metalac LUNCH ON TOUCH

Thank you for choosing the Pressure Cooker. Before using your Pressure Cooker please read these instructions carefully and save them for future reference. Also please remember to pass on these instructions to others.

With Pressure Cooker cooking is faster and easier. Meals are healthier and more delicious, cooking time is shorter and saves energy.

Each Pressure Cooker is sold with a Warranty Card that needs to be filled in and stamped at the place of purchase to become valid. please keep the Warranty Card for any future claims.

Moreover, the Warranty is valid only if the Pressure Cooker is used exclusively for the purpose for which it is intended, for domestic purposes. In case of improper use without following Use and Care instructions the Warranty becomes null and void.

Read and keep the silicon gasket spares and valve seals are not covered by the warranty.

Please keep the Use and Care Instructions to refer to in case of any doubts.

Sincerely,
Your Metalac

PRODUCT FEATURES

3 LEVELS OF PROTECTION

1. Clean hand cooking system
2. Pressure control valve
3. Pressure control valve
4. Safety valve

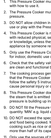
5. Inset restaurant pot handles
6. Lid handle
7. Heat accumulation bottom

SAFETY CAUTIONS

Please read this information very carefully.

Pressure cooker is a pressure vessel and it is important that you adhere to safety and injury prevention and avoiding the damages. The Pressure Cooker should only be used for the purpose for which it is intended, for domestic use only.

Observe the safety and warning symbols!



Remove all packaging, labels and stickers before using your Pressure Cooker for the first time.

Failure to follow the safety and precautionary rules may cause injury and property damage. Incorrect handling may cause damage to the product and injuries due to malfunctioning, improper use of accessories and improper use of the product.

1. This Pressure Cooker must not be used by any persons who are not familiar with its operation.
2. The Pressure Cooker must never be left unattended when it is under pressure.
3. DO NOT allow children in the vicinity of the Pressure Cooker when it is in use. Do not let children play with the Pressure Cooker.
4. The Pressure Cooker is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning operation by someone responsible for their safety.
5. Only use the Pressure Cooker for its intended purpose of pressure cooking, as described in this manual.
6. Do not fill, add ingredients, the pressure control valve and the sealing ring, remove and tamper with the safety devices during operation.
7. The cooking process generates pressure and temperature. Ensure that the Pressure Cooker is correctly sealed before use and to heat and cool down the Pressure Cooker gradually. Do not open the Pressure Cooker by force or attempt to force open a damaged or the Pressure Cooker.
8. This Pressure Cooker does not feature a pressure indicator. Please observe the pressure control valve to see if it is operating properly. Do not use if the pressure is building up inside the cooking pot.
9. DO NOT fill the Pressure Cooker below the specified minimum filling quantity. Do not exceed the maximum filling quantity.
10. DO NOT exceed the specified maximum filling quantity when cooking a liquid and food being cooked. When cooking food stuffs which expand during cooking such as rice, pulses, dehydrated vegetables, fruit, pasta, meat and poultry do not fill more than half of the cooking pot.
11. Only use the sources of heat that are specified in the instructions for operation. Place the Pressure Cooker on a stable, level, dry, heat resistant surface. Do not place the Pressure Cooker on a gas hob unless the flame is adjusted so that it does not extend up the sides of the pan. Sticking pans on ceramic hobs may damage the hob. Do not place the Pressure Cooker on a hot hob or heat it up when it is over the hob. Do not place with a steel plate between the hob and the base to avoid food ejection.
12. DO NOT put the lid of the Pressure Cooker (or any parts of the lid) in the oven or microwave oven.
13. Only use genuine spare parts.
14. Always check the Pressure Cooker for damage before use. If a spare or repair is required, it has been damaged, dropped or becomes faulty, do not use the Pressure Cooker and return it to an authorised service centre.
15. Never use the Pressure Cooker for any other purpose.
16. Never leave full unattended. Never place flammable materials near the Pressure Cooker.
17. Never use your Pressure Cooker without adding water or liquid, this would damage it.
18. Food should never be dry cooked. Always fill your cooking pot with enough liquid to last the entire cooking time. Do not let the cooking pot boil dry. Do not let the liquid boil away. Do not let the food stick to the cooking pot. Do not let food hob stick off the hob and lower and it has cooled down.

