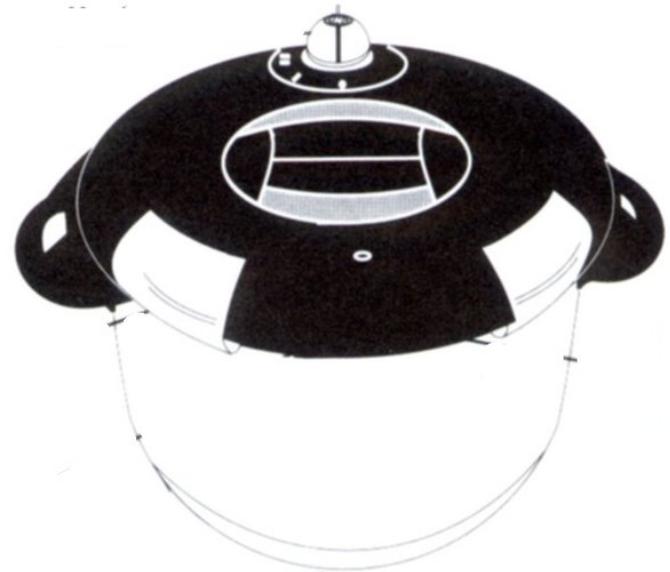


Bravetti / EURO-PRO 

Pressure Cooker

**Use and Care Instructions
Model PC104**



EURO-PRO Operating LLC
Boston, MA 02465
Tel.: 1 (800) 798-7398
www.euro-pro.com

CAUTION!

Read all instructions in this book before using.

Be sure you understand all operating instructions before using the pressure cooker.

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or damage to property, follow basic safety precautions when using this appliance, including the following:

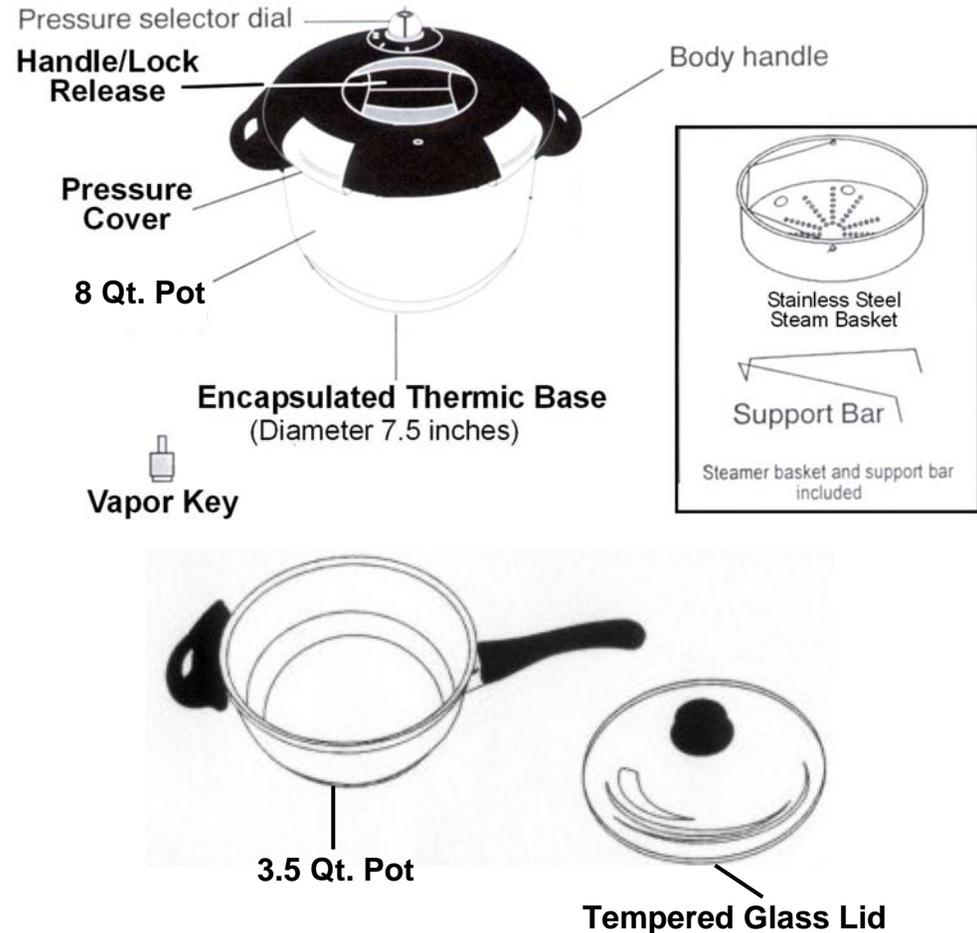
1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Extreme caution must be used when moving a pressure cooker containing hot liquids.
6. Do not use the pressure cooker for other than intended use.
7. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating.
8. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice and dried vegetables, do not fill the unit over 1/2 full. Cooker is marked with 2/3 (MAX) fill lines.
9. Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, pasta and rhubarb in the pressure cooker. These foods tend to foam, froth and sputter and may block the pressure release device.
10. Always check the pressure release devices for clogging before each use.
11. Do not attempt to open cover until internal pressure has been reduced.
12. Do not use this pressure cooker for pressure frying with oil or shortening.
13. Never operate the cooker under pressure without any liquid inside. Do not allow the cooker to boil dry.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

Rev. 1101C

Main Components



Features:

- Pressure Selector Dial for 3 internal pressure settings.
- Quick Pressure Release.
- Cool Touch Handle.
- Encapsulated Thermic Base for superior heat distribution, 18/10 stainless steel body for strength, lasting beauty and easy care.
- Handle Lock Release Mechanism for one handed opening and closing of lid. The mechanism design prevents the lid from being opened when any pressure exists inside of the unit.

