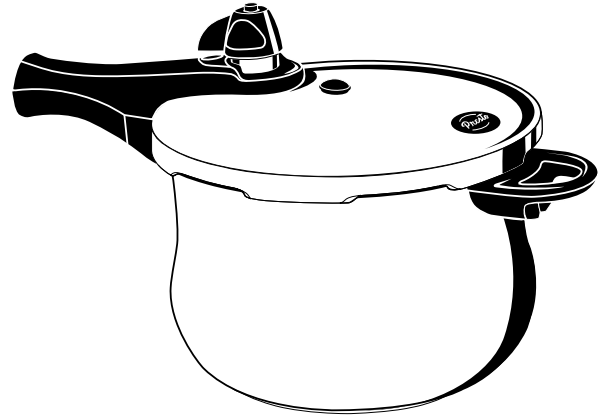


## 100th Anniversary Pressure Cooker

### Instructions and Recipes




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This is a  Listed appliance. The following Important Safeguards are recommended by most portable appliance manufacturers.

### IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, basic safety precautions should always be followed, including the following:

1. **Read all instructions.**
2. Always check the vent pipe before use. Hold cover up to light and look through vent pipe to be certain it is clear.
3. Always check the air vent/cover lock to be sure it moves freely before use.
4. Do not fill pressure cooker over  $\frac{2}{3}$  full. For soup, grains, and dry beans and peas which expand during cooking, do not fill cooker over  $\frac{1}{2}$  full. Overfilling may cause a risk of clogging the vent pipe and developing excess pressure. See food preparation instructions.
5. Do not pressure cook applesauce, cranberries, rhubarb, cereals, pastas, dried soup mixes, or any dry beans and peas which are not listed on the chart on page 22. These foods tend to foam, froth, and sputter and may block the vent pipe, overpressure plug, and air vent/cover lock.
6. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain pressure cooker is properly closed before operating; cover handle must be directly above the body handle. See "HOW TO USE INSTRUCTIONS."
7. Do not place the pressure cooker or attempt to pressure cook in a heated oven.
8. Extreme caution must be used when moving a pressure cooker containing hot liquids. Do not touch hot surfaces. Use handles or knobs.
9. Do not open pressure cooker until internal pressure has been completely reduced, air vent/cover lock has dropped, and no steam escapes when the PressureTru™ indicator is removed. See "HOW TO USE INSTRUCTIONS."
10. **CAUTION!** To ensure safe operation and satisfactory performance, replace the overpressure plug every time you replace the

sealing ring or sooner if it becomes hard, deformed, cracked, worn, or pitted. It is recommended that the sealing ring and overpressure plug be replaced at least every two years.

11. Close supervision is necessary when the pressure cooker is used near children. It is not recommended that children use the pressure cooker.
12. As pressure builds in the cooker, the stem in the PressureTru™ indicator will rise. LOW PRESSURE is reached when the first band is visible. HIGH PRESSURE is reached when the second band is visible. When the desired pressure is reached, lower the heat to maintain pressure at that setting. Failure to reduce heat will cause pressure to continue to build. If this occurs, excess steam will vent from the PressureTru™ indicator, which will cause liquid to evaporate and food may scorch and/or the cooker may be damaged.
13. **CAUTION!** Do not use pressure cooker on an outdoor LP gas burner or gas range over 12,000 BTU's.
14. Do not use this pressure cooker for pressure canning.
15. Do not use this pressure cooker for other than intended use.
16. Do not use this pressure cooker for pressure frying with oil.

## SAVE THESE INSTRUCTIONS

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY.

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### INTRODUCTION

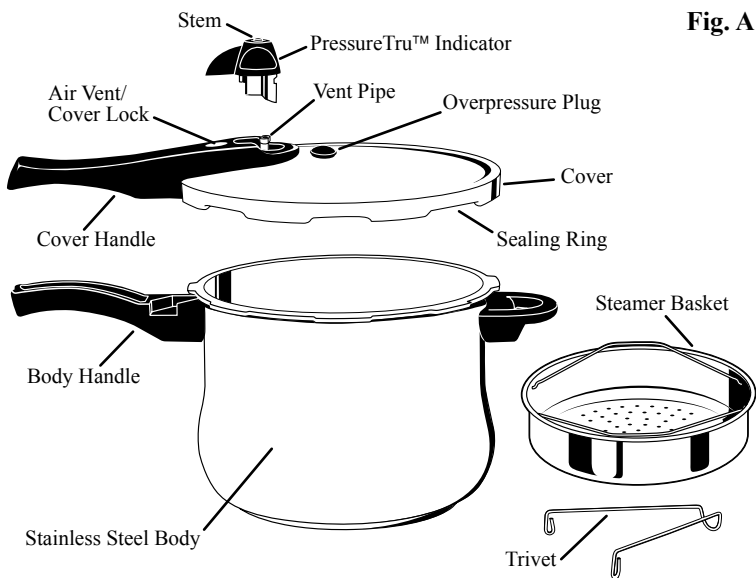
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Welcome to the world of pressure cooking. With your new Presto® Pressure Cooker, you'll discover how fast and easy it is to prepare a wide variety of delicious foods, especially foods that emphasize good health and nutrition along with good taste.

The pressure cooker is perfect for the way we live and eat today. It's ideal for preparing many of the lighter foods that help keep us healthy and fit. It preserves flavors and nutrients, tenderizes leaner cuts of meat and, best of all, it cooks foods three to ten times faster than ordinary cooking methods. And, it's even possible to cook several foods in the pressure cooker at the same time without the flavors intermingling.

We have included recipes for some traditional family favorites that are especially well suited to the many advantages of pressure cooking. For your convenience, we have also provided nutritional information for all of the recipes in this book.

To help get started with your new pressure cooker, be sure to read the "GETTING ACQUAINTED" section below.



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### GETTING ACQUAINTED

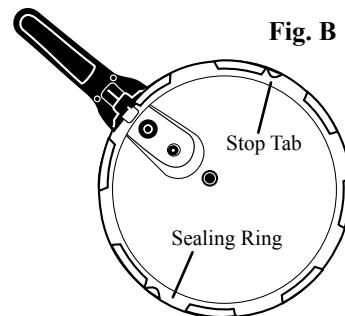
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Your pressure cooker is like a saucepan with a very special cover that locks in place. Air is automatically exhausted and steam is sealed inside creating pressure within the unit. Under pressure, internal temperatures in the cooker are raised above the normal boiling point of water, causing foods to cook faster. At LOW PRESSURE, a temperature of 232°F (or 111°C) is reached inside the pressure cooker. At HIGH PRESSURE, a temperature of 244°F (or 118°C) is reached inside the pressure cooker. These higher temperatures speed cooking and the moist steam atmosphere tenderizes meats naturally.

It is important to become familiar with the various parts of the pressure cooker (Fig. A) and to read the "HOW TO USE" section beginning on page 3 before using the unit for the first time.

Before the first use, remove the sealing ring (Fig. B) by simply pulling it out of the inside rim of the cover (Fig. A). Set PressureTru™ indicator aside.

Wash sealing ring, cover, body, trivet, and steamer basket (Fig. A) in hot, sudsy water to remove any packaging material and white manufacturing lubricant. **Do not wash PressureTru™ indicator as water may damage parts.** Rinse all parts with warm water and dry. Then, replace the sealing ring, being careful to fit it under the stop tabs (Fig. B) which are located on the inside rim of the cover.

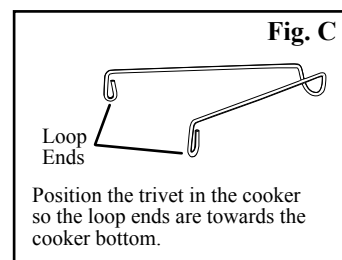


## HOW TO USE

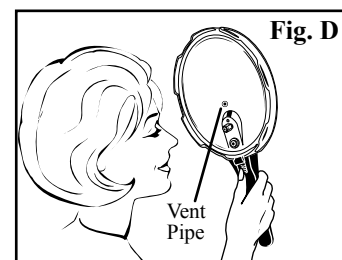
To assure the very best results every time, carefully follow these step-by-step instructions for pressure cooking. You may find it helpful to refer back to Fig. A on page 2.

1. Prepare ingredients according to the directions in the pressure cooking recipe you have selected. Pour liquid into the stainless steel body, as specified in the recipe or cooking chart. This liquid is usually water. However, some recipes will call for other liquids, such as wine. Be sure not to overfill the pressure cooker (see page 4).

2. Place the trivet and steamer basket into the cooker, if called for in the recipe (see “HELPFUL HINTS” on page 6 for guidance on when to use). If using the trivet, position it in the cooker so the loop ends are towards the bottom of the cooker (Fig. C).

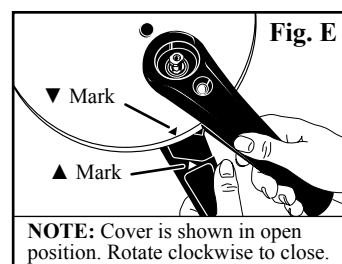


3. **IMPORTANT:** Look through the vent pipe to make certain that it is clear before closing the cover (Fig. D). See safety information on page 4.



Holding the body handle with your left hand and the cover handle with your right hand, align the ▼ mark on the cover with the ▲ mark on the body handle and place the cover on the cooker body (Fig. E). Move the cover handle slightly until the cover drops into position.

4. Close the cover securely by rotating it clockwise until the cover handle lines up with the body handle. **The pressure cooker is completely closed when the cover handle is directly above the body handle (Fig. F).**

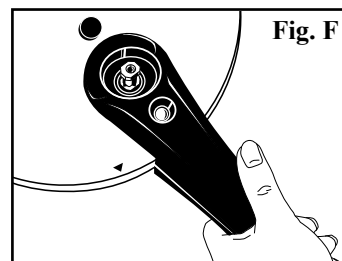


5. Push the PressureTru™ indicator onto the vent pipe. You will hear it click into place. The lever on the indicator should be centered over the blue air vent/cover lock for operation (Fig. G).

**NOTE:** It may be necessary to apply slight pressure when positioning the PressureTru™ indicator on the vent pipe.

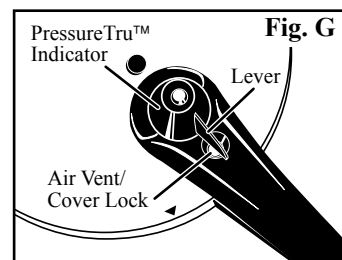
6. Using a high heat setting on your stove, heat the pressure cooker. As pressure is building, a small amount of steam will be released from the PressureTru™ indicator.

**NOTE:** The air vent/cover lock may move up and down a few times when cooking first begins and steam will be noticeable. You may also hear a popping sound and see some condensation between the cover and body. All of these are normal indications that pressure is building and air is being exhausted from the pressure cooker. At the point the air is fully exhausted from the cooker, the air vent/cover lock will slide fully up and lock the cover on. It will remain in this position until pressure is released (Fig. H).



7. As pressure builds up in the cooker, the blue stem in the PressureTru™ indicator will rise. **LOW PRESSURE** is reached when the first band is visible. **HIGH PRESSURE** is reached when the second band is visible. Cooking time begins when the stem reaches desired level (Fig. I). When the desired pressure is reached, adjust heat so stem stays at that position.

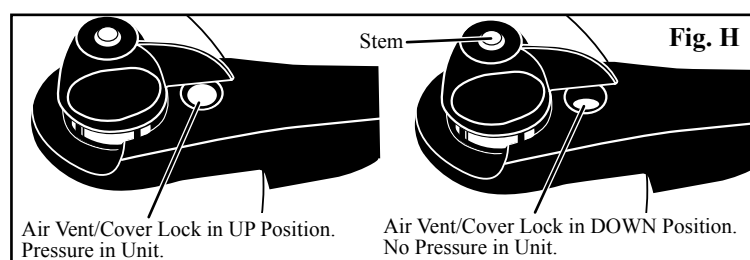
**NOTE:** If the stem rises above the second band, the PressureTru™ indicator will vent excess pressure and you will hear a constant hissing sound. If this occurs, lower heat to reduce pressure to desired setting. Failure to reduce heat will allow excess steam to vent from the PressureTru™ indicator causing too much liquid to be lost. Food may scorch and/or the cooker may become damaged. Never leave your pressure cooker unattended at high heat settings.



