

**nuwave**<sup>®</sup>  
— LIVE WELL FOR LESS —



# **NuWave Nutri-Pot<sup>™</sup>** **Electric Pressure Cooker**

Owner's Manual & Complete Recipe Book

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# IMPORTANT SAFEGUARDS

## READ ALL INSTRUCTIONS



### CAUTION

**For safety reasons please use the top handle when lifting the pressure cooker as the stainless steel part can become hot. Avoid any contact with hot metal surface.**

- A short power-supply cord should be provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
- Longer detachable power-supply cord are available and may be used if care is exercised in their use.
- If a long detachable power-supply cord is used:
  - 1) The marked electrical rating of the detachable power-supply cord should be at least as great as the electrical rating of the unit.
  - 2) If the unit is of the grounded type, the extension cord should be a grounding type 2-wire cord; and
  - 3) The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

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

1. **Do not touch hot surfaces.** Use handle.
2. To protect against electrical shock, do not immerse cord, plugs, or the unit in water or other liquid.
3. Close supervision is necessary when any unit is used by or near children.
4. Unplug from outlet when not in use and before cleaning. Allow unit to cool before adding on or removing off parts.
5. Do not operate any unit with a damaged cord or plug, after the unit malfunctions or it has been damaged in any manner. **In case the unit is malfunctioning, please contact Customer Service at 1-877-689-2838 Monday - Friday 7:00 AM - 7:00 PM (CST).**
6. The use of other accessories that are not intended to be use with this unit is not recommended. Doing so may damage the unit and can cause accidents.
7. **NOT INTENDED FOR OUTDOOR USE.**
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner and or in a heated oven.
10. Extreme caution must be used when moving a unit containing hot oil or other hot liquids.
11. Always attach the plug to the unit first, then plug the cord into the wall outlet. To disconnect, turn any control "OFF", then remove plug from the wall outlet.
12. Always check the pressure release devices for clogging before use.
13. **DO NOT place any object above the pressure release valve as this is steam being released from the NuWave Nutri-Pot™ Electric Pressure Cooker.**
14. **DO NOT USE THE UNIT FOR OTHER THAN INTENDED USE.**

## ADDITIONAL SAFEGUARDS

**The Water Collection Box needs to be installed before use. See page 10.**

1. If you cook meat with skin, such as sausage, swelling can occur when cooked under pressure. Piercing skin after cooking can lead to bursts of hot liquid.
2. Do not lean over the NuWave Nutri-Pot™ Electric Pressure Cooker at any time while it is cooking.
3. The NuWave Nutri-Pot™ Electric Pressure Cooker should not be used for any medical purposes. It is not designed to reach the required temperature for sterilization.
4. The Silicone Gasket creates a pressure seal between lid and pot. Keep the gasket completely clean and free from any cracks or deterioration.
5. It is extremely important to add liquid to the NuWave Nutri-Pot™ Electric Pressure Cooker with liquid prior to operation. Never cook without liquid as doing so can cause it to overheat and damage the safety mechanisms. In case of overheating, never remove the NuWave Nutri-Pot™ Electric Pressure Cooker from the heat source. Instead, shut it off immediately and let it cool.
6. Make sure all parts of the pressure regulator and ventilated pipe are clean and properly assembled.
7. Do not alter the safety mechanisms or attempt to repair the NuWave Nutri-Pot™ Electric Pressure Cooker as this will void the warranty. Please adhere to the Maintenance Instructions specified for use.
8. Use only the appropriate replacement parts from NuWave to maintain proper functionality and safety. Visit [www.NuWaveNow.com](http://www.NuWaveNow.com) for replacement parts and pieces.
9. Do not place the unit close to flammable materials and heating units or wet environments.
10. Height of ingredients that is to be put into inner pot should comply with “Operation Instructions”.
11. Do not break the Silicone Gasket. Do not replace it with other rubber gaskets, nor use a tension belt to make it seal.
12. Check and wash anti-clog filter and pressure release valve regularly to avoid being blocked.
13. Do not open the lid when the Pressure Release Valve is down.
14. Do not put anything on or use other object to replace the Pressure Release Valve.
15. Never use a towel to clog the gap between the lid and edge of the Housing.
16. The bottom of the inner pot and heating plate should be kept clean. Do not put the inner pot on other heat sources. Do not replace the inner pot with other containers.

## ADDITIONAL SAFEGUARDS (Continued)

17. Only use wood or plastic ladle spoons so not to ware the non-stick coating in the inner pot.
18. Do not attempt to move the unit while it is cooking. Only after the unit cools down completely can the it be moved. Move the unit using the top handle, do not try to hold in from the base.
19. Do not disassemble on your own or try to replace parts.
20. Make sure the air/pressure discharges completely before opening the lid.
21. Do not place the unit close to flammable materials heating units or wet environments.
22. The cooking pot and heating plate should always be kept clean.
23. Do not put any other cooking pots on the heating plate. Do not replace any parts with other containers.
24. Keep hands and face away from the venting outlet or where pressure is being released.
25. Depending on the function, when cooking is complete, the NuWave Nutri-Pot™ Electric Pressure Cooker will automatically go to Warm Mode. **Additional time may cause a change in flavor, appearance and may cause food to spoil.**
26. If a lot of smoke is escaping from the lid during operation, unplug the unit immediately and contact customer service.
27. If any troubles arise during operation, any necessary service must be done by NuWave, LLC or authorized by the manufacturer for repairs.
28. Do not disassemble the unit on your own or replace any parts.
29. You may experience some smoke coming out the unit during the first few uses, this is normal.
30. Keep the unit out of reach of children when the unit is operating or cooling down.
31. • If the main power cord is damaged, do not use.  
• In the case the unit emits a continuous amount of smoke while in use.

**Contact Customer Service Department at 1-877-689-2838  
Monday - Friday 7:00 AM - 7:00 PM (CST) for assistance.**

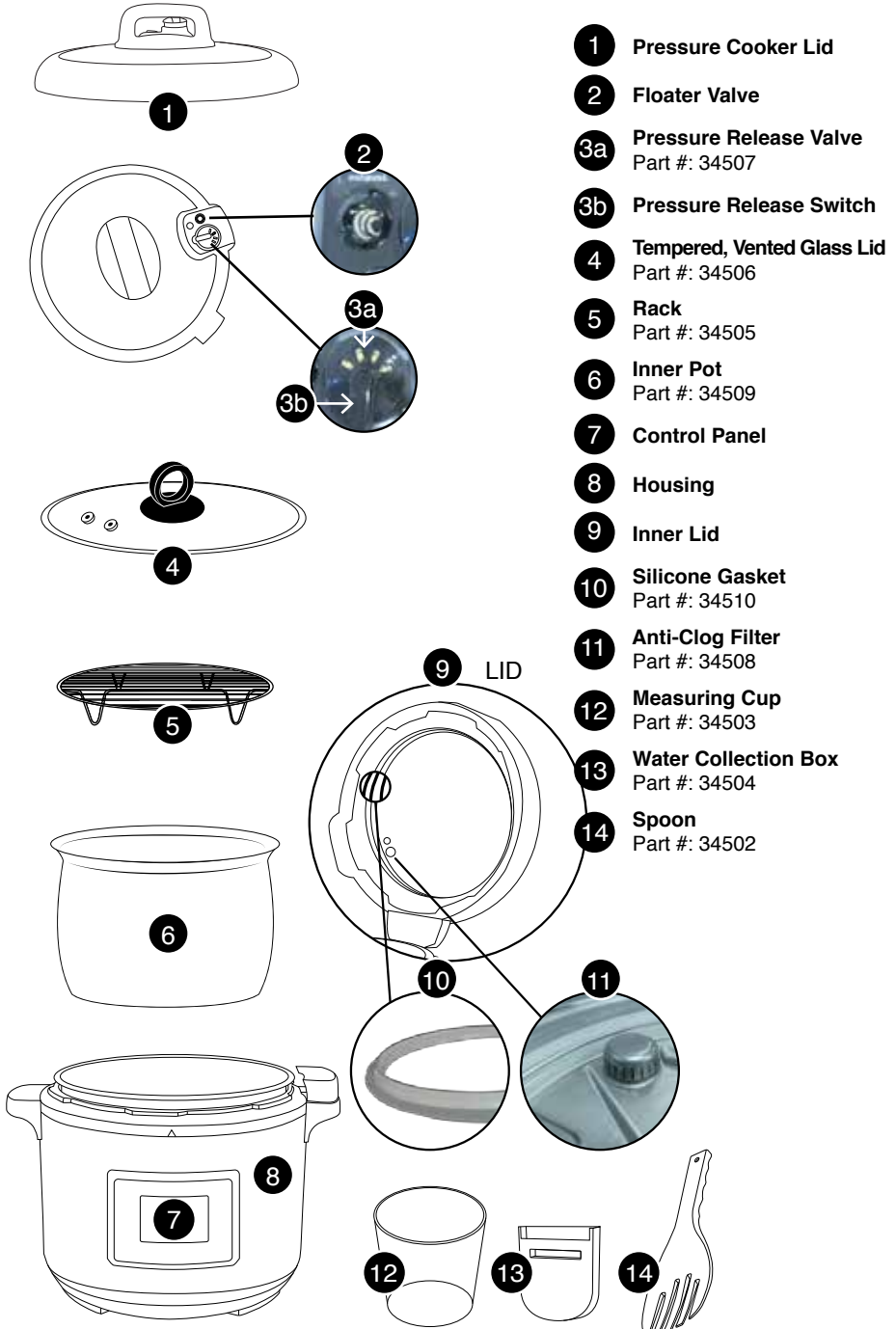
## CARE & MAINTENANCE

- Unplug the NuWave Nutri-Pot™ Electric Pressure Cooker prior to cleaning.
- Wipe the base and inside of the base, if necessary, with a clean cloth. Do not immerse the base in water or spray any water in it.



- Remove and clean the water collection box. Wipe with a wet towel and insert it back to the body of the NuWave Nutri-Pot™ Electric Pressure Cooker.
- The lid can be detached from the base. See image on page 9 step 1 for proper operating instructions. All parts inside the lid can be hand washed separately with water and should always be checked to make sure they are not damaged or cracked.
- Use a sponge or non-metallic soft brush to clean the inner pot, then wipe the surface with a clean cloth.

# PARTS DESCRIPTION



- 1** Pressure Cooker Lid
- 2** Floater Valve
- 3a** Pressure Release Valve  
Part #: 34507
- 3b** Pressure Release Switch
- 4** Tempered, Vented Glass Lid  
Part #: 34506
- 5** Rack  
Part #: 34505
- 6** Inner Pot  
Part #: 34509
- 7** Control Panel
- 8** Housing
- 9** Inner Lid
- 10** Silicone Gasket  
Part #: 34510
- 11** Anti-Clog Filter  
Part #: 34508
- 12** Measuring Cup  
Part #: 34503
- 13** Water Collection Box  
Part #: 34504
- 14** Spoon  
Part #: 34502

## PRODUCT FEATURES

No more fiddling with heat settings like you would with a conventional pressure cooker. The NuWave Nutri-Pot™ Electric Pressure Cooker does it automatically. It's a Slow Cooker, Rice Cooker and Yogurt Maker all in one! The NuWave Nutri-Pot™ Electric Pressure Cooker is easy to use, saving you time and energy. It is an ideal unit for any modern home.

### **Benefits**

The NuWave Nutri-Pot™ Electric Pressure Cooker consists of a cooking pot and a special lid that locks into place on the top of the pot. When it is heated, steam is sealed inside, which creates pressure. With this high pressure, the internal temperature of the NuWave Nutri-Pot™ Electric Pressure Cooker is raised above the normal boiling point of water. The cooking process is thus expedited leading to healthier meals made faster.

### **Multiple Cooking Functions**

Now you can sear, stew, steam, simmer, bake, can, slow cook and keep your foods warm all by the push of a button.

### **Digital**

The Presets are programmed to cook your foods fast and easy. During operation, the NuWave Nutri-Pot™ Electric Pressure Cooker will indicate which cooking function it is performing. Depending on the function, once finished, it will automatically switch to the Warm setting until you're ready to eat.

### **Preset Time Function**

The NuWave Nutri-Pot™ Electric Pressure Cooker includes a Delay feature so you can start cooking exactly when you want.

### **Saved Memory**

If the NuWave Nutri-Pot™ Electric Pressure Cooker is disconnected from its power supply and reconnected within 20 minutes, all programmed settings will be retained.

### **High Efficiency**

Cooking in the NuWave Nutri-Pot™ Electric Pressure Cooker saves you time and energy.

### **Perfect Seal**

The Silicone Gasket locks in the taste and nutrients of your favorite foods.

### **Easy to Clean**

The inner pot is non-stick so it's easy to clean. The stainless steel lid is durable and detachable for easy cleaning.

### **Innovative Design**

The NuWave Nutri-Pot™ Electric Pressure Cooker features a user friendly design that releases any excess steam away from the unit, ensuring safer pressure release.



## PRODUCT FEATURES (Continued)

### **Faster Cooking**

On average, Pressure Cookers prepare food faster than traditional cooking methods and the NuWave Nutri-Pot™ Electric Pressure Cooker is no exception.

### **Tastier Meals**

Pressure cooking allows food to retain its full flavor by cooking quickly and efficiently. With the natural flavor intact, less seasoning is required, enabling you to craft your meals precisely to your taste.

### **Healthier Results**

More vitamins and minerals are retained in food prepared with the NuWave Nutri-Pot™ Electric Pressure Cooker compared to conventional stove top cooking. In addition, pressure cooking utilizes water in lieu of additional unhealthy oils or fat, virtually eliminating the need to add extra, unnecessary calories to your diet.

### **Multi-functional**

The NuWave Nutri-Pot™ Electric Pressure Cooker can be used for steaming, simmering and stewing fresh or even frozen foods. You can even use it for canning and baking. Prepare everything from delicate soups and desserts to hearty meat dishes.

## **MULTIPLE SAFETY DEVICES**

**Lid Safety Device:** If the lid does not fasten to the housing, the pressure will not build. If there is pressure already built inside the pot, the lid will not be able to open.

**Pressure Control:** During operation, if pressure exceeds the default pressure, the NuWave Nutri-Pot™ Electric Pressure Cooker will automatically shut off to prevent any pressure from leaking.

**Maintaining Pressure:** If the thermostat and pressure controller are broken and the pressure exceeds the maximum level, excess pressure will automatically discharge from the pressure relief valve.

**Anti-Block Device:** Ensures the pressure vents smoothly.

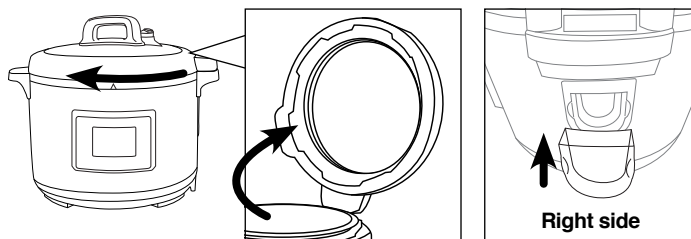
**Pressure Release Safety Device:** If the NuWave Nutri-Pot™ Electric Pressure Cooker fails to maintain the proper pressure and the pressure exceeds the maximum level, the excess pressure will automatically discharge from floater valve to avoid explosion.

**Temperature Controller:** If the inner pot heats up while empty or if the inner pot exceeds the setting temperature, the NuWave Nutri-Pot™ Electric Pressure Cooker will automatically shut off.

**Temperature Sensor:** Once the inner pot exceeds the maximum temperature limit, the NuWave Nutri-Pot™ Electric Pressure Cooker will automatically shut off.

# 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)



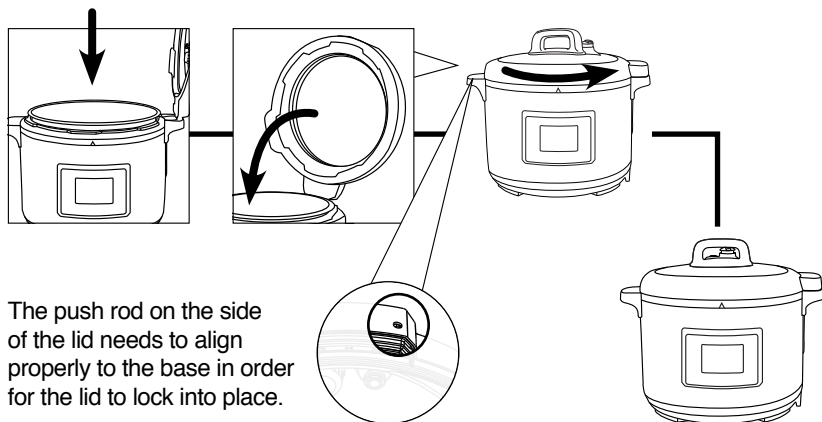
**Note:** Install the Water Collector Box on the right side just below the handle. **At a 45° angle press in.**

- 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).

