

cook's essentials™

HIGH PERFORMANCE KITCHENWARE



PROGRAMMABLE ELECTRIC PRESSURE COOKER

MODEL PC400

OWNER'S MANUAL & RECIPE GUIDE

IMPORTANT SAFEGUARDS

1. Read all instructions before using this appliance.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against fire, electric shock and/or injury to persons do not immerse cord, plugs, or Pressure Cooker body in water or any other liquid.
4. Close supervision is needed when using this appliance by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner.
7. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock, and/or injury to persons.
8. Do not use outdoors.
9. Do not let the cord hang over the edge of the table or counter, or touch hot surfaces.
10. Do not place near a hot gas or electric burner, or in a heated oven.
11. When finished, press and hold the **START/STOP** button until the red light illuminates, and then remove the plug from the wall.
12. Do not use this appliance for other than its intended use.
13. Extreme caution must be used when moving an appliance containing hot oil or any hot liquids.
14. Oversized foods, metal foil packages, or utensils must not be inserted in the appliance as they may involve a risk of fire or electric shock.
15. A fire may occur if the appliance is covered or touching flammable material, including curtains, draperies, walls, and the like while in operation.
16. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. See "Cooking With Your Pressure Cooker."
17. Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti. These foods tend to foam, froth and sputter, and may block the pressure release device.

FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

ADDITIONAL IMPORTANT SAFEGUARDS (Cont.)

WARNING: This appliance generates heat and escaping steam during use. Use proper precautions to prevent risk of burns, fires, or other injury to persons or damage to property.

1. Keep hands and face away from steam release valve when releasing pressure.
2. Use extreme caution when removing the lid after cooking. Serious burns can result from steam inside.
3. Never remove the lid while the unit is in operation.
4. Do not use without the removable pot in place.
5. Do not cover the pressure valves with anything as an explosion may occur.
6. Do not touch the removable pot, any removable parts, or heating parts immediately after using. Let the unit cool completely first.

3-PRONG GROUNDED TYPE PLUG

This appliance is equipped with a grounded type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the grounding pin part of the 3-prong plug.

SHORT CORD INSTRUCTIONS

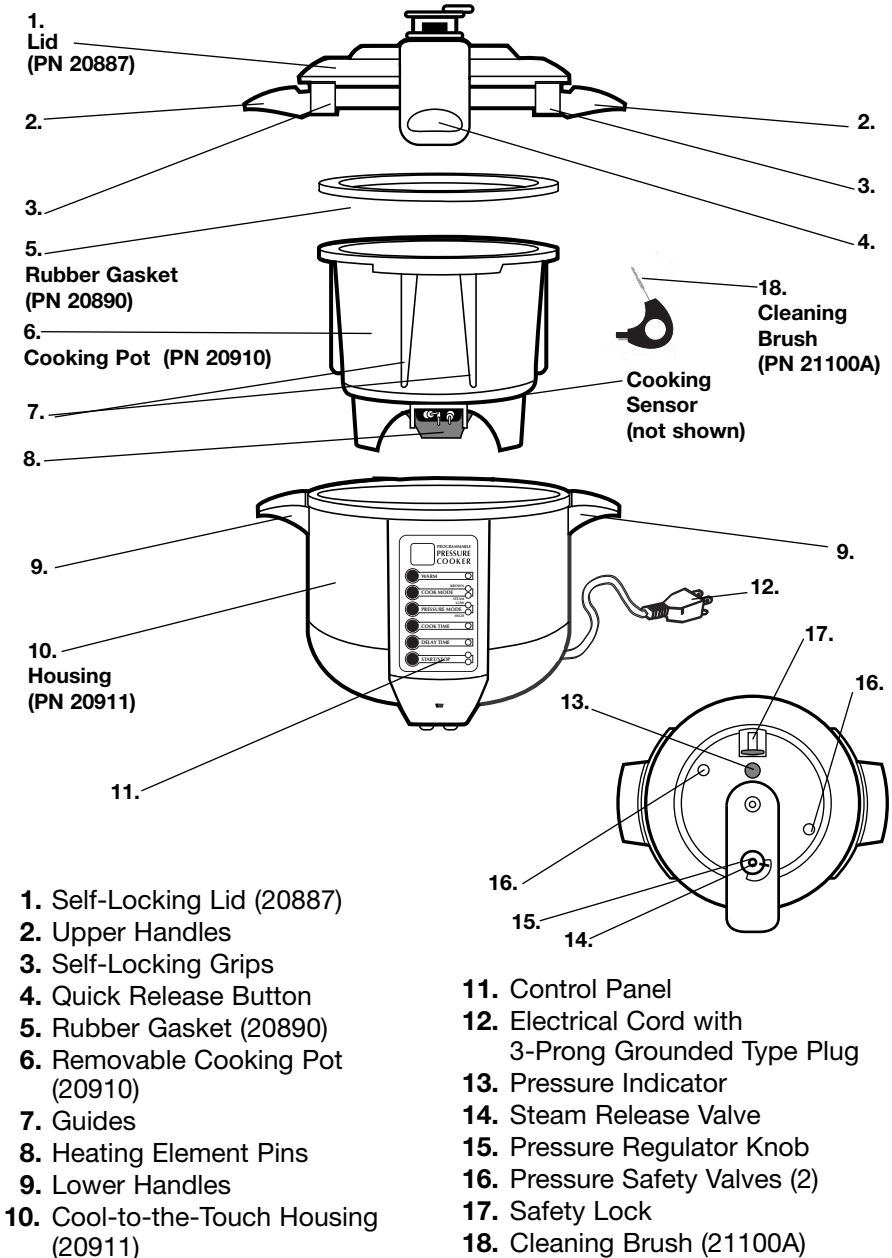
This appliance has a short cord to reduce hazards of becoming entangled or tripping over a longer cord. An extension cord may be used if the electrical rating of the extension cord is equal to or greater than the rating of this Pressure Cooker. Use only an extension cord rated 15 amperes or greater. Care must be taken to arrange the extension cord so that it will not drape over the counter top or table top where it can be pulled on by children or pets or tripped over.

INTRODUCTION

Congratulations! You are about to learn how to cook and prepare delicious, home made meals in a fraction of the time it normally takes, without sacrificing flavor or nutrition. Your Cook's Essentials™ Programmable Electric Pressure Cooker is quick, safe and easy to use. And best of all, it can shorten the traditional cooking time of most foods by up to 70 percent.

