

SALTER



5 Litre Pressure Cooker

Practical and stylish design, suitable for everyday use

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SALTER

5 Litre Pressure Cooker

Practical and stylish design, suitable for everyday use

"I can cook tasty meals with my Salter pressure cooker..."

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Please read all of the instructions carefully before use and retain for future reference.

Safety Instructions

This appliance is suitable for use on gas, electric solid hobs, halogen and radiant ring hobs.

This appliance is not suitable for use on induction hobs, in a domestic oven or microwave, for shallow or deep fat frying, under the grill or on an open fire or barbecue.

This appliance cooks under pressure. Scalds may result from inappropriate use.

This product is not a toy.

Do not tamper with any of the safety systems beyond the maintenance instructions specified in the 'Instructions for Use' section.

Do not use the appliance for anything other than its intended purpose - See 'Instructions for Use' section.

Do not allow the handles of the appliance to overlap adjacent hob rings or the edge of the hob, as this can result in injury or damage.

Do not use metal kitchen utensils with the appliance as they can damage the surface of the appliance. It is recommended that plastic, wooden or silicone utensils should be used.

Before each use, always check that the valves and other parts are not obstructed.

Always check that the lid of the appliance is properly closed and that the lid and body handles are aligned before use.

Always carry the appliance using both handles and move the appliance using extreme caution when moving the appliance during cooking.

Always use heat-resistant oven gloves when handling the appliance during use to prevent injury.

For optimum energy efficiency and even heat distribution, do not place the appliance on hob rings larger than its base size or allow flames to overlap the sides of the appliance.

Ceramic style hobs such as halogen can be easily scratched when moving cookware. To minimize damage to the hob, lift and place the appliance onto the hob rather than dragging it across the hob surface.

Never leave the appliance unattended whilst in use and ensure that the kitchen is well ventilated.

Never force the appliance lid open. Do not open before making sure that the internal pressure has completely dropped and the appliance has cooled fully.

Never use the appliance without adding water as this could seriously damage the appliance.

Steam is required to cook food in the appliance. Therefore the liquid used must produce steam, such as water, stock, milk etc. Never use oil or melted fat.

Never fill the appliance with water beyond $\frac{2}{3}$ of its capacity. For foods that expand like porridge, dehydrated foods or rice, never fill the pan more than $\frac{1}{2}$ full. Always use extreme caution when cooking expansive foods or foaming foods e.g. apple juice, cornmeal.

Never cook dumplings under pressure, with the lid on. The dough can block the safety devices. It is recommended to cook dumplings in the stew once the stew is being cooked with the lid off. When cooking doughy food, to avoid 'food ejection,' gently shake the appliance before opening the lid. Never use containers in the pan with fitted lids. The lids can blow off when the food expands.

If foil or greaseproof paper is required to cover food e.g. rag puddings, they must be properly wrapped and tied in place otherwise they may come loose and the safety valve which prevents the build-up of excessive pressure may become blocked.

To avoid a scald injury, after cooking any meat with a skin e.g. ox tongue, which can swell under pressure, do not prick the meat while the skin is still swollen.

If the appliance boils dry, switch off the heat immediately and leave to cool before moving.

Only use manufacturer's spare parts in accordance with the relevant model. In particular, use a body and lid from the same manufacturer indicated as being compatible.



Caution: Hot Surface.

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Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and store for future reference.

