

Prestige[®]

6L Aluminium
High Dome
PRESSURE COOKER

'THE ORIGINAL CLASSIC DESIGN'

Thank you for purchasing a Prestige Pressure Cooker

Pressure cooking will enable you to produce healthy meals in a fraction of the time normally taken. Pulses do not need overnight soaking. The quick cooking in a minimum of water retains vitamins. 'Tough' meat is a thing of the past. Full meals can be cooked in one pan – only one pan to wash up!

These instructions cover the following model:

57059 Hi-Dome Aluminium

Your cooker was quality checked before leaving the factory.

Please check that you have all the correct parts.

Your model is suitable for the heat sources shown below.



RADIANT RING



CERAMIC



GAS



SOLID PLATE



INDUCTION



DISHWASHER SAFE

PRINCIPLES OF PRESSURE COOKING

Under normal conditions water boils at a temperature of 100°C (212°F). This temperature is dictated by atmospheric pressure and cannot increase no matter how long boiling continues. The weight on your Prestige Cooker increases the pressure inside the cooker which in turn raises the temperature at which the liquid boils. The result is faster cooking time because of the higher temperature obtained and at the same time the steam is forced through the food, cooking and tenderising it. The 3 piece 15 lb weight supplied with your cooker is set to achieve a temperature of 121°C (250°F) which is ideal for the majority of daily recipes. This is equivalent to an increase in pressure of 15 psi or 103 kPa above atmospheric.

If you have any difficulty in using your pressure cooker or if you require spare parts please contact our customer care helpline on **0151 482 8282** or alternatively please write to:

Customer Services Department, Meyer Group Ltd, Prestige Products, Wirral International Business Park, Riverview Road, Bromborough, Wirral CH62 3RH who will either deal with your enquiry personally or direct you to your local Prestige distributor.

General rules for pressure cooking – Safety notice

- Do not let children near the pressure cooker when in use.
- Do not put the pressure cooker into a heated oven.
- Move the pressure cooker under pressure with the greatest care. Do not touch hot surfaces. Use the handles and knobs. If necessary, use protection.
- Do not use the pressure cooker for purposes other than the one for which it is intended.
- This appliance cooks under pressure. Scalds may result from inappropriate use of the pressure cooker. Make sure that the cooker is properly closed before applying heat. See 'instructions for use'.
- Never force open the pressure cooker. Do not open before making sure that its internal pressure has completely dropped. See the 'instructions for use'.
- Never use the pressure cooker without adding water, this would seriously damage it.
- Do not fill the cooker beyond $\frac{2}{3}$ of its capacity. When cooking foodstuffs which expand during cooking, such as rice or dehydrated vegetables, do not fill the cooker to more than half of its capacity.

- Use the appropriate **heat source(s)** according to the instructions for use.
- After cooking meat with a **skin (e.g. ox tongue)**, which may swell under the effect of pressure, **do not prick the meat** while the skin is swollen; you might be **scalded**.
- When cooking doughy food, **gently shake the cooker before opening the lid** to avoid food ejection.
- Before each use, check that the valves are **not obstructed**. See the instructions for use.
- Never use the pressure cooker in its pressurised mode for deep or shallow frying of food.
- Do not tamper with any of the safety systems **beyond** the maintenance instructions specified in the instructions for use.
- Only use manufacturer's spare parts in accordance with the **relevant** model. In particular, use a body and a lid from the **manufacturer** indicated as being compatible.
- Check handles and if necessary re-tighten.
- **KEEP THESE INSTRUCTIONS.**
- **Caution:** it is important that you read the above instructions carefully before using your cooker.

DO NOT OVERFILL THE PRESSURE COOKER

Remember there are different maximum filling levels for different foods. Follow these guidelines:

Cereals and pulses, dried peas, beans and lentils	Cooker should not be more than $\frac{1}{3}$ full. This includes liquid.
Liquid foods: soups, stews, rice, pasta and beetroot	Cooker should not be more than $\frac{1}{2}$ full. This includes liquid.
Solid foods: vegetables, one pot meals, joints	Cooker should not be more than $\frac{2}{3}$ full. This includes liquid.

The maximum joint size which can be cooked is 2 kg (4 lb)

Liquids you can use for cooking under pressure

- Any liquid which produces steam can be used in the cooker eg water, stock, wine, milk etc.
- Never use oil or melted fat as a cooking liquid. However they may be used in small quantities for browning ingredients, before cooking under pressure.

To remember when using your pressure cooker

- Ensure that your cooker is suitable for the heat source that you are using.
- Always follow the hob manufacturer instructions.
- Match the size of your pressure cooker base to the size of the heated area on your hob.
- Do not allow gas flames to spread up the side walls of your cooker.
- If you use your own containers for cooking, make sure they can withstand 130°C (262°F).
- Do not place containers on top of foods which may swell up or froth eg rice, pasta, pulses and cereals.
- Ensure container covers eg greaseproof paper or foil are securely fastened with string and cannot come off during cooking.
- Do not use containers with metal or plastic lids.
- Never cook dumplings under pressure or the dough will rise and could block the safety outlets. Place the dumplings in the hot stew and cover with the cooker lid but do not close.
- Take care not to damage the rim of the cooker, eg by tapping a utensil on the edge as this may cause the cooker to leak.

To adapt your own recipes

- Refer to a similar recipe from this book for guidance on quantities of liquids, timings and the method of releasing pressure. Generally foods cooked in a pressure cooker will take $\frac{1}{3}$ of the normal cooking time.
- Whatever you cook remember not to overfill the cooker and to use the correct amount of liquid.

- Use liquid that produces steam eg water, stock, milk, wine, not melted fat or oil.
- Remember the maximum filling levels for the type of food you are cooking.
- Remember that cooking times for foods are determined by the size of the individual piece, not by the quantity. eg 450g (1 lb) potatoes or 1½ kg (3 lbs) potatoes cut up into 25 g (1 oz) pieces will both take 4-6 minutes.
- Joints of meat are timed by the weight eg 450g (1 lb) joint of topside will require 300 ml ($\frac{1}{2}$ pt) of liquid and will take 15 minutes; 1½ kg (3 lb) joint of topside will require 600 ml (1 pt) of liquid and will take 45 minutes.
- Milk and foods which may froth up eg rice, pasta, pulses, cereal, beetroot and some soups must be depressurised slowly.
- Use a medium heat setting for foods like rice, pasta, cereals, pulses and beetroot which may froth up, or when cooking with milk.

Recipe Tips

- Pre-brown the meat and vegetables in the open cooker, (without lid) before adding any hot stock.
- Canned soups and "cook-in" sauces may stick on the base so add an additional 150ml ($\frac{1}{4}$ pt) water to that normally required.
- Thickening for sauces, soups, stews etc should be added after cooking.
- For boil in the bag foods eg frozen casseroles, fish in sauce, pierce the bag and stand upright in the separator. Add 300 ml ($\frac{1}{2}$ pt) water to the cooker and cook for half the recommended cooking time on the packet.

FEATURES OF YOUR PRESSURE COOKER

NB: The extra capacity of the lid enables 14g (2 lb) size Kilner jars to be used for bottling fruit.

