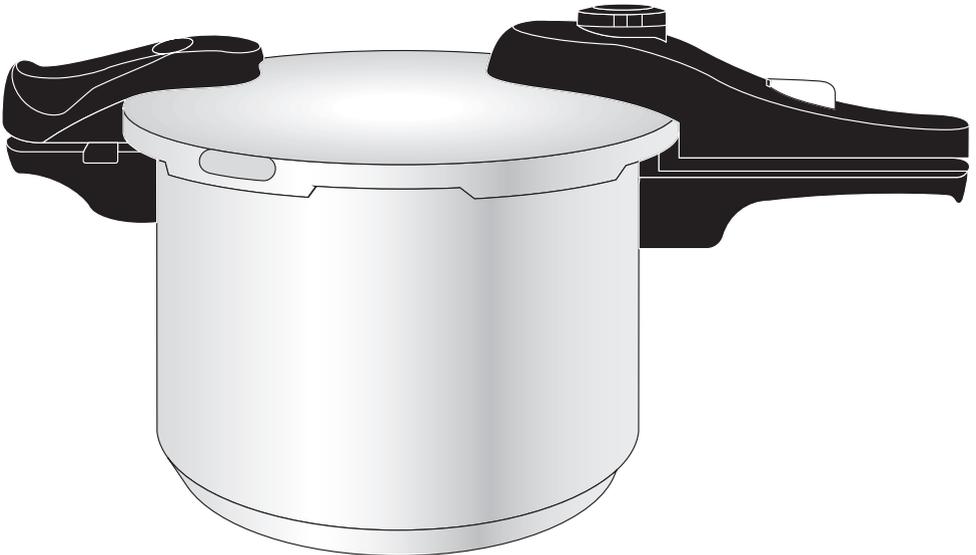


STAINLESS STEEL PRESSURE COOKER

INSTRUCTION MANUAL



19cm - 4 L | 24cm - 6 L

Before using this pressure cooker, please carefully read the following instructions.

IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

- 1 Read all instructions before using your pressure cooker.
- 2 The pressure cooker is a kitchen appliance and should not be used for any other purpose. It should be used only by a responsible adult and only for cooking food. Children should not be allowed to use this appliance and should be kept at a safe distance while the pressure cooker is in use. Always supervise the pressure cooker while it is under pressure.
- 3 The boiling point of the liquid under pressure is up to 120°C (250F). Please operate carefully as lots of steam will be released when boiling and especially when reducing the pressure fast. Improper use may result in a scalding injury. Operation of safety devices may be accompanied by a sudden loss of steam and, in extreme cases, liquid. In order to reduce risk of this happening, you must follow the instructions precisely.
- 4 Do not cook expansive food such as apple jam, seaweed, oatmeal, etc. to avoid blocking of the steam release valve (14). Use only liquids that produce steam when cooking (water, stock, wine, milk, etc.). Do not use oil or melted fat or for frying or baking food.
- 5 Keep the pressure controller valve (3), safety lock valve (2), gasket (9), safety window (8), lid (7) and cooking pot (11) clean and dry before and after use. Check safety valve and pressure controller before each use.
- 6 When using an electric hob, ensure the diameter of the hob is wider than the diameter of the pressure cooker base (13). On a gas hob, ensure the flames do not spread out past the edges of the pressure cooker base.
- 7 When cooking turn the safety window (8) away from the user.
- 8 If steam sprays out from safety lock valve (3), or the gasket (9) is squeezed out from the safety window (8), immediately switch off your cooking appliance (e.g. electric or gas hob).
- 9 Take great care when moving a pressure cooker while cooking or cooling (while under pressure). Carry it horizontally and lay it down gently.
- 10 Do not open the pressure cooker lid while under pressure. Ensure that the lid (7) is

closed and locked properly, and that the handles (1 - 10 and 5 - 12) are aligned. Never touch hot surfaces, always use the handles.

