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AUTOCUISEUR/Conserveur

OLLA DE PRESION/Envasadora

PRESSURE COOKER/Canner



- Directions
- Mode d'emploi
- Direcciones
- Recipes
- Recettes
- Recetas de cocina
- Timetables
- Temps de cuisson
- Tiempos para cocinar



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CAUTION!

READ THIS BOOK BEFORE USING.

IMPROPER USE MAY RESULT IN SCALDING INJURY. DO NOT OVERFILL. FOR PROPER CLOSURE, COVER HANDLE MUST BE DIRECTLY ABOVE PAN HANDLE. DO NOT ATTEMPT TO OPEN COVER UNTIL PRESSURE CONTROL IS REMOVED AND LOCK LEVER IS RELEASED FROM PAN HANDLE. NEVER FORCE HANDLES OPEN.

BE SURE YOU UNDERSTAND ALL OPERATING INSTRUCTIONS BEFORE USING COOKER.

See pages 3, 4 and 5 for important information about operating cooker and repairing it.

1. NEVER attempt to cook without having cooker closed properly (cover handle must be directly above pan handle). Drop Reminder Ring over lower handle.
2. NEVER attempt to open cooker until pressure has been reduced and pressure control removed. See Steps 4 and 5 of "How to Cook" on Pages 4 and 5.
3. NEVER TUG AT HANDLES OR TRY TO FORCE OPEN COVER IF IT SEEMS LOCKED TIGHT. COOL COOKER AGAIN UNDER FAUCET TO REDUCE EVERY BIT OF PRESSURE. COVER THEN SLIDES EASILY. (In the very unusual case where cover seems to stick in spite of repeated and prolonged cooling, insert a piece of wire into vent tube before opening cover to make sure vent is clear and pressure completely reduced.)

Sometimes food (such as meat broth) which has collected on the gasket may act as an adhesive, causing cover to stick after pressure has been properly reduced and control removed. If this happens, return cooker to heat, without control on cover. When steam escapes from vent, remove cooker from heat. After steam no longer escapes from vent, open cooker. This reheating softens the gelatinous material that can cause gasket to stick.

Sometimes a stretched gasket will make cover difficult to open and close. Replace it with a new one. (See Page 25.)

4. Don't fill cooker over $\frac{3}{4}$ full when cooking certain soups or other food combinations which froth and foam when they cook. Always allow at least $1\frac{1}{4}$ in. (3 cm) space between rim of pan and top of liquid.
5. NEVER "broast" in the pressure cooker (broasting is pressure cooking with oil or shortening instead of water).
6. NEVER COOK APPLESAUCE, RHUBARB, CRANBERRIES, PEARL BARLEY, SPLIT PEAS OR PEA SOUP IN THE PRESSURE COOKER because they tend to froth or sputter and sometimes block the vent tube. With tube blocked, pressure may appear to be down when control is removed, whereas, actually a food like applesauce may remain above boiling point for 40 minutes after cooker is removed from heat unless it is cooled thoroughly under running water. This means that some degree of pressure remains in cooker, and no attempt should be made to force open cover which would be locked tight by the pressure. To avoid trouble, we say NEVER COOK THE FOODS MENTIONED.

7. Don't beat spoon, potato masher, etc., on rim of cooker as this might mar the rim and prevent a perfect seal from forming.
8. Don't use high heat to bring up pressure when cooking cereals, rice, dried vegetables or other foods which are apt to cause a heavy froth in cooking. Bring pressure up gradually and add a tablespoon of shortening or oil to water to prevent frothing. See directions in book.
9. Don't place cover on hot heating unit, as this might damage gasket and overpressure plug.
10. Don't use high heat after control jiggles vigorously. Reduce heat so control does not jiggle more often than 4 times per minute. If it jiggles more frequently, you will waste fuel and cooker may go dry.
11. Don't use cooker on a range that is tilted because this may cause control to hang and bind, and then be forced completely off vent tube when extra pressure is built up.
12. Don't store heavily salted liquids, such as soup, in cooker as this might cause pitting.
13. Don't use cooker as a covered pan without the pressure control, unless you also remove gasket from cover. If cooker is covered, with gasket in place, a small amount of pressure may develop in cooker, even though the control is not being used. Without the gasket in cover, pressure will not develop.

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UNDERWRITERS' LABORATORIES, INC.



IMPORTANT

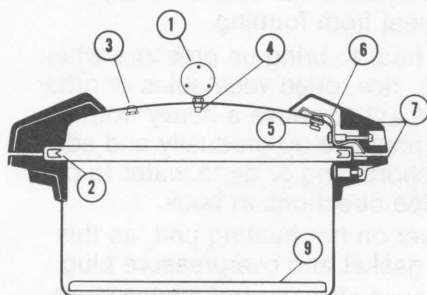
Steam may sometimes escape through lock lever and around cover handle. This is not a malfunction as steam escapes until lock lever is fully engaged. If steam continues for several minutes, tap cover handle lightly or open and reclose cooker to ensure proper gasket seal.

If pressure cannot be maintained in cooker, check gasket for replacement.

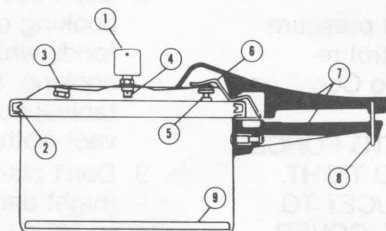
The overpressure plug will release when vent tube is blocked. Do not reuse a blown overpressure plug. Replace with a new plug. To install, push rounded portion through underside of cover. Indented portion will be visible from underside of cover when correctly installed.

If unable to obtain replacement parts from local Mirro dealer, use order form on page 79 and send directly to Mirro.

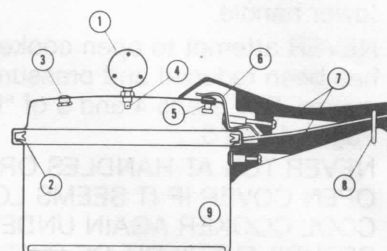
See Pages 3-5 for important information concerning operation of cooker.



8, 12, 16 and 22 qt. (7.6, 11.4, 15.2 and 20.9 L) Models.



4 and 6 qt. (3.8 and 5.7 L) Models with single control



2½, 4 and 6 qt. (2.4, 3.8 and 5.7 L) Models with selective control



1 AUTOMATIC PRESSURE CONTROL

Precision-made, unbreakable, one-piece control for "cooking without looking". You can HEAR it as it automatically controls cooking at pressure selected . . . 5 (228°F or 109°C), 10 (240°F or 115°C) or 15 pounds (250°F or 121°C). No springs or gadgets to get out of order . . . never needs calibration or testing for accuracy.



2 V-TYPE SELF-SEALING GASKET

Automatically seals cover when cooker is closed according to directions and brought under operating pressure. Easy to remove for quick cleanup.



3 OVERPRESSURE PLUG

Releases if an overpressure condition exists due to a blocked vent tube. The plug is for your protection and will probably never release if you follow directions. For replacement, see Page 1.



4 VENT TUBE

Vent tube has five ports. If bottom opening of tube should become obstructed with food, four auxiliary ports on side of tube safely and efficiently exhaust pressure.



5 LIFT PIN ASSEMBLY

As pressure increases and decreases inside cooker, lift pin moves lock lever in handle.



6 LOCK LEVER

Drops into locked position in bottom handle (grip) when cover is properly closed and pressure begins to rise. Will unlock when pressure is exhausted.



7 COMFORTABLE HANDLES

Easy to open and close. To close: Rotate cover clockwise until cover handle is DIRECTLY OVER PAN HANDLE and drop reminder ring over pan handle. To open: Lift reminder ring and slide handles apart.

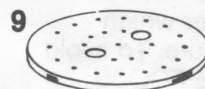


8, 12, 16 and 22-qt. (7.6, 11.4, 15.2, 20.9 L) models have "grips" on each side of cover and pan instead of long handles. When closing, always rotate cover clockwise until cover grips are DIRECTLY OVER PAN GRIPS.



8 REMINDER RING

Handy reminder ring (long-handle models only) dropped over pan handle is an indication that cooker has been properly closed and is ready for use.



9 ALL-ALUMINUM COOKING RACK

Use for canning and steaming foods and wherever directions specify.

USING RECIPES AND TIMETABLES

This book is written in three languages — English, French and Spanish. The directions, recipes and timetables are written to be used with either selective control (5, 10 and 15 lb.) models or single control (15 lb.) models. Recipe ingredients are listed in four vertical columns: (1) 2½-4 quart cookers, customary U.S. measures; (2) 6-8 quart cookers, customary U.S. measures; (3) 2.4-3.8 liter cookers, metric measures; (4) 5.7-7.6 liter cookers, metric measures. Follow the column according to the size cooker being used and according to the measuring devices being used (customary U.S. or metric). Metric measures have been adapted to rational numbers.

If you want to pressure cook in one of the large canners (12 qt. or 11.4 L), (16 qt. or 15.2 L), or (22 qt. or 20.9 L), simply double or triple the recipes for the 6-8 qt. (5.7-7.6 L) cookers. When preparing the 6-8 qt. (5.7-7.6 L) recipe in one of the larger canners, increase the amount of water by one cup (250 mL).

If you want to reduce any of the recipes in this book, be sure to use amount of liquid required for the full recipe.

Do not fill cooker more than ¾ full of liquid. Liquid level should always be at least 1¼ in. (3 cm) below rim of pan.

USE COOKERS WITH SELECTIVE CONTROL FOR CANNING

To pressure can, use models with selective control (5, 10 and 15 lbs.) because canning is done at 5 lbs. and 10 lbs. Do not attempt to can with models that use single control (15 lbs.). Selective control models have a domed cover to accommodate jars and single control models have a flat cover which

does not accommodate jars. Canning directions and timetables are on Pages 19-22.

USE MORE WATER IN THE BEGINNING

Until you become familiar with the operation of cooker, use slightly more water than recipes call for, especially in preparation of meats. Use 1-1¼ cups (250-325 mL) water for roasts and if rack is used, add another ¼ cup (75 mL) water. Cover cooker as soon as water is added. After you become familiar with cooker, slightly less water can be used for meats and vegetables than amount given in recipes.

REDUCE HEAT WHEN CONTROL JIGGLES

After control jiggles vigorously, indicating that pressure is attained, reduce heat as directed in Step, 3, Page 4, so control jiggles only one to four times a minute for cooking, three to four times a minute for canning.

COOKING TIMES ARE APPROXIMATE

All the cooking times given in recipes and directions can only be approximate, since there is naturally a variation in tenderness of meats and vegetables because of difference in age, type, etc. Increase or decrease cooking time to suit your taste.

USE HIGHER PRESSURE AT HIGH ALTITUDE

At altitudes of 2,000 feet (600 meters) or higher, use 10 lbs. pressure if chart or recipe calls for 5 lbs. Use 15 lbs. if 10 lbs. is called for. Increase cooking time slightly if 15 lbs. is called for. This applies to canning as well as cooking.

CLEANING AND CARE

Before using cooker the first time, wash thoroughly in hot suds. Rinse and dry.

INTERIOR:

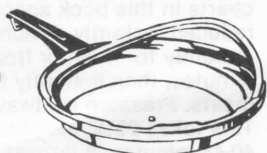
To make cleaning easier, pour warm water into cooker immediately after removing food. Wash in hot, clean suds. Food stains, or stains caused by "hard" water may be removed with a soap-filled steel wool pad; or, boil a solution of 2 level tablespoons (30 mL) cream of tartar to a quart (1 L) of boiling water in cooker. A strong vinegar solution is also effective. Rinse and dry thoroughly.

EXTERIOR:

Clean occasionally with silver polish. Water stains on cover may be removed with a mild cleansing powder or silver polish. Do not "soak" cover or pan in water, or wash in dishwasher, as this would dull the outside polished finish. The outside bottom may be scoured with a steel wool pad if necessary.

GASKET

Remove gasket from cover. Thoroughly wash in hot suds each time cooker is used. Dry thoroughly. Then slip gasket back into cover so cooker is always ready for use.

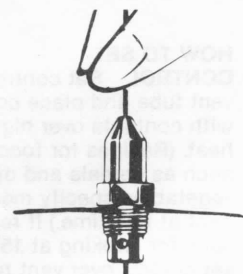


LIFT PIN & LOCK LEVER

Always wash cover thoroughly after each use. Run hot water around all openings in handle to keep lift pin and lock lever free of grease or food particles. A little moisture lodged inside handle may cause steam to appear around handle when cooker is used again. This is normal.

VENT TUBE

After washing and rinsing cover and before using, hold it up to the light to see if vent tube is clear. It is highly important that tube be unobstructed. If it should be clogged by food particles, carefully insert a piece of wire or pipe cleaner as illustrated. Then rinse with hot water.



PRESSURE CONTROL

Usually the pressure control will remain perfectly clean because live steam cleanses it while it operates. However, washing in hot, clean suds and rinsing thoroughly will not harm it and will ensure its being free of any obstructive particles which might hamper its operation. Dropping control will not damage it.

SUGGESTION FOR STORAGE

Invert cover on top of cooker, with gasket in place. Do not store cooker with cover and gasket assembled to cooker.

1. **Inspect cover to be sure vent tube is clear.** Put food in cooker (for browning meats, see Page 6). Add required amount of water and wipe rim of pan. Use of rack is optional. Except for canning and several cooking recipes, the rack is not necessary but may be used if an extra $\frac{1}{4}$ cup (75 mL) of water is added.

With gasket in place inside cover, set cover on cooker with handles apart so arrow on cover points to center of pan handle.

Rotate cover handle clockwise to closed position **DIRECTLY OVER PAN HANDLE**, pressing down cover with one hand if new gasket prevents cover from rotating easily. Then drop Reminder Ring over lower handle. **CAUTION: NEVER ATTEMPT TO COOK WITH HANDLES IN ANY OTHER POSITION. ALTHOUGH COVER MAY SEEM LOOSE, THE V-TYPE GASKET AUTOMATICALLY SEALS IT IF HANDLES ARE IN CORRECT POSITION.**

8, 12, 16 and 22 qt. (7.6, 11.4, 15.2, 20.9 L) models have "grips" on each side of cover and pan instead of long handles. When closing, rotate cover clockwise to bring cover grips to closed position **DIRECTLY OVER PAN GRIPS**.

CAUTION: NEVER ATTEMPT TO COOK WITH GRIPS IN ANY OTHER POSITION.



2½, 4 & 6 Qt. MODELS
REMINDER RING

2. HOW TO SET

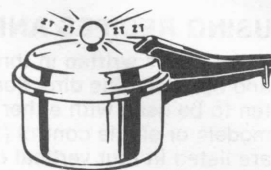
CONTROL Set control over vent tube and place cooker with contents over high heat. (Recipes for foods such as cereals and dried vegetables specify medium heat at this time.) If recipe calls for cooking at 15 lbs., set control over vent tube at No. 15 hole. If only 10 lbs. pressure is required, place No. 10 over vent. (See illustration.) Then, listen for control to signal when correct pressure has been attained.