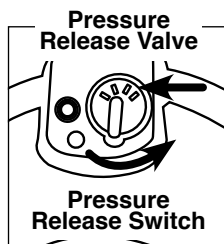


The push rod on the side of the lid needs to align properly to the base in order for the lid to lock into place.

## OPERATING INSTRUCTIONS (Continued)

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

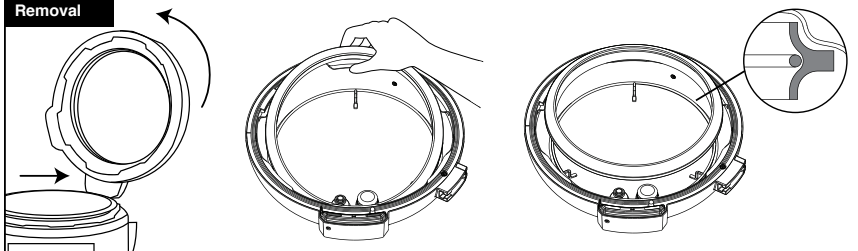
**To manually release pressure, slowly turn the Pressure Release Switch counterclockwise. Steam can be extremely hot, take precautions to prevent any injury.**



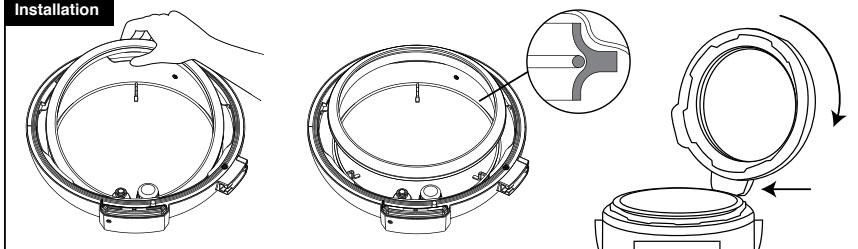
- 6 Plug the NuWave Nutri-Pot™ Electric Pressure Cooker into an electric power supply. The LCD display will show "--:--" and the unit will go into standby mode.

## 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.**

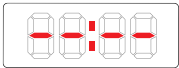
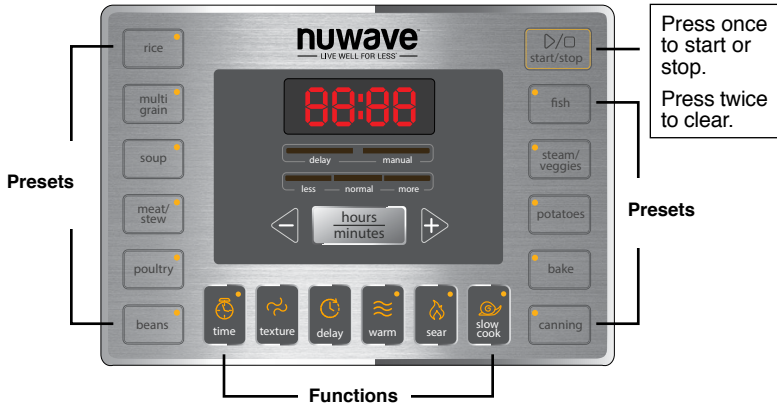
- Rotate counter clockwise, this will detach the Inner Lid.
- With one hand holding the Inner Lid down, gently pull the Silicone Gasket up.

**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

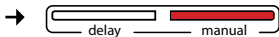
## Main Display Interface



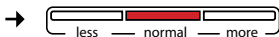
When unit is not cooking, or when no function has been selected, the LED screen will display “:-:-” indicating that the unit is not in operation.



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.

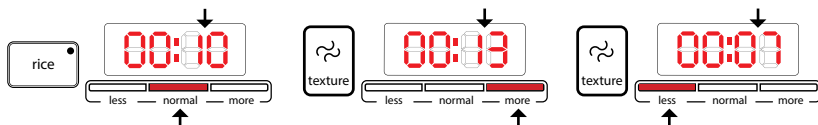
**All functions default to “normal”.**

# 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.

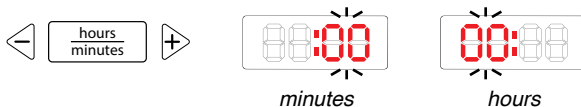


Figure 2

**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		☑	
<b>Warm (Function)</b>			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:**

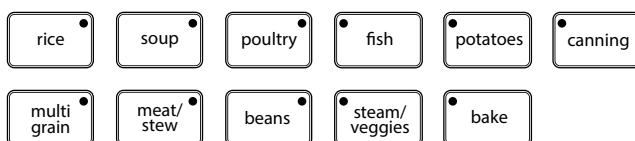
Food can be prepared at an earlier time and kept warm inside the Pressure Cooker using the “warm” function. Food can be kept warm for up to 4-hours. **Additional time may cause a change in flavor, appearance and may cause food to spoil.**

# 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

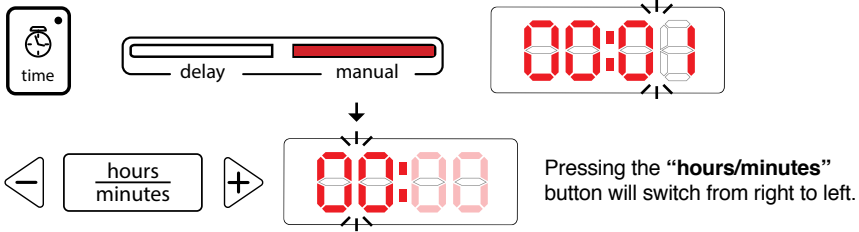
**Time:** This function lets you manually adjust the cooking time, overriding the presets and functions.



**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.

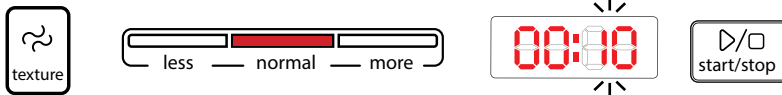


“less”, “normal” and “more” are selected guides that increase or decrease the cooking time while under pressure.

**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.



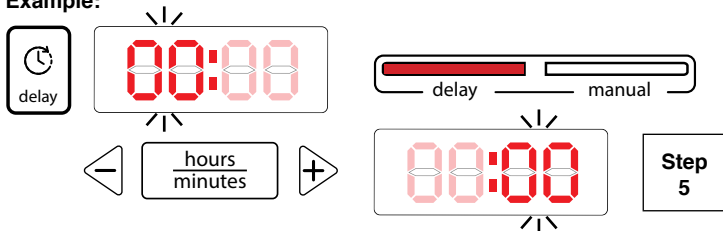
### Directions:

- 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:

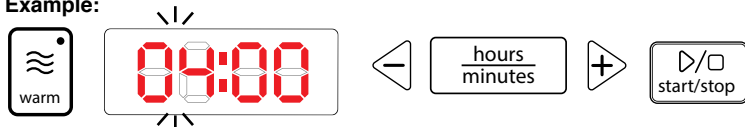
- 1 Press the **“warm”** button, display will show “04:00”.
- 2 Press the **“+”** or **“-”** button to increase or decrease the time. See **“hours/minutes”** section for instructions on adjusting the time.
- 3 Press the **“start/stop”** button to start.

### 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.



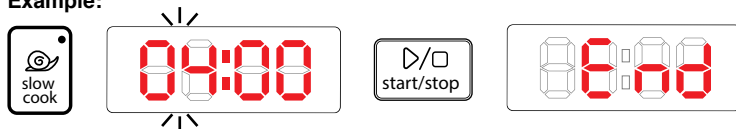
### Directions:

- 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:



## PRESSURE CANNING

### Canning

Foods with lower acid content have a greater potential for spoilage and contamination than high acidity foods. Proper pressure canning minimizes the chances of spoilage and contamination.

High Acid Foods		Low Acid Foods	
Apples	Oranges	Asparagus	Mushrooms
Applesauce	Peaches	Beans	Okra
Apricots	Pears	Beets	Peas
Berries	Pickled Beets	Carrots	Potatoes
Cherries	Pineapples	Corn	Seafood
Cranberries	Plums	Hominy	Spinach
Fruit Juices	Rhubarb	Meat	Winter Squash

Never alter cooking times, temperatures or ingredients when pressure canning. Doing so can be extremely dangerous as there is no room for experimentation. Following the exact cooking times, temperatures and ingredients listed in the recipe will ensure that your food is protected from harmful enzymes, bacteria and mold. Altering the cooking time may destroy the food's nutrients and flavor.

Enzymes found in food may promote growth of yeast and mold, which in turn causes food to spoil. These enzymes can be killed at temperatures 212°F and higher. Other contaminants, such as salmonella, staphylococcus aureus, and clostridium botulinum, can only be killed at temperatures 240°F. These higher temperatures can only be achieved by pressure canning.

Before pressure canning in the NuWave Nutri-Pot™ Electric Pressure Cooker, consult an instructional book written specifically for pressure canning. The NuWave Nutri-Pot™ Electric Pressure Cooker can be used for basic pressure canning, along with the water bath method. Both low and high acid fruits and vegetables are recommended. Meat and seafood are not recommended to be pressure canned.

# PRESSURE CANNING (Continued)

## Safe Canning Tips:

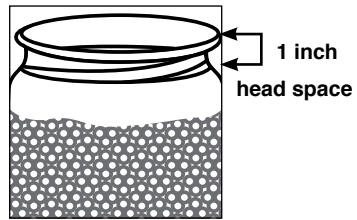
1. Do not use overripe fruit. Bad quality degrades with storage.
2. Do not add more low-acid ingredients (onions, celery, peppers, garlic, etc.) than specified in the written recipe. This may lead to an unsafe end result.
3. Don't use too many spices. Many spices tend to contain high levels of bacteria, which may result in unsafe canned goods.
4. Do not add butter or fat to the recipe. Fats do not store well and may cause premature spoilage. Never use thickeners such as flour, starch, pasta, rice or barley.
5. Use only USDA recommended tools and accessories.
6. Do add acid (lemon juice, vinegar or citric acid) especially to tomato products when directed in the recipe. If necessary, you can balance the tart taste by adding sugar.

## The NuWave Nutri-Pot™ Electric Pressure Canning Process

Though your exact experience may vary depending on the specific recipe you are following, most recipes can be prepared by following this guide.

1. Only follow recipes that have been tested for pressure canning. Prepare the necessary ingredients as instructed in the recipe.

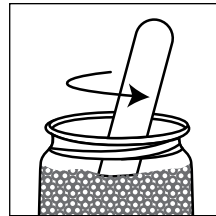
2. Fill clean 16-ounce mason jars to the level. Do not allow ingredients to exceed the level. Always leave no less than 1 inch of head space.



3. Gently remove any lingering air bubbles by pressing a flexible, nonporous spatula between the ingredients and the jar itself.

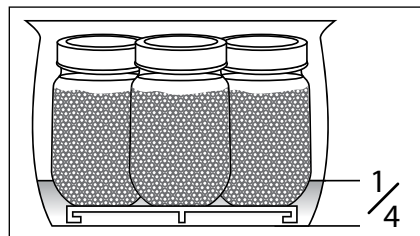
4. Place a clean lid onto each jar, then add a screw band. Turn the lid clockwise and tighten in place.

**NOTE:** Never re-tighten lids after pressurizing the jars. As the jars cool, the contents will contract, pulling the lid firmly against the jar to form a high vacuum and create a seal. If the screw bands are too loose, liquid may escape from the jars during this process, causing the seals to fail. If the screw bands are too tight, air cannot vent during this process, causing food to discolor while in storage. Tightening the lids too much may also cause the lids to buckle and the jars to break. Screw bands are not needed on stored jars. Remove after jars have cooled. When removed, washed, dried and stored, screw bands may be used many times. If left on stored jars, they become difficult to remove, often rust, and may not work properly again.



5. Place the Inner Pot in the base unit. Then put the Wire Rack in the bottom of the Inner Pot. Place Filled, sealed Jars on Rack. Unit will hold up to 9-16 oz. jars (maximum).

6. Pour hot water over the jars and into the Inner Pot until the water level reaches 1/4 of the way up the sides of the jars. For 9-16 oz cans. This would be about 6 cups of water. When processing fewer jars, more water would be needed.



## PRESSURE CANNING (Continued)

7. After reading the Owner's Manual, put the lid on the base and lock in place. Plug the unit into the wall outlet.
8. Press the **"canning"** button, the Pressure Cooker will default to 20 minutes. To change pressure time, press the **"time"** button then adjust accordingly.
9. When the canning process is complete, the unit will shut off. Press the Pressure Release Button to release the pressure. Once all the steam has escaped, carefully remove the lid.
10. Using canning tongs, remove the hot jars and place them on a heat resistant surface and allow to cool to room temperature.
11. When jars are thoroughly cool, remove the screw bands. The lids should be tightly sealed to the jars and when pressed in the center they should not have any "give" or springing motion. If they do, you cannot safely store this food for future use. It must be reprocessed immediately or refrigerated and used within a few days.
12. Place the finished jars on shelves in a cool, clean, dry atmosphere. Properly processed food will last for months and seasons. Jars, lids and screw bands are reusable. Check all carefully for damage before reuse.

**IMPORTANT:** It is not recommended to use the NuWave Nutri-Pot™ Electric Pressure Cooker as a canning device at altitudes of 2,000 feet above sea level or higher.

### NOTES & TIPS:

- While the jars are cooling, you will hear the lids emit a faint clicking sound. This sound indicates that the lids have properly sealed.
- You can check the seal on flat lids by pressing down with your thumb after they have cooled for one hour or more. If the lid remains stiff with no movement, then the lids have properly sealed.
- If the lids have not properly sealed after 2 hours of cooling, the pressure canning process did not work. Should this happen, refrigerate or freeze the ingredients and use within the standard use-by dates.
- Always use supplies specifically manufactured for the purpose of canning. For best results, use mason jars that are no larger than 16 ounces. When pressure canning, never stack the jars.

Use chart below. The canning function goes to a default of 20 minutes.


Food	Packing Conditions		Pressure 70kPa
	Type	Size (Jar)	Time (hrs:min)
<b>Asparagus</b>	Hot & Raw	Pints	00:30
<b>Beans (green)</b>	Hot & Raw	Pints	00:20
<b>Beans (lima, pinto, butter or soy)</b>	Hot & Raw	Pints	00:40
<b>Beets</b>	Hot	Pints	00:30
<b>Carrots</b>	Hot & Raw	Pints	00:25
<b>Corn, Whole-kernel</b>	Hot & Raw	Pints	00:55
<b>Greens</b>	Hot	Pints	01:10
<b>Okra</b>	Hot	Pints	00:25
<b>Peas, Green or English</b>	Hot & Raw	Pints	00:40
<b>Potatoes, White</b>	Hot	Pints	00:35

# TROUBLESHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	RESOLUTION
Difficulty closing lid.	Silicone Gasket may not be placed correctly.  Floater Valve may be blocking the push rod.	Place the Silicone Gasket correctly.  Push the Floater Valve to the correct position.
Difficulty opening lid.	The Floater Valve may not be falling down properly.  Pot may be still under pressure.	Push the Floater Valve Correctly.
Gas leakage from cooker lid.	Some ingredients may get stuck to the Silicone Gasket.  Silicone gasket may be broken.	Clean the Silicone Gasket.  Make sure that the lid is closed as per instructions on page 9.
Gas leakage from the Floater Valve.	Some ingredients may stick to the Floater Valve's sealing circle.  The Floater Valve's sealing circle may be broken.	Clean the Anti-Clog Filter.  The Floater Valve's sealing circle may need to be replaced.
Floater Valve does not raise up.	There may not be enough ingredients/water to generate enough pressure.  Gas leakage from lid or Pressure Release Valve.	Ingredients or water need to be at minimum level. Unit may need to be sent to the manufacturer.
<p>If the unit needs to be replaced or returned to the manufacturer, please contact our Customer Service Department at:</p> <p><b>1-877-689-2838 • Monday - Friday from 7:00 AM to 7:00 PM Central Standard Time.</b></p>		

### Contact Customer Service if any of these errors occur

Code	E1	E2	E3	E4
Error	Broken circuit of sensor	Short circuit of sensor	Over heat	Signal switch broken

	<b>⚠ WARNING</b>
	<p><b>Please immediately cut off circuit and send unit to our Customer Service Department in case of other problems.</b></p> <p><b>1-877-689-2838 • Monday - Friday from 7:00 AM to 7:00 PM Central Standard Time.</b></p>

# WARRANTY

## The NuWave™ Nutri-Pot™ Electric Pressure Cooker

### THE MANUFACTURER WARRANTIES

The NuWave Nutri-Pot™ Electric Pressure Cooker including the Pressure Release Valve, Pressure Release Button, Tempered Glass Lid, Rack, Inner Pot, Pressure Cooker Handle, Control Panel, Housing, Inner Lid, Silicone Gasket, Anti-Clog Filter, Measuring Cup and Water-Collection Box, are to be free from manufacturer defects.

