

# PRESTO

# precise™

6-quart Multi-use Programmable

# Pressure Cooker Plus

SLOW COOKER • RICE COOKER • STEAMER • AND MORE



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# INSTRUCTIONS AND RECIPES



This is an ETL Listed appliance. The following important safeguards are recommended by most portable appliance manufacturers.

## IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, basic safety precautions should always be followed, including the following:

1. Read all instructions. Improper use may result in bodily injury or property damage.
2. Before each use, check both the vent pipe (see Fig. A, page 5) and vent filter (see Fig. E, page 6) to be certain they are free of any blockage. Remove the filter and clean any debris from both the vent pipe and filter (see cleaning instructions on page 15).
3. Always check the air vent/cover lock to be sure it moves freely before use.
4. To protect against electrical shock, do not immerse cord, plug, or cooker body in water or other liquid.
5. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, press cancel, then remove plug from wall outlet.
6. Unplug cord from unit and outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning.
7. Do not operate any appliance with a damaged cord or plug or in the event the appliance malfunctions or has been damaged in any manner. Return the appliance to the Presto Factory Service Department for examination, repair, or electrical or mechanical adjustment.
8. **WARNING!** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter or table. Never plug cord into outlet below counter or use an extension cord. Do not let cord touch hot surfaces.
9. To guard against electrical shock, cook only in the removable cooking pot provided.
10. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries. Use only genuine Presto™ accessories and replacement parts.
11. Intended for countertop use only.
12. Do not place on or near a hot gas or electric burner or in a heated oven.
13. Do not fill above the  $\frac{2}{3}$  fill line. However, the cooking pot should never be filled above the  $\frac{1}{2}$  fill line when cooking foods that foam, froth, or expand, such as rice, grains, dry beans, peas, and lentils, or foods that are mostly liquids, such as soups. Overfilling may cause a risk of blocking the vent pipe and developing excess pressure. See food preparation instructions.
14. Do not pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, and soup mixes containing split peas, pasta, or grains. These foods tend to foam, froth, and sputter and may block the vent pipe, vent filter, and air vent/cover lock.
15. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain pressure cooker is properly closed before operating. See “How to Use” instructions.

16. Air bubbles may form when cooking certain foods (see the WARNING information on page 8). After cooking these foods, disperse any air bubbles by rocking the cooker from side to side as described on page 8.
17. Do not attempt to open pressure cooker until all internal pressure has been released, the air vent/cover lock has dropped, and no steam escapes when the quick pressure release valve is rotated to the *STEAM OUT* position. The cover should open as easily as it closed. If the cover is difficult to open, the instructions have not been followed correctly (air vent/cover lock is still up) and the cooker may still be pressurized. Any pressure in the cooker can be hazardous. Never force open the cover of any pressure cooker. See “How to Use for Pressure Cooking” instructions.
18. Extreme caution must be used when moving a pressure cooker containing hot liquids. Do not touch hot surfaces. Always use appliance handles.
19. To ensure safe operation and satisfactory performance, replace the sealing ring if it shrinks, becomes hard, deformed, cracked, or torn. Use only genuine Presto™ replacement parts.
20. Close supervision is necessary when the pressure cooker is used near children. It is not recommended that children use the pressure cooker.
21. Do not use this appliance for other than intended use.
22. Do not use this appliance for deep fat frying.
23. Do not use outdoors.

## SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

### IMPORTANT CORD INFORMATION

To reduce the risk of electric shock, this appliance has a 3-prong grounded plug. If the plug on this appliance does not fit into your outlet, contact a qualified electrician. Do not attempt to modify the plug in any way. A short detachable power supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord. **DO NOT USE WITH AN EXTENSION CORD.** Connect the power supply cord to a 120VAC electrical outlet only.

### INTRODUCTION

With your new Presto® Multi-use Programmable Pressure Cooker Plus, you'll discover how fast and easy it is to prepare a wide variety of delicious meals. The unit is pre-programmed for pressure cooking. It automatically maintains the proper temperature while cooking then reduces pressure and switches to the keep warm mode when cooking is complete.

The innovative technology senses the temperature inside the cooker to assure the exact pressure is maintained for precise cooking no matter where you live. No altitude adjustments are needed. There are 9 built-in safety features, including a cover locking system that allows pressure to build only when the cover is closed. It also prevents the cover from being opened until pressure is safely reduced.

In addition to pressure cooking, this appliance can be used to brown, sauté, slow cook, and keep cooked foods warm.

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## BEFORE FIRST USE

As received, your pressure cooker will be fully assembled. Before removing the cover, you will need to unlock the green locking latch according to the instructions on page 6.

Before use, disassemble the cooker parts and clean them as directed on page 6. Become familiar with the various parts (Fig. A) and read all instructions carefully.

## COOKER PARTS

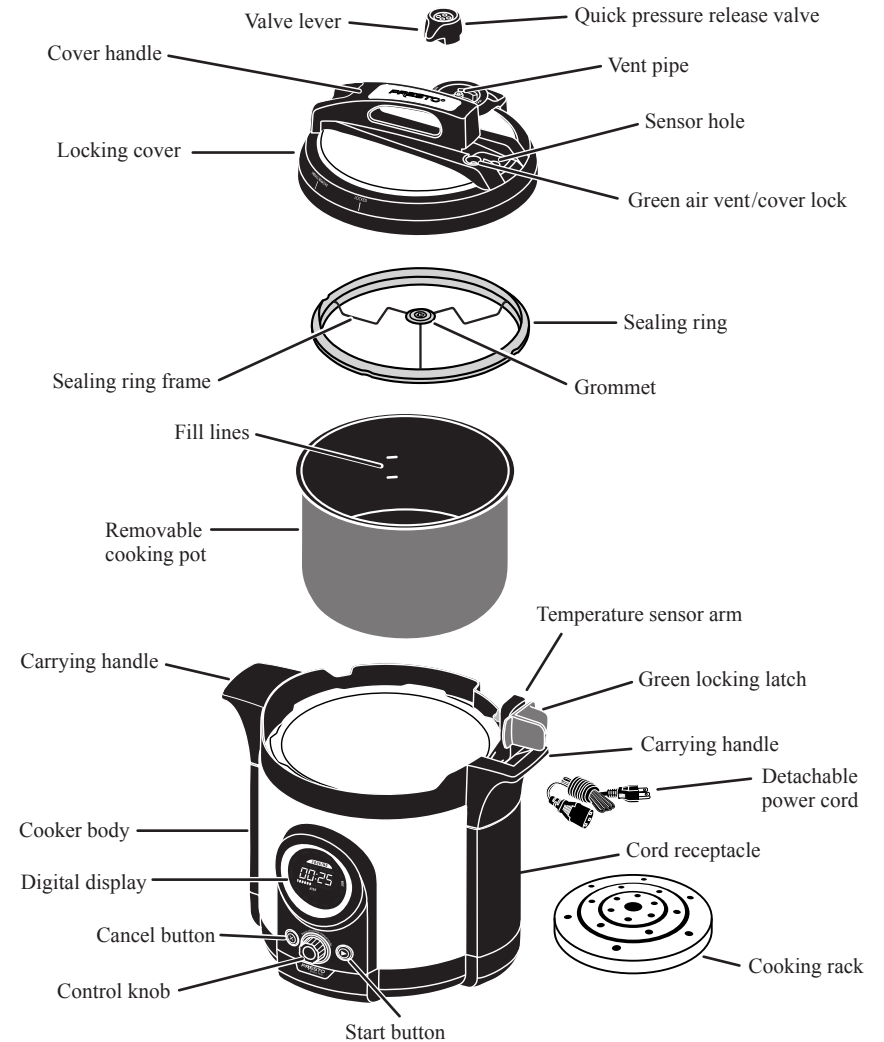


Fig. A

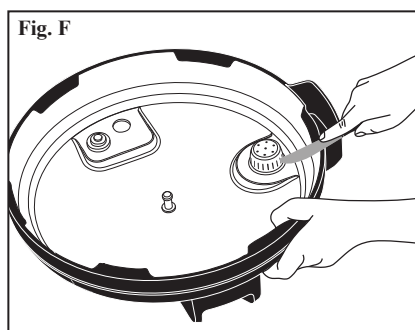
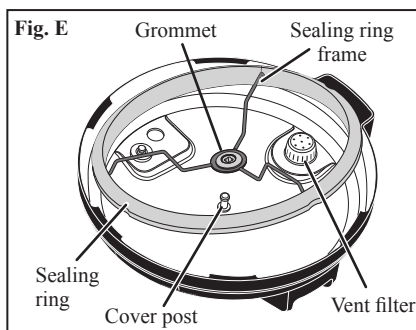
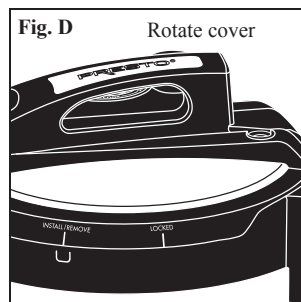
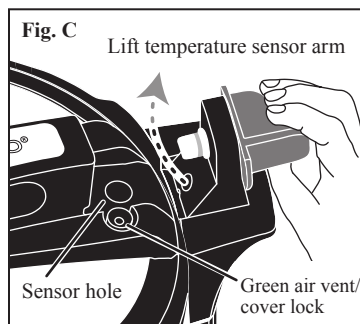
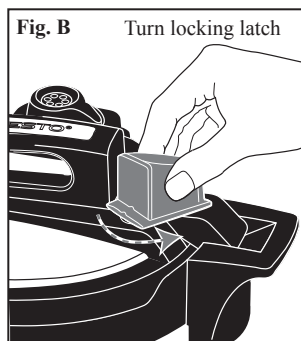
## Remove the Cooker Cover

1. Before removing the cover, you will need to unlock the green locking latch. Begin by positioning the cooker so the digital display faces you. To unlock the latch, grasp the sides of the latch and turn it towards you until it stops (Fig. B). Lift the temperature sensor arm out of the sensor hole in the cover (Fig. C).
2. Once you have released the temperature sensor arm from the cover, rotate the cover counterclockwise until the *INSTALL/REMOVE* vertical mark is within the  $\square$  mark on the cooker body (Fig. D). Then lift the cover straight up off the cooker body.

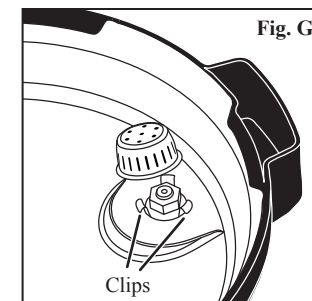
## Disassemble Cooker Parts for Cleaning

It is recommended that the pressure cooker be thoroughly washed before first use to remove any manufacturing lubricants.

