

FAGOR 

SLOW COOKER EXPRESS

**OLLA DE COCCION LENTA EXPRESS
COCOTTE LENT EXPRESS**

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







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ENGLISH

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Thank you for purchasing this state of the art Fagor Slow Cooker Express!

The Fagor Slow Cooker Express can be used to pressure cook, steam, brown 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 user’s manual contains information on the use and care of this product. Please read this manual carefully before operating the Fagor cooker to ensure proper usage and maintenance. Carefully following the directions in this booklet will enable you to optimize the performance and lifespan of the unit.



IMPORTANT SAFEGUARDS



ENGLISH

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.

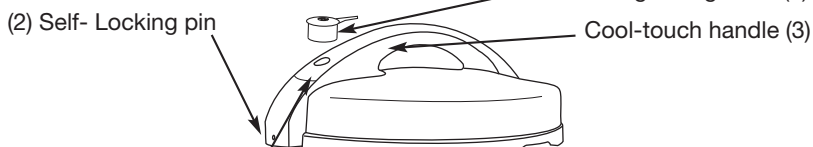
- This product is not intended for commercial or outdoor use; it is only for household and indoor use.
- Do not operate the unit if the electric cord or plug is damaged. If the appliance is not working properly, has been dropped or damaged, left outdoors or submerged in water, discontinue use immediately and contact our customer service at (800)-207 0806.
- The cooker has a polarized AC (Alternating Current) plug, one blade is wider than the other. It will only fit in a polarized outlet in one way as 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 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 cooker near heat-emitting devices such as heaters, gas cooktops or electric burners.
- Always use the 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 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.
- Always cook in the removable cooking pot of the cooker. Cooking without the removable cooking pot may cause an electric shock.
- Never deep fry or pressure fry in the cooker. It is dangerous and may cause a fire and serious damage.
- Do not attempt to remove the lid while the unit is under pressure (Pressure cooking program)
- Never cover or block the pressure valve with anything. This may cause overpressurizing 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.
- Make sure the cooker is turned off before unplugging it from the outlet.
- 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 inner cooking pot can be placed in the dishwasher.
- Only qualified experts may repair and perform maintenance work on the electric cooker using authentic FAGOR replacement and accessory parts. Never attempt to disassemble and repair the cooker yourself.

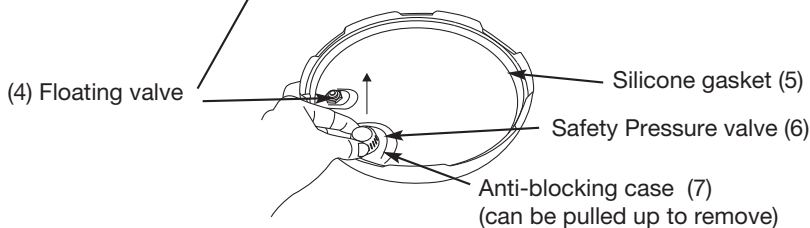
SAVE THESE INSTRUCTIONS

Features and Functions

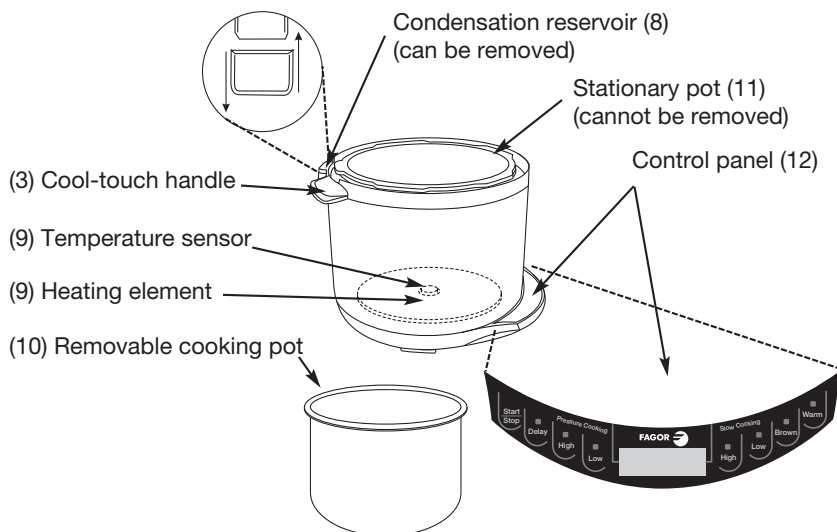
Top of the lid



Bottom of the lid



Body of Multi-Cooker



1. **Pressure Regulating Knob:** Turn the knob to the “Pressure” position when cooking under pressure or using the rice cooking function. Turn the knob to the “Steam” position to release the pressure after pressure cooking or when using the slow cooker or warm functions. Turn the knob to “Clean” and pull up while turning to remove the knob for cleaning.
2. **Self-Locking Pin:** The lid will lock automatically when you slide it in place. 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 cooker allows for easy handling and opening of the pot.
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 gasket for tears or cracks before using the pressure cooking or rice cooking function.
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 Collector:** 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:** Aluminum pot with Teflon Classic non-stick coating; dishwasher safe removable pot will make clean-up a breeze.
11. **Stationary Pot:** This pot cannot be removed from the electric cooker and should never be used for cooking. For cooking, only use the removable cooking pot.
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 settings, two slow cook settings, brown and warm functions, and a timer.
 - **Pressure settings - High:** use this function to cook at high pressure, equivalent to 9 psi (pounds of pressure per square inch). Every time you press the high pressure button, the cooking time will increase by 1 minute.
 - **Pressure settings - Low:** use this function to cook at low pressure, equivalent to 5 psi (pounds of pressure per square inch). Every time you press the low pressure button, the cooking time will increase by 1 minute. This pressure setting is more suitable to cook delicate foods such as tender vegetables or certain types of fish.

- **Slow Cooking:** cooks your food slowly, for up to 9.5 hours, at a temperature of 190°F (LOW) or 212°F (HIGH). Slow cooking helps food retain maximum flavor and tenderness. Press the button to increase the cooking time by 30-minute increments.
- **Warm:** reheats or keeps cooked food warm at 158°F until you are ready to enjoy it. The WARM program works in 30 minute intervals up to 8 hours.
- **Brown:** allows you to brown or sauté your food before cooking, in one minute intervals up to 30 minutes.
- **Delay Time:** allows you to delay the cooking process up to 8 hours.

CAUTION: DO NOT USE THE DELAY TIME FUNCTION WHEN COOKING FOODS THAT MIGHT SPOIL IF LEFT OUT AT ROOM TEMPERATURE.

Getting Started

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

1. Remove all packing materials and literature from within the cooker. Lift the inner 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. Make sure the silicone gasket is seated properly inside the lid. To make sure it has been fitted correctly, fill the removable cooking pot with water up to two thirds full, and cook on HIGH PRESSURE for 15 minutes. Release the pressure by turning the pressure regulator knob to STEAM. The steam is released and the floating valve will drop. If steam is not being released, the gasket probably hasn't been fitted correctly and the cooker hasn't built up any pressure: re-adjust the gasket to make sure it is fitted properly, and repeat this step.
4. Let the appliance cool to room temperature and then empty and clean.

Pressure Cooker Program

This program will allow you to cook foods under pressure in much less time, as cooking time is reduced up to 70% compared to traditional cooking methods. Pressure cooking is Fast, Easy, Healthy!

1. Before every use, make sure the silicone gasket and the pressure regulating valves are clean and in place.
2. Plug the cord into a wall outlet.
3. Position the removable cooking pot in 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.

SAFETY NOTES:

Do not fill the pot more than $\frac{2}{3}$ full with food and liquid. Do not fill the unit more than $\frac{1}{2}$ full when cooking foods that expand during cooking.

The following foods should not be cooked under pressure: applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, pasta or rhubarb. These foods tend to foam, froth and sputter, and may block the pressure valve.

4. Place the lid on the cooker; align the protruding part of the handle with the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place.
5. Turn the pressure regulator knob to PRESSURE.
6. Choose the desired cooking mode by pressing either the HIGH or LOW pressure button on the control panel. The light on the HIGH/LOW button will flash and the digital display will show 00:01. This equals 1-minute cooking time.
7. Set the desired time by pressing the HIGH or LOW button once for each additional minute or by continuously holding the button down. The longest cooking time is 99 minutes.
8. Press the START/STOP button to begin cooking. The time selects and indicator light will stop flashing. 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.
9. While building pressure, the display will show either HI or Lo as well as a series of lines to the left showing the unit is on and building pressure. Be patient this may take some time depending on the food you are cooking.
10. The unit will begin to count down in minutes once the appropriate pressure has been reached. The floating valve will rise when the pressure is 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 COOKER. IT IS DANGEROUS AND MAY CAUSE A FIRE AND SERIOUS DAMAGE.

11. The cooker will beep once the cooking time ends. It will turn the automatic “Warm” function, for 30 minutes until you press the START/STOP button to cancel the program, beeping every 10 seconds. The unit will continue to beep indicating there is still pressure in the unit. 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. All the pressure will be released in seconds.

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.

b. Natural release method: let the pressure 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 cooker will beep periodically to remind you that the cooking has ended.

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

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

Slow Cooking Program

This setting will allow you to cook slow cooker classics such as pot roasts, soups and stews in up to 9 ½ hours. Load your ingredients in the morning and dinner will be waiting for you when you return home.

1. Place the removable cooking pot in the cooker.
2. Place the food to be slow cooked in the cooking pot.
3. Place the lid on the cooker; align the handle with the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place. Turn the pressure regulator knob to STEAM.
4. Choose the desired cooking mode by pressing either the HIGH or LOW slow cooking button on the control panel. The light on the HIGH/LOW button will flash and the digital display will show “.30”. This equals one half hour of cooking time.
5. Set the desired time by pressing the HIGH or LOW SLOW COOK button once for each additional half hour or by continuously holding the button down. The longest cooking time is 09:30 hours at either 190°F (LOW) or 212°F (HIGH).
6. Press the START/STOP button to begin cooking. The indicator light will stop flashing. 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 00:00 after 30 seconds.
7. The unit will begin to count down in half hour increments after the temperature reaches either 190°F (LOW) or 212°F (HIGH).
8. When the cooking time is up, the unit will beep and go automatically into WARM for 30 minutes, until you press the START/STOP button to cancel the program.

Warm Program

This program reheats or keeps cooked food warm.

1. Place cooked food in the removable cooking pot.
2. You can either place the lid on the cooker or not (placing the lid on will keep the moisture in the food). Align the handle with the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place.
3. Turn the pressure regulator to STEAM.
4. Press the WARM button. The light on the WARM button will flash and the digital display will read 00:30. You can increase the time in 30 minute intervals up to 8 hours.
5. Press the START/ STOP button to begin the program. The indicator light will stop flashing, and the digital display will start counting down to zero.
6. Since pressure is NOT building while warming the food, you can open the lid to check if your food is warm enough. To turn the program off, simply press the START/ STOP button.

NOTE: When you are using the pressure cooking or the slow cooking programs, the Warm setting will automatically start after the cooking time ends. The selected program's LED light will turn off, and the Warm function light will turn on, and start counting down from 30 minutes. The food will stay warm until you press the START/STOP button.

Brown Program

This program allows you to brown food before cooking. We recommend that you brown your meat or poultry for the best flavor and texture, unless otherwise indicated in the recipe.

Pat dry food 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 in its place.
2. Add the appropriate amount of oil as indicated in the recipe.
3. Press the BROWN button. The display will automatically start at 00:30 minutes. You can adjust the time in one minute intervals by pressing the BROWN button again up to the default of 00:30 minutes. The lid should remain off.

4. Once desired time is selected, press START/ STOP.
5. After about one minute of preheating, add food and begin browning.
6. Once you are done browning, press the START/STOP button to cancel the brown function. Now you can use any of the cooking programs –pressure rice or slow cooking- to continue preparing the recipe. Follow the instructions for each program.

Delay Time Program

This function allows you to delay the cooking process up to 8 hours in half hour increments. You can use the delay time setting with following programs: Slow cook, High and Low pressure cooking.

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 TIME FUNCTION FOR MORE THAN 1-2 HOURS.

1. Press the DELAY TIME button. The light under the button will blink and the panel will read “00:30” meaning half an hour of delay. Press the button until you reach the desired delay time, you may delay the cooking programs up to 8 hours.
2. Select the desired cooking program and cooking time by pressing the corresponding program button (HIGH/LOW pressure or slow cooker) following the instructions for each program.
3. Press the START/STOP button. The cooker will begin cooking after the delay set time has elapsed.

FOR EXAMPLE: say it is 10am and you want your dinner to be ready by 6pm. Your recipe calls for 12 minutes of high pressure cooking. You can program your delay time for 7½ hours and then the pressure cooking program for 12 minutes. You do this by pressing the DELAY time button until the panel reads 07:30 and then the HIGH PRESSURE setting button until it reads 00:12. Next you press the START/STOP button, and you’re all set. The cooker will start cooking at 5:30 pm and your dinner will be ready at 5:42pm. The automatic warm function will ensure that it doesn’t get cold!



Cleaning and Maintenance

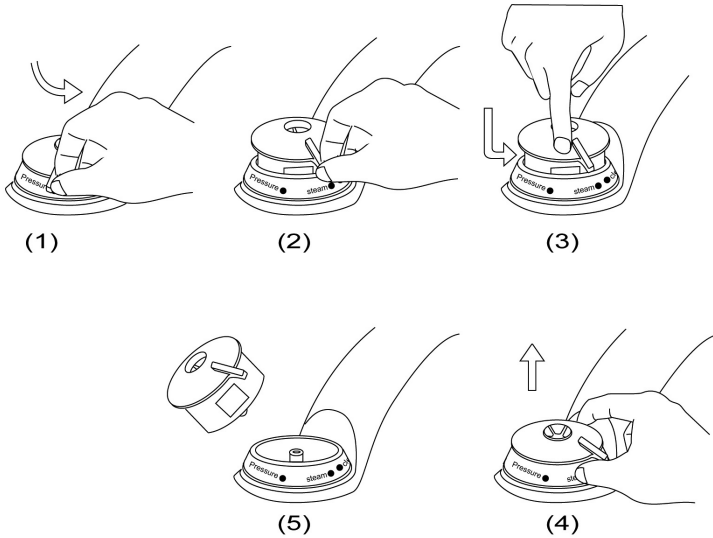
Do not wash any parts of the cooker in the dishwasher except for the removable cooking pot. Always wash the cooker thoroughly after every use, or if it has not been used for an extended period.

1. Unplug and let the unit cool before cleaning.
2. Remove the removable cooking pot and wash with warm soapy water or in the dishwasher. Rinse and dry thoroughly.
3. Wipe the outer housing with a clean damp cloth. Do not submerge the electrical unit in water.
4. Remove the condensation reservoir by pulling it down. Wash with warm, soapy water. Rinse and dry thoroughly. Replace by pushing 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 our customer service department at 1-800-207-0806.
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.
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.



3. Turn the lid over and place 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 two notches up to the inside wall of the pressure regulator chamber in the lid and turning clockwise. The white button on the lid 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 notches the other way around.



Recommended Cooking Times

ENGLISH

The Pressure Cooking times below are approximate cooking time. Use these times as general guidelines. Size and variety will alter cooking times.

