# PRESSURE COOKER







LUNCH ON TOUCH

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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 note that improper use may cause damage.

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 following Use and Care Instructions, particularly until you get experience. In case of improper use without following Use and Care instructions the Warranty becomes null and void.

Wear and tear parts like silicon gaskets 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

#### **2 PRODUCT FEATURES**



3 LEVELS OF PROTECTION

- 1. One-hand closing system
- 2. Red safety valve
- 3. Pressure control valve
- 4. Safety vent

- 5. Lid with rubber seal
- 6. Heat resistant pot handles
- 7. Pot
- 8. Heat accumulation bottom

#### Please note that improper use may cause damage.

When using your Pressure Cooker, always follow these safety precautions to avoid injuring yourself or damaging the appliance. The Pressure Cooker should only be used for its intended domestic use as described in this user manual.

#### Observe the safety and warning symbols!

Our product uses the following pictograms:





**CLOSE** 



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

**ATTENTION:** Plastic bags and packaging may be dangerous. To avoid risk of suffocation, keep them out of reach of babies and children. These bags are not toys.

- 1. This Pressure Cooker must not be used by any persons who are not familiar with how to use it
- 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 or play with the Pressure Cooker.
- 4. This Pressure Cooker is not intended for use by people (including children) with reduced physical, sensory or mental capabilities, or lack of experience or knowledge, unless they have been supervised or instructed in using the appliance by someone responsible for their safety.
- 5. Only use the Pressure Cooker for its intended purpose of pressure cooking, for indoor, domestic use only.
- 6. Check that the safety valve, the pressure control valve and the sealing ring are clean and functional before each use.
- 7. The cooking process generates pressure. It is therefore important to ensure that the Pressure Cooker is correctly sealed before use and to read and follow the safety 5 instructions and usage instructions, as improper use can cause personal injury or damage

to the Pressure Cooker.

- 8. This Pressure Cooker does not feature a pressure indicator. Please observe the steam that is emitted from the pressure control valve this is a sign that pressure is building up inside the cooking pot.
- 9. DO NOT fill the Pressure Cooker below the specified minimum filling quantity 'MIN' e.g. liquid and food being cooked.
- 10. DO NOT exceed the specified maximum filling quantity 'MAX' e.g. liquid and food being cooked. When cooking food stuffs which expand during cooking such as rice or dehydrated vegetables, do not fill the cooker to more than half of its capacity.
- 11. Only use the sources of heat that are specified in the instructions for use. To maintain optimum energy efficiency use pan on a burner of corresponding diameter, and if using a gas hob adjust the flame so that it does not extend up the sides of the pan. Sliding pans on ceramic hobs could scratch the surface of a vitro-ceramic hob. Always lift the Cooker to move it over the hob. Use a gas hob with a steel plate or protection mash to enable uniform heat distribution and avoid overheating or damages to the cooker surface.





- 12. To avoid injury or fire risk, do not cover the Pressure Cooker during use.
- 13. The Pressure Cooker must never be used under pressure to fry or deep-fry food in oil.
- 14. The Pressure Cooker must not be used in the oven as this will damage it. Do not use in an oven, in a microwave or under the grill.
- 15. When the cooking pot is hot, only use the handles to touch it. DO NOT allow handles to extend over burners or over the front of the hob. Always use dry oven gloves or cloth when handling the cooking pot, as handles may get hot during and after cooking. Be careful when moving pans containing hot oil or liquids.

