

# cook's essentials®

HIGH PERFORMANCE KITCHENWARE



## 6 QT. PROGRAMMABLE ELECTRIC PRESSURE COOKER

MODEL CEPC660

OWNER'S MANUAL

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock do not immerse cord, plugs, or appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, press the START/STOP Button until the red STOP Light illuminates and the Pressure Cooker beeps. Then remove plug from wall outlet
13. Do not use appliance for other than intended use.
14. Do not fill the unit above the MAX Fill Line. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill the unit over 1/2 full. See COOKING WITH YOUR PRESSURE COOKER Section in this manual.
15. Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, pasta, or rhubarb. These foods tend to foam, froth and sputter, and may block the Steam Release Valve.
16. **CAUTION: To reduce the risk of electric shock, cook only in the Removable Cooking Pot.**

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

# ADDITIONAL IMPORTANT SAFEGUARDS

**CAUTION HOT SURFACES:** This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. **Do not reach into the water!**
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
4. To reduce the risk of fire, do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.
8. To relieve the pressure of this Programmable Pressure Cooker, follow the instructions in this manual for either Quick Steam Release or Natural Steam Release. **DO NOT ATTEMPT TO COOL OR RELEASE PRESSURE USING WATER.**
9. Do not lift the Removable Cooking Pot containing food by using Lid Handles.

## GROUNDING 3-CONDUCTOR PLUG

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat this safety feature.

## SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

## PLASTICIZER WARNING

**CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top.**

**Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.**

## ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

## A NOTE REGARDING YOUR NEW COOK'S ESSENTIALS™ PROGRAMMABLE ELECTRIC PRESSURE COOKER FEATURING DUPONT® TEFLON® WITH SCRATCHGUARD™

Congratulations on your purchase of Cook's Essentials™ Programmable Electric Pressure Cooker featuring DuPont® Teflon® with ScratchGuard™. The special coating on your Programmable Electric Pressure Cooker has been designed to add durability and ease of use and cleaning. The special ceramic fillers in the coating make it safe for use with metal utensils. Please note that minor surface marring may occur, but will not affect the non-stick performance.

Care and cleaning of your Programmable Electric Pressure Cooker is a snap with the ScratchGuard™ coating, as it has been designed to be completely non-stick. Washing or rinsing with warm, soapy water and a sponge or a cloth is all that is needed. Do not use steel wool, coarse scouring pads or harsh abrasives on any surface coated with ScratchGuard™.

# INTRODUCTION

Congratulations! You are about to learn how to cook and prepare delicious, home made meals in a fraction of the time it normally takes, without sacrificing flavor or nutrition. Your Programmable Pressure Cooker is quick, safe and easy to use. And best of all, it can shorten the traditional cooking time of most foods by up to 70 percent.

1. Your Programmable Pressure Cooker cooks like a traditional Pressure Cooker by combining steam heat and pressure for faster cooking times. Since an air tight seal is formed when the Lid is closed and locked, the heat and steam stay trapped inside the Removable Cooking Pot. As the steam builds and the pressure rises, the cooking temperature will get as hot as 250° F, which is 38° F hotter than when food is cooked in a standard pot with liquid. This combination of high heat and pressure cooks the food faster while retaining water soluble nutrients and flavor.
2. Your Pressure Cooker takes the guesswork out of cooking under pressure. A built-in Thermostat knows exactly when low or high pressure is reached inside the Removable Cooking Pot and automatically adjusts the heat and triggers the timer to begin. These computerized functions eliminate the need to make heat adjustments.
3. The 1200 watt Heating Element allows for quick heating and for maintaining even cooking temperature and pressure.
4. The large, 6-quart capacity, heavy-duty, non-stick, aluminum Removable Cooking Pot heats up quickly and evenly.
5. The Programmable Pressure Cooker has a BROWN MODE that allows you to sauté or brown food in the Removable Cooking Pot before cooking under pressure.
6. The **Quick Steam Release** Feature allows you to release pressure with the simple push of a Button. Press this **RELEASE** Button in short bursts to prevent ejection of hot liquid along with steam.
7. The STEAM MODE heats cooking liquid in the Removable Cooking Pot to a boil in a matter of minutes for steaming an endless variety of foods like vegetables and shellfish, as well as rice.
8. The software incorporates a CANCEL Feature for both COOK TIME and DELAY TIME during setup. If it becomes necessary to cancel or reset the time before cooking has begun, simply press the **COOK TIME** and **START/STOP** Buttons simultaneously to reset the Cook Time to "01"; or press the **DELAY TIME** and **START/STOP** Buttons simultaneously to reset the Delay Time to "00".
9. The KEEP WARM MODE holds and keeps cooked food warm for an unlimited period of time.
10. The sturdy, brushed stainless steel and molded Programmable Pressure Cooker Housing is both attractive and functional.

# GETTING TO KNOW YOUR CEPC660

## 6 QT. PROGRAMMABLE

## ELECTRIC PRESSURE COOKER

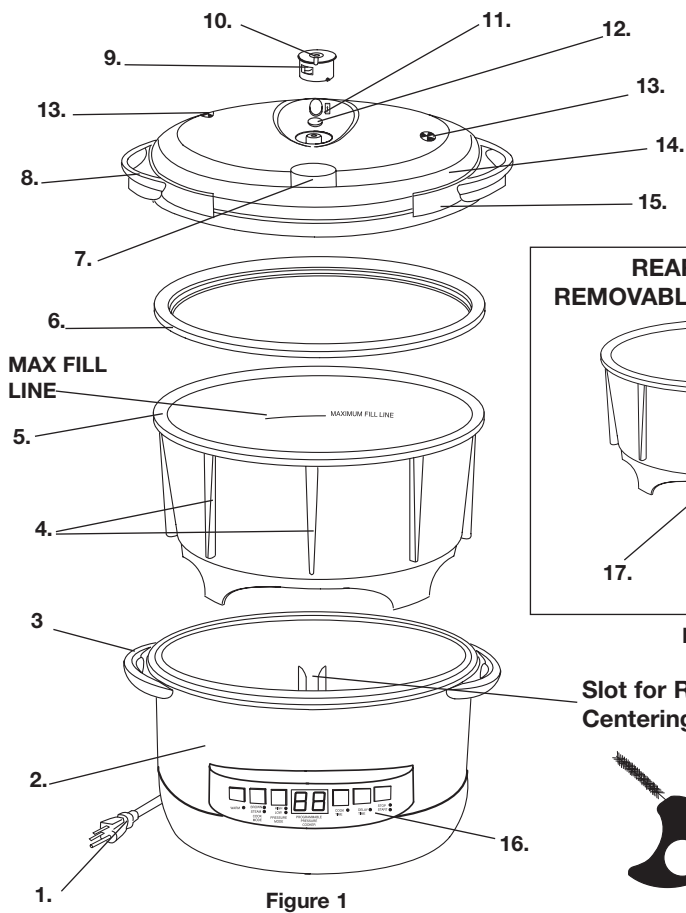


Figure 1

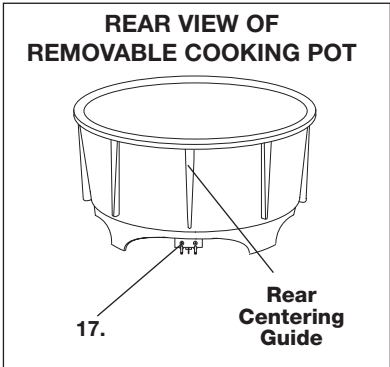
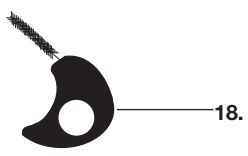


Figure 2

Slot for Rear Centering Guide



- |   |                                  |
|---|----------------------------------|
| 1. Power Cord and Plug  | 9. Pressure Regulator Knob       |
| 2. Housing  | 10. Steam Release Valve          |
| 3. Lower Housing Handles  | 11. Safety Lock Button           |
| 4. Centering Guides   | 12. Pressure Indicator Rod       |
| 5. Removable Cooking Pot coated with DuPont® Teflon® with Scratchguard™ (P/N 22689) | 13. Pressure Safety Valves (2)   |
| 6. Rubber Gasket (P/N 21321)  | 14. Self Locking Lid (P/N 21320) |
| 7. Quick Steam Release Button   | 15. Self Locking Grips           |
| 8. Lid Handles  | 16. Control Panel                |
|   | 17. Heating Element Pins         |
|   | 18. Cleaning Brush (P/N 21100A)  |

# CONTROL PANEL OPTIONS

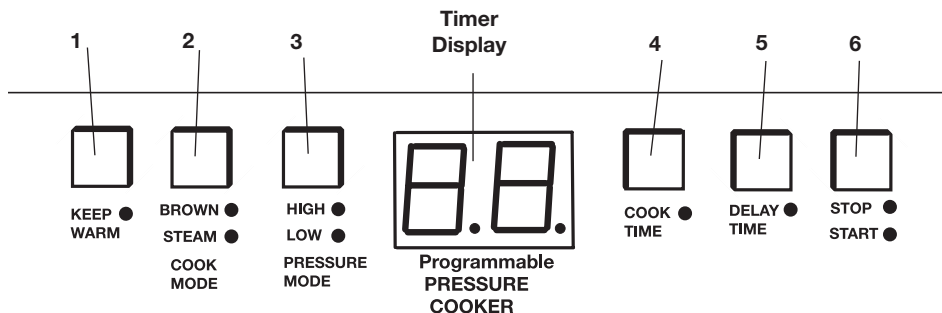


Figure 3

1. **KEEP WARM:** The KEEP WARM MODE holds and keeps cooked food warm for a long period of time. When you press the **KEEP WARM** Button the red Indicator Light illuminates. Press **START/STOP** to activate. The red KEEP WARM Indicator Light will flash, indicating **KEEP WARM** is working. To cancel or stop, press and hold the **START/STOP** Button until the red STOP Light illuminates and the Pressure Cooker beeps.
2. **COOK MODE (BROWN or STEAM):** For the BROWN MODE, press **COOK MODE** Button until the red Indicator Light next to BROWN is lit. Press the **START/STOP** Button until the green START Indicator Light illuminates and the red BROWN Indicator Light flashes. The Clock will display: "--" indicating that the Pressure Cooker is in the BROWN MODE and the appliance will begin to heat immediately and will remain hot until the **START/STOP** Button is pressed again to end the BROWN MODE.  
  
