



LUX MULTI-COOKER

**OLLA ELÉCTRICA MULTIFUNCIONAL
MULTI-CUISEUR ÉLECTRIQUE**



**User's Manual
Manual del Usuario
Manuel d'utilisation**

Contents

Introduction	2
Important Safeguards	3
Features and Functions.....	5
Getting Started.....	7
Operating Functions	8
Pressure Cooker Program	10
Pressure Cooking Charts	12
Rice Cooking Programs.....	16
Slow Cooking Program.....	18
Yogurt Program.....	19
Greek Yogurt	22
Brown Function	22
Sauté Function.....	23
Simmer Function	23
Steam Function.....	24
Keep Warm Function	24
Time Delay Function.....	25
Cleaning and Maintenance	26
Español.....	29
Français	57
Limited Warranty	84

Introduction

Thank you for purchasing this state of the art Fagor LUX Multi-Cooker! The Fagor LUX can be used to steam, simmer, brown, sauté, cook white rice, brown rice, risotto, yogurt, pressure cook and slow cook foods to perfection. The user friendly electronic controls are simple and straightforward, allowing you to set recipe times with ease. Plus, the convenient TIME DELAY and KEEP WARM settings provide you with cooking flexibility that meets your busy schedule.

This Fagor LUX Multi-Cooker user's manual contains information on the use and care of this product. Please read this manual carefully before operating the Fagor LUX Multi-Cooker to ensure proper usage and maintenance of the unit. Carefully following the directions in this manual will enable you to optimize the performance and lifespan of the cooker.



IMPORTANT SAFEGUARDS



The product you have purchased is a state of the art appliance. It adheres to all of the latest safety and technology standards; however, as with any electric appliance, there are some potential risks. Only operate this cooker in accordance with the instructions provided and only for its intended household use.

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING THE APPLIANCE FOR THE FIRST TIME.

- Read all of the instructions contained in this manual before using the appliance.
- This product is not intended for commercial or outdoor use; it is only for household and indoor use.
- Do not operate the unit if the electric cord or plug is damaged. If the appliance is not working properly, has been dropped or damaged, left outdoors or submerged in water, discontinue use immediately and contact our customer service department at 1-800-207-0806.
- The Multi-cooker has a polarized AC (Alternating Current) plug, one blade is wider than the other. It will only fit in a polarized outlet one way as a safety feature. Reverse the plug if the plug does not fit fully in the outlet. If it still does not fit in the outlet, contact a qualified electrician. Do not attempt to override this safety feature.
- Do not let the electric cord hang over the edge of the table or counter.
- Do not let the electric cord touch hot surfaces.
- If using an extension cord to connect the Multi-cooker, please note that a damaged extension cord can cause the unit to malfunction. Always check your extension cord for damage and be sure it is compliant with the required voltage. Be sure not to place the cord where someone can trip over it.
- Do not place the Multi-cooker near heat-emitting devices such as heaters, gas cooktops or electric burners. Do not place the cooker in a heated oven.
- Always use the Multi-cooker in a well-ventilated area.
- Using accessories or replacement parts that are not recommended or sold by the manufacturer may cause damage to the Multi-cooker or personal injury.
- Children need close adult supervision at all times when they are in or around the kitchen. Keep this appliance out of the reach of children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- While in operation, do not cover the appliance or position it near flammable materials including curtains, draperies, walls, and fabric upholstered furniture.

- 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. Any pressure in the cooker can be hazardous.
- Always cook in the removable cooking pot of the Multi-cooker. Cooking without the removable cooking pot may cause an electric shock or damage to the unit.
- Never deep fry or pressure fry in the cooker. It is dangerous and may cause a fire and serious damage.
- Never cover or block the pressure valve with anything. This may cause over pressurizing and lead to serious accidents.
- While you're cooking, the lid and the outer stainless steel surface of the cooker might get hot. Handle with care and carry or move the cooker using only the side handles. Be very cautious when moving any appliance containing hot food or liquids.
- Keep hands and face away from pressure regulator knob when releasing pressure from the cooker to avoid being scalded by hot steam.
- After cooking, use extreme caution when removing the lid. Serious burns can result from residual steam escaping from inside the unit. Lift the lid facing away from you and allow the drops of water to trickle back from the lid into the cooker.
- Always unplug and let cool before cleaning and removing parts. Never attempt to unplug the unit by pulling on the power cable. Keep unplugged when not in use.
- To reduce the risk of an electric shock, never immerse the plug, power cable or housing in water or any other liquid. Only the removable cooking pot can be placed in the dishwasher.
- Only qualified experts may repair and perform maintenance work on the electric Multi-cooker using authentic FAGOR replacement and accessory parts. Never attempt to disassemble and repair the Multi-cooker yourself.
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Pressure Cooker Program".
- Do not fill the unit over 2/3 full. When cooking with foods that expand such as rice or dried vegetables, do not fill the removable cooking pot more than 1/2 full. Over filling may cause a risk of clogging the vent pipe and you will not have enough room for proper building of pressure. See "Operating Functions".
- The following foods tend to foam, froth and/or sputter: applesauce, cranberries, pearl barley, oatmeal, split peas, noodles/pasta or rhubarb. These items may block the pressure valve if filled too high in the removable cooking pot. Please be sure when pressure cooking these items to not fill the removable cooking pot more than half way.
- Always check the pressure release devices for clogging before use.

SAVE THESE INSTRUCTIONS

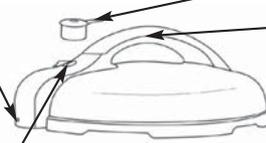
Features and Functions

Top of the lid

(2) Self-Locking pin

Pressure regulating knob (1)

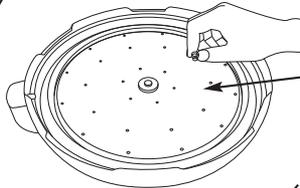
Cool-touch handle (3)



Bottom of the lid

(4) Floating valve

(13) Inner Cover



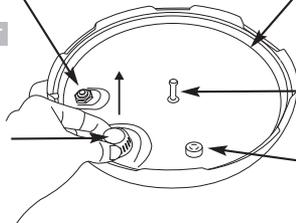
(5) Silicone gasket

Body of Multi-cooker

(7) Anti-blocking case
(pull up to remove)

(14) Inner Cover Holder

(6) Safety Pressure Valve



Condensation reservoir (8)
(can be removed)

