

Pressure Cooker & Canners

MIRRO.



Instruction Manual

Congratulations on your choice!

Your Mirro or Kitchen Pro. Pressure Cooker/Canner was carefully developed by Designers, Technicians and Cooking Instructors with the goal of making your daily routine more efficient. We call your attention especially to the Safety Systems. Since Pressure Cookers work differently than conventional cookers, your Pressure Cooker/Canner REQUIRES THAT YOU PAY SPECIAL ATTENTION TO THE USE AND SAFETY INSTRUCTIONS.



WARNING

**Improper use can result in burns and injury.
Read and follow instructions before use.**

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**PLEASE CAREFULLY READ THE INSTRUCTIONS
IN THIS MANUAL BEFORE USING YOUR
PRESSURE COOKER/CANNER, SINCE ITS
INCORRECT USE CAN RESULT IN BURNS AND
OTHER SERIOUS ACCIDENTS.**



This symbol on the product's nameplate
means it is listed by
UNDERWRITERS' LABORATORIES, INC.



IMPORTANT SAFEGUARDS!

When using pressure cookers, basic safety precautions should always be followed. If you have a question on the proper operation of your pressure cooker please call our Consumer Center at 1-800-527-7727.

1. Read all instructions before using your pressure cooker.
2. Before each use make sure the vent tube is clear. Remove the pressure control and place the lid against the light to make sure that the tube is clear. If clogged, clean all holes with a piece of wire. See Vent Tube Check, page 10.
3. Never cook APPLESAUCE, CRANBERRIES, PEARL BARLEY, SPLIT PEAS, RHUBARB, NOODLES, MACARONI, SPAGHETTI OR OTHER PASTA, OATMEAL OR OTHER CEREALS in a pressure cooker. These foods tend to foam, froth, and sputter, and can plug the vent tube.

⚠ WARNING: If the vent tube is clogged, the overpressure devices can open and spray scalding hot steam and food. Keep head and face away from cooker. See How to Use Your Pressure Cooker, page 10.

4. Never fill your pressure cooker more than 2/3 full. When cooking foods that puff up during cooking, such as rice and dried vegetables, do not fill more than 1/2 full.

⚠ WARNING: Overfilling the cooker can clog the vent tube causing a release of scalding steam from the overpressure devices. See How to Use Your Pressure Cooker, page 10.

5. This appliance cooks under pressure. Make absolutely sure your pressure cooker is properly closed before placing on heat. The cooker is closed when the lid handle is directly over the handle of the pan.

⚠ WARNING: Improper closure of the lid can cause the lid to be thrown from the pan. See How to Open and Close, page 7.

6. If the overpressure devices release, protect yourself from the steam and turn off heat and allow the cooker to cool. The reusable overpressure plug may be reset. If the gasket has blown out of the overpressure window, replace it with a new gasket. Do not reuse.

7. Never try to open your pressure cooker until the cooker is thoroughly cool and the internal pressure is down. When the pressure is down the lid should turn easily. Never try to force open the lid if it seems locked tight. See Food Removal, page 10.

8. Never remove the Pressure Control during cooking or when the cooker is still hot. Steam will release through the vent tube that can cause burns.

9. Supervise children closely when using your pressure cooker near children. Keep handles turned toward the inside of the stove.

10. Always remove the gasket before using the cooker as a conventional (non-pressurized) covered pan without the pressure control. If you leave the gasket in, some pressure can develop in the cooker. Without the gasket, no pressure will develop.

11. Never use your Pressure Cooker for other than its intended use: cooking appropriate foods under pressure on residential ranges. Never place the cooker inside a heated oven. Do not use the cooker outdoors.

12. Never use your Pressure Cooker for pressure frying with oil and never "broast" (pressure cooking with oil or shortening instead of water) in your cooker.

13. Do not touch hot metal surfaces. Use handles or knobs. Be extremely careful when moving a pressure cooker full of hot liquids.

HOW TO OPEN AND CLOSE

TO CLOSE

Find OPEN-CLOSE on top of the lid located left of the lid handle. Turn and place lid so the arrow is pointing toward the center of the pan handle, Fig. A. Next turn the lid clockwise, Fig. B, until the handle on the lid is directly over the handle on the pan, Fig. C.

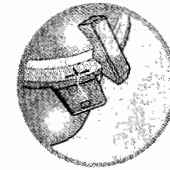


Fig. A

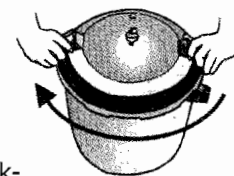
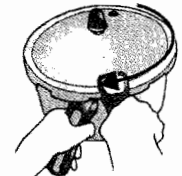


Fig. C



TO OPEN

To open, turn the lid counterclockwise, Fig. D, until the arrow OPEN-CLOSE points to the center of the Pan Handle, lifting the lid to open, Fig. E. Practice this operation several times until you master it. If the lid is hard to turn, lubricate the Rubber Gasket with a small amount of cooking oil. Excessive lubrication may deform the Rubber Gasket. Do not lubricate the Rubber Gasket after the third time you've used your Pressure Cooker.



Fig. D

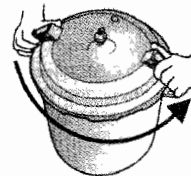
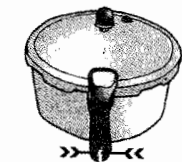


Fig. F

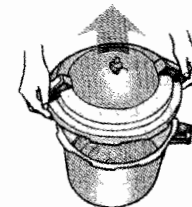
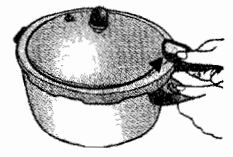
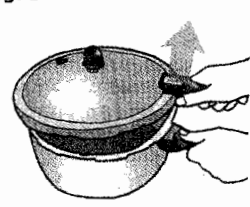
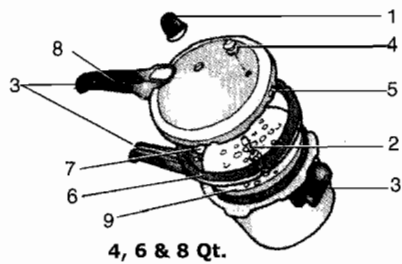


Fig. H

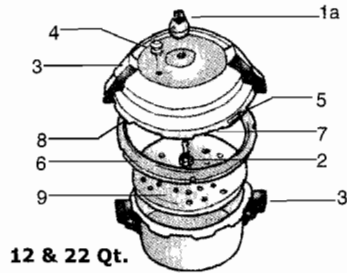


Whenever the cooker is in use or under pressure, the handle on the lid must always be over the handle on the pan. Never use force to open and never open when under pressure. Consult How to Use Your Pressure Cooker, page 10.

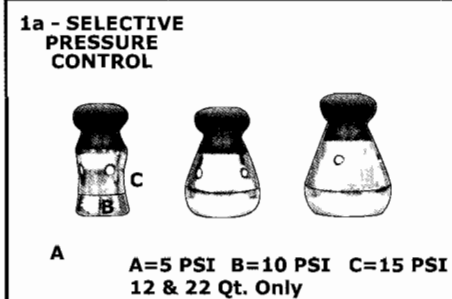
FEATURES OF YOUR PRESSURE COOKER



4, 6 & 8 Qt.