In the Box

Aluminium Pressure Cooker

Pressure Cooker Lid

Stainless Steel Steamer Basket

Instruction Manual

Features

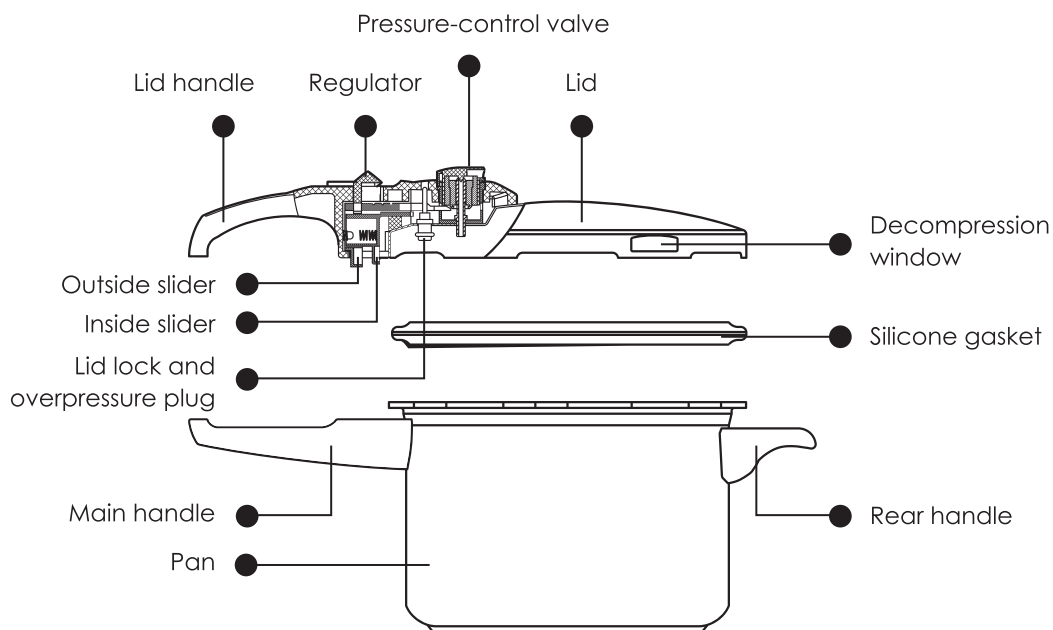
Aluminium body

Black phenolic handle

2 pressure settings: 50 and 80 kPa

20 cm diameter (Approximate dimensions are internal)

Description of Parts



Safety Features

Pressure control valve: This valve will ensure that the internal pressure is a fixed value and the excess pressure will be released out.

Lock function: If the lid is not closed securely, the Pressure Cooker's internal pressure will not reach more than 4 kPa. If the pressure is more than 4 kPa, the lid and pan will be locked together.

Overpressure plug function: If the pressure is more than the overpressure plug's working pressure, it will be open for releasing and the pressure will drop quickly.

Decompression window: If the internal pressure is more than the decompression pressure, the silicone gasket will be pushed out and the pressure will drop quickly.

Clog-proof filter: The filter is fixed under the vent-pipe. This will prevent clogging.

Lock pin: This ensures that the Pressure Cooker's internal pressure will not reach more than 4 kPa when the lid is not closed properly and the internal pressure will not be less than atmospheric pressure when you open the lid.

Quick-release and open-lid regulator: This controls the releasing volume of pressure freely. If the internal pressure is reduced and the lid lock drops down, users can open the lid.

Instructions for Use

Before First Use

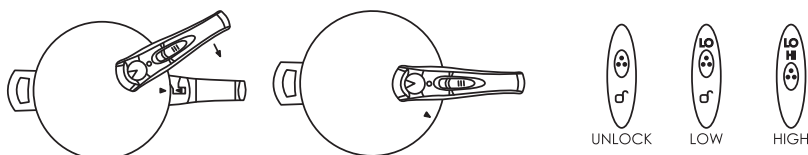
Before using the Pressure Cooker for the first time, remove all of the packaging and wash it in warm, soapy water with a mild detergent and a soft cloth, then dry thoroughly.

Remove the silicone gasket from the underside of the lid and stretch it in all directions. Rub the silicone gasket with a little vegetable oil to lubricate it and then replace it on the lid.

Using your Pressure Cooker

Check that all of the parts are correctly assembled and are totally free from blockages. Place the food to be cooked inside the Pressure Cooker and add the required amount of water or stock.

Once the food and liquid have been added to the Pressure Cooker, close the lid firmly and align the triangle mark on the lid with the centre of the lower pan handle. Turn the lid clockwise until it locks into position and so that the lid handle is fully aligned with the pan handle.