- 16. The Pressure Cooker must never be forced open. Before opening the Pressure Cooker, make sure that the pressure has been completely released.
- 17. While steam is being released, keep your hands, head and body away from the area in which the steam is released. Steam can scald and burn. Always make sure the red pressure indicator has dropped before opening the lid.
- 18. DO NOT place hot pans on delicate surfaces always use pad.
- 19. After cooking meat with a skin (e.g. ox tongue) which may swell under the effect of pressure, do not prick the meat while the skin is swollen; you might be scalded.
- 20. Sausages with artificial casing must be pierced before cooking. If the casing is not pierced, it will expand under pressure and may burst. The resulting spray may cause burns when you open the lid.
- 21. When cooking doughy food, gently shake that cooker before opening the lid to avoid food ejection.
- 22. DO NOT put the lid of the Pressure Cooker (or any parts of the lid) in the dishwasher for cleaning.
- 23. Only use genuine spare parts.
- 24. 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 it and Contact Metalac Customer Service at 00381/32 40-40-40.
- 25. Make sure that the instructions for use are stored carefully.
- 26. Never leave fat unattended. Please note that hot fat may ignite. Do not extinguish burning fat with water instead, use a suitable blanket or a fire extinguisher.
- 27. Never use your Pressure Cooker without adding water or liquid, this would seriously damage it.
- 28. Food should never be dry-cooked. Always fill your cooking pot with enough food/liquid to reach the 'MIN' fill level. Do not leave an empty pot on a hot hob or allow boiling dry. In the event of pot boiling dry do not move from hob switch off the hob and leave until it has cooled down.

#### 6 READ BEFORE FIRST USE

- Clean the cooking pot with hot 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 chalk content in the water. These marks are easy to remove using vinegar and lime-scale remover. Never use scouring agents or steel scouring pads for cleaning. This also applies to the outer stainless steel surfaces.
- Please check that the pressure control valve and the pin in the safety valve can be moved freely.
- This Pressure Cooker must only be used for its intended purpose of pressure cooking. It can only be used as a "normal" cooking pot without the lid.
- Always monitor the Pressure Cooker when heating it on the highest setting.
- When using a ceramic hob, the base of the cooking pot should be clean and dry.
- Never touch the hot outer surface of the Pressure Cooker during the cooking process as you may burn yourself.
- If the Pressure Cooker is still hot, it must only be picked up and moved with great care by the handles (not by the lid).
- This Pressure Cooker must never be used without liquid as this may damage the Pressure Cooker
- Please observe the filling quantity scale inside the pot
- For food that will expand or foam up (rice, legumes), it must not be filled more than half (1/2) full. Please partially cook this food first with the Pressure Cooker open, then skim off the foam and close the lid.
- If the contents are mushy, shake the Pressure Cooker gently before opening.
- During the cooking process, jets of steam escape vertically from the centre of the pressure control valve when the cooking temperature is reached. Please take care not to come into contact with this hot steam.
- The safety systems must not be touched during the cooking process.
- Do not make any alterations to the safety devices as there is a risk of scalding.

- Never use deformed or damaged Pressure Cookers or accessory parts.
- When it is under pressure, the Pressure Cooker must never be forced open.
- The Pressure Cooker must be allowed to cool off before opening. The steam must be completely released otherwise the cooking pot cannot be opened.

#### **BEFORE COOKING**

Check that the safety valve, the pressure control valve and the sealing ring are clean and functional before each use.





Take particular care to ensure that the safety valve on the underside of the lid can be moved. Before each cooking process, the pin should be checked to ensure it can be moved (against the spring pressure).

#### 1. OPENING:

Press the button with your index finger. You will hear the clamping jaws open. The control arrows appear and the lid can be removed.





#### 2. CLOSING:

Place the lid on the cooking pot. When doing so, make sure that the clamping jaws are in the open position, that the control arrows are visible. Then press the button with your index finger so that the clamping jaws audibly attach to the edge of the cooking pot and the control arrows are no longer visible.





**ATTENTION!** Never force to open the lid.

#### 3. ADDING FOOD

The total minimum quantity of liquid and food should be at least 1/3 of the volume of the cooking pot, and total maximum quantity 2/3 of the pot volume. The filling quantities always refer to the food and liquid. Fill the cooking pot to a maximum 1/2 full for food that will expand or foam up.

