

# User Manual

Including  
**4 recipes**



**Pressure cooker** | stainless steel | 6 litres

B5927.406

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Congratulations on purchasing this BK refined stainless steel pressure cooker. We recommend that you read these instructions carefully and keep the manual safely.

Product information

Diameter	Capacity	Working Pressure
22 cm	6 litres (usable capacity 4 litres)	50 KPa - Position 1 90 KPa - Position 2

## Introduction

The pressure cooker works under pressure that is built up in the pan. Under pressure, the internal temperatures in the pan rise above the normal boiling point of water, so that food is cooked more rapidly.

### Faster

The BK pressure cooker cooks food 3 times faster than other methods of cooking. Meals that would usually take half an hour to prepare can be on the table in just 10 minutes!

### Tastier

Food tastes better when it is prepared in a BK pressure cooker. The shorter cooking time enables retention of the natural flavours. Half as many herbs are needed and less or no flavour is lost during cooking. A significant difference with, for example, a microwave is that meat is cooked faster in a BK pressure cooker and it becomes golden brown. Delicious!

### Healthier

In a BK pressure cooker, the food retains important vitamins and minerals. We all know that the longer food is cooked for, the more nutrients can be lost. In a BK pressure cooker, twice as many vitamins and nutrients are retained in comparison to the usual cooking methods. Pressure cooking also prevents the loss of vitamins and minerals, whereby less water has to be used. Take a look at the recipes (from page 18 onwards) for the versatile uses.

Suitable heat sources:



GAS



ELECTRIC



CERAMIC/  
HALOGEN



INDUCTION



OVEN



MICRO WAVE

## Instructions for safe use

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When using the pressure cooker, always follow the instructions for safe use.

1. Read these instructions properly and thoroughly.
2. Do not let children near to the pressure cooker when in use.
3. Only use the pressure cooker on the indicated heat sources (see page 3). Do not place the pressure cooker in a hot oven or microwave.
4. Take great care when moving a pressure cooker. Do not touch the hot pan or lid; use the handle and side grip, if necessary use oven gloves or pan holders.
5. Do not use the pressure cooker for purposes other than the one for which it is intended.
6. This pressure cooker cooks under pressure. Incorrect use can result in burns. Before use, make sure that the pressure cooker is properly closed and locked using the sliding knob. Refer to "Operations Instructions" from page 9 onwards. Never use the pan without attaching the lid securely.
7. Never use the pressure cooker without adding liquid as this can seriously damage the pan. Use a minimum of 250 ml of liquid.
8. Before use, always check the pressure regulator to ensure this is not blocked. Refer to page 12.
9. Fill the pan up to no more than 2/3 of the pressure cooker's capacity. This is the usable capacity (shown in the pan by "4.0 L: MAX"). When cooking food that expands during cooking, such as rice or dried vegetables, do not fill the pressure cooker to any more than half of the capacity.
10. When the intended pressure has been reached and the pressure indicator is fully raised, adjust the heat source. This prevents excess amounts of steam from escaping, the food from burning and the pan from being damaged.

11. When you release pressure from the pan using the setting 'depressurise completely - 12. Never use force when opening the lid of the pressure cooker. Do not open the lid until the pressure indicator shows that all internal pressure has subsided. Refer to "Operating Instructions" from page 9 onwards.
- 13. When you cook meat in the pressure cooker which has an outer layer of skin which could potentially swell due to the effects of pressure, do not pierce the skin if this appears swollen; you could get burnt.
- 14. When cooking pasta in the pressure cooker, the pan should be shaken before carefully opening to prevent burns caused by food spurting out.
- 15. Applesauce and compotes must not be prepared in the pressure cooker; these mixtures can froth and splatter and potentially block the pressure regulator.
- 16. Never use the pressure cooker under pressure to deep-fry or fry food.
- 17. Do not attempt to repair the pressure cooker yourself, this would invalidate the guarantee. You may only carry out the maintenance activities described in this User Manual.
- 18. Replace the silicon ring (see page 7, part 10) after approximately 400 uses, or every 2 years.
- 19. Use only the appropriate BK spare parts specifically intended for this model. Only use the lid and pan that are part of the same model.
- 20. Please note: the lid must not be cleaned in the dishwasher. This harms the safety system, which can lead to dangerous situations.
- 21. **Keep these instructions!**

