



salton®

electric
pressure cooker



Instruction Booklet

Model: PC1683

IMPORTANT SAFEGUARDS

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

1. Read all instructions before using.
2. **DO NOT** allow children to operate the pressure cooker under any circumstances.
3. Close supervision is necessary when the pressure cooker is used near children. Children should be supervised to ensure they do not play with the appliance.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.
5. Do not touch hot surfaces. Use handles or knobs.
6. The use of accessories or attachments not recommended by the manufacturer may cause hazards.
7. To protect against electrical hazards, do not immerse cord, plugs, or the appliance in water or other liquid.
8. 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 the manufacturer for examination, repair or adjustment. See Warranty.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. 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.
11. 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.
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 place it near flammable material including curtains, draperies, walls and the like when in operation.
15. Always use in a well ventilated area.
16. 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. Overfilling may cause a risk of clogging the vent pipe and developing excess pressure. Failure to follow this procedure can result in injury to person(s) and/or damage to the unit.

17. 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.
18. Do not use appliance for other than intended use.
19. Extreme caution must be used when moving an appliance containing hot liquids.
20. **WARNING:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire or serious damage.
21. **DO NOT** operate while unattended.
22. This appliance cooks under pressure. Improper use may result in scalding injury.
23. Ensure that the unit is properly closed before operating. See HOW TO USE instructions.
24. Always check the pressure release devices for clogging before use.
25. After cooking, use extreme caution when removing the Cover. Serious burns can result from steam inside the unit. Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the cover is difficult to turn this indicates the cooker is still pressurized. Do not force it open. Any pressure in the cooker can be hazardous. See the HOW TO REMOVE THE COVER instructions.
26. **DO NOT** damage the silicone gasket. **DO NOT** replace it with anything other than the replacement gasket designated for this appliance.
27. **DO NOT tamper with the Metal Ring** in the cover. If the steel Metal Ring is damaged stop using the cooker immediately and replace the cover.
28. Clean the safety devices after each use.
29. **NEVER** use additional weight on the pressure regulator or replace it with anything not intended for use with this unit.
30. Do not use without the Removable Cooking Bowl in place. Only use the Removable Cooking Bowl designed for this unit. Do not use the Removable Cooking Bowl with other heating sources.
31. To avoid scratching the non-stick surface on the Removable Cooking Bowl use only wooden or plastic utensils.
32. Keep hands and face away from the pressure regulator knob when releasing pressure.
33. While the unit is in operation, never remove the Cover.
34. Do not cover the pressure valves. An explosion may occur.
35. Do not attempt to dislodge food when the appliance is plugged in.
36. To reduce the risk of electrical shock, cook only in the Removable

Cooking Bowl.

37. Do not use an extension cord with the Pressure Cooker.
38. All servicing, other than cleaning, should be performed by an authorized service representative. See Warranty.
39. Food should not be kept warm for more than 4 hours in order to maintain the freshness of the food.
40. The pressure cooker should not be used under pressure for more than 6 hours continuously. Serious injury and/or damage may occur if any safeguards are ignored.
41. **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

GROUNDING PLUG

To reduce the risk of electric shock this appliance has a grounded plug (2 blades and 1 pin). If the plug does not fit fully into the electrical outlet contact a qualified electrician. Do not modify the plug in any way or use an adaptor.

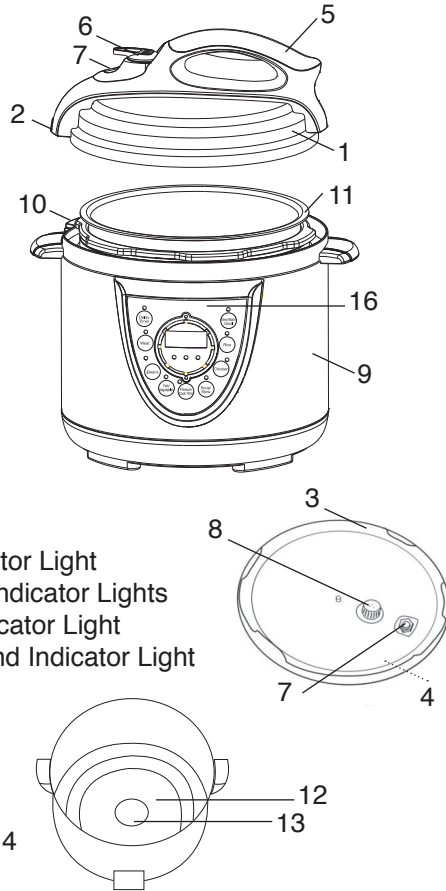
LED ERROR CODES

If any of the error codes below appear in the display unplug the power cord from the wall outlet and re-plug after 10 minutes. If the error code remains contact the manufacturer. See Warranty.

