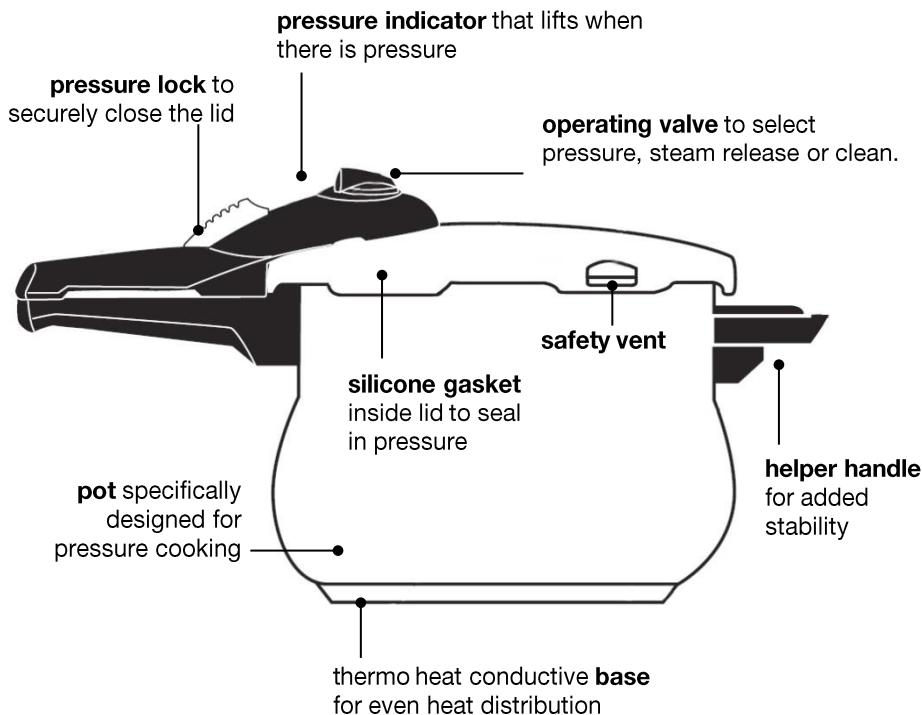




Before using this Quick Guide, please ensure that you have reviewed the Important Safeguards and Manufacturer Recommendations in the user manual provided.

Parts of a Pressure Cooker



10 Helpful Tips & Tricks

1. Always use at least 1/2 cup of cooking liquid if you're cooking for 10 minutes or less or 2 cups of water if you're cooking for more than 10 minutes.
2. Never fill the pot more than 2/3 full with food and more than 1/2 full with liquid
3. It's always better to undercook than overcook. If food needs to be cooked longer, do so in 1-5 minute intervals under pressure.
4. The lid will not open if the pressure indicator is still up and there is pressure in the pot. Wait until the pressure is fully released from the pot and the lock should unlock.
5. Automatic release is when you move the operating valve to steam release. Natural release is when you let the pressure dissipate on its own (this can take up to 30 minutes)
6. To adapt conventional recipes into pressure cooking recipes, cut back on cooking time at least 40-70% and use enough liquid.
7. Brown or sauté foods first for extra flavor. Be sure to deglaze the pot to add more flavor.
8. For high altitudes, increase the cooking time by 5% for every 1,000 feet above the first 2,000 feet
9. The pot is dishwasher safe. Wash the lid and gasket with soapy, warm water and dry well.
10. Store your pressure cooker with the lid upside down on top of the pot

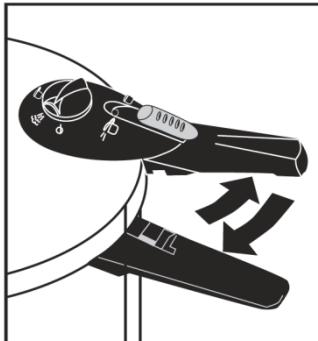
Warnings:

Please make sure to read the complete list of warnings in the manual

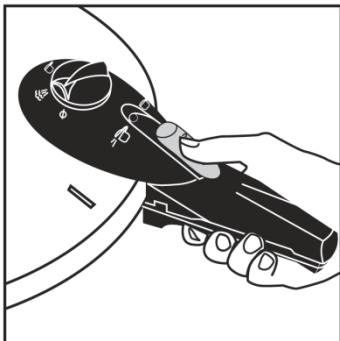
- Fagor Pressure Cookers are only for domestic, household use – not commercial use
- Fagor Pressure Cookers are not oven safe
- When opening the lid after pressure cooking, the steam will be very hot so make sure to open the lid facing away from you

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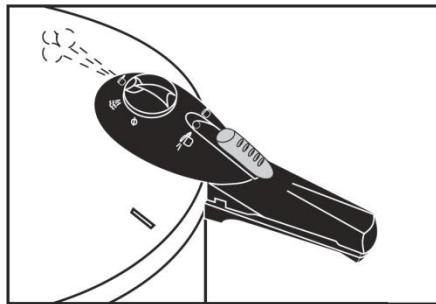
1. Unlock the pressure cooker by pulling back the lock mechanism on top of the pressure cooker handle and slide the top handle to the right.



To close the lid, align the mark on the lid with the mark on the lower handle. Slide the top handle to the left into the closed position then push the lock up to lock the pressure cooker.

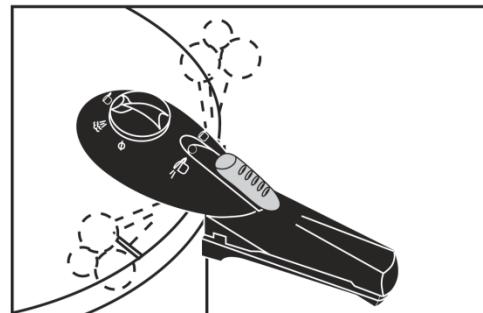


2. Select the pressure setting () and turn your heat source to high to build pressure.

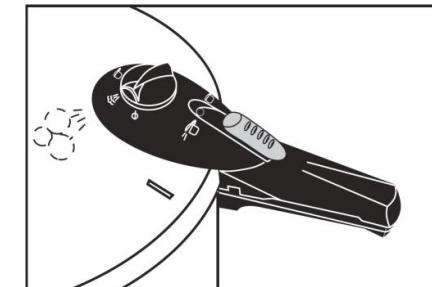


Once the pressure indicator rises and steam starts to come out of the top handle, pressure has been reached. Lower the heat to medium to maintain pressure and start your timer.

NOTE: For electric stove users, start on medium and lower the heat to medium low.



3. After the time is done, choose an automatic release (turn the operating valve to the steam position () while keeping a safe distance) or natural release (allow the pressure inside the cooker to dissipate). After the pressure indicator goes down and all the pressure is released from the cooker, you can carefully unlock the lid and open away from you.



To clean the Pressure Cooker, remove the valve by turning it to the clean icon (), lifting and turning counter-clockwise. Hand wash the gasket and lid. The pot is dishwasher safe.