For the STEAM MODE and to bring water to a boil, press **COOK MODE** Button until green START Indicator Light next to **STEAM** illuminates. Press **COOK TIME** Button to enter the STEAM TIME desired. The COOK TIME red Indicator Light will be lit. Then press the **START/STOP** Button, the green START Indicator Light illuminates and the green STEAM Indicator Light will flash. The unit will begin to count down in minutes, and will beep 3 times and the STOP Light will illuminate when finished.
3. **PRESSURE MODE (HIGH or LOW):** For cooking food under LOW PRESSURE, press **PRESSURE MODE** Button until green START Indicator Light is lit; for HIGH PRESSURE, press until red Indicator Light is lit. Press the **COOK TIME** Button to select the desired cooking time. The COOK TIME red Indicator Light will be lit. Then press the **START/STOP** Button to activate, the green START Indicator Light will illuminate and the green LOW PRESSURE or red HIGH PRESSURE Indicator Light will flash.

## CONTROL PANEL OPTIONS *(Continued)*

Once pressure is reached, the unit will begin to count down in minutes and will beep 3 times when the cooking time has elapsed. The Pressure Cooker will beep periodically as a reminder that your cooking is completed. To cancel this, press and hold the **START/STOP** Button until it beeps. Let the pressure drop on its own by using the **Natural Steam Release** Feature, or release pressure immediately by pressing the **QUICK STEAM RELEASE** Button in short bursts until pressure is reduced.

***WARNING: DO NOT hold the QUICK STEAM RELEASE Button down, as hot liquids may be ejected. Press in short bursts until pressure is reduced.***

***NOTE:*** To cancel or stop cooking before time has elapsed, press and hold the **START/STOP** Button until the red STOP Light illuminates and the Pressure Cooker beeps.

4. **COOK TIME:** Use this Timer when using the **COOK MODE** (STEAM) or the **PRESSURE MODE** (HIGH or LOW) settings. Press **COOK TIME** Button to set the desired cooking time.
5. **DELAY TIME:** Allows you to begin cooking food up to 2 hours later in 1/2 hour increments.
6. **START/STOP:** After choosing the desired MODES: **KEEP WARM**, **COOK MODE:** (BROWN or STEAM), or **PRESSURE MODE:** (HIGH or LOW), and if appropriate, the **COOK TIME**, press the **START/STOP** Button to begin operating the appliance. The green START Indicator Light will be lit when **START** is chosen. The red Indicator Light will illuminate for **STOP**. If you wish to change your selection, or to stop the appliance, press and hold **START/STOP** until the red STOP Indicator Light illuminates and the Pressure Cooker beeps.

This Pressure Cooker has an Idle MODE. If you input a **COOK TIME** and/or **DELAY TIME**, but forget to select a program or if you forget to press **START**, the Clock will display "--" after 5 seconds. This Feature is for your convenience to show that the program is incomplete. The "--" signal indicates that the Pressure Cooker is not programmed properly and will not run. You can proceed with the program where you left off by pressing the **COOK TIME** or **DELAY TIME** Button. Your selected time will reappear. If this time does not appear, or if it is incorrect, simply enter the correct time and then press the **START/STOP** Button.



# INSTRUCTIONS FOR USE

## BEFORE USING FOR THE FIRST TIME

1. Before using the Programmable Pressure Cooker for the first time, wash the Removable Cooking pot, the Self-Locking Lid and the Rubber Gasket with warm soapy water. Rinse with clean water and dry thoroughly.
2. Make sure the Rubber Gasket is seated properly around the Lid. To ensure correct fitting of the Rubber Gasket, fill the Removable Cooking Pot 2/3 full with water and run on HIGH PRESSURE for 15 minutes. Wait 15 minutes, then release pressure by pressing on the **QUICK STEAM RELEASE** Button in short bursts. The Pressure Indicator Rod will drop. Let the appliance cool to room temperature. Pour out the water. Rinse and towel dry the Removable Cooking Pot. The Pressure Cooker is now ready for use.

## BEFORE YOU BEGIN COOKING EACH TIME

For best results, always check that the Pressure Regulator Knob, Pressure Indicator, Steam Release Valve and Safety Valves are in good working order and that there are no foreign particles blocking the Valve openings on the underside of the Lid. See CARE & CLEANING INSTRUCTIONS.

**IMPORTANT:** The Rubber Gasket must be placed properly over the four hooks in the Lid as shown in Figure 4.

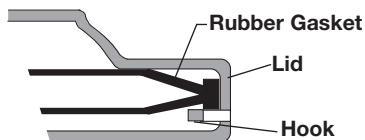


Figure 4

## POWER SURGE PROTECTION

### FEATURE

This Pressure Cooker has a Back-Up Feature to prevent malfunction in the event of power surges. If the Pressure Cooker is unplugged or switched off, allow at least 30 seconds for the program to clear before turning the unit back on.

## REMOVABLE COOKING POT NON-STICK DUPONT® TEFLON® WITH SCRATCHGUARD™ COATING

The special ceramic fillers in the coating make it safe for use with metal utensils. Please note that minor surface marring may occur, but will not affect the non-stick performance. **Do not use steel wool, coarse scouring pads or harsh abrasives on any surface coated with ScratchGuard™**

## OPERATING INSTRUCTIONS

1. Plug the cord into a grounded-type 120V AC electrical wall outlet.
2. Position the Removable Cooking Pot in the Housing so that its Rear Centering Guide slides into the Slot for Centering Guide on the inside of the Housing. (See Illustration on page 5.)
3. Choose the desired program by pressing either **KEEP WARM, COOK MODE:** (BROWN or STEAM), or **PRESSURE MODE:** (HIGH or LOW).

## OPERATING INSTRUCTIONS *(Continued)*

4. If using **COOK MODE**: (STEAM), or **PRESSURE MODE**: (HIGH or LOW), press **COOK TIME** until the desired time is set.
5. **THE SELF-LOCKING LID MUST BE PROPERLY POSITIONED ON THE APPLIANCE WHEN COOKING UNDER PRESSURE OR WHEN STEAMING FOOD.**

6. Place the Lid on the Pressure Cooker. To position and lock the Lid in place, pull the Lid Handles apart to hold open the Self-Locking Grips. See Figure 5. Place the Lid on top of the Removable Cooking Pot and release the Lid Handles so that the Self-Locking Grips close onto the rim of the Removable Cooking Pot.

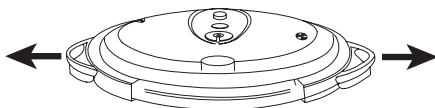


Figure 5

7. To cook under pressure, slide the Safety Lock to the **LOCK** position. See Figure 6. Turn the Pressure Regulator Knob to **PRESSURE** (see Figure 7).
8. To steam food, leave the Safety Lock in the **UNLOCK** position. Turn the Pressure Regulator Knob to **STEAM**.

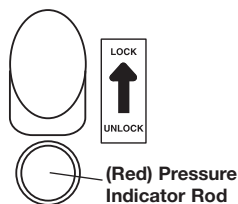


Figure 6

9. Press the **START/STOP** Button to illuminate the green **START** Indicator Light and to begin cooking. The Pressure Indicator Rod will be UP when the Pressure Cooker is under pressure. The Pressure Cooker will beep 3 times at the end of the cooking time and the **STOP** Light will automatically illuminate.

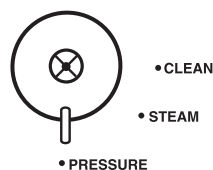


Figure 7

10. Press and hold the **START/STOP** Button until it beeps, and the red Indicator Light is lit. Otherwise, the Pressure Cooker will beep periodically as a reminder that your cooking is completed.
11. Release pressure by pressing on the **QUICK STEAM RELEASE** Button in short bursts. The Pressure Indicator Rod will drop **DOWN** when the pressure is released.
12. **PRESSURE MUST BE FULLY RELEASED BEFORE OPENING THE LID.** Slide the Safety Lock to the **UNLOCK** position. Grasp the Lid Handles and pull out simultaneously to unclamp the Self-Locking Grips from the rim of the Removable Cooking Pot.
13. Allow the appliance to cool before cleaning. After it has cooled, unplug it from the wall outlet. Clean by following the **CARE AND CLEANING INSTRUCTIONS** in this manual.