VEGETABLES	HIGH PRESSURE
Apples, chunks (low pressure)	2 minutes
Artichokes, whole	8-10 minutes
Asparagus, whole	1-2 minutes
Beans	2-3 minutes
Beets	
¼ inch slices	3-4 minutes
Whole, peeled	12-15 minutes
Broccoli, florets or spears	2-3 minutes
Brussels sprouts, whole	3-4 minutes
Cabbage, quartered	3-4 minutes
Carrots, ¼ inch slices	1-2 minutes
Cauliflower, florets	2-4 minutes
Corn on the cob	3-5 minutes
Eggplant, 1 ¼ inch	2-3 minutes
Peas, shelled	1-1½ minutes
Potatoes	
Pieces, slices	5-8 minutes
Whole, small	5-8 minutes
Whole, medium	10-12 minutes
Spinach, fresh	2-3 minutes
Squash	
Fall, 1 inch chunks	4-6 minutes
Summer, sliced	1-2 minutes
RICE	HIGH PRESSURE
Brown	15-20 minutes
White	6 minutes

MEAT AND POULTRY	HIGH PRESSURE
Beef, Pork, Lamb (1-2 inch cubes)	15-20 minutes
Beef / Veal	
Roast, brisket	50-60 minutes
Shank 1 ½ inch thick	25-35 minutes
Meatballs, browned	8-10 minutes
Lamb, boneless roast	45-55 minutes
Pork	
Loin roast	40-50 minutes
Smoked but	20-25 minutes
Ham shank	30-40 minutes
Chicken	
Boneless breast, thigh	8-10 minutes
Pieces	10-12 minutes
Whole	15-20 minutes
Turkey breast, whole	30-40 minutes
FISH	HIGH PRESSURE
Steaks, fillets	
¾ inch	4 minutes
1 inch	5 minutes
1 ¼ inch	6 minutes
½ inch	7 minutes



Hints and Tips

- To ensure best cooking performance when cooking under pressure, always use at least 8 oz. of water or liquid in your recipes to create enough steam to produce pressure.
- When using the HIGH and LOW pressure settings, the timer should not begin counting down until there is enough pressure. If after a reasonable time the counter hasn't started counting down, it can mean one of three things:
 - you haven't turned the dial to a pressure setting
 - the gasket has not been fitted properly into the lid
 - there isn't enough cooking liquid
- When cooking under pressure, if you are unsure of the cooking time, it is better to under cook and use the quick release method and check for doneness.
- Never fill the cooker more than $\frac{2}{3}$ full. The cooker must have enough liquid space within the unit to generate steam or the food will not cook properly. If you are cooking foods that expand during cooking, do not fill more than half full.
- If the electric circuit is overloaded with other appliances, your cooker appliance may not operate. The cooker should be operated on a separate electrical circuit.
- Tougher, less expensive cuts of meat are better suited for the pressure cooking program because cooking under pressure breaks the fibers down for more tender results.
- Fresh fruit should be cooked on LOW pressure.
- Add a tablespoon of oil to the water to reduce the amount of foam produced by dry beans.



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ESPAÑOL



¡Gracias por comprar esta Olla de Coccion Lenta Express de Fagor de tecnología punta!

La Olla de Coccion Lenta Express Fagor puede usarse para cocinar a presión, al vapor, para dorar y cocinar lento comidas a la perfección. Sus mandos, fáciles de usar, son simples y sencillos, permitiéndole seleccionar los tiempos de cada receta con facilidad. Además, las prácticas funciones de “aplazar la cocción” (Warm) y “mantener caliente” (Delay) le proporcionan una flexibilidad para cocinar acorde a su apretada agenda.

Este manual de uso contiene información vital para la utilización y cuidado de este producto. Lea por favor este manual detenidamente antes de poner en funcionamiento la Olla de Coccion Lenta Express Fagor para asegurar un uso y mantenimiento adecuado. Siga cuidadosamente las siguientes instrucciones de este folleto para optimizar el resultado y el período de vida útil de su electrodoméstico.



PRECAUCIONES IMPORTANTES



El producto que usted ha comprado es un electrodoméstico de tecnología punta. Cumple todas las últimas medidas de seguridad y estándares tecnológicos; sin embargo, al igual que con cualquier electrodoméstico, existen algunos riesgos potenciales. Sólo opere esta olla de acuerdo con las instrucciones facilitadas y sólo para su uso previsto en el hogar.

LEA POR FAVOR LAS SIGUIENTES INSTRUCCIONES ANTES DE PONER EN FUNCIONAMIENTO EL ELECTRODOMÉSTICO POR PRIMERA VEZ.

- Lea todas las instrucciones contenidas en este manual antes de usar el electrodoméstico.
- Este producto no está concebido para uso industrial o al aire libre; es sólo para uso interior y en el hogar.
- No ponga a funcionar esta unidad si el cable o el enchufe están dañados. Si el electrodoméstico no está funcionando correctamente, se ha caído o se ha dañado, se ha dejado al aire libre o sumergido en agua, deje de usarlo inmediatamente y contacte con nuestro servicio de asistencia al cliente en el número de teléfono (800) 207 0806.
- La olla tiene un enchufe polarizado AC (Corriente Alterna), una clavija es más ancha que la otra. Sólo encajará en un enchufe polarizado de un modo como medida de seguridad. Déle la vuelta al enchufe si no encaja completamente. Si sigue sin encajar en el enchufe, contacte con un electricista cualificado. No intente pasar por alto esta medida de seguridad.
- No deje el cable suelto colgando sobre el borde de la mesa o encimera.
- No deje que el cable toque superficies calientes.
- Si usa una alargadera para conectar la olla, tenga en cuenta por favor que una alargadera dañada puede causar un mal funcionamiento del producto. Compruebe siempre su alargadera para asegurarse que no está dañada y que es del voltaje que la unidad requiere. Asegúrese de no colocar el cable donde alguien pueda tropezar con él.
- No coloque la olla cerca de ningún aparato que emita calor como podrían ser estufas, cocinas de gas o quemadores eléctricos.
- Use siempre la olla en una zona bien ventilada.
- Usar accesorios o repuestos que no son los recomendados o vendidos por el fabricante puede causar daño a la olla o daños personales.
- Los niños requieren vigilancia de un adulto en todo momento mientras estén en la cocina o alrededor. Mantenga este electrodoméstico fuera del alcance de los niños.
- Este producto no debe ser utilizado por personas (niños incluidos) con

ESPAÑOL



capacidades físicas, sensoriales o mentales reducidas, así como por personas con falta de experiencia o conocimiento, a no ser que la persona responsable de su seguridad supervise o dé las instrucciones necesarias sobre el uso del producto.

- Mientras esté en funcionamiento, no cubra el electrodoméstico ni lo coloque cerca de un materiales inflamables como cortinas, visillos, paredes, o mobiliario tapizado con tela.
- Cocine siempre en el cazo extraíble de la olla. Cocinar sin el cazo extraíble puede causar una descarga eléctrica.
- Nunca fría o fría a presión en la olla. Es peligroso y podría causar un incendio y daños severos.
- No intente quitar la tapa mientras la unidad esté bajo presión (con el programa de cocinar a presión).
- Nunca cubra o bloquee la válvula de presión con nada. Esto puede causar sobre-presurización y llevar a accidentes graves.
- Mientras está cocinando, la tapa y la superficie de acero inoxidable de la olla pueden calentarse. Manéjela con cuidado y lleve o mueva la olla usando sólo las asas laterales. Tenga mucho cuidado cuando mueva cualquier aparato que contenga comida o líquidos calientes.
- Mantenga las manos y la cara alejadas del botón regulador de presión cuando libere la presión de la olla para evitar quemarse con vapor caliente.
- Después de cocinar, emplee cuidado extremo cuando quite la tapa. Puede resultar gravemente quemado a causa del vapor residual escapando de dentro de la unidad. Eleve la tapa de tal forma que el vapor escape por el lado más alejado de usted y deje que las gotas de agua escurran desde el interior de la tapa adentro de la olla.
- Asegúrese de que la olla esté apagada antes de desenchufarla de la toma de corriente. Desenchufe siempre y deje que se enfríe antes de limpiar o de quitar algún componente. No intente nunca desenchufar la unidad tirando del cable. Manténgala desenchufada cuando no esté en uso.
- Para reducir el riesgo de descarga eléctrica, nunca meta el enchufe, el cable o el cuerpo en agua u otro líquido. Sólo el cazo extraíble puede colocarse en el lavavajillas.
- Sólo expertos cualificados deben reparar y llevar a cabo trabajos de mantenimiento en la olla usando repuestos y accesorios auténticos de FAGOR. No intente nunca desarmar y reparar la olla usted mismo.

GUARDE ESTAS INSTRUCCIONES

Características y Funciones

Parte superior de la tapa

- (2) Indicador de auto-cierre
- Botón Regulador de Presión (1)
- Mango frío al tacto (3)

Parte inferior de la tapa

- Válvula flotante (4)
- Junta de silicona (5)
- Válvula de Seguridad (6)
- Funda anti-bloqueo (7)
(puede sacarse tirando hacia arriba)

Cuerpo de la olla eléctrica

- Colector de agua (8)
(puede sacarse)
- Cazuela estática (11)
(no se puede quitar)
- Panel de Control (12)
- (3) Mango frío al tacto
- (9) Sensor de temperatura
- (9) Fuente de calor
- (10) Cazuela para cocinar desmontable

1. **Botón Regulador de Presión:** Gire el botón hacia la posición de “Presión” (Pressure) cuando cocine a presión o use la función de arrocera. Gire el botón a la posición de “Vapor” (Steam) para liberar la presión cuando cocine a presión o cuando use las funciones de cocinado lento o de mantener caliente. Gire el botón a la posición de Limpieza (Clean) y estire hacia arriba mientras gira el botón para sacarlo.
2. **Indicador de Auto-cierre:** La tapa se cerrará automáticamente cuando la gire hasta su tope. Mientras esté cocinando a presión no podrá abrir la tapa mientras haya presión dentro.
3. **Mangos fríos al tacto:** los mangos le permitirán abrir, cerrar y mover la Olla Eléctrica con facilidad.
4. **Válvula Flotante:** La válvula de seguridad-válvula flotante controla la cantidad de presión dentro de la olla permitiendo que el exceso de presión se libere.
5. **Junta de Silicona:** Crea un sellado hermético para que su olla pueda acumular la presión necesaria. Compruebe que la junta no esté rajada ni agrietada antes de cocinar a presión.
6. **Válvula de Seguridad:** La válvula de seguridad permite que el exceso de presión escape de la olla cuando está siendo usada como olla a presión. Funciona independientemente de la válvula flotante.
7. **Funda anti-bloqueo:** tire hacia usted para sacar el botón regulador de presión para su limpieza.
8. **Colector de Agua:** Recoge el exceso de vapor condensado en agua durante el proceso de cocinado. Si hay algo de líquido en el colector después de cocinar, simplemente vacíelo.
9. **Sensor de Temperatura y Fuente de Calor:** estos dos elementos regulan la temperatura de cocción.
10. **Cazo para Cocinar Extraíble:** cazo de aluminio apto para lavavajillas, con interior anti-adherente tipo Teflon Select, que se limpia en un abrir y cerrar de ojos.
11. **Cazuela Estática:** Esta parte no se puede sacar de la olla. Nunca se debe cocinar directamente en esta cazuela estática: ha de hacerlo siempre en la cazuela desmontable.
12. **Panel de Control:** en este panel encontrará los botones que le permitirán seleccionar los programas y tiempos de cocción. Las opciones incluyen las siguientes funciones: dos niveles de presión, dos niveles de cocción lenta, función para dorar, función para mantener caliente, y temporizador.
Cocinar a presión – nivel Alto (PRESSURE SETTING – HIGH): use esta función para cocinar a alta presión (9psi). Cada vez que presione el botón de alta presión, el tiempo de cocción incrementará de 1 en 1 minuto.
Cocinar a presión – nivel Bajo (PRESSURE SETTING – LOW): use esta función para cocinar a baja presión (5psi). Cada vez que presione el botón de baja presión, el tiempo de cocinado incrementará de 1 en 1 minuto. Este modo de presión es más adecuado para cocinar comidas delicadas como son las verduras blandas o ciertos tipos de pescado.
Cocción Lenta (SLOW COOK): cocina su comida lentamente, hasta en 9'5



horas, a una temperatura de 190°F (LOW) o 212°F (HIGH). La cocción lenta hace que la comida retenga el máximo sabor y ternura. Presione el botón para aumentar el tiempo de cocción en incrementos de 30 minutos.

Mantener caliente (WARM): recalienta o mantiene la comida cocinada caliente hasta que esté listo para disfrutarla. No hay un tiempo máximo límite para la función de mantener caliente.

Dorar (BROWN): permite dorar o saltear su comida antes de cocinar.

Aplazar la cocción (DELAY TIME): le permite posponer el proceso de cocinado hasta 8 horas.

ATENCIÓN: NO USE EL MODO DE APLAZAMIENTO DE LA COCCIÓN CUANDO COCINE COMIDAS QUE PUEDAN ESTROPEARSE SI SE DEJAN A TEMPERATURA AMBIENTE MUCHO TIEMPO.

Antes del Primer Uso

Lea las instrucciones de seguridad que encontrará en este manual antes de enchufar y poner en funcionamiento su Olla de Cocción Lenta Express. Antes de usar la olla por primera vez, siga estos pasos:

1. Quite todos los materiales de empaquetado y los folletos de dentro de la olla. Levante el cazo extraíble y retire cualquier trozo de papel de debajo. Quite el plástico de protección del panel de control y cualquier pegatina de la tapa o del cuerpo de acero inoxidable.
2. Lave todos los componentes desmontables y extraíbles con agua y jabón. Enjuague y seque todos los componentes cuidadosamente. Pase un paño húmedo por el exterior del cuerpo de acero inoxidable. NUNCA sumerja el cuerpo de acero inoxidable en agua o cualquier otro líquido. Sólo el cazo extraíble es apto para lavar en lavavajillas.
3. Asegúrese que la junta de silicona está colocada adecuadamente en la tapa. Para asegurarse de que ha sido puesta correctamente, llene el cazo extraíble con agua hasta dos tercios de su capacidad completa, y cocine a ALTA PRESIÓN (HIGH) durante 15 minutos. Libere la presión girando el botón regulador de presión hasta VAPOR (STEAM). Debe ver como se libera el vapor y baja la válvula flotante. Si no ve que se esté liberando vapor es probable que la junta no haya sido ajustada correctamente y que la olla no ha podido acumular presión: reajuste la junta para asegurarse de que está colocada correctamente, y repita este paso.
4. Deje que el electrodoméstico se enfríe hasta temperatura ambiente y entonces vacíe y limpie.



Programa de Cocinado a Presión

Este programa le permitirá cocinar alimentos bajo presión en menos tiempo, ya que el tiempo de cocción se reduce hasta un 70% comparado con métodos tradicionales. Cocinar a presión es Rápido, Fácil y Sano!

1. Antes de cada uso, asegúrese de que la junta de silicona y las válvulas reguladoras de presión estén limpias y bien colocadas.
2. Conecte el cable en un enchufe de pared.
3. Coloque el cazo extraíble en la olla, y añada los ingredientes siguiendo la receta. Cuando cocine comidas a presión, es necesario añadir al menos 1 taza (8 oz.) de líquido.

ADVERTENCIAS DE SEGURIDAD:

No llene el cazo extraíble más $\frac{2}{3}$ de su capacidad con líquido. No llene la unidad más de $\frac{1}{2}$ de su capacidad cuando cocine comidas que se expanden cuando están cocinándose.

Las siguientes comidas no deben ser cocinadas a presión: salsa de manzana, arándanos, cebada perla, harina de avena, arvejas partidas, fideos, pasta o ruibarbo. Estas comidas tienden a producir espuma y barbotear, y pueden bloquear la válvula de presión.

4. Coloque la tapa de la olla alineando la parte protuberante del mango con el colector de agua, y gírela en el sentido contrario de las agujas del reloj hasta que dé con el tope y oiga el clic del cierre automático.
5. Gire el botón regulador de presión a PRESIÓN (PRESSURE).
6. Elija el modo de cocinado deseado presionando el botón de PRESIÓN ALTA (HIGH) o PRESIÓN BAJA (LOW) en el panel de control. La luz del botón parpadeará y el panel digital mostrará 00.01. Esto equivale a 1 minuto de tiempo de cocción.
7. Establezca el tiempo deseado presionando el mismo botón una vez para cada minuto adicional o manteniendo el botón presionado para incrementar el tiempo a más velocidad. El tiempo de cocción máximo es de 99 minutos.
8. Pulse el botón COMENZAR/PARAR (START/STOP) para empezar a cocinar. El indicador lumínico dejará de parpadear. Si no selecciona el tiempo deseado de cocción u olvida pulsar el botón COMENZAR/PARAR (START/STOP), la unidad pitará dos veces después de 30 segundos y la pantalla mostrará _ _ _ _.
9. Mientras alcanza la presión elegida la pantalla mostrara HI o LO (Alta o Baja) o una serie de líneas. Tenga paciencia ya que tardara un tiempo mayor o menor segun el tipo de comida que este cocinando.
10. La unidad empezará a contar hacia atrás los minutos una vez que se haya alcanzado la presión adecuada. La válvula flotante se elevará cuando se haya alcanzado la presión.



ATENCIÓN: NUNCA FUERCE LA TAPA PARA INTENTAR ABRIRLA CUANDO ESTÉ COCINANDO A PRESIÓN. ESTO PUEDE DAR LUGAR A UN ACCIDENTE GRAVE.

ATENCIÓN: NUNCA FRÍA O FRÍA A PRESIÓN EN LA OLLA. ES PELIGROSO Y PUEDE CAUSAR UN INCENDIO Y DAÑOS SEVEROS.