12 & 22 Qt.



Single and selective Pressure Controls ARE NOT Interchangeable

1- SINGLE PRESSURE CONTROL Keeps internal pressure steady, it is an automatic cooking control, operating at a pressure of 10 PSI (pounds per square inch). Included with 4, 6 & 8 Qt. Models.

1a- SELECTIVE PRESSURE CONTROL Keeps internal pressure steady, allowing the selection of 3 cooking pressures: 5, 10 and 15 PSI. Included with 12 & 22 Qt. Models.

2- VENT TUBE Fastened to the center of the lid, having holes allowing for the release of steam. The Single Pressure Control or Selective Pressure Control is connected to the top.

3- PAN AND LID HANDLES Allow the opening and closing of your Pressure Cooker as well as its handling. If handles become loose tighten with a screwdriver.

4- REUSABLE OVERPRESSURE PLUG It will release if the vent tube becomes clogged and the cooker develops too much pressure. The red pin in the center pushes out, releasing steam (Fig. A) on page 9.

5- SAFETY WINDOW This is an additional feature that will release if the vent tube and reusable overpressure plug become clogged and the cooker develops too much pressure. The rubber gasket will push out from the lid opening releasing the steam.

6- RUBBER GASKET Fitted inside the lid, its function is to seal the lid with the pan of the Pressure Cooker.

7- SAFETY LOCKS Located on the lid and pan are locking lugs, this feature prevents the opening of the lid of your cooker when it is pressurized.

8- SPRING SAFETY DEVICE Located in the lid handle or lid. Its function is to prevent the pressurization of your cooker before being closed.

9- COOKING RACK To prevent food from sticking to the bottom of the cooker and to place jars off bottom of the 12 & 22 qt. canners.

FEATURES OF YOUR PRESSURE COOKER

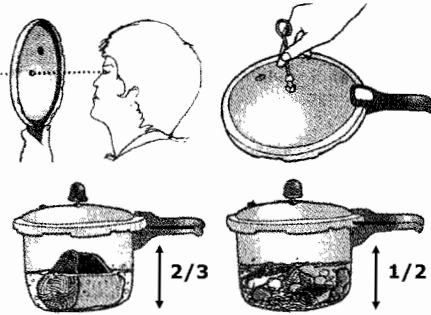
<p>2- Vent Tube</p>	<p>3- Pan and lid Handles</p>	<p>4- Reusable Overpressure Plug</p> <p>Fig. A</p>
<p>5- Safety Window</p>	<p>6- Rubber Gasket</p>	<p>7- Safety Locks</p>
<p>8- Spring Safety device</p> <p>4, 6 & 8 Qt. Models</p> <p>12 & 22 Qt. Models</p>		<p>9- Cooking Rack</p>



Never Cook • APPLESAUCE • CRANBERRIES • PEARL BARLEY SPLIT PEAS • RHUBARB • NOODLES • MACARONI • SPAGHETTI or OTHER PASTA • OATMEAL or OTHER CEREALS in a Pressure Cooker

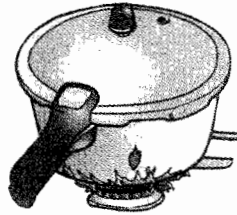
HOW TO USE YOUR PRESSURE COOKER

VENT TUBE Check Pick up the lid of your Pressure Cooker remove the Pressure Control and hold the lid against the light to verify if the vent tube is clear. In the event it is blocked, clean it with a wire along with the all other holes located inside the cover. look again against the light to make sure that it is clean. After cleaning, place pressure control on top of Vent Tube.



FILLING Fill the cooker with food and add the required amount of water. Make sure the quantity of food and water is correct. Never fill the cooker more than 1/2 full of foods that puff up like rice and dried vegetables. For all other foods, never fill more than 2/3 full.

COOKING Place the cooker on high heat until the Pressure Control begins to release steam. The Pressure Control will rock or jiggle when the cooker reaches its pressure. Lower the heat so that the pressure control rocks gently. Generally a setting of "medium" or "low" will be right. Count cooking time from the first jiggle of the Pressure Control. See Cooking Time Table, page 14 for approximate cooking times.



Caution: Never beat a spoon or other utensil on the rim of the pan. Any denting in the rim can prevent a good gasket seal causing steam leakage.

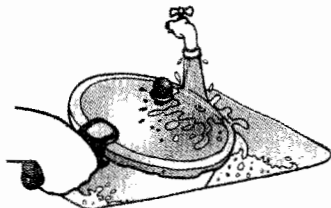


Fig. A

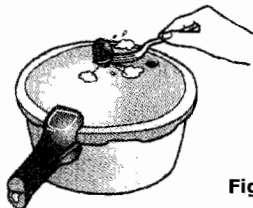


Fig. B

FOOD REMOVAL When cooking is done, turn heat off and reduce the pressure. Do not remove the Pressure Control until pressure is completely reduced.

YOU CAN REDUCE PRESSURE THREE WAYS:

a) fast - for fresh vegetables and fish

Run cold water over the cooker (Fig. A), or place it in a pan of cold water. Depending on the amount of food in the cooker, it will take 15-60 seconds for the pressure to go down fully.

b) normally - for canning

Let the cooker cool slowly to room temperature. This will take 30-40 minutes for a small cooker, 45-60 minutes for the largest canner.

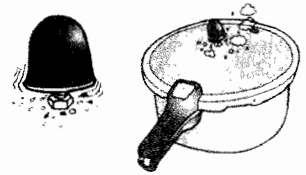
c) combination - for meats and dried vegetables

Let the cooker cool normally at room temperature for 5 minutes, then place the cooker under cold water to reduce the remaining pressure.

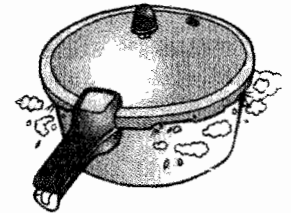
As the pressure is reduced, air will re-enter the cooker and you will hear a hissing or squealing sound. After you have cooled the cooker, raise the Pressure Control with a fork (Fig. B) to make sure the pressure is down and if it is, remove the pressure control. If steam escapes, the pressure is not down. Continue to cool the cooker with cold water until the pressure is down. Open the cover by turning the cover counter-clockwise until the OPEN-CLOSE arrow points to the center of the pan handle. When pressure is down cover should turn easily. **Warning: Never tug or force the cover to open. Pressure may not be down. Continue to cool cooker.**

STEAM LEAKAGE

STEAM ESCAPE THROUGH THE VENT TUBE The movement (jiggling) of the pressure control and release of small amounts of steam from the Vent Tube during cooking is normal. The purpose of releasing steam is to maintain a constant internal pressure. The formation of water droplets around the Vent Tube at the start of cooking is normal. This is caused by condensation of the steam leaving the cooker and coming in contact with the cooler metal. After the lid heats up, the water will disappear.



