SAFETY PRECAUTIONS:

**Disclaimer:** Manual instructions should always be read and implemented prior to product use. Manufacturer/ importer advisory board are not reliable for inadequate use due to instruction manual negligence or failure to follow direction. This product is intended for indoor household use only!

Keep this device out of the reach of children or other disqualified persons, since the misuse of contents and packaging materials may result in hazard or death.

- Do not operate while unattended.
- Do not touch hot surfaces. Use handles or knobs.
- Close supervision is necessary when the pressure cooker is used near children.
- DO NOT allow children to operate the device under any circumstance.
- Do not place the pressure cooker in a heated oven.
- Extreme caution must be used when moving a pressure cooker containing hot liquids.
- Do not use pressure cooker for other than intended use.
- To protect against electrical shock do not immerse cord, plugs, or main body in water or other liquid.
- This appliance cooks under pressure. Improper use may result in scalding injury.
- Ensure unit is properly closed before operating. See “Operating Instructions”.
- Do not fill the unit over 2/3 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 clog the vent pipe and develop excess pressure. Failure to follow this procedure can result in injury to person(s) and/or damage to the unit.
- 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, and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
- Always check the pressure release devices for clogging before use.
- Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can be hazardous. See operating instructions.

- Do not use this pressure cooker for pressure frying with oil.
- DO NOT place the product near flammable materials or use in a humid environment.
- DO NOT damage the seal belt and DO NOT replace it with anything other than the replacement belt designated for this unit.
- DO NOT tamper with the Steel Ring in the Lid (2) with any tools or external forces. If the steel ring is damaged, please stop using immediately and replace the lid.
- Clean the filter (17) regularly to keep the cooker clean.
- NEVER use additional weight on the pressure limiting valve (3) or replace the pressure limiting valve (3) with anything not intended for use with this unit.
- The surface of contact between the Inner Pot (6) and the Electronic Heater (14) should always be clean. DO NOT use the Inner Pot with other heating sources. DO NOT replace the Inner Pot with a container other than what is recommended by the manufacturer.
- The Inner Pot consists of a non-stick layer surface. To avoid scratching the non-stick surface, use wooden or plastic utensils.
- Food should not be kept warm for more than 4 hours in order to maintain the freshness of the food. The pressure cooker should not be used for more than 6 hours continuously. Serious Injury and/or damage may occur if any safeguards are ignored.
- If steam escapes around the Lid during the cooking process, unplug from the power supply immediately and allow to cool. Check that the Rubber Seal Ring (18) is securely and properly fitted to the Inner Lid (2). If problem persists, contact the manufacturer for exchange or repair.
- If there is any malfunction of the cooker during the cooking process, stop using the device and return to the manufacturer for repair or exchange.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Unplug from outlet when not in use and before cleaning. Allow to cool before
putting on or taking off parts.

- Do not operate this appliance with a damaged cord or plug or after it malfunctions or has been damaged in any manner. Bring it to a qualified technician for examination, repair or electrical or mechanical adjustment. DO NOT disassemble the product, or replace parts with parts not intended for this unit.

- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to off, then remove plug from wall outlet.

- Do not use outdoors.

- Do not place or near a hot gas or electric burner, or in a heated oven.

- Any other servicing should be performed by an authorized service representative.

- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.

- Some countertop and table surfaces, such as Corian®, wood and / or laminates, are not designed to withstand prolonged heat generated by certain appliances. It is recommended by countertop manufacturers and maxi-matic that a hot pad or trivet be placed under your appliance to prevent possible damage to the surface.

SAFETY WARNINGS:

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 120V 60Hz power receptacle.

This product is to be used in an indoor environment only and is not intended for commercial use. Dry locations only.

All parts and accessories must be the original as provided by the manufacturer. All other parts and accessories that are not intended for use with this appliance are strictly prohibited.

The use of an extension cord, power adapter or other electric devices is highly not recommended.

Always keep hands and face away from Pressure Release Device when releasing pressure.

Use extreme caution when removing the lid after cooking. Always tilt the lid away from you, so any remaining steam is away from your face.

Never attempt to open lid while cooking, or before float valve (4) has dropped. Do not attempt to defeat this safety feature by forcing lid open.

Do not cover or block the pressure valves.

Do not touch the pot or lid, except for the handle, immediately after using.

WARNING: To avoid burns, allow food to cool before tasting. The temperature of the food gets considerably hotter than with conventional cooking.

WARNING: This is NOT a Stovetop Pressure Cooker.

Under NO circumstances should this Pressure Cooker or any of its parts or components be placed ON or NEAR a Stovetop, Range, or Open Flame.

Doing so may cause serious damage to the Pressure Cooker and/or cause injury to a person.

LED ERROR INDICATOR

If any of the below error codes appear on the pressure cooker display, unplug the power cord and re-plug after 10 minutes. If the error code remains, contact the manufacturer for a replacement part.

See Troubleshooting on page 27 for instructions regarding an E4 error.

<table>
<thead>
<tr>
<th>indicator Code</th>
<th>Problem / Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>E1</td>
<td>Open circuit of the sensor</td>
</tr>
<tr>
<td>E2</td>
<td>Short circuit of the sensor</td>
</tr>
<tr>
<td>E3</td>
<td>Overheating</td>
</tr>
<tr>
<td>E4</td>
<td>Signal switch malfunction</td>
</tr>
</tbody>
</table>

PRODUCT FEATURES AND SPECS

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 Pressure Cooker seals in steam to cook hotter and faster while retaining
important nutrients for healthier meals. Cooking fast and with less water saves vital natural resources and energy. The unit features easy touch-button settings, a countdown timer, and a cooking pot large enough for family gatherings. It’s simple to use, and makes meals quick and easy.

