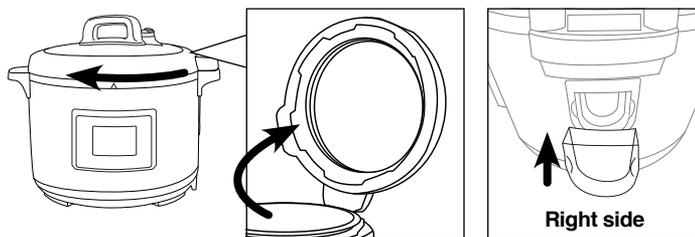


OPERATING INSTRUCTIONS

- 1 Open lid:** Hold the lid handle. Turn the lid counter clockwise to open position then raise it. **Make sure to install the Water Collector Box.**(See below)



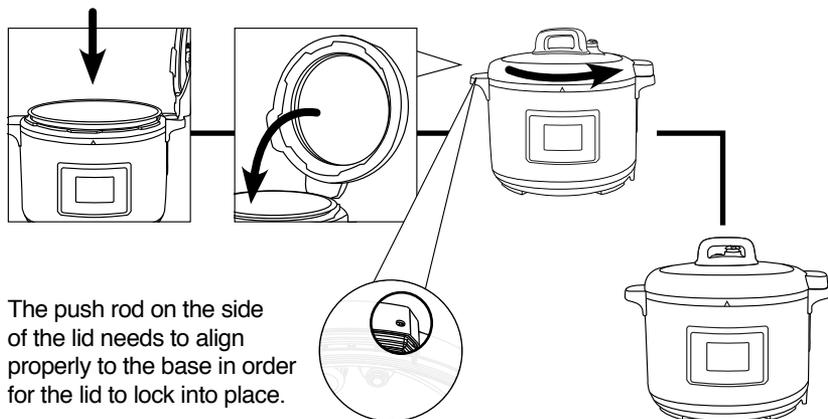
Note: Install the Water Collector Box on the right side just below the handle. **At a 45° angle press in.**

- 2** Place ingredients and water in the inner pot. Ingredients and water should not exceed $\frac{4}{5}$ height of the inner pot. If the ingredients expand easily in water, then the total amount should not exceed $\frac{3}{5}$ height of the inner pot. The minimum amount of ingredients and water is normally $\frac{1}{5}$ height of the inner pot. (See below).



- 3** Place the inner pot in the Housing. Clean the bottom of inner pot and surface of heating plate before inserting the inner pot. (See below).

- 4 Close lid:**
- Check that the Silicone Gasket is secured in the lid before closing.
 - Hold the lid handle. Lower the lid, then turn the lid clockwise to close. A sound will confirm that the lid has been closed properly. (See below).

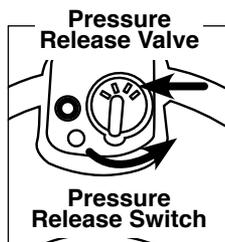


The push rod on the side of the lid needs to align properly to the base in order for the lid to lock into place.

OPERATING INSTRUCTIONS (Continued)

- 5 Once the lid is locked in place the Pressure Release Valve should be level.

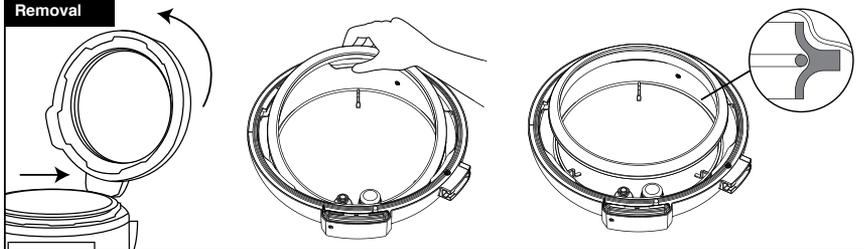
To manually release pressure, slowly turn the Pressure Release Switch counterclockwise. Steam can be extremely hot, take precautions to prevent any injury.



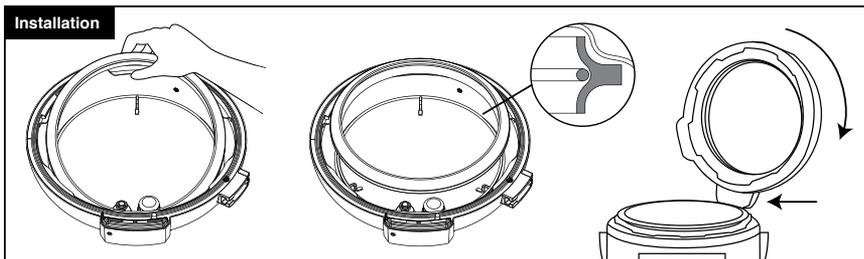
- 6 Plug the NuWave Nutri-Pot™ Electric Pressure Cooker into an electric power supply. The LCD display will show "--:--" and the unit will go into standby mode.

