

Pressure Cookers

Ollas de Presión

Instruction Manual / Manual de instrucciones



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CONGRATULATIONS ON YOUR CHOICE!

Your Mirro® or Kitchen Pro® Pressure Cooker cuts cooking time by as much as 70% and retains more nutrients in food. Whether cooking meat or steaming vegetables, the automatic cooking control keeps the pressure at 10 PSI. These cookers also feature locking handles, a pressure monitoring device, an over-pressure release valve, tight sealing cover gasket and heavy-duty construction. Designers, technicians and cooking instructors developed our pressure cookers with the goal of making your pressure-cooking experience more efficient and dynamic. We call your attention especially to the safety systems, which have resulted in a friendly combination of technology, functionality and beauty. Since pressure cookers work differently than conventional cookers, your pressure cooker REQUIRES THAT YOU PAY SPECIAL ATTENTION TO THE USE AND SAFETY INSTRUCTIONS.



WARNING: Improper use can result in burns and injury. Read and follow instructions before use.

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SAVE THESE INSTRUCTIONS



PLEASE CAREFULLY READ THE INSTRUCTIONS IN THIS MANUAL BEFORE USING YOUR PRESSURE COOKER, SINCE ITS INCORRECT USE CAN RESULT IN BURNS AND OTHER SERIOUS INJURIES.



This symbol on the product's nameplate means it is listed by UNDERWRITERS' LABORATORIES, INC.

1 IDENTIFY YOUR PRESSURE COOKER

The stamp on the bottom of your pressure cooker (Figure 1) identifies your product. This example is for the 4 qt. model.

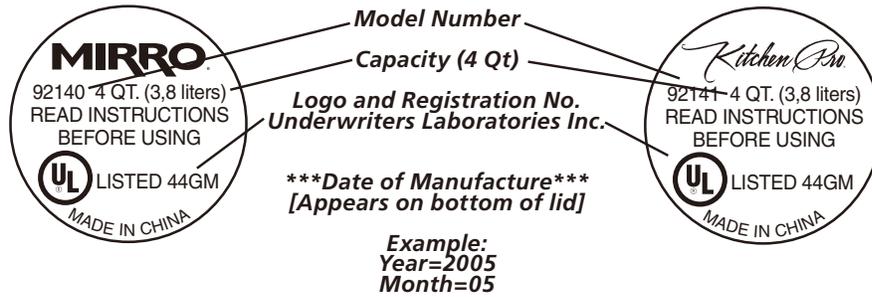


Figure 1. Product Identification

1.1 SINGLE PRESSURE CONTROL MODEL (4, 6, & 8 QT.)

Keeps internal pressure steady. It is an automatic cooking control, operating at a pressure of 10 PSI (pounds per square inch). Included with 4, 6 & 8 qt. models.

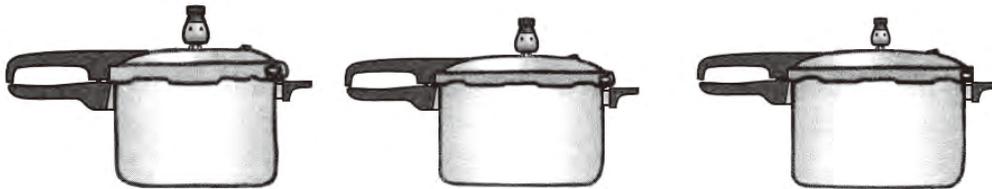


Figure 2. Single Pressure Control Model (4, 6, & 8 Qt.)

Write down the capacity of your cooker, model number and date of manufacture. This information is important for the warranty and replacement parts.

| Quarts | Model | Date of Manufacture |
|--------|-------|---------------------|
| | | |

2 FEATURES AND SAFETY SYSTEMS

Your pressure cooker comes with safety systems developed especially for your protection. READ CAREFULLY!

2.1 IMPORTANT SAFEGUARDS!

When using pressure cookers, basic safety precautions should always be followed:

- a) Read all instructions before using your pressure cooker.
- b) Never cook APPLESAUCE, CRANBERRIES, PEARL BARLEY, SPLIT PEAS, RHUBARB, NOODLES, MACARONI, SPAGHETTI OR OTHER PASTA, and OATMEAL OR OTHER CEREALS in a pressure cooker. These foods tend to foam, froth, and sputter, and can plug the vent tube.
- c) Before each use make sure the vent tube is clear. See Vent Tube Check, page 9.

WARNING: If the vent tube is plugged, the overpressure prevention devices can open and spray scalding hot steam and food. Keep head and face away from cooker.

- d) Never fill your pressure cooker more than 2/3 full. When cooking foods that puff up during cooking, such as rice and dried vegetables, do not fill more than 1/2 full. See Filling page 9.

WARNING: Overfilling the cooker can plug the vent tube causing a release of scalding hot steam from the overpressure devices.

- e) This appliance cooks under pressure. Make absolutely sure your pressure cooker is properly closed before placing on heat. See Opening and Closing page 8. **WARNING: Improper closure of the lid can cause the lid to be thrown from the pan.**

- f) If the overpressure devices release, protect yourself from the steam and turn off heat and allow the cooker to cool. The overpressure valve will reset itself automatically. If the gasket has blown out of the overpressure window, replace it with a new gasket. Do not reuse the gasket.

- g) Never try to open your pressure cooker until the cooker is thoroughly cool and the internal pressure is down. See Reducing Pressure & Food Removal, page 9.

- h) Never remove the pressure control during cooking or when the cooker is still hot. Steam will release through the vent tube that can cause burns.

- i) Supervise children closely when using your pressure cooker near children. Keep handles turned toward the inside of the stove.

- j) When using the cooker (pan and lid only) as a conventional (non-pressurized) covered pan, always remove the gasket so no pressure will develop.

- k) Never use your pressure cooker for other than its intended use: cooking appropriate foods under pressure on residential ranges. Never place the cooker inside a heated oven. Do not use the cooker outdoors.

- l) Never use your pressure cooker for pressure frying with oil and never "broast" (pressure-cooking with oil or shortening instead of water) in your cooker.

- m) Handle with caution while hot. Do not touch metal surfaces of the pressure cooker. Always lift product using handles. Extreme caution must be used when moving a pressure cooker containing hot liquids.

- n) **Do not use pressure cookers on flat top or glass/ceramic ranges.** This pressure cooker has a concave (curved) bottom and therefore will not make proper contact with the cooking surface, which could result in damage to your pressure cooker.

2.2 Pressure Control - (4, 6, & 8 Qt.)

Single pressure control (Figure 3) must be snapped onto the vent tube for proper operation. The Single pressure control keeps the pressure at 10 PSI (pounds per square inch).



Figure 3. Single Pressure Control

2.3 VENT TUBE

The vent tube is fastened to the center of the lid and has holes allowing for the release of steam. The single pressure control is connected to the top of this vent tube (Figure 4) prior to cooking.

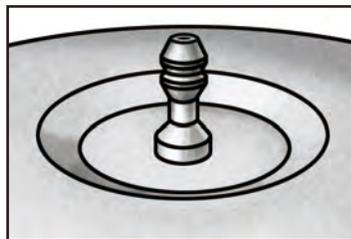


Figure 4. Vent Tube

2.4 OVERPRESSURE VALVE

This safety feature is located on the lid (Figure 5). Its function is to release pressure if the vent tube (Figure 4) becomes plugged. **If you follow the directions for using the cooker, the overpressure valve will probably never release.** However, when activated the red center pin will move upward releasing steam. (See Figure 6).

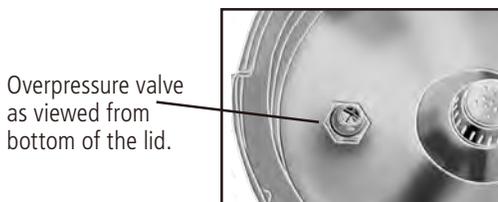


Figure 5. Overpressure Valve



Figure 6. Overpressure Valve Releasing Steam

If the overpressure valve releases, turn off the heat, cool the cooker, and remove the lid. Remove the pressure control and clean all vent tube holes. Perform vent tube check, page 9. The red center piece will automatically reset itself once the pressure in the cooker has dissipated.

If the overpressure valve is leaking steam, with vent tube clear, replace it. To remove a damaged overpressure valve, loosen the nut holding the valve in place on the bottom of the lid, then pull the valve out the top of the lid. Clean the hole in the cover with hot soapy water and rinse. To replace, insert the valve through the hole in the top of the lid, then replace nut and tighten.

2.5 RUBBER GASKET

Fitted inside the lid, its function is to seal the lid with the pan of the pressure cooker when the cooker is closed according to the directions. After a long period of use, the gasket may become hard or shrink, losing its sealing ability. Gently stretch the gasket and test it. If it continues to leak, replace it.

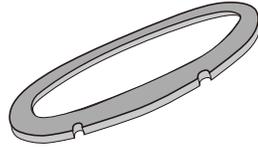


Figure 7. Rubber Gasket

2.6 OVERPRESSURE SAFETY WINDOW

This feature is designed to operate when both the vent tube and overpressure valve are blocked. Excessive pressure will force the gasket out of the window and release steam. If this should happen, turn off heat, reduce the pressure (Page 9) and open the lid. Remove the pressure control and clear the vent tube and overpressure valve with hot soapy water and rinse. Perform a vent tube check (page 9). **DO NOT** reuse the gasket; replace it.



