

Programmable Pressure Cooker

**Model NT5
Instructions and Warranty**

MAXIM®

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. Return the appliance to the nearest authorized service facility for examination, repair or adjustment.
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. Do not use this appliance for other than its intended use.
12. Extreme caution must be used when moving an appliance containing hot oil or any hot liquids.
13. 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.
14. A fire may occur if the appliance is covered or touching flammable material, including curtains, draperies, walls, and the like while in operation.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

Cleaning Pin

ADDITIONAL IMPORTANT SAFEGUARDS

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 Pressure Release Valve when releasing pressure.
2. Use extreme caution when opening the Lid after cooking. Serious burns can result from steam inside.
3. Never open the Lid while the unit is in operation.
4. Do not use without the Inner Pot in place.
5. Do not cover the Pressure Valve with anything as an explosion may occur.
6. Do not touch the Inner Pot, any inner 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

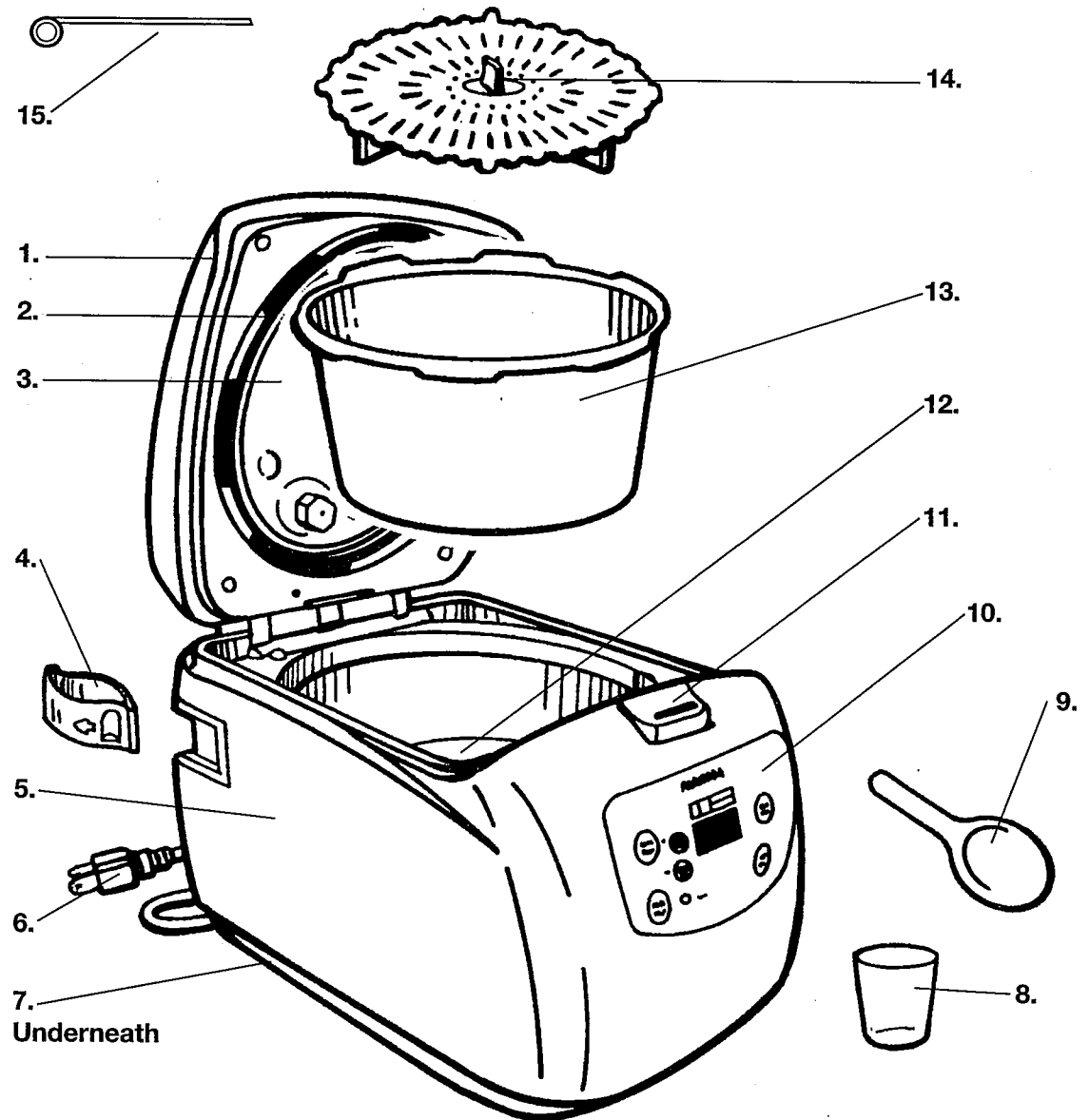
This appliance has a short cord to reduce hazards of becoming entangled or tripping over a longer cord. An extension cord may be used if the electrical rating of the extension cord is equal to or greater than the rating of the NT5 Pressure Cooker and is a grounded type 3-wire cord. Use only an extension cord rated 15 amperes or greater. Care must be taken to arrange the extension cord so that it will not drape over the countertop or tabletop 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. The MAXIM® NT5 Programmable Pressure Cooker is quick, safe and easy to use. And best of all it, it can shorten the traditional cooking time of most foods by up to 70 percent.

- Your MAXIM® NT5 Programmable 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 Inner 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.
- Since the MAXIM® NT5 Pressure Cooker is electric, it has built-in thermistor 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 1150 watt Heating Element allows for quick heating and for maintaining even cooking temperature and pressure.
- The large, 5 quart capacity, heavy-duty, non-stick, aluminum Inner Pot heats up quickly and evenly.
- The MAXIM® Programmable Pressure Cooker has a Browning/Preheat feature which allows you to sauté or brown food in the Inner Pot before cooking under pressure.
- The Quick Release feature is exclusive to the MAXIM® Programmable Pressure Cooker and allows you to release pressure with the simple push of a button at a fraction of the time using the natural release method.
- The Automatic Rice Program lets you cook up to 10 cups of rice (using special Measuring Cup included with Pressure Cooker), now or later by using the Timer Delay Feature.
- The sturdy, molded, cool-to-the-touch surface of the MAXIM® Programmable Pressure Cooker is both attractive and functional.

