

PC806M

**4-QUART STAINLESS STEEL
PRESSURE COOKER**

USE AND CARE BOOK

HOUSEHOLD USE ONLY

Pages 1-12

**OLLA A PRESION DE ACERO
INOXIDABLE DE 4 CUARTOS**

MANUAL DE USO Y MANTENIMIENTO

PARA USO DOMESTICO SOLAMENTE

Páginas 13-25

**AUTOCUISEUR EN ACIER INOXYDABLE
DE 4 QUARTS**

MODE D'UTILISATION ET SOIN

POUR USAGE DOMESTIQUE SEULEMENT

Pages 26-38

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, especially when children are present, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use potholders when removing cover or handling hot containers.
3. To protect against electric shock, do not immerse cord, plug or base unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Do not place the pressure cooker or attempt to pressure cook in a heated oven.
6. Disconnect cord from outlet when not in use.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been dropped or damaged in any manner. Return appliance to an authorized service facility for examination, repair or electrical or mechanical adjustment.
8. Extreme caution must be used when moving a pressure cooker containing hot food, water or other hot liquids, or when it is at pressure. Avoid reaching over the cooker when it is operating.
9. Do not use the pressure cooker for other than its intended use.
10. This appliance cooks under pressure. Improper use may result in a scalding injury. Make certain that the cooker is properly closed before attempting to operate. (See **OPERATING INSTRUCTIONS**.)
11. When pressure-cooking, always use the maximum and minimum quantities of liquid stated in the instructions.
12. Do not exceed the maximum fill levels stated in the **OPERATING INSTRUCTIONS**.

13. Do not let the cord hang over the edge of table or counter, or touch hot surfaces.
14. The safety devices of this appliance are extremely sensitive and must not be modified. All repair or replacement of parts must be done by an authorized Service Center.
15. Steam may be ejected from valves or vents while appliance is under pressure. Do not touch safety devices except with tabs provided.
16. Do not open the pressure cooker until all the internal pressure has been safely released.
17. Do not use the pressure cooker for deep-frying.
18. Do not use the pressure cooker to fry under pressure. Strictly follow all cleaning and maintenance instructions. Always check to see that safety devices are not obstructed before use.
19. Do not place appliance on or near a hot gas or electric burner, in a microwave or heated oven, or directly under cabinets.
20. This appliance is not intended for commercial, professional or industrial use. It is designed and built exclusively **FOR HOUSEHOLD USE ONLY**.

SAVE THESE INSTRUCTIONS

SPECIAL PRECAUTIONS

- **WARNING:** Never lean over or place hands near steam release while pressure is being released from cooker.
- Keep hands away from unit while it is in use. Always use potholders or oven mitts when handling the unit.
- **WARNING:** Never try to release safety lock while pressure indicator is in the UP position.
- **NEVER** touch pressure indicator while pressure cooker is operating.
- **DO NOT** use ingredients that foam, such as soybean oil.
- **NEVER COOK WITH ANY TYPE OF OIL** in this pressure cooker.
- Always place the appliance on a level surface.
- Always unplug from outlet when not in use.
- To disconnect unit, grasp plug and remove from outlet. Do not pull on cord.

OPERATING INSTRUCTIONS

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS

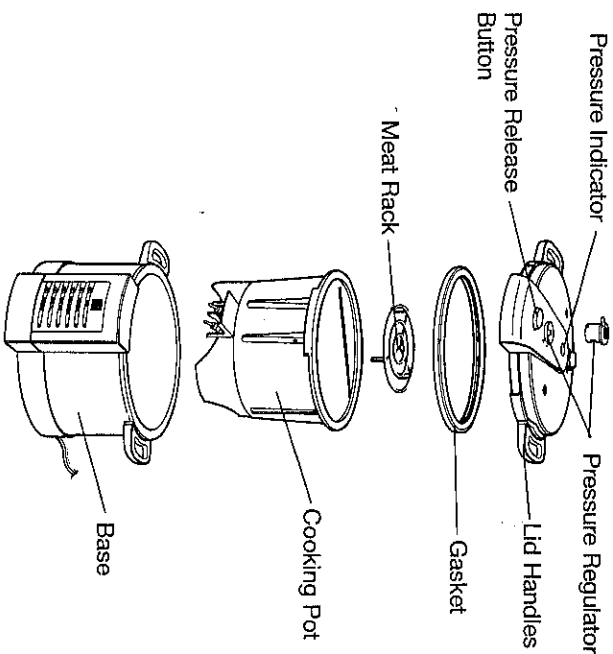
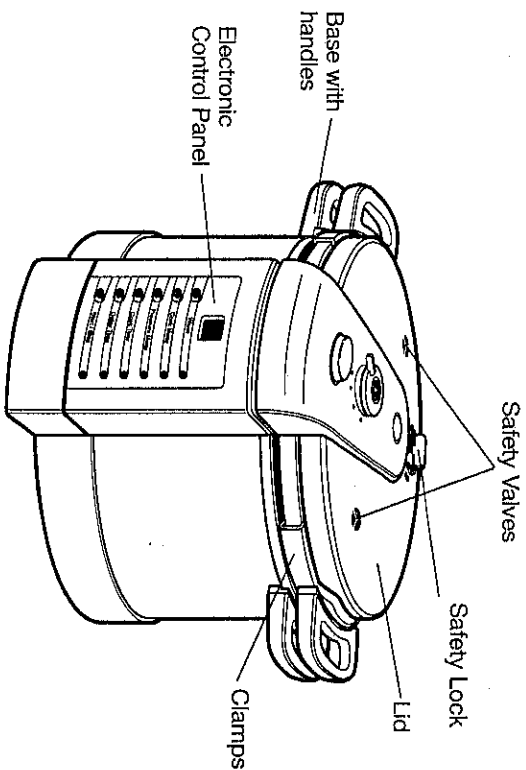


FIG 1

This appliance is for household use and may be plugged into any 120-volt AC electrical outlet (ordinary household current). Do not use any other electrical outlet.

NOTE:

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician. A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, its **marked electrical rating should be at least as great as the electrical rating of the appliance.** The extension cord should not drape over the counter or tabletop, where it can be pulled on by children or tripped over.

LINE CORD SAFETY TIPS

1. To insert plug, grasp it firmly and guide it into outlet.
2. To disconnect appliance, grasp plug and remove it from outlet. Do not pull or yank on the cord or appliance.
3. Before each use, inspect the line cord for cuts and/or abrasion marks. If any are found, this indicates that the appliance should be serviced and the line cord replaced. Please return it to our Service Department or to an authorized service representative.

DO NOT OPERATE APPLIANCE IF THE LINE CORD SHOWS ANY DAMAGE.

BEFORE USING PRESSURE COOKER

Congratulations on purchasing this new electronic pressure cooker. Pressure-cooking offers a time-saving, energy-efficient and economical way to cook a variety of healthful, flavorful dishes with a minimum of effort. Dishes prepared in a pressure cooker not only retain more of their vitamins, minerals and proteins, but pressure-cooking also locks in more of the natural savor and flavor of the ingredients used. With proper use and maintenance, your new pressure cooker should offer many years of rewarding cooking experiences. To get the most out of your new pressure cooker, read the following instructions and useful tips carefully before using.

- Carefully unpack the pressure cooker, and remove all packaging materials and labels, if any, from carton. (Save carton for storing appliance.)
- Wipe base with a damp cloth, and wash cooking pot, lid and meat rack in hot, sudsy water, using a sponge or plastic scrubber. Rinse and dry thoroughly.
- All types of heat-resistant plastic, rubber or wooden cooking tools may be used with the pressure cooker. Metal utensils may also be used but should be used with care so they do not scratch the surface of the inner pot.
- To ensure that the gasket fits correctly, fill cooking pot 2/3 full with water, and run the unit in the "High" pressure mode (See Fig. 2) for 15 minutes. Wait until pressure goes down and open the cooker. Remove cooking pot, rinse and dry. The pressure cooker is now ready for use.

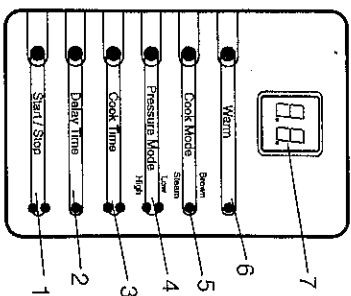


FIG. 2

USING THE ELECTRONIC CONTROL PANEL

1. Start/Stop
2. Delay Timer
3. Cook Timer
4. Pressure Mode (Low/High Buttons)
5. Cook Mode (Brown/Steam Buttons)
6. Warm (Keep Warm Button)
7. Time Display Window

1. **Start/Stop** - Press this button to begin cooking program selected. (Appliance will begin to beep rapidly if no program has been selected.) To STOP/CANCEL any preselected program, press and hold the button down for 2 seconds.

2. **Delay Time** - Press to delay the start of any program selected for from 1 - 99 minutes.

3. **Cook Time** - Use to select the length of cooking time (up to 99 minutes) in the "Steam", "Low" and "High" modes. When "Steam" program is selected, Cook Timer begins its countdown as soon as the "Start" button is pressed.

When "Low" or "High" pressure mode is selected, the countdown begins only after the correct working pressure is reached.

4. **Pressure Mode (Low/High Buttons)** - Select "Low" for foods that require gentle cooking, e.g., fish, vegetables, desserts, etc. Press "High" for most other foods, including meat and poultry.

5. **Cook Mode (Brown/Steam Buttons)** - Place ingredients in cooking pot and press "Brown" to select a higher temperature that will brown and seal foods and vegetables prior to pressure-cooking or boiling. "Steam" function steams vegetables or other foods that are placed in the cooking pot. Steaming is a non-pressure mode and must be preset for a time ranging from 1-99 minutes.

6. **Warm (Keep Warm Button)** - Press at any time to activate the Keep Warm feature. However, if selected along with Delay Timer or any of the cooking modes, this function will only operate when chosen cooking cycle is complete.

7. **Time Display Window** - Indicates cooking time remaining in mode selected.

PROGRAMS

Delay Timer

To set the Delay Time, press and release the Delay Time button. Unit will beep and the clock display window will indicate that the Delay Time function has been selected. To delay the start of cooking for any length of time from 1-99 minutes, press and hold the Delay Time button until the desired number of minutes appears in the display window. Once cooking function has been chosen, Delay Timer can be activated by pressing the Start/Stop button. Once the delay time has passed, the pressure cooker will automatically begin to operate in the chosen cooking mode.

If you need to reset or cancel the delay time before any cooking function has been activated, press the Delay Time and Start/Stop buttons simultaneously to reset. Clock display will revert to "00."

Cook Timer

To set cooking time, press the Cook Time button. The unit will beep, and the clock will indicate the length of cooking time selected. Cooking time can be set for/from 1 to 99 minutes. If it becomes necessary to cancel or reset the time before cooking has begun, simply press the Cook Time and Start/Stop buttons simultaneously. Clock display will revert to "01."

Cook Time works in conjunction with the Steam and Pressure functions of this unit. If the "Steam" program has been selected, the Cook Time will start its countdown as soon as unit has been activated. If a pressure-cooking mode (High or Low) has been selected, the Cook Time will not start its countdown until the correct pressure has been reached in the cooking pot. If for any reason these programs need to be cancelled once cooking has started, press and hold the Start/Stop button.

Pressure Mode

First set the cooking time, then set the pressure mode. Press the button once for Low and twice for High pressure. Once cooking time is set and desired pressure mode has been chosen, lock lid in place and press the Start/Stop button to activate the unit.

Remember, timer will not begin to operate until correct pressure has been reached in the cooking pot.

Cook Mode

Cook Mode consists of the Browning and Steaming functions of the pressure cooker. If Browning function is desired, press the Cook Mode button once. This mode operates without the timer. Place the food that requires browning inside the cooking pot, and press the Start/Stop button. As this setting requires visual monitoring, unit will beep 3 times every 10 minutes to indicate length of time food has been browning. Once Browning function has been completed, press and hold the Start/Stop button to turn off the unit. See Brown/Steam section above for more information.

If Steaming function is selected, press the Cook Mode button a second time, and then set the timer to the number of minutes required for steaming. To steam, place ingredients in the cooking pot, lock the lid on the pot, and press the Start/Stop button. See Brown/Steam section above for more information.

Warm (Keep Warm Button)

The Keep Warm function is designed to keep food warm and ready to serve and does not operate in conjunction with the timer. To activate this function, press the Warm button. Remember, this function can be activated automatically after pressure cooking cycle or program is completed. To activate, press the Start/Stop button. To cancel this feature, press the Start/Stop button until program is discontinued.

HOW TO USE

1. **To Remove and Replace/Lock Lid** - To remove the lid, unlatch safety lock by moving it to "UNLOCK" position. Grasp lid handles and pull them outward simultaneously to release lid from cooking pot. (NOTE: In order for safety lock to operate, pressure indicator must be down, indicating that there is no pressure inside the cooking pot. See "Releasing Steam" below.)

To attach the lid, pull lid handles apart while holding clamps open. Place lid on top of cooking pot and release. Clamps will slide closed to grip top edge of cooking pot. Check to make sure clamps fit correctly. Slide safety lock to "LOCK" position (Fig. 3). (NOTE: If safety lock is not in the locked position, the pressure indicator will not rise and seal, and therefore the unit will be unable to build up pressure. If this should occur, switch the unit off. Release any residual pressure by pressing the pressure release button before attempting to refit lid and safety lock.)

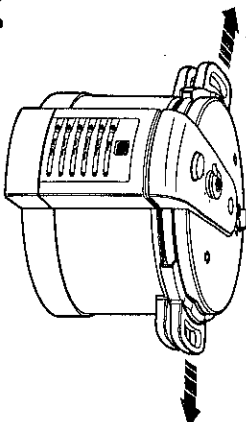


FIG. 3

2. **Browning** - This is a manual process. Remove the lid. Select "Brown" program, and press "Start/Stop" button. Preheat cooking pot for 1-2 minutes before adding meat. When pot has heated sufficiently, add the meat or vegetables for browning. Monitor visually until browning is complete.
3. **Steaming** - Set rack inside cooking pot, and place recipe ingredients on top of rack. Add an adequate amount of water. (Water level must not be higher than the rack.) With the lid locked in place and pressure regulator set at steam position, set "Steam" program. Press the "Start/Stop" button once to activate the program.
4. **Low/High Pressure** - With foods that require browning before pressure cooking, select the "Low" or "High" program once browning is complete. Add an adequate amount of water according to the recipe. Close the lid and set the pressure regulator at the "Pressure" position. Select cooking time and press the "Start" button.
5. **Filling the Pot with Ingredients for Pressure Cooking.**

(In General) Maximum Filling Levels	
Food	Capacity
Solid foods, such as vegetables and cuts of meat	No more than 2/3 full
Liquids and cereals, e.g., soups, stews, rice and cereal	No more than 1/2 full
Legumes, i.e., lentils, kidney beans	No more than 1/3 full

The minimum quantity of liquid required for normal cooking is 1 cup for the first 15 minutes of cooking. For each additional 15 minutes or part thereof, add another 1/2 cup of liquid.

