

# HOW TO USE YOUR COOKER

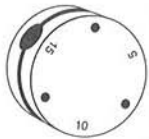
Check metal-to-metal seal for lubrication. (See pages 6-7). Check to make sure vent pipe is clear. (See page 6)

## Place Food And Water Inside

Place 1½" of water (or the amount called for in the recipe or canning instructions) in bottom of cooker. (Note: Whenever canning, add water BEFORE placing jars or cans into cooker.) Use rack in bottom of cooker when using pans, canning jars, or tin cans. Never allow these containers to stand directly on the bottom of the cooker. The rack is also useful for holding meat or vegetables out of the water while cooking.

## Place Cover On Cooker

Place cover on cooker bottom so that arrow on cover aligns with "line mark" on rim of bottom. Gradually and evenly tighten two opposite wing nuts at the same time, maintaining the same size gap around the entire unit where the cover meets the bottom. **Never tighten just one wing nut at a time.**



The pressure regulator weight lets you select one of three pressure settings.

Pressure	Cooking Temperature	
5 lbs.	228° F	107°C
10 lbs.	240° F	113°C
15 lbs.	250° F	121°C

When the pressure cooker reaches the proper temperature, the pressure regulator weight will jiggle audibly, and you can see the steam being released. The pressure will be automatically maintained for proper pressure cooking. The pressure regulator weight itself never requires adjustment or testing for accuracy.

## Using Cooker

Place pressure cooker over heat source and exhaust unit if canning food.

## Exhausting

There are two ways in which you may use this pressure cooker, one would be for cooking food and the second would be for canning food in either glass jars or metal cans.

The following instructions apply to both methods; however, there is one step that must be taken whenever you are using the pressure cooker as a pressure canner, and that is after placing lid on cooker and placing pressure cooker on heat source, you must allow steam to escape from the vent pipe for 7 minutes before placing pressure regulator weight on vent pipe. This procedure is called "exhausting" and is necessary only when canning food.

Set the pressure regulator weight over vent pipe, aligning the weight so that the hole corresponding to the desired pressure is directly over the vent pipe.

When the pressure regulator weight begins to jiggle and sputter out steam, adjust the heat until it jiggles approximately one to four times each minute. The pressure regulator weight will jiggle or rock when the pressure is reached. **NEVER TURN UP THE HEAT TO THE POINT THAT A CONSTANT FLOW OF STEAM IS ESCAPING, THEREBY CAUSING THE PRESSURE REGULATOR WEIGHT TO BE CONSTANTLY IN THE "UP" POSITION. REDUCE THE HEAT SO THAT THE PRESSURE REGULATOR WEIGHT ONLY JIGGLES AND SPUTTERS APPROXIMATELY ONE TO FOUR TIMES A MINUTE.**

Experience with the pressure regulator weight will teach you what setting on your stove will maintain the proper pressure and how long it takes to bring the pressure cooker to the point where

the pressure regulator weight jiggles or rocks. This will depend on which size pressure cooker you have and how much food you are cooking.

**Please understand that there will not be an exact correlation between the pressure shown on the gauge to the corresponding pressure setting on the pressure regulator weight. For example, even though you have set the pressure regulator weight at 10 lbs., the gauge may show a range during the cooking process of 8 to 12 lbs. Do not expect the gauge to always show the exact pressure setting as the pressure regulator weight, as the pressure is changing within the unit as the pressure regulator weight jiggles and sputters, which is simply a process of constantly building up and releasing pressure to maintain the setting on the pressure regulator weight.**

Even in the situation where the gauge is not registering correctly for any reason, you can be assured that the unit will still operate at the pressure regulator weight setting. The basic reason that our pressure cooker retains the gauge is to provide additional information as to the pressure and temperature within the unit, but you can be assured that the unit is functioning at the pressure regulator weight setting.

Try to keep the pressure as steady as possible by regulating the amount of heat applied to the cooker. **At no time should the pressure be allowed to rise above 15 P.S.I.** Excess pressure should be decreased by turning heat down. Remember, *it is the amount of heat applied to the unit that regulates the pressure.*