

# GENERAL STEPS

For your electronic programmable pressure cooker



## ADD FOOD PLUS 1 - 1 1/2 CUPS LIQUID

Check your user guide on the minimum liquid recommendations for your model, and never fill past the "fill line."

## SECURE THE LID, POSITION VALVE & GASKET

Secure the lid, ensuring a smooth and tight fit. Position the valve & gasket correctly.

## CHOOSE COOKING PROGRAM & TIME

Your electric programmable pressure cooker cannot tell you when the food inside the pot is cooked through (so use food thermometer). Check your user manual for a cooking-time chart. Be aware that programmed times may not produce the quality or tenderness you're looking for.

## COOKER WILL VENT STEAM AS PRESSURE BUILDS (5-10 MINUTES)

When cooking a meal, remember that most recipe times do not include the time your electric pressure cooker will take to build pressure before cooking, or the time it takes to depressurize. Each of these steps can take an additional 5-10+ minutes. If pressure drops inside the vessel during cooking, cooking time will halt as the machine brings itself back up to pressure.

## DISPLAY COUNTS DOWN TIME

Some find it beneficial to set a timer to know when their cooking is complete, as some may not hear the beeping, that signals the end of cooking time.

## RELEASE PRESSURE: USE NATURAL OR QUICK RELEASE OPTION

- Natural pressure release is when you leave the pressure release valve in the sealed position when the cook time ends (after the beeps). This lets pressure release slowly. Food will continue to cook as pressure decreases.
- Quick pressure release is when you turn the pressure valve to the venting position and let steam release quickly at the end of the cook time. There will be a strong jet of HOT steam coming from the pressure valve, so use caution. Use a wooden spoon to turn the vent, and be sure steam can dissipate freely.