As pressure begins to build up, the lock lever will drop into locked position in pan handle. A slight amount of steam will appear around handle during this time. The hissing sound is air and steam escaping from cooker as pressure rises. **THIS IS NORMAL AND WILL STOP BEFORE COOKER REACHES OPERATING PRESSURE.**

3. HOW TO REGULATE

PRESSURE When correct pressure is reached, control will jiggle and sputter. To reach the first jiggle in a small cooker may take less than 5 minutes when cooking or less than 10 minutes when canning. In large canner, it may take as long as 45 to 60 minutes for the first jiggle when canning a full load. A few drops of water may trickle from control. Count time from first jiggle and reduce heat so control jiggles about 1 to 4 times a minutes for cooking (about 3-4 times a minute for canning). Constant jiggling causes excessive loss of moisture; the occasional jiggle and a hissing sound indicates pressure is being maintained. On an electric range "medium-low" for large cookers and "low" for small cookers is about the right heat adjustment. On a gas range "medium" to "low" for large cookers and "low" to "simmer" for small cookers is about right. (Large loads naturally require higher heat to maintain cooking pressure than small loads.) **IF STEAM ESCAPES IN A STEADY STREAM AFTER HEAT IS REDUCED, NUDGE CONTROL TO SEAT IT PROPERLY. CONTINUED USE OF HIGH HEAT (especially at 5 lbs.) MAY ALSO CAUSE CONTROL TO RELEASE A CONSTANT STREAM OF STEAM WITHOUT JIGGLING. REDUCE HEAT TO ALLOW CONTROL TO RESEAT ITSELF AND JIGGLE INTERMITTENTLY. IF STEAM SHOULD CONTINUE TO ESCAPE AROUND EDGE OF COVER OR COVER HANDLE AND PRESSURE FAIL TO RISE, cool cooker under faucet, remove control and open cooker. Wipe gasket, pan rim and inside cover. Dry and start over (see gasket and lift pin ref. Page 3).**



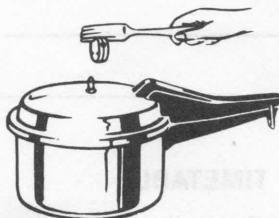
4. HOW TO REDUCE

PRESSURE When pressure has been maintained for required length of time, remove cooker from heat. **PRESSURE MUST BE REDUCED BEFORE REMOVING CONTROL. MANY RECIPES CALL FOR INSTANT REDUCTION OF PRESSURE BY SETTING COOKER UNDER FAUCET OR BY PLACING IT IN A PAN OF COLD WATER. THIS METHOD REDUCES PRESSURE IN 15 to 60 SECONDS, depending upon amount of food in cooker. As pressure is being reduced a squeal or hissing sound will be heard. This indicates air is reentering cooker. When hissing stops, lock lever in cover will release so cooker can be opened. Allowing pressure to drop normally without cooling under faucet takes from 5 to 50 minutes, depending upon amount of food in cooker. Recipes and charts in this book specify whether pressure is to be reduced instantly or normally. Pressure is reduced instantly for fresh or frozen vegetables and normally for 5 minutes, then instantly for dried vegetables and most meats. Pressure is always reduced normally for canning. This takes 25-35 minutes in a small cooker and about 40-45 minutes in largest cooker filled with jars.**



5. HOW TO REMOVE COVER

After reducing pressure by either method, nudge control to test if pressure is completely reduced. Use a fork. If steam spurts out, pressure is not yet down; if no steam spurts out, remove control. Then raise Reminder Ring, slide handles apart to open position and lift cover. NEVER TUG AT HANDLES OR TRY TO FORCE THEM APART IF THEY SEEM TO BE LOCKED TIGHT. IF HANDLES WILL NOT SLIDE EASILY, COOL COOKER AGAIN UNDER RUNNING WATER. The locked cover indicates STEAM PRESSURE inside cooker. As long as steam pressure remains in cooker, lock lever will not allow cover to be opened. When pressure is completely reduced and control removed, cover should slide open with ease. NEVER ATTEMPT TO OPEN COOKER UNTIL CONTROL IS REMOVED AND LOCK LEVER IN HANDLE HAS RELEASED.



IF RUBBER GASKET SHOULD SHRINK

If, after following all directions in step No. 3, pressure still fails to rise, it may indicate food particles have lodged in lift pin cavity preventing it from sealing and actuating lock lever (see cleaning ref. Page 3), or may be due to shrinkage of the gasket, especially if gasket has been used for a long time. If steam escapes around cover, stretch gasket slightly to return it to original size. Be sure both gasket and inside of cover are dry; a little moisture lodged inside handle or between gasket and cover may cause the appearance of a leak. CAUTION: FOLLOW DIRECTIONS IN STEP 5 BEFORE ATTEMPTING TO REMOVE COVER EVEN THOUGH YOU BELIEVE NO PRESSURE HAS BEEN BUILT UP IN COOKER. If leak persists, or gasket becomes hard, a new gasket is needed.

IF RUBBER GASKET SHOULD STRETCH

If gasket stretches so it does not fit easily into cover, or causes difficulty in opening or closing, a new gasket is needed. Lubricating gasket with cooking oil or shortening 2 or 3 times (especially when it is new) will make closure easier. However, gasket should NOT be lubricated each time. REPEATED LUBRICATION MAY CAUSE IT TO STRETCH.

NEVER USE ANYTHING BUT MIRRO CONTROLS AND REPLACEMENT PARTS ON A MIRRO COOKER. THE USE OF ACCESSORIES OR REPLACEMENT PARTS NOT MANUFACTURED BY MIRRO MAY CAUSE INJURIES.

See Pages 19-22 for canning directions.

ADAPTING YOUR RECIPES

HOW TO ADAPT YOUR OWN RECIPES TO PRESSURE COOKING

Because most foods that can be boiled, steamed or braised are suitable for pressure cooking, there is opportunity for endless variation of recipes that can be prepared in the cooker. Do not feel limited to the recipes in this book because by using them as a guide, together with the information in the timetables, many recipes can be prepared.

To adapt your recipes to the pressure cooking method, follow these rules:

1. Take pressure, cooking time, amount of liquid and method of reducing pressure from timetables and recipes.
2. Other liquids such as wine, beer, broth, tomato juice, etc., may be used as a substitute for an equal amount of water. However, do not use milk because it boils over and scorches easily.

3. Foods which require the same time may be cooked together. If they require different times, start food with the longest cooking time first and add the food with shorter time later, just as in conventional cooking.

Here is an example: Suppose you wish to prepare chicken stew and dumplings. The meat timetable recommends that stewing chicken be cooked for 30-40 min. at 10 lbs. (or 25-30 min. at 15 lbs.) using 1½ cups (375 mL) water in 2½-4 qt. (2.4-3.8 L) cooker or 2 cups (500 mL) in 6-8 qt. (5.7-7.6 L) cooker. Reduce pressure by allowing cooker to cool normally for 5 minutes; then reduce pressure instantly. Use dumpling recipe on Page 11 or your own dumpling recipe after checking cooking method.

MEAT AND POULTRY TIMETABLE

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 cook-

ing. 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 (kg).

Amount of Liquid		Meat and Poultry	Minutes to Cook at 10 lbs.	Minutes to Cook at 15 lbs.	Amount of Liquid	
2½-4 Qt. Cooker	6-8 Qt. Cooker				2.4-3.8 L Cooker	5.7-7.6 L Cooker
3 cups	4 cups	Beef, Corned — 3-4 in. (8-10 cm) thick. Follow pkg. directions for preparation for cooking.	60*	45*	750 mL	1 L
¾ cup	1 cup	Beef Flank Steak	45*	35*	200 mL	250 mL
1½ cups	2 cups	Beef Heart — Remove veins. Cover with salted water ½ hr. Drain. Add fresh water and ¼ cup (75 mL) vinegar. Cook.	60*	45*	375 mL	500 mL
1 cup	1¼ cups	Beef Liver — Slice. Cook on rack.	6*	5*	250 mL	325 mL
1 cup	1¼ cups	Beef Pot Roast (blade, chuck or rump) — 2-3 in. (5-8 cm) thick.	40-50*	30-40*	250 mL	325 mL
1 cup	1¼ cups	Beef Round Steak (Swiss) — ½ in. (1 cm)	25-30*	20-25*	250 mL	325 mL
1 cup	1¼ cups	Beef Short Ribs	45-50*	35-40*	250 mL	325 mL
1½ cups	1¾ cups	Beef Stew — 1 in. (2.5 cm) pieces	20-25*	15-20*	375 mL	450 mL
2 cups	2½ cups	Beef Tongue	60*	45*	500 mL	625 mL
		Fresh or smoked — Cook. Cool in cooking liquid. Skin.				
		Cured (corned) — Cover with water several hrs. Drain. Cook. Cool in cooking liquid. Skin.				
1 cup	1¼ cups	Chicken (fried) — 2½-3 lbs. (1.3-1.5 kg)	15*	12*	250 mL	325 mL
1½ cups	2 cups	Chicken (fricasseed) — 3-4 lbs. (1.5-2 kg)	20-25*	15-20*	375 mL	500 mL
1½ cups	2 cups	Chicken (stewed) — 4-5 lbs. (2-2.5 kg)	30-40*	25-30*	375 mL	500 mL
2 cups	2½ cups	Ham (shank, uncooked) — 3-5 lbs. (1.5-2.5 kg)	45-60*	35-45*	500 mL	625 mL
2 cups	2½ cups	Ham (picnic shoulder, uncooked) — 3-6 lbs. (1.5-3 kg)	45-60*	35-45*	500 mL	625 mL
½ cup	¾ cup	Ham (slices, uncooked) — ½ in. (1 cm) slice	6-8*	5-6*	125 mL	200 mL
½ cup	¾ cup	1 in. (2.5 cm) slice	12-14*	9-12*	125 mL	200 mL
¾ cup	1 cup	2 in. (5 cm) slice	18-25*	12-20*	200 mL	250 mL
1½ cups	3 cups	Lamb Shoulder — 3-6 lbs. (1.5-3 kg)	45-60*	35-45*	375 mL	500 mL
½ cup	¾ cup	Lamb Steak — ½ in. (1 cm) thick	12*	9*	125 mL	200 mL
1½ cups	2 cups	Lamb Stew — 1 in. (2.5 cm) pieces	15*	10*	375 mL	500 mL
2 cups	2½ cups	Mutton (boiled) — 4-6 lbs. (2-3 kg)	60*	45*	500 mL	625 mL
1½ cups	2 cups	Oxtails	60*	45*	375 mL	500 mL
¾ cup	1 cup	Partridge	15*	12*	200 mL	250 mL
1 cup	1¼ cups	Pheasant	20-25*	15-20*	250 mL	325 mL
¾ cup	1 cup	Pork Chops	12*	9*	200 mL	250 mL
2 cups	2½ cups	Pork Shanks	45*	35*	500 mL	625 mL
1¼ cups	1½ cups	Pork Shoulder — 2½ in. (6 cm) thick	45-50*	35-40*	325 mL	375 mL
¾ cup	1 cup	Pork Spareribs	20*	15*	200 mL	250 mL
¾ cup	1 cup	Rabbit	18-20*	12-15*	200 mL	250 mL
1 cup	1¼ cups	Squirrel	25-30*	20-25*	250 mL	325 mL
1½ cups	2 cups	Veal Heart	45*	35*	375 mL	500 mL
2 cups	2½ cups	Veal Shank	50-60*	40-45*	500 mL	625 mL
½ cup	1 cup	Veal Steak — ½ in. (1 cm) thick	18-20*	12-15*	125 mL	250 mL
1½ cups	2 cups	Veal Stew — 1 in. (2.5 cm) pieces	15*	10*	375 mL	500 mL
1½ cups	2 cups	Veal Tongue — See Beef Tongue (above)	30*	25*	375 mL	500 mL
1 cup	1¼ cups	Venison Pot Roast — 3-4 in. (8-10 cm) thick	40-50*	30-40*	250 mL	325 mL

*Cool cooker normally for 5 minutes, then place under faucet or in pan of cold water.

Beef

Beef Stew

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Beef Stew Meat — 1 in. (2.5 cm) pieces	750 g	1.5 kg
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
¼ tsp.	½ tsp.	Paprika	1 mL	2 mL
1½ cups	1¾ cups	Water	375 mL	450 mL
½ cup	1 cup	Onions, chopped	125 mL	250 mL
4	8	Carrots, whole	4	8
4	8	Potatoes, medium, cut in halves	4	8
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Brown beef in fat in cooker. Season with salt, pepper and paprika. Add water.
2. Cover, set control at 10 and cook 10 minutes after control jiggles (or set at 15 and cook for 8 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet. Add remaining ingredients.
4. Cover, set control at 10 and cook 8-10 minutes after control jiggles (or cook at 15 for 6-8 minutes). Reduce pressure instantly.
5. Prepare gravy recipe on Page 7.

Beef Pot Roast

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2 lbs.	4 lbs.	Beef Pot Roast — 2-3 in. (5-8 cm) thick	1 kg	2 kg
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
2	4	Onions, medium, sliced	2	4
1 cup	1¼ cups	Water	250 mL	325 mL
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Brown beef in fat in cooker.
2. Season with salt and pepper. Add onions and water.
3. Cover, set control at 10 and cook 40-50 minutes after control jiggles (or cook at 15 for 30-40 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe.

Gravy

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 cup	2 cups	Broth (liquid from cooked meat)	250 mL	500 mL
2 tbsp.	¼ cup	Flour	30 mL	75 mL
¼ cup	½ cup	Cold Water	75 mL	125 mL

1. Skim excess fat from broth. Add enough water to broth, if necessary, to measure 1 cup or 250 mL. Use 2 cups or 500 mL for 6-8 qt. (2.4-3.8 L) recipe.
2. Mix flour and cold 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.

Chili Con Carne

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Ground Beef	500 g	1 kg
½ cup	1 cup	Onion, chopped	125 mL	250 mL
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 tbsp.	2 tbsp.	Green Pepper, chopped	15 mL	30 mL
1 cup	2 cups	Canned Tomatoes	250 mL	500 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
½ tsp.	1 tsp.	Paprika	2 mL	5 mL
1-2 tsp.	2-4 tsp.	Chili Powder	5-10 mL	10-20 mL
1 1-lb. can	2 1-lb. cans	Kidney Beans, drained (reserve liquid)	1 454 g can	2 454 g cans
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Brown beef and onion in fat in cooker. Pour off excess fat.
2. Add remaining ingredients except kidney beans. Add enough water to reserved bean liquid to measure 1½ cups (375 mL). Use 3 cups (750 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add to cooker. Break up tomatoes.
3. Cover, set control at 15 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

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Beef Stew Meat — 1 in. (2.5 cm) pieces	500 g	1 kg
1 tbsp.	2 tbsp.	Flour	15 mL	30 mL
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 4-oz. can	2 4-oz. cans	Mushrooms, drained (reserve liquid)	1 113 g can	2 113 g cans
1	2	Onions, medium, sliced	1	2
1 tsp.	2 tsp.	Salt	5 mL	10 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
dash	¼ tsp.	Ground Marjoram	dash	1 mL
2 tsp.	4 tsp.	Dry Mustard	10 mL	20 mL
3 tbsp.	6 tbsp.	Catsup	50 mL	100 mL
½ cup	1 cup	Dairy Sour Cream	125 mL	250 mL
4	8		4	8
servings	servings		servings	servings

1. Roll beef in flour. Brown in hot fat in cooker.
2. Add enough water to reserved mushroom liquid to measure ¾ cup (200 mL). Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add mushrooms, mushroom-water mixture and remaining ingredients except sour cream to cooker.
3. Cover, set control at 10 and cook 20 minutes after control jiggles (or cook at 15 for 15 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Stir in sour cream; heat through. Serve with noodles.

