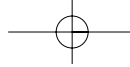
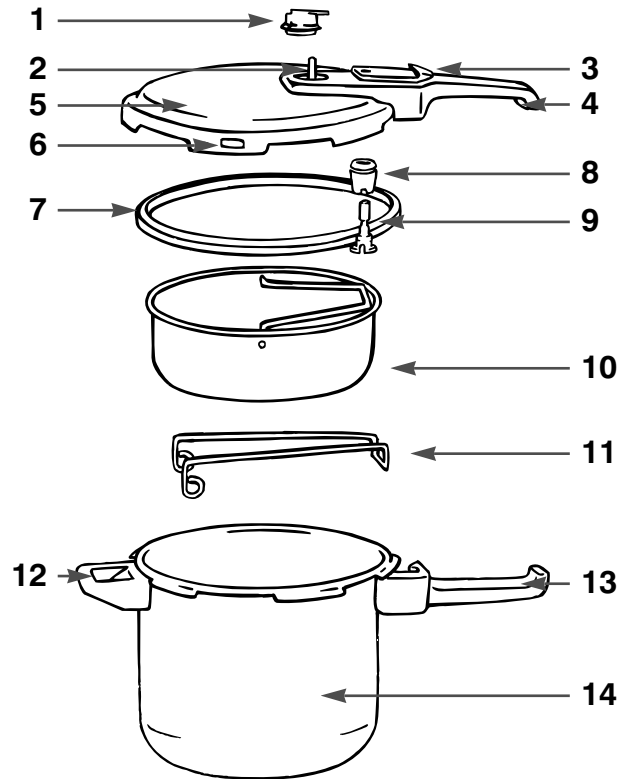


# TEFAL®



**SENSOR  
PRESSURE COOKER**

**TEFAL**  
RÉF 0048017 - ÉDITION MARS 1997  
CONCEPTION : ADHOC STUDIO


**INSTRUCTIONS FOR USE**

**INSTRUCTIONS FOR USE**

## DESCRIPTION OF YOUR PRESSURE COOKER

- 1 Cooking regulator valve black with red stripe - 13 lb pressure.  
black with green stripe - 8 lb pressure.
- 2 Centre pipe.
- 3 Lid release plate.
- 4 Lid handle.
- 5 Stainless steel lid.
- 6 Safety vent.
- 7 Gasket.
- 8 Safety valve (non-removable, fixed under lid).
- 9 Locking indicator (red).
- 10 Basket.
- 11 Trivet.
- 12 Short pan handle.
- 13 Long pan handle.
- 14 Pan.

## HOB SUITABILITY

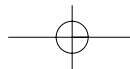
Your pressure cooker is suitable for use on all hobs types including induction.

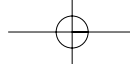
## BEFORE THE FIRST USE

Open the lid. Remove all the accessories, packaging and labels. Before use read all the instructions especially the section "Golden Rules" and "Safety Warnings".

Before cooking food, operate as explained below for 20 minutes with water only to remove any "new smells" and ensure correct fitting of the gasket.

(The numbers in brackets in the text below correspond to the diagram of the pressure cooker).

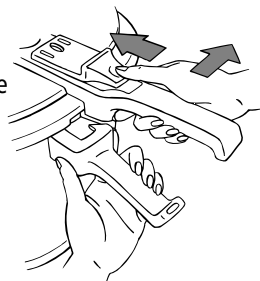




## INSTRUCTIONS FOR USE

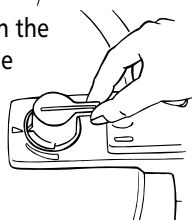
### Opening the lid:

Hold the lid handle (4) with one hand and hold the pan handle (13) with the other hand. Push the lid release plate (3) forwards and at the same time, turn the lid to the right as far as it will go. Lift off the lid.



### Place the regulator valve on the lid:

Press it down firmly onto the centre pipe (2) in the position shown on the diagram. The coloured stripe on the regulator must be in line with the red arrow on the lid. This is the "cooking position".



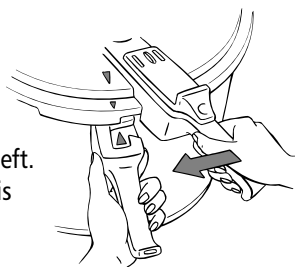
### Sensor is supplied with two cooking regulator valves:

- **red stripe (13 lb):** fast cooking.  
Ideal for most foods especially meat, and for defrosting.
- **green stripe (8 lb):** steaming and low pressure cooking.  
Ideal for delicate foods such as fish or when steaming.

### Closing the lid:

Place the lid (5) onto the pan so that the arrow on the lid is opposite the arrow on the pan handle. Hold the handles as shown in the diagram. Turn the lid handle to the left. A "click" indicates it is properly closed. If the pressure cooker is not properly shut there will be no build up of pressure.