STEAM ESCAPE AROUND RIM OF LID Water trapped inside the handle or between the gasket and cover will escape as steam when the cooker is heated up. The steam should stop as the pressure builds up. If it does not stop, turn the heat off and cool the cooker. Remove the pressure control and open the cooker. Remove the gasket from the lid and wipe dry the gasket, pan rim, and inside of the cover. If the gasket has shrunk from its original size gently stretch it and start over. If gasket continues to leak, replace it. Do not use your Pressure Cooker if steam is constantly leaking from the rim of the lid.



STEAM ESCAPE THROUGH THE REUSABLE OVER-PRESSURE PLUG OR SAFETY WINDOW Consult Safety Systems, page 12.

HOW TO CLEAN YOUR PRESSURE COOKER

Before using your cooker the first time, wash it thoroughly in hot soapy water. Rinse thoroughly and dry.

INTERIOR To make cleaning easier, run warm water into your cooker immediately after removing food. Wash in hot, soapy water. Rinse thoroughly and dry.

EXTERIOR Do not soak cover or pan in water or wash in the dishwasher, as this will dull the outside polished finish. Clean the exterior occasionally with silver polish. The outside bottom of the pan may be scoured with a steel wool pad if necessary.

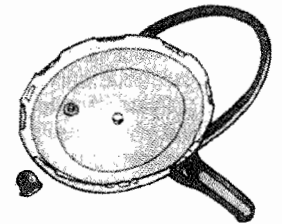
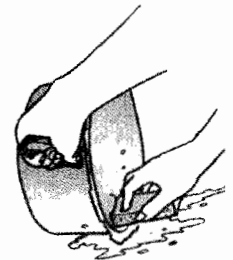
GASKET After each use, remove the gasket from the lid. Wash in hot, soapy water. Rinse and dry. Then slip the gasket back in place in the cover.

VENT TUBE Clean and check the vent tube as described in Vent Tube Check page 8

PRESSURE CONTROL The pressure control should remain clean because it is "steam-cleaned" during use. However, washing it in hot soapy water and rinsing will not harm it.

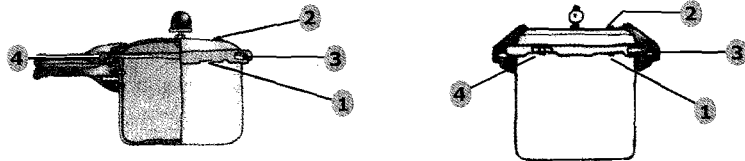
STORAGE Store cooker with the lid off or upside-down on cooker. Do not store with cover and gasket closed tight on pan.

SPRING SAFETY After each use, clean the spring safety device with hot soapy water and rinse. Also, check the function of the safety device as described on page 12 "SPRING SAFETY DEVICE".



SAFETY SYSTEMS

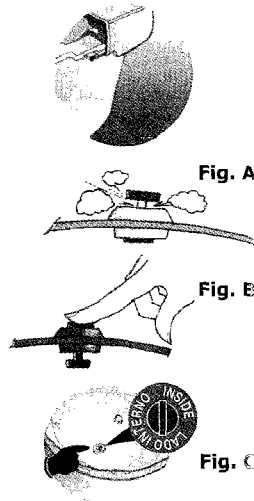
YOUR PRESSURE COOKER COMES WITH FOUR SAFETY SYSTEMS ESPECIALLY DEVELOPED FOR YOUR PROTECTION. READ CAREFULLY!



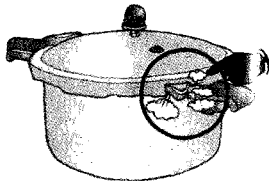
1. SAFETY LOCKS The locks prevent opening the cooker while under pressure. Never force the cover to open. Make sure the pressure is down by cooling the cooker under cold water. With the pressure down the cover will turn open smoothly.

2. REUSABLE OVERPRESSURE PLUG This device is activated when the Vent Tube becomes clogged and excessive pressure builds in the cooker. If you follow the directions for using the cooker the Overpressure Plug will probably never release. However, when activated the red center pin will move upward releasing steam (Fig. A). Keep your head and face away from cooker. To resume cooking, turn off the heat, cool the cooker and open. Remove the Pressure Control and clean all vent tube holes. Perform Vent Tube Check and review Filling instructions on page 10. Reset the red center pin by pushing the pin down (Fig. B). If the Overpressure Plug is leaking, with vent tube clear, replace it.

To remove a damaged Overpressure Plug, remove red pin and push on the black part of the valve from the top or outside of the lid. Clean the hole in the cover with hot soapy water and rinse. To replace, push pointed end of valve through the underside of the cover. The word "INSIDE" will be visible from the underside of the cover when correctly installed (Fig. C).



3. OVERPRESSURE WINDOW This feature is designed to operate when both the Vent Tube and Overpressure Plug are blocked. Excessive pressure will force the gasket out of the window and release steam. If this should happen, turn off heat and cool your cooker with cold water and open the lid. Remove the Pressure Control and clean all vent tube holes. Perform Vent Tube Check and review Filling instructions on page 10. Clean the Overpressure Plug with hot soapy water and rinse. **Do not reuse the gasket; replace it.**



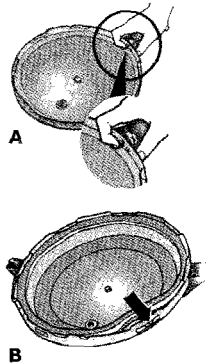
4. SPRING SAFETY DEVICE

a. (4, 6 & 8 Qt. Models)

Located inside the lid handle the spring safety pin pushes on the gasket to prevent the cooker from being pressurized before the lid is closed. **The lid is closed when the lid handle is directly above the pan handle. Never cook with the lid in any other position. Improper closure can cause the lid to be thrown from the pan.** To check the spring compression, push on the pin with your finger to depress it and slide your finger off. The pin should snap back to its original position. If the pin does not snap back or is stuck, broken, or missing you must replace the lid handle.

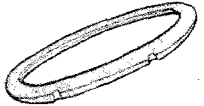
b. (12 & 22 Qt. Models)

Located on the outside of the lid, the spring safety pushes on the gasket to prevent the cooker from being pressurized before the lid is closed. **The lid is closed when the lid handle is directly above the pan handle. Never cook with the lid in any other position. Improper closure can cause the lid to be thrown from the pan.**



SAFETY SYSTEMS continued

RUBBER GASKET The gasket inside the lid seals the lid when the cooker is closed according to the directions. After a long period of use, the gasket may become hard or shrink losing its sealing ability. Gently stretch the gasket and test it. If it continues to leak, replace it.



REPLACEMENT PARTS



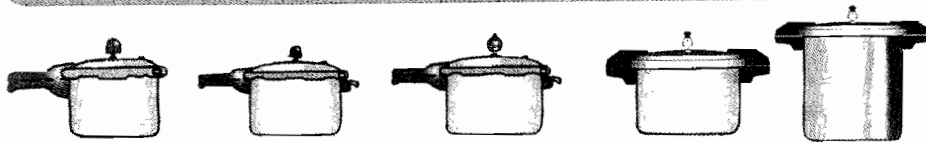
Selective Pressure Control



Rubber Gasket

WARNING: Always use genuine replacement parts. The use of parts not manufactured by MIRRO/KitchenPro can cause injury!

