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Instructions for Use

Thank you for your confidence ...

and congratulations on the purchase of your new vitaquick® pressure cooker. The latest generation of Fissler pressure cookers is based on more than 55 years of experience. Pressure cookers are as modern as ever when it comes to quickly preparing delicious meals while preserving nutrients – and the vitaquick® sets new standards in user-friendliness and design.

Your new pressure cooker has been meticulously crafted in Germany. To ensure that you will be able to enjoy it for a very long time and that it will have a long service life, please follow these instructions carefully. We hope you will enjoy trying out everything your vitaquick® has to offer: Bon appétit!

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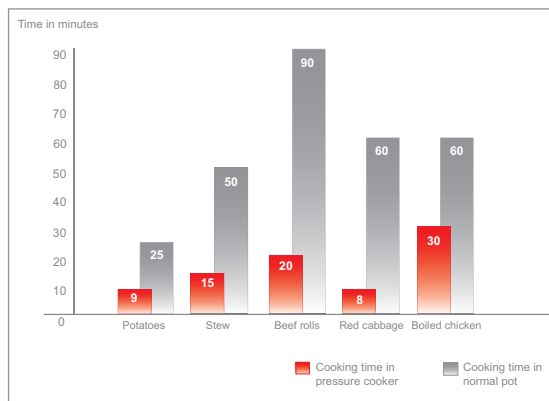
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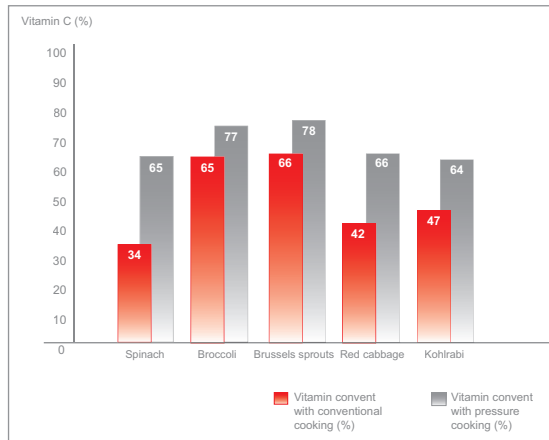
How pressure cooking works

1. How pressure cooking works

The basic principle of pressure cooking hasn't changed since the first pressure cooker was invented. Foods are cooked in a tightly closed vessel under pressure, at temperatures of over 100°C, since the high pressure that develops inside the pot raises the boiling point of water. This shortens their cooking times substantially. Cooking with a pressure cooker saves a great deal of (cooking) time – up to 70 percent.



The exclusion of harmful atmospheric oxygen and the shorter cooking times also make it possible to cook the foods very gently. Vitamins, minerals and aroma are preserved to a far greater extent than with conventional cooking methods. And you can taste this, too, for the foods' own flavor is surprisingly intense.



2. IMPORTANT SAFEGUARDS

Read all Instructions

- Read the Instructions for Use and all other information thoroughly before you use the vitaquick®. Incorrect use can be dangerous.
- Do not let anyone use the pressure cooker before reading the Instructions for Use.
- If you give your pressure cooker to anyone, make sure you also provide the Instructions for Use.

Supervision

- Never use the pressure cooker near children.

Uses for the pressure cooker

- Only use the pressure cooker for the purposes described in the Instructions for Use. (See Chapter 8)
- Never use the pressure cooker or pressure skillet in the oven. The handles, valves, and safety installations would be damaged by the high temperatures and would subsequently be unable to perform their safety functions.
- When deep-frying in the pressure cooker; do not cover it, and only fill it halfway with oil. Never deep-fry under pressure! (See Chapter 8)
- Pressure cookers may not be used for medical purposes – especially not as sterilizers, as pressure cookers are not designed to reach the temperatures necessary for sterilizing.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter; and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
- When meat is cooked in the pressure cooker; an overpressure develops in the meat. For this reason, after you open the pressure cooker wait a little while before you pierce or move the meat to avoid burning yourself.

Safety and maintenance

- Each time you use your pressure cooker; make sure beforehand that none of the valves and safety mechanisms are damaged or dirty and that they function properly. This is the only way to guarantee that it will operate safely. You will find information on this in Chapter 5.
- Do not alter the pressure cooker – especially the safety mechanisms – in any way, other than performing the maintenance measures mentioned in the Instructions for Use. Do not oil the valves.
- Replace parts which are subject to wear; such as the rubber gasket and other rubber parts, regularly with original Fissler spare parts after c. 400 cooking operations or at the latest after two years. Parts which are clearly damaged (e.g. hardening, cracks, discolorations, overheating, or deformation) or do not fit properly must be replaced immediately. Failure to do so will result in the efficiency and safety of your pressure cooker being reduced.
- Use only original Fissler replacement parts. It is especially important for you to only use pots and lids for the same model, as well as other replacement parts that are intended specifically for your cooker. (See Chapter 12)
- For your own safety, please retighten loosened screws immediately.
- For your own safety, you should immediately replace cracked or damaged plastic handles with original Fissler replacement parts.



Operation of the pressure cooker

- The cooker is under pressure when in use. Incorrect use can result in burns. Make sure that the cooker is properly closed before you build pressure. You will find information on this in Chapter 4. Never use the pressure cooker with the lid placed loosely on top of it.
- Only use the heat sources that are mentioned in Chapter 5.
- Never heat the pressure cooker without any liquid in it as the overheating can result in damage to the device, the valves, the safety installations, and on the burner. Do not continue to use the pressure cooker as the functions of the safety installations are no longer guaranteed. Have your pressure cooker checked by the Fissler Customer Service Department.