#### 4. SETTING THE PRESSURE LEVEL

- 1 = For gradual cooking
- 2 = For quick cooking

## 5. SET THE HOB TO THE HIGHEST SETTING

#### 6. PRESSURE COOKING STARTS

When steam starts escaping from the valve, set the hob to the lowest setting. The cooking time now starts

## 7. COOKING TIME COMPLETE Switch off the hob.

### 8. SLOWLY AND GRADUALLY ALLOW STEAM TO ESCAPE

Do not change directly from position 2 to position 0. Instead, change first from position 2 to position 1, wait a few seconds, and then change to position 0. If you are using pressure level 1, you can change directly from position 1 to 0.

OThis Pressure Cooker has been manufactured to extremely high standards using only the best materials in order to guarantee safety and durability. We hope you enjoy using it.





#### This Pressure Cooker offers many benefits:

- The two-level adjustable pressure control valve position 1 and position 2. Instructions in recipes and in tables of cooking times can only ever be guide values. For this reason, this Pressure Cooker has a pressure control valve with two pressure levels. The benefit of this valve is that you can use it to adjust the pressure inside the cooking pot depending on the amount and size of the food that you are cooking.
- You will cook healthier food. As the food is cooked using steam in an oxygen-free cooking pot, and as the cooking times are shorter, your food is prepared in a particularly gentle way. Each minute you save means you gain important vitamins, nutrients and minerals.
- You will cook more delicious food. The oxygen-free cooking process ensures that the flavour and natural colours of your vegetables are largely retained.
- Cooking is faster and saves time and energy. This Pressure Cooker reduces your previous cooking time by up to 70% and you will save energy up to 60% for meals that take a long time to cook, and between 30% and 40% for meals with shorter cooking times.
- The cooking process will largely exclude cooking odours and vapours. If you take care of your Pressure Cooker, it will make cooking a pleasure and give you a long service life. For this reason, please read these instructions for use carefully and thoroughly.

#### 10 PARTS AND FUNCTIONS

#### **Pressure Control Valve**



The pressure control valve is used to adjust the pressure level. The valve automatically maintains the pressure and temperature at the required setting:

- Position 2 For quick cooking (90 kPa)
- Position 1 For gradual cooking (60 kPa)
- Position <sup>₩</sup> For slow pressure release.
- Position ? For removing and cleaning the valve.

Maximum permitted pressure for these Pressure Cookers: 2.7bar / 270 kPa

#### **Red Safety Valve**





- 1. While the pressure builds up in the cooking pot, the red safety valve becomes visible and the cooking pot is closed (never force the cooking pot open).
- 2. If the safety valve is no longer visible, the cooking pot is no longer under pressure and can be opened. If, for some unforeseeable reason, the pressure control valve does not release steam correctly and excess pressure is generated inside the cooking pot, the safety valve opens automatically in accordance with the prescribed values in order to release the excess pressure.

#### The One Hand Opening and Closing System



The Pressure Cooker is opened and closed simply by pressing the appropriate open button or close button. Remove the lid from the cooking pot with one hand and place it back on the cooking pot in any position.

**WARNING:** Always allow the steam to be completely released before opening the cooking pot – never force the cooking pot open!

#### 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 presses outwards through this window and the steam can escape.

#### 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 WARNING: Not suitable for oven use

**This Pressure Cooker** is made from high-quality and easy-care stainless steel 18/10.

#### The thermal sandwich bottom:

This is an extra strong base obtained by impact bonding for use on all types of hob. It is absolutely robust and guarantees optimal heating properties while saving energy.

#### The bottom consists of:



The Pressure Cooker is suitable for all types of hob.

#### 12 PRESSURE COOKING IN DETAIL

#### SETTING THE PRESSURE LEVEL

1. Position 1: for gradual cooking

2. Position 2: for quick cookinge



#### PRESSURE COOKING REALLY IS THIS 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 with preselected pressure level on the appropriate hob. As the pressure increases, the red safety valve becomes visible. It is now no longer possible to open the Pressure Cooker.



