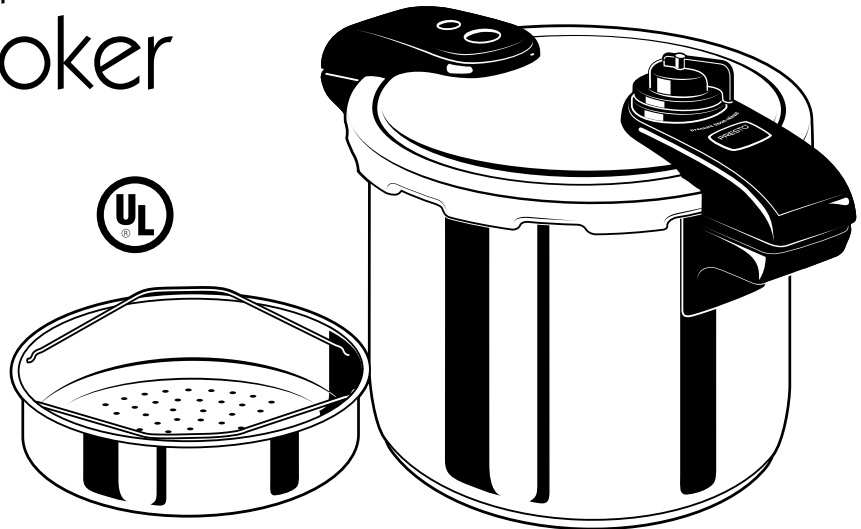


PRESTO[®]

PROFESSIONAL

8-Quart Stainless Steel Pressure Cooker and Canner




Instructions and Recipes

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This is a  Listed appliance. The following Important Safeguards are recommended by most portable appliance manufacturers.

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, basic safety precautions should always be followed, including the following:

1. Read all instructions. Improper use may result in bodily injury or property damage.
2. Always check the vent pipe before use. Hold cover up to light and look through vent pipe to be certain it is clear.
3. Always check the air vent/cover lock to be sure it moves freely before use.
4. Do not fill pressure cooker over $\frac{2}{3}$ full. For soup, rice, and dried vegetables which expand during cooking, do not fill cooker over $\frac{1}{2}$ full. Overfilling may cause a risk of clogging the vent pipe and developing excess pressure. See food preparation instructions.
5. Do not pressure cook applesauce, cranberries, rhubarb, pearl barley, cereals, pastas, grains, dried soup mixes, or any dry beans and peas which are not listed on the chart on page 32. These foods tend to foam, froth, and sputter and may block the vent pipe and air vent/cover lock.
6. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain pressure cooker is properly closed before operating; cover handles must be directly above the body handles. See “How To Use” instructions.
7. Do not place the pressure cooker or attempt to pressure cook in a heated oven.
8. Extreme caution must be used when moving a pressure cooker containing hot liquids. Do not touch hot surfaces. Use handles or knobs.
9. Do not open cooker until internal pressure has been completely reduced, air vent/cover lock has dropped, and no steam escapes when the pressure regulator is removed. See “How To Use” instructions.
10. **Caution:** To ensure safe operation and satisfactory performance, replace the overpressure plug every time you replace the sealing ring or sooner if it becomes hard, deformed, cracked, worn or pitted. It is recommended that the sealing ring and overpressure plug be replaced at least every two years.
11. Close supervision is necessary when the pressure cooker is used near children. It is not recommended that children use the pressure cooker.
12. When normal operating pressure is reached you will hear and/or see a steady flow of steam releasing from the pressure regulator. Lower the heat as necessary to maintain a very slow, steady flow of steam from the pressure regulator. If the heat is not lowered, excess steam will escape, liquid will be evaporated and food may scorch.
13. Do not use this pressure cooker for other than intended use.
14. Do not use this pressure cooker for pressure frying with oil.

SAVE THESE INSTRUCTIONS

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY.

INTRODUCTION

Welcome to the world of pressure cooking. With your new Presto® Pressure Cooker, you'll discover how fast and easy it is to prepare a wide variety of delicious foods—especially foods that emphasize good health and nutrition along with good taste.

The pressure cooker is perfect for the way we live and eat today. It's ideal for preparing many of the lighter foods that help keep us healthy and fit. It preserves flavors and nutrients, tenderizes leaner cuts of meat, and, best of all, it cooks foods three to ten times faster than ordinary cooking methods. And, it's even possible to cook several foods in the pressure cooker at the same time without the flavors intermingling.

To make it easier for you to plan healthy and nutritious meals, many of the recipes in this book have been specifically selected to be low in calories, fat, and cholesterol. We have also included some traditional family favorites that are especially well suited to the many advantages of pressure cooking. For quick identification of these recipes, simply look for the following symbols:

- * Low Calorie Recipe
- ♥ Lower Cholesterol Recipe
- ★ Family Favorite Recipe

Recipes with the low calorie symbol have 300 calories or less per serving.

Recipes with the low cholesterol symbol have less than 80 milligrams of cholesterol per serving and less than 30% of the calories are from fat.

To help get started with your new pressure cooker, be sure to read the “GETTING ACQUAINTED” section beginning on the next page.

GETTING ACQUAINTED

Your pressure cooker is like a saucepan with a very special cover that locks in place. Air is automatically exhausted and steam is sealed inside creating pressure within the unit. Under pressure, internal temperatures in the cooker are raised above the normal boiling point of water, causing foods to cook faster. At 15 pounds pressure, a temperature of 250° F. (or 121° C.) is reached inside the pressure cooker. This higher temperature speeds cooking and the moist steam atmosphere tenderizes meats naturally.

It is important to become familiar with the various parts and features of the pressure cooker (Fig. A) and to read the "HOW TO USE" section beginning on page 4 before using the unit for the first time. Here are some of the key parts of the pressure cooker:

The **PRESSURE REGULATOR/STEAM RELEASE VALVE** (1) fits onto the **VENT PIPE** (2) located on the **PRIMARY COVER HANDLE** (3). The pressure regulator indicates when 15 pounds pressure is reached and controls pressure inside the unit. A steady flow of steam escaping from the pressure regulator and the sound of the steam venting indicates that proper cooking pressure (15 pounds) is being maintained. After cooking is completed, the pressure regulator can be turned counterclockwise to the steam release position to quickly release pressure from the cooker.

The **AIR VENT/COVER LOCK** (4) automatically exhausts air from the pressure cooker as you begin heating the unit. When pressure begins to build, it slides up, causing the lock pin to lock the cover on. The top of the air vent/cover lock can be seen through a hole in the **SECONDARY COVER HANDLE** (5), so you can tell at a glance if there is pressure inside the unit. If there is pressure in the cooker, the air vent/cover lock will be in the up position. (It will be flush with the cover handle.) If there is no pressure in the unit, the air vent/cover lock will be in the down position (Fig. B).

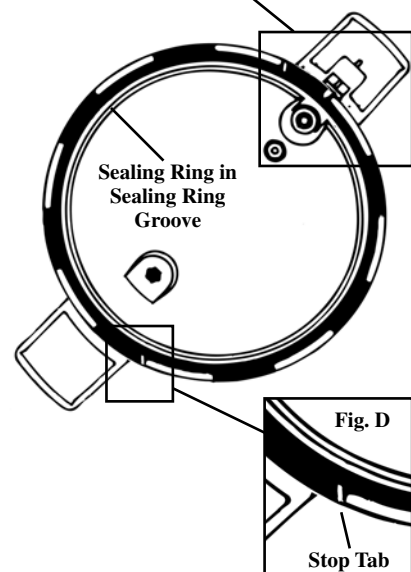
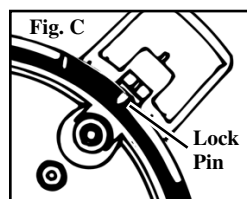
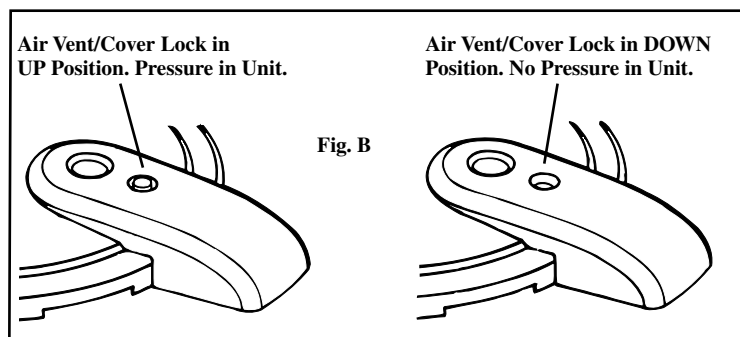
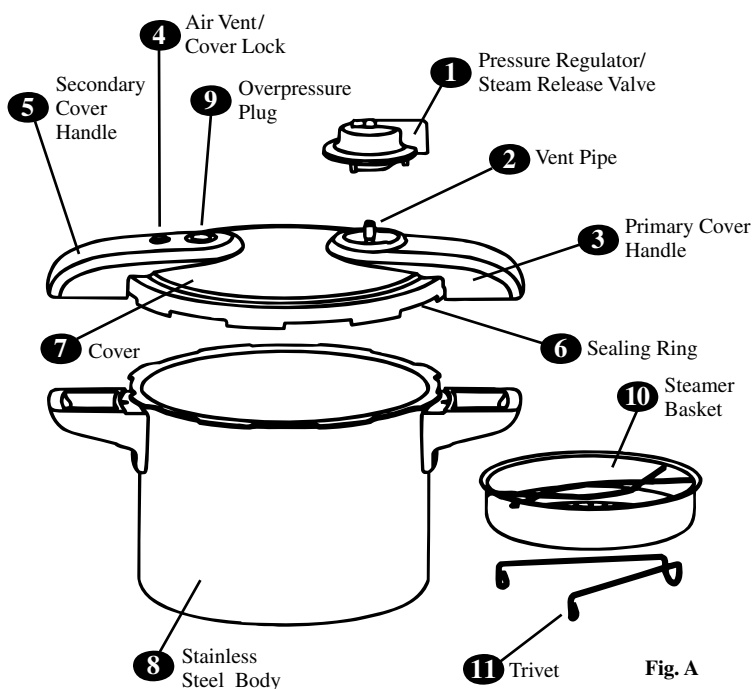
The **SEALING RING** (6) fits around the inside rim of the cover (see figure below) and forms a pressure tight seal between the **COVER** (7) and the **STAINLESS STEEL BODY** (8) of the pressure cooker. Steam

is automatically

released by the **OVERPRESSURE PLUG** (9) if the vent pipe becomes clogged and excess pressure cannot be released normally. The top of the overpressure plug can be seen through a hole in the secondary cover handle. The overpressure plug is a safety device and you should check its condition periodically (see page 7, step 10).

For steaming foods, the **STEAMER BASKET** (10) can be placed on the **TRIVET** (11) in the bottom of the pressure cooker. The steamer basket when used with the trivet will hold foods, such as vegetables, out of the cooking liquid. Because flavors will not intermingle when foods are pressure cooked out of the cooking liquid, it allows several different foods to be cooked at the same time.

Before using your pressure cooker for the first time, remove the sealing ring by simply pulling it out of the inside rim of the cover. Wash ring, cover, body, trivet, and steamer basket in hot, sudsy water to remove any packaging material and white manufacturing lubricant. Rinse all parts with warm water and dry. Then, replace the sealing ring, being careful to fit it under the lock pin (Fig. C) and the stop tabs (Fig. D) which are located on the inside rim of the cover.



HOW TO USE

Now that you are familiar with the various parts of the pressure cooker, it is important to read the following general information about pressure cooking and the specific step-by-step instructions before you begin to cook.

Because pressure cooking is a moist heat cooking method, it always requires a cooking liquid. Some of this liquid is changed into steam to create pressure within the unit. This liquid is usually water. However, some recipes will call for other liquids, such as wine, which will contribute a unique flavor to the finished dish. Very little moisture is lost during the pressure cooking process. Therefore, only about 1 cup more liquid than is desired in the finished dish is needed.

To assure the very best results every time, carefully follow these step-by-step instructions for pressure cooking:

1. Prepare food according to the directions in the recipe you have selected. If a larger quantity is desired, you may double ingredients. Be sure not to overfill the pressure cooker (see page 6).
2. For vegetables, soups, rice, seafood, and desserts, skip to step 4. Recipes for most meats and poultry will call for browning before you begin to pressure cook. Do not preheat the pressure cooker. Pour cooking oil into pressure cooker. Turn heat selector to medium and brown food prior to pressure cooking. **Caution:** If cookware is overheated excessively when empty, the bottom may warp or melt. If melting occurs, do not remove cookware from the cooking surface until the cookware has cooled completely.
3. Sear thoroughly on all sides until food is deep brown and crisp. Lower heat, if necessary, to prevent burning. Season to taste. Remove pressure cooker from heat and allow to cool slightly before adding liquid to pressure cooker.

4. **Pour liquid into the pressure cooker, as specified in the recipe or cooking chart.** Pressure cooking always requires a cooking liquid. Failure to put liquid in the pressure cooker may cause scorching of food and possible damage to the pressure cooker and stovetop.

For foods that have been browned, place the cover on quickly to prevent the loss of liquid through evaporation. For all foods, follow recipe instructions. Place the trivet and steamer basket, if needed, into the cooker. If using the trivet, position it in the cooker so the loop ends are towards the bottom of the cooker (Fig. E). Cook foods together that require the same amount of cooking time. Seasoning may be added before or after cooking. You may find that you add less seasonings to pressure cooked foods since they retain their natural flavors.

IMPORTANT: Always look through the vent pipe to make certain that it is clear before closing the cover (Fig. F).

5. To close the cover, place the cover over the body (Fig. G), aligning the “▼” mark on the cover with the arrow on either of the body handles. Move the cover slightly until it drops into position.

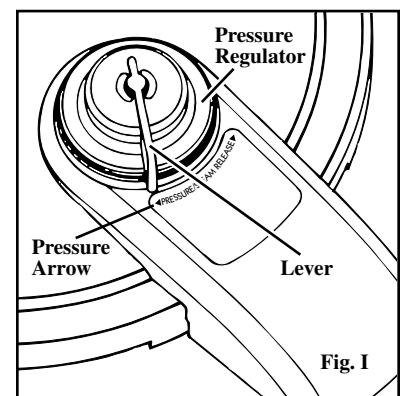
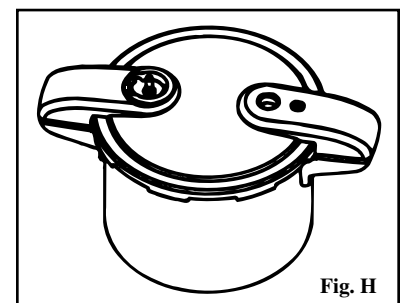
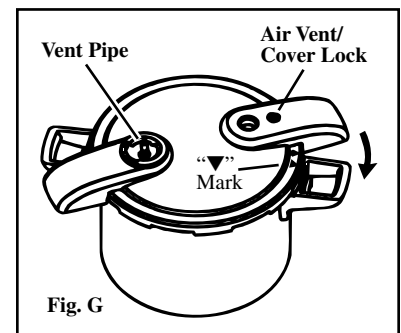
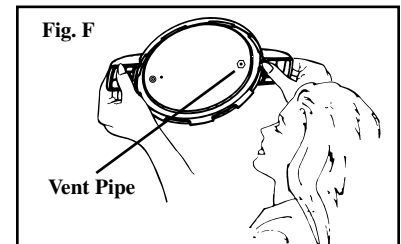
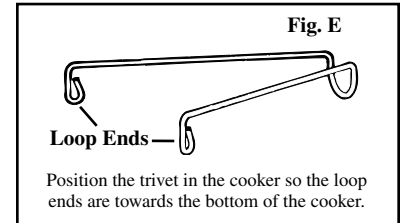
Rotate the cover clockwise until the cover handles are directly above the body handles.

