

FAGOR FUTURO PRESSURE COOKER
USER'S MANUAL

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This is a U.L.-listed appliance. The following safeguards are recommended by most portable appliance manufacturers.

IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Extreme caution must be used when moving a pressure cooker containing hot liquids.
6. Do not use pressure cooker for other than intended use.
7. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See Operating Instructions.
8. Do not fill the unit over two thirds full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over one half full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. See Food Preparation Instructions.
9. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
10. Always check the pressure release devices for clogging before use.
11. Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized - do not force it open. Remove the pressure regulator and run cold water over the cooker to cool it to reduce the internal pressure. Any pressure in the cooker can be hazardous. See Operating Instructions.
12. Do not use this pressure cooker for pressure frying with oil.
13. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
14. **SAVE THESE INSTRUCTIONS.**

Introduction

Thank you for purchasing a Fagor Pressure Cooker. We appreciate the confidence you have placed in our company by selecting one of our many pressure cookers, and we are confident that it will give you many years of excellent service.

Surrounded by endless myths, pressure cookers are probably the least understood of cookware. This is unfortunate since pressure cookers provide many advantages over traditional cooking. First and foremost, most foods can be cooked in a fraction of the time it normally would take, in most cases, cooking in up to one third of the time. Since the food is being cooked for such a shorter period, it is less likely to lose its color and flavor, as well as many of vital minerals and vitamins that are normally washed away when cooking in large quantities of water in an open pot, for longer periods of time.

Made from high-quality, heavy-gauge stainless steel, Fagor pressure cookers are manufactured and designed

with a concern for function and safety, meeting all international safety standards.

Fagor's easy-to-use pressure regulators make it simpler than ever to determine the proper amount of pressure and how to maintain it. The pressure release valves signal when to lower or raise the burner heat in order to maintain the level of pressure desired.

We know that once you begin using your Fagor Pressure Cooker, you'll understand why it is the single most important piece of cookware you'll ever own.

Before you begin cooking, it is important that you read this detailed user's manual and make sure you understand how to operate, care and maintain your Fagor Pressure Cooker so that you will be able to enjoy many years of use.

If you would like to learn more about our other products, please visit our website at www.fagoramerica.com.

Futuro Pressure Cooker Line

The Futuro Pressure Cooker Line consists of the following models:

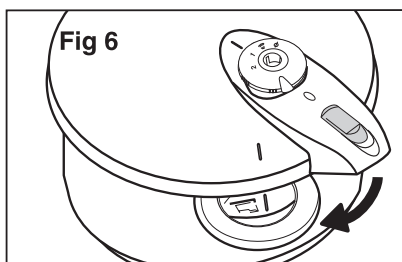
- 4 qt model; includes instruction manual, steamer basket that doubles as a food grater and "Tastefully Under Pressure" recipe book. Item # 918013179
- 6 qt model; includes instruction manual, steamer basket that doubles as a food grater and "Tastefully Under Pressure" recipe book. Item # 918013142
- Futuro Set: 6-piece set includes 6 qt and 4 qt Futuro pressure cooker pots, Futuro pressure cooker lid that fits both pots, Tempered glass lid that easily converts either pot to a sauce pan) and fits both pots, stainless steel steamer basket / food grater, instruction manual and "Tastefully Under Pressure" recipe book. Item #918013133
- 10 qt model (Pressure Cooker and Canner). Includes instruction manual with Canning recipes, steamer basket and "Tastefully Under Pressure" recipe book. Item # 918013151.

Futuro Pressure Cooker

Components and Features

1. **Pressure Cooker Pot:** Made of high-quality, heavy-gauge stainless steel, all cooking takes place in the pressure cooker pot.
2. **Lid:** Made of high-quality, heavy-gauge stainless steel, the lid must be properly locked in position in order to build-up sufficient pressure for cooking. The raised indentation on top of the lid, located to the left of the handle, allows you to easily position the lid by lining it up to the cutout on top of the base handle.

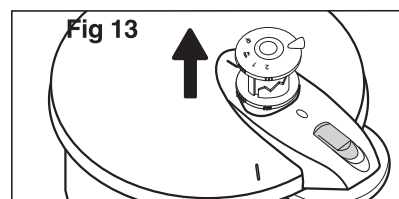
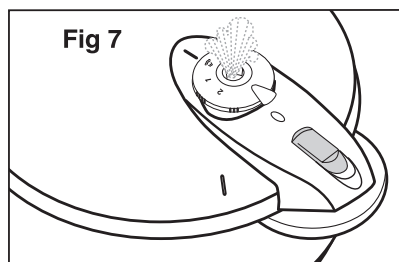
NEVER FORCE THE PRESSURE COOKER OPEN



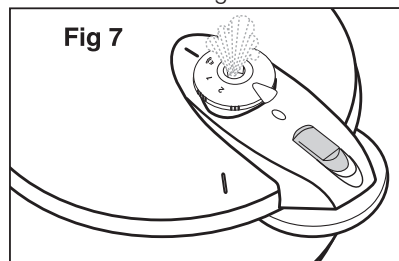
3. **Pot Handle:** Besides being used to move and carry the pressure cooker, the pot handle interlocks with the lid handle when the lid is turned clockwise.
4. **Lid Handle:** Used to remove the lid from the pressure cooker, the lid handle contains important components vital to the use of the pressure cooker.
5. **Upper Handle.**
6. **Support Grip:** The support grip provides greater stability when moving or carrying the pressure cooker.
7. **Operating Valve:** This operating valve features a steam release position, two pressure setting positions and a unlock position in order to clean the valve.

Selector's Position Pounds of Pressure per Square Inch (psi)

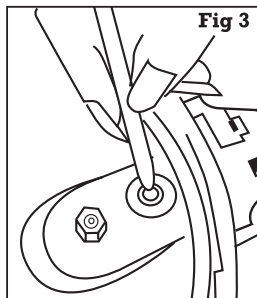
- Steam Release (Fig. 7)
- 1 – 8 psi (Low) (Fig. 8)
- 2 – 15 psi (High) (Fig. 9)
- Valve Removal (Fig. 12-13)



8. **Pressure Lock:** The grey pressure lock is used to lock and unlock the pressure cooker. The Futuro pressure cooker has an automatic locking mechanism, which means that by aligning the lid handle with the pot handle and sliding the lid handle to the left the pressure cooker will lock by itself. To unlock, slide the pressure lock down towards you and slide the lid handle to the right.