1. Lift the cooking rack and removable cooking pot out of the cooker body. Remove all packaging.
2. Invert the cover and pull the sealing ring frame out from the cover (Fig. E). Then remove the vent filter for cleaning. To remove, place the inverted cover on the counter, then rest a table knife on the rim of the cover and insert the tip into one of the filter slots (Fig. F); lift the filter up. **NOTE:** Although you will not need to remove the filter after every use, you should periodically remove it for cleaning.
3. Remove the sealing ring from the sealing ring frame. Wash the sealing ring, sealing ring frame, vent filter, cooking rack, and removable cooking pot in warm, soapy water. Rinse and dry thoroughly.



4. Clean the cooker cover with a damp, soapy cloth. **Do NOT immerse the cooker cover in water.** **CAUTION!** To prevent electrical shock, never pour water into the cooker body or immerse it or the power cord in water. Always be sure the cooking pot is **COMPLETELY DRY** before placing it back in the cooker body.

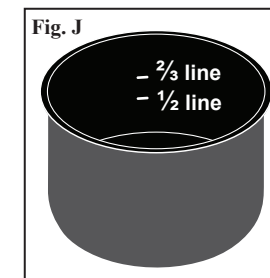
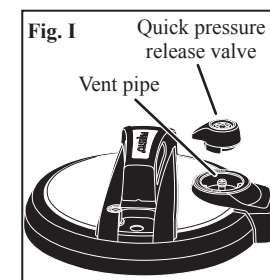
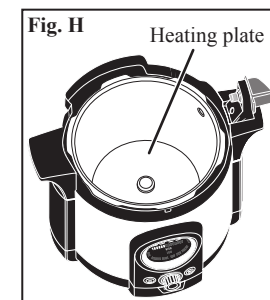


5. After cleaning, reassemble the cover. Be sure the filter is placed over all 3 clips (Fig. G) when reattaching the vent filter. Then push it in place. You will hear a snap when it is in the proper position. It should fit tightly. Place the sealing ring back onto the sealing ring frame and reattach the sealing ring frame to the cover. Fit the grommet over the cover post (Fig. E) and push it down until the frame is securely positioned in the cover.

## IMPORTANT INFORMATION

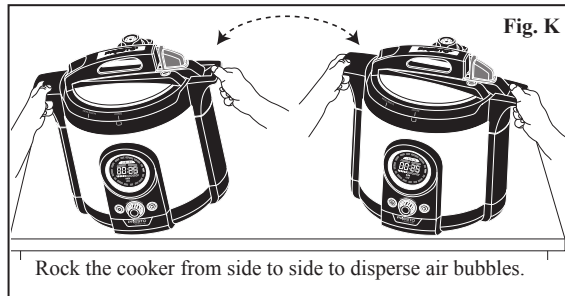
In order for the unit to function properly, **always** follow these instructions:

- Be sure the bottom of the removable cooking pot and the heating plate within the cooker body (Fig. H) are free of debris before placing the cooking pot in the cooker body. **CAUTION!** To prevent electrical shock, NEVER USE THE UNIT WITHOUT THE REMOVABLE COOKING POT. Also, be sure the outside of the cooking pot is **COMPLETELY DRY** before placing it into the cooker body.
- Check both the vent pipe and vent filter to be sure they are clear. In order to check the vent pipe, you will need to remove the quick pressure release valve from the cover (Fig. I). Then hold the cover up to the light and make sure you can see light coming through the vent pipe. If you cannot, remove the sealing ring frame and vent filter (see page 6) and clean the vent pipe with a small brush or pipe cleaner to remove the blockage. Reattach the sealing ring frame to the cover.
- Always verify that the sealing ring frame is attached to the pressure cooker cover before cooking.
- Make sure you have not overfilled the cooking pot. Do not fill above the  $\frac{2}{3}$  fill line when cooking most foods. When cooking foods that foam, froth, or expand, such as rice, grains, dry beans, peas, and lentils, or foods that are mostly liquids, such as soups, never fill the cooking pot above the  $\frac{1}{2}$  fill line. For your convenience, both the  $\frac{2}{3}$  and  $\frac{1}{2}$  fill lines are



marked inside of the cooking pot (Fig. J, page 7). In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.

- Always make sure cooking liquid has been added to the cooking pot. One cup of liquid is the minimum amount.
- Always follow special procedures found in the instruction book when pressure cooking dry beans, peas, and lentils (see page 34). During cooking, these foods tend to froth and foam which could cause the vent pipe to become blocked.
- Never pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, and soup mixes containing split peas, pasta, or grains. These foods expand so much as a result of foaming and frothing that they should never be cooked under pressure.
- Always follow the special procedures found on page 37 when pressure cooking rice and grains.
- Do NOT use the quick pressure release method after cooking dry beans, peas, lentils, grains, or foods that are mostly liquid, such as soup, sauces, and stews (see page 14).
- Always verify that the green air vent/cover lock is down before attempting to open the cooker (see Fig. Q, page 13). If it is up, the cooker contains pressure which, if released, may result in burns and/or property damage. Then check that no steam is emitted when the pressure release valve is rotated to the *STEAM OUT* position.
- **WARNING!** Air bubbles may form when pressure cooking foods with a higher fat content (such as meats with visible fat or poultry with skin and visible fat) or thicker foods (such as stews, sauces, heavy soups, dried beans, lentils, and grains such as rice and barley). Even after all pressure has been released, those air bubbles can rise to the surface when the cover is opened, unless they are dispersed beforehand. If the air bubbles are not dispersed, hot food may erupt out of the cooker, which could cause serious burn injuries.



To disperse the air bubbles, follow these steps: First, verify the pressure has been released (the green air vent/cover lock will be in the down position). Next, prior to opening the cover, gently rock the cooker from side to side. To rock, grasp the handles and tilt the cooker to the left, so the right side of the cooker lifts 2 inches off the counter. Then rock to the right so the left side of the cooker lifts 2 inches off the counter (Fig. K). Repeat once. Verify the air vent/cover lock is still down before attempting to open the cover.

## HOW TO OPERATE THE DIGITAL CONTROL PANEL

Whenever you plug in the unit, it will beep once and all of the program options will appear in the display window on the digital control panel. The KEEP WARM setting will be flashing. This is the “Ready State” (Fig. L).

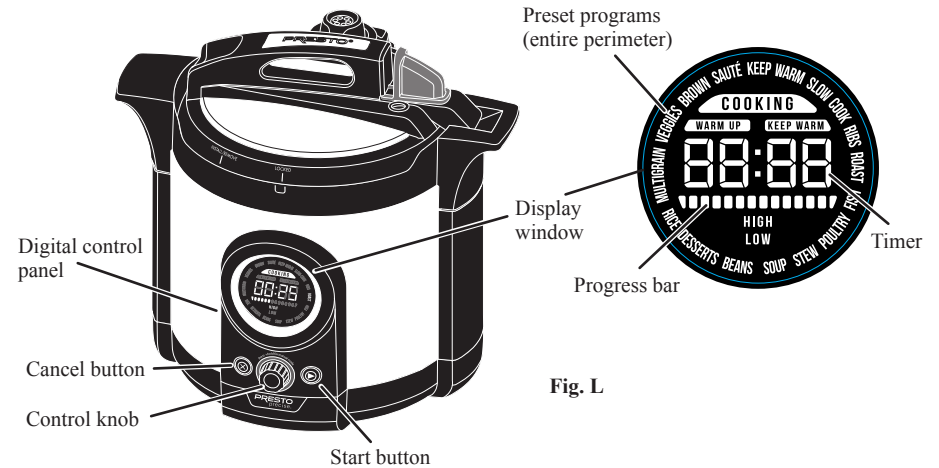


Fig. L

The following information describes how the control panel buttons and preset programs function.

### CONTROL KNOB

The control knob is used to select the preset programs that appear around the perimeter of the display window as well as adjust the time and cook settings. As you turn the knob, each preset program will flash.

### START BUTTON

The start button activates the unit once the cooking function and time have been selected.

### CURRENT MODE INDICATORS

Once the start button is pressed, the mode the unit is currently in will illuminate. There are three modes: WARM UP, COOKING, and KEEP WARM.

### CANCEL BUTTON

The cancel button allows you to end the cooking or keep warm function at any time. Simply press the cancel button once. When you press cancel, the unit will return to the “Ready State.”

### TIMER

When pressure cooking, the timer will not start counting down until the cooker reaches operating pressure. When slow cooking, the timer immediately starts counting down once the slow cooking function is activated. When the unit is in the KEEP WARM mode, the timer will count up to indicate how much time the unit has been in this mode.



## PROGRESS BAR

During the warmup period, the progress bar will scroll from side to side to indicate the unit is heating. Once cooking begins, the progress bar will start to light up. It will increase in length as cooking progresses to correspond with the cooking time (e.g., if 15 minutes of a 20 minute program have elapsed, 75% of the bars will be illuminated).

## PRESSURE/SLOW COOK SETTING INDICATOR

Both pressure cooking and slow cooking have a HIGH and LOW setting. Whatever setting is being used will be illuminated in the lower half of the display window.

## KEEP WARM FUNCTION

When the cooking time has expired, the unit will automatically switch to the keep warm mode. When in the keep warm mode, KEEP WARM will illuminate and the timer will begin to count up. The unit will remain on for 4 hours and then shut off automatically, unless the cancel button is pressed.

The keep warm function can also be manually selected. Turn the control knob until the KEEP WARM setting on the perimeter of the display flashes. Then press the start button.

## BROWN/SAUTÉ FUNCTIONS

Use these functions to brown or sauté foods prior to pressure cooking or slow cooking. Browning is typically used for meats and poultry. Sautéing is used for vegetables and to reduce liquid after pressure cooking to make a flavorful sauce for your food.

Turn the control knob to the desired function, BROWN or SAUTÉ. Then press the start button. COOKING will illuminate and the progress bar will continuously scroll to indicate the function is active. Allow unit to preheat for 3 to 4 minutes before browning or sautéing your food.

## SLOW COOK FUNCTION

For slow cooking, turn the control knob to the SLOW COOK setting. Note as you continue to turn the control knob, the unit will change between the LOW and HIGH options. The default cook time is 4 hours on high and 8 hours on low. You can manually adjust the slow cooking time in 30-minute increments by pressing the control knob once and then turning the knob to the desired time.

The maximum slow cooking time at both the high and low settings is 9 hours and 30 minutes and the minimum slow cooking time is 30 minutes. When the time is set, press the start button to activate the unit. COOKING will illuminate and the timer will immediately begin counting down. As cooking progresses, the number of bars lit on the progress bar will increase.

## PRESSURE COOKING PRESET PROGRAMS

The digital control panel includes 12 pressure cooking presets. Turn the control knob to select the desired program. **NOTE:** VEGGIES has two presets, HIGH and LOW. Simply turn the knob to select one or the other.