- Your Programmable Electric Pressure Cooker cooks like a traditional Pressure Cooker by combining steam heat and pressure for faster cooking times. Since an air-tight seal is formed when the lid is closed and locked, the heat and steam stay trapped inside the removable pot. As the steam builds, so does the cooking temperature which will get as hot as 250°F, which is 38°F hotter than when food is normally cooked in a regular cooking pot with liquid. This combination of high heat and pressure are what causes the food to cook faster, while retaining water soluble nutrients and flavor.
- Your Cook's Essentials™ Electric Pressure Cooker is programmable. It has a built-in thermostat and timers which eliminate unnecessary guesswork as far as adjusting the heat to maintain pressure or clocking the cooking time as you would do when cooking with a traditional Pressure Cooker on a stove top burner.
- The 1200 watt heating element allows for quick heating and for maintaining even cooking temperature and pressure.
- The large, 4 quart capacity, heavy-duty, non-stick, aluminum removable pot heats up quickly and evenly.
- The Cook's Essentials™ Programmable Electric Pressure Cooker has a BROWN function that allows you to sauté or brown food in the removable pot before cooking under pressure.
- The quick release feature allows you to release pressure with the simple push of a button.
- The STEAM function heats cooking liquid in the removable pot to a boil (212° F) in a matter of minutes for steaming an endless variety of foods like vegetables and shellfish as well as boiling water for cooking rice and pasta.
- The software is incorporated with a CANCEL Feature for both **COOK TIME** and **DELAY TIME** during setup. If it becomes necessary to cancel or reset the time before cooking has begun, simply press the **COOK TIME** and **START/STOP** buttons simultaneously to reset the Cook Time to "01"; or press the **DELAY TIME** and **START/STOP** buttons simultaneously to reset the Delay Time to "00."
- The KEEP WARM function holds and keeps cooked food warm for an unlimited period of time.
- The sturdy, brushed stainless steel and molded, cool-to-the-touch housing of the Your Cook's Essentials™ Programmable Electric Pressure Cooker is both attractive and functional.

GETTING TO KNOW YOUR COOK'S ESSENTIALS™ PC400 PROGRAMMABLE ELECTRIC PRESSURE COOKER



A NOTE REGARDING YOUR NEW COOK'S ESSENTIALS™ PROGRAMMABLE ELECTRIC PRESSURE COOKER FEATURING DUPONT® SILVERSTONE® SELECT WITH SCRATCHGUARD™

Congratulations on your purchase of Cook's Essentials™ Programmable Electric Pressure Cooker featuring DuPont® SilverStone® Select with ScratchGuard™. The special coating on your Programmable Electric Pressure Cooker has been designed to add durability and ease of use and cleaning. The special ceramic fillers in the coating make it safe for use with metal utensils. Please note that minor surface marring may occur, but will not affect the non-stick performance.

Care and cleaning of your Programmable Electric Pressure Cooker is a snap with the ScratchGuard™ coating, as it has been designed to be completely non-stick. Washing or rinsing with warm, soapy water and a sponge or a cloth is all that is needed. Do not use steel wool, coarse scouring pads or harsh abrasives on any surface coated with ScratchGuard™.

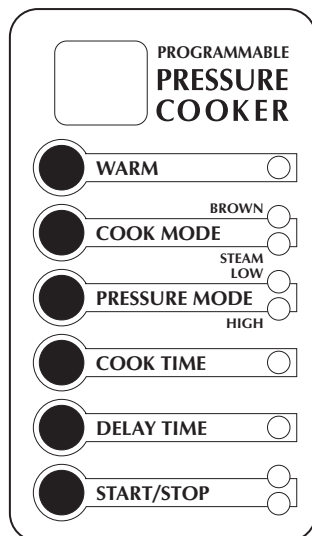
CONTROL PANEL OPTIONS

WARM

The KEEP WARM function holds and keeps cooked food warm for an unlimited period of time. Press **WARM** button. Press **START/STOP** to activate. The yellow indicator light will flash, indicating WARM is working. To cancel or stop, press and hold **START/STOP** button until red light illuminates.

COOK MODE

BROWN or STEAM: For BROWN function, press **COOK MODE** button until the green indicator light next to BROWN is lit. Press the **START/STOP** button until the green indicator light illuminates. Appliance begins to heat immediately and will remain hot until **START/STOP** button is pressed again and held to end the BROWN function.



CONTROL PANEL OPTIONS *(Continued)*

For STEAM function and to bring water to a boil, press **COOK MODE** button until red indicator light next to STEAM is lit. Press **COOK TIME** to enter the cooking time desired and then **START/STOP**. The unit will begin to count down in minutes, and will beep 3 times when finished. The Pressure Cooker will automatically shut off at the end of the cooking time.

PRESSURE MODE

LOW or HIGH: For cooking food under LOW PRESSURE, press **PRESSURE MODE** button until green indicator light is lit; for HIGH PRESSURE, press until red indicator light is lit. Press **COOK TIME** for the cooking time desired and then **START/STOP**. The Unit will begin to count down in minutes, and will beep 3 times when finished. Let pressure drop on its own by using the natural release feature, or release immediately by pressing and holding down the quick release button. To cancel or stop cooking before time has elapsed, press and hold the **START/STOP** button until the red light illuminates.

COOK TIME

Use the Timer when using the **COOK MODE**: STEAM function or the **PRESSURE MODE**: LOW or HIGH settings. Press **COOK TIME** button to set the cooking time desired, up to 99 minutes.

DELAY TIME

Allows you to begin cooking food one to two hours later.

IDLE MODE

This Pressure Cooker has an IDLE Mode. If you input a **COOK TIME** and/or **DELAY TIME**, but forget to select a program or if you forget to press **START**, the clock will display "--" after 5 seconds. This feature is for your convenience to show that the program is incomplete. The "--" signal indicates that the Cooker is not programmed properly and will not run. You can proceed to the program where you left off by pressing the **COOK TIME** or **DELAY TIME** button. Your selected time will reappear. If this time does not appear, or if it is incorrect, simply enter the correct time and then press the **START/STOP** button.

START/STOP

After choosing the desired program (**WARM**, **COOK MODE**: BROWN or STEAM, or **PRESSURE MODE**: LOW or HIGH, and if appropriate, a cooking time, press **START/STOP** to begin operating the appliance. The green indicator light will be lit when **START** is chosen. The red indicator light will illuminate for **STOP**. If you wish to change your selection, or to stop the appliance, press and hold **START/STOP**.

USE AND CARE INSTRUCTIONS

BEFORE USING THE FIRST TIME

1. Before using the Programmable Electric Pressure Cooker for the first time, wash the removable pot with warm soapy water. Rinse off with clean water and towel dry. Wash the self-locking lid and rubber gasket with a clean, damp sponge or cloth and warm soapy water. Wipe off with clean water and towel dry.
2. To ensure correct fitting of the rubber gasket, fill the removable pot two-thirds full with water and run on HIGH PRESSURE as described on page 11, Steps 3 to 8 for 15 minutes. Release pressure by pressing on the quick release button. Let appliance cool to room temperature. Pour out the water. Rinse and dry the removable pot. The Pressure Cooker is now ready to be used.

BEFORE YOU BEGIN COOKING EACH TIME

For best results, always check that the pressure regulator knob, pressure indicator, steam release valve and safety valves are in good working order and that there are no foreign particles blocking the valve openings on the underside of the lid (see Care and Cleaning Instructions, page 14, Step 7).