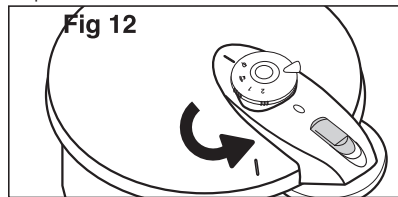


9. **Gasket:** In order to provide an air-tight seal, a silicon gasket is positioned around the underside of the lid. Never use the pressure cooker without the silicon gasket properly positioned. Do not use the pressure cooker with a worn or torn gasket. It should be replaced immediately. Contact the Fagor Customer Service Department at: 1-800-207-0806 or email at: info@fagoramerica.com or purchase a gasket online at www.fagoramerica.com.
10. **Safety Valve:** Located under the lid handle. Safety valve is activated in case of an excess pressure build up. The pressure cooker cannot be opened if there is still pressure inside the cooker.



11. **Thermo Heat Conductive Base:** Since the objective of a pressure cooker is rapid cooking, the bottom of the pressure cooker pot has a thermo heat conductive base, comprised of three layers of metal. Aluminum, one of the fastest heat conductors, is sandwiched between two sheets of stainless steel which makes contact with the burner and does not contain any magnetic elements. This allows for induction cooking.
12. **Pressure Indicator:** Indicates whether there is pressure inside the cooker. As the pressure cooker heats and pressure builds, the pressure indicator (the yellow tipped rod,

located on top of the lid handle) will raise automatically producing a slight amount of steam coming out of the lid handle. If the pressure indicator is raised, there is pressure inside the cooker and the pressure cooker cannot be opened. If the pressure indicator is not raised, there is no pressure inside the cooker.



13. **Stainless Steel Steamer Basket/ Food Grater and Trivet:** The Futuro Pressure Cooker also comes with a stainless steel steamer basket & trivet. They are used for steaming foods under pressure without placing them directly in the cooking liquid and doubles as a handy food grater.
14. **Safety Vent:** In case of high-pressure build-up, steam will be released through the safety vent cutout located in the rim of the lid. **WARNING:** Please make sure the safety vent points away from you while using the pressure cooker.

Cooking with the Futuro Pressure Cooker.

*** NOTE: FAGOR PRESSURE COOKERS ARE INTENDED FOR DOMESTIC COOKING SURFACES FOR HOUSEHOLD USE ONLY**

Getting started

1. When using the Futuro Pressure Cooker for the first time, wash all the parts and components with warm water and mild dish washing soap. Rinse well and towel dry. The pressure cooker pot is dishwasher safe. Fagor America recommends

hand washing the pressure cooker lid and all its components. Always remove the gasket when washing the lid. Wash the gasket with warm, soapy water; rinse well and towel dry. Cover with a thin coat of cooking oil (e.g., vegetable, olive, canola, etc.). Follow this procedure every time you wash the pressure cooker in order to extend the life of the gasket and to facilitate locking the lid in place.

- Use the operating valve to select one of the two levels of pressure you will be using during the pressure cooking time. When using the cooker for the first time, the operating valve is placed on the high level of pressure – Level 2. To open the pressure cooker, pull the pressure lock towards you and move the lid handle to the right holding the base handle with your left hand.

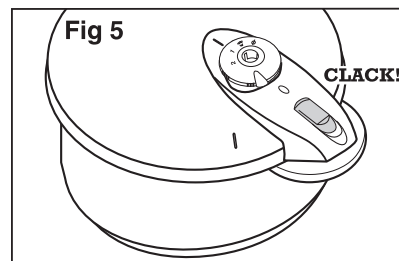
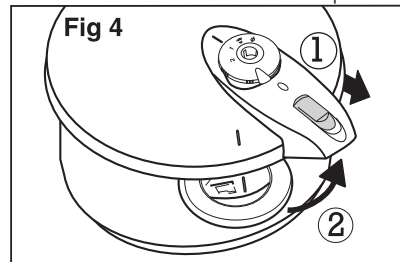
Adding Food and Liquid

- To cook with the Futuro Pressure Cooker it is very important to use at least a 1/2 cup of liquid. NEVER USE LESS. Do not fill the pressure cooker more than 2/3 full with liquid and food. **WARNING:** There is a risk of burns from excess of steam if the pressure cooker is overfilled. Please follow instructions carefully.
- When called for in the instructions or in your recipe, place food in the steamer basket, and position it on the trivet inside of the pressure cooker.
- Fill only halfway when cooking foods that will either expand in size and/or produce foam as they cook, such as dried beans, or other legumes and grains. Fill only halfway when preparing soups or stock.

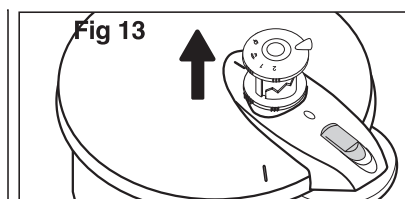
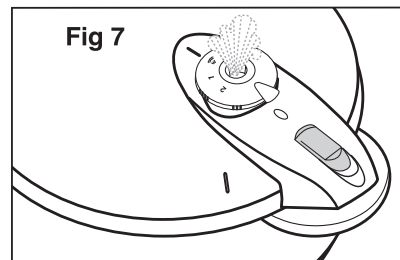
Cooking time control

- Place the lid on the pressure cooker pot and align the mark on the lid with the mark on the top of the pot handle. Then slide the lid handle to

the left. The lock on the handle will automatically “click” into place. Once the pressure cooker is locked, select one of the two levels of pressure.



Selector's Position
Pounds of Pressure per Square Inch (psi)
Steam Release (Fig. 7)
1 – 8 psi (Low) (Fig. 8)
2 – 15 psi (High) (Fig. 9)
Valve Removal (Fig. 12-13)



2. Position the pressure cooker on the center of the stove burner. The Futuro Pressure Cooker can be used on all types of burners including gas, electric, ceramic and induction. As to not discolor the sides of the pot, always adjust the burner so that when using gas, the flames remain under the base and do not extend up the sides. When cooking on an electric burner, select a burner the same diameter as the base or smaller.
3. Begin heating with burner set on high heat (ELECTRIC STOVE USERS –SEE BELOW). When the steam comes out of the automatic valve for first time, lower the heat to maintain a gentle, steady stream of steam. At this moment, the COOKING TIME STARTS. It is recommended that a kitchen timer be used to monitor the exact cooking time.
4. If at any time during cooking an excessive amount of steam is released by the operating valve, lower the burner heat to adjust and maintain the proper level of pressure.
5. If the pressure drops and little or no steam comes out of the operating valve, raise the burner heat just until a gentle, steady stream of steam is released and can be maintained.
6. While cooking, never inadvertently shake the pressure cooker. This can cause the automatic valve to release steam, which will create a drop in pressure.