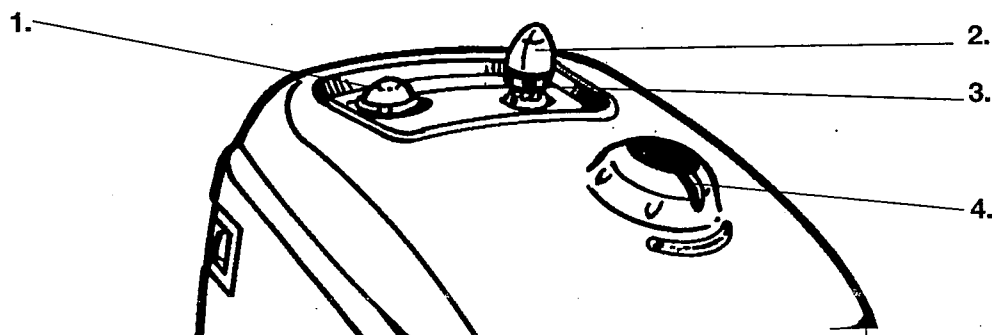
Getting to Know Your MAXIM® NT5 Programmable Pressure Cooker



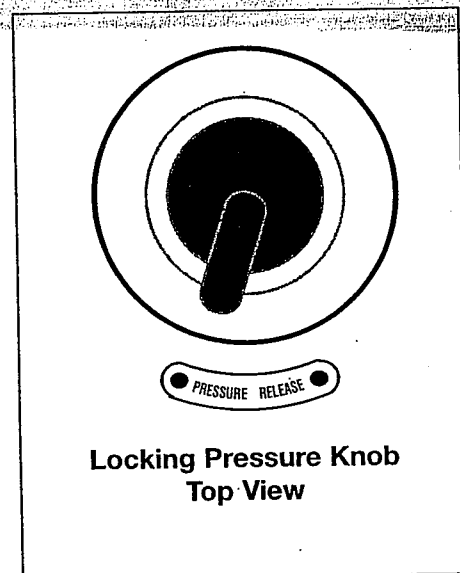
1. Locking Lid
2. Rubber Gasket
3. Aluminum Inner Pot Cover
4. Removable Condensation Container
5. Cool-to-the-Touch Housing
6. 3-Prong Plug
7. Wrap Around Electrical Cord Storage

8. Rice Measuring Cup
9. Plastic Spatula
10. Control Panel
11. Lid Release Button
12. Spring Activated Heating Surface
13. Non-Stick Aluminum Inner Pot
14. Plastic Steaming Rack
15. Cleaning Pin

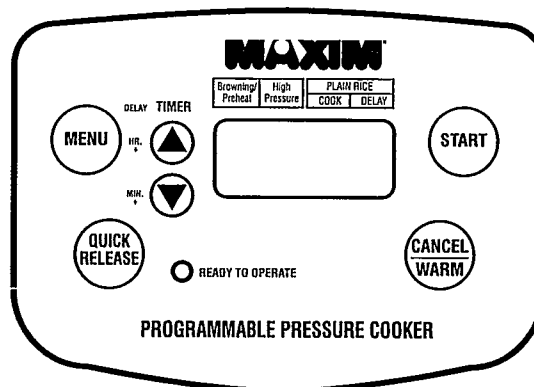
Pressure Cooker Top View



- 1. Pressure Release Valve and Valve Cover
- 2. Pressure Regulator Knob
- 3. Safety Valve
- 4. Locking Pressure Knob



Programmable Pressure Cooker Control Panel



MENU: Program selections to choose from, include:

- **“BROWNING/PREHEAT”**
- **“HIGH PRESSURE”**
- **“PLAIN RICE: COOK/DELAY”**

QUICK RELEASE: Releases pressure at the end of the cooking time in minutes. Press once to activate; press again to stop. Steam and pressure are released through the Pressure Release Valve.

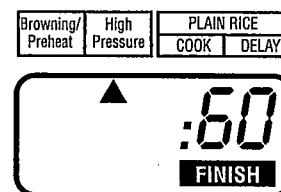
TIMER: ▲ and ▼ : Press to select the length of the browning or cooking cycle and for setting the Delay Program Timer.

START: Press to start cooking programs.

CANCEL/WARM: Press once for early termination or to reset with a different cooking program. Press once to activate the Keep Warm Cycle in standby mode as indicated by “--” on the LCD after cooking.

LCD DISPLAY: Indicates the cooking program selected as well as time remaining during program.

READY TO OPERATE: Ready-to-Operate Indicator Light activates when the Locking Knob on the Lid is turned to **“PRESSURE.”**



When Locking Pressure Knob is turned to **“PRESSURE,”** the **“READY TO OPERATE”** Control Panel Light illuminates

