



# ALUMINIUM PRESSURE COOKER

## ONE HANDLE

### INSTRUCTION MANUAL



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

## TABLE OF CONTENTS

Advantages of pressure cooking .....	page 3
Features .....	page 4
Important safeguards .....	page 5
Principle operation .....	page 6
Operating instructions .....	page 6
Maintenance .....	page 8
Replacement of worn parts .....	page 8
Troubleshooting .....	page 9
Cooking times .....	page 10

## RECIPES

• Spanish chick peas (Garbanzo) .....	page 11
• Beets with dill and walnuts .....	page 11
• Tofu curry .....	page 12
• Mexican chicken & rice .....	page 12
• Mensaf - Jordanian lamb stew .....	page 13
• Italian rice croquettes .....	page 13
• Potato salad .....	page 14
• Mashed potatoes .....	page 14
• Rice pudding .....	page 14

Service .....

Page 15

Guarantee .....

Page 15

## 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 the pressure cooker works

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.

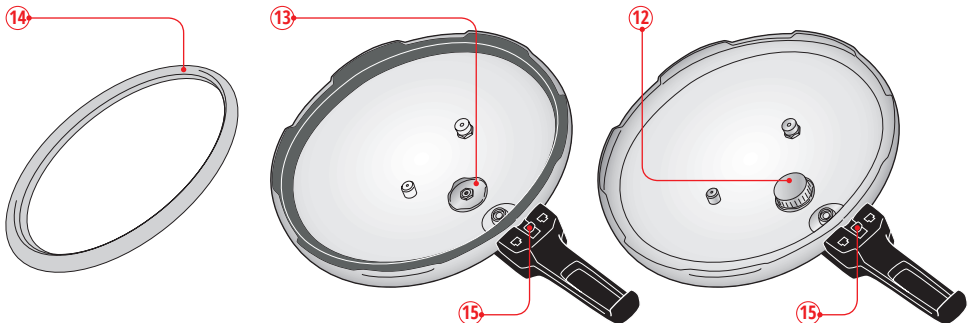
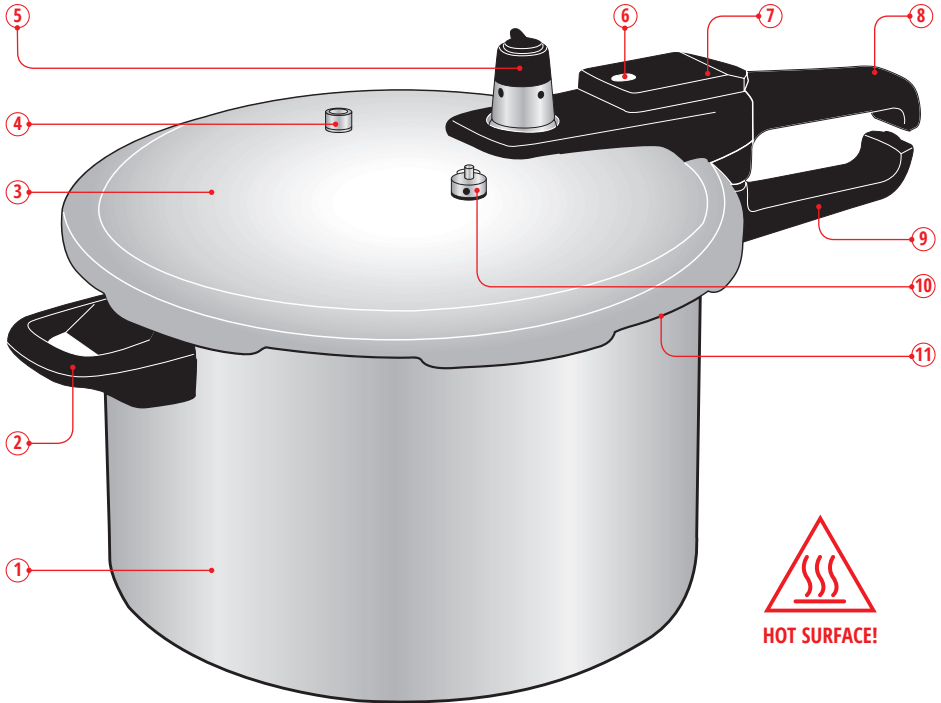
Cooking can be interrupted by releasing pressure so that faster cooking foods can be added at later time. A table of cooking times is given on page 10 of this manual and is intended as a guide only.