FOOD BEFORE FIRST USE

- Clean the cooking pot and lid with soapy water and dry thoroughly before first use.
- Any white marks that appear on the bottom of the cooking pot after first use are caused by very high mineral content in the water. These marks are not a sign of a defective product and do not affect the performance of the product. Use a steel scouring pads for cleaning. This also applies to the outer stainless steel cooking pot.
- Pressure Cooker has been tested under pressure before it left the factory and may be moved freely.
- Cooking pot and lid are made only for use in the intended purpose of pressure cooking. Do not use them for any other purpose or in other ways.
- Always monitor the Pressure Cooker when heating it on the highest setting.
- Never use metal utensils in the cooking pot, as they may damage the non-stick layer.
- Never touch the hot outer surface of the Pressure Cooker during the cooking process as you may get scalded.
- If the Pressure Cooker is still hot, it could may be jolted up and moved with the pressure control valve and safety valve.
- Do not place the Pressure Cooker in the oven or under the grill or near heat source the Pressure Cooker.
- Never exceed the maximum filling quantity scale inside the pot.
- No food that will expand in size during cooking, for example, rice, pulses, etc. Fill no more than half (1/2) full. Pressure partially cook this food first with the Pressure Cooker open and then finish cooking with the lid closed.
- Cooking is faster and uses less energy. Food retains more nutrients and vitamins. Food retains its natural taste and colour. Food is more tender and juicier. It means that take a long time to cook, and between 30% and 40% less energy is used than in other cookers.
- Pressure cooking is ideal for preparing tender meat and poultry, stews and soups. If you take care of your Pressure Cooker, it will make cooking a pleasure and last for many years. Before using for the first time, please read these instructions for safe and efficient cooking.

PARTS AND FUNCTIONS

Pressure Control Valve

The pressure control valve is used to adjust the cooking pressure.
The valve automatically maintains the pressure and temperature at the required level.
- Position 1 - For quick cooking (95 kPa)
- Position 2 - For normal cooking (70 kPa)
- Position 3 - For steaming and cooking (0 kPa)
- Position 0 - For removing and cleaning the valve.

Maximum permitted pressure is 95 kPa. Do not force the valve beyond this position.

Red Safety Valve

1. While the pressure builds up in the cooking pot, the red safety valve becomes visible and the cooking pot is ready for pressure cooking. Pressure cooking time starts. The safety valve, for example, the cooking pot is no longer under pressure and can be opened. If the red safety valve does not rise, the cooking pot is not ready for pressure cooking. Ensure that the pressure cooker is correctly sealed and the pressure control valve is in the correct position.
2. The Pressure Cooker is opened and closed simply by pressing the appropriate open button or close button. Pressure is released by the pressure control valve and pressure is released. Wait until the red safety valve has drops down to the

The Safety Window

The safety window in the lid is another safety element. If there is excess pressure inside the cooking pot, the sealing ring pressure outwards through this window and the cooking process stops.

Lid with Sealing Ring

Sealing rings are subject to wear and may need to be replaced every year or two. Important: Only use genuine sealing rings.

Heat Resistant Handles on the Cooking Pot

Stainless steel handle

Aluminium

The bottom consists of:

Stainless steel 18/10

Aluminium

Stainless steel 18/0

The Pressure Cooker is suitable for all types of hob.

PRESSURE COOKING IN DETAIL

SETTING THE PRESSURE COOKING VALVE

1. POSITION 0
Cleaning and storage

2. POSITION 2:
Normal cooking

PRESSURE COOKING REALLY IS THE EASY...

