

Starfrit



ELECTRIC PRESSURE COOKER AUTOCUISEUR ÉLECTRIQUE OLLA DE PRESIÓN ELÉCTRICA

INSTRUCTIONS FOR USE AND CARE
INSTRUCTIONS POUR L'USAGE ET L'ENTRETIEN
INSTRUCCIONES DE USO Y MANTENIMIENTO

P.3
P.32
P.62

OPERATING AND SAFETY INSTRUCTIONS

Item no.	Voltage (V)	Wattage (W)	Frequency (Hz)	Working Pressure (kPa)
024603	120	1200	60	0-70

IMPORTANT SAFEGUARDS

READ THE INSTRUCTIONS BEFORE USE

WARNING: To reduce the risk of fire, electrical shock, serious personal injury and/or property damage:

- A. To protect against electric shock, DO NOT immerse, power cord, plug or motor base, power cord or plug in water or any other liquid. Always wipe the motor base with a damp cloth. Wash all accessories after each use.
- B. Keep the appliance out of the reach of children and person with reduced physical, sensory, or mental capabilities. Close adult supervision is necessary when any appliance is used near children.
- C. Do not operate the product if it has a damaged power cord or plug, or after the appliance malfunctions or has been damaged in any manner. Do not attempt to examine or repair this product yourself. Please call the customer service number provided in this user manual.
- D. Always unplug the appliance from the electrical outlet when not in use, before putting on or taking off parts, and before cleaning. Pull directly on the plug – do not pull on the power cord.
- E. Do not plug or unplug the product into/from the electrical outlet with a wet hand.
- F. Do not use accessory attachments not recommended or not sold by the product manufacturer.
- G. Connect the power plug to an easily accessible outlet so that the appliance can be unplugged immediately in the event of an emergency.
- H. Do not allow the power cord to hang (e.g., over the edge of a table or counter) or touch hot surfaces.
- I. This product is intended for indoor, household use. Do not use outdoors or for any other purpose.
- J. Do not place the product on or near a hot gas or electric burner, or in heated oven or microwave oven. Always use the appliance on a flat, level, stable surface.
- K. The appliance will not operate unless properly assembled. Make sure the lid is locked before operating the appliance.

- L. Do not attempt to defeat the lid interlock mechanism. The appliance will not operate if the lid is not properly locked.
- M. Always use the provided parts and accessories to avoid injuries. Avoid contact with moving parts to prevent personal injury or damage to the appliance.
- N. Do not place anything on the appliance while operating.
- O. Do not move the appliance when in use.
- P. Allow the appliance to completely cool down and make sure internal pressure is released before opening the lid. If the lid is difficult to turn, it is an indication that the appliance is still pressurized. DO NOT force it open as it may cause serious injuries.
- Q. Do not use the appliance to pressure fry with oil. This may cause serious injuries.
- R. Unplug from electrical outlet before cleaning or when not in use. Allow the unit to cool down completely before assembling, disassembling, relocating.
- S. Do not leave the product unattended while it is in use. DO NOT move the appliance while in use.
- T. Do not touch, cover or obstruct the pressure release valve as it is extremely hot and may cause scalding.
- U. Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
- V. The cooking pot is designed for use with this appliance only. It must never be used on a stovetop, range top, hot gas or electric burner or in a heated oven. It may warp and result in injuries. To avoid serious injuries, always cook inside the removable cooking pot.
- W. Always make sure the outside of the cooking pot is dry prior to use. If the pot is returned to the appliance when wet, it may damage or cause the product to malfunction.
- X. Use the product in a well-ventilated area. DO NOT operate the appliance directly under kitchen cabinets or near the edge of a table. Ensure that the surface is clean and free of any substances of liquid that can affect your appliance.
- Y. Always attach plug to appliance first, then plug cord into wall outlet. To disconnect, turn any control to "CANCEL", then remove plug from wall outlet. Connect the power plug to an easily accessible outlet so the appliance can be unplugged immediately in the event of an emergency.

- Z. Do not use the appliance with a programmer or timing device that switches it on automatically. The use of such devices is dangerous and can cause a fire risk.

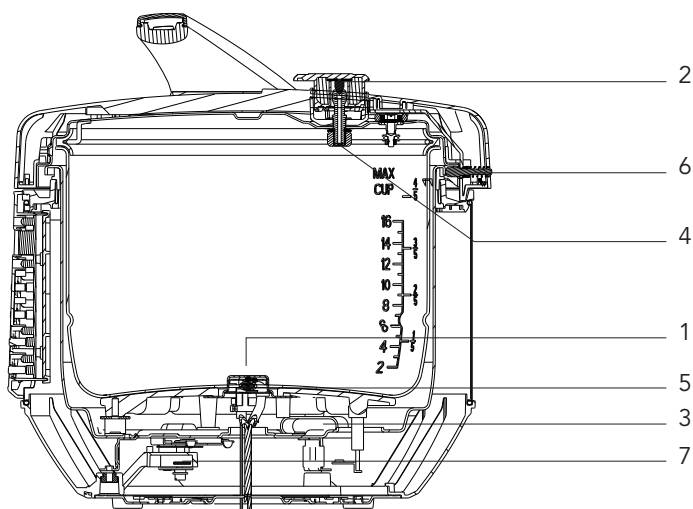
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

GROUNDING PLUG: As a safety feature, this appliance is equipped with a grounded plug, which will only fit into a three-prong outlet. Do not attempt to defeat this safety feature. Improper connection of the grounding conductor may result in the risk of electric shock. Consult a qualified electrician if you are in doubt as to whether the outlet is properly grounded.

SPECIAL INSTRUCTIONS: A short power supply cord used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

DO NOT alter the plug. **DO NOT** attempt to defeat the safety purpose of the grounded plug.

BUILT-IN SAFETY MECHANISMS

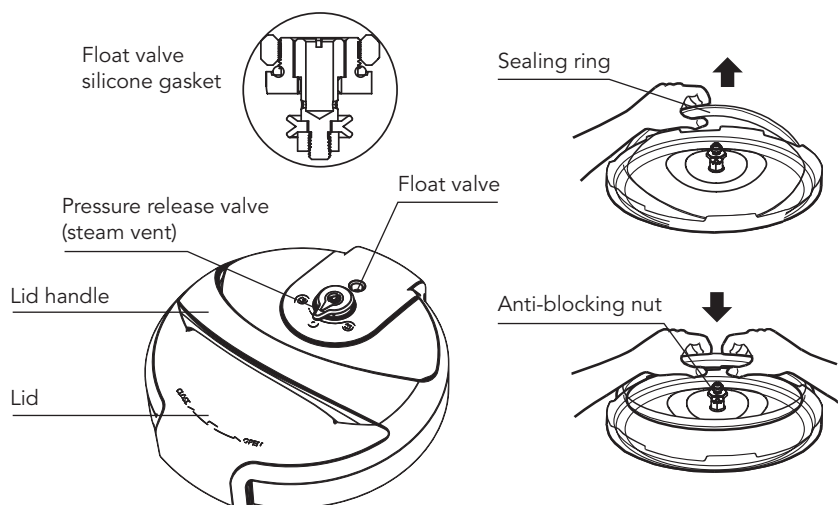


1. **Automatic temperature control:** Appliance will automatically stop heating, if the cooking pot is missing/empty or operating without enough liquids.
2. **Automatic pressure control:** If the internal pressure exceeds maximum pressure value, the appliance will automatically start releasing pressure through the pressure release valve.
3. **Extreme pressure protection:** If the automatic temperature and pressure control safety devices become invalid and the pressure inside the pot reaches maximum value, the appliance will automatically start releasing pressure from the lid.
4. **Anti-blocking steam vent device:** A specially designed cover avoids food particles from blocking the pressure release valve (under the lid) while in operation and ensure steam exhausts smoothly during the cooking process.
5. **Overheat safety device:** The appliance will automatically disconnect if excessive temperature is built up inside the cooking pot.
6. **Special safety lid mechanism:** The appliance is equipped with a locking lid mechanism that prevents the appliance from operating if lid is not properly locked. Locking mechanism also prevents the lid from opening when appliance is pressurized.
7. **Extreme pressure control:** The appliance will automatically disconnect if it reaches extreme pressure level.