SILICONE GASKET INSTALLATION

Removal



Installation



MAKE SURE THE SILICONE GASKET HAS NO CRACKS OR IS IN ANYWAY DAMAGED.

Remove Inner Lid from the Pressure Cooker.

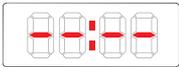
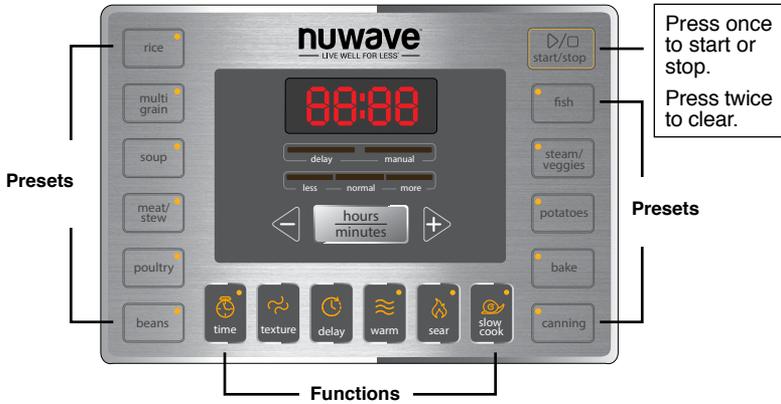
- Rotate counter clockwise, this will detach the Inner Lid.
- With one hand holding the Inner Lid down, gently pull the Silicone Gasket up.

Installing the Silicone Gasket

- Line up the Silicone Gasket on top of the metal ring.
- Gently push the Silicone Gasket making sure you see the metal ring is inside the Silicone Gasket's groove. Continue pushing the Silicone Gasket all around.

CONTROL PANEL

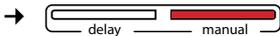
Main Display Interface



When unit is not cooking, or when no function has been selected, the LED screen will display “:-:-” indicating that the unit is not in operation.



The “**delay**” bar will light up once the delay button has been pressed. This function will allow you to delay the start time of each preset function.



The “**manual**” bar will light up only when the time button has been pressed or when the cooking time has been changed manually. This will allow you to manually set your time for each function.



The “**less**”, “**normal**” and “**more**” bars light individually, indicating your current setting. The “**texture**” function applies to these displays with “**normal**” being the default setting. “**texture**” is a function that has 3 times pre-programmed for select presets. This also affects the consistency of your food.

All functions default to “normal”.

CONTROL PANEL (continued)

Texture

Figure 1

When making rice using our “rice” function, you can make sticky rice by setting the “texture” to “more” and if you want fluffier rice, set the “texture” to “less”.

Press “rice”, it will default to “normal” (00:10). Press “texture” to change to “more” (00:13). Press the “texture” button again to change to “less” (00:07). The bar will light up indicating what mode you are in. Press “start/stop” to begin.

Note (Applies to all):

- Pressing the “-” or “+” buttons will switch to “manual” mode.
- Press “start/stop” twice to clear.
- The Pressure Cooker will clear out in 30 seconds if the “start/stop” button is not pressed.

hours/minutes

This button will let you manually adjust the time. When the “hours/minutes” button is pressed, the 2 digits will flash to indicate these are selected. Pressing the “+” and “-” buttons will increase and decrease the time.



Figure 2

Preheating: While the unit reaches the appropriate temperature for the function selected, the display will show “PH” indicating that it is preheating. Once the unit reaches the appropriate pressure, it will shift from preheating to the selected preset cooking time. Once pressure has built inside the Pressure Cooker, the PH display will change to P, followed by the amount of time it will remain under pressure.

Pressure: The function selected will determine the amount of pressure time. In this example, the display will show “P0:10” (pressure time). The colon or “:” will flash to indicate that the Pressure Cooker is under pressure and the timer is counting down.

Example:

Refer to the Preset Times Chart on page 15 for default times for each function.