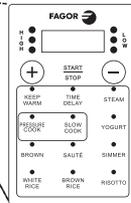
(3) Cool-touch handle

Stationary pot (11)
(cannot be removed)

Control panel (12)

(9) Temperature sensor

(9) Heating element



(10) Removable cooking pot

- 1. Pressure Regulating Knob:** Turn the regulating knob to the “Pressure” position when cooking under pressure or when using any of the rice cooking functions. Turn the knob to the “Steam” position to release the pressure after pressure cooking or rice cooking and when using the STEAM function. When using the SLOW COOKER or KEEP WARM functions, be sure to turn the pressure regulating knob to the “Steam” position and not to the “Pressure” position.
- 2. Self-Locking Pin:** The lid will lock automatically when the lid is properly aligned and closed. While cooking under pressure you will not be able to open the lid until all of the pressure is released.
- 3. Cool-Touch Handles:** The cool to the touch handles of the Multi-cooker allows for easy handling and opening of the lid.
- 4. Floating Valve:** The safety-floating valve controls the amount of pressure inside the cooker by allowing excess pressure to be released.
- 5. Silicone Gasket:** Creates an airtight seal needed for the cooker to build up pressure. Check the silicone gasket for any tears or cracks before using the pressure cooking, slow cooking, or any of the rice cooking functions. To order a new gasket, please contact a Fagor Representative at 1-800-207-0806 or purchase it directly on the Fagor website at www.fagoramerica.com.
- 6. Safety Pressure Valve:** The safety pressure valve allows excess pressure to escape from the cooker when it is being used for pressure cooking. It works independently of the floating valve.
- 7. Anti-Blocking Case:** Pull it towards yourself to release the pressure regulator knob for cleaning.
- 8. Condensation Reservoir:** Collects excess condensation during cooking. If there is some liquid in the reservoir after cooking, simply empty it.
- 9. Heating Element and Temperature Sensor:** Both elements regulate the cooking temperature inside the pot.
- 10. Removable Cooking Pot:** Ceramic pot with non-stick coating; dishwasher safe pot, but hand washing is always recommended.
- 11. Stationary Pot:** This pot cannot be removed from the electric multi-cooker and should NEVER be used for cooking. Before cooking, make sure to place the removable cooking pot into the stationary pot first. All ingredients should be placed into the removable cooking pot ONLY.
- 12. Control Panel:** The easy to use controls allow you to select the different programs available with a touch of a finger. Available for selection are: two pressure cooking settings, two slow cooking settings, white rice, brown rice, risotto, brown, sauté, simmer, steam, yogurt, keep warm, time delay, start/stop and a plus and minus button to adjust cooking time and time delay. Also, on the control panel you will find the HIGH and LOW indicator lights which will blink while pressure or temperature is building. These three lights will go solid once the unit has reached proper pressure or temperature.
- 13. Inner Cover:** Remove the inner cover by lifting it upward until it releases from the lid.
- 14. Inner Cover Holder:** Keeps the inner cover in place once the inner cover is reattached.

Getting Started: Before First Use

Read the safety instructions found in this manual before plugging in and operating the unit. Before using the Multi-cooker for the first time, follow these steps:

1. Remove all packing materials and literature from within the Fagor LUX Multi-Cooker. Lift out the removable cooking pot and remove any pieces of paper from under it. Remove the plastic protection from the control panel and any stickers from the lid or stainless steel housing.
2. Wash all removable parts in warm soapy water. Rinse and dry all parts thoroughly. Wipe the stainless steel outer housing with a clean damp cloth. NEVER submerge the stainless steel outer housing in water or any other liquid. Only the removable cooking pot is dishwasher safe.
3. To clean the pressure regulator knob, gently push the pressure regulator knob down and at the same time turn the pressure regulator knob counterclockwise past STEAM to CLEAN setting. Once the white dot on CLEAN is aligned with the white dot on the base of the pressure regulator, you can lift the pressure regulator up and off the lid. Look through the holes of the pressure regulator to make sure there is nothing obstructing, and then clean the pressure regulator knob with warm soapy water, allowing the water to run through the pressure regulator to remove all particles.
4. To put the pressure regulator back onto the lid, simply align the CLEAN setting with the white dot on the base, gently push down on the pressure regulator and turn the knob clockwise until it slides back into place.
5. Make sure the silicone gasket is seated properly inside the lid or else the cooker will not function properly.
6. After thorough drying, place the removable cooking pot back into the Multi-cooker before cooking.

Operating Functions: Panel Programs and Functions



Temperature/Timer Chart

Cooking Function:	Temperature:	Preset Time:	Timer:
Keep Warm	165°F	30 minutes	Up to 12 hours, 30 minute increments
Steam	212°F	5 minutes	1-99 minutes, 1 minute increments
Brown	356°F	30 minutes	1-30 minutes, 1 minute increments
Sauté	284°F	30 minutes	1-30 minutes, 1 minute increments
Simmer	200°F	30 minutes	1-120 minutes, 1 minute increments
High Pressure	240°F-248°F	1 minute	1-99 minutes, 1 minute increments
Low Pressure	226°F-230°F	1 minute	1-99 minutes, 1 minute increments
High Slow Cooker	212°F	2 hours	30 minutes - 10 hours, 30 minute increments
Low Slow Cooker	190°F	2 hours	30 minutes - 10 hours, 30 minute increments
Yogurt	104°F-109°F	8 hours	Up to 24 hours, 30 minute increments
White Rice	226°F-230°F	10 minutes	1-99 minutes, 1 minute increments
Brown Rice	240°F-248°F	20 minutes	1-99 minutes, 1 minute increments
Risotto	240°F-248°F	6 minutes	1-99 minutes, 1 minute increments