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

- |                           |                             |                                       |
|---------------------------|-----------------------------|---------------------------------------|
| ① Cooker Body             | ⑥ Pressure Indicating Valve | ⑪ Sealing Gasket Ring                 |
| ② Helper Handle           | ⑦ Push Plate                | ⑫ Removable Blockage Guard            |
| ③ Lid                     | ⑧ Upper Handle              | ⑬ Exhaust Pipe (under blockage guard) |
| ④ Fusible Safety Valve    | ⑨ Lower Handle              | ⑭ Spare Seal Gasket                   |
| ⑤ Pressure Limiting Valve | ⑩ Spring Safety Valve       | ⑮ Lock Pin                            |



## IMPORTANT SAFEGUARDS

### Read all instructions carefully!

**⚠ Improper use of this pressure cooker may result in bodily injury or property damage.**

- Always check the exhaust pipe **13** before each use. Remove blockage guard **12** by turning it one-quarter ( $\frac{1}{4}$ ) counterclockwise turn. Hold the lid **3** up to light and look through the exhaust pipe **13** to ensure that it is clear and free of obstruction.

**⚠ Always check pressure release devices for clogging before use.**

- Do not fill the pressure cooker over two-thirds ( $\frac{2}{3}$ ) full with food and/or liquid. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill cooker over one-half ( $\frac{1}{2}$ ) full. Never use less than 250ml (1 cup) of liquid when pressure cooking. *See Operating Instructions for more information.*
- Do not pressure cook the following: apples or applesauce, cranberries, rhubarb, pears, barley, oatmeal (or other cereals), split peas or dried soup mixes. Foods such as noodles, macaroni, spaghetti or other pastas should not be pressure cooked because they tend to foam or froth and may block the pressure release devices.
- This appliance cooks under pressure. Improper use may result in a scalding injury. Ensure that the lid **3** is properly closed and locked to the pressure cooker body **1** before operating.
- Do not attempt to use the pressure cooker in a heated oven.
- Extreme caution must be used when moving a pressure cooker containing hot liquid.

- Do not touch hot surfaces. Always use handles when moving the pressure cooker.
- Do not open or attempt to open the pressure cooker until the internal pressure is reduced completely and the pressure indicating valve **6** has dropped, allowing the push plate **7** to move over the valve. The pressure limiting valve **5** can now be removed without any steam escaping.

**⚠ To ensure safe operation and satisfactory performance, replace the sealing ring gasket if it becomes hard, deformed, cracked or shows any noticeable damage.**

- Close supervision is necessary when operating the pressure cooker around or near small children.
- Do not use the pressure cooker for anything other than its intended purpose.
- Do not use the pressure cooker for pressure frying with oil or roasting.
- Always be sure that the handles are properly assembled, fastened and tightly secured to cooker body and lid **3**.
- Never store heavily salted liquids in cooker as this might cause pitting.
- Do not place pressure cooker on a tilted worktop. This may cause the pressure limiting valve **5** to operate improperly.
- Never use a pressure limiting valve **5** from any other brand of pressure cooker. Use only the pressure limiting valve **5** provided with this appliance.
- Never add any additional weight to the top of the pressure limiting valve **5**.

**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.**

**SAVE THESE INSTRUCTIONS**

## PRINCIPLE OPERATION

For maximum moisture retention, the pressure cooker body (1) and the lid (3) are sealed by a sealing gasket (14). During the heating process, the pressure inside the cooker increases gradually as water is brought to its boiling point.

When this occurs, the pressure limiting valve (5) pushes upward on the exhaust pipe (13). Steam then begins to escape from the exhaust pipe (13), allowing the temperature and pressure inside the cooker to remain at a constant level. If for some reason the exhaust pipe (13) becomes blocked by food, one of the safety devices (spring safety valve (10) or fusible safety valve (4)) will release the pressure automatically. If the lid is not fully closed and in the locked position, the pressure inside the cooker cannot reach more than 5 Kpa.

