

Electric 2.4 Qt. Pressure Cooker

INSTRUCTIONS FOR PROPER USE AND CARE

Customer Service

Call toll-free 1-888-321-5023 between the hours of
8:30 am and 5 pm Eastern Standard Time

Model #730, #732

IMPORTANT!

Please keep these instructions and your original box packaging.

MADE IN CHINA

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Thai Coconut Curry with Shrimp

Servings: 2
Prep Time: 5 minutes
Cook Time: 15 minutes

Ingredients

2 tbsp butter
1 small onion finely diced
3 cloves garlic minced
1 tbsp curry powder
1 can coconut milk
2 tbsp honey
1/4 tsp salt
Juice of 1 lime
2 tsp Hot sauce (optional)
1/2 lb frozen shrimp
2 tbsp fresh basil chopped

Method

1. Select the BROWN setting. Add and heat the butter.
2. Add onion and garlic, brown for 2 minutes. Next, add curry powder and cook for 2 more min. Stir in coconut milk, honey, salt, lime juice, and hot sauce. Lastly, add the frozen shrimp.
3. Cover. Select PRESSURE HIGH for 11 minutes. (See Page 7, how to operate)
4. Use the quick release method to release pressure. Remove lid.
5. Add basil and serve over cooked rice.

IMPORTANT SAFEGUARDS

Spaghetti

Servings: 2

Prep Time: 5 minutes

Cook Time: 21 minutes

Ingredients

2 tsp olive oil

1/2 small onion diced

1 small garlic clove minced

1 link sausage (any kind)

2 cups strained tomatoes

1/2 tsp salt

1/4 tsp sugar

1/4 cup water

4 oz spaghetti

1 tbsp grated parmesan or romano cheese

Method

1. Select the BROWN setting. Add and heat the oil.
2. Remove sausage from casing and add to oil. Cook until brown, about 8-10 min.
3. Add onion and garlic and brown for 2 min. Next, add tomatoes, salt, sugar, and water.
4. Break the spaghetti in half and add to the pot.
5. Cover. Select PRESSURE HIGH for 11 minutes. (See Page 7, how to operate)
6. Use the quick release method to release pressure. Remove lid.
7. Stir, add cheese and enjoy.

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 expand during cooking do not fill the unit over 1/2 full.**
- When cooking food under pressure, at least 1 cup (8 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

Best Ever Turkey Chili

Servings: 4
 Prep Time: 15 minutes
 Cooking Time: 30 minutes

Ingredients

1 tbsp canola oil
 1/2 lb. ground turkey
 1 link poultry sausage (mild or hot)
 2 cups chopped tomatoes
 1 small onion
 1 bell pepper
 1 small jalapeno pepper (optional)
 1/3 cup salsa
 1 tsp cumin
 1 tsp cayenne
 2 tsp chili powder
 salt and pepper to taste
 1 can black beans

Optional Toppings- shredded cheddar cheese, green onions, sour cream, corn ships

Method

1. Select the BROWN setting. Add and heat the oil. Add ground turkey and sausage. Cook until turkey is browned, about 4-5 min.
2. Add onions, bell pepper and jalapeno and brown for 2-3 more min.
3. Combine tomatoes, salsa and spices to pot. Cover.
4. Select PRESSURE HIGH for 12 minutes. (See Page 7, how to operate).
5. Allow the machine to slow release. Unlock and remove lid.
6. Stir in black beans. Return cover, and let it rest for 10 minutes on the warm setting to heat the beans through. Serve with your choice of toppings and Enjoy!

