



# Cook's Essentials®

**The best meals start with the essentials.**

Cook's Essentials® Kitchenware. Only at QVC.

## 6 QT. DIGITAL PRESSURE COOKER



**MODEL K41143/EPC-678**

### **INSTRUCTION MANUAL**

Before operating your new appliance, please read all instructions carefully and keep for future reference.

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# IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

Read all instructions before operation.

- 1) Do not operate while unattended.
- 2) Do not touch hot surfaces. Use handles or knobs.
- 3) Close supervision is necessary when the pressure cooker is used near children.
- 4) DO NOT allow children to operate under any circumstance.
- 5) Do not place the pressure cooker in a heated oven or on a stove top.
- 6) Extreme caution must be used when moving a pressure cooker containing hot liquids.
- 7) Do not use pressure cooker for other than intended use.
- 8) Never immerse product in water or other liquids.
- 9) This appliance cooks under pressure. Improper use may result in serious injury.
- 10) Make certain unit is properly closed before operating. See Operating Instructions.
- 11) Do not fill the unit over 3/4 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. Failure to follow this procedure can result in injury to person(s) and/or damage to the unit.
- 12) Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
- 13) Always check the pressure release devices for clogging before use.
- 14) Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If it is difficult to turn, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can result in serious injury. See Operating Instructions.
- 15) Do not use this pressure cooker for pressure frying with oil.
- 16) DO NOT place the product near flammable materials or use in a humid environment.
- 17) DO NOT damage the Rubber Seal Ring and DO NOT replace it with anything other than the replacement Ring designated for this unit.
- 18) DO NOT tamper with the Steel Ring in the Lid with any tools or external forces. If the Steel Ring is damaged, please stop using immediately and replace the Lid.
- 19) Clean the Filter regularly to keep the cooker clean.
- 20) NEVER use additional weight on the Pressure Release Valve or replace the Pressure Release Valve with anything not intended for use with this unit.
- 21) The surface of contact between the Inner Pot and the Electronic Heater should always be clean. DO NOT use the Inner Pot with other heating

## IMPORTANT SAFEGUARDS (CONT.)

- 22) sources. DO NOT replace the Inner Pot with a container other than what is recommended by the manufacturer.
- 23) The Inner Pot consists of a non-stick surface. To avoid scratching the non-stick surface, please use wooden or plastic utensils.
- 24) Food should not be kept warm for more than 8-10 hours in order to maintain the freshness of the food.
- 25) The pressure cooker should not be used for pressure cooking for more than 6 hours continuously.
- 26) Serious Injury and/or damage may occur if any safeguards are ignored.
- 27) If steam escapes around the Lid during the cooking process, please unplug from the power supply immediately, let cool, remove contents and return the product to the manufacturer for exchange or repair. The Pressure Discharging Device has activated. This is a safeguard to alert the user that the Pressure Release Device is malfunctioning.
- 28) If there is any malfunction of the cooker during the cooking process, please stop using the device and return to the manufacturer for repair or exchange.
- 29) DO NOT disassemble the product, or replace parts with parts not intended for this unit.

## SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

**SAFETY WARNING:** There is a potential risk of fire, electric shock or injury to persons if the product is not used as instructed. Protection against electric shock is assured only if the main power cord is connected to a properly grounded 110-120V | 50/60Hz power receptacle.

- This product is to be used in an indoor environment only and is not intended for commercial use.
- All parts and accessories for this appliance must be used properly according to the instructions. All parts and accessories must be the original provided from manufacturer. All parts or accessories not intended for use with this appliance is strictly prohibited.
- The use of an extension cord, power adapter or other electric devices is not recommended.

### ERROR CODES

Indicator Code	Problems/Causes
E1	Open Circuit of the Sensor
E2	Short Circuit of the Sensor
E3	Overheating
E4	Signal Switch Malfunction

# ABOUT YOUR PRESSURE COOKER

This digitally controlled and automatic pressure cooker uses advanced technology so you and your family can enjoy the benefits of better, faster and healthier cooking. Your Cook's Essentials Pressure Cooker seals in steam to cook hotter and faster while maintaining important nutrients for healthier meals. Cook fast and with less water to save vital natural resources and energy. Features include easy touch-button settings, a countdown timer, and a very large cooking pot big enough for family gatherings! It's the easiest pressure cooker to use on the market. It may seem like a complicated unit but rest assured, this pressure cooker is simple to use, makes meals quick and easy, and overall it saves you money! Please accept our thanks for purchasing a Cook's Essentials Pressure Cooker and Enjoy!

## **PRESSURE COOKER WITH MULTIPLE FUNCTIONS:**

- Multiple functions for cooking, stewing, braising, simmering, and roasting.
- Cooking will be done automatically by selecting the different menu choices on the unit. When the food has completed its cooking cycle, there will be a (6) beep indicator, followed by the unit automatically switching to the Keep Warm mode.
- This unit allows the user to choose the period of Pressurized Cooking Time(1-99 minutes) according to one's taste and needs in addition to the Pre-Set menu.
- A Delay Timer allows the user to delay the start of cooking by up to 24-hours. When the timer is set, the count-down will start. By the end of the countdown, the cooker will start to heat up.
- The pressure cooker also has its own memory. The unit will automatically renew where the cooking cycle left off in the case of a power interruption.

## **RAPID COOKING; TIME & POWER SAVING:**

By using high pressure (high temperature), food will be cooked much more rapidly. This will reduce the cooking time and consumption of power. For example: when cooking rice, this pressure cooker will save up to 20% of the electricity and up to 15% of the time when compared to a conventional rice cooker. When cooking stew, soups or braising meats, this cooker will save more than 40% of time and more than 45% of power as compared to a conventional slow cooker. Cooking can also be done at high altitudes.

## **PRESERVE NUTRIENTS & PROMOTES HEALTHY EATING:**

Airtight cooking methods preserve nutrients and original flavor of food.

## SHORT CORD PURPOSE

**NOTE:** A short power cord is provided to reduce the risk of personal injury resulting from becoming entangled in or tripping over a longer cord.

**Longer power-supply cords or extension cords are available and may be used if care is exercised in their use.**

If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the product; (2) the extension cord should be arranged so that it will not drape over the countertop or tabletop where it can unintentionally be pulled on or tripped over by children or pets.

