The following are guidelines for use when cooking various foods. You may use these simple rules when adapting your own recipes. Please note that the 15 lb cook control is used in all cases unless otherwise recommended.

**STOCKS AND SOUPS**

**General guidelines for making soups and stocks**
1. The cooker must never be more than half full when all the ingredients and liquid have been added.
2. Pressure can be reduced quickly for all soups, with the exception of those containing dried legumes such as lentils. For these soups, reduce pressure slowly to prevent the skins of the legumes splitting.
3. The trivet is not necessary.
4. Use 15 lb cook control.

**How to reheat frozen soup**
Add 5 fluid ounces water to the cooker with block of frozen soup. Cook for 5 minutes. Reduce the pressure quickly. Add any seasoning, milk or cream and adjust the consistency.

**Minestrone Soup**
4 slices bacon, chopped
1 medium onion, chopped
1 clove garlic, crushed
1 medium carrot, diced
1 small turnip, diced
2 sticks celery, chopped
1 medium leek, sliced
2 teaspoons chopped parsley
2 tomatoes, skinned and sliced
2 tablespoons tomato puree
1/4 large cabbage, finely shredded
3 cups hot white stock
1 ounce spaghetti, broken into approx. 1” lengths
salt and pepper
Parmesan cheese

Fry the bacon gently in the cooker until the fat runs out. Cook the onion and garlic in the bacon fat until lightly browned, then stir in the carrot, turnip, celery, leek and parsley. Cook in the open pan for 5 minutes. Add the tomatoes, tomato puree, cabbage and stock and bring to a boil. Add the spaghetti. Stir well. Close the lid, bring to a boil and cook for 8 minutes at 15 lb pressure. Release the steam QUICKLY. Serve with grated Parmesan cheese.
**VEGETABLES**

General guidelines for cooking vegetables

1. Always add green vegetables to boiling water, so pressure is reached quickly.
2. Timing is crucial, as overcooking will result in soft vegetables.
3. Use 15 lb cook control unless otherwise recommended.

Root vegetables should be placed straight onto the trivet. Small vegetables, or those that have been cut up into small pieces, should be cooked in the separator.

1 cup of water is all that is required for most vegetable cooking. The trivet keeps the vegetables just above the water so that they are cooked in steam and the flavors kept separate.

You can save time if you cook a selection of vegetables together. Here are some instructions for cooking potatoes, carrots and brussel sprouts together. Adapt these instructions to suit whatever selection of vegetables you choose.

1. Prepare all the vegetables in the usual way.
2. Look at the timetable on the next page and cut up the potatoes and carrots so that they are a suitable size for cooking in 4 minutes.
3. Put the trivet in the cooker – rim side down – and pour in 1 cup of water.
4. Place the potatoes and carrots in piles on the trivet. Season lightly. Put the open cooker on a high heat and bring the water to the boil.
5. Put the prepared sprouts into the separator and season lightly. When the water is boiling and the cooker filled with steam, place the separator on top of the potatoes and carrots. Cover and close the lid. Bring back to a boil and time accurately for 4 minutes. Release the steam QUICKLY.

### Timetable for Fresh Vegetables

(using 15 lb cook control)

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<th>VEGETABLE</th>
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<tr>
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<td>Cabbage</td>
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<td>Shredded</td>
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<td>Carrots</td>
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<td>Young – whole</td>
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<td>Old – halved/quartered</td>
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<tr>
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<tr>
<td>Eggplant</td>
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<tr>
<td>1/2 inch cubes</td>
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Ratatouille

2 tablespoons olive oil
1 large onion, sliced
2 cloves garlic, crushed
1 large eggplant, diced
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
8 ounces zucchini, sliced
8 ounces tomatoes, skinned and sliced
1 cup water
pinch of marjoram
salt and pepper

Heat the oil in the cooker and fry the onion and garlic in it until they are just beginning to brown. Add the peppers and eggplant, and cook for a further 1-2 minutes. Add the remaining ingredients and stir well. Close the lid, bring to pressure using 15 lb cook control and cook for 5 minutes. Release the steam QUICKLY. Serve either hot as an accompaniment to meat or poultry, or serve chilled on its own as a starter, garnished with parsley.

LEGUMES

Legumes (dried beans, peas, lentils) are a valuable and inexpensive source of protein. By using your pressure cooker, overnight soaking is a chore of the past and cooking time is reduced to a fraction of conventional cooking.

