This is a UL 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 ⅔ full.** For soup, grains, and dry beans and peas which expand during cooking, do not fill cooker over ½ 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 over-pressure 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.

INTRODUCTION

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.

GETTING ACQUAINTED

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 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 ⅔ 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 ½ fill line.

   For your convenience, both the ⅔ and ½ full levels are marked by indentations on the side of the pressure cooker body (see Fig. L). The upper marking indicates the ⅔ full level and the lower the ½ 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 ½ 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. Always be sure the cover handle is directly above the body handle (see page 3, Fig. F). Do not turn past handle alignment.

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.

---

**CARE AND MAINTENANCE**

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.
6. 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 cleaners 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.

7. 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.

8. As is the case of all cookware, avoid chopping or cutting food inside the cooker with a knife or other sharp utensil.

9. If the body or cover handles become loose, tighten them with a screwdriver.

10. 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.

11. 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).

12. 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).

---

**HELPFUL HINTS**

♦ 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 ⅔ 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 ½ 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 ⅔ 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 ⅔ 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:

<table>
<thead>
<tr>
<th>Altitude (ft)</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,000</td>
<td>5%</td>
</tr>
<tr>
<td>4,000</td>
<td>10%</td>
</tr>
<tr>
<td>5,000</td>
<td>15%</td>
</tr>
<tr>
<td>6,000</td>
<td>20%</td>
</tr>
<tr>
<td>7,000</td>
<td>25%</td>
</tr>
<tr>
<td>8,000</td>
<td>30%</td>
</tr>
</tbody>
</table>

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. 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:

1. 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.
2. 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.
3. 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).
SOUPS AND STOCKS

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...


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  
1 tablespoon olive or vegetable oil  
1 cup chopped onion  
3 cloves garlic, minced  
1 to 2 jalapeño chiles, seeded, deveined, minced  
1 tablespoon chili powder  
1 ½ teaspoons oregano  
½ teaspoon allspice  
4 cups chicken stock or broth  
2 cups sliced carrots, ⅜ inch thick  
1 tablespoon packed brown sugar  
2 teaspoons white wine vinegar  
1 cup loosely packed fresh cilantro, chopped  
Salt to taste

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  
¼ cup dry white wine  
4 new red potatoes, quartered  
3 carrots, cut into ½-inch chunks  
1 medium onion, finely chopped  
2 cloves garlic, minced  
¼ cup chopped parsley  
1 bay leaf  
Pinch of saffron threads or ¼ teaspoon turmeric  
1 pound firm fish (halibut, haddock, cod, pollack)  
fresh or thawed, cut into 8 pieces  
1 small red pepper, cut into chunks  
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  
5 cups water  
1 can (14 to 15 ounces) diced tomatoes  
1 cup chopped onion  
1 cup sliced carrots  
¼ cup chopped celery  
1 clove garlic, minced  
2 tablespoons parsley flakes  
1½ teaspoons basil  
1 teaspoon salt  
1 bay leaf  
¼ teaspoon black pepper  
1 can (16 ounces) Great Northern beans  
1 can (15 ounces) cut green beans, drained  
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  
1 cup finely chopped onions  
½ cup finely sliced celery  
3 cups chicken broth  
4 cups peeled, diced potatoes  
¼ teaspoon white pepper  
¼ teaspoon basil  
1 can (12 ounces) evaporated skim milk  
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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ pounds ground beef</td>
<td></td>
</tr>
<tr>
<td>1 can (8 ounces) tomato sauce</td>
<td></td>
</tr>
<tr>
<td>½ cup water</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>¼ cup chopped green pepper</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chili powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon black pepper</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon oregano</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>• • • • • •</td>
<td></td>
</tr>
<tr>
<td>1 can (16 ounces) kidney beans,</td>
<td></td>
</tr>
<tr>
<td>drained and rinsed</td>
<td></td>
</tr>
</tbody>
</table>

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

---

**SEAFOOD**

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 ⅔ FULL!**

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

**SALMON STEAKS MOUTARDE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 small salmon steaks, 1 inch thick</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons Dijon-style mustard</td>
<td></td>
</tr>
<tr>
<td>3 to 4 sprigs fresh thyme or ½ teaspoon dried thyme</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon olive or vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 small onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 cup dry white wine or chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 bay leaf</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Dijon-style mustard</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cornstarch</td>
<td></td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound medium, raw shrimp, peeled and deveined</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons margarine</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced green onion</td>
<td></td>
</tr>
<tr>
<td>6 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>½ cup water</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced parsley</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon grated lemon peel</td>
<td></td>
</tr>
</tbody>
</table>

