

**MERIT**

**KOOK KWICK PRESSURE COOKER**

**HAND BOOK**



*The Cooker With Its Complete Equipment*

### A MODERN AND SIMPLIFIED COOKER

With the advance of time and new streamline developments that are presently before you, the new Pressure Cooker is such an improvement in appearance and design that it has revolutionized the present day method of cooking.

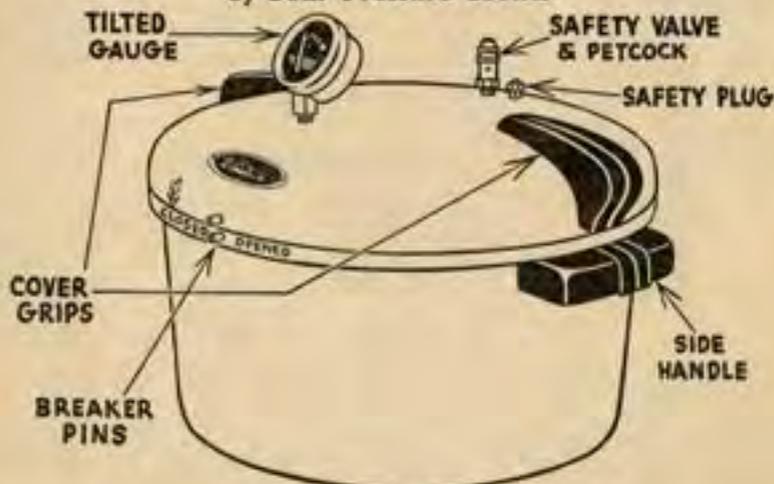
Its simplicity speaks for itself in operation and ease in cleaning after use. Locking bolts are omitted. Handles and knobs have been attractively designed to blend with the streamline appearance of the Cooker.

A further improvement in the petcock and safety valve has been developed which again adds to its appearance so much so that it is an asset to any household, and a useful and economical addition for the housewife.

A few improvements only are now mentioned and the use of the new Cooker, per this instruction book, will more than satisfy the purchasers with years of service.

### INTRODUCING THE PARTS

#### *of Your Pressure Cooker*



*The Assembled Cooker*

Here is the completely assembled Pressure Cooker ready for use in the canning of foods or in the preparation of meals. This is how it should look before it is placed on the stove and allowed to develop steam pressure.



*The Accessories*

In the above picture are shown the items of special equipment which are included with your Pressure Cooker. There are two dual pans which fit snugly together inside the Cooker and with these you may cook two foods at one time without mixing flavors or juices. These pans have convenient cross balls which enable you to lift one or both of them from the Cooker with ease. The wire canning rack fits snugly inside the Cooker and permits you to process a maximum number of cans or jars at one time. The handles of the canning rack are easily reached so that all the cans or jars may be removed at one time without burning the fingers. The aluminum colander is for cooking potatoes and other vegetables which should not be soaked in water when cooking. The colander, too, is equipped with handy cross balls. The two polished steel lifters are supplied to remove dishes or pans from the Cooker and with the two sets of pins, the die-cast cooking rack may be placed at either one of two different heights within the Cooker.

## THE STEAM GAUGE



Steam Gauge

The steam gauge within a nickel case has an open-face dial whereon both temperature and steam pressure are registered. All figures are plainly marked and the gauge is a tilted type which makes it more easily read as the dial of the gauge is on a level with the eye. Never submerge the gauge in water or let water run on it.

