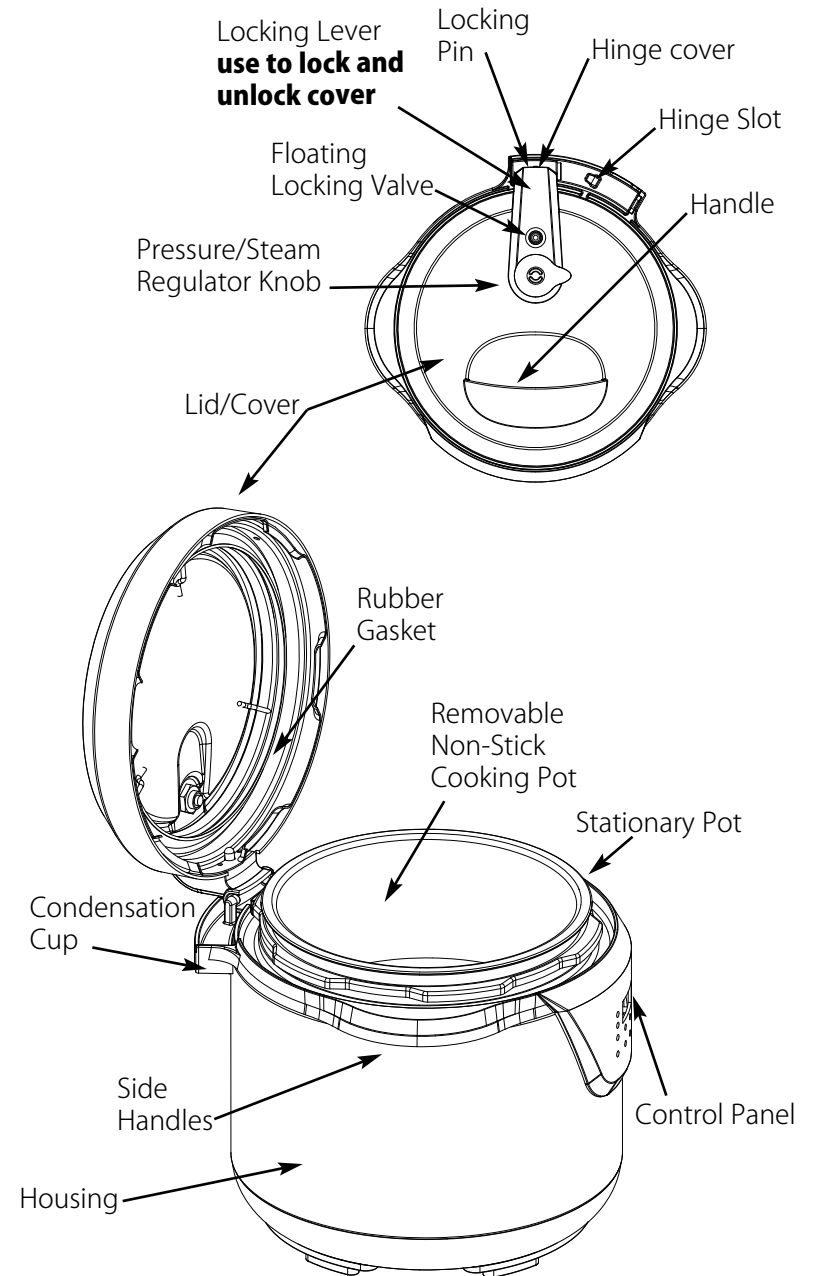
Cook Time: 10 minutes under pressure

Ingredients

- 1½ tbsp vegetable oil
- 1½ cups onion, chopped
- 1½ cups green bell pepper, cored, seeded, diced
- 1½ cups red bell pepper, cored, seeded, diced
- ¼ tbsp fresh ginger, finely minced
- 3 lbs boneless chicken thighs, trimmed of fat, cut into 1" pieces
- 2 tbsp. soy sauce
- 2 cups prepared sweet-n-sour or duck sauce
- 1½ tbsp. apple-cider vinegar
- 2 tbsp water
- 1 tbsp. cornstarch
- ½ tsp garlic powder
- 2 cups cooked white rice
- 3 scallions, white and green parts, thinly sliced for garnish

Method

1. Select the BROWN setting. Add and heat the oil.
2. Add onions, red and green bell peppers, ginger and brown for 2 minutes. Add chicken and soy sauce, brown chicken on all sides, 3 minutes.
3. Add sweet-n-sour sauce, vinegar, water, corn starch and garlic powder. Stir well.
4. Cover. Select PRESSURE HIGH for 10 minutes. (See Page 7, how to operate)
5. Let the pressure drop using the quick-release method.
6. Unlock and remove lid. Place on a serving dish. Garnish with scallions, serving over rice.