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
1½ cups water
½ cup water

1 can (14 to 15 ounces) stewed tomatoes
¼ cup chicken broth
½ pound precooked ham, diced
½ cup chopped onion
½ cup chopped celery
½ cup chopped green pepper

2 cloves garlic, minced
1 bay leaf
1 teaspoon basil
½ teaspoon thyme
½ teaspoon chili powder
¼ teaspoon black pepper
¼ teaspoon salt
¼ teaspoon hot sauce

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
Dill weed
Lemon pepper
Salt
½ cup water
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
1½ cups water
½ cup water

2½ cups chicken broth
1 pound medium, fresh shrimp, peeled and deveined
1 pound sole fillets, cut into 2-inch pieces
1 can (14 to 15 ounces) diced tomatoes
1 cup chopped onion
¼ cup chopped green pepper
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.


Nutrition Information Per Serving
9 servings, 224 Calories, 2 g. Fat, 101 mg. Cholesterol
MARINATED TUNA

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

<table>
<thead>
<tr>
<th>Seafood</th>
<th>Cooking Time (Minutes)</th>
<th>Seafood</th>
<th>Cooking Time (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Fresh or Thawed)</td>
<td></td>
<td>(Fresh or Thawed)</td>
<td></td>
</tr>
<tr>
<td>Crab Legs</td>
<td>0 to 1</td>
<td>Shrimp, Medium to Large (36 to 40 count)</td>
<td>0 to 1</td>
</tr>
<tr>
<td>Fish Fillets (1 inch thick)</td>
<td>2</td>
<td>Shrimp, Large (21 to 25 count)</td>
<td>1</td>
</tr>
<tr>
<td>Salmon Fillets (1 inch thick)</td>
<td>2</td>
<td>Tuna Fillets (1 inch thick)</td>
<td>2</td>
</tr>
<tr>
<td>Scallops Large</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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
- 6 boneless, skinless chicken breast halves
- 1 teaspoon rosemary
- 3 cloves garlic, peeled and sliced
- ½ cup white wine
- ½ cup chicken broth
- ¼ cup chopped parsley
- ½ lemon, thinly sliced
- 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 can (14 to 15 ounces) diced tomatoes
- 1 can (4 ounces) chopped green chilies
- ½ cup raisins
- ¼ cup mango chutney
- 1 tablespoon vinegar
- 1 tablespoon brown sugar
- ¼ teaspoon allspice
- ¼ cup water
- 1 tablespoon cornstarch

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 cup water
- ¼ cup low sodium soy sauce
- ½ cup sliced mushrooms
- ½ onion, sliced
- ½ cup sliced celery
- ¼ cup brown sugar

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
- 1 can (8 ounces) pineapple chunks, undrained
- 1 red pepper, cut into 1-inch pieces
- 1 medium onion, cut into 1-inch pieces
- ½ cup sliced celery
- ½ cup vinegar
- ¼ cup brown sugar
- 2 tablespoons soy sauce
- 1 tablespoon catsup
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon ground ginger
- 2 tablespoons cold water
- 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
- 1 cup diced tomatoes
- ½ cup white wine
- 1½ cups sliced onions
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 cloves garlic, minced
- 2 tablespoons minced parsley
- 1 teaspoon oregano
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 can (6 ounces) tomato paste

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  cup chopped onion  
1  tablespoon chopped garlic  
3  pounds chicken thighs, skinned  
1  cup chicken broth  
1  tablespoon chopped parsley  
½  cup chopped celery leaves  
1  teaspoon oregano  
1  teaspoon basil  
1  can (4 ounces) sliced black olives  
2  tablespoons cold water  
2  tablespoons flour  
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  
1  can (28 ounces) whole tomatoes, undrained, cut up  
1½  cups chopped onion  
½  cup chopped green pepper  
½  cup chopped celery  
2  cloves garlic, minced  
1  tablespoon extra-spicy seasoning blend  
1  teaspoon hot cooked rice (see page 23)

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  
1  tablespoon vegetable oil  
1  cup water  
1 onion, chopped  
½  cup chopped celery  
½  teaspoon poultry seasoning  
Salt and pepper to taste

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  
Paprika  
Salt and pepper  
2  tablespoons olive oil  
2 medium onions, chopped  
1 clove garlic, minced  
1 cup chicken broth  
1 bay leaf  
½  teaspoon crushed red pepper  
¼  teaspoon crushed saffron threads  
1 package (10 ounces) frozen green peas  
1 cup sliced green olives  
1 tomato, peeled, chopped  
1 jar (4 ounces) pimientos, drained, sliced  
1  teaspoon hot cooked rice (see page 23)

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 ⅔ full mark.

DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!
NO PORTION OF THE POULTRY SHOULD EXTEND ABOVE THE ⅔ FULL MARK (SEE PAGE 4).

<table>
<thead>
<tr>
<th>POULTRY</th>
<th>CUPS OF LIQUID</th>
<th>COOKING TIME (MINUTES)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Chicken (2½ to 3 pounds)</td>
<td>1</td>
<td>13 to 15</td>
</tr>
<tr>
<td>Chicken (cut into serving pieces)</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>Chicken Breast (boneless)</td>
<td>½</td>
<td>4 to 5*</td>
</tr>
<tr>
<td>Turkey Breast (3 to 4 pounds)</td>
<td>1½</td>
<td>35</td>
</tr>
</tbody>
</table>

*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 seal 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 ⅔ FULL!
NO PORTION OF THE MEAT 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.

BEEF POT ROAST

3 pounds beef pot roast
1 tablespoon vegetable oil
1½ cups water
Salt and pepper
1 small onion, chopped
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 ⅔ full mark.

Nutrition Information Per Serving

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

PORCUPINE MEATBALLS

1 pound lean ground beef
⅓ cup uncooked long grain white rice
2 tablespoons tomato paste
1 teaspoon salt
¼ teaspoon pepper
½ cup chopped onion
¼ cup sliced celery
¼ cup chopped green pepper
1 cup tomato sauce
¾ cup water
1 tablespoon sugar
¼ 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
1 can (8 ounces) tomato sauce
1 cup chopped onion
½ cup chopped green pepper
½ cup sliced celery
½ teaspoon salt
¼ teaspoon 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 water
1 large onion, sliced
4 small potatoes, quartered
1 cup frozen green beans
1 cup sliced carrots
1 cup diced tomatoes
1 teaspoon salt
¼ teaspoon black pepper

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 can (14 to 15 ounces) diced tomatoes
1 cup chopped onion
½ cup chopped celery
½ cup diced green pepper
1 clove garlic, minced
2 teaspoons sugar
1 teaspoon salt
1 teaspoon parsley flakes
½ teaspoon oregano
½ teaspoon basil
¼ teaspoon thyme
¼ teaspoon red pepper
3 drops hot sauce
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
½ cup catsup
½ cup teriyaki sauce
½ cup apricot preserves
¼ cup cider vinegar
¼ cup packed dark brown sugar
1 teaspoon crushed red pepper
1 teaspoon dry mustard
¼ teaspoon black pepper
1 large onion, sliced
1½ cups water

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  
1 cup water  
• • • • • • •  
1 cup catsup  
¼ cup water  
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

---

**CORNER BEEF**

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

Pour 1½ cups water into cooker. Position trivet in cooker. Rub garlic powder into all surfaces of corned beef. Place corned 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 corn beef, use packet and omit bay leaf.

**Nutrition Information Per Serving**  
6 servings, 295 Calories, 18 g Fat, 103 mg Cholesterol

---

**STUFFED PORK CHOPS**

2 tablespoons vegetable oil  
4 1 inch thick boneless pork chops, with deep pocket cut in each  
1 cup chopped onion  
¼ cup chopped celery  
½ cup corn

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  
1 tablespoon vegetable oil  
1½ cups water  
Salt and pepper  
1 onion, sliced

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**.

