

**T-FAL®**

**T-FAL®**

Pressure Cooker  
Olla de presión

*Sensor 2*

oct 2001  
Ref. : 4131493

Realization : Axana Conception



Operating instructions  
Instructivo de uso y seguridad

For models/Para Modelos  
3297/3298/3299/4230/4231/4232/4233/4207/4208/  
3273/3274/4209

# IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

- 1 Read all instructions.
- 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 pressure cooker for other than intended use.
- 7 This appliance cooks under pressure. Improper use may result in a scalding injury. Make certain unit is properly closed before operating. See "Operating instructions".
- 8 Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. See "Operating instructions".
- 9 Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti. 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 use.
- 11 Do not open the pressure cooker until the unit has cooled and internal pressure has been reduced. See "Operating instructions".
- 12 Do not use this pressure cooker for pressure frying with oil.
- 13 Be sure that handles are assembled and fastened properly.

## 14 SAVE THESE INSTRUCTIONS

## GENERAL RECOMMENDATIONS

- **Never use your appliance without liquid, as it could damage it severely.**
- **Always use at least 1 cup (250 ml) liquid in the pressure cooker.**
- Be careful to use heat sources which are suitable to your pressure cooker.
  - when using a gas burner: make sure that the flame is not higher than the base of the appliance.
  - when using an electric or radiant range: choose a cooking plate with a diameter equal to or less than that of the appliance.
- Before placing the appliance onto a hotplate, ensure that the base of the cooker is dry and thoroughly clean.
- After having cooked a type of meat that has an adhering skin (i.e. chicken) which tends to swell when cooked in pressure cookers, do not puncture swollen skin as you risk scalding yourself.
- In the case of starchy foods, slightly shake the pressure cooker before opening the lid to avoid food splattering.
- When pressure has built up, avoid pointing the release device towards you as the steam burst can be dangerous.
- Leave the safety systems alone, except for cleaning and maintenance in accordance with instructions. In particular, never open the control panel.
- Use only T-Fal spare parts for your model.

**Product diagram**

**1**

**Pressure Cooker models**

**2**

**Opening • Closing**

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**Capacity**

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**Before cooking**

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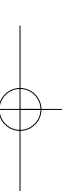
**9**

**Cleaning • Maintenance**

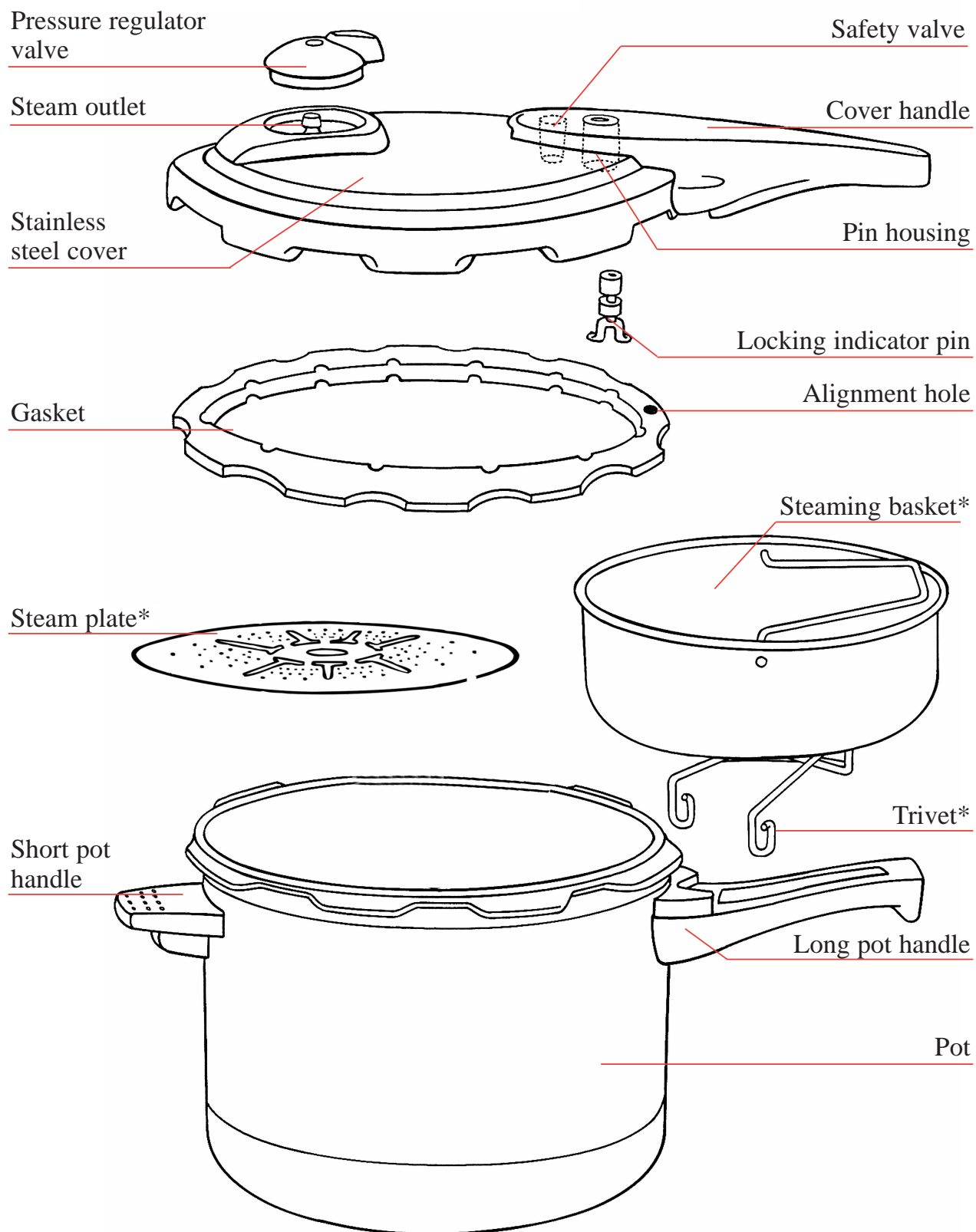
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**T-Fal safety features  
T-Fal answers your questions**