Once the program is selected it will flash and the time and pressure for that program will be displayed, unless you have selected KEEP WARM, BROWN or SAUTÉ. Press the start button to activate the unit.

Because of the great variety of foods within a food grouping, the preset time may need to be adjusted manually. If you desire a time different than that displayed for the program, press the control knob and the default cook time will begin to flash. Then turn the control knob to increase or decrease the time. Once the time you desire is displayed, press the start button to activate the unit. **NOTE:** If you fail to change the time, press the cancel button and try again. Use the cooking charts included in the recipe section as a guide for recommended cooking times.

PRESET PROGRAMS	PRESET TIME	PRESET PRESSURE
RICE	10 minutes	HIGH
MULTIGRAIN	25 minutes	HIGH
RIBS	25 minutes	HIGH
ROAST	45 minutes	HIGH
POULTRY	10 minutes	HIGH
FISH	2 minutes	LOW
SOUP	15 minutes	HIGH
STEW	12 minutes	HIGH
VEGGIES (HIGH)	10 minutes	HIGH
VEGGIES (LOW)	1 minute	LOW
DESSERTS	10 minutes	HIGH
BEANS	8 minutes	HIGH

For all pressure cooking presets, the maximum cooking time is 2 hours and the minimum cooking time is 1 minute.

**NOTE:** While pressure is building, the time will not change. The unit begins counting down when the correct pressure is reached for the food selected.

## ADJUSTING PRESSURE MANUALLY

You can manually set the pressure instead of using the preset programs, if you prefer. Simply press and hold the control knob for a few seconds. All of the preset cooking programs will disappear in the display window and the unit will reset to 00:00 and

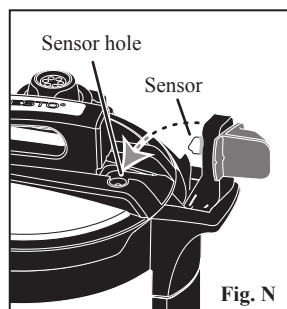
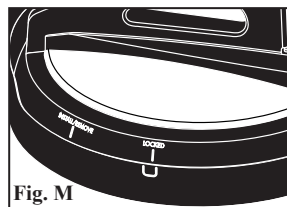
HIGH pressure. The cook time will be flashing to indicate the unit is in adjustment mode. Turn the control knob to adjust the time. Once you have set the desired time, if you want to adjust the pressure from HIGH to LOW, press the control knob again. HIGH will flash. Turn the control knob until LOW is flashing. Press the start button to activate the unit. If you accidentally select the wrong pressure setting or time, simply press cancel to reset the cooker and try again.

High pressure is suitable for most foods. Use low pressure for delicate foods such as fish and some vegetables.

## HOW TO USE FOR PRESSURE COOKING

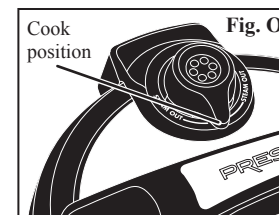
Before you begin cooking, review the “Important Information” instructions on pages 7 and 8 and always verify that the unit is properly assembled.

1. Place the pressure cooker on a dry, level surface. To avoid steam damage to cabinets, position the cooker so the air vent/cover lock and quick pressure release valve are not directly under cabinets.
2. Place the removable cooking pot into the cooker body. **NEVER USE THE UNIT WITHOUT THE REMOVABLE COOKING POT.**
3. Attach power cord to cooker and then plug into a 120VAC wall outlet.
4. Prepare ingredients according to the directions in the recipe you have selected. If the recipe states to brown or sauté food, select the BROWN or SAUTÉ function (see page 10) and press the start button to activate the unit. Preheat the unit for 3 to 4 minutes and brown or sauté food according to recipe. When browning/sautéing is complete, press the cancel button so you can select another cooking function.
5. If recipe calls for using the cooking rack, place cooking rack into the cooking pot. See “Helpful Hints” on page 17 for guidance on when to use rack. Add ingredients to the cooking pot, being sure not to overfill (see page 7 for information on filling).
6. Pour liquid into the cooking pot, as specified in the recipe or timetable.

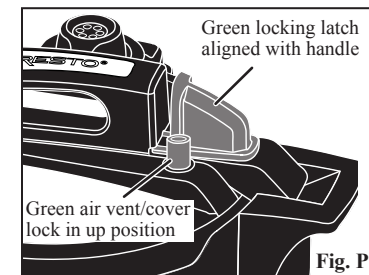


7. Place the cover on the cooker body, aligning the *INSTALL/REMOVE* vertical mark within the □ mark on the cooker body (Fig. D, page 6). Rotate the cover clockwise until it stops. The pressure cooker cover is properly installed when the *LOCKED* vertical mark is within the □ mark on the cooker body (Fig. M).
8. With the digital display facing you, lower the temperature sensor arm and insert the sensor into its hole in the cover (Fig. N). It may be necessary to rotate the cover slightly so the hole aligns with the sensor. Lock the cover by grasping the green latch. Using a slight downward pressure, turn the latch clockwise until it is aligned with the handle (Fig. P).

9. Push the quick pressure release valve onto the vent pipe and point the lever to the **COOK** position (Fig. O).
10. Using the control knob, scroll to select the appropriate preset for the desired function and/or type of food. Adjust the cooking time as necessary (see page 11). Or, if preferred, manually set the pressure and time (see pages 11 and 12).

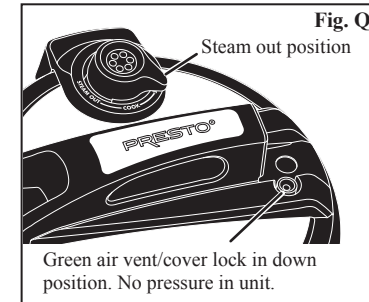


11. Press the start button to activate the unit. WARM UP will illuminate. As the unit is heating, air will automatically exhaust around the air vent/cover lock. You will hear this venting. When pressure begins to build, the green air vent/cover lock will slide up (Fig. P), so the locking latch cannot be turned and the cover cannot be opened. Once the unit is at pressure, COOKING will illuminate and the timer will start to count down. During cooking you may notice some steam releasing from the quick pressure release valve. This is normal.



12. When the cook time has expired, the unit will beep 10 times and automatically switch to the keep warm mode. KEEP WARM will be illuminated.

13. Reduce pressure according to the recipe or timetable instructions (quick pressure release or drop pressure of its own accord). See instructions on page 14 for releasing pressure.



Do not open the cooker until all internal pressure has been released. **You will know the pressure is completely reduced when the green air vent/cover lock drops and no steam is emitted when the pressure release valve is in the *STEAM OUT* position (Fig. Q).**

**WARNING!** Never attempt to open the cooker when the green air vent/cover lock is up. Doing so could result in severe burns and/or property damage from the release of pressurized contents.

**Next, if cooking thicker or higher fat foods as described on page 8, rock the cooker from side to side as illustrated to ensure all air bubbles are dispersed. Verify the air vent/cover lock is still down before attempting to open the cover.**

14. After pressure is completely reduced and potential air bubbles dispersed, unlock the cover as described on the top of page 6. When removing the cover, lift it toward you to keep any steam away from you. Place cover upside down on counter. **CAUTION!** Steam may escape and hot liquid may drip from the cooker cover when removing it. Steam and hot liquid can cause burns.

15. Remove food from cooker using a heat-resistant plastic, nylon, rubber, or wooden utensil. Do not use metal utensils as they may scratch the nonstick surface.
16. When cooking is complete, unplug power cord from wall outlet and then from pressure cooker. Allow cooker to cool completely before cleaning.

## PRESSURE RELEASE METHODS

1. **Quick Pressure Release.** This method is used when cooking vegetables, seafood, and other delicate foods. **WARNING!** To prevent the risk of severe personal injury and property damage, do NOT use the quick pressure release method after cooking dry beans, peas, lentils, grains, or foods that are mostly liquid, such as soup, sauces, and stews.

When cooking time is up, press the cancel button and immediately move the lever on the quick pressure release valve to the *STEAM OUT* position (Fig. Q, page 13). You will hear sputtering and steam will release for approximately 2 to 3 minutes. **Pressure is completely reduced when the green air vent/cover lock has dropped** (Fig. Q).

**CAUTION!** To prevent steam burns, keep hands and face away from the top of the pressure cooker as pressure is being released.

2. **Let pressure drop of its own accord.** This method is used when cooking foods such as meats, soups, and grains.

When cooking time is up, keep the quick pressure release valve in the *COOK* position. **Let the pressure cooker cool until the green air vent/cover lock drops. Then move the pressure release valve to the *STEAM OUT* position.**

**NOTE:** If desired, the food may be left in the cooker, which automatically switches to the keep warm mode. Prior to opening the cooker, be sure to disperse any air bubbles by rocking it from side to side (see instructions on page 8).

## HOW TO USE FOR SLOW COOKING

1. Follow steps 1 through 8 of the “How to Use for Pressure Cooking” instructions on page 12.
  2. Push the quick pressure release valve onto the vent pipe. **IMPORTANT:** Point the lever to the *STEAM OUT* position.
  3. Using the control knob, scroll to select the SLOW COOK LOW or HIGH function. Adjust the slow cooking default time, if desired (see page 11). Press the start button to activate the unit. COOKING will illuminate and the timer will begin counting down.
  4. When the cook time has expired, the unit will beep 10 times and automatically switch to the keep warm mode.
  5. Press the cancel button. Unlock the cover as described on the top of page 6. When removing the cover, lift it toward you to keep any steam away from you. Place cover upside down on counter.
- CAUTION!** Steam may escape and hot liquid may drip from the cooker cover

when removing it. Steam and hot liquid can cause burns.

6. Remove food from cooker. Use a heat-resistant plastic, nylon, rubber, or wooden utensil. Do not use metal utensils as they may scratch the nonstick surface.
7. When cooking/keep warm are complete, unplug power cord from wall outlet and then from pressure cooker. Allow cooker to cool completely before cleaning.

## CLEANING

### After every use

1. After the cooker has cooled completely, remove the quick pressure release valve from the cover. Then detach the sealing ring frame from the cover (Fig. E, page 6). Remove the sealing ring from the frame. Do not remove the center grommet on the sealing ring frame.  
If the vent filter appears dirty or contains debris, remove it from the underside of the cover, following the instructions on page 6.
2. Clean the cooker cover with a damp, soapy cloth and then dry completely. **Do NOT immerse the cooker cover in water.**  
Wash the sealing ring, sealing ring frame, and vent filter in warm, soapy water. Do NOT wash these parts in the dishwasher. **Thoroughly dry all cover parts after cleaning.**
3. To be sure the vent pipe is clear, hold the cover up to the light and look through the vent pipe. Clean it with a small brush or pipe cleaner if it is blocked or partially blocked. If necessary, clean the vent filter with a small brush to remove any food particles from the slots and holes. Rinse and dry all parts thoroughly and reassemble.
4. Wash the cooking rack in warm, soapy water. Do NOT wash in the dishwasher.
5. Remove the cooking pot from the cooker body. Wash the pot in the dishwasher or in warm water and a mild detergent.