Error Code	Problems/Causes
E1	Open circuit of the sensor
E2	Short circuit of the sensor
E3	Overheating
E4	Signal switch malfunction

DESCRIPTION OF PARTS

- 1) Cover
2. Cover Locking Pin (not shown)
3. Gasket
4. Metal Ring
5. Cover Handle
6. Pressure Regulator
7. Pressure Indicator Valve
8. Exhaust Pipe/Blockage Guard
9. Base
10. Cover Locator/Stopper
11. Removable Cooking Bowl
12. Heating Plate
13. Temperature Sensor
14. Rice Measuring Cup
15. Spatula
16. Control Panel
 - a) Delay Start Button and Indicator Light
 - b) 6 Pre-set Food Buttons and Indicator Lights
 - c) Pressure Cook Time and Indicator Light
 - d) Keep Warm/Cancel Button and Indicator Light



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 under the Pressure Regulator. 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 from around the Metal

Ring inside 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 by gently pushing it down in the groove between the Metal Ring and the Cover edge.

NOTE: The cover cannot be placed on the Pressure Cooker unless the Gasket is inserted properly.

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.
5. Check that the Pressure Regulator and the Exhaust Pipe/Blockage Guard are in good working order before each use. See Instructions in the Care and Cleaning Section.

HOW TO USE

Pressure Cooking Tips

- Do not exceed 2/3 of the Cooking Bowl capacity. For foods such as dried vegetables, beans, rice and grains the total capacity must not exceed 1/2 the capacity of the Cooking Bowl.
- There must be at least 1 cup (250 ml) of liquid to cook food under pressure.
- Cut foods into equal-sized pieces to promote even cooking. In recipes that call for multiple ingredients, cut those that cook more quickly into larger pieces and those that take longer into smaller pieces.
- After becoming familiar with your Pressure Cooker you can readily adapt conventional recipes and cook in one third the time. The amount of liquid used may also have to be reduced because there is very little evaporation in the pressure cooker. Reduce the required liquid so there is only about 1/2 cup (125 ml) more than desired in the finished product. Adjust liquid as follows: for the first 15 minutes of pressure cooking then use 1/3 cup (85 ml) of liquid for each subsequent 15 minutes.

Pressure Cooking

1. Add food to the Removable Cooking Bowl then place Bowl in the Base.
2. Ensure that the Gasket, Pressure Regulator and Indicator Valve are all properly installed.
3. Close the Cover by lining up the Cover Locking Pin with the Cover Locator/Stopper. Turn the Cover counter-clockwise so that the Locking Pin is in the middle of the Base handle. NOTE: If the Cover will not turn then the Gasket is not installed properly.

4. Plug the Detachable Cord into the back of the unit then into the wall outlet.
5. Turn the Pressure Regulator to the Pressure position.
6. Select the button for the type of food to be cooked and press once to start cooking on the default setting. See the Pre-set Cooking Time Chart on page 8 below for the default cooking time for each of these buttons.

NOTE: Time charts for specific foods are in the TIME CHART section starting on page 10.

7. The Default time can be changed to a time in the Custom Cooking Time Range by pressing the Pressure Cook Time button immediately after the Pre-set Menu Button. Each press of the Pressure Cook Time button increases the cook time by 1 minute increments. Hold for rapid increase of time. Once you reach the desired time, within the range in the chart, release the button, the pressure cooker will blink 5 times then will start automatically.

NOTES:

- Pressing the Pressure Cook Time button after the maximum time in the Custom Cooking Time Range starts the range at the minimum Custom Cooking Time Range.