BEFORE FIRST USE

READ THE INSTRUCTIONS BEFORE USE

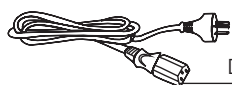
- A. Remove all packaging material and promotional card. Dispose of packaging.
- B. Open the lid using the lid handle. (Fig. 1)
- C. Remove the inner cooking pot (Fig. 2), the pressure release valve (Fig. 3), the sealing ring (Fig. 4) and wash in hot soapy water with all other accessories. Dry thoroughly.
WARNING: Do not immerse body, electrical cord or plug in water or any other liquid.
- D. Rinse the lid with hot water and dry thoroughly.
- E. Wipe body with a damp cloth and dry thoroughly.
- F. Reassemble the appliance. (Fig. 5)
NOTE: ALWAYS ensure the sealing ring is properly reinstalled under the lid and the pressure release valve is back in the outlet.



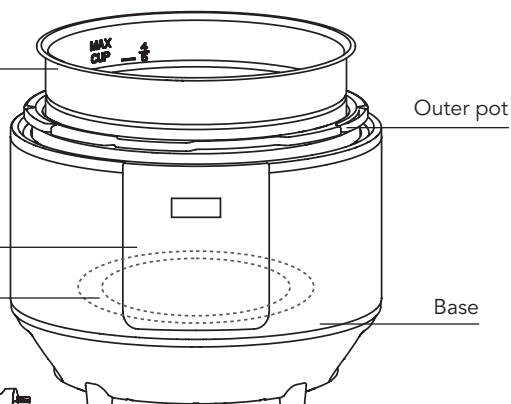
Non-stick inner
cooking pot

Digital control panel

Heating plate



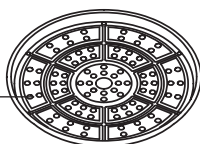
Detachable power cord



Outer pot

Base

Steaming tray



Measuring cup



Serving spoon



NOTE: During first use of the appliance, smoke or light vapors may occur from the appliance because of the initial warming process of the materials. This is normal and will quickly disappear.

FIG. 1 HOW TO OPEN THE LID

Rotate the lid counterclockwise and lift upward.

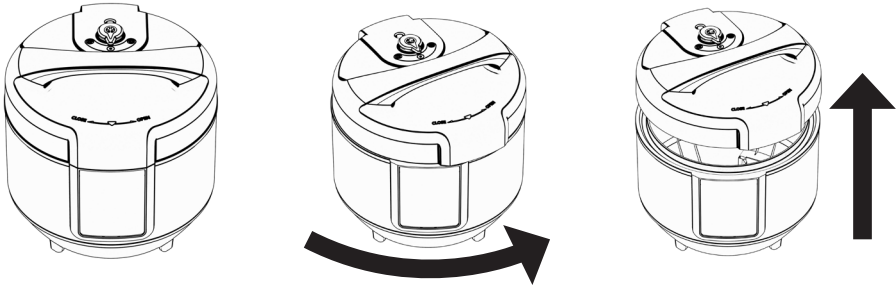


FIG. 2 HOW TO REMOVE/REPLACE THE COOKING POT INSIDE THE BASE

Lift the inner cooking pot from the outer pot to wash or fill with food. Insert the cooking pot back inside the appliance and rotate left and right to make sure it is in contact with the heating plate. Always ensure the outside of the cooking pot is dry before replacing inside the appliance.

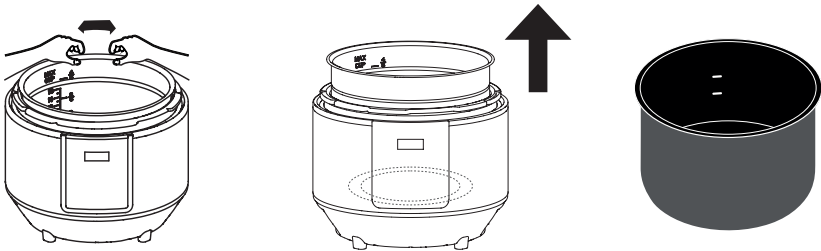


FIG. 3 HOW TO REMOVE/INSTALL THE PRESSURE RELEASE VALVE

To remove, lift the valve upward. Insert the pressure release valve back into the outlet. It is normal that the valve fits loose it is required for pressure and temperature regulation.

Always point the valve to “sealing” position ⊙ when operating and to “release” position ⊕ to manually release the pressure. Pressure won’t build inside the appliance if pressure valve is not sealed properly.

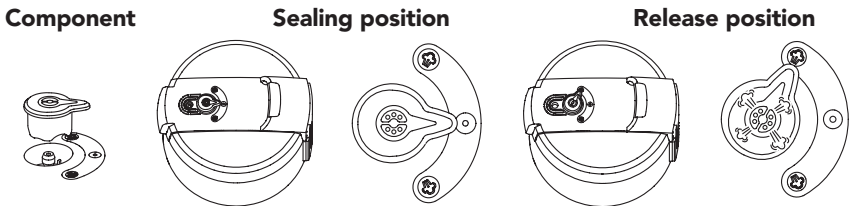


FIG. 4 HOW TO REMOVE/INSTALL THE SEALING RING

The sealing ring is located under the lid. Remove the sealing ring from the rack section by section. Ensure the sealing ring is properly reinstalled back into the rack before operating the appliance. Never operate the appliance with a damaged sealing ring.

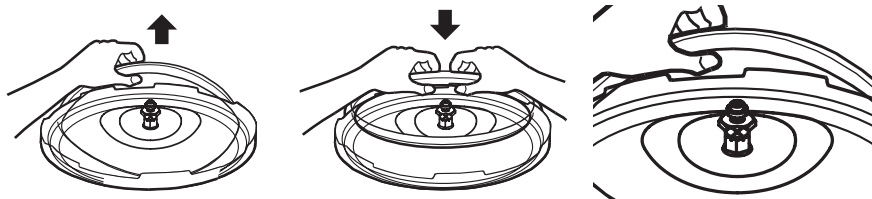
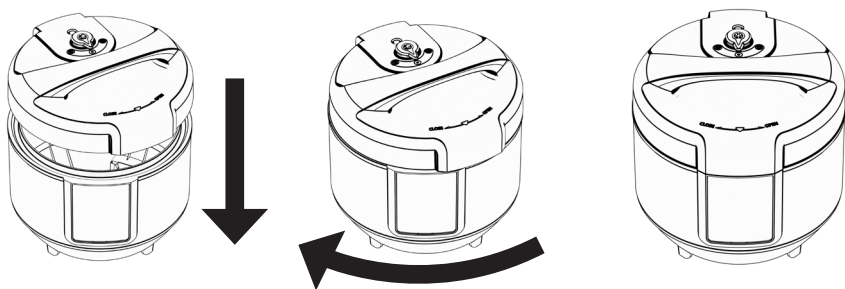


FIG. 5 HOW TO CLOSE THE LID

Place the lid on the appliance and align the ▼ symbol with the “open” mark on the body and turn clockwise to align with the “close” mark. Close the lid securely until a “click” is heard. The appliance is equipped with a locking lid mechanism that prevents the appliance from operating if lid is not properly locked.