1. **Keep Warm:** Used to reheat or keep cooked food warm until ready to serve.
2. **Steam:** This function is used to steam meals such as vegetables and fish. Simply add at least a half a cup of water into the bottom of your removable cooking pot and insert the Fagor Stainless Steel Steamer Basket and Trivet. Make sure that the steamer basket is positioned above the water. The Fagor Stainless Steel Steamer Basket and Trivet can be purchased separately on the Fagor website at www.fagoramerica.com.
3. **Brown:** This function is used to seal in flavor and juice by giving the food a golden brown exterior.
4. **Sauté:** This function is used when cooking small pieces of food by preparing them with very little oil at a high heat before using the pressure cooking or slow cooking function.
5. **Simmer:** This function is used to make soup, stew, sauce or other entrees that need to be cooked at a lower heat setting. This function is much gentler than the boiling point of water and will make meat and vegetables very tender.
6. **Pressure Cooking:** HIGH-Use this function to cook at high pressure, 9 psi (pounds per square inch). This pressure setting is more suitable to cook tougher meats and vegetables or other foods that are not so delicate. LOW-Use this function to cook at a low pressure, 5 psi. This pressure setting is more suitable to cook delicate foods such as tender vegetables and certain types of fish.
7. **Slow Cooking:** This program cooks food slowly for up to 10 hours at temperatures of 190°F (LOW) or 212°F (HIGH). Slow cooking helps food retain maximum flavor and tenderness.
8. **Yogurt:** This function is perfect for making traditional homemade yogurt and Greek yogurt.
9. **White Rice:** This function uses low pressure and gives you a preset time of 10 minutes to cook different types of white rice.
10. **Brown Rice:** This function uses high pressure and gives you a preset time of 20 minutes to cook a variety of different rices.
11. **Risotto:** This function uses high pressure and gives you a preset time of 6 minutes to create a gourmet risotto dish.
12. **Start/Stop:** To be used after a cooking selection has been made to begin the cooking process or if you would like to cancel the cooking function.
13. **Time Delay:** Allows you to delay cooking time up to 6 hours. Simply push the time delay button, which will increase by 30 minute increments until you reach the 6 hour maximum time.

Pressure Cooking Program

This program will allow food to cook faster under pressure by reducing cooking time up to 70% compared to traditional cooking methods. Pressure cooking is fast, easy, safe and healthy!

1. Before every use, make sure the silicone gasket and the pressure regulating valves are clean and are properly placed within the cooker.
2. Plug the cord into a wall outlet.
3. Place the removable cooking pot into the cooker, and add the ingredients following the recipe. When cooking foods under pressure, a minimum of 1 cup (8 oz.) of liquid is required.

NOTE: Do not fill the pot more than 2/3 full with food and liquid. Do not fill the unit more than 1/2 full when cooking foods that expand during cooking.

NOTE: The following foods tend to foam, froth and/or sputter: applesauce, cranberries, pearl barley, oatmeal, split peas, noodles/pasta or rhubarb. These items may block the pressure valve if filled too high in the removable cooking pot. Please be sure when pressure cooking these items to not fill the removable cooking pot more than half way.

4. Place the lid on the cooker; aligning the protruding pin on the handle with the condensation cup that shows the unlocked symbol, and turn your lid counterclockwise until it locks into place. You will know when this unit has been locked once you hear the pin click into place.
5. Turn the pressure regulator knob to PRESSURE.
6. Choose the desired cooking mode by pressing the PRESSURE COOK button once for HIGH pressure and twice for LOW pressure.
7. Set the desired cooking time by pressing the + or - buttons once for each additional minute or to fast advance, hold the button down until you reach the desired time. The maximum pressure cooking time is 99 minutes.
8. To set the delay timer, select the TIME DELAY button and use the + or - buttons to adjust when cooking should begin. The delay time goes up in 1/2 hour increments.
9. Press the START/STOP button to begin cooking. The indicator light on the PRESSURE COOK button will flash when the unit has begun to build pressure. If you forget to select a desired cooking time or forget to press the START/STOP button, the unit will beep twice and the digital display will read --:-- after 30 seconds.
10. As the pressure is building, the three circles next to the chosen pressure setting will light up one at a time. The PRESSURE COOK button will also flash until it has reached full pressure. Once pressure has been reached, all three circles will turn solid red, the pressure cooker button indicator light will also turn solid red and then the unit will beep. This is when your cook time begins.
11. The unit will then begin to count down in minutes once the appropriate pressure has been reached. The floating valve which is located in the lid will also rise when pressure has been reached.

WARNING: NEVER TRY TO FORCE THE LID OPEN WHILE YOU ARE COOKING UNDER PRESSURE. THIS CAN RESULT IN A SERIOUS ACCIDENT.

WARNING: NEVER DEEP FRY OR PRESSURE FRY IN THE MULTI-COOKER. IT IS DANGEROUS AND MAY CAUSE A FIRE AND SERIOUS DAMAGE.

12. The cooker will beep once the cooking time ends. It will turn the automatic KEEP WARM function on and this function will blink until you press the START/STOP button to cancel the program. After pressing the START/STOP button, release the pressure. You have two options for releasing the pressure:

a. **Quick Release Method:** Release the pressure immediately by turning the pressure regulator knob to STEAM.

CAUTION: THE STEAM COMING OUT OF THE COOKER WILL BE HOT, AND MIGHT CONTAIN DROPLETS OF HOT LIQUID. ALWAYS TURN THE JET OF STEAM AWAY FROM YOUR FACE AND HANDS. BE SURE TO USE POTHOLDERS WHEN RELEASING PRESSURE.

b. **Natural Release Method:** Allows the pressure to drop naturally without turning the pressure regulator knob to STEAM. This will take several minutes, during which the food inside will continue cooking. Some recipes (such as risotto) benefit from this extra cooking time. You will know when the pressure has been released because the floating valve will drop and you will be able to open the lid.

NOTE: If you do not press the START/STOP button at the end of the cooking time, the Multi-cooker will switch to KEEP WARM and will beep periodically to remind you that cooking has ended.

13. Once all the pressure is released, remove the lid by turning it clockwise, lifting it up and tilting the lid away from you to avoid being scalded by some remaining steam or hot water condensation dripping from the inner portion of the lid.

WARNING: AFTER COOKING, THE REMOVABLE COOKING POT WILL BE HOT. USE POTHOLDERS TO HANDLE IT OR LET IT COOL DOWN BEFORE REMOVING.

Pressure Cooking Charts

Pressure cooking times are approximate times. Use these cooking times as a general guideline. Size and variety will alter cooking times.

Pressure Cooking Vegetables (Fresh & Frozen): To achieve best results when pressure cooking fresh or frozen vegetables, please refer to the below tips and hints:

1. Use the STEAM function when making steamed vegetable dishes.
2. Use the quick release method when pressure cooking vegetables so they do not overcook.
3. Use a minimum of 1 cup of liquid when cooking vegetables.
4. When steaming vegetables, use the Fagor Stainless Steel Steamer Basket and Trivet, which can be purchased at the Fagor website at www.fagoramerica.com or by calling a Fagor Representative at 1-800-207-0806.