NOTE TO ELECTRIC STOVE USERS

Since the coils on an electric stove retain heat for a long time, food often becomes overcooked when the burner is turned down for simmering (when cooking time is started). To compensate for that, you have two options:

1. Turn on two electric stove burners, one on high and other on low. Place

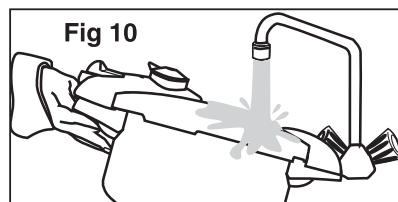
your pressure cooker on the burner to high, and bring to pressure. Once pressure has been attained, move your cooker over to the burner turned on low and start your pressure cooking time. Or...

2. Turn on one burner to medium heat and bring your cooker to pressure. Once pressure has been attained, turn your burner to low and start your pressure cooking time.

Releasing Pressure After Cooking

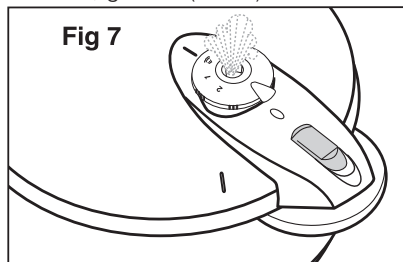
Always check your recipe to determine if the pressure cooker should be cooled down naturally or whether the quick release method should be used. You can choose one of the following 3 methods to release the pressure:

1. **Natural Release Method:** To use this method, remove the pressure cooker from the hot burner and let the pressure drop and cool down naturally. Depending on the amount of food and liquid in the cooker, this method can take from 10-15 minutes. Once pressure has totally been released and there isn't any more steam coming out of the operating valve, go to # 4 in this section.
2. **Quick Release Method:** Also called the cold-water release method, is used to release pressure as quickly as possible, primarily used for vegetables, seafood and other tender foods that can quickly overcook. To use this method, remove the pressure cooker from the burner, place in the sink and run cold tap water gently over the lid until steam dissipates and the pressure indicator is lowered (Fig 10).



When putting the cooker in the sink, **tilt it so the cold water will run downwards.** Once pressure has totally been released and no more steam comes out of the operating valve, go to # 4 in this section. **NEVER IMMERSE THE PRESSURE COOKER IN WATER.**

3. **Automatic Release Method:** When using the automatic release method, turn the dial on the operating valve to the release position (steam drawing position, fig. 7) and the steam will release. Once steam has totally been released and no more steam comes out of the operating valve, go to 4 (below).



4. After all the pressure has been released and you see the pressure indicator has lowered, slide the pressure cooker lock down to the bottom of the handle (fig. 5). Hold the pot handle with your left hand and slide the lid handle to the right with your right hand. **Even though you have already released the pressure, never open the pressure cooker towards your face since there may be intense cooking steam still inside the unit.**

Home Canning with your Pressure Cooker

(APPLIES TO 10 QT MODEL ONLY, ITEM # 918013151)

HOME CANNING OVERVIEW:

Home canning is a method of preserving food that provides us with a gratifying method for producing some of our favorite recipes. Canning our recipes enable us to store them and enjoy for ourselves or give as gifts to friends & loved ones. Understanding the basic steps for preparation and right equipment are all you need to create a fabulous array of provisions to stock in your pantry. Once the method has been mastered, most people find that canning is one of the most simple and rewarding ways to ensure having your favorite fruits, vegetables, and even meats year-round.

Although canning food at home has traditionally been associated with pastoral residents, it has now begun to emerge as a new trend in greater populated areas. Families in suburban towns as well as urban dwellers are educating themselves on the methods of canning. These basic guidelines will allow you to learn how to can your most favorite recipes with pride.

Why Can Foods?

Canning can be a safe and cost-effective way to preserve quality food at home. It is an important, safe method of food preservation if practiced properly. The canning process involves placing foods in jars and heating them to a temperature which destroys microorganisms that could be a health hazard or cause the food to spoil. Air is driven from the jar during heating, and as it cools, a vacuum seal is formed. The vacuum seal prevents air from getting back into the product, protecting it from microorganisms that could recontaminate the food.

Before You Begin:

Recommended tools for Canning

- Wire Rack
- Jar lifter
- Ladle
- Bubble freer
- Jar Wrench
- Magnetic lid wand
- Wide mouth funnel

- Additional Items

- Glass jars: Use only standard home canning jars. Also commonly referred as "Mason Jars"
- Canning Lids: These flat metal lids with sealing compound and a metal screw band are the most popular type of lid for home canned products

NOTE: Fagor includes among its variety of products a 7-piece Home Canning Kit with Bonus Cookbook that includes the 7 recommended tools mentioned above (except the glass jars and canning lids). The wire rack included in the kit holds four half-pint jars. The Fagor Home Canning kit is sold separately from the 10 qt Pressure Cooker/ Canner. For more information on this kit, please call 1-800-207-0806 M-F 9-5 pm EST.

1 Jar selection, Preparation and Use:

Examine jars and discard those with nicks, cracks and rough edges. These defects will not permit an airtight seal on the jar, and food spoilage will result. All canning jars should be washed in soapy water, rinsed well and then kept hot before use. This could be done in the dishwasher or by placing the jars in the water that is heating in your canner. The jars need to be kept hot to prevent breakage when they're filled with a hot product and placed in the canner for processing.

Jars processed in a boiling water bath canner for 10 minutes or more or in a pressure cooker will be sterilized during processing. Jars that will be filled with food and processed for less than 10 minutes in a boiling water bath canner need to be sterilized by boiling them

for 10 minutes. NOTE: If you are at an altitude of 1000 feet or more, boil an additional minute for each 1000 feet of additional altitude. See below for canning methods and recipe timing.

2 Lid selection, preparation & use

The common self-sealing lid consists of a flat metal lid held in place by a metal screw band during processing. The flat lid is crimped around its bottom edge to form a trough, which is filled with a colored gasket material. When jars are processed, the lid gasket softens and flows slightly to cover the jar-sealing surface, yet allows air to escape from the jar.