NOTE: This is only a general guide. Check recipes for exact amounts.

WARNINGS

NEVER exceed the maximum filling levels stated above.
 ALWAYS maintain the minimum quantity required, as stated above.
 ALWAYS use a liquid that will give off steam when boiled, e.g., water, stock, wine, beer, cider, etc. All pressure-cooking requires liquid, NOT oil or melted fat.
 NEVER cook dumplings, or any other food that rises when it is cooked, with the lid tightly closed, as this type of item could block the safety devices when it rises.

6. Operation of the Pressure Regulator

The pressure regulator has 3 settings:

- 1) Remove for Cleaning
- 2) Set for Steaming
- 3) "1" - Set for Pressure Cooking

To operate, rotate the knob to select desired position. (See Fig. 4.) To turn regulator when it is in the Cleaning position, press the knob down slightly while turning it at the same time.

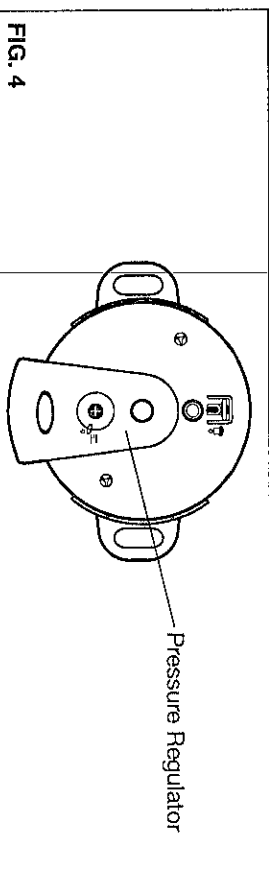


FIG. 4

NOTE: Should the pressure regulator become blocked or fail to function during cooking (due to inadequate cleaning or a fragment of food becoming lodged in the regulator), the two spring-loaded safety devices located under the lid will operate to allow pressure to escape rapidly. If this occurs, some steam and/or hot food may be ejected in a vertical direction.

7. After Pressure Cooking - Pressure Release.

When the timer has counted down to "0," the pressure cooking program will turn off, and a beeping sound will be heard. To release the pressure immediately, push pressure release button (See Fig. 5). For a slow release of pressure, allow the pressure cooker to cool at room temperature for approximately 15 minutes. The pressure will then dissipate, and the pressure indicator will drop down to indicate the pressure has been released. Refer to recipe to determine recommended method of pressure release.

Press the button down to release steam

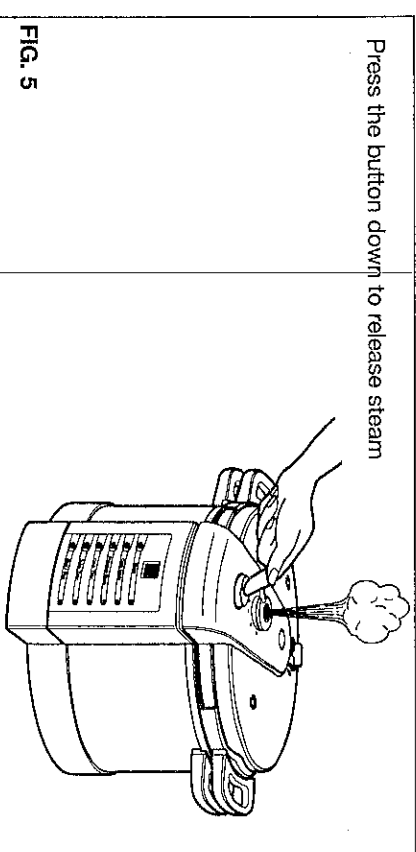


FIG. 5

8. **Using the Meat Rack** - The meat rack is designed to keep food off the bottom of the pot and to prevent meats especially from cooking in their own juices.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Refer it to qualified personnel if servicing is needed.

TO CLEAN:

After using, unplug unit and allow to cool completely before attempting to clean. Pressure cooker must be cleaned thoroughly after each use in order to avoid staining caused by a build-up of food or grease residues.

DO NOT POUR COLD WATER INTO A HOT PRESSURE COOKER.

NOTE: To ensure safe operation of this pressure cooker, strictly follow the cleaning and maintenance instructions after each use, as a tiny fragment of food (such as a grain of rice or pea shell) allowed to remain in the unit could prevent the safety devices from operating during subsequent use.

Cooking pot and lid are immersible for cleaning. Rinse cooking pot and lid under hot running water. Use only a mild liquid detergent and a soft cloth, sponge or nylon scrubber for cleaning. Do not use abrasive powders, bicarbonate of soda or bleach. Do not use scouring pads. The meat rack may be washed with hot, soapy water and a sponge or cloth.

WIPE BASE AFTER EACH USE WITH A SOFT, DAMP CLOTH OR SPONGE, MAKING SURE ALL FOOD RESIDUE IS REMOVED. DO NOT IMMERSE BASE IN WATER.

When cleaning the lid, gasket must be lifted out and washed separately. Clean all around gasket with a sponge or soft cloth and warm, soapy water. Rinse under running water. To replace gasket, ease it back into place under the rim of the lid. (See Figs. 6 and 7.)

Removing/replacing the gasket

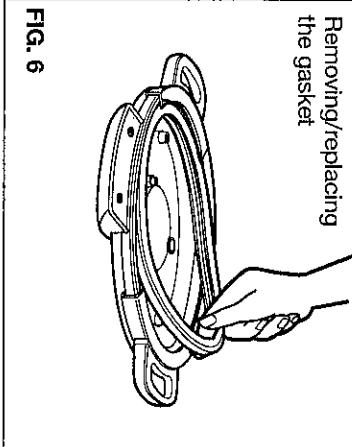


FIG. 6

Cleaning the gasket

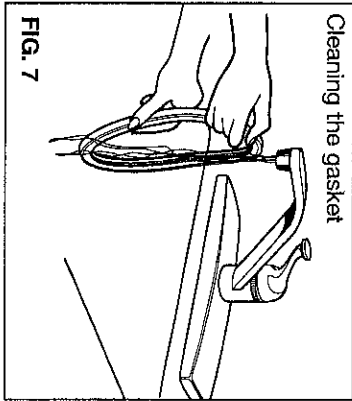


FIG. 7

NOTE: The gasket must be replaced every year, or sooner if necessary. Gasket may also need replacing if pressure cooker is not used for a long period of time, as it can harden from disuse, making it unable to form an airtight seal. Gasket must be replaced only with another one of the correct type and size for this pressure cooker. To assure correct replacement, use replacement order form.

CLEANING THE SAFETY DEVICES

In addition to the gasket, the other safety devices on the pressure cooker must also be cleaned after each use. (See Figs. 8 -12.)

The Pressure Regulator

Remove pressure regulator from lid by pressing down on it slightly while turning it to the Cleaning position. (See Fig. 8.) Then pull upward. Wash it under running water (Fig. 9). After cleaning, check to see that the interior spring-loaded part moves freely by pressing down on it (Fig. 10). Replace it on the appliance.

Remove the pressure regulator at Cleaning position

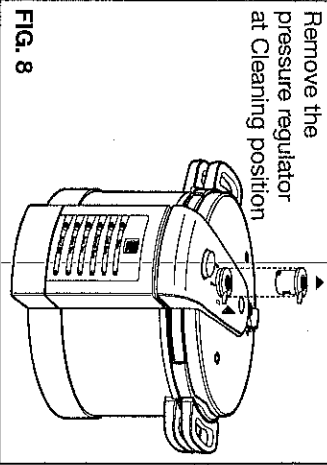


FIG. 8

Wash pressure regulator under running water

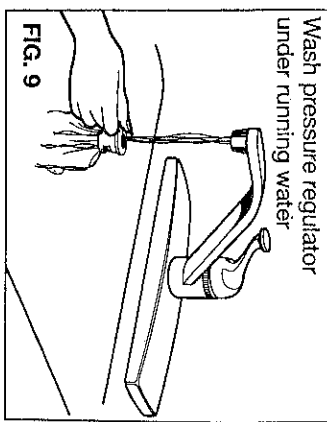


FIG. 9

Check spring-loaded part before replacing on unit

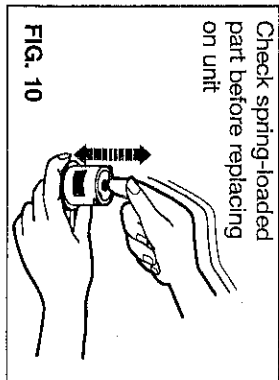


FIG. 10

The Pipe under the Pressure Regulator

After removing the pressure regulator, check to see that the pipe beneath is not blocked. Hold it up to the light to make sure that it is clean and free of food debris. For a thorough cleaning, use a skewer (Fig. 11), especially after cooking foods that produce a scummy residue (lentils, milk puddings, etc.). After cleaning, check once more to see that the hole at the base of the pipe is clean and free of debris.

Clean the pipe

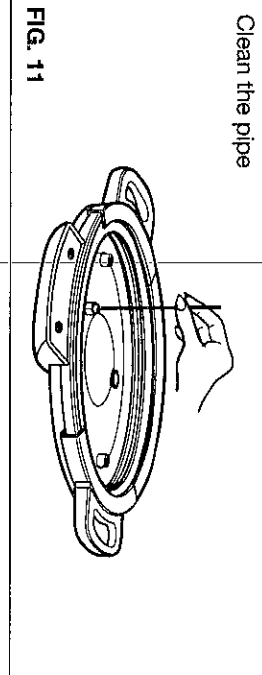


FIG. 11

The Safety Valves

The spring-loaded safety valves can become blocked with food debris. After using pressure cooker, take a pointed object and press it against each valve from the underside of the lid to make sure it is working and not blocked (Fig. 12.)

Clean safety valves with a pointed object

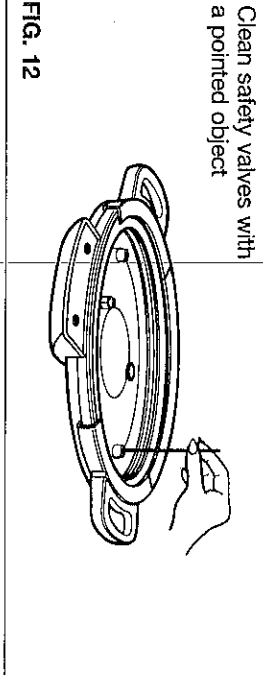


FIG. 12

COOKING TIPS

1. Favorite recipes can be easily adapted to the pressure cooker. Since pressure-cooking is much faster than ordinary cooking, cooking time advised in original recipe should be reduced by 2/3. (A dish requiring one hour to cook using ordinary methods, for example, would require only 20 minutes of pressure-cooking time.) Amount of liquid indicated in original recipe should also be decreased, since pressure-cooking results in very little evaporation. Begin with about 1 cup more liquid than will be required in the finished dish, keeping in mind, however, that water or some other liquid must always be used in the pressure cooker to produce the required steam.
2. Besides water, many different liquids can be used in the pressure cooker, e.g., wine, beer bouillon, fruit juices and stock.
3. Foods that are pressure-cooked out of the cooking liquid will not intermingle their flavors. Use the meat rack to "lift" foods out of the cooking liquid when separate flavors are desired. (It is possible to cook several foods at once, so long as cooking times are similar.)
4. Some foods, such as fresh vegetables, some desserts, and bite-size pieces of meat, require a quick release of pressure after cooking. With other foods, such as larger cuts of meat, stews, etc., pressure may be allowed to drop of its own accord.
5. If pressure-cooking at an altitude higher than 2,000 feet above sea level, for each additional 1,000 feet in altitude, add 5% more cooking time to the length of time called for in the recipe. (For example, if the original recipe calls for 20 minutes of pressure-cooking and you are at 4,000 feet above sea level, add 10%, or 2 additional minutes of cooking time, to the recipe.) Additional cooking time also means that more liquid will be required, so add 1 cup of cooking liquid to the original requirement.

ONE YEAR LIMITED WARRANTY

This product carries a warranty that it will be free from defects in material and workmanship for a period of one year from the date of purchase.

IMPORTANT: This warranty does not cover damages resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachments not provided with the product, loss of parts, or subjecting the appliance to any but the specified voltage. (Read directions carefully.)

If a malfunction occurs, do not use the unit. Simply wrap the unit securely, and mail postage paid to:

FOR CUSTOMERS IN THE USA:

SERVICE CENTER
5980 MIAMI LAKES DRIVE, MIAMI LAKES, FL 33014

FOR CUSTOMERS IN CANADA:

CANADIAN SERVICE CENTER
11 FINLEY ROAD, BRAMPTON, ONTARIO, L6T 1B1

To insure prompt service, please include a letter indicating the specific reason for returning the unit. We will repair or replace it (at our option) at no charge to you. Please include \$10.00 (check or money order) to cover return postage and handling. California residents have the option of returning the defective unit to the original place of purchase, along with proof of purchase, within the warranty period for replacement.

If the warranty has expired, or other terms of the warranty are not met, mail the unit to us as indicated above. A service charge will be made according to the repairs needed, and the unit will be returned to you C.O.D.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state, e.g., California. No other express warranty is given. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the limitation or exclusion may not apply to you.