Operating Instructions

Before Using the First Time

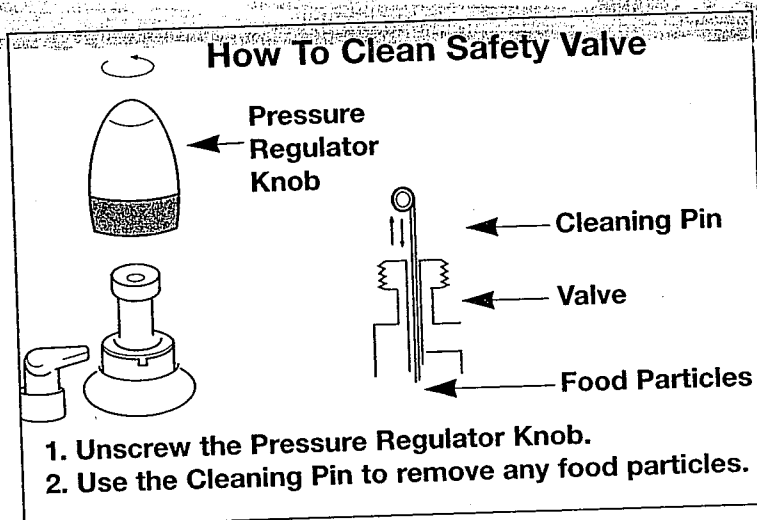
Before using the MAXIM® Programmable Pressure Cooker for the first time, wash the Inner Pot, Steaming Rack, Rice Measuring Cup, and Spatula with warm soapy water. Rinse off with clean water and towel dry. Wash the aluminum Inner Pot Cover, found on the underside of the Lid, with a clean, damp sponge or cloth and warm soapy water. Wipe off with clean water and towel dry.

Before You Begin Cooking

- In order to get best results from the MAXIM® Programmable Pressure Cooker, always check that the Pressure and Safety Valves are in good working order. Periodically, unscrew the bullet-shaped, Pressure Regulator Knob

from the Pressure Cooker Lid and remove any food or foreign particles from the Valve and/or Cover. Replace before using the Pressure Cooker.

- To clean the Safety Valve, please use the Cleaning Pin enclosed on page 1 of this Manual.
- Check to make sure that the Pressure Regulator Knob located on the Lid is sitting upright, resting on the Safety Valve, which should be in the down position. You should be able to manually jiggle the Pressure Regulator Knob back and forth.



Operating the Appliance

1. Plug the cord into a standard 120V AC electrical wall outlet.
2. Properly position the Inner Pot in the Pressure Cooker so that the three knobs located on the sides of the Pot fit into the appropriate openings in the Heating Chamber. You cannot set the

Browning/ Preheat	High Pressure	PLAIN RICE
		COOK DELAY

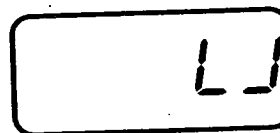


Fig. 1
Pot Icon appears when
Pot is not in place

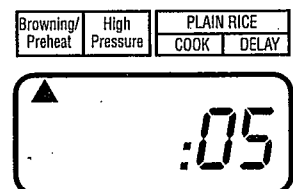
Operating the Appliance (Continued)

controls without the Inner Pot properly positioned in the Pressure Cooker. The Pot icon will appear on the LCD Display when the Pot is not in place. (See Fig. 1.)

3. The Locking Knob must be turned to **"RELEASE"** in order to close the Lid.
4. Turn the Locking Knob to **"PRESSURE"** when you plan to use **"BROWNING/PREHEAT," "HIGH PRESSURE"** or **"PLAIN RICE-COOK"** or **"DELAY"** cycles.
5. Press **"MENU"** to choose the desired program.

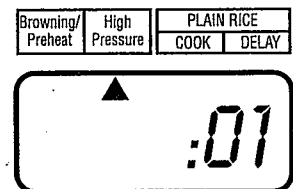
When pressed once, the LCD Display will flash. An arrow under **"BROWNING/PREHEAT"** and **:05** will appear on the Display. (Fig. 2)

Fig. 2



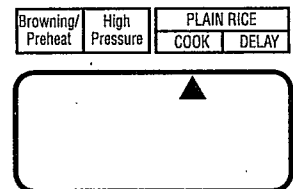
Press **"MENU"** a second time and an arrow appears under **"HIGH PRESSURE"** as does **:01**. (Fig. 3)

Fig. 3



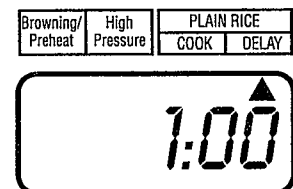
Press again and the arrow appears under **"PLAIN RICE-COOK."** (Fig. 4)

Fig. 4



Press **"MENU"** one more time and the arrow is under **"PLAIN RICE-DELAY."** **1:00** appears on the Display. (Fig. 5)

Fig. 5



6. **Setting the Cooking Time:** The numbers that appear on the LCD Display when pressing **"MENU"** represent the preset cooking times and are as follows:

"BROWNING/PREHEAT": **:05** minutes

"HIGH PRESSURE" **:01** minutes

These times can be lengthened or shortened by pressing the **▲** or **▼** Buttons. Since the rice cooking time is determined automatically by the weight of the rice as it cooks, no preset cooking time will appear on the LCD Display when either of the two rice programs are chosen.

Operating the Appliance (Continued)

with lid open

7. When you wish to preheat/brown, turn the Pressure Knob on Lid to **"PRESSURE."** Press **"MENU"** Button to **"BROWNING/PREHEAT."** Press **"START."** The word **"PREHEATING"** will be shown on the LCD Display. This will allow you to brown with the Lid open.
8. When you wish to cook under high pressure, select **"HIGH PRESSURE"** and the cooking time. Lower the Lid and turn the Locking Knob to **"PRESSURE."** Then press **"START."** The appliance will begin to preheat at once and build up pressure. At the end of the cooking cycle, the Pressure Cooker will automatically go into a standby mode as pressure drops on its own accord.
9. Pressure can also be released automatically by pressing the **"QUICK RELEASE"** Button at the end of the cooking time. Press once to activate; press again to stop. Steam and pressure are released through the Pressure Release Valve.
CAUTION: Do not use the Quick Release function when cooking foods prepared with a lot of liquid. There could be an overflow of liquid.
10. Only use plastic or wooden utensils when cooking with the MAXIM® NT5 Programmable Pressure Cooker so as not to scratch the non-stick finish.
11. Allow the appliance to cool before cleaning it. After it has cooled, unplug it from the wall outlet. Clean by following the Care Instructions on page 15.