Hungarian Goulash

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Beef Stew Meat, 1 in. (2.5 cm) pieces	750 g	1.5 kg
2 tbsp.	¼ cup	Fat	30 mL	75 mL
2	3	Onions, medium, sliced	2	3
1 tsp.	2 tsp.	Salt	5 mL	10 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
½ tsp.	1 tsp.	Paprika	2 mL	5 mL
½	1	Bay Leaf	½	1
½ tsp.	1 tsp.	Ground Marjoram	2 mL	5 mL
1½ cups	3 cups	Water	375 mL	750 mL
4	8	Potatoes, medium whole	4	8
4	8	Carrots, medium, cut lengthwise	4	8
2	4	Turnips, cut in halves	2	4
½ cup	1 cup	Green Pepper, chopped	125 mL	250 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Brown beef in fat in cooker.
2. Add onions, salt, pepper, paprika, bay leaf, marjoram and water.
3. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place remaining ingredients on rack over beef.
6. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes). Reduce pressure instantly.
7. Prepare gravy recipe on this page.

Meat Loaf Dinner

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Ground Beef	500 g	1 kg
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
dash	¼ tsp.	Pepper	dash	1 mL
1	2	Egg	1	2
¼ cup	½ cup	Onion, chopped	75 mL	125 mL
2 slices	4 slices	Bread, cubed	2 slices	4 slices
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 8-oz. can	1 15-oz. can	Tomato Sauce	1 227 g can	1 425 g can
½ cup	1 cup	Water	125 mL	250 mL
4	8	Potatoes, whole	4	8
4	8	Carrots, whole	4	8
4	8		4	8
servings	servings		servings	servings

1. Mix beef, salt, pepper, egg, onion and bread. Form into loaf [2 loaves for 6-8 qt. (5.7-7.6 L) recipe].
2. Wrap in foil and refrigerate several hours or overnight. (This prevents meat loaf from breaking apart.)
3. Brown loaf on all sides in fat in cooker. Remove.
4. Mix tomato sauce and water; pour into cooker. Place rack in cooker and arrange meat loaf and vegetables on rack. Season vegetables with salt, if desired.
5. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet.

Hamburger—Potato Dinner

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Ground Beef	500 g	1 kg
½ cup	1 cup	Onion, diced	125 mL	250 mL
½ cup	1 cup	Celery, diced	125 mL	250 mL
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
6 or 7	12 or 14	Potatoes, sliced thin	6 or 7	12 or 14
1 tsp.	2 tsp.	Salt	5 mL	10 mL
1 10¼-oz. can	2 10¼-oz. cans	Tomato Soup	1 305 g can	2 305 g cans
¼ cup	½ cup	Water	75 mL	125 mL
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Brown beef, onion and celery in fat in cooker. Pour off excess fat.
2. Add potatoes and salt. Mix soup and water; pour over top.
3. Cover, set control at 15 and cook 3 minutes after control jiggles. Reduce pressure instantly.

Barbecued Beef Short Ribs

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
3 lbs.	6 lbs.	Beef Short Ribs, cut in pieces	1.5 kg	3 kg
2 tbsp.	3 tbsp.	Bacon Fat	30 mL	50 mL
2 tbsp.	¼ cup	Onions, chopped	30 mL	75 mL
1 tbsp.	2 tbsp.	Green Pepper, chopped	15 mL	30 mL
1 cup	2 cups	Catsup	250 mL	500 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
1 tsp.	2 tsp.	Celery Seed	5 mL	10 mL
2 tbsp.	¼ cup	Brown Sugar	30 mL	75 mL
2 tbsp.	¼ cup	Lemon Juice	30 mL	75 mL
2 tsp.	1 tbsp.	Dry Mustard	10 mL	15 mL
1 cup	1½ cups	Water	250 mL	450 mL
4 servings	8 servings		4 servings	8 servings

1. Brown short ribs in fat in cooker. Pour off excess fat.
2. Mix remaining ingredients; pour over ribs.
3. Cover, set control at 10 and cook 45-50 minutes after control jiggles (or cook at 15 for 35-40 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Remove ribs. Mix 2 tablespoons (30 mL) flour and ¼ cup (75 mL) cold water for each cup (250 mL) liquid. Gradually stir into broth. Cook until thickened, stirring constantly.

Swiss Steak With Pickled Onions

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
¼ cup	½ cup	Flour	75 mL	100 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1½ lbs.	3 lbs.	Round Steak — ½ in. (1 cm) thick	750 g	1.5 kg
2 tbsp.	3 tbsp.	Fat	30 mL	50 mL
1 10-oz. bottle	2 10-oz. bottles	Pickled Onions, drained (reserve liquid)	1 280 g bottle	2 280 g bottles
4-6 servings	8-12 servings		4-6 servings	8-12 servings

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 ¾ cup (200 mL). Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add onions and onion-water mixture to cooker.
5. Cover, set control at 10 and cook 30 minutes after control jiggles (or cook at 15 for 25 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe on Page 7.

Stuffed Green Peppers

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
4	8	Green Peppers	4	8
¾ lb.	1½ lbs.	Ground Beef	375 g	750 g
½ cup	¾ cup	Rice, cooked	100 mL	175 mL
1 tsp.	1½ tsp.	Salt	5 mL	7 mL
dash	¼ tsp.	Pepper	dash	1 mL
1	2	Egg	1	2
½ cup	¾ cup	Onion, chopped	100 mL	175 mL
1 10¼-oz. can	2 10¼-oz. cans	Tomato Soup	1 305 g can	2 305 g cans
¾ cup	1½ cups	Water	200 mL	375 mL
4 servings	8 servings		4 servings	8 servings

1. Remove seeds and wash peppers.
2. Mix beef, rice, salt, pepper, egg, onion and ½ cup (100 mL) soup. Use ¾ cup (175 mL) for 6-8 qt. (5.7-7.6 L) recipe.
3. Stuff peppers lightly and place on rack in cooker. Top each pepper with 1 tablespoon (15 mL) soup. Mix remaining soup and water; pour into cooker.
4. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.

Beef Vegetable Dinner

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
¾ lb.	1½ lbs.	Beef, Boneless Chuck, Tip or Round	375 g	750 g
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
¼ cup	½ cup	Onion, chopped	75 mL	125 mL
2 tbsp.	¼ cup	Green Pepper, chopped	30 mL	75 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
½ tsp.	1 tsp.	Chili Powder	2 mL	5 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
1 1-lb. can	2 1-lb. cans	Whole Kernel Corn, drained (reserve liquid)	1 454 g can	2 454 g cans
1 cup	2 cups	Corn liquid and water	250 mL	500 mL
1 8-oz. can	2 8-oz. cans	Tomato sauce	1 227 g can	2 227 g cans
¼ cup	½ cup	Catsup	75 mL	125 mL
1 cup	2 cups	Wide Noodles, uncooked	250 mL	500 mL
4 servings	8 servings		4 servings	8 servings

1. Cut beef into 1 x ¼ in. (2.5 x .5 cm) pieces. Brown in fat in cooker.
2. Add remaining ingredients and stir.
3. Cover, set control at 10 and cook 6 minutes after control jiggles (or cook at 15 for 4 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.

Corned Beef and Cabbage

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2 lbs.	4 lbs.	Corned Beef Brisket	1 kg	2 kg
1½ cups	2 cups	Water	375 mL	500 mL
4	8	Carrots	4	8
4	8	Potatoes, medium, cut in halves	4	8
4	8	Cabbage, wedges	4	8
4	8	Onions, small, whole	4	8
4 servings	8 servings		4 servings	8 servings

1. Place corned beef in cooker. Add water.
2. Cover, set control at 10 and cook 60 minutes after control jiggles (or cook at 15 for 45 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet.
4. Add remaining ingredients.
5. Cover, set control at 15 and cook 5-8 minutes after control jiggles. Reduce pressure instantly.

Stuffed Pork Chops

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ cups	3 cups	Bread Cubes	375 mL	750 mL
1 tbsp.	2 tbsp.	Butter or Margarine	15 mL	30 mL
2 tbsp.	¼ cup	Parsley, chopped	30 mL	75 mL
4	8	Pork Chops — 1-1½ in. (2.5-4 cm) thick, with pocket cut along side of bone	4	8
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 10½-oz. can	1 10½-oz. can	Consomme	1 298 g can	1 298 g can
½ cup	1 cup	Water	125 mL	250 mL
4	8		4	8
servings	servings		servings	servings

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, set control at 10 and cook 12-15 minutes after control jiggles (or cook at 15 for 9-12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe on Page 7.

Spareribs, Sauerkraut and Potatoes

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2½ lbs.	5 lbs.	Spareribs	1.3 kg	2.5 kg
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 1-lb. can	2 1-lb. cans	Sauerkraut, drained	1 454 g can	2 454 g cans
1 tbsp.	2 tbsp.	Brown Sugar	15 mL	30 mL
4	8	Potatoes, medium, whole	4	8
¾ cup	1½ cups	Water	175 mL	350 mL
4	8		4	8
servings	servings		servings	servings

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, set control at 10 and cook 20 minutes after control jiggles (or cook at 15 for 15 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.

Potato Salad and Frankfurters

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
5-6	10-12	Potatoes, medium, sliced	5-6	10-12
1 lb.	2 lbs.	Frankfurters, sliced	500 g	1 kg
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
¼ cup	½ cup	Vegetable Oil	75 mL	125 mL
¼ cup	½ cup	Vinegar	75 mL	125 mL
3 tbsp.	6 tbsp.	Sugar	50 mL	100 mL
½ cup	1 cup	Onion, chopped	125 mL	250 mL
2 tbsp.	¼ cup	Parsley, chopped	30 mL	75 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Place potatoes and frankfurters in cooker.
2. Mix salt, pepper, oil, vinegar and sugar. Pour over potatoes and add onion.
3. Cover, set control at 15 and cook 2½ minutes after control jiggles. Reduce pressure instantly.
4. Sprinkle with parsley.

Scalloped Potatoes and Ham

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
3	3	Potatoes, medium	3	3
3 tbsp.	3 tbsp.	Flour	50 mL	50 mL
¾ tsp.	¾ tsp.	Salt	3 mL	3 mL
¼ tsp.	¼ tsp.	Pepper	1 mL	1 mL
1 cup	1 cup	Ham, cooked, cubed	250 mL	250 mL
2 tbsp.	2 tbsp.	Onion, chopped	30 mL	30 mL
2 tbsp.	2 tbsp.	Butter or Margarine	30 mL	30 mL
1 cup	1 cup	Milk	250 mL	250 mL
4	4		4	4
servings	servings		servings	servings

1. Cut potatoes in thin slices [about 3 cups (750 mL)]. Mix flour, salt and pepper.
2. In greased 1½-quart (1.5 L) 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 1 cup (250 mL) water in cooker. Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Place bowl on rack in cooker.
5. Cover, set control at 15 and cook 18-20 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

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
4	8	Pork Chops — ½ in. (1 cm) thick	4	8
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 cup	2 cups	Rice, uncooked	250 mL	500 mL
1 1-lb. can	2 1-lb. cans	Tomatoes	1 454 g can	2 454 g cans
1 tsp.	2 tsp.	Salt	5 mL	10 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
¼ tsp.	½ tsp.	Chili Powder	1 mL	2 mL
2 tbsp.	¼ cup	Onions, chopped	30 mL	75 mL
3 tbsp.	6 tbsp.	Green Pepper, chopped	50 mL	100 mL
1 cup	2 cups	Water	250 mL	500 mL
4	8		4	8
servings	servings		servings	servings

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 chops.
4. Cover, set control at 10 and bring pressure up over moderate heat. Cook 12 minutes after control jiggles (or cook at 15 for 9 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.

Chop Suey

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Pork and Veal Stew Meat — 1 in. (2.5 cm) pieces	500 g	1 kg
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 cup	2 cups	Celery, cut in 1 in. (2.5 cm) pieces	250 mL	500 mL
2	4	Onions, medium, sliced	2	4
½ tsp.	1 tsp.	Salt	2 mL	5 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 cup	2 cups	Water	250 mL	500 mL
1 1-lb. can	2 1-lb. cans	Bean Sprouts, drained	1 454 g can	2 454 g cans
¼ cup	½ cup	Soy Sauce	75 mL	125 mL
3 tbsp.	5 tbsp.	Cornstarch	45 mL	75 mL
¼ cup	½ cup	Water	75 mL	125 mL
4	8		4	8
servings	servings		servings	servings

1. Brown meat in fat in cooker.
2. Add celery, onions, salt, pepper and water.
3. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Add bean sprouts. Simmer uncovered 3 minutes.
6. Add soy sauce. Mix well.
7. Mix cornstarch and water. Gradually stir into pork mixture. Cook until thickened, stirring constantly. Serve with rice.

Chow Mein

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
¾ lb.	1½ lbs.	Pork, cubed	375 g	750 g
¾ lb.	1½ lbs.	Beef, cubed	375 g	750 g
2 tbsp.	3 tbsp.	Fat	30 mL	50 mL
1 cup	2 cups	Water	250 mL	500 mL
2	4	Onions, medium, sliced	2	4
3 cups	6 cups	Celery, sliced	750 mL	1.5 L
½ tsp.	1 tsp.	Salt	2 mL	5 mL
dash	¼ tsp.	Pepper	dash	1 mL
2 tbsp.	¼ cup	Cornstarch	30 mL	75 mL
½ cup	1 cup	Water	125 mL	250 mL
¼ cup	½ cup	Soy Sauce	75 mL	125 mL
1 1-lb. can	2 1-lb. cans	Bean Sprouts, drained	1 454 g can	2 454 g cans
½ cup	1 cup	Mushrooms, sliced	125 mL	250 mL
1 8-oz. can	2 8-oz. cans	Water Chestnuts, drained and sliced	1 227 g can	2 227 g cans
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Brown meat in fat in cooker.
2. Add water, onions, celery, salt and pepper.
3. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes).
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 rice.

Rice

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

Customary	Rice	Water	Ingredient	Minutes to Cook	Minutes to Cook	Metric	
				at 5 lbs.	at 15 lbs.	Rice	Water
1 cup	1½ cups		Regular or Converted Long Grain Rice	15	12	250 mL	375 mL
½ cup	1½ cups		Regular Long Grain Brown Rice	45	35	125 mL	375 mL
½ cup	1¼ cups		Wild Rice	50	40	125 mL	325 mL

1. Place rice, water and salt in greased 1-quart (1 L) mold.
2. Place on rack in cooker. Add 2 cups (500 mL) water.
3. Cover, set control and cook.
4. Reduce pressure instantly and remove rice from mold.

Hawaiian Pork

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1¼ lbs.	2½ lbs.	Pork Shoulder — 1 in. (2.5 cm) pieces	625 g	1.3 kg
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
4	8	Onion Slices	4	8
1 20-oz. can	2 20-oz. cans	Pineapple Chunks, drained (reserve syrup)	1 567 g can	2 567 g cans
¼ cup	½ cup	Water	75 mL	125 mL
¼ cup	½ cup	Vinegar	75 mL	125 mL
¼ cup	½ cup	Brown Sugar	75 mL	125 mL
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
½ cup	1 cup	Green Pepper, diced	125 mL	250 mL
1 tbsp.	2 tbsp.	Soy Sauce	15 mL	30 mL
2½ tbsp.	5 tbsp.	Cornstarch	35 mL	75 mL
¼ cup	½ cup	Water	75 mL	125 mL
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Brown pork in fat in cooker.
2. Add onion slices, ¾ cup (200 mL) reserved pineapple syrup. Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add water, vinegar, brown sugar and salt.
3. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes). Reduce pressure instantly.
4. Add green pepper, pineapple chunks and soy sauce.
5. Mix cornstarch and water. Gradually stir into pork mixture. Cook until thickened, stirring constantly. Serve over rice.