- 11 Do not use the appliance without adding liquid as you can cause serious damage. Do not store salt, soy sauce, alkali, sugar, vinegar, or steam water in the cooker for a prolonged time. Clean and dry it every time after use.
- 12 Use at least 300ml (½ pint) of liquid. This will give you 15 min of cooking time. When cooking longer than 15 min increase the volume of water by 150ml (¼ pint) for every additional 15 min of cooking.
- 13 Do not fill the base of the pressure cooker more than two thirds full when cooking non-expansive food such as meat, vegetable, etc.
- 14 Do not fill the base of the pressure cooker more than ¼ full when cooking foods that expand or may foam up such as rice, dehydrated vegetables, pulses, cereals, apple sauce, cranberries, rhubarb, spaghetti, etc.
- 15 Do not cook dumplings with the lid on. The dough will rise and may block safety devices. Cook the food without dumplings for the recommended time. Release the steam until you can remove the lid. Add the dumplings and continue cooking without the lid.

When cooking doughy food, shake the pressure cooker gently before opening. This will prevent the food being ejected when you open the lid.

When cooking meat with skin, the skin may swell under pressure. Do not pierce the skin to reduce the swelling as you may be scalded by escaping liquid or steam.

- 16 Do not cover the pressure controller valve (3) at any time. Do not try to remove the lid (7) until all pressure has been released. Never force the lid (7) to open. If it is difficult to open the lid, leave the pressure cooker to cool a bit longer.
- 17 Do not tamper with the pressure cooker in order to avoid damaging safety systems and prevent their operation. Do not dismantle any part unless directed to do so in these instructions.
- 18 Use only authentic spare parts supplied for this model. Use the cooking pot only with supplied lid and vice versa.

FOR HOUSEHOLD USE ONLY

ADVANTAGES OF PRESSURE COOKING

Cooking with a pressure cooking is:

- ECONOMICAL** Cooking is up to three times faster. This saves time by using only one element (less washing) and saves energy as only one hob is used (less gas or electricity).
- NUTRITIONAL** Compared to conventional cooking pressure cooking is recognised as one of the healthiest ways of food preparation. This is due to the fact that it retains more vitamins, minerals, flavours and colours.
- VERSATILE** Easy cooking and blanching of bulk food, tougher cuts of meat will become tender.

How does pressure cooker work

In conventional cooking the water boils at 100°C. However if the pressure is raised, the boiling point rises as well. Pressure cooker is designed to allow pressure and cooking temperature to build up safely thus reducing the cooking time. The result is delicious, healthy and tender food.