Nominal operating pressure 100 kPa / 100 psi

Maximum operating pressure M.A.P. 300kpa / N.O.P. 80kpa.

Weight

- Consists of a 3 piece weight which enables food to be cooked at 5lb (L) 10lb (M) or 15lb (H) for versatility. To use 15lb cooking pressure use as supplied complete. To cook at 10lbs, pressure remove the 'H' weight.

To cook at 5lbs pressure remove the 'H and M' weights.

Separator

- For use as a lifting basket when cooking small puddings or fish
- To cook rice or pasta in when lined with foil
- To cook different vegetables side by side

Wire Trivet

Used to place the separator on.

Gasket

A rubber seal which fits inside the lid.

BEFORE USING YOUR COOKER FOR THE FIRST TIME

Wash the cooker in hot soapy water, rinse and dry thoroughly.

Sometimes a new lid may be a little stiff to fit. To help this, spread a thin coat of cooking oil around the inside rim of the gasket.

To fit the lid on the cooker

You will see that there is an arrow on top of the handle of the base of the cooker. There is another arrow just to the left of the handle on the cooker cover. When you put the cover on, make sure that these arrows are lined up before attempting to close the cooker. Locate the cover to the base and slide the handles together. You may find that after fitting a new gasket the lid may be a little stiff, but a thin coat of cooking oil will help.

Remove the lid by sliding the handles apart.

Check that the weight is fitted correctly.

1. Check that the vent tube is tightly fitted.
2. Press the weight assembly onto the tube until it clicks into position.

NOTE: While closing the cooker, if you find any resistance, ensure that the gasket is positioned inside the lid correctly and firmly press the top of the lid opposite the handle and slide the handles together.

TO USE YOUR PRESSURE COOKER

We recommend that you try a simple recipe to begin with eg boiled potatoes (cooking time 4 minutes).

1. Add 300 mls ($\frac{1}{2}$ pt) water to the cooker.
2. Place 450g (1 lb) of peeled potatoes cut to 25g (1 oz) pieces into the cooker.
3. Put the lid on and close it.
4. Place the 15 lb weight onto the vent tube. Make sure it clicks into place.
5. Place the cooker on the heat source and turn the heat to a high setting.

NB: Use a medium setting for foods like rice, pasta, cereals, pulses and beetroot which may froth up, or when cooking with milk. Put the cooker on the heat source and turn heat to a high setting.

6. Wait for steam to come from the centre of the safety plug. The plug will then rise and seal the hole. Steam is now sealed in the cooker and the temperature will rise.
7. Wait until there is a slight hissing as steam escapes from around the weight. This indicates that the correct cooking temperature has been reached.
8. Reduce the heat setting. Start timing the potatoes for 4 minutes.
9. Aim to maintain a gentle hissing sound and very gentle escape of steam from around the weight.

If the heat setting is too high – a loud hissing will be heard. Lower the heat – you are wasting fuel and there is a risk that your cooker may boil dry with extended cooking times.

If the heat setting is too low – no hissing will be heard. Increase the heat setting. (Add a little extra cooking time.)

10. After 4 minutes turn off the heat and release the steam quickly by pouring cold running water over the cooker.

Releasing steam after cooking

Most recipes will require quick release of steam. However, milk puddings, pulses, and some other food stuffs require slow release. If steam is released quickly with these foods, the food will either be damaged or may boil up into the cooker lid, blocking the vents. See individual recipes for guidelines. Remember if slow release is used the cooking time is increased as the cooker remains at pressure for longer.

Quick release

Stand the cooker in the sink and pour cold running water over the lid. Make sure no water runs into the vent tube or safety plug. When the pressure has dropped the safety plug will drop down. This tells you that the cooker can now be opened. Remove the cover by sliding the top handle to the right.

Slow release

Remove the cooker from the heat source and leave the cooker at room temperature for 10-15 minutes depending on the recipe. Wait for the safety plug to drop down. This tells you that the cooker may be opened. Remove the cover by sliding the top handle to the right.

USING YOUR COOKER FOR STEAMING

All steamed puddings contain a raising agent to make them light. A short pre-steaming period is necessary before cooking so that the raising agents are able to work. Without pre-steaming they will be heavy and close textured. To pre-steam:

1. Put the required amount of water in the cooker. Discolouration of the aluminium can be prevented by adding lemon juice to the water.
2. Stand the pudding in the cooker. Cover and close the lid. Remove the weight.
3. Place the cooker on a high heat. Wait until there is a slight flow of steam from the vent tube and the safety plug has risen.
4. Reduce the heat to maintain a steady flow of steam.
5. Follow the recommended steaming time given in the recipe.
6. At the end of the steam time, using an oven glove, place the required weight on the weight support. Push down until it clicks into place.
7. Turn the heat to high and bring the cooker to temperature.
8. When the safety plug is sealed and there is a slight hissing from around the weight, lower the heat and time according to the recipe cooking time.
9. Release the steam according to the recipe.

STORAGE

Make sure that the cooker, wire trivet and separator are thoroughly dry before storing otherwise the metal may discolour and pits may appear.

When not in use, leave the cooker open to allow air to circulate. Do not reverse the cooker lid into the base without protection as it may become damaged. Take care not to drop the weight.

Take care in use and storage not to damage the top rim of the body by heavy contact with cooking utensils. Damage to the metal can prevent the gasket from sealing completely and the cooker will not function correctly.

SHOULD THE COOKER EVER BOIL DRY

If you make sure that you always have sufficient liquid, that you do not leave the cooker steaming or cooking for long periods on too high a heat, and you replace the gasket and safety plug regularly, your cooker should never boil dry.

If it ever does, the cooker will overheat and the base of the cooker may become distorted. Distortion of the base is not covered by the guarantee.

To Clean your aluminium Pressure Cooker

- Never leave food in the cooker for long periods. Remove it as soon as possible or pitting of the metal may occur.
- Wash in hot soapy water and rinse and dry thoroughly after every use.
- Occasionally food may stick to the interior. To remove use a plastic scrubbing brush or nylon pad.
- NEVER USE BLEACH, either neat or diluted, as "pitting" may occur.
- Burnt on residues on the interior may be removed by adding a strong solution of cream of tartar, bringing to the boil and simmering for 20 minutes.

Cleaning the lid

- If food has boiled up and the inside of the lid is dirty, remove the gasket and wash the lid in hot soapy water, then wipe lid and gasket with a cloth.
- Do not wash the gasket more than necessary in detergent – it shortens its life.
- Remove the weight and check the centre of the vent tube is clear. If blocked wash in hot water and leave to drain. Replace when dry.

To prevent discolouration, add a little lemon juice or vinegar to the water when cooking in containers.

If discolouration does occur, don't worry, it is harmless. Remove either with a nylon pad or by simmering without the lid for 20 minutes with a strong solution of water and either cream of tartar, vinegar, lemon juice or apple peelings.

NB: The aluminium will lose its appearance by using soda for cleaning or if it is left in hot soapy water for long periods.