11. La olla pitará una vez cuando el tiempo de cocinado acabe. Empezará a funcionar automáticamente bajo la función de “Mantener Caliente” (WARM) hasta que pulse el botón COMENZAR/PARAR (START/STOP) para cancelar el programa. Después de presionar el botón COMENZAR /PARAR (START/STOP), libere la presión. Tiene dos opciones para liberar la presión:

- a. Método rápido: libere la presión inmediatamente girando el botón regulador de presión a VAPOR (STEAM). Toda la presión será liberada en segundos.

PRECAUCIÓN: EL VAPOR QUE SALE DE LA OLLA ESTARÁ CALIENTE, Y PUEDE LANZAR GOTAS DE LÍQUIDO CALIENTE. NO ACERQUE SU CARA O MANOS AL CHORRO DE VAPOR Y GIRE LA OLLA DE TAL MODO QUE EL CHORRO SE ALEJE DE USTED.

- b. Método natural: deje que la presión baje naturalmente sin girar el botón regulador de presión a “Vapor”. Esto le llevará varios minutos, durante los cuales la comida continuará cocinándose. Algunas recetas (por ejemplo un arroz caldoso) se benefician de este tiempo extra de cocción. Sabrá cuando se ha liberado la presión porque la válvula flotante bajará y usted podrá girar la tapa para abrirla.

NOTA: Si no pulsa el botón COMENZAR/PARAR (START/STOP) al final del tiempo de cocción, la olla pitará periódicamente para recordarle que el cocinado ha acabado.

12. Una vez que la presión ha sido liberada, quite la tapa girándola en el sentido de las agujas del reloj, y levántela inclinándola hacia el lado más alejado de usted para evitar quemarse con los restos de vapor y el agua caliente condensada que gotea desde la parte interior de la tapa.

ATENCIÓN: DESPUÉS DE COCINAR, EL CAZO EXTRAÍBLE INTERIOR ESTARÁ MUY CALIENTE. USE AGARRADORES PARA MOVERLO O DEJE QUE SE ENFRÍE ANTES DE SACARLO.





Función de Cocción Lenta (Slow Cook)

Esta función le permitirá cocer pucheros, sopas y guisos clásicos en hasta 9 horas y media. Introduzca los ingredientes por la mañana y la cena le estará esperando a la noche!

ESPAÑOL

1. Coloque el cazo extraíble en la olla.
2. Coloque la comida que vaya a cocinar lentamente en el cazo extraíble.
3. Coloque la tapa en la olla, alinee el mando con el colector de agua, y gire en el sentido de las agujas del reloj hasta que cierre en su lugar. El indicador de auto-cierre hará clic cuando esté en su lugar. Gire el botón regulador de presión hacia VAPOR (STEAM)
4. Elija el programa de cocinado deseado presionando el botón de COCCION LENTA (SLOW COOKING) ALTA (HIGH) o PRESION BAJA (LOW) en el panel de control. La luz del botón HIGH o LOW parpadeará y el panel digital mostrará “.30”. Esto equivale a media hora de tiempo de cocción.
5. Establezca el tiempo deseado presionando el botón de COCCIÓN LENTA (SLOW COOK) una vez para cada media hora adicional o manteniendo el botón pulsado. El tiempo máximo de cocinado lento es de 9.5 horas con una temperatura de 190°F (LOW) o 212°F (HIGH).

NOTA: La temperatura para este modo es equivalente a la temperatura mínima establecida para un aparato de cocinado lento. La mayoría de las recetas que usan esta temperatura requieren de 8 a 9 horas de cocinado lento.

6. Pulse el botón COMENZAR/PARAR (START/STOP) para empezar a cocinar. El indicador lumínico dejará de parpadear. Si se olvida seleccionar el tiempo de cocinado u olvida pulsar el botón COMENZAR/PARAR (START/STOP), después de 30 segundos la unidad pitará dos veces y en la pantalla digital aparecerá “00.00”.
7. La unidad empezará a contar hacia atrás en incrementos de media hora después de que la temperatura alcance 190°F (LOW) o 212°F (HIGH).
8. Cuando el tiempo de cocinado haya acabado la unidad pitará y pasará automáticamente a la función “Mantener Caliente” (WARM) hasta que usted pulse el botón COMENZAR/PARAR (START/STOP) para cancelar el programa.



Programa para Mantener Caliente (Warm)

Este programa recalienta o mantiene la comida recién cocinada caliente.

1. Coloque la comida cocinada en el cazo extraíble.
2. Coloque la tapa de la olla; alinee el mango con el colector de agua, y gire en el sentido de las agujas del reloj hasta que cierre en su lugar. El indicador de auto-cierre hará clic cuando esté en su lugar.
3. Gire el botón regulador de presión a VAPOR (STEAM).
4. Pulse el botón de MANTENER CALIENTE (WARM). La luz en el botón de mantener caliente parpadeará y la pantalla mostrará "00.30". Puede incrementar el tiempo en intervalos de 30 minutos hasta un máximo de 8 horas.
5. Pulse el botón COMENZAR/PARAR (START/STOP) para comenzar el programa. El indicador lumínico dejará de parpadear y la pantalla comenzará la cuenta atrás hasta cero.
6. Dado que no se genera presión cuando se está calentando la comida, usted puede abrir la tapa para comprobar si su comida está suficientemente caliente. Apague el programa presionando simplemente el botón COMENZAR /PARAR (START/STOP).

ESPAÑOL

NOTA: Cuando usted está utilizando el programa de cocinado a presión, o de cocinado lento, el modo de Mantener Caliente se encenderá automáticamente una vez haya acabado el tiempo de cocinado establecido. La luz de la pantalla LED del programa seleccionado se apagará, y la luz de la función "Mantener Caliente" se encenderá. La comida permanecerá caliente hasta que usted pulse el botón de COMENZAR /PARAR (START/STOP).



Función de Dorar (Brown)

Este programa le permite dorar la comida antes de cocinar. Dore carne o pollo para obtener el mayor sabor y textura, a menos que se indique otra cosa en la receta. Déle palmaditas con papel de cocina a los alimentos que va a dorar para secarlos. Para obtener el mejor resultado, asegúrese de que el aceite esté caliente antes de añadir carne o pollo. Dore la comida en tandas para mantener la temperatura correcta del aceite para un dorado uniforme.

ESPAÑOL

1. Coloque el cazo extraíble en su sitio.
2. Añada la cantidad apropiada de aceite indicada en la receta.
3. Pulse el botón DORAR (BROWN). La luz en el botón parpadeará y la pantalla mostrará 00.30. La tapa debe permanecer quitada. Puede ajustar el tiempo en intervalos de un minuto presionando el botón BROWN de nuevo.
4. Una vez que haya seleccionado el tiempo deseado pulse el botón COMENZAR /PARAR (START/STOP). El indicador lumínico dejará de parpadear y la olla empezará a calentar el aceite.
5. Después de aproximadamente un minuto de precalentado, añada los alimentos y empiece a dorar.
6. Una vez que se haya dorado lo suficiente, pulse el botón COMENZAR /PARAR (START/STOP) para cancelar la función de dorar. Ahora puede usar cualquiera de los programas –presión o cocinado lento- para continuar preparando la receta. Siga las instrucciones de cada programa.





Función de Aplazamiento de la Cocción (Delay Time)

Esta función le permite posponer el proceso de cocinado hasta 8 horas y en incrementos de 30 minutos. Puede usar el aplazamiento de cocción junto con los siguientes programas: cocinado lento, cocinado a alta y baja presión.

ATENCIÓN: NO DEJE COMIDAS PERECEDERAS TAL Y COMO CARNE, POLLO, PESCADO, QUESO Y PRODUCTOS DEL DÍA A TEMPERATURA AMBIENTE POR MÁS DE 2 HORAS (O MÁS DE 1 HORA CUANDO LA TEMPERATURA AMBIENTE ESTÉ POR ENCIMA DE 90° F). CUANDO COCINE CON ESTAS COMIDAS, NO PONGA LA FUNCIÓN DE RETRASO POR MÁS DE 1 O 2 HORAS.

ESPAÑOL

1. Seleccione el tiempo de aplazamiento deseado pulsando el botón de APLAZAR (DELAY TIME) hasta que alcance el tiempo adecuado. La luz parpadeará y la pantalla mostrará 00.30, que significa media hora de aplazamiento. Presione el botón hasta que alcance el tiempo deseado de aplazamiento. Puede aplazar la cocción hasta un máximo de 8 horas.
2. Seleccione el programa con el que desea cocinar (alta o baja presión, o cocción lenta) y el tiempo durante el cual desea que se cocine pulsando el botón correspondiente al programa deseado (ver instrucciones específicas de estos programas).
3. Presione el botón COMENZAR/PARAR (START/STOP). La olla empezará a cocinar después de que el tiempo de aplazamiento haya transcurrido.

EJEMPLO DE USO: si son las 10 de la mañana, usted quiere que la cena esté lista para las 6 de la tarde y su receta requiere un tiempo de cocción a alta presión por 12 minutos, puede programar la olla para que se ponga a cocinar dentro de siete horas y media y luego cocine a presión durante 12 minutos. (para ello, tendrá que pulsar el botón de aplazamiento de la cocción hasta que aparezca "7.5" y luego pulsar el botón de alta presión doce veces.) Así, su cena estará lista faltando 18 minutos para las 6 – tiempo durante el cual el programa automático de Mantener Caliente se encargará de que no se le enfríe.



Limpieza y Mantenimiento

No lave ningún componente de la olla en el lavavajillas a excepción del cazo extraíble. Lave siempre la olla completamente después de cada uso, o si no ha sido usada durante un período largo de tiempo.

ESPAÑOL

1. Desenchufe la unidad y deje que se enfríe antes de limpiarla.
2. Saque el cazo extraíble y lávelo con agua y jabón o en el lavavajillas. Enjuague y séquela muy bien.
3. Pase un paño húmedo por el exterior del cuerpo de la olla. No lo sumerja en agua.
4. Quite el colector de agua tirando hacia abajo. Lávelo con agua con jabón templada. Enjuague y seque cuidadosamente. Póngalo de nuevo en su sitio ejerciendo presión.
5. Dele la vuelta a la tapa, coja la junta de silicona y tire para sacarla. Limpie la junta de silicona con agua templada con jabón. Enjuague y seque completamente. Después de varios usos, unte un poco de aceite vegetal en sus dedos y frote toda la junta hasta recubrirla con una finísima capa de aceite. Esto prolongará la vida de su junta y la mantendrá en perfecto estado. Ponga de nuevo la junta en su sitio colocándola dentro del borde de la tapa y empujando hacia abajo. Asegúrese de que el surco en el centro de la junta está colocado alrededor del anillo de metal en el borde interior de la tapa.

NOTA: la junta de silicona debe colocarse siempre adecuadamente en el lado inferior de la tapa; de otro modo la unidad no funcionará. Compruebe periódicamente para asegurarse de que está limpia, flexible, y no está rajada o agrietada (Ver sección de “Antes del primer uso” en este manual).

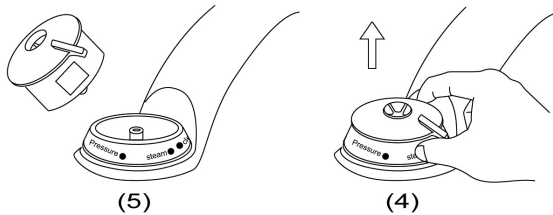
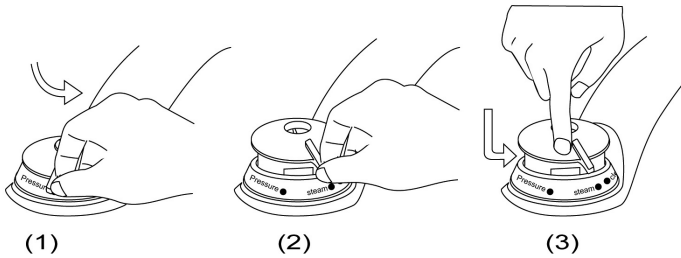
6. Si la junta de silicona parece dañada, rajada o desgastada, no use la unidad y contacte con nuestro departamento de atención al cliente en el número de teléfono (800) 207-0806.
7. Para un funcionamiento óptimo, la zona que queda debajo de la olla extraíble donde se encuentran la fuente de calor y el sensor de temperatura deben limpiarse después de cada uso. Limpie con un paño húmedo y asegúrese de secarlo completamente.
8. Nunca use limpiadores abrasivos o estropajos para frotar para limpiar ninguno de los componentes.



Limpieza del Botón Regulador de Presión

Compruebe SIEMPRE que el botón regulador de presión y la válvula de seguridad funcionan correctamente antes de cada uso.

1. Después de que la unidad se haya enfriado, quite la tapa.
2. Presione hacia abajo a la vez que gira el botón regulador de presión en el sentido contrario de las agujas del reloj pasado el indicador de VAPOR (STEAM) hasta el indicador de LIMPIAR (CLEAN). Levántelo con cuidado para retirarlo. Mire a través de los agujeros del botón para asegurarse de que no está bloqueado. Deje correr un poco de agua a través del mismo.



3. Déle la vuelta a la tapa y colóquela encima de una mesa. Saque la funda anti-bloqueo tirando hacia arriba. Usando un cepillo, compruebe y elimine cualquier resto de comida o de partículas extrañas que puedan estar dentro de la válvula flotante. Vuelva a poner la funda anti-bloqueo empujando hacia abajo hasta que se sujete en su posición.
4. Vuelva a colocar el botón regulador alineando las muescas del botón regulador con las muescas en el hueco del botón, y girando en el sentido de las agujas del reloj hasta que se vuelva a colocar en su posición. Los puntos blancos sobre el botón deberían coincidir con el punto blanco en el cuerpo de la olla. Si no coinciden, vuelva a quitar el botón y gírelo 180 grados para volver a alinear las muescas.

Tiempos de Cocción Recomendados

Los tiempos de cocción son tiempos aproximados. Utilice estos tiempos como indicaciones generales. El tamaño y la variedad de los alimentos en la receta alterarán el tiempo de cocción.

VEGETALES	PRESIÓN ALTA
Manzanas, trozos (baja presión)	2 minutos
Alcachofas, enteras	8-10 minutos
Espárragos, enteros	1-2 minutos
Arvejas	1-3 minutos
Remolacha	
Rodajas ¼ pulgadas	3-4 minutos
Entera, pelada	12-15 minutos
Brócoli, cogollos o puntas	2-3 minutos
Coles de Bruselas cogollos, enteras	2-3 minutos
Col en cuartos	2-3 minutos
Zanahorias, rodajas de ¼ pulgadas	1-2 minutos
Coliflor, cogollos	2-4 minutos
Mazorca de maíz	3-5 minutos
Berenjenas, 1 ¼ pulgadas	2-3 minutos
Guisantes en la vaina	1-1½ minutos
Patatas	
Trozos, rodajas	5-8 minutos
Enteras, pequeñas	5-8 minutos
Enteras, medianas	10-12 minutos
Espinacas, frescas	2-3 minutos
Calabacín	
Otoño, trozos de 1 pulgada	4-6 minutos
Verano, en rodajas	1-2 minutos
ARROZ	PRESIÓN ALTA
Integral	15-20 minutos
Blanco	6 minutos

CARNE Y AVE	PRESIÓN ALTA
Res, Cerdo, Cordero (Dados 1-2 pulgada)	15-20 minutos
Res / Ternera	
Asado, falda	50-60 minutos
Pierna ½ pulgadas grosor	25-35 minutos
Albóndigas, doradas	8-10 minutos
Cordero, asado sin hueso	45-55 minutos
Cerdo	
Solomillo asado	40-50 minutos
Trasero ahumado	20-25 minutos
Jamón, pierna	30-40 minutos
Pollo	
Pechuga sin hueso, muslo	8-10 minutos
Trozos	10-12 minutos
Entero	15-20 minutos
Pechuga de pavo, entera	30-40 minutos
PESCADO	PRESIÓN ALTA
Filetes	
¾ pulgadas	4 minutos
1 pulgada	5 minutos
1 ¼ pulgadas	6 minutos
½ pulgadas	7 minutos



Pistas y Consejos

Para asegurarse el mejor resultado cuando esté cocinando a presión, utilice siempre al menos 8 oz. de agua o líquido en sus recetas para crear suficiente vapor para producir presión.

Cuando utilice los niveles de alta y baja presión, el temporizador no debería contar hacia atrás hasta que haya suficiente presión. Si después de un tiempo razonable el reloj no ha comenzado a contar hacia atrás, puede significar una de estas tres cosas:

No ha pulsado en el marcador un programa de presión.

La junta no ha sido ajustada adecuadamente dentro de la tapa.

No hay suficiente líquido para cocinar.