Note: A minimum of 300 ml of water or stock must be used for the first 15 minutes of cooking. If the cooking time exceeds 15 minutes, a further 150 ml should be added for each additional 15 minutes or part of 15 minutes e.g. 1 pint of liquid is required for 45 minutes of cooking time.

Warning: Do not fill the Pressure Cooker with water beyond $\frac{2}{3}$ of its capacity. For foods that expand e.g. porridge, dehydrated foods, rice, never fill the pan more than $\frac{1}{2}$ full.

Place the Pressure Cooker onto the hob and turn it to a medium-high heat setting. Select the 'low' (LO) or 'high' (HI) option on the pressure regulator switch relevant to the food type being cooked (see 'Cooking Guidelines Table' below). This will lock the lid into position.

Once the Pressure Cooker begins to produce steam, reduce the hob temperature to a low-medium heat setting and begin timing. There should be a steady, gentle hissing sound during the cooking process.

Note: Turn off the hob if steam is expelled from the over pressure valve or from the decompression window (See 'Troubleshooting Table' below).

Once the food has cooked fully, turn off the heat and allow the Pressure Cooker to cool until no more steam is emitted.

Move the pressure regulator switch to the unlock position, wait for any further pressure to release and carefully open the lid.

Cooking Guidelines

The table below is for reference only. Cooking times may vary according to personal preferences and portion size. Cooking times are calculated from when the steam starts to be released from the Pressure Cooker.

Level (Pressure Regulator switch position)	Food Type	Time	Level (Pressure Regulator switch position)	Food	Time
LO	Rice	5 mins.	HI	Chicken	15 mins.
LO	Cabbage	5 mins.	HI	Beef	20 mins.
LO	Cauliflower	5 mins.	HI	Pork	20 mins.
LO	Fish	5 mins.	HI	Veal	15 mins.
LO	Pasta	6 mins.	HI	Lamb	20 mins.
LO	Potato	6 mins.	HI	Haricot beans	18–23 mins.
LO	Tomato soup	4 mins.	HI	Soy bean	20 mins.
LO	Onion soup	4–5 mins.	HI	Oxtail soup	20–30 mins.

Care and Maintenance

Allow the Pressure Cooker to cool thoroughly before moving or cleaning.

Do not douse your hot Pressure Cooker in cold water to cool it down quickly, as this can cause damage and will reduce the lifespan of the silicone gasket.

Wash the Pressure Cooker pan inside and out after each use, using warm water and a mild detergent. Remove the silicone gasket from the lid and wash separately using a soft cloth, warm water and a mild detergent. Rinse all of the parts thoroughly and dry with a kitchen towel.

The Pressure Cooker and its components are not suitable for use in a dishwasher, as the harsh and abrasive effects of dishwasher detergents and salt can lead to corrosion and will cause damage.

To remove stubborn stains from the Pressure Cooker, use a non-abrasive plastic mesh or pad, with warm water and a mild detergent.

Do not leave the Pressure Cooker to soak in water for long periods of time.

Note: During use, the inside of the Pressure Cooker may become stained due to oxidation. To remove the stain, use a scouring pad with either bicarbonate of soda or a stain remover suitable for aluminium.

Silicone Gasket

Rinse the silicone gasket thoroughly before and after each use using warm water and a mild detergent, dry thoroughly with a kitchen towel.

Do not allow the silicone gasket to come into contact with oil, acid or alkaline compounds and direct sunlight, as these will decrease the longevity of the silicone material.

Do not cool the Pressure Cooker with cold water as this can cause the silicone gasket to become brittle and crack.

When not in use, store the silicone gasket flat.

Do not use the silicone gasket for any other purpose than its intended use. Do not bend or twist it.

After prolonged use, leakage may occur and the silicone gasket should be replaced with a new one.

Pressure Regulator Valve

Wash the pressure regulator valve after each use using warm water and a mild detergent to remove food debris, rinse and dry thoroughly.