All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions. The Manufacturer will provide the necessary parts and labor to repair any part of the NuWave Nutri-Pot™ Electric Pressure Cooker at NuWave, LLC. Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

### THE WARRANTY DOES NOT COVER

The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

### TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to: Pay for all services and parts not covered by the warranty; Prepay the freight to and from Service Department for any part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, day time telephone number, a detailed description of the problem, and your "**RG number.**" (Call 1-877-689-2838, **MONDAY – FRIDAY 7:00AM – 7:00PM CST**) or e-mail [help@nuwavenow.com](mailto:help@nuwavenow.com) to obtain the **RG** (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

### MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. **THE LIMITED WARRANTY MAY NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.**

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. **EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT NUWAVE, LLC.**

**READ YOUR OWNER'S MANUAL:** If you still have any questions about operation or warranty of the product, please contact **NuWave, LLC at: 1-877-689-2838 M-F from to 7:00AM – 7:00PM CST or e-mail [help@nuwavenow.com](mailto:help@nuwavenow.com).**



# Pressure Cooking Notes

## PRESSURE COOKING

### Tip:

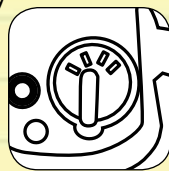
The NuWave Nutri-Pot™ Electric Pressure Cooker will beep to indicate that the cooking time is complete.

**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.

**Auto Warm Feature:** When pressure cooking is complete, the 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 on page 15.

**What is quick release?** To manually release the pressure, slowly turn the Pressure Release Switch counterclockwise. Steam can be extremely hot, take precautions to prevent any injury. This will rapidly release the steam, and when the pressure indicator is down, this allows you to safely open your Pressure Cooker. By releasing the steam this way you can quickly open The Pressure Cooker without cooling off the pot and stopping the cooking process.



**What is natural release?** To naturally release the pressure, simply wait for the pressure indicator to go down, allowing the Pressure Cooker to naturally release steam as it slowly cools. This allows you to finish the cooking process as the Pressure Cooker gradually releases steam. The natural release method takes up to 15 minutes. If the pressure remains in the Pressure Cooker, simply press the Quick Release Button to release any remaining pressure.



# SOUPS



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## Andouille Sausage and Cabbage Soup Serves: 8-12

### Ingredients:

6 tablespoons olive oil	1 teaspoon caraway seeds
2 pound andouille sausage, diced	2 teaspoon fennel seeds
2 small onion, diced	1 teaspoon mustard powder
4 carrots, chopped	2 tablespoon tomato paste
4 ribs celery, chopped	12 cups low sodium chicken stock
1 head green cabbage, chopped	Salt and black pepper to taste
1 head napa cabbage, chopped	1 cup chopped fresh parsley
6 cloves garlic, minced	

### Directions:

1. Press **“sear”** button, set to 6 minutes, then press **“start/stop”** button.
2. Add olive oil and sausage to the Pressure Cooker and brown sausage.
3. Add onions, carrots, celery, cabbage and garlic to Pressure Cooker and mix well.
4. Add seasonings and toss to coat well.
5. Add stock and tomato paste and mix well.
6. Season with salt and pepper.
7. Close lid and lock in place.
8. Press **“soup”** button, press **“texture”** once to 20 minutes, then press **“start/stop”** button.
9. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Once pressure is released, carefully open lid, stir in fresh parsley, season with salt and pepper to taste and serve.



## Barley Beef Soup Serves: 8-12

### Ingredients:

6 tablespoons olive oil, divided	4 cloves garlic, chopped
3 pounds beef, cubed	2 teaspoon dried rosemary
Salt and black pepper to taste	4 tablespoons tomato paste
2 onion, medium diced	2 cup red wine
4 carrots, medium diced	2 cup uncooked pearl barley
8 ribs celery, medium diced	12 cups low sodium beef broth
4 medium parsnips, chopped	2 tablespoon chopped fresh thyme
16 ounces cremini mushrooms, chopped	

### Directions:

1. Press **“sear”** button, set to 15 minutes, then press **“start/stop”** button.
2. Rub 1 tablespoon oil onto beef and season with salt and pepper.
3. Working in small batches, brown beef on all sides in Pressure Cooker, adding additional oil between batches.
4. Transfer browned beef to paper towel-lined dish and set aside.
5. Add onions, carrots, celery, parsnips, mushrooms, garlic and rosemary to Pressure Cooker and sauté for 8-10 minutes.
6. Stir in tomato paste, wine, pearl barley and broth and return beef to Pressure Cooker.
7. Close lid and lock in place.
8. Press **“soup”** button, press **“texture”** once for 20 minutes, then press **“start/stop”** button.
9. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully open lid, stir in fresh thyme, season with salt and pepper to taste and serve.

**Tip:** Use beef stock in place of red wine.



## Chicken and Rice Soup Serves: 12-16

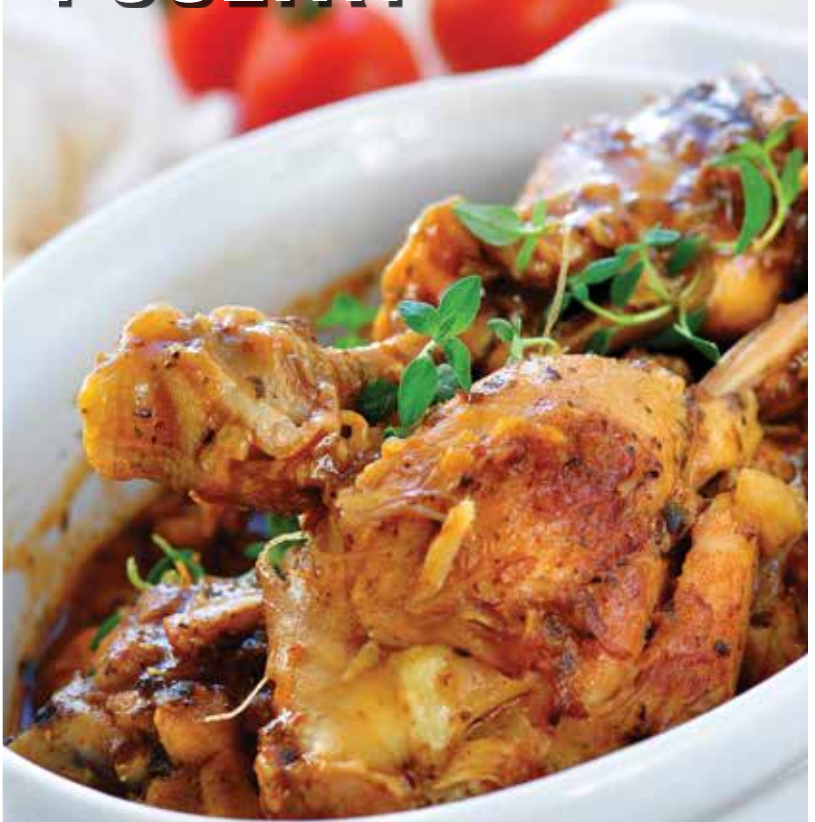
### Ingredients:

2 tablespoon olive oil	2 teaspoon dried thyme
6 boneless skinless chicken breasts, small diced	2 cup long-grain rice
2 onion, finely chopped	8 cups chicken stock
6 carrots, peeled and sliced	2 (28-ounce) can diced tomatoes
4 ribs celery, sliced	3 teaspoons salt
6 cloves garlic, minced	Freshly ground black pepper to taste
	½ cup chopped fresh parsley

### Directions:

1. Press **“sear”** button, ensure it is set to 14 minutes, then press **“start/stop”** button.
2. Add olive oil and chicken to Pressure Cooker and brown chicken (min. 8-10 minutes).
3. Add onions, carrots, celery, garlic and thyme and sauté for 4 minutes.
4. Add rice, chicken stock and tomatoes and season with salt and pepper.
5. Close lid and lock in place.
6. Press **“soup”** button, set to 12 minutes, then press **“start/stop”** button.
7. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Season with salt and pepper, garnish with celery and serve.

# POULTRY



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## Cassoulet Chicken Serves: 8-12

### Ingredients:

12-16 chicken legs or thighs	2 cup carrots
Salt and black pepper to taste	2 tablespoon Dijon mustard
6 tablespoons olive oil	2 clove garlic, chopped
1 pound diced pancetta	4 cups low sodium chicken stock
2 cup white wine	4 (15-ounce) cans navy beans, drained
1 onion, chopped	2 teaspoon fresh thyme, chopped
½ cup celery	

### Directions:

1. Press **“sear”** button, set to 15 minutes, then press **“start/stop”** button.
2. Coat chicken in olive oil and season with salt and pepper.
3. Brown chicken on both sides in Pressure Cooker and set chicken aside on a covered plate.
4. Add pancetta and wine to deg-laze chicken pieces stuck to bottom.
5. Return chicken to Pressure Cooker, add all remaining ingredients and continue to sear for 3 minutes.
6. Close lid and lock in place.
7. Press **“poultry”** button, press **“texture”** twice for 35 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Season with salt and pepper to taste and serve.

**Tip:** Use chicken stock in place of white wine.



## Chicken a la King Serves: 12

### Ingredients:

2 tablespoon olive oil	3 cup rice
6 shallots, chopped	4 tablespoons parsley
6 carrots, diced	4 teaspoons salt
6 ribs celery, diced	2 teaspoon white pepper
2 tablespoon chopped garlic	2 tablespoon butter
2 cup mushrooms	6 tablespoon flour
3 teaspoons fresh thyme	32 ounces frozen peas
12 boneless skinless chicken breasts	2 cup half and half
4 cups low sodium chicken stock	

### Directions:

1. Press **“sear”** button and press **“start/stop”** button.
2. Add olive oil, shallots, carrots, celery and garlic to Pressure Cooker and cook for 8 minutes.
3. Add mushrooms, thyme, chicken, chicken stock, rice, parsley, salt and pepper to Pressure Cooker and mix until combined.
4. Close lid and lock in place.
5. Press **“poultry”** button, and set for 25 minutes, then press **“start/stop”**.
6. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
7. Remove the chicken, press **“sear”** button. Add butter, flour, peas and half & half and stir until sauce begins to thicken.
8. Season with salt and pepper to taste and serve chicken with rice mixture.



## Salsa Chicken and Rice Serves: 8

### Ingredients:

4 teaspoons olive oil	2 (10-ounce) can diced tomatoes
2 (4-pound) chicken, cut into 8 pieces	2 (10-ounce) can green chilies
2 cup basmati rice	2 tablespoon chili powder
4 cups chicken stock	4 cloves garlic, chopped
1 cup dry white wine	Salt and pepper to taste
2 (8-ounce) jar prepared salsa	1 cup cilantro, chopped (optional)

### Directions:

1. Press **“sear”** button, set to 20 minutes, then press **“start/stop”** button.
2. Add oil to Pressure Cooker and brown chicken on all sides.
3. Transfer browned chicken to dish lined with paper towels and set aside.
4. Add all remaining ingredients, except cilantro, to Pressure Cooker and stir well.
5. Return all chicken to Pressure Cooker.
6. Close lid and lock in place.
7. Press **“poultry”** button, press **“texture”** twice for 35 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Season with salt and pepper, garnish with cilantro and serve.

**Tip:** Use chicken stock in place of white wine.



# BEEF



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## Beef Mac and Cheese Serves: 12-16

### Ingredients:

2 tablespoon olive oil	Freshly ground black pepper to taste
2 pound lean ground beef	2 can (28-ounces) diced tomatoes in juice
2 onion, finely chopped	2 cup beef stock
2 green pepper, small dice	½ cup ketchup
2 red pepper, small dice	1 pound dried elbow macaroni
3 teaspoon dried oregano	3 cups grated Parmesan or Cheddar cheese
3 teaspoons dried basil	
2 teaspoon salt	
2 teaspoon paprika	

### Directions:

1. Press **“sear”** button, set to 16 minutes, then press **“start/stop”** button.
2. Add olive oil and ground beef to Pressure Cooker.
3. Break beef into large chunks and brown.
4. Add onions, peppers and seasonings. Cook until fragrant, stirring well.
5. Add tomatoes, stock, ketchup and macaroni to Pressure Cooker.
6. Close lid and lock in place.
7. Press **“time”** button, set to 5 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Stir in grated cheese and season with salt and pepper before serving.



## Beef Short Ribs Serves: 8-12

### Ingredients:

4 tablespoons olive oil	6 sprigs fresh thyme
8 pounds beef short ribs	2 bay leaf
Salt and freshly ground black pepper to taste	1 cup white wine
2 onion, chopped	3 cups orange juice
2 rib celery, chopped	4 tablespoons soy sauce
4 cloves garlic, minced	4 tablespoons chopped fresh chives

### Directions:

1. Press **“sear”** button, set to 20 minutes, then press **“start/stop”** button.
2. Add olive oil to Pressure Cooker.
3. Season ribs with salt and pepper.
4. Sear ribs for about 5 minutes per side, transfer to covered dish and set aside.
5. Add onions, celery, garlic, thyme and bay leaf to Pressure Cooker and sauté for 6-8 minutes.
6. Pour wine into Pressure Cooker to deg-laze any brown bits from the bottom. Continue to simmer until nearly dissipated.
7. Add orange juice, soy sauce and ribs to Pressure Cooker.
8. Close lid and lock in place.
9. Press **“meat/stew”** button, set timer to 50 minutes, then press **“start/stop”** button.
10. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
11. Carefully remove lid and transfer ribs to platter.
12. Press **“sear”** button, set timer to 10 minutes, then press **“start/stop”** button to thicken gravy.
13. Once gravy has thickened, return ribs to Pressure Cooker and toss to coat well.
14. Press **“start/stop”** button, garnish ribs with chives and serve.

**Tip:** Use chicken stock in place of white wine.



## Spicy Beef and Cabbage Serves: 8-12

### Ingredients:

2 tablespoon olive oil	2 tablespoon brown sugar
2 pound lean ground beef	4 cups beef stock
2 onion, small diced	2 (28-ounce) can tomatoes, whole peeled
2 clove garlic, sliced	2 (14-ounce) can crushed tomatoes
2 teaspoons salt	2 cup basmati rice
2 teaspoon dried oregano	2 medium head green cabbage, coarsely chopped
2 teaspoon red pepper flakes	½ cup chopped fresh parsley
2 tablespoon Worcestershire sauce	
2 tablespoon red wine vinegar	
2 tablespoon tomato paste	

### Directions:

1. Press **“sear”** button, set to 12 minutes, then press **“start/stop”** button.
2. Add olive oil and beef to Pressure Cooker and brown beef, stirring constantly.
3. Transfer beef to paper towel-lined dish to drain, reserving 2 tablespoon beef fat in the Pressure Cooker.
4. Add onions, garlic and seasonings to Pressure Cooker and stir to combine.
5. Stir in Worcestershire sauce, vinegar, tomato paste, brown sugar and beef stock.
6. Return beef to pot and stir in tomatoes, rice and cabbage.
7. Close lid and lock in place.
8. Press **“time”** button, set to 7 minutes, then press **“start/stop”** button.
9. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully open lid, stir in fresh parsley and serve.

# BBQ & MEATS



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## Baby Back Ribs Serves: 8-12

### Ingredients:

4 tablespoons olive oil, divided	4 teaspoons kosher salt
2 yellow onion, medium dice	2 teaspoon pepper
8 cloves garlic, minced	2 teaspoon apple cider vinegar
2 rack baby back ribs (about 3-4 lbs)	4 cups ketchup
2 teaspoon smoked paprika	4 tablespoons tomato paste
2 teaspoon dark chili powder	1 cup water
2 teaspoon light brown sugar	

### Directions:

1. Press **“sear”** button, set to 8 minutes, then press **“start/stop”** button.
2. Add 1 tablespoon olive oil, onion and garlic to Pressure Cooker and cook for 6-8 minutes.
3. Cut rack of ribs in half and coat in 1 tablespoon oil.
4. Combine paprika, chili powder, brown sugar, salt and pepper in bowl and rub onto ribs.
5. Add remaining ingredients to Pressure Cooker
6. Shingle ribs and place in Pressure Cooker.
7. Close lid and lock in place.
8. Press **“meat/stew”** button, and set for 40 minutes, then press **“start/stop”**.
9. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully remove lid and remove ribs and serve immediately.