POWER BACK UP FEATURE

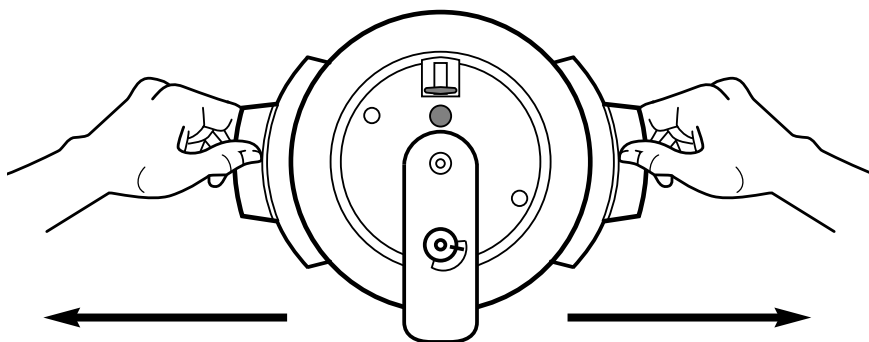
This Pressure Cooker has a Back-Up Feature to prevent malfunction in the event of power surges. If the Pressure Cooker is unplugged or switched OFF, allow at least 30 seconds for the program to clear before turning the unit back ON.

OPERATING INSTRUCTIONS

1. Plug the cord into a grounded-type 120V AC electrical wall outlet.
2. Position the removable pot in the appliance so that the guide located in the front of the removable cooking pot (with the heating element pins) slides down through the channel located inside the front of the cool-to-the-touch housing.
3. Choose the desired program by pressing either **WARM**, **COOK MODE: BROWN** or **STEAM**, or **PRESSURE MODE: LOW** or **HIGH**.
4. If using **COOK MODE: STEAM**, or **PRESSURE MODE: LOW** or **HIGH**, press **COOK TIME** for the desired cooking time.
5. Press the **START/STOP** button to begin cooking. The Pressure Cooker will beep three times at the end of the cooking time.

OPERATING INSTRUCTIONS *(Continued)*

6. When finished cooking, or to cancel and reset, press and hold the **START/STOP** button until the red light illuminates.
7. **THE SELF-LOCKING LID MUST BE POSITIONED ON APPLIANCE WHEN COOKING UNDER PRESSURE OR WHEN STEAMING FOOD.**
8. **TO REMOVE THE LID, PRESSURE MUST BE RELEASED BEFORE OPENING.** Slide the safety lock to the UNLOCKED position. Grasp the upper handles and pull out simultaneously to unclamp the self-locking grips from the rim of the removable pot.



9. To position and lock the lid in place, pull the upper handles apart to hold open the self-locking grips. Place lid on top of the removable pot and release the upper handles so that the self-locking grips close onto the rim of the removable pot.
10. Allow the appliance to cool before cleaning it. After it has cooled, unplug it from the wall outlet. Clean by following the Care and Cleaning Instructions on page 14.

COOKING WITH YOUR COOK'S ESSENTIALS™ PROGRAMMABLE ELECTRIC PRESSURE COOKER

WARMING

This function reheats or keeps cooked food warm for an indefinite period of time. This program can either be used on its own or in conjunction with **COOK MODE: STEAM** or **PRESSURE MODE: LOW** or **HIGH** to keep food warm after cooking.

1. Place cooked food in removable pot. Press **WARM** button. The yellow indicator light will be lit. To start program, press **START/STOP** button. The green indicator light will be lit and the yellow indicator light will flash.
2. If you would like to keep food warm after steaming or cooking with **LOW** or **HIGH PRESSURE** cooking, set **COOK TIME** first. Then press **WARM** button. Press the **START/STOP** button to begin the warming process. The yellow indicator light flash and the appliance will automatically go into **WARMING** function after cooking. To end program or to reset, press and hold the **START/STOP** button until red light illuminates.

BROWNING

Braised foods always taste better when browned before cooking in liquid. The Cook's Essentials™ Programmable Electric Pressure Cooker has a built-in browning cycle.

1. Place the removable pot in the Pressure Cooker. Add the appropriate amount of oil as called for in the recipe. With the lid off, press the **COOK MODE** button for **BROWN**. The green indicator light next to **BROWN** will be lit.
2. Press the **START/STOP** button; the green indicator light will be lit and the **BROWN** function green indicator light will begin to flash. After approximately five minutes of preheating, add food and begin browning.
3. During the **BROWN** Mode, the Pressure Cooker will beep 3 times every 10 minutes as a warning that this is a high temperature setting. Do not leave the Pressure Cooker unattended while browning foods.
4. **For best results**, food should be patted dry with paper towels and cut into small, uniform pieces. Brown or sauté food in small batches.
5. Proceed with recipe and continue cooking.

COOKING WITH YOUR PRESSURE COOKER (Cont.)

STEAMING

This function quickly brings cooking liquid to a boil for steaming food or cooking pasta or rice.

1. Place the removable pot into the cool-to-the-touch housing.
2. To steam food, place a small plastic, heat-resistant steaming rack or basket (**NOT INCLUDED**) in the bottom of the removable cooking pot. Add just enough water so that the bottom of the rack is above the liquid. Add the food.

Do not fill the Pot more than two-thirds full.

3. Place the self-locking lid onto the cooking pot.

Do not lock. Turn the pressure regulator knob to STEAM.

4. Press the **COOK MODE** button for STEAM. The red indicator light next to STEAM will be lit.

5. Press **COOK TIME** for the desired cooking time, up to 99 minutes. Press the **START/STOP** button; the green indicator light will be lit and the red STEAM indicator light will blink slowly and then faster as the temperature increases and the liquid comes to a boil.

6. The lid can be opened while cooking to check the food.

WARNING: Use caution when opening lid. Steam escapes as soon as the lid is opened. Use oven mitts when handling hot materials.

7. The appliance will beep three times at the end of the preset cooking time. Press and hold **START/STOP** button until red light illuminates.
8. **TO COOK PASTA OR RICE**, place the removable pot in the cool-to-the-touch housing.
9. **TO COOK RICE**, add two cups of water for each cup of rice; **DO NOT EXCEED 2 CUPS OF RICE.**
10. Press the **COOK MODE** button for STEAM. The red indicator light next to STEAM will be lit.
11. Press the **COOK TIME** button until “:30” appears on the display. Press the **START/STOP** button; the green indicator light will be lit and the red STEAM indicator light will blink slowly and then faster as the temperature increases and the water comes to a boil.
12. Add salt to taste and either the pasta or rice. Cook pasta until al dente. Cook rice until the water is absorbed.
13. When finished cooking, press and hold the **START/STOP** button until red light illuminates.



COOKING WITH YOUR PRESSURE COOKER (Cont.)

PRESSURE COOKING

By cooking in the Cook's Essentials™ Programmable Electric Pressure Cooker at high temperature and pressure you are able to reduce the cooking time of most foods by up to 70 percent.