3. Depending on the filling quantity, it may take several minutes before the preset pressure level is reached.

The cooking level has been reached once steam is escaping constantly from the pressure control valve. The cooking time only begins from this moment. The hob must now be set to a low setting. This will prevent any unnecessary energy consumption and avoid the risk of the cooking pot cooking dry.

4. The cooking level has been reached once steam is escaping constantly from the pressure

control valve. The cooking time only begins from this moment. The hob must now be set to a low setting. This will prevent any unnecessary energy consumption and avoid the risk of the cooking pot cooking dry.na odgovarajuću podlogu.

**5. Slowly and gradually allow steam to escape** Turn the pressure control valve from the preselected cooking level to the level 0. At pressure level 2, first turn the pressure down to level 1 and then wait a few seconds before turning down to the level 0.

**WARNING!** The escaping steam is very hot – protect yourself against burns and scalding by keeping your face, body and arms away from the steam.

**6. Open the pressure cooker:** If no more steam is escaping, you can open the Pressure Cooker. The lid can be removed. **WARNING:** Never force the lid open.

#### There are three ways to release the pressure:

- **1. Allow the Pressure Cooker to cool:** Wait until the red safety valve has completely retracted. This is recommended for dishes that are mushy or that create a lot of foam.
- **2. Slow pressure release:** Slowly turn the pressure control valve to the position 0. Do not change directly from position 2 to position 0. Instead, change first from position 2 to position 1, wait a few seconds, and then change to position 0. If you are using pressure level 1, you can change directly from position 1 to 0.

**WARNING:** The escaping steam is very hot. The steam escapes upwards. Please do not place your hands over the valve – wait until no more steam is escaping and the pressure indicator is no longer visible. This method is not suitable for food that is mushy or that creates a lot of foam.

**3. Quick pressure release:** Hold the cooking pot under the tap and allow moderately cold running water to run over the lid – not over the plastic parts – until the red safety valve has lowered completely. Do not place the cooking pot in water. If the safety valve has lowered completely, the cooking pot is no longer under pressure. Now set the pressure control valve to the position 0. If no more steam is escaping, you can open the Pressure Cooker. The lid can be lifted off.

#### 14 CLEANING AND MAINTENANCE

- Maintenance is easy. Always let the Pressure Cooker cool completely before cleaning.
- Clean each part thoroughly before first use and after each use with hot soapy water. Check all the parts periodically.
- Never immerse the lid in water or any other liquid. Wipe it with a clean, damp cloth and then dry before storing.
- Wash the cooking pot in warm, soapy water, rinse and dry thoroughly.
- To remove any burnt-on food left in the cooking pot, leave to soak for a few minutes in hot soapy water before starting to clean.
- Wipe with some fruit vinegar any lime-scale stains or white-blue protein stains until they disappear.
- Mirror polished surfaces should be dried with soft cloth immediately after rinsed with warm water to keep shiny looks.
- If you want your cooker to remain shiny after many years of use clean it with a detergent for Stainless Steel cookware.
- Do not use any abrasive, alkaline or chlorinated detergents, or steel wool.
- PLEASE NOTE: The Pressure Cooker hand wash only.
- Store the Pressure Cooker with the lid off to let air circulate

#### CLEANING AND REPLACING THE SEALING RING

Wipe off the sealing ring, rinse it under warm running water and dry it off. In normal use, the sealing ring should be replaced every 1-2 years depending on the number of cooking processes it has been through. At the latest, it should be replaced when it has become hard or dark (brown colour).