## BBQ Pulled Pork Serves: 16-20

### Ingredients:

12 slices bacon, chopped	½ teaspoon cayenne pepper
2 (4-5-pound) pork shoulder roast	2 cup ketchup
2 red onion, finely chopped	2 tablespoon tomato paste
8 garlic cloves, minced	4 tablespoons brown sugar
1 teaspoon dry mustard powder	½ cup apple cider vinegar
1 teaspoon smoked paprika	2 teaspoon salt
1 teaspoon Ancho chili powder	1 cup low sodium chicken or beef stock

### Directions:

1. Press “**sear**” button, set to 20 minutes, then press “**start/stop**” button.
2. Add bacon to Pressure Cooker and cook for about 6 minutes per side, until crispy.
3. Transfer bacon to paper towels to remove grease and set aside.
4. Season pork with salt and pepper, then brown in bacon fat in Pressure Cooker for about 12 minutes per side.
5. Remove pork and set aside.
6. Add onions and garlic to Pressure Cooker and sauté for about 10 minutes.
7. Add spices to Pressure Cooker and cook for 2 minute.
8. Add all remaining ingredients to Pressure Cooker and stir to combine.
9. Return pork and bacon to Pressure Cooker.
10. Close lid and lock in place.
11. Press “**meat/stew**” set timer to 90 minutes, then press “**start/stop**” button.
12. Once finished, the Pressure Cooker will automatically go to the “**warm**” feature and the pressure will release naturally.
13. Remove pork and let it rest for 10-15 minutes.
14. Shred pork and return to Pressure Cooker and toss with sauce until thoroughly coated.



## Honey BBQ Meatloaf Serves: 8-12

### Meatloaf Ingredients:

1½ pound of ground beef  
1 pound pork  
1½ pound veal  
2 onion, diced  
2 clove garlic, minced  
1 teaspoon dried thyme  
½ cup Panko breadcrumbs  
4 tablespoons tomato ketchup  
1 cup BBQ sauce  
4 egg yolks, lightly beaten  
salt and pepper to taste

### Sauce Ingredients:

1 cup chicken stock  
2 (14½-ounce) can crushed tomatoes  
1 cup BBQ sauce  
2 tablespoon honey

### Directions:

1. In large bowl, combine all meatloaf ingredients and mix until combined.
2. Shape meat into loaf and place in Pressure Cooker.
3. In small dish, combine sauce ingredients and mix well.
4. Pour half of the sauce mixture over meatloaf in Pressure Cooker and set remaining sauce aside.
5. Close lid and lock in place.
6. Press “time” and set timer to 70 minutes, then press “start/stop” button.
7. Once finished, the Pressure Cooker will automatically go to the “warm” feature and the pressure will release naturally.
8. Open lid and transfer meatloaf to serving platter.
9. Brush meatloaf with remaining sauce and serve.





## Pork Shoulder with Sauerkraut Serves: 12

### Ingredients:

6 pounds boneless pork butt, cut into 8 even chunks	2 cup chardonnay wine
Salt and pepper to taste	32 ounce sauerkraut
8 tablespoon olive oil	4 cups low sodium beef stock
½ pound smoked bacon, chopped or diced	6 garlic cloves, smashed
4 carrots, chopped	2 apple sauce
2 medium white onion, chopped	4 apples, cored and chopped
6 ribs celery, chopped	4 teaspoons dried oregano
	4 teaspoons fennel seed
	2 teaspoons brown sugar

### Directions:

1. Press **“sear”** button, set to 20 minutes, then press **“start/stop”** button.
2. Add oil to Pressure Cooker, season pork with salt and pepper and sear pork for about 6 minutes per side; set browned pork aside.
3. Add bacon to Pressure Cooker and cook for about 6-8 minutes, until crispy, stirring occasionally.
4. Add carrots, onions and celery to Pressure Cooker and cook for 4-6 minutes.
5. Add wine to Pressure Cooker to deg-laze any bits stuck to bottom.
6. Add sauerkraut to Pressure Cooker and cook for 10 minutes, stirring occasionally.
7. Add all remaining ingredients to Pressure Cooker and return pork to Pressure Cooker.
8. Close lid and lock in place.
9. Press **“meat/stew”** button, then set to 80 minutes and press **“start/stop”** button.
10. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
11. Carefully remove lid and transfer pork and vegetables to serving tray, reserving sauce in Pressure Cooker.
12. Press **“sear”** button, then press **“start/stop”** button to reduce sauce.
13. Pour sauce over pork and serve.

**Tip:** Use chicken stock in place of white wine.



## Pot Roast Serves: 12-16

### Ingredients:

2 (3½-4-pound) boneless chuck roast	2 teaspoon dried oregano
Salt and freshly ground black pepper to taste	2 teaspoon dried sage
4 tablespoon olive oil, divided	2 cup red wine
2 onion, chopped	2 (28-ounce) can crushed tomatoes
6 carrots, chopped	2 bay leaf
4 ribs celery, chopped	8 large red potatoes, skin on, roughly chopped
6 cloves garlic, minced	½ cup chopped fresh basil
1 teaspoon dried rosemary	

### Directions:

1. Rub 2 tablespoon olive oil onto roast and coat with salt and pepper.
2. Press **“sear”** button, set to 20 minutes, then press **“start/stop”** button.
3. Add remaining oil to Pressure Cooker and brown roast on all sides for about 6 minutes total. Once meat is browned, transfer to plate and set aside.
4. Add onions, carrots, celery and garlic to Pressure Cooker and sauté for 8 minutes.
5. Add rosemary, oregano and sage and stir for 2 minute.
6. Add red wine and tomatoes and stir well.
7. Add bay leaf and return roast to Pressure Cooker.
8. Close lid and lock in place.
9. Press **“meat/stew”** set to 110 minutes, then press **“start/stop”** button.
10. Once finished, press and hold pressure release button until all pressure has been released, then carefully remove lid.
11. Transfer roast to serving platter and cover with foil to keep warm.
12. Add potatoes to Pressure Cooker and close lid.
13. Press **“time”** set to 12 minutes.
14. Close lid and lock in place, then press **“start/stop”** button.
15. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
16. Return roast to Pressure Cooker and stir until coated with sauce.
17. Season with salt and pepper, stir in basil and serve.

**Tip:** Use beef stock in place of red wine.



## Swiss Steak Serves: 8-12

### Ingredients:

- |                                                |                                 |
|------------------------------------------------|---------------------------------|
| 2 lb beef top round, cut into ½-inch chunks    | 2 medium onion, julienned       |
| 6 tablespoons olive oil, divided               | 2 clove garlic, minced          |
| Salt and freshly ground black pepper to taste. | 2 teaspoon prepared horseradish |
| 1½ cup beef broth, divided                     | 2 (8-ounce) can tomato sauce    |
| 6 ribs celery, julienned                       | 2 bay leaf                      |
| 6 medium carrots, julienned                    | ½ cup flour                     |
|                                                | ½ cup chopped fresh parsley     |

### Directions:

1. Coat beef with 2 tablespoon olive oil and season with salt and pepper.
2. Press **“sear”** button, set timer to 15 minutes, then press **“start/stop”** button.
3. Add remaining oil to Pressure Cooker and brown beef on all sides.
4. Pour 1 cup broth into Pressure Cooker and add celery, carrots, onions, garlic, horseradish, tomato sauce and bay leaf.
5. Close lid and lock in place.
6. Press **“meat/stew”** button, set to 50 minutes, then press **“start/stop”** button.
7. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Carefully open lid and transfer meat to covered dish and set aside.
9. Press **“sear”** button, set to 20 minutes, then press **“start/stop”** button to simmer sauce.
10. In small dish, combine remaining oil and flour to make slurry.
11. Add slurry to simmering sauce and stir until thickened.
12. Return meat to Pressure Cooker and heat for 4 minutes, spooning gravy over meat.
13. Serve meat over egg noodles or rice and garnish with fresh parsley.



## Braised Lamb Shanks Serves: 8-12

### Ingredients:

12 lamb shanks	6 tablespoons tomato paste
Salt and freshly ground black pepper to taste	4 cups red wine
1 cup flour	3 cups beef stock
8 tablespoons olive oil	4 bay leaves
2 yellow onion, chopped	2 teaspoon dried thyme
2 rib celery, small diced	1 teaspoon dried oregano
2 medium carrot, small diced	2 orange, juiced and zested
4 cloves garlic, smashed	2 lemon, juiced and zested
	Fresh parsley, chopped

### Directions:

1. Place flour in shallow wide dish.
2. Season lamb with salt and pepper and dredge in flour to coat well.
3. Press **“sear”** button, set to 12 minutes, then press **“start/stop”** button.
4. Add olive oil to Pressure Cooker and, working in batches, sear lamb on all sides until dark brown and set aside in covered dish.
5. Add carrots, celery, onions, garlic and tomato paste to Pressure Cooker and sauté for 24-6 minutes.
6. Add red wine to Pressure Cooker and deg-laze any bits off the bottom.
7. Add stock, juices, zests, bay leaves, spices and lamb to Pressure Cooker.
8. Close lid and lock in place.
9. Press **“meat/stew”** button set to 70 minutes, then press **“start/stop”** button.
10. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
11. Carefully open lid, season lamb and set aside.
12. Press **“sear”** button, set for 10 minutes, then press **“start/stop”** button to thicken sauce.
13. Once sauce has thickened, pour over lamb and garnish with parsley.

**Tip:** Use beef stock in place of red wine.



## Sailor's Mussels Serves: 12-16

### Ingredients:

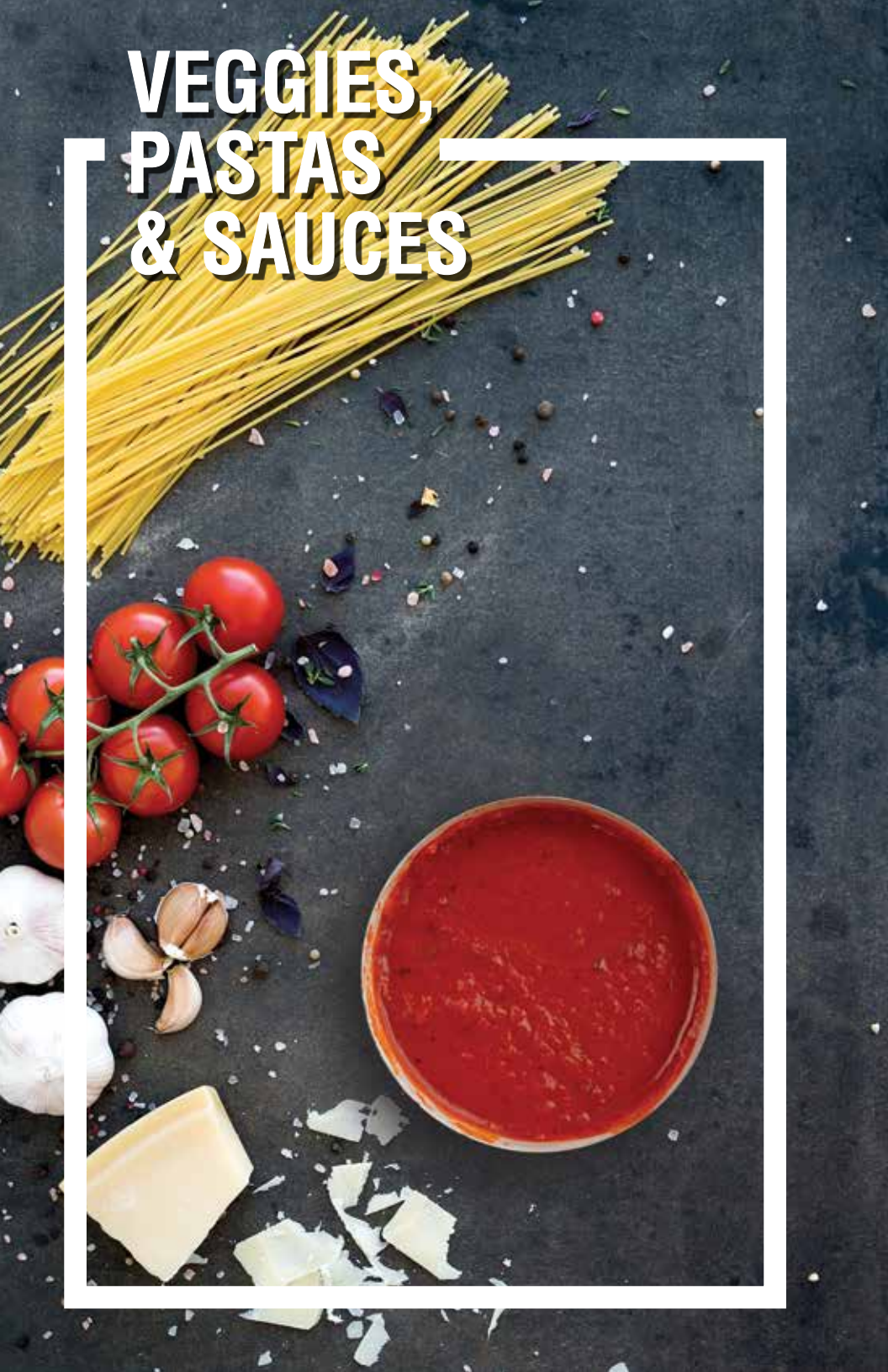
8 pounds mussels	2 bay leaf
6 tablespoons butter, divided	3 cups white wine
2 large shallot, finely chopped	½ cup minced parsley
4 cloves garlic, minced	1 cup heavy whipping cream
4 sprigs fresh thyme	Pinch ground black pepper

### Directions:

1. Scrub mussels and run under running water to clean. Remove any hair protruding from shell and throw away any mussels that are cracked.
2. Press **“sear”** button, set to 18 minutes, then press **“start/stop”** button.
3. Melt butter in Pressure Cooker and cook shallot, garlic, thyme and bay leaf for 4-6 minutes.
4. Add white wine and mussels to Pressure Cooker.
5. Close lid and lock in place.
6. Press **“fish”** button, set timer to 4 minutes, then press **“start/stop”** button.
7. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Transfer mussels to serving dish, reserving liquid in Pressure Cooker.
9. Press **“sear”** button, set to 14 minutes, then press **“start/stop”** button.
10. Bring liquid to simmer, then stir in parsley and heavy cream and season with black pepper.
11. Pour sauce over mussels and serve immediately.

**Tip:** Use chicken stock in place of white wine.

# VEGGIES, PASTAS & SAUCES





## Blistered Cherry Tomato Stuffed Peppers Serves: 10

### Ingredients:

2 tablespoon olive oil	3 cups cooked rice
1 onion	4 teaspoons parsley
2 cup cherry tomatoes, halved	2 teaspoon marjoram
2 (14-ounce) can diced tomatoes	2 teaspoon fresh basil
2 (14-ounce) can tomato puree	2 teaspoon salt
2 clove garlic	2 teaspoon black pepper
2 pound ground chicken	10 large green peppers, tops removed, seeded
	1 cup provolone cheese

### Directions:

1. Press **“sear”** button, set to 16 minutes, then press **“start/stop”** button.
2. Add oil, onions and tomatoes, diced tomatoes and tomato puree to Pressure Cooker and cook until tomatoes have blistered.
3. In separate bowl, add ground chicken, cooked rice, parsley, marjoram, basil, salt and pepper. Mix until combined.
4. Spoon chicken mixture into each pepper.
5. Place steamer rack in Pressure Cooker and place peppers on the rack.\*
6. Close lid and lock in place.
7. Press **“poultry”** button, ensure its set for 20 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Carefully remove lid and add shredded provolone onto each pepper.
10. Place tempered glass lid on Pressure Cooker and let peppers sit for 2 minutes, until cheese melts.
11. Transfer peppers to serving platter, remove rack and top peppers with sauce.

\***Note:** Tomato sauce can touch rack.



## Stuffed Squash Serves: 8

### Ingredients:

4 cups water	½ teaspoon ground cloves
4 small acorn squash, cut in half & seeded	4 tablespoons brown sugar
Kosher salt and freshly ground black pepper to taste	4 green apples, peeled and chopped
2 teaspoon ground cinnamon	1 cup dried cranberries
½ teaspoon ground nutmeg	½ cup maple syrup
	4 tablespoons butter, divided into 4 cubes

### Directions:

1. Pour water into Pressure Cooker and place steamer rack in pot.
2. Place squash on rack, cut side up, and season with salt and pepper.
3. In a medium bowl, combine seasonings and sugar and mix well.
4. Toss apples and cranberries in seasonings until coated.
5. Divide fruit mixture evenly into each squash.
6. Top each squash with 1 butter cube and drizzle maple syrup over each squash.
7. Close lid and lock in place.
8. Press **“steam/veggies”** set timer to 6 minutes, then press **“start/stop”** button.
9. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Remove squash with tongs and serve warm.