Cassoulet

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2 cups	4 cups	Water	500 mL	1 L
1 cup	2 cups	Dried Navy Beans	250 mL	500 mL
½ lb.	1 lb.	Pork Steak	250 g	500 g
½ lb.	1 lb.	Kielbasa (Polish Sausage)	250 g	500 g
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1	2	Onion, small, whole	1	2
2	4	Cloves, whole	2	4
1	2	Clove Garlic, minced	1	2
1 1-lb. can	2 1-lb. cans	Tomatoes, drained (reserve liquid)	1 454 g can	2 454 g cans
1	2	Bouquet Garni (celery top, parsley sprig, bay leaf)	1	2
½ tsp.	1 tsp.	Salt	2 mL	5 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Heat water and beans to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain.
2. Cut pork steak in 1 in. (2.5 cm) squares. Cut Kielbasa lengthwise in half, then cut crosswise in ½ in. (1 cm) pieces.
3. Brown pork steak in fat in cooker. Add sausage and brown.
4. Stud onion with cloves; add to cooker. Add remaining ingredients and stir.
5. Cover, set control at 15 and cook 25 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Discard bouquet garni and cloved onion. Garnish with sauteed buttered crumbs, if desired.

Alternate Method: Soak beans in 2 cups (500 mL) water overnight. Use 4 cups (1 L) water for 6-8 qt. (5.7-7.6 L) recipe. Drain. Continue as directed in 2.

Veal and Lamb

Veal or Lamb Stew with Dumplings

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Veal or Lamb Stew Meat — 1 in (2.5 cm) pieces	750 g	1.5 kg
2 tbsp.	¼ cup	Fat	30 mL	75 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
½	1	Bay Leaf	½	1
1½ cups	3 cups	Water	375 mL	750 mL
4	8	Onions, medium, whole	4	8
4	8	Carrots, medium, whole	4	8
4-5 servings	8-10 servings		4-5 servings	8-10 servings

1. Brown meat in fat in cooker. Add salt, pepper, bay leaf and water.
2. Cover, set control at 10 and cook 5 minutes after control jiggles (or cook at 15 for 4 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet. Add onions and carrots.
4. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes). Reduce pressure instantly.

Dumplings

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ cups	2½ cups	All-Purpose Flour	350 mL	700 mL
2 tsp.	4 tsp.	Baking Powder	10 mL	20 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
1	2	Egg	1	2
½ cup	1 cup	Milk	125 mL	250 mL
8-10 dumplings	16-20 dumplings		8-10 dumplings	16-20 dumplings

1. Mix flour, baking powder and salt.
2. Beat egg; add milk. Mix in flour mixture.
3. Drop dumpling batter by spoonfuls over the meat.
4. Cook uncovered 5 minutes.
5. Cover cooker and allow a small stream of steam to escape from vent tube for 5 minutes. Remove from heat. Open cover when steam stops flowing. Remove dumplings to a hot platter.
6. Prepare gravy recipe on Page 7.

Irish Stew

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Lamb Stew Meat — 1 in. (2.5 cm) pieces	750 g	1.5 kg
2 tbsp.	3 tbsp.	Fat	30 mL	50 mL
1½ cups	2 cups	Water	375 mL	500 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
½ tsp.	1 tsp.	Paprika	2 mL	5 mL
1 tsp.	2 tsp.	Celery Seed	5 mL	10 mL
½ cup	1 cup	Onion, chopped	125 mL	250 mL
1 cup	2 cups	Turnips, sliced	250 mL	500 mL
1 cup	2 cups	Carrots, sliced	250 mL	500 mL
1 cup	2 cups	Potatoes, sliced	250 mL	500 mL
1 cup	2 cups	Parsnips, sliced	250 mL	500 mL
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Brown lamb in fat in cooker. Add water and seasonings.
2. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet. Add vegetables.

4. Cover, set control at 15 and cook 5 minutes after control jiggles. Reduce pressure instantly.
5. Prepare gravy recipe on Page 7.

Veal Scallopini

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1¼ lbs.	2½ lbs.	Veal Steak — ½ in. (1 cm) thick	625 g	1.3 kg
3 tbsp.	6 tbsp.	Flour	50 g	100 g
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
½ tsp.	1 tsp.	Paprika	2 mL	5 mL
3 tbsp.	5 tbsp.	Fat	50 mL	75 mL
1	2	Clove Garlic, minced	1	2
1	2	Onion, medium, sliced	1	2
½ tsp.	1 tsp.	Dry Mustard	2 mL	5 mL
1½ cups	3 cups	Tomato Juice	375 mL	750 mL
½ cup	1 cup	Mushrooms, sliced	125 mL	250 mL
2 tbsp.	¼ cup	Parsley, chopped	30 mL	75 mL
4-5 servings	8-10 servings		4-5 servings	8-10 servings

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, set control at 10 and cook 18-20 minutes after control jiggles (or cook at 15 for 12-15 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.
6. Stir in mushrooms and parsley; heat through.

Veal Marengo

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2 tbsp.	¼ cup	Flour	30 mL	75 mL
½ tsp.	1 tsp.	Salt	2 mL	5 mL
¼ tsp.	½ tsp.	Thyme	1 mL	2 mL
dash	¼ tsp.	Pepper	dash	1 mL
1¼ lbs.	2½ lbs.	Veal Stew Meat [1" (2.5 cm) cubes]	625 g	1.2 kg
2 tbsp.	3 tbsp.	Fat	30 mL	50 mL
½ cup	¾ cup	Onion, chopped	100 mL	200 mL
¼ tsp.	½ tsp.	Clove garlic, chopped	1 mL	2 mL
½ cup	1 cup	Water	125 mL	250 mL
1	1	Chicken Bouillon Cube	1	1
¼ cup	½ cup	Dry White Wine	75 mL	125 mL
½ cup	1 cup	Canned Tomatoes	125 mL	250 mL
2	4	Parsley Sprigs	2	4
½	1	Bay Leaf	½	1
4-5 servings	8-10 servings		4-5 servings	8-10 servings

1. Mix flour, salt, thyme and pepper; coat veal. Reserve remaining flour mixture for gravy.
2. Brown veal in hot fat in cooker.
3. Sauté onion and garlic in remaining fat.
4. Add remaining ingredients and return veal to cooker.
5. Cover; set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
6. Cool cooker normally for 5 minutes; then place under faucet.
7. Mix reserved flour mixture and ½ cup (125 mL) cold water. Gradually stir into mixture. Cook until thickened, stirring constantly.

Poultry and Game

Chicken Paprika

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1	2	Chicken — 2½-3 lbs. (1.3-1.5 kg)	1	2
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 tsp.	2 tsp.	Paprika	5 mL	10 mL
3 tbsp.	6 tbsp.	Flour	50 mL	100 mL
2 tbsp.	¼ cup	Fat	30 mL	75 mL
1½ cups	2 cups	Water	375 mL	500 mL
1	2	Chicken Bouillon Cube	1	2
1 cup	2 cups	Dairy Sour Cream	250 mL	500 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Cut chicken into individual servings.
2. Mix salt, pepper, paprika and flour; coat chicken.
3. Brown in hot fat in cooker. Place on rack.
4. Slowly add water and bouillon cube.
5. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Stir in sour cream; heat through.

Fried Chicken

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1	2	Chicken — 2½-3 lbs. (1.3-1.5 kg)	1	2
¼ cup	½ cup	Flour	75 mL	125 mL
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 tsp.	2 tsp.	Paprika	5 mL	10 mL
2 tbsp.	¼ cup	Fat	30 mL	75 mL
1	2	Onion, small, cut in halves	1	2
1 cup	1¼ cups	Water	250 mL	325 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Cut chicken into individual servings. Mix flour, salt, pepper and paprika; coat chicken.
2. Brown in hot fat in cooker. Add onion and water. Place chicken on rack in cooker.
3. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place chicken under oven broiler for a few minutes to crisp. Prepare gravy recipe on Page 7.

Chicken a la King

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2 cups	4 cups	Chicken, cooked and cut into pieces	500 mL	1 L
¼ cup	½ cup	Butter or Margarine	75 mL	125 mL
¼ cup	½ cup	Flour	100 mL	175 mL
1 cup	2 cups	Chicken Broth	250 mL	500 mL
1 cup	2 cups	Milk	250 mL	500 mL
1	2	Egg Yolk, beaten	1	2
½ tsp.	1 tsp.	Salt	2 mL	5 mL
2 tbsp.	¼ cup	Pimiento, chopped	30 mL	75 mL
½ cup	1 cup	Mushrooms, sliced	125 mL	250 mL
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Cook chicken according to meat and poultry timetable for stewed chicken.
2. Melt butter in saucepan. Blend in flour. Gradually stir in chicken broth and milk.
3. Cook over low heat until thickened, stirring constantly.
4. Stir a portion of hot mixture into egg yolk; then return it to saucepan.
5. Stir in salt, pimiento, mushrooms and chicken; heat through. Serve over toast, hot mashed potatoes or cooked rice.

Hasenpfeffer (Sweet Sour Rabbit)

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1	2	Rabbit, domestic (2½ lbs. or 1.2 kg)	1	2
1½ cups	3 cups	Vinegar	375 mL	750 mL
1½ cups	3 cups	Water	375 mL	750 mL
3	6	Bay Leaves	3	6
1½ tsp.	3 tsp.	Salt	7 mL	15 mL
½ tsp.	1 tsp.	Pepper	2 mL	5 mL
1	2	Onion, sliced	1	2
¼ cup	½ cup	Flour	75 mL	125 mL
3 tbsp.	6 tbsp.	Fat	50 mL	100 mL
1 cup	2 cups	Dairy Sour Cream	250 mL	500 mL
5	10	Gingersnaps, crumbled	5	10
3-4	6-8		3-4	6-8
servings	servings		servings	servings

1. Cut rabbit into individual servings. Place in shallow glass dish. Mix vinegar and water; pour over rabbit.
2. Add bay leaves, salt, pepper and onion. Cover and refrigerate, turning occasionally, at least 12 hours, but no longer than 24 hours.
3. Remove rabbit from marinade; dry on paper towels. Coat with flour and brown in hot fat in cooker.
4. Strain marinade and add 1¼ cups (325 mL) for 3-4 serving recipe. Add 2 cups (500 mL) for 6-8 serving recipe.
5. Cover, set control at 10 and cook for 18-20 minutes after control jiggles (or cook at 15 for 15-20 minutes).
6. Cool cooker normally for 5 minutes; then place under faucet.
7. Stir in sour cream and ginger snap crumbs; heat through.

Venison Pot Roast

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
2 lbs.	4 lbs.	Venison Pot Roast — 3-4 in. (8-10 cm) thick	1 kg	2 kg
2 tbsp.	3 tbsp.	Fat	30 mL	50 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 cup	1½ cups	Water	250 mL	325 mL
1	2	Clove Garlic, minced	1	2
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Brown venison in fat in cooker. Pour off excess fat.
2. Season with salt and pepper. Add water and garlic.
3. Cover, set control at 10 and cook 40-50 minutes after control jiggles (or cook at 15 for 30-40 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Prepare gravy recipe on Page 7. Serve very hot.

FISH AND SEAFOOD TIMETABLE

Amount of Liquid		Fish and Seafood	Minutes to Cook at 10 lbs.	Minutes to Cook at 15 lbs.	Amount of Liquid	
2½-4 Qt. Cooker	6-8 Qt. Cooker				2.4-3.8 L Cooker	5.7-7.6 L Cooker
½ cup	1 cup	Fish Steaks — ¾ in. (2 cm) thick. Season with salt and pepper. Dip in flour. Brown in hot fat in cooker. Place steaks on rack. Add water. Cover and cook.	4-6*	3-5*	125 mL	250 mL
½ cup	1 cup	Steamed Fish — ¾ in. (2 cm) thick. Place water, sliced onion, bay leaf and parsley in cooker. Season fish and place on rack in cooker. Cover and cool.	3-5*	2-4*	125 mL	250 mL
1½ cups	3 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*	6*	375 mL	750 mL
1½ cups	3 cups	Shrimp Wash shrimp. Place in cooker with water and lemon slice. Cover and cook. Drain. Cover with cold water. Shell and clean.	4-6*	3-5*	375 mL	750 mL
1½ cups	3 cups	Lobster Tail Wash lobster tails. Place in cooker with water and salt. Cover and cook. Plunge lobster tails in cold water and remove shells.	6-8*	5-6*	375 mL	750 mL
1½ cups	3 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*	3-5*	375 mL	750 mL

*Reduce pressure instantly by placing cooker under faucet.

Shrimp Creole

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
½ lb.	1 lb.	Cooked or Canned Shrimp	250 g	500 g
½ cup	1 cup	Onion, diced	125 mL	250 mL
½ cup	1 cup	Celery, diced	125 mL	250 mL
1	2	Clove Garlic, minced	1	2
1 tbsp.	2 tbsp.	Fat	15 mL	30 mL
1 1-lb. can	2 1-lb. cans	Tomatoes	1 454 g can	2 454 g cans
1 8-oz. can	2 8-oz. cans	Tomato Sauce	1 227 g can	2 227 g cans
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
1 tsp.	2 tsp.	Sugar	5 mL	10 mL
½ tsp.	1 tsp.	Chili Powder	2 mL	5 mL
1 tbsp.	2 tbsp.	Worcestershire Sauce	15 mL	30 mL
dash	dash	Red Pepper Sauce	dash	dash
½ cup	1 cup	Green Pepper, diced	125 mL	250 mL
1 tbsp.	2 tbsp.	Cornstarch	15 mL	30 mL
¼ cup	½ cup	Water	75 mL	125 mL
6	12		6	12
servings	servings		servings	servings

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, set control at 15 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.

Fish With Sweet-Sour Sauce

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1	2	Onion, sliced	1	2
3	6	Carrots, sliced	3	6
1	2	Bay Leaf	1	2
1	2	Parsley Sprigs	1	2
¾ cup	1½ cups	Water	200 mL	375 mL
1½ lbs.	3 lbs.	Fish (haddock, pike, trout)	750 g	1.5 kg
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
2 tbsp.	¼ cup	Butter or Margarine	30 mL	75 mL
1 tbsp.	2 tbsp.	Flour	15 mL	30 mL
3 tbsp.	½ cup	Brown Sugar	50 mL	100 mL
½ cup	¾ cup	Vinegar	100 mL	175 mL
¼ tsp.	½ tsp.	Salt	1 mL	2 mL
4	8		4	8
servings	servings		servings	servings

1. Place onion, carrots, bay leaf, parsley and water in cooker. Place fish on rack in cooker. Season with salt and pepper.
2. Cover, set control at 10 and cook 3-5 minutes after control jiggles (or cook at 15 for 2-4 minutes). 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.

FRESH VEGETABLE TIMETABLE

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 panful is to be cooked. Be sure to reduce pressure instantly to prevent overcooking, as indicated by † in chart. 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 rack with water in bottom of cooker. Or, form containers of a double thickness of household aluminum foil pressed over inverted bowl or can. When cooking in such individual containers, leave containers uncovered and increase cooking time slightly.

