metalac

use and care instructions FOR PRESSURE COOKER

Dear Customer,

With your new pressure cooker you will enjoy quick, easy and safe preparation of food. Your meals will be healthy and taste better and with shorter cooking time you will save energy.

Each pressure cooker is supplied with a Warranty Certificate, valid only if duly filled in and stamped by the vendor in the moment of purchase. Keep the Certificate as a proof in case of any claims.

To keep the guarantee valid, use your pressure cooker following the Use and Care Instructions. Any improper use, not respecting the instructions for use and maintenance, will make this guarantee invalid.

This guarantee does not cover wearing parts like silicon gaskets and gaskets for valves.

In case you do not have much experience with pressure cookers, before any use always carefully read the instructions for use and keep them in case you may have any doubts.

Sincerely yours,

Metalac

IMPORTANT NOTES

Read the instructions carefully before use

• During use, keep pressure cooker out of reach of children. • Use pressure cooker only for purposes described in the instruction manual. • Never put the pressure cooker into hot oven, you could damage plastic and rubber elements as well as safety devices. • Do not touch metal surfaces, use handles. If needed use protection gloves. • Pressure cooker is designed only for use on cook tops as described in the instruction manual. • Before each use of pressure cooker check if safety systems are in proper condition, without damages and clean. See instruction manual. • Set up safety systems only as shown in the instruction manual. • Use only original spare parts to guarantee functioning and safety of the pressure cooker. • Pressure cooker is designed for safe cooking under pressure. Before you start heating, check if the cooker is correctly closed. See instruction manual. • When under pressure, carefully move the pressure cooker. • Before opening, always remove pressure cooker from the cook top. • Do not force to open the pressure cooker and/or before you make sure pressure inside the cooker completely released (all steam has come out the valve). See instruction manual. • Make sure to replace wearing parts of your pressure cooker regularly. It is recommended to replace sealing ring at least once a year. Replace all parts that became dark or change colour, show cracks or other damages, with new ones. • Never use pressure cooker without any liquid (by overheating) you may damage safety and sealing elements, as well as cooker bottom that accumulates heat. Make sure always to observe the following rules on quantity of liquid:
Minimum: 400 cl of liquid
Maximum: 2/3 full capacity
Never fill the pressure cooker more than 1/2 full when you cook ex. rice or dried vegetables that expand when cooked. • Consider that cooking times given in this manual count from the moment the work pressure has been reached (work valve activated). • Once work valve is active, bring heating to minimum, heat accumulated in the cooker bottom is sufficient. • At quick steam release, for your safety point steam to come out opposite from where you are standing. • Once you are sure all steam has come out, before opening the pressure cooker, shake it lightly to make all food fall from the lid and its elements. • Keep all safety systems in good condition, observing instructions given in the manual.

When the pressure is on to eat right, you can't cook healthier, tastier, or faster than the food prepared in a pressure cooker. Pressure cooking is 3 to 10 times faster as compared to conventional cooking methods.

ADVANTAGES OF COOKING IN PRESSURE COOKER

VITAMINS
To keep most of nutrients food needs to be cooked with as little water as possible and rapidly because many vitamins are sensitive to heat, air and water.

METHOD
The super-heated steam produced by high temperatures inside a pressure cooker makes the food cook quickly and intensifies natural flavours. Pressure cooking creates an airless environment that retains more nutrients than other cooking methods.

QUICKER
Using pressure cooker time you spend in preparing food is up to 70% shorter.

EASIER AND CLEANER
Food preparation in pressure cooker is simple: put ingredients into the cooker, close the lid and you are ready to cook tasty meal. Pressure cooker is sealed so contents can't come out.

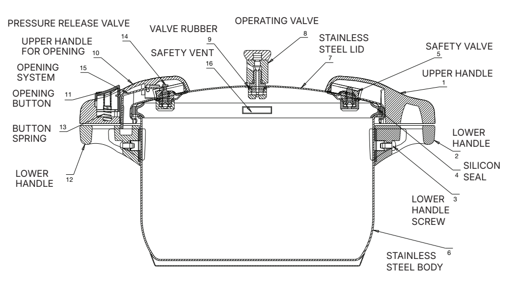
ENERGY SAVING
Faster cooking means lower energy consumption. Moreover, pressure cooker has heat distributing bottom that absorbs and spread the heat evenly. The cooker is heated only until work temperature is reached, then heating is brought to minimum. This means important energy saving.