# COOKING WITH YOUR PROGRAMMABLE ELECTRIC PRESSURE COOKER

## WARMING

This MODE reheats or keeps cooked food warm for an indefinite period of time. This program can either be used on its own or in conjunction with **COOK MODE: STEAM** or **PRESSURE MODE: HIGH** or **LOW** to keep food warm after cooking.

1. Place cooked food in the Removable Cooking Pot. Press **KEEP WARM** Button. The red KEEP WARM Indicator Light will be lit. To start program, press **START/STOP** Button. The green START Indicator Light will illuminate and the red KEEP WARM Indicator Light will flash.
2. If you would like to keep food warm after steaming or cooking with pressure, select **COOK MODE: STEAM** or **PRESSURE MODE: HIGH** or **LOW**. Set **COOK TIME**, then press the **KEEP WARM** Button. Press the **START/STOP** Button to begin the cooking process. The red KEEP WARM Indicator Light will flash as the appliance automatically goes into the KEEP WARM MODE after cooking. To end program or to reset, press and hold the **START/STOP** Button until it beeps and the red STOP Indicator Light illuminates.

## BROWNING

Braised foods often taste better when browned before cooking in liquid. The CEPC660 Programmable Pressure Cooker has a built-in BROWN MODE.

**For best results**, food should be patted dry with paper towels and cut into small, uniform pieces. Brown or sauté food in small batches.

1. Place the Removable Cooking Pot into the Housing. Add the appropriate amount of oil as called for in the recipe. With the Lid off, press the **COOK MODE** Button for BROWN. The red Indicator Light next to BROWN will be lit.
2. Press the **START/STOP** Button. The green START Indicator Light will illuminate and the BROWN MODE red Indicator Light will begin to flash. After approximately one minute of preheating, add food and begin browning.

**WARNING: Extreme caution should be used when browning with hot oil. Keep hands and face away from the Cooking Pot especially when adding new ingredients, as hot oil may spatter.**

3. During the BROWN MODE, the Pressure Cooker will beep 3 times every 10 minutes as a warning that this is a high temperature setting.
4. There is no time setting for the BROWN MODE. When desired browning is complete, press the **START/STOP** Button until it beeps and the red STOP Indicator Light illuminates.

**WARNING: Do not leave the Pressure Cooker unattended while browning foods.**

## STEAMING

This MODE quickly brings cooking liquid to a boil for steaming food.

1. Place the Removable Cooking Pot into the Housing.
2. To STEAM food, pour 1 cup of water into the Removable Cooking Pot. Arrange food in a heat-resistant steaming basket and use basket handles to lower basket into the Removable Cooking Pot. Fold handles down. (You may add more food on top of and around basket, but do not fill more than two thirds full.)
3. Place the Self-Locking Lid onto the Removable Cooking Pot. Keep the Safety Lock in the **UNLOCK** position. Turn the Pressure Regulator Knob to STEAM.
4. Press the **COOK MODE** Button for STEAM. The green START Indicator Light next to STEAM will be lit.
5. Press **COOK TIME** Button for the desired cooking time. Press the **START/STOP** Button; the green START Indicator Light will illuminate and the green STEAM Indicator Light will blink slowly and then faster as the temperature increases and the liquid comes to a boil.
6. The Lid can be opened while cooking to check the food.



• PRESSURE

Figure 8

**CAUTION:** *Never place your face over the Pressure Cooker when removing the Lid.*

**WARNING:** *Use caution when opening Lid. Steam escapes as soon as the Lid is opened. Use oven mitts when handling hot materials.*

7. The red Indicator Light will illuminate and the appliance will beep 3 times at the end of the preset cooking time. Press and hold **START/STOP** Button until it beeps.

**NOTE:** To cancel or stop cooking before time has elapsed, press and hold the **START/STOP** Button until the red STOP Light illuminates and the Pressure Cooker beeps.

## PRESSURE COOKING

By cooking in the Programmable Pressure Cooker at high temperature and pressure you are able to reduce the cooking time of most foods by up to 70 percent.

1. Place the Removable Cooking Pot into the Housing. Brown ingredients, if you wish, then add remaining ingredients.
2. Add at least 1 cup (8 ounces) of liquid to the Removable Cooking Pot when cooking under pressure. Do not fill the Removable Cooking Pot more than one-third full when cooking dried beans and legumes; no more than half full when cooking soups and stews; and no higher than the MAX Fill Line when cooking vegetables or whole pieces of meat.

## COOKING WITH YOUR PRESSURE COOKER *(Continued)*

3. Place the Self-Locking Lid on the Pressure Cooker. Slide the Safety Lock to **LOCK** position. (See Figure 9.)

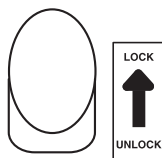


Figure 9

4. Turn the Pressure Regulator Knob to **PRESSURE**. (See Figure 10.)

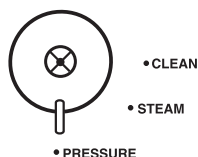


Figure 10

5. Press the **PRESSURE MODE** Button for HIGH or LOW, as called for in the recipe. Typically, most foods are cooked under HIGH pressure.
6. Press **COOK TIME** for the cooking time called for in the recipe or recommended in the **SUGGESTED COOKING TIMES** Section of this manual. The cooking time begins from the moment pressure is reached and does not include the time it takes for the Pressure Cooker to come up to the selected pressure.
7. Press **START/STOP** Button until the green **START** Indicator Light illuminates. If cooking under HIGH **PRESSURE**, the red Indicator Light will blink slowly; the green Indicator Light blinks when cooking under LOW **PRESSURE**. The Lights will blink faster as pressure builds and the cooking countdown begins.
8. The Pressure Indicator Rod will rise as pressure builds. After cooking under pressure for the desired programmed time, the Pressure Cooker will beep 3 times and the red **STOP** Light will illuminate. Press and hold the **START/STOP** Button until it beeps.
9. **Quick Steam Release/Natural Steam Release.** After cooking is completed, you **MUST** release pressure using either the **Natural Steam Release** or **Quick Steam Release** Feature.
10. The **Natural Steam Release** Feature is preferred when cooking foods like stocks, sauces, and certain large cuts of meat which will benefit from continued cooking in the Pressure Cooker as the pressure and temperature drop naturally as the unit cools. **DO NOT** use with foods that can over-cook easily and quickly. When pressure is completely released, the Pressure Indicator Rod will drop.
11. To release pressure immediately after cooking, use the **Quick Steam Release** Feature. Press the **QUICK STEAM RELEASE** Button in short bursts only, until pressure is reduced — steam will stop coming out of the Steam Release Valve and the Pressure Indicator Rod will drop.

**CAUTION:** *Escaping steam is very hot. To avoid serious injuries or burns, keep bare skin, face and eyes away from the Steam Release Valve.*

**CAUTION:** *When preparing recipes with a high volume of liquid, some liquid may spurt through the vent when you use the Quick Steam Release Feature. If this happens, allow the pressure to come down naturally, or wait for a minute, then resume releasing the steam in very short bursts.*

## COOKING WITH YOUR PRESSURE COOKER *(Continued)*

12. Once pressure is released, regardless of method, slide the Safety Lock to **UNLOCK**. Remove the Lid, tilting it away from you to avoid steam. Check the food to see if it has been cooked sufficiently. If not, replace the Lid and slide the Safety Lock to **LOCK**. Repeat PRESSURE COOKING Steps 4-8, cooking under pressure an additional 2-3 minutes.
13. To pressure cook foods like vegetables, add water to the Removable Cooking Pot. Place a small heat-resistant steaming rack or basket (NOT INCLUDED) in the Removable Cooking Pot. Place the food on the rack. For best results, do not overfill or pack the food down. Follow the same procedure for cooking under pressure. See PRESSURE COOKING Steps 3-8. Use the **Quick Steam Release** Feature for releasing the pressure.
14. Since steam is hotter than boiling water, always take care when opening the appliance after cooking under pressure. ***Never place your face over the Pressure Cooker when removing the Lid.*** Also, be aware that hot, boiling liquid increases in volume when under pressure.

**CAUTION:** *Never attempt to open the Pressure Cooker before the red Pressure Indicator Rod has dropped.*

When opening the Pressure Cooker after making soups and stock, let the food sit several minutes before releasing the pressure and removing the Lid to make sure the hot liquid will not boil over.

15. Since overcooked food cannot be corrected, it is advisable to err on the undercooked side by cooking an unfamiliar food for a shorter period of time than you may think necessary. You can always go back and continue cooking under pressure a minute or two longer if need be (see PRESSURE COOKING Steps 4-8).
16. It is easy to adapt your favorite recipe for use in the Programmable Pressure Cooker. For the most part, soups, stews, braised and slow roasted meats and legumes, steamed and braised vegetables, and slow-simmered recipes like tomato sauce, provide the best results. Instructions and Timing Charts for cooking commonly prepared foods under pressure can be found in the following Section.