USING FOR THE FIRST TIME

Please read these instructions carefully before using the cookware for the first time.

- Before first use, wash the pressure cooker and lightly oil the seal ring.
- Put at least 1 1/2 cups of water/liquid in the pot with the food. Never fill the pot more than **two-thirds full**.
- Lock the lid.
- Turn pressure selector to the desired pressure: (I) Low, (II) Medium, (III) High. See cooking chart on page 3 for guidance.
- Turn the heat source to high until the pressure reaches the desired setting. Once the cooker has reached its intended pressure, a red dot will appear in the pressure indicator window. As pressure builds up, it is normal for a small amount of steam to be released from around the edges of the cooker and handles. Also at this time, you may hear a hissing sound. This is normal. Reduce the heat to the minimum required to maintain pressure.
- Set a timer for precise timing. See cooking chart on page 3 as a guide.
- When the cooking time is complete, release the pressure by using either of the methods described on page 6 in this manual.
- Slowly and carefully turn the pressure selector dial “in steps” to the “Open” position (0) and unlock the lid by pulling the handle and lifting the lid up. Open the lid away from you.
- **NEVER USE FORCE TO OPEN THE COOKER. NEVER OPEN THE LID TOWARDS YOUR FACE.**
- After use, wash, rinse and dry all parts. Lightly oil the seal. Store the lid upside down on the pot.
- All components of the pressure cooker set are dishwasher safe **EXCEPT** the pressure cooker lid.

COOKING TIME CHART

Use the cooking times on this chart as guidelines. Actual times will vary depending upon the amount of ingredients in the cooker and your individual preferences. Start timing when desired pressure is reached.

FOOD		PRESSURE SELECTOR	COOKING TIME (Min)	RELEASE METHOD	STANDING TIME (Min)
VEGETABLES - Add 1 1/2 cups water, use Steamer Basket on Steamer Support and time precisely					
Artichokes	Medium	III	6	Quick	-
Asparagus	Medium stems	II	1 1/2	Quick	-
Beans (green)	Whole	I	2	Quick	-
Broccoli (florets)	Stems cut to 1"	I	2	Quick	-
Cabbage (1/2)	Cut into quarters	I	6	Combination	4
Carrots	2" pieces	II	4	Quick	-
	1/4" slices	II	2	Quick	-
Cauliflower	Florets	I	3	Quick	-
Corn	On cob	I	6	Quick	-
Potato	large, quartered	III	8	Combination	5
Potato, sweet	Halved lengthwise	III	10	Combination	3
MEAT, POULTRY AND FISH - When adapting standard recipes, use 1/2 amount of water used with conventional cooking					
Beef	Stews	III	16-20	Natural	10-20
	Roasts	III	40-50	Natural	10-20
Chicken	Whole	II	18-25	Natural	10-20
	Parts	II	8-15	Quick	-
	Boneless	II	5-7	Quick	-
Pork	Roasts	III	15-25	Natural	-
	Boneless	II	7-10	Quick	-
Shellfish	Mussels/Clams	I	3-6	Quick	-
	Shrimps/Prawns	I	2-8	Quick	-
Fish	1" Steaks	I	5-8	Quick	-
RICE - Always add at least one tablespoon of oil or butter to reduce foam					
White - use 1/3 to 1/2 less water than in normal recipe		III	3	Combination	7
Brown - use 1/4 to 1/2 less than in normal recipe		III	15	Combination	10
Risotto		III	5	Quick	-
DRIED BEANS - No pre-soaking required - use 6 cups of water for each two cups of beans - add at least one tablespoon of oil or butter. Quick release under cold water only.					
Split peas or other small beans		I	14-18	Quick	-
Navy beans or other medium bean		I	30-32	Combination	3
Kidney beans or other large bean		I	35-40	Combination	5

USING YOUR PRESSURE COOKER

It is essential that you read this instruction manual and keep it handy when cooking with your pressure cooker. This manual will answer any questions that you might have on safety, operation and timing.

PLEASE NOTE: The Pressure Cooker cannot reach pressure unless the Lid is properly closed, the operating pressure has been selected and sufficient liquid has been added.

PLEASE NOTE : Before using the pressure cooker for the first time, wash all the parts with hot water, rinse and dry them. Remove the seal from the rim of the lid. Oil it lightly with vegetable oil before cooking for the first time and after each use. (**DO NOT** use any other type of oil or vegetable fat.) This facilitates locking.