1. Use the pressure control valve to select the required pressure level:
1= For gradual cooking
2= For quick cooking

2. Set the hob to the highest setting:
Place the Pressure Cooker on the hob and place the appropriate heat on the appropriate hob. Do not let the flame lick up the sides of the pan. Sticking pans on ceramic hobs may damage the hob. Do not place the Pressure Cooker on a hot hob or heat it up when it is over the hob. Do not place with a steel plate between the hob and the base to avoid food ejection.

WARNING! The escaping steam is very hot - protect yourself against burns and scalds. Do not place your face or hands over the steam vent.

3. Open the pressure cooker: Turn the pressure cooker clockwise to open the Pressure Cooker. The lid can be removed. **WARNING!** Never force the lid open. Do not force open a damaged or the Pressure Cooker.

4. Place the Pressure Cooker back onto the hob: Place the pressure cooker back onto the hob and place the appropriate heat. Do not let the flame lick up the sides of the pan. Sticking pans on ceramic hobs may damage the hob.

5. Stop pressure release: Turn the pressure control valve to the position 0. Do not change directly from position 2 to position 1. Instead, change first from position 2 to position 0 and then to position 1. Pressure cooking time starts and you can now prepare food. Turn down the heat to a low setting.

WARNING! The escaping steam is very hot. The steam escapes upwards. Please keep your face and hands away from the steam vent. Do not place your face over the pressure release valve. Do not place your face over the pressure cooker. Do not touch the red safety valve. Do not touch the hot pressure cooker.

6. Open the pressure cooker: Open the pressure cooker after the pressure has been released. Turn the pressure cooker anti-clockwise to open the Pressure Cooker. Remove the lid and place it on the cooking pot. Take the lid off the pressure cooker. Take the lid off the pressure cooker. Take the lid off the pressure cooker

PULSES

Dried beans, peas and lentils are cooked at the highest pressure then usually allowed to stand until the pressure releases naturally from the cooker. Pulses should be cooked in plenty of boiling water for about 1 hour. Adding a little oil to the water will help avoiding pulses will reduce their cooking time by 5 to 10 minutes, depending on the variety. Remember that pulses expand during cooking, so don't overfill the pressure cooker. Pulses should be cooked with a pinch of bicarbonate of soda, a teaspoon of sulfur or vegetable oil for every half cup of pulses to prevent foaming. Don't add salt as this will make the pulses hard. The cooking times chart above provides approximate cooking times for various pulses and pulse combinations. Tenderness after cooking will vary according age and moisture content. Although pulses stored well for lengthy periods, they do dry out over time. It's best to buy pulses from a store that sells a lot of them, so that the pulses, as they overnight, share the flavors in portion sizes ready for pressure cooking.

Pulses	Minutes	Position
White beans	30	2
Chickpeas	40	2
Lentils	20 - 25	2

HINTS AND TIPS

- Store the Pressure Cooker with the lid off to let air circulate.
- For sticky foods or when preparing rice, You can always check your food and then leave it to cook a little longer.
- Cooking liquid doesn't have to be plain water alternatives are milk, tomato sauce, wine, or broth.
- Cutting similar foods like meat or vegetables into evenly sized pieces will ensure they cook at the same speed.
- Deep fat frying tends to intensify the flavour of herbs, savoury, garlic and onion. Use less than normally if adding to a pressure cooker, or add after pressure has been released.
- Fill water only the first few cooking times to start. The energy supply is not needed for the source of heat is the highest energy.
- If the cooking time is too short, the food is not done, steam is escaping from the valve or the sealing. You can check the food is done, steam is escaping from the valve. Otherwise, check the following:
- The seal is not sealing properly, sealing enough, if not, increase it. - Check that the amount of liquid in the cooking pot is sufficient. - Check that the pressure control valve is not set to inadequate position. - Check that the Pressure Cooker is not overfilled. - Check that the washer ring in the edge of the cooking pot is not damaged.
- If the safety valve has lifted and no steam is escaping from the pressure control valve, the safety valve is blocked. Remove the pressure control valve and clean the steam. Open the cooking pot. Clean the pressure control valve and the safety valve.
- If the steam around the lid dissipates, check the following - Check that the lid is closed. - Check that the sealing ring is inserted correctly. - Check the condition of the sealing ring (and replace it if necessary). - Check that the lid, safety valve and pressure control valve are clean. - Check that the edge of the cooking pot is in a good condition.
- If the lid will not open - Check that the safety valve is fully lowered. If not, release the pressure and clean the safety valve and the steam vent.
- If the food is not cooked or is burnt, check the following: - Check the cooking time. Too short or too long! - Check the power of the source of heat. - Check that the pressure control valve is set to the correct position. - Check that the
- If the handles on the cooking pot are loose, - Tighten the screws with a screwdriver.

