

salton[®] multipot[®]

**5-in-1 electronic
pressure cooker**



Instruction Booklet

Model PC1048

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions before using.
2. Close supervision is necessary when any appliance is used by or near children.
3. Keep Pressure Cooker out of reach of children.
4. **DO NOT** touch hot surfaces. Use handles or knobs.
5. The use of accessories or attachments not recommended by Salton may cause hazards.
6. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid.
7. **DO NOT** operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to Salton for examination, repair or adjustment. See Warranty section.
8. **DO NOT** let cord hang over edge of table or counter, or touch hot surfaces.
9. 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.
10. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to 'OFF', then remove plug from wall outlet.
11. Always unplug before cleaning and removing parts.
12. **DO NOT** use outdoors.
13. **DO NOT** place on or near a hot gas or electric burner, or in a heated oven.
14. **DO NOT** cover the pressure cooker or have it near flammable material including curtains, draperies, walls and the like when in operation.
15. Always use in a well ventilated area.
16. Keep hands and face away from the Pressure Regulator when releasing pressure.
17. After cooking, use extreme caution when removing the Cover. Serious burns can result from steam inside the unit.
18. While the unit is in operation, never remove the Cover.
19. **DO NOT** use without the Removable Cooking Bowl in place.
20. **DO NOT** cover the pressure valves. An explosion may occur.
21. **DO NOT** attempt to dislodge food when the appliance is plugged in.

22. **DO NOT** fill the Pressure Cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking do not fill the unit over 1/2 full.
23. Foods such as applesauce, cranberries, pearl barley oatmeal or other cereals, split peas, noodles and pasta or rhubarb should not be cooked under pressure in the pressure cooker. These foods tend to foam, froth and sputter and may block the Pressure Indicator Valve.
24. To reduce the risk of electrical shock, cook only in the Removable Cooking Bowl.
25. **DO NOT** use an extension cord with the Pressure Cooker.
26. This Pressure Cooker is for household use only.
27. **DO NOT** use appliance for other than intended use.
28. Extreme caution must be used when moving an appliance containing hot liquids.
29. **WARNING:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire or serious damage.

CAUTION: Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 32 °C / 90 °F) When cooking these foods, do not set the Delay Start function for more than 1-2 hours.

SAVE THESE INSTRUCTIONS

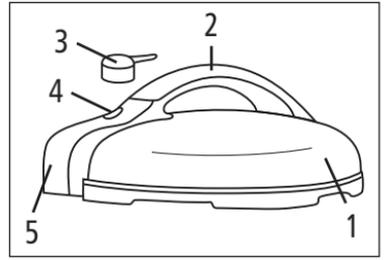
HOUSEHOLD USE ONLY

POLARIZED PLUG

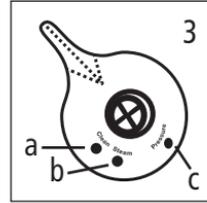
This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

DESCRIPTION OF PARTS

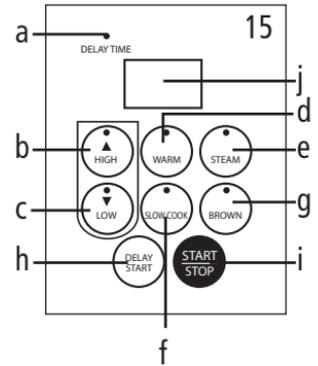
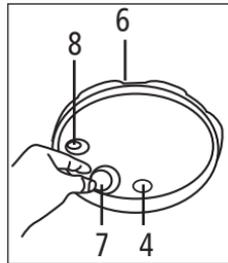
1. Cover
2. Cool Touch Handle
3. Pressure Regulator
 - a) Pressure: setting for pressure cooking
 - b) Steam: to release pressure quickly
 - c) Clean: to remove the pressure regulator for cleaning



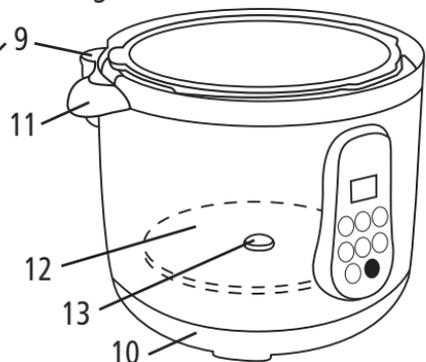
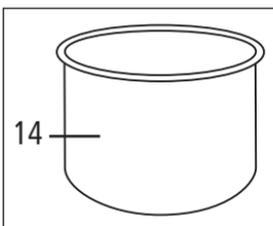
4. Pressure Indicator Valve
5. Cover Locking Pin
6. Gasket
7. Exhaust Pipe/Blockage Guard



