Fagor pressure cooker manuals

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5Thank you for purchasing a Fagor Pressure cooker. We appreciate the confidence you have placed in our company by selecting one of our many pressure cookers are probably the least understood of cookware.
This is unfortunate since pressure cookers provide many advantages over traditional cooking. First and foremost, most foods can be cooked in a fraction of the time, in most cases up to one third of the time. Since the food is being cooked for such a shorter period, it is less likely to lose its color and flavor, as well as vital minerals and vitamins that are
normally evaporated or diluted when cooking in large quantities of water, for longer periods of time. Made from high-quality, heavy-gauge stainless steel, Fagor pressure cookers are manufactured and designed with a concern for function and safety, meeting all international safety standards. Fagor's easy-to-use pressure regulators make it simpler
than ever to determine the proper amount of pressure and how to maintain it. The pressure cooker, you'll understand why it is the single most important piece of cookware you'll ever
own. Today people are more conscious of the food and products they consume that affect the environment. Fagor recognizes consumer demand for more eco-friendly products and manufacturing processes. Fagor pressure cookers are made of partially recycled stainless steel and are polished using only mechanical procedures instead of chemical. In
addition to being manufactured in a more environmentally respectful way, pressure cookers save you energy in the kitchen too. Compared to traditional cooking methods, cooking with a pressure cooker saves up to 70% cooking at high
temperatures and high speed retains essential vitamins and nutrients, bringing you healthier meals. Using Fagor pressure cookers will not only make a difference in your kitchen. Before you begin cooking, it is important that you read this detailed user's
manual and make sure you understand how to operate, care and maintain your Fagor Pressure Cooker so that you will be able to enjoy many years of use. If you would like to learn more about our other products, please visit our website at www.fagoramerica.comIntroduction • 4 qt. pressure cooker (item # 918060616) includes: - Instruction
manual - Color recipe book • 6 qt. pressure Cooker (item # 918060607) includes: - 6 qt. and 4 qt. nesting pots - Pressure Cooker Lid - fits both pots- Tempered glass lid - fits both pots, easily converts either pot into an everyday
stock pot - Stainless steel steamer basket with trivet - Instruction manual - Color recipe book - 10 qt. pressure Cooker Lid - fits both
pots- Tempered glass lid - fits both pots, easily converts either pot into an everyday stock pot- Stainless steel pasta / steamer basket with trivet - Instruction manual - Color recipe bookThe Fagor SPLENDID Pressure Cooker line ENGLISH Home - Maintenance The Fagor Pressure
Cooker features a slightly different design from the older traditional models. It is made of 18/10 steel to allow browning directly in the cooker, and has been updated for greater safety. The two main differences are the lock button is pressure will not build up in the cooker unless the lock button is pressure.
indicator serves as a visual reminder that the pot is under pressure cooker. If you do not have the instructions, follow the reference link to online copies of instructions. Check the pressure cooker gasket for cracks or tears. Make sure the gasket is pliable
and properly seated in the lid. Check the lid and pressure cooker. Adapt recipes for cooking in the pressure cooker by reducing the cooking time to 1/3 of the original recipe time. Brown meats and vegetables in the cooker as directed
in the recipe. Fill the cooker no more than 2/3 full. Foods that expand and soups and stocks should not exceed 1/2 the volume of liquid for short cooking times of 10 minutes or less. Two cups of liquid is required for 10 minutes of pressure cooking or longer. Water,
broth, wine or any other cooking liquid can be used in the browning process, but is not acceptable as a cooking liquid. Put on the lid handle to bring the pot and lid handles together. Press the yellow pressure-lock button to lock
the lid and allow the pressure to build. Turn on the heat. Select the pressure level 2, equivalent to 15 psi. Heat the cooker over high heat until the pressure level 2, equivalent to 15 psi. Heat the cooker over high heat until the pressure level 2, equivalent to 15 psi. Heat the cooker over high heat until the pressure level 2, equivalent to 15 psi. Heat the cooker over high heat until the pressure level 2, equivalent to 15 psi. Heat the cooker is at the recommended pressure level.