Vegetable Pressure Cooking Chart:

Vegetable	Fresh (Cooking Time)	Frozen (Cooking Time)
Acorn Squash, chunks	6-7 minutes	8-9 minutes
Artichoke, 4 medium – large	8-10 minutes	10-12 minutes
Asparagus	1-2 minutes	2-3 minutes
Whole Beets, medium – large	20-25 minutes	25-30 minutes
Broccoli, Florets	2-3 minutes	3-4 minutes
Brussel Sprouts	3-4 minutes	4-5 minutes
Butternut Squash, chunks	8-10 minutes	10-13 minutes
Cabbage, Quartered	3-4 minutes	4-5 minutes
Carrots, whole or chunk	2-3 minutes	3-4 minutes
Cauliflower, florets	2-4 minutes	3-5 minutes
Celery, chunks	2 minutes	3 minutes
Collard Greens	4-5 minutes	5-6 minutes
Corn on the Cob	3-5 minutes	4-6 minutes
Edamame, in pod	4-5 minutes	5-6 minutes
Eggplant	2 minutes	3 minutes
Endive	1-2 minutes	2-3 minutes
Kale, coarsely chopped	1-2 minutes	2-3 minutes
Leeks	2-4 minutes	3-5 minutes
Onions, sliced	2 minutes	3 minutes
Potatoes, whole, small	5-8 minutes	6-9 minutes
Potatoes, whole, large	10-12 minutes	11-13 minutes
Potatoes, sliced or cubed	5-8 minutes	6-9 minutes
Pumpkin, chunks	4-8 minutes	6-12 minutes
Spinach	1-2 minutes	3-5 minutes

Sweet Potatoes, cubed	7-9 minutes	9-11 minutes
Sweet Potatoes, whole	10-15 minutes	12-19 minutes
Tomatoes, quartered	2 minutes	4 minutes
Zucchini	2 minutes	3 minutes

Pressure Cooking Fresh or Dried Fruits: To achieve best results when pressure cooking dried or fresh fruit, please refer to the below tips and hints:

1. Quick release method is recommended when pressure cooking fruit to prevent from overcooking.
2. One half cup of water is sufficient for cooking any quantity of fruit because the cooking time is very short.
3. Add sugar to fruit only after it is cooked, not before.

Fruit Pressure Cooking Chart:

Fruit	Fresh (Cooking Time)	Dried (Cooking Time)
Apples (Slices or Chunks)	2 minutes	3 minutes
Apples (Whole)	3 minutes	4 minutes
Apricots, whole or halved	2-3 minutes	3-4 minutes
Peaches	2-3 minutes	4-5 minutes
Pears	2-4 minutes	3-5 minutes
Plums/Prunes	2-4 minutes	3-5 minutes
Grapes/Raisins	1-2 minutes	4-5 minutes

Pressure Cooking Beans/Legumes (Dry & Soaked): To achieve best results when cooking with dried or soaked beans/legumes, please refer to the below tips and hints:

1. Rinse dried beans/legumes under cold water and drain; discard any pebbles or other debris in batch.
2. Do not fill cooker more than half full to allow for beans/legumes to expand in size.
3. Use enough liquid to cover the beans/legumes
4. Do not salt beans/legumes. Using salt while cooking the beans/legumes will prevent them from cooking properly.
5. Add 1-2 tablespoons of oil to beans/legumes to minimize frothing.
6. Release pressure when cooking dried beans/legumes by using the natural release method for best results.

Beans/Legumes Pressure Cooking Chart:

Beans/Legumes	Cooking Time (Dried 180ml Cups)	Cooking Time (Soaked Overnight)
Adzuki Beans	20-25 minutes	10-15 minutes
Black Beans	20-25 minutes	10-15 minutes
Black-Eyed Peas	20-25 minutes	10-15 minutes
Cannellini Beans	35-40 minutes	20-25 minutes
Chestnuts, pierced	7-10 minutes	5-7 minutes
Chickpeas (Garbanzo Beans)	34-40 minutes	20-25 minutes
Great Northern Beans	28-30 minutes	23-25 minutes
Kidney Beans	25-30 minutes	20-25 minutes
Lentils (Brown)	15-20 minutes	N/A
Lentils (Green)	15-20 minutes	N/A
Lentils (Red)	15-17 minutes	N/A
Lima Beans	20-24 minutes	10-15 minutes
Navy Beans	25-30 minutes	20-25 minutes
Pinto Beans	25-30 minutes	20-25 minutes
Red Beans	25-30 minutes	20-25 minutes
Soybeans	25-30 minutes	20-25 minutes
Split Peas (Green)	15-20 minutes	10-15 minutes
Split Peas (Yellow)	15-20 minutes	10-15 minutes

Pressure Cooking Rice/Grains: To achieve best results when pressure cooking rice/grains, please refer to the below tips and hints:

1. Add 1-2 tablespoons of oil to the dried grains to minimize frothing.
2. Do not fill removable cooking pot more than half way to allow rice/grain to expand in size.
3. Do not use the quick release method to release pressure; Use the natural release method instead to release pressure from the cooker.
4. Pearl Barley tends to froth, foam and sputter which may block the pressure valve if filled too high in the removable cooking pot. Please be sure to not fill the removable cooking pot more than half way.

Rice/Grain Pressure Cooking Chart:

Rice/Grain	Grain : Water Ratio (180ml Cups)	Cooking Function & Cooking Times
Arborio	1:3	Risotto, 6 minutes
Barley	1:3 – 1:4	Brown, 25-30 minutes
Basmati	1:1½	White, 6-9 minutes
Brown	1:1¼	Brown, 25-30 minutes
Couscous	1:2	Brown, 5-8 minutes
Jasmine	1:1	White, 8-9 minutes

Long Grain	1:1½	White, 10 minutes
Millet	2:3	Brown, 10-12 minutes
Pearl Barley	1:4	Risotto, 25-30 minutes
Quick Cooking Oats	1:1 ⅓	Risotto, 5-6 minutes
Quinoa	1:2	Brown, 8-10 minutes
Short Grain Rice	1:1½	White, 8-9 minutes
Steel Cut Oats	1:1 ⅓	Risotto, 10 minutes
Sushi Rice	1:1½	White, 9 minutes
Wheat Berries	1:3	Brown, 25-30 minutes
Wild Rice	1:3	Brown, 25-30 minutes

Pressure Cooking Meat/Poultry: To achieve best results when cooking meat/poultry, please refer to the below tips and hints:

1. Cut meat/poultry into pieces of uniform size for even cooking.
2. When mixing meats, cut those that cook more quickly into larger pieces and those that cook more slowly into smaller pieces.
3. Brown meat in small batches – overcrowding the cooker can result in the meat becoming tough and flavorless.

