



**Hawkins**  
PRESSURE COOKER

Instruction Manual  
Suitable for  
Hawkins Ekobase

## How to Close the Hawkins



**1.** Hold lid just above cooker body. Lid handle must be at right angle to body handle.



**2.** Tilt lid into cooker and move lid away from you to wall of cooker body.



**3.** Move lid handle towards long body handle.



**4.** Lower rest of lid into cooker body by slight twist of wrist of hand holding lid handle.



**5.** Place the lid handle bar on the pivot. Centralize lid. Squeeze lid handle and body handle together.



**6.** Push the locking loop to latch securely.

## How to Open the Hawkins



**1.** Squeeze handles together. Release locking loop.



**2.** Pushing lid towards far wall of cooker body, move lid handle away from you half way to the right angle and...



**3.** ...raise lid edge out of cooker body with a slight twist of wrist of hand holding lid handle.



**4.** Move lid handle further away until at right angle to body handle.



**5.** Move lid out towards you.

DIAGRAM OF COOKER PARTS ON PAGE 5. FURTHER TIPS ON PAGE 8.



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**PRESSURE COOKER  
INSTRUCTION MANUAL**  
with 7 tested recipes



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# IMPORTANT SAFEGUARDS

1. Read all instructions.
2. Do not touch hot surfaces. Use handles.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Do not wash in a dishwasher.
6. Extreme caution must be used when moving a pressure cooker containing hot liquids.
7. Do not use pressure cooker for other than intended use.
8. This appliance cooks under pressure of 103 kPa (15 lbs/in<sup>2</sup>). Improper use may result in scalding injury. Do not use the unit unless it is properly closed. See "How to Close the Hawkins" on the inside front cover.
9. Always check that the steam vent is clear immediately before closing the lid for pressure cooking.
10. The pressure regulator is an accurately weighted device to regulate operating pressure. Never place anything over the pressure regulator while cooking.
11. When starting to pressure cook, close the lid WITHOUT the pressure regulator in position on the steam vent. Place the pressure regulator on the steam vent ONLY AFTER steam starts to come out of the steam vent steadily. See "Operating Instructions" on page 9.
12. Always place water as indicated in each recipe or chart in the pressure cooker body before pressure cooking. As a general rule, place a minimum of one cup water for the first 10 minutes of pressure cooking time and one-half cup for every subsequent 10 minutes or part thereof.
13. Do not fill the unit over  $\frac{2}{3}$  full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over  $\frac{1}{2}$  full. When cooking dal/pulses which sprout, never fill the cooker more than  $\frac{1}{3}$  full. Over filling may cause a risk of clogging the steam vent and developing excess pressure. See Food Preparation Instructions i.e. "Product Information" on page 6.
14. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
15. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
16. Never attempt to force open the pressure cooker. Do not open the pressure cooker until the unit has cooled and internal pressure has been released. If the handles are difficult to move apart, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can be hazardous. See "Operating Instructions" on pages 14 and 15.
17. Never lift pressure regulator for reducing pressure in the case of liquid or frothing foods.
18. Do not use this pressure cooker for pressure frying with oil.
19. Never use the cooker body for deep frying or light frying for more than 20 minutes at a time or as an oven for dry heating or baking, since the strength of the metal may decrease to a dangerous level.
20. The safety valve is fusible type and operates automatically in the event of excess pressure. If activated, please shut off the heat. When cool, replace the safety valve with a genuine Hawkins safety valve. See page 31.
21. Do not attempt to make any changes to the pressure regulator and safety valve. Repairs other than the replacement of sealing ring, body handles, safety valve and the pressure regulator must be done only by an authorised service centre/representative. All replacement parts must be genuine Hawkins parts.
22. In case of use on an electric hot plate, use a plate of diameter equal to or less than that of the base of the pressure cooker.
23. **SAVE THESE INSTRUCTIONS.**

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# OPERATING INSTRUCTIONS

## *Useful General Information*

### Principles of Pressure Cooking

Ordinary open-pot cooking is done at the boiling point of water which produces steam at sea level at 100°C (212°F). Pressure cooking works by sealing the steam in a pot so that there is a rise in pressure to a safe, controlled extent which raises the boiling point of water and therefore the cooking temperature. The steam permeates through the food, tenderizing it, infusing it with flavour, preserving nutrients, colour, texture and juices and cooking much faster. The Hawkins Pressure Cooker cooks food at 121°C (250°F) at a pressure of 15 lb per square inch (1 kg per square cm).

### Benefits of Hawkins Pressure Cooking

Hawkins pressure cooking can reduce normal cooking times by as much as half. Economical foods such as legumes (lentils, dried peas and beans) and tough cuts of meat can be cooked to perfection in a fraction of the normal time. Because food cooks faster in a pressure cooker, you save fuel, and therefore money. Scientific literature indicates that certain nutritive elements such as proteins and vitamins are better retained by pressure cooking. Steaming is ideal for low-calorie, low-fat cooking. The higher temperature while pressure cooking gives more hygienic food. Closed cooking in super-heated steam may better evoke the natural flavours of the food – producing delicious results. A wide range of foods, whether parts of recipes or entire meals, can be cooked in your Hawkins.

### Advantages of Hawkins

#### Safe

- **Pressure-locked Safety Lid.** When there is pressure inside the cooker, the lid is pressure-locked like a modern jetliner door. It cannot be opened until the pressure has fallen to a safe level.
- **Automatic Safety Valve** is positioned such that, if it operates, the steam and food are deflected safely downwards.

#### Better Pressure Regulation

- **New Improved Pressure Regulator/Vent Weight** regulates pressure better, cooks faster, saves more fuel, is easier to insert and remove and reduces *dal* sprouting.

#### Trouble-Free

- **Longer Lasting Sealing Ring/Gasket.** As the lid fits from inside, the sealing ring does not get rubbed sideways every time the pressure cooker is opened or closed. Also, the sealing ring is not exposed to food acids in the pressure cooker due to the protection given to it by the rim of the lid.
- **Rust Proof Components.** The Hawkins Pressure Cooker has special metal alloy handle bar and handle brackets to withstand rust.

## The Hawkins Ekobase Pressure Cooker

The Hawkins Ekobase Pressure Cooker has a black, hard anodized, extra thick (6.35 mm thick), energy-efficient base. The "double-thick" base stays flat and heats quickly and evenly. It is ideal for light frying before pressure cooking and for quick and economical cooking on electric, gas, ceramic and halogen stoves. The hard anodized base will not tarnish, pit or corrode.

All the instructions and illustrations in this Manual apply to the Hawkins Ekobase even though the photographs and drawings are of the Hawkins Classic model.

## Using Your Own Recipes

We recommend the recipes we have actually tested and included in this Manual. Once you are familiar with cooking with your Hawkins Pressure Cooker, you may adapt recipes from other cookbooks or use your own, making sure that you adjust cooking time, food and water quantities as may be needed (see **Easy Tips for Better Cooking** pages 11 to 16).

**DO NOT ATTEMPT TO COOK IN THE HAWKINS WITHOUT FIRST READING CAREFULLY THE REMAINING INSTRUCTIONS.**

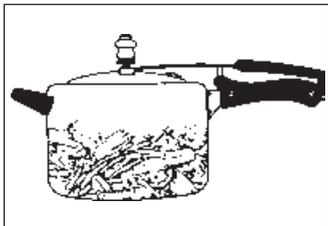
## Parts of the Hawkins Pressure Cooker



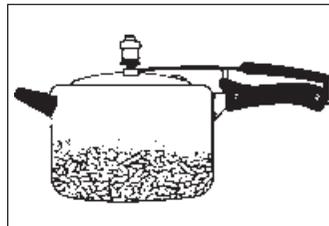
## Product Information

The stated volume of all pressure cookers is with lid closed.

**Cooking capacity** in a pressure cooker is less than its full volume. The pressure **cooker body** should never be filled more than two-thirds its capacity. This is to safeguard against blocking the steam vent/vent tube and to leave enough space to allow steam to circulate. Certain foods, however, such as soups and other liquid foods, foods such as lentils and rice which expand during cooking should not be loaded more than half the capacity of the cooker body. *Dals* which sprout, such as *tuvar* and *moong*, should not be loaded more than one-third the capacity of the cooker. In the 5 litre (5¼ quarts) Hawkins the two-thirds capacity is about 13½ cups/3.2 litres, half capacity is about 10 cups/2.4 litres and one-third capacity is about 6½ cups/1.6 litres.



**CAPACITY FOR SOLID FOODS:  
TWO-THIRDS FULL**



**CAPACITY FOR LIQUID OR  
FROTHING FOODS: HALF FULL**

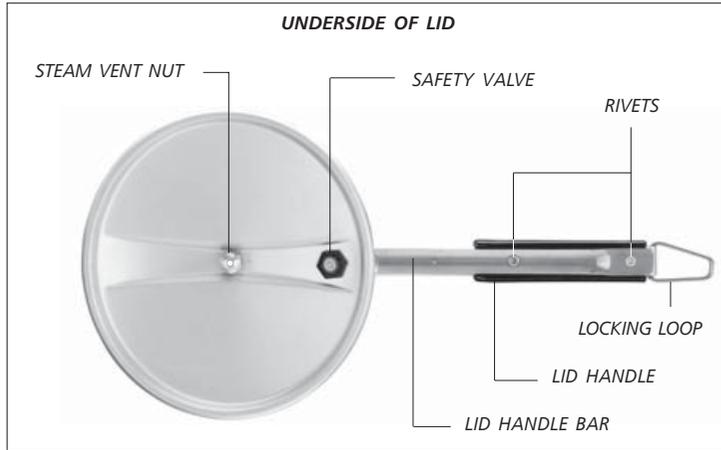
The **pressure regulator** automatically maintains the cooking pressure of about 15 pounds per square inch (1 kg per square cm). The pressure regulator has to be placed on the **steam vent** and pressed into position. When the pressure regulator is pressed down on the steam vent, there is a slight click which indicates the pressure regulator is in the correct position.



