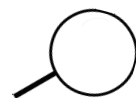


# Today's pressure cookers are safe, just follow these easy steps:

**1** Read the manual & follow all precautions.



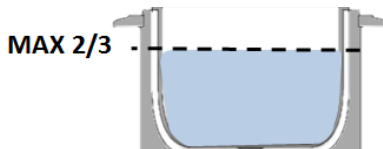
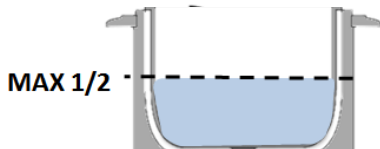
**2** Inspect equipment: All parts present and clean. Ring installed correctly, clean valves, no cracks or damage.



**3** Don't overfill the cooker; stay below the MAX line to keep food out of the safety systems located in the lid.

beans, rice & grains

everything else



**Caution:**  
Some multi-cookers have the max fill line marked for non-pressure programs. It is too high to use for pressure cooking!

**DO**

- Trial run with water
- Read manual
- Follow recipes

**4**

Add enough liquid for the pressure cooker to reach & maintain pressure.



1-1/2 cups

**DO NOT**

- Pressure can or fry (visit <https://nchfp.uga.edu/> for USDA approved food preservation methods.)

**DO NOT FORCE OPEN!**  
While operating & releasing pressure, do not cover or obstruct the venting valve or open lid with force

**5**

Use the proper pressure release to keep the valve clog free & follow the recipe.

Quick Release



Natural Release



**6**

Keep the pressure cooker gasket, safety, & pressure valves clean of food debris.

