Questions or concerns about your Pressure Cooker?
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.
Congratulations on your purchase of the Aroma® 6-Quart Digital Pressure Cooker!

Your new Aroma® Pressure Cooker is the perfect way to have delicious home-cooked meals in a fraction of the time. Pressure cooking produces tender, delicious cooked results astonishingly fast. With three pressure level settings, your new digital pressure cooker is perfect for a wide variety of pressure cooking recipes. And with its pressure safety systems, you can rest easy while your pressure cooker handles the cooking.

And it's not just pressure cooking! Your new Aroma® Pressure Cooker also includes easy-to-use digital functions to brown, simmer, slow cook, steam and warm. With these additional functions, the meal options are nearly endless!

This manual contains instructions for using your Aroma® Pressure Cooker and its convenient pre-programmed digital settings, as well as all of the accessories included.

For more information on your Aroma® Pressure Cooker, or for replacement parts, product service, recipes and other home appliance solutions, please visit us online at www.AromaCo.com.
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. $22.00 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 of the product. The warranty is void in any case that the product is taken apart or serviced by an unauthorized service center.

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
6499 Sandoval Drive
San Diego, California 92121
1-800-276-6286
M-F: 8:30AM-4:30PM, Pacific Time
Website: www.AromaCo.com

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 online at 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:

• Proof of purchase is required for all warranty claims.

WARRANTY

LIMITED WARRANTY

SERVICE & SUPPORT

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces. Use the handles or knobs.
3. Do not place the product directly over a heat source, or operate on a heating element, hot plate, or hotplate.
4. To protect against fire, electric shock and injury to persons, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before removing or replacing parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by Aroma® Housewares may result in fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord contact hot surfaces or hang over the edge of a counter or table.
11. Do not attempt to open lid while the unit is pressure cooking. Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If it is difficult to open, unplug the unit to cool, then put the unit on a cloth or towel, and use a kitchen tool to open the lid. Do not force it to open. Any pressure in the cooker can be hazardous.
12. Do not place on or near a hot burner or in a heated oven.
13. Do not use the appliance for other than its intended use.
14. Always check the pressure release devices for clogging before use.
15. Do not touch, or distract the steam vent on the top of the pressure cooker as it is extremely hot and may cause scalding.

IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Use only with a 120V AC power source.
2. Always unplug from the base of the wall outlet. Never pull on the cord.
3. Never use the appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
4. Always make sure the outside of the inner cooking pot is dry prior to use. If the inner pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
5. Food should not be left in the inner cooking pot with the “Keep-Warm” setting for more than 12 hours.
6. To disconnect, turn any control to “OFF,” then remove the plug from the wall outlet.
7. To reduce the risk of electrical shock, cook only in the removable inner cooking pot provided.
8. Extreme caution must be used when moving a pressure cooker containing hot liquids.
9. This pressure cooker uses water 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.
10. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. Follow the instructions in “To Pressure Cook” on page 7.
11. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, bloat, and splutter, and clog the pressure release device (steam vent). These foods should not be cooked in the pressure cooker.
12. Do not use this pressure cooker for pressure frying with oil.

SAVE THESE INSTRUCTIONS
IMPORTANT SAFEGUARDS

DO NOT DRAPE CORD!

KEEP AWAY FROM CHILDREN!

Short Cord Instructions
1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
   a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
   b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.

Polarized Plug
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

CRIMINI MUSHROOM & WHITE WINE RISOTTO

Ingredients
- 2 tablespoons olive oil
- 3 tablespoons shallots, peeled, chopped
- 8 oz. crimini mushrooms, wiped clean, sliced
- 2 cups chicken broth
- 3 cups dry white wine
- 1 cup Parmesan cheese, freshly grated

Place the oil in the inner cooking pot and heat with the Brown setting until hot. Add the shallots and cook until tender. Add the mushrooms and rice and cook, stirring often, for 2 minutes. Add the broth and wine and stir again. Close the lid securely and set the steam vent to “Closed.” Set to High Pressure and cook for 20 to 25 minutes. Release the pressure and remove the lid. If the rice has not completely cooked through, continue to cook on High Pressure another 5 to 10 minutes. Stir the rice before serving, adding the cheese to blend and melt. Serve right away. Serve 6.