## SUPER-SAFETY PLUG

This plug is an added safety feature and is placed on the cover just behind the combination petcock and safety valve. If the safety valve should become clogged or corroded and fail to release the pressure, the super-safety plug would automatically release the

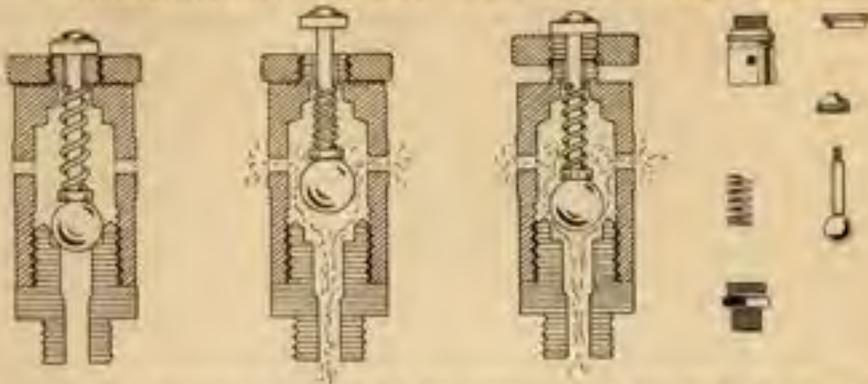


steam at between 35 and 40 pounds pressure.

Should this plug ever release, Cooker cannot be used until another safety plug is secured from the manufacturer and put in place. Additional safety plugs may be secured at prices enumerated on repair list in back of book.

The Cooker, its devices and equipment have been tested and are in perfect working order when shipped from the factory. If the cover fittings get out of order return the cover and we will adjust them.

## COMBINATION SAFETY VALVE AND PETCOCK



This is a combination safety valve and petcock. If by over-sight the pressure in the Cooker should reach more than 22 pounds, this valve automatically releases the excess steam. When the gauge returns to 15 pounds, the valve will automatically stop exhausting. The valve is so designed that when you turn the small knurled collar at the top counter-clockwise with two fingers, you automatically lift the ball off the seat, which allows steam to escape. When you turn the knurled collar clockwise, the ball reseats itself in the seat of the valve, which stops the flow of steam.

The first illustration shows the position of the safety valve when pressure is being generated. You will note that the small knurled collar is screwed down against the top of the body and the ball is down on the seat of the valve.

The second illustration shows the safety valve exhausting steam. You will note that the knurled collar is still screwed down against the body, but the ball has risen from the seat of the valve, which allows the steam to escape through the orifice. This occurs when an excess amount of steam has accumulated in the Cooker.

The third illustration shows the knurled collar screwed up against the top cap, which releases the ball from the seat of the valve and allows steam to escape through the vent holes. In this way, it acts as a petcock and should only be used when you are ready to release all steam from the Cooker. (The cover must never be unfastened until you have followed these instructions and all steam has ceased to escape through the vent holes and the indicator on the steam gauge is back to zero.)

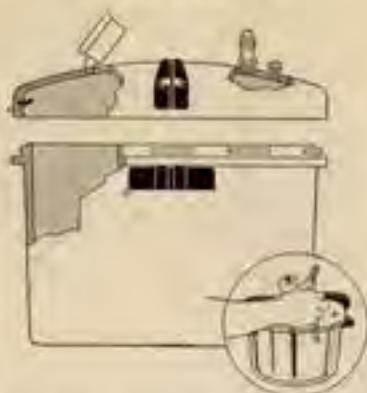
If steam is released rapidly through the safety valve, some small particles may accumulate underneath the seat of the ball, causing the safety valve to leak a little steam. If this occurs, just press your thumb on top of the valve plunger, working it backward and forward and pressing down slightly. This will re-seat the valve.

If you should hear a little sizzle of steam escaping or see a slight vapor around the exhaust holes on the side of the safety valve, this is not serious and no attention should be given to it provided the required steam pressure can be maintained with a very low flame.

When exhausting steam through the safety valve or even when washing the Cooker, a little moisture gets on the inside of the valve and when the Cooker is heated, it appears that the safety valve is leaking steam, but it is only the steam that is generating and escaping from the moisture on the inside of the safety valve.

