

# AROMA® 5-Liter Pressure Cooker



**Questions or concerns about your food steamer?**

*Before returning to the store...*



*Aroma's customer service experts are happy to help.*

*Call us toll-free at **1-800-276-6286**.*



*Answers to many common questions and even replacement parts can be found online. Visit*

**[www.AromaCo.com/Support](http://www.AromaCo.com/Support)**.



Congratulations on your purchase of the Aroma® 5-Liter Pressure Cooker!

The Aroma® 5-Liter Pressure Cooker can prepare ribs, roasts, chili, soups, stews, desserts and more faster than you ever thought possible. By using a safe, closed pressurized system, your pressure cooker can reach temperatures higher than that of ordinary cooking methods. Cook food up to 70% faster — saving you both time and energy in the kitchen!

Pressure cooking locks in the nutrients, vitamins and flavors of food which normally evaporates during traditional cooking methods, allowing for both delicious and healthier meals.

And the safe easy-to-use controls allow you to select between two pressure settings, ensuring your favorite kitchen classics come out perfectly cooked.

This manual contains instructions for using your Aroma® 5-Liter Pressure Cooker.

For more information on your Aroma® 5-Liter Pressure Cooker, or for replacement parts, product service, recipes and other home appliance solutions, please visit us online at [www.AromaCo.com](http://www.AromaCo.com).

See what's cooking with Aroma® online!



[www.AromaTestKitchen.com](http://www.AromaTestKitchen.com)



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## WARRANTY

### WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in the United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$18.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll-free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

AROMA HOUSEWARES COMPANY  
6469 Flanders Drive  
San Diego, California 92121  
1-800-276-6286  
M-F, 8:30 AM - 4:30 PM, Pacific Time  
Website: [www.AromaCo.com](http://www.AromaCo.com)

### SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286  
M-F, 8:30AM-4:30PM, Pacific Time

Or we can be reached via e-mail at [CustomerService@AromaCo.com](mailto:CustomerService@AromaCo.com).

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

Date of Purchase: \_\_\_\_\_

Place of Purchase: \_\_\_\_\_



NOTE

- Proof of purchase is required for all warranty claims.



## TROUBLESHOOTING

- The Pressure Valve and Float Valve are clogged, causing excessive steam to be released through the Safety Vent. **Using caution to avoid escaping steam**, set the Pressure Control to “” to quickly release the inside pressure. Let the pressure cooker cool completely and remove the Locking Lid and check for any debris clogging the Pressure Valve or Float Valve. Make sure the Float Valve rises and steam is released from the Pressure Valve when cooking continues.
- The Silicon Ring might be damaged, not in place or the edge of the Pressure Cooker Pot might be damaged. If the ring or pot is damaged, **DO NOT** attempt to use the pressure cooker and contact Aroma customer service at 1-800-276-6286, Monday to Friday 8:30AM-4:30PM PST or via e-mail at CustomerService@AromaCo.com.

### Food is not completely cooked or is overcooked.

Confirm cooking time, whether the Pressure Control was set to the correct setting and the quantity of liquid used in the Pressure Cooker Pot.



