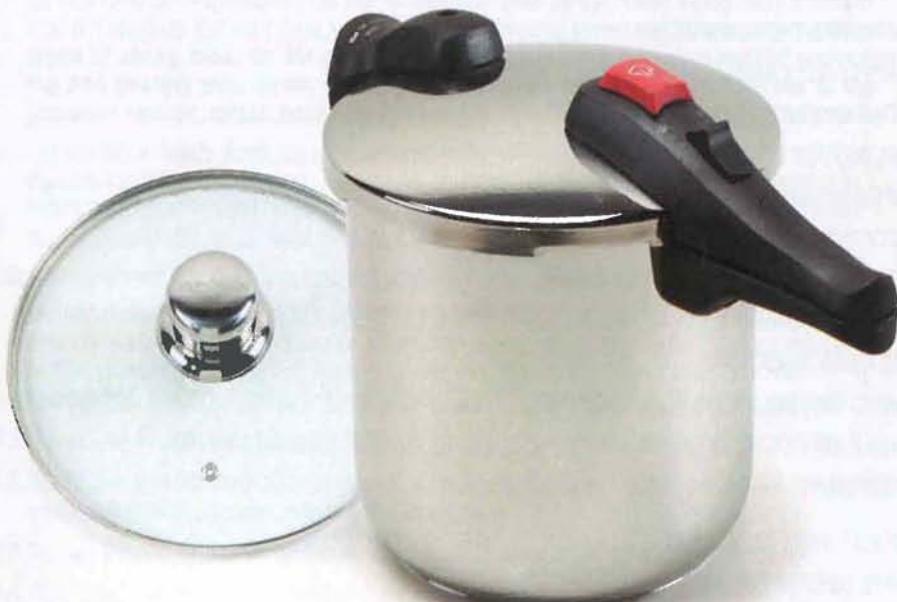


# CHEF'S DESIGN®

PREMIUM STAINLESS STEEL

*Heirloom Quality Cookware Since 1915*

## CARE AND USE INSTRUCTIONS FOR **STAINLESS STEEL PRESSURE COOKER** MODELS: D4.5, D6, D8 & D10



Congratulations on the purchase of your CHEF'S DESIGN® pressure cooker. This pressure cooker has been carefully engineered with top quality materials in order to provide you with one of the safest, most energy-efficient pressure cookers available today.

**PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USING YOUR PRESSURE COOKER.**

# CONTENTS

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

## CHEF'SDESIGN® PRESSURE COOKERS

Thank you for choosing a CHEF'SDESIGN® pressure cooker. To ensure safety and durability, all CHEF'SDESIGN® pressure cookers have been vigorously tested at all stages of production and are manufactured to extremely high standards, using the best materials available.

Properly cared for cookware will give you years of cooking enjoyment. Please read through these instructions carefully. They will tell you how best to use and care for your new cookware.

**Attention: Please read instructions before use.**

## CONTENTS

IMPORTANT SAFEGUARDS .....	1
SAFETY RECOMMENDATIONS .....	2
COMPONENTS AND FEATURES .....	3
OPERATING INSTRUCTIONS .....	5
OPENING THE PRESSURE COOKER .....	5
CLOSING THE PRESSURE COOKER .....	5
FOOD PREPARATION INSTRUCTIONS .....	6
CARE OF YOUR PRESSURE COOKER .....	8
TROUBLE SHOOTING .....	9
BASIC INSTRUCTIONS FOR COOKING .....	13
TABLE OF COOKING TIMES .....	18
WARRANTY .....	20

MODEL RECEIVED:  D4.5  D6  D8  D10

DATE RECEIVED: \_\_\_\_\_

FROM: \_\_\_\_\_

### LIQUID CAPACITY OF EACH MODEL:

D4.5 = 4.5 LITER (4.75 QUART)

D6 = 6 LITER (6.3 QUART)

D8 = 8 LITER (8.5 QUART)

D10 = 10 LITER (10.6 QUART)

# IMPORTANT SAFEGUARDS

## WHEN USING PRESSURE COOKERS, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED.

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Extreme caution must be used when removing a pressure cooker containing hot liquids.
6. Do not use pressure cooker for other than intended use.
7. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Operating Instructions."
8. 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 ½ full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. **When cooking these types of sticky food, do not cool it down by placing the pressure cooker under the tap and cooling with water. Doing so could cause some liquid to flow out of the pressure cooker, which could be hazardous.** See "Food Preparation Instructions."
9. Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti. These foods tend to foam, froth and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
10. Always check the pressure release devices for clogging before use.
11. Do not open the pressure cooker until the unit has cooled and 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."
12. Never use this pressure cooker with oil for pressure frying (broasting).
13. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
14. Do not use on a gas or electric burner that delivers more than 12,000 btu/h.
15. This pressure cooker is intended for household use only. It is not intended for restaurant or any other commercial use.