1. Place the removable pot in the cool-to-the-touch housing. Add the ingredients to the removable cooking pot. Brown if desired, as explained previously.
2. **You should add at least 1 cup (8 ounces) of liquid to the removable pot when cooking under pressure. Do not fill the cooking pot more than one-third when cooking dried beans and legumes; no more than half way when cooking soups and stews; and no more than two-thirds full when cooking vegetables or whole pieces of meat.**
3. Place the self-locking lid on Pressure Cooker. Slide the safety lock to LOCK position.
4. Turn the pressure regulator knob to PRESSURE.
5. Press the **PRESSURE MODE** button for LOW or HIGH, as called for in the recipe.
6. Press **COOK TIME** for the cooking time called for in the recipe or recommended in the Suggested Cooking Times section of this book, pages 33-38. The cooking time begins from the moment pressure is reached and does not include preheating.
7. Press **START/STOP** button until the green indicator light appears. If cooking under HIGH PRESSURE, the red indicator light will blink slowly; the green indicator light blinks when cooking under LOW PRESSURE. The lights will blink faster as pressure builds and the cooking countdown begins.
8. The pressure indicator will rise as pressure builds. After cooking under pressure for the desired programmed time, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red light illuminates.
9. **Quick Release / Natural Release.**
Release pressure using either the natural release or quick release feature.



COOKING WITH YOUR PRESSURE COOKER (Cont.)

10. The natural release feature is preferred when cooking foods like stocks, sauces, and certain large cuts of meat which will benefit from continuing to cook in the Pressure Cooker as the pressure and temperature drop naturally as the unit cools. DO NOT use with foods that can overcook easily and quickly.
11. To release pressure immediately after cooking, use the quick release feature. Press the quick release button until steam stops coming out of the steam release valve and the pressure indicator drops.

Caution: Escaping steam is very hot. To avoid serious injuries or burns, keep bare skin, face and eyes away from the steam release valve.

Caution: Do not use the quick release feature for foods with a lot of liquid. There could be an overflow.

12. Once pressure is released, regardless of method, slide the safety lock to UNLOCK. Remove the lid and check the food to see if it has been cooked sufficiently. If not, replace the lid and repeat Steps 4 to 8, cooking under pressure an additional 2 to 3 minutes.
13. To steam foods like vegetables, add water to the removable pot. Place a small plastic/heat-resistant steaming rack or basket **(NOT INCLUDED)** in the removable pot. Place the food on the rack. **For best results, do not fill more than two-thirds full; do not pack the food down.** Follow the same procedure for cooking under pressure, Steps 3 to 8, using the quick release feature for releasing the pressure (Step 11).
14. Since steam is hotter than boiling water, **always take care when opening the appliance after cooking under pressure. Never place your face over the Pressure Cooker when removing the lid.** Also, be aware that hot, boiling liquid increases in volume when under pressure. When opening the Pressure Cooker after making soups and stock, **let the food sit a few minutes before removing the lid as not to have the hot liquid boil over.**
15. Since overcooked food cannot be corrected, it is almost better to err on the undercooked side by cooking an unfamiliar food for a shorter period of time than you may think necessary. You can always go back and continue cooking under pressure a minute or two longer if need be (see Steps 4 through 8).

COOKING WITH YOUR PRESSURE COOKER (Cont.)

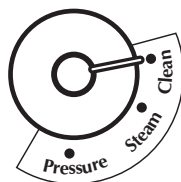
16. It is easy to also adapt your favorite recipe for use in the Cook's Essentials™ Programmable Electric Pressure Cooker. For the most part, soups, stews, braised and slow-roasted meats and poultry, steamed and braised vegetables, dried beans and legumes, and slow-simmered recipes like tomato sauce, provide the best results. A chart for cooking commonly prepared foods under pressure can be found beginning on page 33 of the Recipe Guide. Bear in mind that the amount of cooking liquid used when adapting a recipe will be much less since you will be cooking in a sealed pot for a much shorter time. You must, however, use sufficient liquid, since the Pressure Cooker is constantly building steam during the entire cooking process. If you run out of liquid, and continue cooking, the food will burn. While there is no universal guide for adapting recipes, trial and error will come into play until you understand how a Pressure Cooker cooks.
17. **Never try to force open the self-locking lid.** Built-in safety valves inhibit opening the lid while there is still pressure in the removable cooking pot. All pressure and steam must first be released as explained in Steps 10 and 11.
18. **Never deep-fry or pressure-fry** in the Cook's Essentials™ Programmable Electric Pressure Cooker, regardless of whether the lid is on or off. **THIS IS DANGEROUS AND CAN CAUSE A FIRE AND SERIOUS DAMAGE.**
19. **Do not cook dumplings or use ingredients that "foam" when the lid is closed firmly.** These ingredients could block the safety devices. Only cook dumplings and the like, with the lid removed.

DELAY TIME

1. You can cook food one to two hours later when using **DELAY TIME** in conjunction with the **WARM, COOK MODE: STEAM**, and **PRESSURE MODE: LOW** or **HIGH** programs.
2. After selecting the desired cooking program and cooking time, press the **DELAY TIME** button for either one or two hours.
3. Press **START/STOP** button until the green indicator light appears. The appliance will begin cooking either one or two hours later.
4. Do not use the **DELAY TIME** function when cooking perishable foods that may spoil if left out at room temperature.

CARE & CLEANING INSTRUCTIONS

1. Unplug and let the Cook's Essentials™ Programmable Electric Pressure Cooker cool to room temperature before cleaning.
2. Wash the removable pot with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and towel dry.
3. Remove the rubber gasket from the underside of the self-locking lid. Wash both with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and towel dry.
4. The rubber gasket must always be properly positioned on the underside of the lid. Check periodically to make sure that it is clean, flexible and not cracked or torn. If damaged, do not use this appliance. Contact the Consumer Service Department toll-free at 1-800-233-9054 for information on purchasing a replacement Gasket.
5. Wipe the cool-to-the-touch housing clean with a damp soft cloth or sponge.
6. Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
7. Always check that the pressure and safety valves are in good working order. Turn the pressure regulator valve to CLEAN. Check and remove any food or foreign particles that may be lodged in the valve. Replace the pressure regulator valve before using again.
8. In order to maintain the good performance of your Pressure Cooker, the bottom of the removable cooking pot, in the area of the sensor pad, must be cleaned after each use. The sensor must be free of dirt, food, or residue. To do so, wipe with a soft, damp cloth and be sure to dry thoroughly.



RECIPE GUIDE

The following recipes have been especially developed for preparing in the Cook's Essentials™ Programmable Electric Pressure Cooker by leading housewares expert and best-selling cookbook author, Tom Lacalamita, The Kitchen Resource.

A listing of suggested cooking times follows for your convenience.