## IMPORTANT INSTRUCTIONS

*Follow Carefully*



1. The design of this Cooker has been originated with the thought of simplifying the housewife's duties.
2. Always keep Cooker thoroughly clean and dry when put away. When storing, keep cover off and in an inverted position at all times.
3. Never strike body seat with spoon or other utensils while using Cooker. Rough usage might nick the metal and cause steam leakage.
4. Always keep sealing band in place, and if Cooker should leak at any time, turn sealing band upside down and place in Cooker. Cooker may leak a small amount of steam when first used. This should be disregarded for when pressure reaches 5 pounds it will immediately seal. This will increase the life of the band indefinitely and make your Cooker steam tight.  
A new sealing band can be secured from supplier as per repair part list shown in back of the book.
5. In the above illustration shown in circle, you will note two wedge pins which are used to unlock Cooker at any time, if necessary.
6. This new Cooker is made from a special non-corrosive alloy which simplifies the cleaning with a minimum amount of labor.

## LEARNING TO USE YOUR COOKER

Pressure cooking is a method of cooking distinctly different from any other. One must expect, therefore, to take a few pains to learn how to use it intelligently. It will be time well spent, you will find, and after a few trials pressure cooking will become as automatic with you as any other phase of housekeeping.

When using your Pressure Cooker for the first time, wash it well with soap and water. Do not put gauge in water or let water run on it. Place one cup of water and a handful of potato peelings in the bottom of the Cooker, put in all the inset pans and balls, and close the Cooker according to directions. Cook for fifteen minutes at 15 pounds pressure. Remove, and wash the Cooker again. This will remove any possibility of metallic taste in food cooked in the Pressure Cooker. This procedure is necessary only the first time the Cooker is used, or if it has been stored away for a long time with the cover on.

### *Fuel*

The Pressure Cooker may be used over any kind of fuel—gas, coal, wood, kerosene or electricity. Little heat is required to maintain the pressure once the right amount has been reached. It may be used on camping trips and picnics but the flames must not be allowed to come up around the sides.

## Placing the Food

Two or more foods may be cooked at one time in the Pressure Cooker. There is no interchange of flavors.

Water is, of course, always needed to create steam unless fresh meats such as steaks, chops, roasts, stews or soups are being cooked on the bottom of the Cooker. The amount of water needed depends upon the size of the Cooker. It should at least come up to the top of the rack when the rack is laid flat on the bottom without the pins.

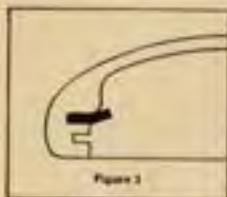
Soups, stews and meats are placed directly on the bottom of the Cooker. Vegetables, fruits, cereals and desserts are placed in the inset dishes. When cooking a number of foods at one time, arrange them according to the amount of heat they require. Those needing the most heat, such as meat, go on the bottom. Potatoes should always be cooked in the colander, unless you prefer to brown them. Then place them around the meat on the bottom. When fresh meat is cooked, add two or three tablespoons of lard or cooking oil on the bottom of the Cooker, but no water is necessary. For cooking meats, see the General Instructions for cooking meats on page 17. Foods requiring the least heat, such as custards, are placed at the top, and should be covered with wax paper. Foods requiring over 15 minutes cooking time, such as a roast, should be cooked alone until partly cooked, then open the Cooker and put in foods, such as fresh vegetables, which require a shorter time.