## SAVE THESE INSTRUCTIONS

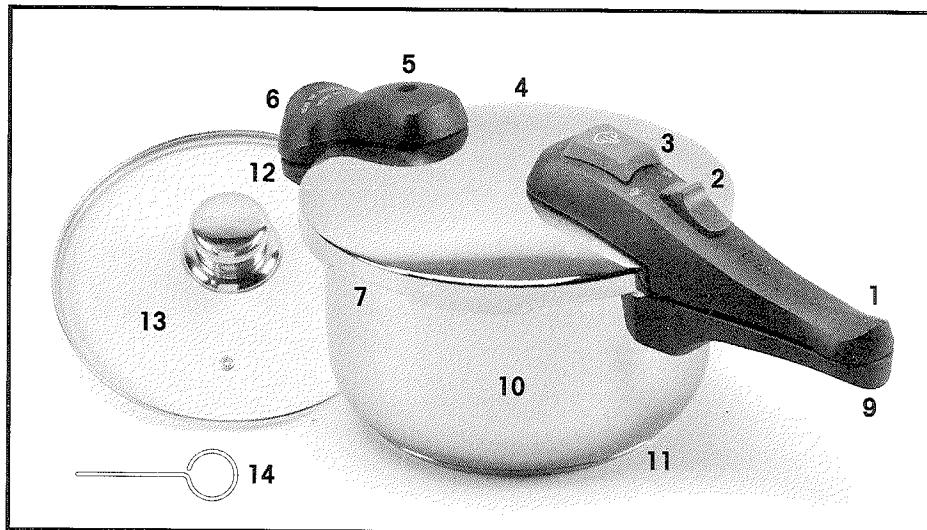
# SAFETY RECOMMENDATIONS

# COMPONENTS OF YOUR PRESSURE COOKER

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

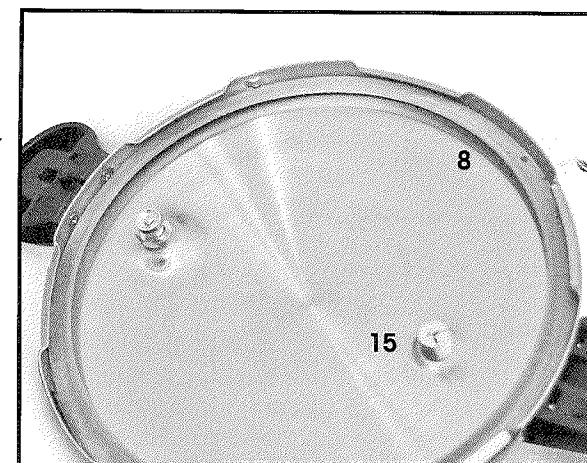
## WHEN USING PRESSURE COOKERS, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED.

1. Please ensure children do not have access to, or be able to reach the pressure cooker while cooking.
2. Never use the pressure cooker with a worn or torn gasket. Inspect the gasket before every use to make sure it is pliable and does not have any cracks or tears. Do not use the pressure cooker with a worn or damaged gasket. New gaskets can be purchased by calling customer relations at 920-682-8627.
3. To reduce the risk of burns or spills, the lid and pot handle should be positioned so that they are turned towards the back of the stove, and do not extend over adjacent surface units or overhang the edge of the stove top.
4. While cooking with the CHEF'SDESIGN® pressure cooker, please make sure the safety window points towards the back of the stove and away from you. This will reduce the risk of burns in the event the safety window is triggered to release excess pressure.
5. Before cooking, make sure the gasket is in good condition and in place, and that the pressure control valve is free of food particles that could clog it.
6. Make sure the pressure cooker has been properly closed before cooking. The handles should be aligned and the lid should glide easily back and forth. If the lid is not closed and locked securely in place, the pressure cooker will not build pressure.
7. After releasing the pressure from the pressure cooker, open the lid towards the back of your stove since there may be some steam still inside the cooker.
8. Caution: Do not use the pressure cooker on outdoor gas burners or commercial stoves. This pressure cooker is for household use ONLY.
9. Pressure cookers are not to be used for medical purposes, such as sterilizers, as pressure cookers are not designed to reach the temperatures necessary for complete sterilization.
10. Do not allow anyone who is not familiar with the instructions to use this pressure cooker.



## COMPONENTS

1. Long lid handle
2. Operating switch
3. Pressure regulator weight
4. Pressure cooker lid
5. Lid lock & pressure indicator
6. Lid helper handle
7. Decompression window
8. Gasket
9. Lower long handle
10. Pressure cooker body
11. Triply encapsulated base
12. Lower side of helper handle
13. Tempered glass cover
14. Vent pipe cleaning rod
15. Steam vent pipe



**Pressure Cooker Pot:** The robust 18/10 stainless steel body provides a non-porous, smooth cooking surface which is hygienic and will not interact with food.

**Lid:** Made of heavy-gauge stainless steel, the lid must be properly locked in position in order to build sufficient pressure for cooking. The triangular mark on top of the lid, located to the left of the long handle, allows you to easily align the lid to the cutout and corresponding triangular mark on top of the base handle when closing the pressure cooker.



# FEATURES OF YOUR PRESSURE COOKER

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

**Long Handles:** In addition to being used to move and carry the pressure cooker, the long handles interlock together when the lid is turned clockwise. The long lid handle contains components important to the use of the pressure cooker.