The pressure cooker is completely closed when the cover handles are directly above the body handles (Fig. H). Do not try to rotate it beyond this point.

6. Place the pressure regulator on the vent pipe and rotate clockwise until the lever on the regulator is aligned with the pressure arrow (Fig. I). Note: It may be necessary to apply slight pressure when positioning the regulator on the vent pipe to seat it properly.

7. Using a high heat setting, heat the pressure cooker. As pressure is building, a small amount of steam will be released from the pressure regulator. You will know your cooker has reached 15 pounds pressure when you hear and/or see a steady flow of steam releasing from the pressure regulator. Begin cooking time when this occurs and lower the heat as necessary to maintain a very slow, steady flow of steam from the pressure regulator.

NOTE: The air vent/cover lock may move up and down a few times when cooking first begins. Steam will be noticeable. This is normal. Air is being vented out of the cooker. Once the cooker has sealed, the air vent/cover lock will remain in the up position until pressure is released. The overpressure plug will rise slightly and seal as well.



8. Cook for the length of time indicated in the recipe or cooking chart. If excess steam is allowed to escape, too much liquid will evaporate and food may scorch. Never leave your pressure cooker unattended at high heat settings. It could boil dry, overheat, and cause damage to the pressure cooker and stovetop. When cooking time is complete, turn off burner. If using an electric stove, remove pressure cooker from burner. **Caution: Lift pressure cooker to remove it from burner. Sliding cookware can leave scratches on stovetops.**

9. Reduce pressure according to the recipe or cooking chart instructions. If the instructions say “Let the pressure drop of its own accord,” set the pressure cooker aside to cool until pressure is completely reduced. If the instructions state, “Release pressure quickly,” you can release pressure safely using either of the following quick cool methods:

A) Turn the pressure regulator/steam release valve counter-clockwise until the lever on the regulator is aligned with the steam release arrow (Fig. J). Steam will be rapidly released.

Caution: Misuse of the cooker (such as overfilling, failing to follow procedures for soaking dry beans and peas, failure to use a covered bowl when preparing rice, or quick cooling when the recipe calls for letting the pressure drop of its own accord) can result in liquid and/or food particles being simultaneously released with the steam.

If this occurs, turn the pressure regulator/steam release valve clockwise until the lever on the regulator is aligned with the pressure arrow. Steam, liquid, and food will no longer be released. Finish reducing pressure quickly by cooling the pressure cooker under a running water faucet or pour cold water over it until pressure is completely reduced. Pressure is completely reduced when the air vent/cover lock has dropped.

After removing cover, look through the vent pipe to make sure it is clear. If it is blocked or partially blocked, clean it with a small brush or pipe cleaner.

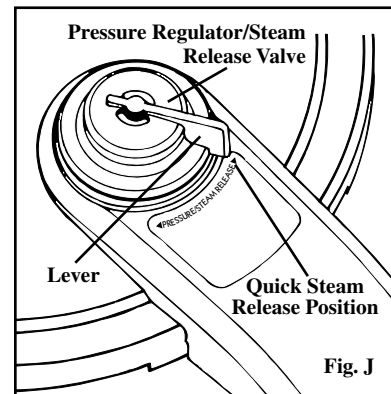
B) Cool the pressure cooker under a running water faucet or pour cold water over it until pressure is completely reduced. Pressure is completely reduced when the air vent/cover lock has dropped.

If the air vent/cover lock remains in its raised position, there is still pressure inside the pressure cooker. Continue to cool until the air vent/cover lock drops.

10. After pressure has been completely reduced, remove the cover. To open the cover, turn it counterclockwise until the “▼” on the cover aligns with the arrow on either of the body handles. Then, lift the cover toward you to keep any steam away from you. If the cover turns hard, there still may be some pressure in the unit. **Do not force the cover off.** Continue to cool the pressure cooker until the air vent/cover lock has dropped and the cover turns easily.

11. If you have used the steamer basket, use potholders to grab the two handles on the sides of the steamer basket and carefully lift the basket out of the cooker. Food is ready to serve.

12. Your pressure cooker is now ready to clean. Remove pressure regulator and sealing ring and clean as described in the Care and Maintenance section found on pages 7 and 8.



IMPORTANT SAFETY INFORMATION

Cooking under pressure enables you to prepare food both quickly and deliciously. If used properly, your pressure cooker is one of the safest appliances in your kitchen. To insure safe operation, make sure you always observe the following simple rules whenever you use the pressure cooker:

1. **Never overfill the pressure cooker.**
2. **Always add cooking liquid.**
3. **Always look through the vent pipe before closing the cooker to make sure it is clear.**
4. **Always fully close the pressure cooker.**
5. **Never open the cooker when it contains pressure (when the air vent/cover lock is in the up position, there is pressure in the cooker).**
6. **Replace the overpressure plug when it becomes hard, deformed, cracked, worn or pitted, or when replacing the sealing ring. Replace the sealing ring when it becomes hard, deformed, cracked, worn, pitted, or soft and sticky.**

So that you understand the importance of these instructions, we would like to acquaint you with the reasons for them:

1. **Never overfill the pressure cooker.** The pressure regulator is designed to maintain cooking pressures at a safe level. It relieves excess pressure through the vent pipe as a very, slow steady flow of steam escapes. The overpressure plug is a secondary pressure relief valve

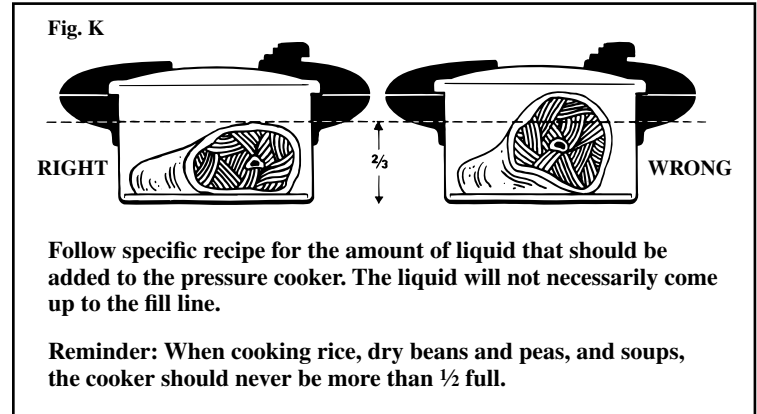
which is designed to release excess pressure if something interferes with the pressure regulator's operation. Neither can perform their function if they are plugged or blocked. Plugging or blocking can occur if the cooker is overfilled. Many foods tend to expand when cooked. If the cooker is overfilled, expansion of food may prevent the pressure relief devices from functioning. Therefore, never fill the pressure cooker over $\frac{2}{3}$ full.

For most foods, it is safe to fill the pressure cooker up to $\frac{2}{3}$ full. There are a few foods like rice, dry beans and peas, and soups which expand so much when cooking that the cooker should never be more than $\frac{1}{2}$ full. Also, dry beans and peas must be presoaked (see page 31). And rice must be cooked in a bowl (see page 33). There are some foods that expand so much as a result of foaming, frothing, and sputtering that you should never pressure cook them.

Never pressure cook applesauce, cranberries, rhubarb, pearl barley, cereals, pastas, grains, dried soup mixes, or any dried beans and peas which are not listed in the chart on page 32.

For your convenience, both the $\frac{2}{3}$ and $\frac{1}{2}$ full levels are marked by indentations on the side of the pressure cooker body. The upper marking indicates the $\frac{2}{3}$ full level and the lower the $\frac{1}{2}$ full level. In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.

When cooking any food, do not let any portion extend above the maximum fill mark (see Fig. K).

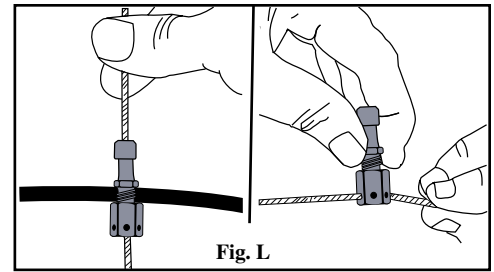


- 2. Always add cooking liquid.** If an empty pressure cooker is left on a hot burner or if a cooker boils dry and is left on a heated burner, the cooker will overheat excessively causing discoloration or warping of the cooker, possible melting of the cooker bottom, and damage to the stovetop. If melting occurs, do not remove cooker from the cooking surface until the cooker has cooled completely.
- 3. Always look through the vent pipe before using the cooker to make sure it is clear.** If the vent pipe is plugged, the pressure regulator cannot release steam and thus cannot relieve excess pressure. Pressure may then build to unsafe levels. To clean the vent pipe, see page 7.
- 4. Always fully close the pressure cooker.** The cover handles must be directly above the body handles. Your pressure cooker has specially designed lugs on the cover and body which lock the cover in place when the cooker is fully closed. However, if the cooker is not fully closed, the lugs cannot lock the cover onto the body. It's possible that pressure could build inside the cooker and cause the cover to come off and result in bodily injury or property damage. Always be sure the cover handles are directly above the body handles (see page 4, Fig. H). Do not turn past handle alignment.
- 5. Never open the cooker when it contains pressure.** The air vent /cover lock provides a visual indication of pressure inside the unit. When it is up, there is pressure. When it is down, there is no pressure in the cooker, and it can be opened. If the pressure cooker is opened before all of the pressure is released, the contents of the cooker will erupt and could cause bodily injury or property damage.
- 6. Replace the overpressure plug if it becomes hard, deformed, cracked, worn or pitted, and when replacing the sealing ring. Failure to replace the overpressure plug could result in bodily injury or property damage.** The overpressure plug is a secondary pressure relief valve which is designed to relieve excess pressure by releasing from the cooker cover in the event that the vent pipe should become blocked. The overpressure plug is made of rubber, and when new, is soft and pliable. Over time, depending on the frequency and type of use, rubber becomes hard and inflexible. When hard and inflexible, the overpressure plug loses its ability to act as a secondary pressure relief valve. It should be replaced immediately.

Should the overpressure plug ever be forced out of the cover due to excess pressure while cooking, it is important to call the Test Kitchen at 1-800-368-2194. **Do not attempt to replace the overpressure plug.**

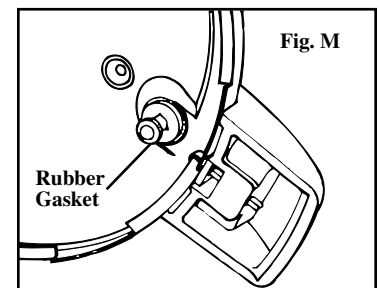
CARE AND MAINTENANCE

1. All parts of your pressure cooker, including the sealing ring and pressure regulator, are fully immersible for easy cleaning. When washing the unit, however, the sealing ring should always be removed to allow easy cleaning of the inside rim of the cover. The sealing ring should be washed in hot, sudsy water after each use.
2. To be sure the vent pipe is clear, hold the cover up to the light and look through the vent pipe. Clean it with a small brush or pipe cleaner if it is blocked or partially blocked (Fig. L). Also clean the vent pipe nut as shown.
3. Take care not to overheat your stainless steel pressure cooker. Very high heat can sometimes cause vari-colored stains, called heat tints, in stainless steel. Heat tints can usually be removed by scouring with Kleen King® cleaner for copper and stainless steel or any other fine, non-abrasive kitchen cleanser.

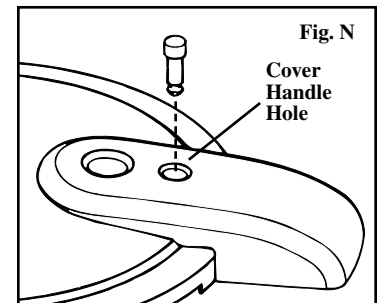


To bring out its luster, the outside surface of stainless steel pressure cookers can be cleaned occasionally with a silver polish or any other fine, non-abrasive polish. The repeated use of metal pot scours may dull the brightness of stainless steel. If food residue adheres to the pressure cooker body, clean with a vegetable brush, a fine steel wool pad, or a fine kitchen cleanser.

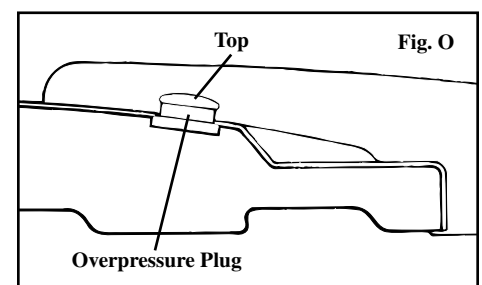
4. Occasionally remove the air vent/cover lock in the pressure cooker cover handle for cleaning. To remove the air vent/cover lock, place your finger over the hole in the cover handle and remove the rubber gasket from the air vent/cover lock on the underside of the cover (Fig. M). Push the air vent/cover lock through the top of the cover and wash it and the gasket in hot sudsy water. The metal shaft of the air vent/cover lock may be cleaned with a nylon mesh pad. Clean the hole in the cover handle with a small brush. After cleaning, reinsert the metal shaft of the air vent/cover lock from the top side of the cover down through the cover handle hole (Fig. N). Place a finger over the handle hole (to keep the cover lock from falling out) and turn the cover over. Wet the rubber gasket and push onto the end of the metal shaft until it snaps into the groove on the shaft. The gasket should fit loosely in the groove.



The overpressure plug can also be removed for cleaning by pushing it out of its opening from the top of the cover handle. After cleaning, reinsert it by pushing the domed side of the plug into the opening from the underside of the cover, until the bottom edge is fully and evenly seated against the underside of the cover (Fig. O). When the overpressure plug is properly installed, the word (TOP) will be visible on the overpressure plug when viewing the outside of the cover.



5. When not in use, store your pressure cooker in a dry place with the cover inverted on the body. If the cover is locked on, unpleasant odors may form inside the unit and the sealing ring could be damaged.
6. Do not strike the rim of the pressure cooker with any cooking utensil because this could cause nicks in the rim which may allow steam to escape and prevent the pressure cooker from sealing. As is the case with all cookware, avoid chopping or cutting food inside the cooker with a knife or other sharp utensil.
7. Each time you clean or use your pressure cooker, check to be sure the bottom has not been damaged. Nicks and scratches may leave sharp edges that can damage stovetops or other smooth surfaces. Lift pressure cooker to remove it from burner. Sliding cookware can leave scratches on stovetops.