## Parts and use

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1. Safety valve with pressure indicator.
2. The screw of the pressure regulator. Do not unscrew.
3. Silicon sealing ring of the pressure indicator.  
Do not remove!



- 4.** Lid handle **5.** Sliding knob. To lock and unlock the lid. **6.** Pressure indicator. When this rises, the pan is under pressure and the lid may not be opened. **7.** Lid. **8.** Pressure regulator. Mechanism to regulate the pressure. **9.** Safety openings. A safety mechanism to reduce excess pressure. When the pressure is too high, the silicon ring will push outwards. **10.** Silicon ring. Seals the pan. **11.** Helper handle of the pan. **12.** Pan. **13.** Pan handle.

## Parts and use *continued*

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**14.** Insert basket.

**15.** Insert basket trivet. Fold outwards before use.

Place the insert basket on the trivet and place like this in the pan.  
To steam your meal under pressure.

## Pressure regulator

Mechanism with which to regulate the pressure:

**2** significant pressure – 90 KPa.

**1** little pressure – 50 KPa.

 fully ventilate

 remove valve from the pressure regulator.

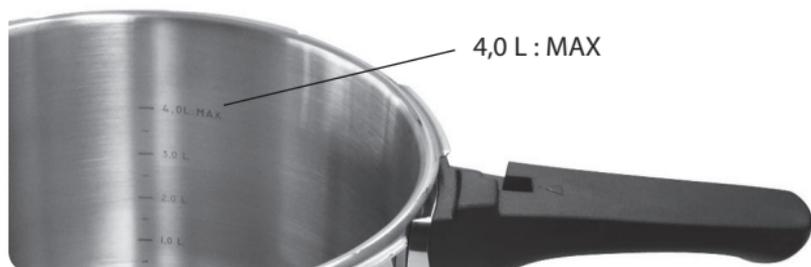


## Operating Instructions

Before using the pressure cooker for the first time, it is important to read all instructions, **particularly the instructions for safe use** (see page 4).

Remove all the packaging material and accessories. Lubricate the silicon ring with a little olive oil, so that it is easier to open and close the lid. Clean the pan and lid before using for the first time with mild soapy water.

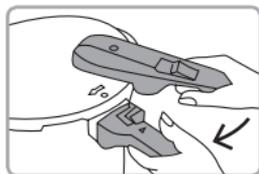
## Food preparation Instructions



Place the food and the liquid (not less than  $\frac{1}{4}$  of a litre) in the pan. The content (water, soup, gravy or drink) has to be able to produce steam when this is heated up. Therefore do not fill the pan more than  $\frac{2}{3}$  (4.0 L: MAX) full. For foods that swell during cooking, such as rice and dried vegetables, do not fill the pan more than half way.

**Warning:** Before closing the pressure cooker, check that the pressure regulator (8) is clean. Check the safety openings (9) to check that these are clean. Make sure that the silicon ring (10) is in the edge of the lid. Check that the valve of the pressure indicator (1) functions correctly (**also refer to page 12**). Make sure that the silicon sealing ring of the pressure indicator (3) is present.