**Warning:** To ensure safe operation, it is important to follow these instructions for closing the lid.



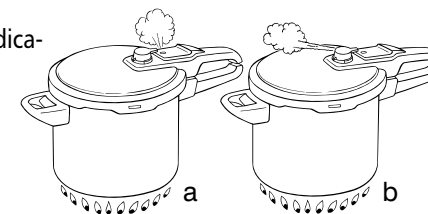
### Place the pressure cooker on the most powerful heat setting:

Put on to a high heat. Do not allow heat, especially a gas flame, to come in contact with the handles. Position the cooker so that the steam outlet on the cooking regulator valve is away from you.

## INSTRUCTIONS FOR USE

### Raising to full pressure:

First steam escapes through the red locking indicator (9), see Fig. a. As soon as pressure starts to build up, however slight, the locking indicator rises and locks the lid. (Opening the lid is now impossible until the pressure has been safely released).



Wait until a steady flow of steam escapes through the cooking regulator valve, accompanied by a loud hiss, see Fig. b. The cooker is now at full pressure. Lower the source of heat to maintain a gentle, steady release of steam. Leave to operate for 20 minutes. (Reduce the heat sufficiently to hear a steady muttering sound with a gentle flow of steam. If the heat is too high, there is a constant loud hissing. If the heat is too low, there is little or no noise).

**Warning:** It is not recommended that the cooker is left unattended during use.

Remember during cooking you may need to adjust the heat level.

**Note:** If the locking indicator drops down during cooking, increase the heat a little and extend the cooking time.

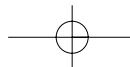
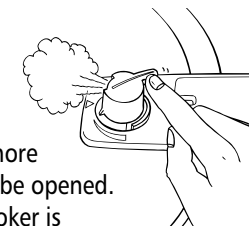
If the cooking regulator turns to the "release position" during cooking, it could mean either the heat is too high or the pressure cooker has boiled dry.

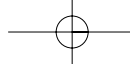
### Never remove the cooking regulator until the pressure has been released.

Condensed water may collect around the centre pipe under the cooking regulator valve which is normal.

### Releasing the pressure and opening the lid:

Turn off the heat source and slowly turn the cooking regulator valve anti-clockwise. The more the valve is turned the more steam escapes. When all the steam is released and there is no more pressure, the red locking indicator drops down and the lid can be opened. Empty the pan. Rinse and dry the pan and lid. Your pressure cooker is now ready for cooking.





## INSTRUCTIONS FOR USE

# USING YOUR PRESSURE COOKER

### Adding the food and liquid:

Place the ingredients and required quantity of liquid in the pan (see section Golden rules for pressure cooking for detailed advice). Always use a liquid that will give off steam when boiled e. g. water, stock, wine, beer, cider or milk. **Never use oil or melted fat.**

### Minimum filling levels:

The minimum quantity of liquid required for normal cooking is 1/2 pint/300 ml.



### Maximum filling levels:

To avoid any risk of overflowing never exceed the following levels:

Solid foods e. g. vegetables, meat joints:

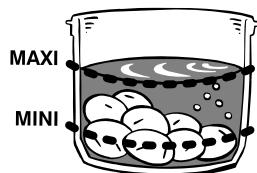
- no more than 2/3 full.

Liquids and cereals e. g., soup, stews and rice:

- no more than 1/2 full.

Pulses e. g. lentils, kidney beans:

- no more than 1/3 full.

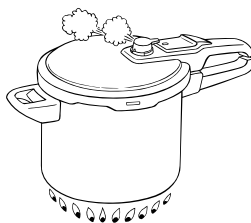


### Steaming:

When using the basket, the water level must not exceed the level of the trivet otherwise the food will be immersed instead of cooking in steam. Use at least 1 1/4 pints/750 ml of water.

### Cooking:

Put the lid on the cooker and close the lid. Place the cooking regulator valve in the "cooking position". Set the heat source to high, bring the cooker to full pressure as explained in Fig. a and b and then lower the heat to maintain a gentle, steady release of steam.



## INSTRUCTIONS FOR USE

### At the end of cooking:

Turn off the heat and release the steam either quickly or slowly according to the recipe or type of food cooked.

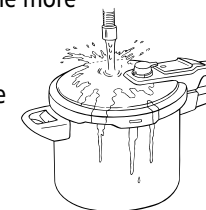
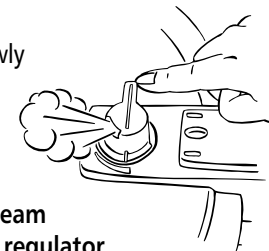
**Release quickly** - for stews, vegetables, and fish dishes.

#### • Either:

1) Turn the cooking regulator valve anti-clockwise to the "steam release position" by placing your finger on the tab. **Steam is released through the outlet on the side of the cooking regulator. Always ensure the direction of the steam is released away from you. Keep your fingers away from the outlet.** The more the valve is turned the more the steam escapes.

#### • Or:

2) Lift the cooker away from the heat using both handles. Place the pressure cooker under running cold water. Make sure water never runs through the cooking regulator into the pan.