OPENING YOUR PRESSURE COOKER

To open the pressure cooker, make sure that the Pressure Selector Dial is on "0" setting and all pressure has been released. Unlock the lid by pulling the handle and lifting the lid up. (See illustration 1)



OPENING (1)

CLOSING YOUR PRESSURE COOKER

Before closing the pressure cooker **ALWAYS CHECK THE VALVES.** Using the vapor key provided, press the Automatic Valve from inside the lid to see that it moves freely up and down. To close the pressure cooker, place the lid on the body and push the handle down you will feel the lock engage. (See illustration 2.)



CLOSING (2)

ADDING INGREDIENTS & LIQUIDS

When cooking, always use a minimum of 1 1/2 cups of liquid. You may fill the pressure cooker up to a maximum of 2/3 full. This includes liquids and ingredients, (see illustration 3).



Max. Liquid

When cooking foods which produce foam or expand greatly such as peas, rice or beans, the pressure cooker should not be filled more than 1/2 full, (see illustration 4). To reduce foam, add one tablespoon of butter or oil to the pressure cooker prior to cooking.



Min. Liquid

A "Maximum Fill" mark has been embossed into your pressure cooker at the 2/3 level.

NEVER OVERFILL THE PRESSURE COOKER

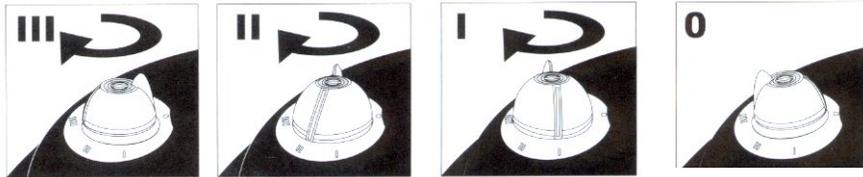
RELEASING PRESSURE

Combination Method:

Turn heat off. Remove pressure cooker from burner. Allow the pressure cooker to cool off and the pressure to naturally decrease for the amount of time indicated on the recipe (**standing time**). Release the remaining pressure by using either the Natural Steaming-Off method or the Quick-release Method.

Quick-Release Method:

Caution must be exercised when using this method as a large volume of steam will escape from pressure selector dial and may cause a scalding injury if your face or any other part of the body is in front of this valve when steam is being released.



When using the Quick Release Method, you must be prepared for a loud hissing sound. This sound is normal and only occurs when you use this method of steam release.

You can either release the pressure on the stove or take it to the pressure cooker to the sink or counter. When removing the pressure cooker from the stove, use two hands and only touch the Stay cool handles.

Slowly turn the pressure setting to "0". You should momentarily stop at each interim pressure setting before reaching zero. Once all of the steam had escaped, you can remove the lid by opening it away from your face or body.

DO NOT USE QUICK RELEASE METHOD WITH FOODS LIKE LEGUMES, GRAIN OR OTHER FOODS THAT FROTH OR WHEN COOKER IS VERY FULL.

Never put any part of your body in front of the Quick Release Valve.

Never force the lid open.

Never open the lid towards your face.



STARTING TO COOK

To begin cooking, set the Pressure Selector on "I" low, "II" Medium or "III" High. Bring the cooker up to pressure at high heat.

TIMING

Timing for most recipes begins after the desired pressure is reached. However, some recipes indicate that timing starts immediately upon closure of lid. If this is the case, do not wait for the red pressure indicator dot to appear before timing.

Be aware that it can take the pressure cooker up to 15 minutes to achieve full pressure if it is full and the contents are cold. If practical, some ingredients (water, stock, etc.), can be pre-heated before adding them to the pressure cooker.

WHEN THE PRESSURE SELECTOR IS SET AT "0" - No pressure - the pot will act as a normal stockpot, without any pressure and may be used with the tempered glass cover.

RELEASING PRESSURE & REMOVING THE LID

NEVER FORCE THE LID OPEN.

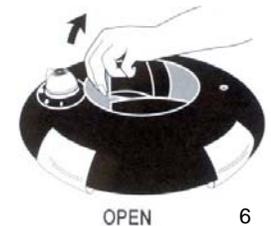
NEVER OPEN THE LID TOWARDS YOUR FACE.

NEVER OPEN THE PRESSURE COOKER ABRUPTLY.

NEVER OPEN THE PRESSURE COOKER WITH THE LID TOWARDS YOU.

After the cooking time ends, you can use either the quick-release method, the natural steaming-off method or the combination method to release the pressure from the pressure cooker. See cooking chart on page 3 for the recommended pressure release method for the type of food that you are preparing. Once the pressure is fully released, you may then remove the lid. For safety reasons, the lid will **not open** if there is any pressure whatsoever in the pot. Never force the lid open.

To open the lid after all of the pressure is released, unlock the lid by pulling the handle and lifting the lid up.



NATURAL STEAMING OFF

Turn the heat off. Allow the pressure to fall naturally, then open the Pressure Cooker. This method is recommended for frothing foods or foods that expand greatly such as beans and rice.

Combination Method:

Turn the heat off. Allow the pressure cooker to cool off and the pressure to naturally decrease for the amount of time indicated on the recipe (standing time). Release the remaining pressure by using either the natural Steaming-Off method or the Quick Release method.