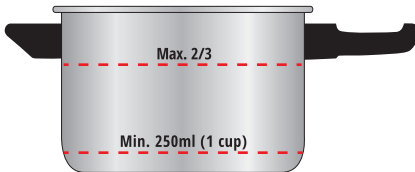
This pressure cooker has been equipped with a lock pin (15) which will keep the lid from being removed from the cooker body until the pressure inside the cooker reduces to 3 Kpa or less.

## OPERATING INSTRUCTIONS

- 1 When using pressure cooker for the first time, wash and dry all parts first, then check that the pressure release devices are not clogged. Apply a thin coat of cooking oil to the area of the rim of the pressure cooker body that comes into contact with the sealing gasket. This allows for easy opening and closing.



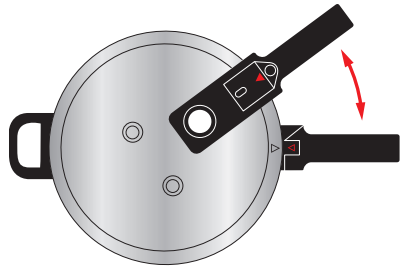
- 2 Place solid foods into the pressure cooker first, then add liquid. The amount of food solids and liquid placed in the pressure cooker body should not exceed two-thirds ( $\frac{2}{3}$ ) of the overall cooker capacity. Never use less than 250 ml (1 cup) of water or liquid.



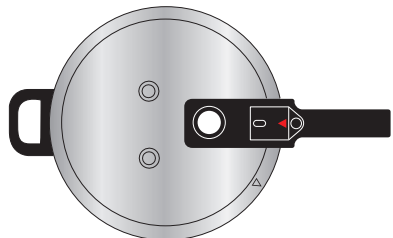
- 3 While holding the lid (3) upside down by upper handle (8), remove blockage guard (12) by turning it one-quarter ( $\frac{1}{4}$ ) turn in a counterclockwise direction. Hold the lid (3) up to

light and look through the exhaust pipe (13) to ensure that it is clear and free from obstruction; clean if necessary. Replace the blockage guard (12).

- 4 Place the lid (3) on top of cooker body (1) by aligning arrow (4) on the lid with the arrow on the top of the lower handle (4). Rotate the lid in a clockwise direction while keeping the lower handle (9) stationary).



When the lid (3) is correctly closed, the handles will lock together. Do not force the lid (3), it should slide easily into the correct locked position.



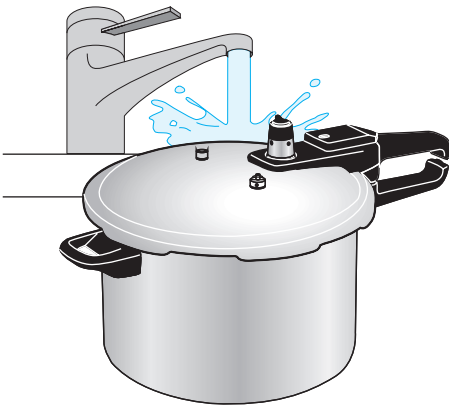
- 5 Place the pressure limiting valve (5) on the exhaust pipe (13).

- 6 Begin the cooking process by placing the pressure cooker on a burner ring on high.

**NOTE!** If using a gas stove the flame should not extend the diameter of the cooker body. If using an electric stove the diameter of the burner should not be larger than the diameter of the cooker body. As pressure starts to build up in the cooker, steam will begin to escape through the lock pin (15) and around the handle until the lock pin (15) rises and seals the cooker. Steam and a few drops of water may escape from the exhaust pipe (13). Shortly thereafter steam will start to escape rapidly from under the pressure limiting valve (5), which may begin to vibrate. Start the specified cooking time from this moment.