Baked Beans in a Pot

3 (15-oz.) cans small white beans, drained and rinsed
under cold water in a colander

2 tablespoons olive oil

1 small red onion, chopped

1 clove garlic, peeled and minced

1 small rib celery, chopped

1 small carrot, chopped

1 bay leaf

3 tablespoons molasses

3 tablespoons packed brown sugar

1-1/2 teaspoons dry mustard

1/2 teaspoon dried thyme

1. Place removable cooking pot in the Pressure Cooker. Add oil.
2. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
3. Preheat 5 minutes. Add the onion, garlic, celery, and carrot. Sauté until the onion is soft. Do not let brown.
4. Add the beans, remaining ingredients, enough water to just cover.
5. Place lid on the Pressure Cooker. Slide the safety lock to the LOCK position. Turn the pressure regulator knob to PRESSURE. Press the **PRESSURE MODE** button for HIGH and **COOK TIME** button until 30 minutes appears on the display.
6. Press **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins. The pressure indicator will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
7. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.
8. Remove the beans to a serving bowl.

Makes 4 servings

Vegetarian Chili

- 1 cup (approximately 8 ounces) dried black beans,
soaked one hour in boiling water
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic, peeled and minced
- 1 medium green pepper, cored, seeded and chopped
- 1 medium red pepper, cored, seeded and chopped
- 1 jalapeño pepper, cored seeded and chopped
- 2 carrots, chopped
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1 (14.5-ounce) can diced tomatoes
- 1 cup water
- Salt
- 2 tablespoons minced fresh cilantro

Optional garnishes:

- Chopped black olives
- Sour cream
- Shredded cheddar cheese

1. Drain beans and set aside.
2. Place removable pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
4. Preheat 5 minutes. Add the onion, garlic, peppers, carrots, chili powder, cumin, and oregano. Sauté until the onion is soft.
5. Add the soaked, drained beans, tomatoes, and water. Stir to combine. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
6. Turn the pressure regulator knob to PRESSURE.
7. Press the **PRESSURE MODE** button for HIGH PRESSURE.
8. Press **COOK TIME** button until 25 minutes appears on the display.

Vegetarian Chili (Continued)

9. Press **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins. The pressure indicator will rise as the pressure builds. After cooking under pressure 25 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
10. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.
11. If the beans are not tender, lower the top and repeat Steps 7 through 10, cooking under pressure an additional 3 to 5 minutes, or until tender.
12. Season with salt to taste. Stir in the chopped cilantro. Serve with cooked white rice and optional garnishes, if desired.

Makes 4 to 6 servings

Vegetable Stock

1 medium onion, coarsely chopped
1 leek, trimmed, washed well and chopped
2 unpeeled cloves garlic, crushed
1 carrot, coarsely chopped
1 rib celery, coarsely chopped
2 canned plum tomatoes, coarsely chopped
3 sprigs parsley
1 bay leaf
1/2 teaspoon whole black peppercorns
6 cups water
Salt

1. Place removable pot in Pressure Cooker. Add all the ingredients, except salt, to the removable cooking pot.
2. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
3. Turn the pressure regulator knob to PRESSURE.
4. Press the **PRESSURE MODE** button for HIGH PRESSURE.
5. Press **COOK TIME** button until 30 minutes appears on the display.
6. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins. The pressure indicator will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
7. Once the pressure indicator drops, slide the safety lock to UNLOCK position and remove the lid.
8. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 6 cups

Chicken Stock

2 pounds chicken pieces like wings, necks, backs:
skin and all visible fat removed
1 large onion, coarsely chopped
2 carrots, coarsely chopped
2 ribs celery, coarsely chopped
2 canned plum tomatoes, coarsely chopped
4 sprigs parsley
1/2 teaspoon whole black peppercorns
6 cups water
Salt

1. Place removable pot in Pressure Cooker. Add all the ingredients, except salt, to the removable cooking pot.
2. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
3. Turn the pressure regulator knob to PRESSURE.
4. Press the **PRESSURE MODE** button for HIGH PRESSURE.
5. Press **COOK TIME** button until 30 minutes appears on the display.
6. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins. The pressure indicator will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
7. Once the pressure indicator drops, slide the safety lock to UNLOCK position and remove the lid.
8. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 6 cups

Chicken Soup with Rice

- 6 cups chicken stock (page 19), or
canned, low sodium chicken broth
- 1 boneless chicken breast, cut into bite-sized pieces
- 3 carrots, peeled and sliced thin
- 5 ribs celery, trimmed and sliced thin
- 2 large leeks, trimmed, washed well, light green
and white parts only, sliced thin
- 1/2 cup uncooked rice

1. Place removable pot in Pressure Cooker. Add all the ingredients to the removable cooking pot.
2. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
3. Turn the pressure regulator knob to PRESSURE.
4. Press the **PRESSURE MODE** button for HIGH PRESSURE.
5. Press **COOK TIME** button until 10 minutes appears on the display.
6. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins. The pressure indicator will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
7. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.

Makes 4 servings

Barbecued Chicken

- 2 tablespoons olive oil
- 3 to 4 pound chicken, cut into pieces, skin and all fat removed
- 1 cup of your favorite barbecue sauce
- 1 large onion, chopped
- 1 large green pepper, seeded, cored and chopped

1. Place removable pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
3. Preheat 5 minutes. Add the chicken, a few pieces at a time, and brown on both sides. Place browned chicken pieces on a dish and set aside.
4. Stir in the barbecue sauce, chopped onion, and green pepper. Add the browned chicken pieces. Stir to combine. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
5. Turn the pressure regulator knob to PRESSURE.
6. Press the **PRESSURE MODE** button for HIGH PRESSURE.
7. Press **COOK TIME** button until 10 minutes appears on the display.
8. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins. The pressure indicator will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
9. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.

Makes 4 to 6 servings

French Pot-au-feu

Braised Chicken with Vegetables

3 chicken split breast halves with skin and bone

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

Salt

Black Pepper

2 tablespoons olive oil

2 medium red potatoes, scrubbed and quartered

2 carrots, peeled and quartered

2 ribs celery, quartered

2 leeks, trimmed, washed well, light green and white parts only
sliced thin

1 cup chicken or vegetable stock, or canned low sodium broth

1. Rub chicken breast halves with the herbs, salt and black pepper.
2. Place removable cooking pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
4. Preheat 5 minutes. Brown the chicken, one breast at a time. Scatter the vegetables around the browned chicken. Pour in the broth. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
5. Turn the pressure regulator knob to PRESSURE.
6. Press the **PRESSURE MODE** button for HIGH PRESSURE.
7. Press **COOK TIME** button until 10 minutes appears on the display.
8. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
9. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid. Remove chicken from bone and serve with the vegetables and cooking liquid.

Makes 4 servings

Sauerbraten

2-1/2 to 3 pound chuck or rump roast

Salt

Black Pepper

2 tablespoons vegetable oil

1 cup water

1/2 cup red wine vinegar

1/2 cup dry red wine

1/4 cup brown sugar, packed

1 teaspoon ground cloves

2 teaspoons salt

2 large carrots, coarsely chopped

2 ribs celery, coarsely chopped

2 large onions, coarsely chopped

1 clove garlic, peeled and crushed

3/4 cup finely crushed ginger snaps

2 bay leaves

1. Pat the roast dry with paper towel. Rub with salt and black pepper.
2. Place removable cooking pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
4. Preheat 5 minutes. Add the roast and brown evenly on all sides.
5. While the meat browns, combine the water, vinegar, wine, sugar, ground cloves, and salt. Set aside.
6. Scatter the chopped vegetables, crushed ginger snaps, and bay leaf around the meat. Add the liquid. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
7. Turn the pressure regulator knob to PRESSURE.
8. Press the **PRESSURE MODE** button for HIGH PRESSURE.
9. Press **COOK TIME** button until 60 minutes appears on the display.
10. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 60 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.