- If you cannot adjust the Pressure Cook Time it is because too much time has passed since you first pressed the Pre-set Food Button. Cancel the cooking process then press the desired Pre-set Food Button and quickly press the Pressure Cook Time Button until you have reached the desired cook time.

IMPORTANT: The time will begin to count down only when the Pressure Cooker has built up to capacity and the Pressure Indicator Valve rises.

8. When cooking is complete the pressure cooker will beep and automatically go to the Keep Warm mode. NOTE: The Keep Warm setting should not be used for more than 4 hours. The quality and texture of food will begin to change after 1 hour on Keep Warm.
9. To Cancel the Keep Warm mode press the Keep Warm/Cancel button until the display shows **0000**.
10. Follow the directions below to remove the cover.

How to Remove the Cover

1. To use a **Quick Pressure Release** use an oven mitt, tongs or a long utensil and carefully turn the Pressure Regulator to the Exhaust position to release the pressure until the Pressure Indicator Valve drops. NOTE: Always use an oven mitt to reduce risk of injury. Failure to comply may cause serious injury.

CAUTION: HOT STEAM – RISK OF SCALDING:

Keep hands and face away from the Pressure Regulator while in the Exhaust position. Failure to comply may cause serious injury. Do not release pressure under hanging cabinets which can be damaged by steam.

2. To avoid liquid splatter **DO NOT** use the above Quick Release for foods that have a high volume of liquid such as stews, soups, etc.
3. To use a **Slow Pressure Release** allow the Pressure Cooker to cool down for 5 – 15 minutes until the Pressure Indicator Valve drops.
4. As a safety feature the Cover will not open unless all pressure is released. **DO NOT** force the Cover open. If the Cover feels tight, allow additional time for pressure to fully release before attempting to open the Cover. If there is any resistance in opening the Cover it indicates that your Pressure Cooker is still under pressure and can cause injury if forced open.
5. When the Pressure Indicator Valve is completely down, turn the Cover clockwise and lift to remove. **IMPORTANT:** Always open the Cover away from you to avoid skin contact with any remaining heat or steam.

PRE-SET BUTTON COOKING TIME CHART

MENU BUTTON	DEFAULT COOKING TIME minutes	CUSTOM COOKING TIME RANGE minutes
Meat	40	20 - 60
Beans	25	10 - 50
Fish/Vegetables	12	1 - 20
Soup/Stew	30	20 - 60
Chicken	25	10 - 30
Rice	10	1 - 30

NOTE: Times for the Pre-set Buttons have been calculated for 3 lbs. (1.4 kgs) of meat or poultry.

CAUTION HOT STEAM – RISK OF SCALDING:

1. Keep hands and face away from the Pressure Regulator while in the Exhaust position. Failure to comply may cause serious injury. Do not release pressure under hanging cabinets which can be damaged by steam.
2. Do not hold the Pressure Regulator Knob as hot steam/liquid may be ejected.

3. Keep hands and face away from the steam vents, use potholders when removing the Removable Cooking Bowl or touching any hot items.
4. Never force the Cover open. The Cover will only open once the pressure is released. Remove the Cover by turning clockwise then lifting it away from you to avoid being burned by the steam.

Delay Start

1. Follow the directions in the Pressure Cooking section #1 – 5.
2. Press the Delay Timer Button. Each press of the button is equal to 30 minutes of delay time.
3. Press it once for each half hour or hold for rapid increase. The maximum delay period is 24 hours in half-hour increments.
NOTE: Pressing the delay start button after 24 hours display resets the button to zero.
4. This button is used in combination with the Pre-set Food Buttons.
5. Follow the directions in the Pressure Cooking section #6 & 7 to set the Pressure Cooking time.
6. The Pressure Cooker will Beep when food is ready and will automatically switch to the Keep Warm mode.
7. **IMPORTANT:** Follow the instructions in the How to Remove the Cover section before attempting to remove the Cover.

CAUTION: It is not recommended to use the Delay Timer function to cook foods that may spoil. Leaving raw food inside the Pressure Cooker for long periods of time, prior to cooking, may result in the food spoiling. Cook food that can be left out such as rice, beans, grains or other foods that will not spoil.

Keep Warm

This program automatically keeps pressure cooked food warm or can be set to reheat cold food.

After Pressure Cooking:

The pressure cooker will automatically switch to Keep Warm.