**CAUTION!** Do not attempt to remove the pressure limiting valve at any time during the cooking cycle.

- 7 If steam should escape from under the edge of the lid (3) and pressure fails to rise, cool the pressure cooker under cold running water for 1 to 3 minutes. Remove pressure limiting valve (5) and open the pressure cooker. Wipe away any debris that may have accumulated. Begin cooking process again.



- 8 Reduce heat to a medium/low setting. At the correct setting the pressure limiting valve (5) should vibrate about 1 to 3 times per minute. Constant vibrating indicates too high a temperature. The occasional vibrating and hissing sound ensures pressure is being maintained.

Continue at this heat setting until remain-

ing cooking time is completed.

- 9 The pressure limiting valve (5) should release steam about 1 to 3 times per minute at the proper temperature setting. If the temperature is too high, the pressure limiting valve (5) will release steam continuously. If the temperature is too low, the pressure will fall and the lock pin (15) will drop. Adjust the heat setting accordingly. Continue cooking until the remaining time has elapsed.
- 10 When pressure has been maintained for the required length of time, remove the pressure cooker from heat source and **allow pressure to drop before removing the pressure limiting valve (5).**

Allowing pressure to drop normally without cooling under running water takes about 3 to 15 minutes, depending upon the amount of food in the pressure cooker. However, many recipes call for instant reduction of pressure by placing the cooker under cold running water for 1 to 3 minutes.

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

- 11 After reducing pressure by either method, lightly touch pressure limiting valve (5) with an utensil to ensure that pressure has been reduced. If steam is still present, follow the previously mentioned steps to reduce pressure. If no steam is present, you may remove the pressure limiting valve (5).

To unlock the upper (8) and lower (9) handles, move the push plate (7) forward with your thumb in the direction indicated by the arrow. While holding the push plate (7) forward, rotate the the lid (3) counterclockwise until the arrows on the the upper (8) and lower handle (9) align with each other. Then gently lift up the the upper handle to open. The lid (3) should slide open with ease.

**Do not try to force the handles apart.** If handles do not slide apart easily, check the pressure indicating valve (6) to see if it has been released. If it has not been released, repeat the previous steps to reduce pressure.

## MAINTENANCE

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

- All the parts of this pressure cooker, including the sealing ring gasket (14) and pressure limiting valve (5), are made to be fully immersed in water and should be washed after each use. Be sure to remove the blockage guard (12) and wash it thoroughly. Also, wash and inspect the exhaust pipe (13) to ensure it is clean and free of debris. Thoroughly dry all parts of the pressure cooker before storing and be sure to correctly reinstall the blockage guard (12).
- 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 sealing ring gasket

Remove the gasket (14) from the lid (3). Clean the dirt from the ring and the lid (3).

- Wipe off the water and dry the gasket (14) thoroughly.
- Place the gasket back in the lid (3). Do not place the lid (3) on the cooking pot when not in use to prevent the gasket (14) from being squeezed and deformed.

**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 our customer services for the replacement parts. Never use substitutes.

## REPLACEMENT OF WORN PARTS

To ensure safe and continuous operation of the pressure cooker, the sealing ring gasket (14), spring safety valve (10) and fusible plate in the fusible safety valve (4), should be replaced every two years under normal usage.

### Sealing Ring Gasket

For safe operation and satisfactory performance, replace the sealing ring gasket (14) if it becomes hard, deformed, cracked or shows any damage. To replace the sealing ring gasket (14), follow these steps:

- 1 Remove the old sealing ring gasket (14) and thoroughly wash the the lid (3). Ensure that

the area for the new sealing ring gasket is free of any debris. Dry thoroughly.

- 2 Place the new sealing ring gasket around inner lip of the lid (3). Make sure the new sealing ring gasket lays and fits smoothly around the inner lip of the cooker.
- 3 With the new sealing ring gasket installed correctly, add a thin coat of cooking oil to the top rim of the cooker body where it contacts the lid gasket.

### Spring Safety Valve

The spring safety valve (10) is designed for long life, and under normal operating conditions, should not require dismantling. To clean and check operation, lightly pull up on the **ring** and rinse under warm water. If the valve leaks steam during the cooking cycle, replace **spring safety valve immediately**. Do not attempt to repair the safety valve or use the pressure cooker without the spring safety valve (10) in place.