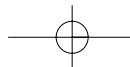


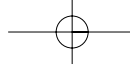
Wait for the red locking indicator to drop before opening the lid.

**Release slowly** - for soups, stocks, milk puddings, egg custard, dried vegetables and pulses, puddings or cake mixtures containing raising agents, and recipes containing rice and pasta. Lift the cooker away from the heat and leave the cooking regulator in the "cooking position". Allow to cool slowly at room temperature, for about 10-15 minutes, until the red locking indicator drops down.

**Note:** The cooking regulator will remain hot after the steam is released. Either allow to cool or remove using an oven glove.

Remove food as soon as possible after cooking. Do not leave food in the cooker for a long time as this can mark the interior.





## INSTRUCTIONS FOR USE

# SAFE COOKING WITH YOUR PRESSURE COOKER

Your Tefal Pressure Cooker offers:

- **Safety in closing:** if the lid is not correctly shut there can be no build-up of pressure.
- **Safety during use:** as soon as there is any pressure, the lid automatically locks.
- **Safety when opening -:** as long as any pressure remains in the cooker, opening the lid is impossible.
- **Safety with excess pressure:** the cooking regulator valve controls the normal level of pressure required for pressure cooking. If this becomes blocked (due to inadequate cleaning or a fragment of food), two safety devices against excess pressure will come into operation as follows:

1. The red locking indicator will rise higher from its casing and allow excess pressure to escape rapidly. Some steam and/or food may be ejected in a vertical direction. If this happens:

- I Turn off the heat source immediately taking special care to protect your hands.
- II Leave the pan on the cooker. Wait until it has cooled and stopped spurting before placing in a bowl of cold water.
- III Allow the cooker to cool fully to ensure that the pressure is completely released.
- IV Using an oven glove to protect your hands, gently push down the locking indicator using a knitting needle or skewer. The locking indicator will fall into pan.
- V Clean the locking indicator under hot running water and check for any food particles around the safety valve (8) which may be blocking the locking indicator. Clean the cooker as directed in section "Cleaning".
- VI Make sure the centre pipe (4) and cooking regulator are clean and free from food debris before re-using the cooker.

2. Should the first safety device fail (because the locking indicator is blocked), the second device operates by allowing the gasket to expand so that steam and/or hot food are ejected vertically downwards through the cutout section on the left hand side of the lid, the safety vent (7). This may be forceful and, if the pressure cooker is being used on a gas burner, the gas may be extinguished.

## INSTRUCTIONS FOR USE

If this happens follow directions I. to v. above and then send the cooker to the Tefal Pressure Cooker Service Centre for inspection as the pan may be distorted (this is not covered by the Tefal guarantee).

# CLEANING AND MAINTENANCE

## CLEANING

**Hand washing:** After each use wash the pan, and all the accessories in hot water and washing-up liquid. Dry immediately to bring back the shine. The exterior of the cooker can be cleaned with a proprietary stainless steel cleaner.

To clean the lid remove the gasket and cooking regulator. Wipe the lid with a damp cloth. If particularly dirty, wash the lid and gasket in hot water and washing-up liquid (avoid immersing the handle locking mechanism of the lid as it is difficult to dry).

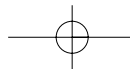
Do not use abrasive powders, bicarbonate of soda or bleach on any part of the cooker. To remove food stuck to the base pour in a solution of biological washing powder and leave to soak for several hours. Never leave the exterior of the cooker to soak in water as this will damage the metal finish.

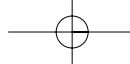
In areas with hard or chalky water, any white specks over the base can be removed by wiping fresh lemon juice.

**Dishwasher cleaning:** The pan only (not the lid) can be cleaned in a dishwasher but must be removed immediately the cycle finishes otherwise the exterior may dull and water stain. **The lid must never be cleaned in a dishwasher.**

## MAINTENANCE

Be sure all the steam has been released and that the locking indicator has fully dropped before carrying out any maintenance. After each use check whether the following parts need cleaning.





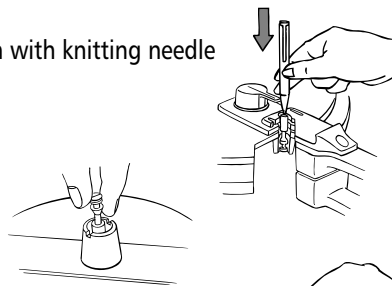
## INSTRUCTIONS FOR USE

### Cleaning the locking indicator:

Check that the indicator moves freely in its casing. If not, it should be cleaned.

Remove the red locking indicator by pushing down with knitting needle or skewer from the top of the lid.

Clean the red locking indicator and housing under hot running water. To replace, turn the lid upside down and push firmly into the rubber safety valve. Replace the lid release plate or timer.