**NOTE:** If roast extends above the ½ full mark.

**Nutrition Information Per Serving**  
6 servings, 483 Calories, 27 g Fat, 171 mg Cholesterol

---

**STUFFED FLANK STEAK**

1 tablespoon margarine  
½ cup chopped onion  
½ cup chopped celery  
1 clove garlic, minced  
¼ cup beef broth, divided  
1 cup bread crumbs  
½ teaspoon salt  
¼ teaspoon marjoram  
¼ teaspoon thyme  
¼ teaspoon black pepper  
1 pound flank steak, cut into 2 equal pieces  
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 water  
1 large onion, sliced  
1 tablespoon Worcestershire sauce  
1 large clove garlic, minced  
4 small potatoes, quartered  
1 cup baby-cut carrots  
1 teaspoon salt  
¼ teaspoon black pepper  
¼ cup cold water  
1 tablespoon flour

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).**

<table>
<thead>
<tr>
<th>Meat</th>
<th>Cups of Liquid</th>
<th>Cooking Time (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chuck Roast</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Corned Beef</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Rolled Rib Roast</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Round Steak</td>
<td>1” thick</td>
<td>1</td>
</tr>
<tr>
<td>Round Steak</td>
<td>½” thick</td>
<td>½</td>
</tr>
<tr>
<td>Short Ribs</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td><strong>Ham</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slice</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Picnic</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td><strong>Lamb</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>1” thick</td>
<td>½</td>
</tr>
<tr>
<td>Chops</td>
<td>½” thick</td>
<td>½</td>
</tr>
<tr>
<td>Leg of Lamb</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>1” thick</td>
<td>1</td>
</tr>
<tr>
<td>Chops</td>
<td>½” thick</td>
<td>½</td>
</tr>
<tr>
<td>Butt Roast</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Loin Roast</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Steak</td>
<td>1” thick</td>
<td>½</td>
</tr>
<tr>
<td>Steak</td>
<td>½” thick</td>
<td>½</td>
</tr>
<tr>
<td><strong>Veal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>1” thick</td>
<td>½</td>
</tr>
<tr>
<td>Chops</td>
<td>½” thick</td>
<td>½</td>
</tr>
<tr>
<td>Roast</td>
<td>3 pounds</td>
<td>1 ½</td>
</tr>
<tr>
<td>Steak</td>
<td>1” thick</td>
<td>½</td>
</tr>
</tbody>
</table>

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

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
1 small onion, thinly sliced
1 small tart apple, peeled, cored, and chopped
½ cup chicken broth
2 tablespoons frozen apple juice concentrate, thawed
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 medium turnips, peeled, cut into eighths
8 ounces baby carrots
2 medium parsnips, peeled, sliced ½ inch thick
1 cup chicken broth
2 teaspoons ground ginger
1 tablespoon cornstarch, optional
¼ cup cold water, optional
Salt and pepper to taste

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
1½ cups chicken broth
1 tablespoon margarine
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

ARTICHOKE'S N SAUCE

1 cup water
1 tablespoon vegetable oil
3 artichokes

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
¾ cup maple flavored syrup
¾ cup water
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

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Size</th>
<th>Cups of Liquid</th>
<th>Pressure Setting</th>
<th>Cooking Time (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td>Whole, 6 to 8 ounces</td>
<td>1</td>
<td>High</td>
<td>10</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Stems cut into 1-inch pieces</td>
<td>½</td>
<td>Low</td>
<td>0 to 1</td>
</tr>
<tr>
<td>Beans (green, wax)</td>
<td>Whole or sliced</td>
<td>½</td>
<td>Low</td>
<td>2 to 4</td>
</tr>
<tr>
<td>Beets</td>
<td>Whole, 2½-inch diameter</td>
<td>1</td>
<td>High</td>
<td>15 to 16</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Florets</td>
<td>½</td>
<td>Low</td>
<td>1 to 2</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Small, 1-inch diameter</td>
<td>½</td>
<td>Low</td>
<td>2 to 4</td>
</tr>
<tr>
<td>Cabbage (red, green)</td>
<td>Wedges, 2 inches thick</td>
<td>1</td>
<td>Low</td>
<td>8 to 9</td>
</tr>
<tr>
<td></td>
<td>Thinly sliced</td>
<td>½</td>
<td>Low</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Carrots</td>
<td>Baby cut</td>
<td>½</td>
<td>High</td>
<td>3 to 5</td>
</tr>
<tr>
<td></td>
<td>¼-inch slices</td>
<td>½</td>
<td>High</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Florets</td>
<td>½</td>
<td>Low</td>
<td>1 to 2</td>
</tr>
<tr>
<td>Collards*</td>
<td>Leaves coarsely chopped, stems thinly sliced</td>
<td>½</td>
<td>High</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Corn-on-the-cob</td>
<td>Whole, 2½-inch diameter</td>
<td>½</td>
<td>High</td>
<td>3</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Cubed, 1 to 1½ inches thick</td>
<td>½</td>
<td>Low</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Sliced, ½ inch thick</td>
<td>½</td>
<td>Low</td>
<td>2</td>
</tr>
<tr>
<td>Kale</td>
<td>Leaves coarsely chopped, stems thinly sliced</td>
<td>½</td>
<td>High</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Sliced, ¼ inch thick</td>
<td>½</td>
<td>Low</td>
<td>2 to 3</td>
</tr>
<tr>
<td>Peas</td>
<td>Shelled</td>
<td>½</td>
<td>Low</td>
<td>1</td>
</tr>
<tr>
<td>Peppers</td>
<td>Whole</td>
<td>½</td>
<td>Low</td>
<td>2</td>
</tr>
<tr>
<td>Potatoes (sweet)</td>
<td>Sliced, 1 to 1½ inches thick</td>
<td>1</td>
<td>Low</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Sliced, ½ inch thick</td>
<td>½</td>
<td>Low</td>
<td>6</td>
</tr>
</tbody>
</table>
# FRESH VEGETABLE TIMETABLE