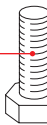
Lifting Ring



Locking Plug



Spring Safety Valve Core



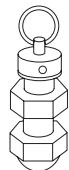
Hex Nut



Rubber Gasket



Acorn Nut



To replace the safety valve, follow these steps:

- 1 Remove the **acorn nut** and **rubber gasket**.
- 2 Remove **hex nut**.
- 3 Remove **spring safety valve assembly** and gasket.
- 4 Discard all the old parts removed in above steps 1 through 3.
- 5 Remove **acorn nut** from new safety spring valve.



- 6 Remove **hex nut** from new safety spring valve.
- 7 Insert new **spring safety valve assembly** from the top into the hole in the lid ③. Make sure the **gasket** is between **locking plug** and top of the lid ③.
- 8 Install and tighten **hex nut** with fingers until snug on the bottom of the lid. Using wrench or pliers, tighten ¼ to ½ turn past finger tightening, making sure not to over-tighten and scratch the lid.
- 9 Install **acorn nut** with fingers until snug on bottom of **spring safety valve assembly**.
- 10 Lightly pull on **lifting ring** to ensure new spring safety valve operates properly. When released, the **lifting ring** should snap back rapidly to its original position without stopping.

### Fusible Safety Valve

The fusible safety valve ④ is equipped with a fusible plate. When the pressure cooker's other vents and safety valves become blocked and the pressure cooker reaches about 480 Kpa, the fusible plate will melt and steam will rush out from the fusible safety valve ④, thus rapidly reducing the pressure inside the cooker. After the pressure has been completely re-

leased and the pressure cooker has sufficiently cooled, the fusible plate must be replaced before the pressure cooker can be used again.

To replace the fusible plate, follow these steps:

- 1 Using a flat-blade screwdriver, remove the threaded valve core.
- 2 Turn the the lid ③ over. Insert a small metal wire or pin into the hole in the bottom of the fusible valve body and push the melted fusible plate out.
- 3 After the melted fusible plate is removed, thoroughly wash out the fusible valve body and threaded valve core. Use a small wire or pin to clean the holes in the fusible body. Thoroughly dry fusible valve body and inspect for debris. Valve body must be clean and free of all debris before placing new fusible plate to body.
- 4 After fusible body has been cleaned, place new fusible plate into fusible valve body. Be certain the fusible plate is laying flat in the bottom of the fusible valve body.
- 5 Reinstall the threaded valve core and tighten ¼ to ½ turn past snug.

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

## 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
<b>SOUPS</b>	
Chicken	6 min
Fish	5 min
Leek & potato	5 min
Vegetable	5 min
Onion	4 min
<b>VEGETABLES</b>	
Asparagus	7 min
Artichokes	6 min
Broccoli, flowerets	2 min
Broccoli, stalks	5-6 min
Brussel sprouts, whole	4 min
Cabbage, red or green, in quarters	3-4 min
Carrots	6 min
Cauliflower, flowerettes	2-3 min
Courgettes	2 min
Potatoes	6 min
Runner beans	6 min
Corn on the cob	5 min
Broad beans	4 min
Brussels sprouts	4 min
Leeks	4 min
Spinach	4 min
Aubergine slices	3 min
Okra	2-3 min
Pumpkin, 50mm (2") slices	3-4 min
<b>PULSES</b>	
Chickpeas	20 min
Kidney beans	15 min
White beans	15 min
Lentils	12 min

FOOD TYPE	TIME
<b>SEAFOOD</b>	
Lobster	9 min
Crab	7-9 min
Whole fish (per 450g)	4 min
Skate wings	4 min
Steaks & fillets	3-4 min
Mussels	2 min
Shrimp	2 min
Prawns	2 min
<b>MEAT (per 450g)</b>	
Beef	12-15 min
Lamb	10-13 min
Veal	10-12 min
Pork	12 min
<b>POULTRY (whole)</b>	
Partridge	8 min
Pheasant	8 min
Chicken	5min/450g
<b>FRUIT</b>	
Plums (halved & stoned)	2-5 min
Raspberries	2-5 min
Dried figs	4-5 min
Dried prunes	4-5 min
Damsons	4 min
Dried apricots	3-4 min

# RECIPES

## SPANISH CHICK PEAS (GARBANZOS)

400g | 14oz **dried chick peas**  
soaked overnight and  
drained

450g | 1 can **tomato pure**

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 are 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 rub off skins. 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 15 minutes, tossing gently occasionally. Stir in dill. Sprinkle ground walnuts before serving.