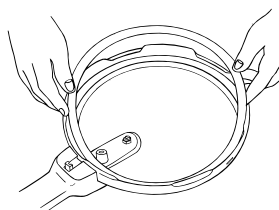
### Cleaning the centre pipe:

Check that there is no obstruction to the pipe by holding it up to the light. Clean with hot running water and a skewer. Also, inspect the cooking regulator valve and if blocked clean in hot water.



### Removing and cleaning the gasket:

The gasket lifts out and is put back by easing in place. Clean it with hot water and washing-up liquid. The gasket must be replaced regularly every 9-12 months.

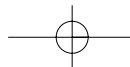


**Note:** If the cooker is not used for a long period of time the gasket may need replacing as it can harden and then will not form an air-tight seal.

**Do not attempt to dismantle any other part of the cooker other than those mentioned above.** If food is trapped around or under the lid release plate mechanism of the lid handle return it for servicing, (see section "After Sales Service" for details).

### Storage:

Ensure all parts are thoroughly dry before storage. Put the lid on but leave unlock (with the handle apart) to allow air to circulate and prevent smells.



## INSTRUCTIONS FOR USE

## SAFETY WARNINGS

- The safety of this appliance complies with the technical regulations and standards in force.
- Only use the appliance in a stable position on the heat source.
- Never let the cooker boil dry. This risks serious damage to the appliance.
- When in use never leave the appliance unattended. Do not leave the appliance within the reach of children.
- Do not exceed the maximum quantities recommended.
- Do not touch the metal parts of the appliance when it is in operation. Use the insulated plastic handles.
- Do not place your face or hands near the steam evacuation vents.
- Avoid moving the appliance when it is under pressure.
- Turn off the source of heat immediately if the appliance is not working properly.
- Never use the appliance to fry under pressure.
- Dismantling, cleaning and re-assembling of all the safety devices and their replacement should be carried out according to the instructions for use.
- No modification should be made to the safety devices and their replacement should be undertaken by an approved Service Centre.
- Any repairs should be made with genuine Tefal spare parts.
- Do not use the appliance if it has been dropped and shows signs of damage or functions abnormally. In these cases, your appliance should be checked by the Tefal Pressure Cooker Service Centre (see section After Sales Service for details).
- This appliance is intended for domestic use only and is not designed for commercial use. The manufacturer accepts no liability if the appliance is used for commercial purpose or in a manner which does not comply with the operating instructions.



## AFTER SALES SERVICE AND SPARE PARTS FOR U.K. ONLY

If your pressure cooker requires servicing please return the complete appliance, with its pan and lid to:

TEFAL UK Ltd, PO Box 66, Nottingham, NG7 1SU - Tel 01159 414436 or  
Gavin Electronics Ltd, 83 Lower Camden Street, Dublin 2, Eire, Southern Ireland - 014 757 109

If posting to the Service Centre, ensure all Post Office specifications are applied ie : adequate outer protective carton, correctly addressed and sealed (refer to your local Post Office for further information). Obtain a certificate of posting. Damages due to bad packaging are the responsibility of the sender. Before posting:

- 1 Enclose your name, address and details of the fault.
- 2 If your are returning under the guarantee, it must be accompanied by a till receipt as proof of date of purchase.
- 3 If it is outside the guarantee period, please advise our Service Centre of the maximum amount of money you wish to spend to make it operational again.

The above details are in addition to a consumer's statutory rights and does not affect those right in any way.

**Pressure cookers cannot be repaired by TEFAL Electrical Service Centres.** Repair is free of charge under the conditions of the guarantee.

**Spare Parts:** The pressure regulator and gasket are available from Tefal Consumer Bureau (Tel: 01702 290089) and the handles, baskets and trivet are available from Ransoms (Tel: 01815 988921).

If you require further information contact Customer Services on 01604 762 726.

## COOKING GUIDE

- The cooking times in the tables are a guide only and may need slight adjustment to suit personal taste. Follow the special instructions listed in the tables.
- The minimum quantity of liquid required for normal cooking is 1/2 pint (300 ml) for the first 1/4 hour of cooking. For each additional 1/4 hour or part of 1/4 hour, add a further 1/4 pint (150 ml) of liquid. **Note:** this is only a general guide. Check with the table for any exceptions to this rule such as pulses and steamed puddings.
- Never exceed the maximum filling levels (see page 4).
- Always use a liquid which gives off steam when boiled eg water, stock, wine etc. Never use oil or melted fat.
- If adapting a conventional recipe for pressure cooking, a general guide is to calculate one third of the conventional cooking time. Calculate the amount of liquid required according to the pressure cooking time and type of food.
- Cooking containers and coverings must be able to withstand temperatures of 130°C (250°F). Do not use plastic lids as they prevent steam from being in contact with the mixture. Any covering on containers eg foil, must be securely tied otherwise they could block the safety devices.
- The Sensor pressure cooker operates at 13 lb pressure (black valve with red stripe) and at 8 lb pressure (black valve with green stripe). Therefore cooking times in pressure cooker recipe books devised using 15 lb pressure may be shorter. These recipes can be adjusted for use in your pressure cooker by increasing the cooking time and altering the quantity of liquid used.