- 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 (3) beep indicator, followed by the unit automatically switching to the Keep Warm mode.

- 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. At the end of the countdown, the cooker will start to heat up.

- The pressure cooker also has its own memory. During interruptions such as a power failure, the unit will automatically renew the cooking cycle where the unit left off when the power resumes.

**Note:** The Inner Pot (6) consists of a non-stick surface. To avoid scratching the non-stick surface, please use wooden or plastic utensils.

**SAVE TIME AND POWER**

Pressure cooking is an ideal method for making fast, tasty meals! Pressure cooking allows even the busiest cooks to prepare meals from scratch easily and best of all, quickly. Your new pressure cooker can be used to cook meats, seafood, beans, grains and even dessert - all in just minutes. It saves you time and energy consumption by cooking foods fast while retaining valuable nutrients.

**PRESERVE NUTRIENTS & PROMOTE HEALTHY EATING**

Cooking inside a pressure-sealed pot produces steam which helps break down the fibers in food and intensify the flavors of food with the marinades or seasonings you’ve used. The shortened cook-time combined with steam infused cooking results in a higher retention of nutrients when compared to conventional cooking methods such as boiling, steaming or roasting.

**POWER CORD**

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

The use of an extension cord is not recommended.

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 exten-
PARTS IDENTIFICATION

1. Handle 11. Power Cable
2. Lid 12. Condensation Cup
3. Pressure Limiting Valve 13. Main Body
4. Float Valve (external view) 14. Electronic Heater
5. Float Valve (internal view) 15. Bottom Ring
6. Inner Pot 16. Seal Ring for Float Valve
7. Outer Pot 17. Filter
8. Handle 18. Rubber Seal Ring

PRESSURE COOKER LID MARKINGS

Please note the "OPEN" and "CLOSE" markings on the Upper Ring (9) of the pressure cooker body (13) and the "▽" on the rim of the Lid (2). To properly lock and secure the pressure cooker Lid (2), always make sure that the "CLOSE" marking on the Upper Ring (9) and the "▽" on the rim of the Lid (2) are lined up. (Figure 1)

RUBBER SEAL RING ASSEMBLY

Always ensure the Rubber Seal Ring (18) is securely fitted onto the metal ring in the interior of the Lid (2). The Rubber Seal Ring (18) should fit around the outside of the entire metal ring. Make sure the crease in the Rubber Seal Ring (18) meets with the metal ring all the way around. Then place the metal ring and Rubber Seal Ring (18) back into the Lid (2), making sure the hole in the center of the metal ring’s cross-section is lined up with the metal pin in the center of the Lid (2). Press down firmly until the metal ring is secured onto the Lid (2). Make sure that the metal ring is not interfering with the float valve (5) (Figures 2A–2B).

USING YOUR DEVICE

BEFORE FIRST USE

<table>
<thead>
<tr>
<th>Working Pressure</th>
<th>PSI</th>
<th>Maximum Pressure</th>
<th>Keep Warm Temperature</th>
<th>Delay Timer</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-70kPa</td>
<td>12</td>
<td>90kPa</td>
<td>140°F - 175°F</td>
<td>0.5 - 24 HR</td>
</tr>
</tbody>
</table>

- Remove all packaging materials such as cardboard, plastics or Styrofoam and discard appropriately.
- 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 (1) firmly, turn the lid (2) clockwise until it loosens and lift vertically (Figures 3-4).

*Note:* For new units, the seal of the lid (2) may be slightly stronger than normal and may be slightly difficult to unlock. Once the lid (2) has been opened and closed several times, it will loosen up.

**How to close the lid:**
1) Grasping the handle (1), hold the lid (2) above the main body (13), so that the (down arrow) on the lid is aligned with the (‘Open’) marking on the upper ring (9).
2) Still grasping the handle, place the lid onto the main body (figure 5).
3) Holding the handle, turn the lid counterclockwise until the lid stops turning (figure 6). Make sure that the (‘down arrow’) on the lid (2) is aligned with the (‘Close’) marking on the upper ring. (9)

**PREPARING YOUR PRESSURE COOKER**

1) Opening the lid: Hold the handle (1) firmly, turn the lid (2) clockwise until it loosens and lift vertically (See Figures 3-4).

2) Remove the inner pot (6) and add desired ingredients. The amount of water and food should not exceed 2/3 of the height of the inner Pot (6) (Figure 9). For food that will expand in water, the level should not exceed 1/2 of the Inner Pot (6) (Figure 10). The minimum level for cooking would be 1/5 of the Inner Pot (6) (Figure 11).

3) Be certain that the inside bottom portion of the outer pot (7), where the electronic heater is located, is clean and dry before inserting the inner pot (6) into the pressure cooker. Slightly turn the pot left and right to ensure optimal contact between the inner pot and the electronic heater (figure 12).

4) Closing the Lid: Make sure the Rubber Seal Ring (18) is fitted properly onto the metal ring inside the lid (2). Observe the Rubber Seal Ring (18) inside the lid (2) and ensure that it is fitted onto the outer part of the metal ring all the way around. (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 (2) from the rested position. Close the lid (2). Hold the handle (1) and turn it Counter-Clockwise to the "LOCKED" position. A clamping sound can be heard.

*Note:* To ensure you are properly closing the lid (2), 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 (10)).