8. If the body or cover handles become loose, tighten them with a screwdriver.
9. Should you experience any difficulties with the air vent/cover lock mechanism, located in the cover handle, send the cover to the Presto Factory Service Department for servicing (see page 43).
10. The overpressure plug and rubber gasket of the air vent/cover lock may shrink, become hard, unusually soft, deformed, cracked, worn or pitted with normal use. Exposure to high heat, such as a warm burner or oven top, will cause these parts to deteriorate rapidly. When this happens, replace the overpressure plug and small rubber gasket of the air vent/cover lock. Replace the sealing ring and overpressure plug at least every two years.

Leakage between the cover and body is usually caused by shrinkage of the sealing ring after prolonged use. Replace the sealing ring. Whenever you replace the sealing ring, replace the overpressure plug also.

11. The formation of a small amount of moisture under the pressure regulator is normal when cooking first begins. It is the result of the temperature of the regulator being lower than the rest of the unit.

A small amount of steam or moisture may also be visible around the overpressure plug and air vent/cover lock as cooking begins. It should stop when pressure begins to build and the overpressure plug and air vent/cover lock seal. If leakage continues, clean or replace the overpressure plug and/or air vent/cover lock gasket. The pressure cooker will not seal if the gasket for the air vent/cover lock is cracked.

Do not operate your pressure cooker with continual leakage. If the preceding steps do not correct the problem, return the entire unit to the Presto Factory Service Department (see page 43).

12. If the pressure cooker becomes difficult to open or close, the sealing ring may have expanded and should be replaced. If for any reason the pressure cooker cannot be opened, contact the Consumer Service Department in Eau Claire, WI at 1-800-877-0441.

Any maintenance required for this product, other than normal household care and cleaning, should be performed by the Presto Factory Service Department (see page 43).

HELPFUL HINTS

- ◆ Your favorite recipes may be adjusted for cooking in the pressure cooker by following the general directions in this book for the particular type of food being cooked. Decrease the cooking time for your recipe by $\frac{2}{3}$ since pressure cooking is much faster than ordinary cooking methods. For example, if your ordinary cooking method requires 45 minutes, in the pressure cooker the cooking time will be 15 minutes. Because there is very little evaporation, the amount of liquid used should be decreased. Use about 1 cup more liquid than you'll desire in your finished dish. But, remember, there must always be water or some other liquid in the pressure cooker to produce the necessary steam.
- ◆ Use the trivet and steamer basket when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times.
- ◆ Many different cooking liquids can be used in a pressure cooker. Wine, beer, bouillon, fruit juices, and of course water all make excellent cooking liquids in the pressure cooker.
- ◆ If a recipe says to cook 0 minutes, release pressure immediately after pressure cooker reaches cooking pressure.
- ◆ Release pressure quickly after cooking delicate foods such as custards, fresh vegetables, and serving size pieces of meat. For other foods, like roasts and stews, let the pressure drop of its own accord.
- ◆ Beautiful desserts and side dishes can be prepared in the pressure cooker using individual or small metal molds or glass custard cups, which are ovenproof. Fill molds $\frac{2}{3}$ full to allow for expansion of food, and fit them loosely into the pressure cooker in the steamer basket. Do not fill the pressure cooker over $\frac{2}{3}$ full.
- ◆ When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 1000 feet above the first 2000 feet. Following this rule, the times should be increased as follows:

3000 ft.	5%	5000 ft.	15%	7000 ft.	25%
4000 ft.	10%	6000 ft.	20%	8000 ft.	30%

Because pressure cooking times are increased at altitudes above 2000 feet, an additional 1 cup cooking liquid will be needed.

- ◆ If you have any questions on recipes, time charts, or the operation of your pressure cooker, call or write: Test Kitchen, National Presto Industries, Inc., 3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703, phone 1-800-368-2194 (e-mail: contact@GoPresto.com). When writing, please include a phone number and a time when you can be reached during weekdays, if possible. Written inquiries will be answered promptly by letter or telephone.

QUESTIONS AND ANSWERS

Occasionally the cover is hard to open or close. What causes this? What should I do?

In order for pressure to build inside your pressure cooker, the unit has a special cover which provides an airtight fit. Because of this, you may find that on occasion the cover may be difficult to open or close. The following suggestions will help if this happens:

If the cover seems hard to close, be sure you have aligned the “▼” mark on the cover with the arrow on either of the body handles. Move the cover until it drops into position. Then, press down firmly on the cover handles and rotate the cover clockwise until the cover handles are directly above the body handles.

If, after browning meat or poultry, the cover is difficult to close, it may be due to expansion of the pressure cooker body from heating. Remove the cover and allow the pressure cooker body to cool slightly and try again. Do not place the pressure cooker back on the burner until it is fully closed.

If necessary, to help make the cover easier to open and close, a very light coating of cooking oil may be applied to the **underside** of the lugs on the pressure cooker body (Fig. P) and/or on the sealing ring. Use a pastry brush, a piece of cloth, or your fingertips and be sure to wipe off any excess oil.

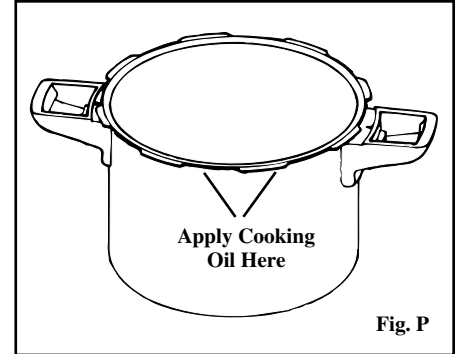


Fig. P

What can be done if the food prepared in the pressure cooker has more liquid than desired?

Simmer to evaporate the excess liquid. Next time you prepare the same recipe, you may want to use a tablespoon or two less liquid.

How does one prevent overcooking?

Remember to begin timing as soon as you hear and/or see a steady flow of steam escaping from the pressure regulator. Reduce heat to maintain a very slow, steady flow of steam. It is very important to accurately time the cooking period. A Presto® kitchen timer is very helpful for this purpose. Also be sure to follow the recipe instructions for cooling the pressure cooker.

What if the food is not completely done after the recommended cooking time?

Simply bring the cooker back up to pressure and cook the food a minute or two longer.

How do I know my pressure cooker is operating properly?

When a steady flow of steam escapes from the pressure regulator, you will know your cooker is functioning correctly.

When cooking first begins, is it normal for steam to escape and moisture to form on the cover and between the handles?

It is normal for steam to escape and a slight amount of moisture leakage to form on the cover and between the handles when cooking first begins. If leakage continues, the cover handles may not be fully aligned with the body handles and, therefore, the cover lock cannot engage.

Is it normal for the air vent/cover lock to rise up partially and drop back down when cooking first begins?

It is possible that the air vent/cover lock will move up and down slightly when cooking first begins. Do not be concerned. The air vent/cover lock will remain in the up position once the cooker has sealed. However, if the air vent/cover lock continues to move up and down or rises partially, tap it lightly with the tip of a knife. If it does not rise once you have tapped it, the following may be occurring:

1. The burner is not hot enough.
2. The cooker is not fully closed (see page 4).
3. There is insufficient liquid to form steam.
4. The gasket for the air vent/cover lock needs to be replaced (see page 7).

SOUPS AND STOCKS

The pressure cooker is perfect for preparing delicious, nourishing soups and stocks in minutes instead of the hours taken by ordinary methods.

Stocks form the base for most great soups and sauces and you can even substitute a stock for water in many recipes to add extra flavor. Traditionally, stocks are made by simmering bones and scraps for hours to extract all their flavor. With the pressure cooker, you can do the same thing in just minutes by following the simple directions on the following pages.

We've also included a few favorite soup recipes and, if you have a favorite recipe of your own, try it in the pressure cooker using one of the recipes in this book as your guide. If adding dried vegetables, they must first be soaked according to directions on page 31. **Do not pressure cook soups containing barley, rice, pasta, grains, dry beans and peas which are not listed in the chart on page 32, and dried soup mixes** because they have a tendency to foam, froth, and sputter and could clog the vent pipe.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over $\frac{1}{2}$ full (see page 6). When the recipe is increased, the cooking time remains the same.

*FOR SOUPS AND STOCKS,
DO NOT FILL PRESSURE COOKER OVER $\frac{1}{2}$ FULL!
OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

CHICKEN SOUP *

1½ pounds chicken, cut into serving pieces	1 carrot, diced
1 teaspoon salt	1 small onion, diced
1 stalk celery, chopped	4 cups water

Place all ingredients in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Remove pieces of chicken from cooker and let cool. Skim off fat. Remove meat from bones and return meat to cooker. Heat through.

Nutrition Information Per Serving 4 servings
236 Calories, 9 g Fat, 104 mg Cholesterol

Delicious Soups From Chicken Soup...

CHICKEN SOUP STOCK — Strain Chicken Soup to make stock.

CHICKEN NOODLE SOUP — Add finely chopped carrot, celery, and onion to Chicken Soup. Salt and pepper to taste. Bring to a boil, add noodles and simmer, uncovered, 20 minutes.

4 servings

CHICKEN DUMPLING SOUP—Mix together 1 beaten egg, or 2 egg whites, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{2}$ cup skim milk. Stir in $1\frac{1}{8}$ cups flour. Drop mixture from teaspoon into bubbling Chicken Soup in cooker. Simmer dumplings uncovered 6 minutes.

4 servings

CHICKEN RICE SOUP — Add 2 cups cooked rice and 2 cups cooked diced vegetables of your choice to Chicken Soup. Salt and pepper to taste. Heat through.

4 servings

BROWN BEEF SOUP *

1½ pounds lean beef, cut into 1 inch cubes	¼ cup diced carrots
1 tablespoon vegetable oil	1 small bay leaf
6 cups water	⅛ teaspoon pepper
1½ tablespoons salt	¼ cup chopped celery
½ cup diced onion	1 teaspoon parsley flakes

Pour vegetable oil into cooker. Turn heat selector to medium and brown beef. Add water and bring to a boil. Skim off fat. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

Nutrition Information Per Serving 6 servings
122 Calories, 10 g Fat, 20 mg Cholesterol

Delicious Soups From Brown Beef Soup...

BROWN BEEF SOUP STOCK — Strain Brown Beef Soup to make stock.

ONION SOUP — Pour 3 tablespoons vegetable oil into cooker and sauté 1½ cups thinly sliced onions. Stir onions into 6 cups Brown Beef Soup Stock in cooker. Season with ¼ teaspoon pepper. Close cover securely. Place pressure regulator on vent pipe and **COOK 2 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Ladle into soup bowls. Top with Parmesan cheese. If desired, garnish with croutons or toasted French bread.

6 servings

VEGETABLE SOUP — Add 4 cups cooked diced veg tables of your choice to Brown Beef Soup. Salt and pepper to taste and heat through.

8 servings

BEEF TOMATO SOUP — Add 2 cups tomato juice, 1 cucooked rice, and 1 teaspoon salt to Brown Beef Soup. Heat through.

8 servings

BLACK BEAN SOUP *

2 cups dried black beans	1½ teaspoons dried oregano
¼ cup vegetable oil	½ teaspoon allspice
1 tablespoon salt	2 cups sliced carrots, ¾-inch thick
Water	4 cups chicken stock or broth
1 tablespoon olive or vegetable oil	1 tablespoon packed brown sugar
1 cup chopped onion	2 teaspoons white wine vinegar
3 cloves garlic, minced	••••••••
1-2 jalapeño chiles, seeded, deveined, minced	1 cup loosely packed fresh cilantro, chopped
1 tablespoon chili powder	Salt

Soak beans overnight in ¼ cup oil, 1 tablespoon salt, and water to well cover beans; drain. This is necessary to prevent foaming and frothing, see page 31. Pour olive oil in pressure cooker. Sauté onion, garlic, chiles, chili powder, oregano, and allspice for 2 minutes. Stir in carrots, beans, chicken stock, brown sugar, and vinegar. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Remove 1 cup of bean mixture, place in blender and purée until smooth. Return to pressure cooker and stir in fresh cilantro. Season to taste with salt.

Nutrition Information Per Serving 8 servings
280 Calories, 10 g Fat, 0 mg Cholesterol

SEAFOOD GUMBO *

- | | | | |
|---|---|-----|---|
| 1 | tablespoon vegetable oil | 1 | pound sole fillets, cut into
2-inch pieces |
| 2 | onions, coarsely chopped | 1 | pound shrimp |
| 3 | tomatoes, skinned and
coarsely chopped | 3 | stalks celery, sliced |
| 1 | clove garlic, minced | 2 | cups frozen, cut okra
•••••• |
| 2 | sprigs parsley, chopped | 1/4 | cup tomato paste |
| 1 | teaspoon thyme | | |
| 2 | cups chicken bouillon | | |

Pour vegetable oil into cooker. Turn heat selector to medium and sauté onions. Stir in tomatoes, garlic, parsley, thyme, and chicken bouillon. Close cover securely. Place pressure regulator on vent pipe and **COOK 3 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Place fish, shrimp, celery, and okra in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 1 MINUTE WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Gently stir in tomato paste and simmer, uncovered, to thicken. Garnish with crab, if desired.

Nutrition Information Per Serving
167 Calories, 4 g Fat, 127 mg Cholesterol

8 servings

MINESTRONE ☆

- | | | | |
|----|--|---|--|
| 1½ | pounds lean beef, cut into
1-inch cubes | 1 | clove garlic, minced
•••••• |
| 1 | tablespoon vegetable oil | 1 | 16-ounce can cut green beans,
drained |
| 6 | cups water | 1 | 15-ounce jar Great Northern
Beans |
| 1 | onion, diced | 1 | 8-ounce can tomatoes, cut
into bite size pieces |
| 2 | carrots, sliced | 4 | ounces Polish sausage, thinly
sliced |
| ¼ | cup chopped celery | 2 | ounces fine noodles |
| 2 | teaspoons salt | | |
| ¼ | teaspoon pepper | | |
| 2 | tablespoons parsley flakes | | |
| 1 | bay leaf | | |
| 1½ | teaspoons sweet basil | | |

Pour vegetable oil into cooker. Turn heat selector to medium and brown beef. Add water, onions, carrots, celery, salt, pepper, parsley flakes, bay leaf, sweet basil, and garlic. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Add green beans, great northern beans, tomatoes, Polish sausage, and noodles. **SIMMER** uncovered 10 MINUTES. Garnish with parmesan cheese, if desired.

Nutrition Information Per Serving
319 Calories, 13 g Fat, 73 mg Cholesterol

8 servings

POTATO SOUP ♥ *

- | | | | |
|---|-----------------------------|---|-------------------------|
| 1 | tablespoon vegetable oil | ¼ | teaspoon dried basil |
| 1 | cup finely chopped onions | | •••••• |
| ½ | cup finely sliced celery | 1 | 12-ounce can evaporated |
| 4 | cups peeled, diced potatoes | | skim milk |
| 3 | cups chicken broth | | Salt |
| ¼ | teaspoon white pepper | | |

Heat vegetable oil in pressure cooker over medium heat. Sauté onion and celery until soft. Add all remaining ingredients except evaporated skim milk to pressure cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Remove 2 cups of potato mixture; place in blender or food processor and process until smooth. Return to pressure cooker and stir in evaporated milk. Season to taste with salt.