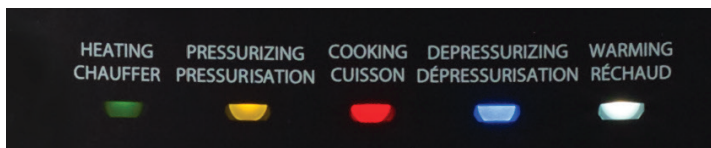



CONTROL PANEL




COOKING PROGRESS DISPLAY


The Starfrit electric pressure cooker is designed with a unique feature that allows you to cook any meal with peace in mind. The digital cooking stage display helps you monitor the cooking stages every step of the way.



HEATING: **HEATING** will start immediately after a cooking function is selected. Heating stage will light up and display will show rolling bars  indicating that the heating stage has started. During the heating stage the appliance will gradually reach maximum temperature. Heating time may vary depending on food and quantity as well as external factors such as ambient temperature.

PRESSURIZING: **PRESSURIZING** stage will light up and pressure will start to build inside the appliance. Display will continue showing rolling bars . Pressurizing time may vary depending on food and quantity as well as external factors such as ambient temperature (between 8-10 min). Pressure release valve will go up indicating the appliance is pressurized.

COOKING: The appliance will switch to Cooking once maximum pressure temperature is reached. Display will show total pressure-cooking time (0:00). Each cooking style function has a preset cooking time. Cooking time displayed represents pressure cooking time not total cooking time. Total cooking time may vary depending on food and quantity. Pressure release valve will remain up indicating the appliance is pressurized. Do not try to force the lid open while the appliance is in use.

DEPRESSURIZING: The appliance will beep 5 times when pressure cooking time is over and automatically switch to pressure release mode. The pressure release stage will light up and the appliance will naturally start releasing internal pressure. This may take 10-15 minutes depending on food and quantity. For a quick release, carefully turn the steam release vent to the "release " position . Do not try to force the lid open allow the appliance to cool down completely. Always use protective oven mitts.

WARM: Once the pressure inside the appliance is completely released, pressure release valve will drop down and appliance will automatically switch to WARM function. Warm stage will light up and timer will start counting up by incrementing of 1 minute for up to 24 hours. Once maximum time is reached, appliance will automatically turn OFF. Use extreme caution when opening the lid to avoid scalding.

PRESET PRESSURE COOKING TIME CHART

COOKING FUNCTION	PRESET PRESSURE-COOKING TIME	PRESSURE & TEMPERATURE	ADJUSTABLE COOKING TIME RANGE (MINUTES)	WARM
MEAT	LOW-MED-HIGH (Time change)	55-70 KPA	Low: 15 minutes (Poultry) Med: 25 minutes (Beef) High: 45 minutes (Pork)	24 hours
FISH	LOW-MED-HIGH (Time change)	55-70 KPA	Low: 3 minutes (Fish filet) Med: 12 minutes (Shellfish) High: 18 minutes (Lobster)	24 hours
ROOT VEGETABLE	LOW-MED-HIGH (Time change)	55-70 KPA	Low: 8 minutes (Eggplant & Rutabagas) Med: 12 minutes (Hearty green, Squash, Acorn & Butternut) High: 18 minutes (Root vegetable & Potatoes)	24 hours
RICE	Time change	55-70 KPA	13 minutes	24 hours
BEANS GRAINS	LOW-MED-HIGH (Time change)	55-70 KPA	Low: 13 minutes (Whole grain) Med: 18 minutes (Beans/ Chili) High: 22 minutes (Soybean/ Chickpeas)	24 hours
SOUP	LOW-MED-HIGH (Time change)	55-70 KPA	Low: 10 minutes (Small piece of vegetable and Noodle) Med: 15 minutes (Vegetable and small piece of meat) High: 20 minutes (Vegetable and Rice)	24 hours
CAKE	LOW -HIGH (Temperature change)	Low: 221°F-248°F 105°C-120 °C High: 257°F-293°F 125-145 °C	Low: 30 minutes (Low make a cake) High: 30 minutes (High bake meal)	-----
YOGURT	NORMAL (No adjustment)	95°F-104°F 35°C-40°C	480 minutes	-----

Cooking time are reference only and can be changed by using the cooking time function.

COOKING FUNCTION CHART

STYLE FUNCTION	PRESET PRESSURE-COOKING TIME	PRESSURE & TEMPERATURE	ADJUSTABLE COOKING TIME RANGE (MINUTES)	WARM
SAUTÉ	LOW-MED-HIGH (Temperature change)	Low: 248 °F/120 °C Med: 302 °F/150 °C High: 338 °F/170 °C	Low: 30 minutes Med: 30 minutes High: 30 minutes	24 hours
STEAM	LOW-MED-HIGH (Time change)	232 °F - 241 °F/ 111 °C-116 °C	Low: 10 minutes Med: 15 minutes High: 30 minutes	24 hours
SLOW COOK	LOW-HIGH (Time and Temperature change)	Low: 189 °F-200 °F/87-93 °C High: 200 °F-210 °F/93 °C-99 °C	Low: 8 hours High: 4 hours	-----
CANCEL	At any stage, press the "CANCEL" button once to return to the standby state and to stop the cooking program			-----
START	Press the "START" button once to accept your setting choice			-----
WARM	-----	145 °F-172 °F/ 63-78 °C	-----	24 hours

HOW TO USE

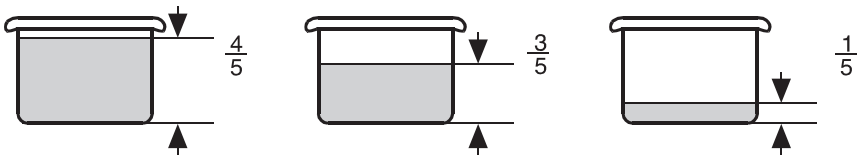
READ THE INSTRUCTIONS BEFORE USE




- NOTE:** Always use plastic, rubber, wooden, or silicone cooking utensils inside the cooking pot to avoid scratching the cookware.
- NOTE:** Do not operate the appliance directly under kitchen cabinets. Provide adequate space above and around the appliance for air circulation.
- NOTE:** Before each operating, ensure the sealing ring and pressure release valve are properly installed. Ensure the lid is tightly closed before operating.
- NOTE:** Always check, pressure release valve, anti-blocking nut, float valve for clogging before use.

- Place the appliance on a flat, stable, heat resistant surface.
- Open the lid, take out the cooking pot and add all ingredients inside the inner cooking pot. Refer to Fig. 2.