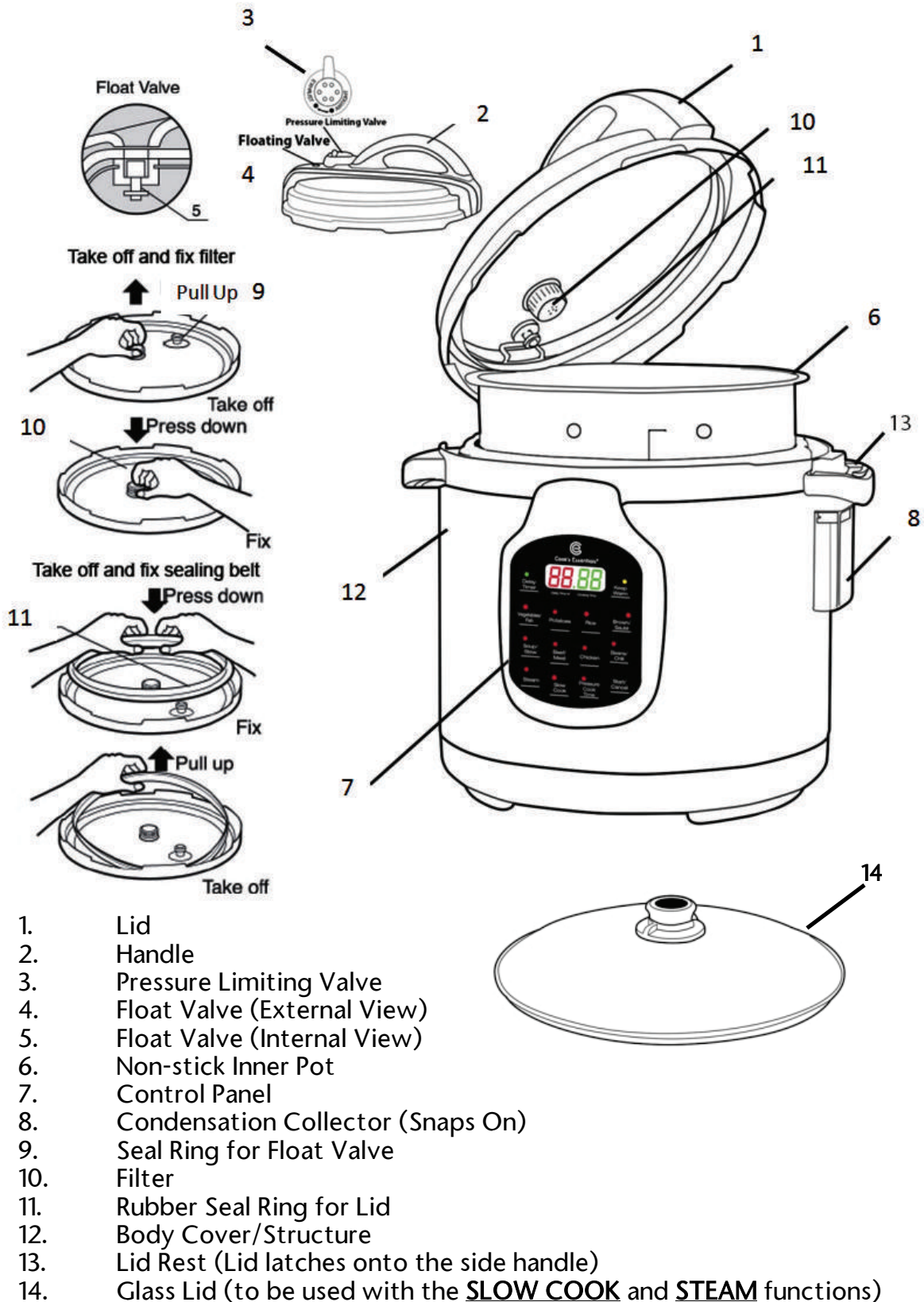
## POLARIZED PLUG

If this appliance is equipped with a *polarized plug* (one blade is wider than the other), please follow the below instructions:

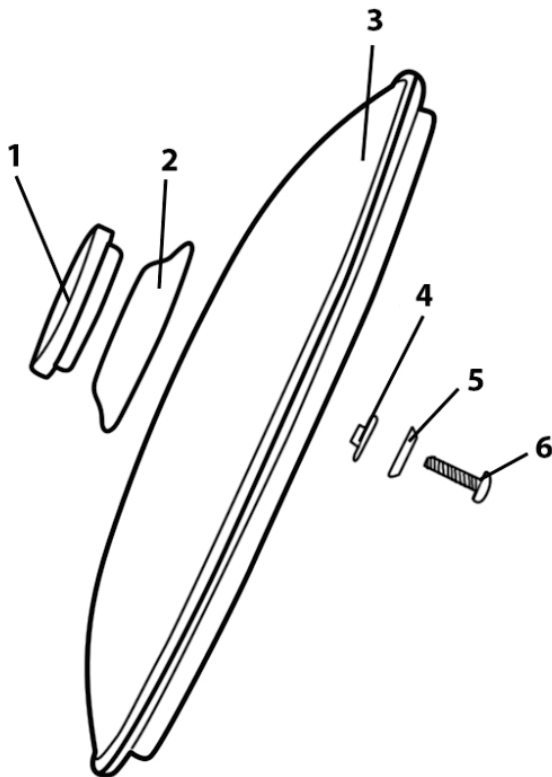
To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If you are unable to fit the plug into the electrical outlet, try reversing the plug. If the plug

still does not fit, contact a qualified electrician. Never use the plug with an extension cord unless the plug can be fully inserted into the extension cord. Do not alter the plug of the product or any extension cord being used with this product. Do not attempt to defeat the safety purpose of the polarized plug.

# PARTS IDENTIFICATION



## GLASS LID ASSEMBLY



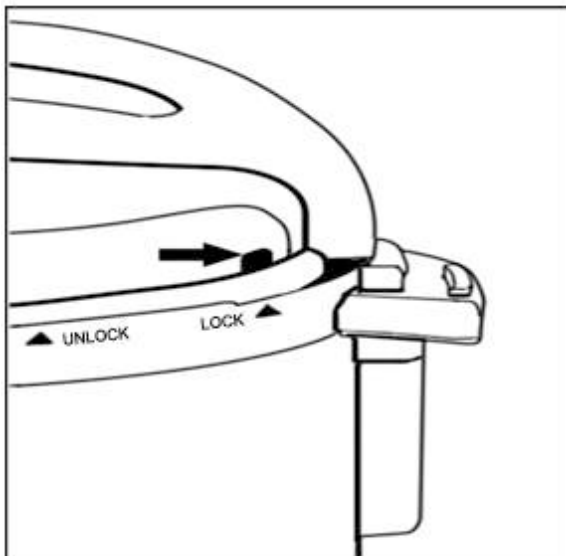
\*\*Your Pressure Cooker is equipped with a Tempered Glass Lid (14) that can be used with the **SLOW COOK** and **STEAM** functions. Please **do not use this Glass Lid (14)** with any other functions on this Pressure Cooker.

Assembly of the Knob on the Glass Lid will require a Phillips Screwdriver (not included).

Follow the diagram on the left to assemble the knob on the Glass Lid (14).

1. Handle
2. Handle Base
3. Glass Lid Body
4. Silicon Gasket
5. Gasket
6. M4 Screw

## PRESSURE COOKER LID MARKINGS



Please note the "LOCK" and "UNLOCK" markings on the rim of your pressure cooker body (12). To properly close and secure the pressure cooker lid (1), always line up the tab on the lid (1) with the "LOCK" arrow marking indicated on the rim of your pressure cooker body (12).



# BEFORE FIRST USE

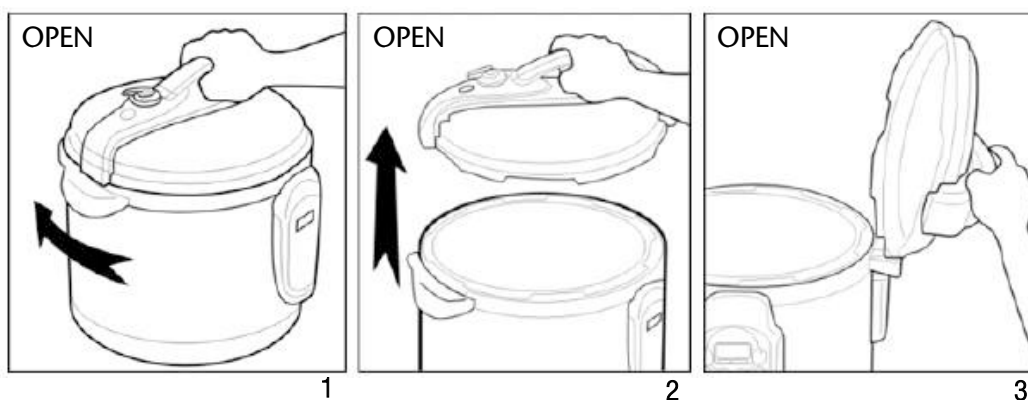
Working Pressure	PSI	Maximum Pressure	Keep Warm Temperature	Delay Timer
0~70kPa	12 PSI	90kPa	140°F ~ 175 °F	0.5~24 Hours 0.5 Hour Increments up to 10 hours thereafter 1-hour increments

1. Remove packaging materials such as cardboard, plastics or Styrofoam and discard appropriately.
2. Clean all the parts by wiping with a soft damp cloth or sponge and dry thoroughly.