Bear in mind that the amount of cooking liquid used when adapting a recipe will be much less since you will be cooking in a sealed pot for a much shorter time. You must, however, use sufficient liquid, since the Pressure Cooker is constantly building steam during the entire cooking process. If you run out of liquid, and continue cooking, the food will not cook properly and may burn. While there is no universal guide for adapting recipes, trial and error will come into play until you understand how your Pressure Cooker cooks.

When adapting other pressure cooker recipes, use the HIGH PRESSURE MODE and cook for the shortest amount of time you expect it might take. If food is not fully cooked, replace the Lid, and slide the Safety Lock to the **LOCK** position. Repeat PRESSURE COOKING Steps 4-8, cooking under pressure until done.

## COOKING WITH YOUR PRESSURE COOKER *(Continued)*

17. Never try to force open the Self-Locking Lid. Built-in Safety Valves prevent opening the Lid while there is still pressure in the Removable Cooking Pot. All pressure and steam must first be released as explained in PRESSURE COOKING Steps 10 and 11.
  18. ***WARNING: Never deep-fry or pressure-fry in the Programmable Pressure Cooker, regardless of whether the Lid is on or off. THIS IS DANGEROUS AND CAN CAUSE A FIRE AND SERIOUS DAMAGE.***
  19. Do not cook dumplings or other foaming ingredients under pressure without adding oil. Oil controls foaming and diminishes the possibility that a particle of food will block the safety devices.
- NOTE:** To cancel or stop cooking before time has elapsed, press and hold the **START/STOP** Button until the red STOP Light illuminates and the Pressure Cooker beeps.

### DELAY TIME

1. You can postpone cooking for up to two hours by using the **DELAY TIME** in conjunction with the **KEEP WARM, COOK MODE: STEAM**, and **PRESSURE MODE: HIGH** or **LOW** programs. Set **DELAY TIME** in 1/2 hour increments.
2. After selecting the desired cooking program and cooking time, press the **DELAY TIME** Button for delay time desired.
3. Press **START/STOP** Button until the green START Indicator Light appears. The appliance will begin cooking after the set time has elapsed.
4. Do not use the **DELAY TIME** function when cooking perishable foods that may spoil if left out at room temperature.

### FREQUENTLY ASKED QUESTION

#### **Question**

What happens if the Timer Display is NOT counting down the time?

#### **Response**

Pressure is building. During the PRESSURE MODEs: HIGH or LOW, the Timer begins counting down AFTER proper pressure has been reached. It counts actual "pressured cooking" time.



# CARE & CLEANING INSTRUCTIONS

1. Unplug and let the Programmable Pressure Cooker cool to room temperature before cleaning.
2. Wash the Removable Cooking Pot with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and dry thoroughly.
3. Remove the Rubber Gasket from the underside of the Self-Locking Lid. Wash both with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and dry thoroughly.
4. The Rubber Gasket must always be properly positioned on the underside of the Lid. Check periodically to make sure that it is clean, flexible and not cracked or torn. If damaged, do not use this appliance. Contact the Consumer Service Department toll-free at 1-800-233-9054 for information on purchasing a replacement Gasket, (P/N 21321).
5. Wipe the Housing clean with a damp soft cloth or sponge. Do not pour any liquid into the Pressure Cooker's Housing.
6. Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
7. Always check that the Steam Release Valve and Pressure Safety Valves are in good working order. After unit is cooled, remove the Lid. Turn the Pressure Regulator Knob to CLEAN (see Figure 11) and carefully remove. Turn the Lid over and place on table top as shown to the side. Using the brush supplied, check and remove any food or foreign particles that may be lodged in the Steam Release Valve. (See Figure 12.) Replace the Pressure Regulator Knob before using again.
8. In order to maintain the good performance of your Pressure Cooker, the bottom of the Removable Cooking Pot, in the area of the Sensor Pad, must be cleaned after each use. The Sensor must be free of dirt, food, or residue. To do so, wipe with a soft, damp cloth and be sure to dry thoroughly. (See Figure 13.)
9. Any service requiring disassembly, other than the above cleaning, must be performed by a qualified appliance repair technician.
10. Store the Pressure Cooker with the Lid resting upside-down on the Removable Cooking Pot.

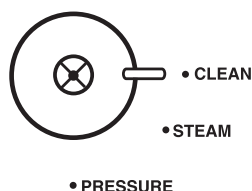


Figure 11

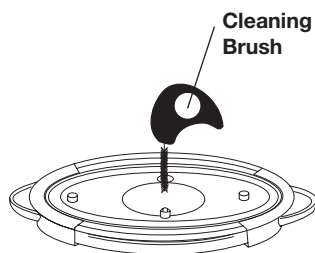


Figure 12

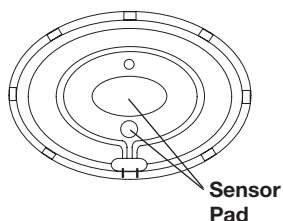


Figure 13



# SUGGESTED COOKING TIMES

The following cooking times are provided as a guide to be used when cooking in the cook’s essentials® CEPC660 Electric Pressure Cooker. Cooking times can vary depending on the quality and the individual piece sizes of the food being cooked; maximum and minimum cooking times are given in some instances. When uncertain how long to cook something, always start with the shortest cooking time since you can always continue cooking for additional time until the desired texture is reached.

All cooking times listed begin once full pressure is reached.

***Foods that should not be cooked under pressure are:*** Applesauce, cranberries, rhubarb, macaroni, spaghetti or other pasta, dried soup mixes, oatmeal or other cereals, grains, pearl barley, split peas or any dried beans, peas or rice NOT LISTED on the Cooking Charts. These foods tend to expand, foam, or froth and may block the Steam Release Valve or the Pressure Safety Valve.

**NOTE:** The USDA recommends that ground turkey and chicken be cooked to an internal temperature of 165°F and ground beef, veal, lamb and pork be cooked to an internal temperature 160°F. Meats such as beef and lamb, etc. should be cooked to an internal temperature of at least 145°F. Pork should be cooked to an internal temperature of at least 160°F and poultry products should be cooked to an internal temperature of 170°F - 180°F to be sure any harmful bacteria has been killed. When re-heating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

## Shellfish and Fish

### APPROXIMATE COOKING TIMES HIGH PRESSURE

#### QUICK STEAM RELEASE BUTTON

SEAFOOD	Cooking Time	Cooking Liquid
Clams, baby	2 to 3 min.	1 cup
Mussels	3 to 5 min.	1 cup
Fish, whole, 1 to 2 lbs., gutted	8 to 10 min.	1 cup
Fish, steaks, 1-1/2 to 2 in. thick	5 to 8 min.	1 cup

# Meat & Poultry

## APPROXIMATE COOKING TIMES HIGH PRESSURE NATURAL RELEASE FEATURE

MEAT & POULTRY	Cooking Time	Cooking Liquid
Beef/Veal, roast or brisket, 3 lbs., 2 to 3 in. thick	40 to 45 min.	1-1/2 cups
Beef, roast, 4 to 5 lbs., 5 to 6 in. thick	70 to 80 min.	1-1/2 cups
Beef, stew meat, 1 in. cubes	15 to 20 min.	1-1/2 cups
Beef, corned, 4 lbs.	60 to 70 min.	2 cups
Meatballs, up to 2 lbs., browned	8 to 10 min.	1 cup
Pork, roast, 4 lbs.	50 to 60 min.	1-1/2 cups
Pork, ribs, 4 lbs.	25 to 30 min.	1-1/2 cups
Chicken, whole, 3 to 4 lbs.	30 to 35 min.	1 cup
Chicken, pieces, 2 to 3 lbs.	12 to 15 min.	1 cup
Cornish Hens, Three	10 to 12 min.	1 cup
Ham, pre-cooked, 7 lbs.	35 to 40 min.	1-1/2 cups

## BASIC RECIPE FOR MEAT AND POULTRY

1. Brown meat, if desired.
2. Pour 1 cup water or broth into Pressure Cooker for meats that cook for less than 45 minutes. Increase to 1-1/2 cups liquid for meats that cook more than 45 minutes.
3. Add meat and remaining ingredients.
4. Set PRESSURE MODE to HIGH and set COOK TIME as suggested above. Press **START/STOP** Button to begin operation.
5. When the Pressure Cooker beeps, quickly release remaining pressure by pressing **QUICK STEAM RELEASE** Button in short bursts.

**NOTE: WHEN COOKING BEEF, please use the Natural Steam Release for optimum tenderness.**

## VEGETABLES

- Peel vegetables when appropriate, or scrub them well. Keep in mind that hard vegetables such as potatoes and beets hold their shape better when the peel is left intact.
- Vegetables may be cooked whole or chopped into pieces. The larger the piece, the longer it will take to cook.
- Vegetables with the same cooking time may be cooked together.
- Since quick-cooking vegetables like asparagus and broccoli may easily be overcooked, it is best to steam rather than pressure-cook them.

## BASIC RECIPE FOR VEGETABLES

1. Trim and cut vegetables according to sizes suggested below.
2. Pour 1 cup water into Pressure Cooker.
3. Arrange vegetables in steaming basket and lower into Pressure Cooker. (Alternatively cook vegetables directly in water or broth.)
4. Set **PRESSURE MODE** to **HIGH** and set **COOK TIME** as suggested below. Press **START/STOP** Button to begin operation.
5. When Pressure Cooker beeps, always quickly release pressure by pressing **QUICK STEAM RELEASE** Button in short bursts.
6. If vegetables require more cooking, steam until done.