Quick Release Method:

Caution must be exercised when using this method as a large volume of steam will escape from pressure selector dial and may cause a scalding injury if your face or any other part of your body is in front of this valve when steam is being released.

When using the Quick release method, you must be prepared for a loud hissing sound. This sound is normal and only occurs when you use this method of steam release.

You can either release the pressure on the stove or take it to the sink or a counter. When removing the pressure cooker from the stove, use two hands and only touch the stay cool handles.

Slowly turn the pressure setting to "0". You should momentarily stop at each interim pressure setting before reaching zero. Once all the steam has escaped, you can remove the lid by opening it away from your face or body.

DO NOT USE THIS METHOD WITH FOODS LIKE LEGUMES, GRAIN OR OTHER FOODS THAT FROTH OR WHEN THE PRESSURE COOKER IS VERY FULL.

Never put any part of your body in front of the Quick release Valve.

Never force the lid open.

Never open the lid towards your face.



CLEANING AND STORAGE

Cleaning:

Body - Clean the body of the pressure cooker like any other stainless steel pot. Either run it through the dishwasher or wash it by hand. Do not use a scouring pad or any abrasive cleaner as they may scratch the surfaces.

To remove stubborn stains and accumulated discoloration, add the juice of half a lemon mixed with 2 cups of water to the pressure cooker. Cook at maximum pressure for 5 minutes. Remove from heat, cool to reduce pressure, wash with hot, soapy water and rinse.

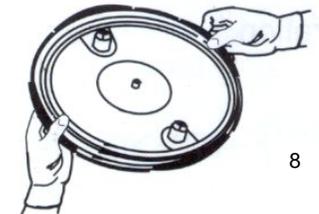
Lid - The lid should be washed with hot, soapy water and rinsed. The lid and seal should **NEVER** be placed in the dishwasher.

Seal - Remove the rubber seal. Wash and oil after each use. Replace seal with a Genuine Replacement Seal every six (6) months.

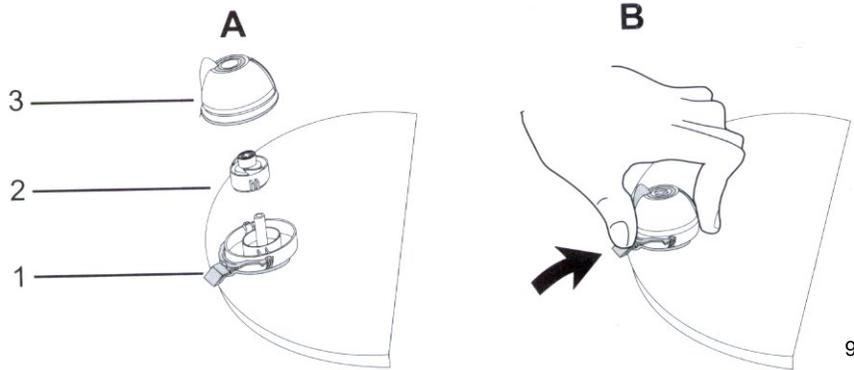
Valves - The valves do not have to be cleaned after each use unless they have become clogged. If you use your pressure cooker often, you may want to clean your valves on a regular basis. A good rule of thumb, is to clean the top portion of the pressure valve monthly. Clean the automatic valve only if it gets clogged or does not move freely.

Cleaning the Valves:

Before you can clean the valves, you must remove the plastic cover, by pressing on the edges. The plastic cover lifts from the lid. (See illustration 8.)



Disassembling the Valves:



Pressure Selector Valve: Pulling up on tab (1) allows the valve cover to snap off. Remove the valve assembly and rinse with hot, soapy water. Allow to dry and then reassemble. Do **NOT** disassemble the stem or bottom portion of the valve as it is factory sealed.

Automatic Valve: Turn the lid over making sure that it is in the locked position. Place the vapor key supplied with your pressure cooker into the slots on the valve and turn counterclockwise. Remove the valve parts and rinse in hot, soapy water. Reassemble by reversing this operation.



- 1 - Vapor Key
- 2 - Aluminum Cap
- 3 - O-Ring
- 4 - Safety Valve Stem & Spring Assembly

Storing: After using the pressure cooker, store with lid upside-down over the pot body. Do **NOT** store the pressure cooker with the lid closed to avoid compressing the seal for long periods of time.

TROUBLE SHOOTING

Cooker Cannot be Closed

- You have tried to put the lid on with the contents already boiling.
- The seal may be too dry and needs to be oiled slightly.

The Pressure Selector Does Not Rise

- Check the time that you started heating the pot. If the pot is full and the contents are cold, it can take up to 20 minutes to come to full pressure.
- Check to see that the pressure selector is not at "0".

If the above two points are not the cause of the problem, stop cooking immediately. Cool the pressure cooker down completely before opening and check the following:

- There may not be enough liquid in the pressure cooker. You will need at least 1 1/2 cups of liquid in order to reach full pressure. Add the recommended amount of liquid.
- The unit may have been overfilled and there is not sufficient room for the air to circulate and create pressure. Remove some of the ingredients that you are cooking.
- The pressure cooker is not closed properly. Repeat the closing operation. Check to see if the seal is dirty or damaged. Remove and clean the seal. Be sure to oil it after washing. Replace the seal with a new one if necessary.
- The automatic valve is dirty or blocked. Dismantle the valve, clean and reassemble it following the maintenance instructions.
- The o-ring of the valve nut is damaged and should be replaced.
- The safety valve is not working and should be replaced.

