PRESSURE COOKER

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HOME CANNING

TO

Instructions Recipes

NATIONAL PRESSURE COOKER COMPANY . EAU CLAIRE, WIS.

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IMPORTANT · · · READ CAREFULLY

PLEASE DO NOT ATTEMPT TO USE A PRESSURE COOKER BEFORE READING THESE INSTRUCTIONS !

INSTRUCTIONS FOR THE USE AND CARE OF THE PRESSURE COOKER

(For additional canning instructions, see pictorial demonstration on pages 22-27). (For further cooking instructions, see pages 51-52).

Always observe the following instructions and warnings and avoid all chance of injury to yourself and damage to your Cooker or other property.

- 1. Place water and food into Cooker. When cooking a solid mass of food, such as soups, etc., do not fill the Cooker more than half full. If Cooker is too full the food may clog the vent pipe opening and prevent pressure control weight from operating properly.
- 2. Place cover on Cooker and lock completely into place as directed on page 20. Place combination pressure control weight and petcock (see page 13) on vent pipe. Rotate the weight exerting a slight downward pressure at the same time until the weight clicks into a locked position. The weight is locked when it can no longer be turned more than 1/2 inch in either direction on the vent pipe. Open petcock by turning petcock knob counter-clockwise.
- 3. Turn heat on high.
- 4. When cooking, close the petcock when a continuous flow of steam issues from it. This will be about two to three minutes after the first wisps of steam begin to issue from the petcock. When canning, the steam is allowed to flow for seven to ten minutes before the petcock is closed.
- 5. When the required pressure is reached, lower heat so that the gauge continues to register the correct pressure. Cooking time is counted from the moment the correct pressure is reached.
- 6. When the food has cooked the required time, open the petcock slowly and allow the steam to escape until the indicator on the gauge returns to zero. (When canning in glass jars, remove Cooker

from heat and allow pressure to return to zero of its own accord.) Then open petcock wide before removing cover.

- 7. If in doubt about the steam being entirely exhausted, let the Cooker stand until cool before removing cover. Never remove cover until petcock is wide open and the gauge indicator is at zero.
- 8. When removing cover from Cooker, be sure to tilt the cover toward you so that the steam will escape away from you.
- 9. Do not pour cold water into a dry, over-heated Cooker as it may cause cracking. Never use a Cooker with the slightest sign of a crack. This would be dangerous.
- 10. After the Cooker has been used, the petcock screw should be removed and the point cleaned. Then it will seat into the vent pipe properly and hold pressure. A pipe cleaner or small brush should be drawn through the vent pipe occasionally. The Cooker should be carefully washed, thoroughly dried and stored in a dry place.
- 11. The steam gauge must **never** be immersed in water and water must never be poured on it. This could cause the inside mechanism to rust.
- Turn the cover of the Cooker bottom side up when not in use so air may circulate in Cooker and prevent odors from forming.
- 13. Do not strike rim of Cooker with any hard instrument that would cause nicks.
- 14. If the pressure gauge or any other part of the Cooker gets out of order, return it to the factory for adjustment or replacement. If Cooker has had considerable usage, a reasonable charge will be made for this service.
- 15. Never render lard under pressure! Lard may be rendered in open Cooker.
- 16. Be careful not to drop Cooker. This may cause Cooker to crack.
- Never use the Cooker without having some liquid in the bottom. Provided by https://www.pickyourown.org/pressure-canner-manuals.htm

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INTRODUCTION TO PARTS

KNOW YOUR PRESSURE COOKER THOROUGHLY



The homemaker who adds a Pressure Cooker to an otherwise well furnished kitchen, finds that she has on hand most of the utensils she needs for successful canning. It is well to check over this material and become thoroughly familiar with it in order to insure success when you actually begin to can.

Look over the body of the Cooker closely. It is constructed of cast aluminum and the patented seal arrangement at the top must be handled carefully, for any nicks or cuts on the rim might spoil the steam-tight seal.

Like the body, the cover of the Cooker is well-made, but it should also be handled carefully. While this equipment is sturdy and built for long life, precautions must be taken to protect the flanges forming the patented HOMEC SEAL. For it is this seal, formed by turning the flanges of the cover into similar notches in the body, bringing the two together against the sealing ring which makes a pressure-tight utensil possible.



THE STEAM GAUGE

Tilted for convenience, the steam gauge has an open face dial which registers both temperature and pressure. After each use, the steam gauge should be wiped clean, but it should not be placed in water, nor should water be allowed to run on it.