CONTROL PANEL (continued)

Auto Warm Feature: When pressure cooking is complete, the NuWave Nutri-Pot™ Electric Pressure Cooker will automatically switch to the warm function. This allows the pressure to naturally release while your food remains warm. The times for the presets are listed below.

Auto Warm Feature			
Presets	Indefinitely	Auto Shutoff	Time Hours: Minutes
Rice	☑		
Multi Grain	☑		
Soup			04:00
Meat/Stew			02:00
Poultry			01:00
Beans			04:00
Fish			00:30
Steam/Veggies			00:30
Potatoes			01:00
Bake		☑	
Canning		☑	
Warm (Function)			04:00

Example: When the “rice” preset is complete, the NuWave Nutri-Pot™ Electric Pressure Cooker will keep your “rice” warm indefinitely, until you press the “start/stop” button.

Note:

Food can be prepared at an earlier time and kept warm inside the Pressure Cooker using the “warm” function. Food can be kept warm for up to 4-hours. **Additional time may cause a change in flavor, appearance and may cause food to spoil.**

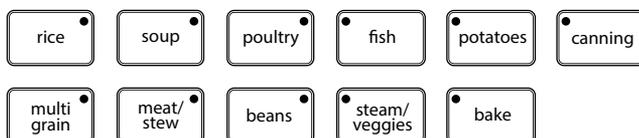
PRESETS

Default Time		Texture 			Time 	
Presets & Functions	Hrs:Min	Less	Normal	More	Min.*	Max
Rice	00:10	00:07	00:10	00:13	00:01	02:00
Multi Grain	00:30	00:27	00:30	00:32	00:01	02:00
Soup	00:20	00:15	00:20	00:25	00:01	02:00
Meat/Stew	02:00	01:30	02:00	02:30	00:01	03:00
Poultry	00:40	00:35	00:40	00:45	00:01	02:00
Beans	00:20	00:15	00:20	00:25	00:01	02:00
Fish	00:10	00:08	00:10	00:12	00:01	02:00
Steam/Veggies	00:10	00:08	00:10	00:12	00:01	02:00
Potatoes	00:10	00:08	00:10	00:12	00:01	02:00
Bake	00:40	00:30	00:40	00:50	00:01	02:00
Canning	00:20				00:01	02:00
Delay 					00:05	24:00
Warm 	04:00				01:00	24:00
Sear 	00:10				00:01	00:30
Slow Cook 	04:00				02:00	09:00

*Minimum Time

The NuWave Nutri-Pot™ Electric Pressure Cooker is programmed to a set pressure of 70kPa. **kPa** as a unit of pressure measurement, is widely used throughout the world instead of the “**Pounds per Square Inch, (PSI)**” method. kPa to PSI ratio is approximately 7kPa to 1PSI.

For example: 2PSI is equal to 14kPa.



- 1 Press a preset button (Ex: “**rice**”). The main display will show the default time for this preset (Ex: 00:10). The digits to the right of the colon (“:”) display the minutes and the digits left of the colon display the hours. On the main panel, an LED bar will light up to indicate that the preset is on “**normal**” mode, which is the default.
- 2 To begin cooking, close the lid, then press the “**start/stop**” button.
- 3 See “**hours/minutes**” and “**texture**” sections for instructions on adjusting the time.

Example:



Follow these simple steps for each preset. On this example P0:10 is the default pressure time. The pressure time will vary depending on the preset you choose.

FUNCTIONS

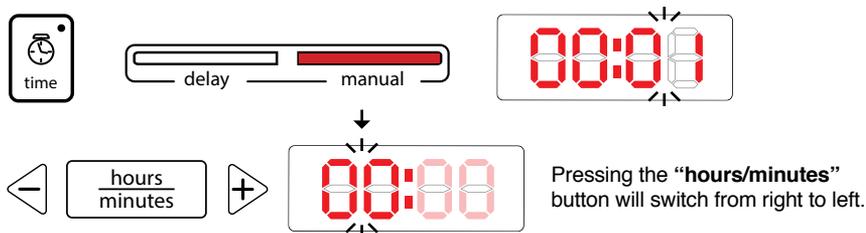
Time: This function lets you manually adjust the cooking time, overriding the presets and functions.



Directions:

- 1 Press the “time” button. “manual” bar will light up and “00:01” will be flashing. This indicates that you can change the minutes.
- 2 Press the “+” or “-” button to increase or decrease the minutes.
- 3 To change hours press the “hours/minutes” button again. The “00” will be flashing. This indicates that you can change the hours.
- 4 Press the “+” or “-” button to increase or decrease the hours.