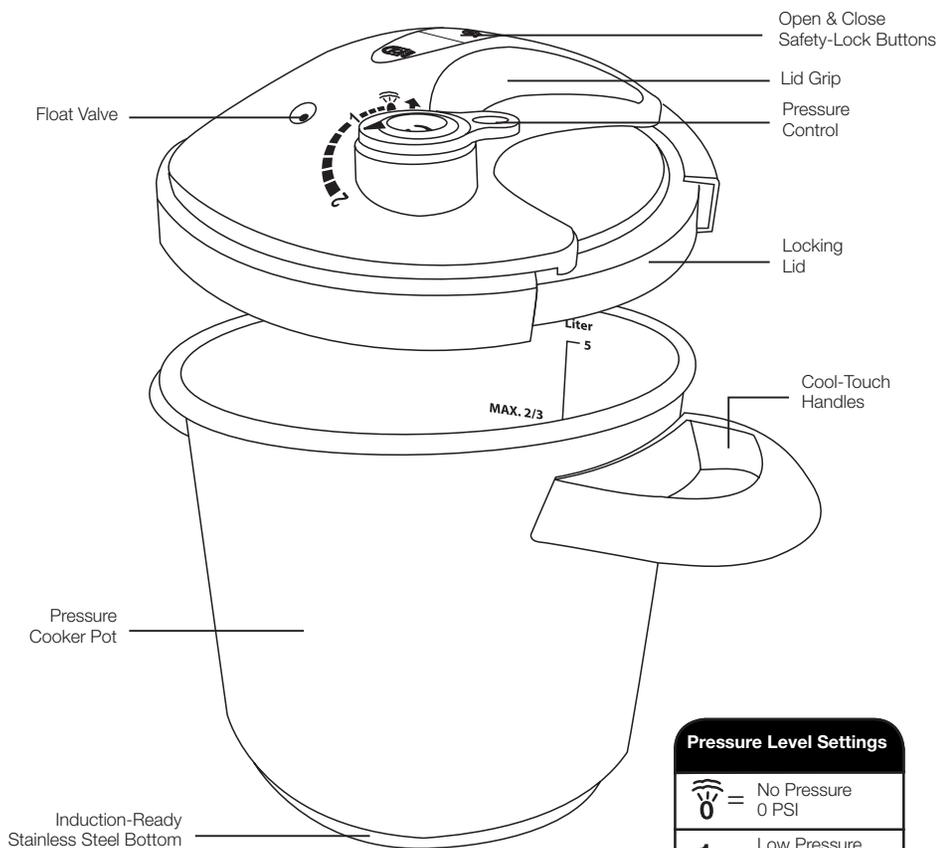
## IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using this appliance, including the following:

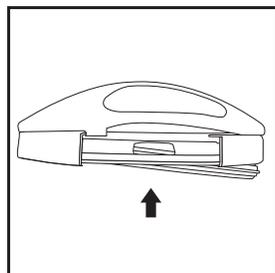
- Important: Read all instructions carefully before first use.**
- Do not touch hot surfaces. Use handles or knobs.
- The pressure cooker is designed for household use only. Do not use pressure cooker on an outdoor LP gas burner or commercial ranges.
- Always check to make sure the safety pressure release valves are free of debris that may cause clogging or affect their proper functioning.
- The pressure cooker should never be left unattended when in use.
- Do not let children operate the pressure cooker. Close supervision is necessary when the pressure cooker is being used near or around children.
- Use caution when handling the pressure cooker as the stainless steel portions of it will become very hot during use.
- Always adjust the Pressure Control to the desired setting before heating the pressure cooker.
- NEVER** use the pressure cooker without liquid or allow it to boil dry as this will damage the pressure cooker.
- The liquid and all ingredients added to the pressure cooker should always be between the “**MIN. 1/3**” and “**MAX. 2/3**” markings inside the pot.
- Do not fill the unit over  $\frac{2}{3}$  full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over  $\frac{1}{2}$  full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. See “To Pressure Cook” Instructions on **page 7**.
- Do not use the pressure cooker for pressure frying with oil.
- NEVER attempt to force open the Locking Lid when the unit is pressure cooking or when there is still pressure inside the Pressure Cooker Pot.** Doing so can cause hot steam and water to burst from the pot and cause potential harm to persons or property. Always wait for the pressure cooker to cool completely and release all inside pressure before removing the Locking Lid Please see “To Pressure Cook” instructions on **page 7**.
- Releasing pressure by using the Pressure Control or cold water will cause the Silicon Ring to age more quickly.
- Do not use the appliance for other than its intended use.
- Do not touch, cover or obstruct the steam vent on the top of the pressure cooker as it becomes extremely hot and may cause scalding.
- Extreme caution should be used when moving the pressure cooker containing hot liquids.
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. Follow the instructions in “To Pressure Cook” on **page 7**.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, certain dry beans, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure cooker valves. These foods should not be cooked in a pressure cooker.**
- Do not place the pressure cooker in a heated oven.
- Do not let anyone unfamiliar with these instructions and how to properly use the pressure cooker use the appliance.
- When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.