SAFER
The pressure cooker has been designed according to highest safety standards, with four systems of protection:
- Work valve – No.8
- Pressure release valve – No.14
- Safety valve – No.5
- Safety vent (vent for rubber on lid side) – No.1

HEALTHIER
Due to shorter cooking time, less water and fat, airless environment (no oxygen present) more vitamins and minerals are preserved than with traditional cooking methods.

TASTIER
The food cooked quickly tastes better as natural flavours intensify.

PRESSURE COOKER PARTS



ADVANTAGES

The pressure cooker is designed for rapid cooking of tasty meals and your better performance in the kitchen

1. **Made from high quality stainless steel 18/10, easy to clean and maintain, with practically eternal lifetime.**
2. **Heat distributing bottom thick 8 mm that absorbs and spreads the heat evenly**
3. **Ergonomic handles provide comfortable and safe handling.**
4. **Operating valve – release valve (activated - lifted as the pressure in the cooker reaches certain point), relevantly positioned in the centre of the lid dome.**
5. **Multiple safety** – the pressure cooker has four protection systems providing safe and quick cooking:

a) Pressure release valve (No.14) prevents excess of (maximum work) pressure inside the cooker, as prescribed by international regulations. The valve is incorporated in the pressure release system (under the handle with button) – self-cleaning functional/release valve – each time button is pressed and lid closed or opened, functional/release valve is activated – it is therefore working constantly (can't get blocked by food residues)..

b) Operating valve (No.8) – works by weight, positioned in the centre of the lid and releases excessive vapour when maximum temperature and cooking pressure have been reached. As vapour starts coming out, it jumps and whistles through lateral holes, the cooking process initiates and from that moment cooking time is measured.

c) Safety valve (No.5) - engaged in case the work valve and the release valve fail to function. Should this happen, this valve provides excess pressure release through side vents of the heat absorbing device.

d) Safety vent (on the side of the lid) (No. 16) – in worst case when all other valves fail to react, the pressure in the cooker will increase to a certain point (p = 3bar) and the pressure moves the silicon gasket downwards opening the safety vent and releases excessive vapour. For maximum personal safety the safety vent should always be pointed in opposite direction of the user.

6. Opening and closing of the pressure cooker:

a) Safe closing of the pressure cooker the pressure cooker lid closes by means of a bayonet (wings on the cooker body and bended parts on the lid) which is actually considered to be the safest system in the market.

b) Safety opening system - prevents opening of the cooker until the release vent is activated to release the pressure inside the cooker.

HOW THE PRESSURE COOKER WORKS

Pressure cooker operating principle is simple – when water (or any liquid) boils, it produces steam. Pressure builds inside sealed cooker and cooking temperatures increases significantly . The super-heated steam created by higher and higher temperatures results in high-speed cooking, retaining more nutrients. All excess pressure will come out the valve (so it is of utmost importance to keep all safety systems in perfect condition). This method requires certain amount of liquid in the cooker.

When the steam is not allowed to escape, pressure builds inside the cooker and as it reaches 1.3 bar the operating valve reacts in order to maintain the pressure during cooking. Once work valve is active you should reduce heating, to avoid overheating and excess pressure inside the pot. Few drops of water from condensation may be present as the operating valve starts (Picture 1)

Should heating not be reduced, pressure inside the cooker will increase up to 2 bar - 2.2 bar when pressure release / safety valves open and all steam excess comes out (Picture 2). In this case, if heating is not reduced, all liquid inside the cooker may evaporate, causing damages to cooker bottom, gaskets and safety systems.

If no valve is in function, pressure will grow up to 3 – 3.5 bar, then silicon seal will come out the safety vent on the lid side and all excess pressure will be released (Picture 3).

In any case check condition of all safety elements before each use.

Make sure you always observe maximum work capacity of pressure cooker. Never fill the pressure cooker over 2/3 full (example: for 9 litre nominal cooker capacity this will be 6 litres). For foods which expand or foam when cooked never fill the pressure cooker more than 1/2 full (4.5 litres). This way you will prevent valves to be clogged with food.

On the other hand, minimum liquid quantity needed in the cooker is 400 ml being sufficient for about 20 minute cooking.

It is suggested to make pressure cooker test drive to see how it works. If your recipe needs more time, adjust quantity of liquid accordingly.