8. When cooking time is complete, turn off burner. If using an electric stove, remove pressure cooker from burner.

9. Reduce pressure according to the recipe or cooking chart instructions. If the instructions say “Let the pressure drop of its own accord,” set the pressure cooker aside to cool until pressure is completely reduced. If the instructions state, “Release pressure quickly,” you can release pressure safely using either of the following quick cool methods:

- A) Cool the pressure cooker under a running water faucet or pour cold water over it; be sure that the stream of water does not come into contact with the PressureTru™ indicator. Do this until pressure is completely reduced. Pressure is completely reduced when the air vent/cover lock has dropped and the stem in the PressureTru™ indicator has dropped to the down position (Fig. H).



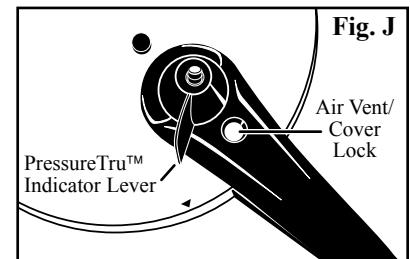
If either the air vent/cover lock or the stem in the PressureTru™ indicator remain in the raised position, there is still pressure inside the pressure cooker. Continue to cool until the air vent/cover lock drops and the stem in the PressureTru™ indicator has dropped to the down position (Fig. H).



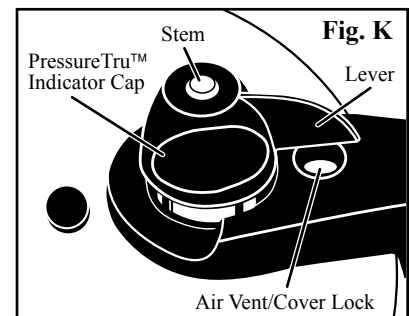
- B) Rotate the lever on the PressureTru™ indicator either clockwise or counterclockwise to release pressure (Fig. J). Steam will be rapidly released. **WARNING!** To prevent steam burns, always rotate the lever towards you so the steam vents away from you.

**CAUTION!** When using this method, be certain that the recipe calls for the quick release of pressure and that you have followed all of the pressure cooker safety rules below and on page 5. Otherwise, liquid and/or food particles may be released along with the steam. This not only can be messy, but also can result in burns.

**NOTE:** You can stop the release of pressure at any time by turning the lever on the PressureTru™ indicator (Fig. K) so it is once again centered over the air vent/cover lock. If necessary, finish reducing pressure quickly by cooling the pressure cooker under a running water faucet or pour cold water over it until pressure is completely reduced.



10. After pressure has been completely reduced, pull the PressureTru™ indicator straight up off the vent pipe, grasping the black cap (Fig. K). **Always remove the PressureTru™ indicator before opening the cover.**
11. To open the cover, turn it counterclockwise until the ▼ on the cover aligns with the ▲ mark on the body handle. Then, lift the cover toward you to keep any steam away from you. If the cover turns hard, there still may be some pressure in the unit. **Do not force the cover off.** Continue to cool the pressure cooker until the air vent/cover lock has dropped and the cover turns easily. After removing cover, look through the vent pipe to make sure it is clear. If it is blocked or partially blocked, clean it with a small brush or pipe cleaner.



12. If you have used the steamer basket, use pot holders to grasp the two handles on the sides of the steamer basket and carefully lift the basket out of the cooker. Food is ready to serve.

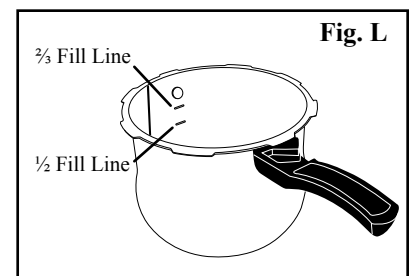
## IMPORTANT SAFETY INFORMATION

Cooking under pressure enables you to prepare food both quickly and deliciously. If used properly, your pressure cooker is one of the safest appliances in your kitchen. To ensure safe operation, make sure you always observe the following simple rules whenever you use the pressure cooker:

1. **Never overfill the pressure cooker.** Many foods tend to expand when cooked. If the cooker is overfilled, expansion of food may cause the vent pipe to become blocked or clogged. If the vent pipe becomes blocked, it cannot relieve excess pressure.

Therefore, never fill the cooker above the  $\frac{2}{3}$  fill line. There are a few foods such as rice, grains, dry beans and peas, and soups which expand so much or foam and froth while cooking that the cooker should never be filled above the  $\frac{1}{2}$  fill line.

For your convenience, both the  $\frac{2}{3}$  and  $\frac{1}{2}$  full levels are marked by indentations on the side of the pressure cooker body (see Fig. L). The upper marking indicates the  $\frac{2}{3}$  full level and the lower the  $\frac{1}{2}$  full level. In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.



When cooking any food, do not let any portion extend above the maximum fill mark. **Follow specific recipe for the amount of liquid that should be added to the pressure cooker. The liquid will not necessarily come up to the fill line.**

**Reminder: When cooking rice, grains, dry beans and peas, and soups, the cooker should never be more than  $\frac{1}{2}$  full.**

2. **Always add cooking liquid.** If an empty pressure cooker is left on a hot burner or if a cooker boils dry and is left on a heated burner, the cooker will overheat excessively causing possible discoloration and/or damage to the cooker.
3. **Always look through the vent pipe before using the cooker to make sure it is clear.** If the vent pipe is blocked, it cannot function as it should and thus cannot relieve excess pressure. Pressure may then build to unsafe levels. To clean the vent pipe, see page 5.
4. **Always fully close the pressure cooker.** The cooker is fully closed when the cover handle is directly above the body handle. Your

pressure cooker has specially designed lugs on the cover and body which lock the cover in place when the cooker is fully closed. However, if the cooker is not fully closed, the lugs cannot lock the cover onto the body. It's possible that pressure could build inside the cooker and cause the cover to come off and result in bodily injury or property damage. Always be sure the cover handle is directly above the body handle (see page 3, Fig. F). Do not turn past handle alignment.

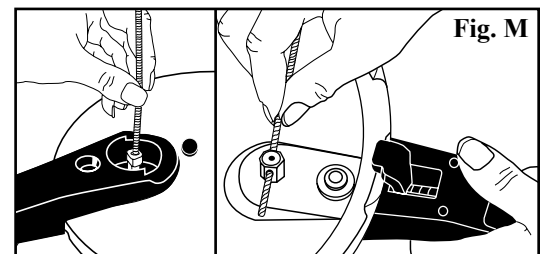
5. **Never open the cooker when it contains pressure.** The blue air vent/cover lock provides a visual indication of pressure inside the cooker. When it is up, there is pressure. When it is down, there is no pressure in the cooker and it can be opened. If the pressure cooker is opened before all of the pressure is released, the contents of the cooker will erupt and could cause bodily injury or property damage.
6. **Check the overpressure plug. If it is hard, deformed, cracked, worn, or pitted, replace it immediately.** The overpressure plug is a secondary pressure relief valve which is designed to relieve excess pressure if the vent pipe becomes blocked. The overpressure plug is made of rubber, and when new, is soft and pliable. Over time, depending on the frequency and type of use, rubber becomes hard and inflexible. When hard and inflexible, the overpressure plug loses its ability to act as a secondary pressure relief valve. It should be replaced immediately.  
  
Should the overpressure plug ever be forced out of the cover due to excess pressure while cooking, it is important to call the Test Kitchen at 1-800-368-2194. **Do not attempt to replace the overpressure plug.**
7. **Always follow special procedures found in the instruction book when pressure cooking rice, grains, and dry beans and peas.** During cooking, dry beans and peas tend to froth and foam which could cause the vent pipe to become blocked. Therefore, dry beans and peas need to be soaked and cooked according to instructions beginning on page 21. Using this method will keep foam at safe levels during cooking. Like dry beans and peas, rice and grains tend to froth and foam during cooking; therefore, to contain foaming and frothing during the cooking period, rice and grains must be prepared in a bowl in the pressure cooker according to directions on page 23.
8. **Never pressure cook applesauce, cranberries, rhubarb, cereals, pastas, dried soup mixes, or dry beans and peas which are not listed in the chart on page 22.** These foods expand so much as a result of foaming and frothing that they should never be cooked under pressure.

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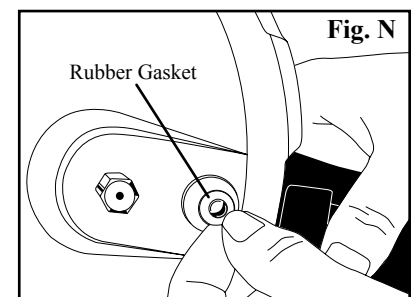
## CARE AND MAINTENANCE

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1. All parts of your pressure cooker except the PressureTru™ indicator are fully immersible for easy cleaning. **Always remove the PressureTru™ indicator from the cover before immersing the cover in water.** When washing the cover, always remove the sealing ring to allow easy cleaning of the inside rim of the cover. The sealing ring should be washed with hot sudsy water after each use.
2. Wipe the PressureTru™ indicator with a damp cloth. Never immerse the PressureTru™ indicator in water as water may damage the parts.
3. To be sure the vent pipe is clear, hold the cover up to the light and look through the vent pipe. Clean it with a small brush or pipe cleaner if it is blocked or partially blocked (Fig. M). Also clean the vent pipe nut as shown.

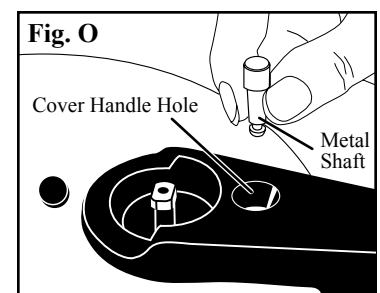


4. Occasionally remove the air vent/cover lock in the pressure cooker cover handle for cleaning. To remove the air vent/cover lock, place your finger over the hole (Fig. O) in the cover handle and remove the white rubber gasket from the air vent/cover lock on the underside of the cover (Fig. N). Push the air vent/cover lock through the top of the cover and wash it and the gasket in hot sudsy water.



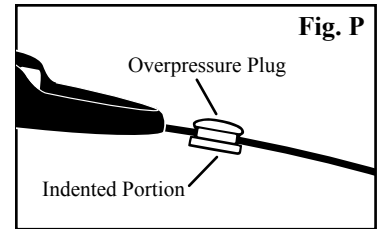
The metal shaft of the air vent/cover lock may be cleaned with a nylon mesh pad. Clean the hole in the cover handle with a small brush. After cleaning, reinsert the metal shaft of the air vent/cover lock from the top side of the cover (Fig. O) down through the cover handle hole. Place a finger over the handle hole (to keep the air vent/cover lock from falling out) and turn the cover over. Wet the rubber gasket and push onto the end of the metal shaft until it snaps into the groove on the shaft.

5. The overpressure plug can also be removed for cleaning by pushing it out of its opening from the top of the cover. After cleaning, reinsert it by pushing the domed side of the plug into the opening from the underside of the cover, until the bottom edge is fully and evenly seated against the underside of the cover (Fig. P). When the overpressure plug is properly installed, the word "TOP" will be visible on the overpressure plug when viewing the outside of the cover.



- To bring out its luster, the outside surface of your cooker can be cleaned occasionally with a silver polish or any other fine, non-abrasive polish. If food residue adheres to the pressure cooker body, clean with a vegetable brush, a nylon pad, or a non-abrasive powder cleanser, such as Bon Ami® polishing cleanser or Cameo® copper, brass & porcelain cleaner. Do not use steel wool or cleansers with chlorine bleach

Take care not to overheat your stainless steel pressure cooker. Very high heat can sometimes cause varicolored stains, called heat tints, in stainless steel. Heat tints can usually be removed by using a non-abrasive powder cleanser.



- When not in use, store your pressure cooker in a dry place with the cover inverted on the body. If the cover is locked on, unpleasant odors may form inside the unit and the sealing ring could be damaged.
- As is the case of all cookware, avoid chopping or cutting food inside the cooker with a knife or other sharp utensil.
- If the body or cover handles become loose, tighten them with a screwdriver.
- The sealing ring, overpressure plug, and rubber gasket of the air vent/cover lock may become nicked, cracked, or torn with normal use. Exposure to high heat, such as a hot burner or oven top, will also cause these parts to dry out and deteriorate. Replace these parts immediately should any of these things happen. Generally, it is a good idea to replace them every two years.