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INTRODUCTION TO PARTS

THE COMBINATION PRESSURE CONTROL WEIGHT AND PETCOCK



(These illustrations show the inside construction)

Two functions' are served by the combination pressure control weight and petcock. 1. If, through an oversight, pressure in the Cooker reaches more than 20 pounds, the weight lifts automatically and releases steam. 2. It is hand operated to release air or steam by turning the petcock knob. Illustration "A" shows the combination

Illustration "A" shows the combination pressure control weight and petcock complete as it appears when first placed on the Cooker. The weight is pressed down on the vent pipe and rotated until it locks into position. Note that the petcock valve is open. It has been opened by turning the petcock knob on the top counter-clockwise, thereby raising the point of the petcock screw from the opening of the vent pipe to allow air to escape.

When all the air has been exhausted through the vent pipe, the petcock is then closed as shown in illustration "B". The petcock knob is screwed down against the weight or as far as possible. Thus, the come-shaped tip of the petcock screw becomes inserted in the vent pipe opening and holds pressure within the Cooker.

When excess steam pressure is created, that is, more than 20 pounds-the weight will rise and allow excess steam to escape, as shown in illustration "C". When, through an oversight, pressure is allowed to go beyond the desired pressure, move the Cooker from the stove and allow the pressure to drop to the desired pressure. When canning in glass jars, do not open petcock or liquid will be lost from the jars. When cooking, excess steam may slowly be released by opening petcock slightly.

If small particles, seeds or food should accumulate or cake in the vent pipe, then pressure control weight will not operate properly. Therefore, it is essential that the vent pipe opening be kept thoroughly clean by running a pipe cleaner or small brush through the opening occasionally. Do not be concerned about a slight vapor or steam that may appear from the underneath part of this weight before the pressure reaches the required point. There will be some slight escape, but the weight is constructed in this manner to let gases or air escape from the Cooker during the cooking or pro-cessing period. There are two important things to remember-oper. petcock to release steam or air and close petcock to hold pressure in Cooker.

OVER-PRESSURE PLUG

The over-pressure plug in the center of the cover is an added safety device. This over-pressure plug will automatically release the pressure at about 45 pounds to 50 pounds in case the vent pipe becomes clogged or corroded to such an extent that pressure does not release. In addition, the over-pressure plug acts as an anti-vacuum valve since it does not permit a vacuum to be formed when the Cooker is cooled. This patented feature prevents loss of juices from jars when canning and loss of juices from meats when cooking. If the over-pressure plug does blow out, it should be replaced in position with the curved side up.

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INTRODUCTION TO PARTS

If your Cooker leaks steam, follow these instructions.





2-Remove sealing ring cover.



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4—Reinsert sealing ring in upside down position in Cooker.



6—After sealing ring has been placed in cover press sealing ring with fingers so that it is pliable and it is as near a horizontal position as possible.

1—Showing position of sealing ring after the Cooker has been in use for a period of time. Note that the ring has become bent upward from constant use. This does not harm the ring, and after it is turned over, it is as good as ever. If the sealing ring shrinks and does not fit all the way into the groove, remove it and gently stretch it like a rubber band.



from 3-Turn sealing ring upside down.



5—Appearance of sealing ring after turning and after it has been placed in cover.



7—Replace cover on body and press down with left hand when locking Cooker. By pressing down with hand, this will enable cover to work easily. This has to be done only the first time after seal-ring has been changed from its original position

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HOW TO CARE FOR YOUR COOKER

BEFORE USING YOUR COOKER

Before using your Cooker for the first time, and after each use, scour the inside thoroughly with a good, non-alkali, aluminum cleaner or a steel wool cleaning pad. After much experimenting with all types of cleaners, our research department is pleased to recommend Aluna Cleaning Pads. These pads are made of steel wool, impregnated with a special vegetable scap and are available at the store where you purchased your cooker. After the Cooker has been washed and rinsed with warm water, the Cooker is ready to use.

CLEANING YOUR COOKER

This Cooker is manufactured from the best material suitable for the manufacture of pressure cookers, and with ordinary care will give many years of satisfactory service. However, there are various alloys in the metal upon which the physical properties of water and certain foods will react causing the inside of the Cooker to darken. This discoloration will not affect the Cooker or the food cooked in it in any way. Any time you prefer to remove this discoloration, you can do so by following the instructions below:

TO REMOVE DISCOLORATION FROM THE INSIDE OF THE COOKER

Place a quantity of water in the bottom of the Cooker up to the line of discoloration. Add one tablespoonful of cream of tartar to each quart of water used. Place on cover and raise pressure to 15 pounds. Remove Cooker from heat but do not release pressure. Allow the Cooker to stand as is over night. The following morning open the petcock valve, empty contents and scour the inside of the Cooker with any good cleaner. Do not use cleaners containing **lye**, **alkali or potash**.