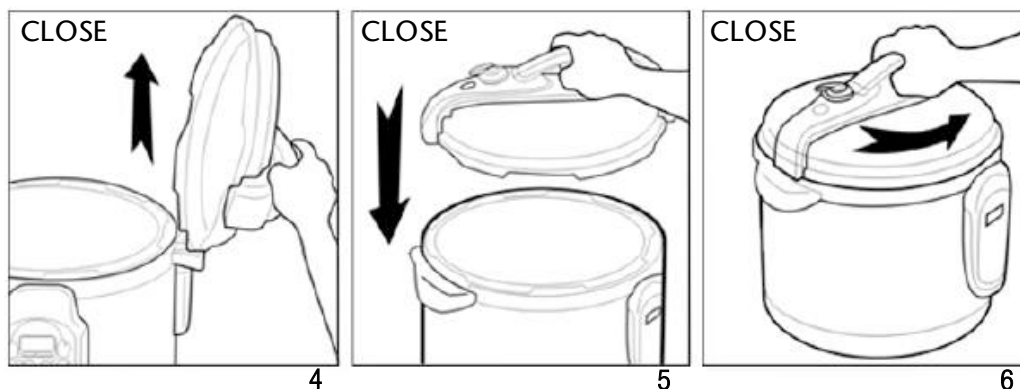
## **LID ASSEMBLY:**

**How to open the lid:** Hold the handle (2) firmly, turn the lid (1) clockwise until it loosens and lift vertically. (Figures 1-2); the lid (1) can stand on the Lid Rest (13) (Figure 3).

**Note:** For new units, the seal of the lid (1) may be slightly stronger than normal and may be slightly difficult to unlock. Once the lid (1) has been opened and closed several times, it will loosen up.

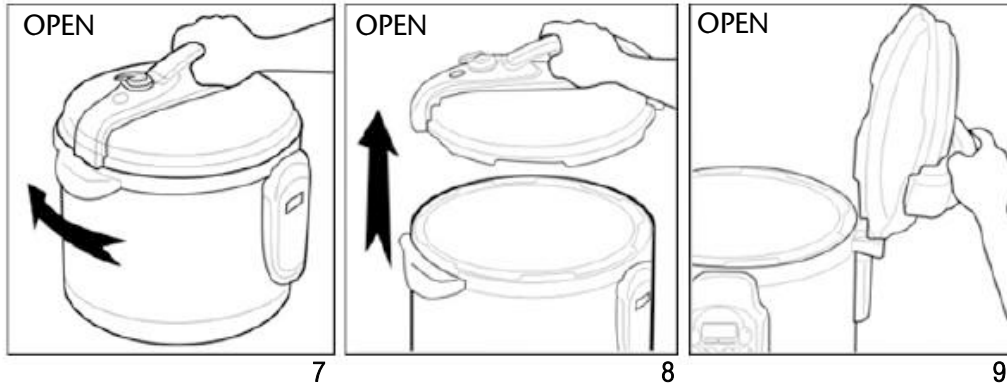


**How to close the lid:** Take the lid (1) off the lid rest (13) (Figure 4), hold the handle (2) and close it downwards at the Opened Lid position (Figure 5). Turn counter-clockwise until you reach the Closed Lid position. (Figure 6).

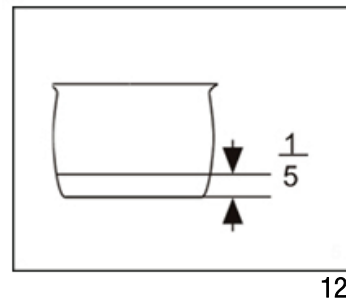
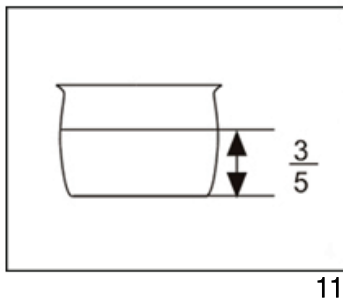
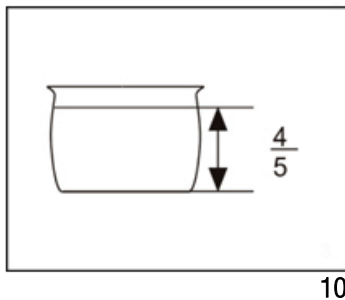


# PREPARING YOUR PRESSURE COOKER

- 1) **Opening the lid:** Hold the handle (2) firmly, turn the lid (1) clockwise until it loosens and lift vertically. (See Figures 7-8); the lid (1) can stand on the lid rest (13) (Figure 9).



- 2) Remove the inner pot (6) and add desired ingredients. The amount of water and food should not exceed  $\frac{4}{5}$  of the height of the inner Pot (6) (Figure 10). For food that will expand in water, the level should not exceed  $\frac{3}{5}$  of the Inner Pot (6) (Figure 11). The minimum level for cooking would be  $\frac{1}{5}$  of the Inner Pot (6) (Figure 12).



**\*Cooking Rice**

- When cooking rice, the maximum amount of rice allowed for this 6 quart pressure cooker is 12 cups of uncooked rice.
- Normally one cup of rice requires one cup of water. This may vary according to taste.

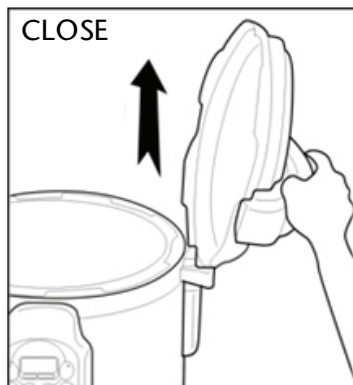
- 3) Be certain the inner receptacle, where the Electronic Heater is located, is clean and dry before inserting the Inner Pot (6) into the pressure cooker and adjust the pot left and right to ensure optimal contact between the Inner Pot and the Electronic Heater (Figure 13).



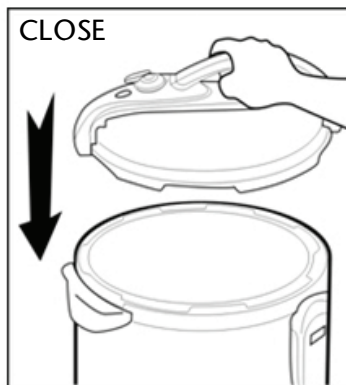
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## PREPARING YOUR PRESSURE COOKER (CONT.)

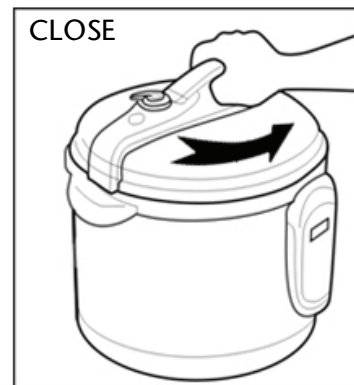
- 4) **Closing the Lid:**  
Make sure the Rubber Seal Ring (11) is fitted properly onto the inner part of the lid (1). Observe the Rubber Seal Ring (11) inside the Lid (1) and ensure that it is evenly fitted onto the track. (**Caution: If the rubber seal ring is damaged, do not use the pressure cooker. Contact Customer Service to repair or replace.**)
- 5) Lift the lid (1) from the rested position. Close the lid (1). Hold the handle (2) and turn it Counter-Clockwise to the "LOCKED" position. (A clamping sound can be heard See Figures 14-16).