Cooking times

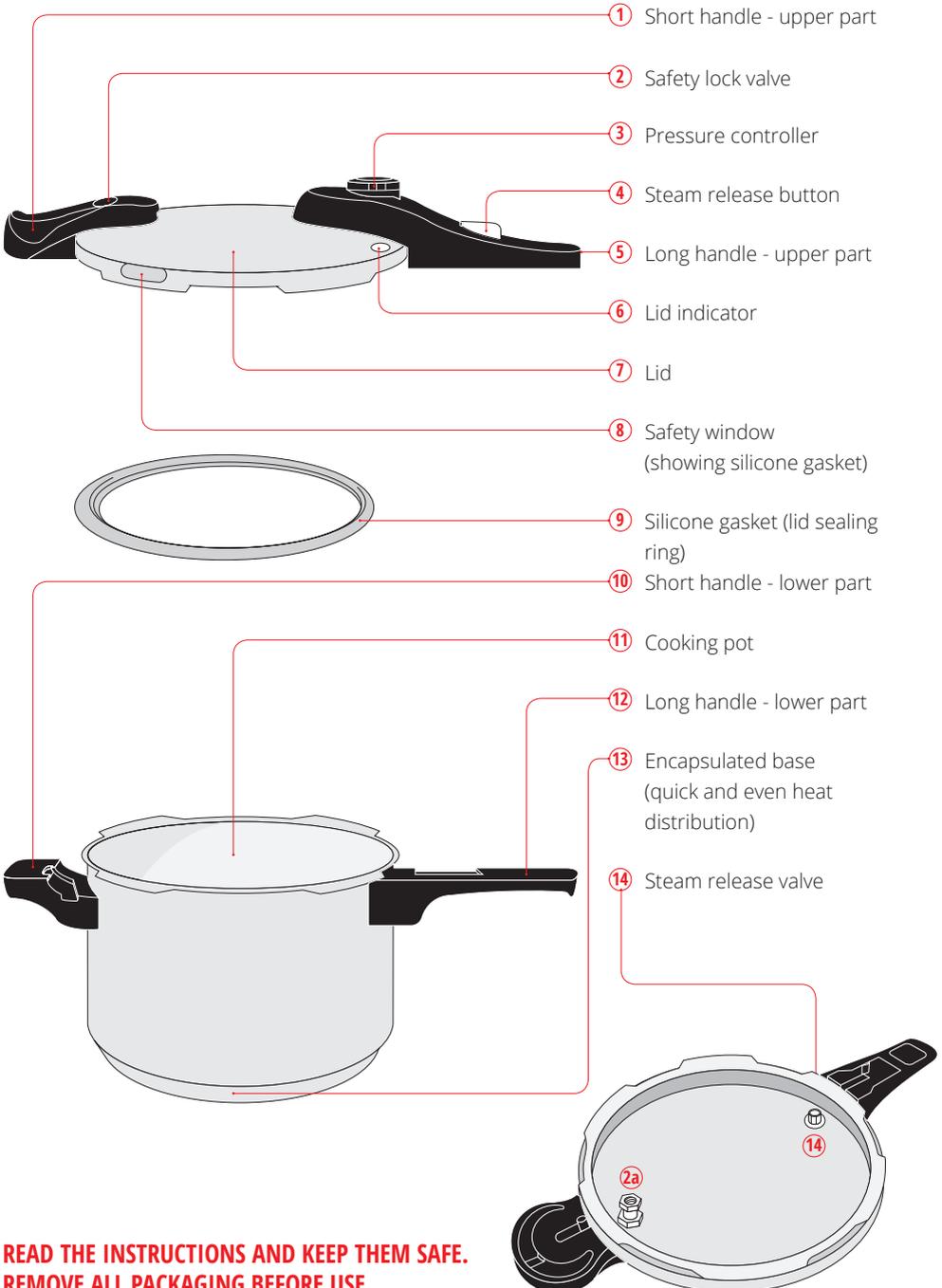
Cooking times depend on the sizes of individual pieces of food. Vegetables cook quicker in a pressure cooker so it is advisable to cut up the larger vegetables (root vegetables, potatoes, etc.) in order to achieve the same cooking times as other foods cooked together.

Cooking can be interrupted by releasing pressure so that faster cooking foods can be added at later time. A table of cooking times is given on page 8 of this manual and is intended as a guide only.

Always check that food is cooked thoroughly before serving and cook a bit more if in doubt. Meat, poultry and any derivatives should be cooked until the juices run clear. Fish should be cooked until flesh is completely opaque. Pre-packed foods should be cooked according to the guidelines on the package or label.



Features



**READ THE INSTRUCTIONS AND KEEP THEM SAFE.
REMOVE ALL PACKAGING BEFORE USE.**

Safety devices

- 1 Safety lock valve ②:** Ensures that the pressure of released steam is in safety range and that the lid can be kept closed safely under pressure or opened.
- 2 Pressure controller ③:** Steam from the pressure cooker is released through this the valve.

If pressure controller valve and safety lock become clogged the **silicone gasket ⑨** will bulge through the **safety window ⑧** to help release the pressure safely.