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# Product diagram



\*Option depending on model

# Features

2

## Bottom diameters

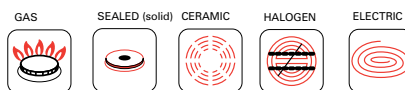
	Diffusal stainless steel		Star Base stainless steel		Aluminum		Aluminum Enamel/non-stick		Aluminum Non-stick/non-stick	
	Base Ø	Models	Base Ø	Models	Base Ø	Models	Base Ø	Models	Base Ø	Models
4.5 L	7 inches	3297	5.5 inches	4230						
5 L									6.5 inches	4209
6 L	7 inches	3298	5.5 inches	4231	6.5 inches	4207	7 inches	3273		
7,5 L	7 inches	3299	5.5 inches	4232	6.5 inches	4208	7 inches	3274		

## Compatible heat sources

■ DIFFUSAL Stainless steel models can be used on:



■ Enamel/Non-stick models can be used on:



■ All other models can be used on:



■ When using an electric stovetop, use a burner with the same diameter as the bottom of the Pressure Cooker, or slightly smaller.

■ When using a ceramic range top, make sure the bottom of the Pressure Cooker is perfectly clean.

■ When using gas, the flame should not exceed the diameter of the pot.

■ Do not heat the pot when empty.

## T-Fal accessories

■ Please contact your T-Fal After-Sales Service Center if you need to change parts or require pressure cooker repair.

■ Only use genuine T-Fal parts to match your model.

## Item identification

■ Please record the following in the event that parts and/or servicing of your Pressure Cooker is required :

☐ Model/Item Number: .....

☐ Capacity: .....

☐ Date Purchased: .....

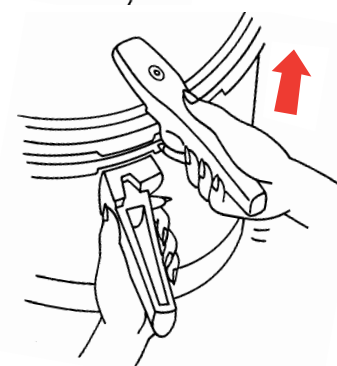
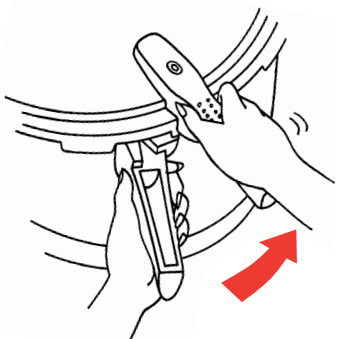
☐ Retailer Where Purchased: .....