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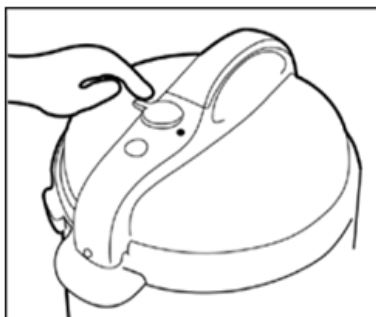
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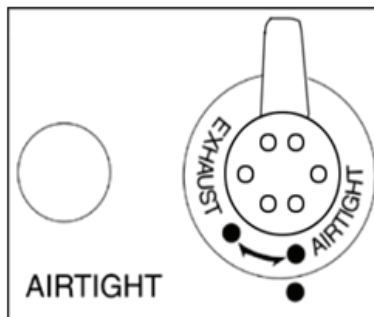
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*Note: To ensure you are properly closing the lid (1), please make sure the pressure limiting valve (3) is on your left side when you are facing the front of the pressure cooker (when facing the control panel (7)).*

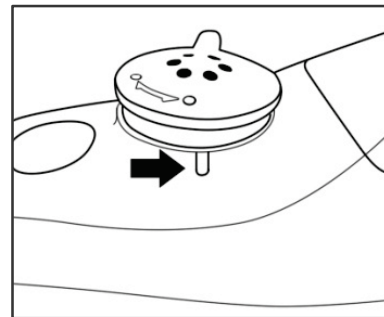
- 6) Adjust the pressure limiting valve (3) to the "Airtight" position, and ensure that the Float Valve (4) sinks (Figures 17-18).
- 7) When adjusting the pressure limiting valve (3) to either the "Airtight" or the "Exhaust" positions, line up the marking on the pressure limiting valve (3) with the notch on the Handle (2) as shown in figure 19.



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## PREPARING YOUR PRESSURE COOKER (CONT).

### NOTES & TIPS #1:

- Please note that the Pressure Limiting Valve (3) will be loose when you are not using the unit for cooking. It will rock slightly and will turn 360° manually. Once the pressure cooker is in operation and the pressure has built up to its capacity, the Pressure Limiting Valve (3) will tighten, only allowing itself to be turned to "Exhaust". Once all the pressure has released, it will become loose again.

### NOTES & TIPS #2:

- During the Pressure Building process, you may notice steam or pressure escaping from the Pressure Limiting Valve (3). Carefully adjust the valve by moving it gently or turning it side to side gently using tongs or similar utensil until it seals properly.
- If any steam is escaping around the lid, it means that the Rubber Seal Ring(11) may not have completed a tight seal when the lid (1) was locked. Cancel the cooking process, release pressure manually or naturally, remove the lid (1) and check the Rubber Seal Ring (11). Reposition the lid (1) and ensure that it is secure. Re-Start the cooking process.
- Please note that steam escaping from the Valve (3) or around the lid (1) is normal for the first 5 minutes or so of the cooking process. If it continues beyond 10 minutes, please press the **Cancel** button and follow the instructions to release all of the pressure before removing the lid (1) to check the Valve (3) or the Rubber Seal Ring (11).

### NOTES & TIPS #3:

\*\*At any point during the selection process or the cooking process, you can press the **CANCEL** button to cancel your selection or to cancel the cooking process.

# OPERATING INSTRUCTIONS

## HOW TO USE THE PRE-SET MENU BUTTONS:

There are Seven Pre-set Menu Buttons pre-programmed for your pressure cooker (Vegetables/Fish, Soup/Stew, Potatoes, Beef/Meat, Rice, Chicken, and Beans/Chili). These are pre-set for quick and easy cooking for small portions of food in addition to manual programming. (When cooking food that is more than 3lbs. or more than 6-cups, please use the Timed Cooking function under 'HOW TO USE THE PRESSURE COOK TIME BUTTON.')

The seven Pre-set Menu Buttons are programmed to detect the weight of food being cooked and how much liquid is inside the pot during the cooking cycle. The unit will automatically build up the pressure, cook the food and go to **KEEP WARM** when cooking is complete.

MENU BUTTON SELECTIONS & COOK TIMES:			
VEGETABLES/FISH	5-minutes	BEANS/CHILI	14-minutes
SOUP/STEW	16-minutes	PRESSURE COOK TIME	1~99-minutes
POTATOES	12-minutes	STEAM	1~40-minutes
BEEF/MEAT	26-minutes	SLOW COOK	0.5~9.5-hours
RICE	10-minutes	BROWN/SAUTE	-
CHICKEN	20-minutes		

- 1) Prepare desired food and place into cooking pot (6).
- 2) Secure the lid (1) onto the unit, turn it Counter-clockwise to lock it properly in place.
- 3) Make sure the Pressure Limiting Valve(3) is set to the "Airtight" position.
- 4) Plug the power cord into a 120V power outlet.
- 5) The LED screen will display **0.0 00**.
- 6) Choose the desired menu button. When pushed, the Cook Time will display for the selected setting. For example, if **VEGETABLES/FISH** is selected, the display will show **0.0 05** and the indicator light for **VEGETABLES/FISH** will begin blinking. Press **START** to begin the cooking process and the indicator light for **VEGETABLES/FISH** will turn solid.

### NOTES & TIPS #4:

When pressing a Menu Button, the LED screen will not immediately change until the pressure has built up to capacity. This may take approximately 5-10 minutes depending on the quantity of food you are cooking.

- 7) Once you press **START**, the LED screen will display **T TP**. You may press **CANCEL** to stop the current cooking function.
- 8) The pressure cooker will begin building pressure at this time. Using the **VEGETABLES/FISH** function as an example, the LED screen will display **P0 05** when proper pressure is achieved and the 5 minute cook-time will begin to count down. (Depending on the menu button selected, the display will be different for each button and show **P0** correspondingly based on the **MENU BUTTON SELECTIONS& COOK TIMES CHART**.)

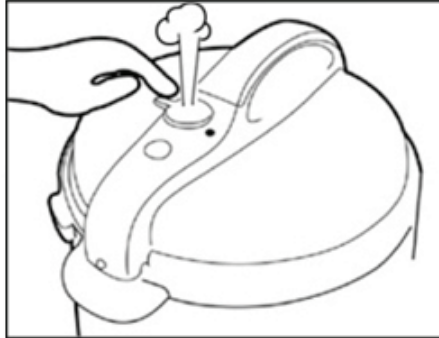
## OPERATING INSTRUCTIONS (CONT.)

- 9) When the unit has pressurized, it will begin to pressure-cook the food. You may hear quiet hissing or sizzling sounds coming from inside of the unit during this time.
- 10) When cooking has completed, the pressure cooker will beep 6-times and automatically go to **KEEP WARM**. The LED Screen will display **END**.
- 11) The **KEEP WARM** indicator light will begin blinking and the Pressure Cooker will begin naturally releasing the pressure. (See Notes & Tips #6). This will take approximately 10-15 minutes. Once all pressure has been released the **KEEP WARM** indicator light will turn solid.
- 12) You may also Quick Release the pressure. If you wish to Quick Release the pressure, move the Pressure Limiting Valve (3) to the "Exhaust" position to release the pressure until the Float Valve (4) sinks. (Figures 20-21)

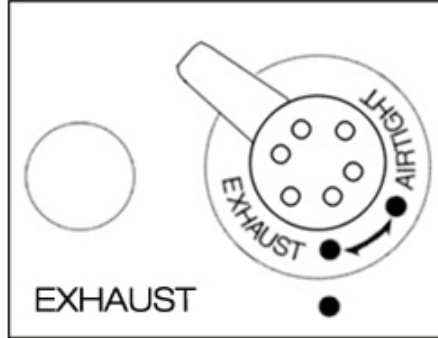
**CAUTION: Use an oven mitt or long utensil. Keep hands, arms, and face away from Pressure Release Valve while in the Exhaust position. Failure to comply may cause serious injury.**

### NOTES & TIPS #5:

- When cooking soups or stews with other hearty ingredients such as potatoes or meat, as much as 5 or 6 cups of liquid must be used to prevent ingredients from over-cooking or burning.