SAVE THIS FOR YOUR RECORDS

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, especially when children are present, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use potholders when removing cover or handling hot containers.
3. To protect against electric shock, do not immerse cord, plug or base unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Do not place the pressure cooker or attempt to pressure cook in a heated oven.
6. Disconnect cord from outlet when not in use.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been dropped or damaged in any manner. Return appliance to an authorized service facility for examination, repair or electrical or mechanical adjustment.
8. Extreme caution must be used when moving a pressure cooker containing hot food, water or other hot liquids, or when it is at pressure. Avoid reaching over the cooker when it is operating.
9. Do not use the pressure cooker for other than its intended use.
10. This appliance cooks under pressure. Improper use may result in a scalding injury. Make certain that the cooker is properly closed before attempting to operate. (See **OPERATING INSTRUCTIONS**.)
11. When pressure-cooking, always use the maximum and minimum quantities of liquid stated in the instructions.
12. Do not exceed the maximum fill levels stated in the **OPERATING INSTRUCTIONS**.
13. Do not let the cord hang over the edge of table or counter, or touch hot surfaces.
14. The safety devices of this appliance are extremely sensitive and must not be modified. All repair or replacement of parts must be done by an authorized Service Center.
15. Steam may be ejected from valves or vents while appliance is under pressure. Do not touch safety devices except with tabs provided.
16. Do not open the pressure cooker until all the internal pressure has been safely released.
17. Do not use the pressure cooker for deep-frying.
18. Do not use the pressure cooker to fry under pressure. Strictly follow all cleaning and maintenance instructions. Always check to see that safety devices are not obstructed before use.
19. Do not place appliance on or near a hot gas or electric burner, in a microwave or heated oven, or directly under cabinets.
20. This appliance is not intended for commercial, professional or industrial use. It is designed and built exclusively **FOR HOUSEHOLD USE ONLY.**

SAVE THESE INSTRUCTIONS

SPECIAL PRECAUTIONS

- **WARNING:** Never lean over or place hands near steam release while pressure is being released from cooker.
- Keep hands away from unit while it is in use. Always use potholders or oven mitts when handling the unit.
- **WARNING:** Never try to release safety lock while pressure indicator is in the UP position.
- **NEVER** touch pressure indicator while pressure cooker is operating.
- **DO NOT** use ingredients that foam, such as soybean oil.
- **NEVER COOK WITH ANY TYPE OF OIL** in this pressure cooker.
- Always place the appliance on a level surface.
- Always unplug from outlet when not in use.
- To disconnect unit, grasp plug and remove from outlet. Do not pull on cord.

OPERATING INSTRUCTIONS

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS

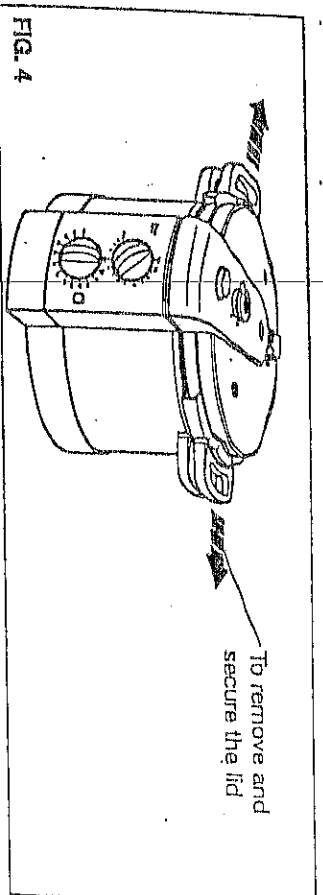
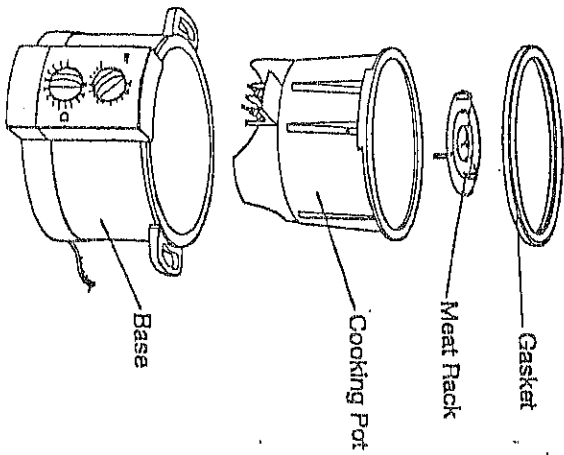
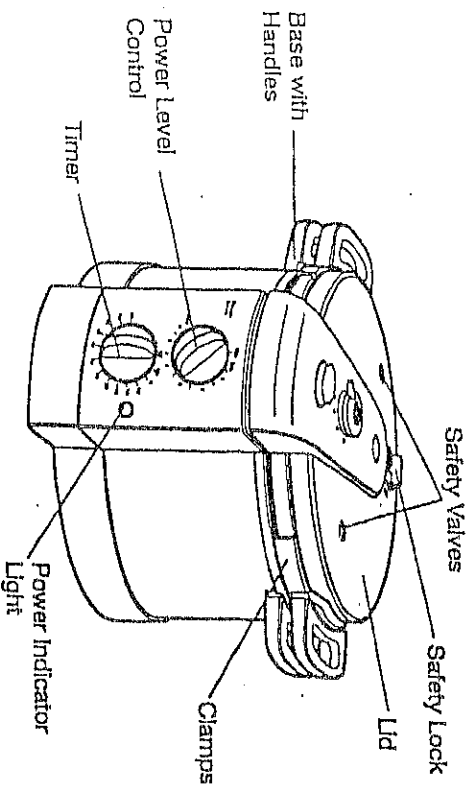


FIG. 4

2. Browning - With the power level set at MAX, preheat cooking pot for 1-2 minutes before adding ingredients. When pot has heated sufficiently, add the meat or vegetables for browning. With cooking pot uncovered, keep an eye on ingredients until browning is complete. Browning will help to seal flavors in foods and vegetables prior to pressure-cooking or boiling. After browning, add amount of water called for in recipe being used. Close the lid and set the pressure regulator at the "Pressure" position. Select power level and cooking time and allow ingredients to cook.
3. Steaming - Steam function steams vegetables or other foods that are placed in the cooking pot. Position rack inside cooking pot, and place recipe ingredients on top of rack. Add an adequate amount of water. (Water level must not be higher than the rack.) With the lid locked in place and pressure regulator set at steam position, set timer. For maximum amount of steam, set power level at MAX; for gentler steaming, set power level at MIN.
4. Filling the Pot with ingredients for Pressure Cooking.

	(In General) Maximum Filling Levels	Capacity
Food		
Solid foods, such as vegetables and cuts of meat		No more than 2/3 full
Liquids and cereals, e.g., soups, stews, rice and cereal		No more than 1/2 full
Legumes, i.e., lentils, kidney beans		No more than 1/3 full

The minimum quantity of liquid required for normal cooking is 1 cup for the first 15 minutes of cooking. For each additional 15 minutes or part thereof, add another 1/2 cup of liquid.

NOTE: This is only a general guide. Check recipes for exact amounts.

5. Pressure Cooking - Adjust the pressure regulator to the desired setting. See recipe booklet to determine specific settings.

Place food inside the cooking pot and cover. Slide safety lock to "LOCK" position. Set the power level control at MAX and the timer at its maximum setting (60 minutes). The pressure cooker is now "ON." **NOTE:** Pressure cooker will not operate unless both power level control and timer switches have been set. Soon the pressure indicator will rise, and shortly thereafter, the pressure cooker will begin to release a steady amount of steam. When this occurs, it indicates that full pressure has been attained.

The amount of time necessary to achieve full pressure varies with the exact amount and type of food being prepared. In general, the higher the liquid content, the longer the process. For example, it may take as long as 5-6 minutes to build full pressure if cooking soup, but only about 1 minute if restarting the unit after adding an ingredient.

Once desired pressure level has been reached, turn the power level control to a lower setting until a gentle amount of steam is emanating continuously from the unit (setting #2 or #3). This indicates unit is maintaining a constant pressure. Readjust the timer to reflect the cooking time specified in the recipe. Actual cooking time stated in the recipe begins only when full pressure has been attained and power level control has been turned down to maintain pressure.

IMPORTANT NOTE: The #2 or #3 settings on the power level control are only suggestions. Setting may be adjusted up or down slightly as needed to maintain full pressure. Full pressure is indicated when the orange pressure indicator button is up, and a small but steady quantity of steam is emanating from the cooker. Generally, the #2 or #3 setting sustains a degree of heat adequate to maintain full pressure. Do not operate the pressure cooker at MAX setting for the entire cooking time, in order to avoid overcooking.

WARNINGS

NEVER exceed the maximum filling levels stated above.


ALWAYS maintain the minimum quantity required, as stated above.

ALWAYS use a liquid that will give off steam when boiled, e.g., water, stock, wine, beer, cider, etc. All pressure-cooking requires liquid, NOT oil or melted fat.

NEVER cook dumplings, or any other food that rises when it is cooked, with the lid tightly closed, as this type of item could block the safety devices when it rises.

6. Operation of the Pressure Regulator

The pressure regulator has 5 settings:

- 1) Remove for Cleaning
- 2)  Set for Steaming
- 3) "1" — Maximum pressure release
- 4) "2" — Moderate pressure release
- 5) "3" — Minimum pressure release

To operate, rotate the knob to select desired position. (See Fig. 2.) To turn regulator when it is in the Cleaning position, press the knob down slightly while turning it at the same time.

NOTE: Should the pressure regulator become blocked or fail to function during cooking due to inadequate cleaning or a fragment of food becoming lodged in the regulator, the two spring-loaded safety devices located under the lid will operate to allow pressure to escape rapidly. If this occurs, some steam and/or hot food may be ejected in a vertical direction.

After Pressure Cooking - Steam Release.

When the timer has counted down to "0," the pressure cooking program will turn off, and a beeping sound will be heard. To release the pressure immediately, push pressure release button (see Fig. 5). For a slow release of pressure, allow the pressure cooker to cool slowly at room temperature for approximately 15 minutes. The pressure will then dissipate, and the pressure indicator will drop down to indicate the pressure has been released. Refer to recipe to determine recommended method of pressure release.

This appliance is for household use and may be plugged into any 120-volt AC electrical outlet (ordinary household current). Do not use any other electrical outlet.

NOTE:

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, its marked electrical rating should be at least as great as the electrical rating of the appliance. The extension cord should not drape over the counter or tabletop, where it can be pulled on by children or tripped over.

LINE CORD SAFETY TIPS

1. To insert plug, grasp it firmly and guide it into outlet.
2. To disconnect appliance, grasp plug and remove it from outlet. Do not pull or yank on the cord or appliance.
3. Before each use, inspect the line cord for cuts and/or abrasion marks. If any are found, this indicates that the appliance should be serviced and the line cord replaced. Please return it to our Service Department or to an authorized service representative.

DO NOT OPERATE APPLIANCE IF THE LINE CORD SHOWS ANY DAMAGE.

BEFORE USING PRESSURE COOKER

Congratulations on purchasing this new pressure cooker. Pressure-cooking offers a time-saving, energy-efficient and economical way to cook a variety of healthful, flavorful dishes with a minimum of effort. Dishes prepared in a pressure cooker not only retain more of their vitamins, minerals and proteins, but pressure-cooking also locks in more of the natural savor and flavor of the ingredients used. With proper use and maintenance, your new pressure cooker should offer many years of rewarding cooking experiences. To get the most out of your new pressure cooker, read the following instructions and useful tips carefully before using.

- Carefully unpack the pressure cooker, and remove all packaging materials and labels, if any, from carton. (Save carton for storing appliance.)
- Wipe base with a damp cloth, and wash cooking pot, lid and meat rack in hot, sudsy water, using a sponge or plastic scrubber. Rinse and dry thoroughly.
- All types of heat-resistant plastic, rubber or wooden cooking tools may be used with the pressure cooker. Metal utensils may also be used but should be used with care so they do not scratch the surface of the inner pot.
- To ensure that the gasket fits correctly, fill cooking pot 2/3 full with water, and with pressure regulator set at "3," run the unit at MAXIMUM power level (Figs. 2 and 3) for 15 minutes. Wait till pressure goes down and open the cooker. Remove cooking pot, rinse and dry. The pressure cooker is now ready for use.

PRESSURE COOKING GUIDELINES

Setting the Pressure Regulator

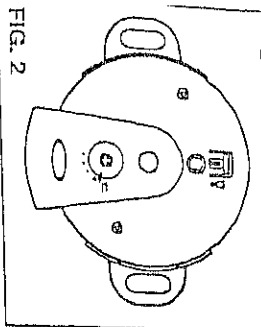


FIG. 2

Selecting power level and cooking time

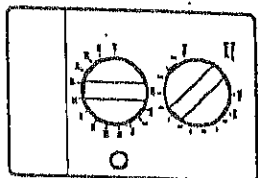


FIG. 3

Setting the Power Level
Power Level Control features a MINIMUM, a MAXIMUM and 6 intermediate positions, as well as a KEEP WARM setting. When the power level is set at MAX, the pressure cooker will operate at its highest pressure; switch it to one of the 6 intermediate positions or the MIN setting to reduce the operating pressure. Refer to **RECIPE BOOKLET** to determine the optimum setting(s).

The KEEP WARM feature functions along with the timer switch to keep pressure-cooked food warm after it has finished cooking. To operate, place power level control on KEEP WARM setting, and set timer for length of time desired (from 1-60 minutes). Bell on timer will ring when time is up; if a longer keep-warm time is desired, reset the timer.

NOTE: Power level control will not operate unless timer is set.

Setting the Pressure Regulator
Setting pressure regulator at "3" will maintain the HIGHEST pressure level INSIDE the cooking pot. Use this setting for MAXIMUM amount of pressure on foods that require extensive cooking, such as meats and poultry.

Setting pressure regulator at "2" will cause some pressure to be released during the cooking process. Use this setting for foods that require moderate amounts of pressure, such as some desserts.

Setting pressure regulator at "1" will cause the greatest amount of pressure to be released during the cooking process. This setting is ideal for foods that require little pressure, such as fish and some desserts.

NOTE: FOR MORE SPECIFIC INFORMATION ON POWER LEVELS AND PRESSURE SETTINGS, CONSULT THE RECIPE BOOKLET.

HOW TO USE THE PRESSURE COOKER

To Remove and Replace/Lock Lid - To remove the lid, unlatch safety lock by moving it to "UNLOCK" position. Grasp lid handles and pull them outward simultaneously to release lid from cooking pot. **(NOTE: In order for safety lock to operate, pressure indicator must be down, indicating that there is no pressure inside the cooking pot. See "Releasing Steam" below.)**

To attach the lid, pull lid handles apart while holding clamps open. Place lid on top of cooking pot and release. Clamps will slide closed to grip top edge of cooking pot. Check to make sure clamps fit correctly. Slide safety lock to "LOCK" position (Fig. 4). **(NOTE: If safety lock is not in the locked position, the pressure indicator will not rise and seal, and therefore the unit will be unable to build up pressure. If this should occur, switch the unit off. Release any residual pressure by pressing the pressure release button before attempting to refit lid and safety lock.)**

Press the button down to release steam

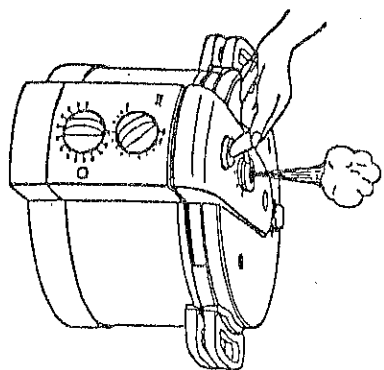


FIG. 5

8. Using the Meat Rack - The meat rack is designed to keep food off the bottom of the pot and to prevent meats especially from cooking in their own juices.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Refer it to qualified personnel if servicing is needed.