Leakage between the cover and body that occurs during cooking pressure is usually caused by shrinkage or deterioration of the sealing ring after prolonged use. Replace the sealing ring. Whenever you replace the sealing ring, replace the overpressure plug also.
- As cooking begins, some steam, moisture, or condensation may be visible at the top of the cooker around the overpressure plug and air vent/cover lock or between the cover and the body. It should stop, however, as pressure builds and the air vent/cover lock seals. Continuing leakage around the air vent/cover lock is an indication that the air vent/cover lock gasket needs to be cleaned or replaced. Continued leakage between the body and the cover, is an indication that the sealing ring should be cleaned or replaced. Try cleaning the rubber parts first. If that does not work, replace them. **Do not operate your pressure cooker with continued leakage.** If replacing the parts does not correct the problem, return the entire unit to the Presto Factory Service Department (see page 28).
- If for any reason, the pressure cooker cannot be opened, contact the Consumer Service Department at 1-800-877-0441. Any maintenance required for this product, other than normal household care and cleaning, should be performed by the Presto Factory Service Department (see page 28).

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## HELPFUL HINTS

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- ◆ Your favorite recipes may be adjusted for cooking in the pressure cooker by following the general directions in this book for the particular type of food being cooked. Decrease the cooking time for your recipe by  $\frac{2}{3}$  since pressure cooking is much faster than ordinary cooking methods. For example, if your ordinary cooking method requires 45 minutes, in the pressure cooker the cooking time will be 15 minutes. Because there is very little evaporation, the amount of liquid used should be decreased. Use about  $\frac{1}{2}$  cup more liquid than you'll desire in your finished dish. But, remember, there must always be water or some other liquid in the pressure cooker to produce the necessary steam.
- ◆ Use the trivet and steamer basket when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times. If it is desirable to blend flavors, do not use the steamer basket.
- ◆ Most foods are cooked at high pressure. Low pressure is used for cooking delicate foods such as vegetables and seafood.
- ◆ Many different cooking liquids can be used in a pressure cooker. Wine, beer, bouillon, fruit juices, and of course water all make excellent cooking liquids in the pressure cooker.
- ◆ The pressure cooker is usually cooled at once for delicate foods such as custards and fresh vegetables. For other foods, like roasts and stews, let the pressure drop of its own accord.
- ◆ If a recipe says to cook 0 minutes, cook food only until the desired pressure is reached. Then cool pressure cooker according to recipe.
- ◆ Beautiful desserts and side dishes can be prepared in the pressure cooker, using individual or small metal molds or glass custard cups, which are ovenproof. Fill molds  $\frac{2}{3}$  full to allow for expansion of food, and fit them loosely into the pressure cooker on the cooking rack. Do not fill the pressure cooker over  $\frac{2}{3}$  full.

- ◆ When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 1,000 feet above the first 2,000 feet. Following this rule, the times should be increased as follows:

3,000 ft. . . . 5%	5,000 ft. . . . 15%	7,000 ft. . . . 25%
4,000 ft. . . . 10%	6,000 ft. . . . 20%	8,000 ft. . . . 30%

Because pressure cooking times are increased at altitudes above 2,000 feet, an additional ½ cup cooking liquid will be needed.

- ◆ If you have any questions on recipes, time charts, or the operation of your pressure cooker, call or write: Test Kitchen, National Presto Industries, Inc., 3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703, phone 1-800-368-2194 or send an email to [contact@gopresto.com](mailto:contact@gopresto.com). When writing, please include a phone number and a time when you can be reached during weekdays, if possible. Written inquiries will be answered promptly by letter or telephone.

## QUESTIONS & ANSWERS

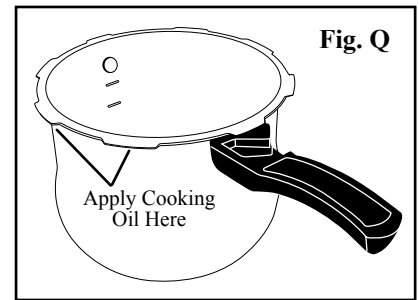
### *Occasionally the cover is hard to open or close. What causes this? What should I do?*

In order for pressure to build inside your pressure cooker, the unit has a special cover which provides an airtight fit. Because of this, you may find that on occasion the cover may be difficult to open or close. The following suggestions will help if this happens:

If the cover seems hard to close, press the palm of your hand on the cover area directly opposite the cover handle while moving the cover handle to the closed position with your other hand.

If after browning meat or poultry, the cover is difficult to close, it may be due to expansion of the pressure cooker body from heating. Remove the cover and allow the pressure cooker body to cool slightly and try again. Do not place the pressure cooker back on the burner until it is fully closed.

If necessary, to help make the cover easier to open and close, a very light coating of cooking oil may be applied to the **underside** of the lugs on the pressure cooker body (Fig. Q). Use a pastry brush, a piece of cloth, or your fingertips and be sure to wipe off any excess oil. **Do not apply cooking oil to sealing ring.**



### *What can be done if the food prepared in the pressure cooker has more liquid than desired?*

Simmer to evaporate the excess liquid. Next time you prepare the same recipe, you may want to use less liquid.

### *How does one prevent overcooking?*

Remember to begin timing as soon as the band indicating the desired pressure is visible. It is very important to accurately time the cooking period. A Presto® kitchen timer is very helpful for this purpose. Also be sure to follow the recipe instructions for cooling the pressure cooker.

### *What if the food is not completely done after the recommended cooking time?*

Simply bring the cooker back up to pressure and cook the food a minute or two longer.

### *Can I use my stainless steel pressure cooker on all types of ranges?*

Your stainless steel pressure cooker will work on gas, electric coil and ceramic glass (smoothtop) ranges; however, because it is not magnetic, it will not work on induction type ranges.

### *When cooking first begins, is it normal for steam to escape and moisture to form on the cover and between the handles?*

It is normal for steam to escape and a slight amount of moisture leakage to form on the cover and between the handles when cooking first begins. If leakage continues, the cover handle may not be properly aligned with the body handle and, therefore, the cover lock cannot engage.

### *Is it normal for the air vent/cover lock to rise up partially and drop back down when cooking first begins?*

It is possible that the air vent/cover lock will move up and down slightly when cooking first begins. Do not be concerned. The air vent/cover lock will remain in the up position once the cooker has sealed. However, if the air vent/cover lock continues to move up and down or rises partially, tap it lightly with the tip of a knife. If it does not rise once you have tapped it, the following may be occurring:

1. The burner is not hot enough.
2. The cooker is not fully closed (see page 3).
3. There is insufficient liquid to form steam.
4. The gasket for the air vent/cover lock needs to be replaced (see page 5).

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## SOUPS AND STOCKS

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The pressure cooker is perfect for preparing delicious, nourishing soups and stocks in minutes instead of the hours taken by ordinary methods.

Stocks form the base for most great soups and sauces, and you can even substitute a stock for water in many recipes to add extra flavor. Traditionally, stocks are made by simmering bones and scraps for hours to extract all their flavor. With the pressure cooker, you can do the same thing in just minutes by following the simple directions on the following pages.

We've also included a few favorite soup recipes and, if you have a favorite recipe of your own, try it in the pressure cooker using one of the recipes in this book as your guide. If adding dry beans and peas, they must first be soaked according to directions on pages 21 and 22. **Do not pressure cook soups containing barley, rice, pasta, grains, dry beans and peas which are not listed in the chart on page 22, and dried soup mixes** because they have a tendency to foam, froth, and sputter and could block the vent pipe.

Cooked barley, rice, grains, pasta, dry beans and peas which are not listed in the chart on page 22, and dried soup mixes should be added to the soup after pressure cooking.

**FOR SOUPS AND STOCKS, DO NOT FILL PRESSURE COOKER OVER ½ FULL!**

**OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.**

### CHICKEN SOUP

2½ pounds chicken, cut into serving pieces	¼ cup chopped celery
5 cups water	1 teaspoon salt
1 cup sliced carrots	¼ teaspoon black pepper
1 cup chopped onion	

Place all ingredients in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 12 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Remove pieces of chicken from cooker and let cool. Remove meat from bones and return meat to cooker. Heat through.

*Nutrition Information Per Serving*

*6 servings, 212 Calories, 10 g. Fat, 72 mg. Cholesterol*

#### ***Delicious Soups From Chicken Soup...***

**Chicken Soup Stock:** Strain Chicken Soup to make stock.

**Chicken Noodle Soup:** Bring soup to a boil. Add fine noodles and simmer, uncovered, 10 to 15 minutes. Salt and pepper to taste.

*8 servings*

**Chicken Dumpling Soup:** Mix together 1 beaten egg, ½ cup milk, and ½ teaspoon salt. Stir in 1⅛ cups flour. Drop the mixture from teaspoon into bubbling Chicken Soup in cooker. Simmer dumplings uncovered 6 minutes.

*8 servings*

**Chicken Rice Soup:** Add 1 cup cooked rice to Chicken Soup. Heat through. Salt and pepper to taste.

*8 servings*

### BROWN BEEF SOUP

2 pounds lean beef, cut into 1-inch cubes	1 bay leaf
5 cups water	1 teaspoon parsley flakes
1 cup chopped onion	1 teaspoon salt
1 cup sliced carrots	¼ teaspoon black pepper
¼ cup chopped celery	

Place all ingredients in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 12 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*6 servings, 268 Calories, 13 g. Fat, 98 mg. Cholesterol*

#### ***Delicious Soups From Brown Beef Soup...***

**Brown Beef Soup Stock:** Strain Brown Beef Soup to make stock.

**Beef Tomato Soup:** Add 2 cups tomato juice and 1 cup cooked rice to Brown Beef Soup. Heat through.

*8 servings*

**Onion Soup:** Pour 2 tablespoons vegetable oil into cooker and sauté 1½ cups thinly sliced onions. Stir onions into 6 cups Brown Beef Soup Stock in cooker. Season with ¼ teaspoon pepper. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 2 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Ladle into soup bowls. Top with Parmesan cheese. If desired, garnish with croutons or toasted French bread.

*8 servings*



## BLACK BEAN SOUP

- |  |  |
|--|--|
| 2 cups dry black beans                           | 4 cups chicken stock or broth                |
| 1 tablespoon olive or vegetable oil              | 2 cups sliced carrots, 3/4 inch thick        |
| 1 cup chopped onion                              | 1 tablespoon packed brown sugar              |
| 3 cloves garlic, minced                          | 2 teaspoons white wine vinegar               |
| 1 to 2 jalapeño chiles, seeded, deveined, minced | ••••••                                       |
| 1 tablespoon chili powder                        | 1 cup loosely packed fresh cilantro, chopped |
| 1½ teaspoons oregano                             | Salt to taste                                |
| ½ teaspoon allspice                              |  |

Soak beans according to instructions on pages 21 and 22. Pour olive oil in pressure cooker. Sauté onion, garlic, chiles, chili powder, oregano, and allspice for 2 minutes. Stir in beans, chicken stock, carrots, brown sugar, and vinegar. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 12 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Remove 1 cup of bean mixture, place in blender and purée until smooth. Return to pressure cooker and stir in fresh cilantro.

*Nutrition Information Per Serving*

*8 servings, 231 Calories, 3 g. Fat, 0 mg. Cholesterol*

## SAFFRON FISH STEW

- |                                   |  |
|-----------------------------------|--|
| 1 can (14½ ounces) chicken broth  | 1 bay leaf   |
| ¼ cup dry white wine              | Pinch of saffron threads or ¼ teaspoon turmeric    |
| 4 new red potatoes, quartered     | ••••••   |
| 3 carrots, cut into ½-inch chunks | 1 pound firm fish (halibut, haddock, cod, pollack) |
| 1 medium onion, finely chopped    | fresh or thawed, cut into 8 pieces                 |
| 2 cloves garlic, minced           | 1 small red pepper, cut into chunks                |
| ¼ cup chopped parsley             | 1 cup frozen peas, thawed                          |

Place broth, wine, potatoes, carrots, onion, garlic, parsley, bay leaf, and saffron in pressure cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at LOW PRESSURE. Release pressure quickly.** Add fish, pepper, and peas. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 1 minute at LOW pressure. Release pressure quickly.** Discard bay leaf.