FEATURES

Beef and Barley Stew

Servings: 4
Prep Time: 5 minutes
Cooking Time: 40 minutes

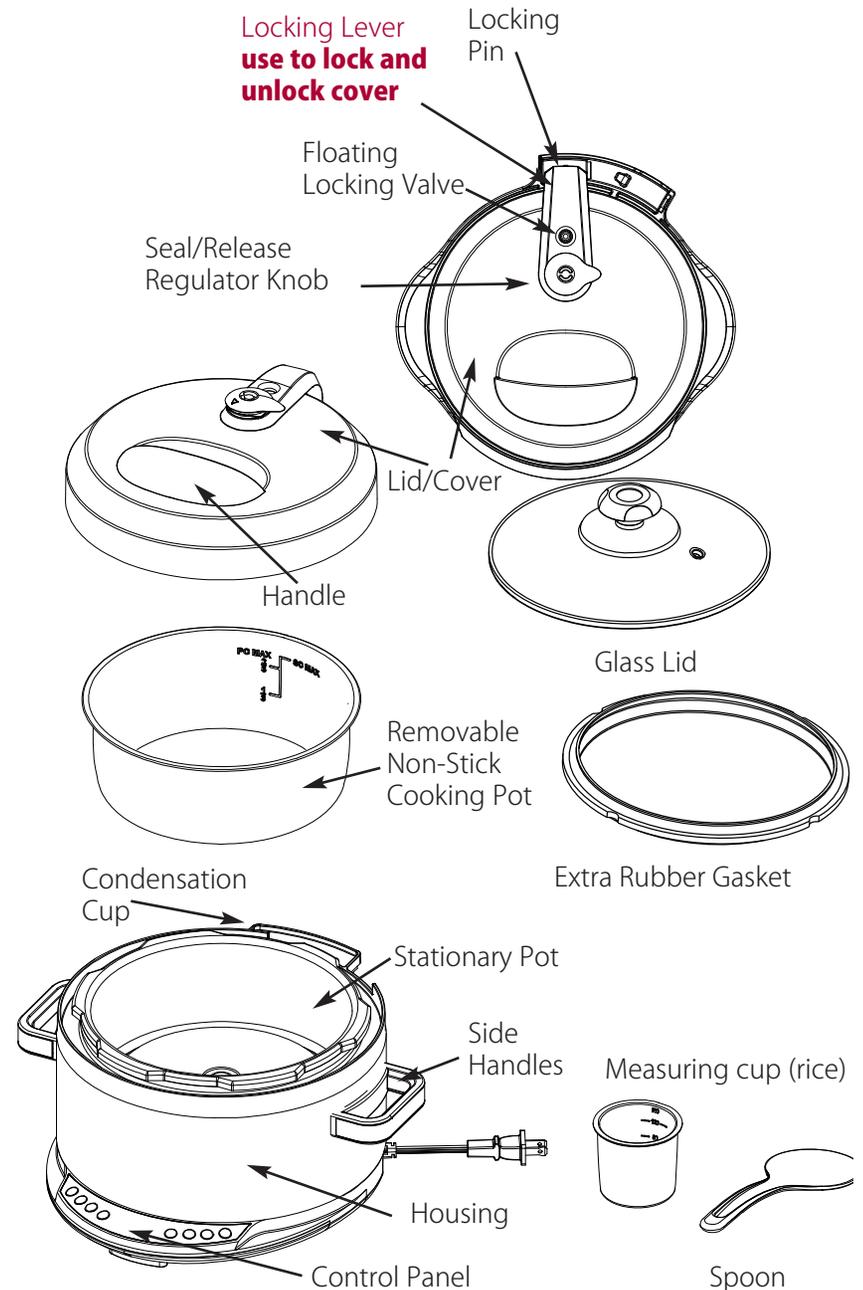
Ingredients

- 1/2 tbsp. vegetable oil
- 2 tsp olive oil
- 3/4 lb stew beef
- 1 carrot diced
- 1/4 cup tomato paste
- 1 can onion soup
- 1/4 cup water
- 1/2 can kidney beans
- 1 tsp dried basil
- 1/2 cup farro
- salt and pepper

Method

1. Select the BROWN setting. Add oil. Salt and pepper the meat. Add the beef after the oil is hot. Evenly brown all sides.
2. Add the rest of the ingredients in the pressure cooker.
3. Cover, select PRESSURE HIGH for 30 minutes. (See Page 7, how to operate).
4. Allow the pressure to release naturally. Remove lid and enjoy.

If desired, add grated parmesan cheese to taste.