Minimum amount: 200-300 ml of water; depending on the diameter of your cooker: (See "min" marking)

In case of extreme overheating, plastic parts on the cooker or the aluminum in the base could melt and liquefy. If this should occur, turn off the heat source and do not move the cooker until it has cooled down completely. Air the room.

- Do not fill the pressure cooker to more than $\frac{2}{3}$ of its volume. (See "max" marking)
For foods that foam or expand during cooking, such as rice, broths, or dried vegetables, the pressure cooker may only be filled half full (see „ $\frac{1}{2}$ " marking).
- When cooking beans and other pulses, fill the pressure cooker no higher than the $\frac{1}{3}$ marking as their thin skin can easily rise and block the valves.
- Overfilling may cause a risk of clogging the vent pipe and developing excess pressure. See Chapter 5.
- Never leave your pressure cooker unattended. Regulate the energy source so that the cooking indicator does not rise above the marking for the required cooking level (first or second white ring). If the energy source is not turned down, steam will escape through the valve and the amount of liquid in the cooker will be reduced. If all of the liquid should vaporize, the food will burn and the cooker and burner may be damaged.
- Move the pressure cooker very carefully when it is under pressure. Do not touch the hot surfaces. Use the handles and controls and, if necessary, potholders.

Opening the cooker

- Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized - do not force it open. Any pressure in the cooker can be hazardous. You will find information on this in Chapter 7.
- Always shake the pressure cooker before you open it, to make sure that pockets of steam will not spatter up and scald you. This is especially important for quick depressurizing or if you cool the cooker under running water.
- Always keep your hands, head and body out of the danger zone when depressurizing the pressure cooker; for the escaping steam could injure you. Be particularly careful about this when you are depressurizing quickly with the help of the release button.

Important

- Do not use the pressure cooker if it – or any of its parts – is damaged or deformed or does not function as described in these Instructions for Use. In this case, get in touch immediately with the closest Fissler retailer or with the Customer Service Department at Fissler GmbH. (For the address, see Chapter 13.)

SAVE THESE INSTRUCTIONS

3. Description and advantages of the vitaquick®

See Fig.A

- 1. Lid handle**
 - removable for easy cleaning
- 2. Release button**
 - for depressurizing and opening the cooker
- 3. Locking indicator**
 - shows whether the cooker is properly closed
- 4. Openings for steam escape**
 - while building pressure
 - when the Euromatic is triggered
 - when depressurizing with the release button
- 5. Control valve unit**
 - with cooking indicator
 - with a vent for automatic pressure limitation (pressure guard)
 - removable for easy cleaning
- 6. Large cooking indicator**
 - with markings to help regulate the gentle and fast levels
- 7. Openings for steam release**
 - when the selected cooking setting is exceeded
- 8. Positioning aid**
 - for simple positioning of the lid
- 9. Groove for positioning aid**
 - for inserting the positioning aid
- 10. Nonslip pot handle**
- 11. Flame guard**
 - protects the handles when used on gas stoves
- 12. Volume marking**
 - with "min" marking for the minimum amount of liquid
 - with "½" marking for the maximum amount of foods that rise
 - with "max" marking for the maximum amount of normal foods
- 13. Insets for steaming (depending on model)**
 - elongated perforations for optimum penetration of steam
 - with ridged surface for free steam flow, even with large items
 - with a tripod stand
- 14. Conical pot bodies**
 - for stacking pots, even those with the same diameter
- 15. cookstar all-stove base**
 - for optimal heat properties on all types of stoves, including induction.
- 16. Helper handle**
 - with deep recessed grip for safe carrying
- 17. Safety nubs (safety mechanism)**
 - prevents pressure from building if the cooker is not closed properly
- 18. Fissler Euromatic (safety mechanism)**
 - for automatic pressure building

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Description and advantages of the vitaquick® / Before using for the first time

- prevents pressure building if the cooker is not properly closed
- automatically limits pressure
- prevents the cooker from being opened as long as there is pressure

19. Fastening screw for lid handle

- no tools are needed
- with a flat gasket, fixed in the lid

20. Silicone gasket (safety mechanism)

- made of high-quality silicone
- with safety pockets to limit pressure

21. Screw for fastening the control valve unit

- with coin slot, can be removed without tools

22. Silicone membrane

- for sealing the cooking indicator

23. O-ring

- for sealing the control valve unit

24. Valve base seal

- to seal the valve base

See Fig. B

- a. CE symbol (ensures that the cooker complies with the EC directive for pressure cookers)
- b. Nominal capacity (not equal to usable capacity)
- c. Maximum operating pressure (maximum permissible steam release pressure of the valve).
For US-models (marked with "US" on the pressure cooker lid) the maximum permissible steam release pressure is: 100 kPa
- d. Manufacturing date (calendar week/year)

4. Before using for the first time

Make sure you understand how the cooker is used before you try it out.

Opening the cooker

See Fig. C

Press the release button (Fig. A-2) on the lid handle in the direction shown by the arrow, and turn the lid to the right as far as possible. Now you can remove the lid.

Positioning aid

On the lid, there is a metal tab that says "Close" (Fig. A-8). The counterpart to it is a groove (Fig. A-9) in the pot handle. This makes it easy to place the lid in the correct position.

Closing the cooker

See Fig. D

To put the lid on the cooker, hold it slightly slanted, place the positioning aid in the groove on the pot handle, and then lower it. The correct position for the lid is also indicated by red dots on the positioning aid and the pot handle. If these dots are perfectly aligned, the lid can be put on the pot.

See Fig. E

To close, turn the lid to the left as far as possible, until the cooker locks with an audible "click."

Locking indicator

See Fig. F

The locking indicator (Fig. A-3) in the lid handle will tell you whether the cooker is correctly closed and ready to use:

Green = The cooker is properly closed and ready for use.

Red = The cooker is not properly closed, and no pressure can be built up.

Cleaning

Wash the pot, lid and silicone gasket thoroughly before using the pressure cooker for the first time. This will remove any traces of polishing dust and minor impurities.

We recommend the subsequent use of Fissler Stainless Steel Care (or another product for the care of stainless steel cookware) for the pot and lid. This will make the stainless steel more resistant to the influences of salts and acidic substances. Residues of the care product should be thoroughly washed off. Use the care product as needed or when you notice changes in the appearance of the stainless steel surface.

5. Information on using your pressure cooker

Safety mechanisms

Your vitaquick® pressure cooker is equipped with various mechanisms that automatically make your pressure cooker safe. **Before you use the pressure cooker, and each time you use it, be sure to check that the following safety mechanisms are functioning properly. Never alter these in any way.** Make sure that the control valve unit and the lid handle are properly and firmly attached before you begin to cook. You will find information on this in Chapter 10.

Control valve unit (Fig. A-5)

See Fig. G

Remove the control valve unit from the lid. Use your finger to check whether the cooking indicator (1) and the valve body (2) can move freely and spring back.

Euromatic (Fig. A-18)

See Fig. H+I

Make sure that the Euromatic is clean and can move freely in the lid. The o-ring must lie completely in the groove provided for it.

See Fig. J

Use your finger to check whether the white ball in the Euromatic does not stick and can move freely and spring back.

Silicone gasket (Fig. A-20) and **safety nubs** (Fig. A-17)

See Fig. K

Make sure that the silicone gasket and the edge of the lid are clean, that the silicone gasket has not been damaged, and that the safety nubs can move freely. Insert the silicone gasket so that it lies completely flat, under the part of the edge that curves inward, on the inside of the lid. The silicone gasket must fit in front of the safety nubs, that is, pressed away from the edge of the lid.

Filling capacity

See Fig. L

Please note the following information on filling amounts. A scale found on the inside of the pot will make it easier to measure these amounts.



Information on using your pressure cooker

“min“

Depending on the diameter of the pressure cooker, at least 200-300 ml of liquid is necessary to produce steam, regardless of whether you are using an inset or not. Never use the pressure cooker without having this minimum amount of liquid (see “min“ marking).

Ø 18 cm: 200 ml

Ø 22 cm: 250 ml

Ø 26 cm: 300 ml

“max“

The pressure cooker may only be filled up to $\frac{2}{3}$ full to function safely (see “max“ marking).

“ $\frac{1}{2}$ “

For foods that foam or expand during cooking, such as rice, broths, or dried vegetables, the pressure cooker may only be filled half full (see „ $\frac{1}{2}$ “ marking).

“ $\frac{1}{3}$ “

When cooking beans and other pulses, fill the pressure cooker only $\frac{1}{3}$ full (see „ $\frac{1}{3}$ “ marking) as their thin skin can easily rise and block the valves.

Important note:

Never cook without sufficient liquid and ensure that the liquid in the pressure cooker never evaporates completely. Failure to observe this instruction may result in the food burning and damage to the pot, handles, valves, safety installations, and burner. Do not continue to use the pressure cooker as the functions of the valves and safety installations are no longer guaranteed. Have your pressure cooker checked by the Fissler Customer Service Department (see safety instructions).

Suitable stoves

The fully encapsulated Super-Thermic base ensures excellent heat absorption, distribution and storage and can be used on all kinds of stoves, including induction.



Regulating the heat source

	Heat source levels			
	1-12 levels	1-9 levels	1-6 levels	1-3 levels
Browning (open cooker)	9-12	6-9	4-6	2-3
Building steam, expelling air	12	9	6	3
Continuing to cook, steaming, heating up, thawing	1-6	1-4	1-3	$\frac{1}{2}$ - 1 $\frac{1}{2}$

The indicated settings should serve as guidelines. For induction cooking, depending on the power, lower settings may be used. Please also refer to the information given in the instructions for your stove.

Whether empty or containing fat, an open pressure cooker may never be heated at the highest energy level for more than 2 minutes. If overheated, the base can turn golden. This discoloration does not affect how well the cooker functions, however.

Solid/glass ceramic (radiation/halogen): The diameter of the burner should be the same as or smaller than the diameter of the pot base.

Gas stove: Place the cooker in the center, and make sure that the flames do not extend up the sides of the cooker. Flames can damage the plastic handles.

Induction: Always place the cooker in the center of the cooking zone. The base of the pot should be the same size as or larger than the cooking zone. Otherwise, it is possible that the cooking zone will not be triggered by the pot base.

Special information for induction stoves: To prevent overheating and damage to the cookware as a result of the high induction power, never heat the cooker up empty or unattended. Please also adhere to the Instructions for Use provided by the stove manufacturer. A humming sound may come from your cooker while it is in use. This sound has technical reasons and does not indicate that there is a defect in your stove or cookware.

Tips for saving energy

- When cooking at the gentle or speed setting, regulate the energy source so that the cooking indicator does not rise above the marking for the cooking speed selected.
- Use a burner that is the right size. (See notes above)
- Choose cookware that is the right size for the amount of food you are preparing.
- Take advantage of the heat stored in the base. Turn off the heat source even before the end of the cooking period, so that you can use the cooling off period.

6. Cooking with the vitaquick®

Numerous cooking methods are possible in your pressure cooker: stewing or braising, sautéing and deep-frying (without the lid), as well as thawing, preserving, and extracting juice. You will find more information on ways to use your pressure cooker, as well as on how to use the insets, in Chapter 8.

Preparing

Place the ingredients called for in your recipe in the pressure cooker. Make sure you observe the specified filling capacities. (See Chapter 5)

Then place the lid on the cooker and close it. If the locking indicator (Fig. A-3) in the lid handle is green, the cooker is ready to start cooking. (See Chapter 4)

Selecting the cooking setting

On your vitaquick® you can choose between two cooking settings: gentle cooking and speed cooking. The table of cooking times (Chapter 9) will give you suggestions for this.