**Short helper handles:** These handles provide greater stability when moving or carrying the pressure cooker.

**Operating switch:** The operating switch features 2 pressure settings (position 1 and 2) and a steam release position (). Pressure level 1 is LOW PRESSURE, equivalent to 8.7 psi (8.7 pounds of pressure per square inch). Use this setting for delicate foods such as fish or vegetables. Pressure level 2 is HIGH PRESSURE, equivalent to 13 psi (13 pounds of pressure per inch). Use this setting for most recipes such as stews, soups, meat, etc.

POSITION	PRESSURE Pounds/Square Inch (psi)
	Steam Release/Open
1	8.7 (Low)
2	13 (High)

**Gasket:** In order to provide an air-tight seal, a silicone gasket is positioned around the underside of the lid. Never use the pressure cooker without the gasket properly positioned. Do not use the pressure cooker with a worn or damaged gasket.

**Pressure Indicator:** The pressure indicator is the red rod located on top of the helper handle. It indicates whether there is pressure inside the cooker. As the pressure cooker heats and pressure builds, the pressure indicator will rise automatically. If the pressure indicator is raised, there is pressure inside the cooker and the pressure cooker cannot be opened. If the pressure indicator is not raised, there is no pressure inside the pressure cooker and you can safely open the lid when the operating switch is in the open steam release position (). Should there be any pressure inside the unit, you will not be able to remove the lid.

**Safety Window:** If there is excessive pressure build-up inside the pressure cooker, steam will be released through the safety window located in the rim of the lid. This is an emergency pressure release mechanism that should never become operative under normal use. To ensure the correct functioning of this window, the gasket should be checked before each use for dirt or damage.

**Warning:** Excess steam escaping through the safety window will be very hot and might cause serious injuries. In the event the safety window is triggered to release excess pressure, always place the pressure cooker on the stove in such a position that the safety window is not facing towards you or towards anything that could get damaged by the steam and sputtering liquid.

## SAVE THESE INSTRUCTIONS

# OPERATING INSTRUCTIONS

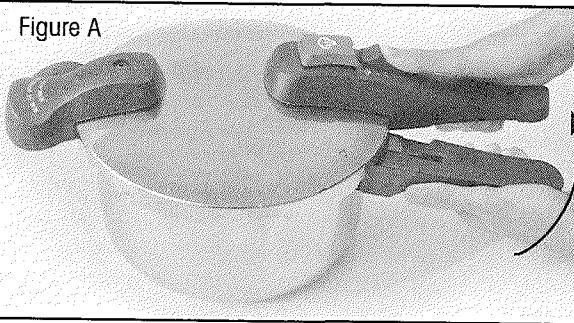
### Adding Food and Liquid

1. To cook with the CHEF'SDESIGN® pressure cooker, as a general rule use at least ½ cup of liquid if you're cooking for 10 minutes or less, or 2 cups of water if you're cooking for more than 10 minutes. Please see cooking table on page 18 for more specific information.

It is important to always use some cooking liquid in a pressure cooker since it is the liquid that creates the steam necessary to build the pressure. Without liquid the pressure cooker cannot build any pressure. You can use water, broth, wine or any other kind of liquid to cook, except oil. You can use oil to brown meat or soften onions directly in your pressure cooker before adding the rest of the ingredients, but the oil should never be the ONLY cooking liquid.

**Warning:** Pressure cookers are not pressure fryers.

2. Never fill the pressure cooker more than 2/3 full. It is necessary to leave enough space in the cooker for it to be able to build pressure. Fill only halfway when cooking foods that will either expand in size and/or produce foam as they cook, such as dried beans or other legumes and grains. Also fill only halfway when preparing soups or stock.

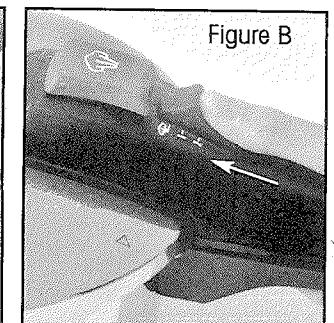


Opening the Pressure Cooker:

3. With the operating switch in the open position () , turn the upper handle towards the right, holding the lower handle with the left hand. Lift the lid off when the mark on the lid () is aligned with the center of the lower handle (see Figure A).

### Closing the Pressure Cooker:

4. Before closing the pressure cooker, please ensure that the vent pipe opening for the pressure regulator weight is clear. Place the lid on the body of the pressure cooker so that the triangular mark on the lid is aligned with the center of the lower long handle. Press down lightly on the lid with the left hand, and with the right hand turn the long lid handle horizontally towards the left until it is directly over the lower long handle and can move no further. Make sure the regulator weight is in its place on the steam vent pipe. Now move the operating switch to position 1 for delicate foods or to position 2 for denser foods (see Figure B).