Nutrition Information Per Serving

6 servings

160 Calories, 2 g Fat, 2 mg Cholesterol

ZESTY HOMEMADE CHILI ☆

- | | | | |
|---|--------------------------|---|-------------------------------|
| 2 | pounds ground beef | ½ | teaspoon oregano |
| 1 | large onion, chopped | 1 | teaspoon ground cumin |
| 1 | green pepper, chopped | 2 | cloves garlic, finely chopped |
| 1 | 8-ounce can tomato sauce | 1 | teaspoon salt |
| 1 | cup water | | •••••• |
| 1 | tablespoon chili powder | 1 | 16-ounce can kidney beans, |
| ¼ | teaspoon cayenne pepper | | drained and rinsed |
| ½ | teaspoon black pepper | | |

Turn heat selector to medium and brown meat, onion, and green pepper. Add remaining ingredients except kidney beans. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Stir in kidney beans and heat through.

Nutrition Information Per Serving

8 servings

302 Calories, 15 g Fat, 76 mg Cholesterol

SEAFOOD

When steamed, fish and seafood are both light and delicious. Pressure cooking is an ideal way to prepare these favorites. And, because most seafood cooks fast, many vegetables can be prepared at the same time in the pressure cooker saving even more time and work.

The cooking time required is directly related to the thickness of the seafood. To be safe, if the fish you are cooking seems thin for its weight or if it weighs less than the recipe specifies, reduce the cooking time. Overcooking tends to toughen seafood. If the fish or seafood is not done, bring the cooker back up to pressure and cook the food a minute or two longer.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over $\frac{2}{3}$ full (see page 6). When the recipe is increased, the cooking time remains the same. Because the water in the seafood recipes is used for steaming and the cooking time is unchanged, it is not necessary to increase the amount of water (see note on Shrimp Jambalaya recipe).

*FOR FISH AND SEAFOOD,
DO NOT FILL PRESSURE COOKER OVER $\frac{2}{3}$ FULL!
OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

MARINATED TUNA *

- | | |
|---|---|
| 1 pound tuna steak, 1 inch thick | 2 cloves garlic, minced |
| $\frac{1}{4}$ cup lemon juice | 1 teaspoon ginger |
| 1 tablespoon soy sauce | $\frac{1}{2}$ teaspoon black pepper |
| 2 tablespoons olive oil | 1 cup water |

Place tuna steaks in a shallow glass dish. Combine remaining ingredients except water; pour over tuna. Marinate for 30 minutes, turning fish once. Remove tuna from marinade and place in steamer basket. Pour marinade and water into cooker. Position trivet in cooker. Place tuna steaks in steamer basket on trivet. Close cover securely. Place pressure regulator on vent pipe and **COOK 3 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving 4 servings
170 Calories, 6 g Fat, 52 mg Cholesterol

LEMON 'N DILL COD, NEW POTATOES, AND BROCCOLI ♥

- | | |
|---|---|
| 1 pound frozen cod fillets,
1-inch thick | $1\frac{1}{2}$ cups water |
| Dill weed | 6 small new potatoes, quartered |
| $\frac{1}{2}$ teaspoon lemon pepper | 2 cups broccoli, cut into bite
size pieces |
| Salt | |

Cut fish into 4 pieces. Sprinkle with dill weed, lemon pepper, and salt. Pour $1\frac{1}{2}$ cups water into cooker. Position trivet in cooker. Arrange fish, potatoes, and broccoli in steamer basket on trivet. Close cover securely. Place pressure regulator on vent pipe and **COOK 2 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving 4 servings
170 Calories, 1 g Fat, 56 mg Cholesterol

SHRIMP JAMBALAYA ☆

1 cup long grain white rice	1/8 teaspoon pepper
1 1/2 cups water	1/8 teaspoon allspice
••••••••	Pinch each, cayenne, chili powder, and basil
1 1/2 cups water	1 16-ounce can tomatoes
••••••••	1 4-ounce can sliced mushrooms
2 tablespoons vegetable oil	1 pound medium shrimp, shelled and deveined
1 clove garlic, minced	1/2 green pepper, cut into strips
1/2 cup chopped onion	
1/2 pound precooked ham, diced	
2 teaspoons salt	

(Note: If increasing recipe, increase proportionately the amount of water placed in the metal bowl. Do not increase the amount of water poured into the cooker because this water is used for steaming and the cooking time remains the same.)

Combine rice and 1 1/2 cups water in a metal bowl which will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour 1 1/2 cups water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Open cooker and set rice aside to steam. Remove steamer basket and remaining water.

Pour vegetable oil into cooker. Turn heat selector to medium and sauté garlic and onion until golden brown. Stir in ham. Add seasonings, tomatoes, and mushrooms; mix well. Stir in shrimp and sprinkle green pepper strips over all. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Remove cover and stir in rice. Let stand 5 minutes before serving.

Nutrition Information Per Serving

6 servings

317 Calories, 10 g Fat, 137 mg Cholesterol

“SCAMPI-STYLE” SHRIMP ☆

3/4 pound medium raw shrimp, shelled and deveined	1/4 teaspoon salt
3 tablespoons margarine	1 1/2 cups water
1 tablespoon minced green onion	••••••••
5 cloves garlic, minced	2 tablespoons minced parsley
2 teaspoons lemon juice	1/4 teaspoon grated lemon peel
	Tabasco sauce

Pat shrimp dry with paper towels. Place margarine in cooker. Turn heat selector to medium and melt margarine. Sauté onion and garlic. Stir in lemon juice and salt. Cook until bubbly. Pour into metal bowl which will fit loosely in cooker. Stir in shrimp. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 3 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Stir in parsley, lemon peel, and Tabasco sauce.

Nutrition Information Per Serving

6 servings

111 Calories, 7 g Fat, 86 mg Cholesterol

HADDOCK IN CHEESE SAUCE *

- | | |
|-------------------------|--|
| 2 tablespoons margarine | 1 cup grated processed American cheese |
| 2 tablespoons flour | 2 pounds haddock fillets |
| ½ teaspoon salt | 1½ cups water |
| Pepper | |
| 1 cup skim milk | |

Melt margarine in saucepan. Stir in flour, salt, and pepper. Gradually stir in milk, cooking until smooth and thick. Stir in cheese. Place haddock fillets in metal bowl which will fit loosely in cooker. Pour cheese sauce over fillets. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving

6 servings

277 Calories, 11 g Fat, 116 mg Cholesterol

VARIATION: Substitute scallops for haddock fillets.

POACHED HALIBUT WITH VEGETABLES *

- | | |
|---|--------------------------------|
| 1 9-ounce package frozen pea pods | 1½ cups water |
| 1 zucchini, cut into ½-inch slices | 2 halibut steaks, 1 inch thick |
| 1 yellow squash, cut into ½-inch slices | 2 tablespoons lemon juice |
| | 1 tablespoon vegetable oil |
| | ¼ teaspoon tarragon |

Wrap pea pods and squash in separate aluminum foil packets. Pour water into cooker. Position trivet in cooker. Place vegetable packets and halibut in steamer basket on trivet. Combine remaining ingredients and drizzle over halibut. Close cover securely. Place pressure regulator on vent pipe and **COOK 4 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving

4 servings

288 Calories, 10 g Fat, 35 mg Cholesterol

SALMON STEAKS MOUTARDE *

- | | |
|--|--|
| 4 small salmon steaks, 1-inch thick | 1 clove garlic, minced |
| 4 tablespoons Dijon-style mustard | 1 cup dry white wine or chicken stock or broth |
| 3-4 sprigs fresh thyme or ½ teaspoon dried thyme | ½ cup water |
| 1 tablespoon olive or vegetable oil | 1 bay leaf |
| 1 onion, chopped | •••••• |
| | 2 tablespoons Dijon-style mustard |
| | 1 tablespoon constarch |

Spread each steak with 1 tablespoon mustard. Press 1 thyme sprig into mustard on each steak or sprinkle with dried thyme. Pour oil into cooker. Turn heat selector to medium and sauté onion and garlic until tender. Stir in wine, water, and bay leaf. Position trivet in cooker. Place steaks in steamer basket on trivet. Close cover securely. Place pressure regulator on vent pipe and **COOK 4 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Carefully remove steaks, steamer basket, and trivet. Keep steaks warm. Discard bay leaf. Mix two tablespoons mustard with cornstarch. Stir into liquid in pressure cooker. Cook and stir until sauce boils and thickens. Serve sauce with salmon steaks.

Nutrition Information Per Serving

4 servings

218 Calories, 9 g Fat, 20 mg Cholesterol

VARIATION: Substitute halibut for salmon steaks.

SEAFOOD TIMETABLE

SEAFOOD	COOKING TIME (FRESH OR THAWED)	COOKING TIME (FROZEN)	SEAFOOD	COOKING TIME (FRESH OR THAWED)	COOKING TIME (FROZEN)
Crab Legs	2 minutes	2 minutes	Scallops		
Fish Fillets (1 inch thick)	2 minutes	2 minutes	Small	1 minute	1 minute
Lobster Tail			Medium	2 minutes	2 minutes
6 to 8 ounces	5 minutes	10 to 12 minutes	Large	2 minutes	2 minutes
12 to 14 ounces	8 minutes	12 to 13 minutes	Shrimp		
Salmon Steaks (½ inch thick)	2 minutes	2 minutes	Small	1 minute	1 minute
			Medium	2 minutes	2 minutes
			Large	3 minutes	3 minutes

Pour 1½ cups water into cooker. Position trivet in cooker. Place seafood in steamer basket on trivet. Do not fill cooker over ⅔ full. Close cover securely. Place pressure regulator on vent pipe and **COOK ACCORDING TO CHART WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

POULTRY

A host of great, light meals can evolve from chicken and other poultry when prepared in the pressure cooker. Be it a tender fillet with a delightful, light sauce or a savory casserole with a host of nutritious vegetables, you'll find the pressure cooker is perfect for preparing your favorites in a hurry.

Try the following recipes and enjoy tasty poultry in a variety of ways or prepare your own favorite poultry dishes. Before you begin, be sure to thoroughly clean the poultry and pat dry with paper towels. It's not necessary to brown poultry before pressure cooking, but you may do so if you like. Searing tends to seal in the natural juices, while cooking without browning lets the flavor of the various ingredients intermingle for some spectacular taste combinations. For crispier chicken, you may want to put the chicken under the broiler for a few minutes after pressure cooking.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over ⅔ full (see page 6). When the recipe is increased, the cooking time remains the same.

*FOR POULTRY, DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!
NO PORTION OF THE POULTRY SHOULD EXTEND ABOVE
THE ⅔ FULL MARK (SEE PAGE 6).*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

SOY CHICKEN ♥ *

- | | |
|---|--|
| <p>2 chicken breasts, boned,
skinned, and cut in half</p> <p>½ cup sliced mushrooms</p> <p>½ onion, sliced</p> | <p>½ cup sliced celery</p> <p>¼ cup low sodium soy sauce</p> <p>1 cup water</p> <p>3 tablespoons brown sugar</p> |
|---|--|

Place all ingredients in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

Nutrition Information Per Serving

203 Calories, 3 g Fat, 73 mg Cholesterol

4 servings

CHICKEN BREASTS TARRAGON ♥*

- | | | | |
|---|---|---|-----------------------|
| 2 | chicken breasts, boned,
skinned, and cut in half | ¼ | cup sliced onion |
| 1 | tablespoon vegetable oil | ½ | cup white wine |
| | Salt, pepper, and paprika | | Worcestershire sauce |
| 1 | teaspoon tarragon | 1 | cup white wine |
| | | | ••••••• |
| ¼ | cup sliced celery | 1 | tablespoon cornstarch |
| ¼ | cup sliced carrot | ¼ | cup water |

Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken. Season with salt, pepper, and paprika. Add remaining ingredients except cornstarch and water. Close cover securely. Place pressure regulator on vent pipe and **COOK 3 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Remove chicken and keep warm. Combine cornstarch and water. Stir into sauce. Heat, stirring constantly, until sauce thickens.

Nutrition Information Per Serving

4 servings

260 Calories, 6 g Fat, 73 mg Cholesterol

CALIFORNIA CHICKEN *

- | | | | |
|---|---|---|----------------------|
| 3 | pound chicken, cut into
serving pieces and skinned | ½ | cup white wine |
| 2 | tablespoons vegetable oil | ½ | cup chicken broth |
| | Salt and pepper | ½ | cup water |
| 1 | teaspoon rosemary | ¼ | cup chopped parsley |
| | | | ••••••• |
| 3 | cloves garlic, peeled and sliced | ½ | lemon, thinly sliced |

Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken. Season chicken with salt, pepper, and rosemary. Place garlic on chicken. Combine remaining ingredients except lemon and pour over chicken. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Thicken sauce, if desired. Garnish with lemon slices.

Nutrition Information Per Serving

6 servings

288 Calories, 14 g Fat, 104 mg Cholesterol

CHUTNEY CHICKEN ♥ *

- | | | | |
|---|---|---|--------------------------|
| 3 | chicken breasts, boned,
skinned, and cut in half | 1 | tablespoon brown sugar |
| 1 | 15-ounce can diced tomatoes | 1 | tablespoon vinegar |
| 1 | 4-ounce can chopped green
chilies | ¼ | teaspoon ground allspice |
| | | | ••••••• |
| ½ | cup raisins | 1 | tablespoon cornstarch |
| ⅓ | cup mango chutney | ¼ | cup water |

Place all ingredients except cornstarch and water in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Remove chicken and keep warm. Combine cornstarch and water. Stir into sauce. Heat, stirring constantly, until sauce thickens.

Nutrition Information Per Serving

6 servings

258 Calories, 3 g Fat, 73 mg Cholesterol

SWEET 'N SOUR CHICKEN ☆

- | | |
|--|--|
| 3 pound chicken, cut into serving pieces and skinned | ¼ cup brown sugar |
| 2 tablespoons vegetable oil | ½ cup vinegar |
| 1 20-ounce can pineapple chunks, drained and juice reserved | 2 tablespoons soy sauce |
| 1 cup reserved pineapple juice (add water if necessary) | 1 tablespoon catsup |
| ½ cup sliced celery | ½ teaspoon Worcestershire sauce |
| 1 green or red pepper, cut into chunks | ¼ teaspoon ground ginger |
| | •••••• |
| | 2 tablespoons cornstarch |
| | 2 tablespoons cold water |

Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken. Combine pineapple juice and remaining ingredients except pineapple chunks, cornstarch, and water; pour over chicken. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Remove chicken and vegetables to a warm platter. Mix cornstarch with cold water; stir into hot liquid. Cook and stir until mixture boils and thickens. Add pineapple chunks and heat. Pour sauce over chicken. Serve with steamed rice, if desired, see page 33.

Nutrition Information Per Serving

6 servings

333 Calories, 11 g Fat, 104 mg Cholesterol

TURKEY BREAST *

- | | |
|-----------------------------------|-------------------------------------|
| 3-4 pound turkey breast | ½ cup celery, chopped |
| 1 tablespoon vegetable oil | ½ teaspoon poultry seasoning |
| 1 onion, chopped | 1½ cups water |

Pour vegetable oil into cooker. Turn heat selector to medium and brown turkey on all sides. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and **COOK 35 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Thicken gravy, if desired.