TO CLEAN:

After using, unplug unit and allow to cool completely before attempting to clean. Pressure cooker must be cleaned thoroughly after each use in order to avoid staining caused by a build-up of food or grease residues.

DO NOT POUR COLD WATER INTO A HOT PRESSURE COOKER.

NOTE: To ensure safe operation of this pressure cooker, strictly follow the cleaning and maintenance instructions after each use, as a tiny fragment of food (such as a grain of rice or pea shell) allowed to remain in the unit could prevent the safety devices from operating during subsequent use.

Cooking pot and lid are immersible for cleaning. Rinse cooking pot and lid under hot running water. Use only a mild liquid detergent and a soft cloth, sponge or nylon scrubber for cleaning. Do not use abrasive powders, bicarbonate of soda or bleach. Do not use scouring pads. The meat rack may be washed with hot, soapy water and a sponge or cloth.

WIPE BASE AFTER EACH USE WITH A SOFT, DAMP CLOTH OR SPONGE, MAKING SURE ALL FOOD RESIDUE IS REMOVED. DO NOT IMMERS BASE IN WATER.

When cleaning the lid, gasket must be lifted out and washed separately. Clean all around gasket with a sponge or soft cloth and warm, soapy water. Rinse under running water. To replace gasket, ease it back into place under the rim of the lid. (See Figs. 6 and 7.)

Removing/replacing the gasket

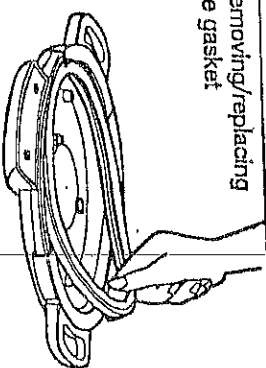


FIG. 6

Cleaning the gasket

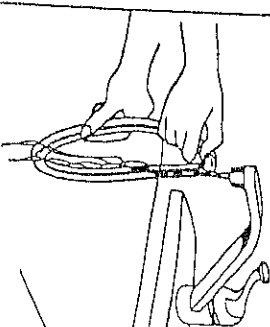


FIG. 7

NOTE: The gasket must be replaced every year, or sooner if necessary. Gasket may also need replacing if pressure cooker is not used for a long period of time, as it can harden from disuse, making it unable to form an airtight seal. Gasket must be replaced only with another one of the correct type and size for this pressure cooker. To assure correct replacement, use replacement order form.

CLEANING THE SAFETY DEVICES

In addition to the gasket, the other safety devices on the pressure cooker must also be cleaned after each use. (See Figs. 8-12.)

The Pressure Regulator

Remove pressure regulator from lid by pressing down on it slightly while turning it to the Cleaning position. (See Fig. 8.) Then pull upward. Wash it under running water (Fig. 9). After cleaning, check to see that the interior spring-loaded part moves freely by pressing down on it (Fig. 10). Replace it on the appliance.

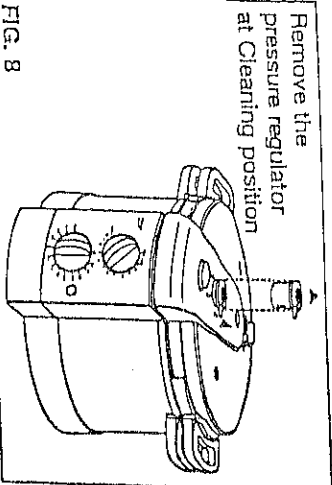


FIG. 8

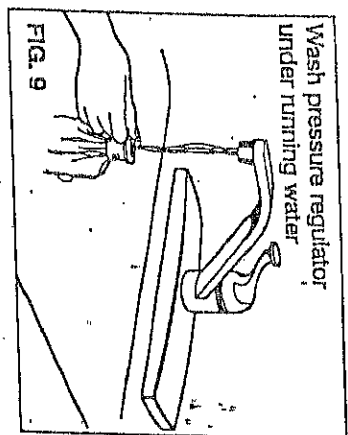


FIG. 9

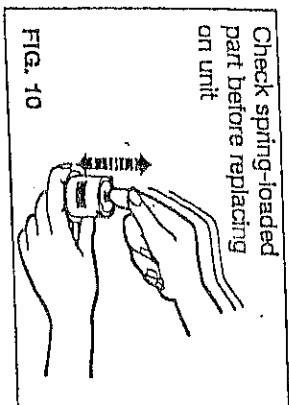
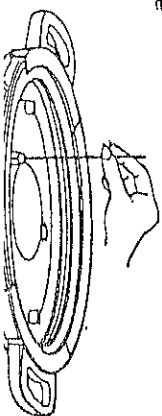


FIG. 10

The Pipe under the Pressure Regulator

After removing the pressure regulator, check to see that the pipe beneath is not blocked. Fold it up to the light to make sure that it is clean and free of food debris. For a thorough cleaning, use a skewer (Fig. 11), especially after cooking foods that produce a scummy residue (lentils, milk puddings, etc.). After cleaning, check once more to see that the hole at the base of the pipe is clean and free of debris.

Clean the pipe



The Safety Valves
The spring-loaded safety valves can become blocked with food debris. After using the pressure cooker, take a pointed object and press it against each valve from the underside of the lid to make sure it is working and not blocked (Fig. 12).

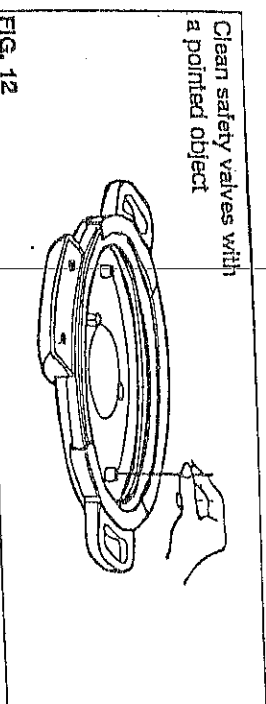


FIG. 12

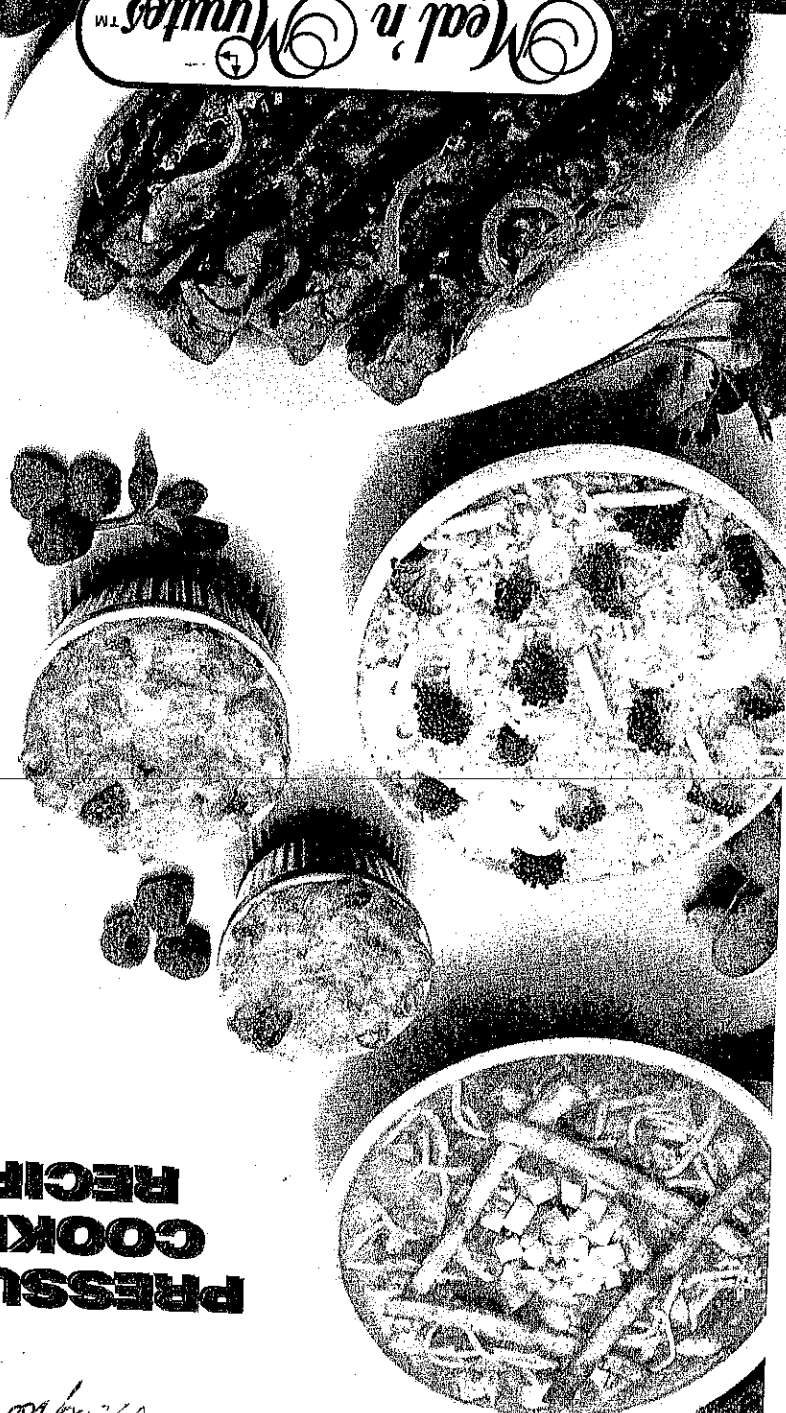
COOKING TIPS

1. Favorite recipes can be easily adapted to the pressure cooker. Since pressure-cooking is much faster than ordinary cooking, cooking time advised in original recipe should be reduced by 2/3. (A dish requiring one hour to cook using ordinary methods, for example, would require only 20 minutes of pressure-cooking time.) Amount of liquid indicated in original recipe should also be decreased, since pressure-cooking results in very little evaporation. Begin with about 1 cup more liquid than will be required in the finished dish, keeping in mind, however, that water or some other liquid must always be used in the pressure cooker to produce the required steam.
2. Besides water, many different liquids can be used in the pressure cooker, e.g., wine, beer, bouillon, fruit juices and stock.
3. Foods that are pressure-cooked out of the cooking liquid will not intermingle their flavors. Use the meat rack to "lift" foods out of the cooking liquid when separate flavors are desired. (It is possible to cook several foods at once, so long as cooking times are similar.)
4. Some foods, such as fresh vegetables, some desserts, and bite-size pieces of meat, require a quick release of pressure after cooking. With other foods, such as larger cuts of meat, stews, etc., pressure may be allowed to drop of its own accord.
5. If pressure-cooking at an altitude higher than 2,000 feet above sea level, for each additional 1,000 feet in altitude, add 5% more cooking time to the length of time called for in the recipe. (For example, if the original recipe calls for 20 minutes of pressure-cooking and you are at 4,000 feet above sea level, add 10%, or 2 additional minutes of cooking time, to the recipe.) Additional cooking time also means that more liquid will be required, so add 1 cup of cooking liquid to the original requirement.

PC806M

Meal 'n Minutes™

FAST... EASY... AND HEALTHY!



PRESSURE COOKING RECIPES

Chippendale

TABLE OF CONTENTS

SECTION	PAGE
INTRODUCTION	2
APPETIZERS	3-4
MEATS/MAIN DISHES	5-13
SOUPS/STEWES/SAUCES	14-18
FISH AND SEAFOOD	19-20
SIDE DISHES	21-26
DESSERTS	27-31
TIPS	32-33

INTRODUCTION

Worth the wait for the traditional pressure cooker to evolve into the age of electrics? You bet!

Cooking with a *Meal 'n Minutes™* pressure cooker is the best way to go when preparing food. It's fast, easy and healthy. It's so safe, there's nothing to fear.

FAST

Cooker reduces cooking time up 70%

EASY

Cooks a complete meal in only a few steps

HEALTHY

Preserves natural nutrients and vitamins

The flavors will not escape. The colors will not wash out. The very best that foods have to offer are locked in while cooking. Experience the real tastes and colors of foods.

Within the pages of this cookbook are savory recipes ranging from appetizers, to entrees, to desserts. Turn the pages, let your taste buds roam. It only takes a few minutes for these delicious recipes to become a reality!

APPETIZERS

CHICKEN ROULADES

- 4 boneless, skinless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2/3 cup garden vegetable-flavored cream cheese or cream cheese, softened
- 1/2 teaspoon dried basil leaves
- 12 large fresh spinach leaves plus additional fresh spinach leaves for garnish, divided
- 1 jar (7.25 ounces) roasted red peppers, drained
- 1/2 cup chicken broth or water

Set Pressure Regulator to #1.

Place chicken breasts between 2 sheets of heavy-duty plastic wrap and pound to 1/4-inch thickness, using a meat mallet or rolling pin. Sprinkle chicken with salt and pepper. Spread cream cheese evenly over each chicken breast. Sprinkle each breast with basil. Place 3 spinach leaves on each breast and top with roasted red peppers.

Roll each breast, jelly-roll fashion and secure with wooden picks. Place meat rack in the pressure cooker and pour broth or water into pressure cooker. Place each breast, seam-side down on meat rack. Cover and cook at High Pressure 12 minutes. Quickly release pressure. Remove wooden picks and slice each breast crosswise into 7 or 8 pieces. Serve on spinach-lined plate. Makes approximately 32 appetizer roulades.

SANTA FE CHEESECAKE

- 1 cup chili-cheese flavored corn chips, crushed
- 2 cups shredded Cheddar-Monterey Jack cheese
- 1 package (8-ounces) cream cheese, softened
- 2 eggs
- 1 tablespoon minced fresh cilantro
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/2 cup sour cream, at room temperature
- 2 green onions, sliced
- 1/2 cup sliced black olives
- 1 avocado, sliced
- 1/2 cup chopped red pepper

Tortilla chips

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place crushed tortilla chips in bottom of a 7-inch springform pan.

Beat together shredded cheese, cream cheese, eggs, cilantro, garlic powder, cumin and cayenne. Pour over crumbs in springform pan. Cover with aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place springform pan on rack. Cover and cook at Low Pressure 40 minutes. Release pressure gradually. Carefully remove pan from cooker and uncover. Spoon sour cream over cheesecake and gently spread to cover. Allow to stand at room temperature 30 minutes. Cover and chill several hours or overnight.

Garnish cheesecake as desired with sliced green onions, sliced black olives, sliced avocado and chopped red pepper. Serve with tortilla chips. Makes 6 to 8 servings.