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- 13) Always be certain the pressure is released completely before unlocking the lid (1) and opening it.
- 14) Press **CANCEL** to end operation and remove food to serve immediately or allow the unit to remain in **KEEP WARM** mode. (It is not recommended to keep food warm for over 4-hours).

# OPERATING INSTRUCTIONS (CONT.)

## NOTES & TIPS #6:

- **NATURAL RELEASE** is recommended when cooking foods that will not have the tendency to overcook such as Potatoes, Beans, Soups & Stews. During the Natural Release time period (may take 10-15 minutes), the pressure cooker may still be heated and cooking the food slightly.
- **QUICK RELEASE** is recommended when cooking foods that you wish to be Medium or Medium-Rare such as Beef Roasts or Lamb. This will release the pressure quickly and prevent the food from over-cooking.

## **HOW TO USE THE SET PRESSURE COOK TIME BUTTON:**

Setting your own cook time is ideal for cooking meat or poultry that weighs more than 3-pounds. It is also suggested for slow-cooking certain recipes that require cooking for more than 30-minutes. The programmed cook time can be set up to 99-minutes.

- 1) Prepare desired food and place into cooking pot (6).
- 2) Secure the lid (1) onto the unit, turn it Counter-clockwise to lock it properly in place.
- 3) Make sure the Pressure Limiting Valve(3) is set to the "Airtight" position.
- 4) Plug the power cord into a 120V power outlet.
- 5) The LED screen will display **0.0 00**.
- 6) Set the desired cooking time by pressing the **PRESSURE COOK TIME** button. Each push of the Pressure Cook Time button will increase the cooking time by 1 minute or hold the button down for rapid increase of time. The maximum amount of time allowed is 99 minutes.
- 7) For example, if you set the **PRESSURE COOK TIME** to 18 minutes, the LED screen will display **0.0 18**.
- 8) Press the **START** button to start cooking, the indicator light for **PRESSURE COOK TIME** will stop blinking and the display will show **T TP**. When proper pressure is achieved, the LED screen will display **PO 18** (As an example, we've set the cooking time to 18 minutes) and the cook-time will begin to count down to 0.  
(Note: The LED screen will not immediately display a P until the proper pressure has been achieved. This may take up to 5-10 minutes).
- 9) When cooking is complete, the pressure cooker will beep 6 times and automatically switch to **KEEP WARM**. The LED screen will display **END**.
- 10) The **KEEP WARM** indicator light will begin blinking and the Pressure Cooker will begin naturally releasing the pressure. (See Notes & Tips #6). This will take approximately 10-15 minutes. Once all pressure has been released the **KEEP WARM** indicator light will turn solid.

# OPERATING INSTRUCTIONS (CONT.)

## HOW TO USE THE DELAY TIMER BUTTON:

If you wish to program your pressure cooker to automatically cook prepared food at a later time, you can program the pressure cooker to delay cooking by up to 24-hours. This setting is used in combination with the **MENU BUTTON SELECTIONS** in the chart shown on page 12 with the exception of the **BROWN/SAUTE** function.

- 1) Prepare desired food and place into cooking pot (6).
- 2) Secure the lid (1) onto the unit, turn it Counter-clockwise to lock it in place.
- 3) Make sure the Pressure Limiting Valve(3) is set to the "Airtight" position.
- 4) Plug in the power cord to a 120V outlet.
- 5) The LED screen will display **0.0 00**.
- 6) Press the **DELAY TIMER** button (the indicator light will begin blinking), pressing it once for each additional 0.5-hour or hold for rapid increase up to 10-hours, thereafter 1-hour increments (indicated on the LED screen). The maximum Delay period is 24-hours in half-hour increments. Pressing the delay timer button again after reaching the 24-hour setting will automatically reset the delay timer to zero. (The time that displays on the LED screen shows how long the user wants the unit to wait before the cooking process begins.)  
EX: If you wish to program the pressure cooker to automatically turn on in 3-hours, press the **DELAY TIMER** button, then press the **DELAY TIMER** button 5 more times until the LED screen displays **3.0 00**).
- 7) After choosing the desired delay time, choose your **MENU BUTTON** or **PRESSURE COOK TIME**.

### MENU SELECT BUTTONS:

- Select one of the ten **MENU BUTTONS** and then press **START**.
- Once you have selected your desired function, the pressure cooker will count down the delay time and then start cooking.

### PRESSURE COOK TIME::

- Press the **PRESSURE COOK TIME** button to desired cook time. EX: If you wish to program to cook for 60-minutes. The LED screen will display **3.0 60**).
  - Press **START**. Your pre-set delay timer has been programmed to delay cooking by 3 hours and to cook for 60 minutes.
- 8) Once you have pressed **START**, both the indicator lights for the **DELAY TIMER** and the **COOK FUNCTION** will illuminate solid.
  - 9) When cooking has completed, the pressure cooker will beep 6-times and automatically go to Keep Warm mode. The display will read "END."
  - 10) The **KEEP WARM** indicator light will begin blinking and the Pressure Cooker will begin naturally releasing the pressure. (See Notes & Tips #6). This will take approximately 10-15 minutes. Once all pressure has been released the **KEEP WARM** indicator light will turn solid.



# OPERATING INSTRUCTIONS (CONT.)

## NOTES & TIPS #7:

- It is recommended to release the pressurized steam when the “Keep Warm” LED stops flashing as the pressure cooker will have lower pressure. This will require a little more time. (Approximately 5-10 minutes).
- During the cooking process, when the pressure cooker enters into the Pressurized Sequence, the first digit on the LED screen will display the letter “P”.
- For foods with a high volume of liquid (Stews, soups, porridges, etc.) **IT IS NOT RECOMMENDED TO USE QUICK RELEASE.** This is to avoid liquid splatter from the ventilation in the Pressure Limiting Valve (3).
- Using NATURAL RELEASE: User should wait for the temperature to drop and the Float Valve (4) to sink on its own prior to opening the lid.

**\*CAUTION:** It is not recommended to use the Delay Timer function to cook foods that may spoil. Leaving raw foods inside the pressure cooker for long periods of time prior to cooking may result in the food spoiling. Cook food that can be left out such as rice, beans, grains or other foods that will not spoil.

## HOW TO USE THE BROWN/SAUTÉ BUTTON:

Certain recipes suggest that you brown meat or sauté vegetables to ensure juices are retained during cooking. It also provides nice coloring when meat or vegetables are cooked and ready to serve.

To brown/sauté:

- 1) Open and/or remove the lid (1) depending on your preference.
- 2) Select the **BROWN/SAUTE** button, the light will begin blinking and the display will show **0.0 00**. Press the Start button to manually begin the heating process, the indicator light will illuminate solid and the display will show **00 --**. (Please note that the **BROWN/SAUTE** function does NOT work in conjunction with the delay timer nor does it have a default cooking time, you must watch over the food until it reaches the desired consistency and press the **CANCEL** button to stop the **BROWN/SAUTE** function).
- 3) Place food into the Inner Pot (6) and cook to brown or sauté to desired consistency.
- 4) When ready to start the pressurized cooking cycle: Press the **CANCEL** button to cancel the browning/sautéing process.
- 5) Close the lid (1) and secure properly.
- 6) Follow the instructions on pressure cooking to your preference.
  - **Note:** If using the **BROWN/SAUTE** function for longer than 1-2 minutes, the unit will need to cool down to an internally set temperature in order for you to begin cooking under pressure. Please let the unit rest for 2-3 minutes after pressing the **CANCEL** button before programming the unit to cook under pressure.