To Reheat Cold Food:

1. Place cooked food in the Removable Cooking Bowl.
2. Place the Cover on the Pressure Cooker.
3. Turn the Pressure Regulator Knob to the **Exhaust** position.
NOTE: Cover can be removed to stir food during the warming process. Open cover away from you to avoid escaping steam.
4. Press the 'Warm' button and the Digital Display will show `bb`.
5. When food is hot, press the Keep Warm/Cancel Button to turn off the Pressure Cooker.

6. Unplug from the wall outlet.

Cancel

1. To Cancel any function press the Keep Warm/Cancel Button once.
2. The display will show **0000**.

TIME CHARTS

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.
- 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 below as a guideline only.

MEAT	Cooking Time (minutes)	Amount of Liquid Cups (ml)
Beef chuck roast, 3lbs. (1.3 kgs)	40	2-1/2 (625)
Corned beef 3lbs. (1.3 kgs)	60	3 (750)
Beef short ribs	25	2 (500)
Beef stew meat, 1" (2.5 cm) cubes	20 - 23	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)
Pork butt roast 3 lbs. (1.3 kgs)	55	3 (750)
Pork loin roast 3 lbs. (1.3 kgs)	60	3 (750)
Veal roast 3 lbs. 91.3 kgs)	45	2-1/2 (625)

* Quickly reduce pressure after cooking

BEANS/LEGUMES

Tips for Cooking Beans/Legumes

- Bean/Legumes tend to foam and froth during cooking and should be soaked overnight to avoid blocking the Exhaust Pipe/Blockage
- Cook only beans/legumes in the chart below.
- DO NOT fill the Pressure Cooker more than the 1/2 marking.
- DO NOT cook soup mixes containing dried beans and or peas.
- Dried beans/legumes double in volume and weight after soaking and cooking.
- When cooking use enough liquid to cover the beans/legumes.

Timetable for Beans/Legumes

BEANS/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

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

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 How to Remove the Cover section)
- 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 individual small ovenproof bowls and place on a rack. Flavors 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.

VEGETABLE	Approx. cooking time (minutes)
Artichoke, whole Wash, trim tops and score hearts	9 - 11
Asparagus, whole or cut Wash, break off tough ends	1 - 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
Brussel Sprouts, whole Wash, remove wilted leaves, trim stems	1 - 3
Cabbage, shredded wedges	2 - 3 3 - 5
Carrots, whole slices 1/4" (6mm)	3 - 4 1 - 2
Cauliflower, whole florets	6 - 8 1 - 3

Celery, whole stalk or pieces Wash and remove tough fibres	1 - 2
Corn, kernels cobs (cook on rack)	3 4 - 5
Eggplant, 1" cubes	2 - 3
Greens, (beet greens, collards, kale, spinach, swiss chard, turnip greens) Wash thoroughly several times.	4 - 6
Onions, sliced	2 - 3
Parsnips, halved Wash, peel or scrape	6 - 8
Peas, green Wash and shell	1 - 2
Potatoes, sliced 1/2" whole - medium size 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" slices Wash, peel and slice	3 - 5

Squash, acorn half Wash, cut in half and remove seeds Cook on rack	6 - 7
Squash, summer or zucchini, 1" slices - Wash, cut in slices, Cook on rack	2 - 3
Sweet peppers, half Wash, cut in half remove seeds and core	1 - 3

FISH & SEAFOOD

Tips for Cooking Fish & Seafood

- Cook seafood on a cooking rack and add at least 1 cup (250 ml) of liquid.
- Lightly grease the cooking rack with vegetable oil when cooking fish directly on the rack.
- Cooking chart times are approximate. Use these as a guideline. Size and variety will alter cooking times.
- Use the Quick Release method (see the How to Open the Cover section) for all fish and seafood except for Lobster.

FISH OR SEAFOOD	Cooking Time (minutes)
Clams	3 - 5
Crab (whole)	3 - 5
Lobster (1-1/2 – 2 lbs/675g – 900g)	3 - 5
Mussels	3 - 5
Shrimp	2 - 3
Whole White Fish - cleaned	7 - 8

SOUP/STEW

Tips for Making Soup/Stew

- DO NOT fill the Pressure Cooker more than the 2/3 marking or the 1/2 marking if using beans/legumes.
- DO NOT use dried soup mixes.