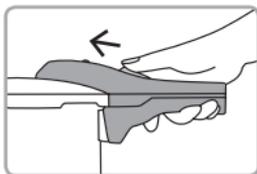
### Closing the lid



1. Link up the **○** symbol on the lid handle with the **▲** symbol of the pan handle.

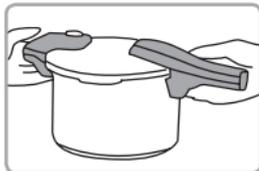


2. Turn the lid clockwise until the lid handle and pan handle are connected to one another.



3. Once the lid is closed, lock the pan and lid using the sliding knob.

### Cooking and heating



1. Move the pressure cooker by holding both the helper handle and the handle. Place the pan on a stable heat source.



2. When using gas, keep the flame under the base of the pan to protect the handles. If using on electric, ceramic or induction heat sources, the cooking zone has to be even to the base of the pan.



3. The pressure regulator can be set in 2 cooking positions.
  - 1 For normal food preparation (**50 KPa**).
  - 2 For rapid preparation or food with a longer cooking time (**90 KPa**).



Pressure indicator

4. Steam escapes from the pressure regulator as soon as the liquid starts to boil. When the pressure indicator rises, this means that pressure is building up in the pan.

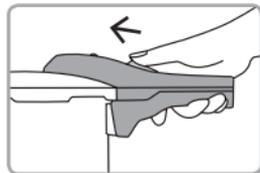
5. As soon as the liquid is boiling, you can adjust the heat source. However, make sure that the pressure indicator is still raised. Turn off the heat source after the required cooking time.

### Opening the lid

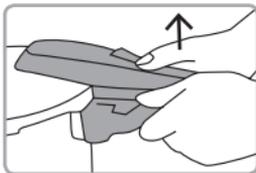
- When the heat source has been switched off, you have 2 options for depressurising the pan:
  - Allow the pan to cool down of its own accord until the pressure indicator has fallen completely.
  - Turn the pressure regulator using the small knob on the valve to the setting  to enable the remaining steam to escape until the pressure indicator has fallen completely.

**Take care: Steam is hot. Be careful of the hands and face!**

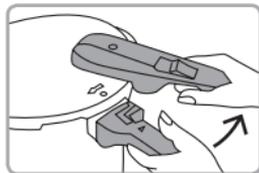
- The lid can then be opened:



- Slide the pressure knob forwards as indicated.



- Turn the handle at the top to the right, anti-clockwise.



- Link up the **0** symbol on the lid with the **Δ** symbol and you can open the lid.

## Cleaning

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### The pan

After use, remove all food remains from the pressure cooker. Wash the pressure cooker in hot soapy water. Do not use steel wool or a scourer. Rinse and dry the pan and put this in a dry place. Do not close the pan. This is to prevent the pan from not opening again and prevents the silicon ring from emitting an odour. **After use, definitely do not place the lid in the dishwasher.**

### The pressure regulator

To clean the pressure regulator, turn this to the Ø position. This enables you to remove the valve from the pressure regulator. Wash the valve carefully in warm water and put back when it is dry. Check that the valve has been properly positioned..

### Safety valve with pressure indicator

After each use, make sure that the pressure indicator is clean. Rinse with warm water. If it is blocked, clean it using warm water and a washing-up brush. Test the valve using a tooth pick to check whether there is still clearance.



### Attention :

- Do not perform any repairs on the pressure cooker.
- Do not unscrew any parts of the lid.
- Do not turn the attachment screw of the pressure regulator.
- Replace the silicon ring of the lid promptly ([www.bk.nl/onderdelen](http://www.bk.nl/onderdelen))

Should you have any questions, remarks or complaints, please contact BK at [service@bk.nl](mailto:service@bk.nl).

