

Instructions for use

1. IMPORTANT SAFEGUARDS

- Read all these instructions carefully.
- This equipment cooks under pressure. Incorrect use can cause accidents and lead to serious burns.
- Before each use, you must check the safety devices in accordance with the instructions dealt with in section 4.
- Always comply with the following filling quantities
 - Never use the pressure cooker with less than 0.25 Qt. of liquid (one large glass). The absence of liquid in the pressure cooker can cause overheating and seriously damage it.
 - Never fill the pressure cooker to more than two thirds of its capacity.
 - In the case of foodstuffs which produce froth or inflate during cooking (rice, dehydrated vegetables, etc.), never fill the pressure cooker to more than one quart of its capacity.
 - Overfilling the pressure cooker may obstruct the safety devices and cause excessive pressure in the pressure cooker (see food preparation instruction).
- Never place the pressure cooker on a heat source without the lid being completely and correctly closed according to the instructions in paragraph 6.
- Do not cook in the pressure cooker any foodstuffs liable to produce froth and obstruct the outlet openings of the safety devices, such as stewed apples, blueberries, pearl barley, oat flakes or other cereals, split peas, noodles, macaroni, spaghetti, rhubarb and red currants.
- Comply with the instructions for use of your cooking ring.
- When the operating pressure is reached, lower the heat source so that the liquid, which creates the steam, does not evaporate.
- Never leave the pressure cooker working without surveillance. Once the equipment is pressurised, make sure that there is always a slight amount of steam escaping through the regulator.
- In the event of an anomaly during cooking, immediately cut off the heat source and carry out decompression, complying with the instructions in paragraph 8. Put the pressure cooker back into service only after carrying out the cleaning and checks described respectively in paragraphs 11 and 4. If the problem persists, contact our after-sales service.
- Be particularly careful if you wish to move your pressure cooker during or at the end of cooking. Handle it only by its handles, avoiding touching hot surfaces. The use of a protective glove is recommended when handling your pressure cooker. **If necessary use gloves.** Do not turn the equipment upside down and be careful of any steam escaping through the regulator.
- Decompression of the pressure cooker must always be carried out in accordance with the instructions in paragraph 8. Never force to open the lid. If it does not open easily, this means there is still pressure in the equipment. In this case, carry out decompression in accordance with the instructions in paragraph 8. Any pressure in the cooker can be hazardous.

- Certain meats, for example ox tongue, have a surface skin which inflates under the effect of pressure. Do not prick the meat while the skin is inflated. You will be liable to be scalded by spurting liquid.
- When cooking pasty foodstuffs, shake the pressure cooker slightly **after decompression** and before opening the lid. You will thus avoid spraying due to the presence of pressurised steam bubbles in the food.
- Before each use, clean the pressure cooker in accordance with the instructions in paragraph 11.
- This pressure cooker is designed only for cooking pressurised foodstuffs. Never use it for another purpose. This equipment must not be placed in the oven or used to fry under pressure with oil.
- Do not modify your pressure cooker in any way, and do not carry out any operations other than those described in these instructions. Replace the seal regularly and only use SITRAM spare parts which are identical to the original parts. Only the pan and the lid of this SITRAM pressure cooker are compatible.
- Do not leave children near the pressure cooker when it is use.






WARNING

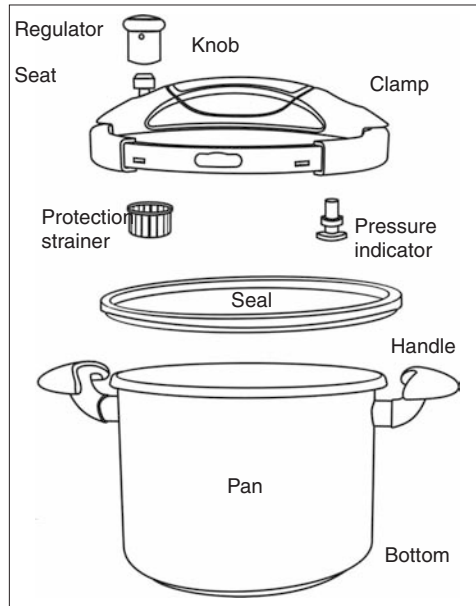
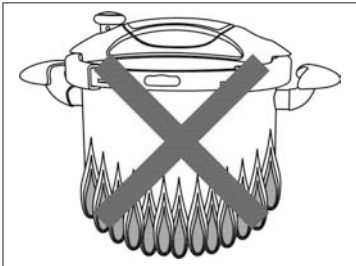
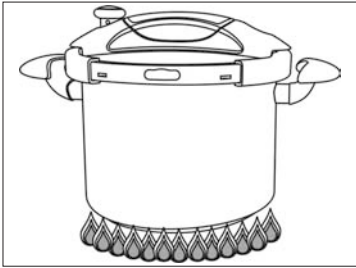
The manufacturer does not accept any responsibility in the event of incidents or accidents resulting from one of the following causes:

- Modification of one of the safety devices.
- Use of spare parts not approved by the manufacturer.
- Non-compliance with the normal conditions of use described in the manual.
- Non-compliance with the safety recommendations.

SAVE THESE INSTRUCTIONS

2. YOUR EXPRESS COOKER

Range	Capacity	Useful capacity	Bottom diameter	Materials	Types of heat	Regulation pressure	Cooking temperature
SITRA SPEEDO	6 qt	4 qt	6.69"	Pan and cover: Stainless steel 18/10 Bottom: Aluminium + Magnetic stainless steel	    	70 kPa	239°F
	7.4 qt	4.9 qt	7.09"				
	4.2 qt	2.8 qt					
	6.3 qt	4.2 qt					
	8.4 qt	5.6 qt					
10.5 qt	7 qt						



Our advice :
REPLACE THE SEAL
EVERY YEAR.