Figure 8. Overpressure Safety Window

2.7 PRESSURE MONITORING GAUGE AND LOCKING DEVICE

Located on the top of the handle, the pressure-monitoring gauge is the small red cylinder that rises out of the handle as soon as the pressure in the cooker starts to increase. **The pressure monitoring gauge, however, must not be used as an indicator that the cooker has reached full pressure. Full pressure is indicated by the "jiggling" of the pressure control only.** This gauge serves a dual function: 1) as an indicator that the pressure inside the cooker is rising, and 2) as a switch to engage the locking feature in the handle. When the pressure-monitoring gauge has risen completely, the handle-locking device is engaged, preventing the cooker from being opened while pressurized. The lock is disengaged when the pressure-monitoring gauge descends back into the handle when the pressure in the cooker decreases to zero. Only at this time can the pressure cooker be opened.

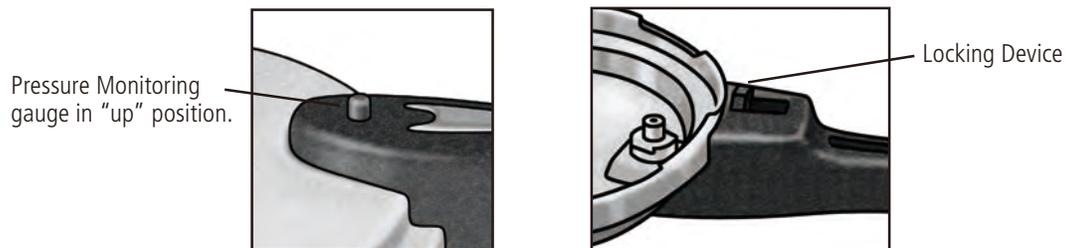


Figure 9. Pressure Monitoring Gauge and Locking Device

2.8 PAN AND LID HANDLES

Allow the opening and closing of your pressure cooker.



Figure 10. Pan and Lid Handles

3 HOW TO USE YOUR PRESSURE COOKER

3.1 OPENING AND CLOSING

3.1.1 To Close

Located on the lid and pan are locking lugs. This feature prevents the opening of the lid of your cooker when it is pressurized. The lugs lock when the lid is placed on the pan and turned until the pan and lid handles align. (See Figure 11). With the pan handle toward you, place the lid on the pan with the lid handle just right of the pan handle so the arrow on the lid points to the arrow on the pan handle. By moving the lid slightly to the left and right the lugs will align which will allow the lid to be turned in order to align the handles.



Figure 11. Closing the Pressure Cooker

3.1.2 To Open

Never use force to open and never attempt to open when under pressure. Turn the lid counter-clockwise until the arrow OPEN-CLOSE points to the center of the pan handle, lifting the lid to open. Practice this operation several times until you master it. When the cooker is in use or under pressure, the handle on the lid must always be over the handle on the pan. If the lid is hard to turn, you may lubricate the gasket with cooking oil or shortening for the first two or three uses.

Caution: Excessive lubrication will cause the gasket to swell and not fit properly.

3.2 VENT TUBE CHECK

Always inspect the vent tube by removing the pressure control and the perforated strainer cap located on the underside of the lid. Hold the lid against the light to verify that the vent tube is clear. (See Figure 12). In the event it is blocked, clean it with a wire or pipe cleaner. Look again against the light to make sure that it is clean. After cleaning, place the pressure control back on top of the vent tube and replace the perforated strainer cap on the underside of the lid.

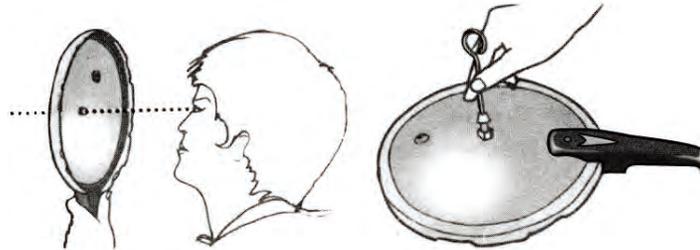


Figure 12. Vent Tube Check

3.3 FILLING

Fill the cooker with food and add the required amount of water. Make sure the quantity of food and water is correct. Never fill the cooker more than 1/2 full of foods that puff up, like rice and dried vegetables. For all other foods, never fill more than 2/3 full.

3.4 COOKING

Place the cooker on high heat until the pressure control begins to release steam. The pressure control will jiggle when the cooker reaches its pressure. Lower the heat so that the pressure control jiggles gently. Generally a setting of "medium" or "low" will be correct. Count cooking time from the first jiggle of the pressure control. See Cooking Time Table, page 11 for approximate cooking times.

3.5 REDUCING PRESSURE & FOOD REMOVAL

When cooking is done, turn heat off and reduce the pressure. Do not remove the pressure control until pressure is completely reduced. You can reduce pressure three ways:

1. Fast - for fresh vegetables and fish

Run cold water over the cooker or place it in a pan of cold water. Depending on the amount of food in the cooker, it will take 15-60 seconds for the pressure to go down fully.

2. Normally

Let the cooker cool slowly to room temperature. This will take 30-40 minutes for a small cooker, 45-60 minutes for a large cooker.

3. Combination - for meats and dried vegetables

Let the cooker cool normally at room temperature for 5 minutes; place the cooker under cold water to reduce the remaining pressure.

As the pressure is reduced, air will re-enter the cooker and you may hear a hissing or squealing sound. After you have cooled the cooker, raise the pressure control with a fork (see Figure 13) to make sure there is no more steam to be released. If the pressure is not down, continue to cool the cooker with cold water until the pressure is down. **Please use caution when lifting pressure control as very hot steam may be released and could cause severe burns.**



Figure 13. Check for Pressure

3.6 STEAM LEAKAGE

3.6.1 Steam Escape through the Vent Tube

The movement (jiggling) of the pressure control and release of small amounts of steam from the vent tube during cooking is normal. The purpose of releasing steam is to maintain a constant internal pressure. The formation of water droplets around the vent tube at the start of cooking is normal. This is caused by condensation of the steam leaving the cooker and coming in contact with the cooler metal. After the lid heats up, the water will disappear.

3.6.2 Steam Escape around Rim of Lid

Do not use your pressure cooker if steam is constantly leaking from the rim of the lid. Water can sometimes be trapped inside the handle or between the gasket and cover and will escape as steam when the cooker is heated up. The steam should stop as the pressure builds up. If it does not:

- Follow the instructions for Reducing Pressure & Food Removal on page 9.
- Remove the pressure control and open the cooker.
- Remove the gasket from the lid and wipe dry the gasket, pan rim, and inside of the cover.
If the gasket has shrunk from its original size gently stretch it and start over.
- If gasket continues to leak, replace it.

4

COOKING TIMETABLES

Use the timetables and recipes in this book to determine pressure, cooking time, amount of liquid, and cooling method for use in your own recipes. You may use other liquids such as wine, beer, broth, tomato juice, etc. in place of an equal amount of water, but do not use milk or milk products as they boil over and scorch easily. You may cook different foods together. If they require different cooking times, just start the food with the longest cooking time first, and add the others later as in conventional cooking. However, when adding additional ingredients, you must properly cool down the pressure cooker before opening the lid. (See 3.5 Reducing Pressure and Food Removal.)

4.1 MEAT AND POULTRY

The pressure cooker is ideal for tenderizing the less tender cuts of meat. Most meats (except corned beef, salt pork and tongue) should be browned in hot fat in the uncovered cooker before pressure-cooking. Cooking time may vary depending upon cut, grade, amount of bone, etc., and may be adjusted to suit your taste. Time is given as a total rather than minutes per pound. **FOR ALL MEAT AND POULTRY COOL COOKER NORMALLY FOR 5 MINUTES, THEN PLACE UNDER FAUCET OR IN PAN OF COLD WATER TO REDUCE PRESSURE.**