*Nutrition Information Per Serving*

*8 servings, 174 Calories, 1 g. Fat, 40 mg. Cholesterol*

## MINESTRONE

- |  |  |
|--|--|
| 1½ pounds lean beef, cut into 1-inch cubes | 1½ teaspoons basil                         |
| 5 cups water                               | 1 teaspoon salt                            |
| 1 can (14 to 15 ounces) diced tomatoes     | 1 bay leaf                                 |
| 1 cup chopped onion                        | ¼ teaspoon black pepper                    |
| 1 cup sliced carrots                       | ••••••                                     |
| ¼ cup chopped celery                       | 1 can (16 ounces) Great Northern beans     |
| 1 clove garlic, minced                     | 1 can (15 ounces) cut green beans, drained |
| 2 tablespoons parsley flakes               | 2 ounces fine noodles                      |

Place beef, water, tomatoes, onions, carrots, celery, garlic, parsley, basil, salt, bay leaf, and pepper in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 10 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Add Great Northern beans, green beans, and noodles. Simmer uncovered 10 minutes. Garnish with Parmesan cheese, if desired.

*Nutrition Information Per Serving*

*10 servings, 228 Calories, 6 g. Fat, 50 mg. Cholesterol*

## POTATO SOUP

- |                               |  |
|-------------------------------|--|
| 1 tablespoon vegetable oil    | ¼ teaspoon white pepper                |
| 1 cup finely chopped onions   | ¼ teaspoon basil                       |
| ½ cup finely sliced celery    | ••••••                                 |
| 3 cups chicken broth          | 1 can (12 ounces) evaporated skim milk |
| 4 cups peeled, diced potatoes | Salt to taste                          |

Heat vegetable oil in pressure cooker over medium heat. Sauté onion and celery until soft. Add broth, potatoes, pepper, and basil to pressure cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Remove 2 cups of potato mixture; place in blender or food processor and process until smooth. Return to pressure cooker and stir in evaporated milk.

*Nutrition Information Per Serving*

*6 servings, 160 Calories, 2 g. Fat, 2 mg. Cholesterol*

## ZESTY HOMEMADE CHILI

1½ pounds ground beef	1 teaspoon salt
1 can (8 ounces) tomato sauce	1 teaspoon ground cumin
½ cup water	½ teaspoon black pepper
1 cup chopped onion	½ teaspoon oregano
¾ cup chopped green pepper	¼ teaspoon cayenne pepper
2 cloves garlic, finely chopped	••••••
1 tablespoon chili powder	1 can (16 ounces) kidney beans, drained and rinsed

Turn heat selector to medium and brown meat. Add remaining ingredients except kidney beans. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 5 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Stir in kidney beans and heat through.

*Nutrition Information Per Serving*

*4 servings, 432 Calories, 17 g. Fat, 111 mg. Cholesterol*

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## SEAFOOD

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Seafood is the basis of some of the healthiest and most nutritious meals you can make. It is an excellent source of protein, a good source of minerals, and some vitamins, and it's low in fat, cholesterol, and sodium.

Steaming in the pressure cooker brings out the finest, fullest flavors of seafood. The cooking time required is directly related to the thickness of the seafood. To be safe, if the fish you are cooking seems thin for its weight or if it weighs less than the recipe specifies, reduce the cooking time. Overcooking tends to toughen seafood. **Use LOW PRESSURE to cook seafood.**

*FOR FISH AND SEAFOOD, DO NOT FILL PRESSURE COOKER OVER ¾ FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

### SALMON STEAKS MOUTARDE

4 small salmon steaks, 1 inch thick	1 cup dry white wine or chicken broth
4 tablespoons Dijon-style mustard	1 bay leaf
3 to 4 sprigs fresh thyme or ½ teaspoon dried thyme	••••••
1 tablespoon olive or vegetable oil	2 tablespoons Dijon-style mustard
1 small onion, chopped	1 tablespoon cornstarch
1 clove garlic, minced	

Spread each steak with 1 tablespoon mustard. Press 1 thyme sprig into mustard on each steak or sprinkle with dried thyme. Pour oil into cooker. Turn heat selector to medium and sauté onion and garlic until tender. Stir in wine and bay leaf. Position trivet in cooker. Place steaks in steamer basket on trivet. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 2 minutes at LOW PRESSURE. Release pressure quickly.** Carefully remove steaks, steamer basket, and trivet. Keep steaks warm. Discard bay leaf. Mix two tablespoons mustard with cornstarch. Stir into liquid in pressure cooker. Cook and stir until sauce boils and thickens. Serve sauce with salmon steaks.

*Nutrition Information Per Serving*

*4 servings, 218 Calories, 9 g. Fat, 20 mg. Cholesterol*

**Variation: Substitute halibut for salmon steaks.**

### “SCAMPI-STYLE” SHRIMP

1 pound medium, raw shrimp, peeled and deveined	¼ teaspoon salt
3 tablespoons margarine	½ cup water
2 tablespoons minced green onion	••••••
6 cloves garlic, minced	2 tablespoons minced parsley
2 teaspoons lemon juice	¼ teaspoon grated lemon peel

Pat shrimp dry with paper towels. Place margarine in cooker. Turn heat selector to medium and melt margarine. Sauté onion and garlic. Stir in lemon juice and salt. Cook until bubbly. Pour into metal bowl which will fit loosely in cooker. Stir in shrimp. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at LOW PRESSURE. Release pressure quickly.** Stir in parsley and lemon peel.

*Nutrition Information Per Serving*

*4 servings, 205 Calories, 11 g. Fat, 173 mg. Cholesterol*

## SHRIMP JAMBALAYA

- |   |   |
|---|---|
| 1 cup long grain white rice             | 2 cloves garlic, minced                       |
| 1½ cups water                           | 1 bay leaf                                    |
| ½ cup water                             | 1 teaspoon basil                              |
| ••••••                                  | ½ teaspoon thyme                              |
| 1 can (14 to 15 ounces) stewed tomatoes | ½ teaspoon chili powder                       |
| ¼ cup chicken broth                     | ¼ teaspoon black pepper                       |
| ½ pound precooked ham, diced            | ¼ teaspoon salt                               |
| ½ cup chopped onion                     | ¼ teaspoon hot sauce                          |
| ½ cup chopped celery                    | ••••••  |
| ½ cup chopped green pepper              | 1 pound precooked shrimp, peeled and deveined |

Combine rice and 1½ cups water in a metal bowl which will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour ½ cup water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE**. Let pressure drop of its own accord. Open cooker and set rice aside to steam. Remove steamer basket, trivet, and remaining water.

Add remaining ingredients, except shrimp, to cooker; stir well. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at LOW PRESSURE**. Release pressure quickly. Stir in shrimp; cook uncovered over medium heat until shrimp is heated through, 2 to 3 minutes. Serve over rice.

*Nutrition Information Per Serving*

*6 servings, 252 Calories, 3 g. Fat, 157 mg. Cholesterol*

## LEMON 'N DILL COD AND BROCCOLI

- |  |  |
|--|--|
| 1 pound frozen cod fillets, 1 inch thick | Salt                                       |
| Dill weed                                | ½ cup water                                |
| Lemon pepper                             | 2 cups broccoli, cut into bite size pieces |

Cut fish into 4 pieces. Sprinkle with dill weed, lemon pepper, and salt. Pour ½ cup water into cooker. Position trivet in cooker. Arrange fish and broccoli in steamer basket on trivet. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 2 minutes at LOW PRESSURE**. Release pressure quickly.

*Nutrition Information Per Serving*

*4 servings, 103 Calories, 1 g. Fat, 49 mg. Cholesterol*

## SEAFOOD GUMBO

- |   |  |
|---|--|
| 1 cup long grain white rice                       | 2 bay leaves                                     |
| 1½ cups water                                     | 2 tablespoons parsley                            |
| ½ cup water                                       | 1 teaspoon basil                                 |
| ••••••  | ½ teaspoon thyme                                 |
| 2½ cups chicken broth                             | ¼ teaspoon ground red pepper                     |
| 1 pound medium, fresh shrimp, peeled and deveined | ¼ teaspoon salt                                  |
| 1 pound sole fillets, cut into 2-inch pieces      | ••••••   |
| 1 can (14 to 15 ounces) diced tomatoes            | ¼ cup cold water                                 |
| 1 cup chopped onion                               | 2 tablespoons cornstarch                         |
| ¾ cup chopped green pepper                        | 1 package (10 ounces) frozen sliced okra, thawed |
| 2 cloves garlic, minced                           |  |

Combine rice and 1½ cups water in a metal bowl which will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour ½ cup water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE**. Let pressure drop of its own accord. Open cooker and set rice aside to steam. Remove steamer basket and remaining water.

Place broth, shrimp, sole, tomatoes, onion, green pepper, garlic, bay leaves, parsley, basil, thyme, red pepper, and salt in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 1 minute at LOW PRESSURE**. Release pressure quickly. Combine water and cornstarch. Stir into hot mixture. Heat, stirring constantly, until sauce thickens. Stir in okra. Heat for 3 to 4 minutes. Discard bay leaf. Serve over rice.

*Nutrition Information Per Serving*

*9 servings, 224 Calories, 2 g. Fat, 101 mg. Cholesterol*

## MARINATED TUNA

1 pound tuna steak, 1 inch thick	2 cloves garlic, minced
¼ cup lemon juice	1 teaspoon ginger
2 tablespoons olive oil	½ teaspoon black pepper
1 tablespoon soy sauce	½ cup water

Place tuna steaks in a shallow glass dish. Combine remaining ingredients except water; pour over tuna. Marinate for 30 minutes, turning fish once. Remove tuna from marinade and place in steamer basket. Pour marinade and water into cooker. Position trivet in cooker. Place tuna steaks in steamer basket on trivet. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 2 minutes at LOW PRESSURE. Release pressure quickly.**

*Nutrition Information Per Serving*

*4 servings, 170 Calories, 6 g. Fat, 52 mg. Cholesterol*

## SEAFOOD TIMETABLE

Pour ½ cup water into cooker. Position trivet in cooker. Place seafood in steamer basket on trivet. Do not fill cooker over ⅔ full. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook according to chart using LOW PRESSURE. Release pressure quickly.**

Seafood (Fresh or Thawed)	Cooking Time (Minutes)	Seafood (Fresh or Thawed)	Cooking Time (Minutes)
Crab Legs	0 to 1	Shrimp, Medium to Large (36 to 40 count)	0 to 1
Fish Fillets (1 inch thick)	2	Shrimp, Large (21 to 25 count)	1
Salmon Fillets (1 inch thick)	2	Tuna Fillets (1 inch thick)	2
Scallops Large	1		

## POULTRY

A host of great, light meals can evolve from chicken and other poultry when prepared in the pressure cooker. Be it a tender fillet with a delightful, light sauce or a savory casserole with a host of nutritious vegetables, you'll find the pressure cooker is perfect for preparing your favorites in a hurry.

Try the following recipes and enjoy tasty poultry in a variety of ways or prepare your own favorite poultry dishes. It's not necessary to brown poultry before pressure cooking, but you may do so if you like. Searing tends to seal in the natural juices, while cooking without browning lets the flavor of the various ingredients intermingle for some spectacular taste combinations. For crispier chicken, you may want to put the chicken under the broiler for a few minutes after pressure cooking.

**FOR POULTRY, DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!**

**NO PORTION OF THE POULTRY SHOULD EXTEND ABOVE THE ⅔ FULL MARK (SEE PAGE 4).**

**OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.**

## CHICKEN BREASTS TARRAGON

1 tablespoon vegetable oil	1 teaspoon tarragon
4 boneless, skinless chicken breast halves	1 teaspoon salt
¼ cup white wine Worcestershire sauce	¼ teaspoon black pepper
½ cup white wine	••••••
¼ cup chopped onion	¼ cup water
¼ cup sliced celery	1 tablespoon cornstarch
¼ cup sliced carrot	

Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken. Add remaining ingredients except cornstarch and water. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 4 minutes at HIGH PRESSURE. Release pressure quickly.** Remove chicken and keep warm. Combine water and cornstarch. Stir into sauce. Heat, stirring constantly, until sauce thickens.