CARE AND CLEANING OF PARTS

Care must be exercised in cleaning the steam gauge. Never put it in water nor let water run on it. Clean it occasionally by using a tooth-

pick from underneath. This must be done carefully in order to avoid plugging the channel.

To clean the vent pipe, draw a clean piece of pipe cleaner through the opening.

STORING THE COOKER

The proper way to keep the Cooker when not in use is to place the cover carefully, upside down, on the body. This protects the valves and gauges from possible injury. This will also prevent odors in the Cooker. Be sure Cooker is thoroughly dry before it is put away and store in clean, dry place.



nd store in clean, dry place. Correct Storing Position
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STEPS IN CANNING

STEP No. 1—First step in the actual job of canning is to assemble materials and equipment. Be sure your Pressure Cooker is thoroughly clean and working properly.





STEP No. 2—Check jars, rings and closures. Wash and rinse thoroughly.

STEP No. 3—Have plenty of boiling water available.





STEP No. 4—Sort food for size and degree STEP No. 5—Clean food thoroughly. Lift of ripeness. Provided by https://www.pickyourown.org/pressure-canner-manuals.htm

STEPS IN CANNING



STEP No. 6—Pour hot water into washed jars until needed.



STEP No. 7-Follow specific directions in this book for best results.





STEP No. 8-Preheat or precook food as per recipe.

STEP No. 9—Place two quarts of boiling water in Cooker with basket in place. Set Cooker on heat.



STEP No. 10—Place clean, sterile rubber rings on jar or cover as directed, when closure requires separate ring. Return jars to hot water until ready to fill.



STEP No. 11—Fill hot containers promptly with hot food according to directions given on pages 16 and 18.

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STEPS IN CANNING



STEP No. 12-Fill jar to proper level with boiling liquid when recipe requires.



STEP No. 13—Work out bubbles with clean knife or spatula. Wipe sealing edge with clean wet cloth.



STEP No. 14—Dip jar closures in boiling water.



STEP No. 15—Adjust closures on jars according to directions for types of closures used.



STEP No. 16—Place each hot container into Pressure Cooker.



STEP No. 17—Place cover on Cooker, and lock in closed position. Use maximum heat under it. Be sure petcock valve is wide open.

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STEPS IN CANNING



STEP No. 18-Watch for steam to come from petcock.



STEP No. 19—Allow steam to flow freely for seven to ten minutes to eliminate all air pockets—then close petcock.



STEP No. 20—Use maximum heat to raise pressure to required point—then-lower heat. (On electric stoves, it is necessary to turn heat to "low" just before pressure reaches required point. On coal or wood stoves, Cooker must be moved to cooler place on stove when proper pressure is reached). Start counting processing time the moment required pressure is reached. Pressure should be kept at required point by raising or lowering heat as needed, to eliminate fluctuations in pressure.



STEP No. 21—Turn off heat at end of processing time, or—

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Move Cooker from heat at end of processing time when using electric stove or any constant heat unit.



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STEPS IN CANNING



STEP No. 22-When canning in glass jars, allow pressure to return to zero of its own accord. When indicator reaches zero, gradually open petcock to wide open position. Let Cooker cool for 2 or 3 minutes.



STEP No 23-Remove cover from Cooker. Lift cover toward you so as to keep steam away from you.



STEP No. 24-Immediately toss dish towel over Cooker and containers. Let Cooker stand 3 or 4 minutes.



STEP No. 25-Remove basket of jars from Cooker and place on board or towel, free from draft.



STEP No. 26-Tighten closures while hotexcept when using two piece metal caps. Never tighten two piece metal caps after processing.

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STEP No. 27-Set jars apart on board or cloth, for cooling, away from draft-to remain for twenty-four hours.

STEPS IN CANNING



STEP No. 28—Twenty-four hours later, test seals, according to directions on page 16, wipe jars clean, label and date, then store in cool, dry place.

USE OF COOKER WITH DIFFERENT TYPES OF FUEL

A pressure cooker may be used on any type of range or heating unit. It is desirable to have the heat high at the beginning of the processing or cooking period to form steam in the cooker as quickly as possible.

After the desired pressure has been reached, it is important that it be held constant throughout the processing period. Very little heat is required to hold this pressure once it has been reached.

With a gas cooking range, this regulation is comparatively simple. The heat is merely turned down when desired pressure is reached. The same applies to kerosene stowesty https://www.gickygurown.