Setting 1, approx. 225 °F (Gentle Setting)
(30 kPa operating pressure)

for delicate foods, such as fish or vegetables



Cooking with vitaquick®

Setting 2, approx. 237 °F (Speed Setting)
(60 kPa operating pressure)

for all other foods, such as meats or stews

If Setting 2 is exceeded, the control valve automatically depressurizes so that the pressure does not surpass a maximum of 14.50 PSI (100 kPa).

Building pressure and expelling air

Set your heat source to high to heat up the pressure cooker: Steam will escape from under the lid handle (Fig. A-1), along with the atmospheric oxygen that can destroy vitamins. This process can take a few minutes. As soon as the Euromatic closes and no more steam is expelled, pressure will begin to build up. The cooking indicator (Fig. A-6) will soon begin to rise.

Cooking indicator

The cooking indicator uses two markings (white rings) to show you when the relevant cooking setting has been reached.

See Fig. M

First ring:

„Cooking setting 1 (gentle setting) has been reached“

To cook on the gentle setting, you must turn down the heat just before the first white ring becomes visible. The stove must be regulated so that this first ring remains visible throughout the entire cooking period, but is not exceeded.

See Fig. N

Second ring:

„Cooking setting 2 (speed cooking setting) has been reached“

To cook on the speed setting, you must turn the heat down once the first white ring becomes visible. The stove must be regulated so that the second ring remains visible throughout the cooking period, but is not exceeded.

If the cooking indicator rises further after the appearance of the second white ring, there will be an audible hissing and steam will escape from the control valve. This means that the heat is too intense and must be turned down, otherwise the cooker will lose liquid due to the release of steam.

Important:

Make sure that the liquid in the pressure cooker never completely vaporizes. (See information in Chapter 5.)

Cooking times

The actual cooking time begins once the selected cooking setting (first or second white ring) has been reached. You will find the cooking times for various foods in Chapter 9.

Basic rules:

1. The cooking time at Setting 2 is about $\frac{1}{2}$ to $\frac{1}{3}$ of the normal cooking time.

2. The cooking time at Setting 1 is about 50% longer than at Setting 2.
3. Cooking times for the same food can vary, since the amount, size and consistency of the foods influence the cooking time.

For example, boiled potatoes:

Conventional cooking time	Cooking time at Setting 2	Cooking time at Setting 1
About 30 min.	About 12 min.	About 18 min

At the end of the cooking time, remove the pressure cooker from the heat source and depressurize it. (See information in the following chapter.) Only then can you open it.

7. Depressurizing the vitaquick®

Important:

Never try to force the pressure cooker open. The cooker can only be opened when the cooking indicator has fallen into its socket completely and no more steam escapes when the release button is activated. Once the cooker has been depressurized, the release button can be easily pressed in order to open the cooker. Always gently shake the cooker before you open it, to release steam pockets that may have formed in the food. If you do not do this, you may be scalded by splattering food and steam.

There are 3 ways to depressurize your vitaquick®.

The way you depressurize depends on the food you are cooking. For foods that tend to foam or rise, such as legumes, soups or stews, or for foods with a delicate peel, such as jacket potatoes, do not select a method that reduces the pressure quickly, as this could cause the food to be ejected or the peel to burst.

Method 1

“Quick depressurizing with the release button”

See Fig. O

Press the release button (Fig. A-2) gently in the direction shown by the arrow, and steam will escape from under the lid handle (Fig. A-4). Hold the button in until the cooking indicator has fallen back into its socket completely and no more steam is escaping. Then release the button, shake the cooker gently, and press the release button again. Repeat this until no more steam escapes. Once the cooker is depressurized, the Euromatic will sink. The release button can now be pressed in completely to open the cooker.

Note:

As long as there is any pressure in the cooker, the release button cannot be pressed completely. This is normal, and it ensures that the cooker cannot be accidentally opened while under pressure. Do not try to force the release button!

Method 2

“Let it cool off”

If you would like to take advantage of the residual energy in the cooker, use this method. Shortly before the end of the cooking time, take the cooker off the stove and just let it gradually cool down until the cooking indicator has sunk completely.



Depressurizing the vitaquick® / Ways to use your pressure cooker

Then press the release button gently in order to release any residual pressure. When no more steam escapes, let go of the button, shake the cooker gently, and then press the release button again. Repeat this step until no more steam escapes. When the cooker is fully depressurized, the Euromatic will sink again. Then the release button can be pressed in fully to open the cooker.

This method is especially good for foods with longer cooking times.

Method 3

“Depressurize under running water”

See Fig. Q

If the escaping steam bothers you, cool off the cooker under running water. Just place the cooker in the sink and let cold water run over the side of the lid (not over the lid handle or control valve unit) until the cooking indicator has sunk completely.

Then press the release button gently to release any residual pressure. When no more steam escapes, let go of the button, shake the cooker gently, and then press the release button again. Repeat this step until no more steam escapes. When the cooker is fully depressurized, the Euromatic will sink. Then the release button can be pressed down fully to open the cooker.

8. Ways to use your pressure cooker

Braising meat

Braising is a combination of searing and stewing. The meat is first browned at a high temperature and then simmered in liquid.

- Heat the pressure cooker or pressure skillet without fat at medium heat ($\frac{2}{3}$ of stove power).
- Sprinkle a few drops of cold water into the pot. If they form clear pearls that “dance around” in the pot, this is the right temperature for browning meat, with or without fat. Carefully remove the water from the pot, using a paper towel, for example, before adding fat or placing the meat in the pot.
- Press the meat down firmly. After a few minutes, it will loosen by itself and can then be turned. Then you can add any other ingredients needed.
- Add the liquid called for in your recipe, but at least 200-300 ml. (See Chapter 5)
- Close the cooker.
- Build the pressure and regulate the required cooking setting. (See Chapter 6)

Note: Meat is generally cooked at Setting 2. See Chapter 9.