SAFETY FEATURES OF YOUR PRESSURE COOKER

There are a number of safety features on your cooker:

The Fusible Safety Plug

A fusible safety device has been incorporated as part of the safety plug. The non-toxic fusible alloy of the safety plug, floating freely near the vent tube, is a backup safety device. In the most unlikely event of the gasket release system failing to function, the special non-toxic fusible alloy of the safety plug will melt and let off steam safely. This could happen only when the temperature/pressure rises beyond the normal level due to the cooker having insufficient water or food particles blocking/clogging the vent tube.



Gasket Release System (hole in rim of lid)

If the pressure cooker fails to function due to overload or blockage of the weight support tube, the pressure inside goes above the normal level. A portion of the gasket is pushed out by excess pressure and the hole on the lid gets exposed gently diffusing the steam in a controlled manner. The steam is also released in a vertical direction making it absolutely safe. It hardly makes any noise. Once the gasket release system operates, the cooker should be taken off the heat source. The gasket should be removed. (Refer to instructions on "How to open your cooker"). The user should also examine the reason for the pressure regulator not functioning. Ensure that the weight support tube is clean and clear before resuming the cooking.

Gasket offset device

Ensures that the cooker will not come to pressure if lid is incorrectly fitted.

Guarantee

The body and lid of your Prestige pressure cooker is guaranteed for a period of 10 years from date of purchase to be free from defects in materials and workmanship under normal household use. All removable parts such as the handles, gasket, pressure regulator valves, safety valves, baskets, trivet etc. are guaranteed for 12 months. Please note, Gasket has to be changed every 12 months.

Should you have a problem please contact Customer Services Department, Meyer Group, Prestige Products, Wirral International Business Park, Riverview Road, Bromborough, Wirral CH62 3RH. Tel: 0151-482 8282.

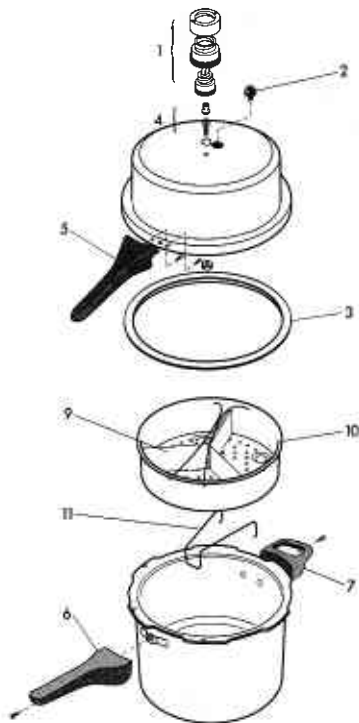
If a repair is not possible and a replacement is necessary and the original specification is not available it may be necessary to replace with a product of similar value.

This guarantee does not cover damage caused by normal wear and tear, accident, misuse, abuse or commercial use. Stains /discolouration / damage from overheating / dry heating or discolouration caused by dishwasher use or use of metal utensils are not covered by this guarantee. Incidental or consequential damages are expressly excluded from this guarantee. As part of our continuous development programme, Prestige Products reserves the right to change the specifications of products described.

This guarantee does not affect your statutory rights. For more information, visit us at: www.prestige.co.uk

SPARES FOR YOUR PRESTIGE PRESSURE COOKER

All Prestige cooker parts are replaceable should they be damaged or lost. **Only Prestige replacement parts should be used.** The use of other makes of spares will invalidate the guarantee and may be dangerous. On no account should any of the safety devices included with your cooker be tampered with or altered.



The following spares should be available from your local stockist.

1. Three Piece Weight	5-6-M1363C
2. Safety Plug	5-6-M1365
3. Black Gasket	57075

In case of difficulty or for the following spares please contact: Prestige Customer Services Department 0151 482 8282.

4. Weight Support Assembly	5-6-M1364
5. Cover Handle Assembly	5-6-M1367
6. Body Handle Assembly	5-6-M1368
7. Auxiliary Handle Assembly	5-6-M1369
8. Wire Trivet	91700
9. Stainless Steel Perforated Separator & Dividers	91605

IMPORTANT

Please note that removable parts of your pressure cooker are guaranteed for the first 12 months only. Your gasket and safety plug should not need replacing within the first 12 months. However, above average use may necessitate more regular replacement.

These rubber parts will perish, irrespective of usage, unless replaced regularly. Using old parts leads to the cooker boiling dry and prolonged cooking times, as it takes the cooker longer to come to pressure.

To remove old safety plug

1. Remove the black washer from the safety plug on the topside of the lid.
2. Pull the old plug inwards from the bottom of the lid.

To replace new safety plug

1. Remove the black washer from the plug assembly.
2. Insert the new plug from inside the lid.
3. Replace black washer back onto the chimney part of the safety plug, ensuring that the washer is visible on the top of the lid.
4. The flat side of the plug should be on the inside of the lid with the blue washer between it and the lid surface.

Prestige Pressure Cooker Recipe suggestions

The following are guidelines to be followed when cooking various foodstuffs. You may use these simple rules when adapting your own recipes. Please note that the 15 lb (ie 3 pieces) is used in all cases unless otherwise recommended.

STOCKS AND SOUPS

General guidelines for making soups and stocks

1. The cooker must never be more than half full when all the ingredients and liquid have been added and a third full if using pulses.
2. Pressure can be reduced quickly for all soups, with the exception of those containing dried pulses such as lentils or haricot beans. For these soups, reduce pressure slowly to prevent the skins of the pulses splitting.
3. The wire trivet is not needed.

How to reheat frozen soup

Add 150 ml (1/4 pt) water to the cooker with block of frozen soup. Cook for 5 minutes. Reduce the pressure quickly.

Add any seasoning, milk or cream and adjust the consistency.

MINISTRONE SOUP

- 4 rashers of streaky bacon
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 1 medium carrot, diced
- 1 small turnip, diced
- 2 sticks celery, chopped
- 1 medium leek, sliced
- 2 x 5ml spoons (2 tsp) chopped parsley
- 2 tomatoes, skinned and sliced
- 2 x 15 ml spoons (2 tbsp) tomato puree
- 1/4 large cabbage, finely shredded
- 750 ml (1 1/4 pts) hot white stock
- 25 g (1 oz) spaghetti, broken into approx 2.5cm (1" lengths)
- Salt and pepper
- Parmesan cheese

Fry the bacon gently in the cooker until the fat runs out. Cook the onion and garlic in the bacon fat until lightly browned, then stir in the carrot, turnip, celery, leek and parsley. Cook in the open pan for 5 minutes. Add the tomatoes, tomato puree, cabbage and stock and bring to the boil. Add the spaghetti. Stir well. Close the lid, bring to pressure and cook for 8 minutes at 15 lb pressure. Release the steam

QUICKLY. Serve with grated Parmesan cheese.

VEGETABLES

General guidelines for cooking vegetables

1. Always add green vegetables to boiling water, so pressure is reached quickly.
2. Timing is crucial with vegetables as overcooking will spoil the results.
3. Use 15 lb weight unless otherwise recommended.

Root vegetables can be placed straight into the cooker or in the separator. Small vegetables, or those that have been cut up into small pieces, should be cooked in the separator.

The minimum 300 ml ($\frac{1}{2}$ pt) water is all that is required for most vegetable cooking.

You can make significant savings in time and fuel if you cook a selection of vegetables together. Here are some instructions for cooking potatoes, carrots and brussel sprouts together. Adapt these instructions to suit whatever selection of vegetables you choose.