## Cooking diagram

Category	Weight (kg)	Water (ltr)	Time (min.)	Comments	Position
<i>Rice</i>	0,5		5-6		1
<i>Soup</i>	0,25		3		1
<i>Spare Ribs</i>	1,0	0,8	8-10		2
<i>Pork</i>	1,0	0,8	22-25	Cut into pieces	2
<i>Beef</i>	1,0	0,8	22-25	Pieces 3 cm in size	2
<i>Chicken</i>	1,0	1,0	12-15	Whole chicken	2
<i>Fish</i>	1,0	0,5	4-5		1
<i>Lamb</i>	1,0	0,8	12-15		2

## Packaging list

<i>Body</i>	<i>1</i>
<i>Lid</i>	<i>1</i>
<i>User Manual</i>	<i>1</i>
<i>Insert basket</i>	<i>1</i>
<i>Trivet</i>	<i>1</i>

## Resolving problems

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Problem	Cause	Solution
<i>The pressure indicator is not rising and no steam is coming out of the pressure regulator.</i>	The heat is too low.	Increase the heat.
	No liquid.	Add liquid.
	The lid is not properly closed.	Lock the lid using the sliding knob.
<i>Steam is escaping from around the lid.</i>	The lid is not correctly closed.	Lock the lid using the sliding knob.
	The silicon ring is dirty.	Clean the silicon ring.
	The silicon ring is damaged.	Replace the silicon ring <a href="http://www.bk.nl/onderdelen">www.bk.nl/onderdelen</a>
	The lid is damaged or broken.	Replace the lid.
<i>An explosion of steam escapes from the pressure regulator, pressure indicator or from beneath the lid.</i>	Extreme heat.	Turn off the heat.
	Too much food.	Reduce the amount of food.
<i>The pressure indicator does not drop. The lid will not open.</i>	There is internal pressure.	Make sure that there is no pressure. Turn the pressure regulator to setting  .
<i>The lid will not close.</i>	First time in use.	Apply a thin layer of oil to the silicon ring.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
<i>The lid will not close.</i>	Symbol 0 does not link up with symbol Δ on the handle.	Link up to symbol Δ
	The silicon ring needs replacing.	<a href="http://www.bk.nl/onderdelen">www.bk.nl/onderdelen</a>
	The pan is damaged because of a fall or because it has been shaken.	Contact <a href="mailto:service@bk.nl">service@bk.nl</a>
<i>Steam is escaping from the pressure indicator.</i>	The pressure indicator is blocked.	Immediately turn off the heat. Release the steam from the pan and open the lid to check the reason behind the blockage. Clean the pressure regulator, the pressure indicator and the safety openings.
	The pressure indicator does not work.	Contact <a href="mailto:service@bk.nl">service@bk.nl</a>
	The silicon sealing ring of the pressure indicator is damaged (see page 6 part 3).	Contact <a href="mailto:service@bk.nl">service@bk.nl</a>

### Maintenance tips

Remove any labels. Before using for the first time, wash new pans in hot water with mild washing-up liquid then rinse and dry. Your pressure cooker is suitable for all heat sources. Do not put your BK pressure cooker in the oven or microwave! The synthetic grips and handles are heat-resistant up to 160° Celsius. Never let a pan boil dry. In order to avoid damage, never scratch the pan with sharp or pointed objects. After use, wash your BK pressure cooker using normal washing-up liquid. Rinse with clean, hot water and dry immediately. Stubborn stains can best be removed by boiling water with soda or washing-up liquid. Avoid accumulation being left for too long. Treat the highly polished exterior with a stainless steel cleaner if required. Never use wire wool on your stainless steel pan! Never put your BK pressure cooker in the dishwasher.

### BK pressure cooker in use

Always position a gas flame so that it stays completely under the bottom of the pan. Always use the size of hotplate most similar to the size of the diameter of the pan. You can also use the capacity of your heat source as efficiently as possible. This saves energy. You also avoid unnecessary energy loss when you adjust the temperature of your heat source to continue cooking at a lower setting. The handles can become warm during cooking. You should therefore always use oven gloves or pan holders. Never place a warm pan directly on your worktop or table, but on a placemat. Never slide the pan over a hotplate in order to avoid any scratches on the bottom of the pan or on the hotplate.