| AMOUNT OF LIQUID | | MEAT AND POULTRY | MINUTES TO COOK |
|------------------|----------|---|-----------------|
| 4 QT | 6/8 QT | | 10 PSI |
| 6 cups | 8 cups | Beef, Corned - 3-4 in, thick. Follow pkg. directions for preparation for cooking | 60 |
| 1 ½ cups | 2 cups | Beef Flank Steak | 45 |
| 3 cups | 4 cups | Beef Heart - Remove veins. Cover with salted water ½ hr. Drain. Add fresh water and 1/4 cup vinegar. Cook. | 60 |
| 2 cups | 2 ½ cups | Beef Liver – Slice. Cook on rack. | 6 |
| 2 cups | 2 ½ cups | Beef Pot Roast (blade, chuck or rump) - 2-3 in. thick. | 40-50 |
| 2 cups | 2 ½ cups | Beef Round Steak (Swiss) - ½ in. | 25-30 |
| 2 cups | 2 ½ cups | Beef Short Ribs | 45-50 |
| 3 cups | 3 ½ cups | Beef Stew - 1 in. pieces | 20-25 |
| 4 cups | 5 cups | Beef Tongue - Fresh or smoked - Cook. Cool in cooking liquid. Skin. Cured (corned) - cover with water several hrs. Drain. Cook. Cool in cooking liquid. Skin. | 60 |
| 2 cups | 2 ½ cups | Chicken (fried) – 2 ½-3 lbs. | 15 |
| 3 cups | 4 cups | Chicken (fricasseed) – ¾ lbs. | 20-25 |
| 3 cups | 4 cups | Chicken (stewed) - 4-5 lbs. | 30-40 |
| 4 cups | 5 cups | Ham (shank, uncooked) - 3-5 lbs. | 45-60 |
| 4 cups | 5 cups | Ham (picnic shoulder, uncooked) - 3-6 lbs. | 45-60 |
| 1 cup | 1 ½ cups | Ham (slices, uncooked) - ½ in. slice | 6-8 |
| 1 cup | 1 ½ cups | 1 in. (2.5 cm) slice | 12-14 |
| 1 ½ cups | 2 cups | 2 in. (5 cm) slice | 18-25 |
| 3 cups | 6 cups | Lamb Shoulder – 3-6 lbs. | 45-60 |
| 1 cup | 1 ½ cups | Lamb Steak - ½ in. thick | 12 |
| 3 cups | 4 cups | Lamb Stew - 1 in. pieces | 15 |
| 4 cups | 5 cups | Mutton (boiled) - 4-6 lbs. | 60 |
| 3 cups | 4 cups | Oxtails | 60 |
| 1 ½ cups | 2 cups | Partridge | 15 |
| 2 cups | 2 ½ cups | Pheasant | 20-25 |
| 1 ½ cups | 2 cups | Pork Chops | 12 |
| 4 cups | 5 cups | Pork Shanks | 45 |
| 2 ½ cups | 3 cups | Pork Shoulder - 2 ½ in. thick | 45-50 |
| 1 ½ cups | 2 cups | Pork Spareribs | 20 |
| 1 ½ cups | 2 cups | Rabbit | 18-20 |
| 2 cups | 2 ½ cups | Squirrel | 25-30 |
| | | Turkey (same as chicken) | |
| 3 cups | 4 cups | Veal Heart | 45 |
| 4 cups | 5 cups | Veal Shank | 50-60 |
| 1 cup | 2 cups | Veal Steak - ½ in. thick | 18-20 |
| 3 cups | 4 cups | Veal Stew - 1 in. pieces | 15 |
| 3 cups | 4 cups | Veal Tongue - See Beef Tongue (above) | 30 |
| 2 cups | 2 ½ cups | Venison Pot Roast - ¾ in. thick | 40-50 |

4.2 FISH AND SEAFOOD

For all fish and seafood, reduce pressure instantly by placing cooker under cold water (faucet).

| AMOUNT OF LIQUID | | FISH AND SEAFOOD | MINUTES TO COOK |
|------------------|--------|--|-----------------|
| 4 QT | 6/8 QT | | 10 PSI |
| 1 cup | 2 cups | Fish Steaks - $\frac{3}{4}$ in, thick. Season with salt and pepper. Dip in flour. Brown in hot shortening in cooker. Place steaks on rack. Add water. Cover and cook. | 4-6 |
| 1 cups | 2 cups | Steamed Fish - $\frac{3}{4}$ in. thick. Place water, sliced onion, bay leaf and parsley in cooker. Season fish and place on rack in cooker. Cover and cook. | 3-5 |
| 3 cups | 6 cups | Finnan Haddie (Salt Cod) Cover with water and let stand 1 hour. Drain. Place in cooker with water. Cover and cook. Flake fish and discard skin. Serve with white sauce. | 8 |
| 3 cups | 6 cups | Shrimp Wash shrimp. Place in cooker with water and lemon slice. Cover and cook. Drain. Cover with cold water. Shell and clean | 3-5 |
| 3 cups | 6 cups | Lobster Tall Wash lobster tails. Place in cooker with water and salt. Cover and cook. Plunge lobster tails in cold water and remove shells. | 6-8 |
| 3 cups | 6 cups | Clams Wash clams thoroughly in salted water, using a brush to scrub. The shells. Cover clams with cold water and salt. Cover and cook. Strained clam liquid can be used in clam chowder. | 4-6 |

4.3 VEGETABLES – FRESH

- Compared with other cooking methods, many fresh vegetables require only about one third the cooking time. The timetable is a good guide, but can only be approximate because of the variation in age and type of each food.
- Quantity of water shown in chart should be used regardless of whether a cupful or a pan full of vegetables is to be cooked. Be sure to reduce pressure instantly to prevent overcooking. If vegetables are wilted, soak for a few minutes to restore moisture. They may be seasoned either before or after cooking.
- Those vegetables that have similar cooking times may be cooked together in the cooker and flavors will not mingle. If desired, vegetables may be placed in individual metal or heatproof containers and placed on a metal rack within bottom of cooker.
- Follow general directions for operation of the cooker given on page 8.
- For all vegetables, reduce pressure by placing cooker under cold water (faucet).
- To drain cooking water from vegetables, remove cover after pressure is reduced, slip out gasket, replace cover without gasket and you have a perfect strainer. Food cannot slip out because cover is locked on.

| AMOUNT OF LIQUID | | FRESH VEGETABLES | MINUTES TO COOK |
|------------------|----------|--|-----------------|
| 4 QT | 6/8 QT | | 10 PSI |
| 2 cups | 2 ½ cups | Artichoke-Wash, cut off tops and tie ends to hold shape. | 15 |
| 1 cup | 1 ½ cups | Asparagus-Snap off tough ends. Remove scales. Wash. | 2 - 2 ½ |
| 1 cup | 1 ½ cups | Beans, Green or Wax - wash and cut. | 2 - 3 |
| 1 cup | 1 ½ cups | Beans, Lima (fresh) - shell and wash. | 2 |
| 1 ½ cups | 2 cups | Beets (small, whole) Cut tops, leaving 1 in. stem and root. Wash. Cook. Cool. Remove skin. Reheat for serving. | 12 |
| 2 cups | 3 cups | Beets (large, whole) Same as small, whole beets, above. | 18 |
| 1 cup | 1 ½ cups | Broccoli- Remove large outer leaves. Cut off tough part of stalk Cut into strips. Wash. | 2 - 2 ½ |
| 1 ½ cups | 2 cups | Brussels Sprouts - wash. | 5 |

| AMOUNT OF LIQUID | | FRESH VEGETABLES | MINUTES TO COOK |
|------------------|----------|---|-----------------|
| 4 QT | 6/8 QT | | 10 PSI |
| 1 ½ cups | 2 cups | Cabbage (shredded)-Remove wilted outer leaves. Quarter and shred in thin strips | 2 - 3 |
| ½ cups | 2 cups | Cabbage (wedges)-Use medium-size head. Cut in 2 or 3 in. wedges. Remove core. | 5 - 8 |
| ½ cups | 2 cups | Cabbage, Red (shredded)-Remove wilted outer leaves. Quarter cabbage and shred in thin strips. | 5 |
| ½ cup | 1 cup | Carrots (sliced)-Wash and scrape. Slice or cut in strips. | 2 ½ |
| ½ cup | 1 cup | Carrots (small, whole)-Wash and scrape. Slice or cut in strips. | 4 |
| 1 cup | 1 ½ cups | Cauliflower (flowerets)-Cut off stem and leaves. Break into large flowerets. Wash. | 2 - 3 |
| 2 cups | 2 ½ cups | Cauliflower (whole)-Cut off stem and leaves. Remove center of core, leaving only enough to keep flowerets from falling off. Cook on rack. | 2 - 3 |
| 1 cup | 1 ½ cups | Celery- Separate stalks. Wash well. With a knife, pull off tough fibers. Slice. | 3 - 5 |
| 2 cups | 2 ½ cups | Corn (on the cob)-Remove husks and silk. Wash. Cook and rack. | 5 |
| 1 cup | 1 ½ cups | Corn (whole kernel)-Remove husks and silk. Wash. Cut off cob. | 3 |
| 1 cup | 1 ½ cups | Eggplant Wash, pare and cut into ½ in. cubes. Cook at once to prevent discoloration. | 3 |
| 1 cup | 1 ½ cups | Kale or Collards-Wash well in several waters. Remove tough veins and cut in 2 in. pieces. | 4 - 6 |
| 1 cup | 1 ½ cups | Kohlrabi-Wash and peel. Cut into ½ in. slices or 1 in. pieces. | 4 |
| 1 cup | 1 ½ cups | Okra-Cut off and wash. Cut into ½ in. pieces. | 3 |
| 1 cup | 1 ½ cups | Onions (sliced) | 3 |
| 1 ½ cups | 2 cups | Onions (whole, medium)-Peel. | 7 - 10 |
| 1 cup | 1 ½ cups | Parsnips (slices)-Peel, wash and cut in ½ slices. | 2 |
| 1 ½ cups | 2 cups | Parsnips (halves)-Peel, wash and cut in halves. Cook on rack. | 7 |
| 1 cup | 1 ½ cups | Peas-Shell and wash. | 2 - 3 |
| 2 cups | 2 ½ cups | Potatoes (sliced)-Scrub, peel and slice. | 2 ½ |
| 3 cups | 4 cups | Potatoes (medium, cut in halves)-Scrub, peel and cut in halves. Cook on rack. | 8 |
| 3 cups | 4 cups | Potatoes (medium, whole)-Scrub. Cook peeled or unpeeled. Cook on rack. | 12 - 15 |
| 2 cups | 3 cups | Potatoes, Sweet or Yams (quartered)-Wash, peel and quarter. Cook on rack. | 6 |
| 2 cups | 3 cups | Potatoes, Sweet or Yams (halves)-Wash, peel and cut in halves, lengthwise. Cook on rack. | 8 - 10 |
| 2 ½ cups | 3 cups | Pumpkin-Cut in large pieces. Wash. Cook. Remove pulp and mash. | 8 - 10 |
| 1 ½ cups | 2 cups | Rutabagas and Turnips-Peel and wash. Cut into ½ cubes or slices. | 5 |
| 1 cup | 1 ½ cups | Sauerkraut | 12 |
| 1 cup | 1 ½ cups | Spinach, Swiss Chard or Other Greens-Wash thoroughly in several waters. | 1 |
| 1 ½ cups | 2 cups | Squash, Acorn-Wash. Cut in half and remove seeds. Cook on rack. | 6 - 7 |
| 1 ½ cups | 2 cups | Squash, Hubbard-Wash. Remove seeds. Cut in pieces. Cook on rack. | 8 - 10 |
| 1 ½ cups | 2 cups | Squash, Summer or Zucchini-Wash. Cut in pieces or slice. Cook on rack. | 2 - 3 |
| ½ cup | 1 cup | Tomatoes- Scald 1 min. Dip in cold water and peel. | 2 ½ |
| 1 ½ cups | 2 cups | Turnips-Peel and wash. Cut into ½ in. slices. | 5 |