Follow general directions for operation of cooker given on Pages 4 and 5. It is not necessary to use the rack unless specified, but if you prefer to do so, add an extra ¼ cup (75 mL) of water.

To drain cooking water from vegetables, remove cover after pressure is reduced, slip out gasket, replace cover without gasket and you have a perfect drainer. Food cannot slip out because cover is locked on.

Amount of Liquid		Fresh Vegetables	Minutes to Cook at 15 Lbs.	Amount of Liquid	
2½-4 Qt. Cooker	6-8 Qt. Cooker			2.4-3.8 L Cooker	5.7-7.6 L Cooker
1 cup	1¼ cups	Artichoke Wash, cut off tops and tie ends to hold shape.	15†	250 mL	325 mL
½ cup	¾ cup	Asparagus Snap off tough ends. Remove scales. Wash.	2-2½†	125 mL	200 mL
½ cup	¾ cup	Beans, Green or Wax Wash and cut.	2-3†	125 mL	200 mL
½ cup	¾ cup	Beans, Lima (fresh) Shell and wash.	2†	125 mL	200 mL
¾ cup	1 cup	Beets (small, whole) Cut tops, leaving 1 in. (2.5 cm) stem and root. Wash. Cook. Cool. Remove skin. Reheat for serving.	12†	185 mL	250 mL
1 cup	1½ cups	Beets (large, whole) Same as small, whole beets, above.	18†	250 mL	375 mL
½ cup	¾ cup	Broccoli Remove large outer leaves. Cut off tough part of stalk. Cut into strips. Wash.	2-2½†	125 mL	200 mL
¾ cup	1 cup	Brussels Sprouts Wash.	5†	200 mL	250 mL
¾ cup	1 cup	Cabbage (shredded) Remove wilted outer leaves. Quarter cabbage and shred in thin strips.	2-3†	200 mL	250 mL
¾ cup	1 cup	Cabbage (wedges) Use medium-size head. Cut in 2 or 3 in. (5-8 cm) wedges. Remove core.	5-8†	200 mL	250 mL
¾ cup	1 cup	Cabbage, Red (shredded) Remove wilted outer leaves. Quarter cabbage and shred in thin strips.	5†	200 mL	250 mL
¼ cup	½ cup	Carrots (sliced) Wash and scrape. Slice or cut in strips.	2½†	75 mL	125 mL
¼ cup	½ cup	Carrots (small, whole) Wash and scrape. Slice or cut in strips.	4†	75 mL	125 mL
½ cup	¾ cup	Cauliflower (flowerets) Cut off stem and leaves. Break into large flowerets. Wash.	2-3†	125 mL	200 mL
1 cup	1¼ cups	Cauliflower (whole) Cut off stem and leaves. Remove center of core, leaving only enough to keep flowerets from falling off. Cook on rack.	6-8†	250 mL	325 mL
½ cup	¾ cup	Celery Separate stalks. Wash well. With a knife, pull off tough fibers. Slice.	3-5†	125 mL	200 mL
1 cup	1¼ cups	Corn (on the cob) Remove husks and silk. Wash. Cook on rack.	5†	250 mL	325 mL
½ cup	¾ cup	Corn (whole kernel) Remove husks and silk. Wash. Cut off cob.	3†	125 mL	200 mL
½ cup	¾ cup	Eggplant Wash, pare and cut into ½ in. (1 cm) or 1 in. (2.5 cm) cubes. Cook at once to prevent discoloration.	3†	125 mL	200 mL
½ cup	¾ cup	Kale or Collards Wash well in several waters. Remove tough veins and cut in 2 in. (5 cm) pieces.	4-6†	125 mL	200 mL
½ cup	¾ cup	Kohlrabi Wash and peel. Cut into ½ in. (1 cm) slices or 1 in. (2.5 cm) pieces.	4†	125 mL	200 mL
½ cup	¾ cup	Okra Cut off ends and wash. Cut into ½ in. (1 cm) pieces.	3†	125 mL	200 mL
½ cup	¾ cup	Onions (sliced) Peel and slice.	3†	125 mL	200 mL
¾ cup	1 cup	Onions (whole, medium) Peel.	7-10†	200 mL	250 mL

†Reduce pressure by placing cooker under faucet.

FRESH VEGETABLE TIMETABLE

Amount of Liquid		Fresh Vegetables	Minutes to Cook at 15 Lbs.	Amount of Liquid	
2½-4 Qt. Cooker	6-8 Qt. Cooker			2.4-3.8 L Cooker	5.7-7.6 L Cooker
½ cup	¾ cup	Parsnips (sliced) Peel, wash and cut in ½ in. (1 cm) slices.	2†	125 mL	200 mL
¾ cup	1 cup	Parsnips (halves) Peel, wash and cut in halves. Cook on rack.	7†	200 mL	250 mL
½ cup	¾ cup	Peas Shell and wash.	2-3†	125 mL	200 mL
1 cup	1¼ cups	Potatoes (sliced) Scrub, peel and slice.	2½†	250 mL	325 mL
1½ cups	2 cups	Potatoes (medium, cut in halves) Scrub, peel and cut in halves. Cook on rack.	8†	375 mL	500 mL
1½ cups	2 cups	Potatoes (medium whole) Scrub. Cook peeled or unpeeled. Cook on rack.	12-15†	375 mL	500 mL
1 cup	1½ cups	Potatoes, Sweet or Yams (quartered) Wash, peel and quarter. Cook on rack.	6†	250 mL	375 mL
1 cup	1½ cups	Potatoes, Sweet or Yams (halved) Wash, peel and cut in halves, lengthwise. Cook on rack.	8-10†	250 mL	375 mL
1¼ cups	1½ cups	Pumpkin Cut in large pieces. Wash. Cook. Remove pulp and mash.	8-10†	325 mL	375 mL
¾ cup	1 cup	Rutabagas and Turnips Peel and wash. Cut into ½ in. (1 cm) cubes or slices.	5†	200 mL	250 mL
½ cup	¾ cup	Sauerkraut	12†	125 mL	200 mL
½ cup	¾ cup	Spinach, Swiss Chard or Other Greens Wash thoroughly in several waters.	1†	125 mL	200 mL
¾ cup	1 cup	Squash, Acorn Wash. Cut in half and remove seeds. Cook on rack.	6-7†	200 mL	250 mL
¾ cup	1 cup	Squash, Hubbard Wash. Remove seeds. Cut in pieces. Cook on rack.	8-10†	200 mL	250 mL
¾ cup	1 cup	Squash, Summer or Zucchini Wash. Cut in pieces or slice. Cook on rack.	2-3†	200 mL	250 mL
¼ cup	½ cup	Tomatoes Scald 1 min. Dip in cold water and peel. Turnips (see Rutabagas)	2½†	75 mL	125 mL

†Reduce pressure instantly by placing cooker under faucet.

Spicy Red Cabbage

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
½ cup	1 cup	Raisins	125 mL	250 mL
2 tbsp.	¼ cup	Bacon Fat, Butter or Margarine	30 mL	75 mL
5 cups	10 cups	Red Cabbage, shredded	1.2 L	2.5 L
1 cup	2 cups	Apples, sliced	250 mL	500 mL
2 tbsp.	¼ cup	Cider Vinegar	30 mL	75 mL
¾ cup	1½ cups	Onion, chopped	200 mL	375 mL
1 tsp.	1½ tsp.	Mixed Spices, tied in wet cheesecloth	5 mL	7 mL
¼ cup	½ cup	Water	75 mL	100 mL
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
2 tbsp.	¼ cup	Sugar	30 mL	75 mL
4	8		4	8
servings	servings		servings	servings

- Place all ingredients in cooker.
- Cover, set control at 15 and cook 5 minutes after control jiggles. Reduce pressure instantly.
- Remove spices.

Dill Beans and Carrots

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1 10-oz. pkg.	2 10-oz. pkgs.	Frozen Baby Lima Beans*	1 283.5 g pkg.	2 283.5 g pkgs.
1½ cups	3 cups	Carrots, cut in 2 in. (5 cm) strips	375 mL	750 mL
½ cup	1 cup	Water	125 mL	250 mL
1 tsp.	2 tsp.	Sugar	5 mL	10 mL
½ tsp.	1 tsp.	Salt	2 mL	5 mL
½ tsp.	1 tsp.	Dill Weed	2 mL	5 mL
¼ cup	½ cup	Creamy Italian Dressing	75 mL	125 mL
4-5	8-10		4-5	8-10
servings	servings		servings	servings

- Place all ingredients except dressing in cooker.
 - Cover, set control at 15 and cook 3 minutes after control jiggles. Reduce pressure instantly.
 - Drain vegetables.
 - Toss vegetables with Italian dressing.
- *Fresh or frozen green beans may be substituted for frozen baby lima beans.

Two-Minute Vegetable Plate

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
¾ cup	1 cup	Water	200 mL	250 mL
1 small	1 large	Cauliflower, broken in large flowerets	1 small	1 large
½ lb.	1 lb.	Green Beans, cut in halves	250 g	500 g
4	8	Carrots, medium, quartered and cut lengthwise	4	8
1 small	1 large	Bunch Broccoli, stems cut in quarters	1 small	1 large
1 tsp.	1½ tsp.	Salt	5 mL	7 mL
3 tbsp.	6 tbsp.	Browned Butter or Margarine	50 mL	100 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

- Put water in cooker with rack.
- Place vegetables on rack. Season with salt.
- Cover, set control at 15 and cook 2-3 minutes after control jiggles. Reduce pressure instantly.
- Arrange vegetables on large serving plate. Serve with hot browned butter.

DRIED VEGETABLE TIMETABLE

Heat beans (not black-eyed peas or lentils) and water [2 cups (500 mL) water for 1 cup (250 mL) beans] to boiling in cooker; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Drain; add necessary water. Add 1 tablespoon vegetable oil to prevent frothing. Bring up to

pressure on medium heat. Cook as directed.

Alternate Method: Soak beans overnight in water to cover. Drain; add water and oil. Bring up to pressure on medium heat. Cook as directed.

Amount of Liquid for 1 cup Vegetables		Dried Vegetables	Minutes to Cook at 15 Lbs.	Amount of Liquid for 250 mL Vegetables	
2½-4 Qt. Cooker	6-8 Qt. Cooker			2.4-3.8 L Cooker	5.7-7.6 L Cooker
1½ cups	2 cups	Black-eyed Peas	10*	375 mL	500 mL
2 cups	2½ cups	Great Northern Beans	20*	500 mL	625 mL
		Kidney Beans	30*	500 mL	625 mL
2 cups	2½ cups	Lentils	20*	500 mL	625 mL
2 cups	2½ cups	Lima Beans, large	30*	500 mL	625 mL
2 cups	2½ cups	Lima Beans, small	25*	500 mL	625 mL
2 cups	2½ cups	Navy Beans	30*	500 mL	625 mL
2 cups	2½ cups	Pea Beans	20*	500 mL	625 mL
2 cups	2½ cups	Pinto Beans	10*	500 mL	625 mL
2 cups	2½ cups	Soybeans	35*	500 mL	625 mL

NEVER FILL COOKER MORE THAN ¾ FULL OF LIQUID. Always allow at least 1¼ in. (3 cm) space between rim of pan and top of liquid.

*Cool cooker normally for 5 minutes, then place under faucet.

Baked Beans

2½-4 Qt. Cooker	6-8 Qt. Cooker	Ingredients	2.4-3.8 L Cooker	5.7-7.6 L Cooker
1 lb.	2 lbs.	Dried Navy Beans or	500 g	1 kg
(2½ cups)	(4½ cups)	Great Northern Beans	(600 mL)	(1.7 L)
4 cups	8 cups	Water	1 L	2 L
3 slices	6 slices	Bacon or Salt Pork, cut in 2 in (5 cm) pieces	3 slices	6 slices
2 tbsp.	¼ cup	Onion, chopped	30 mL	75 mL
¼ cup	½ cup	Molasses or Syrup	75 mL	125 mL
3 tbsp.	6 tbsp.	Brown Sugar	50 mL	100 mL
1 tsp.	2 tsp.	Dry Mustard	5 mL	10 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	dash	Pepper	dash	dash
4	8		4	8
servings	servings		servings	servings

- Heat beans and water to boiling in cooker; boil 2 minutes. Remove from heat; cover and let stand 1 hour.
- Drain beans, reserving liquid. Add enough water to bean liquid to measure 2 cups (500 mL). Use 4 cups (1 L) for 6-8 qt. (5.7-7.6 L) recipe.
- Stir bacon and onion into beans. Mix bean liquid and remaining ingredients; pour over beans.
- Cover, set control at 15 and cook 25 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet.

Alternate Method: Soak beans in 4 cups (1 L) water overnight. Use 8 cups (2 L) water for 6-8 qt. (5.7-7.6 L) recipe. Drain, reserving liquid. Continue as directed in 2.

FROZEN VEGETABLE TIMETABLE

Do not thaw frozen vegetables before pressure cooking, except for corn on the cob. Break frozen vegetables apart to assure uniform cooking.

Amount of Water		Frozen Vegetables	Minutes to Cook at 15 Lbs.	Amount of Water	
2½-4 Qt. Cooker	6-8 Qt. Cooker			2.4-3.8 L Cooker	5.7-7.6 L Cooker
½ cup	¾ cup	Asparagus	2†	125 mL	200 mL
½ cup	¾ cup	Beans, Green or Wax	2-3†	125 mL	200 mL
½ cup	¾ cup	Broccoli	2-3†	125 mL	200 mL
½ cup	¾ cup	Brussels Sprouts	2½†	125 mL	200 mL
½ cup	¾ cup	Cauliflower	2†	125 mL	200 mL
½ cup	¾ cup	Corn, whole kernel	1†	125 mL	200 mL
½ cup	¾ cup	Corn on the Cob	2†	125 mL	200 mL
½ cup	¾ cup	Green Peas	1†	125 mL	200 mL
½ cup	¾ cup	Lima Beans	2½-4†	125 mL	200 mL
½ cup	¾ cup	Mixed Vegetables	2†	125 mL	200 mL
½ cup	¾ cup	Peas and Carrots	2†	125 mL	200 mL
½ cup	¾ cup	Spinach	1†	125 mL	200 mL

†Reduce pressure instantly by placing cooker under faucet.

FRUITS

FRESH FRUIT TIMETABLE

Fresh fruits cook very quickly and those with 0 minutes cooking time should be removed from the heat as soon as the control jiggles. Cool cooker normally for 5 minutes, then place under faucet.

Sugar to taste should be added to fruit after it is cooked — about 1 cup (250 mL) per quart (1 L) of cherries or plums; ½ cup (125 mL) per 2 lbs. (1 kg) of apricots, peaches or pears.

Amount of Water Per Lb. of Fruit	Fresh Fruit	Minutes to Cook at 15 lbs.	Amount of Water per 500 g of Fruit
1¼ cups	Apricots	0	325 mL
1 cup	Cherries	0	250 mL
1¼ cups	Peaches	0	325 mL
1¼ cups	Pears	2	325 mL
1 cup	Pineapple	6	250 mL
1¼ cups	Plums	0	325 mL

DRIED FRUIT TIMETABLE

For best results, cover dried fruits with water about 1 hour before cooking. Cook fruit with the amount of water specified in table below, using the water in which they were soaked.