## Vegetables

### APPROXIMATE COOKING TIMES HIGH PRESSURE QUICK STEAM RELEASE BUTTON

<b>FRESH VEGETABLES</b>	<b>Cooking Time</b>	<b>Water</b>
Asparagus, thick whole	2 to 3 min.	1 cup
Asparagus, thin whole	2 to 2-1/2 min.	1 cup
Beans, green or wax, whole or piece	2 to 3 min.	1 cup
Beans, lima, shelled	3 to 4 min.	1 cup
Beets, small, whole	14 to 17 min.	1-1/2 cups
Beets, large, halved	26 to 30 min.	2 cups
Beets, 1/4-inch slices	7 to 8 min.	1 cup
Broccoli, florets	3 to 4 min.	1 cup
Broccoli, spears	4 to 5 min.	1 cup
Brussels Sprouts, whole	6 to 7 min.	1 cup
Cabbage, red or green, 1/4-inch shreds	2 to 3 min.	1 cup
Cabbage, red or green, quartered	5 to 6 min.	1 cup
Carrots, whole	8 to 10 min.	1 cup
Carrots, 1-inch chunks	4 to 6 min.	1 cup
Carrots, 1/4-inch slices	2 to 3 min.	1 cup

## FRESH VEGETABLES APPROXIMATE COOKING TIMES

<b>FRESH VEGETABLES</b>	<b>Cooking Time</b>	<b>Water</b>
Cauliflower, florets	3 to 4 min.	1 cup
Collard greens, coarsely chopped	7 to 9 min.	1 cup
Corn, on-the-cob	5 to 7 min.	1 cup
Corn, kernels	2 to 3 min.	1 cup
Eggplant, sliced 1/8- to 1/4-inch slices	2 to 3 min.	1 cup
Eggplant, 1/2-inch chunks	3 to 4 min.	1 cup
Escarole, coarsely chopped	3 to 4 min.	1 cup
Kale, coarsely chopped	3 to 4 min.	1 cup
Okra, small pods	3 to 4 min.	1 cup
Onions, whole 1-1/2-inch diameter	3 to 4 min.	1 cup
Parsnips, 1-inch chunks	5 to 7 min.	1 cup
Parsnips, 1/4-inch slices	2 to 3 min.	1 cup
Peas, shelled	2 to 3 min.	1 cup
Potatoes, New Red, small whole	12 to 14 min.	1 cup
Potatoes, Red, 1-1/2-inch chunks	13 to 15 min.	1 cup
Potatoes, New White, small whole	12 to 15 min.	1 cup
Potatoes, White, 1-1/2-inch chunks	8 to 10 min.	1 cup
Pumpkin, 2-inch chunks	12 to 15 min.	1 cup
Rutabaga, 1-inch chunks	6 to 8 min.	1 cup
Spinach, fresh, coarsely chopped	2 to 3 min.	1 cup
Spinach, fresh, whole leaves	3 to 4 min.	1 cup
Squash, acorn, halved	9 to 10 min.	1 cup
Squash, butternut, 1-inch chunks	6 to 7 min.	1 cup
Squash, pattypan, 2 lbs. halved	10 to 11 min.	1-1/2 cups
Squash, spaghetti, 2 lbs. halved	9 to 10 min.	1-1/2 cups
Squash, summer, zucchini or yellow, 1/2-inch slices	2 to 3 min.	1 cup
Sweet Potato, 1-1/2-inch chunks	8 to 10 min.	1 cup
Swiss Chard, coarsely chopped	3 to 4 min.	1 cup
Tomatoes, quartered	2 to 3 min.	1 cup
Turnips, small quartered	5 to 7 min.	1 cup
Turnips, 1-1/2-inch chunks	5 to 7 min.	1 cup

## FROZEN VEGETABLES APPROXIMATE COOKING TIMES

### LOW PRESSURE

### QUICK STEAM RELEASE BUTTON

FROZEN VEGETABLES	Cooking Time	Water
Asparagus	2 min.	1 cup
Beans, green, wax or French cut	1 min.	1 cup
Beans, lima	2 min.	1 cup
Broccoli, chopped, florets, or spears	2 min.	1 cup
Brussels Sprouts	2 min.	1 cup
Cauliflower, florets	1 min.	1 cup
Corn, kernels	1 min.	1 cup
Corn, on the cob	3 min.	1 cup
Mixed Vegetables	2 min.	1 cup
Peas (not split)	1 min.	1 cup
Peas and Carrots	1 min.	1 cup
Spinach	1 min.	1 cup

## BEANS

Pressure-cooked beans are tender in record time. But since they can't be counted on to hold their shape, plan to use pressure-cooked beans for soups or stews rather than for bean salads.

## GENERAL TIPS FOR COOKING BEANS

- Set dried beans in a strainer or colander and rinse well. Discard any broken beans.
- Pre-soaking beans is optional, but encourages more even cooking and aids digestibility. If time permits, soak beans in ample water to cover for 6 to 8 hours or overnight. Drain and rinse. Cook beans in fresh water.
- If you wish, add some onion, bay leaves, and garlic to flavor the beans and broth. Strained bean broth may be used as a base for soups and stews.
- Since the time required to cook beans varies from batch to batch, it is best to do the majority of cooking under pressure and then finish off the beans by cooking them uncovered on the BROWN setting.
- Add salt during the final few minutes of cooking. Adding salt at the beginning may harden bean skins and prevent proper cooking.
- Leftover beans may be frozen in convenient portion sizes.

## PRECAUTIONS WHEN COOKING BEANS

- When cooking beans alone (rather than in a soup or stew), never fill Pressure Cooker more than one-third full.
- Always add at least 2 teaspoons of oil per cup of dried beans to control foaming action.
- Let the pressure come down naturally to avoid ejecting liquid from the vent and to prevent bean skins from splitting.
- Take great care when removing the Lid as there will be considerable steam in the Pressure Cooker.
- Clean the Pressure Regulator Knob, Steam Release Valve, Safety Valves and Rubber Gasket thoroughly after cooking beans.

## BASIC RECIPE FOR BEANS

This recipe calls for 1 pound (about 2-1/2 cups) dried beans which will yield 5 to 6 cups cooked beans. You may cut this recipe in half, if you wish, but **DO NOT COOK MORE THAN THIS AMOUNT.**

1 pound beans, picked over and rinsed  
(preferably pre-soaked; see GENERAL TIPS FOR COOKING BEANS)

2 quarts water

2 tablespoons vegetable oil

1 onion, peeled and halved (optional)

2 bay leaves (optional)

2 or 3 cloves garlic, peeled and crushed (optional)

Salt to taste (add after cooking under pressure)

1. Place beans, water, oil, and any optional ingredients in the Removable Cooking Pot.
2. Pull Lid Handles apart and set Lid on Cooker. Slide Safety Lock to **LOCK** position. Turn Pressure Regulator Knob to **PRESSURE**.
3. Set **PRESSURE MODE** for **HIGH** and **COOK TIME** according to type of bean (see Dried Beans and Legumes Chart on the following page). Press **START/STOP** Button to begin operation.
4. When Pressure Cooker beeps 3 times, **STOP** Light will illuminate. If time permits, allow pressure to come down naturally until the red Pressure Indicator Rod drops, about 30 minutes. Otherwise, allow pressure to come down naturally for 20 minutes and quickly release remaining pressure by pressing **QUICK STEAM RELEASE** Button in short bursts.
5. Slide Safety Lock to **UNLOCK**. Pull Handles apart and remove Lid.

**CAUTION: WHEN REMOVING LID, STEP BACK AND TILT LID AWAY FROM YOU TO AVOID STEAM.**

6. Add salt to taste. If beans are still quite hard, return to high pressure for a few more minutes. If beans require just a little more cooking, press the COOK MODE Button for BROWN. The red Indicator Light next to BROWN will be lit. Then press the START Button and cook uncovered until done. Stir in more water if cooking liquid becomes very thick.
7. If time permits, allow beans to cool in cooking liquid.
8. Ladle beans into a colander set over a large bowl. Drain beans thoroughly. Remove bay leaves. Reserve cooking liquid for use as broth, if you wish.

## **Dried Beans and Legumes**

### **APPROXIMATE COOKING TIMES\***

#### **HIGH PRESSURE**

#### **NATURAL RELEASE FEATURE**

<b>BEANS &amp; LEGUMES</b>	<b>Cooking Time</b>	<b>Water**</b>	<b>Yield Cooked</b>
Adzuki, 1 cup dry	9 to 13 min.	3 cups	2 cups
Black Beans, 1 cup dry	15 to 18 min.	3 cups	2 cups
Black Eyed Peas, 1 cup dry	14 to 17 min.	3 cups	2-1/4 cups
Chickpeas (garbanzo), 1 cup dry	30 to 35 min.	3 cups	2-1/2 cups
Great Northern, 1 cup dry	28 to 33 min.	3 cups	2-1/4 cups
Kidney Beans, red or white, 1 cup dry	28 to 33 min.	3 cups	2 cups
Lentils, green, brown, or red, 2 cups dry	10 to 12 min.	6 cups	4 cups
Navy Beans 1 cup dry	14 to 17 min.	3 cups	2 cups
Pinto Beans, 1 cup dry	16 to 19 min.	3 cups	2-1/4 cups

\*All beans and dried legumes, with the exception of lentils, should soak in a large, covered bowl in boiling water one hour before cooking. The actual cooking times will vary depending on how old the beans are.