With an electric stove, the heat

must be reduced BEFORE proper pressure is reached. On most electric stoves, the pressure may be maintained at the proper level with the heat turned on "low".

In using a pressure cooker with constant heat stoves, heated by coal or wood, it is necessary to move the Cooker itself to a cooler portion of the stove when desired pressure is reached.

Regardless of the type of stove or fuel used, the important points to be considered are (1) bringing the pressure up as quickly as possible at the start of the cooking or processing time, and (2) maintaining the pressure at a constant level throughout cooking or processing period.

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CANNING DIRECTIONS

FRUITS

Although fruit has better color, shape and flavor when it is canned with sugar, it may be canned unsweetened if desired. Sugar is used for flavor. It is not used in high enough concentrations to act as a preservative. Jars should be filled to the shoulder with fruit, and then cover fruit with boiling liquid to within one-half inch of top of jar. The liquid may be syrup, fruit juice or plain water.

When no sugar is used, best results are obtained with varieties of fruits which yield enough juice to cover them in the container. Fruits that do not have sufficient juice must be covered with boiling water after they have been packed.

The amount of sugar desirable to use in preparing syrups will depend upon the tartness of the fruit and on family preferences for amount of sweetening. It should be remembered that fruit when heated releases some of its juice, which will dilute the syrup in proportion to the juiciness of the fruit.

Fruit, except apples, cranberries, figs and strawberries, may be packed raw into containers and covered **with boiling hot syrup**. When this is done, processing time need not be increased. When fruit is packed cold, it shrinks during processing, and the container is less full than when fruit is preheated in boiling syrup before packing.

TABLE OF SYRUPS FOR CANNING FRUITS

Kind of Syrup	Sugar	Liquid—Water or Juice
Syrup	l cup	
Medium	l cup	
Heavy	l cup	l cup

Heat sugar with liquid (water or juice) until sugar is dissolved. About three-fourths to one cup syrup is required to fill a quart jar, or No. $2\frac{1}{2}$ can; about one-half cup is needed for pints.

White sugar is preferable to brown sugar for canning. Mild clover honey may be used to replace up to one-half the sugar called for in canning. Corn syrup may be used to replace up to one-third the amount of sugar in recipe. Never use saccharin as a substitute for sugar when canning.

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Processing table for fruits is on page 31.

APPLES

Varieties of tart winter apples are best for canning. Wash, pare and cut in halves, quarters or slices. Place in a weak brine solution (1½ teaspoons salt to each quart water) until ready for use, to prevent darkening. Drain well. Precook by boiling apples in a thin syrup 4 to 5 minutes. Pack hot apples in clean, hot containers. Cover fruit with boiling syrup, in which it was precooked. Adjust lids. Process in Pressure Cooker according to table on page 31.

CRABAPPLES

Wash thoroughly, making sure stems and

blossom ends are well cleaned... as crabapples are usually canned whole. Precook in boiling medium syrup for 5 minutes. Pack hot crabapples in clean, hot containers. Cover fruit with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

For pickled or spiced crabapples, use proportions for heavy syrup substituting vinegar for the liquid. To each cup of vinegar, add I teaspoon whole cloves, I teaspoon allspice and I teaspoon crushed renormanues. Proceed as above.

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CANNING DIRECTIONS, FRUITS

APPLE SAUCE

Wind fails and green apples may be used. Wash. Remove spots and blemishes, and cut in guarters. To each 5 pounds of apples, add 2 cups water, and cook until tender. Press through strainer or sieve. Sweeten to taste. Reheat and pack hot in clean, hot containers. Adjust lids. Process in Pressure Cooker according to table on page 31.

APRICOTS

Select apricots that are well-ripened, yet firm. When soft, they lose their shape; when green, they are bitter. Wash apricots. If peeled apricots are desired, dip them for a minute in boiling water; then plunge into cold water and peel. They may be halved or left whole. Precook 3 to 5 minutes in boiling medium syrup. Pack hot in clean, hot containers. Cover with boiling syrup, in which they were precooked. Adjust lids. Process in Pressure Cooker according to table on page 31.