It is best to buy only the quantity of lids you will use in a year. Never reuse lids. To ensure a good seal, carefully follow the manufacturer's directions in preparing lids for use. Examine all metal lids carefully. Do not use old, dented, or deformed lids or lids with gaps or other defects in the sealing gasket.

Follow the manufacturer's guidelines enclosed with or on the box for tightening the jar lids properly.

- If screw bands are too tight, air cannot vent during processing, and food will discolor during storage.
- Over-tightening also may cause lids to buckle and jars to break, especially with pressure-processed food.
- If screw bands are too loose, liquid may escape from jars during processing, seals may fail, and the food will need to be reprocessed.

Do not retighten lids after processing jars. As jars cool, the contents in the jar contract, pulling the self-sealing lid firmly against the jar to form a high vacuum. Screw bands are not needed on stored jars. They can be removed easily after jars are cooled. When removed, washed, dried, and stored in a dry area, screw bands may be used many times. If left on stored jars, they become difficult to remove, often rust, and may not work properly again.

3 Canning Methods:

There are two safe ways of canning, depending on the type of food being canned. These are the pressure canning method and the boiling water bath method.

Pressure Canning Method:

Pressure canning is the only safe method of canning low-acid foods (those with a pH of more than 4.6). Although high acid foods may be canned in either a pressure canner or boiling water bath, pressure canning is the only recommended method for canning low-acid foods. Low-acid foods include all vegetables, meats, poultry and seafood. This method is also necessary for canning such items as soups, stews and chili.

Note: Although considered fruit, tomatoes a pH value close to 4.6. Therefore you should typically process them in a pressure canner.

Jars of food are placed in 2 to 3 inches of water in a pressure cooker and heated to a temperature of at least 240°F or above for the correct length of time. *Note: This temperature can only be reached in a pressure cooker/canner. Never attempt to can low-acid foods using the water bath method.*

STEPS FOR PRESSURE CANNER METHOD

Processing Instructions: Fill the jars. Allow the proper headspace according to processing directions for specific foods. This is necessary so that all the extra air will be removed during processing, and a tight vacuum seal will be formed. To make sure that air bubbles have not been trapped inside the jar, run a bubble freer or any plastic or rubber-like utensil around the edges of the jar, gently shifting the food, so that any trapped air is released. After the air bubbles have been removed, more liquid may need to be added to the jar to ensure proper headspace. Wipe off the rims of the jars with a clean, damp cloth.

Screw on the lids, but not too tightly — air needs to escape during processing. Set the jars of food on the rack in the canner so steam can flow around each jar. Add 2-3 inches of boiling water to the bottom of the cooker (pour it between the jars, not directly on them, to prevent breakage). Put the lid on the cooker. Once pressure is reached, keep the pressure constant by regulating the heat under the canner. Do not lower the pressure by raising or lowering the heat during the processing. Keep drafts from blowing on the canner. Fluctuating pressure causes loss of liquid from jars and under-processing.

When the processing is completed, carefully remove the canner from the heat. If the canner is too heavy, simply turn it off. Let the pressure in the canner drop to zero using the natural release method. Do not use the cold water pressure release method for pressure canning. Never use the automatic release method to hasten the reduction in pressure when canning foods. When the canner is depressurized, unfasten the lid and tilt the far side up, so the steam escapes away from you. Use a jar lifter to carefully remove the jars from the canner. Place the hot jars on a rack, dry towels, boards or newspaper, right side up to prevent the jars from breaking on contact with a cold surface. Leave at least 1 inch of space between the jars.

Do not tighten the lids. Allow the jars to cool, untouched for 12 to 24 hours.

Boiling Water Bath Method:

The boiling water bath method is safe for fruits, and pickles as well as pie filling, jams, jellies, marmalade and other preserves. In this method, jars of food are heated by being completely covered with boiling water (212 °F at sea level). High-acid foods contain enough acid (pH of 4.6 or less) so that the Clostridium Botulinum (Botulism) spores can't grow and produce deadly toxins. High-acid foods include fruits and properly pickled vegetables. These foods can be safely

canned at boiling temperatures in a water bath.

STEPS FOR BOILING WATER BATH METHOD

Fill the pot about halfway with hot water. Turn on the burner and heat the water. Have the water in the canner hot but not boiling to prevent breakage of the jars when they're placed in the canner. Follow the same steps detailed in the pressure canner method for filling jars. When the water in the pot reaches a rolling boil, begin counting the correct processing time. Boil gently and steadily for the recommended time, adjusting the heat and adding more boiling water as necessary.

Use a jar lifter to carefully remove the jars as soon as the processing time is up. Place the hot jars right side up on a rack, dry towels, boards or newspapers to prevent the jars from breaking on contact with a cold surface. Leave at least 1 inch of space between jars. Do not tighten the lids.

Allow the jars to cool untouched for 12 to 14 hours.

Selecting the Correct Processing Time

To destroy microorganisms in low-acid foods processed with a pressure cooker, you must:

- Process the jars for the correct number of minutes at suggested setting (low or high pressure)
- Allow cooker to cool at room temperature until it is completely depressurized.

To destroy microorganisms in high-acid foods processed in a boiling-water bath, you must:

- Process jars for the correct number of minutes in boiling water.
- Cool the jars at room temperature.

The food may spoil if you fail to use the proper processing times, fail to vent steam from canners properly, process at lower pressure than specified, process for fewer minutes than specified, or cool the pressure cooker with water.

4 Finishing Touches:

Testing the Lid for a Proper Seal:

Most two-piece lids will seal with a "pop" sound while they're cooling. When it is completely cool, test the lid. It should be curved downward and should not move when pressed with a finger. If a jar is not sealed, refrigerate it and use the unspoiled food within two to three days or freeze it. If liquid has been lost from sealed jars do not open them to replace it, simply plan to use these first. The food may discolor, but if sealed, the food is safe.

Unsealed Jars: What to Do

If a lid fails to seal, you must reprocess within 24 hours. Remove the lid, and check the jar-sealing surface for tiny nicks. If necessary, change the jar. Always use a new, properly prepared lid, and reprocess using the same processing time. The quality of reprocessed food is poor. Instead of reprocessing, unsealed jars of food also can be frozen. Transfer food to a freezer-safe container and freeze. Single, unsealed jars can be refrigerated and used within several days.