3. BEFORE FIRST USE

- Use the table below to check the compatibility of your pressure cooker with the types of cooking rings at your disposal.
- For use on an electric or glass-ceramic ring, always use a ring with a diameter smaller than or equal to that of the bottom of the pressure cooker. Always ensure that the external bottom of the cooker is clean in order not to damage your glass-ceramic ring. For use on gas, make sure that the flames do not extend beyond the bottom of the equipment.
- Before first use, boil in your pressure cooker a glass of water and two glasses of milk or a glass of water with lemon juice or vinegar (these mixtures are obviously unfit for consumption)
- Wash your pressure cooker carefully with hot water containing washing-up liquid.

4. BEFORE EACH USE

- Remove the regulator and check whether the steam outlet duct is not clogged. Remove the regulator and ensure that neither the steam outlet duct and its openings nor the protection strainer are clogged.
- Check that there is nothing blocking the openings of the safety valve and that the ball is clearly visible.
- Remove the seal and check its condition together with the cleanliness of its housing (A seal in poor condition or the presence of foreign bodies under the seal may cause leaks).
- Replace the seal, checking that it is placed the right way round and that it is properly engaged under all the studs on the outer part of the lid.
- When the pressure cooker is used on a daily basis, the lifetime of the seal is approximately one year.
- Check that the pressure indicator moves freely in its housing.

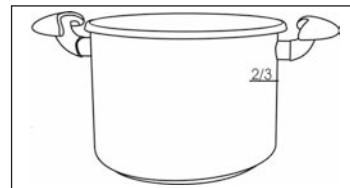
5. FILLING

- Never use the pressure cooker with a quantity of liquid which is less than 0.25 Qt (one large glass).
- Never fill the pressure cooker above two thirds of its capacity.

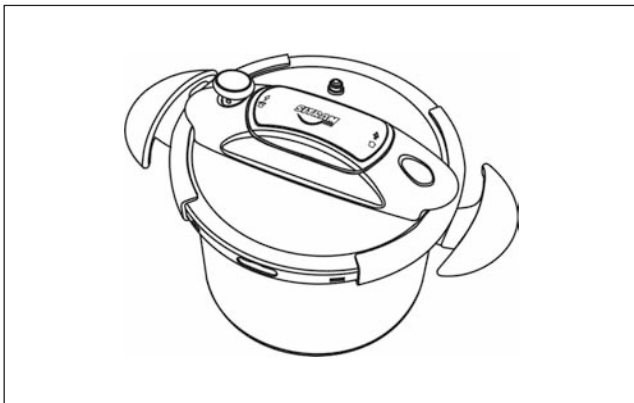
CAUTION

To avoid blocking the outlet openings of the regulator and the safety valve, it is essential to comply with the following precautions:

- Never fill the pressure cooker to more than 1/4 of its capacity when cooking foodstuffs which inflate or produce foam such as spinach, lentils, split peas, pasta, rice, stewed fruit, rhubarb, barley, oat flakes and other cereals, etc.
- Never fill the pressure cooker to more than 1/4 of its capacity when cooking foodstuffs with leaves liable to stick to the inside of the lid, such as lettuce, leeks, artichokes, etc.
- Never wrap foodstuffs in paper (aluminium or otherwise).



6. CLOSING



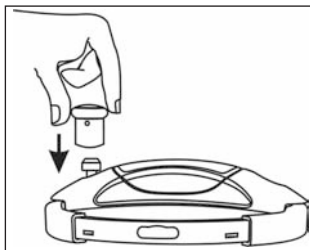
- Place the lid on the pressure cooker pan.
- Press gently on the lip to compress the seal and turn the control knob of the clamp anti-clockwise to the stop (click). The marking on the knob must be opposite the white marking on the mechanism cover.
- The pressure cooker is correctly closed when the pressure indicator can move upward freely.

CAUTION

Never place the pressure cooker on a heat source if the lid is placed on the pan without being locked or if it is incompletely closed.

7. COOKING

- Add the foodstuffs with the quantity of water necessary for cooking and close the pressure cooker.
- Press the regulator to ensure that it has moved down to the notch.
- Place on strong heat.
- Under the effect of pressure, the pressure indicator rises and locks the opening device.
- Begin timing the cooking when steam escapes through the regulator.
- Then reduce the heating



power to maintain slight escaping of steam through the regulator (the regulator can then operate only intermittently).

- **It is perfectly normal for the regulator not to rotate** when it allows steam to escape. It is not designed to do so.
- **If you use salt for your recipe, dissolve it immediately by stirring the water with a wooden spoon.** This will prevent the appearance of "pitting" which can damage the bottom of your pressure cooker. Dissolving of the salt is also easier and quicker when you use fine salt and salt the hot water.

CAUTION

Never leave your pressure cooker on a ring without water or juice inside it, as you are likely to burn the foodstuffs and unsolder the triple bottom.

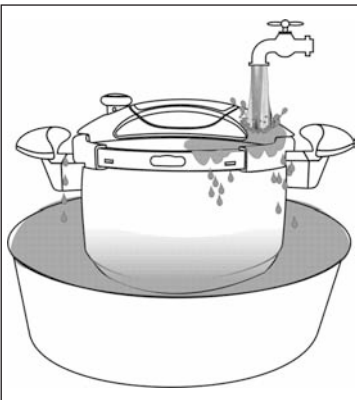
If steam stops escaping through the regulator during cooking this may indicate that there is no liquid left in the equipment. In this case, immediately cut off the heat source and carry out decompression then open the pressure cooker, complying with the instructions in paragraph 8. Add liquid before resuming cooking.

Steam leaks between the lid and the pan occur when the lid is not correctly closed or when the seal is worn. In this case, immediately cut off the heat source and carry out decompression then open the pressure cooker, complying with the instructions in paragraph 8. Check that the seal is in good condition and replace it if necessary. Close the lid in accordance with the instructions in paragraph 6 and start cooking again.

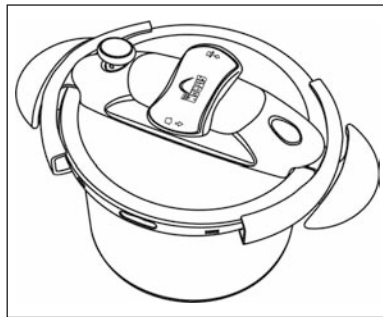
NEVER ATTEMPT TO OPERATE THE PRESSURE INDICATOR DURING COOKING, you could be seriously burnt as a result of the steam exhaust and you would prevent operation of the safety devices.