Cuando cocine a presión, si no está seguro sobre el tiempo de cocción, es mejor estimar para poco hecho y utilizar el método de liberación rápida para abrir la olla y comprobar si se necesita un tiempo adicional.

Nunca llene la olla más de 2/3 de su capacidad máxima. La olla debe tener espacio suficiente dentro de la unidad para generar vapor o la comida no se cocinará adecuadamente. Si está cocinando comidas que aumentan de tamaño mientras son cocinadas, no llene más de la mitad de la capacidad máxima.

Si el circuito eléctrico tiene sobrecarga con otros electrodomésticos, su olla puede que no funcione. La olla debe ser utilizada siempre en un circuito eléctrico separado.

La carne más dura y menos cara es más adecuada para el programa de cocinado a presión porque cocinar a presión rompe las fibras y consigue resultados más tiernos.

La fruta fresca debe ser cocinada a baja presión.

Añada una cucharada sopera de aceite al agua para reducir la cantidad de espuma producida por las arvejas secas.





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Merci d'avoir acheté ce fantastique Cocotte Lent Express Fagor!

Le Cocotte Lent Express Fagor est conçu pour cuire les aliments à la pression, à la vapeur, pour les faire mijoter, rissoler ou cuire au ralenti, toujours à la perfection. Les réglages électroniques sont simples et vous permettent en outre de programmer facilement la durée de cuisson. Vous disposez également de réglages pour la mise en marche à retardement et le maintien au chaud, ce qui vous permet de gagner de précieuses minutes dans votre emploi du temps.

Ce mode d'emploi contient des renseignements indispensables à l'utilisation et à l'entretien de ce produit. Veuillez lire attentivement ces instructions avant de faire fonctionner votre cocotte Fagor, non seulement pour en maîtriser les fonctions, mais aussi pour apprendre comment l'entretenir. Cet appareil sera d'autant plus performant et durable que vous aurez lu avec attention les instructions qui suivent.

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IMPORTANTES CONSIGNES DE SÉCURITÉ



Le produit que vous venez d'acheter est un appareil haut de gamme. Il répond aux dernières normes de sécurité et d'améliorations techniques. En revanche, comme pour les appareils électriques en général, certains risques existent. N'utilisez cet appareil qu'une fois que vous aurez bien pris connaissance des consignes de sécurité propres à cet appareil, qui n'est destiné qu'à des fins d'usage domestique.

LIRE LES CONSIGNES QUI SUIVENT AVANT D'UTILISER CET APPAREIL POUR LA PREMIÈRE FOIS.

- Lire toutes les consignes et instructions contenues dans ce manuel avant de vous servir de l'appareil.
- Cet appareil n'est pas conçu pour les usages commerciaux ou extérieurs; il est conçu pour être utilisé uniquement par les particuliers et à l'intérieur.
- Ne mettez pas l'appareil en marche si le cordon électrique ou la fiche est endommagé(e). Si l'appareil ne fonctionne pas convenablement, s'il est tombé à terre ou endommagé, s'il a été laissé à l'extérieur ou s'il a été immergé dans l'eau, cessez immédiatement de l'utiliser et appelez le service à la clientèle au (800)- 207-0806.
- Le cocotte Fagor comporte une fiche de branchement au courant alternatif (CA); une lame de la fiche est plus large l'autre. Cette fiche ne convient qu'aux prises de courant polarisées, pour plus de sécurité; si la fiche n'entre pas dans la prise, tournez-la dans l'autre sens. Si elle ne rentre toujours pas dans la prise, faites appel à un électricien qualifié. N'essayez pas de circonvier ce dispositif de sécurité.
- Ne laissez pas le cordon électrique pendre de la table ou du comptoir.
- Ne laissez pas le cordon électrique toucher des surfaces brûlantes.
- Si vous utilisez une rallonge, veillez à ce qu'elle soit en bon état pour éviter les problèmes de fonctionnement du cocotte. Assurez-vous toujours que la rallonge est en parfait état et qu'elle convient à la tension requise. Faites attention que personne ne puisse se prendre les pieds dans la rallonge branchée au cocotte.
- N'installez pas votre cocotte à proximité d'appareils émettant de la chaleur: radiateurs, cuisinières à gaz, plaques électriques.
- Utilisez votre cocotte dans un espace bien aéré.
- Si vous utilisez des pièces de rechange ou des accessoires non recommandés par le fabricant, vous risquez d'endommager votre appareil ou de vous blesser.
- Les enfants doivent être surveillés en tout temps lorsqu'ils se trouvent dans la cuisine ou à proximité. Gardez le cocotte hors de portée des enfants.

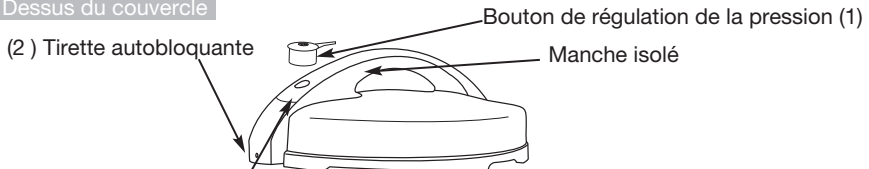


- Cet appareil ménager n'est pas destiné pour être utilisé par des personnes (même pas des enfants) avec des handicaps physiques, sensoriales, ou des aptitudes mentales, ou manque d'expérience ou connaissance, sauf qu'ils aient reçu des instructions de l'usage de ce appareil ménager et qu'ils soient supervisés pour une personne en se responsabilisant de leur sécurité.
- Quand l'appareil est en marche, ne pas le recouvrir ni le laisser à proximité de matériaux inflammables : rideaux, tapis muraux, cloisons, meubles capitonnés.
- Placez les aliments uniquement dans la partie amovible du cocotte. Si vous préparez un repas sans le récipient de cuisson interne amovible, vous courez un risque d'électrocution.
- N'utilisez pas cet appareil pour la grande friture ou la friture sous pression. Cela peut provoquer un incendie et fortement endommager l'appareil.
- Ne tentez pas de retirer le couvercle quand l'appareil est sous pression (modes de cuisson sous pression).
- Ne couvrez ni n'obturez jamais la soupape de sécurité. Cela peut créer une situation de surpression et causer de graves accidents.
- Pendant la cuisson, le couvercle et la surface extérieure en acier inoxydable du cocotte peuvent devenir chaud. Manipulez l'appareil avec précaution et ne le déplacez qu'avec les poignées latérales. Faites très attention lorsque vous déplacez tout récipient contenant des liquides ou des aliments bouillants.
- Garder les mains et le visage à l'écart du bouton de réglage de la pression lorsque vous libérez la pression contenue dans le cocotte : le jet de vapeur peut provoquer de graves brûlures.
- Une fois la cuisson terminée, faites très attention en retirant le couvercle. Le reste de vapeur chaude s'échappant du cocotte peut aussi causer des brûlures. Enlevez le couvercle en l'éloignant de vous et laissez l'eau de condensation retomber dans le récipient.
- Veillez à avoir arrêté l'appareil avant de le débrancher. Débranchez toujours le cocotte et laissez-le refroidir avant de le nettoyer et de démonter des pièces. Ne débranchez pas l'appareil en tirant sur le cordon. Ne laissez pas l'appareil branché lorsqu'il n'est pas en service.
- Pour réduire les risques d'électrocution, ne mettez jamais la prise, le câble d'alimentation ou le boîtier principal dans l'eau ou dans tout autre liquide. Au lavevaisselle, ne mettre que le récipient interne de cuisson.
- Seul un agent spécialisé est autorisé à entreprendre une réparation ou des opérations d'entretien sur cet cocotte; en outre, les pièces de rechange et les accessoires doivent être autorisés par FAGOR. Ne tentez jamais de démonter et de réparer vous-même votre cocotte.

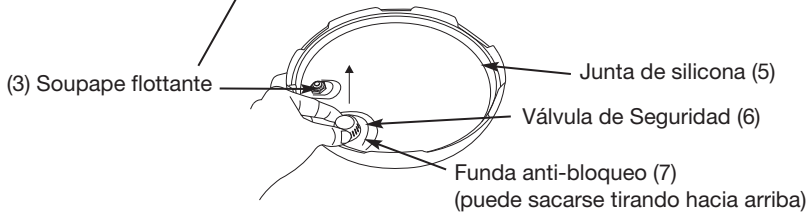
CONSERVEZ CES CONSIGNES DE SÉCURITÉ

Fonctions et Réglages

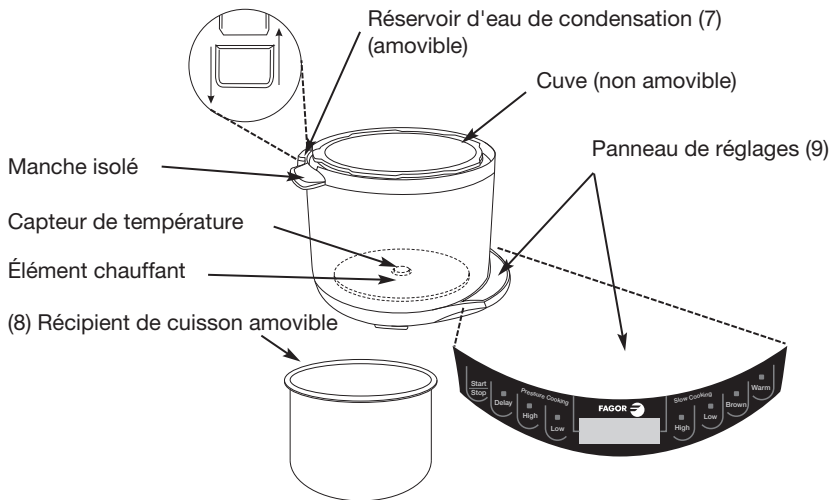
Dessus du couvercle



Parte inferior de la tapa



Boîtier de l'autocuiseur



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1. **Bouton de réglage de la pression:** Aligned le bouton sur la position «Pression» quand vous faites de la cuisson à la pression ou lorsque vous cuisez du riz. Aligned le bouton sur la position « Vapeur » pour libérer la pression quand vous cuisez à la pression, ou lorsque vous utilisez les fonctions de cuisson à feu doux ou de maintien au chaud.0
2. **Tirette autobloquante:** Le couvercle se verrouille automatiquement dès que vous glissez la tirette en place. Vous ne pourrez pas ouvrir le couvercle pendant la cuisson tant que toute la pression ne sera pas libérée.
3. **Soupape flottante:** La soupape flottante contrôle la quantité de pression à l'intérieur du cocotte et permet d'évacuer la pression excessive.
4. **Joint en silicone:** Produit l'herméticité requise pour faire fonctionner le cocotte. Avant de mettre le cocotte en service, vérifiez que ce joint ne comporte aucune fissure ni coupure.
5. **Soupape de sécurité:** Cette soupape de sécurité permet à l'excédent de pression de s'échapper durant la cuisson à la pression. Fonctionne indépendamment de la soupape flottante.
6. **Dispositif anti-blocage:** Avant le nettoyage, tirez ce dispositif vers vous pour libérer le bouton de régulation de la pression.
7. **Collectionneur de condensation:** Récupère l'excédent de condensation durant la cuisson. Videz ce réservoir s'il contient du liquide après la cuisson.
8. **Récipient de cuisson amovible :** Ce récipient, qui n'attache pas et qui va au lave-vaisselle, est très facile à nettoyer.
9. **Réglages:**
 - **Réglage de pression - Élevé (HIGH):** Utilisez ce réglage pour la cuisson à haute pression. Chaque impulsion sur le bouton Élevé augmente la durée de cuisson d'une (1) minute. Ce réglage Élevé est requis par la plupart des recettes utilisant cette formule.
 - **Réglage de pression - Bas (LOW):** Utilisez ce réglage pour la cuisson à basse pression. Chaque impulsion sur le bouton Bas augmente la durée de cuisson d'une (1) minute. Ce réglage Bas convient aux préparations délicates : légumes tendres, certains poissons.
 - **Cuisson lente (SLOW COOK):** cuisine la nourriture lentement, jusqu'au 9.5 heures avec une température de 190°F ou 212°F. Cette fonction de cuisine conserve le saveur et la tendresse au point maximum. Appuyez sur le bouton pour incrémenter le temps du cuisine par intervalles de 30 minutes.
 - **Maintien au chaud (WARM):** Pour réchauffer vos plats ou les maintenir au chaud jusqu'à ce que vous soyez prêts à les servir. Le programme WARM fonctionne dans des intervalles de 30 minutes, avec un maximum de 8 heures.



- **Brunir (BROWN):** Pour brunir ou rissoler vos aliments avant de les faire cuire, dans des intervalles d'une minute, avec un maximum de 30 minutes. Minuterie (DELAY TIME): Vous permet de programmer le début de la cuisson jusqu'à 8 heures d'avance.

ATTENTION: N'UTILISEZ PAS CETTE FONCTION AVEC DES ALIMENTS PÉRISSABLES, CAR ILS POURRAIENT SE DÉGRADER À LA TEMPÉRATURE AMBIANTE.

Avant de Commencer

Lisez les consignes de sécurité contenues dans ce manuel avant de brancher et d'utiliser l'appareil. Avant de vous servir de votre cocotte, procédez de la façon suivante:

1. Retirez tous les matériaux d'emballage et les renseignements qui se trouvent à l'intérieur de votre cocotte. Retirez le récipient à cuisson interne et enlevez le carton qui l'isole du cuiseur proprement dit. Retirez le film plastique qui protège le panneau de réglages et tous les autocollants qui pourraient se trouver sur le couvercle et sur la surface en acier inoxydable du cocotte.
2. Lavez toutes les pièces amovibles à l'eau tiède et au savon. Rincez et laissez sécher intégralement toutes les pièces. Essuyez la surface en acier inoxydable du cocotte à l'aide d'un linge propre et humide. Ne placez jamais le boîtier en acier inoxydable du cocotte dans l'eau ou dans tout autre liquide. Le récipient interne est le seul élément qui va au lave-vaisselle.
3. Vérifiez que le joint en silicone est correctement installé à l'intérieur du couvercle. Pour vous en assurer, remplissez le récipient de cuisson amovible aux deux tiers de sa capacité, et laissez bouillir pendant 15 minutes à HAUTE PRESSION (HIGH). Libérez la pression en tournant le réglage de la pression jusqu'à VAPEUR (STEAM). La vapeur doit s'échapper et la soupape flottante doit retomber. Si la vapeur ne s'échappe pas, c'est que le joint n'est probablement pas bien installé et que le cocotte n'a pas pu accumuler de pression: ajustez le joint pour qu'il soit bien assis en place, et répétez l'opération ci-dessus.
4. Laissez l'appareil refroidir à température ambiante avant de le vider et de le nettoyer.



Programme de Cuisson à la Pression

1. Avant chaque utilisation, vérifiez que le joint de silicone et les soupapes de régulation de la pression sont propres et à leur place.
2. Branchez le cordon électrique dans la prise murale.
3. Placez le récipient de cuisson dans le cocotte; ajoutez vos ingrédients selon votre recette. Lorsque vous faites cuire des aliments à la pression, versez au moins une (1) tasse de liquide.

CONSIGNES DE SÉCURITÉ:

Ne remplissez pas le récipient d'aliments ou de liquide à plus des 2/3 de sa capacité. Ne le remplissez pas à plus de la moitié avec des aliments qui augmentent de volume à la cuisson.

Ne cuisinez pas les ingrédients suivants à la pression : compote de pomme, canneberges, orge perlée, farine d'avoine, pois cassés, pâtes ou nouilles, rhubarbe. Ces aliments font de l'écume, de la mousse ou des grumeaux en cuisant, ce qui nuit au bon fonctionnement de la soupape de sécurité.