8. Spring Safety Valve
9. Condensation Reservoir
10. Base
11. Base Handles
12. Heating Plate
13. Temperature Sensor
14. Removable Cooking Bowl
15. Control Panel (Plus enlarged picture)



- a) Delay Start Indicator Light
- b) Pressure Cooking High Setting Button and Indicator Light
- c) Pressure Cooking Low Setting Button and Indicator Light
- d) Warm Setting Button and Indicator Light
- e) Steam Setting Button and Indicator Light
- f) Slow Cook Setting Button and Indicator Light
- g) Brown Setting Button and Indicator Light
- h) Delay Start Button
- i) Start/Stop Button
- j) Display Window



OPERATION

Pressure Cookers provide a safe, healthy and faster way to cook. Once the Pressure Cooker Cover is locked in position and the cooking cycle begins, air is exhausted automatically. Then steam is sealed inside creating pressure. The Pressure Regulator keeps the pressure inside the Cooker at a safe level by permitting the appropriate amount of steam to escape from the Exhaust Pipe. The Spring Safety Valve also will release pressure, if necessary. The combination of pressure and temperature causes foods to be cooked faster while the moist steam tenderizes even the toughest cuts of meat.

BEFORE FIRST USE

1. Remove all packaging materials and literature.
2. Remove the Gasket by gently pulling it out of the inside rim of the Cover. Wash the Gasket, Cover and Removable Cooking Bowl in hot soapy water. Rinse with warm water and dry. **NEVER** immerse the Base in water or any other liquid.
3. Replace the Gasket inside the Cover. See instructions in the Care and Cleaning section.
4. Apply a thin coat of cooking oil to the top rim of the Removable Cooking Bowl where it comes in contact with the Gasket. This allows for easy opening and closing.

HOW TO USE

Settings:

1. Warm: Reheats or keeps cooked food warm for a long period of time.
2. Brown: Allows you to brown your food before cooking it under pressure.
3. Steam: Quickly brings cooking liquid to a boil for steaming food or cooking rice.
4. Slow Cook: Cooks your food slowly to retain flavour and tenderness. Most recipes using a slow cooker require 8 – 9 hours.
5. Pressure Cooking: The combination of pressure and temperature causes foods to be cooked faster. The steam tenderizes even the toughest cuts of meat.

6. Programmable Cooking (Delay Start): Allows you to program the Pressure Cooker in the Steam, Slow Cook and High/Low Pressure Cooking settings, to begin cooking food up to 8 hours later.

CAUTION: Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 32°C/90°F). When cooking these foods, do not set the Delay Start function for more than 1-2 hours.

Pressure Cooking Setting

NOTE: Before placing the Cover on the Base be sure that the Exhaust Pipe/Blockage Guard are clean and free of obstructions. See the instructions in the Care and Cleaning section.

1. Place food in the Removable Cooking Bowl according to the recipe.
NOTE: There must be at least 250 ml (1 cup) of liquid to cook food under pressure.
2. Position the Removable Cooking Bowl in the Pressure Cooker.
3. Place the Cover on the Pressure Cooker so that the Locking Pin lines up with the Condensation Reservoir then turn the Cover counter-clockwise until it locks into place. (The Locking Pin will click into place).
4. Plug the unit in a 120 volt AC wall outlet.
5. Turn the Pressure Regulator to PRESSURE.
6. Choose the desired cooking mode by pressing either the HIGH or LOW Pressure Button on the Control Panel. The light on the button will flash and the digital display will show "1" (1 minute cooking time).
7. Set the desired time by pressing the Button once for each additional minute or by holding the Button down. The maximum cooking time is 99 minutes.
8. Press the START/STOP Button to begin cooking. The indicator light will stop flashing.
NOTE: If you forget to select a cooking time or do not press the START/STOP button, the Digital Display will return to 0.0 after 30 seconds and the Pressure Cooker will not start.

9. Once the appropriate pressure has been reached, the Digital Display will begin to count down. **NOTE:** The Pressure Indicator Valve will rise and the Cover cannot be opened.
10. The Pressure Cooker will beep at the end of the set cooking time. **NOTE:** The START/STOP button must be pressed or the timer will beep periodically as a reminder that cooking is complete.
11. When cooking is finished, you can lower the pressure inside the Pressure Cooker by either of the 2 methods below. Follow the directions in your recipe.
Slow Pressure Release:
Set the Pressure Cooker aside to cool for about 5 – 15 minutes until the Pressure Indicator Valve drops.
Quick Pressure Release:
Turn the Pressure Regulator knob to 'Steam' until the Pressure Indicator Valve drops.
12. Press the START/STOP button. **NOTE:** The Pressure Cooker will automatically switch to the 'Warm' setting if the START/STOP button has not been pressed.