Before the first use

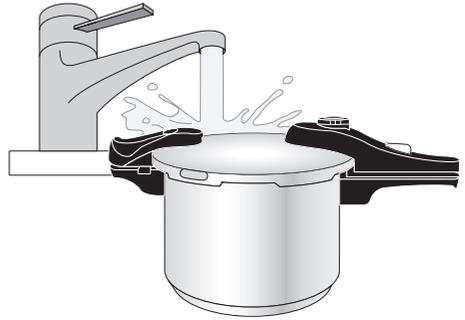
- 1** Clean your pressure cooker with warm soapy water. Rinse well and dry all parts thoroughly.
- 2** Ensure that safety lock valve ② and pressure controller ③ are clean and there is no clogging. If any of them are clogged, use a needle to clean.
- 3** Place the lid on the cooking pot so that it sits comfortably. Rotate until the marking on the lid **V** and mark **O** on the lower handle are aligned to ensure that the pressure cooker is closed securely.
- 4** To increase the temperature quickly, cook on the highest heat, until the pressure controller ③ starts working. Normally a little steam will evaporate from the safety lock valve ② at the beginning but should stop after the valve rises and pressure cooker cooks for a while. If the steam evaporates continuously while cooking, reduce the heat for the time of cooking that is recommended.

CAUTION! Keep a safe distance, supervise the pressure cooker and keep children away from cooking area. Do not touch any metal surfaces and use handles to avoid burns and scalding.

- 5** When cooking time is up, turn off the heat and leave the pressure cooker to cool down. Once the pressure subsides and the safety lock valve ② drops it is safe to remove the lid ⑦. The lid opens counter-clockwise.

CAUTION! When cooking foods that expand or foam while cooking, shake the pressure cooker gently before you open the lid, to eliminate the foam inside.

- 6** Occasionally the pressure cooker has to be cooled down quickly. Place the pressure cooker on a level surface (sink, heat-resistant basin, etc.) and slowly pour cold water over the lid until the safety lock valve drops down.



CAUTION! Do not allow water to enter the pressure cooker through the safety lock valve.

Maintenance

- 1 The pressure cooker should be cleaned before and after each use:**

- Wash all parts with warm soapy water and rinse.
- Then wipe off the water and dry thoroughly.
- Do not use harsh brushes or scourers on the cooker surface to avoid abrasion.
- Do not store food inside the cooker for extended periods of time.

- 2 Maintenance of the silicone gasket ⑨**

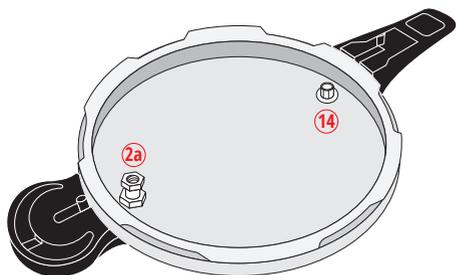
- Remove the gasket from the lid. Clean the dirt from the ring and the lid.
- Wipe off the water and dry the gasket thoroughly.
- Place the gasket back in the lid. Do not place the lid on the cooking pot when not in use to prevent the gasket from being squeezed and deformed.

- 3 Maintenance of the pressure controller ③ and the steam release valve ⑭**

- Check the steam release valve ⑭ on the bottom of the lid. If it is blocked, clean the dirt with a needle, then wash and rinse

the pipe with water. Dry thoroughly.

- Tighten the screw on the steam release valve **14** immediately if loose.



4 Maintenance of the safety lock valve

- Clear away the dirt from the safety lock valve **2** / **2a** with a needle.
- Wash and rinse with water. The pin of the safety lock valve should move freely.
- Tighten the screw on the safety lock valve **2a** immediately if found loose.

CAUTION! The color and appearance of the gasket will change with use, which is completely normal. The gasket should be changed every two years or sooner if it is damaged or deformed in any way. Please contact your dealer or the sales department of our company for the replacement parts. Never use substitutes.