Small Amount of Steam Escaping From the Automatic Valve

- This is not a problem because the pressure indicator is relieving any excess pressure. Water droplets may also appear.

Constant Amount of Steam Escaping From the Automatic Valve

- The heat is too high. Turn down the heat.
- The automatic valve is dirty. Follow the cleaning instructions.
- The safety valve is not working and should be replaced.

TROUBLE SHOOTING continued

Cooker Cannot Be Opened After Cooking

- If cooling has been too slow, a slight vacuum may have been created. Heat the pressure cooker again with the pressure selector in its open position "0" until steam comes out of the automatic valve. Release the steam and then open the lid.
- There is still pressure inside the pressure cooker and the safety lock may still be engaged. Wait another two minutes and try again.
- If the safety valve has locked open, it must be reset. To reset the valve, wait until all the steam has escaped and the pressure cooker has completely cooled down. Press the pin of the automatic valve with the eraser end of a pencil. Pull the handle and try to open the lid.

NEVER FORCE THE LID OPEN!

COOKING TIPS AND HINTS

- Always use a tablespoon or more of oil, butter or margarine when cooking rice or legumes. It helps control foaming.
- Legumes (lentils, chick peas, kidney beans, etc.) may be soaked in water before cooking which will decrease cooking time.
- Use the combination method of releasing pressure (see instructions) when preparing dense vegetable like potatoes that need additional heat penetration without pressure to finish cooking the center of the food.

ADAPTING FAVORITE RECIPES

To convert recipes for cooking with pressure, a good rule of thumb is that when you set the cooker to "III" High on the Pressure Selector Dial, your cooking time will be cut by two-thirds (30 minutes normal cooking time = 10 minutes in the High Speed).

Recipes courtesy of Alison Dubois from her upcoming cookbook, "Yum! Recipes from the Bravetti Kitchen."

Chicken & Vegetable Risotto

3-4 lb. Whole Fryer Chicken
2 Tbs. Olive Oil
1 Tbs. Butter
1 Medium Onion (coarsely chopped)
6 cups canned chicken broth
1 ¼ cup chopped celery
1 ¼ cup chopped carrots
½ lb. Sliced mushrooms
¼ cup chopped parsley
2 tsp. kosher salt
1 tsp. Ground black pepper
1 ¾ cup risotto
¾ cup Parmesan cheese

Wash, pat dry, lightly salt and pepper chicken inside and out. Place chicken into steamer basket so that the handle is running lengthwise to the chicken; set aside. Heat olive oil and butter over medium heat in 8 qt. Pressure pan; add onion and lightly brown. Add chicken broth. Lower the steamer basket with chicken into the pot. Attach lid and bring to highest pressure (III); reduce heat and cook 5 minutes per pound. Release pressure one stage at a time until no pressure remains and the lid can be opened. Remove steamer basket with chicken and allow to cool until you can easily handle the chicken. Remove the bones and skin from the chicken and discard.

Cut chicken into bite size pieces and return to the broth. Allow the mixture to come to a gentle boil and add the rest of the ingredients. Replace pressure lid, bring to pressure, over medium high heat, to the highest setting (III), reduce heat to medium and cook for 7 minutes. Remove pan from heat and let stand 10 minutes. Release pressure, remove lid, stir gently with fork, replace lid and allow to rest another 5 minutes before serving.

Hint: For a quicker version, replace whole chicken with 3-4 lbs. boneless, skinless chicken breast. Cook as directed in paragraph 1, then jump to paragraph 2!

Chicken Noodle Soup (Version 1)

3-4 lb. Whole Fryer Chicken
2 Tbs. Olive Oil
1 Tbs. Butter
1 Medium Onion (coarsely chopped)
6 cups canned chicken broth
1 ¼ cup chopped celery
1 ¼ cup chopped carrots
2 tsp. kosher salt
1 tsp. Ground black pepper
1 tsp. Thyme
1 Tbs. Dried parsley
8 oz. wide egg noodles

Wash, pat dry, lightly salt and pepper chicken inside and out. Place chicken into steamer basket so that the handle is running lengthwise to the chicken; set aside. Heat olive oil and butter over medium heat in 8 qt. Pressure pan; add onion and lightly brown. Add chicken broth. Lower the steamer basket with chicken into the pot. Attach lid and bring to highest pressure (III); reduce heat and cook 5 minutes per pound. Release pressure one stage at a time until no pressure remains and the lid can be opened. Remove steamer basket with chicken and allow to cool until you can easily handle the chicken. Remove the bones and skin from the chicken and discard.

Cut chicken into bite size pieces and return to the broth. Allow the mixture to come to a gentle boil and add the rest of the ingredients except the noodles. Replace pressure lid, bring to pressure on the highest setting (III), reduce heat to medium and cook for 6 minutes. Release pressure and remove lid. Bring to a rolling boil and add 8 oz. wide noodles. Stir and continue boiling for 7 minutes or until noodles are tender.