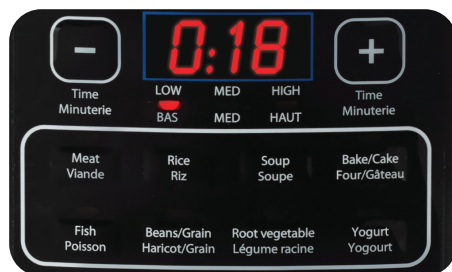
NOTE: Ensure the minimum quantity of food and liquid is at least 1/5 full. Do not fill the appliance over 4/5 full. Refer to markings inside the cooking pot. Do not fill the appliance over 3/5 full when cooking food that expands such as grains and dried vegetables. Refer to Fig. 6.

Fig. 6 How to fill the pot



3. Place the inner cooking pot inside the appliance. Refer to Fig. 2.
4. Close the lid securely until the base and the lid are properly aligned. You can also hear a "click" when close the lid. Refer to Fig. 5.
NOTE: The appliance is equipped with locking lid mechanism that will prevent the pressure from building into the appliance if the lid is not securely locked.
NOTE: Ensure the sealing ring is properly installed before operating. Do not operate the sealing ring is damaged. Refer to Fig. 4.
5. Position the pressure release valve to the "sealing" position . Refer to Fig. 3.
6. Plug the power cord into a 120V AC wall outlet. Appliance will beep and display will show 00:00.
7. Select the desired cooking function. Light indicator will blink (standby mode) and display will show pressure cooking time. Press start button, a rolling bars  will appear indicating that the heating process has started.
NOTE: Refer to the following section for more details on each cooking functions. Use the "**TIME**" function during the standby mode to adjust cooking time (refer to "**TIME**" section).
8. Refer to the "Cooking Progress Display" section to help you monitor every cooking stage.
9. Once cooking time is over, appliance will beep 5 times and automatically switch to **WARM** mode. When you are ready to serve, press **CANCEL** to stop the appliance. Let the appliance cool down completely before opening the lid. Pressure release valve will drop down indicating that the pressure is released. For a quick release, carefully turn the steam release vent to the "release" position . **NOTE:** Do not try to force the lid open as it may cause serious injuries.
10. Warm function can be used for a maximum of 24 hours after the appliance will automatically shut off.
11. Turn off the appliance by pressing the **CANCEL** button and unplug from electrical outlet.
WARNING: Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
WARNING: Always unplug the product when not in use or when it will be left unattended.

PRESET COOKING FUNCTIONS



- | + TIME ADJUSTMENT

Cooking times may be adjusted by pressing the "+" (add time) or "-" (subtract time). Once a desired cooking function is selected, Preset cooking light indicator will blink indicating that the appliance is on standby mode. Use the "TIME" function during the standby mode to adjust the default pressure cooking time. Press start to accept your desired cook time and function.

MEAT

You may use the SAUTÉ function to brown meat prior to cooking. Refer to SAUTÉ section. Add all ingredients and liquid inside the cooking pot. Ensure there is enough liquid (water or broth). Refer to Fig. 6.

Close the lid until you hear a "click", plug the appliance.

1. Select **MEAT** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 15 minutes.
2. While blinking, the setting **LOW** will appear. The setting **LOW** is for the poultry meat. To get a different setting, press a second time, the setting will change to **MED** setting, this setting is for Beef and time will change to 25 minutes. A third setting is available, press a third time on **MEAT** function, the setting will change to **HIGH** setting, this setting is used for Pork and time will change to 45 minutes.
NOTE: In any setting, the time can be adjusted by pressing the "+" and "-".
NOTE: These presets are for reference only. Actual cooking times may vary.
3. Press **START** button to accept the setting. As temperature increases and pressure builds, the animated rolling bars will appear, and the **HEATING** light will appear.
4. When the temperature is reached, the **PRESSURIZING** light will illuminate, pressure will build inside.
5. The countdown time begins when the **COOKING** light will illuminate.
6. During the countdown the **COOKING** light and then the **DEPRESSURIZING** light will illuminate to show the next stage of the cooking process.
7. When the cook time counts down to 00:00, the appliance will beep 5 times.
8. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
9. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.

10. Release the pressure by turning the **PRESSURE RELEASE** valve (see FIG.3). Allow all steam to escape before opening the lid.
WARNING: Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
11. Turn the lid clockwise to UNLOCK.
12. Remove the lid.
13. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

FISH

You may use the **FISH** function to brown fish prior to cooking. Refer to **SAUTÉ** section. Add all ingredients and liquid inside the cooking pot. Ensure there is enough liquid (water or broth). Refer to Fig. 6.

Close the lid until you hear a "click", plug the appliance.

1. Select **FISH** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 3 minutes.
2. While blinking, the setting **LOW** will appear. The setting **LOW** is for the fish fillet. To get a different setting, press a second time, the setting will change to **MED** setting, this setting is for Shellfish and time will change to 12 minutes. A third setting is available, press a third time on **FISH** function, the setting will change to **HIGH** setting, this setting is used for Lobster and time will change to 18 minutes.
NOTE: In any setting, the time can be adjusted by pressing the "+" and "-".
NOTE: These presets are for reference only. Actual cooking times may vary.
3. Press **START** button to accept the setting. As temperature increases and pressure builds, the animated rolling bars will appear, and the **HEATING** light will appear.
4. When the temperature is reached, the **PRESSURIZING** light will illuminate, pressure will build inside.
5. The countdown time begins when the **COOKING** light will illuminate.
6. During the countdown the **COOKING** light and then the **DEPRESSURIZING** light will illuminate to show the next stage of the cooking process.
7. When the cook time counts down to 00:00, the appliance will beep 5 times.
8. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
9. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
10. Release the pressure by turning the **PRESSURE RELEASE** valve (see FIG.3). Allow all steam to escape before opening the lid.
WARNING: Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
11. Turn the lid clockwise to UNLOCK.

12. Remove the lid.
13. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

ROOT/VEGETABLE

You may use the **ROOT/VEGETABLE** function to brown vegetables prior to cooking. Refer to **SAUTÉ** section. For ideal results, cook vegetables with the same cook time together and ensure that they are similar in size. Add all ingredients and liquid inside the cooking pot. Ensure there is enough liquid (water or broth). Refer to Fig. 6.

Close the lid until you hear a “click”, plug the appliance.

1. Select **ROOT/VEGETABLE** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 8 minutes.
2. While blinking, the setting **LOW** will appear. The setting **LOW** is recommended for the eggplant, rutabagas. For an alternative setting, press a second time, the setting will change to **MED**. This setting is recommended for hearty green, squash, acorn or butternut squash and time will change to 12 minutes. For hard vegetables, press the **ROOT/VEGETABLE** function a third for **HIGH** setting. Default cook time will change to 18 minutes.
NOTE: In any setting, the time can be adjusted by pressing the “+” and “-”.
NOTE: These presets are for reference only. Actual cooking times may vary.
3. Press **START** button to accept the setting. As temperature increases and pressure builds, the animated rolling bars will appear, and the **HEATING** light will appear.
4. When the temperature is reached, the **PRESSURIZING** light will illuminate, pressure will build inside.
5. The countdown time begins when the **COOKING** light will illuminate.
6. During the countdown the **COOKING** light and then the **DEPRESSURIZING** light will illuminate to show the next stage of the cooking process.
7. When the cook time counts down to 00:00, the appliance will beep 5 times.
8. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
9. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
10. Release the pressure by turning the **PRESSURE RELEASE** valve (see FIG.3). Allow all steam to escape before opening the lid.
WARNING: Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
11. Turn the lid clockwise to UNLOCK.
12. Remove the lid.
13. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

RICE

Rice function is programmed to cook regular, parboiled rice and wild rice. It is also programmed to cook a mix of wild grains such as brown/ black rice, barley, quinoa and buckwheat. Use the provided measuring cup to add ingredients. To cook rice, use equal amounts of water/liquid and rice.