Soups and stews

Soups and stews are always cooked without the inset.

- The cooker must never be more than $\frac{2}{3}$ full (“max” marking). In the case of foods that swell or foam a great deal, only half full (“ $\frac{1}{2}$ ” marking).
- First heat the soup in the open cooker and scoop off all of the foam that forms.
- Stir.

- Close the cooker.
- Build the pressure and regulate the required cooking setting. (See Chapter 6)

Note: Soups and stews are generally cooked at Setting 2. See Chapter 9.

Vegetables and potatoes

Vegetables and other delicate foods can be steamed very gently in the perforated inset. Depending on the model, the inset may be included or else sold separately.

- Add a minimum of 200-300 ml of liquid (see "min" marking) to the pressure cooker. If desired, also add herbs, seasonings or wine.
- Place the washed vegetables in the perforated inset and put the inset on top of the tripod in the pot.
- Close the cooker.
- Build the pressure and regulate the required cooking setting. (See Chapter 6)

Note: Vegetables are generally cooked at Setting 1. See Chapter 9.

Cooking rice

Rice can be cooked in the pressure cooker without an inset. To prepare brown rice:

- Place rice and water in a 1:2 ratio in the pressure cooker.
- Add salt as desired.
- Add at least the minimum amount of liquid.
- Close the cooker.
- Build the pressure and control at cooking setting 2 (second white ring).
- Cook about 7-9 minutes at Setting 2, then depressurize and open the cooker.
- Or else remove the cooker from the stove, set it aside, and let the rice simmer gently for about 15 minutes. Then open the cooker.

Note: Rice can also be cooked in the unperforated inset. Pour at least the minimum amount of liquid into the cooker. Then put the unperforated inset containing rice and water (ratio about 1:1) in the cooker.

Cooking fish

Fish can be cooked in its own juice, with the minimum amount of liquid, at the bottom of the cooker or else steamed in the perforated inset.

Note: Fish is generally cooked at Setting 2. See Chapter 9.

Deep-frying

Foods can only be deep-fried in the pressure cooker without the lid!

To prevent burns caused by foaming or spattering oil, make sure that the pot you use is high enough.

- Fill the cooker at most half full ("½" marking) with fat.
- Heat the fat at medium. Do not overheat it.
- The right temperature for deep-frying has been reached if bubbles immediately form around the handle of a wooden spoon when it is dipped in the hot fat.
- Never cover the cooker!



Ways to use your pressure cooker

Preparing frozen foods

Frozen foods can be very easily prepared in the pressure cooker:

- Meat: Thaw a bit before browning.
- Foods without sauce: Place in the cooker in the perforated inset.
- Foods with sauce: Place in the cooker in the unperforated inset.
- Place at least 200-300 ml of liquid (see "min" marking) in the pressure cooker.
- Close the cooker.
- Build the pressure and regulate the required cooking setting. (See Chapter 6)

Preserving

The pressure cooker can also be used for preserving foods. Depending on the size of the preserving jars, you should use the 4.5 l model or larger.

- When preserving, only use raw ingredients that are in good condition!
- Fill the jars up to about one finger's breadth under the edge and close them.
- Place at least 200-300 ml of liquid (see "min" marking) in the pressure cooker.
- Place the preserving jars in the cooker in the perforated inset.
- Close the cooker.
- Build the pressure and regulate the required cooking setting. (See Chapter 6)

Preserving times:		
Marmelade	Setting 1	1-2 min.
Fruits/pickled vegetables	Setting 1	8-10 min.

Do not depressurize the cooker quickly, but let it cool off slowly, otherwise the jars could burst!

Extracting juice

Both the perforated and the unperforated insets are needed for extracting juice from small amounts of fruit.

- Prepare the fruit.
- Add at least 200-300 ml of liquid (see "min" marking) to the pressure cooker.
- Place the fruit in the perforated inset.
- Put the perforated inset on the unperforated inset, and put this in the cooker.
- Close the cooker.
- Build the pressure and control at cooking setting 2 (second white ring). (See Chapter 6)

Berries	Setting 2	12 min.
Fruits with pits	Setting 2	18 min.
Fruits with cores	Setting 2	25 min.

Do not depressurize the cooker quickly, but let it cool off slowly.

Sterilizing

Baby bottles or other items for use in the home (not for medical use) can be sterilized in the pressure cooker:

- Place at least 200-300 ml of liquid (see "min" marking) in the pressure cooker.
- Place the bottles with their opening pointed downward in the perforated inset.
- Close the cooker.
- Build the pressure and control at cooking setting 2 (second white ring), and sterilize for 20 minutes.

Do not depressurize the cooker quickly, but let it cool off slowly.

Cooking a whole meal

By using the insets, you can prepare several foods at the same time, one on top of the other:

Rules:

- Cook fish over vegetables.
- Cook vegetables over meat.
- Foods with similar cooking times should be placed in the cooker and cooked at the same time.
- For foods with different cooking times, first place the food with the longest cooking time in the cooker and start cooking it. When the remaining cooking time of this food is the same as the cooking time of the other foods, remove the cooker from the stove, depressurize and open it, add the other foods, and then finish cooking.
- Since some steam will escape when the cooker is opened, at least 300 ml of liquid should be added to begin with.

Example:

Beef roulades (20 min.) with boiled potatoes (8 min.)

First place the roulades in the cooker and cook them at Setting 2 for 12 minutes. Then remove the cooker from the burner; depressurize it, open the cooker; and place the potatoes in the cooker in the perforated inset over the roulades by using the tripod. Close the cooker; build pressure, and cook at Setting 2 for an additional 8 minutes.

9. Cooking times

The cooking times shown here should serve as guidelines and are calculated on the basis of approximately 2-3 portions.

Basic rules:

- The cooking time at Setting 2 is about $\frac{1}{2}$ to $\frac{1}{3}$ of the normal cooking time.
- The cooking time at Setting 1 is about 50% longer than at Setting 2.
- Cooking times for the same food can vary, depending on the amount, shape, size and consistency.
- The smaller the pieces of food, the shorter the cooking time will be.
- The greater the total amount of food, the longer the cooking time

Example:

Jacket potatoes (whole), approx. 12 minutes; boiled potatoes (cut in half or quarters), about 8 minutes

Use the cooking times given here to work out your own personal times.

If you are not certain about a cooking time, cook the food for a shorter period to begin with. You can always continue cooking it.



Cooking times

Spicy pork stew / Goulash	15-20 min. Setting 2	Artichokes (whole)	15-20 min. Setting 1
Pork roast	25-30 min. Setting 2	Cauliflower/broccoli (florets)	2-3 min. Setting 1
Pork shank	30-35 min. Setting 2	Cauliflower (whole)	8-10 min. Setting 1
Pork knuckle, fresh	30-40 min. Setting 2	Green beans (fresh)	5-7 min. Setting 1
		Kohlrabi (pieces)	5-8 min. Setting 1
Veal Stroganoff	5-6 min. Setting 2	Corn on the cob	5-6 min. Setting 1
Roast veal	15-20 min. Setting 2	Mixed vegetables	5-6 min. Setting 1
Veal shank	15-20 min. Setting 2	Carrots	4-6 min. Setting 1
		Green/red peppers	1-2 min. Setting 1
Beef goulash	15-20 min. Setting 2	Red/white cabbage (strips)	7-10 min. Setting 1
Beef shank (for soup)	20-25 min. Setting 2	White asparagus (whole)	5-7 min. Setting 1
Roulades / Roast fillet	20-25 min. Setting 2	Savoy cabbage (strips)	7-10 min. Setting 1
Sauerbraten / Roast loin	25-30 min. Setting 2		
Roast beef	30-40 min. Setting 2	Boiled potatoes (in quarters)	8-10 min. Setting 2
Boiled beef	40-60 min. Setting 2	Jacket potatoes (whole)	12-15 min. Setting 2
Chicken breast/leg	10-15 min. Setting 2	Lentils (not presoaked)	10-15 min. Setting 2
Turkey breast/drumstick	20-25 min. Setting 2	Peas (shelled, not presoaked)	12-15 min. Setting 2
Stewing/Soup chicken (depending on size and age)	25-35 min. Setting 2	Barley	15-20 min. Setting 2
Saddle of deer	about 15 min. Setting 2	Millet, buckwheat (do not leave to swell)	6-7 min. Setting 2
Roast deer venison	about 20 min. Setting 2	Brown rice (do not leave to swell)	7-9 min. Setting 2
Elk venison stew	15-20 min. Setting 2		
Roast elk venison	about 25 min. Setting 2	Oats, wheat, barley, rye, spelt, unripe spelt grain (leave to swell)	8-9 min. Setting 2
Wild boar goulash	15-20 min. Setting 2		
Roast wild boar	about 25 min. Setting 2		
Roast hare	15-20 min. Setting 2		
Lamb stew	10-15 min. Setting 2		
Roast lamb	15-20 min. Setting 2		
Fish stew	3-4 min. Setting 1		
Salmon	5-6 min. Setting 1		
Halibut	6-7 min. Setting 1		
Haddock	6-7 min. Setting 1		
Ocean perch	7-8 min. Setting 1		
Vegetable soup	4-6 min. Setting 2		
Potato soup	6-8 min. Setting 2		
Goulash soup	10-15 min. Setting 2		
Beef broth	35-40 min. Setting 2		

Depressurize the cooker and allow the contents to swell after cooking in the closed pot for about 15 minutes.

10. Cleaning and care

Cleaning

Always wash the pressure cooker after you have used it.

- Remove the silicone gasket from the lid and wash it by hand.
- Rinse the control valve unit under running water or remove and clean if necessary.
- Remove the lid handle and rinse under running water.
- The pot, lid (without the silicone gasket, control valve unit, and lid handle), and insets can also be placed in the dishwasher.

Please note:

- To clean, use clear, hot water and dishwashing liquid and a dishwashing sponge or a soft brush. Do not use pointed, rough or sharp objects. If the inside or bottom is very dirty, you can use the rough side of the sponge.
- Do not let food residues dry onto the cooker; and do not store foods in the cooker for a long time, as this could cause stains in the stainless steel and changes in the surface.
- To maintain the stainless steel surface, use Fissler Stainless Steel Care regularly. It is outstanding for removing rainbow discolorations or films.
- When cleaning the cooker parts in the dishwasher, use only conventional household dishwashing products in the amounts recommended by the manufacturer. Do not use industrial detergents or highly concentrated cleaning products.

Mounting the control valve unit and lid handle

Control valve unit (Fig. A-5)

To remove: See Fig. R

Undo the fastening screw (Fig. A-21) by turning it counter-clockwise and remove the control valve unit. The fastening screw can be loosened without any tools simply by using a one cent coin.

To mount: See Fig. S

Insert the control valve unit in the proper place from above into the lid (in the centre of the pin), screw in the fastening screw in a clockwise direction from the bottom, and tighten firmly.

Lid handle (Fig. A-1)

To remove: See Fig. T

Remove the lid handle by turning the lid screw (Fig. A-19) on the inside of the lid in a counter-clockwise direction.