## Guarantee

This BK pressure cooker has been manufactured with the utmost care and carefully checked. The guarantee covers manufacturing faults and/or faults with the materials that are used. The guarantee runs for two years (only with receipt of purchase) and doesn't cover any damage resulting from incorrect use, careless maintenance or natural wear.

## Finally...

we wish you lots of outstanding, successful and delicious meals!  
Please contact our customer services department if you have any questions or comments regarding your BK pressure cooker at [service@bk.nl](mailto:service@bk.nl).

BK Service, Zilverstraat 40, 2718 RK Zoetermeer, the Netherlands [www.bk.nl](http://www.bk.nl)

# WARRANTY CERTIFICATE

## BK Pressure cooker B5927.406

Name of the buyer : \_\_\_\_\_ M/F

Street : \_\_\_\_\_

Zip Code : \_\_\_\_\_ Place : \_\_\_\_\_

Date : \_\_\_\_\_ Age : \_\_\_\_\_

E-mail address : \_\_\_\_\_

Buyer's signature : \_\_\_\_\_

The above-mentioned warranty period applies to this article.  
The warranty period becomes effective from the date of purchase.  
We ask you kindly to fill in this warranty card and send it to :  
**BK Service, Zilverstraat 40, 2718 RK Zoetermeer,  
the Netherlands.**

You will not receive acknowledgement of receipt and your personal details will not be passed on to third parties.

Attach your copy of the receipt here!

I agree to cooperate in any market research carried out by BK.



# Recipes

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# Grandma's seasoned steaks with raisins and gingerbread

Delicious traditional Dutch slow-braised beef!

## Ingredients :

1 kg of stewing steak  
salt and freshly ground pepper  
75 g of butter  
4 small onions cut into small rings  
200 ml of cider vinegar  
6 slices of gingerbread cut in pieces  
100 g of raisins  
50 g of apple syrup  
4 cloves  
4 bay leaves

## Preparation

Rub salt and pepper into the stewing steak. Heat up the butter in the pressure cooker and fry the stewing steak in the butter, in portions, until it has browned on both sides. Fry the onions in the cooking fat until golden brown. Add 600 ml of water to the cooking fat and, whilst stirring, dissolve the apple syrup into the mixture. Add the cider vinegar, gingerbread, raisins, cloves and bay leaves, grind a little pepper over the top and place the stewing steak in the liquid. Close the pressure cooker and turn the pan to pressure setting 2. Allow the meat to cook for 20 minutes on a medium high heat. Following the instructions, depressurise and open the pan. Remove the meat from the pan and stir the gravy until smooth.

## Tip

Delicious when served with boiled potatoes and wine sauerkraut.

## Goulash with fresh cocktail gherkins

A traditional goulash, with a surprising flavour from the cumin and cocktail gherkins!

### Ingredients :

4 tablespoons of olive oil  
3 onions, coarsely sliced  
1 tin of tomato puree (70 grams)  
2 garlic cloves, coarsely chopped  
2 tablespoons of paprika powder  
1 teaspoon of cumin or caraway seeds  
600 g of shoulder steaks, cut into 4-cm pieces  
50 ml of gherkin liquid  
sea salt and freshly ground black pepper  
300 g of potatoes, cubed  
2 red sweet peppers, coarsely sliced  
100 g of cocktail gherkins  
3 tablespoons of crème fraîche

### Preparation

Bring 1 litre of water to the boil. In the pressure cooker, heat the oil and fry the onions until golden brown. Stir in the tomato puree and garlic and sprinkle the paprika powder and cumin or caraway seed over the top and stir fry for 2 minutes on a low heat. Add the meat and the gherkin liquid, pour in the boiling water and stir everything together.

Grind some salt and pepper into the mixture and close the pressure cooker. Turn the pan to pressure setting 2 and simmer the meat for 25 minutes until cooked. Following the instructions, depressurise and open the pan. Add the potatoes, sweet peppers and cocktail gherkins to the meat. Close the pan again, bring it up to pressure and cook the dish for another 10 minutes under pressure, until the potatoes are cooked. Following the instructions, depressurise and open the pan. Stir the crème fraîche through the goulash and season to taste with salt and pepper.