Amount of Water Per Lb. of Fruit	Dried Fruit	Minutes to Cook at 15 lbs.	Amount of Water per 500 g of Fruit
2 cups	Apples	2†	500 mL
2 cups	Apricots	2†	500 mL
2 cups	Figs	6†	500 mL
2 cups	Peaches	4†	500 mL
2 cups	Pears	4†	500 mL
2 cups	Prunes	5-6†	500 mL
1 cup	Raisins	5†	250 mL

†Reduce pressure instantly by placing cooker under faucet.

SOUP TIMETABLE

Your pressure cooker will cook most soups in a matter of minutes instead of hours. Do not fill cooker more than $\frac{3}{4}$ full of liquid. Always allow at least 1 $\frac{1}{4}$ in. (3 cm) space between rim of pan and top of liquid. DO NOT COOK PEARL BARLEY, SPLIT PEAS OR PEA SOUP IN COOKER (see Page 1).

Cook soup broth from bones and meat first; reduce pressure, then

add other ingredients (vegetables, noodles, etc.) as desired and finish cooking.

After soup is cooked, make certain that pressure is down before removing control from vent tube. TEST to see if pressure has dropped by nudging control, as directed on Page 5. After soup is cooked, fat can be skimmed off and more water can be added, especially if soup broth is very rich.

Amount of Food				Amount of Water				Soups	Minutes to Cook at 15 lbs.	Amount of Food				Amount of Water			
2½ Qt.	4 Qt.	6 Qt.	8 Qt.	2½ Qt.	4 Qt.	6 Qt.	8 Qt.			2.4 L	3.8 L	5.7 L	7.6 L	2.4 L	3.8 L	5.7 L	7.6 L
1½ lbs.	3 lbs.	4 lbs.	5 lbs.	1 Qt.	2 Qts.	3 Qts.	4 Qts.	Beef Soup	60*	750 g	1.5 kg	2 kg	2.5 kg	1 L	2 L	3 L	4 L
								Cook beef soup bone with water, onion and seasonings. Finish by adding vegetables, noodles, etc., as desired.									
1½ lbs.	3 lbs.	4 lbs.	5 lbs.	1 Qt.	2 Qts.	3 Qts.	4 Qts.	Chicken Soup	30-35*	750 g	1.5 kg	2 kg	2.5 kg	1 L	2 L	3 L	4 L
								Cut up stewing chicken; add water, onion and seasonings and cook. Finish by adding dumplings, noodles, etc., as desired.									
1 lb. ham bone	2 lb. ham bone	3 lb. ham bone	4 lb. ham bone	1¼ Qts.	2½ Qts.	3½ Qts.	4½ Qts.	Ham and Navy Bean Soup	45*	500 g ham bone	1 kg ham bone	1.5 kg ham bone	2 kg ham bone	1.2 L	2.5 L	3.5 L	4.5 L
								Cook ham bone, onion and water. Then add soaked navy beans and finish cooking.		250 mL beans	500 mL beans	750 mL beans	1 L beans				

*Cool cooker normally for 5 minutes, then place under faucet.

Vegetable Soup

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Soup Meat and Bone	750 g	1.5 kg
1 small	1 med.	Onion, sliced	1 small	1 med.
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 quart	2 quarts	Water	1 L	2 L
½ cup	1 cup	Carrots, sliced	125 mL	250 mL
1 cup	2 cups	Canned Tomatoes	250 mL	500 mL
1 cup	2 cups	Green Beans, cut up	250 mL	500 mL
½ cup	1 cup	Celery, diced	125 mL	250 mL
4	8		4	8
servings	servings		servings	servings

- Place soup meat and bone, onion, salt, pepper and water in cooker.
- Cover, set control at 15 and cook 50 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet.
- Remove bone and meat. Strain broth. Return broth and meat only to cooker.
- Add vegetables.
- Cover, set control at 15 and cook 5 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet. Sprinkle with chopped parsley.

Clam Chowder

2½-4 Qt.	6-8 Qt.	Ingredients	2.4-3.8 L	5.7-7.6 L
¼ lb.	½ lb.	Salt Pork, diced	125 g	250 g
½ cup	1 cup	Onion, sliced	125 mL	250 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1½ cups	3 cups	Water	375 mL	750 mL
1 1-lb. can	2 1-lb. cans	Tomatoes	1 454 g can	2 454 g cans
1 cup	2 cups	Potatoes, diced	250 mL	500 mL
1 6½-oz. can	2 6½-oz. cans	Clams	1 184 g can	2 184 g cans
4-6	8-12		4-6	8-12
servings	servings		servings	servings

- Cook and stir salt pork in cooker until pork is crisp. Pour off excess fat.
- Add onion, salt, pepper, water, tomatoes (with liquid) and potatoes. Break up tomatoes.
- Cover, set control at 15 and cook 6 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet.
- Add clams (with liquid). Bring to a boil and cook uncovered for 2 minutes. Sprinkle with thyme.

Desserts

Preparation of steamed puddings and custards requires use of molds or 6-oz. (170 mL) custard cups. For large pudding and bread recipes, a 1-qt. (1 liter) metal mold or heatproof bowl can be used. Aluminum foil makes an excellent cover for any mold.

In addition to using molds for desserts, you will find them handy for warming leftovers, such as creamed foods, casseroles, etc. Just place mold of food on rack in cooker over 1 cup (250 mL) of water, set control at 15 and when it jiggles, remove from heat. Cool cooker normally for 5 minutes, then place under faucet.

One teaspoon (5 mL) of vinegar or ½ teaspoon (2 mL) cream of tartar, put in water, helps prevent water stains on interior of cooker.

- Pour 3 cups (750 mL) of water into cooker. Set mold on rack in cooker.
- Cover cooker and allow a small stream of steam to escape from vent tube for 45 minutes.
- Set control at 5 and cook 1 hour after control jiggles. Reduce pressure instantly. [Or use 6 cups (1.5 L) water and steam 2½ hours without control.]
- Serve hot as pudding or cold as fruitcake. 12 servings.

Steamed Christmas Pudding

Ingredients	Customary U.S.	Metric
Shortening	½ cup	100 mL
Brown Sugar, packed	¾ cup	175 mL
Eggs	2	2
Rum Extract	1 tsp.	5 mL
All-purpose Flour	1 cup	250 mL
Baking Powder	½ tsp.	2 mL
Cinnamon	½ tsp.	2 mL
Allspice	½ tsp.	2 mL
Cloves	½ tsp.	2 mL
Milk	¼ cup	75 mL
Candied Cherries, chopped	½ cup	125 mL
Citron, chopped	¼ cup	75 mL
Raisins	½ cup	125 mL
Nuts, chopped	½ cup	125 mL

- Beat shortening, sugar, eggs and rum extract in large mixer bowl on low speed until smooth. Beat on medium speed 1 minute.
- Mix dry ingredients and add alternately with milk.
- Add fruits and nuts. Mix well.
- Spread in a well-greased 1-qt. (1 L) mold. Cover with foil.

Custard

Ingredients	Customary U.S.	Metric
Eggs, slightly beaten	2	2
Sugar	2-3 tbsp.	30-45 mL
Vanilla	1 tsp.	5 mL
Salt	Dash	Dash
Milk (scalded)	2 cups	500 mL
Nutmeg		

- Mix eggs, sugar, vanilla and salt. Stir in milk gradually.
- Pour into four 6-oz. (170 mL) custard cups. Sprinkle with nutmeg.
- Place cups on rack with ½ cup (125 mL) water in cooker. Cook 2 at a time in 2½-4 qt. (2.4-3.8 L) cooker.
- Cover, set control at 5 and cook for exactly 2½ minutes after control jiggles (or at 15 remove cooker from heat as soon as control jiggles). Cool cooker for 5 minutes, then place under faucet. 4 servings.

Note: To vary custard, substitute brown sugar (packed) for granulated sugar. Or top cooked custard with chocolate, caramel or pineapple ice-cream topping, fresh, canned or thawed frozen fruit or maple-flavored syrup.

CEREALS

CEREAL TIMETABLE

Measure water and salt into cooker and bring to a boil. Stir cereal into boiling water. Add 1 tablespoon (15 mL) vegetable oil to prevent frothing. Then reduce heat to medium and cover cooker. Set control in place and allow pressure to build up gradually on medium heat. If too high heat is used, liquid may be forced out of vent. When control

jiggles, begin counting cooking time. Keep only as high as necessary to make control jiggle 1 to 4 times per minute. Be certain pressure is down before attempting to remove control. Test in usual way by nudging it. Because of the short cooking time, quick-cooking cereals are not listed.

Cups Cereal			Cups Water			Cereal	Minutes to Cook at 15 lbs.	mL Cereal			Water		
2½ Qt. Ckr.	4 Qt. Ckr.	6-8 Qt. Ckr.	2½ Qt. Ckr.	4 Qt. Ckr.	6-8 Qt. Ckr.			2.4 L Ckr.	3.8 L Ckr.	5.7-7.6 L Ckr.	2.4 L Ckr.	3.8 L Ckr.	5.7-7.6 L Ckr.
½	1	2	1¼	3½	7	Corn Meal Mix with 1 cup (250 mL) cold water. Add to boiling water.	10*	125	250	500	450 mL	875 mL	1.7 L
½	1	2	1¼	3½	7	Cracked Wheat	15*	125	250	500	450 mL	875 mL	1.7 L
½	1	2	1½	3	6	Hominy Grits	12-15*	125	250	500	375 mL	750 mL	1.5 L
½	1	2	1	2	4	Rolled Oats (old-fashioned)	5*	125	250	500	250 mL	500 mL	1 L

Rice
(see recipe
Page 10)

*Cool cooker normally for 5 minutes, then place under faucet.

NEVER FILL COOKER MORE THAN ¾ FULL OF LIQUID. Always allow at least 1¼ in. (3 cm) space between rim of pan and top of liquid.

Pressure can in models with selective control (5, 10 and 15 lbs.) only.

PRESSURE CANNING IN GLASS JARS

Pressure canning is recommended by the U.S. Dept. of Agriculture as the **ONLY SAFE WAY** to can meats, fish, poultry and all common vegetables. Fruits and tomatoes may be canned either by hot-water-bath method or by pressure canning. Pressure canning them will save time and energy. Pickles, jams and jellies should be processed in a water bath canner. **DO NOT** blanch in a pressure cooker. Use a blancher or covered pot with a suitable basket.

To can any mixtures of foods (stews, soups, etc.), use time required by ingredient that has the longest processing time.

Before canning the first time, pour 1 qt. (1 L) water and 1 tablespoon (15 mL) vinegar in canner. Close cover and place control on vent tube at 5 pounds. Turn heat on high. When control jiggles, turn heat down so it jiggles about 4 times a minute. Reduce pressure. (See directions, Page 4.) Repeat procedure, using 10 pounds. This will familiarize you with the operation of canner and especially with the proper heat adjustment on your range. Notice that less heat is required to maintain 5 pounds than 10 pounds pressure. (Continued application of high heat may prevent control from jiggling properly at 5 pounds.)

- Check jars and lids. Examine them carefully and see that there are no nicks, chips, cracks or sharp edges. Discard imperfect jars. Use only standard jars made for home canning (these will have manufacturer's name molded in the glass). If rubber rings are used, be sure to use new ones. If metal bands and metal lids are used, the lids must be new.
- Always follow manufacturer's directions for sterilizing and using various lids and closures. See Page 20.
- Wash jars, caps and rubber rings thoroughly in hot suds. Rinse.
- Keep jars covered with hot water until filled. It is not necessary to sterilize jars for pressure canning. Place metal lids and rubber rings in hot or boiling water as directed by manufacturer.
- Select fresh, firm (not overripe) products. Grade according to size and ripeness.
- Wash and prepare according to chart directions.
- Most foods may be packed raw in jars. Raw food should be packed tightly because it shrinks during processing. Food may also be preheated or partially cooked and packed hot in jars. Hot food should be packed fairly loose.
- Finish filling jar with syrup, water or juice, allowing head space between food and closure. (See chart.) Add salt. (See chart.)
- Insert blade of a plastic spatula down sides of jar to release any trapped air bubbles.
- Wipe rim of jars free from seeds, pulp, liquids, etc. Close lids according to manufacturer's instructions.
- Place rack in canner. Add recommended amount of hot water. (See chart.) Add 1 tablespoon (15 mL) vinegar or 1 teaspoon (5 mL) cream of tartar to help prevent water stains in canner or on jars.
- Set jars on rack in canner. It is all right if sides of jars touch each other.
- Air in canner has been exhausted when control jiggles vigorously. Start to count processing time at this point. Then reduce heat, but keep it high enough so control jiggles at least three or four times a minute. This is your assurance that pressure is being maintained. Prevent drafts from blowing over canner and do not keep turning heat up and down because this can cause uneven pressure which forces liquid from jars.
- Process according to time given on charts.
- When processing time is completed, turn off heat. If an electric range is used, remove canner from heating unit. Reduce pressure normally. **DO NOT RUSH THE COOLING** by setting canner in water or by running cold water over canner. Never lift control to hasten reduction of pressure. It takes about 25-35 minutes for pressure to drop in smaller cooker filled with jars and about 40-45 minutes in large canner.
- Remove control. Remove cover and tilt it so steam escapes away from you.
- Use a jar lifter to remove jars safely from canner. Lift jars out and set on cooling rack or several thicknesses of cloth (never a cold surface). Complete seal if jars are not self-sealing. If any liquid boiled out during canning, seal jar as it is. To add liquid it would be necessary to process all over again. Fruits and vegetables not covered with liquid may turn darker, but will not spoil. Keep jars out of drafts and always set in an upright position to cool.
- After 12 hours, remove screw bands from jars that have metal lids. In case screw band is difficult to remove, cover with a hot, damp cloth for a minute. Do not force screw bands off because this may break the seal.
- Examine jars for leaks. To test seal of metal lid, tap with a teaspoon. A clear ring is a sign of a good seal. If lid is curved down and does not move when pressed, that is also a sign of a good seal. If jar leaks, use contents at once or reprocess with new lid for full recommended processing time.
- Wipe jars with damp cloth. Dry and label with contents and date. Store in cool, dry place.

16-qt. (15.2 L) canner is furnished with one 11 3/4 in. (30 cm) flat rack. For stacking half pints, place rack in bottom of canner and use any flat, metal, perforated tray or trivet between tiers.

22-qt. (20.9 L) canner is furnished with two 11 3/4 in. (30 cm) flat racks for stacking half pint or pint jars. Place one rack in bottom of canner and the other rack between tiers of jars.



- Close canner and set control at 5 (228°F or 109°C), 10 (240°F or 115°C) or 15 lbs. (250°F or 121°C), according to chart. Turn heat on high. In large canners, it may take up to an hour for control to jiggle the first time (depending on starting temperature of food in jars and water in cooker).

AMOUNT OF SALT FOR CANNING VEGETABLES AND MEATS*

Customary U.S.		Metric Measure	
Jar Size	Salt	Jar Size	Salt
Half Pint (8 oz.)	1/4 tsp.	237 mL	1 mL
Pint (16 oz.)	1/2 tsp.	473 mL	2 mL
Quart (32 oz.)	1 tsp.	950 mL	5 mL

*Vegetables and meats may be canned successfully with or without salt.