Close the lid until you hear a “click”, plug the appliance.

1. Select **RICE** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 13 minutes.
2. While blinking, the time can be adjusted by pressing the “+” and “-”.
NOTE: These presets are for reference only. Actual cooking times may vary.
3. Press **START** button to accept the setting. As temperature increases and pressure builds, the animated rolling bars will appear, and the **HEATING** light will appear.
4. When the temperature is reached, the **PRESSURIZING** light will illuminate, pressure will build inside.
5. The countdown time begins when the **COOKING** light will illuminate.
6. During the countdown the **COOKING** light and then the **DEPRESSURIZING** light will illuminate to show the next stage of the cooking process.
7. When the cook time counts down to 00:00, the appliance will beep 5 times.
8. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
9. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
10. Release the pressure by turning the **PRESSURE RELEASE** valve (see FIG.3). Allow all steam to escape before opening the lid.
WARNING: Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
11. Turn the lid clockwise to UNLOCK.
12. Remove the lid.
13. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

BEANS/GRAIN

You may use the **SAUTÉ** function to brown beans and chili prior to cooking. Refer to **SAUTÉ** section. Add all ingredients and liquid inside the cooking pot. Ensure there is enough liquid (water or broth). Refer to Fig. 6.

Close the lid until you hear a “click”, plug the appliance.

1. Select BEANS/GRAIN function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 13 minutes. **NOTE:** In any setting, the time can be adjusted by pressing the “+” and “-”. **NOTE:** These presets are for reference only. Actual cooking times may vary.
2. While blinking, the setting **LOW** will appear. The setting **LOW** is for the whole grain. For an alternative setting, press a second time, the setting will change to

MED setting, this setting is for beans/chili, time will change to 18 minutes. Press a third time on the **BEANS/GRAIN** function. The setting will change to **HIGH** setting, this setting is used for soybean/chickpeas and time will change to 22 minutes.
NOTE: In any setting, the time can be adjusted by pressing the "+" and "-".
NOTE: These presets are for reference only. Actual cooking times may vary.

3. When the temperature is reached, the **PRESSURE** light will illuminate, pressure will build inside.
4. The countdown time begins.
5. When the cook time counts down to 00:00, the appliance will beep 5 times.
6. The appliance will stay in **WARM** function, light indicator will appear at the WARM function. The **WARM** function may stay on for up to 24 hours.
7. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
8. Release the pressure by turning the **PRESSURE RELEASE** valve (see FIG.3). Allow all steam to escape before opening the lid.
WARNING: Use extreme caution when opening the lid and releasing steam manually as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
9. Turn the lid clockwise to UNLOCK.
10. Remove the lid.
11. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

SOUP

This function is programmed to cook a wide variety of soups and broths. Use fresh or frozen vegetables as well as fresh or frozen meat. For a perfect soup, refer to recipe that you like and used vegetables, meats or fish with the same cook time together and keep them in same sizes.

Close the lid until you hear a "click", plug the appliance.

1. Select **SOUP** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 10 minutes.
2. While blinking, the setting **LOW** will appear. The setting **LOW** is for small pieces of vegetables and noodle soup. For an alternative setting, press a second time, the setting will change to **MED**, this setting is for vegetable, barley and small pieces of meat soup and time will change to 18 minutes. A third setting is available, press a third time on **SOUP** function, the setting will change to **HIGH** setting, this setting is used for vegetable and wild rice soup and time will change to 20 minutes.
NOTE: In any setting, the time can be adjusted by pressing the "+" and "-".
NOTE: These presets are for reference only. Actual cooking times may vary.
3. Press **START** button to accept the setting. As temperature increases and pressure builds, the animated rolling bars will appear, and the **HEATING** light will appear.
4. When the temperature is reached, the **PRESSURIZING** light will illuminate, pressure will build inside.

5. The countdown time begins when the **COOKING** light will illuminate.
6. During the countdown **COOKING** light and then the **DEPRESSURIZING** light will illuminate to show the next stage of the cooking process.
7. When the cook time counts down to 00:00, the appliance will beep 5 times.
8. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
9. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
DO NOT use the quick release pressure method as liquid will splatter through the steam vent. Allow the appliance to cool down completely on its own.
WARNING: Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
10. Turn the lid clockwise to **UNLOCK**.
11. Remove the lid.
12. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

BAKE/CAKE

This function is programmed to cook dishes that require prolonged heat. You can use this function to **BAKE**. You may use the **SAUTÉ** function to brown meat prior to cooking. Refer to **SAUTÉ** section. Add all ingredients and liquid inside the cooking pot. This function is programmed to bake a **CAKE**. Prepare your cake mixture in a separate bowl and transfer inside the cooking pot once ready. Do not fill over the 3/5 mark, if your cake mixture will expand.

Close the lid until a “click” is heard, plug the appliance.

NOTE: No pressure is used for the **BAKE/CAKE** function.

1. Select **BAKE/CAKE** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 30 minutes.
2. While blinking, the setting **LOW** will appear. The setting **LOW** is to bake a **CAKE**, the temperature on this setting will be between 221 °F to 248 °F (105 °C to 120 °C).
3. For an alternative setting, press a second time, the setting will change to **MED** setting, this setting is to **BAKE** a meal. The temperature on this setting will be between 257 °F to 293 °F (125 °C to 145 °C).
NOTE: In any setting, the time can be adjusted by pressing the “+” and “-”.
NOTE: These presets are for reference only. Actual cooking times may vary.
4. Press **START** button to accept the setting. As temperature increases, the animated rolling bars will appear, and the **HEATING** light will appear.
5. When the temperature is reached, the **COOKING** light will illuminate, no pressure will build inside the unit in this function.
6. During the countdown the **COOKING** light will stay on.
7. When the cook time countdown to 00:00, the appliance will beep 5 times.

8. Turn the lid clockwise to UNLOCK.
9. Remove the lid.
10. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

YOGURT

This function is programmed to prepare yogurt. Place a large cooking pot on the stovetop and boil milk to at least 180 °F (82 °C). Stir the milk occasionally to prevent a skin from forming. Allow the milk to cool down between 110 °F to 115 °F (43 °C to 46 °C). Use a thermometer to monitor the temperature.