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4. Placez le couvercle sur le cocotte; alignez la partie qui dépasse de la poignée sur le réservoir d'eau de condensation, et tournez dans le sens contraire des aiguilles d'une montre jusqu'à la fermeture du couvercle. Vous entendrez le dé clic de la tirette de verrouillage.
5. Tournez le bouton de réglage de pression sur **PRESSION (PRESSURE)**.
6. Choisissez le mode de cuisson désiré en appuyant sur le réglage **ÉLEVÉ (HIGH)** ou **BAS (LOW)**, au panneau de réglages. Le voyant lumineux du bouton **HIGH/LOW** se mettra à clignoter et le chiffre **00:01** apparaîtra à l'écran numérique : cela représente une (1) minute de cuisson.
7. Sélectionnez le nombre de minutes désiré en appuyant le bouton **ÉLEVÉ (HIGH)** ou **BAS (LOW)** une fois pour chaque minute supplémentaire ou en maintenant le bouton appuyé. La durée maximale de cuisson est de 99 minutes.
8. Appuyez sur le bouton **MARCHE / ARRÊT (START/STOP)** pour démarrer la cuisson. Le voyant lumineux s'arrêtera de clignoter. Si vous oubliez de programmer la durée de cuisson, ou que vous oubliez d'appuyer sur le bouton **MARCHE / ARRÊT (START/STOP)**, l'appareil émettra deux bips sonores et l'affichage numérique montrera **--:--** après 30 secondes.
9. Pendant que la pression monte dans l'appareil, l'affichage numérique montrera **"HI"** ou **"LO"**, et une série de lignes dans le côté gauche, pour indiquer que l'appareil est encore en fonctionnement et que la pression est en train de monter. Veuillez être patient, car ce processus peut prendre un peu de temps selon les caractéristiques des aliments cuisinés.
10. L'appareil entame le décompte en minutes dès que la pression voulue est atteinte. La valve flottante s'élève dès que la pression voulue est atteinte.



AVERTISSEMENT: NE TENTEZ JAMAIS D'OUVRIR LE COUVERCLE PENDANT QUE LE COCOTTE EST SOUS PRESSION. VOUS RISQUEZ DE CAUSER UN GRAVE ACCIDENT.

AVERTISSEMENT: N'UTILISEZ JAMAIS CET APPAREIL POUR LA GRANDE FRITURE OU LA FRITURE SOUS PRESSION. CELA PEUT PROVOQUER UN INCENDIE ET ENDOMMAGER FORTEMENT L'APPAREIL.

11. Le cocotte émet un bip sonore dès que la durée de cuisson est écoulée. La fonction Maintien au chaud se déclenchera automatiquement pour une durée de 30 minutes, en émettant un bip sonore dans des intervalles de 10 secondes, jusqu'à la cancellation du programme en appuyant sur START/STOP. L'appareil n'arrêtera pas d'émettre le bip, pour indiquer qu'il y en a encore de la pression. Après avoir appuyé sur START/STOP, veuillez libérer la pression. Vous avez deux options pour le faire:

a. Méthode de dépressurisation rapide : Pour libérer la pression rapidement, tournez le bouton de réglage de pression sur VAPEUR (STEAM). Toute la pression accumulée se libère en quelques secondes.

ATTENTION: LA VAPEUR QUI S'ÉCHAPPE DE L'AUTO-CUISEUR EST TRÈS CHAUDE ET PEUT CONTENIR DES GOUTTELETTES DE LIQUIDE BOUILLANT. VEILLEZ À TOUJOURS GARDER VOTRE VISAGE ET VOS MAINS HORS DE LA TRAJECTOIRE DE CE JET DE VAPEUR.

b. Méthode de libération graduelle: Laissez retomber la pression toute seule, sans tourner le bouton de réglage à VAPEUR (STEAM). Cela prend plusieurs minutes, pendant lesquelles les aliments continuent de cuire. Certaines recettes (risotto par exemple) bénéficient de ce temps de cuisson supplémentaire. Vous saurez que la pression est retombée car la soupape flottante retombera sur son siège; vous pourrez alors ouvrir le couvercle.

ATTENTION: LA VAPEUR QUI S'ÉCHAPPE DU COCOTTE EST TRÈS CHAUDE ET PEUT CONTENIR DES GOUTTELETTES DE LIQUIDE BOUILLANT. VEILLEZ À TOUJOURS GARDER VOTRE VISAGE ET VOS MAINS HORS DE LA TRAJECTOIRE DE CE JET DE VAPEUR.

REMARQUE : Si vous n'appuyez pas sur le bouton MARCHE / ARRÊT (START/STOP) à la fin du temps de cuisson, l'appareil émettra des bips sonores à intervalles pour vous rappeler que la cuisson est terminée.

12. Une fois que toute la pression s'est échappée, retirez le couvercle en le tournant dans le sens des aiguilles d'une montre, soulevez-le et inclinez-le de manière à éviter que l'eau de condensation qui s'égoutte de la surface intérieure ne vous brûle.

AVERTISSEMENT: LORSQUE LA CUISSON EST TERMINÉE, LE RÉCIPENT INTERNE EST ENCORE TRÈS CHAUD. SERVEZ-VOUS DE POIGNÉES DE CASSEROLE POUR LE SAISIR OU LAISSEZ-LE REFROIDIR AVANT DE LE SORTIR DU MULT-CUISEUR.



Programme de Cuisson Lente

1. Placez le récipient de cuisson amovible à l'intérieur du cocotte.
2. Placez les aliments à mijoter dans le récipient de cuisson.
3. Placez le couvercle sur le cocotte; alignez la poignée sur le réservoir d'eau de condensation, et tournez dans le sens contraire des aiguilles d'une montre jusqu'à la fermeture du couvercle. Vous entendrez le déclic de la tirette de verrouillage. Tournez le bouton de réglage de la pression sur VAPEUR (STEAM).
4. Choisissez le mode de cuisine en appuyant les boutons HIGH ou LOW dans le panneau de control. Le bouton HIGH/LOW clignotera et le panneau digital montrera le numéro 30. Ça équivaille à une demie-heure du temps de cuisine.
5. Réglez la durée de cuisson en appuyant une fois sur le bouton CUISSON LENTE (SLOW COOK) pour chaque demi-heure supplémentaire, ou en maintenant le bouton appuyé.
6. Appuyez sur le bouton MARCHE / ARRÊT (START/STOP) pour démarrer la cuisson. Le voyant lumineux s'arrêtera de clignoter. Si vous oubliez de programmer la durée de cuisson, ou que vous oubliez d'appuyer sur le bouton MARCHE / ARRÊT (START/STOP), l'appareil émettra deux bips sonores et l'affichage numérique se remettra à 00:00 après 30 secondes.
7. L'appareil commence le décompte du temps de cuisson, en demi-heures, dès que la température atteint 180 °F (82 °C).
8. Dès que la cuisson est terminée, l'appareil émet un bip sonore et se met automatiquement en mode « Maintien au chaud » pour une durée de 30 minutes jusqu'à ce que vous arrêtez le programme en appuyant sur le bouton MARCHE / ARRÊT (START/STOP).



Programme «Maintien au Chaud»

Ce programme permet de réchauffer les aliments ou de les garder chauds.

1. Placez les aliments cuits dans le récipient amovible de cuisson.
2. Vous avez l'option de placer le couvercle sur le cocotte ou de laisser l'appareil sans couvrir. (En le couvrant, les aliments resteront hydratés). Alignez la poignée sur le réservoir d'eau de condensation, et tournez dans le sens contraire des aiguilles d'une montre jusqu'à la fermeture du couvercle. Vous entendrez le déclic de la tirette de verrouillage.
3. Tournez le bouton de réglage de la pression sur VAPEUR (STEAM).
4. Appuyez sur le bouton CHAUD (WARM). Le voyant lumineux du bouton se mettra à clignoter et le chiffre 00:30 apparaîtra sur l'écran numérique. Vous pouvez augmenter le temps dans des intervalles de 30 minutes, jusqu'à 8 heures.
5. Appuyez sur le bouton MARCHE / ARRÊT (START/STOP) pour lancer le programme. Le voyant lumineux s'arrêtera de clignoter, en commençant un décompte jusqu'à zéro.
6. Comme il ne peut pas s'accumuler de pression lors du simple réchauffement des aliments, vous pourrez ouvrir le couvercle et vérifier si vos aliments ont atteint la température souhaitée. Pour arrêter le programme, appuyez simplement sur le bouton MARCHE / ARRÊT (START/STOP).

REMARQUE : Quand vous cuisez à la pression, ou que vous utilisez la fonction de cuisson lente, la fonction «Maintien au chaud» s'enclenche automatiquement une fois que la durée de cuisson est écoulée. Le voyant lumineux du programme choisi s'éteint, et le voyant lumineux de Maintien au chaud s'allume. Les aliments resteront chauds jusqu'à ce que vous appuyiez sur le bouton MARCHE / ARRÊT (START/STOP).



Programme « Brunir »

Cette fonction permet de brunir les aliments avant la cuisson proprement dite. À moins d'indication contraire dans votre recette, fait brunir la viande rouge et la viande de volaille pour obtenir une saveur et une texture optimales. Séchez vos aliments avec du papier essuie-tout avant de les brunir. Pour de meilleurs résultats, veiller à ce que votre huile de cuisson soit bien chaude avant d'ajouter la viande ou la volaille. Brunissez les aliments par petites quantités plutôt qu'en une seule fois, pour maintenir l'huile à la bonne température et faire rissoler les aliments de manière uniforme.

1. Disposez le récipient de cuisson amovible à sa place.
2. Ajoutez la quantité d'huile indiquée dans la recette.
3. Appuyez sur le bouton BRUNIR (BROWN). L'affichage numérique se mettra automatiquement à 00:30 minutes. Vous pouvez ajuster le temps dans des intervalles d'une minute, en appuyant encore des fois sur BROWN, depuis la position initiale de 00:30 minutes. Ne mettez pas le couvercle sur l'appareil.
4. Une fois avoir sélectionné le temps désiré, appuyez sur START/ STOP.
5. Après une minute de chauffage préalable, ajoutez vos aliments et commencez à les faire brunir.
6. Une fois que vous avez fait brunir toutes vos portions, appuyez sur le bouton MARCHE / ARRÊT (START/STOP) pour arrêter la fonction de rissollement.
7. Vous pouvez désormais choisir l'un des programmes de cuisson désirés: sous pression; cuisson lente, selon les indications de la recette. Suivez les indications de chaque programme.

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Programme de Minuterie

Cette fonction permet de programmer la mise en marche de la cuisson jusqu'à huit heures à l'avance, par tranches d'une demi-heure. Vous pouvez utiliser cette fonction avec les programmes suivants : cuisson lente, cuisson à pression élevée ou basse.

ATTENTION: NE LAISSEZ PAS DE PRODUITS PÉRISSABLES (VOLAILLES, VIANDES, POISSON, FROMAGE ET AUTRES PRODUITS LAITIERS) À TEMPÉRATURE AMBIANTE PENDANT PLUS DE DEUX (2) HEURES – OU PENDANT PLUS D'UNE HEURE QUAND LA TEMPÉRATURE AMBIANTE EST SUPÉRIEURE À 90 °F (32 °C). QUAND VOUS PRÉPAREZ CES ALIMENTS, NE REPORTEZ PAS LE DÉBUT DE LA CUISSON DE PLUS D'UNE À DEUX HEURES D'AVANCE.



1. Appuyez sur la fonction MINUTERIE (DELAY TIME). Le voyant lumineux se mettra à clignoter, et l'affichage numérique indiquera "00:30", ce qui représente un délai d'une demi-heure avant la mise en marche. Appuyez sur le bouton jusqu'à ce que la durée de délai souhaitée s'affiche, vous pouvez retarder les programmes de cuisson jusqu'à 8 heures.
2. Sélectionnez le mode de cuisson souhaité, ainsi que la durée de cuisson, en appuyant sur le bouton du programme désiré (cuisson à haute/basse pression, cuisson lente) et suivez les instructions du programme applicable.
3. Appuyez sur le bouton MARCHÉ / ARRÊT (START/STOP). Le cocotte se mettra en marche lorsque le délai de démarrage de la cuisson sera écoulé.

EXEMPLE PRATIQUE: Il est 10 h du matin, et vous souhaitez que votre dîner soit prêt à 18 h. Selon votre recette, vous devez cuire votre préparation pendant 12 minutes à haute pression. Vous pouvez programmer la minuterie pour un délai de 7 h 30 et programmer la durée de la cuisson à la pression pour 12 minutes. Pour ce faire, vous appuyez sur le bouton de la MINUTERIE jusqu'à ce que l'affichage numérique indique 07:30, et vous appuyez sur le bouton de réglage de la durée de cuisson à HAUTE PRESSION jusqu'à ce que l'affichage numérique indique 00:12; vous n'avez plus qu'à appuyer sur le bouton START/STOP. Le multicuiseur se mettra en marche à 17 h 30 et votre dîner sera prêt à 17 h 42. L'activation de la fonction de maintien au chaud empêchera vos aliments de refroidir!

Nettoyage et Entretien

Ne mettez aucune pièce du cocotte au lave-vaisselle, à part le récipient de cuisson amovible. Nettoyez le cocotte à fond après chaque usage, ou si vous ne l'avez pas utilisé pendant une durée prolongée.

1. Débranchez l'appareil et laissez-le refroidir avant de le nettoyer.
2. Retirez le récipient de cuisson amovible et lavez-le à l'eau chaude et au savon ou mettez-le au lave-vaisselle. Rincez et séchez entièrement le récipient.
3. Essuyez le boîtier extérieur avec un chiffon humide et propre. Ne le submergez pas dans l'eau.
4. Retirez le réservoir d'eau de condensation en le tirant vers le bas. Lavez-le à l'eau chaude et au savon. Rincez et séchez entièrement le réservoir. Remettez-le en place.
5. Placez le couvercle à l'envers, saisissez le joint en silicone de chaque côté et tirez pour le dégager. Lavez le joint à l'eau chaude et au savon. Rincez et séchez entièrement le joint. Remettez le joint en place en le plaçant à l'intérieur du bord du couvercle et en l'appuyant vers le bas. Vérifiez que la rainure visible sur la circonférence du joint se trouve bien autour de l'anneau métallique que forme l'intérieur du couvercle. REMARQUE : Le joint de silicone doit toujours être installé comme il faut à l'intérieur du couvercle;



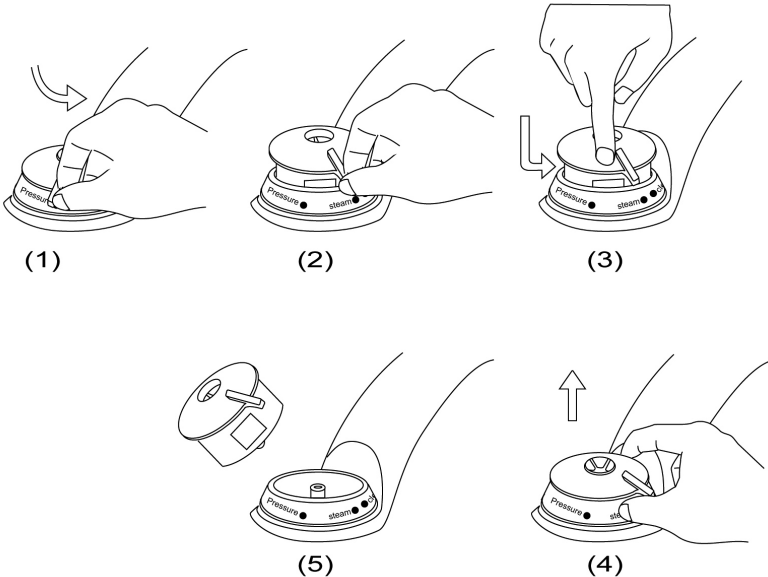
sinon, l'appareil ne fonctionnera pas. Vérifiez périodiquement que le joint garde bien toute sa souplesse, qu'il est propre et qu'il ne comporte ni fissures ni coupures. (Voir « Avant de commencer » n° 3)

6. Si le joint de silicone est abîmé, fissuré ou déchiré, n'utilisez pas le cocotte; appelez notre service à la clientèle au (800)-207-0806.
7. Pour obtenir un rendement optimal, vous devez nettoyer la base du cocotte, dans la zone du capteur de température, après chaque utilisation. Essuyez la surface à l'aide d'un chiffon humide et propre, en vous assurant que la base du cocotte est bien sèche.
8. N'utilisez jamais de poudre ou de tampons à récurer pour nettoyer cette zone de la base du cocotte.

Nettoyage du bouton de réglage de la pression

Assurez-vous TOUJOURS que le bouton de réglage de pression et les soupapes de sécurité sont en bon état avant d'utiliser le cocotte.

1. Une fois que l'appareil est refroidi, retirez le couvercle.
2. En appuyant vers le bas, tournez le bouton de réglage de la pression dans le sens des aiguilles d'une montre, au-delà du réglage VAPEUR (STEAM), et retirez-le avec précaution.



3. Tournez le couvercle à l'envers et posez-le sur une table. Retirez le dispositif anti-blocage. Avec une brosse, éliminez tous les débris alimentaires (ou autres) qui auraient pu s'accumuler dans la soupape flottante. Remplacez le dispositif anti-blocage en appuyant vers le bas.
4. Remettez en place le bouton de régulation de la pression en alignant les encoches sur la paroi intérieure de la chambre de régulation de la pression, située dans le couvercle, et tournez dans le sens des aiguilles d'une montre. Le bouton blanc situé sur le couvercle doit être en ligne avec le réglage de pression ou de vapeur du bouton de régulation de la pression. S'il ne tombe pas en ligne, enlevez le bouton et essayez d'aligner les coches dans l'autre sens.