IDENTIFY YOUR PRESSURE COOKER



4.0 Qt.

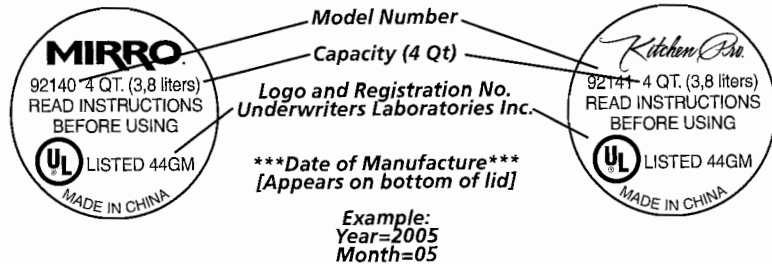
6.0 Qt.

8.0 Qt.

12.0 Qt.

22.0 Qt.

The stamp on the bottom of your Pressure Cooker/Canner identifies your product. This example is for the (4 Qt.) Model



Write down the capacity of your cooker, model number and date of manufacture. This information is important for the warranty and replacement parts.

Quarts	Model	Date of Manufacture
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Ten Year Limited Warranty

Our Promise to you:

This Mirro Company product is warranted against defects in workmanship and material for a period of **TEN YEARS** from the date that the product is originally purchased. If this product becomes defective within the warranty period, Mirro will repair it or replace it. This warranty is not applicable to the gasket and reusable overpressure plug or damage to the product resulting from misuse, accidents or alterations to the product. **MIRRO SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, HOWEVER CAUSED.** Some states do not allow the inclusion or limitation of incidental or consequential damages, so the above exclusion may not apply to you. If service becomes necessary within the warranty period, return the product, postage paid (by you), along with a description of the claimed defect, to:

MIRRO COMPANY
ATTN: Consumer Center
2121 Eden Road, Millville,
NJ 08332

Mirro will refund the postage and insurance charges, if any, you prepaid if the service work requested is covered by this warranty. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Comments, Questions, Concerns? Call Our Consumer at 1-800-527-7727

QUESTIONS AND ANSWERS

HOW DOES THE PRESSURE COOKER WORK?

The Pressure Cooker produces pressure by heating water thereby generating steam (similar to the steam that raises the lid of your conventional cooker). The Pressure Cooker keeps the steam inside, allowing the excess to escape through the Vent Tube. The Pressure Control automatically maintains a constant internal pressure.

IF I USE HIGH HEAT WILL THE FOOD COOK FASTER?

No. Using high heat for cooking will only waste energy and result in excessive loss of cooking liquid (water). However you must use high heat to initially bring cooker up to pressure.

WHY DOES STEAM ESCAPE FROM THE REUSABLE OVERPRESSURE PLUG AT THE BEGINNING OF THE OPERATION?

At the start of cooking the internal pressure is low and not sufficient to activate the red center pin of the Overpressure Plug. The purpose of this is to eliminate the cold air inside the cooker at the start of cooking. However, if during cooking, steam continues to escape, make sure that the Overpressure Plug is clean and the red center pin is in the correct position. Remember to only open your cooker when the pressure is down. If the Overpressure Plug continues to leak replace it with a new one.

WHEN SHOULD I CHANGE THE RUBBER GASKET?

The life span of your Rubber Gasket depends on the type of food and how frequently you use your Pressure Cooker. If you notice steam escaping between the body and the lid (as long as the gasket and the lid are clean and properly installed), stretch the Rubber Gasket slightly and test it again. Should the leakage continue, replace it with a new and original one.

WHAT SHOULD I DO IF, DURING COOKING, STEAM STOPS COMING OUT OF THE VENT TUBE?

Turn off the heat and wait while your Pressure Cooker cools to room temperature. Open it and remove the Pressure Control, check the Vent Tube against the light and clean it with a wire, check the level of food and water (if in excess remove part of it), close the lid correctly, replace the Pressure Control and resume cooking.

WHAT MAKES THE RUBBER GASKET STRETCH, SHRINK, SWELL OR STIFFEN?

The stretching or "swelling" may occur when there is accumulation of grease from the food or excessive oiling. Wash it thoroughly after each use. Stiffness or shrinkage is caused by pressure, heat and age. If this occurs, replace it with a new one.

WHEN COOLING MY PRESSURE COOKER UNDER THE WATER TAP, IT WHISTLES; IS THIS DANGEROUS?

While being cooled under water, the initial pressure is quickly reduced producing a vacuum. The whistle is produced by the incoming air. This is normal and not dangerous.

WHAT MAKES THE COOKER LID HARD TO CLOSE?

In a new cooker, the gasket is dry and often very snug fitting. Pressing down on the cover with one hand, while you close the cooker with the other, will often help. You may lubricate the gasket with a small amount of cooking oil or shortening for the first two or three uses. Caution: Excessive lubrication will cause the gasket to swell and not fit properly.

HOW DO I KNOW WHEN THE PRESSURE COOKER IS OPERATING CORRECTLY?

As long as the cooker lid is closed, that is lid handle directly over pan handle and the Pressure Control is gently rocking or jiggling you can be sure the cooker is maintaining the proper internal pressure. The Pressure Control never needs to be tested or adjusted for accuracy.

CANNING

CAUTION: Pressure can only in models with selective control (5, 10, and 15 lbs.) Do not try to can in single-control model.

WARNING: Read instructions for ordinary pressure cooking before you attempt to use your cooker or canner for canning.

General Tips for Pressure Canning

The U.S. Department of Agriculture recommends pressure canning as the only safe way to can meats, fish, poultry, and all common vegetables. Fruits and plain tomato products may be canned by the hot-water-bath method, but pressure canning them will save time and energy.

Use a water-bath canner for pickles, jams, and jellies. Do not blanch in a pressure canner. Use a blancher or covered pot with suitable basket.

To can mixtures of foods (soups, stews, etc.) use the time required for the ingredient with the longest processing time. Sometimes it is better to can ingredients separately (meat and vegetables, for example) and then combine them to heat for serving.

Before canning for the first time, follow this procedure to get familiar with how your canner operates:

1. Pour 2 quarts of water and 1 tablespoon vinegar in canner.
2. Close cover and place control on vent tube at 10 lbs. pressure.
3. Heat on high heat until control jiggles.
4. Turn down heat so that control rocks gently. Note the heat setting on your range that maintains this level.

5. Remove from heat and let the canner cool until pressure is fully down.

Note: At altitudes above 1,000 feet, increase pressure by 5 lbs.

How to pressure Can in Glass Jars

CAUTION: Use only standard jars intended for home canning. These jars will have manufacturer's name molded in the glass. Never use jars from commercial food products.

1. Check jars and lids for nicks, chips, cracks, or sharp edges. Discard any imperfect jars and lids.

CAUTION: Use only NEW metal lids (used with metal screw bands).