FUNCTIONS

- Seal/ Release 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:** 2.4 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:**
- Slow Cook** cooks your food slowly to retain flavor and tenderness (low setting).
 - Warm** reheats or keeps food warm.
 - Steam** heats to 212° F
 - Brown** allows you to brown your food before cooking it under pressure.
 - 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 Settings** allows you to choose 2 different pressure settings: High (up to 15psi) and Low (up to 7.5 psi)
- Glass Lid:** Use for the slow cook and steam function.
- Extra Gasket:** Keep in a safe place. Use if your gasket should get damaged.

Pulled Pork

Servings: 4-6
Prep Time: 5 minutes
Cook Time: 60 minutes

Ingredients

2 lb pork roast, cut into 4 large chunks
1 3/4 cups prepared BBQ sauce
3 tbsp apple cider vinegar
1 can cola
1/4 cup brown sugar
1 tsp garlic powder
1 tsp onion powder
kaiser rolls for serving

Method

1. Add pork to the pressure cooker. Add cola.
2. In a bowl, mix BBQ sauce, brown sugar, apple cider vinegar, garlic powder and onion powder together and pour over pork.
3. Cover. Select PRESSURE HIGH for 60 minutes. (See Page 7, how to operate)
4. Allow to naturally release.
5. Remove lid and shred pork with 2 forks. Serve on rolls.

BEFORE FIRST USE

Jambalaya

Servings: 2
Prep Time: 5 minutes
Cook Time: 18 minutes

Ingredients

2 tsp olive oil
2 sausage links sliced (a smoked pork sausage-could use andouille, smoked chorizo or Toulouse)
1/2 small onion diced
2 cloves garlic minced
1/2 red pepper
1 stalk celery, diced
2 tsp cajun seasoning
1 1/4 cup chopped tomatoes with juice
1 cup low sodium chicken stock
3/4 cup rice
4 oz frozen shrimp

Method

1. Select the BROWN setting. Add and heat the oil.
2. Brown sausage for about 5 min. Add onion, garlic, celery, pepper and cajun seasoning and cook for 3-4 more min. Add tomatoes, chicken stock, rice and frozen shrimp.
3. Cover. Select PRESSURE HIGH for 10 minutes. (See Page 7, how to operate)
4. Use the quick release method to release pressure. Remove lid, stir and enjoy.
5. Slice the roast against the grain and serve with gravy.

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 RELEASE. The floating locking valve will drop. Let the appliance cool to room temperature and then empty and clean.

The Gasket

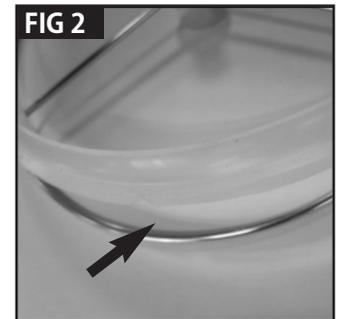
The gasket is an essential piece in pressure cooking. It keeps the steam inside the unit. If the gasket is not on correctly, it will not reach pressure.

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

1. To remove the gasket, lift up on one of the wires in the center and remove. **FIG 1**
2. Remove the gasket and clean in warm soapy water. Rinse and dry.
3. Replace the gasket by pushing it on the outside of the wire circle.

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**

Place the center circle in the middle of the lid and push down. Push down all around the gasket, to be sure it is secure. 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 (pages 6 and 14.)

Pressure High=15psi

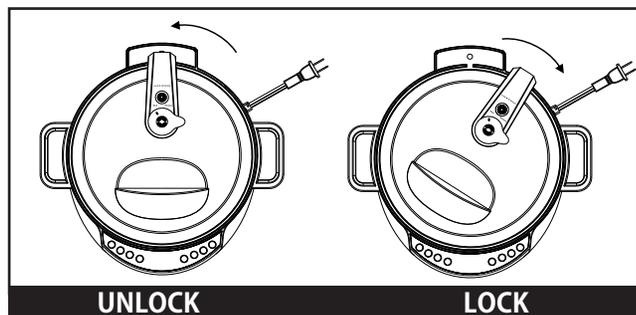
Pressure Low=7.5psi

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.