- All legumes must be soaked for 1 hour before cooking in the pressure cooker. NEVER EAT LEGUMES RAW OR UNDERCOOKED.
- The cooker must not be more than one-third full when both the legumes and liquid have been added. This is because legumes tend to swell and boil up during cooking and could block the vents if cooked in too large quantities.
- Weigh the legumes and place in a large bowl, add sufficient water to cover them. Let stand for 1 hour.
- Drain the legumes and add 2 cups of fresh liquid for every 8 ounces pre-soaked weight of legumes.
- Place the legumes and liquid in the cooker. Do not add salt as this toughens the legumes.
- Bring to a boil and skim well.
- Reduce the heat so the contents are boiling gently, but not rising in the pan.
- Close the cooker, and maintaining the same heat, bring to pressure.
• Cook for the time recommended on the timetable and reduce the pressure slowly.
• Season before serving.
• Use 15 lb cook control unless otherwise recommended.

Timetable for Fresh Legumes
(using 15 lb cook control)

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<tr>
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<td>Butter Beans</td>
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<td>Haricot Beans</td>
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<td>Large</td>
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<tr>
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</tr>
<tr>
<td>Soy Beans</td>
<td>25</td>
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PASTA, RICE AND CEREALS

All rice, pasta and cereals can be cooked in the base of the cooker. Rice and small pasta shapes, such as shells, can also be cooked in a solid container or separator (or the perforated separator lined with foil). This method is often used when cooking the rice or pasta on top of meat or poultry.

Cooking rice or pasta in the body of the cooker (not in a container)
• Do not fill more than half full.
• Bring to pressure on a medium heat setting.
• During cooking keep the heat slightly lower than usual to prevent frothing up.
• Release pressure slowly.

Care must be taken when cooking rice to prevent the contents from boiling up and blocking the vent.

Cooking rice or pasta in a container
• Use a suitable size ovenproof dish or perforated separator (lined with foil).
• Pour 1 cup water into the cooker.
• Place 8 ounces of rice or pasta in the container, add 1½ cups boiling water, leaving space for the rice to expand.
• Cover with a piece of wax paper and tie down securely.
• Use 15 lb cook control unless otherwise recommended.
• Release pressure SLOWLY after cooking.

Cooking coarse oatmeal, pearl barley
• Fill no more than half full.
• Use 3 cups boiling water for every 4 ounces oatmeal or pearl barley.
• Bring to a boil over a medium heat and cook on a lower heat setting as oatmeal rises and froths up.

Wild Rice Pilaf

1½ cups wild rice
6½ cups chicken stock or water
1½ cups white rice
1 pound bacon
2 onions, chopped
2 cups minced celery
3/4 cup parsley
salt and pepper to taste
3/4 cup toasted pine nuts
Place wild rice and 3 1/4 cups of chicken stock (or water) in the pressure cooker. Bring to a boil, seal, bring up to 15 lb. pressure, reduce heat to stabilize pressure and cook for 15 minutes. Remove from heat, depressurize and remove lid. Remove cooked wild rice and replace with white rice and remaining 3 1/4 cups chicken stock or water. Bring to a boil, seal, bring up to 15 pounds pressure, reduce heat to stabilize pressure and cook for 6 minutes. Remove from heat, depressurize and remove lid. Mix rices together in cooker. Meanwhile, cut bacon into small pieces, fry until crisp and drain on paper towels. Remove majority of bacon grease from skillet, leaving a small amount to fry onions and celery until tender. Add cooked onion-celery mixture, parsley, and salt and pepper to taste. Just before serving, add toasted pine nuts.

Yield: 12 servings

**POULTRY**

General guidelines to follow when cooking poultry and game

- Frozen poultry must be thoroughly thawed. A 3 pound chicken will take 48 hours to thaw in a refrigerator.
- Wash chicken thoroughly, especially inside the body cavity.
- Cut larger birds into portions before cooking, so that the steam can circulate freely.
- Truss smaller birds with string for ease of handling, especially when pre-browning.
- Whole birds are timed by the pound; include stuffing in the calculated weight.
- Use 15 lb cook control unless otherwise recommended.

Maximum weight is 3 – 3 1/2 pounds.

**Chicken Casserole**

1 ounce butter or margarine
2 potatoes, peeled and diced
2 carrots, peeled and sliced
1 medium onion, sliced
4 chicken portions, 4 – 6 ounces each, skinned
1 1/2 cups hot chicken stock
salt and pepper
1 tablespoon cornstarch for thickening
2 tablespoons water

Melt the butter or margarine in the open cooker. Gently fry the potatoes, onions and carrots until lightly colored. Lift out and drain well. Add the chicken pieces to the hot butter or margarine and brown well. Return the...
vegetables to the cooker with the seasoning and stock. Stir well. Close the lid, bring to pressure using 15 lb cook control and cook for 5 minutes. Release the steam QUICKLY. Take out the chicken and remove the meat from the bones. Put the chicken meat back in the cooker. Blend the cornstarch with the water, stir into casserole and cook until thickened.