2. Wash jars and lids thoroughly in hot, soapy water. Rinse.

3. Keep jars covered with hot water until filled. You need not sterilize jars for pressure canning. Place metal lids in hot or boiling water as directed by manufacturer.

4. Select fresh, firm (not overripe) product. Sort according to size and ripeness.

5. Wash and prepare food

6. Pack food into jars. Most foods may be packed raw. Pack raw foods tightly, because raw foods shrink during processing. Food may also be preheated or partially cooked before packing. Pack hot food fairly loosely.

7. Finish filling jar with syrup, water, or juice, allowing adequate head space. Add salt (if desired).

8. Insert blade of plastic spatula down sides of jar to release any trapped air bubbles.

9. Wipe rim of jars clean and close lids according to manufacturer's directions.

10. Place rack in canner and add recommended amount of hot water for hot pack. For cold pack use room temperature water.

Add 1 tablespoon vinegar or 1 teaspoon cream of tartar to help prevent water stains in canner.

11. Set jars on rack in canner. It is all right if sides of jars touch each other.

Note: 22-quart canner is furnished with two flat racks for stacking half-pint or pint jars. Place one rack in bottom of canner and the other between tiers of jars.

12. Close canner. Make sure that canner is properly closed, with grips on lid directly over grips on pan.



13. With pressure control OFF, heat on high until steam comes out of vent tube. Let steam vent for 10 minutes.

14. After venting, place control on vent tube using a pot holder or oven mitt at correct pressure setting according to the chart.

15. When control jiggles vigorously, reduce heat so that control rocks or jiggles gently. **CAUTION: Prevent drafts from blowing over canner and avoid turning heat up and down. This can cause uneven pressure and can cause liquid to be forced out of jars.**

16. Process according to time given in charts. Count processing time from the time the control starts to jiggle vigorously.

17. When processing time is completed, turn off heat. Let canner cool.

CAUTION: Do not fast-cool by setting canner in water or by running water over the canner. Never lift control to release pressure.

It takes about 35-40 minutes for pressure to drop in a smaller cooker filled with jars and 45 minutes to an hour in a large canner with a full load.

18. When pressure is fully down, remove control. Carefully remove cover.

WARNING: Escaping steam can scald you and the pressure control may be hot. Protect your hands with pot holders or oven mitts and tilt cover so steam escapes away from you.

To test if pressure is down, gently nudge control. If you see steam spurting out, pressure is not yet down. Let canner continue to cool.

Note: You may hear a hissing noise when control is nudged. If you also see steam spurt out, pressure is not down. If you do not see steam, the hissing is air entering the canner.

19. Using a jar lifter, remove jars from canner. Set jars on a cooking rack or on several thicknesses of cloth.

CAUTION: Never set hot jars on a cold or wet surface. The jars may break.

CANNING PROBLEMS

Problem: Liquid is lost from jars. Causes and Remedies:

1. **Jars are packed too full or too tight.** When food and liquid are boiled, they expand. If there is not sufficient room, liquid will be forced out. Leave adequate head space of 1/2"-1" as recommended in chart.

2. **Air bubbles are trapped in jar.** When food begins to boil, air bubbles will force liquid out of the jar. Before closing jar, run a plastic spatula down the sides of the jar to release any trapped air.

3. **Pressure is allowed to fluctuate during processing.** If heat is adjusted up and down frequently, it may cause sudden changes in pressure, which may force liquid out of jars. After control starts to jiggle, adjust heat so that the control gently rocks. Avoid frequent adjustments.

4. **Pressure is reduced too rapidly after processing.** If pressure is rapidly reduced, such as by running cold water over the canner or nudging the control frequently, the pressure in the canner may drop more quickly than the pressure in the jars, and liquid may be forced out of jars.

Allow canner to cool normally to room temperature. After 25-35 minutes (for a small cooker) or 40-45 minutes (for a large canner), check pressure by nudging control.

20. Complete seal if jars are not self-sealing. If any liquid boiled out during processing, seal jar as is. Do not add liquid, as that would require reprocessing. Fruits and vegetables not covered by liquid may turn dark, but they will not spoil.

21. Let jars cool. Keep jars upright and out of drafts.

22. After 12 hours, remove screw bands from jar with metal lids. If a screw band does not easily come off, cover it for one minute with a hot, damp cloth. This will expand the metal slightly and usually permit the band to be removed. If the band cannot easily be removed, leave it on.

CAUTION: Never force screw bands off. You might break seal.

23. Examine jars for leaks and test seal. For a metal lid, test the seal by tapping it with a teaspoon. A clear ring is a sign of a good seal. If a lid is curved down and does not move when tapped, that is also a sign of a good seal.

WARNING: If a jar leaks or is not sealed, use the contents promptly or reprocess within 24 hours with new lids for the full recommended processing time.

24. Wipe jars with a damp cloth, dry, and label with contents and date. Store in a cool, dry place.

CAUTION: Do not permit contents to freeze. The liquid will expand and may break the jar.

Problem: Canning jars break. Causes and Remedies:

1. **Commercial food product jars rather than home canning jars are used.** Use only canning jars intended for home canning.

2. **Damaged jars are used.** Old jars may have invisible cracks. Jars may be damaged in shipping. Carefully inspect jars before using.

3. **Jars are placed directly in canner without rack.** Always use rack.

4. **Hot jars are set on a cold or wet surface or exposed to cold drafts.** Set jars on a cooling rack or on several thicknesses of cloth. Protect from drafts.

5. **Jars are damaged by using a knife to release air bubbles.** Use only a plastic or rubber spatula to release trapped air.

6. **Hot jars placed in cold water. Cold jars placed in hot water.**

FOR MORE INFORMATION ABOUT CANNING:

1. Ball Corp., Muncie, IN 47302, 1-800-240-3340
2. Consumer Information Center, Pueblo, CO 81099
3. **For more information about our canning equipment:** Consumer Center, 2121 Eden Road, Millville, NJ 08332 Phone 1-800-527-7727
4. Your University Extension County home economist will also have information about home canning.

Pressure Canning Meat and Fish

Canner Size	Amount of water in Canner	Jar capacity of Canner			
		Half Pint	Pint, Reg.	Pint, Wide Mouth	Quarts
8Qt.	2 Qt.	7	5	5	-
12 Qt.	2 1/2 Qt.	10	8	7	5
22Qt.	2 1/2 Qt.	30*	16*	14*	5

Add extra pint of water to canner if processing less than full capacity.
* If jars are stacked and an additional rack is used between stacks.

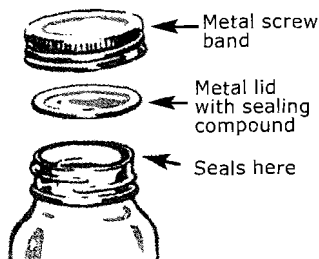
Amount of Salt for canning Vegetables and Meats

Jar Size	Salt
Half Pint (8 oz.)	1/4 tsp.
Pint (16 oz.)	1/2 tsp.
Quart (32 oz.)	1 tsp.

* Vegetables and meats can be canned successfully with or without salt.