# OPERATING INSTRUCTIONS (CONT.)

## HOW TO USE THE KEEP WARM BUTTON:

Food can be prepared at an earlier time and kept warm inside the pressure cooker using the **KEEP WARM** function. Food can be kept warm for up to 4-hours. Additional time may cause a change in flavor, appearance and cause food to spoil.

- 1) Prepare desired food and place into inner pot (6).
- 2) Secure the lid (1) onto the unit and turn it Counter-clockwise to lock it in place properly.
- 3) It is recommended to set the Pressure Limiting Valve (3) to "Exhaust" at this time since you are only keeping food warm and not pressurizing.
- 4) Press the **KEEP WARM** button. The indicator light will illuminate solid. It should not be blinking.
- 5) The pressure cooker will start maintaining a lower temperature to **KEEP WARM**.
- 6) To cancel, simply press the **CANCEL** button.
- 7) Remove food and serve.
- 8) Unplug power cord and allow to cool completely before dismantling and cleaning.

## HOW TO USE THE STEAM BUTTON:

- 1) Place wire rack (not included) into Inner Pot. A stainless steel wire rack or trivet no larger than 8.25" in diameter is recommended to be used with this pressure cooker.
- 2) Place a heat resistant dish or container on top of wire rack.
- 3) Add water to a level just below the top of the rack.
- 4) Place food in heat resistant container on the rack. Do not fill pot more than 4/5 full with food. If steaming rice, put rice in an 8 inch or smaller bowl and place on rack.
- 5) Place the Tempered Glass Lid (14) (included) onto the pressure cooker.
- 6) Press **STEAM** button, the indicator light will begin blinking and display will show **0.0 01** (equals 1 minute cooking time).
- 7) Set the desired cooking time by pressing the **STEAM** button once for each additional minute or hold for rapid increase. The longest steam time allowed is 40 minutes.
- 8) Press the **START** button to begin steam cooking, the indicator light will illuminate solid and the display will show **T TP**. Once enough steam pressure has been reached, the display will show **-- 01** (for example if you set to steam cook for 1 minute), and at this point the steam timer will count down. Once the timer reads "END" the cooker will switch to **KEEP WARM** mode.
- 9) The **KEEP WARM** indicator light will begin blinking and the Pressure Cooker will begin cooling down. This will take approximately 10-15 minutes. Once all residual steam pressure has been released the **KEEP WARM** indicator light will turn solid.
- 10) Press the **CANCEL** button to end operation.

**CAUTION! Never put your face or hands directly over the cooker when removing lid, escaping steam can cause serious burn injury.**

# OPERATING INSTRUCTIONS (CONT.)

## HOW TO USE THE SLOW COOK BUTTON:

- 1) Prepare desired food and place into Inner Pot (6).
- 2) Place the Tempered Glass Lid (14) (included) onto the pressure cooker.
- 3) Press the **SLOW COOK** button. The light will begin blinking and the display will show 0.0 0.5 (this equals 30minutes of slow cook time). Set the desired slow cook time by pressing the **SLOW COOK** button once for each additional 30 minutes. The longest slow cook time allowed is 9.5 hours.
- 4) Press the **START** button to start cooking, the indicator light will illuminate solid and the display will show T TP.
- 5) Once the internal temperature reaches 180°F, the display will show -- 0.5 (for example, if you set it to slow cook for 30 minutes) and the cooker will begin to count down in half hour (30 minute) increments. When the display shows "END" the appliance will switch to **KEEP WARM**. Press **CANCEL** to end the operation.

## HOW TO COOK WITH FROZEN FOODS:

Cooking frozen food inside a pressure cooker is quick and easy but has certain restrictions. Only cook individual cuts of frozen meats that are up to 1 inch thick, the cooking time does not need to be altered. Pressure will not be achieved until the internal temperature has reached a preset level. If the recipe states the meat be cooked for 10 minutes after pressure has been achieved, it will still be the same, but will take longer to come to the pressure point.

It is not recommended to pressure cook larger cuts of frozen meats such as a whole roast, a block of frozen ground meat or a whole chicken. Larger cuts will require increased cooking times of up to one third more, and the results may not be the same when compared to meats that were thawed (or at least partially thawed) and browned before cooking.

## HOW TO USE THE PRESSURE COOKER FOR CANNING:

It is recommended to purchase a separate instructional book that is specific to Canning. These books can be purchased at a local book store or online. This pressure cooker can be used to do basic pressure canning and the water-bath method. Low-Acidic fruits and vegetables and High-Acidic fruits and vegetables are recommended. It is not recommended to can foods such as meat or seafood products in this unit. It is not recommended to use this pressure cooker for canning at high or low altitudes.

Before using this unit for canning purposes, check with the UDSA for food preservation guidelines or read the publications listed at [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html)

## OPERATING INSTRUCTIONS (CONT.)

- Always use canning supplies specifically manufactured for canning purposes. It is recommended to use mason jars that are 32-ounces or smaller. Do not stack jars on top of each other.
- Always inspect your canning supplies to ensure proper function and safety. Avoid using jars with chips, nicks, cracks or other imperfections in the glass, rims or lids.
- Wash jars thoroughly in hot water according to manufacturer's instructions.
- Prepare food and fill mason jars and seal according to manufacturer's instructions.
  - Always make sure there is 1-inch of headspace in the jars.
  - Use a thin utensil to release any trapped air between the food and the jar by pressing food firmly to the sides to dislodge any air bubbles.
  - Set jar lids onto the jar and screw on the outer rings until tight, then unscrew  $\frac{1}{4}$  turn.
- Place jars into the inner pot.
- If desired, use clean dish towels to tuck around the jars to prevent them from touching each other or the sides of the inner pot.
- Fill inner pot (6) with 6-cups of water. (Certain canning recipes may require a different amount of water.)
- Secure the lid (1) onto the pressure cooker, turn it Counter-clockwise to lock it in place properly.
- Make sure the Pressure Limiting Valve(3) is set to the "Airtight" position.
- Plug the power cord into a 120V power outlet.
- Follow canning recipe for the type of food you are canning and program the "Pressure Cook Time" for the specified time frame for the size of jars and type of food recipe you are using.  
(EX: If you set the cook time to 30-minutes, the LED screen will display **0.0 30**)
- Press Start.
- The pressure cooker will begin to operate.
- When pressurization has been achieved, the LED screen will display **PO 30**.
- When the unit has reached optimum pressure, it will begin to pressure-seal the mason jars. The programmed time will begin to count down until it reaches zero.
- When time has expired, the pressure cooker will beep 6-times and automatically go to **Keep Warm**.
- The **Keep Warm** indicator light will begin blinking. This indicates the Pressure Cooker is proceeding to Naturally Release the pressure. (See Notes & Tips #6)
- Open lid once pressure has completely released which is indicated by the **Keep Warm** indicator light staying illuminated.

## OPERATING INSTRUCTIONS (CONT.)

- Carefully remove jars using special canning utensils or tools. **CAUTION:** Jars are hot!
- Set jars on a towel or cooling rack and allow to cool completely in a draft-free location.
- Follow recipe instructions on cooling and storage.

### NOTES & TIPS #8:

- While the jars are cooling, a small “click” sound will come from the lids to indicate the lids are sealing properly.
- After approximately one hour, check to be sure the flat lids have obtained a good seal by pressing down with your thumb; the lid should remain stiff with no movement.
- If you have not achieved a good seal within 2 hours, the canning did not work properly and the ingredients will need to be refrigerated and used within 3 days or frozen in a freezer container.

## CLEANING & MAINTENANCE

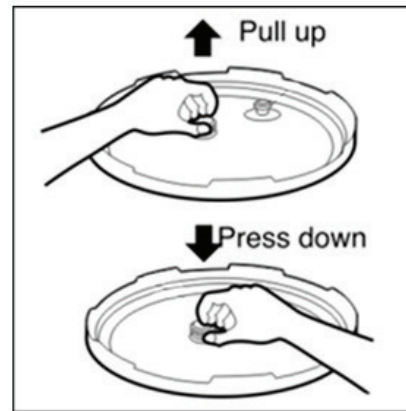
- 1) Always make sure the Pressure Cooker is unplugged, depressurized and completely cooled down before cleaning or dismantling.
- 2) Use a non-abrasive sponge or damp wash cloth to clean the exterior of the outer body (12) and the exterior surface of the pressure cooker. **NEVER** immerse the pressure cooker in any liquids.
- 3) Remove the Condensation Collector (8) and rinse it thoroughly and let dry. Clean the Upper Body (12) with a damp sponge or wash cloth.
- 4) Clean the Lid (1) with warm soapy water, including the Rubber Seal Ring (11), Pressure Limiting Valve (3), Filter (10), Vent, and Floating Valve (4) and let dry thoroughly.
  - The Pressure Limiting Valve (3) pops off easily by gently reaching underneath it and gently prying upwards. Be careful not to damage the thin wire spring under it.
  - On the underside of the lid (1) below the Pressure Limiting Valve (3) is a small metal Filter cap (10) which can be removed easily to clean.
- 5) Let parts dry completely before reassembling.
- 6) Wash the Inner Pot (6) with a non-abrasive sponge with warm soapy water, rinse, and allow to air dry or use a towel.
- 7) Clean the Pressure Limiting Valve (3) and the holes with a small brush to ensure smooth flow of steam during the release cycle.

**NOTE:** Any servicing required shall be performed by an authorized service representative or from the original manufacturer or distributor.

## CLEANING & MAINTENANCE (CONT.)

### How to Clean the Filter:

If you wish to clean the filter (10), you may remove it by pulling vertically. To re-attach, simply line up the filter (10) and press down to secure the filter (Figure 22).



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## FAQ (FREQUENTLY ASKED QUESTIONS)

- 1) Is the Airtight/Exhaust Valve Knob (3) on the top of the lid (1) supposed to be loose?
  - If you are not cooking or using the unit, the Valve Knob (3) will be loose. It will turn 360 degrees and may even come off if you pull on it. Once you start using the pressure cooker and the pressure has built up, and the Valve Knob (3) is set to "Airtight" properly, it will not be loose anymore.
  - Sometimes during cooking and pressurizing, steam may escape from the Valve (3). It indicates the Valve (3) is not seated properly/securely. Simply use tongs or similar utensil and gently/carefully adjust it so it is seated properly.
- 2) When I choose a Menu Button (ex: Meat & Chicken), nothing happens? What's wrong?
  - Nothing is wrong.
  - Make sure the Valve (3) on top is set to Airtight and the lid (1) is locked securely. Once you have selected the Menu Button, simply leave the unit alone and it will start to heat up and build up pressure. This sometimes may take up to 5-10 minutes depending on what you're cooking.
  - Once the unit has built up enough pressure, the red display will change to a letter (P). This is the time the unit will start cooking the food. This may take up to 5-10 minutes.
  - The unit will then start to cool down and de-pressurize on its own. It will beep 6-times. The (P) will turn back to a (0) and the **Keep Warm** light will begin blinking.
  - During this time, the food inside is still cooking. Depending if you want your food to be cooked longer, you can allow the unit to naturally release the pressure by letting the unit sit. (Some meats

## FAQ (FREQUENTLY ASKED QUESTIONS)

will keep cooking once the pressure is released, so if you prefer your meat to be Medium or Medium-Rare, we suggest the quick release.)

- Once the pressure has completely released, the floating valve (3) will drop down. You can unlock the lid (1) and open to check on your food.
- 3) **When I set the pressure cooker using the Manual Pressure Cooking time OR the Preset Menu Buttons, it will begin to build pressure & heat up, but in about 5-minutes the unit beeps and goes to Keep Warm and my food did not cook completely. What is happening?**
- The unit is sensing that there is a leak in the pressure and that it is not sealed up properly. Check the unit thoroughly. Make sure the rubber gasket ring (11) is in place, the lid (1) is securely locked, and that the Valve (3) on top of the lid (1) is set to the "Airtight" position. Reset the unit by unplugging it. Wait 10-seconds and plug it back in. Program the unit again.
  - Another reason this may happen is that not enough liquid has been added to your recipe. The pressure cooker has an automatic over-heat prevention sensor that will automatically set itself to OFF or to Keep Warm when it senses that no liquid is present so it does not over-heat. You will need to add more liquid to the inner pot.
- 4) **Steam is being released around the rim of the lid (1) during the pressurizing sequence. How do I fix this?**
- The Rubber Sealing Ring (11) did not make a proper seal. Cancel all the functions. Exhaust any remaining pressure and steam. Open the lid (1) and remove it entirely. Check the Rubber Sealing Ring (11) to make sure it is positioned properly. Rub a wet cloth along it to make sure it is clean of debris and it is smooth. Re-assemble the lid (1), lock it securely in place and restart the cooking process.
- 5) **Steam is being released from the Pressure Limiting Valve (3) during the pressurizing sequence. How do I fix this?**
- The Valve (3) may not be positioned properly. Simply use tongs or similar utensil or oven mitt and carefully adjust it so it is seated properly. If the steam continues to release, you may need to Cancel all the functions. Exhaust any remaining pressure and steam. Remove the Pressure Limiting Valve (3) and check the thin wire spring on the underside of it. Make sure it is not bent or loose. If steam still continues to escape, the Valve (3) may be faulty and replacement or repair may be necessary. Please contact the manufacturer.

## FAQ (FREQUENTLY ASKED QUESTIONS)

- 6) Pressurized Steam is being quietly released from the Floating Valve (3) area during the pressurizing sequence. How do I fix this?
- This may happen during the initial start-up of the Pressurizing Sequence. Simply use tongs or similar utensil or oven mitt and carefully adjust it so it is seated properly. This will help settle the lid and all the valves properly. The pressure will quickly push up on the Floating Valve (3) and seal it properly then finish the pressurizing sequence.
- 7) My food is finished cooking and all the pressure is released, but I cannot unlock and open my lid (1). What is stuck?
- Make sure all the pressure and steam has completely been released. Make sure the small Floating Valve (4) is no longer in the up position. It may be stuck in the UP position, simply tap the lid (1) slightly to make it go back down. Then turn the lid (1) clockwise to unlock. If it is still stuck, unplugging the unit may help.

### NOTES & TIPS #9:

- If recipes require the use of a trivet, riser (wire rack), foil, or heat-resistant/pressure-resistant oven-safe cookware, you may use these accessories in this pressure cooker.



# COOKING TIME CHART

Courtesy of [www.healthfoods.com](http://www.healthfoods.com)

Please note that all the below information is for your reference only and can be adjusted according to the user's preference.