■ Retain retailer receipt.

# OPERATING INSTRUCTIONS

## Opening

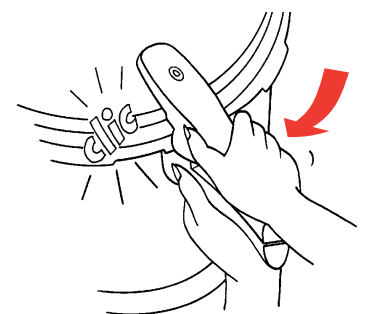
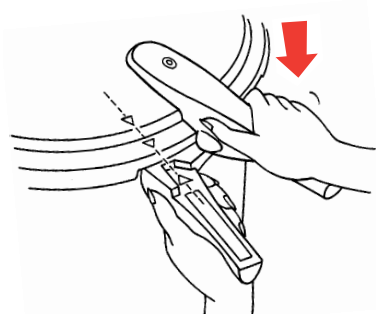
3



■ Hold the lower body handle with your left hand and turn the upper cover handle to the right with your right hand until it opens.


■ Lift the cover.

## Closing



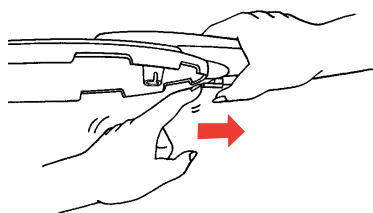
■ Place the cover on the pot, aligning the rims. Align the triangle on the cover with the one on the lower body handle.

■ Turn the cover to the left until you hear it click.

 ***This appliance cooks under pressure. Improper use may result in a scalding injury. Make certain unit is properly closed before operating.***

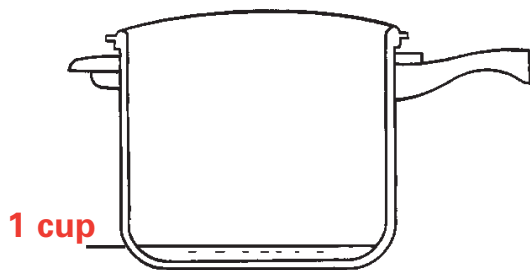
### **If you can't close the cover:**

■ Check the position of the lock. If it is not in the forward position, hold the cover horizontally and push the lock toward you.

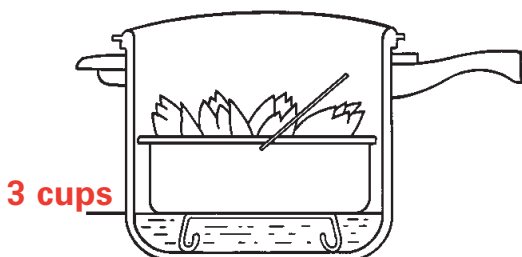


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# Capacity



- Never use your Pressure Cooker without at least 1 cup (250 ml ) of liquid.

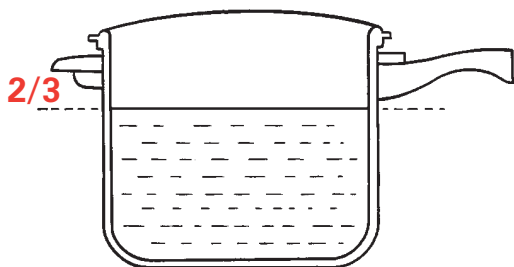


## Steaming

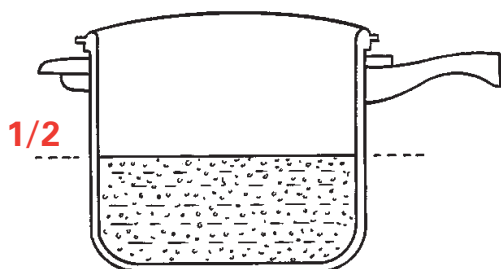
- The minimum amount of water is 3 cups (750 ml).
- Place the steam accessory (steaming basket and trivet or steam plate) on the bottom of the pot.

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# Maximum filling



- Do not fill the unit over 2/3 full.



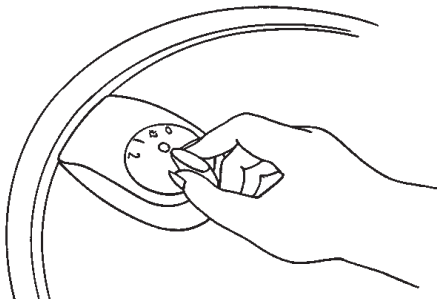
## For certain foods

- When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full.