Always Inspect Canned Food Before Consuming:

Just as you would avoid a foul smelling, leaking or opened jar of food at the supermarket, don't taste or use home canned food that shows any sign of spoilage. Examine all jars before opening them. A bulging lid or leaking jar is almost always a sure sign of spoilage. When you open the jar, look for other signs such as spurting liquid, unusual odor or mold.

Sterilization of empty jars

Use sterile jars for all boiling water bath recipes. To sterilize empty jars, put them right side up on the rack in a boiling-water bath. Fill the bath and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes.

Remove and drain hot sterilized jars one at a time. Save the hot water for processing filled jars. Fill jars with food, add lids, and tighten screw bands. Empty jars used for vegetables, meats, and fruits to be processed in a pressure canner need not be sterilized beforehand. It is also unnecessary to sterilize jars for fruits, tomatoes, and pickled or fermented foods that will be processed 10 minutes or longer in a boiling-water canner.

Label and Store Jars:

The screw bands should be removed from the sealed jars to prevent them from rusting on. The screw bands should then be washed, dried and stored for later use. Store in a clean, cool, dark, dry place. The best temperature is between 50 and 70 °F. Avoid storing canned foods in a warm place near hot pipes, a range or a furnace, or in direct sunlight. They lose quality in a few weeks or months, depending on the temperature and may even spoil. Keep canned goods dry. Dampness may corrode metal lids and cause leakage so food will spoil. For best quality, use canned foods within one year.

Important Home Canning Safeguards

All of the Home Canning Recipes provided in this cookbook have been tested for quality and proper timing to meet food safety standards. As long as the instructions are carefully followed the end result will be a wholesome and shelf stable product. However, when using or adapting your own recipes, please be sure that you process the recipes with enough time. If foods are not canned properly, consuming them may be harmful or fatal. Never attempt to make rough calculations on your own recipes.

If you have specific questions relating to proper methods of canning foods or timing charts- please refer to the US Department of Agriculture Website. www.fsis.usda.gov

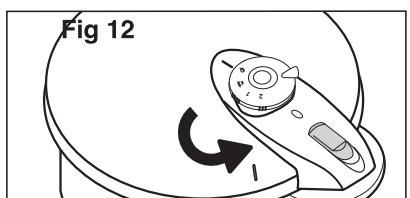
Care and Cleaning

1. The Futuro Pressure Cooker is made of high-quality, heavy gauge stainless steel.
2. The pressure cooker pot and lid should be washed with warm water, mild, dish-washing soap and a non-abrasive cleaning pad, since stainless steel can discolor in a dishwasher. Since the exterior of the pressure cooker has a mirror finish, do not clean with metal scouring pads or abrasive cleaners, which scratch and ruin the finish. Wash the lid with water and towel dry.
3. To remove stubborn stains and any discoloration in the interior of the pressure cooker, try adding the juice of half a lemon and 1 to 2 cups of water to the pressure cooker pot. Cook at high pressure for 15 minutes, then remove from heat. Let pressure release naturally, then wash as usual.
4. After cleaning, towel dry with a clean, soft kitchen cloth to retain the polished mirror finish.
5. In order to extend the life of the gasket, remove after each use and wash with warm water and mild, dish washing soap. Rinse and dry well, then cover with a thin coat of vegetable oil before replacing.
6. To store, **DO NOT LOCK THE LID IN PLACE**. Simply place the lid upside-down on top of the pressure cooker pot.

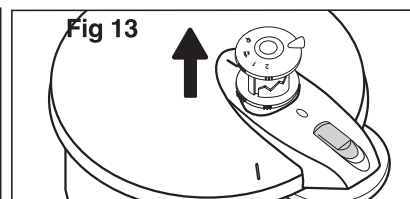
Maintenance for Safe Use

1. Each time, before using the Futuro Pressure Cooker, always check to make sure that the operating valve is clean of any built-up particles.
 - To do so, move the operating valve to the position shown in Fig 12

and take out the valve. Clean with water.



- TO REMOVE THE OPERATING VALVE FOR CLEANING PURPOSES:
 - Move the operating valve to the position shown in Fig 12.
 - Pull the operating valve up (Fig 13).



- Take the valve out and clean.
2. For increased safety and best results, the gasket should be replaced approximately every twelve months. A new gasket can be ordered by calling Fagor Customer Service Number at: 1-800-207-0806.
 3. Before using the Futuro pressure cooker, always check all handles to make sure they are securely screwed in place. If not, tighten the handle screws with a screw driver.
 4. Replacement Parts: Only use authentic replacement parts manufactured and distributed by Fagor America, Inc. The use of any unauthorized parts and or attachments may cause unit failure and will void any warranty protection

provided by the manufacturer. Telephone the Fagor Customer Service Number provided in the warranty information.

Basic instructions for cooking

Basic instructions for cooking the foods which are most commonly prepared in pressure cookers.

Fresh and frozen vegetables

- Wash all fresh vegetables thoroughly.
- Peel all tubers, such as red beet, carrots, potatoes and turnips.
- Whole winter pumpkin should be pierced several times with a fork before cooking.
- If the approximate cooking time is more than 10 minutes you should use two cups of water.
- You should never fill the pressure cooker to more than two thirds of its capacity.
- When you cook frozen vegetables you must extend the total cooking time by between 1 and 2 minutes.
- Use the quick-release when the cooking time is completed.

VEGETABLES	APPROXIMATE COOKING TIME	PRESSURE LEVEL
Swiss chard, thickly cut	2 minutes	High
Artichoke, large, without leaves	9-11 minutes	High
Artichoke, medium, without leaves	6-8 minutes	High
Peas, in the pod	1 minute	High
Broccoli, shoots	8 minutes	High
Broccoli, stalks	8 minutes	High
Zucchini, Acorn, half	7 minutes	High
Zucchini, Summer, 1-inch slices	8 minutes	High
Pumpkin, 2-inch slices	3-4 minutes	High
Onions, whole, 1 1/2-inch diameter	2 minutes	High
Common cabbage, thickly cut	1-2 minutes	High
Green curly kale, thickly cut	5 minutes	High
Cauliflower, flower heads	2-3 minutes	High
Endive, thickly cut	1-2 minutes	High
Asparagus, fine, whole	1-1 1/2 minutes	High

