

Prestige[®]

Quick & Easy

PRESSURE COOKERS



For performance and safety, remember to replace your gasket and secondary safety device every 12 months

Call our helpline on 0151 482 8282 or email us at customersupport@meyeruk.com

use & care
i n s t r u c t i o n s

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, 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 relate to all Quick and Easy pressure cooker models. For more information on your product go to www.prestige.co.uk Product item code can be found on the base of your pressure cooker.



Suitable for all cooker types, excluding induction.

Caution: it is important that you read these instructions carefully before using your cooker. Retain for future reference.

General rules for pressure cooking – Safety notice

- Ensure that your cooker is suitable for the heat source that you are using.
- Match the size of your cooker base to the size of your hob/ring.
- Always follow the hob manufacturers instructions.
- Do not place the appliance in a heated oven.
- Do not touch hot surfaces.
- Do not allow gas flames to spread up the side walls of your cooker.
- Extreme caution must be used when moving the appliance containing hot liquids.
- Do not let children near the pressure cooker when in use.
- Do not allow the handles to extend over the front edge of hob and position away from other burners to keep them from getting hot.
- Do not pressure cook apple sauce, cranberries, rhubarb, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni or spaghetti. These foods tend to foam, froth and splutter and may block the vent tube.

When the normal operating pressure is reached, turn the heat down so all the liquid which creates the steam does not evaporate.

- Do not place a dry/empty cooker on a heat source. Always ensure a minimum of 300 ml (½ pt) liquid is in the cooker.
- Do not overfill the cooker–(See quick start user tips for other tips).
- The pressure cooker must never be filled more than 2/3 full when cooking food which swells up or bubbles strongly (eg. Rice or Pulses).
These foods should be brought to the boil in the uncovered pressure cooker and then skimmed before the lid is closed.
- Always check the vent tube for clogging before use. Hold the lid up to light and look through the vent tube to ensure it is clear.
- Always buy genuine Prestige spare parts appropriate to your model.
- Do not pressure cook dumplings.
- Do not thicken liquids when cooking under pressure.
- Do not use oil or other fats when cooking under pressure or use the pressure cooker for frying.
- Move the pressure cooker under pressure with the greatest care. Do not touch hot surfaces. Use 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”.
- 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.
- Do not tamper with any of the safety systems beyond the maintenance instructions specified in the instruction for use.
- Ensure you always lift your pressure cooker across the hob, do not drag.
- When cooking doughy food, gently shake the cooker before opening the lid to avoid food ejection.
- Check handles and if necessary re-tighten.

KEEP THESE INSTRUCTIONS

Principles of pressure cooking

Under normal conditions, most foods cook at 100°C. This is because the water boils at this temperature in normal atmospheric pressure.

If the temperature of cooking is raised, food cooks much faster. For example, an increase of 20°C temperature allows food to be cooked four times faster, retaining freshness and nutritional values of food.

Your pressure cooker cooks at 10lbs per square inch (psi). By increasing the steam pressure inside the pressure cooker to 10lbs per square inch (psi) above the atmospheric pressure, the temperature inside the cooker increases to 115°C.

If you need help please contact us at www.prestige.co.uk

Quick start and user tips

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

Any liquids which produce steam when boiled can be used in the cooker e.g. water, stock, wine and milk. Never use oil or melted fat as cooking liquid. They may be used in small quantities for browning ingredients. There are different maximum fill levels for different foods, as follows:

How to Use

- 1 Place the food in the cooker with the maximum amount of liquid as below.
- 2 Close the lid. As described on page 10.
- 3 Turn the heat on.
4. After approximately 5-7 minutes the secondary safety device come visual pressure indicator will rise (It is normal for some steam to continue to escape from this device).
- 5 Turn heat down to approximately a third so that a gentle hiss is heard and the secondary safety device come visual pressure indicator remains upright and commence timing.
- 6 After cooking time turn the heat off.
- 7 If the recipe calls for fast release of steam turn Open/Close switch on the handle to the  setting or if slow release of steam is required, turn off the heat and leave to stand.
8. Once the secondary safety device come visual pressure indicator has dropped fully down turn the open / close switch to the open position, see section on page 9 'how to open your aluminium pressure cooker.