## If the Pressure Cooker has been heated without any liquid inside:

- Have your Pressure Cooker checked by an Authorized T-Fal After-Sales Service Center.

# Using the pressure regulator valve

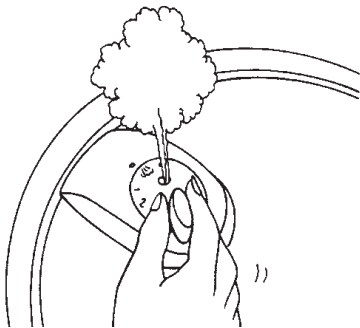


**Cooking delicate foods  
such as fish or desserts:**


- Set the pressure regulator valve to **1**.


**Cooking meat and defrosting**

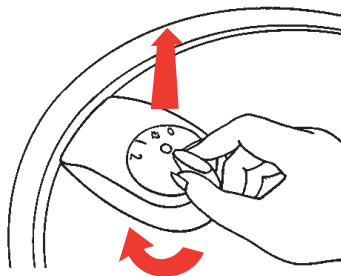
- Set the pressure regulator valve to **2**.



**Releasing steam**

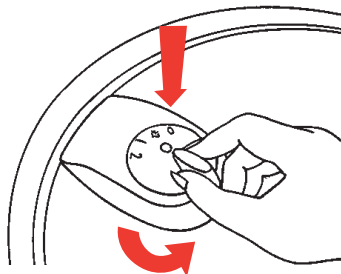
- Set the pressure regulator valve to .
- Quick release: place the pressure cooker under cold running water.

 ***The steam is very hot when released from the pressure regulator valve.***



**Removing the pressure regulator valve**

- Press down on the center and turn the valve to position **0**.
- Lift off the pressure regulator valve.

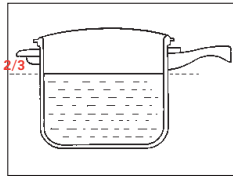


**Attaching the pressure regulator valve**

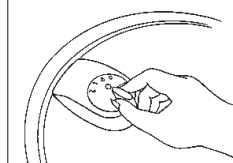
- Position the pressure regulator valve by placing the **0** opposite the dot on the cover.
- Press it down then turn to the required position.

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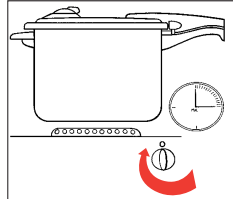
# Before using for the first time



- Fill with water to 2/3 of the pot height.
- Close the Pressure Cooker.




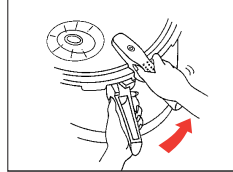
- Set the pressure regulator valve to **2**.



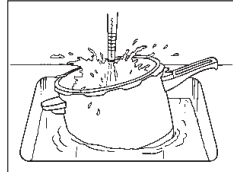
- Place the Pressure Cooker on the stovetop and set to maximum heat.
- When the pressure indicator pin rises, and steam begins to escape from the valve, reduce the heat and wait for 15 minutes.
- After 15 minutes turn off the heat.



- Release steam by turning the pressure regulator valve to  or leaving the valve on 2 and putting your Pressure Cooker under cold running water.

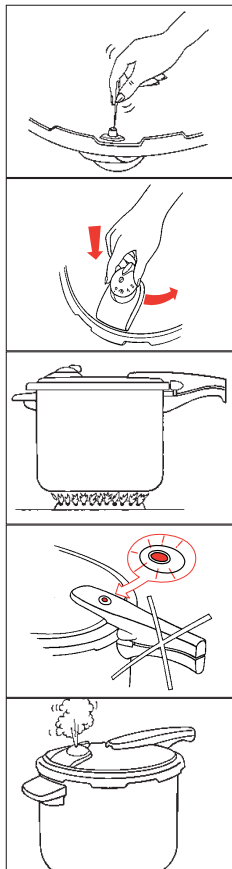



- When steam no longer comes from the steam outlet, and the pressure indicator has dropped, open the Pressure Cooker.



- Rinse the Pressure Cooker with cold water and dry.
- For models with a non-stick coating, wipe the inside of the pot with a little vegetable oil.
- Note: The appearance of stains on the inside bottom of the pot does not affect the quality of the metal. These are marks left by hard water. Use diluted vinegar and a scouring pad to remove them.