The nonstick surface may be cleaned with a non-metal cleaning pad, such as Scotch-Brite® Multi-Purpose Scrub Sponge or Scotch-Brite® Dobie® Cleaning Pad. **Do not use steel wool or abrasive cleaners on the cooking pot or the cooker body.** Soaking the cooking pot to loosen food residue is not necessary. If, however, soaking the pot is desired, do not soak for more than 2 hours as this may damage the nonstick finish.

**CAUTION!** To prevent electrical shock, never pour water into the cooker body or immerse it or the power cord in water. Always be sure the pot is COMPLETELY DRY before placing it back in the cooker body.

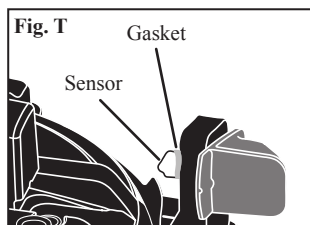
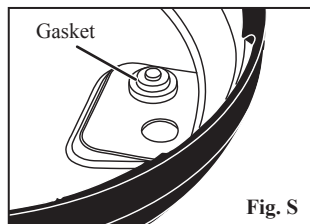
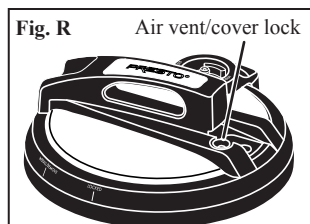
6. Clean the sensor, sensor arm, and plastic rim of the cooker body with a damp cloth. Avoid getting water inside of the cooker body.

\*Scotch-Brite and Dobie are registered trademarks of 3M Company. Presto is not affiliated with 3M Company.



## Occasionally

1. Remove the air vent/cover lock for cleaning. Place your finger over the top of the air vent/cover lock on the cover (Fig. R) and remove the gasket from the underside of the cover (Fig. S). Push the air vent/cover lock through the top of the cover. Wash it and the gasket in warm, soapy water. The metal shaft may be cleaned with a nylon mesh pad. Clean the cover hole with a small brush. After cleaning, reinsert the metal shaft from the top side of the cover down through the cover hole. Place a finger over the top of the air vent/cover lock and push the gasket onto the end of the metal shaft, fitting it into the groove.
2. Remove the gasket on the sensor (Fig. T) and wash it in warm, soapy water. Clean the sensor with a damp cloth and place the gasket back on the sensor.
3. Wipe the outside of the cooker body with a damp cloth.



## CARE AND MAINTENANCE

- When not in use, store your pressure cooker in a dry place. To prevent unpleasant odors from lingering, store the unit with the cover inverted on the cooker body.
- As is the case with all cookware, avoid chopping or cutting food inside the cooking pot with a knife or other sharp utensil. Do not use metal utensils as they may scratch the nonstick surface.
- Do not strike the rim of the cooking pot with any cooking utensil. This could cause nicks in the rim which may allow steam to escape and prevent the pressure cooker from sealing.
- The sealing ring and gasket for the air vent/cover lock may shrink, become hard, deformed, cracked, or torn with normal use. When this happens, replace the sealing ring and/or the air vent/cover lock gasket.  
Leakage between the cover and cooker body is usually caused by deterioration of the sealing ring after prolonged use.
- Periodically check the vent pipe nut for looseness. If necessary, retighten with a 1/2" wrench.
- If for any reason the pressure cooker cannot be opened, contact the Consumer Service Department in Eau Claire, WI at 1-800-877-0441.
- Any maintenance required for this product, other than normal household care and cleaning, should be performed by the Presto Factory Service Department (see page 43).

## HELPFUL HINTS

- Your favorite recipes may be adjusted for cooking in the pressure cooker by following the general directions in this manual. Use the included timetables and recipes as a guide for specific foods and cooking times. There is very little evaporation during pressure cooking, so the amount of liquid used should be decreased. A minimum of 1 cup of water or cooking liquid should always be used for pressure cooking.  
Of course, the easiest way to adapt your favorite conventional recipe is to find a similar recipe for pressure cooking in this book and use it as a guide.
- Use the cooking rack when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times. If it is desirable to blend flavors, do not use the cooking rack.
- Many different cooking liquids can be used in a pressure cooker. Wine, beer, broth, fruit juices, and of course water all make excellent cooking liquids in the pressure cooker.
- It is the size and shape of the food pieces, rather than the quantity, that affects pressure cooking time. For example, 1 potato will have the same cooking time as 6 potatoes of similar size. It is important to note the size of the food specified in the cooking timetables; if the pieces of food being cooked are of a size different than those noted, it will be necessary to adjust the cooking time.
- If you have any questions on recipes, cooking times, or the operation of your pressure cooker, call our Test Kitchen at 1-800-368-2194 or contact us at our website [www.GoPresto.com](http://www.GoPresto.com).

## QUESTIONS AND ANSWERS

- 1. Sometimes when pressure cooking, I notice beads of moisture forming in the area of the pressure release valve and hear what sounds like escaping steam before the timer begins to count down. Is there something I am doing wrong?**

No. Both are normal and can be expected as part of pressure cooking.

- 2. I accidentally selected the wrong program and pressed the start button and the cooker is not allowing me to select the right program. What can I do?**

Press the cancel button. This will enable you to start over and select the correct program.

- 3. When I try to adjust the time, nothing happens. What should I do?**

Press the cancel button and begin again by selecting the desired program. Then press the control knob once and adjust the time as needed.

**4. I can see steam escaping from around the cover. Why?**

The sealing ring was not positioned on the sealing ring frame or the sealing ring frame was not installed in the cooker cover. **NOTICE:** If either of these parts are not in place during cooking, the cooker will leak, pressure will not build, and you may damage the unit.

Leakage may also occur if the sealing ring needs to be replaced. The sealing ring may shrink, become hard, deformed, cracked, or torn with normal use. When this happens, replace the sealing ring before using the unit again for pressure cooking.

**5. I can hear steam venting from the quick pressure release valve and pressure is not building. Why?**

The quick pressure release valve is in the *STEAM OUT* position. The quick pressure release valve must be in the *COOK* position in order for pressure to build and the cooker to seal.

**6. It appears from the display that cooking is taking place, but the air vent/cover lock is not up and I can hear steam venting. Why?**

The gaskets are either missing or improperly positioned on the air vent/cover lock and/or the sensor. This will prevent the pressure cooker from building pressure. Refer to page 16 for instructions on positioning the gaskets. If one of the gaskets is missing, contact our Consumer Service Department. Call weekdays 8:00 AM to 4:00 PM (Central Time) at 1-800-877-0441 or email us through our website at [www.GoPresto.com/contact](http://www.GoPresto.com/contact).

**7. Sometimes when I'm pressure cooking a larger volume of food, the time doesn't change. Why?**

The pressure cooker has not yet reached operating pressure. Countdown will begin as soon as the cooker reaches operating pressure.

**8. What does it mean when E3 appears in the display window and the unit stops working?**

The cooker has overheated. You likely operated the unit in pressure cooking mode with insufficient or no liquid. If this occurs, unplug the unit and allow it to cool. Then remove the cover and add liquid to the cooker. Plug the unit back in, place the cover on, and reprogram the cooker.

**9. What does it mean when E1, E2, E4, or E5 appear in the display window and the unit stops working?**

Something internally has become damaged, been tampered with, or is defective. The unit will be inoperable if you get one of these codes. You should unplug the unit and contact our Consumer Service Department. Call weekdays 8:00 AM to 4:00 PM (Central Time) at 1-800-877-0441 or email us through our website at [www.GoPresto.com/contact](http://www.GoPresto.com/contact).

**10. Occasionally the cover is hard to open. What causes this? What should I do?**

If the cover seems difficult to open, there may still be pressure in the cooker. **Verify the air vent/cover lock has dropped before trying to open the cooker.**

Be sure you have unlocked the green locking latch and lifted the temperature sensor arm away from the cover. The cover will not open if the temperature sensor arm is still positioned in the cover.

If the cover rotates but it seems to catch on the rim of the body, you are not lifting the cover straight up off the cooker body.

**11. Sometimes my food is not completely done after the recommended cooking time. When I try to put the cover back on the cooker, so I can cook it longer, the cover will not close. How can I get the cover closed?**

Allow the pressure cooker to cool slightly. When the cooker is still hot, the air vent/cover lock will lift, preventing you from closing the cover. Before placing the cover back on, be sure the quick pressure release valve is in the *STEAM OUT* position. Once the cover is closed, move the lever to the *COOK* position.

**12. What can be done after pressure cooking if the food has more liquid than desired?**

With the cover removed, select the SAUTÉ function, press the start button, and allow the excess liquid to evaporate. Next time you prepare the same recipe, you may want to use less liquid.

**13. I believe I am thoroughly cleaning my cooker, but sometimes I notice the odor of my last meal remains in the cooker. What can I do to remove the odor?**

The sealing ring is made of silicone. Silicone has many wonderful properties but it does tend to retain odors. Unfortunately, there is no good way to remove the odors, but over time they will dissipate.

**14. I live at a high altitude and normally need to adjust my pressure cooking times. What adjustments should I make with this pressure cooker?**

No adjustments are needed. The temperature sensor automatically assures the exact pressure is maintained for precise cooking no matter where you live.

## PRESSURE COOKING RECIPES

### *Soups and Stews*

This pressure cooker is perfect for preparing delicious soups and stews. Included are a few favorite recipes. If you have a favorite recipe of your own, try it using one of the recipes in this book as your guide. If adding dry beans and peas, they first must be soaked according to the directions on page 34.

**CAUTION!** Do not pressure cook soups or soup mixes containing barley, rice, pasta, grains, or split peas because they have a tendency to foam, froth, and sputter and could block the vent pipe. These foods should be added to the soup AFTER pressure cooking.

**FOR SOUPS AND STEWS, DO NOT FILL COOKING POT OVER ½ FULL!**

### Classic Chicken Soup

- 1½ pounds bone-in chicken breasts, skinned
- 1 cup celery, cut into 2-inch pieces
- 1 cup coarsely chopped onion
- 3 cloves garlic, halved
- 1 teaspoon dried thyme
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 4 cups water
- 
- 1½ cups sliced carrots
- 1 cup sliced celery
- 2 green onions, thinly sliced

Add chicken, celery, onion, garlic, thyme, salt, pepper, and water to cooking pot.

Close and secure cover. Place quick pressure release valve on vent pipe. Select the SOUP function, adjust time to 10 minutes, and press start.

When time is up, allow pressure to drop of its own accord.