1. Prepare all the vegetables in the usual way.
2. Look at the timetable and cut up the potatoes and carrots so that they are a suitable size for cooking in 4 minutes.
3. Pour in 300 ml ($\frac{1}{2}$ pt) water.
4. Place the potatoes and carrots in piles in the cooker or separator. Season lightly. Put the open cooker on a high heat and bring the water to the boil.
5. Put the prepared sprouts into the separator and season lightly. When the water is boiling and the cooker filled with steam, place the separator on top of the potatoes and carrots. Cover and close the lid. Bring back to the boil and time accurately for 4 minutes. Release the steam QUICKLY.

TIMETABLE FOR FRESH VEGETABLES (using 15 lb weight)**For guidance only**

VEGETABLE	SIZE	MINS
Artichokes (Globe)	Small 225g (8 oz)	8
	Medium 275g (10 oz)	10
	Large 350g (12 oz)	12
Artichokes (Jerusalem)	Small - whole	5
	25g (1 oz) pieces	4
Asparagus	Young bundles (4-6 spears)	2
	Older bundles	4
Aubergine	1 cm (½ inch) cubes	4
Beans (Broad, French, Runner)		2-3
Beetroot *see special note	Small - 600ml (1 pt) water	10
	Medium - 900 ml (1½ pts) water	15-20
	Large - 1 litre (2 pts) water	25-30
Broccoli (Green or purple sprouting)		2
Brussel Sprouts	Small	2
	Medium	3
	Large	4
Cabbage (Green, white or spring greens)	Shredded	2
Cabbage (red)	Shredded	3
Carrots	1 cm (½ inch) slices	3
	Young (whole)	3
	Old - halved/quartered	4
Cauliflower	Whole - small	4
	Whole - medium	5
	Florets	2

TIMETABLE FOR FRESH VEGETABLES (using 15 lb weight)

For guidance only

VEGETABLE	SIZE	MINS
Celery	5 cm (2 inch) pieces	2
Celeriac	2.5 cm (1 inch) cubes	3
Chicory	Small (add lemon juice for cooking)	2
	Medium	3
Corn on the cob	Small	6
	Large	10
Sweetcorn	Miniature, finger, dwarf	3
	Kernels	2
Courgettes	2.5 cm (1 inch) slices	2
	Small - whole	3
	Large - whole	4
Fennel	Halves or quarters	4
	Diced	2
Kohlrabi	2.5 cm (1 inch) slices	4
Leeks	5 cm (2 inch) slices	3-4
Marrow	2.5 cm (1 inch) slices	3
Okra (Ladies Fingers)	2.5 cm (1 inch) slices	2
	Small - whole	3
Onions	0.5 cm (1/4 inch) slices	3
	Whole	4
Parsnips	2.5 cm (1 inch) cubes	4
	Small - halved	4
Peas		2

VEGETABLE	SIZE	MINS
Peppers (orange, red, green, yellow)	Whole	4-6
Potatoes	New - whole 25-40g (1-1½ oz)	4
	Large - old or new cut into 25g (1 oz) pieces	4
	For roasting cut into pieces	2
Spinach	Just bring to pressure with 2x15 ml (table) spoons water	
Sweet potatoes	2.5 cm (1 inch) pieces	5
Swedes/Yams	2.5 cm (1 inch) cubes	6
Turnips	2.5 cm (1 inch) cubes	4

* Special note BEETROOT Trim off all but 2.5 cm (1 inch) of stalk and root. Wash carefully without breaking the skin. Use amounts of water as recommended.

RATATOUILLE

2 x 15 ml (tbsp) olive oil
1 large onion, sliced
2 cloves garlic, crushed
1 large aubergine, diced
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
225 g (8 oz) courgettes, sliced
225 g (8 oz) tomatoes, skinned and sliced
300 ml (1½ pt) water
a pinch of marjoram
salt and pepper

Heat the oil in the cooker and fry the onion and garlic in it until they are just beginning to brown. Add the peppers and aubergine, and cook for a further 1-2 minutes. Add the remaining ingredients and stir well. Close the lid, bring to pressure, using 15 lb weight and cook for 5 minutes. Release the steam QUICKLY. Serve either hot as an accompaniment to meat or poultry, or serve chilled on its own as a starter, garnished with parsley.

PULSES

Pulses (dried beans, peas, lentils) are a valuable and inexpensive source of protein. By using your pressure cooker overnight soaking is a chore of the past and cooking time is reduced to a fraction of conventional.

- All pulses must be soaked for 1 hour before cooking in the pressure cooker. **NEVER EAT PULSES RAW OR UNDERCOOKED.**
- The cooker must not be more than one third full when both the pulses and liquid have been added. This is because pulses tend to swell, froth and boil up during cooking and could block the vents if cooked in too large quantities.
- Weigh the pulses and place in a large bowl, add sufficient water to cover them. *Leave to stand for 1 hour.*
- Drain the pulses and add 600 ml (1 pt) of fresh liquid for every 225g (8 oz) pre-soaked weight of pulses.
- Place the pulses and liquid in the cooker. Do not add salt as this toughens the pulses.
- Bring to the boil and skim well.
- Reduce the heat so the contents are boiling gently but not rising in the pan.
- Close the cooker and maintaining the same heat bring to pressure.
- Cook for the recommended time and reduce the pressure slowly.
- Season before serving.

TIMETABLE FOR PULSES (using 15 lb weight)

For guidance only

VARIETY		COOKING TIME MINS
Adzuki Beans		5
Black Beans		10
Black Eye Beans		10
Borlotti Beans		10
Butter Beans		15
Cannellini Beans		10
Chick Peas		20
Flageolet Beans		5
Haricot Beans	Small	10
	Large	15
Lentils	Brown	3
	Green	3
	Red - no soaking	just bring to pressure
Mung Beans		just bring to pressure
Peas	Marrowfat	20
	Split	3
	Whole	5
Pinto Beans		12
Red Kidney Beans		10
Soya Beans		25

PASTA RICE AND CEREALS

All rice, pasta and cereals can be cooked in the base of the cooker. Rice and small pasta shapes, such as shells can also be cooked in a solid container or separator (or the perforated separator lined with foil). This method is often used when cooking the rice or pasta on top of meat or poultry.

Cooking rice or pasta in the body of the cooker (not in a container)

- Do not fill more than half full.
- Bring to pressure on a medium heat setting.
- During cooking keep the heat slightly lower than usual to prevent frothing up.
- Release pressure slowly.

Care must be taken when cooking rice to prevent the contents from boiling up and blocking the vents.

Cooking rice or pasta in a container

- Use a suitable size ovenproof dish or perforated separator (lined with foil).
- Pour 300 ml ($\frac{1}{2}$ pt) water into the cooker.
- Place 225g (8 oz) of rice/pasta in the container, add 450 ml ($\frac{3}{4}$ pt) of boiling water, leave space for the rice to expand.
- Cover with a piece of greaseproof paper and tie down securely.
- Release pressure SLOWLY after cooking.