# Before cooking



- Before each use, check that the steam outlet is not clogged.
- Fit the pressure regulator valve.
- Set the pressure regulator valve as indicated in your recipe (position **1** or **2**).
- Place the Pressure Cooker on the stovetop turned to a high setting.
-  ***As soon as the pressure indicator pin rises, you will be unable to open the Pressure Cooker (never try to force it open).***
- Cooking begins when the pressure regulator valve allows steady release of steam, making a regular hissing noise.

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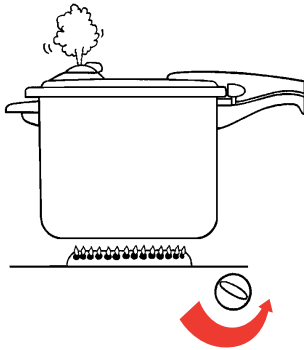
## **If the pressure has not risen and no steam is released from the valve :**

- This is normal for the first few minutes.
- If this persists check that:
  - The heat setting is high enough, if not, turn it up.
  - There is enough liquid in the pot (see page 5).
  - The pressure regulator valve is set to position 1 or 2.
  - The Pressure Cooker is properly closed.
  - The gasket and the rim of the pot are not damaged.

## **If the pressure indicator pin has risen and no steam is released from the valve :**

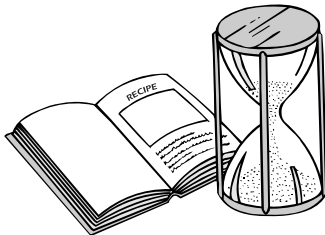
- Put your Pressure Cooker under cold running water to decompress.
- Clean the pressure regulator valve and the steam outlet.

# During cooking

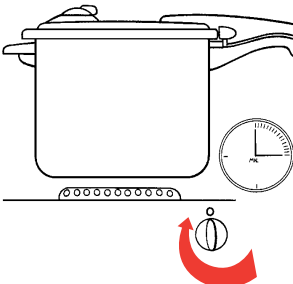


- Turn the heat down to a medium setting as soon as the pressure regulator valve allows steam to escape at a constant rate, making a regular hissing noise.

 ***As with any cooking appliance, close supervision is required if you are using it near children.***



- Set the cooking time as indicated in the recipe.



- As soon as the cooking time is up, turn off the heat and release the pressure.

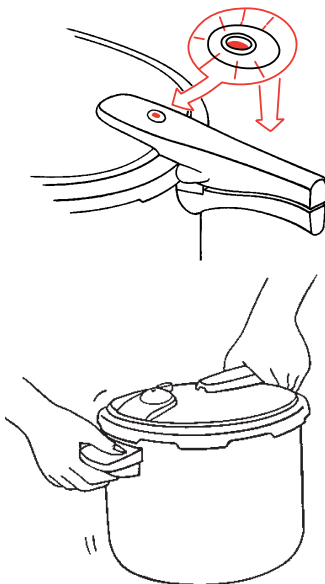
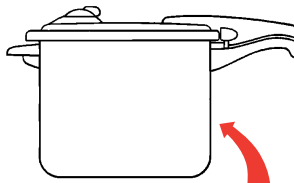
## **If steam escapes from under the cover, check that:**

- The cover is properly closed.
- The cover gasket is properly in place.
- The gasket is in good condition. If not, replace it (see page 12).
- The cover, safety valve, pressure regulator valve and gasket are clean.
- The rim of the pot is in good condition.

## **If one of the safety systems (safety valve or gasket) is activated:**

- Turn off the heat.
- Let the Pressure Cooker cool down and depressurize.
- Check the pressure regulator valve and the steam outlet.

# End of cooking



## To release the steam

■ Once the heat has been turned off you have two options:

□ **Slow release of pressure:** turn the pressure regulator valve to position

□ **Fast pressure release:** place the Pressure Cooker under cold running water.



**Be careful of hot steam.**

■ When the pressure indicator pin drops, your Pressure Cooker is no longer under pressure.

■ You can then open the cover.



**Do not open the pressure cooker until the unit has cooled and internal pressure has been reduced.**



**Use only the handles to move the Pressure Cooker.**

## If you cannot open the cover:

□ Check that the pressure indicator pin is in low position.

□ If not, decompress and cool the Pressure Cooker under cold running water. Wait until the pressure indicator pin goes down.