CAUTION:

- **DO NOT** hold the Pressure Regulator as hot steam/liquid may be ejected.
- Keep hands and face away from the steam vents, use potholders when removing the inner Bowl or touching any hot items.
- Never force the Cover open. The Cover will only open once the pressure is released. Remove the Cover by turning clockwise. Remove the Cover by lifting it away from you to avoid being burned by the steam.

Warm Setting

This program reheats or keeps cooked food warm for a long period of time.

1. Place cooked food in the Removable Cooking Bowl.
2. Place Cover on the Pressure Cooker.
3. Turn the Pressure Regulator Knob to 'Steam'.
4. Press the 'Warm' button. The Warm indicator light will flash and the Digital Display will read 0.0.
5. Press the START/STOP button to begin the program. The Indicator light will stop flashing.
6. Press the START/STOP button when warming is complete.

Brown Setting

Brown your meat or poultry before pressure cooking unless otherwise indicated in the recipe.

1. Place the Removable Cooking Bowl in the Pressure Cooker.
2. Add a small amount of oil, according to the recipe.
3. Press the 'Brown' button. The 'Brown' Indicator Light will flash and the Display will read 0.0.
4. Press the START/STOP button and the Indicator Light will stop flashing.
5. Preheat for 1 minute. Add food and begin browning.
6. During the browning function the pressure cooker will beep 3 times every 10 minutes as a warning that this is a high temperature setting.
7. Press the START/STOP button when browning is complete.

NOTE:

When using the Browning function:

- **DO NOT** leave the Pressure Cooker unattended
- **DO NOT** put the Cover on the Pressure Cooker

Steam Setting

The Steam Setting quickly brings cooking liquid to a boil for steaming food or cooking rice.

1. Position the Removable Cooking Bowl in the Pressure Cooker.

2. Place a small, heat-resistant rack or basket in the bottom of the Removable Cooking Bowl.
3. Add a minimum of 250 ml (8 oz.) of water so that the top of the rack is above the liquid.
4. Add the food. **DO NOT** fill the Bowl more than 2/3 full.
NOTE: Rice should be in a small heat proof bowl and placed on the rack.
5. Place the Cover on the Pressure Cooker.
NOTE: The Cover can be opened while cooking to check the food. Use caution when removing the Cover.
6. Turn the Pressure Regulator to 'Steam'.
7. Press the 'Steam' Button. The Indicator Light will flash and the Display will read 1. (This equals 1 minute of cooking time.)
8. Set the desired time by pressing the 'Steam' button once for each additional minute or by holding the button down. The longest cooking time is 99 minutes.
9. Press the START/STOP button to begin cooking. The Indicator Light will stop flashing.
NOTE: If you forget to select a desired cooking time or do not press the START/STOP button the digital display will read 0.0 after 30 seconds and the Pressure Cooker will not start.

Slow Cook Setting

1. Place the Removable Cooking Bowl in the Pressure Cooker.
2. Place the food to be cooked in the Removable Cooking Bowl.
3. Place the Cover on the Pressure Cooker and turn the Pressure Regulator to Steam.
4. Press the 'Slow Cook' button. The Indicator Light will flash and the Display will read 0.5. (This equals a half hour of cooking time.)
5. Set the desired time by pressing the 'Slow Cook' button once for each additional half hour or by holding the Button down. The longest cooking time is 9-1/2 hours with a temperature of 80°C/180°F, which is the lower setting on a traditional slow cooker.

6. Press the START/STOP button to begin cooking and the Indicator Light will stop flashing.
NOTE: If you forget to select a desired cooking time or do not press the START/STOP button the Display will read 0.0 after 30 seconds and the Pressure Cooker will not start.
7. The unit will begin to count down in half hour increments when the temperature reaches about 80°C/180°F.
8. Once the cooking time has expired, the unit will beep. Press the START/STOP button.

Setting the Programmable Cooking (Delay Start)

Allows you to begin cooking food up to 8 hours later in half hour increments. The Delay Start feature can be used in the Slow Cook, Steam and High/Low Pressure Cooking settings.

CAUTION: Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 32°C/90°F.)