Troubleshooting

If there is any unusual activity during cooking always TURN OFF the heat immediately, remove the pressure cooker carefully and place it on a heat resistant level surface. Slowly pour cold water over the lid (avoiding the valves) to reduce pressure and temperature.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Steam evaporates from safety lock valve, the valve does not rise. Pressure inside the cooker is low.	<ol style="list-style-type: none"> 1 There is not enough heat. 2 Insufficient water in the pot. 3 Safety lock valve is clogged or the screw is loose. 4 Gasket is dirty. 5 The lid does not fit properly. 	<ol style="list-style-type: none"> 1 Increase the heat. 2 Add more water. 3 Clean the safety lock valve and tighten the red screw. 4 Clean the gasket, the cooker brim and the lid. 5 Fit the lid properly.
Steam evaporates from the under the lid.	<ol style="list-style-type: none"> 1 Gasket is dirty. 2 Gasket is old (deformed). 	<ol style="list-style-type: none"> 1 Clean the gasket, the cooker brim and the lid. 2 Replace the gasket.
Steam still leaks even when safety lock valve is raised.	<ol style="list-style-type: none"> 1 Safety lock valve is clogged or the red screw loose 2 O ring is aged or broken. 	<ol style="list-style-type: none"> 1 Clean the safety lock valve, or tighten the red screw. 2 Replace the O ring.
Lid does not fit.	<ol style="list-style-type: none"> 1 Lid may have become deformed. 	<ol style="list-style-type: none"> 1 Replace the lid.
During cooking, the gasket bulges through safety window and steam evaporates.	<ol style="list-style-type: none"> 1 Gasket is performing its safety function (releasing the pressure in the cooker due to faulty valves). 2 Gasket is aged and deformed and thus has lost its function. 	<ol style="list-style-type: none"> 1 Remove the pressure cooker from heat and cool it down. Check all the safety devices and replace the faulty ones. 2 Replace the gasket.

COOKING TIMES

The cooking times listed are only shown as a guide. You should always check that the food is cooked thoroughly before serving. When cooking pre-packed food always follow any guidelines on the package or label.

FOOD TYPE	TIME	FOOD TYPE	TIME
SOUPS		SEAFOOD	
Chicken	6 min	Lobster	9 min
Fish	5 min	Crab	7-9 min
Leek & potato	5 min	Whole fish (per 450g)	4 min
Vegetable	5 min	Skate wings	4 min
Onion	4 min	Steaks & fillets	3-4 min
VEGETABLES		Mussels	2 min
Asparagus	7 min	Shrimp	2 min
Artichokes	6 min	Prawns	2 min
Broccoli, flowerets	2 min	MEAT (per 450g)	
Broccoli, stalks	5-6 min	Beef	12-15 min
Brussel sprouts, whole	4 min	Lamb	10-13 min
Cabbage, red or green, in quarters	3-4 min	Veal	10-12 min
Carrots	6 min	Pork	12 min
Cauliflower, flowerettes	2-3 min	POULTRY (whole)	
Courgettes	2 min	Partridge	8 min
Potatoes	6 min	Pheasant	8 min
Runner beans	6 min	Chicken	5min/450g
Corn on the cob	5 min	FRUIT	
Broad beans	4 min	Plums (halved & stoned)	2-5 min
Brussels sprouts	4 min	Raspberries	2-5 min
Leeks	4 min	Dried figs	4-5 min
Spinach	4 min	Dried prunes	4-5 min
Aubergine slices	3 min	Damsons	4 min
Okra	2-3 min	Dried apricots	3-4 min
Pumpkin, 50mm (2") slices	3-4 min	PULSES	
PULSES		Chickpeas	20 min
Kidney beans	15 min	White beans	15 min
White beans	15 min	Lentils	12 min
Lentils	12 min		

RECIPES

SPANISH CHICK PEAS (GARBANZOS)

400g 14oz	dried chick peas soaked overnight and drained
450g 1 can	tomato puree
1	onion finely chopped
8	garlic cloves
1 tbsp	cumin
1 tbsp	oregano
3 tbsp	olive oil
2 tbsp	oregano
340g 2 cup	green peppers
3	medium sized potatoes cut in pieces
2	pumpkin slices cut in medium sized cubes
1 handful	olives
1	Chorizo or chopped spanish sausage
1.5L 6 cups	water

Place the drained chickpeas into the pressure cooker. Add water, olives, and salt. Cook for 25 minutes.