8. OPENING

- Remove the equipment from the heat source.
- Decompress the pressure cooker by placing it under running cold water or by immersing it in a container full of cold water for at least one minute.
- Pull gently on the regulator to raise it to the notch. Make sure that no jet of steam escapes through the regulator in this position. Otherwise, continue immersing the equipment until this jet of steam stops. Completely remove the regulator.



- Completely remove the regulator.
- Slowly open the lid, by turning the control knob of the clamp clockwise and by pressing firmly downwards to disengage the closing bracket.



CAUTION

NEVER TRY TO FORCE THE LID OPEN.

In case of difficulty, do not persist. Do not open the lid until after complete cooling.

It is essential to decompress your pressure cooker by placing it under running cold water or by immersing it in a container full of cold water for at least one minute before opening it.

After decompression, remove the regulator carefully to make sure that there is no pressure left inside the equipment. It is strongly recommended not to cause the pressure to drop by removing the regulator. You would be liable to be burnt by steam or spattered with boiling liquid.

NEVER ATTEMPT TO OPERATE THE PRESSURE INDICATOR DURING COOKING, you might be seriously burnt as a result of the steam exhaust and you would prevent operation of the safety devices.

9. IF THE SAFETY VALVE IS TRIGGERED

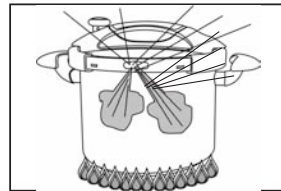
- The ball type safety valve placed under the cover is designed to let off excess steam in case of excess pressure caused by blocking of the regulator.
- If steam escapes through this valve, immediately cut off the heat source.
- Decompress the equipment when the lid opens, complying carefully with the precautions in paragraph 8.
- Carefully clean the regulator and steam outlet duct on the lid as well as the protection strainer.
- Carry out the checks described in paragraph 4 before the pressure cooker is brought back into service.

10. SEAL EXTRUSION WINDOW

- In the event of strong excess pressure in your pressure cooker resulting from simultaneous blocking of the regulator and the safety valve, the seal is designed to deform itself through a rectangular window on the side of the lid. This deformation then causes a leak which causes the pressure to drop in the equipment.
- If this safety device is triggered, immediately cut off the heat source.
- Decompress the equipment and open the lid, complying

carefully with the precautions in paragraph 8.

- Carefully clean the regulator and the steam outlet duct on the lid, the protection strainer, together with the safety valve openings.
- Carry out the checks described in paragraph 4 before using your pressure cooker again.

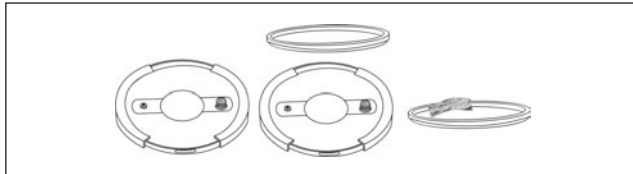
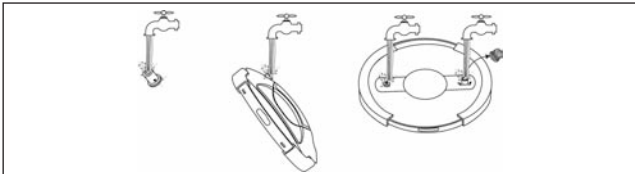


11. MAINTENANCE

- Clean and rinse your pressure cooker immediately after each use.
- Your pressure cooker is cleaned with hot water with added washing-up liquid. The pan is also designed to be cleaned in the dishwasher. **The lid, however, must never be placed in the dishwasher.**
- Wash the seal only in hot water (do not use detergent)
- Wipe your pressure cooker immediately after washing to avoid leaving drying marks.
- Do not use a metallic sponge. If necessary, the internal surfaces of the pan can be cleaned with an abrasive "Scotch Brite" pad or scouring powder. However, these abrasive

products must never be used on shiny external surfaces.

- If foodstuffs are attached to the bottom, fill the pan with hot water with washing-up liquid added and allow to soak before cleaning.
- Never use bleach, nor chlorinated products which might seriously damage the stainless steel.
- When you are not using your pressure cooker, do not leave it closed. Put it away, placing its lid upside down on the body. You will thus prevent the seal from sagging and suffering premature wear.



12. PROBLEMS AND SOLUTIONS

I can't open my pressure cooker.	<p>Before cooking: Open the lid slowly by rotating it anti-clockwise and pressing firmly downwards to disengage the clamp.</p> <p>After cooking: If the pressure cooker is under pressure, decompress it in accordance with the instructions in paragraph 8.</p>
I can't close my pressure cooker.	<ul style="list-style-type: none"> - Make sure that the seal is properly fitted and the right way round. - Press gently on the lid and rotate it clockwise until you reach a limit stop.
The pressure does not rise in my pressure cooker.	<ul style="list-style-type: none"> - The heat source is not powerful enough. - There is not enough liquid in the pressure cooker (make sure the volume of liquid is at least 25 cl.). - Check that the regulator is properly fitted. - Make sure that the seal is properly fitted and the right way round. - If the seal is worn, replace it. - Ensure that the pressure indicator can move freely upwards (cover incorrectly closed).
Steam escapes around the lid.	<ul style="list-style-type: none"> - Check that the seal is properly fitted and the right way round. - If necessary, clean the seal, its housing and the collar of the pan. - If the problem persists, replace the seal or consult our after-sales service. - Ensure the cover is correctly closed and check whether the indicator is correctly mounted.
The safety valve has operated. What should I do ?	<ul style="list-style-type: none"> - Stop the heat source immediately. - Cool your pressure cooker under running cold water for at least one minute. - Remove the regulator. - Open the pressure cooker and clean the regulator, its seat and the protection strainer. - Operate the pressure cooker again and if the problem persists contact an approved after-sales service centre.
My pressure cooker has heated when dry. What should I do ?	<ul style="list-style-type: none"> - Cut off the heat source and allow the pressure cooker to cool on the cooking ring without moving it. - We advise you to change the lid seal and have your pressure cooker checked in an approved after-sales service centre.
The seal of my pressure cooker has deformed itself through the window.	<ul style="list-style-type: none"> - Cut off the heat source. - Cool the pressure cooker under running cold water for at least one minute. - Do not use the pressure cooker again before having it checked by an approved after-sales service centre.
Steam is escaping from the regulator.	<ul style="list-style-type: none"> - This is perfectly normal. If too much steam is escaping, lower the heat source and continue cooking.
Spots appear on the bottom of the pressure cooker.	<ul style="list-style-type: none"> - These are scale marks. Clean them off with an abrasive pad soaked with a little diluted vinegar.
The foodstuffs are not cooked or are burnt.	<ul style="list-style-type: none"> - Check that there is liquid in the pressure cooker and check the power of the heat source. - Check the cooking time.
For any other problem, consult your dealer or an approved after-sales service centre.	