Meat/Poultry Pressure Cooking Chart:

Meat/Poultry	Pressure Setting	Cooking Time
Beef Brisket, whole	High	40-50 minutes
Oxtail	High	40-50 minutes
Beef Short Ribs	High	35-40 minutes
Boneless Chicken Strips	High	10-12 minutes
Chicken Breast	High	8-10 minutes
Chicken Legs	High	10-12 minutes
Chicken Wings	High	10-12 minutes
Chicken (Whole)	High	20-25 minutes
Cornish Hen	High	10-15 minutes
Duck (Whole)	High	25-30 minutes
Ham (Uncooked)	High	26-30 minutes
Lamb, Cubes	High	10-13 minutes
Pork Spareribs	High	20-25 minutes
Pork Chops	High	8-10 minutes
Pork (Baby Back Ribs)	High	19-24 minutes
Pork Loin	High	45-50 minutes
Pork Shoulder	High	45-50 minutes
Turkey (Drumsticks)	High	15-20 minutes
Veal Chops	High	5-8 minutes
Beef Cubes	High	18-23 minutes
Chicken Cubes	High	10-12 minutes

Pressure Cooking Seafood: To achieve best results when cooking seafood, please refer to the below tips and hints:

1. Always leave at least 2 inches from the top rim to prevent overflowing.
2. Smaller types of seafood, such as clams and shrimp, do not take long to cook, therefore, it's best to add these types of seafood to a dish during the last few minutes of cooking.

Seafood Pressure Cooking Chart:

Fish/Shellfish	Pressure Setting	Cooking Time (Fresh)	Cooking Time (Frozen)
Fish, whole	Low	5-6 minutes	7-10 minutes
Fish Filet	Low	2-3 minutes	3-4 minutes
Fish Steak	Low	3-4 minutes	4-6 minutes
Crab Legs	Low	3-4 minutes	5-6 minutes
Lobster Tail	Low	2-3 minutes	3-4 minutes
Lobster (Whole)	Low	3-4 minutes	4-6 minutes
Mussels	Low	2-3 minutes	4-5 minutes
Scallops (Small)	Low	1 minute	2 minutes
Scallops (Large)	Low	2 minutes	3 minutes
Shrimp, shell	Low	2-3 minutes	3-4 minutes
Shrimp (Med/Large)	Low	1-2 minutes	2-3 minutes
Shrimp (Jumbo)	Low	2-3 minutes	3-4 minutes

Rice Cooking Programs

White Rice: Cook rice to perfection every time with the WHITE RICE function. This function is programmable to ensure rice is soft and composed of just the right cooking temperatures. Rice will be fluffy and delicious while eliminating any cooking hassle.

1. Place the removable cooking pot into the Multi-cooker.
2. Place about 1-2 tablespoons of oil into the removable cooking pot.
3. Add the water and rice ratios needed and any other desired ingredients into the removable cooking pot.
4. Close and lock the lid of the Multi-cooker by properly aligning the handles and turning the lid counterclockwise. Set pressure regulator knob to PRESSURE.
5. Press the WHITE RICE function which will show a preset time of 10 minutes. If you need to adjust the time, press the + or – buttons to adjust timing and then press the START/STOP button once to begin cooking.
6. As the pressure is building, the WHITE RICE function will blink. Once pressure has been reached, the light will turn solid red and the unit will beep. This is when your cook time begins and the Multi-cooker will start counting down by minutes on the cookers digital screen.

7. Once cook time is over, the Multi-cooker will automatically go to KEEP WARM function until you press the START/STOP button to cancel the program.

Brown Rice: The BROWN RICE function ensures your rice is cooked entirely while maintaining all of its richness and nutrients. This function transforms your rice flawlessly by utilizing a specialized cooking cycle.

1. Place the removable cooking pot into the Multi-cooker.
2. Place about 1-2 tablespoons of oil into the removable cooking pot.
3. Add the water and rice ratios needed and any other desired ingredients into the removable cooking pot.
4. Close and lock the lid of the Multi-cooker by properly aligning the handles and turning the lid counterclockwise. Set pressure regulator knob to PRESSURE.
5. Press the BROWN RICE function, which will show a preset time of 20 minutes. If you need to adjust the time, press the + or – buttons to adjust timing and then press the START/STOP button once to begin building pressure.
6. As the pressure is building, the BROWN RICE function will blink. Once pressure has been reached, the indicator light will turn solid red and the unit will beep. This is when your cook time begins and the Multi-cooker will start counting down by minutes on the Multi-cookers digital screen.
7. Once cook time is over, the Multi-cooker will automatically go to KEEP WARM function until you press the START/STOP button to cancel the program.

Risotto: The RISOTTO function ensures the temperature is perfectly precise. Create Risotto that has the perfect blend of timing, temperature and taste!

1. Place the removable cooking pot into the Multi-cooker.
2. Place about 1 tablespoon of vegetable or olive oil into the removable cooking pot and choose SAUTÉ function to sauté the Arborio rice and other ingredients with the lid off first for about 1-2 minutes.
3. Add water or stock and any seasoning or ingredients needed. Once the liquid comes to a rapid boil, properly close and lock the pressure cooker lid.
4. Choose the RISOTTO function, which will be preset to 6 minutes. If you need to adjust the time for the recipe, press the + or – buttons to do so.
5. Press the START/STOP button once to begin building pressure. The RISOTTO function will blink as its building pressure.
6. Once pressure has been built, the red blinking light on the RISOTTO function will go solid red, the unit will beep and that's when your cook time will begin and the unit will count down by minutes.
7. After your cooking time over, the Multi-cooker will automatically switch to the KEEP WARM function.

Slow Cooking Program

Prepare slow cooker classics such as pot roasts, soups and stews in up to 10 hours with this function. Load your ingredients in the morning and dinner will be waiting for you in the evening.