GOLDEN CARAMELIZED ONION SOUP WITH GUYERE CHEESE

Ingredients
- 2 tablespoons butter
- 2 medium yellow onions, peeled, thinly sliced
- 1 teaspoon salt
- 1 cup beef broth
- 1 bay leaf
- ½ teaspoon black pepper
- 1½ cups Gruyere cheese, shredded (or use Swiss cheese)

Place the butter in the inner cooking pot and heat with the Brown setting until melted. Add the onions and salt until golden brown and caramelized. Add the thyme, bay leaf, salt and pepper. Close the lid securely and set the steam vent to the “Closed” position. Set to High Pressure and cook for 4 minutes. Release the pressure and ladle the soup into bowls. Top each with a generous portion of cheese before serving. Serve 6.

For additional pressure cooker recipes, or even to submit your own, visit our website at www.AromaCo.com
### Chunky Beef Goulash with Sweet Hungarian Paprika

**Ingredients**
- 2 tablespoons olive oil
- 3 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 lb. boneless beef, chunk roast, cut into 1-inch pieces
- 2 tablespoons sour Hungarian paprika
- 1 bay leaf
- 14 oz. can whole tomatoes, with juice
- 2 cloves garlic, peeled, minced
- 1 large yellow onion, peeled, chopped
- 14 oz. can beef broth
- 14 oz. can yellow corn, drained
- 6 oz. white egg noodles, drained

Place the oil in the inner cooking pot and heat with the Browed setting until hot. In a plastic bag, combine the flour, salt and pepper. Add several pieces of beef to the bag and seal, tossing the flour mixture and beef. Remove and, using tongs, place the beef in the inner cooking pot to cook. Repeat with the remaining beef pieces. Browed the beef on all sides.

Add the paprika, bay leaf, tomatoes with juice, garlic, onion and beef broth. Close the lid securely and set the steam vent to "Closed." Set to High Pressure and cook for 30 minutes. Release the pressure, remove the lid and add the corn and noodles, stirring to mix. Remove the bay leaf before serving. Serve 4 to 6.

### Glazed Honey & Red Currant Chicken

**Ingredients**
- 1/2 cup sweet red wine
- 1/2 cup white wine
- 1 cup red currant preserves
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 2 - 3 lbs. fryer chickens, skinless, cut into pieces

In a well-sealing plastic bag, combine the wine, preserves, soy sauce, honey and mustard. Add the chicken pieces and mix well. Marinate in the refrigerator for 4 to 6 hours. Place the chicken and marinade in the inner cooking pot. Close the lid securely and set the steam vent to "Closed." Set to High Pressure and cook for 10 to 12 minutes. Release the pressure and remove the lid. Serve warm, spooning the sauce over the chicken. Serve 4.

For additional pressure cooker recipes, or to submit your own, visit our website at [www.AromaCo.com](http://www.AromaCo.com).
TO CLEAN
Always unplug the pressure cooker and allow it to cool completely before cleaning.

Remove the lid. Wash the lid top and underside in warm, soapy water using a sponge or dishcloth.

Remove the inner cooking pot. Wash in warm, soapy water using a sponge or dishcloth.

Rinse and dry thoroughly.

Repeat process with steam rack, if used.

Condensation will build up on condensation collection area on the rear of the unit where the lid locks into place. Dry thoroughly after each use.

Wipe the body of the pressure cooker clean with a damp cloth.

• Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.
• Always make sure the outside of the inner pot is dry prior to use.
• If the inner cooking pot is returned to the pressure cooker when wet, it may damage this product, causing it to malfunction.
• Any other servicing should be performed by Aroma® Housewares Company. Contact Aroma® customer service at 1-800-276-6289, Monday to Friday 8:30AM-4:30PM PST.

HELPFUL HINTS

For even faster cleanup, the inner cooking pot and steam rack can be washed in the dishwasher!

SAFETY SYSTEMS
The Aroma® Digital Pressure Cooker was built with safety in mind. Along with its convenient digital features, this pressure cooker also includes seven advanced safety systems.

Safety System #1: Vent automatically releases pressure if it becomes too high.

Safety System #2: The pressure cooker will not cook with pressure if the lid is not securely locked and closed.

Safety System #3: Flexible gasket releases pressure if it becomes too high.

Safety System #4: Built to withstand pressure up to six times higher than the cooker is intended to reach.