Serve with a green vegetable and warm, crusty bread.

**Raspberry Chicken**

1/2 cup sweet red wine  
1/2 cup vinegar  
1/2 to 1 cup raspberry jam (can be low sugar or sugarless)  
2 tablespoons soy sauce  
2-3 tablespoons honey  
1 teaspoon Dijon mustard  
1 clove garlic, minced  
1 frying chicken, skinned, cut into pieces  
strips of orange zest for garnish

This is an absolutely delicious chicken recipe, but depending on the type of jam used, it can take on a very dark color. Enhance the appearance by garnishing with fine shreds of orange peel.

Mix all ingredients together except chicken and orange zest; stir until well combined. Taste and adjust sweetness to your personal preference. Pour mixture over chicken and let it marinate at least 4 hours (preferably overnight) in the refrigerator. Place chicken with marinade in the pressure cooker and bring to a boil. Seal, bring up to 15 pounds pressure, reduce heat to stabilize pressure and cook for 12 minutes. Remove from heat, depressurize, remove lid and remove chicken, leaving marinade in pot. If a thicker sauce is desired, boil sauce in uncovered pot until it thickens. Pour thickened sauce over chicken and sprinkle with thinly sliced orange peel (otherwise known as orange zest).

Yield: 3-4 servings

**MEATS**

Your pressure cooker will enable you to cook meat, even the tougher cuts, in minutes rather than hours, with really tender results. The times in the recipes are a guide and will vary depending on quality, thickness and cut of meat and personal preference.

**General guidelines**

**Frozen Meat**

Always thaw pork and poultry before placing in cooker.

**Cubed steak for stews and casseroles**

- Cut meat up into suitable sized pieces before freezing if to be cooked from frozen.
- Meats can be pre-browned from frozen in the open pan on a low heat setting to prevent excess spitting.
- Do not coat in seasoned flour; thicken gravy at end of cooking.
- Do not use the trivet.
- Cook for 5 minutes longer than given in the recipe or chart; remember to add more water if necessary.
- Reduce pressure QUICKLY.
- Thicken the sauce or gravy as required.

**Reheating frozen cooked stews and casseroles**

- Do not use the trivet.
- Add 1 cup liquid to the frozen food.
- Cook for 8–12 minutes, depending on the meat size and overall bulk.
- Reduce pressure QUICKLY.
- Adjust consistency of sauce, gravy.

**Stewing and braising**

- Remember that the cooking time is determined by the size of the pieces of meat, not the amount, so the cooking time remains the same even if the quantities are changed.
- Meat and vegetables may be browned in hot fat in the open cooker on a low heat before adding the liquid to seal the meat and retain the natural juices and flavor. Cool the cooker slightly before adding the liquid. Remove any frying residues from the base with a wooden spoon.
- Do not coat the meat in seasoned flour before browning; thickeners, e.g. blended flour and butter or cornstarch, should be added at the end of the cooking.
- Use a thin consistency of cooking liquid, e.g. stock wine, water. Soups and canned sauces may be used with an extra 5 fluid ounces water blended in. This is important, because you cannot stir the food during cooking, so thick liquids may ‘catch’ on the base of the cooker.
- Never fill the body of the cooker more than half full when all the ingredients and liquids have been added.
- Release the steam QUICKLY, unless otherwise stated.
- Add thickenings, fresh or soured cream, at the end of cooking, in the open pan, stirring continuously.

**Pot roasting**

- Roasts should not weigh more than 3 pounds.
- Wipe, trim and weigh the meat, calculate the cooking time from the chart – no need to thaw frozen pot roasts.
**Preparation of the pot roast:**
- Never fill the cooker more than half full when both the roast, liquid and vegetables for flavoring have been added.
- Accompanying vegetables or rice may be added part way through the cooking time.

### Rich Beef Casserole

2 ounces butter
1 medium onion, sliced
1 clove garlic, crushed
1 small can tomatoes, roughly chopped
1 cup red wine
½ cup brown stock
4 ounces button mushrooms
Salt and pepper

**Beurre manie**
1 tablespoon flour
1 ounce butter

**Garnish**
1 teaspoon chopped parsley

Heat the fat in the open cooker. Brown the meat, onion and garlic. Lift out and thoroughly drain off any excess fat. Away from the heat, add the tomatoes, wine and stock. Return to the heat and stir to remove any frying residues. Return the meat and onions with the mushrooms and seasoning. Close the lid, bring to pressure using 15 lb cook control and cook for 20 minutes. While the casserole is cooking, blend the flour with the butter. Release the steam QUICKLY. Return the open cooker to the heat, add the beurre manie in small blobs and stir well until thickened. Garnish with parsley before serving.