1. Place the removable cooking pot into the Multi-cooker.
2. Place all ingredients as needed into the removable cooking pot.
3. Place the lid on the cooker; align the protruding pin on the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to STEAM when using the slow cooking program.
4. Choose the desired cooking mode by pressing the SLOW COOK button on the control panel once for HIGH slow cooking or twice for LOW slow cooking.
5. Set the desired cooking time by pressing the + or – buttons or to fast advance, hold the + or - button down till you reach the desired cooking time. The longest cooking time, when slow cooking, is 10 hours at either 190°F (LOW) or 212°F (HIGH).
6. To set the delay timer, select the TIME DELAY button and use the + or – buttons to adjust when it should begin cooking.
7. Press the START/STOP button to set the Multi-cooker. The circles on either the HIGH or LOW option, whichever has been chosen on the panel, will begin to light up one at a time, indicating that heat is beginning to form. When the indicator light on the slow cook button goes solid red and all three circles go solid red, this means proper temperature has been reached and cook time begins. If you forget to select a desired cooking time or forget to press the START/STOP button, the unit will beep twice and the digital display will read --:-- after 30 seconds.
8. The unit will begin to count down in one minute increments after the temperature reaches either 190°F (LOW) or 212°F (HIGH).
9. When the cooking time is up, the unit will beep and automatically go into KEEP WARM mode until you press the START/STOP button to cancel the program.

Yogurt Program

You only need two ingredients to make yogurt at home: any type of milk and plain store-bought yogurt (with live active cultures) or starter yogurt.

Choosing the Milk:

The following types of milk may be used:

1. Pasteurized milk of any fat content (full, 2%, 1% or skim milk)
2. Powdered milk
3. Long-life UHT sterilized milk
4. Soy Milk. Be sure to use UHT soy milk, which contains one of the following ingredients: fructose, honey or malt. These ingredients are necessary for fermentation and you will not succeed if none are available in the milk.

Live Active Cultures-Unflavored Yogurt:

All you need is a small amount of plain, unflavored yogurt with live active cultures, often called probiotics. The plain yogurt can either be purchased from a store or used from a previous batch of homemade yogurt. Homemade yogurt can only be used a maximum of 2 times as starter yogurt. If you use the store bought yogurt and prefer a particular brand, try using that one as a starter.

The Live & Active Culture seal, from the National Yogurt Association (NYA), helps you recognize those products containing significant amounts of live and active cultures. The seal is a voluntary identification available to all manufacturers of yogurt whose products contain at least 100 million cultures per gram at the time of manufacture. Since the seal program is voluntary, some yogurt products may have some live cultures but not carry the seal.



NOTE: For 5 cups of milk use $\frac{1}{2}$ cup of plain yogurt or 1 packet starter culture. For 1 cup of milk use about one tablespoon of plain yogurt.

NOTE: You can make yogurt either directly in the removable cooking pot or using glass jars in the removable cooking pot by placing them on a steamer.

Yogurt Making Process:

1. Take the starter yogurt from the refrigerator so that it has time to get closer to room temperature while you heat the milk.
2. Place the amount of milk desired in the removable cooking pot. Leave the lid off and heat the milk to 180-185°F by pressing the SLOW COOK LOW function. Use a thermometer to make sure that proper temperature has been reached.
3. Remove the removable cooking pot from heat and allow the milk to cool to lukewarm (100°F-110°F). To accelerate the cooling down process, place the removable cooking pot in cold water. Do not let it cool below 90°F.
4. Stir in the plain yogurt or starter culture packet and use a silicone whisk to mix it with the milk until the consistency is smooth with no lumps remaining. Do NOT use a metal whisk as it will scratch the non-stick surface of the removable cooking pot.
5. Place the lid on the Multi-cooker; align the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to STEAM when using the yogurt program. Press the YOGURT button. The preset cooking time is 8 hours. Depending on the flavor of yogurt you like best, you can choose how long to cook the yogurt for by pressing the + or - button once for each additional half hour or to decrease by a half hour. To fast advance, hold the button down until you reach the desired cooking time. The longest cooking time is 24 hours. The preparation time impacts the yogurt taste. With longer cooking time, the yogurt will have a more tart flavor. With shorter time, the yogurt will have a milder flavor.
6. Press the START/STOP button to begin the yogurt function. The unit will begin to count down in 1 minute increments once the correct temperature has been reached.
7. When the yogurt is ready, remove the lid. There may be some yellowish liquid, whey, on top of the yogurt. This is normal, whey contains nutrients and protein. Mix it back into the yogurt.
8. If you prefer regular yogurt, cover and place in the refrigerator for 2 to 3 hours before serving, or until yogurt cools down. If you prefer making Greek yogurt, please refer to page 22.

NOTE: THE MULTI-COOKER SHOULD REMAIN PERFECTLY STILL DURING THE COOKING PROCESS. DO NOT MOVE THE APPLIANCE; DO NOT REMOVE THE REMOVABLE COOKING POT OR THE LID AS THIS WILL AFFECT THE FIRMNESS OF THE YOGURT. DO NOT ADD ANY FLAVORING BEFORE COMPLETING THE YOGURT MAKING PROCESS.

Yogurt Making in Glass Jars:

1. Take the starter yogurt from the refrigerator so that it has time to get closer to room temperature while you heat the milk.

2. When you heat the milk in glass jars, add 1 cup of water into the removable cooking pot, then insert a yogurt making rack and place your glass jars on top of the rack. Place the lid on the Multi-cooker; align the protruding pin on the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to PRESSURE. Select the STEAM function to heat the milk to 180-185°F. Once the process is over, use the Natural Release Method to release the steam.
3. The second step after heating the milk is allowing the milk to cool to lukewarm (100-110°F). To accelerate the cooling down process, take out the jars with the help of a jar lifter. Do not let it cool below 90°F.
4. Stir in the plain yogurt with live active culture and use a spoon to mix it with the milk until the consistency is smooth with no lumps remaining.
5. Place the lid on the Multi-cooker; align the protruding pin on the handle with the condensation collector (open lock symbol), and turn it counterclockwise until the locking pin clicks into place. Turn the pressure regulator knob to STEAM. Press the YOGURT function. The preset cooking time is 8 hours. Depending on the flavor of yogurt you like best, you can choose how long to cook the yogurt for by pressing the + or – button once for each additional half hour or to decrease by a half hour. To fast advance, hold the button down until you reach the desired cooking time. The longest cooking time is 24 hours. The preparation time impacts the yogurt taste. With longer cooking time, the yogurt will have a more tart flavor. With shorter time, the yogurt will have a milder flavor.
6. Press the START/STOP button to begin the yogurt function. The unit will begin to count down in minutes once the correct temperature has been reached.
7. When the yogurt is ready, remove the lid. There may be some yellowish liquid, whey, on top of the yogurt. This is normal, whey contains nutrients and protein. Mix it back into the yogurt.
8. If you prefer regular yogurt, cover and place in the refrigerator for 2 to 3 hours before serving, or until yogurt cools. If you prefer making Greek yogurt, please refer to page 22.