6) Adjust the Pressure Limiting Valve (3) to the “Air Tight” position, and ensure that the Float Valve (5) sinks.

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 arrow on the Handle (1) as shown in Figures 13 and 14.

**NOTES AND TIPS**

1) Please note that the Pressure Limiting Valve (3) will be loose. This is normal.
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 (18) may not have completed a tight seal when the lid was locked. This can happen to brand new units. Try pressing down firmly on the Lid (2). This should allow the Rubber Seal Ring (18) to seal and stop any more steam from releasing.

If this does not fix the issue, cancel the cooking process, release pressure manually or naturally, remove the lid and check the Rubber Seal Ring (18) and the Float Valve (5). See page 11 on how to install the Rubber Seal Ring (18). Note that the Float Valve (5) is properly assembled and you are able to pull it up and down with ease by grasping the Float Valve Seal Ring (16). Reposition the lid and ensure that it is secure. Start the cooking process again.

Please note that steam escaping from the Valve (3) or around the lid is normal for the first 5 minutes or so during the pressure building process. If it continues beyond 10 minutes or steam is still releasing when the timer has begun counting down, press down firmly on the Lid (2) to help form a tighter seal. If this does not fix the issue, press the KEEP WARM/CANCEL button and follow the instructions to release all pressure before removing the lid to check the Float Valve (5) or the Rubber Seal Ring (18).

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.

HOW TO USE THE MENU BUTTONS

There are ten MENU BUTTONS programmed for your pressure cooker. They are SOUP, MEAT, POULTRY, STEAM, SAUTÉ, SLOW COOK, DESSERT, BEANS, PORRIDGE, RICE. The default times are programmed for quick and easy cooking for small portions of food.

When cooking food that is more than 3 lbs. or more than 6-cups, please use the timed cooking function.

Each of the default times is 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.

<table>
<thead>
<tr>
<th>Menu Button</th>
<th>Default Cooking Time</th>
<th>Cooking Time Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>RICE</td>
<td>12 MIN</td>
<td>9 - 15 MIN</td>
</tr>
<tr>
<td>SOUP</td>
<td>25 MIN</td>
<td>15 - 35 MIN</td>
</tr>
<tr>
<td>MEAT</td>
<td>15 MIN</td>
<td>10 - 30 MIN</td>
</tr>
<tr>
<td>BEANS</td>
<td>40 MIN</td>
<td>20 - 60 MIN</td>
</tr>
<tr>
<td>STEAM</td>
<td>10 MIN</td>
<td>3 - 25 MIN</td>
</tr>
<tr>
<td>SAUTÉ</td>
<td>5 MIN</td>
<td>3 - 8 MIN</td>
</tr>
<tr>
<td>POULTRY</td>
<td>13 MIN</td>
<td>8 - 20 MIN</td>
</tr>
<tr>
<td>DESSERT</td>
<td>18 MIN</td>
<td>5 - 33 MIN</td>
</tr>
<tr>
<td>SLOW COOK</td>
<td>6 HOURS</td>
<td>0.5 - 9.5 HOURS</td>
</tr>
<tr>
<td>PORRIDGE</td>
<td>25 MIN</td>
<td>10 - 40 MIN</td>
</tr>
</tbody>
</table>

1) Prepare desired food and place into cooking pot.
2) Secure the Lid (2) 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 00 00.
6) Choose the desired MENU BUTTON. The Default Cook Time will display for the selected setting. For example, if RICE is selected, the display will show P12. There is no need to press any other button.
7) The RICE Indicator will blink five times and then illuminate solid once it begins operation. While the unit is building up pressure the LED display will show a scrolling 00:12. The unit may take between 5-20 minutes to build up pressure depending on weight of contents inside. When programming to pressure cook, the LED screen will not begin to countdown until the pressure has built up to capacity. Once it begins to pressure cook, the LED display will show a solid 00:XX (XX being the number of minutes you have programmed to cook).
8) The pressure cooker will begin to operate based on a cooking time of 12 minutes. When proper pressure is achieved, the display will show 00:12 and the cooking time will begin to countdown. (The time displayed will depend on the selected MENU BUTTON and the DEFAULT COOK TIMES CHART on page 15).
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 3-times and automatically go to KEEP WARM. The display will show bb during KEEP WARM.
11) The KEEP WARM indicator light will illuminate and the Pressure Cooker will begin naturally releasing the pressure. Depending on the contents inside, natural pressure release may take some time to fully release. As a safety feature, the lid will not open unless all pressure is released. Do not force the lid open. Once all pressure has released, the Float Valve (4) should sink and the lid should open easily. If the lid feels tight, please allow additional time for pressure to fully release.
before attempting to open the lid.

12) You may also Quick Release the pressure. To use Quick Release, move the Pressure Limiting Valve (3) to the “Exhaust” position to release the pressure until the Float Valve (4) sinks (Figures 15-16).

**CAUTION:** Use an oven mitt or long utensil. Keep hands and face away from Pressure Limiting Valve (3) while in the Exhaust position. Failure to comply may cause serious injury.

13) Always be certain the pressure is released completely before unlocking the lid (2) 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).

**HOW TO CHANGE THE COOKING TIME**

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 90-minutes.