Asparagus, thick, whole	1-2 minutes	High
Spinach, frozen	4 minutes	High
Spinach, fresh, thickly cut	2 minutes	High
Beans, white, in the pod	8 minutes	High
Beans, in the pod	4 minutes	High
Green beans, whole	2-3 minutes	High
Corn, on the cob	3 minutes	High
Swede, 1-inch slices	7 minutes	High
Turnip, small, in quarters	3 minutes	High
Turnip, in 1 1/2-inch slices	3 minutes	High
Okra, small pods	2-3 minutes	High
Sweet potato, 1 1/2-inch slices	5 minutes	High
Potatoes, white, new, small whole	5 minutes	High
Potatoes, white, 1 1/2-inch slices	6 minutes	High
Potatoes, red, new, small whole	5 minutes	High
Potatoes, red, 1 1/2-inch slices	6 minutes	High
Red beet, in 1/4-inch slices	4 minutes	High
Red beet, large, whole	20 minutes	High
Red beet, small, whole	12 minutes	High
Brussels sprouts, whole	4 minutes	High
Cabbage, red or green, in quarters	3-4 minutes	High
Cabbage, red or green, 1/4-inch slices	1 minute	High
Tomatoes, in quarters	2 minutes	High
Carrots, 1/4-inch slices	1 minute	High
Carrots, 1-inch slices	4 minutes	High

Fresh and dried fruit

Fresh fruit:

- Wash and/or core fruit. If you prefer, peel and slice it.
- Never fill the pressure cooker to more than two thirds of its capacity.
- If you prefer, add sugar and/or seasoning to the fruit before or after cooking.
- When you cook whole or halved fruit, use the quick-release. When you cook fruit in slices or pieces to make purée or conserve use the natural release method.
- Cooking times can vary depending on the ripeness of the fruit.

Dried fruit:

- Put dried fruit in the pressure cooker with 1 cup of water or fruit juice for each cup of dried fruit.
- If you prefer, you can add seasoning or other flavorings. Use the quick-

release method when the cooking period is complete. If after the cooking period the fruit is still hard, let it simmer in the cooker with the lid removed until it is ready. Add water if necessary.

FRUIT	APPROXIMATE COOKING TIME	PRESSURE LEVEL
Apples, dried	3 minutes	High
Apples, fresh in slices or pieces	2-3 minutes	Medium
Apricots, dried	4 minutes	High
Apricots, fresh, whole or in halves	2-3 minutes	Medium
Peaches, dried	4-5 minutes	High
Peaches, fresh, in halves	3 minutes	Medium
Pears, dried	4-5 minutes	High
Pears, fresh in halves	3-4 minutes	Medium
Prunes	4-5 minutes	High
Raisins	4-5 minutes	High

Dried beans and other legumes

- Clean out any foreign particles. Rinse them with warm water.
- Soak beans in four times their volume of warm water for at least four hours before cooking them, or if you prefer, leave them to soak overnight. Do not add salt to the water as this hardens the beans and prevents them absorbing water.
- Do not soak dried split lentils.
- After soaking, remove floating beans and shell.
- Strain the water off the beans.
- Rinse them in warm water (this also applies to dried split lentils).
- Put the beans or legumes in the pressure cooker. Add three cups of water for each cup of beans.
- Add a spoonful of vegetable oil for each cup of water to eliminate the foam which they produce.
- Never fill the pressure cooker to more than half its capacity.
- To add more flavor, cook beans or lentils with some laurel leaves and a small peeled onion embedded with two cloves of spice.

- After the cooking time, allow the pressure to decrease naturally.
- Cooking times may vary depending on the quality of the beans. If, after the recommended cooking time, the beans are still hard, continue cooking them with the lid off. If necessary, add water.
- A cup of beans expands to approximately two cups when cooked.
- When you prepare lentil soup, use the cooking times given for a conventional cooker.

BEANS AND LEGUMES	APPROXIMATE COOKING TIME	PRESSURE LEVEL
Azuki	4-5 minutes	High
Beans, white	5-7 minutes	High
Beans, scarlet, red	10-12 minutes	High
Beans, black	8-10 minutes	High
Beans, colored	4-6 minutes	High
Pigeon peas	7-9 minutes	High
Chick peas	10-12 minutes	High
Lentils, red	7-9 minutes	High
Lentil soup	8-10 minutes	High
Lentils, green	8-10 minutes	High

Grains

- Clean out any foreign particles. Rinse them with warm water. Soak grains, in four times their volume of warm water for at least four hours before cooking them, or if you prefer, leave them to soak overnight. Do not add salt, for this will harden grains and prevent them from absorbing water.
- Do not leave rice to soak.
- After soaking remove floating grains or shell.
- Strain the water off the grains.
- Rinse them in warm water (this also applies to rice.)
- Cook each cupful of grains in the quantity of water indicated.
- If you prefer, add salt to taste.
- Never fill the pressure cooker to more than half of its capacity.

- After the cooking period, let the pressure decrease naturally.
- Cooking times may vary depending on the quality of the grains. If after the recommended cooking time the grains are still hard, continue cooking them with the lid off. If necessary, add water.
- A cup of grains expands to approximately two cups when cooked.

GRAINS (1 cup)	APPROXIMATE WATER QUANTITY	COOKING TIME	PRESSURE LEVEL
Rice, basmati	1 1/2 cups	5-7 minutes	High
Rice, brown	1 1/2 cups	15-20 minutes	High
Rice, long grain	1 1/2 cups	5-7 minutes	High
Rice, wild	3 cups	22-25 minutes	High

Meat

- Remove all the visible fat from the meat or poultry. If you are preparing a complete cut of meat or poultry, such as a roast, cut it in such a way that it fits in the cooker without touching the sides. Meat and poultry cut up into small pieces cooks more quickly.
- To achieve best results, brown the meat with 2 to 3 spoonfuls of vegetable or olive oil in the pressure cooker with the lid off and before adding the other ingredients. Do not overload the pressure cooker. Brown meat in batches if necessary. Drain off the excess fat and begin as indicated in the recipe.
- Always cook meat with at least 1/2 cupful of liquid. If the cooking time exceeds 15 minutes, use two cups of liquid. Meats with preservatives or salted meats should be covered by the water.
- Never fill the pressure cooker to more than half its capacity.
- When you prepare a concentrated stock or soup, put all the ingredients in the pressure cooker and add water to half its capacity.
- Exact cooking times vary depending on the quality and quantity of the meat which is cooked. Unless the

recipe indicates otherwise, the cooking times given are for 3 lbs of meat or poultry. Also, the larger the cut of meat, the longer the cooking time will be.