The pressure regulator has a spring mechanism which holds the pressure regulator on to the steam vent and is strong enough to prevent it from falling off should the lid be inverted.



On the underside of the lid, the **steam vent nut** secures the steam vent. The steam vent nut has seven holes so that even if a few holes are clogged, the other holes will allow the escape of steam. Always keep the steam vent clean and check before every use by looking through it.



If the normal escape of steam is blocked, the **safety valve** will operate. The safety valve will also operate if there is insufficient water in the pressure cooker and it boils dry, causing the temperature to rise beyond the normal operating range. The fusible alloy in the safety valve melts at the required temperature and releases pressure. The safety valve can be replaced as shown on page 31.

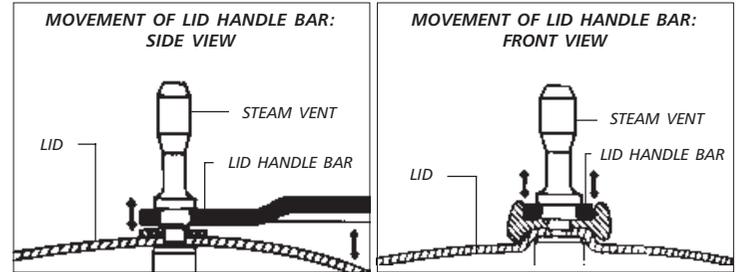


**FUSIBLE ALLOY...**



**...WHICH MELTS WHEN REQUIRED**

The **lid handle bar** is so attached to the lid that there is extra space for deliberate “play” or movement. This ensures better sealing of the lid with the rim of the cooker body.

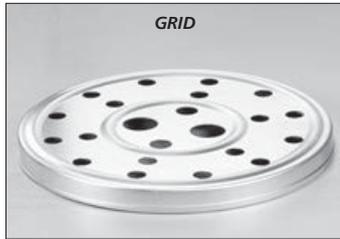


The **steam vent** seats the pressure regulator and is the outlet for excess steam. The steam vent is also the point at which the lid handle is connected to the lid.

The lid comes assembled with the detachable **rubber sealing ring**. It can be removed from the lid curl with the fingers. The sealing ring can be easily put back by slipping the lid handle through the sealing ring and patting and pushing it down all along the lid curl until it is seated properly.



A grid comes with every Hawkins pressure cooker. The use of the grid is explained on page 15.



### How to Close and Open the Hawkins

For instructions on how to close and open the Hawkins, see inside front cover.

Here are some tips to make the closing and opening easier:

1. While closing and opening, do not tilt the lid deeply into the cooker body. The minimum tilt that will get the lid into and out of the cooker body should be used so that the lid does not touch the food inside the cooker.



2. Before latching the handles together, centralize the lid so that the sealing ring is in even contact with the rim of the cooker body.

3. When opening after releasing locking loop, do not let go of the lid handle or the lid will fall into the cooker.

4. Squeeze the lid and body handles together at the end away from the cooker body. This requires the least force.



# Trial Run

Even if you have used a pressure cooker previously, take a trial run before cooking in your Hawkins. This section will take you step-by-step through your trial run in about 30 minutes.

## 1. Preliminary Steps

Remove label and wash cooker, removing any adhesive with baby or vegetable oil. Read pages 2 to 8. Identify parts. Remove and place the pressure regulator on the steam vent, the sealing ring on the lid curl. Close and open the pressure cooker a few times.



## 2. Placing Cooker on Stove

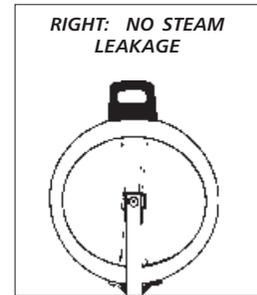
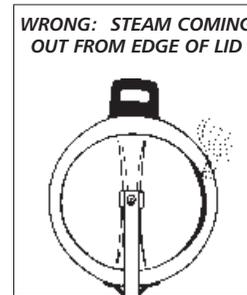
Pour 2 cups water in cooker body. Add 1 teaspoon (5 ml) lemon juice or vinegar to prevent discolouring the cooker. Remove pressure regulator from steam vent.

**Look through steam vent and ensure it is clear.**

Check and adjust the seating of the sealing ring on the lid curl by patting down snugly. Close cooker. Place cooker on high heat.

## 3. Ensuring a Steam-tight Seal

When water boils, hot air and/or steam should issue only from the steam vent. If steam comes out around the edge of the lid, check the centralization of the lid thus: unlatch and reposition the lid by moving the lid slightly towards the spot where steam is escaping and relatch. **DO NOT TOUCH LID** with bare hands since it will be hot.



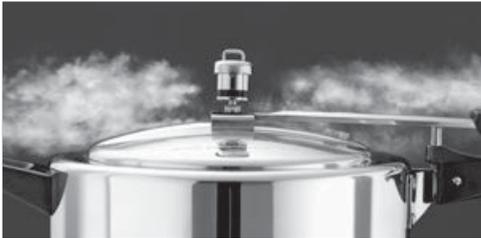
## 4. Placing the Pressure Regulator



Once steam is coming out of the steam vent steadily, place the pressure regulator on the steam vent and press down firmly. Keep fingers on top of the pressure regulator and away from the steam when placing the pressure regulator on the steam vent. A click indicates that the pressure regulator is in position. In about 2 minutes, the cooker should come to full operating pressure.

## 5. How to Recognize Full Operating Pressure

After the pressure regulator is placed on the steam vent, there is at first a very low hissing sound of steam from the pressure regulator. Then steam emission increases to full force and the pressure regulator lifts with a whistling sound.



*COOKER WHISTLES AT FULL OPERATING PRESSURE*

The cooker is now at full operating pressure. This is the point at which to reduce heat and start timing the recipe.

## 6. Maintaining Pressure on Reduced Heat

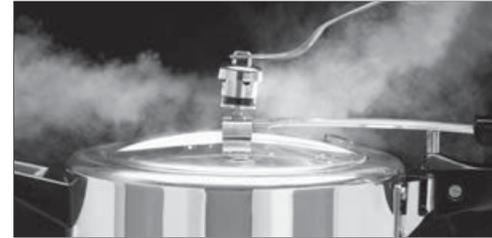
Once full pressure is reached, reduce heat from HIGH to MEDIUM or lower. The pressure inside the cooker will be maintained at about 15 pounds per square inch (1 kg per square cm). If the cooker whistles too frequently (more than 4 whistles per minute), reduce the heat still further.

If there is no steam coming out of the pressure regulator for a few minutes, increase the heat gradually until the steam comes out.

Please remember that, particularly on electric heat, it may take some time for heat level adjustments to have an effect on the frequency of whistles. A little practice will make clear the correct heat setting and adjustments, if any, that may be required.

## 7. Releasing Pressure

Turn off heat. Remove pressure cooker from heat. With a fork, slightly lift pressure regulator to release steam. Do not remove pressure regulator. When cooking, release pressure as indicated in the recipe or on pages 14 and 15.



*RELEASE PRESSURE WITH SLIGHT LIFTING OF PRESSURE REGULATOR*

## 8. Final Steps

Open cooker. Empty out water. Wash and wipe dry body, lid and pressure regulator. Store without closing the pressure cooker. Before cooking in your Hawkins, READ THE REMAINING INSTRUCTIONS.

# Easy Tips for Better Cooking

Read this section after you have finished the **Trial Run** and before cooking in your Hawkins.

## Ingredients

- See **Measurements** page 17 for information on weights and measures.

## QUANTITY

- The recipes in this Manual are for the maximum quantities which should be cooked in the 5 litre Hawkins Pressure Cooker.
- In general, the recipes can be proportionately decreased by 50% (halved) except as noted below:

1. The minimum quantity of water is 1 cup for the first 10 minutes of pressure cooking time and  $\frac{1}{2}$  cup for every subsequent 10 minutes or part thereof. Always ensure there is enough cooking liquid for the entire pressure cooking time.

2. Cooking times remain the same except where noted.

3. NEVER reduce liquid in recipes/charts where the total liquid is  $\frac{3}{4}$  cup (or less).



4. NEVER reduce the water quantities given in the **Vegetable Pressure Cooking Chart** on pages 23 and 24 or the **Seafood Pressure Cooking Chart** on page 27.

5. To cook **Crème Caramel** in 4 small individual molds: Reduce custard quantity by 33%. Keep caramel quantity same. Use 1 cup water in cooker body. Pressure cooking time: 5 minutes.

## SIZE

- The size of the individual pieces of food and not the total quantity determines the cooking time.
- Cut food in even sizes for even cooking.