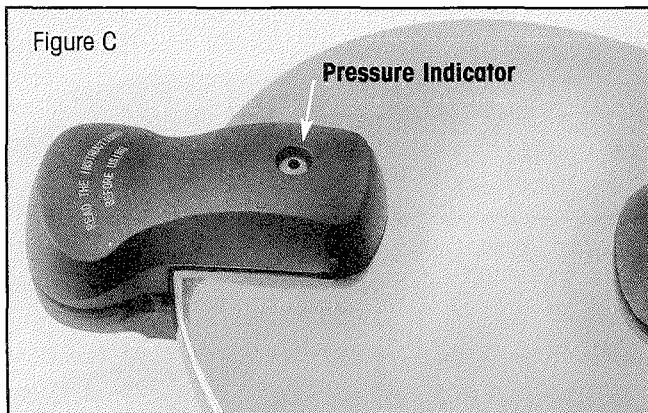
# INSTRUCTIONS

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

## Food Preparation Instructions:

5. Place your pressure cooker in the center of the burner so as not discolor the sides of the pot. Always adjust the burner so that when using gas, the flames remain under the base and do not extend up the sides. When cooking on an electric burner, select a burner the same diameter as the base or smaller.
6. Begin heating with the burner set on high heat. As soon as there is pressure inside the cooker, the pressure indicator will rise (see Figure C below), and the lid will lock to prevent accidental opening under pressure.

Figure C



7. As pressure keeps building up inside the cooker, the regulator will start rocking back and forth to release short bursts of steam. This indicates that the pressure cooker has reached its operating pressure level. When it starts rocking, lower the heat so the regulator maintains a gentle, steady rocking motion and a gentle but visible burst of steam. At this moment, the cooking time starts and you should start timing your recipe.

You should see the regulator constantly rocking during the cooking process. If at any time during cooking the regulator rocks back and forth very vigorously and an excessive amount of steam is released in strong bursts, lower the burner heat slightly to adjust and maintain a gentler movement. If the pressure control valve stops releasing steam completely during the cooking process, turn the heat higher on the stove.

While cooking, never inadvertently shake the pressure cooker. This can cause the automatic vent to release steam, which will create a drop in pressure.

When making sauces, make sure that they are not too thick. Give the pressure cooker a shake before removing the lid to remove possible hot spots or depressions that might have been created inside. This is recommended for cooking soups such as cream of lentil, etc. or vegetables such as chickpeas, etc.

# INSTRUCTIONS

## Releasing Pressure after Cooking:

Always check your recipe to determine if the pressure cooker should be cooled down naturally or whether the quick release method should be used.

### Natural Release Method:

1. To use this method, remove the pressure cooker from the hot burner and let the pressure drop and cool down naturally. Depending on the amount of food and liquid in the cooker, this method can take from 10 to 15 minutes. Once the pressure has been released completely, you will see the pressure indicator on the lid helper handle dropping back down. Before opening the lid, go to step #3 in this section.

### Cold Water Release Method:

2. This method is used to release pressure as quickly as possible, and is primarily used for vegetables, seafood and other tender foods that can quickly overcook. To use this method, remove the pressure cooker from the burner, place in the sink and run cold tap water gently over the lid until steam dissipates. When putting the cooker in the sink, tilt it so the cold water will run down the sides of the cooker. Once the pressure has been released completely, you will see the pressure indicator on the lid helper handle dropping back down. Before opening the lid, go to step #3 in this section.

**NEVER IMMERSE THE PRESSURE COOKER IN WATER.**

3. Slide the operating switch to the open position (). Hold the lower long handle with your left hand and slide the long lid handle to the right (counterclockwise) with your right hand. The handle should glide easily to the right. Even though you have already released the pressure, never open the pressure cooker towards your face since there may be intense cooking steam still inside the unit. To avoid the risk of scalding, let the droplets of condensed water drip back from the lid into the cooker.

**Warning:** Never force the pressure cooker open.

**Do not attempt to open the pressure cooker while it is still hot or if steam is still escaping from the steam vent pipe.**