13. AFTER-SALES SERVICE

Our after-sales service is at your disposal for any information concerning your pressure cooker.

The seal, the regulator and the handles of the lid and pan are available from the store where you bought your pressure cooker or one of our approved after-sales service centres.

You can obtain a list of our approved after-sales service centres by contacting:

SITRAM-INOX

Service consommateurs – 36170 SAINT BENOIT DU SAULT – FRANCE

Tél : + 33 (0)825 086 007 – sav@sitram.fr

14. MAIN COOKING TIMES

VEGETABLES			
Artichokes ⁽¹⁾	12 min	Dry beans	20 min
Asparagus	5 min	Green beans	10 min
Carrots	15 min	Lentils ⁽¹⁾	15 min
Cabbage	10 min	Peas	15 min
Cauliflower	4 min	Leeks ⁽¹⁾	8 min
Chicory	10 min	Potatoes	8 min
Spinach ⁽¹⁾	20 min	Lettuce ⁽¹⁾	20 min
Fresh beans	8 min	Parsnips	25 min

BEEF	
Mode	60 min
Bourguignon	60 min
Casserole	90 min
Roast (1 kg)	10 min
MUTTON	
Blanquette	40 min
Trotters	40 min
Stew	45 min

PORK	
Gras double	45 min
Hotpot	55 min
Roast (1 kg)	30 min
VEAL	
Blanquette	40 min
Marengo	40 min
Roast (1 kg)	25 min

- Start timing the cooking when the pressure cooker has reached its operating pressure (steam starts escaping through regulator).
- These times are given as an indication and can be adjusted in accordance with your recipe or your experience.

⁽¹⁾ **Reminder: Never fill the pressure cooker to more than 1/4 of its capacity while these foodstuffs are being cooked.**

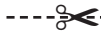
Warranty

This pressure cooker is guaranteed for 15 years against any fault linked to the metallic structure of the product.

This warranty does not cover:

- Damages resulting from incorrect use, overheating, dropping, impacts, normal wear or, in general terms, non-compliance with precautions for use and maintenance.
- Parts subject to wear (seal, handles, regulator).
- Scratching, grazing, pitting or discolouring of the base metal.

This warranty cannot apply if the pressure cooker has been used for commercial purposes, if it has undergone changes or in case of use of spare parts not approved by Sitram.



Part to be filled and sent back to SITRAM-INOX, 36170 SAINT BENOIT DU SAULT, FRANCE

YOUR NAME AND ADDRESS	PLACE OF PURCHASE
Surname - First name:	Name and address of shop or stamp:
Adress :	
Model : <input type="checkbox"/> SITRA SPEEDO 5,5 L <input type="checkbox"/> SITRA SPEEDO 7 L <input type="checkbox"/> SITRA SPEEDO 4 L <input type="checkbox"/> SITRA SPEEDO 6 L <input type="checkbox"/> SITRA SPEEDO 8 L <input type="checkbox"/> SITRA SPEEDO 10 L	Date of purchase :

Recipes

SOUPS

FISH SOUP

10 oz of Conger eel - 10 oz of hake - 20 oz of whiting - 5 shallots - 1 small onion stuck with a clove - 8 oz of tomatoes - 4 cloves of garlic - 1 glass of dry white wine - 1.5 Qt of water - 1 spike of saffron - 1 bunch of mixed herbs - salt - pepper - 1/4 of baguette - 2 oz of macaroni or other pasta - 0.05 Qt of olive oil - 2 oz of gruyere cheese.

In the pressure cooker, lightly fry the fish cut into sections in olive oil. Add the sliced shallots, garlic, crushed tomatoes and mixed herbs. Season and sprinkle with saffron. Pour on the white wine and add 1.5 Qt of hot water. Close the pressure cooker. Cook for 15 minutes. Open and strain the soup, crushing the flesh and fins as much as possible. Bring back to the boil and add the pasta. Close and allow to cook for another 3 minutes. Cut the baguette into rings, brown them in oil and lay them in the plates. Serve the grated gruyere separately.

JULIENNE SOUP

6 oz of turnips - 8 oz of carrots - 6 oz of leeks - 10 oz of potatoes - 2 oz of butter - 1.5 Qt of water - salt.

Slice the vegetables into fine threads, leave to exude juice for 3 minutes in butter in the pressure cooker, add water and salt. Close the pressure cooker. Cook for 15 minutes.

MUSHROOM SOUP

4 white of leeks – 10 oz of mushrooms – 0.25 Qt of veal stock – 4 tablespoons of oil – 12 oz of potatoes – 10 oz of cream – 1 handful of parsley – Salt – Pepper.

Peel and wash the vegetables, then cut them into thin strips. Brown the white leeks in the oil in the open pressure cooker, then add the mushrooms, potatoes and veal stock. Season to taste with salt and pepper and close the pressure cooker. Cook for 10 minutes. After cooking, stir the soup and add the cream. Serve the soup sprinkled with parsley.

POTAGE PARISIEN

4 leek whites – 4 potatoes – 2.4oz of butter – 1 Qt of water.