Cooking with the MAXIM® NT5 Programmable Pressure Cooker

Browning/Preheating

Braised foods always taste better when browned before cooking in liquid. The MAXIM® Programmable Pressure Cooker has a built-in browning cycle.

1. Place the Inner Pot in the Pressure Cooker. Add the appropriate amount of oil as called for in the recipe. With the Lid open, turn the Locking Knob to **"PRESSURE"** to activate the Heating Element.
2. Press **"MENU"** until the arrow is under **"BROWNING/PREHEAT"** and the Display reads **:05** minutes. Leave the preset browning time at 5 minutes or increase by pressing **▲** for a maximum of 20 minutes or decrease by pressing **▼**.
3. Press **"START."** The word **"PREHEATING"** will appear on the LCD Display. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. (See Figs. 6 and 7.)
4. Add the prepared food. For best results, food should be patted dry with paper toweling and cut into small, uniform pieces. Brown or sauté food in small batches. Food will come out lightly browned.
5. When the unit has finished browning, it will beep 5 times. At this point, you may proceed with recipe and cook under pressure.

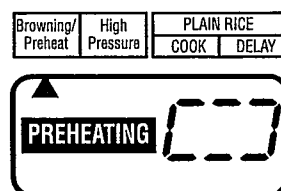


Fig. 6

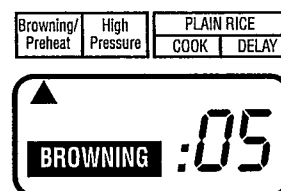


Fig. 7

High Pressure Cooking

By cooking in the MAXIM® Programmable Pressure Cooker sealed Inner Pot at high temperature and pressure, you are able to reduce the cooking time of most foods by up to 70 percent.

1. Place the Inner Pot in the Pressure Cooker. Add the ingredients to the Pot. Brown if desired as explained above, turning the Locking Knob to **"RELEASE"** when finished browning.
2. You must always add at least 1/2 cup (4 ounces) of liquid to the Inner Pot when cooking under pressure. Do not, however, fill the Pot with more than 6 cups (48 ounces) of liquid.

High Pressure Cooking (Continued)

Do not exceed the maximum capacity as indicated on the Pot with the markings "MAX."

3. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
4. Press **"MENU"** until the arrow is under **"HIGH PRESSURE"** and the Display reads **:01** minutes. Leave the preset cooking time at 1 minute or increase by pressing **▲** for a maximum cooking time of 30 minutes.
5. Press **"START."** The word **"PREHEATING"** will appear on the LCD Display as the Pressure Cooker begins to heat and pressure builds up. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and the cooking time you have chosen will appear on the LCD Display once the cooking countdown time begins. (See Fig. 8.)

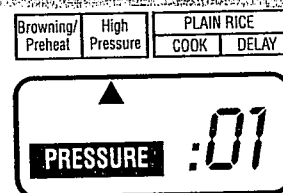


Fig. 8

6. After cooking under pressure, **"FINISH"** and **:60** minutes will appear on the Display. (See Fig. 9.) The Pressure Cooker will begin releasing pressure using the natural release method. Depending on the amount and the type of food in the Pressure Cooker, this can take up to 60 minutes. The natural release method of releasing pressure 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.

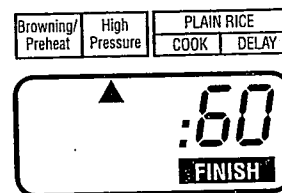


Fig. 9

DO NOT use with foods that can overcook easily and quickly.

7. To release pressure immediately after cooking, use the Quick Release feature. Press the **"QUICK RELEASE"** Button once and the pressure will be released automatically through the Pressure Release Valve.

CAUTION: Do not use the Quick Release function for foods with a lot of liquid. There could be an overflow of liquid.

8. Once pressure is released, regardless of method, press **"CANCEL/WARM"** once and turn the Locking Knob to **"RELEASE."** Open the Pressure Cooker and check the food to see if it has been cooked sufficiently. If not, lower the Lid and repeat Steps 3 to 7, cooking under pressure an additional 2 to 3 minutes.

Note: Do not touch interior of unit as it is very hot.

High Pressure Cooking (Continued)

9. To steam cook foods like vegetables, add up to two cups of water to the Inner Pot. Place the plastic Steaming Rack, legs down, in the Inner Pot. Place the food on the rack not higher than the **MAX** indicator mark in the Pot. For best results, do not pack the food down. Follow the same procedure for cooking under pressure, steps 3 to 8, using the Quick Release method of releasing pressure.
10. Since steam is hotter than boiling water, always take care when opening the appliance after cooking under pressure.

CAUTION: Never place your face over the Pressure Cooker when opening 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 opening the Pressure Cooker Lid so as not to have the hot liquid boil over.

11. 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. (Lower the Lid and repeat Steps 3 to 7.)
12. It is easy to also adapt your favorite recipe for use in the MAXIM® Programmable 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 on pages 37-42 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.
13. **Never deep-fry in the MAXIM® Programmable Pressure Cooker**, regardless of whether the Lid is opened or closed.

Pressure Cooker Cooking (Continued)

Plain Rice

Your MAXIM® Programmable Pressure Cooker also functions as an automatic rice cooker.

1. The MAXIM® Programmable Pressure Cooker comes with a special Measuring Cup for preparing rice. The minimum amount that can be cooked is two Measuring Cups; the maximum amount of rice is 10 cups (using the cup provided).
2. Add the appropriate amount of rice, then add water to the desired marking on the side of the pot. For example, if making two servings, add two cups of rice, then fill inner pot with water up the "2" indicator mark. Lower the Lid and turn the Locking knob to "PRESSURE."