Regularly check that the pressure regulator valve is not obstructed and is free from any residue.

Troubleshooting

Problem	Cause	Solution
The lid handle will not line up fully with the pan handle and close.	The pressure regulator switch is not in the 'unlocked' position.	Push the pressure regulator switch into the 'unlocked' position.
The Pressure Cooker does not build-up pressure.	The heat source is too low. Steam escapes from the edge of the lid. The pressure regulator switch is in the 'unlocked' position.	Turn up the heat source. Clean the over pressure valve and the silicone gasket. If the gasket is damaged, replace it. Set the pressure regulator switch to the desired pressure-cooking option.
Steam escapes from the over pressure valve or the silicone gasket.	The lid is greasy. The silicone gasket is aged. The heat source is too strong.	Clean the lid with warm water and a mild detergent, especially around the silicone gasket area. Replace the silicone gasket with a new one. Turn down the heat source.
The lid will not open.	The Pressure Cooker is still under pressure. The pressure regulator switch is not in the 'unlocked' position.	Warning: Do not force the lid open; wait until all of the steam has been expelled completely. Set the pressure regulator switch into the 'unlocked' position.

Storage

Before storing, ensure that the Pressure Cooker is cool, clean and dry.
Never store whilst it is wet.
Store in a clean, dry place.

Specification

Product code: BW02713

Chicken, Tarragon and Barley Casserole

Ingredients

4 chicken thighs
65 g pearl barley
10 g plain flour
½ onion, fully chopped
1 ½ garlic cloves, finely chopped
1 celery stick, finely chopped
Zest of ½ lemon, grated
1 ½ tbsp crème fraîche
1 tbsp Dijon mustard
1 tbsp fresh tarragon, finely chopped
150 ml chicken stock
65 ml dry white wine
1 tbsp olive oil
Salt and pepper, to taste



Method

Heat the oil in the bottom of the Pressure Cooker. Coat the chicken in the flour with some seasoning, then add them to the Pressure Cooker and brown on all sides. Once browned, remove the chicken and set aside.

Add the onion, celery and garlic to the Pressure Cooker and cook until softened. Stir in the barley, dry white wine, chicken stock, mustard and lemon zest, then return the chicken to Pressure Cooker.

Close the lid firmly and turn the hob to a medium-high heat setting.

Select the 'high' (HI) option on the pressure regulator switch. Once the Pressure Cooker is at the correct pressure and producing steam, reduce the hob temperature to a low-medium heat setting to cook for approximately 20 minutes. Once cooked, turn off the heat and allow the Pressure Cooker to cool, then move the pressure regulator switch to the unlock position.

Allow the pressure to release, then carefully open the lid and stir through the crème fraîche and tarragon. Cook through on a low heat setting for approximately 2–3 minutes.

Season with salt and pepper, to taste and serve.

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Rich and Creamy, Tender Pork Chops

Ingredients

4 pork chops
290 g can mushroom soup
340 ml sour cream
1 tbsp fresh parsley, chopped
1 chicken stock cube
2–3 tbsp olive oil
355 ml water
Salt and pepper, to taste



Method

Season the pork chops with salt and pepper, to taste.

Heat the oil in the bottom of the Pressure Cooker, then add the pork chops a few at a time and brown on both sides.

Stir in the water and chicken stock cube.

Close the lid firmly and turn the hob to a medium–high heat setting.

Select the ‘high’ (HI) option on the pressure regulator switch. Once the Pressure Cooker is at the correct pressure and producing steam, reduce the hob temperature to a low–medium heat setting to cook for approximately 8 minutes.

Once cooked, turn off the heat and allow the Pressure Cooker to cool, then move the pressure regulator switch to the unlock position.

Allow the pressure to release, then carefully open the lid and take out the pork chops, then stir the soup and sour cream into the sauce over a low heat setting, ensuring that it does not boil. Add the parsley and stir.

To serve, pour the sauce over the pork chops and garnish with more parsley if desired.