FREQUENTLY ASKED QUESTIONS

Why does the pressure indicator keep dropping during cooking?
Answer: The heat may be too low because the heat slightly until the indicator rises and stays there.
Why is the Pressure Cooker not getting to pressure?
Answer: The lid may not be fitted correctly or the seal may be loose or worn. Remove from the heat and, taking care to avoid burns, check the lid is locked on correctly and the sealing ring is in place and in good order. Check the seal (liable the lid has not jammed or been damaged. If it has, call
Why lots of steam is pouring out of the lid and food is escaping too?
Answer: Remove the Pressure Cooker from the heat and, taking care to avoid burns open the lid. Make sure the indicator has dropped fully before removing the lid.
Why food is spitting from the pressure valve and there's lots of steam?
Answer: Check the valve is not blocked. If it is, remove the valve and clean it. Check, if there's still a problem, take the pot off the heat, allow the pressure to drop, remove the lid and take out some food.
Why food is not cooked properly in the Pressure Cooker?
Answer: Soak the cooking pot for some time before you mean it out. Do not use any alkaline or chlorinated detergents.
What type of cooking utensils are recommend when should I do?
Answer: Switch off the source of heat. Allow the Pressure Cooker to cool. Open the Pressure Cooker. Check and clean the pressure control valve, the safety valve and the steam vent. Check the condition of the sealing ring. Check that the correct amount of liquid is added - the Pressure Cooker must never be allowed to cook without liquid. Check that the pressure control valve is set to the correct position. relative instructions in these instructions for use. Different cooking times depend on the quality and quantity of the ingredients, the required degree of cooking. Over time, you will gain enough experience to know exactly how long to cook various foods. Frozen food does not need to be defrosted in advance. All you need to do is add a little more time to the recipe.
What is the best way to cook soups and stews with roasted meat?
Answer: If the cooking times for the ingredients are not too different (e.g. meat and potatoes), you can cook all the ingredients at the same time. Cut the meat into cubes. If the cooking times are very different, interrupt the cooking process for the meat and add the vegetables for the last few minutes. The meat and vegetables will then be cooked to the same degree. Remove the meat from the cooking pot and place it on a plate. Remove the foam are particular noted with the cooking pot open. Foam skim off the foam before you close the lid. At the end, allow the steam to release slowly or the Pressure Cooker to cool.

RECYCLING

The packaging is made of recyclable materials. Please dispose of these materials in an environmentally friendly way. Place in the appropriate recycling containers Before disposal separate and classify the parts and dispose for recycling in accordance with local regulations.
Refrient European Norm: 2316/88/EC
Applied norm: EN0775

IMPORTANT! SERVICE AND SPARE PARTS
If you are replacing parts, then only GENUINE spare parts should be used. Your Pressure Cooker are permitted to be used. If a repair is required, please contact our Customer Service centre at 00281 33 404040 or by e-mail info@greenenergy.co.ke. Repairs or any other jobs performed by authorised persons.

Minister, uses GREEN ENERGY and therefore is committed to environmental protection, awareness and healthier future for generations to come.