When cooking these foods, do not set the Delay Start function for more than 1 – 2 hours.

1. Press the 'Delay Start' button until you reach the desired number of hours delay. (Press once for each half hour you would like to delay cooking.)
2. Select the cooking setting and time by pressing either the Slow Cook, Steam or High/Low Pressure Cooking setting until you reach the desired cooking time. The Delay Start Indicator Light will be illuminated.
3. Press the START/STOP button. The Pressure Cooker will start after the set time has elapsed.
4. When cooking is complete press the START/STOP button.

HELPFUL HINTS FOR PRESSURE COOKING

LEGUMES

- Legumes tend to foam and froth during cooking and should be soaked overnight to avoid blocking the Exhaust Pipe/Blockage Guard.
- Cook only legumes listed in the 'Timetable for Legumes'.
- **DO NOT** fill the Pressure Cooker more than 1/2 marking.

- **DO NOT** cook soup mixes containing dried beans and or peas.
- Dried beans double in volume and weight after soaking and cooking.
- When cooking use enough liquid to cover the legumes.

How to Soak Legumes

2 cups (500 ml)	dried beans
1/4 cup (60 ml)	cooking oil
1 tbsp. (30 ml)	water to cover beans

Place legumes in container. Add cooking oil, salt and water to cover legumes and soak overnight. Drain.

Timetable for Legumes

Legumes	Cooking Time
Black Beans	35
Black-eyed Peas	20
Cannellini Beans	35
Chick Peas	25
Great Northern Beans	30
Kidney Beans	25
Lentils	20
Lima Beans	25
Navy Beans	30
Pinto Beans	25
Whole Green Peas	5
Whole Yellow Peas	5

Cooking times are approximate times. Use these as a guideline. Size and variety will alter cooking times.

SOUP

Tips for Making Soup

- **DO NOT** fill the Pressure Cooker more than the 2/3 marking or the 1/2 marking if using legumes.
- **DO NOT** use dried soup mixes.
- To add flavour in soups, use fresh or canned broth for the cooking liquid instead of water.
- **DO NOT** add thick ingredients before cooking. They can stick to the bottom of the Removable Cooking Bowl.

- Thicken soups after pressure cooking is completed by adding cornstarch, arrow-root or flour or reduce the amount of cooking liquid by cooking with the Cover off.

FRESH VEGETABLES

Tips for Cooking Fresh Vegetables

- Use a minimum 1 cup (250 ml) of liquid whether cooking a small or large amount of vegetables.
- When cooking vegetables **ALWAYS COOL PRESSURE COOKER QUICKLY.** See the 'Pressure Cooker Setting' on page 6.
- Mature vegetables take longer to cook than tender baby vegetables. Baby carrots for example will not take as long as pieces of larger, mature carrots.
- Delicate vegetables should be cooked using a rack. Place rack in the bottom of the Pressure Cooker. Vegetables can be cooked directly on the rack or placed in an ovenproof dish on top of the rack. If different vegetables of the same cooking time are to be cooked together, place in small ovenproof bowls and place on the rack. Flavours of different vegetables will not mingle if cooked above the water. **NOTE:** A metal rack without any sharp edges should be used.
- Increase cooking time slightly when using a bowl to hold vegetables.
- If a recipe says to cook 0 minutes, cook food only until the Pressure Regulator Valve rises. Then cool pressure cooker according to recipe.

Timetable For Fresh Vegetables

Vegetable	Cooking Time In Minutes
Artichoke, whole Wash, trim tops and score hearts	9 – 11
Asparagus, whole or cut Wash, break off tough ends	0 – 2
Beans, Green or Wax, whole or cut Wash, trim ends and strings	1 – 2
Beets, small – whole Cut off tops and wash	11 – 13
Broccoli, spears Wash. Score large stems	1 – 2

Vegetable	Cooking Time In Minutes
Brussel Sprouts, whole Wash, remove wilted leaves, trim stems	1 – 3
Cabbage, shredded wedges	2 – 3 3 – 5
Carrots, whole slices 1/4" (6 mm) thick. Scrape or peel	3 – 4 1 – 2
Cauliflower, whole florets Wash, remove outer leaves Remove discolouration on florets	6 – 8 1 – 3
Celery, whole stalk or pieces Wash and remove tough fibers	0 – 2
Corn, kernels cobs Remove husk and silk and wash Cook cobs on rack	3 4 – 5
Eggplant, 1" (25 mm) cubes Wash and cut into cubes. Cook immediately to prevent discolouration	2 – 3
Greens, (beet greens, collards, kale, spinach, swiss chard, turnip greens) Wash thoroughly several times Remove large veins	4 – 6
Onions, sliced	2 – 3
Parsnips, halved Wash, peel or scrape	6 – 8
Peas, green Wash and shell	0 – 2
Potatoes, sliced 1/2" (13 mm) whole – medium Wash and scrub or peel Cook on rack	2 – 3 12 – 15
Potatoes, sweet and yams half. Scrub and cut in half	8 – 10
Pumpkin, large wedges Wash, remove seeds and pulp	8 – 10
Rutabagas/Turnips 1/2" (13 mm) slices Wash, peel and slice	3 – 5