3. Press "**MENU**" until the arrow is under "**PLAIN RICE-COOK**" on the LCD Display. Press "**START.**" The "heating icon" will appear as in Fig. 10. The appliance will heat up automatically and cook the rice under pressure. The exact cooking time varies and is determined by the Pressure Cooker according to the weight of the rice as it cooks.

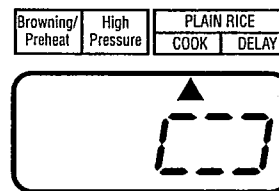


Fig. 10

4. You can also program the MAXIM® Programmable Pressure Cooker to have rice cooked up to 12 hours and 55 minutes later by pressing "**MENU**" until the arrow is under "**PLAIN RICE-DELAY**" on the LCD Display. To set the Timer, press ▲ for the hour and ▼ for the minutes until you set the time you want the rice to be cooked. For example, if it were now noon and you want rice ready at 6:30 pm, press ▲ until **6:** and ▼ until **:30** appears on the LCD Display (6:30). (See Fig. 11.) Press "**START.**" The appliance will begin cooking on its own to be ready at the desired time. Set time for cooking rice is somewhat flexible depending on volume and condition.

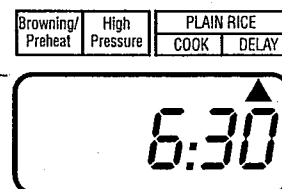


Fig. 11

Plain Rice (Continued)

5. When the rice is done cooking, **"FINISH"** and **:14** minutes will appear on the Display. (See Fig. 12.)

After 11 minutes, the Pressure Cooker will begin to release pressure automatically for up to three minutes.

After doing so, it will automatically go into a Hold and Keep Warm Cycle for up to 12 hours. **0H, 1H, 2H**, up to **12H** will appear on the LCD Display indicating the hours that have passed while on Keep Warm.

6. To end this cycle, immediately press **"CANCEL/WARM."** Turn the Locking Knob to **"RELEASE"** and open the Pressure Cooker. Remove the rice with the Plastic Spatula.

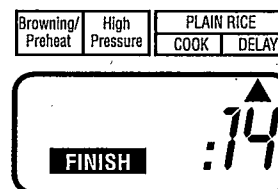


Fig. 12

Cancel/Warm

You can also use the MAXIM® Programmable Pressure Cooker to keep cooked food warm for approximately 12 hours. To do so, properly place the Inner Pot with cooked food into the Pressure Cooker (see page 7). Turn the Locking Knob to **"RELEASE"** and lower the Lid. Press **"CANCEL/WARM."** **"0H"** and **"KEEP WARM"** will appear on the LCD Display. (See Fig. 13.) The count-up Timer will change every hour going from **0H** to **1H** indicating "0" hours up to "12" hours. To end this cycle, press **"CANCEL/WARM"** again.

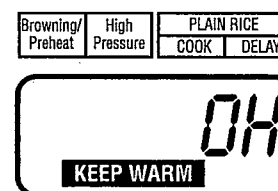


Fig. 13

Note: It is recommended to consume all foods cooked in the NT5 as soon as possible after cooking.

Care Instructions

1. Unplug and let the MAXIM® Programmable Pressure Cooker cool to room temperature after cooking and before cleaning.
2. Wash the Inner Pot and any of the accessories with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and towel dry. The Pot is dishwasher safe, however, it must be washed in the upper rack to avoid damage.
3. Wipe the appliance clean with a damp soft cloth or sponge.
4. Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
5. Always check that the Pressure and Safety Valves are in good working order. Periodically, unscrew the bullet-shaped Pressure Regulator Knob from the Pressure Cooker Lid and remove any food or foreign particles (using the Cleaning Pin enclosed on page 1 of this Manual).

See illustration "How To Clean Safety Valve" on page 7. Replace before using the Pressure Cooker.

RECIPE GUIDE

The following recipes have been especially developed for preparing in the MAXIM® Programmable Pressure Cooker by Tom Lacalamita, author of *The Ultimate Pressure Cooker Cookbook*. A listing of suggested cooking times follows for your convenience.

Baked Beans in a Pot

- 1 pound dried beans like white navy or mixed soup beans, soaked one hour in boiling water.
- 3 tablespoons olive oil
- 1 small red onion, chopped
- 2 cloves garlic, peeled and minced
- 1 rib celery, chopped
- 1 carrot, chopped
- 6 cups water
- 2 bay leaves
- 1/4 cup molasses
- 1/4 cup packed brown sugar
- 2 teaspoons dry mustard
- 1 teaspoon dried thyme

1. Drain beans and set aside.
2. Place Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"** and the Display reads **:05** minutes. Press **"START."**
4. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Add the onions, garlic, celery, and carrot and sauté until the onion is soft. Do not let brown. Press **"CANCEL /WARM."**
5. Add the soaked, drained beans, water, and bay leaves. Stir to combine. Turn the Locking Knob to **"RELEASE"** and lower the Lid.
6. Turn the Locking Knob to **"PRESSURE."**
7. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
8. Press **▲** until **:09** minutes appears on the Display.

Baked Beans in a Pot (Continued)

9. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:09** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure for 9 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
10. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. Open Pressure Cooker Lid. Strain the cooked beans in a colander, reserving the cooking liquid.
11. Place the Inner Pot in the Pressure Cooker. Add the remaining ingredients and stir to combine. Add the cooked beans and enough of the reserved cooking liquid to just cover. Stir to combine.
12. Lower the Lid. Turn the Locking Knob to **"PRESSURE."** Press **"MENU"** until the arrow is under **"PLAIN RICE-COOK"** on the Display. Press **"START."** When the beans are done baking, **"FINISH"** and **:14** minutes will appear on the Display.
13. Immediately press the **"QUICK RELEASE"** Button. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** Button when steam stops coming out. Turn the Locking Knob to **"RELEASE"** and open the Pressure Cooker Lid. Remove the beans to a serving bowl.