N.O.P (normal operation pressure) - 69 kpa (10 psi)
M.A.P (maximum allowable pressure - 98 kpa (14 psi)

CONTENTS

Liquid foods, soups, stews

Solid foods, vegetables, one pot meal joints

COOKER FILL LEVEL NOT MORE THAN:

½ full including liquid

⅔ full including liquid

Exceeding these levels can result in food erupting from the cooker when the lid is opened even when there is no pressure inside

VEGETABLES

cooking times

For guidance only

VEGETABLE	SIZE	MINS
Artichoke (Globe)	Small 250g (8oz)	11
	Medium 275g (10oz)	13
	Large 350g (12oz)	16
Artichoke (Jerusalem)	Small – whole	7
	25g (1oz) pieces	6
Asparagus	Young bundles (4-6 spears)	3
	Older bundles	6
Aubergine	1cm (½”) cubes	6
Beans (Broad, French, Runner)		3-4
Beetroot *See special note	Small 1pt water	13
	Medium 1½ pts water	19-25
	Large 2pts water	31-37
Broccoli (Green or Purple sprouting)		3
Brussel Sprouts	Small	3
	Medium	5
	Large	6
Cabbage (Green, white or spring greens)	Shredded	3
Cabbage (Red)	Shredded	5
Carrots	1cm (½”) slices	5
	Young (whole)	5
	Old – halved/quartered	6
Cauliflower	Whole – small	7
	Whole – medium	8
	Florets	3
Celeriac	2.5cm (1”) cubes	5
Celery	5cm (2”) pieces	3
Chicory	Small – add lemon juice for cooking	3
	Medium – add lemon juice for cooking	5

cooking times

For guidance only

VEGETABLE	SIZE	MINS
Corn on the cob	Small	8
	Large	10
Sweetcorn	Miniature, finger, dwarf	3
	Kernels	3
Courgettes	2.5cm (1") slices	3
	Small – whole	5
	Large – whole	6
Fennel	Halves or quarters	6
	Diced	3
Kohlrabi	2.5cm (1") slices	6
Leeks	5cm (2") slices	5-6
Marrow	2.5cm (1") slices	5
Okra (Ladies fingers)	2.5cm (1") slices	3
	Small – whole	5
Onions	0.5cm (¼") slices	5
	Whole	6
Parsnips	2.5cm (1") cubes	6
	Small – halved	6
Peas		3
Peppers (Orange, red, green, yellow)	Whole	6-8
Potatoes	New-whole 25-40g (1-1½ oz)	7
	Large – old or new cut into 25g (1oz) pieces	7
	For roasting cut into pieces	3
Spinach	Just bring to pressure with 2 x 15ml (tablespoons) water	
Sweet Potatoes	2.5cm (1") pieces	7
Swedes/Yams	2.5cm (1") cubes	8
Turnips	2.5cm (1") cubes	6

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

POULTRY & GAME

cooking times

For guidance only

TYPE	CUT	MINS
CHICKEN	Whole	13 per 450g (1lb)
	Breast fillet	8
	Drumsticks	15
	Portions (175-225g)	15
DUCK	Pieces	17-19
TURKEY	Pieces	25
	Breast fillet	16
RABBIT	Pieces	28
VENISON	Cubes	30-35

MEATS

POT ROASTING (All times are per 450g/1lb)			
JOINT	CUT	MINS FROM THAWED	MINS FROM FROZEN
BEEF	Topside	17	41
	Brisket, rolled	31	51
	Silverside	22	46
LAMB	Breast, boned and rolled	22	46
	Shoulder, boned and rolled	22	46
	Best end	18	36
PORK	Shoulder, boned and rolled	22	Do not cook from frozen
	Loin	18	Do not cook from frozen
VEAL	Breast, boned and rolled	20	40
	Shoulder, boned and rolled	22	46
	Knuckle and oyster	22	40
	Loin	16	37
TONGUE		23	Do not cook from frozen

Cleaning

- It is important to keep all vents clear and free from food debris.
- Empty pressure cookers should not be heated as this would cause discolouration and damage.
- Avoid leaving foodstuff to which salt has been added to the cooker as this may result in pitting.
- If the cooker has been boiled dry, soak the pan overnight in hot soapy water, do not stand body of pan in water.
- Avoid the use of metal scourers or steel wool, as these items will scratch the surface.
- Do not leave an empty pan on a burner or allow to boil dry. In the event of your pan boiling dry, do not attempt to move the pan from the hob until cooled.
- Not dishwasher safe. Hand wash only.

If necessary please contact customer service department at:
Meyer Group Ltd, Prestige Products, Wirral International Business Park, Riverview Road, Bromborough, Ch62 3RH,
Tel: 0151 482 82828 or at www.prestige.co.uk

Replacement parts - depending on the level of use of your pressure cooker the rubber gasket and secondary safety device will need to be replaced every 12 months.

Replacement parts can be purchased from us at
www.prestige.co.uk

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.

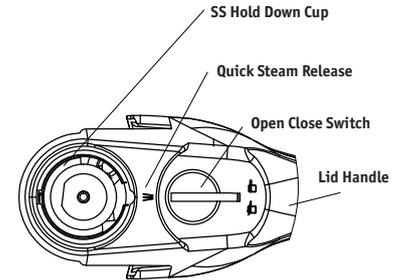
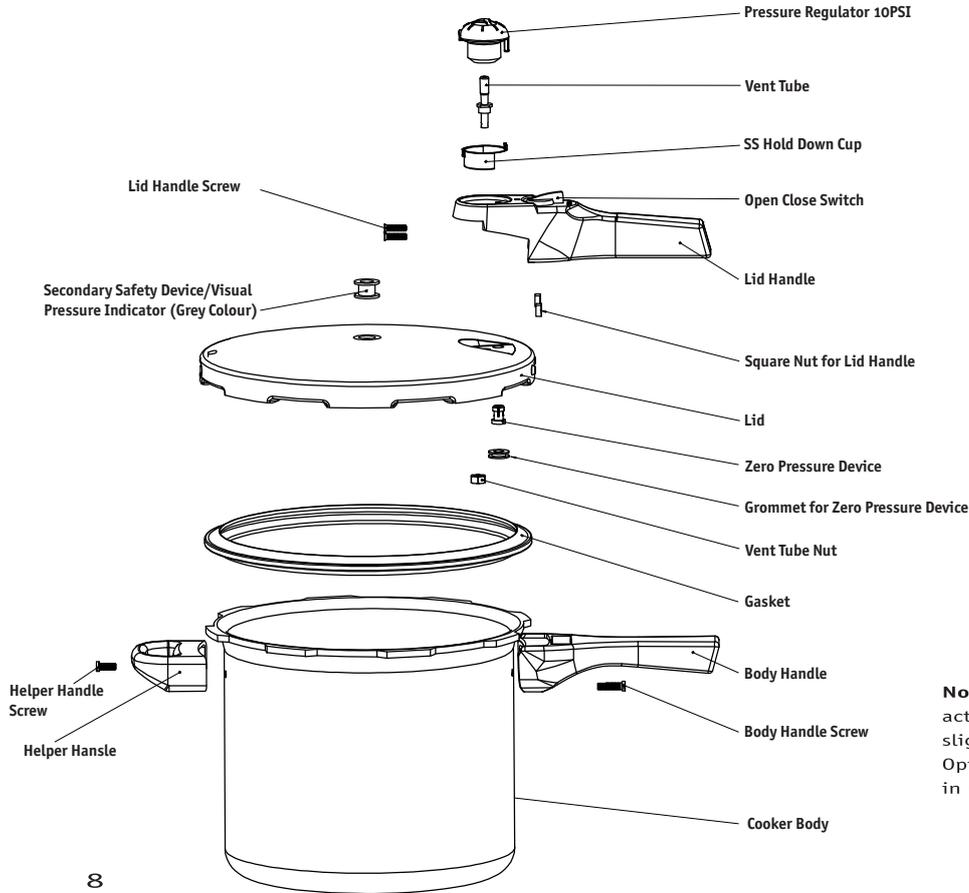
If a repair is not possible and a replacement is necessary and the original specification is not available it may be necessary to replace with a product of similar value.

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

Description of parts

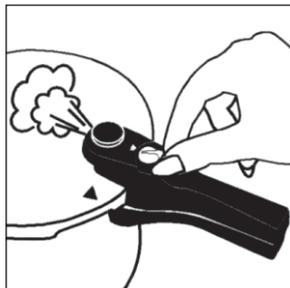


Note: Due to continuing improvement, actual parts in your cooker may differ slightly from the illustration above. Optional items may not be available in some models.

How to open your Aluminium Pressure Cooker

1. Your cooker is equipped with a "QUICK RELEASE" mechanism to release steam. Once the time for cooking is over, turn the open & close switch clockwise. It will align at the "Steam Release" position (👉).

This will lift the pressure regulator and release the steam gently with a hiss.



Ensure that steam is vented away from you

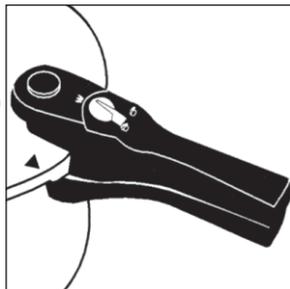
2. Once secondary safety device come visual pressure indicator has dropped, turn the open and close switch to the open position.

Note : 1) Do not force the switch to the open position.

The lid may open unexpectedly and contents could erupt.

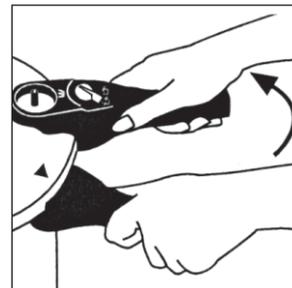
2) It is safe to open the lid, only after the secondary safety device come visual pressure indicator drops down.

Do not attempt to open the cooker until secondary safety device come visual pressure indicator drops. If secondary safety device come visual pressure indicator has not dropped down after 3-4 minutes use a spoon to press the secondary safety device come visual pressure indicator down. If secondary safety device come visual pressure indicator pops up again, repeat the procedure after waiting for some more time.



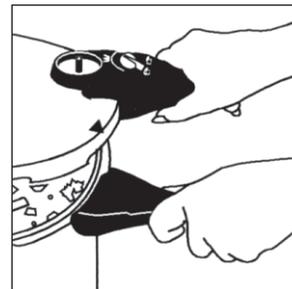
3. Open the cooker by moving the lid handle.

Do not force the handle. This may indicate there is still pressure inside



4. Lift off the lid.

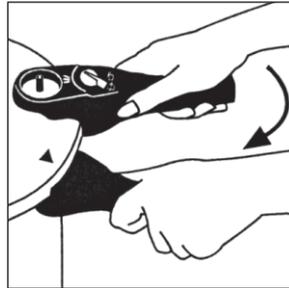
Take care to avoid contact with steam or food



Note: There is no need to remove the pressure regulator. However, if you want to remove it, be careful as the pressure regulator may be hot.

How to close your Aluminium Pressure Cooker

1. Fill the cooker with the required quantity of food and water. Place the lid on the body with the arrow mark on the lid in line with the arrow mark on the body handle. Press the lid down gently. Turn the lid handle to your left (clockwise) until the lid handle comes exactly above the body handle.

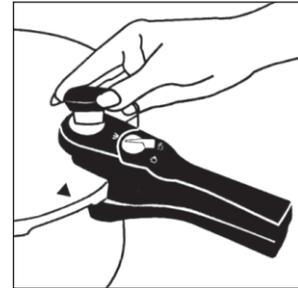


2. Move the open & close switch anti-clockwise fully to align the tail of the button with the "Close" position of the cooker on the lid handle. Refer to illustration.



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.

3. Place the pressure regulator on the vent tube in the lid, ensuring that the steam outlet is facing the hole in the lid and that the pointer sits in the recess/notch on the lid handle. Press down gently.



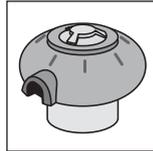
Note: If the open & close switch is not fully turned to align with the "Close" position, the regulator will not sit properly and therefore there will not be any pressure build-up, on application of heat.

Safety Features

To prevent the cooker from opening with pressure inside you must; check that the secondary safety device come visual pressure indicator is fully down, do not apply force to move the open / close switch to the open position and do not force the lid handle to open it.

The Pressure Regulator

Your Aluminium Cooker is equipped with a 10lb Pressure Regulator, When pressure builds up inside the cooker after an initial emission of steam for a little while, the secondary safety device come visual pressure indicator will lift up indicating the pressure build up. When the cooker reaches the pressure set by you, the pressure regulator will release the steam with a hiss safely in one direction away from you.

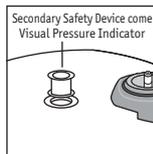


The pressure regulator acts as both an excess pressure releasing device and a pressure controlling device.

Note: never use any pressure regulator other than that supplied or approved spare part for this model.

Secondary Safety Device come Visual Pressure Indicator

When the pressure starts building up inside the cooker, the secondary safety device come visual pressure indicator is pushed up and will rise above the top surface of lid. This indicates that your cooker is under pressure, similarly after cooking is over and the cooker is taken off the heat source, the secondary safety device come visual pressure indicator will drop when the pressure inside the cooker drops to “zero”, giving you a visible indication that you can safely open the cooker.



In the unlikely event of the regulator allowing pressure to reach higher than normal, the secondary safety device come visual pressure indicator will operate by opening up in the center allowing excess pressure to be released. If this occurs, remove from heat immediately to prevent boiling dry.

Note : never put anything other than the “secondary safety device come visual pressure indicator” in this position.

Zero Pressure Device. This device must always be fitted and the grommet clean and undamaged to enable it to seal in the pressure. Its function is to prevent the lid being opened while there is pressure inside the cooker.

It does this by preventing the Open Closed switch being moved under normal force.

Note: The cooker has a design feature which allows a leak in pressure, if the pressure regulator or the secondary safety device fail or is blocked.

In such a case the leak occurs as the internal pressure will push a portion of the gasket out of the slot on the lid rim. Excess pressure will be gently and safely released through the hole on top of the lid. For this function the gasket must be replaced regularly as advised on front cover.

How to maintain your Aluminium Pressure Cooker

To keep your aluminium cooker looking new, please follow the instructions given below:

- Avoid leaving foodstuff in the body overnight.
- After each use, wash with hot soapy water, rinse and dry thoroughly
- To clean the interior of the cooker place a strong solution of water and either cream of tartar, vinegar, lemon juice or apple peeling.
- The interior of an aluminium cooker may become discoloured during use. This is normal and will not affect its operation.
- To clean the lid thoroughly after use, remove the pressure regulator and direct a jet of water onto the hold down cup to remove any trapped food particles.

To clean the **Pressure Regulator**, occasionally soak in hot soapy water. However, clear out all traces of soap before use.

Gasket – After cooking remove the gasket from the lid. Wash and allow to dry. Lightly oil the gasket with vegetable oil periodically. Replace the gasket every 12 months after normal use. Please note gaskets will perish in storage if the cooker is not being used.

Secondary safety device - This can be washed while still in the lid. Check each time before use to ensure there are no additional splits, tears or cracks on the flanges. There should be a X cut only in the centre of the device. Damage to the flanges will cause the device to operate at lower than intended pressure so it must be replaced for effective cooking.

Should the cooker ever boil dry – Always ensure you have sufficient liquid. If you do not the cooker will overheat and the base of the cooker may become distorted. Distortion of the base is not covered by the guarantee.

- **Never use bleach to clean a pressure cooker.**
- **Never use a caustic solution to clean a pressure cooker.**
- **Periodically check handles and if necessary tighten.**
- **Never place in the dishwasher**

Trouble Shooting

ENQUIRY	CAUSE	HELP/ADVICE
Cooker will not come to pressure	Lid gasket leaking. Pressure regulator not clicking into place or loose. Pressure regulator positioned incorrectly.	See "Lid Gasket leaks." See "Excess steam from Pressure regulator". To bring the cooker to pressure, the pressure regulator should always be placed on correctly.
Lid gasket leaks	Dirty gasket or food particles on the rim. Worn or hardened gasket. Damaged body or lid.	Wipe cooker rim and gasket. Replace with new gasket. A gasket should last approximately 12 months with normal use. Ensure careful handling and storage. Lids and bodies cannot be repaired. A new pressure cooker would have to be purchased.
Excess steam from the Pressure regulator	Heat is too high. Regulator is not fully clicked into position. Regulator is loose.	Turn down heat. Make sure the Visual pressure indicator remains up. Click the regulator into position using an oven glove or wait until cooker is cool. Cool, remove lid and tighten.
Secondary safety device come Visual Pressure Indicator does not rise	Lid gasket leaking. Pressure regulator loose. Pressure regulator positioned incorrectly.	See "Lid Gasket Leaks". Check, and clean gently. Check and follow cleaning procedure. Check and tighten.