Nutrition Information Per Serving

6 to 8 servings

197 Calories, 8 g Fat, 76 mg Cholesterol

BAYOU BOUNTY CHICKEN ☆

- | | |
|---|---|
| 2 tablespoons vegetable oil | 1 cup chopped celery |
| 1 3 to 3½-pound chicken, cut up | 1 tablespoon extra-spicy seasoning blend |
| 1 28-ounce can whole tomatoes, undrained, cut up | 2 cloves garlic, minced |
| 2 onions, chopped | •••••• |
| 1 green pepper, seeded, chopped | Hot cooked rice (see page 33) |

Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken, a few pieces at a time, and remove. Add remaining ingredients except rice to pressure cooker. Return chicken to pressure cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Serve chicken and sauce over rice .

Nutrition Information Per Serving

6 servings

341 Calories, 18 g Fat, 93 mg Cholesterol

ARROZ CON POLLO ☆

- | | | | |
|----|----------------------------------|--------|---|
| 1 | 3 to 3½-pound chicken, cut up | •••••• | |
| | Paprika | 1 | 10-ounce package frozen green peas |
| | Salt and pepper | 1 | cup sliced green olives |
| 2 | tablespoons olive oil | 1 | tomato, peeled, chopped |
| 2 | medium onions, chopped | 1 | 4-ounce jar pimientos, drained, sliced |
| 1 | clove garlic, minced | •••••• | |
| 1½ | cups chicken broth | 2 | cups cooked long grain rice, warm (see page 33) |
| 1 | bay leaf | | |
| ½ | teaspoon crushed red pepper | | |
| ¼ | teaspoon crushed saffron threads | | |

Sprinkle chicken with paprika, salt, and pepper. Pour oil into pressure cooker. Turn heat selector to medium and brown chicken, a few pieces at a time, and remove. Add onions and garlic to pressure cooker. Sauté until tender. Return chicken to pressure cooker. Add chicken broth, bay leaf, red pepper, and saffron. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Remove chicken. Stir in peas, olives, tomato, and pimientos. Return chicken to pressure cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 0 MINUTES.** Let pressure drop of its own accord. Stir in cooked rice.

Nutrition Information Per Serving

6 servings

462 Calories, 19 g Fat, 93 mg Cholesterol

HERBED CHICKEN ☆

- | | | | |
|---|--|--------|----------------------------|
| 3 | pound chicken, cut into serving pieces and skinned | 1 | tablespoon chopped parsley |
| | Salt and pepper | ½ | cup chopped celery leaves |
| 2 | tablespoons vegetable oil | 1 | teaspoon dry oregano |
| 1 | onion, chopped | 1 | teaspoon dry basil |
| 1 | tablespoon chopped garlic | •••••• | |
| 1 | cup chicken broth | 1 | cup pitted black olives |
| ½ | cup water | 2 | tablespoons flour |
| | | 2 | tablespoons cold water |

Season chicken with salt and pepper. Pour vegetable oil into cooker. Turn heat selector to medium and sauté onion and garlic; remove. Brown chicken. Add onion, garlic, and remaining ingredients except black olives, flour, and water. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Remove chicken to a warm dish. Add olives to liquid and heat. Mix flour with cold water; stir into hot broth. Cook and stir liquid until mixture boils and thickens. Pour sauce over chicken.

Nutrition Information Per Serving

6 servings

358 Calories, 22 g Fat, 104 mg Cholesterol

CHICKEN CACCIATORE ☆

- | | |
|---|--|
| <p>3 pound chicken, cut into serving pieces and skinned</p> <p>1 teaspoon salt</p> <p>$\frac{1}{8}$ teaspoon pepper</p> <p>2 tablespoons vegetable oil</p> <p>2 cloves garlic, minced</p> <p>2 tablespoons minced parsley</p> <p>$\frac{1}{2}$ teaspoon chopped fresh oregano or 1 teaspoon dry oregano</p> | <p>1$\frac{1}{2}$ cups sliced onions</p> <p>$\frac{1}{2}$ cup chopped carrots</p> <p>$\frac{1}{2}$ cup chopped celery</p> <p>1 1-pound can Italian tomatoes, chopped</p> <p>Salt and pepper</p> <p>$\frac{1}{2}$ cup white wine</p> <p>••••••••</p> <p>1 6-ounce can tomato paste</p> |
|---|--|

Season chicken with salt and pepper. Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken a few pieces at a time. Sprinkle garlic, parsley, and oregano on chicken. Add onions, carrots, celery, tomatoes, salt, pepper, and white wine. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Place chicken on warm platter. Stir tomato paste into sauce in cooker. Simmer until thickened. Pour over chicken.

Nutrition Information Per Serving 6 servings
 338 Calories, 14 g Fat, 104 mg Cholesterol

CORNISH HEN PIMIENTO *

- | | |
|--|---|
| <p>2 Cornish hens</p> <p>2 tablespoons vegetable oil</p> <p>Salt and pepper</p> <p>16 canned pimientos, strained</p> <p>2 onions, chopped</p> <p>4 cloves garlic, chopped</p> | <p>2 bay leaves</p> <p>2 stalks celery, chopped</p> <p>2 teaspoons Worcestershire sauce</p> <p>1$\frac{1}{2}$ cups water</p> |
|--|---|

Pour vegetable oil into cooker. Turn heat selector to medium and brown Cornish hens. Season with salt and pepper. Combine remaining ingredients and pour over hens. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. If desired, crisp Cornish hens under broiler.

Nutrition Information Per Serving 4 servings
 250 Calories, 14 g Fat, 90 mg Cholesterol

POULTRY TIMETABLE

It is not necessary to brown poultry before pressure cooking, but you may do so if you like. After browning, remove poultry from cooker and pour liquid into cooker. Position trivet in cooker. Place poultry in steamer basket on trivet.*

(Note: If the amount of poultry is increased, it is not necessary to increase the cooking time or liquid.)

*Omit trivet if meat extends above the $\frac{2}{3}$ full mark.

*DO NOT FILL PRESSURE COOKER OVER $\frac{2}{3}$ FULL!
 NO PORTION OF THE POULTRY SHOULD EXTEND
 ABOVE THE $\frac{2}{3}$ FULL MARK (SEE PAGE 6).*

POULTRY	CUPS OF LIQUID	COOKING TIME (MINUTES)	POULTRY	CUPS OF LIQUID	COOKING TIME (MINUTES)
Whole Chicken, 2 $\frac{1}{2}$ to 3 pounds	1 $\frac{1}{2}$	10-12	Turkey Breast, 3 to 4 pounds	2	35
Chicken, cut into serving pieces	1 $\frac{1}{2}$	8	Cornish Hen	1 $\frac{1}{2}$	8
Chicken Breast, boneless	1 $\frac{1}{2}$	3-5*			

A * after the cooking time indicates that you should release pressure quickly (see page 5).

MEATS

When it comes to creating juicy, tender, flavorful meat dishes, the pressure cooker has no equal. Even budget cuts of meat that usually require slow, moist-heat cooking will turn out succulent and savory—in very little time in the pressure cooker.

The most important step when preparing meat in the pressure cooker is to sear meat to a crispy brown on all sides to seal in natural juices. The following recipes were written for fresh or completely thawed meats. To cook frozen meats, thaw one half hour or more so that the surface of the meat will sear crispy brown. Then increase the cooking times given in the recipes. Frozen beef, veal, and lamb should be cooked 25 minutes per pound. Frozen pork should be cooked 30 minutes per pound.

Cooking time will vary depending on the size and thickness of the cut, the distribution of fat and bone, the grade and cut of the meat, and the degree of doneness desired.

After cooking, if gravy is desired, stir 1 to 2 tablespoons of flour or cornstarch into $\frac{1}{4}$ cup cold water. Heat cooking liquid in pressure cooker and slowly pour in flour mixture, stirring to blend. Heat to boiling, stirring constantly for 1 minute or until thickened. Season with salt and pepper.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over $\frac{2}{3}$ full (see page 6). When the recipe is increased, the cooking time remains the same (see note on Stuffed Pork Chops recipe and Meat Timetable).

*FOR MEAT, DO NOT FILL PRESSURE COOKER
OVER $\frac{2}{3}$ FULL! NO PORTION OF THE MEAT SHOULD
EXTEND ABOVE THE $\frac{2}{3}$ FULL MARK (SEE PAGE 6).*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

BEEF POT ROAST ☆

3 pounds beef pot roast	Salt and pepper
1 tablespoon vegetable oil	1 onion, minced
2 cups water	1 bay leaf

Pour vegetable oil into cooker. Turn heat selector to medium and brown roast well on all sides; remove roast. Pour water into cooker. Position trivet in cooker. Place roast in steamer basket on trivet.* Season roast with salt, pepper, onions, and bay leaf. Close cover securely. Place pressure regulator on vent pipe and **COOK 45 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Thicken gravy, if desired.

*Omit trivet if roast extends above the $\frac{2}{3}$ full mark.

Nutrition Information Per Serving

6 servings

444 Calories, 20 g Fat, 183 mg Cholesterol

PORCUPINE MEATBALLS *

1½ pounds ground beef	1 tablespoon minced onion
½ cup uncooked white rice	1 cup tomato juice
1 teaspoon salt	½ cup water
½ teaspoon pepper	

Combine meat, rice, salt, pepper, and onion. Shape into small meatballs. Heat tomato juice and water in cooker. Drop meatballs in juice mixture. Close cover securely. Place pressure regulator on vent pipe and **COOK 10 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

Nutrition Information Per Serving

6 servings

296 Calories, 16 g Fat, 74 mg Cholesterol

SWISS STEAK ☆

- | | |
|---|------------------------------|
| 2 pounds round steak, 1 inch thick | 1 onion, diced |
| Salt and pepper | 1 cup celery, diced |
| 2 tablespoons vegetable oil | 1 green pepper, diced |
| | 1½ cups tomato juice |

Cut meat into serving pieces. Season with salt and pepper. Pour vegetable oil into cooker. Turn heat selector to medium and brown meat. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Thicken sauce, if desired.

Nutrition Information Per Serving

4 servings

469 Calories, 23 g Fat, 154 mg Cholesterol

BEEF STEW ☆

- | | |
|--|---------------------------|
| 1 tablespoon vegetable oil | 1 cup green beans |
| 1 pound beef, cut into 1 inch cubes | 4 small carrots |
| 1 large onion, sliced | 1 cup tomatoes |
| Salt and pepper | •••••• |
| 1 cup water | 1 tablespoon flour |
| 4 small potatoes | ¼ cup cold water |

Pour vegetable oil into cooker. Turn heat selector to medium and brown meat. Add onion, salt, pepper, and water. Place small potatoes, green beans, carrots, and tomatoes over meat. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Make a paste of the flour and ¼ cup water and stir into stew to thicken. For crisper vegetables, cook the beef, onion, salt, and pepper 5 minutes. Release pressure quickly. Then add the vegetables and **COOK 3 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving

4 servings

532 Calories, 28 g Fat, 83 mg Cholesterol

SPAGHETTI MEAT SAUCE *

- | | |
|-----------------------------------|-----------------------------------|
| 1 large onion, chopped | 1 teaspoon parsley flakes |
| 1 clove garlic, minced | ½ teaspoon oregano |
| ½ cup chopped celery | ½ teaspoon sweet basil |
| 1 green pepper, diced | ¼ teaspoon thyme |
| 2 teaspoons salt | 2 teaspoons sugar |
| 1 cup water | 3 drops Tabasco sauce |
| 1 8-ounce can tomato sauce | •••••• |
| ⅛ teaspoon red pepper | 1 6-ounce can tomato paste |

Turn heat selector to medium and brown beef. Stir in remaining ingredients except tomato paste. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Stir in tomato paste and simmer, uncovered, to desired thickness. Serve sauce over long spaghetti. Sprinkle with Parmesan cheese, if desired.

Nutrition Information Per Serving

6 servings

208 Calories, 11 g Fat, 49 mg Cholesterol

APRICOT BARBECUE PORK ROAST ☆

3 pound boneless rolled pork roast	½ cup teriyaki sauce
½ cup catsup	1 teaspoon crushed red pepper
⅓ cup apricot preserves	1 teaspoon dry mustard
¼ cup packed dark brown sugar	¼ teaspoon ground pepper
¼ cup cider vinegar	1 large onion, sliced
	3 cups water

Place pork roast in a large plastic bag or glass dish. Combine catsup, preserves, brown sugar, vinegar, teriyaki sauce, red pepper, mustard, and pepper. Mix thoroughly and pour over pork. Refrigerate overnight. Remove pork; reserve marinade. Brown pork on all sides in pressure cooker over medium heat; remove.

Position trivet, half of sliced onion, and water in cooker. Place pork roast in steamer basket on trivet and arrange remaining onion evenly on top of roast. Close cover securely. Place pressure regulator on vent pipe and **COOK 60 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Place reserved marinade in saucepan and simmer until thickened, stirring occasionally. Remove roast and onions from pressure cooker. Add onions to thickened marinade and serve with sliced pork. Onions may be puréed before adding to sauce and served with rice, if desired.

Nutrition Information Per Serving 8 servings
332 Calories, 13 g Fat, 77 mg Cholesterol

SPARERIBS WITH BARBECUE SAUCE ☆

3 pounds spareribs, cut into serving pieces	¼ cup catsup
Salt and pepper	2 tablespoons vinegar
Paprika	1 teaspoon Worcestershire sauce
1 tablespoon vegetable oil	⅛ teaspoon chili powder
1 large onion, sliced	¼ teaspoon celery seed
	1½ cups water

Season ribs with salt, pepper, and paprika. Pour vegetable oil into cooker. Turn heat selector to medium and brown ribs. Add onion. Combine catsup, vinegar, Worcestershire sauce, chili powder, celery seed, and water. If desired, stir in ¼ teaspoon liquid smoke. Pour over meat in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

Nutrition Information Per Serving 6 servings
759 Calories, 57 g Fat, 219 mg Cholesterol

CORNED BEEF *☆

3 pounds corned beef	1 tablespoon garlic powder
3 cups water	1 bay leaf

Pour 3 cups water into cooker. Position trivet in cooker. Rub garlic powder into all surfaces of corned beef. Place corned beef in steamer basket on trivet.* Add bay leaf. Close cover securely. Place pressure regulator on vent pipe and **COOK 60 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

Note: If seasoning packet is provided with corn beef, use packet and omit bay leaf.

*Omit trivet if corned beef extends above the ⅔ full mark.

Nutrition Information Per Serving 6 servings
295 Calories, 18 g Fat, 103 mg Cholesterol

STUFFED PORK CHOPS ☆

- | | |
|--|-----------------------------------|
| 2 tablespoons vegetable oil | ½ cup corn |
| 4 1-inch thick pork chops, with deep pocket cut in each | 1 cup bran flakes, crushed |
| Salt and pepper | 2 tablespoons water |
| 1 cup chopped onion | ½ teaspoon dried sage |
| ¾ cup chopped celery | 1½ cups water |

(Note: If increasing recipe, increase proportionately the amount of water added to the stuffing. Do not increase the water poured into the cooker because this water is used for steaming and the cooking time remains the same.)