## COMBINING FOODS

- Ingredients requiring roughly the same cooking time can be cooked together without mixing their flavours if kept physically separated and not mixed in the same liquid.
- Ingredients with different cooking times may be cooked together by using the following techniques:
  1. Speed up cooking time by cutting food into smaller pieces and by presoaking lentils, beans and cereals.
  2. Slow down cooking time by cutting food into larger pieces and by wrapping in foil.

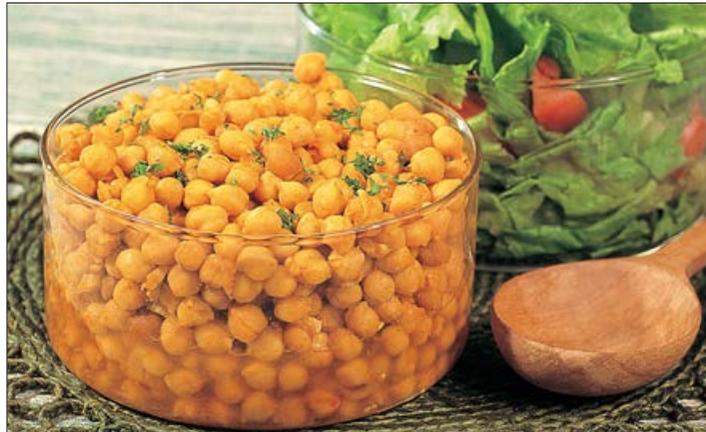
3. Start longer-cooking ingredients first, interrupt pressure cooking to add quicker-cooking ingredients and then complete pressure cooking.

#### SUBSTITUTIONS

- The salt and other seasonings in the recipes may be varied or eliminated according to your taste or health requirements.

#### Adapting Your Own Recipes

- Most foods that can be cooked with moist heat – boiled, steamed, braised and stewed – are suitable for pressure cooking.
- The recipes and charts in this Manual are examples of the correct way to cook in the Hawkins Pressure Cooker. Find a recipe in the Manual similar to yours and use broadly similar methods, food and water quantities and cooking times.
- If there is no similar recipe to match for timing, a general rule is to pressure cook one-third the normal cooking time and then check the food for doneness. If undercooked, re-close the pressure cooker and cook for a suitable amount of additional time.
- There is little evaporation in pressure cooking so liquid quantity ordinarily has to be reduced – always ensuring there is enough liquid for the entire cooking time (see page 13).



- Pressure cooking retains flavours so season with restraint. Taste and add more seasoning, if required, after pressure cooking.
- Milk, cream and yogurt tend to curdle and froth when pressure cooked in the base of the cooker and should generally be added to recipes after pressure cooking.

#### Heat Source

- The Hawkins Ekobase is specially suitable for use on electric, domestic gas and kerosene stoves. It is not suitable for induction stoves.

- Use a burner to suit the size of the cooker – gas flames should not lick the sides of the cooker.
- The cooker can be used on wood or coal fires provided it is not in direct contact with hot coals. **WARNING: DIRECT CONTACT WITH HOT COALS CAN DAMAGE THE METAL.** There should be at least a 1 inch/2.5 cm gap between the burning coals and the base of the cooker.

On improvised fires or commercial burners, limit the heat to the level usually found in domestic stoves. This pressure cooker must not be used on an industrial burner.

- When cooking foods that may sprout such as legumes, bring cooker to full operating pressure on **medium** heat and reduce heat as soon as full pressure is reached. Remove cooker briefly from heat if the steam seems to be evacuating too forcefully.

## Frying Prior to Pressure Cooking

- Some recipes require light frying before pressure cooking. Frying or browning in a small amount of butter, oil or other fat can be done in the pressure cooker body without the lid.
- Browning meat and poultry before pressure cooking helps to seal in the juices and improves the appearance and taste of the food. If you want to eliminate the additional fat and/or save time, browning can be omitted – it is not necessary for pressure cooking.
- Brown pieces of food in small batches to keep the oil temperature high so the food is seared but does not cook. Brown all sides evenly.
- After frying, remove cooker body from heat before adding liquid to the cooker.
- It is a safety requirement that deep-frying, involving more than 1/2 cup oil or frying for more than 20 minutes at a time, is not done in the pressure cooker body.
- Do not pressure fry in this pressure cooker. It is designed to be operated only with liquid which produces steam.



## Water

- There must be enough water (or stock, juice, vinegar, beer or wine) in the pressure cooker to make steam throughout the entire pressure cooking time and prevent burning. Oils and fats do not produce steam.

- The minimum quantity of cooking liquid required is 1 cup for the first 10 minutes of pressure cooking time plus 1/2 cup for every subsequent 10 minutes or part thereof. This quantity will prevent boiling dry provided you reduce the heat when cooker has reached full operating pressure.
- Some of the recipes have less (or more) cooking liquid than the amount prescribed in the preceding paragraph. Foods such as meat, fish, poultry, tomatoes and other vegetables give off juices during cooking (whereas legumes and rice absorb liquid). The recipes and charts reflect this.
- Do not cook with less cooking liquid than stated in the recipe as you run the risk of either a ruined recipe or having to replace a safety valve – or both.
- If you open the cooker and decide to cook longer, always check that there is enough cooking liquid to bring back to pressure and cook further.
- The Hawkins Pressure Cooker should never be used as an oven for dry heating or baking as it may reduce the strength of the metal.

## Timing

- Start timing recipes when the pressure cooker reaches full operating pressure (first whistle).

- Use a kitchen timer or watch/clock. Exact timing is critical to successful pressure cooking. Counting whistles may give you the wrong time required for cooking any particular food or recipe. Pressure cooking is much faster than conventional cooking so timing errors have greater consequences.
- If the food is only slightly undercooked, you may be able to complete the cooking without pressure. This method is especially suitable for foods which are easily overcooked. If the food requires more pressure cooking, decide how many minutes, ensure there is enough cooking liquid for the extra time, and bring cooker back to full operating pressure and cook the additional time.
- Cooking times given in this Manual are a guide. More or less time may be necessary depending on the age, tenderness and variety of the ingredients and how well cooked you prefer the food to be. Experience will enable you to adjust the times suitably.
- “Pressure Cooking Time 0 minute” in the charts signifies that the pressure cooker is to be taken off the heat as soon as the pressure cooker has reached full operating pressure.



### Reducing Heat

- Cooking on high heat after full pressure is reached does not result in faster cooking. It wastes energy and increases the likelihood of boiling dry and/or spoiling the food.

- When cooking on wood stoves or camp fires, move pressure cooker to a cooler part of the stove or shift cooker partly off the burner to cook at reduced heat ensuring that cooker is not tilted.

### Releasing Pressure

- There are three methods to release pressure in the Hawkins Pressure Cooker.

1. “Allow to cool naturally” means to remove the cooker from the heat and leave it until the pressure has dropped to normal and the lid can be opened.

This takes from about 10 to 20 minutes. This method is required for soups, legumes, recipes containing leavening agents and custards. Some cooks believe that the texture, tenderness and taste of food, especially meat, are improved by allowing to cool naturally whenever possible.

2. “Release pressure with slight lifting of pressure regulator” means to lift the pressure regulator slightly with a fork and allow steam to

escape so the lid can be opened immediately. This method is required for easily overcooked foods such as delicate vegetables and fish. This method cannot be used when the cooker contains predominantly liquid foods as the food/liquid may come out of the steam vent.

3. “Release pressure by placing cooker in about 4 inches/10 cm of cold water in a basin or in a sink for 2 minutes”. Open when the pressure has fallen. Do not run water over the lid. This method is

required when the cooker contains liquid or frothing foods and you wish to open immediately.

- Each recipe indicates the method of releasing pressure. Some foods, such as rice, are cooled naturally for 5 minutes before releasing steam.
- The method of releasing pressure has a bearing on the pressure cooking time. If you change from immediate opening to cooling naturally, reduce pressure cooking time by 2 to 3 minutes. Similarly, if you change from cooling naturally to immediate opening, increase pressure cooking time by 2 to 3 minutes.

### Grid

- Use the grid to steam food off the base when you so desire it (rather than immersed in liquid with flavours blending).
- Use the grid when steaming foods in molds or other containers (not provided).
- Use the grid to separate layers of food and to stack custard cups (not provided), always ensuring that the cooker is not more than two-thirds full.
- Use grid as a coaster or heat pad for the hot cooker body.

### Using Molds

- The recipe for **Crème Caramel** requires cooking in a mold (not provided) which is put inside the cooker. Foods such as rice, fish, pâtés and other desserts may also be cooked in molds.



- Molds should be made of oven-proof metal, glass or ceramic. The thicker the mold, the longer the cooking time.
- Molds should be placed on the grid.
- A mold should fit inside the cooker such that the top of the mold (when placed on the grid) is not above two-thirds up the cooker body.
- When required, cover the mold with foil and tie securely.
- In the base of the cooker use a minimum 1 cup water for the first 10 minutes of pressure cooking time plus ½ cup for every subsequent 10 minutes or part thereof.
- For pre-steaming plus pressure cooking or for steaming without pressure (without the pressure regulator) use 2 cups water for the first 10 minutes plus ½ cup for every subsequent 10 minutes or part thereof.
- To prevent discolouring aluminium when steaming in molds add 1 teaspoon lemon juice or tartaric acid for every 2 cups of water in the base of the cooker.
- **Reheating/Thawing.** Molds can be used to reheat food, including precooked frozen food, in the cooker. To reheat food in a mold: put food in the mold. Cover with aluminium foil unless steam/moisture will improve the food. Cooked rice, for instance, should be reheated uncovered. Estimate the cooking time

according to the type, size, volume and temperature of the food to be heated. A mold full of cooked rice will require 2 minutes pressure cooking time. A frozen dinner requires about 10 minutes at pressure. With experience you will be able to judge the time. Add water according to the cooking time. Put grid in cooker. Place mold on grid. Close cooker. Bring to full pressure on high heat. Reduce heat and cook. Remove cooker from heat. Release pressure immediately.