ENQUIRY	CAUSE	HELP/ADVICE
Secondary safety device come Visual Pressure Indicator falls after rising.	Heat setting reduced too quickly after Indicator rose. Heat setting reduced too far.	Increase heat, wait 10 seconds until indicator rises and reduce heat. Increase heat. Adjust until indicator stays up.
Pressure Regulator ejects steam.	Regulator support blocked and cannot vent correctly.	Cool, clean the regulator vent tube.
Cooker boils dry.	Lid gasket leaking. Vent tube is blocked. Excess steam from pressure regulator. Cooking on too high a heat for too long. Insufficient liquid for the cooking time. Grey secondary safety device come visual pressure indicator has operated without the user being aware and water has boiled away.	Replace gasket. Clean Vent tube. See "Excess steam from pressure regulator." Check cooking times and liquid quantities. Check cooking times and liquid quantities. Check cooking times and liquid quantities. Note: If the base has bulged or warped, this cannot be repaired and is excluded from the Prestige Quality Guarantee.

How to replace the Zero Pressure Device (spare part No.60560)

1. Remove the ZPD from your cooker by pulling it from the inside of the lid.
2. Fix the grommet.
3. Firmly insert the new ZPD from underside of the lid.
4. Ensure that the new ZPD floats freely.

Spares

The following spares are available for purchase on www.prestige.co.uk

Pressure regulator 10PSI	60557
Vent tube/nut assembly	60558
ZPD Assembly for Alu Q&E with Grommet	60560
SS Hold down dup	60559
Lid handle with screws	90212C
Body Handle with Screws	91112
Gasket	57075
Helper Handle with Screw	90310
Secondary Safety Device come Pressure Indicator-Grey Colour	60561
Wire trivet	91700
Aluminium perforated seperator	5-6-M1374

Prestige®

“a unique way of cooking”

The speed and convenience of pressure cooking fits in perfectly with today's busy lifestyles.

Pressure cookers take just one third of conventional cooking time, cutting costs and saving energy. Food tastes better retaining essential nutrients and vitamins.

Please note: All recipes are only suggestions, ingredients maybe altered to suit your tastes. Those who suffer from allergies should ensure that nothing in the recipes enclosed is likely to effect them.

Prawn Chowder

INGREDIENTS

130g/4oz Streaky bacon, chopped
4 Potatoes, cut into 1cm cubes
1 Large onion, finely chopped
2 Teaspoons Curry powder
600ml/1pt Water
230gm/8oz Prawns - fresh, canned and drained or frozen and thawed
600ml/1pt Milk
4 Tbsp Dry sherry (optional)
1 Tbsp Cornflour
Chopped parsley to garnish

PREPARATION

Place the bacon in the open cooker and heat gently until the fat runs from it. Increase the heat and once the bacon begins to brown, add the potatoes and onion.

Fry for 4-6 minutes, then stir in the curry powder. Gradually add the water, stirring constantly. Season with salt and pepper to taste and bring to the boil.

Bring the cooker up to pressure. Cook for 12 minutes, then reduce the pressure quickly.

Add the prawns and cook for 1 minute.

Add the milk and reheat. Thicken with cornflour mixed with water then add the sherry if you choose to.

Venison Casserole

INGREDIENTS

700g/1½lb Diced venison
200ml Red wine
10 Juniper berries, lightly crushed
1 Clove garlic, crushed
Seasoning
2 Teaspoons Oil
6 Rashers of streaky bacon, chopped
2 Onions, finely sliced
150ml Beef stock
2 Tbsp Redcurrant jelly
4 sticks Celery, sliced
230g/8oz Chestnuts, peeled and drained
100g/4oz Button mushrooms, halved
14g/½oz Plain flour
14g/½oz Butter

PREPARATION

Place the venison, wine, juniper berries, garlic and seasoning in a bowl. Stir well, cover and leave to stand for 1-2 hours.