1. Pour the milk inside the cooking pot and add your starter (powdered or fresh yogurt). If using powdered starter, incorporate the mixture inside the cooking pot. If using fresh yogurt, use a separate bowl to incorporate a small amount of warm milk and yogurt starter. Add the mixture to the rest of the warm milk and stir.
2. Close the lid until you hear a “click”, plug the appliance.
3. Select **YOGURT** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 8 hours.
NOTE: In any setting, the time can be adjusted by pressing the “+” and “-”. Cooking time can be adjusted in increments of 15 minutes. No pressure is used to prepare yogurt.
NOTE: These presets are for reference only. Actual cooking times may vary.
4. Press **START** button to accept the setting. As temperature increases, the animated rolling bars will appear, and the **HEATING** light will appear.
5. When the temperature is reached, the **COOKING** light will illuminate, no pressure will build inside the unit in this function.
6. During the countdown the **COOKING** light will stay on.
7. When the cook time countdown to 00:00, the appliance will beep 5 times.
8. To avoid over-cooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
9. Remove the lid.
10. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions)

COOKING STYLE FUNCTIONS



SAUTÉ

SAUTÉ function is programmed to cook and/or browned food quickly with a small quantity of butter, oil, or other fat over relatively high heat and to keep the flavors. Don't overcrowd. It's crucial that only one layer of food cooks in the cooking pot at a time. Stir frequently but not constantly, Sauté method involves only moderately high heat, and the food is not in continuous motion.

NOTE: Operate the appliance without the lid.

NOTE: No pressure will be built inside the appliance.

1. Select **SAUTÉ** function. Appliance will beep, light indicator near the selected button will blink (standby mode). The default time for this function is 30 minutes.
2. While blinking, the setting **LOW** will appear. The setting temperature at **LOW** is 248 °F (120 °C). To get a higher temperature for the **SAUTÉ** function, press a second time, the setting will change to **MED** setting and temperature will rise to 302 °F (150 °C). A third setting is available, press a third time on **SAUTÉ** function, the setting will change to **HIGH** setting temperature will change to 338 °F (170 °C).
NOTE: In any setting, the time can be changed by pressing the "+" and "-" .
3. Press **START** button to accept the setting. As temperature increases, the animated rolling bars will appear, and the **HEATING** light will appear.
4. Once the temperature has been reached, the **COOKING** light will illuminate, it's time to add butter, oil or other fat and incorporate your meats or vegetables that you want to **SAUTÉ**.
5. The countdown time begins when the **COOKING** light is illuminated.
6. During the countdown the **COOKING** light will stay on until your time is completed.
7. When the cook time counts down to 00:00, appliance will beep 5 times.
8. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
9. To avoid overcooking the food, press the **CANCEL** button or press a preset program to continue your cooking. Each recipe is different, you can enjoy your meal with only the **SAUTÉ** function or continue to cook your meal using other preset function.
10. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

STEAM

STEAM function is programmed to steam all type of foods that are not in the preset cooking program chart. Use fresh or frozen vegetables as well as fresh or frozen meat. For a perfect dish, refer to recipe that you like and used vegetables, meats or fish with the same cook time together and keep them in same sizes.

1. Using the provided measuring cup fill cooking pot with water until line 1/5 marking inside the pot is reached.
2. Insert the provided steam tray inside the appliance and place the food to be steamed on the tray. Never fill the cooking pot more than the 4/5 marking line inside the pot.

3. Close the lid until you hear a “click”, plug the appliance.
4. Select **STEAM** function. Appliance will beep, light indicator near the selected button will blink (standby mode). While blinking, the default setting will appear at **LOW** setting and time of 00:10 will appear. Press a second time, the default setting will change at **MED** setting and a time of 00:15 will appear. A third setting is available, press a third time, the setting will change at **HIGH** setting and time of 00:30 will appear. In any setting, the time can be changed by pressing the “+” and “-”.
5. Press **START** button to accept the setting. As heating and pressure builds, the animated rolling bars will appear, and the **HEATING** light will appear.
6. When the temperature is reached, the **PRESSURIZING** light will illuminate, pressure will build inside.
7. The countdown time begins when the **COOKING** light will illuminate.
8. During the countdown **COOKING** light and then the **DEPRESSURIZING** light will illuminate to show the next stage of the cooking process.
9. When the cook time reached 00:00, appliance will beep 5 times.
10. The appliance will stay in **WARM** function, light indicator will appear at the **WARM** function. The **WARM** function may stay on for up to 24 hours.
11. To avoid overcooking the food, press the **CANCEL** button. The light will disappear, the cooking time display will show 00:00.
12. Release the pressure by turning the **PRESSURE RELEASE** valve (see FIG.3). Allow all steam to escape before opening the lid.
WARNING: Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
13. Turn the lid clockwise to UNLOCK.
14. Remove the lid.
15. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

SLOW COOK

SLOW COOK function is programmed to cook at a low temperature over an extended period of time.

1. Using the provided measuring cup fill cooking pot with water or your recipe ingredients according to instructions provided. Fill the cooking pot at minimum 1/5, refer to the marking indicated inside the cooking pot.
2. Place food into the cooking pot. For the best results, the cooking pot should be at least half-filled. When cooking soups or stews, allow a 2-inch (5 cm) space between the food and the top of the cooking pot, so ingredients can come to a simmer.
NOTE: When cooking a vegetable and meat combination, place the vegetables at the bottom of the cooking pot first then add the meat and other ingredients.
3. Close the lid until you hear a “click”, plug the appliance.

4. Select **SLOW COOK** function. Appliance will beep, light indicator near the selected button will blink (standby mode). While blinking, the default setting will appear at **LOW** setting and time of 08:00 will appear. Press a second time, the default setting will change at **HIGH** setting and a time of 04:00 will appear.
NOTE: Following recipe instructions, select the desired **HIGH** setting or **LOW** setting. When cooking on **HIGH** setting, check cooking progress, as some soups or liquids may come to boil. Please be reminded that frequent lifting of the lid during cooking will delay the cook time.
NOTE: In any setting, the time can be changed by pressing the "+" and "-". Time can be adjusted in increments of 15 minutes.
NOTE: These presets are for reference only. Actual cooking times may vary.
5. Press **START** button to accept the setting. As temperature increases, the countdown start and the **COOKING** light is on.
6. When the cooking time reached 00:00, appliance will beep 5 times.
WARNING: Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
7. Turn the lid clockwise to UNLOCK.
8. Remove the lid.
9. Unplug the appliance from the electrical outlet. Allow to cool down completely before cleaning (see Cleaning Instructions).

SLOW-COOKER COOKING CHART

FOOD	WEIGHT	LOW/TIMER	HIGH/TIMER
Beef Roast	3 lb (1.4 kg)	3 to 4 hours	1 ½ hours
Beef Brisket	4-5 lb (1.8-2.3 kg)	10 hours	6 hours
Turkey Breast	6-7 lb (2.7-3.2 kg)	6 hours	3 to 4 hours
Whole Chicken	4-6 lb (1.8-2.7 kg)	6 hours	4 hours
Chicken Pieces, bone-in	3-4 lb (1.4-1.8 kg)	4 hours	1 ½ hours
Fully Cooked Ham	7.5 lb (3.4 kg)	8 to 10 hours	4 hours
Pork Tenderloin	2-3 lb (900 g-1.4 kg)	2 to 3 hours	1 ½ to 2 hours
Pork Roast	4-5 lb (1.8-2.3 kg)	4 to 8 hours	2 to 3 hours
Pork Chops	2-3 lb (900 g-1.4 kg)	5 hours	2 to 3 hours

NOTE: Those slow-cooking charts are for reference only, make sure the meal is well cooked by using a meat thermometer to validate the temperature.

CLEANING

WARNING: Ensure the appliance is unplugged from the electrical outlet and allow it to cool down completely before handling or cleaning it.