4.4 VEGETABLES – DRIED

Dried vegetables will expand or puff-up during cooking. Never fill cooker more than ½ full when cooking dried vegetables. Overfilling can plug vent tube and cause release of steam.

- Heat beans (not black-eyed peas or lentils) and water (2 cups water for 1 cup beans) to boiling in cooker; boil 2 minutes.
- Remove from heat; cover and let stand 1 hour. Drain; add necessary water. ADD 1 TABLESPOON OIL TO PREVENT FROTHING. Bring up to pressure on high heat. Cook as directed.
- FOR ALL DRIED VEGETABLES, COOL COOKER NORMALLY FOR 5 MINUTES, THEN PLACE UNDER FAUCET.

| AMOUNT OF LIQUID | | DRIED VEGETABLES | MINUTES TO COOK |
|------------------|--------|------------------------|-----------------|
| 4 QT | 6/8 QT | | 10 PSI |
| 3 cups | 4 cups | Black-eyed Peas | 10 |
| 4 cups | 5 cups | Great Northern Beans | 20 |
| 4 cups | 5 cups | Kidney Beans | 30 |
| 4 cups | 5 cups | Lentils | 20 |
| 4 cups | 5 cups | Lima Beans, large | 30 |
| 4 cups | 5 cups | Lima Beans, small | 25 |
| 4 cups | 5 cups | Navy Beans (chick-Pea) | 30 |
| 4 cups | 5 cups | Pea Beans | 20 |
| 4 cups | 5 cups | Pinto Beans | 10 |
| 4 cups | 5 cups | Soybeans | 35 |

5 **CLEANING AND STORAGE**

Before using your cooker for the first time, wash it thoroughly in hot soapy water. Rinse thoroughly and dry.

5.1 INTERIOR

To make cleaning easier, run warm water into your cooker immediately after removing food. Wash in hot soapy water. Rinse thoroughly and dry.

5.2 EXTERIOR

Do not soak cover or pan in water or wash in the dishwasher, as this will dull the outside polished finish. Clean the exterior occasionally with silver polish. The outside bottom of the pan may be scoured with a steel wool pad if necessary.

5.3 GASKET

After each use, remove the gasket from the lid. Wash in hot, soapy water. Rinse and dry. Then slip the gasket back in place in the cover.

5.4 VENT TUBE

Clean and check the vent tube as described in Vent Tube Check page 9.

5.5 PRESSURE CONTROL

The pressure control should remain clean because it is "steam-cleaned" during use. However, washing it in hot soapy water and rinsing will not harm it.

5.6 STORAGE

Store cooker with the lid off or upside-down on cooker. Do not store with cover and gasket closed tight on pan.

6 Certificate of Warranty

Ten Year Limited Warranty OUR PROMISE TO YOU

This Mirro® product is warranted against defects in workmanship and material for a period of TEN YEARS from the date that the product is originally purchased. This warranty is not applicable to replacement parts or damage to the product resulting from misuse, accidents or alterations to the product. WEAREVER SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, HOW- EVER CAUSED. Some states do not allow the inclusion or limitation of incidental or consequential damages, so the above exclusion may not apply to you. If service becomes necessary within the warranty period, please contact us Monday - Friday, 8am to 5pm EST at 1-800-527-7727. www.wearever.com

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state. Comments, questions, concerns? Please visit our website at www.Wearever.com.

7 REPLACEMENT PARTS

MIRRO®/Wearever® does not sell or warranty replacement parts. Replacement parts can be purchased from your local hardware or retail store that carries MIRRO®'s replacement parts.



Single Pressure Control 10 P.S.I.
Item No. 92110
4, 6, and 8 Qt. Models Only



Rubber Gasket
4 Qt. Item No. 92504
6 Qt. Item No. 92506
8 Qt. Item No. 92508

8 QUESTIONS AND ANSWERS

How do I know when the pressure cooker is operating correctly?

As long as the cooker lid is closed, the lid handle is directly over the pan handle and the pressure control is gently jiggling you can be sure the cooker is maintaining the proper internal pressure. The pressure control never needs to be tested or adjusted for accuracy.

How does the pressure cooker work?

The pressure cooker produces pressure by heating water thereby generating steam (similar to the steam that raises the lid of your conventional cooker). The pressure cooker keeps the steam inside, allowing the excess to escape through the vent tube. The pressure control automatically maintains a constant internal pressure.

If I use high heat will the food cook faster?

No. Using high heat for cooking will only waste energy and result in excessive loss of cooking liquid (water). However you must use high heat to initially bring cooker up to pressure.

Why does steam escape from the overpressure valve at the beginning of the operation?

At the start of cooking the internal pressure is low and not sufficient to activate the red center piece of the overpressure valve. The purpose of this is to eliminate the cold air inside the cooker at the start of cooking. However, if during cooking, steam continues to escape, make sure that the overpressure valve is clean and the red center piece is in the correct position. Remember to only open your cooker when the pressure is down. If the overpressure valve continues to leak, replace with a new Mirro certified overpressure valve.

When should I change the rubber gasket?

The life span of your rubber gasket depends on the type of food and how frequently you use your pressure cooker. If you notice steam escaping between the pan and the lid (as long as the gasket and the lid are clean and properly installed), stretch the rubber gasket slightly and test it again. Should the leakage continue, replace it with a new Mirro certified rubber gasket.

What should I do if, during cooking, steam stops coming out of the vent tube?

Turn off the heat and wait while your pressure cooker cools to room temperature. Open it and remove the pressure control, check the vent tube against the light and clean it with a wire, check the level of food and water (if in excess, remove part of it), close the lid correctly, replace the pressure control and resume cooking.

What makes the rubber gasket stretch, shrink, swell or stiffen?

The stretching or swelling may occur when there is an accumulation of grease from food or excessive oiling. Wash it thoroughly after each use. Stiffness or shrinkage is caused by pressure, heat and age. If this occurs, replace it with a new Mirro certified gasket.

When cooling my pressure cooker under the water tap, it whistles; is this dangerous?

While being cooled under water, the initial pressure is quickly reduced producing a vacuum. The whistle is produced by the incoming air. This is normal and not dangerous.

What makes the cooker lid hard to close?

In a new cooker, the gasket is dry and often very snug fitting. Pressing down on the cover with one hand, while you close the cooker with the other, will often help. You may lubricate the gasket with cooking oil or shortening for the first two or three uses. Caution: Excessive lubrication will cause the gasket to swell and not fit properly.

Why won't my pressure cooker come up to pressure?

- Inadequate heat supply. Make sure your range is set on HIGH HEAT until pressure builds up.
- You are using the cooker on a ceramic or glass top range, which is not recommended.
- The bottom of the cooker is warped.
- Your range or burner is not flat and level.
- The gasket is bad (old, cracked, ripped, etc.) and needs to be replaced.
- The cover is not in a fully closed position. Remove the cooker from heat and cool. Turn the cover clockwise until it stops to a handle-over-handle position (cover handle over pan handle).
- If the control is not seated correctly on the vent tube.
- If the cover handle is cracked. Replace with a new handle.

Can I use my pressure cooker on a flat top (glass or ceramic) range?

No. Our cookers are manufactured with a concave bottom, meaning a large area of the bottom is not in contact with the heat source. This will prevent the transfer of heat and not allow the cooker to come up to pressure if used on a flat top range.

**If you have a question on the proper operation of your pressure cooker,
please email our Consumer Center at consumeraffairs@wearever.com.**

9 RECIPES

Beef Recipes

Barbequed Beef Short Ribs

| | | |
|----------|-----------|-----------------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 3 lbs. | 6 lbs. | Beef Short Ribs |
| 2 tbsp. | 3 tbsp. | Bacon Drippings |
| 2 tbsp. | ¼ cup | Onion, sliced |
| 1 tbsp. | 2 tbsp. | Green Pepper, chopped |
| 1 cup | 2 cups | Catsup |
| 1 tsp. | 2 tsp. | Salt |
| 1 tsp. | 2 tsp. | Celery Seed |
| 2 tbsp. | ¼ cup | Brown Sugar |
| 2 tbsp. | ¼ cup | Lemon Juice |
| 2 tsp. | 1 tbsp. | Dry Mustard |
| 2 cup | 3 ½ cups | Water |

1. Brown short ribs in drippings in pressure pan. Pour off excess fat.
2. Mix remaining ingredients together and pour over meat.
3. Cover and cook 40 – 50 minutes after control jiggles.
4. Cool pan normally for 5 minutes, then place pan under faucet.
5. Thicken sauce with 1 tablespoon flour mixed with ¼ cup water for each cup of sauce.