Sauerbraten (Continued)

11. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
12. Once the pressure indicator drops, slide the safety lock to UNLOCK position and remove the lid.
13. Remove the meat to a serving platter and cover with foil. Pour the gravy into a food processor, blender, or food mill and process until smooth. Taste and adjust for salt. Slice the meat across the grain into thick slices and serve with the gravy on the side.

Makes 6 to 8 servings

Beef Stew

- 2 pounds boneless beef chuck, trimmed of all fat and cut into 1-1/2-inch cubes
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, peeled and minced
- 1 teaspoon dried thyme
- 8 ounces peeled baby carrots (about 2 cups)
- 2 all purpose potatoes, peeled and cut into 1-1/2-inch pieces
- 1 (9-ounce) package frozen cut green beans
- 1 (28-ounce) can tomato sauce
- 2 bay leaves
- Salt
- Black pepper
- 1 tablespoon minced parsley

1. Season meat with salt and pepper.
2. Place removable cooking pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** button for Brown. Press the **START/STOP** button.
4. Preheat 5 minutes. Add meat in small batches and brown evenly on all sides. Place browned meat on a dish and set aside. Add onion and garlic to Pressure Cooker and sauté 3 to 5 minutes, or until soft. Return the browned meat to the cooking pot. Add the remaining ingredients, except the parsley. Season with salt and pepper to taste. Stir well. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
5. Turn the pressure regulator knob to PRESSURE.
6. Press the **PRESSURE MODE** button for HIGH PRESSURE.
7. Press **COOK TIME** until 20 minutes appears on the display.
8. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 20 minutes, the Pressure Cooker will beep 3 times. Press and hold the **START/STOP** button until the red indicator light illuminates.
9. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid. Add parsley. Taste and adjust for salt and pepper.

Makes 6 to 8 servings

Italian Meat Sauce

2 tablespoons olive oil
1 small onion, minced
1 carrot, minced
1 rib celery, minced
1 pound lean ground beef
1/4 cup minced parsley
6 cups tomato puree (two 28-ounce cans)
1 teaspoon sugar
4 teaspoons salt
1 teaspoon black pepper

1. Place removable cooking pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
3. Add the onion, carrot, and celery and sauté until soft. Add the ground beef and parsley. Brown until the meat is no longer pink. Add the remaining ingredients. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
4. Turn the pressure regulator knob to PRESSURE.
5. Press the **PRESSURE MODE** button for HIGH PRESSURE.
6. Press **COOK TIME** button until 30 minutes appears on the display.
7. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates. Release pressure using the natural release feature. This will take approximately 30 to 45 minutes.
8. Once the pressure indicator drops, slide the safety lock to UNLOCK position and remove the lid.

Makes 6 to 8 servings

Candied Yams

- 2 long strips orange peel
- 3 pounds sweet potatoes, peeled and cut into
1/2-inch thick slices
- 1/2 cup packed brown sugar
- 1 teaspoon ground cinnamon
- Pinch salt
- 3/4 cup orange juice
- 1 tablespoon butter, softened

1. Place the removable pot in the Pressure Cooker.
2. Place orange peel in bottom of pot. Add sweet potato slices in three layers, sprinkling each layer with a third of the brown sugar and cinnamon, ending with a final layer of brown sugar and cinnamon. Sprinkle with salt and drizzle with the orange juice. Dot with butter.
3. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
4. Turn the pressure regulator knob to PRESSURE.
5. Press the **PRESSURE MODE** button for LOW PRESSURE.
6. Press **COOK TIME** button until 8 minutes appears on the display.
7. Press the **START/STOP** button until the green indicator light appears. The green LOW PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 8 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
8. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.
9. Carefully remove the sweet potatoes with a spatula to a serving bowl. Pour any accumulated syrup over the sweet potatoes. If the sweet potatoes are not tender, leave in the Pressure Cooker. Press **WARM** button and let food remain covered with the lid for 5 to 10 minutes.

Makes 4 servings

Stuffed Artichokes

3/4 cup water
1/2 teaspoon salt
1 bay leaf
4 medium-sized artichokes
2 extra-large eggs, beaten
3 tablespoons grated Pecorino Romano cheese
1 clove garlic, peeled and minced
1 tablespoon minced parsley
Pinch black pepper
1 tablespoon olive oil

1. Place removable pot in Pressure Cooker. Add the water, salt, and bay leaf.
2. Cut off stems from artichokes. Tear off and discard the top two or three layers of tough, outer leaves. Cut off 1/2-inch to 1-inch from the tops of the artichokes. Carefully open and expose the removable leaves and choke. Pull out and remove any thorny leaves. With a teaspoon, scoop out and discard any fuzzy matter from the center choke. Place artichokes in removable pot, standing upright.
2. Combine the eggs, grated cheese, garlic, parsley, and black pepper in a small mixing bowl. Drizzle an equal amount of egg mixture over each artichoke. Drizzle with the olive oil.
3. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
4. Turn the pressure regulator knob to PRESSURE.
5. Press the **PRESSURE MODE** button for HIGH PRESSURE.
6. Press **COOK TIME** button until 7 minutes appears on the display.
7. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 7 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
8. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.
9. Carefully remove the artichokes with a slotted spoon to small bowls. Pour some cooking liquid over each artichoke.

Makes 4 servings

Risotto

3 tablespoons unsalted butter
1 small onion, finely chopped
1 cup Italian arborio or other short grain rice
2-1/4 cups chicken or vegetable stock or canned, low-sodium broth
1/3 cup grated Parmesan cheese
Black pepper

1. Place removable pot in Pressure Cooker. Add butter.
2. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button.
3. Add the chopped onion and sauté until soft. Add the rice and sauté 2 minutes. Pour in the stock or broth and stir to mix. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
4. Turn the pressure regulator knob to PRESSURE.
5. Press the **PRESSURE MODE** button for HIGH PRESSURE.
6. Press **COOK TIME** button until 7 minutes appears on the display.
7. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 7 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
8. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid. Stir in the Parmesan cheese and black pepper to taste.

Makes 4 servings

Golden Spanish Rice

2 tablespoons olive oil
1 large onion, chopped
1 large red pepper, cored, seeded and chopped
3 cloves garlic, minced
1 package 10-ounce or two 5-ounce packages yellow rice mix,
available in the Latin food section of most supermarkets
1 (14.5-ounce) can diced tomatoes with garlic
1 package (8- to 10-ounces) frozen artichoke hearts
1 cup frozen green peas
Water (amount called for on rice mix package)

Optional: 1 pound cooked shrimp

1. Place removable pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** button for BROWN. Press the **START/STOP** button. Add the chopped onion, red pepper, and garlic and sauté until soft. Add the dry rice mix, tomatoes, artichokes, and peas. Pour in the amount of water called for on the rice mix package. Stir to mix. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
3. Turn the pressure regulator knob to PRESSURE.
4. Press the **PRESSURE MODE** button for HIGH PRESSURE.
5. Press **COOK TIME** button until 9 minutes appears on the display.
6. Press the **START/STOP** button until the green indicator light appears. The red HIGH PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 9 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
7. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid. Add the optional cooked shrimp, if desired.