Remove chicken to a cutting board and allow to cool. Strain stock by pouring through a large sieve; discard solids. Return stock to cooking pot; add carrots and celery. Press cancel. Close and secure cover. Place quick pressure release valve on vent pipe. Select the VEGGIES-HIGH function, adjust time to 3 minutes, and press start.

Meanwhile, remove chicken from bones and cut into bite-size pieces.

When cooking time is up, quickly release pressure.

Return chicken to cooking pot and add onions; allow to heat through.

*7 servings*

### Hearty Vegetable Beef Soup

- 1 pound beef stew meat, cut into 1-inch cubes
- 1 tablespoon vegetable oil
- 2 cups beef broth
- 1 can (14½ ounces) diced tomatoes, undrained
- 2 cups chopped cabbage
- 1½ cups sliced carrots
- 1 cup sliced celery
- 1 cup frozen whole kernel corn
- ½ cup chopped onion
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon black pepper, coarsely ground
- Salt

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add oil; brown one-half pound of beef at a time, removing each batch from pot when done. Press cancel. Return all beef, including juices, to cooker. Add broth, tomatoes, cabbage, carrots, celery, corn, onion, oregano, thyme, and pepper. Close and secure cover. Place quick pressure release valve on vent pipe. Select the SOUP function, adjust time to 12 minutes, and press start. When time is up, allow pressure to drop of its own accord.

Season to taste with salt.

*8 servings*

### Tuscan Bean Soup

- 1 cup dry Great Northern beans
- ½ tablespoon olive oil
- 1 cup chopped onion
- 2 large garlic cloves, minced
- 5 cups chicken broth
- 2 cups kale, coarsely chopped
- 1 cup sliced carrots
- ½ teaspoon dried rosemary
- ¼ teaspoon dried thyme
- ¼ teaspoon black pepper
- 
- 2 tablespoons tomato paste
- Salt

Soak beans according to instructions on page 34.

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add oil, onion, and garlic. Sauté until onions are translucent. Press cancel. Add drained beans, broth, kale, carrots, rosemary, thyme, and pepper. Close and secure cover. Place quick pressure release valve on vent pipe. Select the BEANS function and press start.

When time is up, allow pressure to drop of its own accord.

Stir in tomato paste until well blended. Season to taste with salt.

*7 servings*

## Traditional Beef Stew

- 2 slices thick-sliced bacon, diced
- 1/3 cup all-purpose flour
- 1 teaspoon salt, divided
- 1 1/2 pounds beef stew meat, cut into 1-inch cubes
- 2 cups beef broth
- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 cup sliced carrot
- 1/2 pound small red potatoes
- 1 large clove garlic, minced
- 2 tablespoons tomato paste
- 3/4 teaspoon dried thyme
- 1 bay leaf

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add bacon; fry until crisp. Remove bacon from cooker, leaving drippings in pot. Combine flour and 1/2 teaspoon of the salt in a large bowl. Add beef and toss to coat; shake off excess flour mixture. Brown one-third of beef at a time, removing each batch from pot when done. Press cancel. Return all beef, including juices, and bacon to cooker. Add broth, onion, mushrooms, carrot, potatoes, garlic, tomato paste, thyme, and bay leaf. Close and secure cover. Place quick pressure release valve on vent pipe. Select the STEW function, adjust time to 10 minutes, and press start.

When time is up, allow pressure to drop of its own accord.

6 servings

## Chicken and White Bean Chili

- 1 cup dry Great Northern beans
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/2 cup sliced carrot
- 2 cloves garlic, minced
- 1/2–1 jalapeño pepper, seeded, deveined, minced
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon ground allspice
- 4 cups chicken broth
- 1 pound boneless, skinless chicken breasts, cut into 3/4-inch pieces
- 1 1/2 teaspoons packed brown sugar
- 1 teaspoon white wine vinegar
- 
- Salt and pepper

Soak beans according to instructions on page 34.

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add oil, onion, carrot, garlic, jalapeño, chili powder, oregano, and allspice. Sauté for 2 minutes. Press cancel. Stir in drained beans, broth, chicken, brown sugar, and vinegar. Close and secure cover. Place quick pressure release valve on vent pipe. Select the BEANS function and press start.

When time is up, allow pressure to drop of its own accord.

Season to taste with salt and pepper.

4 servings

## Fish and Seafood

Fish and seafood are the basis of some of the healthiest and most nutritious meals you can make. Steaming them in the pressure cooker brings out their finest, fullest flavors.

Fish and seafood cook very quickly under pressure, and the cooking time required is directly related to the thickness of the seafood. To prevent overcooking, do not cook fish or seafood that is less than 3/4 inch thick. For fish or seafood more than 1 inch thick, cook for the suggested time in the timetable below and then allow the cover to remain on the pressure cooker for another minute after the air vent/cover lock has dropped.

**FOR FISH AND SEAFOOD, DO NOT FILL COOKING POT OVER 2/3 FULL!**

### Fish and Seafood Timetable

**To cook, pour 1 cup of water or other cooking liquid into the cooking pot.**

If using the cooking rack, position it in the cooking pot and then place fish or seafood on the rack. Close and secure cover. Place quick pressure release valve on vent pipe. Select the FISH function, adjust time as necessary, and press start.

**To prevent overcooking, use the quick pressure release method after cooking fish and seafood.**

SEAFOOD (Fresh or Thawed)	SIZE	COOKING TIME (Minutes)
Fish Fillets	1 inch thick	1
Salmon Fillets	1 inch thick	1–2
Shrimp	Medium to Large (36–42 count) Jumbo (21–25 count)	1 2
Tuna Fillets	1 inch thick	1–2



## Fish in Salsa Ranchero

- 1 **tablespoon olive oil**
- 1 **small onion, chopped**
- ½ **small orange or yellow pepper, chopped**
- 1 **clove garlic, minced**
- 1 **cup water**
- 1 **pound tomatoes, peeled and chopped**
- 1 **tablespoon minced fresh parsley**
- 1 **tablespoon minced fresh cilantro**
- ½ **teaspoon salt**
- ½ **teaspoon ground cumin**
- ½ **teaspoon dried oregano**
- 1 **pound of cod fillets, 1 inch thick**  
•••••
- Corn or flour tortillas**

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add oil; sauté onion, pepper, and garlic until tender. Press cancel. Add water, tomatoes, parsley, cilantro, salt, cumin, and oregano. Place cod fillets in sauce. Close and secure cover. Place quick pressure release valve on vent pipe. Select the FISH function, adjust time to 1 minute, and press start.

When time is up, use quick pressure release method.

Cut 2 or 3 tortillas into thin strips. Stir into mixture. Serve in bowls with additional warm tortillas.

*4 servings*

## Salmon Moutarde

- 2 **salmon steaks or fillets, 1 inch thick**
- 2 **tablespoons Dijon mustard**
- 2 **sprigs fresh thyme**
- 1 **tablespoon olive oil**
- 1 **small onion, chopped**
- 1 **clove garlic, minced**
- 1 **cup dry white wine or chicken broth**
- 1 **bay leaf**  
•••••
- 2 **tablespoons Dijon mustard**
- 1 **tablespoon cornstarch**

Spread each steak with 1 tablespoon mustard. Press 1 thyme sprig into the mustard on each steak.

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add oil; sauté onion and garlic until tender. Press cancel. Add wine or broth and bay leaf. Place salmon on cooking rack in pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the FISH function, adjust time to 1 minute, and press start.

When time is up, use quick pressure release method.

Carefully remove salmon and rack. Keep salmon warm. Discard bay leaf. Press cancel. Mix 2 tablespoons mustard with cornstarch. Select the SAUTÉ function and press start. Stir mustard mixture into hot liquid in pot. Heat until sauce boils and thickens, stirring constantly. Serve sauce over salmon.

*2 servings*

## Meat, Poultry, Eggs

A host of great meals can evolve from meat and poultry when prepared in the pressure cooker. Keep the following tips in mind when pressure cooking meat and poultry.

- Although not necessary, you may want to brown meat and poultry before pressure cooking to add a different flavor and provide color to the finished dish. Browning is easily done in the pressure cooker. Select the BROWN function and press start. Allow unit to preheat for 3 to 4 minutes and brown meat or poultry as desired.
- You may also place meat and poultry on the grill or under the broiler after pressure cooking to give it last minute browning.
- Cooking time, especially for meat, will vary depending on the size and thickness of the cut, the distribution of fat and bone, and the grade and cut of meat. Because of this variability, the timetable on pages 26 and 27 should be used as a general guide only.
- When cooking larger pieces of meat, such as roasts, keep in mind that thickness rather than weight is the most important factor in determining cooking time. The cooking times found in the meat and poultry timetable are for roasts that are 2 to 3 inches thick. If the roast is thicker than 3 inches, add 5 additional minutes to the cooking time.
- To cook, pour 1 to 1½ cups of water or other liquid into the cooking pot. If using the cooking rack, position it in the cooking pot and then place meat or poultry on rack. Close and secure cover. Place quick pressure release valve on vent pipe. Cook using the RIBS, ROAST, or POULTRY preset and the time indicated in the timetable on pages 26 and 27. Release pressure as indicated in the timetable.
- If desired, cooking liquid or sauce can be thickened after pressure cooking. Select the SAUTÉ function and press start. Allow liquid to simmer for 5 to 10 minutes with the cover removed. Another option is to add a thickening agent to the liquid. Stir 1 to 2 tablespoons of flour or cornstarch into ¼ cup cold water. Select the SAUTÉ function, press start, and slowly add this mixture to the hot liquid. Stir and heat to boiling. Allow to boil for 1 minute or until desired consistency.
- Cooking meat and poultry from a frozen state should be reserved only for emergencies and considered only for smaller cuts of meat, such as chops, ribs, and steak. When cooking from frozen, add about 50% more time than indicated in the timetable.

## Meat, Poultry, and Egg Timetable

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Brown meat or poultry. Remove from cooker and press cancel. Pour liquid into cooking pot. Place meat or poultry on rack in cooker. Close and secure cover. Place quick pressure release valve on vent pipe. Select the RIBS, ROAST, or POULTRY function. Adjust the time, if necessary, according to the following timetable and press start.