Porcupine Meatballs

| | | |
|--------------|---------------|---------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 lb. | 2 lbs. | Ground Beef |
| ½ cup | 1 cup | Uncooked Rice |
| 1 tbsp. | 2 tbsp. | Onion, minced |
| 1 tsp. | 2 tsp. | Salt |
| ¼ tsp. | ½ tsp. | Pepper |
| 1 10½oz. can | 2 10½oz. cans | Tomato Soup |
| 1 cup | 1 ½ cups | Water |

1. Combine meat, rice, onion, salt and pepper. Form into balls.
2. Mix soup and water in pressure pan.
3. Drop meatballs in pan.
4. Cover and cook 10 minutes after control jiggles. Cool pan normally for 5 minutes, then place under faucet.

Beef Stew

| | | |
|--------------|---------------|---------------------------------|
| Serves 4 – 6 | Serves 8 – 12 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 ½ lbs. | 3 lbs. | Beef Stew Meat – 1 inch cubes |
| 1 tbsp. | 2 tbsp. | Fat |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| ¼ tsp. | ½ tsp. | Paprika |
| 3 cups | 3 ½ cups | Water |
| ½ cup | 1 cup | Onions, chopped |
| 4 | 8 | Carrots, whole |
| 4 | 8 | Potatoes, medium, cut in halves |

1. Brown beef in fat in cooker. Season with salt, pepper and paprika. Add water.
2. Cover and cook 15 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet. Add remaining ingredients.
4. Cover and cook an additional 10 minutes after control jiggles. Reduce pressure instantly.

Beef Pot Roast

Serves 4 – 5 Serves 8 – 10

| | | |
|----------|-----------|---------------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 2 lbs. | 4 lbs. | Beef Pot Roast 2-3 inches thick |
| 1 tbsp. | 2 tbsp. | Fat |
| 1 ½ tsp. | 1 tbsp. | Salt |
| ¼ tsp. | ½ tsp. | Pepper |
| 2 | 4 | Onions, medium, sliced |
| 2 cups | 2 ½ cups | Water |

1. Brown beef in fat in cooker.
2. Season with salt and peppers. Add onions and water.
3. Cover and cook 45-60 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe.

Flank Steak with Dressing

Serves 4 Serves 8

| | | |
|-----------|-----------|--------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 steak | 2 steaks | Flank Steak (2lbs.) |
| Dressing: | | |
| ¾ cup | 1 ½ cups | Sausage meat |
| 1 apple | 2 apples | Apple, peeled and sliced |
| 1 ½ cups | 3 cups | Dried Bread Crumbs |
| 1 tbsp. | 2 tbsp. | Onion, minced |
| ¼ tsp. | ½ tsp. | Salt |
| 3 tbsp. | 6 tbsp. | Fat |
| 1 ½ cup | 2 cup | Water |

1. Heat sausage meat in fry pan. Pour off excess fat.
2. Add other dressing ingredients.
3. Trim edges of steak and sprinkle with salt and pepper.
4. Spread dressing over flank steak, roll it up loosely and tie it securely.
5. Brown steak on all sides in fat in cooker.
6. Add water, cover, and cook for 45 minutes after control jiggles.
7. Cool cooker normally for 5 minutes and then place under faucet. Prepare gravy recipe.

Braised Pepper Steak

Serves 4 Serves 8

| | | |
|-------------------|-----------------|-----------------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 (about 1 ½ lbs) | 2 (about 3 lbs) | Flank Steak – cut in ¼ in. strips |
| 2 tbsp. | ¼ cup | Fat |
| 1 4-oz. can | 2 4-oz. cans | Mushrooms |
| 2 cups | 4 cups | Water |
| 1 | 2 | Beef Bouillon Cube |
| 2 tbsp. | ¼ cup | Soy Sauce |
| 1 tbsp. | 2 tbsp. | Sugar |
| ¼ tsp. | ½ tsp. | Garlic Salt |
| Dash | ¼ tsp. | Pepper |
| 1 | 2 | Green Pepper – strips |
| 1 ½ tbsp. | 3 tbsp. | Flour |
| ½ cup | 1 cup | Water |

1. Brown steak strips in fat in cooker (brown about a third of the strips at a time).
2. Add mushrooms, water, bouillon cube(s), soy sauce, sugar, garlic salt and pepper.
3. Cover and cook for 5 minutes after control jiggles. Reduce pressure instantly.
4. Add green pepper strips. Cover and cook an additional 3 minutes. Reduce pressure instantly.
5. Mix flour and water together, add and cook until thickened, stirring constantly. Serve over buttered noodles.

Chili Con Carne

Serves 4 – 5 Serves 8 – 10

| | | |
|------------|-------------|--|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 lb. | 2 lbs. | Ground Beef |
| ½ cup | 1 cup | Onion, chopped |
| 1 tbsp. | 2 tbsp. | Fat |
| 1 tbsp. | 2 tbsp. | Green Pepper, chopped |
| 1 cup | 2 cups | Canned Tomatoes |
| 1 tsp. | 2 tsp. | Salt |
| ½ tsp. | 1 tsp. | Paprika |
| 1 – 2 tsp. | 2- 4 tsp. | Chili Powder |
| 1 1lb. Can | 2 1lb. Cans | Kidney Beans, drained (reserve liquid) |

1. In cooker, brown beef and onion in fat. Pour off excess fat.
2. Add remaining ingredients except kidney beans. Add enough water to reserved bean liquid to measure 3 cups. (Use 6 cups for 6 / 8 Qt. recipe.) Add to cooker. Break up tomatoes.
3. Cover and cook 10 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Add kidney beans and simmer a few minutes.

Beef Stroganoff

Serves 4 Serves 8

| | | |
|------------|-------------|-------------------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 lb. | 2 lbs. | Beef Stew Meat, 1 in. pieces |
| 1 tbsp. | 2 tbsp. | Flour |
| 1 tbsp. | 2 tbsp. | Fat |
| 1 4oz. can | 2 4oz. cans | Mushrooms, drained (reserve liquid) |
| 1 | 2 | Onions, medium, sliced |
| 1 tsp. | 2 tsp. | Salt |
| ¼ tsp. | ½ tsp. | Pepper |
| Dash | ¼ tsp. | Ground Marjoram |
| 2 tsp. | 4 tsp. | Dry Mustard |
| 3 tbsp. | 6 tbsp. | Catsup |
| ½ cup | 1 cup | Dairy Sour Cream |

1. Roll beef in flour. Brown in hot fat in cooker.
2. Add enough water to reserved mushroom liquid to measure 1 ½ cups or 3 cups for the 6 / 8 Qt. recipe.
3. Add mushrooms, mushroom-water mixture and remaining ingredients except sour cream to cooker.
4. Cover and cook 15 minutes after control jiggles.
5. Cool cooker normally for 5 minutes, then place under faucet.
6. Stir in sour cream and heat through. Serve with noodles.

Hungarian Goulash

Serves 4 – 6 Serves 8 – 12

| | | |
|----------|-----------|---------------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 ½ lbs. | 3 lbs. | Beef Stew Meat, 1 in. pieces |
| 2 tbsp. | ¼ cup | Fat |
| 2 | 3 | Onions, medium, sliced |
| 1 tsp. | 2 tsp. | Salt |
| ¼ tsp. | ½ tsp. | Pepper |
| ½ tsp. | 1 tsp. | Paprika |
| ½ | 1 | Bay Leaf |
| ½ tsp. | 1 tsp. | Ground Marjoram |
| 3 cups | 6 cups | Water |
| 4 | 8 | Potatoes, medium, whole |
| 4 | 8 | Carrots, medium, cut lengthwise |
| 2 | 4 | Turnips, cut in halves |
| 1 cup | 2 cups | Green Pepper, chopped |

1. In cooker, brown beef in fat.
2. Add onions, salt, pepper, paprika, bay leaf, marjoram and water.
3. Cover and cook 15 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place remaining ingredients on a metal rack over beef.
6. Cover and cook 10 minutes after control jiggles. Reduce pressure instantly.
7. Prepare gravy recipe.

Stuffed Green Peppers

| | | |
|-------------|--------------|----------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 4 | 8 | Green Peppers |
| ¾ lb. | 1 ½ lbs. | Ground Beef |
| 1/3 cup | 2/3 cup | Rice, cooked |
| 1 tsp. | 1 ½ tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 1 | 2 | Egg |
| 1/3 cup | 2/3 cup | Onion, chopped |
| 1 10oz. can | 2 10oz. cans | Tomato Soup |
| 1 ½ cups | 3 cups | Water |

1. Remove seeds and wash peppers.
2. Mix beef, rice, salt, pepper, egg, onion and 1/3 cup soup (2/3 in 6 / 8 Qt. recipe)
3. Stuff peppers lightly and place on a metal rack in cooker. Top each pepper with 1 tablespoon soup. Mix remaining soup and water; pour into cooker.
4. Cover and cook 15 minutes after control jiggles.
5. Cool cooker normally for 5 minutes, then place under faucet.