## Classic Chili Serves: 12-16

### Ingredients:

- |                                                        |                                              |
|--------------------------------------------------------|----------------------------------------------|
| 2 tablespoon chili powder                              | 2 medium white onion, small diced            |
| 2 teaspoon dried oregano                               | 6 cloves garlic, minced                      |
| 1 teaspoon ground, dried cumin                         | 5-6 chipotle peppers in adobo sauce, chopped |
| 1 teaspoon smoked paprika                              | 2 (28-ounce) can chopped tomatoes            |
| 6 tablespoons olive oil                                | 2 cup low sodium beef stock                  |
| 8 pounds boneless chuck or round roast, cut into cubes | ½ cup chopped fresh cilantro                 |
| Salt and freshly ground pepper to taste                |                                              |

### Directions:

1. Combine all seasonings in shallow dish.
2. Rub cubed beef with olive oil, coat with seasonings and toss to coat well.
3. Press **“sear”** button, set to 20 minutes, then press **“start/stop”** button.
4. Add remaining oil to Pressure Cooker and, working in batches, sear beef on all sides and transfer to covered dish.
5. Add onions, garlic, chipotle peppers, tomatoes and beef stock to Pressure Cooker and return all browned meat.
6. Close lid and lock in place.
7. Press **“meat/stew”** button, press **“texture”** once for 40 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Carefully open lid and season chili with salt and pepper to taste.
10. Garnish with cilantro and serve.



## Risotto with Italian Sausage & Parmesan Serves: 8-12

### Ingredients:

2 tablespoon olive oil	1 cup white wine
2 pound sweet Italian sausage, sliced	7 cups low sodium chicken stock
1 cup chopped shallots	2 teaspoon salt
4 cloves garlic, minced	Freshly ground black pepper to taste
1 cup sliced sundried tomatoes	1 cup grated Parmesan cheese
3 cups Arborio rice	½ chopped fresh basil

### Directions:

1. Press **“sear”** button, and press **“start/stop”** button.
2. Add olive oil and sausage to Pressure Cooker and brown sausage on all sides.
3. Add shallots and garlic and continue to cook for 4-6 minutes.
4. Stir in rice, tomatoes, chicken stock and wine.
5. Season with salt and pepper.
6. Close lid and lock in place.
7. Press **“rice”** button, press **“texture”** twice for 7 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Stir in cheese, top with basil and serve.

**Tip:** Use chicken stock in place of white wine.



## Jambalaya Serves: 8-12

### Ingredients:

- |                                                            |                                             |
|------------------------------------------------------------|---------------------------------------------|
| 4 tablespoons olive oil                                    | 2 bay leaf                                  |
| 4 boneless skinless chicken breast, cut into ½-inch pieces | 3 cups long grain rice                      |
| 2 pound andouille sausage, cut into medium chunks          | 4 cups low sodium chicken stock             |
| 2 white onion, finely chopped                              | 2 (14-ounce) can chopped tomatoes           |
| 6 ribs celery, finely chopped                              | 2 tablespoon tomato paste                   |
| 2 green pepper, finely chopped                             | 16 ounces smoked ham, medium diced          |
| 1 teaspoon dried thyme                                     | 4 teaspoons Worcestershire sauce            |
| 1 teaspoon dried oregano                                   | 2 teaspoon kosher salt                      |
| 1 teaspoon dried cayenne pepper                            | 24 raw shrimp (16/20), peeled and de-veined |
| 2 teaspoon dried smoked paprika                            | 10 scallions, sliced                        |
| 8 cloves garlic, minced                                    |                                             |

### Directions:

1. Press **“sear”** button, set to 25 minutes, then press **“start/stop”** button.
2. Add olive oil to Pressure Cooker and, working in batches, brown sausage and chicken; set meats aside once browned.
3. Add onion, celery, green pepper and garlic to Pressure Cooker and cook for 6-8 minutes.
4. Stir in spices, add rice and cook for 2 minute, stirring constantly.
5. Add chicken stock, tomato paste, tomatoes, ham, Worcestershire sauce, salt and browned meat to Pressure Cooker.
6. Close lid and lock in place.
7. Press **“time”** button, set to 8 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Stir shrimp into jambalaya and close lid.
10. Let jambalaya sit for 8-10 minutes, until shrimp is cooked through.
11. Open lid, garnish with scallions and serve.



## Garlic Cheddar Mashed Potatoes Serves: 12-16

### Ingredients:

12 russet potatoes, washed, peeled, and diced into 1-inch cubes

8 whole cloves garlic, peeled

Water

1 cup half and half

6 tablespoons butter, melted

2 cup shredded cheddar cheese

Kosher salt and fresh black pepper to taste

10 scallions, sliced (optional)

### Directions:

1. Place potatoes and garlic in Pressure Cooker pot and add just enough water to cover potatoes.
2. Close lid and lock in place.
3. Press **“potatoes”** button, then press **“start/stop”** button.
4. Once finished, press **“start/stop”** button and wait 15-20 minutes for pressure to naturally release.
5. Carefully remove lid and remove pot from Pressure Cooker and drain liquid.
6. Return pot to cooker and mash potatoes.
7. Add butter and half and half and continue to mash until creamy.
8. Fold in cheddar cheese and season with salt and pepper to taste.
9. Once potatoes are warmed through press **“start/stop”** and transfer to serving dish.
10. Garnish with scallions and serve.



## Marinara Sauce Serves: 12

### Ingredients:

6 tablespoons olive oil	2 teaspoon salt
8 cloves garlic, finely chopped	Freshly ground black pepper to taste
½ teaspoon crushed red pepper flakes	1 teaspoon sugar
4 (28-ounce) cans crushed herb tomatoes	½ cup chopped fresh basil

### Directions:

1. Press **“sear”** button, then press **“start/stop”** button.
2. Add olive oil, garlic and red pepper flakes to Pressure Cooker and cook until fragrant.
3. Add tomatoes, salt, pepper and sugar to Pressure Cooker.
4. Close lid and lock in place.
5. Press **“time”** button and set to 8 minutes, then press **“start/stop”** button.
6. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
7. Carefully remove lid and stir in basil, season with salt and pepper to taste and serve.



## Rice and Beans Serves: 16-20

### Ingredients:

2 cup dried pinto beans	2 teaspoon ground cumin
Water	2 teaspoon chili power
2 tablespoon vegetable oil	2 (14-ounce) can diced tomatoes
2 red onion, finely chopped	4 cups chicken stock
2 green pepper, finely chopped	2 teaspoon salt
2 jalapeño, finely chopped	Black pepper to taste
6 cloves garlic, minced	½ cup chopped fresh cilantro
4 cups long-grain rice	6 scallions, chopped

### Directions:

1. Add pinto beans to Pressure Cooker and cover with 1 inch of water.
2. Close lid and lock in place.
3. Press “time” button, set to 5 minutes, then press “**start/stop**” button.
4. Once finished, press “**start/stop**” button and wait 15-20 minutes for pressure to naturally release.
5. Carefully drain beans and set aside.
6. Press “**sear**” button, then press “**start/stop**” button.
7. Add oil, onions, peppers, jalapeño and garlic to Pressure Cooker and cook for 6-8 minutes.
8. Add rice and seasonings and stir to combine.
9. Stir in tomatoes and chicken stock.
10. Return beans to Pressure Cooker and mix well.
11. Season with salt and pepper to taste.
12. Close lid and lock in place.
13. Press “time” button, set timer to 8 minutes, then press “**start/stop**” button.
14. Once finished, the Pressure Cooker will automatically go to the “**warm**” feature and the pressure will release naturally. Carefully remove lid.
15. Stir in cilantro, garnish with scallions and serve.



## Tortellini Serves: 8-12

### Ingredients:

- |                                       |                                            |
|---------------------------------------|--------------------------------------------|
| 2 tablespoon olive oil                | 2 (28-ounce) can diced tomatoes with juice |
| 2 onion, small diced                  | 2 tablespoon tomato paste                  |
| 2 clove garlic, minced                | 2 bay leaf                                 |
| 2 red pepper, small diced             | 4 medium carrots, thinly sliced            |
| 2 (8-ounce) package cremini mushrooms | 4 medium zucchini, thinly sliced           |
| 2 teaspoon dried oregano              | 2 pound ground hot Italian sausage         |
| 2 teaspoon dried basil                | 1½ pound frozen cheese tortellini          |
| 2 teaspoon salt                       | ½ cup chopped fresh parsley                |
| 4 cups low sodium chicken stock       |                                            |

### Directions:

1. Press **“sear”** button, and ensure its set for 10 minutes, then press **“start/stop”** button.
2. Add olive oil to Pressure Cooker and sauté onions, garlic, red pepper, mushrooms, oregano and basil.
3. Add stock, tomatoes, tomato paste, salt and bay leaf.
4. Stir in carrots, zucchini, sausage and tortellini.
5. Close lid and lock in place.
6. Press **“time”** button, set timer to 5 minutes, then press **“start/stop”** button.
7. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Carefully open lid, stir tortellini and top with fresh parsley.

# BAKING







## **Box Cake Mix** Serves: 8

### **Ingredients:**

4 cups water  
2 box cake mix

### **Directions:**

1. Prepare cake batter according to package directions.
2. Butter bottom and sides of 9-inch baking pan that will fit inside Pressure Cooker.
3. Pour half of prepared batter into baking pan and wrap with foil, ensuring the foil is airtight.
4. Place steamer rack in Pressure Cooker and pour in water.
5. Carefully place baking pan on rack.
6. Close lid and lock in place.
7. Press **“bake”** and set to 25 minutes, then press **“start/stop”** button.
8. Once finished, the Pressure Cooker will shut off, wait 15-20 minutes for pressure to naturally release.
9. Carefully open lid and lift cake pan out of cooker using foil sling and transfer to cooling rack.



## Orange Cheesecake Yields 1 (9-inch) cheesecake

### Ingredients:

1½ cup graham cracker crumbs  
2½ tablespoons butter, melted  
1½ tablespoon orange zest

### Filling Ingredients:

4 (8-ounce) packages cream cheese  
1⅓ cup granulated sugar  
4 tablespoons all-purpose flour  
2 tablespoon confectioners' sugar  
Juice from 1 orange  
4 eggs  
2 teaspoon vanilla extract

### Directions:

1. Cut parchment paper to fit a 9-inch spring form pan or pie plate.
2. Butter bottom and sides of pan and parchment paper; set aside.
3. In medium bowl, mix melted butter, graham cracker crumbs and orange zest.
4. Press crumb mixture into prepared pan; cover and refrigerate until ready to use.
5. In large bowl, blend cream cheese with electric mixer until smooth.
6. Gradually add sugar, flour and confectioner's sugar and mix until combined.
7. Add eggs one at a time and mix until smooth.
8. Add vanilla and orange juice and mix until smooth.
9. Pour mixture into prepared crust.
10. Carefully lower cheesecake onto steamer rack. Add enough water to cover the bottom by 1 inch.
11. Close lid and lock in place.
12. Press **"bake"** and set to 22 minutes, then press **"start/stop"** button.
13. Once finished, the Pressure Cooker will shut off, wait 15-20 minutes for pressure to naturally release. Press the Quick Release Button to ensure all pressure is released.
14. Let it set in Pressure Cooker for 1 hour.
15. Carefully open lid and lift cheesecake out of Pressure Cooker and transfer to cooling rack.
16. Once cheesecake comes to room temperature, cover and refrigerate for at least 4 hours, or overnight.



## **Brownies** Serves 8-10

### **Ingredients:**

3/4 cup all-purpose flour

2/3 cup unsweetened cocoa powder

3/4 cup granulated sugar

1 1/2 teaspoon confectioners' sugar

1 teaspoon baking powder

1/3 teaspoon salt

2 1/2 eggs

8 1/2 tablespoons butter, melted

1 teaspoon vanilla extract

1 cup chopped walnuts

2 1/2 cups water

### **Directions:**

1. Butter bottom and sides of 9-inch baking pan that will fit inside Pressure Cooker; set aside.
2. In large bowl, mix together flour, cocoa powder, sugars, confectioners sugars, baking powder and salt; set aside.
3. Combine eggs vanilla and melted butter in small dish.
4. Gradually add wet ingredients to dry ingredients and mix just until combined. Mixture will be slightly lumpy.
5. Fold nuts into batter.
6. Pour batter into prepared baking pan and wrap with foil, ensuring the foil is airtight.
7. Place steamer rack in Pressure Cooker and pour in water.
8. Carefully place baking pan on wire rack.
9. Close lid and lock in place.
10. Press **"bake"** button, ensure timer is set to 40 minutes, then press **"start/stop"** button.
11. Once finished, the Pressure Cooker will shut off, wait 15-20 minutes for pressure to naturally release.
12. Carefully open lid and lift cake pan out of cooker using foil sling and transfer to cooling rack.

**nuwave**<sup>®</sup>  
— LIVE WELL FOR LESS —



**13**  
**Cuartos**

# **NuWave Nutri-Pot<sup>™</sup> Electric Pressure Cooker**


Manual y Libro de Recetas

# IMPORTANTES MEDIDAS DE SEGURIDAD

## LEA TODAS LAS INSTRUCCIONES

1. **No toque las superficies calientes.** Utilice el asa.
2. Para evitar una descarga eléctrica no sumerja el cable, las clavijas o la unidad en agua u otros líquidos.
3. Es necesario mantener supervisión cercana siempre que un aparato sea utilizado por o cerca de niños.
4. Desconecte el aparato cuando no lo utilice o antes de limpiarlo. Permita que se enfríe antes de colocarlo o retirar las partes.
5. No utilice ningún aparato con cable o clavija dañados, o si falla o ha sido dañado de alguna manera. **En caso de que el aparato falle, contacte a Servicio al Cliente al 1-877-689-2838 de Lunes a Viernes de 7:00 AM a 7:00 PM (CST).**
6. No se recomienda utilizar otros accesorios que no estén diseñados para usarse con este aparato. Al hacerlo podría dañar la unidad y provocar accidentes.
7. **NO ESTÁ DISEÑADO PARA USO AL AIRE LIBRE.**
8. No deje que el cable cuelgue de la orilla de la mesa o la barra.
9. No lo coloque sobre o cerca de estufas calientes o dentro de un horno.
10. Extreme precauciones cuando mueva una unidad que contenga aceite u otros líquidos calientes.
11. Siempre conecte la clavija al aparato primero, luego conecte el cable al contacto de la pared. Para desconectar, apague todo control, luego retire la clavija del contacto.
12. Siempre revise las partes de liberación de presión, por si estuvieran tapadas, antes de usarse.
13. **NO coloque ningún objeto sobre la válvula de liberación de presión, ya que habrá vapor saliendo de la Olla Eléctrica a Presión NuWave Nutri-Pot™.**
14. **NO UTILICE EL APARATO PARA OTRO FIN QUE NO SEA PARA EL QUE ESTÁ DISEÑADO.**

**Cuando utilice aparatos eléctricos siempre se deben tomar precauciones básicas de seguridad, incluyendo las siguientes:**

	<b>! PRECAUCIÓN</b>
	<p><b>Por razones de seguridad por favor utilice el mango al levantar. La pieza de acero inoxidable puede estar muy caliente. Evite cualquier contacto con la superficie metálica.</b></p> <ul style="list-style-type: none"><li>• Se puede utilizar un cable más corto para reducir el riesgo de que se enrede o alguien tropiece con el cable largo.</li><li>• Existen cables de extensión disponibles, los cuales pueden ser utilizados si esto se hace con cuidado.</li><li>• Si un cable de extensión es utilizado:<ol style="list-style-type: none"><li>1) La clasificación eléctrica marcada deberá ser al menos tan alta como la del aparato.</li><li>2) Si la unidad es del tipo de tierra, la extensión deberá ser también de tierra (2 cables); y</li><li>3) El cable más largo deberá ser acomodado para que no cuelgue de la mesa o barra, de donde podría ser accidentalmente jalado por un niño o alguien pudiera tropezarse con él.</li></ol></li></ul>

## OTRAS MEDIDAS DE SEGURIDAD

1. Si cocina carne con piel, como salchichas, se podría hinchar al cocinarse a presión. Pinchar la piel después de cocinar podría despedir líquidos calientes.
2. No incline la Olla Eléctrica a Presión NuWave Nutri-Pot™ en ningún momento mientras esté cocinando.
3. La Olla Eléctrica a Presión NuWave Nutri-Pot™ no debe ser utilizada para ningún propósito médico. No está diseñada para alcanzar la temperatura necesaria para esterilizar.
4. El Empaque de Silicón crea un sello a presión entre la tapa y la olla. Mantenga el empaque completamente limpio y libre de cualquier grieta o deterioro.
5. Es sumamente importante llenar la Olla a Presión con líquido antes de usarse. Nunca cocine en ella sin líquido, ya que hacerlo podría provocar que se sobrecalentara y se dañaran los mecanismos de seguridad. En caso de sobrecalentamiento nunca retire la Olla de la fuente de calor, más bien, apáguela inmediatamente y déjela enfriar.
6. Asegúrese de que todas las partes del regulador de presión y la tubería de ventilación estén limpias y bien ensambladas.
7. No modifique los mecanismos de seguridad ni intente reparar la Olla a Presión pues podría invalidar la garantía. Obedezca las Instrucciones de Mantenimiento específicas para el uso.
8. Sólo utilice los repuestos de NuWave™ para tener un buen funcionamiento y seguridad. Visite [www.NuWaveNow.com](http://www.NuWaveNow.com) para ver las refacciones y partes.
9. No coloque el aparato cerca de materiales inflamables ni unidades de calor o en ambientes húmedos.
10. La altura de los ingredientes que se colocarán en la olla interior deberán cumplir con las “Instrucciones de Operación”.
11. No rompa el Empaque de Silicón ni lo reemplace con otros empaques de goma. Tampoco utilice anillos de tensión para sellarla.
12. Revise y lave regularmente el Filtro Anti Obstrucción y la Válvula de Liberación de Presión para evitar que se tapen.
13. No abra la tapa cuando la válvula esté abajo.
14. No coloque nada sobre la Válvula de Liberación de Presión, ni utilice otro objeto para reemplazarla.
15. Nunca utilice una toalla para tapar el hueco entre la tapa y el borde de la Cubierta.
16. Deben mantenerse limpios el fondo de la olla interior y el plato de calor. No coloque la olla interior sobre otras fuentes de calor. No reemplace la olla interior por otros contenedores.
17. Sólo utilice cucharas de plástico o madera para la olla interior.