Pour vegetable oil into cooker. Turn heat selector to medium and brown pork chops. Season with salt and pepper; remove from cooker. Sauté onions and celery in cooker. Stir in corn, bran flakes, 2 tablespoons water, and sage. Stuff pork chops with mixture. Pour 1½ cups water into cooker. Position trivet in cooker. Place pork chops in steamer basket on trivet. Close cover securely. Place pressure regulator on vent pipe and **COOK 9 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving 4 servings
415 Calories, 23 g Fat, 95 mg Cholesterol

PORK LOIN ROAST ☆

- | | |
|-----------------------------------|------------------------|
| 3 pound pork loin roast | Salt and pepper |
| 1 tablespoon vegetable oil | 1 onion, sliced |
| 3 cups water | |

Pour vegetable oil into cooker. Turn heat selector to medium and brown roast well on all sides. Remove roast from cooker. Pour water into cooker. Position trivet in cooker. Place roast in steamer basket on trivet.* Season with salt, pepper, and sliced onion. Close cover securely. Place pressure regulator on vent pipe and **COOK 60 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

*Omit trivet if roast extends above the ¾ full mark.

Nutrition Information Per Serving 6 servings
483 Calories, 27 g Fat, 171 mg Cholesterol

WIENER SCHNITZEL ☆

- | | |
|--|-------------------------------|
| 2 pounds veal round, ½ inch thick | 1½ cups water |
| 4 tablespoons flour | ½ lemon, thinly sliced |
| Salt and pepper | •••••••• |
| 1 teaspoon paprika | 1 cup sour cream |
| 4 tablespoons vegetable oil | Parsley |
| 1 onion, sliced | |

Cut veal into serving pieces and dredge in flour seasoned with salt and pepper. Sprinkle veal with paprika. Pour vegetable oil into cooker. Turn heat selector to medium and brown veal. Add onions and sauté lightly. Remove veal and onions from cooker. Pour water into cooker. Position trivet in cooker. Place veal and onions in steamer basket on trivet. Place lemon on veal. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Remove veal, steamer basket, and trivet from cooker. Stir sour cream into liquid in cooker and heat, uncovered. Pour sauce over veal. Garnish with parsley.

Nutrition Information Per Serving 6 servings
456 Calories, 30 g Fat, 141 mg Cholesterol

MEAT TIMETABLE

Brown meat well and remove from cooker. Pour liquid into cooker. Position trivet in cooker. Place meat in steamer basket on trivet.†

(Note: If the amount of meat is increased, it is not necessary to increase the cooking time or liquid.)

†Omit trivet if meat extends above the $\frac{2}{3}$ full mark.

*DO NOT FILL PRESSURE COOKER OVER $\frac{2}{3}$ FULL!
NO PORTION OF THE MEAT SHOULD EXTEND ABOVE THE
 $\frac{2}{3}$ FULL MARK (SEE PAGE 6).*

MEAT		CUPS OF LIQUID	COOKING TIME (MINUTES)	MEAT		CUPS OF LIQUID	COOKING TIME (MINUTES)
BEEF				PORK			
Chuck Roast	3 pounds	2½	45	Chops	¼" thick	1	2*
Corned Beef	3 pounds	3	60	Chops	½" thick	1½	5*
Rolled Rib Roast	3 pounds	2	30	Butt Roast	3 pounds	3	55
Round Steak	¼" thick	1½	4*	Loin Roast	3 pounds	3	60
Round Steak	½" thick	1½	10*	Steak	¼" thick	1	2*
Short Ribs		2	25*	Steak	½" thick	1½	5*
HAM				VEAL			
Slice	3 pounds	2	30	Chops	¼" thick	1	2*
Picnic	3 pounds	2	30	Chops	½" thick	1½	5*
LAMB				Roast	3 pounds	2½	45
Chops	¼" thick	1	2*	Steak	1" thick	1½	10*
Chops	½" thick	1½	5*				
Leg of Lamb	3 pounds	2½	35-45				

A * after the cooking time indicates that you should release pressure quickly (see page 5).

VEGETABLES

Today, fresh, frozen, and dried vegetables have assumed new importance and prominence on the menu. Health-conscious cooks feature an abundance of vegetables on the family meal plan, while restaurants increasingly cater to a more "vegetable-conscious" clientele.

Pressure cooking is the preferred method for preparing vegetables. Because of the fast cooking time and super-heated steam, vegetables retain most of their natural color, texture, flavor, and nutrients. And pressure cooking offers an additional health advantage, because so much more natural taste and mineral salts are retained, vegetables require much less salt and seasonings.

A garden variety of fresh or frozen vegetables can be cooked at the same time in the pressure cooker. By using the trivet and steamer basket to keep them out of the cooking liquid, each vegetable retains its own distinctive flavor and appearance. Just be sure that all vegetables cooked together require the same cooking time. It is important to accurately time the cooking period, because vegetables cook very quickly in the pressure cooker. If you wish to blend the vegetable flavors, place them in the steamer basket and omit the trivet.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over $\frac{2}{3}$ full (see page 6). When the recipe is increased, the cooking time remains the same. Because the water in the recipes is for steaming only and the cooking time is unchanged, it is not necessary to increase the amount of water.

*FOR FRESH AND FROZEN VEGETABLES,
DO NOT FILL PRESSURE COOKER OVER $\frac{2}{3}$ FULL!*

*FOR DRIED VEGETABLES,
DO NOT FILL PRESSURE COOKER OVER $\frac{1}{2}$ FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

CASSEROLE OF VEGETABLES *

- | | |
|---|---|
| 2 cups sliced carrots, $\frac{1}{4}$ inch thick | 2 tablespoons margarine |
| 1 onion, sliced | 3 tablespoons flour |
| 1 10-ounce package frozen, chopped spinach, cut into 1 inch pieces | 1$\frac{1}{2}$ cups skim milk |
| 2 cups water | 1 cup shredded mozzarella cheese |
| | $\frac{1}{4}$ teaspoon salt |
| | Pepper |

Pour 2 cups water into cooker. Position trivet in cooker. Place carrots, onion, and spinach in steamer basket on trivet. Close cover securely. Place pressure regulator on vent pipe and **COOK "0" MINUTES**. Release pressure quickly. Remove steamer basket and trivet from cooker. Melt margarine in small saucepan, blend in flour. Gradually stir in milk. Cook, stirring until sauce thickens. Remove from heat and stir in cheese, salt, and pepper. Stir until cheese is melted and blended into sauce. Place half the spinach in a 1 $\frac{1}{2}$ quart metal bowl which will fit loosely in cooker. Top with half the carrots and onions. Cover with half the cheese sauce. Repeat the layers. Cover bowl firmly with aluminum foil. Verify that there is 1 $\frac{1}{2}$ cups water remaining in the cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 7 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR**. Let pressure drop of its own accord.

Nutrition Information Per Serving
211 Calories, 12 g Fat, 31 mg Cholesterol

6 servings

BROCCOLI 'N RICE ☆

- | | |
|--|--------------------------------|
| 1½ pounds broccoli, cut into bite size pieces | 1 small onion, chopped |
| 2 cups cooked rice | 1½ cups water |
| 1 10½-ounce can cream of mushroom soup | 2 tablespoons margarine |
| 1 8-ounce jar pasteurized cheese spread | ½ cup bread crumbs |

Combine broccoli, rice, cream of mushroom soup, cheese spread, and onion. Place in a metal bowl which will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 10 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Melt margarine and stir in bread crumbs. Sprinkle crumbs over broccoli.

Nutrition Information Per Serving

6 servings

328 Calories, 17 g Fat, 22 mg Cholesterol

GLAZED ROOT VEGETABLES *

- | | |
|--|--|
| 2 medium (5 ounces each) turnips, peeled | 1 cup chicken broth |
| 8 ounces baby carrots | 2 teaspoons ground ginger |
| 2 tablespoons margarine | 2 tablespoons sugar |
| 2 medium (4 ounces each) parsnips, peeled | •••••• |
| | 1 tablespoon cornstarch, optional |
| | ¼ cup cold water, optional |

Cut turnips into eighths and slice parsnips ½ inch thick. Heat margarine in pressure cooker over medium heat; add turnip wedges and carrots and sauté for 3 minutes. Add parsnips, chicken broth, ginger, and sugar. Close cover securely. Place pressure regulator on vent pipe and **COOK 1 MINUTE WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Sauce may be thickened, if desired; combine cornstarch and water. Stir into sauce. Heat, stirring constantly, until sauce thickens. Season with salt and pepper to taste.

Nutrition Information Per Serving

8 servings 77 Calories, 3 g Fat, 0 mg Cholesterol

GARLIC MASHED POTATOES ♥ *

- | | |
|---|-------------------------------|
| 2 pounds russet potatoes, peeled and diced | •••••• |
| 4 large cloves garlic | 1 tablespoon margarine |
| 1½ cups chicken broth | Salt and pepper |

Place all ingredients except margarine and salt and pepper in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Allow potatoes, garlic, and broth to remain in cooker. Mash potatoes using a potato masher or hand mixer until desired consistency is reached; add margarine. Season with salt and pepper.

Nutrition Information Per Serving

6 servings

127 Calories, 4 g Fat, 0 mg Cholesterol

ARTICHOKES 'N SAUCE ♥ *

1½ cups water

3 artichokes

1 tablespoon vegetable oil

Pour water and oil into cooker. Position trivet in cooker. Place artichokes upside down in steamer basket on trivet. Close cover securely. Place pressure regulator on vent pipe and **COOK 10 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Serve with your choice of the following sauces.

Nutrition Information Per Serving
93 Calories, 5 g Fat, 0 Cholesterol

3 servings

GARLIC SAUCE — Combine 2 cloves minced garlic and ¼ pound melted low cholesterol margarine. Serve warm.

HERB YOGURT — Combine 1 cup plain yogurt, ¼ cup finely chopped carrots, ¼ teaspoon salt, and ½ teaspoon dill weed. Serve chilled.

ITALIAN SAUCE — Combine ¼ cup Italian style salad dressing and ½ cup mayonnaise. Serve chilled.

FRESH VEGETABLE TIMETABLE

When using the fresh vegetable timetables below and on page 30, cook the vegetables the minimum amount of time indicated if you prefer your vegetables crisp. If you prefer your vegetables soft, cook them the maximum amount of time indicated. **TO PREVENT OVER-COOKING, ALWAYS RELEASE PRESSURE QUICKLY AFTER COOKING VEGETABLES.**

If the timetable says to cook 0 minutes, this means to cook food until you hear and/or see a steady flow of steam escaping from the pressure regulator, then release pressure quickly.

Quantity of vegetables does not change pressure cooking times. More mature vegetables may require longer pressure cooking times than given in chart.

*FOR FRESH VEGETABLES,
DO NOT FILL PRESSURE COOKER OVER 2/3 FULL!*

VEGETABLE	SIZE	CUPS OF LIQUID	COOKING TIME (MINUTES)	VEGETABLE	SIZE	CUPS OF LIQUID	COOKING TIME (MINUTES)
Artichoke Wash, trim, and score hearts.	Whole	1½	10	Broccoli Wash, remove leaves and tough stalk ends. Score stems.	Whole (1 inch stem diameter)	1	1 - 2
Asparagus Wash, break off tough ends as far down as stalks snap easily. Remove scales if sandy or tough.	Tips	1	0 - 1	Brussels Sprouts Wash. Remove wilted leaves. Cut offstem ends.	Whole (1 inch diameter)	1	1 - 3
Beans (Green or Wax) Wash. Remove ends and strings.	Stems cut into 1 inch pieces	1	0 - 2	Cabbage (Green or Red) Wash and cut into wedges. Secure leaves by inserting a toothpick through leaves into core.	Wedge (3½ inches)	1½	1 - 5
Beans (Green Lima) Wash and shell.	Whole or Pieces	1	1 - 3		2 inches	1	1 - 3
Beets Wash thoroughly. Remove all but 2 inches of top. Leave roots on. After cooking slip skins off.	Whole (2½ inch diameter)	2	15	Carrots Wash, brush and scrape or peel.	Whole (1¼ inch diameter)	1½	4 - 8
					Slices ¼ inch thick)	1	1 - 2

FRESH VEGETABLE TIMETABLE

VEGETABLE	SIZE	CUPS OF LIQUID	COOKING TIME (MINUTES)	VEGETABLE	SIZE	CUPS OF LIQUID	COOKING TIME (MINUTES)
Cauliflower				Peas (Green)			
Remove outer leaves and stalk. Wash.	Whole Head	1½	2 - 5	Wash and Shell.	Whole	1	0 - 2
Remove discoloration on flowerets.	(6 inch diameter)			Potatoes			
	Flowerets	1	0 - 2	Wash and scrub. If desired, peel.	Whole (2½ inch diameter)	2	15
Celery					1½ inch diameter	1½	10
Separate stalks.	Whole	1	0 - 2		Slices (¾ inch thick)	1½	5
Remove tough, stringy fibers. Wash thoroughly.	Stalk or Pieces				(½ inch thick)	1	3
Corn (On-the-Cob)				Pumpkin			
Remove husk and silk. Wash.	Whole (2½ inch diameter)	1	2 - 3	Cut into wedges. Remove pulp, seeds, and peel.	Wedges (2 by 3 inches)	1½	10
Greens (Beet, Spinach, Swiss Chard, Turnip)				Rutabaga			
Remove wilted leaves and root ends. Wash thoroughly several times, lifting from water after each washing.	Whole leaves	1	0 - 3	Wash, peel, and cut.	Cubes or Slices (1 inch thick)	1	3
Kohlrabi				Squash (Winter)			
Wash, peel, and cut.	Cubes or Slices. (1 inch thick)	1	3	Wash, peel, and cut.	Cubes or Slices (1 inch thick)	1½	12
Onions				Sweet Pepper			
Wash and Peel.	Whole (2 inch diameter)	1½	5	Wash. Remove stem, core, and seeds.	Whole or Cut up	1	0 - 3
Parsnips				Sweet Potatoes			
Wash, peel or scrape.	Whole (2 inch diameter)	1½	10	Wash and scrub.	Whole	1½	10
	Slices (¼ inch thick)	1	0 - 2	Turnips			
				Wash, peel, and cut.	Cubes or Slices (1 inch thick)	1	3

FROZEN VEGETABLE TIMETABLE

To assure even heating, separate a block of frozen vegetables. Pour liquid into cooker. Position trivet in cooker. Place vegetables in steamer basket on trivet. After cooking, **RELEASE PRESSURE QUICKLY.**

*FOR FROZEN VEGETABLES,
DO NOT FILL PRESSURE COOKER OVER 2/3 FULL!*

VEGETABLE	CUPS OF LIQUID	COOKING TIME (MINUTES)	VEGETABLE	CUPS OF LIQUID	COOKING TIME (MINUTES)
Asparagus, Cut or Spears	1	2	Lima Beans	1	2
Beans, Green, Wax, or French Style	1	1	Mixed Vegetables	1	2
Broccoli	1	2	Peas	1	1
Brussels Sprouts	1	2	Peas and Carrots	1	1
Cauliflower	1	1	Spinach	1	1
Corn Cut	1	1	Squash, Cut into 1 inch cubes, place in bowl in steamer basket	1½	7
Corn on Cob	1	2			

DRY BEANS AND PEAS

The pressure cooker is ideal for preparing dry beans and peas when they are prepared according to the following soaking and cooking directions. During the cooking period, dry beans and peas tend to froth, foam, and sputter and could cause the vent pipe to become clogged. **Therefore, ingredients and soaking instructions MUST be followed to keep foam at a safe level during cooking. Pressure cook only dry beans and peas listed in the timetable on page 32. Do not pressure cook soup mixes containing dry beans and/or peas.**

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over 1/2 full (see page 6). When the recipe is increased, the cooking time remains the same.