**COOKING GUIDE**

Food	Basket required	Reg. valve	Cooking time	Steam release method	Special instructions and maximum quantities
<b>Cereals, rice and pasta</b>					
Barley, Pearl	no	Red	20 mins	slowly	<ul style="list-style-type: none"> <li>After each use check the centre pipe and locking indicator are free from food debris.</li> <li>Never fill more than half full with food and liquid.</li> <li>Do not cook oatmeal in your pressure cooker as it could block the controls.</li> </ul>
Macaroni	no	Red	3-4 mins	slowly	
Noodles	no	Red	2-3 mins	slowly	
Pasta shapes (ordinary or wholewheat)	no	Red	2-3 mins	slowly	
<b>Rice</b>					
Easy cook (par boiled)	no	Red	5 mins	slowly	<ul style="list-style-type: none"> <li>For each 4oz (100g) of cereal, rice or pasta add 1 1/2 pts (900ml) of boiling water.</li> <li>Bring to full pressure using medium heat (instead of high heat) to avoid contents frothing up and blocking vents.</li> <li>Do not use "Quick cook" type pasta and cereals in a pressure cooker.</li> </ul>
Long grain (patna, Basmati)	no	Red	5 mins	slowly	
Brown rice	no	Red	15 mins	slowly	
<b>Spaghetti (ordinary or Wholewheat)</b>					
Fine	no	Red	2 mins	slowly	
Regular	no	Red	3 mins	slowly	
<b>Desserts and puddings</b>					
<b>Dried fruits</b>					
Apple rings	no	Red	8 mins	slowly	<ul style="list-style-type: none"> <li>Never fill the pan more than half full.</li> </ul>
Apricots	no	Red	5 mins	slowly	
Figs	no	Red	15 mins	slowly	<ul style="list-style-type: none"> <li>There is no need to soak fruit overnight. Soak with 1 pt (600ml) boiling water to 1 lb (500g) dried fruit for 10 mins. (Except for "no soak" dried fruit which does not need soaking).</li> </ul>
Fruit salad	no	Red	15 mins	slowly	
Peaches	no	Red	7 mins	slowly	
Pears	no	Red	15 mins	slowly	
Prunes	no	Red	5 mins	slowly	
<p><b>Note :</b> Reduce cooking times by 1 minute for "no soak" dried fruits.</p>					

**COOKING GUIDE**

Food	Basket required	Reg. valve	Cooking time	Steam release method	Special instructions and maximum quantities
<b>Fresh fruit</b>					
Apples, sliced	no	Green	6 mins	slowly	<ul style="list-style-type: none"> <li>Never fill the pan more than half full.</li> </ul>
Apples, whole	no	Green	7-8 mins	slowly	
Apricots, halved	no	Green	5 mins	slowly	<ul style="list-style-type: none"> <li>Always use a minimum of 1/2 pint (300 ml) of liquid.</li> <li>To avoid overcooking soft fruit, cook in their own juices in a basin covered with a double layer of greaseproof paper. Tie securely. Stand on trivet and add 1/2 pint (300ml) of water.</li> <li>Stand a boilable dish on the trivet.</li> <li>Cover the container with a double layer of greased, greaseproof paper and tie securely.</li> <li>Use a minimum of 1/2 pint (300ml) of water for steaming.</li> </ul>
Blackberries	no	Green	5 mins	slowly	
Cherries	no	Green	5 mins	slowly	
Currants (black, red, etc...)	no	Green	5 mins	slowly	
Damsons, halved & stoned	no	Green	5 mins	slowly	
Gooseberries	no	Green	6 mins	slowly	
Greengages, halved & stoned	no	Green	5 mins	slowly	
Loganberries	no	Green	5 mins	slowly	
Pears, sliced	no	Green	4 mins	slowly	
Pears, whole	no	Green	6 mins	slowly	
Plums, halved & stoned	no	Green	5 mins	slowly	
Peaches, halved or sliced	no	Green	4-5 mins	slowly	
Raspberries	no	Green	5 mins	slowly	
Rhubarb (1in lengths)	no	Green	6 mins	slowly	
<b>Egg custards</b>					
Egg custard	no	Red	7 mins	slowly	
Creme caramel	no	Red	13 mins	slowly	