Quick 'n Easy Chicken Noodle Soup (Version 2)

2 Tbs. Olive Oil
1 Tbs. Butter
1 Medium Onion (coarsely chopped)
6 cups canned chicken broth
3-4 lbs. cubed, boneless, skinless chicken breast
2 tsp. kosher salt
1 tsp. Ground black pepper
1 tsp. Thyme
2 tsp. Poultry seasoning
1 Tbs. Dried parsley
1 ¼ cup chopped celery
1 ¼ cup chopped carrots
8 oz. wide egg noodles

Heat olive oil and butter over medium heat in 8 qt. Pressure pan; add onion and lightly brown. Add chicken broth and the next 6 ingredients. Attach lid and bring to highest pressure (III) ; reduce heat and cook 10 minutes. Release pressure, remove lid and add the celery and carrots. Replace pressure lid, bring to pressure on the highest setting (III), reduce heat to medium and cook for 6 minutes. Release pressure and remove lid. Bring to a rolling boil and add 8 oz. wide noodles. Stir and continue boiling for 7 minutes or until noodles are tender.

Great Northern Bean Soup

16 oz. dried great northern beans
10 cups water
2 Tbs. Oil
8 oz. ham cubes
7 cups water
1 small onion, chopped fine
1 cup celery ribs and leaves, sliced
1 cup carrots, chopped
2 bay leaves
1 tsp. Coarse ground black pepper
2 tsp. Kosher salt
3 dashes Tabasco
1 cup instant mashed potato flakes

Place dried beans and 10 cups water into 8 qt. pressure pan. Cover with pressure lid, bring to maximum pressure (III) for 3 minutes. Remove from heat and allow to sit for 1 hour. Remove lid; drain and rinse beans.

Dry the pan completely and heat oil over medium heat. Add ham cubes and brown lightly for about 1 minute. Add the water and scrape the bottom of the pan with a spatula to loosen any ham bits. Add the rinsed beans and the remaining ingredients, except for potato flakes, replace lid and cook under medium pressure (II) for 30 minutes. Release pressure slowly and remove lid. Check to make sure that the beans are tender; if not, replace lid and cook under medium pressure (II) another 10 minutes. When beans are tender, stir in the potato flakes. Cover with glass lid and allow to cook on low 5 minutes. If a thicker soup is desired, use ½ cup more potato flakes.

Hint: Always rinse beans and discard water after soaking, this will reduce the gas-inducing properties of the beans. Otherwise, add a product called *Beano* to the recipe.

Pork Chops and Applesauce

4 medium pork loin chops about ½ inch thick
3 Tbs. vegetable oil
1 tsp. salt
1 tsp. coarse ground pepper
3 Tbs. butter
1 shallot, finely chopped
1 clove garlic, minced
2 tsp. balsamic vinegar
1 Tbs. dried rosemary
1 heaping tablespoon light brown sugar
1 ½ cups apple cider
2 large granny smith apples, peeled, cored and cut into thick slices

Wash, pat dry, salt and pepper pork chops. Heat oil on medium-low in 3½ qt. pressure pan; brown chops on both sides and drain on paper towels. Pour off about half the oil. Add butter, shallots and garlic; cook gently for about 1 minute. Add the vinegar and scrape the bottom of the pan with a spatula. Add the next 3 ingredients. Place chops back in pan and top with apple slices. Attach lid and bring to medium pressure (II). Reduce heat to medium-low and cook for 15 minutes. Remove pan from heat and allow to rest 5 minutes before releasing steam. Remove lid, plate chops and top with the applesauce.

Sunday Roast

3-4 lb. Round Roast
2 Tbs. vegetable oil
1 Tbs. balsamic vinegar
½ cup good red wine
1 clove garlic, minced
1 medium onion, coarsely chopped
1 Tbs. Worcestershire sauce
1 Tbs. ketchup
1 Tbs. *Better Than Bouillon* beef bouillon base
1 tsp. salt
1 tsp. coarse ground black pepper
1 tsp. celery salt
hot water

Gravy

3 Tbs. butter
2 Tbs. flour
3 cups strained stock
3 Tbs. cream or whole milk

Heat oil in 8 qt. pot to medium-low. Using long tongs, carefully brown roast about 1 minute on each side and end. Remove roast and set aside. Add vinegar and wine and scrape bottom with spatula. Add onion and garlic, simmer 1 minute. Add next the next 6 ingredients, stir. Place roast back in pan and just cover with hot water. Put on lid, bring to highest pressure (III) and cook 50 minutes. Release pressure, remove lid and place roast on platter to rest. Strain liquid; reserving 3 cups.

To make to gravy, use 3 ½ qt. pan. Melt butter on medium-low. Sprinkle in flour and mix to a paste. Slowly add liquid, stirring constantly, reduce heat. Simmer until thickened, stir in cream or milk.

Slice roast and pour gravy over all. Serve with garlic smashed potatoes.