How to close Jars

HOW TO CLOSE JARS: FOLLOW LID MANUFACTURER'S DIRECTIONS CAREFULLY.



Use a flat metal lid with sealing compound and a metal screw band, which fits any standard mason jar.

1. Fill jar. Wipe rim clean.
2. Place lid in hot or boiling water, according to manufacturer's directions.
3. Put new lid on jar with sealing compound next to glass.
4. Screw metal band on tight by hand. Do not use a wrench. Over tightening will cause lids to buckle.
5. This jar is self sealing. Do not tighten after jar is removed from canner.

CAUTION: DETECTING SPOILAGE

A leaking jar or a bulging lid may be a sign of spoilage. Look for "off" odor or color. Never taste food you think has spoiled. Throw it away. Also it is possible for food to contain botulism without showing any signs of spoilage, so boil non-acid vegetables and meats for ten minutes before tasting and reboil leftover food before serving.

! CONSIGNES DE SÉCURITÉ

Lors de l'utilisation de l'autocuiseur, vous devez de suivre les précautions élémentaires qui s'imposent. Si vous avez des questions sur l'utilisation sécuritaire de l'autocuiseur, veuillez communiquer avec notre service à la clientèle au 1 800 527-7727

1. Veuillez lire toutes les instructions avant d'utiliser votre autocuiseur.

2. **Avant chaque utilisation, assurez-vous que le conduit d'évacuation n'est pas bouché.** Enlevez le régulateur de pression et placez le couvercle face à une source lumineuse pour vous en assurer. S'il est bouché, nettoyez-le avec un fil métallique. Consultez la section Vérification du conduit d'évacuation à la page 23.

3. **Ne faites jamais cuire DE COMPOTE DE POMMES, DE CANNEBERGE, D'ORGE PERLÉ, DE POIS CASSE, DE RHUBARBE, DE NOUILLES, DE MACARONI, DE SPAGHETTI OU AUTRE TYPE DE PÂTE NI DE FLOCONS D'AVOINE OU AUTRE TYPE DE CÉRÉALE dans l'autocuiseur.** Ces aliments ont tendance à s'agglutiner et à former une écume et peuvent boucher le conduit d'évacuation.

4. **MISE EN GARDE:** Si le conduit d'évacuation est bouché, les dispositifs de surpression risquent de s'ouvrir et de libérer de la vapeur chaude et des éclaboussures d'aliment. Gardez votre visage à bonne distance de l'autocuiseur. Consultez la section Comment utiliser l'autocuiseur à la page 23.

4. **Ne remplissez jamais l'autocuiseur à la plus des 2/3 de sa capacité. Lors de la cuisson d'aliments qui gonflent (comme le riz et les légumes séchés) ne remplissez l'autocuiseur qu'à moitié.**

5. **MISE EN GARDE:** Le remplissage excessif de l'autocuiseur peut boucher le conduit d'évacuation. De plus, les dispositifs de surpression risquent de laisser s'échapper de la vapeur chaude et des éclaboussures d'aliment. Consultez la section Comment utiliser l'autocuiseur à la page 23.

5. Cet appareil cuit les aliments sous pression. Assurez-vous que l'autocuiseur est bien fermé avant de le poser sur la cuisinière. **L'autocuiseur est bien fermé lorsque le manche du couvercle se trouve vis-à-vis le manche de la casserole.**

6. **MISE EN GARDE:** Si le couvercle est mal fermé, il pourrait se détacher violemment de la casserole. Consultez la section Comment ouvrir et fermer l'autocuiseur à la page 20.

6. Si les dispositifs de surpression se relâchent, protégez-vous de la vapeur, éteignez la cuisinière et laissez l'autocuiseur refroidir. La soupape de surpression réutilisable peut être remise en place. Si le joint en caoutchouc est sorti de son logement, remplacez-le par un joint neuf. Ne le réutilisez pas.

7. Ne tentez jamais d'enlever le couvercle avant que l'autocuiseur ne soit refroidi et que la pression tombée, le couvercle est très facile à tourner. **Ne tentez jamais d'ouvrir le couvercle de force s'il semble bloqué.** Consultez la section Sortir les aliments à la page 23.

8. N'enlevez jamais le régulateur de pression pendant la cuisson ni lorsque l'autocuiseur est encore chaud. Sinon, la vapeur s'échapperait par le conduit d'évacuation et pourrait causer de graves brûlures.

9. Surveillez toujours l'autocuiseur lorsque vous l'utilisez en présence d'enfants. Assurez-vous que le manche de l'autocuiseur ne dépasse pas de la cuisinière.

10. Retirez toujours le joint en caoutchouc avant d'utiliser l'autocuiseur comme marmite conventionnelle (non pressurisée), sans régulateur de pression. Si vous laissez le joint en place, la pression peut monter à l'intérieur de l'autocuiseur. Sans le joint, la pression ne pourra pas monter.

11. N'utilisez jamais l'autocuiseur à d'autres fins que celle pour laquelle il a été conçu, soit la cuisson sous pression à usage non commercial. Ne placez jamais l'autocuiseur dans le four. N'utilisez pas l'autocuiseur à l'extérieur.

12. N'utilisez jamais l'autocuiseur pour frire sous pression avec de l'huile ni pour rôtir (cuisson sous pression en utilisant de l'huile ou du shortening au lieu d'eau).

13. Ne touchez pas aux surfaces métalliques de l'autocuiseur, utilisez plutôt les manches ou la poignée. Soyez extrêmement prudent lorsque vous déplacez un autocuiseur rempli de liquide chaud.

CONSERVEZ CES INSTRUCTIONS 19

Pressure Cooker & Canners



Recipes Recettes Recetas

RECIPES

Chili Con Carne

4.2 Qt.	6/8 Qt.	Ingredients
1 lb.	2 lbs.	Ground Beef
1/2 cup	1 cup	Onion, chopped
1 tbsp.	2 tbsp.	Fat
1 tbsp.	2 tbsp.	Green Pepper, chopped
1 cup	2 cups	Canned Tomatoes
1 tsp.	2 tsp.	Salt
1/2 tsp.	1 tsp.	Paprika
1-2 tsp.	2-4 tsp.	Chili Powder
1 1-lb. can	2 1-lb. cans	Kidney Beans, drained (reserve liquid)

4-5 serving 8-10 serving

1. Brown beef and onion in fat in cooker. Pour off excess fat.
2. Add remaining ingredients except kidney beans. Add enough water to reserved bean liquid to measure 3 cups. Use 6 cups for 6/8 qt. recipe. Add to cooker. Break up tomatoes.
3. Cover, set control at 10 PSI and cook 10 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Add kidney beans and simmer a few minutes.