Heat the oil in the open cooker and add the chopped bacon and onion. Cook for 4-6 minutes to brown.

Drain the venison, reserving the marinade. Add the venison to the pan and cook for 4-6 minutes, then add the marinade, stock and redcurrant jelly to the pan.

Bring to pressure and cook for 48 minutes, then reduce the pressure quickly.

Add the celery, chestnuts and mushrooms to the open pan and simmer for 6 to 8 minutes. Blend flour and butter together and add a little at a time.

Bring to the boil once more, stirring until thickened and season to taste.

Bolognaise Sauce

INGREDIENTS

2 Tbsp	Vegetable Oil
130gm/5oz	Bacon Rind & Chopped
	Large onion finely chopped
1	Carrot chopped
230gm/9oz	Minced Beef
2	Cloves of garlic minced
4 Tbsp	Tomato Purée
400g	Tin Chopped Tomatoes
1 Teaspoon	Mixed Herbs
2	Bay Leaves
Salt & Pepper	To Taste
370ml	Brown Stock

PREPARATION

Heat the oil in the open cooker and fry the bacon and vegetables until lightly browned, lift out and drain.

Fry the minced beef in the hot oil until evenly browned. Add the garlic, tomato puree, chopped tomatoes, herbs, bay leaf and stock and stir well.

Close the lid and bring to pressure and cook for 30 minutes. Release the pressure quickly.

Serve with spaghetti and parmesan cheese or use in shepherd's pie and lasagne.

Duck with Walnuts and Port

INGREDIENTS

4	Duck breast fillets
2 Tbsp	Vegetable oil
80g	Walnut halves
	Grated rind and juice of 2 oranges
2 Tbsp	Port or Red wine
300ml/1/2pt	Chicken stock
4 Tbsp	Single cream or yoghurt

PREPARATION

Brown the duck pieces in the heated oil in the open cooker. Drain off the fat. Add walnuts, orange rind and juice, port and stock.

Close the lid, bring to pressure and cook for 7 minutes. Release the pressure quickly.

Place the duck pieces on a warmed serving dish. Reduce the sauce by boiling in the open cooker for 2-3 minutes.

Stir in the cream and pour over the duck to serve.

Vegetable and Coconut Curry

INGREDIENTS

2 Tbsp	Vegetable oil
2	Onions, sliced
2	Cloves garlic, crushed
2cm	Piece of ginger, grated
1 Teaspoon	Garam masala
1 Teaspoon	Ground coriander
1 Teaspoon	Turmeric
1 Teaspoon	Concentrated curry paste
270g/8oz	Sweet potatoes, diced
2	Carrots, sliced
850ml/1 1/2pt	Coconut milk
70ml	Water
1/2	Cauliflower, cut into florets
2	Courgettes, thickly sliced
4	Large tomatoes, skinned and chopped

Season to taste.

PREPARATION

Heat the oil in the open cooker. Add the onions and fry until lightly golden.

Add the garlic, ginger, garam masala, coriander, concentrated curry paste and turmeric. Cook for 2 minutes gently stirring.

Add the sweet potatoes, carrots, coconut milk and water.

Close lid, bring to pressure and cook for 4-6 minutes. Release the pressure quickly.

Add the cauliflower, courgettes, tomatoes and seasoning.

Close lid, bring to pressure and cook for a further 4-6 minutes. Release pressure quickly and serve.

Peaches in Vanilla Sauce

INGREDIENTS

2	Medium peaches
25g/1oz	Sugar
25g/1oz	Vanilla essence
75ml	Water
75ml	Cider or white wine
1/2 Tbsp	Cornflour
75ml	Single cream

PREPARATION

Skin the peaches by plunging them into boiling water for 1-2 minutes. Halve and stone them. Arrange the peaches in the pressure cooker and sprinkle them with sugar.

Add the vanilla essence, water and cider or wine. Bring to pressure and cook for 3 minutes, then reduce the pressure.

Arrange the peaches on a serving dish. Mix the cornflour with a little cold water to form a smooth paste and add it to the liquor in the pressure cooker.

Bring to the boil, stirring well. Just before serving, stir the cream in the hot (not boiling) sauce and pour over the peaches.

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**For more information, visit us at:
www.prestige.co.uk**