#### **RED SAFETY VALVE**

Along with the lid, it only needs to be rinsed out under running water. A pointed object can be used to ensure that it is moving freely

#### CLEANING THE PRESSURE CONTROL VALVE

Check whether the ventilation pipe is free. First remove the plastic attachment from the lid of the Pressure Cooker, and then remove the valve. To do this, press the valve and turn it anti-clockwise as far as it will go. It is cleaned under running water and then re-inserted. Clean the bottom part of the valve from the inside of the lid. Gently press the end of the valve and check that it can lift and lower normally. When doing so, please ensure that the grooves on the valve can be inserted into the appropriate retainers. When doing so, please ensure that the grooves on the valve can be inserted into the appropriate retainers. Store the clean and dry Pressure Cooker in a clean, dry and safe place. Do not place the lid on the cooking pot or close it; instead, it can be placed upside down on the cooking pot.



LID

Do not clean the lid of the Pressure Cooker in the dishwasher, hand-wash only.

#### 16 INGREDIENTS GUIDE AND COOKING TIMES

By cooking food faster, your Pressure Cooker helps to seal in most of the goodness, nutrients, flavour and moisture. The more finely you cut the vegetables, the shorter their cooking time. If you like them crunchy, then the cooking time is shorter still. The larger the quantity, the longer the cooking time. Suggestion: It is better for the cooking time to be too short, as you can always cook them for longer.

#### FRESH VEGETABLES

Wash and peel vegetables as normal. They cook very fast in a Pressure Cooker, usually on the highest setting. The times in the cooking chart are simply a guide; cooking times will depend on freshness, storage, size and how the vegetables are chopped. Whichever you prefer, it's always best to undercook vegetables, as you can always cook them a little longer if need be. Once your vegetables are ready, stop the cooking immediately using the 'quick release' method. Frozen veg needs half a minute or so longer than the times in the chart.

| Vegetables             | Minutes          | Position |
|------------------------|------------------|----------|
| Beetroot               | 12 - 15          | 1        |
| Cabbage<br>Cauliflower | 5 - 10           | 1        |
| Cauliflower            | 4 - 6            | 1        |
| Mushrooms              | 6 - 8            | 1        |
| Stuffed peppers        | 8 - 10           | 1        |
| Spinach                | 4                | 1        |
| Peas                   | 3 - 5            | 1        |
| Carrots                | 5 - 6            | 1        |
| Beans                  | 35               | 2        |
| Potatoes<br>Celery     | 6 - 8<br>10 - 12 | 2<br>2   |

#### **RICE AND OTHER GRAINS**

Rice is usually cooked at high pressure, followed by a quick release of pressure to prevent overcooking. All grains need a little fat to prevent foaming as they cook, so add around 1 tablespoon of butter or oil for each cup of grain. Remember that rice and most grains almost triple in volume when cooked, so the Pressure Cooker should only be half full with grain and cooking liquid. The cooking times chart above gives a guide to total cooking times, which include the initial time at high pressure followed by the slow and/or quick release of pressure times.

| Rice and grains | Minutes | Position |
|-----------------|---------|----------|
| White rice      | 6 - 8   | 2        |
| Barley          | 20      | 2        |

#### **FROZEN FOOD**

Long defrost times can be reduced to minutes, but this depends on the type and size of the food you are defrosting. Defrosting in the Pressure Cooker is good for retaining vitamins, minerals and flavour in your food.

#### **MEAT**

Meat and chicken are usually cooked on the highest setting, and the cooking times chart above offers a guide, with cooking times varying according to age and tenderness, the temperature of the meat before it goes in the pot, size, thickness and weight.

| Meat        | Minutes | Position |
|-------------|---------|----------|
| Pork Chop   | 20 - 25 | 2        |
| Goulash     | 15 - 20 | 2        |
| Minced meat | 5 - 10  | 2        |
| Chicken     | 10 - 15 | 2        |
| Veal cutlet | 5 - 10  | 2        |
| Turkey leg  | 25 - 30 | 2        |
| Beef        | 15 - 20 | 2        |
| Pork hock   | 25 - 35 | 2        |
| Venison leg | 25 - 30 | 2        |

#### **FISH**

Cook with the appropriate amount of liquid for the quantity of fish. As fish stock sticks, the lid should be removed immediately once the pressure indicator has retracted fully.