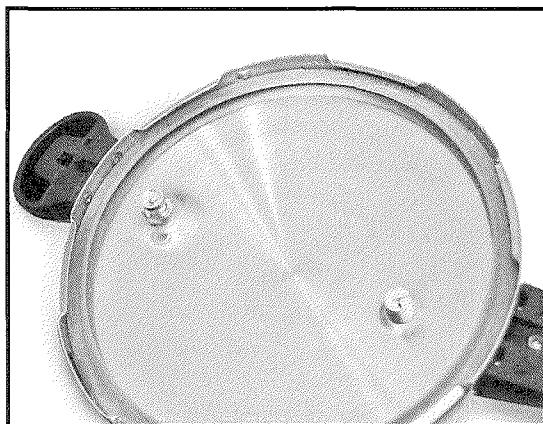
**NEVER SUBMERGE THE PRESSURE COOKER IN WATER**

## CARE OF YOUR PRESSURE COOKER

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

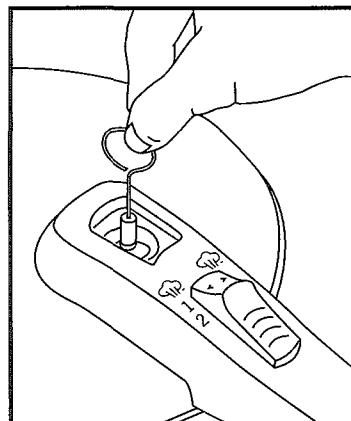
1. Before using the pressure cooker for the first time, thoroughly wash all parts with warm, soapy water, rinse well and dry with a clean towel.
2. After each use, wash the pressure cooker with warm, soapy water and dry thoroughly. Do not use abrasive cleaners or scouring pads, which may dull the high-polish finish of the product.
3. The pressure cooker pot is dishwasher safe, but the lid should be washed in warm water only and dried off immediately. Never clean the lid of the pressure cooker in the dishwasher.
4. **Gasket:** Always check that the inner rubber gasket is clean and not damaged.
5. From time to time, apply a little light cooking oil to the rubber sealing gasket. This will extend the duration of the gasket and improve its operation. Should the rubber gasket appear dirty or damaged, either clean it or replace it.
6. **Pressure regulator weight:** Before each use, remove the pressure regulator weight from the cover to check that the steam vent pipe is not obstructed by food particles. Use vent pipe cleaning rod to remove clog.
7. After use, **do not store the pressure cooker with the lid closed.**

**IMPORTANT:** Ensure gasket is in good condition and installed properly.



To ensure the correct functioning of your pressure cooker the gasket should be replaced each year. Gasket part no. 0080 fits 4.5 liter and 6 liter units, part no. 0090 fits 8 and 10 liter units. Order from your dealer or the factory.

**IMPORTANT: Clean the steam vent pipe before each use.**



**Only use authentic CHEF'SDESIGN® replacement parts for this pressure cooker. The use of any unauthorized parts may cause unit failure, injury and will void the warranty.**

## TROUBLE SHOOTING

To ensure best results when using the CHEF'SDESIGN® pressure cooker, be certain to read all of the instructions and safety tips contained in this manual. The following are practical tips and solutions to some common problems you may experience when using your pressure cooker.

**PROBLEM:** The lid got jammed while trying to slide it closed and will not open or close.

**REASON:** If the instructions in the "to close the pressure cooker" section of this manual were not followed carefully, the lid might get jammed while trying to close it.

**SOLUTION:** If there is some resistance when attempting to slide the lid closed, do not force it. Stop, lift the lid and try aligning the marks again as described in the "to close the pressure cooker" section of this manual. If the lid jams, never force it closed.

**PROBLEM:** There is water leaking from the lower handle while the pressure cooker is building pressure.

**REASON:** While the pressure cooker is building pressure, a little water might drip from around the area of the handle. The water comes from steam condensed on the inside of the lid. The dripping will stop when the full pressure has been reached. However, if it is a continuous leak, or does not stop after pressure has been reached, it might be due to one of the following reasons:

1. The nuts and screws on the handle have loosened.
2. The gasket has not been oiled.
3. Gasket is not inserted correctly.

**SOLUTION:**

1. Make sure the lower handle is screwed tight to the pot before using the pressure cooker or after all pressure has been released. Tighten the screws with a screwdriver if necessary.
2. Wash and dry your gasket after each use and oil it regularly.
3. Place gasket into pressure cooker correctly.

## TROUBLE SHOOTING

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

**PROBLEM:** Pressure does not build up (the red pressure indicator does not pop up).

**REASON:**

1. There is not enough liquid.
2. The pressure cooker was not properly closed.
3. The valve is dirty and/or obstructed.
4. The silicone gasket is not in place properly, or is dirty or worn.
5. The operating switch is not in the correct position.

**SOLUTION:**

1. Always use the appropriate amount of liquid called for in the recipe. This amount should never be less than 1/2 cup (1/8 litres), however never fill the pressure cooker more than half full with liquids.
2. Following the instructions given in this manual, close the pressure cooker so that a tight seal is created, which will allow for adequate pressure build-up.
3. The steam vent pipe can become dirty with cooking foods such as dried beans that have a tendency to foam. Clean the steam vent pipe regularly.
4. Make sure the silicone gasket is clean and well positioned before using the pressure cooker. After continued use, the silicone gasket will begin to wear and should be replaced at least once a year if the pressure cooker is used frequently. Contact our Customer Relations Department at: 1-920-682-8627 or e-mail: [customerrelations@wafco.com](mailto:customerrelations@wafco.com)
5. Make sure the operating switch has been turned to pressure setting 1 or 2. The pressure cooker will not build up pressure if the operating switch is at the steam release position ().

**PROBLEM:** The red pressure indicator has popped up, but there is no steam released by the pressure regulator weight.

**REASON:**

1. There is not enough liquid in the pressure cooker.
2. The steam vent pipe is dirty and/or obstructed.
3. The burner heat is not high enough.

**SOLUTION:**

1. Make sure there is enough liquid. There should always be at least 1/2 cup (1/8 litres) of liquid in the pressure cooker.
2. The steam vent pipe can become dirty when cooking foods such as dried beans that have a tendency to foam. Clean the vent pipe periodically.
3. Turn up the heat to medium high until a gentle, steady stream of steam is released from the steam vent pipe.