AMOUNT OF WATER TO PUT IN CANNER JAR CAPACITIES OF CANNER

Amount Water in Canner						Amount Water in Canner					
Canner Size	Half Pint	Jar Capacity of Canner			Quarts	Canner Size	237 mL Jar	Jar Capacity of Canner			950 mL Jar
		Pint, Reg.	Pint, Wide Mouth					474 mL, Reg.	474 mL, Wide Mouth		
1 Qt.	2½ Qt.	5	—	—	—	1 L	2.4 L	5	—	—	—
1 Qt.	4 Qt.	5	4	3	—	1 L	3.8 L	5	4	3	—
1½ Qt.	6 Qt.	8	7	5	—	1.5 L	5.7 L	8	7	5	—
1½ Qt.	8 Qt.	8	7	5	4	1.5 L	7.6 L	8	7	5	4
2 Qt.	12 Qt.	13	10	8	7	2 L	11.4 L	13	10	8	7
2 Qt.	16 Qt.	26*	10	8	7	2 L	15.2 L	26*	10	8	7
2 Qt.	22 Qt.	38*	20*	16*	7	2 L	20.9 L	38*	20*	16*	7

Add extra pint (500 mL) of water to canner if processing at less than full capacity.

*If jars are stacked and an additional rack is used between stacks.

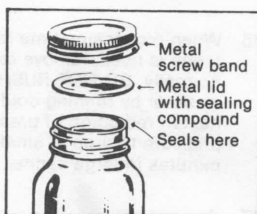
A leaking jar or bulged lid may be a sign of spoilage. Look for "off" odor or color. Never taste food you think has spoiled. Throw it away. It is possible for food to contain botulism without showing any signs of spoilage, so boil non-acid vegetables and meats for ten minutes before tasting and reboil leftover food before serving.

HOW TO CLOSE JARS

FOLLOW LID MANUFACTURER'S DIRECTIONS CAREFULLY.

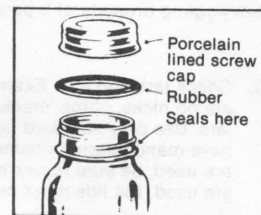
A flat metal lid with sealing compound and a metal screw band, which fits any standard mason jar.

1. Fill jar. Wipe rim clean.
2. Place lid in hot or boiling water, according to manufacturer's directions.
3. Put new lid on jar with sealing compound next to glass.
4. Screw metal band on tight by hand. Do not use a wrench.
5. This jar is self-sealing. Do not tighten after jar is removed from canner.



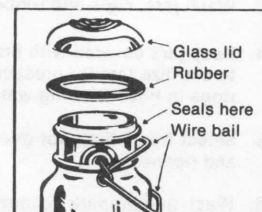
A porcelain-lined zinc cap with shoulder rubber ring, to fit a standard mason jar.

1. Fit new rubber ring on shoulder.
2. Fill jars. Wipe the rubber and jar rim clean.
3. Then screw cap down firmly and turn cover back ¼ in. (.5 cm).
4. After processing, and as soon as taken out of canner, screw cap down tight to complete seal.



A wire-bail type jar with glass lid and rubber ring.

1. Fit new rubber ring on ledge at top of jar.
2. Fill jars. Wipe jar rim and rubber ring clean.
3. Put long wire on glass lid so it fits into groove. Leave short wire up.
4. After processing, and as soon as taken from canner, push short wire down, to complete seal.



PRESSURE CANNING MEAT AND FISH

All meat and fish should be thoroughly cooled and cleaned before canning.

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Pint Jars (473 mL)	Quart Jars (950 mL)	
Beef, Veal, Lamb, Pork	75*	90*	10
Precook meat until medium done or until pieces when cut show almost no pink at center. Cut in pieces. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Pork Chops, Ham	75*	90*	10
Fry meat until brown. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Chicken (with bones)	65*	75*	10
Precook disjointed chicken with liquid until medium done. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Chicken (without bones)	75*	90*	10
Precook disjointed chicken with liquid until medium done. Remove bones. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Chicken (fried)	65*	75*	10
Fry disjointed chicken in hot fat until it is lightly browned. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Rabbit, Duck, Turkey — Follow directions for Chicken.			
Soup Stock	20*	25*	10
Cook soup stock. Skim fat and remove bones. Pour hot into containers, to within ½ in. (1 cm) from top. Adjust lids. Process.			
Fish (except Salmon)	110*	—	10
Cut fish in pieces. Precook. Remove bones and skin, if desired. Add salt. Pack to within 1 in. (2.5 cm) from top. Add 2 tbsp. (30 mL) salad oil to tuna. Adjust lids. Process.			
Salmon	110*	—	10
Slowly pour hot water on fish, being careful not to break skin. Scrape gently until skin is white and clean. Wipe dry. Cut, leaving backbone in. Add salt. Pack to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Clams	90*	—	10
Steam clams to open shell. Remove from shell and boil in salted water 5 minutes. Drain and rinse. Pack. Fill with weak hot brine to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Shrimp	90*	—	10
Boil shrimp 7 to 8 minutes in 1 gal. (4 L) of water to which 1 lb. (500 g) salt has been added. Drain. Shell and devein. Pack. Fill with hot weak brine [1 tsp. (5 mL) salt to 1 qt. (1 L) water], to within ½ in. (1 cm) from top. Or shrimp may be packed dry. Adjust lids. Process.			

*REDUCE PRESSURE NORMALLY.

At altitudes of 2,000 feet (600 meters) or higher, use 15 instead of 10 lbs. pressure.

U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.

PRESSURE CANNING VEGETABLES

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Half Pint & Pint Jars (237 mL)	Quart Jars (950 mL)	
Asparagus	25*	30*	10
Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Beans, Lima (fresh)	40*	50*	10
Shell. Grade. Bring to a boil. Pack hot and cover with water. Or pack raw and cover with boiling water. Leave 1 in. (2.5 cm) head space in pints. Leave 1½ in. (4 cm) in quarts. Add salt. Adjust lids. Process.			
Beans, String or Wax	20*	25*	10
Wash. String. Cut in pieces. Boil 5 minutes. Pack hot. Cover with boiling liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Beets	30*	35*	10
Wash. Retain 1 in. (2.5 cm) of the stem. Cook in canner at 15 lbs. for 6 minutes. Cool canner under faucet. Open canner. Cover beets with cold water. Slip off skins. Cut in ½ in. (1 cm) slices. Pack in jars. Cover with fresh boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Carrots	25*	30*	10
Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid, leaving ½ in. (1 cm) head space. Or pack raw and cover with boiling water leaving 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
Corn (whole kernel)	55*	85*	10
Remove husks. Cut kernels from cob. To each quart of corn, add 1 pint (500 mL) of boiling water and 1 tsp. (5 mL) salt. Boil 1 minute. Pack loosely and cover with water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
Greens	70*	90*	10
Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Mushrooms	30*	—	10
Trim and soak in cold water 10 minutes. Wash. Cut large ones in half. Cook gently 15 minutes. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Okra	25*	40*	10
Wash and trim. Cook 1 minute. Cut into 1 in. (2.5 cm) lengths. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Peas (fresh Blackeye, Cowpeas, Blackeye Beans)	35*	40*	10
Shell and wash. Bring to a boil. Drain. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1½ in. (4 cm) head space. Add salt. Adjust lids. Process.			
Peas (green)	40*	40*	10
Shell. Use only young, fresh peas. Bring to a boil. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
Potatoes	35*	40*	10
Wash, pare and cut into ½ in. (1 cm) cubes. Or use whole if 1 to 2½ in. (2.5-6 cm) in diameter. Boil cubes 2 minutes; whole potatoes 10 minutes. Drain. Pack and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
Pumpkin or Hubbard Squash	65*	80*	10
Peel and cut into 1 in. (2.5 cm) cubes. Cook until tender. Strain. Pack hot. Leave ½ in. (1 cm) head space. Adjust lids. Process.			
Sauerkraut	10*	15*	5
Heat well-fermented sauerkraut to simmering. Pack hot and cover with hot juice. Leave ½ in. (1 cm) head space. Adjust lids. Process.			
Summer Squash (Zucchini)	30*	40*	10
Wash squash. Do not pare. Cut into small pieces. Boil 2 or 3 minutes. Pack hot and cover with boiling liquid. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
Sweet Potatoes	55* (wet) 65* (dry)	90* (wet) 95* (dry)	10 10
Wash. Boil until skins slip off easily. Cut in pieces. For wet pack, pack and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. For dry pack, pack cooked pieces and add no salt or liquid. Leave 1 in. (2.5 cm) head space. Adjust lids. Process.			

Tomatoes See fruit chart

*REDUCE PRESSURE NORMALLY. At altitudes of 2,000 feet (600 meters) or higher, use 15 instead of 10 lbs. pressure.

U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.

PRESSURE CANNING FRUITS

Fruits may be processed either in a boiling water bath or in a pressure canner. When using pressure method, time processing very carefully because fruits are easily overcooked. To keep peeled fruit from darkening before it is packed, place it in water to which ascorbic acid or citric

acid has been added. These products may be obtained at drug or grocery stores. Follow package directions, or drop fruit in a solution of 1 gal. (4 L) water, 2 tbsp. (30 mL) salt and 2 tbsp. (30 mL) vinegar.

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Half Pint & Pint Jars (237 mL)	Quart Jars (950 mL)	
Apples	10*	10*	5
Wash, pare and core and cut in pieces. Pack. Fill with syrup to within ½ in. (1 cm) from top. Or precook 3 minutes in syrup. Pack and add syrup. Adjust lids. Process.			
Applesauce	15*	15*	5
Cook applesauce (NOT IN PRESSURE COOKER). Pack hot to within ¼ in. (.5 cm) from top. Adjust lids. Process.			
Apricots and Nectarines	10*	10*	5
Wash. Pack whole or halve and pit. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Berries (except Strawberries)	8*	8*	5
Wash. Stem. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Cherries	10*	10*	5
Wash and stem. Pit. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Figs	10*	10*	5
Wash. Leave on stems. Boil for 2 minutes. Prepare a thin syrup with this water and boil figs in it for 5 minutes. Pack. Add 1½ tsp. (7 mL) lemon juice per pint or 1 tbsp. (15 mL) per quart. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Half Pint & Pint Jars (237 mL) (473 mL)	Quart Jars (950 mL)	
Grapes	8*	8*	5
Wash and stem. Fill with syrup to within 1½ in. (4 cm) from top. Adjust lids. Process.			
Peaches	10*	10*	5
Wash. Dip peaches in boiling water, then cold water. Remove skins. Cut in halves and remove pits. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Pears	10*	10*	5
Wash. Peel. Halve and core. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Pineapple	15*	15*	5
Slice and peel. Remove eyes and core. Boil 5-10 minutes in medium syrup. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Plums	10*	10*	5
Wash. Prick skins. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
Rhubarb	5*	5*	5
Wash. Cut in pieces. Pack. Add syrup to within ½ in. (1 cm) from top. Or cook rhubarb sauce (NOT IN PRESSURE COOKER) and pack. Adjust lids. Process.			
Strawberries			
Wash and stem. Boil gently 3 minutes with ½ cup (125 mL) sugar for each quart (liter) of fruit. Let stand overnight. Bring quickly to boil. Pack to within ½ in. (1 cm) of top. Adjust lids. Process in boiling water bath, not under pressure — 15 minutes for pints and quarts.			
Tomatoes	10*	10*	5
Scald ½ minute. Place in cold water. Remove skins. Quarter. Add salt. Pack tightly. Or bring peeled and quartered tomatoes to a boil and then pack to within ½ in. (1 cm) of top. Adjust lids. Process.			
Tomato Juice	10*	10*	5
Cook tomatoes and put through food press. Season and bring to a boil. Fill jars to within ¼ in. (.5 cm) from top. Adjust lids. Process.			

*REDUCE PRESSURE NORMALLY.

At altitudes of 2,000 feet (600 meters) or higher, use 10 instead of 5 lbs. pressure.

U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.

HOW TO MAKE SYRUP

Sugar is not necessary to keep foods from spoiling although it does help canned fruit keep its shape, color and flavor. Process unsweetened fruit the same as sweetened.

Thin syrup: 3 parts water or juice to 1 part sugar. Bring to a boil. Use for soft fruits such as sweet cherries and sweet berries.

Medium syrup: 2 parts water or juice to 1 part sugar. Bring to a boil. Use for peaches, pears, sour berries, acid fruits.

Heavy syrup: 1 part water to 1 part sugar. Bring to boil. Use on larger sour fruits that are to be extra sweet.

STERILIZING

Use pressure cooker at 15 lbs. (250°F or 121°C) as a sterilizer. Place rack in cooker and add water — 1½ cups (625 mL) for small cookers, 1 quart (1 L) for large canners. Place items on rack. Cover. When control jiggles, reduce heat and start to count sterilizing time. Sterilize bottles, utensils, rubber goods and heat-resistant plastic goods for 15 minutes. Sterilize liquids and dressings 30 minutes. Reduce pressure normally.

If you have an 8-qt. (7.6 L), 12-qt. (11.4 L), 16-qt. (15.2 L) or 22-qt. (20.9 L) pressure canner, you may use it to sterilize

baby formula, nipples, bottles and caps all at one time. This is called terminal sterilization. Use Evenflo-type bottles. Prepare formula as directed and pour into clean bottles. Invert nipples in bottle, cover with sealing disc and screw cap on. Then loosen cap one-half turn back. Pour 1 quart (1 L) water in canner and place bottles on rack. Cover and cook at 5 lbs. for 10 minutes after control jiggles. Reduce pressure normally. Remove bottles and place on a folded towel. When they are cool enough to be handled with a towel, shake bottles gently, tighten caps and refrigerate them.

HOW CAN ONE TELL IF CORRECT PRESSURE IS BEING MAINTAINED?

The Mirro Control is precision-made and accurate. As long as Control jiggles occasionally . . . about 1 to 4 times a minute for cooking or about 3 to 4 times a minute for canning . . . that is your assurance that pressure is being accurately maintained. Also, the hissing sound and slight escape of steam around Control, which is noticeable between jiggles, are additional assurances that proper pressure is being maintained. **THE MOST COMMON MISTAKE MADE WITH THE MIRRO PRESSURE COOKER IS TO USE TOO MUCH HEAT, WHICH RESULTS IN EXCESSIVE LOSS OF MOISTURE DUE TO CONTROL JIGGLING TOO OFTEN. CONTINUED HIGH HEAT MAY ALSO CAUSE CONTROL TO RAISE SLIGHTLY ON VENT TUBE (especially at 5 lbs.) AND EMIT A STEADY FLOW OF STEAM. WHEN HEAT IS LOWERED, CONTROL WILL RESEAT ITSELF AND JIGGLE INTERMITTENTLY AS IT SHOULD.** See direction No. 3.

The Mirro Control never needs calibration or testing for accuracy.

A TRICKLE OF MOISTURE APPEARS AROUND VENT TUBE OR OVERPRESSURE PLUG. WHAT IS THE REASON?

This is condensation resulting from steam contacting the cold metal as pressure is brought up. This moisture usually disappears after control jiggles.

WHAT CAUSES THE OVERPRESSURE PLUG TO RELEASE?

It automatically releases if excess pressure develops when vent tube is blocked by food or foreign matter. If overpressure plug is ever forced out of cover due to excess pressure when cooking or canning, it is important to inspect pressure cooker before further use. A new overpressure plug should be installed using instructions on Page 25. **DO NOT REUSE A BLOWN OVERPRESSURE PLUG.** The vent tube, if obstructed, should be cleaned with a piece of wire or pipe cleaner before using cooker again.

WHAT EXPLANATION IS THERE FOR STEAM AND MOISTURE ESCAPING AROUND RIM OF COOKER OR COVER HANDLE?