BERRIES

(Except Red Raspberries and Strawberries)

Handle berries carefully to prevent crushing or bruising. Wash carefully and pick over; use only firm berries. (Soft berries may be crushed to help make syrup for those canned.) Remove caps and stems. For firm berries add ½ cup sugar to each quart berries. Cover pan and bring to a boil. Shake pan to keep berries from sticking. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

CHERRIES

Use treshly picked cherries. Wash and stem. If canning whole, it is best to prick each cherry with a fork. If desired, cherries may be pitted. In both cases, save juice to use as liquid. When canning sour cherries, add from ¼ to ½ cup sugar to,each quart of cherries. Bring to a boil. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

For sweet cherries, bring cherries to a boil in thin syrup. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

CRANBERRIES

Use only sound cranberries. Wash and stem. Add ³/₄ to 1 cup sugar to each cup of cranberries. Heat to boiling. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

FIGS

Select tree-ripened figs. (Avoid underripe or overripe products for canning.) Wash. Place in hot water and bring to a boil. Let stand 3 or 4 minutes; then drain. Pack hot in clean, hot containers. Add 1 tablespoon lemon juice to each quart. Cover figs with boiling thin syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

GRAPES

Select firm fruit. Wash and stem. Pack cold into clean containers. For juicy varieties, press until there is sufficient juice to cover grapes. For some varieties, no sugar or syrup is needed. For less juicy, sour varieties, use a boiling medium syrup to cover them. Adjust lids. Process in Pressure Cooker according to table on page 31.

PEACHES

Select sound, fully-ripened but not soft truit. Sort peaches according to size. Plunge them into boiling water for about one minute to loosen skins. Then dip in cold water. Remove skins. Clingstone peaches may be canned whole; freestone peaches may be halved or sliced as desired. It is best to place peeled peaches in a weak brine solution (11/2 teaspoons salt to each quart water) to prevent darkening until ready to use. Drain well. Simmer 5 or 6 minutes in medium syrup. Some varieties may require less cooking, others more-but do not let the fruit become soft. Pack hot in clean, hot containers. Place cut side of peaches down to make a well-filled container. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

PEARS

Wash and pare. Cut large pears in half and core. Small pears may be canned whole, if desired. Place pears in a weak brine solution (1½ teaspoons salt to each quart water) to prevent darkening until ready to use. Drain well. Simmer 5 or 6 minutes in thin or medium syrup. Length of cooking time will depend on firmess of fruit. Pack hot in clean, hot container. Place cut side down when pears are halved; if left whole, pack bottom layer with stems up, the next layer with stems down...and repeat until jar is filled. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

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CANNING DIRECTIONS, FRUITS

PERSIMMONS

Select ripe persimmons. Wash well. Dip into boiling water for several minutes, or until skins crack. Remove skins. Bring persimmons to boil in thin syrup. Pack hot in clean, hot jars. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

PINEAPPLE

Select sound ripe, juicy fruit. Wash. Remove stem and base. Cut into ½ to ¾ inch slices. Remove peel, eyes and core from each slice. Pineapple may be canned in slices, halves or smaller pieces. Precook in boiling medium syrup 5 to 8 minutes. Pack hot in clean, hot containers. Cover fruit with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

PLUMS OR FRESH PRUNES

Select firm, ripe fruit. Wash and stem. If fruit is to be canned whole, prick each piece of fruit with a fork. Skins may be removed, although usually they help hold fruit together better. Precook in boiling medium syrup 2 or 3 minutes. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

QUINCES

Select ripe quinces. Wash, peel and core. Cut in halves or quarters. Precook 2 or 3 minutes in boiling heavy syrup. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

RED RASPBERRIES

Select ripe but firm berries. Handle berries carefully to prevent crushing. Wash and drain. Pack raw in clean, hot containers, shaking down for a full pack. Cover with boiling thin syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

RHUBARB

Select young, tender rhubarb—the strawberry variety, if possible, Wash thoroughly. Remove ends, and cut rhubarb into 1 inch lengths. Add ¼ to ½ cup sugar for each cup rhubarb and enough water to prevent sticking. Bring slowly to boiling point. Pack hot in clean, hot containers. Cover rhubarb with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

STRAWBERRIES L

Select ripe berries. Juicy varieties are best for canning. Wash, drain and hull. Add ½ cup sugar to each quart of berries. Bring slowly to a boil. Remove from stove. Let stand overnight. Bring quickly to a boil. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process in Pressure Cooker according to table on page 31.

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WHEN ORDERING GIVE PART NUMBER, PART NAME AND SIZE OF COOKER. Part numbers shown supersede all previous numbers. Above prices are for individual pieces unless otherwise stated. Prices subject to change without notice.

PRESSURE COOKER parts should be obtained from the store where Cooker was purchased. If parts are not available at your local dealer, order from our Factory Branch nearest your home.

NATIONAL PRESSURE COOKER COMPANY EAU CLAIRE, WISCONSIN

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