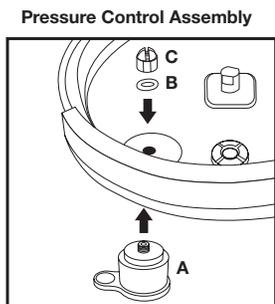
# PARTS IDENTIFICATION



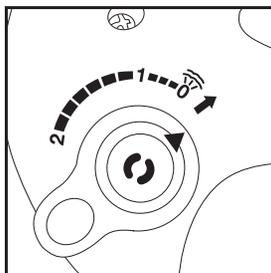
| Pressure Level Settings |                           |
|-------------------------|---------------------------|
| 0                       | No Pressure<br>0 PSI      |
| 1                       | Low Pressure<br>8.7 PSI   |
| 2                       | High Pressure<br>13.1 PSI |



Silicon Ring & Safety Vent



Pressure Valve (A)  
Washer (B)  
Nut (C)



Pressure Level Settings



# TROUBLESHOOTING

## The Float Valve won't rise when cooking with the pressure cooker.

It will take a few moments for pressure to build up and for the Float Valve to begin rising. If after a few minutes of heating, the valve still isn't rising, it could be due to one or more of the following reasons:

1. The temperature may not be high enough. Increase the temperature of the heat source.
2. There isn't enough liquid in the Pressure Cooker Pot. The amount of liquid in the pot should at least be up to the "**MIN. 1/3**" marking inside the pot.
3. The Pressure Control is set to "0" and therefore not building pressure. The Pressure Control must be set to "1" or "2" in order to build pressure.
4. The Locking Lid is not properly locked in place. Ensure the lid is securely locked onto the Pressure Cooker Pot.
5. The Float Valve is clogged with debris and needs to be cleaned. **Using caution to avoid escaping steam**, set the Pressure Control to "0" to quickly release the inside pressure. Once the pressure has been released and the pressure cooker is completely cool, remove the Locking Lid and clean the Float Valve of any debris. Without placing the Locking Lid on the Pressure Cooker Pot, press the "CLOSE" button on the lid to test if the Float Valve can move freely. Gently press on the back of the Float Valve beneath the Locking Lid to ensure it rises up and down freely.
6. The Silicon Ring is damaged, not in place or the edge of the Pressure Cooker Pot is damaged. If the ring or pot is damaged, **DO NOT** attempt to use the pressure cooker and contact Aroma customer service at 1-800-276-6286, Monday to Friday 8:30AM-4:30PM PST or via e-mail at CustomerService@AromaCo.com.

## The Float Valve rises but no steam is emitting from the Pressure Valve

Stop heating the pressure cooker and allow it to cool completely. Once cool, check the Pressure Valve and Float Valve to make sure they are clean and completely free of debris.

## The Locking Lid cannot be unlocked and opened.

Check whether the Float Valve has fallen completely. If not, allow the pressure cooker to cool further. **NEVER force the Locking Lid off of the Pressure Cooker Pot and always use caution to avoid escaping steam.**

## There is excessive steam coming from the rim of the Pressure Cooker Pot.

This can result from one or more of the following reasons:

1. The Locking Lid is not properly attached to the Pressure Cooker Pot. Check to make sure the lid is properly locked in place.
2. The Pressure Cooker Pot is overfilled with liquid and ingredients. Make sure the liquid and all ingredients never exceed the "**MAX. 2/3**" marking inside the pot.



## TO CLEAN

1. Remove the Silicon Ring from the Locking Lid and wash it with the lid in warm, soapy water using a sponge or dishcloth.

2. Remove the Pressure Control by rotating it clockwise so the “▲” marking on the Pressure Control is past the “↑” marking on the Locking Lid (**Figure A**). Rotate until it clicks. Gently lift up on the Pressure Control to remove. Carefully wash the removable Pressure Control as well as the Float Valve and the Pressure Valve on the Locking Lid, making sure they are free of any debris or blockage. Without placing the Locking Lid on the Pressure Cooker Pot, press the “CLOSE” button on the lid to make sure the Float Valve moves freely. Gently press on the back of the Float Valve beneath the Locking Lid to ensure it rises up and down freely.

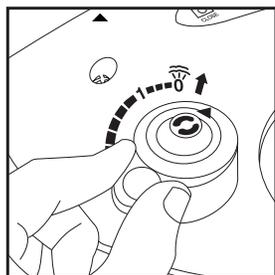


Figure A

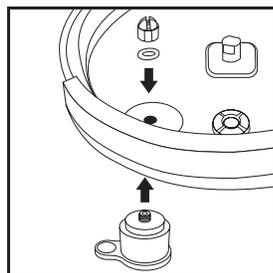
3. After the Locking Lid and removable parts have been washed and dried thoroughly, place the Silicon Ring back under the inside edge of the Locking Lid. Place the Pressure Control back on the Locking Lid by resting it in the same position it was removed with the “▲” marking on the Pressure Control to the right of the “↑” marking on the Locking Lid (**Figure A**). Press down firmly on the Pressure Control and rotate it counterclockwise until it clicks into place.

4. Wash the Pressure Cooker Pot in warm, soapy water using a sponge or dishcloth. Rinse and dry thoroughly. The pot is dishwasher safe.



### NOTE

- The Pressure Valve should be removed every 3 months for thorough cleaning and removing of any debris blockage. First remove the Pressure Control as outlined in Step 2 above. Unscrew the Nut directly beneath the Pressure Valve under the Locking Lid. Once the Nut is unscrewed, remove the Washer and pull up on the Pressure Valve away from the lid to remove. Wash the Pressure Valve thoroughly with warm water and remove any debris. When dried, place the Pressure Valve back onto the Locking Lid and place the Washer over the screw. Place the Nut onto the screw and tighten. Fit the



Pressure Control back onto the Pressure Valve as outlined in Step 3 above.

- Do not lock the Locking Lid onto the Pressure Cooker Pot when storing, as to prevent the build-up of odors. Simply rest the lid inverted on top of the pot.



### CAUTION

- DO NOT** clean pressure cooker parts with corrosive cleaners or cleaning materials that include chlorine.
- The Silicon Ring will slowly age from extended exposure to high pressure. Depending on the frequency of use, it will need to be replaced every 1 to 2 years. **NEVER use the pressure cooker without the Silicon Ring or if the ring is torn, cracked or damaged.** Contact Aroma customer service at 1-800-276-6286, Monday to Friday 8:30AM-4:30PM PST or [www.AromaCo.com](http://www.AromaCo.com).



## SAFETY SYSTEMS

The Aroma® 5-Liter Pressure Cooker was built with safety in mind. This pressure cooker includes 5 built-in safety systems.

### Safety Systems

- The Pressure Valve automatically releases pressure in order to maintain the right pressure level.
- The Float Valve automatically releases pressure if pressure becomes too high.
- If pressure becomes too high the Silicon Ring adjusts to release excess steam through the Safety Vent.
- The Locking Lid will remain locked and will not open until there is a safe level of pressure remaining in the Pressure Cooker Pot.
- When the Locking Lid is not properly and fully locked into place the pressure cooker will not pressurize.



# INTRODUCTION TO PRESSURE COOKING

## What is pressure cooking?

Pressure cooking is a method of cooking that uses a closed pressurized system to reach high temperatures. When heat is applied to a pressure cooker, a specially designed lid contains and regulates steam build-up from the heated liquid to steadily increase the pressure within the pot. This increase in pressure allows liquid temperature levels to reach above boiling (212° F), which is not possible with other cooking methods. These high temperature levels result in much faster and more efficient cooking.

## Why use a pressure cooker?

Since pressure cooking uses high temperatures to cook food, it can reduce cooking time by as much as 70%. Less cooking time means less energy used, making it a very eco-friendly cooking method. Pressure cooking also locks-in more nutrients and flavors that are sometimes lost due to evaporation in other cooking methods. Pressure cooking is one of the fastest, healthiest and most efficient ways to prepare food.

## What can my Aroma® 5-Liter Pressure Cooker do?

Your Aroma® 5-Liter Pressure Cooker can prepare roasts, soups, stews, chili, rice, vegetables, fish, even desserts and much more. You can select from two pressure settings (Low and High) depending on the type of food being prepared for added control. Plus, it's designed for use on a variety of cooktops such as gas, electric, halogen, ceramic and induction.



# PRESSURE COOKING TIMES

*This chart is for reference only and cooking times may vary depending on the size, quantity and texture of food. Altitude, humidity and outside temperature will affect cooking times. Always make sure food is cooked thoroughly to prevent food-borne illness.*

| FOOD           | LOW PRESSURE (1) | HIGH PRESSURE (2) |
|----------------|------------------|-------------------|
| Artichokes     | 5-6 Minutes      | 4-5 Minutes       |
| Asparagus      | 3-4 Minutes      | 2-3 Minutes       |
| Beef           | 16-25 Minutes    | 5-11 Minutes      |
| Broccoli       | 3-4 Minutes      | 2-3 Minutes       |
| Carrots        | 4-5 Minutes      | 3-4 Minutes       |
| Chicken        | 14-17 Minutes    | 9-11 Minutes      |
| Corn           | 3-4 Minutes      | 2-3 Minutes       |
| Frozen Veggies | 4-5 Minutes      | 3-4 Minutes       |
| Pork           | 16-25 Minutes    | 5-11 Minutes      |
| Potatoes       | 16-21 Minutes    | 5-14 Minutes      |
| White Rice     | 8-11 Minutes     | 5-8 Minutes       |
| Zucchini       | 3-4 Minutes      | 2-3 Minutes       |



HELPFUL HINT

- There is no need to defrost frozen food before pressure cooking, just add a few minutes to the suggested cooking time.
- When referencing recipes for traditional cooking methods, reduce suggested cook times by approximately  $\frac{2}{3}$  if using pressure setting "2" or  $\frac{1}{2}$  if using pressure setting "1."



NOTE

- Always fill the pressure cooker with liquid and all ingredients between the "MIN 1/3" and "MAX 2/3" markings inside the Pressure Cooker Pot. If cooking foods that expand, foam and froth during cooking such as rice, grains, dry beans, peas or liquid-based food like soup, **DO NOT** fill the pot up more than half way with liquid and ingredients.



CAUTION

- **DO NOT** pressure cook applesauce, cranberries, pearl barley, rhubarb, oatmeal or other cereals, pastas, noodles, macaroni, spaghetti, dried soup mixes, certain dry beans or split peas. These foods expand greatly under pressure and are likely to cause blockage to the pressure control valves.



## TO PRESSURE COOK

7. Lower the heat source so that a steady stream of steam continues to emit from the Pressure Valve and continue cooking until done. If using a pressure cooker recipe, cook food according to the suggested time. When finished, turn off the heat source. If using an electric stovetop, remove the pressure cooker carefully using the Cool-Touch Handles. This will prevent overcooking since electric stovetops remain hot once turned off longer than other stovetops.
8. Let the pressure cooker cool and automatically release the pressure inside the Pressure Cooker Pot. As a safety measure, the Locking Lid cannot be opened until the Float Valve falls indicating the pressure has been released. For quick steam release, set the Pressure Control to “,” which will cause steam to release rapidly through the valve. **ALWAYS use caution when doing this to avoid escaping steam.**
9. Once pressure is released, press the “OPEN” button on the Locking Lid to unlock it from the Pressure Cooker Pot. **NEVER force the lid off of the pot and always use caution to avoid escaping steam.**
10. Check food for doneness. If fully cooked remove food for serving.
11. Once the pressure cooker has cooled completely, follow the steps in “TO CLEAN” on **page 10**.



NOTE

- During and after cooking, the pressure cooker will be hot. **ALWAYS** use the Cool-Touch Handles and Lid Grip when handling the Locking Lid and Pressure Cooker Pot.



CAUTION

- When pressure cooking, keep the Pressure Valve away from any objects in order to prevent damage or injury. **ALWAYS use caution to avoid escaping steam.**



## BEFORE FIRST USE

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags as they can pose a risk to children.
4. Wash the Locking Lid, Pressure Cooker Pot and Silicon Ring in warm, soapy water. Rinse and dry thoroughly.
5. If the interior surface of the Pressure Cooker Pot remains slightly cloudy, fill with water to an inch below the pot edge and boil for 5 minutes. Afterwards, pour out the water and wash the pot again in warm, soapy water.



CAUTION

- **DO NOT** clean pressure cooker parts with corrosive cleaners or cleaning materials that include chlorine.



# IMPORTANT SAFETY INFORMATION

1. Always make sure the Pressure Valve and Float Valve are clean and free of any debris that may cause clogging to allow the release of excess pressure. Without placing the Locking Lid on the Pressure Cooker Pot, press the "CLOSE" button on the lid to test if the Float Valve can move freely. Gently press on the back of the Float Valve beneath the Locking Lid to ensure it rises up and down freely.
2. Always make sure the Silicon Ring is securely attached along the inside edge of the Locking Lid. **NEVER** use the pressure cooker without the ring or if the ring is deformed, cracked or damaged in any way. Contact Aroma Customer Service or visit [www.AromaCo.com](http://www.AromaCo.com) for a replacement ring.
3. **NEVER** fill the pressure cooker with liquid and all ingredients below the "**MIN. 1/3**" line. The pressure cooker must always be used with liquid in order to create the necessary steam. Otherwise this can cause the pressure cooker to boil dry and damage the Pressure Cooker Pot.
4. **NEVER** add liquid and all ingredients above the "**MAX. 2/3**" line. The release of excess pressure ensures safe and proper cooking. If overfilled, pressure can cause foods to expand and block the pressure release valves, preventing the pressure cooker from automatically releasing pressure.
5. If cooking foods that expand, foam and froth during cooking such as rice, grains, dry beans, peas or liquid-based foods like soup, **NEVER** fill the Pressure Cooker Pot up more than half way with liquid and all ingredients.
6. **NEVER** pressure cook applesauce, cranberries, pearl barley, rhubarb, oatmeal or other cereals, pastas, noodles, macaroni, spaghetti, dried soup mixes, certain dry beans or split peas. These foods expand greatly under pressure and are likely to cause blockage to the pressure control valves.
7. When cooking with a gas or electric stovetop, the heating area should be the same size or smaller than the bottom of the Pressure Cooker Pot.



- If new to pressure cooking, try using only water as a trial run to become more familiar with the proper use of the pressure cooker.



# TO PRESSURE COOK

1. Add all ingredients and liquid to the pressure cooker. Always fill the pressure cooker with liquid and all ingredients between the "**MIN. 1/3**" and "**MAX. 2/3**" lines. If cooking foods that expand, foam and froth during cooking such as rice, grains, dry beans, peas or liquid-based food like soup, **DO NOT** fill the Pressure Cooker Pot up more than half way with liquid and all ingredients.
2. Press the "OPEN" button on the Locking Lid to ensure the lid is open. When the lid is open four gray arrows will be visible along the edge of the lid.
3. Place the Locking Lid on top of the Pressure Cooker Pot so that it securely rests in place. Press the "CLOSE" button to lock the lid onto the pot. The lid will make a locking sound and only one gray arrow will now be visible. Lift up gently on the Lid Grip to ensure it is attached securely to the pot.
4. Set the Pressure Control to the correct setting depending on the desired cooking pressure. "0" will cook with no pressure (like that of a regular pot), "1" will cook at low pressure and "2" at high pressure.
5. Place the pressure cooker onto the heat source and begin heating at a high heat level. When cooking with a gas or electric stovetop, the heating area should be the same size or smaller than the bottom of the Pressure Cooker Pot.
6. As the pressure builds up, the Float Valve will begin to rise. When the Float Valve is no longer rising and the Pressure Valve is releasing a steady flow of steam, the pressure cooker has reached the selected pressure level for cooking. This marks the start of cooking time.



NOTE

- Do not bang cooking utensils against the rim of the Pressure Cooker Pot. This can cause damage that prevents the pot from sealing to the lid which can cause excessive steam leakage.
- If using a gas burner, do not allow flames to reach up the sides of the pressure cooker which can damage the outside of the Pressure Cooker Pot.



HELPFUL HINT

- Although either pressure level can be used to cook foods, it's recommended to use the Low pressure level ("1") for more delicate foods such as asparagus, broccoli, corn and other vegetables. This may prevent accidental overcooking.



CAUTION

- **NEVER** fill the pressure cooker with liquid and all ingredients below the "**MIN. 1/3**" line. This may cause the pressure cooker to boil dry and damage the Pressure Cooker Pot.
- **NEVER** fill the pressure cooker with liquid and all ingredients above the "**MAX. 2/3**" line. The release of excess pressure ensures safe and proper cooking. If overfilled, pressure can cause ingredients to expand and block the pressure release valves, preventing the pressure cooker from automatically releasing pressure.
- **DO NOT** leave the pressure cooker unattended when in use. Monitor the pressure cooker in order to make sure it doesn't overheat and boil dry which may damage the Pressure Cooker Pot.