## TROUBLE SHOOTING

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

**PROBLEM:** A gentle, steady stream of steam is released from the pressure regulator weight and small drops of water condensation collect on the lid.

**REASON:** When used properly, the valve will release a gentle steady stream of steam as well as some drops of condensed water on the lid.

**SOLUTION:** This is normal operation. If there is a lot of water gushing out of the pressure regulator weight with the steam, see below.

**PROBLEM:** A strong, forceful, gushing jet of steam is escaping from the pressure regulator weight with or without drops of condensation.

**REASON:**

1. The burner heat is too high.
2. The steam vent pipe valve is dirty.
3. The pressure regulator weight is malfunctioning.

**SOLUTION:**

1. Lower the heat so that only a gentle, steady stream of steam is released.
2. Check the steam vent pipe to see if there are any remaining food particles. Remove with cleaning rod or toothpick.
3. The pressure regulator weight must be replaced. Contact Customer Relations at: 1-920-682-8627 or e-mail: [customerrelations@wafco.com](mailto:customerrelations@wafco.com)

**PROBLEM:** Steam is escaping from around the edge of the lid.

**REASON:**

1. The pressure cooker is too full.
2. The pressure cooker was not closed properly.
3. The silicone gasket is not in place, or it is dirty or worn.

**SOLUTION:**

1. Never fill the pressure cooker more than 2/3 full or 1/2 full when cooking liquids or foods that froth and expand during cooking.
2. Following the instructions given in this manual, close the pressure cooker so that a tight seal is created which will allow for adequate pressure build-up.
3. Make sure the silicone gasket is clean and well positioned before using the pressure cooker.

## TROUBLE SHOOTING

## BASIC INSTRUCTIONS FOR COOKING

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

**PROBLEM:** The pressure cooker cannot be opened after cooking.

**REASON:**

1. There is still pressure built up in the pressure cooker.
2. If the pressure indicator has dropped but you still cannot open the lid, it might be because the operating switch has not been moved to the open position (⇨). See "To open the pressure cooker" section of this manual.

**SOLUTION:**

1. Use the automatic or the cold-water release method to release any remaining pressure. Try opening again.
2. Move the operating switch towards the open position (⇨) and try opening again.

**PROBLEM:** Foods are under-cooked.

**REASON:**

1. Cooking time is too short.
2. The natural or cold-water release method was inadequately used to release the pressure.

**SOLUTION:**

1. Always check the cooking time in your recipe. If food is still under-cooked, extend cooking time by approximately 1-2 minutes and cook under pressure, or simmer without lid until desired texture is achieved.
2. Use the natural release method so that food has benefit of additional cooking time as pressure drops.

**PROBLEM:** Food is over-cooked.

**REASON:**

1. Cooking time is too long.
2. The natural release method was inadequately used to release the pressure.

**SOLUTION:**

1. Always check the cooking times in your recipe. If food is overcooked, shorten the cooking time by at least 1-2 minutes.
2. Use the natural or cold-water release method so that pressure drops immediately.

In this section you will find basic instructions for cooking foods that are most commonly prepared in pressure cookers. Do not chop or cut food inside the cooker with a knife or other sharp utensil to avoid scratching the bottom.

For soups and stocks, do not fill pressure cooker over  $\frac{1}{2}$  full!

Remember to always use some cooking liquid. Operating the cooker without any cooking liquid or allowing the cooker to boil dry will damage the cooker and will not allow it to build pressure for proper functioning.

### FRESH AND FROZEN VEGETABLES

- Wash all fresh vegetables thoroughly.
- Peel all root vegetables, such as red beets, carrots, potatoes and turnips.
- Whole winter pumpkin should be pierced several times with a fork before cooking.
- When you steam vegetables in a steamer basket (steamer baskets sold separately) you should use at least  $\frac{1}{2}$  cup of water.
- If the approximate cooking time is more than 10 minutes you should use two cups of water.
- Never fill the pressure cooker to more than two-thirds of its capacity.
- When you cook frozen vegetables you must extend the total cooking time by between 1 and 2 minutes.
- If possible, use the cold-water release method when the cooking time is completed. This is the fastest way to release the steam and will avoid overcooking tender vegetables. You can also use the automatic release method.

### FRESH AND DRIED FRUIT

- Wash and pit or core fruit. If you prefer, peel and slice it.
- If you cook fruit in a steamer or pasta basket add at least  $\frac{1}{2}$  cup of water or fruit juice.
- Never fill the pressure cooker more than 2/3 full.
- If you prefer, add sugar and/or seasoning to the fruit before or after cooking.
- When you cook whole or halved fruit, use the cold water release method. When you cook fruit in slices or pieces to make purée or conserve use the natural release method.
- Cooking times can vary depending on the ripeness of the fruit.

# BASIC INSTRUCTIONS FOR COOKING

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

## DRIED FRUIT

- Put dried fruit in the pressure cooker with 1 cup of water or fruit juice for each cup of dried fruit.
- If you prefer, you can add seasoning or other flavoring. Use the cold-water release method when the cooking period is complete. If after the cooking period the fruit is still hard, let it simmer in the cooker with the lid removed until it is ready. Add water if necessary.