FIERY WINGS

- 6 chicken wings, about 1-1/2 pounds
- 2 tablespoons butter or margarine
- 1 tablespoon chili powder
- 1/4 teaspoon cayenne
- 1/2 cup barbecue sauce
- 1/4 cup salsa
- 2 tablespoons Worcestershire sauce
- 2 tablespoons water

Set Pressure Regulator to #1.

Cut wings into thirds; discard tips. Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add wings and sauté, stirring frequently, until browned. Sprinkle with chili powder and cayenne. Stir together remaining ingredients; pour sauce over chicken and stir to coat chicken. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Makes 6 appetizer servings.

HOT SPINACH AND ARTICHOKE DIP

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 - 2 jalapeño peppers, seeded and minced
- 1 teaspoon salt
- 1 package (10 ounces) frozen chopped spinach
- 1 can (14.5 ounces) artichoke hearts, drained and chopped
- 4 Roma tomatoes, chopped
- 1/4 cup water
- 1 package (8 ounces) cream cheese, softened and cut into 1/2-inch cubes
- 2 cups shredded Monterey Jack cheese

Tortilla chips

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and garlic and sauté 3 to 4 minutes. Stir in jalapeño pepper and salt. Place frozen spinach over onions. Top with chopped artichoke hearts, tomatoes and water. Cover and cook on High Pressure 5 minutes. Quickly release pressure.

Stir spinach to blend into the tomato-artichoke mixture. Stir in cream cheese and shredded Monterey Jack cheese. Cover and cook on Low Pressure 3 minutes. Quickly release pressure. Stir well. Cover and allow to stand 5 minutes. Set to Keep Warm for serving. Serve with tortilla chips. Makes about 5 cups dip.

MEATS/MAIN DISHES

ITALIAN BEEF

- 2 teaspoons garlic powder
- 2 teaspoons salt
- 1 teaspoon dried oregano leaves
- 1 teaspoon fennel seed
- 1 teaspoon anise seed
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 2-1/2 to 3 pound boneless beef rump roast
- 2 cups water
- 1 can (8 ounces) tomato sauce

Set Pressure Regulator to #1.

Combine seasonings; sprinkle seasonings evenly over meat. Place meat rack into the pressure cooker and pour water into cooker. Place meat on rack. Pour tomato sauce on top of meat. Cover and cook on High Pressure 60 minutes. Release pressure gradually. Remove meat from liquid and allow to stand about 15 minutes. Thinly slice meat. Makes 10 servings.

Serving tip: This recipe resembles a hot, Italian deli meat, thinly slice and use for sandwiches.

POT ROAST AND VEGETABLES

- 1 tablespoon vegetable oil
- 1 2 to 2-1/2 pound boneless beef rump roast
- 3 cups water
- 1 envelope (1.1 ounces) beef-onion dry soup mix
- 1 cup vegetable juice cocktail
- 2 potatoes, peeled and quartered
- 2 carrots, peeled and quartered
- 1 onion, quartered

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add roast and brown meat evenly on all sides. Remove meat and set aside. Place meat rack into the pressure cooker, then place meat on top of meat rack. Pour water around meat. Combine dry soup mix and vegetable juice, then pour sauce over meat. Cover and cook at High Pressure 50 minutes. Release pressure gradually.

Add vegetables around roast. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Makes 4 to 6 servings.

BEEF AND BLACK BEAN BURRITOS

- 1 cup dried black beans
- 1 tablespoon vegetable oil
- 5 cups water, divided
- 1-1/2 pounds boneless beef chuck roast
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 cloves garlic, minced

- 1 onion, chopped
- 3 jalapeño peppers, seeded and chopped
- 1 poblano chile pepper, roasted and chopped (See note, below)
- 12 (8-inch) flour tortillas, warmed
- 3 cups shredded Cheddar or Monterey Jack cheese

Salsa

Sour cream

Set Pressure Regulator to #1.

Place beans, oil and 4 cups water in the pressure cooker. Cover and cook at High Pressure 20 minutes. Release pressure gradually and allow beans to cool completely in water. Drain and set aside.

Place beef, remaining 1 cup water, cumin and chili powder in the pressure cooker. Cover and cook at High Pressure 45 minutes. Release pressure gradually. Using a ladle, remove all but about 1/2 cup drippings. Stir in garlic, onion, jalapeño peppers, poblano pepper and drained beans. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Lift out beef and place on cutting board. Shred meat with 2 forks or cut into bite-size pieces; stir meat back into bean mixture.

Spoon about 1/3 cup beef and bean mixture into the center of each tortilla. Top each with 1/4 cup cheese, then roll tortilla. Serve with salsa and sour cream. Makes 6 servings.

Note: To roast poblano pepper, slice chile pepper in half and remove seeds. Place, skin-side up, on baking sheet. Broil about 10 minutes or until skin is blackened. Seal in plastic food bag 15 minutes, then remove skin and chop pepper.

*If desired, substitute 1 can (15 ounce) black beans, rinsed and drained, for dry beans. Eliminate first step for cooking beans, omit 1 tablespoon vegetable oil and reduce water to 1 cup. Cook beef as directed with 1 cup water and seasonings. Add garlic, onion, peppers and drained, canned beans. Proceed as recipe directs.

BBQ BRISKET

- 2 teaspoons seasoned salt
- 4 teaspoons celery seed
- 3 pounds beef brisket, about 2 to 3-inches thick
- 1 onion, thinly sliced
- 1 cup barbecue sauce

Set Pressure Regulator to #1.

Combine seasoned salt and celery seed; press seasoning mixture onto surface of brisket. Place brisket in pressure cooker, rolling slightly if necessary. Place onion on top of brisket. Cover with barbecue sauce. Cover and cook at High Pressure 60 minutes. Release pressure gradually. Remove meat from liquid and allow to stand about 15 minutes. Thinly slice meat; spoon sauce over meat. Makes 6 to 8 servings.

BEEF STROGANOFF

- 1 \ teaspoon vegetable oil
- 1 pound boneless beef round steak, sliced into thin strips
- 1 onion, chopped
- 1 can (4 ounces) sliced mushrooms, drained
- 1 can (10-1/2 ounce) cream of mushroom soup
- 2 tablespoons tomato paste
- 1 cup sour cream

Hot cooked noodles or cooked rice

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef and sauté 3 to 5 minutes or until beef is browned. Add onion, mushrooms, soup and tomato paste. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Stir in sour cream. Serve over hot cooked noodles or rice. Makes 4 servings.

THREE PEPPER ROUND STEAK

- 1-1/2 pounds boneless beef round steak, cut 1/2-inch thick
- 1 teaspoon paprika
- 1 teaspoon seasoned salt
- 2 tablespoons vegetable oil, divided
- 1 medium onion, sliced
- 1 small red pepper, cut into strips
- 1 small green pepper, cut into strips
- 1 jalapeño pepper, seeded and minced
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup salsa
- 1 tablespoon Worcestershire sauce
- 1/4 cup water

Set Pressure Regulator to #1.

Cut steak into 4 to 6 serving pieces and sprinkle with paprika and seasoned salt. Pour 1 tablespoon oil into the pressure cooker. Set to Brown and allow oil to heat. Add steak, in batches, and brown meat evenly on both sides. Set browned beef aside.

Pour remaining oil into the pressure cooker and allow oil to heat. Add onions and sauté, stirring frequently 3 minutes. Arrange half of meat over onions. Spoon about half of tomatoes over steak. Top with remaining steak, peppers, remaining tomatoes and salsa. Blend Worcestershire sauce into water, then pour over meat. Cover and cook at High Pressure and cook 15 minutes. Release pressure gradually. Makes 4 to 6 servings.

SOUTHWESTERN BEEF ROLL-UPS

- 1 teaspoon vegetable oil
- 1-1/2 pounds boneless beef round steak, cut into 1/2 x 2-inch slices
- 1 onion, thinly sliced
- 1 small green pepper, thinly sliced
- 1 small red pepper, thinly sliced
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 can (14-1/2 ounces) Mexican flavored stewed tomatoes
- 1 can (15 ounces) black beans, rinsed and drained
- 6 (8-inch) flour tortillas, warmed

Toppings: sour cream, chopped green onion, shredded Cheddar cheese, chopped tomatoes

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef and brown 3 to 5 minutes. Add onion and peppers and sauté 3 minutes. Add chili powder, cumin, stewed tomatoes and black beans. Cover and cook on High Pressure 15 minutes. Release pressure gradually.

Using a slotted spoon, remove beef mixture and place in tortillas. Garnish with toppings. Makes 6 servings.

ROSEMARY PORK ROAST

- 1 tablespoon vegetable oil
 - 1 3-pound boneless pork loin
 - 5 cloves garlic, minced
 - 1 tablespoon chopped fresh rosemary
 - 1 teaspoon grated lemon zest
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/2 teaspoon dried thyme leaves
 - 1 tablespoon lemon juice
 - 1 tablespoon olive oil
 - 1 cup white wine or water
 - 1/2 cup water
- Set Pressure Regulator to #1.
- Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add pork roast and brown meat evenly on all sides. Meanwhile, place garlic, rosemary, lemon zest, salt, pepper, thyme, lemon juice and olive oil in a small bowl; mix well.
- Remove browned pork roast from cooker and set aside. Place meat rack in cooker and add wine and water. Place browned pork roast on meat rack. Using a pastry brush, brush top and sides of roast with rosemary mixture. Cover and cook at High Pressure 60 minutes. Quickly release pressure. Makes 8 to 10 servings.

BEER BRAISED BARBECUED RIBS

- 2-1/2 pounds country-style pork ribs
 - 1 onion, sliced
 - 2 cloves garlic, minced
 - 1 bay leaf
 - 1 whole clove
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 cup beer
 - 1-1/2 cups barbecue sauce
 - 1/4 cup Dijon mustard
 - 1/4 cup brown sugar
- Set Pressure Regulator to #1.
- Place ribs in the pressure cooker. Add onion, garlic, seasonings and beer. Cover and cook at High Pressure 30 minutes. Release pressure gradually.
- Ladle out all but about 1/2 cup beer and drippings. Remove and discard bay leaf and clove. Combine barbecue sauce, mustard and sugar and pour over ribs. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Makes 2 to 4 servings.

PORK CHOPS MARSALA

- 1/4 cup Italian seasoned bread crumbs
- 2 tablespoons all-purpose flour
- 6 tablespoons grated Parmesan cheese, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 boneless pork chops, about 3/4 to 1-inch thick

- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 2 tablespoons butter or margarine
- 1 package (8-ounces) sliced mushrooms
- 3/4 cup Marsala wine

Set Pressure Regulator to #1.

Stir together bread crumbs, flour, 1/4 cup Parmesan cheese, salt and pepper. Coat each pork chop generously with bread crumb mixture. Set aside.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add garlic and sauté 1 to 2 minutes. Add pork chops and brown meat evenly on both sides. Remove chops to platter, set aside.

Add butter to pressure cooker and melt. Sauté mushrooms 3 to 5 minutes. Add Marsala wine to mushrooms and stir well. Place pork chops on top of mushrooms. Cover and cook at High Pressure 8 minutes. Quickly release pressure. Remove pork chops to serving platter. If you prefer a thicker Marsala sauce, cook mushroom sauce, uncovered, at Brown, until thicker. Serve sauce over pork chops and sprinkle with remaining 2 tablespoons of Parmesan cheese. Makes 4 servings.

PORK CHOPS DIJON

- 1 tablespoon butter or margarine
- 4 boneless pork chops, about 1-inch thick
- 1/2 cup chicken broth
- 1/4 cup white wine
- 2 tablespoons Dijon mustard
- 1 teaspoon grated fresh ginger
- 1 tablespoon cornstarch
- 1 tablespoon water
- 2 green onions, sliced

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add pork chops and brown meat evenly on both sides. Meanwhile, combine broth, wine, mustard and ginger. When meat is browned, pour broth mixture over chops. Cover and cook at High Pressure 8 minutes. Quickly release pressure.

Remove chops to warm serving platter. Combine cornstarch and water, stirring to form a smooth paste. Stir cornstarch mixture and green onions into drippings. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Spoon sauce over chops. Makes 4 servings.

KIELBASA, CABBAGE AND KRAUT

- 1 slice bacon, cut into 1/2-inch pieces
 - 1 onion, chopped
 - 1 can (16 ounces) sauerkraut, drained
 - 3 cups shredded green cabbage
 - 1 tablespoon brown sugar
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/4 teaspoon celery seed
 - 1 pound smoked, fully cooked Kielbasa or sausage, cut into 2-inch pieces
 - 1 cup water
- Set Pressure Regulator to #1.

Place bacon in the pressure cooker. Set to Brown and sauté bacon 3 minutes. Add onion and sauté an additional 3 to 4 minutes or until bacon is just crisp and onion is tender. Stir in remaining ingredients. Cover and cook at High Pressure 5 minutes. Quickly release pressure. Makes 4 servings.

MOROCCAN LAMB ON GRILLED PITA WITH CUCUMBER-YOGURT SAUCE

- 1 2 to 2-1/2 pound boneless leg of lamb
- 3 cloves garlic, sliced
- 5 tablespoons olive oil, divided
- 2 cups water
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne
- 1/4 cup minced fresh cilantro
- 1 onion, sliced
- 1/4 teaspoon garlic powder
- 2 tomatoes, diced

Cucumber-Yogurt sauce (recipe below)

Set Pressure Regulator to #1.

Cut small slits into lamb; insert garlic slivers into lamb. Place 1 tablespoon oil in the pressure cooker. Set to Brown, add lamb and brown meat evenly on all sides. Remove lamb and set aside. Place meat rack into the pressure cooker, then place lamb on top of meat rack. Pour water around lamb. Combine paprika, cumin, pepper, cayenne, cilantro and 3 tablespoons olive oil; brush mixture over lamb. Place onion slices around lamb. Cover and cook on High Pressure 40 minutes. Quickly release pressure. Remove lamb and onions and allow to cool slightly. Cut lamb into 1/2-inch cubes, and mix with cooked onions.

Meanwhile, combine remaining 1 tablespoon oil and garlic powder. Lightly brush olive oil mixture over pita breads. Place pita, in a single layer, onto a griddle or large skillet on stove over medium-high heat. Grill pita on each side about 1 minute or until hot.

To serve, divide lamb-onion mixture between pitas. Top each with chopped tomatoes. Serve with Cucumber-Yogurt sauce. Makes 6 servings.

Cucumber-Yogurt Sauce

- 1 cup diced cucumber
 - 4 green onions, chopped
 - 1/2 cup plain yogurt or sour cream
 - 1/2 teaspoon dill weed
 - 1/2 teaspoon seasoned salt
 - 2 teaspoons white wine tarragon vinegar
- Stir together all ingredients.