To mount: See Fig. U

Hold the lid handle in your hand and place the lid on it in the appropriate position. Turn the lid screw in a clockwise direction and tighten it firmly.

Storage

The silicone gasket should be stored in a dark place (protected from sunlight and UV radiation), dry and clean. The silicone gasket will last longer if you place the lid upside down on top of the pot after it is cleaned, so that the ring will not be crushed.

Maintenance

The parts of the pressure cooker that are subject to wear must be replaced regularly. You will find additional information on this in Chapter 12.



Questions and answers

11. Questions and answers

Important: Always turn off the energy source and let the pressure cooker cool off before you attempt to eliminate a problem.

<p>When the cooker is building pressure, steam escapes longer than usual from under the lid handle (the Euromatic).</p>	<p>The cooker is not closed properly. (The indicator in the lid handle is red.)</p> <p>The heat source is not high enough.</p> <p>The cooking zone is not the right size for the pressure cooker.</p> <p>The lid handle is loose.</p> <p>The Fissler Euromatic or its o-ring is dirty or damaged.</p>	<p>Close the cooker properly. (See Chapter 4) (The indicator in the lid handle is green.)</p> <p>Set the heat source at its highest level.</p> <p>Place the pressure cooker on a cooking zone with the right size. (See Chapter 5)</p> <p>Tighten the fastening screw of the lid handle on the inside of the lid.</p> <p>Clean or replace the part. (See Chapter 13)</p>
<p>No steam escapes when the cooker is building pressure.</p>	<p>Too little liquid was placed in the cooker.</p> <p>The heat source is not set high enough.</p>	<p>Add the minimum amount of liquid (200-300 ml). (See Chapter 5)</p> <p>Set the heat source on high.</p>
<p>Steam and/or drops of water escape at the edge of the lid before the cooking indicator begins to rise.</p>	<p>The silicone gasket is not properly in place.</p> <p>The silicone gasket is dirty or damaged.</p> <p>The cooker is not closed properly. (The indicator in the lid handle is red.)</p>	<p>Insert the silicone gasket properly. (See Chapter 5)</p> <p>Clean or replace the silicone gasket.</p> <p>Close the cooker properly. (See Chapter 4) (The indicator in the lid handle is green).</p>
<p>The cooking indicator does not rise.</p>	<p>Steam is escaping near the lid handle.</p> <p>Steam is escaping at the edge of the lid.</p> <p>Too little liquid was placed in the cooker.</p> <p>The control valve unit is not attached correctly and firmly.</p> <p>The O-ring, valve base seal, or silicone membrane is missing, defective, or incorrectly attached.</p>	<p>See above.</p> <p>See above.</p> <p>Add the minimum amount of liquid (200-300 ml). (See Chapter 5)</p> <p>Attach the control valve unit correctly and tighten the fastening screw. (See Chapter 10)</p> <p>Replace the seal or attach it correctly. (See Chapter 12)</p>



Questions and answers

<p>Steam is escaping near the control valve unit.</p>	<p>The temperature is too high for the selected cooking setting. (The cooking indicator has risen further than the second ring)</p> <p>The control valve is not attached correctly and firmly.</p> <p>The O-ring, valve base seal, or silicone membrane is missing, defective, or incorrectly attached.</p>	<p>Turn the heat source down. Adjust the energy source so that the cooking indicator does not rise above the marking for the required cooking setting (first or second white ring) throughout the entire cooking period. (See Chapter 6)</p> <p>Attach the control valve unit correctly and tighten the fastening screw. (See Chapter 10)</p> <p>Replace the seal or attach it correctly. (See Chapter 12)</p>
<p>Steam is escaping under the lid handle (near the Euromatic), although the cooking indicator has already risen.</p>	<p>The lid handle is loose.</p> <p>The flat gasket for the fastening screw of the lid handle or the o-ring for the Euromatic is missing, defective, or mounted incorrectly.</p> <p>If a great deal of steam is released, the Euromatic may have been triggered as a safety mechanism. This happens if the valve is dirty or defective.</p>	<p>Tighten the fastening screw of the lid handle on the inside of the lid.</p> <p>Replace the gasket or o-ring or mount it correctly. (See Chapter 12)</p> <p>Remove the control valve unit and clean or replace it. (See Chapter 10 and 12)</p>
<p>A great deal of steam is escaping from the edge of the lid, although the cooking indicator has already risen.</p>	<p>The silicone gasket is defective.</p> <p>The silicone gasket has been triggered as a safety mechanism. This happens if the valve and the Euromatic are dirty or defective.</p>	<p>Replace the silicone gasket. (See Chapter 5 and 12)</p> <p>Have the cooker checked by Fissler Customer Service.</p>
<p>Steam is escaping from under the round cover cap for the lid handle or the release button.</p>	<p>A seal is defective.</p>	<p>Replace the lid handle or have it checked by Fissler Customer Service.</p>

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Questions and answers

<p>The cooker is difficult to close, or the release button does not pop out when it closes.</p>	<p>The lid and/or pot handle are not correctly mounted.</p> <p>The lid handle is defective.</p> <p>The silicone gasket is not properly in place.</p> <p>The cooker is not properly closed. (The indicator in the lid handle is red.)</p>	<p>Check how the handles are mounted and tighten screws if necessary.</p> <p>Replace the lid handle.</p> <p>Insert the silicone gasket properly. (See Chapter 5)</p> <p>Close the cooker properly. (See Chapter 4) (The indicator in the lid handle is green.)</p>
<p>The cooker cannot be opened.</p>	<p>There is still pressure in the cooker:</p> <p>The Euromatic is jammed.</p>	<p>Depressurize the cooker. (See Chapter 7)</p> <p>Let go of the release button. Push the lid handle a little to the left.</p>
<p>The lid handle is loose.</p>	<p>The fastening screw has not been tightened.</p>	<p>Tighten the fastening screw of the lid handle on the inside of the lid.</p>
<p>The handles on the pot are loose.</p>	<p>The handle screws have not been tightened.</p>	<p>Tighten the screws with a screwdriver.</p>

12. Maintenance and replacement parts

Please note

Replace parts which are subject to wear, such as the rubber gasket and other rubber parts, regularly with original Fissler spare parts after c. 400 cooking operations or at the latest after two years. Parts which are clearly damaged (e.g. hardening, cracks, discolorations, overheating, or deformation) or do not fit properly must be replaced immediately. Failure to do so will result in the efficiency and safety of your pressure cooker being reduced.