Durées de Cuisson Recommandées

Ces durées de cuisson sont approximatives; il n'est pas impératif de les suivre à la lettre. La grosseur et la variété des aliments sont des facteurs qui influencent la durée de cuisson nécessaire.

FRANÇAIS

LÉGUMES	HAUTE PRESSION
Pommes en morceaux (basse pression)	2 minutes
Artichauts entiers	8-10 minutes
Asperges	1-2 minutes
Haricots	2-3 minutes
Betteraves	
en tranches de ¼ po.	3-4 minutes
entières, pelées	12-15 minutes
Brocoli, fleurettes ou bouquets	2-3 minutes
Choux de Bruxelles entiers	3-4 minutes
Chou, en quartiers	3-4 minutes
Carottes, en rondelles de ¼ po	1-2 minutes
Chou-fleur, fleurettes	2-4 minutes
Épi de maïs	3-5 minutes
Aubergine, en tranches de ¼ po.	2-3 minutes
Pois écosés	1-1,5 minutes
Pommes de terre	
en cubes ou en tranche	5-8 minutes
entières, petites	5-8 minutes
entières, moyennes	10-12 minutes
Épinards, frais	2-3 minutes
Citrouille	
d'automne, en morceaux d'1 po	4-6 minutes
d'été, en tranches	1-2 minutes
RIZ	HAUTE PRESSION
brun	15-20 minutes
blanc	6 minutes

VIANDES ET VOLAILLES	HAUTE PRESSION
Boeuf, porc, agneau en cubes, 1-2 po	15-20 minutes
Boeuf / veau	
Rôti, poitrine	50-60 minutes
Jarret 1½ po. d'épaisseur	25-35 minutes
Boulettes de viande, sautées	8-10 minutes
Rôti d'agneau désossé	45-55 minutes
Porc	
Filet rôti	40-50 minutes
Jambon fumé	20-25 minutes
Jambon fumé	30-40 minutes
Poulet	
Poitrine, cuisse désossée	8-10 minutes
Morceaux	10-12 minutes
Poulet entier	15-20 minutes
Poitrine de dinde, entière	30-40 minutes
POISSON	HAUTE PRESSION
Steaks, filets	
¼ po. d'épaisseur	4 minutes
1 po.	5 minutes
1 ¼ po.	6 minutes
½ po.	7 minutes



Conseils et Astuces

- Pour être sûr des résultats lorsque vous faites cuire des aliments à la pression, prévoyez toujours au moins un verre d'eau ou de liquide de cuisson dans toutes vos recettes, afin de produire suffisamment de vapeur pour obtenir la pression nécessaire.
- Lorsque vous faites cuire des aliments à la pression, élevée ou basse, la minuterie ne commencera pas son décompte avant que la pression nécessaire ne soit atteinte. Si, après un certain temps, le décompte n'a pas débuté, cela peut provenir de l'une des trois situations suivantes:
 - vous n'avez pas tourné le bouton de réglage de pression
 - le joint n'est pas bien placé dans le couvercle;
 - il n'y a pas assez de liquide de cuisson.
- Si vous cuisez des aliments à la pression et que vous n'êtes pas sûr de la durée de cuisson requise, mieux vaut cuire moins longtemps et faire retomber la pression selon la méthode rapide, puis vérifier si la préparation est cuite.
- Ne remplissez jamais le récipient de cuisson à plus de deux tiers (2/3) de sa capacité. Il doit y avoir assez d'espace dans le cocotte pour que le liquide produise de la vapeur, sinon les aliments ne cuiront pas comme il faut. Si vous utilisez des aliments qui augmentent de volume à la cuisson, ne remplissez pas le récipient à plus de la moitié (1/2) de sa capacité.
- Si le circuit électrique est surchargé à cause du branchement d'autres appareils dans votre cuisine, le cocotte risque de ne pas fonctionner. Le cocotte devrait être branché sur un circuit électrique indépendant.
- Les coupes de viande plus dures et moins coûteuses conviennent mieux aux différents programmes de cuisson à la pression, car ce mode de cuisson permet de briser la fibre de la viande et d'attendrir les morceaux.
- Les fruits frais ne doivent pas être cuits autrement qu'à basse pression.
- Ajoutez une cuiller à soupe d'huile dans l'eau pour diminuer la quantité d'écume produite par les haricots secs durant la cuisson.

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Pressure Cooker Recipes

GREEK TOMATO SOUP

Serves 4

Ingredients:

- 2 pounds Beef, i.e. a chuck roast in one piece
- 2 Beef knuckle bones
- 4 cups water
- Salt and freshly ground pepper to taste
- 3 cups crushed tomato
- 1 celery stalk
- 2 large carrots peeled
- 1 leek very well washed
- 2 large sprigs of parsley
- 2 teaspoons of dried oregano
- 4 very small red waxy potatoes, scrubbed and left whole
- 2 cups very fine noodles prepared, (about ¼ pound)
- Grated Parmesan cheese for garnish

Directions:

1. Place the Beef and the Beef bones in the cooker. Pour in water, season with the salt and pepper, close the lid and turn the knob to pressure. Set the timer for 20 minutes at low pressure.
2. When done, release the pressure and open the cooker. Remove the Beef bones as the cooker will be too full with for additional ingredients. Add the remaining ingredients with exceptions of the noodles and cheese. Close the lid and set the time for an additional 15 minutes at LOW pressure.
3. Meanwhile, cook the noodles in a separate pot, drain and reserve. Release the pressure and remove the lid. Transfer the meat and vegetables to a warm platter. Strain the remaining liquid into a serving bowl, pressing with the back of a wooden spoon to extract as much of the liquid as possible. Discard what remains in the trash.
4. Mix the noodles into the soup and serve with grated cheese. In individual dishes arrange portions of the meat and vegetables and serve at the same time as the soup. A hearty mustard is excellent for the meat and vegetables.



ASPARAGUS SOUP

Serves 4

Ingredients:

- 1 ½ pounds fresh asparagus
- 2 tablespoons unsalted butter
- 1 cup (5 oz.) minced shallots
- Pinch of Thyme
- 14 oz. low sodium chicken stock
- Salt and freshly ground pepper to taste
- 1 cup Half and Half

Directions:

1. Clean the asparagus and trim off any tough stems and Cut the asparagus in 2 inch pieces.
2. Use the Brown setting to sauté the shallots in the butter, being careful not to burn the butter. Stir in the prepared asparagus, thyme, butter, stock and season with the salt and pepper.
3. Turn off the brown setting.
4. Close the lid and turn the knob to Pressure. Set the timer for 10 minutes and cook at HIGH pressure. When done, release the pressure and open the cooker.
5. In batches, puree the soup in a blender until smooth. Add the Half and Half, adjust seasonings and serve. Serve with a garnish of fresh thyme.

TOMATO SAUCE FOR PASTA

Makes about 3 ½ cups

Ingredients:

- 2 tablespoons of Olive Oil
- 2 tablespoons finely chopped onion
- 1 medium carrot, peeled and finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic minced
- 3 cups crushed canned tomatoes
- Salt and freshly ground pepper to taste
- 2 teaspoons basil
- 1 teaspoon oregano
- 1 tablespoon minced parsley
- 1 small bay leaf
- ¼ cup dry red wine

Directions:

1. Use the Brown setting to sauté the onion, carrot, celery and garlic until softened.
2. Add all the remaining ingredients into the cooker.
3. Turn off the Brown setting. Close the lid and turn the knob to Pressure.
4. Set the timer for 12 minutes and cook at HIGH pressure.
5. When done, release the pressure and open the cooker. Use the Brown setting to reduce the sauce if it is not thick enough.



RATATOUILLE VEGETABLE STEW

Serves 6

Ingredients:

- 4 tablespoons Olive Oil
- 1 small eggplant peeled and cut into 1-inch cubes
- 2 medium zucchini in ½ inch slices
- 2 green peppers, seeded and cut into strips
- 1 medium potato, diced into ½ inch cubes (optional)
- 1 large onion, chopped
- 2 cloves garlic minced
- 2 medium tomatoes, chopped
- 2 tablespoons minced parsley
- ¼ cup low-sodium chicken stock
- 1 tablespoon prepared pesto

Directions:

1. Use the Brown setting; heat 2 tablespoons of the Olive Oil to stir fry the eggplant, zucchini, peppers and potato. It will be necessary to do this in several small batches, remove to a warm platter and reserve.
2. Add remaining 2 tablespoons of oil and the onion and garlic. Sauté the mixture until the onion is soft. Turn off the Brown setting.
3. Return the reserved vegetables to the cooker along with the remaining ingredients.
4. Close the lid and turn the knob to Pressure. Set the timer for 4 minutes at HIGH pressure.
5. When done, release the Pressure and open the cooker. If there is too much liquid, use the Brown setting to simmer the stew for a few minutes to reduce the liquid.

POTATO AND GREEN BEAN CASSEROLE

Serves 4

Ingredients:

- 3 potatoes peeled and cut in 1-inch cubes
- ¾ pound fresh green beans
- 1 tablespoon Olive Oil
- 1 medium onion minced
- 1 green pepper diced
- 1 tablespoon minced parsley
- Salt and freshly ground pepper to taste
- ½ cup low-sodium chicken stock

Directions:

1. In the cooker, mix all the ingredients into the cooker. Close the lid and turn the knob to Pressure.
2. Set the timer for 4 minutes and cook at HIGH pressure.
3. When done, release the pressure and open the cooker and serve.



CHICKEN STOCK

Makes about 6 cups

Ingredients:

- 2 pounds bone-in chicken parts (backs, wings and necks)
- 1 medium onion peeled and cut in half
- 1 celery stalk cut in several pieces
- 1 large carrot, peeled and cut into pieces
- 2 large sprigs of parsley
- 6 peppercorns
- 1 bay leaf
- Salt and freshly ground pepper to taste
- 5 cups water

Directions:

1. Combine all the ingredients in the cooker; close the lid and turn the knob to Pressure.
2. Set the timer for 30 minutes at HIGH pressure. When time is done, release the pressure and open the cooker.
3. Strain the remaining liquid, pressing with the back of a wooden spoon to extract as much of the liquid as possible. Discard what remains in the sieve.
4. Cool the broth, then refrigerate overnight and remove any congealed fat that has collected on the surface.

BRAISED VEAL WITH CARROTS

Serves 4 – 6

Ingredients:

- 4 tablespoons Olive Oil
- 2 large onion, chopped
- 1 clove garlic, minced
- 1 tablespoon chopped fresh Rosemary
- 2 pounds cubed veal
- 1 cup Marsala or other sweet wine
- 1 pound carrots, peeled and grated
- 1 ½ cups beef broth
- Salt and freshly ground pepper to taste

Directions:

1. Use the Brown setting to sauté the onions, garlic and rosemary until tender and translucent, about 6-8 minutes.
2. Remove mixture from the pressure cooker and set aside in a bowl. Add the remaining Olive Oil and Brown the meat on all sides, sprinkling with salt after it has browned. Add the wine and let it bubble up. Add the sautéed onions and the remaining ingredients.
3. Turn off the Brown setting. Close the lid and turn the knob to Pressure. Set the timer for 12 minutes and cook at HIGH pressure.
4. When done, release the pressure and open the pressure cooker. Season the stew generously with salt and pepper before serving.



SALMON WITH SPINACH & LEMON SAUCE

Serves 3

Ingredients:

- 1 ½ teaspoons salt, divided
- 10 ounces of fresh spinach leaves cleaned and rinsed
- 2 tablespoons Olive Oil
- 1 medium onion peeled and cut in half
- 2 garlic cloves, minced
- 2 tablespoons minced fresh broad leaf parsley
- 1 cup bottled clam juice
- ¼ cup fresh lemon juice
- ¼ teaspoon white pepper
- 1 ½ teaspoons dried crumbled dill
- 3 6-8 ounce salmon steaks at least 1-inch thick
- 1 teaspoon cornstarch dissolved in 1 tablespoon cold water
- 2 large egg yolks

Directions:

1. Place one cup water, 1 teaspoon of salt and the spinach leaves in the pressure cooker. Close the lid and turn the knob to Pressure.
2. Set the timer for 3 minutes and cook at HIGH pressure. When done, release the pressure and open the cooker.
3. Remove the spinach from the pressure cooker, drain thoroughly and place on a platter. Cover and keep warm in a low temperature oven. Dry the cooker with a paper towel.
4. Use the Brown setting to sauté the onions, garlic and parsley for about 2 minutes. Turn off the Brown setting. Stir in the clam juice, lemon juice, remaining salt, pepper and dill. Place the salmon in the cooker in a single layer. Close the lid and set the timer for 7 minutes and cook at HIGH pressure.
5. When done, release the pressure and open the pressure cooker. Using a slotted spatula, transfer the salmon to the warmed platter and cover to keep warm.
6. Pour off all but 1/3 cup of the cooking liquid in the cooker and use the Brown setting to warm the liquid. Stir in the egg yolks and cornstarch mixture. Stir until it begins to thicken. Turn off the Brown setting.
7. To serve, arrange a portion of spinach on each of 6 individual plates. Top each with a salmon steak and spoon sauce over the salmon. Garnish with sprigs of fresh parsley or thin lemon slices.

PIQUANT SHRIMP

Serves 4

Ingredients:

- 2 tablespoons Olive Oil
- 1 ½ pounds large shrimp, peeled and deveined, with tails on
- 1 cup minced onion
- 2 tablespoons minced parsley
- 4 cloves garlic, minced
- 2 teaspoons paprika
- ¼ cup dry white wine
- ½ cup fish stock or clam juice
- 1 cup tomato sauce
- Pinch of sugar
- Pinch of saffron
- 1 teaspoon crushed hot red pepper flakes
- 1 bay leaf
- ¼ teaspoon thyme
- Salt and freshly ground pepper to taste

Directions:

1. Use the Brown setting to quickly sauté the shrimp. Remove the shrimp to a platter.
2. Add the onion to the cooker (add a bit more oil if necessary) and sauté until wilted. Stir in the parsley, garlic, paprika and wine. Boil and reduce by half.
3. Add the fish stock, tomato sauce, sugar, saffron, hot red pepper flakes, bay leaf, thyme, salt and pepper. Turn off the Brown setting. Close the lid and turn the knob to Pressure. Set the timer for 5 minutes to cook at HIGH pressure.
4. When done, release the pressure and open the cooker. If the sauce is too thin, use the Brown setting to boil it down a bit. Add the shrimp, close the lid and set the timer for 1 minute to cook at HIGH pressure.
5. When done, release the pressure and open the cooker. Discard the bay leaf. Serve over rice.



PORK CHOPS AND POTATOES

Serves 4

Ingredients:

- 2 tablespoons Olive Oil
- 4 pork chops, 1-inch thick
- Salt and freshly ground pepper
- ¼ cup low-sodium chicken stock
- 3 medium potatoes peeled and cut in 1/8 inch thick slices
- 1 medium onion, sliced
- ¾ cup dry white wine
- 3 bay leaves
- ½ teaspoon nutmeg

Directions:

1. Heat the oil in the pressure cooker; generously sprinkle the pork chops with salt and pepper.
2. Use the Brown setting to brown as many chops as will fit comfortably in the pressure cooker at one time. When done browning, remove chops to a warm platter. Add the chicken stock to the cooker, scraping up any stuck particles. Turn off the Brown setting.
3. Layer half of the potato and onion slices in pressure cooker, sprinkling with salt, pepper and nutmeg. Place a bay leaf on top. Arrange the pork chops over the potatoes and onion and add another bay leaf. Cover the chops with another layer of potatoes and onion, again season with salt, pepper and nutmeg.
4. Pour in the wine and add the remaining bay leaf. Close the lid and turn the knob to Pressure. Set the timer for 20 minutes and cook at LOW pressure.
5. When done, release the pressure and open the cooker. Discard the bay leaves before serving.