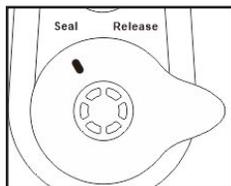
NOTE: When cooking most foods under pressure, 1 cup (8 oz) of liquid should be added.

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 so the indicator line lines up with SEAL. 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. Press the Pressure High (or LOW if you prefer) button to set the desired cooking time. You can select the time to be between 01 (1 minute) to 99 (99 minutes).
8. Press the START/STOP button to begin cooking. The lines on the screen indicate it is heating. The time will stop flashing.



Creamy Smashed Potatoes

Servings: 4-6

Prep time: 2 minutes

Cooking Time: 15 minutes

Ingredients

1 lb washed baby red potatoes with skin on

1 tsp kosher salt

Water to cover the potatoes in the pot (minimum of 1 cup)

1/2 cup half and half

3 tbsp butter

3 tbsp sour cream

kosher salt and pepper

Method

1. Place potatoes in pressure cooker, add 1 tsp salt and cover with water. (Note: depending on size of potatoes, the amount of water to cover potatoes can vary. Use a minimum of 1 cup of water and do not fill past the max line inside the pot).
2. Cover. Select PRESSURE HIGH for 15 minutes. (See Page 7, how to operate).
3. Use the quick release method to release pressure.
4. Drain potatoes. Add half and half, butter and sour cream. Blend using a potato masher. Add salt and pepper to taste.

operate).

8. Allow pressure to release naturally for 10 minutes, then carefully turn the valve to VENT and allow pressure to release.
9. Add cashew cream and fenugreek leaves. Stir in a little more cream if the sauce looks more red than orange. Press Start/Stop to turn pressure cooker off.
10. Add cold butter, stir slowly to enrich the sauce with that buttery goodness. Taste for salt and garnish with a drizzle of extra cream and a delicate sprinkle of extra fenugreek leaves. Serve with warm naan.

Cheesy Italian Chicken

Servings: 2
Prep Time: 5 minutes
Cooking Time: 20 minutes

Ingredients

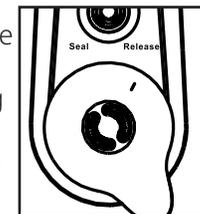
- 2 boneless chicken breasts
- 1 can diced tomatoes
- 1/2 jar marinated and quartered artichoke hearts undrained
- 1/2 tsp garlic salt
- 1 tsp Italian Seasoning
- 1/2 cup shredded mozzarella
- 1/4 cup grated parmesan

Method

1. Place chicken breasts in pressure cooker. Add tomatoes, artichoke hearts, italian seasoning and garlic salt. Cover.
2. Select PRESSURE HIGH for 20 minutes. (See Page 7, how to operate)
3. Allow pressure to release naturally.
4. Unlock and remove cover. Sprinkle with cheeses and allow to melt before enjoying.

Note: 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.

9. 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.
10. 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 RELEASE 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.**

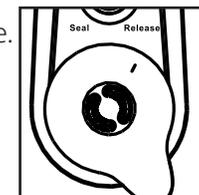
NOTE: Press the **"START/STOP"** button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to KEEP WARM for 8 hours.

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 RELEASE (up).
6. Press the WARM button until you have your desired time lit. The digital display will read 8:00 (meaning 8 hours).



7. Press the START/STOP button to begin the program.
8. Press the START/STOP 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. Brown in batches to keep the correct temperature. Also use for items you would sauté on your stove top. The Brown temperature is 365-375°F. This setting is also used to make sauces or gravies after 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. If browning, add the appropriate amount of oil as per recipe.
4. Add your food. Press the **“Brown”** button. The lid should remain off. Press the button until your desired time is lit. The MIN is 1 minute; MAX is 60 minutes.
5. Press the **“START/STOP”** button to begin browning.
NOTE: Do not leave pressure cooker unattended while browning.
6. Press the **“START/STOP”** button to turn the unit off.

STEAM

Use this setting to steam your food. Either lid can be used.