*Nutrition Information Per Serving*

*4 servings, 219 Calories, 5 g. Fat, 69 mg. Cholesterol*

## CALIFORNIA CHICKEN

2	tablespoons vegetable oil	½	cup chicken broth
6	boneless, skinless chicken breast halves	¼	cup chopped parsley
1	teaspoon rosemary	••••••	
3	cloves garlic, peeled and sliced	½	lemon, thinly sliced
½	cup white wine		Salt and pepper to taste

Pour vegetable oil into cooker. Turn heat selector to medium and brown chicken. Season chicken with rosemary. Place chicken in cooker. Cover chicken with garlic. Combine wine, broth, and parsley; pour over chicken. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 4 minutes at HIGH PRESSURE. Release pressure quickly.** Garnish chicken with lemon slices.

*Nutrition Information Per Serving*

*6 servings, 191 Calories, 6 g. Fat, 69 mg. Cholesterol*

## CHUTNEY CHICKEN

6	boneless, skinless chicken breast halves	1	tablespoon brown sugar
1	can (14 to 15 ounces) diced tomatoes	¼	teaspoon allspice
1	can (4 ounces) chopped green chilies	••••••	
½	cup raisins	¼	cup water
½	cup mango chutney	1	tablespoon cornstarch
1	tablespoon vinegar		

Place all ingredients except cornstarch and water in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 4 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Remove chicken and keep warm. Combine water and cornstarch. Stir into sauce. Heat, stirring constantly, until sauce thickens.

*Nutrition Information Per Serving*

*6 servings, 258 Calories, 3 g. Fat, 73 mg. Cholesterol*

## SOY CHICKEN

4	boneless, skinless chicken breast halves	½	onion, sliced
½	cup water	½	cup sliced celery
¼	cup low sodium soy sauce	3	tablespoons brown sugar
½	cup sliced mushrooms		

Place all ingredients in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 4 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*4 servings, 169 Calories, 2 g. Fat, 69 mg. Cholesterol*

## SWEET 'N SOUR CHICKEN WINGS

18	chicken wings	2	tablespoons soy sauce
1	can (8 ounces) pineapple chunks, undrained	1	tablespoon catsup
1	red pepper, cut into 1-inch pieces	½	teaspoon Worcestershire sauce
1	medium onion, cut into 1-inch pieces	¼	teaspoon ground ginger
½	cup sliced celery	••••••	
½	cup vinegar	2	tablespoons cold water
¼	cup brown sugar	2	tablespoons cornstarch

Place chicken wings, pineapple chunks and juice, pepper, onion, and celery in cooker. In a small bowl mix vinegar, brown sugar, soy sauce, catsup, Worcestershire sauce, and ginger; pour into cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at HIGH PRESSURE. Release pressure quickly.** Remove chicken, pineapple, and vegetables to a warm platter. Mix cold water and cornstarch. Stir into hot liquid. Heat, stirring constantly, until sauce thickens. Pour sauce over chicken, pineapple, and vegetables. Serve with steamed rice, if desired, see page 23.

*Nutrition Information Per Serving*

*6 servings, 418 Calories, 24 g. Fat, 113 mg. Cholesterol*

## CHICKEN CACCIATORE

3	pound chicken, cut into serving pieces	2	tablespoons minced parsley
1	cup diced tomatoes	1	teaspoon oregano
½	cup white wine	1	teaspoon salt
1½	cups sliced onions	¼	teaspoon black pepper
½	cup chopped carrots	••••••	
½	cup chopped celery	1	can (6 ounces) tomato paste
2	cloves garlic, minced		

Place all ingredients except tomato paste in pressure cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 9 minutes at HIGH PRESSURE. Release pressure quickly.** Place chicken on warm platter. Stir tomato paste into sauce in cooker. Simmer until thickened. Pour over chicken.

*Nutrition Information Per Serving*

*6 servings, 291 Calories, 14 g. Fat, 90 mg. Cholesterol*

## HERBED CHICKEN

- |   |                                |        |                                    |
|---|--------------------------------|--------|------------------------------------|
| 1 | tablespoon vegetable oil       | 1      | teaspoon oregano                   |
| 1 | cup chopped onion              | 1      | teaspoon basil                     |
| 1 | tablespoon chopped garlic      | •••••• |                                    |
| 3 | pounds chicken thighs, skinned | 1      | can (4 ounces) sliced black olives |
| 1 | cup chicken broth              | 2      | tablespoons cold water             |
| 1 | tablespoon chopped parsley     | 2      | tablespoons flour                  |
| ½ | cup chopped celery leaves      |        | Salt and pepper to taste           |

Pour vegetable oil into cooker. Turn heat selector to medium and sauté onion and garlic; remove. Brown chicken. Add onion, garlic, chicken broth, parsley, celery leaves, oregano, and basil. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 9 minutes at HIGH PRESSURE. Release pressure quickly.** Remove chicken to a warm dish. Add olives to liquid and heat. Mix cold water with flour. Stir into hot broth. Heat, stirring constantly, until sauce thickens. Pour sauce over chicken.

*Nutrition Information Per Serving*

*6 servings, 250 Calories, 8 g. Fat, 115 mg. Cholesterol*

## BAYOU BOUNTY CHICKEN

- |    |   |        |  |
|----|---|--------|--|
| 3  | pound chicken, cut into serving pieces            | 2      | cloves garlic, minced                  |
| 1  | can (28 ounces) whole tomatoes, undrained, cut up | 1      | tablespoon extra-spicy seasoning blend |
| 1½ | cups chopped onion                                | •••••• |  |
| ½  | cup chopped green pepper                          |        | Hot cooked rice (see page 23)          |
| ½  | cup chopped celery                                |        |  |

Add all ingredients except rice to pressure cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 9 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Serve chicken and sauce over rice.

*Nutrition Information Per Serving*

*6 servings, 394 Calories, 14 g. Fat, 90 mg. Cholesterol*

## TURKEY BREAST

- |        |                          |   |                            |
|--------|--------------------------|---|----------------------------|
| 3 to 4 | pound turkey breast      | ½ | cup chopped celery         |
| 1      | tablespoon vegetable oil | ½ | teaspoon poultry seasoning |
| 1      | cup water                |   | Salt and pepper to taste   |
| 1      | onion, chopped           |   |                            |

Pour vegetable oil into cooker. Turn heat selector to medium and brown turkey on all sides. Add remaining ingredients. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 35 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Thicken gravy, if desired.

*Nutrition Information Per Serving*

*6 to 8 servings, 197 Calories, 8 g. Fat, 76 mg. Cholesterol*

## ARROZ CON POLLO

- |   |  |        |   |
|---|--|--------|---|
| 1 | (3 to 3½-pound) chicken, cut into serving pieces | ¼      | teaspoon crushed saffron threads          |
|   | Paprika  | •••••• |   |
|   | Salt and pepper                                  | 1      | package (10 ounces) frozen green peas     |
| 2 | tablespoons olive oil                            | 1      | cup sliced green olives                   |
| 2 | medium onions, chopped                           | 1      | tomato, peeled, chopped                   |
| 1 | clove garlic, minced                             | 1      | jar (4 ounces) pimientos, drained, sliced |
| 1 | cup chicken broth                                | •••••• |   |
| 1 | bay leaf   |        | Hot cooked rice (see page 23)             |
| ½ | teaspoon crushed red pepper                      |        |   |

Sprinkle chicken with paprika, salt, and pepper. Pour oil into pressure cooker. Turn heat selector to medium and brown chicken, a few pieces at a time, and remove. Add onions and garlic to pressure cooker. Sauté until tender. Return chicken to pressure cooker. Add chicken broth, bay leaf, red pepper, and saffron. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 9 minutes at HIGH PRESSURE. Release pressure quickly.** Remove chicken. Stir in peas, olives, tomato, and pimientos. Return chicken to pressure cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 0 minutes. Let pressure drop of its own accord.** Stir in cooked rice.

*Nutrition Information Per Serving*

*6 servings, 462 Calories, 19 g. Fat, 93 mg. Cholesterol*

## POULTRY TIMETABLE

It is not necessary to brown poultry before pressure cooking, but you may do so if you like. After browning remove poultry from cooker and pour liquid into cooker. Position trivet in cooker. Place poultry in steamer basket on trivet.†

†Omit trivet if meat extends above the 2/3 full mark.

*DO NOT FILL PRESSURE COOKER OVER 2/3 FULL!*

*NO PORTION OF THE POULTRY SHOULD EXTEND ABOVE THE 2/3 FULL MARK (SEE PAGE 4).*

POULTRY	CUPS OF LIQUID	COOKING TIME (MINUTES)
Whole Chicken (2½ to 3 pounds)	1	13 to 15
Chicken (cut into serving pieces)	1	9
Chicken Breast (boneless)	½	4 to 5*
Turkey Breast (3 to 4 pounds)	1½	35

\*Release pressure quickly (see pages 3 and 4).

## MEATS

When it comes to creating juicy, tender, flavorful meat dishes, the pressure cooker has no equal. Even budget cuts of meat that usually require slow, moist-heat cooking will turn out succulent and savory in very little time in the pressure cooker.

An important step when preparing meat in the pressure cooker is to sear meat to a crispy brown on all sides to seal in natural juices. This can be done right in the pressure cooker. The following recipes were written for fresh or completely thawed meats. To cook frozen meats, thaw one half hour or more so that the surface of the meat will sear crispy brown. Then increase the cooking times given in the recipes. Frozen beef, veal, and lamb should be cooked 25 minutes per pound. Frozen pork should be cooked 30 minutes per pound. Cooking time will vary depending on the size and thickness of the cut, the distribution of fat and bone, the grade and cut of the meat, and the degree of doneness desired.

After cooking, if gravy is desired, stir 1 to 2 tablespoons of flour or cornstarch into ¼ cup cold water. Heat cooking liquid in pressure cooker and slowly pour in flour mixture, stirring to blend. Heat to boiling, stirring constantly for 1 minute or until thickened. Season with salt and pepper.

*FOR MEAT, DO NOT FILL PRESSURE COOKER OVER 2/3 FULL!*

*NO PORTION OF THE MEAT SHOULD EXTEND ABOVE THE 2/3 FULL MARK (SEE PAGE 4).*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

### BEEF POT ROAST

3 pounds beef pot roast	Salt and pepper
1 tablespoon vegetable oil	1 small onion, chopped
1½ cups water	1 bay leaf

Pour vegetable oil into cooker. Turn heat selector to medium and brown roast well on all sides; remove roast. Pour water into cooker. Position trivet in cooker. Place roast in steamer basket on trivet.† Season roast with salt, pepper, onions, and bay leaf. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 55 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Thicken gravy, if desired.

†Omit trivet if roast extends above the 2/3 full mark.

*Nutrition Information Per Serving*

*6 servings, 297 Calories, 20 g. Fat, 72 mg. Cholesterol*

### PORCUPINE MEATBALLS

1 pound lean ground beef	¼ cup sliced celery
½ cup uncooked long grain white rice	¼ cup chopped green pepper
2 tablespoons tomato paste	1 cup tomato sauce
1 teaspoon salt	¼ cup water
¼ teaspoon pepper	1 tablespoon sugar
½ cup chopped onion	½ teaspoon dry mustard

Combine ground beef, rice, tomato paste, salt, and pepper; mix well. Form into 8 balls. Place meatballs in cooker. Add onion, celery, and green pepper. Combine tomato sauce, water, sugar, and mustard. Pour over meatballs. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 12 minutes at HIGH PRESSURE. Release pressure quickly.**

*Nutrition Information Per Serving*

*4 servings, 350 Calories, 17 g. Fat, 77 mg. Cholesterol*

## SWISS STEAK

- |                                    |                     |
|------------------------------------|---------------------|
| 2 pounds round steak, 1 inch thick | ½ cup sliced celery |
| 1 can (8 ounces) tomato sauce      | ½ teaspoon salt     |
| 1 cup chopped onion                | ¼ teaspoon pepper   |
| ½ cup chopped green pepper         |                     |

Place all ingredients in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 18 minutes at HIGH PRESSURE. Release pressure quickly.** Thicken sauce, if desired.