FUNCTIONS

- Pressure/ Steam Regulator Knob:** In down position when cooking under pressure, in up position when steaming.
- Locking Lever :** Use to lock and unlock the lid
- Lid Handle:** Use to lift up the lid
- 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:**
- Warm function** reheats or keeps food warm.
 - Brown function** allows you to brown your food before cooking it under pressure.
 - Sauté function** use Sauté as you would sauté on your stove top. Cook food quickly in a minimal amount of fat over relatively high heat.
 - 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 (low and high setting).
 - 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)

Favorite Pot Roast

Servings: 4-5 Prep Time: 20 minutes Cook Time: 60 minutes under pressure

Ingredients

2 tbsp. all-purpose flour
1½ tsp. salt
½ tsp. pepper
3 lbs. boneless, trimmed chuck
1½ tbsp. olive oil
1 small onion, sliced
2-3 springs fresh rosemary or 1 tsp chopped bay leaf
1½ 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. Select the BROWN setting. Add and heat the oil.
3. Add the roast and brown equally on all sides. Add onions and brown for 1 minute.
4. Add bay leaf or rosemary and beef broth.
5. Cover. Select PRESSURE HIGH for 60 minutes. (See Page 7, how to operate)
6. 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.
7. Remove the roast. Cover, let stand for 10 minutes before slicing.
8. If the gravy isn't thick enough, select the Brown setting. Bring to a boil, and cook until thick. Season with salt and pepper. Remove and discard bay leaf.
9. Slice the roast against the grain and serve with gravy.

Ratatouille (Vegetable Stew)

Servings: 4-5

Prep Time: 20 minutes

Cooking Time: 5 minutes under pressure

Ingredients

3 tbsp olive oil

1 cup onions, chopped

1 clove garlic, peeled and thinly sliced

1 cup green bell pepper, cored, seeded, diced

1 cup red bell pepper, cored, seeded, diced

1½ cup zucchini, trimmed, quartered lengthwise, diced

1 cup eggplant, peeled and cut into ½ inch cubes

1 can (14½ oz) diced tomatoes in puree

¼ cup water

¼ tsp. dried thyme

1 tsp. salt

a dash of black pepper

2 tbsp shredded basil

2 tbsp minced flat-leaf Italian parsley

Salt and pepper to taste

2 tbsp balsamic vinegar

Method

1. Select the BROWN setting. Add and heat the oil.
2. Add onions, garlic, green and red bell peppers and brown until onion is soft.
3. Add zucchini, tomatoes, eggplant, water, thyme, salt and pepper. Brown for 4 minutes.
4. Cover. Select PRESSURE HIGH for 5 minutes. (See Page 7, how to operate)
5. Release the pressure using the quick-release method.
6. Unlock and remove lid. Add basil and parsley. Season with salt and pepper. Add the vinegar. Serve hot.

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.

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.



HOW TO OPERATE

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

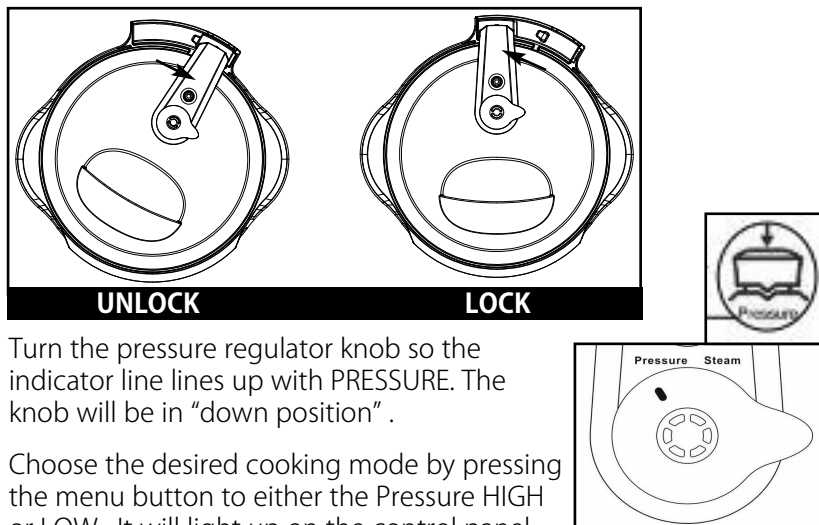
Low=7.5psi

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, 1½ cup (12 oz) of liquid should be added.