Cut the leek whites into thin slices and put them in the pressure cooker with the butter to brown. Add the potatoes (which should also be sliced into thin pieces) followed by the water and add salt and pepper to taste. Close the pressure cooker and leave the mixture to cook for 10 minutes.



TWO CELERY CREAM

1 small celeriac – 1 celery stick – 1/2 bunch of cress– 1 white leek – 4 slices of sandwich bread – 1 Qt of hot water – 0.25 Qt of milk – 0.1 Qt of cream – 12 oz of potatoes – 2 oz of butter – 1/2 oz of powdered nutmeg – Salt – Pepper.

Peel and wash the vegetables, then dice them into big pieces. Brown the leeks in the open pressure cooker for 3 minutes in 2 oz of butter then add the celery and the cress. Mix everything well and pour in 1 Qt of hot water. Bring to the boil then add the potatoes and the milk. Season to taste with salt and pepper and close the pressure cooker. Cook for 10 minutes. Stir the soup and add the cream. Serve very hot with little croutons.

CREAM OF FENNEL

28 oz of fennel – 10 oz of potatoes – 0.5 Qt of cream – 2 onions – 4 twigs of parsley – 1 oz of butter– Salt – Pepper – 1 Qt of water.

Peel and wash the vegetables, then cut them into thin strips. Brown the onions in the butter in the open pressure cooker for 5 minutes then add the fennel. Leave to simmer for 6 minutes then add the potatoes and 1 Qt of hot water.

Season to taste with salt and pepper and close the pressure cooker. Cook for 10 minutes. Stir and add the cream. Serve with a parsley leaf on each plate.

FISH



COD IN WHITE WINE

1.5 lb of desalted cod fillet - 2 lbs of potatoes - 2 oz of butter - 0.05 Qt of oil - 4 oz of onions - 1 glass of white wine - 2 glasses of water - pepper - parsley.

Place the butter and the oil in the pressure cooker. Add the sliced onions and stir until they are coloured. Add the sliced potatoes and stir. Add the cod fillets, pepper, white wine and water. Close the pressure cooker. Cook for 10 minutes on a low heat. Lay on a long dish and sprinkle with parsley.

BURBOT A LA PROVENCALE

2 lbs of burbot - 20 oz of tomatoes - 5 cloves of garlic - 1 glass of dry white wine - 1 bunch of mixed herbs - 0.05 Qt of olive oil - salt - pepper.

Heat the olive oil in the pressure cooker and colour the burbot on all sides. Add the crushed tomatoes, crushed garlic, dry white wine and seasoning. Close the pressure cooker. Cook for 10 minutes.

MOULES MARINIÈRES

4 lbs of mussels – 0.25 Qt of white wine – 1 oz of butter – 2 shallots – 1 oz of chopped parsley – 1 bouquet garni

Melt the butter in the bottom of the pressure cooker. Add the thinly sliced shallots and cook them for five minutes until they begin to turn brown. Add the white wine, the mussels, the bouquet garni, the parsley and salt and pepper to taste. Close the pressure cooker and leave the mixture to cook for 4 minutes.



LOTTE A L'AMERICAINE (BURBOT AMERICAN STYLE)

2 lbs of burbot – 4 oz of butter – 3 tomatoes – 0.25 Qt of cognac – 1 oz of flour – 0.25 Qt of dry white wine – 2 oz of shallots – 0.5 oz of salt – Cayenne pepper – a pinch of garlic – parsley – tarragon.

Cut the fish into 8 pieces and cook it in the butter in the pressure cooker. Be careful that the fish does not go black but cook it gently so that it becomes a rich golden brown. Add the chopped shallots and stir the mixture for a few minutes. Flambe the mixture with cognac and add the crushed tomatoes, the garlic and the white wine. Add salt and pepper to taste. Close the pressure cooker and leave the mixture to cook for 15 minutes on a low heat. Take out the pieces of fish (leaving the rest of the liquid in the pressure cooker to make a sauce) and arrange them in a dish. Add the butter to the sauce in the pressure cooker and sprinkle the flour in gradually. Reduce the sauce for two minutes (leaving the pressure cooker open). Cover the fish with sauce and the dish is ready to serve.



POULTRY AND RABBIT

RABBIT IN MUSTARD

One 2.5 lbs saddle of rabbit - 0.5 Qt of good red wine - 1 bunch of mixed herbs - 10 grains of pepper - 2 oz of butter - 0.05 Qt of oil - 0.1Qt of cream - salt - pepper - strong mustard.

Marinate the rabbit the day before in the red wine with the mixed herbs and pepper. In the pressure cooker, brown the saddle of rabbit after draining it. Add the marinade and season. Close the pressure cooker. Cook for 30 minutes. Keep the rabbit in a warm place and boil down to a quarter of the quantity. Add the cream and a few spoonfuls of mustard according to taste, heat to boiling. Cut the saddle and coat with mustard sauce just before serving.

CHICKEN WITH RICE

One 3 lbs chicken - 1 leek - 1 carrot - 1 onion stuck with a clove - 1 bunch of mixed herbs - 1 lemon - salt - white pepper - 8 oz of long-grain rice - 2 oz of butter - 1.6 oz of flour - 3 oz of fresh cream.

Prepare the court-bouillon. Place 3 Qt of water in the pressure cooker and add the vegetables. Season. Close the pressure cooker. Cook for 10 minutes. Allow the pressure cooker to cool and add the chicken rubbed with half a lemon. Close. Cook for one hour. Prepare a white sauce: make a light roux in a small frying pan, with the butter and flour. Add 0.5 Qt of stock with fat removed, the remaining 1/2 a lemon and the fresh cream. Cook the rice separately in salted boiling water.

WHITE MEAT OF FOWL IN A CREAM SALAD DRESSING

2.20 lbs of white meat of fowl – 1 Qt of poultry stock – Salt – Pepper – Vinegar – 0.1 Qt of cream.

Pour the poultry stock into the pressure cooker then add the meat, season to taste with salt and pepper and close. Cook for 30 minutes. Meanwhile make a salad dressing according to your taste, bring the cream to the boil and add to the salad dressing before serving. After cooking, cut the white meat of fowl into thin slices and serve cold topped with the cream seasoned with vinegar.