Vegetable	Cooking Time In Minutes
Squash, acorn, half Wash, cut in half and remove seeds Cook on rack	6 – 7
Squash, summer or zucchini, 1" (25 mm) slices Wash, cut in slices. Cook on rack	2 – 3
Sweet peppers, half Wash, cut in half remove seeds and core	1 – 3

RICE

Tips for Cooking Rice

- **DO NOT** fill the Pressure Cooker more than the 1/2 marking.
- Rice tends to foam and froth during cooking. To eliminate this, rice should be cooked on a rack in an ovenproof casserole (or stainless steel bowl) that fits loosely inside the Pressure Cooker. Follow the directions below:

1 cup (250 ml) long or medium grain rice

1-1/2 cups (375 ml) water for rice

1-1/2 cups (375 ml) water for Pressure Cooker

Please rack in bottom of Cooking Bowl. Pour in water for Pressure Cooker. Combine rice and water in casserole then place on rack. Cover Pressure Cooker and cook for 5 minutes on High Pressure. Let pressure fall on its own. Open cover and let rice sit uncovered for 5 minutes.

MEAT

Tips for Cooking Meat

- At the highest point, the cut of meat should not be higher than the 2/3 level marked on the inside of the Cooking Bowl.
- Brown meat on all sides to seal in natural juices. See Browning section.
- **DO NOT** thicken sauces before cooking. Cornstarch, arrow-root or flour can be added after cooking.

Timetable for Cooking Meat

Cooking times are approximate. Use the Timetable below as a guideline only.

	Cooking Time (minutes)	Amount of Liquid Cups (ml)
Beef chuck roast, 3 lbs (1.3 kgs)	40	2-1/2 (625)
Corned beef 3 lbs (1.3 kgs)	60	3 (750)
Beef short ribs	25	2 (500)
Beef stew meat, 1" (2.5 cm) cubes	15 – 20	2 (500)
Ham Slice 1" (2.5 m) thick	9 – 12	2 (500)
Ham picnic shoulder 3 lbs (1.3 kgs)	30	2 (500)
Leg of lamb 3 lbs (1.3 kgs)	35 – 45	2-1/2 (625)
Lamb stew meat, 1" (2.5 cm) cubes	10	2 (500)
Pork butt roast 3 lbs (1.3 kgs)	55	3 (750)
Pork loin roast 3 lbs (1.3 kgs)	60	3 (750)
Veal chops 1/2" (1.25 cm)	5*	1-1/2 (375)
Veal roast 3 lbs 91.3 kgs)	45	2-1/2 (625)

* Quickly reduce pressure after cooking

POULTRY

Tips for Cooking Poultry

- At the highest point the poultry should not be higher than the 2/3 level marking on the inside of the Cooking Bowl.
- Wash poultry and pat dry with paper towels.
- Remove skin from poultry before cooking.
- If cooking a whole bird, tie the legs and wings or wrap in cheesecloth for easy removal from the Pressure Cooker.
- Poultry can be browned on the Brown Setting before cooking.

Timetable for Cooking Poultry

Cooking times are approximate. Use the Timetable below as a guideline only.

	Cooking Time (minutes)	Amount of Liquid Cups (ml)
Chicken, whole 3 lbs. (1.3 kg)	20 – 25	3 (750)
Chicken, cut-up with bones	9 – 11	2 (500)
Duck, cut-up	8 – 10	2 (500)

	Cooking Time (minutes)	Amount of Liquid Cups (ml)
Quail, whole	8 – 10	2 (500)
Turkey, legs	15 – 20	2-1/2 (625)
Turkey, 1/2 breast with bones	25 – 30	3 (750)

CARE AND CLEANING

DO NOT wash any parts of the Pressure Cooker in the dishwasher. Always wash the Pressure Cooker thoroughly after every use or if it has not been used for an extended period of time.