SUNDAY CHICKEN AND DRESSING

- 2 to 2-1/2 pounds bone-in chicken pieces
- 1 teaspoon paprika
- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1 stalk celery, chopped
- 1/2 cup sliced mushrooms, optional
- 2 tablespoons minced fresh parsley

- 1 teaspoon rubbed sage
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 cup water
 - 4 cups herb-seasoned stuffing
- Set Pressure Regulator to #1.
- Sprinkle chicken with paprika. Place butter in the pressure cooker. Set to Brown, and allow to melt. Add chicken, in batches, and brown evenly on both sides. Set browned chicken aside.
- Stir onion, celery and mushrooms into butter remaining in the pressure cooker. Sauté 3 minutes, stirring frequently. Stir parsley, sage, salt and pepper into vegetables. Place chicken over vegetables; add water. Cover and cook on High Pressure 20 minutes. Quickly release pressure.
- Using a slotted spoon, lift chicken out of liquid, leaving liquid and vegetables in the pressure cooker. Set chicken aside and keep warm. Stir stuffing into liquid. Cover and cook on Steam 3 minutes. Serve dressing with chicken. Makes 4 to 6 servings.

CARIBBEAN CHICKEN WITH RICE

- 1 tablespoon vegetable oil
- 1 pound skinned and boned chicken, cut into 1/2-inch cubes
- 1-1/4 cups chicken broth
- 3 tablespoons lime juice
- 2 tablespoons soy sauce
- 1 small red pepper, cut into 3/4-inch cubes
- 1 small green pepper, cut into 3/4-inch cubes
- 1 small jalapeño pepper, minced
- 1 clove garlic, minced
- 1 cup uncooked converted rice

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add chicken and sauté 3 to 5 minutes or until meat is browned, stirring frequently. Stir in remaining ingredients. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Makes 4 servings.

SOUTHWESTERN CHICKEN TACO CUPS

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 4 boneless, skinless chicken breast halves, cut into 1/2-inch cubes
- 1 large green pepper, chopped
- 1/2 cup salsa
- 1 package (1 to 1-1/4 ounces) taco seasoning mix
- 2 tablespoons lime juice
- 8 Taco Cups or 8 (6-inch) flour tortillas
- Shredded lettuce
- Shredded cheese
- Sour cream
- Chopped tomato
- Chopped green onions
- Guacamole

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and sauté 3 minutes or until onion is tender. Stir in chicken, green pepper, salsa, taco seasoning mix and lime juice. Cover and cook at High Pressure 5 minutes. Quickly release pressure. Spoon chicken mixture into taco cups or roll-up in tortillas. Garnish as desired. Makes 4 servings.

Taco Cups

Use 8 (6-inch) flour tortillas and press or fold tortillas into muffin cups coated with vegetable cooking spray, forming bowls. Spray bowls with cooking spray. Bake at 375° for 6 to 8 minutes or until golden brown.

CHICKEN WITH MUSHROOMS AND SUN-DRIED TOMATOES ON PASTA

- 1 tablespoon olive oil
 - 3 cloves garlic, minced
 - 2 shallots, chopped or 1/2 cup chopped onion
 - 1 pound boneless, skinless chicken breasts, cut into 1/2 x 2-inch slices
 - 3 cups sliced mushrooms
 - 1 teaspoon dried basil leaves
 - 1/4 teaspoon dried crushed red pepper
 - 3 Roma tomatoes, chopped
 - 1/2 cup roasted red peppers, drained and chopped
 - 1/4 cup oil-packed sun-dried tomatoes, drained and chopped
 - 1/2 cup chicken broth
 - 8 ounces farfalle (bow-tie) or ziti pasta, cooked and drained
 - 1/2 cup freshly grated Parmesan cheese
- Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add garlic, shallots and chicken and sauté, stirring frequently, 2 to 3 minutes. Add remaining ingredients, except pasta and Parmesan. Cover and cook at High Pressure 7 minutes. Quickly release pressure. Serve over hot cooked pasta and toss with grated Parmesan. Makes 4 servings.

CHICKEN CACCIATORE

- 1 tablespoon olive oil
 - 4 boneless, skinless chicken breast halves
 - 1 onion, chopped
 - 1 clove garlic, minced
 - 1 can (14.5 ounces) diced tomatoes
 - 1 can (8 ounces) tomato sauce
 - 1/2 cup chopped green pepper
 - 1 cup sliced mushrooms
 - 2 teaspoons Italian seasonings
 - 1/4 teaspoon salt
 - 1/8 teaspoon pepper
- Hot cooked pasta

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add chicken and sauté 2 to 3 minutes on each side or until golden brown. Remove chicken and set aside. Add onion and garlic to the pressure cooker and sauté 3 minutes or until onion is tender.

Place chicken over onions and add remaining ingredients, except pasta. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Serve over pasta. Makes 4 servings.

Easy Cacciatore: Brown chicken, as directed, in oil. Pour 1 jar (28 ounces) spaghetti sauce over chicken. Cover and cook at High Pressure 15 minutes. Quickly release pressure.

LEMON TURKEY TENDERLOINS

- 2 tablespoons butter or margarine
 - 1-3/4 to 2 pounds turkey breast tenderloins, sliced into 1/2-inch slices
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 2 cloves garlic, minced
 - 1/3 cup plus 1 tablespoon water, divided
 - 3 tablespoons lemon juice
 - 1 tablespoon cornstarch
- Fresh minced parsley

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add turkey slices, in batches, and brown evenly on both sides. Season with salt, pepper and garlic. Combine 1/3 cup water and lemon juice and pour over turkey. Cover and cook at High Pressure 12 minutes. Quickly release pressure.

Remove turkey to warm serving platter. Combine cornstarch and remaining 1 tablespoon water, stirring to form a smooth paste. Stir cornstarch mixture into drippings. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Spoon sauce over turkey and sprinkle with parsley. Makes 4 servings.

Lemon chicken: Substitute 4 boneless, skinless chicken breast halves for turkey. Proceed as recipe directs.

PIZZA BREAD PUDDING

- 4 cups Italian bread cubes, toasted
- 1 cup shredded mozzarella cheese
- 24 pepperoni slices
- 2 eggs, lightly beaten
- 1 can (14.5 ounces) diced tomatoes with roasted garlic, onion and oregano
- 1/3 cup minced onion
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place bread cubes, cheese and mozzarella in large mixing bowl. Combine remaining ingredients and blend well. Pour over bread cubes and toss to coat. Place in a lightly greased 6-cup mold. Cover dish with aluminum foil.

Place meat rack in pressure cooker and add 4 cups water. Place mold on meat rack. Cover and cook at Low Pressure 30 minutes. Release pressure gradually. Allow to stand 10 minutes. Carefully remove from cooker and serve warm. Makes 6 to 8 servings.

SOUPS/STEWES/SAUCES

BEEF BURGUNDY

- 1/4 cup all-purpose flour
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 2 pounds beef stew meat
 - 1 tablespoon vegetable oil
 - 1 can (14.5 ounces) diced tomatoes
 - 1/4 cup Burgundy wine
 - 1/2 teaspoon dried thyme leaves
 - 1 bay leaf
 - 1 onion, chopped
 - 2 cloves garlic, minced
 - 1 carrot, sliced
 - 6 to 8 boiling onions
 - 10 to 12 whole button mushrooms
 - 2 tablespoons minced fresh parsley
- Set Pressure Regulator to #1.
- Place flour, salt and pepper in plastic food bag. Add beef, seal and toss to coat beef.
- Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef cubes, and brown meat evenly on all sides. Add tomatoes, Burgundy, thyme, bay leaf, onion and garlic. Cover and cook at High Pressure 45 minutes. Release pressure gradually. Add carrots, onions, mushrooms and parsley. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Makes 6 to 8 servings.
- Note:** If, after cooking, a thicker stew is preferred, blend together 2 tablespoons flour and 2 tablespoons water, stir flour mixture into stew. Set to Brown and cook, uncovered, stirring frequently, for 2 to 3 minutes or until thickened.

CHILI

- 1 tablespoon vegetable oil
 - 1-1/2 pounds boneless beef chuck, cut into 1/2-inch cubes, well trimmed
 - 1 medium onion, chopped
 - 1 tablespoon paprika
 - 1/2 teaspoon cayenne pepper
 - 1 tablespoon beef bouillon granules
 - 4 teaspoons cumin
 - 1 teaspoon garlic powder
 - 3 tablespoons chili powder
 - 1 cup beef broth
 - 1 can (6 ounces) tomato paste
 - 1 can (15 ounces) kidney beans, drained
- Set Pressure Regulator to #1.
- Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add beef and onion and sauté 3 to 5 minutes or until meat is brown. Stir in remaining ingredients. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Makes 6 servings.

VEAL PAPRIKA AND ARTICHOKE RAGOUT

- 2 pounds thinly sliced veal, cut into 1/2-inch cubes
 - 4 tablespoons all-purpose flour, divided
 - 2 teaspoons paprika
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - 1 tablespoon olive oil
 - 1/2 cup chopped onion
 - 8 ounces fresh mushrooms, quartered
 - 1/2 teaspoon dried basil leaves
 - 1/2 teaspoon dried thyme leaves
 - 1/2 cup beef broth
 - 1/4 cup white wine
 - 1 can (14.5 ounces) artichoke hearts, drained and quartered
 - 2 tablespoons minced fresh parsley
 - 2 tablespoons water
- Hot cooked noodles !
- Set Pressure Regulator to #1.
- Place 2 tablespoons flour, paprika, salt and pepper in plastic food bag. Add veal, seal and toss to coat veal.
- Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add veal, and cook 3 to 4 minutes. Add onion and sauté, stirring frequently, 3 to 5 minutes or until veal is lightly browned and onion is tender. Stir in mushrooms, basil, thyme, broth and wine. Cover and cook at High Pressure 10 minutes. Quickly release pressure.
- Stir in artichokes and parsley. Cover and cook at Low Pressure 2 minutes. Quickly release pressure. Blend together remaining 2 tablespoons flour and water to form a smooth paste. Blend flour-water paste into ragout. Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Serve over noodles. Makes 6 servings.

PASTA E FAGIOLI SOUP

- 1/2 cup dry red kidney beans
 - 4 cups water, divided
 - 1-1/2 teaspoons vegetable oil
 - 1/2 pound boneless pork, cut into 1/2-inch cubes
 - 1 onion, chopped
 - 1/2 cup chopped celery
 - 3 cloves garlic, minced
 - 1 carrot, chopped
 - 1 can (14.5 ounces) diced tomatoes
 - 1 can (14.5 ounces) beef broth
 - 6 whole black peppercorns
 - 1 teaspoon dried basil leaves
 - 1 teaspoon dried oregano leaves
 - 1 teaspoon salt
 - 1/2 cup red wine
 - 1/3 cup uncooked elbow macaroni
- Grated Parmesan cheese
- Set Pressure Regulator to #1.

Place dry beans, 2 cups water and oil in the pressure cooker. Cover and cook at High Pressure 15 minutes. Release pressure gradually. Uncover and allow beans to cool; drain then return beans to pressure cooker.

Stir remaining 2 cups water and remaining ingredients, except macaroni and grated Parmesan cheese, into beans in pressure cooker. Cover and cook at High Pressure 10 minutes. Quickly release pressure.

Stir in macaroni. Set to Steam, and cook, uncovered, stirring frequently, 3 to 5 minutes, or until pasta is done. Ladle soup into serving bowls and top with grated Parmesan cheese. Makes 6 to 8 servings.

If desired, substitute 1 can (15 ounces) red kidney beans, drained, for dry beans. Eliminate first step for cooking beans, omit 1 tablespoon vegetable oil and reduce water to 2 cups. Place canned, drained beans, 2 cups water and remaining ingredients, except macaroni and grated Parmesan cheese in pressure cooker. Proceed as recipe directs.

HOT AND SOUR SOUP

- 1 tablespoon sesame oil
- 1 pound pork cutlets, cut into 1/4 x 2-inch slices
- 1 package (8 ounces) sliced mushrooms
- 8 green onions, sliced
- 1 can (8 ounces) bamboo shoots, drained
- 2 cans (10-1/2 ounces each) beef broth
- 1 can (10-1/2 ounces) chicken broth
- 1/4 to 1/2 teaspoon dried crushed red pepper
- 1/4 cup soy sauce
- 1/4 cup cornstarch
- 2 tablespoons cider vinegar

Set Pressure Regulator to #1.

Place oil in the pressure cooker. Set to Brown and allow oil to heat. Add pork and brown meat on all sides. Add mushrooms and green onions and sauté 3 to 5 minutes. Add bamboo shoots, beef broth, chicken broth and dried crushed pepper. Cover and cook on High Pressure 5 minutes. Release pressure gradually.

Combine soy sauce and cornstarch and blend well. Stir cornstarch mixture into soup. Set to Brown; cook, uncovered, stirring frequently, for 1 to 2 minutes or until thickened. Stir in vinegar. Makes 4 to 6 servings.

CHICKEN STOCK

- 1-1/2 to 2 pounds bone-in chicken pieces
- 1 onion, quartered
- 1 stalk celery, quartered
- 1 carrot, quartered
- 1 teaspoon salt
- 1/2 teaspoon dried thyme leaves
- 2 to 3 whole black peppercorns
- 5 cups water

Set Pressure Regulator to #1.

Place all ingredients in the pressure cooker. Cover and cook at High Pressure 60 minutes. Release pressure gradually.

Strain stock. (Reserve meat for other use, if desired.) Refrigerate overnight; skim and discard fat. Makes about 5-1/2 cups stock.

CHICKEN AND RICE SOUP

- 5 cups chicken stock
- 1-1/2 cups diced, cooked chicken
- 1/3 cup uncooked, long-grain rice
- 1/4 cup diced onion
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1 teaspoon salt
- 1/4 teaspoon pepper

Set Pressure Regulator to #1.

Place ingredients in the pressure cooker. Cover and cook at High Pressure 5 minutes. Release pressure gradually. Makes 6 servings.

TORTILLA SOUP

- 1 tablespoon butter or margarine
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 boneless, skinless chicken breast half, cut into 1/4-inch cubes
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup chopped green pepper
- 1 Anaheim pepper, seeded and diced
- 1 jalapeño pepper, seeded and diced
- 1/2 cup frozen whole kernel corn
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon pepper
- 4 cups chicken broth

Shredded cheese

Diced avocado

Crisp tortilla strips (see below)

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow to melt. Add onion, garlic and chicken and sauté, stirring frequently, 3 to 5 minutes. Stir in remaining ingredients, except cheese, avocado and tortilla strips. Cover and cook at High Pressure 5 minutes. Release pressure gradually. Ladle into serving bowls and top each serving with shredded cheese, diced avocado and crisp tortilla strips. Makes 8 servings.