\*\*Add one tablespoon of vegetable oil to reduce excess foaming.

## RICE/GRAINS

Whole grains cook so quickly in the Pressure Cooker that they can become a regular part of your diet. Here are a few things to keep in mind:

- Timing varies from one batch of grains to the next, depending upon age and storage conditions. So it is wise to do the majority of cooking under pressure and then do any additional cooking, if needed, on the STEAM setting. Remember that whole grains such as wheat berries and brown rice always remain a bit chewy, even when thoroughly cooked.
- Grains that have the same cooking time may be cooked together.
- Leftover grains may be frozen in convenient portion sizes. Defrost them in the microwave.

## PRECAUTIONS WHEN COOKING GRAINS

- When cooking grains alone (rather than in a soup or stew), never fill Pressure Cooker more than one-third full.
- ***TO CONTROL FOAMING AS GRAINS COOK, ALWAYS ADD 1 TABLESPOON OF OIL PER CUP OF DRIED GRAINS TO THE COOKING LIQUID.***
- Do not cook more than 2 cups of dried grains at a time.
- Clean the Pressure Regulator Knob, Steam Release Valve, Safety Valves and Rubber Gasket thoroughly after cooking grains.

## BASIC RECIPE FOR RICE/GRAINS

This recipe calls for cooking grains in a fair amount of water, then draining off the excess. This approach accommodates the fact that no two batches of grains absorb the same amount of liquid. This recipe calls for 2 cups of dry grain which yields about 4-1/2 cups cooked. You may cut this recipe in half, if you wish, but **DO NOT COOK MORE THAN THIS AMOUNT.**

2 cups grains

6-1/2 cups water

2 tablespoons taste-free oil, such as canola

1/2 teaspoon salt (optional)

1. Place grains, water, oil, and salt (if using) in the Removable Cooking Pot.
2. Pull Lid Handles apart and set Lid on Pressure Cooker. Slide Safety Lock to LOCK position. Turn Pressure Regulator Knob to PRESSURE.
3. Set PRESSURE MODE for HIGH and cook time according to type of grain (see Chart on following page). Press the START/STOP Button to begin operation.
4. When Pressure Cooker beeps 3 times, STOP Light will illuminate.
5. Quickly release pressure by pressing QUICK STEAM RELEASE Button in short bursts. If liquid spurts from the regulator vent, wait a few seconds before continuing to release pressure.
6. If grains are not sufficiently tender, add a bit more water if mixture seems dry, and steam until done.



## SUGGESTED COOKING TIMES *(Continued)*

7. Use a ladle to transfer grains to a colander to drain. Bounce colander up and down a few times to release excess liquid. For drier, fluffier grains, transfer grains to a bowl and cover tightly with plastic wrap. Set aside for 10 minutes, then fluff.

### Rice / Grains

#### APPROXIMATE COOKING TIMES\* STEAM FUNCTION

RICE/GRAINS	Cooking Time	Water**	Yield Cooked
Rice, Basmati, 1 cup dry	25 to 28 min.	2-1/4 cups	3 cups
Rice, white, converted or long grain, 1 cup dry	25 to 28 min.	2-1/4 cups	3 cups
Rice, white, arborio or short grain 1 cup dry	17 to 20 min.	2-3/4 cups	3 cups
Rice, brown, 1 cup dry	30 to 35 min.	2-1/2 cups	2-1/4 cups
Rice, wild, 1 cup dry	55 to 60 min.	3-1/2 cups	2-1/4 cups

\*Actual cooking times may vary depending on how old the grain is.

\*\*Add one tablespoon of vegetable oil to reduce excess foaming.

### FRUIT

The Pressure Cooker is good for stewing dried fruits or making quick compotes. You can also make a variety of recipes using fresh fruit, including whole, stuffed fresh apples, or wine-poached pears.

### DRIED FRUIT

- Consult Chart following and use minimum timing for moist dried fruit and maximum timing if fruit is leathery and dry.
- You can mix fruits that have different cooking times if you don't mind that quicker-cooking fruits will become very soft.
- You can combine dried and fresh fruit in a compote, but keep in mind that the fresh fruit is likely to "melt down" into a sauce.
- If you wish, add a few tablespoons of fruit liquor before or after cooking.
- Do not cook dates under pressure as they dissolve into mush.
- Do not fill Pressure Cooker more than half full.

# Fruits

## APPROXIMATE COOKING TIMES LOW PRESSURE QUICK STEAM RELEASE BUTTON

FRESH & DRIED FRUIT	Cooking Time	Water
Apricots, fresh whole or halved	2 to 3 min.	1 cup
Berries, fresh	1 min.*	1 cup
Cherries, fresh	1 min.*	1 cup
Peaches, fresh halved	3 min.	1 cup
Pears, fresh halved	3 to 4 min.	1 cup
Plums, fresh	1 min.	1 cup
Prunes	4 to 5 min.	1 cup
Quince, fresh quartered	5 min.	1 cup
Raisins	4 to 5 min.	1 cup

\*Set timer to 1 minute using either LOW or HIGH PRESSURE. As soon as the pressure builds, the red Pressure Indicator Rod will rise. Stop cooking by pressing the **START/STOP** Button until the red STOP light illuminates and the Pressure Cooker beeps once. Lower pressure immediately by pressing the **Quick Steam Release** Button in short bursts.

## BASIC RECIPE FOR DRIED FRUIT

4 cups dried fruit

3 cups water

A few thin slices lemon (optional)

1. Place fruit, water, and lemon (if using) in Removable Cooking Pot.
2. Pull Lid Handles apart and set Lid on Cooker. Slide Safety Lock to **LOCK** position. Turn Pressure Regulator Knob to PRESSURE.
3. Set PRESSURE MODE for HIGH and COOK TIME according to type of fruit (see Fruits Chart above). Press the **START/STOP** Button to begin operation.
4. When Pressure Cooker beeps 3 times, STOP Light will illuminate.
5. Press **QUICK STEAM RELEASE** Button in short bursts to release the pressure.
6. If fruit is not sufficiently tender, replace Lid and steam until done.
7. Remove Lid with special care as there will be a fair amount of steam.

Makes 4 cups

## FRESH FRUIT

- For best flavor and texture, use ripe fruit that is still firm.
- You can cook fruit in a steaming basket or directly in the liquid.
- When cooking fruit directly in liquid, you may use wine instead of water.
- When cooking stuffed apples and Anjou pears, wrap them in aluminum foil to maintain their shape and keep their skins intact.
- To maintain shape, cook Bosc pears with peels intact; it is easy to slip peels off after cooking.
- When preparing foil-wrapped fruit, do not fill Pressure Cooker more than half full. When preparing unwrapped fruit, do not fill more than one-third full.

## BASIC RECIPE FOR FRESH FRUIT

1. Place 1 cup water (or wine) in Removable Cooking Pot.
2. Place fruit either in a steaming basket or directly into liquid.
3. Pull Lid Handles apart and set Lid on Cooker. Slide Safety Lock to LOCK position. Turn Pressure Regulator Knob to PRESSURE.
4. Set PRESSURE MODE for HIGH and COOK TIME according to Chart on page 25. Press Press the **START/STOP** Button to begin operation.
5. When Pressure Cooker beeps 3 times, STOP Light will illuminate.
6. Quickly release pressure by pressing **QUICK STEAM RELEASE** Button in short bursts. (If cooking halved pears, allow pressure to come down naturally.)
7. If fruit is not sufficiently cooked, replace Lid and steam until done.
8. Remove Lid with special care as there will be a fair amount of steam.

# RECIPE GUIDE

The following recipes have been especially developed for preparing in the cook's essentials® Programmable Electric Pressure Cooker by leading housewares expert and best-selling cookbook author, Tom Lacalamita, The Kitchen Resource.

A listing of suggested cooking times follows for your convenience.

## Baked Beans in a Pot

4 (15-oz.) cans small white beans, drained and rinsed  
under cold water in a colander

2 tablespoons olive oil

1 small red onion, chopped

1 clove garlic, peeled and minced

1 small rib celery, chopped

1 small carrot, chopped

1 bay leaf

3 tablespoons molasses

3 tablespoons packed brown sugar

1-1/2 teaspoons dry mustard

1/2 teaspoon dried thyme

1 cup water

1. Place Removable Cooking Pot in the Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
3. Preheat 5 minutes. Add the onion, garlic, celery, and carrot. Sauté until the onion is soft. Do not let brown.
4. Add the beans and remaining ingredients.
5. Place Lid on the Pressure Cooker. Slide the Safety Lock to the LOCK position. Turn the Pressure Regulator Knob to PRESSURE. Press the **PRESSURE MODE** Button for HIGH and **COOK TIME** Button until 30 minutes appears on the Display.
6. Press **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
7. Immediately press the **Quick Steam Release** Button using short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.
8. Remove the bay leaf before serving beans.