*Nutrition Information Per Serving*

*6 servings, 251 Calories, 9 g. Fat, 98 mg. Cholesterol*

## BEEF STEW

- |  |                         |
|--|-------------------------|
| 1 pound lean beef, cut into 1-inch cubes | 1 cup diced tomatoes    |
| 1 cup water                              | 1 teaspoon salt         |
| 1 large onion, sliced                    | ¼ teaspoon black pepper |
| ••••••••                                 | ••••••••                |
| 4 small potatoes, quartered              | ¼ cup cold water        |
| 1 cup frozen green beans                 | 1 tablespoon flour      |
| 1 cup sliced carrots                     |                         |

Place beef, water, and onion in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 8 minutes at HIGH PRESSURE. Release pressure quickly.**

Add potatoes, green beans, carrots, tomatoes, salt, and pepper to cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at HIGH PRESSURE. Release pressure quickly.**

Mix water and flour; stir into stew. Cook and stir until stew thickens.

*Nutrition Information Per Serving*

*4 servings, 347 Calories, 7 g. Fat, 73 mg. Cholesterol*

## SPAGHETTI MEAT SAUCE

- |  |                               |
|--|-------------------------------|
| 1 pound lean ground beef               | 1 teaspoon parsley flakes     |
| 1 can (14 to 15 ounces) diced tomatoes | ½ teaspoon oregano            |
| 1 cup chopped onion                    | ½ teaspoon basil              |
| ½ cup chopped celery                   | ¼ teaspoon thyme              |
| ½ cup diced green pepper               | ⅛ teaspoon red pepper         |
| 1 clove garlic, minced                 | 3 drops hot sauce             |
| 2 teaspoons sugar                      | ••••••••                      |
| 1 teaspoon salt                        | 1 can (6 ounces) tomato paste |

Turn heat selector to medium and brown beef. Stir in remaining ingredients except tomato paste. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 8 minutes at HIGH PRESSURE. Release pressure quickly.** Stir in tomato paste and simmer, uncovered, to desired thickness. Serve sauce over spaghetti. Sprinkle with Parmesan cheese, if desired.

*Nutrition Information Per Serving*

*6 servings, 229 Calories, 12 g. Fat, 51 mg. Cholesterol*

## APRICOT BARBECUE PORK ROAST

- |                                    |                               |
|------------------------------------|-------------------------------|
| 3 pound boneless rolled pork roast | 1 teaspoon crushed red pepper |
| ½ cup catsup                       | 1 teaspoon dry mustard        |
| ½ cup teriyaki sauce               | ¼ teaspoon black pepper       |
| ⅓ cup apricot preserves            | 1 large onion, sliced         |
| ¼ cup cider vinegar                | 1½ cups water                 |
| ¼ cup packed dark brown sugar      |                               |

Place pork roast in a large plastic bag or glass dish. Combine catsup, teriyaki sauce, preserves, vinegar, brown sugar, red pepper, mustard, and pepper. Mix thoroughly and pour over pork. Refrigerate overnight. Remove pork; reserve marinade. Brown pork on all sides in pressure cooker over medium heat; remove.

Position trivet, half of sliced onion, and water in cooker. Place pork roast in steamer basket on trivet and arrange remaining onion evenly on top of roast. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 55 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Place reserved marinade in saucepan and simmer until thickened, stirring occasionally. Remove roast and onions from pressure cooker. Add onions to thickened marinade and serve with sliced pork. Onions may be puréed before adding to sauce and served with rice, if desired.

*Nutrition Information Per Serving*

*8 servings, 332 Calories, 13 g. Fat, 77 mg. Cholesterol*



## BARBECUE SPARERIBS

3 pounds spareribs, cut into serving pieces	¼ cup chopped onion
1 cup water	¼ cup sugar
••••••	1 teaspoon salt
1 cup catsup	1 teaspoon chili powder
¼ cup water	1 teaspoon celery seed
¼ cup vinegar	

Place ribs and water in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 5 minutes at HIGH PRESSURE. Reduce pressure quickly.** Drain off liquid. Mix remaining ingredients; pour over ribs in cooker. Stir to coat ribs. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 10 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Remove ribs. Simmer sauce, uncovered, to desired thickness.

*Nutrition Information Per Serving*

*6 servings, 427 Calories, 27 g. Fat, 107 mg. Cholesterol*

## CORNE BEEF

3 pounds corne beef	1 tablespoon garlic powder
1½ cups water	1 bay leaf

Pour 1½ cups water into cooker. Position trivet in cooker. Rub garlic powder into all surfaces of corne beef. Place corne beef in steamer basket on trivet.† Add bay leaf. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 60 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

**NOTE:** If seasoning packet is provided with corne beef, use packet and omit bay leaf.

†Omit trivet if corne beef extends above the ⅔ full mark.

*Nutrition Information Per Serving*

*6 servings, 295 Calories, 18 g. Fat, 103 mg. Cholesterol*

## STUFFED PORK CHOPS

2 tablespoons vegetable oil	1 cup bran flakes, crushed
4 1 inch thick boneless pork chops, with deep pocket cut in each	2 tablespoons water
1 cup chopped onion	½ teaspoon dried sage
¾ cup chopped celery	1 cup water
½ cup corn	Salt and pepper to taste

Pour vegetable oil into cooker. Turn heat selector to medium and brown pork chops. Remove from cooker. Sauté onions and celery in cooker. Stir in corn, bran flakes, 2 tablespoons water, and sage. Stuff pork chops with mixture. Pour 1 cup water into cooker. Position trivet in cooker. Place pork chops in steamer basket on trivet. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 16 minutes at HIGH PRESSURE. Release pressure quickly.**

*Nutrition Information Per Serving*

*4 servings, 430 Calories, 20 g. Fat, 133 mg. Cholesterol*

## PORK LOIN ROAST

3 pound pork loin roast	Salt and pepper
1 tablespoon vegetable oil	1 onion, sliced
1½ cups water	

Pour vegetable oil into cooker. Turn heat selector to medium and brown roast well on all sides. Remove roast from cooker. Pour water into cooker. Position trivet in cooker. Place roast in steamer basket on trivet.† Season with salt, pepper, and sliced onion. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 55 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

†Omit trivet if roast extends above the ⅔ full mark.

*Nutrition Information Per Serving*

*6 servings, 483 Calories, 27 g. Fat, 171 mg. Cholesterol*

## STUFFED FLANK STEAK

1 tablespoon margarine	½ teaspoon salt
½ cup chopped onion	¼ teaspoon marjoram
½ cup chopped celery	¼ teaspoon thyme
1 clove garlic, minced	⅛ teaspoon black pepper
¼ cup beef broth, divided	1 pound flank steak, cut into 2 equal pieces
1 cup bread crumbs	1 cup diced tomatoes

Add margarine to cooker. Turn heat selector to medium and sauté onion, celery, and garlic. Mix in 2 tablespoons of the broth, bread crumbs, salt, marjoram, thyme, and pepper. Spread stuffing mixture on one steak; top with remaining steak. Secure with toothpicks or metal skewers. Place steak in cooker; stir in remaining 2 tablespoons broth and tomatoes. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 18 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*4 servings, 237 Calories, 12 g. Fat, 47 mg. Cholesterol*

## LAMB STEW

- |   |                         |
|---|-------------------------|
| 1 pound lamb stew meat, cut into 1-inch cubes | 1 cup baby-cut carrots  |
| 1 cup water                                   | 1 teaspoon salt         |
| 1 large onion, sliced                         | ¼ teaspoon black pepper |
| 1 tablespoon Worcestershire sauce             | ••••••                  |
| 1 large clove garlic, minced                  | ¼ cup cold water        |
| ••••••  | 1 tablespoon flour      |
| 4 small potatoes, quartered                   |                         |

Place lamb, water, onion, Worcestershire sauce, and garlic in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE. Reduce pressure quickly.**

Add potatoes, carrots, salt, and pepper. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at HIGH PRESSURE. Release pressure quickly.**

Mix water and flour thoroughly; stir into stew. Heat, stirring constantly, until stew thickens.

*Nutrition Information Per Serving*

*4 servings, 315 Calories, 6 g. Fat, 74 mg. Cholesterol*

## MEAT TIMETABLE

Brown meat well and remove from cooker. Pour liquid into cooker. Position trivet in cooker. Place meat in steamer basket on trivet.†  
 †Omit trivet if meat extends above the ⅔ full mark.

**DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!**

**NO PORTION OF THE MEAT SHOULD EXTEND ABOVE THE ⅔ FULL MARK (SEE PAGE 4).**

Meat	Cups of Liquid	Cooking Time (Minutes)
<b>Beef</b>		
Chuck Roast	3 pounds	1½ 45 to 50
Corned Beef	3 pounds	1½ 60
Rolled Rib Roast	3 pounds	1½ 30 to 35
Round Steak	1" thick	1 18*
Round Steak	½" thick	½ 10*
Short Ribs		1 25
<b>Ham</b>		
Slice	3 pounds	1½ 30 to 35
Picnic	3 pounds	1½ 30 to 35
<b>Lamb</b>		
Chops	1" thick	½ 2*
Chops	½" thick	½ 5*
Leg of Lamb	3 pounds	1½ 35 to 45
<b>Pork</b>		
Chops	1" thick	1 15*
Chops	½" thick	½ 8*
Butt Roast	3 pounds	1½ 55
Loin Roast	3 pounds	1½ 55
Steak	1" thick	½ 2*
Steak	½" thick	½ 5*
<b>Veal</b>		
Chops	1" thick	½ 2*
Chops	½" thick	½ 5*
Roast	3 pounds	1½ 45 to 50
Steak	1" thick	½ 10*

\*Release pressure quickly (see pages 3 and 4).

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## VEGETABLES

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Vegetables have assumed new importance and prominence on the menu. Health-conscious cooks feature an abundance of vegetables on the family meal plan, while restaurants increasingly cater to a more “vegetable-conscious” clientele.

Pressure cooking is the preferred method for preparing vegetables. Because of the fast cooking time and super-heated steam, vegetables retain most of their natural color, texture, flavor, and nutrients. And pressure cooking offers an additional health advantage, because so much more natural taste is retained, vegetables require much less salt and seasonings.

A garden variety of fresh or frozen vegetables can be cooked at the same time in the pressure cooker. By using the trivet and steamer basket to keep them out of the cooking liquid, each vegetable retains its own distinctive flavor and appearance. Just be sure that all vegetables cooked together require the same cooking time. It is important to accurately time the cooking period, because vegetables cook very quickly in the pressure cooker. If you wish to blend the vegetable flavors, place them in the steamer basket and omit the trivet.

*FOR FRESH AND FROZEN VEGETABLES, DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

### CABBAGE WITH APPLES

- |  |  |
|--|--|
| ½ small head cabbage, shredded                 | ½ cup chicken broth                                  |
| 1 small onion, thinly sliced                   | 2 tablespoons frozen apple juice concentrate, thawed |
| 1 small tart apple, peeled, cored, and chopped | Salt and pepper to taste                             |

Add all ingredients to cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 5 minutes at LOW PRESSURE. Release pressure quickly.** Note: Make sure cooker is not more than ⅔ full.

*Nutrition Information Per Serving*

*6 servings, 50 Calories, 0 g. Fat, 0 mg. Cholesterol*

### GLAZED ROOT VEGETABLES

- |  |                                   |
|--|-----------------------------------|
| 2 tablespoons margarine                        | 2 teaspoons ground ginger         |
| 2 medium turnips, peeled, cut into eighths     | •••••                             |
| 8 ounces baby carrots                          | 1 tablespoon cornstarch, optional |
| 2 medium parsnips, peeled, sliced ½ inch thick | ¼ cup cold water, optional        |
| 1 cup chicken broth                            | Salt and pepper to taste          |
| 2 tablespoons sugar                            |                                   |

Heat margarine in pressure cooker over medium heat; add turnip wedges and carrots and sauté for 3 minutes. Add parsnips, chicken broth, ginger, and sugar. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 1 minute at HIGH PRESSURE. Release pressure quickly.** Sauce may be thickened, if desired; combine cornstarch and water. Stir into sauce. Heat, stirring constantly, until sauce thickens.

*Nutrition Information Per Serving*

*8 servings, 77 Calories, 3 g. Fat, 0 mg. Cholesterol*

### GARLIC MASHED POTATOES

- |  |                          |
|--|--------------------------|
| 2 pounds russet potatoes, peeled and diced | •••••                    |
| 4 large cloves garlic                      | 1 tablespoon margarine   |
| 1½ cups chicken broth                      | Salt and pepper to taste |

Place all ingredients except margarine and salt and pepper in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 5 minutes at HIGH PRESSURE. Release pressure quickly.** Allow potatoes, garlic, and broth to remain in cooker. Mash potatoes using a potato masher or hand mixer until desired consistency is reached. Add margarine.