## OTRAS MEDIDAS DE SEGURIDAD (Continuación)

18. No intente mover la olla mientras esté cocinando, solo podrá hacerlo cuando se haya enfriado completamente. Muévela utilizando el asa, no trate de cargarla de la tapa.
19. No la desarme por su cuenta o trate de reemplazar partes por otras desgastadas o no especiales para ella.
20. Asegúrese de que todo el aire o presión se haya salido antes de abrir la tapa.
21. Coloque el recolector de agua antes de cada uso y siempre utilice una tapa limpia.
22. Puede aparecer un poco de humo durante los primeros usos, eso es normal.
23. La altura de los ingredientes colocados en la olla interior deberá cumplir con las establecidas en las "Instrucciones de Operación".
24. La olla de cocción y el plato de calor deberán siempre mantenerse limpios.
25. No coloque ningún otro tipo de olla en el plato de calor. No reemplace ninguna parte con otros contenedores.
26. Mantenga alejados manos y cara del respiradero o de donde se esté escapando la presión.
27. Cuando termine de cocinar, la Olla a Presión automáticamente irá al modo Mantener Caliente. Evite dejar la comida ahí por más de 4 horas, ya que la comida se puede quemar.
28. No mueva el aparato mientras esté funcionando, solo podrá intentarlo cuando se haya enfriado completamente. Mueva la Olla a Presión utilizando el asa, no trate de cargarla de la tapa.
29. Si algún problema surgiera durante el uso, cualquier servicio debe hacerlo NuWave, LLC o alguien autorizado por el fabricante para reparaciones.
30. No desarme la unidad por su cuenta ni reemplace ninguna parte.
31. **Contacte a nuestro Departamento de Servicio al Cliente al 1-877-689-2838 de Lunes a Viernes de 7:00 AM a 7:00 PM (CST) en los siguientes casos...**
  - Si el cable principal se daña
  - En caso de que la unidad emita una cantidad constante de humo mientras está en uso.

## CUIDADO Y MANTENIMIENTO

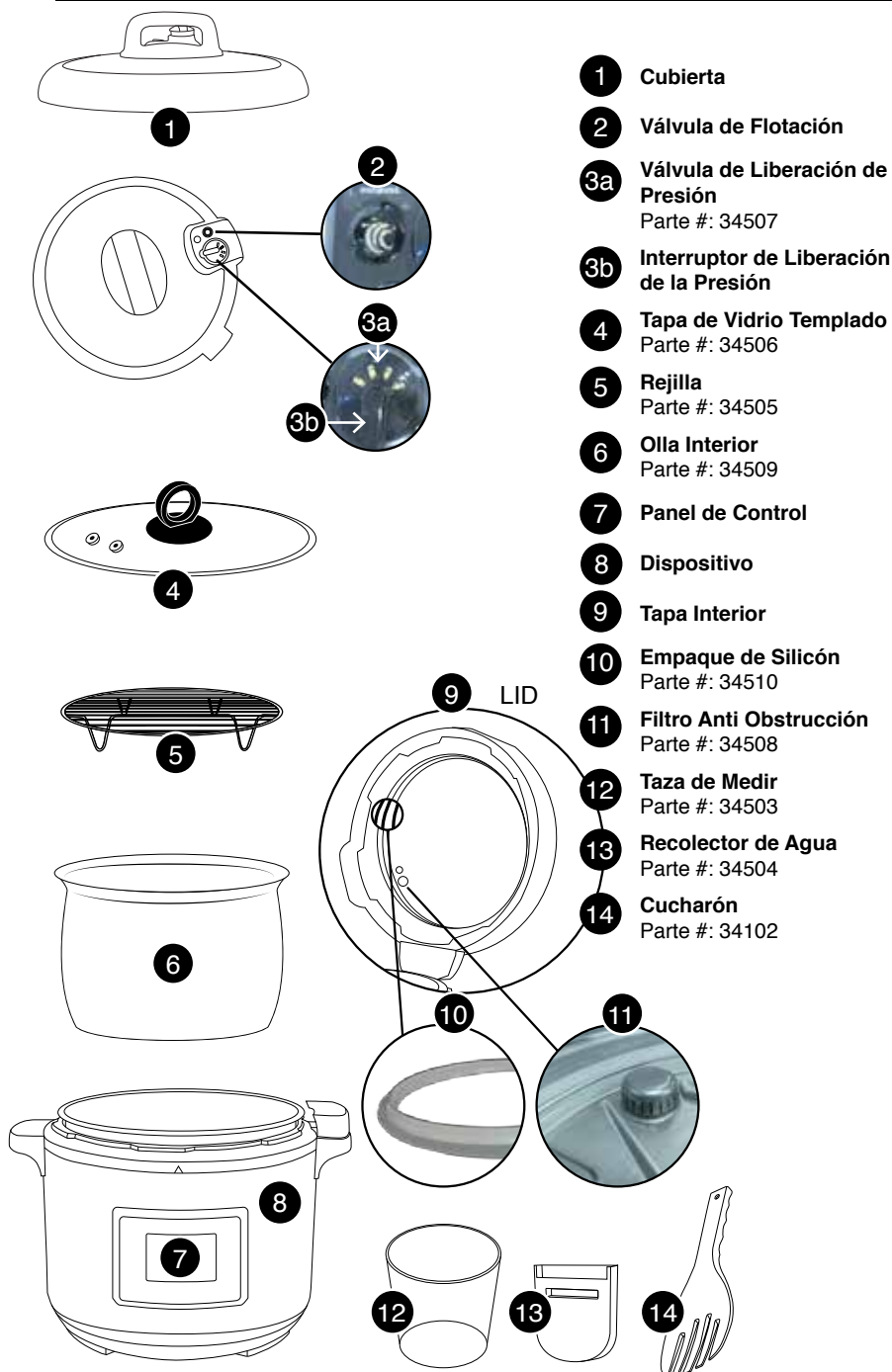
- Desconecte la Olla a Presión antes de limpiarla.
- Limpie la base y su parte interior, si fuera necesario, con un trapo limpio. No sumerja la base en agua ni la rocíe con agua tampoco.



- Retire y limpie el recolector de agua con una toalla húmeda e insértelo de nuevo en el cuerpo de la Olla a Presión.
- La tapa puede ser separada de la base de la Olla a Presión. Vea la imagen de la página 9 en el paso 1 para instrucciones de la separación.
- Todas las partes dentro de la tapa pueden ser lavadas por separado a mano con agua. Siempre revise que no estén dañadas o agrietadas.
- Utilice una esponja o un cepillo no-metálico suave para limpiar la olla interior, luego limpie la superficie con un trapo limpio.



# DESCRIPCIÓN DE LAS PARTES



- 1 Cubierta
- 2 Válvula de Flotación
- 3a Válvula de Liberación de Presión  
Parte #: 34507
- 3b Interruptor de Liberación de la Presión
- 4 Tapa de Vidrio Templado  
Parte #: 34506
- 5 Rejilla  
Parte #: 34505
- 6 Olla Interior  
Parte #: 34509
- 7 Panel de Control
- 8 Dispositivo
- 9 Tapa Interior
- 10 Empaque de Silicón  
Parte #: 34510
- 11 Filtro Anti Obstrucción  
Parte #: 34508
- 12 Taza de Medir  
Parte #: 34503
- 13 Recolector de Agua  
Parte #: 34504
- 14 Cucharón  
Parte #: 34102

## CARACTERÍSTICAS DEL PRODUCTO

Elimina con los ajustes de temperatura como lo harías con una olla a presión convencional. La Olla Eléctrica De Presión NuWave Nutri-Pot™ lo hace automáticamente. Es una Olla De Cocción Lenta, Arrocera y Fabricante De Yogur, todo en uno! La Olla Eléctrica De Presión NuWave Nutri-Pot™ es fácil de usar, que ahorra tiempo y energía. Es una unidad ideal para cualquier hogar moderno.

### **Beneficios**

La Olla Eléctrica a Presión NuWave Nutri-Pot™ consta de una olla de cocción y una tapa especial que cierra justamente encima. Cuando la Olla Eléctrica a Presión se calienta, el vapor se sella adentro creando la presión. Con esta alta presión la temperatura interna de la Olla Eléctrica a Presión NuWave Nutri-Pot™ sube arriba del punto normal de ebullición del agua. El proceso de cocción es así acelerado, logrando que la comida sana se cocine más rápido.

### **Funciones de Cocción Múltiple**

Ahora puede sellar, guisar, cocer al vapor o a fuego lento, hornear, crear conservas o mantener su comida caliente con tan sólo presionar un botón.

### **Microcomputador**

Los presets están programados para cocinar su comida rápida y fácil. Durante su funcionamiento, la Olla a Presión indicará qué función de cocción está realizando. Una vez que termine, cambiará automáticamente a Mantener Caliente hasta que esté listo para comer.

### **Función de Preajuste de Tiempo**

La Olla a Presión incluye una función de Demora para que usted comience a cocinar cuando así lo desee.

### **Memoria**

Si la Olla a Presión es desconectada de la fuente de energía y conectada en los siguientes 20 minutos, se conservarán todos los ajustes programados.

### **Alta Eficiencia**

Usted ahorrará tiempo y energía al cocinar en la Olla a Presión.

### **Sellado Perfecto**

El Empaque de Silicón sella el sabor y los nutrientes de sus platillos favoritos.

### **Fácil de Limpiar**

La olla interior es antiadherente, por lo que es fácil de limpiar. La tapa de acero inoxidable es durable y se desarma para limpiarse bien.

### **Diseño Innovador**

La Olla a Presión cuenta con un diseño para el uso amigable del usuario, liberando el exceso de vapor del aparato y dando así tranquilidad.

### **Cocción Rápida**

En promedio, las Ollas a Presión preparan alimentos más rápido que los métodos tradicionales, y la Olla Eléctrica a Presión NuWave Nutri-Pot™ no es la excepción.

## CARACTERÍSTICAS DEL PRODUCTO (Continuación)

### **Platillos Deliciosos**

La olla permite que la comida conserve todo su sabor al cocinarla rápida y eficientemente. Con el sabor natural intacto, se necesitarán menos sazonadores, permitiéndole preparar sus platillos exactamente a su gusto.

### **Resultados Saludables**

La comida preparada en la Olla a Presión conserva más vitaminas y minerales comparada con la cocción convencional en estufa. Además, la cocción a presión utiliza agua en lugar de grasas o aceites no saludables, evitando agregar calorías innecesarias a su dieta.

### **Multifuncional**

La Olla a Presión puede ser usada para cocer al vapor o a fuego lento, o para guisar comida fresca o, incluso, congelada. Puede incluso ser utilizada para conservas o para hornear. Prepare todo, desde sopas o postres suaves, hasta platillos abundantes de carne.

### **DIVERSOS RECURSOS DE SEGURIDAD**

**Tapa Segura:** Si la tapa no se ajusta a la base, no se creará la presión. Si todavía hay presión dentro de la olla, la tapa no podrá abrirse.

**Control de Presión:** Durante el funcionamiento, si la presión excede la automática, la Olla se apagará automáticamente para prevenir cualquier fuga.

**Mantenimiento de la Presión:** Si el termostato o el controlador de presión se descompusieran y la presión excediera el nivel máximo, se descargaría automáticamente el exceso por la válvula.

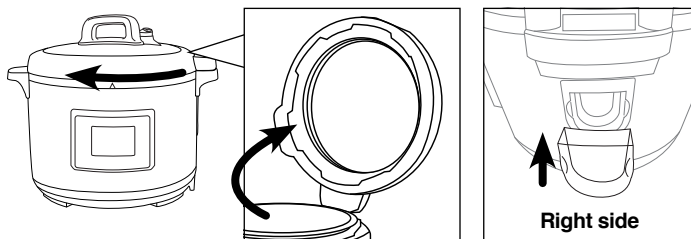
**Recurso de Antibloqueo:** Asegura que la presión se libere suavemente.

**Recurso de Liberación de Presión Segura:** Si la Olla a Presión fallara al mantener la presión adecuada y ésta excediera el nivel máximo, la presión excedente se liberará automáticamente por otro lado para evitar una explosión.

**Control de Temperatura:** Si la olla interior se calienta mientras está vacía o si excede la temperatura elegida, la Olla a Presión se apagará automáticamente.

**Sensor de Temperatura:** Una vez que la olla interior exceda el límite de temperatura máxima, la Olla a Presión se apagará automáticamente.

# INSTRUCCIONES PARA EL FUNCIONAMIENTO

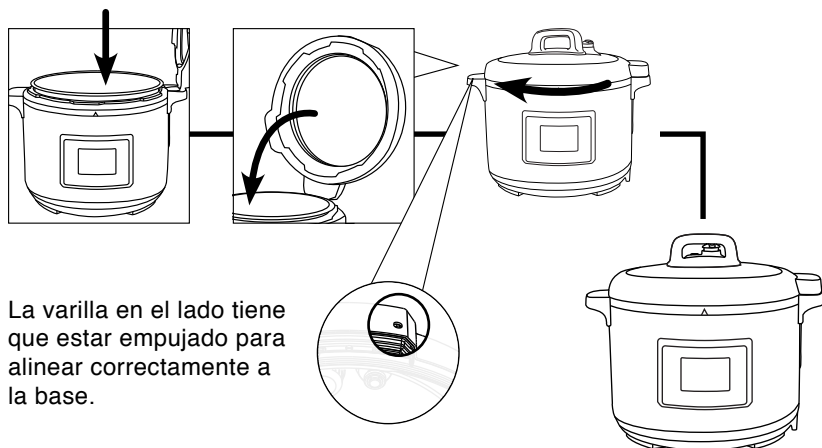


**Nota:** Instale el Colector Agua en el lado derecho justo debajo de la mango.

- 1** **Para abrir la tapa:** Sostenga la manija de la tapa. Gire la tapa en sentido opuesto al de las manecillas del reloj y levántela. (Ver arriba)



- 2** Coloque los ingredientes y el agua en la olla interior. Ambos no deben exceder 4/5 partes de la olla interior. Si los ingredientes se expanden fácilmente en agua, entonces no deberán ambos exceder 3/5 partes de la olla interior. La cantidad mínima de ingredientes y agua es normalmente 1/5 parte de la olla interior. (Ver arriba)
- 3** Coloque la olla interior en la Cubierta. Limpie el fondo de la olla interior y la superficie del plato de calor antes de insertar la olla interior. (Ver abajo)
- 4** **Para cerrar la tapa:**
- Revise que el Empaque de Silicón esté asegurado a la tapa antes de cerrarla.
  - Sostenga la manija de la tapa y bájela, luego gire la tapa en sentido de las manecillas de reloj para cerrarla. (Ver abajo)



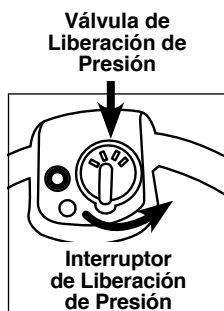
La varilla en el lado tiene que estar empujado para alinear correctamente a la base.