Helpful Hints and Tips:

- The probiotics and live active cultures are strongest when the yogurt is fresh. For the best results, only repeat the same starter yogurt 2 times max. After a few days, the probiotics in the previous batch can weaken and the yogurt may contain a liquid consistency.
- You may choose to make flavored yogurt and add sugar, honey, flavorings, fruit, or other ingredients to taste just prior to eating.
- For best results and ease of preparation, use whole or semi-skimmed UHT milk or reconstituted milk powder. They don't need to be heated or cooled down.
- The best before-date for natural yogurts will be the date the yogurts were made plus 7 days, depending on the freshness of the milk. When in doubt, use the expiration date on your milk as a guideline.

Greek Yogurt

1. Place the strainer or a cheese cloth inside a container so the strainer doesn't touch the bottom of the container to allow for better drainage.
2. Pour the homemade yogurt into the the strainer or cheese cloth and cover with the lid. Put it in the refrigerator to strain and chill for at least 2 hours. The longer the time, the thicker the yogurt becomes.
3. Gently remove yogurt from strainer or cheese cloth by turning the strainer or cheese cloth upside down on a plate or container.
4. Put it back in the refrigerator to chill for another few hours before serving.

Brown Function

This program allows you to brown food such as meat or poultry, to help bring forth the best flavor and texture before pressure cooking or slow cooking.

Pat food dry with a paper towel before browning. For best results, make sure the oil is hot before adding your meat or poultry. Brown the food in batches to keep the correct oil temperature for even browning.

1. Place the removable cooking pot into the Multi-cooker.
2. Add the appropriate amount of oil into the removable cooking pot as indicated in the recipe.
3. Press the BROWN button. The light on the BROWN button will flash and the display will read 00:30. Adjust timing with + or - buttons. The lid should remain off when browning.
4. Press the START/STOP button. When the BROWN button light goes solid, that means that the cooker has reached proper temperature and the cooker will begin heating the oil.
5. After about one minute of heating the oil, add food and begin browning in batches.
6. Once you are done browning, press the START/STOP button to cancel the BROWN function. You can now use any of the cooking programs to continue preparing the recipe. Follow the instructions for each program.

Sauté Function

This program allows you to sauté food before cooking. Sauté small pieces of food on high heat with very little oil before using the pressure cooking or slow cooking functions.

Pat food dry with a paper towel before sautéing. For best results, make sure the oil is hot before adding your meat, poultry, etc. Brown the food in batches to keep the correct oil temperature for even sautéing.

1. Place the removable cooking pot into the Multi-cooker.
2. Add the appropriate amount of oil into the removable cooking pot as indicated in the recipe.
3. Press the SAUTÉ function. The light on the SAUTÉ button will flash and the display will read 00:30. Adjust timing with + or - buttons. The lid should remain off when using the sauté function.
4. Press the START/STOP button. Once the cooker reaches the appropriate temperature, the indicator light will stop flashing and the cooker will start heating the oil.
5. After about one minute of heating the oil, add food and begin sautéing.
6. Once you are done sautéing, press the START/STOP button to cancel the SAUTÉ function. You can now use any of the cooking programs to continue preparing the recipe. Follow the instructions for each program.

Simmer Function

Prepare your foods with this fantastic technique used to make soups, stocks, sauces and other wonderful creations. With the SIMMER function, it ensures your food stays just below the boiling point while still being heated.

1. Place the removable cooking pot into the Multi-cooker and add the ingredients to be simmered.
2. With the lid off, press the SIMMER function once and then press the + or - buttons to adjust the cooking time. Press the START/STOP button to begin cooking.
3. When done simmering, press the START/STOP button to cancel the program.

Steam Function

This program allows you to steam delicate foods such as fish and vegetables.

1. Place the removable cooking pot into the Multi-cooker.
2. Place about 1-2 cups of water into the bottom of the removable cooking pot. Then add the steamer basket* making sure that the water sits a little bit below the steamer basket.
3. Place ingredients into the steamer basket and align and close the lid of the cooker.
4. Turn the pressure regulating knob to STEAM.
5. Press the STEAM function and then press the + or – buttons to adjust the cooking time. Press the START/STOP button to begin cooking.
6. When done steaming, press the START/STOP button to cancel the program.

*Please note that the Fagor Stainless Steel Steamer Basket and Trivet can be purchased separately. To purchase this item, please go to the Fagor website at www.fagoramerica.com or contact a Fagor Representative at 1-800-207-0806.

Keep Warm Function

The KEEP WARM program allows for reheating of food or can keep cooked food warm for up to 12 hours.

1. Place the removable cooking pot into the Multi-cooker. Then place the food into the removable cooking pot to reheat.
2. Place the lid on the Multi-cooker; align the pin on the handle with the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click when it's in place.
3. Turn the pressure regulator knob to STEAM.
4. Press the KEEP WARM button. The light on the keep warm button will flash and the digital display will read 00:30.
5. Press the START/STOP button to begin the program. The indicator light will stop flashing once the proper temperature has been reached.
6. Since pressure is not being built when warming food, you can open the lid to check on your food as needed. To turn the program off, simply press the START/STOP button once.

NOTE: When using the pressure cooking, rice cooking or slow cooking programs, the KEEP WARM setting will automatically start after the cooking time ends. The selected program's light will turn off, and the KEEP WARM function light will turn on. The food will stay warm until you press the START/STOP button to cancel the program.

Time Delay Function

This function allows you to delay the cooking process up to 6 hours. You can use the delay time setting after choosing a cooking program: Pressure Cook HIGH and LOW, Slow Cook HIGH and LOW, White Rice, Brown Rice and Risotto functions.

CAUTION: DO NOT LEAVE PERISHABLE FOODS SUCH AS MEAT, POULTRY, FISH, CHEESE AND DAIRY PRODUCTS AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS (OR MORE THAN 1 HOUR WHEN THE ROOM TEMPERATURE IS ABOVE 90°F). WHEN COOKING WITH THESE FOODS, DO NOT SET THE DELAY FUNCTION FOR MORE THAN 1-2 HOURS.