Makes 6 to 8 servings

Vegetarian Chili

1 pound dried black beans, soaked one hour in boiling water
3 tablespoons olive oil
1 large onion, chopped
2 cloves garlic, peeled and minced
1 large green pepper, cored, seeded and chopped
1 large red pepper, cored, seeded and chopped
1 jalapeño pepper, cored seeded and chopped
3 carrots, chopped
4 teaspoons chili powder
4 teaspoons ground cumin
1 teaspoon dried oregano
One 28-ounce can crushed tomatoes
1 3/4 cups water
Salt
1/4 cup minced fresh cilantro

Optional garnishes:

Chopped black olives
Sour cream
Shredded cheddar cheese

1. Drain beans and set aside.
2. Place Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"** and the Display reads **:05** minutes. Press **▲** until **:15** minutes appears on the Display. Press **"START."**
4. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Add the onion, garlic, peppers, carrots, chili powder, cumin, and oregano. Sauté until the onion is soft.
5. Add the crushed tomatoes, soaked, drained beans, and water. Stir to combine. Press **"CANCEL/WARM."**
6. Turn the Locking Knob to **"RELEASE"** and lower the Lid.
7. Turn the Locking Knob to **"PRESSURE."**
8. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
9. Press **▲** until **:15** minutes appears on the Display.

Vegetarian Chili (Continued)

10. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:15** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 15 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
11. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. Open Pressure Cooker Lid.
12. If the beans are not tender, lower the Lid and repeat steps 7 to 11, cooking under pressure an additional 2 to 3 minutes.
13. 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 large onion, coarsely chopped
- 2 large leeks, trimmed, washed well and chopped
- 4 unpeeled cloves garlic, crushed
- 2 carrots, coarsely chopped
- 2 ribs celery, coarsely chopped
- 2 canned plum tomatoes, coarsely chopped
- 6 sprigs parsley
- 1 bay leaf
- 1/2 teaspoon whole black peppercorns
- 7 cups water

1. Place the Inner Pot in the Pressure Cooker. Add all the ingredients, except salt, to the Pot.
2. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
4. Press **▲** until **:30** minutes appears on the Display.
5. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:30** minutes will appear on the Display after the cooking countdown begins.
6. After cooking under pressure 30 minutes, **"FINISH"** and **:60** will appear on the Display as the Pressure Cooker automatically releases pressure using the natural release method.
7. After 60 minutes, press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE."** Open the Pressure Cooker. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 7 cups

Chicken Stock

2 to 2 1/2 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
7 cups water
Salt

1. Place the Inner Pot in the Pressure Cooker. Add all the ingredients, except salt, to the Pot.
2. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
4. Press **▲** until **:30** minutes appears on the Display.
5. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:30** minutes will appear on the Display after the cooking countdown begins.
6. After cooking under pressure 30 minutes, **"FINISH"** and **:60** will appear on the Display as the Pressure Cooker automatically releases pressure using the natural release method.
7. After 60 minutes, press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE."** Open the Pressure Cooker. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 7 cups

Chicken Soup with Rice

- 7 cups chicken stock (page 21), 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 the Inner Pot in the Pressure Cooker. Add the ingredients to the Pot.
2. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
4. Press **▲** until **:07** minutes appears on the Display.
5. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:07** minutes will appear on the Display after the cooking countdown begins.
6. After cooking under pressure 7 minutes, **"FINISH"** and **:60** minutes will appear on the Display. After 60 minutes, press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE."** Open the Pressure Cooker. Taste and adjust for salt.

Makes 4 to 6 servings

Barbecued Chicken

2 tablespoons olive oil

3 to 4 pound chicken, cut into pieces, skin and all fat removed

2 cups your favorite barbecue sauce

1 large onion, chopped

1 large green pepper, seeded, cored and chopped

1. Place Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
2. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"** . Press **▲** until **:20** minutes appears on the Display. Press **"START."** Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Add the chicken, a few pieces at a time, and brown on both sides. Place browned chicken pieces on a platter and set aside.
3. Stir in the chopped onion, pepper, and barbecue sauce. Add the chicken pieces. Press **"CANCEL/WARM."** Turn the Locking Knob to **"RELEASE."**
4. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
5. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
6. Press **▲** until **:09** minutes appears on the Display.
7. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:09** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 9 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
8. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve.

Makes 4 to 6 servings

French Pot-au-feu

Braised Chicken with Vegetables

3 to 3 1/2 pound chicken
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
3/4 cup chicken or vegetable stock, or canned low sodium broth

1. Rinse chicken and cavity with cold water. Paper towel dry. Remove any excess fat or skin. Rub cavity with half the herbs, salt and black pepper. Place pierced lemon in cavity. Truss chicken, tying legs and wings securely. Rub skin with remaining herbs.
2. Place Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"**.
4. Press **▲** until the Display reads **:20** minutes. Press **"START."**
5. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Add the chicken. After browning evenly on all sides, position breast up and place the vegetables around it. Add the stock or broth. Press **"CANCEL/WARM."**
6. Turn the Locking Knob to **"RELEASE"** and lower the Lid.
7. Turn the Locking Knob to **"PRESSURE."**
8. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
9. Press **▲** until **:30** minutes appears on the Display.
10. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:30** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 30 minutes, **"FINISH"** and **:60** minutes will automatically appear on the Display.
11. Let the pressure drop on its own. This can take up to 60 minutes. Once the pressure has dropped, press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE."** Open Pressure Cooker Lid.