**COOKING GUIDE**

Food	Basket Reg. required valve	Cooking time	Steam release method	Special instructions and maximum quantities
<b>Milk puddings</b>				
Rice	no Red	12 mins	slowly	<ul style="list-style-type: none"> <li>• Never fill the pan more than half full.</li> <li>• Use a low to medium heat otherwise the rice could burn.</li> <li>• Use 2oz (50g) rice to 1 pint (550ml) milk.</li> <li>• Heat the contents in the pan until boiling, lower the heat to obtain a rolling boil (the contents should not rise up the pan). Close the lid and without altering the heat bring to full pressure.</li> </ul>
Tapioca, sago and semolina	no Red	8 mins	slowly	
<b>Steamed puddings</b>				
Sponge pudding (11/2 pint size basin)	no Green	Pre-steaming: 15 mins Cooking: 50 mins	slowly	<ul style="list-style-type: none"> <li>• Stand a boilable basin on the trivet. Never fill more than two-thirds full with sponge mixture.</li> <li>• Cover the basin with greased, greaseproof paper and tie securely. If using foil add an extra 10-15 mins to the cooking time.</li> <li>• Use a minimum of 11/2 pint (900ml) boiling water for combined pre-steaming and cooking time of 1 hour. For each additional 1/4 hour, add an extra 1/4 pint (150ml) boiling water.</li> <li>• Pre-steaming means closing the lid without the pressure indicator valve in position and heating the cooker on a medium heat until a steady flow of steam comes from the centre vent and around the locking indicator. Lower the heat so that there is only a small amount of</li> </ul>
Sponge puddings (individual)	no Green	Pre-steaming: 5 mins Cooking: 10 mins	slowly	
Steamed suet pudding (11/2 pint size basin)	no Green	Pre-steaming: 15 mins Cooking: 50 mins	slowly	
Jam roly-poly	no Green	Pre-steaming: 15 mins Cooking: 50 mins	slowly	

**COOKING GUIDE**

Food	Basket Reg. required valve	Cooking time	Steam release method	Special instructions and maximum quantities	
<p>steam coming out and pre-steam for the required time.</p> <ul style="list-style-type: none"> <li>• To cook the pudding, place the pressure indicator valve on the centre vent using an oven glove or tea towel.</li> </ul>					
<b>Christmas pudding (weight of mixture)</b>					
1 lb	yes Red	Pre-steaming time: 20 mins Cooking time: 13/4 hrs Re-heating time: 20 mins	slowly slowly	<ul style="list-style-type: none"> <li>• Christmas puddings are cooked according to the weight of mixture and not the size of the bowl, so remember to weigh the mixture.</li> <li>• Due to the long cooking times ensure sufficient boiling water is used (see below). 1 lb mixture: 21/2 pts 11/2 lb mixture: 3 pts 2 lb mixture: 31/2 pts</li> <li>• Cover the basin with a triple layer of greased, greaseproof paper and a layer of foil. Tie securely.</li> <li>• See special instructions section for steamed pudding on how to pre-steam pudding.</li> </ul>	
11/2 lb	yes Red	Pre-steaming time: 20 mins Cooking time: 2 1/2hrs Re-heating time: 25 mins	slowly slowly		
2 lb	yes Red	Pre-steaming time: 30 mins Cooking time: 3hrs Re-heating time: 30 mins	slowly slowly		
<b>Fish</b>					
Steamed white fish eg. cod, coley, haddock, huss, skate, turbot	yes Green	Filletts, steaks & cutlets 3-4 mins Whole fish 5 mins per lb	quickly quickly		
Eg. plaice, sole, whiting Oily fish eg. herrings, mackerel, mullet (red or grey)	yes Green	Filletts 1-2 mins Green Green Filletts 4-5 mins Whole fish 5-7 mins per lb	quickly quickly quickly		

**COOKING GUIDE**

Food	Basket required	Reg. valve	Cooking time	Steam release method	Special instructions and maximum quantities
<b>Game</b>					
Rabbit	no	Red	7 mins per lb	quickly	• Never fill more than more than 2/3 full when pot roasting.
Hare	no	Red	9 mins per lb	quickly	
Venison	no	Red	15 mins per lb	quickly	• Never fill more than 1/2 full when stewing
Pheasant	no	Red	8 mins per lb	quickly	
Partridge	no	Red	8 mins per lb	quickly	
<b>Meat pot roasting</b>					
Beef	no	Red	Brisket 20 mins per lb	slowly	• Joints must not exceed 3 lb (1,5kg) or fill the pan 2/3 full.
	Red		Silverside, topside, rump sirloin 20-25 mins per lb	slowly	
Lamb	no	Red	Breast 15 mins per lb (boned or rolled)	slowly	• Weigh the joint and calculate the cooking time per lb either stuffed or unstuffed.
	Red		Shoulder (boned & rolled)	slowly	
Pork	no	Red	Leg, loin best end 17 mins per lb	slowly	
	Red		Loin, shoulder (boned and rolled) 15 mins per lb	slowly	
Veal	no	Red	Neck, loin, boned shoulder 12 mins per lb	slowly	
Chops, cutlet & fillets lamb, pork & veal	no	Red	10 mins	slowly	
<b>Meat stewing &amp; braising</b>					
Braised beef	no	Red	30 mins	quickly	• Never fill the pan more than half full. • Thicken food after pressure cooking with eg. flour or corn-flour, to avoid sticking on the base. • If cooking dumplings, cook the stew and at the end of cooking time, release the steam and add the dumplings to the boiling meat. Cook gently for about 20 mins without the lid on. NEVER cook dumplings with the lid tightly clo-
Beef stew	no	Red	40 mins	quickly	
Lamb stew	no	Red	25 mins	quickly	
Steak & kidney	no	Red	25 mins	quickly	
Minced beef	no	Red	10 mins	quickly	
Chilli con carne	no	Red	15 mins	quickly	
Beef curry	no	Red	30 mins	quickly	