*FOR DRY BEANS AND PEAS,
DO NOT FILL PRESSURE COOKER OVER 1/2 FULL!
OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

HOW TO SOAK DRY BEANS AND PEAS FOR PRESSURE COOKING:

<p>2 cups dry beans or peas 1/4 cup vegetable oil</p>	<p>1 tablespoon salt Water to well cover vegetables</p>
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Place dry beans or peas in cooker. Add cooking oil, salt, and water to well cover beans or peas. Soak overnight. In most instances, dry beans and peas will almost regain their original shape, freshness, and color.

BAKED BEANS ♥★

<p>2 cups navy beans 1/2 teaspoon dry mustard 1/4 teaspoon ground pepper 1 medium onion, minced 1/4 cup molasses 1/3 cup brown sugar</p>	<p>1/4 cup catsup 1 8-ounce slice uncooked ham, diced 3 1/2 cups water •••••••• Salt, as desired</p>
--	---

Soak beans following the directions “How to Soak Dry Beans and Peas for Pressure Cooking” on this page. Drain. Add drained navy beans and remaining ingredients except salt to cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 45 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Season to taste with salt.

Nutrition Information Per Serving 4 servings
397 Calories, 6 g Fat, 8 mg Cholesterol

ORANGE BAKED BEANS ♥

<p>2 cups navy beans ¼ pound bacon, diced 1 cup orange juice ½ cup catsup 2 tablespoons molasses</p>	<p>2 tablespoons sherry or vinegar 2 teaspoons salt ½ teaspoon dry mustard ¼ teaspoon ginger Water</p>
---	---

Soak beans following the directions “How to Soak Dry Beans and Peas for Pressure Cooking” on page 31. Drain. Turn heat selector to medium and fry bacon. Remove excess drippings. Add beans, orange juice, catsup, molasses, sherry, salt, mustard, ginger, and enough water to **well cover** beans. Close cover securely. Place pressure regulator on vent pipe and **COOK 45 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord.

Nutrition Information Per Serving

4 servings

353 Calories, 5 g Fat, 7 mg Cholesterol

DRY BEAN AND PEA TIMETABLE

Soak beans and peas according to directions on page 31 and drain. **Use only the following dry beans and peas in your pressure cooker.** Place in cooker and add enough water to well cover beans or peas. Close cover securely. Place pressure regulator on vent pipe and cook according to the following timetable. **LET PRESSURE DROP OF ITS OWN ACCORD.**

*FOR DRY BEANS AND PEAS,
DO NOT FILL PRESSURE COOKER OVER ½ FULL!*

BEANS AND PEAS	COOKING TIME (MINUTES)	BEANS AND PEAS	COOKING TIME (MINUTES)
Black Beans	15-20	Navy Beans	30
Black-Eyed Peas	20	Pink Beans	30
Great Northern Beans	30	Pinto Beans	25
Kidney Beans	25	Whole Green Peas	5
Lentils	20	Whole Yellow Peas	5
Lima Beans	25		

RICE

Because fluffy, flavorful steamed rice is ready in minutes in the pressure cooker, you can enjoy all the speed and convenience of “instant” rice, without sacrificing any of the authentic, slow-cooked taste and texture of regular long grain rice.

Rice is low in sodium and fat and is cholesterol-free. And its versatility allows it to be used in recipes for soups, main dishes, side dishes, and desserts.

During the cooking period, rice cooked directly in the pressure cooker tends to froth, foam, and sputter and could cause the vent pipe to become clogged. **Therefore, to eliminate frothing, foaming, and sputtering during the cooking period, rice must be prepared in a bowl in the pressure cooker according to the following directions.**

One cup of rice will yield approximately 3 cups cooked rice. Before serving, fluff rice and separate the grains by lifting gently with a fork while steaming.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over 1/2 full (see page 6). When the recipe is increased, the cooking time remains the same. The water or broth added to the metal bowl should be increased proportionately. Do not increase the water poured into the cooker because this water is used for steaming and the cooking time is unchanged.

FOR RICE, DO NOT FILL PRESSURE COOKER OVER 1/2 FULL!

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

STEAMED RICE *

1 cup long grain white rice **2 cups water**
1 1/2 cups water

Combine rice and 1 1/2 cups water in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour 2 cups water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Open cooker and allow rice to steam uncovered 5 minutes.

Nutrition Information Per Serving 4 servings
168 Calories, 0 g Fat, 0 Cholesterol

BROWN RICE *

1 cup natural brown rice **2 1/2 cups water**
1 1/2 cups water

Combine brown rice and 1 1/2 cups water in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour 2 1/2 cups water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 10 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Open cooker and allow rice to steam uncovered 5 minutes.

Nutrition Information Per Serving 4 servings
55 Calories, 1 g Fat, 0 Cholesterol

WILD RICE ♥ *

- 1 cup wild rice
- 2 cups water
- 2½ cups water

Combine wild rice and 2 cups water in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour 2½ cups water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 20 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR** for al dente or crunchy rice or **COOK 25 MINUTES** for softer rice. Let pressure drop of its own accord. Open cooker and allow rice to steam uncovered.

Nutrition Information Per Serving
183 Calories, 0 Fat, 0 Cholesterol

4 servings

SEASONED RICE PILAF ♥ *

- 2 tablespoons margarine
- 1 onion, chopped
- 2 cups long grain white rice
- 2 cups chicken broth
- 1¾ cups water
- ½ teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon pepper
- 2 cups water

Place margarine in cooker. Turn heat selector to medium to melt margarine. Then sauté onions. Combine onion with remaining ingredients except 2 cups water in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR**. Let pressure drop of its own accord. Allow rice to steam uncovered for 5 minutes.

Nutrition Information Per Serving
210 Calories, 4 g Fat, 0 mg Cholesterol

8 servings

VARIATION: GRECIAN RICE PILAF

After pressure has dropped of its own accord, combine rice, ¾ cup frozen peas, ¾ cup pitted ripe olives, cut in half, and 1 large red pepper, cut into bite size slices. Allow the rice to steam uncovered 5 minutes.

BROWN RICE WITH VEGGIES ♥ *

- 1 cup natural brown rice
- 1½ cups chicken stock or broth
- 1 2-ounce package sliced blanched almonds
- 1 large tomato, peeled, seeded, chopped
- ½ cup diced carrot
- ½ cup diced celery
- ½ cup diced green pepper
- ½ cup sliced green onion
- 1½ cups water
-
- ¼ cup chopped parsley

Combine rice and chicken stock in a metal bowl which fits loosely in cooker. Stir in almonds and vegetables. Cover bowl firmly with aluminum foil. Pour 1½ cups water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 10 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR**. Let pressure drop of its own accord. Open cooker, remove foil, and set rice aside to steam. Stir in parsley.

Nutrition Information Per Serving
290 Calories, 9.5 g Fat, 0 mg Cholesterol

4 servings

WILD RICE WITH RAISINS AND PECANS ♥ *

- | | | | |
|----|------------------------------|---|---------------------|
| 1 | tablespoon vegetable oil | 2 | cups water |
| 1 | medium onion, finely chopped | | •••••• |
| 1½ | cups wild rice | ¾ | cup golden raisins |
| 2 | cups beef broth | ⅓ | cup pecans, toasted |

Pour vegetable oil into cooker. Turn heat selector to medium and sauté onion. Combine onion with wild rice and beef broth in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 25 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Open cooker and remove aluminum foil; add raisins and allow to steam for 5 minutes. Remove bowl from cooker; stir in pecans.

Nutrition Information Per Serving

8 servings

167 Calories, 5 g Fat, 0 mg Cholesterol

RISOTTO WITH ARTICHOKE HEARTS AND SUN-DRIED TOMATOES ♥ *

- | | | | |
|----|-----------------------------|----|--|
| 1 | tablespoon olive oil | 1 | 13¼-ounce can artichoke hearts, drained and coarsely chopped |
| 1 | cup arborio rice | | |
| 2 | cloves garlic, minced | 1½ | tablespoons fresh thyme or 1½ teaspoons dried thyme leaves |
| 2 | cups chicken broth | | |
| ⅓ | cup white wine | ¼ | cup grated Parmesan cheese |
| ⅓ | cup dried tomatoes, chopped | | Salt and pepper |
| 1½ | cups water | | |
| | •••••• | | |

Heat oil in pressure cooker over medium heat; add rice and stir for 2 minutes until coated and slightly translucent. Add garlic and cook for 1 minute. Combine rice, garlic, broth, white wine, and tomatoes in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 8 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Let pressure drop of its own accord. Open cooker and remove foil. Stir artichoke hearts, thyme, and Parmesan cheese into rice. Season to taste with salt and pepper.

Nutrition Information Per Serving

4 servings

220 Calories, 5 g Fat, 4 mg Cholesterol

DESSERTS

Add a fabulous finale to any meal with cheesecake, pudding, custard and more. All can be prepared in minutes in your pressure cooker. Pressure cooking gives an even texture to pudding and a satiny feel to custards.

Desserts may be prepared in custard cups or any metal mold which is ovenproof and will fit loosely in the steamer basket in the pressure cooker. Fill molds only $\frac{2}{3}$ full to allow for expansion of food. Cover securely with aluminum foil shaped to the sides of the mold. Place the steamer basket in the cooker. Then place the mold or custard cups in the steamer basket. Up to four custard cups of dessert can be pressure cooked at a time. Place two custard cups in the steamer basket. Then, stack the other two custard cups opposite the bottom two custard cups.

To test custards for doneness, insert a knife into the center. If the knife comes out clean, it is done. If not, it will be necessary to bring the cooker back up to pressure and cook the custard a minute or two longer.

Do not cook applesauce, cranberries, or rhubarb in the pressure cooker.

The recipes in this section may be doubled. Be sure not to fill the pressure cooker over $\frac{2}{3}$ full (see page 6). When the recipe is increased, the cooking time remains the same. Because the water in the dessert recipes is for steaming and the pressure cooking time is unchanged, it is not necessary to increase the water.

*FOR DESSERTS, DO NOT FILL
PRESSURE COOKER OVER $\frac{2}{3}$ FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

TAPIOCA PUDDING ♥ *

2 cups skim milk	$\frac{1}{3}$ cup sugar
2 tablespoons quick cooking tapioca	$\frac{1}{4}$ teaspoon salt
4 egg whites, slightly beaten	$\frac{1}{2}$ teaspoon vanilla
	$1\frac{1}{2}$ cups water

Scald milk and tapioca. Remove from heat and let stand 15 minutes. Combine egg whites, sugar, salt, and vanilla. Add milk and tapioca, stirring constantly. Pour into individual custard cups. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Unmold if desired.

Nutrition Information Per Serving

6 servings

88 Calories, 0 g Fat, 1 mg Cholesterol

RICE PUDDING ♥ *

2 cups skim milk	2 cups cooked white rice
4 egg whites, slightly beaten	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ cup sugar	$1\frac{1}{2}$ cups water
$\frac{1}{2}$ teaspoon salt	

Combine milk, egg whites, sugar, and salt. Stir in rice and vanilla. Pour into individual custard cups. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Stir slightly and chill pudding.

Nutrition Information Per Serving

6 servings

141 Calories, 0 g Fat, 1 mg Cholesterol

VARIATION: FRUIT AND NUT RICE PUDDING

Substitute brown sugar for white and add $\frac{1}{2}$ cup raisins or dates and $\frac{1}{2}$ cup chopped walnuts to above rice pudding.

VANILLA CUSTARD ♥ *

- | | |
|--------------------------------------|---------------------------|
| 2 cups skim milk | ½ teaspoon vanilla |
| 4 egg whites, slightly beaten | Nutmeg |
| ¼ cup sugar | 1½ cups water |
| ¼ teaspoon salt | |

Combine milk, egg whites, sugar, salt, and vanilla. Pour into individual custard cups. Sprinkle nutmeg on custards. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 5 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Chill custard.

Nutrition Information Per Serving

5 servings

84 Calories, 0 g Fat, 2 mg Cholesterol

VARIATION: CHOCOLATE CUSTARD

Heat skim milk with 3 tablespoons cocoa. Follow vanilla custard directions.

VARIATION: COCONUT CUSTARD

Sprinkle 1 tablespoon coconut over top of each vanilla custard before cooking.

PETITE PUMPKIN CUSTARDS *

- | | |
|--|---|
| 1 16-ounce can solid-pack pumpkin | 1 teaspoon finely chopped candied ginger, optional |
| 1 14-ounce can sweetened condensed milk | ¼ teaspoon ground cloves |
| 3 eggs, beaten | 2 cups water |
| 1 teaspoon ground cinnamon | •••••• |
| | Whipped cream, optional |

Mix pumpkin, milk, eggs, cinnamon, ginger, and cloves. Pour into individual custard cups. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 10 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Refrigerate until chilled. Serve with whipped cream, if desired.

Nutrition Information Per Serving

8 servings

207 Calories, 6 g Fat, 97 mg Cholesterol

CHEESECAKE ☆

- | | |
|---------------------------------------|-----------------------------------|
| 1 8-ounce package cream cheese | 2 eggs |
| 1 3-ounce package cream cheese | ½ cup vanilla wafer crumbs |
| ½ cup sugar | 2½ cups water |

Beat cream cheese until smooth. Add sugar and beat in eggs. Pour mixture into buttered custard cups. Top with vanilla wafer crumbs. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 15 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly. Cool cheesecake. Cut around inside of cups to loosen and invert onto serving dish. Chill. Top with one of the following sauces, if desired.

Nutrition Information Per Serving

6 servings

305 Calories, 23 g Fat, 157 Cholesterol

CARAMEL SAUCE — Combine ¼ cup soft cream cheese, ¼ cup brown sugar, 1 tablespoon granulated sugar, and ¼ teaspoon vanilla. Mix thoroughly. Spoon over cheesecake. Garnish with pecans. Refrigerate until serving.

FRUIT SAUCE — Spoon canned fruit pie filling of your choice over cheesecake. Refrigerate until serving.

OATMEAL APPLE CRISP ♥

4 cups apples, peeled and sliced	1 teaspoon cinnamon
1 tablespoon lemon juice	½ teaspoon salt
1 cup quick cooking oats	⅓ cup melted margarine
⅓ cup flour	2½ cups water
½ cup brown sugar	

Sprinkle apples with lemon juice. Combine oats, flour, brown sugar, cinnamon, salt, and margarine. Place alternate layers of apples and oat mixture (beginning with and ending with apples) in a buttered metal bowl that will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place pressure regulator on vent pipe and **COOK 20 MINUTES WITH A VERY SLOW, STEADY FLOW OF STEAM ESCAPING FROM THE PRESSURE REGULATOR.** Release pressure quickly.