Do not fill the pressure cooker more than ½ full with food or ⅔ full with liquid. When cooking foods that expand during cooking do not fill the unit over ½ 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 so the indicator line lines up with PRESSURE. The knob will be in "down position".
6. Choose the desired cooking mode by pressing the menu button to either the Pressure HIGH or LOW. It will light up on the control panel. Cooking time will flash 01 on the display.
7. Set the ADJUST button to set the desired cooking time. You can select the time to be between 0:01 (1 minute) to 2:00 (2 hours).
8. Press the START/STOP button to begin cooking. The time will stop flashing.

Dijon Pork Stew

Servings: 4-5

Prep Time: 20 minutes

Cooking Time: 18 minutes

Ingredients

Salt and pepper	¾ cup chicken or beef broth
3 lbs. pork shoulder, cut into 1" cubes	3 fresh sage leaves, chopped
3 tbsp. olive oil	10 small red potatoes, scrubbed, peeled, quartered
2 cups onion, chopped	1 large carrot, thinly sliced
2 cloves garlic, chopped	1½ tbsp. dijon or whole-seed mustard
1 tbsp. all purpose flour	2 tbsp. minced flat-leaf Italian parsley
¾ cup dry red wine	

Method

1. Liberally salt and pepper the pork shoulder. Set aside.
2. Select the BROWN setting. Add and heat the oil.
3. Add onions and garlic, browning until onion is soft. Add the pork and brown the outside until golden brown. Dust with flour. Stir well.
4. Add red wine, broth, and sage. Cover.
5. Select PRESSURE HIGH for 10 minutes. (See Page 7, how to operate)
6. Let the pressure drop using the quick-release method.
7. Unlock and remove lid. Add potatoes and carrots.
8. Cover and set to PRESSURE HIGH for 8 minutes.
9. Let the pressure drop using the quick-release method.
10. Unlock and remove cover. Season to taste with salt and pepper. Stir in dijon/mustard and parsley before serving.

Rich Cauliflower Soup

Servings: 4-5

Prep Time: 15 minutes

Cooking Time: 15 minutes under pressure

Ingredients

2 tbsp olive oil

1½ cups onion, chopped

1 large head cauliflower, trimmed, broken into small florets

2 cup half and half

4 cups chicken or vegetable broth or stock

Salt and pepper to taste

2 tbsp fresh parsley, chopped

1 tsp fresh mint

Method

1. Select the BROWN setting. Add and heat the oil.
2. Add onion and brown until soft. Add cauliflower, stock and half and half.
3. Select PRESSURE HIGH for 10 minutes. (See Page 7, how to operate).
4. Let the pressure drop using the quick-release method.
5. Unlock and remove lid. The cauliflower should be very soft. If it is still hard, cook under pressure for an additional 2-3 minutes or until tender.
6. Puree the soup in batches in a blender until smooth. Pour back into the pressure cooker. Season with salt and pepper. Stir in parsley and mint.

9. If you forget to select a desired cooking time or forget to press the START/STOP 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.
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 **“START/STOP”** 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.

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 menu button until the LED light above WARM is lit up. The digital display will read 30 (meaning 30 minutes).



Bar-B-Q Beef

Servings: 6

Prep Time: 20 minutes

Cooking Time: 60 minutes under pressure

Ingredients

2 tbsp. vegetable oil	2 bay leaves
4 lbs. boneless, rump roast	Dash of tabasco to taste
1½ cups onion, sliced	3 tbsp. brown sugar
1½ cups celery, finely chopped	1 can (12 oz.) beer
1½ cups prepared barbecue sauce	1 tsp. chili powder

Method


1. Select the BROWN setting. Add oil. Add the roast after the oil is hot. 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 remaining ingredients in the pressure cooker.
3. Cover, select PRESSURE HIGH for 40 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.

8. Press the menu button until the LED light above **“Steam”** is lit up. The display will flash 0:15. (15 minutes). Press ADJUST if you want to select a different time. 0:01 (1 minute) to 2:00 (2 hours).
9. Press the **“START/STOP”** button to begin steaming.
10. When steam time is up, unit will beep.
11. Press the **START/STOP** button when the steaming time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

NOTE: The lid can be opened while cooking to check the food. Use caution when removing the lid. Never place your face over the pressure cooker when removing the lid. Steam escapes as soon as the lid is opened and can cause serious burns.