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

* Do not use basket, place in cooking liquid.  
+ Let pressure drop of its own accord.

# FROZEN VEGETABLE TIMETABLE

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

# 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 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!

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

* 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 | 1 tablespoon curry powder |
| 1½ cups chopped onion      | 1 teaspoon ground ginger  |
| 6 cups water              | 1 teaspoon salt           |
| 2 cups lentils            | 1 medium onion, minced    |

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 | ½ cup brown sugar |
| 3 cups water      | ½ teaspoon dry mustard |
| ¼ cup catsup      | ¼ teaspoon black pepper |
| ¼ cup molasses    | Salt to taste      |
| 1 8-ounce slice uncooked ham, diced |                        |
| 1 medium onion, minced |                        |

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
3 cups chicken broth
1 cup chopped onion
1 cup sliced carrots
1 tablespoon minced garlic
1 tablespoon vegetable oil
1 small bay leaf
½ teaspoon thyme
¼ teaspoon rosemary
¼ teaspoon black pepper

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!

<table>
<thead>
<tr>
<th>Grain (1 Cup)</th>
<th>Cups Liquid in Bowl</th>
<th>Cooking Time (Minutes)</th>
<th>Grain (1 Cup)</th>
<th>Cups Liquid in Bowl</th>
<th>Cooking Time (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>1¾</td>
<td>4 to 5</td>
<td>Quinoa</td>
<td>1½</td>
<td>1</td>
</tr>
<tr>
<td>Barley (hulled)</td>
<td>2½</td>
<td>25 to 28</td>
<td>Rice (brown)</td>
<td>1½</td>
<td>12 to 14</td>
</tr>
<tr>
<td>Barley (pearl)</td>
<td>2½</td>
<td>11 to 14</td>
<td>Rice (white)</td>
<td>1½</td>
<td>6 to 7</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>2</td>
<td>3 to 4</td>
<td>Rye Berries</td>
<td>1½</td>
<td>23 to 28</td>
</tr>
<tr>
<td>Bulgar</td>
<td>1½</td>
<td>3 to 4</td>
<td>Spelt</td>
<td>2</td>
<td>28 to 32</td>
</tr>
<tr>
<td>Millet</td>
<td>2</td>
<td>9 to 10</td>
<td>Wheat Berries</td>
<td>2</td>
<td>28 to 32</td>
</tr>
<tr>
<td>Oats (whole groats)</td>
<td>1½</td>
<td>20 to 25</td>
<td>Wild Rice</td>
<td>1½</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Oats (steel cut)</td>
<td>2</td>
<td>5 to 6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
1¼ 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  ¼ cup golden raisins
2 cups beef broth  ½ 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
½ cup white wine  Salt and pepper to taste
½ 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
DESSERTS

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 ⅔ 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 ⅔ FULL!

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

STUFFED APPLES

¼ cup golden raisins
½ cup dry red wine
¼ cup chopped nuts
2 tablespoons sugar
½ teaspoon grated orange rind
½ teaspoon ground cinnamon
4 cooking apples
1 tablespoon butter
½ cup water

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 ⅓ of apples. Fill centers with raisin mixture. Top each with ⅛ 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.

RICE PUDDING

1 cup long grain white rice
1½ cups water
½ cup sugar
½ cup raisins
½ teaspoon cinnamon
1 cup whole milk
½ cup sugar
½ cup raisins
½ teaspoon cinnamon

Combine rice and 1½ cups water in a metal bowl which fits 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 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.