Nutrition Information Per Serving

6 servings

321 Calories, 11 g Fat, 0 Cholesterol

PRESSURE CANNING IN YOUR PRESSURE COOKER AND CANNER

Pressure canning is recommended by the United States Department of Agriculture, Washington, D.C., as the only safe method for canning low-acid foods—vegetables, meat, poultry, and fish. These instructions for canning at 15 pounds pressure are according to research done by the Department of Food Science and Nutrition, Agricultural Experiment Station, University of Minnesota, St. Paul, Minnesota.

WHY PRESSURE CANNING?

Water boils at 212° F. (except in mountainous regions) and this is sufficient to arrest or destroy some spoilage organisms—enzymes, molds, and yeast. However, a temperature of 240° F. or above is needed to destroy harmful bacteria, especially clostridium botulinum. In pressure canning, some of the water in the Pressure Cooker-Canner is converted to steam and, after all air is exhausted through the vent pipe and air vent/cover lock in cover, the pressure regulator is placed on vent pipe. Expanding steam will close the air vent/cover lock and will then create pressure. As pressure within the Pressure Cooker-Canner increases, temperature increases—5 pounds pressure—228° F., 10 pounds pressure—240° F., 15 pounds pressure—250° F.

Four specific agents produce food spoilage. They are enzymes, molds, yeast, and bacteria. Three of them . . . enzymes, molds, and yeasts are easily destroyed by heat during the processing. Bacteria, especially clostridium botulinum, can be destroyed only with temperatures above boiling. And their destruction is of prime importance.

If enzymes are not destroyed, the quality of food is lowered. Unchecked mold may spread through the entire contents of a container of food. Yeast causes fermentation. Bacteria spoilage falls into four groups:

(1) Fermentation, recognized by the formation of gas and acid, which causes food to sour, (2) Flat Sour, in which acid is produced, but no gas is formed, (3) Putrefaction, characterized by gas, bad odor, and sometimes by darkening of food, (4) Toxins or poisonous substances which may show no visible signs of spoilage unless other spoilage organisms are also present.

As a safeguard against using canned foods that may be affected with spoilage that is not readily detected, it is necessary to boil all low-acid foods (all vegetables, meats, poultry, and seafood) to detect any odors or foaming from spoilage. If the food does not smell or look right, discard it without tasting. Many times odors that cannot be detected in the cold product will become evident while heating.

To detect spoilage at altitudes below 1,000 feet, boil foods for 10 minutes. At altitudes above 1,000 feet, add an additional minute of boiling time for each additional 1,000 feet.

Foods high in acidity, fruits and tomatoes, may also be canned in a Pressure Cooker-Canner.

Do not use this Pressure Cooker-Canner for canning at altitudes above 3,000 feet.

Use this Pressure Cooker-Canner for canning only half pint and pint jars. The Cooker-Canner will hold up to five half pint jars, up to four regular pint jars, or up to three wide mouth pint jars at one time.

Note: For maximum canning capacity, you may want to remove the handles on the steamer basket.

CANNING VEGETABLES

Young, tender, fresh vegetables, slightly immature, are better for canning than those which are overripe. As a rule, vegetables are best if canned immediately after picking, since flavor decreases upon standing and often unpleasant color changes take place. Avoid bruising vegetables because spoilage organisms grow more rapidly on bruised vegetables than on unblemished ones.

Wash and prepare garden fresh vegetables as you would for cooking.

Vegetables may be raw packed or precooked before they are processed. If raw, pack prepared vegetables into clean jars.

To precook vegetables, cover with boiling water and cook until heated through. Pack precooked vegetables into clean jars. Leave one inch head space in jars.

Can with or without salt. If salt is desired use only pure canning salt. Table salt contains a filler which may cause cloudiness in bottom of jars. Add ½ teaspoon canning salt to each pint jar (¼ teaspoon salt to each one-half pint) if desired.

Cover vegetables with boiling water leaving one inch head space.

When vegetables are precooked, some of their nutrients dissolve in the water; so whenever possible, the precooking water should be used as liquid to cover the vegetables after packing in jars. However, there are a few vegetables, such as turnips, greens, kale, and sometimes asparagus, which make the cooking water bitter. Do not use cooking water in these cases.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

CANNING MEAT AND POULTRY

Cut meat or poultry into pieces convenient for canning. Precook meat until red color changes to light brown. Precook poultry until medium done. Precooking can be done by either boiling, frying, or roasting.

To precook by boiling, make a concentrated broth from bones and meat or poultry trimmings. Heat to boiling and precook meat or poultry in broth.

Meat should not be browned with flour, nor should flour be used in the gravy of meat used for canning. It is desirable to use a little liquid or broth with hot packed meats.

Pack hot meat or poultry into clean jars leaving one inch head space. Do not pack tightly. Canning salt may be added, ½ teaspoon for each pint (¼ teaspoon salt to each one-half pint), or it may be added at serving time. Cover with hot liquid, broth, meat juice, or water. It is important to leave one inch head space.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

CANNING FISH AND SEAFOOD

Only fresh fish should be canned and these should be bled and thoroughly cleaned of all viscera and membranes when caught, or as soon as possible. Canning should be restricted to the following proven varieties where it is definitely known that a product of good quality may be obtained.

CLAMS, Whole (Littleneck)

Scrub clams and soak overnight in 10% brine. Open clams and wash in salted water using 1 tablespoon salt for each quart of water. Cover clam meat with boiling water, to which ⅛ teaspoon citric acid crystals have been added to each quart of water. Allow to stand 1 minute. Pack loosely into clean, hot Mason jars, leaving 1 inch head space. Cover with hot concentrated clam juice to ¼ inch from top.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

CRAB

Place crabs in ice water 1 to 2 minutes. Separate claws from body, remove waste portions and wash thoroughly. Place bodies and claws with 2 cups water in Cooker-Canner, and cook 5 minutes with a very slow, steady flow of steam escaping from the pressure regulator. Release pressure quickly. Remove meat from shells. Wash thoroughly in salted water using ½ cup salt to 2 quarts water. Drain and dip in solution of ½ cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack loosely into clean, hot Mason jars, leaving 1 inch head space. Add ½ teaspoon salt and cover with boiling water.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

FISH — General Method

Cod, Mackerel, Herring, Lake Trout, Whitefish, Mullet. Clean fish thoroughly, filet large fish or leave small pan fish whole. Cut into container length pieces and soak in brine, 1 cup salt to 1 gallon water for 60 minutes. Drain. Pack with skin side of fish to the outside of the Mason jar. Leave ½ inch head space. Then submerge open jar in a kettle containing hot brine, ½ cup salt to 1 gallon of water, and boil 20 minutes. Remove, invert, and drain thoroughly. Add a bay leaf and a slice of onion to each jar, if desired.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

LOBSTER

Plunge live lobsters in boiling, salted water, 2 tablespoons salt to 1 gallon water. Cook 15 to 30 minutes depending on size. Remove and dip in cold lightly salted water. Remove meat and wash quickly. Drain. Dip meat in solution of ½ cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack in clean, hot Mason jars, leaving ½ inch head space. Cover with hot brine, 1½ tablespoons salt to 2 quarts water.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

SALMON

Clean and wash fish thoroughly. Cut into container length pieces, leaving in backbone. Soak in brine, ½ lb. salt to 1 gallon water, for 60 minutes. Drain well. Pack solidly in Mason jars leaving ½ inch head space.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

SHRIMP

Shrimp should be canned when absolutely fresh as they deteriorate quickly. Wash shrimp thoroughly, peel, and wash again. Cover with cold brine, ½ cup salt to 1 quart water, for 20 to 30 minutes depending on size. Drain. Place on canning rack and cook 6 to 8 minutes in boiling brine, proportions as above. Dry shrimp. Pack loosely in clean, hot Mason jars leaving 1 inch head space. Fill containers with boiling brine, 1½ tablespoons salt to 1 quart water, leaving 1 inch head space.

See “HOW TO PRESSURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

CANNING FRUITS AND TOMATOES

Foods high in acidity, fruits and tomatoes, may be canned in a Pressure Cooker-Canner. The pressure processing method for fruits and tomatoes gives a heat treatment equivalent to the much longer processing in a boiling water bath canner.

Select firm, fully-ripened but not soft fruit or tomatoes. Do not can overripe tomatoes. Wash, peel, core, or remove pits if necessary. To loosen skins of peaches, apricots, and tomatoes, blanch for one-half minute in boiling water. Dip into cold water and peel. Cherries and plums are usually canned whole. Prick the skins with a fork to prevent them from breaking during processing. Leave fruit whole or cut as desired (halves, slices, chunks).

Some fruits tend to darken while they are being prepared. To prevent the darkening, place fruit in an ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) or use ascorbic acid or citric acid mixtures according to package instructions.

Although fruit has better color, shape, and flavor when it is canned with sugar, it may be canned unsweetened if desired. Sugar is used for flavor. It is not used in high enough concentration to act as a preservative.

White sugar is preferable to brown sugar for canning. Light corn syrup or honey may be used to replace up to one-half the sugar.

If you wish to use sugar substitutes, follow package instructions.

The amount of sugar desirable to use in preparing syrups will depend upon the tartness of the fruit and on family preference. It should be remembered that fruit, when heated, releases some of its juices which will dilute the syrup in proportion to the juiciness of the fruit.

SYRUPS FOR CANNING FRUITS

SYRUP	SUGAR PER QUART OF LIQUID	YIELD OF SYRUP
Very Light	½ cup	4 cups
Light	1 cup	4½ cups
Medium	2 cups	5 cups
Heavy	3 cups	5½ cups

Heat sugar with water or juice until sugar is dissolved. Add fruit and cook until heated through. Pack fruit into clean Mason jars to within ½ inch of top of jar. Cover with hot liquid leaving ½ inch head space. The liquid may be syrup, fruit juice, or plain water.

If preferred, fruit, except apples, cranberries, figs, and strawberries may be packed raw into containers and covered with boiling hot syrup. When this is done, processing time need not be increased. When fruit is packed cold, it shrinks during processing, and the container is less full than when fruit is preheated in boiling syrup before packing.

Pack tomatoes into clean jars to within ½ inch of top of jar, press down to release juice and fill spaces. Add 1 tablespoon lemon juice per pint. Add ½ teaspoon canning salt to each pint jar (¼ teaspoon salt to each one-half pint) if desired. See “HOW TO PRESURE CAN FOODS” on page 41. Also see “PROCESSING TIME CHART” on page 41.

HOW TO PRESSURE CAN FOODS

1. Place 5 cups boiling water in Cooker-Canner for processing. To prevent water stains on jars, add 1 tablespoon white vinegar to water in Cooker-Canner.
2. Place steamer basket in Cooker-Canner.
3. Adjust caps on jars according to closure manufacturer’s instructions.
4. Place jars in steamer basket in Cooker-Canner.
5. Close the cover following step 5 on page 4.
6. Exhaust air from the Cooker-Canner and jars by adjusting heat to a relatively high heat setting to obtain a free flow of steam from the vent pipe. Reduce heat to maintain a moderate steam flow. Allow steam to flow for 5 minutes.
7. Place pressure regulator/steam release valve on vent pipe with lever aligned with pressure arrow. Continue heating until you hear and/or see a steady flow of steam escaping from the pressure regulator. Processing time begins when this occurs.
8. Lower the heat to maintain a very slow, steady flow of steam escaping from the pressure regulator and process foods according to the chart below.
9. At the end of processing time, turn the burner to OFF and remove Cooker-Canner from burner. Let pressure drop of its own accord.
10. Remove pressure regulator and let Cooker-Canner cool for 10 minutes. Open cover and remove jars.

PROCESSING TIME CHART

Processing times at 15 pounds pressure, as given in this chart, apply only to altitudes up to 3,000 feet. **Do not use this pressure cooker and canner for canning at altitudes above 3,000 feet.** Processing times are for ½ pint and pint jars.

Fruit & Vegetables	Minutes	Meat & Seafood	Minutes
Fruits	0	Beef	60
Asparagus	25	Pork	60
Beans, lima	40	Lamb	60
Beans, snap	25	Veal	60
Beets, whole or sliced	25	Poultry (with bone)	40
Carrots	25	Game meat	60
Corn, whole kernel	60	Game fowl (with bone)	40
Greens, all kinds	45	Clams (Littleneck)	35
Mushrooms	30	Crab meat	35
Okra	25	Fish	90
Okra & Tomatoes	25	Lobster*	45
Peas, green	40	Salmon	90
Peas, black-eyed	40	Shrimp	30
Potatoes, new-whole	30		
Squash, cubed	30		
Sweet potatoes	60		
Tomatoes	0		

*Use only ½ pint Mason jars.

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SERVICE AND PARTS INFORMATION

If you have any questions regarding the operation of your Presto® cooker or need parts for your cooker, call our Consumer Service Department weekdays between 8:00 AM and 4:30 PM (Central Time) at **1-800-877-0441** or write:

NATIONAL PRESTO INDUSTRIES, INC.
Consumer Service Department
3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703

You may also email inquiries to **contact@GoPresto.com**. Inquiries will be answered promptly by telephone, letter, or email. When writing, please include a phone number and a time when you can be reached during weekdays, if possible.

When ordering replacement parts, please specify the model number found stamped on the bottom of the cooker body.

Any maintenance required for this cooker, other than that described in the Care and Maintenance section of this book (pages 7 and 8), should be performed by our Factory Service Department. Be sure to indicate date of purchase and a description of the problem when sending a cooker for repair. **Send cookers for repair to:**

CANTON SALES AND STORAGE COMPANY
Presto Factory Service Department
555 Matthews Drive, Canton, MS 39046-0529

The Presto Factory Service Department is equipped to service all PRESTO® appliances and supply genuine PRESTO® parts. Genuine PRESTO® replacement parts are manufactured to the same exacting quality standards as PRESTO® appliances and are engineered specifically to function properly with its appliances. Presto can only guarantee the quality and performance of genuine PRESTO® parts. "Look-alikes" might not be of the same quality or function in the same manner. To ensure that you are buying genuine PRESTO® replacement parts, look for the PRESTO® trademark.

Cooker replacement parts are available at Presto Authorized Service Stations and may also be available at hardware stores and other retail outlets. Parts may also be ordered on-line at www.GoPresto.com.

In California, cookers may be delivered to your nearest Presto Authorized Service Station. California residents seeking warranty or service information may call 1-800-877-0441.

PRESTO® Limited Warranty

This quality PRESTO® appliance is designed and built to provide many years of satisfactory performance under normal household use. Presto pledges to the original owner that should there be any defects in material or workmanship during the first twelve (12) years after purchase, we will repair or replace it at our option. Our pledge does not apply to damage caused by shipping. To obtain service under the warranty, return this PRESTO® product, shipping prepaid to the Factory Service Department. California residents may deliver this PRESTO® product to their nearest PRESTO® Authorized Service Station. When returning a product, please include a description of the defect and indicate the date the appliance was purchased.

We want you to obtain maximum enjoyment from using this PRESTO® appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse or misuse will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is Presto's personal pledge to you and is being made in place of all other express warranties.

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