Makes 4 servings

Sauerbraten

3 1/2 to 4 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 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

2 teaspoons salt

1. Pat the roast dry with paper towel. Rub with salt and black pepper.
2. Place Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
3. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"**.
4. Press **▲** until the Display reads **:20** minutes. Press **"START."**
5. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Add the roast and brown evenly on all sides.
6. While the meat browns, combine the water, vinegar, wine, sugar, ground cloves, and salt. Set aside.
7. Add the chopped vegetables and crushed cookies to the Pot. Pour the liquid over the meat. Stir to combine. Press **"CANCEL/WARM."**
8. Turn the Locking Knob to **"RELEASE"** and lower the Lid.
9. Turn the Locking Knob to **"PRESSURE."**
10. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
11. Press **▲** until **:30** minutes appears on the Display.

Sauerbraten (Continued)

12. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:30** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 30 minutes, **"FINISH"** and **:60** minutes will automatically appear on the Display.
13. Since the meat needs to cook for a total of 60 minutes, press **"CANCEL/WARM."** Press **"MENU"** until the arrow is under **"HIGH PRESSURE."** Press **▲** until **:30** minutes appears on the Display. Press **"START"** and cook under pressure 30 minutes longer.
14. After cooking under pressure 30 minutes, **"FINISH"** and **:60** minutes will appear on the Display. Let pressure drop on its own. This can take up to 60 minutes. Once the pressure has dropped, press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE."** Open Pressure Cooker Lid.
15. 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

Burgundy Beef Stew

1 large onion, coarsely chopped
1 large carrot, coarsely chopped
1 rib celery, coarsely chopped
2 cloves garlic, peeled and minced
2 cups dry red wine
2 tablespoons olive oil
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1/2 teaspoon black pepper
2 pounds boneless, beef chuck, trimmed of all fat and cut into
1-1/2 inch cubes
4 tablespoons unbleached all-purpose flour
1 teaspoon salt
2 slices bacon, chopped into small pieces
1 tablespoon olive oil
1 tablespoon tomato paste
8 ounces white button mushrooms, sliced
Salt
Black pepper
1 tablespoon minced parsley

1. In a large mixing bowl, combine the first ten ingredients and let marinate in the refrigerator at least 4 hours or overnight.
2. Remove the meat from the marinade and pat dry with paper towel. Reserve the marinade.
3. Combine the flour and teaspoon of salt in a shallow bowl or plastic bag. Cover the beef pieces in the flour mixture, shaking to remove excess.
4. Place Inner Pot in Pressure Cooker. Add bacon and oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
5. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"** .
6. Press **▲** until the Display reads **:20** minutes. Press **"START."**
7. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Cook bacon 5 minutes, then add the floured beef cubes in small batches and brown evenly on all sides. Combine the browned meat, reserved marinade and vegetables, and tomato paste in the Inner Pot. Press **"CANCEL/WARM."**
8. Turn the Locking Knob to **"RELEASE"** and lower the Lid.
9. Turn the Locking Knob to **"PRESSURE."**

Burgundy Beef Stew (Continued)

10. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
11. Press **▲** until **:20** minutes appears on the Display.
12. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:20** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure, **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
13. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** when steam stops coming out of the Valve. Turn the Locking Knob to **"RELEASE."**
Open Pressure Cooker Lid. Add the mushrooms, close the Lid and let sit five minutes. Add parsley. Season with black pepper. Taste and adjust for salt. Serve with buttered noodles.

Makes 4 to 6 servings

Italian Meat Sauce

2 tablespoons olive oil
1 small onion, minced
1 carrot, minced
1 rib celery, minced
1-1/2 pounds 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 Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
2. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"**.
3. Press **▲** until the Display reads **:20** minutes. Press **"START."**
4. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. Add the minced 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. Press **"CANCEL/WARM."**
5. Turn the Locking Knob to **"RELEASE"** and lower the Lid.
6. Turn the Locking Knob to **"PRESSURE."**
7. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
8. Press **▲** until **:30** minutes appears on the Display.
9. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:30** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 30 minutes, **"FINISH"** and **:60** minutes will automatically appear on the Display.
10. Let the pressure drop on its own. This can take up to 60 minutes. Once the pressure has dropped, press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE."** Open Pressure Cooker Lid.

Makes 6 to 8 servings

Candied Yams

2 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
1/2 cup orange juice
Pinch salt
1 tablespoon butter, softened

1. Place orange peel in bottom of Pressure Cooker Inner 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.
2. Place the Inner Pot in the Pressure Cooker.
3. Lower the Lid.
4. Turn the Locking Knob to **"PRESSURE."**
5. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
6. Press **▲** until **:07** minutes appears on the Display.
7. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:07** minutes will appear on the Display when the cooking count-down begins. After cooking under pressure 7 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
8. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. Open Pressure Cooker Lid and 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 on Keep Warm Cycle 5 to 10 minutes with the Lid closed.

Makes 4 servings

Stuffed Artichokes

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

1. 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 inner leaves and choke. Pull out and remove any thorny leaves. With a teaspoon, scoop out and discard any fuzzy matter from the center choke. Set aside.
2. Combine the eggs, grated cheese, garlic, parsley, and black pepper in a small mixing bowl. Pour the water in the Pressure Cooker Inner Pot. Add the salt and bay leaf. Place the prepared artichokes in the pot, standing upright. Drizzle an equal amount of egg mixture over each artichoke. Drizzle with the olive oil.
3. Place the Inner Pot in the Pressure Cooker.
4. Lower the Lid.
5. Turn the Locking Knob to **"PRESSURE."**
6. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
7. Press **▲** until **:07** minutes appears on the Display.
8. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:07** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 7 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
9. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. Open Pressure Cooker Lid and 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 Inner Pot in Pressure Cooker. Add butter. With the Lid open, turn the Locking Knob to **"PRESSURE."**
2. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"**.
3. Press **▲** until the Display reads **:15** minutes. Press **"START."**
4. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. 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. Press **"CANCEL/WARM."** Turn the Locking Knob to **"RELEASE."**
5. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
6. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
7. Press **▲** until **:07** minutes appears on the Display.
8. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:07** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 7 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
9. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. 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 Spanish food section of most supermarkets
- 1 can (14-1/2-ounce) diced tomatoes with garlic
- 1 package (8- to 10-ounces) frozen artichoke hearts
- 1 cup frozen green peas