Reduce the heat and begin timing the recipe. Maintain the heat so that a gentle, steamy stream of steam is emitted. Remove the pressure to release the pressure to release the pressure the treat so that a gentle, steamy stream of steam is emitted. Remove the pressure to release the pressure to release the pressure tooker from the heat so that a gentle, steamy stream of steam is emitted. Remove the pressure tooker from the heat so that a gentle, steamy stream of steam is emitted.
should be reduced naturally, allow the cooker to cool by itself until the pressure is down. Remove the lid when the pressure is down. The lock will release and the cooker can be opened; if the lock does not release, wait a few minutes
and try again. Open the lid away from you to avoid getting burned by escaping steam. Finish the recipe as indicated. Never force the pressure cooker reviews from the Good Housekeeping Institute and our kitchen experts. 8 Best
Pressure Cookers That Will Get Dinner on the Table FastEasy Weeknight Meals Advertisement - Continue Reading Below This model is also used as a Cook's Essentials Stovetop Pressure Cooker 85M7 Only administrator owned posts can execute the [includeme] shortcode. This message is shown only to administrators. Download Hip Summary: The
DUO is spring valve pressure cooker with a pressure (2), low pressure (2), low pressure (2), low pressure (2), low pressure release and valve removal. Maximum operating pressure (second ring) is 14.5 psi or 100kpa. Pressure is release and valve removal.
pressure - we have also experienced this issue. The lid needs to be locked by pushing the yellow slide completely towards the pressure selector before the cooker is properly locked and can be brought up to pressure. There is some confusion with
these cookers about when to start counting the pressure cooking time because the yellow pressure indicator will rise before the selected pressure. Instead, this cooker has reached full pressure when the yellow indicator is solid (not springy) to the touch and a
light stream of vapor exists the pressure selector. Manufacturer Website: Fagor International Only administrators owned posts can execute the [includeme] shortcode. This message is shown only to administrators. User manual Fagor LUX LCD Multi-Cooker, 8 Quart | manualsFile 20 PROBLEM: REASON: SOLUTION: Steam is escaping around the edge
of the lid. 1. The pressure cooker is too full. 2. The pressure cooker was not closed properly. 3. The silicone gasket is not in place, or it is dirty or worn. 1. Never fill the pressure cooker more than half or ½ full when cooking liquids or foods that froth and expand during cooking. 2. Following the instructions given in this manual, close the
pressure cooker so that a tight seal is created which will allow for adequate pressure cooker is used frequently. PROBLEM:
REASON: SOLUTION: The pressure cooker cannot be opened after cooking. 1. There is still pressure built-up in the pressure lock has not been moved to the open position. 1. Use the automatic or the cold water release method to
release any remaining pressure. Make sure the pressure indicator has dropped. Try opening again. 2. Move the pressure lock down towards the end of the handle to the open position. Try opening again. PROBLEM: REASON: SOLUTION: Foods are under-cooked. 1. Cooking time is too short. 2. The automatic or cold water release method was
inadequately used to release the pressure. 1. Always check the cooking time in your recipe. If still under-cooked, extend cooking time as pressure drops.
PROBLEM: REASON: SOLUTION: Food is over-cooked. 1. Cooking time is too long. 2. The natural release method was inadequately used to release method so that
pressure drops immediately. ENGLISH Page 2 21 Home Canning with your Pressure Cooker (APPLIES TO 10 QT MODEL ONLY, ITEM # 918060812) HOME CANNING OVERVIEW: Home canning is a method of preserving food that provides a gratifying method for producing and storing some of our favorite recipes. Canning enables us to store
recipes and enjoy them later or give as gifts to friends & loved ones. Understanding the basic steps for preparation and right equipment are all you need to create a fabulous array of provisions to stock in your pantry. Once the method has been mastered, most people find that canning is one of the most simple and rewarding ways to ensure
having your favorite fruits, vegetables, and even meats year-round. Canning food at home has increased in popularity. Families are educating themselves on the methods of canning can be a safe and cost-effective
way to preserve quality food at home. It is an important, safe method of food preservation if practiced properly. The canning process involves placing foods in jars and heating them to a temperature which destroys microorganisms that could be a health hazard or cause the food to spoil. Air is driven from the jar during heating, and as it cools, a
vacuum seal is formed. The vacuum seal prevents air from getting back into the product, protecting it from microorganisms that could re-contaminate the food. Before You Begin: Recommended tools for Canning 1. Wire Rack to safely maneuver the hot jars in and out of the pressure cooker. 2. Jar Lifter to safely grab the hot jars. 3. Ladle to scoop
food into the jars. 4. Bubble freer to prevent bubbles of air from remaining trapped in the jar and causing contamination. 5. Jar Wrench to close the lids safely, 6. Magnetic Lid wand to safely lift the sterilized lids out of the hot water in the pressure cooker 7. Wide mouth funnel to make sure all the food goes into the jar 8. Glass jars: Use only
standard home canning jars. Also commonly referred as "Mason Jars" 9. Canning Lids: These flat metal lids with sealing compound and a metal screw band are the most popular and recommended type of lid for home canning Kit with