## INSTRUCCIONES PARA EL FUNCIONAMIENTO (Continuación)

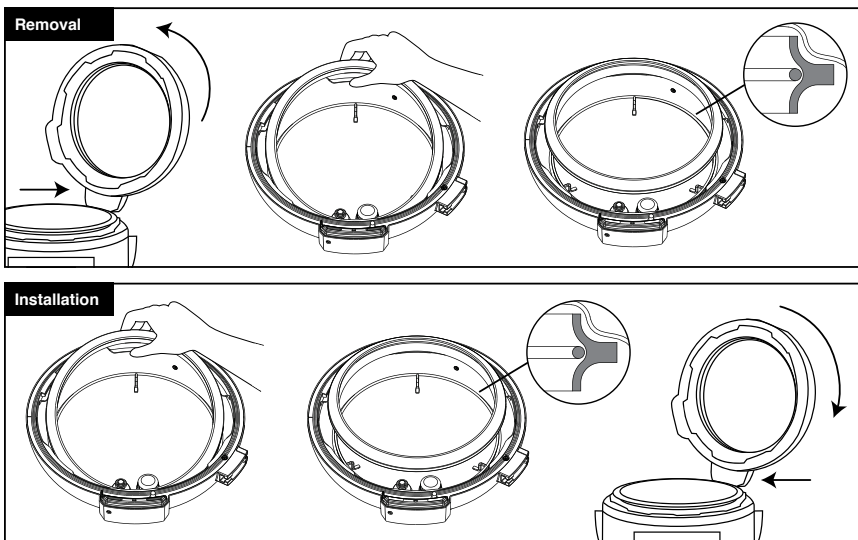
- 5 Una vez que la tapa esté bien cerrada la Válvula de Liberación de Presión deberá estar a nivel.

Para liberar manualmente la presión, gire lentamente el interruptor de liberación de presión en sentido antihorario. El vapor puede ser extremadamente caliente, tome precauciones para evitar cualquier lesión.

- 6 Conecte la Olla a Presión a un contacto eléctrico. El display LCD mostrará "--:--" y la unidad irá al modo de espera.



## INSTALACIÓN DEL EMPAQUE DE SILICÓN



**ASEGÚRESE DE QUE EL EMPAQUE DE SILICÓN NO TENGA GRIETAS O ESTÉ DAÑADO DE NINGUNA MANERA. Retire la Tapa Interior de la Olla de Presión.**

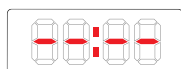
- Gire en sentido de las manecillas del reloj. Esto separará la Tapa Interior.
- Sostenga con una mano la Tapa Interior y jale con cuidado el Empaque de Silicón hacia arriba.

### Instale el Empaque de Silicón

- Alinee el Empaque de Silicón sobre el anillo de metal.
- Presione el Empaque de Silicón con cuidado asegurándose de ver que el anillo de metal esté dentro de la forma del Empaque de Silicón. Continúe presionando el Empaque todo alrededor.

# PANEL DE CONTROL

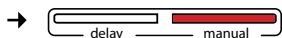
## Display principal



Cuando la unidad no esté cocinando o cuando no se haya seleccionado ninguna función, la pantalla LED mostrará “---:” indicando que la unidad no está en operación.



La barra “**delay**” se iluminará una vez que se presione el botón delay. Esta función le permitirá demorar el momento de inicio de cada función predeterminada.



La barra “**manual**” se iluminará cuando se presione el botón time o cuando el tiempo se haya cambiado manualmente. Esto le permitirá elegir el tiempo para cada función.



Las barras “**less**”, “**normal**” y “**more**” se iluminarán individualmente indicando el ajuste actual. La función “**texture**” aplicará a estos displays siendo “**normal**” la automática. “**texture**” es una función que tiene 3 tiempos pre-programados para nuestros preajustes seleccionados. Esto también afectará la consistencia de su comida.

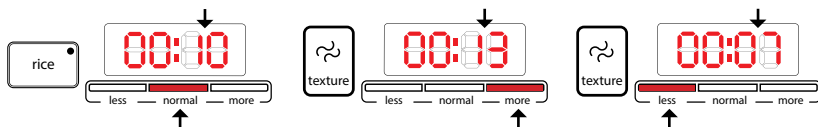
**Todas las funciones irán a “normal”.**

## PANEL DE CONTROL (Continuación)

### Textura

Figura 1

Cuando prepare arroz usando la función “rice”, puede hacerlo pegajoso usando “texture” en “more” o si lo desea esponjado, use “texture” en “less”.



Presione “rice”, e irá automáticamente a “normal” (00:10). Presione “texture” para cambiar a “more” (00:13). Presione el botón “texture” otra vez para cambiar a “less” (00:07). La barra se iluminará indicando en qué modo está usted. Presione “start/stop” para comenzar.

### Nota (Aplica para todos):

- Al presionar los botones “-” o “+” se cambiará al modo “manual”.
- Presione “start/stop” dos veces para borrar.
- La Olla a Presión se borrará en 30 segundos si el botón “start/stop” no es presionado.

### horas/minutos

Este botón le permitirá ajustar manualmente el tiempo. Cuando se presiona el botón “hours/minutes”, los 2 dígitos de la izquierda parpadearán para indicar que están seleccionados. Al presionar los botones “+” y “-” aumentará y disminuirá el tiempo.

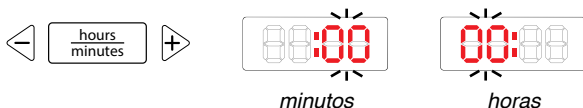
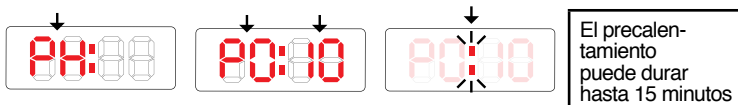


Figura 2

**Pre calentamiento:** Cuando la olla alcanza la temperatura apropiada para cada función seleccionada, el display mostrará “PH” indicando que se está pre calentando. Una vez que la unidad alcanza la presión adecuada, se moverá de pre calentando al preajuste de tiempo seleccionada. Una vez que la presión se haya creado dentro de la Olla, el display PH cambiará a P, seguido por el tiempo que faltará por estar bajo presión.

**Presión:** La función seleccionada determinará la duración de la presión. En este ejemplo el display mostrará “P0:10” (duración de la presión). Los dos puntos (:) parpadearán indicando que la Olla está bajo presión y el contador en cuenta regresiva.

### Ejemplo:



Ver los tiempos automáticos para cada función en la Tabla de Preajustes de la página 15.

## PANEL DE CONTROL (Continuación)

**Función Automática de Mantener Caliente:** Cuando el tiempo de cocinado haya concluido, la Olla a Presión automáticamente cambiará a la función de mantener caliente. Esto permitirá que la presión se libere naturalmente mientras la comida se mantiene caliente. Los tiempos para los preajustes se enlistan a continuación.

Función Automática de Mantener Caliente			
Preajustes	Ilimitado	Apagado Automático	Tiempo Horas:Minutos
Arroz	☑		
Multigrano	☑		
Sopa			04:00
Carne/Estofado			02:00
Aves			01:00
Frijoles			04:00
Pescado			00:30
Al Vapor/Verduras			00:30
Papas			01:00
Hornear		☑	
Conservas		☑	
<b>Tiempo (Función)</b>			04:00







**Ejemplo:** Cuando el preajuste “rice” termine, la Olla a Presión mantendrá el arroz caliente indefinidamente hasta que usted presione el botón “start/stop”.

**Nota:**

La Comida puede ser preparada más temprano y mantenerse caliente dentro de la Olla a Presión al utilizar la función “warm”. Los platillos pueden permanecer calientes hasta por 4 horas. **Más tiempo podría provocar un cambio en el sabor y apariencia o, incluso, echar a perder la comida.**



# PREAJUSTES

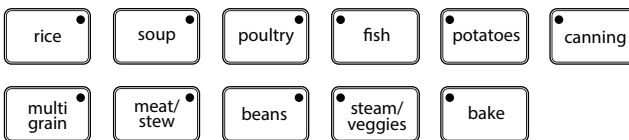
Tiempo Automático		Textura 			Tiempo 		
Funciones & Preajustes		Hrs:Min	Menos	Normal	Más	Min.*	Max
Arroz	00:10	00:07	00:10	00:13	00:01	01:40	
Multigrano	00:30	00:27	00:30	00:32	00:01	01:40	
Sopa	00:20	00:15	00:20	00:25	00:01	01:40	
Carne/Estofado	02:00	01:30	02:00	02:30	00:01	01:40	
Aves	00:40	00:35	00:40	00:45	00:01	01:40	
Frijoles	00:20	00:15	00:20	00:25	00:01	01:40	
Pescado	00:10	00:08	00:10	00:12	00:01	01:40	
Al Vapor/Verduras	00:10	00:08	00:10	00:12	00:01	01:40	
Papas	00:06	00:08	00:10	00:12	00:01	01:40	
Hornear	00:40	00:30	00:40	00:50	00:01	01:40	
Conservas	00:20				00:01	01:40	
Demora 					00:05	24:00	
Mantener Caliente 	04:00				01:00	24:00	
Sellar 	00:10				00:01	00:20	
Cocción Lenta 	04:00				02:00	09:00	

\*Tiempo Mínimo

La Olla Eléctrica a Presión NuWave Nutri-Pot™ está programada para usar una presión de 70kPa.

**kPa** es una unidad para medir la presión mundialmente utilizada en lugar del método **“Pounds per Square Inch, (PSI)”**. La proporción de kPa a PSI es aproximadamente 7kPa a 1PSI.

**Por ejemplo: 2PSI es igual a 14kPa.**



- 1 Presione un botón de Preajuste (Ej: **“rice”**). El display principal mostrará el tiempo automático para este preajuste (Ej: 00:10). Los dígitos a la derecha de los dos puntos (“:”) mostrarán los minutos y los de la izquierda las horas. En el panel principal se iluminará una barra LED indicando que el preajuste está en modo **“normal”**, el cual es el automático.
- 2 Para empezar a cocinar cierre la tapa y luego presione el botón **“start/stop”**.
- 3 *Vea las secciones **“horas/minutos”** y **“textura”** para las instrucciones de ajuste de tiempo.*

**Ejemplo:**



Siga estos sencillos pasos para cada preajuste. En este ejemplo P0:10 es la presión automática. El tiempo de presión variará dependiendo del preajuste que se escoja.

# FUNCIONES

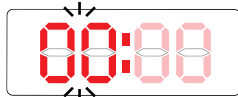
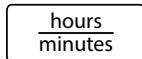
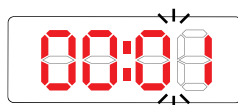
**Tiempo:** Esta función le permite ajustar manualmente el tiempo, anulando los preajustes y las funciones.



## Instrucciones:

- 1 Presione el botón **"time"**. La barra **"Manual"** se iluminará y **"00:01"** parpadeará. Esto indicará que usted podrá cambiar los minutos.
- 2 Presione el botón **"+"** o **"-"** para aumentar o reducir los minutos.
- 3 Para cambiar la hora presione el botón **"hours/minutes"** otra vez. **"00"** parpadeará indicando así que se puede cambiar la hora.
- 4 Presione el botón **"+"** o **"-"** para aumentar o reducir la hora.

## Ejemplo:



Presione el botón **"hours/minutes"** para cambiar de derecha a izquierda.

**Textura:** Esta función puede ayudar a cambiar la consistencia de sus alimentos.

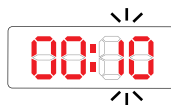
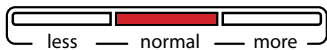


**"less"**, **"normal"** y **"more"** son guías selectas que aumentan o disminuyen el tiempo mientras hay presión.

## Instrucciones:

- 1 Presione el botón del preajuste deseado. El display irá automáticamente al tiempo **"normal"**. (Ej: Presione **"rice"** y el display mostrará 00:10).
- 2 Para cambiar la consistencia de los alimentos, simplemente presione **"texture"**. La luz correspondiente aparecerá indicando que el tiempo ha sido cambiado. El tiempo en el display se ajustará automáticamente. (Ej: Para la función **"rice"**, less es 7 minutos, normal es 10 minutos y more es 13 minutos).
- 3 Cierre la tapa y presione el botón **"start/stop"**.
- 4 *Vea en la página 15 los tiempos para cada función.*

## Ejemplo:



## FUNCIONES (Continúa)

**Demora:** Esta función le permitirá establecer un tiempo específico antes de empezar a cocinar.



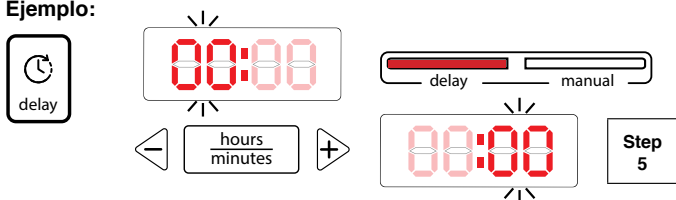
### Instrucciones:

- 1 Presione el botón **"delay"**. La barra delay se iluminará y el primer conjunto de "00" parpadearán.
- 2 Presione los botones **"+"** o **"-"** para aumentar o disminuir las horas.
- 3 Para cambiar los minutos presione el botón **"hours/minutes"**. El segundo conjunto de "00" parpadearán. Esto indicará que se pueden cambiar los minutos.
- 4 Presione los botones **"+"** o **"-"** para aumentar o disminuir los minutos.
- 5 Presione el botón de la función deseada para continuar su programa basado en su receta.
- 6 Cierre la tapa y presione el botón **"start/stop"**.

### Nota:

- Cuando utilice la función delay siempre será la primera función desempeñada.
- Usted puede ajustar el tiempo de demora en rangos de 5 minutos y 1 hora.
- El tiempo máximo para demorar su Olla a Presión es de 24 horas.
- La función delay no funcionará mientras la Olla esté operando.

### Ejemplo:



**Mantener Caliente:** Esta función le permitirá ajustar manualmente el tiempo que desee mantener sus alimentos calientes.



### Instrucciones:

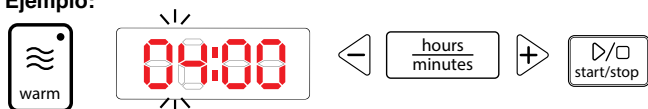
- 1 Presione el botón **"warm"**, el display mostrará "04:00".
- 2 Presione los botones **"+"** o **"-"** para aumentar o disminuir el tiempo. *Vea la sección "horas/minutos" para instrucciones de cómo ajustar el tiempo.*
- 3 Presione el botón **"start/stop"** para comenzar.

### Nota:

- El tiempo estándar para la función de mantener caliente es de 4 horas, el tiempo mínimo es de 1 hora y el máximo es de 24 horas.
- Usted puede ajustar el tiempo en rangos de 5 minutos y 1 hora.

La Olla a Presión irá automáticamente a esta función de mantener caliente cuando un preajuste elegido haya concluido. *Vea los tiempos en la tabla de **Función Automática de Mantener Caliente**.*

### Ejemplo:



## FUNCIONES (Continúa)

**Sellar:** Esta función le permite “sellar” su comida antes de que la cocine a presión o antes de utilizar la función de Cocción Lenta.



### Instrucciones:

- 1 Presione el botón “sear”. El display mostrará 00:05
- 2 Presione el botón “start/stop” para comenzar.
- 3 Vea la sección “horas/minutos” para indicaciones del ajuste manual del tiempo.

### Nota:

- No selle la tapa cuando utilice la función “sear”.
- El tiempo mínimo es de 1 minuto (00:01).
- El tiempo máximo es de 230 minutos (00:30).
- Al terminar el display mostrará “End”.

### Ejemplo:



**Cocción Lenta:** Esta función le permite cocinar recetas lentamente a temperaturas bajas.



### Instrucciones:

- 1 Presione el botón “slow”. El display mostrará 04:00.
- 2 Presione el botón “start/stop” para comenzar.
- 3 Vea la sección “horas/minutos” para indicaciones del ajuste manual del tiempo.