- After the cooking time, let the pressure decrease naturally.
- When you cook beef or poultry with vegetables, begin by cooking the meat in stock or another liquid. Subtract from the cooking time recommended for the meat, the cooking time of the vegetable ingredient which takes longest to cook. Pressure cooker the meat first. Release the pressure from the cooking using the quick release method. Open the cooker and add the vegetables. Continue pressure cooking for the cooking time recommended for the vegetables. Check the seasoning. If you want to add vegetables which cook rapidly, such as peas or mushrooms, do not pressure cook them with the other vegetables. Add them to the cooker before serving and boil them in the pressure cooker with the lid off until they are ready.

MEAT	APPROXIMATE COOKING TIME	PRESSURE LEVEL
Beef/veal, roast or brisket	35-40 minutes	High
Beef/veal, (shanks)		
1 1/2-inch wide	25-30 minutes	High
Beef/veal, 1-inch cubes, 1 1/2-pounds	10-15 minutes	High
Beef/veal, roast or brisket	35-40 minutes	High
Beef, dressed, 2 pounds	10-15 minutes	Low
Meatballs, 1-2 pounds	5-10 minutes	Medium
Beef, cured	50-60 minutes	High
Pork, roast	40-45 minutes	High
Pork, ribs, 2 pounds	15 minutes	High
Pork leg, smoked, 2 pounds	20-25 minutes	High
Pork, ham, pieces	20-25 minutes	High
Lamb, leg	35-40 minutes	High
Lamb, 1-inch cubes, 1 1/2-pounds	10-18 minutes	High
Chicken, whole, 2 to 3 pounds	12-18 minutes	High
Chicken, in pieces, 2 to 3 pounds	8-10 minutes	High
Spring chickens, two	8-10 minutes	High

Soup or concentrated stock of beef or fowl	10-15 minutes	High
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Seafood and fish

- Clean and gut fish. Take out all the visible bone.
- Scrub and rinse shellfish in cold water. Soak clams and mussels in a container of cold water with the juice of one lemon, for an hour, to remove sand from them.
- Cooking times can vary depending on the seafood which is cooked.
- If you prefer, add seasoning or flavoring to the cooking liquid.
- Never fill the pressure cooker to more than two thirds of its capacity.
- When you prepare concentrated stock or soup put all the ingredients in the pressure cooker and add water to half of its capacity.
- Use the quick release method when the cooking period is over.

SEAFOOD AND FISH	APPROXIMATE COOKING TIME	PRESSURE LEVEL
Crab	2-3 minutes	Low
Fish fillet, 1 1/2-to 2 pounds thick	2-3 minutes	Low
Fish soup or concentrated fish stock	5-6 minutes	High
Fish, whole, gutted	5-6 minutes	Low
Lobster, 1 1/2-to 2 pounds	2-3 minutes	Low
Mussels	2-3 minutes	Low
Prawns (shrimp)	1-2 minutes	Low

Adapting Traditional Recipes to Use in the Futuro Pressure Cooker

It is easy to adapt your favorite recipe for use in a pressure cooker. For the most part, soups, stews, braised and slow-roasted meats and poultry, and slow-simmered recipes, such as tomato sauce and fruit preserves provide the best results.

Meats and Poultry: When preparing meats and poultry, brown well in the pressure cooker pot using at least 2 tablespoons of vegetable or olive oil. Pour

off any excess fat and sauté onions, garlic or any other vegetables as called for in the recipe. Add the remaining ingredients and at least a 1/2 cup of cooking liquid such as broth, diluted tomato puree or wine.

Soups: Soups are quick and easy to prepare. Add meat, poultry or seafood to the pressure cooker along with any desired vegetables, herbs and spices. Add liquid ingredients, filling pressure cooker only halfway.

Tomato Sauce and Fruit Preserves:

When preparing tomato sauce, sauté minced onion and/or garlic. Add and brown the meats as specified in the recipe.

Add the strained or pureed tomatoes, filling the pressure cooker only halfway. Position lid and lock in place. Cook for 20 minutes. Remove from heat and let pressure drop naturally. Season with salt and pepper to taste.

To make fruit preserves, place the fruit in the pressure cooker with the desired quantity of sugar. Let sit one hour to release natural juices of fruit. Bring to a boil, uncovered. Stir well and add other ingredients as indicated in your recipe. Position lid and lock in place. Cook for 8 minutes. Remove from heat and let pressure drop naturally.

Troubleshooting

In order to ensure best results when using the Futuro Pressure Cooker, be certain to read all of the instructions and safety tips contained in this owner's manual and all other printed materials provided by the manufacturer. The following are practical tips and solutions to some common problems you may experience when using the Futuro Pressure Cooker.

PROBLEM:

There is no steam released by the operating valve.

REASON:

1. The pressure cooker is not properly locked.
2. There is not enough liquid in the cooker.
3. The gasket is not in place, or is dirty or worn.
4. The burner heat is not high enough.
5. The valve is dirty and/or obstructed.

SOLUTION:

1. Slide the lid handle to the left until it locks automatically.
2. Make sure there is enough liquid.
3. Make sure the gasket is clean and well positioned before using the pressure cooker. After continued use, the gasket will begin to wear and should be replaced approximately once a year or more often if the pressure cooker is used frequently.
4. Turn up the heat until a gentle, steady stream of steam is released from the operating valve.
5. The valve can become dirty when cooking foods that have a tendency to foam, such as dried beans. Clean the valve periodically.

PROBLEM:

Pressure does not build-up.

REASON:

1. Not enough liquid.
2. The pressure cooker was not properly closed.
3. The valve is dirty and/or obstructed.
4. The gasket is not in place, or is dirty or worn.

SOLUTION:

1. Always use the appropriate amount of liquid called for in the recipe. This

- amount should never be less than 1/2 cup. However, never fill the pressure cooker more than half full with liquids.
2. Following the instructions given in this manual, close the pressure cooker so that a tight seal is created, which will allow for adequate pressure build-up.
 3. The valve can become dirty when cooking foods that have a tendency to foam, such as dried beans. Clean the valve periodically.
 4. Make sure the gasket is clean and well positioned before using the pressure cooker. After continued use, the gasket will begin to wear and should be replaced approximately once a year or more often if the pressure cooker is used frequently.

PROBLEM:

1. A gentle, steady stream of steam is released from the operating valve and small drops of water condensation collect on the lid.
2. A large, continuous amount of steam is escaping from the operating valve with or without drops of condensation.