1. Plug the cord into a wall outlet. The display will show ----. The light on slow cook will light up.
2. Position the removable cooking pot in the appliance.
3. Place the food to be slow cooked in the cooking pot.
4. Place either lid on the pressure cooker. If using the pressure lid, turn the regulator knob to RELEASE (up).
5. Press the **“STEAM”** button until your desired cooking time appears (up to 99 minutes).
6. Press the **“START/STOP”** button to begin cooking. The unit will start to count down once the temperature is reached.
7. When the cooking time is up, the unit will beep.
8. Press the **“START/STOP”** button when cooking time is complete, or to cancel or reset. Otherwise, it will switch to warm for 8 hours.

Butter Chicken

From the kitchen of Aarti Sequeira

Servings: 2-3
Prep Time: 5 minutes
Cooking Time: 11 minutes

Ingredients

Chicken:

- 1/2 lb boneless skinless chicken thighs, cut into 2 inch chunks
- 1/2 tsp tandoori masala powder
- 1 tbsp ginger-garlic paste

Gravy:

- 1 tsp avocado or canola oil
- 1 tbsp unsalted butter
(plus 1 tbsp COLD butter to finish)
- 1/4 tsp whole cumin seed
- 1/4 large onion, finely diced
- 1 1/2 tsp ginger-garlic paste
- 3/4 tsp tandoori masala powder
- 1 tsp apple cider vinegar
- 1/2 cup canned tomato sauce
- 1/4 tsp garam masala
- 1/4 tsp white granulated sugar
- 1/4 cup heavy cream
- 1/4 tsp dried fenugreek (methi) leaves
- Naan for serving
- Kosher salt

Method

1. Sprinkle the cut chicken with tandoori masala, ginger-garlic paste and a big pinch of salt. Toss until well-coated. Set aside.
2. Press the BROWN button. Add avocado oil and 1 tablespoon butter. Once butter has melted, add the chicken, and cook, stirring occasionally until chicken is browned and no longer pink. Remove chicken from the pot and reserve.
3. Add cumin seeds, onions and ginger-garlic paste to the inner pot. Saute until the onions are softened and just starting to turn golden brown.
4. Add tandoori masala. Stir well, and cook no more than 1 minute.
5. Stir in apple cider vinegar, and cook until mostly evaporated. Now add tomato sauce, garam masala, a big pinch of salt and sugar. Stir together and bring to a boil.
6. Tumble in the chicken and 1/4 cup water. Stir to coat the chicken with the sauce.

SNEAKY MAMA MAC 'N' CHEESE

From the kitchen of Aarti Sequeira

Servings: 2-3

Prep Time: 10 minutes

Cooking Time: around 30 minutes

Ingredients

4 oz cubed butternut squash (about $\frac{3}{4}$ cup)

2 oz cauliflower florets (about $\frac{3}{4}$ cup)

$\frac{1}{2}$ cup milk

$\frac{3}{4}$ cup water

$\frac{1}{2}$ cup grated cheddar cheese

1.5 oz cream cheese

$\frac{1}{4}$ tsp ground turmeric

4 oz cavatappi pasta

1 tbsp unsalted butter

$\frac{1}{4}$ cup panko breadcrumbs

2 tbsp Parmesan cheese

1 tsp minced parsley

Method

1. Place butternut squash cubes, cauliflower florets and water in the inner pot; season with salt. Lock pressure cooker lid into place, and ensure vent is set to seal. Select HIGH PRESSURE for 8 minutes. (See Page 7, how to operate).
2. Once cooking time is complete, allow pressure to release naturally (ie. Let it sit) for 10 minutes. Then release pressure and open lid.
3. Use a slotted spoon to scoop cooked vegetables into a blender. Add milk, cheddar cheese, cream cheese and turmeric, then blend until smooth. Taste, and adjust for seasoning, adding salt and pepper to your palate.
4. Pour the sauce back into the pot. Stir in cavatappi pasta. Pressure cook on HIGH for 5 minutes, ensuring the vent is back in the SEAL position. When pressure cooking is complete, allow pressure to natural release for 10 minutes, then turn Pressure Release to VENT. When pressure has completely vented, carefully remove lid.
5. Meanwhile, in a small skillet over medium heat, melt butter. Add bread crumbs and cook, stirring often, until breadcrumbs are golden brown. Turn off heat, add parmesan and parsley. Sprinkle breadcrumbs over the top of the macaroni and cheese. Serve!