Cooking coarse oatmeal, pearl barley

- Fill no more than half full.
- Use 900 ml ($1\frac{1}{2}$ pts) boiling water for every 100g (4 oz).
- Bring to the boil over a medium heat and cook on a lower heat setting as oatmeal rises and froths up.

Cooking millet, bughar (cracked) wheat

- Cook in an ovenproof container or separator lined with foil. Do not cook in water in the body of the cooker.
- Pour 300 ml ($\frac{1}{2}$ pt) water into the cooker and cook for 5 minutes.
- Cover securely.
- Release pressure SLOWLY.

Cous-cous

- Soak cous-cous in boiling water. See chart for amounts. Add 15g ($\frac{1}{2}$ oz) butter.
- Stand for 10 minutes.
- Fork through the cous-cous and then place into an ovenproof dish or separator (lined with foil).
- Pour in 300 ml ($\frac{1}{2}$ pt) water.
- Do not cover, cook for 8 minutes.
- Add 25g (1 oz) softened butter.
- Release pressure SLOWLY.

Cooking rice and cereals with milk (ie. rice pudding)

- Do not cook more than 50g (2 oz) rice and 600 ml (1 pt) milk.
- Bring milk to the boil in the open cooker.
- Add the rice or cereal, stir until boiling again.
- Lower the heat until the milk settles to a rolling boil.
- Close the lid and without altering the heat bring to pressure using 15 lb weight.
- Release the pressure SLOWLY.

For guidance only

CEREAL	QUANTITY	WATER	COOKING TIME	RELEASE STEAM
Barley, Pearl	100g (4 oz)	750 ml (1¼ pts)	20 minutes	Slowly
Macaroni: Short lengths	225g (8 oz)	1½ litres (3 pts)	2 minutes	Slowly
Macaroni: Elbow	225g (8 oz)	1½ litres (3 pts)	3 minutes	Slowly
Noodles: Fine	225g (8 oz)	1½ litres (3 pts)	2 minutes	Slowly
Noodles: Medium	225g (8 oz)	1½ litres (3 pts)	3 minutes	Slowly
Oatmeal (coarse)	100g (4 oz)	750 ml (1¼ pts)	15 minutes	Slowly
Pasta: Alphabet, small Pasta: shells or shapes	225g (8 oz)	1½ litres (3 pts)	2 minutes	Slowly
Rice: Long grain	225g (8 oz)	1½ litres (3 pts)	2 minutes	Slowly
Rice: Brown	225g (8 oz)	1½ litres (3 pts) (in a container)	3 minutes 7 minutes	Slowly Slowly
Spaghetti: Fine or Vermicelli	225g (8 oz)	1½ litres (3 pts)	2 minutes	Slowly
Spaghetti: Regular	225g (8 oz)	1½ litres (3 pts)	3 minutes	Slowly

POULTRY AND GAME

General guidelines to follow when cooking poultry and game.

- Frozen poultry and game must be thoroughly thawed. A 1.5 kg (3 lbs) chicken will take 48 hours to thaw in a refrigerator.
- Wash chicken thoroughly, especially inside the body cavity.
- Cut larger birds into portions before cooking, so that the steam can circulate freely.
- Truss smaller birds with string for ease of handling, especially when pre-browning.
- Whole birds are timed by the pound, include stuffing in the calculated weight.

Maximum weight is 1.5kg – 1.75 kg (3 – 3½ lbs).

POULTRY AND GAME

TYPE	CUT	MINS
BOILING FOWL	Whole	10-12 per 450g (lb)
	Pieces	15
CHICKEN	Whole	8 per 450g (1lb)
	Breast fillets	5
	Drumsticks	10
	Portions	10
	(175-225g, 6-8 oz)	
DUCK	Pieces	12-15
TURKEY	Pieces	12-15
	Breast fillets	10
RABBIT	Pieces	15-20
VENISON	Cubes	20

CHICKEN CASSEROLE

- 25g (1oz) butter or margarine
- 2 potatoes, peeled and diced
- 2 carrots, peeled and sliced
- 1 medium onion, sliced
- 4 chicken portions, 100 – 150g (4 – 6 oz) each, skinned
- 450 ml (¾ pt) hot chicken stock
- Salt and pepper
- 1 x 15ml spoon (1tbsp) cornflour for thickening
- 2 x 15ml spoons (2tbsp) water

Melt the lard in the open cooker. Gently fry the potatoes, onions and carrots until lightly coloured. Lift out and drain well. Add the chicken pieces to the hot fat and brown well. Return the vegetables to the cooker with the seasoning and stock. Stir well. Close the lid, bring to the pressure using 15lb weight and cook for 5 minutes. Release the steam QUICKLY. Take out the chicken and remove the meat from the bones. Put the chicken meat back in the cooker. Blend the cornflour with the water, stir into casserole and cook until thickened.

Serve with a green vegetable and warm crusty bread.

MEATS

Your pressure cooker will enable you to cook meat, even the tougher cuts, in minutes rather than hours with really tender results. The times in the recipes are a guide and will vary depending on quality, thickness and cut of meat and personal preference.

General Guidelines

Frozen Meat

Never cook pork or poultry from frozen.

Minced Beef

- Partially thaw and separate into smaller pieces or brown the block of frozen meat in the open cooker over a low heat until it begins to thaw and separate.
- Add 300ml ($\frac{1}{2}$ pt) thin stock and chopped vegetables to the meat. Cook for 10 minutes. Reduce pressure QUICKLY.
- After cooking, stir thoroughly and adjust consistency.

Cubed steak and kidney, braising meat for puddings, pies, stews and casseroles

- Cut meat up into suitable sized pieces before freezing if to be cooked from frozen.
- Meats can be pre-browned from frozen in the open pan on a low heat setting to prevent excess spitting.
- Do not coat in seasoned flour, thicken gravy at end of cooking.
- Cook for 5 minutes longer than given in the recipe, remember to add more water if necessary.
- Reduce pressure QUICKLY.
- Thicken the sauce or gravy as required.

Joints

- Do not cook pork joints from frozen.
- When browning, keep the heat lower than usual to avoid spitting and cook until the outside flesh has softened.
- Allow 10 minutes extra cooking per pound.

Reheating frozen cooked stews and casseroles

- Add 300ml ($\frac{1}{2}$ pt) liquid to the frozen food.
- Cook for 8 –12 minutes depending on the meat size and overall bulk.
- Reduce pressure QUICKLY.
- Adjust consistency of sauce, gravy.

Stewing and braising

- Remember that the cooking time is determined by the size of the pieces of meat not the amount, so the cooking time remains the same even if the quantities are changed.
- Meat and vegetables may be browned in hot fat in the open cooker on a low heat before adding the liquid to seal the meat and retain the natural juices and flavour. Cool the cooker slightly before adding the liquid. Remove any frying residues from the base with a wooden spoon.
- Do not coat the meat in seasoned flour before browning, thickeners eg. blended flour and butter or cornflour should be added at the end of the cooking.
- Use a thin consistency of cooking liquid eg. stock, wine, water. Soups and canned sauces may be used with an extra 150ml ($\frac{1}{4}$ pt) water blended in. This is important because you cannot stir the food during cooking, so thick liquids may 'catch' on the base of the cooker.
- Never fill the body of the cooker more than $\frac{2}{3}$ rd full when all the ingredients and liquids have been added.
- Release the steam QUICKLY, unless otherwise stated.
- Add thickenings, fresh or soured cream, at the end of cooking, in the open pan, stirring continuously.