Safety System #5: Accurately measures pressure to ensure it stays within intended ranges.

Safety System #6: Digital thermostat cuts heating off to prevent dry boiling.

Safety System #7: To prevent overheating, the power fuse will trip if the temperature rises too high.
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 lid and all accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner cooking pot from pressure cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe body clean with a damp cloth.

![Image](image_url)

### STEAMING TABLES

When steaming, Aroma® recommends using 3 cups of water.

<table>
<thead>
<tr>
<th>MEAT</th>
<th>STEAMING TIME</th>
<th>SAFE INTERNAL TEMPERATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>25 Min.</td>
<td>140°</td>
</tr>
<tr>
<td>Chicken</td>
<td>30 Min.</td>
<td>160°</td>
</tr>
<tr>
<td>Pork</td>
<td>30 Min.</td>
<td>160°</td>
</tr>
<tr>
<td>Beef</td>
<td>Medium = 25 Min. Medium Wall = 30 Min. Wall = 32 Min.</td>
<td>160°</td>
</tr>
</tbody>
</table>

### Vegetable Steaming Table

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>STEAMING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>9-11 Minutes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>6-8 Minutes</td>
</tr>
<tr>
<td>Cabbage</td>
<td>5-7 Minutes</td>
</tr>
<tr>
<td>Carrots</td>
<td>11-13 Minutes</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>7-9 Minutes</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>12-16 Minutes</td>
</tr>
<tr>
<td>Green Beans</td>
<td>9-11 Minutes</td>
</tr>
<tr>
<td>Peas</td>
<td>4-6 Minutes</td>
</tr>
<tr>
<td>Potatoes</td>
<td>28-30 Minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>9-11 Minutes</td>
</tr>
<tr>
<td>Squash</td>
<td>2-4 Minutes</td>
</tr>
<tr>
<td>Zucchini</td>
<td>9-11 Minutes</td>
</tr>
</tbody>
</table>

**Notes:**
- Do not use abrasive cleaners or scouring pads.
- Do not immerse the rice cooker base, cord or plug in water at any time.
- Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water with a larger serving of vegetables.
- Steaming times may vary depending upon the content of meat being used.
- To ensure meat tastes its best, and to prevent possible illness, check that meat is completely cooked prior to serving. If it is not, simply place more water in the inner cooking pot and repeat the cooking process until the meat is adequately cooked.
- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.
TO PRESSURE COOK

1. Add food to be pressure cooked to the inner cooking pot.
2. Place the inner cooking pot into the pressure cooker.
3. Close the lid securely onto the pressure cooker, turning it clockwise so that it locks into place. There will be an audible "click" when the lid locks closed.
4. Move the steam vent to the "CLOSED VENT" position.

**NOTES:**
- It is possible that some pressure may build up in the pressure cooker while steaming. If the lid does not open when the pressure cooker switches to "Keep-Warm," allow it to cool so that any built-up pressure may dissipate. If pressure is normal, the float valve will be in its "down" position.
- For best taste, it is recommended to serve food immediately; however, if the rest of the meal is not yet ready, food may be kept on "Keep-Warm."
- Do not fill above the "MAX" line in the inner cooking pot.
Plug the power cord into an available power outlet. Press the POWER button to turn the pressure cooker on. Each button’s indicator light will flash and the digital display will show three dashes.

Press the HIGH PRESSURE, MEDIUM PRESSURE or LOW PRESSURE button, depending upon the pressure level called for in the recipe.

The digital display will begin with a “1” representing one minute of pressure cooking time. Press the COOK TIME + buttons to adjust the cooking time between 1 and 60 minutes.

The digital display will begin with a “1” representing one minute of steaming time. Press the COOK TIME + buttons to adjust the steaming time between 1 and 40 minutes.

Once the needed time is selected, press the START button to begin steaming. The COOKING indicator light will illuminate and the pressure cooker will begin steaming.

Once the water reaches a boil, the pressure cooker will “beep” and the digital display will begin counting down the selected cooking time in one minute increments.

Once the selected time has elapsed, the pressure cooker will “beep” and automatically switch to “Keep-Warm” mode. The digital display will show the number of hours it has been on “Keep-Warm,” beginning with “00.”

• Holding the COOK TIME button down will increase time in 10 minute increments.

• For more details on the pressure levels, see “Pressure Levels” on page 11.