Example:



Texture: This is a function used to help change the consistency of your foods.

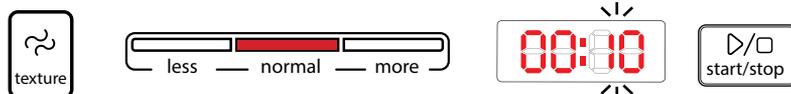


“less”, “normal” and “more” are selected guides that increase or decrease the cooking time while under pressure.

Directions:

- 1 Press a desired preset button. The display will default to “normal” time. (Ex: Press “rice” and the display will show 00:10).
- 2 To change the consistency of the food (less, normal, more), simply press “texture”. The appropriate light will display, indicating that the time has been changed. The time in the display will automatically adjust accordingly. (Ex: For the “rice” function, less is 7 minutes, normal is 10 minutes and more is 13 minutes).
- 3 Close the lid and press the “start/stop” button.
- 4 See page 15 for times for each function.

Example:



FUNCTIONS (Continued)

Delay: This function allows you to set a specific time you would like to start cooking.



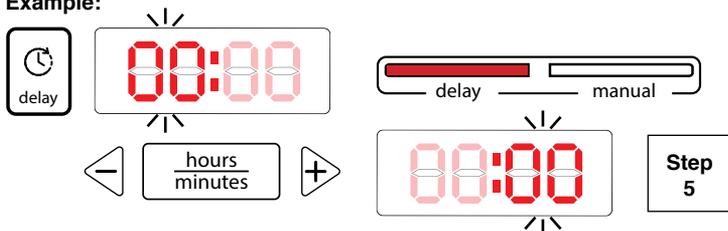
Directions:

- 1 Press the “**delay**” button. The delay bar will light up and the first set of “00”s will be flashing.
- 2 Press the “+” or “-” button to increase or decrease the hours.
- 3 To change minutes press the “**hours/minutes**” button. The second set of “00”s will be flashing. This indicates that you can change the minutes.
- 4 Press the “+” or “-” button to increase or decrease the minutes.
- 5 Press the desired function button to continue your program based on your recipe.
- 6 Close the lid and press the “**start/stop**” button.

Note:

- When utilizing the delay function, it will always be the first function performed.
- You can adjust the delay time in 5-minute and 1-hour increments.
- The maximum amount of time to delay your Pressure Cooker is 24 hours.
- The delay function will not work while the Pressure Cooker is in operation.

Example:



Warm: This function will let you manually adjust the time you would like to keep your food warm.



Directions:

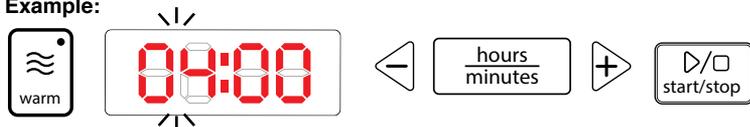
- 1 Press the “**warm**” button, display will show “04:00”.
- 2 Press the “+” or “-” button to increase or decrease the time. *See “hours/minutes” section for instructions on adjusting the time.*
- 3 Press the “**start/stop**” button to start.

Note:

- The default time for the warm function is 4 hours, the minimum time is 1 hour and the maximum time is 24 hours.
- You can adjust the time in 5-minute and 1-hour increments.

*The Pressure Cooker will automatically go to this warm function when a desired preset has completed. Refer to the **Auto Warm Feature** chart on page 14 for default warm times.*

Example:



FUNCTIONS (Continued)

Sear: This function lets you “sear” your food before cooking under pressure or before using the Slow Cook function.



Directions:

- 1 Press “sear” button. Display will show 00:10.
- 2 Press “start/stop” button to begin.
- 3 See the “hours/minutes” section for instructions on manually adjusting the time.

Note:

- Do not use sealed lid when using “sear” function.
- The minimum time is 1 minute (00:01).
- The maximum time is 30 minutes (00:30).
- When complete, the display will show “End”.

Example:



Slow Cook: This function lets you cook various recipes slowly at low temperatures.



Directions:

- 1 Press “slow” button. Display will show 04:00.
- 2 Press “start/stop” button to begin.
- 3 See “hours/minutes” section for instructions on adjusting the time.

Note:

- Do not use sealed lid when using slow cook function.
- Use the optional glass lid when using the slow cook function.
- The minimum time is 2 hours (02:00).
- The maximum time is 9 hours (09:00).
- When complete, the display will show “End”.

Example:

