

FARBERWARE® MILLENNIUM®



USE & CARE INSTRUCTIONS PROGRAMMABLE PRESSURE COOKER

FPC400

ADDITIONAL IMPORTANT SAFEGUARDS

WARNING: This appliance generates heat and escaping steam during use. Use proper precautions to prevent risk of burns, fires, or other injury to persons or damage to property.

1. Keep hands and face away from Steam Release Valve when releasing pressure.
2. Use extreme caution when removing the Lid after cooking. Serious burns can result from steam inside.
3. Never remove the Lid while the unit is in operation.
4. Do not use without the Removable Cooking Pot in place.
5. Do not cover the Pressure Valves with anything as an explosion may occur.
6. Do not touch the Removable Cooking Pot, any removable parts, or heating parts immediately after using. Let the unit cool completely first.
7. To reduce the risk of electric shock, cook only in the Removable Cooking Pot. Do not pour liquid into the Cool-to-the-Touch Housing.

3-PRONG GROUNDED TYPE PLUG

This appliance is equipped with a grounded type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the Grounding Pin part of the 3-prong plug.

SHORT CORD INSTRUCTIONS

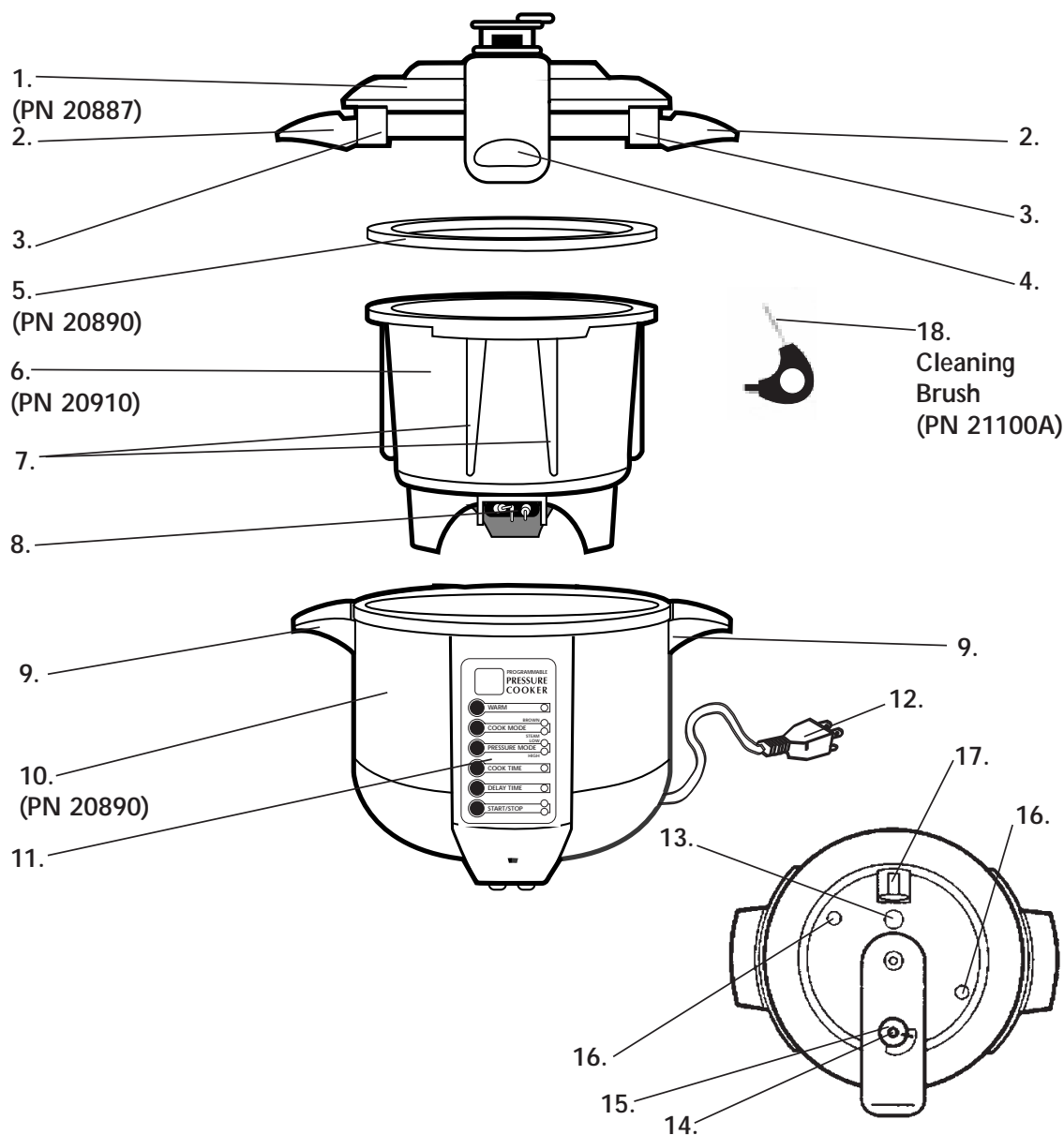
A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, and (2) the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.

GETTING TO KNOW YOUR FARBERWARE® FPC400 PROGRAMMABLE ELECTRIC PRESSURE COOKER



- | | |
|-------------------------------|--|
| 1. Self-Locking Lid | 11. Control Panel |
| 2. Upper Handles | 12. Electrical Cord with
3-Prong Grounded Type Plug |
| 3. Self-Locking Grips | 13. Pressure Indicator |
| 4. Quick Steam Release Button | 14. Steam Release Valve |
| 5. Rubber Gasket | 15. Pressure Regulator Knob |
| 6. Removable Cooking Pot | 16. Pressure Safety Valves (2) |
| 7. Guides | 17. Safety Lock |
| 8. Heating Element Pins | 18. Cleaning Brush |
| 9. Lower Handles | |
| 10. Cool-to-the-Touch Housing | |

COOK TIME

Use this Timer when using the **COOK MODE**: STEAM Function or the **PRESSURE MODE**: LOW or HIGH settings. Press **COOK TIME** Button to set the cooking time desired, up to 99 minutes.

DELAY TIME

Allows you to begin cooking food up to two hours later in 1/2 hour increments.

START/STOP

After choosing the desired program: **WARM**, **COOK MODE**: BROWN or STEAM, or **PRESSURE MODE**: LOW or HIGH, and if appropriate, a cooking time, press **START/STOP** to begin operating the appliance. The Green Indicator Light will be lit when **START** is chosen. The Red Indicator Light will illuminate for **STOP**. If you wish to change your selection, or to stop the appliance, press and hold **START/STOP** until the Red Light illuminates and the Pressure Cooker beeps once.

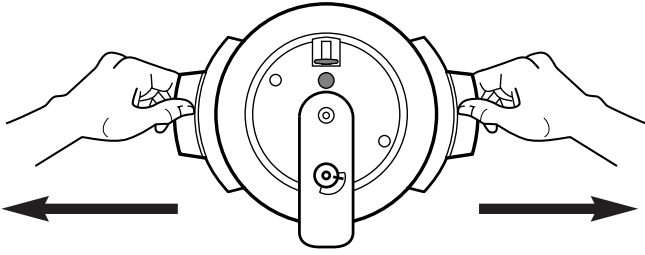
This Pressure Cooker has an IDLE Mode. If you input a **COOK TIME** and/or **DELAY TIME**, but forget to select a program or if you forget to press **START**, the Clock will display "--" after 5 seconds. This feature is for your convenience to show that the program is incomplete. The "--" signal indicates that the Cooker is not programmed properly and will not run.

You can proceed to the program where you left off by pressing the **COOK TIME** or **DELAY TIME** Button. Your selected time will reappear. If this time does not appear, or if it is incorrect, simply enter the correct time and then press the **START/STOP** Button.

n

n

OPERATING INSTRUCTIONS

1. Plug the cord into a grounded-type 120V AC electrical wall outlet.
2. Position the Removable Cooking Pot in the appliance so that the guide located in the front of the Removable Cooking Pot (with the Heating Element Pins) slides down through the channel located inside the front of the Cool-to-the-Touch Housing.
3. Choose the desired program by pressing either **WARM, COOK MODE: BROWN** or **STEAM**, or **PRESSURE MODE: LOW** or **HIGH**.
4. If using **COOK MODE: STEAM**, or **PRESSURE MODE: LOW** or **HIGH**, press **COOK TIME** for the desired cooking time.
5. **THE SELF-LOCKING LID MUST BE POSITIONED ON APPLIANCE WHEN COOKING UNDER PRESSURE OR WHEN STEAMING FOOD.**
6. Place the Lid on the Pressure Cooker. To position and lock the Lid in place, pull the Upper Handles apart to hold open the Self-Locking Grips. Place Lid on top of the Removable Cooking Pot and release the Upper Handles so that the Self-Locking Grips close onto the rim of the Removable Cooking Pot.

The diagram shows a top-down view of the lid. Two hands are shown pulling the upper handles of the lid apart, indicated by two large black arrows pointing outwards from the center of the lid. The lid has a central handle and two circular self-locking grips on the rim.
7. When cooking under Pressure, slide the Safety Lock to the **LOCK** position. Turn the Pressure Regulator Knob to **PRESSURE**. When steaming food, leave the Safety Lock in the **UNLOCK** position. Turn the Pressure Regulator Knob to **STEAM**.

The diagram shows a rectangular switch with an upward-pointing arrow. Above the arrow is the word "LOCK" and below the arrow is the word "UNLOCK".
8. Press the **START/STOP** Button to illuminate the Green Indicator Light and to begin cooking. The Pressure Cooker will beep three times at the end of the cooking time.
9. When finished cooking, or to cancel and reset, press and hold the **START/STOP** Button until it beeps and Red Indicator Light illuminates. Otherwise, the Pressure Cooker will beep periodically as a reminder that your cooking is completed.
10. **TO REMOVE THE LID, PRESSURE MUST BE RELEASED BEFORE OPENING.** The Pressure Indicator will be **UP** when the Pressure Cooker is under pressure, and **DOWN** when the pressure is released.

Slide the Safety Lock to the **UNLOCK** position. Grasp the Upper Handles and pull out simultaneously to unclamp the Self-Locking Grips from the rim of the Removable Cooking Pot.
11. Allow the appliance to cool before cleaning it. After it has cooled, unplug it from the wall outlet. Clean by following the Care and Cleaning Instructions on page 14.

COOKING WITH YOUR PRESSURE COOKER (Continued)

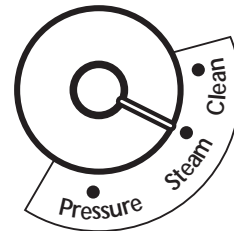
STEAMING

This Function quickly brings cooking liquid to a boil for steaming food or cooking rice.

1. Place the Removable Cooking Pot into the Cool-to-the-Touch Housing.
2. To steam food, place a small plastic, heat-resistant steaming rack or basket (**NOT INCLUDED**) in the bottom of the Removable Cooking Pot. Add just enough water so that the bottom of the rack is above the liquid. Add the food.

Do not fill the Pot more than two-thirds full.

3. Place the Self-Locking Lid onto the Removable Cooking Pot. **Do not lock.** Turn the Pressure Regulator Knob to STEAM.
4. Press the **COOK MODE** Button for STEAM. The Red Indicator Light next to STEAM will be lit.



5. Press **COOK TIME** for the desired cooking time, up to 99 minutes. Press the **START/STOP** Button; the Green Indicator Light will be lit and the Red STEAM Indicator Light will blink slowly and then faster as the temperature increases and the liquid comes to a boil.
6. The Lid can be opened while cooking to check the food.

WARNING: Use caution when opening Lid. Steam escapes as soon as the Lid is opened. Use oven mitts when handling hot materials.

7. The Red Indicator Light will illuminate and the appliance will beep three times at the end of the preset cooking time. Press and hold **START/STOP** Button until it beeps once.

TO COOK RICE

1. Place the Removable Cooking Pot into the Cool-to-the-Touch Housing.
2. Add two cups of water for each cup of rice; **DO NOT EXCEED 2 CUPS OF RICE.**
3. Place Lid on Pressure Cooker. Turn the Pressure Regulator Knob to STEAM. Press the **COOK MODE** Button for STEAM. The Red Indicator Light next to STEAM will be lit.
4. Press the **COOK TIME** Button until “:30” appears on the Display. Press the **START/STOP** Button; the Green Indicator Light will be lit and the Red STEAM Indicator Light will blink slowly and then faster as the temperature increases and the water comes to a boil.
5. When finished cooking, press and hold the **START/STOP** Button until Red Light illuminates and the unit beeps once.

COOKING WITH YOUR PRESSURE COOKER *(Continued)*

NOT use with foods that can overcook easily and quickly. When pressure is fully released, the Pressure Indicator will drop.

11. To release pressure immediately after cooking, use the Quick Steam Release Feature. Press the Quick Steam Release Button in short bursts only, until pressure is reduced — steam will stop coming out of the Steam Release Valve and the Pressure Indicator will drop.

Caution: Escaping steam is very hot. To avoid serious injuries or burns, keep bare skin, face and eyes away from the Steam Release Valve.

Caution: Do not use the Quick Steam Release Feature for foods with a lot of liquid. There could be an overflow.

12. Once pressure is released, regardless of method, slide the Safety Lock to UNLOCK. Remove the Lid and check the food to see if it has been cooked sufficiently. If not, replace the Lid and slide Safety Lock to LOCK. Repeat Steps 4 to 8, cooking under pressure an additional 2 to 3 minutes.
13. To pressure cook foods like vegetables, add water to the Removable Cooking Pot. Place a small plastic/heat-resistant steaming rack or basket (**NOT INCLUDED**) in the Removable Cooking Pot. Place the food on the rack. ***For best results, do not fill more than two-thirds full; do not pack the food down.*** Follow the same procedure for cooking under pressure, Steps 3 to 8, using the Quick Steam Release Feature for releasing the pressure (Step 11).
14. Since steam is hotter than boiling water, ***always take care when opening the appliance after cooking under pressure. Never place your face over the Pressure Cooker when removing the Lid.*** Also, be aware that hot, boiling liquid increases in volume when under pressure.

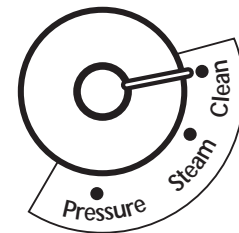
CAUTION: NEVER OPEN THE PRESSURE COOKER UNTIL THE RED PRESSURE INDICATOR HAS DROPPED.

When opening the Pressure Cooker after making soups and stock, ***let the food sit a few minutes before removing the Lid so as not to have the hot liquid boil over.***

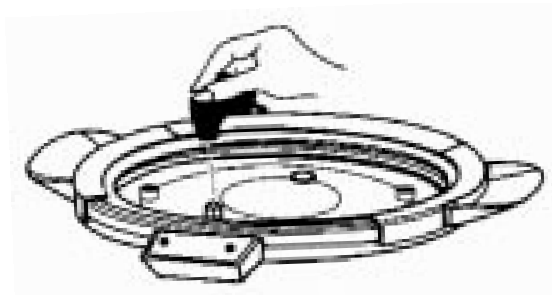
15. Since overcooked food cannot be corrected, it is almost better to err on the undercooked side by cooking an unfamiliar food for a shorter period of time than you may think necessary. You can always go back and continue cooking under pressure a minute or two longer if need be (see Steps 4 through 8).

CARE & CLEANING INSTRUCTIONS

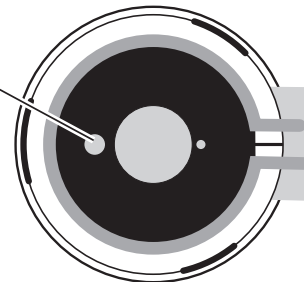
1. Unplug and let the **FARBERWARE®** Programmable Electric Pressure Cooker cool to room temperature before cleaning.
2. Wash the Removable Cooking Pot with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and towel dry.
3. Remove the Rubber Gasket from the underside of the Self-Locking Lid. Wash both with warm soapy water and a clean, soft cloth or sponge. Rinse off with clean water and towel dry.
4. The Rubber Gasket must always be properly positioned on the underside of the Lid. Check periodically to make sure that it is clean, flexible and not cracked or torn. If damaged, do not use this appliance. Contact the Consumer Service Department toll-free at 1-800-233-9054 for information on purchasing a replacement Gasket. (P/N 20890)
5. Wipe the Cool-to-the-Touch Housing clean with a damp soft cloth or sponge. Do not pour any liquid into the Cool-to-the-Touch Housing.
6. Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
7. Always check that the Steam Release Valve and Pressure Safety Valves are in good working order. After unit is cooled, remove the Lid. Turn the Pressure Regulator Knob to CLEAN and carefully remove. Turn Lid over and place on table top (as shown below). Using the brush supplied, check and remove any food or foreign particles that may be lodged in the Steam Release Valve. Replace the Pressure Regulator Knob before using again.



Pressure Regulator Knob



Clean the Sensor Pad (located on bottom of Removable Cooking Pot) after each use.



8. In order to maintain the good performance of your Pressure Cooker, the bottom of the Removable Cooking Pot, in the area of the Sensor Pad, must be cleaned after each use. The Sensor must be free of dirt, food, or residue. To do so, wipe with a soft, damp cloth and be sure to dry thoroughly.
9. Any service requiring disassembly other than the above cleaning must be performed by a qualified electrician.

Vegetarian Chili

- 1 cup (approximately 8 ounces) dried black beans, soaked one hour in boiling water
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic, peeled and minced
- 1 medium green pepper, cored, seeded and chopped
- 1 medium red pepper, cored, seeded and chopped
- 1 jalapeño pepper, cored seeded and chopped
- 2 carrots, chopped
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1 (14.5-ounce) can diced tomatoes
- 1 cup water
- Salt
- 2 tablespoons minced fresh cilantro

Optional garnishes:

- Chopped black olives
- Sour cream
- Shredded cheddar cheese

1. Drain beans and set aside.
2. Place Removable Cooking Pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** Button for BROWN. Press the **START/STOP** Button.
4. Preheat 5 minutes. Add the onion, garlic, peppers, carrots, chili powder, cumin, and oregano. Sauté until the onion is soft.
5. Add the soaked, drained beans, tomatoes, and water. Stir to combine. Place Lid on Pressure Cooker. Slide the Safety Lock to the LOCK position.
6. Turn the Pressure Regulator Knob to PRESSURE.
7. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
8. Press **COOK TIME** Button until 25 minutes appears on the Display.

Vegetable Stock

1 medium onion, coarsely chopped
1 leek, trimmed, washed well and chopped
2 unpeeled cloves garlic, crushed
1 carrot, coarsely chopped
1 rib celery, coarsely chopped
2 canned plum tomatoes, coarsely chopped
3 sprigs parsley
1 bay leaf
1/2 teaspoon whole black peppercorns
6 cups water
Salt

1. Place Removable Cooking Pot in Pressure Cooker. Add all the ingredients, except salt, to the Removable Cooking Pot.
2. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 30 minutes appears on the Display.
6. Press the **START/STOP** Button until the Green Indicator Light appears. The Red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps. Release pressure using the Natural Release Feature. This will take approximately 30 to 45 minutes.
7. Once the Pressure Indicator drops, slide the Safety Lock to UNLOCK position and remove the Lid.
8. Remove and discard the solids. Pour the stock through a fine sieve. Season with salt to taste.

Makes approximately 6 cups

Chicken Soup with Rice

- 6 cups chicken stock (page 19), or
canned, low sodium chicken broth
- 1 boneless chicken breast, cut into bite-sized pieces
- 3 carrots, peeled and sliced thin
- 5 ribs celery, trimmed and sliced thin
- 2 large leeks, trimmed, washed well, light green
and white parts only, sliced thin
- 1/2 cup uncooked rice

1. Place Removable Cooking Pot in Pressure Cooker. Add all the ingredients to the Removable Cooking Pot.
2. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 10 minutes appears on the Display.
6. Press the **START/STOP** Button until the Green Indicator Light appears. The Red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins. The Pressure Indicator will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
7. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.

Makes 4 servings

French Pot-au-feu

Braised Chicken with Vegetables

3 chicken split breast halves with skin and bone
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
Salt
Black Pepper
2 tablespoons olive oil
2 medium red potatoes, scrubbed and quartered
2 carrots, peeled and quartered
2 ribs celery, quartered
2 leeks, trimmed, washed well,
light green and white parts only sliced thin
1 cup chicken or vegetable stock, or canned low sodium broth

1. Rub chicken breast halves with the herbs, salt and black pepper.
2. Place Removable Cooking Pot in Pressure Cooker. Add oil.
3. Press the **COOK MODE** Button for BROWN. Press the **START/STOP** Button.
4. Preheat 5 minutes. Brown the chicken, one breast at a time. Scatter the vegetables around the browned chicken. Pour in the broth. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
5. Turn the Pressure Regulator Knob to PRESSURE.
6. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
7. Press **COOK TIME** Button until 10 minutes appears on the Display.
8. Press the **START/STOP** Button until the Green Indicator Light appears. The Red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator will rise as the pressure builds. After cooking under pressure 10 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
9. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. Remove chicken from bone and serve with the vegetables and cooking liquid.

Makes 4 servings

i
o

Sauerbraten (Continued)

11. Release pressure using the Natural Release Feature. This will take approximately 30 to 45 minutes.
12. Once the Pressure Indicator drops, slide the Safety Lock to UNLOCK position and remove the Lid.
13. Remove the meat to a serving platter and cover with foil. Pour the gravy into a food processor, blender, or food mill and process until smooth. Taste and adjust for salt. Slice the meat across the grain into thick slices and serve with the gravy on the side.

Makes 6 to 8 servings

ry.

n,

this
at

on

)

or

tor

ea
or

Italian Meat Sauce

2 tablespoons olive oil
1 small onion, minced
1 carrot, minced
1 rib celery, minced
1 pound lean ground beef
1/4 cup minced parsley
6 cups tomato purée (two 28-ounce cans)
1 teaspoon sugar
4 teaspoons salt
1 teaspoon black pepper

1. Place Removable Cooking Pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for BROWN. Press the **START/STOP** Button.
3. Add the onion, carrot, and celery and sauté until soft. Add the ground beef and parsley. Brown until the meat is no longer pink. Add the remaining ingredients. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
4. Turn the Pressure Regulator Knob to PRESSURE.
5. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
6. Press **COOK TIME** Button until 30 minutes appears on the Display.
7. Press the **START/STOP** Button until the Green Indicator Light appears. The Red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator will rise as the pressure builds. After cooking under pressure 30 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps once. Release pressure using the Natural Release Feature. This will take approximately 30 to 45 minutes.
8. Once the Pressure Indicator drops, slide the Safety Lock to UNLOCK position and remove the Lid.

Makes 6 to 8 servings

d)
en

ty
f
e

3

n

e

so

Stuffed Artichokes

3/4 cup water
1/2 teaspoon salt
1 bay leaf
4 medium-sized artichokes
2 extra-large eggs, beaten
3 tablespoons grated Pecorino Romano cheese
1 clove garlic, peeled and minced
1 tablespoon minced parsley
Pinch black pepper
1 tablespoon olive oil

1. Place Removable Cooking Pot in Pressure Cooker. Add the water, salt, and bay leaf.
2. Cut off stems from artichokes. Tear off and discard the top two or three layers of tough, outer leaves. Cut off 1/2-inch to 1-inch from the tops of the artichokes. Carefully open and expose the removable leaves and choke. Pull out and remove any thorny leaves. With a teaspoon, scoop out and discard any fuzzy matter from the center choke. Place artichokes in Removable Cooking Pot, standing upright.
2. Combine the eggs, grated cheese, garlic, parsley, and black pepper in a small mixing bowl. Drizzle an equal amount of egg mixture over each artichoke. Drizzle with the olive oil.
3. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
4. Turn the Pressure Regulator Knob to PRESSURE.
5. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
6. Press **COOK TIME** Button until 7 minutes appears on the Display.
7. Press the **START/STOP** Button until the Green Indicator Light appears. The Red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator will rise as the pressure builds. After cooking under pressure 7 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
8. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid.
9. Carefully remove the artichokes with a slotted spoon to small bowls. Pour some cooking liquid over each artichoke.

Makes 4 servings

d)

r

o
d

n

Golden Spanish Rice

2 tablespoons olive oil
1 large onion, chopped
1 large red pepper, cored, seeded and chopped
3 cloves garlic, minced
1 package 10-ounce or two 5-ounce packages yellow rice mix,
available in the Latin food section of most supermarkets
1 (14.5-ounce) can diced tomatoes with garlic
1 package (8- to 10-ounces) frozen artichoke hearts
1 cup frozen green peas
Water (amount called for on rice mix package)

Optional: 1 pound cooked shrimp

1. Place Removable Cooking Pot in Pressure Cooker. Add oil.
2. Press the **COOK MODE** Button for BROWN. Press the **START/STOP** Button. Add the chopped onion, red pepper, and garlic and sauté until soft. Add the dry rice mix, tomatoes, artichokes, and peas. Pour in the amount of water called for on the rice mix package. Stir to mix. Place Lid on Pressure Cooker. Slide the Safety Lock to LOCK position.
3. Turn the Pressure Regulator Knob to PRESSURE.
4. Press the **PRESSURE MODE** Button for HIGH PRESSURE.
5. Press **COOK TIME** Button until 9 minutes appears on the Display.
6. Press the **START/STOP** Button until the Green Indicator Light appears. The Red HIGH PRESSURE Indicator Light will blink slowly and then faster as the cooking countdown begins; the Pressure Indicator will rise as the pressure builds. After cooking under pressure 9 minutes, the Pressure Cooker will beep three times. Press and hold the **START/STOP** Button until it beeps.
7. Immediately press the Quick Steam Release Button in short bursts. Steam will emit from the Steam Release Valve. The Pressure Indicator will drop when all the steam has been released. Slide the Safety Lock to UNLOCK position and remove the Lid. Add the optional cooked shrimp, if desired.

Makes 4 servings

let.
ne

GH.

↓

↘

→

er

κ

▲

ck

r

ee

er

ing

SUGGESTED COOKING TIMES

The following cooking times are provided as a guide to be used when cooking in the **FARBERWARE**® Programmable Electric Pressure Cooker. Cooking times can vary depending on the quality and the individual piece sizes of the food being cooked; maximum and minimum cooking times are given in some instances. When uncertain how long to cook something, always start with the shortest cooking time since you can always continue cooking for an additional couple of minutes until the desired texture is reached.

All cooking times listed begin once full pressure is reached.

Vegetables

APPROXIMATE COOKING TIMES

Fresh Vegetables	Cooking Time	Water
Artichokes, large whole, trimmed	9 to 11 min.	1 cup
Artichoke, large quartered, trimmed	6 to 8 min.	1 cup
Artichoke, hearts	2 to 3 min.	1/2 cup
Asparagus, thick whole	1 to 2 min.	1/2 cup
Asparagus, thin whole	1 to 1-1/2 min.	1/2 cup
Beans, fava, shelled	4 min.	3/4 cup
Beans, green or wax, whole or piece	2 to 3 min.	1/2 cup
Beans, lima, shelled	2 min.	1/2 cup
Beets, small whole	12 min.	1-1/2 cups
Beets, large whole	20 min.	2 cups
Beets, 1/4-inch slices	4 min.	3/4 cup
Broccoli, florets	2 min.	1/2 cup
Broccoli, spears	3 min.	1/2 cup
Brussels Sprouts, whole	4 min.	3/4 cup
Cabbage, red or green, 1/4-inch shreds	1 min.	1/2 cup
Cabbage, red or green, quartered	3 to 4 min.	3/4 cup
Carrots, whole	6 to 8 min.	1 cup
Carrots, 1-inch chunks	4 min.	3/4 cup
Carrots, 1/4-inch slices	1 min.	1/2 cup
Cauliflower, florets	2-3 min.	1/2 cup

FROZEN VEGETABLES APPROXIMATE COOKING TIMES

Frozen Vegetables	Cooking Time	Water
Asparagus	2 min.	1/2 cup
Beans, green, wax or French cut	1 min.	1/2 cup
Beans, lima	2 min.	1/2 cup
Broccoli, chopped, florets, or spears	2 min.	1/2 cup
Brussels Sprouts	2 min.	1/2 cup
Cauliflower, florets	1 min.	1/2 cup
Corn, kernels	1 min.	1/2 cup
Corn, on the cob	2 min.	1/2 cup
Mixed Vegetables	2 min.	1/2 cup
Peas (not split)	1 min.	1/2 cup
Peas and Carrots	1 min.	1/2 cup
Spinach	1 min.	1/2 cup
Squash, cut into 1-inch chunks	7 min.	1 cup

Fruits

APPROXIMATE COOKING TIMES

Fresh & Dried Fruit	Cooking Time	Water
Apples, slices dried	3 min.	1/2 cup
Apricots, fresh whole or halved	2 to 3 min.	1/2 cup
Apricots, dried	4 min.	3/4 cup
Berries, fresh	1 min.*	1/2 cup
Cherries, fresh	1 min.*	1/2 cup
Peaches, fresh halved	3 min.	1/2 cup
Peaches, dried	4 to 5 min.	3/4 cup
Pears, fresh halved	3 to 4 min.	1/2 cup
Pears, dried	4 to 5 min.	3/4 cup
Plums, fresh	1 min.*	1/2 cup
Prunes	4 to 5 min.	3/4 cup
Quince, fresh quartered	5 min.	3/4 cup
Raisins	4 to 5 min.	3/4 cup

*Set Timer to 1 minute using either LOW or HIGH PRESSURE. As soon as the pressure builds, the Red Pressure Indicator will rise. Stop cooking by pressing the **START/STOP** Button until the Red STOP Light illuminates and the Pressure Cooker beeps once. Lower pressure immediately by pressing the Quick Steam Release Button in short bursts.

A)

6.



Grains

APPROXIMATE COOKING TIMES*

Grains	Cooking Time	Water	Yield Cooked
Rice, Basmati, 1 cup dry	5 to 7 min.	1-1/2 cups	3 cups
Rice, converted or long grain, 1 cup dry	5 to 7 min.	1-1/2 cups	3 cups
Rice, brown, 1 cup dry	15 to 20 min.	1-3/4 cups	2-1/4 cups
Rice, wild, 1 cup dry	22 to 25 min.	3 cups	2-1/4 cups

*Actual cooking times may vary depending on how old the grain is.

e
o

d