Makes 14 servings

# Vegetarian Chili

1 cup (approximately 8 ounces) dried black beans,  
soaked one hour in boiling water  
2 tablespoons olive oil  
1 medium onion, chopped  
1 clove garlic, peeled and minced  
1 medium green pepper, cored, seeded and chopped  
1 medium red pepper, cored, seeded and chopped  
1 jalapeño pepper, cored seeded and chopped  
2 carrots, chopped  
2 teaspoons chili powder  
2 teaspoons ground cumin  
1/2 teaspoon dried oregano  
1 (14.5-ounce) can diced tomatoes  
1 cup water  
salt  
2 tablespoons minced fresh cilantro

## Optional garnishes:

Chopped black olives  
Sour cream  
Shredded cheddar cheese

1. Drain beans and set aside.
2. Place Removable Cooking Pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
4. Preheat 5 minutes. Add the onion, garlic, peppers, carrots, chili powder, cumin, and oregano. Sauté until the onion is soft.
5. Add the soaked, drained beans, tomatoes, and water. Stir to combine. Place Lid on Pressure Cooker. Slide the Safety Lock to the LOCK position.
6. Turn the Pressure Regulator Knob to PRESSURE.
7. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
8. Press **COOK TIME** Button until 30 minutes appears on the Display.

## Vegetarian Chili (Continued)

9. Press **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
10. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.
11. If the beans are not tender, replace Lid and LOCK. Repeat Steps 7 through 10, (setting **COOK TIME** between 3 - 5 minutes) and cook under pressure an additional 3 to 5 minutes, or until tender.
12. Season with salt to taste. Stir in the chopped cilantro. Serve with cooked white rice and optional garnishes, if desired.

Makes 4 to 6 servings

# Vegetable Stock

1 medium onion, coarsely chopped  
1 leek, trimmed, washed well and chopped  
2 unpeeled cloves garlic, crushed  
1 carrot, coarsely chopped  
1 rib celery, coarsely chopped  
2 canned plum tomatoes, coarsely chopped  
3 sprigs parsley  
1 bay leaf  
1/2 teaspoon whole black peppercorns  
6 cups water  
salt

1. Place Removable Cooking Pot in Pressure Cooker. Add all the ingredients, except salt, to the Removable Cooking Pot.
2. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 30 minutes appears on the Display.
6. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
7. Once the Pressure Indicator Rod drops, slide the Safety Lock to UNLOCK position and remove the Lid.
8. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 6 cups

# Chicken Stock

2 pounds chicken pieces like wings, necks, backs:  
skin and all visible fat removed  
1 large onion, coarsely chopped  
2 carrots, coarsely chopped  
2 ribs celery, coarsely chopped  
2 canned plum tomatoes, coarsely chopped  
4 sprigs parsley  
1/2 teaspoon whole black peppercorns  
6 cups water  
salt

1. Place Removable Cooking Pot in Pressure Cooker. Add all the ingredients, except salt, to the Removable Cooking Pot.
2. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 30 minutes appears on the Display.
6. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
7. Once the Pressure Indicator Rod drops, slide the Safety Lock to UNLOCK position and remove the Lid.
8. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 6 cups



# Chicken Soup with Rice

- 6 cups chicken stock (page 31), or  
canned, low sodium chicken broth
- 1 boneless chicken breast, cut into bite-sized pieces
- 3 carrots, peeled and sliced thin
- 5 ribs celery, trimmed and sliced thin
- 2 large leeks, trimmed, washed well, light green  
and white parts only, sliced thin
- 1/2 cup uncooked rice

1. Place Removable Cooking Pot in Pressure Cooker. Add all the ingredients to the Removable Cooking Pot.
2. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 10 minutes appears on the Display.
6. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
7. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.

Makes 4 servings

# Barbecued Chicken

3 tablespoons olive oil

4 to 5 pound chicken, cut into pieces, skin and all fat removed

1-1/2 cups of your favorite barbecue sauce

1 large onion, chopped

1 large green pepper, seeded, cored and chopped

1. Place Removable Cooking Pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
3. Preheat 5 minutes. Add the chicken, a few pieces at a time, and brown on both sides. Place browned chicken pieces on a dish and set aside.
4. Place the barbecue sauce, chopped onion, green pepper, and browned chicken pieces into the Removable Cooking Pot. Stir to combine. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
5. Turn the Pressure Regulator Knob to PRESSURE.
6. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
7. Press **COOK TIME** Button until 15 minutes appears on the Display.
8. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 15 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
9. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.

Makes 5 to 6 servings

# French Pot-au-feu

## Braised Chicken with Vegetables

6 chicken breast halves, boneless, skinless  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3 tablespoons olive oil  
6 medium red potatoes, scrubbed and quartered  
6 carrots, peeled and quartered  
2 ribs celery, quartered  
2 leeks, trimmed, washed well,  
light green and white parts only sliced thin  
1 cup chicken or vegetable stock, or canned low sodium broth

1. Rub chicken breast halves with the herbs, salt and black pepper.
2. Place Removable Cooking Pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
4. Preheat 5 minutes. Brown the chicken, one breast at a time. Scatter the vegetables around the browned chicken. Pour in the broth. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
5. Turn the Pressure Regulator Knob to PRESSURE.
6. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
7. Press **COOK TIME** Button until 15 minutes appears on the Display.
8. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 15 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
9. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. Remove chicken from bone and serve with the vegetables and cooking liquid.

Makes 6 servings

# Sauerbraten

4 to 5 pound chuck or rump roast  
salt  
black pepper  
3 tablespoons vegetable oil  
1 cup water  
1/2 cup red wine vinegar  
1/2 cup dry red wine  
1/2 cup brown sugar, packed  
1 teaspoon ground cloves  
1 teaspoon salt  
4 large carrots, coarsely chopped  
2 ribs celery, coarsely chopped  
2 large onions, coarsely chopped  
2 cloves garlic, peeled and crushed  
1 cup finely crushed ginger snaps  
2 bay leaves

1. Pat the roast dry with paper towel. Rub with salt and black pepper.
2. Place Removable Cooking Pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
4. Preheat 5 minutes. Add the roast and brown evenly on all sides.
5. While the meat browns, combine the water, vinegar, wine, sugar, ground cloves, and salt. Set aside.
6. Scatter the chopped vegetables, crushed ginger snaps, and bay leaf around the meat. Add the liquid. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
7. Turn the Pressure Regulator Knob to PRESSURE.
8. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
9. Press **COOK TIME** Button until 80 minutes appears on the Display.
10. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 80 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.

## Sauerbraten (Continued)

11. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
12. Once the Pressure Indicator Rod drops, slide the Safety Lock to UNLOCK position and remove the Lid.
13. Remove the meat to a serving platter and cover with foil. Pour the gravy into a food processor, blender, or food mill and process until smooth. Taste and adjust for salt. Slice the meat across the grain into thick slices and serve with the gravy on the side.

Makes 8 to 10 servings

# Chicken with Mushrooms\*

3 tablespoons olive oil  
2 lbs. chicken breasts, boneless, skinless  
1 teaspoon salt  
1 large onion, coarsely chopped  
8 ounces small mushrooms, halved  
2 cans cream of mushroom soup  
1/2 cup chicken broth

1. Place the Removable Cooking Pot in the Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
3. Preheat for 5 minutes. Brown the chicken breasts, two at a time. Remove the browned chicken to a plate while the remaining pieces are browning.
4. When all pieces have been browned, sprinkle chicken with salt.
5. Add onion and mushrooms to the cooking pot and sauté until soft and lightly browned.
6. Put chicken back into the Removable Cooking Pot with the onion and mushrooms.
7. Add soup and chicken broth and stir. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
8. Turn the Pressure Regulator Knob to PRESSURE. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
9. Press **COOK TIME** Button until 15 minutes appears on the Display.
10. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 15 minutes, the Pressure Cooker will beep 3 times. Press and hold the **START/STOP** Button until it beeps.
11. Release pressure using the natural release feature. This will take approximately 30 minutes. Once the Pressure Indicator Rod drops, slide the Safety Lock to UNLOCK position and remove the Lid.

Makes 4 to 6 servings

\*Recipe from the Salton Test Kitchen

# Beef Stew

3 pounds boneless beef chuck, trimmed of all fat  
and cut into 3/4-inch cubes  
1 teaspoon salt  
1/4 teaspoon black pepper  
3 tablespoons olive oil  
1 large onion, chopped  
3 cloves garlic, peeled and minced  
1-1/2 teaspoons dried thyme  
3 cups baby carrots  
2 all-purpose potatoes, peeled and cut into 1-inch pieces  
3 cups frozen cut green beans  
40 ounces tomato sauce  
2 bay leaves  
salt  
black pepper  
1 tablespoon minced parsley

1. Season meat with salt and pepper.
2. Place Removable Cooking Pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
4. Preheat 5 minutes. Add meat in small batches and brown evenly on all sides. Place browned meat on a dish and set aside. Add onion and garlic to Pressure Cooker and sauté 3 to 5 minutes, or until soft. Return the browned meat to the cooking pot. Add the remaining ingredients, except the parsley. Season with salt and pepper to taste. Stir well. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
5. Turn the Pressure Regulator Knob to PRESSURE.
6. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
7. Press **COOK TIME** until 30 minutes appears on the Display.
8. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep 3 times. Press and hold the **START/STOP** Button until it beeps.
9. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. Add parsley. Taste and adjust for salt and pepper.