SAUTÉ OF DUCK IN PINEAPPLE

One 2.75 lbs of duck cut into pieces – 2 oz of onions– 1/2 oz of garlic – 1.5 oz of runner beans – 6 slices of tinned pineapple (diced) – 2.5 oz of tomatoes– 0.17 oz of dried mushrooms – 0.53 oz of perfumed mushrooms– 0.1 Qt of oil – 1/2 oz of butter - 1/2 oz of flour.

Fry the duck pieces in 1/2 oz of butter with the minced onion and minced garlic. Put everything into the pressure cooker and moisten with the tinned pineapple juice. Season to taste with salt and pepper and close the pressure cooker. Cook for 5 minutes.

Separately soak the dried mushrooms in the salted water, then cut them and the perfumed mushrooms into thin strips.

Once the duck has finished cooking, add the oil, diced tomatoes, mushrooms, diced pineapple and runner beans cut into 4 into the pressure cooker. Close and cook for 5 minutes. Remove the meat and vegetables from the pressure cooker and thicken the sauce with the creamed butter (softened butter + flour).

DUCK WITH OLIVES

1 duck weighing approx. 2.5 lbs – 6 oz of green olives – 2 oz of butter – 0.25 Qt of oil – 12 small onions – 1 oz of starch – 1 glass of white wine – 0.25 Qt of water – Salt – Pepper.

Put the butter and oil in the pressure cooker. Brown the duck on all sides. Take out the excess fat, add the starch, stir the mixture around. Add the pitted and blanched olives and small onions. Moisten with the white wine and water. Add season, close and leave to cook for 25 minutes.

DUCK LEGS WITH TURNIPS

4 duck legs – 3 turnips cut into sticks – 0.5 Qt of white wine – 0.5 Qt of chicken stock – 2 oz of butter – 5 small onions – 1 oz of cognac.

Braise the duck legs with cognac, salt and pepper them, put the duck legs in the pressure cooker until golden brown. Take out the duck legs, brown the turnips with a teaspoon of sugar and with the onions. Deglaze with the white wine. Add the chicken stock and then the duck legs. Close the pressure cooker and leave to cook for 25 minutes.



VEAL

OSSO BUCCO

Four 8 oz slices of knuckle of veal - 1 dessert spoonful of flour - 0.1 Qt of oil - 3 cloves of garlic - 1 lb of crushed tomato - 1 glass of dry white wine - 1 bunch of mixed herbs - salt - pepper - 8 oz of carrots - 6 oz of onions - 1 orange.

Rub the slices of knuckle in the flour and brown them in oil in the pressure cooker. Add the carrots and the sliced onions, the garlic, the tomatoes and the white wine. Season. Close the pressure cooker. Cook for 45 minutes. Add orange juice just before serving.

BLANQUETTE DE VEAU

1.5 lb of veal breast and shoulder - 1 leek - 1 carrot - 1 onion stuck with a clove - 1 bunch of mixed herbs - salt - 5 grains of pepper - 8 oz of mushrooms.

Sauce: 1.6 oz of fat - 1.6 oz of flour - 0.5 Qt a litre of blanquette stock - 1 lemon - 1 egg yolk - 1 dessert spoonful of fresh cream.

Boil 2 Qt of water in the pressure cooker with the mixed herbs. Add the pieces of meat and close the pressure cooker. Cook for 40 minutes. Drain, saving the stock. Cook the minced mushrooms. Prepare the white roux: in a saucepan, melt the fat, mix in the flour and whisk. Stir in 0.5 Qt of blanquette stock then the mushrooms, and cook for 2 to 3 minutes. Off the heat, beat the cream, the egg yolk and the lemon juice. Incorporate the sauce which must not be allowed to boil. Mix with the meat.

ESCALOPES GOURMANDES (GOURMET ESCALOPES)

4 veal escalopes (each weighing approx. 4 oz) – 1.6 oz of butter – 3 oz of oil – 0.25 Qt of port (optional) – 4 slices of gruyere cheese – Salt – Pepper – 3 oz of fresh cream – 4 slices of ham.

Prepare the escalopes by coating each of them with a layer of ham and a layer of cheese. (For better presentation, we advise you to stick a small wooden skewer through the escalopes). Lay the escalopes one on top of the other in the pressure cooker and add salt and pepper to taste. Add the fresh cream and the port. Close the pressure cooker and leave the mixture to cook for 3 minutes. Serve the escalopes on a long plate and cover them with sauce.

GENOESE-STYLE BRAISED VEAL

1.650 lb of cushion of veal– 5 eggs – 2.10 oz of parmesan – 1oz of parsley – 0.1 Qt of oil – 0.2 Qt of veal stock – Salt – Pepper.

Separately make an omelette with the parmesan and the chopped parsley. Cut the cushion of veal in slices and flatten it making it wider and thinner in order to be able to roll it up. Put the omelette on the meat slice then roll it and tie it with string. Brown the roast in a frying pan with the oil. Pour the stock into the pressure cooker then add the roast. Close and cook for 15 minutes.

Note: This dish can be served hot with runner beans or cold with a green salad.

MUTTON

MUTTON STEW

1 lb of mutton chops - 1 lb of collar of mutton - 0.2Qt of oil - 3 cloves of garlic - 4 oz of onions - 1 bunch of mixed herbs - salt - pepper - 2 lbs of potatoes.

In the pressure cooker, brown the pieces of mutton in oil and eliminate the surplus grease. Add the chopped onions and stir for a few moments. Add crushed garlic. Season. Three

quarters cover with water. Close the pressure cooker. Cook for

25 minutes. Open and add the potatoes cut into large cubes.

Close. Cook for 10 minutes.

SPRING MUTTON STEW

1.5 lb of mutton breast, collar and chops - 4 oz of onions - 2 cloves of garlic - 1 bunch of mixed herbs - 0.1 Qt of oil - 1 spoonful of tomato puree - 1 spoonful of flour for the sauce - 12 oz of carrots - 6 oz of turnips - 6 oz of green beans - 6 oz of peas.