*Nutrition Information Per Serving*

*6 servings, 127 Calories, 4 g. Fat, 0 mg. Cholesterol*

### ARTICHOKES 'N SAUCE

- |                            |              |
|----------------------------|--------------|
| 1 cup water                | 3 artichokes |
| 1 tablespoon vegetable oil |              |

Pour water and oil into cooker. Position trivet in cooker. Place artichokes in steamer basket on trivet. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 10 minutes at HIGH PRESSURE. Release pressure quickly.** Serve with your choice of the following sauces.

*Nutrition Information Per Serving*

*3 servings, 60 Calories, 0 g. Fat, 0 mg. Cholesterol*

**Garlic Sauce:** Combine ¼ cup margarine, melted and 2 cloves minced garlic. Serve warm.

**Herb Yogurt:** Combine 1 cup plain yogurt, ¼ cup finely chopped carrots, ½ teaspoon dill weed, and ¼ teaspoon salt. Serve chilled.

**Italian Sauce:** Combine ½ cup mayonnaise and ¼ cup Italian style salad dressing. Serve chilled.

## MAPLE GLAZED SWEET POTATOES

3	sweet potatoes, peeled, cut into 1 to 1½-inch chunks	¼	cup water
¾	cup maple flavored syrup	1	tablespoon melted margarine
		½	teaspoon salt

Place sweet potatoes in pressure cooker. Combine remaining ingredients and pour over potatoes. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 10 minutes at LOW PRESSURE. Release pressure quickly.**

*Nutrition Information Per Serving*

*6 servings, 125 Calories, 2 g. Fat, 0 mg. Cholesterol*

## FRESH AND FROZEN VEGETABLE TIMETABLE

When using the vegetable timetables on below and on page 21, cook the vegetables the minimum amount of time indicated if you prefer your vegetables crisp. If you prefer your vegetables soft, cook them the maximum amount of time indicated. **TO PREVENT OVER-COOKING, RELEASE PRESSURE QUICKLY AFTER COOKING VEGETABLES.**

If the timetable says to cook 0 minutes, this means to cook food only until the desired pressure band is visible, then release pressure quickly.

Quantity of vegetables does not change pressure cooking times. More mature vegetables may require longer pressure cooking times than given in chart.

To assure even heating, separate a block of frozen vegetables.

For fresh and frozen vegetables, pour liquid into cooker. Position trivet in cooker. Place vegetables in steamer basket on trivet.

**FOR FRESH AND FROZEN VEGETABLES, DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!**

## FRESH VEGETABLE TIMETABLE

Vegetable	Size	Cups of Liquid	Pressure Setting	Cooking Time (Minutes)
Artichoke	Whole, 6 to 8 ounces	1	High	10
Asparagus	Stems cut into 1-inch pieces	½	Low	0 to 1
Beans (green, wax)	Whole or sliced	½	Low	2 to 4
Beets	Whole, 2½-inch diameter	1	High	15 to 16
Broccoli	Florets	½	Low	1 to 2
Brussels Sprouts	Small, 1-inch diameter	½	Low	2 to 4
Cabbage (red, green)	Wedges, 2 inches thick	1	Low	8 to 9
	Thinly sliced	½	Low	4 to 5
Carrots	Baby cut	½	High	3 to 5
	½-inch slices	½	High	3 to 5
Cauliflower	Florets	½	Low	1 to 2
Collards*	Leaves coarsely chopped, stems thinly sliced	½	High	4 to 5
Corn-on-the-cob	Whole, 2½-inch diameter	½	High	3
Eggplant	Cubed, 1 to 1½ inches thick	½	Low	4
	Sliced, ½ inch thick	½	Low	2
Kale	Leaves coarsely chopped, stems thinly sliced	½	High	3 to 4
Parsnips	Sliced, ½ inch thick	½	Low	2 to 3
Peas	Shelled	½	Low	1
Peppers	Whole	½	Low	2
Potatoes (sweet)	Sliced, 1 to 1½ inches thick	1	Low	10
	Sliced, ½ inch thick	½	Low	6

## FRESH VEGETABLE TIMETABLE

Vegetable	Size	Cups of Liquid	Pressure Setting	Cooking Time (Minutes)
Potatoes (white)	Whole, 2½-inch diameter	1	High	15
	Whole, 1½-inch diameter	1	High	10
	Sliced, ¾ inch thick	½	High	5
	Sliced, ½ inch thick	½	High	3
Rutabaga	Cubed or sliced, 1 inch thick	½	High	3
Spinach	Whole leaves	½	Low	0
Squash (winter) acorn+	Quartered	1	High	12
Squash (winter) spaghetti+	Halved	1	High	12
Squash (yellow, zucchini)	Sliced, 1 inch thick	½	Low	2
	Sliced, ¼ to ½ inch thick	½	Low	1
Swiss Chard	Whole leaves	½	Low	1 to 2
Turnips	Sliced or cubed, ¾ inch thick	½	High	3 to 5

\* Do not use basket, place in cooking liquid.

+ Let pressure drop of its own accord.

## FROZEN VEGETABLE TIMETABLE

Vegetable	Cups of Liquid	Pressure Setting	Cooking Time (Minutes)
Asparagus (cut, spears)	½	Low	2 to 3
Beans (green, wax, french style)	½	Low	2 to 3
Broccoli	½	Low	1 to 2
Brussels Sprouts	½	Low	4 to 5
Cauliflower	½	Low	3 to 4
Corn (cut)	½	Low	1 to 2
Corn-on-the-cob	½	High	3 to 4
Lima Beans	½	Low	2 to 3
Mixed Vegetables	½	Low	2 to 3
Peas	½	Low	1 to 2
Peas and Carrots	½	Low	1 to 2
Spinach	½	Low	5

## DRY BEANS AND PEAS

The pressure cooker is ideal for preparing dry beans and peas quickly. However, dry beans and peas have a tendency to froth and foam during cooking, which could cause the vent pipe to become blocked. **Therefore, it is necessary to use the following cautions when pressure cooking dry beans and peas:**

- (1) **Never fill the cooker over the ½ full line (this includes beans, ingredients, and water)**
- (2) **Add 1 tablespoon vegetable oil for cooking.**
- (3) **Allow pressure to drop of its own accord.**

## SOAKING BEANS AND PEAS

Soaking is strongly recommended for all beans and peas, except lentils and black-eye peas, for even cooking and to remove water-soluble, gas-producing starches. Soaking can be done using the traditional or the quick method.

**Traditional method:** Clean and rinse beans; cover with three times as much water as beans. Soak 4 to 8 hours. Drain.

**Quick method:** Clean and rinse beans; cover with three times as much water as beans. Bring beans to a boil and boil for 2 minutes. Remove from heat, cover, and let stand for 1 to 2 hours. Drain.

## COOKING BEANS AND PEAS

After soaking, rinse beans and remove any loose skins. Place beans in pressure cooker. Add fresh water to just cover the beans and add 1 tablespoon vegetable oil. Close the cover securely. Place the PressureTru™ indicator on the vent pipe and **cook at HIGH PRESSURE** according to the times in the timetable below. For more firm beans for salads and side dishes and when cooking less than 2 cups of beans or peas, use the shorter time. For soups and stews, use the longer time. **After cooking is complete, allow pressure to drop of its own accord.**

*FOR DRY BEANS AND PEAS, DO NOT FILL PRESSURE COOKER OVER ½ FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

## DRY BEANS AND PEAS TIMETABLE

Soak beans and peas, except lentils and black-eyed peas, according to information above. **Add 1 tablespoon vegetable oil to cooking liquid. Do not cook split peas.**

*FOR DRY BEANS AND PEAS, DO NOT FILL PRESSURE COOKER OVER ½ FULL!*

<u>Beans and Peas</u>	<u>Cooking Time (Minutes)</u>	<u>Beans and Peas</u>	<u>Cooking Time (Minutes)</u>
Adzuki	1 to 3	Lima Beans (large)+	0 to 1
Anasazi	1 to 3	Lima Beans (baby)+	1 to 3
Black Beans	2 to 4	Navy Beans (pea)	1 to 3
Black-Eyed Peas	2 to 4*	Peas (whole yellow, green)	6 to 9
Chickpeas (garbanzo)+	7 to 10	Pinto Beans	3 to 6
Great Northern Beans	2 to 5	Red Beans	3 to 6
Kidney Beans	1 to 3	Soy Beans (beige)	8 to 11
Lentils (brown, green)	3 to 5*		

\* Cooking time is for unsoaked beans

+ Add ½ to 1 teaspoon salt to soaking and cooking water to keep bean skins intact.

## LENTIL CURRY

1 tablespoon vegetable oil  
1½ cups chopped onion  
6 cups water  
2 cups lentils  
1 tablespoon coriander

1 tablespoon curry powder  
1 teaspoon ground ginger  
•••••  
1 teaspoon salt

Pour vegetable oil into cooker. Turn heat selector to medium and sauté onions. Add water, lentils, coriander, curry powder, and ginger. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Stir in salt.

*Nutrition Information Per Serving*

*8 servings, 190 Calories, 2 g. Fat, 0 mg. Cholesterol*

## BAKED BEANS

2 cups navy beans  
3 cups water  
¼ cup catsup  
¼ cup molasses  
1 8-ounce slice uncooked ham, diced  
1 medium onion, minced

⅓ cup brown sugar  
½ teaspoon dry mustard  
¼ teaspoon black pepper  
•••••  
Salt to taste

Soak beans according to instructions on pages 21 and 22. Drain. Add drained navy beans and remaining ingredients except salt to cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 35 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*6 servings, 264 Calories, 4 g. Fat, 5 mg. Cholesterol*

## SAVORY WHITE BEANS

2 cups navy beans	1 small bay leaf
3 cups chicken broth	½ teaspoon thyme
1 cup chopped onion	¼ teaspoon rosemary
1 cup sliced carrots	¼ teaspoon black pepper
1 tablespoon minced garlic	••••••
1 tablespoon vegetable oil	Salt to taste

Soak beans according to instructions on pages 21 and 22; drain. Add all ingredients except salt to cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 2 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*7 servings, 254 Calories, 3 g. Fat, 0 mg. Cholesterol*

## GRAINS

Grains are an important, but often little recognized, part of a healthy diet. They contribute complex carbohydrates, soluble and insoluble fiber, and other nutrients. Yet with all these benefits, grains are low in fat. Grains can be prepared quickly and conveniently with the pressure cooker. With a pressure cooker it is not necessary to soak or simmer grains for several hours.

**During cooking many grains tend to froth, foam, and sputter and could cause the vent pipe to become blocked. Therefore, to contain frothing and foaming during the cooking period, grains must be prepared in a bowl covered with aluminum foil in the pressure cooker.** Preparing grains in a bowl also minimizes cleanup which can be difficult if the grains stick to the bottom of the cooker.

The bowl can be metal, such as stainless steel, or oven-safe glass. If using glass, increase cooking time by 1 to 5 minutes depending on the length of the recommended cooking time.

*FOR GRAINS, DO NOT FILL PRESSURE COOKER OVER ½ FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

### GRAIN TIMETABLE

Combine the desired grain and the amount of water or broth indicated in the table below in a bowl which fits loosely in the pressure cooker. Cover bowl securely with aluminum foil. Pour one cup water into the cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook for the time indicated in the table below at HIGH pressure. After pressure cooking, allow pressure to drop of its own accord.** Using tongs or hot pads, carefully remove bowl from cooker. Remove foil. Before serving, separate the grains by lifting gently with a fork while steaming. It may be necessary to allow excess moisture to evaporate from some grains. If excessive moisture remains, drain before using grains.