**FOR MEAT, POULTRY, AND EGGS DO NOT FILL COOKING POT OVER 2/3 FULL!**

**NO PORTION OF THE MEAT OR POULTRY SHOULD EXTEND ABOVE THE 2/3 FILL LINE (SEE PAGE 7).**

MEAT/POULTRY/EGGS	PRESET PROGRAM	COOKING TIME (Minutes)	PRESSURE RELEASE METHOD
<b>BEEF</b>			
Brisket* or Corned Beef (2–3 pounds)	ROAST	55–65	Own Accord
Chuck Roast (2½–3 pounds)	ROAST	45–50	Own Accord
Rump Roast (2½–3 pounds)	ROAST	55–65	Own Accord
Oxtail	ROAST	45–50	Own Accord
Shank	RIBS	25–30	Own Accord
Short Ribs	RIBS	30	Own Accord
Stew Meat (1-inch cubes)	RIBS	12–13	Quick Release
<b>LAMB</b>			
Lamb Shoulder Roast (2½ pounds)	ROAST	45–50	Own Accord
Stew Meat (1-inch cubes)	RIBS	6	Quick Release
<b>POULTRY</b>			
Chicken (whole, 2½–3 pounds)	POULTRY	22–24	Own Accord
Chicken (pieces with bone)	POULTRY	10	Own Accord**
Chicken Breast (boneless)	POULTRY	6–7	Own Accord**
Cornish Game Hen	POULTRY	12–14	Own Accord
Turkey (pieces with bone)	POULTRY	13–15	Own Accord
Turkey Breast (boneless, rolled roast, 2 pounds)	POULTRY	36–39	Own Accord

MEAT/POULTRY/EGGS	PRESET PROGRAM	COOKING TIME (Minutes)	PRESSURE RELEASE METHOD
<b>PORK</b>			
Butt Roast (2½–3 pounds)	ROAST	60–65	Own Accord
Shoulder Arm Roast (2½–3 pounds)	ROAST	60–65	Own Accord
Chops, ¾–1 inch thick	RIBS	8	Own Accord**
Steak, ¾–1 inch thick	RIBS	8	Own Accord**
Spareribs	RIBS	25	Quick Release
Stew Meat (1-inch cubes)	RIBS	6	Quick Release
<b>EGGS</b>	<b>POULTRY</b>	5	Quick Release

\*Use lowest time for flat cut brisket. Use longest time for point cut brisket.

\*\*Let pressure drop of its own accord for 10 minutes, then use the quick pressure release method.

### Pot Roast Royale

- 1** tablespoon vegetable oil
- 1** 2½- to 3-pound boneless beef chuck roast
- 1** small onion, sliced
- 1** cup water
- 1** can (2 ounces) anchovy fillets, drained and chopped
- 1** tablespoon cider vinegar
- 1** tablespoon packed brown sugar
- 9** whole peppercorns
- 1** bay leaf

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add oil; brown roast on all sides. Remove from cooker and press cancel. Add onion to pot; select the SAUTÉ function, press start, and stir until onion is slightly softened. Remove from pot. Press cancel. Combine water, anchovies, vinegar, brown sugar, peppercorns, and bay leaf in pot. Place roast on cooking rack in pot. Arrange onions evenly on top of roast. Close and secure cover. Place quick pressure release valve on vent pipe. Select the ROAST function, adjust time to 55 minutes, and press start.

When time is up, allow pressure to drop of its own accord.

Press cancel. If desired, select the SAUTÉ function, press start, and reduce cooking liquid to make sauce to serve with roast.

*6 to 8 servings*

## Pork Chops with Red Cabbage and Apples

- 2 slices bacon, diced
- 2 bone-in pork chops, about 1 inch thick
- 1/3 cup water
- 3 tablespoons balsamic vinegar
- 1/4 cup packed brown sugar
- 3 tablespoons country-style Dijon mustard
- 1 teaspoon caraway seeds
- 2 cups sliced red cabbage
- 1 cup cored, chopped red cooking apple
- 1/2 cup sliced red onion

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add bacon; fry until crisp. Remove bacon from cooker, leaving drippings in pot. Add pork chops and brown on both sides. Press cancel. Whisk water, vinegar, brown sugar, mustard, and caraway seeds in a small bowl. Pour into pot. Return bacon to cooker; add cabbage, apple, and onion. Close and secure cover. Place quick pressure release valve on vent pipe. Select the RIBS function, adjust time to 8 minutes, and press start.

When time is up, allow pressure to drop of its own accord for 10 minutes, then use quick pressure release method.

*2 servings*

## Barbecued Spare Ribs

- 1 tablespoon dry mustard
- 1 tablespoon chili powder
- 1/2 teaspoon cayenne pepper
- 1 clove garlic, cut in half
- 1 tablespoon vegetable oil
- 3 pounds boneless spare ribs\*
- 1/3 cup water
- 2/3 cup ketchup
- 1/4 cup lemon juice
- 1/4 cup light molasses
- 1/2 cup chopped onion
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 drops liquid smoke

Trim excess fat from ribs. Combine mustard, chili powder, and cayenne pepper in a small bowl. Sprinkle over ribs. Rub seasoning into ribs using cut surface of garlic clove.

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add oil; brown ribs on 2 sides. Press cancel. Mince garlic clove and whisk together with water, ketchup, lemon juice, molasses, onion, oregano, salt, pepper, and liquid smoke in a small bowl. Pour over ribs in cooker. Close and secure cover. Place quick pressure release valve on vent pipe. Select the RIBS function and press start.

When time is up, allow pressure to drop of its own accord.

*8 servings*

*\*Short ribs can be used in place of spare ribs. For short ribs, select the RIBS function, adjust time for 30 minutes, and press start.*

## California Chicken

- 1/2 tablespoon olive oil
- 4 boneless, skinless chicken breasts
- 3 cloves garlic, sliced
- 1/2 cup white wine
- 1/2 cup chicken broth
- 1/4 cup minced, fresh Italian parsley
- 1 teaspoon dried rosemary
- 
- Salt and pepper
- 1/2 small lemon, thinly sliced

With cooking pot in cooker body, select the BROWN function and preheat cooker. Add oil; brown chicken. Press cancel. Cover chicken with garlic slices. Add wine, broth, parsley, and rosemary. Close and secure cover. Place quick pressure release valve on vent pipe. Select the POULTRY function, adjust time to 7 minutes, and press start.

When time is up, allow pressure to drop of its own accord for 10 minutes, then use quick pressure release method.

Season to taste with salt and pepper. Garnish with lemon slices.

*4 servings*

## Herbed Chicken Thighs

- 1/2 tablespoon olive oil
- 4 chicken thighs, skinned
- 1/2 cup chicken broth
- 1/2 cup chopped onion
- 1/4 cup chopped celery leaves
- 3 cloves garlic, minced
- 1 tablespoon minced, fresh Italian parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 
- 3 tablespoons sliced black olives
- Salt and pepper

With cooking pot in cooker body, select the BROWN function and preheat cooker. Add oil; brown chicken. Press cancel. Add broth, onion, celery leaves, garlic, parsley, oregano, and basil to pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the POULTRY function and press start.

When time is up, allow pressure to drop of its own accord for 10 minutes, then use quick pressure release method.

Remove chicken to a warm dish. Press cancel. Select the SAUTÉ function, add olives to liquid, and press start. Simmer for 5 minutes until liquid is reduced. Season to taste with salt and pepper. Serve sauce over chicken.

*4 servings*

## Hard-cooked Eggs

**10 to 12 large eggs**

Pour 1 cup water into cooking pot. Place eggs on cooking rack in pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the POULTRY function, adjust time to 4 minutes, and press start.

When time is up, use quick pressure release method.

Immediately remove eggs and allow to cool completely before peeling. If not using immediately, refrigerate until ready to use.

## Vegetables

Pressure cooking is a preferred method for preparing vegetables. Because of the fast cooking time and super-heated steam, vegetables retain most of their natural color, texture, flavor, and nutrients.

**FOR FRESH VEGETABLES, DO NOT FILL COOKING POT OVER ⅔ FULL!**

### Fresh Vegetable Timetable

When using the following vegetable timetable, cook the vegetables the minimum amount of time indicated if you prefer your vegetables crisp. If you prefer your vegetables soft, cook them the maximum amount of time indicated.

**To prevent overcooking, use the quick pressure release method after cooking vegetables.**

Quantity of vegetables does not change pressure cooking times. More mature vegetables may require longer pressure cooking times than given in timetable.

**For fresh vegetables, pour 1 cup liquid into cooking pot.** Place vegetables on rack in cooking pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the VEGGIES LOW or HIGH function. Adjust time, if necessary, according to the following timetable and press start.

VEGETABLE	PREPARATION	PRESET PROGRAM	COOKING TIME (Minutes)
Artichoke	Whole, 6–8 ounces	VEGGIES (HIGH)	12–14
Asparagus	Stems, cut into 1-inch pieces	VEGGIES (LOW)	1–2
Beans (green, wax)	Whole or sliced	VEGGIES (LOW)	2–3
Beets	Whole, 2½-inch diameter	VEGGIES (HIGH)	22–23
Broccoli	Florets	VEGGIES (LOW)	1–2
Brussels Sprouts	Small, 1-inch diameter	VEGGIES (LOW)	5–6
Cabbage (red, green)	Wedges, 1 inch thick	VEGGIES (HIGH)	6–7
	Coarsely shredded	VEGGIES (HIGH)	4–6
Carrots	Baby cut	VEGGIES (HIGH)	4–6
	½-inch slices	VEGGIES (HIGH)	4–6
Cauliflower	Florets	VEGGIES (LOW)	3–5
Collards*	Leaves coarsely chopped, stems thinly sliced	VEGGIES (HIGH)	5–7

VEGETABLE	PREPARATION	PRESET PROGRAM	COOKING TIME (Minutes)
Corn-on-the-cob	Whole, 2½-inch diameter	VEGGIES (HIGH)	6
Eggplant	Cubed, 1–1½ inches thick	VEGGIES (LOW)	4–5
	Sliced, ½ inch thick	VEGGIES (LOW)	4–5
Kale*	Leaves coarsely chopped, stems thinly sliced	VEGGIES (HIGH)	4–5
Parsnips	Sliced, ½ inch thick	VEGGIES (LOW)	5–6
Peppers	Whole	VEGGIES (HIGH)	3–4
Potatoes (sweet)	Sliced, 1–1½ inches thick	VEGGIES (HIGH)	9–10
	Sliced, ½ inch thick	VEGGIES (HIGH)	6–7
Potatoes (white)	Whole, 2½-inch diameter	VEGGIES (HIGH)	20–22
	Whole, 1½-inch diameter	VEGGIES (HIGH)	14–15
	Sliced, ¾ inch thick	VEGGIES (HIGH)	7–8
	Sliced, ½ inch thick	VEGGIES (HIGH)	5
Rutabaga	Cubed or sliced, 1 inch thick	VEGGIES (HIGH)	7–9
Spinach	Whole leaves	VEGGIES (LOW)	1
Squash, summer (yellow, zucchini)	Sliced, ½ inch thick	VEGGIES (LOW)	1–2
Squash, winter (acorn)	Halved	VEGGIES (HIGH)	13–16
Squash, winter (buttercup)	Cut into 3- to 4-inch chunks	VEGGIES (HIGH)	15–17
Squash, winter (spaghetti)	Halved	VEGGIES (HIGH)	16–18
Swiss Chard	Whole leaves	VEGGIES (LOW)	4
Turnips	Sliced or cubed, ½ inch thick	VEGGIES (HIGH)	5–8

\*Do not use rack; place in cooking liquid. Use 2 cups of water.