• It may take several minutes for water to reach a boil. Do not attempt to open lid while steaming.

• Holding the COOK TIME button down will increase time in 10 minute increments.

HELPFUL HINTS
Close the lid securely onto the pressure cooker, turning it clockwise so that it locks into place. There will be an audible “click” when the lid locks closed.

Move the steam vent to one of the “OPEN VENT” positions.

Press the POWER button to turn the pressure cooker on. Each button’s indicator light will flash and the digital display will show three dashes.

Press the STEAM button.

Once the needed time is selected, press the START button to begin cooking. The COOKING indicator light will illuminate and the pressure cooker will begin cooking.

Press the POWER button to turn the pressure cooker off.

Once the selected pressure level is reached, the pressure cooker will “beep” and the digital display will begin counting down the selected cooking time in one minute increments.

Once the selected time has elapsed, the pressure cooker will “beep” and automatically switch to “Keep-Warm” mode. The digital display will show the number of hours it has been on “Keep-Warm,” beginning with “0H.”

Allow the pressure cooker to cool and release all excess pressure before attempting to open the lid. To speed up this process, manually move the steam vent to the “OPEN VENT” position.

Before steam cooking, check that the steam vent is set to one of the two “OPEN VENT” positions. If the steam vent is closed, the pressure cooker will build up large amounts pressure and may affect steam cooking results.

It may take several minutes for the selected pressure level to be reached.

When cooking under pressure the lid will lock closed. Do not attempt to open the lid while pressure cooking. When pressurized, the float valve on the lid will elevate.

Steam and some water may escape from the float valve while cooking. This is normal. Do not obstruct the float valve.

Exercise caution when moving the steam vent to the “OPEN” position. A large amount of steam will quickly escape once the vent is opened.

The safety locking mechanisms of this pressure cooker will not allow the lid to be opened while cooker is still pressurized. If the lid does not open easily, allow the pressure cooker to continue to release steam. Do not force the lid open.
TO PRESSURE COOK (CONT.)

Allow all pressure to escape from the steam vent. Pressure should be released once steam is no longer escaping from the steam vent and the float valve moves back down.

Open the lid by turning it counterclockwise to unlock it. Remove the lid.

Check food for doneness. If cooking is complete, remove food for serving.

Once serving is complete, press the POWER button to turn the pressure cooker off. Unplug from the power outlet when not in use.

1. Pour 3 cups water into the inner cooking pot.
2. Place the inner cooking pot into the pressure cooker.
3. Place the steam rack into the center of the inner cooking pot.
4. Place food to be steamed on top of the steam rack.

HELPFUL HINTS

- The “Keep-Warm” setting is great for keeping food warm and delicious while serving. However, do not leave food on “Keep-Warm” for longer than 12 hours.

- For smaller foods, or to increase steaming space, a heat-safe dish may be placed on top of the steam rack. The dish should be small enough that space remains between the edges of the dish and the inner cooking pot to allow steam to reach food.

TO STEAM

The steam vent should be open when steaming.
### PRESSURE LEVELS

The Aroma® Digital Pressure Cooker includes three pressure settings for a variety of cooking options. The table below gives an approximate pressure level that each pressure setting will reach.

<table>
<thead>
<tr>
<th>PRESSURE SETTING</th>
<th>APPROXIMATE PRESSURE LEVEL (pounds per square inch)</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Pressure</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>9.5 to 10.5 psi</td>
</tr>
<tr>
<td>Medium Pressure</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td>4.5 to 8.0 psi</td>
</tr>
<tr>
<td>Low Pressure</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Below 4.5 psi</td>
</tr>
</tbody>
</table>

### PRESSURE SETTING HINTS

- **High Pressure**: Use this setting for recipes that require high pressure cooking. The cooking time is generally shorter than in other settings.
- **Medium Pressure**: This setting is suitable for most recipes, providing a balance between cooking time and flavor development.
- **Low Pressure**: Use this setting for recipes that require a lower pressure, such as egg salad and yogurt. The cooking time is significantly longer than in other settings.

### PRESSURE SETTING TIPS

- **High Pressure**: For rice and pasta, check for doneness early to avoid overcooking.
- **Medium Pressure**: For vegetables, check for doneness early to avoid overcooking.
- **Low Pressure**: For beans and stews, check for doneness early to avoid overcooking.