## If the food is under-cooked or if it is burnt, check:

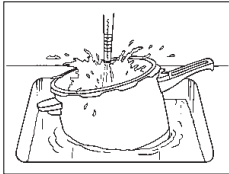
- The cooking time.
- The heat setting used.
- The positioning of the pressure regulator valve.
- The quantity of liquid.

# Cleaning

 **Do not leave food in your Pressure Cooker.**

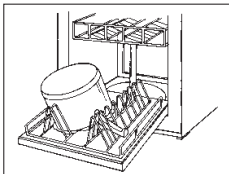
 **Never use bleach or any chlorine product: these could damage the stainless steel.**

- Wash the Pressure Cooker after each use with warm water and a liquid detergent.



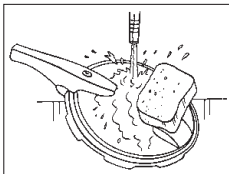
## Cleaning the pot

- On stainless steel and aluminum models, use a scouring pad.
- On models with a non-stick coating, use a sponge suitable for non-stick.
- Use a sponge to clean the outside of the pot.



## In the dishwasher

- For stainless steel models, the pot is dishwasher safe.
- For models with a non-stick coating, be careful not to damage the coating with the dishwasher racks. After washing several times in the dishwasher, we advise you to wipe the interior again with a cloth and a little vegetable oil.
- Do not wash aluminum models in the dishwasher : this could damage their appearance.



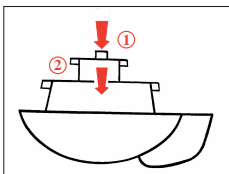
## To clean the cover

- Wash with a soft sponge and liquid detergent.

 **Do not put the cover in the dishwasher.**  
**Do not leave the cover to soak in water.**

## Cleaning the cover gasket

- Remove the gasket after each use and wash with warm water and liquid detergent.

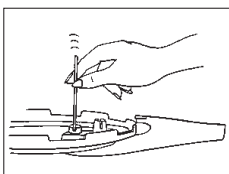


## Cleaning the pressure regulator valve

- Remove the pressure regulator valve (see page 6). Rinse with water.
- Ensure that the inside parts 1 and 2 move freely.

## Cleaning the steam outlet

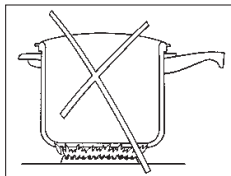
- Hold the cover to the light to ensure that the steam outlet is clear and not blocked. Clean with a needle if necessary.



## Cleaning the safety valve

- Clean the base of the safety valve inside the cover.
- Check that it is moving freely by pressing slightly on the valve.

# Maintenance



## Storage of your Pressure Cooker

- Turn the cover upside down on the pot.

## To ensure that your Pressure Cooker lasts as long as possible

- Do not over-heat the pot when empty.

## For models with a non-stick coating

- It is recommended to use wooden or plastic utensils to stir food.
- Do not cut directly onto the non-stick coating with a knife.
- Discoloration and lines may appear on the non-stick surface but will not affect the performance of the pot. T-Fal guarantees that the non-stick coating on the Pressure Cooker complies with regulations concerning materials in contact with food.

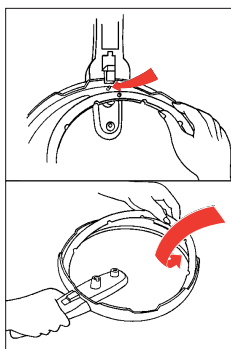
## To clean your Pressure Cooker if it becomes discolored

*For aluminum models:*

- Follow the procedure listed on page 7 (Before using for the first time) adding bicarbonate of soda.

*For stainless steel models:*

- Clean the pot with a special stainless steel cleaner sold at your local hardware store.



## To change the gasket

- Make sure you buy the correct gasket for your model.
- Align the hole in the gasket with the locking pin in the cover.
- Fit the gasket in position all around the cover. Check that it fits snugly against the cover.