- To add flavour in soups/stews, use fresh or canned broth for the cooking liquid instead of water.
- Always use the Slow Pressure Release method before opening the Cover.
- Do not add thickening ingredients before cooking. They can stick to the bottom of the Cooking Bowl.
- Thicken soups/stews after pressure cooking is completed following the directions below:
Mix together 2 tbsp. (30 ml) of cornstarch, arrow-root or flour and ½ cup (125ml) of water. Once the pressure is released, remove the Cover. With the cover off press the Meat button and add the cornstarch mixture, a tablespoon at a time, and cook until the sauce reaches the desired consistency.

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 Removable 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.

Timetable for Cooking Poultry

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

POULTRY	Cooking Time (minutes)
Chicken, whole 3 lbs. (1.3 kg)	20 - 25
Chicken, cut-up with bones	10 - 15
Duck, cut-up	10 - 12
Quail, whole	10 - 12
Turkey, legs	15 - 18
Turkey, 1/2 breast with bones	20 - 25

NOTE: Cooking times are approximate. Check doneness with a meat thermometer.

RICE & GRAINS

Tips for Cooking Rice

1. DO NOT fill the Pressure Cooker more than the 1/2 marking.
2. Rice tends to foam and froth during cooking. To eliminate this add butter or oil using the rice/water/butter ratio below.
3. When measuring rice, use the measuring cup provided with the pressure cooker. DO NOT use a standard measuring cup.
4. Follow the instructions in the Pressure Cooking section.
5. When the rice is cooked follow the Slow Pressure release method in the How to Remove the Cover section.
6. Remove the Cover and allow rice to sit uncovered for 5 minutes.
7. DO NOT use more than 4 measures of the Rice Measuring cup included with this appliance.

RICE TIME CHART

RICE	Cooking Time (minutes)
Arborio	8
Brown	10
Wild	9

NOTE: White rice is cooked differently than the rice varieties noted above. Please note the instructions for white rice:

- White 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:

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

1 cup (250 ml) long or medium grain white rice

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

Please rack in bottom of the removable Cooking Bowl. Pour in water for Pressure Cooker. Combine rice and water for rice in casserole or stainless steel bowl then place on the rack. Cover Pressure Cooker and cook for 5 minutes. Follow the Slow Pressure Release method in the How to Open the Cover section then open cover and let rice sit uncovered for 5 minutes.

Grains

Tips for Cooking Grains

- Before cooking, soak grains in four times their volume in lukewarm water for at least 4 hours or overnight. DO NOT soak rice.
- Do not add salt to the water as this may toughen the grains and inhibit hydration.
- Grains and rice that will be added to soups or casseroles are best slightly undercooked.
- Oil and butter must be added to prevent foaming.
- A general rule to follow, unless preparing a specific recipes, is to cook 2 cups of grain in 6-1/2 cups (1625 ml) of liquid with 1 – 2 tbsps. (30 ml) of butter or oil.

GRAIN	Cooking Time (minutes)
Amaranth 1 cup /250 ml + 2 cups/500 ml liquid	7
Kamut	30
Quinoa	3
Wheat berries 3 cups/750 ml	30

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. 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.
5. 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.
6. Clean the small silicone gasket on the Pressure Indicator Valve by gently removing and wiping with a damp cloth or running under the water. Dry and replace.
7. All servicing, other than cleaning, should be performed by an

authorized service representative. See Warranty section.

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 Pressure Regulator and Exhaust Pipe

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

1. When the Pressure Cooker Cover is cool, lift the Pressure Regulator Knob and remove.
2. Turn the Cover over and gently remove 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 Knob by gently pushing it back into position.

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 Keep Warm/Cancel button.
 - Turn the Pressure Regulator to Exhaust position 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.
 - Reset the program.
- 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 Exhaust 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.
- Reset the program.

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 Exhaust position or allow the Pressure Cooker to cool on its own.

RECIPES

Chicken and Rice

3lb. (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, cut in chunks
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 a frying pan and brown the chicken.
- Once all the chicken is browned pour in the wine and cook for 2 minutes.
- Place the chicken and wine in the Removable Cooking Bowl.
- Heat the remaining oil in the frying pan. 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 and salt. Mix then add to the Removable Cooking Bowl with the chicken.