| Fish        | Minutes | Position |
|-------------|---------|----------|
| Smoked fish | 6 - 8   | 1        |
| Mussels     | 4 - 6   | 2        |

#### **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 washed and drained well before cooking. There is no need to pre-soak lentils, but soaking 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: as a guide, only one-third fill it with pulses and water. Add 1 teaspoon of butter 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 offers a guide to cooking times for pulses which have NOT been soaked overnight. 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 little and often and keep them in the fridge or, even better, soak them overnight, drain and freeze in portion sizes ready for pressure cooking.

| Pulses      | Minutes | Position |
|-------------|---------|----------|
| White beans | 35      | 2        |
| Chickpeas   | 40      | 2        |
| Lentils     | 20 - 25 | 2        |

#### 18 HINTS AND TIPS

- Store the Pressure Cooker with the lid off to let air circulate.
- If in doubt select a lower cooking time. 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, stock or coconut milk.
- Cutting similar foods like meat or vegetables into evenly sized pieces will ensure they cook at the same speed.
- Pressure cooking tends to intensify the flavour of herbs, seasonings, onion and garlic, so use smaller quantities if adjusting a favourite recipe and use fresh herbs rather than dried.
- If it takes a long time for the cooking time to start: The energy supply is too weak. Set the source of heat to the highest setting.
- If the red safety valve has not lifted and no steam is escaping from the valve during cooking: This is normal in the first few minutes (as pressure is building up). Otherwise, check the following:

Check that the source of heat is strong 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 correctly closed. - Check that the sealing ring or 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 during cooking: Hold the Pressure Cooker under cold water to release 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 steam. If necessary, cool the cooking pot under cold water.
- 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 correctly. Check the quantity of liquid.
- If the handles on the cooking pot are loose: Tighten the screws with a screwdriver.

#### FREQUENTLY ASKED QUESTIONS 19

#### Why does the pressure indicator keep dropping during cooking?

Answer: The heat may be too low. Increase 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. When the Pressure Cooker is not in use, check the seal inside the lid has not perished or been damaged. If it has, call

#### Why lots of steam is pouring out of the lid and food is escaping too?

Answer: The pressure may not have been fully released before you tried to 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:** Either the pot is too full or the heat is too high. Reduce the heat and, 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.

#### How to clean burnt residues in the Pressure Cooker?

Answer: Soak the cooking pot for some time before you rinse it out. Do not use any alkaline or chlorinated detergents.

#### One of the safety systems has triggered what 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 sealing ring. When pressure cooking, always ensure that the appropriate amount of liquid is added - the Pressure Cooker must never be allowed to cook dry. Please ensure that the cooking pot is never filled more than 'MAX' level. Read relative instructions in these instructions for use. Different cooking times depend on the quality and size of the food, so the specified times are only approximate. 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 extend the cooking time slightly.

#### 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 vegetables), the meat is browned and the vegetables are added when deglazing. 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 at the same time. For soups and stews, make sure that any foods that create foam are partially cooked with the cooking pot open, then skim off the foam before you close the lid. At the end, allow the steam to release slowly or the Pressure Cooker to cool.

#### 20 **RECYCLING**

The packaging is made of recyclable materials. Please dispose of these materials in an environmentally friendly manner and in the appropriate recycling containers. Before disposal separate and classify the parts and dispose for recycling or according to local regulations.

Referent European Norm: 2014/68/EU

Applied norm: EN12778

#### **IMPORTANT! SERVICE AND SPARE PARTS**

If you are replacing parts, then only GENUINE spare parts that are intended for this Pressure Cooker are permitted to be used. If a repair is required, please contact Metalac customer service at 00381 32 404040 or by e-mail kontakt@metalac.co.rs. Repairs may only be performed by authorised persons.

Metalac uses GREEN ENERGY and therefore actively contributes to spreading of environmental awareness and healthier future for generations to come.





## LUNCH ON TOUCH



VOLUME
4.5L and 7L















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