Optional: 1 pound cooked shrimp

1. Place Inner Pot in Pressure Cooker. Add oil. With the Lid open, turn the Locking Knob to **"PRESSURE."**
2. Press **"MENU"** until arrow is under **"BROWNING/PREHEAT"**.
3. Press **▲** until the Display reads **:20** minutes. Press **"START."**
4. Once the Inner Pot is hot, the appliance will beep twice and **"BROWNING"** will appear on the Display. 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. Press **"CANCEL/WARM."** Turn the Locking Knob to **"RELEASE."**
5. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
6. Press **"MENU"** until the arrow is under **"PLAIN RICE-COOK"** on the Display. Press **"START."** When the rice is done cooking, **"FINISH"** and **:14** minutes will appear on the Display.
7. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. Add the optional cooked shrimp, if desired.

Makes 4 servings

Cherry Cheesecake

- 1-1/4 cups graham cracker crumbs
- 1-1/4 cups sugar
- 1/4 cup unsalted butter, melted
- 11 ounces (one 8-ounce and one 3-ounce package)
cream cheese, softened
- 1 teaspoon vanilla extract
- 2 large eggs
- 1/2 cup dairy sour cream
- 1 (21-ounce) can cherry pie filling

1. Line an 8-inch cake pan with a piece of aluminum foil so that the foil hangs over two sides of the pan by at least 2-inches. Coat with vegetable spray.
2. Combine the graham cracker crumbs, 1/4 cup of the sugar, and the melted butter in a medium-sized mixing bowl.
3. Press crumb mixture on the bottom and 1/2-inch up the sides of the cake pan. Set aside.
4. In a large mixing bowl, with an electric mixer at high speed, beat the cream cheese, remaining cup of sugar, and vanilla until creamy. Beat in the eggs, one at a time. Blend in the sour cream. Spread mixture in prepared pan, taking care not to disturb the graham cracker bottom. Tightly cover the pan with two pieces of aluminum foil.
5. Place the Inner Pot in the Pressure Cooker. Add 2 cups of water to the pot and place the plastic Steaming Rack, upside down in the pot so that the legs point up. Place the cheese cake on the rack.
6. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
7. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
8. Press **▲** until **:25** minutes appears on the Display.
9. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:25** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 25 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.

Cherry Cheesecake (Continued)

10. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve.
11. Remove cheese cake from Pressure Cooker. Carefully remove foil and cool to room temperature in the pan. Refrigerate at least four hours or overnight.
12. Gently remove the cheese cake from the pan by pulling up on the aluminum foil overhang. Place on a serving plate and remove the foil by tearing and pulling it out from under.
13. Top with cherry pie filling before serving.

Makes 8 servings

Stuffed Apples

- 4 large firm apples like Rome, Jonagold or 6 smaller apples like Cortland or Winesap
- 1/3 cup packed brown sugar
- 1/4 cup chopped walnuts
- 1/4 teaspoon cinnamon
- 1 tablespoon unsalted butter
- 1/2 cup apple juice or cider

1. Core apples, cutting to, but not through the bottoms.
2. Combine the sugar, walnuts, and cinnamon in a small bowl. Spoon mixture into the apples and place in the Inner Pot. Dot the apples with the butter. Pour the apple juice or cider into the Pot.
3. Place the Inner Pot in the Pressure Cooker. Lower the Lid and turn the Locking Knob to **"PRESSURE."**
4. Press **"MENU"** until the arrow is under **"HIGH PRESSURE."**
5. Press **▲** until **:06** minutes appears on the Display.
6. Press **"START."** **"PREHEATING"** will appear on the Display as the Pressure Cooker begins to heat. The Pressure Regulator will begin to slowly rock and turn as pressure builds. **"PRESSURE"** and **:06** minutes will appear on the Display when the cooking countdown begins. After cooking under pressure 6 minutes, **"FINISH"** and **:60** minutes will appear on the Display as the Pressure Cooker automatically goes into a 60 minute Keep Warm Cycle.
7. Immediately press the **"QUICK RELEASE"** Button, once. Steam will be released through the Steam Release Valve. Press **"CANCEL/WARM"** and turn the Locking Knob to **"RELEASE"** when steam stops coming out of Valve. If the apples are not tender, leave in the Pressure Cooker on Keep Warm Cycle 5 to 10 minutes with the Lid closed.

Makes 4 to 6 servings

Suggested Cooking Times

The following cooking times are provided as a guide to be used when cooking in the MAXIM® Programmable 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
(Steamed on Plastic Steaming Rack)		
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

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
(Steamed on Plastic Steaming Rack)		
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

* Just bring to 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
Peas, Split Green or Yellow, 1 cup dry	8 to 10 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
Barley, Pearl, 1 cup dry	15 to 20 min.	4-1/2 cups	3-1/2 cups
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

ONE-YEAR LIMITED WARRANTY

This Salton, Inc. product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is 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 Salton, Inc., 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 Salton, Inc. 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 Salton Inc.'s option) when the product is returned to the Salton, Inc. facility. 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 #NT5 when you call.

In-Warranty Service (USA) for an appliance covered under the warranty period, no charge is made for service or postage. Call for pre-paid return mailing label. (U.S. Customers Only.)

In-Warranty Service (Canada) for an appliance covered under the warranty period, no charge is made for service or postage. Please return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the address listed below. **Customs duty/brokerage fee, if any, must be paid by the consumer.**

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$6.00 (U.S.) for return shipping and handling.

Salton, Inc. 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 your problem, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department, Salton, Inc.
550 Business Center Drive, Mt. Prospect, Illinois 60056

For more information on Salton, Inc. products:

visit our website: <http://www.salton-maxim.com>, or you can email us at:
maxim@saltonusa.com

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