**COOKING GUIDE**

Food	Basket required	Reg. valve	Cooking time	Steam release method	Special instructions and maximum quantities
sed as they could rise and block the safety devices.					
<b>Boiling</b>					
Boiled beef	no	Red	20 mins per lb	slowly	• Never fill the pan more than half full. • Add 3/4 pint (450ml) liquid for joints up to 2 lb (1kg) and an extra 1/4 pint (150ml) for each additional 1 lb (450g). • For boil-in-the-bag joints cut the top off the bag to prevent bursting.
Boiled gammon or ham joints	no	Red	15 mins per lb	slowly	
<b>Poultry pot roasting</b>					
Whole chicken	no	Red	8 mins per lb	slowly	• Never cook poultry from frozen. Always thaw first. • When cooking whole poultry the pan must not be more than 2/3 full.
Chicken portions	no	Red	6 mins per lb	slowly	
Duck portions	no	Red	15-18 mins	slowly	
Turkey portions	no	Red	12-15 mins	slowly	
Coq au vin	no	Red	20 mins	slowly	
<b>Preserves jam making</b>					
Apricots (fresh)	no	Red	4 mins	slowly	• Never fill the pan more than half full. • Never cook a preserve under pressure after adding the sugar, always cook it in the open pan without the lid. • Use the pressure cooker to pre-cook and soften the fruit, then add the sugar and boil in the open pan without the lid on until setting point is reached. • Always use sufficient water for the type of fruit.
Blackberry & apple	no	Red	5 mins	slowly	
Blackberry	no	Red	5 mins	slowly	
Blackcurrants	no	Red	4 mins	slowly	
Damson	no	Red	5 mins	slowly	
Gooseberry	no	Red	5 mins	slowly	
Plum, peach, greengage	no	Red	4 mins	slowly	
<b>Jelly making</b>					
Apple	no	Red	5 mins	slowly	• Follow the special instructions above for jam making. Soften fruit

**COOKING GUIDE**

Food	Basket Reg. required valve	Cooking time	Steam release method	Special instructions and maximum quantities
Crab apple	no Red	8 mins	slowly	in pressure cooker with sufficient water and then strain through jelly bag. Add sugar and bring to setting point without the lid on.
Blackcurrant	no Red	5 mins	slowly	
Red currant	no Red	1 mins	slowly	
<b>Marmalade making</b> Orange	no Red	18 mins	slowly	<ul style="list-style-type: none"> <li>Follow the special instructions above for jam making. Soften fruit in pressure cooker with sufficient water and then bring to setting point without the lid on.</li> <li>The proportions for marmalade are 1 lb of fruit, 1 pt water and 2 lb sugar.</li> </ul>
<b>Pulses</b>				<ul style="list-style-type: none"> <li>Never fill the pan more than one-third full with pulses and liquid.</li> <li><b>Always soak pulses (except lentils) in boiling water for one hour before cooking.</b> Do not use bicarbonate of soda or salt as it could discolour the pan.</li> <li>For every 8oz (250g) of dried pulses add 2 pts (1,2litres) of cold water. Always use a minimum of 1 pint.</li> <li>Heat the contents of the pan until boiling gently but not rising in the pan. Close the lid and without altering the heat bring to full pressure. Cook for required time. If necessary, lower the heat so that only a small amount of steam comes out of the pressure indicator valve.</li> </ul>
Butter beans	no Red	15 mins	slowly	<ul style="list-style-type: none"> <li>Never fill the pan more than one-third full with pulses and liquid.</li> <li><b>Always soak pulses (except lentils) in boiling water for one hour before cooking.</b> Do not use bicarbonate of soda or salt as it could discolour the pan.</li> <li>For every 8oz (250g) of dried pulses add 2 pts (1,2litres) of cold water. Always use a minimum of 1 pint.</li> <li>Heat the contents of the pan until boiling gently but not rising in the pan. Close the lid and without altering the heat bring to full pressure. Cook for required time. If necessary, lower the heat so that only a small amount of steam comes out of the pressure indicator valve.</li> </ul>
Bean mix	no Red	Unsuitable for use in pressure cookers as the ingredients cook at different times and could block the safety devices		
Chick peas	no Red	35 mins	slowly	
Haricot beans	no Red	15 mins	slowly	
Kidney beans	no Red	15 mins	slowly	
Red lentils (to pressure only)	Red no To pressure only		slowly	