Beef Stroganoff

4.2 Qt.	6/8 Qt.	Ingredients
1 lb.	2 lbs.	Beef Stew Meat - 1 in. pieces
1 tbsp.	2 tbsp.	Flour
1 tbsp.	2 tbsp.	Fat
1 4-oz. can	2 4-oz. cans	Mushrooms, drained (reserve liquid)
1	2	Onions, medium, sliced
1 tsp.	2 tsp.	Salt
1/4 tsp.	1/2 tsp.	Pepper
Dash	1/4 tsp.	Ground Marjoram
2 tsp.	4 tsp.	Dry Mustard
3 tbsp.	6 tbsp.	Catsup
1/2 cup	1 cup	Dairy Sour Cream

4-5 servings 8-10 servings

1. Roll beef in flour. Brown in hot fat in cooker.
2. Add enough water to reserved mushroom liquid to measure 1 1/2 cups. Use 3 cups for 6/8 qt. recipe. Add mushrooms-water mixture and remaining ingredients except sour cream to cooker.
3. Cover, set control at 10 PSI and cook 15 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Stir in sour cream; heat through. Serve with noodles.

Hungarian Goulash

4.2 Qt.	6/8 Qt.	Ingredients
1 1/2 lbs.	3 lbs.	Beef Stew Meat - 1 in. pieces
2 tbsp.	1/4 cup	Fat
2	3	Onions, medium, sliced
1 tsp.	2 tsp.	Salt
1/4 tsp.	1/2 tsp.	Pepper
1/2 tsp.	1 tsp.	Paprika
1/2	1	Bay Leaf
1/2 tsp.	1 tsp.	Ground Marjoram

3 cups	6 cups	Water
4	8	Potatoes, medium, whole
4	8	Carrots, medium, cut lengthwise
2	4	Turips, cut in halves
1 cup	2 cups	Green Pepper, chopped

4-6 servings 8-12 servings

1. Brown beef in fat in cooker.
2. Add onions, salt, pepper, paprika, bay leaf, marjoram and water.
3. Cover, set control at 10 PSI and cook 15 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place remaining ingredients on rack over beef.
6. Cover, set control at 10 PSI and cook 10 minutes after control jiggles. Reduce pressure instantly.
8. Prepare gravy recipe.

Stuffed Green Peppers

4.2 Qt.	6/8 Qt.	Ingredients
4	8	Green Peppers
3/4 lb.	1 1/2 lbs.	Ground Beef
1/3 cup	2/3 cup	Rice, cooked
1 tsp.	1 1/2 tsp.	Salt
Dash	1/4 tsp.	Pepper
1	2	Egg
1/3 cup	2/3 cup	Onion, chopped
(1)10 3/4 oz. can	(2)10 3/4 oz. cans	Tomato Soup
1 1/2 cups	3 cups	Water

4 servings 8 servings

1. Remove seeds and wash peppers.
2. Mix beef, rice, salt, pepper, egg, onion and 1/3 cup soup. Use 2/3 cup for 6-qt. recipe.
3. Stuff peppers lightly and place on rack in cooker. Top each pepper with 1 tablespoon soup. Mix remaining soup and water; pour into cooker.
4. Cover, set control at 10 PSI and cook 15 minutes after control jiggles.
5. Cool cooker normally for 5 minutes, then place under faucet.

Corned Beef and Cabbage

4.2 Qt.	6/8 Qt.	Ingredients
2 lbs.	4 lbs.	Corned Beef Brisket
3 cups	4 cups	Water
4	8	Carrots
4	8	Potatoes, medium, cut in halves
4	8	Cabbage wedges
4	8	Onion, small, whole

4 servings 8 servings

1. Place corned beef in cooker. Add water.
2. Cover, set control at 10 PSI and cook 60 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet.
4. Add remaining ingredients.
5. Cover, set control at 10 PSI and cook 8-10 minutes after control jiggles. Reduce pressure instantly.

Gravy

4.2 Qt.	6/8 Qt.	Ingredients
1 cup	2 cups	Broth(liquidfromcooked meat)
2 tbsp.	1/4 cup	Flour
1/4 cup	1/2 cup	Cold Water

1. Skim excess fat from broth. Add enough water to broth, if necessary, to measure 1 cup. Use 2 cups for 6/8 Qt. recipe.
2. Mix flour and water until smooth. Gradually stir into broth.
3. Cook over medium heat, stirring constantly, until gravy is smooth and thickened. Season with salt and pepper.

Stuffed Pork Chops

4.2 Qt.	6/8 Qt.	Ingredients
3 1/2 cups	3 cups	Bread Cubes
1 tbsp.	2 tbsp.	Butter or Margarine
2 tbsp.	1/4 cup	Parsley, chopped
4	8	Pork Chops - 1 to 1 1/2 in. thick, with pocket cut along side of bone
3/4 tsp.	1 1/2 tsp.	Salt
Dash	1/4 tsp.	Pepper
1 tbsp.	2 tbsp.	Fat
1 10 1/2-oz.can	1 10 1/2-oz.can	Consomme
1 cup	2 cups	Water
4 servings	8 servings	

1. Brown bread cubes in butter. Mix with parsley.
2. Stuff chops with bread mixture. Season with salt and pepper.
3. Brown chops in fat in cooker.
4. Place chops on rack in cooker. Add consomme and water.
5. Cover; set control at 10 PSI and cook 12-15 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe.

Scalloped Potatoes and Ham

4.2 Qt.	6/8 Qt.	Ingredients
3	3	Potatoes, medium
3 tbsp.	3 tbsp.	Flour
3/4 tsp.	3/4 tsp.	Salt
1/4 tsp.	1/4 tsp.	Pepper
1 cup	1 cup	Ham, cooked, cubed
2 tbsp.	2 tbsp.	Onion, chopped
3 tbsp.	3 tbsp.	Butter or Margarine
1 cup	1 cup	Milk
4 servings	4 servings	

1. Cut potatoes in thin slices (~3 cups). Mix flour, salt and pepper.
2. In greased 1 1/2 quart metal or heatproof glass bowl, arrange 3 layers of potatoes and ham, sprinkling each layer of potatoes with part of flour mixture and dotting with butter.
3. Pour milk over potatoes and cover bowl with foil.
4. Pour 2 cup water in cooker. Use 3 cups for 6/8-qt. recipe. Place bowl on rack in cooker.
5. Cover, set control at 10 PSI and cook 20 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Garnish potatoes, if desired, with paprika, chopped parsley or grated cheddar cheese.

Rice

The best way to pressure cook rice is in an uncovered mold or pan, set on a rack in cooker.

	Rice	Water	Salt	Min. To Cook After Control Jiggles
Long Grain Rice (Reg. or Converted)	1 cup	1 1/2 cp.	1 tsp.	15
Long Grain Brown Rice	1/2 cup	1 1/2 cp.	1/2 tsp	35 (Regular)
Wild Rice	1/2 cup	1 1/4 cp.	1/4 tsp.	40

1. Place rice, water and salt in greased 1-quart mold.
2. Place on rack in cooker. Add 4 cups water.
3. Cover; set control at 10 PSI and cook.
4. Reduce pressure instantly and remove rice from mold.