**Replace the gasket every year.**

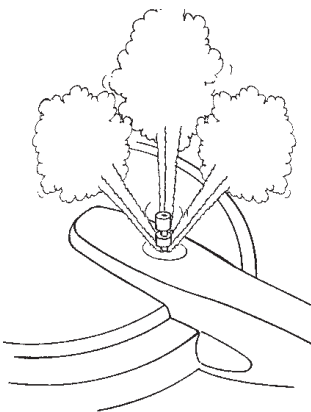
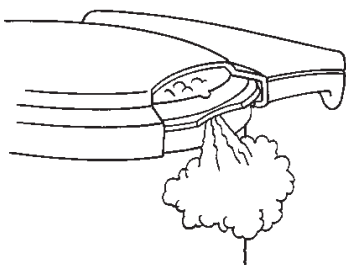
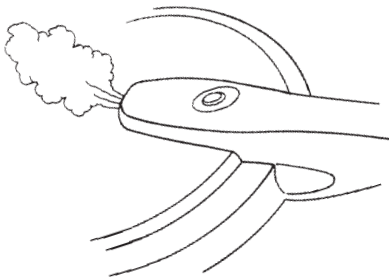
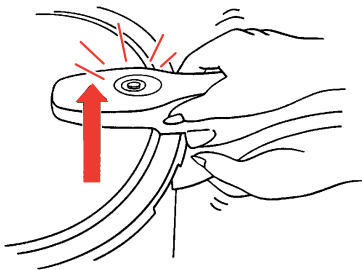
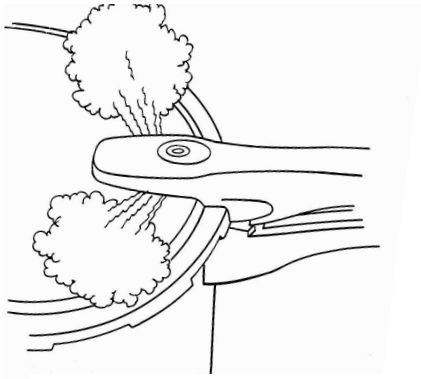


**After 10 years use, it is advisable to have your Pressure Cooker checked by an authorized T-Fal After-Sales Service Center.**

## If you burn food in the Pressure Cooker:

- Allow the pot to soak in warm soapy water before washing.
- Never use bleach or chlorine products.

# Safety features




Your Pressure Cooker has several systems to ensure safety in operation.

## Safe closing system

■ Your Pressure Cooker is equipped with a safety system that prevents any increase in pressure if the cover is not completely closed. If the cover is incorrectly positioned, the safety system will prevent the locking indicator pin from rising and consequently the pressure.

## Safe opening system

■ If the Pressure Cooker is under pressure, the locking indicator pin is raised and prevents it from being opened. Never try to force open the Pressure Cooker, but set the pressure regulator to  and wait until the pressure drops completely.

■ Check the pressure indicator pin position. It must be in low position to allow the cover to be opened.

## Safety with excess pressure

■ During cooking, if the steam outlet becomes blocked, the excess pressure safety systems will automatically activate:

- ☐ **First stage:** the safety valve releases the pressure.
- ☐ **Second stage:** the gasket allows the pressure to be released between the cover and the pot.
- ☐ **Third stage:** the locking indicator pin rises above the handle and allows the pressure to be released.

To open your Pressure Cooker, allow it to completely cool down then push the locking indicator pin inside its housing.

## If one of the safety systems comes into operation:

- Turn the stovetop off.
- Let the Pressure Cooker cool down.
- Open.
- Check and clean the pressure regulator valve, steam outlet, safety valve and gasket.
- If this third safety device comes into operation, have your Pressure Cooker checked by an Authorized T-Fal After-Sales Service Center.

# T-Fal

## answers your questions

### **If you can't close the cover:**

- Check the position of the lock underneath the cover's handle. If it is not in the forward position, hold the cover and push it forward.

### **If the Pressure Cooker has heated without any liquid inside:**

- Have your Pressure Cooker checked by an Authorized T-Fal After-Sales Service Center.

### **If the pressure indicator pin has not risen and no steam is released from the valve during cooking:**

- This is normal for the first few minutes.
- If this persists check that:
  - The heat setting is high enough. If not turn it up.
  - There is enough liquid in the pot (see page 5).
  - The pressure regulator valve is set to 1 or 2.
  - The Pressure Cooker is properly closed.
  - The gasket and the rim of the pot are not damaged.

### **If the pressure indicator pin has risen and no steam is released from the valve during cooking:**

- Put your Pressure Cooker under cold water to decompress.
- Clean the pressure regulator valve and the steam outlet.

### **If steam escapes from under the cover, check that:**

- The cover is properly closed.
- The gasket is properly in place.
- The gasket is in good condition. If not, replace it.
- The rim of the pot is in good condition.
- The cover, safety valve, pressure regulator valve and gasket are clean.