WARNING: Never put cold water into a hot cooking pot. Sudden changes of temperature may cause metal to warp, resulting in an uneven bottom.

1. Remove the inner cooking pot and pressure release valve and wash in hot soapy water. Rinse and dry thoroughly. Wash after each use.
WARNING: Do not immerse body, electrical cord or plug in water or any other liquid.
2. Remove the sealing ring from under the lid. Rinse in hot water. Rinse and dry thoroughly. Refer to Fig.4
NOTE: Ensure the pressure release valve and sealing ring are properly reinstalled before storing the appliance.
3. Use a cleaning brush to clean the float valve (under the lid). Move the float valve up and down to dislodge any food debris. If necessary, remove the silicone gasket from the float valve end.
NOTE: Reinstall the silicone gasket to the float valve, making sure the silicone sits in the groove.

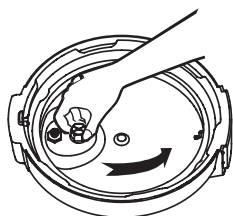
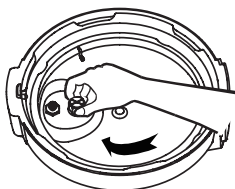


Fig. 8



4. Remove the anti-blocking nut by rotating counterclockwise. Rinse it to dislodge any food debris and replace tightly.
NOTE: Ensure the anti-blocking nut is properly reinstalled before storing the appliance

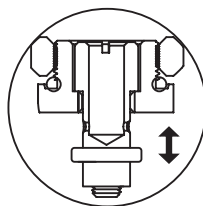


Fig. 7

5. Rinse the lid with hot water and dry thoroughly.
6. Wipe body with a damp cloth and dry thoroughly.
7. To store, place the inner cooking pot inside the appliance.

MAINTENANCE

- Store the product in a cool, dry place.
- Never cut anything in the cookware or use utensils with sharp edges as to avoid piercing the non-stick surface.
- Never put cold water into a hot cooking pot. Sudden changes of temperature may

cause metal to warp, resulting in an uneven bottom. Let cookware cool down on its own or place in lukewarm soapy water.

- Always use trivets or oven mitts when handling the pot.
- DO NOT place the cooking pot on countertop, as it will stain or burn the countertop. Use a protective trivet.
- DO NOT place the pot on any range top burner, under a broiler, microwave browning element, or in a heated oven.
- DO NOT strike utensils against rim of pot to dislodge food, as it will scratch it.
- DO NOT use metal utensils with this appliance. Use the provided rice measure (or recommended utensil) to prevent chipping of the cooking pot.
- DO NOT use scouring pads, abrasive cleaners, or any object that will scratch the cookware or accessories.
- Any other servicing should be performed by an authorized service representative.

TROUBLESHOOTING

The pressure cooker is equipped with safety feature that will advise you and shut the unit down if an abnormal condition is encountered during pressure or slow cooking. An error signal will be displayed on the control panel. Depending on the error, audible beeping may be heard. Once the problem has been identified unplug the unit and contact the customer service if no solution can help in the following table.

DESCRIPTION	SOLUTION
Lid does not lock or steam air escapes from the rim of the lid.	The sealing ring assemble is not properly installed in lid. Reinstall the sealing ring, follow the instruction FIG. 4.
Air escapes from the float valve.	Make sure the float pressure valve is well place and install. Refer FIG. 3.
Cannot open the lid after air exhaust	The float pressure valve is still up, press on the float pressure valve.
Error code appear on the control panel (E4)	Air leakage, check if the seal is well placed. If the message appears again, please contact Customer Service: starfrit.com/en/contact-us
Error code appear on the control panel (E1, E2 or E3)	Please contact Customer Service: starfrit.com/en/contact-us

WARRANTY

1-YEAR LIMITED WARRANTY.

This warranty covers any defects in materials and workmanship for a period of one (1) year from the date of the original purchase. Please retain your original receipt as a proof of the purchase date. Any complaints must be registered within the warranty period. The product will be repaired, replaced (parts or entire appliance) or refunded at our sole discretion. Shipping charges may apply.

This warranty does not cover normal wear of parts or damage resulting from any of the following:

Negligent use or misuse of the product including failure to clean the product regularly, use for commercial purposes, accident, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than a STARFRIT authorized service agent.

Stains, discoloration and minor scratches on the inside and outside of the utensil constitute normal use, do not affect performance, and are not covered by this warranty.

Decisions as to the cause of damage are the responsibility of Starfrit. All decisions will be final.



RECIPES

BRUNSWICK CHICKEN STEW

Functions: SAUTÉ and MEAT

Servings: 8 servings



INGREDIENTS:

- 1 can (795 ml) diced tomatoes
- 1 1/4-pound potatoes (about 2 large potatoes), cut into 1-in. cubes
- 2 cups (500 ml) chopped onion (from 1 medium onion)
- ½ cup (125ml) packed light brown sugar
- ¼ cup (60 ml) apple cider vinegar
- ¼ cup (60 ml) Dijon mustard
- 6 tbsp. (90 ml) tablespoons Worcestershire sauce
- 2 tbsp. (30 ml) chopped fresh thyme
- 1 tbsp. (15 ml) of salt
- 1 tbsp. (15 ml) tomato paste
- 2 tbsp. (30 ml) unsweetened cocoa
- ¼ (3,75ml) teaspoon crushed red pepper
- 4 (4-lb.) chicken breasts cut into 1-in. piece
- 2 cups (500 ml) frozen lima beans
- 2 cups (500 ml) fresh or frozen corn kernels (about 4 ears)
- ½ tsp. (2.5 ml) black pepper
- ¼ cup (60 ml) thinly sliced scallions (about 2 scallions)

PREPARATION: Refer to the **"HOW TO USE"** section to operate the appliance

1. Press **"SAUTÉ"** function and let the appliance preheat for 2 minutes.
2. Stir together, potatoes, onion, Worcestershire sauce, cider vinegar, Dijon mustard, brown sugar, thyme, salt, cocoa, red pepper and black pepper.
3. Once vegetable is browned, press **"CANCEL"** and switch to **"MEAT"**. Used the setting **MED**.
4. Add all the other ingredients to the cooking pot: Lima beans, corn kernels, tomatoes diced, sliced scallions and add the chicken breast. Stir to combine.
5. Close the lid until you hear a "click", plug the appliance.
6. Press **START** button to accept the setting.
NOTE: Refer to the **"COOKING PROGRESS DISPLAY"** section to monitor cooking stages.
7. Once cooking time is over, the appliance will beep 5 times and automatically switch to **WARM** mode.
8. Let the appliance cool down completely. For a quick release; carefully turn the steam release vent to the "release" position (🔌). Do not try to force the lid open. **WARNING:** Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food. **WARNING:** DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
9. Turn the lid clockwise to UNLOCK.
10. Remove the lid.