1. Unplug and allow the unit to cool before cleaning.
2. Wash the Removable Cooking Bowl in warm soapy water. **DO NOT** use abrasive cleansers. Rinse and dry.
3. Wipe the outside of the unit with a clean damp cloth.
DO NOT immerse the unit in water or any other liquid.
4. Remove the Condensation Reservoir by gently pulling downward. Clean in warm, soapy water. Rinse and dry. When completely dry, replace by pushing up until it clicks into place.
5. Turn the Cover upside down. Grasp the Rubber Gasket and gently pull out of the Cover. Wash in warm soapy water. Rinse and dry thoroughly. Replace the Gasket by pushing it down in the groove between the edge of the Cover and the metal ring.
NOTE: If the Gasket is not positioned properly or is cracked or torn the Pressure Cooker will not work. Periodically check to be sure that the Gasket does not need to be replaced.
6. The Temperature Sensor must be clean. Wipe with a soft damp cloth and dry thoroughly. **DO NOT** allow any liquid to drip into or around the Temperature Sensor.

IMPORTANT NOTES:

- Never use abrasive cleansers to clean any part of the Pressure Cooker.
- Store the Pressure Cooker with the Cover resting upside down on the Removable Cooking Bowl. Never seal the Cover on the Pressure Cooker when storing.

Cleaning the Exhaust Pipe/Blockage Guard

Check that the Pressure Regulator, Blockage Guard and Exhaust Pipe are in good working order before each use.

1. When the Pressure Cooker is cool, press down and turn the Pressure Regulator Knob counterclockwise to the 'Clean' setting. Gently lift and remove.
2. On the underneath of the Cover, pull off the Blockage Guard. Wash and dry.
3. Hold the Pressure Cooker up to the light to be sure that there are no obstructions in the Exhaust Pipe. Clean with a pin or metal wire, if necessary. **NEVER USE THE PRESSURE COOKER IF THE EXHAUST PIPE IS BLOCKED.**
4. Reinstall the Blockage Guard over the Exhaust Pipe.
5. Reinstall the Pressure Regulator by lining up the notches in the Cover and the tabs on the Pressure Regulator. Turn clockwise.

TROUBLE SHOOTING

1. If you have not added sufficient liquid and you notice that the Pressure Indicator Valve has not risen but the timer is counting down, follow the steps below:
 - Stop the Pressure Cooker by pressing the START/STOP button.
 - Turn the Pressure Regulator to Steam until the pressure is fully released.
 - Remove the Cover and add a minimum of 1 cup (250 ml) of liquid. Stir food to disperse liquid.
 - Replace the Cover and lock into position.
 - Press the 'Low' or 'High' Pressure button and set the desired time.
 - Press the START/STOP button to begin cooking.
2. If steam is leaking from under the Cover because the Cover is not properly closed, the Gasket may not be positioned properly or is damaged or the Pressure Cooker is overfilled. Follow the steps below:
 - Release the pressure by moving the Pressure Regulator to the Steam position.
 - Remove the Cover. When it is cool, check that the Gasket was installed properly. Check for tears or cracks. Replace the Gasket in the Cover.

- If the Removable Cooking Bowl is too full, remove excess liquid and/or food. Replace the Cover and continue cooking.

If you can't open or remove the Cover:

- Be sure all of the pressure has been released.
- If you still cannot open it, bring the contents of the Pressure Cooker up to pressure again.
- Release the pressure completely by moving the Pressure Regulator to the Steam position or allow the Pressure Cooker to cool on its own.

RECIPES

Chicken and Rice

3 lb. (1.3 kg.)	chicken, cut into pieces, remove skin
3 tbsp. (45 ml)	olive oil
1/2 cup (125 ml)	white wine
1 cup (250 ml)	onion, diced
2 cloves	garlic, peeled and minced
1-1/2 cups (375 ml)	red pepper, diced
2 cups (500 ml)	canned plum tomatoes, seeded, large dice
1 cup (250 ml)	white rice, long grain, uncooked
1/2 cup (125 ml)	frozen peas
3 cups (750 ml)	chicken broth
1/2 tsp (5 ml)	salt

- Salt and pepper the Chicken.
- Heat 2 tbsp. (30 ml) of oil in the Pressure Cooking using the 'Brown' setting. Brown the chicken in batches.
- Once browned add the chicken back to the Removable Cooking Bowl and pour in the wine. Cook for 2 minutes. Remove contents and set aside.
- Heat the remaining oil in the Pressure Cooker. Add onion, garlic and red pepper and cook until the onion is soft.
- Add tomato and rice and cook for 2 minutes. Add peas, chicken broth, salt and chicken (with juices). Mix well.
- Cover and set to 'High' pressure. Cook for 7 minutes.
- Use the Quick Pressure Release method.
- Open Cover, stir and serve.