In a pan, sauté the onion, garlic, green peppers, and the sausage. Cook for 2 minutes.

Release pressure then open the pressure cooker and check if the chickpeas have softened. If they have not softened enough, let it cook for 5 more minutes.

Add the sautéed onions, garlic, green peppers, and Chorizo to the pressure cooker together with potatoes and the pumpkin slices and cook for additional 15 minutes or to taste.

BEETS WITH DILL AND WALNUTS

900g 2 lb	beets
600ml 2½ cups	water
1 tbsp	cider vinegar
1 tbsp	fresh lemon juice
2 tsp	sugar
1½ tsp	Dijon mustard
¾ tsp	salt
½ tsp	black pepper freshly ground
3 tbsp	olive oil extra-virgin
2 tbsp	fresh dill chopped
2 tbsp	walnuts finely chopped

Beets are ready when they can be pierced with a fork without too much resistance. If they're not quite tender enough, put them back under pressure for a minute or two. Prepare the dressing while the beets cook.

Leave root and 2.5cm (1") stem on beets. Scrub with a brush then place in a pressure cooker and add water. Close lid securely and bring to high pressure over high heat. Reduce heat to medium or level needed to maintain high pressure. Cook for 10 minutes. Remove from heat and let stand for 6 minutes. Release pressure then open the pressure cooker.

Drain and rinse beets with cold water. Trim off beet roots and peel the skins off. Cut beets in half vertically, then cut each half into 4 wedges. Place in a medium bowl.

Combine vinegar with lemon juice, sugar, mustard, salt and pepper in a small bowl. Slowly drizzle in olive oil, stirring constantly with a whisk until well combined. Toss oil mixture with beets and let stand for 15 minutes. Gently toss from time to time, then stir in the dill. Garnish with ground walnuts before serving.

TOFU CURRY

15ml 1 tbsp	olive oil or as needed
1	large red onion minced
2	Indian green chilies halved
4	bay leaves
2g	ground turmeric
pinch	asafoetida powder
	salt to taste
450g 15 oz	diced tomatoes
10g 2 tbsp	ground coriander
7g 1 tbsp	garam masala
3g 1 tsp	red chili powder
500ml 2 cups	water
290g 2 cups	green peas
455g 16 oz	tofu medium-firm, cubed

Heat the olive oil in the pressure cooker over medium heat; cook and stir in the red onion, green chilies, bay leaves, turmeric, the asafoetida powder, and salt until onions are translucent, for about 10 minutes.

Add tomatoes, coriander, garam masala, and chile powder, and mix well.

Place lid on pressure cooker and cook until onions are tender and spices are fragrant, for about 8 to 10 minutes.

Remove the lid (release the pressure by pouring cold water on the lid first). Add water, then return lid and bring the mixture to a boil.

Release the pressure and remove the lid to add peas and tofu. Stir well to combine then secure the lid onto the pressure cooker

Bring up to medium pressure over medium heat. Reduce heat to low to maintain pressure, and cook for about 20 minutes until tofu is well cooked through and onions are tender.

Remove from heat, release pressure, and let stand for 30 minutes to allow flavors to blend.