Pot Roasting

- Joints should not weigh more than 1½ kg (3 lbs).
- Wipe, trim and weigh the meat, calculate the cooking time from the chart – no need to thaw frozen joints.

Preparation of the joint:

- Pre-soak salted meat for 3 – 4 hours to remove excess salts or cover with cold water, bring to the boil in an open pan, leave to stand for 5 minutes and then discard the water.
- Never fill the cooker more than half full when both the joint, liquid and vegetables for flavouring have been added.
- Accompanying vegetables or rice may be added part way through the cooking time.

POT ROASTING (All times are per 450g (1lb)) – use 15lb weight

JOINT		MINS FROM THAWED	MINS FROM FROZEN
BEEF	Topside	12	22
	Brisket, rolled	20	30
	Silverside	15	25
LAMB	Breast, boned & rolled	15	25
	Shoulder, boned & rolled	15	25
	Best end	12	22
PORK	Shoulder, boned & rolled	15	Do not cook from frozen
	Loin	12	
VEAL	Breast, boned & rolled	12	22
	Shoulder, boned & rolled	15	25
	Knuckle & oyster	12	22
	Loin	10	20

Boiling

Suitable meats include bacon, gammon, tongue, brisket and silverside

- Unsmoked joints – Place the joint in the cooker with enough water to cover. Bring to the boil in the open pan, drain off the liquid and remove the joint.
- Smoked joints – Soak for at least 2 hours in cold water and then prepare as above.
- Place the rind uppermost and add 750ml (1¼ pts) water.
- Cook lean joints with just sufficient water to cover the thick part.
- Remember not to fill the cooker more than half full.
- Bring the water to the boil in the open pan, skim well, add peppercorns, bay leaves and root vegetables.
- Cover, bring to pressure and cook for required time.
- Release the steam QUICKLY.

Ways of serving the bacon/gammon:

- Strip off the skin and either sprinkle with browned breadcrumbs and serve with a little of the cooking liquid hot or cold, or slice the joint thickly and use the cooking liquid for a sauce eg. onion or parsley.
- The fat of a good quality joint eg. gammon can be scored on a diamond pattern, spiked with cloves and sprinkled with brown sugar, stood in 300ml (½ pt) of cooking liquid or fruit juice in a baking tin and baked for 20 – 25 minutes in the oven set at 200°C, 400°F, Gas 6. Baste during cooking.

Points to remember when cooking brisket, silverside and tongue:

- Salted meat must be pre-soaked for 3 – 4 hours to remove excess salt, or covered in cold water, brought to the boil in the open pan and left to stand for 5 minutes, then the water discarded.

Cooking tinned suet steak and kidney puddings.

Leave the pudding in the tin. Add 300ml ($\frac{1}{2}$ pt) water to the cooker. Stand the pudding in the cooker and cook for a third of the time stated on the tin.

BOILING (All times are per lb) – using 15lb weight

JOINT	MINS FROM THAWED	MINS FROM FROZEN
BACON & GAMMON	8	Do not cook from frozen
BRISKET & SILVERSIDE	20	30
TONGUE	15	Do not cook from frozen

RICH BEEF CASSEROLE

50g (2oz) butter

$\frac{3}{4}$ kg ($1\frac{1}{2}$ lb) stewing beef, cut into 2.5cm (1 inch) cubes

1 medium onion, sliced

1 clove garlic, crushed

1 small can tomatoes, roughly chopped

300 ml ($\frac{1}{2}$ pt) red wine

150 ml ($\frac{1}{4}$ pt) brown stock

100g (4oz) button mushrooms

Salt and pepper

Beurre manie

1 x 15ml spoon (1tbsp) flour

25g (1oz) butter

Garnish

1 x 5ml spoon (1tsp) chopped parsley

Heat the fat in the open cooker. Brown the meat, onion and garlic. Lift out and thoroughly drain off any excess fat. Away from the heat add the tomatoes, wine and stock. Return to the heat and stir to remove any frying residues. Return the meat and onions with the mushrooms and seasoning. Close the lid, bring to pressure using 15lb weight and cook for 20 minutes. While the casserole is cooking, blend the flour with the butter. Release the steam QUICKLY. Return the open cooker to the heat, add the beurre manie in small blobs and stir well until thickened. Garnish with parsley before serving.

General Guidelines

FISH

- Prepare the fish by removing scales, fins, skin etc. as required. Wash and dry thoroughly and season to taste, adding a little lemon juice if preferred.
- Add a minimum of 300ml ($\frac{1}{2}$ pt) cooking liquid – which may be water, fish stock, milk, wine or cider.
IMPORTANT: When using milk to cook fish, bring the cooker to pressure on a medium heat setting and keep the heat on medium while cooking to avoid the milk frothing up and blocking the vents. This may be used afterwards to make an accompanying sauce with for example prawns, parsley, cheese, lemon etc.
- For ease of handling, the fish can be cooked on a piece of greased greaseproof paper or foil, leaving sufficient at the edges to form lifting handles.
- Time carefully as cooking times are very short.
- Reduce pressure QUICKLY – unless cooking with milk, when pressure must be released SLOWLY.

Cooking fish from frozen

- Add 1 minute to the cooking time shown in the chart if the fish is whole or in a thick steak.
- Add 2 minutes to the pound if timed by the pound.
- Cook small steaks or fillets for the same time as fresh fish.

TIMETABLE FOR SEAFOOD – using 15lb weight

TYPE	CUT	MINUTES
BREAM	Fillets	3
	Small Whole Fish	4 – 5
COD	Fillets	3 – 4
	Steaks, cutlets	4 – 5
	Whole pieces	5 per 450g (1lb)
COLEY	Fillets	3 – 4
	Steaks	4 – 5
HADDOCK	Fillets	3 – 4
	Steaks	4 – 5
	Whole pieces	5 per 450g (1lb)
HALIBUT	Steaks, cutlets	3 – 4
	Whole pieces	4 – 5
HAKE	Fillets	3 – 4
	Steaks, cutlets	4 – 5
HERRING	Fillets	3 – 4
	Fillets with stuffing	4 – 5
	Whole fish	5 – 7

TIMETABLE FOR SEAFOOD – using 15lb weight

TYPE	CUT	MINUTES
MACKEREL	Fillets	4
	Fillets with stuffing	4 – 5
	Whole fish	5 – 7
MULLET (grey & red)	Whole fish	5 – 7
PLAICE	Fillets	3
	Small whole fish	5
ROCK SALMON	Fillets	3 – 4
SALMON	Steaks, cutlets	4 – 5
	Small whole eg. Salmon trout or salmon pieces	6 per 450g (1lb)
SOLE	Fillets	3
	Small whole fish	5
SKATE	Wings	4 – 5
TROUT	Steaks, cutlets	4 – 5
	Whole fish	5 per 450g (1lb)
TURBOT	Steaks, cutlets	4 – 5
	Whole pieces	5 per 450g (1lb)
WHITING	Whole fish	5

PUDDINGS AND DESSERTS

Steamed Puddings

Your pressure cooker is ideal for cooking individual sponge puddings.