Makes 4 servings

Harvest Apple Sauce

6 large apples
1 cup fresh cranberries
1/4 cup maple syrup
1/2 cup water or apple cider
1 cinnamon stick
Pinch salt

1. Place removable pot in Pressure Cooker.
2. Peel and core apples. Do not peel. Cut into eighths. Place in Pot with remaining ingredients. Stir to combine.
3. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
4. Turn the pressure regulator knob to PRESSURE.
5. Press the **PRESSURE MODE** button for LOW PRESSURE.
6. Press **COOK TIME** button until 7 minutes appears on the display.
7. Press **START/STOP** button until the green indicator light appears. The green LOW PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 7 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
8. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.
9. Spoon cooked apple mixture, a little at a time, into a food mill and process into a large mixing bowl. Discard the peel and seeds. Repeat with the remaining apples.

Makes 4 to 6 servings

Stuffed Apples

4 large firm apples like Rome, Jonagold, Cortland or Winesap
1/3 cup packed brown sugar
1/4 cup chopped walnuts
1/4 teaspoon cinnamon
1 tablespoon unsalted butter
3/4 cup apple juice or cider

1. Place removable pot in Pressure Cooker.
2. Core apples, cutting to, but not through the bottoms.
3. Combine the sugar, walnuts, and cinnamon in a small bowl. Spoon mixture into the apples and place in the removable pot. Dot the apples with the butter. Pour the apple juice or cider into the removable cooking pot.
4. Place lid on Pressure Cooker. Slide the safety lock to LOCK position.
5. Turn the pressure regulator knob to PRESSURE.
6. Press the **PRESSURE MODE** button for LOW PRESSURE.
7. Press **COOK TIME** button until 8 minutes appears on the display.
8. Press the **START/STOP** button until the green indicator light appears. The green LOW PRESSURE indicator light will blink slowly and then faster as the cooking countdown begins; the pressure indicator will rise as the pressure builds. After cooking under pressure 8 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** button until the red indicator light illuminates.
9. Immediately press and hold down the quick release button. Steam will emit from the steam release valve. The pressure indicator will drop when all the steam has been released. Slide the safety lock to UNLOCK position and remove the lid.
10. Carefully remove the apples with a slotted spoon to small bowls. Drizzle with some of the cooking liquid. If the apples are not totally tender, leave in the Pressure Cooker on WARM function 5 to 10 minutes, covered with the lid.

Makes 4 servings

SUGGESTED COOKING TIMES

The following cooking times are provided as a guide to be used when cooking in the Cook's Essentials™ Programmable Electric Pressure Cooker. Cooking times can vary depending on the quality and the individual piece sizes of the food being cooked; maximum and minimum cooking times are given in some instances. When uncertain how long to cook something, always start with the shortest cooking time since you can always continue cooking for an additional couple of minutes until the desired texture is reached.

All cooking times listed begin once high pressure is reached.

Vegetables

APPROXIMATE COOKING TIMES

Fresh Vegetables	Cooking Time	Water
Artichokes, large whole, trimmed	6 to 8 min.	1 cup
Artichoke, large quartered, trimmed	9 to 11 min.	1 cup
Artichoke, hearts	2 to 3 min.	1/2 cup
Asparagus, thick whole	1 to 2 min.	1/2 cup
Asparagus, thin whole	1 to 1-1/2 min.	1/2 cup
Beans, fava, shelled	4 min.	3/4 cup
Beans, green or wax, whole or piece	2 to 3 min.	1/2 cup
Beans, lima, shelled	2 min.	1/2 cup
Beets, small whole	12 min.	1-1/2 cups
Beets, large whole	20 min.	2 cups
Beets, 1/4-inch slices	4 min.	3/4 cup
Broccoli, florets	2 min.	1/2 cup
Broccoli, spears	3 min.	1/2 cup
Brussels Sprouts, whole	4 min.	3/4 cup
Cabbage, red or green, 1/4-inch shreds	1 min.	1/2 cup
Cabbage, red or green, quartered	3 to 4 min.	3/4 cup
Carrots, whole	6 to 8 min.	1 cup
Carrots, 1-inch chunks	4 min.	3/4 cup
Carrots, 1/4-inch slices	1 min.	1/2 cup
Cauliflower, florets	2-3 min.	1/2 cup

FRESH VEGETABLES APPROXIMATE COOKING TIMES

Fresh Vegetables	Cooking Time	Water
Collard Greens, coarsely chopped	5 min.	1 cup
Corn, on-the-cob	3 min.	1/2 cup
Corn, kernels	1 min.	1/2 cup
Eggplant, sliced 1/8- to 1/4-inch slices	2 to 3 min.	1/2 cup
Eggplant, 1/2-inch chunks	3 min.	1/2 cup
Escarole, coarsely chopped	1 to 2 min.	1/2 cup
Kale, coarsely chopped	1 to 2 min.	1/2 cup
Okra, small pods	2 to 3 min.	1/2 cup
Onions, whole 1-1/2-inch diameter	2 min.	1/2 cup
Parsnips, 1-inch chunks	3 min.	1/2 cup
Parsnips, 1/4-inch slices	1 min.	1/2 cup
Peas, shelled	1 min.	1/2 cup
Potatoes, New Red, small whole	5 min.	1 cup
Potatoes, Red, 1-1/2-inch chunks	6 min.	1 cup
Potatoes, New White, small whole	5 min.	1 cup
Potatoes, White, 1-1/2-inch chunks	6 min.	1 cup
Pumpkin, 2-inch chunks	3 to 4 min.	3/4 cup
Rutabaga, 1-inch chunks	4 min.	3/4 cup
Spinach, fresh, coarsely chopped	2 min.	1/2 cup
Spinach, fresh, whole leaves	3 min.	1/2 cup
Squash, Acorn, halved	7 min.	1 cup
Squash, Butternut, 1-inch chunks	4 min.	3/4 cup
Squash, Pattypan, 2 lbs. whole	11 min.	1-1/2 cups
Squash, Spaghetti, 2 lbs. whole	10 min.	1-1/2 cups
Squash, Summer, Zucchini or Yellow, 1/2-inch slices	2 min.	1/2 cup
Sweet Potato, 1-1/2-inch chunks	5 min.	1 cup
Swiss Chard, coarsely chopped	2 min.	1/2 cup
Tomatoes, quartered	2 min.	1/2 cup
Turnips, small quartered	3 min.	1/2 cup
Turnips, 1-1/2-inch chunks	3 min.	1/2 cup

FROZEN VEGETABLES APPROXIMATE COOKING TIMES

Frozen Vegetables	Cooking Time	Water
Asparagus	2 min.	1/2 cup
Beans, Green, Wax or French Cut	1 min.	1/2 cup
Beans, Lima	2 min.	1/2 cup
Broccoli, Chopped, florets, or spears	2 min.	1/2 cup
Brussels Sprouts	2 min.	1/2 cup
Cauliflower, florets	1 min.	1/2 cup
Corn, kernels	1 min.	1/2 cup
Corn, On the Cob	2 min.	1/2 cup
Mixed Vegetables	2 min.	1/2 cup
Peas	1 min.	1/2 cup
Peas and Carrots	1 min.	1/2 cup
Spinach	1 min.	1/2 cup
Squash, cut into 1-inch chunks	7 min.	1 cup

Fruits

APPROXIMATE COOKING TIMES

Fresh & Dried Fruit	Cooking Time	Water
Apples, fresh, slices or chunks	2 to 3 min.	1/2 cup
Apples, slices dried	3 min.	1/2 cup
Apricots, fresh whole or halved	2 to 3 min.	1/2 cup
Apricots, dried	4 min.	3/4 cup
Berries, fresh	0 min.*	1/2 cup
Cherries, fresh	0 min.*	1/2 cup
Peaches, fresh halved	3 min.	1/2 cup
Peaches, dried	4 to 5 min.	3/4 cup
Pears, fresh halved	3 to 4 min.	1/2 cup
Pears, dried	4 to 5 min.	3/4 cup
Plums, fresh	0 min.*	1/2 cup
Prunes	4 to 5 min.	3/4 cup
Quince, fresh quartered	5 min.	3/4 cup
Raisins	4 to 5 min.	3/4 cup

* Use LOW or HIGH PRESSURE, remove from heat, and lower pressure immediately by pressing the quick release button.

Dried Beans and Legumes

APPROXIMATE COOKING TIMES*

Beans & Legumes	Cooking Time	Water	Yield Cooked
Azuki, 1 cup dry	9 to 13 min.	3 cups	2 cups
Black Beans, 1 cup dry	13 to 18 min.	3 cups	2 cups
Black Eyed Peas, 1 cup dry	9 to 11 min.	3 cups	2-1/4 cups
Chickpeas (garbanzo), 1 cup dry	20 to 25 min.	3 cups	2-1/2 cups
Cranberry, 1 cup dry	20 to 25 min.	3 cups	2-1/4 cups
Flageolets, 1 cup dry	10 to 12 min.	3 cups	2 cups
Gandules (pigeon peas), 1 cup dry	15 to 17 min.	3 cups	3 cups
Great Northern, 1 cup dry	12 to 14 min.	3 cups	2-1/4 cups
Kidney Beans, Red or White, 1 cup dry	12 to 15 min.	3 cups	2 cups
Lentils, Green, Brown, or Red, 1 cup dry	8 to 10 min.	3 cups	2 cups
Lima Beans, 1 cup dry	8 to 10 min.	3 cups	2-1/2 cups
Navy, Pea, 1 cup dry	10 to 12 min.	3 cups	2 cups
Pinto Beans, 1 cup dry	4 to 6 min.	3 cups	2-1/4 cups

* All beans and dried legumes, with the exception of lentils and split peas, should soak in a large, covered bowl in boiling water one hour before cooking. The actual cooking times will vary depending on how old the beans are.

Grains

APPROXIMATE COOKING TIMES*

Grains	Cooking Time	Water	Yield Cooked
Rice, Basmati, 1 cup dry	5 to 7 min.	1-1/2 cups	3 cups
Rice, Converted or Long Grain, 1 cup dry	5 to 7 min.	1-1/2 cups	3 cups
Rice, Brown, 1 cup dry	15 to 20 min.	1-3/4 cups	2-1/4 cups
Rice, Wild, 1 cup dry	22 to 25 min.	3 cups	2-1/4 cups
Wheat, berries, 1 cup dry	15 min.	3 cups	2-1/2 cups

*Actual cooking times may vary depending on how old the grain is.

Meat & Poultry

APPROXIMATE COOKING TIMES

Meat & Poultry	Cooking Time	Cooking Liquid
Beef/Veal, Roast or Brisket, 3 lbs.	35 to 40 min.	1-1/2 cups
Beef/Veal, Shanks, 1-1/2-in. thick	25 to 30 min.	1 cup
Beef/Veal, 1-1/2 lbs., 1-inch cubes	10 to 15 min.	1 cup
Beef, Corned	50 to 60 min.	2 cups
Meatballs, up to 2 lbs., browned	8 to 10 min.	1 cup
Pork, Roast, 3 lbs.	40 to 45 min.	1-1/2 cups
Pork, Ribs, 2 lbs.	15 to 20 min.	1-1/2 cups
Pork, Smoked Butt, 2 lbs.	20 to 25 min.	1-1/2 cups
Pork, Ham Shank, 3 lbs.	30 min.	1-1/2 cups
Lamb, Leg of, 3 lbs.	35 to 40 min.	1-1/2 cups
Lamb, 1-1/2 lbs., 1-inch cubes	10 to 15 min.	1 cup
Chicken, Whole, 2 to 3 lbs.	15 to 20 min.	1 cup
Chicken, pieces, 2 to 3 lbs.	8 to 10 min.	3/4 cup
Cornish Hens, Two	8 to 10 min.	3/4 cup

Shellfish and Fish

APPROXIMATE COOKING TIMES

Seafood	Cooking Time	Cooking Liquid
Clams	1 to 3 min.	1 cup
Crabs	2 to 3 min.	1 cup
Lobster, 1-1/2 to 2 lbs.	2 to 3 min.	1 cup
Mussels	2 to 3 min.	1 cup
Shrimp	1 to 2 min.	1 cup
Fish, Whole, 1 to 2 lbs., gutted	5 to 6 min.	1 cup
Fish, steaks, 1-1/2- to 2-in. thick	2 to 3 min.	1 cup

COOK'S ESSENTIALS™ WARRANTY

This Cook's Essentials™ product warranty extends to the original consumer purchaser of the product.

Warranty on Coating: This Cook's Essentials™ product features DuPont® SilverStone® Select with ScratchGuard™. This superior, non-stick coating is guaranteed to be free from defects in materials and workmanship for as long as you own this product. Under normal household use, it will never chip, crack, or peel.

Product Warranty Duration: All materials and workmanship, other than the non-stick coating, are warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Cook's Essentials™, or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Cook's Essentials™ any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Cook's Essentials™ option). Contact Consumer Service for return authorization. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 **between the hours of 8:00 am and 5:00 pm Central Standard Time** and ask for **CONSUMER SERVICE** stating that you are a consumer with a problem. Please refer to Model PC400 when you call.

To contact Consumer Service by Mail:

ATTN: Repair Department
708 South Missouri St.
Macon, MO 63552

In-Warranty Service for an appliance covered under the warranty period, no charge is made for service or postage.

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$8.00 for return shipping and handling.

Cook's Essentials™ cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

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