Moisture lodged inside handle or between gasket and cover may appear as a "leak." If moisture does escape, wait a few minutes for pressure to build up . . . the "leak" will usually disappear. If leaking persists, cool cooker under faucet, remove control and open cooker. Be sure lift pin cavity is free of food particles (see cleaning ref., Page 3). Remove gasket and stretch slightly. Wipe rim of pan, cover and gasket perfectly dry. This will usually eliminate the "leak." If it doesn't, a new gasket is needed.

HOW DO I KNOW IF MY COOKER NEEDS A NEW GASKET?

If steam persistently escapes around rim of cooker and pressure will not build up, a new gasket is needed. The gasket will last at least a year in the average home, and it is not uncommon for them to last several years. If, after long usage, gasket has become quite hard and slippery, it should be replaced. Or, if it has stretched and will no longer fit easily into cover, it should be replaced.

WHEN COOKER WAS BRAND NEW, COVER FIT VERY SNUGLY, BUT AFTER IT HAS BEEN USED FOR SOME TIME, THE COVER SLIDES ON AND OFF SO EASILY. SHOULD GASKET BE STRETCHED?

No. As long as pressure builds up normally and cooker operates as it should, there is no need to stretch gasket. The Mirro Gasket does not depend upon a snug, friction fit to retain pressure. The lips of gasket expand to provide the pressure lock. Natural shrinkage which occurs after gasket has been under pressure a few times will usually not affect proper sealing. Stretch gasket **ONLY** if it fails to hold pressure.

WHAT SOMETIMES CAUSES A SQUEAL OR HISSING SOUND WHEN COOKER IS COOLED UNDER RUNNING WATER?

A vacuum is created inside cooker when pressure is reduced suddenly. The noise you hear is merely air rushing in to fill the vacuum. This sound is harmless, but may be minimized by running water in a moderate stream over rim of cooker, rather than directly over top.

WHAT CAUSES A GASKET TO GET LARGER INSTEAD OF SHRINKING?

This sometimes occurs after a period of extended use. If it happens in less than a year, the cause is probably due to excess grease. Always wash gasket after each use.

Although it may be necessary to lubricate a new gasket with cooking oil or shortening the first time or two it is used in order to slide cover open and closed easily, nevertheless one should not continue to lubricate it every time. Repeated lubrication of gasket causes it to "swell" and stretch.

WHAT SOMETIMES CAUSES DIFFICULTY IN CLOSING COOKER?

A snug-fitting gasket (especially when gasket is new). By pressing down on cover with one hand, to compress gasket while sliding handles together, cover will be easier to close and open. In stubborn cases, an **OCCASIONAL** lubrication will make closure easier. (When gasket no longer fits easily in cover, and cover is difficult to slide open and closed, replace gasket.)

OCCASIONALLY GASKET WILL STICK TO RIM OF COOKER INSTEAD OF STAYING IN COVER WHEN OPENING COOKER. WHAT CAUSES THIS?

Some foods, especially soups and cereals, may boil up and get between gasket and rim of cooker. This acts as an adhesive and causes gasket to stick. By filling cooker only as full as recipe directs, and by controlling heat properly, this can usually be avoided.

If cover sticks after meat has been prepared in cooker, some of the gelatinous material cooked out of the meat has probably gotten on the gasket and is acting as an adhesive. After pressure is completely reduced and pressure control removed, place cooker on heating unit for a few minutes. This will resoften the gelatinous material and the cover can then be removed without forcing. Do not open cover until steam no longer is coming out of vent tube.

IF LOCK LEVER DOES NOT UNLOCK AFTER PRESSURE IS REDUCED, WHAT CAN BE DONE?

COOL COOKER OR CANNER TO ROOM TEMPERATURE. Canners should be allowed to cool naturally while cookers may be cooled naturally or run under water. Remove control. Then slip the blade of a knife or spatula between cover handle and pan handle and push lock lever up. IF STEAM ESCAPES, COOKER WAS NOT COOLED PROPERLY — ADDITIONAL COOLING IS REQUIRED.

ARE THE PRESSURE CONTROLS INTERCHANGEABLE ON THE THREE PRESSURE AND ONE PRESSURE MODEL COOKERS?

Yes, Mirro Pressure Controls are interchangeable. Timetables and recipes in this book are written for both the single pressure and selective pressure control.

CAN PRESSURE CANNING BE DONE IN THE ONE PRESSURE MODEL COOKER?

No. This model has only a 15-lb. control, whereas pressure canning requires 5 lbs. and 10 lbs. The three pressure control model has 5, 10 or 15 lbs. and also a domed cover to accommodate standard canning jars, making the three pressure control models suitable for canning.

WHAT CAUSES LIQUID TO BE LOST FROM JARS WHEN CANNING?

1. Jars may be packed too full or too tight. Allow head space between top of food and lid ($\frac{1}{2}$ to 1 in. or 1 to 2.5 cm). Since food and liquid expand when boiled, head space must be adequate or else liquid will be forced out.
2. Failure to release trapped air bubbles in jar. After jar is filled with food and liquid and before cover is put on, a plastic spatula should be run down side of jar in several places to release trapped air bubbles. If this is not done, liquid may be forced out when food begins to boil.
3. Fluctuation of pressure during processing. The Mirro Control limits pressure to selected level, which means that, even when high heat is used, pressure cannot go beyond that level. However, if heat is turned so low that control ceases to jiggle, and then turned back up again, this can cause a sudden fluctuation of pressure and subsequent loss of liquid from jars. After control starts to jiggle, heat should be turned lower so jiggle occurs about three times a minute. After that, avoid frequent adjustments of heat in order to prevent these fluctuations of pressure.
4. Hastening the reduction of pressure after processing is finished. According to directions, cooker should be removed from heat and allowed to cool normally at room temperature. Do not run water over cooker, or set cooker in cold water. Do not place it on a cold surface or in a draft. Do not nudge control frequently to test for pressure. Any of these things may cause pressure to drop

more quickly in cooker than in jars, forcing liquid out of jars. Simply remove cooker from heat and after 25-35 minutes for small cookers or 40-45 minutes for large canners, nudge control to check pressure. After this length of time, pressure is usually down so control and cover can be removed.

WHAT CAUSES CANNING JARS TO BREAK?

Jar breakage is **not** caused by the canner. It may be caused by:

1. Using commercial instead of canning jars.
2. Using old jars that have invisible cracks.
3. Using jars that have been dropped in shipment or handled roughly.
4. Placing jars directly in canner, not on rack.
5. Setting hot jars on a cold surface or in cool drafts.
6. Damaging jars by using a sharp knife to release air bubbles.

IS IT POSSIBLE TO CAN MIXTURES OF FOODS?

Yes, although it is not always possible to duplicate commercially canned products by home canning methods. The rule is to process for the time required by the food with the longest processing time. When meat is an ingredient, for example, the mixture will have to be canned at 10 lbs. for 75 minutes for pints (473 mL) or 90 minutes for quarts (950 mL). [Use 15 lbs. at altitudes of 2,000 feet (600 meters) or higher above sea level.] Sometimes it is preferable to can meat and vegetables separately and then combine them to heat for serving.

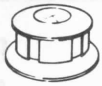
IT TAKES SEVERAL HOURS FOR PRESSURE TO GO DOWN IN COOKER WHEN IT IS USED FOR CANNING. WHAT CAN BE DONE TO CUT DOWN THIS TIME?

For pressure to drop, as a rule, it takes only 25-35 minutes in small cooker or 40-45 minutes in a large canner filled with jars. You are probably misjudging the test for steam pressure. In order to test for presence of steam, directions state to nudge control and, if steam spurts out, pressure is not yet down; if no steam spurts out, remove control. The important thing is to SEE steam, not hear it. Whenever control is nudged, you may hear a hissing noise. This is either steam escaping from the vent tube or, if pressure is down, it is the sound of air rushing *into* cooker to fill the vacuum inside. Therefore, if you do not actually SEE steam when control is nudged, control may be removed. Also, when lock lever unlocks, pressure is down.

WHERE CAN MORE INFORMATION ABOUT CANNING BE OBTAINED?

Call the Extension Home Economists at the court house in your county, or write to U.S. Dept. of Agriculture, Washington, D.C. 20402; Kerr Glass Mfg. Corp., Sand Springs, Oklahoma 74063; or Ball Brothers Company, Muncie, Indiana 47302.

Part No. Description



- S-9732 OVERPRESSURE PLUG**
Fits all Mirro Pressure Cookers and Canners with rubber plug.

The Overpressure Plug can be removed for cleaning or replacement by pulling it out of its opening from the underside of the cover. After cleaning or when putting in a new Overpressure Plug, insert plug by pushing rounded side of plug into opening from underside of cover. When correctly installed, indented portion of Overpressure Plug will be visible when underside of cover is viewed. Do NOT reuse a blown Overpressure Plug. For proper and safe operation, replace a blown Overpressure Plug with a Mirro S-9732 only.



- S-9894 VENT TUBE**
Fits ALL Mirro Pressure Cookers and Canners.



- S-9898 PRESSURE CONTROL**
Fits all Mirro Pressure Cooker/Canners - 5, 10, 15 lb.



- S-9881** Fits all Mirro Pressure Cookers - 15 lb.



- S-9830 DIRECTION/RECIPE BOOK**
For all Mirro Pressure Cookers and Canners with rubber plug.



- S-9885 GASKET**
Fits models M-0534, M-0534-11, M-0592-11 and M-0594-11.

- S-9892** Fits models M-0536, M-0536-11, M-0596, M-0596-11, M-0598, M-0598-11.

- S-9890** Fits models M-0592, M-0592-10, M-0594, M-0594-10.

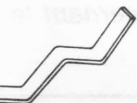
- S-9882** Fits models M-0512, M-0512-11, M-0526, M-0526-11, M-0522, M-0522-11.



- S-9705 LOCK LEVER**
Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.

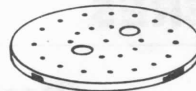


- S-9710** Fits models M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11.



- S-9714** Fits models M-0596, M-0596-11, M-0598, M-0598-11.

- S-9713** Fits models M-0534, M-0534-11, M-0536, M-0536-11.



- S-9937 COOKING RACK**
Fits models M-0534, M-0534-11, M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11.

- S-9887** Fits models M-0536, M-0536-11, M-0596, M-0596-11, M-0598, M-0598-11.

- S-9883** Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.

- S-9709 LIFT PIN ASSEMBLY**
Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11, M-0534, M-0534-11, M-0536, M-0536-11, M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11, M-0596, M-0596-11, M-0598, M-0598-11.



- S-9707 COVER HANDLE**
Fits models M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11, M-0596, M-0596-11.

- S-9711** Fits models M-0534, M-0534-11, M-0536, M-0536-11.



- S-9706 PAN HANDLE**
Fits models M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11, M-0596, M-0596-11.

- S-9711-56** Fits models M-0534, M-0534-11, M-0536, M-0536-11.



- S-9873 PAN GRIP**
Fits models M-0596, M-0596-11. Also, M-0536, M-0536-11, manufactured after October 1, 1980.



- S-9701** Fits models M-0598, M-0598-11.

- S-9704** Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.



- S-9702 COVER GRIP**
Fits models M-0598, M-0598-11.

- S-9703** Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.



MODEL NUMBERS ARE STAMPED ON BOTTOM OF COOKER

CAUTION: THE USE OF REPLACEMENT PARTS NOT MANUFACTURED BY MIRRO MAY CAUSE INJURIES.

See pages 79-80 for Replacement Parts Order Form.

HOW TO ORDER REPLACEMENT PARTS

Many Mirro dealers carry fuses, gaskets, vent tubes, controls and handles for the late model Mirro cooker/canners. See parts list and ask dealer for number listed. If local dealers or Mirro Authorized Service Stations cannot supply, use order form below and mail to MIRRO CORPORATION, P.O. BOX 409, MANITOWOC, WI 54220. When ordering gasket, handle, grip or cooking rack, check model number shown on parts list against model number stamped on bottom of your cooker to be sure you have listed the correct part number on the order form. Allow 3 or 4 weeks for delivery. You will be billed at current prices for parts ordered.

COMMENT PASSER COMMANDE DE PIECES DE RECHANGE

On peut trouver chez la plupart des distributeurs Mirro des soupapes de sécurité, des joints, des tubes d'évent, des régulateurs et des queues convenant aux derniers modèles d'autocuiseurs/conservateurs Mirro. Consultez la liste des pièces et indiquez au distributeur le numéro de la pièce. Si vos distributeurs locaux et les centres de service agréés Mirro n'ont pas la pièce qui vous est nécessaire, remplissez le formulaire ci-dessous et envoyez-le à MIRRO CORPORATION, P.O. BOX 409, MANITOWOC, WI 54220. Pour toute commande de joint, queue, poignée ou grille, comparez le numéro de modèle indiqué sur la liste des pièces avec le numéro de modèle estampillé sur le fond de votre appareil, pour vous assurer que vous avez indiqué le numéro correct sur le formulaire de commande. Comptez de 3 à 4 semaines pour la livraison. Vous serez facturé au prix courant.

Envoyez la (les) pièce(s) Mirro indiqué(s) ci-dessous :

☐

Bouchon
de surpression
S-9732

☐

Tube
d'évent
S-9894

☐

Régulateur
de pression
S-9898 5/10/15 lb
S-9881 15 lb

☐

Libre
de recettes
S-9830

Les pièces ci-dessus conviennent à tous les styles et tailles d'autocuiseurs/conservateurs Mirro.

JOINT

(No. de pièce)

POIGNEE
LATERALE

(No. de pièce)

QUEUE
DE COUVERCLE

(No. de pièce)

GRILLE

(No. de pièce)

QUEUE MARMITE

(No. de pièce)

(N'oubliez pas d'indiquer
les numéros des pièces)

NOM

ADRESSE

VILLE

PROVINCE

CODE POSTAL

COMO PEDIR PIEZAS DE REPUESTO

Muchos de los distribuidores Mirro tienen fusibles, empaques, tubos respiraderos, controles y asas para los modelos más recientes de ollas/enlatadoras Mirro. Vea la lista de repuestos y pida al distribuidor el número listado. Si los distribuidores locales o las Agencias de Servicio Autorizado Mirro no pueden suministrarlos, use la forma para pedidos que aparece abajo y envíela por correo a MIRRO CORPORATION, P.O. BOX 409, MANITOWOC, WI 53220. Al pedir empaques, asas, agarraderas o rejillas para cocinar, compare el número del modelo indicado en la lista de repuestos con el número del modelo estampado en el fondo de su olla, para cerciorarse de que usted ha escrito el número correcto del repuesto, en la forma de pedido. Espere de 3 a 4 semanas para la entrega. A usted le facturarán los repuestos ordenados, a los precios actuales.

Envíe los repuestos Mirro indicados o listados abajo:

☐

Tapón para
presión excesiva
S-9732

☐

Tubo
respiradero
S-9894

☐

Control de
presión
S-9898 5/10/15 lbs.
S-9881 15 lbs.

☐

Libro de
recetas
S-9830

Los repuestos de arriba, se ajustan a todos los tamaños y estilos de Ollas/Enlatadoras de Presión Mirro.

EMPAQUE

(Pieza No.)

AGARRADERA
LATERAL (CORTA)

(Pieza No.)

ASA DE LA TAPA

(Pieza No.)

REJILLA DE COCINAR

(Pieza No.)

ASA DEL SARTEN

(Pieza No.)

(Cerciórese de escribir los números
de las piezas)

NOMBRE

DIRECCION

CIUDAD

ESTADO

ZIP