Containers

- Any type that is heatproof to 130°C/262°F which is watertight. The container should not be cracked.
- Recommended times are for puddings cooked in ovenproof, glass or china basins.
- Grease containers well.
- Do not fill to more than $\frac{2}{3}$ full to leave room for mixture to rise.
- Cover with a double thickness of greased greaseproof paper, or single layer of greased foil pleated in the centre to allow for expansion.
- Tie down securely with string.
- Do not use fitted lids as they prevent the steam from penetrating the mixture and may come off during cooking, blocking the safety outlets.
- Always use a minimum of 900ml ($1\frac{1}{2}$ pts) boiling water to allow for loss of water during pre-steaming. Add lemon juice to aluminium models to prevent discolouration.
- All steamed puddings must be pre-steamed before cooking, this enables the raising agent to work, which makes the pudding light.
- Release the pressure SLOWLY – quick release may cause the pudding to sink.
- To reheat left over puddings, place in a covered bowl. Add 300ml ($\frac{3}{4}$ pt) boiling water to the body of the cooker. Close the lid and bring to pressure only. Do not cook. Release the steam quickly.

- To cook tinned puddings: Remove the paper label. Do not open the tin. Add 900ml (1½ pts) boiling water and cook for ⅓ of the recommended time.
- Individual puddings can be cooked at 15 lb pressure. We recommend 5 lb pressure for cooking large puddings.

CHRISTMAS PUDDINGS

Although these are only made once a year the time saved using your Prestige pressure cooker is tremendous both when making the pudding and when reheating it on Christmas day. The recipe below has been well tested, but you can easily adapt your own recipe.

General Instructions

1. The puddings can be cooked in china, heatproof glass, stainless steel, boilable plastic, aluminium or foil basins. If you use aluminium or foil basins line them first with greased greaseproof paper, otherwise the acid from the fruit may attack the surface of the basins when the pudding is stored.
2. As a guide the mixture as per the recipe will make 2 x 625g (1 lb 6 oz) puddings cooked in 2 x 1 pt basins. Remember that the puddings must be timed according to the actual weight of the mixture, not by the size of the bowl.
3. If you are using greased greaseproof paper to cover the puddings it should be at least triple thickness and should be tied securely with string. If you prefer, you could use a piece of greased greaseproof paper with a single thickness of aluminium foil. If a 1kg (2 lb) pudding is being cooked the water for cooking may come over the top of the basin. This will not harm the pudding as long as the covering is foil.
4. Pay particular attention to the cooking instructions. If too high a heat is used for steaming or for cooking, the cooker will boil dry before the cooking time is up.
5. Before cooking your Christmas pudding it is a good idea to check that your cooker is working correctly. If your pressure cooker has not been used for some time the gasket and safety plug may need replacing. Put some water in your cooker and make sure that it comes to pressure without leaking.

CHRISTMAS PUDDING

This quantity will be sufficient for 2 x 625g (1 lb 6 oz) puddings.

- 100g (4 oz) currants
- 100g (4 oz) raisins
- 100g (4 oz) sultanas
- 100g (4 oz) mixed peel
- 50g (2 oz) blanched almonds, chopped
- 2 x 5ml (2 tsp) mixed spice
- 50g (2 oz) plain flour
- a pinch of salt
- 100g (4 oz) fine breadcrumbs
- 100g (4 oz) brown sugar
- 100g (4 oz) shredded suet
- the grated rind of 1 lemon
- 2 x 15 ml (2 tbsp) black treacle
- 2 eggs
- 1 x 15ml (1 tbsp) brandy
- 1 x 15ml (1 tbsp) rum
- a little milk

Clean and pick over the fruit. Sieve together the spices, flour and salt, add all the dry ingredients and stir well. Mix in the beaten eggs, brandy, rum, treacle and sufficient milk to give a soft clinging mixture. Divide the mixture between 2 greased 0.55 litre (1 pt) pudding basins leaving at least 2.5cm (1 inch) head space. Cover with a triple layer of greaseproof paper or a layer of greaseproof tied securely with string and covered with foil. With the required amount of water in the cooker, steam and cook the puddings according to the times given in the table, then release the steam SLOWLY. When the puddings are cold, cover with clean paper for storage.

TIMETABLE FOR CHRISTMAS PUDDINGS

Weight of mixture	Amount of water	Steaming time	Cooking time	Reheating time
150g (6 oz)	850ml (1½ pts)	10 mins	50 mins	10 mins
625 g (1 lb 6 oz)	1.25 litres (2½ pts)	15 mins	1½ hrs	20 mins
800 g (1 lb 12 oz)	1.5 litres (3 pts)	20 mins	2 hrs	30 mins
1.5 kg (3 lbs)	1.75 litres (3½ pts)	30 mins	2½ hrs	30 mins

To reheat bought Christmas puddings, use the reheating times as given for the particular weight, with 750ml (1¼ pts) boiling water in the cooker. Remember to use a little lemon juice in an aluminium cooker. Steaming is not required when reheating a pudding.

PRESERVES

Your Prestige pressure cooker will make delicious preserves in a fraction of the time it usually takes.

MARMALADE

Your Prestige cooker is ideal for softening the fruit when making marmalade in a fraction of the normal time.

The best time of the year to make marmalade is in January when Seville oranges are in the shops. These are especially good as they have a delicious flavour and are high in pectin (this makes the preserve set). If you are following your own recipe, follow the general instructions in this section for time and proportions of fruit to sugar, but reduce the amount of liquid in your own recipe by half as little liquid will be lost by evaporation due to the short cooking time.

General Instructions

1. The fruit should be washed and scrubbed. Whether the fruit is cooked whole or shredded, all pulp and pips must also be cooked. This is because they contain the setting agent (pectin) which makes the marmalade gel.
2. The average proportions are 450g (1 lb) fruit, 600 ml (1 pt) water, 1kg (2 lbs) sugar and some added lemon juice if extra acid is required.
3. The base of the cooker must not be more than half full when the fruit and water have been added. During cooking, to allow more fruit to be softened without it boiling up and blocking the vent, only half the water need be put in, the rest can be added with the sugar.
4. Put half the water in the cooker first then the prepared fruit and a muslin bag containing the pips (and pulp if separated). Stir well and cook for the required time.

5. Allow the steam to release SLOWLY. Make sure that the peel is properly softened. It should squash slightly when rubbed between the fingers. If it is not softened sufficiently at this stage it will not soften further once the sugar is added.
6. Lift out the muslin bag etc.
7. Boiling after cooking may be necessary for anything from 5 – 20 minutes depending on the fruit being used. It should not be necessary to boil longer than this. Overcooking may result in a very dark preserve that does not set well. To test the setting point, either: a) take a little marmalade on a cold saucer and cool. Push with the finger at one side and if the skin has formed wrinkles, setting point has been reached, or b) use a sugar thermometer and wait until the temperature reaches 104°C, 220°F.
8. Lift the cooker from the heat and skim carefully if necessary. Leave for a few minutes until a thin skin forms otherwise the peel may rise in the jars. Stir the marmalade, fill the clean, dry, warm jars to the very top and cover with a waxed disk. The cellophane or plastic covers should either be put on at once as soon as the jars are filled, or when the marmalade is quite cold.
9. Label and date before storing in a cool, dry place. Each 1kg (2 lb) sugar used should produce approximately 3 x 1½ kg (1 lb) jars of marmalade.