Bonus Cookbook that includes the 7 recommended tools mentioned above (except the glass jars and canning lids). The wire rack included in the kit holds four half-pint jars. The Fagor Home Canning kit is sold separately from the 10 qt Pressure Cooker/ Canner. For more information on this kit, please call 1-800-207-0806 M-F 9-5 pm EST or visit
the Accessories section on our website: www.fagoramerica.com. 1. Jar selection, Preparation and Use: Examine jars and discard those with nicks, cracks and rough edges. These defects will not permit an airtight seal on the jar, and food spoilage will result. All canning jars should be washed in soapy water, rinsed well and then kept hot before
use. This could be done in the dishwasher or by placing the jars in the water that is heating in your canner. The jars need to be kept hot to prevent breakage when they're filled with a hot product and placed in the canner for processing. Jars processed in a boiling water bath canner for 10 minutes or more or in a pressure cooker will be sterilized
during processing. Jars that will be filled with ENGLISH Page 3 22 food and processed for less than 10 minutes in a boiling water bath canner need to be sterilized by boiling them for 10 minutes. NOTE: If you are at an altitude of 1000 feet or more, boil an additional minute for each 1000 feet of additional altitude. See below for canning methods
and recipe timing. 2. Lid selection, preparation & use The common self-sealing lid consists of a flat metal lid held in place by a metal screw band during processing. The flat lid is crimped around its bottom edge to form a trough, which is filled with a colored gasket material. When jars are processed, the lid gasket softens and flows slightly to
cover the jar-sealing surface, yet allows air to escape from the jar. It is best to buy only the quantity of lids you will use in a year. Never reuse lids. To ensure a good seal, carefully follow the manufacturer's directions in preparing lids for use. Examine all metal lids carefully. Do not use old, dented, or deformed lids or lids with gaps or other
defects in the sealing gasket. Follow the manufacturer's guidelines enclosed or on the box for tightening the jar lids properly. • If screw bands are too tight, air cannot vent during processing, and food will discolor during storage.
screw bands are too loose, liquid may escape from jars during processing, seals may fail, and the food will need to be reprocessed. Do not retighten lids after processing jars. As jars cool, the contents in the jar contract, pulling the self-sealing lid firmly against the jar to form a high vacuum. Screw bands are not needed on stored jars. They can
be removed easily after jars are cooled. When removed, washed, dried, and stored in a dry area, screw bands may be used many times. If left on stored jars, they become difficult to remove, often rust, and may not work properly again. 3. Canning Methods: There are two safe ways of canning, depending on the type of food being canned: the
pressure canning method and the boiling water bath method. PRESSURE CANNING METHOD: With the pressure canning method, the jars of food are placed in 2 to 3 inches of water in a pressure canning method, the jars of food are placed in 2 to 3 inches of water in a pressure canning method.
can be used to can all types of food. It is also the only safe method of canning low- acid foods, which have a ph greater than 4.6. Low-acid canned foods are not acidic enough to prevent the growth of the bacterium Clostridium botulinum, which may cause botulism. To destroy the bacteria, foods must be processed at a temperature of at least 240
<sup>o</sup>F, which can only be reached in a pressure cooker. Processing foods under pressure at a temperature of 240 <sup>o</sup>F during an adequate time ensures the destruction of the largest number of heat-resistant microorganisms in home-canned foods. Low-acid foods include all vegetables, meats, poultry, and seafood. This method is also recommended
for canning such items as soups, stews and chili. Note: Although considered fruit, tomatoes have a ph value close to 4.6. Therefore, you should typically process them in a pressure canner. WARNING: 240 ºF can only be reached in a pressure cooker/ canner. Never attempt to can low- acid foods using the boiling water bath method. ENGLISH
Page 4 23 Instructions for pressure canning method: Processing Instructions: Fill the jars. Allow the proper headspace according to processing, and a tight vacuum seal will be formed. To make sure that air bubbles have not been trapped
inside the jar, run a bubble freer or any plastic or rubber- like utensil around the edges of the jar, gently shifting the food, so that any trapped air is released. After the air bubbles have been removed, more liquid may need to be added to the jar to ensure proper headspace. Wipe off the rims of the jars with a clean, damp cloth. Screw on the lids,
but not too tightly — air needs to escape during processing. Set the jars of food on the rack and lower the pressure cooker (pour it between the jars, not directly on them, to prevent breakage). Put the lid on the cooker. Once pressure is
reached, keep the pressure constant by regulating the heat under the pressure cooker. Do not lower the pressure cooker. Fluctuating pressure cooker the pressure cooker. Fluctuating or lowering the heat during the pressure the pressure cooker. Fluctuating pressure cooker. Fluctuating pressure cooker. The pressure cooker the pressure cooker. Fluctuating pressure c
the pressure cooker from the heat. If the pressure cooker is too heavy, simply turn it off. WARNING: Let the pressure enthod to hasten the reduction in pressure when
canning foods. When the pressure cooker is depressurized, unlock the lid and tilt the far side up, so the steam escapes away from you. Use a jar lifter to carefully remove the jars from breaking on contact with a cold surface.