When you finish cooking no need waiting for the cooker to cool but pressing the button on the handle (No. 11) release the steam and open the lid.

picture 1 picture 2 picture 3

USE AND CARE

First use
Before first use wash the cooker and the lid with hot water. We recommend boiling together some fruit vinegar and water (1:3) in the cooker for several minutes to be sure all impurities are eliminated. Throw the contents away and wash the cooker again.

picture 4

Opening Pressure Cooker
Press the button for opening on the upper handle and turn the lid counter clockwise until the marks on the lid (arrow) and on the handle (line) match, and lift the lid **(Picture 4)**

Closing Pressure Cooker
Put the lid on the cooker (upper handle with button and lower handle with slot on the same side) and press lightly after matching the marks on the lid (arrow) and the handle (line). Then turn the lid clockwise until upper and lower handle in line. A "click" sound means the lid closed correctly. Your cooker is ready. **(Picture 5)**

picture 5

QUANTITIES TO BE RESPECTED

MAXIMUM FILL – never fill pressure cooker over 2/3 full, empty space is needed to produce pressure. For foods which expand or foam (rice, dried vegetables) when cooking never fill the pressure cooker more than 1/2 full, avoiding pressure and safety systems to clog.

MINIMUM LIQUID – amount of liquid has to be minimum 400 ml. Never cook without liquid you could damage the cooker and the hob.

Start Cooking
Once you closed the pressure cooker following the instructions, place it on the heat source (cook top) set to maximum.

When you cook over the open flame, see that the flame covers only the cooker bottom (not coming up the cooker walls). This way you save gas, avoid oxidation of polished cooker external surface and damage to handles.

When you cook on the electric cook top its diameter should correspond to pressure cooker bottom diameter, this way you save energy. Better choose smaller than bigger hob diameter respect to the cooker bottom diameter.

Ready to Serve
When cooking time is up, remove the pressure cooker from the stove and open the pressure cooker either

- waiting for cooker to cool down, from time to time moving the operating valve to release excessive vapour. When you are sure all steam has come out, press the button on the handle, turn the lid counter clockwise (matching the arrow on the lid and line on the lower handle) and your cooker is open.

or

- press the button to activate the work valve and release excess steam. When you are sure all steam has come out, press the button on the handle, turn the lid counter clockwise (matching the arrow on the lid and line on the lower handle) and your cooker is open.

Notes :
Don't go for the second option if you cook food that produces foam

Before removing the lid shake the cooker a bit to avoid possible sputtering of steam bubbles.

Never open the pressure cooker suddenly

Cleaning and Maintenance
Strictly observe the instructions given in the manual for assembly, disassembly and cleaning of the safety device.

Carefully inspect your pressure cooker before each use. The cooker should be clean outside and inside, without food particles or residues on the cooker or lid rim. There must be no signs of bending, cavities or any damages to the cooker or lid rim. Take out and inspect silicon seal. The seal has to be in good condition showing no cracks, wear or quality / hardness change. Replace the seal ring at first signs of deterioration.

Rubber seal lifetime depends on frequency of use, and should be replaced every 6-12 months.

Inspect also the valves before each use. Check-up performed by slight pressing (with some sharp object) the valve needle (this goes for release and safety valve 1), and the opening on the work valve must not be clogged. From time to time check the handles and tighten the screws if needed.

Pressure cooker lid wash manually, do not use abrasive means or wire scrub. Silicon seal and operating valve are better washed if taken out. Do not wash the pressure cooker lid in a dishwasher as aggressive detergent may damage the rubber seals and clog the valves.

It is recommended to wash the lid immediately after each use, with warm running water, pushing the valve needle to let water pass through the valve. This way you will make sure valves are clean from food residues that could harden and clog the valve. Time ćete biti sigurni da ste očistili ventile od ostataka hrane, ne dozvolivši da se hrana spekne i začepi ventil.

Do not keep the food in the pressure cooker. Wash the pressure cooker after each use to prevent damages from salts and acids coming from the food (white stains on the inside surface). When not in use, keep the pressure cooker open or with lid turned upside down, to let the cooker ventilate till next use.

Lid Disassembly
No need to disassemble and clean all lid parts and valves each time you use the pressure cooker, do it only when food may have disturbed its functioning.