Information on replacing parts

Silicone gasket (Fig. A-20)

See Chapter 5.

Silicone membrane (Fig. A-22)

See Fig. V

Remove the control valve unit from the lid and pull the old silicone membrane off the inside of the lid. Place the new silicone membrane from the inside into the lid hole. Check that it is correctly positioned by rotating it. Fit the control valve unit (see Section 10).

O-ring (Fig. A-23)

See Fig. W

Release the control valve unit from the lid and remove the old O-ring. Place the new O-ring in the notch provided around the thread. Make sure that the O-ring is tightly placed.

Valve base seal (Fig. A-24)

See Fig. X

Detach the control valve unit from the lid and remove the old seal. Put the new seal in place and make sure that the seal is perfectly flat on both sides of the lid.

O-ring for Euromatic (Fig. A-18)

See Fig. I

The o-ring is removed/mounted on the inside of the lid. Make sure that the ring lies totally in the groove provided for it.

Euromatic (Fig. A-18)

To remove/mount the Euromatic, you must first remove the lid handle. This is very simple, as you only have to loosen the screw on the inside of the lid. You can remove the Euromatic from the lid as soon as you have removed the o-ring. For mounting, guide the new Euromatic without the o-ring through the lid so that the side with the white ball is on the inside of the lid. Then you can mount the o-ring as described above.



Maintenance and replacement parts

Replacement parts

Replacement parts	Diameter	Article Number
Silicone gasket (Fig.Y-1)	22 cm	600-000-22-795
	26 cm	600-000-26-795
Pot handle for pressure skillet (Fig.Y-2)	22 cm	610-300-02-850
	26 cm	610-700-04-850
Pot handle for pressure cooker (Fig.Y-2)	22 cm	610-300-04-850
	26 cm	610-700-08-850
Helper handle for pressure skillet (Fig.Y-3)	22 cm	600-300-02-840
	26 cm	600-700-04-840
Helper handle for pressure cooker (Fig.Y-3)	22 cm	600-300-04-840
	26 cm	600-700-08-840
Lid handle (Fig.Y-4)	all	600-001-00-770
Control valve unit (Fig.Y-5)	all	600-001-00-700
Silicone membrane (Fig.Y-7)	all	020-653-00-720
O-ring for control valve unit (Fig.Y-8)	all	021-641-00-780
Valve base seal (Fig.Y-9)	all	020-653-00-740
Set consisting of silicone membrane, O-ring, valve base seal (Fig.Y-7, 8, 9)	all	600-000-01-706
Euromatic, complete (Fig.Y-10)	all	011-631-00-750
O-ring for Euromatic (Fig.Y-11)	all	011-631-00-760
Fastening screw for lid handle, with flat gasket (Fig.Y-12)	all	600-000-00-712

Accessories

Accessories	Diameter	Article Number
Perforated inset (incl. tripod) (Fig. Z-1)	22 cm	610-300-00-800
	26 cm	610-700-00-800
Unperforated inset (incl. tripod) (Fig. Z-2)	22 cm	610-300-00-820
	26 cm	610-700-00-820
Additional lid, glass (Fig. Z-3)	22 cm	021-641-22-600
Additional lid, metal (Fig. Z-4)	22 cm	623-000-22-700
	26 cm	623-000-26-700
Deep-frying basket (Fig. Z-5)	26 cm	022-656-04-600

All replacement parts can be purchased from your Fissler retailer or in the specialty departments of department stores. Our Customer Service Department will also be happy to help you. (For addresses, see Chapter 13).

You will find a list of dealers, as well as additional information, at www.fisslerusa.com.



Warranty and service

13. Warranty and service

All Fissler products are meticulously manufactured from high-quality materials. The quality of our products is checked several times during the manufacturing process. On completion, they are subjected to a stringent final check.

3-year manufacturer's warranty

This is why we provide a 3-year warranty on all of our pressure cookers beginning with the date of purchase. In the event of a complaint, please return the complete item, together with the sales receipt, to your retailer or send it, carefully packaged, directly to Fissler Customer Service (address below).

Not included in this warranty are all parts that are subject to wear, such as the:

- silicone gasket
- O-ring for control valve unit
- valve base seal
- silicone membrane
- o-ring for Euromatic
- flat gasket for the fastening screw of the lid handle

No warranty is granted for damage resulting from the following:

- incorrect or improper use
- faulty or negligent handling
- incorrectly executed repairs
- the use of replacement parts that are not original Fissler parts
- chemical or physical influences on the product surfaces
- noncompliance with the Instructions for Use

10-year availability guarantee for replacement parts

All functional parts of your pressure cooker can be obtained for at least 10 years after the product is discontinued. Changes in colour of the replacement parts are possible.

Customer Service address

Fissler USA
Customer Service Department
3400 West Olympic Blvd.
Los Angeles, CA 90019
Tel.: 888-FISSLER; 323-731-1111
Fax: 323-731-9585

For additional information, go to www.fisslerusa.com / www.fissler.com