Perfect Green Beans

1 lb. Bag frozen whole green beans
3 Tbs. butter
2 cloves garlic, finely minced
½ tsp. salt
½ tsp. ground black pepper
1 cup hot water

Melt butter on medium in 3 ½ qt. pressure pan. Add garlic, salt and pepper and stir for 30 seconds being careful not to brown the garlic. Add frozen green beans; toss to cover with butter. Pour water around beans. Increase heat to high, secure lid. Bring to medium pressure (II) and cook 3 minutes. Quickly release pressure, remove lid and toss with fork.

Hint: To use fresh green beans, increase cooking time by 1 minutes.

Buttery Corn-on-the-Cob

4 – 12 ears of fresh corn, husk and silk removed
1 stick butter
2 tsp. salt
¼ tsp. granulated sugar
cool water to cover

In 8 qt. pressure pot, melt butter in 1 cup water. Add salt, sugar and corn. Just cover with cool water. Attach lid, bring to highest pressure (III), reduce heat and cook 6 minutes. Quickly release pressure; remove lid. Use long tongs and carefully remove corn.

All American Pot Roast

3-4 lb. Round Roast
2 Tbs. vegetable oil
½ cup good red wine
1 clove garlic, minced
1 medium onion, coarsely chopped
1 Tbs. Worcestershire sauce
1 Tbs. ketchup
1 Tbs. *Better Than Bouillon* beef bouillon base
1 tsp. salt
1 tsp. coarse ground black pepper
1 tsp. celery salt
hot water
½ lb. Baby carrots
10 small red potatoes
1 lb. Whole medium mushrooms
3 stalks celery, cut into 1" pieces
1 Tbs. cornstarch
1 cup cold water

Heat oil in 8 qt. pot to medium-low. Using long tongs, carefully brown roast about 1 minute on each side and end. Remove roast and set aside. Add wine and scrape bottom with spatula. Add onion and garlic, simmer 1 minute. Add next the next 6 ingredients; stir. Place roast back in pan and just cover with hot water. Put on lid, bring to highest pressure (III) and cook 50 minutes. Release pressure, remove lid and add vegetables. Replace lid and bring to medium pressure (II), reduce heat and cook 15 minutes. Release pressure slowly, remove lid and stir gently. Bring to a gentle boil. In a small bowl or cup mix cornstarch and water together, pour into liquid around roast. Reduce heat and simmer slowly until gravy thickens.

Pumpkin Cheesecake

1 cup cinnamon graham cracker crumbs
½ cup granulated sugar
½ stick butter, melted
16 oz. cream cheese, softened
1 Tbs. butter
1 tsp. vanilla
1 cup brown sugar, firmly packed
1 can (16 oz.) solid-pack pumpkin
2 Tbs. cornstarch
1 tsp. cinnamon
¾ tsp. nutmeg
3 large eggs
2 cups hot water
1 pint heavy whipping cream
½ powdered sugar
½ tsp. cinnamon
¼ tsp. nutmeg

Generously butter bottom and sides of 8" spring form pan. Sprinkle graham cracker crumbs and sugar evenly on bottom of pan; drizzle butter overall. Set pan aside. In large mixing bowl, mix together cream cheese, vanilla and butter. Add next 5 ingredients and continue mixing. Mix in 1 egg at a time until smooth. Pour into pan. Cover top with wax paper and then completely cover entire pan with aluminum foil crimping top and bottom edges to seal out moisture. Place riser in bottom of 8 qt. pan; add the hot water. Lower cake pan into pot and set atop riser. Attach lid, bring to full pressure (III), reduce heat and cook 45 minutes. Slowly release pressure, remove pan, uncover and refrigerate at least 3 hours.

Spiced Whipped Topping

Using the highest speed and whisk attachment to your Bravetti 300 watt hand mixer, whisk together cream, sugar, ¼ tsp. cinnamon and ¼ tsp. nutmeg until thick. Completely cover top of cooled cheesecake. Sprinkle the remaining cinnamon on top. Return to refrigerator until ready to serve. Carefully remove outer ring of spring form pan, slice and enjoy!

Hint:

Make a sling out of an aluminum foil strip (about 24" long and doubled for strength) to place under the spring form pan to aid in removal of hot pan.

Honey Blueberry Rice Pudding

1 cup white rice, long- or short-grain
2 ¼ cup water
1 cinnamon stick
1" vanilla bean
½ tsp. Salt
2 Tbs. Butter
1/3 cup honey
½ cup granulated sugar
1 cup half & half
3 lg. Egg yolks
½ cup blueberries
¼ tsp. Vanilla extract

In 3 1/3 qt. Pressure pan, combine rice, water, salt, cinnamon stick and vanilla bean. Secure lid. Over medium-high heat, bring to highest pressure (III). Reduce heat and cook 8 minutes. Release steam one level at a time until no pressure remains and you can remove the lid. Remove cinnamon stick and vanilla bean and add butter sugar and honey. Stir gently. Beat half & half together with the egg yolks in small bowl. Add rice mixture along with the blueberries and vanilla. Cook over medium heat for 3 minutes or until mixture just comes to a simmer. Spoon pudding into individual serving dishes, sprinkle cinnamon on top. Cover and refrigerate or eat warm.

Variation

Substitute golden raisins for the blueberries; or leave plain.

