

essteele®

PER VELOCITÀ™



HOW TO USE A PRESSURE COOKER

1. Ensure the pressure cooker doesn't have any dints or cracks and is in working order. Ensure the lid seal is soft and in place in the lid.
2. If you are cooking meat, you can sear it before cooking, either in a separate pan or directly in the pressure cooker.

3. You will need liquid in the pressure cooker to generate steam so after you brown the food in the pan, add at least the minimum amount of liquid as per gradient in the pot: '1 Qt mark'



4. Add your other ingredients and close the lid securely in place with the steam vent valve facing away from you.



5. Depending on the type of ingredients you are cooking, select the correct valve position:



Select VEGETABLES position for gentle food cooking:

the valve works when the internal pressure of the pressure cooker reaches 0.6 bar or 60kPa (about 113°C).



Select FISH - MEAT position for longer cooking options:

the valve works when the internal pressure of the pressure cooker reaches 1.0 bar or 100kPa (about 120°C).





6. Turn your cooktop on 'high' for a few minutes until steam starts to release from the steam vent – once the red indicator rises it is time to reduce the heat and ensure there is no longer steam rising from the steam vent.

7. Turn the cooktop on low and start the timer, ensure the red indicator stays upright to indicate there is pressure in the pot. Cook according to recipe.

8. When the cooking time is complete, turn off the heat and release the steam according to your recipe - there are 3 ways to do this.

a. Natural release, allow the pressure to drop naturally.

b. Place the pressure cooker in the sink and gently run some cold water over the lid.

c. Move the lever of the steam vent to release all pressure/steam in the pot before opening. ENSURE NOT TO STAND DIRECTLY ABOVE THE STEAM.



9. Once there is no further steam being released, check that the red indicator in the lid is lowered.

10. Open the pressure cooker by turning the selection knob to OPEN. Be mindful of any residual steam.



11. Enjoy your delicious meal! Buon appetito.