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- **Low Pressure**: Use this setting for recipes that require a lower pressure, such as egg salad and yoga...
TO BROWN

Add food to be browned/sautéed into the inner cooking pot.

Place the inner cooking pot into the pressure cooker.

Plug the power cord into an available power outlet.

Press the POWER button to turn the pressure cooker on. Each button’s indicator light will flash and the digital display will show three dashes.

The “Brown” function may be used with the lid in place, but it is recommended to brown/sauté foods without the lid in order to easily stir food as needed.

Helpful Hints:

Press the BROWN button.

The digital display will begin with a “4” representing one minute of browning time. Press the COOK TIME — or COOK TIME + buttons to adjust the browning time between 1 and 40 minutes.

TO SLOW COOK

The steam vent should be open when slow cooking.

Begin slow cooking by following steps 1 to 6 of “To Simmer” beginning on page 14.

Press the SLOW COOK button.

The digital display will begin with a “1” representing one hour of slow cooking time. Press the COOK TIME — or COOK TIME + buttons to adjust the cooking time between 1 hour and 10 hours.

Once the needed time is selected, press the START button to begin simmering. The COOKING indicator light will illuminate and the pressure cooker will begin cooking.

The digital display will begin counting down from the selected cook time.

Helpful Hints:

Do not fill above the “MAX” line in the inner cooking pot.

Before slow cooking, check that the steam vent is set to one of the two “OPEN VENT” positions. If the steam vent is closed, the pressure cooker will build up large amounts pressure and may affect slow cooking results.
Once the needed time is selected, press the START button to begin simmering. The COOKING indicator light will illuminate and the pressure cooker will begin cooking.

The digital display will begin counting down from the selected cook time.

Once the selected time has elapsed, the pressure cooker will "beep" and automatically switch to "Keep-Warm" mode. The digital display will show the number of hours it has been on "Keep-Warm," beginning with "00."

Open the lid by turning it counterclockwise to unlock it. Remove the lid.

The digital display will begin counting down from the selected cook time in one minute increments.

Once the selected time has elapsed, the pressure cooker will "beep" and automatically switch to "Keep-Warm" mode. The digital display will show the number of hours it has been on "Keep-Warm," beginning with "00."

Check food for doneness. If cooking is complete, remove food for serving.

Once serving is complete, press the POWER button to turn the pressure cooker off. Unplug from the power outlet when not in use.

Using a long-handled wooden spoon, brown/sauté food as needed.

Check food for doneness. If cooking is complete, remove food.

Press the POWER button to turn the pressure cooker off. Unplug from the power outlet when not in use.

• It is possible that some pressure may build up in the pressure cooker while simmering. If the lid does not open when the pressure cooker switches to "Keep-Warm," allow it to cool so that any built up pressure may dissipate. If pressure is normal, the float valve will be in its "down" position.

• The "Keep-Warm" setting is great for keeping food warm and delicious while serving. However, do not leave food on "Keep-Warm" for longer than 12 hours.

CAUTION

• Only use utensils safe for use on nonstick coatings. Metal utensils will damage the inner cooking pot's nonstick coating.

NOTE

HELPFUL HINTS
TO SIMMER
The steam vent should be open when simmering.

Add food to be simmered into the inner cooking pot.

Place the inner cooking pot into the pressure cooker.

Close the lid securely onto the pressure cooker, turning it clockwise so that it locks into place. There will be an audible "click" when the lid locks closed.

Move the steam vent to one of the "OPEN VENT" positions.

Plug the power cord into an available power outlet.

Press the POWER button to turn the pressure cooker on. Each button's indicator light will flash and the digital display will show three dashes.

Press the SIMMER button.

The digital display will begin with a "1" representing one minute of simmering time. Press the COOK TIME — or COOK TIME + buttons to adjust the cooking time between 1 minute and 5 hours. Once the digital display passes 59 minutes, the digital display will move up in one hour increments, displayed as "1H," "2H," and so on.

• Do not fill above the "MAX" line in the inner cooking pot.
• Before simmering, check that the steam vent is set to one of the two "OPEN VENT" positions. If the steam vent is closed, the pressure cooker will build up large amounts of pressure when simmering and affect simmering results.
• Holding the COOK TIME button down will increase time in 10 minute increments.