### Pot Roasting

(All times are per 1 pound – use 15 lb cook control)

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<th>JOINT</th>
<th>MINS FROM THAWED</th>
<th>MINS FROM FROZEN</th>
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</tr>
<tr>
<td>Pot roast</td>
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<td>22</td>
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<tr>
<td>Brisket, rolled</td>
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<td>30</td>
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<tr>
<td>Rump roast, chuck roast</td>
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<td>LAMB</td>
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</tr>
<tr>
<td>Shoulder, boned &amp; rolled</td>
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<td>Shoulder, boned &amp; rolled</td>
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<tr>
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### Pot Roast

4 pounds boneless beef roast
2 tablespoons oil
1 small onion, chopped
2 teaspoons salt
½ teaspoon pepper
1 cup red wine
2½ cups beef stock
6 tablespoons flour

Brown the beef and onion in oil in the open pressure cooker. Add salt and pepper, ½ cup wine, seal cooker and cook at 10 pounds pressure for 15 minutes per pound. Reduce pressure, open cooker and remove meat.

To make gravy, remove all but 2 tablespoons fat from the cooker, add the flour and stir for 1 minute, then slowly add the wine and stock and simmer for a few minutes until thickened. Season gravy with salt and pepper to taste.

Serving Size : 10

### FISH

- Prepare the fish by removing scales, fins, skin, etc. as required. Wash and dry thoroughly and season to taste, adding a little lemon juice if preferred.
- Add a minimum of 1 cup cooking liquid – which may be water, fish stock, milk, wine or cider.

**IMPORTANT**: When using milk to cook fish, bring the cooker to pressure on a medium heat setting and keep the heat on medium while cooking to avoid the milk frothing up and blocking the vents. This may be used afterwards to make an accompanying sauce with, for example, prawns, parsley, cheese, lemon, etc.

- The trivet is used for most recipes and should be well greased before use. For ease of handling, the fish can be cooked on a piece of greased wax paper or foil, leaving sufficient at the edges to form lifting handles.
- Time carefully, as cooking times are very short.
Cooking fish from frozen
• Add 1 minute to the cooking time shown in the chart if the fish is whole or in a thick steak.
• Add 2 minutes to the pound if timed by the pound.
• Cook small steaks or fillets for the same time as fresh fish.

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<td>Salmon</td>
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<td>Small whole, e.g. salmon trout or salmon pieces</td>
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<td>Trout</td>
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<tr>
<td></td>
<td>Whole fish</td>
<td>5 per 1 pound</td>
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</tbody>
</table>

Salmon Steaks
1 medium onion, sliced in rings
2 (1 1/4 pounds) salmon steaks, approximately 1 inch thick
1/2 cup dry white wine
1/4 teaspoon salt
1/8 teaspoon pepper
1 lemon, sliced
1/2 cup water


JAM MAKING
You can use your pressure cooker to produce a variety of jams and jellies. It will be necessary to use the 10 lb cook control, which cooks food at the lower temperature of 240° F. This prevents the pectin in the fruit (which enables the jam to set) from being destroyed.

General instructions
1. Choose fruit which is fresh, firm and free from blemishes. Overripe or poor quality fruit will not produce a good set.
2. Those fruits which are low in pectin (therefore producing a poor set) should have an acid such as lemon juice, or a high pectin fruit mixed with them, e.g. blackberry and apple.
3. Wash and prepare the fruit just before cooking commences.
4. The trivet is not required and the base of the cooker should not be more than half full when the fruit and water have been added.
5. Use the 10 lb cook control and allow the pressure to release SLOWLY.
6. The fruit must be really soft and then mashed down into the liquid before the warmed sugar is added.
7. Use granulated or preserving sugar, allowing, on average, 1 pound to 1 pound of fruit. It should be warmed before adding to the cooked fruit as this will help to keep the color and flavor of the finished jam.
8. The fruit and sugar are boiled in the open pan until setting point is reached, approximately 5 – 20 minutes, depending on the fruit.
9. Transfer to warmed, dry jars, filling to the brim. Cover. When cool, label and date before storing in a cool, dry place.

Blackberry Jam
2 pounds blackberries
3 pounds sugar
2 cups water

Wash fruit thoroughly. Put the fruit in the cooker, add 2 cups water, close the lid, bring to pressure (10 lb) and cook for 3 – 4 minutes. Reduce pressure SLOWLY. Add 3 pounds warmed sugar, stir until dissolved, then bring to a boil. Skim the surface and boil rapidly in the open cooker until setting point is reached. Skim the surface and leave to stand for 10 minutes to prevent the fruit rising to the surface. Stir the jam and pour into warmed, dry, clean jars. Cover, label and store in a cool, dry place.