Chicken Casserole

2 lbs. (1 kg.)	chicken, legs or breasts, skin removed
1	yellow onion, cut in pieces
2	stalks celery, cut in 2" (5 cm) pieces
3	carrots, cut in 2" (5 cm) pieces
8	baby potatoes, cut in half
1 cup (250 ml)	chicken both
1 cup (250 ml)	dry white wine
	Salt to taste
1/4 tsp. (3 ml)	pepper
1	bay leaf
2 tablespoons (30 ml)	cornstarch dissolved in 1/2 cup (125 ml) water

- Brown chicken and onion on the Brown Setting.
- Add remaining ingredients, cover and cook for 15 minutes on the high pressure cooker setting.
- Press the START/STOP button.
- Use Slow Pressure Release.
- Remove Cover and set the Pressure Cooker to the Brown Setting. Add the cornstarch mixture and cook until casserole reaches desired consistency.

Beef with Vegetables

3 lb. (1.3 kgs.)	pot roast
4	medium potatoes
1/4	medium turnip, peeled and cut in chunks
4	small carrots, cut in chunks
1	large onion, sliced
1 cup (250 ml)	water
1 cup (250 ml)	beef broth
1 tsp. (5 ml)	salt
1	bay leaf

- Add a small amount of cooking oil to the Removable Bowl. Set the Pressure Cooker to the Brown Setting and brown roast, turnip, carrots and onion.
- Add water, broth, potatoes, salt and bay leaf. Cover and set to the Low Pressure Cooker Setting and cook for 45 minutes.
- Use Slow Pressure Release.

Chili

1 lb. (454 gr.)	ground beef
1	large onion, chopped
2	cloves garlic, minced
3 cups (750 ml)	soaked pinto beans, drained
1 can (32 oz. 796 ml)	crushed tomatoes
1	green pepper, chopped
1 tsp. (5 ml)	powdered cumin
1 tsp. (5 ml)	chili powder

To add more heat to this recipe add red pepper flakes.

- Brown ground beef, onions and garlic on Brown Setting.
- Drain fat.
- Add beans, tomatoes, green pepper, cumin and chili powder. Cook for 4 – 6 minutes using the High Pressure Cooker Setting.
- Use Slow Pressure Release.

Barbecue Beef

1 tbsp. (15 ml)	vegetable oil
3 lbs. (1.3 kg)	boneless rump roast
1-1/2 cups (375 ml)	onion, sliced
1-1/2 cups (375 ml)	celery, finely diced
1-1/2 cups (375 ml)	barbecue sauce
2	bay leaves
dash	Tabasco sauce
2 tbsp. (30 ml)	brown sugar
12 oz. (145 ml)	beer
1-1/2 tsp. (8 ml)	chili powder

- On the Brown Setting, heat oil in the Pressure Cooker. Add the roast and evenly brown on all sides.
- Add onions and celery and cook for 1 minute. Remove the roast. Add barbecue sauce, beer and chili powder to the Removable Bowl. Mix well. Place the roast back in the Removable Bowl.
- Cover and set on Low Pressure Setting and cook for 60 minutes.
- Release the pressure using the quick-release method. When the pressure has dropped, remove Cover. Test the roast for tenderness with a fork. If not tender, cover and cook under Low Pressure for another 15 minutes.
- Use Quick Pressure Release and let roast sit for at least 15 minutes.
- Cut thin slices against the grain. Serve with barbecue sauce.

Vegetable Casserole

1-1/2 cups (375 ml)	water
1/2 cup (125 ml)	broccoli spears
1/2 cup (125 ml)	cauliflower florets
1/2 cup (125 ml)	baby carrots
1/2 cup (125 ml)	sliced celery
1/2 cup (125 ml)	yellow onion
1/2	medium red bell pepper cut in 1" (2.5 cm) pieces

- Place a rack into the Base of the Pressure Cooker.
- Pour in water.
- Combine all ingredients in an ovenproof casserole dish.
Place on top of rack.
- Cover the Pressure Cooker and cook for 2 minutes on the High Pressure Setting.
- Use Quick Pressure Release.
- Serve.