## DRIED BEANS AND OTHER LEGUMES

- Warning:** Never fill the pressure cooker to more than half its capacity with beans and legumes, as these foods tend to expand and froth during cooking.
- Clean out any foreign particles. Rinse them with warm water.
  - Soak beans in four times their volume of warm water for at least four hours before cooking, or if you prefer, leave them to soak overnight. Do not add salt to the water as this hardens the beans and prevents absorption of water.
  - Do not soak dried split lentils.
  - After soaking, remove floating beans and shell.
  - Strain the water off the beans.
  - Rinse in warm water (this also applies to dried split lentils).
  - Put the beans or legumes in the pressure cooker. Add three cups of water for each cup of beans or legumes. Do not add salt; beans and legumes should be seasoned after cooking.
  - To add more flavor, cook beans or lentils with some bay leaves and a small peeled onion embedded with two cloves of spice.
  - After the cooking time is up, use the natural release method to allow the pressure to decrease naturally.
  - Cooking times may vary depending on the quality of the beans or other legumes. If after the recommended cooking time the beans are still hard, continue cooking them with the lid off. If necessary, add water.
  - A cup of beans or other legumes yields approximately two cups when cooked.

# BASIC INSTRUCTIONS FOR COOKING

## GRAINS

- Warning:** Never fill the pressure cooker to more than half its capacity with grains, as these foods tend to expand and froth during cooking.
- Clean any foreign particles. Rinse them with warm water. Soak grains, in four times their volume of warm water for at least four hours before cooking them, or if you prefer, leave them to soak overnight. Do not add salt as this will harden grains and prevent them from absorbing water.
  - Do not leave rice to soak.
  - After soaking remove floating grains or shells.
  - Drain the water of the grains.
  - Rinse grains in warm water (this also applies to rice).
  - Cook each cup of grain in the quantity of water indicated in the recipe or on the package.
  - If you prefer, add salt to taste.
  - After the cooking time is up, use the natural release method to allow the pressure to decrease naturally.
  - Cooking times may vary depending on the quality of the grains. If after the recommended cooking time the grains are still hard, continue cooking them with the lid off. If necessary, add water.
  - A cup of grains expands to approximately two cups when cooked.
  - After the cooking time is up, use the natural release method to allow the pressure to decrease naturally.
  - Cooking times may vary depending on the quality of the beans or other legumes. If after the recommended cooking time the beans are still hard, continue cooking them with the lid off. If necessary, add water.
  - A cup of beans or other legumes yields approximately two cups when cooked.

## BASIC INSTRUCTIONS FOR COOKING

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

### MEAT AND POULTRY

- Remove all the visible fat from meat or poultry. If you are preparing a complete cut of meat or poultry, such as a roast, cut it in such a way that it fits in the cooker without touching the sides.
- Meat and poultry cut up into small pieces cook faster.
- To achieve best results, brown the meat or poultry with 2 or 3 tablespoons of vegetable or olive oil in the pressure cooker with the lid off and before adding the other ingredients. Do not overload the pressure cooker (never more than 2/3 full). Brown the meat in batches, if necessary. Drain the excess fat and begin cooking as indicated in the recipe.
- Always cook meat and poultry with at least ½ cup of liquid. If the cooking time exceeds 15 minutes, use two cups of liquid. Meats with preservatives or salted meats should be covered by the water.
- Never fill the pressure cooker more than two-thirds full.
- When you prepare a concentrated stock or soup, put all the ingredients in the pressure cooker and add water to half its capacity.
- Exact cooking times vary depending on the quality and quantity of the meat that is cooked. Unless the recipe indicates otherwise, the cooking times given are for 3 lbs. of meat or poultry. Also, the larger the cut of meat, the longer the cooking time will be.
- After the cooking time is up, use the natural release method to allow the pressure to decrease naturally.
- When you cook beef or poultry with vegetables, begin by cooking the meat in stock or another liquid. Subtract the cooking time of the vegetable ingredient that takes longest to cook from the cooking time recommended for the meat. Pressure cooks the meat for this time.

Release the pressure from the cooker using the automatic release method. Open the cooker and add the vegetables. Check the seasoning. Bring the pressure cooker up to pressure again and continue pressure cooking for the time recommended for the vegetables.

If you want to add vegetables which cook rapidly, such as peas or mushrooms, do not pressure cook them at the same time as the other vegetables that take longer to cook. Add them to the cooker right before serving and boil them in the pressure cooker with the lid off until they are ready.

Example: If you are cooking a beef brisket (cooking time 35 minutes) with potatoes (cooking time 6 minutes) and sliced carrots (cooking time 1 minute), you should first cook the meat by itself for 29 minutes, then release the pressure, add the potatoes and cook for an additional 6 minutes. Finally, add the carrots and let them simmer for a couple more minutes.