### Nota:

- No selle la tapa cuando utilice la función “slow”.
- Utilice la tapa opcional de vidrio cuando use la función de cocción lenta.
- El tiempo mínimo es de 2 horas (02:00).
- El tiempo máximo es de 9 horas (09:00).
- Al terminar el display mostrará “End”.

### Ejemplo:



## CONSERVAS A PRESIÓN

### Conservas

Nunca altere los tiempos de cocción, las temperaturas ni los ingredientes cuando prepare conservas. El hacerlo podría ser extremadamente peligroso, ya que no hay margen para experimentar. Al seguir los tiempos exactos, las temperaturas y los ingredientes se asegura de que sus alimentos se protejan de enzimas dañinas, bacterias y moho. Al alterar los tiempos de cocción podría destruir los nutrientes de los alimentos y su sabor.

Alimentos altos en ácidos		Alimentos bajos en ácidos	
Manzanas	Naranjas	Espárragos	Champiñones
Salsa de Manzana	Duraznos	Frijoles	Quimbobo
Chabacanos	Peras	Remolacha	Chícharos
Bayas	Betabel Escabeche	Zanahorias	Papas
Cerezas	Piñas	Elote	Mariscos
Arándanos	Ciruelas	Maíz Molido	Espinaca
Jugos de Frutas	Ruibarbos	Carne	Calabaza

Las enzimas encontradas en los alimentos podrían promover el crecimiento de levadura y moho, lo cual puede hacer que la comida se eche a perder. Estas enzimas pueden exterminarse a temperaturas de 212°F o más. Otros contaminantes, como la salmonela, el staphylococcus aureus y el clostridium botulinum, sólo pueden exterminarse a temperaturas de 240°F. Estas altas temperaturas sólo pueden alcanzarse en las conservas a presión.

Antes de conservar en la Olla Eléctrica a Presión NuWave Nutri-Pot™, consulte algún libro de enseñanza escrito específicamente para conservas a presión. La Olla Eléctrica a Presión NuWave Nutri-Pot™. Nutri-Pot™ puede ser usada para conservas a presión sencillas junto con el método de baño María. Se recomienda para frutas y verduras, tanto altas como bajas en ácidos. No se recomienda la conserva de carnes ni mariscos.

# CONSERVAS A PRESIÓN (Continúa)

## Consejos para Conservas Seguras:

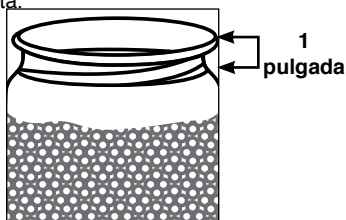
1. No utilice fruta muy madura. La mala calidad se deteriora al guardarse.
2. No agregue más ingredientes ácidos (cebolla, apio, pimiento, ajo, etc.) de los que se especifican en la receta escrita. Eso podría llevar a un mal resultado final.
3. No utilice demasiados condimentos. Muchos condimentos tienden a contener altos niveles de bacterias, lo cual podría provocar productos en conserva no seguros.
4. No agregue mantequilla o grasa a la receta. Las grasas no se guardan bien y pueden provocar ranciedad prematura. Nunca utilice espesadores como harina, almidón, pasta, arroz o cebada.
5. Utilice únicamente herramientas y accesorios recomendados por el USDA (Dep. de Agricultura de los Estados Unidos).
6. Puede agregar ácidos (jugo de limón, vinagre o ácido cítrico), especialmente a los productos de tomate, cuando lo diga la receta. Si fuera necesario, puede equilibrar el sabor ácido agregando azúcar.

## El Proceso de Conserva a Presión Eléctrica de NuWave Nutri-Pot™

Aunque la experiencia exacta puede variar dependiendo de la receta específica que esté siguiendo, la mayoría de las recetas pueden prepararse siguiendo esta guía.

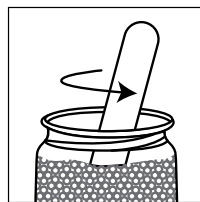
1. Sólo siga recetas que han sido probadas en conservas a presión. Prepare los ingredientes necesarios como se indica en la receta.

2. Llene frascos de conserva limpios de 16 onzas.  
No permita que los ingredientes excedan el nivel.  
Nunca deje menos de 1 pulgada de espacio arriba.



3. Retire con cuidado cualquier burbuja permanente de aire presionando con una espátula, flexible y no permeable, entre los ingredientes y el frasco.
4. Coloque una tapa limpia a cada frasco y luego ponga una rosca. Gire la tapa en sentido de las manecillas del reloj y apriétela.

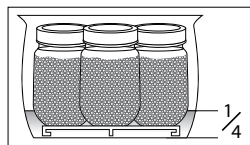
**NOTA:** Nunca reutilice tapas después de presurizar los frascos, ya que al enfriarse, el contenido se contraerá jalando la tapa fuertemente hacia el frasco para formar una alto vacío y crear un sello.



Si la rosca está muy floja, el líquido se puede salir del frasco durante el proceso, provocando que el sellado falle.

En cambio, si está muy apretada, el aire no podrá ventilarse, provocando que los alimentos se decoloren. Apretar las tapas demasiado también puede provocar que se doblen y el frasco se rompa. Las roscas no son necesarias en frascos guardados. Retírelas cuando los frascos se enfrien. Las roscas pueden utilizarse muchas veces cuando se quitan, lavan, secan y guardan. Si las deja en frascos guardados, se vuelve difícil quitarlas, a menudo se deterioran y no sirven bien otra vez.

5. Coloque la Olla Interior en la base del aparato, luego coloque la Rejilla en el fondo de la Olla Interior. Coloque los frascos llenos y sellados en la Rejilla. En la Olla caben hasta 9 frascos de 16 onzas (máximo).



6. Vierta agua caliente sobre los frascos en la Olla Interior hasta que el nivel del agua alcance  $\frac{1}{4}$  parte del lado de los frascos. Para 9 de 16 oz será alrededor de 6 tazas de agua. Cuando procese pocos frascos, se necesitará más agua.

## CONSERVAS A PRESIÓN (Continúa)

- Después de leer el Manual del Usuario coloque la tapa en la base y asegúrela. Conecte el aparato al contacto.
- Presione el botón “**canning**”, la Olla a Presión marcará automáticamente 20 minutos. Para cambiar el tiempo presione el botón “**time**” y ajústelo.
- La olla se apagará cuando se termine el proceso de conserva. Presione el Botón de Liberación de Presión para dejar escapar la presión. Una vez que todo el vapor se haya salido, retire la tapa cuidadosamente.
- Saque los frascos calientes, utilizando unas pinzas, y colóquelos en una superficie resistente al calor. Permita que se enfríen a temperatura ambiente.
- Cuando los frascos se hayan enfriado completamente, retire las roscas. Las tapas deberán estar selladas firmemente a los frascos y si se les presionara en el centro, no deberían tener ningún rastro de movimiento. Si así fuera, no podrá guardar esos alimentos de forma segura para su futuro uso.
- Coloque los frascos terminados sobre repisas en un ambiente fresco, limpio y seco. Los alimentos procesados adecuadamente durarán por meses y temporadas. Los frascos, las tapas y las roscas son reusables. Revise todos ellos antes de usarlos.

**IMPORTANTE:** No se recomienda utilizar la Olla Eléctrica a Presión NuWave Nutri-Pot™ como un aparato de conservas en altitudes de 2,000 pies, o más, sobre el nivel del mar.

### NOTAS & CONSEJOS:

- Mientras los frascos se enfrían, escuchará que las tapas emiten un ligero crujido, este sonido indica que las tapas se han sellado adecuadamente.
- Puede revisar el sellado en las tapas planas presionándolas con el pulgar después de haberlas enfriado por una hora o más. Si la tapa permanece rígida, sin movimiento, entonces ha sido sellada adecuadamente.
- Si las tapas no han sellado adecuadamente después de 2 horas de enfriamiento, el proceso de conserva a presión no funcionó. Si eso pasara, refrigere o congele los alimentos y utilícelos en su duración regular.
- Siempre utilice suministros especialmente fabricados para conservas. Utilice frascos para conservas que no sean de más de 16 onzas para mejores resultados. Cuando prepare conservas nunca apile los frascos.

Use la siguiente tabla. La función de conservas usa automáticamente 20 minutos.

Alimento	Condiciones de Empaque		Presión 70kPa
	Tipo	Tamaño (Jaro)	Time (hrs:min)
<b>Espárragos</b>	Caliente & Crudo	Pintas	00:30
<b>Ejotes</b>	Caliente & Crudo	Pintas	00:20
<b>Frojoles</b> (lima, pinto, mantequilla o soya)	Caliente & Crudo	Pintas	00:40
<b>Remolacha</b>	Caliente	Pintas	00:30
<b>Zanahorias</b>	Caliente & Crudo	Pintas	00:25
<b>Elote Desgranado</b>	Caliente & Crudo	Pintas	00:55
<b>Verduras de Hojas</b>	Caliente	Pintas	01:10
<b>Quimbobo</b>	Caliente	Pintas	00:25
<b>Chicharos, Verdes o Ingleses</b>	Caliente & Crudo	Pintas	00:40
<b>Papa Blanca</b>	Caliente	Pintas	00:35

# GUÍA DE SOLUCIÓN DE PROBLEMAS

PROBLEMA	POSIBLE CAUSA	SOLUCIÓN
Dificultad para cerrar la tapa.	El Empaque de Silicón no se colocó bien. La Válvula de Liberación de Presión podría estar bloqueando el émbolo.	Coloque el Empaque de Silicón correctamente. Asegúrese de que el émbolo a un lado de la tapa esté correctamente alineado a la base.
Dificultad para abrir la tapa.	La Válvula de Liberación de Presión puede no caer adecuadamente. La olla puede estar todavía bajo presión.	Presione el botón de Liberación Rápida.
Fuga de gas de la tapa de la Olla.	Algunos ingredientes se pueden atorar en el Empaque de Silicón. El Empaque de Silicón puede estar roto.	Limpie el Empaque de Silicón.  Asegúrese de que la tapa esté cerrada como indica la página 9.
Fuga de gas del empaque de silicón del Flotador.	Algunos ingredientes pueden estar pegados en el Filtro Anti Obstrucción. El empaque de silicón del Flotador puede estar roto.	Limpie el Filtro Anti Obstrucción.  El empaque de silicón del Flotador necesita ser cambiado.
Fuga de gas del empaque de silicón del Flotador.	Puede no haber los suficientes ingredientes o agua para generar suficiente presión. Hay fuga de gas en la tapa o en la Válvula de Liberación de Presión.	Los ingredientes y el agua necesitan estar en el nivel mínimo.  El aparato puede necesitarse enviar al fabricante.

Si la unidad necesita ser reemplazada o devuelta al fabricante, contacte a nuestro Departamento de Servicio al Cliente:  
**1-877-689-2838 • Monday - Friday from 7:00 AM to 7:00 PM Central Standard Time.**

**Contacte a Servicio al Cliente si cualquiera de estos errores ocurre**

Código	E1	E2	E3	E4
<b>Error</b>	Circuito o sensor roto	Corto circuito del sensor	Sobrecalentamiento	Switch de señal roto



## **⚠ ADVERTENCIA**

**Apague el circuito inmediatamente y envíe la unidad al Departamento de Servicio al Cliente en caso de otros problemas.**

**1-877-689-2838 • Lunes a Viernes 7:00 AM - 7:00 PM  
Central Standard Time.**



# GARANTÍA

## La Olla Eléctrica a Presión NuWave Nutri-Pot™

### EL FABRICANTE GARANTIZA

La Olla Eléctrica a Presión NuWave Nutri-Pot incluye la Válvula de Liberación de Presión, el Botón de Liberación de Presión, una Tapa de Vidrio Templado, Rejilla, Olla Interna, Asa, Panel de Control, Cubierta, Tapa Interna, Empaque de Silicón, Filtro Anti Obstrucción, Taza de Medición, Recolector de Agua, una Cuchara. Todos ellos están libres de defectos de fabricación. Todos los productos están garantizados por 1 año a partir de la fecha de compra, bajo un uso doméstico normal y siempre que hayan sido utilizados de acuerdo a las instrucciones escritas por el Fabricante, quien proporcionará refacciones y mano de obra para reparar cualquier parte de la Olla Eléctrica a Presión NuWave Nutri-Pot en el Departamento de Servicio de NuWave, LLC. Después del vencimiento de la garantía, el costo de las refacciones y la mano de obra correrán por cuenta del propietario.

### LO QUE LA GARANTÍA NO CUBRE

La Garantía Limitada se invalida si hay una reparación hecha por un distribuidor no autorizado o si se retira o maltrata la placa del número de serie. El deterioro normal del acabado, por uso o exposición, no está cubierto por esta Garantía. Esta Garantía Limitada tampoco cubre fallas, daños o desempeño inadecuado por accidentes, desastres naturales (como relámpagos), variaciones en la potencia eléctrica, alteraciones, abuso, mal uso, ambientes corrosivos, instalación inadecuada, o falla en la operación de acuerdo con las instrucciones escritas por el Fabricante, uso no normal o comercial.

### PARA OBTENER SERVICIO

El propietario tendrá la obligación y responsabilidad de: Pagar por todos los servicios y partes no cubiertas por la garantía; Prepagar el envío al y desde el Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; Empacar cuidadosamente el producto utilizando el material de relleno adecuado para prevenir cualquier daño durante el tránsito. El empaque original es ideal para este propósito. Incluya en el empaque el nombre del propietario, dirección, teléfono durante el día, una descripción detallada del problema y su “**número RGA**” (**Llame al 1-877-689-2838, LUNES A VIERNES 7:00AM – 7:00PM CST**) o **escriba a [help@nuwavenow.com](mailto:help@nuwavenow.com)** para obtener el **RGA** (Número de Autorización de Devolución del Producto). Proporcione el modelo del producto, el número de serie y comprobante de la fecha de compra (una copia del recibo) cuando reclame su garantía.

### OBLIGACIONES DEL FABRICANTE

Las obligaciones del Fabricante bajo esta Garantía Limitada están restringidas a la reparación o reemplazo de cualquier parte cubierta por esta Garantía Limitada que sea encontrada defectuosa, una vez revisada, bajo un uso normal. La Garantía Limitada aplica únicamente en los Estados Unidos y sólo para el comprador original en los canales de distribución autorizados por el fabricante. LA GARANTÍA LIMITADA NO PUEDE SER ALTERADA, CAMBIADA O EXTENDIDA EXCEPTO POR UN INSTRUMENTO POR ESCRITO REALIZADO POR EL FABRICANTE. LA SOLUCIÓN DE REPARACIÓN O REEMPLAZO INCLUIDA EN ESTA GARANTÍA ES EXCLUSIVA. EN NINGÚN CASO EL FABRICANTE SERÁ RESPONSABLE DE NINGÚN DAÑO RELEVANTE O FORTUITO A ALGUNA PERSONA, SEA O NO OCASIONADO POR LA NEGLIGENCIA DEL FABRICANTE, INCLUYENDO SIN LÍMITE DAÑOS POR PÉRDIDA POR USO, COSTO DE REEMPLAZO, DAÑO A LA PROPIEDAD, U OTRAS PÉRDIDAS MONETARIAS.

Algunos estados no permiten la exclusión o limitación de daños relevantes o fortuitos, así que la exclusión mencionada podría no aplicar. Esta Garantía Limitada proporciona derechos legales específicos y podrían haber otros derechos que varíen entre estado y estado. EXCEPTO POR LO QUE YA SE EXPRESÓ DE FORMA DIFERENTE, EL FABRICANTE NO GARANTIZA EXPRESA O IMPLÍCITAMENTE POR LEY U OTRAS, INCLUYENDO SIN LIMITACIONES, LAS GARANTÍAS IMPLÍCITAS DE COMERCIALIZACIÓN Y EJERCICIO PARA UN PROPÓSITO PARTICULAR A CUALQUIER OTRA PERSONA. LEA EL MANUAL DEL USUARIO. SI TUVIERA ALGUNA DUDA SOBRE EL FUNCIONAMIENTO O LA GARANTÍA DEL PRODUCTO, CONTACTE A NUWAVE, LLC. **LEA SU MANUAL DEL USUARIO:** Si tuviera alguna duda sobre el funcionamiento o la garantía del producto, contacte a **NuWave, LLC al: 1-877-689-2838 L-V 7:00AM – 7:00PM CST o escriba a [help@nuwavenow.com](mailto:help@nuwavenow.com)**.



13  
Quart

## FOR HOUSEHOLD USE ONLY

Model: 33501 120V, 60Hz, 1800 Watts

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