1) Prepare desired food and place into cooking pot.
2) Secure the Lid (2) onto the unit, turn it Counter-clockwise to lock it in place properly.
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 00 00.
6) Choose the desired MENU BUTTON. When pushed, the Cook Time will display for the selected setting with standard cooking standard. For example, Press the BEANS Button once and the LED Screen will display P45.
7) Immediately press the “+” or “-”BUTTON ( “+” is to increase the cooking time, “-” is to reduce the cooking time.). When finished adjusting, it will start to work after 10 seconds. Press The “+” or “-”button to change the cooking time by 15 to 90 minutes.

Each incremental press of the button increases the cooking time by 1 minute. Hold the button down for rapid increase of cooking time.

7) Press The “+” or “-”button to change the cooking time 90 minutes.
The screen will display 00:90 and the LED Screen and the BEANS Indicator will blink five times and then illuminate solid when it begins operation.

While the unit is building up pressure the display will show P 90.

8) The pressure cooker will begin to operate based on a cooking time of 90 minutes. There is no need to press any other button. When proper pressure is achieved, the display will show P:90 and the cooking time will begin to countdown.

9) When cooking has completed, the pressure cooker will beep 3-times and automatically go to KEEP WARM. The display will show BB during KEEP WARM.

10) The KEEP WARM Indicator light will illuminate and the Pressure Cooker will begin naturally releasing the pressure. This can take some time, depending on the contents within the pot.

**HOW TO USE THE PRESSURE COOK TIME BUTTON**

Setting your own cook time is ideal for cooking meat or poultry that weighs more than 3 lbs. 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 90-minutes.

The PRESSURE COOK TIME BUTTON is used in combination with the MENU BUTTONS.

1) Prepare desired food and place into cooking pot.
2) Secure the Lid (2) onto the unit, turn it Counter-clockwise to lock it in place properly.
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 00 00.
6) Press a MENU BUTTON and then QUICKLY press the PRESSURE COOK TIME button to adjust the cooking time. Each incremental press of the button increases the cooking time by 1 minute. Hold the button down for rapid increase of cooking time.

**Example 1:** If you first press BEANS and then quickly press the PRESSURE COOK TIME button, you will be able to set the cook time between 10 – 90 minutes.

**Example 2:** If you first press DESSERTS and then quickly press the PRESSURE COOK TIME button, you will be able to set the cook time between 5 – 33 minutes. You can do this using all of the MENU BUTTONS except RICE.

7) Press the PRESSURE COOK TIME button past the maximum time allowed to start over at the beginning of the "Cooking Time Range" for each MENU BUTTON.

**TIP:** If you cannot adjust the PRESSURE COOK TIME, it is because too much time has passed since you first pressed the PRESSURE COOK TIME BUTTON. Cancel the cooking process. Press desired MENU BUTTON and then quickly press the PRESSURE COOK TIME BUTTON continuously until you’ve reached the desired cook time.

8) There is no need to press any other button.
9) The Indicator Light will blink five times and then illuminate solid when it begins operation.
10) When proper pressure is achieved, the display will show the desired cook time and the cooking time will begin counting down.
11) When cooking has completed, the pressure cooker will beep 3-times and automatically go to KEEP WARM. The display will show bb during KEEP WARM.
12) The KEEP WARM indicator light will illuminate and the Pressure Cooker will begin naturally releasing the pressure.

HOW TO USE THE DELAY TIMER

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 15 and with the PRESSURE COOK TIME BUTTON.

1) Prepare desired food and place into cooking pot.
2) Secure the Lid (2) 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 the power cord into a 120V power outlet.
5) The LED screen will display 00 00.
6) Press the DELAY TIMER button. The LED screen will show 0:30 which is equal to 30 minutes of delay time. Press it again for each additional 0.5-hour or hold for rapid increase. 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.)
7) Ex: If you wish to program the pressure cooker to automatically turn on in 3-hours, press the DELAY TIMER button until the LED screen displays 3:00.
8) After programming a Delay time of 3 hours, choose a MENU BUTTON or customize your PRESSURE COOK TIME.

MENU SELECT BUTTONS

- Select one of the Pre-Set MENU BUTTONS.
- Once you have selected your desired function, the pressure cooker will count down the delay time of 3 hours and then start cooking.

PRESSURE COOK TIME

- Press a MENU BUTTON and then QUICKLY press the PRESSURE COOK TIME button to reach the desired cook time. Follow the instructions under “How to use the PRESSURE COOK TIME button.”
- Once the desired DELAY TIME and PRESSURE COOK TIME are selected, the DELAY TIMER and the MENU BUTTON will illuminate and the unit will begin counting down the delayed time before cooking begins.

HOW TO USE THE KEEP WARM FUNCTION

Food can be prepared at an earlier time and kept warm inside the pressure cooker using the KEEP WARM function. Food should not be kept warm for more than 4-hours. Additional time may cause a change in flavor, appearance and cause food to spoil.

1) Prepare desired food and place into cooking pot.
2) Secure the Lid (2) onto the unit, turn it Counter-clockwise to lock it in place properly.
3) Plug the power cord into a 120V power outlet.
4) The LED screen will display 00 00.
5) Press the KEEP WARM/CANCEL button once. The KEEP WARM/CANCEL indicator light will illuminate solid and the display will read bb. It is recommended to set the Pressure Limiting Valve (3) to “Exhaust” at this time.
6) To cancel, simply press the KEEP WARM/CANCEL button again until indicator light is no longer illuminated.
7) Remove food and serve.
8) Unplug power cord and allow to cool completely before dismantling and cleaning.
HOW TO USE THE SLOW COOK BUTTON

1) Prepare desired food and place into Inner Pot (6).
2) Secure the Lid (2) onto the unit, turn it clockwise to lock into place.
   • The SLOW COOK function is used without pressure (turn Pressure Limiting Valve (3) to EXHAUST).
3) Plug the power cord into a 120V power outlet.
4) The LED screen will display 00 00.
5) Press the SLOW COOK button once and the display will show the default SLOW COOK time of 06:00. Quickly continue to press the SLOW COOK button to increase cook time in increments of 30 minutes.
6) Hold the SLOW COOK button down for rapid increase of cooking time.
   • NOTE: The longest SLOW COOK time allowed is 9.5 hours.
   • TIP: If you cannot adjust the SLOW COOK time, it is because too much time has passed since you first pressed the SLOW COOK BUTTON. Cancel the cooking process. Then press the SLOW COOK button continually until you’ve reached the desired cook time.
7) There is no need to press any other button.
8) The SLOW COOK indicator will blink five times and then illuminate solid once it begins operation.
   • The unit may take between 5-20 minutes to reach temperature before beginning count down.
9) When cooking is complete, the cooker will beep 3-times and automatically go to KEEP WARM. The display will show bb during KEEP WARM.
10) The KEEP WARM indicator light will illuminate. Press CANCEL to end the operation.

HOW TO USE THE STEAM BUTTON

Place wire rack into Inner Pot.

1) Place heat resistant dish or container on top of wire rack.
2) Add water to a level just below the top of the rack.
3) Place food in heat resistant container on the rack. Do not fill pot more than 2/3 full with food. If steaming rice, put rice in a bowl and place on rack.
4) Secure the Lid onto the unit, turn it Counter-clockwise to lock it in place properly.
   • The STEAM function can be used w/ pressure (turn Pressure Limiting Valve (3) to AIRTIGHT), or w/o pressure (turn Pressure Limiting Valve (3) to EXHAUST).
5) Press the STEAM button, the display will show P5 as the default cook time.
6) Set the desired cooking time by pressing the PRESSURE COOK TIME button once for each additional minute or hold for rapid increase. The longest steam time allowed is 25 minutes.
7) Once desired STEAM time is displayed, there is no need to press any other button.
8) The Indicator Light will blink five times and then illuminate solid when it begins operation.
9) When proper pressure is achieved, the display will show the desired cook time and the cooking time will begin counting down.
10) When cooking has completed, the pressure cooker will beep 3-times and automatically go to KEEP WARM. The display will show bb during KEEP WARM.
11) The KEEP WARM indicator light will illuminate and the Pressure Cooker will begin naturally releasing the pressure.
12) Press the CANCEL button to end operation.

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

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 should be cooked for 10 minutes after pressure has been achieved, it will still be the same, but it will take longer to reach the required 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. 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 USDA for food preservation guidelines or read the publications listed at http://www.uga.edu/nchfp/publications/publications_usda.html.

1) 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.
2) 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.
3) Wash jars thoroughly in hot water according to manufacturer’s instructions.
4) Prepare food and fill mason jars and seal according to manufacturer’s instructions.
5) Always make sure there is 1-inch of headspace in the jars.
6) 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.
7) Set jar lids onto the jar and screw on the outer rings until tight, then unscrew ¼ turn.
8) Place jars into the inner pot.
9) 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.
10) Fill inner pot with 6-cups of water. (Certain canning recipes may require a different amount of water.)
11) Secure the lid onto the pressure cooker, turn it Counter-clockwise to lock it in place properly.
12) Make sure the Pressure Limiting Valve (3) is set to the “Airtight” position.
13) Plug the power cord into a 120V power outlet.
14) Follow canning recipe for the type of food you are canning and program the Pressure Cook Time (under a specific Menu Button) for the specified time frame for the size of jars and type of food recipe you are using by following the directions under How to use the Menu Buttons and How to use Set Pressure Cook Time in this manual.
15) 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.
16) When time has expired, the pressure cooker will beep 3-times and automatically go to Keep Warm.
17) The Keep Warm indicator light will illuminate. This indicates the pressure cooker is naturally releasing the pressure.
18) Open lid once pressure has completely released.
19) Carefully remove jars using special canning utensils or tools.

CAUTION: Jars are hot!

20) Set jars on a towel or cooling rack and allow to cool completely in a draft-free location.
21) Follow recipe instructions on cooling and storage.

Canning Tip: 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.

HELPFUL NOTES AND TIPS

Read this manual thoroughly and follow all instructions.

- Be familiar with the recipe and have all ingredients prepped before you begin.
- Be sure the lid is secured and locked properly before beginning.
- You may wish to brown some meats before cooking with other ingredients. To do so, follow instructions in this manual.
- Cut foods into equal-sized pieces to promote even cooking. In recipes that call for multiple ingredients, cut those that cook more quickly into larger pieces and those that cook more slowly into smaller pieces.
- Many different cooking liquids can be used in a pressure cooker: wine, beer, bouillon, fruit juices, water, broth and more.
- After becoming familiar with your pressure cooker, you can readily adapt conventional recipes to be used with a pressure cooker. In general, cut cooking times by two thirds. The amount of liquid used may also have to be reduced because there is very little evaporation in the pressure cooker. Reduce the required liquid so there is only about 1/2 cup more than desired in the finished product. Remember, however, there must always be some liquid in the pressure cooker to produce the necessary steam. Try using this rule; 1 cup of liquid for the first 15 minutes of pressure cooking then 1/3 cup of liquid for each subsequent 15 minutes. This can still vary, so if your unit will not build pressure you will have to add more liquid until it is able to build pressure. (See 3rd down in Troubleshooting).
- Since flavors are more intense, reduce the amounts of herbs and seasonings when adapting from conventional recipes. Fresh herbs are better for pressure cooking than dried.
- In general, pressure cookers cook foods in about 1/3 the time of conventional cooking methods.
- Increase cooking times by about 10% when cooking in high altitudes of over 3,500 feet.
- If you wish to cook food in less time than the pre-programmed amount, observe the timer and press CANCEL when desired cooking time has elapsed.
- Always check to make sure your gasket and float valve are clean, unobstructed and in good working order.
- When cooking under pressure, never fill above the fill line of the inner pot markings.
- If you are making soup and you are at the fill line, do not release pressure manually because hot liquid could spray out.
- Never attempt to open lid while under pressure and while float valve (4) is still up! Always open pressure cooker with the lid facing away from you.
- When manually releasing pressure, evaporation of some liquid may occur (i.e. when making rice or risotto). This is normal, but caution must be used to prevent injury.

When cooking rice, the maximum amount of rice allowed for this 4 quart pressure cooker is 8 cups of uncooked rice. Normally one cup of rice requires one cup of water. This may vary according to taste.
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.

**NATURAL RELEASE AND QUICK RELEASE**

**Natural Release** is recommended for foods such as potatoes, beans, soups and stews, foods have a tendency to overcook. During the Natural Release time period, the pressure cooker may still be heated and cooking the food slightly. In Natural Release, do not move the Pressure Limiting Valve (3) to EXHAUST immediately after cooking. Depending on the contents inside, Natural Release may take some time to fully release. Gently tap the Valve (3) using an oven mitt or utensil. If it is loose and turns easily and no steam is released from the Valve (3), then all pressure has been released. As a safety feature, the lid will not open unless all pressure is released. Do not force the lid open. Once all pressure has released, the Float Valve (4) should sink and the lid should open easily. If the lid feels tight, please allow additional time for pressure to fully release before attempting to open the lid.

**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.

**CAUTION:** Use an oven mitt or long utensil. Keep hands and face away from Pressure Limiting Valve (3) while in the Exhaust position. Failure to comply may cause serious injury.

When the pressure cooker enters into the Pressurized Sequence, the LED screen will display a solid 00:XX (XX being the number of minutes you have programmed to cook). For foods with a high volume of liquid (Stews, soups, porridges, etc.) IT IS NOT RECOMMEND TO USE QUICK RELEASE. This is to avoid liquid splatter from the ventilation in the Pressure Limiting Valve (3). Use NATURAL RELEASE: User should wait for the temperature to drop and the Float Valve 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.

**Accessories Tip:** 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. If you do not have a wire rack that will fit, simply use 3-4 mason jar lids or regular jar lids for a simple 1-inch riser.

**CLEANING AND CARE**

- Always make sure the Pressure Cooker is unplugged, depressurized and completely cooled down before dismantling.
- Use a non-abrasive sponge or damp wash cloth to clean the exterior of the outer body (13) and the exterior surface of the pressure cooker. NEVER immerse the pressure cooker in any liquids.
- Remove the Condensation Cup (12) and rinse it thoroughly and let dry. Clean the Upper Ring (9) with a damp sponge or wash cloth.
- Clean the Lid (2) with warm soapy water, including the Rubber Seal Ring (18), Pressure Limiting Valve (3), Filter (17), Vent, Float Valve (5) 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 below the Pressure Limiting Valve (3), is a small metal filter cap which can be easily removed to clean.
- Let parts dry completely before reassembling.
- Wash the Inner Pot (6) and Wire Rack (20) with a non-abrasive sponge and allow to air dry or use a towel. It is not recommended to use any type of scouring pad that can scratch the non-stick surface of the Inner Pot (6).
- Clean the Pressure Limiting Valve (3) and the holes with a small brush to ensure smooth flow of steam during the release cycle.
- Store the inner pot inside of the Pressure Cooker. Store Pressure Cooker in a cool, dry location.

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

**How to Clean the Filter**

If you wish to clean the filter (17), you may remove it by pulling vertically. To re-attach, simply line up the filter and press down to secure the filter (Figure 17).
## Troubleshooting