### Tip

Delicious with wholemeal farmhouse bread.

# Bouillabaisse

A fish soup from Southern France that makes a full meal!

## Ingredients :

400 grams of plum tomatoes  
1 orange - 2 sprigs of fresh thyme  
1 sprig of rosemary - 1 sachet of saffron  
2 tablespoons of olive oil - 2 onions, cut into rings  
1 tin of tomato puree (70 grams)  
2 leeks, cut diagonally into rings  
3 stalks of blanched celery, cut into strips  
1 fennel root, in strips  
3 garlic cloves, coarsely chopped  
1 kg of mixed fish, in pieces  
(salmon, mackerel, white fish)  
200 grams of jumbo prawns  
20 grams of parsley, green, finely chopped

## Preparation

Peel the tomatoes: score a cross in the bottom of each and plunge them briefly into boiling water until the skin bursts open, then remove the skin using a sharp knife. Cut the tomatoes into pieces and remove as much moisture and as many seeds as possible. Rub the orange until clean and remove half of the peel.

Scrape the white pith out of the peel.

Bind the orange peel with thyme, rosemary and bay leaves to form a bundle.

Allow the saffron to soak in 100 ml of hot water. In the pressure cooker heat up the olive oil and whilst stirring, fry the vegetables for 5 minutes. Add the tomato puree, salt and pepper according to taste, the bundled herbs, 1 litre of water and the saffron water and spoon in the mixed fish. Stir everything together. Close the pressure cooker and turn the pan to pressure setting 1. Cook the fish stew for 15 minutes. Meanwhile, bring 1 litre of water to the boil. Following the instructions, depressurise and open the pan. Stir the boiling water, the prawns and the parsley into the mixture and bring the bouillabaisse to the boil again. Season to taste with salt and pepper.

## Tip

Serve the stew with crispy fried farmhouse bread croutons.

# Lamb hotpot with marrowfat peas and sauerkraut

A surprisingly tasty combination!

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## Ingredients :

250 grams of dried marrowfat peas  
4 tablespoons of olive oil  
600 grams of shoulder of lamb, cubed  
1 onion, coarsely shred  
1 tin of tomato puree (70 grams)  
1 garlic clove, coarsely shred  
1 bay leaf - 4 sprigs of thyme  
1 pot of lamb or calf stock (approx. 350 ml)  
150 ml of dry white wine  
Freshly ground sea salt and black pepper  
500 grams of fresh sauerkraut

## Preparation

Sprinkle the dried marrowfat peas into the basket of the pressure cooker and place this in the pan. Add 2 litres of water, close the pan and turn to pressure setting 2. Cook the marrowfat peas for 5 minutes, remove the pan from the heat and allow it to depressurise in its own time: the marrowfat peas have now been pre-cooked. Remove the basket from the pan, pour the cooking liquid into a measuring jug, and rub the pressure cooker dry. Heat the olive oil in the pressure cooker and stir fry the lamb and the onions in this oil until they have browned. Add the tomato puree and garlic and stir fry for 1 minute. Add the bay leaf, the thyme, stock and white wine, and season to taste with salt and pepper. Stir everything well and close the pressure cooker. Turn the pan to pressure setting 2 and cook the dish for 25 minutes. Following the instructions, depressurise and open the pan. Stir in the marrow fat peas and pour in sufficient marrow fat pea cooking water to cover the ingredients. Spoon the sauerkraut on top. Close the pan again, turn the pressure cooker to pressure setting 1 and cook the dish for another approximately 10 minutes. Following the instructions, depressurise and open the pan. Spoon the food into a serving dish.

## Tip

Serve with (au gratin) mashed potato.



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