*FOR GRAINS, DO NOT FILL PRESSURE COOKER OVER ½ FULL!*

Grain (1 Cup)	Cups Liquid in Bowl	Cooking Time (Minutes)	Grain (1 Cup)	Cups Liquid in Bowl	Cooking Time (Minutes)
Amaranth	1¾	4 to 5	Quinoa	1½	1
Barley (hulled)	2½	25 to 28	Rice (brown)	1 ½	12 to 14
Barley (pearl)	2½	11 to 14	Rice (white)	1½	6 to 7
Buckwheat	2	3 to 4	Rye Berries	1½	23 to 28
Bulgar	1½	3 to 4	Spelt	2	28 to 32
Millet	2	9 to 10	Wheat Berries	2	28 to 32
Oats (whole groats)	1½	20 to 25	Wild Rice	1½	20 to 25
Oats (steel cut)	2	5 to 6			

## SEASONED RICE PILAF

2	tablespoons margarine	½	teaspoon salt
1	small onion, chopped	½	teaspoon oregano
2	cups long grain white rice	¼	teaspoon pepper
2	cups chicken broth	½	cup water
1¾	cups water		

Place margarine in cooker. Turn heat selector to medium to melt margarine. Then sauté onions. Combine the onion with the remaining ingredients except ½ cup water in a metal bowl which will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Allow rice to steam uncovered for 5 minutes.

*Nutrition Information Per Serving*

*8 servings, 210 Calories, 4 g. Fat, 0 mg. Cholesterol*

### Variation: Grecian Rice Pilaf

After pressure has dropped of its own accord, combine rice, ¾ cup peas, ¾ cup pitted ripe olives, cut in half, and 1 large red pepper, cut into bite size slices. Allow the rice to steam uncovered 5 minutes.

## BROWN RICE WITH VEGGIES

1	cup natural brown rice	½	cup sliced green onion
1½	cups chicken stock or broth	1	package (2 ounces) sliced blanched almonds
1	large tomato, peeled, seeded, chopped	½	cup water
½	cup diced carrot	•••••	
½	cup diced celery	¼	cup chopped parsley
½	cup diced green pepper		

Combine rice and chicken stock in a metal bowl which fits loosely in cooker. Stir in vegetables and almonds. Cover bowl firmly with aluminum foil. Pour ½ cup water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 12 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Open cooker, remove foil, and set rice aside to steam. Stir in parsley.

*Nutrition Information Per Serving*

*4 servings, 290 Calories, 10 g. Fat, 0 mg. Cholesterol*

## WILD RICE WITH RAISINS AND PECANS

1	tablespoon vegetable oil	1	cup water
1	medium onion, finely chopped	•••••	
1½	cups wild rice	¾	cup golden raisins
2	cups beef broth	⅓	cup pecans, toasted

Pour vegetable oil into cooker. Turn heat selector to medium and sauté onion. Combine onion with wild rice and beef broth in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 25 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Open cooker and remove aluminum foil; add raisins and allow to steam for 5 minutes. Remove bowl from cooker; stir in pecans.

*Nutrition Information Per Serving*

*8 servings, 167 Calories, 5 g. Fat, 0 mg. Cholesterol*

## RISOTTO WITH ARTICHOKE HEARTS AND SUN-DRIED TOMATOES

1	tablespoon olive oil	•••••	
1	cup arborio rice	1	can (13¾ ounces) artichoke hearts, drained and coarsely chopped
2	cloves garlic, minced	¼	cup grated Parmesan cheese
2	cups chicken broth	1½	tablespoons fresh thyme or 1½ teaspoons dried thyme
⅓	cup white wine		Salt and pepper to taste
⅓	cup dried tomatoes, chopped		
½	cup water		

Heat oil in pressure cooker over medium heat; add rice and stir for 2 minutes until coated and slightly translucent. Add garlic and cook for 1 minute. Combine rice, garlic, broth, white wine, and tomatoes in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 9 minutes at HIGH PRESSURE. Let pressure drop of its own accord.** Open cooker and remove foil. Stir artichoke hearts, Parmesan cheese, and thyme into rice.

*Nutrition Information Per Serving*

*4 servings, 220 Calories, 5 g. Fat, 4 mg. Cholesterol*



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## DESSERTS

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Add a fabulous finale to any meal with desserts prepared in your pressure cooker. Pressure cooking gives an even texture to pudding and a satiny feel to custards.

Desserts may be prepared in oven-safe custard cups or any metal mold which will fit loosely in the steamer basket in the pressure cooker. Fill molds only  $\frac{2}{3}$  full to allow for expansion of food. Cover securely with aluminum foil shaped to the sides of the mold. Place the steamer basket in the cooker. Then place the mold or custard cups in the steamer basket. Up to four custard cups of dessert can be pressure cooked at a time. Place two custard cups in the steamer basket. Then, stack the other two custard cups opposite the bottom two custard cups.

To test custards for doneness, insert a knife into the center. If the knife comes out clean, it is done. If not, it will be necessary to bring the cooker back up to pressure and cook the custard a minute or two longer.

Do not cook applesauce, cranberries, or rhubarb in the pressure cooker.

*FOR DESSERTS, DO NOT FILL PRESSURE COOKER OVER  $\frac{2}{3}$  FULL!*

*OPERATING THE COOKER WITHOUT COOKING LIQUID OR  
ALLOWING THE COOKER TO BOIL DRY WILL DAMAGE THE COOKER.*

### STUFFED APPLES

$\frac{1}{4}$ cup golden raisins	$\frac{1}{2}$ teaspoon ground cinnamon
$\frac{1}{2}$ cup dry red wine	4 cooking apples
$\frac{1}{4}$ cup chopped nuts	1 tablespoon butter
2 tablespoons sugar	$\frac{1}{2}$ cup water
$\frac{1}{2}$ teaspoon grated orange rind	

Soak raisins in wine for at least 30 minutes. Drain, reserving wine. Combine raisins, nuts, sugar, orange rind, and cinnamon. Core apples, cutting to but not through bottoms. Pare top  $\frac{1}{3}$  of apples. Fill centers with raisin mixture. Top each with  $\frac{1}{4}$  of the butter. Place the reserved wine, water, and apples in cooker. Place the PressureTru™ indicator on the vent pipe and **cook 7 minutes at LOW PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*4 servings, 224 Calories, 8 g. Fat, 8 mg. Cholesterol*

### RICE PUDDING

1 cup long grain white rice	1 cup whole milk
$1\frac{1}{2}$ cups water	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup raisins
••••••••	$\frac{1}{2}$ teaspoon cinnamon

Combine rice and  $1\frac{1}{2}$  cups water in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour  $\frac{1}{2}$  cup water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 10 minutes at HIGH PRESSURE. Release pressure quickly.** Stir milk, sugar, raisins, and cinnamon into rice. Cover bowl firmly with aluminum foil. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 3 minutes at HIGH PRESSURE. Let pressure drop of its own accord.**

*Nutrition Information Per Serving*

*6 servings, 238 Calories, 2 g. Fat, 24 mg. Cholesterol*

### VANILLA CUSTARD

2 cups low-fat milk	$\frac{1}{2}$ teaspoon vanilla
2 egg, slightly beaten	Nutmeg
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon salt	

Combine milk, eggs, sugar, salt, and vanilla. Pour into individual custard cups. Sprinkle nutmeg on custards. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE. Release pressure quickly.** Chill custard.

*Nutrition Information Per Serving*

*4 servings, 137 Calories, 4 g. Fat, 118 mg. Cholesterol*

#### **Variation: Coconut Custard**

Sprinkle 1 tablespoon coconut over top of each vanilla custard before cooking.

### PETITE PUMPKIN CUSTARDS

- |  |                            |
|--|----------------------------|
| 1 can (16 ounces) solid-pack pumpkin               | 1/4 teaspoon ground cloves |
| 1 can (14 ounces) sweetened condensed milk         | 1/2 cup water              |
| 3 eggs, beaten                                     | ••••••                     |
| 1 teaspoon ground cinnamon                         | Whipped cream, optional    |
| 1 teaspoon finely chopped candied ginger, optional |                            |

Mix pumpkin, milk, eggs, cinnamon, ginger, and cloves. Pour into individual custard cups. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 10 minutes at HIGH PRESSURE. Release pressure quickly.** Refrigerate until chilled. Serve with whipped cream, if desired.

*Nutrition Information Per Serving*

*8 servings, 207 Calories, 6 g. Fat, 97 mg. Cholesterol*

### TAPIOCA PUDDING

- |                                     |                      |
|-------------------------------------|----------------------|
| 2 cups low-fat milk                 | 1/3 cup sugar        |
| 2 tablespoons quick cooking tapioca | 1/2 teaspoon vanilla |
| 2 eggs, slightly beaten             | 1/2 cup water        |

Scald milk and tapioca. Remove from heat and let stand 15 minutes. Combine eggs, sugar, and vanilla. Add milk and tapioca, stirring constantly. Pour into individual custard cups. Cover firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 6 minutes at HIGH PRESSURE. Release pressure quickly.** Chill. Unmold if desired.

*Nutrition Information Per Serving*

*6 servings, 113 Calories, 3 g. Fat, 75 mg. Cholesterol*

### OATMEAL APPLE CRISP

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 4 cups apples, peeled and sliced | 2 tablespoons flour               |
| 1 tablespoon lemon juice         | 1 teaspoon cinnamon               |
| 1/2 cup quick cooking oats       | 2 tablespoons margarine, softened |
| 1/4 cup brown sugar              | 1 cup water                       |

Sprinkle apples with lemon juice. Combine oats, brown sugar, flour, and cinnamon. Cut in margarine until coarse meal forms. Place apples in a greased bowl that will loosely fit in cooker. Sprinkle oat mixture evenly over apples. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl in steamer basket in cooker. Close cover securely. Place the PressureTru™ indicator on the vent pipe and **cook 20 minutes at HIGH PRESSURE. Release pressure quickly.**

*Nutrition Information Per Serving*

*4 servings, 209 Calories, 7 g. Fat, 0 Cholesterol*

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## SERVICE AND PARTS INFORMATION

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If you have any questions regarding the operation of your PRESTO® cooker or need parts for your cooker, call our Consumer Service Department weekdays between 8:00 AM and 4:30 PM (Central Time) at 715-839-2209 or write:

National Presto Industries, Inc.  
Consumer Service Department  
3925 North Hastings Way  
Eau Claire, Wisconsin 54703-3703

You may also email inquiries to [contact@gopresto.com](mailto:contact@gopresto.com). Inquiries will be answered promptly by telephone, letter, or email. When writing, please include a phone number and a time when you can be reached during weekdays, if possible.

**When ordering replacement parts, please specify the model number found stamped on the side of the cooker body.**

Any maintenance required for this cooker, other than that described in the “CARE AND MAINTENANCE” section of this book (pages 5 and 6), should be performed by our Factory Service Department. Be sure to indicate date of purchase and a description of the problem when sending a cooker for repair. **Send cookers for repair to:**

Canton Sales and Storage Company  
Presto Factory Service Department  
555 Matthews Drive  
Canton, MS 39046-0529

The Presto Factory Service Department is equipped to service all PRESTO® appliances and supply genuine PRESTO® parts. Genuine PRESTO® replacement parts are manufactured to the same exacting quality standards as PRESTO® appliances and are engineered specifically to function properly with its appliances. Presto can only guarantee the quality and performance of genuine PRESTO® parts. “Look-alikes” might not be of the same quality or function in the same manner. To ensure that you are buying genuine PRESTO® replacement parts, look for the PRESTO® trademark.

Cooker replacement parts may also be available at hardware stores and other retail outlets.

Parts may also be ordered online at [www.gopresto.com](http://www.gopresto.com).

### PRESTO® Limited Warranty

This quality PRESTO® appliance is designed and built to provide many years of satisfactory performance under normal household use. Presto pledges to the original owner that should there be any defects in material or workmanship during the first twelve (12) years after purchase, we will repair or replace it at our option. Our pledge does not apply to normal wear and tear including scratches, dulling of the polish, or staining; the repair or replacement of moving and/or perishable parts such as the sealing ring, overpressure plug, or air vent cover lock gasket; or for any damage caused by shipping. To obtain service under the warranty, return this PRESTO® product, shipping prepaid to the PRESTO® Factory Service Department. When returning a product, please include a description of the defect and indicate the date the appliance was purchased.

We want you to obtain maximum enjoyment from using this PRESTO® appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse or misuse (including overheating and boiling the unit dry) will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is Presto’s personal pledge to you and is being made in place of all other express or implied warranties.

NATIONAL PRESTO INDUSTRIES, INC.  
Eau Claire, Wisconsin 54703-3703