### How to Get the Best Out of Recipes

- Read the entire recipe before beginning to work. Assemble and prepare ingredients as required.
- Unless otherwise noted, in the recipes:
  1. All foods are to be appropriately cleaned and washed.
  2. Onions, potatoes, turnips, carrots and garlic are to be peeled.



# Measurements

## Volume

All measurements are level, not heaped.

Measurement	Equivalent
1 teaspoon	5 ml
$\frac{1}{2}$ tablespoon	$1\frac{1}{2}$ teaspoons / 7.5 ml
1 tablespoon	3 teaspoons / 15 ml
$\frac{1}{4}$ cup	4 tablespoons / 60 ml
$\frac{1}{3}$ cup	5 tablespoons + 1 teaspoon / 80 ml
$\frac{1}{2}$ cup	8 tablespoons / 120 ml
$\frac{3}{4}$ cup	12 tablespoons / 180 ml
1 cup	16 tablespoons / 240 ml
4 cups	1 quart / 960 ml
1 litre	1000 ml

## Abbreviations

Abbreviation	Equivalent
tsp	teaspoon
tbsp	tablespoon
ml	millilitre
oz	ounce
lb	pound
g	gram
kg	kilogram
cm	centimetre
°C	degree Centigrade
°F	degree Fahrenheit

## Weight

Metric	Equivalent
28 g (rounded off to 30 g)	1 oz
450 g	16 oz / 1 lb
1 kg	2.2 lb

## Length

Measurement	Equivalent
$\frac{1}{4}$ inch	6 mm
$\frac{1}{2}$ inch	1.3 cm
$\frac{3}{4}$ inch	1.9 cm
1 inch	2.5 cm

# Cooking Rice

The basic steps to pressure cook rice are:

1. Pour water in cooker. Bring to boil on high heat. Add rice and seasonings (if desired). Stir. It is also possible to add rice, water and seasoning all together in the beginning.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook the required time.
3. Remove cooker from heat. Release pressure according to the chart.
4. Open cooker. Fluff up rice gently with a fork to separate grains.

There are many varieties of rice and some amount of experimentation with water and cooking time may be necessary to suit your taste.

- Do not fill cooker more than half.
- The grid is not required unless cooking rice in a mold.
- Pick over rice to remove foreign objects. Wash rice by rinsing in water until water is clear. Drain.
- Various stocks, spices and flavourings may be added to rice.

- When frying rice, stir gently with a wooden spoon to avoid breaking the grains.
- 1 cup of dry rice yields 2 to 3 cups cooked rice.
- Some varieties of rice, especially white rice, froth out of the steam vent unless they are cooked with oil or butter or in a mold.

**To pressure cook Basmati rice** in a mold, such as a metal bowl:

1. Put 1cup/200 g rice and 1<sup>1</sup>/<sub>8</sub> cups/270 ml water in a mold (large enough to hold 3<sup>1</sup>/<sub>2</sub> cups/840 ml).
2. Pour 1 cup/240 ml water in cooker. Put grid in cooker. Place mold on grid.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.
4. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of pressure regulator.
5. Open cooker.

<b>Rice Chart</b>					
<b>Rice</b>	<b>Maximum Quantity*</b>	<b>Water Quantity</b>	<b>Water Quantity for 1 cup Rice</b>	<b>Pressure Cooking Time in Minutes</b>	<b>Pressure Release</b>
<b>Colam Rice</b>	4 <sup>1</sup> / <sub>2</sub> cups / 900 g	5 <sup>1</sup> / <sub>2</sub> cups / 1.3 litres	1 <sup>1</sup> / <sub>4</sub> cups / 300 ml	2	Allow to cool naturally
<b>Basmati Rice</b>	4 <sup>1</sup> / <sub>2</sub> cups / 900 g	5 cups / 1.2 litres	1 <sup>1</sup> / <sub>8</sub> cups / 270 ml	3	Allow to cool 5 minutes and release pressure
<b>Parboiled Rice</b>	4 cups / 800 g	6 <sup>1</sup> / <sub>2</sub> cups / 1.6 litres	1 <sup>2</sup> / <sub>3</sub> cups / 400 ml	7	Allow to cool naturally

\* IN A 5 LITRE PRESSURE COOKER

# Cooking Dal

*Dal* is the Indian term for various dried edible seeds such as lentils.

The basic steps to pressure cook *dal* are:

1. Put *dal*, water and seasonings (if desired) in cooker. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook the required time.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Add tempering with spices as desired.

Some *dals* such as *tuvar*, *moong* and *chana*, tend to sprout while cooking. Pressure cooking these *dals* in a mold eliminates sprouting.

For example,  $\frac{3}{4}$  cup/150 g *tuvar dal* and 2 cups/480 ml water may be pressure cooked in a 1 litre (1 quart) mold on the grid. Water in cooker body: 1 cup/240 ml water. Pressure cooking time: 10 minutes. Yield: 2½ cups. See **Using Molds**, page 15.

See the following suggestions to reduce sprouting when cooking *dal* directly in the cooker.

## To Reduce *Dal* Sprouting

1. **Do not** fill the cooker body (*dal* and water combined) to more than one-third. Do not exceed *dal* and water quantities and cooking times given in the following chart.
2. **Do** soak *dal* (in enough water to cover *dal*) for 15 minutes before pressure cooking and add 1 tsp/5 ml salt,  $\frac{1}{4}$  tsp/1.3 ml turmeric and 1 tsp/5 ml vegetable oil per cup of *dal*, to *dal* and water in cooker before closing the lid.
3. **Do** reduce heat to medium immediately when the pressure cooker reaches "Full Operating Pressure".
4. **Do not** release pressure by lifting the pressure regulator.
5. If sprouting persists, bring to full pressure on medium heat and reduce heat immediately when the pressure cooker reaches "Full Operating Pressure".

There are many varieties of *dal* and some amount of experimentation with water and cooking time may be necessary to suit your taste. A few examples are given in the chart below.

<b><i>Dal</i> Chart</b>				
<b><i>Dal</i></b>	<b><i>Maximum Quantity**</i></b>	<b><i>Water Quantity</i></b>	<b><i>Pressure Cooking Time in Minutes (soaked/unsoked)</i></b>	<b><i>Pressure Release</i></b>
<b><i>Tuvar dal*</i></b>	1¾ cups / 350 g	4¾ cups / 1.1 litres	1	Allow to cool naturally
<b><i>Moong dal*</i></b>	1½ cups / 300 g	3¾ cups / 900 ml	1	Allow to cool naturally
<b><i>Chana dal*</i></b>	2½ cups / 500 g	4¼ cups / 1 litre	6	Allow to cool naturally
<b><i>Sabat Urad</i></b>	1¾ cups / 350 g	8 cups / 1.9 litres	25	Allow to cool naturally
* To reduce frothing: Soak 15 minutes in water and drain; add salt, turmeric and oil.				

\*\* IN A 5 LITRE PRESSURE COOKER

## Pressure Cooking Charts

The charts in this section were compiled in our North American Test Kitchen using the food available. You may need to modify the pressure cooking times when cooking food from different regions.

<b>Rice Pressure Cooking Chart</b>				
<b>Rice (1 cup)</b>	<b>Water</b>	<b>Oil/Butter</b>	<b>Pressure Cooking Time in Minutes</b>	<b>Pressure Release</b>
<b>Basmati Rice</b>	1 <sup>1</sup> / <sub>8</sub> cups		3	Allow to cool 5 minutes and release pressure
<b>Brown Rice</b>	2 cups		18	Allow to cool 5 minutes and release pressure
<b>White Rice</b>	1 <sup>1</sup> / <sub>2</sub> cups	1 tablespoon	5	Allow to cool 5 minutes and release pressure
<b>Wild Rice</b>	3 cups		25	Release pressure immediately. Drain
<sup>1</sup> / <sub>2</sub> teaspoon salt optional				

### Meat and Poultry

- Cooking time is affected by the thickness, the cut, the quality, the preparation (boneless, rolled etc.) of the meat and personal preference. The smaller the piece of meat, the greater its tenderness, the higher the quality and the bigger the bone – the shorter the cooking time required. Meat varies widely from region to region. The times given in the chart and recipes are for specific cuts and should serve as guides to be modified according to your ingredients, experience and taste.
- The pressure cooking time for large pieces of meat, called roasts, is according to weight – minutes of cooking per lb/kg of meat. The shape and thickness of the roast affect the cooking time. Short, fat roasts take longer to cook than long, flat roasts. Boneless and rolled roasts take longer to cook than roasts with bones. Allow enough space around the roast in the cooker for steam circulation to ensure even cooking. For a more "roasted" effect, cook roast on grid.
- All the times in the Poultry Pressure Cooking Chart except turkey are for poultry which has been lightly browned. The amount of browning can affect the cooking time – the less the browning the longer the pressure cooking time. You may have to adjust the cooking time to reflect the degree of browning you prefer.
- Cooking times in the Poultry Pressure Cooking Chart are based on medium-sized pieces of young poultry. Increase time when cooking larger and/or older pieces.