Crisp Tortilla strips: Slice corn tortillas into 1/4-inch strips. Heat 1 cup oil in skillet over medium-high heat on stove. Add a few tortilla strips and cook about 1 minute or until strips are golden brown. Remove with slotted spoon and transfer to paper towels to drain.

SPAGHETTI SAUCE

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 cup sliced mushrooms
- 6 cloves garlic, minced
- 1 can (28 ounces) crushed tomatoes
- 1 can (6 ounces) tomato paste
- 1/2 cup red wine
- 1/4 cup minced fresh parsley
- 1 tablespoon sugar
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried rosemary leaves
- Hot cooked pasta

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion, mushrooms and garlic and sauté 3 to 5 minutes. Stir in remaining ingredients, except hot cooked pasta. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Serve over hot cooked pasta. Makes 6 servings.

FISH AND SEAFOOD

CHICKEN AND SHRIMP JAMBALAYA

- 1 tablespoon vegetable oil
- 2 boneless, skinless chicken breast halves, cut into 1/2-inch cubes
- 1 onion, chopped
- 1 large green pepper, diced
- 3 stalks celery, sliced
- 2 cloves garlic, minced
- 1 cup uncooked converted rice
- 1-1/4 cups chicken broth
- 1 can (8 ounces) tomato sauce
- 1 bay leaf
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon sage
- 1/4 teaspoon cayenne pepper
- 2 dashes hot pepper sauce
- 12 ounces large shrimp, peeled and deveined

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add chicken, onion, green pepper, celery and garlic. Sauté 3 to 5 minutes or until vegetables are just tender. Stir in remaining ingredients. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Makes 4 to 6 servings.

LOW COUNTRY SHRIMP BOIL

- 1 can (14.5 ounces) chicken broth
- 1/3 cup white wine
- 3/4 cup water
- 4 whole black peppercorns
- 1 bay leaf
- 1/4 teaspoon dried crushed red pepper
- 5 to 6 whole new red potatoes
- 2 ears corn, cut into thirds
- 1/2 pound smoked sausage, cut into 1/2-inch slices
- 1 pound large fresh shrimp, in shells

Set Pressure Regulator to #1.

Place broth, wine, water, peppercorns, bay leaf, crushed red pepper, red potatoes and corn in the pressure cooker. Cover and cook at High Pressure 4 minutes. Quickly release pressure.

Stir in sausage and shrimp. Cover and cook at Low Pressure 2 minutes. Quickly release pressure. Makes 6 servings.

FISH STEAKS WITH TOMATO AND OLIVE SAUCE

- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced

SIDE DISHES

- 4 Roma tomatoes, chopped
- 2/3 cup sliced mushrooms
- 1/4 cup chopped, pitted kalamata olives
- 2 tablespoons capers, drained
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon dried crushed red pepper
- 1/4 cup white wine
- 2 firm fish steaks, cut 1-inch thick (such as tuna, swordfish or shark)

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and garlic and sauté 2 to 3 minutes. Stir in remaining ingredients, except fish. Cover and cook at High Pressure 5 minutes. Quickly release pressure.

Place fish in sauce, spooning some sauce up over fish. Set to Steam, cover and cook 5 minutes or just until fish flakes easily with a fork. Makes 2 servings.

QUICK PAELLA

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound chicken breast tenders
- 1/2 cup chopped green pepper
- 1/2 cup chopped red pepper
- 1/2 cup chopped tomatoes
- 1 (5 ounce) package yellow rice
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon pepper
- 3/4 cup chicken broth
- 1/2 cup clam juice
- 1/2 pound fresh shelled deveined shrimp
- 1/2 cup frozen peas

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion, garlic and chicken and sauté 3 to 5 minutes. Stir in green pepper, red pepper, tomatoes, yellow rice, oregano, pepper, chicken broth and clam juice. Cover and cook on High Pressure 8 minutes. Quickly release pressure. Stir in shrimp and peas. Cover and cook on Low Pressure 2 minutes. Makes 6 servings.

STEAMED RICE

- 1 cup uncooked converted rice
- 1 tablespoon butter or margarine
- 1 1/2 cups water

Set Pressure Regulator to #1.

Place all ingredients in the pressure cooker. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Makes 4 servings.

Note: Always add 1 tablespoon butter or oil to reduce foaming. Converted rice will cook into more separate rice grains and be less sticky than other types of long-grain rice.

ASIAN RICE

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 cup uncooked converted rice
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 stalk celery, sliced
- 1 cup sliced mushrooms
- 1 teaspoon freshly grated ginger or 1/2 teaspoon ground ginger
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1 can (14.5 ounces) chicken broth
- 1 cup broccoli florets

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion and garlic and sauté 2 to 3 minutes, stirring frequently. Stir in rice, then stir in remaining ingredients, except broccoli. Cover and cook at High Pressure 6 minutes. Quickly release pressure. Stir in broccoli. Cover and cook at High Pressure 2 minutes. Quickly release pressure. Makes 6 servings.

LEMON RICE WITH ASPARAGUS

- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1 cup uncooked converted rice
- 1 cup sliced mushrooms
- 1 Grated zest of 1 lemon
- 1/4 cup white wine
- 1 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon lemon pepper
- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow to melt. Add onion and sauté 2 to 3 minutes, stirring frequently. Stir in rice and mushrooms; sauté 1 minute. Stir in wine, water, salt and lemon pepper. Cover and cook at High Pressure 6 minutes. Quickly release pressure.

Stir asparagus into rice. Cover and cook at High Pressure 2 minutes. Makes 4 to 6 servings.

BROWN RICE AND ARTICHOKE CASSEROLE

- 1 tablespoons butter or margarine
- 1 cup uncooked brown rice
- 1/2 cup pine nuts, toasted
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme leaves
- 1 can (14.5 ounces) chicken broth
- 1 jar (6 ounces) marinated artichoke hearts, drained
- 1/2 cup chopped red pepper
- 2 tablespoons minced fresh parsley

Set Pressure Regulator to #1.

Place butter in the pressure cooker. Set to Brown and allow butter to melt. Add brown rice, pine nuts, onion, and garlic and sauté, stirring frequently, 2 to 3 minutes. Add thyme and broth. Cover and cook at High Pressure 15 minutes. Quickly release pressure. Add artichoke hearts, red pepper and parsley; stir well. Cover and cook at High Pressure 3 minutes. Quickly release pressure. Makes 6 servings.

PARMESAN TOMATO RISOTTO

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, sliced
- 1 cup sliced mushrooms
- 1 can (14.5 ounces) diced tomatoes
- 1 cup chicken broth
- 1 cup uncooked Arborio rice
- 1-1/2 teaspoons Italian seasoning
- 1/3 cup grated Parmesan cheese

Set Pressure Regulator to #1.

Pour oil into the pressure cooker. Set to Brown and allow oil to heat. Add onion, carrot, celery, and mushrooms and sauté 2 to 3 minutes. Stir in remaining ingredients, except Parmesan cheese. Cover and cook at High Pressure 10 minutes. Quickly release pressure. Stir in Parmesan cheese. Cover and let stand 10 minutes. Makes 4 servings.

WILD RICE AND CRANBERRY PILAF

- 1/2 cup uncooked wild rice
- 1 can (14.5 ounces) chicken broth
- 2 tablespoons butter or margarine
- 1/2 cup chopped onion
- 1 stalk celery, chopped
- 1 cup uncooked brown rice
- 1/2 cup dried cranberries
- 1/2 teaspoon rubbed sage
- 3/4 cup water

Set Pressure Regulator to #1.

Place wild rice, broth and butter in the pressure cooker. Cover and cook at High Pressure 10 minutes. Quickly release pressure. Add remaining ingredients. Cover and cook at High Pressure 20 minutes. Quickly release pressure. Makes 8 servings.

VEGETABLES AND COUSCOUS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, sliced
- 1 zucchini, halved and sliced 1/2-inch thick
- 1 yellow squash, halved and sliced 1/2-inch thick
- 1/2 cup chopped red pepper
- 1 teaspoon seasoned salt
- 1/4 teaspoon lemon pepper
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 1/2 cup water
- 1 cup couscous

Set Pressure Regulator to #1.

Place oil in the pressure cooker. Set to Brown and allow oil to heat. Add onion and sauté 2 to 3 minutes, stirring frequently. Stir in remaining ingredients, except couscous. Cover and cook at High Pressure 3 minutes. Quickly release pressure. Stir in couscous. Cover and allow to stand 5 minutes. Makes 6 to 8 servings.

GARLIC AND CHEESE POTATOES

- 6 medium potatoes, peeled and sliced
- 2 cloves garlic, minced
- 1/2 cup water
- 1 tablespoon butter or margarine
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup heavy or whipping cream
- 1/4 cup milk
- 2 cups (8 ounces) shredded Cheddar cheese

Set Pressure Regulator to #1.

Place potatoes, garlic, water, butter, salt and pepper in the pressure cooker. Cover and cook at High Pressure 7 minutes. Quickly release pressure.

Pour cream and milk over potatoes; sprinkle cheese on top of potatoes. Cover and cook at Low Pressure 2 minutes. Quickly release pressure. Makes 4 to 6 servings.

NEW POTATOES AND GREEN BEANS WITH BALSAMIC VINAIGRETTE

- 1-1/2 pounds new potatoes, halved
- 1/2 pound fresh green beans
- 1 red onion, cut into eighths
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup water
- 6 tablespoons olive oil
- 3 tablespoons Balsamic vinegar

- 1 tablespoon Dijon mustard
- 1 tablespoon freshly squeezed lemon juice

Set Pressure Regulator to #1.

Place potatoes, green beans, onion, garlic, salt, pepper and water in the pressure cooker. Cover and cook at High Pressure 5 minutes. Quickly release pressure. Uncover and allow to cool. Drain and place in salad bowl.

Whisk together olive oil, vinegar, mustard and lemon juice. Pour dressing over vegetables and toss to coat. Cover and refrigerate several hours. Makes 6 servings.

ORANGE-GLAZED CARROTS

- 1 pound carrots, peeled and cut into 1-inch pieces or 1 package (16 ounces) baby carrots
- 1/2 cup orange juice
- 1/2 teaspoon lemon pepper
- 1/4 cup orange marmalade

Set Pressure Regulator to #1.

Stir together carrots, orange juice and lemon pepper in the pressure cooker. Cover and cook at High Pressure 2 minutes. Quickly release pressure. Stir in orange marmalade. Makes 6 servings.

CIDER MILL SQUASH

- 1 acorn squash, split, seeded and cut into 1-inch rings
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 cup apple cider
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch

Set Pressure Regulator to #1.

Place squash in the pressure cooker. Sprinkle with ginger and nutmeg, then pour cider over squash. Cover and cook on High pressure 3 minutes. Remove squash with slotted spoon, leaving drippings.

Stir together brown sugar and cornstarch, then blend into cider in the pressure cooker.

Set to Brown and cook, stirring constantly, 1 to 2 minutes or until thickened. Spoon sauce over squash. Makes 4 servings.

FRESH CORN WITH CILANTRO BUTTER

- 1/2 teaspoon chili powder
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon sugar
- 1-1/2 cups water
- 4 ears corn, husks and silks removed
- 6 tablespoons butter or margarine, divided
- 2 tablespoons minced fresh cilantro

Set Pressure Regulator to #1.

Place chili powder, seasoned salt, sugar and water in the pressure cooker; stir to blend well. Place corn in seasoned water and add 2 tablespoons butter. Cover and cook at High Pressure 3 minutes. Quickly release pressure.

Melt remaining butter in a small saucepan on the stove over low heat. Stir cilantro into melted butter and brush over corn. Makes 4 servings.

ITALIAN ZUCCHINI

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 1 cup sliced mushrooms
- 3 medium zucchini, sliced 1/4-inch thick
- 1 can (8 ounces) tomato sauce
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese

Set Pressure Regulator to #1.

Place oil in pressure cooker. Set to Brown and allow oil to heat. Add onion and mushrooms and sauté 3 to 5 minutes. Stir in remaining ingredients, except Parmesan cheese. Cover and cook at High Pressure 6 minutes. Quickly release pressure. Sprinkle with Parmesan cheese. Makes 6 to 8 servings.

BAKED BEANS

- 1 cup dry Great Northern beans
- 1 smoked ham hock (about 1/2 pound)
- 1 tablespoon vegetable oil
- 3/4 cup chopped onion
- 2 cups water
- 1/2 cup catsup
- 1/3 cup brown sugar
- 2 tablespoons prepared mustard
- 1 tablespoon cider vinegar

Set Pressure Regulator to #1.

Place beans, ham hock, oil, onion and water in the pressure cooker. Cover and cook at High Pressure 25 minutes. Release pressure gradually.

Check beans; if not as tender as desired, stir beans, then cover and cook at High Pressure 5 minutes. Release pressure gradually.

When beans are tender, remove ham hock. Cut meat from bone and return meat to beans; discard bone and fat. Stir catsup, brown sugar, mustard and vinegar into beans. Cover and cook at High Pressure 10 minutes. Release pressure gradually. Makes 6 servings.

VEGETARIAN CASSOULET

- 1 cup dry Great Northern beans
- 4 cups water
- 1 tablespoon vegetable oil
- 1 parsnip, peeled and sliced*
- 1 carrot, peeled and sliced*
- 1 potato, peeled and cut into 1/2-inch cubes*
- 1 onion chopped
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) vegetable broth
- 1 cup sliced fresh mushrooms
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon dried thyme leaves

1/2 teaspoon dried oregano leaves
1/4 teaspoon pepper

Set Pressure Regulator to #1.

Place beans, water and oil in pressure cooker. Cover and cook at High Pressure 20 minutes. Release pressure gradually. Uncover and allow beans to cool. Drain; discard liquid and reserve beans.

Place remaining ingredients in pressure cooker. Gently stir in beans. Cover and cook on High Pressure 15 minutes. Release pressure gradually. Makes 6 to 8 servings.

* Vegetables may be adjusted for personal preferences. Substitute 2-1/2 to 3 cups cubed vegetables of any combination of turnips, carrots, potatoes, parsnips or rutabaga for those listed above. Proceed as recipe directs.

DESSERTS

CINNAMON BREAD PUDDING WITH BOURBON SAUCE

- 9 slices cinnamon bread, torn into pieces (approximately 6 cups)
- 1 can (14 ounces) sweetened condensed milk, divided
- 1/2 cup heavy or whipping cream
- 1/2 cup hot water
- 3 eggs, slightly beaten
- 2 teaspoons vanilla, divided
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3 tablespoons butter or margarine
- 2 to 3 tablespoons bourbon

(See "To cook puddings or custards in the pressure cooker.")