MEXICAN CHICKEN & RICE

1	whole chicken cut in pieces
400g 2 cup	rice
700ml 3 cups	water
450ml 2 cups	cooking wine
1 can	tomato sauce
1 tbsp	cumin
1 tbsp	oregano
8 cloves	sliced garlic
2 cups	chopped onions
175g 1 cup	red or green bell peppers
240g 1 cup	cooked peas
	cilantro and achiote powder seasonings can be purchased in the ethnic food section of your supermarket
1 tbsp	paprika
6 tbsp	olive oil
2 tsp	salt
1	bay leaf
1 can	sweet peas

Heat 4 tbsp of olive oil inside the pressure cooker. Add garlic, onions and pepper, while stirring for 1 minute.

Add chicken pieces, tomato sauce, ground cumin, whole oregano, cilantro, achiote, and paprika. Pour in half of the cooking wine and water and stir well.

Cook for 15 minutes on medium-high heat. Release the pressure and open the pressure cooker.

Add rice and the remaining cooking wine. Stir well to combine all the ingredients, then close the pressure cooker. Increase the pressure to high for approximately 20 minutes.

Release the pressure and open the lid. If no further cooking is needed, stir in the olive oil and sweet peas, and serve.

MENSAF - JORDANIAN LAMB STEW

45ml 3 tbsp	olive oil
680g 1.5lb	boneless lamb shoulder cut into 5cm (2") pieces
1 litre 4 cups	water
280g 1½ cup	white rice uncooked
25g 3 tbsp	pine nuts
4½	round pitta bread
180ml ¾ cup	salted goat's milk jameed el-kasih

Place 1 tbsp of olive oil into a pressure cooker over medium-high heat. Add the lamb and cook until evenly browned on all sides. Remove the lamb.

Put a trivet on the bottom of the pressure cooker and place lamb on top. Pour in half of the water and close the pressure cooker securely.

Bring cooker to full pressure over high heat then reduce heat to medium-high. Cook for 40 minutes.

Remove pressure cooker from heat and release the pressure. Open the lid and remove lamb, separate meat from bones, and keep warm. Discard bones. Pour the broth into a bowl, and set aside.

Place remaining water, 1 tbsp olive oil, and rice into a saucepan. Bring to a boil over medium-high heat. Stir, reduce heat, then cover again and simmer for about 20 minutes until all moisture is absorbed.

Place remaining olive oil into a skillet over medium heat. Stir in the pine nuts and cook for about 5 minutes, until deep brown. Pour the reserved broth into a large pan. Pour in the goat's milk.

Add the lamb to the milk mixture. Simmer over medium heat allowing the lamb to absorb some of the liquid, for about 30 minutes.

To serve, arrange the pitta bread over the bottom of a large platter.

Spoon rice over the bread. Place the lamb on top of the rice, and drizzle with any remaining milk mixture. Sprinkle pine nuts over the top.

ITALIAN RICE CROQUETTES

910g 2lb	chicken giblets
235ml 1cup	water
3g ½ tsp	salt
950ml 4 cups	salted water
370g 2 cups	long grain white rice uncooked
160g 2 cups	Parmesan cheese grated
120ml ½ cup	marinara sauce
25g ¼ cup	dry breadcrumbs
2	large eggs
8g 2 tbsp	fresh parsley chopped
	salt & black pepper freshly ground to taste
110g 1 cup	dry bread crumbs for coating
	vegetable oil for frying

Combine chicken giblets, water and salt in a pressure cooker. Cook for about 20 minutes.

Drain giblets and let cool for 10 minutes. Chop giblets and set aside.

Cook rice and salted water in a saucepan and bring to the boil. Reduce heat to medium-low, cover and simmer until the rice is tender and all liquid has been absorbed. Spread cooked rice onto a baking sheet to cool for 5 minutes then transfer to a large bowl.

Mix in giblets, grated Parmesan cheese, marinara sauce, bread crumbs, eggs, parsley, salt, and ground pepper. Cover with plastic wrap and refrigerate for 1 hour.

Remove the mixture from refrigerator and form 5cm (2") ball shaped croquettes. Roll croquettes in bread crumbs and place on a baking sheet.