**COOKING GUIDE**

Food	Basket Reg. required valve	Cooking time	Steam release method	Special instructions and maximum quantities
Peas (dried whole)	no Red	30 mins	slowly	<ul style="list-style-type: none"> <li>Always release steam slowly otherwise the centre pipe and safety valve could become blocked.</li> <li>After each use check the centre pipe and locking indicator are free from food debris.</li> </ul>
Split peas	no Red	8 mins	slowly	
Soya beans	no Red	25 mins	slowly	
<b>Soups</b>				<ul style="list-style-type: none"> <li>Never fill the pan more than half full.</li> <li>Release steam slowly for thin soups or soups with rice or pasta.</li> <li>Release steam quickly for thick soups.</li> <li>If in doubt about method of steam release, release pressure slowly.</li> </ul>
Tomato soup	no Red	10 mins	quickly	<ul style="list-style-type: none"> <li>Never fill the pan more than half full.</li> <li>Release steam slowly for thin soups or soups with rice or pasta.</li> <li>Release steam quickly for thick soups.</li> <li>If in doubt about method of steam release, release pressure slowly.</li> </ul>
Mixed vegetable soup	no Red	12 mins	quickly	
French onion soup	no Red	5 mins	slowly	
Minestrone	no Red	25 mins	slowly	
<b>Stocks</b>				<ul style="list-style-type: none"> <li>Never fill the pan more than half full.</li> <li>Always release the steam slowly.</li> </ul>
Beef stock	no Red	45 mins	slowly	<ul style="list-style-type: none"> <li>Never fill the pan more than half full.</li> <li>Always release the steam slowly.</li> </ul>
Poultry stock	no Red	20 mins	slowly	
Fish stock	no Red	15 mins	slowly	
<b>Vegetables, fresh vegetables (steamed)</b>				
Asparagus	yes Green	10 mins	quickly	
Beans (broad, sliced)	yes Green	10 mins	quickly	
Beans (runner & french)	yes Green	10 mins	quickly	
Broccoli	yes Green	2-3 mins	quickly	
Brussel sprouts (medium size)	yes Green	3-4 mins	quickly	
Cabbage (finely chopped)	yes Green	3-4 mins	quickly	
Carrots (sliced)	yes Green	3-4 mins	quickly	

**COOKING GUIDE**

Food	Basket Reg. required valve	Cooking time	Steam release method	Special instructions and maximum quantities
Cauliflower (florets)	yes Green	3-4 mins	quickly	• Vegetables can be boiled directly in the pan but increase the cooking time and never fill more than 2/3 full.
Celery	yes Green	3-4 mins	quickly	
Courgettes (sliced)	yes Green	3-4 mins	quickly	• When steaming or boiling vegetables, use boiled water from a kettle to reduce the time to reach full pressure.
Leeks (pieces)	yes Green	3-4 mins	quickly	
Marrow (pieces)	yes Green	3 mins	quickly	
Onion (slices)	yes Green	4-5 mins	quickly	
Onion (whole)	yes Green	6-8 mins	quickly	• The divider is useful for cooking a variety of vegetables separately.
Parsnips (pieces)	(depending on size) yes Green	3-4 mins	quickly	
Peas	yes Green	12-15 mins	quickly	• Cook whole beetroot directly in the pan according to the size. Trim off stalk and root. Leave the skin on.
Red or green peppers (whole)	yes Green	14 mins	quickly	
New potatoes (small whole)	yes Green	5-7 mins	quickly	Small + 1 pt water (cooking time 10-15 mins).
Old potatoes - quarters (1oz pieces)	yes Green	7 mins	quickly	Medium + 1 1/2 pt water (cooking time 15-20 mins).
- 1/2 inch thick slices	yes Green	3 mins	quickly	Large + 2 pt water (cooking time 25-30 mins).
- par boiled for roasting	yes Green	3-4 mins	quickly	
Spinach	yes Green	2 mins	quickly	
Swede (1in cubes)	yes Green	5-6 mins	quickly	
Turnip (1in cubes)	yes Green	5-6 mins	quickly	

Food	Basket Reg. required valve	Cooking time	Steam release method	Special instructions and maximum quantities
<b>Frozen vegetables</b>				<ul style="list-style-type: none"> <li>• As frozen vegetables cook quickly, it is often not worth using a pressure cooker.</li> <li>• Generally the cooking times are the same as that stated on the packet for boiling.</li> <li>• Frozen vegetables can be cooked together with fresh vegetables providing the cooking times are the same.</li> </ul>
Broad beans	yes Red	10 mins	quickly	
Sliced greens	yes Red	3 mins	quickly	
Whole green beans	yes Red	3 mins	quickly	
Broccoli spears	yes Red	2 mins	quickly	
Brussel sprouts	yes Red	6 mins	quickly	
Baby carrots	(depending on size) yes Red	7 mins	quickly	
Sliced carrots	yes Red	7 mins	quickly	
Cauliflower florets	yes Red	7 mins	quickly	
Mixed vegetables	yes Red	7 mins	quickly	
Peas	yes Red	3 mins	quickly	
Spinach	yes Red	6 mins	quickly	
Sweetcorn kernels	yes Red	2 mins	quickly	