Barbeque Pork Pull-Apart

3 ½ lb. pork shoulder blade roast
1 can or bottle beer (16 oz.)
1 cup water
1 Tbs. liquid smoke
1 tsp. onion salt
1 tsp. Kosher salt
1 tsp. coarse ground pepper
1 bottle (18 oz.) barbeque sauce (your favorite brand)

Pour beer, water and the next 4 seasonings into 3 1/2 qt. pressure pan. Stir and allow bubbles to subside. Add washed pork roast. Secure lid, bring to maximum pressure (III). Reduce heat to medium and cook 1 hour 15 minutes. Release pressure. Remove roast from pan and place onto a cutting board. Discard liquid in pan. Remove bone and any large fat portions from roast. Using two large forks, shred meat; or chop if you prefer. You may serve the meat as is, drizzle barbeque on each serving, or return meat to pan and add barbeque sauce, mixing well. Cover with glass lid and cook on low. Serve on buns. Serve with additional sauce, dill pickle slices and thinly sliced onion, if desired.

Cheesy Garlic Mashed Potatoes

10 medium white potatoes, halved
3 cloves garlic, peeled whole
3 tsp. salt
1 tsp. coarse-ground black pepper
½ stick butter, melted
¾ cup half-and-half, warmed
1 cup shredded sharp cheddar

Place halved potatoes, garlic and 2 tsp. salt into the 8 qt. pressure pan. Just cover with warm water. Secure lid and bring to highest pressure (III) over high heat. Reduce heat to medium and cook 7 minutes. Release pressure one level at a time until lid can be removed. Drain potatoes. Place cooked potatoes into a medium mixing bowl and add the remaining salt, pepper, butter and half-and-half. Using the medium speed of your Bravetti 300 watt hand mixer, whip to desired consistency adding more half-and-half if needed. Add cheese and mix in on lowest speed. Adjust salt and pepper to taste.

Linguini with Clam Sauce

2 Tbs. good olive oil
2 Tbs. butter
7 cloves garlic, minced
¼ cup chopped fresh basil
2 tsp. Oregano
½ tsp. Crushed red pepper
2 bottles clam juice (8 oz. each)
1 lg. can diced tomatoes (29 oz.)
1 can tomato sauce (8 oz.)
¼ cup white wine
1 cup hot water
1 box linguine (1 lb.)
3 cans chopped clams (6 1/2 oz. each)
grated parmesan cheese

Open all cans and drain all liquid together with the clam juice, tomato sauce and water in a large measuring cup. Heat olive oil and butter over medium heat in 3 1/2 qt. pressure pan. Gently sauté garlic, careful not to over brown, about 1 minute. Add basil, oregano, red pepper and tomatoes and cook together about 30 seconds. Add liquids. Add broken pasta and stir, separating noodles, for about 1 minute. Secure lid, bring to medium pressure (II). When steam starts to escape vent, reduce heat to medium and cook 6 minutes. Quickly release steam one level at a time. Remove lid. Gently stir to separate noodles. Add clams, cover with glass lid and simmer for 1 minute. Toss together and serve with Parmesan cheese and garlic bread.

Tips for cooking in your new pressure cooker:

Meats & Poultry:

When adapting recipes for braised meats, allow 20 minutes cooking time per pound of meat. Use 1 cup liquid for the first pound and ½ cup for each additional pound.

For steam-roasting poultry and meats, brown first in oil for better appearance.

Rice:

When cooking rice and grains, add 1 Tbs. butter or oil per cup to reduce foaming and clogging the pressure valve.

Since rice doubles in size when cooked, be sure to use only half as much uncooked rice as the cooker's capacity allows. For example, never cook more than 1 ¾ cups raw rice in the 3 ½ qt. pressure pan and no more than 4 cups raw rice in the 8 qt. pressure pan.

Because rice will be slightly sticky when cooked in a pressure cooker, it is best to use a slow release method. For example, allow cooling naturally or else slowly releasing pressure one level at a time.

To prevent burning, use a heat diffuser if available, or bring to pressure on a medium-high heat setting.

Beans:

Although it is not necessary to pre-soak beans for pressure-cooking, there are some advantages. Since the gas-inducing properties of beans are water soluble, soaking reduces their effects. Always drain the soaking water from the beans and cook with fresh water. Soaking also cuts down the cooking time and keeps the bean skins from separating from the flesh.

If you don't have time to soak the beans overnight, use the Hot Soaking Method: Use 5 cups water for every 8 oz. dried beans, pressure cook on low pressure for 3 minutes, remove from heat source and let stand 1-4 hours.

Always use at least 2 Tbs. of oil when cooking beans to reduce sputtering.

Always use the natural or slow release method to reduce pressure.

Clean lid and vents thoroughly after cooking rice or beans.

Desserts:

Many desserts can be pressure-cooked, especially those that use eggs/and or are cooked over a hot water bath, such as custards, bread puddings and cheesecakes.

Use a dish that easily fits inside pressure cooker allowing 1 inch of space around the edge. The larger pressure cooker works best for this.

Seal the dish completely with foil to keep liquid from seeping into the dessert. Soak up any moisture on top of foil before removal.

For easy removal, place dish inside steamer basket or, make a sling out of aluminum foil.



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