SALMON STEAK

Functions: SAUTÉ and FISH

Servings: 4 servings



INGREDIENTS:

- 4 skin Salmon Steaks
- 1 cup (250 ml) sliced onion (from 1 medium onion)
- $\frac{3}{4}$ cup (180 ml) dry white wine
- 2 lemons, one sliced and another one cut into wedges
- 1 cup (250 ml) water
- $\frac{1}{2}$ tsp. (2,5 ml) dill
- $\frac{1}{2}$ tsp. (2,5 ml) sea salt
- $\frac{1}{2}$ tsp. (2,5 ml) ground pepper

PREPARATION: Refer to the **"HOW TO USE"** section to operate the appliance

1. Place the trivet in the pressure cooker.
2. Add onion ring in overlapping pattern on the trivet and add Salmon Steaks.
3. Pour dry wine and water into the cooking pot,
4. Add sea salt and pepper, sprinkle with dill on top of Salmon Steaks.
5. Arrange lemon slices on top of the salmon Steaks.
6. Press **"SAUTÉ"** function and bring liquid to boil. Boil for 1 minute.
7. Once liquid boiled, press **"CANCEL"** and switch to **"FISH"**. Used the setting **LOW**.
8. Close the lid until you hear a "click", plug the appliance.
9. Press **START** button to accept the setting.

NOTE: Refer to the **"COOKING PROGRESS DISPLAY"** section to monitor cooking stages.

10. Once cooking time is over, the appliance will beep 5 times and automatically switch to **WARM** mode.
11. Let the appliance cool down completely. For a quick release; carefully turn the steam release vent to the "release " position (🔌). Do not try to force the lid open.
WARNING: Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
12. Turn the lid clockwise to UNLOCK.
13. Remove the lid.

MOLTEN MOCHA CAKE

Functions: CAKE/BAKE

Servings: 8 servings



INGREDIENTS:

- 1 cup (250 ml) water
- 4 large eggs
- 1-1/2 cups (375 ml) sugar
- 1/2 cup (125 ml) of melted butter
- 1 tsp (5ml) vanilla extract
- 1 cup (250 ml) all-purpose flour
- 1/2 tbsp (7 ml) baking soda
- 1 tbsp (15 ml) instant coffee granules
- 1/4 tsp (1,3 ml) salt

PREPARATION: Refer to the **"HOW TO USE"** section to operate the appliance

1. In a large mixing bowl, combine sugar, flour, baking soda, salt and instant coffee granules.
2. In a separate bowl, incorporate the egg, water, melted butter, vanilla extract, salt and mix well.
3. Pour the liquid mixture over the sugar, flour, baking soda and instant coffee granules. Mix with a wooden spoon.
4. Pour into the cooking pot.
5. Close the lid until you hear a "click", plug the appliance.
6. Press **"BAKE/CAKE"** function at **LOW** setting.
NOTE: In any setting, the time can be changed by pressing the **"+"** and **"-"**
NOTE: These presets is for reference only. Actual cooking times may vary.
7. Press **START** button to accept the setting.
8. The **COOKING** light will illuminate, no pressure will build inside the unit in this function.
9. Once cooking time is over, the appliance will beep 5 times and automatically switch to **WARM** mode.
10. Turn the lid clockwise to UNLOCK.
11. Remove the lid.

VEGETARIAN CHILI

Functions: BEANS/GRAIN


Servings: 8 servings



INGREDIENTS:

- 1 tbsp. (30 ml) olive oil
- 1 medium white or yellow onion, peeled and diced
- 1 medium red bell pepper, cored and diced
- 4 cloves garlic, peeled and minced
- 3–4 cups (3 litres) vegetable stock
- 1 can (796 ml) diced tomatoes
- 1 can (540 ml) beans of your choice, rinsed and drained
- 1 cup (250 ml) uncooked green or brown lentils, picked over and rinsed
- 1 tablespoon chili powder
- 1 tsp. (5 ml) smoked paprika
- 1 tsp. (5 ml) ground cumin
- Sea salt and freshly cracked black pepper to taste

PREPARATION: Refer to the **"HOW TO USE"** section to operate the appliance

1. Press **"SAUTÉ"** function and let the appliance preheat for 2 minutes.
2. Stir together, oil, followed by the onion, red bell pepper. **SAUTÉ** for 3-5 minutes or until the onions are soft. Add garlic and stir for 1 more minute.
3. Once vegetable is browned, press **"CANCEL"** and switch to **"BEANS/GRAIN"**. Used the setting **MED**.
NOTE: In any setting, the time can be changed by pressing the **"+"** and **"-"**.
NOTE: These presets is for reference only. Actual cooking times may vary.
4. Add the remaining ingredients to the cooking pot: Vegetable stock, smoked paprika, tomatoes diced, beans, lentils, ground cumin and chili powder. Stir to combine. Add sea salt and pepper to taste.
5. Close the lid until you hear a "click", plug the appliance.
6. Press START button to accept the setting.
Note: Refer to the **"COOKING PROGRESS DISPLAY"** section to monitor cooking stages.
7. Once cooking time is over, the appliance will beep 5 times and automatically switch to **WARM** mode.
8. Let the appliance cool down completely. For a quick release; carefully turn the steam release vent to the "release" position . Do not try to force the lid open.
WARNING: Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
9. Turn the lid clockwise to UNLOCK.
10. Remove the lid.

MEDITERRANEAN SOUP

Functions: SAUTÉ and SOUP


Servings: 8 servings



INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 large onion, diced
- 3 celery stalks, diced
- 3 medium carrots, trimmed, peeled, and diced
- 2 medium zucchini, ends trimmed and chopped into 3/4-inch chunks
- 3 gold potatoes, scrubbed and chopped into 3/4-inch cubes
- 3/4 cup split red lentils
- 1 cup canned chopped tomatoes (with their juices)
- 2 dried bay leaves
- 3-4 sprigs of fresh thyme
- 5 cups vegetable stock
- 1 teaspoon kosher sea salt, plus more
- freshly ground black pepper
- 2-3 cups finely sliced savoy cabbage, reserved for later
- extra virgin olive oil, for drizzling
- freshly chopped flat-leaf parsley (or basil), for garnishing
- freshly grated parmigiano-reggiano cheese, for garnishing

PREPARATION: Refer to the **"HOW TO USE"** section to operate the appliance

1. Press **"SAUTÉ"** function and let the appliance preheat for 2 minutes.
2. Stir together, extra virgin oil, onion, celery, carrots, zucchini and potatoes.
3. Once vegetable is browned, press **"CANCEL"** and switch to **"SOUP"**. Used the setting **MED**.
4. Add all the other ingredients to the cooking pot: vegetable stock, tomatoes, bay leaves, fresh thyme, red lentils, salt and pepper and. Stir to combine.
5. Close the lid until you hear a "click", plug the appliance.
NOTE: In any setting, the time can be changed by pressing the **"+"** and **"-"**.
NOTE: These presets is for reference only. Actual cooking times may vary.
6. Press **START** button to accept the setting.
Note: Refer to the **"COOKING PROGRESS DISPLAY"** section to monitor cooking stages.
7. Once cooking time is over, the appliance will beep 5 times and automatically switch to **WARM** mode.
8. Let the appliance cool down completely. For a quick release; carefully turn the steam release vent to the "release " position . Do not try to force the lid open.
WARNING: Use extreme caution when opening the lid and as hot steam will escape and may cause scalding. Use protective oven mitts or gloves to avoid burns or serious personal injury. Always use utensils to handle hot food.
WARNING: DO NOT attempt to open the lid before cooking time is over and pressure is completely released from the appliance. This may cause serious injuries.
9. Turn the lid clockwise to UNLOCK.
10. Remove the lid.
11. Transfer the soup into bowls, add fresh parsley and fresh parmigiano-reggiano cheese on top and serve.