In the pressure cooker, pour in the oil and colour the meat. Remove the excess oil. Sprinkle with flour. Add the tomato and the chopped onions. Season and add the mixed herbs. Three quarters cover the meat with water. Close the pressure cooker. Cook for 30 minutes. Open and add the carrots and the turnips cut into sticks, together with the green beans and the peas. Close. Cook for 20 minutes.

SHOULDER OF LAMB WITH WHITE BEANS

2 lbs of shoulder of lamb – 2.5 oz of fat – 1.5 onions – 2 oz of concentrated tomato puree – 1 glass of white wine – 1 bouquet garni – Salt – Pepper – 2 cloves of garlic – 1lb semi-dried white beans – Chopped parsley.

Cook the beans for 8 minutes in the pressure cooker, then drain. Now glaze the lamb in the pressure cooker, adding chopped onions and concentrated tomato puree. Turn over, then add the beans. Half fill with water, add the bouquet garni, add salt and pepper.

Close the pressure cooker and leave it to cook for 17 minutes. Sprinkle parsley before serving. Just before serving prepare a sauce with flour and butter to thicken the bean mixture.



PORK

LIMOUSIN HOTPOT

1.5 lb of streaky bacon - 8 oz of smoked bacon - one 12 oz cooking sausage - 1 small cabbage - 8 oz of carrots - 6 oz of turnips - 2 small leeks - 2 cloves of garlic - 1 bunch of mixed herbs - 5 grains of pepper - 1.5 lb of potatoes.

Half fill the pressure cooker with water and add the streaky bacon (after soaking it in cold water for 2 hours), together with the smoked bacon and the sausage. Close. Cook for 50 minutes. Remove froth, degrease and add the cabbage cut into two and the vegetables, apart from the potatoes which are cooked separately. Close. Cook for 10 minutes. Cut the meat, lay it on a long dish and surround with the vegetables.



PORK NOISETTES WITH PRUNES

4 slices of pork fillets, each 4 oz - .01 Qt of lard – 1 oz of flour to add in after cooking – Salt – Pepper – 8 prunes – 1 glass of white wine.

Separately boil the prunes in the white wine. Brown the fillets in lard in the pressure cooker, season, then add the prunes with the white wine. Close the pressure cooker and leave it to cook for 10 minutes on a moderate heat. After cooking, add flour to the sauce.

SWEET AND SOUR PORK

1 oz of oil – 1.5 lb of lean pork – 1 lb of tinned pineapples – water – 0.06 Qt of vinegar – 3 oz of brown sauce – 1 oz of soya sauce – Salt – 1 green pepper thinly sliced and without seeds – 1 thinly sliced onion – 1 chopped clove oil garlic – 0.03 Qt of corn starch – 0.5 Qt of water.

First drain the pineapples and keep the syrup. Brown in oil the pieces of pork in the pressure cooker, making sure all parts are sealed. Add water to the pineapple syrup to make up 0.3 Qt and add this to the pork along with the vinegar, sugar, soya sauce, onions garlic and green pepper. Bring to boil and stir well to dissolve the sugar. Close the pressure cooker and leave it to cook for 12 minutes.

Open the pressure cooker, add the pieces of pineapple and corn starch, having previously soaked it in 0.5 Qt of water. Bring to boil and continue stirring until the sauce thickens. Serve warm.

ROAST PORK WITH POTATOES

Deboner pork loin (2 lbs) – 2 oz of concentrated tomato puree – 1 thinly sliced onion – 2 glasses of white wine – 1 bouquet garni – 2.4 oz of butter – 0.25 Qt of oil – 8 potatoes – 0.5 Qt of water.

Glaze the roast in the pressure cooker and then throw out the oil. Put in 2.4 oz of butter and brown the chopped onions. Add the bouquet garni then glaze with 2 glasses of white wine, water or meat juice, 2 oz of concentrated tomato puree. Put the roast in the pressure cooker with the potatoes cut into thin slices. Close the pressure cooker and leave it to cook for 25 minutes.

SAUTÉ OF CURRIED PORK

2.20 lbs of pork shoulder – 1 onion – 1 celery branch – 0.1 Qt of oil – 1 oz of butter – 1 bouquet garni – 1.40 oz of creamed butter – 0.2 Qt of white wine – 0.1 Qt of water – 0.2 Qt of cream – Salt – Pepper.

Cut the shoulder into 2.10 oz pieces then brown them in a frying pan with oil. Dice the vegetables into big pieces and sweat them in the butter in the pressure cooker. Season to taste with salt and pepper, then moisten with white wine and water. Put the pieces of pork into the pressure cooker and sprinkle with curry. Close and cook for 25 minutes.

After cooking, remove the meat pieces and strain the cooking juices. Thicken the sauce with the creamed butter and the cream, then check the seasoning.

BEEF

BŒUF BOURGUIGNON

2 lbs of clod of beef or shoulder of beef - 4 oz of fresh breast - 6 oz of onions - 6 oz of carrots - 2 cloves of garlic - 0.05 Qt of oil - 1 dessert spoonful of flour - 1 bunch of mixed herbs - salt - pepper - 0.05 Qt of good red wine - 1 tea spoonful of chopped parsley.

Pour the oil into the pressure cooker. When it is hot, brown the meat cut into pieces. Add the diced onions and the carrots cut into sticks, sprinkle with flour while stirring. Close the pressure cooker. Cook for 5 minutes. Season and add the crushed garlic, the mixed herbs and the red wine (it is preferable to flambé it first) and 2 glasses of water. Close the pressure cooker. Cook for 60 minutes. Serve in a flat dish, sprinkled with chopped parsley, with boiled potatoes.

POT-AU-FEU

2.5 lbs of beef (cutlets - chuck - knuckle) - 1 marrow bone - 8 oz of turnips - 12 oz of carrots - 6 oz of leeks - 1 onion stuck with a clove - 1 stick of celery - 1 bunch of mixed herbs - salt - 5 grains of pepper.