Corned Beef and Cabbage

| | | |
|----------|-----------|---------------------------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 2 lbs. | 4 lbs. | Corned Beef Brisket |
| 3 cups | 4 cups | Water |
| 4 | 8 | Carrots |
| 4 | 8 | Potatoes, medium, cut in halves |
| 4 | 8 | Cabbage wedges |
| 4 | 8 | Onions, small, whole |

1. Place corned beef in cooker. Add water.
2. Cover and cook 60 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet.
4. Add remaining ingredients.
5. Cover and cook 8 – 10 minutes after control jiggles. Reduce pressure instantly.

Swiss Steak with Pickled Onions

| | | |
|--------------|---------------|--|
| Serves 4 – 6 | Serves 8 – 12 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| ¼ cup | 1/3 cup | Flour |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 1 ½ lbs. | 3 lbs. | Round Steak, ½ in. thick |
| 2 tbsp. | 3 tbsp. | Fat |
| 10 oz. | 20 oz. | Pickled Onions, drained (reserve liquid) |

1. Mix flour, salt and pepper.
2. Cut steak into individual servings; coat with flour mixture.
3. Brown in hot fat in cooker.
4. Add enough water to onion liquid to measure 1 ½ cups. Use 3 cups for 6 / 8 Qt. recipe. Add onions and onion-water mixture to cooker.
5. Cover and cook for 35 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe

Beef Vegetable Dinner

| Serves 4 | Serves 8 | Ingredients |
|------------|-------------|-------------------------------------|
| 4 Qt. | 6 / 8 Qt. | Beef (Boneless Chuck, Tip or Round) |
| ¾ lb. | 1 ½ lbs. | Fat |
| 1 tbsp. | 2 tbsp. | Onion, chopped |
| ¼ cup | ½ cup | Green Pepper, chopped |
| 2 tbsp. | ¼ cup | Salt |
| 1 tsp. | 2 tsp. | Chili Powder |
| ½ tsp. | 1 tsp. | Pepper |
| ¼ tsp. | ½ tsp. | Whole Kernel Corn (reserve liquid) |
| 1 1lb. can | 2 1lb. cans | Tomato Soup |
| 1 8oz. can | 2 8oz. cans | Catsup |
| ¼ cup | ½ cup | Wide Noodles, uncooked |
| 1 cup | 2 cups | |

1. Cut beef into 1 x ¼ in. pieces. Brown in fat in cooker.
2. Add enough water to reserved corn liquid to measure 2 cups (4 cups in 6/8 Qt. recipe). Add water mixture and all other ingredients to cooker.
3. Cover and cook 5 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.

Gravy

| 4 Qt. | 6 / 8 Qt. | Ingredients |
|---------|-----------|---------------------------------|
| 1 cup | 2 cups | Broth (liquid from cooked meat) |
| 2 tbsp. | ¼ cup | Flour |
| ¼ cup | ½ cup | Cold Water |

1. Skim excess fat from broth.
2. Mix flour and water until smooth. Gradually stir into broth.
3. Cook over medium heat, stirring constantly, until gravy is smooth and thickened. Season with salt and pepper.

Pork

Stuffed Pork Chops

| Serves 4 | Serves 8 | Ingredients |
|--------------|----------------|---|
| 4 Qt. | 6 / 8 Qt. | Bread Cubes |
| 1 ½ cups | 3 cups | Butter or Margarine |
| 1 tbsp. | 2 tbsp. | Parsley, chopped |
| 2 tbsp. | ¼ cup | Pork Chops, 1 to 1 ½ in. thick with pocket cut along side |
| 4 | 8 | Salt |
| ¾ tsp. | 1 ½ tsp. | Pepper |
| Dash | ¼ tsp. | Fat |
| 1 tbsp. | 2 tbsp. | Consomme |
| 10 ½ oz. can | 2 10 ½ oz. can | Water |
| 1 cup | 2 cup | |

1. Brown bread cubes in butter. Mix with parsley.
2. Stuff chops with bread mixture. Season with salt and pepper.
3. Brown chops in fat in cooker.
4. Place chops on rack in cooker. Add consomme and water.
5. Cover and cook 12 – 15 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe.

Spareribs, Sauerkraut and Potatoes

| | | |
|------------|-------------|-------------------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 2 ½ lbs. | 5 lbs. | Spareribs |
| 1 tbsp. | 2 tbsp. | Fat |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 1 1lb. can | 2 1lb. cans | Sauerkraut, drained |
| 1 tbsp. | 2 tbsp. | Brown Sugar |
| 4 | 8 | Potatoes, medium, whole |
| 1 ¼ cups | 3 cups | Water |

1. Brown ribs in fat in cooker. Season with salt and pepper.
2. Put sauerkraut in bottom of cooker and sprinkle with brown sugar.
3. Place ribs and potatoes over sauerkraut. Add water.
4. Cover and cook 20 minutes after control jiggles.
5. Cool cooker normally for 5 minutes, then place under faucet.

Scalloped Potatoes and Ham

| | | |
|--------------|--|---------------------|
| Serves 4 | | Ingredients |
| 4, 6 & 8 Qt. | | |
| 3 | | Potatoes, medium |
| 3 tbsp. | | Flour |
| ¾ tsp. | | Salt |
| ¼ tsp. | | Pepper |
| 1 cup | | Ham, cooked, cubed |
| 2 tbsp. | | Onion, chopped |
| 2 tbsp. | | Butter or Margarine |
| 1 cup | | Milk |

1. Cut potatoes in thin slices. Mix flour, salt and pepper.
2. In greased 1 ½ metal or heatproof glass bowl, arrange 3 layers of potatoes and ham, sprinkling each layer of potatoes with part of flour mixture and dotting with butter.
3. Pour milk over potatoes and cover bowl with foil.
4. Pour 2 cup water in cooker. Use 3 cups for 6 / 8 Qt. recipe. Place bowl on a metal rack in cooker.
5. Cover and cook 20 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Garnish potatoes, if desired, with paprika, chopped parsley or grated cheddar cheese.

Pork Chops and Browned Rice

| | | |
|------------|-------------|--------------------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 4 | 8 | Pork Chops – ½ in. thick |
| 1 tbsp. | 2 tbsp. | Fat |
| 1 cup | 2 cups | Rice, uncooked |
| 1 1lb. can | 2 1lb. cans | Tomatoes |
| 1 tsp. | 2 tsp. | Salt |
| ¼ tsp. | ½ tsp. | Pepper |
| ¼ tsp. | ½ tsp. | Chili Powder |
| 2 tbsp. | ¼ cup | Onions, chopped |
| 3 tbsp. | 6 tbsp. | Green Pepper, chopped |
| 2 cups | 4 cups | Water |

1. Brown chops in fat in cooker. Remove.
2. Place rice in hot fat. Stir constantly until browned.
3. Add tomatoes (with liquid) and remaining ingredients. Stir well, breaking up tomatoes. Add pork chops and water.
4. Cover and bring to pressure over moderate heat. Cook 12 minutes after control jiggles.
5. Cool cooker normally 5 minutes, then place under faucet.

Chow Mein

Serves 4 – 6 Serves 8 – 12

| | | Ingredients |
|------------|-------------|-------------------------------------|
| 4 Qt. | 6 / 8 Qt. | Pork, cubed |
| ¾ lb. | 1 ½ lbs. | Beef, cubed |
| ¾ lb. | 1 ½ lbs. | Fat |
| 2 tbsp. | 3 tbsp. | Water |
| 2 cups | 4 cups | Onions, medium, sliced |
| 2 | 4 | Celery, diced |
| 3 cups | 6 cups | Salt |
| ½ tsp. | 1 tsp. | Pepper |
| Dash | ¼ tsp. | Cornstarch |
| 2 tbsp. | ¼ cup | Water |
| ½ cup | 1 cup | Soy Sauce |
| ¼ cup | ½ cup | Bean Sprouts, drained |
| 1 1lb. can | 2 1lb. cans | Mushrooms, sliced |
| ½ cup | 1 cup | Water Chestnuts, drained and sliced |
| 1 8oz. can | 2 8oz. cans | |

1. Brown meat in fat in cooker.
2. Add water, onions, salt and pepper.
3. Cover and cook 10 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Mix cornstarch and water. Gradually stir into meat mixture. Cook until thickened, stirring constantly.
6. Add remaining ingredients. Serve on hot rice.

Rice

The best way to pressure cook rice is in an uncovered mold or pan, set on a metal rack in cooker.

| Rice | Water | Salt | Minutes to Cook after Control Jiggles |
|-----------------------|-------|-----------------|---------------------------------------|
| Long Grain Rice | 1 cup | 1 ½ cups 1 tsp. | 15 |
| Long Grain Brown Rice | ½ cup | 1 ½ cups ½ tsp. | 35 |
| Wild Rice | ½ cup | 1 ¼ cups ¼ tsp. | 40 |

1. Place rice, water and salt in greased 1Qt mold.
2. Place on a metal rack in cooker. Add 4 cups water.
3. Cover and cook.
4. Reduce pressure instantly and remove rice from mold.