REASON:

1. When used properly, the operating valve will release a gentle steady stream of steam as well as some drops of condensed water on the lid.
2. a) The burner heat is too high.
b) The valve is dirty.
c) The safety valve is malfunctioning.

SOLUTION:

1. Normal operation.
2. a) Lower the heat so that only a gentle, steady stream of steam is released.
b) Check the valve to see if there are any remaining food particles.
c) The safety valve must be replaced. Contact Fagor America Customer Service Dept. at the address and/

or phone number provided in the warranty information.

PROBLEM:

Steam is escaping around the edge of the lid.

REASON:

1. The pressure cooker is too full.
2. The pressure cooker was not closed properly.
3. The gasket is not in place, or is dirty or worn.

SOLUTION:

1. Never fill the pressure cooker more than half or 2/3 full, depending on the type of food being prepared.
2. Following the instructions given in this manual, close the pressure cooker so that a tight seal is created, which will allow for adequate pressure build-up.
3. Make sure the gasket is clean and well positioned before using the pressure cooker. After continued use, the gasket will begin to wear and should be replaced approximately once a year or more often if the pressure cooker is used frequently.

PROBLEM:

The pressure cooker cannot be opened after cooking.

REASON:

1. There is still pressure built-up in the pressure cooker.

SOLUTION:

1. Use the quick release method to release any remaining pressure. Try opening again.

PROBLEM:

Foods are under-cooked.

REASON:

1. Cooking time is too short.
2. Quick release method was used to release the pressure.

SOLUTION:

1. Always check the cooking time in your recipe. If still under-cooked, extend cooking time by approx. 1 to 2 minutes and cook under pressure, or simmer without lid and pressure under desired texture is achieved.
2. Use natural release method so that food has benefit of additional cooking time as pressure drops.

PROBLEM:

Food is overcooked.

SOLUTION:

1. Always check the cooking times in your recipe. If food is overcooked, shorten the cooking time by at least 1 to 2 minutes.
2. Use quick release method so that pressure drops immediately.

HOME CANNING RECIPES

Pasta Sauce

Servings: 4 pints

Headspace: 1 inch

Time: 20 minutes /high pressure setting

Ingredients:

- 5 lbs tomatoes cored and chopped
- 2 tablespoons olive oil
- 3/4 cup peeled, chopped onion
- 4 garlic cloves, peeled and minced
- 1/2 pound mushrooms, chopped
- 1/4 cup fresh parsley, chopped
- 1 1/2 teaspoons salt
- 2 bay leaves
- 2 teaspoons oregano
- 1 teaspoon black pepper
- 1/4 cup brown sugar

Directions

Place tomatoes in large saucepan and boil for 25 minutes uncovered.

Allow cooling slightly then running through a food mill or sieving to remove skins and seeds.

In a large skillet, heat olive oil and sauté onions, garlic and mushrooms until tender. Place the sautéed vegetables in a stockpot, add tomatoes and remainder of ingredients and bring to a boil. Lower heat and simmer, uncovered for approx 25 minutes, stirring frequently to avoid burning. Ladle into Jars. Cap and seal. Place in canner with just enough water to cover jars. Process for 20 minutes / high pressure setting.

Barbeque Sauce

Servings: 4 pints

Headspace: 1 inch

Time: 20 minutes / high pressure setting

Ingredients:

- 1 1/3 cup peeled, chopped onions

1 cup chopped celery
1 teaspoon of salt
1 1/4 teaspoon paprika
3 tablespoons mustard
3 tablespoons Worcestershire sauce
2 cups tomato paste
2 cups ketchup
22 oz. Water
2/3 cup distilled white vinegar
2 cups brown sugar

Directions:

Combine all ingredients into a stockpot and bring to a boil. Lower heat and simmer for about 30 minutes, stirring constantly. Once sauce has thickened, ladle into jars. Cap and seal. Place in canner with just enough water to cover jars. Process for 20 minutes / high pressure setting.

Chile Con Carne

Servings: 4 pints
Headspace: 1 inch
Time: 90 minutes / high pressure setting
Ingredients:

1 1/4 cups dried red kidney beans
2 1/4 cups water
2 teaspoons salt
1 1/4 lbs ground beef
1 small chopped onion
1 small chopped pepper
1/4 teaspoon black pepper
2-3 tbsp chili powder
3 1/4 cups crushed tomatoes
Salt & Pepper to taste

Directions:

Wash beans thoroughly and place them in a 2qt saucepan. Add cold water to a level of 2 – 3 inches above the beans and soak overnight. Drain and discard water. Combine beans with water and lightly season with salt & pepper. Bring to a boil. Reduce heat and simmer for 30 minutes. Drain and discard water. In a separate skillet, brown ground beef, onions, and peppers. Drain off fat and add to beans

with remainder of ingredients. Add 1 cup of water. Simmer for an additional 5-10 minutes. Cap and seal. Place in canner with just enough water to cover jars. Process for 90 minutes / high pressure setting.

Cucumber Soup

Servings: 4 pints
Headspace: 1 inch
Time: 40 minutes/ high pressure setting
Ingredients:

2 medium onions, peeled and cut into chunks
1/4 cup margarine
3 pounds cucumbers, peeled, seeded, and cut into chunks
6 cups water
6 chicken bouillon cubes
3 teaspoons mixed fine herb spices
3/4 teaspoon white pepper
2-3 teaspoons dill weed

Directions

Sauté the onion in the margarine until soft. Add the remaining ingredients, then cover and simmer until very soft. process the soup in a blender. Return the puree to the stockpot and bring to a boil. Cook for 5 minutes before ladling into jars. Cap and seal. Place in canner with just enough water to cover jars. Process 40 minutes/ high pressure setting. This is a great recipe served hot or chilled.

Mixed Vegetables

Servings: 4 pints
Headspace: 1 inch
Time: 55 minutes / high pressure setting
Ingredients:

2 cups sliced carrots
2 cups cut, whole kernel sweet corn
1 cup cut green beans
1 cup shelled lima beans
1 cup whole or crushed tomatoes
1 cup diced zucchini

Directions:

Combine all vegetables in a large pot or kettle, and add enough

water to cover pieces. Add 1/2 teaspoons salt per pint to each jar. Boil 5 minutes. Ladle into jars (include the liquid)

Leave 1 inch headspace. Cap and seal. Place in canner with just enough water to cover jars. Process 55 minutes / high pressure setting.