Slow Cook Settings

NOTE: Most recipes using a slow cooker on low require 8-9 hours and the high setting 4-5 hours.

1. Plug the cord into a wall outlet. The display will show ---.
2. Position the removable cooking pot in the appliance.
3. Place the food to be slow cooked in the cooking pot.
4. Place the lid on the pressure cooker.
5. Turn the pressure regulator knob to STEAM (up). 
6. Press the menu button until the LED light above **“Slow Cook low or high”** is lit up. The display will flash 0:30. (30 minutes). Press ADJUST if you want to select a different time (up to 12 hours).
7. Press the **“START/STOP”** button to begin cooking.
8. When the cooking time is up, the unit will beep.
9. Press the **“START/STOP”** button when cooking time is complete, or to cancel or reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

Delay Time Setting

This function allows you to begin cooking food up to 8 hours later in half hour increments. You can use the delayed time setting with the slow cook, steam or pressure settings. **CAUTION:** Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot

Delay continued . .

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 **"Delay Timer"**. The delay time will illuminate on the display. Press ADJUST if you want to select a different delay time 0:30 to 8:00 hours.
4. Press the **"START/STOP"** 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.

Vegetables	High Pressure
Apples, chunks (low pressure)	2 mins
Artichokes, whole	8-10 mins
Asparagus, whole	1-2 mins
Beans fresh green or wax shelled lima	2-3 mins 2-3 mins
Beets 1/4" slices whole, peeled	3-4 mins 12-15 mins
Broccoli, florets or spears	2-3 mins
Brussel sprouts, whole	4-6 mins
Cabbage, quartered	4-6 mins
Carrots, 1/2" slices	4 mins
Cauliflower, florets	2-4 mins
Corn on the cob	2-4 mins
Eggplant, 1 1/4"	2-3 mins
Peas, shelled	1-1 1/2 mins

Arroz con Pollo (Chicken and Rice)

Servings: 4-5

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

1 1/2 tbsp. olive oil

4 oz chorizo sausage

1/2 cup white wine

3/4 cup chopped onion

1 clove garlic, peeled and minced

1 cup red bell pepper, cored, seeded, and diced

1 cup canned plum tomatoes, seeded and chopped coarsely

1 1/2 cup long-grain white rice, uncooked

3/4 cup frozen peas

1 1/2 cups chicken broth or stock

1 tsp. salt

Method

1. Liberally salt and pepper the chicken.
2. Select the BROWN setting. Add 3/4 tbsp. of olive oil. In batches, brown the chicken. Set aside. Add the chorizo and cook for 1 minute. Set aside. Heat the remaining 3/4 tbsp. of olive oil. Add onion, and rice and cook for 1 minute. Add the browned chicken, wine and chorizo to the removable pot in the pressure cooker.
3. Add peppers, tomatoes, garlic, peas, stock and salt. Mix well.
4. Cover and select HIGH PRESSURE for 10 minutes. (See Page 7, how to operate).
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 **START/STOP** 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 1½ 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 **START/STOP** 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.

	High Pressure
Potatoes Pieces, slices	5-8 mins
Whole, small	6-7 mins
Whole, medium	10-12 mins
Rice Brown	12-15 mins
White	4-7 mins
Spinach, fresh	2-3 mins
Squash Fall, 1" chunks	4-6 mins
Summer, sliced	1-2 mins
Meat and Poultry	
Beef, Pork, Lamb (1-2" cubes)	15-20 mins
Beef/Veal Roast, brisket	50-60 mins
Shank 1½" thick	25-35 mins
Meatballs, browned	5 mins
Lamb, boneless roast	45-55 mins
Pork Loin roast	25 mins
Chops	5-6 mins
Baby Back Ribs	10 mins
Chicken Boneless breast, thigh	6-8 mins
Pieces	10-12 mins
Whole- 3-4 lbs	18 mins
Turkey breast, whole boneless	20-25 mins
Seafood	(low pressure)
Clams	4 mins
Crab legs	4 mins
Lobster Tails	6 mins
Mussels	4 mins
Shrimp	3 mins
White fish 1" thick	5-7 mins

CLEANING

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. 6 "The Gasket".)

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.

HINTS AND TIPS

- To ensure the best cooking performance when cooking under pressure, always use at least 8 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 and delicate seafood should be cooked on low pressure.
- Add a tablespoon of oil to the water to reduce the amount of foaming that beans produce.