VANILLA CUSTARD

2 cups low-fat milk
2 egg, slightly beaten
¼ cup sugar
¼ teaspoon salt
½ teaspoon vanilla
Nutmeg
½ cup water

Combine milk, eggs, sugar, salt, and vanilla. Pour into individual custard cups. Sprinkle nutmeg on custards. Cover each cup firmly with aluminum foil. Pour 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.

Variation: Coconut Custard
Sprinkle 1 tablespoon coconut over top of each vanilla custard before cooking.
PETITE PUMPKIN CUSTARDS

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

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

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
# RECIPE INDEX

## DESSERTS .................................................. 25
- Coconut Custard ........................................... 25
- Oatmeal Apple Crisp ......................................... 26
- Petite Pumpkin Custards .................................... 26
- Rice Pudding .................................................. 25
- Stuffed Apples ................................................. 25
- Tapioca Pudding ............................................... 26
- Vanilla Custard ............................................... 25

## DRY BEANS AND PEAS ................................. 21
- Baked Beans ................................................... 22
- Dry Beans and Peas Timetable ............................. 22
- Lentil Curry .................................................... 22
- Savory White Beans .......................................... 23

## GRAINS ..................................................... 23
- Brown Rice With Veggies .................................... 24
- Grain Timetable ............................................... 23
- Grecian Rice Pilaf ............................................. 24
- Risotto with Artichoke Hearts and Sun-Dried Tomatoes .. 24
- Seasoned Rice Pilaf .......................................... 24
- Wild Rice with Raisins and Pecans .......................... 24

## MEATS ...................................................... 15
- Apricot Barbecue Pork Roast .............................. 16
- Barbecue Spareribs .......................................... 17
- Beef Pot Roast ................................................ 15
- Beef Stew ........................................................ 16
- Corned Beef ................................................... 17
- Lamb Stew ...................................................... 18
- Meat Timetable ............................................... 18
- Porcupine Meatballs ........................................ 15
- Pork Loin Roast ............................................... 17
- Spaghetti Meat Sauce .................
- Stuffed Flank Steak ........................................ 17
- Stuffed Pork Chops ........................................... 17
- Swiss Steak .................................................... 16

## POULTRY ................................................... 12
- Arroz con Pollo ................................................. 14
- Bayou Bounty Chicken ....................................... 14
- California Chicken .......................................... 13
- Chicken Breasts Tarragon .................................. 12

## POUlTY (CONTINUED) .................................... 12
- Chicken Cacciatore ......................................... 13
- Chutney Chicken .............................................. 13
- Herbed Chicken ................................................ 14
- Poultry Timetable ............................................ 15
- Soy Chicken .................................................... 13
- Sweet 'N Sour Chicken Wings .............................. 13
- Turkey Breast .................................................. 14

## SEAFOOD .................................................... 10
- Lemon 'N Dill Cod and Broccoli ........................... 11
- Marinated Tuna ................................................. 12
- Salmon Steaks Moutarde .................................... 10
- “Scampi-Style” Shrimp ....................................... 10
- Seafood Gumbo ................................................ 11
- Seafood Timetable ............................................ 12
- Shrimp Jambalaya .............................................. 11

## SOUPS AND STOCKS ......................................... 8
- Beef Tomato Soup ............................................ 8
- Black Bean Soup .............................................. 9
- Brown Beef Soup ............................................. 8
- Brown Beef Soup Stock ..................................... 8
- Chicken Dumpling Soup .................................... 8
- Chicken Noodle Soup ....................................... 8
- Chicken Rice Soup ........................................... 8
- Chicken Soup .................................................... 8
- Chicken Soup Stock .......................................... 8
- Minestrone ..................................................... 9
- Onion Soup ..................................................... 8
- Potato Soup .................................................... 9
- Saffron Fish Stew ............................................... 9
- Zesty Homemade Chili ....................................... 10

## VEGETABLES .................................................. 19
- Artichokes 'N Sauce ......................................... 19
- Cabbage with Apples ........................................ 19
- Fresh Vegetable Timetable .................................. 20
- Frozen Vegetable Timetable ................................ 21
- Garlic Mashed Potatoes .................................... 19
- Glazed Root Vegetables ..................................... 19
- Maple Glazed Sweet Potatoes .............................. 20
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

Form 72-626B