Heat oil in a large skillet over medium-high heat. Cook breaded croquettes until browned on all sides, about 10 minutes.

Transfer to a plate lined with paper towels to absorb excess oil.

POTATO SALAD

6	medium red potatoes scrubbed
235ml 1 cup	water
40g ¼ cup	onion chopped
1 stalk	celery chopped
	salt & pepper
3	eggs hard cooked, chopped
4g 1 tbsp	fresh dill chopped
120ml ½ cup	mayonnaise
5ml 1 tsp	yellow mustard
5ml 1 tsp	cider vinegar

Place potatoes in pressure cooker with water. Cook on high pressure for 3 minutes or 4 minutes if potatoes are larger. Release the steam and open the pressure cooker. Remove potatoes and let them cool enough to handle. Peel and dice the potatoes. Alternate layers of potatoes, onion, and celery in a large bowl. Season each layer with salt and pepper. Top with the chopped egg and sprinkle with dill. Mix together the mayonnaise, mustard, and cider vinegar in a small bowl. Gently fold the mayonnaise mixture into the potatoes. Chill at least one hour before serving.

RICE PUDDING

211g 1 cup	rice
1	cinnamon stick
2 litres 8 cups	water
30ml 2 tbsp	water
2 cans	condensed milk
1	lemon skin
7ml ½ tsp	vanilla extract.
4g ½ tsp	ground cinnamon

 images are for illustration purposes only. Actual products may vary.

MASHED POTATOES

710 ml 3 cups	cold water or as needed
1.6kg 3½ lb	russet potatoes peeled and sliced 2cm (¾") thick
55g ¼ cup	butter
120ml ½ cup	whole milk
10g 2 tsp	salt
1g ½ tsp	white pepper

Boil in an open pressure cooker over high heat then add potatoes. Securely close the lid and bring cooker up to high pressure.

Reduce heat to low, maintaining high pressure. Cook for 6 minutes.

Release the pressure to open the pressure cooker. Drain potatoes and return them to pressure cooker.

Add butter and milk and cover pressure cooker with lid for 5 minutes, allowing the heat from the potatoes to melt the butter and warm the milk.

Remove lid. Season with salt and white pepper, and use a hand masher to mash potatoes until lumps are mostly gone.

Transfer to a bowl and serve hot. Garnish with chopped chives.

Add water, rice, cinnamon stick, lemon skin, salt, and vanilla into the pressure cooker.

Cook on medium heat for 10 minutes.

Release the pressure and remove the lid.

Add the condensed milk and cook uncovered for 10 more minutes.

Powder with cinnamon and serve.

SERVICE

If you ring Customer Service, please have the **MODEL NO.** to hand, as we will not be able to help you without it. If it is not operating correctly, read the instructions and check that all the valves are free of debris and unclogged and that all the parts are properly attached, and that no parts are missing.

If that does not solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and description of the problem. If under a guarantee, say where and when it was purchased and include proof of purchase. Send it to SQ Professional Ltd.

WARRANTY

THE WARRANTY FOR THIS PRODUCT IS COVERED BY SQ PROFESSIONAL LIMITED. ANY FAULTS WITH THIS PRODUCT ARISING THROUGH A MANUFACTURER DEFECT WILL BE COVERED FOR 1 YEAR FROM THE DATE OF PURCHASE, SUBJECT TO A VALID PROOF OF PURCHASE BEING PRESENTED. THIS DOES NOT INCLUDE FAULTS OR DAMAGE CAUSED BY MISUSE OF GENERAL WEAR AND TEAR.

PLEASE CONTACT CUSTOMER SERVICES BY PHONE ON 01992 716 070 OR E-MAIL INFO@SQPROFESSIONAL.COM, MONDAY TO FRIDAY FROM 09:30 - 18:30.

THIS DOES NOT AFFECT YOUR STATUTORY RIGHTS.