## Meat Pressure Cooking Chart

<i>Meat</i>	<i>Description</i>		<i>Use Grid?</i>	<i>Water in Pressure Cooker</i>	<i>Pressure Cooking Time in Minutes</i>	<i>Pressure Release</i>
<b>Beef</b>	<b>Brisket (Corned Beef)</b>		No	Fill to Half	20 per lb / 450 g	Allow to cool naturally
	<b>Flank Steak</b> stuffed and rolled		No	1 cup	20	Allow to cool naturally
	<b>Ground Beef Patties</b> 1 inch / 2.5 cm thick		Yes	¾ cup	5	Release pressure immediately
	<b>Oxtail</b> cut in pieces		No	1½ cups	45	Allow to cool 5 minutes and release pressure immediately
	<b>Roast (blade, chuck, round, rump)</b>		Yes	1 cup	20 per lb / 450 g	Allow to cool naturally
	<b>Round (Swiss) Steak</b> 1 inch / 2.5 cm thick		No	1 cup	22	Allow to cool naturally
	<b>Shank Steak</b> 1 inch / 2.5 cm thick		No	1 cup	30	Allow to cool naturally
	<b>Short Ribs</b>		Yes	1½ cups	30	Allow to cool naturally
	<b>Stew Meat (chuck, rib, round)</b> about 1½ inch / 3.8 cm cubes		No	1 cup	14	Allow to cool naturally
<b>Tongue (fresh)</b>		No	Fill to Half	60	Allow to cool naturally	
<b>Veal</b>	<b>Arm Steak</b>	½ inch / 1.3 cm thick	No	1 cup	12	Allow to cool naturally
		1½ inch / 3.8 cm thick	No	1 cup	20	Allow to cool naturally
	<b>Roast (rump or shoulder)</b> boned and rolled		No	1 cup	15 per lb / 450 g	Allow to cool naturally
	<b>Shank</b>		No	1 cup	20	Allow to cool naturally
	<b>Stew Meat</b> about 1 inch / 2.5 cm cubes		No	1 cup	10 – 12	Allow to cool naturally
<b>Lamb</b>	<b>Leg</b>		Yes	1 cup	11 per lb / 450 g	Allow to cool naturally
	<b>Shank</b> about 1lb / 450 g		No	1½ cups	30	Allow to cool naturally
	<b>Shoulder Chops</b> 1 inch / 2.5 cm thick		Yes	1 cup	18	Allow to cool naturally
	<b>Stew Meat (shoulder)</b> 1½ inch / 3.8 cm cubes		No	1 cup	10 – 12	Allow to cool naturally
<b>Pork</b>	<b>Boneless Loin Roast</b>		Yes	1 cup	15 per lb / 450 g	Allow to cool naturally
	<b>Boneless Shoulder Roast</b>		Yes	1 cup	20 per lb / 450 g	Allow to cool naturally
	<b>Chops</b>	1 inch / 2.5 cm thick	Yes	1 cup	15	Allow to cool naturally
		½ inch / 1.3 cm thick	Yes	1 cup	10	Allow to cool naturally
	<b>Spareribs</b>		Yes	1½ cups	20	Allow to cool naturally
<b>Stew Meat</b> 1½ inch / 3.8 cm cubes		No	1 cup	14	Allow to cool naturally	

### *Poultry Pressure Cooking Chart*

<i>Poultry</i>	<i>Description</i>	<i>Use Grid?</i>	<i>Pressure Cooking Time in Minutes</i>	<i>Pressure Release</i>
<b>Chicken</b>	<b>Pieces</b>	Yes	7	Allow to cool naturally
		Yes	9	Release pressure immediately
	<b>Whole Fryer</b> (3 lb / 1.4 kg)	No	11	Allow to cool naturally
<b>Duck (domestic)</b>	<b>Pieces</b>	No	13–15	Allow to cool naturally
<b>Rock Cornish Hen</b>	<b>Whole</b> (1¼ lb / 560 g) stuffed	Yes	12–15	Allow to cool naturally
<b>Turkey</b>	<b>Breast</b> half (2½ lb / 1.1 kg)	Yes	28	Allow to cool naturally
	<b>Thigh</b>	No	20	Allow to cool naturally
	<b>Leg</b>	No	20	Allow to cool naturally

**Water:** 1 cup for all of the above.

## Vegetable Pressure Cooking Chart

<b>Vegetable</b>	<b>Description</b>	<b>Water in Pressure Cooker</b>	<b>Pressure Cooking Time in Minutes</b>
<b>Artichokes</b>	<b>Whole</b> stems cut short	1½ cups	11
<b>Asparagus</b>	Tough ends removed	½ cup	1 – 2 depending on size
<b>Beets</b>	<b>Whole</b> unpeeled, root and 1 inch / 2.5 cm of stem remaining	small	1 cup
		medium	1½ cups
<b>Broccoli</b>	<b>Flowerettes</b>	½ cup	1
	<b>Full stalks</b> stems scored	½ cup	2
<b>Brussels Sprouts</b>	<b>Whole</b> ends trimmed	1 cup	3
<b>Cabbage</b>	Quartered	1 cup	5 – 6 depending on size
<b>Carrots</b>	Sliced (foil on grid)	½ cup	1
	<b>Whole baby or large</b> cut into halves lengthwise	½ cup	2
	<b>Whole</b>	1 cup	4 – 7 depending on size
<b>Cauliflower</b>	<b>Flowerettes</b>	½ cup	2
	<b>Whole small</b> stems and leaves removed, core hollowed	1 cup	5
<b>Celery</b>	Cut into 1 inch / 2.5 cm pieces	½ cup	2
<b>Collards</b>	Stems (spines removed) cut crosswise in 1 inch / 2.5 cm pieces	1 cup	5
<b>Corn on the Cob</b>	<b>Whole</b>	1 cup	4 – 5 depending on size and tenderness
<b>Eggplant</b>	Cut into ½ inch / 1.3 cm slices	½ cup	0
<b>Green Beans</b>	<b>Whole</b> ends trimmed	½ cup	1 – 2 depending on tenderness
	Cut into 1 inch / 2.5 cm pieces	½ cup	0 – 1 depending on tenderness

*Chart continued overleaf*

## Vegetable Pressure Cooking Chart

<b>Vegetable</b>	<b>Description</b>	<b>Water in Pressure Cooker</b>	<b>Pressure Cooking Time in Minutes</b>	
<b>Kale</b>	Cut in 1 inch / 2.5 cm sections	1/2 cup	2	
<b>Kohlrabi</b>	Cut into 1/2 inch / 1.3 cm slices	1 cup	4	
<b>Mustard Greens</b>	Stalks removed	1/2 cup	2	
<b>Onions</b>	<b>Whole small</b>	1 cup	5	
<b>Parsnips</b>	<b>Whole</b>	1 cup	8 – 10 depending on size	
	Cut into 1 inch / 2.5 cm pieces	1 cup	3 – 4 depending on size	
<b>Peas</b>	Shelled (foil on grid)	small	1/2 cup	
		medium	1/2 cup	
<b>Potatoes</b>	Cut into 1/2 inch / 1.3 cm slices	1/2 cup	2	
	Peeled and cut into 1 1/2 inch / 3.8 cm pieces	1 cup	6	
	<b>Whole</b> peeled or unpeeled	small (3 oz / 85 g)	1 cup	10
		medium (5 oz / 140 g)	1 1/2 cups	15
<b>Rutabagas</b>	Cut into 1 inch / 2.5 cm pieces	1 cup	5	
<b>Spinach</b>	Stalks removed	1/2 cup	0	
<b>Squash, Acorn</b>	Halved, seeds removed	1 cup	7	
<b>Squash, Zucchini</b>	Cut into 1/2 inch / 1.3 cm slices	1/2 cup	1 – 2 depending on size	
<b>Sweet Potatoes</b>	Halved lengthwise	1 cup	6 – 8 depending on size	
<b>Turnips</b>	Cut into 1/2 inch / 1.3 cm slices or 1 inch / 2.5 cm pieces	1 cup	3 – 4 depending on tenderness	
<ul style="list-style-type: none"> <li>● For each item: <ul style="list-style-type: none"> <li>– Use grid.</li> <li>– Release pressure immediately.</li> </ul> </li> <li>● Times given in the chart are for fresh vegetables. For old and tough vegetables, increase zero pressure cooking time up to 1 minute, other times up to double.</li> <li>● When pressure cooking vegetables with short pressure cooking times of 0 to 2 minutes and 1/2 cup water do not leave the cooker once it is on heat. Pressure cook without delays: time accurately, remove cooker from heat quickly and release pressure immediately.</li> </ul>				

**Legumes** are cholesterol-free, low in fat and high in proteins, minerals, B vitamins and fiber. They are particularly valuable for vegetarians and those wishing to reduce meat consumption.