Sausage Casserole

Ingredients

4 sausages of choice, sliced
400 g chopped tomatoes
100 g green lentils
1 green pepper
1 onion
2 garlic cloves, crushed
½ tsp mixed dried herbs
½ tsp smoked paprika
50 ml vegetable oil
200 ml hot water
Salt and pepper, to taste



Method

Chop the onion and green pepper into pieces no bigger than the kidney beans and then crush the garlic.

Heat the olive oil in the bottom of the Pressure Cooker, then add the chopped peppers and onion, stirring occasionally.

Add the sausage slices and continue to stir until browned, then add the crushed garlic. Carefully mix the lentils in the hot water and add them to the Pressure Cooker, then stir in the tin of kidney beans, tomatoes, dried herbs, paprika and salt and pepper.

Close the lid firmly and turn the hob to a medium–high heat setting.

Select the ‘high’ (HI) option on the pressure regulator switch. Once the Pressure Cooker is at the correct pressure and producing steam, reduce the hob temperature to a low–medium heat setting to cook for approximately 15 minutes.

Once cooked, turn off the heat and allow the Pressure Cooker to cool, then move the pressure regulator switch to the unlock position.

Allow the pressure to release, then carefully open the lid and serve the sausage casserole.

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Chilli Con Carne

Ingredients

300 g lean minced beef
2 x 400 g tins chopped tomatoes
400 g tin kidney beans, drained
2 large onions, chopped
6 garlic cloves, finely chopped
3 tbsp tomato puree
3 tbsp chilli powder
2 bay leaves
1 tbsp dried basil leaves
1 tbsp ground cumin
100 ml water
4 tbsp olive oil
1 tbsp salt



Method

Heat the olive oil in the bottom of the Pressure Cooker, then add the beef mince and brown.

Add the chopped onions and garlic. Cook until the onions have softened, then add the remaining ingredients and stir.

Close the lid firmly and turn the hob to a medium-high heat setting.

Select the 'high' (HI) option on the pressure regulator switch. Once the Pressure Cooker is at the correct pressure and producing steam, reduce the hob temperature to a low-medium heat setting to cook for approximately 15 minutes. Once cooked, turn off the heat and allow the Pressure Cooker to cool, then move the pressure regulator switch to the unlock position.

Allow the pressure to release, then carefully open the lid, remove the bay leaves and serve with rice.

Spaghetti Bolognese

Ingredients

300 g minced beef
100 g pancetta or unsmoked bacon, cubed
1 onion, chopped
1 carrot, chopped
1 celery stalk, chopped
5 tbsp tomato paste concentrate
240 ml beef stock
120 ml dry red wine
1 tbsp cream for finishing
Salt and pepper, to taste



Method

Place the pancetta into the Pressure Cooker in a flat layer and cook on a low heat setting until it begins to sizzle.

Add the onion, carrot and celery, then increase hob temperature to a low-medium heat setting and cook until softened. A little olive oil can be added if necessary.

Stir in the minced beef over a medium heat setting and brown.

Pour in the dry red wine and simmer until it has evaporated, stirring occasionally.

In the meantime, mix the beef stock with the tomato paste concentrate, then add it to the Pressure Cooker and stir well. Season to taste with the salt and pepper.

Close the lid firmly and turn the hob to a medium-high heat setting.

Select the 'high' (HI) option on the pressure regulator switch. Once the Pressure Cooker is at the correct pressure and producing steam, reduce the hob temperature to a low-medium heat setting to cook for approximately 15 minutes. Once cooked, turn off the heat and allow the Pressure Cooker to cool, then move the pressure regulator switch to the unlock position.

Allow the pressure to release, then carefully open the lid and add 120 ml of hot water, stirring well to combine; replace the lid and cook once more.

When cooking is complete, turn off the heat and allow the Pressure Cooker to cool, then move the pressure regulator switch to the unlock position.

Allow the pressure to release, then carefully open the lid and stir in the cream, then serve with spaghetti.

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