- Follow the directions in the Pressure Cooking section. Cook for 10 minutes.
- Use the Quick Pressure Release method. See instructions in the How to Remove the Cover section.
- Remove the Cover, mix 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" pieces
3	carrots, cut in 2" pieces
8	baby potatoes, cut in half
1 cup (250 ml)	chicken both
1 cup (250 ml)	dry white wine
Salt to taste	
¼ tsp. (3 ml)	pepper
1	bay leaf
2	tablespoons cornstarch dissolved in ½ cup (125 ml) water

- Brown chicken and onion in a frying pan.
- Place chicken in the Removable Cooking Pot and add remaining ingredients.
- Cover and cook for 15 minutes. Follow the instructions in the Pressure Cooking section.
- Use the Slow Pressure Release method. Follow the instructions in the How to Remove the Cover section.
- Remove the Cover. With the Cover off press the Meat button and add the cornstarch mixture and cook until the sauce reaches the desired consistency.

Beef with Vegetables

3 lb. (1.3 kgs.)	pot roast
4	medium potatoes
¼	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

- Brown the roast on all sides in a frying pan with a small amount of oil then place in the Removable Cooking Bowl.
- Cook the turnip, carrots and onion in the frying pan for 3 – 5 minutes. Transfer to the Removable Cooking Pot.
- Add water, broth, potatoes, salt and bay leaf to the Removable Cooking Pot.
- Cover and following the directions in the Pressure Cooking section and cook for 45 minutes.
- Use the Slow Pressure Release method.

Barbecue Beef

1 tbsp. (15 ml)	vegetable oil
3 lbs. (1.3 kg)	bones 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

- Heat the oil in the frying pan and brown the roast on all sides. Remove the roast and place in the Removable Cooking Pot.
- Add onions and celery to the frying pan and cook for 1 minute. Add barbecue sauce, beer and chili powder. Mix well. Add the mixture to the Removable Cooking Pot.
- Cover and following the instructions in the Pressure Cooking section and cook for 50 minutes.
- Release the pressure using the Quick Pressure Release method. See instructions in the How to Remove the Cover section. When the pressure has dropped, remove Cover. Test the roast for tenderness with a fork. If not tender, cover and cook for another 8 – 10 minutes.
- Use the Quick Pressure Release method 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, cover and place on top of rack.
- Cover the Pressure Cooker and cook for 2 minutes.
- 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 (1250 ml)	water
1/2 cup (125 ml)	dry white wine
3 peppercorns	
2 lbs. (1 kg)	meaty beef bones

- Brown onions, garlic, carrots and celery in a frying pan. Place in the Removable Cooking Pot.
- Add remaining ingredients, cover and cook for 25 minutes.
- Use Slow Pressure Release method.

Chicken Broth

2	onions, chopped
2	carrots, cut in quarters
2	celery stalks, cut in quarters
5 cups (1250 ml)	water
1	bay leaf
2 lbs. (1 kg)	chicken parts

- Brown onions, carrots and celery in a frying pan. Place in the Removable Cooking Pot.
- Add remaining ingredients, cover and cook for 25 minutes.
- Use the 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 (1500 ml)	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 in a frying pan until lightly browned. Add to the Removable Cooking Pot.
- Add tomatoes, potato, green beans and water or broth to the Removable Cooking Pot. Use the Vegetable/Fish Pre-set Button and cook for 4 minutes.
- Use the Slow Pressure Release method.
- Open the Pressure Cooker and add Navy Beans, macaroni and basil. Press the Vegetable/Fish Pre-set Button and cook without the Cover for approximately 5 minutes, 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
3/4 cup (180 ml)	thin egg noodles

- Cook onions, celery, carrot and garlic in a frying pan until lightly browned. Place in the Removable Cooking Pot.
- Add remaining ingredients, except noodles and cook for 25 minutes. Follow the directions in the Pressure Cooking section.
- Use the Slow Pressure Release method.
- Remove chicken bones and add noodles. With the cover off, cook by pressing the Fish/Vegetable button and setting for 5 minutes 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:

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