Makes 8 to 10 servings

# Italian Meat Sauce

3 tablespoons olive oil  
1 large onion, minced  
2 carrots, minced  
2 ribs celery, minced  
1-1/2 pounds lean ground beef  
1/3 cup minced parsley  
8 cups tomato purée  
1-1/2 teaspoons sugar  
2 teaspoons salt  
3/4 teaspoon black pepper

1. Place Removable Cooking Pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
3. Add the onion, carrot, and celery and sauté until soft. Add the ground beef and parsley. Brown until the meat is no longer pink. Add the remaining ingredients. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
4. Turn the Pressure Regulator Knob to PRESSURE.
5. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
6. Press **COOK TIME** Button until 30 minutes appears on the Display.
7. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
8. Once the Pressure Indicator Rod drops, slide the Safety Lock to UNLOCK position and remove the Lid.

Makes 8 to 10 servings



# Candied Yams

3 long strips orange peel  
4-1/2 pounds sweet potatoes, peeled and cut into  
1/2-inch thick slices  
3/4 cup packed brown sugar  
1-1/2 teaspoons ground cinnamon  
pinch salt  
1 cup orange juice  
1-1/2 tablespoons butter

1. Place the Removable Cooking Pot in the Pressure Cooker.
2. Place orange peel in bottom of pot. Add sweet potato slices in layers, sprinkling each layer with brown sugar and cinnamon, ending with a final layer of brown sugar and cinnamon. Sprinkle with salt and drizzle with the orange juice. Dot with butter.
3. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
4. Turn the Pressure Regulator Knob to PRESSURE.
5. Press the **PRESSURE MODE** Button for LOW PRESSURE.
6. Press **COOK TIME** Button until 8 minutes appears on the Display.
7. Press the **START/STOP** Button until the green START Indicator Light appears. The green LOW PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 8 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
8. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.
9. Carefully remove the sweet potatoes with a spatula to a serving bowl. Pour any accumulated syrup over the sweet potatoes. If the sweet potatoes are not tender, leave in the Pressure Cooker. Press **KEEP WARM** Button and let food remain covered with the lid for 5 to 10 minutes. Season with salt to taste.

Makes 6 servings

# Stuffed Artichokes

1 cup water  
1/2 teaspoon salt  
1 bay leaf  
4 medium-sized artichokes  
2 extra-large eggs, beaten  
3 tablespoons grated Pecorino Romano cheese  
1 clove garlic, peeled and minced  
1 tablespoon minced parsley  
pinch black pepper  
1 tablespoon olive oil

1. Place Removable Cooking Pot in Pressure Cooker. Add the water, salt, and bay leaf.
2. Cut off stems from artichokes. Tear off and discard the top two or three layers of tough, outer leaves. Cut off 1/2-inch to 1-inch from the tops of the artichokes. Carefully open and expose the removable leaves and choke. Pull out and remove any thorny leaves. With a teaspoon, scoop out and discard any fuzzy matter from the center choke. Place artichokes in Removable Cooking Pot, standing upright.
3. Combine the eggs, grated cheese, garlic, parsley, and black pepper in a small mixing bowl. Drizzle an equal amount of egg mixture over each artichoke. Drizzle with the olive oil.
4. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
5. Turn the Pressure Regulator Knob to PRESSURE.
6. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
7. Press **COOK TIME** Button until 7 minutes appears on the Display.
8. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 7 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
9. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.
10. Carefully remove the artichokes with a slotted spoon to small bowls. Pour some cooking liquid over each artichoke.

Makes 4 servings

# Risotto

3 tablespoons unsalted butter

1 small onion, finely chopped

1 cup Italian arborio or other short grain rice

2-1/4 cups chicken or vegetable stock or canned, low-sodium broth

1/3 cup grated Parmesan cheese

black pepper

1. Place Removable Cooking Pot in Pressure Cooker. Add butter.
2. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button.
3. Add the chopped onion and sauté until soft. Add the rice and sauté 2 minutes. Pour in the stock or broth and stir to mix. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
4. Turn the Pressure Regulator Knob to PRESSURE.
5. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
6. Press **COOK TIME** Button until 10 minutes appears on the Display.
7. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
8. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. Stir in the Parmesan cheese and black pepper to taste.

Makes 4 servings

# Golden Spanish Rice

3 tablespoons olive oil  
1 large onion, chopped  
2 large red peppers, cored, seeded and chopped  
5 cloves garlic, minced  
15 ounces yellow rice mix, available in the Latin food section of most supermarkets  
2 (14.5-ounce) cans diced tomatoes with garlic  
1 (14-ounce) can artichoke hearts, drained  
1-1/2 cups frozen green peas  
water (amount called for on rice mix package), plus 1/2 cup

**Optional:** 1 pound cooked shrimp

1. Place Removable Cooking Pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for **BROWN**. Press the **START/STOP** Button. Add the chopped onion, red pepper, and garlic and sauté until soft. Add the dry rice mix, tomatoes, artichokes, and peas. Pour in the amount of water called for on the rice mix package. Stir to mix. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 25 minutes appears on the Display.
6. Press the **START/STOP** Button until the green START Indicator Light appears. The red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 25 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
7. Release the pressure using the natural release feature. Slide the Safety Lock to UNLOCK position and remove the Lid. Add the optional cooked shrimp, if desired, and stir.

Makes 6 servings

# Stuffed Apples

6 large firm apples like Rome, Jonagold, Cortland or Winesap

1/2 cup packed brown sugar

1/3 cup chopped walnuts

1/2 teaspoon cinnamon

2 tablespoons unsalted butter

1 cup apple juice or cider

1. Place Removable Cooking Pot in Pressure Cooker.
2. Core apples, cutting to, but not through the bottoms.
3. Combine the sugar, walnuts, and cinnamon in a small bowl. Spoon mixture into the apples and place in the Removable Cooking Pot. Dot the apples with the butter. Sprinkle any remaining sugar mixture over apples. Pour the apple juice or cider into the Removable Cooking Pot.
4. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
5. Turn the Pressure Regulator Knob to PRESSURE.
6. Press the **PRESSURE MODE** Button for LOW PRESSURE.
7. Press **COOK TIME** Button until 12 minutes appears on the Display.
8. Press the **START/STOP** Button until the green START Indicator Light appears. The green LOW PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator Rod will rise as the pressure builds. After cooking under pressure 12 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
9. Immediately press the **Quick Steam Release** Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator Rod will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.
10. Carefully remove the apples with a slotted spoon to small bowls. Drizzle with some of the cooking liquid. If necessary, leave apples in the Pressure Cooker on **KEEP WARM** program 5 to 10 minutes, covered with the Lid.

Makes 6 servings

## NOTES

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## NOTES

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## LIMITED ONE YEAR WARRANTY

**Warranty:** This product is warranted by Salton, Inc. ("Salton") to be free from defects in materials or workmanship for a period of (1) year from the original purchase date. This product warranty covers only the original consumer purchaser of the product. Neither the retailer nor any other company involved in the sale or promotion of this product is a co-warrantor of Salton's warranty.

**Warranty on Coating:** This product features DuPont® ScratchGuard™ Coating. This superior, non-stick coating is guaranteed to be free from defects in materials and workmanship for as long as you own this product. Under normal household use, it will never chip, crack, or peel.

**Warranty Duration:** All materials and workmanship, other than the non-stick coating, are warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

**Warranty Coverage:** This warranty is void if the product has been damaged by accident in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel, normal wear and tear, improper assembly, installation or maintenance abuse or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished with the product or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**Implied Warranties:** ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton's option) when the product is returned to the Repair Department, or the purchase price refunded. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

**Service and Repair:** Should the appliance malfunction, you should first call toll-free 1 (800) 233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to model number when you call.

**In-Warranty Service (USA):** For an appliance covered under the warranty period, no charge is made for service or postage. Call for return authorization (1 800 233-9054).

**Out-of-Warranty Service:** A flat rate charge by model is made for out-of-warranty service. Include \$15.00 (U.S.) for return shipping and handling (payable to "Repair Department"). We will notify you by mail of the amount of the charge for service and require you to pay in advance for the repair or replacement.

**For Products Purchased in the USA, but Used in Canada:** You may return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the USA address listed below. Please note that all customs duty / brokerage fees, if any, must be paid by you and we will require you to pay the cost of customs duty / brokerage fees to us in advance of our performing any service.

**Risk During Shipment:** We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem, your full return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

**To return the appliance, ship to:**

Attn: Repair Department  
708 South Missouri Street  
Macon, MO 63552

**To contact us, please write to or call:**

Repair Department  
P.O. Box 7366  
Columbia, MO 65205-7366  
1(800) 233-9054

**Limitation of Remedies:** No representative or person is authorized to assume for Salton any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract. Repair, replacement or refund shall be the sole remedy of the purchaser under this warranty, and **in no event shall Salton be liable for any incidental or consequential damages, losses or expenses.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**Legal Rights:** This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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