Chicken Paprika

4.2 Qt.	6/8 Qt.	Ingredients
1	2	Chicken: 2 1/2 - 3 lbs.
1 tsp.	2 tsp.	Salt
Dash	1/4 tsp.	Pepper
1 tsp.	2 tsp.	Paprika
3 tbsp.	6 tbsp.	Flour
2 tbsp.	1/4 cup	Fat
3 cups	4 cups	Water
1	2	Chicken Bouillon Cube
1 cup	2 cups	Dairy Sour Cream
4-6 servings	8-12 servings	

1. Cut chicken into individual servings.
2. Mix salt, pepper, paprika and flour; coat chicken.
3. Brown in hot fat in cooker. Place on rack.
4. Slowly add water and bouillon cube.
5. Cover, set control to 10 PSI and cook 12 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Stir in sour cream; heat through.

Fried Chicken

4.2 Qt.	6/8 Qt.	Ingredients
1	2	Chicken: 2 1/2 - 3 lbs.
1/4 cup	1/2 cup	Flour
1 1/2 tsp.	1 tbsp.	Salt
Dash	1/4 tsp.	Pepper
1 tsp.	2 tsp.	Paprika
2 tbsp.	1/4 cup	Fat
1	2	Onion, small, cut in halves
2 cups	2 1/2 cups	Water
4-6 servings	8-12 servings	

1. Cut chicken into individual servings. Mix flour, salt, pepper and paprika; coat chicken.
2. Brown in hot fat in cooker. Add onion and water. Place chicken on rack in cooker.
3. Cover, set control to 10 PSI and cook 12 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place chicken under the oven broiler for a few minutes to crisp. Prepare gravy recipe.

Perch or Halibut Steak

4.2 Qt.	6/8 Qt.	Ingredients
1 1/2 lbs.	3 lbs.	Perch or Halibut
2 tbsp.	4 tbsp.	Butter or Margarine
1 1/2 tsp.	1 tbsp.	Salt
Dash	1/4 tsp.	Pepper
2 tbsp.	4 tbsp.	Onion, chopped
1 tbsp.	2 tbsp.	Parsley, chopped
1/4 cup	1/2 cup	Water for frozen fish
or	or	or
1/2 cup	1 cup	Water for fresh fish
2 tbsp.	4 tbsp.	Flour
1/2 cup	1 cup	Water
1/4 tsp.	1/2 tsp.	Salt
4 servings	8 servings	

1. Cut fish into individual servings.
2. Brown fish in hot fat in bottom of cooker. Place fish on rack.
3. Season with salt and pepper. Sprinkle with onions. Add water.
4. Cover, set control to 10 PSI and cook for 4 minutes after control jiggles.
5. Cool cooker normally. Remove fish and place on hot platter.
6. Thicken liquid with flour mixed with cold water. Stir until smooth. Add salt and parsley.

Shrimp Curry

4.2 Qt.	6/8 Qt.	Ingredients
1 lb.	2 lbs.	Shrimp
2 tbsp.	4 tbsp.	Fat
2 tbsp.	4 tbsp.	Flour
1 1/4 cups	2 1/2 cups	Hot Milk
1/4 tsp.	1/2 tsp.	Salt
Dash	1/4 tsp.	Paprika
1 tsp.	2 tsp.	Onion, chopped
1 tsp.	2 tsp.	Curry Powder
1 tsp.	2 tsp.	Lemon Juice
4 servings	8 servings	

1. Cook shrimp according to chart directions.
2. Melt fat in saucepan. Blend in flour.
3. Add hot milk slowly, stirring constantly.
4. Add remainder of ingredients and cook until smooth and thickened, stirring constantly.
5. Add shrimp and serve over cooked rice.

Spicy Red Cabbage

4.2 Qt.	6/8 Qt.	Ingredients
1/2 cup	1 cup	Raisins
2 tbsp.	1/4 cup	Bacon Fat, Butter or Margarine
5 cups	10 cups	Red Cabbage, shredded
1 cup	2 cups	Apples, sliced
2 tbsp.	1/4 cup	Cider Vinegar
3/4 cup	1 1/2 cups	Onion, chopped
1 tsp.	1 1/2 tsp.	Mixed Spices, tied in wet cheesecloth
1/2 cup	2/3 cup	Water
3/4 tsp.	1 1/2 tsp.	Salt
1/4 tsp.	1/2 tsp.	Pepper
2 tbsp.	1/4 cup	Sugar
4 servings	8 servings	

1. Place all ingredients in cooker.
2. Cover, set control at 10 PSI and cook 5 minutes after control jiggles. Reduce Pressure instantly.
3. Remove spices.

Hubbard Squash

4.2 Qt.	6/8 Qt.	Ingredients
2 cups	4 cups	Squash, cooked
1/2 tsp.	1 tsp.	Salt
Dash	Dash	Pepper
2 tbsp.	1/4 cup	Bacon drippings
2 tbsp.	1/4 cup	Brown Sugar
2 tbsp.	1/4 cup	Orange Juice
4 servings	8 servings	

1. Cook squash according to chart directions.
2. Scrape squash from shell and mash it.
3. Add other ingredients and heat squash thoroughly.

Vegetables Soup

4.2 Qt.	6/8 Qt.	Ingredients
1 1/2 lbs.	3 lbs.	Soup Meat and Bone
1 small	1 medium	Onion, sliced
1 tsp.	2 tsp.	Salt
Dash	1/4 tsp.	Pepper
1 1/2 qt.	2 1/2 qts.	Water
1/2 cup	1 cup	Carrots, sliced
1 cup	2 cups	Canned Tomatoes
1 cup	2 cups	Green Beans, cut up
1/2 cup	1 cup	Celery, diced
4 servings	8 servings	

1. Place soup metal and bone, onion, salt, pepper and water in cooker.
2. Cover, set control at 10 PSI and cook 50 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet.
4. Remove bone and meat. Strain broth. Return broth and meat only to cooker.
5. Add vegetables.
6. Cover, set control at 10 PSI and cook 5 minutes after control jiggles.
7. Cool cooker normally for 5 minutes, then place under faucet. Sprinkle with chopped parsley.

Chicken Gumbo

4.2 Qt.	6/8 Qt.	Ingredients
2 1/2 lbs.	3 1/2 lbs.	Chicken
1/4 cup	1/4 cup	Flour
1/2 tsp.	1/2 tsp.	Salt
1/4 tsp.	1/4 tsp.	Pepper
1 1/2 qt.	2 1/2 qts.	Water
2 tbsp.	4 tbsp.	Fat
1/4 cup	1/2 cup	Onion, chopped
1 tbsp.	2 tbsp.	Parsley, chopped
1 1/2 tbsp.	3 tbsp.	Pimiento, chopped
1 1/4 cups	2 1/2 cups	Tomatoes
3 cups	5 cups	Water
1 tsp.	2 tsp.	Salt
1 cup	2 cups	Okra
3/4 cup	1 1/2 cups	Rice, cooked
4 servings	8 servings	

1. Cut chicken into pieces for serving and dredge in flour, salt and pepper.
2. Brown well in cooker with onion in hot fat.
3. Add parsley, pimiento, tomatoes, water and salt.
4. Cover, set control on at 10 PSI and cook for 25 minutes after control jiggles. Cool cooker normally for 5 minutes and then place under faucet.
4. Add okra and cooked rice and simmer 5 minutes.