### **If one of the safety systems (safety valve or gasket) is activated:**

- Turn off the heat.
- Allow the Pressure Cooker to cool down.
- Check the pressure regulator valve and the steam outlet.

### **If you cannot open the cover:**

- Check that the pressure indicator pin is in low position.
  - If not, cool the Pressure Cooker under cold running water to release the pressure.

### **If the food is under-cooked or burnt, check:**

- The cooking time.
- The heat setting used.
- The positioning of the pressure regulator valve.
- The quantity of liquid used.

### **If food has burnt in the Pressure Cooker:**

- Allow the pot to soak in warm soapy water for a while before washing.
- Never use bleach or chlorine products.

### **If one of the safety systems comes into operation:**

- Turn the heat off.
- Let the Pressure Cooker cool down.
- Open.
- Check and clean the pressure regulator valve, steam outlet, safety valve and gasket.
- If the third safety device comes into operation, have your Pressure Cooker checked by an Authorized T-Fal After-Sales Service Center.

# Warranty

■ Your new T-FAL Pressure Cooker is warranted against:

- all faults related to the metallic structure of the product.
- any premature deterioration in the base metal on condition that it is used as recommended in the instructions for use.

■ This warranty excludes:

- damage resulting from negligence: impact, dropping, use in the oven.
- staining, discoloration or scratching of the non-stick finish, the porcelain enamel exterior or the stainless steel.
- normal wear and tear on parts: gasket, handles, basket.

■ Only T-Fal Approved Service Centers are entitled to provide you with services under this warranty.

■ Please consult the International warranty card for the duration of the warranty and for the address of your nearest T-Fal Approved Service Center.



# Cooking timetable

VEGETABLE	COOKING TIME	
	Fresh Pressure level 1	Frozen Pressure level 2
Artichoke, quartered	3 min	3 min
Artichoke, whole	10 min	X
Asparagus, whole	2 min	3 min
Beans, whole	3 min	4 min
Beets, 1/2" slices	3 min	5 min
Beets, whole	14 min	X
Broccoli, florets	1 min	2 min
Broccoli, spears	3 min	3 min
Brussels sprouts, whole	4 min	5 min
Cabbage, shredded	1 min	X
Cabbage, quartered	6 min	X
Carrots, 1/2" slices	3 min	4 min
Cauliflower, florets	2 min	2 min
Cauliflower, quartered	4 min	4 min
Corn, on-the-cob	3 min	6 min
Eggplant, 1" slices	3 min	X
Onion, 1" slices	2 min	X
Pea pods	2 min	4 min
Potatoes:		
- 2" cubes	7 min	8 min
- whole	10 min	X
Potatoes (new):		
- 1 1/2" - 2" whole	8 min	X
Spinach	3 min	4 min
Sweet potato, 2" cubes	6 min	6 min
Sweet potato, whole	12 min	X
Tomatoes, quartered	2 min	X
Tomatoes, whole	5 min	X
Zucchini, 1" slices	2 min	4 min

# White rice cooking chart

**For a dry rice, use the smaller amount of liquid. For a moist rice, use the maximum.**

Extra Long-Grain White Rice	Liquid (cups)	Salt (optional)	Oil/butter	Yield (cups)
1 cup	1 <sup>1</sup> / <sub>2</sub> - 1 <sup>3</sup> / <sub>4</sub>	1/2 tsp	1 T	3

Do not cook more than 3 cups of dry white rice in a 6-quart cooker. Cook under low pressure for 5 minutes. Let the pressure drop naturally for at least 4 minutes.

# Brown rice cooking chart

Brown Rice	Liquid (cups)	Salt (optional)	Oil/butter	Yield (cups)
1 cup	1 <sup>3</sup> / <sub>4</sub>	1/2 tsp	1 T	2 <sup>1</sup> / <sub>4</sub>

Do not fill the cooker over 1/2 full. Cook under high pressure for 15 minutes. Let the pressure drop naturally for at least 10 minutes.

# Basic recipes

INGREDIENTS	COOKING TIME
SOUP AND STOCK Poultry stock	20 min
BEEF Stew beef (cubes) Roast beef	15 min / lb. 20-25 min / lb.
PORK Pork ribs Pork roast	5 min / lb. 15 min / lb.
POULTRY Chicken Chicken parts	8 min / lb. 6 min / lb.