Beef Broth

2	onions, chopped
2	carrots, cut in quarters
2	celery stalks, cut in quarters
4	cloves garlic, peeled
5	cups water
1/2 cup (125 ml)	dry white wine
3	peppercorns
2 lbs. (1 kg)	meaty beef bones

- Brown onions, garlic, carrots and celery on the Brown Setting.
- Add remaining ingredients, cover and cook for 25 minutes on Low Pressure Cooker Setting.
- Use Slow Pressure Release method.

Chicken Broth

2	onions, chopped
2	carrots, cut in quarters
2	celery stalks, cut in quarters
5 cups (1.25 L)	water
1	bay leaf
2 lbs. (1 kg)	chicken parts

- Brown onions, carrots and celery.
- Add remaining ingredients, cover and cook for 25 minutes on Low Pressure Cooker Setting.
- Use Slow Pressure Release method.

Minestrone

2	carrots, diced
3	stalks celery, diced
1	yellow onion, diced
2	garlic cloves, diced
2	fresh tomatoes, diced
1	large potato diced
1 cup (250 ml)	green beans, cut in 1" (2.5cm) pieces
6 cups (1.5 L)	beef or vegetable broth
1 cup (250 ml)	Navy Beans, precooked
1/2 cup (125 ml)	elbow macaroni
1 tbsp. (15 ml)	dried basil
2 tbsp. (30 ml)	grated parmesan cheese

- Brown carrots, celery, onion and garlic until lightly browned on the Brown Setting.
- Add tomatoes, potato, green beans and broth. Cook for 4 minutes on the Low Pressure Cooker Setting.
- Use Slow Pressure Release method.
- Open the Pressure Cooker and add Navy Beans, macaroni and basil and cook without the Cover for approximately 5 minutes on the Brown Setting, until pasta is tender.
- Ladle into bowls and sprinkle with Parmesan cheese.

Chicken Soup

2	medium onions, diced
2	ribs celery, diced
1	carrot, diced
2	cloves garlic, minced
2	chicken legs, skin removed
1	bay leaf
4 cups (1 L)	water
3/4 cup (180 ml)	thin egg noodles

- Brown onions, celery, carrot and garlic on the Brown Setting.
- Add remaining ingredients, except noodles and cook for 25 minutes on the low pressure cooker setting.
- Use Slow Pressure Release method.
- Remove chicken bones, add noodles and cook without the Cover for approximately 5 minutes on the Brown Setting until noodles are tender.
- Serve.

A short supply cord is provided to reduce the hazards of becoming entangled in or tripping over a long cord. Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance. If the appliance is of the grounded type, the extension cord should be a grounded 3-wire cord. The extension cord should be arranged so that it will not drape over the counter top or table top, where it can be pulled on by children or tripped over.

LIMITED WARRANTY

****The original sales receipt is the only acceptable proof of purchase****

Salton Canada warrants that this appliance shall be free from defects in material and workmanship for a period of five (5) years from the date of original purchase. Salton Canada, at its sole discretion during this warranty period, will repair or replace a defective product or issue a refund. Any refund to the purchaser will be at a pro-rated value based on the remaining period of the warranty. All liability is limited to the amount of the purchase price. This warranty covers normal domestic usage and does not cover damage which occurs in shipment or failure which results from alteration, accident, misuse, abuse, glass breakage, neglect, improper maintenance, use contrary to the operating instructions or commercial use. This warranty is not available to retailers or other commercial purchasers or owners.

This warranty does not include the cost of shipping, which is to be borne by the customer.

TO OBTAIN PROMPT WARRANTY SERVICE:

Contact one of our many Service Centers found on our website
www.salton.com/customer-care

or

Securely package and return the appliance to us. Please enclose:

- Original proof of purchase
- The completed form below with a \$12.50 Return Shipping & Handling fee – either a cheque, money order or credit card (A personal cheque will delay return shipping by 2-3 weeks)

For added protection, we suggest that you use an insured delivery service with tracking information when returning your product. Salton Canada will not be held responsible for in-transit damage or for packages that are not received.

This warranty does not include the cost of shipping, which is to be borne by the customer.

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Name _____

Address _____

City _____ Prov/State _____ Postal/Zip Code _____

Daytime Phone No. _____ Email _____

Product defect: _____

Type of payment Cheque/Money Order Visa MasterCard

Name on card _____ Expiry Date _____ CSV No _____

Card No. _____

To contact our Customer Service Department:

SALTON CANADA
81A Brunswick,
Dollard-des-Ormeaux, Quebec H9B 2J5
Canada

Telephone: 514-685-3660 (Ext. 226)
E-mail: service@salton.com
Fax: 514-685-8300
www.salton.com