CRANBERRY TURKEY

Serves 4

Ingredients:

- 1 cup fat-free chicken stock
- 1 large onion
- ½ cup dried cranberries
- Non-stick cooking spray
- 1 pound turkey breast fillets, pounded between wax paper to ¼ inch thick
- 4 medium potatoes, peeled and quartered
- ½ jellied cranberry sauce
- 2 teaspoons minced orange zest
- 1 large orange, sectioned and diced
- Salt and freshly ground pepper to taste

Directions:

1. Spray the pressure cooker with the non-stick cooking spray and season the pounded turkey with salt and pepper. Use the Brown setting to sauté the turkey fillets until browned on both sides and remove to a platter. Depending on the size of the fillets, this may need to be done in 2 separate batches. Turn off the Brown setting.
2. Add the broth, onion and dried cranberries to the cooker. Layer the turkey and potatoes on top of the onions. Close the lid and turn the knob to Pressure. Set the timer for 8 minutes at HIGH pressure.
3. When done, release the pressure and open the cooker. Transfer the turkey and potatoes to a warm platter and keep warm. Leave the broth, onions, and fruit in the cooker.
4. Use the Brown setting and add the cranberry sauce, orange zest and sections to the cooker. Cook the mixture, stirring occasionally, until the jellied cranberry has melted and the sauce has slightly thickened.
5. Serve the sauce over the reserved turkey fillets.

WARM PEACH DESSERT

Serves 4

Ingredients:

- 3 tablespoons butter
- 4 tablespoons brown sugar
- ¼ cup water
- 1 large bag of frozen peaches, defrosted
- 3 tablespoons dark rum or more if you like
- 1 tablespoon whole allspice berries
- 1 teaspoon ground ginger

Directions:

1. Use the Brown setting to melt butter, add the sugar and peaches. Stir well. Turn off the Brown setting.
2. Add the water, rum, spices, and mix well. Close the lid and turn the knob to Pressure. Set the timer for 5 minutes and cook at LOW pressure.
3. When done, release the pressure and open the cooker. Serve warm or cold.



PORK LOIN WITH GINGER POMEGRANATE SAUCE

Serves 4

Ingredients:

2 lb. pork loin
pepper to taste
3/4 cup orange marmalade
1/2 cup pomegranate juice
2 teaspoons grated ginger
1 lime, juice
2 tablespoons soy sauce
3 cloves garlic, minced

Directions:

1. Set cooker on Brown setting. Add oil to the cooker. Pepper the pork and add to the cooker. Brown the roast on all sides (should take about 5 minutes).
2. Mix the remaining ingredients and pour them over pork. Close lid. Turn knob to pressure and set cooker on HIGH pressure cooker setting for 35 minutes and let come down naturally.
3. Remove pork loin and cover with aluminum foil. Set cooker on Brown and bring sauce to a boil. Mix cornstarch and water together and add to cooker. Boil for 2 minutes. Slice pork and serve with sauce.

BURGUNDY CHICKEN

Serves 4

Ingredients:

2 tablespoons canola oil
4 skinless boneless chicken breast halves
1/2 medium onion coarsely chopped
1 medium green pepper, chopped
1 medium tomato, coarsely chopped
1 rounded tablespoons flour
2 cups Burgundy wine
1/2 teaspoon curry powder
1/4 teaspoon paprika
1 chicken bouillon cube
salt and pepper to taste
2 tablespoons cream, if desired

Directions:

1. Heat oil in cooker on Brown setting. Add chicken breasts and brown on both sides.
2. Add all remaining ingredients, except for cream and close lid. Turn knob to pressure and cook under HIGH pressure for 7 minutes.
3. Quick-release the pressure, remove lid and add cream for a smoother, richer sauce.

CHICKEN WITH PROSCIUTTO AND MUSHROOMS

Serves 4

Ingredients:

3 ounces prosciutto diced
1 tablespoon Olive Oil
8 ounces mushrooms sliced
2 pounds chicken tenderloins
1 medium onion cut into thin wedges
2 large garlic cloves minced
 $\frac{3}{4}$ cup dry white wine
 $\frac{3}{4}$ cup low-sodium chicken broth
2 tablespoons tomato paste
1 cup diced tomatoes (petite cut)
2 teaspoons sage, dried
1 rosemary sprig about 2 tablespoons
2 bay leaves
12 peppercorns coarsely crushed
salt and pepper

Directions:

1. Heat oil in cooker on Brown setting. Add diced prosciutto and cook for 2 minutes. Add mushrooms and cook until they are almost tender, about 10 minutes then transfer to a small dish.
2. Add the chicken, onion, garlic, wine, broth, tomato paste, tomatoes, sage, rosemary, bay leaves and crushed peppercorns to the cooker and close lid. Turn knob to pressure and cook under HIGH pressure for 7 minutes.
3. Quick-release pressure and stir in the mushrooms and prosciutto. Taste and add salt and pepper as desired.



PORK CHOPS WITH SAVORY MUSHROOM GRAVY

Serves 4

Ingredients:

4 boneless pork top loin chops
2 tablespoons vegetable oil
flour, all-purpose for dredging
salt and pepper to taste
1 large onion sliced
¼ cup white wine
1 cup low sodium chicken broth
8 oz. sliced mushrooms
3 scallions, diced
3 tablespoons flour
8 oz. low fat sour cream

Directions:

1. Add kosher salt and fresh black pepper to about a half cup of flour. Dredge chops in flour and heat oil in cooker on Brown setting. Discard remaining flour mixture.
2. Brown chops on both sides, in batches if necessary. Remove chops and add white wine, stirring to release brown bits on bottom of cooker. Reduce wine to 2 tablespoons and then return the pork chops to the cooker. Add the chicken broth over the chops and then put the onion slices and mushrooms over the chops. Turn knob to pressure and cook under HIGH pressure for 10 minutes. Allow the pressure to release naturally.
3. Remove the chops, reserving the liquid. Stir the 3 tablespoons of flour into the sour cream until smooth. Set cooker on Brown and stir sour cream into the reserved liquid, whisking continuously until thickened. Add scallions and serve.

CHICKEN STUFFED WITH SUN-DRIED TOMATO PESTO, BASIL AND GOAT CHEESE

Serves 4

Ingredients:

- 4 boneless, skinless chicken breast
- 4 ounce jar sun-dried tomatoes packed in Olive Oil, drained with oil reserved
- 1 garlic clove
- Salt and freshly ground pepper to taste
- ¼ cup freshly grated Parmesan
- ½ cup fresh basil leaves, packed
- 4 oz. goat cheese (log type, such as Chevre)
- ½ cup low-sodium chicken broth
- 1 tablespoon white wine
- 1 tablespoon corn starch
- ½ teaspoon garlic powder
- 2 tablespoons freshly grated Parmesan
- 2 tablespoons fresh parsley, chopped

Directions:

1. Trim all visible fat and tendons from chicken breasts. Put chicken breasts, one at a time, inside a heavy plastic freezer bag and pound with meat mallet or other heavy object until ¼ inch thick.
2. Put tomatoes, garlic, salt, pepper and ¼ cup of Parmesan into a food processor along with ½ to 1 tablespoon of reserved oil. Process until a paste forms.
3. Roughly chop basil and add to food processor with goat cheese. Pulse a few times until mixture is combined but not completely blended. Spread ¼ of pesto/basil/goat cheese mixture on each chicken breast. Roll up chicken, starting with smallest end, tucking in loose pieces and securing with two toothpicks.
4. Place chicken breasts seam side up in cooker. Add chicken broth and close lid. Turn knob to Pressure and cook under HIGH pressure for 7 minutes.
5. Quick-release pressure and remove breasts to a serving dish and tent with foil. Combine wine, corn starch, garlic powder and 1 tablespoon of water. Set cooker on Brown and add corn starch mixture, stirring until thickened.
6. Add any juices that have accumulated in the serving dish along with remaining Parmesan and stir. Top chicken breasts with sauce and parsley.



BOSTON BAKED BEANS

Serves 4 generously

Ingredients:

- 2 cups dried white beans, about 1 pound
- 1/3 pound salt pork, diced (or slab bacon)
- 3 tablespoons brown sugar
- 2 tablespoons molasses
- 1½ teaspoon prepared mustard
- 1 onion diced
- 2 tablespoons ketchup
- Water (enough to cover beans in pot)

Directions:

1. Soak beans in water overnight. Drain.
2. Use the Brown setting to sear the pork on all sides. Remove. Turn off the Brown setting. Remove the excess drippings.
3. Add all the remaining ingredients to the cooker and enough water to cover the beans well. Close the lid and turn the knob to Pressure. Set the timer for 90 minutes and cook at LOW pressure. When done, release the pressure and open the cooker and serve.

FAGOR'S NEVER FAIL RISOTTO

Serves 4

Ingredients:

- 2 tablespoons Olive Oil
- ¼ cup diced onion or shallot
- 1 cup Arborio rice
- 2 cup chicken broth
- ¼ cup white wine
- 1 teaspoon saffron threads
- ¼ grated Parmesan cheese
- 1 tablespoon freshly minced parsley

Directions:

1. Use the Brown setting to sauté the onions and rice until the onion is translucent, about 5 minutes.
2. Turn off the Brown setting. Add the broth, wine and saffron. Close the lid and turn the knob to Pressure. Set the timer for 10 minutes and cook at HIGH pressure.
3. When done, release the pressure and open the cooker. Stir in the cheese and parsley. Serve.

PAELLA, SPANISH STYLE

Serves 4

Ingredients:

- 8 small mussels or clams
- 2 tablespoons Olive Oil
- ½ pound firm white fish such as monkfish or halibut cut in 1-inch pieces
- ½ pound shrimp peeled and deveined, tails on
- 1 medium onion chopped
- 3 garlic cloves, minced
- 1 pimiento, chopped
- 1 tablespoon minced fresh broad leaf parsley
- ¼ teaspoon paprika
- 1 small tomato, skinned, seeded and chopped
- 2 cups rice – short or long grain
- 4 cups bottled clam juice or fish stock or chicken stock
- ½ cup peas
- ¼ teaspoon saffron

Directions:

1. Use the Brown setting to boil 1 cup of water, add the mussels, and cook until they open.
2. Discard half of the shell and reserve the mussels on a warm platter. Dry the cooker thoroughly.
3. Heat the oil and sauté the fish and shrimp until they are just cooked. Remove from the cooker and place onto a platter and cover tightly with foil.
4. Add the onion and garlic to the cooker and sauté until the onion wilts. Stir in the pimiento, parsley, paprika and tomato. Cook for 3 minutes.
5. Stir in the rice and coat well. Pour in the stock, add in peas and saffron. Turn off the Brown setting. Close the lid and turn the knob to Pressure. Set the timer for 10 minutes and cook at HIGH pressure. When done, release the pressure and open the cooker. Stir in the reserved mussels and shrimp.



BROWN RICE AND EDAMAME

Serves 4

Ingredients:

- ¾ cup long grain brown rice
- 1 ½ cups of water
- 1 ¼ cups frozen shelled edamame
- 1 tablespoon lime juice
- 1 tablespoon rice vinegar
- 1 ½ teaspoons sesame oil, toasted
- ½ teaspoon sugar
- 3 scallions thinly sliced on the diagonal
- Salt and pepper
- crushed red pepper flakes (optional)

Directions:

1. Place rice and water into the cooker and close lid. Turn knob to pressure and set cooker on HIGH pressure cooker setting and cook for 12 minutes.
2. Quick release the pressure, open the lid and add edamame. Lock the lid in place. Set back to HIGH pressure and cook for 8 additional minutes. Quick release the pressure.
3. In a small bowl, stir together lime juice, vinegar, oil, chili flakes (if using) and sugar until sugar is dissolved. With a fork, stir in lime juice mixture and scallions into rice; season with salt and pepper.

SUSHI RICE

Serves 4

Ingredients:

- 1 ½ cups short-grain sushi rice
- 2 ½ cups water
- ¼ cup rice vinegar (also known as sushi vinegar)
- 2 tablespoons Mirin (sweetened sake)
- 1 teaspoon salt

Directions:

1. Rinse the rice under cold water and drain. Place in the cooker. Add water. Lock the lid in place and turn knob to pressure and cook under HIGH pressure for 10 minutes. Release pressure.
2. While rice is cooking, mix the salt, Mirin and Rice Vinegar in a measuring cup-stirring well to dissolve the salt.
3. Remove the rice and place in a non-metallic bowl. Swirl the dressing over the rice in a spiral pattern and gently stir the mixture into the rice with a rice paddle. The rice should have a sticky texture with a glossy appearance. This rice is intended to be used for preparing sushi rolls with Nori (seaweed) sheets along with the vegetable & seafood ingredients of your choice.

PEARS STEWED IN RED WINE

Serves 4

Ingredients:

- 2 cups water
- ½ cup sugar
- 2 slices fresh lemon
- 2 whole cinnamon sticks
- ¼ teaspoon nutmeg
- 4 firm pears peeled but not cored, stems on
- ¾ cup red wine
- 1 cup frozen raspberries
- ¼ cup heavy cream

Directions:

1. In the cooker, combine water, sugar, lemon, cinnamon sticks and nutmeg. Use the Brown setting to simmer the syrup until the sugar dissolves. Turn off the Brown feature.
2. Place the peeled pears upright in a steamer basket, the bottoms may need to be trimmed to make them stand upright. Lower the basket into the cooker. Close the lid and turn the knob to Pressure. Set the timer for 4 minutes and cook at LOW pressure.
3. When done, release the pressure and open the cooker. Add the red wine; close the lid and set the timer again for 4 minutes and cook at LOW pressure.
4. When done, release the pressure and open the cooker. Remove the pears and transfer them to a deep container. Use the Brown setting to boil down the sauce until syrupy. Turn off the cooker.
5. When the sauce has cooled, pour over the pears and keep at room temperature overnight. To serve, defrost and purée the raspberries until smooth. Spoon ¼ cup of the purée on four dessert dishes and place a pear upright in the center of each dish. Spoon some syrup over each pear. Drizzle 1 tablespoon of the cream in a circle over the sauce. With the aid of a knife, swirl the cream into the sauce in an attractive design.

SLOW COOKING RECIPES

SLOW COOKED BLACK BEANS

Serves 8

Ingredients:

- 1 pound dried black beans
- 6 cups water
- 1 ½ cups chicken stock
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 1 can (14.5 oz.) diced tomatoes
- 4 cloves of minced garlic
- 2 tablespoons cumin
- 1 teaspoon fresh ground pepper
- 1 teaspoon chili powder
- 1 teaspoon salt (or to taste)

Directions:

1. Rinse black beans well and drain. Place in the cooker and add 6 cups water. Lock lid in place and cook on LOW pressure cooking setting for 30 minutes.
2. When cooking time is complete, release pressure, rinse and drain beans. Return beans to the cooker and add the remaining ingredients. Stir well. Cover and cook on the slow cooker setting for 8 hours on the LOW slow cook setting.

RECIPES

CHINESE CHICKEN

Serves 4

Ingredients:

- 3 pounds chicken thighs, with bone, skin removed
- ¼ cup Hoisin sauce
- ¼ cup plum chutney or plum sauce
- ¼ cup low sodium soy sauce
- 1 medium piece fresh ginger-root, about 2-inches, peeled and thinly sliced or grated
- juice of 1 whole fresh lime
- 3 tablespoons cornstarch

Directions:

1. Mix all ingredients except the chicken in a bowl.
2. Add the chicken pieces and coat well.
3. Place everything, including the marinade, into the cooker. Cover and cook on the LOW slow cooker setting for 5-6 hours. Serve with rice.



CAJUN STYLE RED BEANS AND RICE

Serves 6

Ingredients:

- 1 pound dried red beans
- 4 cups water
- 3 ribs celery, diced
- 1 bell pepper, diced
- 1 onion, diced
- 2 small bay leaves
- 8 ounces Andouille sausage, diced
- 1 teaspoon dried thyme
- 1 tablespoon Tabasco or hot pepper sauce (to taste)

Directions:

1. Rinse and drain beans and place in cooker. Add water and stir. Cover and cook on the pressure setting for 30 minutes.
2. Release the LOW pressure and add the remaining ingredients to the cooker. Stir well.
3. Cover and cook for 8 hours on the LOW slow cook setting. Serve over hot rice.

MARINARA SAUCE

Serves 12

Ingredients:

- 1 tablespoon Olive Oil
- 4 cloves garlic, minced
- 1 cup diced celery
- 1 cup diced onion
- ½ pound diced mushrooms
- ½ cup diced carrots
- 1 cup diced bell pepper
- ¼ cup prepared pesto
- ¼ cup sherry
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons dried oregano
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon sugar
- Pinch each of cinnamon and chili powder
- 2 - 28 ounce cans crushed tomatoes

Directions:

1. Turn the cooker on Brown and sauté the onions, garlic, celery and bell peppers, in the Olive Oil until the onions are translucent, about 5 minutes.
2. Change to the slow cooker setting and add the remaining ingredients into the cooker. Cover and cook for 8 hours on the LOW slow cook setting. Serve over your choice of cooked pasta.