## DIRECTIONS FOR OPERATING

1. When no meat is cooked, put two or three cups of water in the bottom of the Cooker; boiling water is preferable.
2. Prepare the food or foods ready for cooking and arrange in the Cooker as just outlined.
3. Place cover in position as designated by arrow pointing to word "Open". Then turn cover so that arrow points to word "Closed". You will then have an automatic seal due to the sealing band used on this new Cooker.
4. Leave the petcock open. Turn up the flame under the Cooker. Keep the petcock open until a steady stream of steam is flowing out. This is to drive out the cold air from within the Cooker. Then close the petcock, unless the recipe used states otherwise, as in the case of steamed pudding or Boston brown bread.
5. The pressure will then start to rise. When 15 pounds are indicated on the pressure gauge, lower the heat until it is just able to maintain a constant pressure. When using a coal or wood range, this is handled by setting the Cooker on a cooler part of the stove. When using kerosene or gas, turn the flame down as low as possible. With electricity use the lowest unit of heating. See that the pressure does not fluctuate. A little experience will enable you to adjust the amount of temperature without difficulty.
6. Food should be cooked the exact time called for in the recipe or time-table. Overcooking is the tendency of most beginners. Start to reckon the time from the minute the correct amount of pressure has been reached. When done, turn off heat or remove the Cooker from the stove at once.
7. When food has been cooked the proper length of time, open petcock valve allowing the steam to escape slowly until gauge returns to zero. Then completely open safety valve, which allows all steam to escape. Turn cover as instructed and remove.
8. When cooking strong odored vegetables, such as onions and cabbage, carry the Cooker to the back porch before opening the petcock. In this way, no unpleasant odors will escape indoors.

*Note:* When using Cooker at a high altitude, petcock must be closed as soon as the Cooker is placed on the heat in order to develop steam quickly. When the pressure indicator starts to move upward, open the petcock until steam begins to issue. Then close the petcock and proceed as given in direction 5.

## To Increase the Life of Your Cooker and Prevent the Leakage of Steam the Following Instructions Should be Followed



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.



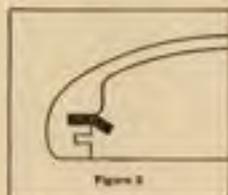
2—Remove sealing ring from cover.



3—Turn sealing ring upside down.



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



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



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.



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 sealing ring has been changed from its original position.



**To Close:** After placing cover in an open position as designated by the arrow, grasp body and cover handles as per the above diagram, and make a slight turn to the left until handles are parallel and the arrow is opposite the closed position. This will seal your Cooker.

**To Open:** Grasp handles on both the Cooker body and cover as designated, and turn to the left until arrow is opposite the open position. Then remove cover.

**WARNING:** Under no circumstances should the cover be turned until all steam has been exhausted from Cooker.



## INSTRUCTIONS FOR THE USE AND CARE OF THE PRESSURE COOKER

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 cover on body in accordance with instructions on previous page and leave petcock open. Steam forms and drives out the air. When steam issues freely from the open petcock, the air is gone, and it is time to close the petcock.
2. Close the petcock.
3. In cooking a solid mass of food, such as soups, chili sauce, etc., do not fill the Cooker more than within four inches of the top. If food gets into the openings leading to the safety devices they may not operate properly. In all cases when doing such cooking allow Cooker to cool before opening.
4. When food has been cooked the required time, allow the steam to escape slowly through the open petcock until gauge returns to zero. Then open safety valve completely.
5. If in doubt about the steam being entirely exhausted, let the Cooker stand until cool.
6. Do not pour cold water in over-heated Cooker, as it will cause cracking.
7. When opening the Cooker, be sure to tilt the cover so that any steam from the cooked article escapes away from the operator.
8. The safety valve and parts, especially the ball and ball seat, must be washed thoroughly, immediately after using Cooker, not only to insure cleanliness, but so that the valve will operate properly.
9. Draw a piece of cloth or tape through the safety valve and petcock occasionally and use a toothpick to keep the opening of the steam gauge clean.
10. After being used, the Cooker should be carefully washed and thoroughly dried and stored in a dry place.
11. The steam gauge must never be immersed in water or water must never be poured on it.
12. Do not strike rim of Cooker with any hard instrument.
13. Turn the cover of the Cooker bottom side up when not in use.
14. If the safety valve, pressure gauge or other device gets out of order return it to the factory for replacement, or better still, return the entire cover. If Cooker has had considerable usage, a reasonable charge will be made for this service.