<b><i>Legume Pressure Cooking Chart</i></b>		
<b><i>Legume (1 cup)</i></b>	<b><i>Pressure Cooking Time in Minutes</i></b>	
	<b><i>Soaked</i></b>	<b><i>Unsoaked</i></b>
<b>Adzuki Beans</b>	6	14
<b>Anasazi Beans</b>	5	22
<b>Black (Turtle) Beans</b>	7	23
<b>Black-eyed Beans</b>	6	15
<b>Cranberry Beans</b>	10	30
<b>Flageolet Beans</b>	10	23
<b>Garbanzo Beans (Chickpeas)</b>	12	48
<b>Great Northern Beans</b>	5	35
<b>Kidney Beans</b>	11	40
<b>Lentils</b>	Do not soak	6
<b>Mung Beans</b>	Do not soak	8
<b>Pinto Beans</b>	6	30
<b>Red Beans</b>	6	30
<b>Scarlet Runner Beans</b>	12	22
<b>Small Navy Beans</b>	5	30
<b>Soybeans</b> (Add 2 tablespoons vegetable oil to reduce frothing.)	20	50
<ul style="list-style-type: none"> <li>● Do not pressure cook lima beans. ● For each item: Water: 3 cups. Allow to cool naturally.</li> <li>● Always ensure there is enough water to last the entire pressure cooking time. See page 13, <b>Water</b>.</li> </ul>		

Legumes tend to foam while cooking. This can be messy and/or block the steam vent unless you FOLLOW THE INSTRUCTIONS GIVEN ON THE NEXT PAGE.

## Precautions

- Never fill cooker more than half. If frothing occurs, reduce quantity by a further 10%. Legumes expand when cooked and absorb water. Do not reduce water quantity below 1½ cups.
- Measure legumes. Pick over to remove stones, dirt and shriveled, broken pieces and wash before cooking. To wash: place legumes in a bowl. Cover with water and agitate gently. Remove and discard floating pieces. Tip bowl to one side to drain off water, keeping one hand on the edge of the bowl to prevent legumes spilling. Repeat several times.
- Most varieties of beans yield about 2½ cups cooked beans for every 1 cup dry beans.

## Soaking Legumes

You may or may not soak most legumes before pressure cooking. Soaked legumes cook more evenly, more quickly and may taste better. Soaking legumes and then discarding the soaking water can reduce the water soluble complex sugars which may cause the discomfort some people experience digesting legumes. If you soak legumes, adding 1 tablespoon of vegetable oil for each cup of legumes while pressure cooking helps reduce frothing. Unsoaked legumes froth less and hold their shape better. Some legumes also retain more of their colour when unsoaked. Two methods of soaking are:

1. To soak overnight: Put legumes in double their volume (enough to cover) of cold water overnight.
2. To soak one hour: Put legumes in a pan. Pour boiling water over legumes until they are covered by 1 inch/2.5 cm. Cover the pan and allow to stand 1 hour.

Drain and rinse legumes. Remove any floating, loose skins before cooking.

## Pressure Cooking Legumes

**1.** Put legumes and water in cooker. The grid is not required. A standard proportion is 3 cups of water for every 1 cup of legumes. The quantity of water can be reduced or increased according to your experience. Be sure the legumes are well covered with water. Legumes absorb water while cooking. **Do not fill cooker more than half.**

**2.** Adding 1 tablespoon of vegetable oil for every cup of legumes helps reduce frothing – especially with soaked beans. Add 2 tablespoons of oil for every 1 cup of soybeans. Salt and acidic foods such as tomatoes, ketchup, lemon juice, vinegar and molasses cause the skins of the beans to harden and extend the cooking times substantially. These are not ordinarily added while cooking. You may add flavourings such as 1 clove garlic (minced or whole), 1 bay leaf and/or a whole onion, according to your taste.

**3.** Boil. Skim off any scum with a slotted spoon. Close cooker. **Bring to full pressure on medium heat. Reduce heat immediately when full pressure has been reached to prevent frothing.** Remove cooker briefly from heat if the steam seems to be evacuating too forcefully. Heat should be the minimum necessary to maintain pressure.

**4.** Time according to the chart. The times given are approximate – the variety of legume, freshness, growing conditions affect cooking time. Cook until ALL the legumes are cooked. Beans should be cooked until they can be squeezed with thumb and finger or mashed with your tongue against the roof of your mouth quite easily. Do not eat legumes which are undercooked. The times given in the chart are for “just cooked” legumes. Cook longer when softer legumes are required, as for purées and soups.

**5.** When cooking is complete, remove cooker from heat and allow to cool naturally or place cooker in about 4 inches/10 cm of cold water in a basin or in a sink for 2 minutes. **NEVER release pressure by lifting**

**the pressure regulator.** Open cooker. Check doneness. If necessary, bring back to pressure and cook more or simmer without the lid until

done. We do not recommend bringing soybeans back to pressure as they tend to froth out of the steam vent. Drain.

<b>Seafood Pressure Cooking Chart</b>				
<b>Seafood</b>	<b>Shape and Size</b>		<b>Water in Pressure Cooker</b>	<b>Pressure Cooking Time in Minutes</b>
<b>Cod</b>	<b>Fillet</b> ¾ inch / 1.9 cm to 1 inch / 2.5 cm thick		¾ cup	3
<b>Halibut</b>	<b>Steak</b> 1 inch / 2.5 cm thick		1 cup	6
<b>Ocean Perch</b>	<b>Fillet</b> ¾ inch / 1.9 cm thick		¾ cup	2
<b>Red Snapper</b>	<b>Fillet</b> ¾ inch / 1.9 cm thick		¾ cup	2
<b>Salmon</b>	<b>Steak</b>	1 inch / 2.5 cm thick	1 cup	6
		1½ inch / 3.8 cm thick	1 cup	9
<b>Scallops</b>	–		¾ cup	1 – 2
<b>Sole</b>	<b>Fillet</b>	¼ inch / 6 mm thick	¾ cup	0
		½ inch / 1.3 cm thick	¾ cup	1
<b>Trout</b>	<b>Small, whole</b> (10 oz / 280 g)		¾ cup	4
<b>Tuna</b>	<b>Steak</b> ¾ inch / 1.9 cm thick		¾ cup	3
<ul style="list-style-type: none"> <li>● For each item: Use grid and release pressure immediately.</li> <li>● When pressure cooking seafood, even a few extra seconds can overcook. Do not leave the</li> </ul>		cooker once it is on the heat – cooking times are so short. Pressure cook seafood without delays: time accurately, remove cooker from heat quickly and release pressure immediately.		

# Care and Cleaning

To get the best use from your Hawkins Pressure Cooker, observe the following directions.

## Body and Lid

- Remove label, wash, rinse and dry cooker before use. Remove any adhesive with baby or vegetable oil.
- Do not hit or knock the rim of the cooker body with a ladle, spoon or any other object and protect the edge of the lid from dents which may disturb sealing.
- Do not leave food or water in the cooker for hours. Do not leave the cooker lying in water or with dirty dishes. Chemicals and natural salts in the water and decomposing food can cause pitting of the metal. Do not leave salted liquid, vinegar, lemon juice, mayonnaise or mustard in the cooker. Never add salt to the cooker when there is no liquid in the cooker.

## Handles

- Plastic handles are liable to break under a blow.
- Do not attempt to remove the “play” or movement provided for the lid handle bar where it is attached to the lid.

## Rubber Sealing Ring

- Do not stretch the sealing ring, particularly when it is hot, as it may distort.
- Replace the sealing ring when it no longer seals, becomes hard or cracked. Before replacing at the first sign of not sealing, however, check that the sealing ring is sitting flush in the lid curl and that the lid is properly centered. Sometimes just moving the sealing ring around or inverting it stops the leak.

## General Cleaning

- DO NOT WASH PRESSURE COOKER OR ANY OF ITS PARTS IN A DISHWASHER.
- Always wash and dry every surface of the cooker soon after use. Food, if not removed, can corrode the metal over a period of time.
- Wash all parts of the cooker in hot water with a mild soap or detergent and a dishcloth or sponge. Rinse and wipe dry. Aluminium can become pitted if left wet.
- Carefully remove the sealing ring when washing the lid. Gently wipe or wash and rinse the sealing ring without stretching it.



- Check that the steam vent is clear after rinsing. If it is clogged, clean by carefully pushing a wire through the steam vent. Rinse with running water. A needle may be used to remove food from the steam vent nut.
- The pressure regulator can be cleaned with a jet of water to clear the holes inside. The colour of the black spring of the pressure regulator may wear off over time. This is normal wear and does not affect its functioning.
- Clean the area between the lid and the lid handle bar with a brush as required.
- Metallic marks – most often from gas stove pan supports – may appear on the black hard anodized base. To remove metallic marks

from base: apply a kitchen cleanser to the marks and rub with an abrasive kitchen scrubber such as Scotch-Brite or fine steel wool.

### Baked-on Stains

- If the pressure cooker is not cleaned thoroughly after each use, a thin layer of food or grease may remain. When the cooker is heated next, this food/grease becomes “baked-on” and very difficult to remove. Avoid “baked-on” fat or gravy stains; wipe off any fat or gravy on the cooker base before placing on hot stove. Ensure stove surface in contact with pressure cooker is free of fat drippings.
- If you do get “baked-on” stains on the hard anodized base, tackle them while they are still fresh. Soak in hot water. Make a thick paste of a chlorine-based kitchen cleanser and apply it to the surface. Wait 5 to 10 minutes, then scour with steel wool using a circular motion. Wash and wipe dry.
- If food is stuck to the cooker, remove with a plastic scrubber and a non-abrasive cleanser or an aluminium cleanser. If food is badly stuck or burned: pour into cooker enough water (not above half full) to cover the area of burned food. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 5 minutes. Allow to cool naturally. Open cooker. Wash and wipe dry. Do not use abrasive powders or bleach. For stubborn spots, a fine soap-impregnated steel wool pad may be used **sparingly**.