Leave at least 1 inch of space between the jars. Do not tighten the lids. Allow the jars to cool, untouched for 12 to 24 hours. BOILING WATER BATH METHOD: The boiling water method is safe for high-acid foods such as fruits and pickles, as well as pie filling, jam, jellies, marmalade and other preserves. In this method, jars of food are heated by
being completely covered with boiling water (212 of at sea level). Note: If you are unsure of the PH value of the foods you want to cook, we strongly recommend using the pressure canning method. Instructions for boiling water bath method: Fill the pot about halfway with hot water. Turn on the burner and heat the water. Have the water in the
canner hot but not boiling to prevent breakage of the jars when they're placed in the canner. Follow the same steps detailed in the pressure cooker method for filling jars. When the water in the pot reaches a rolling boil, begin counting the correct processing time. Boil gently and steadily for the recommended time, adjusting the heat and adding
more boiling water as necessary. Use a jar lifter to carefully remove the jars as soon as the processing time is up. Place the hot jars right side up on a rack, dry towels, boards or newspapers to prevent the jars from breaking on contact with a cold surface. Leave at least 1 inch of space between jars. ENGLISH Page 5 24 Do not tighten the lids.
Allow the jars to cool untouched for 12 to 14 hours. Selecting the Correct Processed with a pressure cooker, you must: • Process the jars for the correct number of minutes at suggested setting (low or high pressure) • Allow cooker to cool at room temperature until it is completely
depressurized. To destroy microorganisms in high-acid foods processed in a boiling-water bath, you must: • Process jars for the correct number of minutes in boiling water. • Cool the jars at room temperature. The food may spoil if you fail to use the proper processing times, fail to vent steam from pressure cooker properly, process at lower
pressure than specified, process for fewer minutes than specified, or cool the pressure cooker with water. 4. Finishing Touches: Testing the Lid for a Proper Seal: Most two-piece lids will seal with a "pop" sound while they're cooling. When it is completely cool, test the lid. It should be curved downward and should not move when pressed with a
finger. If a jar is not sealed, refrigerate it and use the unspoiled food within two to three days or freeze it. If liquid has been lost from sealed jars do not open them to replace it, simply plan to use these first. The food may discolor, but if sealed, the food is safe to consume. Unsealed Jars: What to Do If a lid fails to seal, you must reprocess within
24 hours. Remove the lid, and check the jar-sealing surface for tiny nicks. If necessary, change the jar and reprocessed food is poor. Instead of reprocessing, unsealed jars of food also can be frozen. Transfer food to a freezer-safe container and
freeze. Single, unsealed jars can be refrigerated and used within several days. Always Inspect Canned Food Before Consuming: Just as you would avoid a foul smelling, leaking or opened jar of food at the supermarket, don't taste or use home canned food that shows any sign of spoilage. Examine all jars before opening them. A bulging lid or
leaking jar is almost always a sure sign of spoilage. When you open the jar, look for other signs such as spurting liquid, unusual odor or mold. Sterilization of empty jars, put them right side up on the rack in a boiling-water bath. Fill the bath and jars with hot (not boiling)
water to 1 inch above the tops of the jars. Boil 10 minutes. Remove and drain hot sterilized jars one at a time. Save the hot water for processing filled jars. Fill jars with food, add lids, and tighten screw bands. Empty jars used for vegetables, meats, and fruits to be processed in a pressure cooker need not be sterilized beforehand. It is also
unnecessary to sterilize jars for fruits, tomatoes, and pickled or fermented foods that will be processed 10 minutes or longer in a boiling-water canner. Label and Store Jars: The screw bands should be removed from the sealed jars to prevent them from rusting on. The screw bands should then be washed, dried and stored for later use.