Veal – Lamb – Poultry – Game

Irish Stew

Serves 4 – 6 Serves 8 – 12

| | | Ingredients |
|----------|-----------|-------------------------------|
| 4 Qt. | 6 / 8 Qt. | Lamb Stew Meat – 1 in. pieces |
| 1 ½ lbs. | 3 lbs. | Fat |
| 2 tbsp. | 3 tbsp. | Water |
| 3 cups | 4 cups | Salt |
| 1 tsp. | 2 tsp. | Paprika |
| ½ tsp. | 1 tsp. | Celery Seed |
| 1 tsp. | 2 tsp. | Onion, chopped |
| ½ cup | 1 cup | Turnips, sliced |
| 1 cup | 2 cups | Carrots, sliced |
| 1 cup | 2 cups | Potatoes, sliced |
| 1 cup | 2 cups | Parsnips, sliced |

1. Brown lamb in fat in cooker. Add water and seasonings.
2. Cover and cook 8 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet. Add vegetables.
4. Cover and cook 5 minutes after control jiggles. Reduce pressure instantly.
5. Prepare gravy recipe.

Veal Scallopini

Serves 4 – 5 Serves 8 – 10

| | | |
|----------|-----------|--------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 ¼ lbs. | 2 ½ lbs. | Veal Steak – ½ in. thick |
| 3 tbsp. | 6 tbsp. | Flour |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| ½ tsp. | 1 tsp. | Paprika |
| 3 tbsp. | 5 tbsp. | Fat |
| 1 | 2 | Garlic Clove, minced |
| 1 | 2 | Onion, medium sliced |
| ½ tsp. | 1 tsp. | Dry Mustard |
| 3 cups | 6 cups | Tomato Juice |
| ½ cup | 1 cup | Mushrooms, sliced |
| 2 tbsp. | ¼ cup | Parsley, chopped |

1. Cut veal into serving pieces.
2. Mix flour, salt, pepper and paprika; coat veal.
3. Brown veal in hot fat in cooker. Add remaining ingredients except mushrooms and parsley.
4. Cover and cook 12 – 15 minutes after control jiggles.
5. Cool cooker normally for 5 minutes; then place under faucet.
6. Stir in mushrooms and parsley; heat through.

Chicken Paprika

Serves 4 – 6 Serves 8 – 12

| | | |
|---------|-----------|------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 | 2 | Chicken – 2 ½ - 3 lbs. |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 1 tsp. | 2 tsp. | Paprika |
| 3 tbsp. | 6 tbsp. | Flour |
| 2 tbsp. | ¼ cup | Fat |
| 3 cups | 4 cups | Water |
| 1 | 2 | Chicken Bouillon Cube |
| 1 cup | 2 cups | Dairy Sour Cream |

1. Cut chicken into individual servings.
2. Mix salt, pepper, paprika and flour; coat chicken.
3. Brown in hot fat in cooker. Place on a metal rack.
4. Slowly add water and bouillon cube.
5. Cover and cook 12 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Stir in sour cream; heat through.

Fried Chicken

Serves 4 – 6 Serves 8 – 12

| | | |
|----------|-----------|-----------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 | 2 | Chicken – 2 ½ - 3 lbs. |
| ¼ cup | ½ cup | Flour |
| 1 ½ tsp. | 1 tbsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 1 tsp. | 2 tsp. | Paprika |
| 2 tbsp. | ¼ cup | Fat |
| 1 | 2 | Onion, small, cut in halves |
| 2 cups | 2 ½ cups | Water |

1. Cut chicken into individual servings.
2. Mix flour, salt, pepper and paprika; coat chicken.
3. Brown in hot fat in cooker. Add onion and water. Place chicken on a metal rack in cooker.
4. Cover and cook 12 minutes after control jiggles.
5. Cool cooker normally for 5 minutes, then place under faucet.
6. Place chicken under the oven broiler for a few minutes to crisp. Prepare gravy recipe.

Venison Pot Roast

Serves 4 – 6 Serves 8 – 12

| | | |
|---------|-----------|---------------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 2 lbs. | 4 lbs. | Venison Pot Roast – 4 in. thick |
| 2 tbsp. | 3 tbsp. | Fat |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 2 cups | 2 ½ cups | Water |
| 1 | 2 | Clove Garlic, minced |

1. Brown venison in fat in cooker. Pour off excess fat.
2. Season with salt and pepper. Add water and garlic.
3. Cover and cook for 30 – 40 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Prepare gravy recipe. Serve very hot.

Fish, Seafood and Vegetables

Fish with Sweet-Sour Sauce

Serves 4 Serves 8

| | | |
|----------|-----------|-----------------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 | 2 | Onions, sliced |
| 3 | 6 | Carrots, sliced |
| 1 | 2 | Bay Leaf |
| 1 | 2 | Parsley Sprigs |
| 1 ½ cups | 3 cups | Water |
| 1 ½ lbs. | 3 lbs. | Fish (haddock, pike, trout) |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 2 tbsp. | ¼ cup | Butter or Margarine |
| 1 tbsp. | 2 tbsp. | Flour |
| 3 tbsp. | 1/3 cup | Brown Sugar |
| 1/3 cup | 2/3 cup | Vinegar |
| ¼ tsp. | ½ tsp. | Salt |

1. Place onion, carrots, bay leaf, parsley and water in cooker. Place fish on rack in cooker. Season with salt and pepper.
2. Cover and cook 2 – 4 minutes after control jiggles. Reduce pressure instantly.
3. Place fish on hot platter. Force onions and carrots through a coarse sieve or puree in blender; add to strained broth.
4. Brown butter. Stir in flour. Gradually stir in broth. Cook until thickened, stirring constantly. Stir in sugar, vinegar and salt.
5. Pour over fish. Garnish with chopped parsley.

Perch or Halibut Steak

Serves 4 Serves 8

| | | |
|----------|-----------|-----------------------|
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 ½ lbs. | 3 lbs. | Perch or Halibut |
| 2 tbsp. | 4 tbsp. | Butter or Margarine |
| 1 ½ tsp. | 1 tbsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 2 tbsp. | 4 tbsp. | Onion, chopped |
| 1 tbsp. | 2 tbsp. | Parsley, chopped |
| ¼ cup | ½ cup | Water for frozen fish |
| | OR | OR |
| | 1 cup | Water for fresh fish |
| 2 tbsp. | 4 tbsp. | Flour |
| ½ cup | 1 cup | Water |
| ¼ tsp. | ½ tsp. | Salt |

1. Cut fish into individual servings.
2. Brown fish in hot fat in bottom of cooker. Place fish on a metal rack.
3. Season with salt and pepper. Sprinkle with onions. Add water.
4. Cover and cook 4 minutes after control jiggles.
5. Cool cooker normally. Remove fish and place on hot platter.
6. Thicken liquid with flour mixed with cold water. Stir until smooth. Add salt and parsley.

Shrimp Curry

| Serves 4 | Serves 8 | Ingredients |
|----------|-----------|---------------|
| 4 Qt. | 6 / 8 Qt. | Shrimp |
| 1 lb. | 2 lbs. | Fat |
| 2 tbsp. | 4 tbsp. | Flour |
| 2 tbsp. | 4 tbsp. | Hot Milk |
| 1 ¼ cups | 2 ½ cups | Salt |
| ¼ tsp. | ½ tsp. | Paprika |
| Dash | ¼ tsp. | Onion, minced |
| 1 tsp. | 2 tsp. | Curry Powder |
| 1 tsp. | 2 tsp. | Lemon Juice |

1. Cook shrimp according to chart directions.
2. Melt fat in saucepan. Blend in flour.
3. Add hot milk slowly, stirring constantly.
4. Add remainder of ingredients and cook until smooth and thickened, stirring constantly.
5. Add shrimp and serve over cooked rice.

Shrimp Creole

| Serves 6 | Serves 12 | Ingredients |
|------------|-------------|-------------------------|
| 4 Qt. | 6 / 8 Qt. | Cooked or Canned Shrimp |
| ½ lb. | 1 lb. | Onion, diced |
| ½ cup | 1 cup | Celery, diced |
| ½ cup | 1 cup | Garlic Clove, minced |
| 1 | 2 | Fat |
| 1 tbsp. | 2 tbsp. | Tomatoes |
| 1 1lb. can | 2 1lb. cans | Tomato Sauce |
| 1 8oz. can | 2 8oz. cans | Salt |
| 1 ½ tsp. | 1 tbsp. | Sugar |
| 1 tsp. | 2 tsp. | Chili Powder |
| ½ tsp. | 1 tsp. | Worcestershire Sauce |
| 1 tbsp. | 2 tbsp. | Red Pepper Sauce |
| Dash | Dash | Green Pepper, diced |
| ½ cup | 1 cup | Cornstarch |
| 1 tbsp. | 2 tbsp. | Water |
| ½ cup | 1 cup | |

1. Cook shrimp according to direction table.
2. Cook onion, celery and garlic in fat in cooker until tender but not brown.
3. Add tomatoes (with liquid), tomato sauce, seasonings, green pepper and shrimp.
4. Cover and cook 3 minutes after control jiggles. Reduce pressure instantly.
5. Mix cornstarch and water. Gradually stir into Creole. Cook until thickened, stirring constantly. Serve over rice.