In the pressure cooker, place the meat in the boiling water and skim several times. Add the mixed herbs and season. Cook for 1 hour 30 minutes. If the vegetables are new, add them only after one hour's cooking. Poach the marrow bone in a muslin cloth and serve separately, with a few drops of lemon.

LEGUMES

GREEK-STYLE MUSHROOMS

2 lbs of mushrooms – 3 shallots – 0.5 Qt of olive oil – 1 bouquet garni – 3 glasses of white wine – Lemon juice – Coriander – Peppercorns – 2 oz of concentrated tomato puree.

Peel and slice the mushrooms. Put the olive oil, the chopped shallots, the white wine and the tomato puree into the pressure cooker. Add salt and pepper to taste the put in the mushrooms. Close the pressure cooker and leave the mixture to cook for 3 minutes.

RATATOUILLE

1 eggplant – 1 green sweet pepper – 3 zuccinis – 4 tomatoes – 1 onion – 3 oz oil olive oil – 1 pinch of coarse – Salt – Pepper.

Cut the vegetables into thin slices. Put the onion, the green sweet pepper and the tomatoes in the pressure cooker and cook them in the oil until they begin to turn brown. Add the zuccinis and the eggplant. Add the salt and pepper and then put in 0.5 Qt of water over the vegetables. Close the pressure cooker and leave the mixture to cook for 5 minutes.

DESSERTS

RICE PUDDING WITH CARAMEL

8 oz of round grain rice - 0.5Qt of milk - 4 oz of granulated sugar - 2 oz of lump sugar - 1/2 a lemon - 2 egg yolks - 1.6 oz of melted butter.

Blanch the rice for 3 minutes. Drain. In the pressure cooker, add the milk mixed with the butter, then sprinkle on the rice. Close the pressure cooker. Cook for 10 minutes. When the rice is cooked, add the sugar and two egg yolks after taking it off the heat. Lay on a hollow dish. Prepare the caramel with sugar, 1 glass of water and lemon juice. When the colour is right, add the rice.

FRUIT MARMELADE (apples and pears)

2 lbs of apples and pears - 4 oz of sugar - 1/2 spoonful of cinnamon - powdered ginger - 1/2 a pod of vanilla - 1/2 a lemon. Peel the pears and apples and cut into strips. Place together in the pressure cooker. Add the sugar, the 1/2 pod of split vanilla. Flavour with the ginger, cinnamon and lemon juice. Close the pressure cooker. Cook for 10 minutes on a low heat.

APRICOTS A LA CONDE

8oz of short grain rice – 0.5 Qt of milk – 4 oz of sugar – 2 egg yolks – 1.6 oz of butter – 8 canned apricots in syrup – 4 glacé cherries – 4 sticks of angelica – 1.6 oz of red currant jelly.

Pour the milk into the pressure cooker and when boiled pour in the rice. Close the pressure cooker and leave it to cook for 9 minutes. Open, add the butter divided into small bits, then the sugar and egg yolks. Place in a deep dish and decorate with the strained pieces of apricot, the cherries and the angelica. Coat with hot red currant jelly.



STERILISATION

After carefully washing, rinsing and drying the jars, fill them with fruit, vegetables or meat plus juice or sauce to 1" from the edge. Fill them to the edge with fruit or raw vegetables, without syrup or juice.



Hermetically close the jars (it is recommended to fit new rubber rings each time they are used).

Place the jars in the pressure cooker and isolate them from each other with a cloth. Fill the pressure cooker to two thirds of its height. Close the pressure cooker.

Place on a strong heat until the first steam appears. This is the start of the cooking time (carefully comply with the times indicated). As soon as the sterilisation time has elapsed, plunge the pressure cooker in a container full of cold water for one minute before opening.

STERILISATION TIME

Plain fruit

APRICOTS - PEACHES (17 minutes)

Wash, cut and remove the cores. Pack in the jar. Neither water nor sugar.

CHERRIES (11 minutes)

Remove stalks, wash and drain, pack in the jar.

RED CURRANTS (11 minutes)

Remove stalks, wash and drain, pack in the jar.

PEARS (17 minutes)

Peel and cut into quarters, pack in the jar.

PLUMS (11 minutes)

Remove stalks, wash and drain, pack in the jar.

GRAPES (11 minutes)

Pick off the bunch, wash and fill the jar.

Fruit in syrup (11 minutes)

Wash, dry and pack in the jar without pressing. Cover with a cooled syrup (1.5 lb of sugar per Qt of water). Fill to 1" from the edge and allow to stand for 3 hours before sterilising.

Vegetables

Blanch the vegetables by plunging them for 5 minutes in salted boiling water. Cool by rinsing them under a tap then strain thoroughly before placing them in the jars.

ASPARAGUS (38 minutes)

Pack in the jar. Cover with salted water (1 oz/Qt).

MUSHROOMS (56 minutes)

Fry for 5 minutes with garlic, oil, salt and pepper. Pack in the jar.

SPINACH - SORREL (38 minutes)

Pack in the jar.

GREEN BEANS - DWARF KIDNEY BEANS AND OTHER BEANS (38 minutes)

Pack in the jar. Cover with salted water (1 oz/Qt).

PEAS (38 minutes)

Do not blanch. Place directly in the jar with the mixed herbs, salt, onions and lettuce leaves.

TOMATOES (20 minutes)

Blanch for one minute and peel. Pack in the jar.

Meat

COOKED FOWL AND RABBIT (38 minutes)

Prepare and completely cut according to the chosen recipe. Pack in the jar to 1" from the top.

PLAIN FOWL AND RABBIT (56 minutes)

Brown lightly in the frying pan. Pack in the jar. Add salt, pepper and mixed herbs.

PLAIN PORK OR VEAL (56 minutes)

Place a bard of bacon at the bottom of the jar. Lay the meat on top. Add salt, pepper, thyme and laurel leaves.

ALL COOKED MEATS (48 minutes)

Prepare and completely cook the meat in accordance with the chosen recipe. Then pack in the jar up to 1" from the edge.

PATE (48 minutes)

Lay the raw chopped meat in the jar (as in an earthenware vessel) with seasoning. Pack to 1" from the edge.