## Braised Kale with Bacon

- 3 slices bacon, diced**
- 1 cup chopped onion**
- 2 cups chicken broth**
- 1 bunch kale, about 20 ounces**  
••••••
- 1 tablespoon red wine vinegar**
- ¼ teaspoon black pepper**

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add bacon; fry until crisp. Remove bacon from cooker, leaving drippings in pot. Press cancel. Select the SAUTÉ function, press start, and add onion; sauté until translucent. Press cancel. Return bacon to pot and add broth and kale. Close and secure cover. Place quick pressure release valve on vent pipe. Select the VEGGIES-HIGH function, adjust time to 5 minutes, and press start.

When time is up, use quick pressure release method.

Stir in vinegar and pepper.

*4 servings*

## Carrots and Parsnips

- 2 tablespoons butter**
- ¾ pound carrots, peeled, cut into ½-inch slices**
- 1 clove garlic, minced**
- ¾ pound parsnips, peeled, cut into ¾-inch slices**
- ½ cup vegetable or chicken broth**
- 1 teaspoon lemon juice**
- ¼ teaspoon ground ginger**
- ¼ teaspoon onion powder**
- ¼ teaspoon salt**

### *Seasoning options:*

*Instead of ground ginger, use ¼ teaspoon dried sage or ¼ teaspoon dried rosemary.*

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add butter and melt. Add carrots and sauté for 3 minutes. Add garlic and sauté for 30 seconds. Press cancel. Add parsnips, broth, lemon juice, ginger, onion powder, and salt. Close and secure cover. Place quick pressure release valve on vent pipe. Select the VEGGIES-LOW function, adjust time to 5 minutes, and press start.

When time is up, use quick pressure release method.

*5 servings*

## Ginger Vinaigrette Beets

- 6 medium beets, 2½-inch diameter**
- 1 cup water**  
••••••
- ⅓ cup red wine vinegar**
- ¼ cup sugar**
- ½ teaspoon ground ginger**
- ¼ teaspoon black pepper**

Cut tops off beets, leaving at least 2 inches of stems. Scrub beets with soft vegetable brush, being careful to leave skin intact. Pour water into cooking pot. Place beets on cooking rack in pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the VEGGIES-HIGH function, adjust time to 22 minutes, and press start.

When time is up, use quick pressure release method.

Remove beets to a cutting board and allow to cool. When beets are cool enough to handle, peel off skins and cut off root end. Cut beets into wedges.

Press cancel. Remove cooking rack and discard all but ½ cup of cooking liquid. Add vinegar and sugar. Select the SAUTÉ function, press start, and bring mixture to a boil. Allow to boil for 2 to 3 minutes. Stir in ginger and pepper. Return beet wedges to the cooker and allow to heat through.

*6 to 8 servings*

## Dry Beans, Peas, and Lentils

The pressure cooker is ideal for preparing dry beans, peas, and lentils quickly. However, these foods have a tendency to froth and foam during cooking, which could cause the vent pipe to become blocked. Therefore, it is necessary to follow these procedures:

### SOAKING

Soaking before pressure cooking is strongly recommended for dry beans and peas, except lentils and black-eyed peas. Benefits of soaking include eliminating some of the water soluble starches that produce gas and create froth and foam during cooking, decreasing the cooking time, and producing beans and peas that are more evenly cooked.

Soaking can be done using the traditional or the quick-soak method.

**Traditional method:** Clean and rinse beans and peas; cover with three times as much water as beans or peas. Soak 4 to 8 hours. Drain.

**Quick method:** Clean and rinse beans and peas; cover with three times as much water as beans or peas. Bring beans or peas to a boil and boil for 2 minutes. Remove from heat, cover, and let stand for 1 to 2 hours. Drain.

After soaking, rinse and remove any loose skins.

### COOKING

Place beans, peas, or lentils in cooking pot in cooker body. Cover with fresh water and **add 1 tablespoon vegetable oil** to help minimize the amount of froth and foam during cooking. **The cooking pot should never be more than ½ full with beans, peas, lentils, water, and other ingredients.**

After cooking is complete, **allow pressure to drop of its own accord.**

**FOR DRY BEANS, PEAS, AND LENTILS,  
DO NOT FILL COOKING POT OVER ½ FULL!**

## Dry Beans, Peas, and Lentils Timetable

Soak beans and whole peas, according to information on page 34. Lentils and black-eyed peas do not require soaking. **Add 1 tablespoon vegetable oil to cooking liquid. DO NOT COOK SPLIT PEAS.**

Close and secure cover. Place quick pressure release valve on vent pipe. Select the BEANS function. Adjust time, if necessary, according to the times indicated in the timetable below and press start. After cooking is complete, **allow pressure to drop of its own accord.**

**NOTE:** The timetable is meant to be a guide. Adjust time as necessary to produce beans you and your family prefer.

**FOR DRY BEANS, PEAS, AND LENTILS,  
DO NOT FILL COOKING POT OVER ½ FULL!**

BEANS, PEAS, AND LENTILS	COOKING TIME (Minutes)
Black Beans	6–9
Black-Eyed Peas*	6–9
Chickpeas (garbanzo)	14–17
Great Northern Beans	6–9
Kidney Beans	5–8
Lentils (brown, green)*	6–9
Lima Beans (large)	2–5
Lima Beans (baby)	5–8
Navy Beans (pea)	5–8
Peas (whole yellow, green)**	14–17
Pinto Beans	7–10
Red Beans	7–10
Soy Beans (beige)	12–15

\*It is not necessary to soak.

\*\*Do not cook split peas.

## Lentil Curry

- 1 **tablespoon vegetable oil**
- 1 **cup chopped onion**
- 4½ **cups chicken broth**
- 1½ **cups lentils**
- ½ **tablespoon ground coriander**
- ½ **tablespoon curry powder**
- ½ **teaspoon ground ginger**
- 1 **teaspoon salt**

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add oil and onion; sauté onion until translucent. Press cancel. Add broth, lentils, coriander, curry powder, ginger, and salt. Close and secure cover. Place quick pressure release valve on vent pipe. Select the BEANS function and press start.

When time is up, allow pressure to drop of its own accord.

*6 servings*

## Savory White Beans

- 2 **cups Great Northern Beans**
- 3 **cups chicken broth**
- 1 **cup chopped onion**
- 1 **cup sliced carrots**
- 1 **tablespoon minced garlic**
- 1 **tablespoon extra virgin olive oil**
- 1 **small bay leaf**
- ½ **teaspoon dried thyme**
- ¼ **teaspoon dried rosemary**
- ¼ **teaspoon black pepper**
- 
- Salt**

Soak beans according to instructions on page 34.

Add all ingredients except salt to cooking pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the BEANS function and press start.

When time is up, allow pressure to drop of its own accord.

Season to taste with salt.

*7 servings*

## Grains

Grains are an important, but often little recognized, part of a healthy diet. They contribute complex carbohydrates, soluble and insoluble fiber, and other nutrients. Grains are low in fat and can be prepared quickly and conveniently with no soaking required. However, some grains foam and froth during cooking, so the following precautions should be observed.

- Do not cook more than 3 cups of grains at one time. For pearl barley, cook no more than 2 cups at one time.
- After pressure cooking, allow pressure to drop of its own accord.

### Grains Timetable

Combine the desired grain and the amount of liquid (water or broth) indicated in the timetable below in the cooking pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the RICE or MULTIGRAIN function, adjust time as necessary, and press start.

Before serving, separate the grains by lifting gently with a fork while steaming. It may be necessary to allow excess moisture to evaporate from some grains. If excessive moisture remains, drain before using grains.

**FOR GRAINS, DO NOT FILL COOKING POT OVER ½ FULL!**

GRAINS	CUPS OF LIQUID PER CUP OF GRAIN	PRESET BUTTON	COOKING TIME (Minutes)
Amaranth	2½	MULTIGRAIN	4–5
Barley (hull-less)	2½	MULTIGRAIN	25–28
Barley (pearl)	2½	MULTIGRAIN	11–13
Buckwheat	2½	MULTIGRAIN	4–6
Bulgar	1¾	MULTIGRAIN	4–5
Farro	2	MULTIGRAIN	25–28
Millet	2	MULTIGRAIN	9–10
Oats (steel cut)	2	MULTIGRAIN	5–6
Quinoa	1½	MULTIGRAIN	1–2
Rice (brown)	1½	RICE	16–18
Rice (white)	1½	RICE	8–10
Spelt	2	MULTIGRAIN	25–28
Wheat Berries	2	MULTIGRAIN	28–30
Wild Rice	1½	MULTIGRAIN	28–30

## Wheat Berry Fruit Salad

- 1 cup uncooked wheat berries
- 2 cups water  
••••••
- ½ cup orange juice (1 large orange)
- 2 teaspoons grated orange zest (1 large orange)
- ¼ cup apple cider vinegar
- 2 tablespoons vegetable oil
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt, or to taste
- 1 small green apple, chopped
- ½ cup dried cranberries
- ½ cup chopped walnuts

Add wheat berries and water to cooking pot. Close and secure cover. Place quick pressure release valve on vent pipe. Select the MULTIGRAIN function, adjust time to 28 minutes, and press start.

When time is up, allow pressure to drop of its own accord.

Cool wheat berries to room temperature. If necessary, drain excess liquid.

Whisk together orange juice, orange zest, vinegar, oil, cinnamon, and salt in a small bowl. Pour over cooled wheat berries and toss to coat. Allow to set for 15 minutes. Stir in apple, cranberries, and walnuts.

*9 servings*

## Wild Rice with Raisins and Pecans

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1½ cups wild rice
- 2 cups beef broth  
••••••
- ¾ cup golden raisins
- ⅓ cup pecans, toasted

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add oil and onion; sauté onion until translucent. Press cancel. Add wild rice and broth. Close and secure cover. Place quick pressure release valve on vent pipe. Select the MULTIGRAIN function, adjust time to 23 minutes, and press start.

When time is up, allow pressure to drop of its own accord.

Stir in raisins and pecans; allow to steam for 5 minutes.

*8 servings*

## Herbed Jasmine Rice

- 1 tablespoon butter
- ¼ cup chopped onion
- 1 cup jasmine rice
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- ⅛ teaspoon dried rosemary
- 1½ cups chicken broth  
••••••
- ¼ cup chopped walnuts

With cooking pot in cooker body, select the SAUTÉ function, press start, and preheat cooker. Add butter and melt. Add onion; sauté until tender. Add rice, marjoram, thyme, and rosemary; stir to coat the rice. Press cancel. Add broth. Close and secure cover. Place quick pressure release valve on vent pipe. Select the RICE function and press start.