### Loss of Shine

- With use, the aluminium cooker body and lid may lose their shine. The loss of shine is the normal behavior of the metal over time.

### Removing Stains Caused by Chemicals in the Water

- The inside of the cooker body may become darker due to minerals in the water. This darkening is neither injurious to health nor does it affect the taste and quality of food. To remove stains from inside

the cooker body: fill cooker with water to half its capacity. Add 2 teaspoons tartaric acid (cream of tartar) or lemon juice for each quart/litre of water. Bring cooker to full pressure on high heat and cook 15 minutes. If you wish to remove stains from the upper half of the cooker body, do not pressure cook. Fill cooker with enough of the same water-tartaric acid solution to cover the stains. Boil 30 minutes. Wash and then dry with a soft, clean cloth. Do not apply the lemon juice or tartaric acid solutions to the black base as they may damage the finish.

### Storing

- Allow the cooker and all its parts to dry completely before storing.
- The sealing ring should be stored fitted in the lid curl.
- Store the cooker open to avoid mustiness.

### How to Prevent Unnecessary Fusing of the Safety Valve

1. **Check** that the steam vent is clear by looking through it.
2. **Do not** fill the cooker more than  $\frac{2}{3}$  (for liquid foods, not more than half).
3. **Do** put enough water for the cooking time (Check water quantities in this Manual).
4. **Do not** place the pressure cooker on an industrial burner or stove – use only a domestic stove.
5. **Do** reduce heat to medium or lower when the pressure cooker reaches “Full Operating Pressure” (See **Trial Run** page 9).
6. **Do** take the pressure cooker off the stove when its cooking time is complete (Check cooking time in chart or recipe as appropriate).

### Replaceable Parts

- Always use genuine Hawkins spare parts for your safety and the durability of the cooker. See page 30 for **Parts, Do-it-Yourself Repairs and Service**.

# Parts, Do-it-Yourself Repairs and Service

## For spare parts, contact:

### 1. Quality Natural Foods Ltd.

91 Select Avenue  
 Scarborough  
 Ontario M1V 4A8  
 TEL (416) 261 8700  
 FAX (416) 261 8760  
 EMAIL [qualitynf@bellnet.ca](mailto:qualitynf@bellnet.ca)

OR

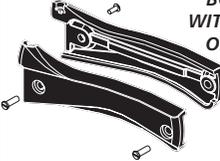
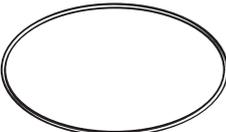
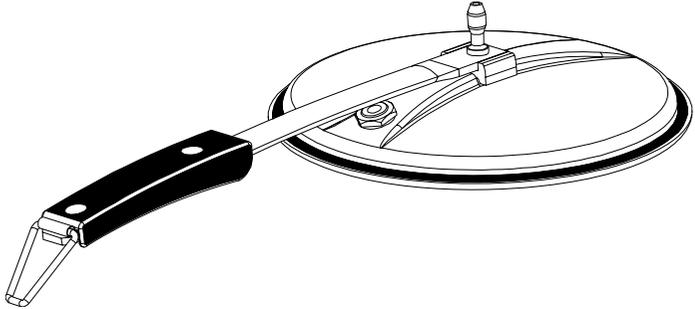
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Some Parts and Their Codes	
 <p><b>BODY HANDLE WITH TWO PAIRS OF STUDS AND SCREWS</b></p> <p>B19 - 01</p>	 <p><b>SEALING RING/ GASKET</b></p> <p>B10 - 09</p>
 <p><b>SUBSIDIARY HANDLE WITH SCREW</b></p> <p>B19 - 05</p>	 <p><b>PRESSURE REGULATOR/ VENT WEIGHT</b></p> <p>H10 - 20</p>
 <p><b>LID ASSEMBLY</b></p> <p>B20 - 07</p>	
 <p><b>SAFETY VALVE</b></p> <p>B10 - 10</p>	<p>In case you have to replace certain parts yourself, you will find the notes on pages 31 and 32 helpful.</p>

## Sealing Ring Replacement

If leakage develops along the rim of the cooker body which is not due to the misalignment of the lid or a dent on the rim or lid curl, the sealing ring needs to be replaced. This is simply done by changing it with a replacement Hawkins sealing ring (see page 7).

## Replacement of Plastic Handles

The subsidiary handle and the body handle are replaceable by unscrewing the existing handle and screwing on the replacement handle with a screwdriver. For the body handle: place the two halves of plastic body handle on either side of the metal bracket. Join them together, insert studs and tighten the screws into studs from the opposite side.

If the subsidiary or the body handle is difficult to unscrew, a second person holding the cooker body firmly while one person turns the handle screws anti-clockwise will make it easier.

## Safety Valve Replacement

1. Get a genuine Hawkins safety valve.



2. Two 17mm/<sup>11</sup>/<sub>16</sub> inch spanners (wrenches) are required to replace the safety valve – one for holding the valve on the underside of the lid and one for turning the nut on the top of the lid.
3. A food compatible sealant or glue is recommended.
4. One strong person can replace the safety valve as stated alongside.

## TO REMOVE

1. Remove the sealing ring and pressure regulator from the lid.
2. Hold and brace the lid on a soft surface such as a folded cloth with the left hand. Take care not to bend or warp the lid curl. Do not hold the lid by the handle. With the right hand, place the spanner around the nut on the top of the lid (see **Picture 1**). Exert downward pressure on the nut just until it loosens.

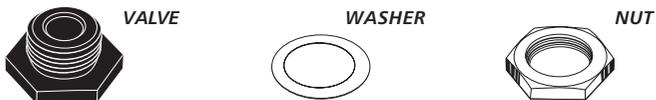


3. Place the ring end of one spanner on the valve on the underside of the lid and hold it in place with the thumb of the left hand while grasping the lid with the same hand (see **Picture 2**). With the right hand, place the other spanner around the nut on the top of the lid (see **Picture 3**). Exert downward pressure on the nut. Remove and re-apply spanner to the nut on the top of the lid at a higher angle. Repeat downward pressure. Repeat procedure until the nut can be unscrewed from valve with fingers. Remove nut, washer and valve. A factory-fitted safety valve does not include a washer. Discard all parts; do not reuse any part.



## TO REPLACE

1. Clean all surfaces around the lid hole where the safety valve will sit.
2. Unscrew the new nut and remove the washer and keep them to one side, with the chamfered side of the nut up.

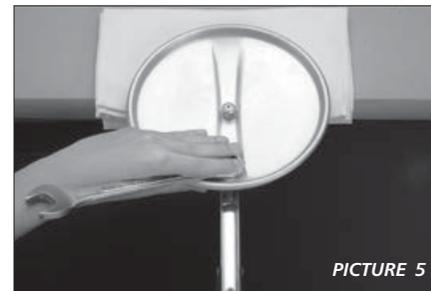


3. Hold the valve and apply a small amount of food compatible sealant or glue on the valve threads (to prevent any leakage). Push the valve into the safety valve hole from the underside of the lid and hold in place with the left hand. Place the washer around the threads of the valve on the top surface of the lid. Place the nut (chamfered side up) on the washer and screw the nut in a clockwise direction with your fingers until tight (see **Picture 4**).



4. Wipe off any sealant or glue that may have squeezed out while it is still fresh and soft.

5. Hold the lid handle in your right hand and turn the lid upside down, that is, with the underside of the lid facing you and the top side of the lid lying flat on the soft, folded cloth on a table. With the left hand, position the ring end of one spanner around the valve on the underside of the lid and hold it in place with the fingers of the left hand while grasping the lid with the same hand (see **Picture 5**).



6. Raise the lid vertically, holding the lid with your left hand with the ring spanner in place on the safety valve (to stop its rotation when you tighten the nut). Now the underneath of the lid will be away from you and the top of the lid will be facing you. With the right hand, position the second spanner around the nut under the lid handle bar at an upward angle and exert downward pressure on the spanner (see **Picture 6**). Tighten the nut securely by repeating the downward strokes of the spanner until the nut stops moving.