## TOFU CURRY

15ml   1 tbsp	<b>olive oil</b> or as needed
1	<b>large red onion</b> minced
2	<b>Indian green chilies</b> halved
4	<b>bay leaves</b>
2g	<b>ground turmeric</b>
pinch	<b>asafoetida powder</b>
	<b>salt to taste</b>
450g   15 oz	<b>diced tomatoes</b>
10g   2 tbsp	<b>ground coriander</b>
7g   1 tbsp	<b>garam masala</b>
3g   1 tsp	<b>red chili powder</b>
500ml   2 cups	<b>water</b>
290g   2 cups	<b>green peas</b>
455g   16 oz	<b>tofu</b> 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; cook until onions are tender and spices are fragrant, for about 8 to 10 minutes.

Release the pressure and remove the lid. 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 until tofu is well cooked through and onions are tender, for about 20 minutes.

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

## MEXICAN CHICKEN & RICE

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

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 in 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	<b>olive oil</b>
680g   1.5lb	<b>boneless lamb shoulder</b> cut into 5cm (2") pieces
1 litre   4 cups	<b>water</b>
280g   1½ cup	<b>white rice</b> uncooked
25g   3 tbsp	<b>pine nuts</b>
4½	<b>pita bread rounds</b>
180ml   ¾ cup	<b>salted goat's milk</b> 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, cover, and simmer until all moisture is absorbed, for about 20 minutes.

Place remaining olive oil into a skillet over medium heat. Stir in the pine nuts and cook until deep brown, for about 5 minutes.

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 pita 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	<b>chicken giblets</b>
235ml   1cup	<b>water</b>
3g   ½ tsp	<b>salt</b>
950ml   4 cups	<b>salted water</b>
370g   2 cups	<b>long grain white rice</b> uncooked
160g   2 cups	<b>Parmesan cheese</b> grated
120ml   ½ cup	<b>marinara sauce</b>
25g   ¼ cup	<b>dry breadcrumbs</b>
2	<b>large eggs</b>
8g   2 tbsp	<b>fresh parsley</b> chopped
	<b>salt &amp; black pepper</b> freshly ground to taste
110g   1 cup	<b>dry bread crumbs</b> for coating
	<b>vegetable oil</b> 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	<b>medium red potatoes</b> scrubbed
235ml   1 cup	<b>water</b>
40g   ¼ cup	<b>onion</b> chopped
1 stalk	<b>celery</b> chopped
	<b>salt &amp; pepper</b>
3	<b>eggs</b> hard cooked, chopped
4g   1 tbsp	<b>fresh dill</b> chopped
120ml   ½ cup	<b>mayonnaise</b>
5ml   1 tsp	<b>yellow mustard</b>
5ml   1 tsp	<b>cider vinegar</b>

Place potatoes in pressure cooker with water. Cook on high pressure for 6 minutes or 7 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.

## MASHED POTATOES

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

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.

## RICE PUDDING

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

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 won't 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.

## WARANTY

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](mailto:INFO@SQPROFESSIONAL.COM), MONDAY TO FRIDAY FROM 09:30 - 18:30.

THIS DOES NOT AFFECT YOUR STATUTORY RIGHTS.



Voltage Business Centre | Units 1 - 3  
6 Mollison Avenue | Enfield, EN3 7XQ  
**T:** 01992 716 070 | **F:** 01992 700 538  
[info@sqprofessional.com](mailto:info@sqprofessional.com)  
[www.sqprofessional.com](http://www.sqprofessional.com)