If that happens, fist disassemble bakelite components unscrewing upper handles (screws on the inside of the lid), then unscrew a clogged valve, taking care on which side is the rubber ring. Wash each part with mild detergent, rinse thoroughly with warm water and re-assemble in opposite order.

How to keep the pressure cooker
After you washed and well dried the cooker, keep it open. Turn the lid upside down so that the seal ring dries well. If you notice any defects do not use the pressure cooker.

In case of any damages, the component should be immediately replaced with new one. All parts of the pressure cooker are in conformity with EN 12778 standard requirements. Rinse well and if needed, disassemble and clean thoroughly the valves after preparing food that creates foam, expand or contains much grease, or should the food burn.

Spare parts and service
Pressure pot components, although of top quality, are subject to wear and tear and should be regularly replaced. Of course it depends on how frequently the pressure cooker is used. It is highly recommended to replace the silicon ring at least once a year, and the valve every two years. Always use original Metalac parts.

All parts that are replaceable – valves, silicon / rubber seals, bakelite elements – can be purchased in »Metalac Market« shops and there is a customer service in our company as well, should your pressure cooker need a repair. Table with photos of spare parts and their identification and QR codes is shown on the last page of this instruction.

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Problem	Possible Cause	Solution
Few drops appear at the beginning of cooking	Normal, consequence from condense	
Operating/release valve does not react	Opening system is not in rear position / release valve open	Close the lid to hear a „click" of the button
	Work valve or seal are damaged or not clean	Clean or replace these parts
	Lid not closed well	Close the lid carefully
	Cooker is not on adequate hob size	Put pressure cooker to adequate hob size.
	Temperature not set to highest grade	Set temperature to the highest grade
At beginning of cooking steam does not come out	Not enough liquid in the cooker	Replace or clean the gasket
Steam comes out between cooker body and lid	Seal ring not set well	Set the seal ring correctly
	Seal ring damaged or not clean	Clean or replace seal ring
	Lid not closed well	Close the lid carefully
Steam comes out from vents on the upper bakelite handles before work valve is activated	Gasket on the safety / release valve is rigid, damaged, deformed or dirty	Replace or clean the gasket
	Safety / release valve damaged or dirty	Disassemble the safety / release valve, clean it or replace it
	Safety / release valve not tighten	Tighten the safety / release valve
	Opening system not in rear position /release valve open	Close lid to hear the button „click" then you are sure lid is closed well.
Steam comes out around the valve before operating valve	Seal ring on the valve is rigid, damaged, deformed or dirty.	Clean or replace seal ring
	Operating valve is damaged or dirty or not tightened well	Clean or replace operating valve. Tighten operating valve

COOKING TIME

Cooking time are show as a recommendation and refer to 4 servings. Start measuring the time when certain pressure is reached in the pressure cooker and when you lower the heating temperature. The times given below should be considered as orientation. Real cooking time depends on your preferences, do you like it medium or well done, as well as on the size and freshness of the food. Main cooking times are also shown on the pressure cooker handle.

BROTHS & SOUPS

Chicken broth (depends on chicken size/weight)	10 - 15 min
Beef broth (depends on quantity of meat)	15 - 20 min
Rice soup	4 - 6 min
Vegetable soup	4 - 8 min
Fish soup	5 - 7 min
Tomato soup with rice	6 - 8 min

VEGETABLES

		Beet	5 - 7 min
Cabbage	4 - 5 min	Chickpeas	20 min
Cauliflower	4 - 6 min	Peas	3 - 4 min
Mushrooms	6 - 8 min	Carrots	5 - 6 min
Lentils	15 min	Stuffed paprika	6 - 8 min
Spinach	4 min	Potato (with peal)	8 - 10 min
Green beans	3 - 4 min	Roasted potatoes	5 - 7 min

MEAT

Chicken	10 - 12 min		
Beef	20 - 22 min	Stew	15 - 20 min
Meat balls	10 - 12 min	Pork leg	25 - 30 min
Lamb	20 - 25 min	Pork	20 - 25 min
Rabbit	10 - 12 min	Ribs	10 - 12 min

FISH

Fish stew	10 min
Trout	3 min
Cod	4 - 6 min
Squid	10 min
Octopus	30 min

PASTA AND RICE

Rice with chicken	6 - 7 min
Macaroni and cheese	5 - 6 min
Spaghetti	4 - 5 min

SPARE PARTS