ENGLISH Page 6 25 Store in a clean, cool, dark, dry place. The best temperature is between 50 and 70 °F. Avoid storing canned goods dry. Dampness may
corrode metal lids and cause leakage so food will spoil. For best quality, use canned foods within one year. Important Home Canning Safeguards All of the Home Canning safeguards. As long as the instructions are carefully followed the enc
result will be a wholesome and shelf stable product. However, when using or adapting your own recipes, please be sure that you process the recipes with enough time. If foods are not canned properly, consuming them may be harmful or fatal. Never attempt to make rough calculations on your own recipes. If you have specific questions
relating to proper methods of canning foods or timing charts- please refer to the US Department of Agriculture Website. www.fsis.usda.gov Another useful source of information about home canning is The National Center for Home Food Preservation: www.uga.edu/ nchfp/index.html. HOME CANNING RECIPES Pasta Sauce Servings: 4 pints
Headspace: 1 inch Time: 20 minutes /high pressure setting Ingredients: 5 lbs tomatoes cored and chopped 2 tablespoons olive oil 3/4 cup peeled, chopped 1 1/2 teaspoons salt 2 bay leaves 2 teaspoons oregano 1 teaspoon black pepper 1/4 cup brown
sugar Directions Place tomatoes in large saucepan and boil for 25 minutes uncovered. Allow to cool slightly then run through a food mill or sieve to remove skins and seeds. In a large skillet, heat olive oil and sauté onions, garlic and mushrooms until tender. Place the sautéed vegetables in a stockpot, add tomatoes and remainder of ingredients
and bring to a boil. Lower heat and simmer, uncovered for approx 25 minutes, stirring frequently to avoid burning. Ladle into Jars. Cap and seal. Place on rack and lower into pressure setting. Barbeque Sauce Servings: 4 pints Headspace: 1 inch Time: 20 minutes / high
pressure setting Ingredients: 1 1/3 cup peeled, chopped onions 1 cup chopped celery 1 teaspoon of salt 1 1/4 teaspoon paprika 3 tablespoons mustard 3 tabl
stockpot and bring to a boil. Lower heat and simmer for about 30 minutes, stirring constantly. Once sauce has thickened, ladle into jars. Cap and seal. Place on rack and lower into pressure setting. Chile Con Carne Servings: 4 pints Headspace: 1 inch Time: 90 minutes /
high pressure setting Ingredients: 1 1/4 cups dried red kidney beans 2 1/4
water to a level of 2 - 3 inches above the beans and soak overnight. Drain and discard water. In a separate skillet, brown ground beef, onions, and peppers. Drain fat and add to beans with remainder
of ingredients. Add 1 cup of water. Simmer for an additional 5-10 minutes. Ladle the prepared chile into the jars, cap and seal. Place on rack and lower into pressure setting. Cucumber Soup Servings: 4 pints Headspace: 1 inch Time 40 minutes/ high pressure setting.
Ingredients 2 medium onions, peeled and cut into chunks 4 cup margarine 3 pounds cucumbers, peeled, seeded, and cut into chunks 6 cups water 6 chicken bouillon cubes 3 teaspoons mixed fine herb spices 3/4 teaspoon white pepper 2-3 teaspoons dill weed Directions Sauté the onion in the margarine until soft. Add the remaining ingredients,
then cover and simmer until very soft. Process the soup in a blender. Return the puree to the stockpot and lower into pres- sure cooker with 2 – 3 inches of hot water. Process 40 minutes/ high pressure setting. This is a great recipe served hot or chilled.
Mixed Vegetables Servings: 4 pints Headspace: 1 inch Time: 55 minutes / high pressure setting Ingredients: 2 cups sliced carrots 2 cups cut, whole or crushed tomatoes 1 cup whole or crushed tomatoes 2 cups whole or crushed tomatoes 2 cups whole or crushed tomatoes 3 cups whole or crushed to 3 cups whole or crushed to 3 cups whole or crushed tomatoes 3 cups whole or crushed to 3 cups who
water to cover pieces. Add ½ teaspoons salt per pint to each jar. Boil 5 minutes. Ladle into jars (include the liquid) Leave 1 inches of hot water. Process 55 minutes / high pressure setting. ENGLISH Page 8
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