Set Pressure Regulator to #1.

Place bread pieces in a lightly greased 6-cup soufflé dish or other heat-proof dish.

Reserve 1/2 cup sweetened condensed milk; set aside. Combine remaining sweetened condensed milk, cream, hot water, eggs, 1 teaspoon vanilla, cinnamon and nutmeg in a medium-sized mixing bowl. Stir to blend well. Pour over bread pieces. Using back of a large spoon press bread pieces into milk mixture slightly. Cover dish with aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place dish on meat rack. Cover and cook at Low Pressure 40 minutes. Release pressure gradually. Let stand 10 minutes. Carefully remove dish from cooker.

Place butter in small saucepan over low heat on stove; heat until melted. Add reserved sweetened condensed milk. Stir well and remove from heat. Add 1 teaspoon vanilla and bourbon. Serve warm on top of bread pudding. Makes 6 servings.

Note: For raisin bread pudding, substitute cinnamon raisin bread for cinnamon bread.

CHOCOLATE BREAD PUDDING

- 4 cups sourdough bread cubes
- 1-1/2 cups semisweet chocolate morsels
- 4 eggs, beaten well
- 1 cup heavy or whipping cream
- 1 cup milk
- 1 teaspoon vanilla

(See "To cook puddings and custard in the pressure cooker.")

Set Pressure Regulator to #1.

Place 2 cups bread cubes in buttered 6-cup mold. Sprinkle with 3/4-cup semisweet chocolate morsels. Layer remaining bread cubes and semisweet chocolate morsels in mold.

Combine remaining ingredients in mixing bowl and whisk together until well blended. Pour over bread cubes. Cover dish with aluminum foil.

Place meat rack in pressure cooker and add 4 cups water. Place mold on meat rack. Cover and cook at Low pressure 55 minutes. Release pressure gradually. Allow to stand 10 minutes. Carefully remove from cooker and serve warm. Makes 8 servings.

JEWELLED RICE PUDDING

- 1 cup uncooked long grain rice
- 1 1/2 cups water
- 1 tablespoon butter or margarine

2/3 cup sugar
 1 cup heavy or whipping cream
 1/3 cup milk
 3 eggs, well beaten
 1 teaspoon vanilla
 1/2 teaspoon cinnamon
 1/4 teaspoon nutmeg
 1/2 cup dried fruit bits

(See "To cook puddings or custards in the pressure cooker.")
 Set Pressure Regulator to #1.

Place rice, water and butter in the pressure cooker. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Spoon cooked rice into a large mixing bowl. Add remaining ingredients and mix well. Pour into buttered 6-cup soufflé dish. Cover dish with aluminum foil.

Carefully place meat rack into hot pressure cooker and add 4 cups water. Place dish on rack. Cover and cook at Low Pressure 40 minutes. Quickly release pressure. Carefully remove dish from cooker and uncover. Allow pudding to stand 15 minutes. Makes 6 servings.

BERRY RISOTTO PUDDING

2/3 cup uncooked Arborio rice
 1 cinnamon stick
 2 teaspoons vanilla, divided
 1 tablespoon butter or margarine
 1-1/3 cups water
 2/3 cup sugar, divided
 3/4 cup milk
 1/2 cup heavy or whipping cream
 3 eggs, lightly beaten
 1 cup fresh blueberries or raspberries
 1/4 cup seedless raspberry preserves, melted
 1 tablespoon kirsch (optional)

(See "To cook puddings or custards in the pressure cooker.")
 Set Pressure Regulator to #1.

Place Arborio rice, cinnamon stick, 1 teaspoon vanilla, butter and water in the pressure cooker. Cover and cook at High Pressure 9 minutes. Quickly release pressure. Spoon cooked risotto into a buttered 6-cup soufflé dish. Stir 1/3 cup sugar into risotto; set aside. Whisk together remaining 1/3 cup sugar, remaining 1 teaspoon vanilla, milk, cream, and eggs. Pour custard mixture over risotto. Cover dish with aluminum foil.

Carefully place meat rack into hot pressure cooker and add 4 cups water. Place dish on meat rack. Cover and cook on Low Pressure 45 minutes. Quickly release pressure. Allow custard to stand 15 minutes.

Combine blueberries, melted preserves and kirsch. Spoon berries over custard. Serve warm. Makes 4 to 6 servings.

ALMOND CUSTARD

4 eggs, lightly beaten
 1/2 cup sugar
 1 teaspoon almond extract
 1 teaspoon vanilla
 2/3 cup heavy or whipping cream
 1 cup milk
 1/4 cup flaked coconut, toasted, optional

(See "To cook puddings or custards in the pressure cooker.")
 Set Pressure Regulator to #1.

Whisk together eggs, sugar, almond extract and vanilla. Blend in cream and milk. Pour into buttered 6-cup soufflé dish. Cover with aluminum foil.

Place meat rack into the pressure cooker and pour 4 cups water into cooker. Place dish on meat rack. Cover and cook at Low Pressure 30 minutes. Release pressure gradually. Allow to stand 15 minutes. Carefully remove dish from cooker. Sprinkle with coconut, if desired. Makes 4 to 6 servings.

DOUBLE CHOCOLATE STEAMED PUDDING

2 ounces (2 squares) unsweetened chocolate
 1/4 cup unsalted butter
 2/3 cup sugar
 2 eggs, lightly beaten
 1/2 cup milk
 1 teaspoon vanilla
 1-1/2 cups all-purpose flour
 1-1/2 teaspoons baking powder
 1 cup semisweet chocolate morsels

Sweetened whipped cream or ice cream, optional

(See "To cook puddings or custards in the pressure cooker.")
 Set Pressure Regulator to #1.

Place unsweetened chocolate and butter in medium-size saucepan; cook over low heat on stove until melted. Remove from heat; stir in sugar, eggs, milk and vanilla. Combine flour and baking powder and stir into batter. Blend in chocolate morsels. Spoon batter into a greased and floured 8-cup soufflé dish or mold. Cover dish tightly with 2 layers of aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place dish on rack. Cover and cook at Low Pressure 50 minutes. Release pressure gradually. Carefully remove dish from cooker and uncover. Pudding should be set and slightly firm on top. Allow to cool 10 minutes; invert onto serving platter. Serve wedges, topped with whipped cream or ice cream, if desired. Makes 6 to 8 servings.

ALMOND AMARETTO CHEESECAKE

1/2 cup crushed vanilla wafers (about 15)
 1/4 cup toasted slivered almonds, ground fine
 1/2 cup plus 3 tablespoons sugar, divided
 2 tablespoons melted butter or margarine
 12 ounces cream cheese, softened
 2 eggs

- 3 tablespoons heavy or whipping cream
- 2 tablespoons plus 1 teaspoon amaretto, divided
- 1 teaspoon vanilla
- 1/2 cup sour cream

Fresh raspberries or strawberries

(See "To cook puddings or custards in the pressure cooker")

Set Pressure Regulator to #1.

Combine vanilla wafers, almonds, 2 tablespoons sugar and melted butter in mixing bowl; blend well. Press in bottom of lightly greased 7-inch springform pan.

Beat cream cheese and 1/2 cup sugar until blended. Add eggs, one at a time, beating after each addition. Blend in cream and 2 tablespoons amaretto. Pour into crust. Cover with aluminum foil.

Place meat rack into the pressure cooker and add 4 cups water. Place springform pan on rack, cover and cook at Low Pressure 40 minutes. Release pressure gradually. Carefully remove pan from cooker and uncover. Allow to stand at room temperature 30 minutes.

Combine sour cream, 1 tablespoon sugar and 1 teaspoon amaretto. Spread on top of cheesecake. Cover and refrigerate several hours or overnight. Garnish with fresh berries. Makes 6 servings.

HARVEST FRUITS WITH GINGER CREAM

- 6 cups sliced tart, peeled apples
- 2 tablespoons lemon juice
- 2/3 cup raisins or dried cranberries
- 2 tablespoons instant tapioca
- 2 teaspoons cinnamon
- 1/4 cup sugar
- 1 cup apple juice or water
- 12 to 18 gingersnap or oatmeal cookies, coarsely crumbled

Ginger cream (see below)

Set Pressure Regulator to #1.

Toss apples in lemon juice, then place in the pressure cooker. Stir in raisins, instant tapioca, cinnamon, sugar and apple juice. Cover and cook at High Pressure 5 minutes. Quickly release pressure.

Spoon fruit into dessert dishes and sprinkle with crumbled cookies. Top with Ginger Cream. Makes 6 servings.

Ginger Cream: Beat 1 cup heavy or whipping cream with electric mixer until frothy. Gradually add 2 tablespoons confectioner's sugar, 1/2 teaspoon cinnamon and 1/2 teaspoon ground ginger and beat until stiff.

Dried fruit: Substitute 1 package (6-ounces) sliced, dried apples for fresh apples and increase apple juice or water to 2 cups. Increase cooking time to 8 minutes.

Serving tip: Excellent fruit sauce to serve over waffles, pancakes, oatmeal or ice cream. Omit crumbled cookies. Top, if desired, with whipped cream.

ZINFANDEL PEARS WITH VANILLA CREAM SAUCE

- 1-1/2 cups sugar
- 1-1/2 cups white zinfandel wine
- 1 cup orange juice
- 1 cup water

- 2 cinnamon sticks
- 4 whole cloves
- 1 teaspoon vanilla
- 4 pears, peeled

Vanilla Cream Sauce (below)

Set Pressure Regulator to #1.

Place sugar, wine, orange juice, water, cinnamon sticks, cloves and vanilla in the pressure cooker; stir to blend well.

Using a small melon baller or spoon, gently core bottom half of pear. Place pears in wine mixture. Cover and cook on High Pressure 4 minutes. Release pressure gradually. Allow pears to stand, in syrup, about 15 minutes. Spoon cream sauce into 4 serving bowls.

Using a slotted spoon, lift pears out of syrup and place in cream sauce. Makes 4 servings

Vanilla Cream Sauce

- 2 egg yolks
- 3 tablespoons sugar
- 1 cup heavy or whipping cream
- 2 teaspoons vanilla

Blend together egg yolks and sugar; set aside. Pour cream into a small, heavy saucepan. Heat over medium-high heat on stove until cream boils. Blend a small amount of hot cream into egg yolk mixture. Stir egg yolk mixture into cream. Simmer, stirring constantly, 3 minutes or until slightly thickened. Remove from heat and stir in vanilla. Pour mixture through a fine strainer into a mixing bowl. Chill cream sauce, stirring frequently, while preparing pears.

Tips:

To cook puddings or custards in the pressure cooker: Select an oven-proof soufflé dish or baking mold. Place meat rack in pressure cooker and, before filling the dish or heating the pressure cooker, check the fit of the dish in the cooker. If there is clearance around the dish, it might safely be lifted out of the hot pressure cooker with hot pads. If the dish fits more snugly into the pressure cooker, it is safer to raise the hot dish out of the cooker by using an aluminum foil hoist. To make the hoist, fold a strip of aluminum foil, 16-inches long into fourths to make a strip about 3 x 16 inches. Fill dish as directed in recipe and cover with aluminum foil. Place strip under filled dish, bringing top of strip up across dish to make a hoist. Pour water into pressure cooker as directed in recipe. Lower dish, using hoist, into cooker and place on rack. Cover and cook as directed. After cooking, carefully using hot pads, remove dish using aluminum foil hoist as a lift.

Is the meat done? Meals 'n Minutes Pressure Cooker cooks meats quickly. However, the cooking times are estimates and may vary slightly with the exact cut, shape or thickness of meat and desired degree of doneness. It is recommended that you check doneness with an accurate meat thermometer. **Never operate the pressure cooker with a meat thermometer inside.** Once pressure has released, remove cover and carefully insert an instant-read or digital thermometer into the thickest part of the meat. The USDA recommends that meats reach the following minimum internal temperatures:

Beef, veal, lamb (roasts, steaks, chops)	Medium rare	145° F.
	Medium	160° F.
	Well done	170° F.
Fresh pork (roasts, steaks, chops)	Medium	160° F.
	Well done	170° F.
Ham	Cook before eating	160° F.
	Fully cooked, to reheat	140° F.
Poultry	Bone-in chicken pieces or turkey	180° F.
	Chicken breasts	170° F.
Ground beef, veal, lamb, pork		160° F.
Ground poultry		165° F.

Beans can be quickly cooked in the pressure cooker without soaking first. Place 1 cup rinsed and sorted beans in the pressure cooker. Add 4 cups water and 1 tablespoon oil. Cover and cook on High Pressure 15 minutes. Release pressure gradually. If beans are as tender as desired, allow beans and liquid to cool completely; drain. If beans are not completely tender, recover and cook an additional 5 minutes. The exact cooking time for beans varies with the type of bean, their growing conditions and other variables, but most beans are tender in about 15 to 20 minutes.

Do not cook more than 1 cup beans at a time.

Always add 1 tablespoon oil to reduce foaming.

Always release pressure gradually.

Do not cook split peas.

Do not cook applesauce, cranberries, rhubarb, split peas, pearl barley, oatmeal or other cereals, dried soup mixes or pasta such as spaghetti or macaroni under pressure.

ONE YEAR LIMITED WARRANTY

This product carries a warranty that it will be free from defects in material and workmanship for a period of one year from the date of purchase.

IMPORTANT: This warranty does not cover damages resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachments not provided with the product, loss of parts, or subjecting the appliance to any but the specified voltage. (Read directions carefully.)

If a malfunction occurs, do not use the unit. Simply wrap the unit securely, and mail postage paid to:

FOR CUSTOMERS IN THE USA:

SERVICE CENTER
5980 MIAMI LAKES DRIVE; MIAMI LAKES, FL 33014

FOR CUSTOMERS IN CANADA:

CANADIAN SERVICE CENTER
11 FINLEY ROAD; BRAMPTON, ONTARIO, L6T 1B1

To insure prompt service, please include a letter indicating the specific reason for returning the unit. We will repair or replace it (at our option) at no charge to you. Please include \$10.00 (check or money order) to cover return postage and handling. California residents have the option of returning the defective unit to the original place of purchase, along with proof of purchase, within the warranty period for replacement.

If the warranty has expired, or other terms of the warranty are not met, mail the unit to us as indicated above. A service charge will be made according to the repairs needed, and the unit will be returned to you C.O.D.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state, e.g., California. No other express warranty is given. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the limitation or exclusion may not apply to you.

SAVE THIS FOR YOUR RECORDS