# RECIPES

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## *Minestrone Soup*

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Serves 6

Pressure Cooking Time 11 minutes

1 tbsp / 15 ml **olive oil**  
1 medium (6 oz / 170 g) **onion** chopped  
1 clove **garlic** crushed  
½ cup / 100 g **kidney beans** soaked overnight or in hot water for 2 hours and drained  
5 cups / 1.2 litres **vegetable stock** (see recipe page 34)  
⅓ cup / 40 g **macaroni**  
a pinch **sage** ground  
1 medium (4 oz / 115 g) **carrot** cut into ¼ inch / 6 mm pieces  
1 large (11 oz / 310 g) **potato** cut into 1 inch / 2.5 cm long, ½ inch / 1.3 cm wide and ½ inch / 1.3 cm thick pieces  
1 small (3 oz / 85 g) **zucchini** chopped  
2 medium (10 oz / 280 g) **tomatoes** chopped or 1 can (14½ oz / 415 g) **precut, peeled tomatoes**  
½ cup / 50 g **cabbage** chopped  
¼ tsp / 1.3 ml **dried basil leaves**  
½ tsp / 2.5 ml **dried oregano leaves**

1¼ tsp / 6.3 ml **salt**  
½ tsp / 2.5 ml **pepper**  
1 tbsp / 15 ml **parsley**  
½ cup / 60 g **Parmesan cheese** grated

1. Heat oil in cooker about 1 minute. Add onion and garlic. Stir fry till onion is transparent. Add beans and stock. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 5 minutes.
3. Remove cooker from heat. Release pressure by placing cooker in about 4 inches / 10 cm of cold water in a basin or in a sink for 2 minutes.
4. Open cooker. Place cooker on high heat. Bring to boil. Add remaining ingredients except parsley and cheese. Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 6 minutes.
6. Remove cooker from heat. Allow to cool naturally.
7. Open cooker. Add parsley. Serve hot, garnished with cheese. ●

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## Tomato Soup

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Serves 6

Pressure Cooking Time 10 minutes

4 large (2¼ lb / 1 kg)	<b>ripe tomatoes</b> cores removed
2 medium (10 oz / 280 g)	<b>onions</b> sliced
2 medium (10 oz / 280 g)	<b>carrots</b> cut into ½ inch / 1.3 cm slices
3 cups / 720 ml	<b>water</b>
2 tbsp / 30 ml	<b>lemon juice</b>
1 tbsp / 15 ml	<b>sugar</b>
2½ tsp / 12.5 ml	<b>salt</b>
⅛ tsp / 0.6 ml	<b>pepper</b>
¼ cup / 60 ml	<b>butter</b>

1. Put tomatoes, onions, carrots and water in cooker.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Mix the soup smooth in a blender or mash it through a sieve.
5. Return soup to cooker.
6. Place cooker on high heat and bring to boil. Add lemon juice, 1 tsp/5 ml sugar, 1 tsp/5 ml salt and pepper. Stir.
7. Reduce heat to low. Simmer 10 minutes, stirring occasionally. Add, according to taste, remaining sugar (2 tsp/10 ml) and remaining salt (1½ tsp/7.5 ml). Stir.
8. Bring to boil on high heat. Add butter. Stir till melted. Serve hot. ●

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## Vegetable Stock

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Yield: 5 cups

Pressure Cooking Time 15 minutes

1 medium (5 oz / 140 g)	<b>carrot</b> unpeeled, cut into 1 inch / 2.5 cm pieces
1 medium (5 oz / 140 g)	<b>onion</b> thickly sliced
1 small (5 oz / 140 g)	<b>turnip</b> unpeeled, cut into 1 inch / 2.5 cm pieces
2 stalks	<b>celery with leaves</b> coarsely chopped
3 sprigs	<b>parsley</b>
10	<b>pea pods</b> emptied
1	<b>bay leaf</b>
1 clove	<b>garlic</b>
2 tsp / 10 ml	<b>salt</b>
½ tsp / 2.5 ml	<b>dried thyme leaves</b>
4	<b>peppercorns</b>
6 cups / 1.4 litres	<b>water</b>

1. Put all ingredients in cooker. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 15 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Strain stock through a fine sieve. ●

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## Lamb Stew

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Serves 6

Pressure Cooking Time 10 minutes

1 tbsp / 15 ml	<b>vegetable oil</b>
1 tbsp / 15 ml	<b>butter</b>
2 lb / 900 g	<b>boneless lamb shoulder and neck</b> cut into 1½ inch / 3.8 cm pieces
1 small (4 oz / 115 g)	<b>onion</b> chopped
1 clove	<b>garlic</b> finely chopped
2 tbsp / 30 ml	<b>flour</b>
2 sprigs	<b>parsley</b> tied together
¼ tsp / 1.3 ml	<b>dried basil leaves</b>
¼ tsp / 1.3 ml	<b>dried thyme leaves</b>
1	<b>bay leaf</b>
1½ tsp / 7.5 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>pepper</b>
2 tbsp / 30 ml	<b>tomato paste</b>
2½ cups / 600 ml	<b>water</b>
4 medium (1 lb / 450 g)	<b>carrots</b> cut into 1½ inch / 3.8 cm long and ¾ inch / 1.9 cm thick pieces
1 small (4 oz / 115 g)	<b>turnip</b> cut into quarters
2 large (1 lb / 450 g)	<b>potatoes</b> cut into 1½ inch / 3.8 cm long and ¾ inch / 1.9 cm thick pieces
1 cup / 150 g	<b>peas</b> shelled

8 small (½ lb / 225 g) **boiling onions**  
1 tbsp / 15 ml **parsley** chopped

1. Heat oil and butter in cooker about 1 minute. Brown lamb on all sides and remove.
2. To oil and butter remaining in cooker, add onion and garlic. Stir fry till onion is transparent. Add lamb and flour. Stir. Add remaining ingredients except carrots, turnip, potatoes, peas, boiling onions and parsley. Mix.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 8 minutes.
4. Remove cooker from heat. Release pressure with slight lifting of pressure regulator.
5. Open cooker. Add remaining ingredients except parsley. Submerge vegetables in cooking liquid.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Discard bay leaf and parsley sprigs. Serve hot, garnished with parsley. ●

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## Braised Chicken

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Serves 4

Pressure Cooking Time 11 minutes

1 (3 lb / 1.3 kg)	<b>whole chicken</b>
½ tsp / 2.5 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>pepper</b>
3 cloves	<b>garlic</b> crushed
1 tbsp / 15 ml	<b>ketchup</b>
1 tbsp / 15 ml	<b>Worcestershire sauce</b>
1 tbsp / 15 ml	<b>soy sauce</b>
1 tbsp / 15 ml	<b>vinegar</b>
1 tbsp / 15 ml	<b>vegetable oil</b>
¼ cup / 60 ml	<b>water</b>

1. In a bowl, rub chicken with salt, pepper and garlic.
2. Combine ketchup, Worcestershire sauce, soy sauce and vinegar. Rub sauce mixture all over chicken. Cover and keep aside 2 hours.
3. Remove chicken. Reserve sauce mixture.
4. Heat oil in cooker about 2 minutes. Brown chicken on all sides and remove.
5. Remove cooker from heat. Pour water and sauce mixture in cooker. Stir to remove any frying residue attached to base. Add chicken.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 11 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Leaving cooking liquid in cooker, place chicken on serving dish. Keep hot.

**9. To make gravy:** Skim off and remove fat from cooking liquid with a small ladle or spoon. Return cooker to medium heat and boil till liquid is reduced to half, stirring occasionally. Serve chicken hot, with gravy. ●

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## Spanish Rice Casserole

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Serves 6

Pressure Cooking Time 6 minutes

2 cups / 480 ml	<b>water</b>
2 cups / 400 g	<b>long-grain white rice</b>
1 large (½ lb / 225 g)	<b>onion</b> finely chopped
2 medium (½ lb / 225 g)	<b>green peppers</b> de-seeded and chopped
2 cups (about 1¼ lb / 560 g)	<b>tomatoes</b> blanched, peeled and chopped
⅔ cup / 90 g	<b>celery</b> chopped
1 tsp / 5 ml	<b>dried oregano leaves</b>
1 tsp / 5 ml	<b>dried basil leaves</b>
2 tsp / 10 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>pepper</b>
⅛ tsp / 0.6 ml	<b>red chilli powder</b>
1 cup / 115 g	<b>Cheddar cheese</b> grated

1. Pour water in cooker. Bring to boil on high heat. Add rice and remaining ingredients except cheese. Mix.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 6 minutes.

3. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of pressure regulator.

4. Open cooker. Add cheese. Stir. Serve hot. ●

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## Crème Caramel

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Serves 6

Pressure Cooking Time 10 minutes

¾ cup / 150 g	<b>sugar</b>
1¼ cups / 300 ml	<b>water</b>
2 cups / 480 ml	<b>milk</b>
3	<b>eggs</b>
½ tsp / 2.5 ml	<b>vanilla extract</b>

**1. To make caramel:** In a small, heavy saucepan, combine ½ cup/100 g sugar and ¼ cup/60 ml water. Place pan on low heat and stir till sugar is **completely** dissolved. After **all** sugar is dissolved, increase heat to medium. Bring to boil and continue cooking till syrup turns a deep golden colour. Remove pan from heat. Wearing oven mitts, pour caramel in a 1 quart/1 litre mold and tip and turn the mold to coat evenly bottom and sides.

2. Scald milk and allow to cool slightly.

3. In a bowl, beat eggs lightly to mix yolks and whites. Add vanilla and remaining sugar (¼ cup/60 ml). Stir. Gradually add milk, stirring constantly.

4. Pour milk mixture in caramel coated mold. Cover mold with aluminium foil securely tied.

5. Pour remaining water (1 cup/240 ml) in cooker. Place grid in cooker. Place mold on grid.

6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.

7. Remove cooker from heat. Allow to cool naturally.

8. Open cooker. Take out and uncover mold. (Custard will continue to set as it cools). Allow to cool to room temperature. Refrigerate.

9. Place a serving dish (large enough to accommodate caramel sauce) on top of mold and invert. Shake gently to release. Remove mold. Serve cold. ●