Baked Beans

| Serves 4 | Serves 8 | Ingredients |
|----------|-----------|--|
| 4 Qt. | 6 / 8 Qt. | Dried Navy Beans |
| 1 lb. | 2 lbs. | Water |
| 4 cups | 8 cups | Bacon or Salt Pork, cut in 2 inch pieces |
| 3 slices | 6 slices | Onion, chopped |
| 2 tbsp. | ¼ cup | Molasses or Syrup |
| ¼ cup | ½ cup | Brown Sugar |
| 3 tbsp. | 6 tbsp. | Dry Mustard |
| 1 tsp. | 2 tsp. | Salt |
| 1 tsp. | 2 tsp. | Pepper |
| Dash | Dash | |

1. Heat beans and water to boiling in cooker; boil 2 minutes. Remove from heat; cover and let stand 1 hour.
2. Drain beans, reserving liquid. Add enough water to bean liquid to measure 4 cups. Use 8 cups for 6 / 8 Qt recipe.
3. Stir bacon and onion into beans. Mix bean liquid and remaining ingredients; pour over beans.
4. Cover and cook 25 minutes after control jiggles.
5. Cool cooker normally for 5 minutes, then place under faucet.

Spicy Red Cabbage

| Serves 4 | Serves 8 | Ingredients |
|----------|-----------|---------------------------------------|
| 4 Qt. | 6 / 8 Qt. | Raisins |
| ½ cup | 1 cup | Bacon Fat, Butter or Margarine |
| 2 tbsp. | ¼ cup | Red Cabbage, shredded |
| 5 cups | 10 cups | Apples, sliced |
| 1 cup | 2 cups | Cider Vinegar |
| 2 tbsp. | ¼ cup | Onion, chopped |
| ¾ cup | 1 ½ cups | Mixed Spices, tied in wet cheesecloth |
| 1 tsp. | 1 ½ tsp. | Water |
| ½ cup | 2/3 cup | Salt |
| ¾ tsp. | 1 ½ tsp. | Pepper |
| ¼ tsp. | ½ tsp. | Sugar |
| 2 tbsp. | ¼ cup | |

1. Place all ingredients in cooker.
2. Cover and cook 5 minutes after control jiggles. Reduce pressure instantly.
3. Remove spices.

Hubbard Squash

| Serves 4 | Serves 8 | Ingredients |
|----------|-----------|-----------------|
| 4 Qt. | 6 / 8 Qt. | Squash, cooked |
| 2 cups | 4 cups | Salt |
| ½ tsp. | 1 tsp. | Pepper |
| Dash | Dash | Bacon Drippings |
| 2 tbsp. | ¼ cup | Brown Sugar |
| 2 tbsp. | ¼ cup | Orange Juice |
| 2 tbsp. | ¼ cup | |

1. Cook squash according to chart directions.
2. Scrape squash from shell and mash it.
3. Add other ingredients and heat squash thoroughly.

Two-Minute Vegetable Plate

| Serves 4 | Serves 8 | Ingredients |
|----------|-----------|---|
| 4 Qt. | 6 / 8 Qt. | Water |
| 1 ½ cups | 1 cup | Cauliflower, broken in large flowerets |
| 1 small | 1 large | Green Beans, cut in halves |
| ½ lb. | 1 lb. | Carrots, medium, quartered and cut lengthwise |
| 4 | 8 | Bunch Broccoli, stems cut in quarters |
| 1 small | 1 large | Salt |
| 1 tsp. | 1 ½ tsp. | Browned Butter or Margarine |
| 3 tbsp. | 6 tbsp. | |

1. Put water in cooker with a metal rack.
 2. Place vegetables on rack. Season with salt.
 3. Cover and cook 2 – 3 minutes after control jiggles. Reduce pressure instantly.
 4. Arrange vegetables on large serving plate. Serve with hot browned butter.
-

Vegetable Soup

| | | |
|----------|-----------|---------------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 1 ½ lbs. | 3 lbs. | Soup Meat and Bone |
| 1 small | 1 medium | Onion, sliced |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 1 ½ qt. | 2 ½ qt. | Water |
| ½ cup | 1 cup | Carrots, sliced |
| 1 cup | 2 cups | Canned Tomatoes |
| 1 cup | 2 cups | Green Beans, cut up |
| ½ cup | 1 cup | Celery, diced |

1. Place soup meat and bone, onion, salt, pepper and water in cooker.
2. Cover and cook 50 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet.
4. Remove bone and meat. Strain broth. Return broth and meat only to cooker.
5. Add vegetables.
6. Cover and cook 5 minutes after control jiggles.
7. Cool cooker normally for 5 minutes, then place under faucet. Sprinkle with chopped parsley.

Chicken Gumbo

| | | |
|-----------|-----------|-------------------|
| Serves 4 | Serves 8 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| 2 ½ lbs. | 3 ½ lbs. | Chicken |
| ¼ cup | ¼ cup | Flour |
| ½ tsp. | ½ tsp. | Salt |
| ¼ tsp. | ¼ tsp. | Pepper |
| 2 tbsp. | 4 tbsp. | Fat |
| ¼ cup | ½ cup | Onion, chopped |
| 1 tbsp. | 2 tbsp. | Parsley, chopped |
| 1 ½ tbsp. | 3 tbsp. | Pimiento, chopped |
| 1 ¼ cups | 2 ½ cups | Tomatoes |
| 3 cups | 5 cups | Water |
| 1 tsp. | 2 tsp. | Salt |
| 1 cup | 2 cups | Okra |
| ¾ cup | 1 ½ cups | Rice, cooked |

1. Cut chicken into pieces for serving and dredge in flour, salt and pepper.
2. Brown well in cooker with onion in hot fat.
3. Add parsley, pimiento, tomatoes, water and salt.
4. Cover and cook for 25 minutes after control jiggles. Cool cooker normally for 5 minutes and then place under faucet.
5. Add okra and cooked rice and simmer for 5 minutes.

Clam Chowder

| | | |
|--------------|---------------|------------------|
| Serves 4 – 6 | Serves 8 – 12 | |
| 4 Qt. | 6 / 8 Qt. | Ingredients |
| ¼ lb. | ½ lb. | Salt Pork, diced |
| ½ cup | 1 cup | Onion, sliced |
| 1 tsp. | 2 tsp. | Salt |
| Dash | ¼ tsp. | Pepper |
| 2 ½ cups | 4 cups | Water |
| 1 1lb. can | 2 1lb. cans | Tomatoes |
| 1 cup | 2 cups | Potatoes, diced |
| 1 6.5oz. can | 2 6.5oz. cans | Clams |

1. Cook and stir salt pork in cooker until pork is crisp. Pour off excess fat.
2. Add onion, salt, pepper, water, tomatoes (with liquid) and potatoes. Break up tomatoes.
3. Cover and cook 6 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Add clams (with liquid). Bring to a boil and cook uncovered for 2 minutes. Sprinkle with thyme.

Dessert Recipes

Chocolate Swirl Cheesecake

| | Ingredients |
|-----------|---------------------------|
| 6 / 8 Qt. | Butter, melted |
| 2 tbsp. | Graham Cracker Crumbs |
| ¼ cup | Semisweet Chocolate Chips |
| 3 oz. | Cream Cheese, room temp |
| 1 lb. | Granulated Sugar |
| ¾ cup | Sour Cream |
| ½ cup | Flour |
| 2 tbsp. | Vanilla Extract |
| 2 tsp. | Large Eggs |
| 3 | Egg Yolk, beaten |
| 1 | Water |
| 2 cups | |

1. Wrap foil tightly around the bottom of the 7-inch springform pan. Mix melted butter with graham cracker crumbs. Press mixture into springform pan.
2. Melt the chocolate chips, being careful not to overcook or burn the chocolate. Cool the chocolate to room temperature.
3. Beat cream cheese and sugar until smooth with an electric mixer on medium.
4. Add sour cream, flour and vanilla extract. Beat until smooth.
5. Add eggs and yolk one at a time, beating well after each egg.
6. Pour half of the mixture in a different bowl and fold in chocolate until smooth.
7. Add cheesecake batter in 4 layers, alternating between plain cheesecake and chocolate cheesecake batter.
8. Take a knife and run through layers for a swirling effect.
9. Butter a piece of foil and place butter side down to cover the top half of the springform pan.
10. Place rack in pressure cooker. Add 2 cups of water. Place springform pan onto the rack.
11. Cover and cook 25 minutes after control jiggles.
12. Cool naturally for 20 minutes.
13. Lift springform pan out of cooker and let stand 5 minutes.
14. Unwrap foil and blot any excess water off top of cake.
15. Run a knife around the pan, preventing the cheesecake from sticking to the sides.
16. Cool completely.
17. Remove sides of pan and cover cheesecake with plastic wrap. Refrigerate 4 – 8 hours.

Rice Pudding

| | Ingredients |
|-----------|------------------------------|
| 6 / 8 Qt. | Butter |
| 2 tbsp. | 2% Milk |
| 4 cups | Rice, medium-grain |
| 1 ½ cups | Granulated Sugar |
| 1 cup | Salt |
| ½ tsp. | Dried Cranberries or Raisins |
| ½ cup | Vanilla Extract |
| 2 tsp. | Ground Cinnamon |
| ¼ tsp. | |

1. Butter inside of cooker.
 2. In cooker, stir together milk, rice, sugar and salt.
 3. Cover and cook for 10 minutes after control jiggles.
 4. Remove from heat. Reduce pressure instantly.
 5. Check to make sure rice is fully cooked. If it is not, put the lid back on and let stand for 15 minutes.
 6. Add dried cranberries, vanilla and cinnamon to rice mixture, stirring well.
 7. Serve warm or chilled. Top each serving with a splash of milk or cream.
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