SEVILLE ORANGE MARMALADE

1 kg (2 lb) oranges

1 litre (2 pts) water

Juice 2 lemons

2kg (4 lb) sugar

Yield approx. 3kg (6 lb)

Wash and scrub the fruit, halve and squeeze out the juice. Reserve the pips. Cut the fruit into quarters, scrape to remove most of the pulp. Put the pulp and the pips in a muslin bag and tie loosely. Pour half the water, all of the juices and fruit peel into the cooker. Add the muslin bag containing the pulp and pips. Close the lid, bring to 10 lb pressure and cook for 10 minutes. Release the pressure SLOWLY.

CHUTNEYS AND RELISHES

General Instructions

1. The cooker should not be more than half full when all the ingredients have been added.
2. Release the steam slowly.
3. After the chutney or relish has been made it should be transferred to clean jars while it is still very hot. Do not leave chutneys or relishes in the cooker for any length of time as the acids may damage an aluminium cooker.
4. The recipes in this section will each yield approximately 1 – 1½ kg (2 – 3 lbs).

Potting and Storing

1. Always use clean, sterile and warmed jars.
2. Put the chutney or relish into the jars while it is still very hot and cover with a waxed disc (wax side down).
3. Put on the cellophane jam covers, plastic or metal covers while the relish or chutney is still hot. If metal covers are used they must be treated with lacquer on the inside or fitted with a cardboard lining so that the acids in the chutney or relish will not damage them.
4. When cold, wipe the outside of the jars, label and date.
5. Store in a dry, cool cupboard. Most chutneys will store for 12 months or more but relishes, which often have less vinegar in them, should be used within 4 – 6 months for best results.

JAM MAKING

You can use your pressure cooker to produce a variety of jams and jellies. It will be necessary to use the 10 lb pressure (ie with the top part of the weight removed) which cooks food at the lower temperature of 115°C. This prevents the pectin in the fruit (which enables the jam to set) being destroyed.

General Instructions

1. Choose fruit which is fresh, firm and free from blemishes. Over ripe or poor quality fruit will not produce a good set.
2. Those fruits which are low in pectin (therefore producing a poor set) should have an acid such as lemon juice, or a high pectin fruit mixed with them eg. blackberry and apple.
3. Wash and prepare the fruit just before cooking commences.
4. The base of the cooker should not be more than half full when the fruit and water have been added.
5. Use the 10 lb weight (ie 2 rings of the 3 piece weight) and allow the pressure to release SLOWLY.
6. The fruit must be really soft and then mashed down into the liquid before the warmed sugar is added.
7. Use granulated or preserving sugar allowing on average 450g (1 lb) to 450g (1 lb) of fruit. It should be warmed before adding to the cooked fruit as this will help to keep the colour and flavour of the finished jam.
8. The fruit and sugar are boiled in the open pan until setting point is reached. Approximately 5 – 20 minutes depending on the fruit.
9. Transfer to warmed, dry jars, filling to the brim. Cover with a waxed disc and cellophane or plastic cover. When cool label and date before storing in a cool dry place.

BLACKCURRANT JAM

900g (2 lb) blackcurrants
1.5kg (3 lb) sugar
600ml (1 pt) water

Remove the stalks from the blackcurrants and wash. Put the fruit in the cooker, add 600ml (1 pt) water, close the lid, bring to pressure (10 lb) and cook for 3 – 4 minutes. Reduce pressure SLOWLY. Add 1.4kg (3 lb) warmed sugar, stir till dissolved, then bring to boil. Skim the surface and boil rapidly in the open cooker until setting point is reached. Skim the surface, and leave to stand for 10 minutes to prevent the fruit rising to the surface. Stir the jam and pour into warmed, dry, clean jars. Cover, label and store in a cool, dark place.

TROUBLE SHOOTING

WHAT TO DO IF	POSSIBLE CAUSE	ACTION	ADVICE
Cooker will not come to pressure	Safety plug leaking Lid Gasket leaking	Renew safety plug See "Lid gasket leaks"	See SPARE PARTS
Lid gasket leaks	Dirty gasket or food particles on the rim Worn or hardened gasket	Wipe cooker rim and gasket Replace with new gasket immediately	A gasket is expected to last 6-9 months with normal use
	Non-original gasket used	Ensure that parts purchased are original Prestige parts	
Excess steam from vent tube	Heat is too high Weight is not fully clicked into place Vent tube is loose	Turn heat down Click weight into place using an oven glove or wait until cooker is cool Cool, remove weight, remove lid and tighten vent tube	

WHAT TO DO IF	POSSIBLE CAUSE	ACTION	ADVICE
Cooker boils dry	Lid gasket leaking	Replace gasket.	Caution: If the cooker boils dry it will overheat and may become distorted. Distortion of the cooker base is not covered by the Prestige guarantee.
	Safety plug leaking	Check and return to Prestige Customer Services Department if necessary replace safety plug (if centre has melted)	
	Cooking on too high a heat for too long		
	Insufficient liquid for the cooking time		
	Vent tube is blocked	Clean vent tube	
Safety plug blows	Vent tube is blocked	Ensure cooker has sufficient liquid	
		Do not overfill Ensure food particles have been cleaned away Ensure correct cooking temperature is being used	

ENQUIRY	POSSIBLE CAUSE	HELP/ADVICE
Why aren't foods cooked in the recommended times?	Steam may be escaping through the gasket or a dent in the top rim	Replace the gasket every 6-9 months
	Meat and vegetables are not cut to the correct sizes for the stated cooking time	Follow the recommendations for sizes of food and cooking times in the recipe book
Why is food sticking to the bottom of the cooker causing burning during cooking?	Heat has been left too high after pressure has been reached, so the cooking liquid has been driven off	Turn down heat just to maintain pressure
	Insufficient liquid added	Always add sufficient water
	There is a tendency to stick if high heats are used	Use a low heat
	Meat has been coated in flour prior to pre-browning which has made the liquid too thick, causing sticking	Thicken soups and casseroles after cooking
Why does liquid spurt out of the cooker up through the vents?	Cooker has been over-filled so the liquid boils up through the vents	Reduce the amount of liquid used. Turn off the heat and unblock the vents
	Volatile foods eg. pulses have been filled more than $\frac{1}{3}$ full	Never fill the cooker more than $\frac{2}{3}$ full; complete complete meals using the trivet and separator; $\frac{1}{2}$ full soups, casseroles etc; $\frac{1}{3}$ full pulses
Why does liquid seep out while releasing pressure?	The cooker is overfilled with liquid	Follow recommendation for filling, release of pressure and thickening dishes after cooking
	The steam has been released quickly when slow release was needed	See recipe for details
	Flour has been added at the beginning of the cooking, making the liquid frothy or viscous forming a syphoning effect	Thicken casseroles, etc with cornflour or butter and flour at the end of cooking
Not coming to pressure?	Check safety plug	Replace



Prestige

**For more information, visit us at:
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