CHICKEN & QUINOA - SOUTHWESTERN STYLE

Serves 4

Ingredients:

- 1 pound of chicken breast trimmed and cut into 1-inch chunks
- 1 15 ounce can of cream style corn
- 1 15 ounce can of pinto beans rinsed and drained
- 1 15 ounce can of diced tomatoes
- 1 teaspoon dried oregano
- 2 tablespoons dehydrated onion
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- 1 cup uncooked quinoa
- ½ cup fresh cilantro
- juice of one fresh lime

Directions:

1. Place the first 8 ingredients of the recipe into the cooker and cover. Set cooker to LOW slow cooker setting and cook for 4 ½ hours.
2. Add the quinoa after 4 hours and close the lid. It will soak up the remaining liquid during the final 30 minutes of cooking. Mix in the cilantro and lime juice and serve.

CHICKEN CURRY

Serves 6

Ingredients:

- 3 pounds boneless skinless chicken thighs
- 2 medium onions, halved and thinly sliced
- 16 thin slices peeled fresh ginger (1 oz.)
- 8 garlic cloves, thinly sliced
- 4 tablespoons curry powder
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons coarse salt
- 2 cups (or 1 can) unsweetened light-coconut milk
- 2 cups frozen peas
- ¼ cup chopped cilantro

Directions:

1. Place first eight ingredients (chicken through salt) into the cooker. Cover cook on HIGH slow cooker setting for 1 hour.
2. Stir in coconut milk and peas; cover and cook on LOW 5 hours. Shred the chicken using two forks. Add ¼ cup chopped cilantro stir and serve.



OLD FASHIONED CHICKEN SOUP

Serves 6

Ingredients:

- 2 cups shredded zucchini
- 1 ½ cups diced onion
- 1 cup sliced carrots
- 1 cup diced celery
- 1 ½ teaspoons oregano
- 1 ½ cups diced tomato, fresh or canned
- 1 tablespoon prepared pesto
- ½ pound diced boneless skinless chicken
- 6 cups low sodium chicken stock
- Salt and pepper to taste

Directions:

1. Combine all the ingredients and place into the cooker.
2. Cover and cook for 8 hours on the LOW slow cook setting. When done, stir in 2 cups cooked rice or 2 cups of cooked noodles if desired.

ROAST CHICKEN WITH CARROTS

Serves 6

Ingredients:

- 1- 4 to 4 ½ pound roasting chicken
- Kosher salt
- Freshly ground black pepper
- 4 teaspoons dried thyme, divided
- ½ lemon, quartered
- 1 head garlic, cut in half crosswise
- 1 tablespoon olive oil
- ½ large red onion, thickly sliced
- 3 carrots quartered and cut into 2-inch pieces
- 1 tablespoon cornstarch mixed with 2 tablespoons of water

Directions:

1. Rinse the chicken inside and out and pat the outside dry. Sprinkle the inside of the chicken with 2 teaspoons of thyme and a generous amount salt and pepper. Stuff the cavity with the quartered lemon, and all the garlic.
2. Brush the outside of the chicken with the olive oil and sprinkle again with salt and pepper. Tie the legs together with kitchen string. Use the Brown setting to brown chicken on all sides, being careful not to puncture the skin. Turn off Brown setting and remove chicken.
3. Place the onions and carrots along with the remaining olive oil and thyme in the cooker and toss with additional salt and pepper. Spread vegetables evenly around the bottom of the cooker and place the chicken on top. Cover and cook for 4 hours on the HIGH slow cooker setting.
4. Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes. Use the Brown setting to bring the juices in the cooker to a boil. Add cornstarch mixture and stir until thickened.
5. Slice the chicken onto a platter and serve it with the vegetables and gravy.



GARLIC TURKEY BREAST

Serves 6-8

Ingredients:

4-5 pound turkey breast, bone-in, skin-on
6-8 cloves of garlic, sliced thin
2 teaspoon kosher salt
pepper
extra virgin Olive Oil
1 celery stalk, cut into ½ inch pieces
1 medium onion, sliced
2 tablespoons cornstarch
minced parsley – optional

Directions:

1. Carefully lift the skin on the turkey breast and rub with 1 tablespoon of extra virgin olive oil. Evenly distribute the slivers of garlic underneath the skin. Rub the top and underside of the turkey with salt and pepper. Add another tablespoon of oil to the cooker and use the Brown setting to brown the breast.
2. Remove the turkey breast and place onions and celery in the bottom of the cooker. Place the turkey breast on top of the vegetables, cover and cook for 2 hours on the HIGH slow cooker setting.
3. After 2 hours switch the cooker to the LOW slow cooker setting and continue to cook the turkey for an additional 4-5 hours or until the turkey is tender and no longer pink inside or until a meat thermometer reads 170°F.
4. Remove turkey to a platter and cover with aluminum foil for about 10 minutes. Use the Brown setting to bring the juices in the cooker to a boil. Add cornstarch mixed with 2 tablespoons of water to mixture and stir until thickened. Add minced parsley to gravy if desired. Serve turkey topped with gravy.

GINGERED POACHED PEARS

Serves 4

Ingredients:

1 ½ cups cranberry juice
½ cup brown sugar
1 tablespoon grated fresh ginger
¼ cup finely diced candied ginger
¼ cup rum
½ cup water
1 teaspoon lime juice
2 large pears

Directions:

1. In the cooker, combine all the ingredients except the pears. Mix well.
2. Peel, halve and core the pears. Add to the cooker, core side up and baste with the liquid. Cover and cook for 4 hours on the LOW slow cook setting. If desired, serve with a dollop of freshly whipped cream and a sprinkle of diced candied ginger.



SOUTHWESTERN PORK TENDERLOIN

Serves 8

Ingredients:

- 1 large green pepper, seeded and cut into a $\frac{3}{4}$ inch dice
- 2 cups diced onion
- 2 sweet potatoes, peeled and cut into a $\frac{3}{4}$ inch dice
- 1 $\frac{1}{2}$ cups frozen corn
- 1 16 oz. jar of mild or medium chunky salsa
- 2 teaspoons oregano
- 1 $\frac{1}{2}$ teaspoons of chili powder (regular, chipotle or ancho)
- 1 teaspoon cumin
- 1 teaspoon each of salt and pepper
- 1-2 pound package of pork tenderloin (plain), trimmed of all fat
- $\frac{1}{4}$ cup chopped cilantro (optional)

Directions:

1. Stir together vegetables, salsa, oregano, spices, salt and pepper into the cooker. Cut tenderloins in half and place on top of vegetables.
2. Cover and cook for 6 hours on LOW or until pork reaches an internal temperature of 160°F. Remove pork and let rest of 5 minutes. Slice into medallions and serve with vegetables. Top with cilantro if desired. Nice accompanied by Brown Rice with Black Beans.

SUPER EASY SHORT RIBS- BARBEQUE STYLE

Serves 4

Ingredients:

- 2 $\frac{1}{2}$ pounds boneless beef short ribs
- 1 large onion thinly sliced
- 1 cup prepared barbeque sauce
- 1 cup water
- 1 teaspoon garlic powder
- Salt and pepper to taste

Directions:

1. Season meat with salt and pepper and brown on all sides using the Brown setting. It may be necessary to do this in 2 batches. Set the timer for 8 hours on LOW slow cook setting and return all of the meat to the cooker.
2. Stir in onion and garlic powder. Combine the barbeque sauce and water then add to cooker. Cover and cook for 8 hours on LOW.



BEEF FAJITAS

Serves 6

Ingredients:

- ¾ cup salsa
- 2 tablespoons tomato paste
- 1 tablespoon olive oil
- 1 clove garlic minced
- 3 tablespoons lime juice
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 ½-pounds flank steak trimmed
- 1 large onion cut in half and thinly sliced into half moons
- 2 each red bell pepper cut into strips
- 1 package flour tortillas
- Guacamole (optional)
- Tomatoes, chopped (optional)

Directions:

1. In a small bowl, combine salsa, tomato paste, olive oil, garlic, lime juice, pepper and salt. Lay the flank steak in the slow cooker and pour the mixture over it, making sure to coat all exposed surfaces well. Lay the onion and bell peppers on top. Cover and cook on the LOW slow cooker setting for 5½ hours, until the meat is tender.
2. Remove the steak and vegetables from the mixture and transfer to a serving platter. Cover with aluminum foil and let stand 10 minutes. Cut the meat across the grain into ½ inch thick slices. Serve heaped over warm tortillas, with peppers and onions on top. Garnish with guacamole and chopped tomatoes.

FRUIT “CRISP”

Serves 6

Ingredients:

- 2 (21 oz.) cans fruit pie filling (cherry, blueberry, apple, peach)
- 1½ cups of packaged yellow or white cake mix
- 5 tablespoons butter, cut up
- ½ cup chopped pecans or walnuts, toasted

Directions:

1. Rub the cooker insert generously with butter. Place pie filling in the cooker.
2. Mix dry cake mix and remaining butter until crumbly, sprinkle over filling. Sprinkle with nuts. Cover & cook on LOW slow cooker setting for 2-3 hours.
3. Serve warm in bowls. Top with whipped cream or serve side by side with a scoop vanilla ice cream.

LAMB MEATBALLS

Serves 4

Ingredients:

Meatballs:

1 pound ground lamb
1 teaspoon minced ginger
2 cloves garlic, minced
1 small onion, finely diced
1 teaspoon kosher salt
1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon light brown sugar
¼ teaspoon ground cinnamon
½ cup fresh cilantro, chopped
2 tablespoons chopped raisins

Sauce:

1 tablespoon canola oil
1 onion, chopped
1 clove garlic, minced
1 teaspoon cumin
1 teaspoon ground coriander
1 ½ teaspoons cinnamon
½ teaspoon salt
½ teaspoon chili powder
1 tablespoon tomato paste
28 oz. can chopped tomatoes

Directions:

1. To make meatballs, put all meatball ingredients into a food processor and process until the mixture binds together. Shape into 20 meatballs, place on a baking sheet and chill in the refrigerator for 10 minutes.
2. To make the sauce, heat oil in the cooker using the Brown setting. Add the onion and garlic and sauté until the onions are translucent. Add the remainder of the ingredients and stir to combine.
3. Bring sauce to a simmer and add the chilled meatballs. Change the cooker to the LOW slow cooker setting and cover. Cook the meatballs on LOW for 4-5 hours. Serve meatballs and sauce over couscous or rice.



MEATLOAF WITH VEGETABLES

Serves 4

Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 1 scallion, chopped
- 1 tablespoon minced garlic
- 1 celery rib, chopped
- 1 large carrot, peeled and chopped into ¼ inch pieces
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 tablespoon Worcestershire sauce
- ¼ cup ketchup + ½ cup ketchup (divided)
- 1 pound lean ground beef
- ½ pound ground pork
- 4 ounces chopped mushrooms
- 2 tablespoons grated parmesan cheese
- 2 tablespoons milk
- ¾ cup dry breadcrumbs
- 1 egg lightly beaten

Directions:

1. In a medium skillet, heat oil and add onions, green onion, garlic, celery and carrots, stirring until the carrots are fork-tender for about 7 minutes. Season with salt and pepper.
2. In a bowl, combine the sautéed vegetables, Worcestershire sauce, ¼ cup ketchup, ground beef, ground pork, mushrooms, breadcrumbs, egg, milk, and Parmesan cheese. Shape into an oval and place in the cooker.
3. Brush remaining ½ cup of ketchup over meatloaf. Cover. Set cooker to LOW slow cooker setting and cook for 5 hours.
4. Carefully remove meatloaf from cooker and tent with foil for 10 minutes. Slice and serve. lime juice and cilantro and serve.

POTATO LEEK SOUP – CHEESY STYLE

Serves 4-6

Ingredients:

- 2 cloves garlic, minced
- 2 cups finely minced leeks
- 5 cups peeled and diced white potatoes
- 2 cups low-sodium chicken stock
- 8 ounces grated sharp cheddar cheese
- 6-8 ounces low-fat milk

Directions:

1. Place the first 4 ingredients in the slow cooker.
2. Cover and cook for 6 hours on the LOW slow cook setting. When the potatoes are tender, stir in the grated cheese and milk. Serve.



SAUSAGE & KRAUT

Serves 4

Ingredients:

- 2 tablespoons canola oil
- 1 large apple, peeled, halved, sliced ½ inch
- 1 large sweet onion, halved, sliced ½ inch about ,1 ½ cups
- 4 medium Yukon gold or red-skinned potatoes, peeled, cut into ½-inch pieces ,about 3 cups
- ½ cup packed light brown sugar
- ¼ cup Dijon mustard
- 1 ½ pound kielbasa or turkey sausage, sliced, ½ inch
- 1 cup apple cider
- 1 32-oz. jar sauerkraut, drained

Directions:

1. Melt butter in cooker using the Brown setting. Add apple and onion and cook 8 to 10 minutes or until onion begins to turn soft, translucent and golden brown, stirring occasionally.
2. Stir in potatoes. Combine sugar and mustard in small bowl and stir into onion mixture. Arrange sausage over onion mixture; pour in apple cider.
3. Arrange sauerkraut over sausage. Cover. Set cooker to LOW slow cooker setting and cook for 7-8 hours.

ZUCCHINI AND CARROT CHILI

Serves 6-8

Ingredients:

- 2 medium zucchini chopped
- 4 medium carrots - chopped
- 1 medium green pepper - chopped
- 2 garlic cloves
- 1 15-oz can garbanzo beans
- 2 15-oz can kidney beans
- 1 ¼ oz. can sliced black olives
- 1 ½ teaspoons of cumin
- 12-oz jar medium picante sauce
- 1 28-oz can cut-up tomatoes
- shredded cheddar cheese

Directions:

1. Sauté zucchini, green pepper, onion, carrots and garlic in olive oil until crisp and tender.
2. Combine tomatoes, picante sauce, cumin, black olives, beans and sautéed vegetables in slow cooker.
3. Cook on low for 4½ to 5 hours on the LOW slow cook setting. The cheddar cheese is added when served.



VEGETABLE BARLEY CASSEROLE

Serves 4

Ingredients:

- 1 15oz. can black beans, rinsed and drained
- 1 10oz. package of frozen whole kernel corn
- 1 cup chopped onion
- ½ cup pearl barley
- 1 large red sweet pepper, cut into ½ inch dice
- 2 medium carrot, cut into ¼ inch slices
- 1 small butternut squash, cut into 1-inch dice
- 2 cloves garlic, minced
- 1 14½-ounce can low-sodium vegetable broth or chicken broth
- 1 teaspoon dried basil, crushed or ½ tsp. dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 medium zucchini, halved lengthwise and thinly sliced
- Salt and pepper

Directions:

1. Place drained beans, corn, onion, barley, red pepper, carrot, butternut squash and garlic in the cooker.
2. In a medium bowl combine vegetable or chicken broth, parsley, basil or oregano, salt, and pepper. Stir into vegetable mixture. Cover. Set cooker to LOW slow cooker setting and cook for 7-8 hours or HIGH slow cooker setting for 3 ½ to 4 hours.
3. After cooking time is up, if using LOW setting, turn to HIGH setting. Stir in the zucchini. Cover and cook 30 minutes longer on HIGH setting. Add salt and pepper to taste.

CHOCOLATE BREAD PUDDING

Serves 8

Ingredients:

- 1 cup butter
- ¼ cup sugar
- 1 teaspoon ground cinnamon
- 4 eggs
- 1½ cup chocolate milk
- ¼ cup strong brewed coffee
- ½ cup raisins
- ½ cup milk chocolate chips
- 1 cup chopped pecans -- toasted
- 4 cup stale white bread -- cut into bite-sized pieces

Directions:

1. In a bowl, beat the butter, sugar & cinnamon with electric mixer. Add the eggs and beat until fluffy. Mix in the chocolate milk, coffee, currants & raisins. Fold in the chocolate chips, pecans & bread cubes. Pour into multi cooker.
2. Cover & cook on LOW slow cooker setting for 5-6 hours. or on HIGH for 2½ - 3 hrs. Serve with a scoop of vanilla ice cream dusted with cocoa powder.



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 Slow Cooker Express item # 670041790" 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.





FAGOR SLOW COOKER EXPRESS

WARRANTY REGISTRATION CARD (ITEM # 670041790)

MR./MRS./MS.: _____

TELEPHONE: _____

ADDRESS: _____

DATE OF PURCHASE: _____

NAME OF STORE WHERE BOUGHT: _____

NAME OF PRODUCT: _____

EMAIL: _____

NOTE: Please complete and mail this warranty registration card immediately to protect your warranty service.

FAGOR WARRANTY REGISTRATION

PO BOX 94, LYNDHURST, NJ 07071



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