Slow Cook

NOTE: This is a low setting on a slow cook setting. Most recipes on low require 8-9 hours. The glass lid can be used with this setting.

1. Plug the cord into a wall outlet. The display will show ----. The light on slow cook will light up..
2. Position the removable cooking pot in the appliance.
3. Place the food to be slow cooked in the cooking pot.
4. Place either lid on the pressure cooker. If using the pressure lid, turn the regulator knob to RELEASE (up).
5. Press the **"Slow Cook"** button until your desired cooking time appears (up to 12 hours).
6. Press the **"START/STOP"** button to begin cooking. The unit will start to count down once the temperature is reached.
7. When the cooking time is up, the unit will beep.
8. Press the **"START/STOP"** button when cooking time is complete, or to cancel or reset. Otherwise, it will 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 or pressure settings. **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.

1. If pressure cooking, set the pressure per directions on **page 7 steps 1-7**. (Slow cook - page 10 steps 1-6).
2. Press **"Delay Time"**. The delay time will illuminate on the display. Press DELAY TIME again 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 ¼" 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, ½" slices	4 mins
Cauliflower, florets	2-4 mins
Corn on the cob	2-4 mins
Eggplant, 1¼"	2-3 mins
Peas, shelled	1-1½ mins

PUMPKIN + SPICE OATMEAL

From the kitchen of Aarti Sequeira

Servings: 2-3

Prep Time: 5 minutes

Cooking Time: 8 hours using slow cook setting

Ingredients

3 cups water or milk
 1 cup old-fashioned rolled oats
 1 cup canned pumpkin puree
 ½ teaspoon garam masala or pumpkin pie spice
 ½ teaspoon vanilla extract
 Kosher salt
 ¼ cup brown sugar
 ¼ cup heavy cream or coconut milk
 Chopped toasted pecans to serve
 Chopped apples to serve

Method

1. Place the water, oats, pumpkin puree, garam masala, vanilla extract and a pinch of salt in the inner pot of the pressure cooker. Stir it all together.
2. Cover, and select Slow Cook for 8 hours (see page 10 for slow cook instructions).
3. Before serving, gently stir in brown sugar and cream. Top with pecans and apples to 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 RELEASE, using short bursts, until the pressure is fully released.
3. Remove the lid and add approximately 1¹/₂ 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 **START/STOP** button to begin cooking again.

If you can't open or remove the cover:

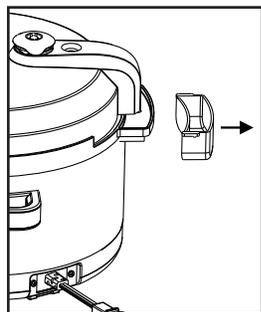
1. Be sure all of the pressure has been released.
2. If you still cannot open it, bring the contents of the cooker up to pressure again.
3. Release the pressure completely.
4. If the cover still won't come off, call customer service at 1-888-321-5023.

	High Pressure
Potatoes Pieces, slices Whole, small Whole, medium	5-8 mins 6-7 mins 10-12 mins
Rice Brown White	12-15 mins 4-7 mins
Spinach, fresh	2-3 mins
Squash Fall, 1" chunks Summer, sliced	4-6 mins 1-2 mins
Meat and Poultry	
Beef, Pork, Lamb (1-2" cubes)	15-20 mins
Beef/Veal Roast, brisket Shank 1 ¹ / ₂ " thick	50-60 mins 25-35 mins
Meatballs, browned	5 mins
Lamb, boneless roast	45-55 mins
Pork Loin roast Chops Baby Back Ribs	25 mins 5-6 mins 10 mins
Chicken Boneless breast, thigh Pieces Whole- 3-4 lbs	6-8 mins 10-12 mins 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 (see drawing). Clean with warm soapy water. Rinse and dry thoroughly. Replace by pushing it back in.
5. Remove the rubber gasket as instructed on page 6. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly. Replace the gasket per page 6.



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 release. 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.