## BASIC INSTRUCTIONS FOR COOKING

### SEAFOOD AND FISH

- Clean and gut fish. Take out all visible bones.
- Scrub and rinse shellfish in cold water. Soak clams and mussels in a container of cold water with the juice of one lemon for an hour to remove sand from them.
- Cooking times can vary depending on the seafood that is cooked.
- Cook seafood in a steamer or pasta basket when possible with at least ¾ cup of liquid. Apply a fine layer of vegetable oil to the steamer basket when you cook fish to avoid sticking.
- If you prefer, add seasoning or flavoring to the cooking liquid.
- Never fill the pressure cooker to more than two-thirds of its capacity.
- When you prepare concentrated stock or soup put all the ingredients in the pressure cooker and add water to half of its capacity.
- Use either the automatic or cold water release method when cooking time is up.

### PRESSURE COOKER RECIPES

- For more pressure cooker recipes go to [www.aa-cd.co](http://www.aa-cd.co) or do an internet search for pressure cooker recipes.

## TABLE OF COOKING TIMES

Provided by <https://www.pickyourown.org/pressure-canner-manuals.htm>

**FRUIT-VEGETABLES** (Start timing once internal pressure has been reached)

QUANTITY	WATER (in cups)	POSITION 1 8.7 PSI (in minutes)	POSITION 2 13 PSI (in minutes)
Apples (fresh)	1.1 lbs.	1	5
Apricots (dried)	7.1 ou.	1/2	6
Apricots (fresh)	1.1 lbs.	1	2
Artichoke (whole)	2.2 lbs.	1	22
Asparagus (fresh, whole)	2.2 lbs.	1-1/2	4
Beans (dried)	1.1 lbs.	3	20
Beans (fresh)	2.2 lbs.	1-1/2	10
Beets (whole)	2.2 lbs.	1-1/2	15
Broccoli	2.2 lbs.	1	10
Cabbage	2.2 lbs.	1-1/2	12
Carrots (chopped)	2.2 lbs.	1	6
Cauliflower (chopped)	2.2 lbs.	1	4
Cauliflower (whole)	2.2 lbs.	1-1/2	6
Chestnuts	1.1 lbs.	2-1/2	35
Chick peas (dried)	1.1 lbs.	3	25
Chicory	2.2 lbs.	1	4
Eggplant	2.2 lbs.	1	8
Figs (dried)	7.1 ou.	3/4	6
Leeks	2.2 lbs.	1-1/2	6
Lentils (dried)	10.6 ou.	3	15
Mushrooms	2.2 lbs.	1	5
Onions (chopped)	2.2 lbs.	1	8
Onions (whole)	2.2 lbs.	1-1/2	10
Peaches (dried)	7.1 ou.	1/2	6
Peaches (fresh)	1.1 lbs.	1/2	2
Pears (fresh)	1.1 lbs.	1/2	3
Pears (dried)	1.1 lbs.	2-1/2	15
Pears (fresh)	2.2 lbs.	1-1/2	3
Plums (dried)	7.1 ou.	1/2	10
Potatoes (chopped)	2.2 lbs.	1	6
Potatoes (whole)	2.2 lbs.	1-1/2	10
Pumpkin (chopped)	2.2 lbs.	1-1/2	4
Savoy	2.2 lbs.	1	5
Spinach	2.2 lbs.	3/4	4
Strawberries (fresh)	1.1 lbs.	3/4	2
Tomatoes	2.2 lbs.	1/2	3
Turnip (chopped)	2.2 lbs.	1	10
Turnip (whole)	2.2 lbs.	1-1/2	12
Zucchini	2.2 lbs.	3/4	3

## TABLE OF COOKING TIMES

**MEAT** (Start timing once internal pressure has been reached)

QUANTITY	WATER (in cups)	POSITION 1 8.7 PSI (in minutes)	POSITION 2 13 PSI (in minutes)
Beef (boiled)	1.1 lbs.	5	35
Beef (roast)	1.1 lbs.	1/2	30
Beef (stewed)	1.1 lbs.	1/2	30
Beef's (tongue)	2.2 lbs.	7-1/2	40
Calf's (tongue)	28.2 ou.	5	40
Chicken (boiled)	1.1 lbs.	5	18
Chicken (roast)	1.1 lbs.	1/2	15
Chicken (stewed)	1.1 lbs.	1/2	15
Lamb (roast)	1.1 lbs.	1/2	15
Lamb (stewed)	1.1 lbs.	1/2	15
Pork (roast)	1.1 lbs.	1/2	20
Veal (boiled)	1.1 lbs.	5	25
Veal (roast)	1.1 lbs.	1/2	22
Veal (stewed)	1.1 lbs.	1/2	25

**SEAFOOD** (Start timing once internal pressure has been reached)

QUANTITY	WATER (in cups)	POSITION 1 8.7 PSI (in minutes)	POSITION 2 13 PSI (in minutes)
Cod	1.1 lbs.	1	15
Lobster	2.2 lbs.	1-1/2	10
Mussels	2.2 lbs.	1-1/2	10
Perch	2.2 lbs.	1-1/2	8
Scampi	1.1 lbs.	1-1/2	5
Shrimps	1.1 lbs.	1-1/2	6
Trout	2.2 lbs.	1-1/2	10