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Is the Airtight/Exhaust Pressure Limiting Valve (3) on the top of the lid supposed to be loose?</strong></td>
<td>If you are not cooking or using the unit, the Valve (3) will be loose. It will turn 360° 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 is set to “Airtight” properly, it will resemble a bubble head. Sometimes during cooking and pressurizing, steam may escape from the Valve. It indicates the Valve is not seated properly / securely. Simply use tongs or similar utensil and gently/carefully adjust it so it is seated properly.</td>
</tr>
<tr>
<td><strong>When I choose a Menu Button (ex: MEAT &amp; CHICKEN), nothing happens? What’s wrong?</strong></td>
<td>Nothing is wrong. Make sure the Valve (3) on top is set to Airtight and the Lid (2) 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. Once the unit has built up enough pressure, the display will change to a countdown timer that displays your desired cooking time of the Menu Button you selected. This is the time the unit will start cooking the food. Pressurizing can take anywhere from 5 minutes up to 20 minutes depending on the quantity of food you are cooking. The unit will then start to cool down and de-pressurize on its own. It will beep 3 times. The countdown timer will change to bb and the Keep Warm light will illuminate. During this time, the food inside is still cooking. Depending on 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 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 (4) will drop down. You can unlock the lid and open to check on your food.</td>
</tr>
<tr>
<td><strong>When I set the pressure using the “Preset Menu Buttons”, it will begin to build pressure and heat up, but in about 5- minutes the unit beeps 3 times and goes to Keep Warm and my food did not cook completely. What is happening?</strong></td>
<td>The unit is detecting that not enough liquid has been added to your recipe. The pressure cooker has an automatic over-heat protection sensor that will automatically set itself to OFF or Keep Warm when it detects that not enough liquid is present so that it does not over-heat. Make sure all pressure is released, open the lid and add in increments of 1/2 cups of liquid until the unit will properly build up pressure and cook. The unit is detecting that there is a leak in the pressure and that it is not sealed properly. Firmly push down on the lid to help the seal form or release any built up pressure and safely remove the lid to check the unit thoroughly. Make sure the rubber gasket ring is in place, the lid is securely locked, and that the Valve on top of the lid is set to the “Airtight” position. Reset the unit by unplugging it. Wait 10- seconds and plug it back in. Program the unit again. Both of the above solutions will cause some liquid to have evaporated and it is recommended to add back in any liquid that has evaporated otherwise you will keep encountering the same issue.</td>
</tr>
<tr>
<td><strong>Steam is being released around the rim of the lid during the pressurizing sequence. How do I fix this?</strong></td>
<td>The Rubber Seal Ring (18) did not make a proper seal. Cancel all the functions. Exhaust any remaining pressure and steam. Open the lid and remove it entirely. Check the Rubber Sealing Ring 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, lock it securely in place and restart the cooking process.</td>
</tr>
<tr>
<td><strong>Steam is being released from the Pressure Limiting Valve (3) during the pressurizing sequence. How do I fix this?</strong></td>
<td>The Valve (3) may not be positioned properly. Simply use tongs or similar utensil or even 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. Rem ove the Pressure Limiting Valve 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 may be faulty and replacement or repair may be necessary. Please contact the manufacturer.</td>
</tr>
<tr>
<td><strong>Pressurized steam is being quietly released from the Floating Valve (4) area during the pressurizing sequence. How do I fix this?</strong></td>
<td>This may happen during the initial start-up of the Pressurizing Sequence. Simply use tongs or similar utensil or even 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 build up on the Floating Valve and seal it properly then finish the pressurizing sequence.</td>
</tr>
<tr>
<td><strong>My food is finished cooking and all the pressure is released, but I cannot unlock and open my lid. What is stuck?</strong></td>
<td>Make sure all the pressure and steam has been completely 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 slightly to make it go back down. Then turn the lid clockwise to unlock the lid. If it is still stuck, unplugging the unit may help.</td>
</tr>
<tr>
<td><strong>I’ve programmed the pressure cooker to cook but it’s just sitting there and nothing appears to be happening.</strong></td>
<td>The unit is still building up pressure. Normally this takes between 5-20 minutes. However, if you are cooking a very full pot of food, the pressure build up time can take up to 30 minutes.</td>
</tr>
<tr>
<td><strong>The unit is DEAD or has NO POWER.</strong></td>
<td>The fuse in the unit has shorted out. This happens if the unit is cooked without enough liquid in the inner pot or if there is too much electrical current going to the cooker. Please contact customer service at 888.552.0033 for a replacement fuse.</td>
</tr>
<tr>
<td>The LED display shows E4 error.</td>
<td>Unplug the power cord from the wall outlet. Wait approximately 15 minutes. Plug the power cord back into the wall outlet. Press “CANCEL” button on the pressure cooker. Select cooking process to begin cooking. If problem persists, contact customer service at 888.552.0033 for a replacement thermofuse.</td>
</tr>
<tr>
<td>My food is burned at the bottom of the inner pot.</td>
<td>There is not enough liquid in the inner pot. Add more liquid to your inner pot contents.</td>
</tr>
</tbody>
</table>
COOKING TIME CHARTS

Courtesy of www.healthfoods.com
Please note that all the below information is for reference only and can be adjusted according to the user’s preference.

MEAT AND 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 3 lbs, 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.

<table>
<thead>
<tr>
<th>Type of Meat</th>
<th>Approx Cooking Minutes</th>
<th>Pressure Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef / veal, roast or brisket</td>
<td>38-42</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beef meatloaf, 2 lbs.</td>
<td>13-18 or use the meat button</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beef meatloaf, 1-2 lbs.</td>
<td>7-12 or use the meat button</td>
<td>Natural Release</td>
</tr>
<tr>
<td>Beef, corned</td>
<td>55-65</td>
<td>Natural Release</td>
</tr>
<tr>
<td>Pork, roast</td>
<td>43-47</td>
<td>Natural Release</td>
</tr>
<tr>
<td>Pork, ribs, 2 lbs.</td>
<td>18 or use the meat button</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Pork, ham shank</td>
<td>25-28</td>
<td>Natural Release</td>
</tr>
<tr>
<td>Leg of lamb</td>
<td>42-45</td>
<td>Natural Release</td>
</tr>
<tr>
<td>Chicken, whole, 2-3 lbs.</td>
<td>15-18 or use the meat button</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Chicken, pieces, 2-3 lbs.</td>
<td>12-15 or use the meat button</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Cornish hens, 2</td>
<td>12-15 or use the meat button</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Meat, poultry, soup, stock</td>
<td>15-20 or use the meat button</td>
<td>Quick Release</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Type of Seafood</th>
<th>Approx. Cooking Minutes</th>
<th>Pressure Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clams</td>
<td>3-5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Crabs</td>
<td>3-5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Lobster, 1.5 - 2 lbs.</td>
<td>3-5</td>
<td>Natural Release</td>
</tr>
<tr>
<td>Mussels</td>
<td>3-5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Shrimp</td>
<td>2-3</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Fish, whole, gutted</td>
<td>7-8</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Fish, soup or stock</td>
<td>7-8</td>
<td>Quick Release</td>
</tr>
</tbody>
</table>

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).