When time is up, allow pressure to drop of its own accord.

Stir in walnuts.

*8 servings*

## Desserts

There are some desserts that the pressure cooker does remarkably well: custards, puddings (especially bread pudding), and cheesecake. These desserts may be prepared in oven-safe custard cups, ramekins, or any metal mold or form which will fit loosely in the cooking pot. Fill molds ⅔ full and cover the top securely with aluminum foil. Place the mold or ramekins on the cooking rack in the cooking pot. The pressure cooker will hold up to 6 ramekins, depending on the shape and size. To position more than 3 ramekins in the cooking pot, you will need to place 3 of the ramekins on the cooking rack and then position the remaining ramekins on top of the first layer, making sure to stagger the top layer.

Do not cook applesauce, cranberries, or rhubarb in the pressure cooker.

**FOR DESSERTS, DO NOT FILL COOKING POT OVER ⅔ FULL!**

## Custard

- 2 eggs, beaten
- 3 tablespoons sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 1½ cups milk
- 1 cup water

Mix eggs, sugar, vanilla, and salt in a medium bowl. Add milk and mix well. Pour ½ cup of the custard mixture into each of four 5-ounce ramekins. Cover the top of each ramekin securely with aluminum foil. Add water and cooking rack to cooking pot. Place 3 of the ramekins on the cooking rack and then place the remaining ramekin in the center on top of the first layer of ramekins. Close and secure cover. Place quick pressure release valve on vent pipe. Select the DESSERTS function, adjust time to 5 minutes, and press start.

When time is up, use quick pressure release method.

Remove ramekins to cool on a wire rack. Refrigerate until chilled.

*4 servings*

## Variations:

### Coconut Custard

Follow the custard directions above but, before pouring custard mixture into ramekins, place 1 tablespoon of shredded coconut into each of the ramekins.

### Chocolate Custard

Follow the custard directions, mixing eggs, sugar, vanilla, and salt. Then heat milk and 1 square (1 ounce) of grated baking chocolate just until chocolate is melted. Allow to cool slightly and then add to the egg mixture. Follow the rest of the custard directions.



## Ruby Pears

- 4 medium Bosc pears, peeled
- 1 bottle (750 ml) dry red wine, such as Cabernet or Merlot\*
- 1 jar (12 ounces) red currant jelly
- 1 small lemon
- 2 sprigs fresh rosemary
- ½ vanilla bean
- 4 whole cloves
- 4 whole peppercorns

\*26 ounces of grape juice can be substituted for wine.

Core pears from the bottom, keeping top and stem intact. Combine wine and jelly in cooking pot. With cooking pot in cooker body, select the SAUTÉ function, press start, and heat until jelly is melted. Press cancel. Peel thin strip of rind and squeeze juice from lemon; add to pot. Add rosemary, vanilla bean, cloves, and peppercorns to the liquid and then place pears in the liquid. Close and secure cover. Place quick pressure release valve on vent pipe. Select the DESSERTS function, adjust time to 8 to 10 minutes, and press start.

When time is up, use quick pressure release method.

Carefully remove pears and place into a deep container. Cover pears with hot wine mixture and allow to cool. Refrigerate for 24 hours.

4 servings

## Stuffed Apples

- ¼ cup golden raisins
- ½ cup dry red wine
- ¼ cup chopped nuts
- 2 tablespoons sugar
- ½ teaspoon grated orange rind
- ½ teaspoon ground cinnamon
- 4 medium cooking apples
- 1 tablespoon butter
- 1 cup water

Soak raisins in wine for at least 30 minutes. Drain, reserving wine. Combine raisins, nuts, sugar, orange rind, and cinnamon in a small bowl. Core apples, cutting to but not through bottoms. Peel top one-third of each apple. Fill each apple center with an equal amount of raisin mixture. Top each with one-fourth of the butter. Place reserved wine, water, and cooking rack in cooking pot. Place apples on cooking rack. Close and secure cover. Place quick pressure release valve on vent pipe. Select the DESSERTS function and press start.

When time is up, allow pressure to drop of its own accord.

4 servings

## SLOW COOKING RECIPES

Due to the nature of slow cooking, meat does not brown as it would if cooked in a skillet or oven. It is not necessary to brown meat or poultry before slow cooking, but you may prefer the flavor and appearance of browned meat.

Browning ground beef, bacon, and sausage before slow cooking may be desirable to remove excess fat.

Avoid removing the cover during slow cooking because it will result in significant loss of heat and steam. If you must open the cover to check on cooking progress, do so quickly.

Some dense and crisp vegetables like carrots, potatoes, and turnips take longer to cook than meat, so cut vegetables into smaller pieces when adding to meat dishes.

**IMPORTANT:** When slow cooking, place the quick pressure release valve on the vent pipe in the *STEAM OUT* position.

## Southwest Chicken Soup

- 4 boneless, skinless chicken breasts, cooked and shredded
- 2 cups vegetable broth
- 1 can (28 ounces) enchilada sauce
- 1 can (16 ounces) pinto beans, drained
- 1 can (14 to 15 ounces) diced tomatoes
- 1 cup fresh whole kernel corn
- 1 can (4 ounces) chopped green chilies
- 1 cup chopped onion
- 1 red pepper, cut into ½-inch pieces
- 1 jalapeño pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- Avocado slices for serving
- Tortillas chips for serving

Add chicken, broth, enchilada sauce, beans, tomatoes, corn, chilies, onion, peppers, garlic, chili powder, and cumin to cooking pot. Close and secure cover. Place quick pressure release valve on vent pipe. Turn lever to *STEAM OUT* position for slow cooking.

Select the SLOW COOK–LOW function and press start. Cook for 7 to 8 hours.

Or select the SLOW COOK–HIGH function and press start. Cook for 3 to 5 hours.

Serve with avocado slices and tortilla chips.

12 servings

## Chicken Thighs with Wild Rice

- 1 tablespoon vegetable oil
- 6 boneless, skinless chicken thighs
- 1 cup wild rice
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 1 cup sliced carrots
- ½ cup chopped celery
- ¼ cup chopped pimento
- ½ teaspoon dried marjoram
- ½ teaspoon dried thyme
- ½ teaspoon black pepper
- 1 cup slivered almonds, divided
- 2 cups chicken broth
- 
- Salt

With cooking pot in cooker body, select the BROWN function, press start, and preheat cooker. Add oil; brown chicken on all sides. Press cancel. Add wild rice, onion, mushrooms, carrots, celery, pimento, marjoram, thyme, pepper, and ½ cup of the almonds. Pour broth over mixture. Top with remaining almonds. Close and secure cover. Place quick pressure release valve on vent pipe. Turn lever to *STEAM OUT* position for slow cooking. Select the SLOW COOK–HIGH function and press start. Cook for 3½ to 4 hours. Season to taste with salt.

6 servings

## Apricot Barbecue Pork Chops

- ¼ cup teriyaki sauce
- ¼ cup ketchup
- ¼ cup apricot preserves
- 2 tablespoons cider vinegar
- 1 cup chopped onion
- 2 tablespoons packed brown sugar
- ½ teaspoon crushed red pepper
- ½ teaspoon dry mustard
- ¼ teaspoon black pepper
- 4 boneless pork chops, 1 inch thick

Combine teriyaki sauce, ketchup, preserves, vinegar, onion, brown sugar, red pepper, mustard, and black pepper in a small bowl. Place pork chops in the cooking pot. Pour barbecue sauce over chops. Close and secure cover. Place quick pressure release valve on vent pipe. Turn lever to *STEAM OUT* position for slow cooking. Select the SLOW COOK–LOW function and press start. Cook for 5 to 7 hours.

4 servings

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## CONSUMER SERVICE INFORMATION

If you have any questions regarding the operation of your Presto® appliance or need parts for your appliance, contact us by any of these methods:

- Call 1-800-877-0441 weekdays 8:00 AM to 4:00 PM (Central Time)
- Email us through our website at [www.GoPresto.com/contact](http://www.GoPresto.com/contact)
- Write: National Presto Industries, Inc., Consumer Service Department  
3925 North Hastings Way, Eau Claire, WI 54703-3703

Inquiries will be answered promptly by email, telephone, or letter. When emailing or writing, please include a phone number and a time when you can be reached during weekdays if possible.

When contacting the Consumer Service Department or when ordering replacement parts, please indicate the model and series numbers for the pressure cooker. The model number can be found on the back of the cooker body and the series number can be found on the bottom of the cooker body.

Please record this information:

Model \_\_\_\_\_ Series \_\_\_\_\_ Date Purchased \_\_\_\_\_

The Presto Factory Service Department is equipped to service Presto® appliances and supply genuine Presto™ parts. Genuine Presto™ replacement parts are manufactured to the same exacting quality standards as Presto® appliances and are engineered specifically to function properly with its appliances. Presto can only guarantee the quality and performance of genuine Presto™ parts. “Look-alikes” might not be of the same quality or function in the same manner. To ensure that you are buying genuine Presto™ replacement parts, look for the Presto® trademark.

Canton Sales and Storage Company, Presto Factory Service Department,  
555 Matthews Dr., Canton, MS 39046-3251

## Product Registration

**IMPORTANT:** Please go online and register this product within ten days of purchase. Proper registration will serve as proof of purchase in the event your original receipt becomes misplaced or lost. Registration will not affect warranty coverage, but may expedite the processing of warranty claims. The additional information requested will help us develop new products that best meet your needs and desires. To register the product, visit [www.GoPresto.com/registration](http://www.GoPresto.com/registration) or simply scan this QR code. If you do not have computer access, contact the Consumer Service Department (see page 43).



### Presto® Limited Warranty

*(Applies only in the United States)*

This quality Presto® appliance is designed and built to provide many years of satisfactory performance under normal household use. Presto pledges to the original owner that should there be any defects in material or workmanship during the first year after purchase, we will repair or replace it at our option. Our pledge does not apply to normal wear and tear including scratches, dulling of the polish, or staining; the repair or replacement of moving and/or perishable parts such as the sealing ring, quick pressure release valve, or air vent/cover lock gasket; or for any damage caused by shipping. ***Outside the United States, this limited warranty does not apply.***

To obtain service under the warranty, please call our Consumer Service Department at 1-800-877-0441. If unable to resolve the problem, you will be instructed to send your Presto® appliance to the Presto Factory Service Department for a quality inspection; shipping costs will be your responsibility. When returning an appliance, please include your name, address, phone number, and the date you purchased the appliance as well as a description of the problem you are encountering with the appliance.

We want you to obtain maximum enjoyment from using this Presto® appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse, misuse, disassembly, alterations, or neglect will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is Presto's personal pledge to you and is being made in place of all other express warranties.

NATIONAL PRESTO INDUSTRIES, INC.  
EAU CLAIRE, WI 54703-3703