## Meat/Poultry

- Always cook meat or poultry with at least 1-3 cups of liquid. If the cooking time exceeds 15 minutes, use 2 cups of liquid. If weight of meat or poultry is 3lbs, use 3 cups of liquid. Preserved or salted meats should be immersed in water.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.
- Unless indicated. The cooking times given below are for 3 pounds of meat or poultry unless noted otherwise. Additionally, the denser the cut, the longer the cooking time should be.

Type of Meat	Approximate Cooking Minutes	Pressure Release
Beef/Veal, roast or brisket	38-42	Quick Release
Beef Meatloaf, 2 lbs.	13-18 or use the Meat Button	Quick Release
Beef, meatballs, 1-2 lbs.	7-12 or use the Meat Button	Natural Release
Beef, Corned	55-65	Natural Release
Pork, roast	43-47	Natural Release
Pork, ribs, 2 lbs.	18 or use the Meat Button	Quick Release
Pork, ham shank	25-28	Natural Release
Leg of Lamb	42-45	Natural Release
Chicken, whole, 2-3 lbs.	15-18 or use the Meat Button	Quick Release
Chicken, pieces, 2-3 lbs.	12-15 or use the Meat Button	Quick Release
Cornish Hens, two	12-15 or use the Meat Button	Quick Release
Meat/Poultry soup/stock	15-20 or use the Meat Button	Quick Release

## Seafood

- Cooking times may vary according to the type of seafood being cooked.
- Cook seafood on a cooking rack with a trivet on the bottom of the pot (if available), and add at least 3/4 cup of liquid. Lightly grease cooking rack with vegetable oil when cooking fish.

Type of Seafood	Approximate Cooking Minutes	Pressure Release
Clams	3-5	Quick Release
Crabs	3-5	Quick Release
Lobster, 1 1/2 - 2 lbs.	3-5	Natural Release
Mussels	3-5	Quick Release
Shrimp	2-3	Quick Release
Fish, whole, gutted	7-8	Quick Release
Fish, Soup or Stock	7-8	Quick Release

## Vegetables

- Always cook with at least 1-2 cups of liquid.
- Add 1-2 additional minutes to cooking time when preparing frozen vegetables.
- Use the quick-release release method at the end of cooking cycle so vegetables will not become soggy. (Below chart is for quantity approximately half a pot).

Type of Vegetable	Approximate Cooking Minutes	Pressure Release
Asparagus, thick whole	2-5	Quick Release
Asparagus, thin whole	1-2	Quick Release
Beans, fava, shelled	5	Quick Release
Beans, green, whole	4-5	Quick Release
Beans, lima, shelled	3	Quick Release
Beets, small, whole	2-3	Quick Release
Beets, large whole	23	Quick Release
Beets, 1-inch slices	5	Quick Release
Broccoli, flowerets	3	Quick Release
Brussel sprouts, whole	5	Quick Release
Carrots, 1-inch chunks	5	Quick Release
Carrots, 1/4-inch slices	1-2	Quick Release
Cauliflower, flowerets	3-5	Quick Release
Corn on-the-cob (4-6)	4	Quick Release
Escarole, coarsely chopped	2-3	Quick Release
Kale, coarsely chopped	2-3	Quick Release
Okra, small pods	3-5	Quick Release
Onions, whole	3	Quick Release
Potatoes, 1 1/2-inch chunks	7	Quick Release
Potatoes, new, small whole	6	Quick Release
Potatoes, sweet and yams, whole, medium	10-12	Quick Release
Potatoes, sweet and yams, 2" chunks	7-8	Quick Release
Spinach, fresh, coarsely chopped	3	Quick Release
Squash, acorn, halved	8	Quick Release
Squash, butternut, 1-inch chunks	5	Quick Release
Squash, summer, zucchini or yellow, 1/2-inch slices	6	Quick Release
Turnips, small quartered	4	Quick Release
Turnips, 1 1/2 inch chunks	4	Quick Release

\*Split peas and rhubarb can foam, froth, and sputter, and can clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.

## Dried Beans and Other Legumes

- Place beans or legumes in pressure cooker. Add 3 cups of water for each cup of beans or legumes.
- Add 1 tablespoon of vegetable oil for each cup of water to cut down on foaming. Do not add salt until after cooking.
- Let pressure drop naturally after cooking.
- Cooking times may vary according to the quality of the beans or other legumes. If still hard after recommended cooking times, continue cooking uncovered. Add additional water, if necessary. (Below chart is for quantity approximately half a pot).

Type of Legume	Approximate Cooking Minutes	Pressure Setting
Azuki	7-8	Natural Release
Black Beans	10-12	Natural Release
Black Eyed Peas	11-12	Natural Release
Chick Peas (garbanzo)	11-13	Natural Release
Gandules (pigeon peas)	8-10	Natural Release
Great Northern	10-14	Natural Release
Kidney Beans, Red	12-14	Natural Release
Lentils, green	10-12	Natural Release
Lentils, soup	8-10	Natural Release
Lentils, red	10-15	Natural Release
Lima Beans	7-8	Natural Release

\* Applesauce and cranberries, can foam, froth, and sputter, and can clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.

## Grains

Before cooking, soak certain grains, such as wheat berries and pearl barley in four times their volume of lukewarm water for at least four (4) hours or overnight if required. Do not add salt to water, since it may toughen the grains and inhibit hydration.

- Do not soak rice.
- Rinse under lukewarm water (this also applies to rice)
- Cook each cup of grain in the amount of water specified.

Type of Grain	Approximate Cooking Minutes	Pressure Setting
Rice, basmati – 1 1/2 cups	7-8	Natural Release
Rice, converted – 1 1/2 cups	7-8	Natural Release
Rice, long grain – 1 1/2 cups	7-8	Natural Release
Rice, brown – 1 1/2 cups	17-22	Natural Release
Rice, wild – 3 cups	25-27	Natural Release
Wheat, berries – 3 cups	1	Natural Release

\* Pearl barley, oatmeal or other cereals can foam, froth, and sputter, and can clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.

### Meat/Poultry (Larger Cuts)

- Always cook meat or poultry with at least 1-3 cups of liquid. If the cooking time exceeds 15 minutes, use 2 cups of liquid. If weight of meat or poultry is 3lbs, use 3 cups of liquid. Preserved or salted meats should be immersed in water.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.

Category	Meat	Pressure Cooker Cook Times (Approx)
Beef, fresh	rib roast, bone in (4 to 6 pounds)	42-80 minutes cook time
	rib roast, boneless, rolled (4 to 6 pounds)	60-90 minutes cook time
	round or rump roast (2 ½ to 4 pounds)	30-45 minutes cook time
Turkey, fresh unstuffed	4 to 8 pounds (breast)	30-80 minutes cook time
	8 to 12 pounds	35 to 45 minutes cook time
Chicken, fresh	whole roasting hen (5 to 7 pounds)	25 - 35 minutes cook time
	breast, halves, bone-in (6 to 8 ounces)	8-15 minutes cook time or press <b>MEAT</b> button
	breast, halves, boneless (4 ounces)	6-10 minutes cook time or press <b>MEAT</b> button
	legs or thighs (4 to 8 ounces)	8-20 minutes cook time or press <b>MEAT</b> button
Pork, fresh	loin roast, bone-in or boneless (2 to 5 pounds)	25 - 50 minutes cook time
	crown roast (4 to 6 pounds)	35 - 70 minutes cook time
	tenderloin (½ to 1 ½ pounds)	8-15 minutes cook time or press <b>MEAT</b> button
Ham, smoked	fresh, cook-before-eating, bone-in, half (5 to 7 pounds)	45 - 70 minutes cook time
	fully cooked, bone-in, half (5 to 7 pounds)	35 - 60 minutes cook time
	fully cooked, spiral cut, whole or half (7 to 9 pounds)	50 - 85 minutes cook time