<table>
<thead>
<tr>
<th>Type of Vegetable</th>
<th>Approx. Cooking Minutes</th>
<th>Pressure Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus, thick whole</td>
<td>2-5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Asparagus, thin whole</td>
<td>1-2</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beans, fava, shelled</td>
<td>5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beans, green, whole</td>
<td>4-5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beans, lima, shelled</td>
<td>3</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beets, small, whole</td>
<td>2-3</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beets, large, whole</td>
<td>23</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Beets, 1-inch slices</td>
<td>5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Broccoli, flowerets</td>
<td>3</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Brussel sprouts, whole</td>
<td>5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Carrots, 1-inch chunks</td>
<td>5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Carrots, 1/4-inch slices</td>
<td>1-2</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Cauliflower, flowerets</td>
<td>3-5</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Corn on-the-cob (4-6)</td>
<td>4</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Escarole, coarsely chopped</td>
<td>2-3</td>
<td>Quick Release</td>
</tr>
<tr>
<td>Kale, coarsely chopped</td>
<td>2-3</td>
<td>Quick Release</td>
</tr>
</tbody>
</table>
**Type of Vegetable** | **Approx. Cooking Minutes** | **Pressure Release**
---|---|---
Okra, small pods | 3-5 | Quick Release
Onions, whole | 3 | Quick Release
Potatoes, 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, 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, zucchini 1/2-inch slices | 6 | Quick Release
Turnips, small quartered | 4 | Quick Release
Turnips, 1 1/2 inch chunks | 4 | Quick Release

**Type of Legume** | **Approx Cooking Minutes** | **Pressure 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

Note: 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.

**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** | **Approx Cooking Minutes** | **Pressure Release**
---|---|---
Azuki | 7-8 | Natural Release
Black beans | 10-12 | Natural Release
Black eyed peas | 11-12 | Natural Release
Chick peas (garbanzo beans) | 11-13 | Natural Release
Garbules (pigeon peas) | 8-10 | Natural Release

**Type of Legume** | **Approx Cooking Minutes** | **Pressure Release**
---|---|---
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

Note: 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.

**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 Legume** | **Approx Cooking Minutes** | **Pressure Release**
---|---|---
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

**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 3 lbs, 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.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.

<table>
<thead>
<tr>
<th>Category</th>
<th>Meat</th>
<th>Approx Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, fresh</td>
<td>rib roast, bone in</td>
<td>42-80 min</td>
</tr>
<tr>
<td></td>
<td>(4 to 6 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>rib roast, boneless, rolled</td>
<td>60-90 min</td>
</tr>
<tr>
<td></td>
<td>(4 to 6 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>round or rump roast</td>
<td>30-45 min</td>
</tr>
<tr>
<td></td>
<td>(2.5 to 4 lbs.)</td>
<td></td>
</tr>
<tr>
<td>Turkey, fresh unstuffed</td>
<td>4 to 8 lbs. (breast)</td>
<td>35-45 min</td>
</tr>
<tr>
<td></td>
<td>8 to 12 lbs.</td>
<td></td>
</tr>
<tr>
<td>Chicken, fresh</td>
<td>whole roasting hen</td>
<td>25-35 min</td>
</tr>
<tr>
<td></td>
<td>(5 to 7 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>breast, halves, bone-in</td>
<td>6-10 min or chicken button</td>
</tr>
<tr>
<td></td>
<td>(6 to 8 oz.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>breast, halves, bone-in</td>
<td>8-15 min or chicken button</td>
</tr>
<tr>
<td></td>
<td>(4 oz.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>legs or thighs</td>
<td>8-20 min or chicken button</td>
</tr>
<tr>
<td></td>
<td>(4 to 8 oz.)</td>
<td></td>
</tr>
<tr>
<td>Pork, fresh</td>
<td>loin roast, bone-in or boneless</td>
<td>25-50 min</td>
</tr>
<tr>
<td></td>
<td>(2 to 5 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>crown roast</td>
<td>35-70 min</td>
</tr>
<tr>
<td></td>
<td>(4 to 6 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tenderloin</td>
<td>8-15 min</td>
</tr>
<tr>
<td></td>
<td>(5 to 1.5 lbs.)</td>
<td></td>
</tr>
<tr>
<td>Ham, smoked</td>
<td>fresh, cook-before-eating, bone-in, half</td>
<td>45-70 min</td>
</tr>
<tr>
<td></td>
<td>(5 to 7 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fully cooked, bone-in, half</td>
<td>35-60 min</td>
</tr>
<tr>
<td></td>
<td>(5 to 7 lbs.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fully cooked, spiral cut, whole or half</td>
<td>50-85 min</td>
</tr>
<tr>
<td></td>
<td>(7 to 9 lbs.)</td>
<td></td>
</tr>
</tbody>
</table>

**WARRANTY DETAILS**

This product is guaranteed under the premise of a 1 year limited warranty period, applicable to the original purchaser and not transferable to a third party user.

Repair or replacement of defective parts are at the seller’s discretion. In the event that repair isn't possible, the seller will replace the product/ part. If product repair/ replacement won't suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications, or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.