1. Select the desired cooking program by choosing the correct program button (Pressure Cook, Slow Cook, White Rice, Brown Rice, and Risotto) and adjusting the time as needed.
2. Press the TIME DELAY button. The button will blink and the panel will read "00:30" meaning half an hour of delay. Press the + or – buttons to adjust the desired delay time needed.
3. Press the START/STOP button. The Multi-cooker will begin cooking after the delay time has elapsed.

FOR EXAMPLE: It is 11:30 a.m. and you want your dinner to be ready by 6 p.m. Your recipe calls for 12 minutes of high pressure cooking. You can program your delay time for 6 hours and then the pressure cooking program for 12 minutes. You do this by pressing the pressure cook function once and then adjusting the time with the + or – buttons until it reads 00:12 minutes and then pressing the TIME DELAY button once and then the + or – buttons until the panel reads 06:00 hours. Next, you press the START/STOP button, and you're all set! The cooker will start cooking at 5:30 p.m. and your dinner will be ready at 5:42 p.m. The automatic warm function will ensure that it doesn't get cold.

Cleaning and Maintenance

Do not wash any parts of the Multi-cooker in the dishwasher except for the removable cooking pot. Always wash the removable cooking pot thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug the Multi-cooker and let the unit cool before cleaning.
2. Remove the removable cooking pot and wash with warm soapy water or in the dishwasher. Hand washing is always recommended. Rinse and dry thoroughly.
3. Wipe the outer housing with a clean damp cloth. Do not submerge the Multi-cooker in water.
4. Remove the condensation reservoir by pulling it down. Wash with warm, soapy water. Rinse and dry thoroughly. Replace by pushing it back into place.
5. Turn the lid upside down; grip the silicone gasket and pull up to remove. Clean the silicone gasket with warm soapy water. Rinse and dry thoroughly. Replace the gasket by positioning it inside the edge of the lid and pushing it down. Make sure the groove in the center of the gasket is positioned around the metal ring on the inside edge of the lid.

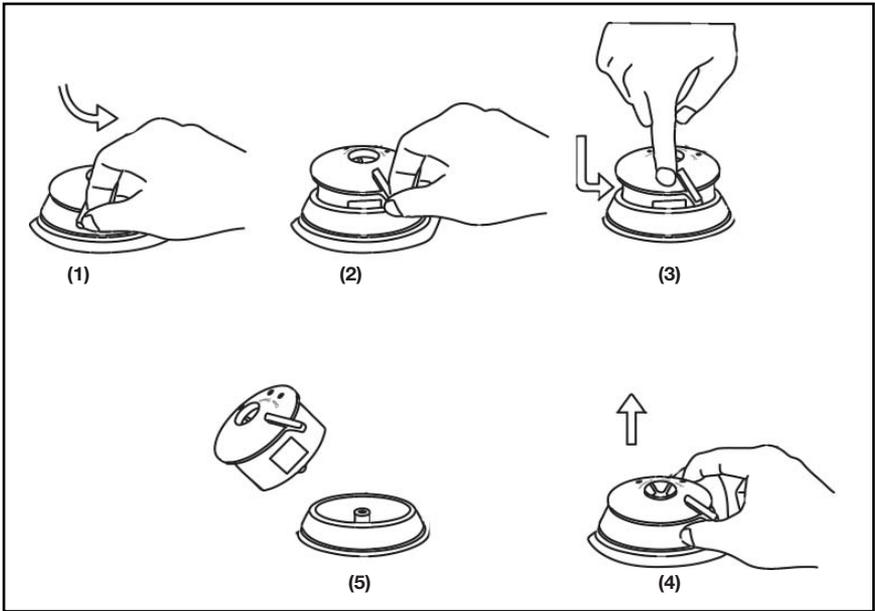
NOTE: The silicone gasket must always be properly positioned on the underside of the lid; otherwise the unit will not work. Check periodically to make sure that it is clean, flexible, and not cracked or torn. (See “Getting Started” section in this manual.)

6. If the silicone gasket appears damaged, cracked or torn, do not use the unit and contact Fagor Customer Service Department at 1-800-207-0806 or visit the Fagor website to purchase a new silicone gasket at www.fagoramerica.com.
7. For optimal performance, the bottom of the cooker, in the area under the removable cooking pot where the temperature sensor and heating pad are located must be cleaned after each use. Wipe with a soft damp cloth and be sure to dry thoroughly.
8. Never use abrasive cleaners or scouring pads to clean any of the parts.

Cleaning the Pressure Regular Knob

ALWAYS check that the pressure regulator knob and the pressure safety valves are in good working order before each use.

1. After the unit has cooled, remove the lid from the Multi-cooker.
2. Press down and at the same time turn the pressure regulator knob counterclockwise past STEAM to CLEAN setting and carefully lift to remove. Look through the holes to make sure there is no particle build-up, and put it under running water to clean.



3. Turn the lid over and place it on a table top. Pull out the anti-locking case. Using a brush or toothpick, check and remove any food or foreign particles that may be lodged in the floating valve. Replace the anti-locking case by pressing down.
4. Replace the pressure regulator knob by lining the CLEAN dot with the dot on the lid of the unit and turning clockwise until it goes into place. The white dot on the base of the pressure regulator should line up with the PRESSURE or STEAM setting on the pressure regulator knob. If it doesn't, remove the knob again and try realigning the dots the other way around.

Limited Warranty

This manufacturer's product warranty extends to the original consumer purchaser of the product. Neither the retailer nor any other company involved in the sale or promotion of this product is a co-warrantor of this manufacturer warranty.

WARRANTY DURATION: All materials and workmanship are warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

WARRANTY COVERAGE: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by manufacturer or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

WARRANTY DISCLAIMERS: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for manufacturer any other liability in connection with the sale of our products. There shall be no claims for defects or failure under any theory of tort, contractor commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

WARRANTY PERFORMANCE: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at manufacturer's option). The repaired or replacement product will be in warranty for the balance of the one year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

SERVICE AND REPAIR: If service is required for an appliance, you should first call toll free 1-800-207-0806 between the hours of 8:30 am and 5:30 pm Eastern Standard Time and ask for CUSTOMER SERVICE. Please refer to "Fagor 8 Quart LUX Multi-Cooker item # 670041960" when you call.

NOTE: Manufacturer cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment, and insure it with the carrier. Be sure to enclose the following items with your appliance: your full name, return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

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: The manufacturer reserves the right to modify the
: terms described in this manual.

:
: El fabricante se reserva el derecho de modificar
: los modelos descritos en el presente libro de
: instrucciones.

:
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: modèles décrits dans la brochure.

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